



NORTH STATE AL-ANON NEWSLETTER

SEPTEMBER - OCTOBER 2026



What is North State Al-Anon?

We welcome you to the North State Al-Anon Newsletter!! If you live, or have lived, with the problem of alcoholism in a relative or friend, you have a home in the Al-Anon Family Groups. AL-ANON DISTRICT 4, NORTHERN CALIFORNIA services Lassen, Modoc, Shasta, Siskiyou, Tehama & Trinity counties. Communities served: Alturas, Anderson, Cottonwood, Etna, Mount Shasta, Red Bluff, Redding, Shasta Lake City, Weaverville & Yreka.



District 4 Highlights ~

- Continue reading Al-Anon **ARCHIVES** Timeline on page 2...
- Wanna get involved in service with District 4? See our District open positions on page 2...
- Learn about our Day in Al-Anon 2027, starting on page 2...
- See the update for our 2025 Day In-Al-Anon coming this October on page 3...
- New District Officers coming in January 2027. For more information, see page 3...
- Find out about our Group Records on page 3...Thank you Linda!
- Learn about the recent changes in our Newsletter on page 3...
- Check out the status of our Literature and Telecommunications on page 3...
- Find out about our Texting Service on page 3...Thank you Phoebe!!
- Learn our District's NEW Business Meeting and Objectives on page 3...
- See our Public Outreach update on page 4...
- Learn the importance of GRs attending Assembly on page 4...
- An update on the Alateen activity!! See page 4...
- See page 4; Al-Anon celebrates 75 years of hope and healing!!
- Robert & wife, Delia, will be Al-Anon Co-Chairs for Winterfest 2027! Alice N. will be the 2027 Chairperson!

DIA decorations sneak peek



Upcoming dates:



 **Assembly** NCWSA Election Assembly - October 17th - 18th 2026; Doubletree Hotel Modesto

*For All Area Group Reps & Committee members!!

There is no formal meeting during the weekend where the Committee conducts business:)



Click [HERE](#) for NCWSA website

DISTRICT MEETINGS



Saturday, August 15th @ 10:30 - 12:30



Saturday, Sept. 26th @ 10:30 - 12:30



Saturday, October 24th @ 10:30 - 12:30

Hybrid meeting. Physical address:

Methodist Church, 1825 East St., Rm 10,

Redding. Zoom ID: 867 0728 9465 /

Password: 169141 - or Click [HERE](#).

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AL-ANON **ARCHIVES** TIMELINE (will include 7 years each Newsletter)

1984 - Al-Anon cofounder Anne B. passed away on February 24. The International Al-Anon General Services Meeting (IAGSM) became a permanent part of Al-Anon's structure. The World Service Conference voted that the Twelve Concepts of Service should be considered as equal in stature and importance to the Twelve Steps and Twelve Traditions. The first Membership Survey was introduced, providing an information profile of the Al-Anon/Alateen membership. The Membership Survey has taken place every three years since then.

1985 - Al-Anon held its First International Convention in Montreal, Québec, Canada in cooperation with the International A.A. Convention. As We Understood (B-11) was introduced at this event.

1986 - Al-Anon's World Service Office moved to 1372 Broadway, New York, New York. The Shipping Department was relocated to Long Island City, New York.

1988 - Al-Anon cofounder Lois W. passed away on October 5. She was 97 years old, and had worked to help the families of alcoholics for more than 50 years.

1989 - The World Service Conference approved a text change to the Service Manual, adding the sentence: "Where there is no Alateen meeting available, teens seeking help are encouraged to attend Al-Anon meetings."

1990 - The book In All Our Affairs: Making Crises Work for You (B-15) was published, bringing increased visibility to the diversity within the fellowship.

1991 - The Board of Trustees approved relocation for the World Service Office outside of the New York City metropolitan area. The World Service Conference stated that "ownership of property by Al-Anon Family Groups, Inc. [sic] is consistent with our Traditions."

Source: AFG/ WSO Archives, Click [HERE](#) to view

STEPS & TRADITIONS **Step 9** - Made direct amends to such people wherever possible, except when to do so would injure them or others. **Tradition 9** - Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve. **Step 10** - Continued to take personal inventory and when we were wrong promptly admitted it. **Tradition 10** - The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.

District 4

Open positions:

- Public Outreach (Alt)
- District Representative (Alt)
- District email coordinator (Alt)



Stay connected with District 4:

For updates, get on our email distribution list. Click [HERE](#) or go to www.northstatealanon.org, click on "Stay Up to Date"; or send an email to alanon.info.dist4@gmail.com.

Click [HERE](#) for all District 4 position descriptions

Wanna be of service sending out district emails?
Contact Phoebe @ pfazio23@gmail.com for info.

Literature Depot Coordinator,
Renee M. @ 530-356-6778



This year, 2026, Al-Anon is Celebrating 75 Years of Hope and Healing!

A DAY IN-AL-ANON (DIA) - 2026 Our 2026 Day In Al-Anon is October 10th, 10am to 3pm. Phoebe is Chair w/ Lisa J. as Co-Chair, & Mike M. learning the ropes to step in. Planning meeting are in the works, with flyers for sign-up lists for volunteers & planning meetings. Visit our website, Events page to sign-up or click [HERE](#). Contact your group rep if you haven't heard anything about it! Pre-registration is \$30, \$35 at the door. **Call for volunteers for the following:** Early set-up, decorations, and help with food. There will be food; a potato or salad bar and attendees will bring finger food desserts. **Find a list to sign-up and volunteer!!!** The DIA Committee is working on some great ideas: To invite people to attend as guests, by giving out "coupons" to random members; making an audio file of our speaker and

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DIA CONT'D uploading it on a specific DIA page on our website. Also, all the tasks for the event needs to be documented; each Chair should draft "job procedures", to then create an event binder. A big thanks to Chris M., our Speaker, Ayisha-our MC & IT person, Chris-w/ decorations (see pics), Phoebe-Chair, Toni-Food and Mike-setup.

DISTRICT OFFICERS for 2027 Voting is in October 2026; new officers will be effective **January 2027**. Positions open should be announced at group meetings, inviting interested members to attend our district meeting and get involved!! To view our positions, see our website at Service Positions or click [HERE](#).

GROUP RECORDS

Linda reported there are 2 inactive meetings now; the Red Bluff meeting and the Alateen Meeting. Scott Valley and Mt. Shasta have new GR's. She let us know of 2 ways to report a new meeting.: 1. Contact WSO, or 2. Contact Linda directly @ 415-810-4147 or liljashua@sbcglobal.net. She is updating GR's names on all meetings.

NEWSLETTER

Heather said our printer was bought by a new owner, our costs went up 50%. We voted **not** to print as many each month; going from printing 30 to 15 now, but it is always available on the website. by clicking [HERE](#).

LITERATURE

Renee has asked for a Taskforce be created with Cassandra and Phoebe re: getting a website going for her to place orders, etc. Ayisha requested a case of new Service Manuals be ordered so each group can have one in our district.

TELECOMMUNICATIONS

Susan reported the district phone message always refers people to our website for information. She gets 15-20 messages a month, and returns their call if needed .

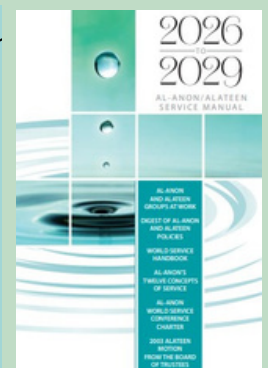
TEXTING SERVICE

Our Coordinator, Phoebe, said that there are 14 people on the texting service now. Many people still don't know about it, but she feels it is gaining momentum. It was decided to vote next month, as to whether we want to keep paying for this service. This will be voted on later.

IDEAS TO SAVE TIME DURING BUSINESS MEETINGS

At our 6/27 business meeting; Cassandra, our DR, present **NEW District Meeting Objectives and Ideas** to save time during our meetings; 1. Listen to each officer/group rep report in its entirety. 5 minutes for district officers and 2 minutes for group reps. Time limit includes questions and comments; 2. Deal with all business matters on the agenda; 3. Finish the meeting in 2 hours. To save time, some ideas are to develop a **thoughtforce** or **taskforce** outside the district meeting to deal with a concern over a policy, in-depth brainstorming to get ideas from fellow members. And, if needed, increase the # of district meetings, same time limits with same agenda layout. The **Thoughtforce** is designed to brainstorm ideas, outline possibilities, and lay the foundation of future actions. The **Taskforce** takes the concepts, ideas or strategies generated by the thoughtforce and builds a solid action plan; and forms a committee, which involves general suggested guidelines (e.g., # of people, supporting organization & note taking, staying on task, etc). The goal of a **Thoughtforce** or **Taskforce**, is to develop questions, meet to answer those questions, to reach a consensus on the topic, & present the answers to the district or area (if applicable). As a district, we used this process & voted to increase our business meetings in September & November.

Click [HERE](#) to access the NEW Service Manual



Thank You,
Cassandra,



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PUBLIC OUTREACH

Outreach has been at several events including the Minds Matter mental health fair in the spring (Sept. 12th, City Hall Sculpture Park, 10am - 2pm), and the Discovery Health Fair in the summer (Aug. 15th., Redding Rancheria.) Thank you to all who volunteered to staff a table and help inform people about our program. We're looking forward to Recovery Happens in Red Bluff, . Sept 19th 10am - 1pm & in Redding, Sept. 12th 10am - 2pm. Toby's setting up an app called "Group Me" for outreach communications. At our 6/27 meeting, Ayisha ran into an AA member, volunteering at an event, and the person didn't know what Al-Anon was. So, she suggested we need to spread the Al-Anon message with AA members, as well. *Thank you Toby, for all you do!!*

Contact Toby @ 530-604-8886 or by email @ outreachdistrict4@gmail.com if interested in volunteering.

GROUP REPRESENTATIVES (GR)

At our 6/27 meeting, Carol strongly emphasized the importance of our GRs to be physically present at the October election Assembly, to be able to cast votes. Tight on finances? The Area has Expense Reimbursement & a Financial Assistance Form, used by GRs to request travel, lodging, or registration fee assistance from their home group, district, or area fund. Click [HERE](#) for the Al-Anon Reimbursement Form.



ALATEEN UPDATES

Ayisha reported the AMIAS's inactivated the Monday night Alateen meeting, due to not enough teens showing up. They are hoping to set up a new meeting after summer. She is asking all Al-Anon members to PLEASE help gather teens to come to Alateen. Carol introduced our new AMIAS, Lisa, and we now have a total of 11 AMIAS's. There is an upcoming training, the 18th Annual NCWSA Alateen Sponsors R&R, September 18-20th, 2026, Westminster Woods, Occidental, CA (see flyer on left). And, on September 12th, there is an Alateen beach event held in Santa Cruz. Anyone who knows of a teen who would like to go, please let Ayisha know. Lastly, they are still researching holding meetings at The Alano Club at a discounted price; as well as high schools or jr. high schools. Click [HERE](#) for the Sponsors R&R



Subscribe to the Al-Anon Forum!!

The Forum is an international monthly publication of Al-Anon Family Groups, that offers help and hope for the families and friends of alcoholics. Al-Anon and Alateen members share their challenges, insights, and progress along their path of self-discovery and spiritual growth. The magazine also includes topics for discussion at meetings as well as news and information from Al-Anon's World Service Conference and World Service Office. Click [HERE](#) to subscribe!



Al-Anon, Celebrating 75 Years of Hope and Healing!



This year marks a remarkable milestone—75 years of Al-Anon Family Groups offering help and hope to those affected by someone else's drinking. As we reflect on this legacy, we invite you to share your own message of congratulations. Send us your tribute, memory, or words of appreciation to be featured on our Member Blog. As always, you can also write about Al-Anon's three Legacies. This month features Step Three, Tradition Three, and Concept Three. Sharings on the Member Blog may be used in future Al-Anon publications. New topics are being added each month! Click [HERE](#) to learn more from WSO about the anniversary.



Newsletter created by Heather L. and edited by Cathy A.

