

Changes:

No district business meeting this Saturday. No Monthly Fellowship this month.

WSO has links for on-line meetings: <https://al-anon.org/al-anon-meetings/electronic-meetings/> Details below.

Friday Night New Beginnings 8:00 to 9:30 will use Zoom. Meeting number 104765725, password 6587117.

The Literature Distribution Center will have the regular irregular hours as usual; call ahead. Orders of \$150 or more can be shipped with maximum shipping cost \$10, details below.

PLEASE let the office know if your meeting is still open or has set up other methods of "getting together."
ezdudz@sbcglobal.net (510) 276-2270. We want to support newcomers in this time of need.

"Old" News:

Tuesday night Step to Recovery meeting will be held via conference call as an alternative to meeting in person. The phone number is (857) 799-9382. No access code needed.

Monday 12:10 to 12:50 Oakland normally at the Veteran's Building is on Zoom at zoom.us or 1-669-900-6833
Meeting ID: 870 480 565 Password: 486346

Many/most/all meetings are either not happening or have set up a virtual meeting. Check with your group or the office.

Virtual meetings have a long history in Al-Anon's outreach. Virtual meetings are now available almost around the clock. See phonemeetings.org - the 712 432 8733 number is still the same, but the access codes have changed so check the website. They have a backup number in the 425 area code as well. Note that times are listed as Eastern time, so subtract 3 hours.

Personal or trial use on zoom is possible; the meetings are limited to 40 minutes. District 17 is having Zoom meetings the same day and time as regularly scheduled meetings.

Meeting Confirmation

Most important: let the office and newsletter and website coordinators know if you ARE meeting!

Sunday morning Step Study 11:00a.m. in San Leandro is not meeting.

Monday night Seeking Serenity in San Leandro at All Saints will be distancing but still meeting in support of recovery unless canceled by the venue. Zoom remote access is available

Tuesday noon Montclair is not meeting for the next two weeks.

Tuesday night Al-Anon AFG is canceled through April 7

Friday 12:15 Montclair is not meeting for the next two weeks, may be setting up virtual meetings.

Literature Distribution Center

The office will be open during this time of Corona-19 virus and operating on its normal schedule. Just call to make sure someone is there before coming (in good health) to the office.

If you have a large order of books \$150 or more, we will ship the books to you by postal service. Send a email to the office with your order. The price of the mailing will be added to your order up to \$10.00. The LDC will cover any additional cost above the \$10.00 mailing fee. Include your phone number with your order. Note that Amazon is only sending the basic necessities during the virus.

District

The GR's and Coordinators are in email contact. Monthly reports are being submitted by the Coordinators. Checks are still being deposited and written. Thank you, team.

Please

To echo comments from WSO and our Delegate to WSO: please try to keep unity of the group in mind and use the Traditions as guidance when making decisions about and within your groups. It's important that we reach out to all group members as much as possible and make information about temporary group changes available to all. Other things groups may need to consider include whether they are still being charged rent during this time and how to continue the 7th Tradition when meeting virtually.

We are asking groups to send information, including links if they are temporarily holding Zoom or phone meetings, to our Newsletter Editor wedottwelve@gmail.com, our Website Coordinator carolinag@aol.com and also the main office ezdudz@sbcglobal.net.

WSO Meetings On-Line

English: <https://al-anon.org/al-anon-meetings/electronic-meetings/>

Spanish: <https://al-anon.org/es/reuniones-de-al-anon/reuniones-electronicas/>

Alateens:

English: <https://al-anon.org/newcomers/teen-corner-alateen/try-an-alateen-chat-meeting/>

Spanish: <https://al-anon.org/es/recien-llegados/rincon-para-adolescentes-alateen/chat-de-alateen/>

Electronic meetings, like all Al-Anon meetings, offer help and hope to anyone who is affected by alcoholism in a family member or friend. Electronic Al-Anon meetings agree to abide by the spirit of the Twelve Traditions. Each Al-Anon member is responsible for keeping the meeting focused on Al-Anon recovery and discussion of Al-Anon related topics. Al-Anon will always be what we—its members—make it. Confidentiality and anonymity varies from platform to platform. It is the responsibility of the Al-Anon member to understand how to maintain personal anonymity when participating in an online Al-Anon meeting.

WSO does not have the people (nor the information) to keep up with meeting changes. Check locally or with the region.

Opinion

From member (1) Meetings should not occur in Alameda Country, a "Violation of or failure to comply with this Order is a misdemeanor punishable by fine, imprisonment, or both." from <http://www.acgov.org/documents/Final-Order-to-Shelter-In-Place.pdf>

From member (2) Twelve step meetings may have health/mental health reasons to meet.

From member (3) Personally, I am isolating as much as possible. Groups are using remote and virtual means as much as possible. Those new to the program or new to recovery benefit from direct communication and so in my view have a mental health reason to maintain social distances but still be present or social. Same with sponsor:sponsee interaction. Sometimes that interaction is appropriately virtual or electronic, sometimes human presence is needed for the health of those involved. I leave it to the conscience and best practices of those involved.

From member (4) Al-Anon saved my life. The steps kept me from suicide. The traditions kept me from homicide. Meetings help me return to sanity.

From member (5) Daily reading of program literature has been very useful in these early days of quarantine.

Al-Anon does not have spokespersons, does not govern, does not have rules. It only asks for "obedience to the unenforceable" in following our traditions in creating the greatest good for the greatest number.

Wishing you All the Best

In Service,

Gregg. District 15 Newsletter Coordinator

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