

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 Eight: Made a list of all persons we had harmed, and became willing to make amends to them all.*

Unity through Traditions Tradition Eight: Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.*

Service through the Concepts Concept Eight: The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.*

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Service Opportunities at the District Level

Co-Treasurer, Answering Service Coordinator, Office Coordinator and Archives Coordinator service positions are available. Contact District 15 office at (510) 276-2270 or come to District 15 business meeting (every 3rd Saturday) in San Leandro for more info.

District 15 Day in Al-Anon "On the Path to Serenity"

Save the date! On October 3rd 2015 District 15 will be celebrating a gift of the program through recovery, unity and service. Pre-registration is \$8.00, registration at the door is \$12.00.

A wide variety of service positions is available: Co-Chair, Publicity Flyer, Pre-registration, Table Registration, Spanish Liaison, AA Liaison, Food Coordinator, Decorations, Alathon Coordinator, Silent Auction, Raffle Chair, Set-Up, Clean-Up, Event Signs.

If you are interested in being of service in organizing the event, please send an email to wedotwelve@gmail.com. We will connect you with Britt W., DIAA Chairperson.

Calendar of Events/Workshops

D15 Monthly Fellowship Event

Date	Time	Hosted By	Location
Saturday 8/29/2015	5:30pm - 9:00pm	Castro Valley Wednesday Night Courage to Change	911 Dowling Blvd., San Leandro, CA 94577 Rear of Building

Bring food for your family and a little to share. All are welcome!

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World Service Organization Website: www.al-anon.alateen.org/members/ (log-in is group name followed by "afg")

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

Date	Event	Time	Location
Friday - Sunday 9/4/15 – 9/6/15	Monterey Bay Area Roundup 2015 "Keep it Simple" AA Event with Al-Anon Participation	12:00am – 11:59pm	Monterey Conference Center 1 Portola Plaza Monterey, CA
Saturday 9/12/2015	D05 BBQ and Potluck	12:30pm - 5:00pm	Youth Community Park 1700 Fulton Rd. Santa Rosa, CA
Saturday 9/12/2015	D16 Speaker Meeting	7:30pm – 9:00pm	St Clare's Episcopal Church 3350 Hopyard Rd Pleasanton, CA
Sunday 9/13/2015	2016 NCWSA Convention Committee Meeting (2 nd Sunday of Each Month) "Tree of Life ~ Roots of Recovery"	11:00am – 1:00pm	TBD (check the events calendar at ncwsa.org for location)
Saturday 9/19/2015	D12 Speaker Meeting	7:00pm – 9:00pm	St Matthews Church 3281 16th Street San Francisco

SAVE THE DATE Al-Anon's 6th International Convention in Baltimore Maryland on July 6-8 2018.
<http://www.al-anoninternationalconvention.org/>. Please note this is an interactive page that alternates between previous and upcoming events.

Workshops

Date	Workshop Name	Time	Location
Friday - Sunday 9/18/15 – 9/20/15	9 th Annual NCWSA Alateen Sponsors R&R Replenish and Recommit	12:00am – 11:59pm	Westminster Woods 6510 Bohemian Hwy Occidental, CA

Literature Depot Corner

Dolores G., Literature Depot Coordinator, brings yet another wonderful piece of Conference Approved Literature: **The Dilemma of the Alcoholic Marriage**. This enlightening little book provides help for the spouse in dealing with problems in alcoholic relationships. It discusses anger, communication, sex and much more. The final chapter, "How the 12 Steps Apply to Marriage Problems", contains questions to ask yourself about your marriage, suggested by the 12 steps of Al-Anon. I particularly liked the paragraph about communication based on love. The book, B-4, is available in our District 15 literature center for \$8.50.

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

Alateen Corner

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This report comes from Christina O., D15 Alateen Coordinator:

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.

Upcoming events

- NoCAC Second Bash is August 21-23, 2015 at Big Meadows Campsite in Stanislaus National Forest, CA. Suggested donation is \$20. For more information visit the NCWSA web site: www.ncwsa.org/events.
- Our Alateen speaker for the August 29th MFE will be Kaya D. from San Jose, please plan to attend and support our guest speakers.
- 9th Annual NCWSA Alateen Sponsors R & R is September 18-20th at Westminster Woods in Occidental, CA. For more information visit the NCWSA web site: www.ncwsa.org/events. (The Bash is a camping trip fundraiser for NoCAC scholarships - minimum age is 12 years old)

The **Alateen Express** is the official newsletter for Alateen groups of the Northern California World Service Area of AFG, Inc. Check out the Spring 2015 edition at <https://www.ncwsa.org/newsletters/#alateenexpress>.

Share from a District 15 Alateen before attending Growing Together Weekend:

I would like to first start by thanking all the people who donated to make this trip possible. I heard many things about how fun this trip is going to be. For example, I'm going to meet many wonderful people with the same problems as mine, I will relate to many of their problems. We did many things to earn the money for the trip, like the Root beer float sale that made a success, we made over \$300. We appreciated all the people that supported us. I know I'm going to have a great time and have a good experience with good people.

After event share:

I was correct, I had a great time at Woods! I met so many people that were really awesome. All the activities were really helpful in many people's lives including mine. My favorite person that spoke was Anna, she really expressed herself there and even better was that I got to meet her and we were in the same cabin. I had a wonderful time and I'm definitely going to Woods next year.

Anonymous

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

Public Information Corner

This report comes from Kathleen Z, D15 PI Coordinator:

Al-Anon Family Groups participates in various community events to introduce to the public how Al-Anon and Alateen help families who are suffering from effects of someone else's drinking. We give them Serenity Prayer bookmarks, pamphlets such as "Detachment" and

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"Freedom from Despair", meeting schedules, and let them know it's okay to love an alcoholic and they don't have to struggle alone. We carry the message, reaching out to let them know there is a chair waiting for them in our meetings.

Please help us practice the 12th Step by spreading these announcements with Al-Anon members. Contact Kathleen Z at kathleenzAFG@yahoo.com (email is included with Kathleen's permission).

Mucho gracias to Guadalupe N, our District 15 Spanish InterGroup Public Information Coordinator who arranged for 8 Spanish-speaking Al-Anon members to volunteer for our AFG information table at the Allen Temple Baptist Church (ATBC) Wellness Fair this Saturday, August 15th. They are: Laura S, Julietta D, Tomasa S, Isabela G, Maria Elena M, America S, Fernando Y, and Guadalupe N. Additionally, we have the English-speaking Al-Anon volunteers: Pierce, WendyEllen, James H, Ginger, Cindy H, Elizabeth, and Kathleen Z.

Save the Dates: Al-Anon/Alateen is registered to participate at these events:

Saturday August 29th AA'S ALL GROUPS DAY W/AL-ANON PARTICIPATION, OAKLAND
East Bay AA Intergroup/East Bay Al-Anon/ Alameda Co Young People of AA present: ALL GROUPS DAY 2015: "A HISTORY OF CHANGE" from 12pm to 4:30pm.

Saturday October 10th ASHLAND CHERRYLAND FAMILY FESTIVAL, SAN LEANDRO

Member Shares

"I found hope that I could survive. I found compassion and friendship. I found tools and principles to use in all aspects of my life. I detached from the chaos. I let others deal with the consequences of their behavior. I took control of my life with Al-Anon literature, slogans, and Steps. I live my life today using Al-Anon suggestions. Every morning, I read, pray, and meditate. I have contact with other members. I look forward to at least three meetings a week, and participate in Al-Anon functions as much as possible. My serenity depends on my Al-Anon practices." *Anne W., Idaho The Forum, December 2014 p. 4* (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@gmail.com

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 9, Tradition 9 and Concept 9 mean to you? What are you struggling with today? What keeps you coming back to the program?

WSO Outreach Center

WSO monthly newsletters are available at <http://www.al-anon.org/members/groups/group-resources/item/41-group-e-news>

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Are you a professional freelance writer? The WSO is looking for you!

The Al-Anon World Service Office is now accepting proposals by Al-Anon members who are experienced, professional freelance writers/editors to work on two new pieces of literature in development:

- INTIMACY IN ALCOHOLIC RELATIONSHIPS (working title):
- PARENTS & GRANDPARENTS OF YOUNG PROBLEM DRINKERS (working title):

If you feel you are qualified and interested in helping us develop either of these projects, we invite you to submit a bid. Please go to: [al-anon.org/members](http://www.al-anon.org/members), <http://www.al-anon.org/members/groups/group-resources/item/41-group-e-news>. Enter your password—any variation of your group name followed by AFG. Click on the “WSO” tab on the home page. Click on “Inside the WSO.” “Click on “Freelance Writers/Editors” under “Employment Opportunities.” You will find all the information you need to submit a proposal there. Please submit your bid by **October 15, 2015**.

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@gmail.com.

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

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