

Newsletter by and for Idaho Al-Anon Family Groups  
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 Editor: Deneice W

Meridian, Idaho 83642

**YOUR AREA WORLD SERVICE COMMITTEE:**

DELEGATE--Lodoma K. S	Wondoll, Ida. 83355	
ALTERNATE DELEGATE--Robert S		Hailey 83233
CHAIRMAN --Uffa M	American Falls, Ida. 83211	
SECRETARY--Carla W	Idaho Falls, Ida. 83401	
TREASURER--John W	Boise, Ida. 83705	
PUBLIC INFORMATION--Vickie S	Timberlane, Idaho Falls, Ida. 83401	
INSTITUTIONS--Helen H	Caldwell, Ida., 83605	
ALATEEN--Sharon S	Blackfoot, Ida. 83221	
NEWSLETTER--Deneice W	Meridian 83642	
LITERATURE CO-ORDINATOR--Nathy S	Boise, Ida. 83702	
<b>DISTRICT REPRESENTATIVES:</b>		
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	
<b>FROM YOUR DELEGATE:</b>		

Dear Friends in Al-Anon:

Time goes by so fast. Another three months has gone by since our last newsletter. First of all, thank you all for supporting me. I really feel like I am your delegate this year because you elected me to the office, and I will do my best to serve you well. Wasn't our conference fantastic!? We had so many comments on it. I feel Al-Anon in Idaho grew a little this year. We haven't come of age yet, but we're having growing pains which is a good sign. I might not agree with some of you, but I love you all!

I received a call from a newcomer at Thanksgiving time who was hurting so much, and it brought back memories of all the holidays that were spoiled because of drinking in our home. Thanks to our Higher Power, A.A. and Al-Anon, we no longer find it necessary. As we approached the Thanksgiving holiday, I could think of so many things to be thankful for. Hope "He" didn't get tired of hearing me thank "Him".

As the Christmas and New Years holidays approach, let us stop and reflect a moment on their true meaning. Christmas to me is a time of peace on Earth, Good Will towards Men-and Women, too. May we all show our true love for what Al-Anon has given us by reaching out to give it to others at this Christmas Season. New Years means to me a new beginning, a time to take another inventory and see where we might improve in the coming year.

Even though we had our heartaches and problems in 1977, all in all I feel the first eleven months were very good ones, and many wonderful things happened to me--some of them because I was in Al-Anon, and I thank my Higher Power every day that there is such a wonderful organization where we can learn to grow as individuals instead of being someone's shadow.

Cont. on next page:

I will be sending the Agenda of the World Service Conference in New York in April to your District Representatives in the near future and would like to have some feedback so I will know how you feel about it.

May all of you have a very Merry Christmas, and if the New Year brings you just a little of the joy and happiness I have found in Al-Anon, I know it will be a most enjoyable and happy one.

Love to you all,  
Your Delegate,  
Lodema.

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#### REPORT FROM TREASURER:

You are responding beautifully! \$155.62 from the two Idaho Falls Groups and Rigby Group; \$100.00 from the American Falls Group's bazaar; \$10.00 from Wendell; \$244.42 from the Eloise Groups' Garage Sale. Proceeds from the Assembly raffle sale's, Love Bank, and literature amounted to \$421.05.

After sending \$425.00 to New York City for the delegate's equalized expenses, the bank balance is \$769.60.

Looking forward to hearing from all.

Yours in Al-Anon,  
Mary J., Treasurer.

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#### AREA LITERATURE CENTER:

I wish to thank those groups who have contributed funds to the Al-Anon Literature Center. This has helped me order a larger supply of the hardback books.

Eycrone who subscribes to the Forum received an order blank this month for the books we have for Al-Anon/Alateen reading. On the other side of the blank is pictured the six books and in large letters it says "READ ANY GOOD BOOKS LATELY?"

Have you?

**AL-ANON FACES ALCOHOLISM.** . . One section of this book is articles written by professionals in the field of alcoholism. Another portion is personal stories written by members and how they have worked the program to make a much saner life for themselves. There is a section on the slogans and the history of the beginning of the fellowship.

**AL-ANON'S FAVORITE FORUM EDITORIALS.** . . This is an inspiring book. Editorials from the FORUM covers a span of sixteen years by Margaret. She was able to travel a lot and also read everything she could get her hands on. She writes simply, but it has a wonderful message for all.

**ALATEEN--HOPE FOR THE CHILDREN OF ALCOHOLICS.** . . It is written by Alateens. Read it sometime and get a good look at yourself and the alcoholic. It also covers the history of the fellowship, steps, traditions, slogans, and structure.

**THE DILEMMA OF THE ALCOHOLIC MARRIAGE.** . . A variety of ways to apply the program to marital problems in an alcoholic marriage.

**LIVING WITH AN ALCOHOLIC.** . . This is the basic book for Al-Anon. Tells you the history and structure of the fellowship. The opening and closing for meetings are included. Steps and traditions and an analysis of each. Purpose of the fellowship and how it works. And stories by relatives and friends of those who suffer from alcoholism.

**ONE DAY AT A TIME.** . . Daily inspirational readings. Each day covers a particular point of the Al-Anon philosophy and how it can be used in our daily lives.

"HAVE YOU READ ANY GOOD BOOKS LATELY?"

Kathy S  
Literature Co-ordinator.

## GARAGE SALE:

Boise Groups held a garage sale Dec. 3rd and 4th at the home of Lynne M<sup>CH</sup>. The weather didn't co-operate but the Al-Anons did both in contributing goods and helping to set up. Everyone layered insulated underware, wool pants, ski parkas, boots, then set to work. We had a ball---profitable too,---\$244.42!

Beautiful handicrafts, candy, homemade and cooked foods were a great seller.

Lunch was compliments of Pat W., turkey sandwiches made with her delicious homemade brown bread.

Many thanks to Lynne for donating her time and garage.

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In regards to a remark made at the Fall Assembly as to the butterfly being the symbol for the Al-Anon fellowship, may I refer everyone to page 32, paragraph b. of "DIGEST OF AL-ANON & ALATEEN POLICIES."

### SYMBOLS

THE AL-ANON/ALATEEN LOGO (AT THE RIGHT) IS A POPULAR MEANS OF IDENTIFICATION AT THE CONVENTION AND OTHER JOINT FELLOWSHIP AFFAIRS. THIS WAS ADOPTED BY THE WORLD SERVICE CONFERENCE AS THE ONLY OFFICIAL AL-ANON/ALATEEN SYMBOLE. THE BUTTERFLY IS NOT REGARDED OR ACCEPTED UNIVERSALLY AS AN APPROPRIATE SYMBOL FOR THE FELLOWSHIP. ANON.

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## DISTRICT 4 NEWS:

We received \$1,00.00 as our percentage of registration fees from District 2; A.A., from the Assembly.

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## NEWS ABOUT MEETINGS IN IDAHO:

### TEUSDAY NITE:

Boise Teusday nite has elected Lynne M<sup>CH</sup>. G.R.  
Maxine S. Sec.

Outgoing officers are Mary J. G.R. and Pat W. Sec.  
Attendance is averaging 15 per week.

Mary J. G.R.

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### WEDNESDAY NITE:

Wednesday n Al-Anon Group meets at 8:00 P.M. at the First Congregational Church. Attendance is great and meetings very constructive. Election was held in October and the following people are our new officers,

Group Representative-- Joan S.

alternate G.R.----- George S.

Intergroup Rep.----- Connie B.

Sec. G.R.----- Margaret & Virgil B.

Kathy S

Outgoing G.R.

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### FOUNTAIN HOME AL-ANON GROUP:

This is a new up and coming group since July, we started with 3 members and now have seven members, we are working on different things, O.D.A.T., Slogans, Traditions, and the Forum. The meeting is held at 8:00 P.M. on Monday at St. James Episcopal Church at 3rd and American Legion Blvd. Things are really looking good for us.

Betty B., G.R.

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### AMERICAN FALLS AL-ANON GROUP:

We hold our Al-Anon meetings Thursday nite at 8:00 P.M. at the Catholic Church in American Falls. We really are having some great meetings and are starting to work the steps.

Yours Truly,  
Uffa H.

## ST. ANTHONY GROUP

St. Anthony Al-Anon meets Tuesdays at 8:00 P.M. at the St. Anthony City Building in the basements.

We have grown since our first meeting from two members to sixteen. We are trying to start an Alateen Group. We expect in the near future that our group will branch into Ashton and Rexburg.

Sincerely,  
Lorele L.

## BLACKFOOT TRANQUILITY AL-ANON GROUP:

The Blackfoot Tranquility Al-Anon Group meets on Wednesday nite at 8:00 P.M. at the Public Health Department, on 412 West Pacific. Our Alateen is still going but oh so slowly.

We have been very busy this summer. In July we had a picnic for Al and Lib as they were moving to California. We then had another one the end of September.

November the 19th we had our Blackfoot A.A. & Al-Anon Anniversary; A.A.-28 years and Al-Anon-5 years. Had such a nice turnout, around 150 people from all over the valley.

Our birthdays have been Lillie, Nov. 20th, Karva, Dec. 9th, and Delilah, Jan. 24th.

Our members are growing and learning all the time. And they are all such beautiful people, just as everyone in A.A. and Al-Anon and Alateen.

Carla and Vicky from Idaho Falls Al-Anon, Kaye from Blackfoot A.A., and Sharon from Blackfoot Al-Anon went to the Junior High here and spoke to the health class on Alcoholism the family disease, how the whole family is sick and where they could find help if they wanted it.

Sincerely Yours in Al-Anon,  
Sharon S Dist #6.

## EMMETT AL-ANON GROUP:

The Wednesday Nite Al-Anon Family Group is still going. You may already know we lost a very important member this summer, Martha H.. I think she must have kept everything going and know how to do it. We seem to be running into new things and difficulties now. The group did close to their G.R. and I pray I'll do a good job. Our meetings are Wed. nites at Walter Knox Hospital in the Solarium at 8:00 P.M. We would like to extend a warm welcome to anyone to visit or join our group.

I was blessed to be able to attend the Fall Assembly at Twin Falls a few weeks ago. I would like to say to anyone who has not been to one of these assemblies they just don't know what they are missing. I enjoyed it alot and enjoyed alot too.

This office of G.R. is all new to me. I would like to ask you if our subscription to the newsletter is out? Yes. We sure would appreciate any support you can give us.

Sincerely,  
Ann E. G.R.

Humility is that virtue which reduces a person to his proper size without degrading him--thereby increasing his stature without inflating him.

"Let it begin with me." ddd

