

AJG 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

Area Treasurer's Report

Balance as of 8.24.2026

Checking: \$10,202.57

Prudent Reserve:
\$6,001.46

Donations made to Area VTD:
\$5,430.12*

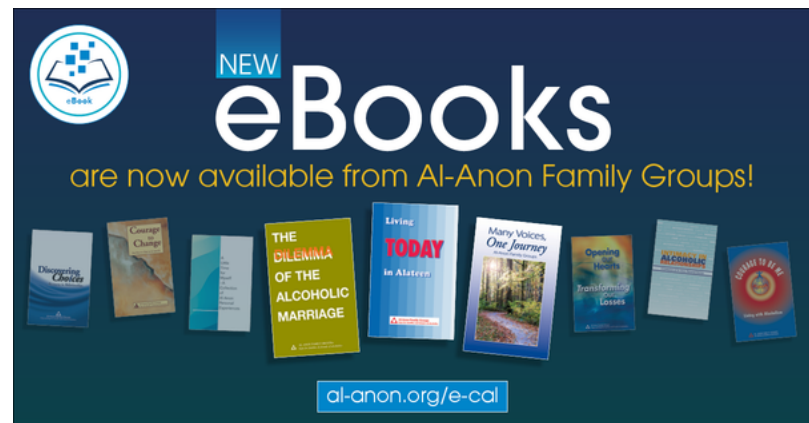
*This includes donations from groups and districts. Does NOT include money from Assembly or workshop registrations.

Nicole R - Treasurer



Calling Multilingual Members

Translating Al-Anon Conference Approved Literature (CAL) into Spanish and French is just the beginning of the World Service Office's international work with service structures across the globe who wish to translate and reprint our Al-Anon CAL into their native languages. Part of this process includes an independent review of translated CAL to ensure it is faithful to the spiritual tone and message of the original. If you are fluent in Georgian, Swahili, Arabic, Czech, or Mongolian as well as English and would be willing to serve as an independent reviewer, please email international@al-anon.org with your contact information and the languages (other than Spanish or French) in which you have proficiency.



Most Recent eBook Releases:

- The Dilemma of the Alcoholic Marriage (eB-14)
- Living Today in Alateen (eB-26)
- Many Voices, One Journey (eB-31)

District News

D1

District 1 has 10 in person and 1 hybrid meeting.

There are also 2 Alateen meetings running congruent with an AA meeting and another with an Al Anon meeting. Over the summer, attendance has been down slightly, although groups report having newcomers attending. 2 of the groups are now giving a copy of "How Al Anon Works" to newcomers who attend at least 3 meetings. One group has plans to incorporate a Group Inventory twice a year, beginning this fall. Another group is following a book study format with the title "Opening our Hearts...Transforming our Losses" and reporting a good, and consistent turnout. Outreach has plans to be represented with volunteers and various information packets at a couple of upcoming community mental health & wellbeing events. Our Monday meeting features a quarterly speaker.

Rochell W DR

D2

Due to the hot summer months and lots of members on vacation, we have had no district meetings. Attendance at regular meetings has been low for the same reasons, temperatures and vacations. An occasional newcomer attends a few meetings, but none are returning on a regular basis. This is sad, as we all know how much this program assists us daily with our emotional, spiritual and physical health. Knowing the need to share our experience, strength and hope to the occasional newcomer, We have a core of dedicated longtime members that are keeping Al-Anon alive in our district. We hope to have a swim party soon, perhaps followed with movie night at a member's home.

Anne W - DR

D3

District 3 continues to have just over 20 meetings with 11 of them having active GRs, many of them with alternate GRs. Our district meetings tend to have 8-9 GRs attending and voting at meetings. Alateen is adding another meeting with a school eager to have recovery in their hallways again. Our public outreach committee has gotten a great start with rounding out their committee with additional members.

District News con't

We are excited to see how our district evolves with their participation. Early in August, district 3 held the Releasing Anger & Resentment workshop. This event was facilitated by Chrissy, the Area 13 chairperson. We had 37 people attend and it served as a great fundraiser for the district too. What a great workshop though! We know the other districts will love this one too. Our fall is going to wrap up with a gratitude event that 2 groups are jointly hosting. As the District Rep, I feel fortunate to have the level of involvement we currently do in the district.

Mary H DR

D4

District 4 is getting excited to welcome everyone to the Al-Anon Fall Assembly here in Twin Falls!. Get ready to have an uplifting and engaging experience! We have 4 Speakers on a Panel sharing their experience, strength, and hope with us Friday evening from 6-8pm. Two Al-Anon members, and 2 A.A. Members. This event is FREE! We welcome anyone and everyone from the community who might benefit. So please let your friends and family know. We will have seating for 100 people. Saturday we look forward to a BIG DAY of Fellowship and Inspiration! 🙌🥰 We have three great workshop's and presentation's that will Uplift you, Inspire you, and give everyone lots of Hope! A little laughter, and a bit of insight into how Al-Anon got started, and the woman behind the inspiration to start Al -Anon groups. We will close with Slogans that give all of us a lot of strength, and serenity! Our luncheon will be delicious and presented to us by Texas Roadhouse. Prime Rib, and chicken, with plenty of fixings to please everyone. This may be our best luncheon ever! 😊 Our special guest speaker is Dave, a former Al-Anon Delegate to WSO, and he is delighted to share his experience, strength, and hope with us.

D4 cont

So pack your bags, grab a friend, and register to attend! 😊

ALL REGISTRATION AND PAYMENTS ARE ONLINE THIS YEAR! Go to the events tab on our Idaho Area Al Anon website.

(Thank you Bret!) 🙌

Do not forget to also order your 2027 Al Anon calendar with your registration.

It will be available Saturday at the Assembly!

Marlene F DR

D5

D5 recently had a District summer picnic. The district supplied the chicken and everyone brought a potluck item to share. We had AA and Al-Anon speakers. Our groups are well attended with several returning new-comers. We have monthly district meetings. We still need to fill the district outreach position.

Teresa N DR

D7

Serenity Group – Monday Night

We usually have anywhere from 6-12 people attend each week, and we typically see a newcomer a couple of times a month. We have a nice mix of regular members and newer faces, and the group has remained pretty steady.

Serenity Seekers – Wednesday Night

We also usually have around 6-12 people each week and see newcomers a couple of times a month. This group has also been doing well with consistent attendance and participation.

Our upcoming potluck and speaker meeting is on September 30th. We're looking forward to it and have a great speaker! Here is the link to our potluck: <https://al-anon-idaho.org/events-calendar/harvesting-hope-speaker-meeting-and-potluck/>

District 7 currently has 8 meetings, one of which is Spanish-speaking in Ontario. Here is our meeting schedule link:

Thursday night Paths to Recovery meetings typically hold a speaker potluck on the 5th Thursday of the month, if there is one. Their next one is in October.

There was a Tuesday Night Book Study in Nampa from 5:30-6:30 p.m. that recently closed due to low attendance. The two regular members held a group conscience and officially closed the meeting on July 28th.

The Ontario groups are part of an annual local outreach event on September 3rd called Hands Around the Park. It is a recovery event with lots of booths and recovery information. Here is the link to the event:

<https://cca.ontariochamber.com/EvtListing.aspx?dbid2-ORONT&evtid-10011346&class-B>

The Middleton Al-Anon groups is participating in the SIRCC Recovery Rally that will be held on September 19th at Lakeview Park. There will be an Al-Anon booth with resources and volunteers available to answer questions about Al-Anon. There will also be many booths. Here is the flyer for the event: <https://www.sircc-tencsinc.com/events/recovery-rally/>

District 7 usually hosts an annual event called Fall Into Recovery, which is an Idaho Area Literature Center fundraiser held in October. Though I am unsure if we are having one this year, as there has been no mention of it yet and there is discussion of what to do with the literature center moving forward.

Three members from District 7 participated on the board for Gem State Roundup 2026 and helped coordinate Al-Anon participation, including speakers and panelists for meetings. A few District 7 Al-Anon members were panelists for the event.

Members are participating with the AA Assembly and Convention for 2027.

June A - DR

Your Vote Counts!

Make sure that your
group has
representation at this
year's Fall Assembly!

Grs will be voting on:

Whether to continue the Spring Assembly on
Zoom as opposed to in person



The AWSC has already voted on and
unanimously approved:

1. To obtain an EIN number for
Area 13 to separate business
dealings from the Lit Center
(which EIN we are currently
using)

To pursue insurance coverage for
Alateen and small groups that can't
afford meeting spaces, with an
amendment to include D&O
insurance protection for Area officers
and directors

Literature Center

The Lit. Center will have plenty of
books, pamphlets, bookmarks and
Newcomer packets available for purchase
at the Assembly. Review your meeting's
inventory.

**AVOID SHIPPING COSTS and
BUY IT AT THE ASSEMBLY!**

Inspirations and CAL Readings

Understanding that alcoholism is a disease can
give me a new perspective on those who
suffer from it.

'We learn to detach with love, to hate the
disease but not the person, and to encourage
the alcoholic in a new way.'

Paths to Recovery

How does my understanding of alcoholism as
a disease change how I treat others affected
by it?

When I suppress anger, I give it room to
fester in my heart and mind, and it unravels
my recovery.

'In the Al-Anon group, I found something I
needed very badly—permission to get angry.'

From Survival to Recovery, p. 133

With the help of a loving Sponsor and the
support of my fellow Al-Anon members, I am
learning to find my place in this world—a
place where I can live with dignity and self-
respect.

'I exist as I am, that is enough, if no other in
the world be aware I sit content, and if each
and all be aware I sit content.'

Walt Whitman

I will not set a pattern based on my own
experience and wishes—and expect someone
else to live up to it. This is interference of a
subtle and damaging kind; it damages my
peace of mind and dignity, and those I am
smothering with my expectations.

'I, too, often fail to live up to the expectations
of others.'

(Ecclesiastes)

ACRONYMS AND DEFINITIONS

LDC

Literature Distribution
Center

PSA

Public Service
Announcement

CMA

Current Mailing
Address



Idaho Area 13 District
Map



THE FORUM

APRIL 2025

Sponsorship invests in Tomorrow's Legacy

It wasn't long after i attended my first meeting that someone suggested i see a sponsor! They said i should find someone who had what I wanted. I saw a woman who was going through a lot at the time. She was able to apply the principles of the program and keep her serenity. I saw a in her what I wanted. It took me four months to get the courage to ask her to be my first Sponsor.

Maybe that's why, when a new person came to my Wednesday night meeting and asked me to be their Sponson afterward, I was shocked. We had just met, but she said she heard something in my sharing that led her to ask. There are many ways that we support and invest in each other in Al-Anon.

The Forum--cont.

For me, sponsorship is one of the most intimate and important parts of my service journey. So, I said a liittle prayer to my Higher Powernd then said "yes".

At the 1967 WSC

Bill W. the cofounders of Alcoholics Anonymous, highlighted the role of sponsorship in the recovery journey by saying, "The healing current of grace seems to be passed best between those who have identical experiences suffering...your art of healing is also based on the passage of grace between those of kindred experience." Lois W. (Cofounder of Al-Anon) also said about the importance of sponsprship that "when we aid newcomers to live by the Al-Anonn program, we are not only benefiting them but strengthening ourselves as well." (Many Voices, One Journey.

Sponsorship is a mutual relationship that allows healing to be passed between us. It is one of the most important tools I share and use to live by the Al-Anon program. This relationship of trust, grace and respect helps strengthen both of us. By sponsoring other people in Al-Anon- studying the Steps and Traditions and serving at tnd beyond the group level together-we pass on the principles of Al-Anon, ensuring it remains available when "anyone, anywhere reaches out for help."

Ann Marie Z. - Trustee

A Member's Reflections

Let go of the people who are not ready to love you. It is the hardest thing you'll have to do in your life and it will be the most important thing.

Stop having difficult conversations with people who don't want to change.

Stop showing up for people who aren't interested in your presence. I know your instinct is to do whatever it takes to gain the appreciation of the people around you, but it's an impulse that robs your time, energy, mental and physical health. When you start fighting for a life of joy, interest and commitment, not everyone will be willing to follow you there. It doesn't mean you have to change who you are, it means you have to let go of people who are not ready to be with you.

If you are excluded, offended, forgotten or ignored by the people you give your time to, you are not doing yourself a favor by continuing to offer them your energy and life. Truth is, you ain't for everyone and not everyone is for you. This is what makes it so special about meeting people you have friendship or love with. You will know the value of it because you have experienced what it isn't. There are billions of people on this planet and many of them will find them on your level of interest and commitment. If you stop showing up, maybe they won't look for you. When you stop trying, the relationship ends. If you stop texting, your phone might stay dark for weeks. It doesn't mean you ruined the relationship it's just that the only I don't believe that she is that young

It doesn't mean you ruined the relationship, it's just that the only thing that kept it going was the energy you only gave to keep it. This is not love, this is connection. It's giving a chance to those who didn't deserve it! You deserve much more.

The most valuable thing you own in your life is your time and energy because both are limited. The people and things you give your time and energy to will define your existence. When you realize this, you start to understand why you are so anxious about spending time with people, activities, or spaces that don't suit you or shouldn't be around you. You will start to realize that the most important thing you can do for yourself and everyone around you is to protect your energy more fiercely than anything else.

Make your life a safe haven where only people who are 'compatible' with you are allowed. You're not responsible for saving someone. It's not your responsibility to convince them to do better. It's not your job to exist for people and give them your life! You deserve real friendships, real commitment and a full love with healthy wealthy people. Choosing to distance yourself from toxic people will give you the love, appreciation, happiness and protection you deserve.

Tony H.

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



Editor's Note: It was brought to this editor's attention that in the July Newsletter, an article on the history of Al-Anon in Idaho was inaccurate. Below is the story of what really happened, written by a member who was there, and participated in the events.

Al-Anon Idaho History Rebuttal

In the 2026 July issue of our Area 13 Newsletter, there was an article that described our North Idaho District 1 history of joining the Idaho Area 13. This was a very different perspective from my experience of being part of the process, and the first North Idaho District 1 Representative.

North Idaho was never a part of the Washington districts or the Washington Area. For an Idaho Group Representative to be present at a Washington district meeting or the Washington Area Assembly, we had to write a letter asking for permission to attend. This does not prove that a group or a district belonged to Washington's service structure.

I certainly do not want to rewrite North Idaho's history on how or when we became a represented district or part of the Idaho Area. And I thought, how can I show our Idaho perspective on this subject?

The following article was my first written District 1 report given to the Idaho Area World Service Committee (AWSC) and can be found on our Idaho Area website at: <https://al-anon-idaho.org/wp-content/uploads/2022/09/GrpHistDist1.pdf>

DISTRICT 1 History – Coeur d'Alene

Let me introduce myself, my name is Cecilia, and I'm the newly elected District Rep of North Idaho's District One. We are very excited about reconnecting with Idaho, and this was demonstrated at our first District One meeting on January 26th (2003). I had the privilege of being part of this process.

For me, the process began even before I moved to this great state of Idaho three years ago. About a month and a half before moving to Idaho, my sponsor was asked to be the speaker at the Fall Idaho Area Assembly. I thought this was great to attend my first Area Assembly even before I moved to my new home. This is where I connected with so many wonderful Idaho Al-Anon members including Ruth, our Idaho delegate. Sometime during the Saturday lunch, I was bragging that I was attending my first Idaho Area Assembly even before moving here; this is when my sponsor told me that north Idaho participates with Washington. I was very confused, because

I didn't know that district lines crossed state lines, but I accepted what I heard, and thought to myself, I will learn more when I moved to our new home and attend meetings.

When I moved to the Coeur d'Alene area, I asked about our district meetings. I was told "our district" meets in Spokane. I looked forward to attending the district meetings. And after attending "our district" meetings, for about 2½ years, I noticed the district was only referred to as Washington and not the Idaho/Washington district. Most of the events were Washington events. I thought this is strange, if the boundaries were redrawn, and this is "our district," it should be named as such.

Then in May (2002), I started the Northwest Serenity meeting in Hayden Lake. I registered the meeting with WSO, "our district," our literature center, and submitted it to the newsletter,

and for the meeting directory. I heard from WSO first that the Northwest Serenity meeting was in an un-represented district in Idaho District 1 and Idaho Area 13. Then, I was contacted by the Washington District Rep, and I was told that I needed to write a letter asking permission to participate with Washington District Two and the Washington Area Assembly 59. Then I knew, this wasn't "our district," it was a district that we were allowed to participate with. I contacted our Idaho delegate, Ruth, and started the process to communicate with north Idaho members and groups to let them know we have choices. Ruth mailed letters to all of the north Idaho district one groups, asking that a group conscious be taken; all of the groups' conscious were for north Idaho groups to be represented by our north Idaho district one.

So then, we called our first north Idaho district one meeting on January 26th (2003). A few of us got together for brunch at the Coeur d'Alene Inn to meet with Ruth, our Idaho delegate, who flew up to be at our first district one meeting. After brunch, we met at the Kootenai Medical Center for our district meeting. We had 24 Al-Anon members in attendance, 9 of our 11-registered meetings were represented at the district meeting. At break, the hospital had made a delicious carrot cake with the state of Idaho and the Al-Anon symbol drawn on it with the words "*Service, Unity and Recovery*" across the top. We had so many donated Al-Anon Forums, service manuals, and Al-Anon books that everyone in attendance was a winner. We made an official vote to represent our north Idaho district one groups in our own Idaho district one and reconnect with our own Idaho Area Assembly. We elected the following district one officers and coordinators:

District	Rep	Cecilia, from Hayden Lake
Alternate		Lori, from Coeur d'Alene
Treasurer		Marleigh, from Sandpoint
Secretary		Shelley, from Sandpoint
Public Outreach		Debby, from Kingston
Alateen Archives		Anastazia, from Hayden
		Barbara, from Coeur d'Alene

We voted for roving, monthly meetings on the last Sunday of the month until we were established, and then, we will meet every other month. Our next district one meeting will be on Sunday, February 23, (2003) at 2:00 in beautiful Sandpoint, Idaho.

I am reminded of the story about the Al-Anon who approached God and said; *God is this all Al-Anon has to offer?* God said, *yes, if that is all you're willing to give.*

I was so pleased to see that north Idaho is willing to give more to our north Idaho groups and our north Idaho district.

Thank you for allowing me to participate in my own recovery.

Cecilia

Idaho Area 13 Fall Assembly

Hosted by District 4

75 *years,*
One Purpose

Dave B.

Speaker: Past Utah Delegate

Hotel Information

La Quinta Inn & Suites
539 Pole Line Rd. E
Twin Falls, Idaho
208-736-9600

Room Type & Rate

Double Queen \$144 plus tax
Call hotel directly notifying them you are
with the Idaho Area Al-Anon Assembly for
discounted rate

Menu: Texas Roadhouse Buffet \$30

Register Online \$30

[https://al-anon-idaho.org/events-
calendar/2026-area-13-fall-
assembly-september-18-19-twin-
falls-in-person/](https://al-anon-idaho.org/events-calendar/2026-area-13-fall-assembly-september-18-19-twin-falls-in-person/)

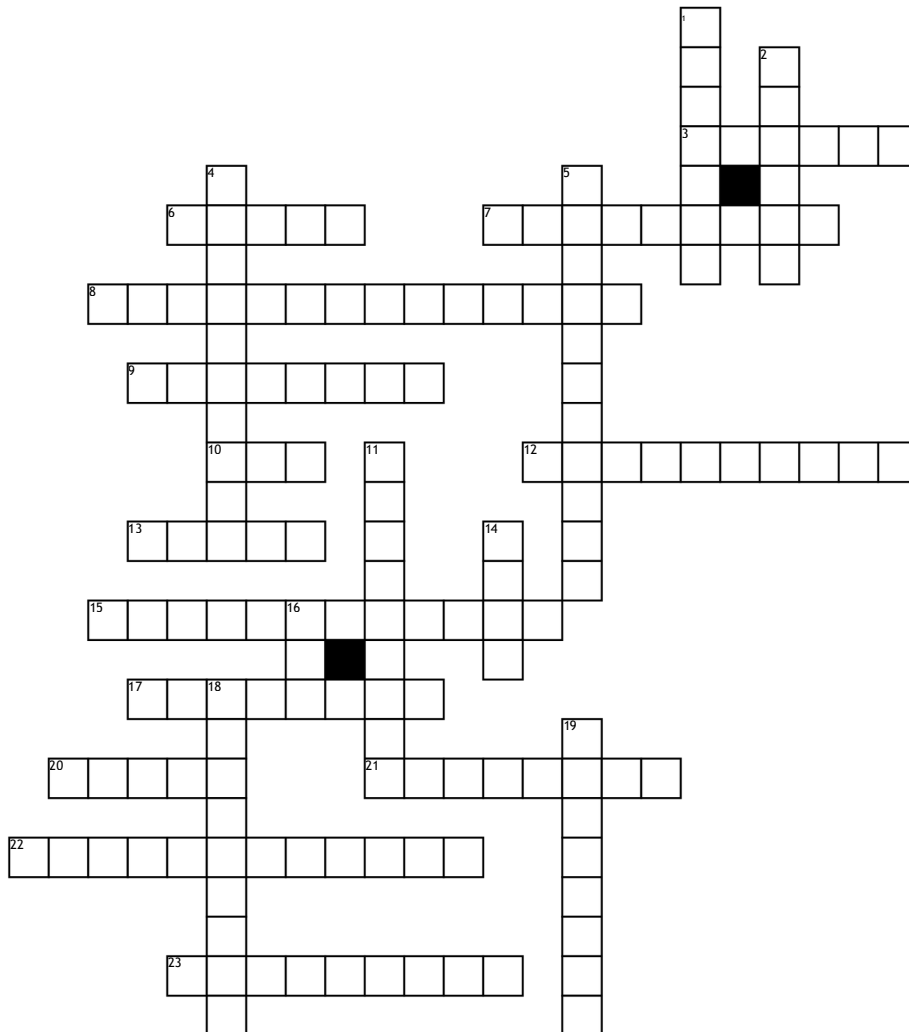
- 2027 Area 13 Calendars are now **ON SALE!**
- click the link on Page 1 on the Idaho Area 13 Website!
www.al-anon-idaho.org



Name: _____

Date: _____

Thanksgiving crossword 2026



Across

3. Macy's has this annual procession of floats and music
 6. inedible fruit with a hard rind that is related to a pumpkin
 7. many people have these people over for Thanksgiving
 8. a topping that some people like on their turkey
 9. students love thanksgiving because they get a _____
 10. baked food having a filling that is usually fruit
 12. main purpose of thanksgiving

13. sauce people pour over the turkey

15. what a turkey says

17. you can eat these mashed, baked, or fried

20. hot apple drink

21. fills up the bird and fills up the people

22. topping for pumpkin pie

23. Some people have this side dish that is cooked in the oven.

Down

1. carved at Halloween

2. Thanksgiving main course

4. a symbol of plenty consisting of a goat's horn overflowing with flowers, fruit, and corn

5. shopping event that happens the day after Thanksgiving

11. many families enjoy this the day after Thanksgiving

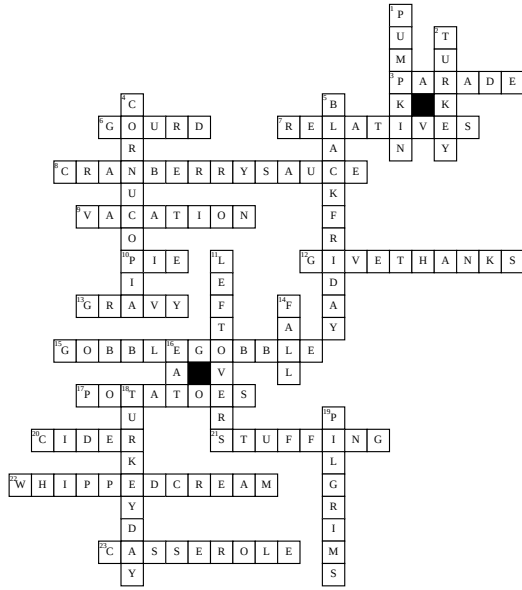
14. season in which Thanksgiving occurs

16. what we do on Thanksgiving
 18. another name for Thanksgiving

19. people who migrated to a different land from where they were born

Name: _____ Date: _____

Thanksgiving Crossword Puzzle



Across

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