

# IDAHO ALANON NEWSLETTER

Newsletter by and for Idaho Al-Anon Family Groups

1.00 per year - 6 copies

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Committee: LaDora G.

END year

August, 1974

2nd Issue

Thank you for getting news into me, so we could have something to print this time. We welcome any article that pertains to Al-Anon and what you would like to see in the newsletter. The Newsletter goes to print every other month around the 10th and mailed out by the 15th. Next edition October and all material must be in by the 1st of the month.

The newsletter wishes to Thank Pat J. of Boise for printing the last news letter for us. The newsletter costs us about \$7.50 per issue, including postage, so please send in your \$1.00 if you haven't sent in yet this year. The next issue will be sent only to those who have sent in their subscriptions, the postage is the biggest cost.

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Delegate:

My time as Delegate is coming to an end in just a few more month and I want to take this opportunity to tell you how I feel. I want to thank each and every one of you for allowing me the privelege of being your Delegate for these past two years. I can never repay you for all you have given me. all I can do is continue to serve you in anyway that I can and to thank you every chance I get. I started two years ago with a much differant outlook than I have today and my heart is filled with so much love for all of you that I almost burst sometimes. I wish I could share with you all that I have been given and learned but alas some things can not be shared in its true happenings. I have tried to the best of my ability to bring all that I could to you and will continue to serve you in any way that I can in the future. I have laughed, I have loved, I have cried and I have resigned a few times, but I made it. The Delegate job is a big job, time consuming rewarding and heartbreaking at times but I wouldn't trade these two years for anything in the world. I will take off the Delegates hat soon but I will pray for the next one and I will also serve to back her in any way that I can. It will be as the New Delegate wants me to serve her that I will serve, not to be her competition or in criticism. I ask all to be opening up your minds and come to the next Assembly ready to elect a new Delegate and new Officers. No matter which way the election goes and whoever is elected, that we accept the Group Conscience and back them with every thing that is within us.

Howaya all-----

Betty T.

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Area Chairman:

Its great to greet you all in our area newsletter again. I didnt get to attend the last Assembly this spring and surely missed all of you. I received word of the death of my brother who was an alcoholic and never found the hope of A.A. However I did have an opportunity to carry the message of Al-Anon to some of the family.

It isn't too early to be thinking of gur next Assembly in November. Time goes by so fast when we are all busy with service in Al-Anon. Take heed all you Group Representatives, are you acquainting your Group with what goes on at an Assembly and encourage them to attend. This will be an election year, we will be voting for a New Delegate and Area Officers. Your Groups will beelecting new G.R's.

Do you know the answers to these questions?

When do we elect new G.R's? How are they chosen? How long do they serve?  
Can they serve a second term? What are a G.R's duties? Who makes a good G.R ?  
Have you discussed with your Group the new method of G.R. participation in this Falls Assembly: Your Group has a say in these matters so let them know whats going on. Study the Handbook, but do remember what it is in the process of being revised. The election process at the Assembly level will remain the same. Please feel free to write if I can be of any assistance to any of you.

Darlene P. 685 Davidson Dr. Idaho Falls, Ida 83401



Remember to support your W.S.O in appreciation for all they do for us, as well as you Area Treasury.  
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#### DISTRICT NEWS:

District 111 ---June 27th - A Workshop was given on Sponsorship and the discussion was enthusiastic. A skit was presented by Naomi S. and Billie O. on "How not to be a Sponsor." and "How to be a Sponsor." These ladies will be glad to put this skit on at any Group meeting, All you have to do is call 888-2608 or 343-4053.

July 25th --- The meeting was held at Municipal Park and it was a busy day at the Park, and not a table was available, so we sat on the grass. The G.R. Inventory was read and discussed, together with the Group Inventory. It is hoped that each Group will be going over the Group Inventory as a meeting topic.

August 29th----- The next Disdistrict Meeting will be held at the Municipal Park, at or near Fireplace #2 at 7:00 P.M. Conference Summary will be discussed if it arrives.

LaDora G. D.R - 111

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District 1V --- June 28th was the first meeting of this District held in the Park at Twin Falls. Attendance was small but enthusiasm was high as discussion of future plans took place  
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#### PUBLIC INFORMATION:

The scolding was needed, nothing but procrastination kept me from writing a bit of news in the last Newsletter. Upon coming home from the Spring Assembly in Twin, I took advantage for another article to catch the publics eye. Below is the article from the Idaho Falls paper. Please note the paper has broken a no-no with the paper and has printed a phone number.

## Al-Anon — waiting to help families of alcoholics

"Members come for a variety of reasons and leave taking their own strength from the group," note officials of Al-Anon.

Al-Anon is a group in Idaho Falls and throughout the United States that offers help to the families of alcoholics. There are two Al-Anon family groups in Idaho Falls; one meeting at 8 p. m. each Wednesday in the sisters dining room of Community Hospital and the newer group meeting Fridays at 2 p. m. at an undisclosed location.

The group also sponsors Alateens; which meets each Monday at 8 p. m. at Community Hospital and is designed to help the teenage children of alcoholics.

These local groups meet weekly to help alleviate problems connected with an alcoholic living with a family. Through Al-Anon, family members learn the facts about alcoholism as an illness and about the treatment process; the benefit from therapy through contact with members who have the same problems; improve their own attitudes and personalities by the study and practice of suggested therapy adapted from Alcoholics Anonymous (AA); reduce tensions and improve the understanding, attitudes and behavior of the children in the family, through a change in attitude on the part of the non-drinking parent and through attendance at Alateen meetings.

According to officials of the group, Al-Anon does not give specific advice on family finances, separations and divorce, sex, legal matters, medical, psychiatric or clerical aid. Members only suggest what has been helpful for them.

Members of Al-Anon remain anonymous with members, known only by their first names and all remarks remain confidential. Members do

not gossip, stresses one official.

"Our program is spiritual, but not religious, we concentrate on principle and not personalities."

Al-Anon has a leader who conducts the meetings and is adept at making positive responses as each member speaks, and keeps up the spirits of the group. "There are some tears and lots of laughter and the good feeling of knowing another person has survived what you're going through.

"Some come to our group because they've found little help elsewhere, some are referred and some come out of desperation. Ann Landers, well known columnist for The Post-Register, is a great advocator of Al-Anon."

The group's leader stresses that the meetings are casual and comfortable. "Part of the therapy is knowing that there are others who have the same problems. Members concentrate on principles, not personalities. "Help is there for anyone that wishes to accept it."

Al-Anon groups hold conventions yearly throughout the United States to broaden the scope of helping people. Recently the Pacific Regional Conference consisting of Alaska, Hawaii, Washington, California, Oregon, Idaho, Utah, Arizona and Nevada, held a three-day meeting in Boise. Nearly 500 Al-Anon, AA, and Alateen members were in attendance at this event, the first of its type held in Idaho. Several from the Upper Snake River Valley were in attendance.

Recently the Idaho Falls Al-Anon donated two books to the Idaho Falls Public Library. "Al-Anon Faces Alcoholism" and "Hope for the Children of Alcoholics."

Further information on the local groups can be obtained by calling 523-0289.

## Calendar of events

Thursday

The Homeville Children will hold a regular business meeting at 7 pm at Sambo's Restaurant.

Friday

An Al-Anon beginners meeting will be held at 2 p.m. For information and the meeting place call 523-0289.

Navy Wives will hold an outdoor coffee at 11:30 a.m. at the home of Mrs. Fred Kovach, 1540 Clair View Lane. All club members staff wives and fiance wives are invited to attend. A babysitter will be available.

Beth D. Idaho Falls  
Coordinator

## INSTITUTIONAL:

Questionnaire on Institutional work was sent out to District 3 G.R.'s. To date I have received 6, and I thank you for your interest and cooperation. However interest varied, which narrowed participation even more. I would like to ask these Groups if it would be possible for each Group taking a meeting a month and deciding who would represent Al-Anon at that meeting. To be eligible 6 months Al-Anon attendance. The meetings at the prison are: Sunday nite Main 6 P.M. Thursday nite 120 day 7 P.M. Friday nite Eagle Island 7:30 P.M.

Institutional work will prove rewarding to each Al-Anon Group. There are many "hungry ones" waiting for the Al-Anon message. One night a month is a small price to pay for all that Al-Anon has done for us.

Love - Barbara M - Institutional Coordinator  
510 E. 43rd St. Boise, Idaho 83704

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## ALATEEN:

I wish to bring to the attention of all you good Al-Anons the great need for SPONSORS. The young people are coming to our door by the dozens and many more will be coming as of the beginning of a new school year.

Anyone who wants to do something for others while helping themselves surely ought to give it a try. After all the teenagers of today are the leaders ( or the sick and troubled) of tomorrow - maybe we can help them decide. Surely the Al-Anon way would be the best.

Jan J. Boise - Alateen Coordinator

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## GROUP NEWS:

Couer d'Alene - (change of meeting place) Tuesday - 8:00 P.M. St. Thomas Parish Center Room #7 Corner of 10th and Indiana Ave. For information: 664-5510 - 664-3590

Thanks for Idaho Al-Anon Newsletter - Veronica J.

Idaho Falls - Steps and Traditions are meeting topics once a month and one at a time. Wednesday nite is regular meeting nite at 8:00 P.M. Community Hospital Sister Dining room. Information Call - 523-0289 - 522-3306. P. O. Box 1075. We celebrated our ninth year with a picnic.

Newcomer meeting on Friday afternoons, held in different members homes. For information call 523-0289.

Alateen Meeting - Monday 8:00 Pm Community Hospital downstairs classroom. Information P. O. Box 601 Idaho Falls Idaho 83401

Darlene P. G.R.

Boise Daytime Group - Thursday 10:30 A.M. First Congregational Church 23rd and Woodlawn. Our ranks are rather thin with so many away on vacation, but several new members have joined us and we are happy to have them. We have just finished the 12 steps and it has been a heartwarming experience, especially step 11 and 12. The skit on Sponsorship was presented to the Group and a very informative discussion followed. First and Third Thursday we bring a bag lunch and stay after the meeting for a social time. Sometimes we listen to tapes.

Naomi S. G.R

Sunday Serenity Group - Boise 8:00 P.M. St. Michaels Cathedral, Bishop Tuttle House, 510 N. 8th For Information 344-1525. The Sponsorship skit was presented to this Group and a Sponsorship discussion meeting followed. We plan our meetings for the month as follows: 1st meeting of the month - Step or Tradition, 2nd - How I Applied Al-Anon ideas to a current problem 3rd - Subject in list of subjects in ODAT 4th - Forum week 5th - If there is a fifth open meeting with speakers from other Groups. This of course is a suggested planned meeting program and changes are made depending on the Group C onscience.

LaDora G. G.R.

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## POLICY STATEMENT REVISED:

The Policy Statement was revised at the World Service Conference in April, 1974. The Policy now reads as follows:

"In keeping with Tradition 7 Alateen Groups should not accept contributions outside of Al-Anon. They may raise money for their Conferences or other Alateen purposes by performing services and by means of activities within the fellowship ( E.G bake sales, car washes, spaghetti suppers or the sale of articles pertinent to the program, such as Serenity Prayers, Praying Hands, Slogans etc.) These activities should be held at reasonable intervals and with the permission of the respective AA or Al-Anon Groups."



A PERSONAL STORY:

Thank God for all 3 programs, Al-Anon, Alateen, and AA. Its been a year since I began Al-Anon and I am very grateful for such a beautiful program. Before I started in the Group I knew I was sick mentally because of all the crazy things I did trying to stop my Alcoholic from drinking. My life was one mad obsession with my husband's Alcoholism. I had neglected and deprived myself and my children of so many rich and beautiful adventures in daily living.

Al-Anon gave me hope love and faith which I was very hungry for. Gradually as this wonderful philosophy of love and understanding seeped through, I became aware of the change in myself and the children. When we accepted his Alcoholism as a disease and concentrated on our own lives the shame and fear of the future slowly disappeared.

On March 20th of this year. my husband accepted AA and day by day our whole family can see the changes not only in the Alcoholic, but in ourselves. We still have ups and downs but having been exposed to the courage and strength of Al-Anon, Alateen and AA, life can still be beautiful and bearable.

Perhaps the most helpful and useful tool I have found to use is the Serenity Prayer. I am a perfectionist and this compulsive drive can be very difficult to deal with, but if I think of the meaning of each phrase of the Serenity Prayer as I say it, my understanding grows and along with it my capability to realize the difference between what I can change, and what I cannot.

Judy  
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If it was my first meeting, I'd like!

A Warm welcome. A Friendly smile. tell me you understand tell me enough but not too much as to confuse me. Tell me you were once alone as I may be. I'd like to hear that my Person concerned is sick and as a result of his drinking I may be needing help - from you who care and understand. thats why I came. I knew there was a problem and that I needed someone to care and understand. Let it all be simple for I can't grasp too much at a time. I'm too confused and emotionally mixed up. But most of all tell me there is hope and a better way to live. Let me be a part of your lives in a new Happiness and peace, and a new better way of life and living.  
and please please invite me back.

Anonymous  
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Grateful to have been a G.R.

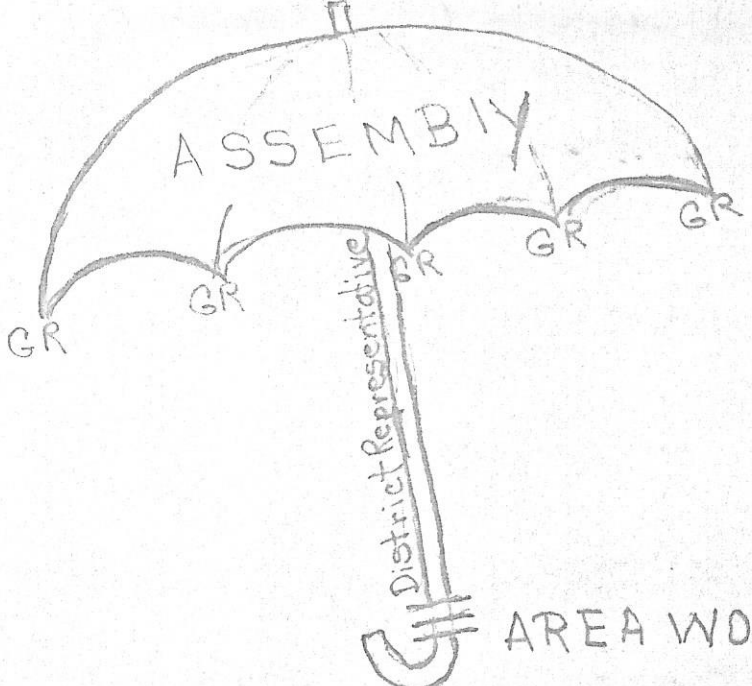
I am finishing my term as G.R. and it has been a very interesting enlightning and rewarding expereince. New G.R.'s will be elected this fall and I urge any of you who are qualified to put your name in when it is time for election in your Group.

Naomi S. - Boise  
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SERVICE UMBRELLA:

If one rib (G.R) is weak or missing, the umbrella will not be as effective. If several ribs (G.R.s) are missing the umbrella will collapse.

Every umbrella must have a firm and steady handle (D.R)



THE "UMBRELLA" OF SERVICE

AREA WORLDSERVICE COMMITTEE