

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 Four: Made a searching and fearless moral inventory of ourselves.*

Unity through Traditions Tradition Four: Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.*

Service through the Concepts Concept Four: Participation is the key to harmony.*

*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 the District 15 business meeting (every 3rd Saturday) in San Leandro for more info.

Calendar of Events/Workshops

D15 Monthly Fellowship Event (Note the date change for the month of April only!)

| Date | Time | Hosted By | Location |
|-----------------------|-----------------|---|---|
| Saturday 4/23/2016 | 5:30pm - 9:00pm | Hosted by Seeking Serenity San Leandro Monday Night group | 911 Dowling Blvd., San Leandro, CA 94577 Rear of Building |
| Saturday 5/28/2016 | 5:30pm - 9:00pm | Hosted by Nueva Esperanza – Hayward | 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>.

SAVE THE DATE

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

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Literature Depot Corner

Dolores G., Literature Depot Coordinator, reports on this wonderful piece of Conference Approved Literature: **In All Our Affairs – Making Crises Work for You**. This month's feature describes how members apply specific Al-Anon principles in facing difficult situations. Section headings include Awareness, Acceptance, Action and Moving On. Writings include overcoming such serious problems as abuse, death, infidelity, and more. The book is indexed, soft cover and 255 pages. B-15 is available in our District 15 literature depot and sells for \$12.

Remember—when you buy from your local Literature Distribution Center, you support your local services.

The Forum: Click the link below for the April 2016 articles at <http://www.al-anon.alateen.org/the-forum-magazine>

Alateen Corner

This report comes from Christina O., D15 Alateen Coordinator:

Alateen is an equal 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:

- Growing Together Weekend, "Rhythm of Recovery" will be May 20th, 21st, and 22nd. Pre-register by April 29th for fee of \$160. Al-Anon, AA and Alateens are welcome, minimum age is 12 years old. Address is 6510 Bohemian Highway, Occidental. For more information and registration forms visit the ncwsa.org site.

****Growing Together Weekend** is a safe place for sharing and making friends with Alateens, Al-Anon and AA members. We camp out 'in cabins' and participate in recovery workshops, a talent show and other fun and empowering activities. The only requirement for attending GTW is the willingness to heal from the effects of someone else's drinking.

NOTE: Special thanks to everyone who makes a donation when the Alateen scholarship donation can be passed in meetings and at the monthly fellowship events. Please note that the decorated red plastic buckets and large round can that are passed at the monthly fellowship events are for Alateen scholarships only.

****And as always, 100% of your donations are used to help Alateens attend their annual conventions.**

NOTE: There has been a change on the Alateen meeting schedule, the current schedule is dated April 2016. There is no longer a simultaneous Al-Anon meeting on Wednesday nights in San Leandro. The Alateen meeting still meets at 7:30 p.m. as usual.

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The Spring 2016 edition of the Alateen Talk newsletter (A quarterly publication from Al-Anon Family Groups' younger members worldwide) is now available. Ask your group rep. for a copy, pass one on to a newcomer.

The following is a share from the Spring 2016 Alateen Talk:

A share on the Serenity Prayer;

When I use the Serenity Prayer to pray, I take it in three sections. The first section is "to accept the things I cannot change." Then, I think of the things in the situation that I cannot change. The second section is "courage to change the things I can." I then think of what I can change. The main factor in what I can change is usually me and my actions. Finally, the last section is "and wisdom to know the difference." That is the time I reflect on the two lists that I just made. I keep a Serenity Prayer card in my phone case so I am always reminded of it and of the Alateen program.

Anonymous

(Alateen Talk, Spring 2016; reprinted with permission of Al-Anon Family Group Headquarters, Inc.)

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:

District 15 hosts a Public Information table to provide Al-Anon & Alateen literature at community health and resources fairs. These events are an excellent opportunity to introduce the Al-Anon Family Groups (AFG) to the community. We explain how Al-Anon and Alateen help meet the needs of children and families, and invite them to our meetings. We give them Serenity Prayer bookmarks and meeting schedules; offer pamphlets such as "Detachment" and "Freedom from Despair"; 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. Please print and share with other members. People who've never heard of Al-Anon/Alateen are out there suffering, and are grateful to learn there's a chair waiting for them in our meetings. Let's practice the 12th Tradition and CARRY THE MESSAGE of hope! Please send a message to wedotwelve@gmail.com with your first name, phone number, and email address to volunteer to staff these events.

Event Alert!

We will have an Al-Anon Public Information table at the 4Cs Children's Faire. We need English-speaking and Spanish-speaking Al-Anon volunteers. We are expecting over 1200 guests this

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year. 4Cs of Alameda County hosts 14th Annual FREE Children's Faire on Saturday May 14 2016 9am-1pm. This year's Children's Faire is sure to be great time for the whole family. The address of the Community Child Care Council (4Cs) of Alameda County is 22351 City Center Drive Hayward, CA 94541. For more information on the event, go to www.4c-alameda.org.

Al-Anon Faces Alcoholism 2016

Members are distributing 150,675 copies of the annual public outreach magazine, Al-Anon Faces Alcoholism 2016 (AFA). That is in addition to the 220,025 copies that were purchased last July. Thank you for your dedication and commitment to reaching out to those who are still suffering. We would also like to extend our appreciation for all of the AFA sharings we received. Member sharings are the heart of the magazine and it would not be an effective public outreach tool without them. We appreciate every sharing we receive. Keep them coming!

Note: The information above comes directly from April 2016 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>

Member Shares

"One day in a meeting, a friend mentioned that he and his wife bought an adjustable bed with dual controls. The controls allowed them to elevate their heads, change the temperature, and adjust the firmness or softness of the mattress. For a while, they slept great and woke up rested and full of energy.

Time went by. One day, I asked him about his bed and he said, "It is terrible." He was mad and irritable. He said he was not sleeping at all and was tired of the bed. I was surprised because I've heard that those beds are very nice.

More time went by and one day he said, "I found out what was wrong with my bed. I had my wife's control and she had mine!" That was why their sleeping time was unmanageable. I laughed for a while, and then I experienced a revelation from God—my life is unmanageable because I have my boyfriend's remote control and he has mine. I became aware of all the times I wanted my boyfriend to do things my way, and he wanted me to do things his way. We did this without talking to each other; we tried to read each other's mind instead, which always ended in frustration and disappointments.

Accepting that I want to control him because I know what is best for his life is insanity. I am pushing the buttons of his control, and he doesn't want to live his life my way. The same goes for me; I don't want to live my life his way. Our lives are unmanageable when we try to control each other. Accepting that he lives his life differently, and accepting that "different" does not mean "bad" was a big part in my recovery. My action part was to give him back his "remote control," to take my "remote control" back, and to pray: "God, grant me the serenity to accept that I cannot control his life, The courage to only use my remote control to change my life, And the wisdom to know what remote control I have every morning before I start my day." My life has changed in a positive direction as I continue my path to recovery." *Ana E., Colorado, The Forum, April 2016* (reprinted with permission of The Forum, Al-Anon Family Group Hdqts., Inc., Virginia Beach, VA.)

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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 do Step Five, Tradition Five and Concept Five 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>

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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