



SCV-AFG Intergroup

DISTRICT MEETINGS

District 20 Meeting

Third Wednesday of odd months, 7:00-9:00 pm.
Zoom ID: 691 890 3595
Passcode: 943484

District 21 Meeting

Hybrid in the ARC, First Wednesday of all months, 7:00-8:00 pm.
Zoom ID: 863 7830 4287
Passcode: 999

District 22 Meeting

District is not meeting temporarily until a District Representative steps up. If you are interested, contact Janet F: 408-202-2839

INTERGROUP MEETING

Second Tuesday of even months, 7:00-9:00 pm.
February, April, June, August, October, December.
Zoom ID: 829 3562 4652
Passcode: 999

CONTACT INFORMATION

Santa Clara Valley Al-Anon Family Groups 1 West
Campbell Avenue Room L-53, Campbell CA 95008
Phone: 408-379-9375
Email: info.scvafg@gmail.com
Website: <http://www.scv-afg.org>

New contact info? Let us know ASAP so we can update listings

Al-Anon has Moved!



Cristin spotted “Tommy’s Trash and Trucking” while we were seeking a mover. He promised to move us in two hours or less!

It’s been three years in the planning! On Thursday, February 1, SCV AFG Intergroup moved to a bright new space in the Campbell Community Center. We said goodbye to the windowless rooms Q-82 and 83, our home since 1991, and moved to Room L-53 on the Winchester side of the campus. Room L-53 is larger, flooded with light from a wall of windows, close to parking, less isolated, with a little playground right outside the entrance. Intergroup’s bookstore/literature depot takes up only part of the space, leaving room for program meetings, Intergroup meetings, and special events! Servicio de Informacion Hispana Al Anon Intergroupal del Norte de California (Al Anon Hispanic Information Service Northern California Intergroup) shares our space and helps us to offset the increase in monthly rent. They have already held monthly and anniversary meetings in the space! There is so much potential!

The Intergroup membership believed this bright new space would support expansion in our recovery and our fellowship and in October 2023 voted to support the move. Below are pictures of the move, views of the new space, and an idea of its future promise for Al-Anon! We have named it: The Al-Anon Resource Center and Bookstore for all, or “The ARC” for short.

Clockwise from top:

1. Bernadette seals up the last literature box in Q-82. 2. Tommy the mover loads the 650 lb "Tanker" desk into the moving van. 3. Al-Anon volunteers Scot, Nancy, Chris, Cristin, Jeff, and Bernadette pause for a photo op/ selfie. 4. Nancy and Anita pose under the whiteboard welcome sign on the Room L-53 white board "ARC" graffiti.



Clockwise from top right: 1. Bernadette considers how to position the iconic Tanker desk. 2. Cristin and Bernadette consult on furniture layout. 3. Mover drops off last load, and boxes await unpacking. 4. Cristin and Nancy pause below ARC welcome sign. 5. Bernadette unpacks boxes. 6. Goodbye Room Q-82— And The Move is done and dusted!





Room L-53: Tanker desk sits diagonally next to the entrance. Literature bookcases are along wall.



Room L-53 as set up for a small meeting,



Room L-53 as set up for a program meeting.



Love Is In the Air!

Intergroup’s Valentine’s Day themed special event was a great success! A favorite Al-Anon couple, Michael and Carolyn H, chaired the event, and set the tone for a sweet afternoon of “Love In the Air!”

The afternoon included two amazing raffles events. Prizes were the thoughtfully assembled themed baskets from participating groups. Bidding on them was hot and heavy! Sandwiched between the two raffle drawings was a sing-along of old favorite songs edited to fit the Al-Anon crowd. Led by Paula on the piano, the gathered group really belted ‘em out! Imagine: “These Are a Few of My Favorite Things, or “Will You Love Me Tomorrow?” with Al-Anon lyrics!

The happy crowd was fed through the afternoon by a spread of refreshments provided by volunteers. We offer our thanks to Terri M and her volunteers for

Vassu signs in.



Chris and Rennie manage Reception.



The “Food Court.”



Barbara signs in.

Chair Carolyn with Event Organizer Terri.



Chair Michael with an Event Guest.



Alateens manage the drawing



Pepe and Terri pause for a photo: Love is in the air!

Pepe draws a winning ticket!



The winner takes her prize!





Janet and Anita pause for a photo op.



Singing 'Will You Love Me Tomorrow?'—with Al-Anon lyrics!



Penny welcomes guests...



She counts the receipts...

And declares Intergroup —The Winnah!



Mike and Carolyn watch the raffle drawings.





Donating to SCV-AFG

The three ways you can contribute to support our recovery work include:

1. VENMO: The simplest: @Inter-group-treasurer. Confirmation number 1916.
2. ZELLE: If your bank provides Zelle as an email option to send money to others, use it. To set it up, add email or mobile recipient and use email: alanonscvtreasurer@gmail.com
3. CHECK: Mail it to: SCV-AFG Santa Clara Valley, Room L-53, Al-Anon Family Groups, 1 West Campbell Avenue, Campbell, CA 95008



Pay It Forward!

The concept of “pay it forward” is ancient. It comes up in the ancient Greek comedies, and is even addressed by Benjamin Franklin!

Ralph Waldo Emerson’s essay on this topic in 1841, states:

“In the order of nature we cannot render benefits to those from whom we receive them, or only seldom. But the benefit we receive must be rendered again, line for line, deed for deed, cent for cent, to somebody.”

”Pay it forward” is a more succinct phrase: more contemporary, more accessible than Emerson’s. It’s the name of a movie produced in the 90’s that was built around the concept that you cannot “pay back” someone who has benefitted you, you must pay it forward to someone else for it to be effective. It’s one of the underlying and unwritten principles of Al-Anon’s concept of recovery. We cannot keep recovery for ourselves, we have to share it, pass it on, give it away! If we do not, we ultimately starve it, and lose it.

By paying it forward, we empower ourselves to reach out in love and compassion to others suffering the effects of someone else’s drinking: those often unaware of the source of their suffering, or how to come to terms with it. We can do this through regular attendance and sharing at recovery program meetings, by volunteer service in outreach efforts, by sponsoring people new to the rooms of Al-Anon, and by donating our time, talent, and treasure.

Time: Do you have time? Donating your time could mean serving in one of the “trusted servant” positions that Al-Anon has in abundance. Many are going unfilled as we pull out of the pandemic crisis. A list of them is available on our website, and important ones are listed at the end of this newsletter.

Talents: What are your talents? Think about what they are, and see how they could match up with Al-Anon’s service goals. During the pandemic, we needed people with tech skills. An appeal for help went out. People who had never volunteered in this way were motivated to serve—because they had these skills. A new appreciation of how technology could benefit us resulted, connecting people who’d been missing out on the recovery of Al-Anon!

Treasure: Where is your treasure? An old saying goes: ”Where your treasure is, there will your heart be also.” If your heart is in this amazing recovery experience, give generously to Al-Anon. The new Al-Anon Resource Center, “The ARC,” needs your support. Skip the five dollar latte you bring to your meetings, and put that five dollars into the donation basket. It will grow your recovery, and someone else’s, exponentially. A latte will not do this.

**Hello Trusted
Servants of SCV-AFG!**

I am thrilled to announce a new Al-Anon meeting! It started on March 26 at the "ARC," our new Al-Anon Resource Center at the Campbell Community Center, One West Campbell Avenue, Campbell. This new meeting brings more opportunities to connect, share, and support each other in recovery.

This book study meeting, based on "How Al-Anon Works," meets on Tuesdays from noon to 1 pm. The ARC offers a comfortable and welcoming meeting space. We hope more groups will want to meet in it as we start a new chapter in our Al-Anon journey.

Your support and participation are crucial to the success of this group, so please spread the word to anyone who may be interested in attending. We look forward to welcoming both new and familiar faces at the meeting. A flyer is attached for more information

Questions? Need more information about it? Contact Bernadette: bmchome@att.net.

Thank you for being a part of our Al-Anon family. We are here to support each other, and together, we can find strength, hope, and healing.
—Penny H.P, SCV-AFG
Chairperson.

**NCWSA REPORT ON SCV-AFG—
Chairperson Penny H.P. Looks Back on 2023**

Hi beautiful family! It's been a privilege to continue in service to SCV-AFG Intergroup in 2023, and I would like to give a big shout out to our beloved Districts 20, 21, and 22 for all their love and support! We are so much better together! I was thinking: What would sum up 2023 for SCV-AFG? —And it came to me that we have embraced Courage, and Change, and the Courage to Change it UP! I loved the reminder at the NCWSA October Assembly: "Nothing Changes if Nothing Changes" So at SCV- AFG we are changing. Here are our highlights for 2023:

Our "Brick-and-Mortar" physical location Bookstore has been a huge topic of discussion for years! Do we keep it? Do we close it? The answer was not clear, so...

..."A Thought Force" Committee was formed in September, 2022 using the Al-Anon based KBDM process (Knowledge Based Decision Making) to address the question. For most of our Thought Force members, it was the first time using KBDM, so it provided growth opportunities for all involved. We wanted input from the whole SCV-AFG membership, so a survey to get their thoughts on where we should go was taken. The results: over ninety percent of the 234 responding members from our three districts voted to keep a "physical" location! So our ISR's (Intergroup Service Representatives) voted to keep a "physical location."

A "Task Force" followed to investigate the available options for a new location, and on October 10, they presented their report to Intergroup. Meanwhile, a new, larger space became available at Campbell Community Center, our home since 1991! Our ISRs voted to move our AIS/LDC (Al-Anon Information Service/Literature Depot Center) to it! We are Changing it Up! We're going from the 150 square feet space we've occupied for thirty-two years to a 785 square foot space! In the process, we became the "Santa Clara Valley Al-Anon Resource Center and Bookstore for All, The ARC:" a place for fellowship, meetings, special events, workshops,— the sky's the limit!



Speaking of Change...

“Change can only begin when we become aware of the need to change. Although change can be difficult, the benefits of seeing our part and admitting the exact nature of our wrongs are immeasurable. Through honestly sharing about ourselves, we can find relief from the crushing hold of the disease of alcoholism.” *—From Reaching for Personal Freedom (P-92), page 31.*



Y ultra vez, en español...

“El cambio sólo puede comenzar cuando nos damos cuenta de la necesidad de cambiar. Aunque el cambio puede ser difícil, los beneficios de ver la parte que nos corresponde y admitir la naturaleza exacta de nuestras faltas son inconmensurables. Al compartir con franqueza sobre nosotros mismos, podemos encontrar el alivio de las devastadoras garras de la enfermedad del alcoholismo.” *—En busca de la libertad personal (SP-92) p. 31*

YES, THE SKY’S THE LIMIT!

Our Spanish Speaking Al-Anon Members Join Us!

The exciting news is that Servicio de Informacion Hispana Al Anon Intergrup al del Norte de California (Al Anon Hispanic Information Service Northern California Intergroup) is joining us! They needed new office space. We have room, and we can use help offsetting our monthly rent increase, so we reached an agreement: they agreed to join us, and moved in!

Special Events Have Been Reignited!

As you can see in this newsletter, Special Events have been reignited with in-person events back in full force:

It started with coordinating speakers and literature tables in both English and Spanish, and a speaker meeting at the AA Unity Day in Fremont in August.

A “Courage to Change It Up” FUNd Raiser event in September raised over \$3000! It was truly a fun “funday:” speakers, a “Sing-Along,” and raffles.

Servicio de Informacion Hispana Al Anon Intergrup al del Norte de California hosted the forty second Annual CA Hispanic Convention, held November 3-5 in San Jose. In support, SCV-AFG organized an English-speaking program that was inspiring and fun. There was English interpretation for those who attended the Spanish speaking meetings in the main room. It was such a delight. Our newly elected Delegate Chris M. also attended.

Alateen is recovering slowly from the pandemic, and thank goodness for the hard work and dedication from our DAP & Alateen Coordinator, from our restricted fund we have been able to fund AMIAS to attend the R&R, purchase banners for events, assist Alateen groups to pay their rent and participate in the Social Media Marketing Campaign that NCWSA Public Outreach coordinated last holiday season.

And That’s Not All!

Thanks to NCWSA’s “Share the Abundance” Campaign we are able to build a beautiful new website for SCV-AFG.org.

Our Newsletter editor has consistently put out a wonderful newsletter that is very informative.

After two years work we approved new By-Laws at our December meeting.

Our Tele-Service Coordinator is passionate about answering those calls for help and support— we are so grateful to provide that service.

Our LDC got a huge boost from then new daily reader: A Little Time for Myself. We sold nine cases (216 copies) in 2023, even sold more in 2024.

God grant me
 SERENITY
 to accept things
 I cannot change
 COURAGE
 to change the
 things I can and
 WISDOM
 to know the difference

We are all so grateful to have amazing members to serve with, to reason things out with, and to listen and learn with. Hearing the minority voice when we are changing things up and getting out of our comfort zone definitely helps to look at all sides of the issue.

There will be many growth opportunities in 2024 and with Trust, Faith, Courage and making sure we take our Higher Powers with us means that really amazing things will be taking place for us in 2024 and beyond.

Step Up with Your Time, Treasure. and Talent!

Now it's your turn! We need your help in the months ahead, Contribute your time, talent, and treasure, one of these or all three of them, to make it happen. Come see us in L-53 at Campbell Community Center.

Intergroup Treasurer Needed!

And oh, by the way...we have some significant services positions to fill at Intergroup. Why not take this opportunity to step up to service beyond the group level? Consider your own everyday talents and skills: the ones you use every day in your work life, and apply them to volunteer service for Al-Anon. These skills transfer. And the big plus is that you will be connecting with Al-Anon friends in an important and much appreciated way.

Intergroup Treasurer: Currently, the most important unfilled position is that of Intergroup Treasurer! The Treasure holds a three year term, and is a Service Board Member. We would like bookkeeping experience if possible.

Alternate Teleservice Coordinator: Open.

Alternate Website Coordinator: Open.

Alternate Special Events Coordinator: Open.

Please text, email, or call Penny H.P. at 408-239-6816. She will be happy to discuss the opportunities available.

