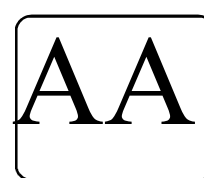


GOOD NEWS



Holiday Issue

December 2002

Special points of interest:

- Birthday Club
- Kids 'R' Us
- Election
- Letter from the Chairman
- Letter from the Editors
- Calendar of Events
- Fresno Conference
- 12 Step Prayers

Election

In Fresno NCCAA will elect a Treasurer for the next 2 years. Be prepared to make yourself available if you wish to be of service to NCCAA in this capacity. The election will be held at the 3:30 pm delegates meeting on Saturday. And nominations can be made up to that time.

If you need any further information please ask for Joe Cornish. If you don't know Joe grab anyone with a gold NCCAA badge and we will direct you to him.

The First NCCAA Conference of 2003

As we begin the New Year it is with much anticipation that we start our first conference in Fresno CA.

Fresno has been a great starting point for our conferences. The local committees are committed to NCCAA conference and have traditionally been one of the most heavily attended by the local AA's.

It is always a privilege and a honor to attend and serve NCCAA. In Fresno we expect another banner turnout and with the fantastic list of speakers we are all assured of another wonderful time in Fresno

With all that goes on in our lives it is nice to get back into the swing of the conferences again.

The speakers, the friends and the dance on Saturday night, and most of all the fellowship is what we are all awaiting in Fresno.

So do your part and be there. And bring someone who has never gone before. I'm sure they will fall in love with our conference just as so many of us have.

Take care and we will see you all in Fresno.

NCCAA 56TH ANNUAL SPRING CONFERENCE

Fresno CA.

March 21, 22,&23

Friday	March 21,	8:00 pm	Robert C.	Las Angeles, Ca
Saturday	March 22,	3:30 pm	David B.	Santa Rosa, Ca
Saturday	March 22,	8:00 pm	Bob D.	Las Vegas, NV.
Sunday	March 23,	11:00 am	Leslie C.	San Rafael Ca.

The 12 Step Prayers

1st Step Prayer

Dear Lord, I admit that I am powerless over my addiction. I admit that my life is unmanageable when I try to control it. Help me this day to understand the true meaning of powerlessness. Remove from me all denial of my addiction.

2nd Step Prayer

Heavenly Father, I know in my heart that only you can restore me to sanity. I humbly ask that you remove all twisted thought and addictive behavior from me this day. Heal my spirit & restore in me a clear mind.

3rd Step Prayer

God, I offer myself to Thee to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy love and Thy way of Life. May I do they will always!

4th Step Prayer

Dear God, It is I who has made my life a mess. I have done it, but I cannot undo it. My mistakes are mine & I will begin a searching and fearless moral inventory. I will write down my wrongs, but I will also include that which is good. I pray for the strength to complete the task.

5th Step Prayer

My inventory has shown me who I am, yet I ask for Your help in admitting my wrongs to another person and to You. Assure me, & be with me, in this Step, for without this Step I cannot progress in my recovery. With Your help, I can do this & I will do it.

6th Step Prayer

Dear God, I am ready for Your help in removing from me the defects of character which I now realize are an obstacle to my recovery. Help me to continue being honest with myself & guide me toward spiritual & mental health.

7th Step Prayer

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character, which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here to do your bidding.

8th Step Prayer

Higher Power, I ask your help in making my list of all those I have harmed. I will take responsibility for my mistakes and be for giving to others as You are forgiving to me. Grant me the willingness to begin my restitution. This I pray.

9th Step Prayer

I pray for the right attitude to make my amends, being ever mindful not to harm others in the process. I ask for your guidance in making indirect amends. Most important, I will continue to make amends by staying abstinent, helping others and growing in spiritual progress.

10th Step Prayer

I pray I may continue : To grow in understanding and effectiveness. To take daily spot check inventories of myself. To Correct mistakes when I make them. To take responsibility for my actions. To be ever aware of my negative and self-defeating attitudes and behaviors. To keep my willfulness in check. To always remember I need Your help. To keep love and tolerance of others as my code. And to continue in daily prayer how I can best serve You. My Higher Power.

11th Step Prayer

Higher Power, as I understand you, I pray to keep my connection with You open and clear from the confusion of daily life. Through my prayers and meditation I ask especially for freedom from self-will, rationalization and wishful thinking. I pray for guidance of correct thought & positive action. Your will, Higher Power, not mine, be done.

12th Step Prayer

My spiritual awakening continues to unfold. The help I have received I shall pass on & give to others, both in and out of the Fellowship. For this opportunity I am grateful. I pray most humbly to continue walking day by day on the road of spiritual progress. I pray for the inner strength & wisdom to practice the principles of this way of life in all I do and say. I need You , my friends and the program every hour of every day. This is a better way to live.

Kids “R” US

When I first came into the program of Alcoholics Anonymous, I often had to bring my two-year old daughter with me to meetings. Not once did anyone complain when she used to crawl around under the tables and untie everyone's shoes. Instead she and I were met with smiling faces and loving embraces. There were plenty of times when my daughter would speak out loud during a meeting (two-year olds didn't understand the concept of whispering). There were plenty of times when she got tired of trying to keep still, got frustrated, and started to cry, and when that happened, someone in the group would just get up, take my child into another room, and entertain her. And when I 'd walk into a meeting all stressed out (and didn't even know it) someone would see my anguish and pick up my child so I could sit still in the meeting. People would take shifts with her so I could get a good grip on this program. I never had to worry that they were not treating her well. I just accepted their gift to me. Thank God for those people for their compelling love toward my daughter and me.

Since then, a lot has changed in my life. I accepted this beautiful program and my life has flourished. I'm now married and have tow more children, and I still bring them to meetings. My oldest child is seven and she still attends meetings along with my three-year-old.

People no longer get up and take my children out of meetings when they start to fuss, and I don't expect them to. I have enough of a grip on this program to handle my kids myself now. But I often find myself at my home group taking care of a newcomer's children, giving back what was so freely given to me. And, yes. I have gotten frustrated with unruly kids at meetings but if I keep giving as much as I received I will truly learn what brotherly love is all about. We now have baby-sitting at my home group so that parents can feel at home and accepted. Whenever I hear someone use the excuse that they cant go to a meeting because they have children. I say, "Yes, you can-I do it all the time." I offer to go with them and watch their kids in another room if the kids cant sit through the meetings. I do it because it was done for me. It makes me feel very sad when people say they are made to feel uncomfortable in a meeting because they have brought their children. Some are even asked to leave a meeting because their children are being too loud. Isn't our primary purpose to stay sober and help others to achieve sobriety? Instead of demanding quiet from children, can't we ourselves take the children into another room so that their parents can get a grip on this wonderful way of life? Any time I do something nice for someone else I feel so good inside. I could never do that when I was drinking.

Alcoholics Anonymous has given me my life back. It's given my family a loving and caring sober mother and wife. I can't begin to tell you how grateful I am that my children don't have to suffer the hell of growing up in and alcoholic home. When my oldest daughter was three I found her playing with her dolls, pretending they were all in an AA meeting. In made me smile. Because of their exposure to this program, my children automatically run up to their friends and hug them-it's fellowship in action. I know so many people today that have come to love and care for my children as if they were their own. All my sober family is also my children's family.

By the way most of the people who helped me get sober watch my child didn't have children. They just had lots of love.

Jackie C., Kissimmee, Fla.

(Reprinted with permission from the AA Grapevine, April 1994, pages 28-29)

Chairperson's Report

Well, here we are into the New Year and we have three great Conferences lined up! Fresno is right around the corner, March 21-23. There is an error on the Fresno flyer. You might want to get the word out that the number for the Radisson Hotel is incorrect. The one listed is their fax number. The correct direct number is 559.268.1000. Our apologies. It's time to get your pre-registration in the mail and your room reserved!

We have a home for our Summer Conference. It went from Santa Rosa, to the SF Airport Marriott, and finally ended up in San Jose at the location we were at two years ago. The dates are June 13-15.

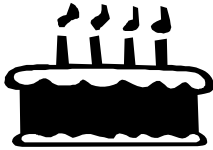
And the Fall Conference is going to be in Redding the weekend of October 3-5 at the Redding Convention Center. It's beautiful weather up there that time of the year!

Remember that if you would like to participate in any Conference as a Secretary or a reader for one of the meetings, contact myself or one of our Officers and we'll get you signed up.

Our next Steering Committee Meeting will be held at the Stockton Alano Club on January 19th, starting at 1:15PM. The address is 1810 Monte Diablo Avenue.

Finally, thank you Rich and Carina for being our Good News Editors for the past few years. You did a great job keeping the quality of our newsletter up! Thank you!!!

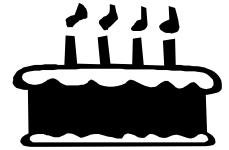
**Joe Cornish
NCCAA Chairperson**



Tammy C.
Bob T.
Inez T.
Paul C.

October
Chicago Park
Shreveport LA.
Mariposa
Hayward

5 Years
18 Years
19 Years
19 Years



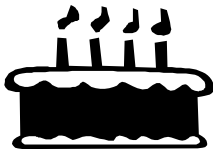
Birthday

Carol D.
Diane P.
Nancy C.
Ray K.

November
Hughson
Livermore
Livermore
Shreveport LA.

3 years
5 Years
7 Years
16 Years

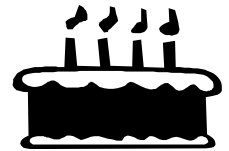
Club



Gary R.
Joseph L.
Manny R.
Tim M.
Kris H.
Christine S.
John S.
Jean Rivera

December
Concord
Redwood City
Stockton
Junction City
Roseville
Hayward
Palo Alto
Pioneer

1 Year
3 Years
12 Years
14 Years
15 Years
15 Years
24 Years
31 Years



The Birthday Club celebrates Birthdays every quarter. If you would like to be on the birthday list please come by the Good News table at your next conference and find out How. There is no charge. Next issue

January - February - March

Calendar of Events

February 13-16	39th International Women's Conference	Seattle Wa.
March 21-23	NCCAA 56th Annual Spring Conference	Fresno Ca.
May 23-25	Monterey Bay Area Roundup	Monterey CA.
April 4	Big Island Bash	Kailua-Kona Hi.

Letter from the Editors

As we say "this too shall pass" . Our tenure as your Good News Editors has come to it's end. We have been in the service of NCCAA since we went to our first Conference about six years ago in one way or another and are looking forward to serving on our local committee in San Ramon for the 2004 Spring Conference being held in San Roman. We don't what were doing yet, but it will be fun. We haven't served on a local committee for about 3-4 years and are looking forward to some local action.

A lot has happened over the past 2 years, some good some sad and some wonderful. We thank you all for the help and guidance in being the stewards of your Good News Letter. A wonderful man(Steve M. our former NCCAA Chairperson) will be taking the reins. If you all show him as much enthusiasm and participation as you have shown us, I'm sure he will enjoy the experience as much as we have. "GOOD LUCK STEVE".

In Love and Service Carina & Rich H.

Livermore CA.