

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 Eleven: Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.\*

**Unity through Traditions** Tradition Eleven: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.\*

**Service through the Concepts** Concept Eleven: The World Service Office is composed of selected committees, executives and staff members.\*

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### **Thanksgiving Meeting Update:**

Thursday 5pm Practice These Principles Meeting in the Oakland Kaiser Mosswood Bldg 3505 Broadway will not meet on Thursday November 24<sup>th</sup>. The Mosswood building will be closed at that time.

### **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 District 15 business meeting (every 3<sup>rd</sup> Saturday) in San Leandro for more info.

### **WSO Appeal**

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

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- 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/Workshops***D15 Monthly Fellowship Event*

Date	Time	Hosted By	Location
Saturday 11/26/2016	5:30pm - 9:00pm	Hosted by Nueva Vida	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** Al-Anon's 6<sup>th</sup> International Convention in Baltimore Maryland on July 6-8 2018.

<http://www.al-anoninternationalconvention.org/>.

**Literature Depot Corner**

Dolores G., Literature Depot Coordinator, reports on this wonderful piece of Conference Approved Literature: **Alcoholism, the Family Disease**. This longtime favorite pamphlet was first published in 1961 and last revised in 2005. It includes personal stories, a list of often-asked questions and answers, and a good sampling of the Al-Anon Slogans. Other helpful segments include a Maturity Checklist, Do's and Don'ts, and Three Obstacles to Success in Al-Anon. The Steps, Traditions and Serenity Prayer are included as well. This is a very useful publication to keep on hand for easy reference. P-4 contains 32 pages and the cost is 80¢. The pamphlet is also available in large print (P-4L) for \$1.50.

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

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

**Electronic Forum is now more widely available!**

Individual copies of *The Forum* are now available on Amazon and Kobo for \$1.49 (U.S.) and Apple iTunes for \$1.99 (U.S.). An annual electronic subscription is available from Barnes & Noble for \$11 (U.S.), with individual copies for \$1.49 (U.S.).

*This announcement is informational only, and not an endorsement of any electronic media provider, reader, or other products sold by electronic media providers.*

*Note: The information above comes directly from November 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>.*

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**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:

- Our November 26th monthly fellowship event will be hosted by Nueva Vida Al-Anon group; the speakers will speak in Spanish and in English. The Alateen speaker will be Gaby A. from Oakland.
- The Thursday night Together We Can Make It Alateen meeting will not meet on November 24th.
- Western Area Conference of Young People in AA - WACYPAА invites Al-Anon to participate Saturday, December 31st, 2016. Panel: The Family Afterwards. Sheraton Hotel & Conference Center, J Street, Downtown Sacramento, Ca. To register: WACYPAАX.COM. Note: this is a weekend event, December 29th through January 1st.

At the October 1st Day in Al-Anon, the Alateens with AMIAS help had a bake sale to raise donations for their two annual conferences, GTW and NoCAC. They collected a total of \$470.35! BIG THANKS TO ALL WHO SUPPORTED THE ALATEENS!

Also, thanks to your generous donations throughout the year we were able to send 10 Alateens with a full scholarship to NoCAC. They had an "awesome" time! Below is a share from one of our Alateens who attended NoCAC.

Share from Jennifer G:

I've been in Alateen for many years and this is my 4th NoCAC and I am still amazed every time I come. I am inspired by hearing all the speakers and people share in the workshops and hearing everyone's stories so similar to mine. It's almost as if they take the words right out of my own mouth. It truly is a reminder that I am not the only one suffering with the problem of alcoholism. I've met so many great people at NoCAC and in the program and love hearing how strong people are despite growing up in a less than ideal environment. I learn so much at each NoCAC and even though I'll be transitioning to Al-Anon soon I hope to come back for as long as I can.

**REMINDER: Alateens are part of the Al-Anon Family Group, they are welcome to attend any Al-Anon meeting; there is no need to take a group conscience. (Service Manual P-24/27, page 33.)**

**Member Shares**

"By the time I got to Al-Anon, I was an angry, resentful, withdrawn woman. I had shut my parents and siblings out of my life because I didn't want them to know what was going on. I

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always hoped the drinking would stop and no one would need to know what was going on in our home. Of course, I wasn't fooling anyone. Finally, my sister, who had been attending Al-Anon for years, asked me if my husband's drinking bothered me. I said it did. "Then Al-Anon is for you," she said. I went to my first meeting.

After going to Al-Anon for several years, reading the literature, getting a Sponsor, and working the Steps and Traditions in my life, I learned how to live with active alcoholism with some peace and serenity. I was unhappy in my marriage, but felt I had no choice but to continue in it. I had seen the effects that the breakups of my three sisters' marriages had on my parents. I did not want to put them through that again. I was scared to live on my own and be responsible for myself and my living expenses.

Meanwhile, my father's health had been deteriorating. One morning, my mother called to say he had been taken to the Emergency Room. She asked my siblings and me to come to the hospital, as it looked like he was nearing the end of his life. My siblings and I took turns going in to see him to say our goodbyes.

When I went in, he was barely conscious, an oxygen mask covering his face. I took his hand, told him I loved him and that he should stop fighting, to breathe and let go. All he could do was squeeze my hand. My mother had to speak for him. She told me that he worried about me and just wanted me to be happy. I realized then that I'd thought I was protecting my parents, but I'd been causing them grief instead, as they watched me in my unhappy marriage. I felt that my father gave me permission, before he passed away, to end my marriage.

I was ready for a change. Within a few months, I told my husband I wanted to separate. I wanted to end my marriage without hurt, but I realized that after 25 years there was going to be some pain. With the support of my Al-Anon friends and my family, I worked through the pain, grieved the end of my marriage, and survived without too much heartache.

In Al-Anon, I learned that I had choices and I deserved to be happy. I learned to be independent and to speak up for myself. I learned that I could face my fears with my Higher Power by my side. I learned to be open and willing to accept God's will for me, and to put my father in God's hands to look after. Because of Al-Anon, I met and married my second husband, who is a recovering alcoholic and attends Alcoholics Anonymous. It is great working our two programs together in our home.

Sometimes, I see the effects of growing up in an alcoholic home on my children. Two of them attended Alateen and Al-Anon many years ago. As much as I want to, I know I cannot fix their problems. I might quote a slogan I think might be useful, and I always tell them if and when they want to attend Al-Anon, I would take them to a meeting. A few years ago, my first husband passed away because of complications from his alcoholism. I was able to grieve and support my children over the loss of their father.

I thank God for putting that alcoholic in my life and bringing me to Al-Anon. I am grateful for all the wonderful gifts I've received by practicing this program every day and in every area of my

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life." *Marilyn K., Ontario The Forum, November 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 [wedottwelve@gmail.com](mailto: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 Twelve, Tradition Twelve and Concept Twelve mean to you? What are you struggling with today? What keeps you coming back to the program?

### **WSO Outreach Center**

#### **Al-Anon Faces Alcoholism**

We need your story by December 15! *Al-Anon Faces Alcoholism* is Al-Anon's annual Public Outreach magazine for members to place in lobbies, waiting rooms, and wherever families and friends of alcoholics might look for reading material. Visit the Members' website to read the *Al-Anon Faces Alcoholism* Writing Guideline.

<http://al-anon.org/members/pdf/AFAwritingGuide0215.pdf>

Perhaps you'll be inspired to submit a sharing—an article or even just a few sentences that may resonate with someone still suffering from the effects of someone else's alcoholism.

Let them know that we understand, and let's share hope. Carrying the message—Step Twelve—is an opportunity for spiritual growth in Al-Anon. You can also go to the Members' website at [al-anon.org/members](http://al-anon.org/members). Click on "Individuals," "Featured Publications," "Send Your Sharing," and "*Al-Anon Faces Alcoholism*."

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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/>.

Are you on the go and can't attend face-to-face meetings? Check out <http://www.phonemeetings.org/> for Al-Anon Phone Meetings website for more information.

In Service,  
Ramilya B., D15 Newsletter Editor

*Please send suggestions, corrections, shares and any other information to [wedottwelve@gmail.com](mailto:wedottwelve@gmail.com).*

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PS: A pdf version of the newsletter is available at the District website

<http://www.ncwsa.org/d15/>

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