

IDAHO
AL-ANON NEWSLETTER

5th Year

September 7, 1977

3rd Issue

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

Meridian, Idaho 83642

Dear Al-Anon Friends;

Our Newsletter is just what we the members make it. If the news doesn't come in I cannot record it. I would like to suggest that we get a volunteer from each District to gather news from that particular area and send to our Newsletter. This happens just once every three months. It doesn't sound hard, just a few phone calls and, or letters and in this way we can hear something from all our groups and know whats going on from near and far. IN this way we can help each other and solve some problems by communicating with each other. We can also solve some of our group problems in this manner. So let's get going!

Here is a handy subscription form, fill in and send to:

Deneice W

Meridian, Idaho 83642

FOR NEWSLETTER

NAME- _____

ADDRESS _____

GROUP _____

Thank you for all your co-operation.

Love in Al-Anon,
Editor--Deneice W

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- Idaho Falls, Idaho 83401

FROM YOUR DELEGATE

Dear friends in Al-Anon:

Three months have passed since last I wrote and so much has happened. When I finished my report at the Assembly, I said, "Hey, God, the green stuff is getting a little scarce. How about some work?" Just as I needed the time last winter and early spring to prepare myself for New York--and He knew it--so when I needed work to do I got it, so kept busy most of the summer. Enough to keep our heads above water anyway.

My husband and I "ran away from home" the 30th and the 31st of July and went to Warm River to their camp out and had a beautiful time. Met many wonderful people I hadn't met before and saw quite a few old friends. Talked to Beth on the phone, and saw "Ole Swede." At last report a few days ago he was doing fine.

What would I do without our fellowship! I'm sure there is no way I could have gotten through the past two weeks. As a lot of you know my Mother had Parkinson's Disease and had gone steadily downhill it seemed the past couple of years. Her greatest wish was to go to Canada and see her oldest sister, who was sort of a mother-figure when their mother died when she was eighteen. That was all she had talked about for nearly a year. We left the 7th of August and picked up my aunt in Libby, Montana, (another sister) and took them both to Calgary. Mother would go away from us at times even there, but she had a beautiful visit with her sisters, and I have a wonderful picture of the three of them sitting on the sofa laughing. We had a reunion of thirty of my relatives on Sunday, the 14th, and they all visited with Mother. When that was over she was ready to come home, so we decided to start back Tuesday. Dropped my aunt off in Libby, and stayed in Coeur 'd Alene Tuesday night. Our Higher Power took over when we left, because we lost Mother about a half a mile out of town. Any of you that know Highway 95 know what long stretches there are between towns, with no doctors or hospitals either one. As it was we turned around and we were back at the hospital in a couple of minutes, but we knew she was gone even before we got there. When we had finished all the arrangements for shipping her body home, we called AA, and Jack got ahold of an Al-Anon gal, Lynn. They came and took us out to breakfast, and while Jack and Smitty talked up a storm, Lynn and I had a really good visit. I hope to meet her again. It helped to settle us down so we had a pleasant trip home. Where else but in our fellowship could you receive such beautiful help.

We made two meetings in Calgary. Unfortunately, I did not get to go to a closed Al-Anon meeting, but the one meeting we went to was an open speaker's meeting, and the other I was asked to speak, and my husband is my best critic, and he said I did great. Really, I couldn't even tell you what I said. I just let my Higher Power take over. We also quite unexpectedly met Norma and Jack who taped our conference in Burley. We had kidded them about going to Canada and said we were going to beat them there if they didn't hurry, but neither one of us mentioned the town we were going to.

I hope all of you are planning to attend our conference in Twin Falls the 4th, 5th, and 6th of November. Dottie from Nevada, their delegate last year to New York, will be our Al-Anon speaker. You'll all love her just as I did, I know.

Cont. on next page.

Our World Service Committee meeting will be the first of October, at my house again if that meets with everyone's approval. I loved having you. And I hope to see all the District Representatives present as well as anyone else who is interested.

Let's keep our newsletter going, girls. I hope we can look into getting a "non-profit Franchise" so it won't cost us so much for postage, but meanwhile get your subscription in to our newsletter gal. She's doing a fantastic job.

I love you all! And a special thank you to Pat, and her husband, Berry, for taking us to a meeting while we were in Boise, after a delicious dinner.

Much love in Al-Anon
Your delegate,
Lodema

RECEIPE FOR RECOVERY

Take one suffering and very confused relative of an alcoholic and add:

Al-Anon

Stir in compassion, love and empathy

Fold in 12 Steps, and gradually add 12 Traditions

Sift encouragement and honesty into an open mind.

Beat out the self-pity

Release the frustations

Whip the martyrdom

Let go of the problem, and

Remove the guilt

Increase changed attitude, tolerance and confidence.

Sprinkle with self-respect, self-reliance and understanding.

Season well with a Higher Power

And,

Bake in a warm Al-Anon oven for a lifetime.

Frost with Serenity, Courage and Wisdom.

Serve generously with loving concern and inspiration.

POCATELLO GROUP

Pocatello's Bantello Al-Anon Group will celebrate their 17th Anniversary, August 16, 1977. There will be an open meeting and a Birthday cake. Final arrangements are not made yet but announcements will be sent out.

Thanks--Love You!
Yours in Al-Anon,
Helen B. -Sec.

Pocatello, Idaho 83201

NEWS OF GROUPS

The Sunday Nite Serenity Al-Anon Group meets at the Grapevine, Sunday evenings at 8:00 P.M. The planned meetings are as follows:

First Sunday - Step or Tradition.

Second Sunday - How I applied Al-Anon ideas to a current problem.

Third Sunday - From the list of subjects in "One Day at a Time."

Fourth Sunday - Topics from the Forum.

Fifth Sunday - Open meeting with speakers or Al-Anon in general.

Coffee or cold drinks are available. Our attendance grows as our hospitality grows. Ladora H. is our Secretary. John W. is the G.R.

While we cannot solve your problems we can listen earnestly while you get it off your chest and return to your loved ones in a better frame of mind. The only way you can have love is to give it.

John W.

THE MONDAY NIGHT NEWCOMERS GROUP has grown so large the past month or so they have taken a group conscience and divided into two groups. Those members who have attended Al-Anon meetings two months or less will continue to meet in the basement room in the First Congregational Church, at 8:00 P.M. The Al-Anons who have two months or more in the program will meet at the same time in the Dining Hall of the church. It is located on the main floor.

THE WEDNESDAY NIGHT GROUP meets at the 1st Congregational Church at 8:00 P.M. Meetings are being held on topics taken from our hardcover books and pamphlets. A few weeks ago a good meeting was held on "GOOD POINTS OF THE ALCOHOLIC, NO CRITICISMS ALLOWED". Bon M. played the tape she made of Rev. Kellerman's talk on "GRIEF". Our attendance remains at 7 and 9.

THURSDAY MORNING "DAYTIME GROUP" meets at 10:30 A.M. at 23rd and Pleasanton at The First Congregational Church in the basement. We are studying the steps and how they work in our lives. Without these steps my life would still be unmanageable, and every time I go through these steps, new things learned makes my life just that more manageable. Come and join us and let Al-Anon work for you!

IDAHO FALLS WEDNESDAY NITE GROUP had elections: Bobbi L.--G.R.
Pat L.--Sec.
Vicki S.--Trea.
Dist. 6 elected new officers in Idaho Falls: Carla N.--D.R.
Gillette--Sec.

We will be having a Spaghetti Dinner and a Bazar some time in October; to raise money for the Assembly and to purchase "What's Drunk, Mama," which we are going to put into the Grado School and Jr. High.

Thats all for now.

Bobbi L.

DISTRICT 3 LITERATURE CENTER

The District 3 Literature Center sales have increased greatly the first six months of this year.

In 1976 the sales up to and ending on June 30th amounted to \$463.33. In 1977 the sales were \$819.10.

Ninety-eight hardcover books were sold, sixty-seven of those were "One Day at a Time."

Believe it or not, 3331 pamphlets have been purchased by the groups so far this year. A lot of those pamphlets have to be given to Newcomers and to interested Professionals. This is great. . .

The sheet "INFORMATION FOR THE NEWCOMER", sold the most. Then "WHAT DO YOU DO ABOUT THE ALCOHOLICS DRINKING?".

"A GUIDE FOR THE FAMILY OF THE ALCOHOLIC", and "ALCOHOLISM, A MERRY* GO*ROUND CALLED DENIAL", were next, 112 each.

During the whole year of 1976 only 15 pamphlets were sold on "SPONSORSHIP". but 53 have been picked up so far. So, maybe the groups are pushing Sponsorship more. It is a vital part of our program you know.

The new booklet "WHAT'S DRUNK, MAMA?" I have in stock now. It is for pre-teens, but it is so beautifully written. It is sold for 50¢.

"DOUBLE WINNERS" is a new pamphlet written for RECOVERING ALCOHOLICS THAT ARE CONCERNED ABOUT SOMEONE ELSE WITH A DRINKING PROBLEM. It sells for .05 a copy. I have this pamphlet on hand, also.

The new pamphlet, "THE ROLE OF AL-ANON GROUPS IN THE TREATMENT PROGRAM OF A V.A. ALCOHOLISM UNIT", is on order and should be here in about 10 days. It is also .05.

Anyone in the area interested in a Literature Center in their district feel free to write. It is very rewarding and has helped me grow stronger in my AL-ANON PROGRAM.

KATHY S
DISTRICT 3 LITERATURE CENTER

BOISE, IDAHO 83702

EXCITING, EXCITING, EXCITING, NEWS!

There is an upcoming national television program starring Fatty Duke and James Hampton about a family affected by the disease of alcoholism. It is a story of a young couple: a husband who drinks and a wife who suffers the effects of his drinking. Filmed from the wife's perspective, it shows how a family member can find help in Al-Anon independent of the alcoholic's recovery. The film is titled---

A SLIGHT DRINKING PROBLEM

and was made in co-operation with Al-Anon members in California. It was produced for the "Insight Series" by Paulist Productions and was written by Charles Hauck, the author of "DRINK, DRANK, DRUNK." At the end of the show there will be a national tag-on referring people to Al-Anon.

More information later about the air-date of the program.

With love in service,
Margaret O
Public Information
Staff Secretary
