

IDAHO ALANON NEWSLETTER

Newsletter by and for Idaho Al-Anon Family Groups

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2nd Year

December, 1974

4th Issue

HAPPY HOLIDAY SEASON

The 12th month -- The 12th Step -- The 12th Tradition --

The 12th month reminds us that it is the season to be jolly and giving and loving, which is Al-Anon's way for all seasons.

The 12th Step reminds us - " Having had a spiritual awakening as the result of these steps, we tried to carry the message to others and to practice these principles in all our affairs." The most important words to me in this step are " as the result of these steps", the other 11, for without the other 11 in my life I could not have had a spiritual awakening. Without the other 11 steps I would not have the principles to apply to all my affairs and if I did not have these principles, I would have no message to carry.

The 12th Tradition reminds us - " Anonymity is the Spiritual foundation of all our Traditions, ever reminding us to place principles above Personalities." Again the words, all our Traditions, and this one must be studied and deeply thought about to be understood and rightly applied. The word anonymity goes far beyond the simple idea of keeping the identity of members from exposure. It says, in effect, that the principles by which we find our help are of far greater importance than the individual who gives or receives that help. It implies, no matter who you are, or what your views, attitudes and wishes maybe, all this must be subordinated to the spiritual principles established for the greatest good of the greatest number. In this sense, we acknowledge ourselves to be anonymities, for principle is everything. Acceptance of this idea may come slowly to many of us: it requires real humility. In our fellowship no one need look far to find someone still in need. Lifting that person's spirits with a thoughtful word or a kind act is a small payment on ones own debt--- Don't count the hurts you have received but remember the kindnesses extended to you --- and repay them tenfold to anyone still in need. It is this ability to scatter blessings in recognition of the blessings we ourselves have received, which makes us persons worth knowing and having as friends.

Al-Anon's favorite Forum Editorials

Our Sixth Concept of Service States:

The Conference acknowledges the Primary administrative responsibility of the trustees. We as individual groups do not have the ability to run the District or State Offices, so we turn the Authority over to people we elect, trusting them to do what's best for our Groups. Our G. R. and D. R. go to meetings at local levels where they turn over our ideas to the State Delegate; who in turn goes to the New York Conference where most of our ideas are voted on. These people are not the bankers, lawyers or business people that are needed to Administer the wide and varied range of affairs of World-wide public relations. They delegate our affairs to a board of trustees who are responsible for our service activities as well as Al-Anon's public relations. They are to watch over our Twelve Traditions, and only the trustees can evaluate and handle the unnumberable transactions in our World Service operation. In view of the responsibility they need to be given a large amount of Authority and leadership with which to discharge it. It should also be understood that the World Service is first a matter of policy and business; while our objectives are spiritual. These Aims can only be

achieved by an effective business operation. Since our trustees must function like directors of a large corporation they have to have ample Authority to manage and conduct Al-Anon's business.
Northern Illinois - Newsletter

Area News:

The Fall Assembly was held in Pocatello, the first week in November. This was an election Assembly and the following people were elected to serve for the next three years as our Area World Service Committee.

Darlene P _____ - Idaho Falls - Area Delegate
Betty T _____ - Boise - Area Chairman
Lodema S _____ - Gooding - Alternate Delegate
Naomi S _____ - Boise - Area Secretary
Ladora G _____ - Boise - Area Treasurer

The following are being considered by the Delegate to serve as coordinators----

Beth D _____ - Idaho Falls - Public Information
Gail L _____ - Pocatello - Newsletter
Ruth _____ - Pocatello - Alateen Coordinator

Ladora G. - Boise would like to resign as Treasurer and take Institutional Coordinator. It has been approved by the new Delegate and Area Chairman and with the approval of the Area World Service Committee the Chairman will appoint a new Treasurer in District 3.

Treasurer's Report:

Balance at November Assembly	\$413.05
Assembly Registrations	152.00
Display Sales	88.87
Check from Spring Assembly	59.00
Less Checks:	
Stamps	5.00-
Assembly Delegate Expense	48.00-
Balance as of November 18, 1974	<u>\$659.92</u>

\$425.00 will be sent to New York as of Jan 1, 1975 and we will need another \$300.00 by April 1, 1975.

District #3---- Group

Nampa, Idaho - Meeting Place : Mercy Medical Center - 1512 12 Av Rd. - 8:00PM = Monday 466-7260
Group

Boise, Idaho - Meeting Place : Sunday - Bishop Tuttle House - 510 No 8th 8:00 PM 344-1525
Monday - Newcomers - 1st Congregational Church - 23rd & Woodlawn
8:00 P.M. 344-0620
Tuesday- Grapevine Club - 1518 Fort - 8:00 PM 343-0410
Wednesday-1st Congregational Church - 23rd & Woodlawn - 8:00 PM
376-1570
Thursday - Mornding - 1st Congregational Church - 23rd & Woodlawn
10:30 A.M. - 344-7005
Thursday - Nite - Bishop Foote House - 2206 No. Cole Road
8:00 P.M. --345-4166
Friday - Grapevine Club- 1518 Fort - 8:00 PM

November District Meeting was held the 3rd Thursday and was attended by 7. A new D.R. was elected - Naomi S. - Boise, Kathy S. - Boise, alternate and Mary J. - Boise, as Sec. Treas.

December Meeting will be held Dec 19, 1974 at 23rd and Woodlawn at 7:00 PM in the basement. All G.R's and Secretaries and all interested Al-Anons, please attend.

Boise Alateens:

New Meeting Place: 1st Congregational Church - 23rd and Woodlawn - Wed @ 8:00 P.M.
Carole M. - Nampa - will be new Sponsor

Ask N Learn:

How much time should be allotted to Business at a meeting?

There are no rules or regulations in Al-Anon. See Tradition 4. However if you take up too much time with business, you won't have any members, and if you allow no time, you won't have any members either - because no one will know what's going on.

DATES TO REMEMBER IN 1975:

- March 1 - Regional Conference - Salt Lake City, Utah
- April 1 - Area World Service Committee Meeting - Twin Falls, Idaho
- May 1 - Area Spring Assembly - District #3
- August 1 - Area World Service Meeting - Twin Falls, Idaho
- July 1 - World Conference - Denver, Colorado
- Nov 1 - Area Fall Assembly

We have not set exact dates on some of these but we will print the exact dates as they are set. The Delegate would like to have an Area World Service Meeting at least once in between Assemblies so they have been set tentatively for April and August. The Delegate and the Area Chairman would also like to attend a District Meeting with each of the Districts in between the Assemblies. The Delegate and Area Chairman will be in touch with your District as to the Dates they would want to attend.

The Area Newsletter Staff and the Area World Service Committee wish you all a Happy Holiday Season. The New Year will bring a new Newsletter Staff and new World Service Committee, let's all begin the New Year to get behind them and serve to help them.

Trust will be the Theme in 1975 - Let's put trust in our G.R's, D.R's, Area Officers and Delegate. If you can elect them to serve you, then you must trust them so they can serve to their best Ability.

GROUP UNITY: What stands in the way?

(ER)

- A. Big Ego?
- B. Taking another's Inventory?
- C. Gossip (this can damage mutual trust)?
- D. Self-indulgence? Talking through the meeting and not allowing others to voice opinions?
- E. Impulsive Criticism?

Think about it! ! "Without unity there is no recovery"

Does my attitude keep others from speaking freely?

Do I sometimes make others feel ill at ease or stupid if they don't agree with me?

Do I consider each member's views with an open mind - or only those that agree with mine?

Do I monopolize time and attention during the meetings?

Do I consider every action and decision I make in the light of its ultimate effect on the Group?

Do I realize if I talk about my alcoholic in a meeting that I am speaking of another Human Being and to talk about another Human Being is Gossip?