

Interested in a service opportunity beyond your group level? Contact District Office at (510) 276-2270 for more information.

Newsletter contains information from the most recent District Meeting, NCWSA, WSO, as well as individual submissions.

The District Meeting is held on the 3rd Saturday of every month at St. Leander's School, 451 Davis Street in San Leandro. All are welcome.

The Serenity Prayer

God, grant me the serenity
To accept the things I cannot change,
Courage to change the things I can,
And wisdom to know the difference*

Recovery through Steps Step Four: Made a searching and fearless moral inventory of ourselves.*

Unity through Traditions Tradition Four: Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.*

Service through the Concepts Concept Four: Participation is the key to harmony.* *"I am making a conscious choice to be of help today. In the past I was helpful for wrong reasons. I feel different now. It is important to develop myself and help others unconditionally."* (From Concept IV discussion at District 15 Business Meeting.)

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Service Opportunities at the District Level

We are looking to fulfill the positions below. Contact District 15 office at (510) 276-2270 or come by District 15 business meeting every 3rd Saturday in San Leandro for more info. **Note: There will be no District 15 business meeting in May.**

- Secretary
- Co - Treasurer (to attend District meeting and present financial reports/budget)
- Office Coordinator
- Archives Coordinator
- Answering Service Coordinator

Calendar of Events/Workshops

Monthly Fellowship Event: Monday Night San Leandro group is celebrating 60 years and you are invited to the birthday party! The event will be on April 25th 2015 at 6:00pm at the All Saints Episcopal Church, 911 Dowling Blvd., San Leandro, CA. Bring food for your family and a little to share. AA speaker is Linda S. from San Leandro and Al-Anon speaker is Julie A. Alateen speaker is Ronnie from the New Life Oakland Monday night Alateen meeting.

Other Districts' Events: Check out NCWSA Calendar at <https://www.ncwsa.org/events-calendar>.

Newsletter Editor: wedotwelve@123mail.net ♦ District 15 Office: ezduz@sbcglobal.net (510) 276-2270

District 15 Website: www.ncwsa.org/d15 ♦ Northern California World Service Area Website: www.ncwsa.org

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April 25th District 16 Day in Al-Anon "Plant Yourself in the Garden of Recovery" Pleasanton, CA from 8:00 AM to 5:00 PM

May 2nd – May 3rd Second Annual Marin Men's Al-Anon Weekend in Sausalito, CA from 9:00 AM Saturday to 11:30 AM Sunday

May 15th – May 17th 33rd Annual Growing Together Weekend at Westminster Woods in Occidental, CA.

SAVE THE DATE Al-Anon's Sixth International Convention in Baltimore Maryland on July 6-8 2018. <http://www.al-anoninternationalconvention.org/>

Workshops

May 3rd D26 Workshop on Steps 6 and 7 "Letting Go of Emotional (& Other) Clutter" in Albany, CA from 2:30 PM to 5:30 PM at St. Alban's Episcopal Church 1501 Washington St.

Monday Night Keep It Simple group is proud to announce series of Sponsorship Workshops beginning on June 1st from 5:15pm to 6:30pm at 5951 College Ave in Oakland. More details to follow. Everyone is welcome!

New Meeting

Oakland 6:30-6:45 pm Beginners meeting for anyone, 7-8 pm Regular meeting

Wednesday Parents AFG *** Open meeting. All are welcome ***

Kaiser Mosswood Building, 11th floor

Conference Rooms 1173-1172 (Beginners meeting in 1171 or 1172 - NEW starting March 4, 2015) 3505 Broadway next to freeway

Literature Depot Corner

In April we focus on Step Four: Made a searching and fearless moral inventory of ourselves. We offer two workbooks for use in completing this step. Blueprint for Progress (original version) (P-5, \$4) includes reflections and inventory questions on six different aspects of personal growth—attitudes, responsibilities, self-worth, love, maturity and character traits. Blueprint for Progress (revised) (P-91, \$9) includes the original six, plus additional sections on fear, anger, control, intimacy, sex, finances and spirituality. Both are available at our D15 Literature Center.

The Forum: Click the link below for the April 2015 articles at <http://www.al-anon.alateen.org/the-forum-magazine>

Note: To log in to WSO members' site, enter any word followed by afg, for example, serenityafg and you are in!

Alateen Corner

Alateen, part of the Al-Anon Family Groups, is a fellowship of young people whose lives have been affected by alcoholism in a family member or close friend. We help each other by sharing our experience, strength, and hope.

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Upcoming events

- The Alateen speaker for our April 25th Monthly Fellowship Event will be Ronnie from the New Life Oakland Monday night Alateen meeting, he is also the Group Representative for that group! Please plan to attend the event and support him.
- The 33rd Annual Growing Together Weekend (GTW) an Al-Anon / Alateen event is May 15, 16 and 17 at Westminster Woods, Occidental, Ca.
- D14 AMIAS training is Saturday, April 25th in Concord from 9:45 a.m. to 12:30 p.m. John Muir Hospital Concord Campus, 2450 East Street, Concord 94520, Martinez room.
- D15 2nd Annual AMIAS training is July 25th from 1 to 4 p.m. at First Presbyterian Church of Hayward in Castro Valley, 2490 Grove Way, Rm 14.

Our Alateens had their first fundraiser of the year at the March 28th Monthly Fellowship event. About 15 Alateens participated in making root beer floats for donation money to help them attend the Growing Together Weekend convention. The Saturday Oakland Guiding Hands Al-Anon group donated their entire March 28th 7th tradition (\$50.00) directly to the fundraiser. Several other Al-Anon members who were unable to attend the MFE made donations ahead of time. The grand total earned / donated was \$435.38! And thanks to our AMIAS (Al-Anon Members Involved in Alateen Service) who donated the supplies for the floats, 100% of the proceeds will be used for Alateen scholarships. The Alateen and AMIAS family would like to thank everyone who supported our Spanish group's monthly fellowship and Alateen fundraiser.

Your donations made it possible for 10 of our Alateens to attend GTW this year!

Reminder: Alateens are always welcome to attend any Al-Anon meeting. (Service Manual P-24/27, page 33.)

Public Information Corner

Our Central East Bay (District 15) Al-Anon Family Group is registered to participate in a number of events this spring and summer. We will set up an information table to provide Al-Anon & Alateen literature at community health and resource fairs. These events are an excellent opportunity for Al-Anon Family Groups to reach the community to introduce Al-Anon and Alateen. We explain how Al-Anon helps meet the needs of children and families, and invite them to our meetings. We give them Serenity Prayer bookmarks, offer pamphlets such as "Detachment" and "Freedom from Despair", meeting schedules, and let them know it's okay to love an alcoholic. Our literature table is very comprehensive now with nearly everything in both English and Spanish. We need both SPANISH-SPEAKERS and English-speakers!!!! So many people want to talk to us that we often need two bilingual Al-Anons at a time.

SAT 5/2 11 AM- 3 PM Cinco de Mayo Celebration Health and Resource in Ashland Community Center at 1530 167th Ave, San Leandro. Community Park is located between 167th/168th Ave, block above East 14th. This event develops community spirit in the Unincorporated Area of

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Ashland, while creating and promoting a safe and alcohol-free environment. The Community Health Fair provides low-income and at-risk residents with information about services available to address their needs and ways to develop healthy lifestyles. The Youth Expo enables Ashland youth to express their talents, feel connected to their community, learn about resources available to them, and be substance free.

Cinco de Mayo con Orgullo Celebration

The event highlights the skills and talents of local youth in a substance-free environment con orgullo (with pride!). Expecting 500 guests. There will be a parade, lots of dancing, food, music, arts & crafts, and costumes. Check out the website for beautiful colorful photos. www.ebdir.net/cinco

SAT 5/16 11 AM-3 PM 4C's Annual Children's Faire 22351 City Center Drive in Hayward (just south of Foothill Safeway store; above Foothill Blvd.). The 4 C's Children's Faire is designed to provide families with young children with resources on child care, health and nutrition, safety, advocacy and more. The Faire also offers exciting activities, games and entertainment for children. Expecting over 1200 guests this year. www.4c-alameda.org

If you are interested in carrying the message of recovery in any of the events above, please contact the District Office at (510) 276-2270 or send an email to wedotwelve@123mail.net or ezduz@sbcglobal.net. Provide your first name, phone#, and email address to volunteer to staff these events.

Member Shares

"As I work through Step Four, more changes in my attitude are occurring. I see with fresh eyes areas that need improving. I am willing to work at creating a better version of the person I aspire to be. As I learn to love myself unconditionally, I can now more easily accept others for who they are. I have discovered a loving connection to the God of my understanding. I am indeed a work in progress, well on my way to healing this precious soul, which I believe is a gift worth fighting for!" *Adele T., Ontario Forum August 2010 p. 31* (reprinted with permission of *The Forum*, Al-Anon Family Group Hdqts., Inc., Virginia Beach, VA.)

Please consider submitting your shares of experience, strength and hope to be included in our monthly newsletter. Please send your shares to wedotwelve@123mail.net.

What is your favorite slogan? What tools of the program do you use on a daily basis? How is a service position important for your recovery? How do you track your progress? How does being a Sponsor help with your own recovery? What does Step 5, Tradition 5 and Concept 5 mean to you? What are you struggling with today? What keeps you coming back to the program?

Al-Anon 2015 Membership Survey Results

Participation in the 2015 Membership Survey over 8,500 – highest ever! Much interesting information is being uncovered in the survey results, which can be used by the WSO and

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members involved in service to communicate with professionals and the general public about the benefits of Al-Anon. Preliminary findings show the fellowship is now made up of 17% males, the highest percentage we have seen since the survey was first conducted in 1984. Age 60 is the average age of members in 2015, which is also oldest average age we have seen since the survey was first conducted. A complete overview of the survey results will be available at al-anon.org and on the Members' Web site (al-anon.org/members) in the coming months. Thank you to everyone who participated in the survey.

Note: The information above comes directly from April 2015 Group eNews distributed by WSO.

Online Al-Anon Outreach:

Did you know there are Al-Anon meetings via email as well as real-time chat? They are offered in English, Spanish, Japanese, Italian, German, French and Portuguese. For more info, click: <http://www.ola-is.org/>.

In Service,
Ramilya B., D15 Newsletter Editor

Please send suggestions, corrections, shares and any other information to wedotwelve@123mail.net.
Thank you!

PS: A pdf version of the newsletter is available at the District website
<http://www.ncwsa.org/d15/>

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