



VOL. 54 NUMBER 3 – MARCH 2024

STEP THREE

Made a decision to turn our will and our lives over to the care of God *as we understood him.*

2024 SERVICE BOARD

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

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BOARD MESSAGE

Dear Al-Anon Friends,

We are excited to announce the upcoming GleeAnon Al-Anon Musical - a fundraising event supporting our San Diego County Al-Anon Information Service Office (SDC AISO). This event occurs on February 24, 2024, at 7:00 PM in Del Mar. Details are outlined in the Calendar of Events below and the attached flyer. Please join us for an evening of fun, fellowship, and surprises!

The SDC AISO board would like to encourage all San Diego service area groups to participate in decisions impacting the local office and its outreach efforts by having a dedicated Information Service Representative (ISR). ISRs are the conduit for information between the SDC AISO board and your Group. If your Group does not have an ISR, please discuss this in your next business meeting and encourage participation. The commitment is only 90 minutes six times a year on a Saturday morning. We need valuable input from the Groups and hope to see more ISRs at the March 9, 2024 meeting.

Thank you for supporting the San Diego office!

Cindi H., Interim Chair
 SD AIS Board

OFFICE REPORT

OFFICE REPORT CALLS

JANUARY 2024

Total phone calls received	175	Number registered Groups	169
- for meeting information	37	- Al-Anon English	139
- calls to answering service	55	- Al-Anon Spanish	23
- referred to 12th steppers	3	- Alateen	7

VOLUNTEER HOURS

THROUGH JANUARY 2024

Year	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
2023	185	157	157	158	147	137	171	157	147	147	161	165	1889
2024	159												

FREE NEWCOMER PACKETS

THROUGH JANUARY 2024

Year	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
2023	67	78	64	42	62	4	22	36	29	42	35	21	502
2024	48												

We are extremely thankful for the 1,889 hours our volunteers have dedicated during 2023! However, we still require more assistance to fill open shifts on weekdays. The shifts are only 3 hours long and are available from 10am-1pm or 1pm-4pm. We kindly request you to consider joining us as a volunteer. Click on the provided link to volunteer today!

<https://www.alanonsandiego.org/volunteer-form>

SAN DIEGO OFFICE HOURS

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

CALL US

(619)296-2666 (24/7)

EMAIL

office-chair@alanonsandiego.org

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

AL-ANON EVENT CALENDAR

Saturday, February 24, 2024, 7am

Camino a la Recuperacion AFG invites you to their 3rd Anniversary Celebration – Zoom ID: 384 306 8017
 Passcode: 98urz ***FLYER***

Saturday, February 24, 2024, 7pm

GleeAnon and San Diego AIS present “Let’s Turn It Over Again” – a fun night of recovery and entertainment – Come and hear the all-new recovery musical – This is a fundraiser for San Diego AIS – St. Peter’s Episcopal Church, 1 Parish Lane, Del Mar 92014 – \$25 suggested contribution per ticket (free admission for children under 16) - \$20 early-bird tickets can be purchased online at www.alanonsandiego.org – For questions, email Trenta at vice-chair@alanonsandiego.org ***FLYER***

Monday, February 26, 2024, 6pm

Speaker Meeting and Potluck – Speaker: Werner B from Escondido – 2405 N. Santa Fe Avenue, Room 5, Vista 92084 – In person and on Zoom – Zoom ID: 896 108 326 Passcode: 621517

Thursday, February 29, 2024, 12pm-1pm

San Marcos Noon AFG Speaker Meeting – Speaker: Sandra L – St. Mark’s Church, Healy Hall, 1147 Discovery Street, San Marcos ***FLYER***

Saturday, March 2, 2024, 6p:30m-8pm

San Diego AFG Speaker Meeting – 15 Minute Speaker: Felix A - 45 Minute Speaker: Will H - Host Group: San Carlos Serenity - La Mesa Adult Enrichment Center, 8450 La Mesa Blvd, La Mesa ***FLYER***

Monday, March 11, 2024, 7pm

Search for Peace Second Monday of the Month Speaker Meeting – Speaker: TBA – Mission Trails Church, 4880 Zion Avenue, San Diego 92120 – Meeting is held in The Hall with easiest access from the upper parking lot – follow the sidewalk adjacent to the parking lot.

Saturday, March 16, 2024, 6pm-9pm

Bingo Night Part Deux! Al-Anon participation at the San Diego Spring Round Up Fundraiser. We had such a great time that we're doing it again! Tickets are \$10 for eight bingo cards, and additional cards are available for \$1 each – There will be an opportunity drawing (and drawing the winners) for a 1-night hotel stay, 1 Al-Anon luncheon ticket, 1 AA dinner ticket, one spiritual breakfast ticket at \$5 each – Please bring a dessert to share and donations for the drawing – St. Luke’s Lutheran Church, 5150 Wilson Street, La Mesa ***FLYER***

Wednesday, March 20, 2024, 11am

Happy, Joyous, and Free invites you to their Anniversary Speaker Meeting – Speaker: Libby A – Finger food buffet will be served - Pathways Community Church, 926 Carlston Hills Blvd, Santee 92071 – Please join us!

FLYER

Friday and Saturday, March 29-30, 2024 SAN DIEGO SPRING ROUND-UP

The San Diego Spring Round Up with Al-Anon Participation – Town & Country Hotel Resort & Convention Center, San Diego - Join us this weekend for an incredible fellowship and recovery event, including Al-Anon speakers, panel sessions, luncheon, and marathon meetings – registration is \$45 and is OPEN NOW at www.SanDiegoRoundUp.com ***FLYER***



ALATEEN IS AT THE ROUND UP!

Share recovery with your kids by having them participate in Alateen at the Round-Up! Be sure to register – see the flyer for the information ***FLYER***

JOIN US FOR THE AL-ANON LUNCHEON AND SPEAKER! SATURDAY, MARCH 30, 2024 11:30AM

Join us for fellowship and a fabulous luncheon at the Round Up! A lovely buffet luncheon with soup and salads, sea bass and grilled sirloin, roast vegetables with soy ginger dressing, select desserts including dark chocolate mousse cake, and beverages - \$60 per person ***FLYER***

WE NEED VOLUNTEERS! NO EXPERIENCE REQUIRED! We need greeters, help at registration and the literature tables, marathon meeting leaders, and more. It’s fun! Contact Jennifer M, SDSRU Volunteer Chair, at jenyjohn@yahoo.com. QR code to sign up online on the ***FLYER***

WE NEED YOUR COOKIES! For the hospitality room – Pre-packaged cookies preferred ***FLYER***

Saturday, April 6, 2024, 7pm

GleeAnon presents “Let’s Turn It Over Again,” an off-off-off Broadway musical play – A fun-raiser brought to you by District 69 – Finger foods appreciated – 7th Tradition observed – Carlsbad Senior Center, 7999 Pine Avenue, Carlsbad ***FLYER***

Saturday, April 6, 2024, 6:30pm-8pm

San Diego AFG Speaker Meeting – Host Group: San Carlos Serenity - La Mesa Adult Enrichment Center, 8450 La Mesa Blvd, La Mesa ***FLYER***

Wednesday, April 17, 2024, 7pm

Wednesday Night Recovering Adult Children AFG – Quarterly Speakers Meeting – Speaker: Steve W from Men at the Park Al-Anon – Zoom Only – Zoom ID: 820 8843 9289 Passcode: hope4today

Friday, April 26-Sunday, April 28, 2024

47th Annual Southern California Al-Anon Family Groups Convention – DON'T STOP BELIEVING AFG 2024 – Doubletree Hotel in Ontario, CA – Online registration at www.afgconvention.org ***FLYER***

AL-ANON MEETING UPDATES / NEED SUPPORT

Mondays 4pm – New Electronic Information²

How It Works AFG – Zoom ID: 384 822 9789 Passcode: serenity

Literature study – uses the book How Alanon Works for Families and Friends of Alcoholics

Mondays 6:30pm – NEW MEETING²

Joy in the Journey Eastlake AFG

Eastlake Church, 990 Lane Avenue, Chula Vista 91914 – Parking is available in front of the office building – enter the door furthest south and follow the signs – We hope to see you there!

Mondays 6:30pm – NEW YOUNG ADULT MEETING³

Progress Not Perfection AFG

Good Samaritan Episcopal Church, 4321 Eastgate Mall, San Diego, 92121

Tuesdays 10am-11:30am – Every 4th Tuesday³

New View AFG invites everyone to join us to discuss the Concept of the Month – Atonement Lutheran Church, 10245 Loma Rancho Drive, Spring Valley 91978 ***FLYER***

Tuesdays 6:30pm-7:30pm – New Meeting²

Courage to Change AFG – Valley Center Community Hall, 28246 Lilac Road, Valley Center 92082 – meeting in room #3 upstairs.

Tuesdays 8pm – New Time²

Encinitas Tuesday Night Total Sharing Meeting changed its time from 7pm – location remains the same at the Encinitas Community & Senior Center, 1140 Oak Crest Drive, Encinitas 92024 – **HYBRID MEETING** – Zoom ID: 842 1194 0363 Passcode: 825445

Thursdays 6:30pm-7:30pm²

Early Thursday Nighter's AFG at a new location – Now St. Luke's Lutheran Church, 5150 Wilson Street, La Mesa – meeting located in Fellowship Hall – Park on the street or the north side of the church.

NOTE: Al-Anon Meeting Updates/Need Support will be posted for three months. If you have a meeting update or need support to continue to have your meeting listed, please submit your meeting [HERE](#).

ALATEEN MEETINGS

Mondays 6pm – El Cajon

New Beginning Alateen - East Valley Christian Fellowship, 10469 Ridge Hill Road, El Cajon 92021 (with a concurrent Al-Anon Meeting)

Mondays 6:30pm - Vista

Serenity Alateen – North Coast Church, 2405 N Santa Fe Ave, 2nd Grade Classroom, Vista 92084 – Go down the side of the building next to where the Al-Anon group meets, turn right, where the building ends, and walk to the second-grade classroom – NEWCOMERS WELCOME

Wednesdays 6pm-7pm – San Diego

Wednesday Night Alateen – HYBRID (In person and on Zoom) - Good Samaritan Episcopal Church, Second Floor, 4321 East Gate Mall, San Diego 92121 – Zoom ID: 854 5371 7802 For Passcode call Angela (619) 890-8456

Thursdays 6pm - Encinitas

Never Alone Alateen - Seacoast Community Church, Room A-7, 1049 Regal Road, Encinitas 92024 - Ages 8-18 - meets at the same time as Stepped-Up By-the-Sea Women's AFG

Thursdays 6:30pm – Chula Vista

I'm OK, I Belong, I Am Not Alone – Risen Savior Church – 625 Otay Lakes Road, Chula Vista

Sunday 7:00pm

Free To Be Me Alateen – Penasquitos Lutheran Church, 14484 Penasquitos Drive, San Diego, 92129 – meet in room B-201 upstairs – meets at the same time as Just for Today AFG *FLYER*

BOARD / ISR / DISTRICT MEETINGS

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

Next Meeting: February 10, 2024, 9am
Zoom ID 752 699 5666 Passcode EKH6dK

ISR - 2nd Saturday of every odd-numbered month

Next Meeting: March 9, 2024, 10:30am
Zoom ID 752 699 5666 Passcode EKH6dK

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

Next Meeting: March 12, 2024, 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 Passcode 755000

District 72 Meeting – 4th Saturday of every even-numbered month

Next Meeting: February 24, 2024, 9:30am Meeting in person at Atonement Lutheran Church, 10245 Loma Rancho Drive, Spring Valley, and on Zoom at Zoom ID 873 7462 1618 Passcode 702639

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

Next Meeting: March 18, 2024, 6:30pm
Zoom ID 822 4085 1324 Passcode 75

<https://us02web.zoom.us/j/82240851324?pwd=QUJMaFp1Tmx0RHlaMzVmVjVnL2lrUT09>

AREA NEWS AND INFORMATION

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>

ISR Page <https://www.alanonsandiego.org/isr>

AISL Page <https://www.alanonsandiego.org/aisl>

San Diego ISR Board Alateen <https://www.alanonsandiego.org/latest-news-reports>



**JOIN US AT THE
SAN DIEGO SPRING
ROUND-UP**

MARCH 29-30, 2024

**Town & Country Resort & Convention Center
San Diego, CA**

CLICK HERE TO
REGISTER
OR USE THE QR
CODE WITH YOUR
PHONE



SanDiegoSpringRoundUp.com

GROUP CONTRIBUTIONS

**Al-Anon Family Groups of SD Cty, Inc.
Contributions by Group Summary
January 2024**

	Jan 24	Jan 24
AFG Recovering Adult Child	140.00	140.00
Alpine AFG	70.00	70.00
Bonita PTA	75.00	75.00
Bonita Reencuentro Grupo	60.00	60.00
Book Study AFG	60.00	60.00
Changing Attitudes Fri AM	228.00	228.00
Del Mar Lunch Bunch	400.00	400.00
Early Thursday Nighters AFG	50.00	50.00
East County Daytime AFG	55.00	55.00
Footprints In The Sand AFG	139.07	139.07
Free To Be Me Women's AFG	249.82	249.82
Happy Joyous And Free AFG	211.93	211.93
Loving Traditions	140.00	140.00
Men in the Park	200.00	200.00
Mind Your Own Business AFG	150.00	150.00
Moonlight Beach Just For Today AFG	110.00	110.00
New Beginnings	180.00	180.00
New View AFG	296.75	296.75
North Clairemont AFG	50.00	50.00
North County Men's Alanon	331.00	331.00
Parents Seeking Serenity AFG	350.00	350.00
Paz Mental	150.00	150.00
PB One Day at a Time	90.00	90.00
Serenity at Sunset Virtual	70.00	70.00
Serenity at the Virtual Lake	50.00	50.00
Serenity in Scripps	50.00	50.00
Step by Step Monday	300.00	300.00
Stepped Up By-The-Sea Womens	30.20	30.20
Sunday Night Serenity Seekers	35.00	35.00
Sunset Step Study AFG	165.50	165.50
Tender Loving Care Tierrasanta Friday Nig	120.00	120.00
There is Hope	70.00	70.00
UC Lunch Bunch Step Study Virtual	20.00	20.00
Wed Night AFG for Parents	125.00	125.00
What a Concept AFG	153.50	153.50
Women's AFG - El Cajon	85.60	85.60
Working the Steps, Trad, Concepts Study	90.00	90.00
TOTAL	5,151.37	5,151.37

WANT TO DOWNLOAD A FLYER?

CLICK HERE

and it will take you to the flyer page on the Al-Anon website.

When you see the flyer that you want, put your cursor over the top, right-click, and save as. It's that easy!



Need help? Email
intercom@alaonsandiego.org

FINANCIALS

FY24 Budget Performance Recap

Jan 2024

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

	January 2024			FY 24 Year to Date		
	Actual	Budget	Variance	YTD Actual	YTD Budget	Variance
Income						
Contributions	8,326.01	5,425.33	2,900.68	8,326.01	5,425.33	2,900.68
Fundraisers	120.00	0.00	120.00	120.00	0.00	120.00
Literature Sales	9,289.47	5,160.42	4,129.05	9,289.47	5,160.42	4,129.05
Other Income	295.36	167.08	128.28	295.36	167.08	128.28
Total Income	18,030.84	10,752.83	7,278.01	18,030.84	10,752.83	7,278.01
COGS (Literature)	6,033.35	3,583.37	(2,449.98)	6,033.35	3,583.37	(2,449.98)
Gross Profit	11,997.49	7,169.46	9,727.99	11,997.49	7,169.46	4,828.03
Total Expense	7,484.44	7,677.00	(192.56)	7,484.44	7,677.00	(192.56)
Net Income	4,513.05	(507.54)	5,020.59	4,513.05	(507.54)	5,020.59

Al-Anon Family Groups of SD Cty, Inc. Board Balance Sheet As of January 31, 2024

Al-Anon Family Groups of SD Cty, Inc. Board Statement of Income & Expenses Prev Year Comp January 2024

	Jan 31, 24
ASSETS	
Current Assets	
Checking/Savings	
Bof A - Board Projects Ck #7200	12,352.45
Bof A - Office CK #8439	868.13
BofA - Bus Invest #0165	19,061.94
BofA - Operating Ck #8519	28,912.02
Petty Cash	103.99
Certificates of Deposit	79,664.02
Total Checking/Savings	140,962.55
Accounts Receivable	9.16
Other Current Assets	
Inventory Asset	20,589.06
Undeposited Funds	1,534.23
Total Other Current Assets	22,123.29
Total Current Assets	163,095.00
TOTAL ASSETS	163,095.00
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Other Current Liabilities	801.99
Total Current Liabilities	801.99
Total Liabilities	801.99
Equity	
Inventory Opening Bal Equity	39,116.69
Retained Earnings	118,663.27
Net Income	4,513.05
Total Equity	162,293.01
TOTAL LIABILITIES & EQUITY	163,095.00

	Jan 24	Jan 23	\$ Change	% Change
Ordinary Income/Expense				
Income				
Contributions	8,326.01	4,040.62	4,285.39	106.1%
Fundraisers	120.00	26.75	93.25	348.6%
Interest Income	295.36	1.40	293.96	20,997.1%
Literature Sales Income	9,289.47	3,244.02	6,045.45	186.4%
Total Income	18,030.84	7,312.79	10,718.05	146.6%
Cost of Goods Sold				
Cost of Goods Sold	6,033.35	2,170.24	3,863.11	178.0%
Total COGS	6,033.35	2,170.24	3,863.11	178.0%
Gross Profit	11,997.49	5,142.55	6,854.94	133.3%
Expense				
Bank Charges	235.63	159.95	75.68	47.3%
Office Equipment	323.24	0.00	323.24	100.0%
Office Supplies	412.14	136.99	275.15	200.9%
Payroll Expenses	501.38	0.00	501.38	100.0%
Postage	519.99	117.99	402.00	340.7%
Professional Fees	3,294.44	4,455.00	(1,160.56)	(26.1)%
Rent	1,408.62	1,286.93	121.69	9.5%
Repairs & Maintenance	130.00	130.00	0.00	0.0%
Taxes, Business	0.00	212.84	(212.84)	(100.0)%
Telephone/Internet Bus	577.48	559.18	18.30	3.3%
WEB Expense	81.52	89.00	(7.48)	(8.4)%
Total Expense	7,484.44	7,147.88	336.56	4.7%
Net Ordinary Income	4,513.05	(2,005.33)	6,518.38	325.1%
Net Income	4,513.05	(2,005.33)	6,518.38	325.1%

A "FUN"- DRAISER
FOR SAN DIEGO AIS

LET'S TURN IT OVER (AGAIN)

AN OFF-OFF-OFF BROADWAY MUSICAL PLAY



7PM SATURDAY FEB 24 2024

ST. PETER'S EPISCOPAL CHURCH
1 PARISH LANE, DEL MAR, CA 92014

\$25 SUGGESTED CONTRIBUTION PER PERSON

Free Admission for Children Under 16

**\$20 EARLY-BIRD TICKETS CAN BE PURCHASED ONLINE
AT WWW.ALANONSANDIEGO.ORG**

Questions? Trenta at Vice-Chair@AlanonSanDiego.org

GFA

Camino a la Recuperación (En línea)

**Hace una cordial invitación a
celebrar su Tercer
aniversario el día sábado 24
de febrero 2024 a las 7:00AM**

**Contaremos con la
participación de dos
compañeras quienes nos
compartirán su experiencia,
fortaleza y esperanza.**

zoom ID 384 306 8017

**Contraseña 98urz
LOS ESPERAMOS!**

Thursday, February 29, 2024

You are invited to a guest speaker meeting
featuring Sandra L.

San Marcos Noon AFG

Noon to 1:00p.m. St. Mark's Church, Healy Hall
1147 Discovery St. San Marcos



San Diego AFG Speakers Meeting

**15-MINUTE
SPEAKER**

Felix A

**40-MINUTE
SPEAKER**

Will H

HOST GROUP

Serenity at Sunset

**SATURDAY 2 MARCH, 2024
6:30PM-8PM**

**LA MESA ADULT ENRICHMENT CENTER
8450 La Mesa Blvd, La Mesa**

**Bring a dish to
share if you like!**

San Diego Spring Roundup
Al-Anon Fundraiser



BINGO NIGHT
Part Deux

TICKETS \$10

Includes 8 Bingo Cards - Extra cards for \$1

OPPORTUNITY DRAWING \$5 EACH

- (1) Night Hotel Stay
- (1) Al-Anon Luncheon ticket
- (1) AA Dinner ticket
- (1) Spiritual Breakfast ticket

Please bring finger food or dessert to share & donations for the drawing!

6PM-9PM

March 16, 2024

ST. LUKE'S LUTHERAN CHURCH
5150 WILSON STREET, LA MESA

HAPPY, JOYOUS AND FREE
Anniversary Speaker Meeting



WHEN: Wednesday, March 20, 2024
11:00 a.m.

WHERE: PATHWAYS COMMUNITY CHURCH
9626 Carlton Hills Blvd., 92071

SPEAKER: Libby A.

We hope that you can join us.
A finger food buffet will be served.

San Diego
**SPRING
ROUNDUP**

Alateen
Register
Here!

[https://rcs.squared
root.net/product
/shopShow/116](https://rcs.squaredroot.net/product/shopShow/116)

March 28-30, 2024

Town & Country Resort & Convention Center
San Diego, California



**ALATEEN IS
BACK IN PERSON**

**I'M OKAY, I BELONG, I'M
NOT ALONE**

Thursdays | 6:30pm-7:30pm

RISEN SAVIOR CHURCH
625 Otoy Lakes Road, Chula Vista, CA

Pam W (619)549-9216 / Susan A (510)851-5204 / Lety C (619)792-6042

ALATEEN IS PART OF AL-ANON



SAN DIEGO SPRING ROUND-UP
AA with
AL-ANON PARTICIPATION
MARCH 29-30, 2024
Town & Country Resort & Convention Center
San Diego, CA

AL-ANON EVENT SCHEDULE

This year, we have a fantastic schedule planned with a new social mixer, panels, and more!

Friday, March 29, 2024

- 10am-6pm Marathons Meetings
- 6pm-8pm Al-Anon Opening Social Mixer/Short Speaker
- 8pm-9:30pm Al-Anon Friday Night Opening Speaker: Suzanne T, Goodyear, AZ

Saturday, March 30, 2024

- 9am-10am Young Adult 20/30 Something Panel
- 10am-11am Survival to Thriving Panel
- 11am-12pm Marathon Meeting
- 11:30am-1:30pm Al-Anon Luncheon and Speaker: Catherine K, Dallas, TX
- 12pm-2pm Marathon Meetings
- 2pm-3:30pm Al-Anon Speaker: McCall B-L, Los Angeles, CA
- 3pm-4pm Alateen Panel
- 3:30pm-4:30pm Al-Anon Business Meeting
- 4pm-5pm Marathon Meeting
- 5pm-6pm Al-Anon's Three Legacies - Recovery, Unity and Service - Southern California World Service Board (SCWS) Panel
- 6pm-8pm Marathon Meetings
- 8pm-9pm CandleLight Meeting

REGISTER TODAY!



SanDiegoSpringRoundUp.com

Schedule is subject to change

Visit the website for the complete Alateen and AA Schedule



AL-ANON LUNCHEON
MARCH 30, 2024 11:30AM
Town & Country Resort & Convention Center, San Diego, CA

BUFFET LUNCHEON MENU

Organic Tomato Soup
Fennel Romesco

Baby Kale Salad
Chickpeas, Tangerine Gremolata, Shaved Parmesan, Ciabatta Croutons, Caper Honey Dressing
Caesar Salad
Romaine Lettuce, Shaved Parmesan, Croutons, Classic Dressing

Selection of Artisanal Breads, Butter & Flavored Oils

Baked Local Sea Bass
Fennel Roasted Pear Salad, Picked Radishes

Grilled Sirloin
Roasted Tomato Jus, Grilled Onions, Rapini

Fingerling Salted Potatoes
Parsley Crunch Crust
Roast Vegetables
California Soy Ginger Dressing

Desserts
Dark Chocolate Mousse Cake
Almond Streusel Crust, Berry Compote

Freshly Brewed Regular and Decaffeinated Coffee,
Selection of Hot Teas and Herbal Infusions

\$60 per person

REGISTER TODAY!



SanDiegoSpringRoundUp.com

Volunteers Needed



SAN DIEGO SPRING ROUND UP
MARCH 28 - 31, 2024

Town & Country Resort

Be a part of this incredible event!
We are looking for volunteers to support Al-Anon's participation.
Click Here to Be of Service as a Volunteer



Jennifer M., SDSRU Volunteer Chair: jenyjohn@yahoo.com



WE WANT YOUR
COOKIES!

FOR THE SAN DIEGO SPRING ROUND-UP
MARCH 29-30, 2024

TOWN & COUNTRY
RESORT & CONVENTION CENTER
SAN DIEGO, CA

DON'T HAVE COOKIES? YOU
CAN PARTICIPATE VIA VENMO!
CASSANDRA JONES
@CASSANDRA-JONES-19
LAST FOUR DIGITS 6568



QUESTIONS? CONTACT THE COOKIE TEAM

Cassie J Libby W
hummingbird77@gmail.com libbywilliams615@gmail.com
(619)206-6568 (858)775-2441



47TH ANNUAL SOUTHERN CALIFORNIA
AL-ANON FAMILY GROUPS CONVENTION



Don't Stop Believin'
AFG 2024

April 26th-28th 2024
Doubletree Hotel-Ontario, CA

For online registration and additional convention information
visit www.afgconvention.org

Program Schedule Of Events

Friday, April 26

2:00 pm
Registration Opens
4:00 pm
Marathon Meetings Begin
(English and Spanish)
5:00 pm
Early Bird Meeting Panel
Young Al-Anons
6:45 pm
Opening Ceremony
7:00 pm
Opening Al-Anon Speaker: TBA
8:30 pm
Entertainment

Saturday, April 27

8:00 am
Registration Opens

9:00 am
Family Meeting:
Alateen: Isabelle C. - 2 yrs.
Santa Barbara, CA
AA: Erik C. - 5 yrs.
Lakewood, CA
Al-Anon: Sarah SC - 5 yrs.
Lakewood, CA

11:00 am
Luncheon
(Spanish translation available)
Al-Anon Speaker:
Betty Ann Z. - 49 yrs.
Woodland Hills
Alateen Speaker:
Shana B. - Camarillo, CA

2:30 pm
Business Meeting
(Everyone is encouraged to attend)
Spanish Program: TBA
AA Marathon Meeting: TBA
4:00 pm
Long Timers Meeting

6:00 pm
Banquet
(Spanish translation available)
Al-Anon Speaker:
Lisa P. 22 yrs.
Northridge
AA Speaker:
Don P. 41 yrs.
Northridge
9:00 pm - Midnight
Dance immediately
following Banquet

Sunday, April 28

8:45 - 9:45 am
Breakfast
(Spanish translation available)
10:00 - 12:00 noon
Closing Spiritual Meeting
Al-Anon Speaker:
Susan G. - 29 yrs.
Riverside

Al-Anon Member Donations Are Welcome!

Donations to Hospitality Contact:
Julie T. (909) 525-2546

Donations to Boutique Contact:
Lisa C. (951) 203-9567

Donations to Raffles/Baskets Contact:
Janet G. (951) 992-9382

General
Information:

2024 AFG Chair
Lisa M.
(951) 283-9620

Registration:
Melody B. (714) 307-4173

Tickets:
Tasnee C. (714) 658-1087

Ways and Means:
Francine D. (626) 712-1939

I've done time in the family disease of alcoholism, but I do not have to serve a life sentence without parole. I rehabilitate myself each time I make use of the Al-Anon program. "Al-Anon has given me a new life-and the freedom, to live it richly in the present."

- p190, 'A Little Time For Myself'

2024 Al-Anon Family Groups Convention Registration Order Form

Online registration is available at www.afgconvention.org

Registration

ALL CONVENTION ATTENDEES MUST BE REGISTERED

Pre-Registration @ \$35 ea. \$ _____
Alateen Registration @ \$15 ea. \$ _____
Convention Registration Total: \$ _____

NOTE! after March 22, 2024 Registration is \$40
REGISTER EARLY & SAVE \$5

Early Bird Special Package

Includes: Registration, Luncheon, Saturday Night Banquet
& Sunday Breakfast. Deadline is March 22, 2024

Pre-Sale Special Package @ \$175 ea. \$ _____
Pre-Sale Special Package Total: \$ _____

Tickets

Luncheon Ticket @ \$54.00 ea. \$ _____
Luncheon Table of 10 @ \$540.00 ea. \$ _____
Vegetarian Luncheon Meal @ \$54.00 ea.
(Must be Pre-Ordered)* \$ _____
Saturday Night Banquet @ \$67.00 ea. \$ _____
Vegetarian Banquet Meal @ \$67.00 ea.
(Must be Pre-Ordered)* \$ _____
Sunday Breakfast @ \$40.00 ea. \$ _____
Vegetarian Breakfast @ \$40.00 ea.
(Must be Pre-Ordered)* \$ _____

*NOTE: VEGETARIAN OR GLUTEN-FREE MEALS
CANNOT BE REQUESTED AT THE EVENTS

Badges to Read

First Name and Last Initial _____

Group or City: _____

Al-Anon Alateen AA Visitor

Years in Program: _____

First Name and Last Initial _____

Group or City: _____

Al-Anon Alateen AA Visitor

Years in Program: _____

Order Totals

BADGES AND TICKETS WILL BE HELD FOR
PICKUP AT THE CONVENTION

Pre-Sale Packages: \$ _____
Registration Total: \$ _____
Luncheon Total: \$ _____
Saturday Night Banquet Total: \$ _____
Sunday Breakfast Total: \$ _____
Total Enclosed: \$ _____

Closing date for registration
by mail and online: April 19, 2024

Make payment payable to: AFG CONVENTION
Mail completed form and registration to: 2561 W. GREENACRE AVE. ANAHEIM, CA 92801
Please provide the information below with your check. Want to use a credit/debit card?
Order online at www.afgconvention.org

Paying By Check?

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone Number: _____ Email: _____

Hotel Reservations

DoubleTree Hotel Ontario Airport
222 North Vineyard Avenue
Ontario, California 91764-4431

Reservations:
1-800-222-8733
Hotel:
1-909-937-0900

When calling please specify
AFG Convention Code: CDTAAF
Special Room Rate Discount:
\$159.00 + tax Single/Double Room
Special Discount Ends:
April 4, 2024

Each person occupying a room
must be registered with the hotel.
Check-in time is after 3:00 pm
Parking is \$16.75 per night



I-10 East or West Bound: Take the Vineyard Avenue exit.
The hotel is on the south side of I-10 (one block south of the freeway)
at the corner of Vineyard and Convention Center Way.

Please note: This hotel is 100% nonsmoking and smoking requests cannot be
honored. For your convenience there are several outside designated smoking areas.
Parents or guardians are held responsible for their alateens & preteens.

For more hotel information please visit www.doubletree.com



Convention Registration



DoubleTree Hotel Reservation

Why Do I Have to Pay a Registration Fee?

There are many AA/Al-Anon conferences held around the world. One of the most common misconceptions of these gatherings is that they are AA/Al-Anon meetings, and since, "There are no dues or fees for AA/Al-Anon membership..."; there should be no fee to attend. Conferences are events, not regular meetings. They require months of planning, preparation, and money to present. Since most conferences are held in a hotel, there is a charge for the use of the facilities. Along with the facility charge, the hotel will require that the group purchase coffee and food. Other expenses include travel and lodging for the speakers, printing of flyers, schedules and programs, postage, and supplies. These conferences are self-supporting. No group monies are used to pay for the event. The cost of the event is paid through the registration. No baskets are passed. The ideal goal for any committee of such an event is to break even; therefore, the registration fee is nominal compared to a weekend's worth of entertainment anywhere else. Attendance is voluntary and as responsible AA/Al-Anon Members, we "pay our own way."



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!

- | | |
|---|--|
| <ol style="list-style-type: none"> 1) Do you have a parent, close friend or relative whose drinking upsets you? 2) Do you cover up your real feelings by pretending that you don't care? 3) Are holidays and gatherings spoiled because of drinking? 4) Do you tell lies to cover up for someone else's drinking or what's happening in your home? 5) Do you stay out of the house as much as possible because you hate it there? 6) Are you afraid to upset someone or fear it will set off a drinking bout? 7) Do you feel nobody really loves you or cares what happens to you? 8) Are you afraid or embarrassed to bring your friends home? 9) Do you think the drinker's behavior is caused by you, other members of your family, friends, or rotten breaks in life? 10) Do you make threats such as, "If you don't stop drinking, fighting, I'll run away?" | <ol style="list-style-type: none"> 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? 12) Do you feel that if your mom or dad loved you, he or she would stop drinking? 13) Do you ever threaten or actually hurt yourself to scare your parents into saying "I'm sorry," or "I love you"? 14) Do you believe no one could possibly understand how you feel? 15) Do you have money problems because of someone else's drinking? 16) Are mealtimes frequently delayed because of the drinker? 17) Have you considered calling the police because of the drinker's abusive behavior? 18) Have you refused dates out of fear or anxiety? 19) Do you think your problems would be solved if the drinker stopped? 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

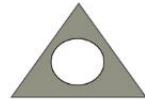
For more information go to: www.alanonsandiego.org or www.al-anon.org (AT) - Al-Anon meetings held at same time and location

- **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!