

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 Five: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.\*

**Unity through Traditions** Tradition Five: Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA *ourselves*, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.\*

**Service through the Concepts** Concept Five: The rights of appeal and petition protect minorities and insure that they be heard.

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

## **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.

### **You are invited!**

Please come celebrate our Practice These Principles AFG 1st Anniversary Meeting.

WHEN: Thursday June 16 @ 5pm. The room is ours from 4:30-6:30pm.

WHERE: Oakland Kaiser Mosswood Bldg 3505 Broadway Rm1172 11th Floor.

FORMAT: We'll follow one of our differing weekly, hour formats - a speaker meeting followed by group sharings.

FOOD? Cake and drinks will be offered.

PARKING: Kaiser Hospital garage across the street, some street metered spaces, free in nearby side streets.

We continue to be a small meeting welcoming all, including many newcomers. Tradition 2 suggests rotation of leadership and we have openings for service positions. Come, enjoy fellowship and feel grateful for one of the 37 Al-Anon meetings our district offers.

## **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

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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.

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 4/28/2016	5:30pm - 9:00pm	Hosted by Nueva Esperanza	911 Dowling Blvd., San Leandro, CA 94577 Rear of Building

**SAVE THE DATE** September 10<sup>th</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** July 16<sup>th</sup> 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, brings yet another wonderful piece of Conference Approved Literature that helps us to enhance our recovery: **Detachment**. This is one of Al-Anon's most popular and helpful pamphlets. It is easy to use handout explains the basics of

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detachment, a type of mental assertiveness that allows us to maintain boundaries when faced with the emotional demands of another. By learning to disengage our focus from the problems of the alcoholic, we are able to concentrate on making our own lives more manageable. S-19 sells for only 3 cents and is available at our local Literature Depot. It is often used as one of our Public Outreach materials. Remember—when you buy from your local Literature Distribution Center, you support your local services.

**The Forum:** Click the link below for the May 2016 articles at <http://www.alanon.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)
- August 12-14th is the second NoCAC BASH at Sugarloaf State Park (Kenwood)

\*More details to come on the BASH's and Beach Fundraiser, check back on the NCWSA.org web site. Go to 'Calendar,' then 'Events Calendar' for more information.

**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 Spring 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 2014 Alateen Talk:*

*A share on Slogans:*

*I love so many of the slogans! My favorite ones are "Let Go and Let God," "Think," and "First Things First." "Let Go and Let God" helps me through hard times. I like "Think" too because sometimes my mouth is bigger than my brain and I need to stop and think about what to say or how to react. Lastly, "First Things First" helps me remember to do my homework instead of watching TV. I love all of the slogans. They help me so much. I take them with me everywhere.*

*Anonymous (Alateen Talk, Summer 2014; 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

First TV PSA Packets for 'Portraits V' campaign are available!

Have you been participating in the fellowship-wide television public service announcement (PSA) outreach project? If not, now would be a good time to jump in. WSO sent all Area English, Spanish, and French Public Outreach Coordinators (including Public Information, Cooperating with the Professional Community, and Institutions Coordinators) the first quarter TV PSA Packets. Each packet includes the list of local stations that received the PSAs and the airplay report that shows which stations played the PSAs in your Area. The goal is to thank all the stations that have already played the PSAs and to educate the other stations about Al-Anon/Alateen and ask them to consider airing them. Members interested in this outreach project can follow up with their Area Public Outreach Coordinator for more information.

*Note: The information above comes directly from May 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>*

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).

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(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.

## Member Shares

“Let me start by saying I don’t often like epiphanies. The sudden awareness of something I didn’t understand before can be unsettling—and annoying. During my first few months in Al-Anon, I kept saying, “I don’t get it.” I saw other members of the group smiling, laughing, exchanging hugs, and generally looking happy. Often those people had stories far worse than mine, and I couldn’t understand how they could seem so calm and content.

I kept repeating that phrase to myself over and over, “I don’t get it.” Then one day, it occurred to me that I wasn’t saying it correctly. I realized how strong my resistance was. I was so afraid of being disappointed once more that I was holding back. In that moment, I understood that “I don’t get it” really meant, “I won’t let it.” Fearing failure, I was being self-protective and wasn’t letting myself grow. Once I admitted that to myself, my experience in Al-Anon began to change.

Another time, I was talking about wanting to get off the roller coaster, a phrase I have heard others use as well. But this time I heard something come out of my mouth that surprised me. I started by saying, “I really want to get off the roller coaster” then added, “But I keep buying the tickets.” It was a moment of realizing my role in my own happiness—and in my unhappiness as well.

Sometimes, a new understanding can bring comfort out of misery. In my first few months in Al-Anon, I often felt worse at meetings than I did other places. Part of that came from feeling as if I could never achieve what others seemed to achieve, but I’ve come to understand there was another reason. I often felt worse in meetings because that was the one place in my life where it was safe to be unhappy. There wasn’t anyone there who didn’t understand, and on some level I knew no one there was going to judge me for it, or try to change me. I was allowed to be me—tears and all.

Let me repeat what I said at the beginning. I often don’t like epiphanies. They often remove my excuses for not learning and changing, and they remind me that my serenity is not dependent on what someone else does or doesn’t do, it’s up to me. But it is also a reminder from my Higher Power that serenity is possible, even happiness, and sometimes I just need to get out of my own way. I also need to remind myself that “Progress Not Perfection” lets me grow in my own way and at my own pace—a priceless gift.” *Eric F., California The Forum, May 2016 p. 5* (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

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a Sponsor help with your own recovery? What does Step 6, Tradition 6 and Concept 6 mean to you? What are you struggling with today? What keeps you coming back to the program?

### **Online AI-Anon Outreach**

Did you know there are AI-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/>

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