

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
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Website:
<http://www.scv-afg.org>



Zoom, Hybrid or In-Person?

It's Spring and we are all really ready to commit—to one of these formats, but which one? Some never got the hang of Zoom, or did not like the format, or didn't feel like they were in the Al-Anon they knew and loved. Hybrid meetings were proposed—a form that combines Zoom and In-Person meetings. Technical issues arose: not all groups had tech savvy members to facilitate the hybrid format.—As a friend from another Twelve Step Program meeting observed: “There are four women here trying to get this hybrid meeting up and and running, and they're all over seventy!” —Those four trusted servants give us an opportunity to thank ALL our our tech-savvy members who got us through over two years of Zoom meetings! Thank You All!

Back to the subject at hand: Those Zoom meetings that did not go hybrid, morphed into two separate meetings: one In-Person, and one Zoom, or discontinued the Zoom meeting altogether, going back being In-Person only.

One thing is for sure: the pandemic affected us in ways that we will not forget, and will change Al-Anon forever. We now meet with people long distance if we choose to, we now have an appreciation for the enormity of this program and its world-wide



**DID YOU KNOW?
Our Meetings Cost
WSO \$290 Per
Meeting Per Year**

In keeping with the Seventh Tradition of self-support, letters of appeal for individual contributions are sent to Al-Anon members in the United States and Canada quarterly in February, May, August, and November.

Since it is not possible to maintain a list of all members of Al-Anon, the appeal letters are mailed to the groups' addresses of record. It is requested that the letter be read at two successive meetings followed by a special collection other than the regular group collection. This gives each member an opportunity to participate in Twelfth Step work beyond the group level. The Appeal letter is extended to members of groups worldwide.

We're just in time for the May Appeal! The current Quarterly Appeal Letter is found on our scv-afg website.



reach, we now have a way to stay in touch with old friends who have left the area, and we now have a way to reach in to our members who are house bound. Meetings need not have a geographical location at all!

**Where Does
Zoom Fit In
Now?**

What a long slog these past two-plus years have been! We are grateful to have this Zoom technology—love it or hate it—that kept us connected through the long period of quarantine and separation. Consider how we have benefitted and learned from the experience. Zoom enabled us to get to a meeting whether we left home or not! Zoom enabled us to meet Al-Anons

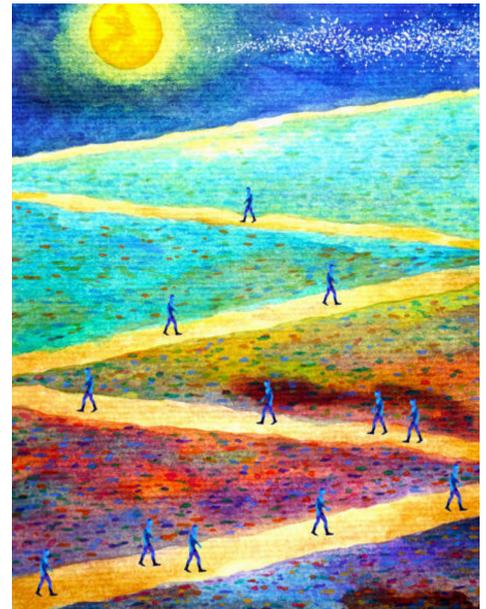
from all over the world! Now, as we head to the end of the pandemic, we wonder: where the Zoom meeting fit in with the traditional meeting structure of Al-Anon? Does the Zoom meeting have a geographical location at all? If not, how does it fit into Al-Anon? This issue and related issues are being considered right now by WSO, and we look forward to a resolution. Meanwhile, we can all continue on the path to recovery, and enjoy the journey, whatever means we use to take it. —Nancy B

Hybrid Meeting Tell-All!

Saturday morning Paths to Recovery meets at Good Samaritan Episcopal Church at 15040 Union Avenue in San Jose—and also on Zoom at id: 326 770 299 / pw: 328903. The members decided to go hybrid, made a plan, found willing techno-savvy members get it up and running, and plunged in! P2R is an established meeting with many long time members, great spirit, lots of recovery. Members wanted everyone included: old timers who had moved away, members who had become attached to Zoom, those who,

Paths to Recovery

AL-ANON FAMILY GROUP



Intergroup Report for April 2022

The Monthly Intergroup meeting on March 8 reports the following:

- Website Update: Over \$9,400 has been raised towards funding our new website. Professionally developed it will effectively reach newcomers—those families and friends of alcoholics who don't even know we exist. The website will use search engine optimization. (SEO) to ensure we are using words that those seeking help and hope use so that they can find us.
- We estimate that it will be operational in six to nine months.
- The Bylaws Revision has wrapped up its meticulous review of the 2010 Bylaws. After an attorney evaluates our work, it returns it to us for Intergroup to review.
- It's still open: The new *Technology Coordinator* position was established and stands ready to be filled.
- An Intergroup Venmo account has been set up for members' convenience in making donations.



for whatever reason, could not get to an in-person meeting, and members longing for up close and in-person connection. We had a limited amount of tech savvy among us, maybe just enough to make it happen. Those few techno savvy members we did have stepped up and guided us through the first meetings of this new format. One day at a time, we figured it out, and the figuring it out goes on! Here is what we settled on:

The meeting Secretary is always at the in-person location, all other members can attend either Zoom space or live, including the Chairperson. Two hosts serve the meeting, one at the in-person location, and one at the Zoom space, directing traffic, muting and unmuting participants, keeping track of whose speaks up next. It's working! Through technical challenges and transmission failures, it's getting it done with laughter, grace, and patience.

A couple of weeks ago, someone got into the storage room and made off with the large monitor. It hasn't been recovered yet, but the techno-savvy hosting team turned on a dime and set up a lap top computer to bring the Zoom space into the in-person room so that we could see our Zoom participants.

In all, it has been an enriching and spirit lifting experience. All are on first name terms! Of course! Members' names are clearly visible in the Zoom windows below their portraits!

A plan is in the works to have big birthday chip celebration on the last April meeting to celebrate the two plus years they've missed out. Members can come to the live meeting and pick up all the chips they're missed at one time!

NEW! "Friends of Lois" Women's Al-Anon Group

Friends of Lois Women's Al-Anon Group is a new electronic meeting (id 841 4891 4051, pw AFG). Here's how it got started: At the end of 2021/start of 2022, "Ladies Night Out" women's Al-Anon group voted to become a hybrid meeting. Its meeting room at Immanuel Lutheran Church on Saratoga Avenue in Saratoga had a large wall mounted monitor! Free!



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



Zooming with Venmo

Covid19 put Intergroup behind financially! Donations we dropped in the basket passed around the rooms went away: it was difficult to donate in a virtual setting. Along came **Venmo**, a **PayPal** service that allows you to purchase items and split checks without using a credit card. Here’s how:

Choose a funding source by linking a credit card, bank account, or using your Venmo balance. Request money or pay others with your own Venmo account. Add a recipient, a balance, and a note, and Shazam! Al-Anon is in the money again.

Check out the Venmo flyer at scv-afg.org, for more information on how to donate to scv-afg.org with Venmo.

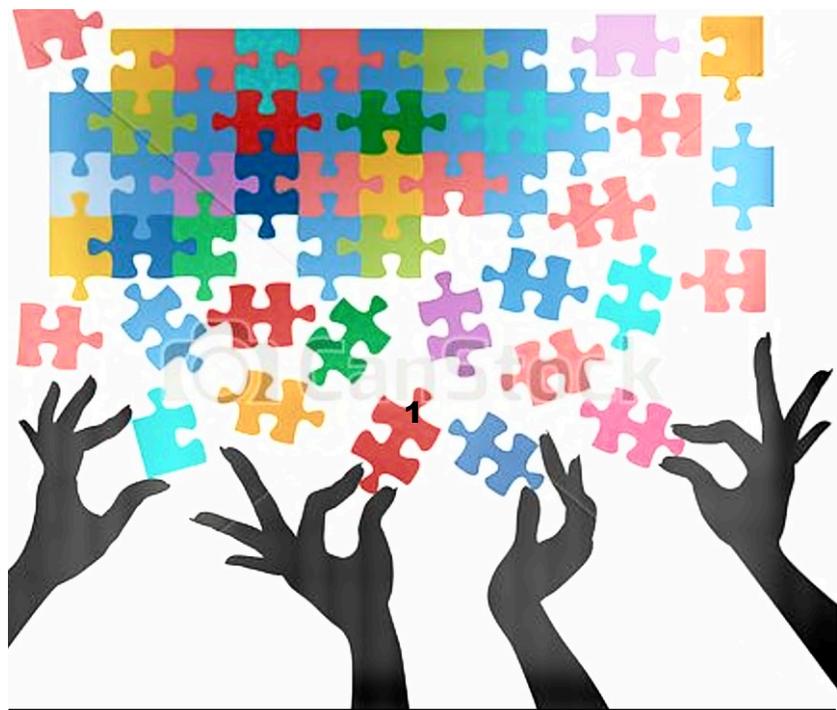
Doug C, P2R Treasurer says: “Make your contribution a **Venmo Five.**” (Meaning \$5). Al-Anon will thank you.



Connecting the in-person meeting with its Zoom space was a cinch, and no cost to the group! It was ideal. Reconnecting with old friends after two years of absence was joyful. Then that old bugaboo “technical problems” raised its dysfunctional head. Things weren’t working for a hybrid meeting.

Members abandoned the idea and went back to the original in-person model. But there were still members who wanted or needed the Zoom format. A new Zoom meeting was organized. To eliminate confusion, it became “Friends of Lois.” (Lois W. was the founder and driving force behind Al-Anon from the beginning. You can get her story at our bookstore. It is titled *Lois Remembers.*)

The new Zoom meeting, “Friends of Lois,” became the Zoom version of “Ladies Night Out.” The format is the same, the readings are the same, the membership combines newcomers with old timers. Members who had moved away, or preferred Zoom, or newcomers to Al-Anon, and those who could not get to an in-person meeting, all combined to populate it. The process of getting up and running was challenging! But so far, with limited technological know-how, it’s working! The meeting welcomes all women, near or far, and hopes to capture the special friendship and warmth of its role model. Interested in Friends of Lois Women’s Al-Anon Group on Zoom? You can find it at Zoom id: 841-4891-4051, pw: AFG. Welcome—and Keep Coming Back!



Meeting In-Person With Venmo

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



Zoom Bombing

Have you ever been in a Zoom meeting when you hear crazy music or obnoxious noise? Have you gotten a crazy private message or has someone started sharing their screen during a meeting that is not supposed to do so? This is Zoom bombing.

I was in a meeting and we had someone prior to the start talking about how she was in another meeting and was zoom-bombed. Don't you know —it happened to us. During a share we started hearing loud crazy music, and someone sent me a chat that was inappropriate. Our host shut the meeting down and reopened it. The bombers did not come back. But the host had the screen names of at least two of them. Read below to see what you can do if you are hosting a meeting and this happens. Also, how you may be able to avoid this problem.

Wikipedia defines Zoom bombing or **Zoom** raiding as the unwanted, disruptive intrusion, generally by Internet trolls, into a video-conference call.

What Can You Do to Protect Your Meeting?

It starts with the **Host**. Every meeting has a host and that person can co-host someone who can assist in managing the meeting. When you have a host and co-host you can manage things like muting those who should not be making noise, and disruptions.

To start with, use the waiting room. You can let people in a few at a time. You can let them all in at once and if there is a problem you can put a bomber back into the waiting room. Adjust your screen sharing options prior to the meeting in zoom settings. You can set it



Website Update

We're at the halfway point: Intergroup mandated that \$4,500 be raised before getting the new website project underway. Thank you for getting us there!

Work is underway, going slowly, as we focus on what we want and need. Stay tuned—we are working out the details!

Much of the thinking is on focussing outward, to new people seeking recovery —while we still meet the needs of our members.

The new website promises to be our most significant outreach effort this year, and probably next year. Our internet presence will get a huge boost, and our primary purpose, "to help families of alcoholics", is honored. Thank you for your support. And—remember to include the website in your group's monthly distribution to our Al-Anon service arms.

—The SCV-AFG Website Committee

as "Only Host". These can also be set during the meeting. The host just clicks the arrow next to screen share and selects "Advanced Sharing Options" and under "who can share" select the option "Host Only". This will protect the meeting from anyone outside of the host position to share.

Another thing you can do, but may not want to do: when the waiting room is open the host can select the option to have all participants be muted upon entry. You can allow them to unmute after the secretary opens the meeting by then checking "allow participants to unmute themselves." This is found if you open participants, and look under the three dots in the drop down menu.

The host always has the power to remove the participants who are causing problems. The host can put them back in the waiting room or kick them out of the meeting.

What to Do if You Experience Zoom Bombing?

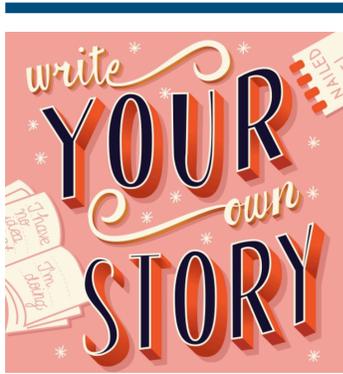
Remove the intruder. When I host meetings I keep the participants open so if folks accidentally unmute and we hear a dog bark, or some other unexpected sound not from the person who is speaking, I can mute them. If it is a zoom bomber, you as host, can also find them on participants and put them in the waiting room, or select "remove". This kicks them out of the meeting. Report the intruder to Zoom. You can do this while the meeting is in progress.

If you do this while the meeting is still going on the host can select a specific participant to report and submit it to the Zoom Trust and Safety Team for further evaluation.

Zoom has been an incredible tool for us to explore meetings that are not in our neighborhood, and to stay connected during the pandemic. There have even been new meetings started to fill needs.

It can be a great way to help you maintain and participate in your program. Stay safe and hang in there. We saw some of this early on and it may happen again in the future. A host and co-host can be prepared to support the meeting and keep it healthy—C.J.J.





“Al-Anon Speaks”

A feature of the newsletter, “Al-Anon Speaks” was especially created for you, our members, to claim voice for whatever recovery centered topic you wish to speak to. But the voices of Alanon have not been getting to us lately. You hoo, we know you’re out there! We want to hear what you have to say. Sharpen up your pens and pencils, and send us your stories, reflections, meditations on recovery. We want to hear from you.

We’re listening...



Love Gifts!

Group Representatives and other Al-Anon members from District 20 lovingly gathered in a member's backyard to create Love Gifts for the upcoming Al-Anon World Service Conference (WSC) that will



be in Tarrytown, New York, Westchester Marriott Hotel, April 26-30. The best part of a Love Gift, is the love and fellowship that ensues as we gather to create the gifts.

This year's theme for the conference is *Enhancing our Recovery through Abundance, Unity, and Understanding*. We attached a fancy key with colorful ribbon to a cardstock reading: Abundance, Unity, and Understanding is the key! We hand wrote on the back of the card: *With Gratitude, Northern California D20*. We mailed them to our Northern California World Service Area (NCWSA) Delegate, John M., who will share these Love Gifts with other Delegates from around the country.

The WSC is Al-Anon's largest group conscience. It is an annual meeting of elected Delegates from each of the Areas of the World Service Conference Structure, The Board of Trustees, the Executive Committee, and World Service Office Conference Staff. Through the discussions and deliberations at the WSC, the active voice and effective group conscience of Al-Anon is heard on world service matters. Delegate members attending the WSC are chosen at Area Assemblies by the groups through a series of elections. Your group's Group Rep helps elect your Area Delegate. Having been elected in this democratic manner, they are entrusted by the group conscience, in accordance with Concept Three, to make decisions for the fellowship worldwide. We are so grateful for the Delegates service: to attend the WSC and vote on all the important decisions for our Al-Anon Fellowship. The Love Gifts are a token to show our appreciation.—Katie Sc, DR/District 20





FYI, or “for your information“ includes articles from outside the scope of our SCV-AFG Intergroup Newsletter. It includes downloads and announcements that may be of interest to our membership.

A Useful Guide for SCVAFG AIS Intergroup

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

Website Resources: www.scvafg.org

To send emails to the SCVAFG group: 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

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/12O5kcZfKZQ5DZxExrp7JZWQWQPTyoZqcHXot9vLy0U/edit#gid=1046800921>

Calendar of events in all Districts in Northern California:

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

WSO (WorldServiceOrganization) WebsiteResources 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 \(al-anon.org\)](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/>

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

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

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

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)



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

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_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 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

D21: Lisa F lisa.francesca@gmail.com

D22: Sundar sundar@mudupalli.com or

Intergroup Alternate Chair Penny HP scv-afg.org_ppolayes@msn.com



