

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 Seven: Humbly asked Him to remove our shortcomings.\*

**Unity through Traditions** Tradition Seven: Every group ought to be fully self-supporting, declining outside contributions.\*

**Service through the Concepts** Concept Seven: The Trustees have legal rights while the rights of the Conference are traditional.\*

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

Save the date! On October 1<sup>st</sup> 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: Co-Chair, Decorations, Raffle, Clean Up, Literature, Crafts Table Coordinator, Publicity and Silent Auction Coordinator. We have a comprehensive guide/instructions for every position.

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](mailto: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 3<sup>rd</sup> Saturday in San Leandro for more info.

### **WSO Appeal**

The World Service Conference (WSO) provides voice and unity to Al-Anon and it needs your financial support! If every single Al-Anon member donates \$15.00 per year, WSO will not have to severely cut back on the services provided. Currently WSO's services include a free service manual, toll free calling, website, public outreach (such as PSA's podcasts), literature, printing, postage, office supplies. If the financial support for services is not enough to fund the organization, WSO will have to transfer money from the Reserve Fund to fund daily operations. This could endanger Al-Anon's survival. At the present time and level of support, the Reserve Fund would be drained in 4-6 years. Another option is to continue to reduce services to the groups until we become just a record-keeping operation.

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")

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.
- 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

Date	Time	Hosted By	Location
Saturday 7/30/2016	5:30pm - 9:00pm	Hosted by Alameda Saturday morning Step Study group	911 Dowling Blvd., San Leandro, CA 94577 Rear of Building

**SAVE THE DATE** October 1<sup>st</sup> 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/>

### Literature Depot Corner

Dolores G., Literature Depot Coordinator, shares on **Discovering Choices**. Published in 2008, this very helpful book explores recovery in relationships affected by alcoholism. Members share how, through wisdom and insight, they have improved the quality of their relationships by using the program's many tools. Al-Anon helps us become aware of the many choices available to us. Each chapter contains a list of Items for Thought and Discussion. The book is currently listed as one of our Featured Products, is indexed, soft cover and 235 pages. B-30 is available in our District 15 literature depot and sells for \$15.

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

**The Forum:** Click the link below for the July 2016 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 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:

- July 30th AMIAS workshop in Dublin from 10 a.m. to 3 p.m. John Knox Presbyterian Church - Fellowship Hall, 7421 Amarillo Rd. Dublin 94568. Suggested donation is \$5 for rent and refreshments.
- August 12-14th is the second NoCAC BASH at Sugarloaf State Park (Kenwood)

\*\*For more information on the NoCAC BASH's and Beach Fundraiser, please visit the NCWSA.org web site. Go to 'Calendar,' then 'Events Calendar.'

Note: NoCAC is the Northern California Alateen Conference.

Note: Our Alateens have the summer off from speaking at the Monthly Fellowship Events.

**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 rep. for a copy, pass one on to a newcomer.

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

My story, our story;

My story is very similar to the rest of the members of my group: alcoholic parents, a messed-up family, lack of trust, and anger issues. According to my mom my grandmother was also an alcoholic and a drug addict. When she had my mom, my grandfather left, so my mom never knew who her father was. My father grew up in bars and became a drunk. I used to think all adult men were drunks. My dad's dad died when my dad was eight years old. Both of my parents had difficult times growing up. Learning from my parents' past helped me understand them better.

Before Alateen, I constantly felt worthless, like I should be dead. I didn't care for other people. Alateen helped me want to live. They are like a family, they care about me. They are always

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")

there for me, even when I'm angry and frustrated. In most of our stories, our families were not there for us physically or emotionally.

I believe that this program saved my life. Without Al-Anon/Alateen, I would be throwing my life away or worse-killing myself. I'm thankful for this program and my new family in it.

Whenever times are rough, I know they could be worse. Whenever things are good, I know they could be better. That's why the slogans, the Serenity Prayer, and this program get me through life. Anonymous

(Alateen Talk, Summer 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 Public Information Coordinator:

If you are interested in carrying the message of recovery in any of the local events, please contact the District Office at (510) 276-2270 or send an email to [kathleenzAFG@yahoo.com](mailto:kathleenzAFG@yahoo.com). (Note: the email is provided by a request from Kathleen Z., PI Coordinator). Provide your first name, phone#, and email address to volunteer to staff these events.

Cooperating with community organizations, District 15 (Central East Bay) Al-Anon/Alateen provides an Al-Anon Family Groups information table with 50 English and Spanish AFG brochures, meeting schedules, and bookmarks.

With three events in four weeks, we've been busy-- especially in Castro Valley, where we worked two of the events. PLEASE JOIN ME IN THANKING THESE VOLUNTEERS who practice the 12th Tradition and CARRY THE MESSAGE of hope!

July 9 at the Castro Valley Pride Festival: Thousands were exposed to our banner and information table through the work of:

Kevin L   Leslie L   Linda M   Sue L   Sue C  
Nancy F   Nancy T   MaryJo K   Kathleen Z

July 16 Northern Calif AFG Diversity Day: Our Outreach table was displayed continuously in the same room as the event. People were surprised at the array of pamphlets they'd never seen before, and that we provided everything in two languages. "Hablo Espanol" Outreach name badges identified the volunteers who could discuss the literature in Spanish.

Big thanks to Jodeane for pre-event set-up help and to:

Guadalupe N   Gaudelia   Juana O   Rosa   Alma C   Kathleen Z

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")

And as always, we acknowledge the work at the District 15 Literature Depot by those who ensure that our literature is replenished between events, so THANK YOU to:

Elizabeth E   Dolores G   Mary Jo K

As you can see, it takes a village of volunteers, so we'd love to have you join us in service.

People who've never heard of Al-Anon/Alateen out there suffering are grateful to learn there's a chair waiting for them in our meetings.

Our next event will be in August 13<sup>th</sup> 10am to 3pm **“HEALTH CARE: BEYOND BARRIERS and BORDERS”** ALLEN TEMPLE BAPTIST CHURCH HEALTH FAIR Oakland. 8501 International Blvd. (85th & E. 14th) Oakland, CA 94621.

Al-Anon & Alateen will be represented at this 39th Annual event: an amazing demonstration of community action to support the disadvantaged. Astounding spirit, music, free health testing, freebies such as backpacks with school supplies, produce, clothing. We have been blown away every year! Over 3000 people will attend. This is our biggest Public Information Outreach opportunity each year. We need English-speaking and Spanish-speaking volunteers at our AFG Outreach (Public Information) table providing literature to people and introducing them to the Al-Anon Family Groups.

Please circulate the flyers at your meetings, along with this note containing my contact information. Some groups even include a sign-up list for name, phone #, and email.

Oct 15 Saturday ASHLAND-CHERRYLAND FAM FEST 2016 10am – 2 pm Ashland Youth REACH Complex 16335 E. 14th St, San Leandro

### **Member Shares**

“I met someone new recently. It was a completely unexpected event. As I spent time with this person, my heart was touched in a way that it hadn't been in quite some time. A cascade of feelings came up afterwards, and I was a little unsettled for a while. I continued to work Steps One through Three and Ten through Eleven, every day, as I walked through all the feelings.

One thing I came to see is that meeting this new person and having my heart open up brought up other times in my life when I opened my heart for someone, but that someone was just not available to me.

When I was a young girl growing up in alcoholism, my father was the first person who was unavailable to me. He remained unavailable until he got into Alcoholics Anonymous and tried to reach out to me when I was in my 30s. By then, my heart had been hurt so badly that I was not able to let him back into my life. That was before I found my way to Al-Anon.

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”)

My mom was also not available. She was very focused on my father in the way that we all focus on the alcoholic when they are suffering in their disease. Unfortunately, the family I was born into has been deeply impacted by alcoholism. Although my father has long since passed away from the disease, my mother, brother, and I have not yet found our way back to each other.

I know that I have also had my heart open in romantic relationships where the other person was not available. I also know that before I found my way to Al-Anon, I was not available either.

I am available today, though. My heart is open, thanks to Al-Anon. Meeting this new person has helped me to see that I have some grieving to do for the times I gave my heart to someone who was not in a position to receive it. I am grateful for Al-Anon's book, *Opening Our Hearts, Transforming Our Losses (B-29)*, which I can refer to as I work through my grief.

The gift of this experience is that my Higher Power is giving me an opportunity to see some of my past patterns in relationships more clearly, and to do another layer of healing. It feels good, today, to have the capacity to be in relationships with people who are available to be with me. I am very grateful to the Al-Anon fellowship for these gifts." *Anonymous The Forum, July 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](mailto: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 8, Tradition 8 and Concept 8 mean to you? What are you struggling with today? What keeps you coming back to the program?

### 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).*

Thank you!

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)

