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www.AlanonSanDiego.org

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



FOR WEBSITE

VOL. 54 NUMBER 5 – MAY 2024

STEP FIVE

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

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	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,

Thank you for your continued support of the Al-Anon Area Information Service (AIS) Office Board. We strive to support the San Diego Al-Anon and Alateen community by having Conference Approved Literature available and maintaining an accessible AIS office where members feel supported and welcomed. Our website is constantly updated with meeting information and resources. *In fact, did you know ...*

... our website includes a Google Translate button in the upper left-hand corner to translate the website into Spanish?

... there are dedicated Alateen resources available on the website?

... the Intercom is available for free? It lists upcoming special events, speaker meetings, meeting updates, and more. Please encourage your Al-Anon and Alateen friends to sign up.

Be sure to check out our website at WWW.ALANONSANDIEGO.ORG.

Next, mark your calendars to join us at the San Diego County AIS Office for our annual Birthday Celebration fundraising event on May 25, 2024, from 1pm to 4pm. Three speakers (Al-Anon, Alateen, and Spanish-speaking

Friday, April 26, 2024, 2pm-3pm

Tea Party! - DoubleTree Hotel, suite 1137 – Please RSVP to Lil S by text (626)396-0282 or email llybear@outlook.com ***FLYER***

Alateen is at the Convention! The AFG Convention Alateen Committee is looking for Alateen groups to sponsor a meeting at the AFG Convention. WHAT THIS MEANS: Send one Alateen to lead a meeting, 1-3 Alateens to share for 3-5 minutes before opening the meeting, and AMIAS willing to drive Alateens to and from the convention for the day (Saturday) if they cannot go with their parents for the weekend.

Monday, April 29, 2024, 7pm

Carlsbad Discussion Group – 5th Monday of the Month Speaker Meeting – Guest Speaker: Jeff J from the Carlsbad Men’s Group – St. Michaels by the Sea dining room – 2775 Carlsbad Blvd, Carlsbad – The parking lot is off the side street.

Saturday, May 4, 2024, 10am-11:30am

Keeping the Fourth Step Reef, AFG Speakers Meeting – Keeping It Simple / Come and join us one and all - Speaker: Vicki A – House of Prayer Lutheran Church – 795 North Rose Street, Building 9 (sign on door), Escondido 92027 – Potluck (bring a dish) and opportunity drawing ***FLYER***

Saturday, May 4, 2024, 6:30pm-8pm

San Diego AFG Speaker Meeting – Host Group: Women’s AFG – 15 Minute Speaker: Karen G – 40 Minute Speaker: Margaret N- La Mesa Adult Enrichment Center, 8450 La Mesa Blvd, La Mesa – Literature Sales Available On-Site CASH ONLY ***FLYER***

Wednesday, May 15, 2024, 6pm

The Al-Anon for Parents meeting is celebrating its 21st Anniversary with an incredible potluck dinner, wise speakers, and sharing! Please experience the joy Al-Anon has given to us all – 6pm Potluck and 7pm Al-Anon and AA Speakers (to be announced) - St. Lukes Lutheran Church, 5150 Wilson Street, La Mesa, 91941 ***FLYER***

Sunday, May 19, 2024, 11am

Valor Para Cambiar Aniversario #1 – Grupo Al-Anon en colaboracion con Despertar (AA) les esperamos a celebrar y aprender de nuetros programas – Temas: Enfermedad del alcoholism y el contagio Familiar. Informacion para Adolescentes de 13-19 y mucha Informacion!! No Faltes! - 3047 National Avenue, San Diego 92113 ***FLYER***

Monday, May 20, 2024, 12:30pm

Join East County Daytime Al-Anon for their Spring Luncheon – Soup and Salad – 1pm Speaker: TBD - \$5 suggested donation includes one opportunity drawing ticket with additional tickets available for 1:\$1/6:\$5/10:\$12 – King Hall at Foothills Methodist church, 4031 Avocado Blvd, La Mesa, 91941 ***FLYER***

Monday, May 20, 2024, 6:30pm-8:30pm

District 75 May Dinner Meeting – Calling all District 75 GRs (Group Reps) and CMAs (Current Mailing Address) and any potential GRs, come to a Spring dinner meeting – Urban Plates 8707 Villa La Jolla Drive, La Jolla 92037 (MTS Nobel Drive Trolley stop, easy parking, across from Trader Joes) – any questions afgdistrict75rep@gmail.com

Saturday, May 25, 2024, 1pm-4pm

Happy Birthday Al-Anon! – Join us for an open meeting, two 20-minute speakers, and cake – the office will be open for literature sales – San Diego Al-Anon Information Service Office, 2667 Camino del Rio South, Suite 208, San Diego 92108 – The event will be held in the gazebo – If you cannot attend and would like to donate, please visit www.alanonsandiego.org and click on the BIRTHDAY button to donate! ***FLYER***

Tuesday, May 27, 2024, 9:30am

New View Al-Anon Family Group Anniversary Celebration – Potluck Breakfast at 9:30am (please bring a dish to share) – Our panel will share their experience, strength, and hope – Bring a gift, win a gift! – all proceeds will benefit our local Al-Anon office ***FLYER***

Saturday, May 4, 2024, 6:30pm-8pm

San Diego AFG Speaker Meeting – Host Group and Speakers TBA - La Mesa Adult Enrichment Center, 8450 La Mesa Blvd, La Mesa – Literature Sales Available On-Site CASH ONLY

Friday-Sunday, June 28-30, 2024

Miracles Happen 2024 AFG of Arizona Area Al-Anon/Alateen Convention with AA Participation – Detailed info and registration available at www.al-anon-az.org/2024-az-area-convention ***FLYER***

Saturday, June 29, 2024, 9am-4pm

Al-Anon Districts 27 and 17 present The Wave of Recovery – Meetings, Speakers, Diversity Panel, Workshop, Fun, and Fellowship – Lunch and snacks provided (contributions appreciated) – Family in Recovery Speakers – New Amias Certification – Alateen Parents Open House – Windjammers Yacht Club, 13589 Mindano Way, Marina Del Rey, 90292 (public parking for \$7-\$10 nearby) ***FLYER***

AL-ANON MEETING UPDATES / NEED SUPPORT

Tuesdays 8pm – New Location²

Encinitas Tuesday Night Total Sharing Meeting – Now at St. Andrew’s Episcopal Church, Neighborhood and Education Center Room, 890 Balour Drive, Encinitas 92024 – THIS IS A HYBRID MEETING – Zoom ID: 842 1194 0363 Passcode: 825445

Wednesdays 7pm-8pm – BACK IN PERSON

Wednesday Night Recovery Adult Children AFG – St. John of the Cross Church, 8086 Broadway Street, Lemon Grove 91945, in the Church Rectory (cafeteria room)

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: April 13, 2024, 9am

Zoom ID 752 699 5666 Passcode EJJH6dK

ISR - 2nd Saturday of every odd-numbered month

Next Meeting: May 11, 2024, 10:30am

Zoom ID 752 699 5666 Passcode EJJH6dK

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

Next Meeting: May 14, 2024, 7pm

In-person and on Zoom – Palomar Universal Unitarian Fellowship, 1600 Buena Vista Drive, Vista, 92081 – Hybrid Meeting – On Zoom at Zoom ID 395 556 4737 Passcode 755000

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

Next Meeting: April 27, 2024, 10am Meeting in person at Atonement Lutheran Church, 10245 Loma Rancho Drive, Spring Valley, and on Zoom at Zoom ID 873 7462 1618 Passcode 702639

Contact Randy B dist72dr@gmail.com

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>

GROUP CONTRIBUTIONS

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

	Mar 24	Jan - Mar 24
AFG Recovering Adult Child	0.00	140.00
Alpine AFG	0.00	140.00
Anna Whalen	0.00	315.00
Beginners Book Study AFG	200.00	450.00
Bonita PTA	0.00	150.00
Bonita Reencuentro Grupo	0.00	60.00
Book Study AFG	0.00	60.00
Changing Attitudes Fri AM	0.00	487.20
Chula Vista Al-Anon	50.00	50.00
Clairemont Friday Night AFG	70.00	70.00
Courage to Change Fri AM	315.00	315.00
Courage to Change Poway	0.00	80.00
Del Mar Lunch Bunch	0.00	400.00
Del Mar Sunnyside UP AFG	0.00	20.00
Detachment with Love	54.00	54.00
District 75	320.00	320.00
Early Thursday Nighters AFG	0.00	50.00
East County Daytime AFG	50.00	105.00
Footprints In The Sand AFG	0.00	139.07
Free To Be Me Women's AFG	0.00	249.82
Freedom From Despair	0.00	100.00
Friday Night Courage to Change Virtual	0.00	160.00
Happy Joyous And Free AFG	94.28	306.21
Hilltop AFG	0.00	50.00
How It Works AFG	0.00	50.00
Joy in the Journey - Eastlake	50.27	50.27
Keep it Simple Womens Beach Mtg	0.00	49.50
La Costa Live And Let Live AFG	180.00	180.00
Let it Begin With Me Imperial Beach	20.00	20.00
Let It Begin With Me LGBTQ AFG	0.00	280.00
Live and Let Live-EI Cajon	0.00	70.00
Lost and Found	32.90	32.90
Loving Traditions	0.00	140.00
Men in the Park	0.00	200.00
Mind Your Own Business AFG	0.00	150.00
Miramar Mens Group AFG	50.00	50.00
Monday Open Topic	0.00	80.00
Moonlight Beach Just For Today AFG	0.00	110.00
New Beginnings	0.00	180.00
New View AFG	0.00	296.75
North Clairemont AFG	0.00	50.00
North County Men's Alanon	187.20	418.20
North County Mens Online AFG	50.00	50.00
Parents Seeking Serenity AFG	0.00	350.00
Paths To Recovery AFG Enc	30.00	30.00
Paz Mental	0.00	150.00
PB One Day at a Time	50.00	140.00
Poway Rancho Bernardo AFG	0.00	100.00
RB Lunch Bunch	100.00	100.00
San Marcos Noon AFG	0.00	36.00
Serenity at Sunset AFG	0.00	73.00
Serenity at Sunset Virtual	70.00	140.00
Serenity at the Lake	408.50	793.00
Serenity at the Virtual Lake	0.00	50.00
Serenity in Scripps	0.00	50.00
South Park Courage To Change AFG	114.50	114.50
Step by Step Monday	0.00	300.00
Stepped Up By-The-Sea Womens	20.00	50.20
Sunday Night Serenity Seekers	0.00	35.00
Sunset Step Study AFG	0.00	165.50
Tender Loving Care Tierrasanta Friday Nig	0.00	120.00
TGIF AFG Vista	160.00	160.00
There is Hope	0.00	140.00
Tuesday Morning Literature Study AFG	300.00	300.00
UC Lunch Bunch Step Study Virtual	0.00	20.00
Various Customers	0.00	0.31
Wed Night AFG for Parents	125.00	375.00
What a Concept AFG	0.00	153.50
Willingness to Change AFG	80.00	80.00
Women's AFG - EI Cajon	120.00	205.60
Working the Steps, Trad, Concepts Study	280.00	370.00
TOTAL	3,581.65	11,330.53

FINANCIALS

FY24 Budget Performance Recap				Mar 2024		
Al-Anon Family Groups Office of San Diego County, Inc.						
	March 2024			Jan-March 2024		
	Actual	Budget	Variance	YTD Actual	YTD Budget	Variance
Income						
Contributions	4,504.65	5,425.33	(920.68)	16,076.17	16,276.01	(199.84)
Fundraisers	0.00	500.00	(500.00)	1,585.00	3,000.00	(1,415.00)
Literature Sales	3,606.08	5,160.42	(1,554.34)	18,155.95	15,481.26	2,674.69
Other (interest)	293.11	167.08	126.03	884.47	501.24	383.23
Total Income	8,403.84	11,252.83	(2,848.99)	36,701.59	35,258.51	1,443.08
COGS (Literature)	2,337.71	3,583.37	1,245.66	11,768.10	10,750.07	(1,018.03)
Gross Profit	6,066.13	7,669.46	(4,094.65)	24,933.49	24,508.44	425.05
Total Expense	8,260.82	8,571.92	(311.10)	23,834.99	23,745.88	89.11
Net Income	(2,194.69)	(902.46)	(1,292.23)	1,098.50	762.56	335.94

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

Al-Anon Family Groups of SD Cty, Inc. Board Statement of Financial Income and Expense March 2024

	Mar 31, 24
ASSETS	
Current Assets	
Checking/Savings	
Bof A - Board Projects Ck #7200	12,247.90
Bof A - Office CK #8439	1,477.45
BofA - Bus Savings #0165	19,062.25
BofA - Operating Ck #8519	26,221.56
Petty Cash	101.84
Certificates of Deposit	80,252.82
Total Checking/Savings	139,363.82
Accounts Receivable	9.16
Other Current Assets	22,718.93
Total Current Assets	162,091.91
TOTAL ASSETS	162,091.91
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Accounts Payable	1,824.26
Other Current Liabilities	1,176.63
Total Current Liabilities	3,000.89
Total Liabilities	3,000.89
Equity	
Retained Earnings	157,992.52
Net Income	1,098.50
Total Equity	159,091.02
TOTAL LIABILITIES & EQUITY	162,091.91

	Mar 24	Feb 24	Jan - Mar 24
Ordinary Income/Expense			
Income			
Contributions	4,504.65	3,245.51	16,076.17
Fundraisers	0.00	1,465.00	1,585.00
Interest Income	293.11	296.00	884.47
Literature Sales Income	3,606.08	5,359.39	18,155.95
Total Income	8,403.84	10,365.90	36,701.59
Cost of Goods Sold			
Cost of Goods Sold	2,337.71	3,456.01	11,768.10
Total COGS	2,337.71	3,456.01	11,768.10
Gross Profit	6,066.13	6,909.89	24,933.49
Expense			
Bank Charges	166.16	152.05	553.84
Fundraisers Expenses	100.00	32.45	132.45
Insurance Expenses	1,011.00	0.00	1,011.00
Office Equipment	0.00	0.00	323.24
Office Supplies	176.52	196.85	785.51
Payroll Expenses	877.39	1,399.67	2,778.44
Postage	119.99	119.99	759.97
Printing	0.00	221.97	221.97
Professional Fees	2,929.53	3,382.93	9,606.90
Public Outreach Costs	0.00	328.55	328.55
Rent	1,286.93	1,280.78	3,976.33
Repairs & Maintenance	713.00	0.00	843.00
Telephone/Internet Bus	594.78	580.97	1,753.23
WEB Expense	285.52	393.52	760.56
Total Expense	8,260.82	8,089.73	23,834.99
Net Ordinary Income	(2,194.69)	(1,179.84)	1,098.50
Net Income	(2,194.69)	(1,179.84)	1,098.50

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

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

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

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."

Paying By Check?

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

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

KEEP THIS SIDE

SEND THIS SIDE

Southern California AFG 2024
Convention



Don't Stop Believin'

TEA PARTY

DoubleTree Hotel
Ontario,
Suite 1137

26th
April 2023
2:00-3:30



Please RSVP to Lil Sass by text (626) 393-0282 or email llybear@outlook.com

Keeping the Fourth Step Real, AFG
Speakers Meeting

Speakers
Vicki A.

Keeping It Simple
Come and join us one and all
Saturday, May 4, 2024
10 am to 11:30 am

House of Prayer Lutheran Church
795 North Rose Street
Building 9 (sign on door)
Escondido, CA. 92027

Potluck - Bring A Dish!
Opportunity Drawing!



SAN DIEGO AFG
SPEAKER MEETING

MAY 4, 2024
6:30PM-8:00PM

15-MINUTE
SPEAKER

Karen G

40-MINUTE
SPEAKER

Margaret N

HOST GROUP
Women's AFG



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

Bring a dish to share if you like!

Literature Sales Available On-Site - CASH ONLY

Come Celebrate with Us!

ALANON
for Parents

Wednesday Night Group

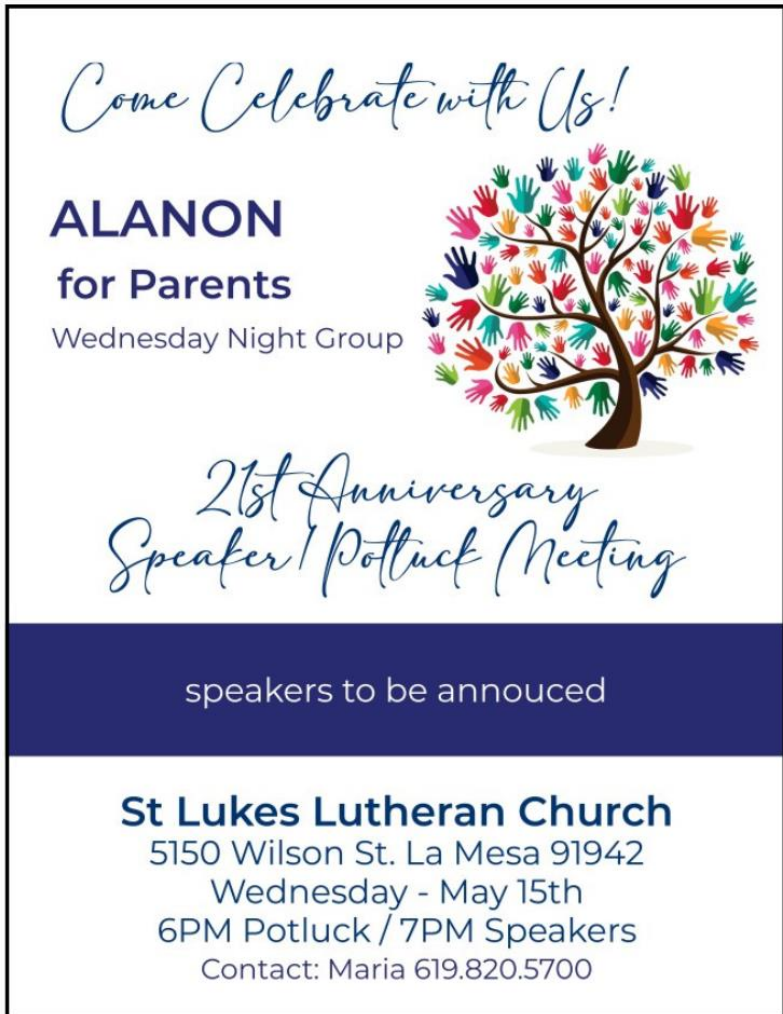


*21st Anniversary
Speaker / Potluck Meeting*


speakers to be announced

St Lukes Lutheran Church

5150 Wilson St. La Mesa 91942
Wednesday - May 15th
6PM Potluck / 7PM Speakers
Contact: Maria 619.820.5700





Esta cordialmente invitado 

Aniversario

#1

Valor para Cambiar

Grupo Al-Anon en colaboración con Despertar (AA) les esperamos a celebrar y aprender de nuestros programas

Temas:

Enfermedad del alcoholismo y el contagio Familiar.

Informacion para Adolescentes de 13-19

y mucha Informacion!!!

No Faltes!!

DOMINGO

Mayo 19, 2024

Empezamos 11AM

Grupo Despertar

3047 National Ave. San Diego Ca 92113

(Estacionamiento en la calle solamente)

Informacion: Margarita 619-946-3831

Dora 619-931-9247



Al-Anon East County Daytime invites you to our 2024 Annual

SPRING Luncheon

Monday 20 May 2024 At 12:30 PM

Speaker : TBD

\$5 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 CA 91941



Happy Birthday

Al-Anon is 73 & Alateen is 67

Saturday, May 25, 2024
1pm-4pm

Join us for a special Speaker meeting!

Cindi H, current AIS Board Chair
Tania V, Spanish Al-Anon
Alateen (Member of Alateen)

The office will be open, and we'll have literature specials and cake!

San Diego County Al-Anon
Information Service Office
2667 Camino Del Rio South, Suite 208
San Diego, CA 92108

The event will be held in the gazebo.

If you cannot attend and would like to donate, please visit www.alanonsandiego.org.

New View Al-Anon Family Group

Atonement Lutheran Church
10245 Loma Rancho Dr. Spring valley, CA 91978



Anniversary Celebration

Tuesday, May 27, 2024



Potluck Breakfast at 9:30

Please bring a dish to share

Our panel will share their
"Experience, Strength and Hope"



Bring a gift, win a gift! 😊

Miracles Happen
Milagros Ocurren

2024 AFG of AZ Area
Al-Anon/Alateen Convention
with AA Participation

June 28-30, 2024
Friday - Sunday

Early Bird Packages (Before May 29th):

- \$203 Full Weekend Package
(includes registration, both breakfasts, lunch, and banquet)
- \$174 Small Weekend Package
(includes registration, one breakfast, lunch, and banquet)

Detailed info and registration will be available by Spring Assembly at:
<https://al-anon-az.org/2024-az-area-convention/>
Early Bird registration ends May 29

A la carte Food Items (before June 10th):

- \$25 Friday Night Hot Chocolate and S'mores (\$21 before May 29th)
- \$36 Sat/Sun Breakfast Buffet
- \$44 Saturday Gourmet Box Lunch
- \$67 Saturday Night Banquet
- \$45 Al-Anon Members
- \$45 AA Members
- \$45 Guests
- \$50 After May 29
- \$55 Walk-ins (no food options available)
- \$10 Alateen

Registration Fees:

- \$45 Al-Anon Members
- \$45 AA Members
- \$45 Guests
- \$50 After May 29
- \$55 Walk-ins (no food options available)
- \$10 Alateen

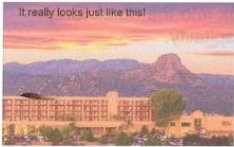
Full details and prices will be available on the website and registration form.

All food must be ordered before June 10th.

Fund Raising Items:

Insulated lunch bag and journal – both with logo will be available for purchase on the registration form. See the website and registration form for more details.

Prescott Resort & Conference Center



Rates begin at **\$175.00** + fees per night
Rooms may be booked now by calling 1-928-227-2313
Mention Al-Anon for the group rate

Group rate available until May 29, 2024
Subject to availability

Interested in Volunteering?

Elisabeth B: elisabethbofservice@gmail.com or Wendy H: wendyhafservice@gmail.com

Miracles Happen
Milagros Ocurren

Have you ever been to an Al-Anon convention? How much fun did you have? How many Al-Anons did you meet who became long lasting friends? Did it help further your recovery?

MIRACLES HAPPEN is our theme for this year's convention, and we trust it will be true for each and every member who attends. Although the prices to attend this year seem high, we believe that the fellowship and FUN of attending the Al-Anon Convention is worth the price.

One thing to note: Our Convention committee has contracted to guarantee \$15,000 in hotel-provided meals. We understand that the prices are increased from last year's convention, but this is what is happening in today's world. If we don't meet the minimum the Area must cover the shortfall.

We are not allowed to bring any food or drink into the hotel. Only hotel provided snacks will be available in Hospitality.

We hope you understand, and we look forward to seeing many old and new friends in Prescott at this year's convention!

ALATHON 2024  DISTRICTS 27 & 17
TICKET TO RIDE

MONTH	DAY	YEAR	TIME
6	29	2024	9A-4P

THE

Wave of Recovery

Saturday, June 29, 2024 Windjammers Yacht Club
9am - 4pm
13589 Mindanao Way
Marina Del Rey, CA 90292

*public parking \$7 to \$10 all day nearby

Meetings * Speakers * Diversity Panel * Workshop
Fun * Fellowship

* Lunch & Snacks (\$ contribution appreciated) *

- * Family in Recovery Speakers *
- * New #AMIAS Certification *
- * Alateen Parents Open House! *

For more info, text: Tanya B (619) 200-6957 (Dist. 27)

Heather G (818) 795-0989 (Dist. 17) * Mimi Y (310) 927-3707 (Dists. 27 & 17)

#AMIAS = Al-Anon Member in Alateen Service

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



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? |
| 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!