



# SCV AFG Intergroup Newsletter

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

September 2008

## Al-Anon's 4<sup>th</sup> Int'l Conv. "Connecting People Around the World" July 4-6, 2008 Pittsburgh, PA

Al-Anon for me has been about the fellowship, and this International Convention expanded my fellowship to the entire world. When I started attending Al-Anon meetings, my world was tiny. I felt isolated and alone. I didn't think that anyone else understood what I was going through; shoot, I didn't even understand what it was that I was going through.

Getting into Al-Anon slowly, but surely, opened my world. First it was just the meetings that I attended. I understood that I was in the family disease of alcoholism and that I wasn't alone in it. At an Al-Anon meeting, I was in a room with about 20 other people going through similar things. We helped each other to do things differently. Then going to the Northern California Convention opened my eyes; I saw that it wasn't just the meetings close at hand that included people going through what I was going through, but there were similar meetings and Al-Anon members all over Northern California.

The International Convention expanded my Al-Anon family to world-wide. I met people from all over the world. One lady I met from Mexico had difficulty speaking English, so I was able to use my limited Spanish to talk with her, help her, and connect with her about Al-Anon. We were able to know that even though our language wasn't the same, we still had Al-Anon in common.

On Saturday night there were four remarkable speakers—one was from India, another was from South Africa, another was from Australia, and the fourth was from Finland—with about 4000 people in attendance. Remembering all of these people saying the Serenity Prayer together still gives me chills up my arms to this day. Then the speakers shared their stories, and though they had different accents and came from different parts of the world, they each talked about the family disease of alcoholism.

Alcoholism doesn't discriminate against any age, sex, religion, ethnicity, but neither does recovery. Each speaker shared how Al-Anon was there for him or her, that it opened his or her world, and that he or she was able to connect and find recovery.

I will be forever grateful that I attended this Al-Anon International Convention. I know that I will be in Vancouver, Canada in five years for the next Al-Anon International Convention because it isn't just a convention; it is a family reunion, a world-wide Al-Anon Family Groups reunion.

Jennifer G.

## Castles in the Sand

Long hours I sit by the sea,  
Watching the seagulls fly by,  
Yonder horizon, the sun  
Above it, I see storm clouds lie.  
Scooping some sand in a pile  
Which forms my castle of hope,  
Building towers tall and grand  
For stars in night's sky they grope;  
Just when my castle is made,  
A wave comes crashing it down,  
Washing away all my dreams  
Leaving me nothing – but the ground!

So from scratch, I start again,  
Building a castle anew;  
This time for water, a moat,  
To help my dreams come true.  
The sun on the sand beats down,  
"Guard it!" to myself I mumble,  
But still rays reach my castle  
And it begins to crumble.

How could I be so stupid?!  
The hopeless castles of sand,  
I'll build my castles in air  
Where they'll never touch the land.  
My soft white castle of dreams,  
But the storm clouds overhead lay,  
While the wind blows through its walls,  
Saying, "Try some other day."  
So I sit down in the sand,  
The wind blows, which tore apart,

And I hold my dreams so close,  
And build castles in my heart.

Wishing that you build many castles in your heart!  
With Love,  
Anita

## Upcoming Events

District 20  
Al-Anon/Alateen  
Open Speaker Meeting

Immanuel Lutheran Church  
14103 Saratoga Avenue  
Saratoga, CA 95070

Friday, October 24, 2008  
7:30 p.m. - 9:30 p.m.

Guest Speakers:

Jennifer G., Al-Anon  
(From Sunnyvale, CA)

Fernando M., Al-Anon  
(From Orange County, CA)

Come listen to great speakers and  
celebrate September and October  
Al-Anon birthdays.

### What's Inside!

#### Personal Stories

*Cleaning my hard drive:  
an exercise in working the Steps*

#### Events

*Intergroup Special event  
Featuring Father Tom W., September 14*

#### What's New

*New Al-Anon Book:  
Discovering Choices*

## Beach Blanket Al-Anon Sponsored by District 21

On Saturday, August 16th, I attended the Beach Blanket Al-Anon event at Christ the Good Shepherd Lutheran Church. It was one of the best events I have attended and I am so grateful that I went. I did not pre-register as I was not certain I would be able to go that day. My schedule cleared up so off I went. I walked in to see the festive beach decorations all around the room. It just felt fun right away and "FUN" turned out to be the topic for the speakers. Both speakers were so honest and really shared their hearts with us. Ice cream was served which also added to the "FUN" theme. I will definitely attend this event again next year. It was a blast and I heard exactly what I needed to hear.

Eileen O. from San Jose

## Celebration of Life In Loving Memory of Sarah B.

On a beautiful Sunday morning in August, family members and friends, including many Al-Anon members, gathered at the New Almaden Community Club for an inspiring celebration of Sarah's life. Sarah and her husband Art B. both have contributed much as Al-Anon members for many years. A thirty-year member of Al-Anon, Sarah sponsored and guided dozens of members to recovery along their own spiritual journey. Appropriately, this celebration of life opened and closed with the Serenity Prayer.

At this celebration family members and friends expressed gratitude for the caring and the love that Sarah gave to them. Sarah's "greatest gifts were her loving nature, her compassion and her non-judgmental acceptance." Sarah leaves her first husband, their four children and eight grandchildren. She also leaves her second husband of twenty-six years, Art, his five children and twelve grandchildren.

The potluck lunch that followed this celebration included several of Sarah's favorite dishes prepared by her Home Economist friends according to Sarah's recipes and a lasagna that Sarah herself had prepared and frozen some weeks earlier. For this lunch, Art brought the ham, as Sarah had requested.

Al-Anon members are invited to make donations in memory of Sarah B. to Al-Anon Family Groups. Donations may be made payable to AFG Headquarters, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617.

## Unity Day - 2008

Unity Day was an all-day AA event with Al-Anon participation held on Sunday, August 24, 2008, at the Milpitas Community Center. This year's theme was "Communication and Participation," and the large number of participants filled the community center. This event included excellent speakers, workshops and good food. Unity Day confirmed that cooperation between AA and Al-Anon is helpful in many ways. For example, some AA members wanted Al-Anon information to give to members of their family.

As your Intergroup Alternate Chairperson, I first want to report that Unity Day was successful for us in Al-Anon. I know success is a matter of opinion. I view any time and place where the Al-Anon message has been carried to others as successful.

In the first Al-Anon session at Unity Day, Linda D. shared her experience, strength, and hope as well as some of her experiences in public outreach while serving as Outreach Coordinator for the Northern California World Service Area (NCWSA). She emphasized that service has been an important aspect of her recovery. Her warm spirit and great courage were evident—she showed up and shared with us, even though she is recovering from surgery.

This first Al-Anon session included three people who had not attended an Al-Anon meeting; this provided an opportunity for the Al-Anon members in this session to reach out to the newcomers and to share experiences of recovery and how the Al-Anon program has been helpful.

After this first session I stayed in the room and played an Al-Anon outreach video, over and over.

This video gave a good introduction of our program to someone who may not have heard of Al-Anon. A few people new to Al-Anon stopped by and saw the video. A few regular members of Al-Anon and I shared our experiences with those new to Al-Anon. A member of AA was there to ask questions and encourage his family members to attend Al-Anon meetings.

In the afternoon session, Carmen shared with us in Spanish and Lisa shared with us in English. Many in the room were English-speaking only members; however, we all understood the language of the heart. As in the earlier session, several people who had limited experiences with the Al-Anon program attended this afternoon session. Once again, members who were in the room shared their experience, strength, and hope.

In the large main room, we had an Al-Anon literature table—Al-Anon members were available at this table to carry the message to anyone who might be interested. We were able to hand out meeting directories to those who were interested in finding an Al-Anon meeting.

Let me take this opportunity to thank everyone who showed up at Unity Day, whether you were in the Al-Anon meeting room or provided service at the literature table. Your presence really made this a wonderful day for all of us.

With love in Service,

Chris

## New Al-Anon Book: *Discovering Choices*

A new Al-Anon book, *Discovering Choices*, is now available at the Intergroup Bookstore. This book explores many facets of our recovery in relationships. Drawing on the experience, strength and hope of hundreds of members, this book sheds light on how we can use the tools and principles of the Al-Anon program to find our way to more positive attitudes about ourselves and healthier relationships with others.

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.

## Using the Concepts in our Personal Lives

The Al-Anon Family Groups Members' Website—<http://al-anon.alateen.org/members>—now has a page where members can share how they've strengthened their recovery by applying the Twelve Concepts of Service to their personal lives. They explain how they brought more harmony into their lives by applying the principles within the Concepts to relationships with family, friends and co-workers.

"Using the Concepts in our Personal Lives," an on-line workshop, is open to all Al-Anon and Alateen members at every stage of recovery—from newcomer to longtimer. It is available in English, Spanish, and French. Members are free to share as they would in a meeting, within the guidelines posted.

Please keep in mind that this on-line workshop in NOT Conference Approved Literature and only Conference Approved Literature should be used at Al-Anon and Alateen meetings. You can use this blog as an aid to your personal recovery, but sharings may not be copied, distributed, or printed without prior permission from the World Service Office.

The blog began in January with Concept One and explores a different Concept each month. The discussion begins with a short explanation of the month's Concept, including some background about the issues that the Concept addresses. Then members "take the floor" and share how they have applied the principles in the Concept to situations in their personal lives.

Visit the Concepts blog at <http://www.al-anon.alateen.org/members> to read what others have said and to submit your sharing. To enter the Members' Website, use the name of your home group followed by the letters "AFG" as your password.

## Evidences of a higher power working in my life

While working with my sponsor on Step 2, my sponsor suggested that I look back through my life and write down the evidences of a Higher Power working in my life. After a thorough review of my life, I came up with a list that blew my mind! I am only going to include a few here, and I hope it might inspire you to see where your Higher Power has had your back!

- I was conceived! (I went way back, and realized what a miracle life is!)

I had a very traumatic birth – got stuck – the first doctor thought nothing was wrong and told my mom that sometimes it takes longer for babies to come out and not to worry. When the second doctor came in twelve or more hours later, he ordered a c-section immediately! Upon my birth, the doctor told my mom it might be best to give me up to a special home – he said with as long as I had been stuck, there was a good chance I would never be able to walk, read or write – he felt that there may have been extensive damage. (Today, not only can I read, write, walk, run, ride motorcycles, scuba dive, and ski, but I skipped a grade and was always at the top of my class!) If that isn't HP at work, I'm not sure what is!

- I wore casts on my legs for years and then special cement shoes to help overcome the damage (yep, a real Forest Gump – lol!) – I learned to ride a bicycle in casts! HP was there to make it possible!

My mom got sick in Africa and almost died, but she made it. Then a couple of years later, she got scleroderma, which has a very high mortality rate, and made it through – it has been in near recession for years (maybe 20 now), getting just a tiny bit worse each year – but most scleroderma fatality occurs in the first 2 years of getting it. If that weren't enough, my mom became an alcoholic when I was 7 or 8 years old (my sister was 5, and my brother was around 3). I cannot tell you how many times my mom drove drunk with us in the car, but one time we were driving through the mountains, and there were cliffs, and she barely kept the car on the road. The evidence is there--my Higher Power was protecting me (us) through it all! At some point, my mom found AA, and I have been fortunate that I have had both times of sobriety as well as the other times to know her by – although she has never been sober for more than 3 to 5 years at a time, I am grateful for all those times we have had!

- My mom gave me a horse when I was 11 or 12 years old. By then, times were crazy – not only was she an alcoholic, but my parents got divorced, my mom married an alcoholic who died of cancer, and then she went off and married another alcoholic! My horse was a piece of sanity for me – I rode it every moment I could, and I had the opportunity to be in the hills and nature, and to talk to this God of my understanding for hours! It may have been the very thing that kept me sane through all those crazy times!

- When I was 13, I learned I had an artist's gift – I wrote poetry, and did a bit of drawing here and there. As I started going into a deep depression that really began when I was 13 and lasted until I was 18 and in college, I started looking for outside help on my own. I felt that something was wrong with me and that I was different from other people I knew.

Somehow, I suspected this had something to do with being raised in an alcoholic family. My poems and letters to God gave me hope and kept me from being too much in my head where I could have really gone crazy! My HP knew just what I was going to need to make it through those times!

- When I was 24, I got pregnant and had a miscarriage. Looking back, though I mourned the loss, it may have been HP's way of saving me from years of pain and insanity. My mom comforted me and said that sometimes God knew stuff and would protect the baby and the person from something that could have been more unspeakable.

- When I was 19, I got lost in the snow; then I fell into the creek. I was soaked up to my neck – I was lost from about 10 am to 4 pm or 5 pm... I said a final prayer to my Higher Power because it was getting dark and starting to really snow again, and I did not know if I was going to make it... I asked for a sign of which way to go if He wanted me to live, and at that very moment, I got my sign. Within an hour I was able to find civilization. I did not get frost bite, but I did suffer the precursor to it (trench foot), and I managed to make it out alive with all my limbs! My Higher Power was definitely working! This is the short version of this story – I would be happy to share more, if you ever want to ask for the full version!

- Another miracle was that I ended up dating one of the worst guys I had ever dated. (Now I realize that I made a choice, and I did not have to stay with him for a minute – so I can't complain.) This was a miracle, because what I got out of it was a realization that I was worth more and deserved to be treated better! I got a clear vision of what was acceptable and what was not acceptable, and without that, I would not have recognized how great one of the best relationships I had ever been in was!

- Again, my Higher Power stepped in when I was 35. While in fear and desperation (I was afraid my marriage was going to end in divorce, and I was willing to do anything to save it – including going to a counselor), it was suggested to me that I check out Al-Anon. Since I was willing to go to any lengths, I went. A few weeks later, after coming to Al-Anon and when my pain and desire to change were high enough, I made a decision to do 90 meetings in 90 days. Thirty days into it, my husband said he wanted a divorce. What a miracle that my HP had helped direct me to where I needed to be and that I had already developed a support system by the time that happened, with a sponsor and telephone numbers for many other women I could call on if need be!

- My sponsor asked me to call her the night my husband said he wanted a divorce. Homicide and suicide were both on my mind as I drove to meet her at the coffee shop. The miracle was

that she was there, and that she had asked me to meet her. I would not have known what to do in those moments of pain, but I went to her place, slept (not really) on the couch, watched "Gone with the Wind," and read Al-Anon literature that night! My Higher Power had big plans for me!

• Al-Anon was just the start of all my miracles!! Today, I have more friends that I ever dreamed possible! I wake up, happy and ready to take on the day! Sometimes I meditate. Often I drink a cup of coffee and reflect on many things I have gratitude for. Sometimes I start my day with the Al-Anon daily readers, and sometimes I end my day with them. The biggest thing I can say is that I am happy, and that I choose happiness, in spite of the circumstances. I have had many, many opportunities to not choose happiness, but I still choose to be happy.

The evidences of God (my Higher Power) in my life are everywhere, and as I look for them and thank Him for them, I get to HAVE a great BIG LIFE! I heard in a meeting once, "The miracle isn't that God is working in our lives, the miracle is when we see it." May you all find your miracles!

With Love, Anita R.

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## Cleaning my hard drive: an exercise in working the Steps

I was talking to a friend one evening and she shared how she dealt with her resentments. I remember going home happy because I didn't think I had a resentment problem. I was wrong.

That night my computer wasn't working properly. I quickly realized that my hard drive was full. To free up space, I used the computer's uninstall wizard to get rid of unwanted programs. My computer ran much better.

Then it hit me: my brain was full of resentments, and it wasn't working properly. Years of resentments had clogged my brain and affected my serenity and happiness.

Computer programs have branches that reach into the deepest part of the computer. It's easy to find a delete a single computer program, but it is almost impossible to find and delete all of the interconnecting programs.

Resentments are very similar to unwanted computer programs. I had accumulated

more than 45 years of resentments. My brain has billions of interconnections to my resentments, and I cannot begin to understand how to delete all of them.

My computer's uninstall wizard uses four steps that simplify finding and deleting unwanted programs and their connections. In the first steps, I search the hard drive to identify any unwanted programs. I then discuss with a systems administrator the exact nature of the unwanted programs to determine if it should be removed. The wizard then asks if I am entirely ready to delete the program. By selecting the finish button, I ask my computer to remove the unwanted program and the process of seeking out and eliminating the unwanted program and all of its connections begins.

I needed an uninstall wizard for my resentments. I found one with Steps Four, Five, Six and Seven. These Steps, used with other program tools, help me eliminate and prevent resentments.

With Step Four, I take a fearless and searching moral inventory. I can identify and list resentments that were not previously visible. It allows me to see my part in my resentments.

I take the Fifth Step to verify, validate, and sort out the exact nature of my resentments by sharing with myself or another person. In the Sixth Step I realize what character defects are not good for me. Once I realize that resentments make me angry, obsessive, and only hurt me, I am entirely ready to remove them.

The Seventh Step is the finish button that allows my Higher Power to do His job. I humbly ask Him to remove my resentments. This request starts a process where my Higher Power finds and eliminates the remainders of my resentments. After taking the Seventh Step, I need to be patient. My computer works in near real time, but the Seventh Step works on God's time.

Computers are attacked daily by viruses and spy ware. Antivirus programs protect the computer by constantly taking inventories. When a malicious program is found, the software promptly deletes it.

I am attacked by everyday life events. I have trigger points that can instantly reinstate my resentments. The Tenth Step maintains and protects my serenity. I use it to prevent new and old resentments from developing by continuing to take my inventory and promptly admitting when I am wrong.

Firewalls protect computers from destructive viruses and unauthorized users. How can I prevent resentments? I've learned that by setting boundaries and detaching with love, most of my resentments can be avoided.

By John D., Maryland

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## e-Cal Contest Winning Presentations

Please visit the e-CAL (electronic Conference Approved Literature) webpage by clicking on the e-CAL link on the Al-Anon Family Groups Members' Website at <http://www.al-anon.org/members> to view the winning presentations listed below and other examples of e-CAL presentations. The criteria for e-CAL presentations and a link to submit an e-CAL presentation can be accessed from the e-CAL webpage.

Best Overall: "1-888-4AL-ANON" by Mardi M.

Best Use of Audio: "I see the light" by Jim K.

Best Public Outreach Message: "What can I do about the drinking?" by Meredith M.

Best Use of Multimedia: "Step One" by Steve A.

Best Use of Images (tied): "From Control to Sanity" by Mike D. and "Learning Acceptance" by Kimberly R.

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## New Al-Anon Groups

Two new Al-Anon groups have formed in the Santa Clara Valley. You are invited to support these groups by visiting these groups and by sharing the information below at Al-Anon meetings that you attend.

**Skyland Serenity Group**, Tuesdays, 8:00 p.m. to 9:00 p.m., Skyland Church, 25100 Skyland Road, Los Gatos, CA 95033

Directions from San Jose: Drive South on H 17 and take the Summit Rd exit. Turn right onto Summit Rd/CA-35 (to travel east on Summit Road). Continue to follow Summit Rd. Turn left to stay on Summit Rd. Turn right onto Soquel San Jose Rd. Turn left onto Miller Cut Off Rd. Miller Cut Off Rd. becomes Miller Hill Rd. Turn left onto Skyland Rd.

**6 pm Sunday Night Serenity Group**, Sundays, 6:00 p.m. to 7:00 p.m., St. Francis Episcopal Church, 1205 Pine Ave (at the corner of Pine Ave and Newport Ave), San Jose, CA 95125 We meet in the Wickham Room at the back of the church.

## 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

## Support Alateen Participation

We know that alcoholism is a family disease with recovery available to all family members. Alateen meetings in the Santa Clara Valley need more Alateen participation. When an Alateen member reaches age 21, he or she transitions into Al-Anon and the number of Alateens attending Alateen meetings is reduced. Currently, some Alateen weekly meetings have two sponsors with only one or two Alateens in attendance. Please support Alateen members in attending Alateen meetings. Also, please share Alateen meeting information with family, friends, work associates and neighbors who could benefit from Alateen.

In the Santa Clara Valley, there are three weekly Alateen meetings for young persons who are 7 to 12 years old and five weekly Alateen meetings for Alateens who are 13 to 20 years old. In addition, there are two Alateen meetings at Juvenile Hall on Tuesdays and one Alateen meeting at the San Jose Family Shelter on the third Wednesday of each month. For more information, contact Jim F., Alateen Coordinator, at (408) 238-4984 or Keara F., Alateen Co-Coordinator, at (408) 202-0733 or Jay R., Alateen Sponsor Process Person, at (408) 296-2474.

## Step Up to Service in Institutions

Come share your experience, strength and hope with those in institutions who, otherwise, could not get to a meeting.

**Juvenile Hall**, 840 Guadalupe Parkway, San Jose, CA, Tuesdays at 7:00 p.m. (Requires a clearance)

**Elmwood Women's Correctional Facility**, 701 S. Abel Street, Milpitas, CA, 2nd and 4th Thursdays of the month at 8:00 p.m. (Requires a clearance)

**Family Shelter**, 1590 Las Plumas Avenue, San Jose, CA, 3rd Wednesday of every month at 7:00 p.m.

For more information and to volunteer, please contact Diane L., Institutions Coordinator for Intergroup, at (408) 371-8086 or by email at dilibby@yahoo.com.

## December Newsletter Items

We plan to publish the SCV AFG Intergroup Newsletter four times per year—in March, June, September and December. Please send items for the SCV AFG Intergroup December Newsletter, as well as suggestions and comments concerning the newsletter, to Michael D. at [mdivinia@comcast.net](mailto:mdivinia@comcast.net). Our goal is to have items for the December newsletter submitted by the November Intergroup Meeting (November 11, 2008). Al-Anon news and information and the sharing of experience, strength and hope by Al-Anon members are welcome.

Michael D. ~ Newsletter Co-Coordinator

## Donate Plastic Bottles And Soda Cans For Alateen Scholarships

Please donate plastic bottles and soda cans to be recycled for donations to the NoCAC (Northern California Alateen Convention) Scholarship Fund—what a great cause!

You may bring plastic bottles and soda cans to the Intergroup Bookstore during open hours, or to the Intergroup business meeting (second Tuesday of each month), or to your group's Intergroup Representative, or contact Jay R. at (408) 296-2474 or by email at [jgvr@earthlink.net](mailto:jgvr@earthlink.net).

## Al-Anon Acronyms: GR, DR, SCV AFG, LDC, WSC, NCWSA, WSO and CAL

The acronyms related to Al-Anon can be confusing, to say the least. This is an explanation of some of those acronyms and how we as Al-Anon/Alateen members can relate to them. When Al-Anon/Alateen members gather together for mutual aid they form an Al-Anon or Alateen group. All of the groups in a specified region form a district. Each local group is encouraged to select a Group Representative (GR), who attends district meetings. The role of a district is to provide support for the groups in that district. A district provides a place to share ideas for strengthening groups. A district helps new groups to organize and grow; also, a district can provide aid and support to address group issues. Each district selects a District Representative (DR), who is chosen from the GRs in that district, to represent that district at the area level. There are three districts in the Santa Clara Valley: Districts 20, 21 and 22. These three districts have formed an Intergroup to provide additional support for local groups. Each local group is encouraged to select an Intergroup Representative, who attends meetings of the Santa Clara Valley Al-Anon Family Groups (SCV AFG) Intergroup. One of Intergroup's purposes is to help family members and friends of alcoholics by getting the word out to the public about Al-Anon and Alateen. Intergroup provides the bookstore (also known as the Literature Distribution Center (LDC)), the directory of meetings, public outreach, the local website (<http://www.ncwsa.org/scvafg>), a newsletter, and other helpful services for local groups and the public. There are twenty-seven districts in northern California. These districts make up Area 3, which is called the Northern California World Service Area (NCWSA). The role of the NCWSA is to support the districts, similar to the way that each district supports the local groups in that district. Among other services, the NCWSA sponsors an annual conference, maintains a website (<http://www.ncwsa.org>) that includes a listing of the meetings and events in the area, provides public information, and administers the Alateen sponsor certification process. The NCWSA selects a delegate to represent Area 3 at the World Service Conference (WSC). The WSC provides direction for the World Service Office (WSO), which is the principal service center of the Al-Anon fellowship. The WSO supports local groups by maintaining a website (<http://www.al-anon.alateen.org>), publishing and distributing Conference Approved Literature (CAL), creating public service announcements, publishing Al-Anon's monthly magazine, The Forum, and offering many other services. In essence, local groups, districts, areas, and the World Service Conference all support Al-Anon and Alateen members in their recovery from the effects of alcoholism. When we participate in different aspects of the Al-Anon organizational structure, from the local group to the WSC, we participate in our own recovery from the effects of alcoholism. *For more information about the structure of the Al-Anon/Alateen fellowship, see the Al-Anon Alateen Service Manual 2006 – 2009, pages 55 – 66.*

## Upcoming Events

### Intergroup Special Event

Sunday, September 14, 2008

Featured Speaker: **Father Tom W.**  
(Oakland)

Including a Guest Speaker Panel

**2:00 p.m. to 5:00 p.m.**

Camden Community Center  
Multi-Purpose Room  
3369 Union Avenue  
San Jose, CA 95124

Suggested Pre-Registration Donation: \$10  
Suggested Donation at the Door: \$12

Pre-Register and receive an  
extra door prize ticket!

Mail Pre-Registration to:  
Attention: Eric W.  
c/o SCV AFG Intergroup  
1 West Campbell Avenue  
Campbell, CA 95008

Please make your check payable to  
SCV AFG and include  
your name and telephone number on your  
check to be on the Front Door List.

Eric W., Special Event Coordinator,  
(408) 480-5928

### District 18 Day in Al-Anon

10:00 a.m. to 6:00 p.m.  
Saturday, September 20, 2008

Community Methodist Church  
1480 Poplar Avenue, Oakdale, CA.  
Theme: "Sponsorship:  
Working Together to Recover."

Suggested registration: \$5 for Al-Anon and  
AA members; \$2 for Alateen members.  
For more information, contact Diana C. at  
(209) 981-1930.

### Second Annual NCWSA Alateen Sponsors Weekend

October 3-5, 2008  
Westminster Woods, Occidental, CA.

For more information, contact Chris M.,  
Chair, at (831) 247-4497 or Yvon D. at  
(707) 695-0987. The registration deadline is  
September 12, 2008.

For a registration packet,  
visit [http://www.ncwsa.org/Flyers/  
Event\\_20081003\\_Sponsors.pdf](http://www.ncwsa.org/Flyers/Event_20081003_Sponsors.pdf).

### The Spirit of San Francisco – 16th Annual AA Convention with Al-Anon participation

October 10-12, 2008  
Holiday Inn Golden Gateway  
1500 Van Ness Avenue  
at California Street, San Francisco.  
Theme: "Working With Others..."

For more information and registration,  
visit <http://www.spirit-sf.org>.

### NoCAC Last Chance Dance

11:00 a.m. to 5:00 p.m.  
Saturday, October 11, 2008  
(last day to register to attend NoCAC in Nov)  
Faith Christian Fellowship  
860 Bancroft Road  
Walnut Creek, CA 94598

This event is open to Al-Anon and Alateen  
members and their families with no age limit.  
Join us for an afternoon of fun including  
games, potluck, speakers meeting (AA,  
Al-Anon and Alateen speakers) and a dance.  
There will be an affordable suggested  
registration fee at the door.  
Alateen members need to bring a parent-  
signed Travel Authorization.

For more information, contact  
Yvon D., NoCAC Sponsor, (925) 705-1905 or  
Savannah G., Alateen Chair, (707) 695-0987.

### 2008 NCWSA Assembly and Election Assembly

October 17-19, 2008  
Crowne Plaza  
1177 Airport Boulevard  
Burlingame, CA 94010

This event is for all District Representatives  
(DRs) and Group Representatives (GRs) in  
northern California. Every three years a new  
panel of Area Officers and Coordinators is  
elected. This is an election year!

### Masquerade Ball presented by Al-Anon District 16 Alateens

Sunday, November 1, 2008  
3:30 p.m. to 9:30 p.m.  
Trinity Lutheran Church  
1225 Hopyard Road  
Pleasanton, CA 94566

Enjoy arts and crafts, potluck dinner, raffle,  
silent auction, four speakers and dancing.  
For more information, contact Vicki M. (925)  
786-5166. This event is open to Al-Anon  
and Alateen members and their families with  
no age limit. This is a fundraiser to benefit  
the district's outreach activities—supporting  
Alateen events/scholarships and for the  
27th Annual Growing Together Weekend at  
Westminster Woods (May 15-17, 2009).

### NoCAC 2008 (Northern California Alateen Convention)

November 14-16, 2008  
Concord Hilton  
1970 Diamond Boulevard  
Concord, CA 94520

For more information, contact Savannah  
G., Chair, at (707) 695-0987. This event is  
for Alateen members, ages 12 and up, with  
Al-Anon participation. The registration fee  
of \$149 per person includes quad lodging, all  
meals from Friday dinner through Sunday brunch,  
meetings, workshops, activities, banquet and dance.  
Because of hotel requirements, no registration will  
be accepted after October 11, 2008.

### Yosemite Summit Conference '08

November 21-23, 2008  
Curry Village  
Yosemite National Park, CA  
Theme: "Serenity in Yosemite."

Pre-registration is recommended.  
Registration form with payment must be  
postmarked by October 1, 2008.

For more information:  
Telephone hotline: (209) 966-8300;  
Website: <http://www.serenityyosemite.com>;  
email address: [ysc@sti.net](mailto:ysc@sti.net).

### Growing Together Weekend

May 15-17, 2009  
Westminster Woods  
Occidental, CA  
Theme: "Together We Can Make It"

### 2009 NCWSA Convention

June 12-14, 2009  
Santa Clara Marriott  
Theme: "Keep the Change."

For more information, contact Patrick B.,  
Chair, at [patrickbraun@earthlink.net](mailto:patrickbraun@earthlink.net).

**Please note that all events involving  
Alateens abide by the NCWSA  
requirement for Alateen member safety.**

## Come help out your Group Representatives!

We need volunteers that are not Group Reps to  
help out during the Assembly in October. We  
need people to support the registration table  
and the hospitality room.

Please contact Patrick B. at (510) 797-7827 to  
volunteer to help at the Assembly.