

Al-Anon Idaho Area 13 Newsletter

Issue 7

November 2017

NEW FEATURE: Al-Anon 101

Have you ever been in an Al-Anon meeting and you have no idea what is being discussed because all kinds of jargon is being used? If so, know that you are NOT alone! Welcome to Al-Anon 101. The purpose of this new monthly feature is to explain that jargon and answer your questions.. So let's get to it.

What are the Steps, Traditions and Concepts?

Al-Anon's program of recovery is based on the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. The Steps are the foundation for personal recovery in Al

-Anon, and the Traditions help Al-Anon groups sustain their unity and fellowship. The Twelve Concepts of Service provide guidance for service in the Al-Anon fellowship. [CLICK HERE](#) for more information..

How many daily readers does Al-Anon have available?

Al-Anon has three daily readers available. The first on is *One Day at a Time* which was published originally in 1968. In 1992, *Courage to Change* was released followed by *Hope for Today* which came out in 2002.

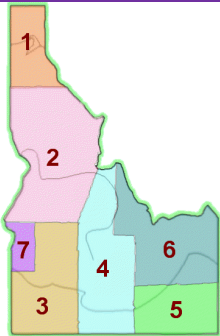
In addition, another daily reader is

being prepared for release. Al-Anon WSO (World Service Organization) is currently gathering submissions from members to be included in this upcoming new daily reader.

What is a good book for somebody new to Al-Anon?

A book designed for the newcomer is *How Al-Anon Works for Families & Friends of Alcoholics*. First available in hardcover, the book is now available in a less-expensive paperback form. Some individuals and groups give a paperback copy of the book to newcomers. For more information and to purchase Al-Anon or Alateen books, contact the Lit Center at 208-344-1661 or al.anon.idaho@gmail.com.

Do you have Al-Anon or Alateen questions you would like explained in this column? Please send them to area13newsletter@gmail.com.



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 Clarkston (WA), Cottonwood, Craigmont, Grangeville, Kamiah, Kendrick, Lenore, Lewiston, Moscow, Orofino, Pullman (WA), Riggins, and 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, Tetonia

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

Phone and electronic meetings

[CLICK HERE](#) for a list of Al-Anon phone meetings or [CLICK HERE](#) for a list of electronic meetings.

BONUS! [CLICK HERE](#) to access the Al-Anon Family Groups YouTube channel.

Map help needed

Do you have the ability to help make a map of Idaho a bit more user friendly for this newsletter? If you are willing to help with this short service project, please contact Jane F at area13newsletter@gmail.com.

Did you know...

that each Al-Anon member can also make personal contributions in addition to your group's contribution to our Idaho Area?

Please send your contribution to

IDAHO AREA AFG

P.O. BOX 1819

LEWISTON, ID 83501

Please make your checks payable to IDAHO AREA AFG. Thank you

District 1 Update

On November 11, District 1 hosted a fabulous Spaghetti Bingo fundraiser for the CDA Convention with Al-Anon participation in May of 2018. We had a great Quarterly Speaker Panel this month as well. Our district is thriving. We had a slightly different format for our October District meeting allowing GRs to connect and discuss issues like a GR exchange and that went really well!

District 2 Update

Here is the results of our district elections: Carol G is the new DR for 6 months; Anne W is alt DR; Marti M treasurer; we have no secretary and currently

District 3 Update

A New Perspective on Al-Anon Service...

For years I have struggled to find the magic words that would encourage Al-Anon members to enter Service. Three legs of our triangle logo, are Unity, Recovery and Service. The unique thing about a triangle is its innate strength - each side supports the other. My recovery would be significantly reduced if I tried to work two parallel lines.

Earlier this year, we held a Workshop designed to encourage Service. Disappointingly, we only had 41 people attend. The greater disappointment was when I asked the attendees how many were already in service; all 41 hands went up – we had not attracted a single member looking to enter service.

It was then that I decided to shift my focus to providing support to those already in Service - helping them increase their recovery. Maybe this will eventually attract more to Service. Maybe...

District 4 Update

D4 is having a Bountiful Blessings Social on Saturday the 18th, a day of Fellowship, Food, and Fun at the DAV Hall, 409 Shoup Avenue in Twin Falls from 11-2pm. If you are in the area, please join us & bring a dish to share.

District 5 Update

District 5 is a great place because of our amazing comradeire and fellowship. Everyone works really hard to live the Al-Anon Legacies. Recovery through the Steps, Unity through the Traditions and Service through the Concepts.

We have our Holiday Bash on the 18th off November with 2 great speakers. Dan G. will share his Al-Anon story and Becky H will share her AA story.

With love and gratitude.

Doug C. District 5 DR

District 6 Update

District 6 does not currently participate in the Area 13 activities.

District 7 Update

Our Spanish meeting started Monday November 13th. They are meeting at Blessed Sacrament Catholic Church, in Ontario. The time is not known.

We have had several discussions at our district and group meetings about starting Alateen in Ontario. I have been contacted by someone in the community to help start an Alateen meeting. It is exciting to see the growth in these areas that have had no meetings.

Service Manual Update

The new *Service Manual* will be posted on al-anon.org in English as a free download in December. The printed English copies are still scheduled to be available for sale in January 2018.

What's with the websites?

A couple of updates regarding websites of interest: The WSO (World Service Organization) website is currently reworking its Members section. The process will be done in a few weeks.

The Area 13 website is in the process of being reworked as well. The timeframe for completing that work has not been determined so stay tuned!

Mark Your Calendars

One of the purposes of this newsletter is to share information about events going on in the districts in Area 13 as well as on the Area 12 and WSO levels as well. This section will be a monthly feature called *Mark Your Calendars*. Please send your event details to area13newsletter@gmail.com.

Survey Says

The 2018 Al-Anon Membership Survey will be open for participation from January 10 through February 27. This survey is only done every three years so your participation is greatly appreciated. Stay tuned for more details.

Thank you for your interest in the Idaho Area 13 Al-Anon Newsletter! This document is published on the 10th of each month with the deadline for submissions being the 5th of the month. If you have items to be included in the newsletter, please email them to area13newsletter@gmail.com. Your feedback for the newsletter would be greatly appreciated. To receive this FREE monthly newsletter, email area13newsletter@gmail.com.