

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 Five: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*

Unity through Traditions Tradition Five: Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA *ourselves*, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.*

Service through the Concepts Concept Five: The rights of appeal and petition protect minorities and insure that they be heard. *"All voices, majority and minority alike, are heard. There were instances when the reasoning behind the minority vote would affect the decision as a whole"*. (From Concept V 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 a number of positions. 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

Monthly Fellowship Event: Tuesday Step to Recovery Oakland group is hosting the event on May 30, 2015 at 6:00pm at the All Saints Episcopal Church, 911 Dowling Blvd., San Leandro, CA. Bring food for your family and a little to share. Ron B. (AA) and Arlene O. (Al-Anon) will share their experience, strength and hope. All are welcome!

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

June 13th District 25 Annual Summer Serenity Luncheon at Sharp Park Golf Course Restaurant 1 Sharp Park Road, Pacifica, CA from 12:00pm to 4:00pm. Suggested donation is \$15. It includes lunch, speaker meeting & raffle ticket (with more available for purchase on site).

June 26th – 28th 1st NoCAC Bash *"Birds of a feather, flock together"* at Liberty Glen Campground 3333 Skaggs Springs Rd Geyserville, CA. Suggested donation is \$20. Minimum age for attendance is 12.

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")

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

SAVE THE DATE October 3rd 2015 District 15 Day in Al-Anon. A wide variety of service positions is available. 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.

Workshops

May 31st 2015 AMIAS Workshop at Petaluma United Church of Christ 825 Middlefield Drive Petaluma, CA from 12:30 pm to 5:00pm. Suggested donation is \$5.

Sponsorship Workshop hosted by Monday Night Keep It Simple group will be held on June 1st (Steps 1-3), June 8th (Steps 4-7), June 15th (Steps 8-9) and June 22nd (Steps 10-12) from 5:15pm to 6:30pm at 5951 College Ave in Oakland. Everyone is welcome!

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., Literature Depot Coordinator, brings yet another wonderful piece of Conference Approved Literature that helps us to enhance our recovery: **When I got Busy, I Got Better**. One of the secrets to recovery is service. In this inspirational booklet members share how Twelfth Step work builds self-esteem, confidence and trust while reducing fear and isolation. I was given this booklet as I started my volunteer work in the literature center and have gained much insight over the years. In giving, we receive. P-78 sells for \$4 and is available at our D15 Literature Center.

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

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

- May Monthly Fellowship Event will have a surprise Alateen speaker from the San Leandro Wednesday night Alateen meeting. Please attend and support your local Alateen.

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- AMIAS workshop in Petaluma on May 31st from 12:30 to 5 p.m. (see ncwsa.org for more info.)
- NoCAC Bash camping trip on June 26th to June 28th at Lake Sonoma, suggested donation is \$20. (see ncwsa.org for more info.)
- D15 2nd Annual AMIAS Training July 25th from 1 to 4 p.m. at First Presbyterian Church of Hayward in Castro Valley.

With your generous donations we were able to send 11 Alateens to Growing Together Weekend in Occidental. Alateen shares of their experience, strength and hope will be in future newsletters.

Special thanks to AMIAS Terry V.E. for driving 6 Alateens and AMIAS Barbara R. for driving 4 Alateens to the event on Friday and returned Sunday to pick them up.

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. No Alateen should miss this experience. We stay in a hotel for the weekend, attend a dress-up dinner and dance, recovery workshops and hear Al-Anon and Alateen speakers.

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

Public Information Corner

Our Central East Bay (District 15) Al-Anon Family Group participated in a number of events this May. Special thanks to Rocky V., Nancy F., Elizabeth E., Leslie L., Linda M. and Kathleen Z. who staffed our table at the Cinco de Mayo Celebration on May 2nd. These volunteers set up an information table to provide Al-Anon & Alateen literature at community health and resource fair.

This type of events are an excellent opportunity for Al-Anon Family Groups to reach the community to introduce Al-Anon and Alateen. We explain how Al-Anon helps meet the needs of children and families, and invite them to our meetings. We give them Serenity Prayer bookmarks, offer pamphlets such as "Detachment" and "Freedom from Despair", meeting schedules, and let them know it's okay to love an alcoholic. Our literature table is very comprehensive now with nearly everything in both English and Spanish. We need both SPANISH-SPEAKERS and English-speakers. So many people want to talk to us that we often need two bilingual Al-Anons at a time.

If you are interested in carrying the message of recovery in any of the events above, please contact the District Office at (510) 276-2270 or send an email to kathleenzAFG@yahoo.com. (Note: the email is provided by a request from Kathleen Z., PI Coordinator). Provide your first name, phone#, and email address to volunteer to staff these events.

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Member Shares

“Two sentences spoken at the first Al-Anon meeting I attended made me sit up and take notice: “How Important Is It?” and “You may be right.” *Everything* was important to me back then. I had to respond to every provocation and crisis. It was my job as the mother to make things right, wasn't it? And the very idea of telling someone who was spouting nonsense that he “could be right” was ridiculous! As the months and years passed, and I absorbed more of the Al-Anon program, I realized that I could choose to continue to see myself as always right and to keep on responding to everything (and continue to be miserable), or I could choose serenity. Letting the little stuff (and even some of the bigger stuff) go and admitting that somebody else might be right (even when I know that they aren't) have been stepping stones to finding “contentment and even happiness whether the alcoholic is still drinking or not.” *Ann R., Texas The Forum, May 2015 p. 4* (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@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 6, Tradition 6 and Concept 6 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@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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