

AJG Area 13 Newsletter

Editor's Note

Welcome to the inaugural edition of our newsletter! We're thrilled to embark on this journey with you, bringing you the latest updates, events, and stories that matter most. Each quarterly edition will feature *Forum* selections, readings, history of our program, cartoons and more. Whether it's news from Districts, WSO, or spotlighting your interests, our goal is to create a space where you feel connected and informed. Thank you for joining us, and we look forward to growing together in our program. Stay tuned for more!

Cheryl S. - Editor

**75
YEARS,
ONE
PURPOSE**

Area Treasurer's Report

Beginning Balance as of 1/1/2026:

Checking \$8639.35

Savings \$7505.53

(prudent reserve)

Balance as of 3/27/26:

Checking \$8613.42

Savings \$6000.49

(prudent reserve)

Area donations received YTD: \$1681.50

Donation to WSO as of 3/27/2026:

\$1500 from savings (bringing it down to \$6000)

I will be sending \$3,638.35 to WSO this week.
Bringing down checking to \$5000 as of 1/1/26,
technically

Nicole R. - Treasurer



Quote of the Day

"The road to Hell is paved with good intentions"
John Ray - (circa 1670)

Celebrate Al-Anon's Legacy with Lois W. & the Pioneers!

Step into the heart of Al-Anon's history with two powerful films available for online streaming! Lois's Story (AV-1) and Lois W. & the Pioneers (AV-24) bring to life the voices and vision of Al-Anon's Cofounder and its trailblazing pioneers.

For just \$25, you can rent each film for seven days via "Vimeo on Demand," which makes it perfect for group gatherings, District events, or Area celebrations.

Want to make it extra special? Invite Lois W. to "join" your meeting by streaming her story with the fellowship!

Visit al-anon.org to explore the Archives section and select Historical Films for more information. DVDs are available to rent through the World Service Office, and you can also listen to a rare audio interview featuring Lois and other early leaders.

Let's gather and watch in gratitude for the foundation of hope and the enduring legacy of service that continues to inspire us today!

District News

D1- We have 11 in person meetings with Saturday's being a zoom hybrid. Meeting attendance varies from 8-10 up to 30. At the hybrid Saturday, there are usually 2-3 people online and 10 in attendance.

One of our successes is good GR representation at meetings, and a new Outreach Coordinator and team working on increasing our visibility in the public - more to come there. A weakness is encouraging groups to consistently donate to District, Area and WSO.

Most recent past event: District sponsored BINGO party. It was Saturday, Feb 21 with about 30+ people in attendance.

A Monday noon speaker meeting is Scheduled for April 20. Drea B. will be speaking.

Rochell W - DR1

D2- We have nine in-person meetings. All meetings are down in attendance, 5-8 persons on average. Only three meetings have Group Representatives. We had a district business meeting early February and our next business meeting is March 28th. We hope to plan some type of event in April to celebrate Al-Anon's 75th Anniversary. I will be encouraging all groups to participate in both Area's Spring Assembly and Fall Assembly.

Anne W. -DR2

D3- Our district currently has 22 Al-Anon meetings, 13 in person (1 hybrid), 9 on zoom or telephone. 12 meetings have GRs/Alt. GRs who actively participate at the district level. We have four Alateen meetings currently and are hoping to grow the program with a skilled Alateen coordinator returning to this service position. We still need an Outreach Coordinator to round out our district service positions for 2026-2029. Our district is hosting numerous events with the aim of one per quarter. Despite some excitement surrounding our winter events, our turnout has been lack luster. We hope to turn this around with the spring event. One of our local meetings hosts a monthly speaker meeting and this continues to draw a big crowd.

District News con't

D3 cont.

Our district business meetings this year focus on service role responsibilities and may progress to include some literature review, with the aim of keeping our business portion of the meetings short and concise. Our challenge so far has been how time-consuming the business can be at the start of a calendar year. We expect as we move forward that this will become more streamlined.

Mary H - DR3

D4- District 4 is excited to host the Fall Area Assembly. We are hard at work preparing and organizing for this yearly event. We have lots to look forward to, and hope you all save the date: Friday September 18th, and Saturday September 19th in Twin Falls, Idaho! See you there!

Marlene F. DR4

D5 has 5 active in person groups with 1-12 in attendance. We occasionally have new comers. The newest group in American Falls usually only has 1 in attendance. Some of our GRs from Pocatello attend that meeting every other month to support her. We need to do outreach, but that position is still open.

Teresa N. - DR5

D7- We are having our first district meeting with new our new officers this Sat. It will be our first time having our meeting at the Middleton Methodist church, hoping that moving our meeting closer to the metro area will give us better attendance. As a newbie I have not yet met all of the representatives in the 7th district. I had hoped to meet with some in the last couple of weeks but I was hit with stomach bug that is going around here. We currently have 9 meetings in the 7th district, this covers the area from Nampa to Ontario with a few people that come down from Cambridge. I am looking forward to learning more about each individual group in the coming weeks, so that I can have more information for the next newsletter.

June A.- DR7

CAL Readings

How have I learned to 'Keep an Open Mind'?
How has this enriched my recovery?

Al-Anon teaches me to take thought for the future
based on the lessons of the past.

'For Al-Anon, prudence is a middle ground, a
channel between fear on the one hand and
recklessness on the other.'

Al-Anon/ Alateen Service Manual, p. 191

In a way, I will always be a beginner. There will
always be some new challenge to face because
life is ever-changing and so am I. Because of this
constant change, every tiny little action I take
involves some risk of making a mistake. It takes
courage to participate in life. Today I can applaud
myself for trying. Im doing a terrific job.

'My Higher Power is the confidence within me
that makes me unafraid, even unafraid to make
mistakes.'

As We Understood . . .

Richmond



The Forum-Jan. 1979



This QR code
will take you
directly to our
Idaho Are 13
website!

THE FORUM NOV. 2024



Lessons From a Chicken

Today while I was working in the
backyard, one of our chickens flew over
the fence of the pen and joined me. I
thought nothing of it and continued my
work. However, before learning that this
chicken could fly off the fence and back
again, my husband and I would frantically
chase her, pick her up, and put her back
over the fence into the pen. She would
then fly out again. Once we knew she
could get herself back in, we stopped
trying to help her and just let her be,
knowing there was a risk that she could
be taken by predators while outside of the
pen. We came to accept that reality.
It occurred to me that this situation was a
lot like dealing with my alcoholic son.

While he was growing up, I tried to
control his behaviors and actions, not
realizing I was letting myself be controlled
by him. When I met my husband, who
was in Alcoholics Anonymous, he saw
what was going on and recognized the
disease in my son. As much as my
husband tried to help him, my son didn't
want to change. And no matter what I did
or didn't do, my son was going to be who
he was.

When my son turned 18, he was kicked
out of the house. I didn't have the heart to
do it, but my husband did, because he
knew things weren't going to change if
we continued with the way things were.
It's been many years and many ups and
downs since then, but thanks to all I've
learned in Al-Anon, I have accepted that,
like that chicken, my son is who he is and
I can't control his choices. I can only focus
on my own recovery and hope that the
predator of alcoholism doesn't take him
when he's outside of his pen.

Monique F- Massachusetts

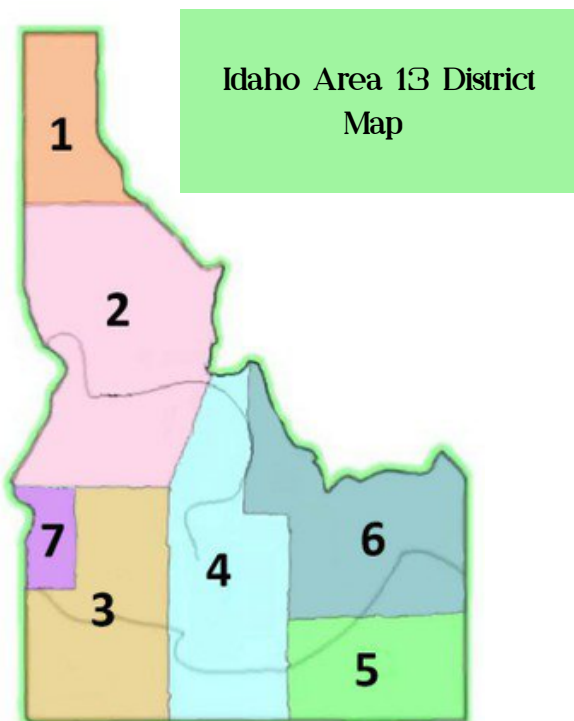
ACRONYMS AND DEFINITIONS

WSO - World Service Organization
This is our headquarters in Virginia Beach, VA.

WSC - World Service Conference
Al-Anon's yearly weeklong business meeting

AREA DELEGATE -

Each Area or State has 1-2 Delegates depending on the population. The Delegate attends the WSC and reports back to their Assembly



IDAHO AREA 13 HISTORY

The oldest active meeting in Idaho is in D5 Pocatello "Bantello AFG" November 1, 1954 only 3 years after Al-Anon started.

D1 in Sandpoint "Happy Solutions" October 26, 1979

D2 in "Clarkston Roundtable" and "Moscow AFG" Jan. 30, 1973

D3 is in McCall "Night Serenity" July 1, 1979

D4 Twin Falls "Monday Night Compassion" Jan. 30, 1973

D5 - Pocatello "Bantello AFG" Nov. 1, 1954

D6 Salmon "Salmon AFG" Jan. 30, 1973

D7 Ontario "Safe and Sound" March 16, 1998

Send a Card to Your Delegate at WSC

plan for it to arrive after April 17, 2026

Delegate: Lori Malin (Hold for WSC 4/20-4/24, 2026)

Newport News Marriott at City Center

740 Town Center Dr.

Newport News, VA 23606

2026 CALENDAR CORRECTION

2026 calendars have errors on months June and July.

The days and dates do not match up. Please print your own corrections.

Al Anon Words

N G A X S P I R I T U A L A W A K E N I N G M O
Z M G Y Z U S A J P E F C P D P C C H S X U N Z
P Z R P W V P V A K X A W M W B U T P G Y A L J
M N G O M R J X B S Q C S C R X E M K W R M J W
G I G M O E W O X Y W L V L F S P I C A N H Y T
L W F I R S T T H I N G S F I R S T C T I L O N
I Y T Z N E Q Z K H X N N F U P B G S L J M Q W
V C R E R P J C V F D R X Z Q J S V Y M D F N I
E J S O Z T G K F V W B O R V X Z Q M T K K W M
A N X W T O D E M I T A T A Y A D E N O S L H J
N H Y R U N Z X D O C S T U A B N N X L B I T U
D D A U S Y E T Y Z R Q N V Z H V D T E S S A V
L K T G U X I V O J C E I E Y E J P P T I T I Q
E E N M N A Z F N K P W X D E H D G B G B E R R
T N I V M Q S R W I Y A P P C B X G D O V N H O
L H B G D K F K Q Z S T O T I S E O D Y S A E N
I X P A A J H S U D H S A L I O B K G W Z N V H
V P L D Y O L U E V O D E D J P H N P S D D C V
E Y A F Y O U U X R S G G L Y Z T I R I F L V J
F O N Y I Q Y U R L T G T N R F M H I L I E D M
G G H X A B Y A M O Y B W E Y A Q T Q V O A B O
B Y O W Z Y W H W E A P C C L I E A N P W R H I
N T K E E P I T S I M P L E N R L F L K C N G T
E E N S Q Q M V F L Z N H L Y Q Z Z O V S K P N

spiritual awakening

fearless inventory

first things first

live and let live

one day at a time

listen and learn

keep it simple

easy does it

let god

let go

think