

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 Three: Made a decision to turn our will and our lives over to the care of God as we understood Him.*

Unity through Traditions Tradition Three: The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.*

Service through the Concepts Concept Three: The right of decision makes effective leadership possible.* *"Before Al-Anon my decision was "maybe", now I know I do the best I can. When I make a decision I acknowledge every consequence of the decision made."* (From Concept III discussion at District 15 Business Meeting.)

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

Service Opportunities at the District Level

We are looking to fulfill the positions below. Contact District 15 office at (510) 276-2270 or come by District 15 business meeting every 3rd Saturday in San Leandro for more info.

- Secretary
- Treasurer
- Office Coordinator
- Archives Coordinator
- Answering Service Coordinator

Calendar of Events

Monthly Fellowship Event: Ready for a good recovery time and a delicious root beer float? Come join Nueva Vida – New life group to celebrate AA, Al-Anon and Alateen recovery, as well as help out Alateens with their fundraiser. The event will be on March 28th 2015 at 5:30pm at the All Saints Episcopal Church, 911 Dowling Blvd., San Leandro, CA. 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>.

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

April 19th – April 23rd Al-Anon World Service Conference. Please send love gifts and cards no earlier than April 15. Place the delegate’s name and return address on any correspondence so that late mail can be returned to her. (Email delegate@ncwsa.org or ask your District Rep if you need this information.) Here is where you send the envelopes/packages:

(Hold for WSC April 19-23)

Yvonne deG., CA (N)

Wyndham Virginia Beach Oceanfront Hotel

5700 Atlantic Ave.

Virginia Beach, VA 23451

April 25th District 15 Monthly Fellowship Event. Come celebrate 60th birthday with San Leandro Monday Night Group.

May 2nd – May 3rd Second Annual Marin Men’s Al-Anon Weekend in Sausalito, CA from 9:00 AM Saturday to 11:30 AM Sunday

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/>

New Meeting

Oakland 6:30-6:45 pm Beginners meeting for anyone, 7-8 pm Regular meeting

Wednesday Parents AFG *** Open meeting. All are welcome ***

Kaiser Mosswood Building, 11th floor

Conference Rooms 1173-1172 (Beginners meeting in 1171 or 1172 - NEW starting March 4, 2015) 3505 Broadway next to freeway

Literature Depot Corner

Dolores G., District 15 Literature Distributor, presents Parents of Alcoholics An Al-Anon Family Groups Reprint. This 12-page pamphlet contains stories from parents of alcoholics who describe their struggles with detachment, responsibility, guilt, and letting go. Reprinted from Al-Anon’s monthly magazine, The Forum. Order #R-18 - \$1.00 each - available at our D15 Literature Center.

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

Note: To log in to WSO members’ site, enter any word followed by afg, for example, serenityafg and you are in!

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”)

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:

- Ricardo S. from the Oakland Monday night Alateen meeting will be the speaker at the March 28th monthly fellowship event.
- The D15 Alateens will host a root beer float fundraiser at the March MFE to raise donations for the Growing Together Weekend trip in May. Please plan to attend the event and support our Alateens.
- If you are interested in becoming an AMIAS, our 2nd annual AMIAS training will be Saturday, July 25th, in Castro Valley. Flyer coming soon.

Alateen share from Terry:

"I started being an Alateen sponsor after attending the 'Growing Together Weekend' where I was able to hear kids sharing their experience, hope and strength. This was before there was such a thing as AMIAS (Al-anon Member Involved in Alateen Service). I found out things about myself that I didn't realize. How much control I thought that I was supposed to take in a meeting, was the first thing I learned, that my job was only to remind the teens why we're at the meeting, and not to take charge. They are here to talk about feelings and how to help themselves to keep them in check and still be aware of them. How we can use the tools of the program to keep our own serenity; by sharing our hopes and frustrations, with others that understand what we are dealing with; by learning how to help ourselves to not take things too personally; and become more confident in ourselves. Also helping to avoid the fights with the alcoholic, especially when they are drinking, by saying things like "you could be right", "I'll think about it", or "I hear what you are saying." By sharing the things they are glad about is one of ways we learn to become more grateful.

Being around the kids helps me to understand some of the choices I made as a child that I don't have to live with anymore (like I do have a right to get angry or upset but there are better ways to handle them). I've learned that "I don't have to be mean to say what I mean." I still enjoy seeing the kids grow up; knowing some of the things they had to endure".

Please announce in your meetings there is a new Alateen meeting on Tuesday nights from 7 p.m. to 8 p.m. in Alameda and a concurrent Al-Anon meeting next door at Home of Truth, 1300 Grand Street, Alameda (house in back of church).

Awesome news! We received an anonymous donation of \$160 for a full scholarship for an Alateen to attend GTW!

Please note that 100% of your donations received from passing the cans at your group meetings and at the monthly fellowship events go directly to help the Alateens attend their two annual conventions. The Alateens thank you!

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")

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

Public Information Corner

Forum and Al-Anon Faces Alcoholism: Two different purposes

Although *The Forum* is an excellent recovery tool, and deserves to be recycled among members, it tends to presume knowledge about alcoholism and recovery that many people in the general public may not have. *Al-Anon Faces Alcoholism* magazine, on the other hand, is designed to educate the general public about the effects the illness has on the families and friends of alcoholics. Our public outreach magazine is also designed to help potential newcomers overcome the obstacles many face before they are ready to reach out for help. So, please remember...use *The Forum* for recovery and *Al-Anon Faces Alcoholism* for public outreach!

WSO has a challenge for you! This challenge is extended to every member, in every group. Invite one member in your group who hasn't yet participated in Twelfth Step service to distribute a few of our annual public outreach magazines, *Al-Anon Faces Alcoholism*, anywhere in your community that is accessible to the public. If every member in every group extends the invitation to feel the joy of giving back, imagine what a win-win situation we could create! Someone who is still suffering might read *Al-Anon Faces Alcoholism* and decide to go to their first meeting and every member could put the Twelfth Step into action. If you accept this challenge, share your at wso@al-anon.org attn: Al-Anon Success.

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

Member Shares

"Today, I view powelessness as a daily gift from God. The first Three Steps in six words: I can't. He can. Let Him. If I fully accept the first Three Steps, the rest of my life is none of my business. When you talk to your boss on the job, you can ask: Who? What? When? Where? – Never "why?" "Why" is the management question, and with the Third Step, we are under new management. If the rest of my life is none of my business, then certainly my loved ones' lives are none of my business either. They also have a Higher Power, and it is not me." *Michael H., New York Forum August 2010 p. 31* (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 wedottwelve@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

Newsletter Editor: wedottwelve@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")

a Sponsor help with your own recovery? What does Step 4, Tradition 4 and Concept 4 mean to you? What are you struggling with today? What keeps you coming back to the program?

Al-Anon, social media, and anonymity

Al-Anon does not have to be a secret on social media. In fact, social media is a tool for increasing awareness of Al-Anon.

Yes, members can help carry Al-Anon's message of hope to others on social media without breaking their anonymity. Tradition Eleven is upheld as long as members do not reveal that they are members of Al-Anon when they share and like our posts.

The WSO provides safeguards for your anonymity with disclaimer statements on each of its pages. These disclaimers note that participation or following the WSO social media does not mean that individuals are Al-Anon or Alateen members.

The WSO has three social media sites for the general public:

- Facebook: "Like" or "share" posts on the Al-Anon WSO page
- Twitter: "Follow" and "retweet" posts @AlAnon_WSO page
- YouTube: "Subscribe," "follow," and "post" comments on the Al-Anon Family Group Headquarters, Inc.

The WSO has a LinkedIn page for professionals, Al-Anon Family Group Headquarters, Inc. Refer to the "Anonymity" references in the index of the *2014-2017 Al-Anon/Alateen Service Manual* for more information about Al-Anon, anonymity, and public outreach.

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

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/>

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