



(AlaNews Editor's Note: District 19's District Representative, Sheri W, would like to share with you a letter she received from the World Service Office via NCWSA's (Northern California World Service Area's) Delegate on panel 55, Yvonne de Groen. Here is the message from treasurer, Jennie McCann.

Greetings District 19 Members,

I'd like to share with all of you, I didn't like these kinds of conversations at the assemblies or committee meetings. They scare me, intimidate me and shut me down! Financial need?! Evidence?! Crossed fingers?! All those dollar signs?!?! Boy oh boy, I despise anything that looks like confrontation! Thank you all for allowing me to be of service, as it has forced me to face those demons and so far, I'm winning!

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Many of you remember hearing just a few Conferences ago how annual contributions had never quite made it to \$1.5 million. For years contributions remained essentially flat as literature sales continued to decline. We could not continue as we had been, yet reaching that \$1.5 million mark would still be a major milestone. Upon hearing of financial need at the 2015 World Service Conference, we all contributed over \$1.6 million dollars! Did we dare budget \$1.8 million in contributions for 2016? With crossed fingers, Delegates traveled back to their Areas after Conference, confident they could explain the need to support the wonderful services our World Service Office provides.

Well, not only did we meet our budgeted \$1.8 million for 2016, but we shared our abundance in an amazing way. With another week yet to go this year, I am honored and thrilled to let you know we have surpassed \$2,000,000 in contributions! The part I love the best is that we each did a little and it amounted to a lot. We did not receive a windfall bequest or individual donation to take us over the top. It was all of us, as members, responding to the need, just as Lois said we would. This is evidence ! of a very sustainable plan for the future. Please enjoy your end-of-year celebrations, knowing that the success of this year is the lesson that if we each do our part, however large or small, we can ensure that Al-Anon will be here for years to come, helping families and friends of alcoholics.

I am awed by the generous spirit of this fellowship. Give yourselves a standing ovation! JENNIE MCCANN —  
TREASURER

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Happy holidays Ca north! Lotsa love big hugs,  
Yvonne de Groen, Delegate panel 55

## SAVE THE DATE!!

### 2nd Annual "Joy of Recovery in Al-Anon" Saturday, August 26, 2017

Preparations are in progress to plan our 2nd Annual "Joy of Recovery in Al-Anon" event. Our first year was a big success. We had over 80 Al-Anons and Alateens registered, but it will take planning, time, and commitment to make our 2nd Annual event a success too. We need Al-Anons and Alateens to volunteer for such things as registration, treasurer, literature sales, decorations, program content, publicity, workshop leaders, panelists, speakers, refreshments, parking, signs, set-up, clean-up....



### Saturday Noon Meeting in Lemoore

Come join us on as we celebrate with a guest panel sharing their experience, strength and hope on

### "How Al-Anon Works in 2017" Saturday, February 18<sup>th</sup>, 2017

12:00-1:00 p.m.  
15981 W. Hanford-Armona Rd.  
Lemoore, CA 93245  
(corner of Hanford-Armona Rd. and 16<sup>th</sup>)

### **Message from Sheri W, District 19 District Representative:**

I love page 43 in Hope for Today, describing, if I were to draw a coat of arms representing my experience growing up in an alcoholic home, I might draw a fire-breathing dragon hovering menacingly over a tablet bearing the message "Divide and Conquer".

I feel forever blessed and grateful as this year comes to a close, to be a member of District 19.

What an AWESOME experience the journey of our first annual "Joy of Recovery" turned out to be! Now, it didn't start out to "feel" awesome. But as page 43 says to remedy this particular effect of alcoholism, Tradition One states, "Our common welfare should come first." Common tells me I am bonding with other people who understand and have gone through variations of my own experience. "Welfare" tells me the nature of this bond is about well-being and safety. "Unity" tells me that in order to get well. We need to work together to do what is best for the whole.

And lastly, unity feels uncomfortable simply because it's unfamiliar, but I know there is nothing to fear. We join not to divide and conquer but to face our common adversary.

So, the "journey" was awesome, the event was the icing on the cake!

Each of our Alateen meetings have been consistent for a while now so our teens have had the opportunity to feel confident that this bond with others is about safety and well-being. And to find the commonality that brings them together. With a total of 11 Alateens and 5 AMIAS's attending NOCAC this past November, I believe it opened a new window to Concept 4, participation is the key to harmony for them.

I feel with our district GR's voting to have the district meetings moved to our new location in Kingsburg, it has allowed for attendance from surrounding communities to grow. Thank you to everyone that has had a part in making this possible. Our special event had great attendance and participation.

Serenity in the Sierras in Oakhurst had wonderful participation from District 19 as well as our Area.

Annual Alateen fun-raiser in Visalia, as always was awesome!

Visalia's Christmas Party is always fun! White elephant gift exchange and treats and desserts with an "Al-Anon" theme! Creativity at its best!

Fresno's speaker meeting has been consistent and is still going strong! First Monday of every month.

2016 was the year District 19 began its service, bringing meetings into prisons. Oct 5<sup>th</sup> 2016, Pleasant Valley State prison, "D" Yard meeting "Just for Today". December, we started Corcoran State Prison, "E" yard.

I love when Jennie said in her letter, "The part I love the best is that we each did a little and it amounted to a lot". This is exactly what I have witnessed this past year within our district. Congratulations everybody!

I am in awe of the unity and fellowship each of you have brought to the district, to your group, to whatever you have done to be part of this World-

### **"Thirty Years in Al-Anon"**

Thirty years in Al-Anon!

When my alcoholic son started Alcoholics Anonymous, he turned his life over to the care of God. That's when his Higher Power started getting to work. Two months later, my son told me about a program called Al-Anon for the family members and friends of alcoholics and suggested that I check it out, to which I agreed.

The next day I called to check out meeting dates and times. That's how I got started in Al-Anon. This was in 1986. I started the program on July 1st of that year.

I was skeptical of starting a life-long program as I did not want to belong to a cult.

It took me awhile to learn the ropes of this program and once I did, there was no turning back.

It took a while but eventually I got into service and found that I loved it! Service is the core of Al-Anon. By giving back to the program and helping others, I was able to "let go and let God" take over and manage my life. I was able to see in perspective how this disease has affected me and the insanity it created in the lives of my alcoholic mother, my alcoholic son and me.

Today I am asymptomatic to this disease. It can no longer "get under my skin and make me crazy" as it had all those years before Al-Anon. While Al-Anon is a recovery program, it also acts as a healing agent to those in need.

## District 19 Special Event:

Saturday, October 22, 2016, was a special day for Al-Anons and Alateens in our district to get together to enjoy fellowship: laugh, meet friends, even shed a tear here and there. Each year District 19's Special Events committee plans times where we all can meet and surround ourselves with fellowship with people who understand how we feel, what we are going through or what we have been through in past years. It's a time to know that you aren't alone handling life under the terms of loving an alcoholic and being intertwined in the daily drama that the disease of alcoholism brings. If you weren't able to come to the October 22nd event, plan on coming to a future one. Check issues of the AlaNews for upcoming Special Events.

The following are comments and reactions from some attendees at the October 22nd event. When asked to describe in a few sentences their first impression of their experience attending this event they said:

—”It was a positive atmosphere with many friends—some who I see on a regular basis others who I hadn't seen for a long time. It is inspiring to see people working together towards a common good.”

—”How many people were there and how many baskets and other items were available. Our Al-Anon members and groups were exceptionally generous.”

—”It was a day of fun, fellowship, great food, awesome speaker, and great prizes to win with the donation drawing.”

When asked “What part of the event impressed them the most and why” they gave these responses:

—”Speaker!!! I didn't even realize she was local. Her story and her recovery are amazing. Listening to her share made me realize, once again, the power of AA and Al-Anon in individual lives. And how grateful I am for this program!”

—”The way it came together and everyone pitching in to make it happen with ease.”

—”The openness of all to willingly share their experience, strength, and hope. The breadth of membership in Al-Anon. Many long timers also many newcomers—sharing in RECOVERY.”

When asked what impressed them the most about the speaker's story, they gave these responses:

—”The gentleness and compassion Lynn Marie portrayed and how she encompassed the members with a gift of a picture of a small animal being held to show the tenderness of the Al-Anon program.”

—”Loved her introduction using photos of hands holding an infant animal and relating that to being a care taker or taking care. Also her attending 12 step program that was both AA and Al-Anon. This allowed her to clearly see the two programs and her need for both.”

—”How brave she was. And how much she had learned in how to care for herself.”

The final question answered by these attendees summed up the whole feeling of this Special Event. They were asked “What other information would you like to tell us about relating to your experience at this event?” They answered:

—We all seemed “hungry” to be together—I love that! So many smiles and people talking together. Friends who hadn't seen one another in a while were enjoying being together. Thank you Ellen and Dorothy”

—”Attending an Al-Anon fundraiser is also a FUN Raiser.”

## *Ego Less*

*Surrender to life  
It will carry you*

*-down the streams  
-on the updrafts  
-thru the mud & mire  
& muck*

*Surrender to life  
It will carry you—  
Few burdens are  
Yours to bear  
They belong to the birds &  
the flowers & trees &  
the air.*

*Surrender to life  
Like a kite surrenders  
to the breeze  
One string firmly grounded  
& all other resistance gone*

*You can fly  
Truths don't lie  
Let go—  
Let go—  
Let go  
You won't die.      By skcr*

### **District Business Meetings**

**(2nd Saturday of month)**

**2017: Feb 11, Mar 11, Apr 8**

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

**Kingsburg Community Church  
1590 Smith St. Kingsburg**

### **District Speaker Meetings**

**(1st Monday of month)**

**2017: Feb 6, Mar 6, Apr 3**

**Time for all meetings: 7:00-8:30pm—East Princeton Baptist**

**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) | OPEN                   |                                      | Monique                      |
| Speaker Meeting      | Debbie K.              |                                      | OPEN                         |
| Special Events       | Ellen K.               | Special.events@southvalleyalanon.org | Dorothy                      |
| Website              | Christopher H.         | web@southvalleyalanon.org            | OPEN                         |

**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**

**Upcoming Special Events: 2017**

**Mar 3-5: PRAASA 2017 "Supporting Our Future"**, Pacific Region Alcoholics Anonymous Service Assembly, McClellan Park (Sacramento), Al-Anon guest speaker: Paula B from New Bern Info: ncwsa.org.

**Mar 24-26: NCWSA Convention**, Crowne Plaza, Concord, CA, "We are Family", "Somos Familia", info: ncwsa.org.

**May 5-7: 35th Annual Growing Together Weekend**, Occidental, CA An Alateen, Al-Anon, AA event.info:ncwsa.org.

**May 5-7: 45th Annual H&I Conference**, San Jose. AA event with Al-Anon participation. Info: institutions@ncwsa.org.

**Welcome to Porterville English Speaking Meeting "Free To Be Me"**

The "Free To Be Me" meeting is English speaking and is for adults only. There are 6 regulars and many who drop in. We use the book *Courage to Change*. After we open the meeting, the group picks a subject and we take turns reading the pages in CTC that pertain to our topic. The reader and all are welcome to comment on the reading and how it pertains to their situation. On occasion, we use a favorite pamphlet and use that for our meeting with open discussion on how it pertains to our situation. Donna H. is the literature person, Pat S. is the treasurer, Daisy P. (Nellie) is secretary. We all share in running the meeting

Free To Be Me  
348 N. G St.  
Porterville, CA 93257  
5:30 p.m. every Thursday

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Also in Porterville:  
Spanish speaking Al-Anon Meeting  
every Wednesday at 7:00 p.m.

**WHERE DOES IT GO???**

Having been a math major in college, numbers have always been interesting to me. And when you put this symbol "\$" in front of them, they become even more intriguing!

In earlier AlaNews editions I wrote about increasing my \$1 Seventh Tradition to \$2. Once I started, I found that not to be a problem. But lately I've been thinking about that donation. Where does it end up???

I've been looking at this whole picture of Al-Anon from "Groups," to "District," to "Area," to "World" Service. Wow!! My \$2 is really working hard!

Each of these service areas needs help. By giving and spreading the wealth, "Groups" can pay their rent so a meeting can take place; "District" can pay their hot line phone bill so a person in distress can hear a calming voice on the other end of the phone; "Area" can continue to update their web site meeting list so an Al-Anon member from Visalia can go to a meeting while on an emergency trip to Modesto, and "World" service will have money to publish that next book which I will read to keep me sane at 2:00 in the morning while my world seems to be caving in. Wow!! My \$2 donation did a world of good and it all came back to me!! Linda W.  
(reprinted from the November 2000 AlaNews)