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IDAHO AL-ANON NEWSLETTER

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8th YEAR

DECEMBER 2, 1980

6th ISSUE

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Newsletter by and for Idaho Al-Anon Family Groups

\$3.00 per year-----6 copies a year

EDITOR: Deneice W

Meridian

CO-EDITOR: Bev P

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YOUR AREA WORLD SERVICE COMMITTEE:

DELEGATE...	Lodema A. S.	Wendell
ALTERNATE..	Robert S	Hailey
CHAIRMAN...	Uffa M	American Falls
SECRETARY..	Carla W	Idaho Falls
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INSTITUTIONS.....		
ALATEEN.....	Beth D	Idaho Falls
NEWSLETTER..	Deneice W	
CO-EDITOR..	Bev P	Boise
LITERATURE..	Nathy J	Boise
<u>DISTRICT REPRESENTATIVES:</u>		
DIST. #3--	Jean S	Boise
DIST. #4--	Hazel R	Gooding
DIST. #5--	Wesley N. P	Pocatello
DIST. #6--	Carla W	Idaho Falls

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FROM YOUR DELEGATE: "Lame" Duck Delegate:

Lame in more ways than one. For almost five weeks I have had my left leg in a cast.

Can you imagine someone who learns in Al-Anon to depend on themselves, having to depend on someone else for almost everything?

I have said the Serenity Prayer so many times--I'm glad it never wears out.

Seems this is the last time I will write as your delegate. I don't feel I did everything I could have, but I also feel this has been a growing time for our Area and we have had many growing pains. I know it was a growing time for me. I'm sure we will continue to have growing pains and we won't always do the right thing, but I guess all we can do is try.

I would have been very happy had I been invited to share more but maybe I was partly to blame for that. I'm not a pusher.

I hear the Assembly was great and I'm sorry I missed it. First one I've missed in nine years. But I'm sure no one missed me---really, we have many wonderful people in service now.

As many of you know, I was invited to speak in Honolulu at their Conference. When I broke my leg, I called to ask if they still wanted me. They said "we'll meet you at the airport with a wheelchair. There are five RN's in my group alone. We'll take good care of you." (This was Beth.)

Cont. on next page.

Delegate Cont.....

Lehua--(that some of you will remember)--met me at the airport with Louise, Beth's husband and a Lei. My luggage did not follow me. So I immediately became a native wearing loaned Mu-mus. Talk about the Higher power taking care of you. I had three seats from Boise to L. A. and three seats from L. A. to Honolulu so I could stretch my legs out. Coming back I was not so lucky, but didn't need it so badly either.

I spent three nites at the Ilikai with a wheel chair and walker, but managed fine. Beth was my hostess from Sun. to Wed. nite when I went into Liz's home, nearer the airport as traffic there is like here and my plane left at 9A.M. Thursday.

I chaired a meeting Tuesday nite which I really needed on frustration. I try--but seems no matter how hard, sometimes I do get so frustrated because I can't do something. That meeting was on the ground floor, so I managed fine. I didn't pick the subject until that afternoon as Beth and Louise and family (boy 10 and girl 8) and I had made the Grand Tour of the biggest shopping mall in the world and Beth had not got around to reading the One Day at a Time. What should pop out at me when I did read it but "frustrating" we did not use ODAT book for meeting.

Everyone around the table said that was exactly what they needed and we had some good discussion on it.

Wed. morning I attended a meeting at the State Hosp. which I thoroughly enjoyed--just sitting and listening and then Beth and I toured around a bit. Visited an authentic Hawaiian souvenir place where they made jewelry, wind chimes, etc. It was more fun and for \$2.00 I did get a couple of nuts for earrings to match my necklace they gave me. It is in a grove of trees and there must be 8 or 10, maybe 12 different tables set up. Beth made my earrings.

I would love to share with you as it is beautiful to find that no matter where you go, Al-Anon is the same all over the world. They have several Double Winners who attend regularly and talk only Al-Anon, am happy to say.

If you need me, I will be ready to help in any way I can, but as I indicated above, I am not a pusher.

In closing, I will remain always trusted but at times, very frustrated servant. I love you all!

Yours in Al-Anon,  
Lodema

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From Your Retiring Editor:

It certainly has been a privilege to serve as your Trusted Servant for so many years and especially the last three years as the Newsletter Editor, it was a lot of fun for me, I enjoyed it and am grateful for being able to serve in this capacity. As you all know you get so much out of service in the Al-Anon program. If only the new ones would realize this, the help would come so much quicker because the more you give the more you receive. To keep the Al-Anon philosophy you have to give it away.

I appreciate all the participating you Al-Anon's have done to make the Newsletter what it was, I hope it was useful and served a good purpose for Idaho Al-Anon's.

I love you all for helping me build a new life in Al-Anon and keeping me on the right track. I will never forget where my help in dealing with my problem with Alcoholism comes from and then being able to deal with all my problems. I love my new life! Thanks so much!

Love in Al-Anon  
Deneice

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Boise Intergroup Business Meeting  
November 13, 1980  
First Congregational Church

Chairman Irma P. presided.

Fourth Tradition read.

Treasurers report Mary Jane stated all bill had been paid and a balance of \$38.28

Tel-Answer report JoAnne J. has the responsibilities of teleanswer again as Ann has resigned. A current list has been given to Teleanswer office. The meeting schedule is no longer kept current with the Teleanswer, those calls are referred to someone on the Alanon list. She urged that the I.R. take back to their group an advisory that persons on the list be careful about giving any other persons' identity, group they attend or their telephone number.

Newsletter Bev. P. asked again that news be brought from the groups to her at Intergroup and that the newsletter would be printed every other month immediately following the Intergroup meeting. The yearly subscription fee had been voted at the Assembly to be increased from \$2.00 to \$3.00 and Beverly S. had a list of names and monies of new subscriptions to give to Bev. P. She would confer with Deniece W., the editor, about one more issue before Deniece's term expires. Subscriptions will run from Jan. 1 to Jan. 1

Alateen: Janet informed the group that a meeting at her home was not working out too well and was asking for help in seeking another meeting place, preferable the Congregational Church on a Monday or Wednesday, someplace where there was an AA and Alanon meeting at the same time. There was much discussion. Jean S. volunteered to check on availability of a meeting room at the church or at the AA Central office which has a room available for meetings and bring back to the next Intergroup cost and nights available.

District Meeting Chairperson: Jean S. reported the names of persons that had been elected at the District Meeting to serve for the next term and of the participation in the workshop on Concepts.

Old Business: Sister Stephanie, a visitor, from the Ada County Council on Alcoholism was present and told us of their desire to be on a workable relationship with Alanon. The Pacer Program participants attending Alanon meetings at their time of choosing is a part of the working relationship that could be helpful.

A report of each group conscience was given and a list was comprised of a night each group was allowing as an open meeting.

Mondy noon -	no
Monday Newcomers	4th week
Tuesday	2nd. week (limited space)
Wednesday	3rd wee
Thursday Morning	no
Friday Annex	1st week
Kuna Monday	2nd week
Eagle Friday	open at any time (limited space)
Sunday	open at any time
Nampa	open at any time
Helpful Monday	
Grapevine	5th week

Pat O. from Friday Night Grapevine group was present and stated that she was going to be at that meeting on a regular basis and make an attempt for that group to be a functioning group.

Poster Campaign Kathy S. of the Literature Center said she had the posters of Alanon and Alateen and no one had as yet come to get any for a proposed disbursement. There was a discussion as to how this would be coordinated. Suggestions were for Violet as P.I. person would contact those that had volunteered to help with P.I. in passing out literature, etc.; and another suggestion is that Kathy will bring the posters to the next Intergroup meeting, by that time the Alateen should have information of a meeting place and that each group take a proportionate amount to distribute on behalf of their group with their group meeting place on it together with the Teleanswer number.

New Business: A visitor, Nancy from Junior League described the nature of the Leagues Alcohol Education program they have been presenting to Jr. High Schools and of their desire to relay information of Alateen meeting places, literature as a part of their program and to be on a working relationship with Alanon in that area. Her telephone number is                    office and                    home.

JoAnne J. made a motion that was seconded and carried that Intergroup be elected on Jan. 1, 1981 and office run for one year, from each Jan. 1.

Kathy S. having been elected as Area Delegate brought back to Boise Intergroup as was decided at the Assembly, that Boise continue to operate the Literature Center in some manner but that she could not continue this opportunity after Jan. 1. A motion was made, seconded and carried that John W. continue the Literature Center and scout around for a committee to help him. John didn't refuse but didn't accept either.

Discussion took place on delivery of mail to groups with addresses of all kinds. It was stressed and decided that all groups and Teleanswer Alateen, coordinators, newsletter, etc. use the Post Office Box 2524 for all material, thus keeping some continuity when a change of officers takes place.

Next Alanon open meeting will be the responsibility of the Monday Newcomers Group on January 15, 1981.

There was discussion on feasibility of another daytime group. Each person take back to their group this matter and see if anyone was interested enough to get one started.

Nampa Monday group is having an open meeting next week with a film Chalk Talk.

Jean S. asked that if anyone hears of a group starting that has not let Intergroup be aware of and is letting it be known they are operating an Alanon group to let her or Irma P. know about it so they could help see that they had the necessary information to operate in an Alanon manner.

Meeting adjourned 9:35 P.M.

Respectfully submitted  
*Alma H. H.*  
Secretary

12 STEPS FOR AN  
AL-ANON CANDIDATE

1. I stated that I could stop my alcoholic from drinking, and was master of my life.
2. Believed I was sane and rational in every respect.
3. Decided to run my own life and my alcoholic's, and be successful in all my undertakings.
4. Made a thorough searching inventory of the alcoholic, the family and of my fellowman, and found them all lacking.
5. Admitted to no one, including myself, that there was anything wrong with me.
6. Were entirely ready at all times, to blame everything on the alcoholic
7. Continually told the alcoholic to remove all his shortcomings.
8. Made a list of all persons that had harmed me, and swore never to forgive them.
9. Got even with such people whenever possible, except when to do so would further injure me.
10. Continued to find fault with the world and the people in it, and when I was right, promptly admitted it.
11. Sought through nagging, criticizing and pouring out liquor to improve the alcoholic, praying only for him to listen to me and stop drinking.
12. After having had a complete moral physical and financial breakdown as a result of this kind of living, I tried to tell others how hard I had tried and continued to practice these reasonings in all my affairs.

12 STEPS OF  
AL-ANON

1. Admitted that I was powerless over alcohol - that my life had become unmanageable.
2. Came to believe that a Power greater than myself could restore me to sanity.
3. Made a decision to turn my will and my life over to the care of God, as I understood him.
4. Made a searching and fearless moral inventory of myself.
5. Admitted to God, to myself and another human being the exact nature of my wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove my shortcomings.
8. Made a list of all persons I had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory, and when I was wrong, promptly admitted it.
11. Sought through prayer and meditation to improve my conscious contact with God, as I understood him, praying only for knowledge of his will for me, and the Power to carry that out.
12. Having had a spiritual awakening as a result of those steps, I tried to carry this message to others, and to practice these principles in all my affairs.

**NEWSLETTER**

c/o Bev.

Nyssa A. F. G.

P. O. Box 2465

Nyssa, OR 97913

Dec. 1, 1980

Boise

GREETINGS from the Nyssa Friday Night Group,

The Nyssa Friday Night Group of Alanon has petitioned at the Pocatello Area Assembly and with WSO for a change of districts, from part of Alanon's District #3 to a new District #7 (as illustrated below).

As many know Alanon shares with AA many of their functions such as open meetings, conferences, birthday parties, etc. The AA map of District #4 shows the area of comparison of AA which might help Alanon to share more of these functions, with the District #7 change. The District #7 outlines on the map are only suggested.

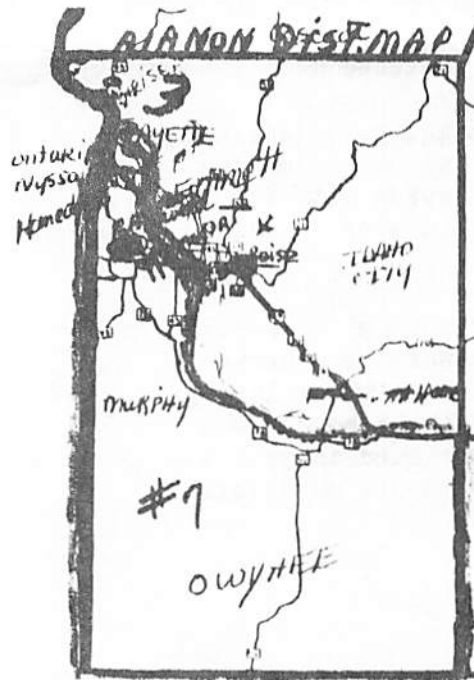
Distance between groups is a problem which makes it more difficult to share district functions, therefore we also feel with our AA relatives and friends we would be able to share more with, as Alanon.

As there are many feelings on the District #7 change, it will go again to the spring assembly next year to be voted upon; hopefully with many "group consciences" decided.

Our main objective is based upon Alanon's Concept V with the hope of Tradition I prevailing. Whether a District #7 will be voted for or not, we of the Nyssa Friday Night Group are hoping that problems of communication between Alanon Groups within this area of District #3 will perhaps better as a whole.

We wish to extend our Holiday Greetings to All and hope to see and meet new people throughout the holidays.

Thank you,  
Your Nyssa Alanon Friends



Report From The Al-Anon Literature Center

	Sept.	Oct.
Total Sales	\$797.05	\$654.95
Number of groups purchasing	37	34
Total Sales from Nov. 1, 1979 to Oct. 28, 1980 \$7,277.22		

New to the list of material available is the Serenity Prayer Card. They are 12 for \$1.00. Also, Souvenir Booklet from the International Conference in New Orleans. \$2.00 each.

A catalog is available (free) about Conference-Approved-Literature. If you don't have one yet let me know.

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It has been such a grand experience the past three years or so to be your Literature Coordinator and being the literature distributor. I have become acquainted with people through correspondence that I would have never knew existed otherwise. Such beautiful people you all are. You accepted my mistakes calmly, wrote me letters of encouragement and praised me when I was feeling sorry for myself.

I have gained so much. I learned to give of myself more, to love and share. To be tolerant of others mathematical mistakes, omittance of proper information of order blanks, and learned how to balance a check bock. I have become aware of my abilities and limitations.

Thank you all, you have all helped me with your concern and love.

Yours in Al-Anon,  
Kathy S.  
Out going Literature Coordiantor

YOUR NEW AREA WORLD SERVICE COMMITTEE STARTING JANUARY

DELEGATE-----Kathy S	Boise	
ALTERNATE-----Colleen S		
CHAIRMAN-----Susan T	Twin Falls	...KOM
SECRETARY-----Ladora H	Boise	
TREASURER-----Jean S	Boise	
ALATEEN-----Beth D	Idaho Falls	
INSTITUTIONS--Kay S	Boise	
NEWSLETTER----Beverly P		Boise

BOISE INTERGROUP

At the Nov. 13 meeting several items were discussed. Intergroup had discussions about Alateen hoping to find a way to get Alateen going again. Janet, the Alateen sponsor, is checking several places they could meet at, and the day they could meet on.

Intergroup is planning a poster campaign with Al-Anon and Alateen posters.

There will be an open meeting on January 15, put on by the Monday Night Al-Anon Group from the Congregational Church. Flyers will be distributed.

Also, discussed were starting more daytime meetings.

FROM YOUR ALATEEN CO-ORDINATOR:

As Alateen Co-Ordinator I would like to give Orchids to the Alateen and Sponsors in the Fall Assembly.

The theme, "Happiness is Serenity" was depicted in each by their self-confidence and relaxed participation.

Also, hats off to the Al-Anons and A.A.'s who came into the Alateen workshop to listen, learn and share. Sincere thanks for your interest.

Thanks to Johnny of the Monday "Search for Serenity Grp. of Idaho Falls and Frank from the Al-Anon rocatello Grp. These two fine Al-Anon's took time from their own meetings to take seventeen Alateens swimming at I.S.U. In sharing, Van L. AA of Idaho Falls volunteered his time and Station Wagon to help Johnny and Frank. Thanks to all--"we can do it together.

reteen Chris P. knows the Spirit of Christmas and was anxious in his message. He knows what fun the family AA Christmas rarty is all about in Idaho Falls. Thanks for your messages Chris P. and Frank G.

In Al-Anon and Alateen it can be Christmas year around--hope and love; "One Day at a Time."

Happy Holidays to all---  
Love Beth D.

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Ladora L. H

Boise