

Changes and News since April 24 Update:

Seeking Serenity in San Leandro (WSO #1615) Monday at 7:30 PM has a new zoom ID, 896 6482 2339 with no password. A break-out room allows a Beginners' Meeting, rather like the physical meetings pre-Covid.

Monday Night Keep it Simple, College Ave. has a password for the online meeting. The URL is

<https://zoom.us/j/581553521?pwd=OU9PbGI2S1h4WHVFTEF3ZGorMVA0dz09>

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 usually 9a.m. on the 3rd Saturday of the month. No meeting in May. 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 Five: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*

Unity through Traditions Tradition Five: Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA *ourselves*, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.*

Service through the Concepts Concept Five: The rights of appeal and petition protect minorities and insure that they be heard.*

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Monthly Fellowship

Date	Time	Featuring	Location
Virtual gatherings can be arranged. Last Saturday of the month	5:30pm - 8:30pm	Wishes for all the best in your recovery!	On-line for now As host groups are available

Check with the office or your group rep for updates for May!

Literature at District Office

The Literature center is able to comply with Social Distancing and complete orders for literature purchases. We have only one person working in the office at any time.

The best way to purchase books is to send your order to: ezdudz@sbcglobal.net. Include your phone number and the LDC will let you know the amount of the order, and pack it for you. When we have put the order together, we will call you for pick up. You can pay for the order when you pick it up.

We also have 1,200 copies of AFA 'Help and Hope' public outreach pamphlets in English and 400 copies in Spanish. You can pick up 10 free copies of the pamphlet any time you come to the office.

We also have a supply of the *Al-Anon Service Manual 2018-2021 (Version 2)* in the office. This replaces your old Group Rep. Manual (P-24/27) It comes with a copy of *Al-Anon Groups at Work*. The price is \$5.96 for the set.

Your purchase of books from the District Literature Center funds many of our expenses at no additional cost to you. Thank you, and thank you for supporting the health and recovery of your groups.

NCWSA News

The Spring Assembly was held electronically for the first time, May 16. Report to follow.

WSO News

The quarterly appeal envelope goes out this month. <https://al-anon.org/pdf/May20-Appeal.pdf>. If you contribute, please include "appeal" in the memo field of the check and the lower left of the envelope. Al-Anon Family Group Headquarters, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617 Thank you.

In Service,

Gregg. District 15 Newsletter Coordinator

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

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