

DISTRICT 15 NEWSLETTER

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June 2009

Coming up this month:

- ❖ June 12-14 – NCWSA Annual Convention (Al-Anon and Alateen with AA Participation at the Santa Clara Marriott
- ❖ June 20 – NCWSA Assembly in Pleasanton – Anyone can attend to see what it's all about. (NOTE: There will be a brief District Meeting at some point that day, and no District Meeting at St. Leander's.)
- ❖ June 27 – All Groups' Day in Oakland – AA Event with Al-Anon participation

Visit www.ncwsa.org for more information.

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.

Literature Distribution Center

From our LDC Coordinator, Flavia R.:

- All literature purchases must include taxes and shipping, even if it is for Public Information (health fairs, etc.) or a District 15 expense.
- It's helpful if groups call in their literature orders before coming to pick them up. That way, the volunteers at the LDC have time to put everything together ahead of time – more efficient for everyone.
- We have ordered copies of Al-Anon Faces Alcoholism 2010 for our District: 100 Spanish and 200 English. This order will be shipped in September 2009.

Group Donations

There was much discussion at the last District Meeting about group donations. Groups need to be sure that they are taking care of their own expenses first (prudent reserve, rent, literature, Group Rep fund, any other items that the group has elected to support such as birthday chips or sponsoring an Alateen meeting), and then send any extra to District 15, NCWSA, and WSO. Groups can decide how often they can send these donations, and donation forms with the suggested ratios are available from the District Office. We know that everyone is hurting for money right now, but members are encouraged to give what they can so that the Al-Anon Program can continue reaching people in need. For example, the District has recently provided literature at a lot of health fairs and community events, and needs donations to help offset those costs.

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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")

A couple suggestions for groups:

- If you have normally been donating \$1.00 at your meeting, try donating \$1.50 or \$2.00. One dollar no longer buys what it used to.....
- Look at creative ways to keep rent low. For example, some groups donate literature to their meeting place in lieu of a monetary amount for rent.

Finally, make sure that your group has the correct information for sending Area donations, as the address has recently changed:

NCWSA Treasurer
P.O. Box 277771
Sacramento, CA 95827-7771

Meeting Updates:

- The Friday meeting at Holy Name University is changing to a new location (time is still 12:15 PM): Montclair Presbyterian Church, 5701 Thornhill Drive, Oakland, in the Thornhill Room
- The Friday night “Best is Yet to Come” meeting needs support: 8:30 PM at the Fruitvale Presbyterian Church, 2735 Macarthur Blvd. (at Coolidge)

The Serenity Prayer

The following share comes from Cynthia W.

Of all prayers, two stick with me: The Lord's Prayer and the Serenity Prayer:

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

The Serenity Prayer is the prayer of people affected by alcoholism. I am one of those people.

Alcoholism is a disease that my mom's family has had for generations: her dad, brothers, grandparents and some of her children struggle with it. Mom remembers how hard she tried to help her dad get help. It never really took until the end of his life when he went into AA.

Doctors think that it can be inherited. People do die from it and from its effects. It is NOT a personality defect. Even when people are sober or use something other than alcohol like running, dancing, gambling, eating, not eating, shopping or work, this disease affects our self-concept, what we might accomplish, and more.

Some of us become over-achievers and do-gooders to try to compensate. Both those afflicted and their family members are powerless over this disease even as we are powerless over other diseases. There is no known cure.

The good news is that sometimes diseases become a teacher. I have heard many people call themselves "grateful alcoholics." That is why I went to Al-Anon. I went because this disease affects people I love. I went because I am affected by it.

AA and Al-Anon promise serenity in the midst of the turmoil created by addiction. How?

God....a higher power

grant me....gifts me when I ask

the serenity....the truth that I am OK right now knowing I can

to accept....simply allow

the things I cannot change....that suffering and good co-exist

the courage...and that with heart power I can

to change...make a difference

the things I can... in me

and the wisdom...noting from my own experience

to know the difference...that others are not mine to change and when I try, I nag, control, complain, manipulate, rage, and generally make things worse.

No fun! Fun or no fun? Hmmmm. I use the serenity prayer as a reminder. As a mantra. As a touchstone. Sometimes I really mean it. Always, it brings me back to two things – my higher power and me.

2009 CALENDAR OF EVENTS:

District 15 Monthly Fellowship Event: Last Saturday of every month, Pot Luck, Raffle, and Speaker Meeting 6:30 to 9:30 pm at the Broadmoor Community Church, 301 Dowling Blvd. (at Dutton), San Leandro.

NCWSA 2009 Convention: June 12-14, "Keep the Change," Santa Clara Marriott, Santa Clara

Area Assembly: June 20, Pleasanton Middle School, 5001 Case Street, Pleasanton

District 15 Day in Al-Anon: September 12, First Presbyterian Church of Hayward, 2490 Grove Way, Castro Valley

Area Assembly: October 16-18, Radisson Hotel & Conference Center, 2233 Ventura Street,

See www.ncwsa.org for more information on these events, as well as events in other Districts.