

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 Two: Came to believe that a Power greater than ourselves could restore us to sanity.*

Unity through Traditions Tradition Two: For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.*

Service through the Concepts Concept Two: The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.*

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

Service Opportunities:

Looking for a service position to enrich your recovery? District 15 is looking for volunteers to fulfill the following positions:

- Treasurer
- Office Coordinator
- Archives Coordinator
- Answering Service Coordinator

This is a great and safe way to develop numerous skills, such as leadership, creativity, communication, etc. Contact District 15 office at (510) 276-2270 or come by District 15 business meeting every 3rd Saturday in San Leandro for more info.

Calendar of Events

Monthly Fellowship Event:

Date	Time	Hosted By	Location
Saturday 2/27/2016	5:30pm - 9:00pm	Hosted by San Leandro Sunday Step, Traditions, Concepts group	911 Dowling Blvd., San Leandro, CA 94577 Rear of Building

Note time change for the months of March and April only! March Monthly Fellowship Event sponsored by San Leandro Aprendiendo a Vivir group will be held on **March 19th 2016**. April Monthly Fellowship Event sponsored by San Leandro Search for Serenity group will be held on **April 23rd 2016**.

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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

NCWSA Convention on 4/15/16 – 4/17/16 at Crowne Plaza Sacramento Northeast, 5321 Date Ave. Sacramento, CA. Pre-registration is \$25. At Conference \$35.

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

Meeting Changes

CHANGE LOCATION Friday 12:15 Oakland Montclair to Corpus Christi Church Feb 19

CHANGE ROOM Wednesday Oakland 12:15, from Rm 310 to Albers Chapel, Nov

DELETE Sunday Oakland 9 am Spanish Nuevo Despertar meeting Oct 20

CHANGE hours Mon, Tue, Wed Oakland Nueva Vida extend hours 7 - 8:15 to 8:30 pm Oct 20

ADD New Spanish meeting Sundays San Leandro 11 am Oct 13

CHANGE time- Wednesday Alameda 7:30 pm - 8:30 pm - Adult Children of Alcoholics, 1300 Grand St - 15 min. earlier from 7:45, effective 9/16

CHANGE Tuesday Oakland 7pm Living in the Solution on College last meeting Aug 25 moves to Wednesdays 7pm different location Lawton Ave, Aug 26 (2 meetings that week)

Literature Depot Corner

Dolores G., Literature Depot Coordinator, reports on **Legacy Poster Set**, a piece of Conference Approved Literature. This is a specialty item and is available at our literature depot as a set of four 2' x 3' posters:

- Twelve Steps
- Twelve Traditions
- Twelve Concepts of Service
- General Warranties

Printed in dark blue letters on a white background, the posters are beautifully laminated and show up nicely when on display. They are rollable and tear-proof, and come in a reusable storage tube. Item M-75 sells for \$24.00, including tax and shipping.

Does your meeting room have space to display these Al-Anon Legacies?

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

The information below comes from WSO February 2016 monthly newsletter:

The words you speak at meetings give other members hope, inspiration, and ideas to think about throughout the day. Why not share these ideas with a wider audience? The new daily

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reader in development needs to include the many voices of Al-Anon—including yours!

Help us create a daily reader that illustrates the rich diversity of experience that we share as a fellowship. Share about a personal insight (under 300 words) that helped you in your recovery. Feel free to reveal your gender, age, relationship to the alcoholic, and other personal details that demonstrate how Al-Anon indeed works for *anyone* affected by someone else's drinking. If you wish, 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).

For a new writing guideline spelling out all the details, click here: <http://www.al-anon.org/members/pdf/WeStillNeedYourExperience.pdf>

You can submit your sharing online by following these simple steps:

- Go to al-anon.org/
- Click on the "Members' Site" tab
- Click on the "Send Your Sharing" link
- Enter your password—any variation of your group name followed by AFG.
- Click on "NEW DAILY READER (working title)."

Alateen Corner

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:

- District 15's February 27th monthly fellowship event Alateen speaker - TBD
- District 3 is hosting a B-17 AMIAS training on February 27th from 1 to 4 p.m. at St. Johns Episcopal Church, St. David's Hall 2341 Floral Avenue, Chico 95926. For more info. visit the ncwsa.org site.
- There is a new Spanish / English Alateen meeting in Hayward on Tuesday nights from 7 P.M. to 8:30 P.M. Address: Good Shepard Lutheran Church, 166 W. Harder Rd., Room #4, Hayward. Simultaneous **Spanish** Al-Anon meeting next door.
- District 15 will have our 3rd annual AMIAS training on March 26th from 1 to 4 p.m. Facilitated by our Area Alateen Coordinator, Lisa B. Address: First Presbyterian Church of Hayward, 2490 Grove Way, Castro Valley, Ca 94546 (next to Trader Joe's). For more information visit the ncwsa.org site.

Note: We are looking for AMIASs who are willing and able to fill in as a substitute AMIAS at Alateen meetings with short notice (sometimes one day) and we also need AMIAS who are able to do Alateen meetings during the day at schools or youth centers with another AMIAS.

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- 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.

The Winter 2015 edition of the Alateen Talk newsletter (The quarterly publication from Al-Anon Family Groups' younger members worldwide) is now available. Ask your group rep. for a copy.

The following is a share from the Summer 2015 Alateen Talk:

I don't know where I would be without Alateen

I am a grateful member of Alateen. My first Alateen meeting was full of teenagers. I had walked in terrified that I wasn't going to be accepted into the program and that all the kids were going to hate me. But as I entered the room, Alateens came up and introduced themselves. Throughout my first meeting, I listened to them talk and I began to realize that there are people in the world who are going through the same things I am. Everyone was so open about their feelings, which is something I have never been used to. I loved my first meeting and that I was greeted by such warm people.

I have now been in the program for nearly four years and I honestly don't know where I would be without it. I keep coming back. I have never met a nicer group of people. In Alateen, it doesn't matter the person's age, gender, race, religion, etc. everything is dropped at the door and it is full of people being able to talk about how they feel with confidence in anonymity. I have made so many wonderful friends who I know I will associate myself with for years to come. I have learned in Alateen that I am not alone. I control my life and only my life, and I shouldn't let other people's opinions of me matter. Over four years, I have learned how to be myself openly, and never give up. The person that I am today is someone who loves me, and I wouldn't have gotten to this point without my Alateen group. Anonymous

(Alateen Talk, Summer 2015; 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

"Hello. I'm afraid I've waited too long. My family is in dire straits. I need to find an Al-Anon and Alateen meeting near me." People from around the world who are struggling with a loved one's

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drinking send private messages like this one to our Facebook pages. They find our pages because someone shared our posts. It only takes a few seconds to share our posts, but the potential to reach many people still suffering from a loved one's alcoholism is great. Do you want to be a part of this global outreach project?

If the answer is "yes," find us by searching on Facebook for "Al-Anon WSO" in English, "Los Grupos de Familia Al-Anon OSM" in Spanish, and "Les Groupes Familiaux Al-Anon BSM" in French and share our posts.

Remember, Facebook is a public domain; please do not make any comments that will reveal that you are a member of Al-Anon.

Note: The information above comes directly from February 2015 Group eNews distributed by WSO.

Member Shares

"I've always approached life with an attitude of, "If I just hang in there long enough, things will work themselves out. Everything will be okay." I think there's a grain of truth in this attitude, but it's just a tiny grain.

How Al-Anon Works (B-22), p.47, talks about perseverance. In Al-Anon, I'm learning how to "Live and Let Live," to detach with love. These practices are similar to perseverance for me because they are not about giving up or leaving the person I love. If I "Live and Let Live," I accept the person or situation as is, and I focus on moving forward with my own life.

What I practiced before Al-Anon was not "moving forward with life." It was actually "not giving up and staying stuck in the same old place." Perseverance was my way of practicing the same behavior over and over, each time expecting a different result. My loved one would reach for the alcohol. I would be filled with dread, but then I'd tell myself, "Maybe this will be the last time," or "maybe he won't drink so much this time." I kept expecting things to become different—magically.

What I'm learning in Al-Anon is things don't magically become different unless I do some footwork. The first step is I have to fully admit there is a problem. Noticing a problem then holding my breath until it goes away is not going to cut it. I realize now that what I used to call perseverance was really just holding my breath. I wasn't living. I was just staying very quiet, not making any waves, and doing everything I could to keep the home functioning.

In Al-Anon, I pray, I read Conference Approved Literature, I go to meetings, and I work with a Sponsor. I don't really know who or what I pray to, but that's okay. It's all part of Al-Anon teaching me to breathe, to fully take life in, and move forward. In Al-Anon I'm learning to live." *Maxine I., Washington, The Forum, February 2016 p. 14* (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. Here are a few suggested questions. Please send your shares to wedottwelve@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 3, Tradition 3 and Concept 3 mean to you? What are you struggling with today? What keeps you coming back to the program?

Membership Survey Open Through February 26th 2016

Help us help you! We need your input in this brief, anonymous survey, to evaluate the effectiveness of some of the WSO's communication strategies. To access the survey, and to find a wealth of information available for Al-Anon members, visit the Members' Web site, as follows:

- Go to al-anon.org/
- Click on the "Members' Site" tab
- Click on the "Surveys" link
- Enter your password—any variation of your group name followed by AFG, e.g., serenityseekersafg
- Click on the link titled "Al-Anon Program Survey"

Thank you for your participation in this important project!

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 wedottwelve@gmail.com.
Thank you!

PS: A pdf version of the newsletter is available at the District website
<http://www.ncwsa.org/d15/>

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