

Al-Anon Idaho Area 13 Newsletter

Issue 6

October 2017

What is Al-Anon and what's an Area 13?

Al-Anon is an international organization to help families and friends of alcoholics. The World Service Organization (WSO) consists of Areas which are made up of Districts consisting of AFGs (Al-Anon Family Groups) AKA meetings.

This newsletter is for Idaho Area 13 which is composed of seven districts including all of Idaho and some small communities in neighboring states (such as Clarkston, WA and Afton, WY). Within Area 13 are about 100 meetings.

Mark your 2017-18 calendars

November 11 – Bingo Spaghetti Fundraiser (District 1) Coeur d'Alene

November 11—Al-Anon Gratitude Brunch with Al-Anon and AA speakers (District 2) – Clarkston, WA

November TBD – Fellowship Potluck (District 4)

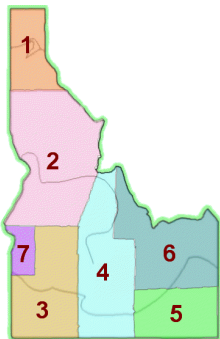
December 2 – Lasagna Dinner (District 3) - Boise

February 3, 2018 – Steps Come Alive (District 3) - Eagle

July 5, 2018 – Day of Connecting Al-Anon's International Convention Baltimore, Maryland

If you have events to add to the calendar, please send them to area13newsletter@gmail.com. Event hyperlinks are appreciated.

Map and communities of 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 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 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

[CLICK HERE](#) for the most current meeting schedules for all seven districts in Area 13

Did you know that Al—Anon has electronic & telephone meetings? [CLICK HERE](#) for more information.

ATTN: Professionals

[CLICK HERE](#) to access the Resources for Professionals portion of the Al-Anon WSO (World Service Organization) website.

Thank you!

To Bret R. and the incredible District 3 team for organizing a WONDERFUL Fall Assembly September 15-16 in Boise!

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.

District 1 Update

Our district quarterly speaker panel this month was phenomenal. Two AAs and 2 Al-Anons spoke on “Carrying the Message” (service sounded like a far less exciting name for the panel!). District 1 is hosting a spaghetti/bingo fundraiser Nov 11th to raise funds for the AA Convention with Al-Anon participation.

District 2 Update

District 2 has moved its meetings from Saturday to Thursday and had 2 guests. Our district elections are scheduled for November. We also plan to have an Al-Anon Gratitude Brunch with Al-Anon and AA speakers on November 11 in Clarkston

District 4 Update

District 4 is planning a potluck in November of fellowship in the District. No specific date has been set and details are to com.

District 6 Update

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

District 7 Update

We did have a very good meeting on October 14 with the best attendance this year. Nancy C brought her slogan game, we had Linda E lead a discussion on Letting Go and Jana M closed with It works because.... We had good discussion on Alateen and vote to update an amendment to start working with district 3 sponsors for help. Also the Caldwell Spanish group is work with Ontario member to start a Spanish group in Ontario. Our next meeting will be March 31, 2018 at Trinity Lutheran church, Nampa. We will be working on Love gift for the delegate.

District 3 Update

2017 was a remarkable year starting with a revised Format for District Meetings which focused on GR training and support. Our Financials were updated to reflect budgeting for both Income and Expense while establishing a Prudent Reserve. We produced three very successful fundraising events: The Lasagna Dinner, Steps Come Alive, and the Service and Sponsor Workshop, and orchestrated the Fall Assembly in Boise.

We currently have teams building a District 3 Website which provides instant access to District, Area and World events and will allow for donations and event registration on-line. Additionally, we are reviewing how to increase millennial participation in Al-Anon. We created a “Meeting of the Month” that encourages members to attend various meetings with different formats.

Planning for 2018 includes a Boundaries Workshop that will spotlight a skill based approach to recovery. The Steps Come Alive will return for a second year and the Lasagna Dinner remains a winter favorite.

Attendance at the District Meetings has increased significantly and participation in discussions is healthy and robust.

Coming next month...

Look for the following stories and other information in our November A13 newsletter...

- Fall Assembly Update
- Al-Anon 101: Answering your questions about Al-Anon
- A new way to connect with others in Area 13

Stay tuned

District 5 Update

Over my short journey on the Path of Discovery in Al-Anon, I have had the honor of sharing my story, sponsoring and mentoring several people at every stage of Discovery. During this time, I am learning a great deal about what actually creates the conditions for sustainable long-term help from our problems when it comes to our inability to deal with our family, friends and loved ones.

What I’ve noticed is it comes down to practicing the teachings from our Al-Anon Conference Approved Literature (CAL) and putting what we have learned into use in our lives.

In the absence of healthy practices, our old behaviors and attitudes became our practice. When I quit focusing on myself and trusting my Higher Power my life became more unbearable. I still have relapses of codependency, reacting and fear but by using the CAL I can always get back to the solution to my problem.

In order to thrive in long-term Discovery, we must nurture new practices in our lives that bring us the kind of pleasure, relaxation, and ease we sought through our old unwanted behaviors.

If you are serious about thriving in long-term, sustained Discovery or helping others to do so, please keep working to improve yourself every day. I know it’s a long journey but in the end, always remember the journey is the goal and if nobody has told you... you’re strong, you’re smart and you’re wonderful.

Thank you for allowing me to be of service it has really helped me down my Path to Discovery.

With Love and Gratitude
Doug C. D5 DR