
IDAHO AL-ANON NEWSLETTER

7th YEAR

OCTOBER 22, 1979

4th ISSUE

newsletter by and for Idaho Al-Anon Family Groups
\$2.00 per year----4 copies per year
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DIST. #4--Hazel H. Gooding. Ida. 83330
DIST. #5--Wesley H. Pocatello, Ida. 83301
DIST. #6--Carla W. Idaho Falls, Ida. 83401

From Your Delegate:

Dear Al-Anons, I have been down with Phlebitis, but am recovering now.

I went to Pocatello to the District Meeting. We discussed several articles about New York. Also, gave my report.

I gave my report to the Twin Falls Group, to the Boise Intergroup, and would be glad to come to any groups or meetings if invited: just write or call and tell me the date and time.

On Saturday, July 18th, I went to North Idaho to a workshop and gave my report. The workshop was very encouraging that we can all pull together in Idaho. I also attended the A.A. open meeting that evening.

Thank you to Lou C. for being such a lovely and gracious hostess.

I am looking forward to seeing all my Al-Anon Friends at the Area Assembly at the Holiday Inn in Twin Falls on the 2-3-4 of November.

Love in Al-Anon
Lodema

God grant me the Serenity to accept the things I cannot change;
the courage to change the things I can, and the wisdom to know the difference..

AL-ANON MEETINGS *DISTRICT #3

CALDWELL--Wed--8:30 pm--Kaley Medical Center--10th & Logan	459-2083
	459-8605 337-4319
EMMETT--Mon--8:00 pm--Walter Knox Hospital	365-4342 365-4280
MERIDIAN--Thurs--8:00 pm--1021 W 8th-- Episcopal Ch.	888-3188
MTN. HOME--Thurs--8:00 pm--Amer. Legion Dr. & 2nd	832-4860
NAMPA--Mon--8:00 pm--1512 12th Av Rd--Mercy Medical Center	467-5360
	888-6940
NYSSA--Fri--8:00 pm--Methodist Ch	372-3318 722-5280
PAYETTE--Tues--8:30 pm-- St. James Episcopal Ch	642-4758
BOISE--Sun--8:00 pm--1518 Fort--Grapevine Club	344-1661
Mon--8:00 pm--23rd & Woodlawn--Congregational Ch	"
Mon--8:00 pm--Grapevine Club	"
Tues--8:00 pm--Grapevine Club	"
Wed--8:00 pm--Congregational Ch	"
Wed--8:00 pm--Anderson Center--1st & Bannock	"
Thurs--10:00 am--Congregational Ch	"
Thurs--(2nd one of the month) 8:00 pm--Intergroup Congregational Ch	"
Fri--8:00 pm--Grapevine Club	"
Fri--8:00 pm--Anderson Center--1st & Bannock	"
Fri--8:00 pm--H&W Bldg--600 N Curtis Rd--2nd floor	"

ALATEEN MEETINGS *DISTRICT #3

MTN. HOME--Thurs--8:00 pm--St James Episcopal Ch	832-4860
NAMPA--Mon--8:00 pm--Rehab. wing--Mercy Medical Hospital	
NYSSA--Mon--7:30 pm--Community Hall--116 Ehrgood & 2nd	372-3318
	722-5280
BOISE--Mon--8:00 pm--10th & State--Presbyterian Ch Lindsay Hall	362-3250

*DISTRICT #5

AMERICAN FALLS-ABERDEEN--Thurs--8:00 pm--St Marys Catholic Ch American Falls	
POCATELLO--Mon--3:00 pm--Malad Group--Old hospital--Malad	
Tues--8:00 pm--Banatello Group--Senior Citizens Center Pocatello	
Thurs--8:00 pm--Serenity Group--1st Congregational Ch 309 N Arther	
ALATEEN MEETING *DISTRICT #5	
Mon--6:00 pm--Unity Alateen--Friendship Club 330 N Arthur	

*DISTRICT #6

REXBURG--Sun--8:00 pm--VFW Bldg--5th W & 3rd N	
IDAHO FALLS--Mon--1:15 pm--Episcopal Ch	
Wed--8:00 pm--A.R.A. House	
Fri--8:00 pm--Episcopal Ch	
ASHTON--Mon--8:00 pm--Lutheran CH	

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So many new things have been happening in the literature that it is hard to know where to begin.

Our cofounders book "Lois Remembers" came out in May. Colors have been changed on the covers of some pamphlets. Some have been revised. I have spent the summer doing a lot of reading of the Al-Anon literature.

P-28 AL-ANON'S WORLD SERVICE OFFICE has been completely rewritten and graphically illustrated. It tells what the WSO is, and what it does. Contains added sections on available services for members and their local groups. You'll find this leaflet helpful in expanding the picture of Al-Anon and Alateen to include the more than 15,000 groups around the world.

Three of our four service manuals have been revised.

P-26 THE TWELVE CONCEPTS OF SERVICE. Revised and a new beige and red cover.

P-25 THE DIGEST of AL-ANON/ALATEEN POLICIES. It also now has a ~~white~~ red cover and dated for the year 1979-1980.

P-27 THE WORLD SERVICE HANDBOOK. Revised and a new blue cover. Every group should get these. Your group officers should read and study these manuals.

P-47 ADULT CHILDREN OF ALCOHOLICS. NEW. This leaflet has four stories told by adult children of alcoholics. They tell how they found help through the program to reverse the effects of alcoholism on their relationships, their self-esteem and their sense of family life.

P-48 UNDERSTANDING ALCOHOLISM and OURSELVES. It is on order and should be in before the 1st of September. It is a leaflet for newcomers.

Spent a weeks vacation in northern Idaho. Went to an Al-Anon meeting in Moscow, and spent a day at a mini-conference in Clarkston. If you are in Al-Anon no matter where you go to a meeting you feel as if you have known these people all of your life. Thank you all up there for your hospitality.

STATE AL-ANON LITERATURE CENTER
2508 REGAN AV.
BOISE, IDAHO 83702

LET GO-LET GOD

As children bring their broken toys,
with tears for us to mend,
I brought my broken dreams to God,
because He was my friend.

But then, instead of leaving Him in peace
to work alone,
I hung around and tried to help,
with ways that were my own.

At last I snatched them back and cried,
"How can you be so slow?"

"My child," He said, "What could I do?
You never did let go"...

You can't change the past, but you can ruin a perfectly good present by worrying about the future.

Worry is like a rocking chair. It gives you something to do, but it does not move you closer to the problem.

RIGBY--Tues--8:00 pm--Rigby Courthouse

BLACKFOOT--Wed--8:00 pm--Bingham County Health Dept. 412 W. Pacific

DRIGGS--Wed--8:00 pm--Driggs National Guard Armory

ARCO--Wed--7:30 pm--Arco H&W

ST. ANTHONY--Thurs--8:00 pm--St. Anthony Courthouse

DUBOISE--Thurs--8:00 pm--Duboise Courthouse

GROUP NEWS

DISTRICT #5

American Falls had a picnic Aug. 12 at Indian Springs to celebrate the AA anniversary. Al-Anon and Alteen were invited to the potluck. Any questions can be directed to me at Wes P. DR District #5 about the groups -----

DISTRICT #6

The local C.A.R.E.S. unit here has started a monthly meeting called "Family Focus" for families of alcoholics. A couple of Al-Anon members were asked to speak at the first meeting Aug. 17th. It was a small meeting but the need was there. Idaho Falls had their annual Al-Anon-Alateen pot luck picnic Aug. 27th at Freeman Park. The weather was cool and had a little rain but attendance was good. Our arms length discussions were even better. Intergroup supplied the punch and everyone brought their favorite dish so we had plenty to eat.

All the local groups decided to have the Al-Anon phone number at the Tele-answering service listed in the new phone book.

Sept. 11th we were invited to speak at the Ministerial Assoc. luncheon in Idaho Falls. I, I, you know how that went next time.
let Linda H. Sec.

Rigby Al-Anon Family Group celebrated its 2nd year in June. We have more than doubled in size and have the reputation of being a friendly group. We are donating approved Al-Anon literature and books to our local library.

Arnene B. Sec.

Idaho Falls has recently started an Intergroup. Our address is P.O. box 2761, Idaho Falls, Ida. 83401. Five groups are supporting Intergroup so far. We're writing to other groups in District #6 to see if they are interested.

We donated a quilt and pillow that was raffled off at the assembly in May. Had an Al-Anon meeting open to AA members and sold pie and ice cream afterwards. Also had a workshop on "Alteen Sponsorship". Our next workshop will be on "Speaking" to help Al-Anon members get rid of the fear of speaking in front of groups such as high schools, CARES Centers etc.

Linda H. sec.

District #3

Thurs. morning group wants to express our joy over our attendance. We have grown from 4 members last summer to average attendance of 8 to 10 this summer. We would love members from other groups to drop in on us. Hopeto see you at the 10:00 am meetings.

Judy, chairman thru Oct
First Congregational ch

Tues. Night Al-Anon Group sponsored an open meeting Aug. 23rd with Rev. Jim S as speaker. Father Sheehan associate pastor of Sacred Heart Ch spoke of some of his experiences with alcoholism and his recovery.
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He also talked about helping the family get along with the alcoholic. There was a large crowd attending.

Tues. Night Al-ANon had low attendance over the summer but hopefully it will pick up this fall.

Maxine S. GR and Beverly P. sec. attended a quarterly meeting of Dist. #3 at Payette Sept. 22nd. There were Al-Anon members from Mtn. Home, Boise, and Payette at the meeting. Payette were very gracious hostess. It was a good meeting. At noon we had potluck and visited.

Beverly P. sec. Tues. AL-ANON

Southeastern Idaho Council on Alcoholism

The Board of Directors and general membership of SEICA are pleased to announce a two-day workshop/seminar introducing a new look at some effective means of alleviating the impact of alcoholism in the state of Idaho. The appearance and presentation by JUDGE LEON EMERSON is sponsored by SEICA, and will be held at the HILTON INN, Pocatello, Idaho, on Oct. 19th and 20th. Cost is \$10.00 per person. Includes workshop/seminar, banquet, and socializing periods both days. Please register as early as possible. Late registration will be accepted on initial day.

An Al-Anon member from Lewiston, Idaho sent NEWSLETTER a letter saying she is hard of hearing and would like some extra help at meetings. She would also like to have the preamble, Serenity prayer, and steps read at the meetings and would like the NEWSLETTER discussed.

If I learn nothing more in Al-Anon than to keep hands off what is not truly my business, this alone will lighten and brighten my life.

From the Editor:

I will be putting the newsletter out every two months. The next one will be the first of January. So, please get your news items in by then. Write about your group, what you are doing in the meetings, how many is attending, where you meet and what time. If you are having problems or want to share news please write, it will draw us closer together for the unity of Al-Anon. The newsletter can be the link that pulls all of Idaho together on the same chain of sharing our experience, strength, and hope. So, let's make the newsletter a success!, it's all up to you and how much you want it.

Bev P is going to help me now, which is really great of her. The newsletter has grown from 21 subscriptions to 73. It takes money to have the newsletter printed, so please get your money in for your subs. You know if you get it and haven't paid your \$2. There are several who owe for the sub.

Keep the news coming in!

Love

Deneice
