



# Good News



Established 1948

Holiday 2013

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Northern California Council of Alcoholics Anonymous

## 66<sup>th</sup> Summer Conference Modesto Update

Modesto was a great time. The Modesto area turned out in great numbers. The following motions passed at the Delegates 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” ~ Passed*

*Should NCCAA move forward with an inventory? ~ Passed*

Remember every group in NCCAA area is allowed two group delegates to vote at the conference to vote at the Delegates Meeting.

At the conference I met two previous Editors of Good News. It was nice to talk with them about some of the previous issues. Look for articles about these ladies in future issues.

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## NCCAA 67th Annual Fall Conference San Ramon, CA

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March 21, 22 & 23 2014

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Friday 8:00 PM  
Victor S. – El Dorado Hills, CA  
Saturday 3:30 PM  
Vikki R. – Yuba City, CA  
Saturday 8:00 PM  
Peg M. – Bellevue, NE  
Sunday 11:00 AM  
Peter M. – Boca Raton, FL

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### Upcoming Conferences

Lodi – June 2014  
Sacramento – Oct 2014  
Foster City – March 2015

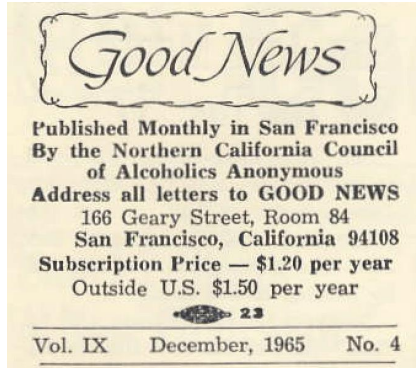
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## Visit the NCCAA Website

<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

**Give a gift to your Home Group, Sponsor or Sponsee! Only \$4.00 per Year.**



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

## **Joke Corner**



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

## **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

## **Holiday Alkathons**

When searching for events for this issue I was overwhelmed by the number of Alkathons throughout the Northern California Area. Here is a list of some areas: Sacramento, Fresno, Mendocino, Modesto, Merced, Turlock, Napa Valley, Contra Costa, Mother Lode, Sonoma, and Bay Area! I know I have missed some please check your local area. Alkathons provide a place for anyone over the holidays. The beginner and long timer both have a chance to meet new people and do not have to spend the Holiday alone. Try this Holiday Season to take a new person to an Alkathon...

## **Holiday Parties and the Alcoholic!**

What is a person to do at a Holiday Party and drinking? Sometimes we do have to go to that work party or family function where alcohol is served. We do not have to shy away from these events. We can still attend and have a great time because we will remember the party.

Here are few tips to help you with:

- Do not go alone! You can always take a sober buddy.
- Go to a meeting before or after.
- Call your Sponsor before, after or during.
- Have a soft drink or water in your hand that way when offered a drink you have an easy out by saying "No thanks I have enough to drink."
- Leave early. We do not have stay until the end.

## LETTER FROM THE EDITOR

### Holidays

I have always loved the Holiday Season. The music, the colder weather or my birthday right after could be the reason. Or it may be my selfishness that makes it so wonderful for me because I love to receive gifts. It could be that I remember the endless party of the good days of drinking. Although if I think about it for a few seconds it was not that good compared to my life today. It must be the gifts.

Not all people like the holidays for one reason or another. One thing I have in common with the "I am not a holiday person!" is that we are trudging this road together one day at a time. During the Holiday's some of us want to drink out of social merriment. Others may want to drink out of depression. What I have learned in AA is that I do not have to drink no matter what the season or feeling.

This Holiday Season I have tried not to listen to endless seasonal music that annoys my "I am not a Holiday person". I have not dragged them up the hill to play in the snow. Okay I have reminded them about the birthday. Two out of three is progress. Today I also like giving gifts just about as much as receiving.

My perspective has changed over time about what to look for in the Holiday Season. I look for the thankfulness in November, the art of giving in December and new beginnings in January.

My wish for you whether you love or hate the Holiday's is that you can see the thankfulness of your life and those around you, Experience the art of giving and receiving and that you begin anew every day. Remember it is about changing your prospective.

In Love and Service – Colleen

## CALENDAR OF UPCOMING EVENTS

To download flyers or more information go to the websites listed

### SERVICE EVENTS

#### **PRAASA**

SAN DIEGO, CA

MARCH 7<sup>TH</sup> – 9<sup>TH</sup>, 2014

[HTTP://2014.PRAASA.ORG](http://2014.praasa.org)

#### **WINTER ASSEMBLY**

CNIA – JAN 18<sup>TH</sup> - 19<sup>TH</sup>

HOSTED BY DISTRICT 56 – MODESTO, CA

[HTTP://WWW.CNIA.ORG/RESOURCES/1/FLYERS/2013\\_WINTER\\_ASSEMBLY\\_FLYER.PDF](http://www.cnia.org/resources/1/flyers/2013_winter_assembly_flyer.pdf)

### OTHER EVENTS

#### **LODI NCCAA CONFERENCE PLANNING MEETING**

420 N SACRAMENTO ST., LODI @ 1:00

JAN 25<sup>TH</sup>, FEB 22, MARCH 29, APRIL 12, MAY 31 & JUNE 14

#### **VALLEY SERVICE CENTER 44<sup>TH</sup> ANNUAL ANNIVERSARY DINNER**

JANUARY 18<sup>TH</sup>, 2014

11600 SHANNON AVE – DUBLIN, CA

[HTTP://VALLEYSERVICECENTER.ORG/WORDPRESS/WP-CONTENT/UPLOADS/2012/05/2014-ANNIVERSARY-DINNER.PDF](http://valleyservicecenter.org/wordpress/wp-content/uploads/2012/05/2014-anniversary-dinner.pdf)

#### **Tulare County Central Office New Year's Eve**

December 31<sup>st</sup> – 775 Elmwood Ave, Lindsay, CA

[HTTP://WWW.AA-TULARECO.ORG/NEWYEARSFLYER2013SM.PDF](http://www.aa-tulareco.org/newyearsflyer2013sm.pdf)

#### **SACRAMENTO SPRING FLING 2014**

FEB 14<sup>TH</sup> – 16<sup>TH</sup>, 2014 2001 POINT WEST WAY, SACRAMENTO, CA

<http://sacspringfling.org/>

### YP EVENTS

#### **AA THROUGH THE AGES NEW YEAR'S DANCE**

2715 TIBER DR. SACRAMENTO, CA

[HTTP://SACYPAA.ORG/](http://sacypaa.org/)

#### **SKATING AND S'MORES**

JANUARY 13<sup>TH</sup>, 2014

NORTHSTAR SKATING RINK – LAKE TAHOE, CA

[HTTP://WWW.TITYPAA.ORG/](http://www.titypaa.org/)

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

# Sobriety Birthdays



November				
Linda M.	11/3/80		Joe G.	11/21/97
Joe C.	11/16/86		Reid C.	11/24/97
Teresa D.	11/16/91		Jose R.	11/3/05
Mike R.	11/19/93		Rene G.	11/6/08
Pat B.	11/6/97		Glenn H.	11/25/08
December				
John S.	12/28/78		Rob A.	12/23/97
Howard H	12/14/82		Claudio B.	12/15/06
Mark Mc.	12/6/83		Stephen N.	12/5/10
Lynda M.	12/7/89		Michele T.	12/30/10
Steve M.	12/25/89		Jannette F.	12/7/12
Carina H.	12/2/90			
January				
Clem te N.	1/15/74		Steve C.	1/20/01
Michael B.	1/22/83		Gavin W.	1/13/03
Pat G.	1/28/88		John R T.	1/3/04
Gina B.	1/1/90		Roger Mc.	1/3/06
Harriet B.	1/16/94		Michael C.	1/5/08
Doug P.	1/2/95		Dorothy W.	1/11/12
Don W.	1/19/01		Yvette A.	1/28/13



**Happy Sobriety!**

# The Car Goes Over the Cliff

## The Story Continues

As I entered my third and fourth year of sobriety, many changes occurred in my living situation, my driver's license is restored and I am still trying to hang on to sanity. My life was crazy as I tried to grasp what I lost. I reached out to others in the program to help me stay calm and even pray for strength and health. I had to keep my head in the "now" and stop willing the "future", or trying to control the outcome. This I found difficult. I had to learn to forgive myself for the death of my best friend in that accident. As they say, time heals: Sometimes quickly and sometimes slowly. I had to come to terms with my injuries and chronic pain in daily activities as well as helping to raise my granddaughter. I now have two grandchildren and I am thankful to be alive. I have not gotten back to work as the Bookkeeper I was, but I haven't given up hope either.

My heart and personality has allowed me to fit in with the giving of myself to be of Service; however I have had to slow down and take care of me. I am of Service by Ride Sharing for my Home Group as well as a Recovery Home. I believe in giving back what was so freely given to me. I am on the AA Hotline list and have volunteered on phones. I have been Secretary a couple of terms as well as Sponsored several others. I realized early on, you get out what you put into AA and your Recovery. I strive to stay the example of the true AA way of life in all that I do, in and out of the rooms.

The First Tradition is our "Unity". This means so much to me, as I am a social person. I have seen folks come together in injuries, death, or just because of a bad day. I have made many friends, been to AA camp outs, potlucks, and just hanging out. I have had potlucks and Holiday dinners for some I consider very close to me. It's all in the "unity". I still enjoy the meetings and agree that the newcomers the most important person in the room. I love the feelings of those first sobriety dates of the newcomers and watching them get healthy. It's a reminder of where I have been.

I'm still in touch with the ladies from H&I that I met in San Andrea's County Jail. I look forward to that sort of Service in the future. I have a Sponsor and have had two during my sobriety. Each one has giving me more than I can explain in love, patience and tolerance as I have gotten healthier each year. I continue to redo my Steps yearly, as well as regular visits with my Sponsor.

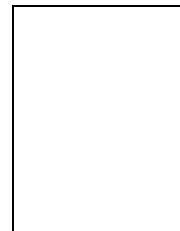
I know as long as I have my heart in the Program of my Recovery through AA, I will be alright. It is definitely a way of life for me. I am hopeful my story can save another, if not many. The biggest tool I have gained besides the Inventory Steps is Service Work. I use it to get out of myself and keep me from being depressed or in a self-pity mode. It keeps me sober and not only alive, but living. I am grateful for all those that are a part of my sobriety.

-Nathalie H. Sobriety Date 7/25/09

Editor's Correction: Incorrect Sober Date of Natalie H. printed in last issue. The above is the correct date.



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Mailing Address

**ADDRESS CORRECTION REQUESTED**

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