



# GOOD NEWS



Est. 1948

Published Four Times a Year in Elk Grove by the  
Northern California Council of Alcoholics Anonymous

Spring 2005

## From the NCCAA Chairman's desk...

### HAS ANYONE NOTICED?!

At the Fall Conference last year in Redding, the Steering Committee voted to change our meeting time at the Conferences from 10:45 AM to 8:00 AM. We weren't sure if that was a good idea, but we were willing to try .The purpose of doing this was because members of the Steering Committee were missing out on some Conference events. We were missing out on the Workshop at II :00AM and by the time our meeting was over, we sometimes had to make the decision as individuals to either go to lunch or the General Service or H&I Meeting at I :00 PM. We couldn't do both! Now that we have had two Conferences since then, we have found that this works quite well for everyone involved. Great decision! !

At the San Ramon Conference this year in March, a couple of interesting things happened during the weekend. The Friday Early Bird Meeting was not your typical Speaker meeting. It was about the "Oldtimers Do the Twelve Steps". These twelve individuals who presented the Steps had at least 25 years of sobriety!

Then at the Workshop on Saturday morning, Don H., from Belmont, presented "the History of AA and the Big Book" to a

## 34<sup>th</sup> Annual H & I Conference will Include the Newest Class A Trustee

Members of the Northern California Hospital & Institution Conference Committee from Galt are preparing for the 34<sup>th</sup> Annual H & I Conference on April 22<sup>nd</sup>, 23<sup>rd</sup> & 24<sup>th</sup>. The Panel at 9:30 AM on Saturday will include Jeanne Woodford who has just been elected to serve as a Class A Non-Alcoholic Trustee for the General Service Office in New York. The Speakers include Lee Y from Lake Mary, Florida, Johnny H from Long Beach and Tomas from Fresno. Don H from Belmont will give a History of the H & I Committee on Saturday at 1:00 PM. The conference will also include workshop panels with professionals from Judges to Counselors who work with alcoholics starting on Friday afternoon and finishing on Sunday morning.

## PRAASA 2005

Pacific Region Alcoholics Anonymous Service Assembly will be in Tucson, Arizona from March 11<sup>th</sup> to 13<sup>th</sup>. Their website is [www.praasa2005.org](http://www.praasa2005.org).

"The purpose of the Pacific Region Alcoholics Anonymous Service Assembly (PRAASA) is to develop greater unity among the members, groups, and areas of the Pacific Region; to encourage the exchange of ideas and experiences and to provide an opportunity for members to discuss pertinent aspects of A.A. The assembly and the PRAASA committee should always foster the recovery, unity, and service legacies of A.A."

### New Editor Needed!

Is anyone available to be our new Good News Editor? We need someone who can publish and mail this newsletter 4 times a year and set up the table at the conferences. Please contact our Chairman, Joe C through our website [www.ncc-aa.org](http://www.ncc-aa.org).

## NCCAA 58<sup>th</sup> Annual Summer Conference San Jose - June 10, 11 & 12, 2005

Friday	8:00 PM	Dan D.	San Jose
Saturday	3:30 PM	Stacy S.	Laguna Nigel
Saturday	8:00 PM	Joe F.	Venice
Sunday	11:00 AM	Beth H.	Nevada

## Chairman's desk...

(Continued)

large capacity crowd. It was an excellent presentation!

Stockton Conference did a workshop on the Three Legacies, and Yuba City Workshop topic is "Chapter 6-Working with Others" Foster City in the Spring of next year is going to present "The History of NCCAA"

The reason for all of this is to encourage more people to attend what is being offered at our Conferences. We always have the Workshop, H&I, General Service, and All Services meetings, and at the Summer Conference, we have the General Service Delegate Report. I encourage you to sit in on some of the meetings and panels we offer. Comments are sometimes made by the panelists or speakers, and even the audience, about how low the attendance is for some of the meetings.

I would entertain any comments or feedback. We do have a website ([www.ncc-aa.org](http://www.ncc-aa.org)). Please us the email function and send us some feedback. Let's see what is on your mind regarding this....okay?!?!

Joe Cornish

NCCAA Chairperson

### Costal Area's 2005

#### Pre-Conference

#### Assembly April 2<sup>nd</sup> & 3<sup>rd</sup>

The California Northern Coastal Area 06 will have their 2005 Pre-Conference Assembly at Balado Park 2 miles south of Tres Pinos. "Basics of Our Home Group – Recovery, Unity and Service". Registration begins at 8:30 on Saturday morning and the Group Conscience will be from 9:30 until 5:00 (with a break for lunch). Sunday morning the Business Meeting is from 9:00 until 11:00. There will be another Group Conscience session until 12:30. The Assembly finishes with "What's on your Mind?" until 1:00. For more information, you can print out the flier from their website at [www.cnca06.org](http://www.cnca06.org).

## Birthday Club

<b>July-</b>	Marji H	San Jose	3 Years
	Jose D	Santa Cruz	4 Years
	Linda G	Petaluma	7 Years
	Larry M	San Pablo	10 year
	Tim R	Fresno	12 years
<b>August-</b>	Jeff G	Turlock	8 years
	Richard M	San Leandro	10 years
	Jim A	San Jose	11 years
	Andi M	Oceanside	15 years
	Kathy C	Half Moon Bay	16 years
	Lisa G	Redwood City	21 years
Bill R	Santa Clara	23 years	
<b>September-</b>	George M	Forestville	1 year
	Naomi B	Monterey	4 years
	Peter L	San Jose	12 years
	Tony H	Sacramento	12 years
	Sheila B	Daly City	15 years
	Dianne J	San Jose	19 years
	John G	Fresno	24 years
<b>October-</b>	Denise C	Redwood City	2 years
	Peter K	Groveland	11 years
	Lu R	Stockton	16 years
	Doug G	San Jose	17 years
	Loree G	Stockton	30 years
<b>November-</b>	Vanessa G	Hollister	5 years
	Joe C	Redwood City	18 years
	Char H	Red Bluff	20 years
<b>December-</b>	Steve M	Elk Grove	15 years
	Pat A	Galt	24 years
<b>January-</b>	Ken B	Sacramento	1 year
	Jerome M	Campbell	2 years
	Madeline S	Mountain View	17 years
	Carole D	Vacaville	19 years
	Michael B	Alameda	22 years
	<b>February-</b>	Donna B	Pioneer
Nancy S		Sacramento	9 years
Bill S		Stockton	14 years
David W		Redwood City	17 years
Peggy B		Modesto	28 years
<b>March-</b>		Thomas E	Sacramento
	Terry F	North Highlands	11 years
	Michelle S	Stockton	13 years
	Phyllis G	Redding	15 years
	Gabi R	San Bruno	21 years
	Harve P	Valley Springs	26 years

## Congratulations to All !!!

The Birthday Club normally celebrates AA 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 give us your information. This is done at no charge to you.

## **Interior Area's Pre-Conference Assembly April 9<sup>th</sup> & 10<sup>th</sup>**

The California Northern Interior Area 07 will have their 2005 Pre-Conference Assembly at the Sonora County Fairgrounds in Sonora. District 33 will be hosting the Assembly which begins at 12:00. We hope to see you there.

### **Remembering Dr. Silkworth –**

#### **“Change! - Everything”**

It was the late forties. I was in terrible shape and had been drunk for weeks. I was in a semi-blackout, and usually came to in joints with sawdust floors. My father knew a man who had been a notorious drunk and was now clean, and my father asked him to help me. The man, Roy, drove me to New York City, and checked me into Knickerbocker Hospital. The charge was eighty-five dollars, and I didn't have a dime, so Roy footed the bill. I was so sick, they were reluctant to take me in that night, but the next morning they did.

I was first met by a big red-haired lady named Teddy, and boy was she tough. She gave me a little shot glass with a blackish liquid in it, and a pill the size of a golf ball. I didn't know it at the time, but they believed in cleaning out the inner man upon admission. The combination really worked. I went go into details, but you know what I'm talking about. I was out of commission all day, once the concoction started to work.

I was in a small ward with five or six other drunks. (One of them, I found out a few days later, was a prominent feature writer for one of the large newspapers). Day two was more or less a blank. On day three, I was introduced to the doctor, a very small, fragile-looking old man with white hair, and, I believe, an old sweater. He had an extremely kind face. He told me his name was Dr. Silkworth and that he was familiar

with alcohol-related problems, and proceeded to talk to me. The most unusual part of the meeting was that he did not ask any questions (as most psychiatrists do) but told me the story of my life. It shook me up a little. He told me alcoholics of my kind (daily periodics) were most difficult to help, and that my prognosis was not the best." "But," he said, "there is a chance for you." In my hopeless situation, my ears perked up, and I asked, "What chance? What do I have to do?" He looked at me and said "Change!" I asked, "Change what?" "Everything," he said. He told me that my every thought, every attitude, every reaction had to change. No holding back.

Dr. Silkworth subsequently told me a story I will never forget. He said, "There was a storekeeper in upper New York state who had run a hardware store in the same neighborhood for many years. He knew most of his customers by name and had a thriving business. Now the new strip malls were taking over, and all the merchants on his street were moving. But, being loyal, the hardware man could not bring himself to close his second home, his store. His accountant came in one day, and said, " Al, your business is off by seventy percent. If you don't join the other merchants in the new malls, you will be forced out of business." Al finally agreed to open up a store in a strip mall.

Business flourished, and after about four or five months, the accountant came by with the books and said, " Al, sit down." He said, "I can't understand what's happening here. You're doing well and making money. But it's going out as fast as you're making it. So where is the profit going?" Al grudgingly admitted to the accountant that he had never closed the old store.

This has stayed with me for the half a century I have been sober in Alcoholics Anonymous. It told me that I could not keep doing the things I had done while drinking - I would have to eliminate them

and replace them with new friends and new thinking (which I found in AA).

Dr. Silkworth told me that the Twelve Steps of AA would gradually induce the changes he was talking about. It might take time, but it would happen. It has. He also told me I was like a driver going the wrong way on a one-way street. A policeman stops me and points to the hundreds of cars coming toward me. "Can't you see the sign?" he asks. "You're on a one-way street." I look at the sign, look at him, and ask, "Who turned the sign around? I think the good doctor liked his little stories. As the years went by, they made more and more sense.

I went back to the hospital a few times, to sit in "Duffy's Tavern," a little hideaway just for the drunks on the ward. Dr. Silkworth and Teddy were always ready to welcome alcoholics who were trying to recover.

I realized recently that there are very few alkies alive today who were treated by Dr. Silkworth, and that perhaps I should write out a few lines describing my experience with this beautiful, medical saint, who was so instrumental in getting Bill started in this life-saving program of Alcoholics Anonymous.

Bless you, Silky, for your dedication to a segment of society that was really not welcome anywhere. I, for one, am eternally grateful.

Matt L. Tucson, Arizona  
Reprinted from the Grapevine  
March 2004. "Special Section -  
Old-Timers:

*The Ambassadors of AA"*

Originally under the heading of  
Duffy's Tavern

### **We Need Readers for Upcoming Conferences!**

Do you want to be a reader at an NCCAA Conference? We need people to be Chairpersons and Readers. Please contact Joe C., Dave W., Katy P or Carole H. if you are available.

## Our AA Literature

From time to time, I hear about groups who refuse to put out any literature on their tables or racks at meetings which does not specifically state "Conference Approved Literature" on the front cover. It's great to see such a passion for upholding AA's singleness of purpose by not having literature from other fellowships mixed with our own, potentially causing confusion in the newcomers. However, some are not aware that there is other AA literature, which is not necessarily "Conference Approved."

Your General Service Office in New York prints a wide variety of "Service Material" which has not come about through a Conference Advisory Action. It is produced when there is a need for readily available information on a specific subject, and reflects collected AA group experience as well as specific and timely information that is subject to change. Some examples of these include: *AA Fact Sheet*, *AA Guidelines*, *AA Preamble*:

*Background, Concepts Checklist, Traditions Checklist, How to Conduct a Sharing Session, Sponsorship-Vital Stepping-Stone to Service and Sobriety, Suggested Topics for Discussion Meetings and Suggested Workshop Format.* There is also a *Memo to Group Treasurers* to help groups understand the scope of their jobs, and ways funds in excess of the group's prudent reserve can be put to good use. One more service piece is *The AA Archives*, a valuable piece about how you can get involved in preserving those 'evidences of our history.' Much more is available at [www.aa.org](http://www.aa.org) or by contacting GSO.

GSO also publishes a newsletter for the Fellowship called *Box 459*. There is a newsletter for professionals called *About AA*. The GSO Archives publishes *Markings-an Archives Interchange*.

Intergroups and Central Offices often publish Service Material to fulfill local needs, whether it is guidelines for the local hotline or meeting directories. Public

Information Committees often create Service Material for their local needs as well.

The Northern California Hospitals and Institutions Committee (H&I) publishes guidelines and workbooks to assist members in doing their corrections and institution work better. The Bridging the Gap Committee also publishes information cards, both for people wanting to do 12th Step Work as well as contact cards for those incarcerated due to be released soon and need someone to help them get to their first meeting on the outside.

Everything I've mentioned above is considered to be "AA Literature," and all serve a very important role in helping us to fulfill *our primary purpose*. Whether groups choose to put this material on their literature tables is, of course, up to the group's conscience, but I hope you'll look into this rich collection of experience, and share it with your group's members.

Doug G. – Panel 53 Delegate from CNCA 06 - Reprinted from Delegate's Corner – July 2004

### 34<sup>th</sup> Annual Northern California Hospital & Institution Conference

**April 22, 23 & 24, 2005 at the Littleton Civic Center, 123 Civic Center Drive In Galt**

The main purposes of this Conference are:

1. To improve mutual understanding and cooperation between AA and non-alcoholic professionals in an effort to help the confined alcoholics;
2. To improve understanding and cooperation between institutions and AA through workshops, panels, and general discussions; and
3. To be "friendly with out friends", and in doing so AA members experienced in such cooperation report three gratifying results:
  - A. It helps us to stay sober
  - B. It often attracts alcoholics to AA
  - C. It helps non-alcoholics to gain an understanding of, and respect for, our fellowship.

**Have you visited your Web Site yet?**

**<http://www.ncc-aa.org>**

You'll find:

The History of NCCAA - Our "Purpose Structure & Function" - Past issues of the "Good News"  
A list of Future Conferences - A list of upcoming Speakers - Flyers - Future & Past Programs – Upcoming & Past - Information on our Archivist - Guidelines for Hosting a Conference  
A Link to AA General Service - And More...