

North Coast Unity Newsletter

March 2025

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

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Visit the local AA Meeting Guide
Directory

aahumboldtdelnorte.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.

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

Recovery Thoughts for March

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

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

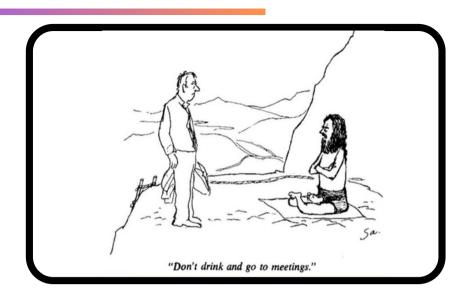
Concept for World Service 3: "To insure effective leadership, we should endow each element of A.A.—the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."

Principle 3: "Faith"

Anonymous Humor

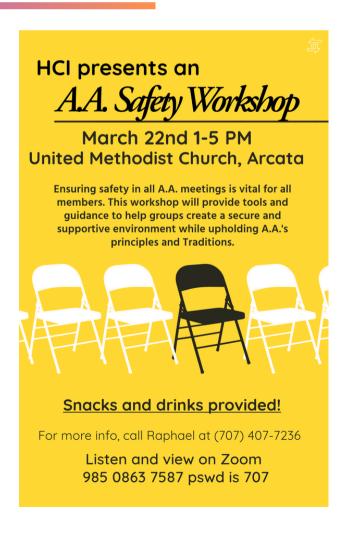
It takes a drunk five minutes to walk to the bar. However, it might take them thirty minutes to walk back home.

The difference is staggering!



HCI News & Events





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:

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PO Box 7102

Eureka, CA 95502

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HCI 7th Tradition

7th Tradition accepted via Venmo: @HumboldtCounty-Intergroup

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

Questions? Email: HCITreasurer28@gmail.com





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 upto-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

<u>Public Information &</u> <u>Cooperation with Professional Communities</u>

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

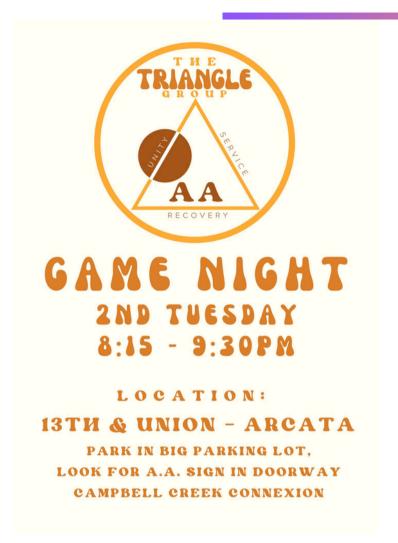
The only purpose of Hospitals and Institutions is to carry the message of AA to alcoholics in Corrections and Treatment facilities and facilities serving alcoholics around the globe. The activities of this committee are governed by the Twelve Traditions and based on the spiritual principles embodied 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

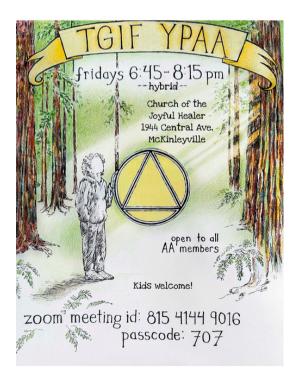
www.handinorcal.org

Local Meeting News & Events









Humboldt County Intergroup

2024

Beginning balance per book, combined both accounts Inflows		_	\$ 8,650	
Seventh Tradition			5,761	
Rounding errors of \$1 may occur				
Activities Specifical Mostings				
Speaker Meeting:	4 000			
Seventh tradition	1,809			
less:	(005)			
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)		
	(1,200)	(504)		
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				
Net In/Out: Campout	(11,449)	(1,196)		
Net hisout. Campout		(1,150)		
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)	849
Admin/overhead				
Storage locker rent	(765)	100		
P.O. box	(179)			
Zoom account for business mtng.: 50% of total	(80)			
Dhone plan to conset Venera assessed	(356)			
Priorie bian to accept vermo payments	(4)			
Office supplies				
Office supplies				
Office supplies Misc. over/under	4		(1 390)	10
Phone plan to accept Venmo payments Office supplies Misc. over/under Total admin/overhead			(1,380)	16
Office supplies Misc. over/under		_	(1,380) 5,728	16

Humboldt County Intergroup

Seventh Tradition donations

2024

	Jan	Feb -	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Arcata Fireside			1		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		1			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 Gro	oup					100					100		200
So. Hum Survivors				200			700000		200				400
Sober Sunday Arcata					270								270
Trinidad Thursday Night	30	-				I bearings		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: Oct '23-Dec '24: about 45-50

less than 25 Avg Oct 1

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