



RECOVERY: LET IT BEGIN WITH ME

August, 2006

Volume 1, Issue 2

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**Why I like to go to NoCAC**

I love to go to NoCAC because it's a new experience for everyone. There are always new people and different hotels. We get about 2-4 people per room and we go to workshops, hear speakers etc. We also get "Easy Does it" time where we can do anything we want (within reason, of course). There is also an open Mike time where anyone can come up and talk about how they are feeling or what's going on at home etc. The food is exquisite. We get breakfast, lunch and dinner. The hotels they rent also have big pools.  
*Anonymous Alateen*

- What's Happening**
- 8/25-27/06 NOCAC  
*Pfeiffer Big Sur*
  - 9/8-10 /06 NCWSA  
*Assembly Meeting Modesto*
  - 9/16/06 UNITY DAY  
*Volunteers needed*
  - 10/14/06 DAY IN ALANON  
*Samuel Taylor State Park  
Volunteers Needed*
  - 11/17-19/06 (AA Conference)  
SERENITY IN YOSEMITE
  - July 2008 International  
Al-Anon Convention  
Pittsburgh, PA

"Life is short, and I want to laugh as much as I can and suffer as little as necessary."  
*Living Today in Alateen, p.342*



For more detailed information about events, meetings, conventions for Northern California, go to [www.ncwsa.org](http://www.ncwsa.org)

**DETACHING WITH LOVE**

When an emotional storm brews in the form of out-of-control alcoholic behavior, it would make all the sense in the world to take cover in recovery behavior. Sounds pretty simple, doesn't it?

To detach with love. Now that sounds pretty simple, too. But it has taken three and a half years in Al-Anon for me to figure out how to do that. Working the Steps has helped me to see that I did not cause the symptoms of alcoholism to surface. I am not responsible for controlling the symptoms. I cannot cure them.

Al-Anon offers gentle suggestions and tools to cope with the disease of alcoholism and in the beginning, I frantically did everything that was suggested. Some of the suggestions sounded silly to me. Have a cup of tea? Take a walk? What did that have to do with the alcoholic, and how could doing those things put a lid on the tremendous anger that I felt? My inner dialogue argued with the only resources that could help me!

Reading the literature, calling an Al-Anon friend or sometimes ten Al-Anon friends turned out to be a way to break destructive thought patterns. I was in so much turmoil I barely heard what was said at the meetings. One day, I understood that detaching with love meant not only to gently detach from the alcoholic's upsetting behavior, I could detach lovingly from myself and make different choices. I learned more about the disease of alcoholism and to recognize the symptoms and take better care of myself and stop being a victim. I could learn to have compassion for the alcoholic, who is just as baffled by his disease as I was.

When I try a new behavior, I remind myself of what I keep hearing at meetings: "The definition of insanity is doing the same thing over and over and expecting a different result." I might be uncomfortable while I am trying to detach with love, but I also know that I will probably get a different result! I have learned, through Al-Anon, that it is worth it for me to try a new behavior to get a different result. *Chris Y.*





**OCTOBER 14, 2006 DAY IN AL-ANON: Finding a New Path**  
**10AM-5:30PM** Location: Samuel P. Taylor State Park in Lagunitas, CA

Celebrate and enhance your Al-anon program with a day of recovery in the beautiful outdoors. This special all-day event features an opening speaker, meetings, hiking, yoga, meditation, how to journal, art, as well as a delicious picnic lunch in a tranquil forest setting. Newcomers, old-timers and visitors to the area are invited to attend this District-wide event. Look for the flyers at your meetings.

The sponsorship workshop will be led by Patti W. from District 12 (San Francisco) for those interested in what sponsorship can mean (for both sponsees and sponsors).

**Volunteers needed:** You or your group can volunteer and help with: Registration, Hospitality, Decorations, Refreshments, Lunch, Clean-Up. We are looking for groups or individuals to host topic discussion meetings. *For more information contact Colleen B. at (415) 455-4723 or email colleenb\_marin@yahoo.com*

An acronym from Novato Sunday Step:  
**LISTEN: Learn, Intelligent, Solutions, To, Each, Need.** *Rosemary*



**SLOGAN FOR THE MONTH:**  
**Listen & Learn**  
 Did you listen today and learn anything?

**Alateen Sponsorship and Meetings:**

If you are at least 21 years old and have been an active Alanon member for 2 years, you are eligible. The commitment is for one year. We especially need MALE sponsors. Monday night meeting (6-7pm Novato) may change day. So if interested please contact Rosemary to discuss. There are minimum Safety and Behavioral requirements for a sponsor candidate. Consider this very special service commitment. **Contact Rosemary at 415-892-3725 or Lorraine 415-453-6826.**

**Trusted District Positions:**

District Rep Colleen M.  
 District Secretary Chris Y.  
 Treasurer Andrea D.  
 Meeting Lists Colleen B.  
 Budgets Toni T.  
 Alateen Coordinator Rosemary B.  
 Alateen Safety Lorraine T.  
 Phone Service Judie D.  
 Alternate Phone June S.  
 Beginners Meeting June S.  
 Newsletter Editor Brenda G.

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 Marinannouncer@yahoo.com

**JANUARY-JUNE, 2006 Income: \$7,592.38 Expenses: \$4,669.70**

*The Forum* had some creative ideas to keep meetings fresh. Check July issue for new ways to ask the questions, pass the basket of slogans, pick an act of kindness, using acronyms and abbreviations for discussion. Pg. 20

"Sometimes I think about comparing myself to others, but I've learned I can only get better when I'm comparing where I've been with where I'm going."  
*Lu S., North Carolina.* Reprinted with permission of *The Forum*, Al-Anon Family Group Headquarters, Virginia Beach, VA,

**District 11 Has Service Openings:**

**Phone Service Volunteers: Contact Judie**  
**Public Outreach Coordinator: Contact Colleen M.**  
**District Rep. Alternate: Contact Colleen M.**  
**Institution Coordinator: Contact Colleen M.**  
**Website Coordinator: Contact Colleen M.**  
**Event Coordinator: Contact Colleen M.**

The Beginners' Meeting in San Rafael on Monday nights needs both newcomers and old-timers to thrive. Consider sharing your recovery with this great group. Regular meeting follows at 8pm.  
 Unitarian Church  
 240 Channing Way/ Fireside Room 7-7:45pm

**District Contact Information:**  
 415/455-4723  
 District 11  
 P.O. Box 400  
 Corte Madera, CA 94975

**Please submit your ideas, articles and topics. Share your experience with a step, tradition or slogan or Service, Sponsorship & Anonymity. Email: marinannouncer@yahoo.com**