



Good News



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Is Service Important?

One never knows when it's going to happen, but for me it usually follows an exercise in willingness to show up and give back some of that which I've been given. Then, whoosh, all of a sudden, an overwhelming natural high washes over me.

Recently, through my active involvement in General Service, I participated in an Ice Cream Social event in San Mateo's district. Of late, I've been feeling somewhat discouraged by the amount of work being done by so few for so many, and what some of us experience as apathy among our members. By "coincidence" my topic that day was "Why is Service Important to Me, My Group, District, Area, and AA as a Whole?" As I researched the topic, the magic began slowly.

Reading about our 3rd Legacy in "AA Comes of Age", I was reminded of the need for service. When one remembers that service encompasses everything from taking a still-suffering alcoholic to a meeting to being a trustee, it's clear there's something each of us can do. Looking at it in that scope, we must acknowledge the fact that service is imperative to

our continued survival and growth, as a fellowship and as individuals. It's part of becoming happy, joyous and free. It makes us feel loved and needed, something alcoholics almost crave. My discouragement lessened.

When I arrived at the Ice Cream Social, I was delighted to find so many there. As always at assemblies, conferences or workshops, I felt a wonderment at being in a room full of people who, previously hopeless and helpless, had been restored through the program to productive living. The joy of giving and quality of life permeated the room and filled my spirit.

Service people have something special; there are a lot of winners among them. That day, the magic, the high, was such that I know I will stay involved. My life today I owe to Alcoholics Anonymous. My continued sobriety and growth depend on my action with the steps, traditions and service. Because of my gift of willingness to try (something I'd lost during my drinking) I now have a feeling of belonging to something. You've let me try, had confidence in me when I didn't, encouraged me when I've been afraid or

shy, and expanded my world to include areas I never would have dreamed of entering. My rewards are immense, capped by that wonderful high that washes over me when I participate.

So, when the individual, group or fellowship says, "who's available", you can bet I will be, whether it's making coffee, cleaning ashtrays, or being active in General Service, because in the effort to give, I once again receive.

Diana F.
San Carlos

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A Nevada Friend Writes;

During the early days, when A.A. was just getting its start on the West Coast, five of us sat around a poker table at the old Bush Street Alamo Club in San Francisco, discussing group problems and how to cope with them. This was in 1946, before the twelve suggested traditions were published, and many groups around the country had their own rules and bylaws (and, like Bill W. once said, "If A.A. had accepted only a few of these rules and by-

Cont. on Page 7

Mendocino Update

The Nov. 17 Election Assembly in Ukiah was a truly wonderful event. In spite of the rain it was the largest (297 voting members) in CNCA history. There was plenty of fellowship, food and, yes, even fun for all who participated in whatever capacity. It was amazing the number of people who hung in there from start to finish. Bill M., CNCA Delegate, attended our latest General Service Meeting in Fort Bragg and commented on the day's success.

Willits has just formed an Intergroup which will be sponsoring special, previously unscheduled Christmas Day and New Year's Day meetings. The holiday meetings will be on Tuesday, Dec. 25 and Tuesday, Jan. 1 at 8PM at 110 So. Main St., Suite E., Willits. The Ukiah Fellowship Group is sponsoring an all-night Alkathon on Monday night, Dec. 31 at 2205 So. State Street in Ukiah. Happy New Year!

A Mendocino Unity Day is being planned for sometime in the spring. I'll let you in on the details as soon as they are worked out.

Happy Holidays to AAll,
Linda H.
"Serene Fourteen"

* * * *

MINUTES OF CNCA ARCHIVES COMMITTEE, November 5, 1984

The meeting was held at 2917 MacDonald Ave., Richmond, California.

Members present: Herbert J., Buzz G., Merle G., Bill W., Dean K., Agnes F.,

Georgia H., Al B., Steve L., David B., Dave Q., Hal G., Lejeune D., (CNCA Treas.), and our Area Delegate, Bill M.

The meeting was called to order by Herb J. at 7:35 PM with a moment of silence followed by the Serenity Prayer.

REPORTS: Minutes for October were read and approved with two corrections. Financial report was approved.

Herb stated his willingness to write an article about Archives for "GOOD NEWS" and for CNCA comments. During discussion of this subject the Committee elected to subscribe to the "GOOD NEWS" for our files.

Herb also reported that all keys to our former office in the Hayward Alano Friendship Club had been turned in to the club.

There followed a discussion as to the appropriateness of reproducing portions of the draft history so as to enable others to read for accuracy.

* * * *

The Twelve Concepts

I ended the first article in this series by quoting from Tradition 2: "Our leaders are but trusted servants; they do not govern." Tradition 2 in its entirety is: "For our group purpose there is but one ultimate authority--a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern." Actually, this Tradition is the basis of all of the Twelve Concepts. The details of the

Concepts are elaborations on the theme of Tradition 2. They explain how AA leadership retains responsibility, authority, and decision-making capability within a structure wherein the ultimate authority resides, let us face it, in a somewhat abstract "loving God as He may express Himself in our group conscience." I use the word "abstract" because one of the important facets of our fellowship is that we each have our own understanding of an relationship with such a loving God, and these understandings and relationships are indeed different from person to person. In addition, we note that the words in Tradition 2 are: "a loving God as he may express himself in our group conscience." This does not say that a group conscience will always be the true expression of God. God may express Himself in a group conscience; He also may choose not to express Himself in a group conscience. My point is that our leaders must have (and do have, thanks to AA tradition as spelled out in The Concepts) the authority to act in areas where they have responsibility, whether or not there exists an explicit expression of a group conscience to support them. This authority is emphasized again and again in The Concepts. The point is important enough and misunderstood enough that the next article will be devoted primarily to this "Right of Decision" (Concept III), and just what this means, in particular for elected AA leaders.

Don G.
S. F.

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Calander of Events

January, 1985

12 12:30-9:30PM (dance 9:30 PM-1AM) Delta Intergroup "8th Annual A.A. Unity Day". Registration 12:30, Kick-off meeting-Red Ball meeting (you'll never know until you try), AA speakers-Dinner-Sing Along-8PM Speaker Larry K., Sterling, Okla. \$2.00 registration, \$6.00 Dance donations...Raffle...Ripon Community Ctr., 4th and Walnut Sts., Ripon

February, 1985

8-10 San Fernando Valley AA Convention, Sheraton Universal Hotel, Premium Ball Room, North Hollywood. Pre-registration (save time and get info) \$6.00 payable/mail to: 10th Annual SFFVAA Convention, P.O. Box 2999, Van Nuys, CA. 91404...Dance, Banquet, Sun. Breakfast, Speakers, Service, Spanish, Young Peoples, Alanon and Alateen and "Hollywood".

22-24 Sacramento "Spring Fling '85". Red Lion Motor Inn, 2001 Point West Way, Sacramento (off Arden Way near Rte. 80). Four Speaker meetings, Marathon and Service meetings. Dance(s) Sat. Night (Forties & Top Rock). If you've ever wondered what the Spring Fling was - it's TERRIFIC!

April, 1985

12-14 H&I 13th Annual Conference Santa Rosa, El Rancho Tropicana Hotel...A.A. & Alanon Professional and fellowship Speakers and panels. Dance, etc., etc. "Let's be friendly with our Friends"...

July, 1985

4-7 50th International A.A. Convention, Montreal, Canada. Contact your service committees and Intergroups or Central Offices for forms and info (read your GOOD NEWS)...Deadline for advance registration--May 15, 1985.

Perhaps you have already heard that the NCCAA GOOD NEWS is working toward better coverage of NCCAA "Coming Events". In fact, the staff is shooting for a full (tear-out) page in each issue and to do this we need your help. The minimum info needed for a write-up will be - date/time, location and theme/title or description. List any suggested donations.

I'm excited about this effort to bring more news to the fellowship "out there" as I've used this type of info myself and still do, when it's available.

The "EARLIER" the info the better as your news may be repeated in succeeding issues if early enough.

Wil M. Good News Events 1622 J Broadway St. Alameda, CA. 94501

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COASTAL AREA LINK

Perhaps a Third Legacy meeting is a group conscience specializing in service. How does this jibe with Tradition? Custom does not restrict the term "group", as used in the Traditions, to recovery groups only. Service entities are also within this intent. Furthermore, to study the Traditions, put them into practice, and share them with others, is very consistent with a service group's role.

In addition, the General Service Conference has been entitled the Guardian of the Traditions. Each general servant, as a member of the Conference structure, is imbued with this responsibility.

Unity and Service are not apart.

Unity and Service complement one another. The Traditions identify our primary purpose; Service provides for its communication. The Traditions de-emphasize property, money, and prestige; Service provides stewardship for prudent resources. The Traditions apply to the groups individually; Service extends this application to the groups united. The Traditions articulate each group to our common welfare; Service articulates our totality to each group's welfare. The Traditions are adaptable principles; valid for two or three gathered together for sobriety; just as valid for committees and international conventions.

Frank B. S. F.

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NEXT DEADLINE

February 10

50th ANNIVERSARY
INTERNATIONAL AA CONVENTION
Montreal, Quebec, Canada
JULY 4-7, 1985

AA's Golden Anniversary the 50th International AA Convention, Montreal, Quebec, Canada, July 4 thru 7, 1985.

AA MEETINGS, FELLOWSHIP, AND FUN. Three days and nights at the newest and most beautiful Convention Center in North America..at the famed Olympic Park Stadium for the BIG Meetings.. at fine hotels and gourmet restaurants in one of the most cosmopolitan cities in the world-all while meeting fellow members from every corner of the globe, in the biggest, most exciting celebration in AA's history.

SPECIAL ARRANGEMENTS. If your area or group wishes to plan a special event of its own, write directly to the Banquet Dept. of the desired hotel. Attractive accommodations are available at most hotels for hospitality suites.

HOW TO REGISTER. Just fill out the form (check out your service committees and Central Office for forms and INFO) and send it to the address shown. Registration fee for each person for all events-meetings, dances, show, etc. is \$30.00. No charge for children under 12. A preprinted badge will be mailed to you. Do not lose it! It is your badge for admission to all events. The cost of a badge replacement will be \$5. Please bring it with you to Montreal so you can be checked in quickly at the Convention Center and receive your badge holder at that time.

TRANSPORTATION. Montreal is served by dozens of major domestic and international airlines, by railroad, by

interstate highways, bus lines and even cruise ships. In many localities, AA members are planning to charter planes or travel in groups; your local travel agent can help you save money and see more on your trip. Many major downtown hotels are within walking distance of the Convention Center-and are connected with it, with each other, and with Metro stations by an underground city. The Metro provides swift, quiet, clean, safe travel between downtown and the Olympic Park Stadium. City buses serve most other locations.

HOUSING. Fill out the housing portion of the form and send it to the address indicated, with your registration. Indicate your first through fifth hotel or motel choices. (Remember, all prices are in Canadian dollars, subject to exchange rates). Housing can be arranged through G.S.O. only to Convention registrants. Be sure to use the registration forms. Rooms will be assigned on a first come, first served basis and you will receive info directly from the chosen hotel-which will require a deposit.

Don't be a NO SHOW-cancel reservations if your plans change. Write G.S.O., Box 459, Grand Central Sta., N.Y., N.Y., 10163, for a list of trailer parks and campsites or complete info for you and your group.

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BAY AREA BEAT

December in the San Fran area saw holiday alkathons, dances, celebrations and parties of all types. Notable was the annual candlelight tree-trimming ceremony and meeting held at

Stepping Stone, a women's recovery home located at 255 10th Avenue. Held on 12/12, this event was very moving and spiritual and (sorry guys) for women only. The annual Christmas party hosted by the Surf Group on 12/18 featured Lois J. of Novato (recently chosen as a candidate for US Trustee-at Large) as the evening's lead. The fine desserts, coffee and arms-length topped off a terrific AA night.

The Sinbar Group (aka The Original Pie and Ice Cream Group) should be celebrating their anniversary near mid-January. Sinbar Group meets at 8PM on Sunday nites at St. Finn Barr Church at Hearst and Edna Sts., in S.F.

The Concord Hilton Inn will be this year's site for the Annual All-California Young Peoples of Alcoholics Anonymous Round-Up. The conference will be held over the weekend of Feb. 1, 2 & 3, and the theme for 1985 is "A Path to the Promises". The agenda will include AA, Al-Anon and Alateen meetings; workshops; marathon, speaker and main-speaker meetings; dances; a talent show (get your act together!); a banquet and LOTS of fellowship. The Round-Up is sponsored by the young people of AA., but is open to all AA members, be they young in years or young at heart.

Lastly, all San Francisco congratulates its own Michael G., recently elected as treasurer for the Calif. Northern Coastal Area. We are confident he will serve our Area well in his new service job, as will all CNCA's new officers.

Till next time, take care and God Bless!

Lynn B.

FLETCH'S TERRITORY

Hey, alkie...take your pens and put a big xxx (no, not for kisses, stupid) through February 22, 23 and 24. Why? Well, cause everybody from here to breakfast knows that's when Sacramento goes flingin' into Spring. Now you all know where Sacramento is...just south of Citrus Heights - home of the world-famous Wednesday Night Citrus Heights group. Yeah...that Sacramento. Anyway gang, this Spring Fling features speakers like Noa G. from Islands on Friday at 8:30, Bob K. from Smyrna Beach, Florida at 2:00 PM and Jeannie J. from Culver City, CA. at 8:30 PM (both on Saturday). Then on Sunday at 10:30 AM, Norman W. from Pacific Palisades wraps it up. But check this out-- these folks are having, not one, but two dances on Saturday night. A rock band for us young (and good looking) alkie as well as a Forties dance with the John Skinner band for all them that has over 90 days sobriety...in other words old alkie. Wife #1 says I can go to the dance, but if Jack comes down from Redding and Lonnie comes from Truckee and the gang from Monterey shows up, she's movin' to a quiet room at the Red Lion Motor Inn. I haven't had the heart to tell her, but that's gonna be the noisiest spot in the territory that weekend.

Maybe some of you whose brains have stopped short of being wet can help me with a slight problem I've been having. Ever since I spent three wonderful days at the first High Sierra Summit conference, all I

dream about is that beautiful Yosemite valley and those awesome mountains - no more dreams of Thunderbird, Mad Dog 20-20, or evenings spent at home bottling and capping home brew. Now I ask ha, alkie-- is this normal behavior or what?

Luv ya,
J. P.

* * * *

Sponsorships

"Sponsorship is 'Twelfth Step' work but with continuing responsibility and interest in helping a newcomer adjust to a way of life without alcohol." (Pamphlet, Questions and Answers on Sponsorship)

Rendered down to its simplest form, I believe sponsorship is guiding a newer AA member through the Twelve Steps by sharing our own experience. The Big Book says I was given a "kit of spiritual tools" when I came into A.A. Learning what that means and how to use these tools has been a most vital element in this adventure of "living without alcohol". That learning process would be, and is, impossible without the sharing that has guided me these thirteen years.

If recovery from alcoholism was just a matter of not taking that first drink, then I guess will power and self-control would be the answer for a lot of folks. But for those of us who suffer from obsessions of the mind, the only answer seems to be in the continuing practice of the Twelve Steps. If I could have learned how to use the Steps on my own with the books as guides, I would

have; but the way I wanted the program to work isn't the way it worked.

Over the years I have had several sponsors, and each has made her own unique contribution to my recovery. My first sponsor gave me a good start into the Steps while introducing me to my first real experience with true fellowship. She prodded me into seeing all the different facets of A.A. - speaker meetings, discussion meetings, study meetings, Intergroup, NCCAA, etc., etc. At times I felt bullied and pushed, but the memory of what it was like when I was "figuring things out on my own" would counteract my urge to back off. She made sure I was awakened to what a truly abundant banquet A.A. really is.

My next sponsor helped me continue my efforts with the Steps and to learn to apply these principles in all areas of living. (A never-ending process, I might add.) She also encouraged me to start sponsoring others when I had about two years of sobriety.

Have you ever heard yourself share a suggestion you tried when you were new that relieved you of fear, worry, depression--then found yourself wondering "When did I stop using that tool, and WHY?" I have. There is nothing that reinforces recovery experience so much as sharing it with others. Nothing enhances daily living so much as the joy of seeing a newcomer begin to gain hope and come up out of that pit of isolation and despair.

A sponsor doesn't take

Cont. on Page 6

SPONSORSHIP (Cont.)

my choices away from me. A sponsor helps clear my mind so I can make better choices than ever before. We can't make decisions for one another, but we can act as a sounding board (or sometimes lightning rod) for one who needs an understanding listener.

I have heard it said and I know it to be true, that sponsorship is beneficial to both parties, or something isn't working right. I cannot give what I haven't got; I cannot give to someone who doesn't want what I do have to offer. However, in the process of sharing what has been given to me with one who is receptive, we both get better, and have more to share with still others.

And so it goes out in ever-widening circles.

Pat V.A.
San Jose

* * * *

ANNIVERSARY

The 38th Anniversary of AA in Humboldt County was celebrated in Eureka on Oct. 27. The featured speaker was Leo from Ft. Bragg who told about starting the first group which met in Henderson Center. He was a salesman who traveled to Eureka from San Francisco on business. On the advice of older members, he sought out drunks in Eureka. Only a few weeks sober himself, Leo didn't have any success with his first prospect but the second one did stay sober. After four or five years the group had grown to 20 people.

Local AA members with 20 or more years of so-

briety were given special recognition with flowers to Clay S. for 30 years and lots of cake for everyone.

This year there are two Christmas dinners scheduled to celebrate sober holidays—one in Fortuna on Dec. 1, sponsored by the Southern Humboldt Groups; the other in Eureka on Dec. 9, sponsored by the Humboldt Del Norte Central Committee.

Barbara W.
Eureka

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DEAN K. GIVES MANUSCRIPT
OF CNCA HISTORY
TO CNCA COMMITTEE

On Oct. 27, 1984, Dean K., past delegate, presented the CNCA Committee with the original, confidential manuscript of the CNCA history he has been in the process of compiling during the past seven years.

It consists of well over two hundred 8½" x 11" pages covering AA activities (from the beginning until about 1960) in all counties except the few for which little or no material was forthcoming. Further, it is assumed that a future historian will write Volume 2 when the missing information becomes available.

In addition, there is a lengthy section covering pertinent data about each delegate and related panel from the beginning, Nick N. through 1982, Sam E.

Dean proposed that the Committee consider publishing the history in book form so that copies may be made available to all interested AA's at a cost of about \$20.00 each. The Committee enthusiastically

thanked Dean for his efforts, the manuscript donation and also agreed to follow through on his proposal (above) during the next meeting to be held on Nov. 24, 1984.

H.G.J.

* * * *

HOW GRATEFUL ARE YOU?

Whenever attending a meeting when the subject is "Gratitude", before going into a lengthy speech, take a look at your gratitude list. The length of sobriety is but one dimension of sobriety; we share our experience, strength and hope. Since we can only share the experiences we have had, the following list may help us add to our AA experiences:

HAVE YOU EVER:

- Made a 12-Step Call?
- Put your name on the Answering Service?
- Gone on a commitment to another group?
- Gone on a commitment to a prison or hospital?
- Attended a business meeting of your own group?
- Attended a District Meeting?
- Attended an Area Meeting?
- Attended an Area Assembly Meeting?
- Attended a Workshop or Sharing Session?
- Been a member of an Area Committee?
- Visited a housebound AA member?
- Taken a newcomer under your wing?
- Become a Service Sponsor?
- Identified yourself as an alcoholic to your clergy, doctor, dentist, lawyer, etc.?

Lejeune D.
Pinole

* * * *

NEVADA FRIEND (Cont.)

laws, most of us wouldn't have been eligible for membership.")

I mentioned a group problem we were having in Reno as a new group. The others, Dave D. of Palo Alto, and Bob G., Ray H. and Fred K. of San Francisco, related that their groups had experienced the same problem and told how they handled it. We got together the next Sunday at the same place and continued to discuss group problems and how to resolve them. Others joined us and we began to hold these sessions once a month. By exchanging these group problems, we hoped to achieve some unity within the fellowship on the West Coast.

Ray H. of San Francisco made a trip to New York to talk with our co-founder, Bill W., about forming the Northern California Council of A.A. The first meeting of the "Northern California Council of Alcoholics Anonymous" was held in San Francisco. At the second council meeting, several of us from Reno and Northern Nevada attended and it was suggested that Nevada become a part of the Council. I was selected as the Nevada representative.

At the next council meeting, I suggested the council should publish its own newspaper to let the groups know what the council stands for, its purpose, the date and location of meetings, etc. OK P., one of our members and a newspaper man, was selected as editor. He later located a printer with his own printing office and the newspaper was a reality. Ads run in the first issues resulted in selec-

tion of the name "GOOD NEWS" and it still is "GOOD NEWS".

In the years following the formation of the "Northern California Council of Alcoholics Anonymous", we have seen many changes and a lot of growth, which reinforces the fact that Tradition 12 is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Ken B.
Reno, Nevada

* * * *

TID-BITS

We share best what we most need to learn.

* * *

The following note is the only response we received in answer to the last issue's question, "Should the name of the GOOD NEWS be changed?":

"Dear Friends:
"I have been actively involved in the Calif. Northern Coastal Area Archive Committee for the last two years.
"This has given me the opportunity to read some of our past GOOD NEWS publications. These old issues of the GOOD NEWS are part of our heritage. Along with that heritage is also the name of the publication. I feel that it would be a shame to change, just for the sake of change. The name and the paper has served us for 36 years. Please leave as is."

Lejeune D.

* * * *

IN MEMORIAM

Dean K. left this world quietly on Sunday, December 2, 1984. A memorial was held on Tuesday, December 4, 1984, at Cooper's Mortuary in Oakland. Relatives and AA members were in attendance.

Dean had served as California Northern Coastal Area delegate for the term 1977-78. He was a leading light as a delegate; in recording Area history and in archival work; and, always, in carrying the message to the suffering alcoholic. To friends visiting him shortly before death, he gave evidence of a heart blessed with undisturbed serenity and peace with God.

* * * *

The bond that links your true family is not of blood, but of respect and joy in each others' lives. Rarely do members of one family grow up under the same roof.

* * *

Every person, all the events of your life are because you have drawn them there. What you choose to do with them is up to you.

* * *

GOOD NEWS presents the experiences of AAs and others interested in our program. Opinions expressed herein are not to be attributed to Alcoholics Anonymous as a whole, nor does publication of any article imply endorsement, either by AA or the GOOD NEWS. If you would like to share your viewpoints, please send them to GOOD NEWS, P. O. Box 5106 Modesto, Ca ifornia 95352.

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