

SCVAFG INTERGROUP NEWSLETTER

COORDINATOR'S CORNER

Notes by Edie D.

I am having a wonderful summer and hope you all are as well. It feels like the fastest summer on record, though. The weather's been great, I've been on vacation, and life is good.

It's time to turn my attention back to my service commitments. I'm thinking about the Assembly coming up in September and in general, getting back to my Al Anon program.

The District 20 speaker meeting on August 27 is sure to be wonderful. Hope to see you there.

Labor Day week-end there are a couple of places to go for recovery. The Monterey Bay Area Roundup 1999 will be held at the Monterey Convention Center (registration is \$10.00 per person). The 7th Annual AA convention with Al Anon participation, "The Spirit of San Francisco". More information can be found on their website - <http://www.spirit-sf.org>

If you have a contribution, please send it to the Intergroup Office, Attn: Newsletter Coordinator, Campbell Community Center, 1 West Campbell Ave., Room Q-82, Campbell, CA 95008. The deadline for the Fall 1999 newsletter is 9/10/99.

If you've never been to the Intergroup Office in Campbell & you'd like to come purchase literature, pick up flyers on upcoming events, or just visit, below are some directions. **Remember to call the office at (408) 379-9375 to make sure someone is there when you plan to arrive.**

Take 880 and exit at Hamilton Avenue; go west. Turn left at the third traffic signal onto Winchester Blvd. Turn right at the second traffic signal onto Campbell Ave. The Community Center will be on your right. Entrance to the parking lot is on your right just beyond the tennis courts.



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

ARTICLES

What is Intergroup?

Intergroup is made up of officers, coordinators and representatives from the groups in Districts 20, 21 and 22. Intergroup meets the second Tuesday of each month. It is a California non-profit corporation formed to serve the groups in the districts. Our By-Laws state: "The specific purpose of this corporation is to encourage the unity of purpose and the growth of Al-Anon and Alateen groups in Santa Clara Valley, guided in all activities by the Twelve Suggested Steps and Twelve Traditions of Al-Anon".

CALENDAR OF EVENTS

Friday, August 27, 7:30 - 9:30 p.m.
District 20 Speakers Meeting at St. Andrews Episcopal Church, 13601 Saratoga Ave (1/2 mile off 85 at Saratoga exit). James S. and Marilyn R. will be the speakers at this NO SMOKING meeting.

Saturday, October 2, 9:30 am- 2:30 pm
5th Annual Santa Clara Valley Intergroup Special Event at Immanuel Lutheran Church, 14103 Saratoga Ave (between Herriman Ave. and Hwy. 9). Pat R. and Cliff R. from Oceanside will be the speakers at this NO SMOKING day.

Friday, October 22, 7:30 - 9:30 p.m.
District 20 Speakers Meeting at St. Andrews Episcopal Church, 13601 Saratoga Ave. (1/2 mile off 85 at Saratoga exit). Luisa D. and Curt R. will be the speakers at this NO SMOKING meeting.

Saturday, January 22, 2000 9 am-3 pm
District 22 Day in Service at St. Edwards Church, Union Ave. and Hwy 85. Mystery speakers, "Game Show" special and Chili / Soup for lunch.

STAY TUNED FOR MORE DETAILS

**REMEMBER FOUR
SIMPLE WORDS:**

LIVE

LOVE

LAUGH

BLOOM

FROM THE ALATEENS ATTENDING 1998 NOCAC:

Progress Not Perfection

Dear Friends,

I just wanted to take a moment and thank you for helping me go to NoCAC this November through one of your scholarships. I cannot begin to express to you my gratitude. Without your support I would not have been able to attend this years conference.

I am an 18-year old college freshman, struggling to get through my first year at a University. Money in my family, like in the families of many Alateens, is tight and I did not want to ask my parents to fund this year's conference costs. While they are helping me with my tuition, I am responsible for my living expenses as well as books and transportation and I simply could not afford the full cost of NoCAC. Unfortunately, I am not alone. There are many Alateens who would never get to experience the incredible gifts of the program through such a safe and loving medium as NoCAC without scholarships like the one that you provided me.

Alateen is not readily available to me in my school environment. There is not a single Alateen meeting in the entire county. The only meeting available to me is an AA meeting in which all the participants are significantly older than myself and although the meeting does keep me involved in the program, it does not fulfill all of my needs. Like many teens, I rely heavily upon NoCAC and vacations to help me keep my serenity. If you can imagine getting to meetings only once every few months you can see why NoCAC is so important to me. It helps me "stock up" on my program, so to speak, so that when I return to school, I have an extra source to draw from when I begin to lose my serenity or slip into old patterns.

I wish that I could adequately describe to you what a beautiful experience NoCAC has been for me. I had never before experienced a time where I felt so safe and so loved as I had at my first NoCAC. It is such a powerful thing to spend an entire weekend in such a completely loving environment and to be with people that truly understand me. I have been to two NoCACs in my short three years in the program but each one had a profound effect on me. The first gave me the courage to trust other people again, the second gave me the courage to trust myself. At my second NoCAC, I finally completed my

fourth step as well as my fifth. This program has taught me trust and love and, for me, NoCAC is a manifestation of that trust and love.

I cannot tell you what a service you do for teens like myself when you provide us with the scholarship money to attend NoCAC. You give us an opportunity to see and feel the wonderful benefits of the program in an environment that is conducive for incredible personal growth. My appreciation exceeds my words by leaps and bounds. Thank you so much for providing me and others like me with such a wonderful experience.

Sincerely,

L.H. #1

Mtn. View ♥ to ♥ Alateen

To Whom It May Concern:

First off I would like to thank all those who donated money so that many could go to NoCAC this past year. Many of those kids would not have made it if not for the donations. NoCAC is a great experience that I have been able to experience three times in two years since I came to the program in '96. In '96 I was 17 and now I am 19, in these past two years and some odd months I have learned a lot and gone through so much that without the program, I don't know what I would have done. NoCAC is a yearly occurrence in November where teenager of Alateen and Al Anon come for two nights and three days to learn in workshops and have a little fun away from it all. I feel I should share that my grandfather died the Friday we were on our way to NoCAC in Fresno, Ca. I stayed the weekend and it helped me a great deal to have that support and friendship through that time. I would have been alone if not for NoCAC and the friends I have there.

Through service and meetings I learn a great deal about myself and how to deal with stuff that happens in a more responsible manner than I would have without the program. My parents are both sober alcoholics, they've been sober for about nine years. They don't go to meetings anymore and haven't for four years. My brother is 22 years old and is currently in the Navy. Through all the pain and suffering that we have both been through with my parents drinking he chooses to ignore all that and drinks himself these days. I have

learned that I cannot control his drinking and I cannot stop him from drinking I can only love him and detach from his drinking. This I have learned through the program, meetings and service. In times to come I hope to go to more meetings and do more service so that I can learn more and experience more. Thank you for the opportunity to say thanks to all who donated and just say that we all appreciate the donations that make it possible to go to NoCAC each year.

Sincerely,

L.H. #2

Mtn. View ♥ to ♥ Alateen

Contributions

Please put the WSO number or the group name on contributions sent in to Intergroup. This will ensure your getting a thank you note from the Intergroup Secretary.

Thank you for your financial support in 1999 to:

Serenity Circle

Courage Group

AFG at St. Mark's

Gays & Lesbians in Recovery

Tues. Group at St. Christopher's

Claude B.

District 20

Miracles Happen

Almaden Friday Morning

As We Understand

12 x 12 Family Group

NEW MEETING

There's a new Al Anon meeting "Friends of Lois" on Tuesday nights, 7-8:00 pm at Immanuel Lutheran Church, 14103 Saratoga Ave, Room 5

Welcome to all.

Life's Lessons from a Butterfly

Let go of the past.

Trust the future.

Embrace change.

*Come out of the
cocoon.*

Unfurl your wings.



*Dare to get off the
ground.*

Ride on the breezes.

Savor all the flowers.

Put on your

brightest colors.

*Let your beauty
show.*

QUESTION CORNER:

Ever wonder ...

What is a district and how is Al-Anon organized?

Each local Al-Anon meeting is considered a group and may elect a Group Representative (**GR**). Groups are organized into geographical sections called Districts. Group Representatives attend District Meetings. Each District elects a District Representative (**DR**) who attends meetings at the Area level. There are 27 Districts comprising the Northern California World Service Assembly (**NCWSA**). The NCWSA sends a delegate to the World Service Conference. Al-Anon's headquarters is called the World Service Office (**WSO**) and is located in Virginia Beach, Virginia. The Districts provide the link between the WSO and the groups. The Santa Clara Valley AFG Intergroup is also a member of NCWSA.

To What district does my meeting belong?

If you want to find what district your meeting is in, look for the D-___ (number, either 20, 21 or 22) under the WSO number in the Directory.

Where do I send a group or individual contribution?

In the front of the Intergroup Directory there is a section "Al-Anon Family Group (AFG) Addresses*". That is the correct address for contributions.

Where have all the Alateens gone?

There are several Alateen meetings in District 20 and 22 that need support. If you know a teen, please let them know about the following meetings:

Together We Can Make It, at Redeemer Lutheran Church in Cupertino, 940 S. Stelling Rd, 8:15PM on Wednesdays

Heart to Heart Freedom Alateen, at Community Health Awareness Center in Mountain View, 711 Church St, 8:00PM on Thursdays

Lost and Found Alateen, at St. Christopher's Church in San Jose, 1576 Curtner, 8:15PM on Fridays



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Campbell Community Center
1 West Campbell Ave., Room Q-82
Campbell, CA 95008

Submit articles and calendar events to:
Newsletter Coordinator

Send YOUR contributions to SCV AFG Intergroup, ATTN: Newsletter Coordinator, Campbell Community Center, 1 West Campbell Avenue, Campbell, CA 95008 - and thanks for your help in making this your newsletter.

