



# Napa Valley Intergroup Newsletter

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## Service Service Service

Hello Sober reader. In last quarter's newsletter, the lead article dealt with the overall organization of AA, and all the service positions that support our common cause.

Simply put, service is as critical to the lifeblood of AA, as it is to the individual's sobriety. Every single person that I know in this fellowship, with good long-term sobriety, has consciously and continually given of themselves and their time, so that AA as we know it, would continue to thrive.

Bill W. writes "To those now in its fold, Alcoholics Anonymous has made the difference between misery and sobriety, and often the difference between life and death. A.A. can, of course, mean just as much to uncounted alcoholics not yet reached.

Therefore, no society of men and women ever had a more urgent need for continuous effectiveness and permanent unity. We alcoholics see that we must work together and hang together, else most of us will finally die alone." Big Book page 563.

The 12 x 12 states: "Just as the aim of each AA member is personal sobriety, the aim of our services is to bring sobriety within reach of all who want it. If nobody does the groups chores, if the area's telephone rings unanswered, if we do not reply to our mail, then AA as know it would stop. Our communication lines would be broken."

"AA has to function, but at the same time it must avoid those dangers of great wealth, prestige, and entrenched power which necessarily tempt other societies. Though tradition nine at first sight seems to deal with a purely practical matter, in its actual operation it discloses a society without organization, animated only by the spirit of service- a true fellowship."(12 x12 page 175)

My personal service story goes like this, in my 3 years and 11 months of sobriety, I became the coffeemaker at a small meeting when I had about 15 days clean time, and then secretary of that same small meeting, then intergroup rep, intergroup secretary, and newsletter editor. I have made my self-available to sponsor others and have volunteered a great deal of time at the 28-day program that I graduated from.

Immediately after accepting these positions I thought, "Now how am I gonna get out of this one." Then I thought, "How am I gonna complete this, it goes for 6 whole months!! What if I can't make it, what if something else comes up, what if, what if, what if. My service sponsor gave me the answer... "Take it one day at a time", hmmm..., methinks I heard this somewhere once before, but the sage advice works again.

In fact that is exactly what I did. Suit up and show up, and worked my program to the best of my ability and honored my service commitment to the best of my ability. There is no question in my mind that learning to honor these commitments has helped me to honor and complete the other commitments in my life and helped me stay sober.

I am calling on you right now to step up and get involved in service. In this newsletter you will find several good service opportunities you could get directly involved with right now. Beyond that, many groups in the Napa Valley do not have Intergroup reps, maybe you could be that person, or an assistant or back up rep, if need be. There are always alkathons, and anniversary parties that need help.

By giving away that which you do not really own, (your time), you receive that which can never be taken from you (a feeling of usefulness and belonging).

## ~PI/CPC~

Public Information for AA in Napa Valley provides AA pamphlets, meeting schedules, and speakers to any group that is interested in what AA does and does not do. Generally we are asked to provide speakers at schools and County Drinking and Driving classes. On occasion we are asked to speak before other groups such as unions, corporations, and hospitals. Unlike H&I we do not take meetings into institutions, only information. We stick to AA guidelines and that is why training is essential.

For example one of the best ways to explain what we are is by reading the AA Preamble, sometimes referred to as the definition of AA. The second part of PI/CPC is Cooperation with the Professional Community and that means we provide those institutions with information as requested, our presence for instance at Drinking and Driving classes does not imply that anyone present is an alcoholic, we are there upon request to provide information about our fellowship and to answer any questions anyone might have.

We make it clear that we do not represent AA, official views may be found in AA literature. That is why we take AA pamphlets to those presentations with us in case people want further information. To find more go to the AA website [www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org). "About AA". Napa PI/CPC is a part of General Services of Napa AA. If interested in speaker training and other questions please contact the PI/CPC Chairperson Nancy M. in Napa at 226-3238.

## ~NAPYPAA~

In the past few months, many of us have probably heard the term "Napyyaa" mentioned in meetings, conversations, etc. We thought that the newsletter would be an appropriate vehicle to shed some light on the "Napyyaa" thing.

"Napyyaa" is an acronym for Napa Young People in Alcoholics Anonymous. Now that we know what this stands for, what are the origins of such

a unique fellowship? When I discussed my desire to run this article to one of the "Napyyaa" members, I was furnished with a background piece so I thought I'd pass it on.

Alcoholism has no barriers, age included. Young people suffering from alcoholism have to turn to Alcoholics Anonymous and found help there since AA's earliest days. In 1945, one of the first young people's groups in Alcoholics Anonymous was formed in Los Angeles to help carry the message of recovery to young people in AA.

The number of young people suffering from alcoholism, who turn to AA for help, continues to grow. At the 1960 AA convention, Bill W. noted the age of new members to be much lower in 1960 than when he and Dr. Bob founded AA 25 years earlier. The 1998 AA Membership survey reported 11% of the respondents under 30 years of age and 2% under 21 years of age.

The aim of Young People's groups is to help newcomers understand that they need not experience years of drinking, loss of family, friends, and finances to be ready for sobriety. They help bring the newcomers into the mainstream of AA Recovery, Unity, and Service through the 12 Steps, 12 Traditions, and the 12 Concepts for World Service by carrying the AA's message to the suffering alcoholic.

Young People's groups are in no way separate from Alcoholics Anonymous as a whole. Members are involved in and committed to Twelfth Step work, Hospital and Institution work, Public Information, General Service, and every other facet of AA Service. Newcomers are shown by people their own age that using AA principles in their daily lives and getting involved in AA Service can lead to a lasting and comfortable sobriety.

Our very own, Liz C., volunteered to step up & write about her personal experience in the recent formation of the "NAPYPAA" fellowship. Here are her words, and we thank her for her contribution.

## ~Liz's piece~

I had always known there was a young people's meeting in Napa - I just had no interest in becoming involved. I wasn't ready to trust or socialize with anyone close to my age. My best friend Lisa went away for a weekend excursion earlier this year - and came back full of wide-eyed tales of young people working serious AA programs. Almost immediately, Lisa and I traveled to Marin and attended a young people's meeting out there. We went to coffee and found out about the Young People's events in our area. We found out that the conference my friend had attended was the All California Young Peoples in Alcoholics Anonymous yearly round-up.

Eventually Lisa, another friend Jerome, and I went to a campout that Marin Young Peoples were hosting. Just hours before the bonfire meeting at the campout, we were asked if we wanted to start Napa Area Young Peoples in Alcoholics Anonymous. Jerome, Lisa and I had blank expressions on our faces. What does that entail? How do we do it? Are we capable of this. We're only three people. Do we just call ourselves NAPYPAA, or do we have to do something specific in order to keep this title?

We started asking questions. Brian, a member of Marin Young Peoples, kept insisting that it would be a fabulous experience- that it would encourage unity amongst the young people in our area, that it would teach us what AA service is all about. We finally agreed, and announced it at the meeting. I remember being overwhelmed by the positive response we received. The young people in Marin cheered and hooped every time we said NAPYPAA . We had no idea what we had just committed ourselves to. We didn't know what being 'NAPYPAA' meant. We just knew that we saw a comradeship, love, fellowship, and service towards newcomers amongst young peoples in Marin, that we wanted for Napa.

I was very scared at first, but remembered that I had done the Twelve Steps on faith. I had no idea what they would do for me, so I could

do this on faith as well. We needed to hold our first event. "Pick a date & make a flier", our new friends kept telling us. We did. I found Young People's meetings in our area on the internet. Lisa & I traveled all over - Marin, Sacramento, Danville, Petaluma, San Rafael, the Peninsula - spreading the word that we were starting NAPYPAA.

We decided to have a party, here in Napa, @ Kennedy Park on June 21st. A few other young people in Napa came forward and wanted to participate. We were also pleased to see a healthy turnout of local A.A.'s, showing their support for our effort. We organized games, offered food, & signed up an excellent speaker. What a great launch to our Napa Young Persons' fellowship.

In other fellowships they often say, "stay fired up!" - encouraging their members to be on fire for Alcoholics Anonymous. This was the first time I was on fire for A.A. as over one hundred people came out to the park that day. I was so involved in setting up and working that it was hours before I actually saw all of the faces who had come out to support us. I was definitely fired up.

After Our event, we needed to seek guidance from those who had walked the path before us. I had no idea what to do after our first event - none of us did. I contacted SACYPAA - SACRAMENTO YOUNG PEOPLE IN ALCOHOLICS ANYONYMOUS. - & they told us to pick a date and make a flier for elections. We had our elections in July and used the Third Legacy procedure - in accordance with the AA Service Manual. I was elected chair of NAPYPAA. I thought I couldn't handle it. My friends soon reminded me that it was all up to God, including the elections process. If I continued to put one foot in front of the other and ask for help everything would work out.

NAPYPAA now has over a dozen committee members and holds Business Meetings on the second and fourth Wednesday of the month. It's scary being involved in service. I constantly wonder if I'm "doing the right thing".

I just follow the format, ask others for help, and leave the rest up to God.

We are holding our next event on November 1st, in Calistoga, following the Area Assembly. We encourage anyone who wants a service commitment to come to our business meeting. Whenever making announcements about upcoming "YPAA" events, we make sure to remind everyone that young is defined as "having room to grow". In other fellowships I've noticed that the young people's movement transcends age, there is certainly no age requirement!

Napa Area Young People in Alcoholics Anonymous has brought new life into my sobriety. NAPYPAA affords me the opportunity to practice all three corners of the AA triangle - unity, recovery & service, while spending time around people my own age. It teaches me how to reach out to newcomers, how to work with other alcoholics, & how to survive a business meeting! The most noticeable reward of being involved in NAPYPAA is that I have been able to get to know the other young AA's in my area that much better. We have a common purpose - to carry the message to the alcoholic who still suffers...and for this I am truly grateful.....

In closing, I wanted to say that while in San Carlos a couple of weeks ago, I attended a meeting & stumbled across a "Penypaa" - Peninsula Young People in Alcoholics Anonymous - flier. The part that I liked read..."Spread the word. 'Young' is defined as anyone who still has room to grow!"

### ~Announcements~

**New Year's Alkathon** - ( Saturday Men's Stag group ) no

contact yet (Monday Night River) Lee H. 707-738-2381

**Christmas Alkathon** - Brook Gray - 707-265-9460 ( "A Day @ a Time" group )

**Thanksgiving Alkathon** - ( "Living Sober" group ) no contact yet

**Anniversary Party** - 10/25 @ Vet's Home - Larry B. 707-226-6354.

**Monday Serenity group needs** raffle prize donations. contact Byron M. @ 707-529-8677

**Intergroup positions** - many groups have no representative

**C.N.C.A. Fall Assembly** in Calistoga - meets Fri., 10/31, & Sat., 10/1.

folks from out of town need places to stay. contact Cynthia J. @ 707-963-8171 for more information

**If you are in need of literature**, as in books &/or pamphlets, please contact Brook G. @ 707-337-5163.

Literature is kept in storage @ the Napa Alano Club, 1115 Jordan Lane. Brook will cheerfully make arrangements with you to meet him @ the Napa Alano Club, to pick up your literature. Will take cash, but prefer checks. Checks are to be made payable to Napa Valley Intergroup.

### ~Contact Us~

#### **Address:**

Napa Valley Intergroup  
P.O.Boz 10948  
Napa, Ca. 94581

#### **Phones:**

(707) 255-4900  
(707) 963-HOPE (4673)-Upvalley

#### **E-Mail:**

info@aanapa.org

#### **Website:**

<http://aanapa.org>