



VOL. 54 NUMBER 5 – JUNE 2024

STEP SIX

Were entirely ready to have God remove all these defects of character.

2024 SERVICE BOARD

Chairperson, Interim	Cindi H	chair@alanonsandiego.org
Vice-Chairperson	Trenta R	vice-chair@alanonsandiego.org
Secretary	Christine D	secretary@alanonsandiego.org
Treasurer	Werner B	treasurer@alanonsandiego.org
Ex-Officio	Anita R	ex-officio@alanonsandiego.org
Historian & Nomination Chairperson	Dan B	historian@alanonsandiego.org
Institutions & Public Outreach Liaison	Elo O	outreach@alanonsandiego.org
Web Coordinator Chairperson, Interim	Martin D	webcoordinator@alanonsandiego.org
Spanish Liaison Chairperson, Interim	Dora S	espanol@alanonsandiego.org
Intercom Chairperson	Susan L	intercom@alanonsandiego.org
Al-Anon Information Service Liaison	Sandra L	ais-liaison@alanonsandiego.org
Alateen Chairperson	Ron P	alateen@alanonsandiego.org
Office Chairperson, Interim	Kristen S	office-chair@alanonsandiego.org

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BOARD MESSAGE

Dear Al-Anon Friends,

I look forward to seeing you at the San Diego County AIS Office for our annual Birthday Celebration fundraising event on May 25, 2024, from 1pm to 4pm. In addition to fellowship and a fabulous cake, we will have three speakers (Al-Anon, Alateen, and Spanish-speaking Al-Anon) sharing their experiences, strengths, and hopes. Plus, the office will be open for literature sales.

On behalf of our board, we again ask everyone to consider participating in service above the group level. Service is the heart of Al-Anon, and we need your voice at the table. If your Group does not have a GR or an ISR, please discuss this in your next business meeting and encourage participation.

Thank you for supporting your San Diego office,

Cindi H, Board Chair

OFFICE REPORT

OFFICE REPORT CALLS

April 2024

Total phone calls received	133	Number registered Groups	170
- for meeting information	38	- Al-Anon English	141
- calls to answering service	47	- Al-Anon Spanish	22
- referred to 12th steppers	4	- Alateen	7

VOLUNTEER HOURS

THROUGH APRIL 2024

Year	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
2023	185	157	157	158	147	137	171	157	147	147	161	165	1889
2024	159	142	156.5	141									598.5

FREE NEWCOMER PACKETS

THROUGH APRIL 2024

Year	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
2023	67	78	64	42	62	4	22	36	29	42	35	21	502
2024	48	30	26	49									153

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

SAN DIEGO OFFICE HOURS

Monday and Friday: Closed
 Tuesday, Wednesday, and Thursday: 10am-4pm
 Saturday: By Appointment Only – please email office-chair@alanonsandiego.org

CALL US

(619)296-2666 (24/7)

EMAIL

office-chair@alanonsandiego.org

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

AL-ANON EVENT CALENDAR

Sunday, May 19, 2024, 11am

Valor Para Cambiar Aniversario #1 – Grupo Al-Anon en colaboracion con Despertar (AA) les esperamos a celebrar y aprender de nuetros programas – Temas: Enfermedad del alcoholism y el contagio Familiar. Informacion para Adolescentes de 13-19 y mucha Informacion!! No Faltes! - 3047 National Avenue, San Diego 92113 ***FLYER***

Monday, May 20, 2024, 12:30pm

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

Monday, May 20, 2024, 6:30pm-8:30pm

District 75 May Dinner Meeting – Calling all District 75 GRs (Group Reps) and CMAs (Current Mailing Address) and any potential GRs, come to a Spring dinner meeting – Urban Plates 8707 Villa La Jolla Drive, La Jolla 92037 (MTS Nobel Drive Trolley stop, easy parking, across from Trader Joes)– any questions afgdistrict75rep@gmail.com

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

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

Tuesday, May 27, 2024, 9:30am

New View Al-Anon Family Group Anniversary Celebration – Potluck Breakfast at 9:30am (please bring a dish to share) – Our panel will share their experience, strength, and hope – Bring a gift, win a gift! – all proceeds will benefit our local Al-Anon office ***FLYER***

Thursday, May 30, 2024, 12:00pm-1:00pm

San Marcos Noon AFG invites you to a San Diego AFG Speaker Meeting – Speaker: Maureen from Parents Seeking Serenity – St. Mark’s Catholic Church, Healy Hall, 1147 Discovery Street, San Marcos ***FLYER***

June 1, 2024 – GLEE-ANON 2025

Be a part of Glee-Anon Task Force 2025 – Seeking service members for Director, Tech Director, Outreach, and Associate Producer ***FLYER***

Saturday, June 1, 2024, 6:30pm-8pm

San Diego AFG Speaker Meeting – Host Group: Early Thursday Nighters, 15-Minute Speaker: Jeff S, 40-Minute Speaker: Sherry S - La Mesa Adult Enrichment Center, 8450 La Mesa Blvd, La Mesa – Literature Sales Available On-Site CASH ONLY Bring a dish to share if you like! ***FLYER***

Monday, June 10, 2024, 7pm

Search for Peace Second Monday of the Month Speaker Meeting – Speaker: Donna T – 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

Sunday, June 23, 2024, 7:00pm

Just for Today is celebrating their 29th Birthday – Speaker: Angel from Alpine – Lutheran Church, 14484 Penasquitos Drive, San Diego, 92129

Tuesday, June 25, 2024, 6:30pm

Women’s Electronic AFG – Come celebrate our first anniversary! We will do a brief history of our meeting followed by a 30-minute speaker: Teresa F (Current SCWS Delegate) – On Zoom – Zoom ID: 813 6707 0741 Passcode: 052078 ***FLYER***

Friday-Sunday, June 28-30, 2024

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

Saturday, June 29, 2024, 9am-4pm

Al-Anon Districts 27 and 17 present The Wave of Recovery – Meetings, Speakers, Diversity Panel, Workshop, Fun, and Fellowship – Lunch and snacks provided (contributions appreciated) – Family in Recovery Speakers – New Amias Certification – Alateen Parents Open House – Windjammers Yacht Club, 13589 Mindano Way, Marina Del Rey, 90292 (public parking for \$7-\$10 nearby ***FLYER***

July 1, 2024 – GLEE-ANON 2025

Be a part of Glee-Anon Task Force 2025 – Seeking service members for Director, Tech Director, Outreach, and Associate Producer ***FLYER***

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

San Diego AFG Speaker Meeting – Host Group: Men In The Park, 15-Minute Speaker: Irk P, 40-Minute Speaker: Steve W - La Mesa Adult Enrichment Center, 8450 La Mesa Blvd, La Mesa – Literature Sales Available On-Site CASH ONLY – Bring a dish to share if you like! ***FLYER***

Sunday, July 14, 2024, 5:30pm

Working Steps, Traditions, and Concepts AFG – 23rd Anniversary – We'll have a 10-minute and 40-minute speaker and a potluck and cake – St. Peters Episcopal Church, Parish Hall, 334 14th Street, Del Mar, 92014

FLYER

Saturday, August 3, 2024, 6:30pm-8pm

San Diego AFG Speaker Meeting – Host Group: San Carlos Serenity, 25-Minute Speaker: John (AA), 30-Minute Speaker: Jennifer M (Al-Anon) - La Mesa Adult Enrichment Center, 8450 La Mesa Blvd, La Mesa – Literature Sales Available On-Site CASH ONLY

Saturday, September 7, 2024, 6:30pm-8pm

San Diego AFG Speaker Meeting – Host Group: Live And Let Live Al-Anon, 15-Minute Speaker: Adrian N, 40-Minute Speaker: John M - La Mesa Adult Enrichment Center, 8450 La Mesa Blvd, La Mesa – Literature Sales Available On-Site CASH ONLY

AL-ANON MEETING UPDATES / NEED SUPPORT

Tuesdays 8pm – New Location³

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

Wednesdays 7pm-8pm – BACK IN PERSON²

Wednesday Night Recovery Adult Children AFG – St. John of the Cross Church, 8086 Broadway Street, Lemon Grove 91945, in the Church Rectory (cafeteria room)

Fridays 5pm – Time Change¹

Serenity For Women In The Park – Now meeting at 5pm for the Spring and Summer months – please bring something to sit on. See you there! – Allied Gardens Recreation Center/Park, 5155 Greenbriar Avenue, San Diego – We meet on the grass area in front of the playground under the trees

NOTE: Al-Anon Meeting Updates/Need Support will be posted for three months. If you have a meeting update or need support to continue to have your meeting listed, please submit your meeting [HERE](#).



ALATEEN MEETINGS



Mondays 6pm – El Cajon

New Beginning Alateen - East Valley Christian Fellowship, 10469 Ridge Hill Road, El Cajon 92021
(with a concurrent Al-Anon Meeting)

Mondays 6:30pm - Vista

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

Wednesdays 6pm-7pm – San Diego

Wednesday Night Alateen – HYBRID (In person and on Zoom) - Good Samaritan Episcopal Church, Second Floor, 4321 East Gate Mall, San Diego 92121 – Zoom ID: 854 5371 7802 For Passcode call Angela (619) 890-8456

Thursdays 6pm - Encinitas

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

Thursdays 6:30pm – Chula Vista

I’m OK, I Belong, I Am Not Alone – Risen Savior Church – 625 Otay Lakes Road, Chula Vista / Questions? Pam W (619)549-9216 – Susan A (510)851-5204 – Lety C (616)792-6042

Sunday 7:00pm

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

BOARD / ISR / DISTRICT MEETINGS

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

Next Meeting: June 8, 2024, 9am
Zoom ID 752 699 5666 Passcode EJJH6dK

ISR - 2nd Saturday of every odd-numbered month

Next Meeting: July 13, 2024, 10:30am
Zoom ID 752 699 5666 Passcode EJJH6dK

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

Next Meeting: July 9, 2024, 7pm
In-person and on Zoom –Palomar Universal Unitarian Fellowship, 1600 Buena Vista Drive, Vista, 92081 – Hybrid Meeting – On Zoom at Zoom ID 395 556 4737 Passcode 755000

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

Next Meeting: June 29, 2024, 10am Meeting in person at Atonement Lutheran Church, 10245 Loma Rancho Drive, Spring Valley, and on Zoom at Zoom ID 873 7462 1618 Passcode 702639
Contact Randy B dist72dr@gmail.com

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

Next Meeting: May 20, 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>

THANK
YOU

A huge shoutout to all the amazing peeps who had our backs at the 2024 San Diego Round Up! Massive love for the volunteers, book and cookie donors, and the awesome souls who participated in our fundraisers. You all are the real MVPs - we couldn't have pulled it off without your fantastic support!

**Join the 2025 Committee.
We still need a Chair-Elect!**



GROUP CONTRIBUTIONS

AI-Anon Family Groups of SD Cty, Inc. Contributions by Group Summary April 2024

	Apr 24	Jan - Apr 24
A Little Time for Myself AFG	42.00	42.00
AFG Noon at the Park	100.00	100.00
AFG Recovering Adult Child	155.00	295.00
Alpine AFG	126.00	266.00
Anna Whalen	0.00	315.00
Beginners Book Study AFG	200.00	650.00
Bonita PTA	0.00	150.00
Bonita Reencuentro Grupo	60.00	120.00
Book Study AFG	0.00	60.00
Camino a la Recuperacion	20.00	20.00
Changing Attitudes Fri AM	0.00	487.20
Chula Vista AI-Anon	0.00	50.00
Clairemont Daytime AFG	197.10	197.10
Clairemont Friday Night AFG	0.00	70.00
Courage to Change Fri AM	0.00	315.00
Courage to Change Poway	0.00	80.00
Del Mar Lunch Bunch	0.00	400.00
Del Mar Sunnyside UP AFG	50.00	70.00
Detachment with Love	0.00	54.00
District 75	0.00	320.00
Drop the Rock	205.10	205.10
Early Thursday Nighters AFG	0.00	50.00
East County Daytime AFG	0.00	105.00
Fellowship in Del Mar Virtual AFG	75.00	75.00
Footprints In The Sand AFG	0.00	139.07
Free To Be Me Women's AFG	212.40	462.22
Freedom From Despair	0.00	100.00
Friday Night Courage to Change Virtual	0.00	160.00
Happy Joyous And Free AFG	0.00	306.21
Hilltop AFG	0.00	50.00
How It Works AFG	0.00	50.00
Joy in the Journey - Eastlake	0.00	50.27
Keep it Simple Womens Beach Mtg	56.40	105.90
Kensington AFG	175.00	175.00
La Costa Live And Let Live AFG	0.00	180.00
Let it Begin With Me Imperial Beach	0.00	20.00
Let it Begin With Me LGBTQ AFG	70.00	350.00
Live and Let Live-El Cajon	0.00	70.00
Lost and Found	0.00	32.90
Loving Traditions	0.00	140.00
Men in the Park	200.00	400.00
Mind Your Own Business AFG	209.25	359.25
Miramar Mens Group AFG	0.00	50.00
Monday Open Topic	245.00	325.00
Moonlight Beach Just For Today AFG	0.00	110.00
New Beginnings	180.00	360.00
New View AFG	11.00	307.75
North Clairemont AFG	50.00	100.00
North County Men's Alanon	0.00	418.20
North County Mens Online AFG	0.00	50.00
Parents AFG of North County Inland	274.24	274.24
Parents Seeking Serenity AFG	0.00	350.00
Paths To Recovery AFG Enc	30.00	60.00
Paz Mental	0.00	150.00
PB One Day at a Time	0.00	140.00
Poway Rancho Bernardo AFG	0.00	100.00
Private Alanon Group	287.00	287.00
Rancho Santa Fe Lunch Bunch	620.00	620.00
RB Lunch Bunch	0.00	100.00
Rise and Shine AFG	53.00	53.00
San Marcos Noon AFG	168.00	204.00
Serenity at Sunset AFG	0.00	73.00
Serenity at Sunset Virtual	0.00	140.00
Serenity at the Lake	123.00	916.00
Serenity at the Virtual Lake	0.00	50.00
Serenity in Scripps	25.00	75.00

AI-Anon Family Groups of SD Cty, Inc. Contributions by Group Summary April 2024

	Apr 24	Jan - Apr 24
South Park Courage To Change AFG	0.00	114.50
Step by Step Monday	200.00	500.00
Stepped Up By-The-Sea Womens	0.00	50.20
Sunday Night Serenity Seekers	0.00	35.00
Sunday Search for Serenity	50.00	50.00
Sunset Step Study AFG	0.00	165.50
Tender Loving Care Tierrasanta Friday Nig	0.00	120.00
TGIF AFG Vista	0.00	160.00
There is Hope	0.00	140.00
Tri-City Daytime	229.00	229.00
Tuesday Morning Literature Study AFG	0.00	300.00
UC Lunch Bunch Step Study Virtual	0.00	20.00
UC Thursday Lunch Bunch	12.50	12.50
Various Customers	0.03	0.34
Wed Night AFG for Parents	250.00	625.00
What a Concept AFG	0.00	153.50
Willingness to Change AFG	0.00	80.00
Women's AFG - El Cajon	104.33	309.93
Working the Steps, Trad, Concepts Study	0.00	370.00
TOTAL	5,065.35	16,395.88

FINANCIALS

FY24 Budget Performance Recap							Apr 2024
Al-Anon Family Groups Office of San Diego County, Inc.							
		April 2024			Jan-April 2024		
		Actual	Budget	Variance	YTD Actual	YTD Budget	Variance
Income							
	Contributions	5,561.46	5,425.35	136.11	21,637.63	21,701.36	(63.73)
	Fundraisers	470.00	500.00	(30.00)	2,055.00	3,500.00	(1,445.00)
	Literature Sales	4,852.72	5,160.42	(307.70)	22,966.96	20,641.68	2,325.28
	Other (interest)	314.46	167.08	147.38	1,198.93	668.32	530.61
	Total Income	11,198.64	11,252.85	(54.21)	47,858.52	46,511.36	1,347.16
	COGS (Literature)	3,162.16	3,783.33	(621.17)	15,010.21	14,533.40	476.81
	Gross Profit	8,036.48	7,469.52	566.96	32,848.31	31,977.96	870.35
	Total Expense	6,128.53	7,196.94	(1,068.41)	29,858.97	30,942.82	(1,083.85)
	Net Income	1,907.95	272.58	1,635.37	2,989.34	1,035.14	1,954.20

Al-Anon Family Groups of SD Cty, Inc.
Board Balance Sheet
 As of April 30, 2024

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

	Apr 30, 24
ASSETS	
Current Assets	
Checking/Savings	
Bof A - Board Projects Ck #7200	12,247.90
Bof A - Office CK #8439	1,575.16
BofA - Bus Savings #0165	19,062.41
BofA - Operating Ck #8519	27,040.63
Petty Cash	97.19
Certificates of Deposit	80,567.12
Total Checking/Savings	140,590.41
Accounts Receivable	9.16
Other Current Assets	
Inventory Asset	21,754.63
Undeposited Funds	1,504.91
Total Other Current Assets	23,259.54
Total Current Assets	163,859.11
TOTAL ASSETS	163,859.11
LIABILITIES & EQUITY	
Liabilities	
Current Liabilities	
Accounts Payable	2,542.03
Other Current Liabilities	335.22
Total Current Liabilities	2,877.25
Total Liabilities	2,877.25
Equity	
Retained Earnings	157,992.52
Net Income	2,989.34
Total Equity	160,981.86
TOTAL LIABILITIES & EQUITY	163,859.11

	Apr 24	Mar 24	Jan - Apr 24
Ordinary Income/Expense			
Income			
Contributions	5,561.46	4,504.65	21,637.63
Fundraisers	470.00	0.00	2,055.00
Interest Income	314.46	293.11	1,198.93
Literature Sales Income	4,852.72	3,606.08	22,966.96
Total Income	11,198.64	8,403.84	47,858.52
Cost of Goods Sold			
Cost of Goods Sold	3,162.16	2,337.71	15,010.21
Total COGS	3,162.16	2,337.71	15,010.21
Gross Profit	8,036.48	6,066.13	32,848.31
Expense			
Bank Charges	172.28	166.16	726.12
Fundraisers Expenses	189.99	100.00	322.44
Insurance Expenses	0.00	1,011.00	1,011.00
Office Equipment	0.00	0.00	323.24
Office Supplies	257.64	176.52	1,043.15
Payroll Expenses	1,199.45	877.39	3,977.89
Postage	319.99	119.99	1,079.96
Printing	0.00	0.00	221.97
Professional Fees	1,668.28	2,929.53	11,275.18
Public Outreach Costs	112.49	0.00	336.49
Rent	1,286.93	1,286.93	5,263.26
Repairs & Maintenance	240.00	713.00	1,083.00
Telephone/Internet Bus	599.96	594.78	2,353.19
WEB Expense	81.52	285.52	842.08
Total Expense	6,128.53	8,260.82	29,858.97
Net Ordinary Income	1,907.95	(2,194.69)	2,989.34
Net Income	1,907.95	(2,194.69)	2,989.34

WANT TO DOWNLOAD A FLYER?

CLICK HERE

and it will take you to the flyer page
on the Al-Anon website.

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

Need help? Email
intercom@alaonsandiego.org



Esta cordialmente invitado
Aniversario

#1

Valor para Cambiar

Grupo Al-Anon en colaboración con Despertar (AA) les
esperamos a celebrar y aprender de nuestros programas

Temas:

Enfermedad del alcoholismo y el contagio Familiar.

Información para Adolescentes de 13-19
y mucha Información!!!

No Faltes!!

DOMINGO

Mayo 19, 2024

Empezamos 11AM

Grupo Despertar

3047 National Ave. San Diego Ca 92113
(Estacionamiento en la calle solamente)

Información: Margarita 619-946-3831
Dora 619-931-9247

AL-ANON EAST COUNTY DAYTIME

INVITE & YOU TO OUR

2024 ANNUAL

SPRING LUNCHEON

Monday May 20, 2024

@ 12:30pm

Speaker

Susie I, Serenity at Sunset, virtual

\$5 Suggested donation
includes one opportunity drawing ticket

Additional tickets available
1:\$1 6:\$5 12:\$10

King Hall
Foothills Methodist Church
4031 Avocado Blvd
La Mesa Ca 91941

 Al-Anon Family Groups



Happy Birthday

Al-Anon is 73 & Alateen is 67

Saturday, May 25, 2024
1pm-4pm

Join us for a special Speaker meeting!

Cindi H, current AIS Board Chair
Tania V, Spanish Al-Anon
Alateen (Member of Alateen)

The office will be open, and we'll have literature specials and cake!

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

The event will be held in the gazebo.

If you cannot attend and would like to donate, please visit www.alanonsandiego.org.

New View Al-Anon Family Group

Atonement Lutheran Church
10245 Loma Rancho Dr. Spring valley, CA 91978



Anniversary Celebration

Tuesday, May 27, 2024



Potluck Breakfast at 9:30

Please bring a dish to share

Our panel will share their
"Experience, Strength and Hope"



Bring a gift, win a gift! 🎁

San Marcos Noon AFG
invites you to a speaker meeting

Maureen

from Parents Seeking Serenity
ZOOM Thursday 6pm

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

.....
Thursday, May 30, 2024
12PM-1PM

San Diego AFG Speaker Meeting



2025

GLEE-ANON TASK FORCE

SEEKING SERVICE MEMBERS:
DIRECTOR, TECH DIRECTOR, OUTREACH,
& ASSOCIATE PRODUCER

TO VOLUNTEER, EMAIL TRENTA -
BADMOVIERECORDS@YAHOO.COM



WOMENS ELECTRONIC AFG
FIRST ANNIVERSARY
SPEAKER MEETING

BRIEF SHARING ON OUR MEETINGS HISTORY

FOLLOWED BY A 30 MINUTE SPEAKER
TERESA F- CURRENT SCWS DELEGATE

JUNE
TUESDAY | 25 | 6:30 PM
2024

ZOOM MEETING ID:
813 6707 0741

PASSWORD:
052078

See you there!

San Diego AFG
Speaker Meeting

JUNE 1, 2024
6:30PM-8:00PM

15-MINUTE SPEAKER 40-MINUTE SPEAKER

Jeff S Sherry S

HOST GROUP

Early Thursday Nighters

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

Bring a dish to share if you like!
Literature Sales Available On-Site - CASH ONLY

*Miracles Happen
Milagros Ocurren*

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

June 28-30, 2024
Friday - Sunday

Early Bird Packages (Before May 29th):

- \$203 Full Weekend Package
(Includes registration, both breakfasts, lunch, and banquet)
- \$174 Small Weekend Package
(Includes registration, one breakfast, lunch, and banquet)

A la carte Food Items (Before June 10th):

- \$25 Friday Night Hot Chocolate and S'mores (\$21 before May 29th)
- \$36 Sat/Sun Breakfast Buffet
- \$44 Saturday Gourmet Box Lunch
- \$67 Saturday Night Banquet

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

All food must be ordered before June 10th.

Detailed info and registration will be available by Spring Assembly at:

<https://al-anon-az.org/2024-az-area-convention/>

Early Bird registration ends May 29

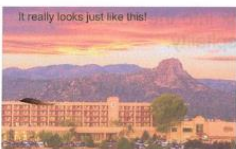
Registration Fees:

- \$45 Al-Anon Members
- \$45 AA Members
- \$45 Guests
- \$50 After May 29
- \$55 Walk-Ins (no food options available)
- \$10 Alateen

Fund Raising Items:

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

Prescott Resort & Conference Center



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

Group rate available until May 29, 2024
Subject to availability

Interested in Volunteering?

Elisabeth B: elisabethbofservice@gmail.com or Wendy H: wendyafgservice@gmail.com

*Miracles Happen
Milagros Ocurren*

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

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

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

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

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

ALATHON 2024  Sponsored by: **DISTRICTS 27 & 17**
TICKET TO RIDE

MONTH	DAY	YEAR	TIME
6	29	2024	9A-4P

THE
Wave of Recovery

Saturday, June 29, 2024 Windjammers Yacht Club
9am - 4pm 13589 Mindanao Way
Marina Del Rey, CA 90292

**public parking \$7 to \$10 all day nearby*

Meetings * Speakers * Diversity Panel * Workshop
Fun * Fellowship

* Lunch & Snacks (\$ contribution appreciated) *

- * Family in Recovery Speakers *
- * New #AMIAS Certification *
- * Alateen Parents Open House! *

For more info, text: Tanya B (619) 200-6957 (Dist. 27)
Heather G (818) 795-0989 (Dist. 17) * Mimi Y (310) 927-3707 (Dists. 27 & 17)

#AMIAS = Al-Anon Member in Alateen Service



Happy
6TH of JULY

**SAN DIEGO AFG
SPEAKER MEETING**

JULY 6, 2024 6:30PM-8:00PM

15-MINUTE SPEAKER **Irk P** 40-MINUTE SPEAKER **Steve W**

HOST GROUP
Men In The Park

LA MESA ADULTENRICHMENT CENTER
8450 LA MESA BLVD, LA MESA
LITERATURE SALES AVAILABLE ON-SITE - CASH ONLY

BRING A DISH TO SHARE IF YOU LIKE!

Working Steps, Traditions and Concepts, AFG

YOU'RE INVITED

23rd Anniversary

10-minute Speaker & 40-minute Speaker

Sunday, July 14, 2024, 5:30 – 7:00 PM
Potluck & Cake

St. Peters Episcopal Church – Parish Hall
334 14th Street, Del Mar, Ca 92014



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!"

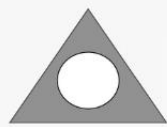
If you know a teen who answers yes to some of these 20 questions, Alateen may be able to help!

- | | |
|---|--|
| 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's? |
| 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!