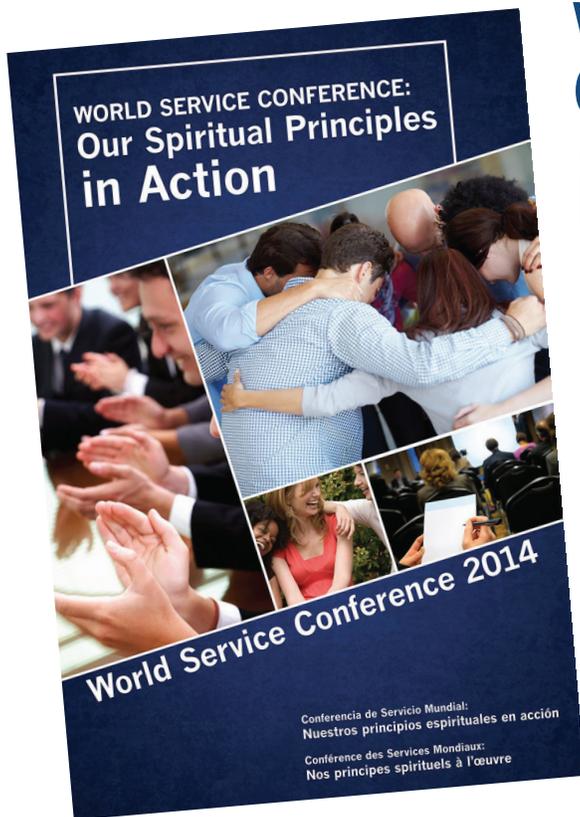


Area *H*ighlights

Summer 2014
Volume 46, No. 2

areahighlights@al-anon.org



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

Suzanne M., Associate Director of Member Services—Conference

Throughout this year's World Service Conference (WSC), members explored ways in which the 2014 Conference theme affects worldwide Al-Anon. All of the WSC sessions illustrated the theme—from the Policy discussions on memorial contributions and Al-Anon members who are also members of A.A., to the Board of Trustees' Big Question regarding how Al-Anon will look in the year 2051, after 100 years of Al-Anon Family Groups. The talks by the International Representative and the outgoing Conference members did so as well.

Vicky A., the Panel 52 Delegate from Minnesota South, shared the following:

"My first Area Assembly was a painful experience! I sat in the back of the room and watched the attendees energetically disagree and differ with enthusiasm. I couldn't stand it and promised myself I will never be one of those Group Representatives, they are crazy! The same night, I saw the same crazy people sitting in a hot tub laughing, hugging, and caring deeply about one another. I'd come to understand this was my first exposure to our 'Spiritual Principles in Action' in service.

"In the house I grew up in, the rule was, he who talked loudest won. Everybody was expected to have an opinion and support it. Of course, then we would not speak to one another for years.

"I learned and stayed in service which resulted in me serving as Delegate. I could not have anticipated what I would learn in this position and was not prepared to discover the parts in my soul that still needed healing. Nor did I consider that healing those deep wounds would come from serving as Delegate, but it did! I felt the overwhelming unconditional love and trust immediately upon being elected. Subsequently, I faced my deep-rooted beliefs that I was unlovable and not good enough.

continued on page 2

“As Delegate, I walked through experiences, faced fears, and learned that when I felt vulnerable I did not have to flee. The problems were different but the solutions were the same and were found in our spiritual principles. I saw this when there was contention over an issue; the Chair pushed the pause button, thereby protecting our group unity. I was reminded that we all come here for a very good reason and my only real job is to love and be loved. Unconditional love was present every day of every World Service Conference if my heart was open to it. As in every other Al-Anon service experience, I received so much more than I gave.

“I came to my first World Service Conference to serve my Area Al-Anon family; I am leaving my final World Service Conference having served my worldwide Al-Anon family.

“I’m proud of us. We did the Higher Power’s work to keep our fellowship vital and present for others who have also been affected by the family disease of alcoholism.”

As an Al-Anon member and a Conference staff member, I found the continuing Finance Committee Presentation breakout discussion intriguing. Without fail, it is an incredible experience to witness our Higher Power’s presence in the business of Al-Anon’s World Service Conference.

I invite all members to show their support by attending their Area Assembly and listening to their Delegate’s report on this year’s World Service Conference. Members can also read a full report of the Conference in the *2014 World Service Conference Summary* (P-46). The *Summary* will be available on the Members’ Web site, www.al-anon.org/members, in August.

New Outreach Bookmark (M-76) now available

Bookmarks are a concise and inexpensive service tool for public outreach. They provide essential Al-Anon contact information, and can be placed in offices of professionals and public places. They include:

- Al-Anon’s toll-free meeting information telephone number
- The WSO’s Web site address
- QR code for mobile telephones with a scanner app.

Local or Area contact information can be added too. Available in English, Spanish, and French.



What can you do when someone close to you drinks too much?

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.

Area Highlights is available on our Members’ Web site at: 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.

Alateen Outreach to Professionals

By Rick G., CO Area Alateen Coordinator and Vicki C., CO Area Alateen Process Person
The Butterfly, CO Area newsletter, Spring 2014

We have been working with counselors in the school system. In some cases, they have been reaching out to Al-Anon; in others, we have been personally contacting them and developing relationships. In Boulder, our District 8 Alateen Coordinator found a counselor in their school district who is friendly to Al-Anon and Alateen, and the Coordinator is assisting by providing Alateen members, parents, and other members for school district-wide counselor meetings. We have discovered that many school counselors do not know about Al-Anon and Alateen. We congratulate and thank District 8 for this success. Our District 12 Coordinator assisted with setting up a meeting to support a school for at-risk teens. We believe it is important to speak directly with the school counselors; the friendly ones may then help facilitate school communication and work with you to negotiate the school policies. Hopefully we will be able to train more members in face-to-face meetings. Our Area Public Outreach Coordinator is setting up mock panels to improve Al-Anon outreach to professionals. We hope to learn from this and do the same for Alateen.

Each year, outgoing Delegates are invited to share on the Conference theme. The following are excerpts from some of the sharings. For the complete stories, and for the other talks, please see the *2014 World Service Conference Summary*, which will be available on the Members' Web site, www.al-anon.org/members, in August.

Heard at the 2014 World Service Conference

“My service journey has been guided by my Higher Power. Sometimes, I volunteered for a position that allowed me to practice a skill that I wanted to develop, knowing that you would still love me if I ‘did it wrong.’ Other times, I took a position that frightened me. This gave me the opportunity to walk through uncomfortable feelings, something I have found is necessary to my growth.

“At the World Service Conference, I feel connected to Al-Anon’s pioneers. They started a conversation and shared with us what worked for them to keep the conversation going. The Conference procedures seem to have sprouted from years of experience; they foster an environment where many ideas are available. I learn because I get to hear different perspectives. I deepen my understanding of the Traditions and Concepts by applying them to the issues that come before us. When it comes time for a vote, we are able to make an informed decision. We keep coming back, keep having the conversation, and keep loving each other, even if we don’t always like each other.”

—Patrick B., Panel 52 Delegate, California North

“Walking into my first World Service Conference, I felt like a newcomer again. I was in awe. I knew I didn’t belong. I looked around the room and all of you were much more accomplished than I was. What was I doing here? Did my Area make a mistake electing me? How would I ever be able to speak? Finally, losing my fear of criticism, and feeling worthy enough to contribute to the largest group conscience of the worldwide fellowship of Al-Anon, I went to the microphone. I felt the love of a Higher Power; I was an equal. There was that connection again; it was truly our ‘spiritual principles in action’ for me.

“When I was elected Delegate, I was told that it would change my life. Indeed it has changed my life, but more importantly, it has changed my heart. Serving as Delegate, I am presented with many opportunities and challenges daily to demonstrate those spiritual principles. I try to do this by giving back the love, respect, and energy that is practiced here.

“I have learned it is not about my opinion or defending my right to be right. It is about listening to the minority voice and not being afraid. It is about displaying trust, flexibility, tolerance, accountability, responsibility, and unity. It’s about living those spiritual principles and putting them into action in all areas of my life.”

—Jayme C., Panel 52 Delegate, California South

“As a Delegate, the spiritual principles of the Conference have engaged the application of the Concepts in my program. What a gift it has been to meet with others to discuss our mutual love and vision for the Al-Anon program, to hear from so many who have gained their voice, to be able to agree to disagree and then laugh over a meal, trusting that our Higher Power is in charge. Opening my mind and heart to the worldwide fellowship has propelled me to a spiritual dimension that 20 years ago was not even a dream.”

—Debbe P., Panel 52 Delegate, Texas West

“I feel very blessed having this opportunity to be a Delegate. I have learned so much, both about the program and about myself. I now know and see the wisdom in rotation of service.

“I have acquired a general knowledge of what the World Service Office is and the scope of its function. I have learned about the history of the program and my Conference experience triggered a deep desire to learn more, satisfied in part by reading literature such as *Many Voices, One Journey* (B-31) and *Lois Remembers* (B-7).”

—David G., Panel 52 Delegate, Rhode Island

“Being the Area Delegate has been a gift to me. It has allowed me to put into action the principles of the Al-Anon program when I so sorely needed to. It also allowed me to focus on life outside of myself and helped me to grow. I am so very grateful.”

—Ruth S., Panel 52 Delegate, New York North

“When I arrived at my first World Service Conference, I was overwhelmed at the idea that someone who once considered she would never be good enough for anything was here representing her Area. Observing all the participants from the various backgrounds with differing opinions, I wondered how any decisions could be reached.

“Throughout the week, I saw the Traditions and the Concepts come to life. Delegates were working alongside the Trustees and World Service Office staff, showing mutual respect and an adherence to Tradition One. All of our spiritual principles were working together to support our primary purpose, to offer strength and hope for friends and families of problem drinkers.”

—Liz P., Panel 52 Delegate, Michigan

Please photocopy Area Highlights and share it with other members.

Visit us at: www.al-anon.alateen.org/members

Personal statements: “What service means to me . . .”

Washington Bits Newsletter, February 2014

“Service means taking an active part in my recovery. Service also helps me feel a ‘part of’ Al-Anon and allows me to feel a greater sense of unity in recovery.” —Jenae E.

“Service to me is the opportunity to practice my recovery in a very special way. Service puts me in a venue to meet and interact with others in recovery that I would probably not meet in any other way. I am always blessed by the new friends I make serving the fellowship.” —Tony G.

Service means recovery through diversion of energies to a more calm and serene attitude. Helping others allows me to feel good about myself and experience satisfaction in knowing that I helped someone else in recovery.” —Dan G.

“To me, service is doing something to help the Al-Anon Information Service (AIS) continue to be there for those who reach out for help and to assist the AIS in welcoming newcomers.” —Bert M.

“Service: I have a tendency to be a wallflower and can easily drift away if I don’t feel comfortable, but not in Al-Anon. People know me, mostly because I serve inside and outside of my home group.” —Anonymous

“Service to me is fellowship. When I take the risk to get involved, I find myself not so lonely. Alateen service has especially helped with this.” —Ken B.

“Service gave me a different focus other than my own problems. My recovery excelled and I began to feel connected to awesome people beyond my home group who demonstrated healthy recovery. It’s true: when I got busy, I got better.” —Patsy S.

“To me, service equals additional personal progress in my recovery. Service kept me coming back and helped me to focus on how I feel and what I still need to work on.” —Mary R.

“Service is a chance to give back with gratitude what Al-Anon has so greatly given to me.” —Soren S.

“Service in my group has helped me to feel like I belong. Other members welcomed me and I could feel myself moving out of the pain and into a new way of living.” —Sandy L.

“Service helps me to focus on myself and my recovery. It is a commitment I make that benefits me and helps me stay dedicated to my growth. It moves me forward in my recovery and demonstrates to myself the value of my recovery.” —Laura H.

My Home Group

Laurie K., *Missouri Round Robin*, February 2014

Rotation is one of the primary practices of my home group – we sign up to chair for a month at a time – or work it out with a friend if we will be gone part of the time. We each want to give that time and energy to our group so we all will hear sharings that move us along in recovery. We know we will grow ourselves if we spend the bit of time it takes to prepare a topic or ask someone else to share with us.

We take our turn as group officers; most of us have served as Group Representative, recently or maybe twenty years ago. We have taken care of the literature, chaired our Public Outreach committee or helped with projects to carry the message, and we've taken our turn as treasurer. We don't rotate the treasurer's job as often as the rest because of the hassle of changing signatures at the bank. But most of us have taken our turn sometime since we have been coming.

We each have taken the literature bag home with us and brought it back the next week since we aren't able to store our literature at the library where we meet. We usually take our turn to chair the monthly business meeting when we are chairing the regular meeting for the month.

Most of us have been Alateen Group Sponsors or are certified as Al-Anon Members In Alateen Service (AMIAS) even though we no longer have an Alateen group meeting at the same time. We want to be available to help with Alateen in any way we can and we always explain Alateen in both our regular and our newcomer meetings.

We also chair the newcomer meeting before our regular meeting on a rotation of two persons each meeting. We are blessed to have newcomers almost every week and offer them the three-meeting pattern developed by the St. Louis Intergroup.

Most weeks, when one of us shares why having a home group is important, having the opportunity to grow in service that the home group offers us is one of the benefits mentioned.



Photo by Linda G., WI

New from Al-Anon: Our first audio daily reader!

One Day at a Time in Al-Anon (B-6) is now available as an audio book through various electronic vendors.

Contact your favorite audio vendor for more information. Listening length is seven hours and 48 minutes.

The audio book is sold as a downloadable MP3 file through these vendors, rather than directly from Al-Anon, because they have the technology that can provide copyright protection for our literature.

The book is narrated by anonymous Al-Anon volunteers whose willingness to participate in this service project made the audio book possible.



Alateen Sponsor Workshop

By Jayne G., TX-E District 6 Alateen Coordinator
District 6 Newsletter, Volume 27, No. 1, Winter 2014

With the assistance of the District 12 Alateen Coordinator, an Alateen Group Sponsor Training Workshop was held in Cedar Park. We started with getting to know each other. Why were we here? Four attendees were there for their second training session, recommitting for another year to their registered Alateen groups. The others were curious.

Six of our attendees were there for their first time ever at an Alateen Group Sponsor training event. They sat in amazement as we discussed how we are not above the law, and as Alateen Group Sponsors there are laws with which we must abide. They learned about permission forms and medical release forms. They learned a few new acronyms and who their trusted servants are.

Yes, it isn't as easy as it was back in the "old days" to become an Alateen Group Sponsor. But there are those who feel that the rewards far outweigh the requirements. The rewards can come when we least expect it, and my heart is filled with gratitude.

For the 10 people who elected to spend a Saturday learning about becoming an Al-Anon Member Involved in Alateen Service (AMIAS), I hope that they have at least increased awareness of our process. I hope that they are willing to do public outreach within their own communities to publicize the need for Alateen Group Sponsors and for Al-Anon members to bring their kids to meetings.

Please photocopy Area Highlights and share it with other members.
Visit us at: www.al-anon.alateen.org/members

Bermuda Joining the North Carolina Area

Dot B., Area Archivist

North Carolina/Bermuda (NC/BDA) E-NEWS

Volume 44, Issue 1. May 17 2014.

“How did the North Carolina Area have the honor of acquiring Bermuda to be part of our Area? Members of Bermuda Al-Anon were instrumental in starting the process of Bermuda joining North Carolina. At that time, the A.A. groups in Bermuda were part of the A.A. North Carolina Area, and the Al-Anons were interested in doing the same. In mid-1983, Bermuda requested to be part of the North Carolina Area. Research was done and the information was put before the 1983 Fall Assembly to bring it back to their groups. The groups in both countries were polled to see if they were in favor of this move, and they were. At the 1984 Spring Assembly, the motion was presented to the NC Area Assembly to proceed with the request to the World Service Conference for Bermuda Al-Anon to join NC Al-Anon. The motion was approved by the Assembly. The Delegate at that time presented the request to the 1985 World Service Conference for approval. The World Service Conference approved the request. After Bermuda joined NC, the official name was changed in the fall of 1985 to North Carolina/Bermuda. Bermuda’s DRs and GRs have been well represented at our AWSC meeting, assemblies and conventions. Bermuda AFG has pot luck dinners with speakers, raffles, and an annual beach party to fund their DR’s travel expenses. Once in each Delegate’s three-year term, the Delegate visits Bermuda. The relationship between Bermuda and North Carolina has continued to grow and strengthen. Our relationship is very amicable and rewarding.



Photo by Susan H., FL

Also Heard at the 2014 World Service Conference:

- “Take pride in our own home group.”
- “When I walk into that room [home group], I’m home.”
- “Service saved my soul.”
- “If I could only have tomorrow, what I gave thanks for today, what would I have?”

New tools available to help, when conflict creeps into Al-Anon meetings and service

The last thing we want when we walk through the doors of Al-Anon is more conflict to add to what we already have at home! Even with the best of intentions, personal differences can lead to tension and discord, getting in the way of recovery.

To assist in dealing with these tough situations, the following tools have been available for over a year:

- *Loving Interchange to Resolve Conflict* wallet card (S-71)
- *Conflict Resolution using our Twelve Traditions* cards (S-72)

The WSO is now happy to announce a third piece in the conflict resolution series:

- *Talk to Each Other—Resolving Conflicts within Al-Anon* booklet (S-73)

This new booklet helps pull together the knowledge in S-71 and S-72 with examples of their direct applications to conflict situations within Al-Anon.

Each of the three pieces can now be purchased from your local Literature Distribution Center or from the Al-Anon On-line Store (<http://ecommm.al-anon.org/shop>), either individually or together in the new kit:

- *Using Al-Anon Principles to Resolve Conflicts* Kit (K-70)

Consider using these tools when you find yourself stuck in a conflict situation, and let other members know there is help available.

Please photocopy Area Highlights and share it with other members.

Visit us at: www.al-anon.alateen.org/members

Anonymity

—A Spiritual Principle

By Patrick B., Area Web Coordinator, Georgia
Georgia on Track, Volume 36 Issue 3, November 2013

Tradition 12: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

It may seem strange that the principle of anonymity is called a spiritual principle. But the concept is that we are a fellowship of equals. There are no “rock stars” in Al-Anon. There is no “spokesperson” for Al-Anon. We’re all struggling against the effects of alcoholism in our lives.

So how does that play out for the Webmaster? I have to make sure anything posted maintains the anonymity of any Al-Anon or A.A. member. Some criteria I have to watch for are: 1) any company name mentioned (like in an e-mail address) and point out that it could imply endorsement, and 2) I have to ensure that the first and last name is not used in the e-mail address.

We can be as anonymous as we wish, or not anonymous, WITHIN the fellowship. So we can use our last names in meetings (as long as they are not being taped). We can even put our full names on fliers, as long as they are only shared within meetings.

But the Web site is considered “public media.” This will change when I get the “Members Only” section of the Web site operational. But for now I have to send back any flier that has personally identifiable info on it.

How does this play out for your Internet use? If you are a trusted servant and send e-mails in that official capacity, it is suggested you use an anonymous e-mail address for that service. Any of the Web-based e-mail services will set up a name as long as it isn’t taken. And we have many e-mail addresses that we can setup for an event at the “event@ga-al-anon.org” e-mail address.

Also, on social media such as Facebook, Instagram, Pinterest, and Twitter, I can’t mention that I am a member of Al-Anon. I can “like” different recovery-related pages because anybody in the public can “like” something without saying that they are members. But I can’t start a public group for members of my Al-Anon friends.

So, the bottom line is, within the fellowship I can be as anonymous as I want. But on the Web, I have to maintain my anonymity and that of others that I know are in the program.

Book talk

Catherine J., Area Literature Coordinator
Labland News, January 2014,
Newfoundland/Labrador

Here’s a gentle reminder that the World Service Office (WSO) is still looking for sharings on intimacy for INTIMACY IN ALCOHOLIC RELATIONSHIPS (working title). Also, for the new piece that was given conceptual approval at the 2013 World Service Conference, they are asking for sharings from parents and grandparents of teens and young adults with drinking problems. Guides for both projects can be found on the Members’ Web site. Once you have logged in, click on the “Individuals” tab. Then click on “Features Publications.” Then click on “Send Your Sharing.” You can do the whole thing on-line or print the document and send it in via postal mail, e-mail, or fax. If you don’t want to write, maybe you can think of someone who just needs a little encouragement. Our stories are so important!

In addition, Al-Anon now has two e-books—*Having Had a Spiritual Awakening...* (eB-25) and *How Al-Anon Works for Families & Friends of Alcoholics* (eB-22). *How Al-Anon Works* is available as an audio book too (eA-22). What great company on that drive to work! These are available through your electronic media provider.

Always learning in service

Lisa F., Area Literature/Forum Coordinator
Kentucky Area Newsletter, First Quarter, 2014

This is the second article I have written for the First Quarter edition of the *Newsletter*. My first one didn’t quite make the cut. Our Newsletter Editor does a great job; she publishes only the best for our Kentucky Area. In doing so, she has all articles proofed by our proofreaders. One of our proofreaders questioned the quotations from Conference Approved Literature (CAL), included in my article, which prompted our Editor to contact the World Service Office (WSO) to see if permission is needed. Lo and behold, permission *is* needed. In following the policies in the *Al-Anon/Alateen Service Manual* (P-24/27), WSO cannot grant permission to use substantial reprints of CAL in Area Newsletters, but can grant permission to use limited excerpts from CAL after receiving the completed “Request for Permission to Reprint” form. The WSO then processes this form.

My first response to learning this new information was to say to myself, “I should have known better as the Literature/Forum Coordinator.” Prior to Al-Anon, I would be extremely hard on myself for making such a mistake. In fact, I didn’t think I should ever make mistakes. Today, I can simply learn from my mistake and move on. I know I will make more mistakes, and that is okay. I am grateful for my growth in recovery and in service.

The Second Quarter edition of the *Newsletter* will have some great quotations from our literature (after permission to reprint copyrighted material is obtained from the WSO).

Letter to Long-timers in Al-Anon

By Anonymous
Austra-Link April 2014

We older members of Al-Anon play a very important role in our groups. By our attitudes and general bearing, we can prove to the new member that Al-Anon really works. Whether we like it or not, newcomers will judge Al-Anon by what it has done for us. If we have achieved even a degree of serenity, tolerance, and understanding, newer members will aim to acquire these qualities also. On the other hand, if we try to dominate and do not give the newer members a chance to develop, we are stunting our groups and keeping newcomers away. From a place on the sidelines, old-timers can give the group purpose and continuity but not management – unless asked to fill a special function. We are always willing to help where we can but the active leadership of the group should be in newer hands. Our passive but inspirational leadership is much more important than the active direction of a group.

If at one time we held the active leadership of our group, it may be particularly hard to let go. It is so easy to believe that because we have been in Al-Anon for years, we must be qualified to tell others what to do, but our “actions speak louder than words.” When taking an inventory, we long-time members need to constantly remind ourselves of this point and ask ourselves if, for some personal reason (thoughtlessness, egotism, a desire to dominate), we are still telling others what to do and what not to do.

I have to learn this lesson myself and want to pass it on to all you other long-timers. We have now become the backbone of Al-Anon and can be the real “proof of the pudding.”

New from the WSO Treatment Facilities Outreach Project materials now available on the Members' Web site

The *Best of Public Outreach* just got better. It now includes presentation materials to help Al-Anon service arms (districts, Al-Anon Information Services, or Areas) encourage Al-Anon outreach activities at treatment facilities. Workshop materials developed by the WSO include:

- [Four PowerPoint pre-sentation modules with a presenter's script](#)
- [Resources and Presenter's Guides](#)

There is also a short PowerPoint presentation available for trusted servants to introduce the idea of having a workshop focused on treatment facilities.



Photo by Fred P., CA

Area Group Records Coordinator Report

Patti H., Texas West Area Group Records Coordinator
Pipeline, Vol. 49 No 1, January 2014

To date, we only have four groups that are on the “No Mail” status list. Everyone has done a great job of sending me group changes. I believe, for the first time in years we had no returns from the last *Pipeline* that was sent out! Way to go Texas West! I want to continue to stress the importance of accurate group information. We want to be sure that:

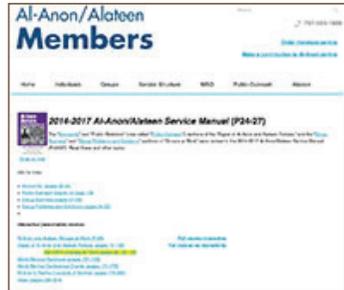
- Newcomers find meetings easily
- There is reliable information to callers on the WSO toll-free meeting line
- Returned mail is reduced as it is a great financial expense for the fellowship
- I am able to contact someone about the group meetings

From time to time, I receive e-mails from WSO informing me that someone received meeting information from them and when they arrived at the meeting, no one showed up. District Representatives (DRs), I want to encourage you to review the Al-Anon and Alateen Group information with each of your Group Representatives (GRs) and make sure meeting information is correct. Groups no longer have to mail the Al-Anon Registration/Group Records Change Form (GR-1) to WSO. DRs and GRs can either mail me the form or send me an e-mail with the group changes.

DRs are now able to view the Al-Anon and Alateen group records for their districts in the WSO database using the WSO Online Group Records application. It is a password-protected Web site that requires the same login and password you use for e-Communities. If you do not know how to access this information, please let me know and I will walk you through it.

Attention Public Outreach Coordinators: New *Service Manual* expands Public Outreach section

The “Digest of Al-Anon and Alateen Policies” section of the *2014-2017 Al-Anon/Alateen Service Manual* (P-24/27) has increased and is substantially revised. The World Service Conference Approved motions during this three-year period are now available in print and on-line on the WSO Members’ Web site.



The new topics that help trusted servants explain our public outreach policies are:

- Philosophy and spiritual principles that guide our public outreach activities, e.g., attraction rather than promotion.
- Value of local members’ contact with professionals and the media in their communities.
- Different roles and responsibilities of members, groups, and the WSO.
- Anonymity in the media and face-to-face at local events.
- Use of technology.

“Supporting Group Growth” in the “Al-Anon/Alateen Groups at Work” section of the *Service Manual* also has been updated to reflect the updates in the Policy Digest section.

District focuses on correctional facilities

Judy W., Public Outreach South District Chairperson
Greater Austin Area Newsletter, Winter 2013

Highlights of our “We” accomplishments are:

1. An introductory meeting for parents held at a juvenile center is supported by 12 members who rotate in groups of three to conduct the newcomer Al-Anon meetings. A group nearby donates *Parents’ Newcomer Packets* (K-24) and other literature. The center has agreed to help buy Al-Anon materials.
2. Three speaker panels with three members per panel to give a monthly Al-Anon presentation at a minimum security half-way housing center for clients expected to be released in 90 days.
3. Provided a speaker and two Al-Anon Contacts* who write letters to inmates at a meeting for female inmates.
4. A member supported two visits to the state Civil Correction Drug Court to speak to the clients’ families and encourage them to attend Al-Anon meetings.

*Note: Please contact the WSO for information about Al-Anon’s Inmate Correspondence Service. This service provides an Al-Anon Contact who shares about the Al-Anon program with an inmate. Al-Anon Contacts do not disclose their full names, telephone numbers, or personal e-mail addresses.

The Forum

—connecting people around the world

Denise, Alaska

I am a grateful Al-Anon member and *Forum* reader. I particularly enjoy reading sharings from all over the world. They remind me that, while the effects of alcoholism on families are far reaching, our Al-Anon family is strong and available to extend support and love.

I hope to continue reading sharings from around the world in future *Forums*. We may speak different languages, belong to different cultures, but our challenges with alcoholism and our spiritual growth are the same.

There is much to be learned from each other, as our fellowship joins experience, strength, and hope across latitudes and longitudes.



Photo by Roberta H., IN

Personal touch helps to enlist more volunteers

Grace Mc., TN Area Public Outreach Coordinator
Tennessee Traveler, June 2013

Our Area is doing a lot of things, but we just need more members to volunteer to do them. It has been my experience that when I approach members to ask if they can help with a specific project, it is rare for them to refuse. Members like to hear their names spoken when they are asked to do something, and it makes them feel worthwhile. Another little item that helps is to be enthusiastic when talking about public outreach and the project.

Can you hear me now?

John H., Literature Coordinator CA (S)
Desert Reflections, District 42 Newsletter

If your radio station played an Al-Anon PSA, would you make a phone call, send an e-mail or note, or thank the station manager in person? Let the manager know at least 25 percent of the station's audience has been affected by someone else's drinking. Consider giving the manager a copy of *Al-Anon Faces Alcoholism 2014* to introduce Al-Anon.

Your "Thank you" can inspire a station manager and reach more families and friends of alcoholics.

Order or renew your *Forum* subscription on-line!

The Al-Anon shopping cart has been upgraded. Now it's easier than ever to order a new *Forum* subscription, a *Forum* gift subscription, or renew your current subscription. Go to www.al-anon.org, click on "Al-Anon Literature," click on "Al-Anon's on-line store."

Thank you for supporting *The Forum*—*sharing recovery, unity, and service for 60 years!*

Snacks, fellowship, and outreach to professionals go hand-in-hand

Steve, Public Outreach North District Coordinator
District Six Newsletter, TX (E) Area, Spring 2013

District Six held a special meeting to prepare information packets for a mailing to local professionals. Breakfast snacks were provided by a group. A mailing was sent to 90 professionals from a variety of categories: clergy, school counselors, law enforcement officers, and attorneys. Only two packets were returned as undeliverable by the post office. Another group in the district is planning a mailing, since it has been four to five years since the last one.



Photo by Caryn J., VA

The *Forum* —not only a magazine but also an Al-Anon tool

Terri W., New Mexico

I have subscribed to *The Forum* since I became a grateful member of Al-Anon. I would read various articles and use it for meeting topics. There were times I would read the whole thing, but it was rarely my practice until recently.

I have been reading the magazine from cover to cover, and even copying articles that I want to keep for use later in meetings. I've found several old issues; I've enjoyed reading them, then passing them on to others. I encourage all members to subscribe to *The Forum*, as this is a wonderful Al-Anon tool and I am so glad that I now fully use it.

Please photocopy Area Highlights and share it with other members.
Visit us at: www.al-anon.alateen.org/members

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.



Foto: Fred P., CA

Boletín *El Faro de Al-Anon y Alateen*, enero y febrero de 2014
Número 462
Sede de Al-Anon de Puerto Rico, Inc.

¡Hola! Soy Cuca, Representante del Grupo Mi Familia en Bayamón. Quiero compartir con ustedes mi experiencia en el Distrito Noreste, y a la vez exhortarlos a nombrar su Representante de Grupo si aún no lo tienen. En este servicio mantengo al grupo informado llevando la información que se discute en el Distrito, y también llevo al Distrito el mensaje que desee expresar el grupo.

En mi carácter personal he estado haciendo mi labor con mucho entusiasmo y también me he contagiado con la alegría de las compañeras que también comparten el mismo servicio. Cada día aprendo más sobre la labor que se realiza en el Distrito por medio de las guías que vamos discutiendo y a la vez lo que aprendo lo comparto en las reuniones de mi grupo base, pues mi grupo me da un turno para dar un resumen y poner en práctica lo que aprendemos. Por ejemplo, la guía G-41 la discutimos en una reunión administrativa de Distrito. Ya lo pusimos en práctica y separamos una reserva para poder seguir cooperando con los servicios.

Poniendo en práctica el Primer Concepto, los grupos tenemos la responsabilidad de seguir llevando el mensaje de Al-Anon. Los representantes de grupo participamos de forma activa informándonos, escuchándonos unos a otros y tomando decisiones. De esta forma los grupos, mediante sus Representantes de Grupo, deciden asuntos que afectan a su Distrito o al Área y a la hermandad en general. La responsabilidad de que Al-Anon siga adelante es de todos.

Las reuniones del Distrito Noreste son una vez al mes. En este nuevo año, le pido a mi Poder Superior que me dé salud para poder seguir asistiendo al Distrito y poder continuar compartiendo lo que allí aprendemos con todas las compañeras del grupo. Les deseo muchas felicidades en este año y sobre todo que se animen a compartir con nosotros en el Distrito.

Cuca (Grupo Mi Familia)

¡Oh no, eso no puede suceder!

Boletín del Intergrupo Hispano de Al-Anon y Alateen en Nueva Jersey; enero, febrero y marzo de 2014
Año 3 – Volumen 4

Hoy al despertarme me di cuenta de que había tenido una pesadilla horrenda, un mal sueño, como dicen las abuelitas. Soñé que ya no existía Al-Anon, que se había cerrado la oficina por falta de servicio. Los miembros ya no querían contribuir, ni con aportes económicos ni con su trabajo físico; los grupos habían olvidado las Tradiciones; por lo tanto, también cerraron. ¡Qué pena!..., me sentí tan confuso y desanimado. Vamos otra vez de nuevo, pensé: ¿Cuántas familias seguirán sufriendo por el alcoholismo de alguien más? ¿Cuántos hogares en caos?, ¿y mi recuperación?, y todo ¿por qué? Por la falta de gratitud —me dije.

Eso me produjo mucho pesar, pero también me hizo reflexionar acerca de mí: ¿Qué estaba haciendo yo para evitar que esto no estuviera sucediendo?, y me quedé enmudecido; nunca había tomado en serio lo que era el servicio y, por lo tanto, no me había interesado en él ni mucho menos en conocer las formas de llevarlo a cabo. Lloré por mi falta de compromiso, mi falta de interés. Ya no había nada más que hacer. Quería una segunda oportunidad, pero el sueño ya había acabado.

Abrí mis ojos y llamé inmediatamente a las Oficinas de Servicios Generales para constatar si mi pesadilla era cierta. Para mi alivio, una dulce y melodiosa voz me contestó del otro lado de la línea: Al-Anon, buenos días. En qué le podemos ayudar... Le di gracias a mi Poder Superior porque todo aquello que había soñado no era cierto. Tomé mi carro, me dirigí a las oficinas y me apunté en el servicio.

Anónimo

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!

Por favor fotocopie el boletín *Area Highlights* y compártalo con otros miembros.

Visítenos en: www.al-anon.alateen.org/miembros

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.

Le service Al-Anon/Alateen, c'est un processus!

Extrait du journal interne des Groupes Familiaux Al-Anon et Alateen
de la Circonscription du Québec-Est et du Nouveau-Brunswick
Le Contact, février 2014
Trudy, Coordonnatrice des Services aux Représentants de District

Il est bon de s'investir à quelque niveau de service que ce soit, car rien n'est trop difficile et rien n'est vraiment insurmontable quand on y met du sien. Nous pouvons tous contribuer à notre façon, avec nos talents et notre potentiel. Nous avons tous ce « petit quelque chose » dont notre fraternité a besoin. À côté de nous, il y a aussi quelqu'un qui peut nous aider, mais il faut savoir demander. Il faut être vigilant afin de transmettre les bonnes informations, être consistants et persistants dans tout et s'investir en établissant des priorités et des réalités saines. Débutez le processus, enchaînez les faits et gestes, faites confiance à vous et aux autres et vous verrez, tout ira bien! Osez et apportez votre contribution, elle en vaut la peine! Bienvenue à chacun de vous dans le cercle du service!



Photo : Fred P., CA

Notre troisième Héritage – Le service

Extraits du journal interne des Groupes
Familiaux Al-Anon et Alateen de
la Circonscription du Québec-Ouest
Le Tournesol, mai-juin 2014
Claudette D., Présidente

Créer des relations par le service

Comme nouveau venu, souvent nous hésitons de nous impliquer par manque de confiance en soi. Les membres qui s'impliquent reconnaissent avec gratitude que cela stimule leur confiance et leur estime.

L'implication nous pousse à sortir de notre isolement afin de créer de nouvelles relations avec des membres qui apprennent à intégrer les principes du mode de vie. Nous apprenons que nous ne sommes plus seuls et nous avançons à notre rythme.

En nous impliquant dans le service, nous nous ouvrons à de nouvelles occasions de progrès. Cela nous aidera à créer des relations saines à l'intérieur comme à l'extérieur de la fraternité.

L'implication dans le service nous offre de nombreux choix

Placer les chaises – préparer le café – étaler la documentation – nettoyer la salle après la réunion – accueillir les nouveaux – animer une réunion – Représentant de Groupe (RG) – Douzième Étape – Représentant à l'Information Publique (RIP) – Agent de liaison – Représentant de District (RD) – Coordonnateur – Officiels au niveau de la circonscription – Délégué.

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.