

IDAHO AL-ANON NEWSLETTER

6th Year

September 20, 1978

3rd Issue

Newsletter by and for Idaho Al-Anon Family Groups
\$2.00 per year----4 copies a year
EDITOR: Deneice W.

Meridian, Idaho 83642

YOUR AREA WORLD SERVICE COMMITTEE:

DELEGATE**Lodema K. S. Wendell, Ida. 83355
ALTERNATE DEL.**Robert S. Hailey, Ida. 83333
CHAIRMAN**Uffa M. American Falls, Ida. 83211
SECRETARY**Carla W. Idaho Falls, Ida. 83401
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INSTITUTIONS**Helen H. Caldwell, Ida. 83605
ALATEEN**Sharon S. Blackfoot, Ida. 83221
NEWSLETTER**Deneice W. Meridian, Ida. 83642
LITERATURE**Kathy S. Boise, Ida. 83702

DISTRICT REPRESENTATIVES

DIST. #3--John W. Boise, Ida. 83705
DIST. #4--Hazel H. Gooding, Ida. 83330
DIST. #5--Uffa M. American Falls, Ida. 83211
DIST. #6--Carla W. Idaho Falls, Ida. 83401

AL-ANON & ALATEEN MEETING SCHEDULES:

Sunday Night--8:P.M.--1518 Fort St., Grapevine Club
Monday Night--8:P.M.--23rd & Woodlawn, *Basmt. of Congregational Church
Monday Night--8:P.M.--Grapevine Club
Tuesday Night--8:P.M.--Grapevine Club
Wed. Night--8:P.M.--Congregational Church
Thurs. Morn.--10:30 A.M.--Congregational Church
Friday Night--8:P.M.--Grapevine Club
Friday Night--8:P.M.--Anderson Center, 1st & Bannock
Alateen Grp.--8:P.M.--Presbyterian Church, Linsey Hall
8:P.M.--Monday Night, 9th & State

AL-ANON FAMILY GROUP--P.O. BOX 2524, BOISE, IDAHO---PHONE 344-1661

Will the man who subscribed to the newsletter at the Spring Assembly please write to me--we lost the paper with your name and address. I have your money. Sorry about your name getting lost.

INTERGROUP

Intergroup is made up of all G.Rs. from all the local groups in Boise and is also supported by all the local Al-Anon Groups. It's function is to take care of Tel-Answer and use it's money for Public Information. Cash on hand is \$153.22.

"Of all the things you wear----your expression is the most important."

FROM YOUR DELEGATE:

Greetings! I feel like one delegate said she felt, that she had been on a leave of absence for the summer. But summer is over,--or is it? Anyway, it has turned much cooler.

Good news! I finally received the filmstrip, "Christy visits the World Service Office." I will be very happy to come and show it at any of your meetings, or you can get together and show it to all the groups at once. It will take a cassette sound filmstrip projector. World Service said you should be able to rent or borrow such at an audio visual center. Projector should be pulsed at 50 HTZ cycle, such as the Dukane Projector (whatever that means), I'm not very smart about such things. Guess that's why I have a technician to fix my tape recorders, etc.

My husband and I just returned from Missouri where we visited his 90 year old Mother. Hope I am as spry should I be lucky enough to reach that ripe old age. I was able to visit the Al-Anon Group in Cape Girardeau, Missouri, and really enjoyed it. They had a beautiful meeting.

We came back and stopped in vocatelle for their 31st Anniversary of A.A., at which I had been ask to speak. That's where my Higher Power took over, as I had no time to prepare, so I just asked Him to put the words in my mouth. We really enjoyed it. They had a scrumtious meal, naturally. They really know how to put on a feed down there.

I am really getting excited about our fall conference. They seem to have it altogether pretty well. Hazel and I were able to attend the annual picnic of American Falls the 13th of August, and they had a district meeting afterwards. Hope you all are planning to attend. It is the first weekend in November at the Ramada Inn in vocatello.

Our World Service Committee Meeting will be the 30th of September here at my place. We had sort of planned it for the 23rd, but had too many conflicts. Since it didn't make any difference to me, we set it for the 30th.

I received a note from Alice, who is putting together the 12 & 12 hardback, and evidently it is going together fast. Also they have revised the Digest of Al-Anon & Alateen Policies and put a new cover on it, gold with green. Really striking. Several other pamphlets are being updated.

I know I will think of a dozen things I want to tell you after I put this in the mail, but since I am already late, I will clese with much love to everyone. I am really looking forward to seeing you all in November.

Love in Al-Anon,
Your trusted servant,
Lodema

This newsletter is for all the Groups in Idaho, so let's use it to our best advantage, to help each other. I would like to know how each of your groups deal with the problem of "gossip"? Send me some of your ideas and answers to the next newsletter. It will be out the first of December. Let's help each other!

Love and wanting some answers.
Deneice W. ---Newsletter Editor

FROM YOUR STATE CHAIRPERSON

We were in Boise a couple of weeks ago for a day and I attended the Monday Night meeting at the Grapevine Club and we really had a great meeting. Thanks so much girls for sharing with me and for letting me share what Al-Anon has done for me. I met some new gals and got to visit with some I already knew.

As you know our District is hosting the Fall Assembly and it is really going together wonderful, a lot of sharing, caring and good help is going into this. We hope to see you all there, Nov. 3rd,4th,&5th.

We were very lucky to have Lodema S.(our State Delegate)and her great husband Smitty, spend last weekend with us. We enjoyed them so much and attended recatello's 31st Anniversary together. It was great. Thanks

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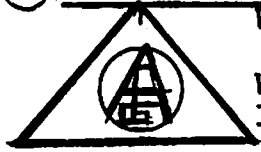
much Lodema and Smitty.

We hope to see you all this Fall, until then may your Higher power keep you all safe and well.

Yours in Al-Anon
Uffa M.

WHAT DOES CONFERENCE APPROVED LITERATURE MEAN?

When you see this emblem and the words--conference approved literature, what does this mean to you?



To me it means I can go to Al-Anon any where in the world and I belong. Without conference approved literature to guide me in my living program I would become very confused with all the self-help books on the market, therapy, psychiatry and programs in mental health. Al-Anon gives me the tools to become a better person, I hope I'm wise enough to learn to use all the tools Al-Anon has to offer.

"Personal progress for the greatest number depends upon unity," as stated in Tradition One. Al-Anon's publications represents the broadest possible consensus of Al-Anon thinking. It is not just one small locality's interpretation, nor the ideas of only one member. "As far as humanly possible," the Emblem says, in effect, "this piece reflects the spectrum of opinion of our whole Fellowship.

Al-Anon Literature must meet certain standards to earn approval of the World Service Conference, thereby preserving Al-Anon's traditional independence. Although Al-Anon is a separate entity, we should always cooperate with Alcoholic's Anonymous.

We are not affiliated with anyone else, and we do not oppose, nor do we endorse, any other ideas. We simply publish our own. It does not mean the conference disapproves of other publications. Many local Al-Anon central offices publish their own meeting lists. Al-Anon as a whole does not oppose these, any more than Al-Anon disapproves of the Bible or books on self help or any other publication from any source that an Al-Anon individual finds helpful. There are thousands of books, pamphlets, brochures on alcoholism, religion, philosophy. Many are excellent. But it is not the purpose of Al-Anon to acquaint it's members with all the approaches to the problem of living with an alcoholic, only the Al-Anon approach.

Conference approved Literature keeps the focus on our message. It is a spiritual message which heals the wounds inflicted by the impact of alcoholism and gives us the necessary tools for our own recovery.

According to Tradition Four, "Each group should be autonomous, except in matters affecting another group, or Al-Anon or AA as a whole." The use of the non-Al-Anon literature at meetings is unfair to those who come looking for a better understanding of what the program has to offer. Most people come to Al-Anon expecting to find Al-Anon literature and discussions pertaining to the Al-Anon program. It only seems fair that we give to the newcomer that which was so freely given to us.

You violate the Tradition of Unity which binds all Al-Anon together when you get off on tangents such as psychology, philosophy, therapy, etc. It's a simple program and we complicate it by bringing non-conference approved literature to our meetings.

We are here to help each other overcome the problems of living with an alcoholic, through the use of the Twelve Steps. This is the heart of Al-Anon.

We can't expect the new member to be aware of the difference between Conference Approved Literature and Non-Conference Approved. All they want to know is "when will I feel better?" If they aren't asking "what can I do to get him sober?" It is up to the older members to explain the value of Conference Approved Literature to the newcomer and to emphasize it's importance in helping to preserve Al-Anon Unity world-wide.

We have great confidence in the willingness of our members to work for the good of Al-Anon once they know the facts. "Obedience to the Unenforceable."

Shannon

FROM: Area Treasurer, Idaho State Al-Anon
TO: Al-Anon Groups
SUBJECT: SUGGESTED CONTRIBUTIONS BY AL-ANON GROUPS

As a result of many inquiries the following suggested contributions are submitted as guide lines for your group operation:

<u>TO WHOM PAID</u>	<u>HOW MUCH</u>	<u>WHEN</u>
<u>Landlord</u>	<u>Half of collection but normally not over \$2.00</u>	<u>After each meeting</u>
<u>Intergroup</u> Lucy M Treas.	<u>\$10.00 per group per month</u>	<u>2nd Thur. of each month at 23rd & Woodlawn. 8.00p.m.</u>
<u>Boise, Ida. 83706</u> <u>Dist. III, Treas.</u> Bev S	<u>\$5.00 or more per Group per year</u>	<u>Annually</u> <u>(Spring preferred)</u>
<u>Boise, Ida. 83706</u> <u>Delegate Fund</u> John W Treas.	<u>\$3.00 per person per year</u>	<u>Annually</u> <u>(Oct. preferred)</u>
<u>Boise, Ida. 83705</u> <u>Area Treasury</u> John W Treas.	<u>\$1.00 per person per year, or \$5.00 per Group, minimum</u>	<u>Semi-Annually</u> <u>(Fall & Spring)</u>
<u>Boise, Ida. 83705</u> <u>World Service Office</u> P.O. Box 182 Madison Square Station New York, N.Y. 10010	<u>\$6.00 per person per year</u>	<u>March, July and November</u>

It is recommended that a small fund be kept in reserve for Group literature.

Remember, these are only suggestions. Support your Delegate, since she or he represents us all. We are self-supporting through our own contributions.

Yours in Al-Anon
John W
Area Treasurer--

Boise, Ida. 83705

GARAGE SALE

On August 19, 1978, in co-operation with Alateen and the Grapevine Club, The Al-Anon Groups held a Garage Sale. It is a pleasure to report that every group sent a member to help. Competition was keen between garage sales, but we enjoyed the evening, Friday and the day Saturday, working together. Alateen picked up about \$50.00. The Club made \$50.00 clear. And Intergroup, in addition to other resources, netted over \$100.00. That is not much for all the work involved, but I did manage to end up with a little more room in my house. Special thanks go to Bev S., Cathy S., Melba Mc., Barbara, Barbara J., Carol U., Lynne Mc., Jean S., (and God Bless those that my poor old memory didn't recall) in addition to Alateen and the Board of Directors of the Club who finished the clean up. The left overs were given to Charity. So, working together we can work and accomplish miracles.

John W.

Your Al-Anon member elected to the Grapevine Club Board of Directors was elected President at the Annual Meeting on May 3, 1978. John W. will serve in that position for the ensuing year. He welcomes all Al-Anons to become members of the Grapevine Club and join in the fellowship. You can grow through service to others. The Group is one of the finest places to serve. Al-Anon at the Club at 8p.m. on Sun., Mon., Tues., & Fri. Location is 1518 W. Fort St.

John W.

The Al-Anon Summer Campout at McCall, Idaho, was held July 21, 22 and 23 at Quaker Hill, in conjunction with the AA Campout. The inspirational and informative meetings of AA were held around the Camp Fire with over 100 in attendance. The Al-Anons were welcomed at all the meetings with open arms. Those who were there were most appreciative of the AA hospitality. Hazel W. (AA) held one meeting for women only and invited all twelve Al-Anon women. It was reported that much valuable information was exchanged between the two fellowships. The Al-Anons held a closed meeting on Saturday evening from 9:00p.m. till after midnight with 15 in attendance. It was a beautiful and warm meeting with the star studded canopy of the sky for our ceiling. The food was prepared by the camp staff. It was plain, wholesome and very nutritious. Some very exciting velley ball games were played in the afternoons and evenings between meetings. We had players from six (Bob S.) to sixty plus (John W.). The final score ended in a draw so we are planning on returning next year to decide on the winner. The Al-Anons held a District meeting on Saturday. Helen H. resigned as District Representative and John W. assumed the position. Jean S. was elected Alternate District Representative to fill the vacancy. Bev S. remains as Secretary-Treasurer. On Sunday we returned to Boise for the hottest day of the year. It was sad we didn't stay for a couple more days in McCall, where the weather was much more to our liking.

John W.----District Representative.

WHY CONFERENCE APPROVED LITERATURE?

I know there are some real good books on alcoholism and the problems it causes, for I have read many myself, and they were excellent. But they confused me at first and in my early days in Al-Anon this wasn't hard to do. I found I was really trying to work the alcoholics program, not mine.

An older member gave me a good constructive suggestion. "Read the Al-Anon literature and get on my own program."

So I started on the Al-Anon approach and how surprised I was to find how simple this program can be if you keep it that way.

CONFERENCE*APPROVED LITERATURE keeps the focus on the Al-Anon message and philosophy. It reveals and explains Al-Anon in it's true light and the spiritual message that soothes and heals the wounds inflicted by alcoholism. It gives us the necessary tools for our own recovery.

There are numerous pamphlets and six hardcover books that can give you a continuous education in Al-Anon. Every time I reread a book or a pamphlet I get something new out of it, something I had overlooked in the previous readings.

CONFERENCE*APPROVED LITERATURE is easy to recognize, just look for the circle within a triangle and the words CONFERENCE*APPROVED LITERATURE.

LITERATURE CO-CODINATOR,
KATHY S

NOTICE OF GROUPS

Karen B will speak at the Friday Nite Annex (Anderson Center Auditorium) on October 6, 1978 on the subject of Sex and the Alcoholic marriage. Karen is an R.N. and a Professor in the School of Nursing at Boise State University. This will be a closed meeting open to members of Al-Anon only.

This is the first of (hopefully) many more meetings of an educational nature regarding alcoholism and the family, that the Friday Nite Annex Group is planning to present.

please try to attend, we need your support.

Paul

NOTICE OF GROUPS CONT.

The Sunday Night Al-Anon Serenity Family Group meets every Sunday evening at the Grapevine Club at 8:00PM, at 1518 Fort Street. Coffee and pop is available before and during the meeting. AA meets downstairs so you can come with your spouse or special friend. The attendance runs from 5 to 20 and we cover anything from the steps and traditions to lending a helping ear on family problems. Newcomers are always welcome and the meetings are geared to their benefit. We try to maintain a good supply of free material and also books for sale. Carol U. is Secretary and John W. is Group Representative.

John W.--G.R.

Wednesday Night Al-Anon Group

Attendance has really been great at our group, even through the hot summer months. We average around 15 at the meetings.

Our group sponsored the Open Informational Meeting, August 24, 1978. A film "Chalk Talk" by Father Martin was shown. The meeting was attended by about 75 people.

Joann will be our new Intergroup Representative. Jean S., our Group Representative is the new Alternate District Representative.

Jean S.

Caldwell Al-Anon Group

Our Caldwell Wednesday Night Al-Anon meets at the Kaley Medical Center at 10th and Logan, room 201 on Wednesday at 8:30PM. We've been meeting here since April and numbers attending has gradually increased. Thanks for the newsletter.

With love from the Caldwell Group,
Doris

Caldwell, Idaho 83605

Friday Night Al-Anon Family Study Group

Our group is approximately three months old and is one of three groups in Idaho Falls. One of our goals is studying the Twelve Steps of Al-Anon and the Twelve Traditions. We have taken one step and the corresponding tradition and discussed them, one each month. Our group varies in size but is about ten members. We recently elected Sherry E as our Group Representative.

We meet at 8:00PM at St. John's Episcopal Church on Elm Street. Any visitors are welcomed. Phone

Most sincerely,
Ada M. R
Sec.-Treas.

Boise Alateen

Boise Alateen meets every Monday Night at 8:00PM to 9:15, at the First Presbyterian Church, in the Lindsey Hall, at the corner of 9th and State--9th st. door--upstairs.

We are now an up and coming group. With good attendance and new teens coming in every month.

Sometimes people attend their own meeting, never realizing how much the teens in their family really need a meeting of their own.

Many of our groups are looking forward in the hopes that we will have our first State Alateen Conf. next Spring.

Al.S.--G.R.
