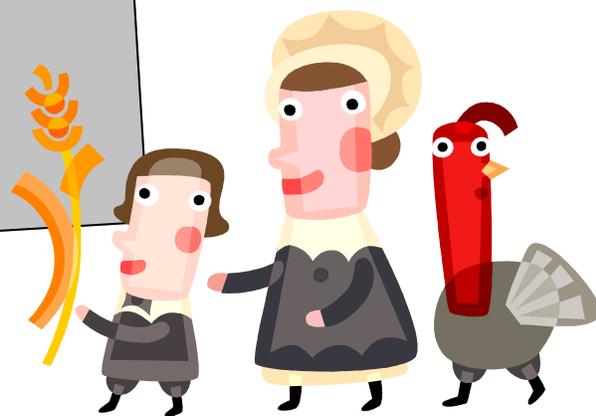


AREA OUTLOOK

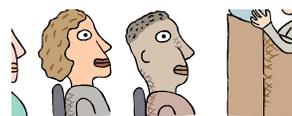
IDAHO AREA 13 AL-ANON / ALATEEN NEWSLETTER



Wonderful Assembly

Kathy B.

Fall 2014, Coeur d’Arlene, ID was not my first assembly nor hopefully my last but as I sat there, my presentation finished I watched as others in the room went about the business of Al-Anon. Discussions ensued, votes were taken; and then I realized that although I was without a vote, I was still a part of, not apart from the action. The feeling of belonging, so often elusive to me, was



what was in my heart. Al-Anon, I don’t know what you did **to** me but I know what you’ve done for me; included me until I could include myself.



Fall 2014

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AS CAROL SEES IT!

The Fall Assembly was super, great attendance, great workshops and learned more about our service manual and the recovery tools found there and in our "Paths to Recovery". every time I get into these

books I learn so much more. Becoming more open minded is one my best learning tools today. I always renew friendships and make new ones every time. I brought a member to share the weekend with

me and one of our GR's and we learned so much more about each other. this is what makes our program so wonderful. Keep up the great work

Carol G District 2

Special points of interest:

- ◆ Do you know about the service manual?
- ◆ Plan now for the Assembly this Spring. More information in upcoming newsletters.
- ◆ Writings needed for the Forum and for Al-Anon Faces Alcoholism
- ◆ What is Cross-Talk?



Spring Assembly: May 16th 2015

We're headed for Twin Falls in the Spring of 2015 for our Assembly. The theme is Living Our Spiritual Principles: Expanding our Vision.

Please save the date! If you've never joined us for an Assembly set aside the date and come see what the fun is all about. More information in the next newsletter!



How I Chose My Sponsor

I chose my Sponsor because the first question she asked me was "What are you doing for fun?" I was so over involved in my qualifiers business and concerns that I didn't even know what I was hungry for.

Elizabeth P.

That one healthy question brought the focus back to me.

Thank you Al-Anon.

"What are you doing for fun?"

ODAT Saves the Day!

Sandy N.

One thing that was really bothering me was a resentment that I was carrying around with me. I was losing sleep over it . It was on my mind night and day. It was building and building until I was afraid that one day I would blow. The resentment that I was carrying was actually **my** expectations of another person and situation.

Then by chance I picked up my ODAT book. I had not read it for quite a while. The day was August 4th, and there it was in black and white, the exact words I needed to hear. I was able to give up my resentment and, it turn it over and finally have peace.

The moral of my story, for myself, is to read my literature , it really does help and sometimes it can be a **life saver.**

Meet Your New Area Secretary

Virginia S.

I first walked into the doors of Al-Anon on February 6, 2010. I took to heart the suggestion to attend six meetings before deciding if Al-Anon was right for me. I think I attended those six meetings in just three days; I was that ready to change my situation! My sixth meeting was at the Tuesday-Friday Noon Five Mile AFG in District 3 and that day I found both my home group and my first sponsor.

I have been in service almost from the beginning. In my home group, service opportunities are announced at practically every meeting and it's explained that service is a big part of recovery. That first April, our group lost its Secretary so I volunteered to serve out the remainder of the one-year term. I had started my working career 45 years ago as a 17 year old stenographer so note-taking is second-nature to me. In August, I helped organize an experimental social event for our District by creating a flyer and finding an available site. I was next asked to chair registration for the Fall 2010 Assembly when the current chair stepped down. In 2011, I helped our group organize the raffle for our District's Lasagna Dinner which prepared me to serve as raffle chair for AA's 2012 Spring Assembly. Also in 2012, I served as our group's Literature Coordinator for nine months. I took a break from service positions in 2013 when my personal life reached a point. I continued to sponsor others but I missed the camaraderie that is a part of business and committee



meetings. These meetings help me get to know my fellow members beyond a 2-3 minute share and to make close friends outside of meetings.

Up to this point, my participation had been to help with group and event activities. I was invited to attend my first District meeting last November and was awed by the devotion, dedication, and cooperation of the trusted servants that make our District work. I became our group's GR after that.

In May, I attended my first Area Assembly and was humbled by the number of people involved in Area 13. I volunteered then and there to serve as Area Secretary. I didn't know how or if I would be able to do both GR and Area Secretary. It has not been an issue because other group members have stepped up to act as alternate and even alternate-alternate GR. Everyone in Area and my group has been accommodating, patient, and encouraging.

I am forever grateful that Al-Anon was there when I first reached out for help. I consider it a privilege to be a part of the hand that will always be there for others. To me, service is what the Al-Anon Declaration is

Join Kathy's Friends:
Write for the Newsletter

*"With a relationship with a God of my understanding I no longer fear abandonment."
From Survival To Recovery p.83*

Author **Your Story**:

- ◇ How you picked your Sponsor
 - ◇ Your first meeting
 - ◇ The piece of literature that you use most often and how it works for you
 - ◇ Your favorite slogan
 - ◇ How you got into service **or**
 - ◇ Why you don't get into service
 - ◇ Words of Wisdom
 - ◇ A problem and how you solved it using the Steps, Traditions and/or Concepts
- Email your article to me!



Just follow the link to the Newsletter Editor on the Idaho Area Al-Anon website under Area-Members or mail it to :

Newsletter Editor
2711 Shoepeg Road
Midvale, ID 83645



* FIRST NAMES AND INITIALS ARE USED BECAUSE OUR SITE IS NOT PASSWORD PROTECTED. TO CONTACT ANYONE IN AREA SERVICE PLEASE SEE LINKS ON THE WEB SITE.

ARE YOU TROUBLED BY SOMEONE'S DRINKING? Al-Anon Is For You!

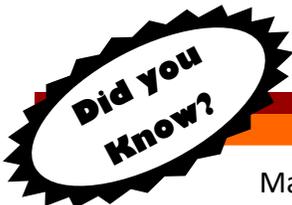
Millions of people are affected by the excessive drinking of someone close. The following questions are designed to help you decide whether or not you need Al-Anon:

1. Do you worry about how much someone else drinks?
2. Do you have money problems because of someone else's drinking?
3. Do you tell lies to cover up for someone else's drinking?
4. Do you feel that if the drinker cared about you, he or she would stop drinking to please you?
5. Do you blame the drinker's behavior on his or her companions?
6. Are plans frequently upset or canceled or meals delayed because of the drinker?
7. Do you make threats, such as, "If you don't stop drinking, I'll leave you"?
8. Do you secretly try to smell the drinker's breath?
9. Are you afraid to upset someone for fear it will set off a drinking bout?
10. Have you been hurt or embarrassed by a drinker's behavior?
11. Are holidays and gatherings spoiled because of drinking?
12. Have you considered calling the police for help in fear of abuse?
13. Do you search for hidden alcohol?
14. Do you ever ride in a car with a driver who has been drinking?
15. Have you refused social invitations out of fear or anxiety?
16. Do you feel like a failure because you can't control the drinking?
17. Do you think that if the drinker stopped drinking, your other problems would be solved?
18. Do you ever threaten to hurt yourself to scare the drinker?
19. Do you feel angry, confused, or depressed most of the time?
20. Do you feel there is no one who understands your problems?

If you have answered yes to any of these questions, Al-Anon or Alateen may be able to help.

The Forum and Al-Anon Faces Alcoholism: Two very different purposes!

WSO



Many of us had to overcome multiple challenges before we were ready to give Al-Anon Family Groups a try. We had to overcome denial that there was a problem with a loved one's drinking. Some of us didn't want to ask for help because it was embarrassing and we didn't want anyone to know what was going on at home. Even if we were aware that Al-Anon existed, perhaps the misconception that it's a religious group kept us away. Still others believed that no one could possibly understand what they were going through.

Al-Anon Faces Alcoholism is designed to address those challenges. Members write about their own denial, or share how they overcame the fear of reaching out. Most of all, members share hope, understanding, and compassion with the potential newcomer.

In The Forum, members share how the Twelve Steps, Traditions, and Concepts of Service have helped them find—and keep recovery! Even the newcomer walking through the door for the first time, someone who has already overcome the challenges of reaching out for help, could benefit from reading the experience, strength, and hope that we share in The Forum. They may be confused by our Legacies and even the some of the language we use, but Al-Anon and Alateen members will be there to help. Imagine how daunting it could be for a potential member, someone who may have never even heard of Al-Anon, to read about Concept Three or Tradition Five for example.

With that in mind, please encourage members and groups in your district to share *The Forum* with one another and share

CROSS TALK

The (Name of meeting) meeting discourages cross talk:

Talking out of turn

Advice giving

Questioning the person who is sharing

Holding private conversations

Having an individual comment on everyone's sharing

And being discourteous and intimidating

If you want to speak on what you hear, speak of your own recovery only, addressing a topic with "I" instead of "you".

From Inside Al-Anon December/January 1988-89, Volume 12, No. 1

