



Intergroup NEWSLETTER

Santa Clara Valley Alanon Family Group
<http://www.ncwsa.org/scvafg>

March 2010

Welcome! Officers and Coordinators for 2010

Chairperson.....Chris A.C.
 Alternate Chairperson.....Anita R
 SecretaryMargaret S.
 TreasurerTom K.
 Service Board Member.....Cecelia
 Service Board Member.....John F.
 Service Board Member.....Craig D.
 Alateen Coordinator.....Jim F.
 Alateen Alt-CoordinatorSrv Opp
 Alateen Sponsor Processor.....Keara F
 Archivist.....Terri M.
 Archivist Alt-Coordinator.....Art B.
 Directories Coordinator.....Debbie M.
 Facilities Coordinator.....Jonnie G.
 Facilities Alt-Coordinator.....Srv Opp
 Financial CoordinatorRhonda D.
 Financial Alt-CoordinatorRick
 Institutions Coordinator.....Srv Opp
 Institutions Alt-Coordinator.....Srv Opp
 Insurance CoordinatorKay
 Insurance Alt-Coordinator.....Mark B.
 Literature Coordinator.....Anne C.
 Literature Alt-CoordinatorDave Y.
 Newsletter Coordinator.....Terre C.
 Newsletter Alt-Coordinator.....Monica W.
 Public Info. Coordinator.....Josephine L..
 Public Info. Alt-Coordinator.....Dawn T.
 Public Info. Alt-Coordinator.....Anna
 Special Event Coordinator.....Kelly G.
 Special Event Alt-Coordinator..Chris A.C
 Teleservice Coordinator.....Jackie C.
 Web site Coordinator.....Catherine A.

A Letter From Your Chairperson

Dear Santa Clara Valley Al-Anon,

Well, here we are in 2010 already! Let me thank those who served in 2009 and who have chosen to continue this year. I'd like to welcome the new coordinators who have stepped up to the plate and serve for this year. I hope that your service in Al-Anon at this level creates many opportunities for growth in your Al-Anon program and advances the health and vitality of our fellowship as a whole. I am especially excited that we have a fresh new public information chairperson who has a committee of two others who are working hard already to get the word out about Al-Anon. Jonnie, our facilities coordinator is also working to make our bookstore more efficient. You can contact her if you would like to help us out in our bookstore.

This year started off well, although we are still in need of an Institutions coordinator. This is a vital position in Intergroup. Our Intergroup supports three institutions in Santa Clara Valley. They are San Jose Family Shelter, Elmwood women's facility and Juvenile Hall. The institutions coordinator recruits and trains volunteers and acts as liaison between the facility and Santa Clara Valley Intergroup. We also need alternate coordinators for institutions and facilities. So, if you think you have something to offer but don't want to be the front runner, consider an alternate position.

I'd like to pull away from Intergroup business and take a moment to reflect on an event in my own life over the last month to share with you.

Many of you have heard me talk about my struggle with my older brother who was an alcoholic. In the last 14 months he has gone through hospitalizations and a downward spiral in his quality of life. On, February 5th he was sent to the ICU for a second time. This time he would not survive. He fought with his diagnosis of liver failure and pushed enough to get him into regular hospital care. But that did not last long and he ended up in ICU again. Eleven days later he passed away. I was with him throughout his time in ICU. He left two beautiful daughters of 10 and 12. I phoned and text my Al-Anon family for prayers and support. And many replied with words of encouragement. Throughout my time in Al-Anon, I had always hoped that he would find his way to sobriety. It never happened. One thing I am very grateful for is that I found you. You continue to offer love and hope. I trust that you will be with me as I journey through this grief process. I am now the last survivor of a family of five. While sometimes I wonder, I know that I am not alone with the help of a Loving God and Al-Anon.

— Chris A. C., Chairperson, Santa Clara Valley Intergroup



Financial News

While literature sales were down in the last six months of 2009, we still provided over 12,000 of pieces of literature to the groups and institutions in Santa Clara Valley. On balance, literature inventory was managed well during the year so that costs were kept in line with revenues, resulting in a positive contribution to operating income. While information and locations about meeting times are now located on our web site, meeting booklets continued to be in high demand and Teleservice continues to field hundreds of calls each year helping people new to Alanon find meetings in the Valley. Group contributions were somewhat higher than planned and helped contribute to the \$1,315 net income for the year. In January of 2010 we were able to fund 17 Alateen scholarships from both 2009 group contributions and the proceeds from the sale of recycled cans and plastic bottles collected and donated by group members.

Total assets as of 12-31-2009: \$30,647.81
 Total liabilities as of 12-31-2009: \$600.27

(Total assets include a Certificate of Deposit with a balance of \$14,661.38 at December 31, 2009 with a maturity date in September 2010. Use of the funds in this CD is restricted as these funds are considered to be part of the "prudent reserve" established by Intergroup.)

– Tom K., Treasurer 2010

REVENUES	2009 Actual	2009 Budget	2010 Budget
Literature Sales	31,143	36,000	36,000
Meeting Directories	3,345	3,700	3,800
Group Contributions	6,232	6,000	6,000
Group Contributions—Appeal	673	800	1,175
Group Contributions—Institutions	691	–	–
Special Events	877	1,500	1,000
Insurance Reimbursement From Groups	955	1,500	1,400
Alateen Scholarship Contributions	2,598		
Interest and Other Income	732	500	40
Total Revenues	47,247	50,000	49,415
EXPENDITURES			
Literature Expense	22,159	25,900	25,900
Rent—Bookstore and Intergroup Meetings	12,701	12,840	13,000
Directory Expense	2,520	2,800	2,700
Insurance Expense	2,506	2,500	2,600
Advertising	310	360	360
Alateen Coordinator	830	900	500
Special Events Expense	328	700	400
Telephone	734	800	800
Facilities Office Expense	624	500	500
Other Expenses—Repairs, Accounting, Teleservice, etc.	3,219	2,700	2,655
Total Operating Expenditures	45,933	50,000	49,415
OPERATING INCOME	1,315	–	–

Insurance News

As time goes by, our individual groups support Al-Anon's concept of rotation of leadership. When we rotate it may slip through the cracks that most of the sites support AL-Anon by permitting us to use the facility. Legally these sites must require the group to maintain an additional liability insurance policy. In support of this need, Intergroup has, for many years now, purchased a policy that provides this coverage for all of the meetings in Districts 20, 21, and 22. This is the third largest expense that Intergroup carries right after Literature and office rent. Insurance also tends to be one of the largest deficits on the balance sheet.

The reason for this is that every year Intergroup pays the cost for the policy that covers all of our (close to 100) meetings. It is the hope of our membership that we will abide by our tradition 7 (Every group ought to be fully self-supporting, declining outside contributions). In doing so, the hope is that any group that is capable of contributing to the cost of carrying this coverage will do so. If we get a large percentage of the meetings to contribute the cost can remain very reasonable. This is why the suggested contribution for a full year's liability coverage is \$31.00. As a result the coverage that is supplied to each meeting is:

\$1,000,000.00 liability
 \$500,000.00 Damage to Premises
 \$20,000.00 Medical/person

These are generally accepted limits by our host sites. So I again wish to request that if your meeting (this is on a meeting by meeting basis, not coverage for a location that may hold multiple meetings), has not yet submitted the requested \$31.00 donation and completed the attached form to cover each meetings portion of the Insurance bill I ask that you bring it to the attention of the business meeting, and request that a group conscience be taken on support of this item.

It is also important to realize that the meetings that are covered are only the normally scheduled meetings, these being your weekly meetings, group and Intergroup meetings. If a special meeting or event is held in our area, these are in addition to the standard meeting cost and a special form needs to be filled out so that the Insurance Company can be notified at least a week prior to the meeting. This will be an additional rider on the policy and will carry an additional fee. Your support in addressing this issue at all the meetings that you attend is greatly appreciated.

Thanks you for the support and service. **(The attached form is needed from each of the meetings to insure proper information on the policy.)**

– Mark B., Insurance Coordinator 2010

This newsletter is published four times per year—in March, June, September and December. Please send items for the SCV AFG Intergroup June Newsletter to Terre C. at terrec@comcast.net or Monica W. at sdancebeat@aol.com. Our goal is to have items for the June newsletter submitted by June 1, 2010. Al-Anon news and information are welcomed. The sharing of experience, strength and hope by Al-Anon members are greatly appreciated as well.

– Terre C., Newsletter Coordinator for 2010



Archives Report

Of all the service positions I've held in Alanon, archives has been the most rewarding and fulfilling job ever. I love it so much I'm enrolled for another term! I haven't done this by myself as I have enlisted the help of Art B. Thank you Art! As of December 7, 2009 we have been very busy getting all of the office cleaned up and discarding what we held in duplicate. We are in the process of converting the binders to 2 inch all white, with all the archives separated from financials and bylaws. They will have their own place in the office from here to eternity. In total we have purchased 17 binders and are looking to purchase 10 more which will complete the buying frenzy for binders. There is also a binder created for group records which means anyone can go into the office and find out when a group was started and all the information needed there. Isn't that cool?

Part of the file cabinet has been cleaned continuing the work Louise started awhile ago and we will work on it until that work is done. We sorted and categorized all unsorted archives; Lindy brought a box to me that had public outreach material in it for archives and that has been organized. There were several boxes discarded and filed for archives. I think there were ten boxes sorted and organized in total.

There are records in archives from 1950-2009 as of today. We are going to make a place for old directories and literature on the schedule for 2010. Three interesting pieces of literature were found along the way and they are on display as of December 11, 2009. A date that is close to my heart as it's my 20 year birthday of recovery. I can't think of a better way to celebrate than cleaning the office!

There will be a record album on display of a PSA from 1970's I believe. We had in our possession media grade tape that hold PSA's; those were shipped off to New York for permanent storage as they have duplicated copies of what's on the tapes in VCR format or DVD's. Whew! So with all that said, I'm on my way to more cleaning and organizing. I hope you all are enjoying your service positions as much as I am mine. That's all for now.

—Your happy archivist, Terri M.

Upcoming Events—Mark Your Calendars!

Serenity Again in 2010

The NCWSA 2010 Convention Flyers and registration forms are now available. We urge everyone who plans to attend to get their registration in early this year! The convention will be held at **The Doubletree Hotel—Sonoma Wine Country in Rohnert Park, CA** on April 16–18, 2010. Registration is \$20 in advance or \$30 at the door. The website for the hotel is www.dtsonoma.com and the reservations phone number is (707) 886-5466 (tell them it's for "NCWSA" to get the discounted room rate. The rates are as follows: \$110/night for single or double; \$125 for triple; \$140 for quad. **Please support our room rates and register before March 5, 2010.**



What happens at a convention? There will be Al-Anon speakers, AA speakers, and Alateen speakers. There will be meetings and workshops available all 3 days in English and in Spanish. There will be a Talent Show on Saturday night! Anyone is welcome to join in the fun! Please contact Jackie B at (916) 837-8960 or jackiemswl@sbcglobal.net. There will be wonderful and unique raffle items. A silent auction will also be held. We hope you come and support your Northern California World Service Area Convention—"Serenity Again in 2010". To receive additional information please email us at convention@ncwsa.org. We will add you to our mailing list and send out information as it becomes available. See you there!

The NCWSA 2010 Convention abides by the NCWSA Requirement for Alateen Member Safety.

District 20 Speaker Meetings

These meetings take place at 7:30 p.m. on the 4th Friday of even-numbered months. (Feb, April, June, Aug, Oct, except December)
Immanuel Lutheran Church
14103 Saratoga Avenue, Saratoga, CA

District 22 Day in Service

Saturday April 10, 2010 2-7:00 p.m.

Compassion, Consistency, Commitment

Place: To be determined
This event meets the NCWSA Requirements for Alateen Member Safety.

28th Annual Growing Together Weekend

May 21-23, 2010
Westminster Woods Conference Center,
Occidental, CA

This event meets the NCWSA Requirements for Alateen Member Safety.
Contact: Anita R., 408-313-9680

4th Annual NCWSA (Alateen) Sponsors Weekend

September 10-12, 2010
Westminster Woods Conference Center,
Occidental, CA

This event is for Alateen sponsors and prospective sponsors

Contact: Carla G., 925-586-8021

NCWSA Assembly

October 8-10, 2010
Marriott Santa Clara
2700 Mission College Blvd
(Cut-off date is October 1, 2010)
Reservation number is 408-988-1800.
Reservation code NCWSA

"Recovery in Action"

39th Annual Hospital and Institution Conference with Al-Anon participation
June 4–6, 2010
San Ramon Marriott
2600 Bishop Dr., San Ramon, CA

Alateen Goes Green for NoCAC Scholarships!

Bring plastic water bottle and soda cans to be recycled for SCV Alateen Scholarships—what a great cause!

This fundraiser is open to Districts 20, 21, and 22. Bring plastic bottles and aluminum cans to the SCV Intergroup Office, or to your meeting's Intergroup Representative, or call Jay R., Alateen Recycle Person, at 408-296-2474.

Please no glass bottles, jars, or food cans!!

Bookstore Hours

Monday	5:00 p.m. to 7 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. Please call before making a trip to the bookstore.

If you are interested in serving as a bookstore volunteer, please contact Jonnie G. at 408 394-4617

Teleservice Needs Volunteers

Teleservice is a service that is provided by Intergroup to help those who have never attended a meeting and are seeking a meeting.

Teleservice volunteers serve for a one-month period of service, and four teleservice volunteers are needed each month.

All that is required is a phone, your availability, and a current meeting directory.

Please contact Jackie C. at (650) 967-4198.



Forgiving Myself was the Only Path to Serenity

I do not have the compulsion to drink alcohol, but I am drawn to alcoholism in the body of a man. I no longer try to figure out where this began. I grew up in a home without alcoholism.

My first husband and I met in a college bar. The marriage endured 13 years. The drinking increased; the abuse became more frequent.

I numbed out. I smiled at the grocery store. I kept the house spotless. My husband left me.

After the divorce I looked for love, settled for sex—which I called “dating”—and found another alcoholic “project.” I was consumed with my desire to be pretty enough, smart enough, and loving enough to satisfy him and squelch the alcoholism.

I would put my kids to bed so I could hurry up and worry. When he finally came home, I’d hurl myself down the stairs, screaming for him to get out. I’d stick my chin in his face and dare him to hit me, my shrill voice spewing my words of disgust. I know today that I have allowed another to abuse me only to the extent to which I was abusing myself.

I fantasized about killing my husband. What stopped me was the fear that I would not be successful and he would come at me like in those horror movies where the scary creature never dies; that and he only hit me when he drank.

On my last trip to urgent care, the physician said, “You don’t have to keep falling this way. There is help for you if you want it.” I knew she knew. My eyes darted away from her gaze as I drew my children closer to me. Did she know that I held our baby as a shield when he started swinging?

He wouldn’t hit me through his baby, and I could still let my sarcastic words tear at his flesh.

In those last weeks with my second husband, he began to attend A.A. I called his Sponsor, who told me about Al-Anon Family Groups. His voice was calm, not raging and laced with vulgar language. Listening to him repeat his message of hope brought tears to my eyes.

It took a lot of courage to go to my first Al-Anon meeting. But by the time I returned to my car, the voice I remembered was the one saying, “You wouldn’t leave him if he had cancer.” I didn’t return to Al-Anon for another year.

I had one more alcoholic marriage in me; this time to a sober alcoholic who talked the talk. This relationship, with his dry drunk behavior, dropped me to my knees.

I returned to Al-Anon and committed myself to working the Steps I thought only the alcoholic should have to work. I found a Sponsor who lovingly guided me through the Steps, Traditions, and Concepts using Conference Approved Literature.

I discovered who I was and what I liked and disliked. I began to sort out my life and slowly made healthier choices for myself and my children. The changes in my life didn’t happen overnight. I was still faced with challenges and obstacles. My third husband got off the recovery train and left me, no doubt recognizing that I had emotionally left the relationship years before.

I came to realize that 95 percent of the insanity in my life was a direct result of my own decisions. I learned how to forgive myself for these

decisions. I gained self-confidence and regained the poise to look forward instead of at my feet. I no longer expected others to change, so I didn’t have to. I released the shame that burdened me, and I became aware of and accepted my part in the insanity.

I made amends to my children and to others who were affected by my behavior. I was no longer a victim. I developed a relationship with a Higher Power. I saw that He was there for me all along and that His grace had kept me alive. My Higher Power was the first to grieve, to hold me, to shed a tear, and to comfort me as each tragedy unfolded.

My Sponsor demonstrated by example how to show my gratitude to Al-Anon by helping others. Al-Anon helped me find my voice, but it is in service where I gain the courage to speak. In helping friends and families of alcoholics, I have found true happiness and that long sought-after approval and unconditional love.

Today I embrace my Higher Power with all the passion and energy that I embraced all those alcoholics in the past. I trust that little voice within, recognizing and listening to God’s messages.

– Barbara W., Ohio

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A Second Step Story

In recovery my daily living routine has changed—for the better! I get to recharge my thinking—beginning with new habits. In my disease, my thoughts can stray into dangerous waters before I even get out of bed.

I believe habits are deeply ingrained routines. I liken them to the wiring of my home. My old thinking habits were like degraded wiring: they were unsafe. Circuit breakers constantly tripped.

It was dangerous.

Recognizing the flaws in my system is my working the first three steps.

I Came, Came To, Came To Believe.

Today my Sponsor is my Electrician. She gives me Good Orderly Direction to effect Change. She leads me to look at the old wiring and to choose to replace it with the better.

The stronger, more durable wiring is my Fellowship. Planning for the relocated and new circuits is my step work. Meetings keep my knowledge fresh and current.

Before I flip the switch to try the new and improved work, I surrender the outcome to my Higher Power. I’ve done all the footwork. What happens in that moment is beyond my control. As all the rewiring and installation work has been done, I have truly been Powerless, in every sense of the word. In the moments before the switch is turned on, I accept the work may not be perfect. I have faith it will be an improvement. I commit myself to continue learning, to ask for help when I need it, to share what I have learned when it is the next right thing.

I can pray and meditate through the darkness. I can accept my fear of change. I remind myself it is possibly False Evidence Appearing Real.

Will it work? Will the whole neighborhood be plunged into darkness? Will I electrocute myself?

Might I just possibly experience the joy of a job well done? A boost in self-esteem?

A sense of accomplishment and gratitude for all the support?

Today I have the courage for this leap of faith.

I close my eyes, flip the switch...and....

–Jill V.



SANTA CLARA VALLEY AFG INTERGROUP, INC.
1 WEST CAMPBELL AVE., ROOM Q-82
CAMPBELL, CA. 95008
Tel. (408)379-9375 Fax. (408)379-1224

INSURANCE CERTIFICATE REQUEST FORM

Payment for Group insurance coverage is due by January 31 of each year.

Insurance coverage of the policy renewal is effective from 15 February of this year to 14 February of the following year.
The estimated Cost per Group for the Feb 2010 to Feb 2011 year is \$31.00

Groups may contact the SCVAFG Intergroup office for additional application forms.

This is an annual undertaking and must be completed each year even if no information has changed from the previous year. To insure that the group is properly accounted for and covered by the policy as well as to insure that a valid Certificate of Insurance is issued the following steps need to be followed:

- a) Complete this application form
- b) Define a method of payment by circling CASH or CHECK below
- c) Send or deliver the completed form and payment to:

SCVAFG Intergroup Inc.

1West Campbell Ave. Rm. Q-82

Campbell. CA. 95008

Attn: Insurance Coordinator

Please Print

Date _____

Group Name _____

Day/Time the Group Meets _____

Facility/place where the group meets _____

Address _____

City _____ State CA. Zip Code _____

Contact Person for the Group (Group Rep., Intergroup Rep., Secretary, Other)

Name (Please Print) _____

Mailing Address _____

City _____ State CA. Zip Code _____

Telephone# _____

CHECK or CASH (Circle) Amount \$ _____

Please make check or money order payable to SCVAFG, and mail along with this form to Intergroup