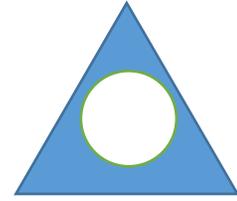


AL-ANews



Kern County's District Six Newsletter August 2018

Report from our District Representative:

As the Summer months come to a close and we move into the Fall I am looking forward to some cooler weather and getting back into my regular routine. I am always surprised how Summer brings less responsibility which should allow me to be more relaxed. However, with that relaxation also brings me out of my routine which can sometimes mean that I am not working my program to its fullest. At this time, I am reminded in our *How Al-Anon Works* book that the slogan of Live and Let Live "encourages us to make a special effort to treat ourselves well." (pg. 74) Thank you Al-Anon for the gentle reminders to not always be perfect. This helps me to not get discouraged or hard on myself when I am not working my program to its fullest potential. I will take this time to refocus and get back in my routine which includes prayer, meditation, reading my Al-Anon approved literature, journaling, meeting with my Sponsor, attending meetings, fellowship and being of service. I am hoping that my fellow members will do the same.

Thank you for letting me be of service -
 Holly M
 District 6 - District Rep



Upcoming Events

August 31 – September 3, 2018	South Bay Family Roundup	Torrance Marriott 3635 Fashion Way, Torrance, CA	"Amazing Grace" www.SouthBayRoundup.org
September 7-9, 2018	40 th Annual Ventura County AA Convention with Al-Anon and Alateen Participation	Westlake Hyatt Resort, 880 South Westlake Blvd., Westlake Village, CA	"I Stood in the Sunlight at Last" www.VCAAC.org
September 21-23, 2018	67 th Annual Southern California AA Convention with Al-Anon Participation	Westin Mission Hills Resort, Rancho Mirage, CA	"Courage to Change" www.aasocal.com



Alateen Update

Here in District 6 we have one AMIAS (me) certified to work with teenagers. Our Sunday night "Taking It One Day At A Time" meeting is still closed due to lack of interest. The "Northwest Wednesday Alateen Meeting" will be starting back up when school begins at Centennial High School. To my knowledge there are no interested parties among our Al-Anon groups that want to step up and carry the message to the youth of Kern County. I don't know where Alateen is headed in the near future but it doesn't look good at this point. It doesn't take much to get certified and it's not as big of a commitment as you would think. If you are interested in doing some REWARDING 12th Step work with me give me a call.

Thanks for letting me be of service,
 Judy F

Hospitality Schedule 2018

This group will need to bring two dozen doughnuts, muffins, etc. to the District Meeting held on the second Saturday of the even months at 3801 Buck Owens Blvd., beginning at 9:30 a.m. If you have any questions, please call Bonnie at 661/345-4726.

October
 December

Courage to Change Group
 Eastside Serenity Seekers

I Need to Relinquish My Job

“Am I convinced that most people are the way they need to be at present, not necessarily the way they would like to be?” This is the question staring me in the face as I sit at an AI-Anon event. At first all I could think about was the way I would want people to be. Can you believe that? Me – an active AI-Anon member!

There still is some stinking thinking that is so deeply ingrained in me. Do I have the right to want my husband to be a certain way? Especially when he is always talking about working a program, wanting to be sober, spiritual, and married? But over and again he relapses – sometimes in behavior alone.

So, what am I left with? I am wondering, questioning, listening, reading, and trying to find myself in this recovery process. I do have the right to set boundaries for myself – about what is acceptable and what isn't. But I cannot force him to change, although God knows I've tried. After I've set my boundaries, what happens when they're broken over and over again?

I keep coming to meetings, reading, working with my sponsor, and learning what action I need to take and when, one day at a time – sometimes one moment at a time. I make decisions after praying to my Higher Power and asking for guidance. Now as I am reading again the question that is right in front of me, to my surprise I see something different! Instead of “the way they would like to be,” I see, “the way *they themselves* would like to be.” My awareness returns that this is a disease. It cannot be controlled.

The only hope for recovery is in the Twelve Steps! Then I realize I'm not to be so hard on myself or the alcoholic. Could it be he really does want to get better? Could it be it's not his fault or mine? Then what is stopping him from working his program? Ah, once again, my own program kicks into tell me it's not for me to figure that out. In fact, it's impossible to figure it out and my attempts will only keep me sick! I need to turn this over to God – to relinquish my job of controlling the universe. I need to trust in God to do what He does best.

So now I let go and let God work in my life and in the lives of others! I no longer feel the need to fix my husband, my children, or the universe! I can relax and keep the focus on myself because I'm work it! What freedom this is! Thank God, I don't have to have all the answers, and thank God for AI-Anon!

Ann Marie S., New York
July 2002, Pages 10-11
The Forum

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AI-Anon Family Groups Hdqts., Inc., Virginia Beach, VA



Groups Hosting Newcomers' Meetings

The Newcomer Meeting is every Friday from 6:30-7:00 p.m. at Aspire Counseling Services, 9830 Brimhall Road, Bakersfield. Each group is asked to pay a one-time \$5.00 rent fee for the month. Rent envelopes are in the newcomer basket. Please put your rent envelope under the first office door in the hallway. If your group has any questions or trouble meeting your obligation, please contact Linda Y. at: 661/496-4608 or email at: lynostroza@kern.org. Thank you for letting me be of service.

August	Tuesday Night South West
September	Thursday Eastside Serenity Seekers
October	Friday Night LOL
November	Sunday Serenity on Sunday and Saturday
	Progress Not Perfection split two weeks each
December	Wednesday Courage to Change



Just for today I will try to live through this day only, and not tackle all my problems at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.



I Had My Doubts

My noon Al-Anon meeting used the book *How Al-Anon Works* to discuss the section "Let It Begin with Me" on page 70. After the meeting, the woman next to me helped with the clean-up. She headed for the parking lot while I went to get my things. That's when I noticed her book on the table. Knowing how much personal information we keep written and tucked into our books, I immediately picked it up and hurried outside, calling her name. I was so happy to catch her eye as she pulled out of her parking place, and she was really happy to have her book!

As I turned back to the meeting room to get my things, a small group of women came down the walk. The door behind them was closed.

"Oh, no!" My book, my purse, and my car keys are still on the table!"

One of the ladies, my service sponsor, noted that she had just checked the door to make sure. Yes, it was locked and this afternoon neither the church secretary nor the pastor were there. Our group representative, who had the key, needed to leave the meeting early for an important phone call.

What was I going to do? I was almost ten miles from home. Even if I got a ride, how was I going to get back into the church for my belongings? What if someone came across all the names and phone numbers in my book? What if I never got my purse back and had to replace my driver's license and credit cards? My panic made it hard for me to decide what to do.

My service sponsor offered to drive me two miles to the GR's house. She was sure our GR would be home because of an important phone call. Maybe I could interrupt her long enough to get the key and return to the church. When I knocked on the GR's back door, she didn't seem to mind that I walked in, nervously announcing my presence.

I really didn't want to be there in the middle of something important. She was on the phone and motioned for me to wait quietly. I could tell this wasn't the kind of call I could interrupt, so I went outside to ask my service sponsor to leave me there. Before she left she said, "Who knows? Maybe our GR will need a hug when she gets off the phone. Maybe God put you here for a reason." I had my doubts about that!

Back inside, I sat quietly and tried to mind my own business while she finished on the phone. All I need to say is she was trying to get enough information to help her make a sound decision. She seemed very strong and composed. I alternated between looking through mail-order catalogs and praying for her, until finally the phone call was over.

As our GR walked over to me, I tried to make the best of the situation. I stood up, opened my arms wide, and announced, "I bet you wonder why I'm here. Well, guess what? God sent me here to give you a hug!" I thought I was being very funny. Before I had a chance to tell her how my Higher Power had arranged all of this, the tears started flowing from her eyes, and she told me how relieved she felt. She was grateful that she didn't have to be alone after that very discouraging phone call. I was amazed. I had no idea that my presence could make such a big difference!

When I explained how I had been locked out of the church, she agreed to drive me there to open the door. When she unlocked the door, she found it was locked but the double door wasn't latched on the inside. Locked or not, the door would have swung open just from pulling on the handle. I would have picked up my things, gone home, and missed this wonderful experience!

I am firmly convinced that my Higher Power has a sense of humor and He put me in exactly the right place when our GR needed a hug. Al-Anon helps me recognize how wonderful life can be, especially when it takes me by surprise!

Joanne W., Connecticut
July 2002, Pages 20-21
The Forum

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I Won't Give Up

One night I arrived at an Al-Anon meeting early, so I got out the books and other materials and placed them on the table. I decided to make the coffee, since no one else was there. I used the large measuring cup, and not the small one

Well, the members got to the meeting and were getting their coffee. A couple of them took a drink and made faces! I didn't know what I did wrong. The coffee was so strong that a stick could stand in it – I guess I used the wrong measuring cup!

Someone asked, "Who made the coffee?" "Well," I said, "I did." She asked, "Do you drink coffee?" I just laughed and said, "No!" Then everybody laughed at what happened to the coffee.

I laughed with them because they were laughing with me and not at me. I have grown because I am in Al-Anon. A year ago I would not have been able to do that.

Will I try making the coffee again? Of course! I won't give up. I hope it will turn out better next time.

Diane H., Iowa
July 2002, Page 9
The Forum

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Resources

Kern County Al-Anon	www.kernal-anon.org
Southern California World Service	www.scws-al-anon.org
World Service Office, Virginia Beach	www.al-anon.org
www.al-anon.org	www.al-anon.org/members



District Officers 2016-2018

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Secretary	Elizabeth G.	661/496-7238	usergr3501@aol.com
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Institutions	Stella Mc.	661/330-4444	stella.mccaskey@gmail.com
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Answering Service	Sean N.	559/704-7329	seannagel69@gmail.com
Schedule Coordinator	Barbara D.	661/301-6459	barbara.davis1965@gmail.com
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Assistant District Alateen Liaison			
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Our Round-Up Chair 2019	Debbie T.	661/333-0188	dtisler@pacbell.net
Our Round-Up Co-Chair 2018	Sean N.	559/704-7329	seannagel69@gmail.com



**Southern California World Service (SCWS) Group Contribution Form
For use during the term 1/01/2016 thru 12/31/2018**

_____ Al-Anon _____ Alateen Group Name: _____

Group Address: _____

Group City: _____ Day: _____ Time: _____

WSO ID # _____ Contribution Enclosed: _____

Name Submitted by: _____

E-mail address/Phone number: _____

Please make check or money order payable to SCWS

Please mail contributions to:

**10073 Valley View Street, #260,
Cypress, CA 90603**

The WSO ID# can be located on the mailing label of the Bulletin.

Any questions and/or comments,

please contact Tarisa Ramserran at 818/681-9531 (text preferred) or treasurer@SCWS-al-anon.org

District 6 Contribution Form

Group Name: _____

Group Address: _____

Group City: _____

Group WSO ID# _____ Contribution Enclosed: _____

Please make check or money order payable to Al-Anon District 6

Please mail contribution to:

**Al-Anon
Attention: Treasurer
Post Office Box 894
Bakersfield, CA 93302**

**If you have any questions, please contact:
661/302-2608**