

# Welcome to District 17 Al-Anon Newsletter

Fremont, Union City, Newark  
January - February 2019



## Find Your Fresh Start in 2019 with Al-Anon



### Healing by Sharing

So, tell us about your life just before coming to Al-Anon.

- Well, it was truly unmanageable ugly. I had a lover who was drinking and drugging; he was also in denial that I had the AIDS virus. And I was not exactly handling my AIDS diagnosis in a healthy, positive way.

What did you hope to get from Al-Anon?

- Actually, I just wanted to get the strength to leave my lover and as soon as possible. It was quite a shock when I heard the suggestion not to make any radical changes in my life for six months!!!

So what did you do?

- I hung in there, one day at a time, and then a miracle happened. My lover hit a bottom, and although I only had a few meetings behind me, they were enough to prevent me from reacting to him the way I had in the past. He started a Twelve Step program three days later and stuck with it. Then we hardly saw one another and when we did we were invariably at home making program calls. But our love was strong enough. We realized we were both making dramatic, positive, healing changes in our lives, and these changes, although frightening and sometimes painful, could give our relationship new and exciting dimensions. Today we have a much more honest, trusting, loving relationship.

So you're grateful for what you've learned in Al-Anon?

- In more ways than I can say. When I joined Al-Anon, I never thought for one minute that it could possibly affect how I felt about living with the AIDS virus. But when I apply the program to all aspects of my life, miracles can happen. In Al-Anon I've learned that I have choices in my life. These choices apply beautifully to surviving and thriving with the AIDS virus. It took a while for me to pluck up the courage to share about my health status. I had to know that I was in a safe environment. Once I had shared, amazing inner healing began, and I had an incredible outpouring of love and support, even though not everyone is comfortable hearing about it. I choose not to dwell too much on the doom and gloom side of AIDS, but more on the joy of being alive and appreciating the gifts I have. Today I am the happiest person I have ever been and just for today, that is enough.

From: <https://al-anon.org/blog/affairs-making-crises-work/>

**A Grateful Heart is a Magnet for Miracles.  
I am grateful for My Higher Power.**

**Tradition 4: Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.**



**Date:** November 13, 2018 at 9:15:42 PM PST

**To:** <[ncwsc@yahogroups.com](mailto:ncwsc@yahogroups.com)>

**Subject:** [ncwsc] District 3 Fire Devastation

**Reply-To:** [ncwsc@yahogroups.com](mailto:ncwsc@yahogroups.com)

Dear Al-Anon Family,

As I am sure you are aware, **District 3 has been devastated by the Camp Fire.** Our groups in Paradise have lost everything, their meeting places, their literature, their homes. Due to the haste in which they had to evacuate, most, if not all, neglected to grab any of their personal Al-Anon books, and since the meeting places burned down, the groups' inventory no longer exists.

If you are wondering how you can help, sending any extra literature would be wonderful. Our district does not stock literature, the groups maintain their own inventories, which are limited, not to mention the fact that finances have been compromised.

If you are so moved, you can mail literature to my home at 2897 Ruby River Drive, Chico, CA 95973 and I will personally deliver it to the members that have been displaced.

Julie E.

Posted by: [julie2015d3@gmail.com](mailto:julie2015d3@gmail.com)

## Poetry Corner

### Harvesting the Fruits of our Al-Anon Garden



Hope, compassion, serenity,  
acceptance, faith, forgiveness,  
freedom, gratitude, humility,  
kindness, love, courage, self-esteem,  
self-respect, and self-knowledge.



## Humor Corner

Well now that's funny; I have no jokes to share this month.



## District 17 AFG Birthday/Potluck Fellowship Meetings

**Location: Niles Discovery Church, 36600 Niles Blvd., Fremont**

Third Saturday (with some exceptions), 5:30 – 8:00 pm

<b>Date:</b>	<b>Saturday, January 19, 2019</b>	<b>Saturday, February 16, 2019</b>
<b>Hosting Group (s):</b>	Wednesday Discovering Choices	Friday Night Beginners / Alateen
<b>Speakers to be arranged</b>	Alateen AA Al-Anon	Alateen AA Al-Anon

## Calendar of Events



## January & February, 2019

and more specific event details.

Date	Event	Time	Location
Sunday January 6, 2019	<b>Sunday First Things First Speaker Meeting</b> 7:00PM – Speaker Meeting 8:00PM – Food & Fellowship Speaker: How Al-Anon Works Yvonne de G. Martinez, CA	7:00 to 8:30 PM	Bethany United Methodist Church 1270 Sanchez St. San Francisco, CA 94114
Sat/Sun Jan 12 and 13, 2019	18th Annual Al-Anon <b>Men's Serenity Weekend</b> 2019		Nature Bridge at Golden Gate (Marin Headlands) 1033 Fort Cronkite, Sausalito, CA 94965
February 8-10, 2019	<b>Al-Anon Spiritual Weekend</b> Second, Third and Eleventh Steps Contact: Steve W. 949-630-6045 to reserve your spot		Abbey of New Clairvaux 26240 7th STREET VINA, CA 96092

## Future Save The Date!

Sat April 27, 2019	<b>District 16 Day in Al-Anon</b> "Came to Believe" Al Anon speaker: Nancy B., Colorado AA speaker: Cal W., California Volunteers needed! Contact Co-Chairs: Jennifer P. & Kari H. 925-605-6032		Lynnewood Methodist Church 4444 Black Ave. Pleasanton
May 17-19, 2019	<b>Growing Together Weekend</b> Alateen/Al-Anon event For more information contact Tara S. gtw2019@gmail.com		Westminster Woods, Occidental, CA