

Al-Anon Family Groups of San Diego County



“SHARING THROUGH CARING”

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Southern California World Service: www.scws-al-anon.org
World Service: <https://al-anon.org> / wso@al-anon.org
Intercom Submissions: sandiegointercom@alanonsandiego.org (deadline: 15th each month)

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STEP 12:

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

2022 SERVICE BOARD:

Chairperson	Kelly H.	chair@alanonsandiego.org
Vice-Chairperson	Laura B.	vice-chair@alanonsandiego.org
Secretary	Kim D.	secretary@alanonsandiego.org
Treasurer	Cindi H.	treasurer@alanonsandiego.org
Ex-Officio	Julie J.	ex-officio@alanonsandiego.org
Historian and Nomination Chairperson	Dan B.	historian@alanonsandiego.org
Institutions and Public Outreach Liaison	Anita R.	outreach@alanonsandiego.org
Web Coordinator Chairperson	Martin D.	webcoordinator@alanonsandiego.org
Spanish Liaison Chairperson	Hilda A.	espanol@alanonsandiego.org
Intercom Chairperson	William R.	intercom@alanonsandiego.org
Al-Anon Information Service Liaison	Cheryl W.	ais-liaison@alanonsandiego.org
Alateen Chairperson	Vic S.	alateen@alanonsandiego.org
Office Chairperson	Kristen S.	office-chair@alanonsandiego.org

MESSAGE FROM YOUR BOARD

The Intercom is now available as an online news feed. Same information, new format. Check it out here: <https://www.alanonsandiego.org/the-intercom>

Let's get reacquainted with the Intercom"

Did you know there are two versions of the Intercom?

- The Public version, found on our website under "Intercom", which is an abbreviated format:
 - It doesn't include Financial and Contribution Reports
 - It doesn't include Personal contact information
- The other version is a full format; available to all Al-Anon members registered to receive a copy
 - Submit the "Intercom Subscription Form" if you're an interested member
 - Register with the SCWS if you hold a Group position, such as Secretary, ISR, CMA, GR, etc. and you will be added to the distribution list; available via our website.

Doesn't it just list upcoming events?

There are 3 sections to the Intercom plus flyers:

- Pages 1-3: Message from the Board, Office Report, Meeting Changes & Updates and Dates for upcoming Board, ISR and District Meetings are input from the Board and shared by your ISR if your group has one.
- Pages 3-last: Calendar of Events, Alateen and District News are information the Group Secretary can choose to announce.
- Attachments: Financial and Contribution Reports provide full transparency regarding our financial position; it provides information members may have an interest in, the group Treasurer can verify their group contributions made.

Why do we have an Intercom?

It is one of the suggested functions of an Al-Anon Information Service Intergroup, as outlined in the Al-Anon/Alateen Service Manual 2018, under Al-Anon Information Service (AIS/Intergroups), pg. 66:

- Prints and distributes its own newsletter of local Al-Anon/Alateen activities for the groups that support it. (pg. 67)

Alateen at Juvenile Hall is Back!

AMIAS', we need you! Juvenile Hall in Kearny Mesa has requested we bring back Alateen to their facility. This is great news!

OFFICE REPORT

Office Report October 2022

The Literature Order form, Registration for Service form, and Intercom Submission form are available for download at www.alanonsandiego.org.

Remember when you buy from your local literature distribution center, you support your local service.

Office Policy:

We do not accept checks dated 30 days prior to being received in the office.

Please make checks payable to: **San Diego Al-Anon Family Groups**

Please note: We accept Mastercard and Visa credit/debit cards.

WE DO NOT TAKE LITERATURE PHONE ORDERS.

Orders are received by mail or fax and through our website: www.alanonsandiego.org

Office hours: **Tuesday 10-4 Wednesday 10-4 Thursday 10-4**
Please call before coming to office.

The office needs members to take 12 step calls, especially men who are willing. If you are interested, please send an email to officechair@alanonsandiego.org

Some Office Statistics (October 2022):

TOTAL PHONE CALLS RECEIVED	110	REGISTERED GROUPS	170
FOR MEETING INFORMATION ONLY	26	AL-ANON ENGLISH	141
CALLS TO ANSWERING SERVICE	52	AL-ANON SPANISH	22
REFERRED TO 12 TH STEP CALLERS	9	ALATEEN	7

The office was open 13 days and volunteers worked 176.25 hours in **October**.

Thank you to all the volunteers that have given their time so freely in the office taking calls and packaging and mailing literature. A total of 72 free Newcomer packets were mailed out in July.

Literature Sales:

January-October		
2021	2022	Change
\$22,621.60	\$34,825.16	\$12,203.56 (54%)

Group Contributions:

January-October		
2021	2022	Change
\$33,226.86	\$31,754.47	-\$1,472.39 (-4.4%)

The San Diego AFG Office will be closed Wednesday 11/23/22 and Thursday 11/24/22 for Thanksgiving.

Office Announcement

San Diego Al-Anon Office Hours Are Changing

Office Hours As Of 08/01/2022

Monday **Closed**

Tuesday **10AM to 4PM**

Wednesday **10AM to 4PM**

Thursday **10AM to 4PM**

Friday **Closed**

1st Saturday of each month **11AM to 12:30PM**

Please call prior to driving down to the office to ensure the office is open.

619-296-2666

2667 Camino Del Rio S. Unit 208
San Diego, California 92108

MEETING CHANGES & UPDATES

Meetings Needing Support & Updates

Stepping Up in AFG Group are making a change to our meeting on Monday at 5:30pm. We will be meeting in person and Via zoom (Hybrid Meeting): The location is Poway Alano Club Suite A, 13939 Poway Rd, Poway, CA 92064. Behind the Farmers Building on the ground floor. We will be following all State guidelines including wearing masks and social distancing.
Zoom ID: 273 857 429 Password: 093459

The Serenity on Sunday in person meeting needs support. On Sunday at 4:00pm. Mission San Luis Rey Pablo Tac Hall. 4198 Mission Ave Oceanside CA 92057. Turn into Mission property and go to the left. Follow the road to the west end of the property. Pablo Tac Hall is a little white building. Parking is in front of retreat center.

AFG Recovering Adult Child. Wednesday at 7:00pm. District 72. St John Of The Cross Catholic School 8086 Broadway Lemon Grove, CA 91945. Meeting Temporarily on Zoom.
Zoom ID: 820 8843 9289 Password: hope4today

Sunday Serenity Social. District 69. This meeting will be on summer hiatus from Sunday June 12, 2022, through September 4, 2022. We will resume regular meetings starting Sunday, September 11, 2022, at 9:00am. Spring Creek Park, Melrose Street, Oceanside, CA 92057.

Monday Night Escondido Oasis Meeting 6:00pm. We will be meeting back in person. Handicap access. This facility is not available on Holidays that fall on a Monday. Family, Friends and Observers welcome. Spoken: English. Contact name: Jeanne S. 760-580-9280, Debbie L: 760-703-1872. We normally meet at Neighborhood Health care facility 425 North Date Street Escondido CA 92025.

Keep it Simple Newcomers Meeting AFG. Sunday 6:00pm. Hope United Methodist Church 16550 Bernardo Heights Pkwy, San Diego, CA 92128. Meeting in person. Room J5, southwest corner of the property.

IMPORTANT REQUEST:

AMIAS and other interested folks, be advised that Juvenile Hall has requested we again start Alateen meetings at their facility. We are in need of females, males and Spanish speaking Amias. The meeting will be in Kearny Mesa. Laurine, has agreed to coordinate as much as possible to get this started again. If you are interested please contact her at 2010.Lota@gmail.com or call 858-733-0111 (voicemail or text) for further details. Please consider this worthy outreach! Thank You, Elaine

New address for meeting:
San Carlos Serenity AFG
5651 Water Street
La Mesa, CA 91942

The meeting has gone live and hybrid for now.

Our meeting also has Babysitting and is wheelchair accessible, restrooms and parking availability. **Zoom ID: 859 2298 0426 Password: SCSAFG**

Clairemont Clearview AFG is requesting support. We meet Monday mornings at 10:30am via Zoom. This is a discussion meeting. The first Monday of the month is the tradition of the month. The second meeting of the month is the step of the month. This was one of the meetings at The Serenity Shop. We have not transitioned to in-person meetings. Thank you for your support. **Zoom ID: 608 257 4304 Password: Unity 103**

The Tuesday Del Mar Early Birds will return to in-person meetings. District 69. 8:00am-9:00am. St James Catholic Church 625 So. Nardo, Solano Beach, CA 92075. The meeting is in the Fireplace room in the Parish Hall.

AFG Literature Study Paths to Recovery AFG. District 69. Paths to Recovery AFG Literature Study is requesting support. This AFG meets every Tuesday at 4:00pm via Zoom. We are currently reading. "Opening our Hearts, transforming our losses" Thank You for your support. **Zoom ID: 405 294 2758 Password: 1430102**

Fun, Fellowship & Service Opportunities!! – The San Diego AFG Speakers Meeting, which meets the first Saturday of each month, 6:30-8:00PM, will be rotating service positions at the end of 2022. The meeting location is at the La Mesa Adult Enrichment Center, 8450 La Mesa Blvd., 91942. The open positions will be: Speaker Coordinator, Secretary, and Hospitality coordinator. If you are interested in learning more about these positions, contact Vickie I. @ (cell) 619-885-6888. All Al-Anon members are welcome!

“Service in Al-Anon allows us to stretch ourselves and to practice the Al-Anon principles while we connect with others with whom we can be ourselves”, How Al-Anon works..., page 102. Please read this announcement at your meetings.

NEXT BOARD / ISR & DISTRICT MEETINGS

Service Board: Saturday, December 10, 2022, at 9:00am

ISR: Saturday, January 14, 2022, at 10:30am
Zoom ID: 752 699 5666 Password: EJK6dK

District 69: 2nd Tuesday of every odd numbered month at 7:00pm.
Tuesday, January 10, 2022, at 7:00pm

District 72: 4th Saturday of each month (in even months) at 10:00am
Saturday, December 24, 2022, at 10:00am

Location: Atonement Lutheran Church, 10245 Loma Rancho Drive,
Spring Valley.

Note: Depending on the facility requirements, this meeting may be
Electronic.

District 75: 2nd Monday of every odd numbered month at 6:30pm.
Monday, January 9, 2022, at 6:30pm

CALENDAR OF EVENTS

Monday November 21, 2021: 12:30pm- 2:00pm. District 72. East County Daytime AFG. Please join us for our Annual Gratitude Luncheon. A potluck luncheon and two wonderful speakers plus an opportunity drawing await! Beverages provided. All proceeds to benefit our local San Diego Office. Speaker name: Theresa D & Dianne D. Foothills Methodist Church 4031 Avocado Blvd, La Mesa, CA 9194.

Thursday November 24, 2022: 6:30pm-7:30pm. District 72. Early Thursday Nightery's. We meet every year on Thanksgiving night in the Fireside room. Please come and join us! Christ Lutheran Church 7929 L Mesa Blvd, La Mesa, CA 91941.

Thursday December 1, 2023: 12:00pm-1:00pm. District 69. San Marcos Noon AFG. Spotlight 2022 of the Three Legacies Steps, Traditions & Concepts. December 1st- 12th Step, December 8th- 12 Tradition, December 15th- 12th Concept. St. Mark's Catholic Church 1147 Discovery, San Marcos, CA 92078.

Monday December 5, 2022: 11:30am. District 69. RSF Lunch Bunch. Potluck / Speaker meeting, John L. Feel free to bring a dish / appetizer to share. Potluck to start at 11:30 and the speaker will begin at 12:00. Village Community Presbyterian Church 6225 Paseo Delicia's, Rancho Santa Fe, CA 92067.

Saturday December 3, 2022: 6:30pm-8:30pm. District 72. San Diego AFG Saturday Night Speaker Meeting. Speaker Name: 10-minute Speaker Carol B from Women's Tuesday El Cajon/45-minute Speaker Norman from Men of the park. In January, we are returning to in person only. **Zoom ID: 846 4852 1315 Password: 91941**

Wednesday December 7, 2022: 1:00pm-2:00pm. District 75. Clairemont Daytime AFG meeting is going back in person. St David's Episcopal Church (In Library), 5050 Milton (At Burgener) San Diego CA 92117. PARK: Turn west on July St (At corner of Church) and immediate left into driveway, go upstairs, library on left.

Friday December 9, 2022: 6:30pm-8:30pm. District 75. Please join us at our NEW LOCATION as we celebrate the 22nd Anniversary of San Carlos Serenity. As always, Babysitting is provided. There will also be a fundraising raffle. Fellowship and potluck from 6:30pm-7:00pm. We hope to see you there! The Chapel at Grossmont Church 5651 Water St, La Mesa, CA 91942.

Tuesday December 20, 2022: 9:30am. District 72. New View is having is Annual Holiday Potluck & Speaker meeting December 20th, 9:30am Our 45-minute speaker is Silviano at 10:30am followed by an opportunity drawing!! Everyone is welcome. Lutheran Atonement Church 10245 Loma Rancho Dr, Spring Valley CA 91978.

Thursday December 29, 2022: 12:00-1:00pm. District 69. San Marcos Thursday Noon AFG. Guest speaker. Come close out the year with Cathy S. as she shares the experience, strength, and hope found on her path of recovery in Al-Anon. St. Mark's Church 1147 Discovery Street, San Marcos, CA 92078.

Thursday January 1, 2023: 12:00pm-1:00pm. District 69. San Marcos Noon AFG. Spotlight 2022 of the Three Legacies Steps, Traditions & Concepts. December 1st- 12th Step, December 8th- 12 Tradition, December 15th- 12th Concept. St. Mark's Catholic Church 1147 Discovery, San Marcos, CA 92078.

Friday January 6, 2023: 10:00am-11:30am. District 69. Back to Basics AFG. January 2023, the Spotlight on the Steps, Traditions, and Concepts will be hosted by Zoom. January 6th- 1st Step, January 13th- 1st Tradition, January 20th- 1st Concept.

Zoom ID: 878 648 776 Password: 031435

Saturday January 7, 2023: 6:30pm-8:00pm. District 69. San Diego AFG Saturday Night Speaker Meeting. We will have a 10-minute and 45-minute speaker (to be announced). Potluck-Finger foods- Bring a snack to share. We are excited that we are now back to in-person only! La Mesa Adult Enrichment Center 8450 La Mesa Blvd, La Mesa, Ca 91941.

Wednesday January 18, 2023: 7:00pm-8:00pm. Welcome and help Celebrate the Recovering Adult Children Wednesday Night AFG's 37th Anniversary. Al-Anon Speaker- Connie S.

Zoom ID: 820 8843 9289 Password: hope4today

Sunday January 29, 2023: 4:00pm-5:30pm. District 69. 5th Bilingual (English / Spanish) Al-Anon Writing Workshop. 5th Taller Bilingue (Ingles / Espanol) de Al-Anon. Write for personal growth, share with a sponsor, or submit to the Forum. Escribe para tu crecimiento personal, comparte con tu padrino / madrina o en El Forum. Either type a document or write by hand: Escribe a mano o en computadora. Submission is voluntary: Compartimiento es voluntario. for publication in Al-Anon literature optional: Para publication en Al-Anon opcional. "Using the tool of writing for spiritual growth and light the Al-Anon World" "Utilizando la herramienta de la escritura para el crecimiento espiritual e iluminar el mundo de Al-Anon"

Zoom ID: 395 556 4737 Password: 755000

ALATEEN

"Each Alateen group has but one purpose: To help other teenagers of alcoholics. We do this by practicing the 12 Steps of AA ourselves ..." (Tradition 5).

New Alateen

Meetings:

- Thursdays 6:00pm – 7:00pm Seacoast Community Church, Room A-7,
- 1050 Regal Rd, Encinitas, CA. This meeting is in its 4th year of running.
- See flyer attached for more information about this Alateen meeting.

Alateen Meeting Updates:

Monday 7:00pm -8:30pm
Total Sharing Alateen St. Michael by the Sea Episcopal Church
2775 Carlsbad Blvd Carlsbad 92008
A parent must contact the Alateen sponsor for meeting ID and Password. Text Judy B at 760-521-4103

Alateen in Schools

A 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 the greater San Diego area and Southern California.
Get involved! Give your Kids a choice!

School Professional Contacts Needed:

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

Alateen meeting Sunday nights from 7:00pm-8:15pm. "Free to be me Alateen" Resumed in-person meeting! Concurrent Al-Anon meeting next door. Penasquitos Lutheran Church, 14484 Penasquitos Drive, San Diego CA92129.

For Teens who care about someone with a problem with Alcohol or Drugs.

North Coast Church
2405 N. Santa Fe Ave.
Vista CA, 92084
2ND Grade Classroom
CMA Cathy Rowan
760-214-0569
If Questions

ALATEEN MEETING

Beginning Monday, October 10, 6:30pm-7:30pm

North Coast Church

2405 North Santa Fe Ave.

Vista CA, 92084

The 2nd grade classroom is behind and to the right of the 5th grade classroom. The room in which Al-Anon meets at the same time.

DISTRICT NEWS

Dear Members of Al-Anon/Alateen,

I hope you are well and preparing (mentally, emotionally, spiritually, physically, financially, and socially – see Paths to Recovery Tradition 7 for more information) for the Holidays.

Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

But that's not all, Al-Anon gives us a new way of living in serenity, joy and love regardless of the circumstances. I would have never imagined that being a possibility, as before everything needed to be perfect in my life, everyone needed to act accordingly to my wishes for me to be OK. Therefore, I was never OK!

But thanks to the Steps, Traditions and Concepts that my sponsor introduced me to, using Paths to Recovery, the miracle happened! I no longer depend on circumstances for me to be OK. I depend on the God of my understanding found in Steps 2, 3, 5, 6, 7, 11 & 12! I still have growth spurts, but I deal with them using the principles found in the 12/12/12!

That's why I'm inviting you to attend **Spotlight on the 12 Steps, 12 Traditions, and 12 Concepts** (please see **Events** for more information) so you can experience a spiritual awakening beyond your understanding. (By the way the **Spotlight on the Steps, Traditions, and Concepts** has a new Committee Chair!) Once you have attended the **Spotlight on the 12 Steps, 12 Traditions, and 12 Concepts** remember to attend the **Al-Anon/Bilingual Writing Workshop Committee** as this will help you have the most amazing experience in journaling your realization in working the principles. Please see **Events** for more information!

As follows is District 69 Report:

GROUPS

Groups in District 69 have new District Representative, Annah H., new Alternate District Representative, Dennise, and new treasurer, Victoria R. Thank you for accepting the nomination!

The secretary position and the District Alateen Liaison (DAL) still open. We encourage anyone that loves writing to volunteer for the secretary position. It is easy and exciting as you see the reports of the Trusted Servants before anyone else! And if you love working with youth then come and be the DAL!

District 69 GRs were busy learning about the Electronic Groups <https://www.scws-al-anon.org/wp-content/uploads/2022/08/Elect.-Groups-TF-present.8-17-22.pdf> To accept them or not in our Area, we'll find out next report!

We continue to encourage all GR-Group Representative or a CMA-Current Mailing Address (If Group has no GR only CMA) that is already paying for insurance or needs insurance, to please [REQUEST FOR INSURANCE FORM](#) ***NOW!***

For more information read instructions below from the SCWS Insurance Interim Coordinator:

“Please go to the [REQUEST FOR INSURANCE FORM](#) on the SCWS website “Insurance” page. (You can also find the form under *Area Information*, then click *Insurance* on the dropdown menu.) This is where you will fill in the form to request the Certificate. You *will* need your Group’s WSO identification number; the instructions for finding it are on the *Insurance* page.

If your Group’s physical location has changed and does not match the information on your original registration, or if you are registering a new GR or Current Mailing Address (CMA), you must complete an Al-Anon Group Records/Group Registration Change Form *before* your Group can obtain a Certificate. Go to [Al-Anon Group Registration / Records Change Form](#) to make those changes.

PLEASE note renewal Certificates will be automatically sent to the facility in October 2022 and you will not have to do anything further. PLEASE be patient as we work out the bumps in the new process

for obtaining a Certificate of Insurance under this new and eagerly anticipated Area insurance policy.

Any questions or comments can be sent to: insurance@scws-al-anon.org.”

We continue to encourage all Group Representative (GR), to please register and/or update your Group information at: (<https://www.scws-al-anon.org/alanon-group-registration-records-change-form/>) and join the fun!

SERVICE ARMS: AIS-SAN DIEGO/SCWS/WSO

AIS-SAN DIEGO BOARD

Appreciation: We are beyond blessed that AIS San Diego filled all positions! Thank you incoming and outgoing Trusted Servants!

CAL LITERATURE: We continue to impress all GRs the importance of reading straight from Al-Anon Conference Approved Literature and to buy them from <https://www.alanonsandiego.org/literature-1>

ALATEEN

New Alateen Meeting (Next to an Al-Anon Meeting): North Coast Church on N. Santa Fe Rd., Vista every Monday from 6:30pm to 7:30pm. An Al-Anon meeting meets at the same time in the Fifth-grade classroom!

A couple of other important notices:

* **District69** has two new Alateen meetings up and running. One new high school meeting, and one new public meeting available. See San Diego AIS website for details.

* **Alateen** meetings continue to need our greater Al-Anon parent program support. Please encourage your children and others who are affected by this disease to attend local in-person Alateen meetings.

* **Alateen** sponsor substitutes are always in demand. If you are currently a certified AMIAS (Al-Anon member in Alateen Service), please contact Ron P. at 619-322-8558, to register as a substitute.

* **Alateen** sponsors are encouraged to keep their meeting status updated with the Area and local AIS office.

* **District69** will need a new Alateen liaison (DAL), to cover the rotation position of term coming up this year. Participation is a few hours each month, and willing participants will be enabled firsthand training and assistance to execute duties. This is a three-year commitment. Please submit a nomination or request to Ron P. 619 322-8558.

* **District69** has one of the higher concentrations of Alateen sponsors in Southern California. Experience the next level of your personal recovery by volunteering in Alateen service! Our children are our future! Visit the Southern California website for upcoming certifications to become in AMIAS!

Respectfully submitted, Ron P., D69 DAL

SCWS

NOVEMBER 19 ASSEMBLY: November's Assembly is in a few days <https://www.scws-al-anon.org/event/area-assembly-2/> more information next month!

ELECTIONS: We'll have new Trusted Servants next month's report!

ELECTRONIC MEETINGS: The following link to the Electronic Meeting Presentation was sent to all District 69 GRs for their review and come prepare with questions and comments to the November Assembly <https://www.scws-al-anon.org/wp-content/uploads/2022/08/Elect.-Groups-TF-present.8-17-22.pdf> Next month will find the results!

The Interim Insurance Coordinator continues to send emails encouraging all Groups that are currently paying for insurance or need insurance to apply for an Insurance Certificate at [REQUEST FOR INSURANCE FORM](#) Any questions or comments can be sent to: insurance@scws-al-anon.org.

All GRs and Al-Anon members can read the Delegate Report here: <https://www.scws-al-anon.org/wp-content/uploads/2022/08/SCWS-WSC-2022-Delegate-Report-AWSC-final-8.20.22.pdf>

WSO:

Want to inform Professionals about Al-Anon go here: <https://al-anon.org/resources-for-professionals/>

If you know an Alateen, please send them to <https://al-anon.org/newcomers/teen-corner-alateen/>

<https://al-anon.org/blog/alcohol-addiction-can-have-devastating-effects-on-families/>

Al-Anon podcasts are here, please check them out: <https://al-anon.org/newcomers/first-steps-al-anon-recovery/>

The following AlAnon and Alateen poster designs have been developed specifically for local public outreach. The poster templates can be downloaded and customized with local contact information. They are available in different designs and orientations (vertical or horizontal) that best fit your project. Other sizes and formats are available, please email publicoutreach@al-anon.org with your desired format.

FORUM & SERVICE MANUAL

THE FORUM NEEDS OUR HELP! They need your experience of growth through the Steps, Traditions and/or Concepts! Come to the **Al-Anon Workshop (January 29th 2023)** to get help on how to submit your growth! If you want to help but are unsure on how to go about it come (**See below under Events**).

Holidays are here! Give the gift of recovery through the Forum <https://al-anon.org/forum/members/members-resources/literature/magazines/forum-magazine-stories/> or <https://al-anon.org/?s=Forum&lang=en>

Our members continue to buy the service manual and other pertinent literature at <https://www.alanonsandiego.org/literature-1> to help with readings during their meeting.

EVENTS: You don't want to miss!

***District 69 meeting:** 2nd Tuesday (Odd month) Opens at 6:30 pm for GR Support- Meeting starts at 7pm on **Zoom link: 395-5 Password: 755000**

***Spotlight on the Steps, Traditions, and Concepts:**

Dear Al-Anon Groups,

Is your Group ready to **Spotlight on the Steps, Traditions, and Concepts** for one month out of 2023?

Please read below and come to the December 2022 in meeting to have a new spiritual experience at

San Marcos Noon AFG 12pm

1147 Discovery

San Marcos, Ca

December 1st 12th Step

December 8th 12th Tradition

December 15th 12th Concept

And in January 2023 the **Spotlight on the Steps, Traditions, and Concepts** will be hosted by Zoom at

Back to Basic AFG 10am-11:30am

Zoom 878 648 776 PW 031435

January 6th 1st Step

January 13th 1st Tradition

January 20th 1st Concept

Groups use ***Paths to Recovery*** as the text resource- just for consistency within the initiative.

The **first** week will spotlight the **Step** of the month.

The **second** week will spotlight the **Tradition** of the month.

The **third** week will spotlight the

Concept of the month And, then

the Group's hosting

responsibility is complete.

This means that the Group adapts its weekly format— for just three weeks— to accommodate the month the Group chooses. The district will send an easy temporary format/script to follow.

We are doing this for several reasons

1. To spotlight the Steps, Traditions, and Concepts throughout the year
2. To offer a new possibility of attending a different meeting
3. To invoke participation and collaboration among our groups.

4. To share your experience, strength, and hope with others outside of your home group. The intent is to have members who would like to experience the Steps, Traditions, and Concepts be able to attend a meeting each month with this focus, and to encourage all of us to try something new, whether it be physically or virtually. If your Group would like to host one or more months for 2023, feel free to email with the month or months of your Group's choice at brian.bernheim@gmail.com.

***Bilingual Writing Workshop**

5th BILINGUAL (ENGLISH/SPANISH) AL-ANON Writing Workshop – 5o Taller Bilingüe (Ingles/Español) de Al-Anon

**Write for personal growth, share with a sponsor, or submit to The Forum
Escribe para tu crecimiento personal, comparte con tu padrino/madrina o en El Forum**

**Bilingual Al-Anon Writing Workshop/ Taller Bilingüe de Al-Anon
Sunday, January 29th 4:00 to 5:30 pm PST/domingo, 29 de enero de 4:00 a 5:30 pm TP**

**Journal about your journey and growth/Escribe tu trayecto y crecimiento
Either type a document, or write by hand/Escribe a mano o en computadora
Submission is voluntary/Compartimiento es voluntario**

For publication in Al-Anon literature optional/Para publicación en Al-Anon opcional

Zoom link: 395-556-4737

Password: 755000

**“Using the tool of writing for spiritual growth and light the Al-Anon World”
“Utilizando la herramienta de la escritura para el crecimiento espiritual e iluminar el mundo de Al-Anon”**

PUBLIC OUTREACH

The focus on utilizing social media, to inform the public of what Al-Anon/Alateen is and where they can find us, continues. As soon as we hear from our Service Arm, we will notify you.

Light & love,

Connie G-K

District Representative

Al-Anon Family Groups, District 69

San Diego North County

Cell (760) 277-3405

"12 Steps love oneself...12 Traditions love others...12 Concepts love the world." Paths to Recovery

<https://www.alanonsandiego.org/intercom-newsletters>

<https://al-anon.org/for-members/members-resources/literature/magazines/forum-magazine-stories/>

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District 72 (East & South County)

May District Meeting in Person: District 72 will return to meeting in person this month on April 23, 2022. The meeting will be at the Atonement Lutheran Church, 10245 Loma Ranch Drive, Spring Valley, CA 91978. Agenda priorities will be (1) preparing for the May Assembly and (2) decisions regarding hosting a Longtimers' Event.

Location Changes: Several groups have posted new locations for their meetings that are listed below.

Let it Begin with Me – Meets Mondays 6:00-7:30pm
St. James Lutheran Church, 866 Imperial Beach Blvd.
Imperial Beach, 91932

Freedom from Despair – Meets Wednesday 4:00pm
St. Rose of Lima Office Building
Upstairs, in rear – Benedict Room

District 75

October is the beginning of a newer time of the year. Just like we can start our days over anytime, seasons create a different atmosphere for us to learn day by day. I do want to remind everyone again, my term will be expiring in December 2022. SO, if you have any desire to learn more about the workings of Al-Anon especially in our Area, please consider call me so you can learn more about what being a District Rep entails. I'll share my experience as DR. There is also a brochure I can send you on the responsibilities too. You will learn so much about Al-Anon as well as yourself thru service, so please consider it.

AND, don't forget to check the Intercom as well as the website for upcoming events. By the way, this month there will be no in-person Saturday Speaker Meeting ... I'll be sending out the flier to all my contacts soon ... if you want me just call or email me.

AND, of course if you are a current GR too, you can learn more about stepping up to giving more service for Al-Anon that I'll be sharing at our meeting. It is how I grow and grow, learn and give back for what we have gained. Service in Al-Anon is critical so we will be there for Newcomers, something we all were at a point in our lives and is critical to our continuance.

Newcomers rely on our sharing the word and being sure meetings are there for them, If you can please do service to your group, your district or the area of Southern California. Whatever it is you will learn so much about YOURSELF and the workings of Al-Anon. Yes each group is autonomous, but there are many folks, mostly volunteers, who keep the availability of meetings and any problems or issues with meetings, moving forward.

AND, most essentially there are folks that make sure we can be found for the many Newcomers who need the program. So do what you can, setup chairs at a meeting, be the group secretary or anything else your meeting might need. For the District we have Group Representatives (GRs) who provide information back to the meetings as they attend District Meetings and Area

Assemblies. You will, I promise, learn so much. Anything you do will be a saving grace for the Newcomers.

Did you know the WSO has a new audio page particularly for newcomers, but is also good for anyone to hear? With that said, our District is looking to put together a Newcomers meeting to share with them “How Al-Anon works.” Good info for them now is at:

<https://al-anon.org/newcomers/first-steps-al-anon-recovery/>

Then, of course, here in San Diego we are lucky to have an active AIS Office in Mission Valley. They are always in need of volunteers ... check it out, you might like it! You'll make new friends and be helpful to all who have a need to call in, walk in or whatever it is they need assistance with. Not all Districts have an AIS Office, so we are a few of the lucky ones.

As an Al-Anon member and as a District Rep, I continue to experience life to its fullest, with all the ups and downs. My life is still a bit topsy turvy, but I work hard to maintain my serenity

with all the tools of the program. How lucky are we to have a program that offers us so so much on how to have experiences in life and a way to keep us serene! I am grateful!

District 75 is comprised of the City of San Diego meetings. There are currently 55 meetings 26 registered Group Reps and 15 or so active Group Reps. Is your meeting getting info about all the happenings with our District County and Area? If not please consider at least attending a meeting, or talking with me, or even getting on my mailing list for info so you can share it with your group. There is so much happening within the Al-Anon program and it can benefit all to learn more. If you have questions, please contact me.

I'm still looking for someone that has some connections to the San Diego Police Department to be able to get permission to place business cards about Al-Anon in the precincts. Do you know someone that can help? Please let me know so we can get this worthwhile project going.

Alateen is moving forward again in San Diego County! We now have a connection to the San Diego School District, Grossmont School District as well as Juvenile Hall. Do you know someone that can benefit from the Alateen program? There are numerous AMIAS' ready and willing to support the Alateen program. Slow, but sure, Alateen is getting more and more teen members. Please let the teens in your life know there are meetings now both online and in person. It is such a benefit to them to learn and understand how it can ensure they learn the importance of our program. So many already have benefited in the past, so let's get it going again so others can too.

I've mention this before, but I am finding it might benefit folks to repeat this. Have you been going to the same meeting only, not experiencing other meetings? With all the in person, hybrid and zoom meetings online I strongly suggest you experience some other meetings. It is a chance to see others engage in their program. It is a worthwhile to see other people and experience other meetings ... take a little time for yourself and go to the San Diego County website and check out other meetings you can attend. OR, go to the WSO website so you can even find a zoom meeting in other locales.

<https://www.alanonsandiego.org/>
<https://al-anon.org/>

Look for information on our AIS (local office), Area and WSO websites, as well as I will continue to be emailing information to your group's CMA, as well as your Group Rep (GR) as I receive updates on meetings being face-to-face or hybrid or happenings and events in our community. If your group does not get notices mentioned at your meetings, please inform me.

As many groups are starting to meet in person or as hybrid meetings, be sure to report any changes to your meeting at <https://www.scws-al-anon.org/alanon-group-registration-records-change-form/> ... if you need to know your group number let me know! It is critical we keep our records straight so newcomers can find us. More on electronic meetings and hybrid meetings will forthcoming soon. Have some questions or ideas, please let me know.

One more time, I remind you to check out the book "*When I Got Busy, I Got Better.*" It's all about getting active in Service to Al-Anon and how it will affect your personal program. Trust me, it's true! You will be grateful for all you learn about yourself and the Al-Anon program.

I know my experience, strength and hope will continue to grow and I wish the same for you. Living *One Day At A Time*, I am super grateful for the lessons I learn to have serenity! I know it wouldn't be like this if I didn't have the Al-Anon program and the many friends I have made along the way. I practice all I can so my serenity is not disturbed too much. Doing service for Al-Anon definitely helps me! Is my life sometimes chaotic? Sure ... but without all of you I would be a total mess ... so thank you all!

Our District meeting we anticipate meeting for an in-person get together so we can share, learn a bit more about each other and enjoy. I also want to personally be able to thank all those that assisted me during my 3 year term as District Rep. Let me know if you are interested in attending. Visitors are always welcome! Email or call me to get the info. Hope to see you there!

Grateful for Al-Anon and to be of service,
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