

# AREA OUTLOOK

## FALL 2015



### FALL ASSEMBLY HOSTED BY DISTRICT 7 A WONDERFUL EXPERIENCE!

#### Special points of interest:

- Area is looking for a secretary for the upcoming year- know anyone?
- Read the various stories on service from our Assembly writers- didn't they do a great job!

Those of us that journeyed to Caldwell, ID, had a wonder filled experience.

Danielle runs a tight ship; keeping us on track and on time. The DR and GR exchanges were good.

We selected Terry A of Boise to fill the vacant Alternate Delegate position for the upcoming year due to the resignation of Laurie B.

Virginia S, our area secretary, has also resigned so we are looking for someone to fill her position for the upcoming year. It's a chance to try a job for a year and see if you might like to stand for it next panel!

Your Area World Service Committee is gearing up to host the Spring Assembly 2016, in Idaho Falls. Those of you with member contacts in District 6 please invite them to the Assembly and to share in the fellowship.

**Dates for the Spring Assembly in Idaho Falls are:**

**AWSC meeting:  
May 20th  
Assembly  
May 21st  
2016**

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#### Service by Example

Jerry E

I like to give service by living by example ; not do as I say. All my life I've been a control freak and through Al-Anon I've learned to understand what is my business and what is not.

I've learned a lot about minding my own business. It's too exhausting to run around telling others how they ought to behave or think. I'm more of a listener than I used to be.

I've learned to not say 3 things everyday that I used to just blurt out. It's a good way to help any relationship especially marriage!

**PATIENCE  
AND  
TOLERANCE  
IN ACTION**

Early in my program journey, I was just learning about patience and tolerance and being able to express myself calmly. My spouse had made a comment that hurt my feelings and I was fuming. I decided not to comment back and kept my mouth shut. After thinking about it, I asked my Higher Power for help. The next day while we were on a walk ; I stopped and faced him and smiled then quietly said I needed to tell him something. I said he didn't need to do anything but listen. I stated what I needed to in a calm tone and thanked him and we continued on our walk. CG

**TAKING CARE  
OF  
MYSELF**

I began with Al-Anon to learn how to take care of myself when my son's life came apart due to drugs and alcohol. After two years he is continuing his recovery while I continue growing myself. Now I am using Al-Anon principles everyday, not because of my son, rather to manage myself in the midst of everyday life!

**SERVICE IS:**

**ASSEMBLY WRITERS**

- ◆ ...a way to build my confidence, learn, and contribute in a healthy way. Doing for others can feel as spiritual as you let it be.
- ◆ ...growth, way to be a part of, feel good about myself, a chance to share a strength or learn how to do something better
- ◆ ...full of surprises, I am a mouse doing a little piece -meal at a time worried I will make a mistake; then I get compliments on what I do. WOW, do they mean that? It is just "ONE DAY AT A TIME", and I'm so glad I volunteered my service
- ◆ ...about fellowship, growth and love. I am not alone in service work
- ◆ ...an act of gratitude
- ◆ ...about belonging and joining in
- ◆ ...a great way to grow in the Al-Anon program. In providing service I have met many people and it has helped me to keep my commitment to Al-Anon and my program
- ◆ ...a way to connect in a new way with members of the fellowship. It's a way that I can enhance my own growth. I can learn and use new ideas and new concepts using the tools of the program

**SERVICE**

**LOVE, PASSION, HEALING,  
EQUALS SHARING, GROWTH, FORGIVENESS,  
HAPPINESS, SPONSORSHIP!**



# SELF ESTEEM

## Regaining Self-Esteem

A few years ago I was talking to my sponsor about a problem I had at work. "Maybe I should write out a Work inventory?" I said. "No," she said, "this sounds more like a self-esteem issue."

I was crushed. How could someone with a successful career still have a self-esteem problem....yet I knew she was right. I never felt quite good enough. I never measured up to my impossible standards. The big question for me was, "How do I fix it? How do I gain self-esteem?" I struggled with it until I heard someone in a meeting say, "Self esteem is about doing estimable acts." My perspective changed and I started to look for areas in my life where I was doing (or could be doing) estimable acts.

Showing up as an Alateen **Sponsor** every week (even though I thought I had nothing to offer); treating the active alcoholic with courtesy and compassion instead of anger and sarcasm; taking a position as Treasurer for my Home Group and making sure I did a timely accounting of group funds; finishing my 4th and 5th Steps when I thought knowing who I really was would kill me and drive everyone away from me, etc. Soon I could see many areas of my life where I was doing esteem-able acts. Slowly my perspective of ME started to change from "not good enough" to "lovable just the way I am today." What an amazing turnaround.

When you welcomed me into Al-Anon, I had given away so much of ME that nothing was left. With your help I learned that every time I showed up for a commitment, or completed a Step, or acted with kindness instead of anger, a little bit of me was restored to sanity. By taking action, my Higher Power restored me to wholeness.

I am not on a pink cloud every day. There are good days and there are 'not-so-good' days, but today I love myself and my life more than I thought possible. Thank you, Al-Anon, for loving me until I could love myself.

Ruth

Saturday Eagle Step Study, District 3

## ABANDONMENT

Carrie Ann

I spent several months of my precious time in pain over abandonment issues that took me away from my family on major holidays. I found myself pushing my family away when it came to Christmas, although not my favorite holiday, but I wanted it to be special for my grandbabies.

It was right around Easter when I happened across an article dealing with the pain of abandonment; this snapped me right out of myself and self pity.

Because of the loving support of Al-Anon and the members, who found this article, I might still be dealing with issues of abandonment.

LEARNING FROM LAURIE B.  
DR District 4

Service keeps me in Al-Anon. If I have the key I have to open the meeting place. If I have the job of setting up the room, I have to get to the meeting. If I am the GR I have to go to the meetings and assembly. If I am DR I have to get up District meetings, District activities, and also go to assemblies. I also go to other meetings than my home group and introduce myself and get to know the members not just the GR's.

# CONCEPT TEN



***On Concept 10: Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.***

*When we hosted the AI-Anon Assembly in Boise (May 2014), we were the first district to use the new "Idaho Area 13 AI-Anon Assembly Guidelines." These guidelines were the result of three years of hard work, discussion, and group conscience decisions made by our Area Committee.*

*How does this apply to Concept 10? By giving our Host Committee clear guidelines on what we were responsible for, and what we were not responsible for, we knew what we had the authority to do. It was a seamless effort that resulted in a wonderful service experience and a successful assembly.*

*Before these guidelines were hammered out by the AWSC, it was confusing for a host district to know their role. Now it makes so much sense. When we each know which tasks we are responsible for, our efforts do not overlap and there is much less confusion or conflict. We learn to trust each other.*

***Host Committee tasks:***

*As a Host Committee we were responsible for choosing the hotel, within specific guidelines set by the Area. This included negotiating a contract for the meeting room, selecting the luncheon menu, and reserving a block of sleeping rooms. We detailed how to set up the meeting room and the AV equipment we needed.*

*We were also responsible for selecting an AI-Anon Speaker, arranging for her transportation, hotel, and meals...again, within the financial guidelines provided by Area. Once we had the hotel and speaker, we could create an Assembly Flyer, another one of our responsibilities, and send it to Area for distribution.*

*Our Host Committee enlisted lots of help from volunteers on sub-committees, such as, Registration Table, Greeters, Literature Sales, Archives, Facilities Liaison. It was easy because we all did our part; no one was overwhelmed.*

***Area Committee tasks:***

*The Area Chair is responsible for signing the hotel contract, which makes the Idaho Area financially responsible to pay the bills. The AWSC decides on the assembly theme, sets the assembly date, and creates the Assembly Agenda. Area is also responsible for Assembly Registration, Badges, and handles the money.*

*With clear guidelines, each side knows what to do and can make good decisions. Together we can do what we could never do alone!*

*Thank you, Area Committee members, for your invaluable service. I am so grateful to those who are willing to serve.*

*Ruth B., District 3*



## Service Thoughts by Laura F

**SERVICE HAS BEEN WHERE I GET TO REALLY START TO PRACTICE THE PRINCIPLES OF RECOVERY. MY CHARACTER DEFECTS SHOW UP AND I GET TO PRACTICE BEING HONEST AND RECEIVING REAL HELP AND LOVE WHILE WORKING THROUGH TO A HEALING SOLUTION. THE LESSONS OF SERVICE ARE NEVER WHAT I EXPECT BUT THEY ARE SO MUCH DEEPER AND BIGGER.**

**ONE OF MY MOST POWERFUL MEMORIES FROM SERVICE WAS WHEN I WAS GR AND MY GROUP SET UP A CAN AND SAVED MONEY FOR ME TO ATTEND A REGIONAL SERVICE SEMINAR IN ALASKA. THEY LOVED AND TRUSTED ME LONG BEFORE I FELT DESERVING OF THAT LOVE AND TRUST. I WILL NEVER FORGET IT**

# ***ARE YOU N. U. T. S.***

*Not using the Steps*



- ❖ Do you FEEL Irritable?
- ❖ ARE YOU unreasonable?
- ❖ Are you FORCING SOLUTIONS?
- ❖ Are you having **conversations** in your head where you always say the “right” thing.... get in the last word?
- ❖ Are you sleeping too much or...not enough?
- ❖ Are you having to be perfect?
- ❖ Do you have trouble going to sleep with all the stuff in your head?
- ❖ Wake up early and go over it all one more time?
- ❖ Are you letting your responsibilities go? at home or at work?
- ❖ Are you having to be Super Woman, Man or Mom or Dad or Husband or Wife?

We have a program of recovery!  
It works when you are

**Now Using The Steps!**



Kathy B

## DETACHMENT WITH LOVE

JANET D

I have learned in Al-Anon recovery that detachment with love is the better way to love. A few years ago my daughter and I was at an impasse with our relationship. We were not getting along. Even with both of us working our recovery programs, we couldn't let go of "being right". When I "Let go and let God" I surrendered that relationship over to the God of my understanding. I was amazed, and still amazed today how the God of my understanding worked on both of us.

When "I get busy, I got better". I was elected as DR for District 7. I worked full time, and started working on, self care reward for me. I got out of the way. Detachment with love worked when applied to this difficult relationship. Today my daughter contacts me, she includes me in her life. I am thankful now that I have the opportunity to be a grandma to three beautiful granddaughters.

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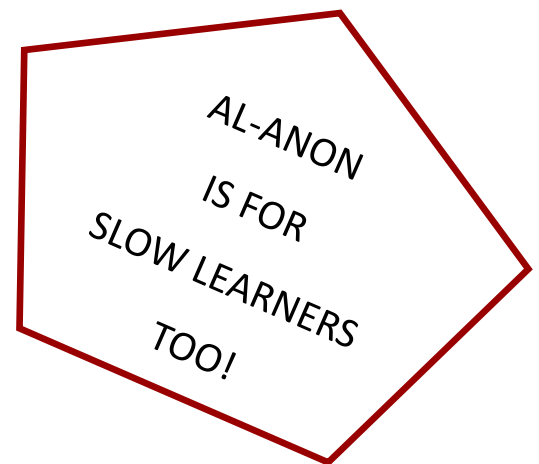
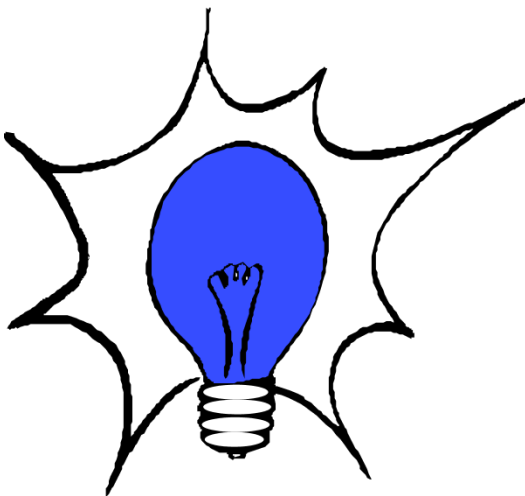
I was a slow learner in the program. I thought I "got" it, but then I would have a light bulb moment and would think...."well by golly, that's what that meant".

The first time this happened was when I was mowing the lawn. It was a little rectangle section and there was a tree at one end with the roots sticking out of the ground. I mowed

around and when I came to the roots they hit the blade and killed the mower.

I restarted the mower and, went around again and because I thought it was a little further from the tree and root wasn't so big it would be ok this time, so over the root I go and it kills the mower again. After the 4th or 5th time I hit the root and killed the mower I finally got what was meant by "doing the same thing and expecting different results". Now I can see

where and when that happens in my life. I think God works a lot through humor with me. That's what it takes for me to "get it".



**SAVE THE DATE  
MAY 21ST  
IDAHO FALLS  
SPRING ASSEMBLY**



## A MOUSE IN THE HOUSE!

There was a mouse in the middle of the living room. All of us noticed it at once. The dogs barked and jumped up and down, the cats dived for it with their ears back and both humans reached for something to hit it with, then leaped toward the mouse. All of us found the middle of the room at the same time. When we bounced off each other's assorted body parts, the mouse was still in the middle of the room chittering like a mad thing. After a moments hesitation, all of us tried again. The mouse chattered louder. The third time through, the cats left the room and the dogs barked

but did not lunge toward the mouse. The humans however tripped over the dogs and cats. The mouse got **very** shrill. As the humans rubbed their heads and the dogs barked , the mouse ran away.

It seemed to be a real turning point for both recovering humans. We are more likely to ask what the other wants to do toward resolving issues these days.

"How Important Is It" sometimes allows us to watch the cats and dogs play bumper cars instead of us. Occasionally, one of us will simply point to the issue at hand, and delegate a solution to the other one. We also looked at the bigger issue of longer term "cures" and mended the possible entry ways into the house that a mouse might use. We don't bump heads by going directly to a solution any more.



**A** few words about service. At the assembly I asked for people to write their ideas about service, from the heart. Here are a few more comments!

- ◇ Service helps me to uncover my 'secret" talents that I didn't know I had
- ◇ Service makes me feel good, helps others, changes my attitude; gets me out of my head
- ◇ When I do service, I can accept me as I am. I can learn from my experience and make the needed adjustments, opening my heart and mind I can conquer the fear along with my Higher Power.
- ◇ Service allows me to practice principles before personalities. How I handle differences of opinion and volunteers who do not do what they have committed to do reminds me to look to the steps, traditions and prayer.
- ◇ Service has taught me I do not have to be perfect.
- ◇ Service teaches me not to isolate.
- ◇ Service has helped me to think before I speak and to be a better listener
- ◇ Service get the focus off myself, and helps me to see the world in a broader perspective. I learn my situation is similar to others, so I shouldn't feel sorry for myself.
- ◇ Service has helped me grow into a person I love.
- ◇ I love being a GR, I have seen myself grow; as well as having a blast. I plan to go forward with service.
- ◇ The value of service is a confidence builder, helps me to share my program with others and I grow in my program.



# SERVICE: PEOPLE WORKING TOGETHER!

(Service) It broadens your knowledge of Al-Anon and provides you with opportunities to grow way beyond your expectations. You can make as much or as little of it as you please.

You'll never meet a group of people who will share your past experiences, future dreams and current personal progress any where else.

Doing service and watching others in service inspires me to learn more of how to apply Al-Anon principles in my life. This teaches me to overcome my fear of failure in performing new activities in areas I'm not familiar with. Watching people do service encourages me to do and give more!

Service is what helped me to start healing. I was asked to be the District Secretary. (I didn't know how to say NO) I attended my First District meeting and took minutes then I stressed out for a month about whether I did them right, whether the group would judge me or be mad that I did such a bad job. At the next meeting the reaction to those minutes was a total 360\* of what I expected to happen. That group of women was thrilled just that I did the minutes for starters, but I was also told what a good job I had done. This was the first time in my adult life that I had been told I did something right or good. That was the beginning of my healing. I learned about acceptance that day and that I could do something good and worthwhile. I also learned about trust and love that day. That was the beginning of my healing and my love of the program!



## Growth In Recovery Through Service

The God of my understanding has blessed my growth in recovery through service. My first BIG service position was as a Group Representative. And in being totally honest, I sought this position out of purely selfish motives. I heard one group rep talk about traveling here and there. Feeling deprived from many blessings in my marriage relationship due to the disease of alcoholism, I found myself desiring "to get in the car" and see where these places were that this group rep traveled to. I wanted to travel. My group took me on as their GR. Needless to say, I didn't share with them my selfish reason for desiring the position. Little did I know that the God of my understanding would love me and accept me right where I was, and only richly bless me through this service position. By the end of my term, I was overwhelmed by my positive experiences and growth in recovery from being around others who were also walking the Al-Anon road of recovery







I have been overwhelmed by the outpouring of amazing writing that those that attended the assembly did. Just as I suspected the gift of your sharings touch the heart and the head and reflect

Al-Anon at it's most essential core. In an effort to contain the size of this newsletter I'm keeping the rest of the articles for the next newsletter which will come out before the end of the year. Read these pages and if you wrote something Thank You from the bottom of my heart and if you don't see it here never fear it's coming!

Kathy B Newsletter Editor

### EXPERIENCE, STRENGTH AND HOPE

I probably use my program daily. This summer I traveled to Kalispell, MT with my family. To be polite I let my son-in-law drive the car. He got so he was keeping the keys. At one point he started saying we were low on gas. I told him not to worry the gas gauge wasn't right. Several more times he said something about low gas. I suggested I knew my car best; I also suggested "that saying something 3 or more times was control. (I learned that in Al-Anon.) He finally pulled over and threw the keys at me. I got in, caught up to the car we had been following and when they stopped for lunch I got gas. David sat at the lunch table as far as he could from me and had a pout on his face. By the end of the lunch I had thought the Serenity Prayer, a few slogans and decided to choose serenity. As we got up to leave I handed the keys to David. He was surprised. Then he surprised me by apologizing. I love our program! It works!

Kris S.



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The early years of my Al-Anon experience started in with service right away. Someone picked me up and took me to business meetings. I didn't know what else to call them. I wanted to know what all the terms meant and was handed a book that told me. I had to make a report to the group.

Found out later I was a GR and didn't know it. But I read everything available which wasn't much at that time. Everyone was so enthusiastic about what we were doing and it was contagious. It certainly raised my self esteem. Self value and esteem were the gifts.

# EVENTS

## DISTRICT 7:

In cooperation with District 4 AA District 7 is planning a Family event in Caldwell, ID in November or December, 2015. They are getting a committee together to work out the plans. Hope all families in District 7 will come out to have fun, food and fellowship[. Details will follow soon ! If you are interested in helping plan the event please contact:

Nancy Jo  
Delegate Panel 54



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## DISTRICT 2:

**Al-Anon gratitude Potluck Speaker meeting**

**Sunday November 15th , 2015**

**Meet and Greet 12:00 PM, Potluck 12:30 PM Speakers at 1:15**

**Al-Anon Speaker– Melissa M. Pasco, WA**

**AA Speaker—Candy W. Spokane, WA**

**Location Peck Idaho—For information**

Danielle at DanielleAFG@gmail.com 509-339-5265 or  
Berta at gege@cableone.net 5095529130

Do you have an event scheduled for January, February, or March? Send me your information and I'll add it to the next newsletter due out about the end of this year. Let everyone know so they can come and enjoy!

