

619.296.2666 (24/7)

Office@AlanonSanDiego.org

www.AlanonSanDiego.org

2667 Camino Del Rio South, Suite 208
San Diego, CA 92108



Website Version

VOL. 53 NUMBER 7 / July 2023

STEP SEVEN

Humbly asked Him to remove our shortcomings.

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

TABLE OF CONTENTS

1	Service Board / Message
2	Office Report
2-4	Al-Anon Event Calendar
4	Al-Anon Meeting Updates
5	Alateen
6	Board/ISR/District Meetings
6	District News (links)
6	Intercom Stats
7	Group Contributions
8	Financials
9-13	Flyers

BOARD MESSAGE

We are already halfway through 2023, and we've done some great things. The San Diego AIS Board has hired a Web Assistant and Office Assistant. Our Web Coordinator has managed many updates and improvements to San Diego's Al-Anon website and, along with the Interim Intercom Chair, they have made beautiful changes to the Intercom. The Outreach Liaison has consistently extended to Spanish and English communities the help and hope Al-Anon has to offer. Also, the Interim Alateen Chair has reached out to schools and meetings, spreading more knowledge of how we might help our teens gain the same help and hope.

I invite our members to practice outreach wherever they can and spread the serenity Al-Anon has given you. July is packed with events beginning with the Al-Anon International Convention and ending on July 2, SCAC (Southern California Alateen Conference) July 8-9 is happening for the first time in over six years, and Al-Anon will have a booth for a second-year at the Pride Festival. We finish the month with a salute to our long-timers with a Long-Timers Sereni-Tea on July 29, in which all are welcome.

Gratefully in service,
Anita R
Chairperson
Al-Anon Information Service Board, San Diego County

OFFICE REPORT

OFFICE REPORT CALLS

MAY 2023

Total phone calls received	165	Number registered Groups	165
- for meeting information	47	- Al-Anon English	137
- calls to answering service	66	- Al-Anon Spanish	21
- referred to 12th steppers	2	- Alateen	7

VOLUNTEER HOURS

THROUGH MAY 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	147								804

FREE NEWCOMER PACKETS

THROUGH MAY 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	62								313

Take your recovery up a notch and become an office volunteer! Shifts are only three hours, and you can volunteer as little as once a month.

Kristen S
Office Chair



We will be closed
Tuesday, July 4 in
observance of
Independence Day.

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
EMAIL

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

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

AL-ANON EVENT CALENDAR

Thursday, June 29, 2023, 12pm-1pm

San Marcos Noon AFG invites you to their guest speaker meeting – Speakers are Pat and George M – Healy Hall of St. Mark’s Church, 1147 Discovery Street, San Marcos, 92078 ***FLYER***

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/> ***FLYER***

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! ***FLYER***

Saturday & Sunday, July 8-9, 2023

SCAC is a safe and supportive opportunity for Alateen members in the Southern California area to share experience, strength, and hope, with other Alateens - Southern California Alateen Conference at the University of Redlands, 1200 East Colton Avenue, Redlands, CA 92374

Sunday, July 9, 2023, 5:30pm-7pm

Working the Steps, Traditions, and Concepts AFG is celebrating 22 years! Join us with a potluck at 5:30pm with the speakers starting at 6pm – Speakers Kate G and Michelle B – St. Peter’s Episcopal Church, 334 14th Street, Del Mar, 92014 ***FLYER***

Monday, July 10, 2023, 7pm

Search for Peace 2nd Monday of the Month Speaker Meeting – Speaker: Shaun from Serenity at the Lake – The Hall, 4880 Zion Avenue, Allied Gardens 92120

Saturday & Sunday, July 15-16, 2023, 2pm-8pm

LGBT Let It Begin with Me has volunteer opportunities to provide Al-Anon to the patrons at the San Diego Gay Pride Festival, Balboa Park, San Diego – **SIGN UP BY JULY 7** – Complimentary festival entrance fee for volunteers, volunteer relaxation area with refreshments, and free transportation shuttle to and from the festival - Contact AlanonPride@yahoo.com ***FLYER***

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

Women’s AFG 39th Anniversary – Celebrate with us for fellowship, food, fun, and recovery – dessert and speaker meeting – Speaker: Joy B. – Bring a sweet treat to share – Foothills Church, Adult Ministry Building, 365 Bradley Avenue, El Cajon ***FLYER***

Thursday, July 20, 2023, 6:30pm-7:30pm

Early Thursday Nighters – Join us for our 27th Anniversary speaker meeting and finger-food and beverages potluck – Speaker: Silviano C – bring a dish to share – Christ Lutheran Church, 7929 La Mesa Blvd, La Mesa 91941

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 ***FLYER***

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 ***FLYER***

Saturday, July 29, 2023 – 1pm-3:30pm

Long-Timers Sereni-Tea – **EVERYONE IS WELCOME** – if you know of a member who has been in Al-Anon for 25 years or more, please send their name and contact information to Vickie I at afg2023lt@gmail.com – Speakers are Marcia M and Margarita K – Tea and other beverages will be provided – bring finger food to share *and your favorite teacup* – 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 ***FLYER***

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

Saturday, August 5, 2023, 6:30pm-8:00pm

San Diego AFG Monthly Speaker Meeting – 10 Minute Speaker: Kurt S and 45 Minute Speaker: Trenta, both from Let It Begin With Me LGBT+ AFG – Host Group: Let It Begin With Me LGBT+ AFG – La Mesa Adult Enrichment Center 8458 La Mesa Blvd, La Mesa 91941 – bring a snack to share! ***FLYER***

Friday-Sunday, September 29-October 1, 2023

71st Southern California AA Convention with Al-Anon Participation – Serene & Free in 2023 – The Pacific Palms Resort, 1 Industry Hills Parkway, City of Industry, CA 91744 – [CLICK HERE](#) for more information – The Al-Anon committee is selling convention-themed t-shirts, tote bags, emblems, etc. to help fund our participation in the convention – [CLICK HERE](#) for the flyer ***FLYER***

AL-ANON MEETING UPDATES / NEED SUPPORT

Al-Anon Meeting Updates/Need Support will be posted for three months.

If you would like to continue to have your meeting listed, please resubmit your meeting [HERE](#).

Tuesday, June 27/ Tuesday, July 4 / Tuesday, July 11, 2023, 7pm – MEETINGS NOT HAPPENING

Due to special events, the Women’s AFG meeting place is **NOT AVAILABLE** – meeting is at Foothills Christian Church, Building A-2, 365 W. Bradley Avenue, El Cajon, 92020 – meetings will resume as usual on July 18 – see you then!

Sundays 9:10am-10am²

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 5:30pm³

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.

Monday 9am-10am – NEW MEETING STARTING JULY 1²

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 7pm-8pm³

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!

Thursdays 12:15pm-1:15pm²

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 5:30pm-6:30pm³

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

Saturdays 8:00am-9:00am – NEW MEETING!

Women’s Total Sharing Meeting – beginning July 1, 2023 -Moonlight State Beach, Encinitas – the meeting is on the grass next to the playground – bring a towel or beach chair – ***FLYER***

SCAC IS BACK! July 8-9, 2023

SCAC is a safe and supportive opportunity for Alateen members in the Southern California area to share experience, strength, and hope, with other Alateens - Southern California Alateen Conference at the University of Redlands, 1200 East Colton Avenue, Redlands, CA 92374 – You can help by contributing to make this event happen! ***FLYER***

ALATEEN MEETINGS

Mondays 6pm-7pm NEW AND GOING GREAT!³

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**

Thursdays 6pm

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

Thursday 6:30pm

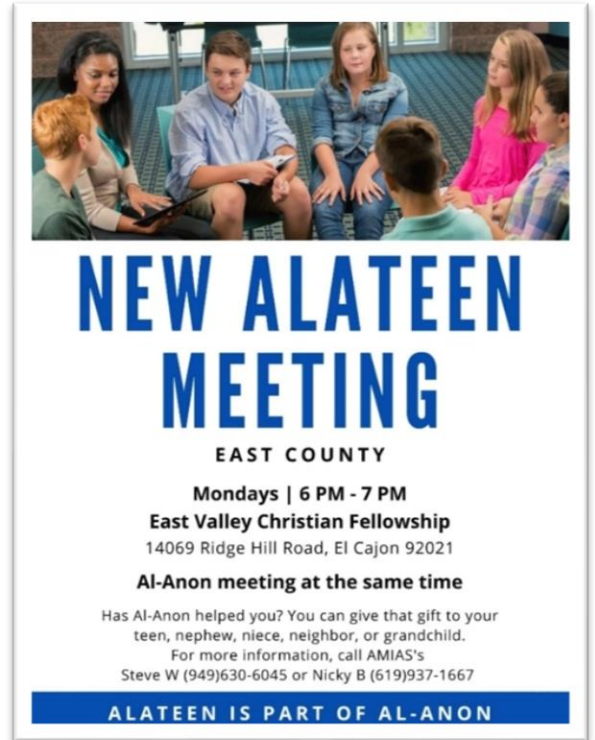
I’m Ok, I Belong, I Am Not Alone – **ONLINE ONLY**

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 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



BOARD / ISR / DISTRICT MEETINGS

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

Next Meeting: July 8, 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

In-person and on Zoom – In person at Lakeview Mobile Estates Clubhouse, 809 Discovery Street, San Marcos, 92078 – We'd love to see you there! – On Zoom at 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>

INTERCOM STATS – IT'S YOUR NEWSLETTER!

Our goal with the Intercom change was to increase engagement. We wanted to make it something our members wanted to read and share. With our new format and delivery software, we have more information. For example, for our June Intercom:

544 emails were sent

374 of those emails were opened

1,183 total opens (this means that people are opening the email more than once)

208 downloads of the Intercom



On June 6, we removed 94 emails from people who never opened the email. We sent an email letting them know that we were doing this, and, of those, 26 people opened it, and 11 people subscribed! More updates to come!

Share the serenity and share the Intercom!

GROUP CONTRIBUTIONS

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

	May 23	Jan - May 23
AFG Recovering Adult Child	120.00	250.00
Alegria de Vivir AFG	50.00	100.00
Alpine AFG	70.00	270.00
Back to Basics	0.00	12.00
Bonita PTA	308.00	608.00
Bonita Reencuentro Grupo	0.00	60.00
Book Study AFG	0.00	100.00
Changing Attitudes Fri AM	262.98	417.18
Chula Vista Al-Anon	0.00	167.00
Clairemont Daytime AFG	0.00	164.50
Clairemont Friday Night AFG	0.00	100.00
Courage to Change Fri AM	0.00	25.00
Courage to Change Poway	50.00	395.00
Del Mar Early Birds	140.00	140.00
Del Mar Lunch Bunch	0.00	715.00
Del Mar Sunnyside UP AFG	0.00	20.00
Drop the Rock	0.00	204.40
Early Thursday Nighters AFG	0.00	100.00
East County Daytime AFG	0.00	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	10.80	176.25
Freedom From Despair	0.00	50.00
Friday Night Courage to Change Virtual	0.00	140.00
From Survival to Recovery	0.00	25.00
Grupo Espiritualidad	148.00	303.00
Happy Joyous And Free AFG	0.00	279.20
Hilltop AFG	0.00	100.00
Hope For Today Survival To Recovery AFG	0.00	60.00
How It Works AFG	0.00	12.00
How it Works Electronic	200.00	200.00
Just for Today RP AFG	0.00	105.11
Keeping the 4th Step Real	50.00	50.00
La Costa Live And Let Live AFG	0.00	80.00
Let It Begin With Me LGBTQ AFG	70.00	210.00
Let It Begin with Me Step Study	65.00	65.00
Live and Let Live-El Cajon	85.02	428.52
Lost and Found	133.00	133.00
Loving Traditions	0.00	80.00
Men in the Park	0.00	400.00
Mind Your Own Business AFG	0.00	253.50
Miramar Mens Group AFG	0.00	50.00
Monday Open Topic	0.00	25.00
Moonlight Beach Just For Today AFG	0.00	300.00
New View AFG	160.00	300.00
North Clairemont AFG	50.00	150.00
North County Men's Alanon	360.00	770.00
Outdoor Recovering Together	0.00	125.00
Parents AFG of North County Inland	0.00	100.00
Parents One Day at a Time AFG	350.00	350.00
Parents Seeking Serenity AFG	0.00	200.00
Paths To Recovery AFG Enc	36.00	36.00
Paz Mental	0.00	250.00
Poway Rancho Bernardo AFG	200.00	300.00
Power Lunch AFG	0.00	140.00
Rancho Snta Fe Lunch Bnch	247.70	807.70
RB Lunch Bunch	60.00	190.00
San Carlos Serenity Alanon	0.00	140.00
San Diego AFG Speaker Meeting	300.00	300.00
San Marcos Noon AFG	0.00	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	193.50	617.25
Serenity in Scripps	100.00	100.00
Sky's the Limit AFG	0.00	82.00
Step by Step Monday	0.00	300.00
Stepped Up By-The-Sea Womens	0.00	10.00
Strictly AFG	0.00	215.00
Sunday Night Courage to Change	0.00	100.00
Sunday Search for Serenity	0.00	150.00
Sunday Serenity Social AFG	8.82	8.82
Sunset Step Study AFG	206.00	206.00
Survival to Recovery	0.00	162.60
The Solution AFG	0.00	152.32
Tri-City Daytime	0.00	80.00
UC Lunch bunch Thurs Electronic	0.00	150.00
UC Thursday Lunch Bunch	0.00	60.00
Understanding Ourselves Electronic	0.00	71.00
Various Customers	0.00	2.05
Wed Night AFG for Parents	150.00	675.00
Wed Night Step Study	200.00	200.00
What a Concept AFG	0.00	296.00
Willingness to Change AFG	0.00	128.00
Women's AFG - El Cajon	81.00	412.00
Women's Let It Begin With Me Vista	80.00	80.00
Womens Electronic AFG	0.00	43.75
Working the Steps, Trad, Concepts Study	0.00	120.00
TOTAL	4,543.82	16,947.81

FINANCIALS

FY23 Budget Performance Recap

May 2023

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

	May 2023			FY 23 Year to Date		
	Actual	Budget	Variance	YTD Actual	YTD Budget	Variance
Incoming						
Contributions	5,739.53	5,233.33	506.20	24,367.77	27,391.69	(3,023.92)
Fundraisers	767.06	500.00	267.06	2,923.81	1,000.00	1,923.81
Literature Sales	7,070.32	3,483.34	3,586.98	26,145.22	17,416.69	8,728.53
Outreach Donatic	(733.73)	(166.67)	(567.06)	(1,149.68)	(833.35)	(316.33)
Other Income	138.09	1.67	136.42	330.16	8.31	321.85
Total Incoming	12,981.27	9,051.67	3,929.60	52,617.28	44,983.34	7,633.94
Outgoing						
COGS (Literature	4,716.36	2,750.00	1,966.36	17,345.79	13,750.00	3,595.79
Total Expenses	9,209.72	6,994.84	2,214.88	37,414.72	29,313.46	8,101.26
Total Outgoing	13,926.08	9,744.84	(4,181.24)	54,760.51	43,063.46	11,697.05
Net Income						
	(944.81)	(693.17)	(251.64)	(2,143.23)	1,919.88	(4,063.11)

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

Al-Anon Family Groups of SD Cty, Inc. Board Balance Sheet As of May 31, 2023

	May 23	Apr 23	Jan - May 23
Ordinary Income/Expense			
Income			
Contributions	5,739.53	4,792.88	24,367.77
Fundraisers	767.06	0.00	2,923.81
Interest Income	138.09	65.89	330.16
Literature Sales Income	7,070.32	5,822.97	26,145.22
Donated Inventory Items	(733.73)	(64.35)	(1,149.68)
Total Income	12,981.27	10,617.39	52,617.28
Cost of Goods Sold			
Cost of Goods Sold	4,716.36	3,963.89	17,345.79
Total COGS	4,716.36	3,963.89	17,345.79
Gross Profit	8,264.91	6,653.50	35,271.49
Expense			
Parking & Mileage	80.00	0.00	80.00
Bank Charges	171.42	112.58	703.99
Business Licenses & Fees	50.00	0.00	50.00
Employee Hiring Costs	0.00	0.00	19.95
Fundraisers Expenses	35.25	0.00	222.56
Insurance Expenses	0.00	(25.00)	951.60
Office Equipment	0.00	52.80	390.54
Office Supplies	118.05	186.62	862.53
Payroll Expenses	796.44	868.84	1,665.28
Postage	604.20	119.99	1,280.16
Printing	76.23	0.00	76.23
Professional Fees	4,965.74	4,141.25	20,186.57
Rent	1,400.67	1,286.93	6,662.13
Taxes, Business	0.00	0.00	212.84
Telephone/Internet Bus	830.20	563.94	3,089.18
WEB Expense	81.52	85.50	961.16
Total Expense	9,209.72	7,393.45	37,414.72
Net Ordinary Income	(944.81)	(739.95)	(2,143.23)
Net Income	(944.81)	(739.95)	(2,143.23)

	May 31, 23
ASSETS	
Current Assets	
Checking/Savings	
B of A Office Checking 8439	1,080.60
B of A - Bus Invest #0165	63,830.19
B of A Operating Ck 8519	22,229.57
CD 3201 - 7mo	28,861.43
CD 4012 - 13mo	21,602.27
Petty Cash	80.50
Total Checking/Savings	137,684.56
Accounts Receivable	(69.72)
Other Current Assets	
Inventory Asset	20,290.82
Undeposited Funds	1,385.34
Total Other Current Assets	21,676.16
Total Current Assets	159,291.00
TOTAL ASSETS	159,291.00
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	3,617.84
Total Liabilities	3,617.84
Equity	
Inventory Opening Bal Equity	39,116.69
Retained Earnings	118,699.70
Net Income	(2,143.23)
Total Equity	155,673.16
TOTAL LIABILITIES & EQUITY	159,291.00



NEW AFG WOMEN'S KEEP IT SIMPLE, TOTAL SHARING MEETING

Saturdays at 0800-0900 am

At Moonlight State Beach, Encinitas

Located on grass, next to the Playground

To start July 1, 2023
Bring your beach towel/chair

For more information please call:
Rebeca O. 760-613-3634

University of Redlands
1200 East Colton Avenue
Redlands, CA 92374

SCAC 2023

SOUTHERN CALIFORNIA ALATEEN CONFERENCE JULY 8-9, 2023

CONTRIBUTIONS NEEDED!

CHECKS
Make payable to AFG District 72
'Please put 'Alateen' on the check'
Mail to: Lundie C (District Rep)
2113 Jarama Court, El Cajon, CA 92019

VENMO & ZELLE
@miriam-mckenna / (619)461-8686
Note: Alateen

More Info: <http://scws-al-anon.org>
Click on 'Alateen Events'
Password: SCAC




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

We invite you to the
San Marcos Noon AFG
Guest Speaker Meeting
Thursday, June 29, 2023, Noon to 1:00.
Healy Hall of St Mark's Church
1147 Discovery Street, San Marcos

We welcome
Pat and George M.
as our guest speakers.





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

Join in the Birthday Celebration...

Working the Steps, Traditions, and Concepts
is celebrating 22 years.

Join us and listen to speakers:

Michelle B.

And

Kate G.

Potluck and Birthday Cake!

When: July 9th, 2023

Time: Potluck starts at 5:30 PM.
Meeting and speakers at 6:00 PM.

Where: St. Peter's Episcopal Church, 334 14th St.,
Del Mar, CA 92014

Al-Anon Recovery Booth San Diego's Gay Pride Festival.

San Diego Gay Pride Festival

Al-Anon is sponsoring a booth for the 2nd year at San Diego's Gay Pride's Recovery Village in Balboa Park.



Enjoy Fellowship and Service as a Volunteer

Recovery Village is a Carnival themed extension of the PRIDE Festival. Health and wellness organizations, community resources information booths and other 12 step recovery groups are available to the public. This is a place where we share our experience, strength and hope with festival guests who stop by our booth.

Saturday and Sunday
July 15 and 16th

Come Anytime to Volunteer
Between 2 p.m. - 8 p.m.

E-mail: Matt K. For Event Details
AlanonPride@yahoo.com

Make sure your name is on
the volunteer list by July 7



Complimentary Festival Entrance Fee for Volunteers
Volunteer Relaxation Area with all kinds of refreshments
Free Transportation Shuttle to and from the festival.

Come help us Celebrate!!

**Tuesday Woman's AFG
39th Anniversary Celebration**

Sweet Treats & Speaker Meeting

Tuesday July 18, 2023

6:00pm to 7:30pm Dessert & Meeting

Speaker: Joy B.

**Location: Foothills Christian Church
Adult Ministry Building
365 West Bradley, El Cajon, 92020**

Bring a sweet treat to share!!!

In keeping with the 7th Tradition ALL contributions made during this meeting will be sent to the San Diego Al-Anon office

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 Gleeanon**

**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

6150 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



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

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



To download any of the flyers, click on

www.AlanonSanDiego.org/flyers

With your mouse, hover on the flyer that you want, do a right click and select "save image as."

You can do it!

If you would like a flyer emailed to you, email:

Susan at intercom@alanonsandiego.org.



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!