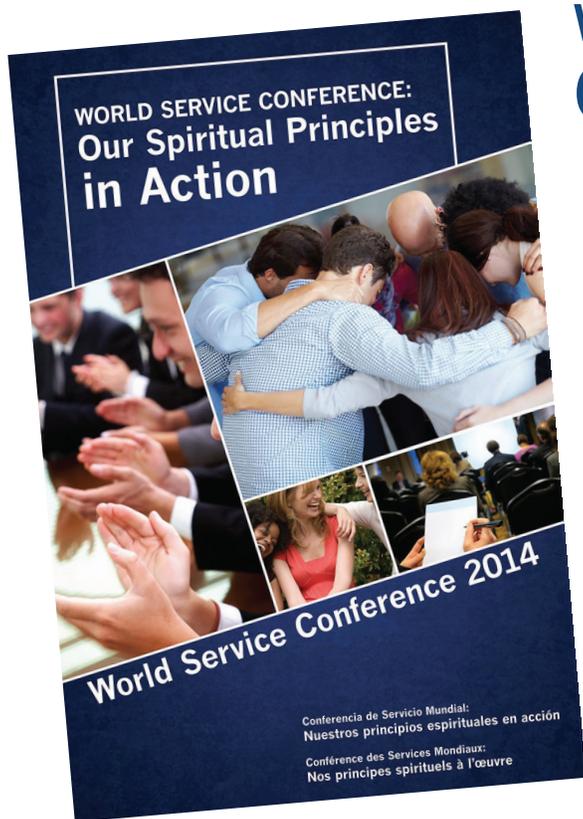


# Area **H**ighlights

Spring 2014  
Volume 46, No. 1

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## WORLD SERVICE CONFERENCE: Our Spiritual Principles in Action

**Conferencia de Servicio Mundial:  
Nuestros principios espirituales en acción**

**Conférence des Services Mondiaux:  
Nos principes spirituels à l'œuvre**

Bev A., Conference Chairperson

Before the creation of Al-Anon, the wives of A.A. members began to gather to support their husbands' recovery. I imagine these ladies chatting about their gardens, the activities of their children, and sharing recipes giving them the ability to enjoy the moment and some mental rest from the fear and worry we all have experienced due to alcoholism.

Soon their conversations would lead to mutual feelings of an over-developed sense of responsibility and realizing others tried similar tricks to stop the drinking and their sense of isolation would diminish. They would find comfort in discussing some common concerns such as, anger and hopelessness, giving some relief realizing they were not crazy. They were already practicing Al-Anon's primary purpose to help those affected by someone else's drinking through sharing their experiences and showing each other unconditional love and acceptance.

Eventually they decided to practice the Twelve Steps themselves for their own spiritual growth and as these family groups continued to meet, they came to believe their recovery could be strengthened by uniting together as Al-Anon Family Groups. This practical expression of goodwill would bring hope and recovery worldwide to those affected by this disease in small towns, big cities, for our neighbors, friends, and those yet to come.

The 54th World Service Conference will convene this April in Virginia Beach, Virginia. Conference members gather together, bound by love and trust in each other and a Higher Power, to work toward a shared goal of growth and unity for the fellowship as its primary concern as it has been for every Conference before us.

Groups have given the Conference permission to deliberate on important matters, to give guidance, and to guard our Traditions. They have recognized that the Conference is the voice of worldwide Al-Anon; its largest group conscience and have carefully chosen service representatives to speak and act for them. This is the spiritual principle of delegated authority in action. By becoming volunteers, Conference members have assumed a tremendous responsibility for our world services accompanied by an equal amount of authority and accountability.

Members are responsible by getting enough rest, coming to Conference each morning prepared for the day mentally

*continued on page 2*

continued from page 1

and spiritually, and following Conference rules such as one time at the microphone per topic and turning off cell phones. There is also the responsibility of creating a culture of trust in a way that brings out the best thinking and attitude of everyone. This means we respect others by listening; showing courtesy, and participating in discussions by expressing our views, putting aside personal desires and opening ourselves to the will of our Higher Power.

When Delegates arrive at Conference, they have the authority to vote as their conscience dictates, not necessarily as instructed by their Areas. When listening to others share, there may be other matters we did not consider or know of before Conference and sometimes new information is presented that affects the way members choose to vote.

This authority encourages the Conference to explore every option, to consider every change, and be fearless about Al-Anon's future making sure our message of hope is clear to everyone who walks into a meeting. The Conference may pass resolutions, make recommendations to the WSO, and on overall policy matters the Conference makes final traditional decisions. This authority guarantees our world services shall continue to carry on under all conditions.

The Conference is accountable to the fellowship by planning for tomorrow—having vision to see possibilities before they become obvious. Bill W. said “We must think about our service needs as they relate to general economic conditions, group capability, and willingness to contribute. We often must try to think months and years ahead.” (See page 202 of the *2014-2017 Al-Anon/Alateen Service Manual* [P-24/27].) Delegates are accountable to their Areas by reporting back discussions and actions of the WSC and how they stretched their mind to such an extent it will never be the same again.

We hope all Al-Anon members will think about their spiritual journey after hearing their Area Delegate's report and reading the *2014 World Service Conference Summary* (P-46, available in August 2014) and sharing what they have learned with others.

### Statement of Purpose

*Area Highlights* is designed to provide service-related news from Areas to all Delegates, Coordinators, and District Representatives in order to communicate with, motivate, and inform other service-minded members. The articles are compiled from Area newsletters and reports from the links of service. Please encourage members in your Area to share their service projects and experiences. In addition to postal mailing or faxing, submissions can be sent by e-mail to [areahighlights@al-anon.org](mailto:areahighlights@al-anon.org).

*Area Highlights* is available on our Members' Web site at [www.al-anon.alateen.org/members](http://www.al-anon.alateen.org/members). *Area Highlights* may be photocopied and shared with other members.

***This is your newsletter; your experiences make it a valuable publication.***

## Our AWSC Inventory

*The Tennessee Traveler*, November 2013

One of the highlights of the Fall 2013 Area World Service Committee meeting was our AWSC Panel 52 Inventory. Some of the inventory questions were derived from pages 154-155 of the *2010-2013 Al-Anon/Alateen Service Manual* [Editor's note: pages 162-163 of the 2014/2017 edition]. Some of the questions were group inventory questions, and some were personal inventory questions. Our Area Chairperson facilitated the inventory and compiled the results.

A few comments are listed below that summarize areas in which AWSC members felt that there was room for improvement.

### Service Manual questions

Some members felt that we could improve:

- Informing/unifying the groups in the Area
- Supporting the Newsletter Editor by suggesting items of interest for the Area newsletter

### Group inventory questions

Some members felt that we, as an Area, could improve:

- Providing better interchange of information about service activities
- Sticking to the topic

### Personal inventory questions

Some members felt that they, as members of the AWSC, could improve by:

- Sharing the *World Service Conference Summary* with other members of their groups and districts
- Being willing to be part of a thought or task force
- Refraining from interrupting or carrying on a side conversation during the AWSC meeting

## Did You Know?

The *Conference Summary* is the annual report to the groups about the World Service Conference and the World Service Office activities. Did you know that all 53 editions—the first Conference was in 1961—of the *Conference Summary* are available electronically on the Members' Web site?

<http://al-anon.org/members/service-structure/area-resources/item/163-world-service-conference-summary>



Please photocopy Area Highlights and share it with other members.

Visit us at: [www.al-anon.alateen.org/members](http://www.al-anon.alateen.org/members)

# Taking care of myself during Al-Anon Service

Mary T., Group Representative

Kentucky Area Newsletter, 4th Quarter 2013

Doing Al-Anon service work is recommended to all members as a way to progress in the program and to give back with gratitude what has been freely given to us. Service is certainly important and many Al-Anon members express that they get back more than they give. It is important, however, to remember to practice good self-care when doing service. This is particularly important when the service work will extend over several hours or days, such as attending the Area Assembly or in providing sponsorship to another member.

## We can delegate specific tasks and share responsibilities.

The Al-Anon slogan, "Let it Begin with Me," can remind us that our first responsibility should be to make sure that we take care of our own needs. When doing service work, the basics need some attention. These basics include eating well, exercising, doing daily readings, getting enough rest, and staying hydrated. Any health issues need to be considered and accounted for. If we approach service work as a martyr, without taking care of these needs, we are not practicing Al-Anon principles and our service work will not help us progress in our program and will ultimately lead to burn out.

It is also helpful to remember that it is okay to ask for reimbursement for travel to attend the Area Assembly and that is an expected group or district expense. If you are representing your group or district, it is their responsibility to take care of these expenses.

While we are encouraged to say "yes" to Al-Anon service work, that is only a suggestion and it is always important to think about the particular service work we are considering

is good for our program as well as the fellowship. It is good to do service work that is outside our comfort zone, but we should not feel compelled to do service work that we do not like or find terrifying. There will be other service opportunities if we have to say no to something.

Another way to practice self-care is to remember that service work can be fun and to find ways to incorporate fun into service when traveling to the Area Assembly, working at a public outreach booth, or when sponsoring another member. Spending time with friends in the fellowship or focusing on getting to know interesting new people can help. When service is not fun, we can look at whether our own attitudes are preventing us from appreciating the fun that is available or whether some other type of service may suit us better.

I have been impressed over time when members have stepped down from service work in order to attend to more pressing needs. This reminds me that our own program needs to come first. No one in Al-Anon seems to judge someone when this happens. No specific member is indispensable and all are valued.

An additional way to practice self-care in service is to remember that we never have to do it alone. We can always ask for help from others who have been in similar positions of service before us. We can delegate specific tasks and share responsibilities. We can always ask our Higher Power for guidance. Finally, it is helpful and important to have a Service Sponsor who know us and can help us find fun and self-affirming ways to approach service.

Approaching Al-Anon service work in a healthy way can allow us to experience some of the rich benefits of service without the self-sacrifice we have sometimes practiced in our relationships before Al-Anon. This allows us to persist in giving back what we have been freely given.



Photo by Joan W., MT

## District focus— communication

Diana, District Representative

Washington Wanderings, Washington, June 2013

The focus for our district this year is communication between groups, the district, and the Area.

At the district level, we have implemented the Knowledge-Based Decision-Making process to reach an informed group conscience into our district meetings. Members are given the opportunity to share their thoughts, and when all is said and done, many Al-Anon members feel confident and capable of making an informed decision.

We are also communicating by encouraging groups to sign up to receive the newsletter, which contains group events, along with district and Area events. Currently, we have approximately 180 Al-Anon members receiving our newsletter.

Please photocopy Area Highlights and share it with other members.

Visit us at: [www.al-anon.alateen.org/members](http://www.al-anon.alateen.org/members)

# Alateen Is Al-Anon

The New York North Area newsletter, *Northern Hi Lights*, devoted its December 2013 issue to discussion of the topic, “Alateen is Al-Anon.” Several Area officers addressed the topic in their reports. Here are some samples:

## Alternate Delegate/Forum on “Alateen is Al-Anon”

Diane C., Alternate Delegate/Forum Coordinator

Each month in *The Forum* magazine there is a section devoted to Alateen and how Alateen has helped young people whose lives have been affected by alcoholism. Alateen members and Alateen Group Sponsors share their experience, strength, and hope about what the Alateen program has done for them. These articles are a tool to help all Al-Anon/Alateen members with our recovery.

As I read these articles in *The Forum*, I am reminded that the topics are not just about things that teenagers experience, but are things that I hear about or have heard others share in my Al-Anon meetings. It is as if they are right there sitting next to us as they share. They have the same feelings and thoughts about how alcoholism has affected their lives, and how they have found solutions to their problems in their meetings (just as we have). Here are few titles of articles by Alateens in recent issues of *The Forum*:

- I learned to trust my mom—again
- The choice is clear when I am willing to listen
- The Serenity Prayer is my moment of silence
- I learned how to deal with my emotions

Please do not skip this portion of *The Forum* because you will miss some real gems.



Photo by Jayne G., email

## Thoughts from our Area Chair on “Alateen is Al-Anon”

By Pam A., New York North Area Chairperson

Alateen is Al-Anon. We all hear this said, but do we really understand what it means? I understand it to mean that Alateen is part of Al-Anon, that it's the same program; the only difference is the age of the members. “Al-Anon Family Groups” is inclusive of all members of a family of an alcoholic. Younger people feel the same things adults feel and should not be denied help because of age. Alateens are the future of Al-Anon, and don't we want our program around for those we love who haven't yet discovered it?

To me, “Alateen is Al-Anon” also means that if a teen comes to an Al-Anon meeting, they should be welcomed as we welcome all members of Al-Anon. A younger member can be encouraged to try an Alateen meeting if one is available nearby, but should never be turned away. Tradition Three states, “The only requirement for membership is that there be a problem of alcoholism in a relative or friend.” Tradition Five tells us that “Our groups have but one purpose, to help families of alcoholics.” Neither Tradition specifies age.

As members of Al-Anon Family Groups, we need to think about what we, as individuals, can do to welcome and give comfort to younger family members of alcoholics. In our Area, there are only nine active Alateen meetings. As an Area, we need to discuss what we can do to make Alateen, “Al-Anon.” As individuals, we can reach out to Alateen Group Sponsors and support them. As districts, we can invite the Alateens to district meetings and gatherings. We can think about Public Outreach as it relates to the teen who has been affected by someone's drinking. Have you ever heard an Alateen member share? They share the same things that are shared in Al-Anon meetings. They share from the heart, say how they feel, and mean what they say. They too have been affected by someone's drinking and are suffering. We hope you will start the discussion in your group about “Alateen is Al-Anon.”

Please photocopy Area Highlights and share it with other members.

Visit us at: [www.al-anon.alateen.org/members](http://www.al-anon.alateen.org/members)

# Group Records Coordinator's Report

By Christine C., California South Area Group Records  
Coordinator  
*The Bulletin Al-Anon and Alateen Southern California World  
Service Office, Vol. 55 No. 2, 2013*

All the Al-Anon Information Services (AISs or Intergroups) have agreed that each meeting needs to be registered with World Service Office (WSO) prior to being listed in the local directory. This may have something to do with the fact that over forty-two new meetings have been registered this year!

The registration of groups with the WSO provides numerous benefits to the group. Upon registration, new groups receive a series of three group packets. The first packet includes the *Al-Anon and Alateen Groups at Work* booklet (P-24), and a variety of leaflets, pamphlets, and service tools. A second mailing that includes the *current Al-Anon/Alateen Service Manual* (P-24/27) and additional information is sent about six months later. The third and last mailing is sent around the group's first anniversary with specific information about growing groups' issues.

A complimentary copy of the current *Al-Anon/Alateen Service Manual* (P-24/27) is sent to all the registered groups when the revised version is released. The on-line version of the *Service Manual* available on the Members' Web site at [www.al-anon.org/members](http://www.al-anon.org/members) contains the latest information between printings.

Al-Anon and Alateen groups in U.S., Canada, Puerto Rico, and Bermuda also receive a monthly complimentary copy of *The Forum* magazine and the *Group e-News*, the WSO electronic newsletter. The newsletter contains time-sensitive information, links to newly-posted service tools, and other resources available on the Members' Web site.

Registered Al-Anon groups have their meeting information provided on the WSO toll-free meeting line "on demand" 24/7. As of May 2013, callers have the option to use the automated phone system to locate an Al-Anon meeting or to speak to an operator during business hours for specific meeting information. Averages of 2,000 calls are received monthly on the automated phone system, in addition to the calls received by the phone operators.

The Al-Anon group registration process with the WSO is expedited when the new group information is submitted on the WSO On-line Group Records application by the Area Group Records Coordinators; the group is no longer required to submit multiple forms to the Area and the WSO.

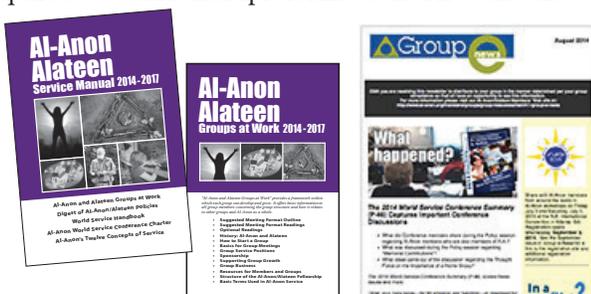


Photo by Kathleen J., WI

## A great idea!

Cyndi P., District Representative, California South  
*Our Legacies, November 2013*

At our district meetings, we are studying the Traditions the first hour of our meeting and it is going really well. We're getting a lot of participation from our Group Representatives.

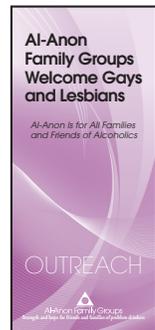
## Sharing our diversity

Delta V., Area Literature Coordinator  
*BC/Yukon Area 81 Bulletin, Summer 2013*

Reading our outreach pamphlet, *Al-Anon Family Groups Welcome Gays and Lesbians* (S-70), reminds me that Al-Anon is for all families and friends of alcoholics. Al-Anon gives me an opportunity to practice acceptance, tolerance, love, and understanding with people of different sexual orientations, individual personalities, backgrounds, and opinions than mine. We are all welcomed.

The pamphlet mentions that we have unique lives, common experiences. It states that it is "in the sharing of our diversity and unique experience that we break down our walls of isolation, grow in understanding, realize we are not alone, and learn we deserve full, happy, and productive lives." It explains how Al-Anon works, and how the program is an open door for anyone.

Diversity was a major topic at our last two Assemblies, and I believe that the key work in practicing acceptance is love. As I practice to love myself, it becomes easier to love and accept others.

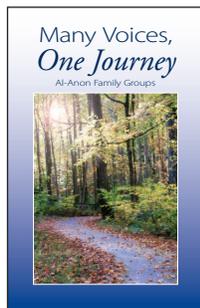


## Conducting a literature workshop

Bernice Mc., Area Literature Coordinator,  
Newfoundland/Labrador  
*Labland News*, October 2013

There were two new pieces of literature introduced during my term as Literature Coordinator—*Many Voices, One Journey* (B-31) and *Reaching for Personal Freedom* (P-92). As Literature Coordinator, I was encouraged to do workshops to foster interest in literature.

I led a workshop on *Many Voices, One Journey* at our annual Al-Anon Day in June. We counted the room off by fours, and I used questions from the first 250 pages of the book for each group to discuss, along with a slogan and a question from the *Did You Grow Up with Alcoholism* (S-25) leaflet.



### Broadening our look at intimacy

The WSO is still looking for more sharings on the topic of intimacy. Although we've received over 1,000 sharings for INTIMACY IN ALCOHOLIC RELATIONSHIPS (working title), to truly reflect the diversity of our members, we hope to hear from more men, teens, parents, gays and lesbians, and other minorities within Al-Anon, and include many types of intimacy. For more information and a series of questions to help inspire you, please visit the Members' Web site at [www.al-anon.org/members](http://www.al-anon.org/members) and click on "Submit a personal sharing."

## A district in action

Jim M., District 2 Newcomer Committee Chairman, ON(S)  
*Open Lines* newsletter, December 2013

Our district focused on the often cited statistic that every alcoholic affects at least four people. We felt that our eight Al-Anon meetings in two counties should be larger. To change the four to one ratio, each group was asked to have one member volunteer to be on a Newcomer Committee. In three months, we:

- Delivered *Al-Anon Faces Alcoholism* magazines to shelters, drop-in centers, hospitals, doctors' offices, churches, and addiction service agencies.
- Explained Al-Anon to all ministerial associations.
- Met with and provided literature to Children's Aid Societies.
- Established communication with the Health Department's high school counselors.
- Approached all local newspapers to request space for meeting information.
- Encouraged local TV and radio stations to air Al-Anon's public service announcements.

This Committee worked hard, and we continue to pray for positive results. The Committee still exists and we are developing other projects. There definitely is productive energy when a group of this size works together for a common goal.

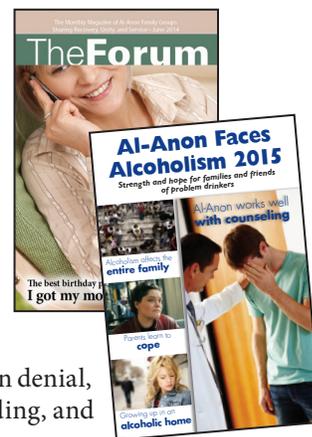
## The Forum and Al-Anon Faces Alcoholism: Two very different purposes!

Many of us had to overcome multiple challenges before we were ready to give Al-Anon Family Groups a try. We had to overcome denial that there was a problem with a loved one's drinking. Some of us didn't want to ask for help because it was embarrassing and we didn't want anyone to know what was going on at home. Even if we were aware that Al-Anon existed, perhaps the misconception that it's a religious group kept us away. Still others believed that no one could possibly understand what they were going through.

*Al-Anon Faces Alcoholism* is designed to address those challenges. Members write about their own denial, or share how they overcame the fear of reaching out. Most of all, members share hope, understanding, and compassion with the potential newcomer.

In *The Forum*, members share how the Twelve Steps, Traditions, and Concepts of Service have helped them find—and keep recovery! Even the newcomer walking through the door for the first time, someone who has already overcome the challenges of reaching out for help, could benefit from reading the experience, strength, and hope that we share in *The Forum*. They may be confused by our Legacies and even the some of the language we use, but Al-Anon and Alateen members will be there to help. Imagine how daunting it could be for a *potential* member, someone who may have never even heard of Al-Anon, to read about Concept Three or Tradition Five for example.

With that in mind, please encourage members and groups in your Area to share *The Forum* with one another, and share *Al-Anon Faces Alcoholism* with their community!



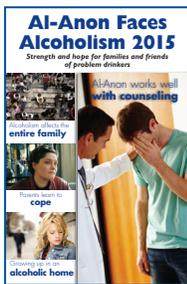
# The Forum

In the Fall 2013 issue of Area Highlights, WSO called on all Area Newsletter Editors to include more information about the ways that groups and individuals make use of The Forum. "Tell us about your successes and challenges. Together we can keep our magazine alive and well!" the WSO writer said. Here, then, are some responses from Area members.

## Al-Anon Faces Alcoholism (AFA)

magazines are helping groups to grow

Barb Whelan, District One Representative, Newfoundland/Labrador  
*Labland News*, October 2013



Our Public Outreach Committee gave all the Al-Anon groups in our District copies of the *Al-Anon Faces Alcoholism* magazine. Members were encouraged to leave a copy of *AFA* along with a meeting list in a public place of their choice for a potential Al-Anon member to find.

The district also provides *AFA* magazines, pamphlets, and meeting lists to a mental health and addictions facility. We order and keep a supply of extra copies of the *AFA* public outreach magazine to place in the waiting room and give to social workers, as needed.

A list of places receiving the magazines and meeting lists was collected by the Public Outreach Committee. Many groups have experience an increased number of newcomers attending their meetings in recent months.

## Al-Anon electronic literature has arrived

The WSO still receives calls and e-mails asking when we will publish Conference Approved Literature in electronic format. For those who haven't heard, the *Having Had a Spiritual Awakening* e-book (eB-25) and the *How Al-Anon Works* audiobook (eA-22, in MP3 format) are available through your electronic media provider.

An e-book version of *How Al-Anon Works* (eB-22) is available in English, French, and Spanish, but due to a combination of business and technology issues, it is only available from the Apple iTunes store at this time, for use on Apple computers and iPhones. This e-book may be available through other vendors at a later date.

This announcement is informational only, and is not an endorsement of Apple computer and its products.



## Parent and grandparent sharings needed

So far, the World Service Office has received very few writings for PARENTS & GRANDPARENTS OF YOUNG PROBLEM DRINKERS (working title). Please help this pamphlet become a reality. You can find more information on the Members' Web site at <http://al-anon.org/members/parents-grandparents-pamphlet> by clicking on "Submit a personal sharing."

## Treatment Facilities Outreach Project

Hosting a workshop to interest members in outreach to treatment facilities is much easier and simpler with the new tools provided by the WSO. *The Best of Public Outreach* includes four PowerPoint presentations, and two Guides, the *Presenter's Guide* and the *Resources Guide*. Visit the WSO Members' Web site.

## I Want to Tell the World

Tracey, Australia  
*Austra-Link* January 2014

I appreciate the wisdom of the guidelines, Steps, Traditions and Concepts because they are my answers to all the situations I have experienced inside and outside of Al-Anon. All the answers I need are in the Al-Anon literature. If I have any problems in any area of my service work, then I would speak to my Service Sponsor and use our guidelines. I am so grateful to those members who came before me who, through their wisdom, created what we have today.

## New Service Manual

—Check out the Public Outreach section

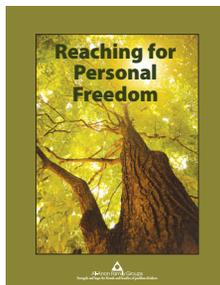
The Public Outreach section in the "Digest of Al-Anon and Alateen Policies" section in the new 2014-2017 *Al-Anon/Alateen Service Manual* (P-24/27) has been substantially revised.

The *Service Manual* is now available as a PDF file on-line on the WSO's Members Web site, or to purchase from the Al-Anon on-line store.

# Learning more about our Legacies —and ourselves

John H., District Literature Coordinator  
*Desert Reflections*, District 42, California South, Sept. 2013

*Reaching for Personal Freedom—Living the Legacies* (P-92) takes a very personal approach in helping members familiarize themselves with our three Legacies. Insightful introductions of each of the Twelve Steps, Traditions, and Concepts of Service are followed by perceptive examples from members who share how they have applied these principles to their personal lives. Each story is accompanied by thought-provoking questions and space to write.

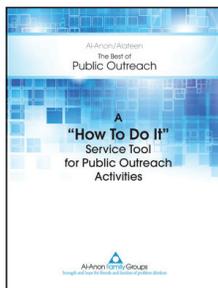


This workbook can be used for personal study, partnership with a Sponsor, or group study during meetings. *Reaching for Personal Freedom* gives readers an opportunity to expand their understanding of the spiritual foundation of our program and experience a new awareness of their personal potential.

## A Best of Public Outreach presentation —Seeing is believing

Deborah B., BC/Yukon Area Public Outreach Coordinator  
*BC/Yukon Area 81 Bulletin*, September 2013

I did a short presentation on the *Best of Public Outreach* at the Area World Service Committee Meeting and Assembly by setting up a display table. I downloaded and printed the PDF file posted on the WSO's Members Web site. I put each page in a plastic protector in a binder so many members could look at it and it would still be in good condition. I tried to stay at my table during the breaks so I could talk with those that came by, and many did.



I wanted the Area World Service Committee and Assembly members to know about this very exciting and comprehensive tool. It can help a group, district, or Area to start and follow through on a variety of public outreach projects. It is a great "how to" for every member.

## Members respond to WSO request

LA Treasure Chest, November 2013

I make use of *The Forum* in my meeting as often as possible so members become familiar with it. I also give copies away. I really like *The Forum*.

Our group leads meetings with *The Forum*, especially for the Concepts. We also send it with newcomers when we have duplicate copies.

I bought *Forums* for those I sponsor.

I use *The Forum* in the place of a meeting, or when I need additional spiritual guidance and support in tough times.

The group *Forum* is placed with the literature for anyone to take.

I carry *The Forum* to read in the checkout line at stores. I read it for solace and inspiration, and to keep up with news about WSO, Alateen, and Conference Approved Literature.

I promote *The Forum* at meetings when I get the monthly group copy and deliver it to the table or the literature box. I have ordered my own subscription so I can make copies of articles to give to newcomers who share their pain about their personal situations, so that they know they are not alone.

I have donated my old *Forums* to the Al-Anon literature person to dispense at A.A. Conventions.

I love *The Forum*! I have used it in meetings, especially sharings pertaining to my situation. I have shared special articles with others. *The Forum* has great, short articles that lift me up when I have two minutes to spare.

## A Beginners Meeting flourishes after PSA campaign

Lee Ann T., AIS Chair, OR  
*The Communicator*, November 2013

The Eugene AIS took advantage of matching money from the Oregon Area to run the Al-Anon PSAs in the Regal Cinemas theaters during the 2012 holiday season. The PSAs ran for about six weeks, in every theater, before every movie, and were viewed by thousands.

It is difficult to put a measurement on the results but there was one very clear positive impact. District 6 has one Beginners Meeting on Saturday morning. Attendance at this meeting was clearly up, sometimes 20 to 25 people attending the 30-minute meeting before going in to the regular meeting. In addition, the Saturday meeting purchased several cases of the softcover *How Al-Anon Works* (B-32) book to meet the demand of newcomers at the Beginners Meeting.

These shared experiences, sent from around the world, came to the WSO through Spanish newsletters as well as correspondence. The WSO will continue to select service activities for these pages, so Spanish members will have the opportunity to write and read about their service projects without translation. This additional page gives all members a consistent reminder that service in Al-Anon is taking place in many languages.

Las experiencias que comparten miembros de todas partes del mundo han llegado a la OSM por medio de boletines y cartas en español. La OSM continuará publicando actividades de servicio en estas páginas, de manera que los miembros que hablan español tengan la oportunidad de leer y escribir sobre sus experiencias de servicio directamente en su idioma. Estas páginas sirven para que todos los miembros recuerden siempre que el servicio en Al-Anon se lleva a cabo en muchos idiomas.

## Sigan Viniendo

*Boletín del Intergrupo Hispano de Al-Anon y Alateen en Nueva Jersey; enero, febrero y marzo de 2014*

Año 3 – Volumen 4

Asistí a reuniones de Al-Anon todas las semanas, pero utilizaba el programa para ayudarme a encarar mis pérdidas. No tenía Madrina, y mi programa se había debilitado a lo largo de los años. Enfrentaba mis sentimientos tal como lo había aprendido en mi hogar alcohólico: sola. Me sentía cada vez más aislada y distante.

Durante mi duelo, recibí ayuda por medio de una vía que no había previsto: el servicio. Hacía años que mi grupo no tenía Representante y me solicitaron que yo ocupara ese cargo. Sentí que debía progresar en el programa y pensé que mi Poder Superior me guiaba hacia el servicio, por lo que acepté.

En pocas semanas pasé de un aislamiento casi completo de mi dolor a una creciente sensación de compañerismo. Con el tiempo participé más y más en el servicio, y al final acepté ser Madrina.

El servicio me ha enseñado que al ayudar a otras personas me ayudo a mí misma. Mi vida es hoy más plena de lo que nunca imaginé.

## Editorial

*Boletín del Intergrupo Hispano de Al-Anon y Alateen en Nueva Jersey; enero, febrero y marzo de 2014*

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Se inicia un año más en la circulación de este boletín y con ello nuevos propósitos para mejorarlo, actualizarlo y que llegue físicamente a tus manos o, por medio de la internet, a tu corazón.

La labor de este boletín es mantener un canal abierto entre las oficinas y los grupos y viceversa. Mantenemos una mejor comunicación entre los miembros y la OSG. Cómo lo hacemos: Compartiendo mensajes de experiencia, fortaleza y esperanza; ayudándonos a esclarecer dudas, o planteando las tuyas acerca de la aplicación de un principio, o de las actividades que llevan a cabo conjuntamente grupos y oficinas. También nos sirve para que nos hagamos partícipes de tu alegría por arribar a otro año de existencia del grupo al que perteneces o de igual manera para que compartas con nosotros acerca de la formación de nuevos grupos, o bien tus *sugerencias o comentarios*.

Este número está dedicado a una de las tareas más silenciosas, pero de la misma manera, uno de los más grandes instrumentos que tenemos los miembros para acelerar nuestro proceso de recuperación: **el servicio**.

Puedes servir de muchas maneras. Si no sabes cómo y deseas hacerlo, te daremos algunas sugerencias: desde estar a cargo de abrir el grupo, recoger las sillas al finalizar la reunión, poner el café, etc., hasta *colaborar con artículos para el boletín*, coordinar un evento o participar en comités permanentes, o directamente en las oficinas generales.

¡Anímate! Hay mucho por hacer. Te necesitamos. Necesitamos de tu servicio.

## Cuarto Concepto

Boletín *Serenidad*, diciembre de 2013

Año 33 – Número 135

Grupos de Familia Al-Anon / Alateen, España (O.S.G.)

La participación es la clave de la armonía.

PRIMERAS CONVIVENCIAS DE PERLORA 2013, ÁREA 4

¡Cuántos nervios, temores y algunas noches pensando en asuntos relacionados con los preparativos! Cada miembro del comité tenía una responsabilidad. «Cada instrumento ocupa el lugar que le corresponde». Los cuernos no pueden ahogar los violines. Una compañera y yo nos hicimos cargo de la literatura que presentaríamos en la Convivencia. Entre todos acordamos qué literatura llevar, y así se hizo. Se vendieron varios folletos y libros, y quedamos contentos con la participación.

También me ofrecieron el poder participar como moderadora. Hace unas pocas 24 horas hubiese dicho que no por temor a no hacerlo perfecto; hoy me llenó de alegría el poder aportar mi granito de arena a esta hermandad que me ha devuelto las ganas de vivir.

Comienza la reunión con la oración de la *Serenidad* y todos cogidos de la mano.

Leo la literatura elegida para esa sesión y, en lugar de darle la vez a la oradora, me levanto para pasarle el micrófono a los compañeros. Después, la oradora me indicó que me había dicho (yo no la escuché): ¿Pero a dónde vas? Hasta mí llegaron las risas de los asistentes, sumándome yo también a esa «risoterapia» que Al-Anon me ofrecía sin costo alguno. Progreso, no perfección.

El resto de mis compañeros tocaron sus instrumentos perfectamente porque en Al-Anon nadie es más que nadie, y si alguien se equivoca, no pasa nada; la próxima vez saldrá mejor.

Quiero decirles que esas convivencias resultaron muy productivas. Ánimo compañeros, los esperamos en las Segundas Convivencias de Perlora 2014, donde practicaremos la «risoterapia» con los chistes que se cuentan al final del día.

Un abrazo, y *Serenidad*.

Mari Carmen, Área 4

**INVITAMOS** a todos los miembros a que compartan con nosotros sus experiencias de servicio para publicarlas en esta sección. Igualmente deseamos recibir los boletines de Zona para publicar sus experiencias.  
¡No pierdan esta oportunidad!

These shared experiences, sent from around the world, came to the WSO through French newsletters as well as correspondence. The WSO will continue to select service activities for these pages, so French members will have the opportunity to write and read about their service projects without translation. This additional page gives all members a consistent reminder that service in Al-Anon is taking place in many languages.

Ces expériences partagées proviennent de bulletins et de lettres envoyées au BSM par des membres d'expression française à travers le monde. Le BSM sélectionnera pour cette page des témoignages de membres sur leur travail de service, et leur permettra ainsi de partager leurs expériences dans le service directement sans traduction. Cette page supplémentaire rappelle à tous les membres que le service dans Al-Anon se fait dans toutes les langues.

## PARTAGE

Extraits du journal interne des Groupes Familiaux Al Anon et Alateen de la Circonscription du Québec-Est et du Nouveau-Brunswick, *Le contact*

Certains membres dans le service peuvent vivre ce que j'ai moi-même vécu. Ces sentiments d'être clôturés et cette « peur bleue » nous habitent parfois dans le service Al-Anon/Alateen quand nous osons nous exprimer. Pourtant, il ne devrait jamais en être ainsi. Nous pouvons nous sentir ainsi quand nous nous exprimons sur certains sujets, que nous partageons notre expérience et nos connaissances et que nous sentons que nous sommes mal perçus ou mal accueillis dans ce que nous partageons. Que ce soit en tant que RD, RG, ou membres ou à tout autre niveau de service nous pouvons tous vivre cette expérience, quand nous osons! Certains se réjouissent des informations que nous partageons, alors que d'autres sont agacés par la situation. Cependant, nous devons toujours considérer sérieusement nos « motifs » quand nous partageons et aller de l'avant si nos « motifs » sont honnêtes. Partager notre expérience, nos connaissances et notre vécu dans le service, à quelque niveau de service que ce soit, est notre responsabilité. Lorsque j'étais Déléguée, j'ai appris qu'il est de notre responsabilité de partager nos connaissances et notre expérience dans le service afin que nos membres soient bien informés, afin d'assurer la relève et aussi s'assurer que la rotation dans le service demeure saine.

Trudy C.  
novembre 2013

J'aime accueillir les gens qui entrent dans la salle que ce soit leur première visite ou non, j'ouvre la salle et prépare le café. Je participe en me rendant disponible à effectuer les dépôts à la caisse, je suis aussi en alternance, secrétaire de nos réunions, ma participation est bonifiée lors de notre anniversaire où je m'implique activement. Ma participation m'apporte de la confiance en moi, me permet de me sentir utile et fait ressortir mes qualités et mes capacités. J'aime aider et partager avec les gens.

Monique  
septembre 2013

Je retire beaucoup de bienfaits dans le service. Ma participation m'a permis de mieux connaître l'histoire d'Al-Anon ainsi que les gens qui ont fait le mouvement magnifique qu'il est pour le soutien des parents et amis des alcooliques. La participation se fait sur une échelle variable et cela nous permet de participer à la mesure de nos intérêts et de nos disponibilités et ce, dans le respect des capacités de chacun. Il y a une place pour tous dans le service.

MarieLine  
septembre 2013

N'hésitez pas à servir, à vous trouver une Marraine de service (vous n'avez qu'à demander à votre Puissance Supérieure de la mettre sur votre route, ça marche!). Le service dans Al-Anon contribue à notre cheminement, car il nous met souvent face à nos limites et pour les dépasser avec l'aide de notre Marraine de service on y arrive, c'est magique!

Thérèse S.  
novembre 2013



Photo : Tom C., Texas

**Invitation à tous les membres** Faites-nous parvenir vos expériences dans le service pour nous permettre de les publier dans cette page. En nous envoyant les bulletins de nouvelles de votre Circonscription, vous nous donnez aussi la possibilité d'y puiser des témoignages et de les partager avec tous les membres.