

SCVAFG Intergroup Newsletter

<http://www.ncwsa.org/scvafg/>

Coordinators' Corner

By Barbara H.

Hi Everyone. I'm Joe's cohort. Thanks to his computer savviness, I'm able to put these words in the right place.

I've been in Al Anon less than a year. Walked into my first meeting after a disastrous 4th of July party when my husband, the alcoholic in my life, had a black out experience – but not before verbally humiliating me in front of our friends. At that time, I was clueless about the disease and not only the Queen of Denial, but helped build the barge I floated on.

So, when I walked into my first meeting and saw all those serene, smiling faces and no one gave me advice or told me how to “cure” hubby, I thought this organization was N.U.T.S.

Now, not only has my life become manageable in this short time, but I have also become a major lover of Al Anon Acronyms. In fact, one of my favorites is N.U.T.S. (Not Using the Steps). So, on those days when I'm feeling especially “Nuts” I remind myself that I *am* N.U.T.S and go back to Step One.

Here's to recovery and all the experience, strength and hope I receive from each and every one of you.

Barb. H.

Events Update

Newsletter Contributors:

Thanks to all who provided articles and information for this newsletter. If you have an article or information you want published, you can either drop them it off/mail it to:

S.C.V.A.F.G. Intergroup Office,
Attn: Newsletter Coordinator,
1 West Campbell Avenue,
Room Q-82, Campbell, CA
95008 or e-mail either me,
Joe D. at joe@jdoll.com or
Barbara H. at
Agape51@yahoo.com.

Upcoming Events

Come hear **Ric B. from Virginia Beach** speak at the District 20 Al-Anon/Alateen Open Speakers Meeting on Friday, June 22nd from 7:30 p.m. to 9:30 p.m.
@ Immanuel Lutheran Church
14103 Saratoga Avenue,
Saratoga, CA

Note: This is an OPEN Al-Anon meeting, open to all interested in learning more about Al-Anon

Happy 50th
Anniversary

Al-Anon Family Groups
(AFG)

In the Company of Men

A new meeting for Men Only will meet the **Second Saturday of Every Month** from 5:00 p.m to 9:00 p.m.

From 5:00 to 6:00 p.m. there will be a potluck and get together. **Bring food or a beverage (optional) and yourself.** The meeting itself will begin at 7:00 p.m. Here is a list of the meetings scheduled to the end of the year:

June 9th
July 14th
August 11th
September 8th
October 13th
November 10th and
December 8th

Meetings will be held at
St. Edwards Episcopal
15040 Union Ave
(at Hwy 85 - SE Corner)
in the Fireplace Room

Come join a bunch of men
supporting a bunch of men in
recovery and camaraderie

The Shoe Thrown Round the World

Occurred in 1935 when Lois W. (Bill W's better half) recognized her need for recovery after throwing a shoe at him because he'd been to another one of those blasted meetings!

Bookstore Hours



Intergroup needs volunteers to sell literature. Current store hours are:

Mon.	5:00 PM to 7:00 PM
Tues	4:30 PM to 7:00 PM
Wed.	9:30 AM to 11:30 AM
Thurs.	12:00 PM to 2:00 PM
Fri.	5:00 PM to 7:00 PM
Sat.	9:30 AM to 12:30 PM

Before making a trip to our office, please call (408) 379-9375 to verify that the store is open.

"It takes only one person to start something, but many others to carry it out."

Lois W. (Co-Founder of Al-Anon)

Recovery by Candlelight

Monday night's Serenity at St. Lawrence group (7:30 to 8:45 PM) holds a special candlelight meeting on the **3rd Monday of each month.**

Bring your own candle and experience the glow of serenity.

FOR PARENTS WITH CHILDREN WHO SUFFER FROM THE DISEASE OF ALCOHOLISM

Do you feel as though you are alone with your confusion and pain? Well, you're not. There is a meeting specially geared for parents of adolescents who suffer from the cunning, baffling and powerful disease of alcoholism:

THUNDER ROAD

8:15 p.m. – Wednesdays
4982 Stevens Creek Blvd.
(next to Villagros Restaurant)

This is an Open Al Anon meeting and you don't need to be a parent to attend. Everyone is invited. For more details or if you have questions, call Luisa at (650) 965-7867.

Saturday Evening Al-Anon Meeting in Sunnyvale

If you're not a morning person.. try an evening meeting.

The "Lakewood Group" meets at Valley Faith United Methodist Church, 1251 Sandia Avenue in Sunnyvale.

For more information on this meeting, you can call either

Jeannie J. @ (408) 730-0711 or
Fred P. @ (650) 948-4919

New Meeting at Good Sam Hospital in San Jose at 2425 Samaritan Drive

In the Behavioral Health Dept. CD Group Room, TCI

Thursday Evenings from 8:00 p.m. to 9:00 p.m.

This is an open meeting –
All are welcome

Nocac's Sunshine Bash is here!

Camp out weekend on June 22nd, 23rd & 24th at Wild Horse Ranch Platina (towards Redding, CA)

Suggested donation
\$20.00

for more info call:

Nikki S. @ (25) 855-4678 or
Mike-e G. @ (510) 742-6642

Al Anon's Three Legacies

- (1) Recovery (Through the Steps)
- (2) Unity (Through the traditions) and
- (3) Service (Through the Concepts)

The threefold guides of Al-Anon point the way to a normal, useful life for the individual. They also are a framework within which the groups can carry on their affairs in harmony.

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