



GOOD NEWS



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By the Northern California Council of Alcoholics Anonymous

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N.C.C.A.A. History

(This article was found in the archives of the N.C.C.A.A. and has probably been seen in the GOOD NEWS before. It is being rerun now for those who may not have seen it.)

After Bill W's visit to the San Francisco Bay Area in 1943, a personal correspondence and a special kind of friendship developed between him and Nic N. of Oakland. Nic had a brother and sister in Washington, D.C., and each year made at least one trip East to visit with them (wartime restrictions permitting), and also visited Bill and Lois at their home in New York State. Much of the correspondence concerning Bill's plan for what later developed into the General Service Conference as we know it today.

At the same time many requests for information about group operation and personal pleas for help were pouring into the San Francisco and Oakland Post Office Boxes. In June 1946, the Oakland groups had opened their first Central Office, and in January 1947 the San Francisco Central Office was established. Out of these discussions and organizational structures, a decision was finally made to form some sort of informational organization for AA Groups in Northern California only. Among those involved in these discussions were John C., Fred C., Ray H., Bob G., Pete B., Les F., Don H., and Clarence R., all of San Francisco (Clarence was the San Francisco Mayor's son); Nic N. of Oakland, Ed A. of Alameda; Horace B. of Marin County; Dave D. of Palo Alto; Ray
(See HISTORY, Page Four)

Sacramento-Past Fresno-Present Oakland-Future

It seems that everyone is still talking about the way Tina and her Sacramento gang did such a wonderful job on the conference last October. You guys and gals certainly deserve our thanks for a job well done. We will be looking forward to our next Sacramento meeting. Thanks again from all of us!

FRESNO NEXT

Kicking off the new year will be Chairman Dennis T. and his Fresno gang on March 8, 9, and 10, 1991 at the Fresno Convention Center - 700 "M" Street in beautiful downtown Fresno. A dance Saturday night will feature the live music of "Watch Out", a band that has been hired for the evening. Badges will be required for attendance to the dance, so be sure to register.

The speaker for Friday night will be Milt L. from Cleveland, Ohio. Cindy F. from Newbury Park, California will address the Young People on Saturday afternoon, while Scotty A. from Midland, Texas will do the honors on Saturday night. Millie G. from Encino, California will substitute for Pat Y. on Sunday morning. Our thanks to Millie for filling in. We have been told that Signers for the hearing-impaired will be provided for all the main speaker meetings. English, as well as Spanish-speaking marathon meetings will be held during the conference.

The adjoining Holiday Inn Center Plaza will be the host hotel. As always, please mention the N.C.C.A.A. when registering at any hotel in town as we get credit for rooms filled.

You may pre-register by sending \$5.00 to NCCAA Treasurer, 1046 Irving Street, San Francisco, CA 94122-2290. Pre-registration is always appreciated. Hope to see you there!

OAKLAND COMING

The Oakland committee, under the direction of C.J.R., is busy these days with preparations for the 44th Annual Summer Conference to be held on June 28, 29, and 30, 1991 at the Oakland Convention Center. The Center is located at 10th Street and Broadway in Oakland, California. The Parc Oakland Hotel will be the host hotel and will be holding a block of rooms for us until May 28, 1991.

Speakers for this conference have been chosen and are as follows: Friday night will be Ed L. from Mount Holy, New Jersey, Sheryl Mc., Lake Wood, California, Bill C., St. Catherines, Ontario, Canada and Jim D., Bessemer, Alabama. Mark your calendars.

**Please Mention N.C.C.A.A.
When Registering at
Your Favorite Hotel**

FLETCH SEZ

Tradition #4 tells us that every group is autonomous and therefore sets its own rules, right? Well what happens when those rules fly in the face of the things that we hold dear? I remember my sponsor telling me that "Men only and Women only" meetings were against the traditions and could only fail with time. He said sooner or later they would try meetings for those over 50, etc...Well, Uncle Fred died a while back and he never got to hear the latest wrinkle in special interest meetings. We now have a meeting where *newcomers* are not allowed! Hey alkie, doesn't it say someplace that without our newcomers our fellowship will wither and die? I guess some of us are more withered than others...

We all know that one of the hidden rewards of the fellowship is when we get to hold hands with alkie from other towns, states, or even other countries, right? Well, just so you alkie know that my gratitude chain is on the right notch, I can tell you about the trip Wife #1 and I took last month to Sun Valley, Idaho. Yeah, the skiing was great and the folks there treated us just fine, but those AA meetings. Wow. Nice folks, good sobriety, and lots

of hugs. We started each day with a 7:15 a.m. meeting that just got over in time to hit the slopes. Usually a good crowd and, of course, lots of hugs. They have a nice touch at Sun Valley that I hadn't ever seen before. After someone shared everyone said thank you, and did I mention lots of hugs?

See you in Fresno...

Love in fellowship
and lots of hugs...

Fletch--Fair Oaks, CA

Things Tough?

When life knocks you to your knees,
What better position to give praise
THAT YOU ARE SOBER TODAY . .

RAMBLINGS

A small group of us was sitting around the Alano Club one Sunday waiting for the Steering Committee meeting to start when a young lady came around to graciously fill our coffee cups and I noticed that she hadn't filled my cup as full as the others. I remembered the resentment that I used to get in my drinking days if I didn't get as much wine in my glass as you did in yours. (Even one quarter of an inch!) It was amazing to me that after almost twelve years of sobriety I found myself still thinking this way. Upon sharing this with the group, I found that others had the same feelings about "a full glass." Funny how we all seem to think alike.

Ron J. - Sunnyvale

Identification ...

AA's door should be open to all alcoholics regardless of religion, race, nationality, gender, age, politics, culture or social position. The bridge of communication between alcoholics is based upon the bedrock of identification in depth as alcoholics, notwithstanding individual differences. To emphasize the difference is to lose sight of the identification. Identification is a cardinal principle of recovery. Insofar as we are alcoholics, we are alike. We have all been afflicted by a mental obsession coupled with a physical allergy. This is basic.

Our mutual need for one another is basic. Therefore our oral and written communications should not express such policies as would Balkanize the Fellowship. We do not need to be divided into quarrelsome entities obsessed with individualism, to the detriment of our common welfare.

Every so often the question arises: Are we publishing too much? We might respond by declar-

ing that writings which simultaneously enhance sobriety, strengthen unity and bind service to our single purpose are not too much; but that writings which cater to special interests, dual purposes and outside issues are too much. We, as a Fellowship, are unique only in what we share in common; our common problem and our common recovery.

May our public relations help potential members to identify in depth with us as alcoholics, and to rejoice in depth with us as recovering alcoholics. May we not become obsessed with accidental differences. Let us not take on problems other than alcohol, as a Fellowship. And may we avoid segregating our membership into unique subdivisions at the cost of unity. May our close kinship transcend that individualism which would divide and reduce us to hyphenated factions; to a Babel of language and terminology.

-- Frank B.

Napa, CA

GOOD NEWS

Newsletter of the

Northern California Council
of Alcoholics Anonymous

Articles of interest to our readers are
welcomed and may be mailed to the
editor at:

Post Office Box 64090,
Sunnyvale CA 94088-4090

Deadlines for Material

December 10 for January-February

February 10 for March-April

April 10 for May-June

June 10 for July-August

August 10 for September-October

October 10 for November-December

Home Groups? A Reader's Viewpoint

When I first began to trudge the road to happy destiny, it was made clear to me that I should stick with the winners. Being new in sobriety, that concept had little or no meaning because I felt that anyone who finally reached Alcoholics Anonymous had to be a loser in the first degree. I began my quest by asking every member who would listen how I could find the winners in the program - the answer was always "look around". Well, I never went to the same meetings (a moving target can't get caught!) and I very rarely saw the same people more than once so "looking around" yielded very little. One day I happened on an older and wiser member who asked me, "Who in your HOME GROUP has the kind of life in sobriety that you would like to have?" After I quizzed him on the concept of a home group, he finally said, "That's where you find the winners, son. You can't find 'em if you can't watch 'em walk the talk."

It's been a while since that lesson was freely offered. Many things have happened in my life and because of that advice, I have been able to collect a few 24 hours in the program.

The idea of a home group was offered to me in Arizona where I got sober and spent the first year in sobriety. When I moved to the San Jose area, I looked around and found some regular meetings and I even found one that I felt was my home group but the feeling was never the same. One oldtimer from Chicago said once: "AA in the Bay Area seemed like a series of one night stands!" For a long time, I thought it was me. Today, I believe that the home group concept isn't well understood in this area and I'd like to take this opportunity to share some of the ideas about home groups that I learned in my early sobriety.

1. A home group is the one AA meeting that is made each week, week after week without fail. That is the one way that I can make contact with the same people on a regular basis - People who know me and people that I know. That's how I found the winners in the program and ultimately how I found myself, my sponsor, and the true sense of the fellowship.

2. Sponsors should be members of the home group. That way, I get to make contact at least once a week and what better way to let them know how I'm doing on a regular and timely basis.

3. Home groups have a service position that calls people when they don't show up for 2 or 3 meetings to

find out if everything is O.K.

4. Chips, Medallions, and Cakes are received at home groups.

5. All the service positions that I hold would be from my home group. This insured that the fellowship will continue and that the vital functions of AA are covered. The information from all the service bodies is passed on to the fellowship in the home group which insures continuity in communication throughout the fellowship.

6. When I participate in a group conscience, I do it at my home group. That allows me to become a vital link in the inner workings of AA as a whole.

I could go on and on about the (See HOME GROUPS?-Page 5)

NORTHERN CALIFORNIA COUNCIL OF ALCOHOLICS ANONYMOUS		
Financial Statement		
1/1/90 to 12/31/90		
INCOME		
Balance on hand as of January 1, 1990		\$14,711.16
Adjustment for Expense Items (1989)	\$61.89	
San Jose Conference Income (1990)	14,508.63	
Redding Conference Income	7,593.02	
Sacramento Conference Income	19,100.83	
NCCAA Contributions (Seattle World Conference)	843.08	
Fresno Pre-Registration	20.00	
TOTAL INCOME		\$42,107.45
EXPENSES		
San Jose Conference. Expenses (1990)	\$9,188.43	
Redding Conference Expenses	7,817.57	
Sacramento Conference Expenses	18,625.61	
Fresno Conference Expenses (1991)	955.85	
Oakland Conference Expenses (1991)	1,000.00	
Chairman's Expenses	213.29	
Treasurer's Expenses	247.00	
Coastal Secretary's Expenses (Diane O.)	82.00	
Coastal Secretary's Expenses (Paula D.)	36.00	
Interior Secretary's Expenses	47.70	
Phone Expense	529.11	
NCCAA Expense (Seattle World Conference)	1,553.97	
S.F. Central Office	250.00	
Delegate Ribbons	313.27	
Good News	375.00	
Purpose and Structure Booklets	318.84	
Cash Drawer	25.00	
Stationery Supplies	18.30	
TOTAL EXPENSES		\$41,596.94
Balance on Hand December 31, 1990		\$15,221.67

Overdoing Serenity?

I am sober today because I don't take the first drink and do go to meetings. I enjoy my sobriety today because I am making an honest effort to incorporate the Twelve Steps into my daily life. I frequently fall far short of anything even resembling perfection, but with this effort comes progress. And after all, is that not one of the fundamental aims of the AA program?

This state of well-being, as you might expect, was not always the case (and undoubtedly will not always be the case). A problem did arise a while back--the problem of a serenity glut. Superficially, it appeared that the program had worked so well that I had attained a sort of heaven right here on earth. (As I recall, that phrase was written somewhere in the original draft of the Big Book but deleted before publication, perhaps for some of the reasons I am about to discuss.)

On closer examination (to be specific, another Fourth Step), I discovered that my glut was rooted in a character defect, not, as I had so proudly assumed, in a total assimilation of the program. I was forced into the realization that my over-abundance of serenity was not serenity at all, but rather complacency; and that, in turn, was a result of escaping life, not mastering it.

I was allowing myself to be cloistered from emotionally hazardous situations, usually involving new people, places, and things, because I might fail or I might get hurt. I was, in effect, institutionalized without being in an institution; too afraid of life to become involved in living; yet satisfied with the status quo. Because of the subtle, underlying fear (not the gut-wrenching kind experienced when drinking), I was unconsciously avoiding the challenges that, when worked through, invariably lead to growth and ultimately to true serenity. Without this growth process, as

unpleasant as it might be upon occasion, I knew I could never hope to experience the joy of living to the fullest.

Well, enough of the problem. Now for the solution. I have since come to believe that serenity without growth is stagnation, and that is not the way the program should work. If I don't go, I don't grow; it's as simple as that. Since my problem was not concerned with accepting existing responsibility (I was usually pretty good at that), I had only to find a way to live aggressively and all would be fine, I thought. Wrong! At least partially wrong. I did have to initiate some action and be somewhat assertive, but certainly not in the manner I approached it to begin with.

I made two monumental mistakes the first time out. First, I didn't ask the help of my Higher Power; and second, I insisted on getting involved at people instead of with them. I suppose the effect is like taking an emotional jump over Niagara Falls in a barrel instead of wading in the shallow end of the pool until you feel secure enough to swim. I can thank my alcoholic sense of direction, bad timing, and chronic extremism for that one.

But fortunately, by the grace of God, my mistakes did not result in disaster. I am now in the process of taking a few calculated risks for the sake of progress. I will even go out on a limb occasionally, but the difference is that I now leave the saw in God's hands.

Above all else, I must be continually grateful for who I am and what I have today, and I must realize that I did not get here alone. I am still afraid of hurt and failure, but I value true serenity enough to take a chance and grow, because I know the alternative is stagnation.

Anonymous, Salt Lake City, Utah
(From the Grapevine, February, 1985, with permission.)

History (From Page One)

P. and Vic S., of Sacramento. The upshot of these discussions was an organizational meeting called March 23, 1947 at the Oakland Alano Club, 423 15th Street, which was attended by representatives from most of the AA Groups in Northern California at the time. This organization was named at that time as the Northern California Council of Alcoholics Anonymous, with a mailing address of the San Francisco Central Office, and had Bill W's good wishes. The first Secretary-Treasurer was named Clarence R., of San Francisco. At the Council's third meeting in Sacramento September 14, 1947, representatives showed up from AA Groups in Reno, Nevada, asking to be included in the organization, and the name was then changed to Northern California & Nevada Council of Alcoholics Anonymous (NC&NCAA). When Nevada elected their first Conference Delegate in 1955, the Reno Groups withdrew from the Council, and the name reverted back to Northern California Council of AA. In this connection, an effort was made in early 1948 to form an organization for the Northwest Quadrant, and a meeting was called at Seattle, WA. The only representatives were from Washington, Idaho and British Columbia (at a later meeting a representative from Alaska showed up), and efforts were made in vain to contact persons from the other states enumerated above. Out of this first organization effort grew the Pacific Northwest Conference, as we know it today.

The first official Conference of the NC&NCAA was held in March 1948, again at the Alano Club, 423 15th Street, Oakland. For this momentous occasion Bill W. was asked and accepted as the featured speaker, on his second visit to the West Coast. Thereafter Confer-
(See HISTORY, Page 5)

Home Groups ?

(Continued from Page 3)

benefits and advantages about making the commitment to myself and to a home group, but I won't. All I want to say is: For me, the way to enjoy the fullness of recovery, the benefits of the fellowship, and the joy of service, I need to find a home group. I can no longer hide in the 600 meetings that this valley has to offer - after all, "one night stand" was an old way of thinking, an old idea. I must stand up and be counted with the winners in the unity of my home group in the program of Alcoholics Anonymous.

Daryl R. - San Jose, CA

A GOOD NEWS REPORT

The Editor is happy to report that since the last issue of GOOD NEWS, we have collected over \$100 in new and renewed subscriptions. Your interest in keeping your newsletter solvent is greatly appreciated. We still need to hear from more of you as the mailing list will be updated again soon. Keep checking your expiration dates. Thanks again!

History

ences were held quarterly for the next few years in various parts of Northern California.

Taken from the "History" by Dean K., Past Delegate, California Northern Coastal, with our thanks.

(To be Continued in future issues)

N.C.C.A.A
CONFERENCE DATES

FRESNO·March 8, 9, 10, 1991
OAKLAND·June 28, 29, 30, '91
REDDING·Oct. 18, 19, 20, '91
MONTEREY·Mar. 27, 28, 29, '92
SANTA ROSA·June 26, 27, 28
1992
SAN JOSE·Oct. 16, 17, 18, 1992

MARK YOUR CALENDARS

The GOOD NEWS is happy to accept articles of interest from readers. Let us know what is happening in your area or group. Comments or suggestions are always welcome. Try to beat the deadlines set up on Page 2 as it always seems to take longer than planned to put it all together.

Our mailing address is P.O. Box 64090, Sunnyvale, CA 94088-4090.

Coming Events-1991

March 1, 2, 3
Fri. Sat. & Sun.

San Francisco 1st
Annual Conference
"Sobriety By The Bay"
St. Mary's Cathedral
Gough at Geary Blvd.
San Francisco

March 8, 9, 10
Fri. Sat. & Sun.

N.C.C.A.A. 44th Annual
Spring Conference
Fresno Convention Center
700 "M" Street, Fresno
PLEASE PRE-REGISTER

March 15, 16, 17
Fri. Sat. & Sun.

7th Annual High Desert
Convention.
"Willing To Grow"
Holiday Inn
I-15 & Palmdale Road
Victorville, CA

Mar. 29, 30, 31
Fri. Sat. & Sun.

20th Annual Reno
Spring Festival
Bally's Reno
2500 E. Second Street
Reno, Nevada

April 11 thru 14
Thursday - Sunday

4th Annual Greater
Palm Springs Convention
"Recovery...
Share The Experience"
Radisson Resort Hotel
Palm Springs, CA

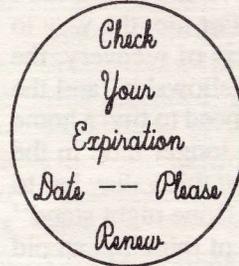
April 25, 26, 27
Fri. Sat. & Sun.

19th Annual H & I Conf.
The Red Lion Inn
1150 9th Street
Modesto, CA

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