

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 Three: Made a decision to turn our will and our lives over to the care of God as we understood Him.*

Unity through Traditions Tradition Three: The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.*

Service through the Concepts Concept Three: The right of decision makes effective leadership possible.* *"The concept provides a balance between democracy and dictatorship. Leadership is important and it's based on a group's trust."* (From Concept 3 discussion at District 15 Business Meeting.)

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

Service Opportunities at the District Level

Co-Treasurer, Answering Service Coordinator, Office Coordinator and Archives Coordinator service positions are available. Contact District 15 office at (510) 276-2270 or come to the District 15 business meeting (every 3rd Saturday) in San Leandro for more info.

Calendar of Events/Workshops

D15 Monthly Fellowship Event (Note the date change for the month of April only!)

Date	Time	Hosted By	Location
Saturday 4/23/2016	5:30pm - 9:00pm	Hosted by Seeking Serenity San Leandro Monday Night 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

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/>.

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World Service Organization Website: www.al-anon.alateen.org/members/ (log-in is group name followed by "afg")

Literature Depot Corner

Dolores G., Literature Depot Coordinator, reports on this wonderful piece of Conference Approved Literature: **Reaching for Personal Freedom – Living the Legacies**. Al-Anon's newest workbook for using the 12 Steps, Traditions, and Concepts of Service in one's personal life provides insightful examples from members as well as thought-provoking questions. Many Al-Anon members have found this workbook a very helpful resource for personal study, group discussion, and work with sponsors. P-92 sells for \$15.00 and is available at our local Literature Depot. The workbook is spiral bound, 8-1/2 x 11" and 3-hole punched.

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

The Forum: Click the link below for the March 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:

- District 15 will host 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 web 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.

- District 4 will host an AMIAS Service Informational Meeting on Sunday, April 3rd from 11 a.m. to 3:30 p.m. in Redding, Ca. For more information please visit the ncwsa.org web site.
- There will be a 'BBQ in the Park' Growing Together Weekend fundraiser at Kennedy Park at the Tree View area at 19501 Hesperian Blvd. in Hayward on April 9th. Starts at 1 p.m., speakers start at 2:30 p.m. Donations will benefit first time attendees to GTW for all of Northern California area. Hamburgers and hot dogs will be provided, feel free to bring any other item you prefer to grill or any sides/deserts for potluck.

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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.

NOTE: Special thanks to everyone who makes a donation when the Alateen scholarship donation can is passed in meetings and at the monthly fellowship events. Please note that the red plastic buckets (soon to be decorated by the Alateens) that are passed at the monthly fellowship events are for Alateen scholarships.

******And as always, 100% of your donations are used to help Alateens attend their annual conventions.

The Spring 2016 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 Spring 2016 Alateen Talk:

A share on hope: Thanks to Alateen, I have gained hope in many aspects of my life. Talking my problems out and realizing the things that I don't have control over has helped me gain serenity. I pray about the things I cannot change. Then, I give them to my Higher Power. He helps me by taking those things off my hands. The program gives me hope because the people there have gone through the same things I have, and they are happy and okay. *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

Al-Anon Faces Alcoholism 2016

"It feels so good to leave a copy of *Al-Anon Faces Alcoholism* pinned to a community bulletin board at the grocery store. Every week when I go grocery shopping, I check to see if it's still there. Most of the time it isn't, so I keep a supply in my car. I have faith that the people who need it, will find it. Even people whose lives have never been affected by someone else's

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drinking may know someone who is suffering and they will pass it along. I pin it to the bulletin board and then I "Let Go and Let God." Susan, MS

Please remember, you are a part of something big and the circle of recovery will continue to widen as we reach out to those who are still suffering.

Note: The information above comes directly from January 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>

Member Shares

"The disease of alcoholism wove its thread through our family for as far back as I can remember. Sometimes, the heaviness in my heart felt like a dam that held back painful memories of embarrassment and shame, and was about to burst. As an adult, I felt inadequate as a wife. Believing that any conflict was my fault, I endured years of verbal abuse and episodes of rage from my alcoholic spouse. One particularly distressful night, I retreated to a bathroom and locked myself in, away from hostile glances and exhibitions of fury. That night, I made the decision to attend my first Al-Anon meeting. In Al-Anon, I learned how to handle difficult moments with more grace and to accept situations for what they are, not as they might be. Sharing vulnerabilities takes courage, but the group interaction uplifts me and I no longer feel alone. Al-Anon has helped me to become aware of the effects of alcoholism in my family, accept its realities and impact, and take action focusing on my recovery. I do not cause the alcoholic to drink; I am not able to control behaviors other than my own; and I cannot cure alcoholism. My staying with the alcoholic does not mean that I am complicit in a charade or condone bad behaviors. Rather than dissolving into another performance of "pitiful me," I now detach and try to calmly accomplish something with my day. Taking a simple walk for my well-being is an achievement. My aspiration is to continue to take steps to embrace serenity, make positive changes in my life, and contribute in Al-Anon groups to help others. I find contentment "One Day at a Time." Today, there are moments that are positively joyful, and hope where once there was hopelessness." *Nancy C., Ontario, The Forum, March 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 do Step Four, Tradition Four and Concept Four 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>

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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.

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

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