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VOL. 54 NUMBER 1 – JANUARY 2024

STEP ONE

We admitted we were powerless over alcohol – that our lives had become unmanageable.

2024 SERVICE BOARD

Chairperson, Interim	VACANT	chair@alanonsandiego.org
Vice-Chairperson	Trenta A	vice-chair@alanonsandiego.org
Secretary	Christine D	secretary@alanonsandiego.org
Treasurer	VACANT	treasurer@alanonsandiego.org
Ex-Officio	Anita R	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	VACANT	espanol@alanonsandiego.org
Intercom Chairperson	Susan L	intercom@alanonsandiego.org
Al-Anon Information Service Liaison	Sandra L	ais-liaison@alanonsandiego.org
Alateen Chairperson	Ron P	alateen@alanonsandiego.org
Office Chairperson	VACANT	office-chair@alanonsandiego.org

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BOARD MESSAGE

PLEASE READ THIS AT YOUR MEETINGS - IMPORTANT MESSAGE FROM THE SAN DIEGO AIS BOARD

Our San Diego AIS Board has four unfilled positions. Office Chair, Spanish Liaison, Chair, and Treasurer.

We cannot operate in 2024 without a Chair and Treasurer.

If you have at least two years in Al-Anon and are not also a member of AA, you can be of service to our AIS Board. We meet monthly online on the second Saturday of the month. Please visit San Diego Al-Anon website and click San Diego Board Positions under Resources for descriptions.

Please read this message and ask your group if anyone at this meeting is interested in being of service to our Board for 2024? If anyone is interested, please provide them with my information.

Thank you for your service!

Trenta
Vice Chair
Text: (310)367-6330

OFFICE REPORT

OFFICE REPORT CALLS

NOVEMBER 2023

Total phone calls received	176	Number registered Groups	167
- for meeting information	21	- Al-Anon English	167
- calls to answering service	60	- Al-Anon Spanish	23
- referred to 12th steppers	6	- Alateen	7

VOLUNTEER HOURS

THROUGH NOVEMBER 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	161		1724

FREE NEWCOMER PACKETS

THROUGH NOVEMBER 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	35		477

*Error on website

HOLIDAY OFFICE HOURS

**We will be closed December 25-29, 2023
We will reopen on Tuesday, January 2, 2024**

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

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



HOLIDAY MEETING SCHEDULE CHANGES

Sunday, December 24 and Sunday, December 31, 2023, 7pm

Free to Be Me Alateen – Penasquitos Lutheran Church, 14484 Penasquitos Drive, San Diego 92129 –
Upstairs classroom, Room B-201 – Just for Today AFG meets at the same time – **NO MEETING ON
DECEMBER 24 OR 31, 2023 AS THE CHURCH WILL BE CLOSED**

Monday, December 25, 2023, and Monday, January 1, 2024, 1pm

East County Al-Anon Family Group WILL BE MEETING at Foothills United Methodist Church, 4031 Avocado Blvd, La Mesa, 91941 - Signs will be posted to direct people to the meeting room.

AL-ANON EVENT CALENDAR

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 6, 2024, 6:30pm-8pm

San Diego AFG Speaker Meeting – Host Group: East County Daytimers – 15-Minute Speaker: Teri H and 40-Minute Speaker: Margaret P – La Mesa Adult Enrichment Center, 8450 La Mesa Blvd, La Mesa –Refreshments served ***FLYER***

Monday, January 8, 2024, 7pm

Search for Peace AFG Speaker Meeting – Speaker: Johnny T. – Mission Trails Church, 4880 Zion Avenue, Allied Gardens/San Diego 92120 – Meeting is held in The Hall at the end of the long hall, adjacent to the upper parking lot.

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’s 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. Luke’s Lutheran Church, 5150 Wilson Street, La Mesa MORE DETAILS TO FOLLOW

Friday and Saturday, March 29-30, 2024

The San Diego Spring Round Up with Al-Anon Participation – Town & Country Hotel Resort & Convention Center, San Diego - Join us this weekend for an incredible fellowship and recovery event, including Al-Anon speakers, panel sessions, and marathon meetings – registration is \$45 and is OPEN NOW at www.SanDiegoRoundUp.com ***FLYER***

WE NEED VOLUNTEERS! NO EXPERIENCE REQUIRED! We need greeters, help at registration and the literature tables, marathon meeting leaders, and more. It’s fun! Contact Jennifer M, SDSRU Volunteer Chair at jenyjohn@yahoo.com. QR code to sign up online on the ***FLYER***

WE NEED LEADERS, READERS AND BOOKS FOR THE MARATHON MEETINGS! For more information, contact Patti H at (619)990-7305 or Claudia S at (619)884-1593. You can also sign up on the volunteer form! ***FLYER***

Friday, April 26-Sunday, April 28, 2025

47th Annual Southern California Al-Anon Family Groups Convention – DON’T STOP BELIEVING AFG 2024 – Doubletree Hotel in Ontario, CA – Online registration at www.afgconvention.org ***FLYER***

AL-ANON MEETING UPDATES / NEED SUPPORT

Mondays 6:30pm – NEW YOUNG ADULT MEETING

Progress Not Perfection AFG

Good Samaritan Episcopal Church, 4321 Eastgate Mall, San Diego, 92121

Tuesdays 10am-11:30am – Every 4th Tuesday

New View AFG invites everyone to join us to discuss the Concept of the Month – Atonement Lutheran Church, 10245 Loma Rancho Drive, Spring Valley 91978 ***FLYER***

Tuesdays 12pm-1pm³

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? ***FLYER***

Thursdays 6:30pm-7:30pm²

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 – El Cajon

New Beginning Alateen - East Valley Christian Fellowship, 10469 Ridge Hill Road, El Cajon 92021 (with a concurrent Al-Anon Meeting)

Mondays 6:30pm - Vista

Serenity Monday in Alateen – North Coast Church, 2405 N Santa Fe Ave, 2nd Grade Classroom, Vista 92084 – Walk down the side of the building next to where the Al-Anon group meets in the 5th grade classroom – turn right at the end of the building to enter the 2nd grade classroom

Wednesdays 6pm-7pm – San Diego

Wednesday Night Alateen - HYBRID (in person and on Zoom) - Good Samaritan Episcopal Church, Second Floor, , 4321 East Gate Mall, San Diego 92121

Thursdays 6pm - Encinitas

Keep Coming Back - Seacoast Community Church, 1049 Regal Road, Encinitas 92024 – Ages 8-18 – Stepped-Up By-the-Sea Women's AFG meets at the same time.

Thursday 6:30pm

I'm OK, I Belong, I Am Not Alone – ONLINE ONLY - For Zoom info, text Lety (619)792-6042 – **COMING BACK TO IN PERSON JANUARY 11!** *FLYER*

Sunday 7pm – Rancho Penasquitos

Free to Be Me Alateen – Penasquitos Lutheran Church, 14484 Penasquitos Drive, San Diego 92129 – Upstairs classroom, Room B-201 – Just for Today AFG meets at the same time – **NO MEETING ON DECEMBER 24 OR 31, 2023 AS THE CHURCH WILL BE CLOSED**

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

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 AND INFORMATION

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
November 2023**

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

	Nov 23	Jan - Nov 23		Nov 23	Jan - Nov 23
AFG Noon at the Park	0.00	225.00	Live and Let Live-El Cajon	0.00	732.27
AFG Recovering Adult Child	0.00	400.00	Lost and Found	0.00	203.00
Alegria de Vivir AFG	0.00	150.00	Loving Traditions	0.00	80.00
Alpine AFG	0.00	468.00	Men in the Park	0.00	800.00
Amor Y Paz GFA	0.00	15.00	Mind Your Own Business AFG	67.80	834.87
Back to Basics	150.00	162.00	Miramar Mens Group AFG	0.00	200.00
Beginners Book Study AFG	0.00	75.00	Mission Hills AFG	0.00	112.00
Bonita PTA	0.00	758.00	Monday Open Topic	149.00	191.00
Bonita Reencuentro Grupo	0.00	180.00	Moonlight Beach Just For Today AFG	0.00	600.00
Book Study AFG	0.00	100.00	New Beginnings	0.00	300.00
Carlsbad Discussion	0.00	156.90	New View AFG	225.00	605.50
Changing Attitudes Fri AM	420.00	981.18	North Clairemont AFG	0.00	200.00
Chula Vista Al-Anon	25.00	273.00	North County Men's Alanon	150.00	1,430.00
Clairemont Daytime AFG	0.00	304.50	Parents AFG of North County Inland	0.00	100.00
Clairemont Friday Night AFG	0.00	181.06	Parents One Day at a Time AFG	0.00	700.00
Courage to Change Fri AM	100.00	825.00	Parents Seeking Serenity AFG	0.00	450.00
Courage to Change Poway	0.00	445.00	Paths To Recovery AFG Enc	0.00	61.00
Del Mar Early Birds	0.00	140.00	Paz Mental	300.00	550.00
Del Mar Ranch Bunch	0.00	1,315.00	PB One Day at a Time	0.00	50.00
Del Mar Sunnyside UP AFG	0.00	20.00	Poway Rancho Bernardo AFG	100.00	500.00
District 69	4,250.00	4,250.00	Power Lunch AFG	0.00	140.00
District 75	0.00	287.02	Rancho Snta Fe Lunch Bnch	0.00	1,048.70
District 78	0.00	50.00	RB Lunch Bunch	60.00	415.00
Drop the Rock	0.00	635.76	Renacer GFA - National City	0.00	10.00
Early Thursday Nighters AFG	0.00	200.00	San Carlos Serenity Alanon	0.00	140.00
East County Daytime AFG	88.00	655.60	San Diego AFG Speaker Meeting	0.00	300.00
Escondido Oasis Monday Night AFG	0.00	216.91	San Marcos Noon AFG	0.00	485.76
Experience Strength & Hope AM	0.00	443.15	Santee Serenity	0.00	110.40
Fellowship in Del Mar Virtual AFG	0.00	25.00	Saturday Morning AFG	0.00	111.60
Fireside Alanon	0.00	150.00	Search for Peace	80.00	226.00
Footprints In The Sand AFG	0.00	25.00	Serenity Afternoon	0.00	50.00
Free To Be Me Women's AFG	109.00	519.05	Serenity at Sunset AFG	0.00	312.00
Freedom From Despair	0.00	150.00	Serenity at Sunset Virtual	0.00	140.00
Friday Night Courage to Change Virtual	0.00	210.00	Serenity at the Lake	112.50	1,307.48
From Survival to Recovery	0.00	25.00	Serenity at the Lake Virtual	0.00	100.00
Grupo Espiritualidad	120.00	423.00	Serenity for Women in the Park	0.00	140.00
Happy Joyous And Free AFG	0.00	501.20	Serenity in Scripps	0.00	200.00
Hilltop AFG	0.00	100.00	Sky's the Limit AFG	0.00	82.00
Hope For Today Survival To Recovery AFG	0.00	60.00	Step by Step Monday	0.00	300.00
How It Works AFG	0.00	12.00	Stepped Up By-The-Sea Womens	0.00	10.00
How it Works Electronic	0.00	200.00	Strictly AFG	410.00	954.00
Into The Solution	0.00	272.00	Sunday Night Courage to Change	0.00	489.64
Just for Today RP AFG	0.00	156.14	Sunday Night Serenity Seekers	0.00	50.00
Keeping the 4th Step Real	0.00	79.60	Sunday Search for Serenity	0.00	150.00
La Costa Live And Let Live AFG	0.00	215.00	Sunday Serenity Social AFG	0.00	8.82
Let It Begin With Me LGBTQ AFG	280.00	850.00	Sunset Step Study AFG	0.00	346.00
Let It Begin with Me Step Study	0.00	65.00	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	0.00	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	0.00	1,300.00
			Wed Night Step Study	150.00	350.00
			What a Concept AFG	232.00	668.00
			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	160.00	452.55
			Working the Steps, Trad, Concepts Study	160.00	490.00
			Young And Young At Heart AFG	0.00	197.04
			TOTAL	7,898.30	40,577.29

FINANCIALS

FY23 Budget Performance Recap

Nov 2023

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

	November 2023			FY 23 Year to Date		
	Actual	Budget	Variance	YTD Actual	YTD Budget	Variance
Income						
Contributions	8,925.21	5,233.33	3,691.88	55,459.99	61,241.67	(5,781.68)
Fundraisers	541.00	1,000.00	(459.00)	4,333.06	4,500.00	(166.94)
Literature Sales	7,282.67	3,483.33	3,799.34	55,376.32	38,316.67	17,059.65
Other Income	262.35	1.67	260.68	1,683.68	18.33	1,665.35
Total Income	17,011.23	9,718.33	7,292.90	116,853.05	104,076.67	12,776.38
COGS (Literature)	5,176.98	2,791.67	2,385.31	39,224.79	32,208.33	7,016.46
Gross Profit	11,834.25	6,926.66	4,907.59	77,628.26	71,868.34	5,759.92
Total Expense	9,601.44	6,695.03	(2,906.41)	79,600.24	71,102.61	8,497.63
Net Income	2,232.81	231.63	2,001.18	(1,971.98)	765.73	(2,737.71)

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

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

	Nov 23	Oct 23	Jan - Nov 23
Ordinary Income/Expense			
Income			
Contributions	8,925.21	3,775.71	55,459.99
Fundraisers	541.00	498.25	4,333.06
Interest Income	262.35	253.07	1,683.68
Literature Sales Income	7,324.72	3,984.79	55,279.05
Total Income	17,053.28	8,511.82	116,755.78
Cost of Goods Sold			
Cost of Goods Sold	5,261.17	2,514.09	39,169.70
Total COGS	5,261.17	2,514.09	39,169.70
Gross Profit	11,792.11	5,997.73	77,586.08
Expense			
Bank Charges	182.24	151.33	1,555.24
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	2,154.00
Office Equipment	700.37	0.00	960.91
Office Supplies	312.82	189.10	2,125.07
Payroll Expenses	1,097.16	1,012.76	7,068.03
Postage	419.99	226.99	2,407.10
Printing	0.00	0.00	76.23
Professional Fees	2,800.11	2,926.94	37,278.75
Public Outreach Costs	0.00	0.00	1,226.01
Rent	1,408.62	1,286.93	14,627.32
Repairs & Maintenance	0.00	0.00	130.00
Taxes, Business	0.00	0.00	212.84
Telephone/Internet Bus	615.99	571.39	6,314.81
Travel Expenses	1,581.82	0.00	1,581.82
WEB Expense	81.52	81.52	1,450.28
Total Expense	9,601.44	6,446.96	79,460.92
Net Ordinary Income	2,190.67	(449.23)	(1,874.84)
Net Income	2,190.67	(449.23)	(1,874.84)

	Nov 30, 23
ASSETS	
Current Assets	
Checking/Savings	
Bof A - Board Projects Ck #7200	14,867.73
Bof A - Office CK #8439	1,534.19
BofA - Bus Invest #0165	19,061.62
BofA - Operating Ck #8519	16,256.42
Petty Cash	106.77
Certificates of Deposit	79,084.01
Total Checking/Savings	130,910.74
Accounts Receivable	(47.92)
Other Current Assets	
Inventory Asset	28,511.62
Undeposited Funds	1,319.76
Total Other Current Assets	29,831.38
Total Current Assets	160,694.20
TOTAL ASSETS	160,694.20
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Accounts Payable	3,732.19
Other Current Liabilities	1,009.96
Total Current Liabilities	4,742.15
Total Liabilities	4,742.15
Equity	
Inventory Opening Bal Equity	39,116.69
Retained Earnings	118,710.20
Net Income	(1,874.84)
Total Equity	155,952.05
TOTAL LIABILITIES & EQUITY	160,694.20

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.

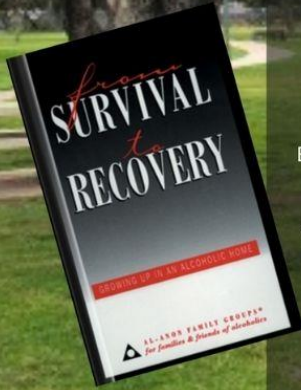
We will have copies of the book at the meeting.

Questions?

Regina E.

Call or text (619)952-3903

Email regina.eldred@gmail.com



Al-Anon
Family Groups



Al-Anon
Family Groups

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
Family Groups



Al-Anon
Family Groups

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

15 MIN SPEAKER

TERI H.

40 MIN SPEAKER

MARGARET P.

**SATURDAY
6:30PM-8PM**

06

**JANUARY
2024**

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



ALATEEN MEETING BACK IN PERSON STARTING JANUARY 11

Thursdays | 6:30pm
I'm OK, I Belong, I'm Not Alone
Chula Vista, CA

Has Al-Anon helped you? You can give that gift to your teen, nephew, niece, neighbor, or grandchild.
For more information, call AMIAS's Steve W (949)630-6045 or Nicky B (619)937-1667

ALATEEN IS PART OF AL-ANON



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

SAN DIEGO AFG SPEAKERS MEETING



55-SPEAKER
WILLIE W

7 O'CLOCK LET'S ROCK
SUN CITY, CA

HOST GROUP
SUNDAY SEARCH
FOR SERENITY

3 | FEBRUARY | 6:30 PM

LA MESA ADULT ENRICHMENT CENTER
8450 LA MESA BLVD
LA MESA



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



ROUND UP STUFF

March 29-30, 2024



SAN DIEGO SPRING ROUND-UP
AA with
AL-ANON PARTICIPATION
MARCH 29-30, 2024
Town & Country Resort & Convention Center
San Diego, CA

AL-ANON EVENT SCHEDULE

This year, we have a fantastic schedule planned with a new social mixer, panels, and more!

Friday, March 29, 2024

10am-6pm Marathons Meetings
6pm-8pm Al-Anon Opening Social Mixer/Short Speaker
8pm-9:30pm Al-Anon Friday Night Opening Speaker: Suzanne T, Goodyear, AZ

Saturday, March 30, 2024

9am-10am Young Adult 20/30 Something Panel
10am-11am Survival to Thriving Panel
11am-12pm Marathon Meeting
11:30am-1:30pm Al-Anon Luncheon and Speaker: Catherine K, Dallas, TX
12pm-2pm Marathon Meetings
2pm-3:30pm Al-Anon Speaker: McCall B-L, Los Angeles, CA
3pm-4pm Alateen Panel
3:30pm-4:30pm Al-Anon Business Meeting
4pm-5pm Marathon Meeting
5pm-6pm Al-Anon's Three Legacies -
Recovery, Unity and Service - Southern California
World Service Board (SCWS) Panel
6pm-8pm Marathon Meetings
8pm-9pm Candlelight Meeting

REGISTER TODAY!



SanDiegoSpringRoundUp.com

Schedule is subject to change

Visit the website for the complete Alateen and AA Schedule

*Volunteers
Needed*



**SAN DIEGO
SPRING ROUND UP**
MARCH 28 - 31, 2024

Town & Country Resort

Be a part of this incredible event!

We are looking for volunteers to support Al-Anon's participation.

Click Here to Be of Service as a Volunteer



Jennifer M., SDSRU Volunteer Chair: jenyjohn@yahoo.com



We need leaders, readers and

BOOK DONATIONS

For the Marathon Meetings
at the San Diego Spring Round Up
March 29-30, 2024

For more information, contact Patti H at
(619)990-7305 or Claudia S at (619)884-1593.
You can also sign up on the volunteer form!



47TH ANNUAL SOUTHERN CALIFORNIA
AL-ANON FAMILY GROUPS CONVENTION



Don't Stop Believin'
AFG 2024

April 26th-28th 2024
Doubletree Hotel-Ontario, CA

For online registration and additional convention information
visit www.afgconvention.org

Program Schedule Of Events

Friday, April 26

2:00 pm
Registration Opens

4:00 pm
Marathon Meetings Begin
(English and Spanish)

5:00 pm
Early Bird Meeting Panel
Young Al-Anons

6:45 pm
Opening Ceremony

7:00 pm
Opening Al-Anon Speaker: TBA

8:30 pm
Entertainment

Saturday, April 27

8:00 am
Registration Opens

9:00 am
Family Meeting:
Alateen: Isabelle C. - 2 yrs.
Santa Barbara, CA
AA: Erik C. - 5 yrs.
Lakewood, CA
Al-Anon: Sarah SC - 5 yrs.
Lakewood, CA

11:00 am
Luncheon
(Spanish translation available)
Al-Anon Speaker:
Betty Ann Z. - 49 yrs.
Woodland Hills
Alateen Speaker:
Shana B. - Camarillo, CA

2:30 pm
Business Meeting
(Everyone is encouraged to attend)
Spanish Program: TBA
AA Marathon Meeting: TBA

4:00 pm
Long Timers Meeting

6:00 pm
Banquet
(Spanish translation available)
Al-Anon Speaker:
Lisa P. 22 yrs.
Northridge
AA Speaker:
Don P. 41 yrs.
Northridge

9:00 pm - Midnight
Dance immediately
following Banquet

Sunday, April 28

8:45 - 9:45 am
Breakfast
(Spanish translation available)

10:00 - 12:00 noon
Closing Spiritual Meeting
Al-Anon Speaker:
Susan G. - 29 yrs.
Riverside

Al-Anon Member Donations Are Welcome!

Donations to Hospitality Contact:
Julie T. (909) 525-2546

Donations to Boutique Contact:
Lisa C. (951) 203-9567

Donations to Raffles/Baskets Contact:
Janet G. (951) 992-9382

General Information:
2024 AFG Chair
Lisa M.
(951) 283-9620

Registration:
Melody B. (714) 307-4173

Tickets:
Tasnee C. (714) 658-1087

Ways and Means:
Francine D. (626) 712-1939

I've done time in the family disease of alcoholism, but I do not have to serve a life sentence without parole. I rehabilitate myself each time I make use of the Al-Anon program. "Al-Anon has given me a new life-and the freedom, to live it richly in the present."

- p190, 'A Little Time For Myself'

2024 Al-Anon Family Groups Convention Registration Order Form

Online registration is available at www.afgconvention.org

Registration

ALL CONVENTION ATTENDEES MUST BE REGISTERED

Pre-Registration @ \$35 ea. \$ _____

Alateen Registration @ \$15 ea. \$ _____

Convention Registration Total: \$ _____

NOTE! after March 22, 2024 Registration is \$40
REGISTER EARLY & SAVE \$5

Badges to Read

First Name and Last Initial _____

Group or City: _____

Al-Anon Alateen AA Visitor

Years in Program: _____

First Name and Last Initial _____

Group or City: _____

Al-Anon Alateen AA Visitor

Years in Program: _____

Early Bird Special Package

Includes: Registration, Luncheon, Saturday Night Banquet & Sunday Breakfast. Deadline is March 22, 2024

Pre-Sale Special Package @ \$175 ea. \$ _____

Pre-Sale Special Package Total: \$ _____

Tickets

Luncheon Ticket @ \$54.00 ea. \$ _____

Luncheon Table of 10 @ \$540.00 ea. \$ _____

Vegetarian Luncheon Meal @ \$54.00 ea.
(Must be Pre-Ordered)* \$ _____

Saturday Night Banquet @ \$67.00 ea. \$ _____

Vegetarian Banquet Meal @ \$67.00 ea.
(Must be Pre-Ordered)* \$ _____

Sunday Breakfast @ \$40.00 ea. \$ _____

Vegetarian Breakfast @ \$40.00 ea.
(Must be Pre-Ordered)* \$ _____

*NOTE: VEGETARIAN OR GLUTEN-FREE MEALS
CANNOT BE REQUESTED AT THE EVENTS

Order Totals

BADGES AND TICKETS WILL BE HELD FOR
PICKUP AT THE CONVENTION

Pre-Sale Packages: \$ _____

Registration Total: \$ _____

Luncheon Total: \$ _____

Saturday Night Banquet Total: \$ _____

Sunday Breakfast Total: \$ _____

Total Enclosed: \$ _____

Closing date for registration
by mail and online: April 19, 2024

Hotel Reservations

DoubleTree Hotel Ontario Airport
222 North Vineyard Avenue
Ontario, California 91764-4431

Reservations:
1-800-222-8733
Hotel:
1-909-937-0900

When calling please specify
AFG Convention Code: CDTAAF

Special Room Rate Discount:
\$159.00 + tax Single/Double Room
Special Discount Ends:
April 4, 2024

Each person occupying a room
must be registered with the hotel.

Check-in time is after 3:00 pm
Parking is \$16.75 per night



I-10 East or West Bound: Take the Vineyard Avenue exit.
The hotel is on the south side of I-10 (one block south of the freeway)
at the corner of Vineyard and Convention Center Way.

Please note: This hotel is 100% nonsmoking and smoking requests cannot be honored. For your convenience there are several outside designated smoking areas.

Parents or guardians are held responsible for their alateens & preteens.

For more hotel information please visit www.doubletree.com



Convention Registration



DoubleTree Hotel Reservation

Why Do I Have to Pay a Registration Fee?

There are many AA/Al-Anon conferences held around the world. One of the most common misconceptions of these gatherings is that they are AA/Al-Anon meetings, and since, "There are no dues or fees for AA/Al-Anon membership..."; there should be no fee to attend. Conferences are events, not regular meetings. They require months of planning, preparation, and money to present. Since most conferences are held in a hotel, there is a charge for the use of the facilities. Along with the facility charge, the hotel will require that the group purchase coffee and food. Other expenses include travel and lodging for the speakers, printing of flyers, schedules and programs, postage, and supplies. These conferences are self-supporting. No group monies are used to pay for the event. The cost of the event is paid through the registration. No baskets are passed. The ideal goal for any committee of such an event is to break even; therefore, the registration fee is nominal compared to a weekend's worth of entertainment anywhere else. Attendance is voluntary and as responsible AA/Al-Anon Members, we "pay our own way."

KEEP THIS SIDE

KEEP THIS SIDE

SEND THIS SIDE



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 A7

Alateen is part of Al-Anon

District 69 - North County Coastal & Inland

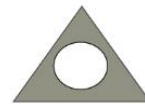
For more information go to: www.alanonsandiego.org or www.al-anon.org (AT) - Al-Anon meetings held at same time and location

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

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

Alateen - Give our kids a choice!

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



Alateen - A safe place where kids can share!

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



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

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

Alateen in Schools

Get Involved!

School Professional Contacts Needed:

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

A 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!