

5th Year

March 8, 1977

1st
2nd Issue

Newsletter by and for Idaho Al-Anon Family Groups
2.00 per year -4 copies
Editor: Deneice W

Meridian, Idaho 83642

Hi Everybody!

What Al-anon means to me. "Something New."

A new beginning,

New communications with my Higher Power.

New thoughts.

New ideas.

New attitudes.

New feelings.

New positive actions.

New look at people.

New outlook on life.

New friends that really care.

New guidelines in the 12 steps that show me a
new way to live my life.

All of this has given me a new comfortably pleasant experience
in coping with a new life. My new life began One-Day-at a
Time in Al-Anon, with people who share their experience, strength,
and hope.

With Love and Gratefully Yours,
Your Editor-----Deneice.

FROM YOUR DELEGATE:

Three months have passed since last I wrote. Time goes by so fast. But that doesn't mean I haven't been thinking about all of you. We remodelled our living room just before Christmas, added 6-x 24 feet onto it, and sure makes a difference, but I got absolutely nothing done the six weeks that the carpenters were here.

Of course, I think about going to New York, but I think first and foremost on my mind is our State. I have several ideas which I will throw out for your approval or disapproval.

Our next World Service Committee Meeting will be March 26, 1977. This includes all of our State Officers, is supposed to only include the District Representatives, but since we are so few and far between, we have been including the Group Representatives and Co-Ordinators. And anyone who is interested in the service structure of our wonderful organization is, of course, welcome to attend.

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Since we are so small and money is rather tight, I wondered if you might like to meet at my place since I do have room for you now, and I am in a central location. I am sure I could make coffee for less than \$2.50 a pot. (ha). We are about two miles east from the exit off 180N coming from Boise, and about a mile and a half from the one coming from Pocatello, Idaho Falls, etc. Individual groups have been doing very well by their respective representatives to the WSCM by paying their way, but onto another subject that has been going through my mind lately.

Our own group, the Northside Al-Anon in Gooding will celebrate it's fifth anniversary in March, 1977, and we are thinking of having a box social to raise money for our State fund. The purpose: To pay our officers way to our State Assemblies. I know it continues to get more difficult for our officers to pay their own way, and we deprive ourselves of many good members who would like to work in service, but simply can't afford to do so.

I know myself I could never have accepted the position of Your Delegate to New York if it weren't for all the wonderful groups in the State of Idaho who contribute to my expenses.

One Day at a Time! How often I have to remind myself of that. To me that is the one thing that is so important but at the same time rather difficult in our program. If we try to live in the past or plan too far in the future, we can really get ourselves in a tangled up mess.

Our State Assembly, (Spring) Assembly will be May 13, 14, & 15, 1977 at the Ramada Inn in Burley. Hope you are all thinking of something we can use to raffle off, auction off or sell, whatever. In this area, we are trying to put together some beautiful 6 x 10 (approximately) pieces of wood with the praying hands and serenity Prayer on. One year one group brought potholders, which I for one really appreciated. Maybe some of the other groups can think of something original to bring. I think hand made things are so beautiful, and so few do them anymore.

I am still hoping to get over to Boise Valley and up around Idaho Falls, but will wait now until this weather breaks. But keep me posted on your activities.

Love in Al-Anon,
Lodema

FROM DISTRICT IV

Gayle F. Jerome, Idaho 83338 is the new Group Representative for the Northside Al-Anon. Phone

The 23rd of December, members and families of AA groups in Magic Valley, including Al-Anons and Alateens, had a potluck and fun time at Bill and Hazel H.'s home north of Gooding. About 35 enjoyed a wonderful evening, including several games of Bingo.

New Years Eve about 28 members and families of AA groups in Magic Valley, including Al-Anons and Alateens, saw the old year out and the New Year in with a potluck and meetings at the home of Marilyn and Corky D. in Filer. Those who attended reported a good time had by all.

After several weeks vacation, Magic Valley Alateen is active again with a new sponsor, Marlene H. of Twin Falls, who is a newcomer to our area from Washington State. Sandra J. of Gooding will

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be co-sponsor. All reported a super-duper meeting on January 8, 1977, in the Wendell City Hall. Regular meetings will be held at 2 p.m. every Saturday afternoon. If you are passing through Wendell, please stop by. Several newcomers were present.
Call [redacted]

NEWS OF OTHER GROUPS

In Idaho Falls there are two meetings every week, on Monday afternoons and Wednesday Nights.

Carla W [redacted]

[redacted]
Idaho Falls, Idaho 83401

Our group swelled to about eight people then it has dropped off to four regulars at the present time.

We are still meeting Mondays at Hailey and the 2nd and 4th Thursdays of each month at Sun Valley.

Mr. Robert S [redacted]

Hailey, Idaho 83333 [redacted]

Yours,
Bob S [redacted]

Teusday Night Group, Boise welcomes all Al-Anons to their weekly meeting in the Grapevine Club, 16th & Fort St., at 8:00 p.m..

Whenever any of you from other cities are in town on a Teusday, drop in on us.

Mary J [redacted]
Group Representative.

Wednesday "Come On Out" Group meets at the First Congregational Church, at 8:00 p.m. at 23rd and Pleasanton, Boise.

Thursday Morning "Daytime Group" meets at 10:30a.m. at the First Congregational Church. 23rd and Pleasanton, Boise.

Mondays is a Newcomers Group, held at the First Congregational Church, at 8:00 p.m. at 23rd and Pleasanton, Boise.

Fridays and Sundays meetings are held at the Grapevine Club, 16th & Fort St., at 8:00 p.m.

Nampa Al-Anon meets on Mondays at the Mercy Medical Center, 1512-12th Ave. Rd., at 8:00 p.m.

Caldwell Al-Anon meets on Wednesdays at the Haley Medical Center, 10th Ave. & E. Logan, at 8:30 p.m.

ANONYMOUS LETTER:

When some Al-Anon members are in a hurry to get to the topic and want to skip the Welcome, I'm the one who always insists it be read.

Why? Because it reminds me what the program is all about, and now I'm glad it has such lines as----

"Al-Anon is an anonymous fellowship, and everything that is said here, in the group meeting, and member-to-member, must be held in confidence."

Then in the closing is this line----

"Talk to each other, reason things out with someone else, but let there be no gossip or Criticism of one another."

You have read and heard these lines dozens of times, I know, but are we all remembering and practicing them? Or are you having a slip occasionally and gossip is slipping out of your mouth before you stop and think before you speak?

The one purpose of Al-Anon is to help families of Alcoholics, We practice the Twelve Steps of AA ourselves, by encouraging and understanding relatives, and by welcoming and giving comfort to families of alcoholics.

But by gossiping about these families of alcoholics, we sure aren't following group purposes and principles. How can we give people confidence in Al-Anon if their stories are repeated and elaborated upon? We are defeating the very purpose for which we are joined together.

YOUR AREA WORLD SERVICE COMMITTEE

DELEGATE*****Lodema K	Wendell, Ida.83355
CHAIRMAN*****Betty T	Boise, Ida.83704
SECRETARY*****Naomi S	Nampa, Ida.83651
TREASURER*****Mary J	Boise, Ida.83702
PUBLIC INFORMATION*Beth D	Idaho Falls, Ida.83401
INSTITUTIONS**Ladora H	Boise, Ida.83705
ALATEEN*****Roberta C	Caldwell, Ida.83605
NEWS LETTER***Deneice W	Meridian, Ida.83642

DISTRICT REPRESENTATIVES

DIST. 3*****Helen H	Caldwell, Ida.83605
DIST. 4*****Hazel H	Gooding, Ida.83330
DIST. 5*****Lib B	Firth, Ida.83236

INSTITUTION CO-ORDINATOR REPORT

The revised and expanded guidelines for institutions work are completed and available through W. S. O. I have received the Co-Ordinator aids and there are a couple of sample letters that would be excellent to use for public information service also, with a few changes.

The guidelines were compiled and developed from the information sent in by those members serving in this capacity of Al-Anon service in the United States and Canada.

Ladora H.

AREA TREASURER'S REPORT

It was great to see allof you at the fall Assembly--many familiar faces and some new ones too. The Area broke even financially and the treasury thanks you all for your support.

Our \$425.00 contribution to the World Service Office for the equalized delegate expenses, for the 1977 Conference, has been paid.

Since the Assembly, the Area has received \$132.50 from ten groups including a joint contribution from all the Boise groups who sponsored a dessert auction at the AA Innergroup Christmas Party. We have a balance of \$83.41 towards the \$200.00 expense money needed for our delegate before she departs for the conference in April, and expenses of the Spring Assembly.

Yours in Al-Anon,
Mary J

DISTRICT III LITERATURE CENTER

The more I become involved in the Literature Center the more intriguing it becomes. The therapy is also wonderful for me. It certainly keeps me on my toes and I have become more than ever involved in Al-Anon.

Though this Literature Center began in August 1975, I really didn't start keeping a correct and accurate account of sales until January 1976. And now each book and pamphlet is recorded under it's respective title. Each penny, nickel, dollar bill and check is dutifully recorded. I just never dreamed that this offer to have this service for the benefit of the groups of a quicker access for literature, instead of the usual three weeks wait, would mushroom.

Sales were tripled in January 1977 over those sales of the previous January; and February is only half over and I have sold double the amount over last February.

As I reported at the Jan. District meeting, the "One Day At A Time" book sells the most. How many of the members have read "Living With an Alcoholic?" This book was the first one put out by the Al-Anon Family Groups. It is informative, structural and every group should have one for the use to all members to read when they lead meetings. Also in this book is a short analysis of each Step and Tradition, also the Slogans.

The pamphlet that sold best was Alcoholism-A Merry-Go-Round. The pamphlet "Sponsorship" came in last. Only 15 of these were purchased during the year and I bought 7 of those from the Center because I led a meeting one night on Sponsorship and I gave each person present a pamphlet to keep for re-reading.

The literature is very important to our fellowship. Much of it was written by Lois W. She is well steeped in the philosophy of the program and each time I read and re-read a piece of literature I acquire something new from it. Using these pamphlets and books in meetings is a great asset, because everyone does not get the same meaning out of a group of words. Try it sometime, it makes for some interesting discussions.

Sometimes I believe we overload and overwhelm the newcomer with literature. We have a tendency to want to give them a copy of everything available because it helped us so much, but how frightening that can be when you start to read about all these things at once about changing ourselves.

Cont.

W.S.O. suggests a "Newcomers packet" of:

INFORMATION FOR THE NEWCOMER

PURPOSES AND SUGGESTIONS

JANE'S HUSBAND DRANK TOO MUCH

FREEDOM FROM DESPAIR

JUST FOR TODAY

AL-ANON IS FOR MEN (for a husband)

TO THE MOTHER AND FATHER (for the parents)

HOW CAN I HELP MY CHILDREN (if young children are in the home)

Then as a newcomer returns to the meetings, suggest for them to pick up certain pamphlets that may benefit them in coping with a current problem, and encourage them to read the hardback books that the groups have to lend out.

All groups have probably received the new bookmarks of the "Just For Today" suggestions. I have a number of these on order and should have them in by the middle of march.

Also I have some new meeting schedules made and they are current as of this time. They are 25/50¢ and 50/75¢.

Kathy S.

I CAN BE SPECIAL

I can

Take a measure of self-esteem from all the little moments every day when I act responsibly

Be free to be me, to make choices without fear

Take time to know myself, learn what gives me special joy and allow myself to experience more of it

Be free to love others

Look at peoples faces, or leaves, and meditate when my bus gets caught in a traffic jam

Enjoy every moment

Accept reality, which is better than fantasy and projection

Find serenity even in times of great sadness if I do what I can and turn my life over to my Higher Power

Be human--not perfect--but special, because I am me.