

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 One: We admitted we were powerless over alcohol - that our lives had become unmanageable.*

Unity through Traditions Tradition One: Our common welfare should come first; personal progress for the greatest number depends upon unity.*

Service through the Concepts Concept One: The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.*

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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.

Calendar of Events/Workshops

D15 Monthly Fellowship Event

Date	Time	Hosted By	Location
Saturday 1/28/2017	5:30pm - 9:00pm	Hosted by San Lorenzo Thursday Alanooners 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 "We are Family!" on 3/24/17 – 3/26/17 at Crowne Plaza in Concord, CA. The address is 45 John Glenn Dr., Concord, CA 94520. Pre-registration is \$25 and due by 3/10/17.

Send your payment to 2017 NCWSA Convention, D 15 Al-Anon, 17259 Hesperian Blvd., Ste 4&5, San Lorenzo, CA 94580-3158. Registration at the Conference is \$35.

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

WSO Appeal Update

From Jennie McCann, WSO Board Officer, Treasurer:

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“Many of you remember hearing just a few Conferences ago how annual contributions had never quite made it to \$1.5 million. For years contributions remained essentially flat as literature sales continued to decline. We could not continue as we had been, yet reaching that \$1.5 million mark would still be a major milestone. Upon hearing of financial need at the 2015 World Service Conference, we all contributed over \$1.6 million dollars! Did we dare budget \$1.8 million in contributions for 2016? With crossed fingers, Delegates traveled back to their Areas after Conference, confident they could explain the need to support the wonderful services our World Service Office provides.

Well, not only did we meet our budgeted \$1.8 million for 2016, but we shared our abundance in an amazing way. With another week yet to go this year, I am honored and thrilled to let you know we have surpassed \$2,000,000 in contributions!

The part I love the best is that we each did a little and it amounted to a lot. We did not receive a windfall bequest or individual donation to take us over the top. It was all of us, as members, responding to the need, just as Lois said we would. This is evidence of a very sustainable plan for the future.

Please enjoy your end-of-year celebrations, knowing that the success of this year is the lesson that if we each do our part, however large or small, we can ensure that Al-Anon will be here for years to come, helping families and friends of alcoholics.

I am awed by the generous spirit of this fellowship. Give yourselves a standing ovation!”

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.

Literature Depot Corner

Dolores G., Literature Depot Coordinator, reports the following piece of Conference Approved Literature:

New! Paths to Recovery Workbook

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Al-Anon's newest workbook is a companion piece to Paths to Recovery (B-24) and contains the thought-provoking questions on each Step, Tradition, and Concept of Service found in the book, with space to write answers. P-93 sells for \$10.00 and should be available at our local Literature Depot by mid-February. The workbook contains 112 pages, is spiral bound, 8-1/2 x 11" and 3-hole punched.

New! Paths to Recovery Set

Includes Paths to Recovery (B-24, \$19.00) and Paths to Recovery Workbook (P-93, \$10.00) – Item K-31, \$25.00.

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

The Forum: Click the link below for the January 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:

- 4th Annual AMIAS (Al-Anon Member Involved in Alateen Service) Training is scheduled for March 11th, 2017 from 1 to 4 p.m. at the First Presbyterian Church of Hayward. Flyer will be available soon.

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

Share from a D15 Alateen:

NoCAC Experience

The thing that I liked about NoCAC was the workshops they had and all the speakers who went. The workshops they had were of topics that I really could relate to. So I enjoyed that because I was able to see I'm not the only one who goes through things. I liked the speakers because they had an interesting way of giving us their topic and explained in a deep a way the things they went through. NoCAC had a good and positive impact for me.

Anonymous

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

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Below is the summary of the 2016 events organized by Kathleen Z., D15 Public Information Coordinator, and attended by our dedicated Al-Anon members.

June 26: Represented Northern CA Al-Anon with an information table at SF Gay Pride Celebration. Because we were in the SoberFest mini-park, an alcohol & drug-free zone, most of the revelers were already in recovery and wanted our pamphlets and meeting schedules to add Al-Anon to their own recovery programs, or to offer to their spouses.

July 9: Castro Valley Pride Event. Another sober event with thousands in attendance. Lots of Al-Anon volunteers and lots of guests picking up literature and having discussions with us.

July 16: NCWSA Diversity Day held in Castro Valley this year. Bilingual English-Spanish event with our table staffed by 5 Spanish-speakers.

Aug 13: Allen Temple Baptist Church 39th Annual Health Fair. Attendance was lighter this year, but we still had a good number of English- and Spanish-speaking volunteers and some meaningful discussions with guests.

Al-Anon WSO is now on Instagram!

The WSO has expanded its Social Media Outreach project to include Instagram. Please join us in carrying Al-Anon's message of hope to many people including you adults, affected by someone's drinking on Instagram by following and liking our posts. Find us on Instagram or click on the link located on the WSO Public Outreach website, al-anon.org. Please remember to protect your anonymity on social media by not making comments or using screen names that would reveal your Al-Anon membership. *Note: This information comes directly from January 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>*

Member Shares

"I was raised in an emotionally, physically, and sexually abusive alcoholic family. As a result of major traumas in my life, I learned to operate in a perpetual state of fear and shame at the core of my being. I based all my decisions in my adult life on these two foundations. I had no self-esteem. I didn't even think of myself as having a self. I had completely shut down feeling any emotion other than anger.

After joining Al-Anon in my 60s, I came to believe in a Higher Power. Al-Anon has given me my identity as a person. I am no longer living life as a victim but as a functioning human being. I have devoured the literature, worked the Steps with my Sponsor, and given back through service on the group and district levels. I have my own set of values now that I live by, especially in my relationships.

Recovery in Al-Anon has helped me understand my needs as a person. I now know how it feels to be valued as a person, to be spoken to with kindness and respect, to have freedom of expression and emotional support, and to have my spirit lifted with love, joy, and laughter.

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In Al-Anon, I've learned that it is okay to feel my feelings and to set boundaries with people. Today, I feel safe to tell my secrets. I can get rid of the painful memories and the habits I developed to protect myself growing up within the disease of alcoholism. My mental focus is no longer on being loved by others or receiving approval from others in order to feel good about myself. I no longer need to be a people pleaser in fear of rejection or someone else's anger, or put aside my own values in order to connect to someone else in a relationship or friendship.

Today, I am no longer running on empty. I have a true sense of who I am as a person. Al-Anon has been and continues to be a wonderful adventure of discovery. I will continue to surround myself with other Al-Anon friends who will help me to grow, and I will protect myself from those who hamper my progress. With a grateful heart, I thank Al-Anon for being there all these years, and will do my part to keep it going for years to come." *Catherine M., Florida The Forum, January 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 does Step Two, Tradition Two and Concept Two 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>

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/>. To unsubscribe from this list, send an email with any subject or body from the subscribed address to afg-eastbay-off@afg.talklist.com

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