Al-Anon Family Groups of San Diego County

INTERCOM

"SHARING THROUGH CARING"

Office: 3108 Fifth Avenue, Suite E, San Diego, CA 92103 / Tel: (619) 296-2666 /
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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@gmail.com *(deadline: 15th each month)*

VOL. 49 NUMBER 11 / November 2018

STEP 11:

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

2018 SERVICE BOARD:

Chairperson	Joan B.	sdprogramchair12@gmail.com
Vice-Chairperson	Paula M.	sdprogramvicechair@gmail.com
Secretary	Roxane S.	sdprogramsecretary@gmail.com
Treasurer	Alin M.	sdprogramtreasurer@gmail.com
Ex-Officio	Natalie R.	sandiegoafg@gmail.com
Historian and Nomination Chairperson	Edna M.	sdprogramhistoriannominations@gmail.com
Institutions and Public Outreach Liaison	Katherine G	*sdprograminstitutionpublic@gmail.com*
Web Coordinator (temp., 3-year trial period)	Arianne T.	sdprogramwebcoordinator@gmail.com
Spanish Liaison Chairperson	Tania V.	sdprogramespanol@gmail.com
Intercom Chairperson (interim)	Jonathan G.	sandiegointercom@gmail.com
Al-Anon Information Service Liaison	*open*.	sdprogramworldservice@gmail.com
Alateen Chairperson (interim)	*open*	*sdprogramalateen@gmail.com*
Office Chairperson	*open*	*sdprogramofficechair@gmail.com*

MESSAGE FROM YOUR BOARD

To all Group Secretaries: If your group does not have an ISR, please read this message at your Meeting or highlight the topics for your members.

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Nominations for 2019 Board Positions have ended; we received 5 nomination forms: Jonathan G. (returning Interim Board member), Roxane S. (returning Interim Board member), Lucy P., Susie I., and Catz P. As a reminder when voting, you can only vote once, but you may vote for each nominee.
Most members choose to cast their vote at their home meeting, if they attend multiple meetings throughout the week.)

We will be looking to fill, on an Interim basis, any remaining positions that need to be filled, so PLEASE consider taking the next step in your service work and volunteer as a Board Member for 2019. You will have an opportunity to attend the Board meeting when the positions are filled, if interested.
The Positions can be found, within the By-Laws and Intergroup Board Positions, on the SD Al-Anon website www.alanonsandiego.org; please contact the Historian/Nomination Chairperson by email @ sdprogramhistoriannominations@gmail.com for the appropriate form to submit, should you desire a position.

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Serenity – One Day At a Time – March 5 pg. 65

It was quite a while before I came to realize that the Twelve Steps and the Serenity Prayer could be applied to all my problems, whether or not they were related to alcoholism. Now that I try to use these helps every day, my life seems to move from one miracle to another! I know the joy of beginning each day expectantly, confident that it will hold good things for me. And if a crisis arises, or any problem baffles me, I hold it up to the light of the Serenity Prayer and extract its sting before it can hurt me.

Today's Reminder:
When we are strengthened by the Al-Anon philosophy, we find ourselves able to look at things in their proper perspective. We don't let them get too close to us, lest they take on fearsome proportions that do not reflect their real character.
"I pray to accept, with a serene mind, the things I cannot change, knowing it is futile to be obstinate about the inevitable. I pray to be resolute to take action in things that must be changed."

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"Give your Group a voice and a vote. Volunteer as an ISR"

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Tradition Twelve - Al-Anon:

"Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principals above personalities."

Thank you for allowing us to be of service,
Joan B., Your Service Board Chairperson

OFFICE REPORT

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

Please Remember:

- When you buy from your local literature distribution center, you support your local services.
- We do not accept checks dated 30 days prior to being received into the office. Please make checks payable to: **San Diego Al-Anon Family Groups**. This is a bank requirement.
- We now accept Mastercard or Visa credit and debit cards for literature purchases in our office or via order form sent by mail or fax.
- We do not take phone orders!

We always need new volunteers in order to have complete coverage in the office. Service is a great tool for recovery, so if you would be willing to volunteer a few hours it would be truly appreciated.

The requirements are two years of continuous attendance in Al-Anon and Al-Anon as your primary Program and not be a member of AA. If you would like to volunteer please call, Joan B. Chairperson or Sandra M., Office Manager @ (619) 296-2666. "The Office Chair" "OPEN

Some office statistics (September 2018):

Phone calls:

Incoming (SD office)	147
- of which Meeting related	*32*
Calls to Answering Service	50
Referred to 12th Step Callers	16

Registered Groups:

Total	182
- Al-Anon	*174*
- Alateen	*8*

Intercom:

Copies mailed	24
Paid subscriptions	24
Sent by email	307

Expense - Copying	$27.36
Mailing	$16.32

Free Literature:

Office	$21.76
Board/Intergroup	$0.00

Literature sales:

January-September		
2017	**2018**	**change**
$35,913.21	$51,990.35	*+$15,905.74 (+52.26%)*

Group contributions:

January-September		
2017	**2018**	**change**
$43,799.23	$42,681.39	*-$1082.76 (-2.73%)*

MEETING CHANGES & UPDATES

Meeting Needs Support:

Carlsbad 92009 Wednesday 5:30pm
Blueprint for Progress AFG New Song Church 3780 Pio Pico Drive Carlsbad CA 92008

Lemon Grove / 91945 Friday 5:30 – 6:30pm
There Is Hope AFG Christian Church of Lemon Grove, 6970 San Miguel Ave. 91945

Solana Beach / 92075 Friday 8:00am
Adult Children's Survival to Recovery AFG Calvary Lutheran Church 424 Via De La Valle, Solana Beach, CA 92075.

University City / 92121 Wednesday 7:30pm – 8:45pm
Mamas and Papas AFG Good Samaritan Episcopal church 4321 Eastgate Mall SD CA 92121
Meeting held in Roetter Hall Rooms 3 and 4

Lakeside / 92040 Saturday 6:00pm – 7:00pm
Serenity in Lakeside Church of the Nazarene 9573 Los Coches Rd. Lakeside CA 92040
Meeting held in building behind the church

Encinitas / 92024 Mo, Tu, Th, Fri 4pm
Six Step House 1430 North Coast Hwy 101 Encinitas CA 92024
Please open your hearts, stretch your recovery, consider doing service by sharing your experience, strength and hope. Each week there are many newcomers, and this is an opportunity to give back the gift you were so freely given.

San Diego / 92101 Wednesday 12:00pm-1:00pm
Wednesday Step Discussion 1420 3rd Ave San Diego CA 92101
Church is between 3rd ave and Ash St.

New Meetings:

La Mesa/91942 Tuesday 8:00pm-9:00pm
Hope for 20 to 30 Something AFG Shepherd of the Hills Lutheran Church 9191 Fletcher Pkwy.
Church is across from Soup Plantation

Meeting Updates:

Solana Beach 92075 (NS/W/D69) Monday 8:00am
Step by Step AFG St James Catholic Church 625 S Nardo Ave, Solana Beach, CA, 92075
All meetings will take place in the "Fireplace" room, located at the NE corner of the Parish Hall. Please enter through doors connected directly to the room, **NOT THROUGH THE PARISH HALL. There**

is no parking in front of the Parish Hall. Instead, there is parking in the lot behind the education center near the playground **or** there is street parking available on Nardo Ave. Follow signs to parking and meeting room. You can enter the church from Nardo Ave or off of Del Mar Downs Rd and Pepper Tree Lane (left at end of Del Mar Downs Rd).

Solana Beach 92075 (NS/W/D69) Tuesday 8:00am
Del Mar Early Birds AFG St James Catholic Church 625 S Nardo Ave, Solana Beach, CA, 92075
All meetings will take place in the "Fireplace" room, located at the NE corner of the Parish Hall. Please enter through doors connected directly to the room, **NOT THROUGH THE PARISH HALL. There is no parking in front of the Parish Hall**. Instead, there is parking in the lot behind the education center near the playground **or** there is street parking available on Nardo Ave. Follow signs to parking and meeting room. You can enter the church from Nardo Ave or off of Del Mar Downs Rd and Pepper Tree Lane (left at end of Del Mar Downs Rd).

Solana Beach 92075 (NS/W/D69) Wednesday 8:00am
Miracles in Progress AFG St James Catholic Church 625 S Nardo Ave, Solana Beach, CA, 92075
All meetings will take place in the "Fireplace" room, located at the NE corner of the Parish Hall. Please enter through doors connected directly to the room, **NOT THROUGH THE PARISH HALL. There is no parking in front of the Parish Hall**. Instead, there is parking in the lot behind the education center near the playground **or** there is street parking available on Nardo Ave. Follow signs to parking and meeting room. You can enter the church from Nardo Ave or off of Del Mar Downs Rd and Pepper Tree Lane (left at end of Del Mar Downs Rd).

Solana Beach 92075 (NS/W/D69) Thursday 8:00am
Sunnyside-Up Del Mar AFG St James Catholic Church 625 S Nardo Ave, Solana Beach, CA, 92075
All meetings will take place in the "Fireplace" room, located at the NE corner of the Parish Hall. Please enter through doors connected directly to the room, **NOT THROUGH THE PARISH HALL. There is no parking in front of the Parish Hall**. Instead, there is parking in the lot behind the education center near the playground **or** there is street parking available on Nardo Ave. Follow signs to parking and meeting room. You can enter the church from Nardo Ave or off of Del Mar Downs Rd and Pepper Tree Lane (left at end of Del Mar Downs Rd).

Solana Beach 92075 (NS/W/D69) Friday 8:00am
Adult Children's Survival to Recovery AFG St James Catholic Church 625 S Nardo Ave, Solana Beach, CA, 92075
All meetings will take place in the "Fireplace" room, located at the NE corner of the Parish Hall. Please enter through doors connected directly to the room, **NOT THROUGH THE PARISH HALL. There is no parking in front of the Parish Hall**. Instead, there is parking in the lot behind the education center near the playground **or** there is street parking available on Nardo Ave. Follow signs to parking and meeting room. You can enter the church from Nardo Ave or off of Del Mar Downs Rd and Pepper Tree Lane (left at end of Del Mar Downs Rd).

El Cajon 92020 Tuesday 6:30pm
Hope for Parents AFG 311 Highland Ave. El Cajon CA 92020
Note new location. Meeting is in Room 2 in a separate building towards the back / side of church. There is plenty of on-site parking with good lighting at night. October 2, 2018 is our first meeting in the new location.

Carlsbad D69 Monday 12noon
Monday Noon Al-Anon 111 Tamarack Ave, common rm
Meeting has been disbanded

Kearny Mesa 92123 Thursday 6:00pm

Jewish Family Service AFG 8804 Balboa Ave San Diego CA 92123
Meeting has been disbanded.

La Jolla 92037 (D75) Monday 6:30pm
Paths to Recovery Step Study AFG 7715 Draper Ave
Enter on Draper, Life Center Bldg. Note that room has changed to LC7

Poway / 92064 (W/D69) Monday 5:30pm
Stepping Up in Al-Anon AFG Poway Alano Club 13939 Poway Rd, Suite A.
Middle Building, suite A, Farmers Building. Meeting is handicap accessible.

San Diego / 92115 Wednesday 6:30pm
Al-Anon for Parents AFG College Avenue Baptist Church 4747 College Ave
Please note that meeting will now ben in Room 23 in the Preschool Building up the stairs and over the bridge straight in front of the parking lot. Elevator Available.

El Cajon / 92020 Sunday 7:00pm-8:15pm
Sunday Night Search for Serenity AFG Christ Unity Church of El Cajon 311 Highland Avenue, El Cajon, CA 92020
Please note new location for meeting starting with the August 5th meeting. The Church is on the corner of Lexington and Highland We will be meeting in the church hall, which is a building on the church grounds. it's ok to pull into the parking lot entrance on Highland.

El Cajon / 92020 Friday 7:00pm
El Cajon Friday Night AFG Unity Church of El Cajon 350 Prescott Ave El Cajon CA 92020

El Cajon / 92020 Tuesday 7:00pm
Women's Closed AFG Foothills Christian Church - 365 W. Bradley - El Cajon - 92020
Please note new location for meeting starting with the August 14th meeting.

Alpine / 92901 Thursday 5:30pm
Alpine AFG Christ the King Episcopal Church 1460 Midway Dr. Alpine CA 91901
Please note new location for meeting

Hillcrest / 92103 Friday 6:00pm
Drop the Rock AFG University Christian Church 3900 Cleveland Ave San Diego CA 92103
Please note new room for meeting: Garden room, enter at Chapel gate.

NEXT BOARD / ISR & DISTRICT MEETINGS

Service Board: Saturday, December 8 at 9:30am
ISR: Saturday, November 10 at 10:30am
Location (both): Mission Village Christian Fellowship, 2650 Melbourne Dr., San Diego, 92123.

District 69: 2nd Tuesday of every odd numbered month at 7:00pm. Next meeting: November 13. Location: Thriving Life Church, 560 S Melrose Dr., Vista, CA 92081.

District 72: 4th Saturday of the month at 10:00am. Next meeting: October 27 Location: Atonement Lutheran Church, 10245 Loma Rancho Drive, Spring Valley. NOTE: No meeting in November and December.

District 75: 2nd Monday of every odd numbered month at 6:30pm. Next meeting: November 12. Location: Gethsemane Lutheran Church, 2696 Melbourne Dr., San Diego, CA 92123.

CALENDAR OF EVENTS

Friday October 19: 10:00am – 11:30am T.G.I.F. AFG speaker meeting. Speaker will be announced at a future date. Every month this meeting hosts a speaker to come and speak their experience strength and hope. Please join us every third Friday of every month. Trinity Presbyterian Church 3902 Kenwood Drive, Spring Valley, CA 91978

Saturday October 20:9:30am-2:30pm Please join District 72 in the FALL SHARING OF SERVICE POTLUCK. Free and open to Al-Anon/Alateen members, A.A. members, and guests. Speakers begin at 10:00am. The focus will be, How Al-Anon members can be of service to our Alateens transitioning to Al-Anon. Hear Julie J., Cassie J., Cyndi R., & Christina B. share their Experience, Strength & Hope. PLEASE BRING A DISH TO SHARE. Coffee and beverages will be provided. Unity Church of El Cajon, Hammond Hall, 311 Highland Ave., El Cajon 92020. Want to be of service? Contact Vickie I. at vickieidistrict72@cox.net. See flyer attached to the intercom.

Saturday November 3: 9:00am – 3:00pm Al-Anon Family Groups 1st annual Southern California World Service Institutions Conference. Registration is free at [www.AFG-P-I.eventbrite.com] and the deadline has been extended through October 20th. Lunch will be provided. Santiago de Compostela Church 21682 Lake Forest Drive Lake Forest, CA 92630. See attached flyer for more information, or e-mail institutions@scws-al-anon.org.

Saturday, November 3: 6:30 - 8:00pm. AFG First Saturday of the Month Speaker Meeting. Main Speaker: Jen M from San Carlos Serenity and 10-Minute Speaker: Arianne T from Early Thursday Nighters, Refreshments by host group Early Thursday Nighters Location: La Mesa Enrichment Center, 8450 La Mesa Blvd., La Mesa.

Saturday November 10: 4:00pm – 5:30pm District 69 Presents their Fall Speaker Event to be held on Saturday, November 10th from 4 pm to 5:30 pm in the Fellowship Hall of the North Coast United Methodist Church at 1501 Kelly St. in Oceanside, 92054. Our speakers are George W. of El Cajon and Norman O. of San Diego. Come hear their messages of strength, hope and inspiration. This is a free event. District 69 meetings are being asked to support this event by preparing Opportunity Drawing baskets and bringing them to the event. Drawing will be held on the day of the event for these baskets. Hope to see you there.

Monday November 12: 10:00am -11:30am. The Monday Morning Open Topic AFG Group Escondido will celebrate its 7th Anniversary. Speaker: Craig R., Vista. Opportunity drawing (bring a prize!) & potluck (bring a dish!). Location: Bethel Baptist Church, 855 Brotherton Road, Room A5, Escondido, CA 92025.

Monday November 12: 7:00pm – 8:00pm Search for Peace AFG will be having its 2nd Monday of the month speaker meeting. Valerie W. is the schedule speaker. Prince of Peace Lutheran Church. 6801 Easton Ct. San Diego CA 92120

Friday November 16: 10:00am-11:30am T.G.I.F. AFG will be having a speaker meeting. Speaker will be Sarah from Serenity At The Lake. Trinity Presbyterian Church 3902 Kenwood Dr. San Diego CA 91977.

Friday November 16 – Sunday November 18: XXXIX California Al-Anon/Alateen Hispanic Convention with AA participation, 11-16-18 through 11-18-18. Banquet is $58.00 / person. Sheraton Fairplex Hotel 601 W. McKinley Ave., Pomona, Ca 91768

Saturday November 17: 5:00pm – 8:30pm The 2019 Al-Anon San Diego Spring Roundup will be holding a Spaghetti Dinner Fun'Raiser. Come support Al-Anon's participation in the 2019 SDSRU with

a night full of food, raffle opportunities and recovery. Spaghetti, bread, drinks and speakers provided. Feature speakers will be Al-Anon: Deborah F., Alateen: Audrey, AA: Becky W. Please consider bringing salads, desserts, raffle baskets, and /or items for auction. A suggested donation of $8.00 for adults / $5.00 for children is appreciated. St. Dunstan's Episcopal Church. 6556 Park Ridge Blvd., San Diego CA 92120.

Monday November 19: 12:00pm – 3:00pm. East County Daytime AFG will be hosting its annual Gratitude Luncheon Celebration. Potluck starts at noon and meeting starts at 1pm. Hosted by East County Daytime AFG, our speaker will be Norman O. Location is Foothills United Methodist Church, 4031 Avocado Blvd., La Mesa, CA 91941. Meeting will be in King Hall off the lower level parking lot. Bring a dish to share and/ or a raffle item for our opportunity drawing. Proceeds to benefit our local Al-anon office.

Thursday November 22: 12:15pm Serenity in Scripps AFG will **not** be having a meeting on Thanksgiving Day. Scripps Community Service Center 11885 Cypress Canyon Rd.

Thursday November 29: 12:00pm – 1:00pm San Marcos Noon AFG will be having speaker meeting. Laura V. from San Marcos is the scheduled speaker. St. Mark's Catholic Church 1147 Discovery St. #105 San Marcos, CA 92078

Monday December 3: 11:30am – 1:30pm RSF Lunch Bunch AFG Annual Speaker Meeting and Potluck. Speaker TBA. Please bring a favorite dish or finger food to share. The Village Community Presbyterian Church, 6225 Paseo Delicias, Rancho Santa Fe, CA 92067

Tuesday December 11: 10:00am The New View AFG will have a breakfast/brunch potluck meeting and panel discussion. The topic is "The Gifts of Al-Anon". Opportunity drawing will be held – donations are welcome! Atonement Lutheran Church 10245 Loma Rancho Dr, Spring Valley, CA 91941

Friday December 21: 9:30am T.G.I.F. AFG will be having a speaker and potluck meeting. Speaker is TBA. Please bring a favorite dish to share. Trinity Presbyterian Church 3902 Kenwood Dr. San Diego CA 91977.

Thursday January 3 2019: 11:30am-1:00pm San Marcos Noon AFG will be having its 4th Anniversary Celebration with a speaker meeting and potluck. Speakers are scheduled to be Steve & Connie K from San Marcos. Bring a dish to share. There will be an opportunity drawing. St. Mark's Catholic Church 1147 Discovery St. #105 San Marcos, CA 92078

Thursday April 18, 2019 – Sunday April 21,2019: SAVE THE DATE – The Annual San Diego Spring Roundup (SDSRU). Location: Town and Country Resort & Convention Center, 500 Hotel Circle, San Diego 92108.

Our planning committee meets the 2nd Saturday of each month [**Next meeting is Sat, Nov. 10 1:00pm-2:30pm Gethsemane Lutheran Church, San Diego CA**]. We need volunteers to lead and/or be a part of committees. Service is a great way to grow your program – please consider volunteering for this great event!

We need book donations for giveaways during the roundup marathon meetings. If you or your group would like to donate, please drop off your donations at a committee meeting or at the central office.

For more information, please contact Jonathan G, 2019 Al-Anon SDSRU Chair: jgacad@yahoo.com or the San Diego Central Office.

ALATEEN

New Alateen meeting:

- **Free to be Me Alateen**. Every Sunday, 7-8:15pm. Location: Penasquitos Lutheran Church, 14484 Penasquitos Drive, San Diego, CA 92129. Next to/concurrent with Al-Anon meeting.

Attention Alateens that would like to progress in their recovery (and those with Alateens in their lives). The Sunday Night Express Yourself Alateen group is currently holding a monthly step study for Alateens. The first Sunday of each month, we will talk about the step of that month. We hope you will join us at 5:30 pm Sundays at St. Mark's Episcopal Church, 4227 Fairmount St., City Heights.
Questions? Contact Ashley at (818) 554-1012.

"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).

DISTRICT NEWS

District 69 (North County):
Howdy District 69!

Friendly reminder, assembly is coming up quickly. November 17th in Glendale. It is really important that all GRs attend. If your meeting doesn't have a GR attend, your group doesn't have a voice regarding important matters that affect Al-Anon in Southern California. To register visit: http://www.scws-al-anon.org/send_mtg_record_updates.php by the end of October. As a reminder, Al-Anon must be your primary program to serve as a GR.

Any questions? Let me know!
Stefanie D.
District 69 DR
district69rep@gmail.com

District 72 (East & South County):
D72 GR's or Secretaries, please read.

District 72 News
Our last district meeting of this year will be October 27th, since we will be attending the Assembly on November 17th & in December we informally meet as a district to celebrate the Holidays.

Please plan to attend the district meeting to go over last-minute details of the trip to Glendale for the SCWS Assembly. It is always a fun time riding up and back with other Al-Anon members (it's like a meeting on the road) and makes the time fly by… really!

The Holiday get together for all district 72 GR's and guests will be December 8th at the Soup Plantation, 9158 Fletcher Parkway, La Mesa 91942, beginning at 11:30 until 1:30. We will have a room reserved for AFG members. Please mark your calendars & plan to attend.
Public outreach continues to be important in district 72. Recently, Al-Anon attended a health fair at South Western College which was well attended & very well received by attendees & other participants. If you are interested in being on the volunteer list, please contact me at vickieidistrict72@cox.net.

Thank you to all current group representatives for your service and commitment to your groups & the district to keeping us all connected, informed and growing in Al-Anon. Hope to see you Oct. 27th, 10245 Loma Ranch Dr., Spring Valley, CA 91978, 10:00am – 12:00. (Remember NO MEETING in NOV. & Dec.)
A Trusted Servant,
Vickie I.- D72 Rep

DISTRICT 75 NEWS (Central San Diego County):
PARTICIPATION IS THE KEY TO HARMONY! (Concept Four)
Welcome to District 75. See our web page to find out all of the San Diego communities that are part of District 75. The next SCWS Assembly will be November 17th in Glendale, California. A lot is going on and anyone can attend. GRs will vote, representing their group.
We continue to work with the SDAFG Public Outreach Coordinator to provide volunteers to "carry the message". If you are interested in being of service and want to reach out to the community and spread the word about Al-Anon, volunteer to present on a speaker panel or share CAL at a local health fair or community meeting. "When I got busy, I got better." Contact Libby A. at: afgdistrict75rep@gmail.com.

Does your group have a Group Representative (GR)? If not, come join **our next meeting on November 12, 2018** as a new GR or visitor! (A GR connects your meeting with World Service.) For more information call Libby A, at (619) 905-8152 or email afgdistrict75rep@gmail.com. **District 75 meets the 2nd Monday of every odd numbered month from 6:30 pm to 7:45 pm at the Gethsemane Lutheran Church, 2696 Melbourne Dr. SD, CA 92123**.
If your group does not have a GR, please contact Libby A., District Rep, at afgdistrict75rep@gmail.com and a District 75 GR will schedule a brief presentation for your group on the gifts of being linked to Southern California World Services (SCWS). Having a GR connects your group to District 75 and the World Service office (WSO). At our last District meeting we reviewed a summary of the changes put in place at the 2018 World Service Conference (WSC), the importance of reading the Steps, Traditions and Concepts as they are written, and the WSC decision to leave the "Prayer for Today" as is.

**Please remember to keep your district and group registration information up to date when your GR, alternates, and local service positions change by going to:
www.scws-al-anon.org/send_mtg_record_updates.php.

Remember to update email addresses every time they change as well.

Recovery through Service,
Libby A. – DR
afgdistrict75rep@gmail.com

ATTENTION: *Please hold your donations for the Alateen Institutional Literature fund, effective 12/1/16. The fund has an ample reserve. We encourage your group to contribute to one of the Al-Anon service arms instead: Al-Anon Inc., District 69, 72, 75, Southern California World Service (SCWS), or our local Al-Anon Information Service (AIS) office. Seventh Tradition contributions for District 75 should be sent to:*
AFG District 75
PO Box 880225
San Diego, CA 92168

If you are an Alateen Sponsor for an Alateen Institution meeting in San Diego and need to purchase literature at the San Diego AFG Office, please email your literature order and the date you wish to pick the literature up from the office to D75 DR, Libby A., at afgdistrict75rep@gmail.com.

The San Diego Office will be notified to prepare your order for pick-up and a check will be sent to cover the cost.