

# Area Outlook

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

Idaho Area 13 Al-Anon / Alateen Newsletter

Volume 35, No. 2, Summer 2007

## AREA CHAIR REPORT

### Alateen Is AWSC Priority

The big news from the Area Assembly is that we approved the "Alateen Attendance at Al-Anon Functions" guidelines. John E., the Boise District Alateen Coordinator, presented guidelines he compiled based on information from other areas. You can check them out on our website at [www.al-anon-idaho.org/Reports/AlateenParticipationFINAL.pdf](http://www.al-anon-idaho.org/Reports/AlateenParticipationFINAL.pdf).

We're still struggling with the Alateen Sponsor Background Checks. The Area Committee is now working to simplify the process. It became apparent that what we were doing was very complicated. As your trusted servants, the AWSC felt the issue was too important to delay.

After hearing the questions, responses, and discussion of background checks for Alateen sponsors at the Assembly, I remembered our slogan "Keep it simple." "This slogan reminds us that we can't control every possible outcome to every situation and that trying to do so makes our lives more difficult and more stressful than they already are.

When we "Keep it simple," we try to take things at face value, looking at what is actually happening rather than the fifty things that might or might not follow." From page 67 of "How Al-Anon Works".

A simplified certification process will be presented to Group Reps prior to the Fall Assembly for review. It will be on the Business Meeting Agenda in Burley for a vote. In the meantime, the AWSC will review the process and, with their approval, we will take action. We hope to have all current Alateen Sponsors certified, with background checks completed, by July! Hurray!

At the Spring Assembly in Pocatello, we selected 3 people to send to the NW Regional Service Seminar in Minot, ND, on September 14-16, 2007. The Idaho Area will pay their expenses. The 3 names drawn were: Berta R. from District 2! Cass F. from

District 5! Jeanne H. from District 5! The 2 alternate names selected were: Kathy W. from District 3 and Wanda L. from District 5. Congratulations to everyone!

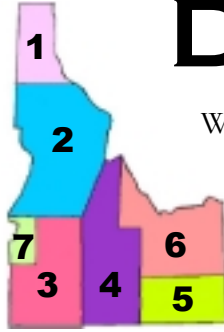
A Regional Service Seminar creates excitement about Service! Expect to hear our Idaho attendees report back about the RSS at the Fall Assembly in Burley. Plus we'll get to read about their experiences at the RSS in an article each will write for the Area Newsletter.

Thank you all for attending the Area Assembly. We appreciate your voice and your vote at our assemblies. Together we can do what I could never do alone.

Love in Service,  
Ruth B.



## DISTRICT 1 REPORT



# DISTRICT REPORTS

We had a successful Spring Fun-Raiser in April. This year, we did a Talent Show that showed off some of our local Al-Anon and AA talent. I have to say, I was very impressed!! District 1 has some wonderful talent. We even had some Alateens do a Carol Burnett skit. After the Talent Show we had AA and Al-Anon speakers from Sandpoint share their experience, strength, and hope. We filled the Alano club with wonderful recovery and tasty desserts. Our groups in our Districts donated baskets filled with goodies for the District Raffle. This year we added a 50/50 Raffle which brought in over \$100 for the District. One of our Alateens won the 50/50 and ended up donating half of her money to Alateen so they can purchase Literature to bring into the local schools. Alateens also sold sodas and water that night. They did a fantastic job and we are all very proud of them. The other thing I wanted to mention was that we had members from Bonners Ferry and St. Maries, two of our farthest towns in our District, show up at the Fun-Raiser. One of the groups even donated a basket for the Raffle. We were so grateful to them. The whole experience was wonderful and we owe much gratitude to the committee that helped to put the evening together. For the next District Fun-Raiser we are looking into having a Karaoke Night. I will keep you all posted!

In February we had a Concepts of Service Workshop that was a huge success. We decided to have another one in Sandpoint. The District is looking forward to hosting it again!

We just had another North Idaho Behavioral Health Meeting last week. This is an outreach project that the District will be doing every 6 weeks during family night. Four Al-Anons get to share how they came to Al-Anon and how it works for them at the end of the evening. It's been a wonderful experience and we have gotten a lot of positive feedback from the family members and the hospital staff.

That's it for now. Thanks so much to everyone who has supported District 1.

Love in Service,  
Lori M.



## DISTRICT 7 REPORT

1. Spring into District 7 Speaker's meeting and Potluck:

We had a very successful Al-Anon event with two speakers, Tracy from District 3 and Kathy B from District 7, and a great raffle. We appreciate the fellowship and support from District 3 as they once again made the trek northward to eat and share with us.

2. We have a small committee working with AA Districts 9 and 11 to plan the 2008 Spring Assembly to be held in Ontario, OR. We are feverishly listening to tapes of Al-Anon speakers to pick our favorite; one with a strong Al-Anon message of Hope for the Future and Peace from the past!

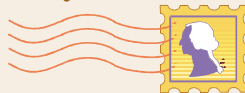
3. My personal goal as District Representative for District 7 is to make it to all of our District meetings. Slow but sure is my motto. So far I've made it to Nampa's Beginners meeting on Monday night and to Weiser's Party Poopers on Thursday night and to Courage for Today in Ontario on Thursday night, my home group.

Kathy B.



### Need to Subscribe By Mail?

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costs \$6 for 4 issues.



Send a check or money order payable to:

Idaho Al-Anon Newsletter

P.O. Box 1132

Meridian, ID 83680.

Don't forget your full name & address!

# DISTRICT 3 REPORT

Hello from District 3!

We just held our annual Spiritual Breakfast and it was wonderful! Our Al-Anon speaker, Mark A., shared an inspiring story of how Al-Anon works when we work it. Thank you Mark! I appreciate all the work that our host groups put into the event to make it a really special day.

The Spiritual Breakfast is our District fundraiser and we have a special purpose for the money this year. At the Spring 2007 Assembly in Pocatello we heard about the Regional Service Seminar (RSS) that will be held in Minot, North Dakota September 14-16. **At our May District meeting, we voted to send a GR from our District to the RSS!** We will choose the person at our June District meeting. Service is so important to Al-Anon's health and future that we committed to send a person while trusting that we will be able to raise the extra \$700 needed for the trip.

## EVENTS

Here are some upcoming District events:

- Mary Pearl Step Study! We are all excited to be hosting this special speaker event. Mary Pearl has a true gift for bringing the 12 Steps of Al-Anon to life and inspiring people to study the Steps and Traditions at a deeper level. Dates: July 20 (7-9pm) and July 21 (10-5pm)  
Place: Unitarian Universalist Church, 6200 Garrett St, Garden City.  
Cost: \$12 for registration (no meals provided at this event).  
Flyers: on our Area website [www.al-anon-idaho.org](http://www.al-anon-idaho.org)
- 2007 Gem State Roundup! Michelle H. (371-4431) and Traci E. (841-8001) are co-chairing the Al-Anon portion of this event and would love to hear from you if you have questions or want to help. The 2006 Roundup was great and this year's will be even better!  
Dates: August 3-5  
Place: Doubletree Riverside.  
Flyers: see [www.gemstateroundup.org](http://www.gemstateroundup.org) for more information.

## DISTRICT MEETINGS

Our District meetings have settled on a new location for the rest of 2007. We will meet the third Thursday of each month at Perkins Restaurant, 300 S. Broadway Ave., Boise. Everyone is welcome! 5:30 p.m. to eat, 6:00 – 7:30 for the meeting. June's education/discussion topic will be "How to do Public Outreach."

Thank you for allowing me the opportunity to serve Al-Anon as District Representative from District 3!

Love in Service,  
Laura F.



Do you know who our Area Alateen Process Person (AAPP) is? Currently, it is me, Cecilia, your Area Delegate. We are looking for a person willing to serve as AAPP. I must say, it is a great service position and I have learned a lot.

Did you know all new and existing Alateen group changes must go through the Area Alateen Process Person? If you send it directly to the World Service Office (WSO) it will come back to the AAPP and delay the process for your Alateen group.

We are currently contacting all of our past and present Alateen sponsors to begin the background check process. We need all Alateen sponsors to fill out new paperwork.

I do have all the current Alateen forms, which I would be happy to mail or email to you. We also have all Alateen forms on our Idaho Area Website for your convenience. If you have any questions, or would like to volunteer for this position please feel free to contact me; Cecilia S. at [brfuture@earthlink.net](mailto:brfuture@earthlink.net)

Yours in love and service,  
Cecilia S.



# ALATEEN PROCESS PERSON REPORT

## DISTRICT 4 REPORT

## AREA GROUP RECORDS COORD REPORT

Greetings From District four ☺

WOW! We have quite a bit going on. We welcome our new group in Bellevue, Idaho. We are still working on getting one open in Jerome, in due time.

We currently have 10 active Al-Anon Meetings in District 4. Most are doing very well with abundant attendance, and a healthy recovery. Progress not Perfection.

Our service work at the Walker Center located in Gooding, Idaho is going very well. We take Al-Anon literature and cards with the Al-Anon website and the hotline phone numbers on them. I appreciate all our volunteers that go to the Walker Center. J

♥ Yard Sale: For one of our fundraisers this year we will be having a yard sale July 21, 2007 at The Church of the Ascension located on Eastland, in Twin Falls, Idaho.

♥ Fall Assembly: October 5, 6, and 7<sup>th</sup> at the Burley Convention Center. Our theme will be "New Thinking, New Energy, Abundant Outlook" With much help from our Area Chairperson, Ruth B. I was able to attain a Guest Speaker Vicki H. from San Jose, California. We are just so excited to have Vicki J

Participation is the Key to Harmony,  
With much love,  
Heidi J.



### Meeting Updates

I emailed all District Reps detailed information about groups prior to the spring Assembly. DR's had the opportunity to send corrections before I created the Assembly GR report for voting to the Area Secretary.

### Meetings on the Web Site

Meeting schedules by town and day of the week are created for each District whenever a change is reported to the Records Coordinator or Web Coordinator. These schedules can be viewed and printed from the Web site at [www.al-anon-idaho.org/](http://www.al-anon-idaho.org/) by selecting Meetings. They are created in a PDF (Portable Document Format) format which can be ready by Adobe Reader; free software that can be downloaded to your computer.

Anyone can help keep meeting schedules current by emailing changes to me. I can update the database and WSO at the same time. Just click on the Web Records Coordinator link from the meetings Web page or email me directly.

### Alateen Meetings

Alateen meetings do not show up on the meeting schedules on the Web site or in my database. I do not receive information on these meetings from WSO or the groups. The Area Alateen Process Person is the only one who receives this information. I thought it best to omit the meeting information rather than report it incorrectly.

### 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 Al-Anon meetings.

### Group Numbers

WSO has restructured their database so new group numbers are very long. Be prepared for numbers such as 30502160! Group numbers are included on the Web meeting schedules. Please use these numbers to communicate changes for your group.

Updatingly yours,

Toni R.

Area Group Records Coordinator



# FALL ASSEMBLY SCHEDULE

October 5, 6, 7, Burley, Idaho  
“New Thinking, New Energy, Abundant  
Outlook”

FRIDAY 5, 2007

6:00 p.m. to 7:00 p.m. Al-Anon Assembly  
Kick Off with open meeting, Topic “ How  
to be involved in Service” Hosted by:  
District 4

7:30 p.m. to 8: 30 p.m. G.R Exchange,  
Hosted by Myrna C., Alternate Delegate

7:30 p.m. to 8:30 p.m. D.R. Exchange,  
Hosted by???

SATURDAY 6, 2007

9:00 a.m. to 11:15 a.m. Open Al-Anon  
Business Meeting, Coordinator Report,  
Delegate Report

11:30 a.m. Al-Anon Speaker Luncheon ,  
Guest Speaker Vicki H. From San Jose,  
California

1:30 p.m. to 4:30 p.m. Open Al-Anon  
Business Meeting-Elections

2:00 p.m. to 3:00 p.m. Open Meeting,  
Topic: “Reaching Out,” Hosted by ???

3:00 p.m. to 4:00 p.m. Open Meeting,  
Topic: “Let it Begin With Me” Hosted by  
District 3

6:00 p.m. Assembly Banquet, Raffle  
Drawing, AA Speakers: Jay and Cecelia  
from California

9:30 p.m. to?? Dance

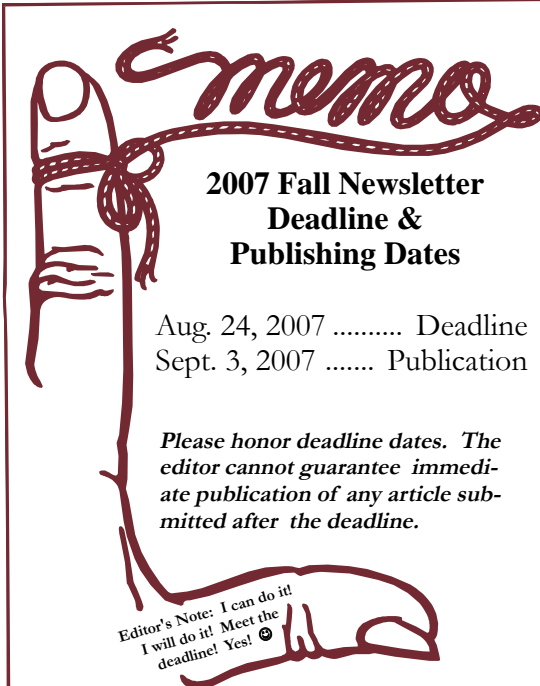
Sunday 7, 2007

7:30 a.m. Al-Anon Spiritual Meditation  
with?????



## Step Two Study Guide

1. Write about your concept of “God.”  
What does the word “God” mean to  
you?
2. Make a list of all the insane things you  
did trying to control the alcoholic, etc.
3. Make a list in two columns, one called  
“Religion,” the other “Spirituality.”  
Under each heading, list as many words  
or thoughts as you associate with them.  
How are they different?
4. Read the chapter on Step Two from  
“Paths to Recovery.” Answer the ques-  
tions at the end of the chapter. Read  
pages on Step Two from all your Al-  
Anon books. Jot down key thoughts  
from the readings.
5. Daily writings:  
Did you bring a Higher Power into your  
life today? How?  
Did you feel a Higher Power’s presence  
today? How did it make you feel? If not,  
how would your day have improved with  
a Higher Power’s presence?
6. Optional: Read the book, “As We Under-  
stood” for this step—great resource for  
those struggling with a concept of a  
Higher Power.
7. What does Step Two mean to you?  
Look at Trust. Look at not being alone  
anymore.



**2007 Fall Newsletter  
Deadline &  
Publishing Dates**

Aug. 24, 2007 ..... Deadline  
Sept. 3, 2007 ..... Publication

*Please honor deadline dates. The  
editor cannot guarantee immedi-  
ate publication of any article sub-  
mitted after the deadline.*

Editor's Note: I can do it  
I will do it! Meet the  
deadline! Yes! ☺

*Tradition 7*

*“Every Group ought to be fully self-supporting, declining outside contributions.”*

But did you know? All levels of Al-Anon Service ought to be self-supporting, declining outside contributions. What does this mean? It can be very confusing knowing where to send our group contribution, and for how much. I have been asked this many times; and of course, the final decision of how much to send, and where to send your group’s contribution, is your group’s decision through a group conscious.

**Group Donations to the District**

Your contributions to your District pay for:

- Sending your District Representative to District Meetings, Idaho Area Assemblies & Area World Service Committee meetings. This is our # 1 responsibility, as a district, to make sure “our voice” is carried from the district to our state’s assemblies and AWSC meetings.
- A Phone Service - if your district has one. This is our # 1 outreach service for potential newcomers to get a hold of Al-Anon in the district through a listing of group meetings, and contact people.
- Printing cost for schedules, flyers and mailing of newsletters. This service keeps all of our groups in our district informed, whether or not the group has a group representative that attends our district meetings.
- Public Outreach for the District – This service pays for public outreach in our district – reaching out to the community informing Al-Anon is available.
- Special Events – The district tries to have special events such as fundraisers, potlucks, speaker meetings and workshops.

Group Donations to; Idaho Area  
Made out to: Idaho State Al-Anon  
C/O Joan Bevan  
22329 Kimberly Road  
Kimberly, Idaho 83341-5046

(Be sure to write “group donation” & district # on your check)

**Your contributions to Idaho Area pay for:**

- Sending our Delegate to the World Service Conference (2 consecutive years to Virginia Beach, VA and 1 year to Stamford, CT). This is our # 1 responsibility, as an Area, to make sure “our voice” is carried from the Area (State of Idaho) to our World Service Conference. The Delegate also attends a Northwest Regional Delegates Meeting once a year in the Northwest region.
- The Area is also responsible to send our Idaho Area Committee to all Idaho Area Assemblies & Area World Service Committee meetings. Currently, our Area Committee consists of 5 officers and 12 area coordinators which the Idaho pays their expenses under the new Idaho Policy Manual.
- Our Idaho Area Website. This is our # 1 outreach service for potential newcomers to get a hold of Al-Anon in Idaho through our listing of group meetings by district or city/town. Our website is a direct link to the Al-Anon World Service Website and vice-versa.
- Printing cost for schedules, flyers and mailing of newsletters. This service keeps all of our groups in our state informed, whether or not the group has a group representative that attends our Idaho Assemblies

*Continued on page 7*

Continued from page 6

- Public Outreach for Idaho – This service pays for public outreach in our Area – reaching out to the community informing Al-Anon is available in the state of Idaho.
- Special Events – The Idaho Area is responsible for two Area Assemblies, two Area World Service Committee meetings and the Annual Idaho Area Al-Anon Day/s.

Group Donations to; Al-Anon Family Groups, Inc.

Made out to: Al-Anon Family Groups

1600 Corporate Landing Parkway

Virginia Beach, VA 23454-5617

**(Be sure to include Area 13, District 1 & your group #)**

### **Your contributions to Al-Anon Family Groups – WSO pays for:**

- Sending our World Service Office - WSO Staff and Trustees to the World Service Conference - WSC. This is our # 1 responsibility, to make sure “our voice” is carried to the WSC. The World Service Conference consists of WSO Staff, Executive Committee, Board of Trustees and Area Delegates.
- Our World Service Office Phone Service and Al-Anon Family Groups Public Outreach and Members Website. Both of these are our # 1 outreach services for potential newcomers to get a hold of Al-Anon worldwide through our listing of Area Websites, group meetings, and contact people.
- Printing cost for “The Forum,” Area Highlights newsletters, Al-Anon Guidelines, new meeting binders, service manuals, World Service Conference Summaries, all Al-Anon literature, and so much more. This service keeps all of our groups worldwide informed, whether or not the group has a group representative.
- Public Outreach Worldwide – This service pays for public outreach – reaching out to the community informing Al-Anon is available worldwide. WSO pays to send staff and trustees to foreign countries to assist in the growth of Al-Anon worldwide.
- Special Events – Al-Anon Family Groups (World Service Office – WSO) is responsible for the Annual World Service Conference, The Regional Service Seminars, the Al-Anon International Convention and Al-Anon Celebrations such as Al-Anon’s 55<sup>th</sup> Celebration in Virginia Beach, VA.



Hi Everyone,

Once again, I fretted over making the GR Exchange interesting and stressed myself out for nothing. Thank you, GR’s, for bringing up things to make the meeting informative. Thank you, new GR’s, for jumping in. Once again, it was shown to me to stay out of the way and Let Go and Let God and things worked out well. I missed seeing a lot of the friends we have made over the years, but life sometimes gets complicated and we cannot do all the things we would like.

I also have given much thought to standing for the delegate. I don’t feel I physically can do it. After being sick and doing the treatment when I get stressed or overtired, I lose my ability to concentrate and focus on things. The clock is also ticking away years on us and we have some places and things we want to do. Therefore, I do not want to commit to any long-term responsibility. I have enjoyed my years on the area committee and Dave and I incorporated our trips to Boise as a get away for us, also. There are many of you who have a special place in my heart and always will.

I still get overwhelmed when I recall all the love and support from program people when I was sick. We have been so lucky to be living a life in sobriety and it is all due to the friends in both programs. See all of you in the fall and in between if life permits.

Love in service,  
Myrna



## **GROUP DONATIONS REPORT (CON'T)**

## **ALTERNATE DELEGATE REPORT**

## DELEGATE REPORT

I can't believe I have attended my third and final World Service Conference as your Area Delegate. It is a pleasure to be part of the process of the Worldwide Fellowship of Al-Anon Family Groups. We can do together what we can not do alone. This year's Al-Anon theme is; "New Thinking – New Energy - Abundant Outlook."

Last year, we focused on Shared Leadership and Knowledge Based Decision Making. We had conversations about being leaders and our role as leaders. Many of you continued those conversations when you went back to your districts and groups. Thinking of ourselves as leaders, and knowing we do not have to do this alone, has given us new thinking and energy. The positive result of this is an abundant outlook! I think this is what the members of the Conference Committee must have felt when they came up with this exciting theme: New thinking – New Energy – Abundant Outlook. Being your World Service Delegate and a GR, I often hear that we need more members, more members to do service, more meetings, more literature, more money, more enthusiasm, more participation, always more of something. I know for me this thinking comes from living with the effects of alcoholism. Whatever I had - was never enough. Today, with my new thinking and new energy - I see abundance! We have many members, and members who are willing to serve. We have literature in all sizes and shapes to fit every occasion. We have meetings in approximately 131 countries with literature translated into many of their languages. We do have abundance! Just look how far the Idaho Area has come in the last few years! Our challenge is to embrace and incorporate the spiritual principle of abundance into our thinking, our planning and our decisions. Each and every one of us makes a difference for the worldwide fellowship of Al-Anon.

There is so much information to bring back from Conference. Here are some of the highlights.

As you all know, my selected committee is Literature. This was my first choice as delegate, because I love our Al-Anon Conference Approved Literature. I was originally on the Literature One Committee working on the book "Recovery in Relationships." When E-CAL (Electronic Conference Approved Literature) was formed, I volunteered to be one of the first delegates to be on this committee. At the time of the Conference, E-CAL had only been live on our WSO website for about 8 weeks. We had 55 submissions; 40 text, 11 photographs and 3 PowerPoint presentations. The vision of E-CAL is multi-media. We are looking for a blending of text and photos with music; we want your most creative thinking.

Some ideas to help with multi-media submissions are; shared efforts – maybe someone has good writing skills and someone is good with graphics; recruiting Al-Anon members who have the computer skills; maybe that someone is an Alateen. Another good idea was to Goggle "music for non-profit organizations" to add to you text and photographic submissions.

We invite you to make E-CAL an enjoyable and rewarding recovery environment for your submissions. Please include personal contact information with your submission so we can call or email you to overcome any technical difficulties. See you on the World Wide Web at [www.al-anon.alateen.org/members](http://www.al-anon.alateen.org/members) To access the Members' website, remember to use the name of your home group and the letters AFG as your password.

Another announcement for Al-Anon Conference Approved Literature is our new book "Opening Our Hearts – Transforming Our Losses." Our Boise Literature Center does have this new piece of Al-Anon literature – list price is \$14. This book includes members' sharings; discussing the recovery process of grief and loss – very powerful

Our 2007 Public Service Announcement (PSA) is called "Sketches." In May, this PSA was distributed to all major TV and radio stations. In June, tapes and CDs will be available for purchase by the fellowship. Did you know? That our distributed PSA's are electronically monitored by WSO? And the Al-Anon PSA is shown on average of 2,000 times a month in the United States and Canada – amazing.

Look forward to sharing more of the Conference with you in the next Area newsletter and at our Fall Area Assembly. Thank you for allowing me to be your Area Delegate.

Yours in love & service,  
Cecilia S., Idaho Area Delegate



Woman-to-Woman filled up in less than a month. There is no official wait list. Want to go? Registered but can't go? Email a free classified ad to the Area Outlook editor [newseditor@cablone.net](mailto:newseditor@cablone.net) and she will put it into the next issue. Be sure to give your first name, last initial and a way for someone to reach you.

## Meeting Wisdom



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](mailto: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.

## Members can access the 2007 Forum index as we compile it!

*The Forum* Index is a helpful tool for anyone who is looking for an article on a specific subject and now it's even better because members can access it as we compile it. Visit the Members' Web site, [www.al-anon.org/members](http://www.al-anon.org/members), to use *The Forum* Index.

On the Members' Web site, your password is your home group name, plus the letters "AFG." A shortened version of your group name will also work, as long as you add AFG to the end.

Sharing Sheet (F-1)—On-line sharing sheets are available on the Members' Web site, [www.al-anon.org/members](http://www.al-anon.org/members)

## Complimentary group subscription

The WSO mails a complimentary copy of *The Forum* to all registered, English-speaking groups in the World Service Conference structure using the current mailing address (CMA) for each group. Please ask the members in your Area to ask to see their group's copy. If members haven't seen their group copy, they can ask their Group Representative to call the WSO to verify that the group's CMA is current.

## Calling all Alateen groups

Alateen groups, will you participate in *The Forum* by selecting a meeting topic and sending four to six questions to the magazine, just as if the questions were for your group's meeting? Please spread the news.

Alateen groups can submit "Alateen Meeting Topics" via e-mail, [wso@al-anon.org](mailto:wso@al-anon.org); fax, (757) 563-1655; or mail, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617.

## Have you been to a meeting overseas?

We're looking for sharings from members who've attended a meeting outside the World Service Conference structure. Please share your experience, strength, and hope with *Forum* readers.

## The GR and The Forum

"The GR is also the *Forum* representative. He encourages the group to subscribe for at least one copy, acquaints members with its value, and urges them to subscribe. He also suggests stories of interest be sent to *The Forum* at the WSO."

—2004-2006 *Al-Anon/Alateen Service Manual* (P-24-27), page 134.

## Calendar of Events

Visit *The Forum* page in the "Publications" section of the Members' Web site, [www.al-anon.org/members](http://www.al-anon.org/members), for a complete listing of calendar events.

In Al-Anon service,  
Kathy B  
Area Forum Coordinator



## WEB COORD REPORT

The Area Web site at [www.al-anon-idaho.org/](http://www.al-anon-idaho.org/) has updated meeting schedules, events, Area information, and other information. Please encourage groups to spread the word to use the Web page and help keep it updated.

Each Web page has a link anyone can use to make suggested changes, updates, or comments to the Web pages. Your suggestions are welcomed.

### **Special Thanks**

I would like to thank Danielle for her work as the previous Web Coordinator. Danielle created the basic layout of the Web site, found a Web provider, and registered our Web site name. Without Danielle's work I would not have been able to make updates and navigation changes so quickly. Thank you, Danielle.

### **Web Site Changes**

- Navigation has been simplified. There are only six main links from each page: Home, Meetings, Events, Area, Glossary, and About Al-Anon. There is information for the newcomer and non-members on the Home page. Additional information is on the About Al-Anon page. Removing the non-member links from the Home page makes it easier for members to navigate.
- Alateen meetings are NOT listed because I don't have accurate updates of those meetings. I get all meeting information from the Area Records Coordinator. Alateen updates only go to the Area Alateen Process Person, not the Records Coordinator. Each district can provide a contact name for someone to call to get information on Alateen meetings for their district. This name will be posted on that district's meeting page.
- Meetings are in a PDF file format from the database. If a meeting is wrong in one report, it will be wrong in all reports because they are all created from one database.
- You can click on your district's meeting page to send an email to the records coordinator to update the database.
- Three years of minutes from Assemblies and Area meetings are posted under Area.
- Please encourage groups to post their events on the Web. I can include an agenda, flyer, registration form, or anything else that you can electronically send me.

Webbingly yours,  
Toni R, Web Coordinator

### **How Alateens Named Their Voice**

(Information taken from copies of the first three Alateen Newsletters)

Vol.1, No. 1 July, 1964

Let's name our "Newsletter." Send in suggestions to be decided upon by registered Alateen groups.

Vol. 1, No. 2 October, 1964

The response from Alateen groups throughout the country with suggestions for a name for the "Alateen Newsletter" has been wonderful.

The final names to be voted on were: Alateen Talk, Teen-A-Gram, Alateen Stepfinder, Alateen's Around the World, Alateen World News, Alateen Trailblazer.

In 1965, there were a total of 315 registered Alateen groups.

Vol. 2, No.1 January 1965

The "Alateen Newsletter" was named. "Alateen Talk" won by a nose with "Alateen Around the World" running close.

This is a real snappy name, don't you agree? Now let's make sure the name means what it says! Alateens and sponsors from everywhere, send in interesting news from your groups, suggestions and tips on how particular problems have been handled, so that can be shared with others. In this way, our newsletter will really be Alateen Talk.

# At Large Committee Member to serve on E-CAL

Would you like to be of service to the worldwide fellowship of Al-Anon? Here is a wonderful opportunity to serve Al-Anon on our brand new E-CAL Literature Committee as an "At Large Committee Member." *The noteworthy requirement is that you must be active in the program for the past 5 years and do not hold a service position at the AIS, LDC, or Area level. GRs or DRs may serve if they don't hold one of the other disqualifying positions. It does take some experience with accessing the Internet and responding to e-mails.* I have attached the complete list of requirements for the "At Large Committee Member" position and resume. Pass the word; it would be wonderful to have someone from our Area serve in this position.

## REQUIREMENTS FOR AT-LARGE COMMITTEE MEMBERSHIP:

Literature Committees (2): both committees seek to aid recovery by creating new and revised Conference Approved Literature (CAL) and seek ways to encourage members to enhance their recovery through increased awareness and use of our literature and service materials.

Ö Continuous active Al-Anon membership for at least the last five (5) years or continuous active

Ö Alateen membership for at least the last two (2) years and at least 13 years old. The at-large committee members are appointed to serve one-year terms up to a maximum of six years. These committee members may divide these terms between one or more committees but may serve on only one committee at a time.

Ö Trustee or delegate service on these committees does not count towards the maximum. Past WSO staff may serve on committees after three years from the date of termination. However, past staff members may not serve on the same or similar committees nor any committee within the same department in which they worked.

Ö Family members may not serve on the same committee.

Ö Members of Alcoholics Anonymous may not serve in these positions.

Ö The Literature and Public Outreach Committees have delegate members who bring a geographic diversity to their committees; at-large members of these committees will be chosen from the geographic area not to exceed a radius of 300 miles of Virginia Beach.

Ö The ability to attend meetings four to eight days per year, including weekends.

Ö Time and ability to work on committee projects throughout the year.

Ö WSO committee members are required to relinquish information service, literature distribution center, or area world service positions (GRs and alternate DRs may serve provided they do not serve in another area capacity).

Ö At-large members of all advisory committees may come from anywhere in the United States and Canada.

Mail completed form to:  
AFG, Inc. World Service Office  
1600 Corporate Landing Parkway  
Virginia Beach, VA 23454

Al-Anon/Alateen World Service Office Committee Resume

Please print or type. Use this side only; no attachments

Date: \_\_\_\_\_

List in order your areas of interest for the World Service Office Committees (Alateen, Archives, Forum Editorial, International Coordination, Literature, Outreach to Professionals, and Public Outreach):

1.    2.    3.    4.

Personal information:

Name:            Date of Birth: (Alateen member only)

Address:        Daytime phone:            Evening phone:

City: Years active in Al-Anon/Alateen:

State/Province:        Home Group:

Zip/Postal Code:        Country: Region:            Area:

If Alateen member, custodial parent(s) information:

Printed name(s):        Daytime phone:

Signature(s):        Evening phone:

Al-Anon/Alateen service experience, beginning with most recent (include dates):

Group experience:        Dates (from – to)

Area experience:

World Service Office experience:

Other information:

Personal history, including education, training, work, and other volunteer experience:

Tell us something about yourself:




## A CHECK- LIST FOR EVALUAT- ING OUR MATURITY

*(The articles on this page were taken from the pamphlet entitled "Alcoholism, the Family Disease.")*

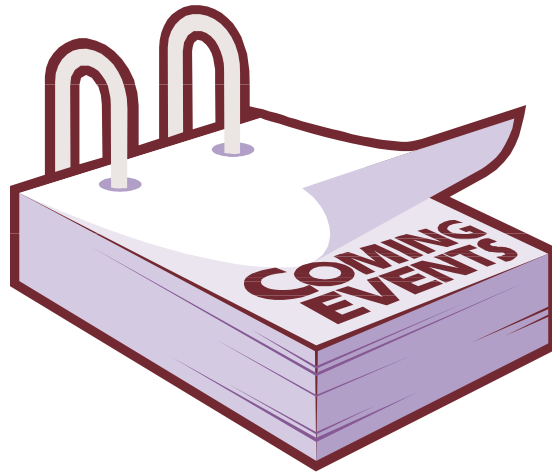
## THOUGHTS TO LIVE BY

The difficulties of coping with alcoholism in another are much more effectively met when we ourselves reflect attitudes or maturity.

A mature person is one who:

1. Does not automatically resent criticism, realizing that it may contain a suggestion for self-improvement.
2. Knows that self-pity is futile and childish – a way of placing the blame for disappointments on others.
3. Does not readily experience a loss of temper or “fly of the handle.”
4. Keeps calm in emergencies and deals with them in a logical, reasonable fashion.
5. Accepts responsibility without blaming others when things go wrong.
6. Faces reasonable delays without impatience, realizing that some adjustment for the convenience of others is necessary.
7. Is a good loser, accepting defeat and disappointment without complaint or ill temper.
8. Does not worry unduly about things that can't be changed.
9. Doesn't boast or “show off” when praised or complimented; accepts it with grace, appreciation and without false modesty.
10. Applauds others' achievements with sincere goodwill.
11. Rejoiced in the good fortune and success of others having outgrown petty jealousy and envy.
12. Listens courteously to the opinions of others – even when they hold opposing views; does not enter into hostile argument.
13. Doesn't find fault with “every little thing” or criticize people who do things differently.
14. Makes reasonable plans and tries to carry them out in orderly fashion; does not do things on the spur of the moment without due consideration.
15. Shows spiritual maturity by –
  - Accepting the existence of a Higher Power and recognizing the importance of the Power in life.
  - Realizing each person is part of mankind as a whole and has much to give; that each of us has an obligation to share our gifts with others.
  - Following the spirit of the Golden Rule: “Do unto others as you would have them do unto you.” 

- 
- Faith is the substance of things hoped for, the evidence of things not seen.
  - A good example is the best sermon.
  - Every good thought is a prayer.
  - What we pray for may not be for our ultimate good. “No” can be an answer to a prayer as well as a “Yes.”
  - If you worry, why pray? If you pray, why worry?
  - No one is easier to deceive than oneself.
  - The greatest fault of all is to be conscious of none.
  - Any good that I can do, or any kindness that I can show to any fellow creature, let me do it now. Let me not defer or neglect it, for I shall not pass this way again.
  - No matter how hopeless the present problem may seem, remember: This, too, shall pass.
  - Living in harmony with ourselves is essential to living in harmony with others.
  - Fear is the enemy of good works; it is a deadly sickness of the soul.
  - More things are accomplished by prayer than the world realizes.
  - Knowledge advances one step at a time; let us be patient.
  - One with God is always in the majority.
  - How poor are they that have no patience; what wound did ever heal buy by degrees?
  - No one's knowledge can go beyond experience.
  - The misfortunes that are hardest to bear are those that never come.
  - Growth is the only evidence of life.
  - A person who makes no mistakes usually does not make anything.
  - Love is understanding, acceptance, and tenderness. If it tries to strangle and possess, it is not love.
  - The more often we think and act honestly, the stronger the habit becomes.
  - The journey of a thousand miles starts with a single step.
  - The task ahead of us is never as great as the Power within us.
  - They hurt the absent who quarrel with the drunken.
  - Al-Anon is a kissing cousin to invention because they were both born of necessity.
  - Beware of the rubber conscience and the concrete heart.
  - The trouble with many of us is that in trying times we stop trying.



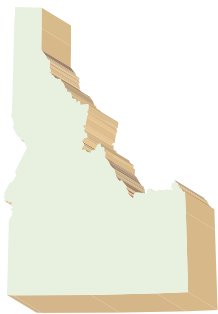
Jul 16, 2007 Quarterly Speaker Meeting,  
District 1, Coeur d' Alene

Jul 20-21, 2007 Mary Pearl Step Study,  
Unitarian Universalist Church, 6200 Garrett  
St, Boise

Aug 3-5, 2007 Gem State Roundup, Boise,  
Double Tree Riverside

Sep 14-16, 2007 Northwest Regional  
Service Seminar (NWRSS), Minot, ND Oct  
5-7, 2007 Fall Assembly, Burley

To download the flyers for these events visit our Area website at [www.al-anon-idaho.org](http://www.al-anon-idaho.org).



*Idaho Al-Anon  
Newsletter  
P.O. Box 1132  
Meridian, ID 83680*

