

Al-Anon Family Groups of San Diego County



“SHARING THROUGH CARING”

Office: 2667 Camino Del Rio South Ste 208 San Diego CA 92108 / Tel: (619) 296-2666
Fax: (619) 296-0840 / Email: office@alanonsandiego.org / www.alanonsandiego.org

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)

VOL. 52

NUMBER 1 / January 2023

STEP 1:

“We admitted we were powerless over alcohol-that our lives had become unmanageable.”

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 San Diego Al-Anon Family Office is looking to hire an office assistant. Please share this widely!

Part-Time Office Assistant is needed for the San Diego County Al-Anon Information Service office located in Mission Valley. This is an entry-level position that provides basic office support three days a week, for four hours each day.

Qualified candidates will have excellent communication and phone skills, high attention to detail, and direct experience using computers in a work environment. Must be able to effectively use Google Workspace and Office 365 programs. This position requires a willingness to learn electronic systems used for literature sales, including tracking and shipping. Strong math skills for making change are needed. Active member of the Al-Anon Family Groups preferred.

Current valid driver's license required. Must be able to physically lift packages of up to 30 lbs.

Education: High School Diploma or GED

Salary: This part-time position pays \$15 an hour.

To Apply: Mail resume and a letter of interest to:

San Diego County Al-Anon Information Service
ATTN: Office Assistant Position
2667 Camino Del Rio S #208
San Diego, CA 92108

Deadline for applications: February 10, 2023

Qualified applicants will be contacted for an in-person interview. No calls please.

San Diego County Al-Anon Information Service is an Equal Opportunity/Affirmative Action Employer. All Qualified applicants will receive consideration for employment without regard to race color, religion, sex, sexual orientation, gender identity, national origin, disability, or protected veteran status.

OFFICE REPORT

Office Report November 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 1st
Saturday 11:00-12:30**

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 (November 2022):

TOTAL PHONE CALLS RECEIVED	129	REGISTERED GROUPS	170
FOR MEETING INFORMATION ONLY	38	AL-ANON ENGLISH	141
CALLS TO ANSWERING SERVICE	49	AL-ANON SPANISH	22
REFERRED TO 12 TH STEP CALLERS	3	ALATEEN	7

The office was open 12 days and volunteers worked 165.50 hours in **November**.

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 59 free Newcomer packets were mailed out in November.

Literature Sales:

January-November		
2021	2022	Change
\$25,254.80	\$37,365.69	\$12,110.76 (48%)

Group Contributions:

January-November		
2021	2022	Change
\$36,485.15	\$34,443.57	-\$2,041.58 (-5.6%)

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.

Dear San Diego Members,

Thank You for letting me serve as the Vice-Chair of the San Diego AIS Board. My service ends this year. A large part of the Vice-Chair's duty is to fund-raise through the Birthday event and the Non-event Fundraiser. The recap from your generosity follows:

Birthday Event Fundraiser 2022: \$1322.00 (Along with tremendous literature sales)

Non-Event Fundraiser 2022: \$1966.00

For a total of \$3288 as of November 30, 2022

Many thanks to you. And blessings to you entering the New year.

In Service

Laura B.

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 1030**

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.

Freedom from Despair A.F.G meets on a New day beginning in January 2023. We will meet on Tuesday now (Instead of Wednesday) but the time and place will remain the same. Our group needs support! Come join our meeting for serenity and recovery. We start at 4:00pm-5:00pm. St. Rose of Lima-St Benedict Bldg 278 Alvarado St. Chula Vista 91910. Bottom floor conference room off the parking lot. Handicap Access

NEXT BOARD / ISR & DISTRICT MEETINGS

Service Board: Saturday, January 14, 2023, at 9:00am

ISR: Saturday, January 14, 2023, at 10:30am
Zoom ID: 752 699 5666 Password: EJH6dK

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, December 26, 2022: 7:00pm-8:00pm. District 75. Search for Peace. The regular meeting will be cancelled on Monday, December 26, 2022, ONLY! Our calendar is wide open for 2023 and needs your support. We feature a speaker each 2nd Monday of the month. We'd love to have you join us in recovery. Mission Hills Church 2930 Broadway, unit# 43, San Diego, CA 92120 in the Meeting room easily accessed from the upper parking lot.

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.

Sunday January 1, 2023: 7:00pm-8:15pm. District 69. Just for Today meeting is going back to 100% in-person. Penasquitos Lutheran Church 14484 Penasquitos Dr. San Diego 92129. Meeting is upstairs in the classroom building.

Sunday 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- 12th 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 speaker Will H. (San Carlos Serenity) and a 45-minute speaker Bear (Ventura) 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.

Monday January 9, 2023: 7:00pm-8:00pm. District 75. Search for Peace. Please join us for our Search for peace 2nd Monday of the month January speaker meeting featuring Steve W. Mission Hills Church 4880 Zion Ave, San Diego, CA 92120. Easily accessed from the upper parking lot.

Tuesday January 10, 2023: 6:00pm-6:30pm, 6:30pm-7:30pm. District 75. Freed to be me women's AFG meeting returns in person meeting on Tuesday, January 3, 2023. The newcomer meeting is 6:00pm-6:30pm. Women's meeting begins 6:30pm-7:30pm. Normal Heights Community Church 4650 Mansfield St. San Diego, CA 92116. Young children room ground floor.

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

Thursday January 26, 2023: 12:00pm-1:00pm. District 69. San Marcos Thursday Noon AFG 8th Anniversary with guest speaker Julie M. and an opportunity drawing for a gift basket. St. Mark's Church 1147 Discovery street, San Marcos, California 92078.

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 Friends,

This will be my last District 69 Report! It has been an honor and a ride full of growing experiences! Time just flew!

As you know Tradition 5 has always been the Tradition that I base my service on. This has kept me focused on the purpose of my services!

Groups in District 69 have a new District Representative, Annah H., new Alternate District Representative, Denise, and new treasurer, Victoria R. Thank you for accepting the nomination and be willing to serve!

Positions still open: Secretary, District Alateen Liaison and AIS Liaison. These positions are easy and fun!

Spotlight on the 12 Steps, 12 Traditions, and 12 Concepts (Back to Basics is hosting January 6th, 13th and 20th – zoom 878648776 pw 031435) 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, Brian!

Once you have attended the **Spotlight on the 12 Steps, 12 Traditions, and 12 Concepts** remember to attend the bimonthly **Al-Anon/Bilingual Writing Workshop Committee** (odd month -last Sunday of the month-January 28th zoom 395 556 4737 pw 755000)

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!**](#)

The GRs voted to send to AIS-San Diego \$2,500.00. We want to make sure they have the resources to support District 69 and others.

District 69 is buying a laptop for the Treasurer position and updating the QuickBooks subscription.

Our DAL has done an awesome job. Two new Alateen meetings were opened in our District 69. Below is a more informative list from our DAL:

* **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!

APPRECIATION: Our gratitude to all our service arms: AIS-San Diego, SCWS and WSO! Without your support District 69 could not assist the Groups!

Love in Service,
Connie G-K
760-277-3405

2023 Spotlight on the Steps, Traditions and Concepts

Come join the

Friday Back to Basics Group

As they host the month of

January

Step 1, January 6th

Tradition 1, January 13th

Concept 1, January 20th

Fridays from 10am to 11:30am

Zoom 878 648 776 pw 031435

We will be using **Paths to Recovery** as our

Conference Approved Literature Guide

Nothing is more fun than a Zoom trip with friends to experience the principles!

Volunteer your group to host a month!

District 72 (East & South County)

DISTRICT 72

There will **NOT** be a District meeting in December. Our next scheduled District Meeting was scheduled for January 21st but that is the same day as the SCWS **Sharing of Service Workshop** which will be on Zoom. I want to encourage you and your group members to take advantage of this great opportunity since I know one of the challenges since Covid hit has been getting members involved with service. The workshop topic is “Building Relationships through Service”, and it is scheduled from 9:00 am to 4:00 pm with a break for lunch midday. Please consider attending this free Zoom event. [Click here](#) for the meeting details and Zoom Meeting IDs and Passcodes.

I have rescheduled the **January District meeting** for **January 28th**. It will be a Zoom Meeting unless GRs are notified of a change. Meeting ID is 836 1416 1190 and the Passcode is 742642. The major agenda item will be starting the process to elect a new District Representative. We will also discuss moving back to the 4th Saturday of the month since the third Saturday is when the Assemblies and the Area World Service Committee meetings are scheduled. We will also be planning for District sponsored events for 2023. My term technically ends at the end of this year, but I will facilitate the transition as has been done in the past. I am hopeful that there is someone ready to step up to serve soon since my health has hampered my ability to effectively serve this past year. If you want to know more about the DR position you can read about the role and responsibilities of the DR in Guideline G-37 which is available to download from the [Guidelines](#) page on the WSO website.

Proposed District 72 Meeting Schedule for Spring 2023

January 28 – Zoom (see information above)

February 25 – Atonement Lutheran Church, Spring Valley

March 25 – Atonement Lutheran Church, Spring Valley

April 29 – Atonement Lutheran Church, Spring Valley

May – Assembly – No District Meeting

June 24 – Atonement Lutheran Church, Spring Valley

Meetings at 10:00 am.

District 75

And its 2023 ... do you believe it? Time does go by so quickly for me. It's been 3 years as the area District Rep and time for me to look for other service activities to help keep Al-Anon alive and well.

We will be having a meeting in January 9th at 6:30 pm on Zoom Meeting ID 822 4085 1324 Password 75 if you would like to join in. We will be electing a new DR ... if someone steps up of course! Do you want to learn about yourself?

I said this last month but find it so important I'm going to say it again. As my term of 3 years as District Rep comes to an end, I do want to share that indeed I learned A LOT about myself. Patience, kindness to others, listening with a better ear were all experience as DR that helped me become a better person in all areas of my life. One of my first experiences as a GR was an event we were putting on. I learned very quickly that everyone has an opinion of how to do something and lo and behold while mine was a good one, so were the others ... what a lesson that applies today to all areas of my life. Without any service to Al-Anon I might be stuck still thinking my idea(s) were the best ... it just isn't so!

One of my favorite Al-Anon service activities is Public Outreach. Lynne N. our Public Outreach Coordinator for the District will be looking for individuals to assist her now that the pandemic has us able to do more. Want to get involved with that? You don't have to be a GR and it is, for me, one of the most important service positions. Get the word out about Al-Anon is critical as it is so surprising how many folks still don't know about what Al-Anon has to offer families and friends of Alcoholics.

Remember that 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.

AND don't forget to check the Intercom as well as the website for upcoming events. There is always things going on with the San Diego Area which can benefit you. Sharing, learning and caring makes our lives better and for me, gives me serenity which is most important to me. Don't forget about our Saturday Night Speaker Meeting! Always good speakers and fellowship at the meeting place in La Mesa.

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.

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, better yet, go to the WSO website so you can even find a zoom meeting in other locales around the world.

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

Look for information on our AIS (local office), Area and WSO websites, and until we get a new District Rep, 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 as well as 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!

Grateful for Al-Anon and to be of service,

Elaine A. Phone: 619 254 3432 Email: afgDistrict75Rep@gmail.com