

Hello, Higher Power Speaking.



Experience
Strength
Hope

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
wisdom to know the difference

District 14 Al-Anon Newsletter #1

July, 2007

Here are your stories. Here is our experience, hope and strength.

A New Life

Steps 1, 2, and 3, simply stated, are: I can't; He can; I think I'll let Him. I am always comforted by the first word in Step 1: WE. I am grateful that Al-Anon is a "we" program. Before Al-Anon, I thought I was alone and no one understood my heart or mind. No longer alone, I face challenges with a renewed hope and strength, knowing that I am walking with my Higher Power, whom I choose to call God. I also walk this journey with my Sponsor and other 12-Steppers.

In Step 2, I came to believe in a God who loves me no matter what. I liken His presence to the sun on a foggy or cloudy day: I cannot see Him, but I know He is with me. This God is bigger than my fears, anxieties, and alcoholism.

Step 3 states that I need to "turn my will and life over to the care of God". Our CAL, How Al-Anon Works, describes my will and my life as "my thoughts, hopes, dreams, relationships, work, plans, health, feelings, and desires". WOW - a God who cares about all these parts of me!

I have learned that "letting go and letting God" allows for outcomes that are for my highest good, and the good of those I love and care for. When things turn out differently than I had hoped for, I try and remember that God has a better plan. The Big Book of AA says, "God could and would if He were sought". This reminds me that nothing is impossible for God and he desires me to be at peace and feel well cared for. The answers are in here. We'll help you find them. Keep coming back!

Jeanne C.

When I was brand new to Al-Anon, I found Step Six perplexing. I thought that the God of my understanding would one day snap his fingers and - Poof! - all my character defects would disappear. I would be a new, spiritually awakened person! I was eager and ready for this mysterious process to start and didn't understand what

the big deal was with Step Six.

Since that time, my understanding of Step Six has changed. What I have come to believe is that my HP works at my side with me to remove my defects of character - we do it together. God gives me life situations where I have a choice: react in an "old way" or choose new behavior. When I act from a place of kindness and compassion using the principles of the program, my self-esteem increases and the new behavior is reinforced. I have more serenity. I believe in this way, over time, my character defects are slowly removed.

Recently I was riding my bike on the Iron Horse Trail in Walnut Creek. That morning I had been praying to be more loving and kind. Up ahead, a young boy, probably 8 or 9, fell off his bike. Our eyes met and he had an expression of surprise and hurt. I didn't think he was seriously injured and I figured a caregiver must be close by, so I rode right past him without even slowing.

Later, I realized I had been given the perfect opportunity to practice loving kindness and I blew by it. I gave that little boy the wrong message when it would have taken only a few minutes to show him some concern and ask if he was okay. I will not repeat that mistake.

I am comforted by the knowledge that God is at my side, helping me to grow. I only have to pay attention and remain in the present, entirely ready to have him remove my defects of character. I do this by choosing to take the next right action.

Anonymous

My mother and stepfather were active in local theater groups. One of their close friends was a director, with whom they worked for more than 10 years. This man was an alcoholic. Eventually, the alcoholism rendered him unable to work, either as a drama teacher in the community college, or as the director who guided amateur actors as they transformed words on paper into living theater.

The director's wife left him. He died from his disease. At the end, he lived alone in a single room. My mother

took meals to him for awhile. Then he stopped opening the door when she knocked, so she left the plate in front of the door. One afternoon, she found the previous day's meal on the floor, untouched. When she entered the room, her friend was dead.

That man's lonely end bothered me deeply; it reminded me that my father had died, alone in a hotel room, from alcohol and drugs when I was 13. It frightened me because my wife was an alcoholic with a severely worsening disease.

I had always blamed my mother for my father's death, thinking that she could have saved him if she had only wanted to. Instead, she chose to leave him, taking my sister and me with her. Then, with her friend the director, I kept asking myself why she hadn't done something besides simply leaving food outside an unanswered door.

What something? I didn't know. I had tried everything I could think of to get my wife to stop drinking; nothing worked.

I have only recently come to see that my mother could have done nothing to stop my father. When I made that sudden discovery, I realized that I can do nothing to stop my wife from drinking.

That moment marked the start of my own recovery.

Anonymous

Live and Let Live.

The Sloganeer

Ongoing Calendar Events for 2007

District 14 Speaker Meeting. 4th Saturday, 7:30 PM., Refreshments, Birthday Chips & Literature Sales. Walnut Creek Kaiser, Medical Office Building, 1515 Newell, 3rd Floor Oak Conference Room.

District 6 Birthday-Speaker Meeting. Last Friday, 7:00 p.m. – 8:15 p.m. Kaiser Hospital (3rd floor Rooms C & D) Vaca-Valley Parkway, Vacaville. Contact: Carl S. 707-864-1193 or carlsilva@comcast.net

District 12 Speaker Meeting. 2nd Sunday, 7:00 PM. Shepherd of the Hills Lutheran Church. Diamond Heights @ Addison, San Francisco. Contact: Tom K. 415-759-7404.

District 15 Fellowship Event. Last Saturday, 6:30 to 9:30 PM. Pot Luck and Speaker Meeting. AA, Alateen and Al-Anon Speakers. Broadmoor Community Church, 301 Dowling Blvd., San Leandro.

District 16 Speaker Meeting. 2nd Saturday, 8:00 p.m. St. Clares Episcopal Church, 3350 Hopyard Rd, Pleasanton. Contact Suzzane: suelovinglife@yahoo.com

District 17 Birthday Speaker Meeting. 3rd Friday, 5:30 p.m. Cedar Blvd Neighborhood Church 38325 Cedar Blvd, fellowship hall downstairs, Newark. Contact: Jenn H. jennhutchin@comcast.net

District 26 Open Speaker Meeting. First Saturday, 6:30 to 8:00 PM. Northbrae Community Church. 941 The Alameda (near Solano Ave), Berkeley. Gallery Room, upstairs from rear parking lot.

One-Time Calendar Events for 2007

Check web site for a complete listing:
http://www.ncwsa.org/cal-2007_Events.html

West Coast Alateen Conference

(WCAC) Celebrating Alateen's 50th Birthday! August 3-5, Fresno Holiday Inn. 5090 E. Clinton Way, Fresno, CA 93727. Contact: Jenae H. jenaerh@yahoo.com

NOCAC Bash #2

August 10-12. Lake Mendocino Bushay Campground. Contact: Bryan (408) 348-3646, lifelessxtoxyou@gmail.com or Alicia 408/710-3608

Monterey Bay Area Roundup (MBAR)

An A.A. and Al-Anon Special Event. Labor Day Weekend: August 31 – September 2, 2007. Speakers; Marathon Meetings Golf Tournament; Ice Cream Social; Dance Drawing and more! \$20.00 Pre-Registration Post Marked by July 31, 2007 \$25.00 Registration at the Door. Flyer and Registration Form at the website. Monterey Conference Center. 1 Portola Plaza, Monterey, CA. A.A. General Info: Roger M. 831/521-9360 Al-Anon General Info: Melissa H. 831/224-0600

NCWSA Assembly Meeting

September 14-16. Red Lion Hotel, 1401 Arden Way, Sacramento, CA. Reservations need to be made by August 14 to get our special room rates of \$84 single and doubles, triples are \$94 and quads are \$104, roll aways are \$15. All rooms will have local taxes applied. Free parking. Check in is 4 PM and checkout is Noon. Cancellations must be made at least 24 hours in advance of the date booked. Use "NCWSA Al-Anon Assembly" for our code. Rooms may be booked on www.redlion.com or call 916-922-8041. **Every group must send their GR to the Assembly.**

Gold Country Roundup.

AA with Al-Anon Family Groups participation. September 28-30, 2007. Amador County Fairgrounds, Plymouth CA. www.goldcountryroundup.com

Alateen Sponsors Retreat

Westminster Woods, Occidental, CA.

October 5-7. Contact: Chris M. 831/685-1434. cmrturtle@comcast.net

District 15 Day in Alanon

Saturday, October 6th, 9 AM-5 PM. First United Methodist Church. 1600 Bancroft Avenue @ Dolores. San Leandro.

District 17 Day in Alanon

Saturday, October 13th. Centerville Presbyterian Church. 4360 Central Ave, Fremont, CA 94539

Yosemite Summit Conference

November 16, 17 & 18, 2007. Curry Village, Yosemite National Park, CA

Please share your own stories by emailing them to:
district14newsletter@yahoo.com

This newsletter is issued as we get sufficient content. So get crackin'.

Please send any comments, questions, requests for submission guidelines or excess serenity to your editors: Scott L. and David L. at:

district14newsletter@yahoo.com

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