



NAPA VALLEY INTERGROUP

FELLOWSHIP NEWS

Issue 13

April 20

WHAT IS PRAASA?

PRAASA is the Pacific Region AA Service Assembly. It was held on March 5th & 6th in Irvine, California. The event was attended by over 1400 dedicated service representatives, delegates, past delegates, curious newbies and just plain trusted servants.

Although part of the name is service assembly, the main focus, as with most assemblies, is just one goal...the yearly General Service Conference held in New York. PRAASA is the vehicle held each year to educate, disseminate and pass on information about the agenda topics previously sent out to the groups via the GSRs. At the assembly, presenters are selected to speak on each and every agenda item. Included are sharing sessions and workshops for the various service positions. At night there is a lively banquet followed by a speaker meeting with two speakers. All are invited to the speaker meeting.

That's the technical side of the PRAASA story. A little dry perhaps but oh so necessary. Very much like the countless hours put in by the trusted servants of AA.

So what's it like going to a Service Assembly for the first time? My fear was (being the shame based individual that I am) that I would find everyone else knew what was going on and would have really important and sage words of wisdom. And even though I have a number of years in the program, I would once again be on the "outside looking in".

My mind raced ahead and I knew what they were thinking. I saw the thieves, scoundrels, cads, pimps, liars, blackards, backstabbers, felons, pickpockets, lowlifes, high flyers, snooty-snotty-better-than-you, judgmental, over eager, underachieving, introverted, extroverted people that I just knew they were...in other words, normal AA people. And I'm one of them. And because I am, the lady at desk with the beautiful smile and honest eyes, asked me how she could help me and oh yes your registration packet is right here and welcome to PRAASA. And I met new friends and revisited with old ones, learned more about how the program that saved my life operates and once, stood up and gave voice to

an idea that I had while people listened and nodded their heads.

What I found was a true manifestation of the "greater good" ideal that translates into humility on a daily basis. And as is the case with AA, I not only found that I could be part of it all but I was welcomed as someone with something to say. We all have a voice. All we have to do is ask.

Jeff D.

At the beginning of the year, in the spirit of rotation, we have some announcements that we would like to make. First, we want to thank the outgoing Intergroup Chairs and liaisons for their time, hard work, and commitment. Special thanks to:

Ed D. - Intergroup Chairperson
Michelle B. - Recording Secretary
Larry B. - Anniversary Party
Richard L. - Treasurer
Michele P. - Campout
Matt T. - Newsletter
Brook G. - Literature
Steve L. - NAPYPAA liaison
Jill K. - H&I liaison

Next, we would like to recognize the new incoming Intergroup chairs and liaisons, and thank them for stepping up and taking on these important commitments:

Doug M. - Intergroup Chairperson
Steve L. - Recording Secretary
Cathy M. - Campout (7/30-8/1/04)

CHANGING OF THE GUARD IN INTERGROUP:

Wendy P. - Literature
Victoria R. - Treasurer
Brook G. - Newsletter
Mary B. - H&I liaison
Liz M. - NAPYPAA liaison

And finally, thanks to those chairs and liaisons who are at the midway point of their respective commitments:

Rick C. - Birthday Meeting
Peter D. - Hot Line
Dennie I. - Website
Pat. T. - G.S.R. liaison - District 11
Neil R. - Anniversary Party liaison

We are still in need of an Alkathon chair and an Anniversary Chair. As soon as these positions are filled, we will make an announcement.

Need a meeting? Go to www.aanapa.org or call 707-255-4900 (Napa) 707-963-4673 (Up Valley)

Calendar of Events

April - June 2004

Friday, April 02, 2004

H & I Business Meeting -6:30 -7:30 PM (at Napa Alano Club the first Friday of every month)

Saturday, April 03, 2004

CNCA Pre-Conference Assembly -April 3-April 4 (Antioch)

Service Manual Study - 9:30 -10:00 AM (at Section A of the Yountville Vet's Home the first Saturday of every month)

District 11 - CNCA - 10:00 AM -12:00 PM (at Yountville Vet's Home the first Saturday of every month)

Saturday, April 10, 2004

Intergroup - 10:00 -11:00 AM (at Napa Alano Club the second Saturday of every month)

Saturday, April 24, 2004

CNCA DCM Sharing Session - 9:30 -11:00 AM (the fourth Saturday of every month)

CNCA Area Meeting - 12:00 -3:00 PM (the fourth Saturday of every month)

Wednesday, April 28, 2004

Napa Valley Birthday Meeting 8:00 -9:30 PM (at Napa Alano Club the last Wednesday of every month)

Thursday, April 29, 2004

PI/CPC - Public Info & Cooperation with Professional Community - 5:00 -6:30 PM (at Napa Alano Club the last Thursday of every month)

Saturday, May 01, 2004

Service Manual Study - 9:30 -10:00 AM (at Section A of the Yountville Vet's Home the first Saturday of every month)

District 11 - CNCA - 10:00 AM -12:00 PM (at Yountville Vet's Home the first Saturday of every month)

Friday, May 07, 2004

H & I Business Meeting -6:30 -7:30 PM (at Napa Alano Club the first Friday of every month)

Saturday, May 08, 2004

Intergroup - 10:00 -11:00 AM (at Napa Alano Club the second Saturday of every month)

Saturday, May 15, 2004

Post Conference Assembly - All Day (Monterey)

Saturday, May 22, 2004

CCNCA DCM Sharing Session - 9:30 -11:00 AM (the fourth Saturday of every month)

CNCA Area Meeting - 12:00 -3:00 PM (the fourth Saturday of every month)

Wednesday, May 26, 2004

Napa Valley Birthday Meeting 8:00 -9:30 PM (at Napa Alano Club the last Wednesday of every month)

Thursday, May 27, 2004

PI/CPC - Public Info & Cooperation with Professional Community - 5:00 -6:30 PM (at Napa Alano Club the last Thursday of every month)

Friday, June 04, 2004

H & I Business Meeting -6:30 -7:30 PM (at Napa Alano Club the first Friday of every month)

Saturday, June 05, 2004

Unity Day - 9:30 AM-2:30 PM (Rutherford Grange)

Saturday, June 12, 2004

Intergroup - 10:00 -11:00 AM (at Napa Alano Club the second Saturday of every month)

Friday, June 18, 2004

Anniversary - All Day (at home every June 18)

Thursday, June 24, 2004

PI/CPC - Public Info & Cooperation with Professional Community - 5:00 -6:30 PM (at Napa Alano Club the last Thursday of every month)

Saturday, June 26, 2004

CCNCA DCM Sharing Session - 9:30 -11:00 AM (the fourth Saturday of every month)

CNCA Area Meeting - 12:00 -3:00 PM (the fourth Saturday of every month)

Wednesday, June 30, 2004

Napa Valley Birthday Meeting 8:00 -9:30 PM (at Napa Alano Club the last Wednesday of every month)

AGENDA TOPIC WORKSHOP

Aaron N. provided this overview of the recent agenda topic workshop sponsored by our local G.S.R.'s....

Upon returning from the Pacific Region Alcoholics Anonymous Service Assembly (PRAASA) in Irvine, CA., District 11 (our district) hosted a workshop on March 20. Agenda topics were discussed in a model of our upcoming pre-Conference Assembly, held in Antioch the weekend of April 3rd.

Ideas and insights were exchanged with love and tolerance on such topics as young people's literature, a forward to the 12 & 12, and what the heck to do about Dr. Bob's punctuation. As always in general service, there is opportunity for all opinions and concerns of AA members to be voiced, heard, and addressed.

The agenda topics workshop closed with a discussion of this year's Conference theme, our singleness of purpose. This topic roused quite a lot of interest and some feel it is rather controversial. It certainly is conversational.

Our singleness of purpose is, I feel, about unity not controversy, clarity not confusion. Our efficacy is in simplicity. All are welcome to our regular district meeting held the first Saturday of the month in section A of the Vet's home, in Yountville, from 10:00 AM to noon.

Hugs and K.I.S.S.

Aaron N.

Once upon a time..not so long ago... Calistoga was a bustle of AA activities. There were more meetings in Calistoga then St. Helena. There was also an Alano Club at the Calistoga Golf Course. I attended my first Thanksgiving in sobriety there.

The Alano Club closed about 8 years ago. A Step Study (smoking) meeting was held on Tuesday nights at the convalescent hospital. This meeting closed about the same time that the Alano Club closed. There was a very WELL attended birthday meeting once a month at the community center, also closed.

The Glider field in Calistoga was the first home of the Sunday Morning Gliders meeting.

NEED LITERATURE?

That was about 14 years ago, then it moved to If you are in need of literature, contact Literature Chair, Wendy P. @ 707-337-8340. Literature is kept at the Alano Club, 1115 Jordan Lane. Wendy will make arrangements to meet you there. Cash or checks are accepted. Checks should be made payable to Napa Valley Intergroup.

UP VALLEY NEWS

upstairs La Prima Pizza (which is now a market). The Gliders are now meeting at the Tucker Farm Center on Hwy. 29. In the winter bring a blanket. It is VEEERY cold in there. We go to any lengths at that meeting.

Duffy's of Myrtdale is still holding all of their meetings, but the Saturday night Bingo is for residents only. That was the night that taught me to laugh again. I won a lot of my AA library there.

The Monday Speaker Meeting has been going for 15 years and has changed locations and formats several times over the past 6 years. It is currently meeting at the church on the corner of Berry and Myrtle 7:30 P.M.. We are currently reading "Came to Believe". Where have all the Calistogans gone?

St. Helena has a meeting every day except Sunday. There is not a lack of meeting in the upper valley. The oldest is Joe's group. Rumor has it the meeting started in 1953. Silverado big Book Study AKA Bill' Big Book Study has been at the same place (changed rooms not address) for 20 years. The Monday and Thursday night meetings in Deer Park were started about 15 years ago.

There used to be a Wednesday night Step Sisters Meeting in Deer Park also but it closed in '96. The very new (1year old) Step Sisters meeting , meets on Tuesdays at 7:30 in the Woman's Center in St. Helena. St. Helena Hospital is the location for the Friday night meeting . As close as any one can figure it started in the late '60s.

Saturday Night Speaker was started in'97. It's format has changed a bit but it is still a speaker meeting. It seems the upper valley has it's share of speaker meetings.

Many of the people that started the St. Helena Meetings are still very active in the program and that just proves to me that service is a good way to become a part of the fellowship and stay sober.

Pam M.

BIRTHDAYS!

MARCH

Reggio O. 3/1/87	17 years
Gerry S. 3/4/94	10 years
Karen C. 3/15/99	5 years
Pat S. 3/4/80	24 years
John Mc 3/8/87	17 years
Rick C. 3/31/98	6 years
Sandy S. 3/9/98	6 years

APRIL

Linda S. 4/9/93	11 years
Carolyn P. 4/10/94	10 years
Mary D. 3/28/01	3 years
Russ P. 4/1/94	10 years
Brook G. 4/9/02	2 years

MAY

None noted as of April 1 in Alano Club birthday book.

JUNE

Thelma T. 6/15/84	20 years
Sharron B. 6/14/94	10 years

If you are interested in having your A.A. birthday posted in the newsletter, please sign the birthday book located upstairs at the Alano Club. Remember to indicate "yes" where asked if we can post your name.

In most of the newsletters going forward, I want to share some news regarding what's going on in the fellowship of "NAPYPAA" - Napa Area Young People in Alcoholics Anonymous. As most of you may already know, NAPYPAA is not an "official" service organization within the recognized service structure of Alcoholics Anonymous. What NAPYPAA is, however, is a dynamic group of young people, along with those young at heart, who are working hard to carry the message to those in need, through meetings, activities, and events.

On the subject of events, just last month, our friends in the NAPYPAA fellowship competed in a contest to hold next year's annual "ACYPAA" - All California Young People in Alcoholics Anonymous gathering in Napa. I asked Steve L. to tell the newsletter readers a little about the experience, so this is what he had to share....

Brook G.

Surely a couple of paragraphs could not possibly explain the experience of ACYPAA. This year's 2004 ACYPAA Round-up was held in Oakland, California, and NAPYPAA made their first ever BID to bring the conference to the Napa Valley.

At this year's ACYPAA Round-up seven, (7) young people's groups from all over California presented a BID where "VCYPAA" - Ventura Young People in AA, was awarded

THE ACYPAA EXPERIENCE

next year's 2005 ACYPAA Round-up. The ACYPAA Advisory Council, the committee who makes the decision, deliberated for more than seven, (7) hours, eventually pulling the VCYPAA BID out of the HAT!

Marathon meetings, the Hospitality room, Friday and Saturday night speaker meeting, Friday and Saturday night dances - you name it, it was going on! It was truly a spiritual experience. The Friday night speaker meeting had an estimated 1600 people in attendance, and the main Saturday night speaker meeting had over 2500!

If you've never been to an AA Conference or Round-up, I would strongly suggest attending. To learn more about NAPYPAA and the ACYPAA Bidding process mark your calendar for this year's UNITY DAY, and we'll tell you more about it.

Steve L.

Just what is an Alkathon? If you're a normy, you'd probably think it's a funny joke. Give it good practice it at the Superbowl, perhaps on your 21st birthday, or any New Years Eve party to where you've been invited and subsequently thrown out.

Or if you're one of us, is it a way to express our love and appreciation for a lifesaving program by having fun and fellowship? It's all that and

a whole lot more. Much like AA, what seems like a simple thing turns out to be deep felt and enriching.

The Alkathons are very simply around the clock meetings at a time of the year when we are most vulnerable. It's at those gatherings in the Alano Club during the holiday season, that I was given the pleasure of being in service by co-chairing both the Thanksgiving and Christmas Alkathons. And once again I found the bounty received far exceeded the work put

AA HOTLINE

in.

Open Shifts:

Wednesday
6 p.m. - midnight
Friday
6 p.m. - midnight

For more information call:
Peter D. - 224-6237

ABOUT ALCATHONS

But at first I didn't want to put the time in. I had so much to do. Running around doing errands. Doing important things. Besides I really needed the time for myself. Thank God my ego is in check or I could be in a lot of trouble. So why did I volunteer? Because what kept coming back to my mind was that I couldn't keep it unless I gave it away.

What I didn't count on was how much fun I started to have. And that fun came about because I was doing this with friends. Finally I had something in common with people I really liked and it wasn't from a negative experience. I got to practice all those things that I wished I'd done earlier.... like being dependable, being a friend, being available and most of all, being able to ask for help.

Besides the secretaries and chairpersons, what looks like a casual party setting, actually takes a number of people to set up. Every time I asked for people to help, they showed up. And that's the key to putting on a successful Alkathon... asking for what you need.

Here are some of the people that were there to help give back: for the Christmas Alkathon: co-chair Brook G; food: Julie J, set-up: Dave G, meeting schedules: Manny G and clean up: Marcia G; for the New Year's Alkathon: co-chair: Lee H, food: Ray S, set-up: Dave G, meeting schedules: Manny G, clean up: Art S.

Besides all the fun and the fellowship, I think what I like best is that the Alkathons are a great

manifestation of the Steps and Traditions at the group level. If you want to learn about the practical application of the Steps and particularly the Traditions, sign up for the next Alkathon. You will come away with a deeper understanding of the power of this program.

All I can say is thank God for Intergroup and the Alano Club. Thank God for AA.

Jeff D.