

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 Eleven: Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.*

Unity through Traditions Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.*

Service through the Concepts Concept Eleven: The World Service Office is composed of selected committees, executives and staff members.*

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

Thanksgiving Meeting Update:

Thursday 5pm Practice These Principles Meeting in the Oakland Kaiser Mosswood Bldg 3505 Broadway Rm 1172 will not meet the following dates Thursday Nov 26, Thursday December 24 and Thursday December 31. The Mosswood building will be closed at that time.

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.

Office Volunteers Needed!!

District 15 is in need of several Al-Anon members to step up and do service. The office volunteer can be temporary, hourly or weekly. Email the office at ezduz@sbcglobal.net and leave your name, email and best phone number to contact you.

Calendar of Events/Workshops

D15 Monthly Fellowship Event

Date	Time	Hosted By	Location
Saturday 11/28/2015	5:30pm - 9:00pm	Hosted by Saturday Alameda Step Study	911 Dowling Blvd., San Leandro, CA 94577 Rear of Building

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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 12/05/2015	AFG District D25 20th Annual Holiday Tea	2:00 – 4:00 PM	Seton Medical Center 1900 Sullivan Avenue Daly City, CA
Saturday 12/05/2015	D5 Holiday Bash	6:00 pm - 9:00 pm	Steele Lane Community Center 415 Steele Lane Santa Rosa, CA
Saturday 12/12/2015	D16 Speaker Meeting	7:30pm – 9:00pm	St Clare's Episcopal Church 3350 Hopyard Rd Pleasanton, CA
Friday 12/18/15	D26 Speaker Meeting	7:15pm – 9:45pm	St. Alban's Episcopal Church 1501 Washington St. Albany, CA
Saturday 12/19/2015	D12 Speaker Meeting	7:00pm – 9:00pm	St Matthews Church 3281 16th Street San Francisco, CA

SAVE THE DATE 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: **Alcoholism, A Merry-Go-Round Named Denial**. This dramatic analogy helps family members and friends see the roles they play in the lives of alcoholics. The pamphlet contains 23 pages, sells for 75¢ and is available at our D15 Literature Center.

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

Electronic *Forum* is now more widely available!

Individual copies of *The Forum* are now available on Amazon and Kobo for \$1.49 (U.S.) and Apple iTunes for \$1.99 (U.S.). At this time, annual subscriptions are not available from these electronic bookstores.

An annual electronic subscription to *The Forum* continues to be available from *Nook*, the Barnes & Noble electronic bookstore. The cost of an annual subscription is \$11 (U.S.). Individual copies can be purchased for \$1.49 (U.S.).

This announcement is informational only, and is not an endorsement of any electronic store, reader or other products sold by electronic bookstores.

Note: The information above comes directly from October 2015 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>

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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:

- Our Alateen speaker for the November 28th monthly fellowship event will be Justin T. from Davis, he is our Northern California Alateen Liaison!

With your generous donations we were able to send 3 Alateens to the Northern California Alateen Conference. Two of our Alateens volunteered to be on the committee for the 2016 NoCAC!

The October 31st Halloween Monthly Fellowship Event was a great success and we thank everyone who attended and supported our Alateens with their first time hosting the event.

Alateen Meeting Update:

The Thursday night Together We Can Make It Alateen meeting will not have a meeting on November 26th, December 24th and December 31st. (Good opportunity to check out the Monday and Wednesday night Alateen meetings in our district).

An Alateen share:

My NOCAC experience

This past weekend, I went on my very first NOCAC retreat. I gained so much from it and I was incredibly happy that I went. It was amazing to be in such an accepting community, and I felt really connected to everyone. I had a blast meeting new people, and hearing their stories. Thanks to all the people that donated money to allow everyone to attend. I am already anticipating next year's NOCAC! Anonymous

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>.

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

This report comes from Kathleen Z, D15 PI Coordinator:

As the 2015 community festival season closes, a conservative estimate is that our Al-Anon Public Information volunteers exposed 6,000 event participants to our Outreach literature at 8 events. Bringing the hope and supportive hand of Al-Anon is such great service.

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Please join me in thanking the people who stepped up for the Oct 10 FamFest in San Leandro. It was an amazing event at the REACH Youth Center, featuring a 5K run/walk/ride/roll; food trucks, dancing and music; a live cow & calf; and anti-terrorist displays from law enforcement, including bombs, armored evacuation vehicle, and robots.

Over 1,000 people attended, and we received requests for Al-Anon presentations at the Mexican Consulate in SF, as well as the Victim/Witness Assistance Division of the County District Attorney's office. Al-Anon presentations to the County Deputies are also being planned.

Thanks to our volunteers that day:

Rocky V Carmen CR Kevin L Leslie L Ken K Annie H Kathleen Z

The information below comes directly from November 2015 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>.

Our public outreach magazine, *Al-Anon Faces Alcoholism (AFA)*, began as a "special edition" of the 2001 September *Forum*. Members were excited about having a comprehensive public outreach tool and they distributed **13,000 copies**. In the past year, members have distributed almost **390,000 copies**. Thank you to everyone who is carrying our message of hope, understanding, and compassion!

There are articles from professionals that speak about the benefits of Al-Anon. There is a lot of good general information about Al-Anon Family Groups, but the ***member sharings are the heart of the magazine***.

Here is what you and your group can do for *AFA* 2017...

- Give an *AFA* "Writer's Guide for Professionals" to professionals who refer their patients or clients to Al-Anon <http://al-anon.org/professionals-writers-guide>. Encourage them to write a short piece for the magazine about the benefits of Al-Anon.
- If you would prefer that the WSO contact the professional, send the professional's name, phone number, and e-mail address to the WSO with "AFA 2017" in the subject line of the message.
- Send a brief sharing to the WSO about alcoholism as a family illness and describe the benefits that you have gained as an Al-Anon member <http://al-anon.org/members/al-anon-faces-alcoholism>.

Thank you for caring. Thank you for sharing. Thank you for distributing *AFA* in your community.

Member Shares

"The Al-Anon program is a process. It will probably take me a lifetime to complete it. I've never been a joiner. I've never actually joined anything before in my life. But I can tell you that I am a committed and deeply grateful member of Al-Anon. I am grateful for the priceless principles of

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the program, the unconditional love you have given me, the faith in the face of fear, the hope of growing into the person I was truly meant to be, and the possibility of being able to pay it forward someday. To those of you who may be newer to the Al-Anon program, please know that each time I see you and witness your own courage (just by showing up), I feel blessed by your very presence and propelled to continue my journey of recovery. I hope that you, too, will continue to find in this fellowship the help and friendship I have been privileged to enjoy." *Linda M., Ontario The Forum, November 2015* (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 Eleven, Tradition Eleven and Concept Eleven 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>

>20K Likes!

The official Al-Anon Family Groups Facebook page has reached a new milestone – 20,000 Likes! Thank you for making this outreach project a success!

If you haven't seen our Facebook pages, now would be a good time to check them out. Find them on Facebook by searching for Al-Anon WSO (English), Los Grupos de Familia Al-Anon OSM (Spanish), and Les Groupes Familiaux Al-Anon BSM (French).

Then help us carry Al-Anon's message by sharing our posts. But when you do, please remember that Facebook is a public domain, like press, radio, TV, films and other internet sites.

Please do not make any public comments that would break your anonymity by revealing that you are a member of Al-Anon.

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

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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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