

# Santa Clara Valley Intergroup Newsletter

July 2020



Santa Clara Valley Al-Anon Family Group Intergroup  
1 West Campbell Ave., Room Q84, Campbell, CA 95008



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## Doormat to Dragon in 2 Seconds

by Susan N.

When I did my fourth step, it became very clear to me that I behaved like a doormat. I was the kind of person who picnicked on the railroad tracks and then got angry when the train ran me over.

I stuffed my uncomfortable feelings and then exploded into a dragon at an inappropriate time, in an inappropriate way, with an inappropriate tone of voice. I learned this pattern from growing up in an alcoholic family. It was not safe to express my feelings.

In Al-Anon, I learned I had choices and that feelings were not facts. I could reason something out with someone else. I learned how to recognize signs of future trouble, which I call red flags, and to make appropriate choices before I was involved in a messy situation.

I learned in Al-Anon that, even if I had not done anything wrong, it was still my responsibility to do what was right.

Now I focus on myself and doing the right thing.  
Life is much, much better.

## Al-Anon's First Official Mobile App Released!

The following information is taken from the WSO Newsletter "In the Loop,"  
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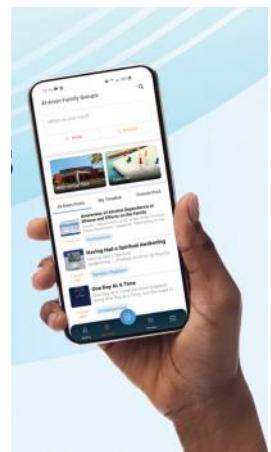
This Mobile App marks the next evolution in Al-Anon recovery. Now, with just a couple taps in the app, English-, Spanish-, and French-speaking Al-Anon members and newcomers from around the world will be able to come together for Al-Anon recovery.

What it is:

- A social app for Al-Anon members to connect with one another to share our experience, strength, and hope
- A new platform for electronic meetings
- A way to connect with your Al-Anon family in private chats
- A place to create and update a digital Al-Anon Journal
- A place to stay informed on the latest information from the World Service Office (WSO)
- A place to purchase additional content such as a daily member sharing

What it is not:

- A face-to-face meeting list



For more information and links to download the app in iTunes and Google Play, visit [al-anon.org/mobile-app](http://al-anon.org/mobile-app).

Please contribute content to the newsletter! Email the Newsletter Coordinator at [scvintergroupnewsletter@gmail.com](mailto:scvintergroupnewsletter@gmail.com)

# Appeal Letter from the Northern California World Service Area

June 3, 2020

Dear Service Partners,

In my previous letter to all GRs (posted in the GRs folder on the website for our May Assembly), I appealed to your generosity to donate to our Area.

May donations to the Area are down 65% compared to budget. If the decline in donations continues, the Area could have reduced income of 64% or \$61,000. The good news is that the Area has less expenses due to the shelter in place order and expects to spend approximately 43% of the operating expenses, leaving an anticipated small operating deficit this year of \$7,000, or about \$14 per active group. The Area is fortunate to have twelve months operations in reserves that can help offset the decline in donations one-time as needed.

We know and understand the effects of COVID-19 on individuals and meetings. Many of you could be out of work and meetings are forced to meet via Zoom or other videoconferencing. This can make collecting donations from members difficult. Many groups have designated a way to collect so they can continue to donate to the Area.

Groups, Districts/AIS Offices, and Members, as well as Pink Can Donations are now able to donate online via our NCWSA Website. To do so, go to the following link: <https://northerncaliforniaal-anon.org/donate/>. When you click on your button of choice, please note that your

name will be required, but you may just list your first name and then please enter your WSO Group Number or District number so that I can tell where to credit the funds in our accounting system.



If your group prefers to mail in funds, that is still acceptable. You can continue to send regular donations to NCWSA, P.O. Box 10475, Pleasanton, CA 94588-0475. For Pink Can Donations, continue to mail them to: NCWSA Pink Can Fund, c/o SVI, One West Campbell Ave., Room Q-82, Campbell, CA 95008

If individuals wish to donate for their group, they can mail their checks to the P.O. Box also. However, if you are contributing for your group, note the WSO Group Number on the check so we can record it in the correct place. If making an individual donation, that is fine also.

Thank you all for your service to the Northern CA World Service Area.

With love in service,

Sandi C.  
Treasurer, NCWSA  
P.O. Box 10475, Pleasanton, CA 94588-0475  
916-685-5991  
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## Highlights of the 2020 World Service Conference

The following information is taken from the WSO Newsletter "In the Loop," reprinted by permission of AFG Headquarters, Inc.

Would you like to know what was discussed at the 2020 World Service Conference? Read short reports about:

- The Electronic Meeting Work Group
- The Task Force: Reaching & Unifying Rural & Large Geographic Populations
- A Chosen Agenda Item discussion: How is Al-Anon going to reach new members in the 21st century and the millennial generation?
- Upcoming Events: Al-Anon's 70th Anniversary and the 2023 Al-Anon International Convention

Read all about it [here](#).

## Metaphors Heard at Bay Area Meetings

Collected by Cristin B.



"I no longer need to set myself on fire to keep warm."  
— Anonymous

"Understanding can be a light tap or a baseball bat." — Cristin

"Al-Anon helps us rebuild the foundation so our house doesn't keep falling down." — Anonymous

"There are lots of gifts from Al-Anon. I just have to open them up." — Kim