



Good News



JANUARY-
FEBRUARY

Published Bi-Monthly in Stockton, California
By the Northern California Council of Alcoholics Anonymous
Established 1948

1983

San Joaquin Intergroup Plans Unity Day January 29

Cora Louise will keynote San Joaquin County Intergroup Unity Day program January 29th in Ripon.

Cora Louise, of Leland, Mississippi, was Bill W.'s "gal Friday" in World Service and has a treasure house of "how it was" to share with today's AA's.

Registration for the event begins at noon.

Speaker meetings and a red-ball meeting are scheduled for the afternoon, followed by a beef dinner to be catered by the Ripon Volunteer Fire Department.

Alanon meetings will be conducted concurrently in an adjoining hall.

"The Saga of Suzy Souse", the musical "twelve step story" which was so popularly received at the Sacramento Conference, will follow the dinner and precede Cora Louise's address.

A dance will wind up the busy day's activities.

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Does Your Group Have a Pink Can?

Peace

What is peace, really, but a sense of coping with what life hands us, expanding our outlook to encompass the good and reject the bad. To have a view from "the mountaintop" is perhaps just to sit still and see through to the peace within.

Santa Clara Alateen Meeting

The 8th Annual Alateen Conference—a project of Alateen Sponsor's Workshop, Santa Clara County—was recently held at the First Congregational Church of San Jose. The traditional theme of Good, Orderly Direction was carried out in the three morning workshops on "Attitudes" "Action-Reaction", and "Say What You Mean, Mean What You Say." There was a variety of refreshments in the main hall and a shaded patio picnic lunch was enjoyed by all.

The afternoon included two workshops entitled "The Fourth Step" and "What is Sponsorship", a new movie by Father Martin called "The 12 cont'd page 2

Resent Somebody?

The moment you start resenting a person, you become his slave. He controls your dreams, absorbs your digestion, robs you of your peace of mind and good will, and takes away the pleasure of your work. He ruins your religion and nullifies your prayers. You cannot take a vacation without his going along!

He destroys your freedom of mind and hounds you wherever you go. There is no way to escape the person you resent. He is with you when you awake, he invades your privacy when you sleep. He is close beside you when you eat, when you drive your car

"12 Traditions" Alive and Well in San Jose

Jim A. of San Francisco says the question "Where are the Twelve Tradition Players?" was asked of him at the last N.C.C. Conference at Sacramento, and it's a good idea to put the answer in the Good News so everyone will know where they can be contacted.

"The cast of players are now from San Jose and are doing a very good job of putting on the 12 Traditions play. I attended one of the performances about two weeks ago and think it is better than ever," says Jim.

To get in touch with the players, write or call:

Perry and Diane O.
1395 Saratoga Ave. #8
San Jose, CA 95129
(408) 253-4775

and when you are on the job.

You can never have efficiency or happiness. He influences even the tone of your voice. He requires you to take medicine for indigestion, headaches and loss of energy. He even steals your last moment of consciousness before you go to sleep.

So....if you want to be a slave....harbor your resentments!!!

From our book of experience Alcoholics Anonymous, "resentment is the number one offender. It destroys more alcoholics than anything else."

Jack B.
Modesto

Comings and Goings

Roseville Eastside Group recently observed its Seventh Anniversary with a potluck and address by Dr. John F. of San Juan Capistrano.

"Big Book" Ed and Vance recently observed 36 and 32 year birthdays, respectively, with Yuba City Group. Many happy returns and keep coming back, gents.

The annual Spring Fling is being lined up for February 25, 26, and 27 at Woodlake Inn, Sacramento. Mark your calendar!

Lodi Fellowship again observed its annual Traditions Meeting, founded years ago by Lola B. with the collection going to New York G.S.O. in gratitude. Twelve guys and gals each spoke on a tradition and made them come alive.

Marion K. of Woodland was the speaker at the recent 11th anniversary of the Galt Group, which also marked the event with a potluck dinner.

Mather Sunday Night Group has celebrated its first anniversary. "Keep 'em flyin'", Mather!

The Pink Can is Over 25 Years Old.

Alateen cont'd

Steps of AA" and a four speaker panel consisting of two fathers and two sons on the theme of Family Recovery.

More than 120 people were present from Monterey and Walnut Creek and even one visitor from Ohio.

Beverly G.
Secretary

Comings and Goings cont'd

Orangevale Group recently honored its founder, Les G., on the occasion of his 15th year of sobriety. Happy Birthday, Les.

John S. of Stockton filled in well for Merrilyn M., NCC secretary, as dinner speaker at Diablo Fellowship this month when our secretary was down with the bug.

East Yolo Fellowship marked its ninth anniversary at a potluck speakers meeting last month.

Maggie M. of Carmel was the December Fresno Intergroup speaker. The Friday Womens Group served as the host.

Love is Service

Does all that talk about love begin to bug you after while? To keep love, we must give it away. What goes around, comes around. So, if you feel the need to give a bit, why not make a move today to get into some service work? Call a new person. Go to the Central Office or Secretary's meeting this month. Volunteer for teleservice. Give a few hours of your time to visit an institution. Make a commitment to take a meeting to a hospital. Brew the coffee or set up the meeting room for a few months. Give out your phone number...there are so many ways we can invest in a love account; but the interest must be paid daily.

If we act with love, wrap our thoughts in it, re-feel our gratitude over and over again, we won't have much time in each day to louse it up with negative, self-destructive emotions. Don't wait for tomorrow to have what you need today.

FRESNO PIPELINE

Benefits of H. & I. Work

Volunteer work with alcohol programs and AA functions has played a large part in my sobriety. I was told in my last treatment program that involvement with alcoholics, wet or dry, could be important in my own program.

I began volunteering in September, 1979 and have contributed 3000 hours plus in various programs. I mention this figure only to show that anyone who has the desire can find a way to donate at least one or two hours a week to helping someone else. Sharing your life and hopes with another human being is a truly beautiful experience.

Much like a thief, I have taken from others as much or more than I have given. Dealing with practicing alcoholics reinforces my desire for continuing sobriety. Sober alcoholics help me deal with everyday living problems. I choose not to drink today, and my program to achieve that is a steady exposure to people like myself. Whether it be C.Y.A., R.T.C., Drop In Center or AA meetings, I must share my strength, hope and experience with others in order to keep a balance in my life.

SHARE YOUR LIFE, AND SHOW THAT YOU CARE.

Dick B.
Stockton

The Lighter Side

Be careful that the seeds of resentment, watered by tears of self-pity, and fertilized by fear and frustration, don't bring forth Four Roses!

(Thank you, Fresno Pipeline)

We have finally discovered the leading cause of divorce!
It's marriage!

NCC Corner

Northern California Council will hold its Annual Spring Conference Friday, Saturday and Sunday, March 18, 19, and 20, 1983 at the Fresno Convention Center's Exhibit Hall, Fresno, California. It will be our 36th Birthday!

Our speakers are Vincent Y., Venice, Ca., Friday Kick-off; Wesley P., Pompano Beach, Fla; Saturday night and Jack H., San Jose, Ca. for the Sunday afternoon meeting.

We will have workshops, General Service, Hospital and Institution, marathon AA meetings, dancing and prizes. Our literature will be distributed in January to your Delegates. If additional copies are required please contact NCC secretary, 1331 Crane St., Menlo Park, Ca., 94025.

In this issue of Good News, we have published the 1980-82 financial for the Northern California Council. Although we published a brief one in December 1980, we felt it necessary to expand and include all aspects of our finances with our Traditions of AA. We hope this meets with your approval and if there are any questions, please contact your NCC Secretary.

Sad news from Sacramento Conference Center. Their charge for the October 1984 will be \$9,000 basic for a 3-day conference for the exact same amount of room we had in 1982. Needless to say, we declined.

We will need conference sites for June 1984, October 1984, June 1985 and October 1985. These sites need confirmation 2-3 years prior to conference. For example, we have confirmed 1986 with Monterey and should confirm 1988 with them this year.

Due to the cost factor we are out of Sacramento, San Jose, San Mateo, San Francisco etc. Santa Rosa, Santa

NCC cont'd

Cruz, Visalia, etc. limit us on the space factor. Our attendance has dropped probably due to the economy and that shows in our donations and limits our negotiations with larger facilities.

We would like to welcome Wil M. as our H&I representative; Lee S., for San Francisco Zone E; and Betty H. for Contra Costa Service Center to our Steering Committee. From the election in the Coastal Area, we will have Sam W. as their representative.

Remember, our Speaker Meeting on Sunday begins at 12:30 PM at the Fresno Conference and we are featuring Marathon meetings throughout the Conference. This is a new item on our program as a one time only try out. Your Secretary would appreciate your feedback.

We have been collecting items for our Archives and would appreciate any articles you may have that pertain to Northern California Council. At the NCC Delegate Registration table in Fresno we will have a small 'start' so please come by and visit us.

With AA love,
Marilyn M.
NCC Secretary

Take My Hand

My name is Geri, and I am a very grateful alcoholic. I have not had to drink for 19 months and I never knew life could be so good!

A lot of this I attribute to my work with other alcoholics in my job as counter person and cook at the Fremont Drop In Center in Stockton. Here I have the opportunity to discuss my similarities and sometimes differences with many members of AA on a daily basis.

I have become familiar with the "mood changes" of sever-

al regular customers, and they are learning to recognize mine. In this way we are able to ask one another, "Hey, what's happening with you?" We are becoming friends.

Prior to Bruce F.'s tragedy I didn't know I was capable of caring so much for another person without expecting something in return. I always thought caring was "used" to get something from someone. But once one attains the "spiritual part" of AA, caring occurs without a thought.

Another benefit of the Drop In is the occasional drunk alcoholic who comes in for a cup of coffee and a word of stern encouragement. Often, this person is reaching out for help. Here lies the chance that the right word will get this sufferer to a detox where he or she can dry out and consider whether to go for sobriety or back to the bottle. God willing, the choice will be for the sober life.

I thank God for my job at the Drop In. I stayed dry my first 11 months mainly out of fear. Since I have been working around other non-practicing alcoholics and attending AA meetings here at the Fremont Fellowship, I am learning to live without that fear.

I am sober now and growing more each day as I learn from my many new friends. I firmly believe God works through people, and if we stay outside of ourselves and listen to others, we will know His plan for us. We have a common bond which will hold us together for life. None of us have to be alone again. If we can just remember each day to reach out our hand, there is always someone in AA who needs it and is more than willing to take it. We have so much to be grateful for.

Geri E.
Stockton

NORTHERN CALIFORNIA COUNCIL Financial 12/10/80-11/30/82	
Bank Balance 12/10/80	12,448.61
Receipts 12/11/80-11/30/82	50,288.83
	<u>62,737.44</u>
Disbursements 12/11/80-11/30/82	
Conferences	46,983.19
Secretary	2,866.24
Delegates	1,340.49
S.F. Central Office	525.00
Good News	1,081.50
Insurance/Basic Policy	1,733.00
Donation G.S.O.	2,000.00
Returned checks/Bank Charges	20.75
Total Disbursements	55,550.77
Bank Balance 11/30/82	7,187.27
Reserve	4,500.00
Balance	2,687.27

The Bard Revisited

Now and again a "new" concept illuminates our think tank like a nova in the night.

Our Big Book does promise that "more will be revealed" to us, does it not?

But these revelations are not necessarily new -- only "new" to us as the dawn of awareness comes flickering into life with sobriety, or so I have found.

Just consider a few of the sage sayings of the Bard of Avon in his immortal contribution to the world of literature as they apply to our program.

Said Shakespeare, a long time ago:

(Drink)

"O' God! That men should put an enemy in their mouths to steal away their brains!" (Othello, II.3)

"They that touch pitch will be defiled." (Much Ado About Nothing, III.3)

"Things sweet to taste prove in digestion sour." (Richard II, I.3)

(One Day at a Time)

"Come what may, time and the hour runs through the roughest day." (Macbeth, I.3)

"Many can brook the wea-

Bard cont'd

ther that love not the wind." (Loves Labour's Lost, IV.2)

(Humility)

"He that loves to be flattered is worthy of the flatterer." (Timon of Athens, I.1)

(Serenity)

"My crown is in my heart, not on my head; not decked with diamonds and Indian stones, nor to be seen; my crown is called content; a crown it is that seldom kings enjoy." (Henry VI, III.1)

(Pain is Gain)

"Sweet are the uses of adversity; which, like the toad, ugly and venomous, wears yet a precious jewel in his head." (As You Like It, II.2)

(Tears)

"How much better it is to weep at joy than to joy at weeping." (Merry Wives of Windsor, II.2)

(Guilt)

"So full of artless jealousy is guilt, it spills itself in fearing to be spilt." (Hamlet, IV.5)

(Fear)

"When our actions do not, our fears do make us traitors." (Macbeth, IV.2)

(Lower Companions)

"There's small choice in

rotten apples." (Taming of the Shrew, I.1)

(Sponsor's Advice)

"Better a little chiding than a great deal of heart break." (Merry Wives of Windsor, V.3)

(Material Things)

"Nought's had, all's spent, where our desire is got without content." (Macbeth, III.2)

(Love)

"Love sought is good, but given unsought, is better." (Twelfth Night, III.1)

"Sweet mercy is nobility's true badge." (Timon of Athens, I.1)

(Honesty)

"Rich honesty dwells like a miser, sir, in a poor house; as your pearl in your foul oyster." (As You Like It, V.4)

Editor

Did You Know The Pink Can Was Your Personal Donation?

A man in Western attire went into a bar and ordered 30 martinis in a bucket.

"What?" questioned the bartender. "Why would you want so many martinis?"

"My horse likes them," replied the cowboy, "and he's tied to a parking meter out front dying of thirst. I want to surprise him."

So the bartender got busy and came up with a bucket of martinis. "If you don't mind," he said, "I'd like to see this boozing horse with my own eyes."

"Be my guest," said the cowboy, and the two went outside and placed the bucket by the horse, who drank deeply.

"Darnedest thing I ever saw," said the bartender. "Why don't you come back in and I'll mix you a few on the house."

"No, I couldn't do that," said the man, "But thanks anyway."

"What's the matter?" asked the bartender. "Don't you like martinis?"

"Love 'em," replied the cowboy, "but I gotta drive."

Some Facts and Figures

Bob Benton, Public Affairs Officer for the North Sacramento Office of the California Highway Patrol, has revealed some alarming facts about the rate of drunk driving arrests in Sacramento. For the year 1981, under all jurisdictions, 332,647 drunk driving arrests were made in the state of California--the CHP made 131,400 of those arrests. On Christmas of 1981, 1,262 drunk driving arrests were made in California. Of the 5,170 fatalities on California highways in 1981, 2,754 were alcohol related. Closer to home, the North Sacramento office of the CHP makes more drunk driving arrests than any other office in the state - close to 7,000 arrests - this is higher than some entire states' arrest rate in one year.

SACRAMENTO REPORT, N.C.A.

"If I've told you once, I've told you a million times -- stop exaggerating!"

When you come to the end of your rope, tie a knot in it and hang on!

Twin Peaks Meetings

Saturday Night Group, meeting in Ebenezer Lutheran Church, 678 Portola Drive, Twin Peaks, will feature talks by Gene D. of Calistoga during January.

On January 8th, Gene will speak on "How We Get Here". The topic on January 15th is "Persistence in That Illusion." "Building a Foundation" will be discussed on January 22nd, and the series winds up January 29th with "The Yellow Brick Road."

These meetings, all at the usual time, are ideal for newcomers.

A Hatful of Humor

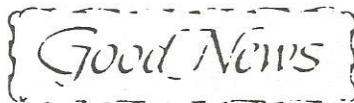
Two good sisters of mercy were enroute to a remote rural hamlet to assist a sick parishoner when their car ran out of gas.

They spotted a farm house and looked around for something to carry borrowed gasoline in to refuel the car.

The only suitable container was a bedpan.

Having secured the gas they were busy pouring it into the gas tank when the bishop drove by with a surprised expression.

"Now that's what I call faith," he mused. Thanks, Russ C.



Published Bi-Monthly in Stockton, California by the Northern California Council of Alcoholics Anonymous

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A special thanks from the Good News staff goes to Bill S. for all his help and support.

Light From A Prayer

We treasure our "Serenity Prayer" because it brings a new light to us that can dissipate our oldtime and nearly fatal habit of fooling ourselves.

In the radiance of this prayer we see that defeat, rightly accepted, need be no disaster. We now know that we do not have to run away, nor ought we again try to overcome adversity by still another bulldozing power drive that can only push up obstacles before us faster than they can be taken down.

(Thank you, By the Way)

Deadline The 15th

A deadline means just that! The Good News deadline is the 15th of each even month. Any mail received after 5pm on the 15th cannot be included in the next issue, nor can any news be telephoned in after that time. Deadline for the Mar.-Apr. issue is February 15th. Let's hear from you!

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