



2nd Annual

“Joy of Recovery in Al-Anon”

Saturday, August 26, 2017

At Saint Anthony's Santa Teresita Youth Conference Center in Three Rivers

Plans are underway to make the 2nd Annual “Joy of Recovery in Al-Anon” event a great time for all Al-Anons and Alateens. We will again have a “White Elephant” gift exchange so start now finding that one item that has been around for ever in one of your closets, but you just know that someone at the event has been searching high and low for it (really?) Well anyway, this is the time to put it nearby so you can bring it to the event and light up someone else's eyes and heart for it. There will also be workshops where you can really delve into the meaning of “Working the Steps, Traditions, and Concepts”. Al-Anons and Alateens will be there to support you as tears of joy and heartfelt tears are shed as we fellowship with one another. There will be a Speaker and times for some games and of course a few surprises.

So register now! Registration forms are available to print out from District 19's website: southvalleyalanon.org or we can email them to you. Just contact us at email address joyofrecoveryinalanon@gmail.com. Pre-registration is a must. It takes a lot of planning to make this event successful and to accommodate the needs of the facility. The registration deadline is August 4, 2017. Register now and you won't miss out. We'll see you August 26th in Three Rivers, CA!! Yeah!! Wheeeee!! We're going to have fun!! We're going to have fun!!

CALLING ALL GROUP REPRESENTATIVES (GRs)—YOUR PARTICIPATION IS NEEDED AT NCWSA'S (Northern California World Service Area)-ONE-DAY ASSEMBLY-SATURDAY MAY 20, 2017—McClellan Conference Center, 5411 Luce Ave, McClellan, CA 95652

This is the time all GRs in northern California get together and delve into the business aspects of our area. Our district, District 19 (Madera, Fresno, Kings, and Tulare counties) is one of 27 Districts that make up NCWSA. Each group in a District elects a GR for their group. Part of the Service of a GR is to represent their Group at NCWSA's One-Day Assembly in May. The GRs attendance at Assembly brings the group's voice to Assembly. Attending GRs at Assembly are the only ones who vote for any motions that may be presented. Attending Assembly gives the GR the experience to “grow” in Al-Anon (via such things as serving on committees or accepting a coordinator or officer position). When the GR returns to their home group they report what business activity NCWSA is doing in the world-wide fellowship. We hope to see all District 19's GRs at Assembly. Here is the tentative agenda for the Assembly:

8:00 AM Registration \$15

9:00 AM Opening and Welcome Joan W.

9:00 AM 12 Traditions; 12 Concepts; General Warranties; AA/AFG Statement; Alateen Safety Guidelines

9:30 AM Roll Call and Voting Eligibility/Approval of Minutes, October, 2016—Rosanna H.

9:50 AM Current Officer and Delegate present Job Descriptions/Requirements/Q and A (3 Minutes)

10:30 AM By-Law addition adding Electronic Voting --Jim S.

10: 40 AM Audit Report—Bonnie M.

10:45AM Break--10 MINUTES

11:00 AM Delegate Report-Yvonne de G.

12:00 PM Lunch 1 hour (buy pizza or bring your own)

1:00 PM Announcements

1:15 PM Meet Members interested in standing for Officers and Delegate Positions.

1:45 PM Current Coordinators present Job Descriptions/Requirements/Q and A (3 mins)

2:15 PM Delegate Report Continued-Yvonne de G.

LET'S TALK AL-ANON
WHAT DOES THE AL-ANON ORGANIZATION LOOK LIKE?
HOW AND WHERE CAN YOU FIT IN?

Let's talk a minute about the organization of Al-Anon so that you get a better understanding of how we all are part of the world-wide fellowship of Al-Anon (first, when we say Al-Anon we understand that Al-Anon automatically includes and refers to both Al-Anons and Alateens). I know when I first became a part of this fellowship I could care less about organization, areas, districts, delegates, group representatives etc. I just wanted you to "fix" my alcoholic. Just give me the guidelines for that. I don't care how Al-Anon works or who runs it. I just want my serenity. As I became more involved in the Al-Anon program and service work it became important to me to know how everything works and who does what. Why? Because getting involved in the service end of Al-Anon is a key ingredient for us to work our program, give back what we have been given and get a load of serenity in the process. Knowing how Al-Anon works and who does what gets me out of the years of isolation that alcoholism put me into. I don't want to hide anymore. I don't want the shame and guilt anymore. Getting involved in Al-Anon gives me that freedom.

Let's start with the foundation: You and your home group. Somehow you found Al-Anon—perhaps through a counselor, a clergy, a teacher, the alcoholic, or even the internet. If you live in Fresno, you found out that there are several meetings you can choose from. If you live in a small town as I do, you noticed that there was only one choice. But in Al-Anon you can go to just about any meeting you want.

Again, the foundation for Al-Anon are the groups. The groups in Madera, Fresno, Tulare, and Kings counties make up a District. In our case, we are called District 19. The state of California has a lot of Districts. Because we have so many Districts the state is divided into two Areas: North and South. District 19 is one of 27 Districts that make up the Northern California Area, which is called NCWSA (Northern California World Service Area). Each Area elects a Delegate. This Delegate represents NCWSA at business meetings conducted by Al-Anon's World Service Office. So, we have Groups—Groups make up a District—Districts make up an Area—Area Delegates make up Al-Anon's World Service Committee. See how easy that is? Groups-Districts-Areas-World Service.

Let's talk about District 19. District 19 has almost 50 groups in it. Each group should elect a GR (Group Representative) that will go to District business meetings and participate in the business of the District. What is that business? Well District does a lot of things. It has speaker meetings, special events, fund raisers, and in many ways it introduces the Al-Anon program to those who have never heard of Al-Anon. District has a DR (District Representative). The DR represents D19 by attending NCWSA business meetings. After attending a NCWSA business meeting, the DR comes back to District and lets us all know what is going on in the world-wide fellowship of Al-Anon. Besides a DR, District 19 has officers such as Secretary, and Treasurer. District 19 also has Coordinators who do a lot of "service work". These officers and coordinators hold their position for a three-year term. On the back of this AlaNews is the current list of District 19's officers and coordinators. You can see by the name of the positions that District 19 gets very involved in service work in the four counties we cover. For example, the Institutions Coordinator approaches recovery centers and sets up programs at the facility (such as the Fresno Salvation Army) where Al-Anon and/or Alateens share their experience, strength, and hope with the family members of the alcoholic. Another way District 19 serves the four counties is by supplying CAL (Conference Approved Literature) to prisons, health facilities, and recovery centers. District also holds special events where our group members can all come together and enjoy the warmth and serenity of the fellowship. The list of service opportunities is endless.

Let's talk about NCWSA. NCWSA has officers and coordinators who also serve a three-year term. The members of NCWSA are the GRs and DRs from the various Districts. NCWSA elects a Delegate. In April of each year the Delegate represents NCWSA at a week-long business meeting in Virginia Beach, VA of the whole Al-Anon World Service. These Delegates make up the World Service Committee. The Delegate then comes back and reports to all the DRs and GRs in NCWSA what they have learned about the world-wide fellowship. The GRs in turn communicate this information to their groups.

So why am I explaining all of this to you? If you are serious about growing in Al-Anon, getting your sanity in check, and giving to others what you have found in Al-Anon, getting involved in "service work" is the way to go. Start by stepping outside your comfort zone. Volunteer to be a group secretary or group treasurer. Then step forward again. Volunteer to be a GR, a District officer or District Coordinator.

When you are "in" service you will find the confidence that the disease of alcoholism once took away. You are now aware that you have choices. You now are making decisions that once stifled you. I believe that Al-Anon also creates great leaders. When you "push" yourself, you find out that you have the ability that you were once told you didn't have. You can do. Volunteer to do Al-Anon service work. You won't regret it. LW

NEEDED: TRUSTED SERVANTS AND GROUP REPRESENTATIVES (GRs) FOR DISTRICT 19's 2018-2020 PANEL

On the last page of each AlaNews you have found a list of Trusted Servants. These Trusted Servants were elected back in 2014 for the 2015-2017 panel. They have given their all in serving the district for three years in various positions. District 19 is made up of trusted servants and GRs. District 19 is composed of close to 50 Al-Anon and Alateen groups from Madera, Fresno, Tulare, and Kings counties. The groups are represented at District meetings by GRs. 2017 marks the last year of service for the current Trusted Servants and GRs. We now must start asking for volunteers to fill the positions for the next three-year panel for 2018-2020. Take the following information back to your group. As part of the world-wide fellowship of Al-Anon, your group is important. Your group's voice via your GR is important and essential in spreading the Al-Anon program to those who have never heard of us. The following information is an Open Letter taken from NCWSA's website, ncwsa.org. The information you find here will help your group select the right person to become your GR. (If your group has never had a GR now is the time to find one. By selecting a GR your group will have a say in how Al-Anon grows and is part of the whole world-wide activities of Al-Anon). Here is the Open Letter:

When Electing a New Group Representative, the Future of Al-Anon Depends on You!

This is the time to elect your new Group Representative (GR). The type of member that you and the others in your group choose as GR at your next meeting (if you haven't already done so) will influence every other member and group ~ **world-wide**.

Please choose the most reliable, dedicated person among you and use your hearts, heads, and group treasury to give this person the strength, hope, and courage necessary to serve your best interests during the three-year term of office.

Equip Your Group Representative With:

The Knowledge of How You Feel about the Way Your Group Functions ~ Are the needs of each member being satisfied? If so, how? If not, what help do **you** feel is needed? Tell your GR so these thoughts can be expressed to others.

Travel Expenses ~ To attend Area Assembly meetings two or three times yearly. NOTE: If the group pays, you are most apt to get good service. If the distance is great, money for lunch will make your GR more comfortable.

Time ~ At least five minutes at each weekly meeting.

Cooperation ~ From each of you to work with the other groups in your Assembly Area and your district or to help in forming new groups to carry the message to those who still suffer.

The Al-Anon/Alateen Service Manual ~ a GR's "Bible" of service (see Al-Anon/Alateen Order Blank of Conference Approved Literature).

The GR Will Give You:

Opinions from other GRs in the Assembly ~ concerning their plans and activities that might work for you.

Knowledge ~ from growth through expanded friendships.

Unity ~ your GR will help you to realize how this fellowship, based on "Heart Talk," performs the miracle of recovery in many lands and languages.

Opportunity ~ to aid in effective Twelfth Step work all over the globe, as well as in your own town. Your GR may be chosen as District Representative, Assembly officer, Coordinator, or your next Delegate.

Guidance ~ in your own individual recoveries through familiarization with Al-Anon/Alateen Conference Approved Literature (CAL), available speakers, etc.

SO PLEASE! Choose the GR thoughtfully and see to it that this person feels armed with your blessing and support at the next election assembly.

Note: (Trusted Servant and GR Guidelines can be found on the NCWSA web site: ncwsa.org)

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	Cecly		OPEN
Literature	Sue		OPEN
Meeting List	Sharon	meeting.list@southvalleyalanon.org	OPEN
Public Outreach (PI)	Monique		OPEN
Speaker Meeting	Debbie K.		OPEN
Special Events	Ellen K.	Special.events@southvalleyalanon.org	Dorothy
Website	Christopher H.	web@southvalleyalanon.org	OPEN

District Business Meetings
(2nd Saturday of month)
2017: Jun 10, Jul 8, Aug 12
Time for all meetings:
1:00-3:00pm
Kingsburg Community
Church
1590 Smith St. Kingsburg

Speaker Meetings
(1st Monday of month)
2017: Jun 5, Jul 3, Aug 7
Time for all meetings:
7:00-8:30pm-East Princeton
Baptist Church, Fresno

Upcoming Special Events: 2017

Jun 23-25: NoCAC June Bash: Big Meadow Stanislaus County Forest. Contact info: Francisco at nocacchair@ncwsa.org, or John at nocacsponsor@ncwsa.org
Aug 26: "Joy of Recovery in Al-Anon": Santa Teresita Youth Conference Ctr, Three Rivers, info: joyofrecoveryinalanon@gmail.com, southvalleyalanon.org

District 19 Information

(Fresno, Madera, Kings & Tulare Counties)

Web: southvalleyalanon.org

Information:

Phone # 559-444-0224
*Leave a message with a volunteer for a re-
 turn 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

Sweeping

The weeds have swept
 The path before me

And brings tears to
 my eyes

They know their importance
 -their worth-
 being what they were
 created to be

Weeds-
 Sun-
 Trees-
 Seeds

Being what they were
 created to be

What about me?
 Created to be human
 -sentient
 -connected to all that is
 -guided from within

By the Power of the Spirit—
 when I want to be.

By skcr