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IDAHO AL-ANON NEWSLETTER

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7th Year

June 27, 1979

3rd Issue

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

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YOUR AREA WORLD SERVICE COMMITTEE:

- Area*
- DELEGATE-----Lodema K. St
  - ✓ ALTERNATE-----Robert S
  - ✓ CHAIRMAN-----Uffa M
  - ✓ SECRETARY-----Carla W
  - ✓ TREASURER-----John W
  - ✓ PUBLIC INFO.-Vickie S
  - ✓ INSTITUTIONS-Helen H
  - ✓ ALATEEN-----Sharon S
  - ✓ NEWSLETTER---Deneice W
  - ✓ LITERATURE---Kathy S

*Beth Idaho Falls*

DISTRICT REPRESENTATIVES:

- DIST. #3--*Jean D* John W Boise, Ida. 83705
  - DIST. #4--Hazel H Gooding, Ida. 83330
  - DIST. #5--Wesley H. P. Pocatello, Ida. 83201
  - DIST. #6--Carla W Idaho Falls, Ida. 83401
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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
- Teusday Nite-----8:P.M.--Grapevine Club
- Wednesday Nite-----8:P.M.--1st Congregational Church
- Thursday Nite-----8:P.M.--1021 W. 8th St., Meridian, Episcable Church
- Thursday Morn.-----10:P.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  
Monday Nite.

Boise Al-Anon Intergroup meets 2nd Thursday every month at 8:P.M. at the 1st Congregational Church.

Study-Discussion Group meets 4th Thursday every month at 8:P.M. at the 1st Congregational Church.

AL-ANON FAMILY GROUP--P.O. BOX 2524, BOISE, IDAHO-----PHONE 344-1661

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FROM YOUR DELEGATE:

My father used to tell me - kidding, of course - that I took after my mother, when I couldn't get something through my thick head. Sometimes it takes awhile.

But I suddenly realized, after attending an assembly out of state, that the newsletter does not get to the groups, only to the one it is sent to, who reads it, lays it down, and that is the end of it. And I rather imagine in some cases, even the one it is sent to does not read it.

This is our only means of communication, SO I think it is very important that our newsletter be read at meetings. At least the highlights.

In the very near future, I will be sending a letter out to all the group representatives, and will hope that it will be read at a meeting.

I am very excited about bringing North Idaho in with us. They are too, it seems, and are really planning on a big time. I told them anytime before the last of August. I will be writing more about this in my letter to the groups, sometime next week. Maybe I will have heard something more about it before then.

For those of you who read and enjoy the Newsletter, don't forget your subscription is due and payable right now! And Deneice is very willing to put it out every two months if we want it that way. I think if we are going to get together with Northern Idaho, we need more communication, but this is up to the groups. Please let Deneice know your feelings. And Groups! please send in your \$2.00, also. I think the newsletter has been sent to you whether you paid or not, but \$2.00 is a very small amount to pay for the beautiful newsletter Deneice puts out. She can only write what you send her, you know.

I repeat, once again, I will be very happy to come and visit any group, district, or intergroup, that would like for me to, and give my report, but for several reasons, among them the price of gas - I will not come unless you invite me and would appreciate several groups getting together.

I hope I will always remain,  
YOUR Trusted Servant,  
Lodema

SPRING ASSEMBLY - IDAHO FALLS, IDAHO

In my opinion the high point of the Al-Anon program is the friendly get together at our assemblies. We are close to our friends and the exchange of ideas and the closeness of the fellowship brings us near that desired plateau we call SERENITY. The Spring Assembly in Idaho Falls was such an inspiration. The panels were all interesting, but the 12 traditions put on by the talent from Dist. 3, i.e. Jean S., Kathy S., Bev S., Fran R. and John W. was our highlight of the assembly. The support from the rest of our Dist. 3 members was a show of harmony in action.

Lorna Y. from Ogden was the banquet speaker. For an Al-Anon she was a real inspiration to the combined group of over 200 from all over Idaho and the surrounding areas.

Some groups we talked with open their meetings with the welcome from our literature, conduct their meetings, then close with the Serenity Prayer. It is up to Group Conscious. So far I have found no groups in our Dist. wanting to change from our normal procedure of opening with Serenity Prayer and the welcome from the literature, conducting the meeting and closing with the Lord's Prayer. But I say again, it is up to the individual groups.

From what I saw from my vantage point the Alateens had a very informative and interesting meeting in addition to doing some very essential service work for the assembly, one of keeping our coffee cups full.

Your District Representative  
John W. ---Dist. #3

MALAD--We meet at the old Onieda County Hosp. - "unstairs," 220 Bannock St. Every Mon. afternoon at 3P.M. Hope attendance picks up. Come join us.

FROM: Aron Treasurer, Idaho State Al-Anon

TO: Al-Anon Groups

SUBJECT: SUGGESTED CONTRIBUTIONS BY AL-ANON GROUPS

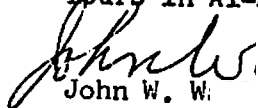
As a result of many inquiries the following suggested contributions are submitted as guide lines for your group operations:

<u>TO WHOM PAID</u>	<u>HOW MUCH</u>	<u>WHEN</u>
landlord	Half of collection but normally not over \$2.00	After each meeting
Intergroup Joanne J	\$10.00 per group per month	2nd Thur of each month at 23rd & Woodlawn. 8:00PM
Boise, Ida. 83705 District III Treasurer Bev S.	\$5.00 or more per Group per year	Annually (Spring preferred)
Boise, Ida 83706		
Delegate Fund John W.	\$3.00 per person per year	Annually (October preferred)
Boise, Ida 83705		
Area Treasury John W.	\$1.00 per person per year, or \$5.00 per Group, minimum	Semi-Annually (Fall & Spring)
Boise, Ida 83705		
World Service Office P.O. Box 182 Madison Square Station New York, N. Y. 10010	\$6.00 per person per year	March, July & November

It is recommended that a small fund be kept ~~in reserve~~ for Group Literature.

Remember, these are only suggestions. Support your Delegate, since she or he represents us all. We are self-supporting through our own contributions.

Yours in Al-Anon

  
John W. Wi

Boise, Idaho 83705

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FRIDAY NITE MEETING

HELP! we need some old and new members on Friday Nite. Please come join us we have a good group.  
Barbara M. needs someone to take over Sec.-Treas. job, she said she has had for almost 1 yr. It's time someone else took it.



## THE AL-ANON BUTTERFLY

A caterpillar crawls through life  
fearing birds and heels and strife;  
going nowhere very fast,  
hoping, praying just to last  
until the day -  
may it come soon -  
when safety's found in a cocoon.

Selfish insect that it be  
hanging high in a hickory tree,  
soon it learns the woeful story  
that there is no earthly glory  
being buried in self-pity  
when in truth  
life can be pretty.

Thus, when ugly worm grows weary  
of this useless life so dreary  
then it breaks the bonds that bind it  
leaving all it's woes behind it  
and from tomb of it's creation  
works it's own self-liberation.  
'til at last it soars on high  
now a grateful butterfly.

There's a lesson to be learned  
from this worm whose life has turned.  
I can, too, work to be free,  
strive - and win - some liberty.  
All I need to do is change:  
daily habits rearrange;  
join, once more, the human race;  
humbly pray God for His grace.  
Work with friends in Al-Anon  
'til all selfish thoughts are gone.  
Then, in truth, I shall be free  
and my prize - SERENITY!

by: Father Frederick G. L.  
Lackawanna Al-Anon Group

M.S.S.S.T.

A Report from your Area Literature Coordinator:

\*\*\*NEW\*\*\*

LOIS REMEMBERS, will be coming out in May. This is our co-founders autobiography. The groups have been receiving special order blanks, and WSO says to mail them in separately so they may be filled sooner for you.

\*\*\*COMING LATER\*\*\*

In July printing will begin on three (3) new pamphlets.

1)"Living With Sobriety: Another Beginning"

2)"Adult Children of Alcoholics"

3)"Understanding Ourselves & Alcoholism"

\*\*\*ANTICIPATING\*\*\*

Changes in the "POLICY DIGEST" (P25)

"the CONCEPTS" (P26)

"the HANDBOOK" (P27)

"HOMEWARD BOUND" (P8)

"MERRY-GO-ROUND NAMED DENIAL" (P3)

and a new design for the mimeographed sheet, "INFORMATION FOR THE NEWCOMER".