



# NAPA VALLEY



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## ALCOHOLICS ANONYMOUS

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### Staying Sober During the Holidays

Here are a few suggestions to achieve a happy, sober holiday season

**Meetings:** Carry a meeting schedule and take note of upcoming Alcothons. Current schedules can be found at [aanapa.org](http://aanapa.org).

**Phone Lists:** Have a list of 10 people you can call. Make sure your sponsor's number is programmed in your phone.

**Pray:** Develop a daily prayer and meditation ritual, if you don't already have one. Prayer can bring tremendous comfort and strength during times of temptation. Trust your Higher Power!

**Remove Expectations:** This can be a stressful time of year. Take it easy on everyone, including yourself.

**Avoid slippery places:** There is absolutely no reason to ever check out your former favorite establishments (bars).

**Avoid H.A.L.T.** (Hungry, Angry, Lonely, Tired): Get plenty of rest and exercise, and eat healthy.

**Gratitude:** The quickest way out of the holiday blues is to count your blessings every day!

**Plan ahead:** Plan to spend the majority of your time with friends and family who are supportive of your recovery. If you must attend an event where alcohol is served, have an escape plan.

**Create new traditions** to replace your old patterns: Buy a new board game, plan a fun outing, host a sober party.

**Volunteer:** There are many opportunities in the Valley to volunteer your services to a charitable organization. You will be helping not only the needy but yourself.

**Believe in Yourself:** Don't lose site of the powerful, determined, and amazing person you are. The fact that you're in recovery speaks volumes about your courage and strength.

### ATTEND ONE OR ALL OF OUR LOCAL AA ALCATHONS!

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**2015 Thanksgiving Alcathon**  
Hosted by No Ma'am Group  
Thursday 11/26 - all day  
First United Methodist Church  
625 Randolph Street, Napa

**2015 Christmas Alcathon**  
Hosted by As Bill Sees It Group  
Thurs 12/24, 2pm-Fri 12/25, 8pm  
First United Methodist Church  
625 Randolph Street, Napa

**2016 New Year's Alcathon**  
Chair Position Open!  
(2 year sobriety requirement)  
Contact [chair@aanapa.org](mailto:chair@aanapa.org)  
if interested in chairing

# 2015 AA Anniversary Party

at the Veterans Home in Yountville

October 24, 2015

3:30pm - 7:30pm

Grant Hall (adjacent to Lincoln center)

Potluck · 2 Speakers · Games · Costume Competition · Music

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## Literature

Literature order forms along with pricing are available online at [www.aanapa.org](http://www.aanapa.org). If you have any questions or need assistance with your literature orders please feel free to email [literature@aanapa.org](mailto:literature@aanapa.org).

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**H&I** welcomes anyone to join us at our monthly business meeting - 6:45 pm on the first Friday of the month at the Sea Scout Building. Learn about the workings of H&I and how to get involved. Did you know that there are facilities that you can attend without filling out clearance paperwork, make a commitment or even share? Currently Area 51 brings 26 meetings a week and literature to the Women's Jail, Men's Jail, Men's Jail Spanish, California Medical Facility, Crestwood Behavior Center Vallejo, Crestwood Behavior Center Angwin, McAlister, Napa South Shelter, Napa State Hospital Spanish, Napa State Hospital English, and Vallejo Detox. You can learn more about H&I by going to [www.handinorcal.org](http://www.handinorcal.org) or by contacting Michelle at [handinapa@aol.com](mailto:handinapa@aol.com).

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## Beginner Meeting

Mondays at 7:30pm  
First United Methodist Church,  
625 Randolph, Napa

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## AA HOTLINE WORKSHOP

Topics: Crisis communication,  
being on the hotline,  
12 step calls and service.

The Hotline is in need of volunteers as positions are rotating in January.

**Thursday, Nov 12, 5:30-8pm**

First United Methodist Church  
Food and drinks provided!

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## CALIFORNIA NORTHERN COASTAL AREA ASSEMBLY

(hosted by Napa Area 06)

**Nov 14, 9am-4:30pm**

at the Calistoga Fairgrounds

For more info, contact  
[fallassemblychair2015@aanapa.org](mailto:fallassemblychair2015@aanapa.org)

For more information about  
CNCA06 please visit [cnca06.org](http://cnca06.org)

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**Save the Date!**

## ONE ACT AT A TIME WORKSHOP

Saturday, December 12th  
Location and Time TBD

