



FOR WEBSITE

VOL. 53 NUMBER 10 / OCTOBER 2023

STEP TEN

Continued to take personal inventory and when we were wrong promptly admitted it.

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

Al-Anon is made up almost entirely of volunteers throughout the various service arms. An essential part of recovery is being of service to others.

Are you interested in giving back a tiny portion of your time and expertise? We have created an online Volunteer Application Form: <https://www.alanonsandiego.org/volunteer-form>

There are many service opportunities depending on your availability, interest, and skills. We need office help, or you can support or lead specific projects such as our website, social media, public outreach activities, fundraising, etc.

Thank you for considering joining us in carrying the message and supporting the Al-Anon and Alateen community.

With much gratitude,

Werner
 Web Coordinator
 webcoordinator@alanonsandiego.org

OFFICE REPORT

OFFICE REPORT CALLS

AUGUST 2023

Total phone calls received	159	Number registered Groups	170
- for meeting information	31	- Al-Anon English	139
- calls to answering service	46	- Al-Anon Spanish	24
- referred to 12th steppers	6	- Alateen	7

VOLUNTEER HOURS

THROUGH AUGUST 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					1269

FREE NEWCOMER PACKETS

THROUGH AUGUST 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					371

*Glitch on website

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, Thursday: 10am-4pm
 Saturday: By Appointment Only – please email office-chair@alanonsandiego.org

CALL US
EMAIL

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

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

BE A PART OF OUR 2024/2025 SERVICE BOARD

Participation is the key to harmony!

NO EXPERIENCE REQUIRED

Nominate yourself or someone else

The only requirements are:

- Al-Anon member for 2-years
- No dual membership in AA and Al-Anon
- 2-year commitment

CLICK HERE
FOR THE
NOMINATION
FORM

AL-ANON EVENT CALENDAR

Saturday, September 23, 2023, 6pm-9pm

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***

Tuesday, September 26, 2023, 10am-11:30am

New View AFG is inviting everyone 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***

Sunday, September 30, 2023, 1pm-3pm and every Sunday for 6-8 months

Glee Anon is looking for new members to join our recovery theater group for a new season of fun and recovery in San Marcos – REQUIREMENTS: Regularly attend Al-Anon meetings, courage to sing on stage, dedication to make rehearsals, reliability (Previous experience or talent not required) – ***FLYER***

Friday-Sunday, September 29-October 1, 2023

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

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***

Monday, October 9, 2023, 7pm-8pm

Parents AFG of North County Island will celebrate their 10th Anniversary with a speaker meeting. Everyone is welcome! Tim (Area Delegate for Southern California World Service) will share his experience, strength, and hope. ZOOM ONLY Zoom ID 898 9339 7041 Passcode: 1234

Monday, October 10, 2023, 7pm-8pm

Search for Peace second Monday of the Month Speaker Meeting – speaker to be announced – 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!

Saturday, October 14, 2023, 10am

The San Diego Spring Round Up Al-Anon Committee needs a secretary to take minutes during our meetings. Please pray and meditate on stepping up into service beyond the group level – In addition, the Committee would like to congratulate our own Susan L as her submissions for both the Round Up theme and logo were accepted! **SAVE THE DATE** of March 28-31, 2024 for the Spring Round Up – NEW THIS YEAR tables of 10 can be reserved for the Al-Anon Luncheon – Meetings held the second Saturday of every month until the event at Gethsemane Lutheran Church, 2696 Melbourne Drive, San Diego, 92123 – for info, contact sdsrucommittee@gmail.com

Saturday, October 14, 2023, 2pm-4pm

AIS Al-Anon and Alateen Public Outreach Event & Alegria de Vivir 26th Birthday -This is a PUBLIC OUTREACH EVENT. We ask all the Al-Anon and Alateen Groups of San Diego County to help us carry the message. NEWCOMERS WELCOME! Come and enjoy some food and the chance to win some prizes! – 3770 Altadena Avenue, San Diego, 92105 – ***FLYER***

Saturday, October 14, 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: 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 15th Anniversary - Refreshments and cake will served ***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](#)

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 20, 2023, 12:30pm

Al-Anon East County Daytimers invite you to our 2023 Annual Gratitude Potluck Luncheon. Beverages will be provided - Speaker: To be advised – Opportunity drawing to follow – All proceeds benefit our local AFG office – foothills Methodist Church, 4031 Avocado Blvd, La Mesa, 91941 in King Hall.

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. Please bring something to share for the potluck and donated items for the opportunity drawing are also appreciated - Atonement Lutheran Church, 10245 Loma Rancho Drive, Spring Valley, CA 91978 ***FLYER***

Thursday, March 28-Sunday March 31, 2024 – SAVE THE DATE!

The San Diego Spring Round Up – Town & Country Hotel, San Diego

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 9:10am²

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

Mondays 6:30pm

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

Wednesdays 6pm-7pm

Wednesday Night Alateen UTC **BACK IN PERSON!** - Good Samaritan Episcopal Church, Roetter Hall, 4321 East Gate Mall, San Diego

Thursdays 6pm

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

Thursday 6:30pm

I'm OK, I Belong, I Am Not Alone – ONLINE ONLY - 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



**2023 San Diego AFG
Non-Event Fundraiser**

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

**CLICK
HERE TO
DONATE**



BOARD / ISR / DISTRICT MEETINGS

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

Next Meeting: October 14, 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 72 is currently receiving nominations for the new district representative, officers, and coordinators for the next 3-year term, 2024-2026. We welcome all nominations, whether currently service with the district or not, and can be submitted directly to Lundie C at district72dr@gmail.com or in person on October 28, 2023 at 9:30am when we will be voting on all nominations. Meetings are held in person and via Zoom the 4th Saturday of every month except May, November, and December at Lutheran Church, 10245 Loma Rancho Drive, Spring Valley

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>

AI SL Page <https://www.alanonsandiego.org/aisl>

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

ISR Board Alateen

FINANCIALS

FY23 Budget Performance Recap

Aug 2023

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

	August 2023			FY 23 Year to Date		
	Actual	Budget	Variance	YTD Actual	YTD Budget	Variance
Income						
Contributions	3,975.40	5,233.33	(1,257.93)	38,870.72	44,316.68	(5,445.96)
Fundraisers	0.00	0.00	0.00	2,973.81	1,500.00	1,473.81
Literature Sales	4,859.54	3,483.33	1,376.21	37,499.52	27,866.68	9,632.84
Other Income	261.52	1.67	259.85	907.62	13.32	894.30
Total Income	9,096.46	8,718.33	378.13	80,251.67	73,696.68	6,554.99
COGS (Literature)	3,826.25	2,791.66	1,034.59	26,972.91	23,333.33	3,639.58
Gross Profit	5,270.21	5,926.67	(656.46)	53,278.76	50,363.35	2,915.41
Total Expense	6,249.37	6,369.83	(120.46)	55,600.87	51,198.12	4,402.75
Net Income	(979.16)	(443.16)	(536.00)	(2,322.11)	(834.77)	(1,487.34)

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

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

	Aug 23	Jul 23	Jan - Aug 23
Ordinary Income/Expense			
Income			
Contributions	3,975.40	4,254.74	38,870.72
Fundraisers	0.00	0.00	2,973.81
Interest Income	261.52	149.97	907.62
Literature Sales Income	4,859.54	4,999.38	37,499.52
Total Income	9,096.46	9,404.09	80,251.67
Cost of Goods Sold			
Cost of Goods Sold	3,826.25	3,443.18	26,972.91
Total COGS	3,826.25	3,443.18	26,972.91
Gross Profit	5,270.21	5,960.91	53,278.76
Expense			
Bank Charges	116.08	137.31	1,106.83
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	1,352.40
Office Equipment	0.00	0.00	390.54
Office Supplies	306.59	72.98	1,422.59
Parking & Mileage	0.00	80.00	160.00
Payroll Expenses	506.38	434.42	3,692.14
Postage	119.99	119.99	1,640.13
Printing	0.00	0.00	76.23
Professional Fees	3,146.55	1,833.19	28,853.25
Rent	1,408.85	1,286.93	10,644.84
Taxes, Business	0.00	0.00	212.84
Telephone/Internet Bus	563.41	591.72	4,550.85
WEB Expense	81.52	81.52	1,205.72
Total Expense	6,249.37	5,038.86	55,600.87
Net Ordinary Income	(979.16)	922.05	(2,322.11)

	Aug 31, 23
ASSETS	
Current Assets	
Checking/Savings	
Bof A - Board Projects Ck #7200	17,500.00
Bof A - Office CK #8439	1,633.62
BofA - Bus Invest #0165	19,061.14
BofA - Operating Ck #8519	21,535.49
Petty Cash	105.67
Certificates of Deposit	
CD 4012 - 13mo	21,795.59
CD 3201 - 7mo	29,138.39
CD 5611 - 13mo	27,374.45
Total Certificates of Deposit	78,308.43
Total Checking/Savings	138,144.35
Accounts Receivable	(51.55)
Other Current Assets	
Inventory Asset	21,239.94
Undeposited Funds	1,108.34
Total Other Current Assets	22,348.28
Total Current Assets	160,441.08
TOTAL ASSETS	160,441.08
LIABILITIES & EQUITY	
Liabilities	4,936.30
Equity	155,504.78
TOTAL LIABILITIES & EQUITY	160,441.08

SAN DIEGO SPRING ROUNDUP FUNDRAISER



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



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



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

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

Sept 29 - Oct 1, 2023

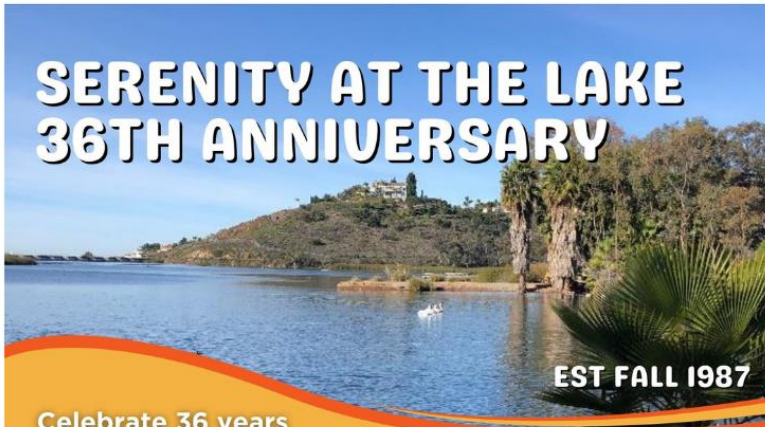


at The Pacific
Palms Resort
in the City
of Industry

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

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

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!



AIS AL-ANON AND ALATEEN
PUBLIC OUTREACH EVENT
&
ALEGRIA DE VIVIR 26TH
BIRTHDAY

SATURDAY OCTOBER 14 2023

2- 4 PM

3770 ALTADENA AVE
SAN DIEGO CA 92105

THIS IS A PUBLIC OUTREACH EVENT, WE ASK FOR ALL THE AL-ANON AND ALATEEN GROUPS OF SAN DIEGO COUNTY TO HELP US CARRY THIS MESSAGE.

NEWCOMERS WELCOME!

COME ENJOY SOME FOOD AND GET THE CHANCE TO WIN SOME PRIZES!

RSVP OR QUESTIONS,
ELO @ 619-322-7332

WE HOPE TO SEE YOU THERE!



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!



Want to download
a full-page flyer?

To download any of the flyers, click on

www.AlanonSanDiego.org/flyers

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

You can do it!

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

Intercom@AlAnonSanDiego.org



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**

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 BREAKFAST POT LUCK SPEAKER MEETING WITH OPPORTUNITY DRAWINGS

December 19th at
Atonement Lutheran Church
10245 Loma Rancho Dr
Spring Valley CA 91978

Pot Luck starts at 9:30a.m.
Speaker Meeting starts at 10:00a.m.

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



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



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

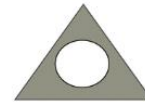
District 69 - North County Coastal & Inland

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!