

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:

The Alameda 8pm meeting at 1st Presbyterian Church 2001 Santa Clara Ave., at Chestnut is meeting on Thanksgiving Day.

The San Lorenzo 12:30pm meeting at Oromo Church will have their meeting the day before, on Wednesday 11/22/17 the same time.

Service Opportunities at the District Level

As the 2014-2017 District Panel service positions are coming to an end, a great number of positions are available at this time. All positions are for a three year term one day at a time.

Contact District 15 office at (510) 276-2270 or come to District 15 business meeting (every 3rd Saturday) in San Leandro for the positions available and other pertinent information.

Calendar of Events/Workshops

D15 Monthly Fellowship Event

Date	Time	Hosted By	Location
Saturday 11/25/2017	5:30pm - 9:00pm	Hosted by East Bay YAR Young Adults Recovery	911 Dowling Blvd., San Leandro, CA 94577 Rear of Building

Bring food for your family and a little to share. All are welcome!

The East Bay YAR Young Adults Recovery group is requesting help with raffle donations.

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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

Dolores G., Literature Depot Coordinator, reports on this wonderful piece of Conference Approved Literature: **Sponsorship:** This month we feature two excellent pamphlets on the subject of Sponsorship, a special gift of our program. P-31 – Sponsorship, What It's All About gives a basic explanation and provides help in finding a Sponsor and what to expect. The pamphlet contains 16 pages and sells for 40¢. Sponsorship—Working Together to Recover is a handy bookmark that tells us about sponsorship, its purpose and its focus. M-78 sells for 10¢. Both items are available in our District 15 literature depot.

****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.

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. It is available at <http://hosted.verticalresponse.com/1059861/8198033edf/522346895/67b6bea31d/>.

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:

- The YAR, 'East Bay Young Adult Al-Anon' meeting is hosting the November 25th monthly fellowship in honor of their one year anniversary. Please plan to attend and help them celebrate their big anniversary! (address & time as follows)
Meeting at 11 a.m. Sundays, 107 Jackson St., Hayward. Located in the back of the building. (Started by former D15 Alateens).

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- Growing Together Weekend 2018 Fundraiser and White Elephant Gift Exchange is December 2nd, 4 p.m. to 9 p.m. Speakers TBD, address:
Covenant Presbyterian Church, 670 East Meadow Drive, Palo Alto, 94306

Thank you to everyone who baked and or purchased baked goods at the Day In Al-Anon on October 7th. The all female Alateen team enjoyed selling them, meeting new people and spending time with our AMIAS. The total that was donated was \$330!

Our all female team of Alateens also spoke as a panel at the DIA in honor of Alateens 60th Anniversary, they were amazing.

We were able to send seven Alateens to NoCAC this month with a full scholarship! The teens enjoyed the weekend and several of them stretched out of their comfort zone speaking during 'Open Mic' and in workshops. Your donations made this happen and we can't thank you enough.

Several of us AMIAS and our Alateen group rep. did two Alateen public outreach events at schools in Castro Valley and Hayward these past couple of months. Please continue to pass the word to your families and friends about our Alateen meetings.

A Share on Gratitude

When I focus on the things that I'm grateful for, my attitude changes dramatically. Even when everything seems like it will never be okay, almost every negative feeling goes away when I think positive. I'm grateful for my friends. I wouldn't be here without them. I'm grateful for my parents and siblings. I don't like them at times but they are the reason I found Alateen. The most grateful thing in my life is Alateen. Thanks to this program I have learned a lot about gratitude. All I need to do is look at the positive side of life and pay more attention about myself and not others. Going to Alateen has changed my life. Being grateful changes my attitude from negative to positive. Being negative doesn't always help in situations. I think about all the people that have been there since day one. I know that tomorrow will be a better day if I stay positive and don't let the little things bring me down. I know that I'm better than that. I can practice gratitude today by thinking positive and don't let anyone or anything hold me back from becoming what I want to be in life and enjoy it to the fullest. Katelin, OH

(Alateen Talk, Summer 2017; 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.)

Public Information Corner

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This report comes from Kathleen Z., D15 PI Coordinator

WHY PUBLIC OUTREACH?

It is said that if you're grateful for the growth and recovery gained from Al-Anon, you should do service.

Practicing Tradition 12, we carry the message by sharing our experience, strength and hope to let people know that they do not need to suffer alone. Al-Anon/Alateen exists, and there is a chair waiting for them in a meeting of people who will welcome and support them.

That's why we participate in community events, with our Public Information Outreach table, introducing Al-Anon, and giving away loads of meeting schedules and pamphlets.

In District 15, Central East Bay, we've built a tremendous and diverse Outreach volunteer team who have touched the hearts of many people. I'm so impressed and inspired by their spirit.

You're invited to join the Al-Anon District 15 Public Information Team Dinner at Harry's Hofbrau in San Leandro (www.harryshofbrau.com) on Thursday Nov 30. Those who've done PI Outreach service get together to socialize, exchange stories and ideas, and eat dinner. We'll gather at 5:30 pm so people can still attend meetings if they want.

No host. Just fellowship celebrating ourselves!!!

Member Shares

"In the past, feelings ruled my life. If anyone displayed an emotion, I quickly absorbed it as my own. Once triggered, I found it difficult to let go of anger and fear. Then, as if this were not enough, I piled my feelings on top of each other and muddled them together until I felt insane.

Working the Steps with a Sponsor has made a difference. She said something shocking—"Feelings are not real." With this new perspective, I can observe other people's emotions without them sucking me in. When I accept that feelings are not real, it is easier to say hello and goodbye to my feelings without clinging to them.

Once I started working the Steps with a Sponsor, I had fewer emotional meltdowns, fewer nightmares and fewer panic attacks. My recovery is a matter of working my program fearlessly. My focus has changed. I don't want to *feel* better. I work to *be* better." *Donna B., Bermuda The Forum, September 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.

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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?

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 wedotwelve@gmail.com.

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

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