



Have you heard the Good News?



Good News

Est. 1948

Fall 2011

Upcoming Fall Conference

There is much excitement for this upcoming Fall Conference in Santa Rosa, Ca. October 28, 29, & 30, 2011.

The following hotel is offering special rates for those attending the 64th Annual NCCAA Fall Conference in Santa Rosa. To ensure your reservation, you should register at least 30 days in advance of the Conference, and you must mention that you are attending the NCCAA Santa Rosa Conference in order to obtain the rates. The Host Hotel is the

Flamingo Hotel Resort

2777 4th Street
Santa Rosa, Ca. 95404
(707) 545-8530
\$89.00 Single
\$ 92.00 Double

2 Pools, Restaurant, Pet friendly-with restrictions -Spa

Santa Rosa

NCCAA 64th Annual Fall Conference

October 28, 29, & 30 2011.

Veteran's Memorial Building.

1351 Maple Ave., Santa Rosa, Ca.

- **Friday October 28 ,2011**
- 2:00 p.m. registration opens
- 3:30 early bird meeting—
- 8:00 p.m. Open Speaker Meeting—Chuck H., Cary, NC.

Saturday, October 29,

2011

- 9:30 a.m. General Service Panel
- 11:00 a.m. Host Committee Workshop
- 1:00 p.m Hospitals & Institutions Panel Meeting
- 3:30 p.m. Young People's Speaker Meeting— Heather H., Minneapolis, MN.
- 8:00 p.m. Open Speaker Meeting—Beth H., Cary, N.C.
- 10:00 p.m. Dance Following Drawing
- **Sunday, October 30 th, 2011**
- 9:30 a.m. All A.A. Services Panel Meeting
- 11:00 a.m. Open Speaker Meeting—Paul W.,

Have you visited your Web Site yet?

<http://norcalaa.org/>

You'll find:

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

QUOTE OF THE MONTH

"Serenity is not the absence of conflict, but the ability to cope with it."

Do Unto Others

How many of the rest of you get, in your eagerness to make up for lost time, that panicky sense of pressure because there just isn't "time enough?" In our enthusiasm for our new life and in our release from the old feeling of inadequacy, we are apt to say yes to every request and later find to our regret that there isn't enough "room" in the day to accomplish everything we optimistically planned to do.

We put on the pressure, only to find that little by little we are getting ourselves tied into knots from a binge of overdoing, followed, as of old, by the inevitable jitters and remorse because we are exhausted and have probably let somebody down.

A.A. tells us to go on a 24-hour program. That should be our starting point. Subtract the necessary hours required for adequate rest and then we can plot our course with the hours remaining. It might be well to write down an hour-by-hour outline of each day for the past week, listing on one side of the paper all those things we said we would be but didn't get around to, and on the other the things we did do. If we have a grain of intelligence, this should show us just how much activity can be comfortably taken on for any one 21-hour period and how balanced (or unbalanced) our program is for the average day.

The latter point is what I want to stress. Are we, perhaps, devoting too much time to A.A., per se, and neglecting the last part of the twelfth step, "-- and practice these principles in all our affairs?"

I wonder if your wife has ever thought, "-- Yes, I'm deeply grateful to A.A. and all it has done for us, but--I wish Joe would ask me to the movies, occasionally." Or has she ever said to other A.A. wives, "A.A. get-togethers are fun and I'm thankful for our many new friends, but it would be nice if Jimmy and I could have an evening together just once in a while and let the drunks fall where they may."

Do Unto Others (continued)

Drunk or sober, alcoholics are apt to be selfish. My own outstanding bit of neglect is toward my boy in the service.

He writes, "You know how I feel about your letters, so please send them soon and often."

I promptly make a mental vow to systematically set aside a time at least twice a week to send him the cheery bits of nonsense which he seems to love. Three weeks later I'm still saying, "I must write the boy --as soon as I make that A.A. call" or "as soon as I get back from the meeting."

I am not advocating that we give up meetings and calls. Perish the thought. I am simply suggesting that we be more rational and balanced in our planning. In my drinking days I put the bottle first and now, I'm putting sobriety there. That's as it should be.

But while working with other alcoholics is one of the most important parts of our program, A.A. can be practiced in other ways. If it works miracles on drunks, why not try it on our family and friends, those who bore the brunt of our thoughtlessness, our selfishness? And even on the strangers we meet in the course of a day? Result --more miracles!

One less long-winded A.A. telephone call, made solely for personal pleasure, might give you just enough time to get that letter off to your favorite serviceman. One evening's hashing over the past with the boys could occasionally be sacrificed to ask your wife to go out stepping--just the two of you, for some good clean normal enjoyment.

Giving and receiving help from other alcoholics, going to meetings, talking to A.A. friends and giving a hand to the newcomer must be paramount, but more and richer dividends may be ours if we but open the door and go out on the open road bearing the standard of A.A. "and practice these principles in *all* our affairs."

Lois B.

The Twelve Steps: Step One—We admitted we were powerless over alcohol—that our lives had become unmanageable.

Editorial: On the 1st Step

The first of the 12 steps in the creed or philosophy of Alcoholics Anonymous is, "We admitted that we were powerless over alcohol--that our lives had become unmanageable." By such an admission any alcoholic, provided he is sincere, has achieved his first success on the road to well-being.

Such an admission is usually very difficult for the alcoholic to make. The very nature of his disease makes him shun the knowledge of his inability to cope with the problems of everyday life. Hence his desire for something that will rapidly create whatever he *thinks* he lacks as an individual. With a few drinks under his belt he can fashion the most wonderful dreams about himself. These dreams *can* become his real characteristics--but only when he recognizes that he must dominate alcohol rather than have alcohol dominate him.

The sincerity with which the newcomer takes the first step is the gauge by which his recovery through A.A. can be measured.

Over the years the alcoholic develops a three-dimensional ability at picture building, which is a kind way of saying that alcoholics are adept liars. So that by really taking the first step--admitting freely and without reservation that he is an alcoholic--a person starts to build a new pattern of thought. The whole, at last, is fabricated from truth rather than wishful thinking or fantasy.

"Ye shall know the truth--and the truth shall make you free" applies certainly to the first step in this program --for truth, to the alcoholic, is simply admitting to himself that he can't handle alcohol, and because of this his life is unmanageable. To those who accept this first step the other eleven follow in the natural course of events--as the scope of the teachings of A.A. become realized and some small rewards have been received.

God Grant me the
serenity
To accept the things I
cannot change,
Courage to change the
things I can,
And wisdom to know
the difference.



"I thought we were supposed to carry the MESSAGE!"

A Little Bit Of Alcoholics Anonymous History

1940 AA Preamble

We are gathered here because we are faced with the fact that we are powerless over alcohol and unable to do anything about it without the help of a Power greater than ourselves. We feel that each person's religious views, if any, are his own affair. The simple purpose of the program of Alcoholics Anonymous is to show what may be done to enlist the aid of a Power greater than ourselves regardless of what our individual conception of that Power may be.

In order to form a habit of depending upon and referring all we do to that Power, we must at first apply ourselves with some diligence. By often repeating these acts, they become habitual and the help rendered becomes natural to us. We have all come to know that as alcoholics we are suffering from a serious illness for which medicine has no cure.

Our condition may be the result of an allergy which makes us different from other people. It has never been by any treatment with which we are familiar, permanently cured. The only relief we have to offer is absolute abstinence, the second meaning of A.A.

There are no dues or fees. The only requirement for membership is a desire to stop drinking. Each member squares his debt by helping others to recover. An Alcoholics Anonymous is an alcoholic who through application and adherence to the A.A. program has forsworn the use of any and all alcoholic beverage in any form. The moment he takes so much as one drop of beer, wine, spirits, or any other alcoholic beverage he automatically loses all status as a member of Alcoholics Anonymous.

A.A. is not interested in sobering up drunks who are not sincere in their desire to remain sober for all time. Not being reformers, we offer our experience only to those who want it. We have a way out on which we can absolutely agree and on which we can join in harmonious action.

Rarely have we seen a person fail who has thoroughly followed our program. Those who do not recover are people who will not or simply cannot give themselves to this simple program. Now you may like this program or you may not, but the fact remains, it works. It is our only chance to recover.

There is a vast amount of fun in the A.A. fellowship. Some people might be shocked at our seeming worldliness and levity but just underneath there lies a deadly earnestness and a full realization that we must put first things first and with each of us the first thing is our alcoholic problem. To drink is to die. Faith must work twenty-four hours a day in and through us or we perish.

In order to set our tone for this meeting I ask that we bow our heads in a few moments of silent prayer and meditation. I wish to remind you that whatever is said at this meeting expresses our own individual opinion as of today and as of up to this moment. We do not speak for A.A. as a whole and you are free to agree or disagree as you see fit. In fact, it is suggested that you pay no attention to anything which might not be reconciled with what is in the A.A. Big Book. If you don't have a Big Book, it's time you bought one. Read it, study it, live with it, loan it, scatter it, and then learn from it what it means to be an A.A.



Sobriety Birthdays

Bruce M	Livermore, Ca	10/10/1993
C.J. R.	Sequim, Wa.	9/2/1982
Ed B.	San Jose, Ca.	9/1990
Jennifer S.	Felton, Ca.	10/9/1988
Joe C.	Redwood City, Ca.	11/16/1986
Joe G.	Fresno, Ca.	11/21/1997
Julie S.	Santa Clara, Ca.	11/27/2001
John E.	Atherton, Ca.	11/17/2006
Guy S.	Stockton, Ca	10/01/2003
Lorraine M.	Magalia, Ca.	9/30/1980
Mary D.	Manteca, Ca.	10/17/1980
Martin S.	Santa Clara, Ca.	11/11/2009
Mike P.	Manteca, Ca.	10/24/2000
Mike R.	Danville, Ca.	11/19/1993
Neal H.	Sunnyvale, Ca.	11/17/2008
Ramona J.	Fresno, Ca	11/24/1979
Rich S.	Pleasanton, Ca.	10/27/1992
Pete K.	Groveland, Ca.	10/30/1993

Upcoming NCCAA Conferences

San Ramon, Ca March 16, 17, 18. 2012

Friday 8:00 p.m.	Howard P.	Gilbert, Arizona.
Saturday 3:30 p.m.	Gina B.	Sacramento, Ca.
Saturday 8:00 p.m.	Charlie H.	Henderson, NV.
Sunday 11:00 a.m.	Sheila A.	Newman, Oklahoma

Auburn, Ca July 6,7,8 2012

Speakers To Be Announced

Sacramento, Ca. Oct 5,6,7 2012

Speakers To Be Announced

Fresno, Ca. Feb 1,2,3 2013

Speakers To Be Announced

Foster City June 7,8,9 2013

Speakers To Be Announced

NCCAA
Good News

First Class

Address Correction Requested

Subscribe to

Good News
3600 Benton St # 20
Santa Clara, Ca 95051

Individual Subscriptions

In U>S> \$ 4.00 per year

Outside U>S> \$ 5.00 per year

Enclosed find _____ for New _____ Renew _____ Gift

Sobriety Birthday _____

Mail To:

Name _____

Address _____

City _____ State _____ Zip _____