

Area Outlook

News, Views, and Sharings From the Great State of Idaho

Idaho Area 13 Al-Anon / Alateen Newsletter

Volume 35, No. 3, Fall 2007

Elections Slated For Fall Assembly

At the Fall Assembly in Burley, the Group Reps will elect the following Area Officers: Chairperson, Delegate, Alternate Delegate, Secretary, and Treasurer. The newly elected Area officers will appoint the following Area Coordinators based on the submitted resumes: Public Outreach, Literature Center Liaison, Alateen Coordinator/Process Person, Forum, Literature, Group Records, Website, Archives, and Newsletter Editor.

The Service Manual recommends that Area Officers be chosen from current or past District Reps. If no DRs stand for a position, then a current or past GR may stand for the position.

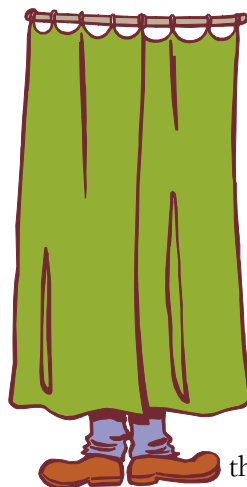
Just a reminder: Area coordinators & officers cannot also be members of AA.

If you are interested in serving on the Area Committee, there is a link for the Area Resume forms. It is in Word so you can download it fill it out, make changes, extend to 2 pages, and save it to other files, etc. The area resumes are important because they give GRs & Area committee members some information about a candidate's Al-Anon background, i.e., how

long you've been in the program, what kind of positions you've held, etc. It isn't meant to be a "business/professional" resume.

The Area Resume link is: <<http://www.al-anon-idaho.org/Reports/reports.htm>>

Being a member of the Area Committee is a great way to be of service. If you have a special skill or the desire to fill one of the above positions, it is a very special opportunity for you.



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Outlook Distribution Changes

Because the old distribution system didn't work well in some parts of the state, the *Area Outlook* will now be distributed via a web-based email system.

It's quite simple. All you have to do is go to the following URL: <http://www.al-anon-idaho.org/Newsletter/index.htm>. You also can get there by visiting the Idaho Area website at <http://www.al-anon-idaho.org>. From the home page, click on the *Area* link and then click on the *Newsletter* link. Click on the *Send your email address* link and request to be put onto the newsletter list. It's anonymous, requiring only your email address (and not your first or last name), it's confidential, and it's efficient.

When the newsletter is ready for publication, you will receive an email saying that it's available on the web with an appropriate link. Once there, you can open and read, print or download it. This is good news for people who don't have high-speed internet. No longer will a fat newsletter file clog up your email server!

If you change your email address, it is your responsibility to go back on the web and sign up again. It's also a good idea to ask to have your old address removed if it hasn't already been so.

Your feedback is always important, so if you have any comments or questions, please feel free to email newseditor@cableone.net. Please note: if you do not sign up this way, you will no longer receive the newsletter, so sign up today! ▲



GROUP RECORDS COORD REPORT

Area Meeting Directory


This is my last year as Records Coordinator so I will prepare an area meeting directory for the end of the year to be included in the area archives. All GR and meeting changes need to be submitted by November 1 for preparation of this directory. These directories actually exist now on the Website. One directory is alphabetized by town. The other directory is listed by district then by day of the week for the meeting day.

Updates from WSO Printout

Did you notice that I did not send the WSO printouts in July for updates? WSO is having computer woes and did not send these out on time. I will prepare these for your updates as soon as I receive them.

Meetings by the Numbers: There are 84

active and suspended Al-Anon meetings in our Area and 41 inactive meetings for a total of 125. This is not counting Alateen meetings.

Updatingly yours,
Toni R. 

LITERATURE COORD REPORT

Electronic Conference Approved Literature (e-CAL) is up and running. Go to www.al-anon.org/members. Use the name of any Al-Anon/Alateen group plus the letters AFG in as your password. If you want to submit something, click the e-CAL logo and use the red button to submit your presentation. Follow the navigation bar to "View e-Cal".

Please share your stories for OUR RECOVERY IN RELATIONSHIPS. Go to the web site to submit. Other ways to submit are: Fax: 757-563-1655

Mail: 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617

Courage to Change is available on CD-ROM so you can read it on your personal computer. If your computer has a voice chip, you can listen too! You won't be able to make copies, download it, play it on a Mac, CD player, or on any new Vista operating system.

Our newest book, "Opening Our Hearts, Transforming Our Losses" (B29) faces grief and loss with the help of Al-Anon. This book shares the experiences of hundreds of members in finding hope and serenity by applying Al-Anon principles to the many losses that accompany the family disease of alcoholism.

WSO is seeking articles from professionals for publication in the magazine "Al-Anon Faces Alcoholism 2009". The articles should include:

1. Why Al-Anon is recommended?
2. How to identify patients or clients who need Al-Anon.
3. The improvements seen in your clients as a result of attending Al-Anon.

Submit to the web site. Articles should be 400-800 words. 

The Area Outlook is published quarterly by the AWSC Newsletter Editor for members of Al-Anon Family Groups and Alateen. Materials for publication consideration should be sent in the following formats: Word, WordPerfect, Text, or Works. Prepared flyers or inserts that do not require formatting and layout may be sent as a PDF file. Email submissions to newseditor@cablone.net. Be sure to include "AFG" in the Subject line to avoid the spam filters. For those with no internet access, hard copies may be mailed to: Diana P. P.O. Box 1132 Meridian, ID 83680. The Al-Anon traditions will be honored in our newsletter.

We just celebrated Alateen's 50th Birthday by renting a giant waterslide and having a fun day in the sun. We charged \$5 for all day fun on the waterslide and a hotdog and ice cream. It was open to people of all ages. The District brought in \$182.75 which almost covered the cost of the slide. We also received a ton of donations from groups within our District to help our Alateen Day. I was there with my kids from noon till 8pm and I can tell you the day went by fast! It was a great turn out.

A few weeks ago we had a table set up at the Coldwater Creek Safety Fair. We did this last year with a wonderful turnout. This year, the turnout was not as good. We will continue to do the Safety Fair and look at other Health Fairs in our area.

In September we will be having our annual fall fundraiser. This year, we are putting together a Karaoke Night with a Dessert Auction. We are charging a flat cover charge of \$4 at the door, half price if in costume. We have a planning committee that has been meeting once to twice a month. Everyone is excited about the big night.

In September we will be starting a new committee for next year's Steps Workshop. We have invited Mary Pearl to come to Coeur d'Alene to do a 2 day Workshop. This is very exciting for Northern Idaho and probably will be one of the biggest District events.

Our groups in the District are doing well. We have had some changes in times and our Alateen group has temporary moved to the Alano Club due to the church being remodeled. The Alano Club is hoping the Alateen's will stay there because there is an AA meeting that meets at the same time. It's all up to the teens. Our Coeur d'Alene Alateen group is also looking in starting a new meeting that will meet on Tuesday nights, the same time as one of our Al-Anon groups.

At the end of the school year we had a few of our Alateen's do some outreach in one of our local middle schools. They were able to do a 5 minute video presentation about Alateen that was broadcasted throughout the school then for the rest of the school day they did a talk in the 8th grade health classes. They are already planning on reaching other schools in the next school year.

Our District is getting ready for elections at the Group and District level this October. We are hoping for a good turn out and have a lot of new Al-Anon's showing interest in service. We have our fingers crossed. It's been a wonderful journey being of service at the Area level. Thank you all for being a part of my journey.

Love and Hugs in Service
Lori



**2007 Winter Issue
Deadline &
Publishing Dates**

Nov. 2 Deadline
Nov. 9 Publication

Please honor deadline dates. The editor cannot guarantee immediate publication of any article submitted after the deadline.

Our District has had great success in incorporating the District meeting, Service Manual book study and a barbeque at the same time. We now have literature in 1 hospital as well as the Pain Clinic. We have been on a campaign to place literature on public bulletin boards throughout our valley. Kendrick hosted the Salmon River Campout in May and Al-Anon meetings have been held at AA campouts throughout the summer. The Moscow Monday night and Kendrick meetings have changed their format and designated a day for speaker meetings.

Respectfully Submitted,
Berta R.



DISTRICT 3 REPORT

Greetings from District 3! I can't believe this is my last report to the Area World Service Committee. It is really true that as soon as we start to understand our service positions it is time to change!

Here's a brief summary of what's been going on in our District.

EVENTS

We just completed the 2nd Annual Gem State Roundup August 3-5. It looked like a great success to me. A huge thank you to Michelle H., our Al-Anon Roundup chair, Traci E., co-chair, and all the Al-Anon volunteers who made the event happen. The Al-Anon luncheon speaker, Dawn C. from Chicago, was exceptional.

Our Mary Pearl weekend workshop July 20-21 was wonderful. The facility has gardens and a labyrinth for walking meditation that enhanced the weekend. I found Mary Pearl's message to be hopeful and very inspiring. We invited the taper from Salt Lake to record the weekend so if you missed her in person you can still hear her.

This Fall/Winter the District has two more annual events in the works – the Chili Feed in October and the Lasagna Dinner in December. We will publish information on the website as soon as we have dates/locations.

OUTREACH

We are in the process of starting an Institution meeting for the women who are at the Women's Correctional Facility in Boise. Some of these women participated in the Al-Anon meeting when the prison was located in Pocatello and they've been waiting a long time for it to resume. Four members attended a 4-hour training session at the prison and we're working with members who have experience with inmates to help us start the meeting.

Some other members are working on starting an Institution meeting once/month at Intermountain Hospital in Boise, a psychiatric hospital that has some patients with addiction problems. The meeting is for family members in conjunction with their visiting hours.

This year we increased our annual Outreach magazine order to 400. This is an easy and popular outreach project that allows all members to participate.

DISTRICT

Our District really wanted to support the Regional Service Seminar coming up in September in Minot, North Dakota, so we voted to send one of our GRs. Kathy W., GR for the Wed night Federal Way meeting was chosen and is making plans to attend.

The rest of 2007, we will be holding our District meetings at the Broadway Avenue Perkins in Boise on the third Thursday of each month from 6:00 (5:30 to eat) to 7:30 p.m.

GROUPS

As usual we have lots of activity with our groups, so please check online or call Beverly at the Literature Center 344-1661 for the latest group information.

- The Sunday evening meeting has become a book study meeting and they started reading the new book, *Opening our Hearts Transforming our Losses* in July.

- The Wednesday 6pm Collister meeting and the Thursday evening Men's meeting continue to grow, with GRs elected for the first time this year.

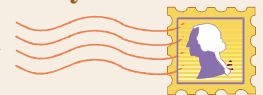
I am very grateful for this opportunity to serve. Thank you all!!

Love in Service,
Laura



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Idaho Al-Anon Newsletter

P.O. Box 1132

Meridian, ID 83680.

Don't forget your full name & address!

District 5 is wrapping up its summer events and heading into the Fall and winter leg of the year. We had our annual picnic at Lava and had a good turn out. This was our second year in Lava.

We have been planning our Holiday Bash and getting ready for it.

Plans are being made for the Halloween event.

We are getting ready for Recovery Fest, this gets us a lot of exposure to the professional community.

I have learned a lot this past year; it saddens me that my term is getting close to the end, as I have enjoyed this part of my service work. Seems as the terms are winding down, so is everyone else.

Our next District we will be voting for new officers and getting them into place. District 5 is looking at having 2-year terms for their GR's and other District officers.



Love in Service
Wanda



Warm greetings from District 6! Summer is coming to a close and we are ready to jump into fall with a busy agenda, as follows:

Outreach

We have formed a new coordinating committee which hopes to equip each AFG with material for outreach and collectively get the word out to our community about the help available in Al-Anon.

Alateens

We have an Alateen group that meets on Thursday evenings. We hope to see more Alateens as the year progresses and plan to organize a social in the fall to celebrate Alateen's 50th year.

Speaker brunch

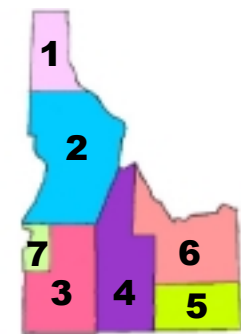
We have a speaker brunch on the third Sunday of every month (excluding June and December) at the Red Lion on the Falls. This brunch follows the district meeting. At the brunch in September we plan to have a panel discussion on "The tools of the program."

In December we have our annual Holiday Social (a potluck dinner and raffle) which is currently our biggest fun(d)raiser of the year. We usually get two speakers (from Al-Anon and AA) with open attendance from both programs. Over seventy-five people attended last year's Holiday Social- it was a huge success. We are looking forward to it again this December. We are open to new ideas for fun(d)raisers

Maybe we can borrow fun(d)raiser ideas from other areas, like District 1's talent or variety show or karaoke (hey there's a lot of on-topic songs out there!) along with a speaker/brunch. We'll see. As they say in Al-anon, Easy Does It...First Things First...Keep it simple.

We feel inspired by all the information available on the Website and in the Area Newsletter! I love this program!

Best wishes to all.
Jody C.



AREA CHAIR REPORT

Hello from the Area Chair! We had a great Area Committee meeting on August 18, and we have an exciting Assembly planned for the fall. Be sure to register before September 1, 2007, to get the lower rates.

There are four voting issues for Group Reps to consider at the Fall Assembly.

Vote to approve the NEW Alateen Sponsor Certification process.

This was approved by the AWSC several months ago. It streamlines the process and gets rid of a paid middleman. Each Al-Anon member interested in Alateen service, is now responsible for getting their own background check done. Fingerprints and other information are sent to the Idaho State Police and the results are sent to our Area Alateen Process Person. She sends paperwork submitted by interested members to the WSO for final certification & a WSO issued I.D. number. The best news of all: IT'S WORKING!

ELECTION OF AREA OFFICERS!

Group Reps will be electing a new Delegate, Alternate Delegate, Treasurer, Secretary, and Area Chair. Al-Anon resumes have been submitted by those interested in serving as Area Officers. Each District Rep has copies. Electing Area Officers is an important part of being a group rep. Elections will be held in the morning on Saturday. Don't miss it!

Vote to affirm the Idaho Policy Manual updates.

The AWSC decided to review & update the Policy Manual. The Area Committee is reviewing the revised manual and will vote via email to approve it (once all changes have been made). The Group Reps are asked to affirm the vote of the AWSC at the Fall Assembly. The revised Policy Manual is available for review on our Idaho website. Just click on <<http://www.al-anon-idaho.org/Reports/IdahoAreaGuidelines-8-18-07.pdf>>

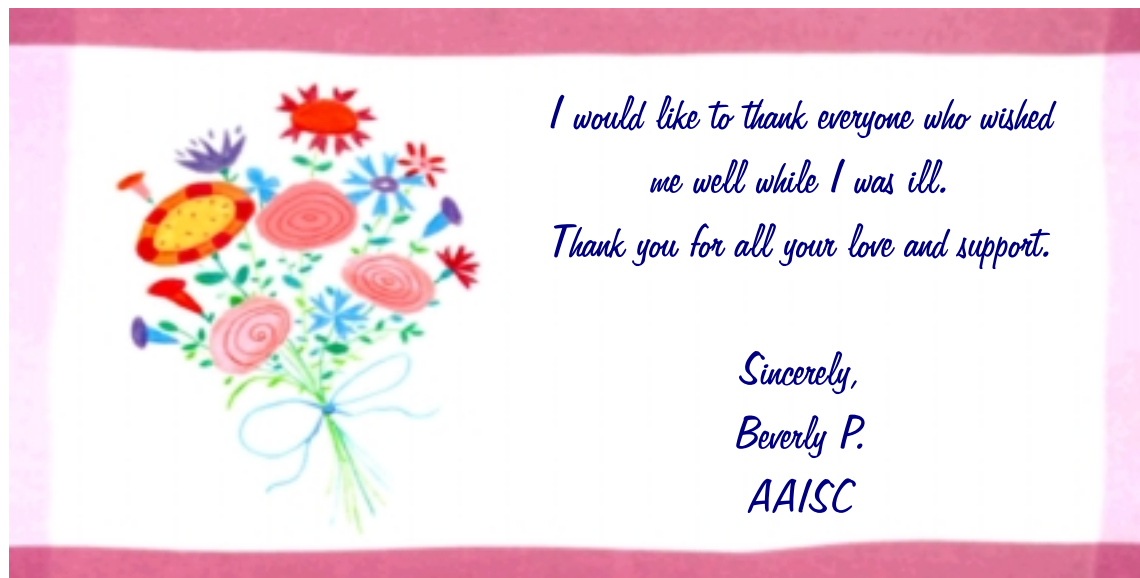
Should we Increase the Delegate Equalized Expense, from \$1698 to \$1959, to reflect the actual cost of sending our delegate to the World Service Conference in 2008?

Our Area Treasurer, Joan B., read a letter from the WSO explaining an increase in costs. Each area decides whether or not to pay the full amount or a portion of it.

The Friday night GR Exchange meeting is a great place to bring your questions, if you have any. Also bring your solutions & new ideas! We'll be asking for your input all weekend on several hot topics.

See you in Burley!

Love in Service,
Ruth B.



LITERATURE CENTER LIAISON REPORT

Greetings! The Al-Anon-Alateen Information and Service Center (AAISC or Literature Center) is abound with changes this year. First and foremost, we welcomed three new Board members to three-year terms: Roxanne L. as Treasurer, Carla H. as Vice-chair, and Michelle M. as Area Liaison. We are grateful for Renee J's leadership, Will's dedication, and John B's extended length of service, allowing for a smooth transition.

Second, we have joined the 21st century with the acquisition of Internet service at the Literature Center! Look for a PDF of our order form on the Al-Anon Area web page Literature Center link coming soon, thanks to Toni R. This will facilitate ordering in two ways: (i) the form can be printed and mailed with your payment, or (ii) the PDF can be emailed as an attachment to Bev, our Office Manager, at Al.anon.idaho@gmail.com with payment by mail. We strive to improve service to our customers in lieu of our limited business hours.

Third, the *Guidelines for Off-Premise Sale of Conference-Approved Literature* have been revised to clarify responsibilities and simplify the bookkeeping process involved in sale of CAL at Assemblies and other events. You will find the Guidelines posted on the Area web page.

Al-Anon's newest addition to CAL, *Opening Our Hearts*, has been flying off the shelves. Bev has sold five cases since May. You may have seen the flyer Carla H. created, attended the Sunday Night Al-Anon meeting book study, or already own the book yourself. Check it out!

And last, the Board will have two vacancies at the end of this year. Let us know if you are interested in stepping up to this excellent service opportunity.

Thank you for your ongoing support. Remember, the Literature Center depends on your donations to stay open.

Yours in Service,

Vivian L, Carla H, Mike G, Roxanne L, and Michelle M.



INSTITUTIONS REP.

An institution is a residential facility, with limited access to the public. Such facilities include: treatment centers, hospital alcoholism units, correctional facilities, juvenile detention centers, group homes, halfway houses, shelters for homeless and/or battered women.

Provide programs for "Family night" at treatment centers

Institutions would like all the Districts to get one of these Group projects going in their District

- Take pamphlets to police stations;
- Send meeting schedules to mental health clinics;
- Contact college health professors, health clinics, and guidance counselors;
- Send literature to area jails and correctional facilities;
- Donate Al-Anon/Alateen books to public libraries;
- Donate literature to women's shelters;
- Send Alateen literature to schools;
- Have Al-Anon/Alateen meetings listed in bulletin of host church

Love in Service

Wanda



Events

Each district is encouraged to announce Al-Anon events on the Website. I can attach flyers or link to other Websites to help spread the word for your event. Remember to send me the town for the event. We normally do not put the town on the flyer but I use it on the Web page to help people determine if they can attend. The event is removed the day after the event takes place.

Newsletter Distribution

I created a generic email account in our website. This generic email account lists email addresses of those wishing to receive the newsletter. The individual email addresses are not visible to those receiving the email. If you wish to be added to this distribution list please email webinquiry@al-anon-idaho.org.

Respectfully submitted,


Toni R.

Website Coordinator

www.al-anon-idaho.org



WEB COORD REPORT



Sharing & Caring

Everyone Has Value

It received the most accolades at the art show. A near masterpiece in oil, the magnificent pastoral scene depicted a cozy cottage perched next to a babbling brook. The wispy clouds were reminiscent of angel wings. The variegated greens and blues in both muted and vivid hues suggested peace, beauty and tranquility.

Was this an invitational sale at the Art Institute of Chicago? Was it launching a new artist at a trendy north side gallery? No. It was a fund-raising event at the Menard State Prison, Illinois' largest maximum-security facility for men. The inmates created all the exhibits. The man who painted the pastoral scene inhabited death row. He murdered two members of the same family sometime in the late 60's.

It was 1971 and I was a sophomore at Southern Illinois University. As I stood admiring the condemned man's offering, I wondered how someone so evil and worthless could create something so beautiful and treasured.

This was my first conscious glimpse into the awareness that everyone, even the lowliest of the low, has some kind of value. Many years later, at a different prison in a different state, the notion came to fruition.

I was one of three volunteers for an international public speaking club at the South Idaho Correctional Institution. It was the men's minimum-security facility, but the instructors cautioned us not to make light of it. Idaho has a merit system where those who are approaching parole or sentence completion, gradually are transferred from maximum, to medium and finally to minimum security.

My reasons for volunteering for this service were deep and personal and I didn't share them. My brother was murdered in 1984. I knew any stored up anger and hatred over this life-changing event eventually would fester inside me until it claimed my own life. I decided not to let my brother's murderer add me to the notch on his gun, so I took whatever steps necessary to heal myself from this unbearable burden. Twenty years later, after anger, tears, counseling, therapy, forgiveness, and the 12 Step Program, I found myself wending my car through the prison compound. This was the next chapter in my healing.

Once the gavel came down, I discovered this was like any other meeting. People got up and spoke. They had fears, concerns and problems just like everyone else. They enjoyed entertaining or humorous speeches and the accompanying laughter, just like everyone else. Some suffered from intense stage fright, but the accepting, constructive environment of that meeting helped them overcome it, just like everyone else. A few "hams" would take center stage now and then, just like any meeting on the outside.

Something amazing happened as I watched these men: they grew and developed, in both small and large ways. They were helpful and supportive of each other. Prisoners learned how to give and receive compliments and constructive suggestions for improvement. They took leadership positions, made commitments, and for the most part kept them. Nearly all of them remarked that during those weekly two-hour meetings, they did not feel as if they were in prison. Something amazing happened inside of me, as well. I came to accept these men just as they were. It was the blessings of my Al-Anon program coming into full bloom.

Despite the common bonds these convicts had with my public speaking club on the outside, I had no illusion they were just like everyone else. They were murderers, rapists, child molesters, drug dealers, drug users, small-time thieves, big time embezzlers and who knows what else? As volunteers, we were not allowed to ask about their convictions. However, I could look up the offenders on the Internet and learn about their misdeeds, some of which were major.

Still, I was reminded of one basic principle: everyone has value. I was in a situation where I interacted with men I would evade on the outside. It was deeply important for me to see that this element of humanity had value and positive qualities. Somehow I was able to transfer that realization: even the man who murdered my brother must have some value. We are all creations of the Creator. I know that only working the 12 Steps could have brought me there.


I think the very talented artist whose magnificent work was displayed in Menard so many years ago, deserved the death penalty. I was aware that in those prison meetings, I was in a room with sociopaths, deviants, predators, addicts, people who made a mistake and were paying for it, or other such unfortunates, laughing and sometimes crying about their stories. I am truly grateful my Higher Power gave me the opportunity to see these souls have a spark of value. That perhaps I could provide a service to help them develop or increase that spark, even in the smallest increment, felt good to me.

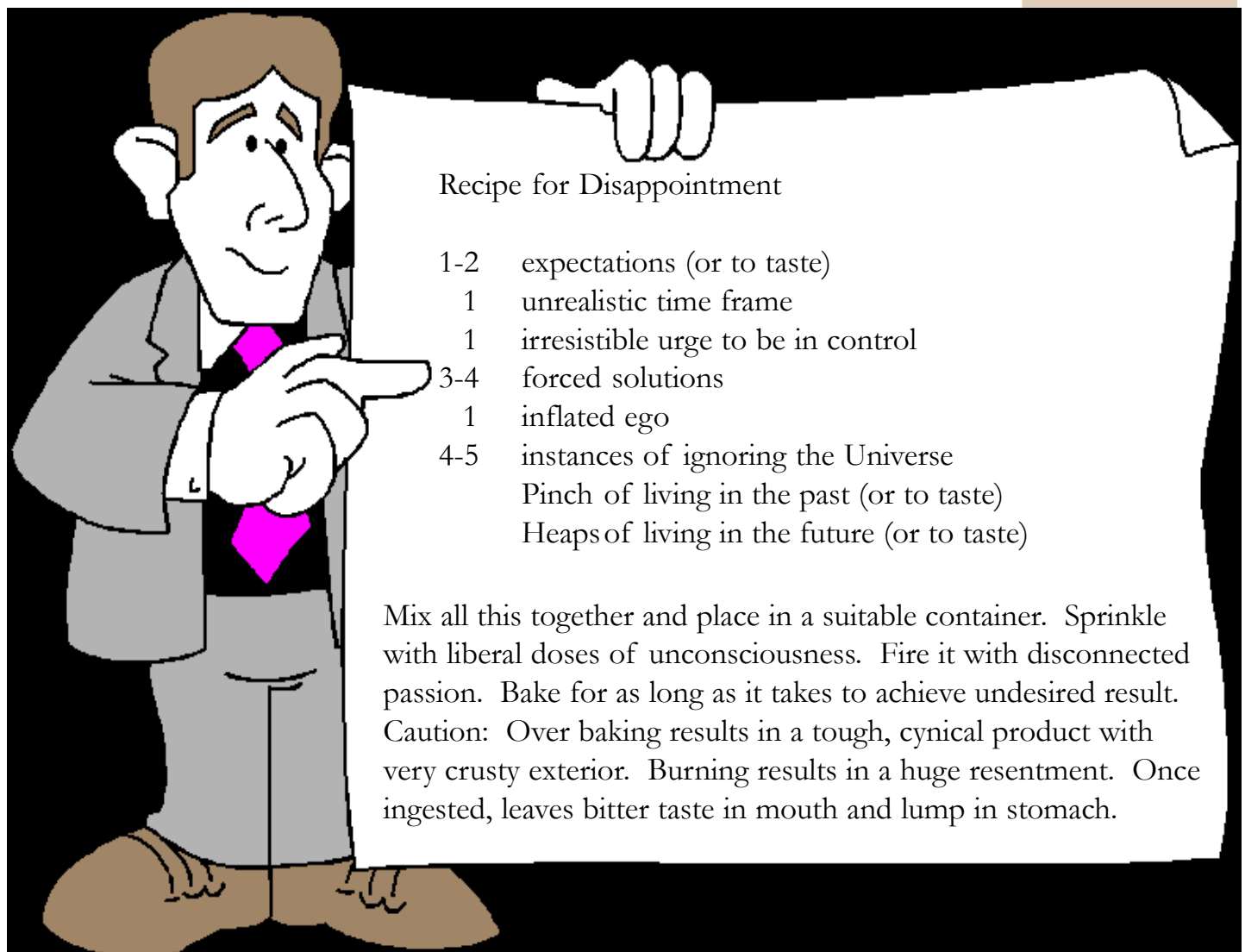



Step 3 Study Guide

1. Look up the Third Step Prayer in the Big Book (pg. 63). Read through it and write about what it means to you.
2. This Step has several parts:
 - What does “Made a decision” mean to you?
 - What does it mean to “turn over my will”?
 - What does it mean to “turn over my life”?
 - What does “God as I understand Him” mean to you?
3. Daily journaling:

In the evening, write about what made you fearful today. Did you think about a Higher Power in the situation? Did you ask your Higher Power to help? If you had thought about God, turned it over to a Higher Power, would it have been better?

In the morning, think about what you can trust your Higher Power with, or turn over to the God of your understanding, today.
4. Follow the Step Study Guide for Step Three. Read all the pages listed on Step Three. Jot down key thoughts from the readings.
5. Read all the pages on the Slogan “Let go and Let God” from the ODAT, & Courage to Change. Jot down key thoughts. 





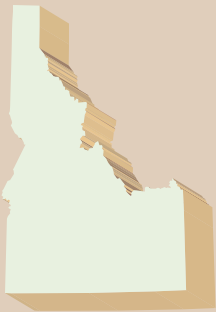
Calendar of Events

Sep 14-16, 2007
Northwest Regional Service Seminar
(NWRSS),
Minot, ND

Sep 15, 2007
Spaghetti & Speakers,
Twin Falls

Oct 5-7, 2007 Fall Assembly, Burley

May 2008 Spring Assembly, Ontario



Idaho Al-Anon
Newsletter
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