

AFG Area 13 Newsletter

Editor: Cheryl S.



This QR Code will take you directly to our Idaho Area 13 website

Cheryl Sorenson

75 YEARS, ONE PURPOSE



Is My A-Anon Group a Nonprofit?

Wondering if your group is a nonprofit?

Al-Anon Family Group Headquarters, Inc.

(AFG, Inc.), also known as the World Service Office (WSO), is registered as a tax exempt, not-for-profit corporation under Sec. 501(c)(3) of the Internal Revenue Service code. The individual Al-Anon Family Groups that make up our fellowship are NOT incorporated. Groups cannot use the WSO tax ID to open bank accounts, and the WSO has no authority over group funds.

To learn why groups don't qualify for nonprofit status, read "Incorporation/Taxes" in the "Digest of Al-Anon and Alateen Policies" in the Al-Anon/Alateen Service Manual (P24-27).

To learn about the difference between Al-Anon Family Groups (the fellowship) and Al-Anon Family Group Headquarters, Inc. (the organization), see page 13 of the 2014 World Service Conference Summary (P46) available at: al-anon.org/wscsummary.

Area Treasurer's Report

Balance as of 6.25.26

Checking: \$8,008.62

Prudent Reserve: \$6,001.23

Donations made to Area VTD: \$4,312.94*

*This includes donations from groups and districts. Does NOT include money from Assembly or workshop registrations.

D1 - \$892

D2 - \$121.50

D3 - \$2536.71

D4 - \$247.03

D5 - \$128.70

D7 - \$340

Donations to Area by District

Nicole R - Treasurer

Poem of the Day:

Broken Dreams

As children bring their broken toys with tears for us to mend .

I brought my broken dreams to God, because He was my friend.

But then, instead of leaving Him, in peace, to work alone.

I hung around and tried to help, with ways that were my own.

At last, I snatched them back and cried, "How can you be so slow?"

"My child," He said, "What could I do? You never did let go."

- Author: Lauretta P. Burns -

District News

D1

District 1 has 11 meetings, with most meetings having around 10-15 in attendance. Some having up to 20+ people at times. Our Friday evening group, "Courage to Change" is fundraising with selling homemade peanut brittle at meetings to help send their GR to the Fall Assembly. Our groups are also collectively working on organizing a "Boot" (car trunk) rummage sale to take place in the next month or so. District Outreach carried the message and made a presentation to 3Cs womans club to bring awareness to Al-Anon.

Rochelle W - DR

D2

Very little to report. We have 9 face to face meetings. Our last business meeting was scheduled for March 28th. There were only 3 attendees, myself, our archivist and one GR. Very disappointing. However, my part in this is I haven't visited any of the meetings outside the Lewis-Clark Valley. I hope to do so soon.

Anne W - DR

D3

Has approx 20 meetings between in person and virtual. The group sizes vary quite a bit, though there are several large in person groups that meet. Attendance at district meetings has been good. We recently filled out a survey for a district inventory and discussed how to complete a group inventory at the meeting. A group from Eagle hosted an event this spring: Bringing the Traditions Home. It was a great event with good attendance. Many groups donated gift cards for the raffle making for a good fund raising event.

D3 just held its 3rd movie night. Turn out was small due to the late date reservation, but those that attended were able to enjoy fellowship and a great movie.

District News con't

D3-cont.

We have a summer event coming up quickly, shortly ahead of the Gem State RU. This will be the Releasing anger and resentments workshop on 8/4/2026. We were able to reserve a large library room to allow to have 100 attendees. Registration is live on the area website.

Mary H - DR

D4

District 4 is excited to host our Fall Area Assembly in Twin Falls, Idaho.

We will meet Friday September 18th from 6-8pm with a panel discussion. Speakers from both A.A. And Al-Anon.

Saturday September 19th we will meet from 8am-3pm.

We will have a wonderful guest speaker, 3 workshops, a GR/DR exchange, a catered lunch, a business meeting, and plenty of time to socialize and make connections with other Al Anon members from across the state.

We are looking forward to welcoming everyone here, and hopeful that this Assembly is both informative and uplifting! See you in September!

Marlene F - DR

D5

D5 has 5 in person meetings and 1 Al-Afamily meeting each week. We have 1-15 people attend each group. We've had several new comers and returning snow birds. GRs represent each group except for 1 group. We have a monthly District meeting. We are having a Summer Picnic in July with Al-Anon and AA speakers.

Teresa N. -DR

D7

- No Report



Let The Play Happen

When my sons were young, they played baseball and I coached them. As part of the coaching duties, Dads were to umpire games to help us. One of the coaches with more knowledge and experience in umpiring taught a class to those of us who were new. Among the ideas he taught was "Let the play happen". This has always struck stuck with me and I've thought of it often. Letting the play happen meant not anticipating that the players will catch the ball, throw the ball, run fast enough, run too slow, etcetera. It meant not anticipating that because Bobby is a better ballplayer than Jimmy, Bobby will make the correct play or Jimmy will make a mistake. Just let the play happen and see what the results are. Then make the call based on what actually happened, not on what I thought might happen. This reminds me of a couple things I have learned through Al-Anon. One is not to plan on things happening a certain way. This gets back to the idea of control, and that I really have none. I am powerless over alcoholism. I can't control or plan things to come out a certain way in dealing with alcoholism, or often with life in general. To paraphrase one of our Al Anon readings, when we talk about planning, the gods laugh. I can't control how things will play out. I can't make things change the way I want. I can't anticipate how something will turn out based on my prejudices and biases and stressed out thinking. It probably won't turn out the way I thought anyway. So a lot of anxiety can be created needlessly. Oftentimes the way I thought things would happen didn't happen that way at all. I need to let the play happen and see what the results actually are. Then I can act based on reality and not on what I imagine might happen. "Let the play happen" also ties into the idea of worrying. I can worry about what might happen. I can consider all the possibilities and fret about how poorly something might turn out. But again, since I often have no control over what I'm worrying about, I'd be better off just to let the play happen and see what results. Many times, I find that the way I worried things would end up didn't happen that way or even happen at all. I was worrying for nothing. I think I'll just let the play happen and see what the results are. By John D Pennsylvania.

Inspirations

Today, I am grateful for the opportunity to learn to receive and to give help as part of the ebb and flow of life.

'The healing love we received when we reached out for help in Al-Anon helped us to love ourselves.'

... In All Our Affairs

What do I need help with today? Whom am I willing to ask for help?

In the perfect order of my Higher Power's worlds, all things are beautiful. I will pray to let go of my own rigidity, that I might see the beauty of unity in diversity.

'A foolish consistency is the hobgoblin of little minds.'

Ralph Waldo Emerson

Today I'll allow others to say what they think and allow myself to think about what they say. '... I took another step to maturity as I continue to recover from my illness of not listening.'

Forum Favorites, Vol. 4, p. 11

Al-Anon offers this effective magic in helping us overcome the damage due to self-justification and self-righteousness: Examine your motives.

What answers would I give if I stop in the middle of such rationalizing and ask myself: 'Why am I doing this? Is this justification really honest? Are these rational reasons for my action?'

I pray for the progress that is possible when I am completely honest with myself. On that foundation I can build a good life.
If thou be wise, thou shalt be wise for thyself. .

..
(Proverbs)

ACRONYMS AND DEFINITIONS

AFG Al-Anon Family Groups

CAL Conference Approved
Literature

AWSC Area World Service
Committee



Idaho Area 13 District
Map

SERVE AT THE WORLD SERVICE LEVEL— RIGHT FROM HOME!



If you are passionate about Conference Approved Literature (CAL), The Forum, public outreach, or finance, At-Large Committee positions offer the opportunity to connect with other members and be of service to Al-Anon Family Groups. Positions are one-year terms, with the opportunity to serve up to six terms.

Submit your service resume by October 29, 2026, for consideration for 2027 roles.

Alateen

What Happens in an Alateen Meeting?

In Alateen meetings, young people share their own experiences—everyone in the meeting has been affected by someone else's drinking. Some currently live with a problem drinker, others do not. Alateens share their feelings, encourage each other, and share how the Alateen program has helped them. The adults in the meetings are the Alateen Group Sponsors, who help the teens to stay focused on the Alateen program. Alateens share that they have come to understand that alcoholism is a disease. They have also learned that: They are not the cause of anyone else's drinking or behavior.

They cannot change or control anyone but themselves.

They can detach themselves emotionally from the drinker's problems while continuing to love the person. They can build satisfying and rewarding life experiences for themselves, whether the alcoholic still drinks or not.

more Alateen!

Has Your Life Been Affected By Someone Else's Drinking?

Alateen is for young people whose lives have been affected by someone else's drinking. Sometimes the active drinking has stopped, or the active drinker may not live with us anymore. Even though the alcohol may be gone, and the alcoholic gone or recovering in AA, we are still affected. Many of us have received help from Alateen or Al-Anon. The following questions are to help you decide whether or not Alateen is for you.

1. Do you believe no one could possibly understand how you feel?
 2. Do you cover up your real feelings by pretending you don't care?
 3. Do you feel neglected, uncared for, or unloved?
 4. Do you tell lies to cover up for someone else's drinking or what's happening in your home?
 5. Do you stay out of the house as much as possible because you hate it there?
- If you have answered "Yes" to any of these questions, Alateen may help you.

A Member's Reflections

Before Al-Anon

My life looked like this...

If you were okay, then I was okay.

If you weren't okay, it was my fault.

And if I wasn't happy... somehow that became your fault too.

I lived as the rescuer... and the victim.

Overly generous, yet jealous and manipulative.

My world revolved around people, situations, and things outside of me—believing they could fill the emptiness, the loneliness, the quiet despair inside. I truly believed someone else could complete me... if only I had ALL of their attention, love, approval, and devotion.

That's a heavy, unspoken expectation for anyone to carry.

It became a vicious cycle.

I used relationships, family, work, money, shopping, substances—anything that would temporarily change how I felt about myself.

And when those expectations weren't met—when it felt like “you're not fixing me”—I would either create chaos... or quietly disappear and move on to the next person or thing.

Through the gift of desperation, I finally saw the pattern.

And I was willing to do something different.

Breaking that cycle took honesty, willingness, and surrender.

Today, I know my peace doesn't come from outside of me.

If you're struggling with codependency, addiction, or just feeling stuck in patterns you can't seem to break... you're not alone.

Gigi King - May 2026

YOUR AWSC COMMITTEE: (AREA WORLD SERVICE COMMITTEE)

Delegate Lori M

Area Chair Chrissy S

Treasurer Nicole R

Secretary Marlene F

Alateen Cindy N

Webmaster Bret R

Group Records Coordinator Bret R

Newsletter Coordinator Cheryl S

DR1 Rochell W

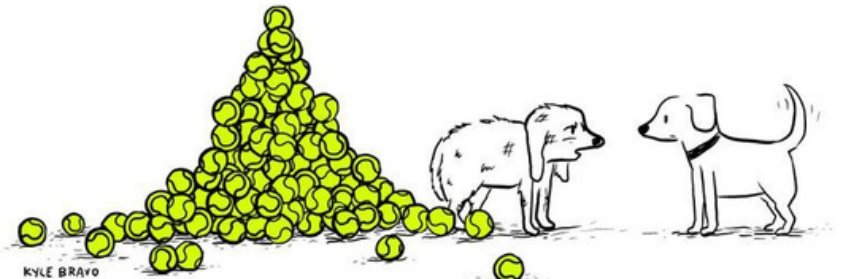
DR2 Anne W

DR3 Mary H

DR4 Marlene F

DR5 Teresa N

DR7 June A



*"I've come to believe that I'm powerless
over tennis balls."*

CartoonStock.com

AL-ANON IDAHO HISTORY

Did you know that Northern Idaho was once a part of Washington?

HOW NORTH IDAHO JOINED THE IDAHO AREA

APR/ AUG 2002 WA Delegate, Nancy Renfro, mentioned at the WSC that North Idaho groups want to officially join the WA Area; she called in August to talk about it again.

AUG 2002 contacted WA Area Group Records Coordinator, Judy C., asking for a list of North Idaho groups contact info

AUG 2002 Called WSO—They suggested sending a letter to each of the 15 North Idaho groups.

SEPT 2002 Conference call with Mary Ann Keller and Cynthia Hansen at the WSO. They quoted a 1991 WSC decision that “it was felt a group near a state line should join the Assembly in its own state/province.” They suggested the North Idaho district get agreement of all groups in the district before making any changes. Then the district could petition the Idaho Assembly, and the WA Assembly.

OCT 2002 Contacted several GRs in North Idaho. Cecilia S. said that she wrote a letter to the WA Area asking “how can they, as an Idaho group, get involved in service above the group level?” The answer was “to formally join the WA Area.” This started the process.

OCT 2002 As the Idaho delegate, I sent letters to each of the 15 North Idaho groups, explaining that they had a choice, and asking groups to vote to 1.) Start their own Idaho district service structure; 2.) Continue informal participation with WA Area; 3.) Officially join the WA Area, with new area boundaries drawn.

NOV 2002 Several North Idaho groups voted to start an Idaho district. Cecilia S. contacted all Idaho District 1 groups (Sandpoint, Coeur d’Alene, St. Maries, etc) to set a date for all group reps to meet and vote.

26 JAN 2003 First district meeting held in Coeur d’Alene for the new Idaho District One. Groups voted unanimously to start their own Idaho district service structure.

08 MAR 2003 Members gathered in Lewiston for a Q&A Session about starting their own Idaho district.

MAY 2003 Kendrick meeting voted to be part of Idaho Area. Started planning for a gathering of all WA District 3 meetings to decide whether to form an Idaho district service structure.

07 FEB 2004 First district meeting held in Lewiston for the new Idaho District Two. Groups voted to join Idaho Area.

IDAHO AREA 13

2027 CALENDAR PHOTO SUBMISSION GUIDELINES



**Theme: Where You Feel In Touch With Your
Higher Power**

- Submit photo in landscape orientation
- 13 photos will be selected
- Calendars will be available at Fall Assembly
- Fall Assembly registration will include option to order a calendar



**Submit Your Best
Shot by July 15th**
SCAN QR CODE TO SUBMIT
PHOTO OR SUBMIT AT IDAHO
AREA 13 WEBSITE

Save the Date!!

Idaho Area 13 Fall Assembly

Hosted by District 4

75 *years,*
One Purpose

Friday, September 18, 2026 | 6-8PM
Saturday, September 19, 2026 | 8AM-3PM

La Quinta Hotel
539 Pole Line Rd. E
Twin Falls, Idaho

Dave B.

Speaker: Past Utah Delegate

Scan QR code or visit Idaho Area 13 Website
for event and registration details



<https://al-anon-idaho.org/events-calendar/area-13-fall-assembly-in-person/>

**Do not distribute! Finalized Flyer
coming shortly!**

Al-Anon Word/s Search

Diagonal, Horizontal and Vertical. Forward & Backward

R E A C H I N G F O R P E R S O N A L F R E E D O M
 T N D S I N A L L O U R A F F A I R S T L R F Z X M
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 CONCEPTS
 WARRANTIES
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 SERVICEISGROWTH
 REACHINGFORPERSONALFREEDOM
 ASWEUNDERSTOOD
 FROMSURVIVALTORECOVERY
 DISCOVERINGCHOICES
 MEDITATION
 PRECON
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