

AREA OUTLOOK

IDAHO AREA 13 AL-ANON / ALATEEN NEWSLETTER



Volume 1 Issue 3

FALL ASSEMBLY 2014: "AS WE UNDERSTOOD"

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When: September 27

Where: Coeur d'Alene Inn

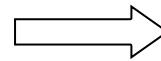
Location: 506 W. Appleway Ave
Coeur d'Arlene, ID

Contact: 208-765-3200 for Reservations

Be sure to ask for the Assembly rate

Check website for more information

<http://www.al-anon-idaho.org>

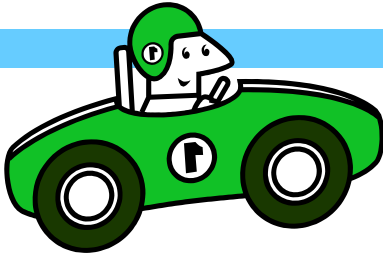


Registration form
available online

Up Coming Events! Our Idaho Area Timeline **

- ♦ Gem State Roundup—
August 1,2, 3 Riverside Hotel Boise, Idaho
AA event with Al-Anon participation
- ♦ Idaho Area Fall Assembly
September 27th, in beautiful Coeur d'Arlene, ID, Coeur d'Arlene Inn.
- ♦ Serenity Cruise:
September 27th, 2014 from 5 pm to 7:30 pm Al-Anon and AA speakers
Idaho District 1 fund raising event

** For more information please see flyers on the Id web site!!



SERVICE IN ACTION!

I went to my first assembly on May 19th, 2014 in Boise Idaho not knowing what to expect. But , being up for an adventure I volunteered to go. I was asked to go as the alternate GR. My first experience, which was no surprise, was the love, acceptance and friendliness of everyone I met. The theme of the meeting was “service”. I’d not gotten too involved in any kind of service thus far, or so I thought. Everyone I met thanked me for my service by stepping in and being the alternate GR. Wow, I was doing service! It then dawned on me that I could be of service by showing up at the weekly meeting since we have a small group.

But the overwhelming conclusion I came to by going to assembly is just how big AA and Al-Anon really are. When talking about Al-Anon literature and all the different languages it’s been translated to, by looking at the district archives, listening to the speakers and attending the business meeting, I realized what a tremendous organization Al-Anon really is, and that I want to be part of it because it has helped me, and so many other people, so much. The friendships, the twelve steps and traditions, the goal of serenity and peace are what I’ve gained and are what have saved my sanity. By Kristie K



Literature Corner:

Introducing New Conflict Resolution Series!

S-71 - *Loving Interchange to Resolve Conflict* wallet card. Provides tips for group discussions as well as questions for individual personal reflection.

S-72 - *Conflict Resolution using our Twelve Traditions* cards. Provides a review of the Traditions in light of how they can be applied to resolving conflicts.

S-73 - *Talk to Each Other—Resolving Conflicts within Al-Anon* booklet **New******
Pulls together knowledge in S-71 and S-72 with examples of their direct applications in Al-Anon conflict situations.

K-70 - *Using Al-Anon Principles to Resolve Conflicts* kit **New****** Contains S-71, S-72, S-73.

Due to faster production than originally anticipated, we are pleased to announce that the new conflict resolution products are now available for the fellowship!



UNEXPECTED MIRACLES

At the 2013 PRAASA, I wanted to share a story about the Board of the Al-Anon Alateen Information Service Center (AAISC). During the last three months of 2012, the AAISC Board had been running one member shy in spite of many announcements. At our first Board meeting in January 2013, volunteers filled all five of its open positions -- in one hour! **God's timing**

I was able to share in front of a large crowd at PRAASA because I had forgotten about myself. Hindsight: I had suddenly lost my fear of public speaking, which I had carried around for 75 years! I believe that it was my Higher Power who had raised my hand and helped me walk up to the podium. **(Step Two)**

Since then, I have had an opportunity at an Al-Anon Assembly to talk about the success of AAISC as a volunteer-run entity. Half-way through my story, I realized I was giving the Liaison report! Liaison? She smiled. **(Step Two)**

In my service work, whether Secretary of a group or Co-Chair or Chair for Gem State Roundup, there's the unknown. No matter. Throughout my three and a half years of service in Al-Anon, my experience, strength, and hope have well demonstrated our program saying: "God doesn't call the qualified. God qualifies those who are called." (Hope for Today, p. 101)

If I'm doing volunteer work at AAISC or helping with an Archives Committee presentation, I learn and re-learn how to be a team member. It's not me, it's the group which provides direction through group conscience. (Tradition 1)

In Al-Anon, I've grown up and taken responsibility, one step at a time. After the GR (Group Representative) left our small group, the Al-Anon saying, "Let It Begin With Me," kicked in big time. I began participating more actively: I became acting GR for Assemblies, made phone-list updates, and informed the group about upcoming events. I helped with the creation of a humor night of charades, which portrayed our slogans and principles.

While on a path of recovery from self will, I enjoy serving in a fellowship of hope and miracles. **(Step Three)**

SUBMITTED BY NANCY C.



* 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.



Is it about me?

Danielle E: Area Chairman

One of the questions I ask myself when I'm involved in service is "Is it about me?" Because I know that I reap the benefits, tenfold, from volunteering for any type of service. But I find that the answer to this question, for me anyway, is twofold "no, it's not about me and yes, it is absolutely about me." So to answer this question for myself, I go to the Traditions and Concepts.

The traditions have taught me:

1. Our common welfare should come first, personal progress for the greatest number depends upon unity.

To me that means when I was a Group Representative my main job is to listen to my groups message, to carry that message to the district, even if I don't agree, also knowing that I may get more information than what I currently have. When I am a District Representative my job was to listen to the group representatives and coordinators and take those decisions back to the Area. Now as the Area Chair, I still feel the same.

2. For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.

This tradition has taught me that I'm not the boss. Even though I'm very bossy and I do like authority, I believe in a higher power and our group conscience.

4. Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.

This tradition teaches me that every group, district, and area are different and that I should always go back to the triangle, recovery through the steps, service through the traditions, and unity through the concepts. I am not the Al-Anon police and during conflict I try to always turn it over, go back to the guidelines, and make sure to discuss it without trying to affect change.

5. Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

This tradition helps me to remember the primary purpose of any meeting I am attending. Regardless if it is an Al-Anon meeting, District meeting, etc.

7. Every group ought to be fully self-supporting, declining outside contributions.

This tradition has taught me to support myself, my family, and the groups that I attend, monetarily, physically, and emotionally. To give what I can. If I don't have a dime, make sure I do some time.

You too can see yourself in print!

Send articles to kbosler67@gmail.com

If what you read helps you, write and help someone else!

<http://www.al-anon-idaho.org>



12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

This is a hard tradition for me because I always like to be right and always like to be in the know. What this tradition has taught me is to slow down, that I'm not the only one and I don't need to know everything or everyone. I just need to make sure to do my part.

The concepts have taught me:

1. The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.

Sometimes I get frustrated with this concept because I haven't heard of something or wonder why something is or isn't being done because my group brought something up. What this concept teaches me is that my home group is not the only group in the world services. That everything takes time. You can't ask 5,000 groups a question and expect to get 5,000 exact responses.

3. The right of decision makes effective leadership possible.

This concept teaches me to listen more effectively, to refer to history, to ask questions before making decisions.

4. Participation is the key to harmony.

This concept has taught me that if I don't participate then I don't have a voice. It has also taught me that I don't have to have the only voice and I don't have to be right or wrong, or even if I believe I'm right or wrong, to let someone else also be right or wrong. I love this concept because I am allowed to be part of a bigger me, to teach me some patience.

10. Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.

This concept took me awhile to figure out, sometimes I still struggle with it. What it has meant to me is to wear only one hat. I've learned that wearing two hats (or two positions) can have conflicts and means that I'm not allowing someone else to participate.

So, is it about me? No, it's not about me, but it is absolutely about me, it's about me volunteering to be of service to a greater me and you. To find trust in my relationships, to be able to gain the knowledge of Al-Anon to keep living and growing in a better way than I did before, to have a Higher Power of my understanding. I love this program. I'm not as far along as I feel I should be but my Higher Power thinks I am. I love being in meetings and discovering new things and feeling like I finally learned something. The meetings have taught me to be in the here and now, to listen to what you have to say and not planning things while someone is talking.

Thank you all for allowing me to be in service, to share your experience, strength, and hope with me, to help me to continue to grow and to always know I have a home where someone understands me but may not always agree with me but I am safe anyway.



I'm so grateful to be a member of our beautiful program. Meetings, our literature, a Sponsor, are the more important things I have found in recovery. But enjoying life is important too. Over the years I have developed on the talents that God has bestowed on me. I love art work of several forms as I'm a creative person. Painting things of kinds, in several mediums, playing music, sewing and handwork to name a few. Gardening is a joy too. Life can get pretty busy but since being in recovery for me, I've learned to take some time every day for something I enjoy doing, whether it's for me or someone else. My happiness and serenity are there every day. Have a great summer all.

Carol G. District 2

As Carol Sees It!

Remember all those articles you were going to write? The one for the Forum, Area Newsletter, 2015 Public Outreach Magazine, or the new book on relationships with teen problem drinkers, the book on Intimacy in alcoholic relationships?? Well, is the article done? Can't find a pen? We really want to hear your story!



The Forum Now Available Electronically!

Al-Anon's monthly magazine, The Forum, is now available from Nook.com, the Barnes & Noble electronic book store. The cost of an annual electronic subscription is \$11. Individual electronic copies are available for \$1.49.

Subscribers will be able to read the electronic version of The Forum on Nook e-readers. With a free Nook app, the magazine will also be accessible on iPads, iPhones, iPod touch handhelds, Android phones (version 2.1 and later), Android tablets, Windows PCs, Mac, and via Web browsers.

Al-Anon does not endorse Nook or any outside enterprise. Although the electronic version of The Forum will be available only from Nook at the current time, Al-Anon may offer the electronic version of The Forum through other e-book vendors at a later date.

The Forum continues to be available in hard copy by subscription, directly from Al-Anon's on-line store.