

IDAHO AL-ANON NEWSLETTER

6th Year

March 21, 1978

1st Issue

YOUR AREA WORLD SERVICE COMMITTEE:

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ALTERNATE DEL.--Robert S	Hailey 83333
CHAIRMAN--Uffa M	American Falls, Ida. 83211
SECRETARY--Carla W	Idaho Falls, Ida. 83401
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DISTRICT REPRESENTATIVES

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DIST. 4--Hazel H	Gooding, Ida. 83330
DIST. 5--Uffa M	American Falls, Ida. 83211
DIST. 6--Carla W	Idaho Falls, Ida. 83401

Newsletter by and for Idaho Al-Anon Family Groups  
\$1.00 per year--4 copies  
Editor: Deneice W

Meridian, Idaho 83642

THE FACTS ARE...

There are over nine million alcoholics in the United States according to conservative federal estimates. Each alcoholic deeply affects at least four or five others: husband/wife, son/daughter, mother/father, friend, co-worker. Based on these figures, there are over 40 million people who qualify for Al-Anon and ALateen membership.

IN THE AL-ANON FELLOWSHIP WE GAIN THE FOLLOWING:

- A. MEET OTHERS WHO SHARE YOUR PROBLEMS.
- B. LEARN ABOUT ALCOHOLISM AS AN ILLNESS..
- C. ENCOURAGE THE ALCOHOLIC TO SEEK HELP.
- D. REPLACE DESPAIR WITH HOPE.
- E. IMPROVE THE FAMILY ATMOSPHERE.
- F. REBUILD OUR SELF-CONFIDENCE.

LET GO AND LET GOD

As children bring their broken toys, with tears, for us to mend, I brought my broken dreams to GOD, because HE was my friend.

But then, instead of leaving HIM in peace, to work alone, I hung around and tried to help, with ways that were my own.

At last, I snatched them back and cried, "how can you be so slow!"  
"My child," HE said, "What could I do? You never did let go!"

Lynne

## Aloha From Your Delegate:

Aloha means "Hello," "Goodbye," and "I Love You."

What a beautiful experience. I hope I have the pleasure of helping send another delegate over here. Hawaiian Al-Anon people are so beautiful; of course, just as Al-Anons are all over the world. But somehow they seem kind of special. Such loving, caring, and sharing. Bob, Pat, Uffa and I will share our experiences with you at the Conference, I hope.

All but one of the states in the Pacific Region were represented, by their Al-Anon Delegate with expenses paid. I know I will never be able to express my gratitude in words that Idaho was one of them. As one delegate expressed it, it sets the stage for New York and gets the adrenalin flowing.

I hope the districts are discussing the agenda for the New York world service conference, that I sent to your district representative in December. I would like some feedback before I leave for New York.

Speaking of New York, I know it is one month and ten days away, but time goes by so fast. I will leave Boise at 8:15 A.M., April 15, and return Monday, April 24th, at 12:07 noon. I wish I could convey to all of you somehow, the smiles on the faces of the delegates who receive mail while in New York. When you're so many miles from home, a card or note is worth a "million". The address is: Biltmore Hotel, 43rd St. and Madison Avenue, New York, N.Y. 10017. Don't send anything after Wed. or Thurs.--(19 & 20).

Believe it or not, I hope to get home in time to have my house looking less like a disaster area before Sat., March 18, for our world service committee meeting. Hope you can all come. Uffa contacted Carla before she left, to send out notices.

I might share a bit with you; we left San Francisco an hour and a half late, so we were late arriving in Honolulu. We were greeted with cute little gals in blue with leis. Then had problems as all our luggage did not come in. I had no makeup (disaster!!! ha!) nothing to fix my hair. I had put my "glamor lift" in my suitcase. They did not get in until Friday morning and I was sure I would appear on a panel looking like Phyllis Diller, but luckily they got here before the panels started. I was on the panel, "Service For The Newcomer" and "Co-operation vs. Affiliation". Then this morning--(with no breakfast.. they had'nt expected such a large crowd,) I chaired "The Ask It Basket." The Conference ended with our Spiritual Sharing Session and tears flowed freely as the end drew near. Marlene, the first delegate from Hawaii, whom I had met last year in New York, chaired the "Aloha to our Friends" session, and was joined by all the girls from Hawaii, singing their farewell song and brot tears to all our eyes. each visitor was presented a Shell Lei as he or she spoke--and a big kiss. Bob, our Alt. Delegate was on a panel on the concepts and did a beautiful job.

Connie, the delegate from Wash., asked me to contact the groups in northern Idaho, and explain to them what they are missing by not participating in the Idaho Area State Conferences. Idaho receives credit for any donations you send to the World Service Office. I am also sure you have some beautiful Al-Anons who would be good in service. I know you do have. I met one in August, last year when I lost my dear little sweet Mother on the way home from Canada, in Coeur'd'Alene.

Cont.

I would be happy to come to north Idaho if you could get all your Group Representatives, District Representatives, and any others interested, altogether in one place some weekend after our conference in Boise in May. I would give my report, and explain the advantages of Idaho being one area as it is in all other fellowships I have belonged to. We would love to have you now that we are organized, and I, for one think it would be fun to have a conference in northern Idaho every 4 or 5 years, maybe less than that, as we have two conf. a year and 6 districts.

I am asking Deneice, our Newsletter Editor, to send you this issue of our newsletter, and our conference chairman to send you flyers on our State Conf. Hope to see some of you there, and I will write each of the groups a letter when I return home.

Right now you have a very tired but very happy and grateful delegate. Never in my wildest dreams in all my years did I ever dream I would be sitting here today writing to you all from Hawaii. One thing I have learned wherever I have represented you, is that, all Al-Anons everywhere have the same problems, individuals as well as groups and right on up to area-wide. The only difference is in size.

Thank you all for supporting me. I think we've done fabulous this year, finance-wise, and I hope the time will come, hopefully during my years serving you, when we can get enough in a reserve fund to keep Al-Anon in Idaho going for one year. But we are growing, One Day at a Time. I won't push! I promise!

I love you all. See you in May at the Conference in Boise.

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Aloha, Lodema

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#### ALTERNATE DELEGATE

I am leaving March 1st for Hawaii for the Pacific Regional. I am serving on a panel dealing with the Concepts.

Now for some news about Hailey Wood River Valley Group. We have one new member from Anchorage, Alaska, Joyce H. We have four other regular members, and three others that come occasionally. We are fortunate that we get guests, that come in for skiing. Guests have been from New Jersey, Minnesota, Oregon, Illinois, and of course California.

One night in our group of seven we had three men.

We hope our group will grow a little better when the snow leaves us, right now, there is 3 ft. of snow on my front yard.

Keep up the good work.

Yours,

Bob S.  
Alt. Delegate

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#### NEW GROUP

A new group has started in Boise. It is called "Study-Discussion Group". We are basing this meeting on a intensified study of the Al-Anon Fellowship.

The topics being discussed are the officers and their duties from group level to our Area Delegate. Who they are and etc.

A tradition is discussed at length, and group structure is stressed.

Those in Service are urged to attend, but anyone interested in Unity and Service is more than welcome.

These meetings are two hours long and are held the 4th Thursday of every month. However the March meeting will be on the 30th, because the 4th Thursday conflicts with the Churches Easter (Lenten) schedule.

The meetings start promptly at 8:00 P.M. and are at the First Congregational Church, 23rd & Woodlawn.

Join us some time you might like it.

Kathy S.--G.R.  
George S.--Sec., Treas.

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2508 REGAN AVE.  
BOISE, IDAHO 83702

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### "FIRST THINGS FIRST"

I am often overwhelmed at the amount of literature handed to Newcomers at their very first meeting. It is just too much too soon and I do wonder if we might not scare them away by doing this. Possibly they think that all of this has to be digested instantly and they can't cope with this.

According to the guidelines on Beginner's Format and Literature Co-ordinator, the most important piece for the New People is "Information for the Newcomer". This has a lot of general information that we neglect to inform these people about. It tells them about Anonymity, we're a Spiritual Program, Group Participation, Contributions, Group Officers, The Monthly FORUM, and especially SPONSORSHIP.

Also give them the pamphlet "Freedom from Despair", "Purposes and Suggestions", and the cartoon booklet "Janet's Husband Drank Too much". Make sure they have a Meeting Schedule and a lot of phone numbers.

Then as they return for more meetings suggest that a certain pamphlet may help them with certain problems that are cropping up that they are having trouble in coping with.

How many of you have read the pamphlet "WHY CONFERENCE-APPROVED LITERATURE"? Not too many I know, because I only sold two last year. So, in desperation I started to put one in every order (free) and I do hope someone is reading them.

Conference-Approved Literature (CAL) reflects Al-Anon AS IT IS in PRINCIPLE and PRACTICE. Your personal progress, and that of every member depends upon the Al-Anon program.

Keeping the fundamentals ever in mind, our literature reveals and explains Al-Anon in its true light as a spiritual force at work on a world-wide problem.

". . .personal progress for the greatest number depends upon unity."  
. . . . .Tradition One

LITERATURE CO-ORDINATOR,  
Kathy S

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### EMMETT GROUP

Our meetings have been changed from Wed. night to Mon. night. We're still meeting at Walter Knox Hospital at 8:00P.M. There is also an A.A. meeting in the hospital at that time. We are hoping this will be more convenient for some to attend meetings since some of the husbands and wives now can come together. We now have six regular members and two newcomers. Also we would like to extend a warm welcome to any of you Al-Anon members from other groups to visit us anytime.

We appreciate your effort to keep the newsletter active and enjoy it very much.

Thank You  
Sincerely,  
Ann M.--G.R.

P.S.

You forgot to enclose the money for your subscription.

Hello again! Mainly I wanted to send you this poem a member of our group wrote this summer as Al and Lib were leaving. The two were special people to this area. And we wanted to share this with everyone.

Sharon S

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POEM

We'd like to give a thank you,  
To two people we hold dear...  
And tho your gone so far away,  
Your memorie will be here.

You've helped us each and everyone,  
By a word, a smile, your caring...  
Here's a thank you for your kindness,  
And for your love that you are sharing.

It's nice to talk to Lib,  
When I've made myself a fool,  
Cause she'll say "Yes, I've done that too"...  
And Lib's level headed and so cool.

At first I was a little frightened,  
That you wouldn't understand...  
But later we knew you would,  
As you offered us a hand.

And Al, so full of happiness,  
You give joy to us all...  
I'll bet you'd even love us,  
If we chanced to take a fall.

You give us all encouragement,  
As you passed through our lives...  
Al, to all our husbands,  
And Lib, to all us wives.

We hate to say we'll miss you,  
Cause we'd much rather have you stay...  
But you'll know our love goes with you,  
As you travel on your way.

By Lillie H.

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SPRING ASSEMBLY

May 12, 13, 14, at the Sheratin Downtown. Paul L. from Boise will be the Al-Anon Speaker. Advanced Registration before April 10th is \$23.00, after that it will be \$25.00. Rooms are going to be \$4.00 less during the Assembly. People who do not want to eat, the fee will be \$6.00 a person. We are still looking for an Alateen Speaker. For information please call Lynne M \_\_\_\_\_ evenings