

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 Two: Came to believe that a Power greater than ourselves could restore us to sanity.*

Unity through Traditions Tradition Two: For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.*

Service through the Concepts Concept Two: The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.* *“Trust in my Higher Power gives me freedom to trust in everyone else as well. In the beginning of the recovery process we do not trust a lot of people and our Higher Power because we think we are in control. The Concept allows us to trust everyone else, especially our Higher Power.”* (From Concept II discussion at District 15 Business Meeting.)

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

Service Opportunities:

Looking for a service position to enrich your recovery? District 15 is looking for volunteers to fulfill the following positions:

- Secretary
- Treasurer
- Office Coordinator
- Archives Coordinator
- Monthly Fellowship Event Coordinator
- Answering Service Coordinator

This is a great and safe way to develop numerous skills, such as leadership, creativity, communication, etc. Contact District 15 office at (510) 276-2270 or come by District 15 business meeting every 3rd Saturday in San Leandro for more info.

Calendar of Events/Workshops

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

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

Monthly Fellowship Event: **Note time change for the month of February only!** Come celebrate Valentine's Day with Friday Night New Beginnings group! The event will be on **February 21st 2015** at 5:30pm at the All Saints Episcopal Church, 911 Dowling Blvd., San Leandro, CA. This family event will feature speakers from AA, Al-Anon and Alateen. Bring food for your family and a little to share.

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

February 14th 2015 District 16 Speaker Meeting

February 21st 2015 District 16, Pleasanton – 7th Annual February Family Flapjack Fundraiser from 9:30 am to 1:00pm. Suggested donation: Al Anon/AA \$10 Alateen \$7.

February 23rd 2015 Westlake AFG 50th Anniversary Meeting in Daly City at 7:30 pm

March 14th 2015 District 16, Pleasanton – Speaker Meeting at 7:30pm

March 21st 2015 District 12, San Francisco – Speaker Meeting at 7:00pm

SAVE THE DATE: April 17th – April 19th Al-Anon NCWSA Convention “Color My World With Recovery” in Modesto, CA.

SAVE THE DATE: 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

March 1st 2015 District 16, Pleasanton – **Workshop GR 101** at 1:00pm

March 8th 2015 District 12, San Francisco – **AMIAS Workshop** at 1:00pm

Literature Depot Corner

Dolores G., District 15 Literature Distributor, presents **Al-Anon Focus/Declaration Table Card**. Our colorful new tent card reminds members to keep the focus on the Al-Anon program and our Steps, Traditions, and Concepts of Service, and leave other affiliations outside —religions, our professions, outside publications, other philosophies, and other twelve step programs. The reverse side of the card contains the Al-Anon Declaration. #S-24 - \$1.50 each. Do you have one on display at your meeting?

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

New Daily Reader (working title): The 2014 World Service Conference gave conceptual approval for a new daily reader that will reflect the Al-Anon program and its members as they are now. This reader will cover a wide range of topics from a variety of members throughout our fellowship. Your sharing will help assure that our new daily reader will reflect our fellowship as it is today. Please help us make this new daily reader a vital, rich, and multifaceted expression of

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the Al-Anon program of recovery. You can submit your sharing electronically. For more information, click <http://al-anon.org/members/new-daily-reader>.

Intimacy in Alcoholic Relationships (working title): The 2011 World Service Conference gave conceptual approval for “a new piece of literature on intimacy in general, including sexual intimacy, in alcoholic relationships.” The Literature Committee is seeking sharings from Al-Anon/Alateen members for possible use in this piece. They hope to receive enough sharings from a wide range of members to make this new piece of literature a reality. Please share from your heart and help develop this exciting new addition to Al-Anon’s Conference Approved Literature. For more information, go to <http://al-anon.org/members/intimacy-in-alcoholic-relationships>.

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.

Upcoming Events:

- The Alateen speaker for our February 21st Monthly Fellowship Event will be District 15's Jennifer G. from Hayward.. Please plan to attend the event and support our Alateen.
- Growing Together Weekend Fundraiser "Speakers and Spaghetti," Alateen speaker is District 15's Maria P. from Hayward. There will be Al-Anon and AA Speakers too. February 21st, 2015 3 - 8 p.m. Trinity Lutheran Church, 1225 Hopyard Rd, Pleasanton, Ca \$5 Alateen, \$10 Al-Anon, \$20 Family of 4+
- For anyone interested in becoming an AMIAS our next AMIAS workshop will be in August, more information will be in the March newsletter.

The Alateen Express is the official newsletter for Alateen groups of the Northern California World Service Area of AFG, Inc. Check out <https://www.ncwsa.org/newsletters/#alateen-express> (with permission of Area Alateen Coordinator, Lisa B...)

Alateen share from Elizabeth:

“I want to thank all Al-Anon members for your donations. I thank you guys because if it wasn't for you I wouldn't have gotten a scholarship last year to go to NOCAC. NOCAC was really fun and I got to meet so many people that have similar problems to mine. I felt like I wasn't alone because I saw that there were so many people going through the stuff that I was going through. I felt really understood. Going to NOCAC was such a good experience and I'm so glad I got a scholarship. If it wasn't for Al-Anon members my NOCAC experience wouldn't be there. Thank you Al-Anon members!”

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Growing Together Weekend is a safe place for sharing and making friends with Alateen, Al-Anon and AA members. We camp out 'in cabins' and participate in recovery workshops, a talent show and other fun and empowering activities. The only requirement for attending GTW is the willingness to heal from the effects of someone else's drinking.

NoCAC is Northern California Alateen Conference

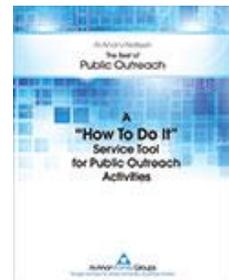
This weekend is a time for Alateens to get to meet new people and enjoy the program outside their own group. It is a weekend of love, new friendships, and growth. We stay in a hotel for the weekend, attend a dress-up dinner and dance, participate in recovery workshops and hear Al-Anon and Alateen speakers. No Alateen should miss this experience.

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

Public Information Corner

The recent holiday season brings a new series of Al-Anon public service announcements (PSAs) to TV and radio stations throughout the U.S. and Canada. The New Year is an ideal time to ask local stations to play PSAs that can help the many members of their broadcast audience who have been affected by a loved one's drinking.

Please call or e-mail your local station today. For more helpful tips on how to do this, contact your Area Public Outreach Coordinator and take a look at *The Best of Public Outreach*, a service tool that is available on the Al-Anon Members' Web site.



Also, stations that played Al-Anon PSAs during 2014 deserve to hear "Thank you" for their service to the community. Recognition and gratitude from local Al-Anon members will let stations know that their audience appreciates what they have done. Appreciation will probably lead to even more broadcasts that can help additional families and friends of alcoholics in the future. For information about which stations played Al-Anon PSAs in 2014, please contact your Area Public Outreach Coordinator or WSO. As always, thanks for all you do to reach those still suffering.

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

Member Shares

"In the midst of this total surrender, a slogan that I heard years previously flashed through my mind: "Let Go and Let God," I repeated it for days in a continuous "mind chatter," blocking all else. Somehow, these few words eased my fear for moments at a time. In these precious

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seconds of sanity, I felt a glimmer of hope, which encouraged me to turn in earnest to the God of my childhood... I knew without a doubt that a loving presence surrounded me and that the answers I was searching for would be found. In this moment of spiritual awakening, I came to believe. In what? Well, that mystery is still being explored, but on a deeper level, a shift in direction has occurred. This single moment of clarity brought me to Step Two." *Adele T., Ontario Forum November 2014 p. 11* (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. Here are a few suggested questions. 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 3, Tradition 3 and Concept 3 mean to you? What are you struggling with today? What keeps you coming back to the program?

Anonymity – is your group lost or can it be found?

The Al-Anon program needs to be known as a resource for families of alcoholics in communities where our groups hold their meetings. Individual Al-Anon members have anonymity, but the Al-Anon program is *not* anonymous.

Here is a "spot check" inventory regarding the availability of your group's meeting information. Is your group's meeting information:

1. Available in local print and on-line newspapers? Yes ___ No ___
2. Posted on a local cable TV station's community calendar Yes ___ No ___
3. Announced on local radio stations' community calendars? Yes ___ No ___
4. Accurately listed in the district or Al-Anon Information Service (AIS) meeting schedule, printed or on-line? Yes ___ No ___
5. Correctly listed with the WSO? Yes ___ No ___
6. Include the correct telephone number of the member(s) currently serving as our group contact for the WSO, district, or AIS? Yes ___ No ___
7. Have special instructions such as "enter from the side door" or "room 301," included? Yes ___ No ___
8. Available to professionals, facilities, and organizations, e.g., hospital emergency rooms, treatment centers, or therapists/counselors so they can send newcomers to our group? Yes ___ No ___

Now, add up the number of "yes" and "no's." Decide by a group conscience vote whether or not your group's meeting information is easily found. Then, the group can decide what action steps can be taken. Remember the differences: Members have personal anonymity, but Al-Anon

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as a program must be visible in the community in order to attract friends and families of alcoholics to our program.

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Membership Survey

WSO needs our help! Please take part in Al-Anon's Membership Survey, which occurs every three years, by participating in this anonymous survey that will take about 15 minutes to complete:

- Log on to the Al-Anon Members' Web site, www.al-anon.org/members, between 12:00 a.m. Eastern Time, **January 9, 2015**, and 11:59 p.m., **February 22, 2015**
- Sign into the Web site using your group's name followed by the letters, AFG, without any spaces, e.g., 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 "2015 Al-Anon Family Groups Membership Survey"

Survey results are used to help professionals and others in the general public to better understand Al-Anon and the hope and help it brings to members.

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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