



INTERGROUP NEWS

DECEMBER 2024 ISSUE 2

WELCOME

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

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Artists in Sobriety

Each issue of **Intergroup News** features works of artists in our Napa Valley fellowship. We invite you to enjoy the paintings of Janna W. and the photography of Mike B.



No Trespassing by Mike B.

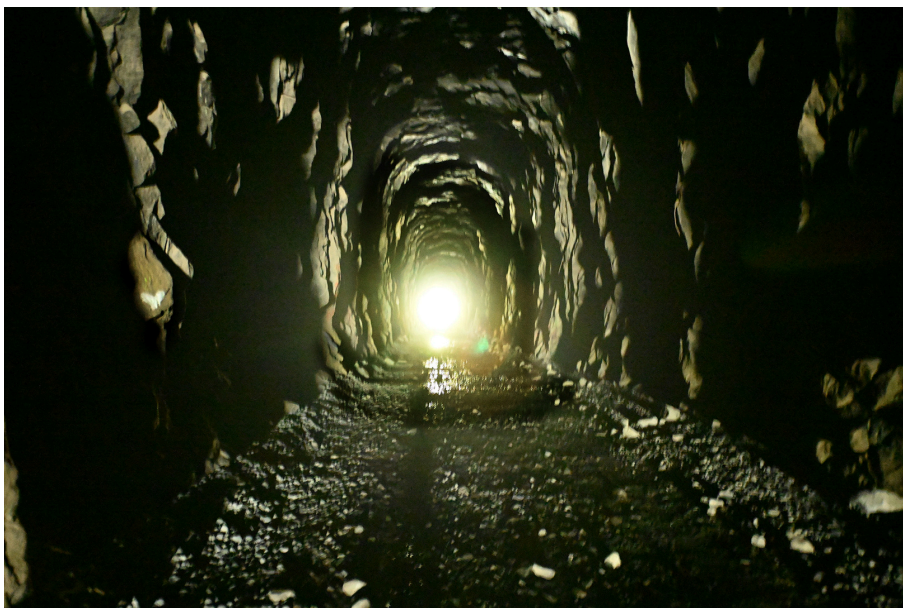
Artists in Sobriety, continued



by Janna W



by Janna W



Light at the End of the Tunnel by Mike B



Watonga Fire Hydrant
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 Alcatrons – 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 fewer, 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**



Hosted by Napa Intergroup,
NAPYPAA, and Freethinkers

2024 Christmas ALCATHON

*Join us for
food, fun, and
fellowship!*

Dec 24 7pm - Live Music
Dec 25 3-6pm - Dinner
Dec 25 9pm Karaoke

Meeting Times

Tuesday Dec 24
6pm, 8pm, 10pm

Wednesday Dec 25
12am, 2am, 4am, 6am,
8am, 10am, 12pm, 2pm,
4pm, 6pm, 8pm

Dec 24, 2024 6pm -
Dec 25. 2024 11pm

Napa Community Seventh-day Adventist Church
1105 G. St. Napa, CA 94559

NAPA VALLEY INTERGROUP & CROSSTALK AT CROSSWALK PRESENT

2025 NYE *Alcatraz*

31 DEC, 2024
TUESDAY 5PM - 10AM
MEETINGS ON THE ODD HOURS
STARTING AT 7PM

CROSSWALK CHURCH
2590 1ST ST, NAPA CA 94558

POTLUCK DINNER AT 5:30, MAIN
SPEAKER MEETING AT 7 WITH
-GUEST SPEAKER-
INCOMING PANEL 75 DELEGATE
DANCING & FELLOWSHIP TO
FOLLOW!

MUSIC & DJ
DJ TRAINWRECK

WWW.AANAPA.ORG

MEMBERS REFLECTIONS ON SERVICE

Alcathon Miracles, by Jean C.

Last year, the holiday Alcathons saved my life: certainly in the respect that they gave me a sober place to be during those slippery holidays, but they also gave me an introduction to service, which is now one of the cornerstones of my sobriety.

In October of '23, I was four months sober after a twenty-year relapse that ended in a suicide attempt. I didn't think I had much to offer anyone. However, one of the requirements of my sober living house was to have a commitment in the program. My work schedule at the time was unpredictable and I could not find a commitment that worked. So, when my home group, the illustrious Hut Group, voted to host the Thanksgiving Alcathon, I saw an opportunity. I knew I could cook at the very least.

I attended The Hut business meeting to offer my cooking service but found out that we were in dire need of a Food Chair. Okay, what's that? Well, it was more responsibility than I had envisioned, and a voice in my head said, "You don't have the follow-through for this. You promise everything and deliver nothing." But, my beloved Hut needed someone, and there I stood.

Naturally, I didn't meet the sobriety requirements for the commitment, and an exception had to be put to vote. Dear God. That's when a miracle happened. Our treasurer, Kevin, who hardly knew me, vouched for me, saying, "Hey, she can do this." And I thought, "Can I? Maybe I can." It was Kevin's vote of confidence that gave me permission to dive into the commitment and give it all I had. From that day on, The Hut was not only my home group, it was mine. My friends. My family. My lifeline.

After the Thanksgiving Alcathon, I worked the Christmas Alcathon. After that, I joined Intergroup and took a secretary commitment at The Hut. And I'm still working the Alcathons. Service keeps me connected to the program and allows me the opportunity to give back to AA what AA is restoring to my life: competence, confidence and follow-through.

This year, I had the honor of encouraging and mentoring another woman from my sober living house who became our Thanksgiving Alcathon Food Chair. At The Hut business meeting, another miracle happened. I was the one who now said, "Hey, she can do this." And she could. And she did.

That moment brought me an indescribable joy, all because of service, and I want more. Because I'm an alcoholic.

MEMBERS REFLECTIONS ON SERVICE

The Chip Chap by Justin I.

We're 51 minutes into our hour-long meeting. My friend is telling me to get up and interrupt the chairperson as he is about to infringe upon the time allotted for the birthday chip presentation. I am the Chip Chap.

"It's time for birthdays!" is announced by the chairperson. There is an applause and I make my way toward the front of the room. It's a full room tonight and after my first 3 weeks of this, I still don't have my opening words down. Also, I should mention that on my way to the front, I knock the ipad (used to broadcast to remote attendees on zoom) off the table. I thought It'd be a good idea to turn it toward myself and the chip recipients. It's now swinging by its charging cable, which saved me a few hundred dollars to replace a cracked screen.

Anywho, now I'm thoroughly embarrassed and ready to take the attention off myself by starting.

"Alright! ...we celebrate 24 hours, every month up to a year aaannnddd AYYYYEE-DEEN!"

Now that last phrase might be confusing for anyone new to this particular meeting. This is the way we say 18. It's a tribute to a man who I now consider a friend who, during covid, sent out my first chips in 2021 via mail with hand written notes of encouragement. The original Chip Chap. This man has an Australian accent, hence AYEEE-DEEN!" which is yelled by all with a merry ol' arm swing.

Alright, moving on in our presentation, we're announcing months, you'd think this is the easy part! Yes! I get to hand the mic off to the accomplished attendee to "tell us how you did it!", but now I have to search through a tacklebox to find the appropriate coin. This unorganized, loosely labeled tacklebox is a thing of my nightmares. The type of nightmare where you're hopelessly trying to find or do something while an entire room of people is waiting for you to do that something!

The Chip Chap, by Justin I, continued

I have never had stage fright in my life, but that first night when I realized “I dont know roman numerals!”, I was as close as it comes to walking right out of that door!

Now, you’re thinking “I thought service is supposed to be rewarding! He seems to hate this!” You’re incorrect!

Yes, I returned to my seat red-faced and sweating. Yes, I nearly broke the ipad, but I got through it! Also, after I escaped my own head, everyone seemed happy!

As we all know, a monthly or yearly sobriety coin is the one physical representation of our sobriety. Especially important for the first 12 months, getting that chip and thinking “I’m doing it! And these people around me are just as excited about it as I am!” I don't know about everyone else, but I almost never get applause for anything. Now we get applause for (and in addition to) saving our own life!

IN OUR NEXT ISSUE

STEPS 1,2,3

TRADITIONS 1,2,3

Our next issue will highlight members’ personal reflections on Steps 1,2,&3, and Traditions 1,2,&3. We welcome your contributions of 500 words or fewer.

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