

Changes and News:

Practice These Principles, Thursday 5:30-6:30pm is currently meeting at 4501 Broadway, 2nd floor, in Oakland. NOT at the Mosswood building! On the Broadway bus line, free parking, but the building door is locked so if you are late, use the number on the note on the door. Check with the group for possible future changes.

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. February 15

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 One: We admitted we were powerless over alcohol--that our lives had become unmanageable..*

Unity through Traditions Tradition One: Our common welfare comes first; personal progress for the greatest number depends upon unity.*

Service through the Concepts Concept One: The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups..*

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Monthly Fellowship

Date	Time	Featuring	Location
Saturday 1/25/2020	5:30pm - 8:30pm	Three speakers, including an Ala-teen speaker!	911 Dowling Blvd., San Leandro, CA 94577 Rear of building near parking lot

Groups, please consider hosting a monthly fellowship in 2020, perhaps on your group's birthday month. January, February, April and September are covered! Thank you, hosts!

Alateen News

Interested in helping as an Alateen sponsor? Download, review and bring the B-17 NCWSA Requirement for Alateen Member Safety. Bring current ID and, ideally, an Al Anon Service Manual to one of the two opportunities for training: February 22 12:00 to 4:30pm in Campbell. Contact Anita L. (650) 533-2581. To the east: April 4 9:00am to 12:30pm in Dublin. Text or call Patty G (925)719-3378. District 15 plans to host training later in the spring or summer.

Al-anon Members in Alateen Service Alateen, new and long-term, will meet February 15 after the business meeting.

District Needs

Do you have a couple hours a week when you could answer the occasional phone call to the district? People call the district office for advice, information on meetings, literature, and office hours. Volunteers provide that service. No, you don't have to be working your twelfth step yet. You don't have to come in to the office. We have now figured out how to

get the phone calls transferred to your phone for that two hour period. To assure you are successful and helpful, training will be arranged. Let you group rep or the office know (510) 276-2270. Thank you!

District News

As usual, Group Reps attending the monthly business meeting received new meeting lists for their group!

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.

WSO

Al-anon Faces Alcoholism 2020 can be ordered (all year, now): \$8.00 per 25 copies. Shipping \$10 minimum <https://al-anon.org/newcomers/al-anon-faces-alcoholism/> The district will carry English and Spanish.

Sharing

From One 'Quote' at a Time

I'd stand up to anyone for my children, a friend, or a family member...so why for so many years didn't I do that for myself? Donna B., IL, The Forum, January 2020 inside the front cover

From Out of the Emptiness and into Fulfillment

Through Al-Anon I learned to keep the focus on myself. I learned to develop a self-care plan. I learned that my negative thinking and behaviors were simply behaviors that were out of balance. I had to replace them with their spiritual opposites. With the help of this program, my thinking has changed to gratitude, depression has turned to hope, and pain has turned to joy. - Kat C, California, The Forum January 2020 page 12. 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 wedotwelve@gmail.com

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