



VOL. 53 NUMBER 3 / March 2023

**STEP THREE**

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

**2023 SERVICE BOARD**

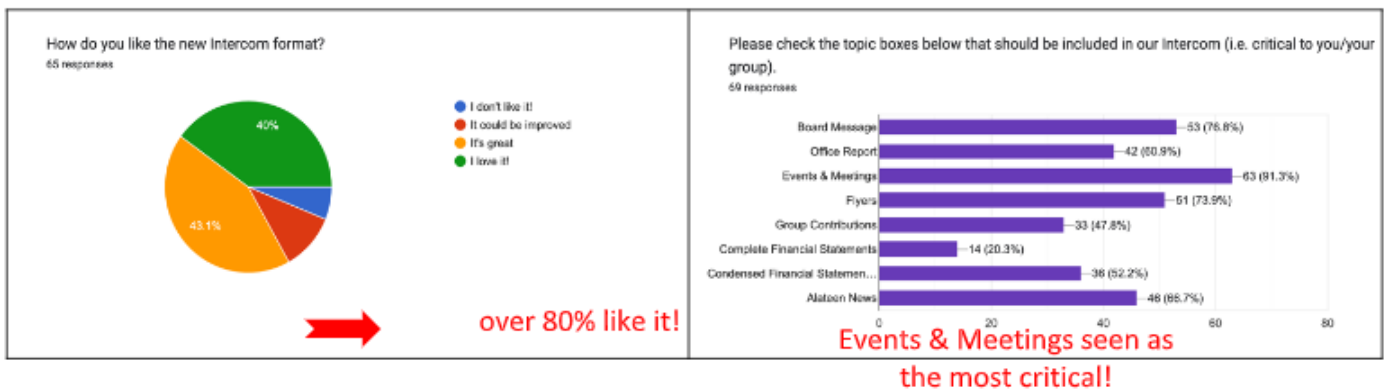
Chairperson	Anita R	chair@alanonsandiego.org
Vice-Chairperson	Trenta A	vice-chair@alanonsandiego.org
Secretary	Christine D	secretary@alanonsandiego.org
Treasurer	Cindi H	treasurer@alanonsandiego.org
Ex-Officio	Kelly SH	ex-officio@alanonsandiego.org
Historian & Nomination Chairperson	Dan B	historian@alanonsandiego.org
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	Kristen S	office-chair@alanonsandiego.org

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**BOARD MESSAGE**

Thank you for participating in our Intercom Survey last month. We would like to share the results with you.



We also appreciate the valuable comments as they will help us to make further improvements.

Stay tuned for more updates!

## OFFICE REPORT

### OFFICE REPORT CALLS

### JANUARY 2023

Total phone calls received	153	Number registered Groups	167
- for meeting information	44	- Al-Anon English	139
- calls to answering service	51	- Al-Anon Spanish	22
- referred to 12th steppers	6	- Alateen	6

### VOLUNTEER HOURS

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

### FREE NEWCOMER PACKETS

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

The office is open and ready to serve our members in person. Please call before you visit to make sure it's open. Hours may vary.

#### SAN DIEGO OFFICE HOURS

Monday and Friday: Closed

Tuesday, Wednesday, Thursday: 10am-4pm

Saturday: By Appointment Only – please email [office-chair@alanonsandiego.org](mailto:office-chair@alanonsandiego.org)

CALL US

(619)296-2666 (24/7)

EMAIL

[office@alanonsandiego.org](mailto:office@alanonsandiego.org)

## AL-ANON EVENT CALENDAR

#### February 25, 2023 6pm-9pm

San Diego Spring Round Up Fundraiser – BINGO! – St. Luke's Lutheran Church, 5150 Wilson Street, La Mesa – Tickets \$10 includes 8 bingo cards – Extra tickets are \$1 each – Raffle tickets \$5 each for one night at the Town & Country or the Al-Anon luncheon – Please bring your favorite dessert to share and donations for the raffle

#### 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 Al-Anon, 45-Minute Speaker Michelle B & Christina (mother & daughter), Tuesday Power Lunch Bunch, Host Group Lost & found Al-Anon - bring a snack to share!

#### March 4, March 11, March 18 7am-8am

District 69 Enfoque en: los Pasos, Tradiciones y Conceptos, Camino ala Recuperacion AFG Les Invita, Seremos anfitriones del mes de Marzo 2023, Tercera Paso: 4 deMarzo, Tercera Tradicion: 11 de Marzo, Tercer Concepto: 18 de Marzo, Zoom ID 384 306 8017 Contraseña 98urz

#### 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)

**March 25-2023 7pm-8:30pm**

Glee Anon – An Al-Anon Musical Fundraiser – It’s back with a new show! – St. Peters in Del Mar, 334 14<sup>th</sup> Street, Del Mar 92014 - \$20 suggested donation upon entry – to get advanced tickets, email vice-chair@alanonsandiego.org

**March 26, 2023 4pm-5:30pm**

Al-Anon Bilingual Writing Workshops/ Taller Bilingue de Al-Anon - hosted by District 69 – Journal about your journey and growth / Escribe tu trayecto y crecimiento – also May 28, July 23, September 24, November 26 – Zoom ID 395 556 4737 Passcode 755000

**March 30, 2023 12pm-1pm**

Speaker Meeting – San Marcos AFG – “As Bill Sees it and Lois Remembers It”, Speakers: Connie K (Al-Anon) and Steve K (AA) – S. Mark’s Catholic Church, 1147 Discovery Street, San Diego

**April 1, 2023 6:30pm-8pm**

San Diego AFG Speaker Meeting – La Mesa Adult Enrichment Center, 8458 La Mesa Blvd, La Mesa 91941 – 10-Minute Speaker Janice G, Serenity at Sunset Al-Anon, 45-Minute Speaker Julie J Serenity at Sunset Al-Anon, Host Group Serenity at Sunset Al-Anon - bring a snack to share!

**April 4, 2023 6pm**

Free to Be Me Women’s Al-Anon Turns 15 – Guest Speaker – Anita R. – Light refreshments will be served from 6pm-6:25pm and meeting begins promptly at 6:30pm – Normal Heights Methodist Church, 4650 Mansfield Street, San Diego 92119

**April 7-8, 2023**

San Diego Spring Round Up, Town and Country San Diego Hotel – **VOLUNTEERS NEEDED** to lead Al-Anon Marathon meetings – Your service commitment would be for a one-hour meeting as a leader or reader. **LITERATURE DONATIONS NEEDED** that will be gifted during each Marathon meeting. Please consider a group donation of one book

**April 21, 2023 10am-11:30am**

Back to Basics AFG Anniversary – Speaker Linda P and April E AA/Al-Anon mother and daughter – We will have an Al-Anon trivia quiz and win prizes! Zoom 878 648 776 Passcode

**May 13, 2023 1pm-4pm**

Happy Birthday – Al-Anon is 72 and Alateen is 66 – Join us for an open meeting, two 20-minute speakers, and cake! Event will be held in the gazebo and the office will be open for literature sales – San Diego County Al-Anon Information Service Office, 2667 Camino del Rio South, Suite 208, San Diego 92108 – If you cannot go, you can donate at [www.AlAnonSanDiego.org](http://www.AlAnonSanDiego.org) and click on the BIRTHDAY button

## 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

### **Sundays 7pm-8:15pm**

Meeting Needs Support – Just for Today – We have good longtime recovery and would love newcomers! Penasquitos Lutheran Church 14484 Penasquitos Dr, San Diego, 92129

## ALATEEN

### **2023 SAN DIEGO SPRING ROUND UP – ALATEEN DAY Saturday, April 8, 2023**

**WE NEED VOLUNTEERS!** Volunteers must be AMIAS certified.

**TEENS 12-18 YEARS NEEDED TO COME TO THE EVENT!** Please talk it up and tell your family and friends. Permission slip signed by parent/guardian needed to attend the event. Together we can make it!

### **ALATEEN MEETINGS**

#### **Mondays 6:30pm**

Strictly Alateen – North Coast Church, 2405 N Santa Fe Ave, Vista 92084

#### **Wednesdays 6pm**

Wednesday Night Alateen UTC – ONLINE

#### **Wednesdays 6:45pm**

New Beginnings Alateen – ONLINE ONLY

#### **Thursdays 6pm**

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

#### **Thursday 6:30pm**

I'm Ok, I Belong, I am not Alone – ONLINE ONLY

**Sunday 7pm**

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

**ALATEEN IN SCHOOLS**

A Taskforce Committee 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

**BOARD / ISR / DISTRICT MEETINGS**

**Al-Anon Service Board Meeting** - Zoom Info TBA

Next Meeting: March 11, 2023 9am – Zoom info TBA

**ISR** - 2<sup>nd</sup> Saturday of every odd-numbered month

Next Meeting: Saturday, March 11, 2023 10am - Zoom ID 752 699 5666 Password EJH6dK

**District 72 Meeting** – 4<sup>th</sup> Saturday of every even-numbered month

Atonement Lutheran Church, 10245 Loma Rancho Drive, Spring Valley

Next Meeting: February 25, 2023 10am

**District 75 Meeting** - 2<sup>nd</sup> Tuesday of every odd-numbered month

Next Meeting: March 14, 2023 6:30pm

**District 69 Meeting** – 2<sup>nd</sup> Tuesday of every odd-numbered month

Next Meeting: March 14, 2023 7pm



**GROUP CONTRIBUTIONS**

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

	Jan 23	Jan 23
Alegria de Vivir AFG	50.00	50.00
Bonita PTA	75.00	75.00
Chula Vista Al-Anon	100.00	100.00
Courage to Change Poway	100.00	100.00
Del Mar Lunch Bunch	200.00	200.00
Easy Does It AFG	140.00	140.00
Escondido Oasis Monday Night AFG	111.20	111.20
Friday Night Courage AFG	70.00	70.00
Grupo Espiritualidad	157.00	157.00
Happy Joyous And Free AFG	147.20	147.20
Hope For Today Survival To Recovery AFG	60.00	60.00
How It Works AFG	12.00	12.00
Live and Let Live-El Cajon	208.50	208.50
Men in the Park	200.00	200.00
Moonlight Beach Just For Today AFG	100.00	100.00
North County Men's Alanon	50.00	50.00
Outdoor Recovering Together	35.00	35.00
Paz Mental	150.00	150.00
RB Lunch Bunch	80.00	80.00
San Marcos Noon AFG	54.00	54.00
Santee Serenity	110.40	110.40
Sky's the Limit AFG	82.00	82.00
Sunday Night Courage to Change	100.00	100.00
Sunnyside Up Del Mar AFG	20.00	20.00
Survival to Recovery	162.60	162.60
The Solution AFG	52.32	52.32
Tri-City Daytime	30.00	30.00
Wed Night AFG for Parents	150.00	150.00
What a Concept AFG	105.00	105.00
Willingness to Change AFG	128.00	128.00
Women's AFG - El Cajon	80.00	80.00
<b>TOTAL</b>	<b>3,120.22</b>	<b>3,120.22</b>



## FINANCIALS

### LITERATURE SALES

#### January

Jan-23	Jan-22	Change
\$3,216.82	\$2,399.92	(\$816.90)

### TOTAL CONTRIBUTIONS

#### January

Jan-23	Jan-22	Change
\$4,040.62	\$2,399.92	\$1,640.70

FY23 Budget Performance Recap							Jan 2023
Al-Anon Family Groups Office of San Diego County, Inc.							
		January 2023			FY 23 Year to Date		
		Actual	Budget	Variance	YTD Actual	TD Budget	Variance
Incoming							
	Contributions	4,040.62	5,233.34	(1,192.72)	4,040.62	5,233.34	(1,192.72)
	Fundraisers	26.75	0.00	26.75	26.75	0.00	26.75
	Literature Sales	3,159.92	3,483.33	(323.41)	3,159.92	3,483.33	(323.41)
	Outreach Donations	0.00	(41.67)	41.67	0.00	(41.67)	41.67
	Other Income	1.40	1.66	(0.26)	1.40	1.66	(0.26)
	<b>Total Incoming</b>	<b>7,228.69</b>	<b>8,676.66</b>	<b>(1,447.97)</b>	<b>7,228.69</b>	<b>8,676.66</b>	<b>(1,447.97)</b>
Outgoing							
	COGS (Literature)	2,001.09	2,750.00	(748.91)	2,001.09	2,750.00	(748.91)
	Total Expenses	7,147.88	4,853.33	2,294.55	7,147.88	4,853.33	2,294.55
	<b>Total Outgoing</b>	<b>9,148.97</b>	<b>7,603.33</b>	<b>1,545.64</b>	<b>9,148.97</b>	<b>7,603.33</b>	<b>1,545.64</b>
	<b>Net Income</b>	<b>(1,920.28)</b>	<b>1,073.33</b>	<b>(2,993.61)</b>	<b>(1,920.28)</b>	<b>1,073.33</b>	<b>(2,993.61)</b>

**Al-Anon Family Groups of SD Cty, Inc.**  
**Balance Sheet Prev Month Comp**  
 As of January 31, 2023

	Jan 31, 23	Dec 31, 22
<b>ASSETS</b>		
<b>Current Assets</b>		
Checking/Savings		
B of A Office Checking 8439	1,691.67	1,622.43
B of A - Bus Invest #0165	63,828.10	63,827.56
B of A Operating Ck 8519	16,701.49	28,348.96
CD 4976 - 9mo	0.00	14,352.55
CD 6826 - 7mo	28,784.36	28,783.62
CD 4012 - 13mo	21,352.67	0.00
Petty Cash	52.39	52.37
<b>Total Checking/Savings</b>	<b>132,410.68</b>	<b>136,987.49</b>
Accounts Receivable		
Accounts Receivable	(41.08)	(41.08)
<b>Total Accounts Receivable</b>	<b>(41.08)</b>	<b>(41.08)</b>
Other Current Assets		
Inventory Asset	20,937.33	22,173.34
Undeposited Funds	2,936.75	342.80
<b>Total Other Current Assets</b>	<b>23,874.08</b>	<b>22,516.14</b>
<b>Total Current Assets</b>	<b>156,243.68</b>	<b>159,462.55</b>
<b>TOTAL ASSETS</b>	<b>156,243.68</b>	<b>159,462.55</b>
<b>LIABILITIES &amp; EQUITY</b>		
<b>Liabilities</b>		
<b>Current Liabilities</b>		
Accounts Payable		
Accounts Payable	177.28	924.28
<b>Total Accounts Payable</b>	<b>177.28</b>	<b>924.28</b>
Other Current Liabilities		
Sales Tax Payable	237.46	704.16
<b>Total Other Current Liabilities</b>	<b>237.46</b>	<b>704.16</b>
<b>Total Current Liabilities</b>	<b>414.74</b>	<b>1,628.44</b>
<b>Total Liabilities</b>	<b>414.74</b>	<b>1,628.44</b>
<b>Equity</b>		
Inventory Opening Bal Equity	39,116.69	39,116.69
Retained Earnings	118,717.42	102,215.82
Net Income	(2,005.17)	16,501.60
<b>Total Equity</b>	<b>155,828.94</b>	<b>157,834.11</b>
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>156,243.68</b>	<b>159,462.55</b>

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

	Jan 23	Dec 22	Jan 23
<b>Ordinary Income/Expense</b>			
<b>Income</b>			
Contributions			
12 Stepper Contributions	685.00	883.00	685.00
Group Contributions	3,120.22	6,245.25	3,120.22
Individual Contributions	235.40	1,925.69	235.40
<b>Total Contributions</b>	<b>4,040.62</b>	<b>9,053.94</b>	<b>4,040.62</b>
Fundraisers	26.75	205.00	26.75
Interest Income	1.40	1.37	1.40
Literature Sales Income			
Cash Overage/Shortage	(0.20)	(0.07)	(0.20)
Discounts	(30.00)	(35.57)	(30.00)
Literature Sales	3,216.82	4,045.23	3,216.82
Prepaid Postage	83.85	53.00	83.85
<b>Total Literature Sales Income</b>	<b>3,270.47</b>	<b>4,062.59</b>	<b>3,270.47</b>
Donated Inventory Items	(110.55)	(664.55)	(110.55)
<b>Total Income</b>	<b>7,228.69</b>	<b>12,658.35</b>	<b>7,228.69</b>
<b>Cost of Goods Sold</b>			
Cost of Goods Sold	2,085.98	3,037.95	2,085.98
<b>Total COGS</b>	<b>2,085.98</b>	<b>3,037.95</b>	<b>2,085.98</b>
<b>Gross Profit</b>	<b>5,142.71</b>	<b>9,620.40</b>	<b>5,142.71</b>
<b>Expense</b>			
Bank Charges	159.95	108.18	159.95
Insurance Expenses	0.00	(21.54)	0.00
Office Equipment	130.00	76.48	130.00
Office Supplies	136.99	265.39	136.99
Postage	117.99	117.99	117.99
Professional Fees	4,455.00	3,925.00	4,455.00
Rent	1,286.93	1,286.93	1,286.93
Taxes, Business	212.84	0.00	212.84
Telephone/Internet Bus	559.18	568.15	559.18
WEB Expense	89.00	118.43	89.00
<b>Total Expense</b>	<b>7,147.88</b>	<b>6,445.01</b>	<b>7,147.88</b>
<b>Net Ordinary Income</b>	<b>(2,005.17)</b>	<b>3,175.39</b>	<b>(2,005.17)</b>
<b>Net Income</b>	<b>(2,005.17)</b>	<b>3,175.39</b>	<b>(2,005.17)</b>

**DISTRICT NEWS**

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





**SAN DIEGO SPRING ROUNDUP  
FUNDRAISER**

Join us for a night of fun and fellowship  
**SATURDAY, February 25th 6 pm to 9 pm**

**BINGO**

St. Luke's Lutheran Church  
5150 Wilson Street, La Mesa

**TICKETS: \$10.00**  
Includes 8 bingo cards  
Extra cards \$1.00 each  
Raffle tickets \$5.00 each for  
**One Night at the Town and Country  
One Luncheon Ticket**

**Please bring your favorite dessert to  
share and donations for the Raffle**

**DISTRICT 69  
ENFOQUE EN:  
Los Pasos, Tradiciones y  
Conceptos**

**CAMINO A LA RECUPERACION  
AFG LES INVITA**

Seremos anfitriones del mes de  
**MARZO 2023**

Tercer Paso: 4 de Marzo  
Tercera Tradición: 11 de Marzo  
Tercer Concepto: 18 de Marzo  
**SABADOS DE 7:00AM-8:00AM**

Zoom ID 384 306 8017  
Contraseña 98urz  
Estando usando como guía  
**SENDEROS DE RECUPERACIÓN (LAC)**

Es muy gratificante un paseo por Zoom viviendo los  
Principios!  
Voluntarize a su grupo como anfitrión de un mes.

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 (Mother &amp; Daughter)</p>
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**HOST GROUP**  
Lost and Found Al-Anon

**BRING A SNACK TO SHARE!**

**Happy, Joyous and Free  
Al-Anon Family Group  
Annual Speaker Meeting**

**When: Wednesday, March 15, 2023  
11:00 a.m. - 12:00 noon**

**Where: Pathways Community Church - The Corner Room  
9626 Carlton Hills Blvd., Santee**

We would be happy to have you join us to hear  
**Speaker - Anita R.**

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

(SPANISH / ENGLISH) Hosted by District 69

Zoom link: 395-556-4737 Passcode: 755000

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

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

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

*Type or write by hand/ Escribe a mano o computadora*

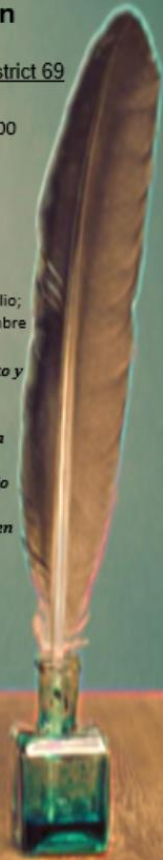
*Submission is voluntary/ Compartimiento es voluntario*

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

Zoom link: 395-556-4737  
Passcode: 755000

*"Using the tool of writing for spiritual growth."*

*"Utilizando la herramienta de la escritura para el crecimiento espiritual."*



*It's back!*  
**GLEE  
ANON**

*With a new show*

**An Al-Anon Musical Fundraiser**

**March 25, 2023**

7:00pm - 8:30pm

St. Peters in Del Mar

334 14th Street, Del Mar, CA 92014

\$20 suggested donation upon entry

To get advanced tickets, email [vice-chair@alanonsandiego.org](mailto:vice-chair@alanonsandiego.org)

Anyone unable to attend is welcome to donate through [www.alanonsandiego.org](http://www.alanonsandiego.org)

**San Marcos Noon AFG**

invites you to our

**Guest Speaker Meeting**

**Thursday, March 30, Noon to 1:00.**

St Mark's Church,

1147 Discovery Street, San Marcos.

Connie K (Al-Anon) and Steve K (AA)

will be our guest speakers.

**"As Bill Sees It and Lois Remembers It"**



46TH ANNUAL SOUTHERN CALIFORNIA  
AL-ANON FAMILY GROUPS CONVENTION

**PARTICIPATION IS THE  
KEY TO HARMONY**

AFG 2023

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

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

# San Diego AFG Speaker Meeting

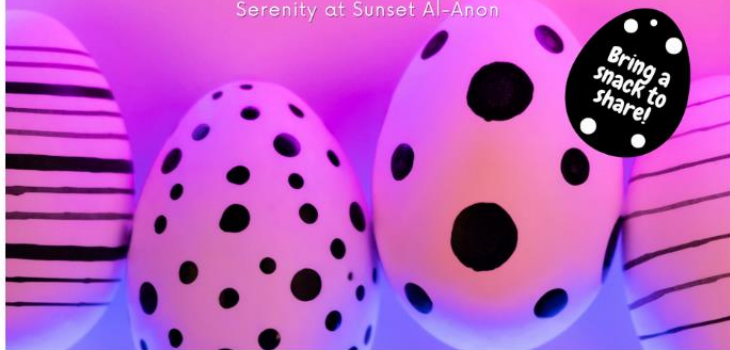
Saturday, April 1, 2023  
6:30pm-8:30pm

La Mesa Adult Enrichment Center  
8458 La Mesa Blvd, La Mesa, CA 91941

**10-Minute Speaker**  
Janice G  
Serenity at Sunset Al-Anon

**45-Minute Speaker**  
Julie J  
Serenity at Sunset Al-Anon

**Host Group**  
Serenity at Sunset Al-Anon



# Alateen Day

at the 46th San Diego Spring Round Up 2023

Saturday, April 8th  
9am-9pm



Come join a fun filled day of Alateen fellowship and recovery!



1 in 4  
Children  
are  
affected by  
someone's  
drinking!



## Alateen

Something for everyone. If you're a current or new Alateen, curious parent or other interested party, come see and hear what Alateen is all about!

- Open House, Intro to Alateen, \*Adults Welcome
- Free Alateen Literature
- Newcomers Meeting
- Discussion Meetings
- Attend Al-Anon Speaker Meeting
- Music and Games
- Lunch and Dinner Provided
- Open Meeting - Alateen/AMIAS Speaker Panel. Come hear Alateens' speak, and hear what being an AMIAS is all about, (Al-Anon Member in Alateen Service), \*Adults Welcome

Alateen Registration \$15.00 - Permission slip required  
On-line Reservations [www.SanDiegoSpringRoundup.com](http://www.SanDiegoSpringRoundup.com)

### Alateen is Al-Anon

For more information or to participate please contact:  
Steve W., SDSRU Alateen Sponsor @ (949) 630-6045  
<https://al-anon.org>

With Al-Anon/Alateen Participation Pending Final Approval

## Join us in Celebrating our Al-Anon "Back to Basics" (AFG) Anniversary

Friday April 21, 2023  
10:00-11:30 AM

AA and Al-Anon Mother and Daughter speakers,  
Linda P. And April E.

For fun: Al-Anon Trivia Quiz. Win prizes!

**Zoom Info:**  
ID 878 648 776  
Pass 031435

### QUESTIONS?

Contact Karla S., Ph.(858)883-8038  
Laurine O. Ph.(858)733-0111  
Text ok.

# Happy Birthday

Al-Anon is 72 & Alateen is 66

Saturday May 13, 2023  
1pm-4pm

Join us for an open meeting, two 20-minute speakers and cake!

The event will be held in the gazebo and the office will be open for literature sales.

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

If you can not attend and would like to donate, go to [www.AlanonSanDiego.org](http://www.AlanonSanDiego.org) and click on the BIRTHDAY button to contribute.





# 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"> <li>1) Do you have a parent, close friend or relative whose drinking upsets you?</li> <li>2) Do you cover up your real feelings by pretending that you don't care?</li> <li>3) Are holidays and gatherings spoiled because of drinking?</li> <li>4) Do you tell lies to cover up for someone else's drinking or what's happening in your home?</li> <li>5) Do you stay out of the house as much as possible because you hate it there?</li> <li>6) Are you afraid to upset someone or fear it will set off a drinking bout?</li> <li>7) Do you feel nobody really loves you or cares what happens to you?</li> <li>8) Are you afraid or embarrassed to bring your friends home?</li> <li>9) Do you think the drinker's behavior is caused by you, other members of your family, friends, or rotten breaks in life?</li> <li>10) Do you make threats such as, "If you don't stop drinking, fighting, I'll run away?"</li> </ol> | <ol style="list-style-type: none"> <li>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?</li> <li>12) Do you feel that if your mom or dad loved you, he or she would stop drinking?</li> <li>13) Do you ever threaten or actually hurt yourself to scare your parents into saying "I'm sorry," or "I love you?"</li> <li>14) Do you believe no one could possibly understand how you feel?</li> <li>15) Do you have money problems because of someone else's drinking?</li> <li>16) Are mealtimes frequently delayed because of the drinker?</li> <li>17) Have you considered calling the police because of the drinker's abusive behavior?</li> <li>18) Have you refused dates out of fear or anxiety?</li> <li>19) Do you think your problems would be solved if the drinker stopped?</li> <li>20) Do you ever treat people (teachers, schoolmates, teammates, etc.) unjustly because you are angry at someone else for drinking too much?</li> </ol> |
|---|--|

#### 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

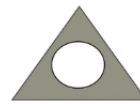
For more information go to: [www.alanonsandiego.org](http://www.alanonsandiego.org) or [www.al-anon.org](http://www.al-anon.org) (AT) - Al-Anon meetings held at same time and location

- **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!**