



SCV AFG Intergroup Newsletter

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

June 2008

“On the Wings of Recovery” NCWSA 08 Al-Anon Convention, April 4-6, 2008

When I heard that this year's convention was going to be in Monterey, I immediately knew I wanted to attend. I am so glad I did, because it was a wonderful, joyful, and spiritual experience. I drove to Monterey with two other Al-anon members and I have to say that is one of the best parts of going to conventions. You really experience quality time getting to know each other during a two-hour drive. I have traveled with different people to each convention that I have attended, and I have enjoyed the sharing that goes on during these rides. It is the meeting before the meeting, since it only takes two Al-Anons to have a meeting.

I really enjoy going to conventions. I always feel more invigorated when attending a weekend away with a large group of Al-Anons. As always the speakers were inspirational. I heard parts of my story in each one, and the strength and hope they shared gave me hope for my future. The speakers were from as far as Texas to Vicki H. and Art B. from the Santa Clara Valley.

The convention this year had an added element of fun. Friday night included a bonfire on the beach with s'mores. For those of you who don't remember s'mores--the chocolate, marshmallow, gram cracker goodness was fun and sticky. We sang songs and enjoyed our treats with a gorgeous sunset as our backdrop. Then on Saturday we flew kites and made yummy ice cream sundaes to help bring out the kids in all of us. You should have seen all of us running along the beach with our kites. We laughed and enjoyed the beautiful weather and the wonderful fellowship.

I am looking forward to next year's convention that will be held right here in Santa Clara. It will be held at the Marriot from June 12th to June 14th. I hope to see you there!

Jennifer G. from Sunnyvale

Westminster Woods Growing Together Weekend, May 16-18, 2008

I attended my first Westminster Woods Growing Together Weekend. I must admit that I had that mix of dread and fear when I left my house. A part of me just wanted to go back home where it was safe and familiar. Logically, I knew there was nothing to fear and Al-Anon has taught me that when I am afraid to do something is when I really need to do it.

When I got to the campground I knew that this weekend would be a completely new experience for me. It started when I entered the main hall and it was full of nearly 100 people split pretty evenly between teens and adults. I have been to a bunch of Al-Anon/Alateen functions and there have only been a handful of teens and here I was with almost 50 of them.

I was told before I went that I would be letting my inner child out to play. At first I didn't know what that would mean, but I learned. I laughed so hard playing the card game Old Bachelor (~Old Maid), got hot and sweaty playing softball, and wet tossing a water balloon. I danced, played musical chairs, and sang campfire songs. I listened to wonderful Alateen/Al-Anon/AA speakers who blew me away with their open, honest shares. Both of the workshops I attended made me laugh, cry and gave me something to think about.

One thing that touched me more than I can say was the talent show. Members shared their experience, strength and hope in the form of poetry, singing, music, sketches and monologues. The courage to just be themselves and opening their hearts to everyone was an inspiration.

I had been balking at finishing the process to be an Alateen Sponsor. I was afraid of what it would mean to be involved with teens going through the pain and heartache of growing up in the disease of alcoholism. This weekend showed me that the strength and courage they have will be an inspiration to me and my recovery.

Jennifer G. from Sunnyvale.

Upcoming Events

District 20 Al-Anon/Alateen Open Speaker Meeting

Immanuel Lutheran Church
14103 Saratoga Avenue
Saratoga, CA 95070

June 27, 2008
7:30 p.m. - 9:30 p.m.

Guest Speakers:

Bill D., AA
(From San Jose, CA)

Joy D., Al-Anon
(From San Jose, CA)

50 years married, 25 years in recovery

Come listen to great speakers and
celebrate May and June
Al-Anon birthdays.

Connecting People Around the World

Al-Anon's 2008 International Convention
Pittsburgh, Pennsylvania

July 4-6, 2008

For more information, visit
www.al-anon.org/international2008.html

What's Inside!

Personal Stories

*Who Qualifies for Al-Anon?
What I Learned*

Events

*“Communication and Participation”
Unity Day 08 ~ Sunday, August 24, 2008*

What's New

*Saturday Morning Serenity Seekers
New Location*

Who Qualifies for Al-Anon? What I learned

I was suffering in a verbally abusive relationship—not my first—when I attempted to join Al-Anon. I'd heard that it could help me with my problems. I went to a meeting and asked a woman afterward if I had to know someone who drank to join. She said I did. Disheartened, I phoned the central office in my Area and asked the same question. I received the same response.

Ten years and two more abusive, obsessive relationships later, I dragged myself to an Al-Anon meeting hoping I finally qualified. The latest relationship disaster was with a man who'd decided to stop drinking 13 years earlier. I didn't know if that meant he was an alcoholic, but I decided that had to be enough to get me through the door. I was desperate.

To my relief, no one asked me for my credentials. The woman I asked to sponsor me didn't ask me if I knew any alcoholics. Eventually I told her what had happened ten years earlier. She shook her head in dismay and told me that if anyone came to the meetings and related, they needed to be there.

I've attended meetings and worked the Steps for more than five years now, and the program has changed my life. I still don't know if there are any alcoholics in my family, but I suppose I really do qualify because I'm in a wonderful relationship with a man who has been sober in A.A. for eleven years.

Needless to say, I welcome newcomers with open arms, and if they ask me if they belong in Al-Anon, I tell them that's up to them to decide. I encourage them to try out different meetings and tell them that if they feel like they belong, they belong.

I know now that I did qualify all those years ago. Every one of those earlier, difficult relationships had been with adult children of alcoholics. Alcoholism had most definitely and profoundly affected my life. I just didn't know it at the time.

By Anonymous

Reprinted with permission of *The Forum*, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA. To subscribe to *The Forum*, go to <http://www.al-anon.org/forum.html>.

Westminster Woods Growing Together Weekend, (another)

I got to spend an amazing weekend with Alateens and Al-Anons at the Westminster Woods Growing Together conference and wrote this poem. It described to me what the weekend is all about. I hope next year, on the 3rd weekend of May (May 18-20, 2009), that you will join this conference. I believe you too will be touched deeply!

Growing Together

Laughing, Crying, Dancing, Singing
Growing together

I open my heart to you

Bare my soul

You accept me for who I am

You open your heart to me

I see you, your joys, your sadness

All your inner beauty

I accept you, love you for who you are

You radiate life, sparks of true glory

Laughing, Crying, Dancing, Singing

Growing together

We discover each other

A connection that can't be broken

Through the chaos of life

Disparity, Hope, Fantasmal Adventure

Now we can walk life together, not alone

Sharing, Caring, Loving, Giving

Laughing, Crying, Dancing, Singing

Growing together

Together we can make it!

Written (with love) by Anita R.
from Saratoga, Ca

Healthy Living Health Fair, April 27, 2008

Al-Anon volunteers provided Al-Anon information at the "Healthy Living Health Fair" held on April 27, 2008, at the Most Holy Trinity Catholic Church in East San Jose. Thousands of people attended this event and many health-related organizations had a booth and provided information.

At first we were not sure how many Al-Anon members would participate. It turned out that at least fifteen Al-Anon members participated. It was a beautiful day. We started at eight in the morning and the people who were in charge took great care of the volunteers. They gave us coffee and bagels for breakfast and provided a super lunch.

There was one AA booth and two Al-Anon booths. One Al-Anon booth had mostly English printed materials with one person who spoke Spanish. The other Al-Anon booth had Spanish printed materials, and they mostly spoke Spanish. We all were a great team--we spoke with everyone who visited our booth. Al-Anon members also visited other booths at this health fair.

This fair was a lot fun and provided a way for Al-Anon information to be available to the public. When we did not have any visitors at the Al-Anon booth, we shared among ourselves and had a great fellowship.

Cindy D.

Intergroup Bookstore

Come visit the bookstore and experience the results of recent redecorating work! The Facilities Coordinator along with members of District 22 has been working hard to give the bookstore a new look. The bookstore has new carpet and has been painted. The next phase of decorating will include new bookshelves and a desk. If you have any items you think would be of use to the bookstore, please contact Anne C. at (408) 314-0883.

The Intergroup Bookstore is located at the Campbell Community Center:
Room Q-82
1 West Campbell Avenue
Campbell, CA 95008
(408) 379-9375

The current bookstore hours are as follows:

Monday	5:00 p.m. to 7:00 p.m.
Tuesday	4:30 p.m. to 7:00 p.m.
Wednesday	9:30 a.m. to 11:30 a.m.
Thursday	12:00 a.m. to 2:00 p.m.
Saturday	9:30 a.m. to 12:30 p.m.
The bookstore is closed on holidays.	

Before making a trip to the bookstore, please call to verify that it is open. If you are interested in serving as a bookstore volunteer, please contact Anne C. at (408) 314-0883.

Organizational Information

(Frequently Asked Questions)

What is the role of an Intergroup Representative?

Each Al-Anon and Alateen group in the Santa Clara Valley AFG Intergroup area (Districts 20, 21 and 22) may elect an Intergroup Representative. The term of office of an Intergroup Representative is one year, beginning on January 1 and ending on December 31. The method of selection of the Intergroup Representative is up to the group conscience of the particular Al-Anon or Alateen group.

Intergroup Representatives attend the monthly Intergroup meeting held on the second Tuesday of each month at the Campbell Community Center (in Room Q-80). Intergroup Representatives provide information to Al-Anon and Alateen groups concerning the events and services offered through Intergroup, such as meeting directories, bookstore, website, newsletter, and special events. Information concerning opportunities for service in areas such as hospitals and institutions, public information, teleservice, the bookstore and Alateen sponsorship is also provided to groups through the Intergroup Representatives. For more information, see "Al-Anon Information Services (AIS/Intergroups)" in the Al-Anon Alateen Service Manual 2006 – 2009, pages 56-57 and 89-90.

What is the role of a Group Representative?

Each Al-Anon and Alateen group may elect a Group Representative (GR). The term of office of a Group Representative is three years. The method of selection of the Intergroup Representative is up to the group conscience of the particular Al-Anon or Alateen group.

Group Representatives attend a bi-monthly District meeting. Districts in the Santa Clara Valley focus primarily on the groups themselves. They provide a forum for individual groups to share ideas and exchange information. For example, if one group is facing a problem that is proving difficult to solve on its own, its Group Representative can discuss the matter at a district meeting and learn how other groups may have handled the same issue in the past. Districts can help a new group to get started or help a group that must change meeting locations.

The groups in a district often work together to plan special Al-Anon/Alateen events or projects. For example, District 20 in the northern part of Santa Clara Valley currently holds five Friday evening speaker meetings each year for all members and the public to attend.

Group Representatives also attend two Northern California World Service Area (NCWSA) Assemblies each year. The focus of the planning and discussion at assemblies is to provide services for Al-Anon and Alateen groups in northern California.

For more information concerning the role of a Group Representative, see the Al-Anon Alateen Service Manual 2006 – 2009, pages 44, 133-134 and 141-143. This service manual is available online at <http://www.al-anon.org/members/> (password: scvafg).

Alateen Fundraiser: Please Bring Bottles and Aluminum Cans

Please bring plastic water bottle and aluminum cans to be recycled for SCV Alateen Scholarships—what a great cause!

Bring plastic bottles and aluminum cans to the SCV Intergroup Office, or to your group's Intergroup Representative, or contact Jay R., Alateen Coordinator, at (408) 296-2474, or by email at jgvr@earthlink.net.

Public Information Coordinator Needed

Have you ever wondered how information about Al-Anon gets to the outside world? At Intergroup, this is done through our Public Information Coordinator. This person gets the word out through outreach projects such as coordinating volunteers to hand out pamphlets at a Health Fair or sending Al-Anon members to speak in schools. Quite often we hear from counseling centers or health professionals who would like more information about Al-Anon.

The Public Information Coordinator organizes responses to counseling centers and health care professionals who would like more information about Al-Anon. This is one way in which the Al-Anon message gets out to people whose lives have been affected by another's drinking.

If you are interested in carrying this message to others, please contact Mark B. at (408) 410-4951, baumann46@yahoo.com or Chris A. C. at (408) 691-3242, mrs_gratitude@sbcglobal.net.

Insurance Reminder

If your Al-Anon group has not yet sent in the suggested contribution of \$31 for insurance coverage, please consider doing this. This contribution helps to reimburse Intergroup for payment of the policy. This insurance policy benefits all of the Al-Anon groups in the Santa Clara Valley AFG Intergroup. You may give the \$31 suggested insurance contribution to Cecelia or Lynn S. Please make checks payable to SCV AFG, include the notation, "insurance," on the check and include the Al-Anon group name and WSO # on the check.

If your Al-Anon group has not yet received a certificate of insurance, please contact Cecelia or Lynn S. It is appropriate to give a copy of this certificate to someone responsible for the facility where your group meets.

Cecelia, Insurance Coordinator
(408) 309-4994
sobolaw@aol.com

Lynn S., Insurance Co-Coordinator
(408) 313-4273
jinshinlynn@yahoo.com

Website for Santa Clara Valley Al-Anon Family Groups

Did you know that Santa Clara Valley Al-Anon Family Groups Intergroup has a website? It can be found at <http://www.ncwsa.org/scvafg>. It is full of great information. There is a list of all the positions available in Intergroup, how to contact the directories coordinator with changes to meetings, information on upcoming events, a listing of the meetings, and previous issues of the SCV AFG Intergroup Newsletter in PDF format.

To submit changes or suggestions for this website, please contact Jennifer G. at purplejig@sbcglobal.net.

September Newsletter Items

We plan to publish the SCV AFG Intergroup Newsletter four times this year – March, June, September and December. Please send items for the September Intergroup Newsletter, as well as suggestions and comments concerning the newsletter, to Michael at mdivinia@comcast.net. Our goal is to have items for the September newsletter submitted by the August Intergroup Meeting (August 12, 2008). Al-Anon news and information and the sharing of experience, strength and hope by Al-Anon members are welcome.

Upcoming Events

Open Speaker Meeting

District 20 Al-Anon/Alateen Open Speaker Meeting

Immanuel Lutheran Church
14103 Saratoga Avenue
Saratoga, CA 95070

June 27, 2008
7:30 p.m. - 9:30 p.m.

Guest Speakers:

Bill D., AA
(From San Jose, CA)

Joy D., Al-Anon
(From San Jose, CA)

50 years married, 25 years in recovery

Come listen to great speakers and
celebrate May and June
Al-Anon birthdays.

International Convention

Connecting People Around the World

Al-Anon's 2008 International Convention
Pittsburgh, Pennsylvania

July 4-6, 2008

For more information, visit
www.al-anon.org/international2008.html

Unity Day

Communication and Participation

AA with Al-Anon Participation

Milpitas Community Center
457 East Calaveras Boulevard

Sunday, August 24, 2008
9:00 a.m. to 8:00 p.m.

Noon Speaker: Jim A.
(2nd Tradition Group)
Evening Speaker: Jeanna T.
(San Jose with 25 years)

Speakers, workshops, free lunch
and free dinner

Intergroup Special Event

Intergroup Fundraiser Sunday, September 14, 2008

Please note this event on your calendar!
This event will begin at 3:00 p.m.

Featured Speaker:
Father Tom W. (from Oakland)

See Father Tom's schedule at
www.inlight.com/public_html/CONTENTS/TWSCHEDU.HTM

More details (location, etc.)
will be publicized soon.
Eric W., Special Event Coordinator,
(408) 480-5928

2nd Annual NCWSA Alateen Sponsors Weekend

Commitment, Compassion, Consistency

2nd Annual NCWSA
Sponsors Growing Together Weekend
For Alateen Sponsors and
Prospective Sponsors

2008 SPONSORS R&R
REFRESH and REJUVENATE
at Westminster Woods
Occidental, CA
October 3-5, 2008
Registration - \$139 - Includes:
Cabin/Food/Fellowship for the Weekend

For more information or
to volunteer to help
Contact: Chris M., Chair, (831) 600-7563
or email at cmrurtle@comcast.net or
Yvonne D, Co-Chair (925) 988-9866 or
email at tantetje12@yahoo.com

Open Speaker Meeting

District 20 Al-Anon/Alateen Open Speaker Meeting

Immanuel Lutheran Church
14103 Saratoga Avenue
Saratoga, CA 95070

August 15, 2008

Come listen to great speakers and
celebrate July and August
Al-Anon birthdays.

2009 NCWSA Al-Anon /Alateen Convention Logo Contest

The Theme of the convention is:
"Keep the Change".

DEADLINE FOR ENTRIES: **July 15, 2008**
Please send your ideas to the 2009 Convention
Chairperson: Patrick B.
3238 Belden Terrace, #323
Fremont, CA 94536
patrickbraun@earthlink.net

Note: Winner of the contest receives free
registration and a T-shirt! Remember to
include your name and telephone number
with your entry.

Saturday Morning Serenity Seekers

This Al-Anon group meets on Saturday
mornings from 10:00 a.m. to 11:15 a.m.
This group is moving on June 7, 2008, from
the United Methodist Church on Naglee
to the 1st Presbyterian Church, 49 North
4th Street, San Jose (Please ring doorbell.)
Free Parking in the Church Lot or in the
4th Street Garage across the street. For
questions, please contact Cecelia at (408)
309-4994.

Beach Blanket Al-Anon

Saturday, August 16, 2008
Time: 12:30 p.m. to 3:30 p.m.
Place: Christ the Good Shepherd Lutheran
Church, 1550 Meridian Avenue, San Jose
Ice cream! An Al-Anon Speaker and an Alateen Speaker! Fellowship, lightness and fun!
Pre-registration \$10 (Children 10 and under
- half price) \$12 at the door (adults)
Sponsored by District 21

Name _____

Phone number _____

Number of Tickets _____ x\$10

Number of Tickets _____ x\$5

Total Enclosed: \$ _____

Make checks payable to D21
(due by 9 August 2008)
Send Pre-registration to:
D21 Special Event
1 West Campbell Avenue Room Q-82
Campbell, CA 95008