

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 Seven: Humbly asked Him to remove our shortcomings.*

Unity through Traditions Tradition Seven: Every group ought to be fully self-supporting, declining outside contributions.*

Service through the Concepts Concept Seven: The Trustees have legal rights while the rights of the Conference are traditional.

"This Concept is about the balance between judgment and emotion. Part of our recovery has been learning to feel our feelings again. When I stuff my feelings, I can never make a good decision about anything. The acronym "HALTS" (hungry, angry, lonely, tired and stressed) plays a big role in how I react. If my decision is based on fear, I need to pause before I decide anything". (From Concept VII discussion at District 15 Business Meeting.)

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

Service Opportunities at the District Level

Secretary, 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

Save the date! On October 3rd 2015 District 15 will be celebrating a gift of the program through recovery, unity and service. We have a great number of service positions to choose from.

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 contact the District Office at (510) 276-2270 or send an email to ezduz@sbcglobal.net with your name, number and the best time to reach you.

Calendar of Events/Workshops

D15 Monthly Fellowship Event

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")

Date	Time	Hosted By	Location
Saturday 7/25/2015	5:30pm - 9:00pm	Guiding Hands and Nueva Esperanza	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 8/1/2015	D26 Speaker Meeting	6:30pm - 8:00am	Kaiser Permanente Richmond Medical Center Building C, 3rd Floor, Conference Room 318
Saturday 8/15/2015	Diversity Day	12:00am - 11:59pm	Billy DeFrank LGBT Community Center 938 The Alameda San Jose, CA
Saturday 8/15/2015	D12 Day in Al-Anon	10:00am - 4:00pm	St. Philip's Parish Hall 725 Diamond St. San Francisco, CA
Friday - Sunday 8/21/15 - 8/23/15	Northern California Alateen Conference (NoCAC) Bash "Rolling through recovery"	12:00am - 11:59pm	Big Meadow Stanislaus Arnold, CA Suggested donation is \$20. Minimum age for attendance is 12.

SAVE THE DATE Al-Anon's 6th International Convention in Baltimore Maryland on July 6-8 2018.

<http://www.al-anoninternationalconvention.org/>

Workshops

Date	Workshop Name	Time	Location
Saturday 7/25/2015	D15 AMIAS Training	1:00pm to 4:00pm	First Presbyterian Church of Hayward 2490 Grove Way in Castro Valley, CA. Suggested donation: \$5
Saturday 8/1/2015	D15 and D17 Phone Answering Service	12:15pm to 2:00pm	Christ the King Lutheran Church 1301 Mowry Ave. Fremont CA 94538
Sunday 8/2/15	D13 AMIAS Training	2:00 pm - 4:30 pm	2563 Webster Street Palo Alto, CA

New Meetings

Oakland 6:30-6:45 pm Beginners meeting for anyone, 7-8 pm Regular meeting
 Wednesday Parents AFG Kaiser Mosswood Building, 11th floor Conference Rooms 1173-1172
 (Beginners meeting in 1171 or 1172 - NEW starting March 4, 2015) 3505 Broadway Oakland 94611

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Oakland 5:00 – 6:00 pm Thursday Practice These Principles AFG ID# 30655761
Kaiser Mosswood Building, 11th floor Conference Room 1172 3505 Broadway Oakland 94611

Literature Depot Corner

Al-Anon now offers the following electronic literature:

- How Al-Anon Works for Families and Friends of Alcoholics, eB-22, available in English, French and Spanish
- One Day at a Time in Al-Anon, eA-6
- Alateen – Hope for Children of Alcoholics, eB-3, available in English and Spanish. Coming soon in French.
- Having Had a Spiritual Awakening, eB-25
- The Forum Magazine

These audio books are outsourced to Amazon, Barnes & Noble, etc.

Also, there is an organization for the blind that provides many books converted into audio format, including quite a few of our Al-Anon books. They can be reached at 800/221-4792, or at their website: learningally.org.

Al-Anon also provides on-line meetings, email, chat rooms and bulletin boards. All of these formats are particularly beneficial to the blind as well as the hearing impaired.

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

Alateen Corner

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

- If you're interested in learning more about Alateen service our 2nd Annual AMIAS Training will be July 25th from 1 to 4 p.m. at First Presbyterian Church of Hayward in Castro Valley (next to Trader Joes).
- We will not have an Alateen speaker for the July 25th MFE; Summer break for the teens!
- NoCAC Second Bash is August 21-23, 2015 at Big Meadows Campsite in Stanislaus National Forest, CA. Suggested donation is \$20. For more information: www.ncwsa.org/events.
- Alateen speaker for the August MFE will be Kaya D. from San Jose, please plan to attend the MFE and support our out of town guest Alateen speaker.
(The Bash is a camping trip fundraiser for NoCAC scholarships – minimum age is 12 years old)

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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>

The Alateen family would like to thank everyone for your generous donations.

The Tuesday Alameda Alateen meeting has been temporarily closed due to no attendance. We plan to reach out to the community to get the word out so that we can open the meeting later this year. The Alameda meeting is the oldest Alateen meeting in NCWSA, it was started in 1968!

Share from a long time AMIAS James:

When I began attending a Tuesday night Al-Anon meeting in Alameda one of the oldest Alateen meetings in our district lost their meeting space and our group voted to sponsor them. I became involved in Alateen then. At that time we as now had to be voted in by the teens. I was accepted and began my Alateen service. Later when the guidelines for Alateen safety required background checks I became a certified AMIAS. We had a group of about 8-10 Alateens for about four years, and I got a lot from their shares.

Our seventh tradition encourages us to do service at all levels and this really helped me to grow. Also our seventh step taught me to let go of my defects and not have to be perfect.

I also was a co-sponsor for an Alateen convention. That meant I got to go to the bashes and campout with them, great fun playing games with them and having campfire stories. At one of the Bashes I wound up at a different area Big Meadows camp ground and no one was there. No cell service and no way to contact anyone. Maybe they cancelled it and could not contact me? Was the fire in Yosemite to close? All questions and concerns I had. I decided to spend the night there anyway. The next morning I packed up to go back home as I was going down the highway I noticed Big meadows picnic area and I recognized some of the vehicles there. I was reunited with them and also became known as the "I couldn't find you" guy.

Their convention was a great experience for me to see how well they could come together and have a very successful event. All of the teens I met there were very involved in their committees and planning to have this great experience.

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:

Please join me in thanking these Al-Anon members who turned out to work at our Al-Anon Family Group information and literature tables. We had volunteers who had to cancel due to injury, etc, and replaced nearly the entire crew in the prior week, so these folks REALLY stepped up to carry the message!

At SF Pride: Roger C and Kathleen Z

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Most of the people we spoke with were already in recovery and needed meeting schedules, which we were able to provide for SF, Marin, and Central East Bay. Most importantly, we made Al-Anon visible so that when someone needs help, people learn where to find it.

At Castro Valley Pride: Rocky V Sue L Stephen F Guadalupe N Nancy F Mary Jo
K Kathleen Z

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 "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.

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

Saturday August 15th ALLEN TEMPLE BAPTIST CHURCH, OAKLAND

This 38th Annual event is an amazing demonstration of community action to support the disadvantaged. Astounding spirit, music, free health testing, freebies such as backpacks with school supplies, produce, clothing. We have been blown away every year! Over 3000 people will attend. This is our biggest Public Information Outreach opportunity each year.

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"

Saturday October 10th ASHLAND CHERRYLAND FAMILY FESTIVAL, SAN LEANDRO

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).

Member Shares

"Hope was my first gift in Al-Anon. As I continued to go to the meetings, that hope grew. I was a little scared at first, but eventually I let some of my walls down and began my journey in this program. The feeling of hope first came through the people who shared their own experience, strength, and hope in meetings. I heard that through the Twelve Steps I could become less fearful and more hopeful. I found that past feelings of despair, and doom and gloom, could be replaced by joyful hope, peace, and serenity. The more I connected with my Higher Power, the more I became willing to commit to this beautiful program. It was like a spiritual treasure hunt. I found consistency, love, beauty, and hope in my life – those things that the disease of alcoholism had almost destroyed or buried a long time ago." *Lydia V., California The Forum,*

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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 8, Tradition 8 and Concept 8 mean to you? What are you struggling with today? What keeps you coming back to the program?

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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