



# GOOD NEWS



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## Stockton Is Ready -- Are You?

The next NCCAA Conference will be held in Stockton on October 8, 9, and 10. Chairman John R. states that his gang is ready for us so lets all head for Stockton. Fliers are available at the Central Offices. See you there!

## Preliminary Outline

### **NCCAA Group Inventory**

#### **Preface:**

As we move into outlining the inventory of the Northern California Council of Alcoholics Anonymous, let us keep in mind that it is not a search for fault; but rather a fact finding mission. Let us not fall into the trap of comparing our organization with others or with other conferences, rather let us share our ideas and make avail-

able our experience to each other. Let us move forward with the hope that what we say and do here will help create a sense of unity within NCCAA. Let us be conscious that the health and spiritual growth of NCCAA in large part depends upon its servants practicing the principles of AA's Twelve Traditions, applying the Twelve Concepts of General Service and awareness that there is but one ultimate authority - a loving God as He may express Himself in Group Conscience.

## News From The Chairperson

Warm greetings from Cupertino, California. Perry and I are in the process of moving which is producing one of the busiest months we have ever had. Preparing for the Stockton Conference, participating in two weddings of AA friends, celebrating the sobriety birthdays of a dozen AA friends, selling one house, and, finally, buying another have really taught us that one minute at a time really does work well! Please note our new address and phone number:

Diane and Perry Olsen  
23500 Cristo Rey Drive #415G  
Cupertino, CA 95014  
(415) 903-0321

I feel that we had a wonderfully positive and productive Steering Committee Meeting in Stockton on August 29. The Tape Selection Committee met prior to the meeting and selected four great speakers for the Fall Conference in Modesto. I am delighted to inform you that they all have ac-

cepted our invitation to share with us. In Modesto we will hear: Sterling H. from Sacramento, Bill S. from Roswell, Georgia, and Michael M. (Female alcoholic) from Long Beach. George D. from New York City will be the Fresno 1995 Friday Kick-off Speaker. David A from Dallas, Texas will be a Step Panelist in Monterey, and Clara S. from Los Angeles will come to Modesto to participate on the Step Panel. Both David and Clara are paying their own way.

At our two hour Steering Committee meeting we discussed: the need for a Finance Committee, the adoption of the Third Legacy Procedure in the election of the NCCAA Chairperson and Treasurer, and the method by which a yearly compilation and tax return of the Treasurer's records could be performed. There was no formal vote taken on any of the three. There were, also, two reports: from (See, CHAIRPERSON, Page Three)

#### **Outline:**

- (1) What is the basic purpose of NCCAA? What message does it carry in today's world?
- (2) What can we do to better carry the message at our conferences?
- (3) How effectively is our speaker selection committee working?
- (4) Are we reaching all our group zones? Are new zone representatives staying with us? Is the turnover rate excessive? How can we best increase and encourage participation?
- (5) How effectively are our zone chairpeople/host committee chairpeople working with the NCCAA Steering Committee?
- (6) Are our Steering Committee meetings informative, efficient? Are they enthusiastic? How can we improve them?
- (7) How effective are our conference guidelines regarding such (See, INVENTORY, Page Four)

## "Daily Tips" For Old and New Members

The unhappiest person in the world is the alcoholic who has an insistent yearning to enjoy life as he once knew it, but cannot picture life without alcohol. He has a Heartbreaking Obsession that by some miracle of control he will be able to do so.

Sobriety is the most important thing in your life without exception. You may believe your job, or your home life, or one of many other things come first. But consider, if you do not get sober and stay sober, chances are you won't have a job, a family, sanity, or even life. If you are convinced that everything in life depends on your sobriety, you have so much more chance of getting sober and staying sober. If you put other things first you are only hurting your chances.

(1) Cultivate continued acceptance of the fact that your choice is between unhappy, drunken drinking and doing without just one small drink.

(2) Cultivate gratitude that you have had the good fortune of finding what was wrong with you before it was too late.

(3) Expect as being natural and inevitable, that for a period of time, (and it may be a long one) you will recurringly experience:

(a) The conscious nagging craving for a drink.

(b) The sudden, all but compelling impulse just to take a drink.

(c) The craving, not for a drink, as such, but for the soothing glow and warmth that a drink or two once gave you.

(4) Remember that the times that you don't want to drink are the times in which to build up the strength not to take one when you do want it.

(5) Develop and rehearse a daily plan of thinking and acting by which you will live that day without taking a drink regardless of what may upset you or how hard the old urge for a drink may hit you.

(6) Don't for a split second allow yourself to think: "Isn't it a pity or a mean injustice that I can't take a drink like so-called normal people."

(7) Don't allow yourself to either think or talk about any real or imagined pleasure you once did get from drinking.

(8) Don't permit yourself to think a drink or two would make some bad situation better, or at least easier to live with. Substitute  
(See DAILY TIPS, Page Three)

**Good News Policy** The Good News is the newspaper of the Northern California Council of Alcoholics Anonymous and therefore is a vehicle for you, the members and supporters of the Council to express your views. The views expressed here are those of the writers, and are not intended to represent the opinion of Alcoholics Anonymous or NCCAA as a whole, nor do they necessarily reflect the views of the staff of the Good News.

If you would like to contribute articles to the Good News, we welcome your participation. The guidelines are as follows: "It (Good News) reports the activities of the Council, Hospital and Institution Committee, General Service, and other articles of interest to AA members. News is written about the conferences for the benefit of members unable to attend. News of activities of the Groups in Northern California may also be included."

## Meetings

Occasionally we hear things at meetings contrary to spiritually and Tradition. Nevertheless, most of us owe much of our well-being to meetings. We have read that, to make any spiritual progress, some humility is required. Going to a meeting is a humble act. It signifies that we can't go it alone, that we need grace for sobriety. Meetings intercept the "stinking thinking" that leads to drinking.

A meeting can consist of two AAs on the phone. We are warned to get on the phone before taking a drink; prior to being overcome by the insanity which precedes the first drink. Let's make that call even before we "think drink." Let's make it at times of anger, self-pity and resentment; of pride and selfishness; of envy and jealousy; of worry, anxiety, fear and loneliness; in a word, before our emotions lead us to "think drink."

Slips often follow the neglect of meetings. Most of us value the importance of meetings. Thus we honor Traditions, especially Tradition Five. We concede that if AAs want to convene for dual purposes (for sobriety and special interests) they may be encouraged to do so, provided they do not call such gatherings AA groups; provided they do not attach the AA name to such gatherings.

Group and committee activities are very uplifting. They make us feel a part of the great whole which is AA. An early, non-alcoholic trustee, Bernard Smith, had this to say: "In AA the whole is  
(See MEETINGS, Page Three)

## GOOD NEWS

Newsletter of the  
Northern California Council  
of Alcoholics Anonymous

Articles of interest to our readers are welcomed and may be mailed to the editor at:

Post Office Box 64090,  
Sunnyvale CA 94088-4090

### Deadline Guidelines

(Not Set in Stone)

December 10 for January-February

February 10 for March-April

April 10 for May-June

June 10 for July-August

August 10 for September-October

October 10 for November-December

## Daily Tips for Old and New Members

*(Continued from Page Two)*

the thought: "One drink will make it worse, - one drink will mean a drunk."

(9) Minimize your situation. Think, as you see here or there a blind or other sorely handicapped person, how joyful such a person would be if his problems could be solved by just not taking one little drink today. Think gratefully of how lucky you are to have so simple and small a problem.

(10) Cultivate the enjoyment of sobriety.

(a) How good it is to be free of shame, mortification and self-condemnation.

(b) How good it is to be free of the consequences of a drunk just

ended, or a coming drunk you have never been able to prevent.

(c) How good it is to be free of what people have been thinking and whispering about you, and of their mingled pity and contempt.

(d) How good it is to be free of fear.

(11) Catalog and re-catalog the positive enjoyments of sobriety, such as:

(a) The simple ability to eat and sleep normally, and wake up glad you are alive, glad you were sober yesterday, and glad you have the privilege of staying sober today.

(b) The ability to face life as it is.

(12) Cultivate a helpful asso-

ciation of ideas:

(a) Associate a drink as being the single cause of all misery, shame, and mortification you have ever known.

(b) Associate a drink as being the only thing that can destroy your new-found happiness, and take from you your self-respect.

(13) Cultivate Gratitude:

(a) Gratitude that so much can be yours for so small a price.

(b) Gratitude that you don't have to drink.

(c) Gratitude that AA exists and that you found out about it in time.

(d) Gratitude that you are only a victim of a disease called Alcoholism, that you aren't a degenerate, immoral weakling, or the self-elected victim of a vice or a person of doubtful sanity.

(e) Gratitude that since others have done it, you can in time bring it to pass that you will not want or miss the drink you are doing without.

(14) Seek ways to help other Alcoholics - and remember the first way to help others is to stay sober yourself.

(15) And don't forget that when the heart is heavy and resistance

*(See, DAILY TIPS, Page Four)*

## More from the Chairperson

*(Continued from Page One)*

the Committee to update our *Purpose, Structure, Functions* Booklet and from the Committee to prepare an NCCAA inventory.

More excitement will be added to our agenda in Stockton as "What's on Your Mind?!?" produced some interesting ideas at our last Steering Committee Meeting. The three hot new items are: making our Young People's Chairperson an officer of the Council with the same partial reimbursement privileges, placing the hotel list and map on the back of our speaker flier, and lowering the registration fee for those who pre-register to \$3.00. Our meeting at the Stockton Conference on Saturday morning may prove to be the most entertaining one of the entire Conference!

Four of us have been working on the NCCAA Archives. Ron J. has devoted himself to the GOOD NEWS, Dianne J. to the Treasurer's records, Perry O. to

the minutes of the Steering Committee and Open Delegates' meetings, and yours truly to the fliers and programs from the conferences dating back to the late 50's. Bart D. has given me incredible help in filling in the gaps where there were missing fliers or programs. My project is done, and I have two beautiful binders to share with you. We have a program from the 1958 Fall Conference in Ukiah and from the Spring 1959 Conference in Stockton. Beginning at the Santa Rosa Summer Conference in 1965, we have the program for each one of our Conferences; and beginning with the Sacramento Fall Conference in 1972, when we began to print pre-conference fliers, we have every one to the present. I hope that all of you will enjoy looking at these treasures as much as I have. See you in Stockton!

Yours in love and service,  
DIANE O., Cupertino, CA

## Meetings *(Continued from Page Two)*

truly greater than the sum of all its parts. The infusing power of the groups, of our fellowship, draws something more out of each of us than any one of us by himself can supply. Each of us, in turn, draws out of the spiritual reservoir of our fellowship the added courage and will which makes each one stronger and our fellowship the greater." *(Reprinted from page 277 of Alcoholics Anonymous Comes of Age with permission of AAWS, Inc.)*

FRANK B., Napa, CA

## Food For Thought

# NCCAA Structure

If all the NCCAA Steering Committee slots were filled, it would be a cross-section of the Northern California Fellowship; possibly a better informed conscience than a body of Delegates hastily recruited at Conference sites. This is not to deny the principle of an informed, grass-roots conscience whose authority should always be felt. A step toward this ideal might be to drop the provision of two delegates per group. The term, delegate, is confusing being more proper to General Service.

In 1945, there were thirty groups in Northern California. Two representatives per group was not excessive. Today, with close to three thousand groups, one representative per group would seem proper. They could be recruited from existing Intergroup (Central Office) structures. Why not recognize the individual group representative to each Intergroup as the individual group representative to NCCAA Conferences? Why not delete the ambiguous term, group delegate? These changes might serve the purpose explained in the 1972 booklet as follows:

"Groups, as isolated units, are often unable to solve problems...The Solutions...are often beyond the abilities of the group within its own membership..."

"We learn that the solution is in sharing group experiences, strength and attainments with each other...a few wise members...realized the importance to the individual of intergroup relations and took steps to develop this relationship..."

"Each group, through a group conscience could share with each other, and...solve the common problems..." (Hopefully - at least substantially - the original purpose-statement will be reinstated in our brochure-booklet.)

Today, the Council cooperates with all service entities. It does not compete against them. It furnishes time, space and equipment for them at every Conference. It seats their trusted servants on its Steering Committee, providing them with a voice and vote.

At this point, let's distinguish that group representative, the group's "voice" at Intergroup meetings, and, who would be the voice of his group at Conferences, from the Intergroup Representative (so-called) who sits on the NCCAA Steering Committee. (It would be easy to confuse them.) We might designate the former as the Intergroup Representative, and the latter as the Intergroup Committee Member. That is to say, the trusted servant of the group would be the Intergroup Representative (just as he is called locally); and the trusted servant who sits on the Steering Committee would be the Intergroup Committee Member.

Where the term Central Office, rather than Intergroup prevails, equivalent titles might be coined, provided no ambiguity ensues. Perhaps the following chart may stimulate some thinking:

#### INTERGROUP TITLES

Intergroup Representative

Intergroup Committee Member

#### CENTRAL GROUP TITLES

Central Group Representative

Central Group Committee Member

Submitted by FRANK B.,

Napa Zone Chairman

July 1993

## Daily Tips

(Continued from Page Three)

is low and the mind is troubled and confused, there is much comfort in a true and understanding friend standing by. You have that friend in AA.

(From the Inter-County Fellowship, Central Office, San Francisco.)

Submitted by NINA S., S. F.

## Inventory

(Continued from Page One)

matters as:

A. Finances?

B. Local Host Committees?

C. Structure and Purpose?

(8) Does NCCAA give all AA members their fair share of keeping informed about the whole of Alcoholics Anonymous? What steps can we take to further raise this awareness within our group delegates?

(9) Does NCCAA need an independent audit? What would be its basic purpose? How would it work?

(10) Do we need a Finance Committee?

(11) Regarding disbursement of funds, are we in need of reviewing our current allocations.

George M., San Jose, the coordinator of this inventory would love to hear from you if you have any valued input to this inventory. Please put your thoughts or ideas on paper and send them to the GOOD NEWS and we will be happy to forward them to George. Or better still, bring them with you to the conference in Stockton. We really need some ideas from all of you.

Submitted by GEORGE M.,  
San Jose, CA

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# HUMOR

Life was becoming too much for the mother of a large family of small children. Her nerves were in tatters and she felt she could not cope.

She went to the doctor and he gave her some tranquilizer pills. A few days later the doctor called to see how she was getting on.

"How are the children?" he asked. "Ah, who cares?" she said.

A lady who was feeling a bit run down went to her doctor. He gave her a bottle of pills but warned, "these are very strong pills, take one only every second day. Take one today, skip tomorrow, take one the next day, skip the day after that and so on."

A couple of weeks later the patient called again.

"Are the pills doing you any good?" asked the doctor.

"Oh, they are," she said, "but the skipping is killing me."

*Submitted by DENNIS C., S.F.*

**Please Pre-Register  
Early**

## N C C A A CONFERENCE DATES

### 1993 CONFERENCES

STOCKTON - Oct. 8, 9, 10

### 1994 CONFERENCES

OAKLAND - March 25, 26, 27

MONTEREY - June 24, 25, 26

MODESTO - October 7, 8, 9

### 1995 CONFERENCES

FRESNO - March 10, 11, 12

SAN MATEO - June 2, 3, 4

SACRAMENTO - Oct. 6, 7, 8

### 1996 CONFERENCES

MONTEREY - March 8, 9, 10

SAN JOSE - May 31, June 1, 2

**MARK YOUR CALENDARS**

## A Page From The Past . . .

We all come to AA with one objective, to learn how to overcome and control our drinking problem. While there are some "Loners" who find sobriety through AA the very great majority are unable to attain that which we all seek, without the help of others. Therefore we have banded together "Groups" and hold Group Meetings.

But we also learn that Groups, as isolated units, are often unable to solve problems such as conflicts in personalities, dissensions, type and handling of meetings, etc. The solution of these problems are often beyond the abilities of the Group within its own membership. We know that our Group future will be fashioned in accord with today's unity or discord.

As a result we take another big step forward. We learn that the solution is in sharing Group Experiences, Strength and Attainments with each other. We can be eternally grateful that there were a few wise members who realized the importance to the individual of intergroup relations and took steps to develop this relationship.

During the year 1945 all the groups in Northern California, about thirty, sent delegates to a meeting in Oakland. This was the first Group Conference in Northern California. Later the Groups in Nevada were invited to participate.

These group delegates found that each Group, through a Group conference, could share their experience, faith and hope with each other, and in this manner were able to solve the common problem which presented themselves in the course of the life and growth of a Group in the Alcoholic fellowship called Alcoholics Anonymous.

We have found no mechanical device through which an AA member or group of members can project his individual or collective experience into another member or group of members. Experience is the result of time spent in any objective endeavor. We can share the results, but we are limited to words to describe to our listener. If he listens with an open mind and believes us when we tell him that the stove is hot, he may avoid the burned hands that left scars, the price we paid for our experience.

With slight retrospection we can clearly see that the Northern California Group Conference of Alcoholics Anonymous is but an enlarged picture of the problems which confront the individual alcoholic in his relation to his own Group. Through the exchange of ideas our individual understanding is mutually increased. The success of the individual is measured by the love or dissension he brings to his Group. The Group is but an enlarged picture of the individuals who compose it. The Northern California Council is a further enlargement of the same picture of the Group who participates in this Council.

Individually and collectively - - -

"There is a destiny that makes men brothers,

None goes his way alone:

All that we send into the lives of others,

Comes back again into our own."

The above reprinted from the original NCCAA booklet.

*Submitted by FRANK B., Napa, CA*

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