

Voice of Reason

District 18 Newsletter
Quarter 1 2025



Happy New Year! Welcome to your District 18 first quarter newsletter. This quarters newsletter will focus on service work. Doing service work helps Al-Anon as a whole. It can be putting chairs out at your local meeting, welcoming newcomers, serving a position at your local meeting or volunteering for a position at your local district. In Al Anon's big blue book *How Al-Anon Works for Families & Friends of Alcoholics* on page 100 "Service is the practice of unconditional love. There are no "shoulds," no obligations. Service in Al-Anon allows us to stretch ourselves and to practice the Al-Anon principles while we connect with others with whom can be ourselves."

"Our survival as a fellowship depends on unconditional love. We are brought together through a common problem and united by a common goal. We need each other. Each member is important, yet nothing is required of any member except what he or she freely

wishes to give. There are no strings. And we respond to this freely given love by feeling that it is safe and desirable to keep coming back. Surrounded by this unqualified support, we who are so vulnerable and so wounded begin to heal.”

“Every contribution has value. Sponsorship is another rewarding form of service. “

When I first started attending Al-Anon I was lost and confused. My first meeting was a total blur. As I sat in the meeting, I thought one individual person organized and lead the meeting. Little did I know, members volunteered for service positions and each position contributes to the meeting running smoothly and efficiently.

Another great opportunity to learn about service work is to attend your local District 18 Meeting. My home groups GR always recommends members to attend the District Meeting (that’s how I heard about it).

The Links of Service are:

- Members
- Group Representatives (GRs)
- District Representatives (DRs)
- Delegates
- Group Meeting
- District Meeting
 - The first Sunday of every month at 1:30 pm at 1425 Standiford Ave., Modesto in Frontier West Shopping Center.
- Area World Service Committee (AWSC)
- Area Assembly
- World Service Conference (WSC)
- Links of Service pamphlet: <https://al-anon.org/pdf/S28.pdf>



Here is Craig M., from Modesto sharing on his experience with his service:

I am the keyholder for my group, Changing Attitudes. I open our meeting room, set up chairs, put out literature for our group meeting. The effect of this service position has had a positive impact on my recovery.

I struggle with consistency in my life. I'm good at starting things and even better stopping things. This service position causes me to be responsible and show up for every meeting. I gain so much wisdom and insight from being at our meetings. My recovery has greatly benefited from faithful attendance. I always hear something that helps me and if I wasn't in the room I'd miss out on hearing about people's strength and hope.

Craig M., Modesto

I want to thank Craig M. from Modesto for sharing his Experience, Strength and Hope. Thank you, Craig M., for being of service.

I can relate to Craig M.'s share, I do love to start things and not finishing them. I can come up with a million excuses on why I should quit something. When I went to my first district 18 meeting, my group GR had mentioned it at my home groups business meeting. I was a newcomer and was very hesitant on being of service as I felt I would screw up. Character defect number one fearful, before I even try, I think I will fail. I worried that the newsletter was not going to be good, and I would be judged. I was fearful that I would do it wrong and let everyone down including me. I was so scared when I was done with my first newsletter. I remember sitting down getting ready to send it to the website coordinator. I did not want to push send, I thought "it could be better" and "I should have done this", "would the members like it." What I get out of being in this position is I learn more about the Al-Anon program, talk to more members, go to District Meetings, and I find when I am doing it, I feel better about myself. It also gets me distracted from another one of my character defects, living in the past, worry about the future. I feel I am living in the present when I am working on the newsletter. It gets my mind off my issues. I feel good about myself. It has given me the opportunity to see my assets as work. I have a purpose and enjoying using my talents, I love being creative and I also get hope that if I continue to be active, I will get the most out of my program.

Teri G. Modesto CA

When I first found the courage to say yes to service, it was with the thought that I would be *giving*. I was not prepared for all that came back to me in abundance. The growth in my recovery and the benefits to relationships with my loved ones were gifts I did not expect. Service is an essential core principle of the Al-Anon program, and our full opportunity for recovery is limited if we do not explore service at and beyond the group level. As a new year approaches, how might we think abundantly about service?

Before taking on a service position, I asked myself, “How can I possibly commit to others when my own life is in such turmoil?” But those doubts were unfounded. A spiritual awakening unfolded before me, just as the booklet [*When I Got Busy, I Got Better \(P-78\)*](#) says. Being busy in service gave me an escape from unmanageability, allowed me to find confidence in my decision-making, and brought me peace and serenity. I was guided gently and kindly by those who had gone before me. They passed on their knowledge of what I did not yet understand and gave me space to practice and to make mistakes in a safe and trusting environment.

As I continue to serve, I do so with a heart full of gratitude for what I have received. When newcomers attend a meeting, I am reminded of the importance of being there for those who have not yet found Al-Anon. Working at the World Service Office (WSO), I get to interact with colleagues for whom service has also been a pinnacle of recovery. We share valuable insights with each other and with the fellowship about the sometimes challenging topics of rotation of service, resolution of conflict by talking things through and reasoning them out together, and how to bring deeper understanding not only to service in Al-Anon but also within our own lives.

Most recently, my position has allowed me to have these conversations with Al-Anon structures around the world. Although these conversations are held in many different languages, the messages follow a similar thread: the wish to ensure that Al-Anon’s message of help and hope is there for the next person. Passing on what we have learned is crucial for the future of Al-Anon, as well as an expression of our gratitude. When I think about how much more I receive by giving in service, I recognize that I could not have given at all without having had others pass on their wisdom to me. Thinking of those who navigated this journey before me inspires me and gives me strength. I know I am not alone. There is warmth and a sense of belonging in being able to pass on to others what I have received.

In the end, service is all about putting love into action. During those times in my life when I struggled to take the next step, not knowing what direction I needed to go or where I might find myself, being able to give in service to Al-Anon, unconditionally, out of love, brought gifts in abundance. I have also learned that I can only keep the joy and love I’ve found in service when I continue to give them away!

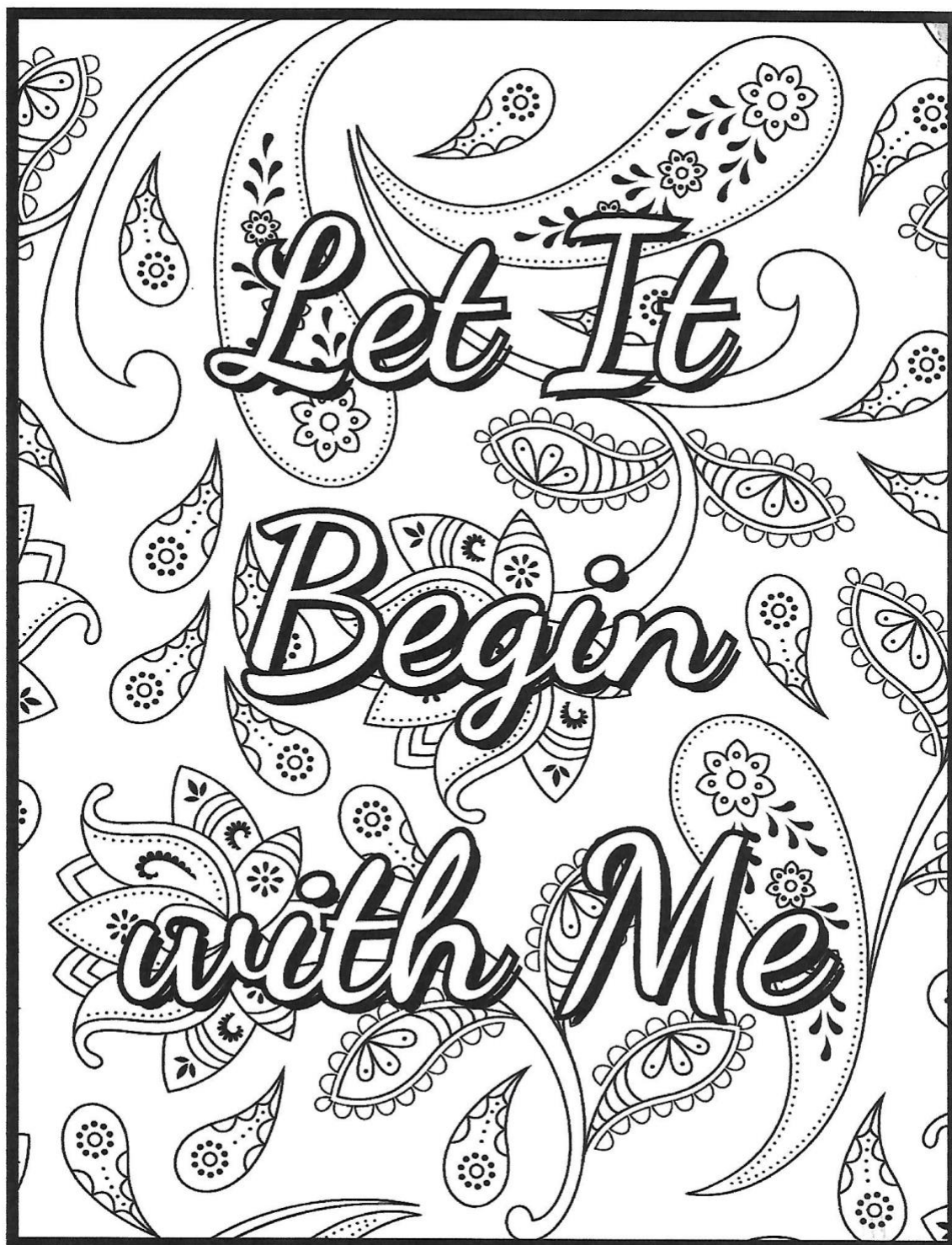
Today, I am in a place that I could not have imagined. Life still brings unexpected challenges, but as I grow in service, I discover the tools needed to guide me. The joy of coming together in service fills me abundantly.

By Tracey S., International Services Manager

The Forum, December 2024

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DAY IN AL-ANON SPRING EVENT



NCCAA 76TH ANNUAL SPRING CONFERENCE
WITH AL-ANON PARTICIPATION

AL-ANON MEETINGS / OPEN AA SPEAKERS /
SATURDAY NIGHT AL-ANON SPEAKER / BASKET
DONATION DRAWING

FULL PROGRAM ON BACKSIDE OF THIS FLYER

WHEN: MARCH 7TH, 8TH AND 9TH 2025

WHERE: 1150 9TH ST MODESTO, CA DOUBLETREE
BY HILTON

REGISTRATION:
\$30 PRE-REGISTRATION
\$35 AT THE CONFERENCE

CUTOFF DATE FOR PRE-REGISTRATION IS
FEBRUARY 22ND

ONLINE REGISTRATION AVAILABLE AT:
WWW.NORCALAA.ORG

OR PRINT AND MAIL IN FORM BELOW

Name	AA	AL-Anon
City		State
Homegroup		
Name	AA	AL-Anon
City		State
Homegroup		

Enclose an Extra \$30.00 to "Sponsor a Newcomer" ☐

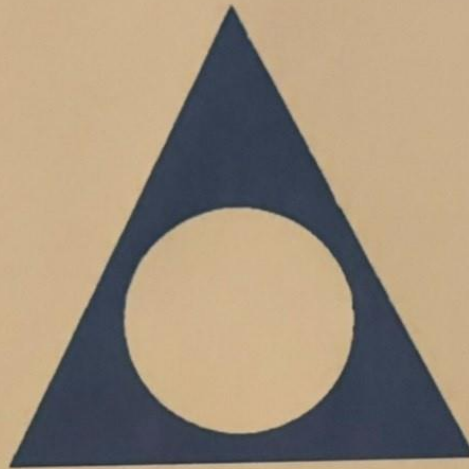
Total Pre-Registration included: _____



Please Remit Payment to: NCCAA Treasurer, P.O Box 3835 San Ramon, CA 94583

Whats up?

New Al-Anon Topic Meeting



When?

Starting Jan 6th

Monday 10 AM

@ "The Gathering Place"

11281 Hwy 49

Where?

Bring Your Experience Strength and Hope

**Happy Joyous and Free
Invites You to a Speaker Meeting**



March 20th, 2025 6:30 pm – 7:45 pm
Come Hear Amy L. Share her Experience,
Strength and Hope
ZOOM Meeting
5779208887
Passcode 457 893
Questions Call Pam 209-409-6235



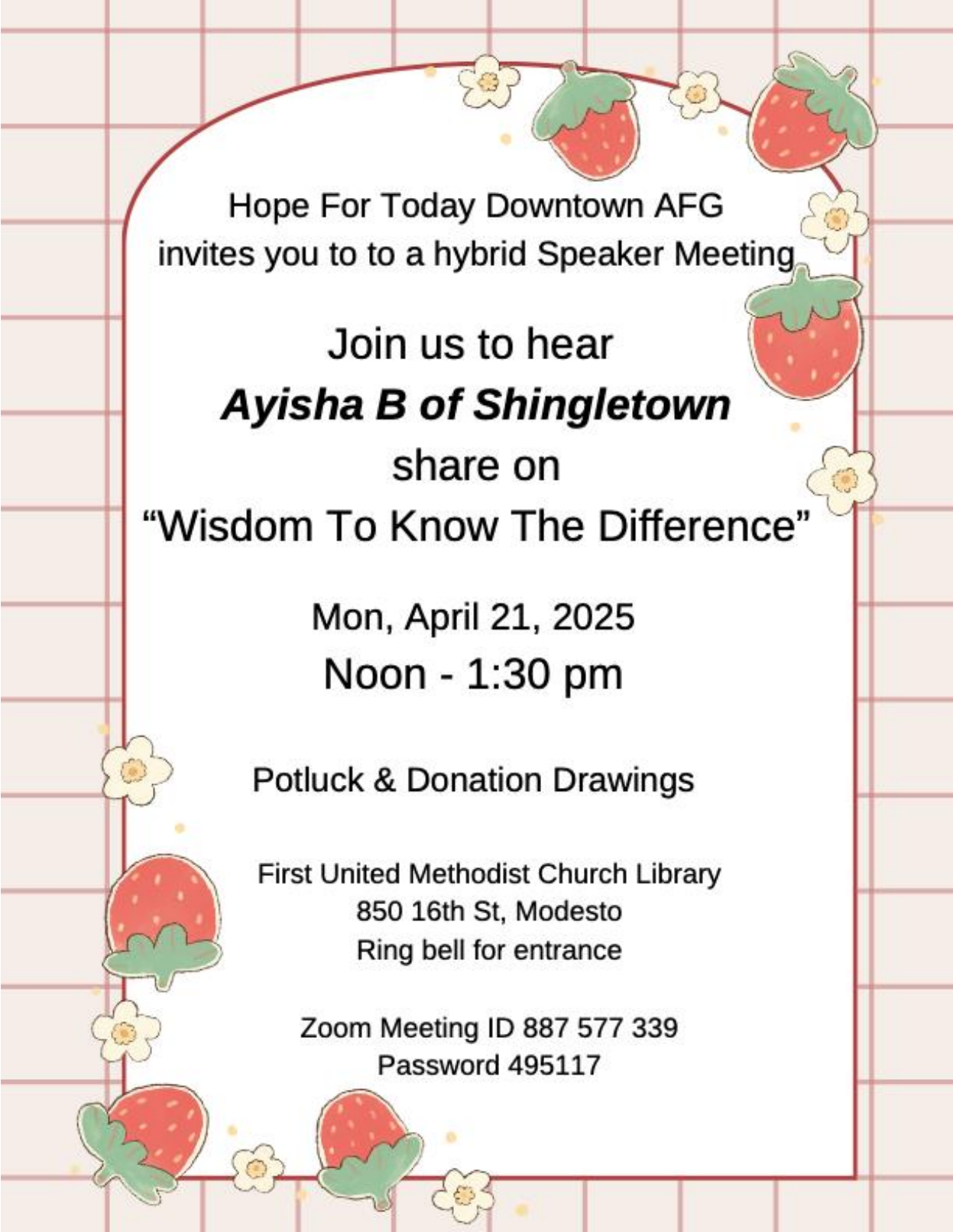
District 18's Newsletter Voice of Reason wants to hear from you.

Please submit your experience at the Day In Al-Anon Spring Event at the NCCAA 76th Annual Spring Conference. Please send requests by April 15th, 2025.

When: March 7th, 8th and 9th 2025

Where: 1150 9th Street Modesto Ca Doubletree by Hilton

Please send your submission and any questions to:
newsletter@alanonsanjoaquinvalley.org.



Hope For Today Downtown AFG
invites you to to a hybrid Speaker Meeting

Join us to hear
Ayisha B of Shingletown
share on
“Wisdom To Know The Difference”

Mon, April 21, 2025
Noon - 1:30 pm

Potluck & Donation Drawings

First United Methodist Church Library
850 16th St, Modesto
Ring bell for entrance

Zoom Meeting ID 887 577 339
Password 495117



PATH TO SERENITY AFG

Invites You To Our Speaker Meeting
Please Join Us To Hear

Yvonne d.

From Pacheco, California
Share Her Experience, Strength and Hope

WEDNESDAY APRIL 23RD

At 5:45 PM

St. Joseph's Catholic Church, St. John Paul II Center, Room 10
1813 Oakdale Road, Modesto

Should you have questions/need additional information please contact April M. at 209 993 1872

Northern Calif. World Service Area of AFG, Inc.

Serving Northern California Al-Anon Family Groups

Chris M., Panel 64, Delegate, PO Box 1435, Soquel, CA 95073 (831) 247-4497 delegate@ncwsa.org

Delegate's Report – February 8, 2025 (Updated)

Things to Think about and share with your group:

- The **2025 WSC Conference is April 24-27**, the theme is "**Investing in each other to Preserve our Legacy**". My hope is that we will consider making an investment to help revitalize Alateen. In two years Alateen will celebrate 70 years. It would be great if our Alateen Conference, NOCAC, resumed by then.
- If you wish to send me cards or love gifts for the Conference the instructions are attached. I'm very excited to be visiting Stepping Stones, the home of Bill and Lois Wilson, on April 28. Highlights will be shared at the May Assembly.
- Would you like to keep up with the latest news on Al-Anon events, resources, service, CAL, and more? Subscribe at al-anon.org/emailme and stay **In The Loop!**
- **Thank you for your donations to the World Service Office.** Based on the preliminary report in October we are doing well financially based on increased contributions and literature sales so the finance committee anticipates not using funds from the reserve in 2024.
- **Thank you for participating in the Group Name survey and providing your feedback.** Over 330 responded. Results are posted on the website. The Board of Trustees has decided to include the implementation of the group name policy on the agenda at the 2025 WSC Conference in April so we can talk about it some more. I will share the complete results of our area survey and feedback with the Policy Committee.
- Want to know more about what the **Al-Anon Board of Trustees** is up to. Check out the Chair of the Board quarterly reports and updates on committees. [Board of Trustees - Al-Anon Family Groups](#)
- **Opportunity to Serve as Trustee of the Al-Anon Family Groups, Inc.**
Are you a member in your Area who has been an active member of Al-Anon Family Groups for at least ten years, has served beyond the group level, has a passion for the Al-Anon program and is willing to expand their recovery by applying to serve at the World Service Office? Apply to be a Regional Trustee a Role Description for Trustees of the Board, the online application, along with other information, can be found at: [Board of Trustees - Al-Anon Family Groups](#). See attached instructions with Area deadline to apply by April 30th. We invite candidates to share their resumes and qualifications at the May Assembly 5-17-25 with the GR's and NCWSC members on 5-18-25. A candidate will be chosen at the May 2025 NCWSC committee to be submitted by the Delegate by August 18, 2025 to be considered as a candidate for Regional Trustee by the Board of Trustees and possibly selected by April 2026.

What I have been up to these past few months since the October Assembly:

- Participated in the Area Officers monthly calls on the second Sunday to support Officers and stay informed.
- Participated in the NCWSC Tradition and Concept monthly call the third Sunday at 6:30PM, see link sent via ncwsc@groups.io.



Save the Date!

Garage Sale fundraiser District 17



Date: Saturday, April 26 from 8 am - 1 pm
Locations: 4330 Norris Road and 4515 Norris Road, Fremont

Sale items will include household items, small furniture, clothes, toys, books, kitchen items, tools. All proceeds go to support the annual costs for District 17.

If any questions please contact Rosemary (D17 District Rep) at d17districtrep@gmail.com.



SATURDAY

OF SERENITY

MENS GROUP

Has moved to a new location!

Now held at:

**New Beginnings Fellowship
1425 Standiford Ave
Modesto CA 95350**

Saturdays 4:00 - 5:30pm

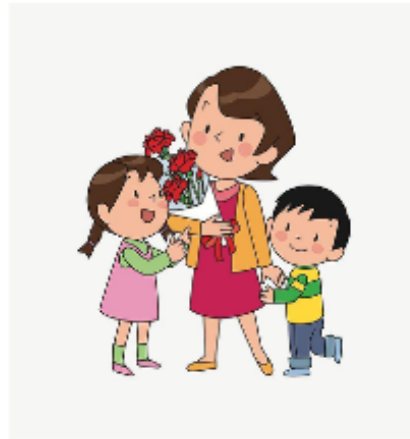
Come join us and restore serenity to your Saturday!



Al-Anon Family Groups

Fremont Saturday Step Study Group

Has Childcare Services!



Need a meeting, need fellowship? We have Childcare & hugs are free!

Starting February 22, 2025, childcare services will be available from 9 am to 11 am (meeting starts at 9:30 am) for those members with young children. You are required to remain in the meeting throughout the duration of your child being in care. Childcare will be in room #3 (neighboring to the meeting room) with a certified childcare provider.

This will be a trial for a six month period at no cost to the parent. At that time we will decide whether there is enough interest to continue the service or not or if a fee will be required to utilize the service.

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Location: St. James Episcopal Church, 37051 Cabrillo Drive, Fremont, Parish Hall

Childcare: Room 3

Time: Saturdays, 9:30-10:30 am

Reminders, Upcoming Events and Announcements

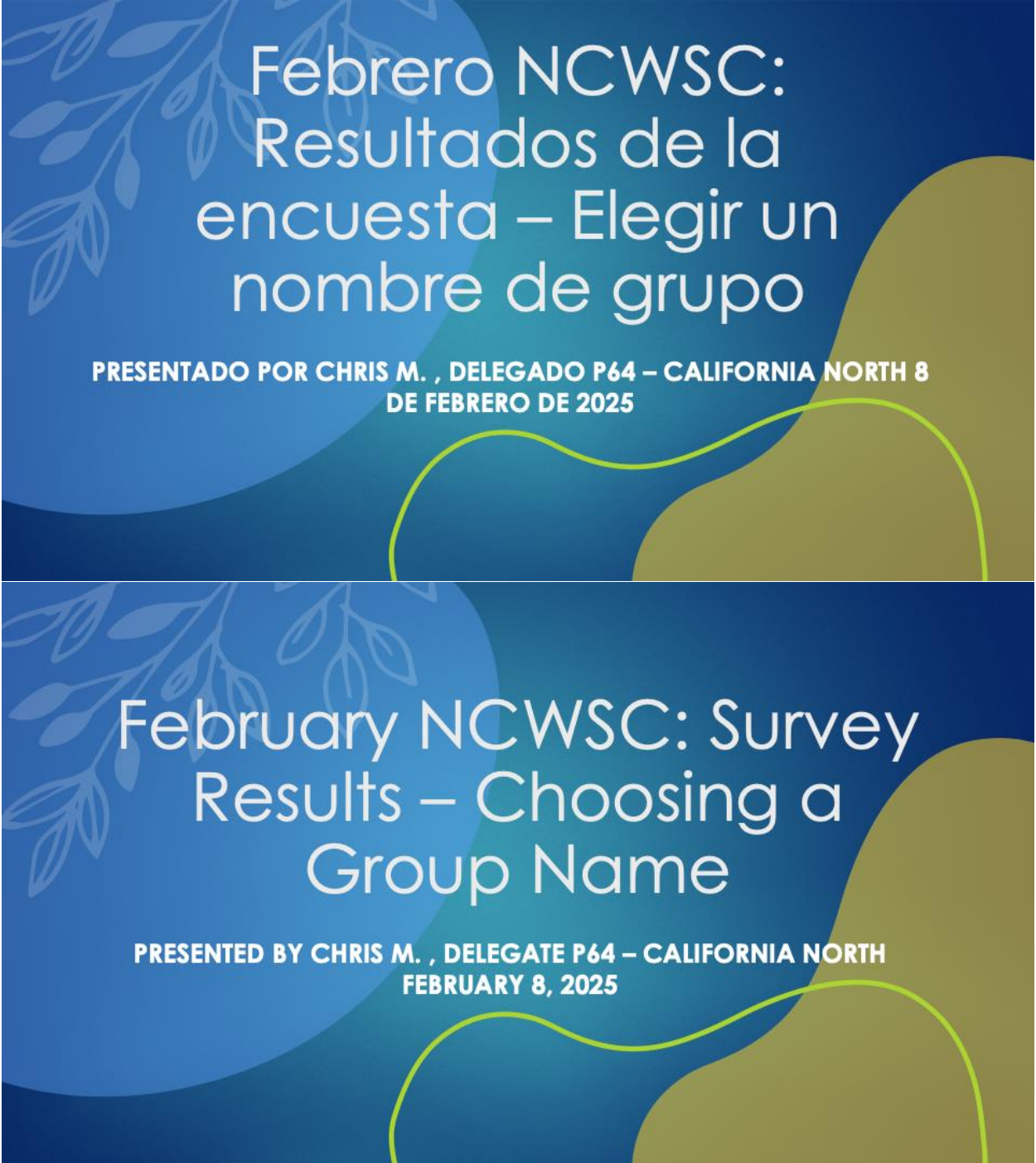


Publishable Group Email vs Personal Email Addresses

A publishable group email address serves as a method of contact for public outreach and group communication. It's attached to a listed meeting on the al-anon.org meeting search, allowing individuals seeking Al-Anon's help to contact the group for meeting access information. A personal email address belongs to an Al-Anon member and is never to be listed publicly to protect the member's anonymity.

Your group's information can be updated online at any time using the Al-Anon Group Record Change form.

[Update Your Group Information](https://al-anon.org/grp-update)



Febrero NCWSC: Resultados de la encuesta – Elegir un nombre de grupo

**PRESENTADO POR CHRIS M. , DELEGADO P64 – CALIFORNIA NORTH 8
DE FEBRERO DE 2025**

February NCWSC: Survey Results – Choosing a Group Name

**PRESENTED BY CHRIS M. , DELEGATE P64 – CALIFORNIA NORTH
FEBRUARY 8, 2025**



Northern California World Service Area Guideline for Selection of Trustee Candidates for AFG Headquarters, Inc.

Al-Anon members who serve on the Board of Trustees of Al-Anon Family Group Headquarters, Inc. are selected in two ways: At-Large and Regional. Composition of the Board of Trustees is fully described in the current Al-Anon/Alateen Service Manual. As a member of the Board of Trustees, all Trustees perform the same function. Only the method of selection is different.

The Board of Trustees is composed of 7 to 21 volunteer members. Nine are selected through the Regional method. The remaining are selected through the At-Large method. The term in office for both Regional Trustee and Trustee At Large is 3 years. A Trustee may serve 2 terms, which may be consecutive.

DUTIES AND QUALIFICATIONS FOR TRUSTEE CANDIDATES

The duties and qualifications for Trustees can be found on NCWSA Form A-18 which contains a hyperlink to the WSO website. The resumé and the process for Regional Trustee and Trustee at Large can also be found through this link.

TRUSTEE AT-LARGE

Trustee At-Large (TAL) candidates may reside anywhere in the US or Canada. The number of TALs selected varies each year and depends on vacancies and the needs of the Board of Trustees. It is not necessary that the person submitting the resumé notify the Delegate or anyone else at the Area level. The WSO notifies the Area Delegate when any member from their Area submits a resumé for TAL. The deadline for consideration is August 15th of each year. A person who has been a Delegate is not eligible to be selected until two World Service Conferences have passed since they left the position of Delegate.

REGIONAL TRUSTEE

There are 9 regions in the World Service Conference service structure. Canada is divided into 3 regions. The US is divided into 6 regions. There are usually three regions that participate in selecting a new regional trustee each year. Additional Regional Trustees may be selected if, in a given region, there is a vacancy or a Regional Trustee is unable to complete a service term (3 years).

A Regional Trustee must reside within the region from where the candidate is selected. The Southwest Region is composed of the following 8 Areas: Arizona, California North, California South, Colorado, Hawaii, Nevada, New Mexico, and Utah. Each Area is eligible to submit one person's resumé for consideration as Trustee every third year. In the California North Area, the Area deadline for the submittal of a Regional Trustee Candidate is April 30th of the 2nd year of the terms of Office for Area positions. A person who has been a Delegate is not eligible to be selected until two World Service Conferences have passed since they left the office of Delegate.

ALTERNATE REGIONAL TRUSTEE CANDIDATE

The Area may choose to select an Alternate Regional Trustee Candidate who would automatically take the place of the original Regional Trustee Candidate in the event of the death or withdrawal of the original candidate prior to the August 15th resumé deadline.



Northern California World Service Area Guideline for Selection of Trustee Candidates for AFG Headquarters, Inc.

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Board of Trustees

Duties

Trustees are the guarantors of prudent management of the World Service Office and the Canadian Service Office

Trustees have authority under law to manage the business of Al-Anon Family Group Headquarters, Inc. and Al-Anon Family Group Headquarters (Canada) Inc.

Trustees hire the Executive Director and Director of Finance & Operations

Trustees are voting members of WSC and serve on or chair WSO Committees

Trustees serve as the guardians of Al-Anon's Twelve Traditions, its Twelve Concepts of Service, and the "Al-Anon World Service Conference Charter"

Role Description

Overview of Trustee Role: Responsible for all Al-Anon's service activities, as well as for Al-Anon's worldwide public relations. Expected to spearhead the formulation of Al-Anon policy and its proper execution. Active guardians of Al-Anon's Twelve Traditions. Has ultimate responsibility for the preservation and prudent management of all Al-Anon Family Group Headquarters, Inc. (AFG, Inc.) financial assets. – Concept Six (2022-2025 Al-Anon/Alateen Service Manual [P-24/27])

[View Description](#)

Qualifications

Must be an active member of Al-Anon and have service experience beyond the group level such as a District Representative, Area Delegate, Assembly Officer or Coordinator, or AIS Liaison to the AWSC

Must have ten years of continuous Al-Anon and/or Alateen membership (Alateen membership does count!)

Must relinquish all Al-Anon service positions beyond the group level during term of service

Must possess an understanding of the Twelve Traditions and the Twelve Concepts of Service

Must possess a broad view of the policies of Al-Anon Family Groups

Cannot be an Al-Anon member who is currently a member of A.A.

Delegates must wait two full years after their term ends in December before applying. This ensures Delegates on Committees on Trustees reviewing applications have not served at Conference with applicants.

Must be eligible to become an Al-Anon Member Involved in Alateen Service (AMIAS)

Regional Trustees must reside within the Region from which they are nominated and be selected by their Area process – Deadline to Apply online by April 30, 2025 – Qualified Candidates will share their qualifications at the NCWSA May Assembly - May 17, 2025 and On May 18, 2025 NCWSC may select one candidate and an alternate from Northern California. The Delegate will submit the approved candidates to WSO by August 15, 2025 [Board of Trustee Application - Al-Anon Family Groups](#)



Northern California World Service Area of AFG, Inc
www.ncwsa.org

Opportunity to Serve as Trustee of the Al-Anon Family Groups, Inc.

Are you a member in your Area who has been an active member of Al-Anon Family Groups for at least ten years, has served beyond the group level, has a passion for the Al-Anon program and is willing to expand their recovery by applying to serve at the World Service Office?

Service—Al-Anon's third Legacy—is vital to personal recovery and essential to achieving our primary purpose of helping the friends and families of alcoholics still struggling with a loved one's drinking. As vital links of service, the World Service Office (WSO) is reaching out to you with our twice annual request for your support in attracting eligible members to volunteer to serve at the WSO level.

Concept Six describes how the World Service Conference (WSC) has entrusted administrative authority and responsibility for Al-Anon Family Group Headquarters, Inc. (AFG, Inc.) to our Board. This responsibility carries with it a critical need for the availability of strong leadership by our Trustees, who serve three-year terms on the Board of Trustees. If you are wondering about the requirements for Trustee at Large and Regional Trustee—which, by the way, are the same—a Role Description for Trustees of the Board, the online application, along with other information, can be found at: [Board of Trustees - Al-Anon Family Groups](#)

Trustee Vacancies

Each year, three Trustee at Large and three Regional Trustee positions become available through rotation of leadership. Annually, the Board also seeks to fill any vacant Trustee positions. In 2025, the Board will be seeking applicants for three Trustees at Large as well as Trustees from several Regions including the US Southwest Region which California North is apart of. Areas are encouraged to submit qualified resumes for consideration.

Northern California Area Regional Trustee Process:

1. Delegate informs the fellowship in February 2025 of the opportunity to serve as Regional Trustee and shares the link to the online application with a Deadline of April 30th.
2. Delegate receives a copy of the applications from WSO and Chairperson invites candidates to share their resumes and qualifications at the May 17th Assembly with the GR's and on May 18th with the NCWSC members. A candidate may be selected at the May 2025 NCWSC committee to be submitted by the Delegate by August 15th to be considered as a candidate for Regional Trustee by the Board of Trustees and possibly selected by April 2026.

If you have any questions about the Area process please contact
Chris M. Delegate@ncwsa.org

The 2025 World Service Conference theme is:

Investing in Each Other to Preserve Our Legacy
Invertir los unos en los otros para preservar nuestro legado
~~S'investir mutuellement pour préserver notre héritage~~



alanonsanjoaquinvalley.org

Zoom Meetings								
Day	Time	Meeting Name	Meeting ID	Password	Day	Time	Meeting Name	Location
Mon	12:00 PM	Hope for Today Downtown	887577339	495117	Tues	12:00 PM	Courage to Change AFG	154 W. Tenth Street., Tracy
Mon	5:30 PM	Woman's topic Meeting	861-5411-8094	861-533	Tues	12:00 PM	PM Coed Step Study	Alano Club 19421 Village Drive, Sonora
Mon	6:30 PM	Mon Night in Recovery	89991040914	serenity	Tues	5:00 PM	Vive y Deja Vivir GFA	Los Banos United Methodist Church, 1031 Iowa Ave, Los Banos
Tues	12:00 PM	Sonora, Coed Topic Meeting	847-0726-8764	20122	Tues	6:00 PM	Changing Attitude AFG (NEWCOMER MEETING)	901 W. Rumble Rd. Modesto
Tues	6:00 PM	Young ADULTs Learning to Live	5779208887	457893	Tues	6:45 PM	Changing Attitude AFG	901 W. Rumble Rd. Modesto
Tues	6:30 PM	Mountain High Serenity	89706220096	serenity	Tues	6:00 PM	Amor Propio	Our Lady of Fatima Church 505 Granger Ave., Modesto
Wed	12:00 PM	Sonora, Coed Topic Meeting	847-0726-8764	20122	Tues	7:00 PM	Sierra AFG	353 E. Donna Dr. Merced (portables behind the church)
Wed	12:30 PM	Daily Reading Into Recovery	88094721390	serenity	Wed	12:00 PM	Let it Begin with Me AFG	3460 Oakdale Rd Suite B (at Sylvan Ave), Modesto
Wed	6:00 PM	Open Hand	892 0653 9123	258880	Wed	5:00 PM	Vive y Deja Vivir GFA	Los Banos United Methodist Church, 1031 Iowa Ave, Los Banos
Thurs	10:00 AM	Thurs AM Turlock AFG	89436700710	586018	Wed	5:45 PM	Path to Serenity AFG	St. Joseph's Catholic Church 1813 Oakdale Rd. St. John Paul II Center, Room 10, Modesto
Thurs	6:30 PM	Happy Joyous & Free	5779208887	457893	Wed	6:00 PM	Empezando A Vivir	St Francis Episcopal Church, 915 E. Main St., Turlock
Sat	9:30 AM	Keep it Simple AFG	5846466683	170773	Wed	6:30 PM	Murphys Parents of Alcoholic Children	First Congregational Church 509 N. Algiers St., Murphy's
Sat	10:00 AM	Sat Morning Easy Does It	8108522609	easy	Wed	7:00 PM	Serenity AFG	Our Fathers House, 1005 I Street, Los Banos
Sat	12:00 PM	Hope-N-AFG	4201729921	472870	Thurs	10:00 AM	Beachwood Fellowship	Summit Church 500 Buena Vista Drive, Merced
Alateen Meetings					Thurs	12:30 PM	Willow Springs AFG	Willow Springs Clubhouse 20522 Willow Springs Drive
Mon	7:00	Do It Daily Alateen	Hutton House, 2004 W Briggsmore Ave, Modesto		Thurs	1:00 PM	Oakdale AFG	Community United Methodist Church 1480 Poplar St. Oakdale
Tues	7:00	Unity Alateen	Central Presbyterian Church, 520 W. 20th Street (patio lounge), Merced		Thurs	5:30 PM	Thurs Women's Meeting AFG	Alano Club 19421 Village Drive, Sonora
Wed	5:45PM-7:15PM	Courage to Be Me	St. Joseph's Catholic Church, 1813 Oakdale Rd, Room 8, Modesto		Thurs	6:00 PM	Just for Today AFG	Harvest Presbyterian Church, 1813 Moffett Rd, Ceres
In-Person Meetings					Thurs	8:00 PM	Manteca AFG	332 E. Yosemite Ave Suite C, Manteca
Day	Time	Meeting Name	Location		Fri	9:30 AM	Turlock AFG	2101 Geer Road, Suite 120, Turlock
1st Sun	1:30-3:30	D18 Business Meeting - Hybrid	1425 Standiford Ave, Modesto Zoom: 838 4051 8924, Passcode: Serenity		Fri	5:30 PM	Angels Camp Hope	Odd Fellows Bldg, 1275 Main St., Angels Camp (back entrance)
Sun	9:00 AM	A New Path AFG	1425 Standiford Ave, Modesto		Fri	5:30 PM	Sonora AFG	Alano Club 19421 Village Drive, Sonora
Mon	10:00 AM	Stepping Stones AFG	The Gathering Place Church, 11281 Highway 49, Sonora		Fri	6:00 PM	Friends of Lois AFG	St Francis Episcopal Church, 915 E. Main St., Turlock
Mon	12:00 PM	Hope for Today Downtown	First United Methodist Church, 850 16th St. (Library Room), Modesto (Hybrid)		Fri	6:00 PM	Valor para cambiar	St. Joseph's Catholic Church 1813 Oakdale Rd. St. John Paul II Center, Room 10, Modesto
Mon	5:00 PM	Vive y Deja Vivir GFA	Los Banos United Methodist Church, 1031 Iowa Ave, Los Banos		Fri	6:00 PM	Joy of Discovery AFG	Hindu Temple, Esperanza Café, 1341 College Avenue, Modesto
Mon	6:00 PM	Oakdale AFG	Community United Methodist Church, 1480 Poplar St. Oakdale		Fri	7:00 PM	Oakdale AFG	Community United Methodist Church 1480 Poplar St. Oakdale
Mon	6:30 PM	Ceres AFG	Harvest Presbyterian Church, 1813 Moffett Rd, Ceres		Sat	9:30 AM	Groveland AFG	11699 Merrell Road/Hwy120, Groveland
Mon	6:30 PM	Murphy's Foothills AFG	Congregational Church 509 N. Algiers St., Murphys		Sat	10:00 AM	Sat Morning Easy Does It	Central Presbyterian Church-Music room 520 W. 20th Street, Merced (Hybrid)
					Sat	4:00 PM	Sat of Serenity, Men's Group	1425 Standiford Ave, Modesto
Link to Al-Anon site for all meetings click HERE								

Link to Al-Anon site for all meetings click [HERE](#)

Dear Recovery Family,

Tomorrow is Lois W., our co-founders, birthday. Do you know how Al-Anon Family Groups formed?

From Many Voices, One Journey B-31 excerpts from pages 35-37

Having seen vibrant family groups in his travels across the country, Bill W. suggested that Lois open a service office in New York, where those groups could register, receive helpful literature, and become unified. Lois sent a memorandum to Alcoholics Anonymous first General Service Conference in April 1951. She briefly described what she saw as the value of the family groups to A.A. Lois asked the Conference what status the family groups should have in A.A. - if these groups should belong inside of A.A., be like A.A. clubs, attached to but not part of A.A. or be completely detached from A.A. She also offered a suggestion: "Since these group are in great need of a clearing house, I am willing to act as temporary chairman or a committee to disseminate information and to coordinate the family groups."

The Conference responded favorably to Lois's proposal for a clearing house. Lois immediately reached out for assistance and support. About 40 women attended a lunch. Just as a member today might call upon another home group member to assist in a service task. Lois contacted a family group friend, Anne B., and asked for her help in opening the office. Anne B. accepted Lois's invitation. The opportunity to do Al-Anon service as a life-changing experience for Anne:

You can read more about Lois and Anne's thoughts and experiences in Many Voices, One Journey.

Today is a day to reflect on those that came before us, inspired us and made this program of recovery possible for us.

What opportunities have I found in Al-Anon service to have extended personal contact with members who are more experienced in the program than I am?

I am grateful to many that inspired me to be of service. I will never forget my first Assembly as GR, Art was Delegate. He was very approachable, thoughtful and focused on the principles. I loved listening to what he had to say; he always seemed so calm. It felt good to have members share and encourage me to participate. I am very grateful to have worked with him on several projects over the years, listening and learning as I go. Thank-you Art for your friendship, leadership and willingness to serve our Area for over 50 years. Love always, Chris M.

Please pause and reflect on members that have inspired you in service. Consider doing something tomorrow to March 4th into Service in their honor or Lois's memory. Like,

thanking your sponsor, talking to someone in service, leaving a copy of Al-Anon Faces Alcoholism somewhere, talking to a newcomer, or reaching out to a professional.

Consider sending your share to the 12 Stepper or the Forum. Together we can make it!!!

with gratitude,

Chris Mowrey | Delegate | Panel 64 | In Service We Soar
Northern California Al-Anon World Service Area (NCWSA)

The 2024 World Service Conference theme is:

Our Path toward Grace, Unity, and Understanding

The 2025 World Service Conference theme is:

Investing in Each Other to Preserve Our Legacy

Querida familia de recuperación,

Mañana es el cumpleaños de Lois W., nuestra cofundadora. ¿Sabes cómo se formaron los Grupos Familiares Al-Anon?

De Muchas Voces, Un Viaje B-31 extractos de las páginas 35-37

Habiendo visto grupos familiares vibrantes en sus viajes por todo el país, Bill W. sugirió que Lois abriera una oficina de servicio en Nueva York, donde esos grupos pudieran registrarse, recibir literatura útil y unificarse. Lois envió un memorándum a la primera Conferencia de Servicios Generales de Alcohólicos Anónimos en abril de 1951. Describió brevemente lo que ella veía como el valor de los grupos familiares para A.A. Lois preguntó a la Conferencia qué estatus deberían tener los grupos familiares en A.A., si estos grupos deberían pertenecer a A.A., ser como clubes de A.A., estar adscritos a A.A. pero no formar parte de A.A. o estar completamente separados de A.A. También ofreció una sugerencia: "Dado que estos grupos tienen una gran necesidad de un centro de intercambio de información, estoy dispuesta a actuar como presidenta temporal o como comité para difundir información y coordinar los grupos familiares."

La Conferencia respondió favorablemente a la propuesta de Lois de crear un centro de intercambio de información. Lois se acercó de inmediato en busca de ayuda y apoyo. Unas 40 mujeres asistieron a un almuerzo. De la misma manera que un miembro hoy en día podría llamar a otro miembro del grupo familiar para que le ayude en una tarea de servicio. Lois se puso en contacto con una amiga del grupo familiar, Anne B., y le pidió ayuda para abrir la oficina. Anne B. aceptó la invitación de Lois. La oportunidad de hacer el servicio de Al-Anon como una experiencia que cambia la vida de Anne:

Puedes leer más sobre los pensamientos y experiencias de Lois y Anne en Muchas Voces, Un Viaje.

Hoy es un día para reflexionar sobre aquellos que nos precedieron, nos inspiraron e hicieron posible este programa de recuperación para nosotros.

¿Qué oportunidades he encontrado en el servicio de Al-Anon para tener un contacto personal prolongado con miembros que tienen más experiencia en el programa que yo?

Estoy agradecido a muchos que me inspiraron a servir. Nunca olvidaré mi primera Asamblea como GR, Art fue Delegado. Era muy accesible, reflexivo y se centraba en los principios. Me encantaba escuchar lo que tenía que decir; Siempre parecía tan tranquilo. Me sentí bien al ver que los miembros compartían y me animaban a participar. Estoy muy agradecido de haber trabajado con él en varios proyectos a lo largo de los años, escuchando y aprendiendo sobre la marcha. Gracias Art por su liderazgo y voluntad de servir a nuestra Área durante más de 50 años. Amor siempre, Chris M.

Por favor, haga una pausa y reflexione sobre los miembros que los han inspirado en el servicio. Considere hacer algo mañana hasta el 4 de marzo en el Servicio en su honor o en la memoria de Lois. Por ejemplo, agradecer a tu patrocinador, dejar una copia de Al-Anon se enfrenta al alcoholismo en algún lugar, hablar con un recién llegado o contactar a un profesional.

Considere enviar su parte a 12 Stepper o al Foro. ¡Juntos podemos lograrlo!!

Con gratitud,

Chris Mowrey - España | Delegado | Panel 64 | En servicio nos elevamos
Área de Servicio Mundial Al-Anon del Norte de California (NCWSA)

El tema de la Conferencia de Servicio Mundial 2024 es:

Nuestro camino hacia la gracia, la unidad y la comprensión

El tema de la Conferencia de Servicio Mundial 2025 es:

Invertir los unos en los otros para preservar nuestro legado