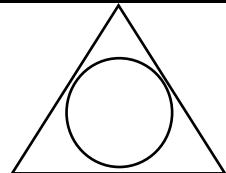


ESTABLISHED 1948



SPRING 2016

NORTHERN CALIFORNIA COUNCIL OF ALCOHOLICS ANONYMOUS

Chair report

Our elections for a new NCCAA chairperson will be held at the San Ramon conference in March. Bids for future conferences need to be presented at the 8 a.m. steering committee meeting on Saturday, March 19. After the steering committee meeting all nominations will be closed. I received the final inventory report this week. I want to thank Kelly M and Raymundo L for facilitating the inventory in Fresno. I would like to thank both Area 06 and 07 for helping us. I personally had a great experience in the group I was in. I forwarded the inventory to our webmaster and it is available for viewing on our website. Inventory copies provided. Inventory is available on the website. Raymundo will work on the Spanish translation of the inventory and will be placed on the website when completed. Flyers to be reduced and add more Spanish information. I would like to set a time slot to discuss the inventory beginning in San Ramon.

---Shaun G.

WHAT'S INSIDE THIS ISSUE

- 2015 NCCAA Final Inventory Report Sec A 1-3
- Sobriety Birthdays Dec – March 15
- Letter from the Editor
- Sober in Calamity - from a member
- "Things We Say"
- And More!

UPCOMING EVENTS

NCCAA 69TH ANNUAL SUMMER CONFERENCE

JUNE 10, 2016-JUNE 12, 2016

FRIDAY 8PM

RICHARD B., OCEAN CITY MD

SATURDAY 3:30 PM

OLIVER G., CONCORD, CA

SATURDAY 8PM

WAYNE B., ST. PETERSBURG, FL.

SUNDAY 10:30AM

DAVID N., SANTA ROSA, CA.

UPCOMING CONFERENCES

MODESTO 10/7 TO 10/09/2016

FOSTER CITY 3/10 TO 3/12/2017

VISIT THE NCCAA WEBSITE

<http://www.norcalaa.org>

- Download Conference Flyer
- Register for Upcoming Conferences
- Good News Subscription
- Good News Archives
- Submit articles and Stories
- History of NCCAA
- Purpose, Structure & Function
- Host Committee Guidelines

AA ORIGINS

REPRINTED FROM GSO ARCHIVES

The origins of Alcoholics Anonymous can be traced to the Oxford Group, a religious movement popular in the United States and Europe in the early 20th century.

Members of the Oxford Group practiced a formula of self-improvement by performing self-inventory, admitted wrongs, using prayer and meditation and carrying the message to others.

In the early 1930's, a well-to-do Rhode Islander, Rowland H., visited the noted Swiss psychoanalyst Carl Jung for help with his alcoholism. Jung determined that Rowland's case was medically hopeless, and that he could only find relief through a vital spiritual experience. Jung directed him to the Oxford Group.

Rowland later introduced fellow Vermonter Edwin (Ebby) T. to the group, and the two men along with several others were finally able to keep from drinking by practicing the Oxford Group principles.

One of Ebby's schoolmate friends from Vermont, and a drinking buddy, was Bill W. Ebby sought out his old friend at his home at 182 Clinton Street in Brooklyn, New York, to carry the message of hope.

Bill W. had been a golden boy on Wall Street, enjoying success and power as a stockbroker, but his promising career had been ruined by continuous and chronic alcoholism. Now, approaching 39 years of age, he was learning that his problem was hopeless, progressive and irreversible. He had sought medical treatment at Towns Hospital in Manhattan, but he was still drinking.

Bill was, at first, unconvinced by Ebby's story of transformation and the claims of the Oxford Group. But in December 1934, after again landing in Town's Hospital for treatment. Bill underwent a powerful spiritual experience unlike any he had ever known. His depression and despair were lifted, and he felt free and at peace, Bill stopped drinking, and worked the rest of his life to bring that freedom and peace to other alcoholics. The roots of Alcoholics Anonymous were planted.

Help! Situation Gets Really Bad is reprinted from the *Good News* of 1965

BIRTHDAYS

DEC - MARCH 15

STEVEN N.	12-05-2010
HOWARD H.	12-14-1982
CLAUDIO B.	12-15-2006
STEVE M.	12-25-1989
JOHN S.	12-28-1978
GINA V.	1-01-1990
GAVIN W.	1-13-2003
CLEM N.	1-15-1974
MICHAEL B.	1-22-1983
BJ J.	2-03-2010
PEGGY B.	2-04-1977
DENNIS F.	2-05-1984
MAC M.	2-12-1981
GABRIELA R.	2-20-1984
ROBERT G.	2-28-1998
VICTORIA M.	3-02-1991
CHRIS J.	3-03-1984
GUY J.	3-05-1984

Help! Situation Gets Really Bad

A man and wife who had been in and out of AA numerous times in San Francisco, tied on a real one together recently. They called for help from the Central Office, which sent several different teams of workers in response. The Twelfth Steppers grew weary of wet nursing the couple, and finally refused to answer any more calls. Then came this pitiful plea over the phone to the Central Office, from the wife:

"If you guys don't send some help out here right away, we're gonna have to go out and hock our TV set."

TID-BITS

From the programs that have been found of the early Conferences, some interesting tidbits have surfaced. At the December 1952 Conference, held at the Carpenters' Union Hall in San Rafael, a meeting of the non-alcoholic wives and other relatives to form an auxiliary of NCCAA took place in one of the side halls.

At the same time, in another meeting hall, Dr. Harry Rathburn of Stanford University spoke about "AA Potential". There were numerous non-alkies participating in our early Conferences. During the October 1958 Conference, in Ukiah, not only was there a Saturday night dance in the Exhibition Building but, also, bingo in the Home Economics Building. Do you think that they were trying to attract the seniors with the bingo? It seems, too, that "The Jumping Jacks" were the group of choice to provide music for our dances in the 1950's.

See you in San Ramon for the NCCAA
69th Annual Spring Conference!

March 18 to March 20, 2016

When registering at the Marriott San Ramon Hotel please mention NCCAA.
It helps to defray the costs.

Registering is easy, and
can be done at

norcalaa.org/home/conferences/registration/

Good News – Newsletter

The Good News Newsletter is one of the nation's oldest conference related AA newsletters with the first issue of the *Good New* published in January 1951. Conference and other information has been published in this publication for the purpose of continuing to carry the message long after the conference has ended. Many have found the information printed here very useful and it helps to keep them informed of upcoming conferences, member sobriety birthdays, Northern California regional information and more. It has also provided a format for interested individuals to submit information about their area and local groups.

Here now! – Every Good News publication currently in Archives will now be published on our web site NORCALAA.org in Digital version. That means if you didn't have time to peruse the past publications on display at your attendance of one of the conferences, you can now view them from the comfort of your own home, coffee shop, office or wherever you can connect to the internet. There is a wealth of information and history to enjoy and hopefully keep you coming back!



2015 NCCAA FINAL INVENTORY REPORT

These are results from the NCCAA inventory conducted in Fresno on October 31, 2015.

A. OVERALL EFFECTIVENESS OF NCCAA

1. WHAT IS THE PRIMARY PURPOSE OF NCCAA? How should we measure our effectiveness?

- When we come in to AA the whole thing is our group and we are not aware of AA as a whole. Our purpose is to show members that AA is large and exists outside the group. It is worldwide.
- Confused about this – it used to be about 12th Step Service – but now it seems to be about speaker meetings and dances.
- Measure effectiveness using multiple choice attendance questionnaires (like PRAASA)
- To carry the message of unity to all the groups in Northern California. Measure effectiveness through attendance figures and willingness of groups to participate.
- It is a service conference that gives you a great overview of service and we get an idea of what all the different services do and how it affects us as individuals. To measure the effectiveness would be to look at how many new members are attending.
- There are many different aspects of service, it establishes friends and contacts throughout CA. I question the effectiveness because of attendance. I am glad we are getting more inclusive.
- I was very active in NCCAA. Communication is second to none. Any organization that does not have organization, the recovery seems to be slow.
- There is a lot of information here to learn and take back to our groups to encourage participation.
- Confused about this-it used to be about 12th step service- but now it seems to be about speaker meetings and dances.
- We have become separate. We don't bring new people in. There seems to be ignorance about NCCAA in the fellowships. We need to continue education. There is so much activity in AA, if we get more people involved there is a lot of energy, we carry the message to a broader part of the program. By getting new members here, we can get them excited.
- This is my first conference and I'm glad to be here.
- I remember the Monterey Conference. It was over and above what AA is. I learned that AA was bigger than I thought. I'm not sure how you increase attendance, but that is the answer.
- The purpose is the celebration of recovery and service and passing the message. The last three conferences I have participated as a reader and I am going back spreading the message out there. People are amazed what AA is. I like the participation of Al-Anon and Young People.
- Just to be able to carry the message while in service is amazing. The effectiveness is shown by attendance and finances. NCCAA needs to spread the word and that is our job as Delegates.
- The effectiveness of NCCAA business decisions have only to do with NCCAA. The answer to what we do is that we have great speakers. The business of NCCAA does not affect my group.
- We have lost what our primary purpose is and we have not come up with another since we changed. If our purpose is to show all of the service, we can do better with our panels. Our effectiveness is shown by money. People have not come to the conventions. The economy is part of this. Our venues are too expensive. First time here. I don't know what primary purpose is. I'm here to find out.

Continued on page 5

2015 NCCAA FINAL INVENTORY REPORT CONTINUED

- My sobriety date is 2.5 years. My sobriety has a lot to do with attending NCCAA conferences. For me, primary purpose is to spread the word of sobriety through AA regionally. To hear the message and carry the message. To hear the message and pass it on in other settings which may be more local. To my sponsees or my sponsor.
- My first conference was 1987. I was 18. My sponsor brought me for my 1-year birthday. I never experienced anything of this magnitude. This was scary. I was not a people person. He said there were young people's speakers. I didn't understand it. The speaker sobered up at 19 and was 47. The purpose was identification, to meet people. I was in awe that my home group in Manteca maybe 50 members. This conference was 3600 people. I wasn't a dancer but I watched. The draw was the General Chairperson, the way she walked around and got people excited. This is my 80th NCCAA conference. Since then, it's a great place for newcomers to experience any services in AA. We get speakers you would never normally hear. The biggest thing is probably the fellowship. I don't go to San Mateo and San Carlos.
- This is my 3rd NCCAA. I was 30 days sober at the first one. My sponsor strongly suggested going. I was sober for 10 years in 1993. I never heard of NCCAA in that period. This current sponsor is very active in the next level above the groups. It's still the same primary purpose as the groups. Here, you get to see that it's bigger than just your little group. We're everywhere. You get a bigger picture. It's a great way to become a part of service. In my home group you hear about H&I. But it's the same spiel. Here you get to hear a new face on it. I know every time I go to an NCCAA I see the same people. It's the fellowship. Continual sobriety happens.
- I have never paid attention to NCCAA. It wasn't until we had a service panel and they gave us a room when I started getting involved in NCCAA. To pass on the message and to do service panels. To meet people that can be your friends down the line. I can't remember my first NCCAA exactly. The purpose is to carry the message. I like what Steve had to say about fellowship. NCCAA has provided a different spin on the services being provided. A panel on Safety in AA was really excellent. I think we get a lot of opportunity to look at issues like that.
- I'm not sure I'm qualified to answer that. I'll pass.
- I measure effectiveness with my own sobriety. NCCAA opened up the bigger AA message. I'm on the Steering Committee. I know we look at Finances. Attendance. Ability to get the message out. Flyers, Website. I take it as a personal responsibility to be an ambassador for NCCAA.
- Effectiveness measured with Attendance – do we keep coming back? Economics. I got involved in 1987. We didn't have Unity Days, Springfests back in the day. There are more options for people so they have to choose. I feel a commitment and a dedication.
- Early on I was sober 20 some days before my first Conference. I've been a Conference junkie. I see people I only know from Conferences. I think the best measuring stick would be returns.
- Sobriety countdown – how many newbies we have. My sponsor had me coming at 30 days. Now I have 3 sponsees that come. NCC was brought about when there wasn't Intergroup. Most of the time we hold service positions in our own home groups. It's another place to get a point of view.
- Asking and doing survey.

2. Are three conferences per year the right number of Conferences for NCCAA? If not, how many?

- I think two are enough: one fall and one spring due to all the unity day picnics during the summer, and holiday, area and YPAA conferences in Winter. Simplicity, vacations and school.
- It is necessary to have three to keep us more informed in NCCAA

Continued on page 6

2015 NCCAA FINAL INVENTORY REPORT CONTIUED

- 2 conferences: February and November due to low involvement with groups and attendance; Two per year seems more appropriate
- Why three, how about one.
- 3 we need to conserve in order to maintain 3-the advantage being there would be more places would be available throughout area to hold conferences.
- Question to present attendees: How many would you attend?
- 30-7 in favor of 2 conferences per year
- Have at least 2 conferences per year: one in the coastal counties and the other in the inland counties. Three is fine: one in the north (Redding, Red Bluff, Eureka), one in the middle (Sacramento, Stockton, Marysville), and one in the south (Fresno, Monterey).
- If 2 conferences -should be 6 months apart for time.

3. How are we working and communicating with other Service entities in Alcoholics Anonymous? Are we a unifying service entity?

- There has been more communication in the last year. We try to communicate with General Service, H&I. Been reaching out more, inviting other entities, liaison with the Spanish community and Young People. Is it the responsibility of the host committee to reach out to Intergroups? Sometimes that doesn't happen. Is that a lack of understanding?
- It's (communication) changing. It was less effective a few years back. We are trying but we are not reaching enough people.
- Our reaching out is now in the Hand Book! Alanon, Spanish, Young People and hearing impaired. People still ask what is NCCAA?
- No, no one outside of the Steering Committee seems understands the NCCAA's Intergroup roots or how it seeks to unify the various service entities.
- Can we make NCCA more attractive? Are we encouraging people to try service?
- As a DCMC, I visit all my groups or at least I try. The meetings where people know about NCCAA are the meetings that have a GSR. General Service can help with spreading the news. All the service entities are here.
- We need more group delegates that know how to explain what NCCAA is.
- There has been improvement with communicating between the difference service entities so we don't schedule events on the same dates. Let's keep that up!
- There are still people at Conference planning committee who say "Why is NCCAA still here?" Well we carry the message and involve all the service entities. This could be a place where someone new in sobriety can find out about it all.
- I like the workshops, and I like the reports from the General Service Conference. I'm glad that H&I participate, but we need participation from Bridging the Gap, Public Information, Cooperation with the Professional Community, the Intergroups, and whatever else.

**Upcoming issues of the *Good News* will include more sections
of our 2015 NCCAA Final Inventory Report.**

Editor's Comments

I went to a local H&I business meeting the other night and all we could talk about was service, service, service. For this Alcoholic I need to keep talking about it. It is such a huge part of my sobriety I wouldn't be here without it. As the Good News Editor I have combined two of my favorite things, my sobriety and playing on my computer. Searching for the right service work can be difficult, through the years I have tried many, many things some worked others didn't. I always learn something be it tolerance or just that it's not for me. If I hadn't tried it, I would never had known. Most service commitments I've tried I didn't know much about when I started, I made mistakes, but by the time my commitment was done I had learned something new and usually had fun with it.

Editor - *A person who edits, or selects and revises material for publication, newsletters or film.*

By this definition I need STUFF to edit and select for publication. I do research AA literature old NCCAA Archives and other sources. But this is not my Newsletter, it's yours so you need to send me STUFF to edit and select. OK?

WHY REGISTER?

These conferences are self-supporting. No group money is used to pay for the event. The cost of the event is paid through registration fees and 7th Tradition. Attendance is voluntary and as responsible AA members "We are self-supporting through our own contributions" and "We do pay our own way." Please help us carry the message to as many people as possible by registering and giving generously in the basket

SOBER IN CALAMITY

9/12/2015 A lovely afternoon, a great tv tennis tournament. Two friends frantic call, "get out of there" fire blazed across the street at our loop corner property, black smoke coming from behind it. Cars speeding by, drivers looking straight ahead.

The disaster was called "The Valley Fire", and God did for me what I could not do for myself in a way I had never experienced before.

The program clicked in and the first priority was to remain calm, which is my by-word since I am not always able to do that. Sometimes I go around in circles or withdraw into myself, but the principles stay in my consciousness and one foot leads to the other to the next clear-cut responsibility. It is important not to dwell on the loss of my home and all of my possessions of many years, or to lament having to start building a whole new life.

This is hard compared to what? Nothing is worse than living in the disease of practicing alcoholism or sobering up from it!

So I continue to throw myself on the mercy of this simple program that has worked many years for me, no matter what. Allow people to support me, accept what is, and when in doubt, be of use, if possible. I feel as though I am "safe and protected" and in a position of neutrality as long as I maintain a spiritual condition based on the steps of Alcoholics Anonymous and the God of my understanding.

And, I continue to identify with my fellow travelers, and I must stay in the mix to remember and enjoy the identity of a sober woman in AA.

THE COFFEE DILEMMA

Our group's treasurer had passed away. The status of the group's finances was unknown. The first order of business was to audit the group's account. The audit revealed that the 7th Tradition basket contributions were not covering the group expenses. Our former treasurer was keeping the group afloat with their own out-of-pocket contributions. Without these contributions, the group's bank balance began to rapidly decrease. Contributions to AA service entities were immediately stopped. The group's three year lease was coming to an end soon. As the new treasurer I wasn't willing to sign a three year lease. Our bank balance was decreasing at a rate that would zero out in nine to ten months. I negotiated a six month lease in the interim. We now have a month-to-month lease. The biggest drain to our expenses was coffee, coffee creamer and sugar. Meeting attendance was declining mostly because of the disruption caused by street transients and mental health clients looking only for a restroom or a free cup of coffee. At our monthly business meeting the group decided to stop serving coffee. Shortly after that business meeting the rumor spread around town, via social media, that our group had closed its doors. There is an old saying, *a lie can travel half way around the world before the truth can put its socks on.* This misinformation about our group lingers still today. A few weeks later the group decided to resume serving coffee but would no longer buy coffee, sugar or creamer. Group members were free to contribute these items on their own. The group would continue to buy coffee cups and other group supplies, the group's financial situation began to turn around. Membership slowly increased. Coffee and coffee supplies continued to be available through voluntary contributions. The group was able to resume making monthly service entity contributions to GSO, Area, District and Central Office. We were able to buy new books for our book studies. Other groups in town took notice and one group put out a special can for coffee contributions telling its members that the group's 7th Tradition basket contributions would not be used for coffee expenses.

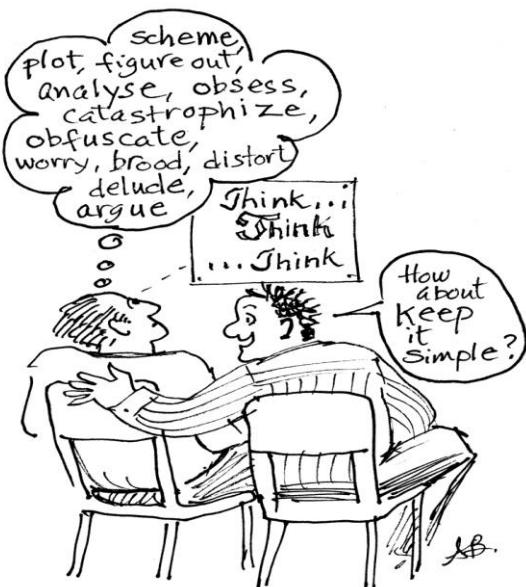
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THE COFFEE DILEMMA (continued)

Other groups around town are beginning to realize that coffee expenses are keeping them from supporting their GSR's and A.A service entities. In today's world many members bring their own coffee or bottled water to meetings. Coffee is becoming more of a luxury than a need.

Tradition Four cautions against doing things that would harm other groups or A.A. as a whole. Wasteful use of 7th tradition funds could be considered harm to other groups or A.A. as a whole if it means that local, area and world service are not financially supported, not to mention the harm to the still suffering alcoholic who hasn't yet found their way to A.A. It has been nearly 2 years since our group took what was considered a drastic and unheard of action regarding serving coffee at our meetings. I am happy to report that our meeting attendance has increased and we've maintained a healthy checking account balance that has enabled us to support our GSR's and to make monthly contributions to our Central Office, District, Area and to the General Service Office. It is our wish that our experience will inspire other groups to look at their overall expenses and decide if they can find ways to support A.A. entities that carry the message of A.A. to those who have found their way to our doors.

Woody R.



THINGS WE SAY

IF GODS NOT DONE WITH YOU
THERES NOTHING YOU CAN DO ABOUT.

KEEP COMING BACK

THE TRUTH WILL SET YOU FREE
BUT FIRST IT WILL KICK YOU OFF

THANK GOD

WE CAN'T DO ANYTHING ABOUT TOMORROW
UNTIL IT BECOMES TODAY

**WHY WORRY IF YOU PRAY,
WHY PRAY IF YOU WORRY?**

IF YOU DO WHAT WE DO
YOU GET WHAT WE GOT

CLEAN AND SOBER AND STARK RAVING MAD

SOMETIMES YOU'RE THE ONLY BIG BOOK
SOMEONE WILL GET TODAY

THE MONKEYS OFF MY BACK
BUT THE CIRCUS IS STILL IN TOWN

**NO GOD NO PEACE
KNOW GOD KNOW PEACE**

SIGN UP AS A DELEGATE:
Your Name (required):

Your Email (required):

Home Group:

Subject:

Your Message:

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Mailing Address

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