

Spring

## AREA OUTLOOK

Volume 2 Issue 2  
Spring 2015

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**Special points of interest:**

- Preregister for the Fall assembly
- See what keeps you sane
- Look for all the things Heard at the Assembly!



YOUR

## FALL ASSEMBLY

District 7 is inviting you personally to the  
Assembly in Caldwell, Idaho

*Al-Anon Idaho Area 13*

*FALL ASSEMBLY*

*Saturday,*

*September 19, 2015*

*at the Best Western Inn & Suites*

*908 Specht Avenue, Caldwell,*

*ID 83605*

*208-454-7225 or 888.454-3522 for  
reservations*

*\*\*Be sure to ask for the Assembly  
rate\*\**

*Check for Al-Anon website for more information*



# HEARD AT THE ASSEMBLY

## SPRING 2015 TWIN FALLS

### I learned that I'm not alone and that I just need to (be) willing.

How important it is for my groups to donate to Area \$8.40 a month. I want my great-grandchildren to have this program.

Being with people who work together, reason things out, come together with a solution. Being able to listen, less mind clutter, and less fear the more I get involved in service.

I learned in the GR exchange that we can not save everyone. Also think of the group meeting not others feelings. Tradition one.

I get a lot out of the sharings. It is inspirational to hear others stories and their thoughts about what they learned from Al-Anon.



I love the (love) gifts (from WSC), Great idea to bring back to the group!



I truly again enjoyed the fellowship and interaction of the participants of the assembly. It means a lot to be able to hear discussions that will help me with my group.

My thanks to all! Barrie E New Beginnings Mtn. Home

I really enjoyed the workshops. I am also glad to have so many more resources to share with my group.

*Believe in yourself, encourage your groups in a positive way to participate in the program, listen to feedback.*

Best quote: We're not here to manage what other people think. Wonderful gathering of persons with common concerns and a willingness to make them better.

### SIMPLE THINGS

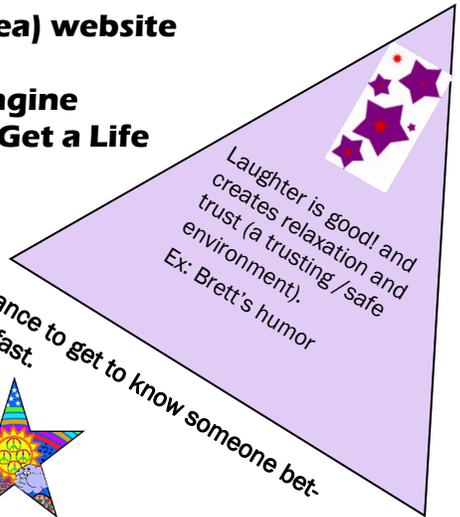
1. What area needs from each group each month in order to be fully self supporting
2. To give out local mtg. schedule along with other handouts such as Al-Anon Faces Alcoholism
3. Explore website!!! Both WSO and Idaho's (Area) website
4. WSO needs \$3 per group to get balanced
5. New website (WSO) by Oct. 15—has search engine
6. The 3 G's: Get off his back, Give him a break, Get a Life
7. Great Literature segment!

Ideas on how to deal with dominance in a meeting.

Characteristics of a healthy group.

- All things are possible if you ask and inform.
- Learned how to be more wise in what is posted on the internet.

Having a chance to get to know someone better over breakfast.



Laughter is good! and creates relaxation and trust (a trusting / safe environment).  
Ex: Brett's humor



If you don't see your comments here, look around the rest of the newsletter or read the upcoming ones. I was so surprised and gratified to see the response to my invitation to write. I was overwhelmed with material! Hurrah!

Al-Anon gave me a voice.

*As Carol Sees It!*

Before Al-Anon I did not have a life just getting by, but God did for me what I could not do, and that was find a program that could change my life. That has been a number of years ago and I'm so grateful. Being a part of Al-Anon, as a person that not only loves and cares for others but have learned how to be there for others and be of service to others, our program and my family and lastly and most important, myself. I was the last for me to think of. Having a spiritual life has been wonderfully fulfilling. Carol G.

## Our Area Chair Speaks Out!

### Living our Spiritual Principal-Expanding Our Vision

I love this title, when I first saw this title I thought, it should be reversed, lol, but what do I know. I struggled with the spiritual principals for a long time. What helped me was when I started learning more about the traditions. As I became more active in Al-Anon, I listened and was able to work the steps. As our District grew I learned about the concepts and what they also meant in my personal life. I know today my life has depended on the Spiritual Principals of Al-Anon. When I go to meetings I'm wowed with information, (lol, my know-it-all brain sometimes tells me I should have known it already). I think that's my part of expanding my vision, my willingness to continue to go to meetings, to share, to listen, to continue to work our steps, traditions, and concepts. I love my journey in this program, it gives me peace in my heart, and wonderful principals to live by (if I don't interfere), and a network of people to love and who love me for just who I am. I'm thinking "Expanding Our Vision" means that I need to keep coming back because there is more for me.

Thank you for letting me share,  
Danielle

### What Keeps you Sane??

◆ **Steps**

◆ **Traditions**

◆ **Concepts**

◆ **Meetings**

◆ **Service**

◆ **Daily reading Al-Anon Literature**

◆ **Slogans**

◆ **Sponsorship**

◆ **Higher Power**

**A FIRST TIME SHARING!**  
THANKS CARRIE ANN FOR HAVING THE COURAGE!

My name is Carrie Ann; I have had a long hard journey in life, from my childhood well into my adulthood. I am a child of an alcoholic parent, who attempted every type of abusive behavior he could possibly think of doing to a small child.

My father was a stay at home parent, who spent all of his time drinking; while my mother was busy working to keep a roof over our heads and food in our bellies. My mother may have been one the initiators of the Women's Lib, due to the fact that throughout the 1960's I imagine women had to really put forth effort to be out in the work force back then.

At any rate, by the time I was seven years old I was removed from my family, to be place into many Foster Homes and Group Homes that were available back then, to only return home occasionally for visits. Eventually The State of Nebraska had revoked my parents rights, leaving me to become a ward of the state; which I will say was not any fun at all. I would usually use these homes as a place to rest my head; otherwise I chose to be out on my own. I felt I did a pretty good job of raising myself.

By the time I was twenty-two years old, I was already working on my second marriage and was expecting my second child; while all of the time I was attempting to have relationships with both of my parents, who at this time had gone their separate ways. I was really surprised at how much easier it was with my father, then with my mother. My mother and I struggled for many years, till a death on her side brought us together for the first time in thirty-five years. Today I really have nothing to do with my

father, due to the many hard feelings and the ability to forgive but not forget the mental damage he had done to me.

Little did I know that both my mother and I were about to embark on a wonderful relationship, of course it did and still comes with its occasional difficulties. While we were in the same area, we spent as much time as we could together; while at the same time burying a family member that both my mother and I were very close to, without truly knowing the closeness we each had for this person.

Both my mother and I knew that my father had been abusive, but neither one of us knew to just what extent, till I had what I call a childhood regression; which I was able to recall many different abusive behaviors committed by my father. Things I had told no one, guess I wanted to forget all that had happened while I lived at home with my dysfunctional family.

I feel I had both a spiritual event and felt as though I had been carried by my maker, or whom I refer to as my Higher Power. I am not a deeply religious person, but I am definitely aware of a Spiritual realm that is beyond what most of us know and see on a daily basis.

It has now been around fourteen years since my mother and I had that first traumatic but much needed unification, I sometimes feel she and I are now hooked at the hip, but as I stated earlier, we have had several difficulties. Because I was taken from my home, I had experienced what abandonment was all about, and the feeling of not being wanted was front and foremost in my life. If it were not for the gentle encouraging of Al-Anon from my mother, I really do not know where I would be today; let alone have

the knowledge of who I really am today.

Earlier this year I spent a great deal of time dealing with my feelings and fears of abandonment, it took my friends from my local Al-Anon meeting, my sponsor and the adding of another sponsor and even a bit of help from my mother to finally get through one of the hardest things since the funeral of a loved family member, to make it through this huge and traumatic deal. I found it took almost four months of my precious life from me, and during the Christmas holiday I found it to be the most miserable holiday I can remember in many years.

I learned that with the aid of meditating, attending Al-Anon meetings, reading my daily readers, and through prayer I finally came through on the rosier side.

I am proud to say after six years of being in the Al-Anon program, and attending meetings with my mother on a regular basis and now doing service work as a Group Representative; as well as all of the friends I have made over the years has been the greatest feat I feel I have ever wanted. I feel as though there is a miracle in everything, there are just days these miracles are harder to see then others. I am so grateful for the Al-Anon groups; they seem to help me in ways that even the paid professionals could not accomplish in my teen years. I plan to continue the Al-Anon program through the rest of my life, and I am also in hopes of achieving higher service calls as well...

Carrie Ann  
GR District 7

## More heard at the Assembly.....

**Ladora,**

**You have done an incredible job in serving us all these years through Archives! You are greatly valued not only as an archivist but also as a “long-timer” role model in the Al-Anon Program.**



Carry the service manual to each meeting and use as a back-up to help you enforce ways to be kind and gentle to members in group:

“ I’m so glad you shared”

“In interest of time we need to let others share”

“I’m willing to help you”

**Outreach:**

Give out Al-Anon Faces Alcoholism 2015 insert meeting schedule in book or on back before you place it anywhere.

Resentment of the Alcoholic is poison

**Tidbits from the Assembly**

- \* If it doesn’t have my name in it, leave it on the floor.
- \* Wherever we go we take ourselves with us
- \* Some groups have a printed and voice definition of crosstalk.
- \* There are ways and wordings to address issues that come up.
- \* Be gentle with newcomers– it takes courage to get to the FIRST meeting.
- \* We are creative people– ask for ideas for fellowship and fundraising.
- \* Put meeting schedules in books, forums and spread them around.
- \* Openings and closings are important to convey information about length of sharings and other ideas
- \* Ideas on how to deal with dominance in a meeting.
- \* Characteristics of a healthy group

**The Spring 2015 Area Assembly GR exchange led by Bret of Boise was the best ever. He really got the group talking and brainstorming on the third “A” of awareness, acceptance and ACTION! Often times in the group it’s taking action for the sake of the group’s health is the hardest thing. I learned that Tradition 5 can point me to the solution. It reminds me of Al-Anon’s primary purpose; that I must practice the principles my self and give understanding and comfort to others who bravely join me in the rooms of Al-Anon.**

**Grateful member, Lisa C Boise**

I was shocked to learn so many groups don’t have GR’s . Members are really missing out in their spiritual journey by not doing service work. As a GR you help keep your group informed and give your group a voice. Service work helps you grow. You get so much more than you give. You get so much info from District and Area meetings. Reach out and Let it begin with YOU!

## SEEKING SERENITY AND PEACE

For those of us seeking serenity and peace, service – whether to country, family, or self – is an idea well worth considering as a pathway to our goal. At first blush, the trajectory is not obvious. Serving others is often a lesson we learn early – to consider others’ needs and feelings before our own. In putting others first, many of us learn to ignore our own needs, to help others before ourselves, and to give for the wrong reasons.

### **When Giving Drains**

The key to service as a path to serenity is in examining the motivation for giving. Are we giving in a way that drains us or energizes us? Service that drains includes giving:

- From neediness
- With expectation
- While believing the deed will be reciprocated
- Because we think we “ought” to
- Out of guilt
- With manipulation (on our part or the other person’s)

Usually, giving to others from these motivations leads to feeling empty, not full, and generally feeling negative, not peaceful.

### **Giving from Abundance**

On the other hand, service can energize us when it comes from a place of abundance. We can give freely when we:

- Have met our own needs
- Feel good about who we are
- Are free of expectation about what we might get back
- Have more than enough energy to give to the task
- Feel compassion
- Are inspired to help
- Have no expectations

When we give in these circumstances, the results are positive and uplifting, bringing peace, enjoyment, and satisfaction.

### **Making the Shift**

If we’re in a place of giving from neediness or lack, how can we make the shift to energized abundance? First, we must stop, take a step back, and focus on our own needs. It’s only when we feel complete, whole, and good about who we are that we can offer others help and support from a loving, compassionate place that does not require a response. Taking care of our own needs means knowing those needs and also knowing how to meet them.

Do you have good self-care? Consider how you take care of yourself in all aspects:

★ Physical    ★ Emotional    ★ Spiritual    ★ Mental

When we are taking good care of ourselves, and know the best ways to meet our needs, we begin to build up the extra stores of energy that are so important for offering help and hope to others. Then we can begin to give freely and without expectation.

Are you ready to let go of giving from need and lack and expectation? Start looking at how you can fulfill your own needs. It is not selfish, it is self-caring, and when we are full and complete with our needs met, we are then much better able to reach out to help others from love, compassion and abundance. This is a sure path to serenity.

Linda W from Massachusetts

## Area 13 2015 Spring Assembly

**Oh my gosh what a great day..... fun food and fellowship oh and business too. Thank you Brett for facilitating the Group Representative exchange. We heard issues and solutions! Thank you Nancy Jo for attending the World Service Conference and sharing your experience with us. Thank you Danielle our Area Chair for starting and ending on time and keeping us on track throughout the day! Congratulations to Kerry D. our new Alateen Area Coordinator and Process person. Thank you each and everyone of you for giving reports, presenting workshops, and all members that participated by being there and a special thank you to those who chose to read what they wrote in the new Daily reader workshop I truly felt Al-Anon is Spoken Here....Service is Recovery!**

**Berta R.**

**Area Literature Coordinator**

## World Service Conference in VIRGINIA, APRIL 2015

Wow, what a time I had. The WSC is full of Energy, Excitement, and Spirituality. Fast paced, with lots of laughter, some tears and good stories told.

What an honor that ya'll let me be your Delegate this term. To be with 100 or so positive people, to get to expand my knowledge and bring ya'll such great words of encouragement concerning our program. WOW!!!!

A new web page (is) coming for the member with a search page, easy location of whatever you need.

Three job openings @ WSO, can work from home, two openings need to be program people. An apps creator, an artist who can hand draw, and an events person. Go on-line to WSO and send in your applications. Good luck!!!!!!

Lots of new info, hand-outs and tons of "Love Gifts" for ya'll...

If you're a person who likes service work and growing, this would be the greatest gift you could give yourself, to be a part of the decision making process, let your opinion be heard and be able to give back the wonderful recovery we have received as a result of being a member of Al-Anon. It is a lot of long hours listening, taking notes, and being included in the conversation which was begun in 1954 by Lois and Ann B and looking toward the future of Al-Anon, however the growth and wisdom is worth every moment.

In Loving Service, Nancy Jo