



AREA OUTLOOK

IDAHO AREA 13 AL-ANON / ALATEEN NEWSLETTER

Volume 3 Issue 4

Chatty Kathy
Your Newsletter Editor

This is my final issue of my term as your newsletter editor. I want to thank you all for putting up with me and for giving me the opportunity to stretch myself with this wonderful job!

I have been thinking of the challenges that the Holiday season brings with it. I know that for me the past Christmas, 4th of July, Thanksgivings days, Easters and birthdays were times of great fun and happiness and great sorrow, disappointment and loneliness. In essence that universal roller coaster I used to call life.

I arrived at the doors of Al-Anon not knowing that there was another way to live. I thought that if I did everything perfectly at holiday time; bought the "right" presents, baked the greatest cake, timed the dinner correctly, set a beautiful table, you get the idea, that I would realize the feeling of the season, in other words I would be loved.

You have taught me, like Dorothy and her ruby slippers, that I had what it takes inside of me to have a great holiday. That I couldn't get it from outside I had to give it from the heart of me. Also in the doing of this I could rely on my Higher Power, and all of you. I didn't even have to do it just like you, or perfectly for that matter, I could be ME and be good enough or even great, I have my moments.

This newsletter is full of Hero's. I'd like to take credit for it but like always

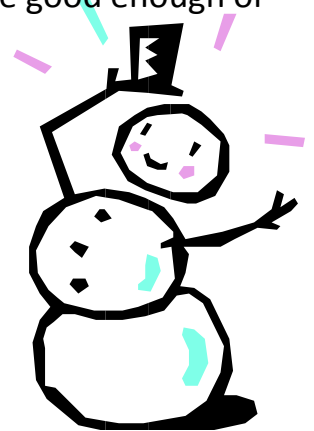
I let you do the writing.

Thank You for making me look good once again!

Kathy B.



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Let it snow, let it snow!

HERE'S A WHOLE BATCH OF HERO'S: YOUR NEW AREA PANEL!

AREA CHAIR:	JANET D
AREA SECRETARY:	Cheryl
AREA TREASURER:	Berta R.
AREA DELEGATE:	DANIELLE E.

WANTED:

*Willing applicants for the Positions of :

Alternate Delegate

Newsletter editor, Web Coordinator,

Literature/ Forum Coordinator and

Public Outreach Coordinator.

Contact Janet D your new

Area Chair for

Details!

- Just be willing , we'll "qualify" you as we go!

ELSA M.:A TRUE HERO!

Elsa is a longtime member who is not able to be active in service like she used to be, but she is doing what she can. She orders the “Al-Anon Faces Alcoholism” and distributes them at Doctors offices on her check up visits, around the common areas of her independent living residence. She still is a member of District 4 but not able to attend meetings. We can all do public information service on a personal level!

Thank you, Elsa

Ladora B.



Lois W. : Another Great Lady

Right now, Lois W. is my Al-Anon hero. The fact she founded a program with her friend Annie S. to help us with our own illness. Al-Anon has taught me that I too suffer from the disease of Alcoholism even though I do not drink.

I have been given tools so I can become better and healthier. Because of Al-Anon I am able to live my life without my qualifier controlling my decisions (meaning is he sober enough). I have found I can go and do things with my children without him.



Without this program I am not sure where I would be today. Thank you
Lois W!

Chandra B.

My Al-Anon Hero's are all who served on the Area Board. They volunteer their time and talents to keep us updated on all current WSO and other information to keep our groups and districts active

MY Al-Anon Hero is.....

The fellows that
Live the
Al-Anon
Principles!

AL-ANON HERO'S ARE MEN TOO!



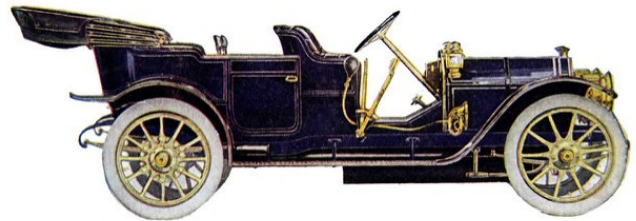
A SPONSOR WHO'S ALL EARS!

My Al-Anon hero is my sponsor who, during our coffee times together, not only hears what I'm saying but reads (hears) between the lines. During one of our recent meetings I was lamenting the fact my family did not work together as I hoped and believed we always did in the past. He pointed out, in a nice way, that what he heard was that I was grieving a past in my family that didn't exist. This was uncomfortable for me to think about in this way but it did bring out the fact that brought clarity to the illusion I have lived with for most of my life.

Thank you Al-Anon for bringing this person into my life!

FELLOW TRAVELERS

Jerry E.



I met Dave at my first Al-Anon meeting a few years ago. I was very impressed with his shares. He has many years of recovery in Al-Anon. After getting to know him for a couple of years I asked him to be my sponsor. He has become a very good friend and we have helped each other through some difficult times. He has shown me some spiritual truths that I would not have seen otherwise. We have become fellow travelers on our spiritual journey in Al-Anon. We have given each other the priceless gift of listening,

MY AL-ANON HERO IS ANYONE WHO DOES SERVICE!

Those people keep the spirit alive and well. They are why Al-Anon has become the hope and joy for people to be able to change their lives for the better, May service be a blessing for all who give their heart and time.

Luann H



WE'RE ON THE WEB
WWW.AL-ANON-IDAHO.ORG/

Janet D's Hero is a gift that keeps on giving!



My Al-Anon Hero is someone that works the Al-Anon program of recovery. Has a good knowledge of the Steps, Traditions, and the Concepts. She encourages and empowers me to continue my recovery. She reminds me how my Higher Power keeps blessing me no matter what is going on in my life. She teaches me how to accept myself and being real. Being real helps me to not beat myself up when I make mistakes. What being real means to me is Free To BE Me— who my Higher Power wants me to be -with grace and dignity .

**SPONSEE'S
 OVER THE
 YEARS!**



My Hero in Al-Anon is Lois W of course, but living now are the sponsee's I have worked with over the years. I have grown so much over the years and they have helped me.

Isolation, Sponsorship, Traditions, all how they help us in our daily lives!

HERO:

Kathy B: inspiring, full of hope, lots of support to each, BIG sense of humor.....very encouraging, She has "done it all" and as an energizer bunny - like energy she keeps on going.

NEW CAL COMING IN JANUARY 2017

Did you ever wonder how cool it would be to have a workbook to go with the Paths to Recovery Book?

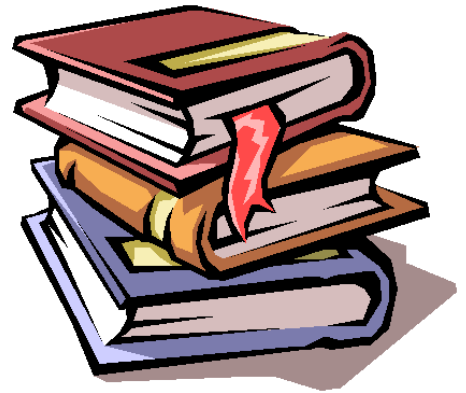
We'll wonder no more.... In January 2017 the workbook will become available from the World Service Office for \$10.00. The book and the workbook will also be offered as a set for \$25.00.

On October 6, 2016 I participated on a conference call with other Area Literature Coordinators that was facilitated by Tom C. from World Service Office. Please share with our members that the 3 literature projects at the World Service Office include a new daily reader, a pamphlet for parents and grandparents and a piece on intimacy. The office is still in need of sharings on all three projects. You can find the information on how to submit your sharing on the members

website;

www.alanon.alateen.org/members

The next conference call will be in March 2017. Thank you for allowing me to be the Idaho Area 13 Literature Coordinator for the past 3 years. This position will be available for the next term. Please consider completing a resume to make yourself available to be of service to our fellowship and the Area World Service Committee. Remember Service is Recovery!



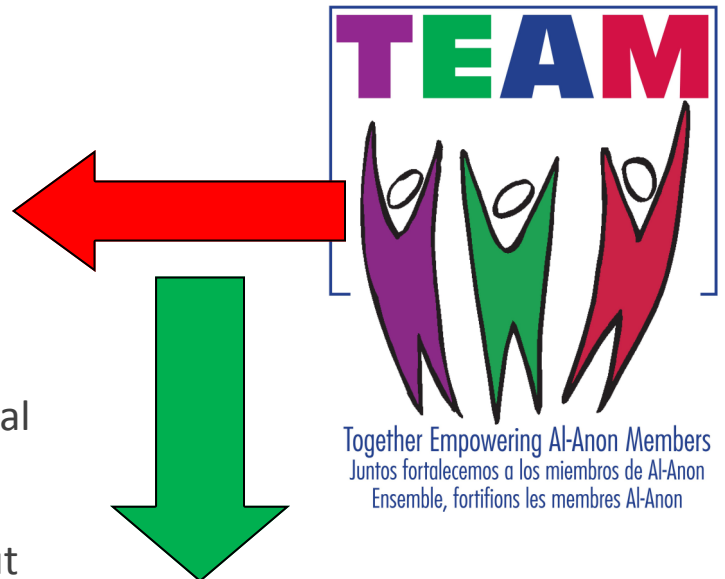
Montana and Idaho Al-Anon Areas 32 & 13 invite you to join us

for a memorable TEAM Event weekend.

WSO Presentations, Workshops, Personal Growth, Fellowship, Fun!

Let's come together to learn more about how Al-Anon works. And gain an ever deeper understanding of our worldwide fellowship.

Details and registration form coming soon.



June 17-18 2017

Missoula, Montana

JoAnn J: My hero! She has kept AAISC Literature Center going through organizing and cooperating volunteers' schedules. Very conscientious, constantly keeping us updated with Al-Anon functions. Always remains in the middle of the action!!



VICKI B

FROM THE LEWIS-CLARK VALLEY

I recently learned she has 30 years of recovery—3 more than me. She always presents things in a positive way. No matter how grim, she sees a positive side and reminds me of how to use an Al-Anon tool, slogan or principle to use in the solution. She gives me words of encouragement every time I see her.

She is my Hero....

Because she is a true example of walking the walk!!



Berta R is a True Al-Anon Hero!!

She's knowledgeable, extremely honest and her honesty can always put me on the right path when I'm in a funk. She always has a slogan to brighten spirits in addition to being extremely informative. With years of service behind her and a lot of helpful insight, she is my Al-Anon Hero!



Happy Holidays



One and All!



May your day be



merry, bright,

and Joyous!

