

# SCV-AFG Intergroup Newsletter

## DISTRICT MEETINGS

### District 20 Meeting

Third Wednesday of odd months, 7:00-9:00 pm.  
Zoom ID:816-8969-3953  
Passcode:498170

### 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>



## Light at the End of the...

You know the rest—we’re getting there! Meetings are settling into place. Some went back to their old In-Person format, some chose the Zoom format, some took on the challenge of becoming Hybrid. We’re beginning to accept that Covid is here to stay on some level, so it’s up to us to learn how to live with it. We’ll get regular vaccinations, mask as necessary, squirt our hands with hand sanitizer, maintain social distances. The time-honored salutation “Have a nice day!” is being replaced with “Be safe!” It’s a tiny reminder of how our thinking has been changed and we hardly noticed. It’s the “New Normal” we’re adjusting to, one day at a time. The pandemic forced this. Our electronic devices pushed us. We are conquering a debilitating situation for us and for Al-Anon.

Saturday morning “Paths to Recovery,” hybrid meeting is rising to the challenge. Everyone helps it work. The tech savvy members get each meeting up and running, sometimes minutes late in starting! No one complains. The tech challenged members wait patiently while audio and video connections come and go, cheer when they work. “P-2-R” is a model of how to “Do” hybrid meetings. Come experience this kind of New Normal at 10 am on Saturday morning at Good Samaritan Church, 15040 Union Ave, San Jose, or zoom in at 326-770-299, pc:326903.

**INTERGROUP REPORT**

**Bylaws Update** Bylaws Committee is making final adjustments with the help of an attorney to update our Bylaws

**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 is helping District websites reach their full potential There has been an audit at NCWSA level. Their team is short-staffed and overworked – please be kind to them!  
Everyone—buy books directly from SCV-AFG or WSO directly! Bypass Amazon, please! Best choice: buy at our scv-afg Bookstore:1 West Campbell Avenue. Campbell CA 95008



Contact your Intergroup Rep with any questions you have about this report.

**Anniversary Chips: Yes or No? A Conundrum**

A burglary cleaned out the entire cache of anniversary chips for one of our groups. Their Literature Coordinator came to the Al-Anon Bookstore to replace the entire inventory. This opened a can of worms! The Bookstore’s existing chip supply was in little baggies in a bin, and sorting through them and finding the right years took hours. Some years were missing.

Then it was discovered that the Al-Anon Service Manual does not support the sale or use of anniversary chips. Going to an outside vendor is the only sway to get them. Should the Bookstore do this, or is it up to the individual groups to do this?

This brought up another issue: should we be celebrating anniversaries with chips at all? Should we discontinue the custom altogether, as WSO does not support it? For some it is a celebratory occasion, for others it’s time taken out of the regular meeting. Recently, a member of one group came up to the front of the room to claim a thirty-five year chip: a real cause for celebration. Cheers and applause greeted him. It really was an accomplishment worth celebrating!

What do you think? Weigh in on this issue, tell scv-sfg whether you support the custom of celebrating anniversaries, or think it should be discontinued. Contact your Group Representative and make your voice count.



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## Tackling the Twelve Traditions One at a Time: Tradition One

In my experience the twelve traditions are not as commonly known as the twelve steps. I have found them even a little overlooked when I started coming to meetings. They are mentioned and read but I had not really dug deep and did work with them until recently. Yet, they have an important part in the Al-Anon program and my recovery, and even in my personal and professional life. This article will delve into the first tradition, and my experience.

Let me start with the preamble which reads “The traditions that follow bind us together in unity. They guide the groups in their relations with other groups, with A.A. and the outside world. They recommend group attitudes toward leadership, membership, money, property, public relations and anonymity.”

Simply this first paragraph showed me these traditions are guides to healthy meetings, gatherings and relationships. They are the ways I can use to guide me in success with business of meetings (in and out of the rooms).

“The Traditions evolve for the experience of A.A. groups trying to solve their problems of living and working together. Al-Anon adopted these group guidelines and over the years has found them sound and wise. Although they are only suggestions, Al-Anon’s unity and perhaps even its survival are dependent on adherence to these principals.” To me, this tells me this is a loving program and is gentle because it is not telling me I have to follow the rules perfectly. Growing up I thought life would be good if I walked a straight line and did everything exactly right, no room for mistakes.

1. Our common welfare should come first; personal progress for the greatest number depends upon unity.

To me, this reminded me of a boss and leader I worked with who used to end our meetings saying, “for the good of the order”. And to me it was right, it was a clear message. We were all trying to work together to create the best for the team not for us as individuals.

I found that working together provides me with a variety of different personalities and experiences coming together, but when



## 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% 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 don't like to do. It is reserved for extremes situations—like the Covid pandemic now! We are slowly working our way out of it but not fast enough! If donations stay at the current level, we will run through our Prudent Reserve before the end of the year.

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.

Contributions used to be so 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 either using 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.





# Announcing!

SCV-AFG Intergroup

VENMO Account

## How to Go Venmo!



**We can now accept Seventh Tradition Donations in Venmo!**

**In Venmo, search for  
@Inter-group-treasurer  
Confirmation Code: 1916**

**Note: You will need a Venmo App  
and Account to donate.**

- 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).

### **Alateen Process Person Coordinator**

The Alateen Coordinator position assists with the certification process of Alateen Sponsor Candidates, including communication with the Northern California World Service Area (NCWSA) Alateen Process Person. Alateen coordinator.

Registers & keeps record of all qualified Alateen Groups in Districts 20, 21 & 22.  
Keeps record of certified Alateen Sponsor Candidates consistent with the requirements of the State of California Department of Justice, the AFG World Service Organization and NCWSA.

Informs NCWSA of Alateen Sponsors Candidates and qualified Alateen Groups.

Attends all Intergroup meetings.  
Perform all duties incident to the office of 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

**Financial Coordinator**

The Financial Coordinator is responsible for preparing checks for Officers to sign, making deposits on behalf of Intergroup, and supports the activities of the Treasurer in the conduct of the Treasurer's office.  
Deposits incoming funds.  
Pays bills (ie rent, insurance, bookstore purchases, phone bills etc.)  
Informs the treasurer of monthly Income and outflow.  
Distributes quarterly donation envelopes

**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.

**Tele-Service Coordinator**

The Tele-Service Coordinator is responsible for maintaining a listing in local telephone directories, setting up and maintaining a system to respond to telephone inquiries from the public, training telephone service volunteers, and providing literature and meeting directories to the public upon request.

**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.

**Now YOU Can Step Up To Service!**

**(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/>

**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)** Loaded with the Experience, Strength and Hope of those that have gone before.

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

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

### **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 website for more information on how to donate to 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)

## 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 \(\[northerncaliforniaal-anon.org\]\(http://northerncaliforniaal-anon.org\)\)](#) 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 \(\[northerncaliforniaal-anon.org\]\(http://northerncaliforniaal-anon.org\)\)](#)

**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

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**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/>

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### 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)

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