

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 Four: Made a searching and fearless moral inventory of ourselves.*

Unity through Traditions Tradition Four: Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.*

Service through the Concepts Concept Four: Participation is the key to harmony.*

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

Service Opportunities at the District Level

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

Meeting Time Change Alert

Effective April 6, 2017, the Thursday Practice These Principles AFG will be meeting at 5:30pm. See the meeting information below:

Practice These Principles AFG

Oakland 5:30-6:30pm

Kaiser Mosswood Bldg., 3505 Broadway, RM 1172 11th Floor, Oakland

Send a Card to Our Delegate

Area Delegates and other trusted servants are meeting in Virginia Beach, Virginia, April 24-28, 2017, for Al-Anon's 57th Annual World Service Conference.

Send a card or note of support to:

Yvonne de G. (Hold for WSC 4/24-4/28, 2017)

Wyndham Virginia Beach Oceanfront

5700 Atlantic Ave.

Virginia Beach, VA 23451

Newsletter Editor: wedotwelve@gmail.com ♦ District 15 Office: ezduz@sbcglobal.net (510) 276-2270

District 15 Website: www.ncwsa.org/d15 ♦ Northern California World Service Area Website: www.ncwsa.org

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

Calendar of Events/Workshops

Date	Time	Hosted By	Location
Saturday 4/29/2017	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

Al-Anon's 6th International Convention in Baltimore Maryland on July 6-8 2018. <http://www.al-anoninternationalconvention.org/>.

Literature Depot Corner

Thanks for Sharing AFA Magazines!

The World Service Office has shipped all *Al-Anon Faces Alcoholism 2017* magazine orders.

Thanks to the members who are delivering Al-Anon's Public Outreach magazine, the public and more families of alcoholics can obtain information about Al-Anon in lobbies of professionals and other public places.

Note: The information above comes directly from April 2017 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>

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

The Forum: Click the link below for the April 2017 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:

- Growing Together Weekend May 5th - 7th, 2017 at Westminster Woods, Occidental, CA. GTW is a weekend camping trip (in cabins) for Alateens, Al-Anon's and AA members, there will be workshops, Easy Does It time, talent show etc. (For more information please see the ncwsa.org calendar events).

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- NoCAC BASH is June 23rd - 25th, 2017 at Big Meadow Stanislaus County Forest. A Bash is a weekend camping trip for Alateens, Al-Anons and their families. (For more information please see the ncwsa.org calendar events).

Many thanks to everyone who have supported the Alateens with your generous donations. This year your donations will help pay for Alateen scholarships and Alateen books for the teens and their meetings.

An Alateen Share on Resentment and Forgiveness

Forgiving people is very important because I can't hold grudges my whole life. It has been really hard for me to forgive my mother for drinking all the time in my childhood. I had no idea what my mom was doing when I was younger. At the beginning of this school year all the fighting and her drinking made life horrible. I resented the fact that my mom was an alcoholic. I hated my mom for being drunk and passing out on the weekends. Then I went to counseling and found Alateen. I learned that her drinking was not my fault. I am in the process of forgiving my mother. It is hard but I am trying.

Anonymous.

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

Pick a Public Outreach Project!

April is Alcohol Awareness Month in the US—what a great time to inform the public about how alcoholism affects the entire family and how they can find help and hope in Al-Anon and Alateen!

The Best of Public Outreach—a “How To Do It” Service Tool for Public Outreach Activities is posted on the Al-Anon Members website at <http://al-anon.org/members/pdf/bestofpublicoutreach.pdf>. The online manual is filled with ideas and suggestions for Al-Anon and Alateen members and groups to aid them in “carrying the message.”

Could your group pick a project to carry out in April? (Some suggestions are listed on page 10, and poster graphics are available on page 27.) How awesome it would be if each group could give at least one person some hope! This is Step Twelve in action.

Go for it—and have some fun!

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Member Shares

"I didn't think that growing up in a house with constant drinking had any effect on me. It wasn't until my 40s that I found Al-Anon and discovered that I had been affected and realized there were solutions. The effects of alcoholism were apparent to those around me, but I just couldn't see them. It finally took my 15-year old alcoholic stepson to get me to attend Al-Anon. Up to that point, the only peace I found was by controlling my environment. There were no surprises, few risks, and very little growth. If I could just protect my private little corner of the world, then maybe people wouldn't notice me. I did this very well. Now that I am in recovery, I realize that I wasn't living; I was merely existing.

Being a stepparent can be difficult, but being the stepparent of an alcoholic is a real challenge. Fortunately, my wife and I attended our first Al-Anon meeting together. We still go to several meetings each week—some together, some separately. We have been able to share a life together whether the alcoholic is drinking or not. He has had several slips, but because of the Al-Anon program, we didn't have to follow him down that road.

I used to make decisions regarding the alcoholic without first speaking to my wife. I was committing her to decisions that I had made, which showed a lack of respect. Today, neither of us makes decisions regarding the alcoholic without first checking with each other and also with our Sponsors. At first, this pause in the "crisis" irritated the alcoholic, but today he knows that my wife and I communicate. He can't play one parent against the other.

I never asked my wife to "take care of this problem," and she never told me to "butt out—he's not your son." Al-Anon has taught us to communicate with each other and even to bring the alcoholic into the conversation. To stay in harmony, we use the First Tradition, "Our common welfare should come first; personal progress for the greatest number depends upon unity." Having a relationship while in recovery means communicating. Other people, including the alcoholic, just might have a better idea! I don't have to be right; I can "Keep an Open Mind." I can grow by listening more than speaking.

Today, I have a great relationship with my wife and my alcoholic stepson. The key was to let it begin with me. I didn't wait for them to take the first step toward better communication. I'd rather move forward and grow." *Peter B., California, The Forum, April 2017* (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 Five, Tradition Five and Concept Five mean to you? What are you struggling with today? What keeps you coming back to the program?

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WSO Outreach Center

WSO monthly newsletters are available at <http://www.al-anon.org/members/groups/group-resources/item/41-group-e-news>

Online Al-Anon Outreach:

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

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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