

# 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: serenity

### 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, 7:00–9:00 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  
Phone: 408-379-9375  
Email: [info.scvafg@gmail.com](mailto:info.scvafg@gmail.com)  
Website:  
<http://www.scv-afg.org>



## Moving Ahead, One Day at a Time

It seemed obvious to all of us that we would put up with the inconveniences of the pandemic and quarantine, then get back to the way meetings and committees and events “should” be—like they had always been. It wasn’t going to last that long. We could wait it out. Who knew the pandemic would last for two and a half years and still counting? Who knew that some of us would chafe at the Zoom format and drop out until In-Person Meetings resumed? Who knew that some people would embrace the Zoom format and find connections with people all over the country and world? Who knew that some people would not feel safe after two years of the pandemic, and still avoid In-Person Meetings? None of us knew. The pandemic has challenged us, and made us figure out new ways to practice our program, and were doing just fine! The tools of the program work within these new constraints. Let’s all take a bow as we look at what may be the end of it, or at least a new status quo. What awesome tools! We got through it!

We’ve been challenged to “Keep Coming Back” in different ways. There are new ways of connecting, and more will continue to develop. We can choose the In-Person Meeting or the Virtual Meeting. We can donate cash or go Venmo. We can participate in committees without leaving our desks. Who Knew? The future is ours to create, one day at a time.



**INTERGROUP REPORT**

**Service Board Meeting Recap**

**Bylaws Update** Approved an attorney to do the work and a deposit was given

**Insurance** Will take another look at the requirements and strive for a 'bigger bang for our buck'.

**New IGRs** Intergroup is planning on how to give new IGRS more guidance as they start service

**NCWSA May Assembly**

We have 677 active groups in Northern California! It is important to have correct contact information online so that Newcomers can find meetings. Match your group, Intergroup, NCWSA, and WSO records on the Group Change form on the WSO website

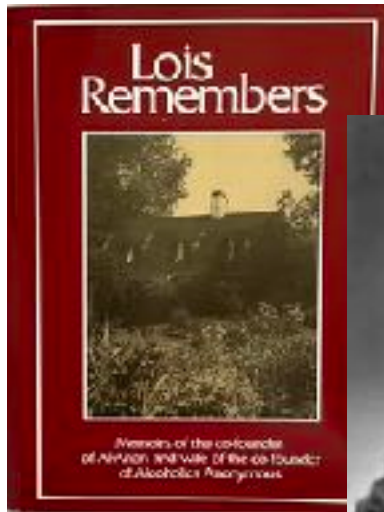
**John M.**, our NCWSA Delegate attended the WSC in New York in person.

**The International Al-Anon Convention** will be held in Albuquerque July 30-August 2, 2022. A New Daily Reader: "A Little Time for Myself" will debut at the Convention.

**Sharing Our Abundance Task Force** is considering how to spend its \$25K to reach the most people.

**A New Electronic Area** has been created! All electronic-only meetings will be part of this Area and can no longer be listed as part of SCV-AFG or NCWSA. Policies

(Continues next page)



**Al-Anon Founder Lois W, wife of AA founder Bill W.**



**Lois Who?**

A new Zoom Meeting for women started last Fall for members of "Ladies Night Out" who could no longer get to the evening In-Person Meeting. It's slowly building as "Friends of Lois." But, for those of you who are new, who is Lois?

Lois W. was the wife of Alcoholics Anonymous Founder Bill W. Together they and others built on earlier sobriety organizations to found Alcoholics Anonymous.

Lois, with the family members of other alcoholics began to see that the AA program was great for alcoholics, but didn't quite meet their needs. Through trial and error, and a good bit of borrowing from AA itself, they formed the Al-Anon Family Groups between 1949 and 1951. **Lois Remembers**, available at our bookstore, tells her story. And here we are, nearly seventy-five years later! Al-Anon is going strong, still growing, well into the twenty-first century. We're all in, adapting to the new century, guided by our Steps, Traditions, and Concepts. We've got our Al-Anon tool belts strapped on, and we are ready for recovery!

*"It takes only one person to start something, but many others to carry it out."—Lois W*

—1891-1988

are being developed at every level to enable this.

**Alateen PSAs** The Central Valley is running an Al-Anon PSA in all movie theaters this summer.

**Alateen PSAs** will also run during the NBC News on TV, reaching out to parents .

**NCWSA** is helping District websites reach full potential. Stay tuned for exciting news on this topic!

**Our WSO team** continues to provide excellent service while operating short-staffed. Please thank them for their service when you interact with them.!

**The NCWSA 12-Stepper**

**Newsletter** sees an opportunity to save money by publishing online only. A minority opinion requested there be printed copies available.

**Income Shortfall!** Donations aren't coming into our Service Arms. Please bypass Amazon, and buy Al-Anon books directly from SCV-AFG or WSO.

**Only 52 Percent** pf Northern California groups donated to NCWSA directly last year. Make sure that your group shares their Seventh Tradition with all the Service Arms consistently!

**"Conflict Resolution using our Twelve Traditions"**

(Al-Anon literature S-72, and a pocket guide as well) encourage us to use the Al-Anon principles: humility, acceptance, balance respect, shared leadership, humor, gratitude, and more. You can get it at our bookstore!

1 West Campbell Avenue.  
Campbell CA 95008



**Al-Anon Speaks: Forgiving the Al-Anon Way**

"Forgive and forget." I heard this growing up. Whenever life knocked me off balance in the form of an adversary or a bully, "forgive and forget" was given as the solution. It never worked. "Forgetting" set me up for a repeat. How did everyone else do it? Then came the repeat, and the feeling of being diminished and humiliated again, and still unable to forgive and forget!

The cartoon strip *Peanuts* depicts this. Charlie Brown wants Lucy to hold the football so that he can kick it. The previous time he asked her to do this she snatched it away at the last minute. But she won't do it again, will she? So she sets up the ball, then once again, pulls it away just as he kicks. He kicks air, and falls flat on his back. He thought she wouldn't do it again, but she did, and she'll do it again.

Al-Anon has a saying that addresses this conundrum: "Doing the same thing over and over again and expecting a different result is the definition of insanity." Charlie Brown should have figured this out a long time ago. But then there would be no story, none of the comic pathos we associate with Charlie Brown!

Al-Anon has an improvement on "Forgive and forget." It's "Forgiving is not forgetting, it's letting go of the hurt". This was a novel idea for me: I'd never heard these two ideas connected before. Together they required me to let go of my grievances instead of keeping track of them: moving on, having the courage to change, seeing that changed attitudes can aid recovery, "Letting go and letting God." I have trouble forgetting. Al-Anon is telling me to "let go of the hurt". OK, I'll work on letting go instead on forgetting. And one day at a time, I will let go of the hurt.

***Forgiving is is not forgetting,  
it's letting go of the hurt.***

**—Mary McCloud Bethune**



**Website Update**

Work on our new website was put on hold while we reimagined what we wanted it to be. Website producers of comparable experience are interviewing to begin production of this new format.

Among many tasks ahead are the formatting of the website for mobiles, as well as tablets and computers.

In addition, the committee is working on which of several paths to take for translating all of the content into Spanish. The new website will be fully accessible to our Spanish speaking membership.

**NCWSA Websites Meeting**

NCWSA held a meeting for all District Website Coordinators and our Marilene attended. She learned that all the Districts are struggling with the same problems. A lot of information was exchanged.

Our website committee plans to meet with NCWSA as part of our website development, to learn the advantages of overlapping of content and format. NCWSA is proposing to create a template ‘starter kit’ for all our Area websites. It’s a practical idea, as 70 percent of the content is the same across all the websites.

**Speaker Meeting Audio Files!**

Finally, our new SCV-AFG website will have access to the extensive District 20 Speaker meeting audio recordings: a wonderful resource! They will all be available on the new website.



**Treasurer Reports—**

Treasurer Rochelle says “We are down to using the Prudent Reserve, but we are hanging in there!” Our average monthly expenditures are \$2500. May expenses were over \$3000. The Venmo route of accepting donations is working well, but we need a new Appeal Letter so that individual Groups and members can see the need. Chairperson Maria’s Appeal Letter is on page 5.

**The Prudent Reserve**

Dipping into our Prudent Reserve to pay our ongoing expenses is something we dislike doing. It is saved for extremes situations—like the current pandemic! We are slowly working our way out of it but not fast enough! Literature sales and donations are only meeting half of our monthly expenses. If we stay at the current level, our prudent reserve will continue to be depleted.

We don’t know how long it will take us to get back to that sense of normal we enjoyed before the pandemic, the sense that we can go anywhere we want to, and get together with people the way we used to. We do know that we very much need the financial support of our members while we do this.

Contributing used to be simple! You dropped a few dollars in the basket passed around at meetings. Those of us who can attend in-person meetings can still do that. Those of us attending electronic meetings have to stop and think, then figure out the Venmo app to contribute. Further on in this issue you will find a flyer with our QR Code explaining how to contribute this way. Give it a test run!



**Meeting In-Person With Venmo**

One of the easy things about Zoom meetings is using the Venmo app to make donations.

**The Venmo Seventh Tradition**

(You need a Smart phone, the Venmo app and a Venmo account to donate). It’s easy to donate to your meeting using either the Venmo Code or the Venmo account name. Your treasurer can make her/his Venmo account info available and your donation is sent to the Treasurer immediately.

Could we do this at in-person meetings? Why not? The technology is the same. All your meeting needs is the Venmo Account Code, (the QR code), or the treasurer’s account name— simply post a picture of it in the donation basket that is passed around. Members can scan the code or type in the account name --and donating is simplified.

Remember: when you pay or get paid on Venmo, you decide who can see it. You select the settings, selecting Public, Friends, or Private. Payment amounts are always secret. The default setting in Venmo is Public. It’s always suggested that you choose the “Private” setting so that only sender and recipient see the transaction.



**What is SCV-AFG?**

It's "Santa Clara Valley Al-Anon Family Groups" Intergroup, serving three Districts: 20, 21, and 22 that make up the Santa Clara Valley Alanon organization. It was the inspired creation of our local founders, enabling our three Districts to share overhead and the intangible assets—our members—that fulfill our one purpose: "To help families of alcoholics."

Our Intergroup Bookstore/ Office reaches beyond its geographical boundaries. Located in the Campbell Community Center, 1 West Campbell Avenue, Campbell CA 95008, it is also open to Districts outside of our area. The Bookstore offers all of our Conference Approved Literature, and the Office offers space for small meetings. We are so fortunate to have it! Few Districts have such a brick-and-mortar presence. Even WSO is looking approvingly at what we have, and proposing that we move in the direction of becoming a regional asset! Kudos, SCV-AFG Intergroup!

Currently, we are struggling to meet our overhead due to a drastic reduction in donations related to Covid. We are asking for our members to step up their donations to help us get past this, so that we can go forward with an expanded presence in the "Silicon Valley" –in our aim to "Help families of alcoholics."



July 15, 2022

Greetings Al-Anon and Alateen members,

This is a special appeal to all Al-Anon and Alateen members. At our July SCV-AFG Intergroup meeting when we reviewed our year to date financials, we saw that our deficit is continuing to grow and we are now at a \$5705.00 year to date deficit and we are dipping into our prudent reserves the last few months. This is primarily due to declining literature sales and contributions not meeting our planned budget during these pandemic times. We are trying to still keep the bookstore open and meet your CAL needs, support our Alateens, and all the other services we provide.

If each of you could increase your support there are several ways you can help:

1. Donate directly to SCV-AFG Intergroup via venmo @inter-group-treasurer (confirmation #1916)
2. Send check payable to SCV-AFG to:

SCV-AFG, Room Q-82  
Attn: Treasurer  
1 West Campbell Ave.  
Campbell, CA 95008

3. Buy a piece of CAL literature from the bookstore
4. Contribute more during your 7th tradition at your meetings and encourage your meeting to regularly donate to SCV-AFG.
5. We thank you in advance for all your support and love.

We are evaluating whether our current bookstore meets our fellowships needs and would be interested in your thoughts.

Thank you for considering how you can support the work of SCV-AFG Intergroup as we continue to focus on our primary purpose, to help families and friends of alcoholics. Together we are better!

In gratitude,

Maria G  
Member / Chairperson SCV-AFG

## **Announcing! SCV-AFG Intergroup VENMO Account**

# **How to Go Venmo!**



**venmo**

This is the scv-afg QR code. Or, insert your group's QR Code where the scv-afg QR code is shown above.

- 1. Open the camera app on your phone.**
- 2. Hold your phone up to the screen so that the QR code appears on the screen in the camera app.**
- 3. Tap the notification to open the link associated with the QR code, and follow the instructions in the Venmo app to donate.**

**Please include your meeting name, day, time, and WSO number**



# Stepping Up To Service!

## Opportunities for Service to Intergroup

**Service in Al-Anon** benefits the server more than the recipient. Anyone who has moved beyond their meeting experience to give their time and talent to help families of alcoholics can tell you this. Below you will find some of the positions that are currently available for service. Look them over, see what fits your skill set, and step up to service. A full description of all our service positions is found on our website: [scv-afg.org](http://scv-afg.org).

### Alternate Alateen Process Person Coordinator

The Alternate Alateen Process Person Coordinator position assists Alateen Process Person Coordinator with the certification process of Alateen Sponsor Candidates, including communication with the Northern California World Service Area (NCWSA) Alateen Process Person Alateen coordinator. Registers, keeping record of all qualified Alateen Groups in Districts 20, 21 & 22. Assists with keeping records of certified Alateen Sponsor Candidates consistent with the requirements of the State of California Department of Justice, the AFG World Service Organization and NCWSA. Assists in informing NCWSA of Alateen Sponsors

Candidates and qualified Alateen Groups. Attends all Intergroup meetings. Perform all duties incident to the office of Alternate Intergroup Alateen Process Person and such other duties as may be required by law, by the Articles of Incorporation of Intergroup, by these Bylaws, or which may be assigned to him/her from time to time by Intergroup.

### Alateen Coordinator

The Alateen coordinator meets periodically with Alateen sponsors, encourages cooperation between Al-Anon and Alateen meetings, exchanges ideas and suggestions for the growth and unity of Alateen, guided by the literature available from Al-Anon Family Group Headquarters, Inc.

Obtains information about Alateen events, and brings them to the attention of as many

people as possible, ie Intergroup

Helps to find Alateen sponsors.

Acts as Alateen safety coordinator

Obtains information from all present and potential sponsors, and helps guide them through a background check.

Drives the annual renewal process for Alateen sponsors.

**(Continues overleaf)**

**Facilities Coordinator**

The Facilities Coordinator is responsible for the business operation of the Intergroup office, sets business office hours, and supervises the activities of office volunteers. The tasks include recruiting booksellers to operate the bookstore.

Train booksellers on the computer and book keeping

Obtain supplies needed to run the bookstore.

Maintain the proper keys needed for anyone who needs access to the office

**Institutions Coordinator**

The Institutions Coordinator cooperates with the District 20, 21 and 22 to arrange for Al-Anon and Alateen meetings in hospitals, institutions for alcoholics' families, and other institutional type locations, guided by the literature available from Al-Anon Family Group Headquarters, Inc.

**Meeting Directory Coordinator**

The Meeting Directory Coordinator maintains a listing of all Al-Anon and Alateen meetings in Districts 20, 21, and 22 covered by Intergroup in consultation with District Representatives for same, including the name, address, phone number of the group

contact person, including the WSO Number assigned by Al-Anon Family Group Headquarters, Inc.

Maintains a list of all Al-Anon and Alateen meetings, while coordinating with District Representatives from districts 20, 21, and 22. Coordinates publication of a directory of the meetings, their location and associated WSO number.

In addition for our Intergroup the directories coordinator has also taken on the task of updating the area website.

**Public Information Coordinator**

The Public Information Coordinator is responsible to disseminate the Al-Anon and Alateen message to the public: who we are, what we do and how to get in touch with us.

**Special Events Coordinator**

The special events Coordinator is selected by the Chairperson of Intergroup, and coordinates with others as necessary to accomplish its function. Within the thirty days following the event, reports on the event to Intergroup, and give a copy to the Archivist for permanent records.

**(For complete information on the Coordinator positions, go to the website: [scv-afg.org](http://scv-afg.org))**





## A Useful Guide for SCVAFG AIS Intergroup

**SCVAFG: (Santa Clara Valley Al-Anon Family Groups)**

**Website Resources:** [www.scvafg.org](http://www.scvafg.org)

**To send emails to the SCVAFG group:** [scv-afg-news@googlegroups.com](mailto:scv-afg-news@googlegroups.com)

**SCVAFG Bylaws:** <https://www.scv-afg.org/bylaws> Once here, select *download* to open a pdf version. B

**SCVAFG Guidelines:** Coming soon as a separate document, currently resides in Bylaws document

**SCV/AFG Roster:** Roster appears on monthly agendas and business meeting minutes

**Google Groups:** <https://drive.google.com/drive/folders/1XG40mQk73MQ73Q-KWOUjKcYAO2Qchck7Sc> - please

**Find a meeting in Santa Clara Valley:** <https://www.scv-afg.org/copy-of-al-anon>

**Calendar of events in Santa Clara Valley:** <https://www.scv-afg.org/events>

### NCWSA (Northern California World Service Area)

**NCWSA Website Resources:** [www.ncswa.org](http://www.ncswa.org)

**To find a meeting in Northern California: What kind of meeting are you looking for?** <https://northerncaliforniaalanon.org/meetings/>

**The 12 Stepper Newsletter:** <https://northernfalifornia-al-anon.org/area-newsletter/>

### Listing of all of Northern California Zoom meetings

<https://docs.google.com/spreadsheets/d/12O5kcZfKZQ5DZxExrp7JZWCWQPTyoZqcHXot9vLy0U/edit#gid=1046800921>

**Calendar of events in all Districts in Northern California:**

<https://northerncaliforniaal-anon.org/calendar/>

**If appropriate, your group QR Code goes here**

## WSO (WorldServiceOrganization) WebsiteResources [www.Al-Anon.org](http://www.Al-Anon.org)

**Al-Anon Alateen Service Manual (P-24/27)** | Al-Anon Family Groups ([al-anon.org](http://al-anon.org)) Loaded with the Experience, Strength and Hope of those that have gone before.

**WSO Guidelines:** [Guidelines Al-Anon Family Groups \(al-anon.org\)](http://al-anon.org)

**Calendar of events at WSO level:** <https://al-anon.org/events/>

**The Al-Anon Slogans:** <https://al-anon.org/for-members/members-resources/literature/al-anon-slogans/>

### **Addenda to this Newsletter**

**Page 1:** Hyperlink for monthly Intergroup Meetings is:

(<https://us02web.zoom.us/j/86444450162?pwd=WklSYUkvdnE5KzNpbTRlQ1lTSWNVUT09>)

**Page 4 and 5:** Check out the Venmo flyer on the [scv-afg.org](http://scv-afg.org) website for more information on how to donate to [scv-afg.org](http://scv-afg.org) with Venmo. Hyperlink is:

([https://www.scv-afg.org/\\_files/ugd/fac593\\_cac5b1a52ca64cbb932cdbc4298d40.pdf](https://www.scv-afg.org/_files/ugd/fac593_cac5b1a52ca64cbb932cdbc4298d40.pdf))

**Magazines:** <https://al-anon.org/for-members/members-resources/literature/magazines/>

- **Find an Al-Anon Meeting:** <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>
- **Find an Alateen Meeting:** <https://al-anon.org/al-anon-meetings/find-an-alateen-meeting/>
- **Find an Electronic Meeting:** <https://al-anon.org/al-anon-meetings/electronic-meetings/>
- **Find a Telephone Meeting:** <https://al-anon.org/al-anon-meetings/telephone-meetings/>
- **Al-Anon Family Groups World Service Newsletter:** [https://al-anon.org/for-members/wso/news-from-the-wso/?utm\\_source=intheloop&utm\\_medium=email&utm\\_campaign=itl-engagement](https://al-anon.org/for-members/wso/news-from-the-wso/?utm_source=intheloop&utm_medium=email&utm_campaign=itl-engagement)

**Downloadable Items:** <https://al-anon.org/for-members/members-resources/literature/downloadable-items/>

## NCWSA Sections

There are 27 Districts in the CA (N) Area, divided into three Sections: Northern, Central and Southern. To read more about the Sections, go to [Bylaws & Corporate Docs: NCWSA \(northerncaliforniaal-anon.org\)](#) and click on [NCWSC Guidelines](#).

**Northern Section:** Ten Districts, including Districts 1, 2, 3, 4, 5, 6, 7, 8, 9, and 10.

**Central Section:** Nine Districts, including Districts 11, 12, 13, 14, 15, 16, 17, 25, and 26.

**Southern Section:** Eight districts including Districts 18, 19, 20, 21, 22, 23, 24 and 27.

We use these sections when we plan assemblies and NCWSC meetings. Doing so allows us to practice rotation of leadership and generate awareness and interest in Area service because local members provide service at these meetings.

The Executive and Budget Committees are formed from the DRs from these sections. This way, these committees are more likely to have diversity in their perspectives

## AIS Cheat Sheet

**NCWSA Acronyms:** The 12 Stepper Newsletter contains a list of acronyms can be found here: [Literature—NCWSA \(northerncaliforniaal-anon.org\)](#)

**AA** Alcoholics Anonymous: A fellowship of people recovering from alcoholism following the 12 Steps, 12 Traditions and 12 Concepts of Service

**AAPP** Area Alateen Process Person: An NCWSA Officer

**ADAT** A Day at a Time: One of the Alateen daily readers

**AFG** Al-Anon Family Groups: A fellowship of people recovering from the family disease of alcoholism following the 12 Steps, 12 Traditions and 12 Concepts of Service

**AIS** Area Information Service: Mailing address and phone service for

districts or areas; often at the LDC (see below)

**AMIAS** Al-Anon Member Involved in Alateen Service

**AWSC** Area World Service Committee: In the CA North Area, we refer to this as NCWSC

**CAL** Conference Approved Literature: Our fellowship literature written by you and me and approved by the WSC (see below)

**DAPP** District Alateen Process Person: In SCV AFG, our DAPP is an officer of SCV/AFG AIS and covers all three districts

**DR** District Representative: A member of the fellowship who facilitates district meetings and attends and votes to bring items forward to the Assembly at NCWSC meetings

**ADR** Alternate District Representative: A member of the fellowship who assists the DR with District duties and is the liaison between the District and the SCV/AFG AIS/Intergroup—is a member of the Service Board—attends NCWSC and backs up the DR when needed at NSCWC

**GR** Group Representative: A member of the fellowship who participates in and votes for policy at District Meetings and attends and votes on policy at NCWSA Assemblies district meetings and attends NCWSA Assemblies

**IGR** Intergroup Representative: A member of the fellowship who participates in the SCV/AFG AIS/Intergroup meeting

**H&I** Hospitals & Institutions: An AA term for outreach efforts to hospitals and institutions; Al-Anon participates in the annual AA H&I conference

**KBDM** Knowledge-Based Decision Making: A process for reaching a group conscience

**LDC** Literature Distribution Center: Like a bookstore (non-profit) for CAL. In SCV AFG, we call this our Bookstore

**NCWSA** Northern California World Service Area: One of 67 WSAs in the USA and Canada

**NCWSC** Northern California World Service Committee: Made up of DRs, officers, coordinators and a few others who meet three times a year (Feb, May and August) and serve to keep meetings in touch with our worldwide

fellowship

**ODAT** One Day At A Time: One of the Al-Anon daily readers

**PI/CPC** Public Information and Cooperating with Professional Community (outreach)

**SWRDM** Southwest Regional Delegate's Meeting: An orientation meeting for incoming delegates. NCWSA is part of this region along with CA(S), OR, HI, AZ, NM/El Paso, NV, UT & CO. There are 9 Regions in the World Service Conference Service Structure

**TEAM** Together Empowering Al-Anon Members: A collaborative event that was held between the WSO and NCWSA

**WSA** World Service Area: Each area is represented by a delegate at the WSC

**WSC** World Service Conference: Al-Anon's annual meeting in April

**WSO** World Service Office: AFG headquarters in Virginia Beach

### **How to Update Your Meeting's Group Records**

As group meeting locations (in person, hybrid or electronically) transition, please consider Al-Anon's primary purpose, "to help families of alcoholics".

Can newcomers find the help they seek if they follow the meeting location instructions for your group on Al-Anon.org's meeting search page?

<https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>

or SCV-AFG.org's website <https://www.scv-afg.org/copy-of-al-anon?>

With these uncertain and ever-changing times, the continuity of our meetings has brought comfort and certainty to our members. With each meeting transition, please make sure the WSO website (al-anon.org) and SCV-AFG Website (scv-afg.org) Coordinator are kept up to date. For meetings in our SCV-AFG Intergroup, it's a two step process as follows:

**Step One:** The WSO is pleased to announce the revised New Al-Anon Group Registration and Al-Anon Group Change forms now available on al-anon.org! The forms are for groups connected to a physical meeting location and are available in English, Spanish and French. Please alert members to review the accompanying instructions to assist them when submitting the forms.

**Changes to an Existing Al-Anon Group Forms and Instructions:**

<https://al-anon.org/for-members/group-resources/group-records/changes-existing-al-anon-group/>

**Registering a New Al-Anon Group Forms and Instructions:**

<https://al-anon.org/for-members/group-resources/group-records/new-al-anon-group-registration/>

Form to update face to face meetings that are still meeting in a temporary electronic format:

<https://form.jotform.com/201006291804141>

Once you have completed the forms and submitted them you will receive an email from WSO Group Records saying they are processing your request. Your request to WSO will flow to the NCWSA Group Records and they will update your meeting information on the Google Doc that has the temporarily meeting electronically in Northern California. And you could get an email from Nerissa who is our NCWSA Group Records Coordinator.

**Step Two:** Send an email to [scv-afg.org](mailto:scv-afg.org) [marilene.roder@gmail.com](mailto:marilene.roder@gmail.com) and provide the updated information on the meeting. You can see how we are currently listing our local meetings on our [scv-afg.org](http://scv-afg.org) website. Unfortunately, the Al-Anon.org Group Records and our local website are not sync'd so it needs to be updated at both locations when any changes occur. If you have any questions, please reach out to your District Representative:

D20: Katie Sc [serenityatd20@gmail.com](mailto:serenityatd20@gmail.com)

D21: Lisa F [lisa.francesca@gmail.com](mailto:lisa.francesca@gmail.com)

D22: Sundar [sundar@mudupalli.com](mailto:sundar@mudupalli.com) or

Intergroup Alternate Chair Penny HP [scv-afg.org](http://scv-afg.org) [ppolayes@msn.com](mailto:ppolayes@msn.com)