



FOR WEBSITE

VOL. 53 NUMBER 11 / NOVEMBER 2023

STEP ELEVEN

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

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

Dear Grateful Al-Anon Members,

Your San Diego Al-Anon/Alateen Information Service office and board have been working hard this year on making Al-Anon and Alateen more accessible via our website and social media, establishing new meetings, and creating awareness to more diversified communities through public outreach and events. Your contributions are critical for our continued expansion.

In September, we launched our Non-Event Fundraiser, designed to be a personal contribution of gratitude to our local office. Even if you have already sent a contribution, we ask you to consider an additional contribution, as our goal for this appeal has not yet reached what we had hoped.



2023 San Diego AFG Non-Event Fundraiser

We contribute in gratitude for what we have received from Al-Anon.

CLICK HERE TO DONATE



We also ask that you announce our Non-Event Fundraiser at your meetings as soon as possible before our fundraiser ends on Sunday, November 6. Just click on the above link or go to www.AlanonSanDiego.org and click on the pink button. Group contributions are welcome and very appreciated.

Please help us reach those who are still suffering. We thank you in advance for your service and contributions.

Trenta
 Vice Chairperson Al-Anon San Diego
vice-chair@alanonsandiego.org

OFFICE REPORT

OFFICE REPORT CALLS

SEPTEMBER 2023

Total phone calls received	153	Number registered Groups	170
- for meeting information	27	- Al-Anon English	138
- calls to answering service	44	- Al-Anon Spanish	24
- referred to 12th steppers	5	- Alateen	8

VOLUNTEER HOURS

THROUGH SEPTEMBER 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	157	147				1416

FREE NEWCOMER PACKETS

THROUGH SEPTEMBER 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	36	29				400

*Error on website

We always need volunteers to help in the office. Help others who are still suffering by answering the phone, helping with literature, or mailing out a newcomer packet. It's easy and rewarding. Just email me at office-chair.com, and we'll find a shift that works for you!

In addition, we are still waiting for the new daily reader, "A Little Time for Myself," to arrive. We have a waitlist, and those who sign up will be the first to get it.

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

Kristen S
 Office Chair



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

CALL US (619)296-2666 (24/7)
 EMAIL office-chair@alanonsandiego.org

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

Saturday, October 21, 2023, 6pm - ?

Noche Latina fundraiser for Spanish Al-Anon participation at the San Diego Spring Round Up Fundraiser – donation \$15 per person / Habran tostadas de tinga, snacks, bebidas y postres a la venta! Vengan a pasar un rato sano, divertido, con musica y entre companeros del programa! – There will be snacks, drinks, and desserts for sale - Come have a healthy, fun time with music and among your fellow program members! - Salon de la Iglesia Grace Lutheran Church Escondido, 643 W. 13th Avenue, Escondido 92025 ***FLYER***

Tuesday, October 24, 2023, 10am-11:30am

New View AFG is inviting everyone to join us to discuss the Al-Anon Concept of the Month every 4th Tuesday of the month – Atonement Lutheran Church, 10245 Loma Rancho Drive, Spring Valley, 91978 ***FLYER***

Saturday, October 28, 2023, 9am-5pm

Join the World Service Office Board of Trustees and Executive Committee on their trip to California South! Hilton Los Angeles Airport Hotel, 5711 West Century Blvd, Los Angeles, 90045 – \$35 and Pre-Registration is required – [Click Here to Register](#)

November 3-5, 2023

Lake Havasu AA Round Up with Al-Anon Participation – 35th Anniversary of Miracle on the River – Lake Havasu City, Arizona – BE HAPPY, JOYOUS & FREE IN 2023! Activities include a campfire meeting, marathon meetings, guest speakers, 50/50 and raffle drawing, golf tournament, boat rides, serenity walk, paddleboarding and kayaking, cornhole tournament, poker run, and dance boogie nights - Visit www.HavasuaARoundup.org

Saturday, November 4, 2023, 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***

Monday, November 13, 2023, 7pm-8pm

Search for Peace second Monday of the Month Speaker Meeting – the speaker is Alice O, who will share her decades of Al-Anon experience that she has gained from different parts of the world – Mission Trails Church, 4880 Zion Avenue, San Diego in Allied Gardens – the meeting is in "The Hall" – use the upper parking lot for the easiest access. As you walk into the campus, the walkway ends just past the kitchen at "The Hall." We hope to see you there!

Sunday, November 15, 2023

Registration opens for the San Diego Spring Round Up on March 28-31, 2024, at the Town & Country Hotel! This is going to be the best event yet for Al-Anon and Alateen. We'll keep you updated as information becomes available.

Monday, November 20, 2023, 12:30pm

Al-Anon East County Daytimers invite you to our 2023 Annual Gratitude Potluck Luncheon. Beverages will be provided – Lunch is at 12:30pm - Speaker: Bobby S starts at 1pm – Opportunity drawing to follow – All proceeds benefit our local AFG office – foothills Methodist Church, 4031 Avocado Blvd, La Mesa, 91941 in King Hall – park in lower lot. ***FLYER***

Thursday, November 23-Sunday, November 26, 2023

57th Annual Las Vegas Roundup Thanksgiving Weekend – A wonderful Al-Anon program with marathon meetings, Al-Anon speakers, Couples in Recovery Speakers, Panels, and Meditation Workshop – Tropicana Hotel & Casino – see flyer for QR code for more details ***FLYER***

Thursday, November 30, 2023, 12pm-1pm

San Marcos Thursday Noon AFG Speaker Meeting – The speaker is Werner B, who will share his experience, strength, and hope that he found on his path of recovery in Al-Anon – St. Mark's Church, 1147 Discovery Street, San Marcos, 92078 ***FLYER***

Monday, December 4, 2023, 11:30am-1pm

Rancho Santa Fe Lunch Bunch is celebrating 24 years with a hosted holiday celebration - A light lunch will be provided by the group at 11:30 (potluck dishes are welcome) followed by a speaker from 12pm-1pm, Mary. P – Village church Rancho Santa Fe, 6225 Paseo Delicias, Rancho Santa Fe, interior courtyard ***FLYER***

Friday, December 8, 2023, 6:30pm-8:30pm

San Carlos Serenity – please join us in celebrating our 23rd Anniversary with a speaker meeting, potluck, and opportunity drawing. Vangie from the Wednesday Night Recovering Adult Children AFG will be our speaker. The potluck and fellowship begin at 6:30pm, and the speaker starts at 7pm. Please bring a dish to share and a drawing item if you would like. Tickets for the drawing are \$1 each or 6 for \$5. Babysitting is provided at this meeting. The Chapel at Grossmont, 5651 Water Street, La Mesa 91942 ***FLYER***

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

NOTE THIS EVENT IS ON THE 2ND SATURDAY 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***

Tuesday, December 19, 2023, 9:30am Potluck, 10am Meeting

New View is hosting a Christmas Breakfast Potluck and Speaker Meeting with an opportunity drawing. Diane D will be the 45-minute speaker. Please bring something to share for the potluck, and donated items for the opportunity drawing are also appreciated – Everyone is welcome - Atonement Lutheran Church, 10245 Loma Rancho Drive, Spring Valley, CA 91978 ***FLYER***

Saturday, January 20, 2024, 6pm-9pm

Al-Anon participation at the San Diego Spring Round Up Fundraiser – Spaghetti Dinner! 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. – St. Lukes Lutheran Church, 5150 Wilson Street, La Mesa - MORE DETAILS TO FOLLOW

Saturday, March 16, 2023, 6pm-9pm

Bingo Night Part Deux! Al-Anon participation at the San Diego Spring Round Up Fundraiser. We had such a great time that we're doing it again! Tickets are \$10 for eight bingo cards, and additional cards are available for \$1 each – There will be an opportunity drawing (and drawing the winners) for a 1-night hotel stay, 1 Al-Anon luncheon ticket, 1 AA dinner ticket, 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 MORE DETAILS TO FOLLOW

Thursday, March 28-Sunday March 31, 2024

The San Diego Spring Round Up – Town & Country Hotel, San Diego – mark your calendars to join us this weekend for an incredible fellowship and recovery event, including Al-Anon speakers and marathon meetings. Registration opens on November 15. Stay tuned for more details!

AL-ANON MEETING UPDATES / NEED SUPPORT

Al-Anon Meeting Updates/Need Support will be posted for three months.
If you have a meeting update or a meeting that needs support, or to continue to have your meeting listed, please submit your meeting [HERE](#).

Sundays 9:10am³

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.

Mondays 6:30pm-7:30pm

NEW MEETING! Joy in the Journey Eastlake AFG – Eastlake Church, 990 Lane Avenue, Chula Vista, 91914 – Parkins is available in the front of the office building – enter the door furthest south and follow the signs to Meeting Room 2. We hope to see you there! ***FLYER***

Tuesdays 12pm-1pm

New Book Study starts November 7, 2023, at AFG Noon at the Park! We will begin *From Survival to Recovery: Growing Up in an Alcoholic Home*. Copies will be available at the meeting. The meeting is at Allied Gardens Recreation Center, 5155 Greenbrier Avenue, San Diego 92120. Bring your own chair (bring your lunch if you like). The meeting takes place on the west side near the street – it's best to park on the street. RECOVER IN A BEAUTIFUL AND SERENE SETTING! Questions? Contact Regina E by phone or text at (619)952-3903 or regina.eldred@gmail.com.

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.

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 in person and on Zoom - 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: November 11, 2023, 9am

Zoom ID 752 699 5666 Passcode EJJH6dK

ISR - 2nd Saturday of every odd-numbered month

Next Meeting: November 11, 2023, 10:30am

Zoom ID 752 699 5666 Passcode EJJH6dK

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

Next Meeting: November 14, 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

Contact Annah H (760)573-0760

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

Next Meeting: October 28, 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 – 3rd Monday of every odd-numbered month

Next Meeting: November 20, 2023, 6:30pm

Zoom ID 822 4085 1324 Passcode 75

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

AREA 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>

AISL Page <https://www.alanonsandiego.org/aisl>

San Diego <https://www.alanonsandiego.org/latest-news-reports>

ISR Board Alateen

GROUP CONTRIBUTIONS

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

	Sep 23	Jan - Sep 23		Sep 23	Jan - Sep 23
AFG Noon at the Park	0.00	225.00	Miramar Mens Group AFG	50.00	200.00
AFG Recovering Adult Child	0.00	400.00	Mission Hills AFG	0.00	112.00
Alegria de Vivir AFG	0.00	100.00	Monday Open Topic	0.00	25.00
Alpine AFG	0.00	368.00	Moonlight Beach Just For Today AFG	0.00	500.00
Amor Y Paz GFA	0.00	15.00	New Beginnings	0.00	300.00
Back to Basics	0.00	12.00	New View AFG	0.00	380.50
Beginners Book Study AFG	0.00	75.00	North Clairemont AFG	0.00	150.00
Bonita PTA	75.00	758.00	North County Men's Alanon	0.00	1,280.00
Bonita Reencuentro Grupo	60.00	180.00	Parents AFG of North County Inland	0.00	100.00
Book Study AFG	0.00	100.00	Parents One Day at a Time AFG	0.00	350.00
Changing Attitudes Fri AM	0.00	561.18	Parents Seeking Serenity AFG	0.00	450.00
Chula Vista Al-Anon	0.00	248.00	Paths To Recovery AFG Enc	0.00	36.00
Clairemont Daytime AFG	140.00	304.50	Paz Mental	0.00	250.00
Clairemont Friday Night AFG	36.81	181.06	PB One Day at a Time	0.00	50.00
Courage to Change Fri AM	0.00	725.00	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	1,048.70
Del Mar Lunch Bunch	325.00	1,315.00	RB Lunch Bunch	50.00	355.00
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	100.00	200.00	San Marcos Noon AFG	139.00	485.76
East County Daytime AFG	0.00	567.60	Santee Serenity	0.00	110.40
Escondido Oasis Monday Night AFG	0.00	216.91	Saturday Morning AFG	3.60	111.60
Experience Strength & Hope AM	164.00	443.15	Search for Peace	0.00	146.00
Fellowship in Del Mar Virtual AFG	0.00	25.00	Serenity Afternoon	50.00	50.00
Footprints In The Sand AFG	0.00	25.00	Serenity at Sunset AFG	0.00	312.00
Free To Be Me Women's AFG	0.00	355.05	Serenity at Sunset Virtual	0.00	140.00
Freedom From Despair	0.00	50.00	Serenity at the Lake	225.00	984.98
Friday Night Courage to Change Virtual	0.00	210.00	Serenity at the Lake Virtual	0.00	100.00
From Survival to Recovery	0.00	25.00	Serenity for Women in the Park	0.00	140.00
Grupo Espiritualidad	0.00	303.00	Serenity in Scripps	0.00	150.00
Happy Joyous And Free AFG	0.00	361.20	Sky's the Limit AFG	0.00	82.00
Hilltop AFG	0.00	100.00	Step by Step Monday	0.00	300.00
Hope For Today Survival To Recovery AFG	0.00	60.00	Stepped Up By-The-Sea Womens	0.00	10.00
How It Works AFG	0.00	12.00	Strictly AFG	329.00	544.00
How it Works Electronic	0.00	200.00	Sunday Night Courage to Change	160.00	489.64
Into The Solution	0.00	272.00	Sunday Night Serenity Seekers	0.00	50.00
Just for Today RP AFG	0.00	156.14	Sunday Search for Serenity	0.00	150.00
Keeping the 4th Step Real	0.00	50.00	Sunday Serenity Social AFG	0.00	8.82
La Costa Live And Let Live AFG	0.00	215.00	Sunset Step Study AFG	0.00	206.00
Let It Begin With Me LGBTQ AFG	150.00	500.00	Survival to Recovery	0.00	162.60
Let It Begin with Me Step Study	0.00	65.00	Tender Loving Care Tierrasanta Friday Nig	0.00	112.80
Live and Let Live-EI Cajon	0.00	732.27	TGIF Al-Anon - Spring Valley	0.00	254.82
Lost and Found	0.00	183.00	The Solution AFG	0.00	187.32
Loving Traditions	0.00	80.00	Tri-City Daytime	0.00	228.00
Men in the Park	200.00	800.00	Tuesday Morning Literature Study AFG	0.00	225.00
Mind Your Own Business AFG	207.94	667.32	UC Lunch bunch Thurs Electronic	0.00	270.00
				Sep 23	Jan - Sep 23
			UC Thursday Lunch Bunch	45.00	105.00
			Un Dia A La Vez GFA	0.00	50.00
			Understanding Ourselves Electronic	0.00	71.00
			Various Customers	0.00	2.05
			Wed Night AFG for Parents	250.00	925.00
			Wed Night Step Study	0.00	200.00
			What a Concept AFG	0.00	436.00
			Willingness to Change AFG	160.00	288.00
			Women's AFG - EI Cajon	120.00	660.00
			Women's Let It Begin With Me Vista	125.00	205.00
			Womens Electronic AFG	0.00	292.55
			Working the Steps, Trad, Concepts Study	0.00	330.00
			Young And Young At Heart AFG	0.00	197.04
			TOTAL	3,165.35	29,779.26

FINANCIALS

FY23 Budget Performance Recap

Sep 2023

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

	September 2023			FY 23 Year to Date		
	Actual	Budget	Variance	YTD Actual	YTD Budget	Variance
Income						
Contributions	3,888.35	6,458.33	(2,569.98)	42,759.07	50,775.01	(8,015.94)
Fundraisers	320.00	1,000.00	(680.00)	3,293.81	2,500.00	793.81
Literature Sales	4,139.22	3,483.33	655.89	44,108.86	31,350.01	12,758.85
Other Income	260.64	1.67	258.97	1,168.26	14.99	1,153.27
Total Income	8,608.21	10,943.33	(2,335.12)	91,330.00	84,640.01	6,689.99
COGS (Literature)	3,027.45	3,291.66	(264.21)	31,533.72	26,624.99	4,908.73
Gross Profit	5,580.76	7,651.67	(2,070.91)	59,796.28	58,015.02	1,781.26
Total Expense	7,048.43	6,695.03	353.40	63,551.84	57,893.15	5,658.69
Net Income	(1,467.67)	956.64	(2,424.31)	(3,755.56)	121.87	(3,877.43)

AI-Anon Family Groups of SD Cty, Inc. Board Statement of Financial Income and Expense September 2023

	Sep 23	Aug 23	Jan - Sep 23
Ordinary Income/Expense			
Income			
Contributions	3,888.35	3,975.40	42,759.07
Fundraisers	320.00	0.00	3,293.81
Interest Income	260.64	261.52	1,168.26
Literature Sales Income	4,139.22	5,580.70	44,108.86
Total Income	8,608.21	9,817.62	91,330.00
Cost of Goods Sold			
Cost of Goods Sold	3,027.45	3,931.89	31,533.72
Total COGS	3,027.45	3,931.89	31,533.72
Gross Profit	5,580.76	5,885.73	59,796.28
Expense			
Bank Charges	114.84	116.08	1,221.67
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	1,753.20
Office Equipment	0.00	0.00	390.54
Office Supplies	200.56	306.59	1,623.15
Parking & Mileage	0.00	0.00	160.00
Payroll Expenses	1,265.97	506.38	4,958.11
Postage	119.99	119.99	1,760.12
Printing	0.00	0.00	76.23
Professional Fees	2,698.45	3,146.55	31,551.70
Public Outreach Costs	302.79	581.30	1,205.33
Rent	1,286.93	1,408.85	11,931.77
Taxes, Business	0.00	0.00	212.84
Telephone/Internet Bus	576.58	563.41	5,127.43
WEB Expense	81.52	81.52	1,287.24
Total Expense	7,048.43	6,830.67	63,551.84
Net Ordinary Income	(1,467.67)	(944.94)	(3,755.56)
Net Income	(1,467.67)	(944.94)	(3,755.56)

AI-Anon Family Groups of SD Cty, Inc. Board Balance Sheet As of September 30, 2023

	Sep 30, 23
ASSETS	
Current Assets	
Checking/Savings	
Bof A - Board Projects Ck #7200	17,374.92
Bof A - Office CK #8439	1,759.13
BofA - Bus Invest #0165	19,061.30
BofA - Operating Ck #8519	16,539.94
Petty Cash	103.17
Certificates of Deposit	78,568.91
Total Checking/Savings	133,407.37
Accounts Receivable	(51.55)
Other Current Assets	
Inventory Asset	20,514.53
Undeposited Funds	2,526.83
Total Other Current Assets	23,041.36
Total Current Assets	156,397.18
TOTAL ASSETS	
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	2,325.85
Total Liabilities	2,325.85
Equity	
Inventory Opening Bal Equity	39,116.69
Retained Earnings	118,710.20
Net Income	(3,755.56)
Total Equity	154,071.33
TOTAL LIABILITIES & EQUITY	156,397.18



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 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



WHAT A CONCEPT!!!

NEW VIEW AFG

IS INVITING YOU TO JOIN US

**EVERY 4TH TUESDAY OF THE MONTH TO DISCUSS
THE AL-ANON CONCEPT OF THE MONTH**

WHEN: 10a.m. to 11:30a.m

WHERE: ATONEMENT LUTHERAN CHURCH

**10245 LOMA RANCHO DR
SPRING VALLEY CA 91978**



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

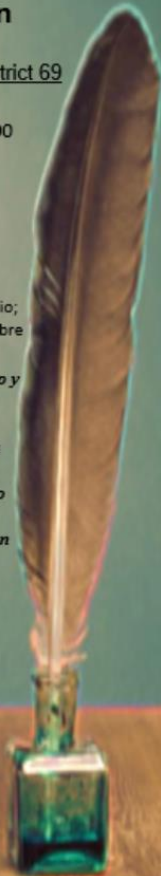
Submission is voluntary/ Compartimiento es voluntario

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."



Want to download a flyer?
Click on the above link, and it will
take you to the flyer page on the Al-
Anon website.

When you see the flyer that you
want, put your cursor over the top,
right-click, and save as. It's that easy!

Need help? Email
intercom@alaonsandiego.org

COMING SOON

Starting

MONDAY | OCTOBER 9TH

**Joy in the Journey Eastlake AFG
(an Al-Anon Family Group)**

6:30 PM | EVERY MONDAY

EASTLAKE CHURCH, UPPER CAMPUS
990 Lane Ave, Chula Vista, CA 91914

FOR MORE INFORMATION:

joyinthejourneyafg@gmail.com

GLEEANON

(Off-off-off Broadway musical recovery theater group)

IS PREPARING FOR A NEW SEASON

**IF YOU WOULD LIKE TO BE A
MEMBER OF OUR GROUP**

**We meet (rehearse) Sundays, 1-3pm
In San Marcos**

About once or twice a month

For the next 6-8 months

[1st meeting will be in September]

REQUIREMENTS:

- * Regularly attend Al-Anon meetings
- * Courage to sing on stage
- * Dedication to make rehearsals
- * Not required-previous experience or Talent (but being reliable is)

TEXT OR CALL

Jeff 760-707-9399

Love through service

Sábado 21 de Octubre, 2023 a partir de las 6pm

NOCHE LATINA

Lugar: Salón de la Iglesia Grace Lutheran Church Escondido
643 W 13th Ave, Escondido 92025

Donativo: \$15 dls/ persona

Habrán tostadas de tinga, snacks, bebidas y postres a la venta!

**¡Vengan a pasar un rato sano, divertido, con música y entre
compañeros del programa!**

**1er Evento para recaudar fondos para el San Diego Spring
Round-Up 2024**

**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

New Book Study at

AFG Noon at the Park

Begins Tuesday, November 7, 2023

FROM SURVIVAL TO RECOVERY
Growing Up in an Alcoholic Home

Our group meets every Tuesday
12pm-1pm
Allied Gardens Recreational Park
5155 Greenbrier Avenue, San Diego 92120

We meet at the west side near the street.
It's best to park on the street.

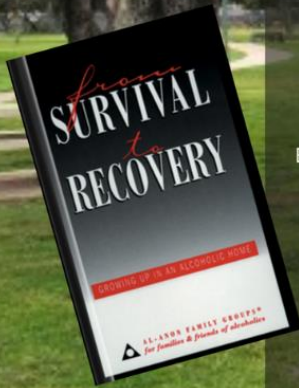
Recover in a beautiful and serene setting!

Bring your own chair - you are welcome to bring
your lunch if you like.

We will have copies of the book at the meeting.

Questions?
Regina E.

Call or text (619)952-3903
Email regina.eldred@gmail.com



Al-Anon East County Daytime

Invites you to our
2023 Annual Gratitude Luncheon
Monday November 20th at 12:30 PM
Gratitude Potluck

Beverages provided

Speaker: Bobby S. At 1 PM

Opportunity drawing to follow
(All proceeds go to benefit our local AFG Office)

King Hall
Foothills Methodist Church
4031 Avocado Blvd.
La Mesa 91941
(Park in lower lot)



Al Anon Program

Marathon Meetings

Al Anon Speakers

Couples In Recovery Speakers

Panels

Mediation Workshop



Register using QR code above or at
lasvegasroundup.org

*San Marcos Thursday Noon, AFG
is pleased to announce a speaker event
on Thursday November 30, 2023*

12:00 - 1:00

Speaker: Werner B.

*St. Marks Roman Catholic Church
1147 Discovery Street, San Marcos, CA.*

in Healy Hall. Please join us.





Holiday Celebration
 Hosted By: Rancho Santa Fe Lunch Bunch AFG

Celebrating 24 Years
Monday, December 4th

Lunch: 11:30am
 Potluck Dishes Welcomes
Light lunch provided by group

Speaker 12:00 - 1:00
Guest Speaker: Mary P.

The Village Church
 6225 Paseo Delicias
 Rancho Santa Fe
 Interior Courtyard

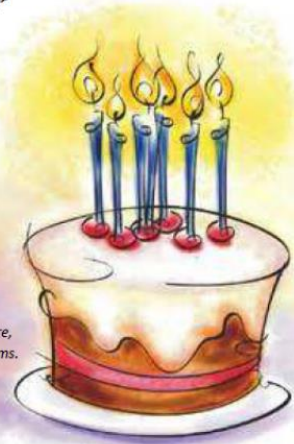
Please Join San Carlos Serenity for our
23rd Anniversary Speaker Meeting Celebration
 and Fundraising Raffle
Friday, December 8th, 2023

Finger foods, desserts, and fellowship
 will be from 6:30 – 7:00 pm
Please bring a food item to share.

Speaker, Vangie,
 will begin at 7:00 pm

Raffle Tickets:
 \$1.00 each or \$5.00 for 6

We also welcome any Al-anon
appropriate* raffle items you would like to donate.
 *It is suggested that raffle items relate, in some way,
 to our spiritual principles. Items such as Al-anon literature,
 Forum subscriptions, candles, journals, or handmade items.



We Hope to See You There...

New Meeting Location in La Mesa!
 The Chapel at Grossmont
 5651 Water Street, La Mesa 91942
 Babysitting is Provided

2nd Saturday of the month!

San Diego AFG
Speaker Meeting

December 9, 2023
 6:30pm-8pm

10-Minute Speaker Charlene San Carlos Serenity	45-Minute Speaker Billiekai Wednesday Awakenings
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Host Group
 San Carlos Serenity

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

NEW VIEW AFG
IS HOSTING
A HOLIDAY BREAKFAST POT LUCK
SPEAKER MEETING
WITH OPPORTUNITY DRAWINGS
December 19th
Pot Luck starts at 9:30a.m.
Speaker Meeting starts at 10:00a.m.
Our 45 minutes speaker is
Diane D.

Please bring something to share for
the Pot Luck
Donated items for the opportunity
drawings
are also appreciated

Atonement Lutheran Church
 10245 Loma Rancho Dr
 Spring Valley CA 91978



Alateen Needs Your Help!

1 in 4 children are affected by someone's drinking.
Substance Abuse and Mental Health Services (SAMHSA)

...without help, these children are 400% more likely to develop substance or alcohol abuse issues of their own!
National Center on Addiction and Substance Abuse

Empowering our youth for the next generation of Alateen

Regional Alateen Membership Drive

Please read this at your meetings!

Dear Al-Anon and Alateen Members,

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

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

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

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

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

Where are all the Alateens???

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

And many parents may not directly confront or discuss the active controversy about alcoholism with the children in their lives, as a means of insulating their children from the perceived harm it would cause.

It's not "if" your child is affected by a family member who has alcoholism, but to what extent, even if symptoms are not visible.

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

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

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

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

Please make a special commitment to join in a regional Alateen membership request! Spread the word about Alateen to your children, friends, and family alike, professionals, schools, and associations. Our children deserve an opportunity to begin healing themselves and to recover through the program of Alateen. As most of us would agree, Alateen is considered a safe and comfortable place, and potentially one of the best options for our children to attain recovery from this ravaging disease. There are many on-line sources such as videos, blogs, chats, meetings, and face-to-face meetings currently available for our Alateens'. <https://al-anon.org/newcomers/teen-corner-alateen/>

Please support your local Alateen Program!

Talk to your children and others about the benefits of the Alateen program.

If not us, then who?

- Attend and support your local and regional Alateen events, fundraisers, and outreach activities.
- Become an AMIAS (Al-Anon Member in Alateen Service).
- Sponsor an Alateen meeting.
- Start an Alateen meeting concurrently at your Al-Anon meeting location separately, if available.
- Suggest a child try 6 meetings, and then decide for themselves.
- Post the Alateen tent card (M-80) regularly at your meetings.
- Read the Alateen "20 Questions" at your meetings.
- Have Alateen hand-outs and newcomer packets available at your Al-Anon meetings.
- Lead an Al-Anon meeting using the Alateen format.
- Have discussions in your meetings about how you can help spread the word of Alateen.
- Alateen is Al-Anon
- Alateen is available in-person and on-line.
- Add an Alateen announcement to your regular Al-Anon meeting opening format script:

"Alateen is part of Al-Anon. If you know a young person whose life has been affected by someone else's drinking, please give them the same chance to recover in Alateen that you have in Al-Anon! There are options for Zoom, chat, and face to face Alateen meetings available!"

If you know a teen who answers yes to some of these 20 questions, Alateen may be able to help!

- | | |
|---|--|
| 1) Do you have a parent, close friend or relative whose drinking upsets you? | 11) Do you make promises about behavior, such as, "I'll get better school marks, go to church or keep my room clean" in exchange for a promise that the fighting and drinking will stop? |
| 2) Do you cover up your real feelings by pretending that you don't care? | 12) Do you feel that if your mom or dad loved you, he or she would stop drinking? |
| 3) Are holidays and gatherings spoiled because of drinking? | 13) Do you ever threaten or actually hurt yourself to scare your parents into saying "I'm sorry," or "I love you"? |
| 4) Do you tell lies to cover up for someone else's drinking or what's happening in your home? | 14) Do you believe no one could possibly understand how you feel? |
| 5) Do you stay out of the house as much as possible because you hate it there? | 15) Do you have money problems because of someone else's drinking? |
| 6) Are you afraid to upset someone or fear it will set off a drinking bout? | 16) Are mealtimes frequently delayed because of the drinker? |
| 7) Do you feel nobody really loves you or cares what happens to you? | 17) Have you considered calling the police because of the drinker's abusive behavior? |
| 8) Are you afraid or embarrassed to bring your friends home? | 18) Have you refused dates out of fear or anxiety? |
| 9) Do you think the drinker's behavior is caused by you, other members of your family, friends, or rotten breaks in life? | 19) Do you think your problems would be solved if the drinker stopped? |
| 10) Do you make threats such as, "If you don't stop drinking, fighting, I'll run away?" | 20) Do you ever treat people (teachers, schoolmates, teammates, etc.) unjustly because you are angry at someone else for drinking too much? |

Give our kids a choice! Give them the gift of Al-Anon/Alateen.

<https://al-anon.org/newcomers/what-is-al-anon-and-alateen/>

If you would like more information or are considering Alateen service, please contact Ron P., District 69 at: D69AlateenOutreach@gmail.com 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 47

Alateen is part of Al-Anon

District 69 - North County Coastal & Inland

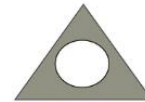
For more information go to: www.alanonsandiego.org or www.al-anon.org
(AT) - Al-Anon meetings held at same time and location

• **Alateen Meeting**
Vista, 92084/AT
Monday 6:30pm
North Coast Church
2405 N. Santa Fe Ave.
2nd grade classroom

• **High School Programs Available**
Check with your local San Diego AIS office

Alateen - Give our kids a choice!

Alateen is a place just for kids affected by someone else's alcoholism



Alateen - A safe place where kids can share!

Al-Anon Family Groups
Help and hope for families & friends of alcoholics



Give our kids a choice!
1 in 4 children are affected

District 69/San Diego North County
Alateen Outreach Committee
All Al-Anon Members Welcome

Alateen in Schools
Get Involved!

School Professional Contacts Needed:

- Counselors
- Therapists
- Staff and Administration
- County Board Members

A tough and taskforce committee to explore the potential of establishing a long term, organized, and sustainable support system for Alateen meetings in middle and/or high school venues in Southern California.

Call Ron P. for more details at (619) 322-8558 or email at: D69AlateenOutreach@gmail.com

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