

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 One: We admitted we were powerless over alcohol - that our lives had become unmanageable.*

Unity through Traditions Tradition One: Our common welfare should come first; personal progress for the greatest number depends upon unity.*

Service through the Concepts Concept One: The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.* "The Concept One is about trust, balance and letting go of control. It is a safe environment to learn how to trust again. This trust can be extended to the outside world." (From Concept 1 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

Monthly Fellowship Event: Come celebrate 27 years of recovery with San Lorenzo Alateen Nooners! The event will be on January 31st 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.

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")

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

February 7th 2015 District 14, Pleasant Hill – Day In Al-Anon from 8am to 3:00pm

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.

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/>

Literature Depot Corner

Dolores G., District 15 Literature Distributor, reports on the latest printing of *Why Anonymity in Al-Anon* (P-33). It includes all-new wording to help members understand anonymity and find practical ways to apply and maintain it in this sometimes confusing and challenging age of electronic communication. Following a World Service Conference motion for a major revision, the pamphlet covers many aspects of this topic, including anonymity among members, at the public level (including the internet), and as an important spiritual principle that we place above personalities. It remains eight pages long, sells for 35 cents, and is available for purchase at our D15 Literature Distribution Center. Remember the differences: members have personal anonymity, but Al-Anon as a program must be visible in the community in order to attract friends and families of alcoholics to our program.

The Forum: Click the link below for articles such as “Today, I know I am worthy of respect, friendship, and love” and “My boss knew I needed Al-Anon—before I did”: <http://www.al-anon.alateen.org/the-forum-magazine>

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>.

Alateen Corner

Alateen Corner is a new section in our newsletter with information for all Al-Anon and Alateen members.

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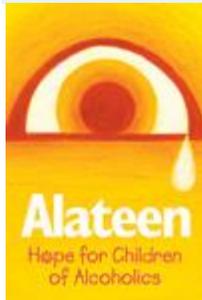
The Alateen speaker for our January 31st Monthly Fellowship Event will be Rosie D. from Hayward. She is a former Alateen transitioning into Al-anon. See page 1 of the letter for more information on the District 15 Monthly Fellowship Event.

Growing Together Weekend Fundraiser "Speakers and Spaghetti" Alateen, Al-Anon and AA Speakers. February 21st, 2015 3 - 8 p.m. Trinity Lutheran Church, 1225 Hopyard Rd, Pleasanton, Ca \$5 Alateen, \$10 Al-Anon, \$20 Family of 4+.

What is **Growing Together Weekend**? It's a safe place for sharing and making friends with Alateens, 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.

Alateen Literature

New Alateen E-book available (as listed on the WSO web site)



Alateen Electronic Literature

This is a basic introductory book for teens affected by someone else's drinking. Easy-to-understand explanation of alcoholism and the Alateen program. Indexed. 128 pages.

Please see your electronic book provider to purchase.

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

Public Information Corner

Bruce D., NCWSA, PI/CPC Coordinator, discusses importance of public outreach. Al-Anon Faces Alcoholism is the program's primary outreach publication, with over 350,000 copies printed yearly. Placing an AFA in a reception area is one of the easiest and most effective ways of sharing our program. Sharing your experience can help encourage other members to take their own 12th Step to heart and discover the joys of service in outreach. Recovery doesn't just come to us, it moves through us, to touch others.

Member Shares

"Early in Al-Anon, I learned the following things: nobody can make me feel inferior without my permission; someone saying it is so, does not make it so; the only hoops I must jump through are my own; and believe much more in God's love than in my weakness. Learning these things,

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teaming them up with the Steps, slogans, and Traditions became my lifelines". *Louise R. Forum January 2014 p. 1* (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 2, Tradition 2 and Concept 2 mean to you? What are you struggling with today? What keeps you coming back to the program?

Sponsorship

Do you have questions about sponsorship? Are you considering becoming a Sponsor? Are you looking for a Sponsor? The District 11 (Marin) Saturday Mill Valley Parent's meeting hosted a Thought Force workshop on the issue of Sponsorship a few years ago. You can find a collection of documents summarizing the results of that workshop here:

<http://www.marinalanon.org/pages/resources/sponsorship-workshop-documents.php>

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/>.

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Are You Bi-Lingual? Help carry the message to our foreign language speaking Al-Anon/Alateen members. Please follow the link to the Language Skills Survey at www.ncwsa.org/Language-Skills-Survey/

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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