

Al-Anon Idaho Area 13 Newsletter

Issue 1

May 2017

Welcome to the new frequency/new format Al-Anon Area 13 Newsletter

The frequency and format of the Al-Anon Area 13 Newsletter is changing starting with this issue. Instead of being published quarterly, the newsletter will now come out on the 10th of each month. In addition, the newsletter is now two pages and will include news from the seven districts in Area 13, shorter stories, links and other helpful information. However because the Area 13 website is down, this issue contains longer stories that would usually be linked to the website. Future issues will have shorter articles and links. Your feedback on and items for the newsletter would be greatly appreciated. Contact Jane F, Area 13 Newsletter Editor, at area13newsletter@gmail.com.

Speaking of new format...

The Idaho Area 13 website is down and in the process of being redone. Once the new website is available, the current district meeting schedules, glossary of terms and other helpful links to a wealth of various resources will be available. Thank you for your patience.

Area 13 Spring Assembly Agenda May 20 - Clarion Inn (Pocatello)

8:00 a.m. Registration - Outside the meeting room
8:30 a.m. Welcome - Janet ~ Serenity Prayer ~ Introductions ~ Announcements ~ Twelve Traditions ~ Twelve Concepts ~ Secretary Report - Cheryl
9:00 a.m. Treasurer's Report - Berta (Election to vote for a new Treasurer)
9:15 a.m. Area Coordinator Reports - (3 minutes per coordinator)
9:45 a.m. District Reports - (3 minutes per District)
10:00 a.m. Break
10:15 a.m. Delegate's Report - Danielle
11:15 a.m. Centralizing the location of the Assembly (DISCUSSION ONLY) WE NEED YOUR HELP IN PLANNING FUTURE ASSEMBLIES TO MEET THE NEEDS OF THE MEMBERSHIP
Noon: Luncheon - Speaker -Sue R., from Ogden, Utah
1:00 p.m. Announcements & Recovery Countdown
1:15 p.m. Workshop - Communication - Jane
1:45 p.m. Break
2:00 p.m. Spirituality & Service - Laura
2:30 p.m. GR Exchange - Questions and Answers - Laura
DR Exchange - Janet (move to a separate room)
3:00 p.m. Skit - Unclaimed Baggage - LouAnn
3:30 p.m. Meet - n- Greet
3:45 p.m. Wrap Up - Share the positive things
4:15 p.m. First Timer Award
4:30 p.m. Closing: Al-Anon Declaration
4:45 p.m. Break
5:00 p.m. AWSC Follow-up Meeting
Questions? Contact Area 13 Chair, Janet D, at Janetafg95@gmail.com.

Greetings from Your Idaho Area 13 AFG Chair

My name is Janet, I am your Idaho Area 13 AFG Chair. I am so excited about this journey of service as your Area Chair. I am enthusiastic to encourage you to become empower in your personal recovery through the journey of the Three Legacies of Recovery. Each legacy has so many gifts, but the third legacy is the one that brings it all together of Service. Here is a little about me and my recovery journey. My recovery journey began on May 22 1995 in Norman, Oklahoma. I was a very angry, confused, hurt mother in a lot of denial. I thought if I can get my alcoholic sober and straighten up, then my world would be under control again. My thinking was so distorted. I truly did not know what to do, and was very fearful of what would come next. I am so grateful when I attend my first Al-Anon meeting the lights were on, the chairs were set up, there were greeters at the door to help me find *(see Area Chair Greeting – pg. 2)*

Area Chair (cont.)

the right room. Then I heard these words when the meeting was over, Keep Coming Back. I finally felt that someone understood what I was feeling and going through. As I continue to attend meetings, I got a sponsor, started working steps, getting in the car and going places with her. Learning about the traditions, and then the concepts, and how to use them in my life. I have had the great privilege to be encouraged by some amazing people in the Al-Anon program. These members mentor me to work on myself through the steps, work on my relationships through the traditions, and then learn about service work through the concepts, and how to apply them to my daily life. I am a better person, woman, mother, daughter and so on because of the Al-Anon Steps, Traditions, and Concepts; and through sponsorship.

As your Area Chair, I am very interest in what your thoughts are regarding attending the Assemblies. What would you like to see at these meetings? I look forward to hearing from you. I know that alcoholism is out there doing its push-ups getting ready to grab up another family soon. What can we do, as Idaho Al-Anon members, to keep Al-Anon strong, healthy, and growing. To be here for the next relative, friend, co-worker, and so on; to have a safe place to come to with the door open, the lights on, the chairs set up, friendly greeters to be there to guide, encouraging members to let the frightened person it will be ok.

Let it begin with me~~~~~

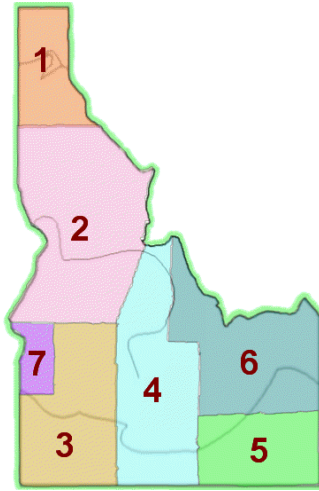
Encourage to Empower,
Janet D

ID Area 13 AFG Chair
Janetafg95@gmail.com

Interested in Alateen?

Contact Area 13 Alateen Coordinator Ruth B at ruthineagle@gmail.com.

The districts in Idaho Area 13



District 1 -Northern Idaho including Bonners Ferry, Clark Fork, Coeur d'Alene, Hayden Lake, Kellogg, Osburn, Post Falls, Sandpoint, St. Maries

- **District 2 -Central northern Idaho** including Cottonwood, Craigmont, Grangeville, Kamiah, Kendrick, Lenore, Lewiston, Moscow, Orofino, Riggins, Weippe

- **District 3 - Midwestern Idaho** including Boise, Eagle, Emmett, Garden Valley, Kuna, McCall, Meridian, Mountain Home

- **District 4 -Central Idaho** including Bellevue, Buhl, Burley, Filer, Gooding, Hailey, Jerome, Ketchum, Rupert, Shoshone, Sun Valley, Twin Falls

District 5 -Southeastern Idaho including Afton (Wyoming), American Falls, Chubbuck, Malad, Pocatello, Preston, Soda Springs

District 6 -Mideastern Idaho including Arco, Ashton, Blackfoot, Challis, Driggs, Dubois, Idaho Falls, Mackey, Rigby, Salmon, St. Anthony, Tetonina

District 7 -Western Idaho including Caldwell, Homedale, Middleton, Midvale, Nampa, Nyssa, Ontario (Oregon), Payette, Weiser

News from District 1

The 6th Annual Coeur d'Alene Convention is May 25-28 at the beautiful Coeur d'Alene Resort. The theme of the convention is "Rocketed Into a 4th Dimension. The event includes meetings, workshops, panels, fellowship, yoga, a banquet and a meeting on the lake. The AA Speakers are Samantha M. (San Bernadino, CA), Brendan D. Bellingham, WA) and Lani C. (San Jose, CA). The Al Anon Speakers are Philip B. (Salt Lake City, UT) and Jack C. (Sylmar, CA). Register at www.cdaconvention.org. Email us at cdaconvention@gmail.com.

Area 13 Service Openings

Idaho Area 13 is looking for a Public Outreach Coordinator, a Literature Center Liaison and an Alternate Delegate. If you're interested, contact 13 Chair, Janet D, at Janetafg95@gmail.com

Check out the Al-Anon Family Groups YouTube Channel at <https://www.youtube.com/user/AlAnonFamilyGroupHQ>.

Visit the Al-Anon Family Groups International website at <http://www.al-anon.org/>

The deadline for items to be included in the June issue of the Idaho Al-Anon Area 13 newsletter is June 5. Please send the information to area13newsletter@gmail.com