

JANUARY 2024



## NORTH VALLEY INTERGROUP NEWS

Welcome 2024!

### What's new for 2024

- I want to thank Lisanne T. for her years of service as our DCM. Martha T. was voted as her replacement at the November elections.
- Our first NVIPG Speaker meeting will be held in Paradise at the Elks Lodge on Jan. 20th (see flyer in Event page)
- NVIPG has open positions for a Quarterly Speaker Meeting Coordinator and Alternate Treasurer if interested contact Lydie G or come to our next meeting 2/13.

A new event calendar is in the works and we want to hear from you. Please add your input for what events you would like to see added or improved upon. respond via email or call/txt 530-440-5592.

- Fellowship Fridays will begin starting in February
  - One the second Friday of each month we will meet at Chico Central to caravan to a Friday night meeting in our surrounding cities.
- Paradise Central will host a Mexican themed Valentines Potluck February 17th from 3-5 pm.
- **Our NVIPG & Chico Central fellowship lost one of our fellows suddenly on Jan. 1st 2024 - we are saddened and grieving. I found a little reading I thought Alex would have liked for this issue.**

We will  
miss  
you



### **GRIEF by Tom L. - Grapevine Online**

A sponsee's death sparks a meditation on loss & AA

As the first light of the approaching sunrise pierced through the darkness of my bedroom, I heard my cell phone ping as a new text came in. A smile came to my face as I thought: "Well, someone's up early." It was a far cry from drinking days where I woke up in a nauseated state of dread, mixed with panic, wondering where in the world I was. I'm grateful for sleeping soundly and waking up refreshed, another gift of sobriety thanks to AA and working the Steps.

I slowly focused on the text and I saw it was from one of my sponsees' wives. I felt a knot in my stomach—I've experienced over the years that a late night or early morning text from a sponsee's loved one is rarely good news. And I was right. In this case, her husband, sober, had just died hours earlier after a battle with cancer. A "normie," his wife asked that I let her husband's "AA family" know about his passing and to tell them that their family so appreciated the love and support we had given to her husband over the years.



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My eyes teared up and I got a lump in my throat as I felt the unwanted invasion of overwhelming grief yet again. Spend any length of time around AA and the reality of the fatal nature of alcoholism is clear. This news brought a flood of memories to mind of those I had lost over the years, starting with the loss of many of my friends of my youthful drinking days.

My answer for tragic loss and grief then was to drink it away until I no longer felt anything. I found it impossible as a young man to drink enough to keep the pain of loss away, but coming to AA, getting a sponsor and working thorough inventories in my Step work gave me the tools I needed to not only get free of alcoholism, but to navigate through grief without the need to escape from, or drown my sorrows with, alcohol.

Grief is a curious thing. Fresh grief reactivates hurt and pain from years ago compounding the pain of the current situation. I found myself staring at my phone, re-reading the text while memories of all I'd lost flooded my mind. "Acceptance is the key," popped in my head, reminding me that I suffer when I can't accept a person, situation or thing that I find disturbing. There is nothing more disturbing to me than death. I recited the Serenity Prayer in that moment, realizing that I need my Higher Power (God's) help to accept my sponsee's passing. When faced with grief now—unlike in the past, where my prayers focused on "Why me?"

I start with sharing where I'm at: "God help me, I'm so sad over this loss." Next, I remind myself that I don't walk through grief alone. "God, I thank you that you are with me through this and have carried me through tough times over the years, one more time please." I finish with a request for how I can be helpful to others through this awful situation. "God help me to focus not on myself and my sadness but show me how I may be of help to his family, I thank you in advance for guiding me through this tough time." Through this process of prayer, I was able to see through the pain into gratitude for a valued friend that I hated to lose.

After this short prayer, I sent a text back letting my sponsee's wife know how loved her husband was at AA and how he had touched and encouraged so many lives through his courageous breaking free of alcohol and his challenges with cancer. Because he had worked his Steps thoroughly, his relationships with family and friends were strong.

Spot check inventories are another AA "tool" that is invaluable in dealing with grief and other life challenges. Writing while feeling emotionally distraught helps me get past the hurt to what's really going on and reveals important life lessons. I can see my where I'm fooling myself in writing, but I can't hear it when thoughts are running around in my head. I've learned to not believe everything I think. My writing about my sponsee led me to the acceptance that life is short and, while death is a part of life, I'm reminded to make the most of my limited time. The 24-hour focus of the AA program reminds me start each day fresh and deal with the "next right action."



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Unlike "drinking at" grief, through AA and working the Steps, I've found that grief, when taken to God in prayer, can transform emotional pain into a "touchstone for spiritual growth." There's an intimacy with my Higher Power, who I now call God, that I've only experienced through crushingly painful circumstances like this. I discover God is all I need when God is all I've got. The program, working the Steps with a sponsor, and time sober helped restore me to sanity and my relationship to God. God is closer than I thought, kinder than I thought, not out to punish me, but to restore me from the death grip of alcohol and lead me into a new life of freedom and effectiveness in the face of life's troubles.

Praying when I'm upset means I can avoid overreacting or needing to escape from my problems and instead "lean in" and reach out for God's help. I then can reach out to others in the Fellowship when they are experiencing grief, when sharing my own struggles may help them.

I may be powerless over grief, but my Higher Power and the Fellowship of AA are not. When I ask for help, whether by prayer or to my fellow members in a meeting, I get the strength, courage and victory to go on "one day at a time."

Tom L. | Silverdale, WA

Alex Neel Celebration of Life

Saturday, January 20th

Trinity United Methodist Church

5th & Flume From: 11am - 2pm

Catered lunch courtesy of Tabletop

Restaurant, Pam & Rich G have volunteered to cater for no cost. Please come & share a few words if you desire about our beloved Alex.



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# GENERAL SERVICE DISTRICT 15 AREA 07

From the Desk of the DCM:

Happy New Year Fellows,

District 15 held elections at our November meeting. The group that will carry the message between District 15 and Area 07 for the next 2 years (Panel 74), are: Martha T-DCM, Alt-DCM-open, Treasurer-open, Recording Secretary-open, Kirk B-Registrar. If you are interested in making yourself available for one of the open positions, please come to our next District 15 meeting on January 22, 2024, at 2341 Floral Avenue, St. John's Episcopal Church.

The Area 07 Election Assembly was held in November in Placerville. Thank you to all the groups that supported their GSR to attend. The election was an enormous success, all Area 07 positions were filled, the vote went to the hat once, it was extremely exciting!

The Winter Assembly is being held in Merced on January 20th and 21st. Your GSR will bring back relevant information to your group.

District 15 is holding a General Service Conference Workshop on March 9, 2024, At Hope Commons Church, 1184 East Ave. Please see the flyer included in this issue of North Valley Intergroup News.

I am grateful that I get to give back to the program that saved my life. Thank you for allowing me to serve as your District Committee Member.

In Love and Service,

Martha T.

DCM, District 15

Serving Butte, Glenn, and Southern Tehama Counties



# MONTHLY AA SERVICE MEETINGS

## AA PLEDGE

I am responsible.  
When anyone, anywhere reaches out for help  
I want the hand of AA always to be there.  
And for that: I am responsible



### **Butte County H&I Meeting Information:**

1st Monday of every month at 6PM

**Next Meeting: Monday: February 5th 2024**

St. John's Episcopal Church

2341 Floral Ave Chico CA 95926

Area: 31 Butte <https://www.handinorcal.org>

Region: 30 Northern Interior <https://www.handinorcal.org>

### **District 15 Business Meeting**

4th Monday of every month, 6:30pm

**Next Meeting: Monday, January 22, 2024**

### **Chico Central Business Meeting**

1st Tuesday of the Month at 06:45 PM

**Next Meeting: Tuesday, February 6, 2024**

Chico Central Building 1102 Mangrove, Chico, CA 95926

### **North Valley Intergroup**

2nd Tuesday of the Month at 6:30 PM

**Next Meeting: Tuesday, February 13 2024**

295 E Washington Ave, Chico, CA 95926

<https://aabutte-glenn.org/>

### **BUTTEYPAA (Butte County Young People in AA)**

2nd Sunday of the Month at 8:00 pm

**Next Meeting: Thursday, January 14th 2024**

<https://www.butteypaa.org/>

**Literature and Chips!**

Laura R.

(530) 592-0200

**NVIG Answering Service**

(530) 342-5756

**BUTTE/GLENN AA MEETINGS**

<https://aabutte-glenn.org>

## UPCOMING EVENTS

NORTH VALLEY INTERGROUP

# Quarterly Speaker Meeting

First Quarterly Speaker Meeting of 2024!  
Held in Paradise, CA



Come join us!

**JANUARY 20TH, 2024**  
DOORS: 6:00 PM  
MEETING: 7:00PM

**ELKS LODGE**  
1100 Elk Lane, Paradise, Ca

Arbor E. (530) 961-3402 or  
Cynde M. (530)520-1451

**OPENING SPEAKER**  
RUSS H. CHICO, CA  
13 YEARS

**MAIN SPEAKER**  
PEGGY C. STUDIO CITY, CA  
37 YEARS

Refreshments. Water. Coffee.  
Raffle Prizes & 50/50!!!

*CHECK IT OUT*

# Shasta Winterfest

@ HOLIDAY INN REDDING  
JANUARY 26TH - 28TH, 2024

for details visit: [www.shastawinterfest.com](http://www.shastawinterfest.com)

Step 12  
Service  
Opportunity

## AA Hotline

Answering service needs  
volunteers!

AA Members with min. 6 months  
continuous sobriety  
6 month service commitment

Please contact me if you  
are interested in a shift  
Ari: (530) 592-6639

### General Service Conference

## Workshop

March 9th, 2024

10 am to 3pm

Hope Commons Church

1184 East Ave, Chico, CA 95926



Come experience the feel of the General Service Conference, at our half-day workshop. In the morning, you will serve on a conference committee. We will break for a potluck lunch, and in the afternoon we'll all pull together into a common session where we will have committee reports and discussion. A current or past Area 07 Officer will moderate each group.

Take Hwy 99 to East Avenue Exit  
From Sacramento-Right onto East Avenue  
From Redding-Left onto East Avenue (under the overpass)  
Hope Commons Church is two miles down East Avenue on your left, just past the 7-11.

For more information, please e-mail [m3wit@sbcglobal.net](mailto:m3wit@sbcglobal.net) or call (530) 354-3834

If you would like to subscribe  
to our monthly newsletters  
please email a request to  
[nvignewsletter@gmail.com](mailto:nvignewsletter@gmail.com)

In Love and Service,

Katie V.

**NEW SLETTER**