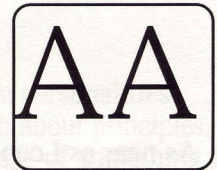




GOOD NEWS



SINCE 1948

June 2001

Special points of interest:

- New Treasure Elected
- Fresno Conference
- Santa Rosa Conference
- Blast from the Past
- Principles
- Step 1
- Letter from the Editors
- Calendar of Events
- Speaker Change

Treasurer Position Filled

Once again in the Spirit of rotation the NCCAA has Elected a New Treasurer. Ande M. of Fresno was elected at the Fresno Conference.

Ande is a qualified and highly motivated person, and we all look forward to working with her over the term.

NCCAA greatly appreciates Clem, our outgoing treasurer, for his recent service to NCCAA and we look forward to his continued presence as a member of NCCAA.

"THANK YOU CLEM"

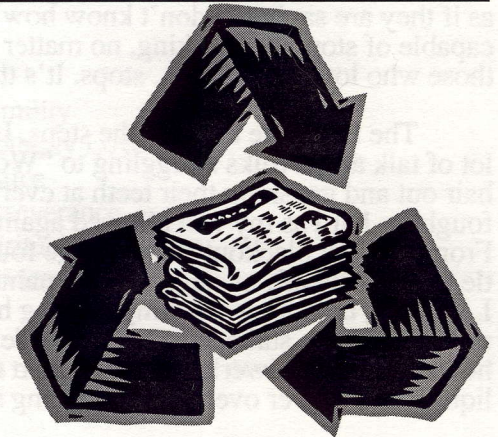
Good News 50th Anniversary Year

As we announced this year is the 50th Anniversary of the Good News Letter. We have continued our series of Blast from the Past articles starting on page four.

It has just been a wonderful experience reading through past articles of Good News editorials. Seeing the different styles and evolution of the Good News is quite fascinating.

If you have a moment to spare at the conferences please come by the Good News table and feel free to read some of the articles.

At the last Conference we began giving away two free subscriptions. So don't forget to get those



Unity- Recovery -Service

tickets. And if you win and your already are a subscriber

PASS IT ON !

Santa Rosa Conference

Veterans Memorial Building June 29,31 & July 1 2001

Friday June 29 2001

8:00 pm	Louis D.	Dallas, Texas
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Saturday June 30, 2001

3:30 pm	Ginny P.	San Francisco, California
8:00 pm	Wayne B.	Santa Monica, California

Sunday July 1, 2001

11:00 am	Don C.	Colorado Springs, Colorado
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Step 1

As near as I can tell, there are no specific directions on exactly how to do step one in the Big Book (or any other AA literature, for that matter.) The first four chapters of Alcoholics Anonymous and the sections that go before, talk at length about the disease of alcoholism, how it is in fact a disease, how it is a progressive disease (we always get worse, never better) fatal in its outcome, and how it is a hopeless, helpless state of mind and body. There are descriptions of the insane behavior alcoholics typically display to get to the first drink, and the pitiful and incomprehensible demoralization which follows. There are stories illuminating the state of mind which often precedes that first drink.

These writings, I feel, are to help us to identify with the powerlessness, the unmanageability, that is active alcoholism. But when it comes to specific directions on exactly how to stop, the literature is strangely silent. It's as if they are saying "I don't know how the damn thing works. The person who for years has been absolutely incapable of stopping drinking, no matter how much destruction and pain it causes in their lives and the lives of those who love them, just... stops. It's the damndest thing."

The first time through the steps, I know that I never really did the first step; alcohol did it to me. We hear a lot of talk about folks struggling to "Work the Steps," striving to Become willing to get willing," tearing their hair out and gnashing their teeth at every single solitary new principle, trying to follow simple directions. I fought as hard as my will allowed against the acceptance of powerlessness and unmanageability over alcohol. From my first blackout drunk at age fourteen, and for the next twenty eight years, I fought a long, downhill battle to keep my life manageable, to maintain power over alcohol, to "control and enjoy my drinking." How could I, a living, breathing, thinking, feeling human being, a complex organism who could stand and walk, run for miles, climb up stairs, climb a tree, ride a bike, drive a car, fly an airplane, who could make love or make war, how could I be powerless over an inert chemical? I live, it sits. And maybe it evaporates. How could a colorless liquid have power over a mighty being such as myself?

Yet every time I had the appearance of choice over taking that first drink, I took the drink. Given a choice between a wonderful career and drink, I took the drink. Given the choice between the respect of my peers and drink, I took the drink. Given the choice between a wife who really loved me and drink, I took the drink. Given the choice between my health and a drink, I took the drink. When it finally boiled down to a choice between life itself and a drink, as it inevitably will with this disease, I took the drink. So how much choice did I really have?

This was the battle I waged for over a quarter century, to assert the power to manage my own life. I lost. And with the admission of complete defeat by the tyrant alcohol, I started to win the war. It was by surrendering that I started to gain an enduring strength. Many newcomers will ask, "What is all this talk about surrender? That makes no sense. How do I do it?" The best way to explain it that I've heard is to compare it to what a soldier does after his side loses the war. You put down your weapon, sit down by the side of the road, and wait for someone to come tell you what to do next. And follow directions. This is, I think, what folks mean when they say that Step One is the only step that we can do one hundred percent.

Today my life is completely manageable. But not by me. When I try to manage my own life, the powerless and unmanageability immediately start creeping back, reminding me of the misery, pain and carnage I caused in the lives of those who love me. When I let go, when I get my self out of the way and let a power greater than my own deal with my unmanageability, things go just fine! Now that does not mean that things always go just the way I want them to go, thank God! When everything goes my way, that means I'm back at the helm again, and that course leads to destruction and death. The test of experience has shown this to be true.

Today my life is completely manageable, but not by me. It is the acceptance of this fact that allows me to complete step one, which lays the groundwork for all the rest of the steps, and for a life that is happy, useful and whole.

Ed V.

It is only when we forget all our learning that we begin to know
-Henry David Thoreau (1817-1862)

JUST WHAT ARE THESE PRINCIPLES WE PRACTICE?

In the program of Alcoholics Anonymous, our Traditions suggest we... place principles before personalities and our Steps remind us ...to practice these principles in all our affairs... Since we hear so much about principles, let's take a closer look at them. Webster defines principle as: (1) the ultimate source, origin, or cause of something (2) a natural or original tendency or endowment (3) a fundamental truth, law, doctrine or motivating force, upon which others are based (4) a rule of conduct, especially of right conduct (5) an essential element that produces a specific effect (6) a beginning (how appropriate, since this program is a beginning for us all.)

A thoughtful consideration of the definition reveals the importance of establishing and maintaining standards of conduct. When I was an active alcoholic, my value system was based upon questionable ethics and deceitful character. My natural tendencies were warped. In recovery and with the support of others, I have the opportunity to review life, ask God's help in rebuilding a damaged principle system, and then show others how to do the same. The following is one interpretation of our principles.

Step 1	Honesty	Step 7	Humility
Step 2	Hope	Step 8	Brotherly Love
Step 3	Faith	Step 9	Justice
Step 4	Courage	Step 10	Perseverance
Step 5	Integrity	Step 11	Spiritual Awareness
Step 6	Willingness	Step 12	Service

In STEP 1 - HONESTY is needed before we could admit our powerlessness over alcohol. Nor could we not accept our unmanageability without it.

In STEP 2 - HOPE helps us believe in a Power greater than ourselves.

Our STEP 3 - FAITH enables us to make a decision to turn our will and our lives over to that Power. Our first forty members had HOPE that what worked for Bill COULD work for them. When it did, they had FAITH that is WOULD work for others. Faith in a Higher Power is essential, because alone I would not have the

STEP 4 - COURAGE to make a searching and fearless and moral inventory of myself; the start of a lifelong process of housecleaning.

With STEP 5- INTEGRITY, I begin to gain myself back by sharing my defects with another human being. This jump-starts me for the

STEP 6 - WILLINGNESS to ask God to remove my defects that I took the time to uncover in Step 4 and share in Step 5. Even though, I may be comfortable with these shortcomings, with

STEP 7— HUMILITY, I humbly ask God to remove them.

With STEP 8- BROTHERLY LOVE, I made a list of persons harmed and became willing to make amends to them all. At this point, I love God's children enough to right the wrongs of my past.

STEP 9 - JUSTICE comes next. By making those amends, I free the resentments from others.

With STEP 10— PERSEVERANCE, I am able to clean house on a daily basis. I take a personal inventory, using the principles of Steps 1 - 9.

As a result of STEP 11 - SPIRITUAL AWARENESS, God is giving me back my will to use as a trusted servant to perform His works. In Step 3, I gave him my will, and in Step 4 - 9, HE cleaned and put it through a rinse cycle, and then gave it back. I act as HIS tool, seeking only for knowledge of His will for me, and the power to carry it out. No longer do I act for selfish reasons

In the spirit of STEP 12 - SERVICE, and as a result of my spiritual awakening, because of a Higher Power in my life, I keep this gift by giving it away. Service comes in all forms - sponsoring, commitments at home groups, a kind word when I don't feel particularly like saying so, a handshake, a sympathetic ear, a phone call of support. Beyond the group level, service take the form of H&I(Hospital and Institution) work, General Service, or work within my Central Office of Alcoholics Anonymous.

The void in my life that caused me to drink to excess -that void is now filled. This happens because I've integrated the principles of this program, in all my affairs.

Marylean S. and Stacy B.

FRESNO WELCOMES NCCAA CONFERENCE

Once again the NCCAA has been welcomed to Fresno. It is always a pleasure to visit the fantastic fellowship in Fresno.

from Clem to Ande.

This years speakers were exceptional as expected. And the new prizes were a big hit with the crowd.

The weather was perfect and the Fresno committee did a first class job.

We had the pleasure of electing as our new treasurer one of Fresno's own. We are all assured that the baton will be handed smoothly



We all look forward to next Conference in Fresno. Once again Thank you Fresno.

See ya soon!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Fresno

Speaker Change in Santa Rosa

Liz B. of New York was not able to join us due to a mild stroke. Her doctor advised against traveling. Liz is in good spirits and is doing well Our prayers are out to you Liz- get well soon.

Blast From the Past

PUBLISHED OCTOBER 1976

AA's TWELVE CONCEPTS FOR WORLD SERVICES

Understanding The Concepts, For Us, Begins With Just Showing Up-Sober

A.A. was an infant when members began asking, "How can this experience be shared? How can this word be spread?" Soon, they realized the need for world services, and this resulted in the creation of ~ trusteeship in 1938 for services which could not lx handled by single groups and areas. Early A.A.'s yearned for simplicity, but realized that without essential services for communication, for reaching out, A.A. could die. Through the years of trying to determine which services A.A. could and could not perform, many hurdles were encountered. There were problems of money and anonymity and many others, but A.A. gained valuable experience, and by 1948 our necessities were clear.

Dr. Bob's illness caused facts to be faced. Work commenced, and our first Conference was held, in 1951. When one of the delegates to this first Conference, Tom S., from Florida, asked Bill what he must do, Bill said, "Just show up in New York sober, Tom."

So, we see, necessity was a reason for this shift in responsibility and authority to A.A. as a whole. Other reasons center around Tradition Two—like all the Traditions, the voice of experience. It leaves little doubt. Groups are the final authority, and leaders are entrusted with delegated responsibilities only.

Blast from the Past Continued from Page 4

At St. Louis in 1955, when Bill delivered our world services into the keeping of the Conference, everyone knew our General Service Conference truly represented the conscience of A.A. worldwide and was going to work. The life of each of us and of our groups is built around principles. The compelling love of one drunk for another and for our principles is a great force for unity. The penalty for disobedience is clear. It has now been proved that we can rely on group conscience and our trusted servants.

We learn in Concept Two that delegated authority is not new in A.A. From the beginning, large delegations of service authority had to be made. Dr. Bob transferred to Bill most of his immediate responsibility for world service. Later, Dr. Bob and Bill found it necessary to delegate part of their active authority to the trustees.

Great difference between ultimate and immediate authority became apparent. The ultimate authority finally went to the groups. But for effective action, the groups delegated authority to service representatives to act and speak for them on most matters of world services.

For practical purposes, this Conference is the active voice and the effective conscience of our whole Society.
Nancy R. (Mississippi)

Editor's Note: Reprinted with permission from the Twenty-Fifth Annual Meeting of the General Service Conference of Alcoholics Anonymous, 1975, Final Report. This article is the second of a series of A.A.'s

Twelve Concepts—Bill W.'s guidelines for A.A. Service.

Calendar of Events

June 29 – July 1	54 th NCCAA Annual Summer Conference – Santa Rosa CA
June 30	NCCAA Steering Committee Meeting – Santa Rosa
July 12-15	Serenity in the Sierras – South Lake Tahoe
July 21	General Service Post Conference Sharing Day – San Mateo CA
July 26-29	Fellowship of the Spirit Conference – Silver Creek CO
August 24-26	Youngs River Roundup – Astoria OR
Aug 31 – Sept. 2	Monterey Bay Area Roundup – Monterey CA
September 15	Secretary & Treasures Workshop San Carlos CA
Oct. 5 ,6 & 7	54 th NCCAA Annual Fall Conference – Redding CA
Oct 13	San Mateo County Fellowship Anniversary Party Burlingame CA
Nov 1-4	40 th Annual Hawaii Convention Honolulu HI

Letter From the Editors

First of all we would like to thank all the subscribers and people who have generously donated their time to help us distribute the Good News Letter. At our last steering committee meeting, Carina reported that the Good News Letter shall be mailed out approximately 3 weeks before each Conference. And that there will be one Holiday issue in late December. This will insure 4 issues per year.

We would also like to here from you. If you have a event in your area that you would like us to put on our calendar of events please write or e-mail. Any articles or comments are always appreciated. You can e-mail us at carinainaa@aol.com.

We hope to see you all in Santa Rosa and please stop by the Good News table so we can meet you.

In Service with Love,

Carina & Rich H. Livermore Ca.

NCCAA

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