

AREA OUTLOOK

IDAHO AREA 13 AL-ANON / ALATEEN NEWSLETTER

Winter 2012
Volume 39, Issue 1



Idaho Area Website: <http://www.al-anon-idaho.org/>
WSO Members Website: <http://www.al-anon.alateen.org/members/>

Al-Anon's First 60 Years and Beyond

By Cecilia S. Area Newsletter

Al-Anon formally began in 1951, but the idea had been around for a long time. Lois Wilson said this about the origins of Al-Anon: "The idea of the families going along with the alcoholic really had a very early start... We tried to practice these principles, but most of the families felt as if they didn't need too much spiritual development. They had gone through this ordeal and they knew practically all that life had to offer and they could handle their own affairs pretty well (laughs). But by degrees, we had experience that showed we could not handle our own affairs, and we saw our own mates growing spiritually and jumping way past us. We began to recognize that we had better live by these same wonderful principles..." (excerpted from: Al-Anon Around the World, audio recording).

In mid-1951, Bill suggested that Lois organized the informal Family Groups movement and form a clearinghouse to offer access to literature, meeting lists and something like the organization of AA. In Lois Remembers, she wrote: "Bill's idea didn't appeal to me at first, because I was still excited about having a home of our own "Stepping Stones"... But as I began to think about the need, the idea grew more and more intriguing. At the close of the 1951 AA General Service Conference, I asked the wives of the delegates

INSIDE THIS ISSUE

Al-Anon's First 60 Years and Beyond	1
2011 Spring Assembly Profit/Loss Statement	1
See You in Ontario, OR. on Saturday, May 19, 2012	2
Our Idaho Area Committee	2
Al-Anon International Convention July 5-7, 2013 - Vancouver	3
Al-Anon Faces Alcoholism 2012	3
My Spiritual Awakening...	4
WSO News Update	4
About the Forum	5
Trusting the Process of Recovery	5, 6
Literature Distribution Centers	6
Calendar of Events	6

to meet me at Stepping Stones for lunch with the local Family Groups members. It was then that I decided to open our *own* service office and asked a close friend... Anne B. to help me." From Lois' simple decision to form Al-Anon Family Groups separate from Alcoholics Anonymous in the second floor library at Stepping Stones, today there are 24,000 Al-Anon / Alateen groups in more than 130 countries around the world.

Our Al-Anon growth and recovery journey continues to this day. And I would like to think Bill and Lois would be very pleased with what Al-Anon Family Groups has accomplished in these last 60 years. I smile at this story with Bill's encouragement to Lois to form an organization *like AA* and Lois not wanting to do it. And yet, when Lois did what she was uncomfortable in doing is where the real growth and recovery happened for Lois, our members and Al-Anon Family Groups as a whole. A wonderful lesson in history for Al-Anon's next 60 years.

2011 Spring Assembly – Profit/Loss Statement

Given by Paula N. Area Treasurer

Income

Registrations	\$2,837.00
No Raffle, Raffle	881.00
Coffee Donations	<u>32.00</u>
Total Income	\$3,750.79

Expenses

Luncheon	\$1,368.11
LCD Projector	63.07
Count Down Gift Books	35.00
Name Badges	47.86
GR Exchange	20.03
Speaker Costs (Ric B.)	<u>1,157.35</u>
Total Expenses	\$2,691.42

Total Spring Assembly Income	\$3,750.79
Total Spring Assembly Expenses	<u>\$2,691.42</u>
Profit of...	\$ 559.37

Send Area Donations to:

Idaho Area AFG

PO Box 4681

Pocatello, ID 83205

Payee on check: Idaho Area AFG

Memo comments: Group number, District number

The Idaho Area Expense Form is on Area Website

Total Group Donations 1/1/11 – 7/27/11 \$1,373.09

Special thanks to Paula N. for her financial service to Al-Anon

See You in Ontario, OR on Saturday, May 19, 2012

By Cecilia S. Area Newsletter Editor

The Area World Service Committee is excited to tell you about the 2012 spring assembly in Ontario, Oregon in district 7.

Our Spiritual Journey: You Get As You Give
Spring Area Assembly will be at the
Clarion Inn Hotel

1249 Tapadera Avenue, Ontario, OR
 For reservations call; 800-525-5333
Room Rates by April 20th \$79.00

Al-Anon Luncheon Speaker:
Tabatha F.
From Tarzana, CA

Group representatives are to attend
 All members are welcome—bring someone new

Our Idaho Area Committee

Area Officers

Delegate	Kathy B. – Midvale, ID
Alt. Delegate	Wanda L. – Coeur d'Alene, ID
Area Chair	Berta R. – Clarkston, WA
Secretary	Laura F. – Boise, ID
Treasurer	Paula N. – Pocatello, ID

Area Coordinators

Group Records	Traci E. – Boise, ID
Forum/Literature	Robbin B. – Boise, ID
Literature Center	Mike P. – Boise, ID
Newsletter/Registration	Cecilia S. – Hayden Lake, ID

The 2012 Area Assembly checks will be made out to;

Idaho Area AFG and mailed to:

2012 Spring AFG Assembly
 Post Office Box 3392
 Hayden, Idaho 83835-3392

Directions:

I-84 East (from Portland) Take I-84 East to Ontario. Exit 376B – turn right. Turn left at second stoplight (Goodfellow St.). Turn left onto Tapadera Avenue. Hotel is one block on the right.

I-84 West (from Boise) Take I-84 West to Ontario. Exit 376B – turn right. Turn left at second stoplight (Goodfellow St.). Turn left onto Tapadera Avenue. Hotel is one block on the right.

Alateen	Barbara V. – Coeur d'Alene, ID
Archives	Ladora B. – Boise, ID
Public Outreach	Jeff M. – Colfax, WA
Web Site	Karen D. – Boise, ID

District Representatives – DR

District 1	Barbara K. – Post Falls, ID
District 2	Kathy B. – Clarkston, WA
District 3	Terry A. – Meridian, ID
District 4	Open
District 5	Jeanne H. – Pocatello, ID
District 6	Maureen R. – Idaho Falls, ID
District 7	Nancy Jo W. – Nampa, ID

Thank you for being of Al-Anon service



“It is that willingness to reach out that will expand our community of hope long after all of us reading this article are gone.”

The Forum December 2011 page 19

Recovery through the steps, Unity through the Traditions and Service through the Concepts

Al-Anon International Convention

July 5-7, 2013 Vancouver, British Columbia Canada

Al-Anon International Conventions are a great way to celebrate recovery, meet old friends, and make new ones. An International Convention is where members from Canada, the U.S., and many other countries gather together to speak the same language—the language of the heart.

- Can you imagine what it sounds like to hear 5,000 attendees— Al-Anon, Alateen, A.A., and guests—say the Serenity Prayer?
- Have you ever seen the parade of countries that have Al-Anon Family Groups?

We hope you'll join us July 5-7, 2013, in Vancouver, British Columbia, Canada, for Al-Anon's International Convention.

Al-Anon Faces Alcoholism 2012

Together we can reach out to those who are still suffering. Our public outreach magazine, Al-Anon Faces Alcoholism 2012, can help the friends and families of alcoholics understand that when they are ready, we're here to provide the support our fellowship can offer.

Imagine how many people could find their way to their first meeting if every member, in every group, leaves just one copy of Al-Anon Faces Alcoholism 2012 in a place where someone in their community could find it.

Reach out – and let go. This fellowship-wide outreach project offers an opportunity for every member at every level of recovery to participate in Twelfth Step service by carrying our message of hope and recovery.

Celebrating Worldwide Unity 2013 Al-Anon International Convention

July 5-7, 2013

Vancouver, British Columbia, Canada
Registration and housing information will be available in the fall of 2012.

Please note: There is a possibility that the World Service Office will hold a Day of Service in Vancouver on July 4th before the Convention begins on the 5th.

Let it Begin with Me

Al-Anon Faces Alcoholism 2012

Available in Spanish and French
Due to production schedules, your payment and order form for Al-Anon's special outreach magazine
Must be received by

5 p.m. ET, Wednesday, February 8, 2012.

No exceptions can be made.

Al-Anon Family Group
Headquarters, Inc.
(AFG, Inc.) will ship orders
before **April 1, 2012.**

*This offer is available only in the U.S.,
Canada, Bermuda and Puerto Rico.*

Our Spanish Contact for Idaho

A Special Thanks to:

Isabel H. of Boise

For Responding to our Spanish Contacts

Spanish Hotline

208-2845377

Make sure to include our Spanish Hotline number to your outreach materials.

Al-Anon Faces Alcoholism 2012

Continued from page 3

Cost for publication...

25 copies (AFA6) for \$18 U.S.

50 copies (AFA7) for \$25 U.S.

100 copies (AFA8) for \$40 U.S.

200 copies (AFA9) for \$75 U.S.

400 copies (AFA10) for \$140 U.S.

Virginia residents add 5% sales tax

Make checks payable to:

AFG, Inc.,

1600 Corporate Landing Parkway

Virginia Beach, VA 23454-5617

Fax: (757) 563-1655

On-line: www.al-anon.org

Thank you for your participation

WSO News Update

The 2011 World Service Conference gave conceptual approval for "a new piece of literature on intimacy in general, including sexual intimacy, in alcoholic relationships." If this project is to reflect the diverse experiences of our worldwide fellowship, we need as many heartfelt sharings as possible describing how members deal with issues regarding sex and intimacy. You can use the sharing sheet enclosed in The Forum December 2011 issue or submit your sharing electronically on the Members' Website, www.al-anon.org/members. Click on "Submit a personal sharing."

My Spiritual Awakening – while worrying about my alcoholic daughter

The Forum – December 2011 pg. 9

I had been in Al-Anon for a good number of years when my alcoholic daughter disappeared into the streets of a major western city. For two years, I had no contact with her or anyone who knew her. I felt as though I was completely new to the program as my sense of powerlessness grew.

My life seemed to spiral out of control as I lost my self-focus. My obsession with her grew. I felt more and more detached from my Higher Power, though I prayed for my missing daughter—all for nothing, I thought.

How can I explain what a spiritual awakening is? To me it is that quiet knowledge that some force is allowing me to know or hear something. One day during my meditation, I was feeling a sense of loss, because I did not even know where my daughter was. Suddenly I almost heard, "You don't have to know where she is because I do!"

A few weeks after that, she turned up in jail; from there she went to a halfway house. I wish I could say all is well, but I don't know that for sure. I only know that my Higher Power will restore me to sanity if I can accept my powerlessness over this cunning and baffling disease. I have to live "One Day at a Time" and keep the focus on me.

By Paddy A. Tennessee

Idaho Area Donations

Send to:

Idaho Area AFG

PO Box 4681

Pocatello, ID 83205

Payee on check: Idaho Area AFG

Memo comments: Group number, District number
[The Idaho Area Expense Form is on Area Website](#)

WSO Donations

Al-Anon Family Groups, Inc.

1600 Corporate Landing Parkway

Virginia Beach, VA 23454-5617

Payee on check: AFG, Inc.

Memo comments: Area 13, Group number, District number, Group name if not on the check.

About the Forum

Statement of Purpose

The Forum is the International monthly publication of Al-Anon Family Groups, a fellowship that offers strength and hope for the friends and families of problem drinkers. In the pages of this magazine, Al-Anon and Alateen members share their challenges, insights and progress along their path of self-discovery and spiritual growth much in the way that they contribute when attending Al-Anon or Alateen meetings. Such sharing is important in helping readers find personal growth and peace of mind through the Al-Anon program. The magazine also includes topics for discussion at meetings as well as news and information from Al-Anon's World Service Conference and World Service Office.

A one year US subscription is only \$11 – less than a dollar a month.

Mail subscriptions to:

AFG, Inc.

1600 Corporate Landing Parkway
Virginia Beach, VA 23454-5617

Or Fax Forum Subscriptions to:

757-563-1655

Online

www.al-anon.alateen.org/members

Makes a Great Gift too



A Meeting in My Pocket

Trusting h Process of Recovery

The Forum – December 2011

My 22-year marriage to a recovering alcoholic has been filled with times of peace and times of great calamity. There have been times when I felt very close to my Higher Power, and times when I wondered if He was there at all.

We recently moved to the spectacular central coast of California, to begin the next chapter of our life. I had to leave friends and family behind. I knew I had to get plugged back into Al-Anon meetings and start connecting to new people. There was a lot of fear and reservation associated with this process. As I learned in Al-Anon, I had to feel the fear and do it anyway. I had to trust the process of recovery.

One sunny Monday morning, I decided I would walk to my meeting by way of the beach. I came across a small river that flowed down from the hills into the ocean. I had my running shoes on

and thought if I walked up towards the hill, I could maybe find a place to go around the river without getting wet.

As I walked upstream, the body of water only seemed to get wider, so I decided to walk back towards the ocean to see if there was a spot narrow enough to get over the river. Again, the river never narrowed. Then, it hit me: I was going to have to go through this water to get to the meeting on the other side.

I realized that this was a metaphor for my life. I have always tried to find a way to avoid going through the river of feelings and emotions to get to the freedom on the other side. I was always in search of something or someone to distract me from the

Continued on page 6

Our Three Legacies...

The threefold guides of Al-Anon point the way to a normal, useful life for the individual. They also are a framework within which the groups can carry on their affairs in harmony.

Recovery

through the Steps

Unity

through the Traditions

Service

through the Concepts

Idaho Literature Distribution Centers

We all know of our wonderful Literature Distribution Center in Boise Located at:

Al-Anon/Alateen Information Service Center
1111 S Orchard Street, Room 172
Boise, ID 83705
Payee on check: AAISC
Memo comments: Group number
Phone: 208-344-1661

Donations are accepted & appreciated

North Idaho now has a Literature Distribution Center in Cd'A (out of a member's home)

North Idaho District 1 LDC
Post Office Box 275
Coeur d'Alene, ID 83816
Payee on check: North Idaho District 1 LDC
Memo comments: Group name
Phone: Sue O. 208-676-1997

Trusting the Process of Recovery – continued...

feelings. At this realization, I began to cry. I knew that my Higher Power was trying to teach me something.

As I trudged back up the waterline looking for a spot to cross, praying to my Higher Power for guidance, I saw a big log lying in the sand. I thought if I put that log across the river, it would cause some kind of a dam effect that would stop the water flow long enough for me to cross to the other side. Sure enough, it worked and I crossed safely.

This was a huge awareness for me and I was so excited that my Higher Power used this as a tool to teach me—one more time. I made it to the meeting just before it began. It should be no surprise that the topic that day was fear and courage.

Life has its challenges and I am learning to go through the process of recovery to meet those challenges. I also understand today that my Higher Power is with me every step of the way, guiding me along the river and through the river, giving me the courage and strength I need for just that moment. As I reflect back, I know that my Higher Power has always been with me—teaching, prodding, guiding, directing, and loving me with every step and every breath I take. I am grateful to my Higher Power, the fellowship of the program, and the tools that have been so freely given to me.

By Debbie S., California
The Forum, December 2011

Calendar of Events

- **Saturday, March 3rd** - AWSC planning meeting from 10-3 pm Kopper Kitchen, Boise ID. District Representatives to attend. All members are welcome.
- **Saturday, May 19, 2012** - Al-Anon Area Spring Assembly, Ontario, OR. Located at the Clarion Inn, 1249 Tapadera Avenue, Ontario, OR. For reservations call; 800-525-5333. Group representatives are to attend - ALL MEMBERS ARE WELCOME. The 2012 Spring Area Assembly checks will be made out to; **Idaho Area AFG** and mailed to: 2012 Spring AFG Assembly, Post Office Box 3392, Hayden, Idaho 83835-3392
- **Fall 2012 Assembly will be in District 6 – more details to come soon.**
- **Spring 2013 Assembly will be in District 2**
- **Fall 2013 Assembly will be in District 5**

For a full listing of events, please visit our Idaho Area website; <http://www.al-anon-idaho.org/Events/events.htm>

Number of registered members at the Fall Assembly in Twin Falls: **76**

Al-Anon member with most years: **Elsa M. – 48 years**

Newest Al-Anon Member in attendance: **9 months**

Total Al-Anon Years of Recovery: **757 years, 9 months**

Average Years of Recovery: **about 10 years, 21 days**

Our No Raffle, Raffle brought in: **\$806.00 – wow!**