

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 suggests I am responsible for my own behavior." (From Concept 1 discussion at District 15 Business Meeting.)

*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 3rd Saturday) in San Leandro for more info.

Meeting Changes Alert

The Friday Montclair: Location or time will change in the month of February. Please check the District 15 website for the changes. If you have any questions, please send them to wedotwelve@gmail.com. Your questions will be forwarded to the Friday Montclair Group Representative.

Calendar of Events/Workshops

D15 Monthly Fellowship Event

Date	Time	Hosted By	Location
Saturday 1/30/2016	5:30pm - 9:00pm	Hosted by Thursday Ala-Nooner 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>.

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 ♦ 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")

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

Literature Depot Corner

Dolores G., Literature Depot Coordinator, reports on this wonderful piece of Conference Approved Literature: **Courage to be Me--Living with Alcoholism**. Alateen's most popular and comprehensive book is filled with shared recovery from Alateen members and includes workshops for group discussions. B-23 is indexed, softcover and 326 pages. Copies are available in our D15 Literature Depot and sell for \$11.00 each.

The Forum: Click the link below for the January 2016 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:

- 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!
- New Spanish / English Alateen meeting starting on February 2nd, 2016 in Hayward on Tuesday nights from 7 P.M. to 8:30 P.M. Address: Good Shepard Lutheran Church, 166 W. Harder Rd., Room #4, Hayward. Simultaneous Spanish Al-Anon meeting next door.
- Planning for the 3rd Annual D15 AMIAS Training and Worship is in progress. Details will be sent to group representatives and will be included in the next newsletter.

The Winter 2015 edition of the Alateen Talk newsletter (The quarterly publication from Al-Anon Family Groups' younger members worldwide) is now available.

The following is a share from the Winter 2015 Alateen Talk:

Before Alateen, I didn't know who I was. One second people were annoying me and the next they were making me laugh. Alateens are my family. In Alateen, I can be myself. Alateen friends are understanding, patient, and honest with me. I couldn't find love and understanding like I found in Alateen anywhere else in the world. I can go there, close my eyes, and stand still, feeling completely safe. Alateens are my people. I relate to them: the loud ones with crazy ideas or the quiet ones who hold so much back. We are all the same, coming from the same place--being affected by someone else's drinking. We are united, we are one. We are Alateen. Anonymous.

Newsletter Editor: wedotwelve@gmail.com ♦ 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")

(Alateen Talk, Winter 2015; reprinted with permission of Al-Anon Family Group Headquarters, Inc.)

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

Al-Anon Faces Alcoholism 2016

"It feels so good to leave a copy of *Al-Anon Faces Alcoholism* pinned to a community bulletin board at the grocery store. Every week when I go grocery shopping, I check to see if it's still there. Most of the time it isn't, so I keep a supply in my car. I have faith that the people who need it, will find it. Even people whose lives have never been affected by someone else's drinking may know someone who is suffering and they will pass it along. I pin it to the bulletin board and then I 'Let Go and Let God.'" Susan, MS

Please remember, you are a part of something big and the circle of recovery will continue to widen as we reach out to those who are still suffering.

Note: The information above comes directly from January 2016 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

"Although I had been attending Al-Anon for three years, I was not convinced that we were dealing with alcoholism, until my husband said to me that he believed he was an alcoholic. I remember crying with relief. That was only the beginning of our journey of recovery.

Now, 25 years later, I know that no one chooses to be an alcoholic. I know that my husband did not wake up each morning thinking about how he could hurt me or the family. I also know that my husband was not responsible for my feelings, my happiness, my peace, or my serenity. All of those things were my responsibility. I picked up that responsibility "One Day at a Time," little by little.

With the help of my Higher Power and Al-Anon, I walk in that peace, happiness, and serenity almost all the time. Acceptance was the beginning of my recovery. Acceptance of not only alcoholism, but acceptance of how much I needed help. I found that help in Al-Anon and I shall be forever grateful that Al-Anon was there." *Barbara S., Kansas, The Forum, January 2016* (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 Two, Tradition Two and Concept Two

Newsletter Editor: wedotwelve@gmail.com ♦ 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")

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, 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.
- 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.

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