

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 Six: Were entirely ready to have God remove all these defects of character.*

Unity through Traditions Tradition Six: Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.*

Service through the Concepts Concept Six: The Conference acknowledges the primary administrative responsibility of the Trustees.

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

District 15 Day in Al-Anon

Save the date! On September 10th 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: Chair, Co-Chair, AA Liaison, Decorations, Raffle, Set Up/Clean Up, Spanish Speaker Liaison, Literature, Crafts Table, Food Coordinator, Publicity, Pre-registration, Table Registration, Silent Auction and Alathon 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 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

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.

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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.

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 6/25/2016	5:30pm - 9:00pm	Hosted by Thursday Night Choices and Friday Night Best is Yet to Come	911 Dowling Blvd., San Leandro, CA 94577 Rear of Building

SAVE THE DATE September 10th 2016 District 15 Day in Al-Anon at First Presbyterian Church 2490 Grove Way, Castro Valley, CA. Service positions are available.

SAVE THE DATE July 16th 2016 Diversity Day 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 **Al-Anon's Twelve Steps and Twelve Traditions (Revised)**. Our first two Legacies, the Twelve Steps and Twelve Traditions, come alive through essays, reflections and members' stories. Readings from the book are often helpful in encouraging discussion at weekly meetings. B-8 is indexed, 164 pages, sells for \$10, and is available at our local District 15 Literature Depot.

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

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The Forum: Click the link below for the June 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:

- June 24-26th is the first NoCAC BASH (camping trip fundraiser) at Malakoff Diggins State Park (Nevada City)
- June 25th AMIAS workshop in Santa Rosa from 1 to 4 p.m. Christian Family Fellowship, 1160 Hopper Avenue, Santa Rosa 95403. Suggested donation for rent \$5.
- July 9th is a Beach Fundraiser for NoCAC at Huntington Lake (Big Creek)
- 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: 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.

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Schedule change: 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.

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:

I like Alateen

I like coming to Alateen because I don't have to hide my past. Everyone here has issues. Sharing about our issues makes us realize that it is normal for a teenager affected by someone else's drinking to feel that way. I love coming because I know that my group doesn't judge me. They smile and understand my problems. They know what it is like to live with an alcoholic, and that is one of the reasons I'm here. I thank God for my Alateen group, without them, who knows where I would be. 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

AUGUST 13 10-3 ALLEN TEMPLE BAPTIST CHURCH HEALTH FAIR Oakland
8501 International Blvd. (85th & E. 14th) Oakland, CA 94621

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

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. (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.

This report comes from Kathleen Z., D15 Public Informaion Coordinator:

As you know, Al-Anon Public Information reaches out to bring our message of hope at community health and resource fairs. We give away Al-Anon Family Groups (AFG) literature, explain how Al-Anon and Alateen helps meets the needs of families and children, and invite them to our meetings.

By volunteering to give away literature such as the Serenity Prayer, "Freedom from Despair", "Detachment", and meeting schedules we practice the 12th Tradition and CARRY THE MESSAGE.

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Recently I was at a 12 Step Recovery Retreat led by Tom W., when he said, "If you are grateful, be of service." I'm so grateful and inspired by our Public Information volunteers who practice the 12th Tradition and CARRY THE MESSAGE of hope.

At the 4Cs Children's Faire in Hayward May 14, approximately 800 CHILDREN AND ADULTS were exposed to our Al-Anon information, enjoyed one-to-one discussions, received meeting schedules, and learned that there's a chair waiting for them in a meeting nearby.

AFG Inter-Group Spanish Public Information Coordinator Guadalupe N brought a much-needed team of Spanish-speakers from the East Bay and San Francisco; so we had enough people to really take time to share with the guests. Although it sounds like a lot of volunteers, this allows the event to be smooth and not too tiring.

A MILLION THANKS TO.....

OUR SPANISH-SPEAKERS:

Guadalupe N Lorena N Evangelina C MariaElena M Marina C Patricia

OUR ENGLISH-SPEAKERS:

Kevin L James H Elizabeth E Ruth Kathleen Z

We'd love to have you join us at our upcoming Al-Anon Outreach opportunities:

JUNE 26 Sunday SF GAY PRIDE San Francisco Civic Center Sober Stage area

JULY 9 Saturday 12-5 pm CASTRO VALLEY PRIDE FESTIVAL
Castro Valley High School parking lot near Heyer Ave
19501 Redwood Rd, Castro Valley 94546

JULY 16 No. CA AL-ANON FAMILY GROUPS DIVERSITY DAY Castro Valley
First Presbyterian Church 2490 Grove Way at Redwood Rd, Castro Valley 94546

Member Shares

"When I first came to Al-Anon, I was so empty inside I didn't even know who I was anymore. I couldn't believe that my husband's drinking was going to end the day he entered Alcoholics Anonymous (A.A.). He promised so many times to stop drinking, and now A.A. was going to help him and not me. As for our three children, I felt that I didn't have any control over their behavior.

Slowly, I started to listen to the Al-Anon members in my weekly meeting. Gradually, I came to understand that alcoholism is a disease. I repeated over and over that I can't control it, I did not cause it, and I can't cure it. My group said, "Let A.A. take care of him, and let Al-Anon take care of you!"

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Al-Anon helps me to look back on my behavior, particularly my behavior with my children. It was hard to admit that I probably harmed them more than my husband did. They knew their dad drank, but they wondered what was wrong with me.

When I heard people in Al-Anon share about growing up in an alcoholic home, it helped me realize that I, too, was a child of an alcoholic. This is what I brought into my marriage. I couldn't blame everything on my husband anymore.

In the beginning, I used my Al-Anon group as my Higher Power. Today, I call God my Higher Power. God used my Al-Anon group to help me. Through God, and with Al-Anon's help, I made it through a son's attempted suicide, my parents' death, the early pregnancy of a teenage son's girlfriend, our two sons' drinking and drug abuse, and going to court to fight for grandparents' rights. Al-Anon has helped me keep my serenity.

Today, I am still in Al-Anon. I've held many service jobs in my group, district, and Area. I love reading the books and pamphlets of Al-Anon Conference Approved Literature. When my Al-Anon friends share their stories, they give me a step-by-step approach on how to gain back my self-respect and self-esteem, and on how to keep them. The Al-Anon program works, and I am proud to call myself an Al-Anon member." *Carol R., Minnesota The Forum, June 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 7, Tradition 7 and Concept 7 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.
Thank you!

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

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