

Area Outlook

Idaho Area 13

Editor: Nancy Jo

Al-Anon/Alateen Hope and Help

Statement of Purpose

Al-Anon's Suggested Preamble to The Twelve Steps

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope, in order to solve their common problems. We believe alcoholism is a family illness, and that changed attitudes can aid recovery. Al-Anon is not allied with any sect, denomination, political entity, organization, or institution; does not engage in any controversy, neither endorses nor opposes any cause. There are no dues for membership. Al-Anon is self-supporting through its own voluntary contributions. Al-Anon has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

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Who is your new Newsletter Editor?

I'm Nancy Jo and I'm a recovering Al-Anon of 29 years. I came into the in program in October 1981 because a lady where I worked saw that I was a wife of an alcoholic and asked me to come to a meeting of Al-Anon. I said "No, I'm not doing ONE MORE thing to help him". However she kept asking me, saying "this is for you not him", and the last time she said if I would come to just one meeting that she would leave me alone. Well, I did go to that one meeting, and have not looked back since. That night I bought my O.D.A.T and wrote "Freedom" on the inside-cover and that is what the Twelve Steps has brought to my life. In fact that was a once a week meeting and I starting looking for more. After God moved me to Texas in 1982 I began going to 7 to 9 meeting a week. Our group had an extra casual home meeting once every week and at the end of this meeting we began jokingly asking who was the sickest one that week. And I was always raising my hand until one day I did not have too. I am a survivor of physical, mental, emotional, verbal, and sexual abuse, and had tried to kill myself in every way possible. Once I lined the pictures of my babies up on the coffee table, took an over-dose of sleeping pills and tied a plastic bag over my head to suffocate myself. I realized it is very hard and uncomfortable to breathe with a bag over your head. My God had other plans for me so I present myself again as a servant to ya'll. I have started three Al-Anon groups, been an Alateen and Alatot Sponsor. I edited the Dallas Al-Anon Newsletter for some time, and have been in service work almost all of my recovery.

My life is still full of challenges though, today with a 16 year old grand-daughter who is a product of two alcoholic grand fathers, and has an Al-Anon Black Belt grand mother. She has been slung into the disease of Alcohol and all I can do is ***pray to my God, Love her and Hate the disease.*** Thanks for all the love and support that I have been giving and the awesome God I found in this program, He is my best friend and lives in me.

Gratefully yours in service,
Nancy Jo

Area Chairperson

Greetings Area Members:

Our BIG news is of course our 2009 Fall Assembly - Sun Valley vote; our group representatives made a motion and voted with substantial unanimity (2/3 vote) to remove the Idaho Area Al-Anon Business Meeting from the A.A. Area assemblies. We felt strongly as an Area, we have a commitment to be present for the 2010 Spring and Fall A.A. Assemblies and plan to hold our first Idaho Area Al-Anon Spring Assembly separate from A.A. in 2011. The Area World Service Committee (AWSC) has been in close contact with AA; and for the first time, we had AA Area Committee members who attended our Al-Anon AWSC meeting in Boise on Saturday, March 27th 2010. AA's presence was well-received and enlightening to hear their perspective on their finances and their AA guidelines on cooperation with Al-Anon.

At this same Area Committee meeting, the Area Committee Members discussed and chose the dates and the location of our first Al-Anon Assembly on our own. So I'm pleased to announce our first Al-Anon Assembly will be in district one at the Best Western - Coeur d'Alene Inn on Saturday, May 21, 2011. When the Area Committee finished with the discussion and their final vote, I had an "ah - ha" moment; we, as an Al-Anon Area, had for the first time planned our own Area Assembly. ☺

We also had two open positions on the Area Committee which was Area Newsletter Coordinator and Area Group Records. We received two members who were willing to serve in these positions. Our new Area Newsletter Coordinator is Nancy Jo W. from Nampa and our new Area Group Records Coordinator is Barbara V. from Coeur d'Alene.

We will have three breakout sessions during the Spring Assembly in Pocatello;

1. "Crosstalk" chaired by Paula N.

2. "Outreach" chaired by Wanda L.
3. "Alateen" chaired by Ruth B.

Each breakout session leader(s) will be giving a written report for the Area Newsletter on the highlights of what was discussed in their groups.

Our Spring Assembly will be at the Red Lion Hotel in Pocatello on May 14 – 16, 2010 and our Fall Assembly will be at the Doubletree – Riverside in Boise on October 8 – 10, 2010. Spring and Fall Assembly flyers are on our wonderful Idaho Area website <http://www.al-anon-idaho.org/> then click on "Events" on the left hand side and then click on "flyer."

Next Area World Service Committee (AWSC) meeting will be on Saturday, August 21, 2010 at Kopper Kitchen in Boise.

Also on a closing note, I'm looking for volunteers who are going to the Gem State Round Up on August 6 – 8 in Boise at the Doubletree – Riverside Hotel who are willing to lead a meeting or workshop. You can reach me at 208-762-8763.

Love in Service;
Cecilia S.

Financially Speaking

I presented the 2009 year-end financial reports and the 2010 year-to-date reports at the Area meeting on March 27. The complete treasurer's report is included in the meeting minutes. The minutes can be found on the website site at <http://www.al-anon-idaho.org/Reports/reports.htm>. Since there will not be a change in the 2009 reports, these reports will not be presented again at the Spring Assembly.

The 2010 Budget will be presented at the Assembly for approval by the GR's. The Area Committee has previewed the budget and DR's have copies to distribute prior to the Assembly. Again, this is included in the AWSC meeting minutes.

Group and district donations to Area are appreciated. Some groups donate monthly, some quarterly, and some periodically. Any method is wonderful. The financial reports include a breakdown of donations by group. Thank you for your including Area in your group and

district giving.

Treasuringly yours, Toni R
Area Treasurer

Hello Alateen District Reps

Just a quick reminder that the new Alateen Guideline Update is on the website. Please let GRs know that this will be a Voting Issue on the Spring Assembly agenda. The updates reflect what we are actually doing today for certification & background checks. The original guidelines were out of date.

*Click on Alateen to download the file after you're on the site:
<<http://www.al-anon-idaho.org/Reports/reports.htm>. >*

*Thanks for all you do.
Love in service,
Ruth B.
Area Alateen Coordinator*

Area Alateen Coordinator/ AAPP Report

March 27, 2010

New issues:

- 1. GRs will vote on updated Idaho Requirements for AMIAS*
- 2. New Alateen Table Tents available for Al-Anon meetings*
- 3. Alateen Posters for school counselors or Alateen meeting places*
- 4. Suggest that each district considers a "vote of approval" for current Alateen sponsors to follow current guidelines.*
- 5. Idaho Area needs to adopt a formalized Recertification process*

Ad hoc Committee to update our Idaho Area Requirements for AMIAS—I've put together a final

draft of this guideline with the help of others. I will distribute it to all District Reps. Please share with Group Reps. GRs will be asked to vote on the updates.

Alateen is still growing—A new meeting is starting in Post Falls-District One! We now have 3 certified AMIAS in District 5 (two from Utah) with hopes of starting an Alateen meeting in the Preston H.S.! Our total number of Alateen meetings is currently 17 in Idaho. In Boise: we have 12 in-school meetings, 1 regular meeting; in Coeur d'Alene: 2 meetings; Idaho Falls: one meeting; Twin Falls, one combined Al-Anon/Alateen meeting.

Alateen Sponsor Training 2010—Aug 27-29 in Harrison, ID, on Lake Coeur d'Alene. The Washington Area hosted this event last year. Six Idaho members last year. In 2011, this event will be back in the Seattle area, so take advantage of it being in Idaho. Tell all your Alateen Sponsors, or anyone who wants to know more about Alateen, to register soon. Space is limited.

WSO Conference Calls for Alateen Coordinators/AAPP—I participated in a Conference Call on March 20th hosted by WSO staff. The focus was on the recertification process. There were several things mentioned that we may adopt, i.e., linking AMIAS to Alateen groups so a group is not left without a sponsor; need an Area process on how long background checks are valid & how long to hang on to records. We were reminded that someone can step down as an active sponsor and still remain on the active certified list—this gives the district access to substitute sponsors. There was also discussion about who needs the current list of certified sponsors: District Reps need it. The AIS/LDC needs it. They talked about the importance of protecting personal information, only giving it out to those who need it.

Recertify by June 1st—I'll be sending out paperwork to DRs, along with a list of all certified AMIAS in your district. Please have each AMIAS fill out the forms and return to me no later than June 1st.

Without you, none of the great things happening with Alateen would be possible. Thank you to all our Alateen volunteers! We appreciate you.

Enthusiastically yours,

Ruth Blaha

Idaho Area Alateen Coordinator/AAPP

District 3

As I head into my last year as District 3 Rep, I'm just so grateful for the GRs. They continue to step up and do the things that need to be done to make ours a successful District. They show up at District meetings and they participate. They decided to keep the 5-minute "education" portion of the meeting, only this year they're bringing in their own topics. Last month Robbin talked about the difference between WSO and WSC, and highlighted the Conference Summary.

Public Outreach is alive and well. Volunteers continue to go to Intermountain Hospital every month and share at Family Night. At our January planning meeting I stepped out of the room for a few minutes and when I returned

almost all the months were covered. We'll be visible at the ICADD (Idaho Council on Alcohol and Drug Dependency) conference in May, and a closed meeting for inpatients at the VA Hospital began on February 22.

Event planning is in full swing. A "Service – Gratitude in Action" Mini-Conference was held in early February, and the Spiritual Breakfast is scheduled for April 24. Some groups are talking about coming together and planning a new Summer Social BBQ. And I know Diana and her committee is hard at work planning the Fall 2010 Assembly.

Love in Service,
Traci Ehlers

District 4

Our district is doing pretty good. We still have 10 English and 1 Spanish meeting going in our district. We have 2 meetings that are really growing big... Wednesday Noon Group in Ketchum and Filer Tuesday Night in Filer. Both have had up to 30-35+ in attendance. Our New Life AFG Group is a combined Al-Anon and Alateen meeting. When we have more than 1 Alateen, we separate Alateen from Al-Anon so that the parent can speak freely and the Alateen can get some things off their chest too. We only have 2 Alateen right now, but I am amazed how much they are growing in the program.

Walker Center has been going great. Our groups take turns going each month to do an Al-Anon meeting on family night. If a group cannot make it, they have been really good about letting me know so I can find another group to go. I am very happy with our district for making this a great experience to the families of the Walker Center patients. Thank you to all who participate!

Our public outreach lady has been working hard at getting the information out to Dr. Offices, probation officers, schools, etc. and trying to get Alateen going in the schools. She has another lady that just started helping her with public outreach too. Together they are getting the word out about Al-Anon in our district.

Our district started a CD collection. We have CD's of talks from Lois W., Bob S. Jr., and many more. So Far we have 56 CD's. We have it available for groups to checkout and use for a meeting or Fund Raiser. I listened to a few of them and they are very good. It is awesome to listen to the stories of the ones who started it all.

We had our Annual Al-Anon luncheon on Feb. 27, 2010 at the First Presbyterian Church in Twin Falls. We had a potluck, raffle, and listened to a CD of Lois W. We raised \$52.00. There was good food and cool raffle items. Not to mention a great story from Lois W. We learned that we had a low attendance due to a 4th Step Workshop at the same time as our Luncheon but in this program you live and learn and move on to the next moment.

We are planning a couple events for this summer...one is a Fun Day which we are talking about renting a dunk tank, playing games, and having a potluck or BBQ. Also, at our last district meeting we talked about having a workshop on newcomers and sponsorship. More will be revealed on these events. I want to thank all of you that help with the ideas and efforts it takes to put these on.

Love in Service,
Kelley M. -District 4 Rep.

District 6

Happy Spring to everyone, we finished up 2009 with our annual fund raiser and Christmas party in December. A great time was had by all.

As we get into 2010 we are looking forward to some fun times, we are planning a Spring Fling fund raiser to be held on April 24th, 2010. We will be having a chili/soup pot luck, an auction with baked goods, spring yard decorations and flowers, we will also be having a panel given by our District Officers on the Top Ten Reasons We/I do Service.

I am also planning on trying to get to each meeting again this year. As of now we have 6 meeting in Idaho Falls, 1 Al-ateen, 1 meeting in Salmon, 1 in Ashton, 2 in Blackfoot, and we just learned of a meeting being held in Driggs twice a month. It will be fun to see if I can make it to them all.

We are still having our District Meeting on the 3rd Sunday of the month at the Shilo Inn in Idaho Falls, with our Speaker Lunch following, we have a great amount of experience, strength and hope that is shared each month at this function. We would invite anyone who could stop by to do so. It is held at 11:00 am.

We will be doing some other fun things throughout the year so stayed tuned for coming attractions.

Respectfully Submitted
Terrie O.

District 7

Wow, put your higher power to work and miracles happen. I had been wasting my time worrying what would happen when this year drew to a close because it is the 3rd year of my DR term and I had decided it was time to try something different. But who would take my place? How could I leave them without someone? Somewhere in my agonizing I determined it would be an issue I could turn over to my Higher Power. There's a certain peace I achieve when something is the right thing to do and there it was. I stopped the hopeless worrying. I started the peaceful inner certainty; the knowing it would be taken care of and now I have **two** people who have shown some interest. Miracles!....in everyday, ordinary life.

Even our Delegate gifts, achieved through careful deliberations in two languages, but just one of the heart, are a triumph. One of our newest Spanish speaking members told us through an interpreter that the paragraph about fear from our *Just For Today, (Solo Por Hoy)* pamphlet, helped her in her recovery.

We have a new group in Cambridge, ID; Just for Today AFG. We meet Thursdays at 8PM at the Seventh Day Adventist Church, on Hwy 95 just south of town. We have 3 of us with some Al-Anon experience and 4 newcomers. We have been focusing on the first step; both the powerlessness and the insanity of life with the effects of alcoholism. It has been very good for all of us.

What a journey these three years have been! Thank you all for your help and support.

Kathy Bosler
District Representative for District 7

Al-AnonDays

BUILD A PERFECT AL-ANON

United Methodist Church
2717 12th Ave Rd.
Nampa

June 26th, 2010
Registration @ 8:30
Panels begin @ 9:30
Ends @ 3:30

Registration includes: breakfast goodies, luncheon, treats and drinks.

Pre-registration: \$15.00 (Ends May 15th)
At the door \$18.00

Send registration to: Linda Eberly 842 Beverly Hills Rd Payette, ID
83661

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.