

SHARING AND CARING

Love Gifts

Support Our Delegate!

Our New Delegate, Cecilia S. would love to hear from you while she's at the World Service Conference! The hotel requests mail to arrive after April 11th. Use her home address as the Return Address, so anything that doesn't arrive will be forwarded to her. Mail cards or notes to:

Cecilia S
C/O the WSC, April 16-20
Stamford Marriott Hotel,
2 Stamford Forum,
Stamford, CT 06901

Return address:
Cecilia S



As our former delegate writes: "I can't tell you how wonderful it was for me to get mail from HOME while I was there! I felt alone, scared, totally sure I was there by mistake, and then I'd read a card from one of YOU that told me I was right where I was supposed to be, that you loved me, that Idaho supported me and all my fears would subside and I could breathe again." ◀

Member to Member

Carrying the Message

For some years now, since the Area Public Outreach Coordinator suggested it, we have been giving out the tiny M1 pamphlet (the smallest and cheapest piece of CAL) to our Group members at each meeting. We have suggested that they leave this pamphlet in library books, rest-rooms, doctor's and dentist's waiting rooms, and anywhere else where somebody desperate and hopeless as we once were could see it, pick it up and find our Hotline number on it. One of our AI-Anons found herself recently stuck

in a post-accident traffic hold-up on Interstate 84. She was on her way back from visiting her sick Mother, and was heading for the airport to meet and pick up her Mother-in-law. She had called her home, but there was no reply, she had called her neighbour, and learned her children were with the neighbor, but her "significant other" was not around. She knew what that meant and was starting to panic but she remembered her AI-non, and quietly said the Serenity Prayer. Then she opened her hand-bag to get a tissue, and what

**God, Grant me the
Serenity to accept
the things I cannot
change,**

**Courage to change
the things I can,**

And Wisdom

**to know the differ-
ence.**

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From our Chairperson



As I begin my term as Chairperson, I realize how much I've changed in the last three years. Representing you as the Idaho Delegate was a great honor for me, one that I enjoyed very much. I wasn't comfortable with the role at first but found that others sent to the World Service Conference were just like me—regular members of Al-Anon who happened to be elected delegate. Nothing more or less. I grew to accept my role and enjoy the opportunity it gave me to see the big picture and connect with Al-Anon's

“And, best of all, there was laughter and love through it all.”

across the U.S. & Canada. It reminded me that this is so much bigger than my little world in Idaho. I watched people speak with great emotion for or against a motion, and saw the power of the Steps and Traditions prevail. The voice of reason was eventually heard, and an informed group conscience was taken. And, best of all, there was laughter and love through it all...5 solid days of business meetings! How could anyone be laughing? I'm not sure how, but I know it's about God's grace & the miracle of the Al-Anon program.

As Area Chair my hope is to bring some of that spirit of the Conference to Idaho. I hope we can laugh together and still work to improve our groups, our districts, and our area. We won't do it perfectly, but we'll do it and learn in the process. I'm not very good about timetables, so I'll really need your help to keep the Area meetings on-schedule. I even bought a book about "Robert's Rules of Order" but I think it's over my head. I hope you'll be patient with me...I know I'll learn as we go.

Some of the topics we'll be bringing to the Spring Assembly are:

1. Area Committee Member Expenses: we'll be re-looking at how we reimburse expenses, making sure we're supporting our trusted servants so anyone who's willing can serve the area, not just those who can afford it. This is really important now that North Idaho districts are traveling long distances to join us.

2. Review and approval of the final version of Idaho's Alateen Guidelines.

3. Review and approval of the 2005 Area Budget.

4. Idaho Policy Manual: we have an Ad Hoc Committee starting to work on a written guideline for specific policies & procedures. We discuss & debate issues, take a vote at our assembly, then we often forget to pass the information on to those who follow. A written document will give everyone in the area a reference guide on how to host assemblies, job descriptions for each Area Committee position, guidelines on expenses, Alateen guidelines, etc.

5. A discussion about Alateens at Assemblies: Should we have an Alateen program at Assemblies or, instead, should we have an Alateen program at our Al-Anon Days event? Are Alateens willing to write their own behavioral guidelines for assemblies or other events?

I'm very excited about our new Area Committee! I love the new faces there. Newcomers to district or area service bring new ideas & enthusiasm. Thank you all for your willingness to serve our Idaho Area. I invite Group Reps and all interested Al-Anon members to come to the assembly business meeting and join us in discussing these issues. Participation is the key to harmony. We need to hear from many voices. A Higher Power is present in the collective wisdom, and our area grows in Recovery.

Love in Service - Ruth B., Area Chair

We Did It! Alateen News

Idaho Alateen sponsors and meetings (maybe not all, but most of them) are now being processed at the World Service Office. Hurray!!

I want to personally thank Danielle E. and Toni R. for their tireless efforts in getting the Alateen Safety Guidelines completed. We now have solid guidelines for Al-Anon Members Involved in Alateen Service, including specifics on Minimum Safety Requirements, the process for being certified for Alateen service and for removing someone from Alateen service, the responsibilities of an Alateen Sponsor, the responsibilities of the Alateen groups, the district and the area. And more I'm not remembering. It's been an on-going project

since the end of August, which included review by counsel, and review by the WSO.

And they did an EXCEPTIONAL job! Please join me in giving them a Big Hand! Without their hard work we would not have made the deadline.

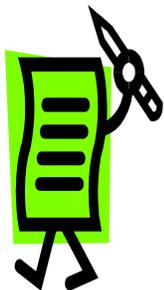
Thank you, Danielle & Toni!

I'd also like to thank Sandy H. for her willingness to take the Alateen Process Person position for our Area. She is and will be WSO's contact or our area on anything related to Alateen. She jumped into the job about mid-December and hit the ground running. She did a great job gathering info from the districts and getting all the paperwork organized, signed

and sent in to WSO by Dec. 31, 2004. Thank you, Sandy! Another Big e-Appraise moment! :-)

And, of course, a big thank you goes to each of you who helped get forms to Alateen sponsors, track down meeting info, get the paperwork in, etc. It wouldn't have happened without all of us working together. Together we can do what I could never do alone. With Love & Gratitude, -Ruth B., Area Chair

Subscription Information



Annual written subscriptions are \$6.00 per year. Please make checks payable to "Idaho Area Newsletter". If you'd like future issues by email, be sure to check the box and include your email address! Please clip this box and mail to:

Idaho Area Newsletter, P O Box 4379, Hailey, ID 83333

Or include the same information in an email with "Caring and Sharing" as the subject and send to: sbketch@yahoo.com

Name _____

Email address _____ YES

Street/P. O. Box _____

City _____ State _____ Zip _____

did she see? – a little blue M1!! She took it out, called the Hotline number and

asked them to let her speak with one of the Twin Falls members. This they did, and the problem was solved! The Al-Anon with whom she spoke drove to the airport just in time to meet and greet the Mother-in-Law and driver her to her son's

home. This is Al-Anon! – Elsa M., District 4 ◀

From the Archives

Recently, two boxes of Al-Anon “stuff” was given to Area Archives – some from the estate of Patty W. and from Linda H., a long timer in Idaho Falls. I never know what may show up that can be really needed for completion of notebooks and such.

Four issues of “The Forum” from '73, '74 and '75 years surfaced and seven assembly programs from '83, '84, and '85. This is just between two people that kept things.

Just think what might still be out there! We are missing (or at least I am) all of 1976 issues of the Area Newsletter. And maybe we didn't have a newsletter editor during that time.

Recycle that old stuff to Area Archives. I can keep what is needed and give the rest back to you, if you would like.

Talk to me about what you might have at the next Assembly – or write to me. I don't have e-mail. – Ladora B., Area Archives Coordinator

Area Forum Coordinator

You can't know how excited I am to be part of the Area Committee, doing what I can to keep Al-Anon alive and well and thriving in Idaho! My name is Kathy B. and I live in Midvale, Idaho. The Forum has been an integral part of my recovery and I want to make it part of yours.

Not only can it help with topics for discussions at your home groups, but as a portable connection with the program. I also use it to help me “think outside the box” when a particularly difficult problem or concept rears its ugly head. If I had all the answers in my own head why would I need you? I can't do it alone, no use fooling myself.

Several years ago I was having a very difficult time letting go of the past. I couldn't move beyond what happened to me. I read an article in the Forum about a member just like myself who was having trouble “Letting Go and Letting God”; she wrote down the problem with all of its specifics and burned it in her wood stove. She saw the smoke from the chimney as taking her problems to God. I tried it myself, writing down the “what it was like then and what it's like now” but instead of burning it in my wood stove I mailed it to the Forum. Just putting that envelope in the mailbox gave me the sense of freedom that I had been struggling to achieve. Imagine my surprise when several months later I received an extra issue of the Forum with a message written on one of the pages: “Thanks, Kathy for your article!”

By the way writing isn't the only way to share in the Forum they also need photos or graphic designs.

I'd love to see this year as the year Idaho floods WSO with Forum articles and ideas! I'd like to see us brainstorm ways to recycle old Forums, ways to ensure New Comers have at least one copy, and ways to keep our “meeting in a pocket” fresh and new”.

Peace of the Program, – Kathy B., Area Forum Coordinator



Have You Sent in Your Sharings Yet?

How have Steps Six, Seven, Eleven, Twelve, and all the Traditions and Concepts of Service helped change your relationships? Have any of the Steps, Traditions, or Concepts helped you face any of the many types of loss related to the family disease of alcoholism?

Please e-mail, fax, or mail your sharings for RECOVERY IN RELATIONSHIPS (working title) or FACING GRIEF & LOSS WITH AL-ANON (working title) to the World Service Office, attention Fellowship Communication.

Used with permission from Inside Al-Anon Extra, Spring, 2005

Report From the Literature Center

- Insurance on the contents of the center going from \$300-\$500. Another agent quoted us \$500. We will investigate further.
- We got approval from District to upgrade our bookkeeping software. It turns out, that to be an effective upgrade we need to get 2005 Quickbooks so we can get recent tax table updates for various taxes, one of those being payroll as we have Beverly as an employee.
- Because the 2005 Quickbook tax table updates would be downloaded on line, we are looking into internet service. One telephone line with our answering machine hooked to it makes this complicated. Bev can send her orders out by fax now, but being online may be advantageous for that and other possibilities in the future. Further discussion.
- Office improvements (furniture, shredder, frames to display the 12 Steps, 12 Traditions, 12 Concepts and 12 Warrants) and other items have either been taken care of or are in the works.
- A 'help Beverly clean up the office and discard old files' day is planned sometime after our April meeting.
- Another future activity suggested by Rene, is that we spend some time reviewing our purpose.

Respectfully, -Will S, Literature Center Liaison

Area Literature Report

Revisions:

- Al-Anon Sharings from Adult Children - (pamphlet) Now Available.
- Courage to Change - Soon to be in CD-ROM format (no downloading or copy capability)
- Alcoholism, the Family Disease - Early spring printing

Discontinuing:

What's "Drunk, Mama?"

- Ruth G., Area Literature Coordinator

Please SUPPORT OUR LITERATURE CENTER
and use
Conference Approved Literature

Public Outreach

With a little help and encouragement from my friends, I created a 3-year public outreach campaign called "1-2-3 THANK YOU."

Public Outreach has always pictured a hot fire to me. So my service sponsor, Linda E., Julie Miller at WSO and I came up with a great idea. I created a poster using red, pink, orange and gold foil to picture a hot fire. Our slogan is "Are you fired up over our PSA's? (Public Service Announcements)" It's really eye-catching if I do say so myself. I'm using it to picture this campaign. You can see my "work of art" at assemblies and WSC meeting.

Then I ask, "Why not drop a thank-you note to the radio/TV station?"

How do you do it? (Tell 'em how, Johnny.) Heeeeeere's how:

Write down the DATE, TIME and STATION the PSA was aired (on a scrap of paper)

Look the station up in the Yellow pages of the phone book.

Write a short THANK-YOU note to the station thanking them for airing the Al-Anon PSA. (Three sentences will do it.)

My dream is to have every person who hears Al-Anon's PSA on the radio or TV write a note to the station. And if you could use the words "community, families, and children" these words are "hot buttons" to the media. The note could read something like this:

 "I heard/saw the Al-Anon public service announcement on February 22, 2005 (date) at 10:30am (time am/pm) on KGEM (station call letters) radio. I feel this announcement will be of great benefit to our community, our families and their children. Thank you for airing such a great resource." 

You only have to sign your first name (unless you want to sign your whole name). It's simple. It's easy. But the impact will be great. So do it, do it, do it. And **THANK YOU, THANK YOU, THANK YOU!!!**

-Loni T., Area Public Outreach Coordinator

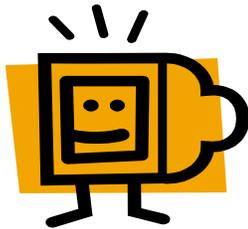
-One Day At a Time

Area Coordinator

April 1, 2005 is the deadline (oops, I've missed it! - editor) when all meeting information needs to be updated for the WSO website and database. I will organize what I receive from WSO and distribute it to the DR's for verification. Right now I am creating our database to download the WSO data. I am in e-mail contact with WSO to understand their data fields.

I received contact information from each District Representative of the person in their district who maintains the meeting schedule. I will work directly with that person to obtain updates as they occur. It would be more efficient to report changes to WSO as they occur rather than wait for a particular update month.

Respectfully submitted, -Toni R., Area Records Coordinator



Web Site Report

The web site has been running fairly smoothly. I try to get changes made as soon as I can. It's best to e-mail me the changes but snail mail is fine.

The web site was down for several days. Because of that it doesn't need to be renewed until September 14, 2005.

I've had several inquiries about various things because of the website and I've tried to direct the people to different districts.

-Danielle E, Area Internet Coordinator

Be sure to visit our Area Web Site: <http://www.al-anon-idaho13.org/>



World Service Office: <http://www.al-anon-alateen.org/members>

Think

God, Grant me the serenity to accept
the things I cannot change
Courage to change the things I can
And wisdom to know the difference.

Sharing and Caring
Idaho Area Newsletter
P O Box 4379
Hailey, ID 83333

