

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 Eight: Made a list of all persons we had harmed, and became willing to make amends to them all.*

Unity through Traditions Tradition Eight: Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.*

Service through the Concepts Concept Eight: The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.*

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

Save the date! On October 1st 2016 District 15 will be celebrating a gift of the program through recovery, unity and service. We have a great number of service positions to choose from. We have a comprehensive guide/instructions for every position.

We need eachoups' help in creating a gift basket for this year's Silent Auction. Please pick a theme for your basket and bring it to the event on the morning of October 1st. Please make a list of all items in your basket (if not visible) so that bidders will know what they're getting. Theme suggestions include Movies, Coffee, Gourmet, Holiday Food and Spa.

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.

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.

WSO Appeal

Please consider supporting the work of WSO. All financial donations to WSO are **tax-deductible**. Here are a few ways to help out:

- Personal direct contribution. Set up an automatic monthly deduction of the amount of your choice.
- Annual personal direct contribution. Give what you are comfortable with.

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- Birthday personal contribution. Make a contribution for a determined dollar amount every Al-Anon Birthday you have. Example is to give \$1, or \$5, or \$10 or more, for every year you have in Al-Anon.
- Memorial contribution. You can make a memorial contribution to Al-Anon for anyone, even if they were not a member of Al-Anon.
- Quarterly Appeal Be the Example for others to see....Drop a check in the envelope every quarter, for any amount
- Bequest. If you plan this, be sure to register it with the WSO. A family member may contribute up to 500 in your name.
- Subscribe to the Forum magazine. Encourage your program friends to do the same.

Calendar of Events

Monthly Fellowship Event

Date	Time	Hosted By	Location
Saturday 8/27/2016	5:30pm - 9:00pm	Hosted by Alameda Tuesday Night Home Of Truth group	911 Dowling Blvd., San Leandro, CA 94577 Rear of Building

Bring food for your family and a little to share. Join us for the group's 16 year celebration. All are welcome!

SAVE THE DATE October 1st 2016 District 15 Day in Al-Anon at First Presbyterian Church 2490 Grove Way, Castro Valley, CA. Service positions are available.

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

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

Literature Depot Corner

Dolores G., Literature Depot Coordinator, brings yet another wonderful piece of Conference Approved Literature: **As We Understood**. This popular collection of spiritual insights by Al-Anon and Alateen members throughout the world, was first published in 1985. I have valued many helpful quotes from this little book while reading *Courage to Change*. When we are willing to turn our problems over to the care of a Power greater than ourselves, we receive the peace of mind we have been longing for. Several times I've been asked whether this book is still in print. Definitely YES! B-11 sells for \$11.00, is indexed, and contains 273 pages.

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

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

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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:

- August 27th D14 Alateen Root Beer Float Fundraiser #2 - Speaker meeting to follow at 6 p.m. (donations benefit D14 Alateens) 3rd floor, Kaiser lobby, Walnut Creek.
- September 16-18, 2016 Alateen Sponsorship R and R (Replenish & Recommit), Westminster Woods, Occidental. Registration \$174. More information can be found on the NCWSA.org. Web site, Calendar Events.
- October 1st District 15 Day in Al-Anon will include the Alateen bake sale table from 8:30 a.m. to 4:30 p.m. Please visit the Alateens at their table and consider supporting their service in raising their own scholarship funds to attend their two annual conventions: Growing Together Weekend in May and Northern California Alateen Conference in November.

Note: Our Alateens have the summer off from speaking at the Monthly Fellowship Events, a well deserved break as they have all spoken at least once, if not twice.

Schedule change: There has been a change on the Alateen meeting schedule, the current schedule is dated **June 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 but they have moved into the old Al-Anon meeting room, enter on Clarke, room is downstairs on the right.

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

The following is a share from the Summer 2016 Alateen Talk newsletter:

Sharing experience, strength and hope: Anonymous

I've attended Alateen for nearly seven years now, and some members of the group come to me asking for help. I share how I have worked the Steps. It is nice to see how doing that helps them, but most importantly it helps me. All I do is share my experience, strength and hope.

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

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REMINDER: Alateens are part of the Al-Anon Family Group, they 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:

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.

Please help us practice the 12th Step by spreading these announcements with Al-Anon members. Contact Kathleen Z at kathleenzAFG@yahoo.com (email is included with Kathleen's permission).

Saturday August 27th AA'S ALL GROUPS DAY W/AL-ANON PARTICIPATION, OAKLAND East Bay AA Intergroup/East Bay Al-Anon/ Alameda Co Young People of AA present: ALL GROUPS DAY 2016: "A HISTORY OF CHANGE" from 12pm to 6pm. We will have our AFG Outreach (Public Information) table providing literature to people and introducing them to the Al-Anon Family Groups.

Saturday October 10th ASHLAND CHERRYLAND FAMILY FESTIVAL, SAN LEANDRO

Member Shares

"Soon after my son turned 18, he announced that he was moving out. I knew by the look on his face not to challenge his decision. That was 28 years ago, and with the exception of three or four brief times, he has not wanted to be a part of my life. During his brief pop-ins, he would wreak havoc, and just like that, be gone again. I didn't have Al-Anon then, and so I got caught up in the doubts, fears, and shame. It was agony. There is a hook in being a mom, and Al-Anon is where I found the courage, strength, and wisdom to unhook myself from my son's unacceptable behavior.

Miraculously, I was led to Al-Anon where, ever so slowly, I began working the program with a Sponsor. The more I learned, the more I wanted, and that kept me coming back. As a result, I've been given guidelines for living a healthy life, and a toolbox filled to overflowing with every possible tool I would ever need to keep me out of the problem and in the solution.

Two weeks ago, after seven years, I heard from my son via e-mail. Although cool in tone, his words conveyed that he wanted us to have a relationship. Being cautiously optimistic, I responded simply and affirmatively. His third e-mail, however, showed his colors, and as a direct result of living the Steps, I was able to stand in my own truth. I was happy to learn that he was well, and I was looking forward to building a healthy relationship, but after receiving that e-mail,

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which was riddled with assumptions and conditions, I truly did not see how this would be possible.

Today, because of the Al-Anon principles, I am able to love him right where he is now, with no resentments. I have also been given the clarity to acknowledge the risks to my well-being. Today, with my Higher Power's help, I am willing to do the next right thing. Lo and behold, by trusting my Higher Power and knowing that more is always revealed, several days later I received a response that was warmer in tone and included an apology. This is a first, and a miracle in the making." *Rosemary B., Arizona The Forum, August 2016* (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 9, Tradition 9 and Concept 9 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>

The *FORUM BOOK* (working title)

Have you ever read a *Forum* sharing that:

- Helped you to look at something a bit differently?
- Made you laugh?
- Touched your heart and reminded you that you aren't alone?
- Had a unique way of presenting the topic/subject?
- Will stand the test of time?

These are the sharings we would like to include in *THE FORUM BOOK* (working title). The 2015 World Service Conference gave conceptual approval to develop a piece of Conference Approved Literature based on member sharings published in past issues of *The Forum*. The piece is intended to compile thoughtful sharings that are important enough to be read for years to come. You are cordially invited to send us your most memorable and relatively recent, *Forum* sharings (2005 – present). There's only one caveat! We need to know the title, month, and year in which it appeared in the magazine. You can submit your suggestions online. Go to the Members' website at al-anon.org/members. Click on Individuals, Featured Publications, The Forum, *THE FORUM BOOK* (working title).

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Note: The information above comes directly from August 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>

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/>.

Are you on the go and can't attend face-to-face meetings? Check out <http://www.phonemeetings.org/> for Al-Anon Phone Meetings website for more information.

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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