

Changes and News:

District 15 will have training for those involved in Alateen Service and those wanting to become Alanon Members In Alateen Service, March 14 12:30 to 3:00 p.m. in Castro Valley at First Presbyterian Church of Hayward, 2490 Grove Way, room 14. Details below.

Institutions and Hospitals Contributions (Pink Can Collections in many groups) should be made out to NCWSA (you can note for support of Institutions) and sent to c/o SVC Intergroup, 1 West Campbell Avenue, Room Q-82; Campbell, CA 95008. The address may change in January 2021 when a new World Service Area panel starts. Regular NCWSA donations (NOT district 15 or Institutions donations) go to NCWSA Treasurer, P.O. Box 10475, Pleasanton, CA 94588-0475

Interested in a service opportunity beyond your group level? Contact District Office at (510) 276-2270 for more information.

Newsletter contains information from the most recent District Meeting, NCWSA, WSO, as well as individual submissions.

The District Meetings are 9a.m. on the 3rd Saturday of the month. March 21

All are welcome.

The Serenity Prayer

God, grant me the serenity
To accept the things I cannot change,
Courage to change the things I can,
And wisdom to know the difference.*

Recovery through Steps Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.*

Unity through Traditions Tradition Two: For our group purpose there is but one authority--a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants--they do not govern.*

Service through the Concepts Concept Two: The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.*

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Monthly Fellowship

Date	Time	Featuring	Location
Saturday 2/29/2020	5:30pm - 8:30pm	Three speakers! Alanooners - Thursday San Leandro and Thursday Night Choices	911 Dowling Blvd., San Leandro, CA 94577 Rear of building near parking lot

Months are still available for Groups to host or co-host in 2020: May, June, August, October, November, December. Any group (or GR or volunteer) birthdays to celebrate with service? Thank you, hosts!

Alateen News

Interested in helping as an Alateen sponsor? Remaining an Alateen sponsor? Training for new and current AMIAS is hosted by District 15 on Saturday March 14 12:30 to 3:00 p.m. in Castro Valley at the First Presbyterian Church of Hayward Room 14, 2490 Grove Way next to Trader Joe's. Parking available. Refreshments provided. Training by DeDe W, our Northern CA Alateen Coordinator. If that date does not work, District 18 will host AMIAS training March 7 11-3 in Modesto.

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District 15 Website <https://district15.ncwsa.org/> | Northern California World Service Area Website: www.ncwsa.org

World Service Organization Website: www.al-anon.alateen.org/members/ (log-in is group name followed by "afg")

If you are attending the training, PLEASE read and bring B-17, Requirements for Alateen Member Safety. Available at <https://ncwsa.org/wp-content/uploads/Guidelines/B17.pdf>. Bring ID, Proof of Car Insurance if you wish to drive teens, the Al-Anon/Alateen Service Manual newly revised and available at https://al-anon.org/pdf/P2427_online.pdf. Enthusiasm and questions welcome. For information, call or text Jean W 510-517-3575.

District News

The district has committed to retaining the office and literature distribution center for three years with an option to renew another three years.

The District will be doing a group inventory over the next few months. Your Group Rep has much of the fine material available from WSO and will have even more experience soon. Groups may find doing an inventory useful for themselves. Reflection and self examination can be useful. Inventories can center around (or be focused only on) questions like "are we welcoming to newcomers?" or perhaps "do we see discussion in business meetings as a way of improving rather than just approving?"

Day in Al-Anon will probably be April 4. Stay tuned, or volunteer! Your group rep will get information soon. Another opportunity is Pleasanton's DIAA April 18.

Group Donations to District and Alateen

Donations to the Alateen Scholarship fund can be sent to the district 15 treasurer, with a note indicating the group's intent. One check, with clear direction about how much to donate to Alateen, is fine. District 15 AFG, Attn: Treasurer, 17259 Hesperian Blvd, Suite 4&5, San Lorenzo, CA 94580. Same address as the literature office.

Literature

Groups that order from the literature distribution center are supporting the district office as well as the district. If you have called ahead to insure someone is at the office, parking in front may be less hassle.

NCWSA News

The Spring Assembly will be held in Sacramento, May 16. GR's please save the date!

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WSO

The Public Outreach Bookmark (M-76) is available from WSO. The only cost is shipping. Searching in a non-tracking search engine for alanon M-76 brings up the order page (as the first item!) All the more reason for group reps to attend the next business meeting, since we will probably have some to pass out.

The Al-Anon/Alateen Service Manual has many revisions. Available online at https://al-anon.org/pdf/P2427_online.pdf. You can also order a copy from the Literature Distribution Center (cheaper shipping) or WSO directly.

Sharing

I Am Worth It! Title of *The Forum*, February 2020.

From One Quote at a Time, *The Forum*, February 2020

I don't need someone else's approval to be happy. Pam G, *The Forum*, February 2020 inside the front cover

From *No Longer Accepting Unacceptable Behavior*

acceptance does not mean I agree with something. It means that I acknowledge its existence and then look at what my choices or options are. - Kat D, Wisconsin, *The Forum* February 2020 page 2-3. Reprinted with permission of *The Forum*, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA

From *Hope, at Last*

Knowing that I was not alone, that other members of Al-Anon were in the same situation as I was, struggling with the same disease, allowed me to deal with the shame and guilt associated with the disease. It also allowed me to share more easily and understand that, in asking others for help and in listening to their experience, strength, and hope, I was able to allow myself to shed some of my pain and begin to heal the hole in my heart. - Manette M, California, *The Forum* February 2020 page 15. Reprinted with permission of *The Forum*, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA

In Service,

Gregg. District 15 Newsletter Coordinator

Please send suggestions, corrections, shares and any other information to wedottwelve@gmail.com

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