

DISTRICT 4 MEETING MINUTES

JUNE 27, 2026

Attendees

In person: Cassandra, Chris, Carol, Ayisha, Cathy, Renee, Phoebe, Heather, Lisa, DeDe

Via Zoom: Al, Linda, Susan, Eric (My apologies if you were on Zoom and I do not have your name written down. Please add your name during corrections at the next District meeting)

OPENING

D.R. Cassandra opened the meeting with the Serenity Prayer.

The minutes of the April 18, 2026 meeting were reviewed and approved as written.

DISTRICT REPRESENTATIVE REPORT - Cassandra

Cassandra presented a hand-out regarding future district meeting objectives & ideas:

- 1) Officer's Reports - 5 minutes per report, which includes listening to the entire report without interruption, and discussion following. An officer will keep time.
- 2) Group Representative's Reports - 2 minutes per report, including discussion. An officer will keep time.
- 3) Deal with all business related matters on the agenda.
- 4) Finish the meeting in 2 hours.

Ideas to save time during meetings:

- 1) Develop a "thought force" and "task force" outside of the district meetings to handle concerns or in-depth brainstorming over policies, new topics, and ideas.
Each group can make their own rules on how and when to set-up their thought forces and task forces. She wants groups to be involved in new ideas, not topics only discussed at district meetings.
There was a discussion about where the concept of "thought forces" and "task forces" came from and how they are implemented. Cassandra said that these are in our Service Manual.
- 2) Have more district meetings, possibly monthly rather than bi-monthly, to get more business addressed and completed.
Voting on this to follow.

OFFICER'S REPORTS

Secretary - Lisa said she appreciates the new plan to tighten up the meeting format as it will make taking the minutes easier.

Treasurer - Gina was absent and so Carol gave the report. Susan requested that the prudent reserve be added to the Treasurer's report. Carol said that she would pass that request on to Gina.

Website - Heather reported that since the Red Bluff Sunday meetings are inactivated, she removed them. She changed the Mt Shasta Zoom link. Phoebe said that the Day in Al-Anon event will be listed under the "events" tab in the next newsletter.

Winterfest - No report

Alateen - Ayisha said that the AMIAS's inactivated the Alateen meetings as there was only one member and she wished to wait until there were more teens to meet with. They are hoping to set up a new meeting after the summer. They are looking into where & when to hold these meetings. She asks all Al-Anon members to PLEASE help get teens into Alateen.

Carol reported that the Alateens have a budget of \$1,100. She introduced our newest AMIAS, Lisa J and said that we now have a total of 11 AMIASES in our area.

Ayisha reported that there is an upcoming training for AMIASES & Al-Anon members interested in Alateen service. It will be held Sept 18-20, 2026 in Occidental, CA. And on Sept 12th, there is an Alateen beach event in Santa Cruz. Anyone who knows a teen who would like to go, let Ayisha know and she can arrange AMIASES to take them.

Group Records - Linda reported that there are 2 inactive meetings listed now: the Red Bluff meeting and the Alateen meeting.

Scott Valley has a new GR. Mt Shasta has a new GR.

She let us know that there are several ways in which a group can report when they get a new GR.

- 1) Contact WSO
- 2) Contact Linda directly

She is going to go through records and contact each group to update their Group Representative information.

Phoebe asked Linda if she could give Phoebe the district 4 group mailing addresses so that she could mail DIA literature to the groups. Linda said she would look into it.

NEWSLETTER - Heather said the cost of printing our newsletter went up 50%.

Question: does this increased cost compel us to want to print fewer copies? We now print 30. Ayisha proposed that we decrease our printing to 15 copies. To be voted on later.

LITERATURE- Renee said that she can't get the WSO to respond regarding getting a website going for her to place orders etc. She would like to set up a task-force with Cassandra & Phoebe to get this figure out. There was a discussion about whether or not Renee could have a district credit card. This will be looked into. Ayisha requested that a case of new Service Manual be ordered so that all District 4 groups can each have one. Ayisha suggested Renee reach out to Sherry W for help with a website etc. Phoebe asked if Renee had gotten a printer yet and volunteered to go with her to Office Depot to get printer and supplies.

TELECOMMUNICATIONS - Susan reported that the message on the district phone number always refers callers to the website for information. She checks the messages once a month and generally gets 15-20 messages. She then calls back if a return call is warranted. She said she will be having surgery soon.

PUBLIC OUTREACH - Ayisha said that she volunteered at our Al-Anon outreach table at an event at Redding School of the Arts. She said that an AA member approached the Al-Anon table and said they had never heard of Al-Anon. She wondered if maybe we should do more outreach to AA members. Toby will be setting up an app called "Group Me" for outreach communication.

Upcoming outreach events: Recovery Happens and Redding Rancheria.

DISTRICT E-MAIL COORDINATOR - Phoebe said that there are 14 people on the texting service now. She feels it is gaining momentum. Question: Do we want to keep paying for texting service? We will vote on this later.

GR REPORTS

1)Saturday morning - (Shasta Lake City) hybrid - Chris W

2)Monday morning - (Yreka) Mary S

3)Monday night - (Susanville) Kathy H

4)Monday night Alateen & Al-Anon (Redding) Ayisha said they need more support. 7PM Episcopal Church.

5)Monday night Zoom (Redding) Susan

6)Tuesday morning (Mt Shasta) Al

(GR REPORTS Cont.)

- 7)Tuesday noon (Redding) Robert W
- 8)Tuesday evening (Redding) Zoom - Eric F
- 9)Tuesday evening (Alturas)
- 10)Wednesday evening (Scott Valley) Susan said they have been invited to start a new Alateen meeting at their high school. They need AMIASES
- 11)Wednesday evening (Redding) hybrid - Cathy A
- 12)Thursday morning (Redding) Phoebe The group voted to increase prudent reserve for GR assembly attendance expenses etc. She reminds all GR's that they can request financial assistance from the Area, 1 month in advance, when sending a GR to assemblies.
- 13)Thursday afternoon Alateen (Scott Valley)
- 14)Thursday afternoon (Weaverville) Christina
- 15)Thursday night (Yreka) Pat F
- 16)Thursday evening (Anderson) Carol said the group has gotten smaller & they need attendees. 6-7:30 PM, Knights of Columbus Hall.

NEW BUSINESS

Day in Al-Anon

Theme: 75 Years of Al-Anon, One Purpose.

Date: Saturday, October 10, 2026

Phoebe F is chairperson of this year's event. Lisa J and Mike M are co-chairing. Phoebe passed around volunteer sign-up lists and registration forms to the attendees. She told the Zoom attendees that she will post these forms on the website for them to copy. It was discussed to have a few newsletters on each table at DIA. The committee is hoping to get our Area Delegate, Chris M, to be our speaker and give us a "walk" through our wonderful 75 years of Al-Anon history!

VOTES

A motion was made and seconded to add a district meeting in September & November of 2026 *only*. The following year we will revisit this schedule change and see if it is a good schedule to keep permanently.

Motion approved.

A motion was made and seconded to reduce the number of printed newsletters to 15. Also, that the October/November newsletter printing be increased to 65, to accommodate the extra prints being distributed at the Day in Al-anon event. Motion approved.

A motion was made and seconded to extend the texting service for another 6 months. Motion approved.

ANNOUNCEMENTS

October 16,17,18, 2026 - NCWSA Election Assembly
Doubletree Hotel Modesto, CA

Carol remarked that as our next assembly in October is an election assembly, it is very important to have our Group Representatives there to cast our votes. She reminded us that the Area has finances to help GRs go to assembly.

GR Ayisha shared that she requested financial assistance from the Area and that the money was deposited directly into her account. It was easy and very helpful. It was also discussed that it is good to make arrangements with each other to car pool and room together for both the comradery and money savings. Attending assemblies helps us understand the importance and joy of service!

Next district meeting:
August 15, 2026

Following district meetings:
September 26, 2026
October 24, 2026
November 14, 2026
December 12, 2026 (also our Christmas party at special location)

