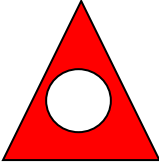
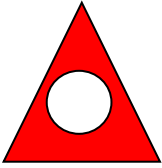


# SOUTHVALLEYALANON.ORG

## DISTRICT 19

ALANEWS  
March 2018



Hi Team AMIAS,

Saturday, Feb 17th, the Tuesday Night Alateen group from Fresno hosted their Crappies into Funnies Comedy Workshop. We had people as far from San Francisco and Coalinga attend the event. Total was about 25-30 in attendance..

Billy W. One of the AMIAS sponsors brought his Karaoke set up, music was playing while attendees checked in and took a seat. Alateens sold Self Care Kits and baked goods to help raise money for teens to attend NoCac.

Alateen Wendy chaired the event. We started with a reading from Living Today in Alateen and Wendy shared her ESH on Step 4. I brought my mom to help me facilitate the workshop by leading the group in a fun laughing and breathing ice breaker to set the mood.

The 1st hour was inventory using the Alateen method of doing inventory. We used Courage To Be Me and the Alateen 4 Step Workshop book. I brought little journals for everyone as Love gifts to write in. 2nd hour was finding funny/joke writing based on the inventory people wrote. We had some incredible shares during share time of what people learned from the workshop. Alateens really had a good time. Two new comer Alateens came. The event was their first thing they came to and they really had a good time and want to come back.

After the workshop we received positive feedback that they hope this will be a yearly event.

If anyone is interested in this type of workshop, feel free to contact me for guidance on how you can host a Comedy Writing Workshop using The Al-Anon/Alateen Inventory Process. Humor is rarely mentioned in our literature and it's important that it's talked about more. How are we finding the funny in our pain and recovery?

Let's encourage each other to make fun of the absurdities in both our pain and recovery.

-Veronica P.

D12 San Francisco AMIAS

### AL-ANON CAN BE THE PLACE TO BE.

Today I shared my experience, strength and hope in doing service in Al-Anon. I planned what I would say and was ready to go.

As I pulled in to the parking lot outside the Church in Kingsburg my niece called me. She told me that my only sister was just diagnosed with lung cancer. My sister has been in the hospital since Wednesday so I knew she was not feeling well.

Of course my niece did not realize that I was on my way into to share at our District. She has apologized for her bad timing. However, I was able to share with her that I went into a place where I got the support and love that I needed. So there was no better place for me to be.

Thanks loving members of Al-Anon. Jody D.

**Save the date**

**APRIL 14TH 1-3 PM**

**KINGSBURG COMMUNITY CHURCH 1590 SMITH ST.**

**Come join the fun and fellowship of the "Souper Saturday with Souper Men"**

Members will be asked to bring soup/crock pot item to share and/or food item for a silent auction (cookies, cakes, bread, nuts, other foods)

## **SOBER**

To some people, it's just a word.  
To others it's a lifetime of changes and hardships  
that have shaped them into human beings.  
And still, for others  
it's the word that brought a dreary mind out of the dark.  
And sometimes it's just a word, a word that is all the difference.  
Glasses clatter to the floor. The stench of alcohol fills the air.  
Bloodshot eyes.  
Moments that slip from the mind.  
Moments, that go unnoticed. Until they don't.  
Because a simple tip of the bottle that was just a sip, is now drenching the mind.  
This is what comes before sobriety. The fear of not knowing,  
the uncontrollable compulsion' thing that keeps you up at night,  
keeps you tossing and turning in a bed you once thought comfortable, all shifted.  
Not shifted by the sight. You can see so much,  
hear so much and have it mean nothing.  
No, it's the emotion, the feeling, the fear, the hurt, the sadness,  
that fuels every movement.  
Because what are we without feeling. But it's just a drink, right?  
Nothing lasts forever, so this will come to an end, right?  
But what happens when just a drink becomes life support.  
Take it away and you're left with...nothing.  
A shell, a fragment of a person,  
someone you claimed to love and someone you will keep loving  
no matter what you or anyone else says, because they are family.  
And family doesn't abandon family.  
Family stands by one another. Family holds hands over a casket.  
Family laughs together.  
Family trusts one another...until you take advantage of it.  
Until "just a drink", becomes the end of something special.  
Something real. I'd like to be able to openly acknowledge my pain,  
to let someone help me, because for the longest time,  
to me my sober tears meant nothing.  
Because on his grave, my tears meant nothing.  
It all meant nothing. I was nothing.  
The dreams of sober parents,  
the dream that all the hurt would end meant nothing.  
The dream that all the close-minded people  
could progress to an open-ended soul, meticulous to those around them.  
I'd like to be able to walk out of a meeting knowing,

**Submitted by a current Fresno Alateen member**

**DISTRICT 19 TRUSTED SERVANTS (2018-2020 Panel)**

<u>Officers</u>	<u>Trusted Servant</u>	<u>Phone #</u>	<u>Email Address</u>	<u>Alternate Officer</u>
District Rep	Cecly TB		rep@southvalleyalanon.org	Mary O
District Secretary	Andra		secretary@southvalleyalanon.org	OPEN
District Treasurer	Joni N		treasurer@southvalleyalanon.org	Kathy B
<u>Coordinators</u>				<u>Alternate Coordinator</u>
AlaNews	Sheri W		Alanews@southvalleyalanon.org	OPEN
Alateen	Billy W		Alateen@southvalleyalanon.org	OPEN
DAPP	Andy R		dapp@southvalleyalanon.org	OPEN
Archives	OPEN		archives@southvalleyalanon.org	OPEN
Diversity	Sharon G.T		diversity@southvalleyalanon.org	OPEN
Group Records	Karen N		group.records@southvalleyalanon.org	OPEN
Hotline	Merrily L		hotline@southvalleyalanon.org	Sandy B
Institutions	OPEN		institutions@southvalleyalanon.org	OPEN
Literature	Rose TB		literature@southvalleyalanon.org	Ellen K
Meeting List	Sue W		meetinglist@southvalleyalanon.org	OPEN
Public Outreach (PI)	Monique H		public.information@southvalleyalanon.org	Open
Special Events	OPEN		special.events@southvalleyalanon.org	OPEN
Website	Zyg		web@southvalleyalanon.org	OPEN

**District 19 Information**

(Fresno, Madera, Kings & Tulare Counties)

**Web:** southvalleyalanon.org

**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:**

Make checks payable to **AFG**, and include your group name and group WSO number and mail to;

District 19 - AFG

AL-ANON Family Groups

4125 W. Noble Ave., #223

Visalia, CA 93277

Please note address change

**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:**

**P.O. Box 10475**

**Pleasanton, CA 94588,0475**

Please note address change

**District Business Meetings**

**(2nd Saturday of month)**

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

**Kingsburg Community Church**

**1590 Smith St. Kingsburg**

**Kingsburg**

**This Newsletter belongs to you, you the members, of District 19. I encourage any and all to send all submissions to Alanews@southvalleyalanon.org**

**Looking for ways to respond to when anyone , anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there and let it begin with me?**

**District 19 has 6 prisons , several jails and juvenile halls within our district .**

**To date, District 19 has meetings in two of those prisons. Pleasant Valley in Coalinga has meetings on three of their seven yards. CSATF out in Corcoran, has just one for now, it just passed their first year anniversary. Administration would like to see Al-Anon on other yards at their facility.**

**District 19 is in its infancy. Soon we will be back in the jails. Reaching the needs of our Alateens in juvenile halls before they become the prison inmates we now serve. Concept 4 is needed to build a solid foundation. For more info contact Sheri @sheriw2013@gmail.com or Bill@ Billy937@outlook.com**

Karen N led the February District Meeting with a Service Manual Workshop. The workshop began with Al-Anon member Jody. D sharing her experience, strength and hope, with the following,

I came into Al-Anon because of the alcoholic in my life. Over the years I have discovered that I have plenty reasons to be in Al-Anon before I married an alcoholic.

In addition I am a take charge person so I quickly began taking on service positions in my Al-Anon group.

As I reflect today it was probably to avoid looking at myself – I just needed to be busy.

I was invited to attend a District meeting and to consider being the GR

or my home group. Well I did attend my first meeting and my answer to be a GR was a big loud and firm No.

But I said I was willing to attend the meetings.

Eventually I thought I would bring some sanity to the District so I said I would be a GR. I now see a pattern that just like a good member of Al-Anon I saw myself as having the ability to straighten things out.

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DOES THIS SOUND FAMILIAR?

In preparing this sharing I began to think about all that being a GR has given me and my recovery.

Let me share with you.....

ALL I EVER NEEDED TO KNOW I LEARNED AS A  
GROUP REPRESENTATIVE IN AL-ANON

**Service in Al-Anon can enrich my Serenity**

SERENITY, FOR ME, DOES NOT COME IN A VACUUM BUT RATHER THROUGH MY RELATIONSHIPS. BEING A GR EXPANDED MY OPPORTUNITIES TO BUILD RELATIONSHIPS.

**Service in Al-Anon can help me have friends**

IN OUR MEETING CLOSING WE SAY TAKE WITH WHOM I IMMEDIATELY IDENTIFY. WE CAN EASILY BUILD FRIENDSHIPS.

**Service in Al-Anon can help me solve disagreements.**

IN THE WORK OF AL-ANON I USUALLY HAVE STRONG OPINIONS ABOUT WHAT IS RIGHT AND WHAT IS WRONG. I HAVE COME TO THE REALIZATION THAT MOST MEMBERS HAVE THIS SAME ATTITUDE. OFTEN THIS CAN LEAD TO DISAGREEMENTS, BUT IN AL-ANON I LEARN HOW TO HONESTLY WORK WITH THOSE WITH WHOM I DISAGREE. THIS IS THE MAGIC OF A GROUP CONSCIENCE.

**Service in Al-Anon can help me work well with others.**

I HAVE LEARNED TO FOCUS ON THE POSITIVE WHEN WORKING WITH OTHERS. TO ACCEPT MYSELF AND OTHERS AS WE ARE. I CAN EVEN LAUGH AT MY OWN REACTIONS.

**Service in Al-Anon can help me learn how to listen to others.**

AS IN MY MEETINGS WHEN I AM DOING MY JOB AS A GR I MUST LISTEN TO OTHERS. THIS MEANS NOT ONLY LISTEN TO BUT RESPECT OTHERS IDEAS AND TURN TO THE WISDOM OF THE GROUP AND OUR LITERATURE.

**Service in Al-Anon can help give me my voice.**

I HAVE LEARNED A RESPECTFUL WAY OF EXPRESSING MY OPINIONS. I DO NOT TRY TO MAKE YOU FEEL AS THOUGH YOU KNOW NOTHING.

MANY OF US IN AL-ANON WILL NOT SPEAK UP WHEN WE FEEL UNCOMFORTABLE ABOUT WHAT IS HAPPENING BUT I HAVE LEARNED THAT I HAVE THE RIGHT TO CHANGE MY MIND AND SPEAKUP.

**Service in Al-Anon helps to keep me coming back.**

PROBABLY THE BIGGEST GIFT I GET FROM BEING A GR AND DOING SERVICE IS THAT IT KEEPS ME COMING BACK. I AM A PERSON WHO, WHEN I MAKE A COMMITMENT, I FEEL BOUND BY THAT COMMITMENT AND FEEL VERY DISAPPOINTED WITH MYSELF IF I DIDN'T KEEP THAT COMMITMENT.

SO I CREDIT MY YEARS OF SERVICE IN THE GROUP AND DISTRICT LEVEL WITH MY CONTINUED SERENITY IN MY RECOVERY IN AL-ANON.

Please do not mistake my words to mean that I always do what I have learned but I do know that I can live by the slogan – “progress not perfection”.

One last thing I would like to share is a thought from Paul W., a long time member, is that he didn't know how Al-Anon works but that is just does. In service Jody D.

“When anyone, anywhere reaches out for help. Let the hand of  
Al-Anon and Alateen always be there, and let it begin with me”.

Al-Anon Declaration