



VOL. 54 NUMBER 2 – FEBRUARY 2024

STEP TWO
Came to believe that a Power greater than ourselves could restore us to sanity.

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, Interim	Roxane S	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	Werner B	office-chair@alanonsandiego.org

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BOARD MESSAGE

Dear San Diego County Al-Anon Members,

Happy New Year - and welcome to 2024! I'd like to thank the following members who are stepping down from the Board after completing several years of service: Kelly SH (Ex-Officio), Kristen S (Office Chair) and Hilda A (Spanish Liaison). We are truly grateful for their service.

Moving forward, there are several changes on the Board (as noted above in the 2024 Service Board List). In addition to those members who continue to serve in their current roles, several new board members were elected by the ISRs at the November 2023 meeting. And, because there were not enough candidates to fill all the open Board positions, at the January meeting, the Board appointed four members to fill those roles on an interim basis - Chair, Treasurer, Web Coordinator, and Spanish Liaison. We are grateful to all those who have stepped up for Board service.

Kudos also to the fabulous team who keep everything on track, on time and moving forward at the San Diego Al-Anon/Alateen Information Service office. Thank you to Rina (Office Assistant), to Steph (IT) and to Laura H (Interim Office Manager). I look forward to working with the Board and this great administrative team throughout the coming year.

Finally, there are two important events coming up (please see flyers for full details):

- Southern California World Service Area’s **Sharing of Service Workshop on Saturday, January 20th from 9AM to 4PM**. Tom Coffey, Associate Director of Literature at the WSO will be the featured speaker and the workshop is a great way to meet new friends while learning about opportunities for service. This is an on-line event with Spanish translation.
- Our very own **GleeAnon takes place Saturday, February 24**. This fundraising event supports the San Diego Al-Anon/Alateen Information Service (SD AIS) office and Public Outreach. Please join us and have some laughs while supporting local outreach!

To all of you - thank you for supporting the San Diego AIS Board and Office through your service and your individual and group contributions!

“By giving something back, I give thanks for what I’ve received, and in giving thanks for what I’ve received, I make room to receive more.” - *When I Got Busy, I Got Better*

Cindi H., Interim Chair
SD AIS Board

OFFICE REPORT

OFFICE REPORT CALLS				DECEMBER 2023	
Total phone calls received	99	Number registered Groups		169	
- for meeting information	22	- Al-Anon English		139	
- calls to answering service	34	- Al-Anon Spanish		23	
- referred to 12th steppers	5	- Alateen		7	

VOLUNTEER HOURS											THROUGH DECEMBER 2023		
Year	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
2022	151	116	153	149	166	147	155	104	179	176	166	187	1849
2023	185	157	157	158	147	137	171	157	147	147	161	165	1889

FREE NEWCOMER PACKETS											THROUGH DECEMBER 2023		
Year	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
2022	50	57	87	77	66	84	103	77	76	72	59	55	863
2023	67	78	64	42	62	4*	22	36	29	42	35	21	498

*Error on website

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!

Saturday, January 20, 2024, 9am-4pm

Sharing of Service ONLINE Workshop – Speaker: Tom C, Associate Director-Literature, from World Service Office – Hosted by Southern California World Service – Afternoon workshops and panels – ZOOM EVENT – See flier for full details ***FLYER***

ENGLISH: Zoom Meeting ID: 842 8191 6716 Passcode: 111111

SPANISH: Zoom Meeting ID: 816 0261 0948 Passcode: 111111

Saturday, January 20, 2024, 6pm-9pm

Al-Anon participation at the San Diego Spring Round Up Fundraiser – Spaghetti Dinner! There will be an opportunity drawing for a 1-night hotel stay, 1 Al-Anon luncheon ticket, 1 AA dinner ticket, and one spiritual breakfast ticket at \$5. – St. Luke's Lutheran Church, 5150 Wilson Street, La Mesa ***FLYER***

Saturday, January 25, 2024, 12pm-1pm

San Diego AFG Speaker Meeting – San Marcos Noon AFG invites you to join us in celebrating its 9th Anniversary – A panel of speakers from our meeting will share their experience, strength and hope – Refreshments served – St. Mark's Catholic Church, Healy Hall, 1147 Discovery Street, San Marcos 92078 ***FLYER***

Saturday, February 3, 2024, 6pm

Italian Dinner Fundraiser for the San Diego Round Up Spanish Committee, Bonita Sunnyside Library, 4375 Bonita Road, Bonita 91902, \$15 Donation ***FLYER***

Saturday, February 3, 2024, 6p:30m-8pm

San Diego AFG Speaker Meeting – 55 Minute Speaker: Willie W, Let's Rock 7 O'Clock, Sun City, CA – Host Group: Sunday Search for Serenity - La Mesa Adult Enrichment Center, 8450 La Mesa Blvd, La Mesa ***FLYER***

Monday, February 12, 2024, 7pm

Search for Peace Second Monday of the Month Speaker Meeting – Speaker: Jennifer P – Mission Trails Church, 4880 Zion Avenue, San Diego 92120 – Meeting is held in The Hall with easiest access from the upper parking lot – follow the sidewalk adjacent to the parking lot

Saturday, February 24, 2024, 7pm

GleeAnon and San Diego AIS present "Let's Turn It Over Again" – a fun night of recovery and entertainment – Come and hear the all new recovery musical – This is a fundraiser for San Diego AIS – St. Peter's Episcopal Church, 1 Parish Lane, Del Mar 92014 – \$25 suggested contribution per ticket (free admission for children under 16) - \$20 early-bird tickets can be purchased online at www.alanonsandiego.org – For questions, email Trenta at vice-chair@alanonsandiego.org ***FLYER***

Saturday, March 2, 2024, 6p:30m-8pm

San Diego AFG Speaker Meeting – 15 Minute Speaker: Felix A - 45 Minute Speaker: Will H - Host Group: San Carlos Serenity - La Mesa Adult Enrichment Center, 8450 La Mesa Blvd, La Mesa ***FLYER***

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 TBA – 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*

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

Friday, April 26-Sunday, April 28, 2024

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

AL-ANON MEETING UPDATES / NEED SUPPORT

Mondays 4pm – New Electronic Information

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 MEETING

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!

Mondays 6:30pm – NEW YOUNG ADULT MEETING²

Progress Not Perfection AFG

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

Tuesdays 10am-11:30am – Every 4th Tuesday²

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

Tuesdays 6:30pm-7:30pm – New Meeting

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

Tuesdays 8pm – New Time

Encinitas Tuesday Night Total Sharing Meeting changed its time from 7pm – location remains the same at the Encinitas Community & Senior Center, 1140 Oak Crest Drive, Encinitas 92024 – **HYBRID MEETING** – Zoom ID: 842 1194 0363 Passcode: 825445

Thursdays 6:30pm-7:30pm

Early Thursday Nighters AFG at 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 a meeting that needs support or 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 - In person and on Zoom - Good Samaritan Episcopal Church, Second Floor, , 4321 East Gate Mall, San Diego 92121– Zoom ID: 854 5371 7802

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 – Online Only

I’m OK, I Belong, I Am Not Alone

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***



**JOIN US AT THE
SAN DIEGO SPRING
ROUND-UP
MARCH 29-30, 2024
Town & Country Resort & Convention Center
San Diego, CA**

CLICK HERE TO REGISTER OR USE THE QR CODE WITH YOUR PHONE



SanDiegoSpringRoundUp.com

BOARD / ISR / DISTRICT MEETINGS

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

Next Meeting: February 10, 2024, 9am

Zoom ID 752 699 5666 Passcode EJJH6dK

ISR - 2nd Saturday of every odd-numbered month

Next Meeting: March 9, 2024, 10:30am

Zoom ID 752 699 5666 Passcode EJJH6dK

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

Next Meeting: March 12, 2024, 7pm

In-person and on Zoom – In person at Lakeview Mobile Estates Clubhouse, 809 Discovery Street, San Marcos, 92078 – We'd love to see you there! – On Zoom at Zoom ID 395 556 4737 Passcode 755000

Contact Annah H (760)573-0760

District 72 Meeting – 4th Saturday of every month except for May, November, and December

Next Meeting: February 24, 2024, 9:30am Meeting in person at Atonement Lutheran Church, 10245 Loma Rancho Drive, Spring Valley, and on Zoom at Zoom ID 836 1416 1990 Passcode 742642

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

Next Meeting: 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>

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

GROUP CONTRIBUTIONS

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

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

	Dec 23	Jan - Dec 23
Acción y Recuperación GFA	50.00	50.00
AFG Noon at the Park	0.00	225.00
AFG Recovering Adult Child	0.00	400.00
Alegría de Vivir AFG	50.00	200.00
Alpine AFG	0.00	468.00
Amor Y Paz GFA	0.00	15.00
Back to Basics	0.00	162.00
Beginners Book Study AFG	0.00	75.00
Bonita PTA	75.00	833.00
Bonita Reencuentro Grupo	0.00	180.00
Book Study AFG	0.00	100.00
Carlsbad Discussion	0.00	156.90
Changing Attitudes Fri AM	0.00	981.18
Chula Vista AI-Anon	0.00	273.00
Clairemont Daytime AFG	210.00	514.50
Clairemont Friday Night AFG	0.00	181.06
Coronado AI-Anon	50.00	50.00
Courage to Change Fri AM	420.00	1,245.00
Courage to Change Poway	125.00	570.00
Del Mar Early Birds	140.00	280.00
Del Mar Lunch Bunch	0.00	1,315.00
Del Mar Sunnyside UP AFG	76.00	96.00
District 69	0.00	4,250.00
District 75	0.00	287.02
District 78	0.00	50.00
Downtown Lunch Bunch	25.00	25.00
Drop the Rock	175.70	811.46
Early Thursday Nighters AFG	0.00	200.00
East County Daytime AFG	424.00	1,079.60
Escondido Oasis Monday Night AFG	36.72	253.63
Experience Strength & Hope AM	0.00	443.15
Fellowship in Del Mar Virtual AFG	0.00	25.00
Fireside Alanon	0.00	150.00
Footprints In The Sand AFG	0.00	25.00
Free To Be Me Women's AFG	0.00	519.05
Freedom From Despair	0.00	150.00
Friday Night Courage to Change Virtual	0.00	210.00
From Survival to Recovery	0.00	25.00
Grupo Espiritualidad	0.00	423.00
Happy Joyous And Free AFG	0.00	501.20
Hilltop AFG	0.00	100.00
Hope For Today Survival To Recovery AFG	250.00	310.00
How It Works AFG	0.00	12.00
How it Works Electronic	0.00	200.00
Into The Solution	0.00	272.00
Just for Today RP AFG	121.46	277.60
Keep it Simple Newcomers Meeting	714.86	714.86
Keeping the 4th Step Real	0.00	79.60
La Costa Live And Let Live AFG	0.00	215.00
Let It Begin With Me LGBTQ AFG	70.00	920.00
Let It Begin with Me Step Study	0.00	65.00
Live and Let Live-El Cajon	96.00	828.27
Lost and Found	28.00	231.00
Loving Traditions	0.00	80.00
Men in the Park	0.00	800.00
Mind Your Own Business AFG	0.00	834.87
Miramar Mens Group AFG	0.00	200.00
Mission Hills AFG	0.00	112.00
Monday Open Topic	0.00	191.00
Moonlight Beach Just For Today AFG	0.00	600.00
New Beginnings	0.00	300.00
New View AFG	0.00	605.50
North Clairemont AFG	0.00	200.00
North County Men's Alanon	367.00	1,797.00
Parents AFG of North County Inland	0.00	100.00
Parents One Day at a Time AFG	0.00	700.00

	Dec 23	Jan - Dec 23
Parents Seeking Serenity AFG	0.00	450.00
Paths To Recovery AFG Enc	25.00	86.00
Paz Mental	0.00	550.00
PB One Day at a Time	0.00	50.00
Poway Rancho Bernardo AFG	0.00	500.00
Power Lunch AFG	0.00	140.00
Rancho Santa Fe Lunch Bunch	246.00	1,294.70
RB Lunch Bunch	0.00	415.00
Renacer GFA - National City	0.00	10.00
San Carlos Serenity Alanon	0.00	140.00
San Diego AFG Speaker Meeting	0.00	300.00
San Marcos Noon AFG	154.10	639.86
Santee Serenity	0.00	110.40
Saturday Morning AFG	0.00	111.60
Search for Peace	0.00	226.00
Serenity Afternoon	100.00	150.00
Serenity at Sunset AFG	0.00	312.00
Serenity at Sunset Virtual	70.00	210.00
Serenity at the Lake	150.00	1,457.48
Serenity at the Virtual Lake	5.00	105.00
Serenity for Women in the Park	0.00	140.00
Serenity in Scripps	0.00	200.00
Sky's the Limit AFG	0.00	82.00
Step by Step Monday	250.00	550.00
Stepped Up By-The-Sea Womens	0.00	10.00
Strictly AFG	0.00	954.00
Sunday Night Courage to Change	0.00	489.64
Sunday Night Serenity Seekers	0.00	50.00
Sunday Search for Serenity	125.00	736.00
Sunday Serenity Social AFG	0.00	8.82
Sunset Step Study AFG	0.00	346.00
Survival to Recovery	187.00	349.60
Tender Loving Care Tierrasanta Friday Nig	0.00	112.80
TGIF AI-Anon - Spring Valley	0.00	254.82
The Solution AFG	0.00	187.32
Tri-City Daytime	0.00	228.00
Tuesday Morning Literature Study AFG	225.00	450.00
UC Lunch Bunch Step Study Virtual	0.00	20.00
UC Lunch bunch Thurs Electronic	0.00	270.00
UC Thursday Lunch Bunch	0.00	105.00
Un Dia A La Vez GFA	0.00	50.00
Understanding Ourselves Electronic	58.40	129.40
Various Customers	0.00	2.05
Wed Night AFG for Parents	200.00	1,500.00
Wed Night Step Study	0.00	350.00
Wednesday Night Alateen	500.00	500.00
What a Concept AFG	0.00	668.00
Willingness to Change AFG	120.00	408.00
Women's AFG - El Cajon	149.24	809.24
Women's Let It Begin With Me Vista	0.00	205.00
Womens Electronic AFG	0.00	452.55
Working the Steps, Trad, Concepts Study	0.00	490.00
Young And Young At Heart AFG	0.00	197.04
TOTAL	6,069.48	47,107.77

FINANCIALS

FY23 Budget Performance Recap

Dec 2023

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

	December 2023			FY 23 Year to Date		
	Actual	Budget	Variance	YTD Actual	YTD Budget	Variance
Income						
Contributions	7,174.20	6,358.33	815.87	63,095.19	67,600.00	(4,504.81)
Fundraisers	184.00	0.00	184.00	4,056.06	4,500.00	(443.94)
Literature Sales	5,529.92	3,483.33	2,046.59	60,828.16	41,800.00	19,028.16
Other Income	284.97	1.67	283.30	1,968.65	20.00	1,948.65
Total Income	13,173.09	9,843.33	3,329.76	129,948.06	113,920.00	16,028.06
COGS (Literature)	4,153.68	3,291.67	862.01	43,345.41	35,500.00	7,845.41
Gross Profit	9,019.41	6,551.66	2,467.75	86,602.65	78,420.00	8,182.65
Total Expense	7,131.11	6,369.83	(761.28)	86,604.24	77,472.44	9,131.80
Net Income	1,888.30	181.83	1,706.47	(1.59)	947.56	(949.15)

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

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

	Dec 31, 23
ASSETS	
Current Assets	
Checking/Savings	
Bof A - Board Projects Ck #7200	12,797.56
Bof A - Office CK #8439	1,402.24
BofA - Bus Invest #0165	19,061.78
BofA - Operating Ck #8519	20,907.58
Petty Cash	106.77
Certificates of Deposit	79,368.82
Total Checking/Savings	133,644.75
Accounts Receivable	9.16
Other Current Assets	
Inventory Asset	25,878.69
Undeposited Funds	2,014.27
Total Other Current Assets	27,892.96
Total Current Assets	161,546.87
TOTAL ASSETS	161,546.87
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	3,766.91
Total Liabilities	3,766.91
Equity	
Inventory Opening Bal Equity	39,116.69
Retained Earnings	118,664.86
Net Income	(1.59)
Total Equity	157,779.96
TOTAL LIABILITIES & EQUITY	161,546.87

	Dec 23	Nov 23	Jan - Dec 23
Ordinary Income/Expense			
Income			
Contributions	7,174.20	9,386.21	63,095.19
Fundraisers	184.00	80.00	4,056.06
Interest Income	284.97	262.35	1,968.65
Literature Sales Income	5,529.92	7,324.72	60,828.16
Total Income	13,173.09	17,053.28	129,948.06
Cost of Goods Sold			
Cost of Goods Sold	4,153.68	5,261.35	43,345.41
Total COGS	4,153.68	5,261.35	43,345.41
Gross Profit	9,019.41	11,791.93	86,602.65
Expense			
Bank Charges	245.01	182.24	1,800.25
Employee Hiring Costs	0.00	0.00	19.95
Fundraisers Expenses	0.00	0.00	298.79
Insurance Expenses	0.00	400.80	2,154.00
Office Equipment	147.86	700.37	1,108.77
Office Supplies	110.76	312.82	2,235.83
Payroll Expenses	1,105.63	1,097.16	8,173.66
Postage	219.99	419.99	2,627.09
Professional Fees	3,208.19	2,800.11	40,486.94
Public Outreach Costs	63.60	0.00	1,301.82
Rent	1,294.88	1,408.62	15,922.20
Repairs & Maintenance	0.00	0.00	130.00
Taxes, Business	0.00	0.00	262.84
Telephone/Internet Bus	581.85	615.99	6,896.66
Travel Expenses	0.00	1,581.82	1,581.82
WEB Expense	153.34	81.52	1,603.62
Total Expense	7,131.11	9,601.44	86,604.24
Net Ordinary Income	1,888.30	2,190.49	(1.59)
Net Income	1,888.30	2,190.49	(1.59)

Sharing of Service
WORKSHOP

Saturday, January 20, 2024

Hours: 9:00 am - 4:00 pm (Pacific Time)
Lunch - 12:00pm - 12:30pm

Unity Through Service

Speaker

Tom C.

Associate Director - Literature
World Service Office (WSO)

Afternoon Workshops and Panels

Embracing and Respecting Our Differences

"The More Varied Experience, the Greater the Strength and Hope"

(A Little Time for Myself)

Hosted by Southern California World Service

FREE ZOOM EVENT!

Para Audencia en Español

Codigo de Sesión: 816 0261 0948

Contraseña: 111111

Comunicarse Con: Marce M.

Telefono Celular: 310-819-7785

Correo Electronico: spanish@scws-al-anon.org

English Speaking Information

Meeting ID: 842 8191 6716

Passcode: 111111

Contact: Donna E., Alternate Delegate

Cell: 818-590-3599

Email: altdelegate@scws-al-anon.org



Support the 2024 San Diego Spring Round Up
Suggested Donation: \$10 Adults \$5 Children

Sat. January 20, 2024 @ 6p - 9p

Opportunity Drawing tickets available for \$5 each

1 AA Dinner Ticket, 1 Spiritual Breakfast Ticket,

1 Al-Anon Luncheon Ticket, 1 Night Hotel stay

To Be selected on March 16, 2024

Please Donate Gift Baskets for The Opportunity Drawing

St Lukes Lutheran Church
5150 Wilson Street
La Mesa, CA. 91942



SPEAKERS: Al-Anon, Alateen and AA TBD

More Details To Follow

San Diego AFG Speaker Meeting

San Marcos Noon AFG invites you to join us in
celebrating our

9th Anniversary

A panel of members from our meeting will share their
experience, strength and hope. Light refreshments
will be available

Thursday
January 25, 2024
12PM—1PM

St. Mark's Church
Healy Hall
1147 Discovery St
San Marcos

SAN DIEGO AFG
SPEAKERS MEETING



55-SPEAKER

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

HOST GROUP
SUNDAY SEARCH
FOR SERENITY

3 | FEBRUARY | 6:30 PM

LA MESA ADULT ENRICHMENT CENTER
8450 LA MESA BLVD
LA MESA



COMITE HISPANO SAN DIEGO SPRING ROUND UP 2024

TE INVITA A NUESTRA
CENA ITALIANA

El Sabado 3 de Febrero
6:00 Pm

Bonita Sunnyside Library
4375 Bonita Rd
Bonita CA 91902

Precio: \$15 por persona
Orador: Ximena
Tema: DUELO

Tendremos deliciosa comida italiana y postres, y Rifas!



Contacto: Melina 760 4588313

A "FUN"- DRAISER
FOR SAN DIEGO AIS

LET'S TURN IT OVER (AGAIN)

AN OFF-OFF-OFF BROADWAY MUSICAL PLAY



7PM SATURDAY FEB 24 2024

ST. PETER'S EPISCOPAL CHURCH
1 PARISH LANE, DEL MAR, CA 92014

\$25 SUGGESTED CONTRIBUTION PER PERSON
Free Admission for Children Under 16

**\$20 EARLY-BIRD TICKETS CAN BE PURCHASED ONLINE
AT WWW.ALANONSANDIEGO.ORG**

Questions? Tenta at Vice-Chair@AlanonSanDiego.org

San Diego AFG Speakers Meeting

**15-MINUTE
SPEAKER**

Felix A

**40-MINUTE
SPEAKER**

Will H

HOST GROUP
San Carlos Serenity

**SATURDAY 2 MARCH, 2023
6:30PM-8PM**

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

San Diego Spring Roundup Al-Anon Fundraiser



BINGO NIGHT Part Deux

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!

March 16, 2023

6PM-9PM
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: TBD

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

*Volunteers
Needed*



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

Town & Country Resort

Be a part of this incredible event!

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

Click Here to Be of Service as a Volunteer



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



WE WANT YOUR COOKIES!

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

TOWN & COUNTRY
RESORT & CONVENTION CENTER
SAN DIEGO, CA

PLEASE CONTACT

CassieJ
hummingbird77@gmail.com
(619)206-6568

Libby W
libbywilliams615@gmail.com
(858)775-2441



We need leaders, readers and

BOOK DONATIONS

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

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



ALATEEN IS BACK IN PERSON

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

Thursdays | 6:30pm-7:30pm

RISEN SAVIOR CHURCH
625 Otay 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



Want to download a flyer?

Click on the above link, and it will take you to the flyer page on the Al-Anon website.

When you see the flyer that you want, put your cursor over the top, right-click, and save as. It's that easy!

Need help? Email
intercom@alaonsandiego.org

47TH ANNUAL SOUTHERN CALIFORNIA
AL-ANON FAMILY GROUPS CONVENTION



Don't Stop Believin'
AFG 2024

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

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

Program Schedule Of Events

Friday, April 26

2:00 pm
Registration Opens

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

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

6:45 pm
Opening Ceremony

7:00 pm
Opening Al-Anon Speaker: TBA

8:30 pm
Entertainment

Saturday, April 27

8:00 am
Registration Opens

9:00 am
Family Meeting:
Alateen: Isabelle C. - 2 yrs.
Santa Barbara, CA

AA: Erik C. - 5 yrs.
Lakewood, CA

Al-Anon: Sarah SC - 5 yrs.
Lakewood, CA

11:00 am
Luncheon
(Spanish translation available)
Al-Anon Speaker:
Betty Ann Z. - 49 yrs.
Woodland Hills

Alateen Speaker:
Shana B. - Camarillo, CA

2:30 pm
Business Meeting
(Everyone is encouraged to attend)

Spanish Program: TBA

AA Marathon Meeting: TBA

4:00 pm
Long Timers Meeting

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

AA Speaker:
Don P. 41 yrs.
Northridge

9:00 pm - Midnight
Dance immediately
following Banquet

Sunday, April 28

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

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

Al-Anon Member Donations Are Welcome!

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

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

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

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

Registration:
Melody B. (714) 307-4173

Tickets:
Tasnee C. (714) 658-1087

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

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

- p190, 'A Little Time For Myself'

2024 Al-Anon Family Groups Convention Registration Order Form

Online registration is available at www.afgconvention.org

Registration

ALL CONVENTION ATTENDEES MUST BE REGISTERED

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

Alateen Registration @ \$15 ea. \$ _____

Convention Registration Total: \$ _____

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

Badges to Read

First Name and Last Initial _____

Group or City: _____

Al-Anon Alateen AA Visitor

Years in Program: _____

First Name and Last Initial _____

Group or City: _____

Al-Anon Alateen AA Visitor

Years in Program: _____

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

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

Hotel Reservations

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

Reservations:
1-800-222-8733

Hotel:
1-909-937-0900

When calling please specify
AFG Convention Code: CDTAAF

Special Room Rate Discount:
\$159.00 + tax Single/Double Room

Special Discount Ends:
April 4, 2024

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

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



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

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

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

For more hotel information please visit www.doubletree.com



Convention Registration



DoubleTree Hotel Reservation

Why Do I Have to Pay a Registration Fee?

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

KEEP THIS SIDE

KEEP THIS SIDE

SEND THIS SIDE



Alateen Needs Your Help!

1 in 4 children are affected by someone's drinking.
Substance Abuse and Mental Health Services (SAMHSA)

...without help, these children are 400% more likely to develop substance or alcohol abuse issues of their own!
National Center on Addiction and Substance Abuse

Empowering our youth for the next generation of Alateen
Regional Alateen Membership Drive
Please read this at your meetings!

Dear Al-Anon and Alateen Members,

It's time to circle the wagons... again! Whether a long-term member or a newcomer, Alateen needs your help! As most of us are aware, alcoholism is a multigenerational family disease with complex and harmful repercussions that can affect everyone within its reach, and especially our children. Not only do these conditions in homes threaten the social-emotional stability of children, but it also puts our kids at an increased risk of developing substance abuse, and other emotional issues later in life.

Is the Program working for you?? Wouldn't you want to give it to our children?

I am constantly surprised and reminded of how many Al-Anon members attend Al-Anon meetings while leaving their Alateen eligible children at home.

Alateen provides a safe and healthy forum for children to focus on the dynamics of the disease of alcoholism. Resilience, adversity strategies, coping skills, using the tools of the program, all have helped inform and empower children and their families to make positive and effective decisions when experiencing these adverse conditions.

Have your children try at least 6 meetings, then let them decide! Most meetings include children of ages 10-19.

Where are all the Alateens???

A parent may unwittingly feel a false sense of security in that their children would be left at home alone, to learn about Alateen from them, or on their own. Or that because of the fear of public admonishment, stigma and the perceptions of shame and guilt, they would eventually circle back to help their children safely and privately by themselves, out of the view of a scrutinizing eye.

And many parents may not directly confront or discuss the active controversy about alcoholism with the children in their lives, as a means of insulating their children from the perceived harm it would cause.

It's not "if" your child is affected by a family member who has alcoholism, but to what extent, even if symptoms are not visible.

Alcohol is a family disease! Kids "are" affected by alcoholism in a family member. Can you see how??

- The U.S. Surgeon General has recently declared a state of emergency in teen mental health.
- Symptoms of depression, anxiety, impulsivity, irritability, and suicide attempts are at an all-time high for our youths!
- Mental health symptoms in youths frequently become evident 10 years before they get addressed.
- Many times, our youths struggle with symptoms that go unnoticed and can slip through the cracks. If your child is physically sick or had a temperature, wouldn't you take them to the doctor??
- Parents can be the largest obstacle in processing and helping with their children's symptoms, especially when the alcoholic is living at home.
- Stigma, egos, shame, and fear can all drive our decisions.

So now, the huge ask from each of you for our children.

And as many of you are aware, throughout the pandemic and currently, the Alateen program has sustained a major attrition in the reduction and participation of its members. This is where your individual effort can make a difference!

Please make a special commitment to join in a regional Alateen membership request! Spread the word about Alateen to your children, friends, and family alike, professionals, schools, and associations. Our children deserve an opportunity to begin healing themselves and to recover through the program of Alateen. As most of us would agree, Alateen is considered a safe and comfortable place, and potentially one of the best options for our children to attain recovery from this ravaging disease. There are many on-line sources such as videos, blogs, chats, meetings, and face-to-face meetings currently available for our Alateens'. <https://al-anon.org/newcomers/teen-corner-alateen/>

Please support your local Alateen Program!

Talk to your children and others about the benefits of the Alateen program.

If not us, then who?

- Attend and support your local and regional Alateen events, fundraisers, and outreach activities.
- Become an AMIAS (Al-Anon Member in Alateen Service).
- Sponsor an Alateen meeting.
- Start an Alateen meeting concurrently at your Al-Anon meeting location separately, if available.
- Suggest a child try 6 meetings, and then decide for themselves.
- Post the Alateen tent card (M-80) regularly at your meetings.
- Read the Alateen "20 Questions" at your meetings.
- Have Alateen hand-outs and newcomer packets available at your Al-Anon meetings.
- Lead an Al-Anon meeting using the Alateen format.
- Have discussions in your meetings about how you can help spread the word of Alateen.
- Alateen is Al-Anon
- Alateen is available in-person and on-line.
- Add an Alateen announcement to your regular Al-Anon meeting opening format script:

"Alateen is part of Al-Anon. If you know a young person whose life has been affected by someone else's drinking, please give them the same chance to recover in Alateen that you have in Al-Anon! There are options for Zoom, chat, and face to face Alateen meetings available!"

If you know a teen who answers yes to some of these 20 questions, Alateen may be able to help!

- | | |
|---|--|
| 1) Do you have a parent, close friend or relative whose drinking upsets you? | 11) Do you make promises about behavior, such as, "I'll get better school marks, go to church or keep my room clean" in exchange for a promise that the fighting and drinking will stop? |
| 2) Do you cover up your real feelings by pretending that you don't care? | 12) Do you feel that if your mom or dad loved you, he or she would stop drinking? |
| 3) Are holidays and gatherings spoiled because of drinking? | 13) Do you ever threaten or actually hurt yourself to scare your parents into saying "I'm sorry," or "I love you"? |
| 4) Do you tell lies to cover up for someone else's drinking or what's happening in your home? | 14) Do you believe no one could possibly understand how you feel? |
| 5) Do you stay out of the house as much as possible because you hate it there? | 15) Do you have money problems because of someone else's drinking? |
| 6) Are you afraid to upset someone or fear it will set off a drinking bout? | 16) Are mealtimes frequently delayed because of the drinker? |
| 7) Do you feel nobody really loves you or cares what happens to you? | 17) Have you considered calling the police because of the drinker's abusive behavior? |
| 8) Are you afraid or embarrassed to bring your friends home? | 18) Have you refused dates out of fear or anxiety? |
| 9) Do you think the drinker's behavior is caused by you, other members of your family, friends, or rotten breaks in life? | 19) Do you think your problems would be solved if the drinker stopped? |
| 10) Do you make threats such as, "If you don't stop drinking, fighting, I'll run away?" | 20) Do you ever treat people (teachers, schoolmates, teammates, etc.) unjustly because you are angry at someone else for drinking too much? |

Give our kids a choice! Give them the gift of Al-Anon/Alateen.

<https://al-anon.org/newcomers/what-is-al-anon-and-alateen/>

If you would like more information or are considering Alateen service, please contact Ron P., District 69 at: D69AlateenOutreach@gmail.com or go to: <https://www.alanonsandiego.org/> to find an Alateen meeting.



Alateen

A safe place where kids can share!
1 in 4 children are affected by alcoholism.

Al-Anon Family Groups

Help and hope for families & friends of alcoholics

Alateen Meetings

Now Back In-Person!



Together we can make it!

- **Free to Be Me Alateen**
Rancho Penasquitos, 92129/AT
Sunday 7:00-8:15pm
Penasquitos Lutheran Church
14484 Penasquitos Dr.
- **Never Alone Alateen**
Encinitas, 92024/AT
Thursday 6-7pm
Seacoast Comm. Church
1050 Regal Road, Rm A7

Alateen is part of Al-Anon

District 69 - North County Coastal & Inland

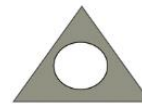
For more information go to: www.alanonsandiego.org or www.al-anon.org
(AT) - Al-Anon meetings held at same time and location

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

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

Alateen - Give our kids a choice!

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



Alateen - A safe place where kids can share!

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



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

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

Alateen in Schools

Get Involved!

School Professional Contacts Needed:

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

A tough and taskforce committee to explore the potential of establishing a long term, organized, and sustainable support system for Alateen meetings in middle and/or high school venues in Southern California.

Call Ron P. for more details at (619) 322-8558 or email at : D69AlateenOutreach@gmail.com

Alateen is a place just for kids affected by someone else's alcoholism
Together we can make it!