

AREA OUTLOOK

IDAHO AREA 13 AL-ANON / ALATEEN NEWSLETTER

Fall 2013
Volume 40, Issue 3



Idaho Area Website: <http://www.al-anon-idaho.org/>
WSO Members Website: <http://www.al-anon.alateen.org/members/>

Our New Idaho Area Officers!

By Cecilia S.

Our final Idaho Area Assembly of our three year term of office was held at the Presbyterian Church in Pocatello, Idaho on Saturday, September 21, 2013; the host district was District 5. There was 50 registered members in attendance with over 630 years of recovery.

In addition to the many reports given at the Assembly; there were many grateful Area Committee members who express their growth and recovery received in these past 3 years; of course that is what Al-Anon service is all about - our spiritual progress.

Kathy B., our Area Delegate, gave an excellent workshop on Knowledge Based Decision Making (KBDM) using "Purchasing Equipment" for the model of the workshop. A copy of the KBDM procedure handout has been included in this newsletter for members' future reference.

Next year's Area Assemblies will be held in Boise at the Hilton Garden Inn on

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Saturday, May 17, 2014 and in Coeur d'Alene on Saturday, September 20, 2014.

This was our election assembly, and our new Area Officers elected by the GRs.

Area Delegate Nancy Jo W. - District 7

Area Alt. Delegate Laurie B. - District 4

Area Chair Danielle E. - District 2

Area Secretary Julie R. - District 7

Area Treasurer Kathy B. - District 2

Congratulations to our new Area Officers; if you are interested in holding an Area Coordinator position, please contact Berta; a blank resume form for Idaho Area World Service Committee (AWSC) has been included in this newsletter or on our Area Website.

Thank You from Your Area Chair

By Berta R.

As we near the end of 2013, I am once again reminded of how fast a three year term goes by. During this term, the Area World Service Committee was presented with several challenges. Not only do I believe this panel successfully met each challenge presented to them; but by using the principles of our program grew as trusted servants together, and as individuals. I am so proud of each member of our Idaho Area 13 fellowship. It took all of us to come together and successfully plan and complete 15 AWSC meetings and 6 Assemblies during this term.

Each Assembly took us to different locations throughout our state and brought new and exciting experiences from traveling together, to welcoming new Group Representatives and District Representatives as well as experiencing venues other than hotels. With input from all seven districts our fellowship created and implemented new Assembly Guidelines. The AWSC Policy and Procedure Manual will be presented for Affirmation at the Spring Assembly on May 17, 2014. The
(Continued on page 4)

I'm Putting My Son in Your Care

By Shelley C. – Forum April 2013

I've thought about my relationship with my Higher Power and my relationship with my son. Here's what I think my Higher Power would say to me...

Shelley, You want to hear from Me about letting your son go. You are not abandoning him, as much as it may feel like it. You are simply transferring his wellbeing from your care to Mine. It was never My intention for you to direct, guide and control his life. That is My role. Yours in the beginning was to love him, protect him and teach him. You've done that. He was never yours to keep. To have peace, you must let him go. Your stubborn self-will

only gets in the way of the plans I have for him. I know it is not your intention to interfere, but you are. You are not all-wise and all-powerful. You cannot remove his disease. You cannot love him to wellness. Only I can do that. You must trust that I care for your son's wellbeing. You must trust that I love him more than you humanly love. My thoughts, My ways, My plans are bigger than you can comprehend. Your lives are so short, yet you waste so much in worry and fear. Yes, your son may cut his life short. That is not My intention, but it is his choice. He must trust Me also, and seek to have a relationship with Me.

(Continued on page 6)

Our Outgoing Idaho Area Committee (2011 – 2013)

Area Officers

Delegate Kathy B. – Midvale, ID
 Alt. Delegate Open
 Area Chair Berta R. – Clarkston, WA
 Secretary Laura F. – Boise, ID
 Treasurer Paula N. – Pocatello, ID

Area Coordinators

Group Records Traci E. – Boise, ID
 Forum/Literature Robbin B. – Boise, ID
 Newsletter/Registration Cecilia S. – Hayden Lake, ID
 Alateen Barbara V. – Coeur d'Alene, ID

Archives Ladora B. – Boise, ID
 Public Info Open

District Representatives – DR

District 1 Kris S. – Rathdrum, ID
 District 2 Danielle E. – Garfield, WA
 District 3 Terry A. – Meridian, ID
 District 4 Vickie B. Twin Falls, ID
 District 5 Jeanne H. – Pocatello, ID
 District 6 Trish O. – Idaho Falls, ID
 District 7 Nancy Jo W. – Nampa, ID

"I realized that if my Higher Power can accept and love me even while I am imperfect, maybe I do not have to wait until I am perfect to love myself." Anonymous

Thank you for being of Al-Anon service



Recovery through the steps, Unity through the Traditions and Service through the Concepts

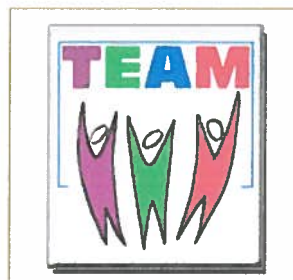
TEAM Event

“Together Empowering Al-Anon Members”

A new and improved service event that partners one or more Areas with the World Service Office (WSO) to create a unique service event geared to the interest of local members.

The WSO comes to you! A minimum of three representatives from the WSO—volunteers and staff members, will participate.

The hosting Area provides the facility and collaborates with the WSO on the program. The TEAM event can take place over one or two days, it is up to the Area to decide; it can be a stand-alone event or tied in with an existing Area event. The TEAM event is a nimble, innovative, flexible event customized for your Area. It will energize your spiritual quest and activate your creativity, all while you enjoy the fellowship of the Al-Anon program.



*It will energize your spiritual quest
and activate your creativity...*

Next TEAM EVENT sponsored by Southern California Area and will be on **January 18, 2014**
Glendale Methodist Church
Glendale, California
Contact Tim P.: 323-462-4746,
timapaulson@gmail.com
WSO Presentations
English & Spanish Workshops
Leadership
Alateen

"I have unlearned as many things as I have learned." Mary W. IN

Al-Anon Faces Alcoholism 2014

The *Al-Anon Faces Alcoholism* magazine is designed to introduce relatives and friends concerned about someone's drinking to Al-Anon Family Groups and to the concept of alcoholism or problem drinking as an illness affecting everyone in the family.

The magazine includes:

- Basic information about Al-Anon Family Groups.
- Articles by professionals explaining the importance of family recovery and their use of Al-Anon as resource.
- Members' personal experiences before and since coming to Al-Anon or Alateen.

Our magazine is sold at cost to professionals and can be used as educational material for patients, clients, or consumers.

Al-Anon Faces Alcoholism 2014

Available in Spanish and French

Due to production schedules, your payment and order form for Al-Anon's special outreach magazine

Must be received by

**5 p.m. ET, Wednesday,
February 5, 2014.**

No exceptions can be made.

Al-Anon Family Group
Headquarters, Inc.

(AFG, Inc.) will ship orders
before April 1, 2014.

*This offer is available only in the U.S.,
Canada, Bermuda and Puerto Rico.*

See Al-Anon Faces Alcoholism 2014 on page 4

(Area Chair - Continued from page 1)

Budget will now be presented at the Fall Assembly for the following year. These are just a few of the accomplishments of our Idaho Area Fellowship this term.

Once again, I want to thank each Group Representative, District Representative, Area Officer and Coordinator for serving our fellowship as a trusted servant during this term. And a BIG THANK YOU for allowing me to serve as the Idaho Area Chair.

With Love in Service, Berta

Al-Anon Faces Alcoholism 2014 from page 3

Cost for publication

25 copies (AFA6) for \$18 U.S.
 50 copies (AFA7) for \$25 U.S.
 100 copies (AFA8) for \$40 U.S.
 200 copies (AFA9) for \$75 U.S.
 400 copies (AFA10) for \$140 U.S.

Make checks payable to:

AFG, Inc.,
 1600 Corporate Landing Parkway
 Virginia Beach, VA 23454-5617
 Fax: (757) 563-1655
 On-line: www.al-anon.org

Archives Update

Placing select items of our Area Archives into an electronic media seem to be the best way to make available the nuts and bolts of early Al-Anon.

Several boxes of archives are displayed at assemblies and there isn't time to leisurely look at what is there, but we keep doing that.

Check out the Area website on Archives at: <http://al-anon-idaho.org/Archives/Archives.htm>.

You may be surprised at some of our treasures contained in notebooks and boxes at the Area Archives headquarters - my garage.

Ladora B. - Archives Coordinator

Area Donations

Send to:

Idaho Area AFG
 PO Box 4681

Pocatello, Idaho 83205

(this address will be changing soon)

Payee on check: Idaho Area AFG

Memo comments: Group number, District number

WSO Donations

Send to:

Al-Anon Family Groups, Inc.

1600 Corporate Landing Parkway
 Virginia Beach, VA 23454-5617

Payee on check: AFG, Inc.

Memo comments: Area 13, Group number, District number, Group name if not on the check.

*Let it begin with me.
 When anyone,
 anywhere, reaches out
 for help, let the hand of
 Al-Anon and Alateen
 always be there ...and
 let it begin with me.*

About the Forum

Statement of Purpose

The Forum is the International monthly publication of Al-Anon Family Groups, a fellowship that offers strength and hope for the friends and families of problem drinkers. In the pages of this magazine, Al-Anon and Alateen members share their challenges, insights and progress along their path of self-discovery and spiritual growth much in the way that they contribute when attending Al-Anon or Alateen meetings. Such sharing is important in helping readers find personal growth and peace of mind through the Al-Anon program. The magazine also includes topics for discussion at meetings as well as news and information from Al-Anon's World Service Conference and World Service Office.

A one year US subscription is only \$11 – less than a dollar a month.

Mail subscriptions to:

AFG, Inc.

1600 Corporate Landing Parkway
Virginia Beach, VA 23454-5617

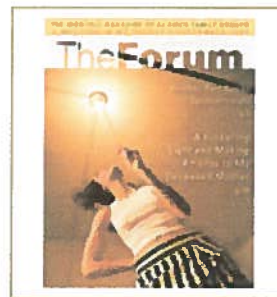
Or Fax Forum Subscriptions to:

757-563-1655

Online

www.al-anon.alateen.org/members

Makes a Great Gift too



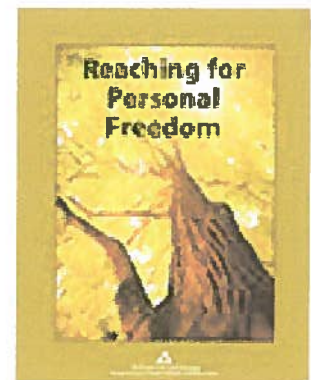
A Meeting in My Pocket

Al-Anon's New Workbook is Here

Reaching for Personal Freedom—Living the Legacies takes a very personal approach in helping members familiarize themselves with our three Legacies. Insightful introductions of each of the Twelve Steps, Traditions, and Concepts of Service are followed by perceptive examples from members who share how they have applied these principles to their personal lives. Each story is

accompanied by thought-provoking questions and space to write.

This workbook can be used for personal study, partnership with a Sponsor, or group study during meetings. *Reaching for Personal Freedom* gives readers an opportunity to expand their understanding of the spiritual foundation of our program and experience a new awareness of their personal potential.



Idaho Literature Distribution Centers

**We all know of our wonderful
Literature Distribution Center
in Boise Located at:**

Al-Anon/Alateen Information Service Center

1111 S Orchard Street, Room 172

Boise, ID 83705

Payee on check: AAISC

Memo comments: Group number

Phone: 208-344-1661

Donations are accepted & appreciated

North Idaho

Literature Distribution Center

in Cd'A (out of a member's home)

North Idaho District 1 LDC

Post Office Box 275

Coeur d'Alene, ID 83816

Payee on check: North Idaho District 1 LDC

Memo comments: Group name

Phone: Sue O. 208-676-1997

Only then, can I work in his life. I will not force Myself on him or you. I am more than willing to be involved in your lives, but only to the degree you let Me. We both know what a struggle trusting Me has been for you. You can't make it any easier for your son to trust Me. He has to find Me on his own, and he's doing that to the best of his ability. Let him do that. Get out of the way. Love him as My child, the way I love you. But let him go so that he can be himself, whoever that may be. We're in this together. You can come to Me anytime to tell Me your worries and concern. I'll listen. I always have. But I may choose to be silent. That's My way of stretching you and growing you. I know you love your son, and I love you for that. But ultimately, he is My child, and I know what's best for him. Entrust him to Me and you will grow. You will find the peace you want. You have so much in your own life to focus on. Focus on growing yourself, and let Me worry about your son.

Loving you always, Your Higher Power

Calendar of Events

- **Saturday, May 17, 2014** – The Spring Idaho Area Assembly will be held at The Hilton Garden Inn, 7699 W. Spectrum Street, Boise, Idaho, 208-376-1000. New Group representatives to attend - ALL MEMBERS ARE WELCOME.
- **Saturday, September 20, 2014** - The Fall Idaho Area Assembly will be held in Coeur d'Alene, Idaho. New Group representatives to attend - ALL MEMBERS ARE WELCOME.

For a full listing of events, please visit our Idaho Area website; <http://www.al-anon-idaho.org/Events/events.htm>

Resume for Idaho Area World Service Committee (AWSC)

Area Officer _____ (or) Area Coordinator _____

Name: _____

Home phone: _____ Work phone: _____

Email address: _____

Address: _____ City, State, Zip _____

Years active in Al-Anon/Alateen: _____ District: _____

Name & location of home group: _____

Please list your Al-Anon/Alateen service experience: (continue on reverse side, if needed)

<u>Position</u>	<u>Dates (from-to)</u>
-----------------	------------------------

What personality traits & principles do you possess that would make you an effective AWSC member?

Why do you want to serve on the Idaho Area Committee?

Describe any special skills or talents (non-Al-Anon experience), if related to serving in this position.

Can you commit to attending 2 Area Committee meetings per year (March & August) and 2 Assembly Business Meetings per year (May & October)? We need active committee members who participate in our area discussions. Missing 2 consecutive meetings without sending a report results in automatic removal from the Area Committee.

Signature _____ Date submitted _____

KNOWLEDGE BASED DECISION MAKING PROCEDURE

FORMAT FOR PRESENTATION OF TOPIC FOR DISCUSSION:

1. Title your topic
2. Write a topic statement or Framing: This is an introduction; keep it brief. It could be a question or quotation, something that grabs the attention.
3. Give history or background: this section gives the background as well as the relevance of the topic, the reason it needs to be discussed at this time.
4. Summary or conclusion: this will give the final perspective on the topic but not give a solution; it will ask for a discussion.

THE FOLLOWING FIVE QUESTIONS COULD BE USED AS A FOUNDATION FOR GATHERING INFORMATION:

1. What do we know about our membership's needs, wants and preferences that is relevant to this topic.
2. What do we know about our resources (finances, membership participation) that are relevant to this topic?
3. What do we know about the current realities (membership, culture) and our fellowship's environment (technology, spiritual principles, our Steps, Traditions and Concepts) that is relevant to this topic?
4. What are the pros and cons?
5. What do we wish we knew?

CHAIRPERSON PRESENTS TOPIC FOR DISCUSSION

The Chairperson will introduce the topic at the beginning of the meeting, stating that a discussion will take place without a vote. Discussion takes place, giving everyone an opportunity to ask questions and share opinions. Discussion is then tabled, giving everyone a chance to reflect and discuss among themselves. Then, the topic will be re-introduced later in the meeting, asking the following questions:

- A. Has everyone asked all the questions needed for clarity?
- B. Has everyone had an opportunity to voice their opinion?
- C. Has the minority opinion been heard?
- D. Does everyone feel they thoroughly understand the topic?
- E. Does everyone feel that an informed group conscience has taken place?
- F. Is the group ready to take some action – i.e. write a motion, take a vote, dismiss the topic, etc.
- G. If not, can this topic be tabled until the next meeting?
- H. It is possible that just a discussion is sufficient and no further action is necessary

Save this Date

For the
AL-Anon Spring Assembly

May 17, 2014

**“Our
Spiritual Principles
in Action”**

*Held at
The Hilton Garden Inn
Boise*

7699 W. Spectrum Street
Boise ID 83709
208-376-1000

Please Share in Writing on

PARENTS AND GRANDPARENTS OF YOUNG PROBLEM DRINKERS

(working title)

The 2013 World Service Conference gave conceptual approval for “a new pamphlet to address parents and grandparents whose children (teenagers and young adults) are problem drinkers.” The Literature Committee is seeking sharings from Al-Anon members for possible use in this piece.

Please share your experience, strength, and hope regarding how you have been affected by a young person’s drinking, and how Al-Anon has helped you deal with it. You may address any or all of the following aspects:

- Missing or misinterpreting the signs
 - Changes in behavior or attitude at home or in school
- Distinguishing between alcoholism and typical teenage behavior.
- The jumble of feelings:
 - Embarrassment
 - Guilt and shame
 - Obsessiveness
 - Overwhelming heartache
 - Anger
 - Sadness
 - Fear (losing our child, family, home, possessions)
 - Responsibility
 - Blame—myself, my spouse, school, professionals, friends, other family members
 - Confusion
 - Grief—the loss of my child or the dreams I had for my child
 - Isolation and secrecy—I don’t want anyone to know
 - Embarrassment—this is only happening to me
- The paradox of letting go while still parenting/grandparenting
- Specific Al-Anon tools that helped

In addition to personal stories, we would like to include a section of text on each of the Twelve Steps as related to being a parent or grandparent of a young problem drinker. Please share your thoughts on:

- How did a specific Step help me recover from the effects of my child or grandchild’s drinking?

Please keep the following guidelines in mind:

- Share personal experience from the heart, focusing on yourself, not the alcoholic or others.
- Write in the first person singular—“I.” Please avoid the use of the pronoun “you.”
- Avoid generalities, outside issues, treatment center language, and religious philosophy or doctrine.
- Kindly observe Al-Anon’s Twelve Traditions when sharing.

Please mail, fax, or e-mail your completed sharing to: Al-Anon Family Group Headquarters, Inc.
1600 Corporate Landing Parkway, Virginia Beach VA 23454-5617, Attn: Parents/Grandparents
Fax: 757-563-1655; e-mail: wso@al-anon.org (Please put “Parents/Grandparents” in the subject line)

In order for us to acknowledge receipt of your sharing, please include your name or pseudonym and postal or e-mail address. If printed, your sharing will remain anonymous. If your sharing is not used for the piece, it will be forwarded to the *Forum* Editorial Advisory Committee for review and possible publication in *The Forum*. If your sharing is used you will be notified by letter and a complimentary issue of *The Forum* will be sent to you.

Name or Pseudonym: _____

Address or e-mail: _____

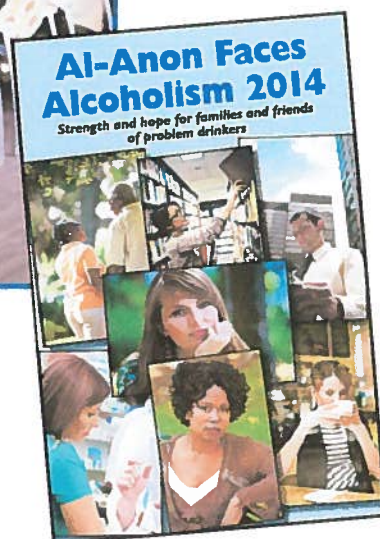
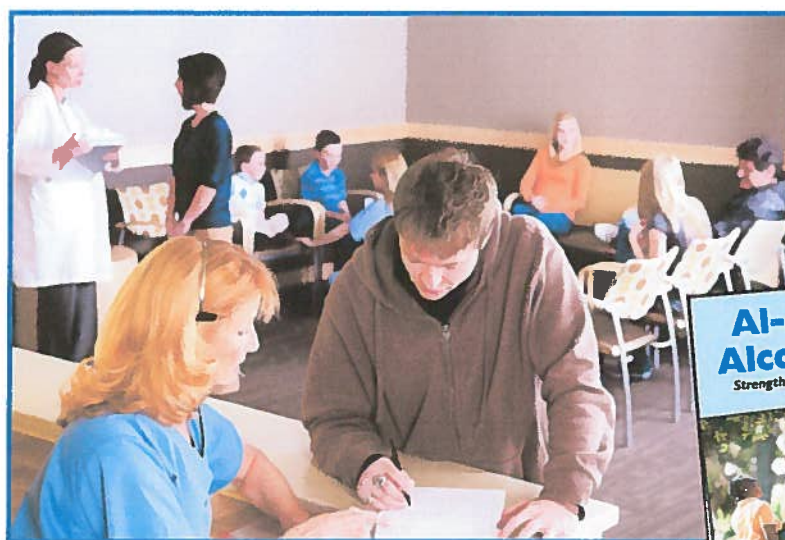
Note: All sharings become the property of Al-Anon Family Group Headquarters Inc., and may be used in whole or part to develop Al-Anon/Alateen printed or electronic material.

Please photocopy and distribute locally.

Second Printing

Al-Anon Faces Alcoholism 2014

Help yourself— by helping others!



Your Twelfth Step work can help someone else discover Step One.

Carry the message.

Share our public outreach magazine in your community.

It's the simplest way to keep the Twelfth Step a regular part of your program.

Make sure there is a regular supply of *Al-Anon Faces Alcoholism* available at a doctor's office or another professional's waiting room in your community.