

DISTRICT 4 MEETING MINUTES

September 26, 2026

Attendees

In person: Chris W, Cassandra V, Renee M, Phoebe F, Cathy A, Heather L, Robert W, Lisa J

Via Zoom: Carol P, Eric F.

OPENING

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

The Service Statement was read.

The minutes of the August 15, 2026 meeting were reviewed and approved as written.

Roll call was taken.

DISTRICT REPRESENTATIVE REPORT - Chris W

Chris W: Encouraged group members to consider group and district positions.

The voting for positions will take place in October and become effective in January.

Robert W: Made a suggestion that we add "Winterfest Al-Anon Coordinator" to the list of district service positions.

Phoebe F: Made a suggestion that we add "Day In Al-Anon Chairperson" & "Co-chairperson" to the list of district service positions.

She also requested that the DIA Chairperson be added to district meeting officers' reports.

Chris W: Asked each officer how many hours per month they spend on their position so that people considering the roles have a general idea of the commitment.

Cassandra V: Announced That The NCWSA Election Assembly will be held on October 16-18, 2026 at the Doubletree Hotel in Modesto, CA.

OFFICERS' REPORTS

Treasurer - Gina asked Cassandra to report for her: If you want something included in the upcoming financial report, or have a question about the finances, please email Gina before the October meeting so that she can have the answer for you during the October meeting.

Chris: Are we planning to set-up Venmo?

Carol P: As she has been working alongside Gina lately, she knows that Gina is working on getting a new tax ID # for the district. Once this is done, we will be able to set up PayPal and Venmo.

Secretary - Lisa: Reported everything is going well.

Website - Phoebe: In response to someone requesting a calendar be added to the website; she said that if we were to add a calendar, we'd have to remove the "events page". Since we don't have many pre-calendared events, the website coordinators decided not to add a calendar.

Heather L: Reported that there are several events coming up that will be listed in the events tab of the website soon.

Winterfest - Robert W: Alice N is our Al-Anon Chairperson who reports our participation to the AA group, the Winterfest hosts. Alice has all of our Al-Anon speakers lined up for the upcoming year.

The next Shasta Winterfest events are as follows:

2027 - Jan 29, 30 & 31, Red Lion, Redding, CA.

2028 - Jan 28, 29, 30, Holiday Inn, Redding, CA.

Alateen - Carol P: Reported that five District 4 AMIASs attended this year's NCWSA Alateen Sponsors' R&R retreat on September 18-20th, at Westminster Woods Camp & Conference Center. This may be the last year this annual event is held there.

Also, there are two Al-Anon members in Fort Jones who are planning to be certified to become Alateen Sponsors so that they can conduct Alateen meetings at the local high school. And there are plans to start an Alateen meeting in Redding again after a short hiatus. The group is looking into a new location, day and time. Details to come.

Welcome to our newest AMIAS, Chris W!

Group Records - Group reps, please update your current mailing addresses.

NEWSLETTER - Heather: The November/December Newsletter is on schedule to go to the printers on Monday. She will have printed 50 half size newsletters for the Day In Al-Anon event and 15 full size copies for GRs to take to their meetings.

LITERATURE - Renee: She will be placing an order on September 29th and will have plenty of literature for Day In Al-Anon. This order will include a new pamphlet titled, *Healing within Our alcoholic Relationships*. She is ordering the ODAT book for our count down during the DIA event. (The member with the most number of years in Al-Anon will

give the ODAT to the member with the fewest number of months or years.) Also new members will be given a free copy of ODAT.

Help & Hope just went up in price to \$12 a pack.

TELECOMMUNICATIONS - Cassandra reported for Susan: She has responded to all messages left on the voicemail. Most said that they found the information they were seeking.

PUBLIC OUTREACH - Cassandra & Carol: They participated in the Alateen & Al-Anon tables during the Recovery Happens Community event at the City Hall. 15 invitations were handed out for our DIA event in the hopes of attracting interested individuals to Al-Anon.

DISTRICT E-MAIL COORDINATOR - Phoebe: We now have 114 email subscribers and 30 text subscribers.

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 Al-Anon (Redding) Ayisha
- 5)Monday night Zoom (Redding) Nancy H
- 6)Tuesday morning (Mt Shasta) Al
- 7)Tuesday noon (Redding) Robert W
- 8)Tuesday evening (Redding) Zoom - Eric F
- 9)Tuesday evening (Alturas) - They will be bringing a gift basket for DIA.
- 10)Wednesday evening (Scott Valley) - Susan
- 11)Wednesday evening (Redding) hybrid - Cathy A - They will be bringing a gift certificate to DIA.
- 12)Thursday morning (Redding) - Phoebe - She wants all GRs to know that she requested financial assistance for attending the October Assembly and was given funds directly into her checking account for hotel, mileage, food & registration. Very easy and responsive process. (must be done 30 days in advance).
- 13)Thursday afternoon Alateen (Scott Valley) - Susan
- 14)Thursday afternoon (Weaverville) - Renee & Cathy attended the Weaverville meeting and said it was wonderful. Margaret is the new GR and would like to be added to the email list.
- 15)Thursday night (Yreka) Pat F
- 16)Thursday evening (Anderson) Carol

NEW BUSINESS**Day In Al-Anon Fundraiser - Chairperson Phoebe**

This was the last day for the reduced cost for attending the event.

She gave a run down of ALL of the participation going on to put this function together.

Our speaker for the day will be Chris M, our Northern California World service Area

Delegate. She will be giving a historical look of Al-Anon as we celebrate 75 years.

Phoebe said she is very honored to be chairing this year's event.

District Positions - Cassandra

October is the election of district officers.

She wanted to emphasize that as a group, we really want rotation of leadership. New leaders bring fresh ideas and perspectives that help us grow. She wants members to know that service positions are fun and we are here to help. We will be alongside new district officers every step of the way.

ANNOUNCEMENTS

Cassandra: Area level elections are coming up October 16,17,18 2026 - NCWSA Election Assembly at Doubletree Hotel Modesto, CA.

Next District meeting:

October 24, 2026

Upcoming District meetings:

November 14, and December 12, 2026