

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 Twelve: Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.\*

**Unity through Traditions** Tradition Twelve: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.\*

**Service through the Concepts** Concept Twelve: The spiritual foundation for Al-Anon's world service is contained in the General Warranties of the Conference, Article 12 of the Chapter.\*

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

### **Holidays Meeting Update**

The San Leandro Sunday AFG at 451 Davis Street is meeting on Sunday 12/24/17 and Sunday 12/31/17. Meeting is at 11am. Scent Free.

The Alameda Monday Night Promises AFG at Lutheran Church Room 209 (Upstairs) 1910 Santa Clara at Chestnut is meeting on Monday 12/25/17 and Monday 1/1/18. Meeting is at 6pm.

The San Leandro Monday Night Seeking Serenity AFG at 911 Dowling Blvd is meeting on Monday 12/25/17 and Monday 1/1/18. Meeting is at 7:30pm.

### **Service Opportunities at the District Level**

As the 2014-2017 District Panel service positions are coming to an end and we need your help to get the District 15 going. A great number 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.

### **Calendar of Events/Workshops**

#### *D15 Monthly Fellowship Event*

Date	Time	Hosted By	Location
Saturday 12/30/2017	5:30pm - 9:00pm	Hosted by the Alameda Monday Night Promises AFG	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**

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The 2018 NCWSA Convention will take place in Modesto from 3/28/18 to 3/25/18. A number of committee positions are still open. If you are looking to enhance your program by doing service, please send an email to [wedottwelve@gmail.com](mailto:wedottwelve@gmail.com).

Al-Anon's 6<sup>th</sup> International Convention in Baltimore Maryland on July 6-8 2018. <http://www.al-anoninternationalconvention.org/>. The registration fee is \$130.00 U.S. if received by December 31, 2017; \$165.00 U.S. if received between January 1 and May 31, 2018; and \$195.00 U.S. June 1 through the event.

### **Literature Depot Corner**

This report comes from Dolores G., D15 Literature Depot Coordinator.

Are you willing to be District 15's next Literature Coordinator?

At the end of the month, I'll be finishing two terms (two 3-year panels) as Literature Coordinator for District 15. I was fortunate to have Elizabeth E. as my partner, and together we shared this wonderful job. I was responsible for tracking inventory, ordering literature and paying bills. Elizabeth was the QuickBooks expert, entering totals from the sales order books, preparing monthly reports for the District meeting, and filing quarterly reports with the Board of Equalization. We worked together on the days we had a bank deposit, keeping each other in line. Some days we 'balanced' on the first try, other days we struggled to come to an agreement.

The job is an important one for the District. One person could do it, but two together works like a charm. The main requirement is 'staying on top of things.' Orders must be timely so the shelves are fully stocked. Orders are placed through Al-Anon estore and the people in customer service there are most helpful. We enjoyed selling our wares at both the District 15 and 17 Annual Days in Al-Anon, and for the past two years participated in Diversity Day as well. One of our recent hi-lights was a pamphlet rack called Al-Anon Around the World. We show 5 different pamphlets in many different languages. P-7, A Guide for the Family of the Alcoholic, is available in Chinese, French, Italian, Japanese, Russian, Spanish and Tamil!

Elizabeth and I volunteered in the office two hours a week and did much of our work during that time. However, the hours are flexible and can be worked out to suit each situation. We are available to help you get started and to answer questions as you go along.

Dolores G. District 15 Literature Coordinator [doloresgru@aol.com](mailto:doloresgru@aol.com)

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

### **Alateen Corner**

This report comes from Christina O., D15 Alateen Coordinator:

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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.

- Please consider using Alateen books in your Al-Anon meetings to help get the word out about Alateen.
- AMIAS: Terry V., Nancy F., Sue L. and I had an Alateen outreach table at the Oakland Technical High School Health Fair this week where we had 800 students visit our us and learn about Alateen and the meetings in our district.

*A Share from your outgoing Alateen Coordinator:*

This is the end of my three year term as Alateen Coordinator and it has truly been an honor and the most rewarding service I have ever done.

A few of the many gifts I have learned are that the Alateens just need a safe place to share how their lives have been affected by someone else's drinking in a room with AMIAS who are working on their own recovery. I've learned they need love, patience, flexibility, compassion and support. They also need time to laugh, play games, do art projects along with time to work the steps, slogans, and sometimes they just want a quiet hour with other Alateens.

I learned the importance of practicing principles above personalities when assigning AMIAS to drive the teens to their events and when scheduling Alateen Group Sponsors in the Alateen meetings. I've learned to make difficult and sometimes unpopular decisions and to take responsibility for them.

I've learned to be quiet and to listen with an open mind and heart to the teens and to be willing to try their ideas. I've learned to ask for help from AMIAS, sponsors, area trusted servants, and my higher power. I've learned how important it is to continue my own recovery work with my sponsors.

I've watched the Alateens grow when they step out of their comfort zone to do service as Alateen Group Reps., speak at the Monthly Fellowship Events, Day In Al-Anon and at the Assemblies.

I've been moved to tears many times during this panel at meetings, Growing Together Weekend and Northern California Alateen Conference. Tears not only of sadness about how their lives are affected by alcoholism but also of hope for the teen's future.

During this panel I have found my voice: at challenging district meetings, while learning to share *briefly* in Alateen meetings (*it's their meeting not mine*) and at outreach health fairs and school presentations.

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This service position has led me to being the Workshop Coordinator at this year's AMIAS Sponsors R & R Weekend. I also helped write a song with my committee and we sang it at the talent show and again at the Fall Assembly.

I am honored and grateful to have been the Alateen Coordinator for this panel.

Thank you for letting me be of service,

Christina O.

**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.)**

### Public Information Corner

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

This is my final Public Information Coordinator report, as my term ends on Dec.31. I've held this position for six years, and have been blessed to see our Al-Anon/Alateen Outreach program grow strong. In 2012, we participated in a few community events with a sheet of plastic over a table, and one small literature rack. We most closely resembled a lemonade stand!

These days we have a very professional-looking table with separate literature racks for Al-Anon and Alateen pamphlets; a table cover naming our organization and purpose in blue and red; a six-foot standing banner that states "When you don't know where to turn because someone drinks too much. . . Al-Anon Family Groups can help."

We now have 50 pieces of literature, each presented in English and Spanish, and a generous volunteer group who staff the Outreach table at a dozen events. They introduce people to the Al-Anon program, give out hundreds of pamphlets and meeting schedules, and invite people to try our way of support and serenity.

Additionally, two Craigslist posts for East Bay Al-Anon "Are You Bothered by Someone Else's Drinking?" have been updated weekly since 2013.

Outreach volunteers from various groups have posted the road sign poster "Don't Know Where to Turn..." on local bulletin boards; dropped pamphlets in waiting rooms; and have approached medical, mental health, school, and human resource professionals to educate them about the availability of Al-Anon and Alateen help for their clients.

Our D15 office workers have faithfully reordered our literature in time for the next event. We are grateful to Dolores G, Elizabeth E, and Maryjo K for this important service.

Our final Outreach event this year was Nov. 18 at FamFest in San Leandro. We thank Adena, Roger, Lorraine, Elizabeth E, Doris, and Kathleen for working the Public Information table.

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This year, as in 2016, our Outreach volunteers have touched over 6000 members of the public with the message of hope and support in Al-Anon and Alateen.

Here are the 2017 community events in which we participated:

Feb 8: Mujeres Unidas Activas, a women's group addressing domestic violence, human trafficking and rape sponsored a two-hour Al-Anon presentation at SAVE (Safe Alternatives to Violent Environments) in Fremont. A second presentation was done a month later.

May 20: 4Cs, Hayward, Annual Children's Faire.

June 10: NCWSA Al-Anon/Alateen Diversity Day, Castro Valley.

June 10: satellite Outreach table at East Bay AA All Groups Day, Oakland.

June 25: Outreach table in the Clean & Sober park at San Francisco Gay Pride Festival.

July 8: Castro Valley Pride Festival.

Aug 12: Allen Temple Baptist Church Annual Health & Job Fair, Oakland.

Aug 12: Davis Street Family Clinic & Resource Ctr Annual Health Fair, San Leandro.

Oct 7: District 15 Day in Al-anon, Castro Valley.

Oct 19: Winning the Fight Against Addiction, San Leandro Senior Community Center.

Nov 18: Ashland-Cherryland FamFest San Leandro.

Thank you, everyone, for allowing me the pleasure, satisfaction, and personal growth of serving in this position!

### **Member Shares**

"As I look back, when I walked through the doors of Al-Anon, I had planned to stay long enough to find out how to get the miracle of sobriety in my home. I'm still there!

I was broken spiritually, emotionally, and physically. I had given up on everything and everyone. A friend dragged me to Al-Anon, but I was sure it was hopeless.

After my first meeting, I was still very angry. How could all those people be happy and smiling? Their homes could not be as bad as mine. Fortunately, I wanted to laugh and smile too. A member, who later became my Sponsor, took an interest in me as a newcomer, and I kept coming back.

The slogans and all the tools annoyed me, and I didn't share. I thought I didn't need Step One because I was surely in control. I didn't need Step Two because there was no way I had done anything wrong. Did I ever have a closed mind! But for some unknown reason, I kept going. One night, I went with a group of women to another group's anniversary. They had an Al-Anon and A.A. speaker. My Higher Power moved me that night. Everything I heard there and all that had been shared in meetings made sense. I finally understood powerlessness, and I surrendered.

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I started taking care of myself and gave the alcoholic a choice to get help or to go his own way. I worked the program every day, especially the Steps and Traditions. It became easier. Five years later, we got the miracle of sobriety in our home, and we both work our programs today. But the real miracle was finding me. In Al-Anon, I learned how to change my life and really live.”  
Bertie P., Florida, *The Forum*, March 2017 (reprinted with permission of The Forum, Al-Anon Family Group Hdqts., Inc., Virginia Beach, VA.)

**Online Al-Anon Outreach:**

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.

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](mailto:wedotwelve@gmail.com).*

PS: A pdf version of the newsletter is available at the District website  
<https://district15.ncwsa.org/>

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