



*I cannot control the wind;
I can only adjust my sails.*

Have a feeling?

Name it.
Claim it.
Tame it.
Aim it.

*What I do speaks louder
than what I say.*

*YESTERDAY IS A CANCELLED CHECK,
TODAY IS CASH ON HAND,
TOMORROW IS A PROMISING NOTE.*

This Year...

District 14—Day in Al-Anon “FROM LIFE IN A MAZE TO AN AMAZING LIFE!”

February 10, 8:00 a.m.—6:00 p.m. Speakers, workshops, Continental Breakfast & Lunch. San Ramon Valley Methodist Church 902 Danville Blvd. Alamo, [Flyer\(.pdf\)](#) Yvonne D @ 925 705-1905 / Al D. @ 925 250-3478.

NCWSA Annual Convention — Al-Anon/Alateen with AA Participation.

April 27-29 2007 @the Village at Squaw Valley. 1985 Squaw Valley Rd, Olympic Valley, Ca 96146. Reg. before March 24 is \$20; \$30 after. Send all donations to P.O. Box 171, Alameda 94501. Contact Jane D. 707 440-1756 or gardengirl62@hotmail.com

47th Annual AA & Al-Anon Ladies Luncheon

Saturday, April 7, 2007, 11:00am—3:00pm Castro Valley.

36th Annual Hospital & Institutions Conference with Al-Anon Participation.

April 13-15, 2007. HONEST AND INTEGRITY. Petaluma Veterans Memorial-Bld. 1094 Petaluma Blvd. S., Petaluma.

NCWSC Committee Meeting May 4 & May 5, 2007 @ The Pines Resort & Conference Center, Bass Lake, CA.. (559) 642-3121; (800) 350-7463.

25th Annual Growing Together Weekend May 18-20, 2007. Bring your experience, strength, and hope & share a cabin. Westminster Wood Conference Center, Occidental Ca. Contact 209 271-0092.

NCWSA Alateen Sponsors Getway —Celebrate Alateen's 50th Birthday!

October 5-7, 2007. Westminster Wood Conference Center, Occidental Ca. Workshops, Speakers, Campfires, Talent show for existing certified sponsors. Contact Chris M 831 685-1434 or cmturtle@comcast.net

32nd Annual San Fernando Valley AA convention w/Al-Anon & Alateen Participation.

Feb.2-4, 2007 @ the Hilton Airport & Convention Center Burbank, CA . Call 818 734-0383 or visit www.sfvaaconvention.org

www.ncwsa.org for more detailed information .

You don't get ready to be a trusted servant. You get to be a trusted servant, then your HP gets you ready.

We have choices.

*Detachment is not abandonment.
It's where I leave off and you begin.*

Learn to be effective, not affected. It's fun!



Check out the web!!

Northern Calif.—www.ncwsa.or
Public Outreach—www.al-anon.alateen.org
Members—www.al-anon.alateen.org/members

ANY QUESTIONS?

District Rep.	Colleen M.	925-1155
Alternate DR	Karen L.	458-2815
Secretary	Chris Y.	453-7645
Treasurer:	Andrea D	258-8191
Meeting Lists:	Colleen B.	924-1760
Budget Coord.:	Toni T.	454-2474
Phone Service:	Judie D.	456-5899
Alternate PS:	June	893-9422
Alateen Coord.:	Rosemary B.	892-3725
Alateen Safety:	Lorraine T.	453-6826
Beginners Mtg.:	June S.	893-9422
Institutions Cord:	Penny W,	453-2217
Literature Depot:	Joan	924-5354
	Mary Jo	

HAVE A HAPPY
NEW YEAR

415 455-4723
District 11
P.O. Box 400
Corte Madera, CA 94975
Marinannouncer@yahoo.com

Help Mr. Wizard!

I tend to get so finagled simple because I can't do exactly what I want to do when and how I want to do it. It doesn't matter that I have a 50 other things on my agenda. It's that I've set my mind, my time, & my motion on some tiny incident—like taking a bath, turning on my computer, throwing in the laundry at exactly some moment only to discover that I can't do it right then. Maybe in 10 minutes, but not as I walk into the room when I'm planning to—and it just throws me off. I get over it. But why can't I shift?

Without my feelings I don't really know who I am. This makes just the First Step somewhat frightening for me. Ideas?

IDEAS, QUESTIONS, CONCERNS? SEND THEM OVER!

Marinannouncer@yahoo.com

THE SERENITY SHARE

GOD, GRANT ME THE SERENITY TO EXPECT THE THINGS....WAIT! EXPECT? YES....NO! I'M NOT GOD. AND I EXPECT TOO MUCH ALREADY. IT'S ACCEPT. YES, ACCEPT THE THINGS I CANNOT CHANGE.

THE COURAGE TO CHANGE THE THINGS I PLAN. CHANGE THE THINGS I PLAN? I HAVE ENOUGH TROUBLE PLANNING THINGS TO BEGIN WITH. AND CHANGING THOSE PLANS IS CALLED MANIPULATION. NO. IT'S CHANGE THE THINGS I CAN.

AND THE WISDOM TO SHOW THE DIFFERENCE. OHHH... SHOW THE DIFFERENCE? IF I HAD WISDOM I WOULDN'T HAVE TO SHOW THE THINGS I'M SO PROUD TO KNOW. IT'S KNOW THE DIFFERENCE. SO I CAN SAY "NO" WHEN I NEED TO.

CM

ARE YOU WILLING TO TRY?

- THE 2007 NCWSA AL-ANON/ALATEEN CONVENTION IS LOOKING FOR ENTERTAINERS. WOULD YOU LIKE TO SING A SONG, DANCE, SHARE A POEM, PUT ON A SKIT, OR SHARE ANY SPECIAL TALENT AT THE APRIL 27-29 SQUAW VALLEY CONVENTION? CONTACT CARL S. @ 707 631-9171.
- SHARE YOUR SHARE WITH THE DISTRICT. ON THESE PAGES. A SLOGAN, STORY, IDEA, FEAR; THOUGHTS ON A STEP, TRADITION, CONCEPT. P TO 500 WORDS. Contact: Colleen M. 415 925-1155; Karen L. 415 458-2815; or EMAIL www.marinannouncer@yahoo.com
- To our new INSTITUTIONS COORDINATOR. Penny W. and those who helped her start a new Institutions meeting at Marin Womens Center, (MYC). Are you willing to share your experience, strength, and hope? Let Penny know.
- Newsletter Coord.: **Open for Service....**
- Public Outreach (PO): **Open for Service....**
- Website Coordinator: **Open for Service....**