



ONE MORE MONTH!!! Don't Miss It!!! Register Now!!!

“JOY OF RECOVERY IN AL-ANON”

SATURDAY, AUGUST 20, 2016

This one-day event at the Santa Teresita Youth Conference Center in Three Rivers is almost here!!!!

All Al-Anons and Alateens (age 12 and over) are invited to register.

For registration information contact Mary O., Chairperson, at 559-636-8732 or email maroli4312@gmail.com or email our official address at adayinalanon@southvalleyalanon.org

District 19's District Representative, Sheri W.,
is constantly on the go!

Greetings District 19,

What an awesome last few months it has been to be part of the World Wide program of Al-Anon! A friend in program always says to me, "you just cannot be bored being a member of Al-Anon". I totally agree!

March 4, 5, and 6 I attended my 8th P.R.A.A.S.A (Pacific Regional Alcoholics Anonymous Service Assembly), with Al-anon participation. This year it was held in the state of Washington. Next year it will be in Sacramento. Our current NCWSA (Northern California World Service Area) Delegate, Yvonne, will be our Chairperson for the March 2017 P.R.A.A.S.A.

Every time I attend a P.R.A.A.S.A. I come back re-energized and excited to serve my district. It is a different kind of assembly, as it is a "service" assembly. Members of both programs come from Arizona, Utah, Washington, Oregon, Idaho, Nevada, Alaska and Hawaii making up the Pacific Region.

Mostly what I love about it is that it takes me out of my comfort zone and it reminds me that District 19 and all four counties (Fresno, Madera, Kings and Tulare) that make up District 19 are part of the World Wide Fellowship of Al-Anon. I love going every year to see friends from other areas, that I only see at this time, to catch up, share some laughs and enjoy the assembly.

The assemblies themselves are awesome, this time Past Delegate/Panel 51 Alaska Kathleen B. was our luncheon speaker and facilitated a Past Delegate Trustee Panel entitled "Leadership without Domination". Three days of fun, service minded games, workshops, meetings, fellowship, food, and much more...

(continued in right-hand column)

Upcoming Special Events:

2016

Jul 9: NoCAC Beach Fundraiser-
Huntington Lake, Big Creek, CA info:
newsa.org

Jul 16: NCWSA Diversity Day, Castro
Valley, CA. info: newsa.org

**Aug 5-7: AA 31st Annual Serenity in the
Sierras Conference** with Al-Anon partici-
pation, Evergreen Conf. Ctr, Oakhurst, info:
Becky S. 559-683-2447.

Aug 12-14: NoCAC 2nd BASH, Sugarloaf
State Park, Kenwood, CA

Aug 20: Joy of Recovery In Al-Anon-
Three Rivers, CA Contact: Mary O 636-
8732,

adayinalanon@southvalleyalanon.org
**Sep 16-18: NCWSA Alateen Sponsors
R&R**

Westminister Woods, Occidental, CA
alateencoordinator@ncwsa.org

Oct 14-16: NCWSA Assembly, info:
newsa.org

Nov 18-20: Yosemite Summit Confer-

On May13th I attended the CCAA (Central California Council of Alcoholics Anonymous) Round Up with Al-Anon participation in Fresno. WHAT A FUN NIGHT! Thank you to all that came out and participated. (continued on page 2)

(DR on the Go! continued from page 1)

Al-Anon Bingo! History of Al-Anon movie! Dancing in the courtyard with the Alateens!. FANTASTIC JOB Mary M. and committee.

May was also the month for NCWSA's one-day Assembly held in Livermore, CA. Eleven District 19 members attended including an Alateen GR! To stay informed I encourage you all to visit ncwsa.org. At the top there is a link for Literature. Under that scroll down to Newsletters and with that you will find the "12 Stepper". This is NCWSA's newsletter. I encourage you to read that. Share it. Stay informed with the going on's with your area. You belong to that area, and with that also belonging to the World Wide Fellowship of Al-Anon.

It is amazing for me to watch the August 20th "Joy of Recovery in Al-Anon" committee working together. What a blessing! As I write this I am looking forward to Saturday, June 4th, in Visalia. The Fundraiser event with the Alateen and Al-Anon groups there!

Aug 5th-7th will be "Serenity in the Sierras". Our current NCWSA Delegate, Yvonne D. will be the one o'clock Saturday speaker. Please check our website, southvalleyalanon.org for registration and for more information.

Thank you all for all you do and thank you for allowing me to be of service.

Sheri W. Your current District Representative

Who Can Attend Al-Anon?

It can become confusing to "outsiders" who have heard of Al-Anon to know whether or not they are permitted to attend an Al-Anon meeting. The following excerpt from the NCWSA website ncwsa.org gives us an explanation of "Open", "Closed", "Restricted" and "Alateen" meetings:

"Open" Al-Anon meetings are open to everyone, including those only seeking information about Al-Anon, such as professionals (counselors, doctors, etc.), media, students, or the curious, but don't, themselves, have anyone in their family or friends whose alcoholism is bothering them.

"Closed" Al-Anon meetings are meant only for those whose lives are bothered by someone else's drinking. Visitors and newcomers that qualify in this manner are welcome to attend "closed" Al-Anon meetings. We ask that those seeking 'only information' not attend.

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Is it Old Age or the Disease of Alcoholism?

I was in one of my favorite shoe stores recently (can't tell you which one, but I do pay less here than at other stores). I tried on a pair of really cute shoes, but I wanted them in black. I asked the attendant if she had them in 8 wide. She immediately said "Yes, wide is the only width they come in." I'm overcome with joy! Eight wide is sooo very difficult to find!. She went in the back room and came back with the same shoe in 8 wide black! You can't imagine how elated I was. Perfect, I thought! (It is so hard to find my size in the color I want and of course these were so me.)

I came home with my prize package and showed my husband my new shoes. He gave me a smile and a nod (I took this as acceptance of my great find). I proceeded to wear my new shoes that very day. When it was finally time to put them in the closet, to my surprise, there was space for them right next to a pair in white and a pair in beige identical to the black pair I just bought. I never realized I already bought the same shoe before. I did have a birthday this month and jumped into a new age decade—one that they no longer call middle age. So, is it old age or the disease of alcoholism when I can't remember what style of shoe I already have? Well, one good thing—I knew I needed a black pair to finish my ensemble! Now I hope there's pink and/or orange in the future! LW (p.s. sadly to say, this is a true story)

***Laugh and Smile a lot;
Humor cures most of our pains***

Alateen Picnic June 4th

Saturday June 4th there was a picnic held at the Methodist Church in Visalia for all our Alateens and Al-Anons. It was an extremely hot day, but some 30+ Alateens and Al-Anons came out for the event. After a delicious barbeque and some games, we all went inside to hear the speakers.

The first two speakers were Alateens. First was Aurora, an eighteen year old who just graduated from high school with honors. Aurora and her mom both went to the one-day NCWSA May Assembly in Livermore, CA. Aurora has been in Alateen for four years and is NCWSA's Alternate Area Alateen Liason. This keeps her busy not only with the Alateens from our district but all the Alateens in northern California. Aurora was encouraged to go to Alateen by her mother. Aurora found it difficult to attend that first Alateen meeting, but her mother encouraged her to go at least to six meetings and then make a decision. With that encouragement she kept going. She says that Alateen helps her detach from her alcoholic father who she doesn't see very often. She knows she can't change how she grew up, but now she is appreciative of the Alateen program. It has come to her attention and her mom's that another family member may be alcoholic. They both have told this member that there is help out there, but each of them knows that they have to detach themselves from the insanity alcoholism brings. If it were not for Alateen Aurora says that she may not be alive today.

The second Alateen to speak was 15-year old Alaura. Alaura says that at her first Alateen meeting she was able to talk about her feelings. In Alateen strangers were so nice to her. They helped her with her confidence. She wants to show people that they're not alone, and by helping yourself you can help others.

This is the third or fourth annual Alateen picnic in Visalia. If you missed this year's make sure you mark your 2017 calendar for the next one. You will be encouraged by the enthusiasm the Alateens bring to our program with their energy and personal stories.

Thoughts from a Group Representative

Who Attended the May One-Day NCWSA Assembly

Karen N., a Group Representative (GR) and an Al-Anon Member Involve in Alateen Service (AMIAS), attended the one-day NCWSA Assembly May 14th. The AlaNews asked Karen to comment on some questions concerning her experience at Assembly. Here are her comments:

AlaNews: Is this your first Assembly? KN: No, I've attended six or seven .

AlaNews: What is your first impression? KN: Very informative and interesting.

AlaNews: Assembly is much to do about "business" of NCWSA (Northern California World Service Area). Did Assembly give you a better understanding of how D19 is part of NCWSA, how D19 and NCWSA are part of WSO (World Service Office)? KN: NCWSA gives ample opportunity for districts to communicate and ask questions. It makes me feel a part of. When our delegate spoke this showed how our area is a "part of". This brings our D19 into choices.

AaNews: Describe your experience at the workshops. KN: The workshop I attended dealt with getting Alateen members and keeping them. I learned that all the outreach doesn't work unless we have meetings in place and have enough AMIAS in place to facilitate the meetings and to cover transportation needs.

AlaNews: Were there Speakers? If so, was the information they spoke about relevant to Assembly?

KN: The main speaker was Yvonne-the area Delegate. She gave us a detailed account of her daily activities at the World Service Office (WSO) Conference (that she attended in April in Virginia Beach, VA), and talked about people she met. To me it was relevant because we (the groups) paid for the trip. She told us how her time was spent. (you can read Yvonne's Delegates report in the 12-Stepper, NCWSA's newsletter, by going to ncwsa.org).

AlaNews: Would you go again to Assembly to represent your group as GR? KN: I would go again as service to my group and to myself. I feel service is important for my recovery process and to assure that Al-Anon (and Alateen) is here for future generations (maybe my grandkids).

DISTRICT 19 TRUSTED SERVANTS (2015-2017 panel)

<u>Officers</u>	<u>Trusted Servant</u>	<u>Email Address</u>	<u>Alternate Officer</u>
District Rep	Sheri W.	rep@southvalleyalanon.org	Helen
District Secretary	Kathy B.	secretary@southvalleyalanon.org	OPEN
District Treasurer	Karen N.	treasurer@southvalleyalanon.org	Joni
<u>Coordinators</u>			<u>Alternate Coordinator</u>
AlaNews	Linda W.	alanews@southvalleyalanon.org	OPEN
Alateen	Mary O.		OPEN
Archives	Jody D.	archives@southvalleyalanon.org	Elaine H.
Diversity	Beatriz		Irma
Group Records	Ken S.	group.records@southvalleyalanon.org	OPEN
Hotline	Tamara S.	hotline@southvalleyalanon.org	Merrily L.
Institutions	OPEN		OPEN
Literature	Sue		OPEN
Meeting List	Sharon	meeting.list@southvalleyalanon.org	OPEN
Public Outreach (PI)	Mary M.	outreach@southvalleyalanon.org	Monique
Speaker Meeting	Debbie K.		OPEN
Special Events	Ellen K.	Special.events@southvalleyalanon.org	Dorothy
Website	Christopher H.	web@southvalleyalanon.org	OPEN

To contact a District Trusted Servant call District 19's Hotline number 559-444-0224,

(continued from page 2. *Who Can Attend Al-Anon*)

“Restricted” meetings are held on sites that require special clearance and/or permission. No one can attend these meetings without being cleared by the facility in which the meeting is held. The purpose of restricted meetings is to carry the Al-Anon/Alateen message to those who are confined in crisis/abuse shelters, juvenile detention centers, group homes, county jails, state and federal prisons, and other similar facilities as defined by the World Service Office Guideline G-9.

“Alateen” meetings are for teens and younger children whose lives have been affected by someone else’s drinking, often a parent, guardian, sibling, relative or friend. All Alateen meetings are “closed”. That is, open only to teens and some younger children and their Area-certified Group Sponsor(s). For your teen’s protection, Alateen abides by the NCWSA Requirement for Alateen Member Safety.

District 19 is the southern most district in NCWSA (Northern California World Service Area). It is composed of the counties of Fresno, Madera, Kings, and Tulare. More than forty-five groups make up District 19. Almost all of these groups are “closed” meetings. That is, they are ‘meant only for those whose lives are bothered by someone else’s drinking’. District 19 does have an “Open” speaker meeting on the first Monday of each month at the East Princeton Baptist Church, 2726 N. Chestnut Ave, Fresno at 7:00 pm.

For District 19 meetings refer to their website at southvalleyalanon.org (or call them at 559-444-0224) or visit NCWSA’s website, ncwsa.org.

District Business Meetings
(2nd Saturday of month)

2016: Jun 11, Jul 9, Aug 13, Sep 10

Time for all meetings: 1:00-3:00pm

Kingsburg Community Church

1590 Smith St. Kingsburg

District Speaker Meetings
(1st Monday of month)

2016: Jun 6, July 4, Aug 1, Sep 5

Time for all meetings: 7:00-8:30pm-

East Princeton Baptist Church, Fresno

District 19 Information

(Fresno, Madera, Kings & Tulare Counties)

Web: southvalleyalanon.org

Hotline/Information:

Phone # 559-444-0224

Leave a message with a volunteer for a return call!

Mailing Address: D19 AFG

4974 N. Fresno St., PMB 353

Fresno, CA 93726

Donations to District:

Mail to above address. Make checks payable to **AFG**, and include your group name and group WSO number

Literature:

Sales are by appointment only:
email: ososue@sbcglobal.net

AlaNews: For submissions or to subscribe to the AlaNews email distribution, please email:

alanews@southvalleyalanon.org

World Service Office (WSO)

Mail Donations to:

1600 Corporate Landing Parkway
Virginia Beach, VA 23454

Phone: 757-563-1600

Fax: 757-563-1655

Meeting Info: 800-344-2666

Web: al-anon.alateen.org

NCWSA (Northern California World Service Area) (make checks payable to NCWSA)

Web: ncwsa.org

Mail Donations to:

NCWSA Treasurer

P.O. Box 728

Vacaville, CA 95696-0728