

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 Nine: Made direct amends to such people wherever possible, except when to do so would injure them or others.\*

**Unity through Traditions** Tradition Nine: Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.\*

**Service through the Concepts** Concept Nine: Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership.\*  
*"This concept is appropriate to what we were doing at the meeting today, listen to other's ideas and go with group conscious."* (From Concept IX 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 3<sup>rd</sup> Saturday) in San Leandro for more info.

### **District 15 Day in Al-Anon "On the Path to Serenity"**

Save the date! On October 3rd 2015 District 15 will be celebrating a gift of the program through recovery, unity and service. Pre-registration is \$8.00, registration at the door is \$12.00.

Please join our Alathon chairpersons to discuss the following topics: Wisdom to know the difference, Shortcomings/Character Defects, Coming to Believe, Courage to Change, From magical thinking to God, From survival to recovery and Experience/Experience/Hope.

We are looking for Decorations Coordinator, Craft Table Coordinator, Set up Coordinator, Cleanup Coordinator and possibly Raffles Coordinator. If you are interested in being of service in organizing the event, please send an email to [wedotwelve@gmail.com](mailto:wedotwelve@gmail.com). We will connect you with Britt W., DIAA Chairperson.

Newsletter Editor: [wedotwelve@gmail.com](mailto:wedotwelve@gmail.com) ♦ District 15 Office: [ezduz@sbcglobal.net](mailto:ezduz@sbcglobal.net) (510) 276-2270

District 15 Website: [www.ncwsa.org/d15](http://www.ncwsa.org/d15) ♦ Northern California World Service Area Website: [www.ncwsa.org](http://www.ncwsa.org)

World Service Organization Website: [www.al-anon.alateen.org/members/](http://www.al-anon.alateen.org/members/) (log-in is group name followed by "afg")

**Calendar of Events***D15 Monthly Fellowship Event*

Date	Time	Hosted By	Location
Saturday 9/27/2015	5:30pm - 9:00pm	Piedmont - Step-A-Month Club - Monday night	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 9/26/2015	D17 Speaker Meeting	5:30pm – 8:00pm	Holy Redeemer 35660 Cedar Blvd Newark, CA
Saturday 9/26/2015	D17 Speaker Meeting	6:30pm – 9:00pm	Walnut Creek Kaiser 1515 Newell Ave
Saturday 10/3/2015	D26 Speaker Meeting	6:30pm – 8:00pm	Kaiser Permanente Richmond Medical Center 901 Nevin Ave Richmond, CA
Friday - Sunday 10/9/2015 – 10/11/2015	NCWSA Three Day Assembly	12:00am – 11:59pm	Modesto Doubletree Hotel 1150 9th St Modesto, CA
Saturday 10/10/2015	D16 Speaker Meeting	7:30pm – 9:00pm	St Clare's Episcopal Church 3350 Hopyard Rd Pleasanton, CA

**SAVE THE DATE** XXXVI Hispanic Convention Al-Alanon/Alateen in Concord, CA will be on November 6-8, 2015 <http://www.ocalanon.org/events/xxxvi-hispanic-convention-al-anon-alateen/>

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

**Literature Depot Corner**

Dolores G., Literature Depot Coordinator, brings yet another wonderful piece of Conference Approved Literature: **Many Voices, One Journey – Al-Anon Family Groups**. This book was published in 2011 and is now available in English, Spanish and French. Copies of the book, B-31, are available in our District 15 literature center in both English and Spanish. The cost is \$16.00.

Here is Al-Anon's story of growth and recovery over the past 60 years as experienced by the fellowship as a whole and by individual members as well. Personal stories, interspersed with insightful discussion questions tell how members found the courage to change as they faced challenges in their personal lives and in the development of the fellowship. The book is indexed, soft cover, and has 426 pages.

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

Newsletter Editor: [wedotwelve@gmail.com](mailto:wedotwelve@gmail.com) ♦ District 15 Office: [ezduz@sbcglobal.net](mailto:ezduz@sbcglobal.net) (510) 276-2270

District 15 Website: [www.ncwsa.org/d15](http://www.ncwsa.org/d15) ♦ Northern California World Service Area Website: [www.ncwsa.org](http://www.ncwsa.org)

World Service Organization Website: [www.al-anon.alateen.org/members/](http://www.al-anon.alateen.org/members/) (log-in is group name followed by "afg")

**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:

- Jordy C. from San Leandro will be the September 26th Monthly Fellowship Event Alateen speaker. Please plan to attend and support our speakers.
- Our Alateen speaker for our October 3rd Day In Al-Anon will be Francisco M. from Antioch.
- 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, costumes, and prizes. Bring the whole family, dress in costume and help support our Alateens first time hosting a monthly fellowship event.

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>.

**Share from Nancy D., AMIAS:**

I applied to be an Alateen Sponsor or AMIAS (Al-Anon Member in Al-Anon Service) in the fall of 2012 so I have been learning how to be one for 3 years, little by little. I have asked questions in Alateen service workshops and paid close attention to the experience, strength, and hope of those who were already doing this service. My humility feels natural because in many ways I don't know how to do this. I learned that my job is to keep the meeting safe for everyone so I am learning how to do that gently without being bossy. There is a great sentence reminding us all not to be bossy in the Alateen literature we read in each Alateen meeting. I am reminded we are all equal human beings which deepens what I have been learning in Al-Anon as the child and grand-child of alcoholics. Now I get to visit the perspective of what happened in my teens and that broadens my empathy for the teens and deepens my respect for the program and them. I take my discoveries of my own teen experience from my alcoholic families (original, step, and 2 of my foster families) to my own Al-Anon home groups but I practice detachment in the Alateen meeting to mind my own business and let others mind theirs. I am able to see so clearly how my former rescuing would be interfering in another's process of discovery so I stop. My gratitude for the wisdom grown by group conscience of Al-Anon adults and Alateens opens and grows with each Alateen meeting and each reading of Alateen literature. Thank you.

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.)

Newsletter Editor: [wedotwelve@gmail.com](mailto:wedotwelve@gmail.com) ♦ District 15 Office: [ezduz@sbcglobal.net](mailto:ezduz@sbcglobal.net) (510) 276-2270

District 15 Website: [www.ncwsa.org/d15](http://www.ncwsa.org/d15) ♦ Northern California World Service Area Website: [www.ncwsa.org](http://www.ncwsa.org)

World Service Organization Website: [www.al-anon.alateen.org/members/](http://www.al-anon.alateen.org/members/) (log-in is group name followed by "afg")

**Public Information Corner**

This report comes from Kathleen Z, D15 PI Coordinator: Please join me in thanking all the people who helped spread the message of recovery. As a team, we can do it.

At the Allen Temple Baptist Church (ATBC) Health Fair Aug 15, our Spanish-Speaking Intergroup Public Information Coordinator, Guadalupe N, turned out his troops in force: Julietta D, Laura S, Tomasa S, Maria Elena M, America S , Fernando Y and Isabela G. Most of these people traveled from Santa Clara County to join us!!! Wow! We also had English-speakers: Roger C , Wendy Ellen, Elizabeth E, Ginger and Kathleen Z.

As always before our events, we are supported by the folks who pull the replacement literature from the office and get it to me: Elizabeth E, Mary Jo K and Dolores G. On August 29<sup>th</sup> at the East Bay AA Intergroup All Groups our Al-Anon volunteers were: Rocky V, Joan S, Lorraine H, Nancy F, Nancy T, Nancy B and Kathleen Z. Additionally, we were supported by our AA Brethren, who fetched & carried, and created a luxurious Hospitality Room atmosphere for us and our outreach table! Special props to the very thoughtful Greg F, John C, Paul S, Dave and Danny H.

We have a Public Information Outreach event break for a month. The next two activities are:

10/3/15 D15 Day in Al-Anon. We will set up our regular information/literature table in the main room so that attendees have a chance to pick up pamphlets that they may have never seen before. Also they'll be able to see How We Do It. Maybe they'll be inspired to volunteer for an outreach event. We only need 1-2 people per hour to staff the table, and it could be fun service.

10/10/15 the Ashland-Cherryland Together (ACT) FamFest in Hayward. FamFest is a street fair, and we'll need LOTS of Spanish-speaking and English-speaking Al-Anon members at our table. Please contact Kathleen Z at [kathleenzAFG@yahoo.com](mailto:kathleenzAFG@yahoo.com) (the email is provided with Kathleen's permission).

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.

**Member Shares**

"God has always been present in my life, but once I started really practicing the Al-Anon program, I embraced my Higher Power and relied on Him for everything in my life. I found that it does work. I have turned my life and my own will over to the God of my understanding. That Power is my constant companion. I really have accepted that I am powerless. I know that if I step back, God will work a perfect plan that I could not even imagine.

Newsletter Editor: [wedotwelve@gmail.com](mailto:wedotwelve@gmail.com) ♦ District 15 Office: [ezduz@sbcglobal.net](mailto:ezduz@sbcglobal.net) (510) 276-2270

District 15 Website: [www.ncwsa.org/d15](http://www.ncwsa.org/d15) ♦ Northern California World Service Area Website: [www.ncwsa.org](http://www.ncwsa.org)

World Service Organization Website: [www.al-anon.alateen.org/members/](http://www.al-anon.alateen.org/members/) (log-in is group name followed by "afg")

Through the Twelve Steps, the meetings, and the people who shared their stories, I looked at my own behavior. I became more observant of how I lived my life, of what words came out of my mouth. I learned how to mind my own business and respect others, even if I don't agree with them. I learned how to apologize quickly for any wrong behavior on my part. My prayer and meditation time has become a daily habit. This time keeps me centered and at peace."

*Linda C., New York The Forum, August 2014 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@gmail.com](mailto:wedotwelve@gmail.com)

### **WSO Outreach Center**

WSO monthly newsletters are available at <http://www.al-anon.org/members/groups/group-resources/item/41-group-e-news>

Tidbits from the 2015 Membership Survey: Are you one of the 46 percent of members who said they were referred to Al-Anon by a counselor, therapist, doctor, clergy member, or other professional? If so, thank this professional and encourage this important source of referrals to Al-Anon. All members can also make sure their doctors, therapists, etc. know about the positive effects Al-Anon has had in their lives.

Look for members' comments about the successful ways they share information with their professionals, available in the September issue of *The Forum* magazine. Find interesting information like this every month in *The Forum*, along with sharings from members across the United States, Canada, Puerto Rico, and Bermuda.

### **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](mailto:wedotwelve@gmail.com).*

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](mailto:afg-eastbay-off@afg.talklist.com)

Newsletter Editor: [wedotwelve@gmail.com](mailto:wedotwelve@gmail.com) ♦ District 15 Office: [ezduz@sbcglobal.net](mailto:ezduz@sbcglobal.net) (510) 276-2270

District 15 Website: [www.ncwsa.org/d15](http://www.ncwsa.org/d15) ♦ Northern California World Service Area Website: [www.ncwsa.org](http://www.ncwsa.org)

World Service Organization Website: [www.al-anon.alateen.org/members/](http://www.al-anon.alateen.org/members/) (log-in is group name followed by "afg")