

# Area **H**ighlights

Fall 2014  
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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**

Suzanne M., Associate Director of Member Services—Conference

This year, the members of the World Service Conference focused on the theme, World Service Conference: Our Spiritual Principles in Action, during the annual weeklong business meeting of the widest group conscience of Al-Anon Family Groups.

Al-Anon members—Delegates and members of the Board of Trustees and Executive Committee—from the World Service Conference structure joined together with World Service Office Conference staff, who are also Al-Anon members, in Virginia Beach, Virginia, April 26-29, 2014, to form the 97 voting members of the Conference.

In her opening remarks, the Chairperson of the Conference said, “Over the next few days much will be expected of us. We have been entrusted with the authority to make decisions for the fellowship and world services—what a tremendous and awesome duty. We will achieve this by the spiritual application of the countless principles found within our program to assure our actions remain democratic and efficient, convinced that God will lead the way.

“I’m going to ask you to stretch your mind to such an extent that you will never be the same again. Value your own judgment and inner guidance, but be willing to expand your awareness. Other members’ perspectives on reality are as valid as your own. By exploring all possibilities in an open and supportive environment, we will be acting in a spirit which supports Al-Anon’s primary purpose. Even if the results of Conference decisions are not immediately obvious, we will know steps forward have been taken without altering our core values.”

When the Chairperson of the Board welcomed the members of the Conference, she stated, “Conference is a time for each one of us to contemplate the importance of practicing our principles during the activities of the week. These principles are what keep the fellowship firmly grounded in our Legacies—the Steps, the Traditions, and the Concepts of Service. As we move



forward continuing to ensure the Al-Anon Family Group name is recognized and acknowledged as the leading resource for the friends and families of problem drinkers, our principles are our guides.”

Some of the highlights of the Conference included two Policy discussions (Dual Members and Memorial Contributions); a presentation by the Finance Committee; and a Board of Trustees’ Big Question presentation on what Al-Anon will look like in the future. For complete details of these sessions, download a free copy of the 2014 Conference Summary at [http://www.al-anon.org/pdf/summary\\_2014.pdf](http://www.al-anon.org/pdf/summary_2014.pdf), or order a copy of the 2014 Conference Summary for \$5.00 shipping/handling from your local Literature Distribution Center or from the shopping cart on the Al-Anon/Alateen Mem-

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bers' Web site, [www.al-anon.alateen.org/members](http://www.al-anon.alateen.org/members).

Before the Conference closed, members listened to an international guest from Mexico share her personal story and give an update on what is going on in her structure. In her closing remarks, the Chairperson of the Board shared some of the thoughts and observations that she had asked Board of Trustees and Executive Committee members to give her before the Closing Session:

- We demonstrated the *Al-Anon Declaration* in action by giving conceptual approval to a new daily reader.
- There was a sense of being part of a continuous conversation that we are ready to carry into the future with experience, strength, and hope.
- Thank you for a wonderful Conference. We came together and put our spiritual principles into action.

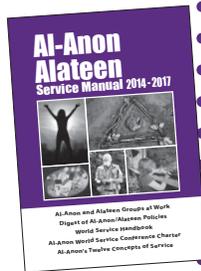
We hope all Al-Anon members will think about ways to put our Spiritual Principles in Action after hearing their Area Delegate's report and reading the *2014 World Service Conference Summary*.

## Scavenger Hunt

*Northern Hi Lights*, Volume 42, Issue 6,  
New York North

**Challenge #15:** When were the Twelve Concepts accorded the same stature as the Twelve Steps and Twelve Traditions?

**Answer:** See page 180 in the *2014-2017 Al-Anon/Alateen Service Manual*



### 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.***

## Carrying the message

David P., District 19 Representative, Missouri  
*Missouri Round Robin*, July 2014

The Group Representative (GR) from a nearby Al-Anon Family Group who also attended meetings at my home group brought to our attention that we were not being directly represented at the district and Area levels. I asked her a few questions, and soon I became a GR just trying to follow the Twelfth Step.

I was reluctant, which is something I have come to see as a good trait for a trusted servant in Al-Anon. We do service because it is a way to help others, not just ourselves.

Attending Al-Anon Information Service meetings in Kansas City helped me get acquainted with more folks trying to help carry the Al-Anon message to others. I eventually became a reluctant District Representative (DR) too. Visiting meetings of all the groups in our district has helped my understanding of Al-Anon grow. Attending Assemblies and Area World Service Committee meetings have given me opportunities to associate with people who believe in our program and help others find the help we have received ourselves. We follow traditional ways of helping others in a non-professional way. Sometimes it seems to be an awkward and gangly process, but it works.

I have grown to see that "working the program" does not just mean working the Steps as an individual, but it also means practicing the principles of the Al-Anon Traditions and Concepts of Service to carry the message to others so they too can have a spiritual awakening. I have also made some like-minded friends. I sincerely hope and pray that all of you first-time attendees will find as much value in service work as I have. It is great to be a part of "carrying the message."

If you want to see change,  
be a part of the solution.

## Be a part of the solution

Connie D., Presentation Coordinator, New York North  
*Northern Hi Lights*, Volume 42, Issue 6

This summer, we have time to consider service at a new level. In the last two inventories for the New York North Assembly, members have shared concern that there are the same faces rotating to different positions. If you want to see change, be a part of the solution. We have asked you to consider service and growth at the Area level.

This Election Assembly will include members filling out a simple résumé for a position. It is located on our Area Web site under information and forms. Also on that page is the Guideline for Expenses. As with any service position, we ask members to give of their time, but expenses are covered for rooms, food, and travel. Job descriptions are updated and can also be found on the site. Contact any of the officers or coordinators if you have questions.

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)

# How to increase participation and communication

*The Legacy, Florida North*  
April-June 2014, Volume 51, Issue 2

## In the district

One of the challenges (and not a new challenge) is how to increase participation and communication between the individual groups within the district. The suggestions as a result of our District Inventory Review are:

A visiting group of 4-6 members will attend groups without GR representation and say something like, “The district needs your help.” Or “In what way can the district better serve your group?”

Not everyone is computer-savvy; we may need to resort to snail-mail in some cases.

A district newsletter will be produced with our new logo and distributed throughout the district.

—Lucy MacD., District 4 Representative

## In the Area

Most people know what the Turnover Meeting is, when it takes place, and who attends. In a nut shell, the Turnover Meeting occurs at the end of each panel (every three years) and the incoming panel and outgoing panel meet, exchange their respective job notebooks, boxes, electronic equipment, etc. And, of course, we have breakfast and lunch, because, we may do a lot of great service in Al-Anon, but food is present during most of it, and it has to be good, with a side of decadence.

If you have taken a panel position before and never attended the Turnover Meeting, please consider attending this time. Recovery is about experiencing new things, socializing the Al-Anon way, breaking down old patterns, and replacing them with new healthy ones.

—Lois M., Turnover Chair

# Information technologies workshop



Garth M., District 14 Representative, Arizona  
SRVAIS (Salt River Valley Al-Anon Information Service)  
July 2014, Edition 4, Volume 1

In late April, the District Representatives (DRs), Group Representatives (GRs), and interested members met for an information technologies workshop and potluck at a member's home. In addition to fantastic food and fellowship, we received hands-on computer training on how to access and use various Al-Anon/Alateen Web sites (WSO, SRVAIS, and the Area).

GRs need to be able to navigate the Internet in order to communicate with their respective groups about events/information. Everyone learned something and we all left with a better appreciation of the resources that are available both for trusted servants and for individual members.

## A short note on service

Hugh W., Michigan  
*Sentinel*, Summer 2014

In my early years in the program, in addition to attending many Al-Anon meetings, I was encouraged to attend Area World Service Committee meetings and Spring and Fall Assemblies. At the time, I did not understand much of what was being discussed and voted on, but I kept coming back. Today, I realize that just attending those business meetings and eventually taking part as a Group Representative and District Representative, gave me a solid program foundation for my current understanding of Al-Anon and how to apply it to my life today. Service—another good way to carry the message of the Twelfth Step.

Photo by Alicia D., PA



# Service— Obedience to the Unenforceable

By Catherine K, Dallas AIS Board of Trustee Member, Texas West  
*DAI-Anon Now*, July 2014,

If your home group is anything like mine, there are always service positions to fill. A myriad of opportunities exist to serve in groups, from greeting a newcomer, leading or sharing in a meeting, sponsoring others, passing on experiences of being a trusted servant, or taking on a local or district service position. All of the above are ways in which we can learn new skills and grow in the program.

The concept of Twelfth Step work—giving back for fun and for free on a group or district level—is very much obedience to the unenforceable. Service is strongly suggested, but members are not forced to do it. So it begs the question, why is it so challenging to fill service positions? A key to possibly answering this question is willingness. Step Eight has the word “willing” in it. However, as I sit here today, I can identify at least twenty reasons why I am not qualified to write this article or why I am not suited for a specific service position. Specifically, I had feelings of not being qualified for being a member of the AIS Board of Trustees, and I was very reluctant to be nominated. I felt that since I had never served on a board, what could I possibly contribute? I would make mistakes and disappoint my fellow board members. From this perspective, I am not willing or teachable. Therefore, there is no room to learn or grow. In reality I am using my energy to focus on the negative, thereby falling short of being able to participate in a meaningful way. As I invest my time in doubt or the fear of making mistakes, the feelings of shame and guilt are right around the corner. The fact is what I am really doing is growing my character defects that are mentioned in Step Six and my sense of willingness to let them go is depleted. It only took the seed of self-doubt to create and blossom my worst fears.

My experience of service is wrapped around the question “why NOT me?” rather than “why me?” After all, the co-founders of Al-Anon, Lois W. and Anne B., created the worldwide fellowship of Al-Anon through this idea of willingness, love, and service. Relating this idea to Step Eight, I ask: Am I harming or limiting my growth in Al-Anon through a lack of willingness to learn a new skill, to grow, and build deeper, more meaningful relationships by saying no to service opportunities? If so, I need to add my name to the list in Step Eight and become willing to change.

Al-Anon’s Concept Four reads “participation is the key to harmony.” My Higher Power never brought me to something and failed to bring me through it. From a strong foundation of faith and trust in a Higher Power, I found courage, strength, self-esteem, and self-trust. How else can these spiritual qualities emerge unless I step into the unknown, say yes to service requests, and apply the Slogan: “Let It Begin with Me.”

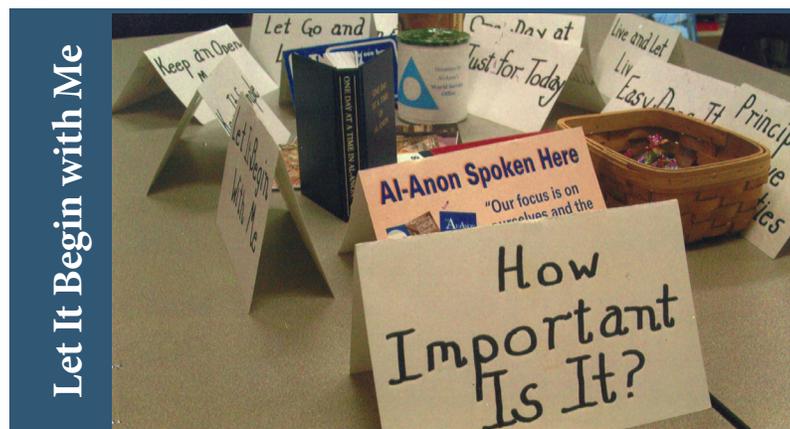


Photo by Fran D., Canada

## Alateen Fundraiser

Tina S., District 21 Alateen Liaison, California South  
*The Bulletin*, February 2014

Alateens are alive and well in the San Fernando Valley (SFV)—we participated in the SFV A.A. Convention with Al-Anon and Alateen participation!

The Alateens earned funds for their registrations by recycling bottles and cans donated by District 21 Al-Anon members. Many thanks to the Alateens, Alateen Group Sponsors, and Al-Anon Group Representatives (GRs) who helped spread the word that the Alateens were recycling. When it was time to go to the recycler, five Alateens came with me to unload two pickup truck loads! It was a great pleasure to see the Alateens enthusiastically do this “dirty work”! They raised enough money for six registrations, and additional funds for snacks and committee members’ expenses.

I want members to see that Alateens do need help from Al-Anon members. This was a really wonderful way for Al-Anon members to support and contribute to our Alateens. We didn’t “do for them what they can do for themselves,” and yet we really contributed to help them help themselves!

## A Trusted Servant!

Pat, Southern NSW Area  
*Austra-Link*. August 2014

I learned a valuable lesson about being a Trusted Servant from the members of my home group. During a discussion before an upcoming Assembly topic, I was assured by the members in my group that as their Group Representative (GR), they trusted me with their vote. I was told “you are our Trusted Servant and when you vote at the Assembly you may receive additional information that could influence your vote.” I felt supported as a Trusted Servant!

It is wonderful that so many members in our structure are willing to stand for service positions like GR, District Representative (DR), Area Secretary, or Area Treasurer. When you think about the work these members do, remember to take the opportunity to show your support by saying thank you and letting them know you appreciate their willingness to be a Trusted Servant!

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# Alateen is Al-Anon. . . .

Jessica D., District 8 Alateen Coordinator, Colorado  
*The Butterfly*, Summer 2014

Thank you for trusting me to be your servant as Alateen Coordinator for District 8. In the last two years that I have been in this position, I have learned so much. The Traditions and Concepts have new meaning for me. In the time I have served, in my district and in our Area, we have been asking ourselves questions. How do the Traditions apply to including our children at our Al-Anon meetings, as well as inviting them to Alateen meetings? How do we uphold our spiritual foundation of anonymity in the face of the mandatory reporting requirements that apply to some, not all, Al-Anon members who serve as Alateen Group Sponsors? What keeps some of us from bringing our own children to the rooms? When is outreach attraction and when is it promotion? We have faced our fears and limiting beliefs using program tools—letting our higher power guide our path. The discussions have been rich.

Personally, I have had to inventory and re-inventory some of my beliefs and attitudes towards Tradition Five, which reminds me that each Al-Anon Family Group has but one purpose: to help families of alcoholics. The fears I have encountered, mine and those of fellow members, are strong, as is the faith and trust in the Twelve Steps and Higher Power. I have fielded concerns that there might be inappropriate sharing at meetings, or fears that children would break the anonymity of Al-Anon members. In those moments, I remembered that growing up with alcoholism and seeing what children are exposed to at school and in the media is damaging, while the experience, strength, and hope that is shared in the rooms, even when shared in the context of some painful story, rebuilds the spirit in each of us. I also remembered how as a child growing up with alcoholism, I knew how to keep secrets real well. So maintaining anonymity would have been quite easy. I also remembered that my anonymity as a fairly new member of Al-Anon was broken by a woman who was in the program for decades, not a child that had joined her parent at a meeting. Most of all, I remember the faces and stories of the children who willingly share their experience at outreach events and at our workshops and conventions. Theirs is a message of recovery, hope, and serenity. I am ever so grateful.

Just as when I am stumped in life, especially around Al-Anon issues, I know to call on group wisdom through a group conscience. I am left with some questions and wonderings. I would love to hear your voices so I may be of greater service as I finish my final year as district Alateen Coordinator. Would you be willing to write and tell me about your fears and faith around inviting and welcoming children to our meetings? And if you have had the privilege of hearing an Al-Anon/Alateen child share their experience, strength, and hope, what have you learned and gained?

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# A Volunteer Speaks

By Barbara H., California North  
*Share & Care*, May 2014

In gratitude for the life-saving recovery and the unconditional love I receive in Al-Anon, I am drawn to be of service. It is important for me to contribute what I can to keep this wonderful program alive. Over a year ago, I responded to a plea for help in the Al-Anon Information Service (AIS) office and now I go in every Tuesday.

Our AIS office is a real treasure! Funded by our donations and run by volunteers, it is a gift of love and encouragement to support our Al-Anon community. I am blessed to be a part of this group of volunteers. I was welcomed at the AIS to simply help out in the ways that I could, to offer a warm greeting to those who came by, to answer the phone with courtesy and caring, to organize literature, and to offer assistance to my fellow volunteers. I was valued at the AIS despite a fear of answering the phone and absolutely no computer skills.

As well as the satisfaction of “giving back,” I have grown through this experience and gained the confidence to try something new. Under the gentle guidance of other volunteers, I have learned basic computer skills. I am now able to take literature orders and to complete a “point of sale.” Without “us,” there is no program.



Photo by Mary T., MA

## DID YOU KNOW . . .

. . . that all 54 editions of the *Conference Summary* are posted on the Members' Web site? That's right—from the first Conference in 1961 to the latest Conference in 2014! Check out the *2014 World Service Conference Summary* at [www.al-anon.org/members](http://www.al-anon.org/members) and read the complete report of the 2014 Conference—or another other Conference—for free!



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# Hello from Archives

Sarah M., Area Archives, Missouri  
*Missouri Round Robin*, March 2014

“Some of you may recall we were looking for information on an older group in Columbia. This is in fact [one of] the most requested items from Archives “when did my group start?” In the old days, groups had to work directly with the WSO in registering, so the Area and the District did not necessarily have the information.

“Our latest request [was] from District Seven in St Joseph, MO., looking for the beginning of the Tri-Al-Anon Group. First, we looked in the MO. District listings. Nothing useful was found. We looked in our Area Where and When Directories as well. Then, in the 1965 World Directory\*, nothing was listed. So we tried the 1966 World Directory, and there it was! This does not give a month for registering with the WSO, but at least the year it first appeared.

“Last month I mentioned running across our oldest World Directory in the MO Archives, which was May 1, 1955! On top of the small directory is a hand-written note attached dated August 1987. The note says, “I was looking through this 1955 Directory and found that Missouri had [five] groups at that time. Don’t know if this is something you would be interested in for Archives or not.”

“The five groups in 1955 were in Joplin. The average number of meetings was about five per state at that time! Not many compared to today, worldwide about 25,000. This book was truly a “World Directory” at that time, and had groups listed outside the U.S. and Canada: Africa, South Africa, Alaska, Australia, and Bermuda, England, Finland, Germany, Ireland, New Zealand, and Puerto Rico, with a total of 22 groups listed all together here. In all, there were less than 450 groups listed worldwide in 1955.

\*Text on page 106 of the 2014-2017 Al-Anon/Alateen Service Manual (P-24/27)

## What I have gained from being a Literature Coordinator

Cheryl C., Area Literature Coordinator, West Texas

*Pipeline*, April 2014

Becoming an Area Literature Coordinator appealed to me because of my love for Al-Anon literature. Although I wanted to be more involved with our literature, I had no idea what the job entailed, except that I would be responsible for giving a report and selling Conference Approved Literature at the Assembly.

What I am slowly learning is that I have a responsibility to be diligent in communicating with you. In-between the times that the Delegates meet each April at the World Service Conference, I am to be a conduit of important information about literature from the World Service Office. In addition to conference calls, we have a discussion Web page for Literature Coordinators, where the WSO informs you, through us, of new literature offerings. It requests our participation in the writing of new material, and it shares workshops and skits about literature that other Coordinators have submitted. This page is where I can also ask questions and offer ideas from our Area to other Coordinators.

I am also learning to look below the surface. Instead of guessing which literature to take to the Assembly, I can actually request information from our Spanish Coordinator, Alateen Coordinator, and District Representatives about which literature to bring. I am also willing to participate in your district meetings with writing workshops and literature workshops.

I am learning the importance of keeping my commitments, presuming good will, and protecting our community of trust by doing my part. After decades of my own involvement with committees that produced angst and hard feelings, it is a relief to serve with fellow Al-Anon members whom I can trust, even when feelings run high and opinions differ. When I find myself in HALT mode (too hungry, angry, lonely, or tired), or falling back into old “default” behaviors, I can remember the examples of recovery around me, pray for the willingness to be one among many, and get back to work.

Thank you for the opportunity to share my feelings, especially my confidence in our Area and my love for you all.

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)

# Al-Anon service arm business cards as outreach tools

Business cards for public outreach activities are a small, low cost, and convenient way to provide Al-Anon contact information to professionals and the public.

## Suggested content:

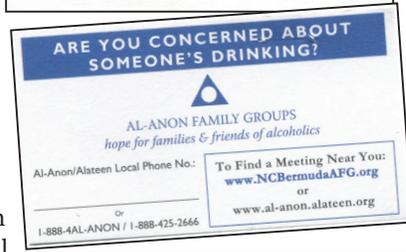
- Al-Anon service arm name
- Telephone number
- e-mail and Web site addresses
- Al-Anon triangle containing circle logo
- WSO toll-free meeting information number (888-4AL-ANON) and Public Outreach Web site address as alternatives to Area or local information

## Optional

- Tagline related to Al-Anon's purpose, e.g. Worried about someone's drinking?
- Quick Read (QR) scan code
- Bilingual cards, e.g., one side English and one side Spanish or French if local meetings are available in Spanish or French.

## Keep in mind:

- A card is for use **outside** of the fellowship and represents Al-Anon as an organization.
- Members' personal contact information should **not** be cited when a supply of cards is left in an office waiting room or public place.
- Members' favorite slogan and graphic art, e.g., birds or flowers are ok for personal business cards distributed **within** the fellowship.



# Give a gift of gratitude

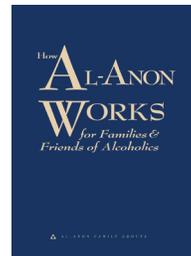
John H., Area Literature Coordinator, California South

*Al-Anon in the Desert*, November 2013

Members and groups can express their gratitude by giving free copies of the soft cover edition of *How Al-Anon Works for Families & Friends of Alcoholics* (B-32) to newcomers and members who have been in our program for only a short time.

The soft cover edition of Al-Anon's basic book is especially priced to make it possible for members to share easy-to-understand information about our program. What better way to pay our gratitude forward than to share our experience, strength, and hope?

Copies of the book can be ordered from local Literature Distribution Centers or the World Service Office.



## How to submit a sharing on-line

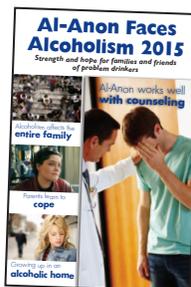
Did you know that you can submit your writings for various publications and projects-in-development on our Members' Web site? Once you have logged in to the site ([www.al-anon.org/members](http://www.al-anon.org/members)), click on the "Individuals" tab. Then click on "Feature Publications." Next, click on "Send Your Sharing." There you will find a list of publications and projects from which to select. Each of these separate pages will give information about the project, downloadable sharing guides, and an opportunity to send a sharing directly on-line. You can still submit sharings for PARENTS & GRANDPARENTS OF YOUNG PROBLEM DRINKERS (working title) and INTIMACY IN ALCOHOLIC RELATIONSHIPS (working title), and soon you'll also be able to send sharings on-line for the NEW DAILY READER (working title).

## A sample copy of the Al-Anon Faces Alcoholism (AFA) magazine motivates members' interest in outreach to professionals and the public

Two Area Public Outreach Coordinators share their successful strategies used to inform members about AFA.

An Al-Anon friend and I took copies of the *Al-Anon Faces Alcoholism* magazine to share with each group in our district—to give them a tool to spread the word about Al-Anon. It is such a simple way to carry the message. We never know who will see it and find an answer they have been looking for.

Janet V., Past UT Public Outreach Coordinator  
*The Alanews*, September 2011



I spoke at a District 27 meeting where copies of AFA magazines for distribution to visiting rooms at county jails were provided. I hope to expand this service because the jail system in my county is the largest in the world. Each GR left the meeting with copies of AFAs and ideas for distributing them to hospitals, treatment facilities, and penal institutions. I also left copies of AFAs on a table at an Area Assembly to help more GRs and trusted servants get started with projects using our public outreach magazine.

Margaret S., Area Institutions Coordinator, California South  
Report, CA(S) Area Assembly, November 2013

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## Criteria for volunteering at Al-Anon meetings at correctional facilities

Deb H., Past DR, California North  
*Share and Care* Newsletter, Districts 6-10 Al-Anon Information Service,  
February 2014, Volume 41, Issue # 2

We are trying to increase the number of weekly Al-Anon meetings from three to five per week at a men's prison and one facility for women. There are more than 200 male inmates on a waiting list to attend our meetings! We also need more Al-Anon members to guest chair meetings at these two facilities.

We have criteria for Al-Anon volunteers:

- Attended Al-Anon for at least two years
- Have a Sponsor
- Worked the Steps or at least completed Steps Four and Five
- Have a home group

The facility also has requirements that member must meet:

- Complete an application
- Adhere to prison rules
- Undergo a state and FBI background check

## 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 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!



## Providing Professional Referral Pads to members makes public outreach easier

Joyce L., Area Public Outreach Coordinator,  
Tennessee

*The Tennessee Traveler* Newsletter, September 2013

The Professional Referral project was created because nearly half of all Al-Anon members attended their first meeting as a result of a professional referral. I ordered 200 Professional Referral Pads, which were made available to members at the Area Assembly and our Area World Service Committee (AWSC) meeting. I gave examples of the various types of professionals and organizations that could make referrals to Al-Anon, e.g., doctors, therapists, and police. The Referral Pad can be customized with local Al-Anon contact information. The trusted servants and members took what they thought they needed back home.

I have found that making the pads available at the Area Assembly and AWSC makes it easier for the members to implement the project. In fact, I did the same thing with *Al-Anon Faces Alcoholism* magazines.

**Note:** Professional Referral Pads are available in English (M-77), Spanish (SM-77), and French (FM-77). They can be ordered from a Literature Distribution Center in your Area or from the WSO on-line store.

## Our teens need you

Teresa B-C., Area Literature Coordinator,  
Massachusetts

*AFG of Massachusetts Bulletin*, June 2014

Please consider keeping a supply of Alateen books and newcomer packets in your group's literature supply. This way, teens can find help through their family members (siblings, parents, grandparents) who are already in Al-Anon. Some popular Alateen books to choose from are *Alateen—Hope for Children of Alcoholics* (B-3), *Alateen—a day at a time* (B-10), *Courage to Be Me—Living with Alcoholism* (B-23), and *Living Today in Alateen* (B-26). You can find more Alateen literature in our well-illustrated 2014 *CAL Catalog: Shared Recovery in Al-Anon Conference Approved Literature* (S-15) on pages seven and eight, which is also available in a downloadable version at <http://www.al-anon.org/pdf/S15.pdf>.

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.

## De vuelta al trabajo

Boletín *Serenidad*, junio de 2014

Año 34 Número 137

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

Vuelvo a casa, y digo eso porque vuelvo al servicio en Al-Anon, que es mi casa, y en las casas también hay que trabajar. Por lo tanto, después de casi dos años de excedencia voluntaria, vuelvo a «mi puesto de trabajo», o, lo que es lo mismo: al servicio. Siempre oí a los miembros veteranos decir que después de un tiempo en el servicio es bueno apartarse un poco y dejar a otros miembros que puedan desarrollarse.

Llevaba mucho tiempo pensando que era mi hora de volver y, como no podía ser menos, vuelvo como RG del Grupo al que pertenezco, ya que me eligieron en la última elección de servidores celebrada el año pasado, y que he empezado a desempeñar este año. Tengo la misma ilusión que cuando presté ese mismo servicio hace ya diez años aproximadamente. Vuelvo con ganas de hacer cosas, de pasar el mensaje, de asistir a las Asambleas de Área y de todo lo que se me pida para ayudar a esta bendita causa que a todos nos reconforta y que nos ayuda a tener una vida mejor.

También he vuelto al servicio para aportar mi grano de arena como secretario del Comité de IP. Este último servicio me está reportando momentos muy gratificantes, pues estamos metidos en un proyecto extraordinario que es pasar el mensaje a los centros escolares de nuestra zona, a alumnos con edades a partir de los catorce años. Os puedo asegurar que he vivido en estos últimos días experiencias maravillosas, pues tener atentos y sin pestañear a veinte chicos no es precisamente frecuente, y sobre todo su participación e interés en formular muchas preguntas de todo tipo.

Simplemente quería contar estas cosas que me están ocurriendo para que, a quien le sirva, se apunte en este compromiso maravilloso que es el servicio y sienta la gratitud que le deberíamos tener todos a Al-Anon.

Jaime G. – Área 17 Jerez de la Frontera

### Mis Servicios

Boletín Trimestral *Felicidad – Voluntad – Compartir*

Julio, agosto y septiembre de 2013, Número 1

Corporación Al-Anon/Alateen Ecuador

Al desempeñar el cargo de representante legal y presidente de la Junta Nacional de Custodios, estoy aprendiendo a trabajar con el ego y a saber cuándo hablar y cuándo callar; además, eso me ayuda a mantener un criterio abierto.

En mi servicio aplico el lema «Que empiece por mí», y he descubierto que, si bien lo mejor de mí puede que no sea perfecto, es suficientemente bueno para poder servir. Es una manera de pagar todo el amor que me brindaron cuando llegué por primera vez a las puertas de un grupo y fui recibido por gente amorosa, y eso se llama gratitud. Hoy reconozco cuánto amor me ha brindado el Poder Superior a través de los miembros; con su amor desbordante y contagioso ya puedo compartir con abrazos, apadrinando y sobre todo con servicio. Gracias por darme la oportunidad de serles útil a los que me dieron tanto cuando más lo necesitaba. El programa y los grupos son el laboratorio, donde aprendí a convivir con los demás, y eso es ser servidor de mí mismo. Aprendí que dando es como recibimos. El mundo espiritual es diferente al mundo físico porque, mientras en el mundo físico doy lo que tengo, me quedo pobre, pero no sucede así en el espiritual; en este, mientras más doy más recibo, pues el alimento de lo espiritual son los abrazos y los buenos deseos.

Abandonar el poder que nunca tuve no fue fácil, estaba acostumbrado a obtener las cosas rápidamente, ya que vivo en un mundo de operaciones instantáneas. Igual quería que las personas que servían junto a mí, lo hicieran rápido. La impaciencia me hacía agresivo. Utilizar los instrumentos del programa me ayuda a tener paciencia y humildad, a saber que todos tenemos un ritmo para realizar nuestras labores y a aceptar como somos cada uno de los fieles servidores. El proceso bondadoso de la práctica del programa nos devuelve la paz y la serenidad.

Los treinta y seis (36) principios me recuerdan buscar la voluntad de mi Poder Superior, y creo que es la voluntad de Dios que yo asista a los grupos, así como elegir o aceptar un servicio y ser agradecido con los que sirven y con los que se dejan servir. Cada vez que quiero criticar a un fiel servidor, intento recordar que no recibe pago por su servicio. Debo ser grato.

Mi vida cambió al entender que dando es como recibimos, que todo en la vida es interrelacionarse, y depende de cómo lo haga, con amor o con desprecio. Yo elegí lo primero, con amor, y le agradezco al Poder Superior por entender lo que es el servicio.

Marcelo A. – Presidente de la Junta Nacional de Custodios de Ecuador

**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](http://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 dans Al-Anon

Extraits du journal interne des Groupes Familiaux Al-Anon et Alateen de la Circonscription du Québec-Est et du Nouveau-Brunswick de juin, juillet, août 2003  
*Le Contact*  
Anonyme

Nous avons dans Al-Anon trois héritages : les Étapes, mode de vie spirituel, les Traditions conçues pour l'unité et le bon fonctionnement des groupes et enfin, les Concepts touchant le travail de service.

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Le 4<sup>e</sup> Concept se lit comme suit : la participation est la clé de l'harmonie. Il y a une foule de façons de servir dans Al-Anon. En plus de contribuer financièrement, donner de mon temps en préparant le café, animer les réunions, faire du travail de Douzième Étape, c'est-à-dire apporter mon support moral à quelqu'un, accueillir le nouveau venu, autant de choses que j'ai découvertes avec le mouvement.

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En faisant des recherches dans la documentation Al-Anon j'ai trouvé un thème qui répond au travail de service « Ouvrons nos portes sur le service ». C'est à chaque membre qui compose la fraternité que revient cette responsabilité. Quel que soit le rôle auquel on nous convie, nous agissons toujours comme serviteurs dans Al-Anon, évitant toute personnalité. Nos dirigeants ne sont que des fidèles serviteurs, nous dit la Troisième Tradition, ils ne gouvernent pas. Chaque individu est l'essence d'Al-Anon et Al-Anon est pour chacun de nous.

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Il est important de choisir de bons dirigeants pour nous représenter dans Al-Anon. Leur dévouement, leur tolérance, le sens des responsabilités, une bonne connaissance des Traditions sont les qualités requises pour l'efficacité du service dans la fraternité.

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Notre programme est basé sur le partage en groupe et c'est ensemble que nous trouvons la force de faire grandir la fraternité. Je reçois tout gratuitement dans Al-Anon. C'est pourquoi, lorsqu'il est temps de servir, je dois être disponible le plus possible en accueillant les membres avec amour, surtout lorsqu'il s'agit du nouveau venu; en transmettant le message avec charité et respect; en prêtant une oreille attentive au membre qui a besoin d'aide, en acceptant de donner sans attendre en retour. Voilà autant de services qui font partie du spirituel dans Al-Anon et ajoutent à ma paix intérieure.

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Vive le service! C'est en donnant que l'on reçoit. On n'est jamais pauvre quand on travaille à remplir le cœur des autres.

## Le bonheur croît avec l'usage

Extraits du journal interne des Groupes Familiaux Al-Anon et Alateen de la Circonscription du Québec-Est et du Nouveau-Brunswick de décembre 2003

*Le Contact*  
Yvonne C.

Nous entendons souvent dire que nous sommes les artisans de notre propre bonheur, j'en suis persuadée.

Depuis mon arrivée chez Al-Anon, je parviens de plus en plus souvent à récolter des moments de bonheur. Chacune des réunions s'avère pour moi une occasion privilégiée de grandir grâce aux témoignages des membres et aux échanges entendus lors de nos discussions, sans oublier la lecture de notre merveilleuse documentation. De plus, j'accorde une importance particulière aux différents services rendus pour préparer les réunions, comme l'accueil, le café, l'animation. Dès mon adhésion à cette grande fraternité, je n'ai pas hésité la moindre seconde à faire du travail de service, j'avais un urgent besoin d'appartenance et je voulais recouvrer l'estime de moi. Les occasions sont nombreuses et diversifiées quand il s'agit de faire du service et de transmettre le message : les réunions d'affaires de mon groupe ainsi que les réunions du district sont pour moi une occasion d'exprimer mes interrogations, de faire des suggestions et surtout de me conformer à la décision prise par la conscience du groupe; quel merveilleux outil pour mon rétablissement.

Je suis une nouvelle représentante de groupe et je gagne progressivement de la confiance quant à ma capacité d'assumer cette fonction; mon sentiment d'appartenance de même que l'estime de moi grandissent parallèlement à mon degré d'implication au sein de mon groupe et du district, quelle thérapie extraordinaire!

Bien que je ne parle pas de guérison mais bien de rétablissement, c'est de cela que j'ai besoin pour me garder bien vivante sur la route du bonheur et ainsi profiter du magnifique panorama qui s'offre à moi dès que j'ouvre mes yeux et mon cœur.

**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.