
IDAHO AL-ANON NEWSLETTER

7th Year

January 17, 1979

1st Issue

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

YOUR AREA WORLD SERVICE COMMITTEE:

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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

AL-ANON & ALATEEN MEETING SCHEDULES:

Sunday Nite-----8:P.M.--1518 Fort St., Grapevine Club
Monday Nite-----8:P.M.--23rd&Woodlawn, 1st Congregational Church
Tuesday Nite-----8:P.M.--Grapevine Club
Wednesday Nite-----8:P.M.--1st Congregational Church
Thursday Morn.-----10:30 A.M.--1st. Congregational Church
Friday Nite-----8:P.M.--Grapevine Club
Friday Nite-----8:P.M.--Anderson Center, 1st & Bannock
Alateen (12 to 20)---8:P.M.-- Presbyterian Church, Linsey Hall
9th & State on Monday Nite
Boise Al-Anon Intergroup meets 2nd Thursday every month at 8:P.M.
1st Congregational Church
Study-Discussion Group meets 4th Thursday every month at 8:P.M.
1st Congregational Church
AL-ANON FAMILY GROUP--P.O. BOX 2524, BOISE, IDAHO---PHONE 344-1661

The Al-Anon Family Group is a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

Al-Anon has but one purpose: to help families of alcoholics.

"Al-Anon is a kit of tools that fits all kinds of nuts."

AL-ANON SERVICE ASSEMBLY in co-operation with the 12th annual Pacific Region Alcoholics Anonymous Service Assembly. THEME: Service is Gratitude in Action. WHEN? March 9-10-11, 1979. WHERE? John Ascuaga's Sparks Nugget, Sparks, Nevada (3 mi. east of Reno).

FROM YOUR DELEGATE:

To my dear friends in Al-Anon:

As I sat down to write this morning, I found myself very nostalgic with Thanksgiving just over and the holidays coming up. To me, when I was growing up it was always a time for family, and I still feel the same even though our family is scattered.

Thanks to Al-Anon, we shared the family of another alcoholic and Al-Anon on Thanksgiving, and had a beautiful day.

As I was wondering what to share with you, I found a notebook of my dear mother's, and would like to share just a few of her thoughts. She was President of the Idaho Rebekah Assembly in 1960-61, and had so many beautiful thoughts to share. "Though other things may change in this world of ours, Christmas remains forever the same--a season of joy and hope and love and faith. May you know the warmth, the joy and the love of Christmas as expressed by a happy family reunion, the spirit of Christmas symbolized by church bells and chimes, and the faith of Christmas as expressed in our worship of the Almighty. As a New Year dawns I hope it will bring you the fullest measure of health, happiness, peace and contentment of mind and heart, and may these blessings be with you throughout all the years that lie ahead."----One Day at a Time.

If it is good business to close our books and take a long searching look at our business progress as the year ends, it must be equally imperative that we inventory and take accounting of our personal progress during the past year. Our lives show a profit or loss, just as surely as our livelihoods do, and the man who does not "tote up" his personal ledger at the end of the year is indeed a careless custodian of his greatest assets.

You and I know that forming poor habits is just a bit easier than forming good ones. Being a good Al-Anon is a habit, a good habit that takes effort. Whether we realize it or not, Al-Anon is a major factor in our daily lives; it is the medium thru which you and I can practice good citizenship, good fellowship and good personal service to humanity day in and day out, again "One Day at a Time." It touches our daily lives in hundreds of unseen ways: in the opportunity to make new and lasting friends, in the chance it gives to work with others for the benefit of others, in the rich rewards of personal satisfaction that comes from being part of a group who know the good things in life must be shared to be enjoyed. You cannot say, "next week or next month I will start to be a good Al-Anon member or a good friend. We will all close our yearly book with the thought that the efforts and loyalty and enthusiasm we gave to Al-Anon will determine the dividends we get out of it." One Day at a Time.

Following is the way I feel about my Al-Anon friends: It is my joy in life to find, at every turning of the road, the strong arms of a comrade kind, to help me onward with my load. And since I have no gold to give, and love alone must make amends, my only prayer is, while I live, God make me worthy of my friends.

Sometimes I feel very unworthy of the position you gave me to represent you as your Delegate, but if I will always remember that all things work out if we will just live, "One Day at a Time."

I thought we had such a beautiful assembly. Each one seems to get better. I'm sure they are all equally beautiful, but as we grow in Al-Anon, so everything seems to grow with us. I truly hope I never stop growing.

I love you all, and my heart is bubbling over with all the good wishes and love I would like to share with all of you personally, but this is the next best thing.

With much love to you all,
Your trusted servant,

Lodema

FROM YOUR ALTERNATE DELEGATE:

The Wood River Valley Group is celebrating it's 9th Birthday on Dec. 8th. We have two new members in our group from California. We average 3--5 on our meeting nite which is Monday at 8:00P.M. in Haily.

Following is a list of "Responsibilities to Ourselves" that I used on a panel at Rocatello. Several requested copies, so here it is.

MY RESPONSIBILITY TO AL-ANON

- I was lead to Al-Anon by unknown power. To express gratitude for this gift I will assume certain responsibilities:
1. To study and use the Al-Anon ideas, not only for myself but also for the benefit of my friends in the group.
 2. Try to make everything I say reflect on Al-Anon Teachings, and which will have meanings for those who hear me.
 3. Be sure of getting something from each meeting.
 4. Learning to live a serene life by using the 1st step to manage my own life instead of trying to manage others.
 5. Thru sponsorship I might be the spark to help others. I want to be a good listener. It is not all give but a lot of giving.
 6. Keeping anonymity of fellow members is my responsibility. I want to be always aware of the need to guard the anonymity of those in Al-Anon and A.A., this is good discipline in guarding my tongue.
 7. Willing to reach out to those who need help.
 8. Selfless dedication is rewarded by greater spiritual growth.
 9. I want to keep in mind the three obstacles to success in Al-Anon, discussion of religion--we are a spiritual program, gossip--careless talk, and dominance--leaders serve.
 10. In understanding my thinking changes, thereby promoting my growth.
 11. Be familiar with the three legacies of Al-Anon, Recovery--Steps, Unity--Tradition and Service--Concepts.
 12. I want to remember that our entire Al-Anon program rests squarely on the principles of mutual trust. We trust God, we trust each other and we trust Al-Anon. Therefore we can not do less than trust our leaders in service.

Yours

Bob S., Alt. Delegate

SPONSORSHIP

Remember how it was when you came to your first meeting? I do. I was lonesome and confused, and all these people sitting around talking about how they had learned to cope with living with the drinking problem, just didn't seem possible. Two beautiful Al-Anon members took me under their wing that first meeting I attended and had patience and tolerance and helped me through my first confused months in Al-Anon. They gave me their phone numbers, and I called them when I was depressed and thought I could no longer put up with my problems; they reminded me to use the Steps, Slogans, or say the Serenity Prayer. One told me to concentrate on meditation. These two lovely ladies were my SPONSORS. And if it hadn't been for their loving concern, patience, and fortitude I may have given up on the program.

Five years later I have had several other Sponsors. I can't get along without one. I need someone many times for just a sounding board. Someone I can talk out loud to and they often just listen and then remind me to use the Steps, Slogans and the Serenity Prayer. Same thing my first Sponsors told me, but I need TO BE REMINDED.

Now I have been Sponsor to many Newcomers. It's very rewarding. I have to get down on that newcomer level again and get off that complacent high I can acquire because today my husband is not drinking. Listening to these newcomers pour out their stories is like hearing a tape of my own frustrations just a few years ago, and how it took a couple of Al-Anon members to help me back on my feet. Now it helps me to take a newcomer by the hand and offer her help, give them my phone number and get their number if they choose to give it to me.

WHY DON'T YOU SPONSOR SOMEONE AND SEE HOW GOOD IT MAKES YOU FEEL?

Oh God, now You have walked into our lives and lifted our hearts. It is a true miracle! I have found Al-Anon and Curt has found You. I knew You were there but just there. You seemed to wait till the very last minute and You seem to work in unusual ways which are hard to understand. The feeling is just indescribable. I feel such a glow, such a new beginning - like a baby.

I know now how I need You, and how You love me so deeply. As the tears come to my eyes now, I feel You. At first all I did was just think - "God"- but now I know You are here in the living-room with me and giving me some peace of mind.

I realize I have a long road to hoe, but if You will bear with me I can do it. You and me against the world. Now I am shaking but have a little smile on my face. How nice to know You aren't just in a church and can't get out.

I first thought- "Thank God Curt found You," because only he needed You. Now I know. Even at this time of day it is a miracle! Before this very hour I was in an unbearable world it seemed. It is now not unbearable, I feel I can cope, hard as I already know it is. I now put myself in Your hands and know You will be there. You will guide me. "Sorry, don't mean to put the pressure on, God.)"

I don't feel alone now. I know I love Curt. But, he and You have Your own world. And You and I, God, have ours. You have made me realize I have to pick myself up. Oh Glory - You are here! What a relief!

Signing off now. Will chat later.

Thank You God.

Bonnie S.

FROM YOUR CHAIRMAN:

It was a really great Assembly. Everything went great. The work shops and panels were really well put together and I really appreciate all the work that each and everyone that had a panel did. I think this is one of the things that is so beautiful about our fellowship, you can call on anyone and they all help. Without this help we could not have had such a wonderful Assembly. Each and everyone of the Districts I ask (as program Chairmen) came through just as I knew they would. A special thanks to each of them.

We had 254 at the Banquet and almost that many at the Breakfast. I hope everyone had as good a time as I did. Thanks again everyone.

Yours in Al-Anon

Uffa

ALATEEN

Alateen is getting off to a good start for "79"! We are having Hot Chocolate at the meetings. Any interested teens can call melody at 336-9455 or Lynne at 345-8548. Alateen meets each Monday Nite at the Presbyterian Church at 9th & State from 8p.m. to 9p.m.

A letter from World Service advises your delegate that she will be sent one set of the Beginners Meetings tapes. Anyone who would like to hear them, get your districts or intergroups together and she will be glad to come and share with you. The cost of the three cassettes is \$10 a set including case and beginners meeting guidelines. Suggested format for six beginners' meetings. (I understand there is a waiting list).

"At the Oct. meeting of the Board of Trustees, Myrna F. was appointed to the office of General Secretary. Myrna has been an employee of the World Service Office since 1966, most recently as Deputy General Secretary. She brings her dedication and proven administrative skills to this new appointment. An Al-Anon member for over 15 yrs., she expressed her appreciation for this new way to serve our fellowship," reports Stephanie O. Chairman of the Board of Trustees.

(Note by your Delegate: Myrna is a beautiful person, and I hope you can all meet her one day.)

THE ONLY WAY TO HAVE A FRIEND IS TO BE ONE.

REPORT FROM STATE AL-ANON LITERATURE CENTER:

The Literature Center as a statewide depot has been in existence one year as of the end of October. Business has been good as far as I am concerned. There have been slow periods and then times when it seemed as if every group needed literature. I hope I havn't had to make some of you wait too long for your orders.

Total sales for the year were \$3477.45. Expenses were \$77.24.

"One Day at a Time" books that were sold were 316, "Living With An Alcoholic" was next with 65 being sold.

"Alcoholism, A Merry-Go-Round Named Denial," sold 542, "So You Love An Alcoholic," next with 454.

The Service Manuals are the slowest sellers. Group Representatives should acquaint themselves and members with these manuals.

1. Al-Anon and Alateen Groups At Work
2. Digest of Al-Anon Policies
3. World Service Handbook
4. Twelve Concepts of Service

"FIRST THINGS FIRST", NEWCOMERS PACKETS:

I have been amazed at the amount of pamphlets that are given to new people at their first meetings. I wrote to W.S.O. and asked about plying newcomers with so much literature and received this reply:.....

Rather than have a newcomer overwhelmed by too much too soon, you can separate the literature into "First Things First". One packet is given per meeting.

1st week;

- "Information for the Newcomer"
- "Freedom from Despair"
- "Purposes and Suggestions"
- "Jane's Husband Drank. . . ."
- Meeting Schedule

5th week;

- "Alcoholism, Family Disease"
- "Al-Anon, You and the Alcoholic"

2nd week;

- "Guide for the Family"
- "So You Love an Alcoholic."
- "Just For Today"

6th week;

- "12 Steps & 12 Traditions"
- "Why is Al-Anon Anonymous"
- "Sponsorship-What it's All About"
- "World Service Office"

3rd week;

- "This is Al-Anon"

4th week;

- "Lois's Story"
- "Merry-Go-Round"

Using these pamphlets as meeting topics help the newcomer grasp a better idea of our Al-Anon philosophy and may enhance an attraction to return and try and help themselves.

How long has it been since you've reread Al-Anon literature? You would be well repaid by a thorough review of all our literature. It is full of golden nuggets. But gold is where you find it. To find it you have to look.

Literature Co-ordinator,
Nathy S.

Sorry I was so late with the newsletter.

Deneice

KEEP YOUR WORDS SOFT AND SWEET BECAUSE IT'S JUST POSSIBLE YOU MAY HAVE TO EAT THEM LATER ON.