



Want to be a part of the TEAM?

Together Empowering Al-Anon Members!

Idaho area 13 and Montana are combining to hold a TEAM event. Our first Conference call is coming up soon. How exciting working with the people from World Service Office and our good neighbors in Montana.

So what is a TEAM event?

A TEAM Event is a nimble, innovative, flexible event customized to the interest of local members. One or more Areas partner with the World Service Office (WSO) to create this unique service event. TEAM Events are an opportunity for Al-Anon and Alateen members to learn more about service and the Al-Anon program. TEAM Events are designed to energize members' spiritual quest, activate members' creativity, and expand members' understanding of our worldwide fellowship.

Committees that need your participation!

News Flash: we have a Secretary and an Entertainment chair already.

Co-Chair(s)--coordinate the event; communicate with WSO; schedule and chair TEAM Committee conference meetings; facility liaison; equipment requirements
Treasurer--handle finances; pay event expenses

Registration-- collect and coordinate incoming funds with Treasurer; name tags; registration table

Public Information--design flyer with WSO; communicate with DR's; encourage Area-wide attendance

Host--from the local District--handle WSO representatives transportation and other needs; thank-you gifts

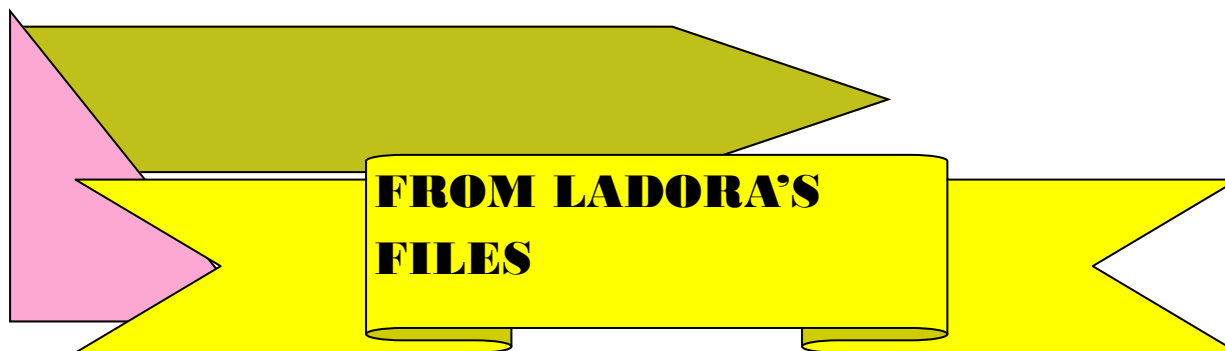
Decor--meeting room banners/tables/chairs

Food/Beverage--meal options--included vs. meals on your own; water, coffee, etc.

Hospitality--set up and manage hospitality room snacks/beverages; coordinate with food committee

Workshop--topic/panel members/handouts/scheduling (only if this is on the agenda)

To participate contact Danielle, our Area Chair, Click on the email link for the Area Chair on Idaho Area Website



If you have materials you are planning to donate to your Area Archives, here is a
Spot Check 10th Step Inventory

1. Why am I waiting to contact Area Archives about the documents I am saving?
2. What's my motive in holding onto these things?
3. Is the material I am saving just sitting in the closet, garage, basement or attic?
4. Would I be happier knowing the items I plan to contribute are in safe keeping at the Area Archives NOW instead of later? Would one less cluttered space in my home give me more peace of mind?
5. Have I told my family or friends about my intention to donate the material to Area Archives?
6. If so, have I labelled the boxes or items accordingly, explained my wishes and shown my family or friends where the materials are located?
7. Have I prepared a written list or inventory of the material?
8. Have I contacted Area Archives about the items and inquired if the material would enhance the Area's collection?
9. Do I know how to contact the Area Archives Coordinator?
10. Am I willing to "let go"?

The items in your personal collection may have great meaning to others in your Area. It will be helpful to you and to Area Archives to talk it over!

Feeling Peevish? How about these PET Al-Anon peeves?

My Pet Peeve is.....

..... lack of attendance, service, donations and outreach!

.....the lack of willingness to serve and to respect Old-timers in the program. Janet D

My pet peeves with Al-Anon when I started were many; their many rules to follow. No cross talk, anonymity, do not interrupt others. These were things many of us have not learned (before Al-Anon). Now, these things are tools I really enjoy. I now hear what others are saying, I feel safe in sharing and I give others the respect of not interrupting. Jan K

...To hear some one say: ' I can't do service, I need to work on myself!. Al-Anon's 7th tradition states : Every group ought to be fully self supporting declining outside contributions. To me this means I need to be supportive with service work as well as financially. I was given the wonderful gift of Al-Anon and for me I need to give it back. I need to be of service, to make sure Al-Anon is here for others in the future. For me to fully work the program I need to be of service!

"Autonomous " Group Conscious Decisions:
Can use AA material
Don't read Steps/ Traditions
Crosstalk
Use of non-CAL as the norm



...Old time folks who want to control everything and everybody!



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.....is the \$1 donation in the basket. I know that we are coming out of a recession, but a dollar doesn't go very far anymore

...advertising for AA events but when is the next Al-Anon Assembly?

See page 4!

“When I Got Busy, I Got Better”



**IDAHO AREA 13
2016
FALL ASSEMBLY
SEPT 17th**

If you have any questions
contact:
Danielle E.
509-339-5262 (voice or text) Or
Terry A.
208-850-1891

**Red Lion Hotel
Lewiston
621 21st Street
Lewiston, ID 83501
Tel: 208-799-1000
Tell them you are with AFG**

Mail Registration to
2016 Fall Assembly
1111 S. Orchard St. Suite 172
Boise Id. 83705

Room Rates are \$99.00 + tax (includes breakfast)
Make reservations by 8/16/16
(in order to get the group rate)
Tell them you are with AFG.

**Saturday, September 17th Meeting starts at 8:00 a.m.-4:00 p.m.
Luncheon Speaker will be Danielle E.**

| | | |
|--|---------|-------|
| Assembly Luncheon: (Club house sandwiches) | \$20.00 | _____ |
| Registration Fee | \$25.00 | _____ |
| Late Fee (after 9/9/16) | \$ 5.00 | _____ |
| Personal Contribution: | \$ | _____ |

Make Checks payable to: Idaho Area AFG and mail to above address.

Name: _____

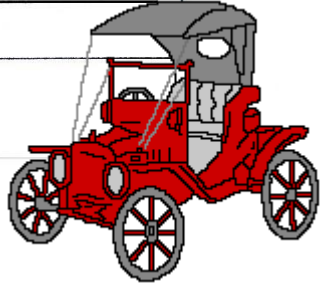
Address: _____

City, State, Zip: _____

E-mail Address: _____ Phone: _____

District: _____

Ready, set let's go!!!!



SPONSORSHIP

I have not sponsored anyone yet, but I have had a sponsor for 3 years now. He has been a real help in my life. He has been a source of spirituality and common sense, that I had not found until him. He helped me when I had some troublesome times in recent years. He has taught me to PAUSE, stop and think. It has saved me a lot of serenity.



I think sponsorship is very important. Having someone sponsor you gives someone to guide you through the program and help you work the Steps.

A sponsor also is there to listen when we need someone there to help us work through a problem. They are also there as a friend too! Chandra B



***Sponsorship is necessary for recovery and working the Steps, Traditions and Concepts.**

***Service sponsor is extremely helpful!**

***Know what to look for in a sponsor and what's important. I believe it has been most helpful to me to have someone who has worked the Steps, Traditions and Concepts.**

***I do not agree that you always have to say yes when asked to be a sponsor. I have found it is most helpful to actually meet with the person before committing**

Finding a sponsor

A phone/ email list printed out of people who attend a meeting . The people who will consider being a temporary sponsor put a * by their name. That way people have an idea who they might consider asking.

Sponsorship takes a lot of courage. To ask an individual to be a sponsor also takes a lot of courage. For me finding a sponsor was like a courtship. I thought about asking a particular person for months. Finally got up the nerve to ask her and she said "Oh, I don't know. Can I think about it? I am overwhelmed. I sponsor so many." I felt rejected and embarrassed. She should have said "I would love to have coffee and talk with you and help you, if I can, find a sponsor for you." I finally did find a sponsor. It was a grueling experience and this is also an Al-Anon peeve of mine as well. I think sponsorship is important and it should be known who is available for sponsorship. It would make finding a sponsor so much easier!

I am a fairly new Al-Anon member. I volunteered to be a GR this year to become a better person. I remember my sponsor saying in order to get better you need to do service.

A wonderful Assembly!

Trust has been my biggest stumbling block when approaching someone and asking them to be my sponsor. I have been on my own for so long, I only trust me. How can someone else give me advice? I'm not willing to open up to anyone. How could someone possibly understand what I'm going through, I'm a special snowflake. How could a group of people dealing with alcoholics, like I am, and who grew up in alcoholic homes like I did, possibly know what I'm dealing with? When I say it out loud it's ridiculous, but it's this internal obstacle I can't get over. I feel like a failure for asking for help, and a double failure for admitting I'm not able to handle everything.



Sponsorship:

Talk to each other,
reason things out with
someone else....*

*From Al-Anon suggested closing. Page 22 Service Manual

Sponsorship is a vital part of Al-Anon recovery. If you don't have a sponsor, find one. It's never too late!

I'm very grateful to my own sponsor; and am now sponsoring someone. I did sponsor a second person but she dropped out of the group. Hopefully it's not my fault. I always worry about making mistakes, but that's something I worry about and am working on it. I **never** really "got" Al-Anon until I had a sponsor.

I have been in Al-Anon for 4 years, (I tried two sponsors) one of my sponsors never returned my calls, and one was too busy for me. I need a sponsor to keep me on track and who I feel comfortable to call. I need a sponsor!

I depend on my sponsor for perspective and ideas. Learned how to work the Steps 1-12 about all issues in my life. In the middle of Step 5 sharing, plan to walk or weed the garden. As my sponsor listens to me talk, she "hears" program (Al-Anon). Both sponsor and sponsee feel they need more people in our lives like one another.

I've been friends with my sponsor for a long time, about 5 years. When searching for a new sponsor I received the thought that so and so would be a good sponsor for me. At the same time that so and so had the thought Higher Power would be bringing her someone. Our relationship is a God thing!

Sponsorship:

There is a God and I'm not it.

When I lost my sponsor (she died) I lost my program! Sponsorship is so important because I am held accountable for doing my program and not slacking off. I am happy to report that my new sponsor keeps me on track, gives me assignments, makes me journal (going to meetings is no problem for me) and do my daily reading. I'm so happy for Sponsorship!



From the Editor's desk:

There have been several sharings in this newsletter that might invite comments. If you would like to share your experience, strength and hope in this newsletter send your comments to: newsletter@al-anon-idaho.org.

I will try to include those sharings in the next newsletter.



Sponsorship:

Key to growth— a tool for your tool box

No advice— use CAL literature

Involve sponsee in service

Encourage sponsee to have a “program”

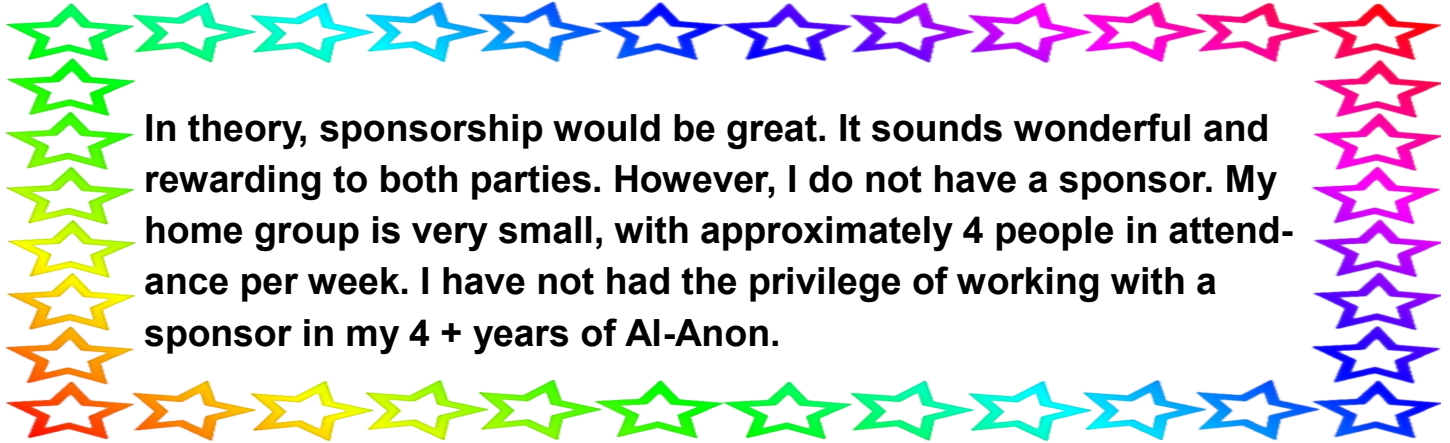
Read CAL daily, etc.

Listen

Kris S, District 1

Sponsorship has changed my life. My sponsor is very patient and taught me how to sponsor other. I am able to listen and guide with patience, kindness, and boundaries.

Jan K



In theory, sponsorship would be great. It sounds wonderful and rewarding to both parties. However, I do not have a sponsor. My home group is very small, with approximately 4 people in attendance per week. I have not had the privilege of working with a sponsor in my 4 + years of Al-Anon.

Sponsorship is a vital recovery tool in my Al-Anon tool box. I need a sponsor to guide me, to learn from, to be my example of recovery. She shows me how to be **real**. She guides me through the Steps to find my spiritual truths; to remind me that I have a God, (HP) that loves me . She reminds me that I am valued and loved.

Janet D

Asking for help: In District 4, we are so short on monies for our D.R. or district activities. We are short on money to pay for our Hot-Line ; we were considering cancelling the service but 2 of our group G.R.'s wanted us to keep the service instead of just looking up the info on the internet. Please give us some of your expertise! What can we do to raise money ? Thank You so much.

Rosemary

WANTED: 2017-2020 ALTERNATE DELEGATE

Dear Prospective Area 13 Alternate Delegate,

What an opportunity lies ahead for you! If you love attending Assembly, have a passion for Al-Anon and can remember how overwhelmed and confused you were at your first Assembly, this service position is for you!

As the Alternate Delegate you will have the privilege of facilitating the GR exchange. Piece of cake! You will talk about what will happen at the Assembly and answer any questions that the GRs might have.

Also, once during your 3 year term, you will travel with the Area Delegate to the North West Regional Delegate (NWRD) Conference. This year I went to Portland, OR. Talk about enthusiasm. These people eat, breath and sleep the Al-Anon program. It is a wonderful chance to meet Al-Anons from all over the Northwest. It is also a good insight as to what happens at the WSC (World Service Conference) which the Delegate attends in April each year in Virginia Beach.

Lastly, you will be the Registration Chair for each Assembly. As Chair, I made deposits, recorded necessary info on spreadsheets and printed name tags. The spreadsheets will be passed on – you don't have to create your own. This info is forwarded to the Area Treasurer and Area Chair once a week.

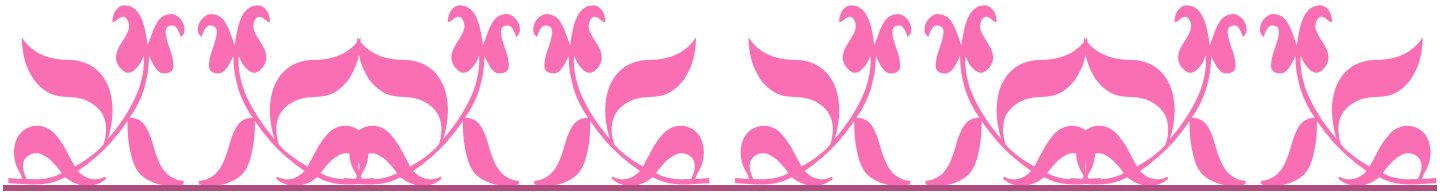
This service position will give you a variety of exposures and an appreciation of what it takes to make the Assembly happen.

I will be happy to answer any questions you have now or later.

With love in service,

Terry A/Alternate Delegate

tamlaustin@q.com



Marilyn B.

Marilyn has a great story and she has been our former Idaho Area Delegate. She will be sharing her experience, strength and hope.

Tuesday August 30, 2016

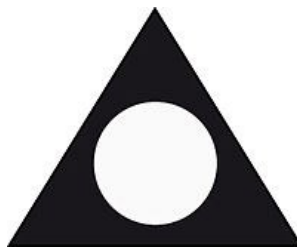
Courage to Change Al-Anon Family Group

5:30 - 6:30

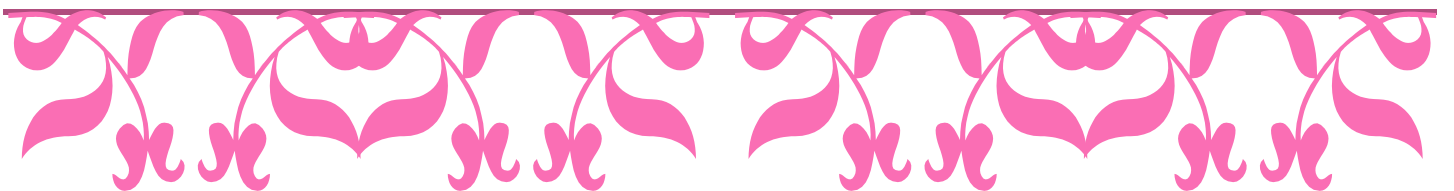
The Friendship Club

745 South 1st Ave

Pocatello, Idaho



Cooperation but not affiliation



Staying Out of God's Way

From the feeling in the pit of my stomach, I thought I had to go to the computer store for help with revising four files. At the computer store, the rep suggested I do the files over. I knew it wouldn't work to keep doing the same thing over and over, expecting different results. So, I went to my car.

In the desperation of not being self-sufficient (old behavior), I started to do as the computer rep had said. But, there was so much reflection on my computer screen, I couldn't see what I was doing. Also, I was hungry (a reference to the saying, H.A.L.T.), and I wasn't thinking clearly. I went to lunch — my brown bag.

After lunch, I was guided to go to this particular, nearby library, and the front-desk person showed me where I could work. The table and chair area had hard chairs, good lighting and a place to plug in my laptop. In spite of welcoming surroundings, I couldn't get to base one. I had skipped a Step. I still couldn't open those four revised files, so I went to the help desk to ask for additional help. The worker, Simon, taught me how to connect to the library network — Duh!

Back at the table, I still couldn't open those files, so I returned to the help desk and talked to a woman rep who had taken over. She said she knew very little about computers, so I patiently waited for Simon to finish his break. Had I caused him to go on break? No, I'm not that powerful. God's timing — time for me to calm down.

Back from break, Simon discovered from what I had told him that I had saved my four revised files incorrectly. As usual, I had saved them with Save As. Instead, I should have saved them by selecting Save & Download PDF (to Desktop). That was a very important key to my dilemma.

Hopefully, knowing all of what I needed to know, I told Simon my challenge was to finish one whole file before leaving the library. According to his suggestions, I was able to completely revise and save one file.

Then, I expressed my profuse appreciation to him for his help. Hence, my thinking that the source of my help would be a rep at the computer store turned out to be the people at the library. God was in charge as long as I stayed out of His way. Nancy C.



Experience, Strength and Hope From Another Area!-Using Al-Anon Tools.

When we found out that a trusted District Servant had used District money for personal expenses we did the following things:

- Notified the bank that the person was no longer authorized to use the account. We followed the bank's instructions to remove the person, and add new people.
- Two District Officers (long story short: we did not have a DR, so the AISL and the District Treasurer took the roles) spoke directly with the person. It was determined that cooperation and working through the process within the District was a possibility. The person was willing to take responsibility and address the situation.
- We called a special District meeting, asking each Group to be sure to send someone, even if they did not have a GR because the issue we would be discussing affected everyone..
- At the District Meeting we had a simple agenda:
 - ◇ Allow the person to read a prepared statement, and then ask them to leave.
 - ◇ Give a short but thorough narrative of what happened, answering enough questions so that everyone knew the truth. Make sure that everyone had the same information.
 - ◇ Used the Al-Anon S-72 Conflict Resolution Cards to guide the discussion on what we should do.
- At the District meeting we followed the Agenda. The first two items were fairly easy and went as planned.
 - ◇ The big surprise was how amazing and how well the Conflict Resolution Cards helped us. We passed the cards out – there were 12 of us at the meeting, each person had a card. We started with Tradition 1 and we read the card, we read the questions and we discussed how to proceed based on the Traditions.
 - ◇ We did not have to use all 12. By the time we got to the 5th Tradition we were in consensus about how to proceed.
 - ◇ Everyone in the room had the chance to share in two ways: they got to say how they felt about the situation (expressing shock and sadness and anger) and they got to say how they understood the Traditions and how they applied in this situation.
 - ◇ Every one of us noticed how the use of the Traditions kept us from feeling scared and betrayed. We recognized the feelings but we also knew that – according to Tradition 3 – “...the only requirement for membership is that there be a problem of alcoholism in a relative or friend.” And we knew that this person should be able to remain in Al-Anon because this requirement applied in their life.
 - ◇ We noticed that by following the Traditions we soon stopped focusing on what “someone else had done” and on “what we could do in the situation.” We also discussed ways that WE had contributed to this problem – we had very few accountability Guidelines in place, and we decided that some of the responsibility for this was that we placed someone in a situation that caused them harm.
- Recognizing how the principles of the program worked in a situation like this has had profound echoes:
 - ⇒ This person has paid the District back in full.
 - ⇒ This person is still an active member at the District level in service. Though not in a position that includes handling money for us.
 - ⇒ We have guidelines for money that are different and more responsible.

I think that by using the Conflict Resolution cards we were able to maintain our 12th Tradition and place principles above personalities. Because of this ALL of us have grown, ALL of us trust the program more deeply, and ALL of us understand a little more clearly how the family disease can play out in our lives. I strongly encourage your District to use the Conflict Resolution kit to structure your actions regarding this. It has been a huge opportunity to see a Higher Power at work in a very real, very practical, very healing way. It also showed our District that Knowledge Based Decision Making is a true foundation stone for service work. We *do* operate in a culture of trust, even if an individual makes a mistake.