
Idaho AWSC 2009 Spring

Al-Anon AWSC Meeting Minutes

The AWSC of Idaho meeting was held in Boise on March 21, 2009

Attendance

Cecilia	Chair	Barbara	District 1 Representative
Laura	Alternate Delegate	Kelley	District 4 Representative
Toni	Treasurer/Web Coord	Veloy	District 5 Representative
Traci	Secretary/Dist 3 Rep	Terrie	District 6 Representative
Ruth	Alateen/AAPP	Eilene	Al-Anon Member (Dist 7)
Ladora	Archives		
Lisa	Group Records	Robbin	Al-Anon Member
Marje	Literature Center Liaison	Jeanne	Al-Anon Member
Heidi	Literature/Forum	Paula	Al-Anon Member
Wanda	Public Outreach	Beverly	Al-Anon Member

Absent

Berta	Delegate	Danielle	Dist 2 & Newsletter
Kathy B	District 7 (Eilene)		

Reports

Secretary's Report

Minutes were read from the Fall AWSC 2008 meeting. A motion was made to approve the minutes and the motion carried.

Treasurer's Report

Passed around bank statements (checking and savings) for verification. Net worth is \$10,393.46.

2008 Profit and Loss (P&L) (attached)

\$8367.63 income, \$6932.45 expenses, net income \$1435.18. Toni quickly explained each line item.

2009 P&L (year to date)

\$967.18 income, \$993.85 expenses, net income -\$26.67.

Budget – proposed 2009 to be approved by Assembly.

Background Checks – as these are costing less than originally budgeted, this line item was reduced from \$250 to \$125.

Spanish Hotline – Laura indicated that she'd just purchased more minutes for the phone, so this line item was reduced from \$200 to \$100.

Website Hosting – Line item for \$166.80; this is paid every other year.

Toni gave a big Thank You for groups and districts for continued support.

A motion was made to approve the treasurers report; motion carried.

Delegate's Report

(In Berta's absence, Cecilia read her report.) Berta attended the NWRDM in Lincoln, NE. The 2010 NWRDM will be in Anchorage, AK. She will be leaving for the World Service Conference in April 17, 2009. If Districts are sending love gifts, please ship to arrive after 4/15/09. The address is:

Berta Ruark (Hold for WSC 4/19 – 4/23, 2009)
Wyndham Virginia Beach Oceanfront
5700 Atlantic Ave.
Virginia Beach, VA 23451

Please use Berta's name and address as the return address: Berta Ruark 2049 Jacobson Court, Clarkston, WA 99403

Alternate Delegate's Report

Due to the date change for Assembly, Laura will most likely not be able to attend. She will have information regarding us separating our business meeting from the AA Assembly. The GR handout she made is now available on the website.

Alateen Recertification Process

Ruth reported that, as she's in the 2nd year of her term, all records are up to date and all the old paperwork has been destroyed. Sponsors need to recertify no later than June 15, 2009. Alateen is growing in our state – there are 9 in-school meetings, with 14 total meetings across Idaho, up from 9 total in August 2008. There will be an Alateen program at the Spring Assembly.

Spanish Hotline (208-284-5377)

Laura reported that she added \$50 to the minutes on Dec. 4, 2008. As of today, there are 1761 minutes (expire 12/4/09). In talking with Maria, there are 1 to 3 calls per month – is the word getting out? They are trying to find someone who can take the calls as they come in, instead of letting it go to voicemail, as Maria is very busy and can't always answer. Asked that Districts please include the hotline number on meeting schedules.

After some discussion, an ad hoc committee was formed, with Laura chairing, to create a Spanish hotline "job description" and call log.

Spring Assembly Report

May 22-24, 2009, Shilo Inn, Idaho Falls, Idaho
Luncheon speaker is Jackie W.

Asking for meeting chairs for the Alateen program

Discussion regarding GR and DR exchanges – motion made and carried to schedule them for Saturday morning.

Friday night opening meeting 7:30-9:00, topic tbd.

Area Coordinator Reports

Alateen/AAPP	See attachment on page 14
Archives	See attachment on page 15
Group Records	Will email her district information to DRs for verification; If anyone is looking for a service position, she is willing to step down.
Newsletter	No report
Public Outreach	Two documents, letter for newspapers & instructions for submission to the newspapers. See attachment on page 15
Web Site	Events & flyers on website; 96 people get the newsletter. See attachment on page 18
Forum/Literature	“Discovering Choices” – new book on relationships; excerpts on WSO website. See attachment on page 15
Literature Center	See attachment on page 18

District Rep Reports

District 1 – Barbara reported; see Attachment on page 19

District 2 – absent

District 3 – Traci reported; see Attachment on page 19

District 4 – Heidi reported; see Attachment on page 20

District 5 – Veloy reported; see Attachment on page 20

District 6 – Terrie reported; see Attachment on page 21

District 7 – Eilene reported; see Attachment on page 21

New Business

2009 Fall Assembly

October 9-11, 2009, Sun Valley, Idaho. Rooms are \$115 at the Sun Valley Lodge.
Luncheon speaker is Doug B., from Twin Falls

2009 Al-Anon Day

June 27, 2009, Idaho Falls, from 9-3, at St. Luke’s Episcopal.

Flyers are available on the website. Districts are asked to bring raffle items, as well as to chair a meeting, if possible.

Action Committees/Breakout Sessions – Spring Assembly

During discussion, these topics were introduced:

- Rotation of Leadership – why must I do everything?
- The Legacies – Service, Unity & Recovery
- Gratitude
- What in Your Meeting Irritates You? Let it begin with me
- Anonymity – Are we a secret society?

Hot Topics for Assembly:

- Why Me? Rotation of Leadership – Terrie O./LaDora
- What Irritates you about Your Group – Let it begin with me – Kathy B./Paula N.
- Anonymity – Are we a Secret Society? – Lisa C./Barbara V.

Gem State Roundup

July 31-August 2, 2009, Boise, Idaho

Program is on the website. Flyers and link to the hotel can be accessed at

www.gemstateroundup.com

Assemblies Options

There was discussion on how to clearly present this to the GRs, before and at Assembly. It was felt that it's important to tackle the fear this issue seems to be creating. It was decided that having a handout would be very helpful, outlining why we're talking about this, what our goals are, what our fears are and whether those fears are realistic. The handout would also help to illustrate the options available to us. After some brainstorming, Laura took the information and will put together the handout.

Dates

Spring Assembly - May 22-24, 2009, Idaho Falls

Al-Anon Day - June 27, 2009, Idaho Falls

Gem State Roundup - July 31-August 2, 2009, Boise

AWSC Meeting - August 22, 2009, Boise

Fall Assembly - October 9-11, 2009, Sun Valley

Attachments

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18	Literature Center Liaison		

Respectfully submitted,

Traci E.

Secretary

Area World Service Committee Meeting

**“Embrace the Legacies: Our Spiritual Bridges to Expand the Future”
Saturday, March 21, 2009**

Kopper Kitchen Restaurant, Boise, Idaho

- 10:00** Serenity Prayer, Welcome: Cecilia S., Area Chairperson
12 Traditions
12 Concepts of Service
Forum Reading on Concept 3
Introductions around the room; first name, Area position & home group
- 10:15** Secretary Report – Traci E.
- 10:25** Treasurer’s Report – Toni R.
- 10:40** Delegate’s Report – Berta R. (absent)
- 10:50** Alternate Report – Laura F. – G.R. Exchange
- Old Business:**
- 11:00** Area Alateen – Ruth B.
- 11:15** Area Spanish Outreach – cell phone – Laura F.
- 11:30** **Break (15 minutes)**
- 11:45** Spring Assembly, Idaho Falls, ID; May 22-24 – Shilo Inn
- 12:00** **Coordinators’ Reports** (3 minutes each & submit electronic report to Area Secretary and Area Newsletter Editor)
Alateen/AAPP – Ruth Area Forum/Literature Coordinator – Heidi
Archives – Ladora B. Area Newsletter Editor – Danielle E.
Area Website - Toni R. Area Group Records – Lisa C.
AIS/LDC – Marje K. Area Public Outreach –PI, CPC, Institutions
– Wanda
- 12:20** **Districts’ Reports** (3 minutes each & submit electronic report to Area Secretary and Area Newsletter Editor)
One: Barbara V. Three: Traci E. Five: Veloy F. Seven: Kathy B.
Two: Danielle E. Four: Heidi W. Six: Jody C.
- New Business:**
- 12:45** Fall Assembly 2009 – Sun Valley – Oct 9-11 - District 4 – Heidi W
- 12:50** 2009 Al-Anon Day – June 27, 2009 - District 6 – Jody C.
- 1:00** **Break (15 minutes)**
- 1:20** Action Committees/Breakout Sessions for the Spring Assembly
1. Topic _____
2. Topic _____
3. Topic _____
- 1:30** **Next AWSC Meetings** – August 22, 2009 – Kopper Kitchen, Boise
Gem State Round Up – July 31 – August 2, 2009
- 1:40** Al-Anon Assemblies Options – How to present at assembly
- 2:10** Sharing from the Heart – Concept 3
- 3:00** **Closing – Al-Anon Declaration**

**Let it Begin with Me.
When anyone, anywhere, reaches out for help,
let the hand of Al-Anon and Alateen always be there...and let it begin with me.**

Voting Issues for GRs at the Spring Assembly: Al-Anon Assembly Options

Area Chairperson

Hello Area members:

The big news for our spring assembly is regarding our “Area Assembly Options.” An ad hoc committee, chaired by Danielle E., has been looking into the Area current expenses and future possibilities of hosting our own Area Assemblies. We, as an Area, have been discussing our Area Assembly Options since our 2007 Fall Assembly. The group representatives at the 2008 Fall assembly voted to have “*Every District to do a financial study for a meeting room, luncheon, hotel rooms, etc. to report at Spring Assembly.*” This motion also passed unanimously. This information has been printed in the Area Newsletter so the group representatives can discuss the area options with their groups and at their district meetings prior to the spring assembly; this could go to a vote.

For a full review of this ad hoc’s committee’s work, go to our Idaho Area website and on the left hand side on our home page click on “Area/Members” then “Newsletter” and then click on “Fall 2008” and “Spring 2009.” These articles give an excellent overview of our progress on Area Assembly Options. In our Spring 2009 Area newsletter, there is an excellent one page reference sheet discussing our area options, assembly purpose, goals, why are we looking into other options, and the benefits. This reference sheet should be a very helpful tool for group representatives when reporting to their home groups and district.

We will have three breakout sessions during the spring assembly;

1. “Why Me? – Rotation of Leadership” chaired by Terrie O. and Ladora B.
2. “What Irritates You About Your Group – Let It Begin With Me” chaired by Kathy B. and Paula N.
3. “Anonymity – Are We a Secret Society?” chaired by Lisa C. and Barbara V.

Each breakout session leader(s) will be giving a written report for the Area Newsletter on the highlights of what was discussed in their groups.

The Area has another Ad Hoc committee currently working on improving our Area Assemblies. The “Area Assembly Guidelines” committee, chaired by Berta R., is working to give assistance and consistency to the host districts holding Area Assemblies.

The next Spring Assembly will be at the Shilo Inn in Idaho Falls on May 22 – 24, 2009; please note the date change. Spring Assembly flyers are on our wonderful Idaho Area website <http://www.al-anon-idaho.org/> then click on “Events” on the left hand side and then click on “flyer.”

Next Area World Service Committee (AWSC) meeting will be on Saturday, August 22, 2009 at Kopper Kitchen in Boise.

Love in Service;
Cecilia S.

Treasurer Report

2009 Account Balances Al-Anon-Area 13

March 15, 2009

		Totals
Bank Accounts		
Checking	2,691.23	
NWRSS Savings ⁽¹⁾	700.00	
Savings ⁽²⁾	6,850.23	
TOTAL Bank Accounts		<u>10,241.46</u>
Cash Accounts		
Cash Account	0.00	
TOTAL Cash Accounts		<u>0.00</u>
Asset Accounts		
Seed Money and Deposits ⁽³⁾	152.00	
TOTAL Asset Accounts		<u>152.00</u>
Net Worth		<u><u>\$10,393.46</u></u>

Footnotes

- ¹ \$700 was moved from checking on 7/1/08 to this account
- ² The savings account earns interest. Money sits here until it is needed for the checking account to pay invoices.
- ³ \$2 deposit on Post Office box keys
On 10/11/08 \$150 was sent to District 6 for Al-Anon Day
These are assets because we eventually get this money back.

2009 YTD Profit and Loss

Al-Anon Area 13

March 15, 2009

	Details	SubTotal	Total
Income			
Donations		967.18	
District 3	250.00		
Group	717.18		
Total Income			<u>967.18</u>
Expenses			
AWSC Meeting Expenses		-484.00	
Assemblies	-137.00		
Committee Meetings	-347.00		
Operating Expenses		-509.85	
NWR Delegate Meeting	-499.90		
Website Domain Name	-9.95		
Total Expenses			<u>-993.85</u>
Net Income			<u><u>-26.67</u></u>

2009 YTD Group Donations Al-Anon Area 13

March 15, 2009

	Group	Donation
District 1	40751 Afternoon Delight AFG	50.00
	502355 Freedom Group	23.65
	62434 Friday Noon AFG	16.00
	65487 From Insanity To Serenity	10.00
	66383 Northwest Serenity	50.00
District 2	14149 Clarkston Roundtable	45.00
	3384 Kendrick AFG	25.00
	3388 Lewis-Clark AFG	60.00
	48023 Wed Night	8.88
District 3	3345 Steps To Serenity	30.00
	500569 Fri Night Fireside	30.00
	61227 Mon/Wed Noon	147.00
District 4	24707 Filer Tue Night	35.00
	27614 Beginning Again	26.65
	35113 Fri Buhl Serenity Seekers	25.00
	48100 Experience, Strength, & Hope	25.00
District 5	30788 Friday Out To Lunch AFG	15.00
	36305 Turn Around AFG	30.00
	44344 Wed Wild Bunch	15.00
District 6	64378 Westside Al-Anon	25.00
District 7	62297 Safe & Sound	5.00
	63168 Just For Today	20.00
	Total Group Donations	<u>717.18</u>

Group Donations Trends by Quarter

As of March 15, 2009

	Quarter	Date	Donation	Year Total
2007	1	1/1/2007 - 3/31/2007	858.09	
	2	4/1/2007 - 6/30/2007	455.05	
	3	7/1/2007 - 9/30/2007	603.31	
	4	10/1/2007 - 12/31/2007	751.54	
		Year Total		2,667.99
2008	1	1/1/2008 - 3/31/2008	800.57	
	2	4/1/2008 - 6/30/2008	563.29	
	3	7/1/2008 - 9/30/2008	646.46	
	4	10/1/2008 - 12/31/2008	749.32	
		Year Total		2,759.64
2009	1	1/1/2009 - 3/15/2009	717.18	
		Year Total		717.18
Total			6,144.81	

2008 Year End Profit & Loss for Al-Anon Area 13

As of December 31, 2008

	Details	SubTotal	Total
Income			
Al-Anon Day		617.75	
Net Income	381.75		
Raffle	236.00		
Spring Assembly		1,599.92	
Split ⁽¹⁾	555.92		
Raffle	1,044.00		
Fall Assembly		2,995.04	
Split	2,097.04		
Raffle	898.00		
Donations		3,105.34	
District 2	155.70		
District 3	175.00		
Group	2,759.64		
Member	15.00		
Interest		49.58	
Total Income			8,367.63
Expenses			
AWSC Meeting Expenses		-3,015.62	
Assemblies	-2,158.07		
Committee Meetings	-857.55		
Coordinators		-438.30	
Archives	-45.41		
Forum-Literature	-22		
Newsletter ⁽²⁾	-370.89		
Officers		-241.35	
Chair	-19.50		
Delegate	-125.00		
Treasurer	-96.85		
Operating Expenses		-3,237.18	
Assembly Literature	-35.09		
Background Checks	-122.63		
Bank Charge ⁽⁴⁾	31.04		
Equalizer Expense	-1,890.00		
Financial Review ⁽⁵⁾	-100.00		
NWR Delegate Meeting	-1,078.50		
PO Box Rental	-42.00		
Total Expenses			-6,932.45
Net Income			1,435.18

Footnotes

- ¹ Spring Assembly split decremented by \$39.38 for speaker expenses
- ² \$500.00 was paid in January to the Newsletter Editor's checking account
\$129.11 was received from the prior Newsletter Editor's checking account
\$370.89 Net expense for newsletter editor
- ⁴ Bank charges from 2007 were reversed for double payment of printed checks
- ⁵ The Financial Review was performed on the prior Treasurer's books

Al-Anon Area 13 - 2009 Budget

Budget Item	2009	2009	2008	2008	2007	2007
	Actual	Proposed	Actual	Proposed	Actual	Approved
<u>Coordinators</u>	-		-			
Alateen/AAPP		40.00		40.00	16.79	40.00
Archives		80.00	45.41	80.00	85.35	40.00
Forum/Literature		20.00	22.00	20.00	1.70	80.00
Group Records		20.00		20.00	6.75	40.00
Literature Center						
Liaison		20.00		20.00		20.00
Newsletter		0.00	370.89	371.00		500.00
Public Outreach		40.00		40.00		120.00
Website		20.00		20.00	76.93	40.00
<u>Officers</u>	-		-			
Delegate		600.00	125.00	600.00	735.79	600.00
Alternate Delegate		20.00		20.00		40.00
Chair		40.00	19.50	40.00	22.09	80.00
Secretary		40.00		40.00	19.08	40.00
Treasurer		100.00	96.85	60.00	96.44	60.00
<u>AWSC Meeting Expenses</u>	-		-			
Committee Meetings	347.00	900.00	857.55	1,530.00	544.09	1,100.00
Assemblies	137.00	3,000.00	2,158.07	3,080.00	2,461.34	2,640.00
<u>Operating Expenses</u>	-		-			
Assembly Literature		40.00	35.09	25.00	21.52	50.00
Background Checks		125.00	122.63	250.00	75.00	750.00
Bank Charges		20.00	-31.04	40.00	81.33	70.00
Equalized Expense		1,990.00	1,890.00	2,261.00	1,959.00	1,698.00
Financial Review		100.00	100.00	100.00		
NWR Delegate						
Meeting	499.90	800.00	1,078.50	1,200.00	375.81	1,000.00
NWRSS Expense		0.00		0.00	1,974.86	
PO Box Rental		42.00	42.00	40.00	40.00	
Public Outreach		150.00		150.00		300.00
Spanish Hotline		100.00		200.00	283.59	200.00
Website Domain Name	9.95	29.85				
Website Hosting		166.80		0.00	166.80	245.00
Totals	993.85	8,503.65	6,932.45	10,247.00	9,044.26	9,753.00
<u>Seed Money/Deposits</u>						
NWRSS Savings		700.00	700.00	700.00		700.00
Al-Anon Day		150.00	150.00	150.00		150.00
Alateen Assembly						100.00

Delegate's Report

I am sorry that I am unable to attend today's meeting. I miss seeing all of you.

Last weekend I attended the 25th Northwest Regional Delegate's Meeting in Lincoln, Nebraska. We had a total of 27 past and present Delegates and also 2 visitors in attendance. All of us (except for the 2 visitors) gave presentations on one of the following subjects; the history of the NWRDM, Knowledge Based Decision Making, Task Forces & Thought Forces, Chosen Agenda Items, Policy & Process for excess bequest funds, Information Sharing, 2009 Conference Preview, and the Conference Theme. We also heard reports from Penny Ridderbusch, the NW Regional Trustee and Bev Anderson a Trustee- at- Large. I participated with the Delegate from Montana in presenting the information on the policy and process for excess bequest funds.

The 2010 NWRDM will be held in Anchorage, Alaska on the first weekend in March. I also volunteered to be on a thought force to get information on the possibility of creating a rotation for hosting this event.

Each of the 4 outgoing Delegates from Panel 47 practiced their 3 minute talk that they will give at the World Service Conference.

This years Conference Theme is "Embrace the Legacies: Our Spiritual Bridges to Expand the Future"

I will be leaving for Conference on April 17th, 2009. I have been assigned to the "Integrating Alateen into AI-Anon where no Alateen meetings exist Thought Force."

If districts or individuals are sending Love Gifts to the conference, please send them to:
Berta Ruark (Hold for WSC 4/19 – 4/23, 2009)
Wyndham Virginia Beach Oceanfront
5700 Atlantic Ave.
Virginia Beach, VA 23451

Please have them arrive after April 15th. Also, please put my name and address as the return address: Berta Ruark 2049 Jacobson Court, Clarkston, WA 99403

Thank you again for allowing me to serve our fellowship as Delegate.

Berta Ruark
Panel 48
IDAHO

Alateen Coordinator/ AAPP Report

This is Year Two in my term as an Area Coordinator. I'm feeling much more comfortable in my role as the Idaho Area Alateen Coordinator/AAPP (Area Alateen Process Person). Last year, you were all so efficient & timely in sending me updates on Alateen sponsors & meetings. Our records are in excellent shape. Thank you for your help & support.

Alateen is growing in Idaho:

We now have 9 In-School meetings in District 3-Boise, and 2 regular evening meetings. We have one meeting in District 1-Coeur d'Alene, one in District 6-Idaho Falls, and one combined Alateen/Al-Anon meeting in District 4-Twin Falls. In August 08, we had 9 total Alateen meetings. Today we have 14!

Send Alateens & Sponsors to the Spring Assembly!

Make sure your Alateen members & sponsors know Idaho Falls is planning an Alateen program at the Spring Assembly. Alateens & their sponsors gain so much by sharing their experience, strength, and hope with one another. Consider having a Fundraiser to pay for Alateen sponsors/Alateen members expenses to this Assembly.

Background Checks:

Just a reminder to anyone interested in Alateen service: Alateen sponsors in Idaho must have fingerprinted background checks to be certified. Go to our Idaho Al-Anon website at www.idaho-al-anon.org, and click on "Area/ Members," then on "Alateen Sponsorship" to get full instructions on how to be certified, including details on the background check process.

Recertification Process by June 15:

Every year WSO requires each area to re-certify all our Alateen Sponsors. It will be so much easier now that I have a handle on the information. As I receive information from the WSO, I'll be asking districts to verify Alateen sponsor information (address, phone, email). Right now, all our records are up-to-date but I know this data changes frequently. Please update any changes as they happen, this will make our yearly recertification really simple.

Alateen Sponsor Training

We're still waiting for two Training Modules to be completed by WSO staff. These last two modules are the most useful: The Alateen Meeting, what happens, how it works, meeting formats, role of sponsors; and, Alateen Challenges, lack of sponsors, lack of kids, discipline problems, keeping on topic, etc. As soon as I get them, I'll send you more info.

I'm so grateful to be involved in Alateen service.

*Enthusiastically yours,
Ruth Blaha*

Archives

At the time World Service was in the throes of moving to their current location in Virginia, they contacted Area Delegates about cleaning out the various State folders of group information. If the Areas would like that information, they could pay a mailing fee for the boxes or they would be discarded.

Ruth B. was our Delegate at the time and jumped on the offer and we have 2 boxes of Group information in our Area Archives.

I thought it would be interesting to “Spotlight” a group in the next few issues of our Idaho Newsletter, so here it is –

Spotlight on:

Group Name: Wild Bunch
Pocatello, Idaho
Group started 11/28/1989
Group Representative: Verona R.
Alternate GR: Myrna C.
Secretary/Treasurer: Kathy J.

Forum/Literature

Al-Anon’s new book on relationships is here!

Al-Anon’s latest book explores the many facets of our recovery in relationships. Drawing on the experience, strength, and hope of hundreds of members, it sheds light on how alcoholism has affected many different types of relationships in many different ways. It also shares why various Al-Anon tools have been helpful in improving our relationships or our attitudes about them.

“At meetings we find people who have discovered that happiness is a choice they can make at any moment. Contentment is no longer seen as an accidental mood created when someone else does what we want. We see people who are able to find peace and serenity even when the outward circumstances of their lives are chaotic. We’re able to listen to them share, and we find that their experience of living with an alcoholic has much in common with ours. As we hear about the relationships in their lives—healthy or unhealthy—we come to understand that everyone in Al-Anon is on a similar path. Peace of mind and healthy relationships are possible for all of us.”

From *Discovering Choices*
(B-30), page 24-25

The Forum Magazine

Al-Anon’s monthly magazine, *The Forum*, contains many personal stories of inspiration, some of which are made available each month on the Internet by authorization of Al-Anon Family Group Headquarters, Inc.

Articles from members present their personal views and experiences. Opinions expressed here are not attributable to Al-Anon as a whole. In keeping with Tradition Eleven, individuals are identified by first names and initials only.

[Following directions: how Al-Anon helped me find my way](#)

By Gene D., Alabama

Living on a cul-de-sac, I see many cars driving down my street only to turn around and go back. I watch in amusement, wondering how they miss the big yellow sign at the intersection that says: "Dead End."

This behavior, I think, is a metaphor for my life. How many dead ends have I been down? How many wrong turns have I made? How many signs have I ignored in my insanity, thinking there was light at the end of that tunnel?

[Honesty begins with staying true to myself](#)

By Marsha C., Oklahoma

Honesty, for me, has to begin with being true to myself, my perceptions, my beliefs, my values, and my reality.

Growing up in an alcoholic home, we would experience night rages followed by sunlight streaming in the kitchen window with breakfast cooking. I would wake up with the awful taste of the night before in my mouth—the fear, the anger, the hurt—and could not walk into that kitchen filled with warmth and pretense...

[Celebrating anniversaries, making amends](#)

By Anonymous, India

The disease of alcoholism brought my husband and me to a point where it became difficult to live together under one roof. We had been staying away from each other for the last ten months when we agreed to meet on the anniversary of our marriage.

Together we paid obeisance at our holy place. He offered to drop me home. He had brought a bouquet for me. I received it and sat in his car. As the car moved, a brand new bottle of whiskey rolled into my feet...

[The Challenge of Communicating with an Alcoholic Spouse](#)

Alcoholism can take its toll on many aspects of life. Healthy communication is often one of the first casualties of this family disease, not only for alcoholics, but for everyone around them.

One of Al-Anon's first books, *The Dilemma of the Alcoholic Marriage* (B-4), addresses the distressing and difficult situations that are part of marriage to an alcoholic. Although it was first published in 1967 and reflects the time in which it was written, the book remains a great resource of pertinent, useful tools for anyone living with an alcoholic spouse.

[The fourth chapter, "What Manner of Communications Are These?"](#) discusses in depth the challenges of communicating in an alcoholic marriage. Although this chapter refers to the spouse of an alcoholic as the wife, it is understood that most of the material applies to the husband of an alcoholic as well.

[The Forum 2009 Index](#)

At the end of each year, *The Forum* publishes an index of all the articles that appeared in the magazine that year. While this helps in December, we also thought there was a way to keep readers updated more frequently.

That's why we created the on-line *Forum* index. It's updated monthly, so you'll never miss a story!

Here are the articles we've published so far, some of which we've linked so you can access the stories. Again, we encourage you to check back monthly to see additional stories.

<http://al-anonfamilygroups.org/Podcasts/FirstSteps/>

A member shares about Al-Anon literature: In my search for help in coping with the effects of growing up with alcoholism, I accumulated shelves of books of psychology, religion, and a variety of self-disciplines.

As a child I felt I could count on no one, and I was suspicious of asking others for help. I preferred to seek a solo form of assistance from books.

Now I'm slowly accumulating a full library of Al-Anon publications by purchasing them at meetings and studying each one in turn. I've even mustered the courage to discuss my readings with other members. The insights garnered have turned my suspicion into trust. I've come out of my solitary personal library into the welcoming human world of Al-Anon.

from *Hope for Today* (B-27)

<http://www.al-anon.alateen.org/english.html>

Today's thought from Hazelden is:

The self is a calm stable center surrounded by a continuous changing sea. Merge with yourself and be ready for any emergent sea.

--Coretta Scott King

Wise ones tell us to be true to ourselves. Being true to ourselves means daring to disagree with a loved one, even when we know it might cause painful tension. It means refusing to go along with the group's plans if our values are being ignored. It means standing alone, if necessary, in our family of origin if their expectations of us no longer nurture our growth.

With the help of the Fourth and Tenth Steps, we are learning who we are. We have recognized our shortcomings, and we have defined the assets that make our lives productive and enviable. Each day we are getting closer to knowing more completely the "inner person" who is calm and centered, unruffled by the external activity.

I can be calm and centered today if situations get tense. My "inner self" will take my hand and give me the words I need.

Public Outreach

I am sending out information as I receive it from WSO. Currently I have sent out information of a newsletter to be put into your papers and a letter as how to do it.. I also sent out a White Buffalo memo to Veloy, as it is in Fort Hall (District 5). I attended a conference call recently and had a few idea's for you to try.. Putting your Al-Anon contact phone number in the Churches directory and their news bulletin. You could do this also in the schools on their bulletin board, or any where there is a bulletin board.

If the Districts would e-mail me their PO person, and their contact information I could work with them and the DR.. Another thought is having Action meetings in your District. Workshops are good also and District projects..

We have 600 Spanish meetings reregistered in WSO.

Love in Service

Wanda

Website Coordinator Report

Events

More Districts are adding their events to the website. Visit this webpage to find directions, review agendas, and print event flyers.

Newsletter Distribution

There are 96 members signed up to receive the electronic newsletter.

Electronic Meetings

Podcasts

WSO podcasts are now linked from the meetings webpage.

Phone Meetings

I received a request to add a phone meeting schedule to the website. This will be completed after I receive confirmation from WSO.

Respectfully submitted,

Toni R.

Website Coordinator

webinquiry@al-anon-idaho.org

www.al-anon-idaho.org

Literature Center Liaison

Greetings from the Literature Center.

First I would like to thank all those who have supported and assisted the center this past year. We greatly appreciate your contributions.

The Officer positions for the year are as follows:

Chair, Toni Rn.

Co-Chair, Carla H.

Treasurer, Toni R.

Secretary, Karla D. (new board member)

Literature Center Liason, Marje K.

We are currently revising the Operating Manual for the Service Center. There have been changes in policies, duties, and procedures, and the revisions will reflect these changes.

Thank again for your support.

District 1

Welcome From North Idaho!

We had such a great year in 2008. Everyone was so enthusiastic about their new positions and getting Mary Pearl T. here for a 12 step workshop. Now a new year has started. We have to decide if we are going to have a mini-conference with panels on relationships or a regular AA/AFG speaker meeting and potluck. In the past we have always had 2 fundraisers, one in the Spring and one in the Fall. We raised enough funds to do the workshop, that we have an abundance now. With the rising prices and increasing recession, we have to plan to cover our assets. For example, the district phone bill went up. \$50 a month X 12 is \$600. If we don't continue to plan and partake in fundraisers we will deplete our balance. We can remind the groups that we used to pass the cost of the phone line to a different group each month. That group can plan to cover that cost at least once or twice annually.

We hope to continue our outreach endeavors. We will be voting on spending limits next district meeting the 3rd Thursday of next month at St. Georges Church in Post Falls. We would love to see more members attending the district meeting to make decisions about our future. Whoo-yea!

It is great to see all of you attending today. Have a good trip home.
sincerely, Barbara V. District Representative Idaho District 1

District 3

Hello from District 3!

We continue to be blessed with great attendance and participation at our District meetings. This year we've added a short, 5-minute "education" segment, based on the Guidelines available from WSO, lead by the GRs. We felt that the guidelines are somewhat overlooked, and this would be a good way to make the GRs aware of them.

Lisa C., our public outreach coordinator is doing an outstanding job, and I see it growing by leaps and bounds. Groups have stepped up and signed up to go to Intermountain Hospital once a month to share at Family Night. I've yet to hear a bad word about it from those who've shared about their experience. Also, the ICADD (Idaho Council on Alcohol and Drug Dependency) conference is coming up in May, and we're planning on being there again this year.

Our District's meeting schedule keeps getting more and more crowded. I know, because the print is getting smaller! A new meeting started in February at the Boise Walker Center – Al-Anon with a corresponding Alateen meeting, Tuesday nights at 7:00. There's also a new noon meeting on Tuesdays.

The Gem State Round-Up is in full planning, and will be July 31 – Aug. 2, at the Doubletree Riverside. The Al-Anon program theme is "A Vision for Healthy Relationships" and the speakers and panels look to be great again this year, so we hope to see you there!

Love in Service,
Traci Ehlers
District 3 Rep

District 4

I would like to thank you for letting me serve as District 4 representative.
Due to the economic downturn I need to focus my attention on my Business.
I have learned so much from service, that I will forever in gratitude.
I will continue to serve as Area Literature and
Forum Coordinator and I thank you for allowing me to continue to be of service.

District 4 forego their annual luncheon in order for the WEDNESDAY night to have a fundraiser.

Burley registered their meeting on Tuesday night at 7 p.m. located at 1836 Elba Street.
Spanish Meeting located in Hailey at St. Charles Parish. Contact person is Alma
(1-208-309-0494)

We are planning several different summer fundraisers. Yard Sale, no-bake bake sale,
a Gratitude Workshop, and looking for ideas.

The Walker Center Family Meeting is back on track.
All the groups are talking turn on chairing this important 12 step work.

Kelley M. will take over as District Representative.
She will be a great asset to this program. I am very grateful to have her in my life.

Thank You for allowing me to be of Service, Heidi W.

District 5

There has been a lot going on here at District #5. Our monthly meetings are being well attended and I'm so proud and grateful for all the hard work that is being done by one and all.

We have a new Public Outreach person (Thank You Sue) and she came on board just in time to get the Health Fairs up and running.

Deb our entertainment chair has done such a wonderful job planning our fund raisers and the special times we spend together, Thank you Deb.

We have a special committee working on Policy and Procedures for District #5. Hoping to have Guidelines to fallow that will help us as a group to be able to work together and accomplish the things that will benefit not only us but the people who will fallow.

With the love and support I have received from these wonderful people in this District I'm looking forward to the time I have left to serve as the District #5 Representative.

Love in Service

District 6

Our year has started off with a bang. In January we elected new District Officers, Terrie O. is the new D.R., Kim E. is the Alternate D.R., Trish O., is the Treasurer & Maureen R., is the Secretary.

We are also busy with the Spring Assembly planning which we are helping District 7 AA to plan, it is going pretty good and we are all excited about it being in Idaho Falls on May 22, 23, & 24, hope to see you there.

We are also, hosting the Al-anon Day this year In June. We have chosen the new book, Opening our Hearts Transforming our Losses, so be sure to keep June 27th open for a great time. Get your registration in early. Flyers for both events can be found on the Al-anon Website.

We are still having our monthly Speaker Brunch at the Shilo Inn @ 11:00 a.m. every 3rd Sunday after our District Meeting. Jody C. volunteered to be the Luncheon Chair for the brunch and is doing a great job.

As new District Officers we are looking forward to this new adventure and hope to find new experience, strength and hope in the coming year. Stay tuned to see how it goes.

Love in Service
Terrie O.

District 7

Wow, as a District we are making head way. We have been moving our District meeting around the District with meetings in Caldwell, Nampa, and Ontario. We have had as many as 21 people at a district meeting. Our next meeting is April 4th at the First Methodist Church in Nampa. We are including our Spanish speaking members in our readings by going around the room and reading the Traditions, Steps and slogans in either Spanish or English as the reader chooses.

We are planning a Fall Potluck and Speaker meeting on September 19th, at First United Methodist Church, 2717 12th Avenue Rd., Nampa. The theme is Changes of Seasons. So far we know that we will have two speakers, a potluck luncheon and a raffle. More will be decided. Please mark your calendars and come and fellowship with us!

We have completed our Love Gift for the Delegate, and are working on contributions for our Raffle basket for the Spring Assembly. It's been fun with new, fresh ideas and lots of laughter. Our theme for our basket is: Pamper your car and yourself! I can't tell you exactly how we got to that but I can say we had a good time getting there.

We are trying to find Alateen sponsors and start Alateen meetings. To this goal we have been educating ourselves about the requirements for Alateen sponsorship, and reviewing what has been successful elsewhere. At this time we are still looking for sponsors.

As a personal note I really appreciate the love and support the Area Chair, committee members and individuals in my District give. I have been reduced to asking for help and advice and it is always there and lovingly given. It may be the lesson I was intended to learn! I feel I have grown in the program with this term as DR more than I imagined I could.

Kathy B
District 7 DR

Gem State Roundup

This year's Roundup will be held at the Double Tree Riverside in Boise on July 31, August 1 & 2, 2009. We're planning an exciting weekend, so mark your calendars & sign up today. The flyers are now posted on our website at <http://www.al-anon-idaho.org/Events/events.htm> or go directly to the Roundup website at www.gemstateroundup.com to print a Registration form. There's a link to the Double Tree for hotel reservations, too.

Here's what we have planned so far:

1. The AA theme is "A Vision For You." The Al-Anon theme is based on healthy relationships using the Traditions: "A Vision For Healthy Relationships."
2. Friday night will be the Kick-off meeting with an Al-Anon speaker, Ralph B., from Los Angeles, and an AA speaker, Lillie H., from Maine. There will also be a sober Comedian, John Wing, to entertain us after the speakers.
3. On Saturday, our Al-Anon luncheon speaker will be Judy A, from British Columbia, Canada. Judy is a past delegate & currently serving as a Trustee-at-Large for the WSO. She is witty, funny, creative, an excellent speaker, and has been in Al-Anon for 39 yrs. Don't miss it.
4. We'll have panels & workshops all day Saturday, including a "Living with Sobriety" relationship panel, and a Communications workshop chaired by Judy A.
5. The AA banquet speaker is Linda P., from CA, and the AA spiritual breakfast speaker is Dick J., from CA.

If you need any additional information about the Roundup, or if you'd like to help, please contact me at ruthineagle@qwest.net or call me at 208-850-6602.

Love in Service,
Ruth B.
Al-Anon Roundup Chair 2009

Al-Anon Assembly Weekend Schedule

“Embrace the Legacies: Our Spiritual Bridges to Expand the Future”

Friday, May 22, 2009

12:00 p.m. to 9:00 p.m. Registration – Lobby

7:30 p.m. to 9:00 p.m. Al-Anon Meeting – “Control Issues can Ruin Unity” District 6 - Pocatello

8:00 p.m. to 9:00 pm Alateen Meeting – Executive Board Room – Topic: “Powerlessness”

Moved to Sat 8 a.m.

G.R. Exchange (GRs Attend)

- Hosted by Berta R. - Delegate

Moved to Sat 8 a.m.

D.R. Exchange (Past & Present D.R.s)

- Hosted by Cecilia S. - Area Chair

Saturday, May 23, 2009

7:00 a.m. to 6:00 p.m. Registration – Lobby

8:00 a.m. to 9:00 a.m. G.R. Exchange (GRs Attend) – Idaho Falls Room

- Hosted by Berta R. - Delegate

8:00 a.m. to 9:00 a.m. D.R. Exchange (Past & Present D.R.s) – Idaho Falls Room

- Hosted by Cecilia S. - Area Chair

9:00 a.m. to 11:20 a.m. Al-Anon Business Meeting (GRs Attend)

- District Reports
- Delegate Report
- Al-Anon Assembly Options
- Secretary Report
- Treasurer Report

11:30 a.m. to 1:15 p.m. Al-Anon Luncheon & Speaker – Yellowstone Room

- Luncheon Speaker: Jackie W. from Idaho Falls, Idaho

1:30 p.m. to 4:30 p.m. Al-Anon Business Meeting (GRs Attend) – Idaho Falls Room

- Hot Topic Breakout Sessions
- Coordinator Reports
- Old Business
- New Business

6:00 p.m. to 9:00 p.m. Banquet and Speaker’s Meeting – Grand Teton Room

- Jim W. from Seattle, Washington

9:30 p.m. to 1:00 a.m. DANCE – Band “2a.m. Logic” – Grand Teton Room

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**9:30 a.m. to 10:30 a.m. Alateen Meeting – Executive Board Room – Topic: “Insanity, and a Power Greater than Ourselves”**

**1:30 p.m. to 2:30 p.m. Step 12 Meeting – District 5 – Pocatello Room**

**2:00 p.m. to 3:00 p.m. Alateen Meeting – Executive Board Room – Topic: “Turning it Over”**

**3:00 p.m. to 4:00 p.m. Newcomers & Gratitude Meeting – District 4 - Pocatello Room**

**8:00 p.m. (after banquet) Alateen Meeting – Executive Board Room – Meeting before Dance**

Sunday, May 24, 2009

**9:00 a.m. to 1:00 p.m. Breakfast & Spiritual Speaker – Grand Teton Room – Steve B. from Ashton, Idaho**

