



North Coast Unity Newsletter

March 2025

This publication is confidential and is intended for member of Alcoholics Anonymous only.

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The North Coast Unity Newsletter is a free service brought to you from Humboldt County Intergroup (HCI). You can request a printed copy be sent to you via mail or a digital copy be sent to you via email. You may also submit group or event information in the same ways. Submissions may include event flyers, group updates, birthdays and/or creative contributions about personal experiences in recovery.

To request your copy of the newsletter or for submissions please contact us at:

Humboldt County Intergroup

PO Box 7102

Eureka, CA 95502

Or via Email at: northcoastunity@gmail.com

Or via voicemail at: 707-273-1170

Someone will return your call

Visit the local AA Meeting Guide
Directory

aahumboltdelnorte.org/meetings/ for a list of registered meetings within AA's District 15 of the California Northern Coastal Area 06, featured on the website for Humboldt and Del Norte County meetings.

Recovery Thoughts for March

Step 3: *"Made a decision to turn our will and our lives over to the care of God as we understood Him."*

Tradition 3: *"The only requirement for AA membership is a desire to stop drinking."*

Concept for World Service 3: *"To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."*

Principle 3: *"Faith"*

Anonymous Humor

It takes a drunk five minutes to walk to the bar. However, it might take them thirty minutes to walk back home.

The difference is staggering!



HCI News & Events

Humboldt County
Intergroup presents...

CHILI COOK OFF

MARCH 15,
2025



KILLER CHILI!

BEFORE THE SPEAKER MEETING ON SATURDAY,
MARCH 15, HODGESON AND J, EUREKA

👉 **DOORS AT 5:30** 👈

TASTING AT 5:45 SHARP **NO LATE ENTRIES**

CALL/TEXT JADA @ 718-309-4979 WITH
QUESTIONS ... COME AND COMPETE FOR 1ST,
2ND AND 3RD PLACE AND TASTE SOME
GREAT 🌶️ CHILI



HCI presents an
A.A. Safety Workshop

March 22nd 1-5 PM
United Methodist Church, Arcata

Ensuring safety in all A.A. meetings is vital for all members. This workshop will provide tools and guidance to help groups create a secure and supportive environment while upholding A.A.'s principles and Traditions.



Snacks and drinks provided!

For more info, call Raphael at (707) 407-7236

Listen and view on Zoom
985 0863 7587 pswd is 707

HCI Business Meetings

1st Monday of Every Month;
6:30pm to 7:30pm
Zoom Meeting ID: 985 0863 7587
Password: 707

2025 HCI Service Members

Chair: Megan M.
Vice Chair: Jada B.
Treasurer: David C.
Recording Secretary: Charlie H.
Speaker Meeting Chair: Tina M.
Answering Service Chair:
NCU Editor Chair: Brad H.

To contact HCI outside of the regularly scheduled
monthly meeting:

Humboldt County Intergroup
PO Box 7102
Eureka, CA 95502

Or via Email at: northcoastunity@gmail.com

Or via voicemail at: 707-273-1170
Someone will return your call!

HCI 7th Tradition

7th Tradition accepted via Venmo:
[@HumboldtCounty-Intergroup](https://www.venmo.com/HumboldtCounty-Intergroup)

Or by check via mail to:
Humboldt County Intergroup
POB 7102
Eureka, CA 95502

Questions?
Email: HCITreasurer28@gmail.com



AA Helpline Answering Services

Humboldt (844) 442-0711
Del Norte (707) 464-3411

Get help by calling either phone
number above or
Click [HERE](#) to find local AA
Meetings

Meetings held daily via Zoom,
over the Phone,
In-person & more!
www.aahumbolddelnorte.org



4th of July
AA Potluck and Speaker Meeting

Everyone is welcome! Kid friendly and fun!

JULY 4th, 2025

United Methodist Church, Arcata

3pm - Games
4:30pm - Speaker
5:30pm - Potluck

General Service

District 15 - Humboldt/Del Norte

Panel 74 Business Meetings
2nd Saturday of Every Month; 10:00AM
IN-PERSON at the Adorni Center, Eureka
Or via Zoom
Meeting ID#: 827 1055 4729
Password: 1935
Panel 74 DCMC: Janine L. from Fortuna

California Northern Coastal Area 06

Area Committee Meeting
4th Saturday of Every Month
For all Area & District Members
Zoom ID: 632 553 607
Password: 1935

Also consider visiting <http://www.cnca06.org/> for up-to-date information regarding the entire area.

Available in English and Spanish!

AA General Service Areas in California



- A - CA Northern Coastal Area 06
- B - CA Northern Interior Area 07
- C - CA Central Area 93
- D - CA Mid-Southern Area 09
- E - CA San Diego-Imperial Area 08
- F - CA Southern Area 05
- G - Nevada Area 42

Public Information & Cooperation with Professional Communities

This position has rotated and as of publication time we haven't received confirmation of a new meeting time.

Please stay tuned!

We will update when we know more.

Conference Approved Literature Links

AA Literature is available to read online and for hardcopy purchase at: www.aa.org

Most items can be downloaded and printed once per AA member. Be sure to tell all newcomers that join your meetings that AA literature is readily available!

Please share the following links!

[Literature Catalog](#)

[The Big Book](#)

[12 Steps & 12 Traditions](#)

[AA Group Handbook](#)

[General Service Representative Kit](#)

Hospitals & Institutions Committee

The only purpose of Hospitals and Institutions is to carry the message of AA to alcoholics in Corrections and Treatment facilities and facilities serving alcoholics around the globe. The activities of this committee are governed by the Twelve Traditions and based on the spiritual principles embodied within the Twelve Concepts of Alcoholics Anonymous. AA Literature is brought into the meeting and provided free to the members who attend; approximately 90% of the money contributed to the H&I Pink Cans in your meetings is utilized for this purpose.

H&I VOLUNTEERS ARE NEEDED
In Humboldt County!

For more information, please contact Tony S at 707-616-4082 or you can use this link

www.handinorcal.org

Local Meeting News & Events



GAME NIGHT
2ND TUESDAY
8:15 - 9:30PM

LOCATION:
13TH & UNION - ARCATA
PARK IN BIG PARKING LOT,
LOOK FOR A.A. SIGN IN DOORWAY
CAMPBELL CREEK CONNEXION

16TH & L
NIGHT OWLS
ONE GROUP, TWO WEEKLY MEETINGS
16TH & L STREETS IN FORTUNA
WACKY WEDNESDAY @ 7 PM
FRIDAY NIGHT LIVE @ 7 PM

FORTUNA MENS GROUP
BIG BOOK STUDY
10 AM
FIRESIDE ROOM
2331 ROHNERVILLE RD
FORTUNA, CA 95540

TGIF YPAA
fridays 6:45-8:15 pm
--hybrid--
Church of the Joyful Healer
1944 Central Ave.
McKinleyville
open to all AA members
Kids welcome!
zoom meeting id: 815 4144 9016
passcode: 707

Humboldt County Intergroup

2024

Beginning balance per book, combined both accounts		\$ 8,650	
Inflows			
Seventh Tradition		5,761	
Rounding errors of \$1 may occur.			
Activities			
Speaker Meeting:			
Seventh tradition	1,809		
less:			
Meeting refreshments, etc.	(265)		
Church rental	(1,950)		
Gen liability insurance	(180)		
Speaker transportation, room, and board	(1,253)		
Supplies and misc.	-		
Zoom account: 50% of total	(80)		
HotSpot expense	(360)		
Total expenses - Speaker Meeting	(4,087)		
Net outflow - Speaker Meeting		(2,278)	
Prom door charge	482		
less: expenses	(1,286)	(804)	
Safety workshop		(172)	
Chili cook off		(79)	
Unity Day		(1,299)	
Paint n Sip		(221)	
Picnic: 7th Tradition	136		
less expense attendance 65	(700)	(564)	
Holiday Party door charge	-		
less: expense	-	-	
Campout income	10,253		
less: expenses	(11,449)		
Net In/Out: Campout		(1,196)	
Humboldt County Help-Line			
Unitel monthly teleservice, Hum. Co, Help Line	(357)		
North Coast Journal ad - Help Line	(333)	(690)	
Total spent on activities		(7,303)	84%
Admin/overhead			
Storage locker rent	(765)		
P.O. box	(179)		
Zoom account for business mtng.: 50% of total	(80)		
Phone plan to accept Venmo payments	(356)		
Office supplies	(4)		
Misc. over/under	4		
Total admin/overhead		(1,380)	16%
Ending balance per book		5,728	
Increase / <Decrease> for year		(2,922)	

Humboldt County Intergroup

Seventh Tradition donations

2024

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Arcata Fireside					400								400
Back to Basics				750					500				1,250
Blue Lake meeting								97					97
Ferndale Monday Night								60					60
Fortuna Into Action	500												500
Fortuna Nooners	150				60								210
Fortuna Sunday Living Sober	225											210	435
Hwy 36 Group				435				188					623
Joy of Living		350											350
On Awakening On Line									530				530
Over the Rainbow	75												75
Primary Purpose Fortuna	65												65
Savage Alcoholics Women's Group						100					100		200
So. Hum Survivors				200					200				400
Sober Sunday Arcata					270								270
Trinidad Thursday Night	30							20		20	25		95
Way Out Group	100							100					200
													-
													-
	1,145	350	-	1,385	731	100	-	465	1,230	20	125	210	5,760

Number of groups contributing: Avg Jan-May \$ 722 Avg Jun-Dec \$ 307
 2016-18: about 45-50
 Oct '23-Dec '24: less than 25 Avg Oct '23-May '24' \$ 690

Rounding errors of \$1 may occur.

Dear Friends of Bill,

Humboldt County Intergroup (HCI) is seeking support from all AA groups as we face a decline in contributions and attendance. This shortfall may force us to cancel some events and reduce services. Additionally, attendance at our 1st Monday business meetings has decreased, and fewer members are joining HCI.

HCI holds the Speaker Meeting on the 3rd weekend of the month, maintains the Humboldt County AA Answering Service and holds a Safety Panel for groups yearly. The Campout at Blueslide is one of our endeavors, along with the Chili Cook-Off, 2nd Chance Prom, Sip n' Paint, Unity Day, Picnic, and Holiday Dinner.

Humboldt County Intergroup (HCI) serves as a central service entity for Alcoholics Anonymous groups in Humboldt County, facilitating communication and coordination to help AA members access AA activities. Intergroup Representatives are crucial in linking individual AA members to the Intergroup, participating in monthly business meetings, and ensuring their group's voice is heard.

HCI encourages groups to elect HCI representatives in November of even-numbered years for a smooth transition. We hope you will join us in service to Humboldt County Alcoholics Anonymous. We meet on Zoom on **the first Monday of each month at 6:30 pm 985 0863 7587** pw is the usual.

To contribute to our 7th Tradition, please send via **Venmo @HumboldtCounty-Intergroup** or mail a check to **PO Box 7102 Eureka, CA 95502**

HCI Chairperson

February 16, 2025