



INTERGROUP NEWS

AUGUST 2024 ISSUE 1

WELCOME

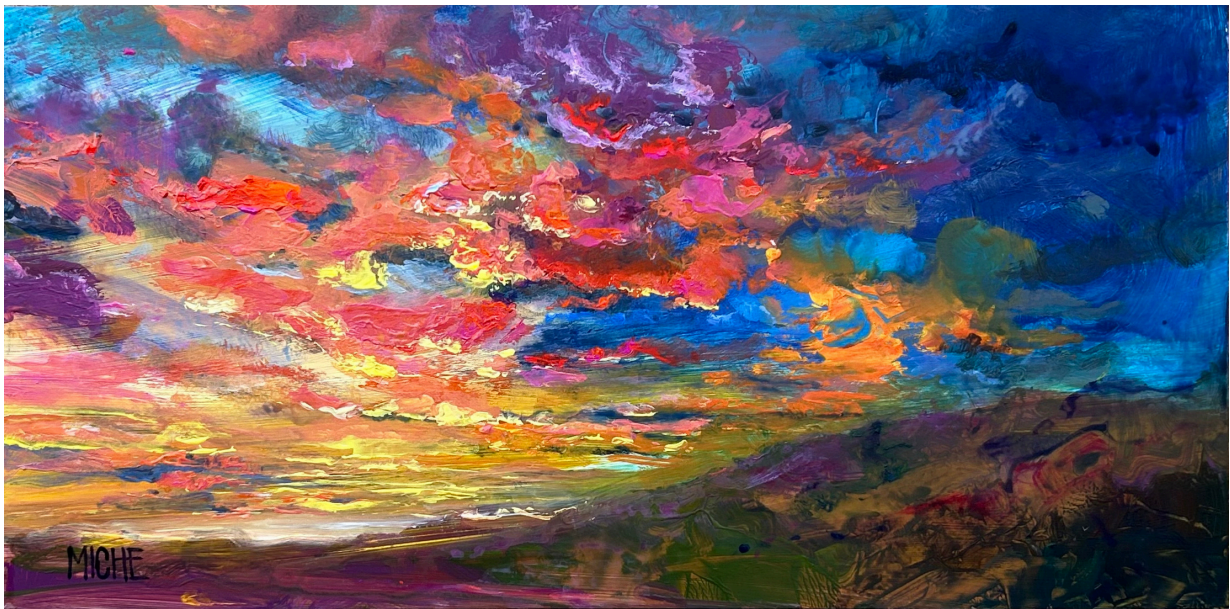
Welcome the inaugural issue of **Intergroup News**, a publication of Napa Valley Alcoholics Anonymous.

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Artists in Sobriety

Each issue of **Intergroup News** will feature works of artists in our Napa Valley fellowship. We invite you to enjoy the paintings of Michelle M and Israel H, and the photography of Mike B.



God's Near

by Michelle M

Artists in Sobriety, continued



Lady Iris, by Israel H.



**Put Another Dime in the Jukebox, Babe
by Israel H**



Corner of Franklin and Oak

by Mike B



Historic Streetcar, by Mike B

WHAT IS INTERGROUP?

Napa County Intergroup Fellowship is a service body directly responsible to the AA groups of Napa County. Its primary purpose is to meet the needs of the AA groups and to provide services as required.

The monthly Intergroup meeting provides an opportunity for Intergroup representatives to share group experience and problems, and to keep their groups informed about other service activities in the Napa Valley AA community.

Intergroup publishes our Meeting Directory and our newsletter, **Intergroup News**, facilitates the AA hotline, coordinates the monthly Birthday Meeting, provides a resource for AA literature to our groups, manages the website aanapa.org, and oversees the NVIG budget. During the winter holiday season, NVIG sponsors Alcathons – 24 hour continuous meetings and fellowship, on Thanksgiving, Christmas, and New Year's Day.

BE A CONTENT CONTRIBUTOR

Would you like to share your experience, strength and hope, and perhaps artistic vision, with the Napa Valley AA Fellowship? It's a great way to be of service. We are looking for personal stories, reflections on the Steps and Traditions, and visual arts expressions. Written contributions are limited to 500 words or less, and in keeping with our Tenth Tradition: Alcoholics Anonymous has no opinion on outside issues, thus the AA name ought never be drawn into public controversy.

You can submit your contributions, or any comments, questions or concerns to **newsletter@aanapa.org**

Exploring the Napa Valley Alcoholics Anonymous Website

Navigating the journey to sobriety can be challenging, but the Napa Valley Alcoholics Anonymous (AA) website is designed to make this path more accessible and supportive. Many people don't know all of the things you can find and do there.

Meeting Directory:

One of the standout features of the site is the comprehensive meeting directory. Whether you prefer in-person meetings or need a virtual option, the directory is regularly updated to reflect the latest information. It's incredibly easy to search for meetings by day, time, or type, ensuring you can find the timely support you need.

Calendar of Events:

The calendar of events lists all upcoming events, workshops, and special meetings. Staying connected and involved in the AA community can significantly enhance your recovery journey, and this calendar ensures you never miss an important event.

News Page:

The news page is your go-to source for the latest updates and happenings within the Napa Valley AA community. It includes announcements, event recaps, and important news that affects members. Staying informed through the news page helps you remain connected to the community and aware of new developments and opportunities for involvement.

Resources for Newcomers:

Starting your journey with AA can be daunting, but the resources for newcomers section is designed to ease this transition. It offers practical advice on what to expect at meetings, how to find a sponsor, and tips for getting the most out of the AA program. This section is all about making you feel welcome and supported from the get-go.

Exploring the Napa Valley Alcoholics Anonymous Website, cont.**Online Literature Order Form:**

The website also features an online literature order form, making it easy for group literature reps to obtain the materials you need. Whether you're looking for books, pamphlets, or other AA literature, you can conveniently place an order online.

Volunteer Sign-Up Page:

The volunteer sign-up page is where you can learn about various ways to contribute your time and skills to upcoming events like the annual Alcatraz. The page provides an easy-to-use form to sign up. By volunteering, you help strengthen the AA community and help make our events amazing.

For Meeting Organizers:

If you're responsible for organizing AA meetings, the website offers plenty of resources to help you. From best practices to meeting formats, this section ensures you have all the tools you need to run effective and welcoming meetings.

Contact Information:

Lastly, the site makes it easy to get in touch. With a dedicated hotline number and contact details, help is always just a call or click away. Whether you need immediate assistance or just have a question, the Napa Valley AA community is ready to support you.

It's always evolving;

The Web Committee is always adding new information. If there is anything you would like to see on the website, let them know! <https://www.aanapa.org/> is more than just a website—it's a lifeline. It's a place where you can find meetings, get involved, access resources, and most importantly, feel supported on your journey to sobriety. Visit Napa Valley Alcoholics Anonymous today and take the next step in your recovery.

PERSONAL STORY IN THE SWARM by Alex W

A couple months ago I found myself helping a friend out who is a beekeeper. What an amazing experience. The homeowner had hoped the bees would just move on their own, but after 3 months it was obvious they weren't going anywhere. They had taken residence inside one of the columns leading up to her front door. After cutting through the stucco, we found a massive colony. My friend estimated it to be around 300,000 bees.

We went to work. He would cut out sections of honeycomb and I would frame it. The goal is to relocate the hive to bee boxes. Once the honeycomb and queen were in the new box, the hive would migrate on their own. To help out with this process, he was using a modified shop vac. The shop vac would gently suck them up and place them in a screened in box, however because of the colony size we found ourselves in a tough spot. The box was full of bees, and we were halfway done.

The only thing to do was prepare the new bee box as best we could and "dump" the bees into it. Don't worry, this is harmless to the bees. When we dumped them, a large portion of the bees went into the box to investigate the state of the honeycomb, some went back to the site of the hive, but most angrily swarmed all around.

Thousands of bees angrily flying all around trying to protect the colony, and I was right in the middle of it. My beekeeper friend said it was time to take a break and let the colony calm down a little. He took a walk down the street to have a drink of water, but I chose to just sit in the moment.

My initial instinct was to be scared at first, but I was safe in my beekeeper suit. So I just sat quietly in the grass as bees flew all around. Some were angrily trying to get at me through the suit. After I took a few deep breaths and calmed myself I realized I was safe. I found the buzz of the swarm was calming, so I took a moment to meditate. That's when I had a realization.

IN THE SWARM by Alex W, Napa, continued

The swarm was like life. While the actions of these bees seemed angry and chaotic, they all served a purpose. They all had jobs, and in that moment, they were protecting their hive from what they felt was a threat. I could calmly sit there and let them do what they needed to do, protected in my beekeeper suit.

Isn't life kinda like that? The outside world might seem chaotic, but everyone is just doing what they need to do. Living their lives, doing their jobs, protecting their families. Just like these bees. I have no control over what these bees do, but I don't need to react. In the middle of the swarm, I can choose to just breathe and accept the moment.

So, I sat there for a good 20 minutes before I was interrupted. Silent in the chaos knowing all was going to be OK.

IN OUR NEXT ISSUE

SERVICE

Our next issue will highlight opportunities for service, and members' personal reflections on their experiences with service in Alcoholics Anonymous. We welcome your content contributions of 500 words or less

We will also continue to feature our fellowship's artists in sobriety. Content contributions can be submitted by email to newsletter@aanapa.org