



FOR WEBSITE

VOL. 53 NUMBER 12 / DECEMBER 2023

STEP TWELVE

Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principals in all our affairs.

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 Fellow Al-Anon Members,

The Southern California World Service (SCWS) Group Representatives (GRs) voted at the November 2022 Assembly to accept electronic meetings within our Southern California geographic area.

Per WSO and SCWS, if your meeting is listed as a Temporary Electronic Meeting (TEM), it is time to either return to in-person meetings or change your location to an Electronic Group (EG). This is a location change only, and your group remains connected to the same city, state, zip code, district, and Al-Anon Information Service (AIS).

If you have questions or want to hear about electronic groups' other choices, please email ais-liaison@alanonsandiego.org or grouprecords@scws-al-anon.org.

Sandra L.
 AIS-Liaison, San Diego
ais-liaison@alanonsandiego.org

OFFICE REPORT

OFFICE REPORT CALLS

OCTOBER 2023

Total phone calls received	155	Number registered Groups	170
- for meeting information	44	- Al-Anon English	138
- calls to answering service	63	- Al-Anon Spanish	24
- referred to 12th steppers	7	- Alateen	8

VOLUNTEER HOURS

THROUGH OCTOBER 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	147			1563

FREE NEWCOMER PACKETS

THROUGH OCTOBER 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	42			442

*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!

WE HAVE THE NEW READER IN STOCK! Come to the office and purchase one, or [order online today!](#) We ask that an individual purchase a maximum of 2 to ensure we have enough.

WE WILL BE CLOSED ON THANKSGIVING DAY, THURSDAY, NOVEMBER 23.

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
EMAIL

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

AL-ANON EVENT CALENDAR

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 the 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***

Monday, November 27, 2023, 6pm

Strictly Al-Anon invites you to a potluck and speaker – This is a hybrid event – In person at North Coast Church, 2405 North Santa Fe Avenue, Grade 5 classroom, Vista, 92084 – On Zoom, Zoom ID 896 108 326 Passcode 621517 ***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 *EVENT IS ON THE 2ND SATURDAY OF THE MONTH*****

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***

Wednesday, January 17, 2024, 7pm

Wednesday Night Recovering Adult Children AFG - 38th Anniversary Event – Speaker: Billie Kai - This is an ONLINE EVENT ONLY, Zoom ID Wednesday Night Recovering Adult Children AFG Passcode hope4today

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. Luke Lutheran Church, 5150 Wilson Street, La Mesa - MORE DETAILS TO FOLLOW ***FLYER***

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 in late November. Stay tuned for more details in the January Intercom!

AL-ANON MEETING UPDATES / NEED SUPPORT

Mondays 6:30pm-7:30pm³

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-1pm²

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!

Thursdays 6:30pm-7:30pm

Early Thursday Nighters AFG is moving locations beginning January 4, 2023 – from Christ Lutheran Church to St. Luke's Lutheran Church, 5150 Wilson Street, La Mesa – meeting located in Fellowship Hall – Park on the street or the north side of the church.

NOTE: 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](#).

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: January 13, 2024, 9am

Zoom ID 752 699 5666 Passcode EJJH6dK

ISR - 2nd Saturday of every odd-numbered month

Next Meeting: January 13, 2024, 10:30am

Zoom ID 752 699 5666 Passcode EJJH6dK

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

Next Meeting: January 9, 2024, 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: January 27, 2024, 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: January 15, 2024, 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 October 2023

	Oct 23	Jan - Oct 23
AFG Noon at the Park	0.00	225.00
AFG Recovering Adult Child	0.00	400.00
Alegria de Vivir AFG	50.00	150.00
Alpine AFG	100.00	488.00
Amor Y Paz GFA	0.00	15.00
Back to Basics	0.00	12.00
Beginners Book Study AFG	0.00	75.00
Bonita PTA	0.00	758.00
Bonita Reencuentro Grupo	0.00	180.00
Book Study AFG	0.00	100.00
Carlsbad Discussion	156.90	156.90
Changing Attitudes Fri AM	0.00	581.18
Chula Vista Al-Anon	0.00	248.00
Clairemont Daytime AFG	0.00	304.50
Clairemont Friday Night AFG	0.00	181.08
Courage to Change Fri AM	0.00	725.00
Courage to Change Poway	0.00	445.00
Del Mar Early Birds	0.00	140.00
Del Mar Lunch Bunch	0.00	1,315.00
Del Mar Sunnyside UP AFG	0.00	20.00
Drop the Rock	244.46	635.78
Early Thursday Nighters AFG	0.00	200.00
East County Daytime AFG	0.00	587.60
Escondido Oasis Monday Night AFG	0.00	216.91
Experience Strength & Hope AM	0.00	443.15
Fellowship in Del Mar Virtual AFG	0.00	25.00
Fireside Alanon	150.00	150.00
Footprints In The Sand AFG	0.00	25.00
Free To Be Me Women's AFG	55.00	410.05
Freedom From Despair	100.00	150.00
Friday Night Courage to Change Virtual	0.00	210.00
From Survival to Recovery	0.00	25.00
Grupo Espiritualidad	0.00	303.00
Happy Joyous And Free AFG	140.00	501.20
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	0.00	272.00
Just for Today RP AFG	0.00	156.14
Keeping the 4th Step Real	29.80	79.80
La Costa Live And Let Live AFG	0.00	215.00
Let It Begin With Me LGBTQ AFG	70.00	570.00
Let It Begin with Me Step Study	0.00	65.00
Live and Let Live-El Cajon	0.00	732.27
Lost and Found	20.00	203.00
Loving Traditions	0.00	80.00
Men in the Park	0.00	800.00
Mind Your Own Business AFG	99.75	787.07
Miramar Mens Group AFG	0.00	200.00
Mission Hills AFG	0.00	112.00
Monday Open Topic	17.00	42.00
Moonlight Beach Just For Today AFG	100.00	600.00
New Beginnings	0.00	300.00
New View AFG	0.00	380.50
North Clairemont AFG	50.00	200.00
North County Men's Alanon	0.00	1,280.00
Parents AFG of North County Inland	0.00	100.00
Parents One Day at a Time AFG	350.00	700.00
Parents Seeking Serenity AFG	0.00	450.00
Paths To Recovery AFG Enc	25.00	61.00
Paz Mental	0.00	250.00
PB One Day at a Time	0.00	50.00
Poway Rancho Bernardo AFG	0.00	400.00
Power Lunch AFG	0.00	140.00
Rancho Snta Fe Lunch Bnch	0.00	1,048.70

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

	Oct 23	Jan - Oct 23
RB Lunch Bunch	0.00	355.00
Renacer GFA - National City	10.00	10.00
San Carlos Serenity Alanon	0.00	140.00
San Diego AFG Speaker Meeting	0.00	300.00
San Marcos Noon AFG	0.00	485.78
Santee Serenity	0.00	110.40
Saturday Morning AFG	0.00	111.60
Search for Peace	0.00	146.00
Serenity Afternoon	0.00	50.00
Serenity at Sunset AFG	0.00	312.00
Serenity at Sunset Virtual	0.00	140.00
Serenity at the Lake	210.00	1,194.98
Serenity at the Lake Virtual	0.00	100.00
Serenity for Women in the Park	0.00	140.00
Serenity in Scripps	50.00	200.00
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	544.00
Sunday Night Courage to Change	0.00	489.64
Sunday Night Serenity Seekers	0.00	50.00
Sunday Search for Serenity	0.00	150.00
Sunday Serenity Social AFG	0.00	8.82
Sunset Step Study AFG	140.00	348.00
Survival to Recovery	0.00	162.60
Tender Loving Care Tierrasanta Friday Nig	0.00	112.80
TGIF Al-Anon - Spring Valley	0.00	254.82
The Solution AFG	0.00	187.32
Tri-City Daytime	0.00	228.00
Tuesday Morning Literature Study AFG	0.00	225.00
UC Lunch Bunch Step Study Virtual	20.00	20.00
UC Lunch bunch Thurs Electronic	0.00	270.00
UC Thursday Lunch Bunch	0.00	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	375.00	1,300.00
Wed Night Step Study	0.00	200.00
What a Concept AFG	0.00	438.00
Willingness to Change AFG	0.00	288.00
Women's AFG - El Cajon	0.00	660.00
Women's Let It Begin With Me Vista	0.00	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	2,562.71	32,341.97

FINANCIALS

FY23 Budget Performance Recap

Oct 2023

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

	October 2023			FY 23 Year to Date		
	Actual	Budget	Variance	YTD Actual	YTD Budget	Variance
Income						
Contributions	3,775.71	5,233.33	(1,457.62)	46,534.78	56,008.34	(9,473.56)
Fundraisers	498.25	1,000.00	(501.75)	3,792.06	3,500.00	292.06
Literature Sales	3,984.79	3,483.33	501.46	48,093.65	34,833.34	13,260.31
Other Income	253.07	1.67	251.40	1,421.33	16.66	1,404.67
Total Income	8,511.82	9,718.33	(1,206.51)	99,841.82	94,358.34	5,483.48
COGS (Literature)	2,514.27	2,791.67	(277.40)	34,047.99	29,416.66	4,631.33
Gross Profit	5,997.55	6,926.66	(929.11)	65,793.83	64,941.68	852.15
Total Expense	6,560.70	6,514.43	46.27	70,112.54	64,407.58	5,704.96
Net Income	(563.15)	412.23	(975.38)	(4,318.71)	534.10	(4,852.81)


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

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

	Oct 23	Sep 23	Jan - Oct 23
Ordinary Income/Expense			
Income			
Contributions	3,775.71	3,888.35	46,534.78
Fundraisers	498.25	320.00	3,792.06
Interest Income	253.07	260.64	1,421.33
Literature Sales Income	3,984.79	4,139.22	48,093.65
Total Income	8,511.82	8,608.21	99,841.82
Cost of Goods Sold			
Cost of Goods Sold	2,514.27	3,027.45	34,047.99
Total COGS	2,514.27	3,027.45	34,047.99
Gross Profit	5,997.55	5,580.76	65,793.83
Expense			
Bank Charges	151.33	114.84	1,373.00
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	0.00	400.80	1,753.20
Office Equipment	0.00	0.00	390.54
Office Supplies	189.10	200.56	1,812.25
Parking & Mileage	0.00	0.00	160.00
Payroll Expenses	1,012.76	1,265.97	5,970.87
Postage	226.99	119.99	1,987.11
Printing	0.00	0.00	76.23
Professional Fees	2,926.94	2,698.45	34,478.64
Public Outreach Costs	0.00	302.79	1,205.33
Rent	1,400.67	1,286.93	13,332.44
Taxes, Business	0.00	0.00	212.84
Telephone/Internet Bus	571.39	576.58	5,698.82
WEB Expense	81.52	81.52	1,368.76
Total Expense	6,560.70	7,048.43	70,112.54
Net Ordinary Income	(563.15)	(1,467.67)	(4,318.71)
Net Income	(563.15)	(1,467.67)	(4,318.71)

	Oct 31, 23
ASSETS	
Current Assets	
Checking/Savings	
Bof A - Board Projects Ck #7200	17,149.92
Bof A - Office CK #8439	1,268.52
BofA - Bus Invest #0165	19,061.46
BofA - Operating Ck #8519	15,935.06
Petty Cash	106.77
Certificates of Deposit	78,821.82
Total Checking/Savings	132,343.55
Accounts Receivable	(51.55)
Other Current Assets	
Inventory Asset	19,302.84
Undeposited Funds	3,551.04
Total Other Current Assets	22,853.88
Total Current Assets	155,145.88
TOTAL ASSETS	155,145.88
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	1,637.70
Total Liabilities	1,637.70
Equity	
Inventory Opening Bal Equity	39,116.69
Retained Earnings	118,710.20
Net Income	(4,318.71)
Total Equity	153,508.18
TOTAL LIABILITIES & EQUITY	155,145.88

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)




57TH ANNUAL LAS VEGAS
ROUNDUP
THANKSGIVING WEEKEND
NOVEMBER 23 – 26, 2023
TROPICANA HOTEL & CASINO

Al Anon Program
 Marathon Meetings
 Al Anon Speakers
 Couples In Recovery Speakers
 Panels
 Mediation Workshop



Register using QR code above or at
lasvegasroundup.org



Strictly
Alanon

Join us Nov. 27th for a Potluck and Speaker Meeting
 6:00 pm Potluck
 Guest Speaker Mtg 6:30 pm – 7:30 pm
 Speaker: Bill T of Encinitas

North Coast Church 2405 N Santa Fe Ave
 Classroom 5
 Vista, CA 92084
 Hybrid Meeting-Zoom info: Meeting ID: 896108326
 Passcode: 621517

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

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**

SAN DIEGO AFG

2024 Speaker Meeting

HOST GROUP
EAST COUNTY DAYTIMERS

<p>15 MIN SPEAKER ROLAND O.</p>	<p>40 MIN SPEAKER MARGARET T.</p>
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SATURDAY 6:30PM-8PM | **06** | JANUARY 2024

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



Support the 2024 San Diego Spring Round Up
Suggested Donation: \$10 Adults \$5 Children
Sat. January 20, 2024 @ 6p – 9p

Opportunity Drawing tickets available for \$5 each
1 AA Dinner Ticket, 1 Spiritual Breakfast Ticket,
1 Al-Anon Luncheon Ticket, 1 Night Hotel stay
To Be selected on March 16, 2024

Please Donate Gift Baskets for The Opportunity Drawing

St Lukes Lutheran Church
5150 Wilson Street
La Mesa, CA. 91942



SPEAKERS: Al-Anon, Alateen and AA TBD
More Details To Follow



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



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!"

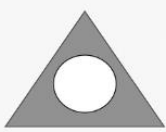
If you know a teen who answers yes to some of these 20 questions, Alateen may be able to help!

- | | |
|---|--|
| 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!