



SCV AFG Intergroup Newsletter

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

Santa Clara Valley Al-Anon Family Groups Intergroup Newsletter ~ December 2008

Intergroup Special Event, September 14 Camden Community Center

The annual Intergroup Special Event was held on Sunday, September 14, 2008, at the Camden Community Center. This was a beautiful afternoon event, filled with great speakers, delicious refreshments and great fellowship! Our Alateens were there and did an excellent job providing waters and sodas and sharing the message of Alateen with everyone they talked to! The panel speakers were Dan M., Barbara M., and Cheyenne C. The keynote speaker was Tom W. from Oakland. Each message was so inspiring – I was personally deeply touched by our speakers! Some brought laughter, some brought tears, and all brought hope to me! We also had a great turn out – over 200 people attended this Special Event! Everyone was so willing to help and be of service! I am continually amazed at the depth of love I have experienced in the Al-Anon communities!

By Anita R., Saratoga

2008 No. California World Service Area (NCWSA) Assembly Burlingame, October 17-19, 2008

The Northern California Assembly in Burlingame went well. I'd give it high marks.

A lot of ground was covered, and it even ended a little early. Additionally, Santa Clara Valley members of Alateen/Al-Anon were represented well by District 20, District 21 and District 22 Group Reps and District Reps, plus other volunteers who came to support the process.

The hotel facilities were great. Seating was comfortable, and the decorations, hospitality room (snacks!), and registration were handled very nicely.

District 13's (Peninsula) friendly greeters, host committee, District Representative Patrick B., and volunteer members put in a lot of preparatory service work!

Many new Group Representatives from northern California Al-Anon groups attended this assembly—I estimate that a total of 250 Group Representatives attended. Also, most of the 27 District Representatives attended this assembly.

Northern California World Service Area
Election Results

In many instances several people stood for one position, so much Group Rep voting took place!

Delegate: John S. (San Francisco)

Alternate Delegate: Joan W. (Sacramento area)

Chairperson: Patrick B. (Fremont)

Treasurer: Carol G. (Sacramento)

Secretary: Johanna

Area Alateen Process Person: Bonnie (Modesto)

A coordinator and an alternate coordinator were elected for each of the following service areas: Outreach, Hospitals and Institutions, Literature, Newsletter, Group Records, Bylaws/ Insurance, Alateen, Diversity, Archives, Web Site, and Facilities.

Louise M. (District 22) was elected to another term as Hospitals and Institutions Coordinator.

Debbie O. (Modesto), the current Group Records Coordinator, was elected as the new Facilities Coordinator, and a GR who is a paralegal was elected as the Alternate Group Records Coordinator.

A Spanish -speaking GR was elected as the new Diversity Coordinator, while a young woman who knows sign language was elected as the alternate!

Other news...

Art B. (San Jose) demonstrated a new slide show he created on Sponsorship designed for E-CAL (Electronic Conference Approved Literature), which was well received.

A long overdue revision to the Bylaws was discussed, voted on by GRs, and passed. Peggy and her committee did a lot of work on the revision material. - By Jeff D

Upcoming Events

District 20 Al-Anon/Alateen Open Speaker Meeting

Immanuel Lutheran Church
14103 Saratoga Avenue
Saratoga, CA 95070

Friday, February 27, 2008
7:30 p.m. - 9:30 p.m.

Guest Speakers:

Jason G. AA

Jill G. Al-Anon

A couple in Recovery
(Sunnyvale, CA)

Come listen to great speakers and
celebrate January and February
Al-Anon birthdays.

What's Inside!

Personal Stories

My child says "I don't want to go to Alateen." What can I do?

Events

*NOCAC Poems from the Nov. 14 - 16
Talent Show*

What's New

The Intergroup Bookstore New Look!

Northern California Alateen Convention (NoCAC)

Nov. 14 – 16, 2008

The following poems were written at NoCAC for the Talent Show held on Friday night.

Count Your Blessings

By Anita R., Saratoga

Tonight I am eternally grateful
 Grateful for the air I get to breathe
 Grateful for you, you light up my life
 Grateful to succeed, grateful to fail
 Some aren't so lucky
 Today, just for today
 I have the whole world at my feet
 Life is filled with hope, with possibilities
 Life doesn't just happen to me
 Today, tonight, I choose Life
 Sometimes it sucks, sometimes it's great
 But it is life
 And I Choose Life
 Look around and count your blessings

Breaking Up

By Anita R., Saratoga

I Love You!
 I Hate You!
 I miss holding your hand
 I miss your face, I miss your eyes
 I miss your smile
 You make me laugh, you make me cry
 We fight, we talk, you annoy me, I annoy you
 I Love You, I Hate You
 Breaking up

If you have ever been to a NoCAC or any other Alateen Conference (all Al-Anon members are invited and may attend NoCAC!), you will leave completely touched, moved and inspired by our teens and the amazing spiritual insights, compassion and joy for living that our teens bring! NoCAC happened on the November 14-16 weekend, and it was just awesome. Some of the highlights occurred during the Talent Show--where everyone is invited to participate. There was a dancing/lip sync act that was amazing, many poetry readings, recitations, comedy/impersonations, and more.

There was an auction, where the teens (and some adults) auction themselves off and

sometimes auction stuff--this year there were scarves, a hat, a tape of one of the Alateens that made a huge difference from 20 or 30 years ago, massages and more. Whoever is the lucky winner of a person who was auctioned gets to sit with the person who was auctioned as a date for the banquet dinner and/or as a date for the dance that happens after the banquet, depending on what the person auctioned had agreed to be auctioned for. The auction is a lot of fun and is a great fundraiser event for the teens! All of the monies collected at the auction go toward Alateen Scholarships for the following year so that more teens can attend NoCAC. Many teens would not be able to attend NoCAC without the scholarship fund.

There are amazing speakers (Alateen, Al-Anon and AA speakers), workshops, and easy does it time (where you can swim, chat, do your homework--as was the case for me--or even take a nap!). Since my first NoCAC last year, I realized that NoCAC is a weekend event that I should never, ever miss, if possible, and that NoCAC was one of the highlights of my year! I hope to see you all at the November 2009 NoCAC!

An endearing and wonderful tradition that Marilyn R. started sometime between 20 and 30 years ago, is the Warm Fuzzy tradition. (Marilyn R. has attended every NoCAC in the past 30 years.) A Warm Fuzzy is a necklace made of yarn with pom poms on the end--you pull out the strings and tie them to another person's warm fuzzy and then give that person a hug. This is an awesome tradition and a great ice breaker that helps people get connected and get to know each other.

Here is a poem I wrote dedicated to NoCAC--we celebrated the 30th Anniversary of NoCAC this year--and written for Marilyn R., the Warm Fuzzy Lady.

Warm Fuzzies

By Anita R., Saratoga

Warm fuzzies, the strings to my heart
 We are perfect strangers
 That become best friends
 We share warm fuzzies
 Warm and Cuddly Fuzzies
 Makes me happy
 Comes with a warm hug and often a smile
 Warm and Cuddly Fuzzies
 Given in friendship, given in love
 You share your heart when you share your fuzzies
 Warm and Cuddly Fuzzies, makes us friends tonight
 Warm and Cuddly Fuzzies, the strings to my heart

March Newsletter Items

This newsletter is published four times per year--in March, June, September and December. Please send items for the SCV AFG Intergroup March Newsletter to Michael D. at mdivinia@comcast.net. Our goal is to have items for the March newsletter submitted by the February Intergroup Meeting (February 11, 2009). Al-Anon news and information and the sharing of experience, strength and hope by Al-Anon members are welcome.

Michael D., Newsletter Co-Coordinator

Intergroup Bookstore

Come visit the bookstore and experience the bookstore with a new look! The Facilities Coordinator along with members of District 22 has been working hard to refurbish the bookstore. The bookstore has new carpet and has been painted. New bookshelves are in place and a donated desk and computer monitor are in place.

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.

"Changed attitudes..."

Creating
Happiness
And
Nurturing
Growth
Experiences

GRATI-TUDE

Step 12

MAGNI-TUDE

Steps 10 and 11

FORTI-TUDE

Steps 8 and 9

ALTI-TUDE

Steps 6 and 7

APTI-TUDE

Steps 4 and 5

LATI-TUDE

Steps 1, 2, and 3

PLATI-TUDE

pre-Program



Cheyenne, SJ - 2008

My child says, "I don't want to go to Alateen." What can I do?

I've heard this statement and question so many times. I feel sad when the parent continues, "I've done my best. There's nothing else I can do."

I've learned to ask a few questions. "Is your child still in school?" When I hear "Yes," I ask, "Does your child occasionally say, 'I don't want to go to school today!'" "Of course," I often hear. I then ask, "Do you require him to go anyway?"

I knew from bringing up five children that my children were often rebellious, contrary, and even hostile as they reached their teen years. Their behavior did not relieve me of the obligation to educate them. My moral obligation to my children was to assure that they had sufficient knowledge to go off on their own when they grew up. I had heard that I needed to give them roots and wings. If I do, they will develop a solid base and be able to take over our planet when it's their turn.

How does this relate to Alateen? I realize, as do many who are reading this, that alcoholism is not taught in most schools. If it is taught, it might likely be a police officer who talks about dire consequences from drinking. No one is taught how the disease permeates everything we do in life. As a parent I have the obligation to provide for the education of my children, even about alcoholism.

This is where Alateen can help my family. Alateens are learning about how the disease operates in our families. They are there to provide their experience, strength, and hope to the newcomer. I can help my own teens by saying to them, "My obligation is to provide for your education. Since alcoholism affects the whole family, and you are a lovely part of my family, here's how I'm going to assure that you receive your family health education. I'm bringing you to Alateen even if you don't want to go."

Does it always work? Probably not! But it is my obligation to provide roots – and knowledge of the disease of alcoholism in the family is one of those roots. It is also my obligation to provide wings – allowing my children to decide AFTER several meetings that it is their choice to take what is offered to them and use this life-saving program or not.

By Art B.

Intergroup Officers and Coordinators Elected

As a result of the elections held on November 11, 2008, the following positions are filled for 2009:

Chair: Chris A.C.

Secretary: Margaret S.

Treasurer: Tom K.

Service Board: John F.

Service Board: James S.

Service Board: Craig D.

Archivist: Terri M.

Directories Coordinator: Terre C.

Facilities Coordinator: Anne C.

Financial Coordinator: Eileen S.

Insurance Coordinator: Lynn S.

Literature Coordinator: Kay M.

Public Information Coordinator: Kimberley S.

Teleservice Coordinator: Rhonda D.

The following positions were not filled at the elections held on November 11, 2008:

Alternate Chair, Alateen Coordinator, Institutions Coordinator, Newsletter Coordinator, Special Event Coordinator, Website Coordinator, and Secretary Assistant.

If you have an interest in any of these areas or are interested in serving as a co-coordinator, please contact Mark B. at (408) 410-4951, baumann46@yahoo.com or Chris A.C. at (408)691-3242, mrs_gratitude@sbcglobal.net.

ATTENTION SAVE THIS DATE!!!! THE NCWSA 2009 CONVENTION

WILL BE HELD
 JUNE 12-14, 2009
 AT THE SANTA CLARA MARRIOTT
 COME AND JOIN THE FUN

Upcoming Events

AI-Anon/ Alateen

The Northern California Hospitals and Institutions Conference Committee of the Northern California Council of Alcoholics Anonymous Presents the **38th Annual Hospital and Institution Conference**

With AI-Anon Participation

May 29 - 31, 2009

Littleton Civic Center, 420 Civic Dr,

Galt, CA Registration starts on

Friday at 3:00 p.m. and on

Saturday at 8:00 a.m.

AI-Anon & Alateen Meetings

* Institution Panels * Workshops

* AA Speakers * AA Panels

* AA Marathon Meetings

* Saturday Night Dance* Donation Drawing

Conference abides by NCWSA Requirements for Alateen Safety

For further information and/or to

volunteer for service, please call:

Louise M., NCWSA Institutions

Coordinator, (408) 266- 4200

District 16 Speaker Meeting

(2nd Saturday of every month),

8:00 p.m., Saturday, December 13, 2008,

St. Clare's Episcopal Church,

3350 Hopyard Road, Pleasanton, CA

Guest speaker: Adrienne M., Aptos.

District 12 Speaker Meeting

(2nd Sunday of every month),

7:00 p.m., Sunday, December 14, 2008,

Shepherd of the Hills Church,

870 Market Street, Suite 318

(The Flood Building), San Francisco, CA.

For more information go to

[http://www.al-anonsf.org/d12.](http://www.al-anonsf.org/d12.html#speaker)

html#speaker

District 17 Birthday Speaker Meeting

(3rd Saturday of every month),

5:30 p.m., Saturday, December 20, 2008,

Cedar Boulevard Neighborhood Church,

38325 Cedar Boulevard, Newark, CA.

94560 (Fellowship Hall downstairs)

Contact: Jenn H. at

jennhutchin@comcast.net

Growing Together Weekend

May 15-17, 2009

Westminster Woods

Occidental, CA

Theme: "Together We Can Make It"

District 14 Speaker Meeting

(4th Saturday of every month),

6:30 p.m. to 9:00 p.m.,

Saturday, December 27, 2008,

Walnut Creek Kaiser, 1515 Newell Avenue, Medical Office Building (Third Floor, Oak Room #1), Walnut Creek, CA (from 680 exit S. Main Street or Olympic Boulevard—park at Newell)

Guest speakers: Marian (Alateen) from Santa Cruz, Kevin H. (AA) from Antioch, and Cliff W. (AI-Anon) from Brentwood.

Contact: Maureen at (925) 212-4621.

District 15 Fellowship Event

(Last Saturday of each month)

6:30 p.m. to 9:30 p.m.,

Saturday, December 27, 2008,

AA, Alateen & AI-Anon Speakers, Pot Luck, Broadmoor Community Church, 301 Dowling Blvd, San Leandro, CA.

Contact: Terry vE., MFE Coordinator;

(510) 276-2302 (D15 Office)

"Serenity in Motion"

District 14 Day in AI-Anon

A Day of Sharing and Caring with

Alateen and AA Participation

Saturday, February 14, 2009,

8:00 Registration, 9:00-12:15

Workshops, 2:00-4:30 Speakers, San Ramon Valley United Methodist Church, 902 Danville Boulevard, Alamo, CA.

Speakers: AI-Anon - Penni from Auburn, CA; Alateen & AA – TBA,

Contact: Bill G. at (925) 864-2343 or

Scott L at (510) 812-1699

District 20 AI-Anon/Alateen Open Speaker Meeting

Immanuel Lutheran Church

14103 Saratoga Ave, Saratoga, CA

Friday, February 27, 2008

7:30 p.m. - 9:30 p.m.

Guest Speakers: Jason G. AA

Jill G. AI-Anon (Sunnyvale, CA)

A couple in Recovery

Come listen to great speakers and

celebrate January and February

AI-Anon birthdays.

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.

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

Defining and Finding--Faith

By Bill D., Arkansas

When I came into AI-Anon, I had no faith in myself or in a Higher Power.

Some people used faith as a way to avoid thinking deeply about circumstances. That made no sense to me. Others saw faith as a kind of acceptance. In a strange way, that made sense. Some referred to faith as a mystical, almost magical experience in which one sees and accepts a greater reality without understanding it. Again, that made some sense to me early in my program.

When I truly "got" the program, I began to think deeply about questions of faith; none of the definitions or explanations I had heard seemed complete.

When I came into AI-Anon, it seemed to me that if there was a God, then He was an uncaring entity with no connection to life as I knew it. Rather, chaos and chance ruled my world. I felt at the mercy of fate. Since that time, I have learned that I was not abandoned by my Higher Power as I thought. It was the other way around.

The Third and Eleventh Steps helped me understand that my own expectations were limiting me and making life seem so chaotic. I was able to look back and see the many ways that my Higher Power has acted on my behalf and guided my life, even when I could not see or understand that guidance. Slowly, I regained my faith in a Power greater than myself.

Today I realize it is not about me. My alcoholics' drinking and other problems are theirs. I have learned that my Higher Power can—and will—do for me what I cannot do for myself. I have developed a close personal relationship with my Higher Power. I can now ask for help when I need it and turn things over to my Higher Power without taking them back to work my will. I have learned that I have to be ready to do the leg work my Higher Power has in mind for me to do.

I know with certainty that my Higher Power is working in my life. However, my personal relationship with my Higher Power is such that while I can accept things and people as they are, I do not have to stop questioning and trying to understand. Instead, I have come to realize that this is part of my developing faith.

I come to know myself better and to understand my Higher Power's plan. In short, it is my ever deepening faith that allows me to be comfortable in my own skin, to show honest compassion, and to be of service.

My life in AI-Anon may not be a perfect model, but I keep growing because I have faith in my Higher Power, my program, and the people in the fellowship.

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