



VOL. 54 NUMBER 4 – APRIL 2024

STEP FOUR
Made a searching and fearless moral inventory of ourselves.

2024 SERVICE BOARD

Chairperson, Interim	Cindi H	chair@alanonsandiego.org
Vice-Chairperson	Trenta R	vice-chair@alanonsandiego.org
Secretary	Christine D	secretary@alanonsandiego.org
Treasurer	Werner B	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, Interim	Martin D	webcoordinator@alanonsandiego.org
Spanish Liaison Chairperson, Interim	Dora S	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, Interim	Kirsten S	office-chair@alanonsandiego.org

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BOARD MESSAGE

Dear Al-Anon Friends,

Our AIS Office Assistant, Rina, will celebrate her one-year work anniversary on March 21st. If you have a chance, please take a moment to thank Rina — we are grateful for her excellent work in helping the office run smoothly!

Thank you to all those involved in the recent “GleeAnon” Musical fundraising event. It was fun and highly entertaining and truly showcased the talents of many of our Al-Anon friends. Thank you to everyone who contributed and to everyone who showed up to enjoy the show.

And, speaking of events, please SAVE THE DATE for the AIS Office’s annual Birthday Celebration fundraising event on May 25, 2024. A flyer with full details is available.

Finally, please encourage all groups to participate in the San Diego Service Area by having a Group Representative AND a dedicated Information Service Representative (ISR). Service is the heart of Al-Anon, and we need your voice at the table. If your group does not have an ISR, please talk about this in your next business meeting and encourage participation.

Thank you for supporting the San Diego office!
 Cindi H, Board Chair

OFFICE REPORT

OFFICE REPORT CALLS

FEBRUARY 2024

Total phone calls received	158	Number registered Groups	171
- for meeting information	37	- Al-Anon English	141
- calls to answering service	58	- Al-Anon Spanish	23
- referred to 12th steppers	2	- Alateen	7

VOLUNTEER HOURS

THROUGH FEBRUARY 2024

Year	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
2023	185	157	157	158	147	137	171	157	147	147	161	165	1889
2024	159	142											

FREE NEWCOMER PACKETS

THROUGH JANUARY 2024

Year	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
2023	67	78	64	42	62	4	22	36	29	42	35	21	502
2024	48	30											

<https://www.alanonsandiego.org/volunteer-form>

SAN DIEGO OFFICE HOURS

Monday and Friday: Closed

Tuesday, Wednesday, and Thursday: 10am-4pm

Saturday: By Appointment Only – please email office-chair@alanonsandiego.org

CALL US

(619)296-2666 (24/7)

EMAIL

office-chair@alanonsandiego.org

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

AL-ANON EVENT CALENDAR

Saturday, March 16, 2024, 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 ***FLYER***

Wednesday, March 20, 2024, 11am

Happy, Joyous, and Free invites you to their Anniversary Speaker Meeting – Speaker: Libby A – Finger food buffet will be served - Pathways Community Church, 926 Carlston Hills Blvd, Santee 92071 – Please join us!

FLYER

Friday and Saturday, March 29-30, 2024 SAN DIEGO SPRING ROUND-UP

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, luncheon, and marathon meetings – registration is \$45 and is OPEN NOW at www.SanDiegoRoundUp.com ***FLYER***



JOIN US FOR THE AL-ANON LUNCHEON AND SPEAKER! SATURDAY, MARCH 30, 2024 11:30AM

Join us for fellowship and a fabulous luncheon at the Round Up! A lovely buffet luncheon with soup and salads, sea bass and grilled sirloin, roast vegetables with soy ginger dressing, select desserts including dark chocolate mousse cake, and beverages - \$60 per person ***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 YOUR COOKIES! For the hospitality room – Pre-packaged cookies preferred – contact Cassie J at hummingbird77@gmail.com (619)206-6568 and Libby W libbywilliams615@gmail.com (858)775-2441 ***FLYER***

ALATEEN The Al-Anon Committee regrets to inform you that the Alateen Program has been **canceled** due to unforeseen circumstances beyond our control. However, first and foremost, Alateen members are part of the Al-Anon Family Groups, and we invite you to participate in all the Al-Anon events. We apologize for any inconvenience this may have caused you. Thank you for your understanding and support. Yoly W SDSRU Presiding Chair 2024 & Angela G SDSRU Alateen AMIAS Sponsor Chair 2024

Tuesday, April 2, 2024, 6pm

Free to Be Me Women's Al-Anon is Turning 16 – Guest Speaker: Michelle W – Light refreshments will be served from 6pm-6:25pm – Meeting begins at 6:30pm – Normal Heights Methodist Church, 4650 Mansfield Street, San Diego, 92116 ***FLYER***

Saturday, April 6, 2024, 7pm

GleeAnon presents "Let's Turn It Over Again," an off-off-off Broadway musical play – A fun-raiser brought to you by District 69 – Finger foods appreciated – 7th Tradition observed – Carlsbad Senior Center, 7999 Pine Avenue, Carlsbad – For information, text or call Jeff (760)707-9399 ***FLYER***

Saturday, April 6, 2024, 6:30pm-8pm

San Diego AFG Speaker Meeting – Host Group: San Carlos Serenity – 15 Minute Speaker: Bill C – 40 Minute Speaker: Kath H- La Mesa Adult Enrichment Center, 8450 La Mesa Blvd, La Mesa – Literature Sales Available On-Site CASH ONLY ***FLYER***

Wednesday, April 17, 2024, 7pm

Wednesday Night Recovering Adult Children AFG – Quarterly Speakers Meeting – Speaker: Steve W from Men at the Park Al-Anon – Zoom Only – Zoom ID: 820 8843 9289 Passcode: hope4today

Friday, April 26-Sunday, April 28, 2024

47th Annual Southern California Al-Anon Family Groups Convention – DON'T STOP BELIEVING AFG 2024 – Doubletree Hotel, 222 North Vineyard Avenue, Ontario, CA – Online registration at www.afgconvention.org/store ***FLYER***

Friday, April 26, 2024, 2pm-3pm

Tea Party! - DoubleTree Hotel, suite 1137 – Please RSVP to Lil S by text (626)396-0282 or email llybear@outlook.com ***FLYER***

Alateen is at the Convention! The AFG Convention Alateen Committee is looking for Alateen groups to sponsor a meeting at the AFG Convention. WHAT THIS MEANS: Send one Alateen to lead a meeting, 1-3 Alateens to share for 3-5 minutes before opening the meeting, and AMIAS willing to drive Alateens to and from the convention for the day (Saturday) if they cannot go with their parents for the weekend.

Monday, April 29, 2024, 7pm

Carlsbad Discussion Group – 5th Monday of the Month Speaker Meeting – Guest Speaker: Jeff J from the Carlsbad Men’s Group – St. Michaels by the Sea dining room – 2775 Carlsbad Blvd, Carlsbad – The parking lot is off the side street.

Saturday, May 4, 2024, 6:30pm-8pm

San Diego AFG Speaker Meeting – Host Group: Women’s AFG – 15 Minute Speaker: Karen G – 40 Minute Speaker: Margaret N- La Mesa Adult Enrichment Center, 8450 La Mesa Blvd, La Mesa – Literature Sales Available On-Site CASH ONLY ***FLYER***

Monday, May 20, 2024, 12:30pm

Join East County Daytime Al-Anon for their Spring Luncheon – Soup and Salad – 1pm Speaker: TBD - \$5 suggested donation includes one opportunity drawing ticket with additional tickets available for 1:\$1/6:\$5/10:\$12 – King Hall at Foothills Methodist church, 4031 Avocado Blvd, La Mesa, 91941

Saturday, May 25, 2024, 1pm-4pm

Happy Birthday Al-Anon! – Join us for an open meeting, two 20-minute speakers, and cake – the office will be open for literature sales – San Diego Al-Anon Information Service Office, 2667 Camino del Rio South, Suite 208, San Diego 92108 – The event will be held in the gazebo – If you cannot attend and would like to donate, please visit www.alanonsandiego.org and click on the BIRTHDAY button to donate! ***FLYER***

Friday-Sunday, June 28-30, 2024

Miracles Happen 2024 AFG of Arizona Area Al-Anon/Alateen Convention with AA Participation – Detailed info and registration available at www.al-anon-az.org/2024-az-area-convention ***FLYER***

AL-ANON MEETING UPDATES / NEED SUPPORT

Mondays 4pm – New Electronic Information³

How It Works AFG – Zoom ID: 384 822 9789 Passcode: serenity
Literature study – uses the book How Alanon Works for Families and Friends of Alcoholics

Mondays 6:30pm – NEW MEETING³

Joy in the Journey Eastlake AFG
Eastlake Church, 990 Lane Avenue, Chula Vista 91914 – Parking is available in front of the office building – enter the door furthest south and follow the signs – We hope to see you there!

Tuesdays 6:30pm-7:30pm – New Meeting³

Courage to Change AFG – Valley Center Community Hall, 28246 Lilac Road, Valley Center 92082 – meeting in room #3 upstairs.

Tuesdays 8pm – New Location

Encinitas Tuesday Night Total Sharing Meeting – Now at St. Andrew’s Episcopal Church, Neighborhood and Education Center Room, 890 Balour Drive, Encinitas 92024 – THIS IS A HYBRID MEETING – Zoom ID: 842 1194 0363 Passcode: 825445

Thursdays 6:30pm-7:30pm³

Early Thursday Nighter’s AFG at a new location – Now 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 need support to continue to have your meeting listed, please submit your meeting [HERE](#).

ALATEEN MEETINGS

Mondays 6pm – 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 Alateen – North Coast Church, 2405 N Santa Fe Ave, 2nd Grade Classroom, Vista 92084 – Go down the side of the building next to where the Al-Anon group meets, turn right, where the building ends, and walk to the second-grade classroom – NEWCOMERS WELCOME

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

Never Alone Alateen - Seacoast Community Church, Room A-7, 1049 Regal Road, Encinitas 92024 - Ages 8-18 - meets at the same time as Stepped-Up By-the-Sea Women's AFG

Thursdays 6:30pm – Chula Vista

I'm OK, I Belong, I Am Not Alone – Risen Savior Church – 625 Otay Lakes Road, Chula Vista

Sunday 7:00pm

Free To Be Me Alateen – Penasquitos Lutheran Church, 14484 Penasquitos Drive, San Diego, 92129 – meet in room B-201 upstairs – meets at the same time as Just for Today AFG *FLYER*

BOARD / ISR / DISTRICT MEETINGS

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

Next Meeting: April 13, 2024, 9am
Zoom ID 752 699 5666 Passcode EJJH6dK

ISR - 2nd Saturday of every odd-numbered month

Next Meeting: May 11, 2024, 10:30am
Zoom ID 752 699 5666 Passcode EJJH6dK

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

Next Meeting: May 14, 2024, 7pm
In-person and on Zoom – Palomar Unitarian Universalist Fellowship (PUUF), 1600 Buena Vista Drive, Vista – Hybrid Meeting – On Zoom at Zoom ID 395 556 4737 Passcode 755000

District 72 Meeting – 4th Saturday of every even-numbered month

Next Meeting: April 27, 2024, 9:30am Meeting in person at Atonement Lutheran Church, 10245 Loma Rancho Drive, Spring Valley, and on Zoom at Zoom ID 873 7462 1618 Passcode 702639
Contact Randy B dist72dr@gmail.com

District 75 Meeting – 3rd Monday of every odd-numbered month

Next Meeting: March 18, 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> ← **NEW REPORT**

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



Happy Birthday
Al-Anon is 73 & Alateen is 67

Saturday, May 25, 2024 1pm-4pm

Join us for an open meeting, two 20-minute speakers and cake!

The event will be held in the gazebo, and the office will be open for literature sales.

San Diego County Al-Anon Information Service Office
2667 Camino Del Rio South, Suite 208, San Diego, CA 92108

Join Us!

The banner features a festive design with a light blue background, colorful confetti, streamers, and bunting. On the left is a three-tiered pink birthday cake with lit candles. On the right is a cluster of pink and white balloons. The text is centered and uses a mix of pink and teal colors.

GROUP CONTRIBUTIONS

**Al-Anon Family Groups of SD Cty, Inc.
Contributions by Group Summary
February 2024**

	Feb 24	Jan - Feb 24
AFG Recovering Adult Child	0.00	140.00
Alpine AFG	70.00	140.00
Anna Whalen	315.00	315.00
Beginners Book Study AFG	250.00	250.00
Bonita PTA	75.00	150.00
Bonita Reencuentro Grupo	0.00	60.00
Book Study AFG	0.00	60.00
Changing Attitudes Fri AM	259.20	487.20
Courage to Change Poway	80.00	80.00
Del Mar Lunch Bunch	0.00	400.00
Del Mar Sunnyside UP AFG	20.00	20.00
Early Thursday Nighters AFG	0.00	50.00
East County Daytime AFG	0.00	55.00
Footprints In The Sand AFG	0.00	139.07
Free To Be Me Women's AFG	0.00	249.82
Freedom From Despair	100.00	100.00
Friday Night Courage to Change Virtual	160.00	160.00
Happy Joyous And Free AFG	0.00	211.93
Hilltop AFG	50.00	50.00
How It Works AFG	50.00	50.00
Keep it Simple Womens Beach Mtg	49.50	49.50
Let It Begin With Me LGBTQ AFG	280.00	280.00
Live and Let Live-EI Cajon	70.00	70.00
Loving Traditions	0.00	140.00
Men in the Park	0.00	200.00
Mind Your Own Business AFG	0.00	150.00
Monday Open Topic	80.00	80.00
Moonlight Beach Just For Today AFG	0.00	110.00
New Beginnings	0.00	180.00
New View AFG	0.00	296.75
North Clairemont AFG	0.00	50.00
North County Men's Alanon	0.00	331.00
Parents Seeking Serenity AFG	0.00	350.00
Paz Mental	0.00	150.00
PB One Day at a Time	0.00	90.00
Poway Rancho Bernardo AFG	100.00	100.00
San Marcos Noon AFG	36.00	36.00
Serenity at Sunset AFG	73.00	73.00
Serenity at Sunset Virtual	0.00	70.00
Serenity at the Lake	384.50	384.50
Serenity at the Virtual Lake	0.00	50.00
Serenity in Scripps	0.00	50.00
Step by Step Monday	0.00	300.00
Stepped Up By-The-Sea Womens	0.00	30.20
Sunday Night Serenity Seekers	0.00	35.00
Sunset Step Study AFG	0.00	165.50
Tender Loving Care Tierrasanta Friday Nig	0.00	120.00
There is Hope	70.00	140.00
UC Lunch Bunch Step Study Virtual	0.00	20.00
Various Customers	0.31	0.31
Wed Night AFG for Parents	125.00	250.00
What a Concept AFG	0.00	153.50
Women's AFG - EI Cajon	0.00	85.60
Working the Steps, Trad, Concepts Study	0.00	90.00
TOTAL	2,697.51	7,848.88

FINANCIALS

FY24 Budget Performance Recap					Feb 2024		
Al-Anon Family Groups Office of San Diego County, Inc.							
	February 2024			Jan-Feb 2024			
	Actual	Budget	Variance	YTD Actual	YTD Budget	Variance	
Income							
Contributions	3,245.51	5,425.33	(2,179.82)	11,571.52	10,850.66	720.86	
Fundraisers	1,465.00	2,500.00	(1,035.00)	1,585.00	2,500.00	(915.00)	
Literature Sales	5,332.89	5,160.42	172.47	14,523.37	10,320.84	4,202.53	
Other (interest)	296.00	167.08	128.92	591.36	334.16	257.20	
Total Income	10,339.40	13,252.83	(2,913.43)	28,271.25	24,005.66	4,265.59	
COGS (Literature)	3,447.63	3,583.37	135.74	9,436.77	7,166.74	(2,270.03)	
Gross Profit	6,891.77	9,669.46	(3,049.17)	18,834.48	16,838.92	1,995.56	
Total Expense	7,985.18	7,496.96	488.22	15,469.62	15,173.96	295.66	
Net Income	(1,093.41)	2,172.50	(3,265.91)	3,364.86	1,664.96	1,699.90	

Al-Anon Family Groups of SD Cty, Inc.
Board Balance Sheet
As of February 29, 2024

Al-Anon Family Groups of SD Cty, Inc.
Board Statement of Financial Income and Expense
February 2024

	Feb 29, 24
ASSETS	
Current Assets	
Checking/Savings	
Bof A - Board Projects Ck #7200	12,247.90
Bof A - Office CK #8439	1,257.98
BofA - Bus Savings #0165	19,062.09
BofA - Operating Ck #8519	29,347.13
Petty Cash	103.34
Certificates of Deposit	79,959.87
Total Checking/Savings	141,978.31
Accounts Receivable	
Accounts Receivable	9.16
Total Accounts Receivable	9.16
Other Current Assets	
Inventory Asset	22,217.46
Undeposited Funds	756.90
Total Other Current Assets	22,974.36
Total Current Assets	164,961.83
TOTAL ASSETS	164,961.83
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Accounts Payable	
Accounts Payable	2,748.73
Total Accounts Payable	2,748.73
Other Current Liabilities	
Sales Tax Payable	1,140.39
Total Other Current Liabilities	1,140.39
Total Current Liabilities	3,889.12
Total Liabilities	3,889.12
Equity	
Retained Earnings	157,779.52
Net Income	3,293.19
Total Equity	161,072.71
TOTAL LIABILITIES & EQUITY	164,961.83

	Feb 24	Jan 24	Jan - Feb 24
Ordinary Income/Expense			
Income			
Contributions	3,245.51	8,326.01	11,571.52
Fundraisers	1,465.00	120.00	1,585.00
Interest Income	296.00	295.36	591.36
Literature Sales Income	5,359.39	9,190.48	14,549.87
Total Income	10,365.90	17,931.85	28,297.75
Cost of Goods Sold			
Cost of Goods Sold	3,456.01	5,974.38	9,430.39
Total COGS	3,456.01	5,974.38	9,430.39
Gross Profit	6,909.89	11,957.47	18,867.36
Expense			
Bank Charges	152.05	235.63	387.68
Fundraisers Expenses	32.45	0.00	32.45
Office Equipment	0.00	323.24	323.24
Office Supplies	196.85	412.14	608.99
Payroll Expenses	1,399.67	501.38	1,901.05
Postage	119.99	519.99	639.98
Printing	221.97	0.00	221.97
Professional Fees	3,382.93	3,294.44	6,677.37
Public Outreach Costs	328.55	0.00	328.55
Rent	1,280.78	1,408.62	2,689.40
Repairs & Maintenance	0.00	130.00	130.00
Telephone/Internet Bus	580.97	577.48	1,158.45
WEB Expense	393.52	81.52	475.04
Total Expense	8,089.73	7,484.44	15,574.17
Net Ordinary Income	(1,179.84)	4,473.03	3,293.19
Net Income	(1,179.84)	4,473.03	3,293.19

**San Diego Spring Roundup
Al-Anon Fundraiser**



TICKETS \$10

Includes 8 Bingo Cards - Extra cards for \$1

OPPORTUNITY DRAWING \$5 EACH

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

Please bring finger food or dessert to share & donations for the drawing!

6PM-9PM

March 16, 2024

**ST. LUKE'S LUTHERAN CHURCH
5150 WILSON STREET, LA MESA**

**HAPPY, JOYOUS AND FREE
Anniversary Speaker Meeting**



WHEN: Wednesday, March 20, 2024
11:00 a.m.

WHERE: PATHWAYS COMMUNITY CHURCH
9626 Carlton Hills Blvd., 92071

SPEAKER: Libby A.

We hope that you can join us.
A finger food buffet will be served.



**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



**AL-ANON LUNCHEON
MARCH 30, 2024 11:30AM
Town & Country Resort & Convention
Center, San Diego, CA**

BUFFET LUNCHEON MENU

Organic Tomato Soup
Fennel Romesco

Baby Kale Salad
Chickpeas, Tangerine Gremolata, Shaved Parmesan, Ciabatta Croutons, Caper Honey Dressing
Caesar Salad
Romaine lettuce, Shaved Parmesan, Croutons, Classic Dressing

Selection of Artisanal Breads, Butter & Flavored Oils

Baked Local Sea Bass
Fennel Roasted Pear Salad, Pickled Radishes

Grilled Sirloin
Roasted Tomato Jus, Grilled Onions, Rapini

Fingerling Salted Potatoes
Parsley Crunch Crust
Roast Vegetables
California Soy Ginger Dressing

Desserts
Dark Chocolate Mousse Cake
Almond Streusel Crust, Berry Compote

Freshly Brewed Regular and Decaffeinated Coffee,
Selection of Hot Teas and Herbal Infusions

\$60 per person

REGISTER TODAY!



SanDiegoSpringRoundUp.com



WE WANT YOUR
COOKIES!

FOR THE SAN DIEGO SPRING ROUND-UP
MARCH 29-30, 2024

TOWN & COUNTRY
RESORT & CONVENTION CENTER
SAN DIEGO, CA



DON'T HAVE COOKIES? YOU
CAN PARTICIPATE VIA VENMO!
CASSANDRA JONES
@CASSANDRA-JONES-19
LAST FOUR DIGITS 6568

QUESTIONS? CONTACT THE COOKIE TEAM

Cassie J hummingbird77@gmail.com (619)206-6568
Libby W libbywilliams615@gmail.com (858)775-2441

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

SAN DIEGO AFG SPEAKER MEETING

April 6, 2024
6:30pm-8pm

15-MINUTE
SPEAKER

Bill C

40-MINUTE
SPEAKER

Kath H

HOST GROUP

San Carlos Serenity

LA MESA ADULT ENRICHMENT CENTER
8450 La Mesa Blvd, La Mesa

Bring a dish to share if you like!

Literature Sales Available On-Site - CASH ONLY

Gleanon presents

LET'S TURN IT OVER (AGAIN)

An Off-Off-Off Broadway Musical Play

- *It's a book study meeting
- *It's singing
- *It's laughing and crying
- *It's Surrender

Another **Fun**-raiser brought to you by
District 69

**Saturday April 6
7:00 pm**

**Carlsbad Senior Center Auditorium
799 Pine Ave, Carlsbad 92008**

*Finger Food Appreciated
7th Tradition Observed*

Information call or text Jeff 760-707-9399

Southern California AFG 2024
Convention



TEA PARTY

DoubleTree Hotel
Ontario,
Suite 1137

26th
April 2023
2:00-3:30



Please RSVP to Lil Sass by text (626) 393-0282 or email lilybear@outlook.com

SAN DIEGO AFG
SPEAKER MEETING

MAY 4, 2024
6:30PM-8:00PM

15-MINUTE
SPEAKER

40-MINUTE
SPEAKER

Karen C

Margaret N

HOST GROUP
Women's AFG



LA MESA ADULT
ENRICHMENT CENTER
8450 La Mesa Blvd, La Mesa

Bring a dish to share if you like!

Literature Sales Available On-Site - CASH ONLY

Happy Birthday

Al-Anon is 73 & Alateen is 67

Saturday May 25, 2024
1pm-4pm

Join us for an open meeting, two 20-minute
speakers and cake!

The event will be held in the gazebo and the
office will be open for literature sales.

San Diego County Al-Anon Information Service Office
2667 Camino Del Rio South, Suite 208
San Diego, CA 92108

If you can not attend and would like to donate,
go to www.AlanonSanDiego.org and click on
the BIRTHDAY button to contribute.



ALATEEN IS BACK IN PERSON

**I'M OKAY, I BELONG, I'M
NOT ALONE**

Thursdays | 6:30pm-7:30pm

RISEN SAVIOR CHURCH
625 Otoy Lakes Road, Chula Vista, CA

Pam W (619)549-9216 / Susan A (510)851-5204 / Lety C (619)792-6042

ALATEEN IS PART OF AL-ANON

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

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

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: _____

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."

Paying By Check?

Make payment payable to: AFG CONVENTION
Mail completed form and registration to: 2561 W. GREENACRE AVE, ANAHEIM, CA 92801
Please provide the information below with your check. Want to use a credit/debit card?
Order online at www.afgconvention.org

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone Number: _____ Email: _____

Miracles Happen
Milagros Ocurren

2024 AFG of AZ Area
Al-Anon/Alateen Convention
with AA Participation

June 28-30, 2024
Friday - Sunday

Early Bird Packages (Before May 29th):
\$203 Full Weekend Package
(Includes registration, both breakfasts, lunch, and banquet)
\$174 Small Weekend Package
(Includes registration, one breakfast, lunch, and banquet)

A la carte Food Items (Before June 10th):
\$25 Friday Night Hot Chocolate
and S'mores (\$21 before May 29th)
\$36 Sat/Sun Breakfast Buffet
\$44 Saturday Gourmet Box Lunch
\$67 Saturday Night Banquet

Full details and prices will be available on the website and registration form.

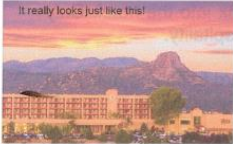
All food must be ordered before June 10th.

Detailed info and registration will be available by Spring Assembly at:
<https://al-anon-az.org/2024-az-area-convention/>
Early Bird registration ends May 29

Registration Fees:
\$45 Al-Anon Members
\$45 AA Members
\$46 Guests
\$50 After May 29
\$55 Walk-ins (no food options available)
\$10 Alateen

Fund Raising Items:
Insulated lunch bag and journal – both with logo will be available for purchase on the registration form. See the website and registration form for more details.

Prescott Resort & Conference Center



Rates begin at **\$175.00 + fees** per night
Rooms may be booked now by calling **1-928-227-2313**
Mention Al-Anon for the group rate

Group rate available until May 29, 2024
Subject to availability

Interested in Volunteering?
Elisabeth B: elisabethbofservice@gmail.com or Wendy H: wendyfagservice@gmail.com

Miracles Happen
Milagros Ocurren

Have you ever been to an Al-Anon convention? How much fun did you have? How many Al-Anons did you meet who became long lasting friends? Did it help further your recovery?

MIRACLES HAPPEN is our theme for this year's convention, and we trust it will be true for each and every member who attends. Although the prices to attend this year seem high, we believe that the fellowship and FUN of attending the Al-Anon Convention is worth the price.

One thing to note: Our Convention committee has contracted to guarantee \$15,000 in hotel-provided meals. We understand that the prices are increased from last year's convention, but this is what is happening in today's world. If we don't meet the minimum the Area must cover the shortfall.

We are not allowed to bring any food or drink into the hotel. Only hotel provided snacks will be available in Hospitality.

We hope you understand, and we look forward to seeing many old and new friends in Prescott at this year's convention!

Interested in Volunteering?
Elisabeth B: elisabethbofservice@gmail.com or Wendy H: wendyfagservice@gmail.com

WANT TO DOWNLOAD A FLYER?

CLICK HERE

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 ravens 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

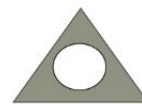
For more information go to: www.alanonsandiego.org or www.al-anon.org
(AT) - Al-Anon meetings held at same time and location

• **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!