

SCV-AFG Intergroup Newsletter

DISTRICT MEETINGS

District 20 Meeting

Third Wednesday of odd months, 7:00-9:00 pm.
Zoom ID: 291-417-7219
Passcode: service

District 21 Meeting

First Wednesday of all months, 7:00-8:00 pm.
Zoom ID: 632 122 5845
Passcode:D21

District 22 Meeting

Third Wednesday of odd months, 7:00-8:30 pm.
Zoom ID: 958 118 1754
Passcode: district 22

INTERGROUP MEETING

Second Tuesday of all months, 7:30-9 pm.
Zoom ID: 864 4445 0162
Passcode: 999

CONTACT INFORMATION

Santa Clara Valley
Al-Anon Family Groups
1 West Campbell Avenue
Room Q82, Campbell CA
95008
Telephone: 408-379-9375
Email:
info.scvafg@gmail.com
Website:
<http://www.scv-afg.org/>

New contact info? Let us know ASAP so we can update you!

Alateen and Me

“In 1957...A 17-year-old boy, whose father was in AA and mother in Al-Anon, had been fairly successful in trying to solve his problems by applying the AA Steps and Slogans.

With his parents’ encouragement, he asked five other teenagers with alcoholic parents to join him in forming a group to help other teenagers.

The idea caught on, and the number of groups began to grow.”

—Al-Anon/Alateen Groups at Work 2018-2021, p.27

Today there are over 1,600 Alateen groups worldwide. Young people are seeking relief from the family disease of Alcoholism and they are finding it in the rooms of Alateen.

I came to Al-Anon not because of a parent or spouse but because of my teenage son. It was over 10 years ago, and I never imagined I’d still be coming back. About 3 plus years into my recovery, I had tried to encourage my youngest son to attend Alateen but he wasn’t willing. So, when my home group’s Alateen meeting was in danger of closing because there weren’t enough *AMIAS* (Al-Anon Members Involved in Alateen Service) I decided I had to do what I could. Here were kids that wanted recovery and there were not enough adults to create a safe space for them to find the serenity and fellowship they were seeking.

I thought I would sponsor a meeting for a short time, maybe a year or two and be done. I went into it thinking that I would play some part in walking kids through the steps and taking teen phone calls. It turned out that was not to be the case.

What It’s Really About

As a group *AMIAS* your job is to keep the room safe (i.e. no discussing our own alcohol/drug use, no bullying, no crosstalk, no personal attacks, no adults who are not certified *AMIAS*, etc.), assist the Alateen Secretary of the meeting in keeping the focus on the program and work on my own recovery. Being an Alateen sponsor wasn’t an opportunity to teach kids about alcoholism, most of them knew more about it than I did. It wasn’t a place for

Want to Know More About Alateen?

Check this out! The Al-Anon Bookstore in Campbell offers pamphlets, books, and more. Go to scv-afg.com, and follow the prompts to the Bookstore.



adults to arrest the disease and keep it from developing in the teens in the meeting; that was up to them and their Higher Powers. It turned out to be a place for me to hear the wisdom of Al-Anon and learn the tools of the program from a new perspective. It turned out to be a place where I have an opportunity to learn what detachment looks like from a young person’s perspective. It is a place where I learn how to frame the tools in simple, pragmatic terms that are achievable.

Being an *AMIAS* has led me to other service positions, such as the Alateen Coordinator and currently the Alateen Process Person. For me, doing Alateen service is unlike other service positions because it’s expected that I regularly attend Al-Anon meetings and work with a sponsor regularly. It might mean the meeting can’t go on if I don’t show up. There need to be at least two adults at every Alateen meeting, so if I flake—the kids can’t meet. So, I have a stronger drive to actively participate in my own recovery so that I can be there for others. I have had the opportunity to watch kids participate in recovery as young as seven and as old as nineteen. They have taught me just as much as I have learned in the regular Al-Anon meetings, and they’ve also taught me a special kind of humility, equality, and patience.

If you feel drawn to this kind of service, there are so many ways to participate. If the kids vote you in as a group *AMIAS*, you can be that someone to keep a safe room for their recovery. Or maybe you are someone that offers rides to conferences or regular meetings. You can be a safe person at events or someone that keeps the paperwork moving for those that want to participate. As adults we have benefitted so much from recovery, why not reach over and help a younger version of ourselves and gain so much for our recovery in the process?

—Carolyn H
Alateen Process Person

Intergroup Report for May 2021

The Monthly Intergroup meeting on May 11 reports the following:

- Intergroup still seeks a Treasurer. Several other Coordinator positions are open as well. Interested? Contact your IG Rep.
- Website Committee: A guest speaker gave us many exciting ideas to consider, including professional design help.
- The Bylaws Revision: Committee reports that most revisions will be up-dates dealing with technology, and changed views of our mission.
- Discussion of a new Technology Coordinator position got underway, to be reported at the June meeting.
- An AA/Al-Anon Event is planned for September 22. "AA in Action" will include participation by Al-Anon. Put it on your calendar, and look for updates to come.



Contact your Intergroup Rep with any questions you have about this report.



Al-Anon Speaks: "How Deep Is It?"

The Civil War got off to a poor start for the Union Army with General George McClellan as Lincoln's Commanding General. Head of the army, and commander of the troops, he was always fixin' to get ready to lead his troops into battle, but the timing never seemed right, never perfect. The troops were equipped and ready, but their Commander was not.

One day, reconnoitering the territory they were entering, McClellan and his staff Generals paused their horses on the high bank of a creek. McClellan asked his staff "How deep do you think this creek is?" They speculated on the question, then speculated some more, not prepared to venture a guess. Energetic, ambitious General Custer (of Custer's Last Stand fame) spurred his horse down to the creek, waded into it, and found it to be about knee deep. He turned back to say, "This is how deep it is, General." So simple. Just wade in. But the President could not get his General to act! So Lincoln finally fired him.

"This is how deep it is!" I can look back at many times I was fixin' to get ready—not actually *getting ready*, just fixin' to. Waiting, hoping, wishing—for a perfect, foolproof solution to the dilemma at hand, wondering how deep it was going to get if I waded in!

I'm in a new place now—recovery. I can wade in, do the next right thing, reason it out with someone else, take it one day at a time, or let go and let God. I don't have to guess how deep it is. I can wade in and find out, then wade back to shore if it's over my head. I may never need to know how deep it is. And it's all good!

Revising Our Website

Our local Al-Anon was started way back before the internet began—back even before photo copying, faxing, the IBM Selectric, and answering machines! These old technologies, or their shadows, still hang over us. Although we've adapted to the internet mentality in our personal lives, we're still working with a typewriter mindset in our Al-Anon space. It's time to move on, and Intergroup is addressing this.

The pandemic jolted us into the present in many ways. On the fly, we've come up with ways of connecting that don't involve face-to-face contact. Since the beginning of the year, and the beginning of new service terms for Intergroup members, plans for a revision of our website have been underway, and new ideas keep coming.

The pandemic really played a part. We need to share information, and since we could not do this face-to-face, we turned to our website for it. It seemed inadequate to the task.

Information seemed hard to find, categories weren't working to direct us, updates were few and far between. Some material was out of date. Such are the conditions when you are dealing with an all volunteer organization!

A small group of volunteers got to work to find out what we could do to fix our website. It started with a bare bones idea: improve the visual appearance of the website, get to the appearance that we like, then build in the content behind it. It was a sort of "Swiss Army knife" concept. The agreed-upon home page would have menu tabs and pictorial links that would take a searcher directly to the information sought in no more than two mouse clicks. That sounded great—then back to the home page to select another menu tab,

or pictorial link, for another search. The decision was made to keep the content spare so as to be manageable and focused, leaving all WSO topics available as links, rather than loading up on information and extra pages from other Al-Anon websites.

Intergroup members were receptive to this approach, and gave feedback along these lines:

- The website needs to be attractive and user-friendly to newcomers and professionals.
- Our Google listing is inaccurate: we need to utilize SEO (Search Engine Optimization).
- For a good example of a new approach to Twelve Step websites, go to OASV.org.
- Consider that over fifty percent of online searches are done on a mobile device.
- Have meeting listings searchable by Zip Code.
- Introduce diversity into illustrations.
- On the working website, there is no current information on Intergroup itself or Alateen.

A A Website Pro Weighs In

Francine B, an effective developer of websites for other Twelve Step Programs, made a guest appearance at the May 13 meeting. Intergroup members were mesmerized by her knowledge and experience in website development. She opened our eyes to the vast potential our website has to reach newcomers, health care professionals, and our own membership—with targeted strategies.

Francine has agreed to work with us to improve our vision, and direct us to a professional website service if we decide to engage one. We look forward to what comes next for this exciting new website development.



FYI, or “for your information“ includes articles from outside the scope of our SCV-AFG Intergroup Newsletter. It includes downloads and announcements that may be of interest to our membership.

JUNE
05

Doubling Down On Recovery AFG (WSO# 30712513)

proudly sponsors



**HEAR AL-ANON MEMBERS WHO ARE ALSO
MEMBERS OF AA SHARE THEIR UNIQUE
“DOUBLE WINNER” PERSPECTIVE**

June 5, 2021

7:30p - 8:30p (PT) / 8:30p - 9:30p (MT) / 9:30p - 10:30p (CT) / 10:30p - 11:30p (ET)
ZOOM ID: 831 6952 5523 PASSWORD: 099331

Double Winner Speaker

VIKKI R. From San Jose
(AA 07-13-83 / Al-Anon 07-13-16)

- If you are an AA member who wants to know more about Al-Anon, please join us.
- If you are an Al-Anon member and want to know more about what the alcoholic's journey is, come join us.
- If you are a Double Winner, come hear your story.
- The last 10-15 minutes is Question & Answer and brief shares by our double winner community.
- We will open this event 15 minutes before and keep it open for 15 minutes after for fellowship and feedback.

SOUL-SUNDAYS PEOPLE OF
COLOR IN RECOVERY PRESENT

AL-ANON SPEED FELLOWSHIPING

Same concept as "speed dating", instead for Al-Anon
fellowship! (Not a dating event). All are welcome!!

You'll be placed in a virtual zoom room with another
member. You'll have 7-8 minutes to talk about your
recovery. We provide suggested questions. Once time is up,
you're switched to a new room with a different person.
Then again and again!

THURSDAY, JUNE 24, 2021
5:30PM PST | 7:30PM CST | 8:30PM EST
MEETING ID: 825 2970 4390
Passcode: fellowship

No registration required.
Join 10 minutes before
for soulfull music

WSO#: 30748229



Experience, Strength, and Hope
Santa Clara Valley
Al-Anon Open Speakers Meeting
and Introduction to Al-Anon*

Friday, June 25, 2021

7:30PM – 8:45 PM (PST)

Join Zoom Meeting

[https://us02web.zoom.us/j/83732713942?
pwd=YTFrUjJOV2UxeDUybnBycW1aY0hkUT09](https://us02web.zoom.us/j/83732713942?pwd=YTFrUjJOV2UxeDUybnBycW1aY0hkUT09)

Meeting ID: 837 3271 3942
Passcode: 921715

Dial by your location
+1 669 900 9128 US (San Jose)



GUEST SPEAKERS



Alyssa T.A.
San Jose, CA
Al-Anon

Jeremy A.
San Jose, CA
Al-Anon/AA

Next Speakers Meeting: August 27, 2021

For more information see District20AFG.com

**This is an OPEN Al-Anon meeting, open to all interested in learning
more about Al-Anon.*

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