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IDAHO AL-ANON NEWSLETTER

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8th YEAR

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1st ISSUE

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Newsletter by and for Idaho Al-Anon Family Groups

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Meridian, Idaho 83642

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ALTERNATE-----Robert S	Hailey, Ida. 83333
CHAIRMAN-----Uffa M	American Falls, Ida. 83211
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DIST. #4--Hazel H	Gooding, Ida. 83330
DIST. #5--Wesley H. P	Pocatello, Ida. 83301
DIST. #6--Carla W	Idaho Falls, Ida. 83401

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FROM YOUR DELEGATE:

My husband is watching football games, and while I enjoy them, thanks to his teaching years ago, I am not quite the "Nut" that he is. (I say that lovingly). Every time I am tempted to gripe about his watching football games, I say to myself "Lodema, he could still be drinking, or you could be sitting here by yourself after the massive coronary he had in 1978." Then I count my blessings, which are many, and turn to other things. Like trying to start the New Year off right by getting a letter to our Newsletter before the deadline.

The 1980 World Service Conference will be held April 21-26, at the Biltmore Hotel in New York. The theme of the conference will be "Group Conscience in Action." Please share with me any thoughts you have on that theme before the conference. I am still willing to come to a meeting, but would prefer a weekend and at least a half a day, if possible.

Also the first Regional Service Seminar, at which several from the World Service Office and Regional Trustees will be present, will be held the weekend of October 24-26, 1980 at the Banff Springs Hotel in Banff, Alberta, Canada.

Cont. on next page

DELEGATE CONT.

Since this is not such a far distance, maybe we could get a carload to go there. We will have it in our region sometime in the next three years, but the distance could be just as great, if not more, since our region goes thru Illinois and Iowa. I would have to look it up to be sure just how far east it does go. This is for service minded people and anyone interested in attending, I imagine they will be passing out registration forms in New York in April.

Anyone interested in attending the International in New Orleans in July, 1980, is advised it would not be in your best interest to check off the luncheon meals on the Registration forms, as our meetings will be across town from the AA's.

I hope you all had a Merry Christmas and Happy New Year. I didn't get around to sending greetings to everyone as my husband went in the hospital for three days of tests - and came out smelling like a rose, as usual. (Thank you, God.)

I am so glad we are going to have our newsletter coming out oftener. I think this will be good for bringing us closer together.

With much love in Al-Anon, I remain,  
Your Trusted Servant,

Lodema

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State Al-Anon Literature Center:

1979 was a very good year for the State Al-Anon Literature Center. Total sales for the year were \$5,608, an increase over 1978 of \$1,944. Can you imagine 548 "One Day at a Time" books were sold.

With contributions from groups and the Area fund we have been able to expand on our inventory. The kits and packets (K-3 thru K-9), the new poster sets (M-20 & M-21), Steps and Traditions, parchment 11x17, (M-16 & M-17), and the Forum binders (M-23) has been added to the order blank.

During 1979 two new pamphlets came out:

Adult Children of Alcoholics  
Understanding Ourselves and Alcoholism

Anew booklet:

Living with Sobriety, Another Beginning

Our Co-founders book:

Lois Remembers

In the future we can look forward to a revised format of the "Information for the Newcomer", "To the Mother and Father of an Alcoholic", and "How can I Help my Children". Revisions of the service manual Al-Anon/Alateen Groups at Work will most probably be in an insert form. Please wait for an announcement before you order.

I wish to thank you all for your expressions of encouragement and hope the service has been satisfactory, if not, any suggestions are appreciated. Wishing you all the very best in 1980.

Kathy S.

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Monday Newcomers Group meets every Monday night at 8 PM. In the basement of the 1st Congregational Church at 23rd and Woodlawn St. Anyone is welcome though we do stay on the Beginners Format. We have been working on Attitudes, using the questions out of the Blueprint for progress.

Fran R.--GR. and Nancy C.--Sec.

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We at Wednesday Night Al-Anon have been enjoying a large attendance, including a variety of ages, our meetings now have four sets of parents of alcoholic children, young married spouses, and we have had the pleasure of having some AA members attend by accident on several occasions. These meetings have always been a success. They really add input; we gain a lot from their comments and they leave with a different insight to Al-Anon and it's great program.

I celebrated my first year with Al-Anon Dec. 6th. It has really helped me thru 1979 and I know 1980 will be ever as good. A grateful Al-Anon Sec.-Treas.--Wednesday Night, -Candy S.

AL-ANON MEETINGS \*DISTRICT #3

CALDWELL--Wed--8:30 pm--Kaley Medical Center--10th & Logan

EMMETT--Mon--8:00 pm--Walter Knox Hospital

MERIDIAN--Thurs--8:00 pm--1021 W 8th-- Episcopal Ch.

MTN. HOME--Thurs--8:00 pm--Amer. Legion Dr. & 2nd

NAMPA--Mon--8:00 pm--1512 12th Av Rd--Mercy Medical Center

NYSSA--Fri--8:00 pm--Methodist Ch

PAYETTE--Tues--8:30 pm-- St. James Episcopal Ch

BOISE--Sun--8:00 pm--1518 Fort--Grapevine Club

Mon--8:00 pm--23rd & Woodlawn--Congregational Ch

Mon--8:00 pm--Grapevine Club

Tues--8:00 pm--Grapevine Club

Wed--8:00 pm--Congregational Ch

Wed--8:00 pm--Anderson Center--1st & Bannock

Thurs--10:00 am--Congregational Ch

Thurs--(2nd one of the month) 8:00 pm--Intergroup  
Congregational Ch

Fri--8:00 pm--Grapevine Club

Fri--8:00 pm--Anderson Center--1st & Bannock

Fri--8:00 pm--H&W Bldg--600 N Curtis Rd--2nd floor

ALATEEN MEETINGS \*DISTRICT #3

MTN. HOME--Thurs--8:00 pm--St James Episcopal Ch

NAMPA--Mon--8:00 pm--Rehab. wing--Mercy Medical Hospital

NYSSA--Mon--7:30 pm--Community Hall--116 Ehrgood & 2nd

BOISE--Mon--8:00 pm--10th & State--Presbyterian Ch  
Lindsay Hall

\*DISTRICT #5

AMERICAN FALLS-ABERDEEN--Thurs--8:00 pm--St Marys Catholic Ch  
American Falls

POCATELLO--Mon--3:00 pm--Malad Group--Old hospital--Malad

Tues--8:00 pm--Banatello Group--Senior Citizens Center  
Pocatello

Thurs--8:00 pm--Serenity Group--1st Congregational Ch  
309 N Arther

ALATEEN MEETING \*DISTRICT #5

Mon--6:00 pm--Unity Alateen--Friendship Club 330 N Arthur

\*DISTRICT #6

REXBURG--Sun--8:00 pm--VFW Bldg--5th W & 3rd N

IDAHO FALLS--Mon--1:15 pm--Episcopal Ch

Wed--8:00 pm--A.R.A. House

Fri--8:00 pm--Episcopal Ch

ASHTON--Mon--8:00 pm--Lutheran CH

continued----

RIGBY--Tues--8:00pm--Rigby Courthouse

BLACKFOOT--Wed--8:00pm--Bingham County Health Dept. 412 W. Pacific

DRIGGS--Wed--8:00pm--Driggs national Guard Armory

ARCO--Wed--7:30pm--Arco H&W

DUBOISE--Thurs--8:00pm--Duboise Courthouse

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#### AL-ANON DISTRICT MEETING

WHEN? SUNDAY, JANUARY 13th, 1980

WHERE? GRAPEVINE CLUB, 1518 FORT STREET, BOISE, IDAHO

WE WILL HAVE A BUSINESS MEETING AND SOME INTERESTING WORK SHOPS.

WHO? ALL GROUP REPRESENTATIVES (GRs) ARE REQUESTED TO ATTEND.

SECRETARIES ARE SUGGESTED. ALL AL-ANONS ARE MOST WELCOME.

PLANS FOR THE SPRING ASSEMBLY WILL BE DISCUSSED.

John W. D.R.

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#### AL-ATEEN OPEN MEETING

Boise Al-Ateen is presenting an open meeting January 17th sponsored by the Al-Anon Family Groups. A film by Father Martin (ALCOHOLISM AND THE FAMILY) will be shown. The meeting will be at 8 p.m. at the First Congregational Church 23rd. & Woodlawn. The public is welcome. Its free

The Boise Al-Ateen group went roller skating in Nampa with the Nampa Al-Ateen group Thurs. Dec. 20th. After roller skating they all went to The First Baptist Church for refreshments and games.

Al-Ateen has about five regular members in Boise. They need more support.

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#### BOISE AL-ANON INTERGROUP

Intergroup has changed answering services and is using the same phone number 344-1661 for Al-Anon information.

It was decided to put money in a fund for public information for the Literature Center.

Intergroup donated money to the Literature Center to buy literature to give to the Boise Junior League. The league is distributing the literature to the high schools. Intergroup also donated money to the Literature Center to buy posters for Al-Ateen to put in the high schools.

At the Dec. Intergroup meeting there was discussion on starting a new Al-Anon noon meeting.

Representatives at Intergroup were asked to vote for new representatives at their group meetings.

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#### WHAT KIND OF MEMBER ARE YOU

1. Some members are like wheelbarrows-no good unless pushed.
2. Some are like canoes-they need to be paddled.
3. Some are like kites-if you don't keep a string on them they will blow away.
4. Some are like footballs-you can't tell which way they are going to bounce next.
5. Some are like balloons-full of wind and likely to blow up unless handled carefully.
6. Some are like trailers-no good unless pulled.
7. Some are 100% members in regular attendance and are very cooperative.

Which One Are You?

## GROUP NEWS

At an Al-Anon meeting we were studying Step 2, "Come to believe a power greater than ourselves could restore us to sanity." As we were discussing surrendering ourselves to a higher power I remembered back two weeks. We were camping and a small bird had gotten in our van. When I discovered the bird it was lying in the window sill, panting, then it would flap up, ram itself into the window several times and fall again. It repeated this action a few times. The bird could see the trees through the window. It knew where it wanted to be, but try as it might it couldn't get there. I gently picked the bird up, took it outside and let it fly.

How like that little bird I am. I can see the peaceful serene life I want. So often, though, I am ramming into unseen forces. They are my negative emotions. My anger, guilt, resentments, self-pity and wanting to do it myself (ego) get in my way.

If I will surrender myself to my higher power, he too will gently pick me up, put me in the right direction and let me fly.

Pam Thurs. morning

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### DIST. #6

Three Al-Anon representatives were invited to speak about Al-Anon and how alcoholism affected their lives at the monthly meeting of the Ministerial Association. There were about fifteen clergy from Idaho Falls attending the luncheon at the Westbank. The clergy were very responsive and felt grateful to have a place to send the people who came to them with an alcohol problem. Literature and meeting schedules were passed out. It was a very uplifting experience for the Al-Anons that attended.

Dist. #6 intergroup has donated "Lois Remembers" to the libraries in Idaho Falls, Hexburg and St. Anthony. Rigby Al-Anon also donated a copy to the Rigby library.

Al-Anon will be listed in the new Idaho Falls phone directory and the answering service can also be reached by dialing information.

Intergroup sponsored a speakers meeting Oct. 15th. for those interested in speaking and sharing their experiences, strength and hope. For the few that were there it was a very informative workshop.

Intergroups next project will be to arrange talks at junior and high schools in the area about availability of Al-Ateen and what it is.

With extra money the Rigby Al-Anon group purchased Al-Ateen books for the local high school libraries, and a couple more Al-Anon books for the city library. God bless the Rigby group for their care and concern in spreading the word.

Wed. night Al-Anon at the WRA house has started an open meeting to all AA's, Al-Ateen, and Al-Anons. There was a good response from the AA's FOR the first meeting in Sept. Hope the word gets around for even more to com

Thanks for letting me share with you

Linda H. Sec. Dist. #6 Intergroup

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I attended the Twin Falls Assembly. Its a great feeling to go to any of them. Johnnie Sue from Hexburg gave a good panel on Al-Ateen sponsorship. There were a lot of questions and good ideas. Kathy S. panel of literature was great to. I think she made a lot of understand more about the literature and the part it plays in our groups and as individuals.

I sure have needed my Al-Anon and all my wonderful friends after my surgery. Without them I couldn't have survived.

Uffa, Twin Falls