

Area Outlook

News, Views, and Sharings From the Great State of Idaho

Idaho Area 13 Al-Anon / Alateen Newsletter

Volume 35, No. 1, Spring 2007

News from the Area Chair!

Don't miss the Spring Assembly in Pocatello. Here are two topics on the Fall Assembly agenda:

1. Do you want to attend the NW Regional Service Seminar on September 14-16, 2007? Check those dates! At the May Assembly we will select 3 people to represent the Idaho area at the Northwest RSS in Minot, ND. If you are a Group Rep, an Area Coordinator, District Rep or Area Officer, you are eligible to go. To be selected, you must put your name in the hat at the May Assembly, and you must agree to:

1. Attend the entire NW Regional Seminar in Minot, ND
2. Write a report about your experience at the RSS for the Idaho Area Newsletter
3. Report back to the Area at the Fall Assembly in Burley—tell us what you learned
4. Submit a travel expense report to the Area Treasurer

What is an RSS?

A regional service seminar takes the World Service Office (WSO) out of Virginia Beach and brings it to the regions in the United States and Canada. Most members do not get the opportunity to visit the WSO, meet the staff, and hear about the work being done. Even if you do visit, the picture of the WSO is incomplete without meeting the volunteer Board of Trustees members. An RSS is the perfect place to: find enthusiasm for service; give each member of Al-Anon an opportunity to meet WSO staff and trustees. An RSS only happens once every 3 years in each region...so be part of the fun. Get your name in this May!

2. Should we approve the "Alateen Guidelines to an Idaho Assembly?" John E., the District 3 Alateen Coordinator, presented a draft of guidelines at the AWSC meeting in March. District Reps have copies for the Group Reps to review prior to the May Assembly. This is a voting issue.

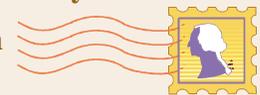
If you have any questions or suggestions, please email me at ruthineagle@qwest.net.

Love to all,
Ruth B., Idaho Area Chairperson



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DELEGATE REPORT

It is a pleasure to be part of the process of the Worldwide Fellowship of Al-Anon Family Groups. We can do together what we can not do alone. This year's Al-Anon theme is; "New Thinking – New Energy Abundant Outlook."

Northwest Regional Service Seminar – NWRSS

- The NWRSS will be this year, September 14-16 2007 at the International Inn in Minot, North Dakota. We will be drawing the Al-Anon members' names that are able to attend the NWRSS at the Spring Assembly in Pocatello.

Love Gifts and Cards Sent to the World Service Conference

- I will be leaving for the WSC on Thursday, April 19th. Please feel free to mail any "love gifts" from your group, or district to Cecilia Sweet, Idaho Area Delegate, Please Hold for WSC 4/19 – 4/25, Ramada Plaza Resort Oceanfront, 5700 Atlantic Ave., Virginia Beach, VA 23451-2236.

New Career Opportunity at WSO

- Associate Director Group Services – Alateen and Special Services
 - Successful candidates must be detail-oriented with excellent problem-solving skills and the flexibility to work concurrently on several projects. A minimum of five years active Al-Anon membership and service experience beyond the group level is required.
 - The World Service Office is committed to hiring and promoting a diverse work force and seeks to attract applicants who mirror the membership of our fellowship. If you are interested in applying for this position, please send your resume and cover letter by April 30, 2007 to:

AFG Inc.

Attn: Barbara Leach, Personnel/Training Manager

1600 Corporate Landing Parkway

Virginia Beach, VA 23454-5617

Fax 757-563-1655 or by email wso@al-anon.org Attn: Barbara Leach

Exciting News...ECAL

- We are at the beginning of a new era in our efforts to share personal recovery throughout the worldwide fellowship of Al-Anon Family Groups. Now is the time to Al-Anon and Alateen members to submit messages of experience, strength and hope in a variety of creative formats for use as electronic Conference Approved Literature (e-CAL). The 2006 World Service Conference approved a three-year trial period to explore how members might produce and share e-CAL. The Conference motion created an opportunity to increase the relevance of the Al-Anon program for a worldwide audience that is immersed in various electronic communication media. Because this is a test, we do not know the final form e-CAL will take. Your creative presentation and suggestions can help make e-CAL into the communication vehicle that it is meant to be. Do you have a personal story, insight, feeling or hope that you would like to share? Are you moved to create music, poetry, or graphics to express what is in your heart? If you are looking for permission to share the spirit of your recovery with Al-Anon members who can relate to the way you experience life, e-CAL would like to offer you that permission. Members will review your submissions according to the criteria established for Conference Approved Literature. They will be looking for presentations that especially lend themselves to electronic delivery. If your submission lends itself to better use as printed literature, we reserve the right to forward that material to the Forum Editorial Advisory Committee or the Literature Committee.

- The CAL criteria is;
 - Identifiably Al-Anon in content and feeling
 - Responsive to identified needs
 - Factually accurate
 - Timely
 - Understandable by a broad-based audience

- We invite you to make e-Cal an enjoyable and rewarding recovery environment for a wide range of Al-Anon members. Please include personal contact information with your

submission so we can call or email you to overcome and technical difficulties. See you on the World Wide Web at www.al-anon.alateen.org/members To access the Members' website, remember to use the name of your home group and the letters AFG as your password. Here's how far we've come to date:

- The WSO Executive Committee has approved a process to ensure that e-CAL will be as reliable a resource for Al-Anon recovery as already published Conference Approved Literature.
- The two literature committees have been consolidated into a single Literature Committee, and an e-CAL Committee has been created.
- After a call for resumes, seven At-Large members and 11 Delegates have been selected as members of the e-CAL Committee.
- The staff has developed a technology strategy to implement e-CAL. We've acquired a new server. As a security precaution, we installed a key piece of communications hardware that will keep e-CAL activities entirely separate from the WSO's current wired and wireless network. This approach will ensure that any computer virus embedded in any e-CAL submission will not contaminate Al-Anon's other computer operations. We have tested our new network configuration and written software for additional security protection from computer viruses.
- The staff has designed a home page for e-CAL where it will reside on the Members' website at www.al-anon.alateen.org/members The e-CAL home page will be the place where members can submit their e-CAL proposals in a variety of standard formats.

Yours in love and Service,
Cecilia S.
Idaho Area Delegate



LIT COORD REPORT

"Courage to Change" is now available on CD-ROM in a PC format. The cost is \$15.00. If your computer has a voice chip, you'll be able to listen to the daily readings too!

Note: You won't be able to make copies, download it, or play it on a CD player.

The World Service Office is working to develop "e-Cal" for the web. It will not be reproductions of our current literature. Instead, it will be newly developed literature for sharing our experience, strength and hope with those who enjoy "surfing the net." The hope is to attract younger adults, those 20 and 30-something adults.

We still need sharings for "OUR RECOVERY IN RELATIONSHIPS." Subjects needed include intimacy, sexuality, parent-child, and grandparent-child relationships, as well as sharings from young people, men, lesbians, and gays.

Submit on line at www.al-anon.alateen.org/members in the "Publication" section.

**Summer Newsletter
Deadline &
Publishing Dates**

May 19	Deadline
June.	Publication

Please honor deadline dates. The editor cannot guarantee immediate publication of any article submitted after the deadline.

ALATEEN PROCESS PERSON REPORT

Do you know who our Area Alateen Process Person is? Currently, it is me, Cecilia, your Area Delegate. We are looking for a person willing to serve as Alateen Process Person. I must say, it is a great service position and I have learned a lot.

Did you know all new and existing Alateen group changes must go through the Alateen Process Person? If you send it directly to the World Service Office it will come back to the Alateen Process Person. I do have all the current Alateen forms, which I would be happy to mail or email to you. If you have any questions, or would like to volunteer for this position please feel free to contact me; Cecilia S. at brfuture@earthlink.net

Alateen forms are also available on our Idaho Area website <http://www.al-anon-idaho.org/> on the left side of the homepage click on "Area" and then on "Reports."

Yours in love and service,
Cecilia



FORUM COORD REPORT

My sponsors have always said that when Al-Anon asks something of you, say yes as a matter of course. So when I was asked to be a part of the Area Committee I accepted with at least a little fear in my heart. My new position was to be Area Forum Coordinator. I really have no idea what I'm doing but the interaction and association with the winners of this program is worth any anxiety I might have.

Looking through the pages of my beloved Forum I now look with a new eye. Where is Idaho? I see Oregon, Minnesota, Puerto Rico, Guam, but where is Idaho? So my first two Assemblies in my new position I had a poster about the Forum. I had handouts about writing to the Forum and every chance I had I spread the word. Write to the Forum, it's a therapeutic part of recovery, both the reading of the Forum and sharing in the Forum.

In December, 2005, I was asked to speak in Boise, another of those things that when Al-Anon asks you say yes. The event had a wonderful Potluck meal, an AA speaker and me. My story of recovery includes the Forum, both for the help I have received reading its pages and for the benefit of having written an article and seeing it published. When I finished and as we were packing up a woman passing by me said, "I'm November, 2005!" I'm not alone!!

Never satisfied, I wonder why there isn't more; and then I had a quick flash back to the years that didn't work as well as those now and I remembered. My husband, son and I were caught in a dismal cycle of negativity. The atmosphere in the house was toxic. None of us were happy and **all** said "Well, if you'd just quit doing, or saying, or thinking that we all could be happy" Of course when you're all focused on what someone else could do, say or think you're **not** focused on what you need/must do to be healthy and serene and no one gets better. How did I get better all those years ago? I worked this marvelous program to get rid of my own negativity, refusing to buy into the games the family was playing. Using the pages of the Courage to Change, One Day at a Time and the Forum I bit my tongue, took unexpected walks and changed my thinking. The miracle is almost anticlimactic; as I changed so did my husband and son. Looking back I'm not really sure they were even part of the problem, they could have been innocent victims of my own negativity. My view of the world was so sour and dismal at the time.

Ah, but how does that tie into the present and my job as Area Forum Coordinator? I decided that as I encouraged I needed to do. No more pointing at THEM without including my own recovery in the process. So here's my Forum article!

Submitted online, That Was Easy!

Kathy B
Area Forum Coordinator



SPRING ASSEMBLY REPORT

Pocatello, Idaho
Red Lion Inn
May 4, 5, 6th

Theme: Our 12th Step Responsibility: Are We Going To Any Length?

We have decided on our centerpieces, and the luncheon meal (Italian Club Sandwich). I have been in contact with our Speaker (Betsy P.) and she is excited to be coming. Since we will not be having an Alateen program, we are encouraging teens to participate in the Al-Anon program.

Schedule

Our 12th Step Responsibility: Are We Going to Any Length?
Al-Anon/ Ala teen Weekend Schedule – Spring Assembly 2007

Friday

6:00 - 7:00 p.m. Al-Anon Assembly Kick-Off with open meeting
Meeting Topic: A Spiritual Awakening
Hosted by: District 5
8:00 -9:00 p.m. G.R. Orientation

Saturday

7:00 - 7:45 a.m. Early morning Meditation
9:00 - 11:15 a.m. Al-Anon Business Meeting
Delegates report
Coordinator reports/ DR's reports
11:30a.m. - 1:15p.m. Al-Anon luncheon
Speaker: Betsy P. Hailey, Idaho
1:30 - 4:30 p.m. Business meeting
1:30 - 2:30 p.m. Open meeting
Topic: Practice, Practice, Practice
Hosted by District 4 or 6
3:00 - 4:00p.m. Open Meeting
Topic: Going to any Lengths
Hosted by District 4 or 6

Evening Program

6:00 p.m. Assembly Banquet
Raffle Drawing
Speaker: Matt G. Fresno, Ca
9:30 - 12:30 a.m. Dance

Sunday

9:00 a.m. - 1:00 p.m. Spiritual Breakfast
Speaker: Sharon M. Firth, Id

DISTRICT 1 REPORT

Things are going good in District 1. We are working on getting an Al-Anon meeting started in our local jail. Right now, AA is hosting a meeting once a month – AA is helping us get Al-Anon Literature and a meeting started in the women's part of the County Jail. I will keep you all posted on how that is working.

We recently got invited to the North Idaho Behavioral Health Chemical Dependency Program to share at Family Night of the Intensive Outpatient Program. We have 4 Al-Anon Members, myself included; we shared our stories about how we came into the Al-Anon program and what it has done for us. We gave them newcomer packets and other Al-Anon pamphlets. The feedback was tremendous from the family members as well as the Counselors. It looks like we will be asked to continue to share once a month at Family Night.

In January our District hosted "The Mysteries behind the 12 Concepts of Service" Workshop and Potluck. We went off of what we learned at the Fall Assembly last year when Judy did a workshop on the 12 Concepts of Service. The Workshop was a huge hit

with a lot of positive comments. We might be bringing the Workshop up to Sandpoint this summer.

Lastly, we are working on our Spring Fun-Raiser!! This year we are having our first Al-Anon Talent Show, a one evening event for the whole family! We included a Dessert Potluck and Speaker Meeting. We actually got a Fun-Raiser Committee started and they have been meeting once every two weeks to go over the details and work on making this a fun event. We have 2 speakers, an AA and Al-Anon and both from Sandpoint. We are also having a 50/50 Raffle and a Baskets Raffle to help produce funds for our District.

Our District is just cruising right along. We have a lot of members who are getting into action. Outreach is getting to be a very powerful tool for us.

I am very grateful to be apart of the Al-Anon Family Groups!
God Bless!

Love and Service,
Lori M.



DISTRICT 3 REPORT

Hello from District 3! This is a great time to be involved in recovery in Idaho. District 3 members are full of energy this spring – here are some of the things we've been doing:

EVENTS

After all of our events last year, you'd think we'd be taking a rest this year, but people are full-steam ahead with new events. We invite everyone from around the state to join us for our events this year. If you want to come and need information about the event or where to stay, call or email me (Laura, District rep: 284-6992 or Rebola@aol.com). We have the following events planned:

- 2007 Gem State Roundup! August 3-5 in Boise at the Doubletree Riverside. See www.gemstateroundup.org for more information. Michelle H. and Traci E. are chairing the Al-Anon portion of the program.

- Mary Pearl Step Study! July 20 (7-9pm) and July 21 (10-

(continued on page 7)

DISTRICT 2 REPORT

2007 brought unity amongst our groups as the Idaho meetings in the Washington area voted to bring their voice to our District. We also welcomed the Clarkston, Washington meeting to our District as well. We still have 2 meetings that do not have group representatives, but still have participating members.

We had our Christmas fellowship dinner and fundraiser on December 9th. Our service manual workshop will be on April 28. And our annual Al-Anon campout at Pine Bar Campground on the Salmon River will be May 19 and 20.

We also changed providers for our Al-Anon answering service. Our new number is 208-799-0133. The provider is the same answering service as AA. We are also in process of getting the number published in the telephone books.

Respectfully Submitted,

Berta R.



5pm) in Boise at the Unitarian Universalist Church, 6200 Garrett St, Garden City.

- Annual District 3 Spiritual Breakfast – May 19 at Sacred Heart Church in Boise. Flyers will be out in April for this event.

GROUPS

- We are really fortunate in the Boise area to have at least one meeting every day; most days we have several meetings to choose from. I'm just going to mention a few changes here, so check www.al-anon-idaho.org or call 208-344-1661 for the latest schedule information.

- New 11th Step Meditation meeting started recently in Boise, Tuesdays at 4:30pm at the Redeemer Lutheran Church. The meeting format includes several minutes of meditation time at the beginning.

- New Discovery & Recovery Adult Children focus meeting in Boise, Saturdays at 5:00pm at St. Stephen's Episcopal Church.

- Eagle noon meeting added a Beginner's Meeting on Mondays at noon at the Eagle United Methodist Church a few months ago. They have been following the 6-session Newcomer's Meeting Guideline.

- Best kept secret – Step Study meeting at the Literature Center in Boise, Thursdays at noon. We've been studying Paths to Recovery and we're on Step 9 right now. It's a small, intimate meeting with great recovery and cookies!

LITERATURE CENTER

The Literature Center will submit its own report to the Area, but I always like to mention it because it is such an important part of our District. I am so grateful to have it available for us. It is financially healthy these days which is very exciting after those dark days last year. They now offer gift certificates – great for Al-Anon raffle gifts or to introduce a newcomer to the Literature Center!

When you're in Boise, please stop by and say hello to Beverly, our office manager. The location is 1111 S. Orchard St., Room 172. Use building entrance 5 or 6. From I-84, take the Orchard Street exit (exit 52) and head north on Orchard. The Lit Center is just past Overland Road at the NW corner of Kootenai and Orchard Streets. Hours are Mon-Wed-Fri from 10:00am to 2:00pm.

ALATEEN

Alateen is active with John E. as District Alateen Coordinator. There are two strong groups meeting on Tuesday and Friday evenings and they are also trying a group at one of the junior high schools in Boise. So far it has been well-attended. John says that they are still looking for people willing to serve as Alateen sponsors.

OUTREACH

We started out strong this year with a brainstorming session at our annual District planning meeting in January. After the GRs came up with some ideas, we asked them to commit their group to one outreach project. Then they took their ideas back to their groups for a vote and discussion about how to implement them. So far it's been working well. My home group, Monday-Wednesday noon in Boise, chose Laundromats and Supermarkets. We have outreach pamphlets and Al-Anon business cards on a table at the meeting so people can take what they want, then they write down where they are distributing it.

DISTRICT MEETING

Our District meetings are held on the third Thursday of the month, Feb-Nov, from 6:00 to 7:30pm. When we had our planning meeting in January we discovered that we really like a conference room setting for our meeting, so we're looking for a meeting place with a conference table and room for 15-20 people. We also had a group conscience last November and decided that we would like to incorporate some study of the Al-Anon Alateen Service Manual and Al-Anon's Twelve Concepts of Service into our meetings. This year we're trying a meeting format change where we conduct our Literature Center business every other month, alternating with a discussion segment. Last month there was a great discussion about GR duties using the Service Manual.

I am so proud and happy to be a member of Al-Anon in District 3 and that I get to be a part of such a healthy, enthusiastic recovery community. Thank you!!



DISTRICT 5 REPORT

District 5 wrapped up the year hosting a chili feed and bake sale at a Halloween dance sponsored by the Friendship Club. We also had our Holiday bash that turned out to be quite a success.

District 5 has been busy planning this year's events, setting the dates of our annual picnic and Holiday Bash. As we have learned, planning ahead is the key to getting the great turnouts.

We have a few Health Fairs coming up and have been getting ready for them also.

Our trusted leader has been trying to encourage others to get involved in service. I feel since we are hosting the Assembly this year that there are many ways that others can be of service to the District and the Assembly.

We have changed our Speaker Meeting into a traveling meeting. We voted to take it to our night meetings as most of them are struggling. It has been a learning experience for Wanda and the rest of the District. It is proving to be a success, though.

District 5 has been busy helping plan the Spring Assembly. See page 5.

Love in Service
Wanda



DISTRICT 7 REPORT

District 7 was saddened by the resignation of Loni T. I was selected as the District Representative to fill out the remainder of Loni's term. This sent me scurrying to the service manual to look up the responsibilities of a DR. We have had two District meetings recently and our attendance is increasing, hurray! At the second District meeting I presented the results of my service manual work: How We Keep Al-Anon United.

We are working on our "Spring Together With District 7 Al-Anon Potluck Luncheon". We have speakers, a Potluck as only Al-Anon can do it and a raffle/ District fundraiser. Come and share in the fellowship and recovery!

Another big project for District 7 is the March 2008 AA Al-Anon Spring Assembly. Our most pressing need at this time is selecting a speaker. Anyone with tapes of speakers that carry a strong Al-Anon program of recovery and service would be welcome. We'll see that you get them back. Volunteers with advice or support would not be turned away either!

Our District, although geographically large, is small in meetings. We have a relatively new meeting in Weiser, *Thursday AFG*, that is struggling to keep going but I was encouraged to see two members from this group at our District meeting. We have a second new meeting in Ontario on Thursday night, *Courage for Today* that has a foundation of 4 members. This group has now ordered literature and has a Forum subscription. My goal over the next year is to visit all the groups in District 7. I'll let you know how I do.

Kathy B.



THE NEED FOR AL-ANON IN INSTITUTIONS

I challenge all the districts to go into your community and start a new institution meeting. This would include any treatment centers, hospital alcoholism unit, correctional facilities, juvenile detention centers, group homes, halfway houses, shelters-homeless/battered women's shelters.

The purpose of this outreach is to bring the Al-Anon/Alateen program to the families and friends of alcoholics in treatment centers, correctional, or other residential facilities.

Acquaint the staff with the video (AV-31), provide Al-Anon/Alateen posters and literature to the facilities.

Provide programs for "family night" at treatment centers. Help clients and their families find Al-Anon after they leave the facility by providing meeting lists and/or copies of *Getting in Touch with Al-Anon/Alateen* (S-23)

A good tool to have is *The Best of Public Outreach* (P-90). This has a lot of great ideas and activities. I encourage all districts to order one.

Love In Service
Wanda



DISTRICT 6 REPORT

In December 2006, we had our annual big event: the Holiday Social. It was a huge success. We had a pot-luck lunch with two excellent speakers, followed by a raffle. It was our biggest fundraiser of the year.

In January 2007, we voted in a new slate of district officers. Several groups elected new reps, as well.

We hold a district meeting on the third Sunday of every month (except June and Dec) followed by a speaker brunch, at the Red Lion on the Falls. We've had some great speakers, sharing their experience strength and hope. There is a lot of recovery going on here! Book sales are up, particularly the "Blueprint for Progress" step four workbook.

Best wishes,
Jody C.

You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do."

- Eleanor
Roosevelt

*The Area Outlook is published quarterly by the AWSC Newsletter Editor for members of Al-Anon Family Groups and Alateen. Materials for publication consideration should be sent in the following formats: Word, WordPerfect, Text, or Works. Prepared flyers or inserts that do not require formatting and layout may be sent as a PDF file. Email submissions to newseditor@cableone.net. Be sure to include "AFG" in the Subject line to avoid the spam filters. For those with no internet access, hard copies may be mailed to:
AFG News Editor
P.O. Box 1132
Meridian, ID 83680.
The Al-Anon traditions will be honored in our newsletter.*

Updates from WSO Printout

I received the WSO bi-annual printout of all Al-Anon groups in February. What a wonderful job the DR's and individual groups have done this last six months! My changes were the result of WSO not making the updates I had previously provided or correcting typos! I made 27 meeting changes but none were because of incorrect information in my database.

Thank you to all groups, GR's, and DR's who report the meeting information changes to me as they occur.

Meetings on Web Site

Meeting schedules by town and day of the week are created for each District whenever a change is reported to the Records Coordinator or Web Coordinator. These schedules can be viewed and printed from the Web site at www.al-anon-idaho.org/ by selecting Meetings.

Anyone can help keep meeting schedules current by emailing changes to me. I can update the database and WSO at the same time. Just click on the Web Records Coordinator link from the meetings Web page or email me directly.

Alateen Meetings

Alateen meetings do not show up on the meeting schedules on the Web site or in my database. I do not receive information on these meetings from WSO or the groups. The Area Alateen Process Person is the only one who receives this information. I thought it best to omit the meeting information rather than report it incorrectly.

Meetings by the Numbers

There are 86 active and suspended Al-Anon meetings in our Area and 38 inactive meetings.

Group Numbers

WSO has restructured their database so new group numbers are very long. Be prepared for numbers such as 30502160! Group numbers are included on the Web meeting schedules. Please use these numbers to communicate changes for a group.

Updatingly yours,
Toni R.



AREA GROUP RECORDS COORD REPORT

ARCHIVE COORD REPORT

The last few weeks, I've been going through 25 years of Assembly Folders in two big boxes, a chore I have put off for a long time (as you can tell).

Flyers and the programs go into 3-ring binders by year. Area minutes are in other binders.

During the years, someone would hand me something for archives and I'd stick it in that particular Assembly Folder for that year. So I've come up with some interesting items about which I'd forgotten.

One in particular: 1979 list of Al-Anon and Alateen Information Services, Intergroups and Service Centers for United States and Canada lists Idaho Falls All-Anon Information Service with Linda and Beth as the contact persons. This was before Boise was listed and I don't have that year at hand. It is in another binder or folder.

The 1973 new Al-Anon group starter packet was sent to Linda H. in California before she moved to Idaho Falls. The cost to mail it was 28 cents. Most information to get started was in letter-size paper, not the nice easy-to-read pamphlets that are sent out currently.

Bob B., former delegate 1996-1998, died on January 31, 2007. The obituary was provided to the archives for a member that retrieved it from the internet. It's interesting what we don't know about our friends in Al-Anon. We try to keep our jobs, our religion, and our personal interests out of the meetings. Then read about the person "outside Al-Anon" in an obituary.

For the 1972 November Fall Assembly in Twin Falls, we have a transcript of speakers at the Al-Anon Conference (AA Assembly with Al-Anon participation). Speakers were our area mentors, Lou, a delegate from Utah, and Anna Marie, Public Relations Chairman from Salt Lake City, Utah, and Darlene P. of Idaho Falls.

In 1972, the Idaho Statesman printed an article by Betty T., our first delegate, telling of All-Anon, what it is, when it meets in Boise, and her own personal story. This was the first public information that gave the local Al-Anon groups new members or at least new inquiries. The article states that "further information can be obtained by calling the Grapevine Club" and then gave a telephone number.

Al-Anon had no office or hotline as we know it today. We still had to rely on the good partnership of AA to help us get started.

I love my job! I love Al-Anon!
Ladora B.



Step 1 Study Guide (in part)

Editor's Note: We're either on Step 1 or going back to Step 1. This is a good refresher.

1. Start journaling daily. Write down 5 emotions you felt that day and why (example: Frustrated/angry, I didn't get the raise I expected). The idea is to start being aware of your feelings & where they come from.

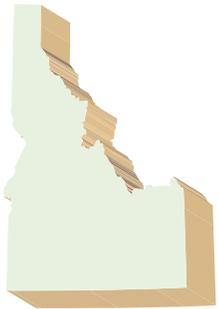
Next, look at what you're powerless over and how has it made your life unmanageable? Set up two columns: "Tried to have power over" & "Ways it's made my life unmanageable" (example: Tried to have power over my boss/my review & how much of a raise I'd get. Made my life unmanageable by causing me to resent my boss, he doesn't appreciate me, and I obsessed & was angry for 3 months about why I didn't get a better raise). Start doing this at the end of each day.

2. Follow the Step Study Guide for Step One. When you read from the literature, keep a notebook handy and jot down key thoughts that are important to you. We'll discuss these as part of your First Step, along with the questions at the end of the Study Guide.

3. Read all the pages on the Slogan "Live and Let Live" from the ODAT and Courage to Change. Jot down key thoughts. 



Never be afraid to try something new. Remember, amateurs built the ark. Professionals built the Titanic.



*Idaho Al-Anon
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