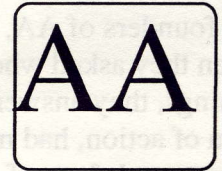


# GOOD NEWS



June Issue

June 2002

## *Special points of interest:*

- Birthday Club
- Blast from the Past
- Election
- Letter from the Editors
- Calendar of Events
- Monterey Conference
- San Ramon Conference

## Election

The Northern California Council of Alcoholics Anonymous has elected it's new chairperson for the next two years at our Monterey Conference.

Our new chairperson is Joe C. of Redwood City. Joe has been an active member of NCCAA for many years and has worked on the committee for the past 4 years. We are all looking forward to working with Joe.

And again thank you Steve M. for your past four years of service to NCCAA

## San Ramon Conference

Well fans and folks we're all looking forward to seeing you in San Ramon.

This will be first time for San Ramon to host a conference and the surrounding fellowships are geared up and ready to rock & roll.

The area along the 680 corridor is just beautiful this time of the year and the tape selection committee has another all-star line up of speakers.

Please take the opportunity to share in your conference by sharing a little of your time to help where needed.

You always end up making new friends when your working together.

If you run into our new council chairperson Joe C. take a minute to say hi, he's a great guy.

Take a stroll through the booths and visit the different service entities and of course we always want to see you at your Good News table to go through the archives of old news letters.

Well we see you all there. Take care and above all else stay sober and have fun

## NCCAA 55TH ANNUAL SUMMER CONFERENCE

Marriott San Ramon

July 5,6,& 7 2002

Friday July 5	8:00 pm	John S.	Palo Alto, Ca
Saturday July 6	3:30 pm	Julie T.	Iowa City, Iowa
Saturday July 6	8:00 pm	Clint H.	Woodland Hills, Ca.
Sunday July 7	11:00 am	Lee M,	Ukiah, Ca.

## 4th Step

The founders of AA, when writing our literature, were so kind, so gentle with us when suggesting the steps. When they asked who among us cares to admit complete defeat, to find and face our many faults and shortcomings, they answered. "Practically no one." Practically?? I have never, ever, when explaining our program of action, had my pigeon respond "A searching and fearless moral inventory of ourselves, thoroughly listing our defects of character? Oh, you do that, too? I've been doing that since I was a kid. My fears and sexual offenses too. What fun!" I don't think so. Practically no one? Count me in among the unwilling. Why do this seemingly pointless and painful catalog of our wrongs?

When we're sick, we go to the doctor. The doctor pokes and prods, looks and listens, makes a diagnosis, and prescribes a program of treatment. Say, for example, he gives us a bottle of pills and tells us "Take one of these three times a day for the next week." We might take six of the pills immediately, figuring if three is good, double is better, or we might pitch the entire bottle over our shoulder as we leave the office, figuring "I ain't gonna take no damn pills! What does he know, anyway?" Which raises the question; Why did we go to the doctor in the first place? If we don't take advantage of the wisdom of those whose advice we sought, why seek?

The simple fact is this: those who do a thorough and honest inventory of themselves seem to develop a quality to their lives missing in those who balk. Inventory takers stay sober; slackers don't. Why inventory? The first three steps provided a foundation for us to get back on our feet and live on a daily basis without the need for alcohol or other substitutes to get through the day. In these first three steps we allowed that a wisdom and power greater than our own was needed to handle the disaster we'd made of our lives.

But how is that higher power to come into our lives when we, with all our self will and character defects, are still trying to run the show? Our character defects, developed and nurtured over years of selfish and self-centered living, prevent this higher power from making any lasting meaningful changes in our way of thinking and acting. Self will run riot? You bet! And my higher power seems unwilling to take part in the riot. Can't say as I blame Him.

Why inventory? If we are to be free of self, we must first come to know the things that have kept us in chains for so long. The beginning of wisdom is the naming of names. If we are to understand a thing, calling it by the right name is a necessary beginning, whether it is alcoholism, defects of character, or the structure of the inner ear. When I finally put the right name to my drinking, calling it what it really was, obsessive alcoholism, only then could I give it over to a power capable of removing the obsession. If I steal things, calling myself a thief is a beginning toward giving up thieving ways. The same is true of dishonesty, lust, resentments, fear, greed, impatience, envy, or sloth.

Why inventory? Because it is only when I identify exactly where I've been selfish, lazy, bitter, self-pitying, wasteful, miserly, and so on, that I can begin to live in the reality of myself. And it is only then that I can begin to grow beyond my own limitations. Bill Wilson said "We don't quit drinking; we grow away from drinking."

Left to myself, I can't even see my own shortcomings. To put a name to them, to understand them, eventually I got willing to do the inventory process as it is outlined in the Big Book - it was searching, fearless, thorough, and part of the process of recovery that is the best thing that has ever happened to me. Without it, I would not have understood how to apply the 10th step and continue the process. I would not know how to live sober. I would not be capable of living sober.

Ed V.

.....  
Loyalty to a petrified opinion never yet broke a chain or freed a human soul.

-Mark Twain, U.S. Author (1835-1910)

## Monterey NCCAA CONFERENCE

As usual the Monterey Conference was great. The host hotel was fantastic, the weather perfect and the turnout was a testament of sobriety for the Monterey fellowship.

We had the opportunity to elect our new council chairperson, Joe C. And thank Steve M. for his guidance and patience throughout the last four years.

friends and made new ones. The speakers were very refreshing. And the dance was all we have come to love of Saturday night at NCCAA.



San Ramon is next. This will be the first time here, and about 4 years for Alameda County.

Well we see you all there

As usual we all saw our old

Monterey

Take Care

### Blast From the Past

**PUBLISHED August 1961**

#### The Origin of the Serenity Prayer

Origin of The Serenity Prayer

August 1961

God grant me the serenity to accept the things I cannot change,  
The courage to change the things I can,  
And the wisdom to know the difference.

This prayer has been credited to almost every theologian, philosopher and saint known to man. It was actually written around 1932 by Dr. Reinhold Niebuhr, of the Union Theological Seminary, New York City, as the ending to a longer prayer. In 1934 the doctor's friend and neighbor, Dr. Howard Robbins, asked permission to use this part of the longer prayer in a compilation he was making at the time. It was published in that year in Dr. Robbin's book of prayers.

The prayer came to the attention of an early member of AA in 1939. he read it in an obituary in the New York Times. He liked it so much he brought it to GSO, then on Vesey Street, for Bill W. to read. When Bill and the staff read the little prayer they felt that it particularly suited the needs of A.A.

Cards were printed up and passed around. Thus has this simple little prayer become a part of the AA literature.

(Reprinted from General Service Bulletin) (Reprinted again from the Good News Letter dated August of 1961).

## Letter from the Chair person

### Chairpersons Report:

Well, here we are getting ready for our Summer Conference in San Ramon! This is the first time we have had one there and the Local Committee working on this Conference are putting a lot of energy into it! Hope to see you there. Great speakers are lined up for the weekend.

I want to spend a few minutes talking about being a Delegate to NCCAA. In the Purpose, Structure and Functions, it states....."Delegates may be elected by their groups, but most represent their groups by attending the Conferences. By registering at the Conference, Delegates are placed on the NCCAA mailing list and receive mailings with information on future Conferences. They know in advance the Conference site, the speakers, the available hotel rooms and rates, and other pertinent information. They should take this information to the groups they attend and pass out fliers to interested AA members. A Delegate should also share about the Conference for the benefit of those who were not there in order to attract members to future conferences."

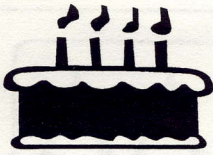
At the Delegates meeting in the Spring, on the even year, elections are held for Chairperson: on the odd year, there are elections for Treasurer. At various Conferences during the year, Delegates also vote on future Conference sites. When they register at the Conference, they are given a blue Delegates ribbon. Only these individuals are allowed to vote during the Open Delegate Meeting held on the Saturday afternoon of the Conference weekend.

Please pass this message on to people and groups in your area.

Hope to see you in San Ramon! Our next Conference will be held in Modesto, October 4, 5, & 6, 2002. Flyers will be available in San Ramon.

In Love and Service,

Joe Cornish  
NCCAA Chairperson



Birthday

### April 2002

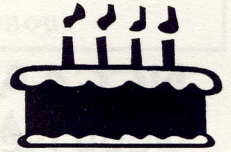
Dick E. Redwood City 8 Years  
Joe K. San Mateo 27 Years

### May 2002

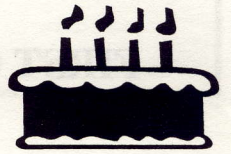
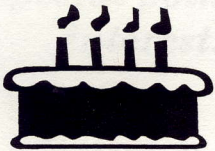
Stephan L. Capitola 5 Years  
Carla B. Redwood City 6 Years  
Cindy P. Castro Valley 8 Years

### June 2002

Jenni R. Stockton 2 Years  
Earlene W. Aptos 13 Years  
Barbara B. Capitola 18 Years



Club



The Birthday Club celebrates Birthdays every quarter. If you would like to be on the birthday list please come by the Good News table at your next conference and find out How. There is no charge. Next issue

July—August—September

## *Calendar of Events*

June 28-30	30th Annual H&I Conference	Santa Rosa
July 5 - 7	55th NCCAA Annual Spring Conference	San Ramon
August 9-11	Women's Retreat for Recovering Alcoholics	Redlands Ca.
October 4-6	55th NCCAA Annual Fall Conference	Modesto Ca.

## *Letter from the Editors.*

Well alot has been going on in our lives. We have just adopted a little 10 year old and her name is Mandy. I usually don't brag about the things that happen to us in our life. But I think it's worth sharing with you all.

Ten years ago when this little girl was born I hadn't gotten sober yet, my wife was about one year sober and we all hadn't met yet. Sobriety has brought us all together and made us a family. Even though we have all had our trials in life, now is the time for each of us to grow in a way that none of us ever dreamed would happen. What was told to me when I first came here has rang true over and over again. And that is if I made a list of things I would like to see happen in my life when I first came to Alcoholics Anonymous I would have sold myself short.

The miracles are self evidence of the program of A.A. and the values it has taught us to hold so dear.

In Love and Service,  
Carina and Rich H.

# NCCAA

Good News

P.O. Box 2714

Livermore Ca. 94551-2714

ADDRESS CORECTION REQUESTED

## FIRST CLASS

Subscribe to

# GOOD NEWS

Mail Subscription to:

GOOD NEWS

P.O. Box 2714

Livermore California 94551-2714

### Individual Subscriptions

In U.S. \$3.50 per year

Outside U.S. \$5.00 per year

Enclosed find \_\_\_\_\_ for \_\_\_ New \_\_\_ Renew \_\_\_ Gift

Sobriety Birthday \_\_\_\_\_

Mail to:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_