

IDAHO AL-ANON NEWSLETTER

6th Year

June 14, 1978

2nd Issue

Newsletter by and for Idaho Al-Anon Family Groups
\$2.00 per year----4copies a year
EDITOR: Deneice W

Meridian, Idaho 83642

YOUR AREA WORLD SERVICE COMMITTEE:

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ALTERNATE DEL.**Robert S	Hailey, Ida.83333
CHAIRMAN**Uffa M	American Falls, Ida. 83211
SECRETARY**Carla W	Idaho Falls, Ida. 83401
TREASURER** John W	Boise, Ida. 83705
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ALATEEN**Sharon S	Blackroot, Ida. 83221
NEWSLETTER**Deneice W	Meridian, Ida. 83642
LITERATURE**kathy S	Boise, Ida. 83702

DISTRICT REPRESENTATIVES

DIST. #3--Helen H	Caldwell, Ida. 83605
DIST. #4--Hazel H	Gooding, Ida. 83330
DIST. #5--Uffa M	American Falls, Ida. 83211
DIST. #6--Carla W	Idaho Falls, Ida. 83401

AL-ANON IS...

a recovery program for people who suffer because someone close to them drinks too much. At Al-Anon meetings members learn, through mutual aid and loving interchange, that their own recovery is possible whether or not the drinker seeks help or even recognizes that a drinking problem exists. Al-Anon groups are non-professional, non-denominational, self-supporting and have no opinions on outside issues. Anyone who feels his/her personal life is or has been deeply affected by a problem drinker is eligible for Al-Anon membership.

AL-ANON & ALATEEN MEETING SCHEDULES:

Sunday Night--8:P.M.--1518 Fort St. Grapevine Club
Monday Night--8:P.M.--23rd & Woodlawn *Bsmt. of Congregational Church
Monday Night--8:P.M.--Grapevine Club
Tuesday Night--8:P.M.--Grapevine Club
Wednesday Night--8:P.M.--Congregational Church
Thursday Morn.--10:30A.M.--Congregational Church
Friday Night--8:P.M.--Grapevine Club
Friday Night--8:P.M.--Anderson Center, 1st & Bannock
Alateen (12 to 20)--Presbyterian Church, Linsey Hall--8:P.M.
9th & State on Monday Night
AL-ANON FAMILY GROUP--P.O. BOX 2524, BOISE IDAHO---PHONE 344-1661

FROM YOUR DELEGATE:

You know that commercial for Fresca on TV that says "WOW"? That's about the way I feel about the last three months. Last time I wrote, of course, we were in beautiful Hawaii, and what a beautiful time we had. The hunger for sharing was something, and they shared so much with us. Hopefully at the Fall Conference we can share more with you.

We arrived home the 14th of March, and I had a month to take care of all the business that had to be taken care of, and get ready to leave for New York. I thanked you at the Assembly, but thank you all again for the beautiful meeting you had Friday night before I left. A meeting always gives me a lift, but I especially appreciated that one. Most of you know I arrived home the 24th, my husband had had a heart attack the 23rd and didn't know it, so he met me in Boise, had a doctor's appointment the 25th, and wound up in I.C.U. for eight days. They let him come home the 9th of May, and as I told you all, his doctor informed me he would be better off by himself the weekend of the Assembly, so I came to Boise. Well, the 19th I took him back in with a bit of chest discomfort, and the only reason the doctor put him in I.C.U. was there was no place else to put him and they took him out the 20th. The 21st, I had called at 8 A.M. and he was resting, but I still got ready to go and was up there by ten. The door was shut, but nousey me had to open it, and two doctors and three nurses were working on my husband. It seems his heart had stopped for 16 seconds and they were trying to put in a temporary pacemaker. After three hours they gave up and took him down to put in a permanent one. That was another three hours, so Sunday, the 21st of May was quite a day that I will long remember. If it wasn't for the Al-Anon Program I know I never would have made it, but unlike the first time he was in there and doctor told me how bad he was, I was ready to accept whatever came this time. Thank you, God, for letting him stay with us a little longer. He is feeling great and thanks to all the Al-Anons for the Get Well cards and wishes he received. I also received a beautiful card from our World Service Office the day after I took him in the last time. I feel like I have been out of circulation, but actually I have been able to attend my home Al-Anon group meeting every week and most of the time the Saturday night open meeting, which helped alot.

Something I don't remember them telling us at the World Service Conference was that we could order new jackets for the Al-Anon's Favorite Forum Editorials book. This is only for the Literature Center or groups who have some books on hand.

Eleanor O our General Secretary has had to resign. We will all miss her. For this reason, they are having to do some additional editing on the film strip of the World Service Office so it will be held up a little longer.

I have received the cassette tapes of the Monday night banquet with beautiful Margaret, the first editor of our Forum, the three minute talks by the outgoing Panel of 16 delegates, and the spiritual meeting on Sat. that I missed. I will be only too happy to share these with any of you if you will invite me to. Please try and give me a choice of days or nights to come, as I am working again at my court reporting, and sometimes get tied up with that unexpectedly. Most weekends are fine.

I am sorry to say- although I really did expect it- that the price of our literature and books will be going up the 1st of JULY. I imagine Nathy will tell you more, but I would advise all the groups who can and need literature to order it before July 1.

DELEGATE'S REPORT CONT.

I would like to have all the groups send me their name, address, and telephone contact that would be fairly permanent, (or husband's employment). I don't know how it is in your groups, but in my home group, we just get a number sent in, and then rumors start going around that they are moving or they quit, and it leaves us with a number in the directory that is not current.

After several lovely days, today it is raining and cloudy, but still a beautiful day. One meeting I went to I said it had taken me all day and the meeting that night to realize what was the matter with me, I didn't wake up and say, "Good morning, God, it's a beautiful day." For what it's worth, that helps me so much, and I pass it along for someone else if they wish to use it.

I want to thank you all for sharing in my report. I know it wasn't more than 30 minutes long, but the sharing from the floor was beautiful. This shows me Idaho is really growing, and I love it. I am only your Delegate. I can't answer all your questions, but I can try to get the answers for you.

Thanks again for all your prayers. I know that is one of the reasons my husband is with us today. I should have more information in our next newsletter which will be coming out just before our World Service Committee Meeting.

Oh, yes, I received my first work assignment on the literature committee. A portion of the 12-12 book on steps and traditions. It would be so wonderful if it would be our new "something" next year at the World Service Conference. Every year they put out something new, but this is quite an undertaking and has to be just right, I know.

Let's not forget to support our State and World Service Office. We've been doing a beautiful job, and I do thank everyone for the spaghetti suppers, raffles, garage sales, etcetera, that made it possible for us to bring our State Fund up to what it is today. I do think inflation is going to keep going up, and we need all the cushion we can get.

Thank you all again. You're beautiful people, and I love you all. Do write to me and invite me to visit you. I think my husband will be able to travel in a couple of weeks, so we can go as we please. Of course, we will have to make a trip to Missouri to visit his 90 year old Mother, but otherwise we will be home.

Love to you all,
in Al-Anon,
Lodema

P.S. Was talking to Lodema on the phone last night and she said her husband is doing fine and has returned to work. Isn't this wonderful?

Sorry I am so late with the newsletter this time but I had a wonderful interruption, my daughter had a sweet little baby girl.

Deneice

If you really Love Something-----Let it go free. If it does not come back, it was not meant to be yours. If it comes back, then Love it forever.

FEELINGS ON SPRING ASSEMBLY***MAY'78

Dear Al-Anons and Alateens,

It is so difficult to put into words how inspiring the Spring Assembly was and still is that it seems impossible to express it. All of the speakers, Albert S., Paul L., and Chuck C., were marvelous. The message is always the same, but the way people express it is where the inspiration lies. That's the beauty of attending the assemblies.

The friendship that was given and received was something that many people will never be able to experience. I'm so fortunate to have been a part of this assembly.

I'd like to thank all the committee chairpersons and people that helped on the committees. All of you did more than enough. It seems that the only person that was confused was me! ha

I'd also like to thank the Alateens for attending and coming to some of the Al-Anon workshops. We needed to hear from you and all of us benefited greatly I'm sure.

"Thank You" to all the Al-Anons for being there, we all need each other.

Until November in Pocatello let's hold onto the smiles, the laughter, the tears, the joy, and most of all the love.

One Day at a Time,
Lynne MCH.

r.S. Thank you for the lovely gifts that were made and given to Al-Anon for the raffle. We have such creative people in Al-Anon in more ways than one!

I have just received a letter from the World Service Office on an increase on the prices of literature, effective July 1, 1978.

Spiraling labor and production costs has made this necessary, and I will have to increase my prices accordingly.

As I mentioned at the Assembly, the discount on hardback books has stopped, to help defray postal expenses and to also enable me to build up a larger inventory in hardback books. There seems to be a large demand for these. I also have to order these 25 at a time and that means at least \$125.00 per order, and that means this Center runs on a very tight budget 99% of the time.

Service to the groups will continue the same and to the best of my ability.

I will send out new price lists as soon as I receive it.

I remain your trusting servant,
Kathy S
STATE AL-ANON LITERATURE CENTER

BOISE, IDAHO 83702

STATE ALANON LITERATURE CENTER REPORT

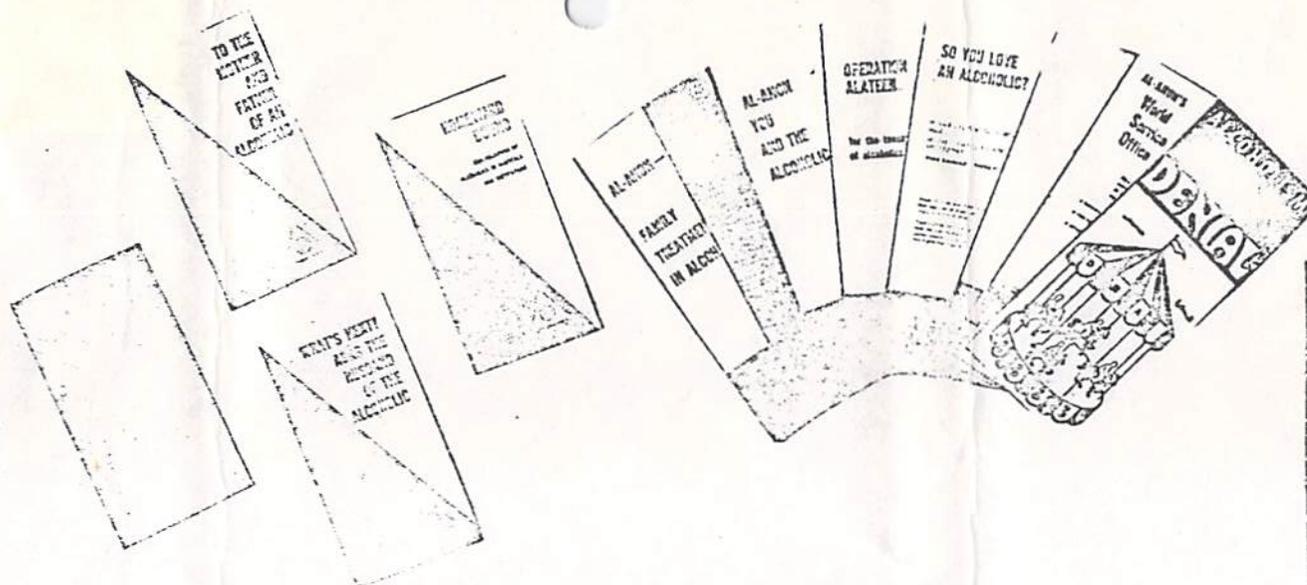
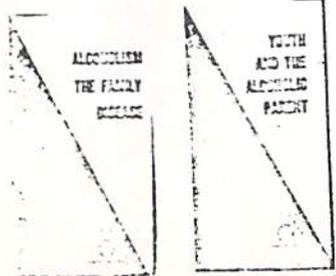
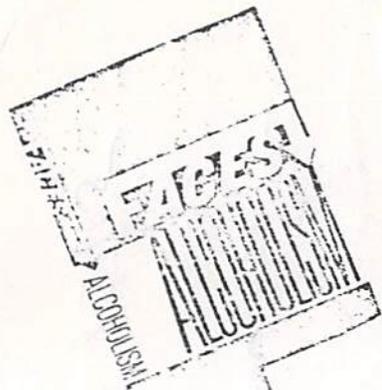
SALES AT THE LITERATURE CENTER DURING THE MONTH OF MAY WERE \$350.00.
POSTAGE 6.17.

Kathy S
Literature Co-ordinator

I would like to send out an inquirey to all the Alateen sponsers and groups to please send me their addresses. I would like to set up an Alateen Assembly next spring. And I would like to receive some comments on this. Also any ideas that they might have would be very much appreciated. They can contact me at my address which is: Sharon S

Blackfoot, Idaho 83221

Sincerely Yours in Al-Anon: Sharon S



Do you live with **THE DILEMMA OF THE ALCOHOLIC MARRIAGE** and often ask **WHAT DO YOU DO ABOUT THE ALCOHOLIC'S DRINKING?** Perhaps, **INFORMATION FOR THE NEWCOMER** can help you decide to look further into **ALCOHOLISM, THE FAMILY DISEASE**. There are many **ALLIES FOR AL-ANON** but we find most strength in our **CONFERENCE-APPROVED LITERATURE** available and used at all meetings. We believe that **ALCOHOLISM, A MERRY-GO-ROUND NAMED DENIAL** applies to us and we have to really want **FREEDOM FROM DESPAIR** before we will use the **AL-ANON FAMILY TREATMENT TOOL** to help us understand the disease of alcoholism and apply the **TWELVE STEPS AND TRADITIONS** to our lives.

Literature such as **A GUIDE FOR THE FAMILY, SPONSORSHIP, WHAT IT'S ALL ABOUT?** and **3 VIEWS OF AL-ANON** give us a **PURPOSE AND SUGGESTIONS** for recovery, and there is also a **BLUEPRINT FOR PROGRESS**, if you are...**LIVING WITH A SEVERE DRINKING PROBLEM**.

SO YOU LOVE AN ALCOHOLIC -- well, the **AL-ANON GROUP IMPACT** can be great when we learn that **AL-ANON FACES ALCOHOLISM** and **LIVING WITH AN ALCOHOLIC WITH THE HELP OF AL-ANON** is far better than trying to cope alone.

LOIS' STORY, one of inspiration, serves as a reminder to **LET IT BEGIN WITH ME**, and as a **PEBBLE IN THE FOND**, starts in the center, ever-widening, and carrying the message to those around us who still suffer.

MY WIFE DRINKS TOO MUCH and I've tried everything so, **WHAT'S NEXT? ASKS THE HUSBAND OF AN ALCOHOLIC?** **AL-ANON IS FOR MEN** also but it does not stop there! It can apply to **THE MOTHER AND FATHER OF AN ALCOHOLIC** and others, who ask, **HOW CAN I HELP MY CHILDREN?** Even, a **TEACHER FINDS GUIDANCE IN AL-ANON**.

IF YOUR PARENTS DRINK TOO MUCH, IT'S A TEENAGED AFFAIR. **ALATEEN -- HOPE FOR CHILDREN OF ALCOHOLICS** is about **YOUTH AND THE ALCOHOLIC PARENT**. It gives **FACTS ABOUT ALATEEN**.

JUST FOR TODAY, we can live **ONE DAY AT A TIME** in **AL-ANON** and the **AL-ANON AND ALATEEN FAMILY GROUPS AT WORK** give us a program of recovery. **THIS IS AL-ANON!**

Elsie B., College Pk., Ga.

