



VOL. 53 NUMBER 6 / June 2023

STEP SIX
Were entirely ready to have God remove all these defects of character.

2023 SERVICE BOARD

Chairperson	Anita R	chair@alanonsandiego.org
Vice-Chairperson	Trenta A	vice-chair@alanonsandiego.org
Secretary	Christine D	secretary@alanonsandiego.org
Treasurer	Cindi H	treasurer@alanonsandiego.org
Ex-Officio	Kelly SH	ex-officio@alanonsandiego.org
Historian & Nomination Chairperson	Dan B	historian@alanonsandiego.org
Institutions & Public Outreach Liaison	Elo O	outreach@alanonsandiego.org
Web Coordinator Chairperson	Werner B	webcoordinator@alanonsandiego.org
Spanish Liaison Chairperson	Hilda A	espanol@alanonsandiego.org
Intercom Chairperson, Interim	Susan L	intercom@alanonsandiego.org
Al-Anon Information Service Liaison	Sandra L	ais-liaison@alanonsandiego.org
Alateen Chairperson, Interim	Ron P	alateen@alanonsandiego.org
Office Chairperson	Kristen S	office-chair@alanonsandiego.org

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BOARD MESSAGE

We just had an extraordinary meeting with our ISRs this past Saturday. ISRs are vital to our membership as they provide an invaluable link to the groups. This link is not as strong as it could be because, of the 170 registered groups, only 37% (63) of them have an ISR; of those, less than 25% (25-30) attended the meeting. There are only six meetings a year, are on Zoom, and only an hour long. It's easy, fun, and a great way to boost your recovery. Please make sure your group has an ISR and participates in the meetings. And, if they don't, maybe it's YOU!

Yours in service,

Anita R., Chairperson
 Al-Anon Information Service Board
 San Diego County



OFFICE REPORT

OFFICE REPORT CALLS

APRIL 2023

Total phone calls received	141	Number registered Groups	165
- for meeting information	27	- Al-Anon English	137
- calls to answering service	49	- Al-Anon Spanish	20
- referred to 12th steppers	2	- Alateen	8

VOLUNTEER HOURS

THROUGH APRIL 2023

Year	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
2022	151	116	153	149	166	147	155	104	179	176	166	187	1849
2023	185	157	157	158									657

FREE NEWCOMER PACKETS

THROUGH APRIL 2023

Year	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
2022	50	57	87	77	66	84	103	77	76	72	59	55	863
2023	67	78	64	42									251

We are so grateful to our volunteers. Without them, we could not have an office. WE NEED MORE VOLUNTEERS! Take your recovery to a whole new level by volunteering for a shift. It's easy, we give you resources and support, and it incredibly rewarding to help others who are suffering from someone else's alcoholism.

Kristen S
Office Chair

SAN DIEGO OFFICE HOURS

Monday and Friday: Closed
 Tuesday, Wednesday, Thursday: 10am-4pm
 Saturday: By Appointment Only – please email office-chair@alanonsandiego.org

CALL US (619)296-2666 (24/7)
 EMAIL office@alanonsandiego.org

Please call before coming to the office to confirm it is open. Thank you!

AL-ANON EVENT CALENDAR

Monday, May 22, 2023 12:30pm-2:30pm

East County Daytime AFG Annual Spring Luncheon – Speaker: Carol B – We will have soup, salad, dessert, and drinks and an opportunity drawing – suggested \$4 contribution includes one opportunity drawing ticket with additional tickets at six tickets for \$5 – All proceeds will go to our local AFG office – Foothills United Methodist Church, 4031 Avocado Blvd, King Hall (lower level parking lot), La Mesa

Sunday, May 28, 2023 4pm-5:30pm

Al-Anon Bilingual Writing Workshops/ Taller Bilingue de Al-Anon - hosted by District 69 – Journal about your journey and growth / Escribe tu trayecto y crecimiento – also July 23, September 24, November 26 – Zoom ID 395 556 4737 Passcode 755000

Monday, May 29, 2023 7pm-8:30pm

Carlsbad Discussion Group Speaker Meeting - The meeting starts at 7pm, and the speaker begins at 7:30pm – Join us for Memorial Day recovery – Speakers Stephanie D (Al-Anon) and Dustin A (AA) – finger foods appreciated - Meeting in the dining room – St. Michaels Church 2775 Carlsbad Avenue, Carlsbad

Saturday, June 3, 2023 6:30pm-8:00pm

San Diego AFG Monthly Speaker Meeting – 10 Minute Speaker: Deana C from San Carlos Serenity, 45 Minute Speaker: Ron P, Interim Alateen Chairperson for Intergroup Service Board – Host Group: San Carlos Serenity – La Mesa Adult Enrichment Center 8458 La Mesa Blvd, La Mesa 91941 – bring a snack to share!

Saturday, June 10, 2023 Doors Open at 4:30pm

SCAAC Al-Anon Fundraiser – Casino Night with gaming tables and dealers, catered spaghetti dinner, and raffle prizes – Tickets sold at the door for \$30 - Speakers Patty B (Al-Anon) and David G (AA) – The Sanctuary for Spiritual Living 5446 N Citrus Avenue Covina

Sunday, June 11, 2023, 1pm-3pm

SCAAC with Al-Anon Participation 2023 Planning Meetings – Zoom ID 227 311 034 Passcode 830502

Monday, June 12, 2023 7pm-8pm

Search for Peace Al-Anon Family Group – Monthly Speaker Meeting – Speaker: Lea P – Mission Trails Church 4880 Zion Avenue, San Diego 92120

Thursday, June 29-Sunday, July 2, 2023

2023 Al-Anon International Convention – Albuquerque Convention Center, Albuquerque, NM – Registration Includes Big Meeting, including the Language of Love Parade, Family Big Meeting, and Spiritual Big Meeting – Registration fees: In Person \$250, Virtual Attendees \$145 – For more information, visit <https://al-anon.org/wso-events/2023-al-anon-international-convention/>

Saturday, July 1, 2023 6:30pm-8:00pm

San Diego AFG Monthly Speaker Meeting – 10 Minute Speaker: Lilly D from New Beginnings Alateen, 45 Minute Speaker: Cassie J from Hope AFG, Clinton, NJ – Host Group: Sunday Search for Serenity – La Mesa Adult Enrichment Center 8458 La Mesa Blvd, La Mesa 91941 – bring a snack to share!

Tuesday, July 18, 2023 6pm-7:30pm

Women's AFG 38th Anniversary – save the date to celebrate with us for fellowship, food, fun, and recovery. Details coming soon – Foothills Church 365 Bradley Avenue El Cajon

Saturday, July 22, 2023 7pm-8:30pm

District 69 & GleeAnon – An encore presentation of “That’s My Story, and I’m Sticking to It” – Free to everyone in Al-Anon – finger foods to share appreciated – Carlsbad Senior Center Auditorium 799 Pine Avenue, Carlsbad

Wednesday, July 26, 2023 9am-10:30am

MYOB 36th Anniversary – MYOB invites you to DROP THE ROCK and join us for breakfast, raffle prizes, and three 10-minute speakers as they share how they learned to DROP THE ROCK through Al-Anon – Speakers Gail B, Libby A, and Alise M – St. Dunstan’s Episcopal Church 6556 Park Ridge Blvd, San Diego

Saturday, July 29, 2023 – 1pm-3:30pm

Long-Timers Sereni-Tea – EVERYONE IS WELCOME! – Speakers are Marcia M and Margarita K – Tea and other beverages will be provided – bring finger food to share – Groups are encouraged to donate baskets for the opportunity drawing with items related to our spiritual principals (Al-Anon literature, creative gifts, plants). The event is hosted and proceeds to benefit District 72 - St. Luke’s Lutheran Church 5150 Wilson Street, La Mesa

Monday, July 31, 2023 – 7pm-8:30pm

Carlsbad Discussion Group Speaker Meeting – Speaker Charlene S - finger foods appreciated - Meeting in the dining room – St. Michaels Church 2775 Carlsbad Avenue, Carlsbad 92078

Friday-Sunday, September 29-October 1, 2023

SAVE THE DATE - 71st Southern California AA Convention with Al-Anon Participation – Serene & Free in 2023 – The Pacific Palms Resort in the City of Industry – New this year Al-Anon Young Adults meeting and a Long-Timers gathering.

AL-ANON MEETING UPDATES / NEED SUPPORT

Sundays 9:10am-10am¹

Sunday Serenity Social – Spring Creek Park – Old Ranch Road & Melrose, Oceanside, CA – This is a tranquil neighborhood park and a dog-friendly meeting (all dogs welcome) – the park is fenced in, and steps are going down (not wheelchair accessible) – easy parking on Old Ranch Road – bring a lawn chair

Sundays 5:30pm²

Resuming in-person meetings beginning May 7 – The Sunday Night Working the Steps, Traditions and Concepts AFG – Newcomer meeting at 5:30pm and AFG meeting at 6pm – St. Peters Episcopal Church, 334 14th Street, Del Mar, 92014. The meeting is on the second floor.

Sundays 7pm-8:15pm⁴

Meeting Needs Support – Just for Today – We have longtime recovery and would love newcomers!

Monday 9am-10am – NEW MEETING STARTING JULY 1¹

New women’s meeting – Keep it Simple (District 69) – Moonlight State Beach, Encinitas, CA - under the tiki umbrellas, next to the sand volleyball court

Mondays and Thursdays 5:30m-7:30pm⁴

Spanish Meeting Needs Support - Descubriendo Nuevas Opciones HAA, 625 Otay Lakes Road, Chula Vista 91913 (room back of Risen Savior Church building)

Mondays 6pm-7pm³

Meeting Change - Monday Night Oasis -Neighborhood HealthCare, 278 E. Valley Parkway, Escondido – Attendees should plan to come no later than 6:10pm as the doors are locked for security. We do not have meetings on the following holidays in 2023: May 29, July 4, December 25, and January 1.

Mondays 7pm-8pm²

Meeting Needs Support – Search for Peace AFG is in dire need of support – All members are welcome, and we especially need members with experience – Allied Gardens - Mission Trails Church 4880 Zion Avenue, San Diego 92120 – Meeting is in the first room adjacent to the top, smaller parking lot. It is labeled MEETING ROOM – Our speaker meeting is on the second Monday of the month, and this meeting is in THE HALL at the opposite end of the building, just past the kitchen sign – Please join us!

Tuesdays 5:30pm-7:30pm⁴

Spanish Meeting Needs Support - Descubriendo Nuevas Opciones HAA, Contact Leticia C (aka Hilda C) via text (619)792-6042 - Zoom ID: 883 4594 6732 Password 000

Thursdays 12:15pm-1:15pm¹

University City Thursday Lunch Bunch Electronic AFG – This is a permanent Zoom meeting with good recovery and welcome newcomers – Zoom 205 375 3323 Passcode Samaritan2

Fridays 10am-11:30am⁴

Meeting Needs Support - TGIF in Spring Valley – Book Study – We have good recovery and would love new members – Zoom ID: 895 6407 7874 Password: TGIFSD.

Fridays 5:30pm-6:30pm²

Meeting Needs Support – There Is Hope AFG – Come and join in this new meeting – kick your weekend off with recovery and fun on Friday evenings – Christian Church of Lemon Grove 6970 San Miguel Avenue, Lemon Grove

Sundays 4pm³

Meeting Needs Support – Serenity on Sundays – Alanon Meeting – Alano Club -4198 Mission Avenue, Oceanside 92057 – We moved a year ago from another location and have literature.

ALATEEN

ALATEEN MEETINGS

Mondays 6pm-7pm NEW!²

New Alateen Meeting in East County – East Valley Christian Fellowship, 10469 Ridgehill Road, El Cajon 92021 (with a concurrent Al-Anon Meeting) – Has Al-Anon helped you? You can give that gift to your teen, nephew, niece, neighbor, or grandchild. Alateen is a part of Al-Anon.

Mondays 6:30pm

Serenity Monday in Alateen – North Coast Church, 2405 N Santa Fe Ave, 2nd Grade Classroom, Vista 92084 – NEWCOMERS WELCOME!

Wednesdays 6pm

Wednesday Night Alateen UTC – ONLINE ONLY – For Zoom Info, contact Mike P (619)723-5048 or Jane D (858)775-8577

Wednesdays 6:45pm

New Beginnings Alateen – ONLINE ONLY – For Zoom info, contact Hilda (619)792-6042

Thursdays 6pm

Keep Coming Back -Seacoast Community Church, 1049 Regal Road, Room A-7, Encinitas 92024

Thursday 6:30pm


I’m Ok, I Belong, I Am Not Alone – ONLINE ONLY

Sunday 7pm

Free to Be Me Alateen – **NEWCOMER’S WELCOME!** - Penasquitos Lutheran Church, 14484 Penasquitos Drive, San Diego 92129

ALATEEN IN SCHOOLS

A Taskforce Committee will explore the potential of establishing a long-term, organized, and sustainable support system for Alateen meetings in middle and/or high school venues in greater San Diego and Southern California. Get involved! Give your Kids a choice! School Professional contacts needed: Counselors, Therapists, Staff and Administration, County School Board Members



NEW ALATEEN MEETING

EAST COUNTY

Mondays | 6 PM - 7 PM

East Valley Christian Fellowship
14069 Ridge Hill Road, El Cajon 92021

Al-Anon meeting at the same time

Has Al-Anon helped you? You can give that gift to your teen, nephew, niece, neighbor, or grandchild.
For more information, call AMIAS's Steve W (949)630-6045 or Nicky B (619)937-1667

ALATEEN IS PART OF AL-ANON

BOARD / ISR / DISTRICT MEETINGS

Al-Anon Service Board Meeting – 2nd Saturday of every month

Next Meeting: June 10, 2023 9am

Zoom ID 752 699 5666 Password EJM6dK

ISR - 2nd Saturday of every odd-numbered month

Next Meeting: July 8, 2023 10:30am

Zoom ID 752 699 5666 Password EJM6dK

District 69 Meeting – 2nd Tuesday of every odd-numbered month

Next Meeting: July 11, 2023 7pm

Zoom ID 395 556 4737 Password 755000

District 72 Meeting – 4th Saturday of every month except for May, November & December

Next Meeting: June 23, 2023 10am

Atonement Lutheran Church, 10245 Loma Rancho Drive, Spring Valley

District 75 Meeting – 3rd Monday of every odd-numbered month

Next Meeting: July 17, 2023 5:30pm

Zoom ID 822 4085 1324 Password 75

DISTRICT NEWS

District meetings and DR contact information can be found online:

District 69: <https://www.alanonsandiego.org/district-69>

District 72: <https://www.alanonsandiego.org/district-72>

District 75: <https://www.alanonsandiego.org/district-75>

District map: <https://www.alanonsandiego.org/district-map>



Remember to use the code **mayfreeshipping** at checkout!

GROUP CONTRIBUTIONS

**Al-Anon Family Groups of SD Cty, Inc.
Contributions by Group Summary
April 2023**

	Apr 23	Jan - Apr 23
AFG Recovering Adult Child	0.00	130.00
Alegria de Vivir AFG	0.00	50.00
Alpine AFG	0.00	200.00
Back to Basics	12.00	12.00
Bonita PTA	0.00	300.00
Bonita Reencuentro Grupo	60.00	60.00
Book Study AFG	0.00	100.00
Changing Attitudes Fri AM	0.00	154.20
Chula Vista Al-Anon	0.00	167.00
Clairemont Daytime AFG	164.50	164.50
Clairemont Friday Night AFG	0.00	100.00
Courage to Change Fri AM	0.00	25.00
Courage to Change Poway	65.00	345.00
Del Mar Lunch Bunch	315.00	715.00
Del Mar Sunnyside UP AFG	0.00	20.00
Drop the Rock	204.40	204.40
Early Thursday Nighters AFG	0.00	100.00
East County Daytime AFG	165.10	165.10
Escondido Oasis Monday Night AFG	0.00	111.20
Experience Strength & Hope AM	0.00	88.20
Footprints In The Sand AFG	0.00	25.00
Free To Be Me Women's AFG	165.45	165.45
Freedom From Despair	50.00	50.00
Friday Night Courage to Change Virtual	70.00	140.00
From Survival to Recovery	0.00	25.00
Grupo Espiritualidad	0.00	157.00
Happy Joyous And Free AFG	132.00	279.20
Hilltop AFG	100.00	100.00
Hope For Today Survival To Recovery AFG	0.00	60.00
How It Works AFG	0.00	12.00
Just for Today RP AFG	105.11	105.11
La Costa Live And Let Live AFG	0.00	80.00
Let It Begin With Me LGBTQ AFG	0.00	140.00
Live and Let Live-EI Cajon	0.00	343.50
Loving Traditions	80.00	80.00
Men in the Park	200.00	400.00
Mind Your Own Business AFG	0.00	253.50
Miramar Mens Group AFG	50.00	50.00
Monday Open Topic	0.00	25.00
Moonlight Beach Just For Today AFG	100.00	300.00
New View AFG	0.00	140.00
North Clairemont AFG	0.00	100.00
North County Men's Alanon	0.00	410.00
Outdoor Recovering Together	90.00	125.00
Parents AFG of North County Inland	0.00	100.00
Parents Seeking Serenity AFG	0.00	200.00
Paz Mental	100.00	250.00
Poway Rancho Bernardo AFG	0.00	100.00
Power Lunch AFG	0.00	140.00
Rancho Snta Fe Lunch Bnch	0.00	560.00
RB Lunch Bunch	0.00	130.00
San Carlos Serenity Alanon	140.00	140.00
San Marcos Noon AFG	51.76	165.76
Santee Serenity	0.00	110.40
Saturday Morning AFG	0.00	108.00
Serenity at Sunset AFG	0.00	150.00
Serenity at Sunset Virtual	0.00	70.00
Serenity at the Lake	227.25	423.75
Sky's the Limit AFG	0.00	82.00
Step by Step Monday	0.00	300.00
Stepped Up By-The-Sea Womens	10.00	10.00
Strictly AFG	215.00	215.00
Sunday Night Courage to Change	0.00	100.00
Sunday Search for Serenity	0.00	150.00
Survival to Recovery	0.00	162.60
The Solution AFG	75.00	152.32
Tri-City Daytime	50.00	80.00
UC Lunch bunch Thurs Electronic	150.00	150.00
UC Thursday Lunch Bunch	0.00	60.00
Understanding Ourselves Electronic	71.00	71.00
Various Customers	1.31	2.05
Wed Night AFG for Parents	125.00	525.00
What a Concept AFG	0.00	296.00
Willingness to Change AFG	0.00	128.00
Women's AFG - EI Cajon	75.00	331.00
Womens Electronic AFG	0.00	43.75
Working the Steps, Trad, Concepts Study	0.00	120.00
TOTAL	3,419.88	12,403.99

FINANCIALS

FY23 Budget Performance Recap

Apr 2023

Al-Anon Family Groups Office of San Diego County, Inc.

	April 2023			FY 23 Year to Date		
	Actual	Budget	Variance	YTD Actual	YTD Budget	Variance
Incoming						
Contributions	4,792.88	5,233.34	(440.46)	18,628.24	22,158.36	(3,530.12)
Fundraisers	0.00	500.00	(500.00)	2,156.75	500.00	1,656.75
Literature Sales	5,823.12	3,483.34	2,339.78	19,068.64	13,933.35	5,135.29
Outreach Donatic	(64.50)	(41.67)	(22.83)	(416.69)	(666.68)	249.99
Other Income	65.89	1.66	64.23	192.07	6.64	185.43
Total Incoming	10,617.39	9,176.67	1,440.72	39,629.01	35,931.67	3,697.34
Outgoing						
COGS (Literature	3,963.89	2,750.00	1,213.89	12,622.43	11,000.00	1,622.43
Total Expenses	7,468.65	6,269.85	1,198.80	28,280.20	22,318.62	5,961.58
Total Outgoing	11,432.54	9,019.85	2,412.69	40,902.63	33,318.62	7,584.01
	April Actual	April Budget	Variance	FY23 YTD Actual	Y23 YTD Budget	Variance
Net Income	(815.15)	156.82	(971.97)	(1,273.62)	2,613.05	(3,886.67)

Al-Anon Family Groups of SD Cty, Inc. Board Statement of Financial Income and Expense April 2023

Al-Anon Family Groups of SD Cty, Inc. Board Balance Sheet As of April 30, 2023

	Apr 23	Mar 23	Jan - Apr 23
Ordinary Income/Expense			
Income			
Contributions	4,792.88	3,756.03	18,628.24
Fundraisers	0.00	2,105.00	2,156.75
Interest Income	65.89	59.36	192.07
Literature Sales Income	5,823.12	4,377.13	19,068.64
Donated Inventory Items	(64.50)	(118.64)	(416.69)
Total Income	10,617.39	10,178.88	39,629.01
Cost of Goods Sold			
Cost of Goods Sold	3,963.89	2,993.18	12,622.43
Total COGS	3,963.89	2,993.18	12,622.43
Gross Profit	6,653.50	7,185.70	27,006.58
Expense			
Bank Charges	112.58	171.02	532.57
Employee Hiring Costs	0.00	19.95	19.95
Fundraisers Expenses	0.00	187.31	187.31
Insurance Expenses	(25.00)	976.60	951.60
Office Equipment	52.80	207.74	390.54
Office Supplies	202.61	361.88	760.47
Payroll Expenses	868.84	0.00	868.84
Postage	179.20	219.99	735.17
Professional Fees	4,141.25	2,966.25	15,220.83
Rent	1,286.93	1,286.93	5,261.46
Taxes, Business	0.00	0.00	212.84
Telephone/Internet Bus	563.94	567.61	2,258.98
WEB Expense	85.50	304.14	879.64
Total Expense	7,468.65	7,269.42	28,280.20
Net Ordinary Income	(815.15)	(83.72)	(1,273.62)
Net Income	(815.15)	(83.72)	(1,273.62)

	Apr 30, 23
ASSETS	
Current Assets	
Checking/Savings	
B of A Office Checking 8439	1,651.73
B of A - Bus Invest #0165	63,829.65
B of A Operating Ck 8519	20,791.24
CD 3201 - 7mo	28,786.56
CD 4012 - 13mo	21,539.59
Petty Cash	80.50
Total Checking/Savings	136,679.27
Accounts Receivable	(69.72)
Other Current Assets	
Inventory Asset	21,592.69
Undeposited Funds	865.58
Total Other Current Assets	22,458.27
Total Current Assets	159,067.82
TOTAL ASSETS	159,067.82
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Accounts Payable	2,084.71
Other Current Liabilities	440.34
Total Current Liabilities	2,525.05
Total Liabilities	2,525.05
Equity	
Inventory Opening Bal Equity	39,116.69
Retained Earnings	118,699.70
Net Income	(1,273.62)
Total Equity	156,542.77
TOTAL LIABILITIES & EQUITY	159,067.82

**DISTRICT 69
ENFOQUE EN:
Los Pasos, Tradiciones y
Conceptos
GFA CAMINO A LA
RECUPERACIÓN**

Seremos anfitriones del mes de
Mayo 2023

Quinto Paso: 13 de Mayo

Quinta Tradición: 20 de Mayo

Quinto Concepto : 27 de Mayo

SABADOS DE 7:00AM-8:00AM Pacífico

Zoom ID 384 306 8017

Contraseña 98urz

Estaremos usando como guía

SENDEROS DE RECUPERACIÓN (LAC)

Es muy gratificante un paseo por Zoom viviendo los
Principios!

Voluntarize a su grupo como anfitrión de un mes.

**GRUPOS DE FAMILIA AL-ANON
DISTRITO 78**
con motivo de su
7ma. Aniversaria
Invita a que nos acompañen a la
Junta de Información Pública

PROGRAMA
*Cooperación entre Profesionales y Al-Anon
en el tratamiento del Alcoholismo
/ Erich Swift*
*Alcoholismo y la Familia
/ Miembro Al-Anon*

Jueves 11 am-2 pm | **18** | **2023**
Ma y o

**ALANO CLUB
564 BROADWAY ST
EL CENTRO, CA 92243**

ENTRADA LIBRE

*Al-Anon East County Daytimers
invite you to our 2023 Annual*

**Spring
Luncheon**

Monday, May 22 @ 12:30pm
"Soup & Salad"

Speaker Carol B. @ 1pm
\$4 suggested donation includes one
opportunity drawing ticket.
Additional tickets available:
1:\$1 6:\$5 12:\$10

King Hall
Foothills Methodist Church
4031 Avocado Blvd
La Mesa 91941


Al-Anon Family Groups
Help and hope for families and friends of alcoholics

AL-ANON BILINGUAL WRITING WORKSHOPS
Taller Bilingüe de Al-Anon

(SPANISH / ENGLISH) Hosted by District 69

Zoom link: 395-556-4737 Passcode: 755000

Join us 4-5.30pm (Pacific)
these Sundays! / ¡Domingos!

March 26/ 26 de Marzo; May 28/ 28 de Mayo; July 23/ 23 de Julio;
September 24/ 24 de Septiembre; November 26/ 26 de Noviembre

*Journal about your journey and growth/ Escribe tu trayecto y
crecimiento*

Type or write by hand/ Escribe a mano o computadora

Submission is voluntary/ Compartimiento es voluntario

*For publication in Al-Anon literature/ Para publicacion en
Al-Anon*

Zoom link: 395-556-4737
Passcode: 755000

"Using the tool of writing for spiritual growth."
*"Utilizando la herramienta de la escritura para el
crecimiento espiritual."*



5TH MONDAY SPEAKER MEETING

MONDAY NIGHT CARLSBAD OPEN DISCUSSION

★
STEFANIE D
AL-ANON

★
DUSTIN D.
AA

MONDAY, MAY 29TH 7PM

ST MICHAELS BY THE SEA
2775 CARLSBAD BLVD

DISTRICT 69 ENFOQUE EN: Los Pasos, Tradiciones y Conceptos GFA CAMINO A LA RECUPERACIÓN

Seremos anfitriones del mes de
Junio 2023

Sexto Paso: 3 de Junio

Sexta Tradición : 10 de Junio

Sexto Concepto : 17 de Junio

SABADOS DE 7:00AM-8:00AM Pacífico

Zoom ID 384 306 8017

Contraseña 98urz

Estaremos usando como guía

SENDEROS DE RECUPERACIÓN (LAC)

Es muy gratificante un paseo por Zoom viviendo los
Principios!

Voluntarize a su grupo como anfitrión de un mes.

SAN DIEGO AFG

Speaker Meeting

Saturday, June 3, 2023
6:30pm-8:00pm

10-MINUTE SPEAKER

Deana C
San Carlos Serenity

45-MINUTE SPEAKER

Ron P
Interim Alateen Chairperson for
Intergroup Service Board

HOST GROUP
San Carlos Serenity

LA MESA ADULT ENRICHMENT CENTER
8450 La Mesa Blvd, La Mesa
Bring a snack to share!

2023 Al-Anon Fundraiser for the So Cal AA Convention

Casino Night!

Saturday, June 10, 2023

The doors will open at 4:30pm!

The Sanctuary for Spiritual Living
5446 N. Citrus Avenue
Covina, CA 91722

Admission: \$30.00

You can also purchase tickets at the door!

Featuring:

Gaming Tables & Dealers
Catered Spaghetti Dinner
Raffles
and more!!!

Speakers:

Patty B. Al-Anon
David G. AA



Please contact Lauren B at (626) 484-1233 if you have any questions

71st

SCAAC with Al-Anon Participation



2023 Planning Meetings at The 502 Club

510 S. Second Ave. Covina, CA 91723

**Dates: Feb 12th, March 12th,
April 9th, May 7th, June 11th,
July 9th (walk-thru Pac. Palms),
Aug 13th, and Sept 10th**

**Al-Anon Meetings Starting at 1pm - 3pm
Second Sunday of each month except May 7th 2023**

**Convention: Sept. 29th -Oct 1st 2023
at The Pacific Palms Resort - City of Industry, CA**



2023 AL-ANON INTERNATIONAL CONVENTION JUNE 29-JULY 2, 2023

Albuquerque Convention Center, Albuquerque, NM

REGISTRATION INCLUDES

International Big Meeting, including the Language of Love
Parade (Friday morning)
Family Big Meeting (Saturday night)
Spiritual Big Meeting (Sunday morning)

REGISTRATION FEES

In-Person attendees
\$200 US prior to May 10, 2023
\$250 US after May 10, 2023
Virtual attendees
\$145 US



FOR MORE INFORMATION VISIT

<https://al-anon.org/wso-events/2023-al-anon-international-convention/>

1ST OF JULY

SAN DIEGO AFG

SPEAKER MEETING

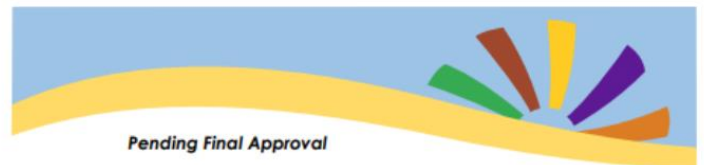
SATURDAY, JULY 1, 2023
6:30PM-8PM

**10-MINUTE
SPEAKER**
LILLY D
NEW BEGINNINGS
ALATEEN

**45-MINUTE
SPEAKER**
CASSIE J
HOPE AFG
CLINTON, NJ

HOST GROUP
SUNDAY SEARCH FOR SERENITY

LA MESA ADULT ENRICHMENT CENTER
8450 LA MESA BLVD, LA MESA



Pending Final Approval

SCAC 2023

Southern California Alateen Conference
July 8th & 9th, 2023



Rejuvenation

University of Redlands
1200 East Colton Ave.
Redlands, CA 92374



Visit <http://scws-al-anon.org>
Click on the "Alateen Events" tab for more info

SCAC Sponsor: Bear W.
SCAC.SCWS@gmail.com
(805) 766-7401

Single Sided Copies Only



ENCORE PRESENTATION !!

A Complimentary Benefit For Al-Anon

THAT'S MY STORY
(AND I'M STICKING TO IT)
A Recovery Musical Play

A Fun-raiser from:
District 69
(North San Diego County)
And Gleanon

Saturday
July 22
7:00pm

Carlsbad Senior Center Auditorium
799 Pine Ave., Carlsbad

Questions? Call or Text Jeff. 760-707-9399
Recovery through Fun and Fellowship

MYOB INVITES YOU TO DROP THE ROCK

WEDNESDAY
JULY 26, 2023
9AM-10:30AM

Join us for breakfast,
raffle prizes and
three 10-minute
speakers as they share
how they learned how to
DROP THE ROCK
through Al-Anon.

MIND YOUR OWN
BUSINESS
36TH
ANNIVERSARY

GAIL B
LIBBY A
ALISE M



ST. DUNSTANS
EPISCOPAL CHURCH
6556 Park Ridge Blvd
San Diego 92120

LONG-TIMERS SERENI-TEA

SATURDAY, JULY 29, 2023
1PM-3:30PM

EVERYONE IS INVITED!

Come and celebrate our long-time Al-Anon members.
Tea and other beverages will be provided.
Please bring a finger food to share.

SPEAKERS

MARCIA M.
MARGARITA K.

Groups are encouraged to donate baskets for the
opportunity drawing with items related to our spiritual
principals (Al-Anon literature, creative gifts, plants).
Event hosted and proceeds to benefit District 72.

ST. LUKE'S LUTHERAN CHURCH

5150 Wilson Street, La Mesa

For questions or for individual or group
copies to share, afg2023lt@gmail.com

71st Southern California AA Convention
With Al-Anon Participation!

Sept 29 – Oct 1, 2023

Save the Date!

at The Pacific
Palms Resort
in the City
of Industry

1 Industry Hills Pkwy, City of Industry, CA 91744
pacificpalmsresort.com · (626) 810-4455

Serene
& Free
in 2023

The committee is excited to announce the addition of an
Al-Anon Young Adults Meeting and a Long Timers Gathering!



Alateen Needs Your Help!

1 in 4 children are affected by someone's drinking.

Substance Abuse and Mental Health Services (SAMHSA)

...without help, these children are 400% more likely to develop substance or alcohol abuse issues of their own!

National Center on Addiction and Substance Abuse

Empowering our youth for the next generation of Alateen

Regional Alateen Membership Drive

Please read this at your meetings!

Dear Al-Anon and Alateen Members,

It's time to circle the wagons... again! Whether a long-term member or a newcomer, Alateen needs your help! As most of us are aware, alcoholism is a multigenerational family disease with complex and harmful repercussions that can affect everyone within its reach, and especially our children. Not only do these conditions in homes threaten the social-emotional stability of children, but it also puts our kids at an increased risk of developing substance abuse, and other emotional issues later in life.

Is the Program working for you?? Wouldn't you want to give it to our children?

I am constantly surprised and reminded of how many Al-Anon members attend Al-Anon meetings while leaving their Alateen eligible children at home.

Alateen provides a safe and healthy forum for children to focus on the dynamics of the disease of alcoholism. Resilience, adversity strategies, coping skills, using the tools of the program, all have helped inform and empower children and their families to make positive and effective decisions when experiencing these adverse conditions.

Have your children try at least 6 meetings, then let them decide! Most meetings include children of ages 10-19.

Where are all the Alateens???

A parent may unwittingly feel a false sense of security in that their children would be left at home alone, to learn about Alateen from them, or on their own. Or that because of the fear of public admonishment, stigma and the perceptions of shame and guilt, they would eventually circle back to help their children safely and privately by themselves, out of the view of a scrutinizing eye.

And many parents may not directly confront or discuss the active controversy about alcoholism with the children in their lives, as a means of insulating their children from the perceived harm it would cause.

It's not "if" your child is affected by a family member who has alcoholism, but to what extent, even if symptoms are not visible.

Alcohol is a family disease! Kids "are" affected by alcoholism in a family member. Can you see how??

- The U.S. Surgeon General has recently declared a state of emergency in teen mental health.
- Symptoms of depression, anxiety, impulsivity, irritability, and suicide attempts are at an all-time high for our youths!
- Mental health symptoms in youths frequently become evident 10 years before they get addressed.
- Many times, our youths struggle with symptoms that go unnoticed and can slip through the cracks. If your child is physically sick or had a temperature, wouldn't you take them to the doctor??
- Parents can be the largest obstacle in processing and helping with their children's symptoms, especially when the alcoholic is living at home.
- Stigma, egos, shame, and fear can all drive our decisions.

So now, the huge ask from each of you for our children.

And as many of you are aware, throughout the pandemic and currently, the Alateen program has sustained a major attrition in the reduction and participation of its members. This is where your individual effort can make a difference!

Please make a special commitment to join in a regional Alateen membership request! Spread the word about Alateen to your children, friends, and family alike, professionals, schools, and associations. Our children deserve an opportunity to begin healing themselves and to recover through the program of Alateen. As most of us would agree, Alateen is considered a safe and comfortable place, and potentially one of the best options for our children to attain recovery from this ravens disease. There are many on-line sources such as videos, blogs, chats, meetings, and face-to-face meetings currently available for our Alateens'. <https://al-anon.org/newcomers/teen-corner-alateen/>

Please support your local Alateen Program!

Talk to your children and others about the benefits of the Alateen program.

If not us, then who?

- Attend and support your local and regional Alateen events, fundraisers, and outreach activities.
- Become an AMIAS (Al-Anon Member in Alateen Service).
- Sponsor an Alateen meeting.
- Start an Alateen meeting concurrently at your Al-Anon meeting location separately, if available.
- Suggest a child try 6 meetings, and then decide for themselves.
- Post the Alateen tent card (M-80) regularly at your meetings.
- Read the Alateen "20 Questions" at your meetings.
- Have Alateen hand-outs and newcomer packets available at your Al-Anon meetings.
- Lead an Al-Anon meeting using the Alateen format.
- Have discussions in your meetings about how you can help spread the word of Alateen.
- Alateen is Al-Anon
- Alateen is available in-person and on-line.
- Add an Alateen announcement to your regular Al-Anon meeting opening format script:

"Alateen is part of Al-Anon. If you know a young person whose life has been affected by someone else's drinking, please give them the same chance to recover in Alateen that you have in Al-Anon! There are options for Zoom, chat, and face to face Alateen meetings available!"

If you know a teen who answers yes to some of these 20 questions, Alateen may be able to help!

- | | |
|---|--|
| 1) Do you have a parent, close friend or relative whose drinking upsets you? | 11) Do you make promises about behavior, such as, "I'll get better school marks, go to church or keep my room clean" in exchange for a promise that the fighting and drinking will stop? |
| 2) Do you cover up your real feelings by pretending that you don't care? | 12) Do you feel that if your mom or dad loved you, he or she would stop drinking? |
| 3) Are holidays and gatherings spoiled because of drinking? | 13) Do you ever threaten or actually hurt yourself to scare your parents into saying "I'm sorry," or "I love you?" |
| 4) Do you tell lies to cover up for someone else's drinking or what's happening in your home? | 14) Do you believe no one could possibly understand how you feel? |
| 5) Do you stay out of the house as much as possible because you hate it there? | 15) Do you have money problems because of someone else's drinking? |
| 6) Are you afraid to upset someone or fear it will set off a drinking bout? | 16) Are mealtimes frequently delayed because of the drinker's abusive behavior? |
| 7) Do you feel nobody really loves you or cares what happens to you? | 17) Have you considered calling the police because of the drinker's abusive behavior? |
| 8) Are you afraid or embarrassed to bring your friends home? | 18) Have you refused dates out of fear or anxiety? |
| 9) Do you think the drinker's behavior is caused by you, other members of your family, friends, or rotten breaks in life? | 19) Do you think your problems would be solved if the drinker stopped? |
| 10) Do you make threats such as, "If you don't stop drinking, fighting, I'll run away?" | 20) Do you ever treat people (teachers, schoolmates, teammates, etc.) unjustly because you are angry at someone else for drinking too much? |

Give our kids a choice! Give them the gift of Al-Anon/Alateen.

<https://al-anon.org/newcomers/what-is-al-anon-and-alateen/>

If you would like more information or are considering Alateen service, please contact Ron P., District 69 at: D69AlateenOutreach@gmail.com or go to: <https://www.alanonsandiego.org/> to find an Alateen meeting.



Alateen

A safe place where kids can share!

1 in 4 children are affected by alcoholism.

Al-Anon Family Groups

Help and hope for families & friends of alcoholics

Alateen Meetings

Now Back In-Person!



Together we can make it!

- **Free to Be Me Alateen**
Rancho Penasquitos, 92129/AT
Sunday 7:00-8:15pm
Penasquitos Lutheran Church
14484 Penasquitos Dr.

- **Never Alone Alateen**
Encinitas, 92024/AT
Thursday 6-7pm
Seacoast Comm. Church
1050 Regal Road, Rm A7

Alateen is part of Al-Anon

District 69 - North County Coastal & Inland

For more information go to: www.alanonsandiego.org or www.al-anon.org (AT) - Al-Anon meetings held at same time and location

- **Alateen Meeting**
Vista, 92084/AT
Monday 6:30pm
North Coast Church
2405 N. Santa Fe Ave.
2nd grade classroom

- **High School Programs Available**
Check with your local San Diego AIS office

Alateen - Give our kids a choice!

Alateen is a place just for kids affected by someone else's alcoholism



Alateen - A safe place where kids can share!

Al-Anon Family Groups

Help and hope for families & friends of alcoholics

Give our kids a choice!

1 in 4 children are affected



District 69/San Diego North County
Alateen Outreach Committee
All Al-Anon Members Welcome

Alateen in Schools

Get Involved!

School Professional Contacts Needed:

- Counselors
- Therapists
- Staff and Administration
- County Board Members

A tough and taskforce committee to explore the potential of establishing a long term, organized, and sustainable support system for Alateen meetings in middle and/or high school venues in Southern California.

Call Ron P. for more details at (619) 322-8558 or email at: D69AlateenOutreach@gmail.com

Alateen is a place just for kids affected by someone else's alcoholism
Together we can make it!