



Good News



Established 1948

Fall 2013

Published Four Times a Year By
Northern California Council of Alcoholics Anonymous

66th Summer Conference Foster City Update

Great motions happened at the Foster City Conference the Steering Committee and the Delegates were busy approving a motion to include the Groups by allowing the Delegates the opportunity to bring back the motions of NCCAA. The following is the motion that passed in the Delegate's Meeting:

“Final vote for motions presented to Delegates at conference other than general housekeeping, officer elections, and conference bids, to be taken no earlier than the conference following the motion”

This motion allows for an informed decision by allowing the Delegates to return to their groups to gather input to a motion made at the Conferences. This motion was passed and allows for the second motion to be moved to the Delegates and the Group they represent.

The second motion to be discussed and voted on at the Modesto Conference in the Delegate Meeting is as follows:

Should NCCAA move forward with an inventory?

Continued on Page 2

Inside this Issue	
Conference Experience	2
Letter From The Editor	3
Sobriety Birthdays	4

NCCAA 66th Annual Fall Conference Modesto, CA

October 11, 12 & 13, 2013

Friday 8:00 PM
Carla R. – Tujunga, CA

Saturday 3:30 PM
Tara C. – Redwood City, CA

Saturday 8:00 PM
Doug R. – Tujunga, CA

Sunday 11:00 AM
Marian G – Lancaster, CA

Upcoming Conferences

San Ramon – March 21, 22 & 23, 2014
Lodi – June 2014
Sacramento – Oct 2014
Foster City – March 2015

Visit the NCCAA Website

<http://www.norcalaa.org>

- Download Conference Flyer
- Register for Upcoming Conference
- Good News Subscription
- Good News Archives
- Submit and Article
- History of NCCAA
- Purpose Structure and Function
- Host Committee Guidelines

Please go back to your groups for their opinion on the above motion
Remember every group is allowed two group delegates to vote at the conference.

Other Conference news is that the speakers were true to AA and spoke from the heart. The conference was well attend and was a great opportunity to meet great people from all over the northern California.

See you Modesto in October!



Subscribe today price is \$4.00 per year.

Joke Corner

Newcomer: "My conscience finally brought me to the Program."

Old-timer: "How so?"

Newcomer: "I kept seeing this eyeball staring at me from the bottom of the glass! I'm sure it was my conscience."

Old-timer: "Probably an olive. But never mind--- whatever works!"

Reprinted from: [http:// www.serenityfound.org](http://www.serenityfound.org)

When people ask "when will the thoughts of drinking go away?", I say
"My experience [working the program] has been... the thoughts don't come as often, they aren't as strong, they don't last as long, and, most importantly, I don't make them worse."
Thanks to George B. from MN for today's AWSI!!!

Speaker Selection Submissions

Tape Librarians Doug & Brigitte need Speaker Selection Submissions with Speaker contact information. If you have a favorite speaker and would like to hear them at one of our conferences send tapes or CDs to:

c/o Doug or Brigitte Parvin
Sound Solutions
1513 Grass Valley Hwy
Auburn, CA 95605

Conference Experiences

We recently sent a delegate to the NCCAA conference. You successfully ignited renewed passion for recovery in that person.

As a result our Steering Committee, asked me to subscribe for two copies of the Good News for Paradise Central Office.

Bob H., Paradise CA

I just arrived home from the NCCAA Summer Conference. I always say that was the best one yet! Well, this time I mean it. The funny thing is I really don't know why? Yea circuit speakers, lots of humor, the right amount of gut level honesty, a few tears, yea everything was there. So what was it? It took a while to finally figure it out. It wasn't on the stage; it was the

"Pink Can Appeal"(1965)

Has your group a "Pink Can"? The nickels and pennies collected in these containers pay for 80 Hospitals and Institutions that are served by the Hospital and Institution Committee of the Northern California Council of AA.

Reprinted from Good News October 1965

"Pink Can Appeal"(2013)

Northern California H&I provides almost 42,000 meetings a year, serving 22 major state and federal institutions and hundreds of local jails, hospitals, rehabs and other community facilities. Those who are confined have no money to buy the AA literature brought in by the H&I volunteers, so the Pink Can, with your donations, covers this cost.

Reprinted for H&I Website <http://handinorcal.org/index.html>

LETTER FROM THE EDITOR

Sobriety and Fellowship

The fellowship of AA is one of the ways I gained hope in the beginning. When I got sober in 2011 I found my home group and a host of people. Not only were there long-timers to teach me how the program works, but there were people that were starting sobriety with me. Some had few weeks, months or were a year ahead or behind. These are the individuals that gave me the most hope for several reasons.

One reason was that they had more experience than me. So I look at them with awe because they had stayed sober longer than me. I could not relate to the long timers that had years of sobriety. I was sure that they were lying.

The most important reason was the fun that they offered. I came to Sacramento not knowing anyone in the area. The only people I knew was my family and family friend and they were normal drinkers. I needed some peers that I could hang out with. The other new comers were my outlet. We would meet up at the meetings go out to dinner or coffee

In Love and Service – Colleen

Good News needs your stories, funny joke or not so funny jokes and artwork. You can send stories via snail mail give them to me at the next conference or submit them on line.

First man: "I used to see things when I was drinking!"

Second man: "What kind of things?"

First man: "Well first there was this white rabbit..."

Second man: "Yes?"

First man: "And then pretty soon there were two huge white rabbits."

Second man: "So when did you decide to join the program?"

First man: "When they started multiplying!"

Reprinted from: <http://www.serenityfound.org>

CALENDAR OF UPCOMING EVENTS

To download flyers or more information go to the websites listed

SERVICE EVENTS

FALL ASSEMBLIES

"THE AREA INVENTORY" – NOV 9TH - 8 AM – 5 PM

CNCA AREA 06 – SAN FRANCISCO

ST MARY'S CATHEDRAL

[HTTP://WWW.CNCA06.ORG/PDFs/P63/2013/2013_0809_FALL_ENG.PDF](http://www.cnca06.org/PDFs/P63/2013/2013_0809_FALL_ENG.PDF)

ELECTION ASSEMBLY

CNIA – NOV 15TH - 17TH

ELKS LODGE – PARADISE, CA

[HTTP://WWW.CNIA.ORG/PUBLICATIONS/ASSEMBLY-FLYERS.ASPX](http://www.cnia.org/publications/assembly-flyers.aspx)

BRIDGING THE GAP FORUM

NOV 3RD – 8:30AM – 3:30PM - SAN JOSE, CA

[HTTP://CNCA06.ORG/](http://cnca06.org/)

OTHER EVENTS

18TH ANNUAL WOMEN'S SOBRIETY CELEBRATION

OCT 19TH – 8AM – 4PM

CHURCH OF THE NAZARENE – OROVILLE, CA

<http://www.aabutte-glenn.org/index.php?name=events>

The Tri-Valley Intergroup

AA 12 Traditions Workshop

1:00-4:00 pm Saturday, October 19, 2013

[http://valleyservicecenter.org/wordpress/wp-](http://valleyservicecenter.org/wordpress/wp-content/uploads/2013/08/Tradition-Workshop-2013.pdf)

[content/uploads/2013/08/Tradition-Workshop-2013.pdf](http://valleyservicecenter.org/wordpress/wp-content/uploads/2013/08/Tradition-Workshop-2013.pdf)

7th Annual Central Foothill Women's Conference

Oct 5th – 8:30 am – 4 pm – Sutter Creek, CA

http://www.aasacramento.org/special_events/7th%20Annual%20CFWC%20Registration%20Form.pdf

AA 12 Traditions Workshop Oct 19th 1:00 – 4:00

Pleasanton, CA

<http://valleyservicecenter.org/news/>

YP EVENTS

April 3-6, 2014 ACYPAA XLII, Redding, CA

[HTTP://ACYPAA.ORG/](http://acypaa.org/)

Broomball September 28th, 8pm Pleasanton, CA

<http://ebypaa.org/>

If you have an upcoming event and would like it published email or mail the information to the Good News Editor.

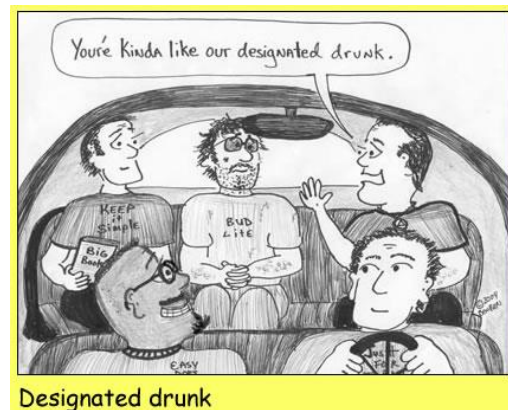
Sobriety Birthdays

Ann Quisenberry	7/21/01		Bob Armstrong	8/14/84
Basil Miranda	7/19/12		Dale Markfrac	8/13/06
Beth Murphy	7/5/94		Gary Higgins	8/27/79
Jose Duenas	7/17/00		Julie Sanders	8/27/01
Kim Maun	7/22/05		Richard Mercouris	8/2/94
Paul Price	7/18/07		Victoria Shipley	8/1/96
Rosemary Allen	7/13/59		Lilly Nelson	9/7/99
Sharon Stone	7/5/89		Bruce Muzika	10/10/93
Tom Egolf	7/10/98		Dale Maack	10/24/83
Ginny Peacock	7/13/74		Frank Sanchez	10/17/88
Bill Regan	8/1/81		Mark Veglia	10/1/11

Happy Sobriety!



Encourage



Designated drunk

Credit to Ben Ben the Fisherman and/or recoverycartoons.com

Editor's Note: I found this website when I first started as Editor. I sent out an email to Ben and just received a response he forgot he had that email address. Sometimes quickly sometimes slowly.... Thanks Ben for letting us enjoy your work...

The founders of this great group originally talked about an unwritten 13th Step. And it was a thing of beauty. After living a life of sobriety by using the 12 Steps, the alcoholic took the 13th Step to his/her grave. When they were placed in their grave they began their 13th Step. There by living in all eternity a life of sobriety.

Submitted via NCCAAGoodNews@gmail.com from UtahBlayne

The Car Goes Over the Cliff

Reprinted from Grapevine July 2011 AA in jail/prison addition.

This will be very humbling to share my story for July 25 2011 is my 2 year sobriety date. My best friend and I had gone out of town to see The Moody Blues in concert at a winery in Murphy, CA. We were both caregivers, and workers needing a break from parents and jobs. Overwhelming to have both! All reservations were made a couple months in advance. Tonight was here there was to be lots of girl bonding and excitement. We had rented a car, checked into a room and prepared for a night out on the town! At the time of check-in the owner of the motel attempted to call Taxi Service, however he was already over booked being the only one in such a small town. We knew what we were in for and debated then and there that I would drive and let her kick her heels.

It was a great night, couple bottles of wine between the two of us, pouring heavy on hers. She was all over the place, happy as I have only seen pure on few other occasions. This was just so rare for her. She hated caregiving, didn't come natural for her and she was unhappy in a depressed state, and drinking heavier. This was a rare and a great night to spend with her, after all I picked this concert and the next month she picked in San Jose, a rock band. I was happy to be here in the country.

Word that night was; her son in Florida knew the drummer and she wanted to get his autograph and introduce herself. She was writing notes, asking guards, security was looking to toss us out!! She was so funny. Waiting for him after the concert, the whole thing was hilarious. So, late leaving and she is a hand full. I was watching her and not the road; she was so happy, head thrown back laughing about that darned drummer. Her face was lit up so happy. The car went off the cliff. 35 feet down.

I was in shock! I petted her hair and asked her to talk to me, I laid on the horn, talked to her, laid on the horn, someone came and I could hear them a distant away...I'm half deaf to begin with, so I was crazy scared. It was dark and I could not see. She started snoring. I'm going nuts and half chuckle, damn you girl! So, help is on the way and a new panic arises, she is no longer snoring. I freaked out screaming to the people up top. Valerie was her name, some gal that lived up the street that came out; she stayed through the whole ordeal. Told the officers I was straight and coherent the whole time, and all kinds of things. Then I was being arrested and my friend was taken in by helicopter, in a coma with paralysis. We both went to hospital, but from there I went to jail. Wounds and all! Bad knee, right arm, internal bleeding from seatbelt, glass in head, hair full of blood. EEEehhh.

The days in jail a complete blur and scary, I paced the floors all day it seemed. Nervous wreck, called home and mother-in-law had a stroke. Died, and my friend, well she wasn't waking up and was paralyzed, so the family pulled the plug 3 weeks into this. I remember praying she live, praying she dies, then praying if she lived that I'd take care of her the rest of her life, no doubt ever there. She died the same morning they pulled the plug. Didn't like HIM above much! I was angry and hurt.

I remember meetings coming to the jail but only weekly and though I didn't need AA I sure needed out of this cell. The cell was bull-pen style. Seven women to one cell, two toilets and a shower, table with stools, and a TV on the wall. It was a basic cell and small with single cells for the violent ladies, next to ours. I needed a meeting. Only heard half of it, but found myself needing to talk and begin to listen to their stories. Lots of support and came to see me, I felt. They were very kind and honest. This was an accident; yes I was arrested for Manslaughter. Sentenced to a year county time and served eight months.

Every first Monday the same two women came, every second Monday a single lady arrived, and so on through my stay at the jail. Each Monday they were there. Told me I could make this my bottom, told me to go to a meeting in my town, the two ladies even told me where Group 3 was in Sacramento. I promised I'd go. I did, and made it my home group. It was at an event for Group 3's 65th anniversary that I ran into these ladies and asked for their phone numbers. I was having my one year sobriety celebration at Group 3 the next month and would be happy if they could make it. They did, even made the hour and a half drive and we all cried. I have a sponsor that shared about all my service work and myself as a person, and it just felt great, even magical to be a part of something as big as what these ladies did for me. I love them, my sponsor and the program!

My heart aches a little less every day for the loss of my best friend, and no one could ever take her place, but I have gained 100 friends and a truly honest program. My sponsor is a fabulous person, truly healthy all around for me now. Feet issues keep me from walking such, wouldn't recommend to anyone, do your time sitting down! I have post-traumatic stress disorder, but all in all learning to live again, and with the greater power and strength of a remarkable support group.

Thanks to my ladies and Group 3 I will be sharing this story and having my 2 year sobriety. The ladies of H & I do not get enough credit, but as I spoke at my one year I spoke of them, their service and that they were in the room to support me. It was a night to remember always. When I get my license back in Oct 2012 I will be driving to share meetings with them in the country!

Thanks for letting me share,
Nathalie H.

Final filing date 3/25/11 my release date last year!

Editor's Note: Natalie H. is still sober today will be following up with the rest of the story in the next issue of Good News. She will tell her story after July 2011. She will also be an active article writer and helping me out with some of the content. I have seen a lot happen with Natalie in the years that I have known her. I look forward to working with her in our next adventure.

Good News
7292 Pritchard
Sacramento, CA 95828

BULK RATE US POSTAGE PAID PERMIT NO. 00000
--

Mailing Address

ADDRESS CORRECTION REQUESTED

Good News Subscription Form

Subscription Rates

US Subscriptions - \$4.00 per year

Outside of the US - \$5.00 per year

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Sobriety Date: _____

Type of Subscription: New Renew Gift

Mail Subscription To:
7292 Pritchard Road
Sacramento, CA 95828
Email: goodnewsncaa@gmail.com

Subscribe or Submit Article Online: <http://www.norcalaa.org/>