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FOR WEBSITE

VOL. 53 NUMBER 8 / AUGUST 2023

STEP EIGHT

Made a list of all persons we had harmed, and became willing to make amends to them all.

2023 SERVICE BOARD

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

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BOARD MESSAGE

I was privileged to attend the Al-Anon International Convention with AA and Alateen participation in Albuquerque, New Mexico. I joined our Al-Anon family from Southern California on this incredible 4-day experience and met many more friends worldwide. Al-Anon is truly a worldwide fellowship. Almost 4,000 members joined in the celebration.

The first day was "A Day of Connection," with speakers and sessions sharing how service and outreach have helped us grow individually and spiritually. The large meetings began with reading the Serenity Prayer in English, Spanish, French, and ASL. There were over 80 sessions to select from joining in the following days. Some examples are the 3A's, boundaries, the new daily reader, humor, and more.

A conference highlight was a party on the plaza where music played while we danced and mingled. In the Parade of Love, members could represent their state or country as they strolled around the large hall. On the conference's closing day, we had 3 moving speakers at a Spiritual Meeting that ended with our Al-Anon Indian members in a drum circle playing as we exited.

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

OFFICE REPORT

OFFICE REPORT CALLS

JUNE 2023

Total phone calls received	142	Number registered Groups	164
- for meeting information	35	- Al-Anon English	136
- calls to answering service	50	- Al-Anon Spanish	20
- referred to 12th steppers	5	- Alateen	8

VOLUNTEER HOURS

THROUGH JUNE 2023

Year	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
2022	151	116	153	149	166	147	155	104	179	176	166	187	1849
2023	185	157	157	158	147	137							941

FREE NEWCOMER PACKETS

THROUGH JUNE 2023

Year	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
2022	50	57	87	77	66	84	103	77	76	72	59	55	863
2023	67	78	64	42	62	4*							313

*Glitch on website

We are super excited to have the new daily reader, "A Little Time for Myself," in stock in the office. What we really need are more volunteers. Please consider taking your recovery up a notch and be an office volunteer!

Kristen S
Office Chair

SAN DIEGO OFFICE HOURS

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

CALL US
EMAIL

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

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

NEW DAILY READER IN STOCK!

We are super excited to have the new daily reader, "A Little Time for Myself", in stock in both English and Spanish in the office. To make sure we have enough for everyone, we are asking people to limit their purchase to two per individual or ten per group.

We will do our utmost to ensure stock is continued and we can remove these limitations.



AL-ANON EVENT CALENDAR

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

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

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

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

Saturday, July 22, 2023, 7pm-8:30pm

District 69 & GleeAnon – An encore presentation of “That’s My Story, and I’m Sticking to It” – Free to everyone in Al-Anon – finger foods to share appreciated – Carlsbad Senior Center Auditorium 799 Pine Avenue, Carlsbad
FLYER

Wednesday, July 26, 2023 9am-10:30am

MYOB 36th Anniversary – MYOB invites you to DROP THE ROCK and join us for breakfast, raffle prizes, and three 10-minute speakers as they share how they learned to DROP THE ROCK through Al-Anon – Speakers Gail B, Libby A, and Alise M – St. Dunstan’s Episcopal Church 6556 Park Ridge Blvd, San Diego ***FLYER***

Wednesday, July 26, 2023, 6:30pm-8:30pm

Southern California World Service (SCWS) is having a SCWS Group Records Workshop for all groups in Southern California. Learn how to change your group to electronic from physical-temporary electronic as well as other topics including how, where, and why your meeting is listed, how to make changes and how to register a new group. Two dates available – Wednesday, July 26, 2023 and Saturday, August 12, 2023 8:30am-10:30am. Event on Zoom only, Zoom ID 875 5977 5474 Password 121212 ***FLYER***

Saturday, July 29, 2023 – 1pm-3:30pm

Long-Timers Sereni-Tea – **EVERYONE IS WELCOME** – if you know of a member who has been in Al-Anon for 25 years or more, please send their name and contact information to Vickie I at afg2023lt@gmail.com – Speakers are Marcia M and Margarita K – Tea and other beverages will be provided – bring finger food to share *and your favorite teacup* – Groups are encouraged to donate baskets for the opportunity drawing with items related to our spiritual principals (Al-Anon literature, creative gifts, plants). The event is hosted and proceeds to benefit District 72 - St. Luke’s Lutheran Church 5150 Wilson Street, La Mesa ***FLYER***

Monday, July 31, 2023 – 7pm-8:30pm

Carlsbad Discussion Group Speaker Meeting – Speaker: Charlene S - finger foods appreciated - Meeting in the dining room – St. Michaels Church 2775 Carlsbad Avenue, Carlsbad 92078

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

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

Saturday, August 12, 2023, 10am-11:30am

San Diego Spring Round Up Planning Meeting – The Al-Anon Committee for the San Diego Spring Roundup (March 28-31, 2024) is planning for next year’s event. Meetings are at Gethsemane Lutheran Church, 2696 Melbourne Drive, San Diego. We meet on the second Saturday of every month. Open positions include Chair-Elect, Alateen Sponsor, Achieves Chair and co-Chair, Hospitality Co-Chair, Program Co-Chair, and Registration Co-Chair. For more information, contact sdsrucommittee@gmail.com.

Saturday, August 12, 2023, 8:30am-10:30am

Southern California World Service (SCWS) is having a SCWS Group Records Workshop for all groups in Southern California. Learn how to change your group to electronic from physical-temporary electronic as well as other topics including how, where, and why your meeting is listed, how to make changes and how to register a new group. Two dates available – Wednesday, July 26, 2023 and Saturday, August 12, 2023 8:30am-10:30am. Event on Zoom only, Zoom ID 875 5977 5474 Password 121212 ***FLYER***

Monday, August 14, 2023, 7pm-8pm

Search for Peace second Monday of the Month Speaker Meeting – speaker is Katrina D. – Mission Trails Church, 4880 Zion Avenue, San Diego in Allied Gardens – the meeting is in “The Hall” – for easiest access, use the upper parking lot. As you walk into the campus, the walkway ends just patch the kitchen at “The Hall”. We hope to see you there!

Tuesday, August 22, 2023, 9am-11am

Tuesday Morning Literature Study’s 20th Anniversary Celebration – Speaker at 9am and potluck at 10am – Calvary Lutheran Church, Fellowship Hall, 424 Via de La Valle, Solana Beach, CA ***FLYER***

Sunday, September 3, 2023, 8am-10am

Footprints in the Sand is celebrating their 38th Anniversary which includes an 8am walk on the beach followed by a meeting at 9am complete with finger food (feel free to bring something if you wish). The event is at Buccaneer Beach Park, 1506 S. Pacific Street, Oceanside.

Friday-Sunday, September 29-October 1, 2023

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

AL-ANON MEETING UPDATES / NEED SUPPORT

**Al-Anon Meeting Updates/Need Support will be posted for three months.
If you would like to continue to have your meeting listed, please resubmit your meeting [HERE](#).**

Sundays 9:10am-10am³

Sunday Serenity Social – Spring Creek Park – Old Ranch Road & Melrose, Oceanside, CA – This is a tranquil neighborhood park and a dog-friendly meeting (all dogs welcome) – the park is fenced in, and steps are going down (not wheelchair accessible) – easy parking on Old Ranch Road – bring a lawn chair

Monday 9am-10am – NEW MEETING STARTING JULY 1³

New women’s meeting – Keep it Simple (District 69) – Moonlight State Beach, Encinitas, CA - under the tiki umbrellas, next to the sand volleyball court – contact Rebeca O at rebecacardiff@yahoo.com or (760)613-3634

Thursdays 12:15pm-1:15pm³

University City Thursday Lunch Bunch Electronic AFG – This is a permanent Zoom meeting with good recovery and welcome newcomers – Zoom 205 375 3323 Passcode Samaritan2

Wednesdays 9am-10:15am

Mind Your Own Business AFG meetings for August MOVED to Lake Murray, La Mesa, CA for the month of August. This is because St. Dunstan’s is unavailable in August. Meetings are held at the same location as Serenity at the Lake on Sundays. Come join us and be sure to BRING YOUR OWN CHAIR! ***FLYER***

Saturdays 8:00am-9:00am² – NEW MEETING!

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

ALATEEN

EXCITING NEWS!

There is an opportunity to start an Alateen meeting at another High-Tech school – High Tech High Mesa in San Diego!

SPONSORS ARE NEEDED!

Please call Ron Parks (Intergroup/AIS Alateen Chairperson) who is organizing this at 619-322-8558 or d69AlateenOutreach@gmail.com

If you're not already certified through our Area (Southern California World Service, SCWS), or you let your AMIAS certification lapse, you can take free training online. The schedule is posted at

<https://www.scws-al-anon.org/alateen/be-of-service-to-alateen/>

High Tech High Mesa is centrally located in Clairemont, 5331 Mt. Alifan Drive, San Diego.

This is your chance to offer a real difference in a student's life, and to enrich your own program.

OUTREACH: We still need Al-Anon members willing to hand out Alateen information at public outreach events this summer. Can you or some of your group members give a couple hours of your time? Let's do this

ALATEEN MEETINGS

Mondays 6pm-7pm NEW AND GOING GREAT!

Alateen Meeting in East County – East Valley Christian Fellowship, 10469 Ridgehill Road, El Cajon 92021 (with a concurrent Al-Anon Meeting) – Has Al-Anon helped you? You can give that gift to your teen, nephew, niece, neighbor, or grandchild. Alateen is a part of Al-Anon.

Mondays 6:30pm

Serenity Monday in Alateen – North Coast Church, 2405 N Santa Fe Ave, 2nd Grade Classroom, Vista 92084 – NEWCOMERS WELCOME!

Wednesdays 6pm-7pm

Wednesday Night Alateen UTC **BACK IN PERSON!**

Good Samaritan Episcopal Church

Roetter Hall

4321 East Gate Mall, San Diego

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

BOARD / ISR / DISTRICT MEETINGS

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

Next Meeting: July 8, 2023, 9am

Zoom ID 752 699 5666 Password EJH6dK

ISR - 2nd Saturday of every odd-numbered month

Next Meeting: July 8, 2023, 10:30am

Zoom ID 752 699 5666 Password EJH6dK

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

Next Meeting: July 11, 2023, 7pm

In-person and on Zoom – In person at Lakeview Mobile Estates Clubhouse, 809 Discovery Street, San Marcos, 92078 – We’d love to see you there! – On Zoom at Zoom ID 395 556 4737 Password 755000

Contact Annah H (760)573-0760

District 72 Meeting – 4th Saturday of every month except for May, November & December

Next Meeting: June 23, 2023, 9:30am

Meeting in person at Atonement Lutheran Church, 10245 Loma Rancho Drive, Spring Valley and on Zoom at Zoom ID 836 1416 1990 Password 742642

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

Next Meeting: July 17, 2023, 5:30pm

Zoom ID 822 4085 1324 Password 75

DISTRICT NEWS

District meetings and DR contact information can be found online:

District 69: <https://www.alanonsandiego.org/district-69>

District 72: <https://www.alanonsandiego.org/district-72>

District 75: <https://www.alanonsandiego.org/district-75>

District map: <https://www.alanonsandiego.org/district-map>

ISR Page ***NEW*** <https://www.alanonsandiego.org/isr> Includes the May 20223 Assembly Delegate’s Report



2024 AL-ANON SERVICE BOARD NOMINATIONS

Al-Anon exists only because of the thousands of members, starting with Lois, who have served others. Talking about service can sound like preaching, but the secrets of service include:

- It makes me feel even more a part of our beautiful program
- It introduces me to other amazing Al-Anon members throughout the county
- It's actually fun!

Nominations are now being accepted from Al-Anon members willing to serve on our San Diego Intergroup Service Board that manages the activities and affairs of the San Diego Al-Anon Family Groups (AFG) office that is also our Literature Distribution Center (LDC). The only requirements are:

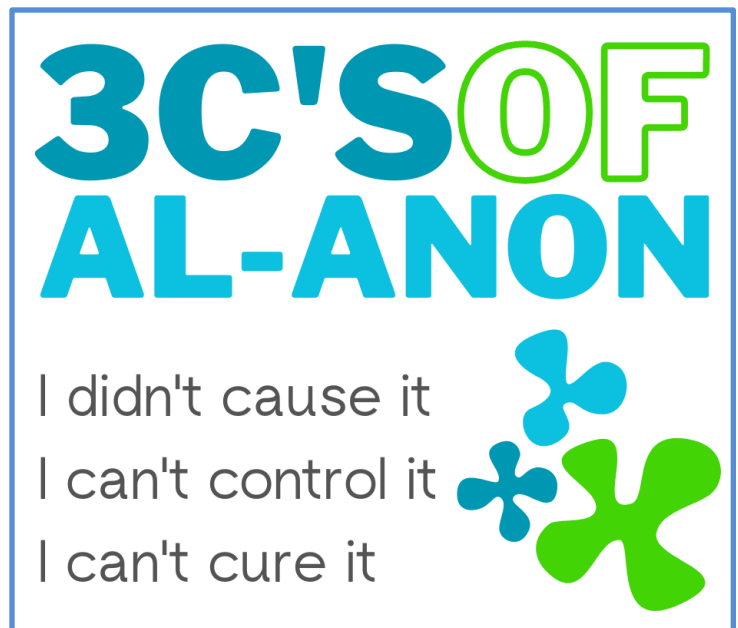
- Al-Anon member for two (2) years
- No dual membership in AA and Al-Anon
- Two (2) year commitment.

Positions that will be open for our 2024 Service Board include Treasurer, Office Chair, Spanish Liaison, Historian/Nominations, Alateen Chair, and Intercom Chair. Please go to www.alanonsandiego.org/doing-service and scroll down for job descriptions and estimated hours per month. You do not need to specify a desired position; existing and newly elected Board members meet in December to decide who fills which positions.

Please nominate yourself, your sponsor, your sponsee or someone you admire from your home group. All Nomination forms are due by Wednesday, September 6, 2023 by 2PM to Dan B, Historian & Nominations Chair, at historian@alanonsandiego.org or can be mailed or faxed to our Al-Anon office. Please email or call Dan B with any questions. You can also call our local office at (619)296-2666, fax (619)296-0840.

Thank you for being of service!

Dan B
Historian & Nominations Chair
historian@alanonsandiego.org
(619)884-3180 (OK to leave a message)



GROUP CONTRIBUTIONS

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

	Jun 23	Jan - Jun 23
AFG Recovering Adult Child	0.00	250.00
Alegria de Vivir AFG	0.00	100.00
Alpine AFG	0.00	270.00
Back to Basics	0.00	12.00
Bonita PTA	75.00	683.00
Bonita Reencuentro Grupo	0.00	60.00
Book Study AFG	0.00	100.00
Changing Attitudes Fri AM	0.00	417.18
Chula Vista Al-Anon	57.00	224.00
Clairemont Daytime AFG	0.00	164.50
Clairemont Friday Night AFG	44.25	144.25
Courage to Change Fri AM	350.00	375.00
Courage to Change Poway	50.00	445.00
Del Mar Early Birds	0.00	140.00
Del Mar Lunch Bunch	0.00	715.00
Del Mar Sunnyside UP AFG	0.00	20.00
Drop the Rock	186.90	391.30
Early Thursday Nighters AFG	0.00	100.00
East County Daytime AFG	402.50	567.60
Escondido Oasis Monday Night AFG	0.00	111.20
Experience Strength & Hope AM	190.95	279.15
Footprints in The Sand AFG	0.00	25.00
Free To Be Me Women's AFG	0.00	176.25
Freedom From Despair	0.00	50.00
Friday Night Courage to Change Virtual	0.00	140.00
From Survival to Recovery	0.00	25.00
Grupo Espiritualidad	0.00	303.00
Happy Joyous And Free AFG	0.00	279.20
Hilltop AFG	0.00	100.00
Hope For Today Survival To Recovery AFG	0.00	60.00
How It Works AFG	0.00	12.00
How it Works Electronic	0.00	200.00
Into The Solution	272.00	272.00
Just for Today RP AFG	0.00	105.11
Keeping the 4th Step Real	0.00	50.00
La Costa Live And Let Live AFG	0.00	80.00
Let It Begin With Me LGBTQ AFG	70.00	280.00
Let It Begin with Me Step Study	0.00	65.00
Live and Let Live-EI Cajon	172.50	601.02
Lost and Found	0.00	133.00
Loving Traditions	0.00	80.00
Men in the Park	200.00	600.00
Mind Your Own Business AFG	0.00	253.50
Miramar Mens Group AFG	50.00	100.00
Monday Open Topic	0.00	25.00
Moonlight Beach Just For Today AFG	0.00	300.00
New View AFG	0.00	300.00
North Clairemont AFG	0.00	150.00
North County Men's Alanon	0.00	770.00
Outdoor Recovering Together	0.00	125.00
Parents AFG of North County Inland	0.00	100.00
Parents One Day at a Time AFG	0.00	350.00
Parents Seeking Serenity AFG	0.00	200.00
Paths To Recovery AFG Enc	0.00	36.00
Paz Mental	0.00	250.00
Poway Rancho Bernardo AFG	100.00	400.00
Power Lunch AFG	0.00	140.00
Rancho Santa Fe Lunch Bnch	0.00	807.70
RB Lunch Bunch	50.00	240.00
San Carlos Serenity Alanon	0.00	140.00
San Diego AFG Speaker Meeting	0.00	300.00
San Marcos Noon AFG	0.00	165.76
Santee Serenity	0.00	110.40
Saturday Morning AFG	0.00	108.00
Search for Peace	146.00	146.00
Serenity at Sunset AFG	97.00	247.00
Serenity at Sunset Virtual	0.00	70.00
Serenity at the Lake	0.00	617.25
Serenity at the Lake Virtual	100.00	100.00
Serenity in Scripps	0.00	100.00
Sky's the Limit AFG	0.00	82.00
Step by Step Monday	0.00	300.00
Stepped Up By-The-Sea Womens	0.00	10.00
Strictly AFG	0.00	215.00
Sunday Night Courage to Change	129.64	229.64
Sunday Night Serenity Seekers	50.00	50.00
Sunday Search for Serenity	0.00	150.00
Sunday Serenity Social AFG	0.00	8.82
Sunset Step Study AFG	0.00	206.00
Survival to Recovery	0.00	162.60
Tender Loving Care Tierrasanta Friday Nig	112.80	112.80
The Solution AFG	35.00	187.32
Tri-City Daytime	50.00	130.00
UC Lunch bunch Thurs Electronic	0.00	150.00
UC Thursday Lunch Bunch	0.00	60.00
Understanding Ourselves Electronic	0.00	71.00
Various Customers	0.00	2.05
Wed Night AFG for Parents	0.00	675.00
Wed Night Step Study	0.00	200.00
What a Concept AFG	140.00	436.00
Willingness to Change AFG	0.00	128.00
Women's AFG - EI Cajon	48.00	460.00
Women's Let It Begin With Me Vista	0.00	80.00
Womens Electronic AFG	0.00	43.75
Working the Steps, Trad, Concepts Study	0.00	120.00
Young And Young At Heart AFG	197.04	197.04
TOTAL	3,376.58	20,324.39

FINANCIALS

FY23 Budget Performance Recap

Jun 2023

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

	June 2023			FY 23 Year to Date		
	Actual	Budget	Variance	YTD Actual	YTD Budget	Variance
Income						
Contributions	6,272.81	6,458.33	(185.52)	30,640.58	33,850.02	(3,209.44)
Fundraisers	50.00	500.00	(450.00)	2,973.81	1,500.00	1,473.81
Literature Sales	2,846.25	3,483.33	(637.08)	28,900.48	20,900.02	8,000.46
Outreach Donatic	0.00	0.00	0.00	0.00	0.00	0.00
Other Income	165.97	1.67	164.30	496.13	9.98	486.15
Total Income	9,335.03	10,443.33	(1,108.30)	63,011.00	56,260.02	6,750.98
COGS (Literature)	2,392.73	3,166.66	(773.93)	20,797.21	17,750.01	3,047.20
Gross Profit	6,942.30	7,276.67	(334.37)	42,213.79	38,510.01	3,703.78
Total Expense	6,997.92	8,819.84	(1,821.92)	44,412.64	38,133.30	6,279.34
Net Income	(55.62)	(1,543.17)	1,487.55	(2,198.85)	376.71	(2,575.56)

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

	Jun 23	May 23	Jan - Jun 23
Ordinary Income/Expense			
Income			
Contributions	6,272.81	5,739.53	30,640.58
Fundraisers	50.00	767.06	2,973.81
Interest Income	165.97	138.09	496.13
Literature Sales Income	2,846.25	7,077.21	28,900.48
Total Income	9,335.03	13,721.89	63,011.00
Cost of Goods Sold			
Cost of Goods Sold	2,392.73	5,456.98	20,797.21
Total COGS	2,392.73	5,456.98	20,797.21
Gross Profit	6,942.30	8,264.91	42,213.79
Expense			
Bank Charges	149.45	171.42	853.44
Business Licenses & Fees	0.00	50.00	50.00
Employee Hiring Costs	0.00	0.00	19.95
Fundraisers Expenses	0.00	35.25	222.56
Insurance Expenses	0.00	0.00	951.60
Office Equipment	0.00	0.00	390.54
Office Supplies	180.49	118.05	1,043.02
Parking & Mileage	0.00	80.00	80.00
Payroll Expenses	1,086.06	796.44	2,751.34
Postage	219.99	604.20	1,500.15
Printing	0.00	76.23	76.23
Professional Fees	3,686.94	4,965.74	23,873.51
Public Outreach Costs	0.00	139.44	139.44
Rent	1,286.93	1,400.67	7,949.06
Taxes, Business	0.00	0.00	212.84
Telephone/Internet Bus	306.54	830.20	3,395.72
WEB Expense	81.52	81.52	1,042.68
Total Expense	6,997.92	9,349.16	44,552.08
Net Ordinary Income	(55.62)	(1,084.25)	(2,338.29)
Net Income	(55.62)	(1,084.25)	(2,338.29)

Al-Anon Family Groups of SD Cty, Inc. Balance Sheet Prev Yr Comparison As of June 30, 2023

	Jun 30, 23	Jun 30, 22	\$ Change
ASSETS			
Current Assets			
Checking/Savings			
B of A Office Checking 8439	1,498.60	1,504.59	(5.99)
B of A - Bus Invest #0165	63,830.71	63,824.36	6.35
B of A Operating Ck 8519	20,913.86	23,386.98	(2,473.12)
CD 4976 - 9mo	0.00	14,351.83	(14,351.83)
CD 6826 - 7mo	0.00	28,779.29	(28,779.29)
CD 3201 - 7mo	28,961.94	0.00	28,961.94
CD 4012 - 13mo	21,667.21	0.00	21,667.21
Petty Cash	103.43	51.05	52.38
Total Checking/Savings	136,975.75	131,898.10	5,077.65
Accounts Receivable	(69.72)	22.55	(92.27)
Other Current Assets	22,292.62	25,066.00	(2,773.38)
Total Current Assets	159,198.65	156,986.65	2,212.00
TOTAL ASSETS	159,198.65	156,986.65	2,212.00
LIABILITIES & EQUITY			
Liabilities			
Current Liabilities			
Accounts Payable	2,618.11	1,744.20	873.91
Other Current Liabilities			
Payroll Taxes Payable	0.00	0.01	(0.01)
Sales Tax Payable	1,102.44	919.04	183.40
Total Other Current Liabilities	1,102.44	919.05	183.39
Total Current Liabilities	3,720.55	2,663.25	1,057.30
Total Liabilities	3,720.55	2,663.25	1,057.30
Equity	155,478.10	154,323.40	1,154.70
TOTAL LIABILITIES & EQUITY	159,198.65	156,986.65	2,212.00



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

Saturdays at 0800-0900 am

At Moonlight State Beach, Encinitas

Located on grass, next to the Playground

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

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



Come help us Celebrate!!

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

Sweet Treats & Speaker Meeting

Tuesday July 18, 2023

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

Speaker: Joy B.

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

Bring a sweet treat to share!!!

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

ENCORE PRESENTATION !!

A Complimentary Benefit For Al-Anon

THAT'S MY STORY
(AND I'M STICKING TO IT)
A Recovery Musical Play

A **Fun**-raiser from:
District 69
(North San Diego County)
And Gleanon

Saturday
July 22
7:00pm

Carlsbad Senior Center Auditorium
799 Pine Ave., Carlsbad

*Questions? Call or Text Jeff. 760-707-9399
Recovery through Fun and Fellowship*

MYOB INVITES YOU TO DROP THE ROCK

WEDNESDAY
JULY 26, 2023
9AM-10:30AM

Join us for breakfast, raffle prizes and three 10-minute speakers as they share how they learned how to DROP THE ROCK through Al-Anon.

MIND YOUR OWN
BUSINESS
36TH
ANNIVERSARY

GAIL B
LIBBY A
ALISE M



**ST. DUNSTANS
EPISCOPAL CHURCH**
6556 Park Ridge Blvd
San Diego 92120

Southern California World Service (SCWS) Group Records Workshop

For any Al-Anon member interested in learning about the importance of Group Records

Wednesday
July
26
6:30 pm - 8:30 pm

OR

Saturday
August
12
8:30 am - 10:30 am

Topics

- Finding a Meeting - The World Service Office (WSO) al-anon.org AND your local Al-Anon Information Service (AIS) listings
- Electronic Meeting vs. Temporary Electronic-- what is NEW and the difference
- How to make changes to an existing group and register a new group
- Information and privacy on Al-Anon websites
- Why a Current Mailing Address (CMA), a member who attends the group, is important
- Q & A

Join the Workshop

Meeting ID: 875 5977 4574
Passcode: 121212

Hosted by Teresa F., Southern California World Service (SCWS)
Area Group Records Coordinator
Questions? email grouprecords@scws-al-anon.org



LONG-TIMERS SERENI-TEA

SATURDAY, JULY 29, 2023
1PM-3:30PM

EVERYONE IS INVITED!

Come and celebrate our long-time Al-Anon members.
Tea and other beverages will be provided.
Please bring a finger food to share.

SPEAKERS

MARCIA M.
MARGARITA K.

Groups are encouraged to donate baskets for the opportunity drawing with items related to our spiritual principals (Al-Anon literature, creative gifts, plants).
Event hosted and proceeds to benefit District 72.

ST. LUKE'S LUTHERAN CHURCH

5150 Wilson Street, La Mesa

For questions or for individual or group copies to share, afg2023lt@gmail.com



BRING A
TEA CUP

MYOB IN THE PARK FOR AUGUST LAKE MURRAY WEDNESDAYS 9AM-10:15AM

St. Dunstons is unavailable for the entire month of August for the Mind Your Own Business AFG meeting, so we are meeting at Lake Murray, where Serenity at the Lake meets on Sundays.

Share your experience, strength, and hope with us, and we'll share ours!

BRING YOUR OWN CHAIR!



San Diego AFG
Speaker Meeting
Saturday, August 5, 2023
6:30pm-8pm

 10-MINUTE SPEAKER Kurt S	45-MINUTE SPEAKER Trenta
--	--

HOST GROUP
Let It Begin With Me LGBT+ AFG

La Mesa Adult Enrichment Center
8450 La Mesa Blvd, La Mesa



Tuesday Morning Literature Study 20th Anniversary Celebration

Tuesday, August 22, 9-11 am

Meeting and Speaker at 9, Potluck at 10
Fellowship Hall, Calvary Lutheran Church
424 Via De La Valle, Solana Beach

SAN DIEGO AFG

SPEAKER MEETING

SATURDAY SEPTEMBER 2, 2023
6:30PM - 8:00PM



HOST GROUP

LIVE AND LET LIVE AL-ANON

10-MINUTE SPEAKER

JOHN M

45-MINUTE SPEAKER

ANGEL B

SAT

SEPT 2 2023

**LA MESA ADULT
ENRICHMENT CENTER**

8450 LA MESA BLVD, LA MESA

WWW.ALANONSANDIEGO.ORG

Want to download a full-page flyer?

To download any of the flyers, click on

www.AlanonSanDiego.org/flyers

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

You can do it!

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

Intercom@AlAnonSanDiego.org

71st Southern California AA Convention
With Al-Anon Participation!

Sept 29 – Oct 1, 2023



at The Pacific
Palms Resort
in the City
of Industry

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

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



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 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 temperate, 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 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 though 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!