

DISTRICT 15 NEWSLETTER

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January 2010

To protect the anonymity of our trusted servants, no personal contact information is listed in this newsletter. If you wish to contact anyone regarding items mentioned in the newsletter, or if you are interested in any service opportunities, please leave a message at the District Office (contact information at the bottom of the page).

Information in this newsletter comes from the most recent District Meeting, along with individual submissions.

The District Meeting is held on the 3rd Saturday of every month, in the basement of St. Leander's School, 451 Davis Street at Clarke, San Leandro. All are welcome.

Happy New Year!

Here's an easy new year's resolution: Write a share for an Al-Anon publication. It can be our newsletter (we really need shares) and/or The Forum or WSO website. To submit to this newsletter, just e-mail to wedotwelve@123mail.net. On the WSO website, there is a new area for sharing on how you apply the Twelve Steps to your life, starting with Step One this month; visit the Members' Website (address at the bottom of this page) to find out the details. To submit your share to The Forum, you can also visit the Members' Website, e-mail wso@al-anon.org, or write to World Service Office, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617. (In particular, they are looking for shares on As We Understood by April 1, to celebrate the 25th anniversary of this book.)

Ruby V., District 15 Newsletter Editor

Reaching Out the Hand of Al-Anon

Here are some more easy service opportunities for 2010:

- Do you have any extra Al-Anon literature, including old copies of The Forum? Al-Anon literature is desperately needed in prisons, and our Area Institutions Coordinator is looking for literature donations. Please bring anything you would like to donate to our District Rep, Mary Jo K., by the end of this month. You can do that through your Group Rep or through the District Office.
- Leave old copies of The Forum, or the latest edition of Al-Anon Faces Alcoholism, in doctors' offices or other public spaces. When doing so, make sure that they have the District 15 Office phone number and District 15 website on them, either written or on a sticker. That information is at the bottom of this page. (NOTE: The District Office still has copies of Al-Anon Faces Alcoholism 2010. Contact them if you would like more copies for you and your group to distribute. The deadline for ordering more copies from WSO is February 10, so please contact them before then for more copies so that they can order more if needed.)
- Volunteer to help out at a health fair this year to answer questions about Al-Anon. There will be a health fair at Mt. Eden High School in Hayward on March 18. Contact the District Office if you are interested.

Newsletter Editor: wedotwelve@123mail.net ♦ District 15 Office: ezduz@sbcglobal.net (510) 276-2270

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")

- Stand for Public Information Coordinator, to help find and coordinate outreach opportunities in our District. Even if you can only commit to a short time (three or six months), it will be a big help to our District and to the program.

50th Annual Women's Luncheon

This Bay Area tradition is celebrating 50 years in 2010 – women from Al-Anon, Alateen and AA getting together to share experience, strength and hope, as well as a delicious lunch and fellowship. This year's luncheon is scheduled for Saturday, May 22, 2010 in Alameda – more details soon! If you'd like to help out with this historic event, come to the next planning meeting on Wednesday, January 20, 2010, at 7:00 PM. Please leave a message for Kathy M. or Joan S. at the District Office if you are interested.

Focusing on the Good, Leaving the Past Behind – by Killian T.

To get you inspired to write a share, here is one from The Forum, January 2010. Reprinted with permission of The Forum, Al-Anon Family Group Hdqts., Inc., Virginia Beach, VA.

My life was a chaotic mess. I went to my first Al-Anon meeting thinking that I was going to learn everything I needed to know to fix the alcoholic in a few easy steps. The last thing I wanted to hear was that I had a problem. Little did I know that a year later I would arrive at that same meeting a different, better person.

I realized I had a mental obsession and it was imperative that I learn a whole new way of thinking. To this end I needed to get a Sponsor, work the Twelve Steps of Al-Anon, go to meetings, and participate in service work.

It may sound daunting and hard but it was the only way, for me, to find relief and serenity. I heard someone say in a meeting that in Al-Anon we focus on the good in our lives. The good that came to me was through that spiritual awakening I had after working the Twelve Steps, and then seriously looking at my life with that new set of courageous eyes.

Al-Anon has taught me how to focus on the good every day in order to move forward and keep that connection with my Higher Power. I do that by taking care of myself, disengaging from fantasy thinking, and focusing on solutions and possibilities. Working through the process of this program I found a way to live *with* my life – my past, my family, my experiences.

I focus on the positive and move forward by accepting that what I am experiencing is part of my journey, and a lesson I need to learn. I remind myself often that responsibility is the ability to choose how to respond to people, situations, and my own feelings. If I choose not to think, I find myself reacting, being impulsive, and not taking care of myself. If I always do what I have always done, I'll always get what I always got.

Reading Conference Approved Literature, journaling, or picking up the phone to talk to an Al-Anon friend, takes me out of myself and reminds me that there are others out there with far worse problems than mine. This new perspective gives me hope, joy, the courage to change, and the freedom to choose what the changes are.

I'm proud to say that now I'm working to be someone I genuinely admire, respect, encourage, and love. Now, I can live going forward, not looking back.

2010 CALENDAR OF EVENTS:

See www.ncwsa.org for more information on these events, as well as events in other Districts.
In particular, you may want to check out the Speaker Meetings in District 14 (4th Saturday, Walnut Creek) and District 16 (2nd Saturday, Pleasanton).

District 15 Monthly Fellowship Event: The MFE is on the last Saturday of every month, 6:00 to 8:30 PM at the Broadmoor Community Church, 301 Dowling Blvd. (at Dutton), San Leandro.

NCWSA Convention: "Serenity Again in 2010," April 16-18, 2010, Doubletree Hotel Sonoma Wine Country, 1 Doubletree Blvd., Rohnert Park, CA

50th Annual Al-Anon/AA Ladies' Luncheon: May 22, Alameda – more details to come