

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 Three: Made a decision to turn our will and our lives over to the care of God as we understood Him.*

Unity through Traditions Tradition Three: The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.*

Service through the Concepts Concept Three: The right of decision makes effective leadership possible

*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 This Principles AFG will be meeting at 5:30pm. See the meeting information below:

Practice These Principles AFG

Oakland 5:30-6:30 pm = #30655761

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

Calendar of Events/Workshops

D15 Monthly Fellowship Event

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>.

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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")

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

Dolores G., Literature Depot Coordinator, reports on this wonderful piece of Conference Approved Literature: **Opening our Hearts, Transforming our Losses**. One of the first books I read when coming to Al-Anon, this one made a lasting impression. Grief and loss affect almost every aspect of living—or having lived—with alcoholism. Here members share how they have learned to acknowledge and accept these losses with the help of Al-Anon Family Groups. B-29 is indexed, soft cover and 201 pages. It is available in our District 15 literature depot and sells for \$14.

****Copies of the new Paths to Recovery Workbook (P-93) are now in stock****

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

The Forum: Click the link below for the March 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 Potluck Picnic Fundraiser: April 1st at Greenridge Park, 6108 Greenridge Road, Castro Valley. Suggested donation is \$7.00, Alateens \$5.00.
(Proceeds benefit GTW, flyer should be on ncwsa.org soon)
- Growing Together Weekend May 5th, 6th and 7th, 2017. Westminster Woods, Occidental, CA (For more information please see the ncwsa.org calendar events for the registration flyer.)

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"

To me "having resentments" was a difficult habit to break. In the past, if someone hurt me, I always thought about hurting that person back 10 times harder. No one knew that on the inside I

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was suffering, but I played it off like everything was okay. I always beat myself up about the stupid things I did to myself. If someone said to me the slightest thing wrong or looked at me wrong, I was coming after that person. I always believed I was what other people thought about me.

Today I know that it is not necessarily true. In Alateen I've learned that people's opinions and actions can affect my mood only if I let that happen.

Forgiveness was a struggle with me for several years. I thought I could never forgive the people that hurt me. I could hold grudges easily. I thought that if I forgot about a bad situation that meant I could forgive, and I didn't want that. I started forgiving people when I started working the program. I learned that it is okay to forgive someone if they hurt me. I forgive my dad for his drinking. He has a disease. I have forgiven myself for the pain I have caused myself and the harm to my body. I feel so much better knowing that it's okay to forgive. Paige

(Alateen Talk, Fall 2016; reprinted with permission of Al-Anon Family Group Headquarters, Inc.)

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

"Keep coming back, the three words that echoed in the rooms when I first started my journey in Al-anon.

Recently I was purging some papers in my home office and ran across a flyer from the 1st Day in Al-Anon I attended. The year was 2001 and I had just started Al-Anon. I still have the duck paper weight that I won in the silent auction. I noticed the names at the bottom of the flyer.

I know three of them are still active in the program and I see them regularly. One I have not seen for a very long time and wonder what has happened. Sometimes people just move out of the area or stop coming to meetings. That is not for me to judge.

However it made me think about what would it take for me to leave the program?

Missing the meetings, that might work, Keep coming back!

Not reading daily Al-Anon literature, sure keep coming back!

Arriving late and leaving as soon as the meeting is over, and not using the tools.

Not doing service, not sharing my experience, strength, and hope, and not taking advantage of the activities in my area, conventions, day in Al-anon, monthly fellowship events. Not having contact with other members.

I remember my first meetings, no matter what I said. No matter how brilliant I thought I was people would say "keep coming back".

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I am reminded of how important these three little words are. I am starting a campaign to use this more often at meetings. So **keep coming back!**" *Anonymous*

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 Four, Tradition Four and Concept Four 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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