

IDAHO AL-ANON NEWSLETTER

8th YEAR

MAY 19, 1980

3rd ISSUE

Newsletter by and for Idaho Al-Anon Family Groups

\$2.00 per year----6 copies per year

EDITOR: Deneice W --Co-EDITOR: Bev P

Meridian, Id. 83642

YOUR AREA WORLD SERVICE COMMITTEE:

|                                  |                      |
|----------------------------------|----------------------|
| DELEGATE...Lodema A. S           | Wendell, 83355       |
| ALTERNATE..Robert S              | Hailey 83333         |
| CHAIRMAN...Uffa M                | American Falls 83211 |
| SECRETARY..Carla W               | Idaho Falls 83401    |
| PUBLIC INFO..Janette B           |                      |
| INSTITUTIONS.....                |                      |
| ALATEEN....Beth D                | Idaho Falls 83401    |
| NEWSLETTER..Deneice W            | Meridian 83642       |
| CO-EDITOR...Bev P                | Boise, 83704         |
| LITERATURE..Nathy S              | Boise, 83702         |
| <u>DISTRICT REPRESENTATIVES:</u> |                      |
| DIST. #3--Jeane S                | Boise 83705          |
| DIST. #4--Hazel H                | Gooding 83330        |
| DIST. #5--Wesley N. P            | rocattello 83301     |
| DIST. #6--Carla W                | Idaho Falls 83401    |

FROM YOUR DELEGATE:

Dear friends in Al-Anon:

I think I did the first normal thing I've done since I got home from New York yesterday - wash dishes. My daughter and son were here and kept them done up. But thanks to you all and our beautiful program I have been able to cope with things as they came along, and hopefully within the next month we will be back to normal. Some things cannot be replaced, but probably my Higher Power figured I had no use for them anyway.

I just want to say thank you to all the host groups at the Assembly and especially the District Representative and all the committee members - if I tried to name them I'd probably forget some. I have never before been made to feel like such a very special person. Another thing my Higher Power probably realized. I needed that! (To me that is very different from V.I.P. I have never considered myself that.) And I'm so glad everyone - that I talked to at least - fell in love with Audrey. She is a very special person in my books and I guess always will be. Hope a bunch of us can go to Banff in October, as our Region will probably be the host region in fall of 1981, and I'm sure we can profit from their experience.

I am looking forward to seeing you all at an all day session with a pot-luck or picnic, and assure you that if you will put up with me - with breaks in between, of course, that I will take up several hours of your time telling you all the things that happened in New York this year.

My love to you all and I will try and write more next time.

Looking forward to seeing all the groups at District meetings - or even at your group if you want it that way.

Much love in Al-Anon,

Your humble trusted servant,  
Lodema

## WORKSHOPS AT THE 1980 SPRING ASSEMBLY

To me the Assembly was a mighty spiritual, mental and physical success, coming away more convinced than ever that only our Higher Power can change attitudes, if we will only let Him. It was amazing how the things I was so sure of before the assembly proved to be so wrong or unimportant. The banquet with the delicious meal and all the beautiful people followed by the dance allowed me to see that my endurance was not what it once had been. My attempt to control others dropped to a new low allowing the work shops to be of maximum benefit to all who attended.

Carla, our lovely Area Secretary and Dist 6 Rep, chaired a very informative and timely Askit Basket. Valuable interpretations were discussed.

Joy Thru Recovery was a splendid presentation by Rita B. and Beth of Payette AFG. The Midnite Alkathon chaired by our energetic and loving Sunday Nite G.R., Jo Ann J., who was also the Al Anon coordinator to the AA Assembly committee (where she so efficiently served as their secretary), was a huge success. To hear AAs and Al Anons saying nice things about one another warmed the cockles of my heart. It was plain evidence that AA and Al Anon can work in harmony without being affiliated.

Hazel H., Dist 5 Rep and Bob S., Alternate Delegate, gave us a much needed reminder on Detachment or How to Release with Love. Wesley P., Dist 5 Rep, assured us again of the need and value of each person in the program having a Sponsor.

The Deli Delight luncheon set up for 100 was increased to 130 still left people without a seat. It was so crowded that one of our favorite AAs upset a pitcher of water on our Delegate. Jean S., our Dist 5 Rep and Al Anon Assembly chairperson, introduced the head table, including Audrey S., our Regional Al Anon Trustee from Waterloo, Iowa, who addressed the group. Her message was timely and to the point and well received by both Al Anons and AAs.

Our beloved Delegate, Lodema S., gave her report from World Service in a timely and interesting fashion. We send her our sympathy and love of support during the hardships she is enduring. (Smitty's injured thumb and wrist, the basement flooded, you name it, Lodema has it.)

Due to a marriage over which she had no control, our sweet chairperson, Uffa M., had to miss the assembly. She delegated Bob S., Alternate Delegate, to serve as acting chairman, which he did in a pleasant and business like manner. Elections will be held for Area (State) officers at the Fall Assembly at Pocatello. Please have your Group and District officers elected before then and have them instructed who you wish them to vote for. This should greatly improve the process.

The final workshop gave a brief outline on service by having a person in each station of service from Group Secretary/Delegate gave a brief outline of the duties of the office. It is hoped this method will inspire our Trusted Servants to give further study of the Service Manual. Chaired by John W, and assisted by devoted workers of the local area.

My love, respect and thanks to all who served to make this an outstanding Al Anon Assembly. It was a very rewarding experience serving with so many wonderful people. If I forgot anyone please be charitable and remember that "Time Takes Its Toll."

Yours w/love in Al Anon

John W.  
Assembly Program Chairman

GROUP NEWS

Our group meets Friday nights, 8:00 p.m. until 9:30 p.m., at St. Johns Episcopal Church. For the past two months, we have had a pre-teen group meeting at the same time in the same building. Uffa M. and Ada R. are sponsors for the pre-teen group.

Our Al-Anon group is a study group using Al-Anon books and literature for our meetings. We have meet for two years now and our group is growing.

Karen P. Alternate G.R.  
Friday-Night Al-Anon  
Family Study Group  
Idaho Falls, Idaho

Dist. 6 Intergroup is concentrating on the schools in the area We have purchased Alateen literature and books to donate to the libraries. We have also bought "Whats Drunk Mama" for the elementary school libraries.

Speakers have already been to Ririe High School. The three junior highs in Idaho Falls were set up with speakers for April and May during the health classes. Rexburg schools have shown an interest to.

There is a new Alateen meeting in St. Anthony at the Youth Services Center. It's Wednesday night at 7:30 p.m. The teens there are really eager about learning what Alateen is. We've had a good response from them. Intergroup donated literature and the Alateen Book to them to get them started.

The Friday-Night Group has volunteered to help Intergroup with their P.I. work. They have decided to contact the doctors in the area by mail with literature to put in the waiting rooms. Intergroup will supply them with the literature and stamps. Its really rewarding to do P.I. work but sometimes things don't move as fast as you like.

Linda H. Secretary  
Dist. 6 Intergroup

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Our group is doing well. We're trying very hard to get an Alateen group going here in Payette and are having difficulty getting it on its feet. We would appreciate any suggestions from any one out there who have been successful with an Alateen group. You can reply in the Newsletter or send replies to June Oster, Payette, Idaho 83661.

Payette Tuesday Night Group  
110 North 10th, Payette  
meets Tuesday at 8:30 p.m.

The Payette Family Group, with the assistance of the Tuesday Night Al-Anon Group, have been privileged to go to the junior and senior high schools and show the film "Guidelines" to the Biology and Earth Science classes encompassing grades eight thru twelve. We went back the next day and discussed the film and answered questions. The positive feedback we got from those kids was more than we dared hope for. These kids need information and some need help desperately. SPREAD THE WORD

\*\*\*\*\* Rita B \*\*\*\*\*

While ordering two copies of the Newsletter to be sent to our group I would like to say a word or two for Al-Anon. It has been my salvation for many years in all phases of my life. My husband and I work our A.A. and Al-Anon programs for our benefit, and we do benefit greatly! The A.A. and Al-Anon way is beautiful---as beautiful as we choose to make it (and us).

Our group seems to grow some meetings and then again it seems to "shrink" but we keep going and growing in our own way. We thank you for all your efforts and are looking forward to seeing you again this fall.

Alice A.  
Northside AL-Anon Group  
Gooding

BOISE INTERGROUP

Boise Intergroup met May 8 for their regular meeting. New officers were elected. Judy, chairman; Erma, alternate chairman; LaDora, secretary; and Mary Jane, treasurer.

Alateen was discussed. For information on Alateen contact Janet at . The Alateen Coordinator, Beth Dick, can be contacted at Idaho Falls, Idaho 83401.

Violet the P.I. chairman gave a report. She has met with Ada County councilors from the schools. The school system has given her an okay to go into the schools if she has permission from each principal. There was discussion about Intergroup helping the Junior League purchase literature for the schools.

There will be a Dist. meeting set for sometime during June.

Intergroup representatives were asked to tell their groups to financially help Intergroup.

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Something "NEW" again. AL-ANON, IS IT FOR YOU? (Al-Anon's 20 Questions). Great for a Public Information tool.100 for 50¢.

New posters are coming out also.

Attention group Secretaries: NOTE AND CONSIDER BOOK DISCOUNTS. HAVE AN EXTRA SET OR TWO OF THE SERVICE HANDBOOKS ON HAND, MAYBE SOMEONE MAYBE INTERESTED IN BECOMING INVOLVED IN SERVICE BY READING THESE.

THE LITERATURE CENTER WILL BE CLOSED FROM JUNE 29th thru JULY 11th. I am taking my vacation and also will be at the International Conference in New Orleans July 3,4,5,6, Hope I see some of you there.

Area Literature Coordinator,  
Kathy

Boise, Idaho 83702

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Subscription Form

Group or name subscribing \_\_\_\_\_

Address to be sent to \_\_\_\_\_  
\_\_\_\_\_

Please enclose \$2.00

Thank you

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It is not your POSITION that makes you happy or unhappy it is your DISPOSITION.

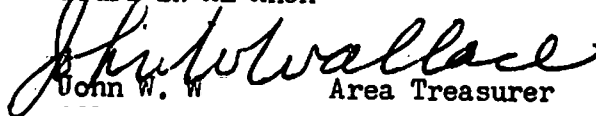
3 May 1980

SUBJECT: SUGGESTED CONTRIBUTIONS BY AL-ANON GROUPS

| <u>TO WHOM PAID</u>  | <u>HOW MUCH</u>  | <u>WHEN</u>  |
|--|--|--|
| Landlord<br>(for meeting place)  | Half of collection but<br>normally not more than \$2.          | After each meeting                                   |
| Intergroup (If there is)<br>For Boise:<br>Jo Ann<br><br>Boise, Ida 83709     | \$10.00 per group per<br>month. Less for smaller<br>groups     | 2nd Thur of each month at<br>23rd & Woodlawn. 8:00PM |
| District 3, 4, 5, & 6.<br>For District 3:<br>Bev S<br><br>Boise, Idaho 83706 | \$5.00 or more per<br>Group per year                           | Annually - Spring preferred                          |
| Delegate Fund<br>John W<br><br>Boise, Idaho 83705                            | \$3.00 per person<br>per year                                  | Annually - October preferred                         |
| Area Treasury<br>John W<br><br>Boise, Idaho 83705                            | \$1.00 per person per<br>year, or \$5.00 per<br>group, minimum | Semi-Annually - Fall & Spring                        |
| AFG, Inc<br>P.O. Box 182<br>Madison Square Station,<br>New York, N.Y. 10010  | \$6.00 per person per<br>year. (For World<br>Service.)         | March, July & November                               |

It is recommended that only a small amount be kept by the Group for emergencies. Forwarding your contributions helps spread the word to others. We are self-supporting through our own contributions. It is suggested that two members of the group be authorized to sign checks. Remember ~~these~~ these are only suggestions that have been helpful in the past.

Yours in Al-Anon

  
John W. W Area Treasurer

Boise, Idaho 83705



Lador L.

Boise, Id. 83709