



# GOOD NEWS



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Northern California Council of Alcoholics Anonymous

Spring 2006

## The Changing of the Guard Will you be one?

Letter from the Chair:



A few months ago, I was emailing a previous NCCAA Chairperson about something, and I jokingly asked him how good is the pension plan for outgoing Chairpersons, and without hesitation, his reply was, "more than you can imagine, Joe."!! As my second term draws to and end, all I know is that it is such a great feeling to know that I was one of the many people that has fulfilled the NCCAA mission of carrying the message...me a guy who grew up feeling very lonely, not worthy of, less than...we all relate to that.

I have been very grateful for these past four years as your Chairperson and being of service to NCCAA. It has been a pleasure working with the local committees that host our Conferences and to help them come together and run with it. I have made so many new friends in Alcoholics

Anonymous. I hope you can support the incoming Chairperson as much as you have supported me!

Without quoting the Purpose, Structure & functions of NCCAA, the process we follow in San Ramon in March is as follows: we will do a roll call of the Steering Committee at their meeting on Saturday morning at the Conference to see who may be available. The committee will discuss their qualifications and select a slate of nominees. These names will then be brought forward the Delegates Meeting that afternoon and will be voted on by the Steering Committee and Delegates. Fifty-one (51 %) percent of the total vote will elect. Balloting is by secret ballot. That's the basics of it. I will read the Election Procedures prior to the voting to make sure that all understand.

Only Steering Committee members and all registered NCCAA Delegates (wearing blue ribbons) are eligible to vote in this election.

I encourage people to go onto our website at <http://www.ncc-aa.org> and look around. You may come across the Purpose, Structure & Function !!

Thank you for allowing me to be of service. See you in San Ramon!

Joe C.  
NCCAA Chairperson.

### NCCAA 59<sup>th</sup> Annual Spring Conference **San Ramon, March 10-12 06**

Friday	8:00 PM	Teresa N.	Dayton NV.
Saturday	3:30 PM	Matthew M	Longbeach
Saturday	8:00 PM	Polly P.	Birch Bay WA.
Sunday	11:00 AM	David P.	Birch Bay WA.

~ ~ ~ ~ ~

## My Sponsor Does Not Make Suggestions

My name is John G. and I am your NCCAA Archivist. I have been asked to give the NCCAA history on several occasions, but this time I thought I would give you my history in NCCAA.

I attended my first conference in March of 1981, 5 months sober, after my sponsor told me I was signed up to work in Hospitality (*My sponsor does not make suggestions, he signs you up*). I had no intention of attending the conference because I had no use for all of the "happy sober people" that would be there. I was scheduled to work 2 hours on Friday night, I spent the next 2 days behind the coffee counter. I was still very angry at the world and everyone in it, but there was some kind of magic that happened at that conference.

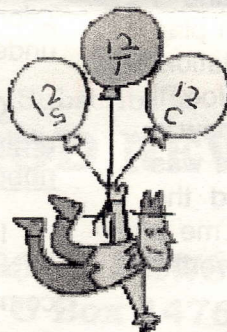
Next year I attended my first out of town conference in Monterey. Wow an out of town trip with other people, just like a real person. Monterey was fun; it had been a long time since I had any fun.

Again I did not attend any other conferences until Fresno in March of 1983, it never occurred to me to go anywhere else. This time I signed up for Hospitality on my own. I was learning

what being of service was all about. After that conference our Central Office Representative asked me to go to an NCCAA steering committee meeting in Stockton. The meeting was boring business stuff until they talked about the speaker selection. When they asked for comments on the speakers I had just heard one of them speak. I was allowed to tell what I thought of that speaker. When he was selected for Saturday night at an upcoming conference I was very excited, I had become part of NCCAA.



**We need readers  
for upcoming  
conferences.**



**Please contact  
committee officers to  
submit your name.**

**THANKS**



I began to attend as many out of town conferences as I could afford. That meant sleeping on the floor in other people's rooms and eating at Mc Donald's. *Oh and you can get free coffee in the marathon meetings.* I also became the Fresno County rep. and attended all the

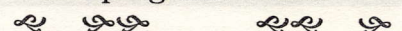
steering committee meetings where I became a contributing member of NCCAA. I was also able to carry what I learned into my home group and become a better member of AA.

In 1987 I was asked to Chair the Fresno Conference. What an honor. Chairman is the most wonderful job that you never want to do again.

The next year the new NCCAA Chairperson asked me to be his Interior Area Assistant Chairperson. *I assumed he thought he was taking to someone else, but I said yes before he could change his mind.* I was Clem's assistant for 2 years and later I served as Diane's assistant for 4 years. I have been privileged to be a Delegate, Zone Chairperson and Archivist at different times since then.

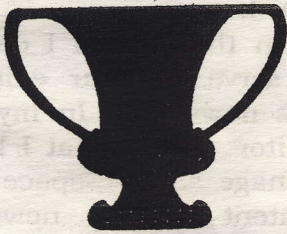
Being active in NCCAA has introduced me to many wonderful people, has taught me how to use the principles of the program in all my affairs. Because of NCCAA I became active in General Service where I was able to use what I learned here. I have also used the principles I learned here in my business dealings and relationships with people in and out of AA.

I cannot begin to tell you of the love and gratitude I have for NCCAA and the people who are active in this program. John



# The Twelve Traditions

## A Distillation of A.A. Experience



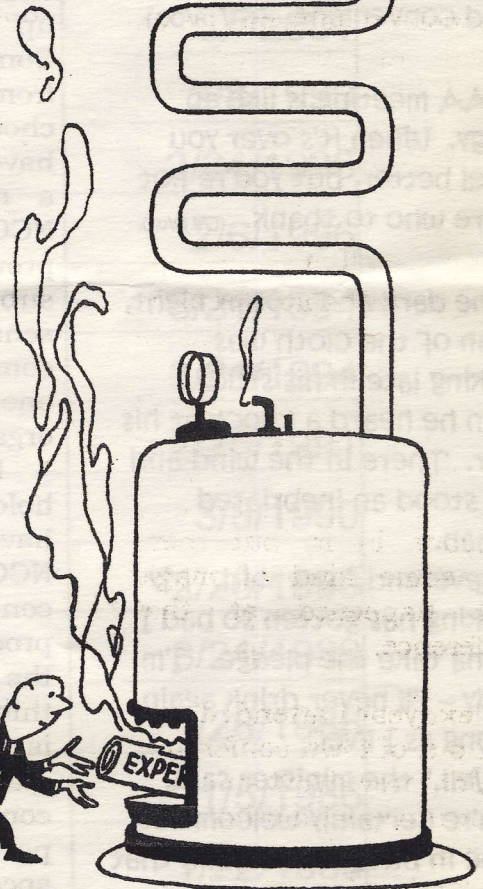
As newcomers, many of us say to ourselves, "Let the group officers worry about the Traditions. I'm just an average member. They're rules for running groups, aren't they? And everybody tells me, 'There are no rules in A.A.!' " Then we look closer—and find that the Traditions are *not* rules—and they are *not* just for officers.

They have deep meaning for each one of us, as the Twelve Steps do.

Like the Steps, the Traditions were not figured out in advance, as courses of action against future problems. The action came first. Pioneer A.A. groups, with nothing to go on except the trial-and-error-and-try-again method, soon discovered: "Well, that way didn't work. But the other one did. And *this* one works even better!"

Both successes and failures were reported in letters to A.A. headquarters (eventually to become the General Service Office). In went these shared experiences of A.A.'s first ten years, and out came the Twelve Traditions. In 1946, then in the "long form," they were published in the A.A. Grapevine. By 1950, they had been condensed to their present form and were adopted by A.A.'s First International Convention.

"Our Traditions are a guide to better ways of working and living," co-founder Bill W. said. "And they are to group survival what A.A.'s Twelve Steps are to each member's sobriety and peace of mind. . . . Most individuals cannot recover unless there is a group. The group must survive or the individual will not." . . .



"12 Traditions Illustrated" This pamphlet is based on a series of drawings in the A.A. Grapevine.

### Places to Go

ACYPAA Conference - Feb. 23-26, Santa Clara Marriott, Santa Clara, CA, [acypaa.org](http://acypaa.org)  
H&I 35<sup>th</sup> Annual Conference - March 31-April 2, Visalia, CA  
CNCA Pre-Conference - April 8-9, Napa: Post-Conference May 20 San Jose



Comedy



Cabaret

You might be an alcoholic if:  
When the traffic cop asks  
for your license you offer  
him a beer. {GV 6/97}

They say alcoholics have  
three kinds of memory  
loss: short-term, long-term  
and convenient. {GV 8/00}

An AA meeting is like an  
orgy. When it's over you  
feel better, but you're not  
sure who to thank. {GV 12/02}

One dark and stormy night,  
a man of the cloth was  
working late in his study  
when he heard a knock at his  
door. There in the wind and  
rain stood an inebriated  
woman.

"Reverend," she said, "My  
drinking has gotten so bad I  
wanna take the pledge. I'm  
ready - I'll never drink again,  
as long as I live!"

"Well," the minister said,  
"you're certainly welcome to  
come in but I don't think that  
I have an actual copy of the  
pledge."

## Endurance Through Change Letter from the Editor:



NCCAA will have the  
changing of the guard coming  
up at the San Ramon  
Conference. The delegates  
from the many meetings that  
choose to participate will  
have the opportunity to elect  
a new set of Officers for  
NCCAA who in turn will  
provide you with two years of  
subtle changes as well as the  
sense of continuity that  
comes from the structure of  
one of the most enduring  
organizations in AA.

In spite of a tendency to  
hold on to the things that  
have worked for us yesterday  
NCCAA will also be in the  
constant evolutionary  
process that is necessary for  
the continuation of all living  
things. NCCAA, in my book,  
is a living entity that has  
managed to grow through the  
contributions of its  
participants. I am not  
speaking of the \$ in the  
basket contributions but  
rather of the human energy

that NCCAA's servants bring  
to the table throughout the  
year. There is a lot of energy  
required to put on a  
Conference so I urge you to  
vote responsibly when you  
came to make your voice  
heard.

In the interim I continue  
to serve as your editor for  
this newsletter. In my mind  
"editor" means that I help to  
manage the space and  
content of the newsletter.  
You meanwhile are  
responsible for giving me  
ideas for improvement and  
written contributions to fill  
that space.

I would also ask you to  
encourage others to take the  
time to subscribe to this  
newsletter and to help  
support NCCAA in its efforts  
to provide AA's with good  
solid fun in recovery. **We are  
sober not somber.**

Please urge your meetings  
and Central Office or  
Intergroup Offices to make  
the Fellowship aware of our  
scheduled Conferences. The  
newsletter is now attempting  
to garner interest for  
northern California Service  
entities events by making a  
posting calendar space  
available to those entities  
that choose to contribute to  
it.

Please note that the email  
address to contact me at is:  
**[nowenter@gmail.com](mailto:nowenter@gmail.com)**





## Birthday Club

Ken B.	Sacramento	1/2/2004
Shellie K	Oakdale	1/8/2004
Arthur B.	Pacifica	1/15/2002
Laurie S.	Sunnyvale	2/2/2002
Joan M.	Turlock	3/-/2001
Rick G.	Riverbank	2/8/1999
Nancy S.	Sacramento	2/24/1996
Carol S.	Palo Alto	2/6/1996
Terry F.	North Highlands	3/21/1994
Thomas E.	Sacramento	3/21/1994
Bill S.	Stockton	2/25/1991
Phyllis G.	Redding	3/8/1990
Gary S.	Felton	2/20/1990
Jerry R.	Milpitas	3/21/1989
Pat G.	Sacramento	1/28/1988
Carole D.	Vacville	1/5/1986
Michael B.	Alameda	1/22/1983
Diana F.	Copperopolis	1/24/1979
Peggy B.	Modesto	2/14/1977
Mary W.	Mountain View	3/23/1960



# Corrections Correspondence

— a special kind  
of A.A. Service



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## CORRESPONDENCE FORM

PLEASE PRINT - Return to address below

I am a     MALE     FEMALE    (please circle one)

Name: \_\_\_\_\_  
(First and Last)

Address: \_\_\_\_\_  
(City, State or Province, Postal or Zip Code)

Correctional Facilities Desk, General Service Office, Box 459, New York, NY 10163

## Corrections Correspondence

### —a special kind of A.A. Service

*I know how important our Twelfth Step work is and I enjoy writing to men who are locked up. It is one of the tools that I use to keep me sober. I myself found A.A. in prison almost 20 years ago. And it hasn't been necessary for me to return to prison since I was released in 1979.* —Outside Correspondent

We are in need of A.A. members on the "outside" to correspond with A.A. members in correctional facilities.

It is suggested that men correspond with men and women with women. Most of the inmates who want an outside correspondent are men, so we are appealing to men on the outside.

If you would like to share your experience, strength and hope with A.A.s who are confined, please mail the tear-off form to G.S.O.'s Correctional Facilities Desk. The name of an inmate will be sent to you from your General Service Office and you will make the initial contact through the mail.

Those who have participated in this service have found sharing with inmates a very gratifying form of Twelfth Step work. We are happy to know there are A.A. members like you willing to help make it possible for the A.A. message to be carried to those on the "inside."

### Guidelines for Corrections Correspondence Service

Welcome to one of the most rewarding and rarely mentioned forms of Twelfth Step work.

In addition to observing the rules in Correctional Facilities regarding mail and correspondence, the following are suggested guidelines drawn from shared experience to help you when writing to A.A. members on the "inside":

1. To begin, some correspondents prefer to use their group P. O. Box for receiving mail rather than their home address; some central/intergroup offices offer their P.O. Box for this service. (We match correspondents from different states or provinces)
2. We introduce ourselves by qualifying briefly in our opening letter.
3. We try to let the inmate know that writing, like all forms of sharing, helps us as much as it helps her or him.
4. We let the inmate know that he or she is not alone.
5. We share sobriety and sobriety only.
6. We have found it best for all concerned if no emotional or romantic involvements develop.
7. If there is a desire to send a gift for a special occasion, we make it an A.A. book, A.A. literature, or Grapevine material. Before sending literature, see if the facility will allow it. Many Correctional Facilities will permit inmates to receive only literature sent directly from the publishers. Also, some facilities do not allow inmates to receive stamps or pre-addressed, stamped envelopes.
8. In the spirit of the Twelfth Tradition, we respect the anonymity of our correspondents.
9. We encourage "inside" A.A. group activity and stress that first meeting *the day* the inmate leaves confinement.
10. We encourage "inside" correspondents to notify G.S.O. prior to their release so that G.S.O. can set up a prerelease contact from their home community.

Thank you for your willingness to share in this most important work.

A.A. General Service Office, Box 459  
Grand Central Station, New York, NY 10163

**NCCAA**

**Good News**

P O Box 1476

Felton CA 95018-1476



**FIRST CLASS**

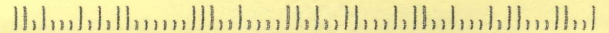
ADDRESS CORRECTION REQUESTED

East Bay Intergroup  
2910 Telegraph Avenue, #100  
Oakland, CA 94609

X 945 N1 1 205 C 30 02/24/06  
FORWARD TIME EXP RTN TO SEND  
: EAST BAY INTERGROUP OF ALCOHOLICS AN  
295 27TH ST  
OAKLAND CA 94612-3802

RETURN TO SENDER

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