

619-296-2666

office@alanonsandiego.org

www.alanonsandiego.org

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



VOL. 53 NUMBER 2 / February 2023

**STEP 2**

*Came to believe that a Power greater than ourselves could restore us to sanity.*

**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, Interim	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	Vacant	alateen@alanonsandiego.org
Office Chairperson, Interim	Laura H	office-chair@alanonsandiego.org

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**BOARD MESSAGE**

What you are seeing is a prototype for a potential facelift of our Intercom. A Task Force will study how we can improve our newsletter in terms of content, length, and look while streamlining the entire process. We will be using the 2022 Survey results and your input is welcome.

The 2023 Board was installed at its January ISR meeting (see table above). We still have an opening for the Alateen Chair position. This is an amazing opportunity to elevate your service and be part of a new, enthusiastic Board team. If interested, please send an email to Dan, our Historian & Nominations Chair at [historian@alanonsandiego.org](mailto:historian@alanonsandiego.org).

The 2023 Board was installed at the January ISR meeting (see the names above). A huge THANK YOU to our outgoing Board members, Julie J, Laura B, Martin D, Kim D, William R, and Vic S for their tremendous contribution and service.

## OFFICE REPORT

### December 2022

Total phone calls received	136	Number registered Groups	167
- For meeting information	37	- Al-Anon English	139
- Calls to Answering Service	47	- Al-Anon Spanish	20
- Referred to 12th steppers	4	- Alateen	8

### Free Newcomer Packets mailed: 55

The office was open 14 days and volunteers worked 187 hours in **December 2022**

Thank you to all the volunteers that have given their time so freely in the office taking calls and packaging and mailing literature. ***We would love to have you join us!*** If interested, email [officechair@alanonsandiego.org](mailto:officechair@alanonsandiego.org).

### SAN DIEGO OFFICE HOURS

Monday and Friday: Closed

Tuesday, Wednesday, Thursday: 10am-4pm

Saturday: Open the first Saturday of each month: 11am-12:30pm

### HELP WANTED – The San Diego Al-Anon Family Office is looking to hire an office assistant. **Please share this!**

A part-time office assistant is needed for the San Diego County Al-Anon Information Service Office located in Mission Valley. This is an entry-level position that provides basic office support three days a week for four hours per day.

Qualified candidates will have excellent communication and phone skills, high attention to detail, and direct experience using computers in a work environment. Must be able to effectively use Google Workspace and Office 365 programs. This position requires a willingness to learn electronic systems used for literature sales including tracking and shipping. Strong math skills for making change are needed. Active member of the Al-Anon Family Groups preferred.

Current valid driver's license required. Must be able to physically lift packages of up to 30lbs.

Education: High School Diploma or GED

Salary: This is a part-time position and pays \$16.30 per hour

To Apply: Mail resume and letter of interest to: San Diego County Al-Anon Information Service  
Attention: Office Assistant Position  
2667 Camino Del Rio South, Suite 208  
San Diego, CA 92108

Deadline for Applications is February 10, 2023

Qualified applicants will be contacted for an in-person interview. NO PHONE CALLS PLEASE.

San Diego County Al-Anon Information Service is an Equal Opportunity/Affirmative Action Employer. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender identity, national origin, disability, or protected veteran status.

**February 11, 2023 9am** - Al-Anon Service Board Meeting – Zoom Info TBA

**February 25, 2023 10am** - District 72 Meeting – 4<sup>th</sup> Saturday of every even-numbered month – Atonement Lutheran Church, 10245 Loma Rancho Drive, Spring Valley

**March 13, 2023 6:30pm** – District 75 Meeting – 2<sup>nd</sup> Tuesday of every odd-numbered month

**March 14, 2023 7pm** – District 79 Meeting – 2<sup>nd</sup> Tuesday of every odd-numbered month

## ALATEEN

*Each Alateen group has but one purpose: To help other teenagers of alcoholics. We do this by practicing the 12 Steps of AA ourselves ... (Tradition 5).*

### ALATEEN MEETINGS

**Mondays 6:30pm** – Strictly Alateen – North Coast Church – 2405 N Santa Fe Ave, Vista 92084

**Wednesdays 6pm** – Wednesday Night Alateen UTC – ONLINE ONLY

**Wednesdays 6:45pm** – New Beginnings Alateen – ONLINE ONLY

**Thursdays 6pm** -Keep Coming Back -Seacoast Community Church, Room A-7, 1049 Regal Road, Encinitas 92024

**Thursday 6:30pm** – I’m Ok, I Belong, I am not Alone – ONLINE ONLY

**Sunday 7pm** – Free to Be Me Alateen – Penasquitos Lutheran Church, 14484 Penasquitos Drive, San Diego 92129

### ALATEEN IN SCHOOLS

A 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 the greater San Diego area and Southern California. Get involved! Give your Kids a choice!

School Professional contacts needed: Counselors, Therapists, Staff and Administration, County School Board Members

## AL-ANON MEETING UPDATES / NEED SUPPORT

**Mondays and Thursdays 5:30m-7:30pm** – Spanish Meeting Needs Support - Descubriendo Nuevas Opciones HAA, 625 Otay Lakes Road, Chula Vista 91913 (room back of Risen Savior Church building)

**Tuesdays 5:30pm-7:30pm** - Spanish Meeting Needs Support - Descubriendo Nuevas Opciones HAA, Contact Leticia C (aka Hilda C) via text 619-792-6042 - Zoom ID: 883 4594 6732 Password 000

**Fridays 10am-11:30am** – Meeting Needs Support - TGIF in Spring Valley – Book Study – We have good recovery and would love new members – Zoom ID: 895 6407 7874 Password: TGIFSD

## AL-ANON EVENT CALENDAR

**January 26, 2023 12pm-1pm** – San Marcos Noon AFG – 8<sup>th</sup> Anniversary Guest Speaker Meeting – St. Mark's Church, 1147 Discovery Street, San Marcos – Speaker Julia M from Oceanside – Opportunity drawing for a gift basket

**January 28, 2023 4pm-5:30pm** – 5<sup>th</sup> Bilingual Al-Anon Writing Workshop / 5o Taller Bilingüe de Al-Anon - Journal about your journey and growth / Escribe tu trayecto y crecimiento - Either type a document, or write by hand / Escribe a mano o en computadora - Submission is voluntary / Compartimiento es voluntario - For publication in Al-Anon literature / Para publicación en Al-Anon – Zoom ID: 395 556 4737 Password: 755000

**January 30, 2023 7pm-8:30pm** – Carlsbad Monday Night Discussion Group – Speaker Meeting – St. Michael's By the Sea Church, 2775 Carlsbad Blvd, Carlsbad 92008 – Speaker TBA

**February 4, 2023 6:30pm-8pm** – San Diego AFG Speaker Meeting – La Mesa Adult Enrichment Center, 8458 La Mesa Blvd, La Mesa 91941 – 10-Minute Speaker Deana, San Carlos Serenity, 45-Minute Speaker Alin M, Sunday Night Courage to Change Step Study, Ocean Beach, bring a snack to share!

**February 5, 2023 9am-10am** - Group Meeting – Sunday Serenity Social Al-Anon Meeting – Meeting meets in Spring Creek Park, Melrose Drive, Oceanside – New rain location – If raining (and no one there), meet at Denny's, 605 College Blvd, Oceanside - Okay to come late

**February 11, 2023 10am-12pm** – Southern California World Service Electronic Groups Town Hall Meeting – Open to all An-Anon Members

**English:** Zoom ID: 850 4695 4885 Password: 429422

**Spanish:** Zoom ID: 853 9129 6299 Password: 296244

**March 4, 2023 6:30pm-8pm** – San Diego AFG Speaker Meeting – La Mesa Adult Enrichment Center, 8458 La Mesa Blvd, La Mesa 91941 – 10-Minute Speaker Lisa P, Lost & Found Alanon, 45-Minute Speaker Michelle B & Christina, Tuesday Power Lunch Bunch, Host Group Lost & found Alanon - bring a snack to share!

**March 13, 2023 7pm-8pm** - Speaker Meeting – Search for Peace Al-Anon Family Group – Speaker: Lindsey A – Mission Trails Church, 4880 Zion Ave, San Diego 92120

**March 15, 2023 11am-12pm** - Speaker Meeting - Happy, Joyous and Free – District 72 – Speaker: Anita R – Pathways Community Church, 9626 Carlton Hills Blvd, Cornerstone Room, Santee 92071

**March 24, 2023 All Weekend** – 46<sup>th</sup> Annual Southern California Al-Anon Family Groups Convention – Multiple speakers and convention breakfast, luncheon, and banquet - Ontario DoubleTree Hotel, 222 N Vineyard Avenue, Ontario 91764 – for more information, visit [www.afgconvention.org](http://www.afgconvention.org)

## DISTRICT NEWS

District News can now be found on our website: <https://www.alanonsandego.org/district-map>





## 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 ravaging 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](mailto: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](http://www.alanonsandiego.org) or [www.al-anon.org](http://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](mailto:D69AlateenOutreach@gmail.com)

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

San Marcos Noon AFG  
 invites you to our  
 8<sup>th</sup> Anniversary  
 Guest Speaker Meeting  
**Thursday, January 26, Noon to 1:00.**  
 St Mark's Church,  
 1147 Discovery Street, San Marcos.

Julia M. from Oceanside will share her  
 experience, strength, and hope.

There will be an opportunity drawing for a gift basket.



WEDNESDAY  
 CLAIRMONT  
 DAYTIME AFG MEETING

**BACK IN  
 PERSON**

BEGINNING  
 DECEMBER 7, 2022

CLAIMONT DAYTIME AFG  
 MEETINGS IN LIBRARY  
 EVERY WEDNESDAY  
 1PM-2PM

**ST. DAVID'S EPISCOPAL CHURCH**  
 5050 MILTON (AT BURGNER)

(Parking lot below campus, off July Steet, go upstairs to library on the left)

Southern California World Service (SCWS)  
**Electronic Groups Town Hall Meeting**

Saturday, February 11, 2023  
 10:00 am - 12:00pm

**This meeting is open to all AI-Anon members!**

- Do you have questions about Electronic Groups (EGs)?
- Are you still wondering...
  - Should my EG register in the SCWS Area or Global Electronic Area? Why does my group need to choose?
  - How to register your EG in the SCWS Area or in the Global Electronic Area?
  - Does your EG have a Group Representative?
  - What District does your EG belong in and how does a group decide?
  - What is an Electronic Overlay District?
- The Electronic Groups Task Force will also be covering questions asked during/after the November 2022 Assembly.
- There will be time to share your Experience, Strength and Hope in regards to Electronic Groups!

**Zoom Information...**

**English:** Meeting ID: 850 4695 4885  
 Passcode: 429422  
**Spanish:** Meeting ID: 853 9129 6299  
 Passcode: 296244

Questions? Contact: [marcia.scws.past.delegate@gmail.com](mailto:marcia.scws.past.delegate@gmail.com)  
 Help us prepare by submitting your questions ahead of time!

Servicio Mundial del Sur de California (SCWS)  
**Encuentro en línea relacionado a Grupos  
 Electrónicos**

sábado, 11 de febrero del 2023  
 de 10:00 am a 12:00pm

**¡Esta reunión está dirigida a todos los miembros de AI-Anon!**

- ¿Tiene preguntas sobre los grupos electrónicos (GE)?
- ¿Todavía se está preguntando...
  - ¿Debe mi GE registrarse en mi Área (SCWS) o en el Área Electrónica Global? ¿Por qué mi grupo tiene que elegir?
  - ¿Cómo registrar mi GE en la SCWS o en el Área Electrónica Global?
  - ¿Tiene mi GE un representante de grupo?
  - ¿A qué distrito pertenece mi GE y cómo un Grupo decide?
  - ¿Qué es un distrito de superposición electrónica?
- El Equipo de Trabajo de Grupos Electrónicos también cubrirá las preguntas que se formularon durante y después de la Asamblea del 19 noviembre del 2022.
- ¡Habrà tiempo para compartir su experiencia, fortaleza y esperanza con respecto a los grupos electrónicos!

**Información de zoom...**

**Inglés:** ID de reunión: 850 4695 4885  
 Código de acceso: 429422  
**Español:** ID de reunión: 853 9129 6299  
 Código de acceso: 296244

¿Preguntas? Contacto: [marcia.scws.past.delegate@gmail.com](mailto:marcia.scws.past.delegate@gmail.com)  
 ¡Ayúdenos a prepararnos enviando sus preguntas con anticipación!



SAN DIEGO AFG  
**SPEAKER MEETING**

**SATURDAY  
FEBRUARY 4, 2023  
6:30PM-8PM**

**LA MESA ADULT ENRICHMENT CENTER**  
8458 La Mesa Blvd, La Mesa, CA 91941

**10-MINUTE SPEAKER**  
DEANA  
San Carlos Serenity

**45-MINUTE SPEAKER**  
ALIN M  
Sunday Night Courage to Change Step Study,  
Ocean Beach

Bring a snack to share if you like!

Al-Anon Family Groups  
SAN DIEGO AFG

# SPEAKER MEETING

Saturday, March 4, 2023  
6:30pm-8:30pm

**LA MESA ADULT ENRICHMENT CENTER**  
8458 La Mesa Blvd, La Mesa, CA 91941

<p><b>10-MINUTE SPEAKER</b> Lisa P Lost &amp; Found Al-Anon</p>	<p><b>45-MINUTE SPEAKER</b> Michelle B &amp; Christina Tuesday Power Lunch Bunch</p>
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**HOST GROUP**  
Lost and Found Al-Anon

BRING A SNACK TO SHARE!

46TH ANNUAL SOUTHERN CALIFORNIA  
AL-ANON FAMILY GROUPS CONVENTION

**PARTICIPATION IS THE  
KEY TO HARMONY**

AUG 2023

MARCH 24TH-26TH 2023  
DOUBLETREE HOTEL - ONTARIO, CA

FOR ONLINE REGISTRATION AND ADDITIONAL CONVENTION INFORMATION  
VISIT [WWW.AFGCONVENTION.ORG](http://WWW.AFGCONVENTION.ORG)

The 2023 San Diego Spring Roundup Needs Your Help!  
Please bring single serving snack donations for the  
hospitality room



We are looking for:

Coffee Hot Chocolate Cookies Granola Bars  
Fruit Snacks Plates/Napkins Sugar / Creamer





San Diego Spring Roundup: April 6-9 2023  
Location: Town and Country Resort San Diego 500 Hotel Cir N, San Diego, CA 92108  
<https://rcs.squareroot.net/convention/view/3>

For more information, please contact: AL-Anon Hospitality Chair:  
Noemi C (760) 594-4672 [ncoffman435@gmail.com](mailto:ncoffman435@gmail.com)


