

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 Twelve: Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.\*

**Unity through Traditions** Tradition Twelve: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.\*

**Service through the Concepts** Concept Twelve: The spiritual foundation for Al-Anon's world service is contained in the General Warranties of the Conference, Article 12 of the Chapter.\*

\*Reprinted with permission of Al-Anon Family Group Headquarters, Inc

### **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 3<sup>rd</sup> Saturday) in San Leandro for more info.

### **Calendar of Events/Workshops**

#### *D15 Monthly Fellowship Event*

Date	Time	Hosted By	Location
Saturday 12/26/2015	5:30pm - 9:00pm	Hosted by Alameda Monday Night Promises Group and the Montclair Friday Group	911 Dowling Blvd., San Leandro, CA 94577 Rear of Building

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

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

Date	Event	Time	Location
Saturday 1/09/2016	NCWSA Speaker Meeting	12:30 pm - 3:30 pm	Carpenters Union Local 751 Hall 1700 Corby Ave. Santa Rosa, Ca

### **SAVE THE DATE**

NCWSA Convention on 4/15/16 – 4/17/16 at Crowne Plaza Sacramento Northeast, 5321 Date Ave. Sacramento, CA. Pre-registration is \$25. At Conference \$35.

Newsletter Editor: [wedotwelve@gmail.com](mailto:wedotwelve@gmail.com) ♦ District 15 Office: [ezduz@sbcglobal.net](mailto:ezduz@sbcglobal.net) (510) 276-2270

District 15 Website: [www.ncwsa.org/d15](http://www.ncwsa.org/d15) ♦ Northern California World Service Area Website: [www.ncwsa.org](http://www.ncwsa.org)

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

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

### Literature Depot Corner

*Courage to Change* is now available as an e-book! If you or a loved one enjoys reading through an electronic device, such as an iPad, Kindle, or Nook, you will be happy to know that the daily reader *Courage to Change* (eB-16) is available now from the following electronic media providers, in English, Spanish, and French: Apple iBooks (\$13.99), Amazon, Barnes and Noble and Kobo (two parts, each for \$6.99 ).

All of these electronic media providers have options for gift giving, the details for which can be found on their respective Web sites.

*Courage to Change* is the first Al-Anon daily reader to be available electronically, so download your copy and send one to someone else, and experience recovery every day of the year!

Also, stay tuned for the *Courage to Change* audio book, coming soon in early 2016.

*This announcement is informational only, and not an endorsement of any electronic media provider, e-reader, or other products sold by electronic media providers.*

*Note: The information above comes directly from December 2015 Group eNews distributed by WSO. WSO monthly newsletters are available at <http://www.al-anon.org/members/groups/group-resources/item/41-group-e-news>*

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

### Alateen Corner

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

Alateen is part of the Al-Anon Family Groups, it 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:

- Our Alateen speaker for the December 26th monthly fellowship event will be Gabriela from Berkeley. The sponsoring groups will be the Alameda, Monday Night Promises Group and the Montclair Friday Group.
- The Alateen speaker for the January 30th 2016 monthly fellowship event will be Jessica McB. from Gilroy. The event will be hosted by the Thursday Ala-Nooner group, celebrating 28 years of recovery!

Newsletter Editor: [wedotwelve@gmail.com](mailto:wedotwelve@gmail.com) ♦ District 15 Office: [ezduz@sbcglobal.net](mailto:ezduz@sbcglobal.net) (510) 276-2270

District 15 Website: [www.ncwsa.org/d15](http://www.ncwsa.org/d15) ♦ Northern California World Service Area Website: [www.ncwsa.org](http://www.ncwsa.org)

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

- New Spanish / English Alateen meeting coming soon in Hayward on Tuesday nights from 7 P.M. to 8:30 P.M. Simultaneous Spanish Al-Anon meeting next door. More information will be in the next newsletter.

The Thursday night Together We Can Make It Alateen meeting will not have a meeting on December 24th and December 31st. (Good opportunity to check out the Monday and Wednesday night Alateen meetings in our district).

The AMIAS (Al-Anon member involved in Alateen service) and Alateen team have worked hard this year and have many accomplishments to show for it. One of our most important achievements is that the Alateens have learned what it means to be “fully self-supporting,” Tradition 7. All scholarships given to Alateens this year for Growing Together Weekend and the Northern California Alateen Conference have come directly from earning donations. The following are just a couple of examples:

We had an Alateen speaker at 10 of our Monthly Fellowship Events and collected \$713 in donations.

The Alateens earned \$1,046 from their two fundraisers this year: the root beer float fundraiser and the Day In Al-Anon Bake Sale.

Some of our other accomplishments this year: We had our 2nd Annual AMIAS training in July and three AMIAS meetings, all with good attendance. We also have an Alateen Group Representative for each of our three Alateen meetings. Lastly, the Alateens hosted their very first Monthly Fellowship Event, the October 31st Halloween party which was a great success!

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

***Thank you very much for your support and generous donations this year. We wish you a happy holiday season,***

***Love in service from the AMIAS and Alateen team.***

REMINDER: Alateens are welcome to attend any Al-Anon meeting, there is no need to take a group conscience. (Service Manual P-24/27, page 33.)

### **Public Information Corner**

Television stations in the U.S. and Canada will begin broadcasting Al-Anon’s new Public Service Announcements (PSAs) this month. These broadcasts can carry Al-Anon’s message of hope and recovery to thousands of people in your local community. Local television stations share this message as a public service, at no cost to Al-Anon. In 2015, about 300 television stations put Al-Anon PSAs on the air more than 60,000 times. For example, in Billings, Montana, two network-affiliated TV stations played the PSAs nearly 2,000 times. But in Boston, only a small independent TV station played Al-Anon PSAs twice.

Newsletter Editor: [wedotwelve@gmail.com](mailto:wedotwelve@gmail.com) ♦ District 15 Office: [ezduz@sbcglobal.net](mailto:ezduz@sbcglobal.net) (510) 276-2270

District 15 Website: [www.ncwsa.org/d15](http://www.ncwsa.org/d15) ♦ Northern California World Service Area Website: [www.ncwsa.org](http://www.ncwsa.org)

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

You have an opportunity to encourage the television stations in your locality to give air time to Al-Anon PSAs. Please start by thanking the TV stations that have been supportive already.

*Note: The information above comes directly from December 2015 Group eNews distributed by WSO. WSO monthly newsletters are available at <http://www.al-anon.org/members/groups/group-resources/item/41-group-e-news>*

### **Member Shares**

“Starting out in Al-Anon, I immediately noticed a conflict. How could I talk about what I needed to share without others knowing I was gay. I thought maybe I’ll change the pronoun, or just listen and never talk. I grappled with wondering how I would begin my recovery if I never started to share authentically. I was so used to pleasing everyone and being someone others wanted me to be. Thanks to Al-Anon, I am much more aware of my need to pretend and my practice of blaming my problems on others, especially my spouse.

Over time in Al-Anon, I was able to share freely about my life and realized that being a gay woman was incidental compared to speaking my truth. My being gay was what I thought about when I was concentrating on the opinions of others. I now know that happiness is my job and comes from keeping the focus on me. When I concentrated on whether I am attractive enough or smart enough, or if my gayness would be accepted, my attention is focused on others. When I attend my Al-Anon meetings regularly, meet with my Sponsor routinely, and read my Al-Anon literature daily, my focus is on me. Worrying about what others think about me is not my business. My recovery is about finding companionship and listening to my heart.” *Debbie M., Florida, The Forum, December 2015* (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](mailto: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 One, Tradition One and Concept One 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>

New survey for members! Beginning January 15, a survey will be available for all members on the Members' Web site. The purpose of this quick, 15-question survey is to get feedback from members about some of the WSO's messages to the fellowship. Here's how you can participate:

- Log on to the Al-Anon Members' Web site, [al-anon.org/members](http://al-anon.org/members), from **January 15 – February 26, 2016**. Sign into the Web site using your group's name followed by the letters, AFG, without any spaces, e.g., [serenityseekersafg](mailto:serenityseekersafg).
- Click on "Surveys for Members" under the "Individuals" tab on the navigation bar at the top of the page.
- Click on the link titled "Al-Anon Program Survey."

We thank you for your anonymous participation in this project!

**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](mailto:wedotwelve@gmail.com).*

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

To unsubscribe from this list, send an email with any subject or body from the subscribed address to [afg-eastbay-off@afg.talklist.com](mailto:afg-eastbay-off@afg.talklist.com)