

Area Chair Greetings
January 2018

Greetings from Your Idaho Area 13 AFG Chair:

My name is Janet, I am now on my second year serving you as the Idaho Area 13 AFG Chair. I am excited about this journey with you, to be of service to you and this great state of Idaho Al-Anon Family Groups.

I hope everyone had a wonderful holiday season with your family and friends. Now we are in the depth of the winter months. I know that these months can be difficult for some of us. Isolation can become very comfortable, and complacency in our Al-Anon program. This is the time to pick up your Al-Anon tool box. What is in your Al-Anon recovery tool box? Sponsorship, steps, traditions, concepts, slogans, meetings, and much more. Each of us may have different tools to help us stay on track in our own individual toolbox.. The good news the recovery tools are always available to us, we just need to pick them up. I know for me these winter months are difficult. I have been ill plus having some mobility issues. But the Al-Anon program has taught me to take it one day at a time, or sometimes one moment at a time. Or the slogans, that this too shall pass, keep it simple, how important is it, let go and let God, one day at a time to name a few. Keep your recovery fresh everyday, and keep growing and blossoming. Service is a great way to keep growing in your program; to learn something new everyday, to blossom every step of the way.

We are in need of an Area 13 Public Outreach Coordinator. These are great opportunities to be active in service work, to grow and to blossom in the Third Legacy in your recovery life. Contact me if you are interest in either of these positions, or have any questions.

As your Area Chair, I am very interest in what your thoughts are regarding attending the Assemblies. What would you like to see at this 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. To be active beyond your home group, become an AWSC committee member. Participate in keeping Al-Anon strong and growing in our great state of Idaho. We need you.

Let it begin with me~~~~~

Encourage to Empower,

Janet D
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