

# La Voz de la Razon

Boletín informativo del distrito 18

Primer trimestre de 2025



¡Feliz año nuevo! Bienvenidos a su boletín del primer trimestre del Distrito 18. Este boletín trimestral se centrará en el trabajo de servicio. Realizar trabajo de servicio ayuda a Al-Anon en su conjunto. Puede ser colocar sillas en su reunión local, dar la bienvenida a los recién llegados, desempeñar un puesto en su reunión local o ser voluntario para un puesto en su distrito local. En el gran libro azul de Al-Anon *Cómo trabaja Al-Anon para las familias y amigos de los alcohólicos*, en la página 100, dice: “El servicio es la práctica del amor incondicional. No hay “deberes” ni obligaciones. El servicio en Al-Anon nos permite esforzarnos y practicar los principios de Al-Anon mientras nos conectamos con otras personas con quienes podemos ser nosotros mismos”.

“Nuestra supervivencia como comunidad depende del amor incondicional. Nos une un problema común y un objetivo común. Nos necesitamos unos a otros. Cada miembro es importante, pero no se le exige nada a ningún miembro excepto lo que él o ella desee dar libremente. No hay condiciones. Y respondemos a este amor dado libremente sintiendo que es seguro y deseable seguir volviendo. Rodeados de este apoyo incondicional, nosotros, que somos tan vulnerables y tan heridos, comenzamos a sanar”.

“Cada contribución tiene valor. El apadrinamiento es otra forma gratificante de servicio”.

Cuando comencé a asistir a Al-Anon, estaba perdida y confundida. Mi primera reunión fue totalmente confusa. Mientras estaba sentada en la reunión, pensé que una sola persona organizaba y dirigía la reunión. No sabía que los miembros se ofrecían como voluntarios para puestos de servicio y cada puesto contribuye a que la reunión funcione sin problemas y de manera eficiente.

Otra gran oportunidad para aprender sobre el trabajo de servicio es asistir a la Reunión del Distrito 18 local. GR de mi grupo base siempre recomienda a los miembros que asistan a la Reunión del Distrito (así es como me enteré).

- Los Enlaces de Servicio son:
  - Miembros
  - Representantes de Grupo (GR)
  - Representantes de Distrito (DR)
  - Delegados
  - Reunión de Grupo
  - Reunión de Distrito
    - El primer domingo de cada mes a la 1:30 pm en 1425 Standiford Ave., Modesto en Frontier West Shopping Center.
  - Comité de Servicio Mundial de Área (AWSC)
  - Asamblea de Área
  - Conferencia de Servicio Mundial (WSC)
- Representantes de Distrito (DR)
- Folleto Enlaces de Servicio: <https://al-anon.org/pdf/S28.pdf>



Aquí está Craig M., de Modesto, compartiendo su experiencia con su servicio:

Soy el encargado de las llaves de mi grupo, Changing Attitudes. Abro nuestra sala de reuniones, coloco las sillas y coloco la literatura para las reuniones de nuestro grupo. El efecto de este puesto de servicio ha tenido un impacto positivo en mi recuperación. Lucho por mantener la coherencia en mi vida. Soy bueno para empezar cosas y aún mejor para detenerlas. Este puesto de servicio me hace ser responsable y asistir a todas las reuniones. Adquiero mucha sabiduría y conocimiento al asistir a nuestras reuniones. Mi recuperación se ha beneficiado enormemente de la asistencia fiel. Siempre escucho algo que me ayuda y, si no estuviera en la sala, me perdería la oportunidad de escuchar acerca de la fortaleza y la esperanza de las personas.

Craig M., Modesto

Quiero agradecer a Craig M. de Modesto por compartir su experiencia, fortaleza y esperanza. Gracias, Craig M., por estar al servicio.

Puedo identificarme con lo que dice Craig M.: me encanta empezar cosas y no terminarlas. Puedo inventar un millón de excusas para dejar algo. Cuando fui a mi primera reunión del distrito 18, mi grupo GR lo había mencionado en la reunión de trabajo de mi grupo base. Yo era un recién llegado y tenía muchas dudas sobre si ser útil o no porque sentía que lo arruinaría. El defecto de carácter número uno es el miedo, antes de intentarlo, creo que voy a fracasar. Me preocupaba que el boletín no fuera bueno y que me juzgaran. Tenía miedo de hacerlo mal y de que todos lo hicieran, incluso yo. Tenía mucho miedo cuando terminé mi primer boletín. Recuerdo que me senté y me preparé para enviarlo al coordinador del sitio web. No quería presionar enviar, pensé "podría ser mejor" y "debería haber hecho esto", "les gustaría a los miembros". Lo que obtengo de estar en esta posición es que aprendo más sobre el programa de Al-Anon, hablo con más miembros, voy a las reuniones de distrito y descubro que cuando lo hago, me siento mejor conmigo misma. También me distrae de otro de mis defectos de carácter, vivir en el pasado, preocuparme por el futuro. Siento que estoy viviendo en el presente cuando estoy trabajando en el boletín. Me hace olvidar mis problemas. Me siento bien conmigo misma. Me ha dado la oportunidad de ver mis activos como trabajo. Tengo un propósito y disfruto usando mis talentos, me encanta ser creativa y también tengo la esperanza de que si sigo activa, sacaré el máximo provecho de mi programa. Teri G. Modesto CA

Cuando encontré el valor para decir sí al servicio, lo hice pensando que estaría dando. No estaba preparada para todo lo que recibí a cambio en abundancia. El crecimiento en mi recuperación y los beneficios en las relaciones con mis seres queridos fueron regalos que no esperaba. El servicio es un principio básico esencial del programa de Al Anon, y nuestra oportunidad plena de recuperación es limitada si no exploramos el servicio a nivel grupal y más allá de él. Al acercarse un nuevo año, ¿cómo podemos pensar abundantemente en el servicio?

Antes de aceptar un puesto de servicio, me pregunté: “¿Cómo puedo comprometerme con los demás cuando mi propia vida está tan agitada?”. Pero esas dudas eran infundadas. Un despertar espiritual se desplegó ante mí, tal como dice el folleto Cuando me puse a trabajar, me puse mejor (pág. 78). Estar ocupada en el servicio me permitió escapar de la ingobernabilidad, me permitió encontrar confianza en mi toma de decisiones y me trajo paz y serenidad. Fui guiada con gentileza y amabilidad por quienes me habían precedido. Me transmitieron sus conocimientos de lo que aún no entendía y me dieron espacio para practicar y cometer errores en un entorno seguro y de confianza.

A medida que sigo sirviendo, lo hago con un corazón lleno de gratitud por lo que he recibido. Cuando los recién llegados asisten a una reunión, recuerdo la importancia de estar ahí para aquellos que aún no han encontrado Al Anon. Al trabajar en la Oficina de Servicio Mundial (OSM), tengo la oportunidad de interactuar con colegas para quienes el servicio también ha sido el culmen de la recuperación. Compartimos ideas valiosas entre nosotros y con la confraternidad sobre los temas a veces difíciles de la rotación del servicio, la resolución de conflictos hablando de las cosas y razonándolas juntos, y cómo lograr una comprensión más profunda no solo del servicio en Al Anon sino también dentro de nuestras propias vidas.

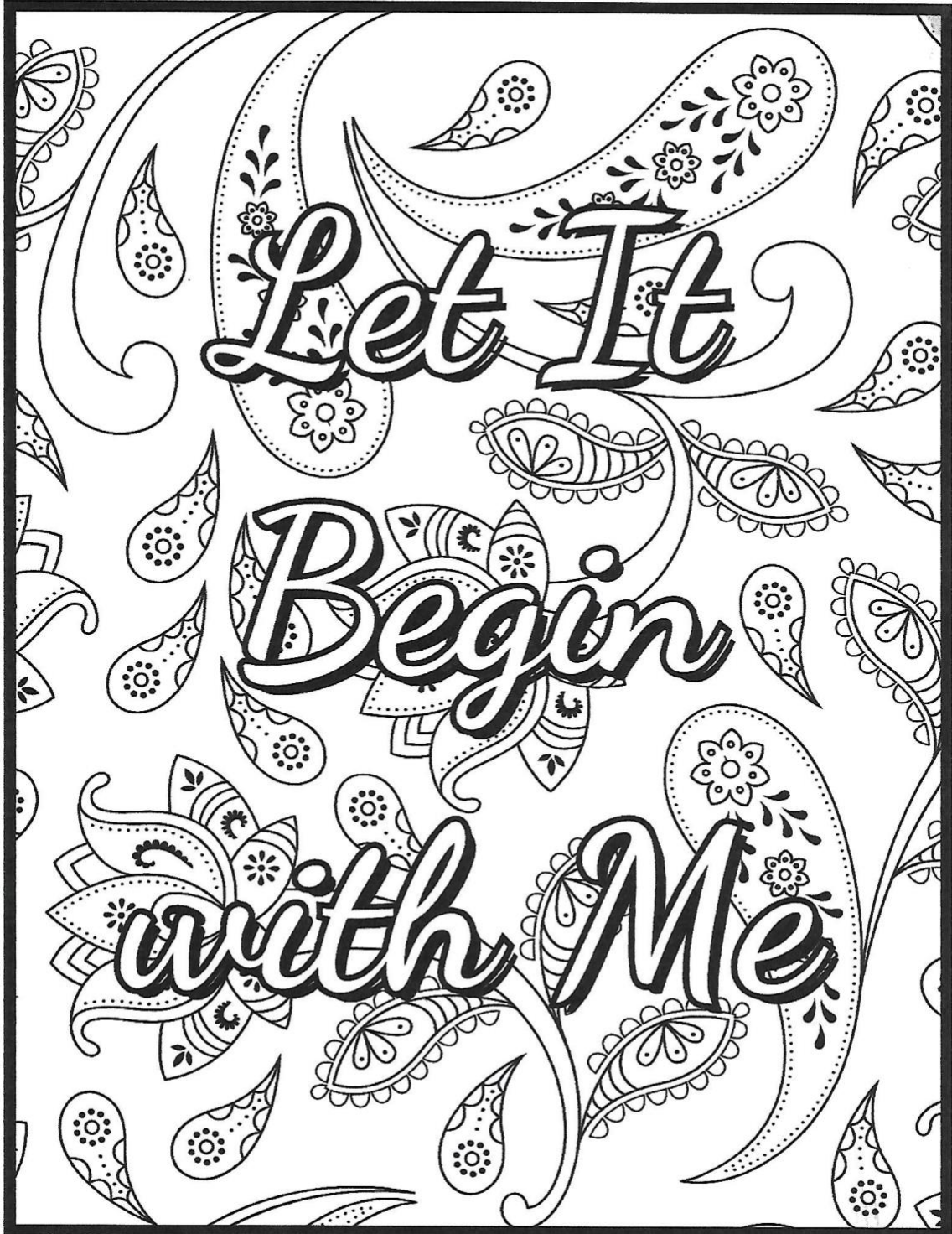
Recientemente, mi puesto me ha permitido mantener estas conversaciones con estructuras de Al Anon en todo el mundo. Aunque estas conversaciones se llevan a cabo en muchos idiomas diferentes, los mensajes siguen un hilo conductor similar: el deseo de garantizar que el mensaje de ayuda y esperanza de Al Anon esté presente para la próxima persona. Transmitir lo que hemos aprendido es crucial para el futuro de Al Anon, así como una expresión de nuestra gratitud. Cuando pienso en cuánto más recibo al dar servicio, reconozco que no podría haber dado nada sin que otros me hubieran transmitido su sabiduría. Pensar en quienes recorrieron este camino antes que yo me inspira y me da fuerza. Sé que no estoy sola. Hay calidez y un sentido de pertenencia en poder transmitir a los demás lo que he recibido.

Al final, el servicio consiste en poner el amor en acción. Durante esos momentos de mi vida en los que luchaba por dar el siguiente paso, sin saber qué dirección debía tomar ni dónde podría encontrarme, poder dar en servicio a Al-Anon, incondicionalmente, por amor, me trajo regalos en abundancia. También he aprendido que solo puedo conservar la alegría y el amor que he encontrado en el servicio cuando sigo brindándolos.

Hoy, me encuentro en un lugar que no podría haber imaginado. La vida todavía presenta desafíos inesperados, pero a medida que crezco en el servicio, descubro las herramientas necesarias para guiarme. La alegría de unirme en el servicio me llena abundantemente.  
Por Tracey S., Gerente de Servicios Internacionales  
The Forum, diciembre de 2024

Reimpreso con permiso de Al-Anon Family Group Headquarters, Inc., Virginia Beach, Virginia, EE. UU.





## 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](https://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](#)





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 76<sup>th</sup> Annual Spring Conference. Please send requests by April 15<sup>th</sup>, 2025.

When: March 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> 2025

Where: 1150 9<sup>th</sup> Street Modesto Ca Doubletree by Hilton

Please send your submission and any questions to:  
**[newsletter@alanonsanjoaquinvalley.org](mailto:newsletter@alanonsanjoaquinvalley.org)**.



# 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](http://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



## 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 15<sup>th</sup> resumé deadline.



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

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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.

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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)

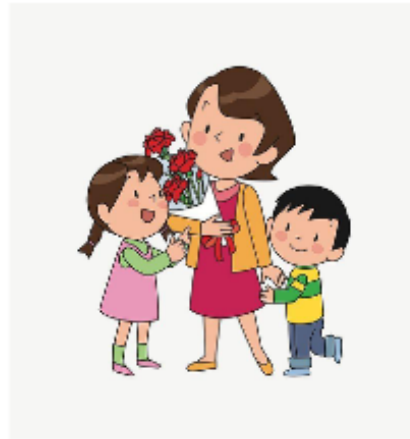
Regional Trustees must reside within the Region from which they are nominated and be selected by their Area process – Deadline to Apply online by April 30, 2025 – Qualified Candidates will share their qualifications at the NCWSA May Assembly - May 17, 2025 and On May 18, 2025 NCWSC may select one candidate 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](#)



Al-Anon Family Groups

Fremont Saturday Step Study Group

## Has Childcare Services!



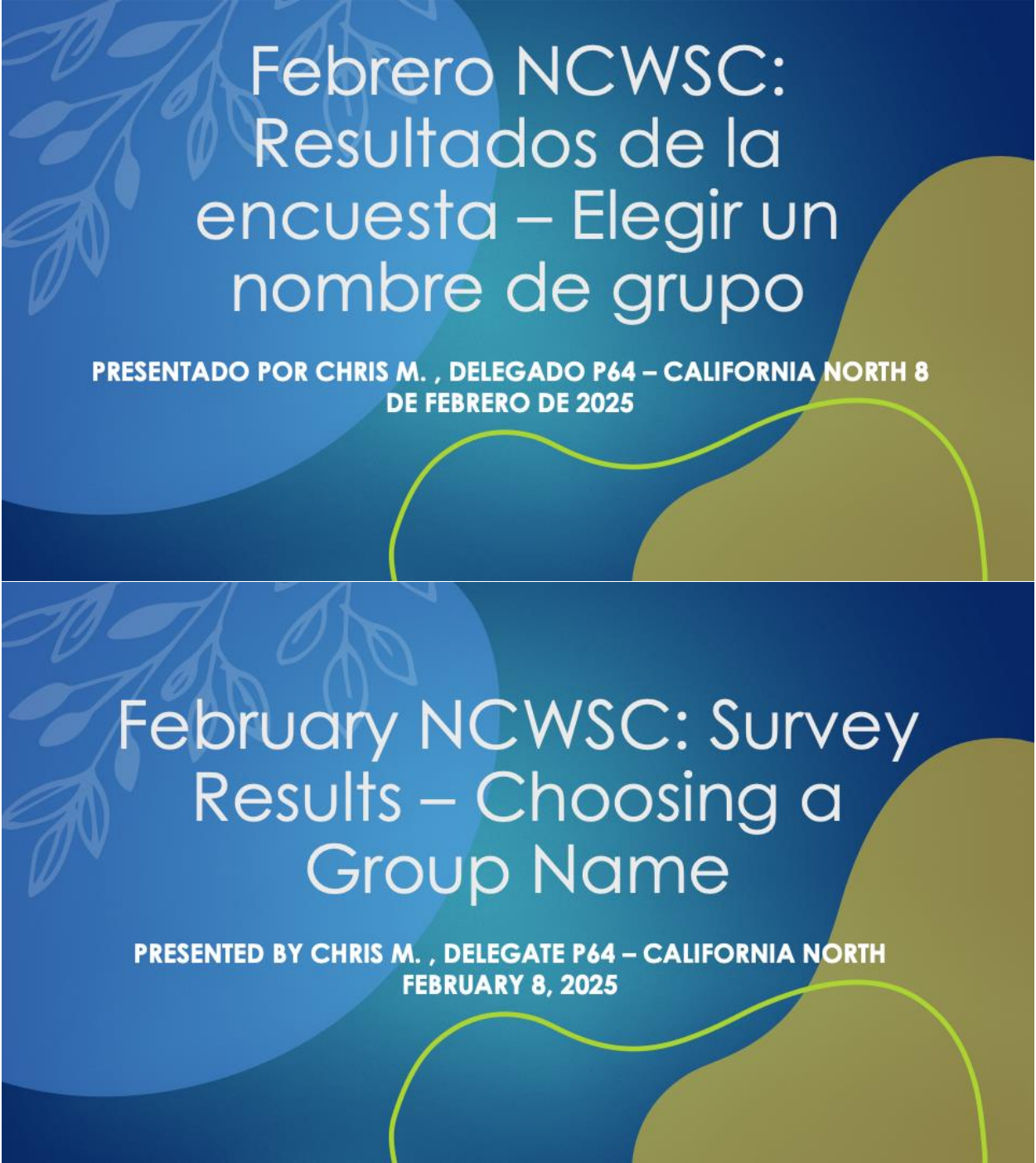
### Need a meeting, need fellowship? We have Childcare & hugs are free!

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.

.....

Location: St. James Episcopal Church, 37051 Cabrillo Drive, Fremont, Parish Hall  
Childcare: Room 3  
Time: Saturdays, 9:30-10:30 am



# 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**



## 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](mailto:d17districtrep@gmail.com).

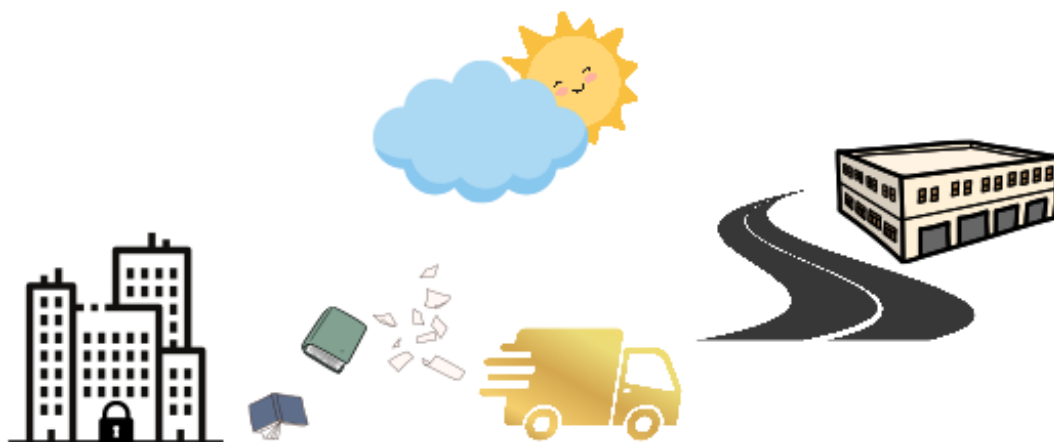




alanonsanjoaquinvalley.org

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
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
<b>Alateen Meetings</b>					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
<b>In-Person Meetings</b>					Thurs	8:00 PM	Manteca AFG	332 E. Yosemite Ave Suite C, Manteca
Day	Time	Meeting Name	Location		Day	Time	Meeting Name	Location
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](#)



# **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!**

# 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](mailto:delegate@ncwsa.org)*

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

### Things to Think about and share with your group:

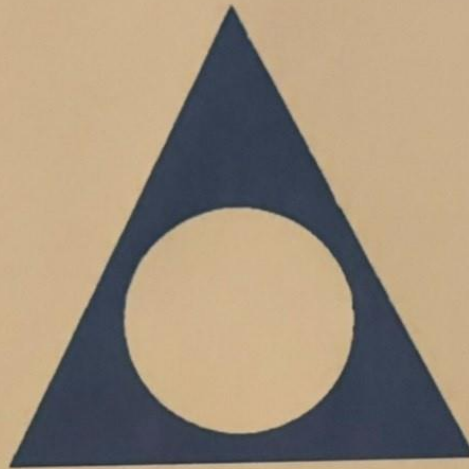
- The **2025 WSC Conference is April 24-27**, the theme is "**Investing in each other to Preserve our Legacy**". My hope is that we will consider making an investment to help revitalize Alateen. In two years Alateen will celebrate 70 years. It would be great if our Alateen Conference, NOCAC, resumed 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](http://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 30<sup>th</sup>. 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](mailto:ncwsc@groups.io).

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



## **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 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**

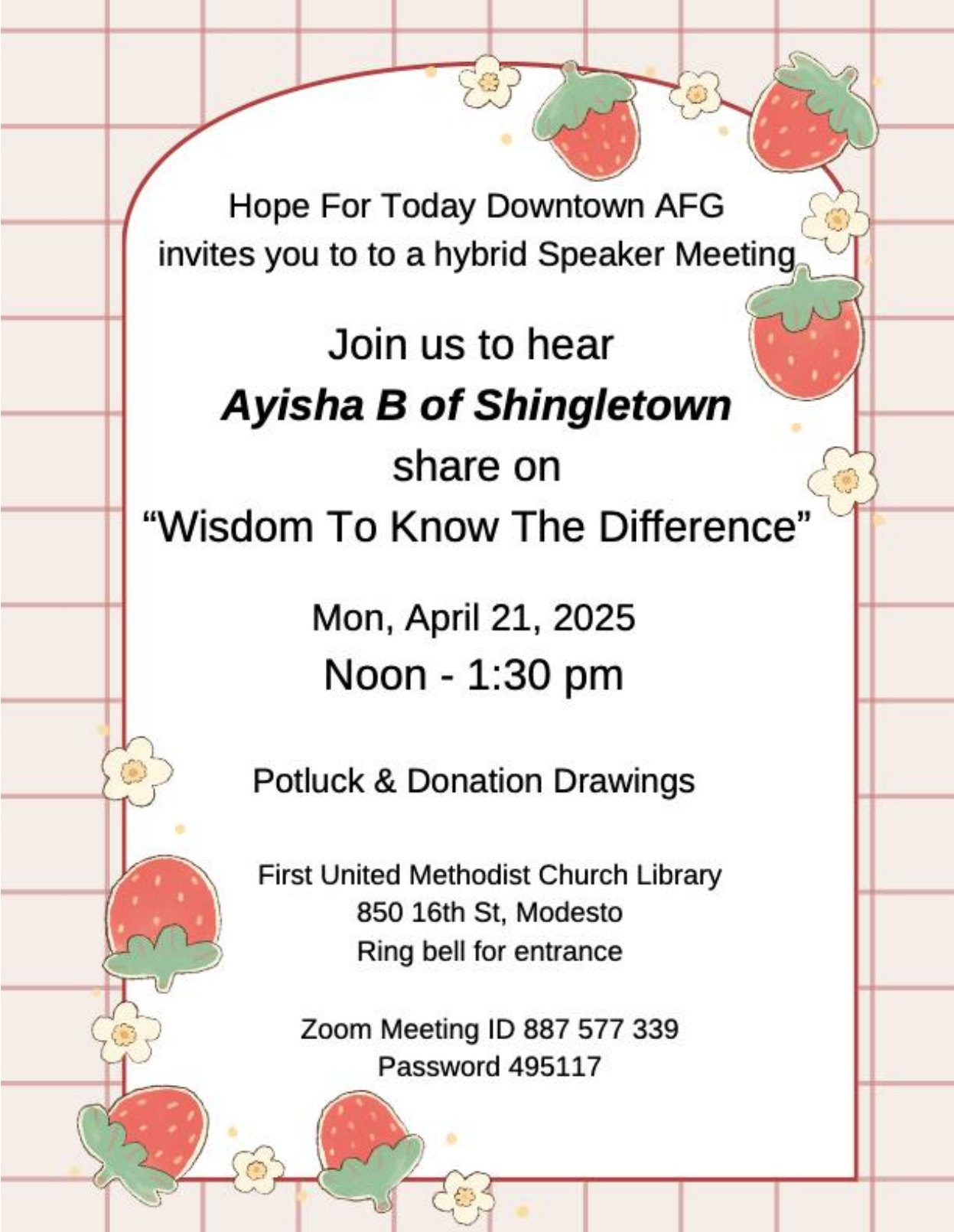
Each year, three Trustee at Large and three Regional Trustee positions become available through rotation of leadership. Annually, the Board also seeks to fill any vacant Trustee positions. In 2025, the Board will be seeking applicants for three Trustees at Large as well as Trustees from several Regions 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 30<sup>th</sup>.
2. Delegate receives a copy of the applications from WSO and Chairperson invites candidates to share their resumes and qualifications at the May 17<sup>th</sup> Assembly with the GR’s and on May 18<sup>th</sup> 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~~



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

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



**March 20<sup>th</sup>, 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**



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