

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 Twelve: Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.*

Unity through Traditions Tradition Twelve: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.*

Service through the Concepts Concept Twelve: The spiritual foundation for Al-Anon's world service is contained in the General Warranties of the Conference, Article 12 of the Chapter.*

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Service Opportunities at the District Level

Co-Treasurer, Answering Service Coordinator, Office Coordinator, Institutions 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.

Calendar of Events/Workshops

D15 Monthly Fellowship Event

Date	Time	Hosted By	Location
Saturday 12/31/2016	5:30pm - 9:00pm	Hosted by San Leandro Sunday Step Study Group	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/>.

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:

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")

- 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.
- 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.

Literature Depot Corner

Dolores G., Literature Depot Coordinator, reports on this wonderful piece of Conference Approved Literature: **Hope for Today** is one of our most popular daily readers and is listed among Al-Anon's best sellers. It includes daily sharings from Al-Anon's adult children members. The shares are helpful for anyone who wants to grow in acceptance, compassion and understanding. The book (B-27) is indexed, contains 383 pages, and is available at our D15 Literature Distribution Center for \$14.00, plus tax and shipping. Also available is a large print, softcover edition (B-28) which sells for \$18.00+.

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

The Forum: Click the link below for the December 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:

- Western Area Conference of Young People in AA - WACYPAА invites Al-Anon to participate Saturday, December 31st, 2016. Panel: The Family Afterwards. Sheraton Hotel & Conference Center, J Street, Downtown Sacramento, Ca. To register: WACYPAАXX.COM. Note: this is a weekend event, December 29th through January 1st.

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The AMIAS (Al-Anon member involved in Alateen service) and Alateen team have worked hard this year and would like to share a few of our accomplishments:

In the spirit of Tradition 7 our Alateens continue to be "fully self-supporting." All of the scholarships the Alateens received for Growing Together Weekend and the Northern California Alateen Conference were paid for with money they collected in donations at the monthly fellowship events: \$283 and the October 1st DIAA bake sale: \$470.35.

We had our 3rd Annual AMIAS training in March with over 30 people in attendance.

Our focus this year was on Alateens who are transitioning to Al-Anon. We gave a copy of How Al-Anon Works and Hope for Today to four of our Alateens.

We added three new Spanish speaking AMIAS to the team and two of them are bilingual. We now have 16 certified D15 AMIAS + 2 from district 17 doing service for us.

We started a bilingual Alateen meeting in Hayward on Tuesday nights bringing our total of Alateen meetings to 4.

Many thanks to everyone who has supported the Alateens this year. Next year your donations will help pay for their scholarships and books.

Share from a D15 Alateen:

My NoCAC Experience

NoCAC 2016 was my first NoCAC ever. At first I was really shy and scared but at the end it was a really nice experience. I heard all these stories and I was like wow, I'm not the only one. I felt lonely and I felt like no one had these problems. But then people started to share and it really opened up my eyes. I wish I had shared my story but maybe next time. It was a good time at NoCAC.

Anonymous

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.)

Member Shares

"Growing up in an alcoholic family, I dreaded the holiday season. Mixing an alcoholic and three "reacters" rarely led to magical moments. Last year's holidays were the hardest, as they were the first ones since the alcoholic in our family, my dad, died. My brother's and my pain and mutual resentments were still raw, so we shared an awkward, tense dinner.

As this year's holidays approached, I felt the familiar fear of family conflict and judgment. I tend to avoid whatever I fear, so I was reluctant to accept the challenge when my family asked me to host this year's holiday dinner. I'm a self-conscious hostess at the best of times. However, I

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learned through Al-Anon that God gives us challenges when we're ready for them. So I agreed to welcome my disconnected family into my home. My program helped me change my attitudes and actions before the dinner. In particular, I learned that I needed to let go of my paralyzing fear of conflict and judgment.

First, I reflected on how far I had come in taking care of myself over the past year. I learned that I didn't have to accept unacceptable behavior, such as hurtful comments or accusations from my relatives. I also learned how to set boundaries. Even though I feared my brother's rage, I faced my fears by continuing to reach out to him, even if I only e-mailed him once a month. I learned how to build bridges between us rather than walls.

By declining to host our get-togethers, I saw that I was burdening my relatives. My fear of others' judgment held me back from serving my family. Instead, I needed to share the responsibility for hosting our events. I also realized that I'm rather self-absorbed. The holidays aren't about me and my cooking skills; they're an opportunity to heal my family's weakened sense of unity. My Sponsor put it best: I needed to let go of my ego.

I also learned that it was unfair to expect my brother's resentment toward me to fade as quickly as I would have liked. He had every right to work through the grief and anger that our dad's death brought about, in his own time. I needed to be patient, detach, and focus on myself. God gave me faith that my brother's resentment toward me would eventually fade. Even if it didn't, I could choose to act maturely and be my best self.

My Al-Anon program helped me remember that I'm not alone. God is always an available source of help. By working my program, I became willing to change. My attitude toward hosting the dinner evolved from, "Oh, heck no" to "Yes, I can!"

My strategy for success involved returning to the tools that helped me in recent months: prayer, preparation, and practice. Through prayer, I humbly asked God to help me face my fears. I knew I could not succeed—or relax—without God's help, so I deliberately chose to "Let Go and Let God."

I prepared emotionally by openly sharing those fears with my Sponsor, my group, and my husband. By communicating honestly, I became much closer to my husband. He became an enormous source of support. He helped me work through my trepidation and channel my energy into planning the menu several weeks in advance. Together, we practiced making every item on the menu and tweaked the recipes to our satisfaction. Cooking actually became a fun challenge that I embraced. I fell in love with my husband all over again.

All our efforts were worthwhile. My family's holiday dinner was delightfully serene. I felt relatively relaxed and closer than ever to my husband. By placing "principles above personalities," I was able to avoid reacting when my relatives made minor negative remarks. Instead, I kept my own thoughts positive by focusing on gratitude for my family's drama-free reunion.

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I feel grateful knowing that I did my best and applied the slogan "Let It Begin With Me." My Higher Power helped heal my family by bringing us together in peace to mark a special occasion. I gained confidence and courage by taking the risk to try new things, knowing that I'm not alone. I could not have asked for a better holiday, and I truly believe that my dad would have been proud of all of us. What a difference a year makes—when I work my program!" *Lisa G., Ontario, The Forum, December 2016* (reprinted with permission of The Forum, Al-Anon Family Group Hdqts., Inc., Virginia Beach, VA.)

WSO Outreach Center

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

Volunteers needed to review translations of CAL

Did you know that Al-Anon Conference Approved Literature (CAL) is available in more than 35 languages? Al-Anon structures outside of the U.S. and Canada request permission from the WSO to translate and reprint CAL. Local members perform this service, but we are looking for Al-Anon members in the U.S. or Canada who are willing to volunteer their time to review the translated documents. Your contributions of time and talent are a valuable part in the process of carrying Al-Anon's message to members and prospective members all over the world. If you are able to review translations in Hungarian, Slovakian, Swedish, or Ukrainian, we would love to hear from you! Please contact the Associate Director—International wso@al-anon.org or call (757) 563-1600 for details.

Online Al-Anon Outreach:

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.

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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