

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 Ten: Continued to take personal inventory and when we were wrong promptly admitted it.*

Unity through Traditions Tradition Ten: The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.*

Service through the Concepts Concept Ten: Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.* *"The concept is perfect for my situation. It reminds me to treat someone else's decision with dignity and respect and mind my own business."*
(From Concept X 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.

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.

This is an easy and fun way of doing service. The best part is you will have access to all our great Conference Approved Literature. What a great way to do service and to visit with your favorite Al-Anon books!

Maria A., D15 District Representative: "For me service has been very rewarding. It was one of the very first tools I used in my recovery. It allowed me to be a part of something. Something that was lacking in my life. I feel so grateful and humbled that you are allowing me to face my fears of being imperfect and letting me be of service. Spread the word throughout your meetings and "let it begin with me."

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 10/31/2015	5:30pm - 9:00pm	D15 Fellowship Halloween Event by the New Life/Nueva Vida and the Together We Can Make It Alateens	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
Friday - Sunday 11/6/15 – 11/8/15	Convención Hispana Hispanic Convention	12:00am – 11:59pm	Hilton Concord 1970 Diamond Blvd. Concord, CA
Friday - Sunday 11/6/15 – 11/8/15	NoCaC	12:00am – 11:59pm	Crowne Plaza Sacramento 5321 Date Ave Sacramento, CA
Saturday 11/14/2015	D16 Speaker Meeting	7:30pm – 9:00pm	St Clare's Episcopal Church 3350 Hopyard Rd Pleasanton, CA
Friday - Sunday 11/20/15 – 11/22/15	Yosemite Summit Conference <i>Serenity in Yosemite</i> AA Event with Al-Anon/Alateen participation	12:00am – 11:59pm	Curry Village 9010 Curry Village Drive Yosemite National Park, CA
Saturday 11/21/2015	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/>.

Workshops

Date	Workshop Name	Time	Location
Friday - Sunday 9/18/15 – 9/20/15	D9 & D10 Fall Workshop Let it Begin With Me	12:00am – 11:59pm	Light of the Hills Church 3100 Rodeo Road Cameron Park, CA

New Meeting

Thursday 5pm meeting needs support. We have had people who have tired the meeting and visited from out of town but we have not grown past our core twosome. Come try it and stay for a few meetings. This is how you can lend support. Practice These Principles AFG Kaiser 5pm Thursday 3505 Broadway, Mosswood Building, Rm 1172, Oakland.

Literature Depot Corner

Dolores G., Literature Depot Coordinator, this wonderful piece of Conference Approved Literature: **One Day at a Time in Al-Anon**. One of our all-time favorites and earliest of our books, One Day at a Time in Al-Anon, affectionately known as ODAT, comes in English, Spanish

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and French. Copies of the book, B-6, are available in our District 15 literature center in both English and Spanish. The cost is \$11.00. ODAT and Courage to Change (CTC) may also be purchased together as a set for \$23. Both are also available in large print, the set for \$28. An Al-Anon classic, this book contains inspirational readings relating Al-Anon philosophy to everyday situations, helping to make each day better than the one before. The book is indexed and has 384 pages.

The Forum: Click the link below for the October 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>

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 October 31st Halloween monthly fellowship event will be hosted by the New Life/Nueva Vida and the Together We Can Make It Alateens groups. There will be games, a costume contest and prizes. Bring the whole family, dress in costume and help support our Alateens host their very first monthly fellowship event.
- Our Alateen speaker for the November 28th monthly fellowship event will be Justin T. from Davis, he is our Northern California Alateen Liaison!

The DIAA Alateen Bake Sale earned \$471! (\$351 in cash sales and \$120 in member donations). Thank you to Nancy F. for organizing the fundraiser and recruiting the Alateens and AMIAS to participate and help make it the amazing success it was. And thank you to everyone who

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donated and purchased baked goods at our Fundraiser. As usual, 100% of the proceeds will be used for Alateen scholarships for Growing Together Weekend and the Northern California Alateen Conference.

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

Al-Anon Face Alcoholism: We need your story! Visit the Members' Web site to read the *Al-Anon Faces Alcoholism* Writing Guideline <http://al-anon.org/members/al-anon-faces-alcoholism>.

Perhaps you'll be inspired to submit a sharing—an article or even just a few sentences that may resonate with someone still suffering from the effects of someone else's alcoholism. Let them know that we understand, and let's share hope. Carrying the message—Step Twelve—is an opportunity for spiritual growth in Al-Anon.

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Member Shares

"In order to have freedom and peace in my life, I practice the Twelve Steps in all aspects of my life. I go to meetings weekly because they sustain me. My weekly meeting enriches me on every level. It gives me time to pause, reflect, and stretch myself. It keeps me in touch with my spiritual core. It keeps me connected to a healing community." *Linda C., New York The Forum, August 2014 p. 18* (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>

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Share your experience of diversity for our new daily reader!

Like all our daily readers, the new one in development will be a collection of meditations to help us throughout our day. Please focus on a single personal insight that you found helpful in your recovery. Keep the sharing under 300 words, so that it will fit onto a single daily reader page.

So that this new daily reader can convey the rich diversity of experience that we share as a fellowship, please feel free to reveal personal details, such as gender, age, relationship to the alcoholic, and other differences, as you focus on a particular program topic or idea. If you wish, you can end your sharing with a "Today's Reminder"-type summary, a thought-provoking question, or a pertinent quotation from Al-Anon literature (including source and page number).

You can find a writing guideline, as well as submit your sharing, on the Members' Web site by following these simple steps:

- Go to the Members site: al-anon.org/members.
- Enter your password—any variation of your group name followed by AFG.
- Click on the "Individuals" tab.
- Click on "Featured Publications."
- Click on "Send Your Sharing."
- Click on "[NEW DAILY READER \(working title\)](#)."

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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