



Good News



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Northern California Council of Alcoholics Anonymous

Motions to Discuss with Your Group

1. Move the Delegates Business Meeting from the afternoon to 11:00 a.m. to 12:30 p.m. on Saturday (The Host committee time slot would move to 2:40 to 3:30) If this motion passes it would take effect at the Foster City Conference March 2015.
2. Raise Conference Registration Fee to \$15.00 Pre-registration and \$20.00 Registration at the door.

The motions above will be discussed at the Delegates Meeting on Saturday October 4th at 2:40.

NCCAA NEWS

It was announced at the Lodi Conference that Doug and Bridgette will be stepping down as Tape Librarians. They will missed. Thank You for your service and dedication over the years. Stop by the Librarians table and introduce yourself to our new Tape Librarian Dave L.

24 Hour "Wait and See" Plan

Let's talk about what I call the "24 HOUR WAIT AND SEE PLAN". Early in A.A. some sage of the bottle told me never to take any drastic action on anything until I had waited 24 hours. With a good deal of indignation (righteous of course) I informed him that there we

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NCCAA 67th Annual Fall Conference Sacramento, CA

October 3, 4 & 5, 2015

Friday 8:00 PM

Hilda F., Studio City, CA

Saturday 3:30 PM

Roxanne M., Petaluma, CA

Saturday 8:00 PM

Sheldon F., Las Vegas, NV

Sunday 11:00 AM

Francine W., Palm Desert, CA

Upcoming Conferences

Foster City – March 13, 14, 15, 2015

Auburn – June 5, 6, 7, 2015

Visit the NCCAA Website

<http://www.norcalaa.org>

- Download Conference Flyer
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- Purpose Structure and Function
- Host Committee Guidelines

immediate action. He opined that this was doubtful and went on to explain in the sneaky way good A.A. people have, that it had always worked for him when he was able to let it. He cited me a few instances in his life that sounded as if his lack-of-action had made his life more tolerable.

Since the only thing that I, or anyone, will buy with enthusiasm is the dream of a better life, I decided to try the formula. It has worked in a positive and gratifying manner every time I have been able and smart enough to apply it to any situation. Here is the formula as given to me:

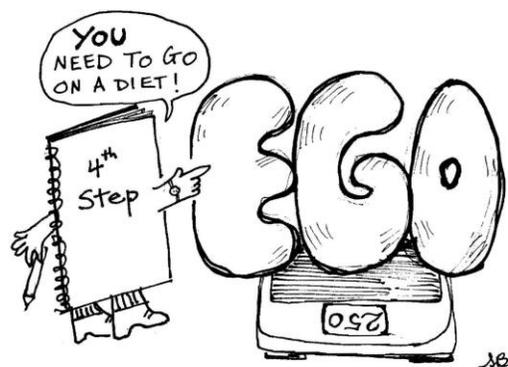
When something happens in your life that seems to demand instant and drastic action, wait 24 hours before you do a single thing. If, after 24 hours, the situation still demands positive and drastic action, then by all means take it. However, In the 24 hours you will have been able to think the entire situation over, plan your actions, contemplate your procedures, and be armed with everything you need to come out winner. That's the formula

Here's the kicker. Each time that you are able to wait this 24 hour period, you will be cool, calm and collected, and invariably the drastic action that seemed indicated at the exact moment you thought of it – fades away. You'll find yourself thinking "Wouldn't I have been foolish to lash out over so trivial a thing?" And you'll feel good about your lack of action. The "24 Hour Wait and See Plan" permits you to keep on living as you should without the necessity of getting upset, livid with rage, filled with resentment, or getting the inner shakes.

Remember you have a "LEVEL" on which you live most comfortably. Don't let anyone bait you into leaving your "LEVEL" to climb "DOWN" to theirs.

Paul G., Mill Valley, Ca.

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Joke Corner



Cartoons by Suzy

Bad Language

I am not a prude. I spent four years in the U.S. and I know and have used all manner of profanity along with the best of them, including a few choice phrases foreign languages. However, I find myself disappointed and displeased at some of the really foul language I often hear at A.A. meetings.

Many, perhaps most, of us have used this type of language in our drinking days, particularly if we reached the point where we sought out "lower companions" and got into the habit of using such language because we felt it would help acceptance into that society. However in A.A. we don't need any crutches to be accepted – the only requirement for membership is desire to stop drinking – and profanity and obscenities at A.A. meetings should be kept to a minimum.

I cannot object strongly to use of such language for dramatic effect in our telling of what we used to be like, because, indeed, we were like that. However, as we climb out of the gutter and describe how we did this and what we are like now, if for no other reason than dramatic effect, we should leave the things of the gutter, including the gutter language behind us.

I also cannot object strongly to the use of florid language by someone for whom such language is a part of their daily life. For example, I do not expect the teamster, the merchant seaman, or newcomer from skid row or even prison to express feelings and thoughts in terms of "gee whiz" or "heck" or "golly". I can't help but think here of an old story which I have always liked. A worker was hailed before his foreman by a little old lady who accused him of shouting obscenities in public. The worker was asked to explain himself. The worker said: "Well, my partner, George, was tearing off shingles from the roof of this house with a crowbar, and I was working on the ground below him. I heard a noise, looked up, and saw that George had dropped the crowbar and it was coming at me. I jumped to one side, and the crowbar missed me by inches." The foreman asked what happened then. The worker said: "I looked up at George, and said, 'My goodness, George, ought to be more careful. You might have injured me seriously.'" Although the humor in this story has to do with honesty and credibility, the fact of the story is that there are times when a situation almost demands some profanity. On the other hand, I do not like to hear alcoholic attorneys, or doctors, or folks using language in an AA. Meeting which they would not use in their everyday life with clients, or other folks. Such use seems to me to be artificial, undesirable, and damaging to A.A.

In the above two paragraphs I have carefully said "I cannot object strongly ... "Even under the circumstances

I described, the use of such language is often unnecessary and objectionable. We make a great point and rightfully so

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CALENDAR OF UPCOMING EVENTS

To download flyers or more information go to the websites listed

Check your local Area's website for other events.

SERVICE EVENTS

CNCA'S BRIDGING THE GAP FORUM

4930 NEWANGA AVENUE, SANTA ROSA

NOVEMBER 1ST, 2014

[HTTP://WWW.CNCA06.ORG/PDFs/Event/P63/2014_1101_BTG_FORUM.PDF](http://www.cnca06.org/PDFs/Event/P63/2014_1101_BTG_FORUM.PDF)

ELECTION ASSEMBLY DINNER

2700 BOOKSIN AVE, SAN JOSE

NOVEMBER 7TH, DINNER AT 7 PM

[HTTP://WWW.CNCA06.ORG/PDFs/P63/2014/2014_0900_ELECTIONDIN_ENG.PDF](http://www.cnca06.org/PDFs/P63/2014/2014_0900_ELECTIONDIN_ENG.PDF)

2014 FALL ELECTION ASSEMBLY

2455 MASONIC DRIVE, SAN JOSE

NOVEMBER 8TH, 8:30 – 5:30

[HTTP://WWW.CNCA06.ORG/PDFs/P63/2014/2014_0823_ELECTION_ENG.PDF](http://www.cnca06.org/PDFs/P63/2014/2014_0823_ELECTION_ENG.PDF)

OTHER EVENTS

FOSTER CITY NCCAA CONFERENCE PLANNING MEETING

1100 WOODSIDE ROAD, REDWOOD CITY @ NOON

SEPT 27TH, OCT 25TH, NOV 22ND, FEB 14TH, MARCH 7TH

DIST 40 UNITY DAY POTLUCK

BASS LAKE AMPHITHEATRE

SEPTEMBER 14TH @ 12PM

YP EVENTS

WACYPAA XVIII

HAPUNA BEACH PRINCE HOTEL, BIG ISLAND, HAWAII

DECEMBER 18TH – 21ST, 2014

If you have an upcoming event and would like it published email or mail the information to the Good News Editor.

Sobriety Birthdays



July				
Rosemary A	7/13/59		Ginny P	7/13/74
Tom E	7/10/98		Jose D	7/17/00
Ann Q	7/21/01		Kim M	7/22/05
Nathalie H	7/25/09			
August				
Gary H	8/27/79		Bill R	8/1/81
Ken D	8/8/88		Richard M	8/2/94
Victoria S	8/1/96		Julie S	8/27/01
Jon L	8/3/07			
September				
Lorraine M	9/21/80		C J R	9/2/82
William S	9/1/91		Lilly N	9/7/99
October				
Frank S	10/17/88		Bruce M	10/10/93
Brittan K	10/22/12			

Bad Language Continued From Page 3

of telling newcomers that A.A. is a spiritual program – that not only do we not drink alcohol anymore, but we also have made a great change for the better in most aspects of our lives. It is very confusing, at the least, to a newcomer if these high-flown statements are salted and peppered with language from the gutter. It makes it hard for the newcomer to really believe that we have changed if we describe our changed life in gutter terms. "Our public relations policy is one of attraction rather than promotion ..." says Tradition 11. How can we attract if we use language which is repulsive to some of those we are trying to attract, and

confusing to others? In this matter, as we do in many things, let's just keep in our minds old reliable motto: Easy Does It.

Don G., Sunnyvale

Reprinted from GOOD NEWS November-December, 1986 Edition

Speaker Selection Submissions

Tape Librarians need Speaker Selection Submissions with Speaker contact information. If you have a favorite speaker and would like to hear them at one of our conferences send tapes or CDs to:

c/o David Lester
Sound Solutions
1513 Grass Valley Hwy
Auburn, CA 95605

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Good News needs your story, artwork, or funny jokes or not so funny jokes and. You can send stories via snail mail give them to me at the next conference or submit them online at norcalaa.org.

SOBRIETY is the morning sun pushing its way through the fog. It's the trees turning green in the spring. It's a freshly mowed lawn, a country road going away into the sky.

SOBRIETY is a glass of fresh orange juice in the morning, a steaming cup of hot coffee. It's planting a tiny seed in the fresh brown earth.

SOBRIETY is sitting on a rock picnicking with a happy little boy. It's writing a letter in a clear hand. It's reading a good book. It's chuckling aloud and smiling at a stranger who smiles back.

SOBRIETY is driving a car in a storm and coming home to happy faces people who need and want you.

SOBRIETY is a dark night with stars turning on and a clear pale yellow moon whining down. It's a kiss and a thankful prayer.

M. H., Woodside, Calif.

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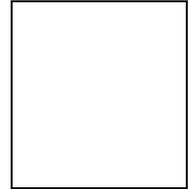
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