



FOR WEBSITE

VOL. 53 NUMBER 9 / SEPTEMBER 2023

**STEP NINE**

*Made direct amends to such people whenever possible, except when to do so would injure them or others.*

**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**

Hi everyone!

Anita R has asked me to write the Board letter this month about the 2024 Al-Anon Service Board. We are now soliciting nominations for the San Diego Intergroup Service Board. I have had the privilege of serving for almost two years, and I highly recommend the experience. I promise that it will enrich your Al-Anon life. The only requirements are:

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

You can go to [www.alanonsandiego.org/doing-service](http://www.alanonsandiego.org/doing-service) and scroll down for job descriptions and estimated monthly hours. You do not need to specify a desired position; existing and newly elected Board members meet in December to decide who fills which roles.

Most of us are on the Board because someone asked us. Encourage your sponsee or someone you admire from your home group to serve. All Nomination forms (which can be found at [www.alanonsandiego.org](http://www.alanonsandiego.org) (scroll down to the Announcements section) and are due by Wednesday, September 6, 2023, by 2 pm to Dan B at [historian@alanonsandiego.org](mailto:historian@alanonsandiego.org) or can be mailed or faxed to our Al-Anon office at (619)296-0840.

Thank you for being of Service!

Dan B  
 Historian & Nominations Chair  
[historian@alanonsandiego.org](mailto:historian@alanonsandiego.org)

**OFFICE REPORT**

OFFICE REPORT CALLS		JULY 2023	
Total phone calls received	199	Number registered Groups	168
- for meeting information	63	- Al-Anon English	139
- calls to answering service	80	- Al-Anon Spanish	21
- referred to 12th steppers	3	- Alateen	8

VOLUNTEER HOURS												THROUGH JULY 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	171						1112

FREE NEWCOMER PACKETS												THROUGH JULY 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*	22						335

\*Glitch on website

The new daily reader, "A Little Time for Myself," was so popular that it sold out quickly. We have an order placed with World Service but do not have a ship date yet. You can put your name on a waitlist to get yours as soon as they arrive.

[CLICK HERE](#) to put your name on the waitlist today!



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](mailto:office-chair@alanonsandiego.org)

CALL US (619)296-2666 (24/7)  
 EMAIL [office@alanonsandiego.org](mailto:office@alanonsandiego.org)

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

## NON-EVENT FUNDRAISER

Dear Individual Members,

The 2023 Non-Event Fundraiser will begin Saturday, September 9, and run through Sunday, November 6, 2023. This is the second main fundraising effort for the year, and these contributions are needed to support the San Diego AIS to continue to serve the San Diego Al-Anon Family Groups. "We contribute in gratitude for what we have received from Al-Anon," and all Al-Anon contributions are tax deductible.

There are four ways to contribute to the 2023 Non-Event Fundraiser (NEF):

**WEBSITE**      [www.alanonsandiego.org](http://www.alanonsandiego.org) and locate the Make a Special Contribution button.

**MAIL**            Your contributions to 2667 Camino de Rio 2. #208, San Diego, CA, 92108. Checks only, please. No cash. Add NEF and your group's name in the memo.

**AUTO DRAFT**   Straight from your bank account. Schedule a payment directly from your bank account using your Bank's Online Bill Pay feature, and add a memo stating NEF and group name or number.

**IN PERSON**     Visit the office (please call ahead) – 619-296-2666. Got cash? Call the office, and if we are open, you can come in! Or we can arrange to meet you there!

Grateful to be of Service,

Trenta  
Vice-Chair  
AL-ANON EVENT CALENDAR

## AL-ANON EVENT CALENDAR

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

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

### **Monday, August 28, 2023, 6pm**

Strictly Al-Anon is celebrating its 20<sup>th</sup> Anniversary – Potluck starts at 6pm, followed by three speakers: Katherine G of Vista, Cheryl H of Oceanside, Julie D of Oceanside – North Coast Church, 2405 North Santa Fe Avenue, Grade Five Classroom, Vista, CA – Also streamed on Zoom, Zoom ID: 896 108 326 Passcode: 621517

### **Thursday, August 31, 12pm-1pm**

San Marcos Noon AFG invites you to a Guest Speaker Meeting – Speaker: Mary P from Oceanside – St. Mark's Church, 1147 Discovery Street, San Marcos **\*FLYER\***

### **Saturday, September 2, 6:30pm-8pm**

San Diego AFG Speaker Meeting – Host Group: Live and Let Live Al-Anon – 10-Minute Speaker: John M and 45-Minute Speaker: Angel B – La Mesa Adult Enrichment Center, 8450 La Mesa Blvd, La Mesa – Refreshments served **\*FLYER\***

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

Footprints in the Sand is celebrating its 38<sup>th</sup> Anniversary, including an 8am walk on the beach and 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.

**Wednesday, September 6, 2023, 7pm-8pm**

Wednesday Night Recovering Adult Children AFG Zoom Meeting – Speaker: Craig – Zoom ID 820 8843 9289, Passcode: hope4today

**Monday, September 12, 2023, 7pm-8pm**

Search for Peace second Monday of the Month Speaker Meeting – speaker is Susan L from MYOB and Serenity at the Lake – 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 past the kitchen at "The Hall." We hope to see you there!

**Thursday, September 14, 2023, 10am**

A Journey in Time, Bonita PTA AFG's 23<sup>rd</sup> Anniversary Celebration – sometimes we've just got to check the rearview mirror to see how far we've come. We don't stare, for we'd lose track of today (where recovery happens), but one glance reveals how "It works if we work it." Take some time for yourself for fellowship, food, and fun. The potluck starts at 10am and the speaker at 10:30am and an opportunity drawing – Church of the Good Shepherd, 3990 Bonita Road, Bonita.

**Saturday, September 23, 2023, 6pm-90pm**

Bingo Night! This is the first of three fundraisers for the Al-Anon participation at the San Diego Spring Round Up – Tickets are \$10 for eight bingo cards, and additional cards are available for \$1 each – There will be an opportunity drawing for a 1-night hotel stay, 1 Al-Anon luncheon ticket, 1 AA dinner ticket, and one spiritual breakfast ticket at \$5 each – Please bring a dessert to share and donations for the drawing – St. Lukes Lutheran Church, 5150 Wilson Street, La Mesa **\*FLYER\***

**Friday-Sunday, September 29-October 1, 2023**

71<sup>st</sup> 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\***

**Saturday, October 14, 6:30pm-8pm**

**\*NOTE THIS EVENT IS ON THE 2<sup>ND</sup> STURDAY OF THE MONTH DUE TO LOCAL EVENTS\***

San Diego AFG Speaker Meeting – Host Group: Hope for 20 to 30 Something – 10-Minute Speaker: Susie I from Friday Night Courage and 45-Minute Speaker: Arianne T from Hope for 20 to 30 Something – La Mesa Adult Enrichment Center, 8450 La Mesa Blvd, La Mesa – This is our 15<sup>th</sup> Anniversary - Refreshments and cake will served **\*FLYER\***

**Sunday, October 8, 2023, 8:30am-10:30am**

Serenity at the Lake invites everyone to celebrate 36 years of recovery by joining them for fun, fellowship, speakers, a potluck brunch, and free door prizes! Three speakers: Alateen: Lilly D, AA: Ernie, Al-Anon: Nicky B – Potluck starts at 8:30am – bring a dish to share if you like – Lake Muray, 5540 Kiowa, La Mesa – Remember to bring a chair! **\*FLYER\***

**Saturday, November 4, 6:30pm-8pm**

San Diego AFG Speaker Meeting – Host Group: Al-Anon for Parents – SPECIAL EVENT: Come and join us for a parents/grandparents "ask us" Panel – Three 15-minute speakers and a 40-minute question and answer panel – La Mesa Adult Enrichment Center, 8450 La Mesa Blvd, La Mesa – Refreshments served **\*FLYER\***

**Saturday, December 9, 6:30pm-8pm**

**\*NOTE THIS EVENT IS ON THE 2<sup>ND</sup> STURDAY OF THE MONTH DUE TO LOCAL EVENTS\***

San Diego AFG Speaker Meeting – Host Group: San Carlos Serenity – 10-Minute Speaker: Charlene from San Carlos Serenity and 45-Minute Speaker: Billiekai from Wednesday Awakenings – La Mesa Adult Enrichment Center, 8450 La Mesa Blvd, La Mesa –Refreshments served **\*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](#).**

### **Wednesdays 9am-10:15am<sup>2</sup>**

Mind Your Own Business AFG meetings for August MOVED to Lake Murray, La Mesa, CA, for 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-9:00am<sup>3</sup> – 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\***

### **Sundays 9:10am**

Sunday Serenity Social Meeting has voted to disband due to poor attendance – beginning August 13, there will be no meeting at Spring Creek Park, Corner of Melrose and Old Creek Road, Oceanside – We hope to see you all at Buccaneer Beach meeting at 9am on Sundays.

## ALATEEN MEETINGS

### **Mondays 6pm-7pm**

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. For more information, call AMIAS' Steve W (949)630-6045 or Nicky B (619)937-1667

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

Serenity Monday in Alateen – North Coast Church, 2405 N Santa Fe Ave, 2<sup>nd</sup> 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 - For Zoom info, text Lety (619)792-6042

### **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** – 2<sup>nd</sup> Saturday of every month

Next Meeting: July 8, 2023, 9am

Zoom ID 752 699 5666 Passcode EJJH6dK

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

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

Zoom ID 752 699 5666 Passcode EJJH6dK

### **District 69 Meeting** – 2<sup>nd</sup> 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 Passcode 755000

### **District 72 Meeting** – 4<sup>th</sup> 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 Passcode 742642

### **District 75 Meeting** – 3<sup>rd</sup> Monday of every odd-numbered month

Next Meeting: July 17, 2023, 6:30pm

Zoom ID 822 4085 1324 Passcode 75

<https://us02web.zoom.us/j/82240851324?pwd=QUJMaFp1Tmx0RHlaMzVmVjVNL2lrUT09>

## 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 <https://www.alanonsandiego.org/isr>

Scan to go to



[www.Al-AnonSanDiego.org](http://www.Al-AnonSanDiego.org)



## GROUP CONTRIBUTIONS

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

	Jul 23	Jan - Jul 23			
AFG Recovering Adult Child	0.00	250.00	Moonlight Beach Just For Today AFG	100.00	400.00
Alegria de Vivir AFG	0.00	100.00	New Beginnings	300.00	300.00
Alpine AFG	98.00	368.00	New View AFG	80.50	380.50
Back to Basics	0.00	12.00	North Clairemont AFG	0.00	150.00
Bonita PTA	0.00	683.00	North County Men's Alanon	0.00	770.00
Bonita Reencuentro Grupo	60.00	120.00	Outdoor Recovering Together	0.00	125.00
Book Study AFG	0.00	100.00	Parents AFG of North County Inland	0.00	100.00
Changing Attitudes Fri AM	0.00	417.18	Parents One Day at a Time AFG	0.00	350.00
Chula Vista Al-Anon	0.00	224.00	Parents Seeking Serenity AFG	0.00	200.00
Clairemont Daytime AFG	0.00	164.50	Paths To Recovery AFG Enc	0.00	36.00
Clairemont Friday Night AFG	0.00	144.25	Paz Mental	0.00	250.00
Courage to Change Fri AM	0.00	375.00	Poway Rancho Bernardo AFG	0.00	400.00
Courage to Change Poway	0.00	445.00	Power Lunch AFG	0.00	140.00
Del Mar Early Birds	0.00	140.00	Rancho Snta Fe Lunch Bnch	0.00	807.70
Del Mar Lunch Bunch	275.00	990.00	RB Lunch Bunch	0.00	240.00
Del Mar Sunnyside UP AFG	0.00	20.00	San Carlos Serenity Alanon	0.00	140.00
Drop the Rock	0.00	391.30	San Diego AFG Speaker Meeting	0.00	300.00
Early Thursday Nighters AFG	0.00	100.00	San Marcos Noon AFG	181.00	346.76
East County Daytime AFG	0.00	567.60	Santee Serenity	0.00	110.40
Escondido Oasis Monday Night AFG	105.71	216.91	Saturday Morning AFG	0.00	108.00
Experience Strength & Hope AM	0.00	279.15	Search for Peace	0.00	146.00
Fellowship in Del Mar Virtual AFG	25.00	25.00	Serenity at Sunset AFG	0.00	247.00
Footprints In The Sand AFG	0.00	25.00	Serenity at Sunset Virtual	0.00	70.00
Free To Be Me Women's AFG	178.80	355.05	Serenity at the Lake	142.73	759.98
Freedom From Despair	0.00	50.00	Serenity at the Lake Virtual	0.00	100.00
Friday Night Courage to Change Virtual	0.00	140.00	Serenity in Scripps	50.00	150.00
From Survival to Recovery	0.00	25.00	Sky's the Limit AFG	0.00	82.00
Grupo Espiritualidad	0.00	303.00	Step by Step Monday	0.00	300.00
Happy Joyous And Free AFG	82.00	361.20	Stepped Up By-The-Sea Womens	0.00	10.00
Hilltop AFG	0.00	100.00	Strictly AFG	0.00	215.00
Hope For Today Survival To Recovery AFG	0.00	60.00	Sunday Night Courage to Change	100.00	329.64
How It Works AFG	0.00	12.00	Sunday Night Serenity Seekers	0.00	50.00
How it Works Electronic	0.00	200.00	Sunday Search for Serenity	0.00	150.00
Into The Solution	0.00	272.00	Sunday Serenity Social AFG	0.00	8.82
Just for Today RP AFG	51.03	156.14	Sunset Step Study AFG	0.00	206.00
Keeping the 4th Step Real	0.00	50.00	Survival to Recovery	0.00	162.60
La Costa Live And Let Live AFG	0.00	80.00	Tender Loving Care Tierrasanta Friday Nig	0.00	112.80
Let It Begin With Me LGBTQ AFG	70.00	350.00	The Solution AFG	0.00	187.32
Let It Begin with Me Step Study	0.00	65.00	Tri-City Daytime	0.00	130.00
Live and Let Live-El Cajon	131.25	732.27	Tuesday Morning Literature Study AFG	225.00	225.00
Lost and Found	50.00	183.00	UC Lunch bunch Thurs Electronic	120.00	270.00
Loving Traditions	0.00	80.00	UC Thursday Lunch Bunch	0.00	60.00
Men in the Park	0.00	600.00	Un Dia A La Vez GFA	50.00	50.00
Mind Your Own Business AFG	205.88	459.38	Understanding Ourselves Electronic	0.00	71.00
Miramar Mens Group AFG	0.00	100.00	Various Customers	0.00	2.05
Mission Hills AFG	112.00	112.00	Wed Night AFG for Parents	0.00	675.00
Monday Open Topic	0.00	25.00	Wed Night Step Study	0.00	200.00
			What a Concept AFG	0.00	436.00
			Willingness to Change AFG	0.00	128.00
			Women's AFG - El Cajon	0.00	460.00
			Women's Let It Begin With Me Vista	0.00	80.00
			Womens Electronic AFG	248.80	292.55
			Working the Steps, Trad, Concepts Study	210.00	330.00
			Young And Young At Heart AFG	0.00	197.04
			<b>TOTAL</b>	<b>3,252.70</b>	<b>23,577.09</b>

# FINANCIALS

## FY23 Budget Performance Recap

Jul 2023

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

	July 2023			FY 23 Year to Date		
	Actual	Budget	Variance	YTD Actual	YTD Budget	Variance
<b>Income</b>						
Contributions	4,254.74	5,233.33	(978.59)	34,895.32	39,083.35	(4,188.03)
Fundraisers	0.00	0.00	0.00	2,973.81	1,500.00	1,473.81
Literature Sales	5,324.87	3,483.33	1,841.54	34,225.35	24,383.35	9,842.00
Other Income	149.97	1.67	148.30	646.10	11.65	634.45
<b>Total Income</b>	<b>9,729.58</b>	<b>8,718.33</b>	<b>1,011.25</b>	<b>72,740.58</b>	<b>64,978.35</b>	<b>7,762.23</b>
COGS (Literature)	3,754.75	2,791.66	963.09	24,551.96	20,541.67	4,010.29
<b>Gross Profit</b>	<b>5,974.83</b>	<b>5,926.67</b>	<b>48.16</b>	<b>48,188.62</b>	<b>44,436.68</b>	<b>3,751.94</b>
<b>Total Expense</b>	<b>5,038.86</b>	<b>6,694.99</b>	<b>(1,656.13)</b>	<b>49,490.94</b>	<b>44,828.29</b>	<b>4,662.65</b>
<b>Net Income</b>	<b>935.97</b>	<b>(768.32)</b>	<b>1,704.29</b>	<b>(1,302.32)</b>	<b>(391.61)</b>	<b>(910.71)</b>

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

	Jul 23	Jun 23	Jan - Jul 23
<b>Ordinary Income/Expense</b>			
<b>Income</b>			
Contributions	4,254.74	6,272.81	34,895.32
Fundraisers	0.00	50.00	2,973.81
Interest Income	149.97	165.97	646.10
Literature Sales Income	5,324.87	2,846.25	34,225.35
<b>Total Income</b>	<b>9,729.58</b>	<b>9,335.03</b>	<b>72,740.58</b>
<b>Cost of Goods Sold</b>			
Cost of Goods Sold	3,754.75	2,392.73	24,551.96
<b>Total COGS</b>	<b>3,754.75</b>	<b>2,392.73</b>	<b>24,551.96</b>
<b>Gross Profit</b>	<b>5,974.83</b>	<b>6,942.30</b>	<b>48,188.62</b>
<b>Expense</b>			
Bank Charges	137.31	149.45	990.75
Business Licenses & Fees	0.00	0.00	50.00
Employee Hiring Costs	0.00	0.00	19.95
Fundraisers Expenses	0.00	0.00	222.56
Insurance Expenses	400.80	0.00	1,352.40
Office Equipment	0.00	0.00	390.54
Office Supplies	72.98	180.49	1,116.00
Parking & Mileage	80.00	0.00	160.00
Payroll Expenses	434.42	1,086.06	3,185.76
Postage	119.99	219.99	1,520.14
Printing	0.00	0.00	76.23
Professional Fees	1,833.19	3,686.94	25,706.70
Public Outreach Costs	0.00	0.00	139.44
Rent	1,286.93	1,286.93	9,235.99
Taxes, Business	0.00	0.00	212.84
Telephone/Internet Bus	591.72	306.54	3,987.44
WEB Expense	81.52	81.52	1,124.20
<b>Total Expense</b>	<b>5,038.86</b>	<b>6,997.92</b>	<b>49,490.94</b>

### Al-Anon Family Groups of SD Cty, Inc. Board Balance Sheet As of July 31, 2023

	Jul 31, 23
<b>ASSETS</b>	
<b>Current Assets</b>	
Checking/Savings	
Bof A - Board Projects Ck #7200	17,500.00
Bof A - Office CK #8439	1,624.11
BofA - Bus Invest #0165	19,060.98
BofA - Operating Ck #8519	21,489.07
Petty Cash	84.57
Certificates of Deposit	
CD 4012 - 13mo	21,730.26
CD 3201 - 7mo	29,048.59
CD 5611 - 13mo	27,270.00
<b>Total Certificates of Deposit</b>	<b>78,048.85</b>
<b>Total Checking/Savings</b>	<b>137,807.58</b>
<b>Accounts Receivable</b>	<b>(60.81)</b>
<b>Other Current Assets</b>	
Inventory Asset	20,779.28
Undeposited Funds	1,674.05
<b>Total Other Current Assets</b>	<b>22,453.33</b>
<b>Total Current Assets</b>	<b>160,200.10</b>
<b>TOTAL ASSETS</b>	<b>160,200.10</b>
<b>LIABILITIES &amp; EQUITY</b>	
<b>Liabilities</b>	
<b>Current Liabilities</b>	
Accounts Payable	3,309.56
<b>Other Current Liabilities</b>	<b>376.47</b>
<b>Total Current Liabilities</b>	<b>3,686.03</b>
<b>Total Liabilities</b>	<b>3,686.03</b>
<b>Equity</b>	<b>156,514.07</b>
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>160,200.10</b>





**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!**



**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 Marcos Noon AFG invites you to a  
 Guest Speaker Meeting  
 on Thursday, August 31, Noon to 1:00.

St Mark's Church  
 1147 Discovery Street, San Marcos

Mary P. from Oceanside will share her  
 experience, strength, and hope.



SAN DIEGO AFG

**SPEAKER MEETING**

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



HOST GROUP

**LIVE AND LET LIVE AL-ANON**

10-MINUTE SPEAKER	45-MINUTE SPEAKER
<b>JOHN M</b>	<b>ANGEL B</b>

**SAT** | **LA MESA ADULT ENRICHMENT CENTER**  
 SEPT 2 2023 | 8450 LA MESA BLVD, LA MESA

WWW.ALANONSANDIEGO.ORG



**SAN DIEGO SPRING  
ROUNDUP FUNDRAISER**



**BINGO  
NIGHT**

**TICKETS \$10**

Includes 8 Bingo Cards - Extra cards for \$1

**OPPORTUNITY DRAWING \$5 EACH**

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

*Please bring a dessert to share and donations for the drawing!*

**SEPTEMBER  
23**

**6PM-9PM**  
ST. LUKE'S LUTHERAN CHURCH  
5150 WILSON STREET, LA MESA

71<sup>st</sup> 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!

**SERENITY AT THE LAKE  
36TH ANNIVERSARY**



EST FALL 1987

Celebrate 36 years of recovery at Lake Murray by joining us for fun, fellowship, speakers, a potluck brunch and free door prizes!

**THREE SPEAKERS!**

- ALATEEN:** Lilly D
- AA:** Ernie
- AL-ANON:** Nicky B

**SUNDAY**  
October 8, 2023  
8:30am - 10:30am  
**LAKE MURRAY**  
5540 Kiowa  
La Mesa

**BRING A DISH TO SHARE IF YOU LIKE  
AND REMEMBER TO BRING A CHAIR!**



**San Diego AFG  
SPEAKER MEETING**

**SATURDAY, OCTOBER 14, 2023**

**6:30PM-8PM**

**10-MINUTE  
SPEAKER**

**Susie I**  
Friday Night  
Courage

**45-MINUTE  
SPEAKER**

**Arianne T**  
Hope for 20 to  
30 Something

**HOST GROUP**

**Hope for 20 to 30 Something**

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



**JOIN US FOR CAKE!**







**SPECIAL EVENT**

# SAN DIEGO AFG SPEAKER MEETING

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

COME AND JOIN US FOR A PARENTS / GRANDPARENTS "ASK US" PANEL. THREE 15-MINUTE SPEAKERS AND A 40-MINUTE QUESTION AND ANSWER PANEL.

**HOST GROUP**  
AL-ANON FOR PARENTS

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



**2nd Saturday of the month!**

# San Diego AFG Speaker Meeting

**December 9, 2023  
6:30pm-8pm**

<b>10-Minute Speaker</b> Charlene San Carlos Serenity	<b>45-Minute Speaker</b> Billiekai Wednesday Awakenings
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**Host Group**  
San Carlos Serenity

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



Dear Individual Members,

The 2023 Non-Event Fundraiser will begin Saturday, September 9 and run through Sunday, November 6, 2023. This is the second main fundraising effort for the year and these contributions are needed to support the San Diego AIS to continue to serve the San Diego AFG's. " We contribute in gratitude for what we have received from Al-Anon " and all Al-Anon contributions are tax deductible.

There four ways to contribute to the 2023 Non-Event Fundraiser (NEF):

- ✓ Visit: [www.alanonsandiego.org](http://www.alanonsandiego.org) and locate the **Make a Special Contribution** button.
- ✓ Mail your contributions to: 2667 Camino de Rio 2. #208, San Diego, CA 92108  
*Check only, please. No cash. Add NEF and your group's name in the memo.*
- ✓ Auto draft straight from your bank account.  
*Schedule a payment directly from your bank account using your Bank's Online Bill Pay feature, being sure to add a memo stating NEF and group name and/or number.*
- ✓ In-Person, Visit the office (please call ahead) - 619-296-2666  
*Got cash? Just call the office and if we are open, you can come on in! Or, we can possibly arrange to meet you there!*

Thank you to the wonderful and generous members of Al-Anon.

Grateful to be of Service,  
Trenta  
Vice-Chair



**Want to download a full-page flyer?**

To download any of the flyers, click on

[www.AlanonSanDiego.org/flyers](http://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](mailto:Intercom@AlAnonSanDiego.org)





# Alateen Needs Your Help!

**1 in 4 children are affected by someone's drinking.**  
*Substance Abuse and Mental Health Services (SAMHSA)*  
**...without help, these children are 400% more likely to develop substance or alcohol abuse issues of their own!**  
*National Center on Addiction and Substance Abuse*

**Empowering our youth for the next generation of Alateen**  
**Regional Alateen Membership Drive**  
Please read this at your meetings!

## Dear Al-Anon and Alateen Members,

It's time to circle the wagons... again! Whether a long-term member or a newcomer, Alateen needs your help! As most of us are aware, alcoholism is a multigenerational family disease with complex and harmful repercussions that can affect everyone within its reach, and especially our children. Not only do these conditions in homes threaten the social-emotional stability of children, but it also puts our kids at an increased risk of developing substance abuse, and other emotional issues later in life.

## Is the Program working for you?? Wouldn't you want to give it to our children?

*I am constantly surprised and reminded of how many Al-Anon members attend Al-Anon meetings while leaving their Alateen eligible children at home.*

Alateen provides a safe and healthy forum for children to focus on the dynamics of the disease of alcoholism. Resilience, adversity strategies, coping skills, using the tools of the program, all have helped inform and empower children and their families to make positive and effective decisions when experiencing these adverse conditions.

*Have your children try at least 6 meetings, then let them decide! Most meetings include children of ages 10-19.*

## Where are all the Alateens???

A parent may unwittingly feel a false sense of security in that their children would be left at home alone, to learn about Alateen from them, or on their own. Or that because of the fear of public admonishment, stigma and the perceptions of shame and guilt, they would eventually circle back to help their children safely and privately by themselves, out of the view of a scrutinizing eye.

And many parents may not directly confront or discuss the active controversy about alcoholism with the children in their lives, as a means of insulating their children from the perceived harm it would cause.  
**It's not "if" your child is affected by a family member who has alcoholism, but to what extent, even if symptoms are not visible.**

Alcohol is a family disease! Kids "are" affected by alcoholism in a family member. Can you see how??

- The U.S. Surgeon General has recently declared a state of emergency in teen mental health.
- Symptoms of depression, anxiety, impulsivity, irritability, and suicide attempts are at an all-time high for our youths!
- Mental health symptoms in youths frequently become evident 10 years *before* they get addressed.
- Many times, our youths struggle with symptoms that go unnoticed and can slip through the cracks. If your child is physically sick or had a temperature, wouldn't you take them to the doctor??
- Parents can be the largest obstacle in processing and helping with their children's symptoms, especially when the alcoholic is living at home.
- Stigma, egos, shame, and fear can all drive our decisions.

## So now, the huge ask from each of you for our children.

*And as many of you are aware, throughout the pandemic and currently, the Alateen program has sustained a major attrition in the reduction and participation of its members. This is where your individual effort can make a difference!*

Please make a special commitment to join in a regional Alateen membership request! Spread the word about Alateen to your children, friends, and family alike, professionals, schools, and associations. Our children deserve an opportunity to begin healing themselves and to recover through the program of Alateen. As most of us would agree, Alateen is considered a safe and comfortable place, and potentially one of the best options for our children to attain recovery from this 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 our 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!**