

# N.H. Area 35 World Service Committee



# Alanews

Connecting New Hampshire's Al-Anon and Alateen Members  
November 2017

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## News from Area 35

The October Area 35 Assembly was held in Littleton on the 21<sup>st</sup>. In addition to some Halloween fun, including a costume contest, much Al-Anon business was done to keep our New Hampshire groups healthy.

Welcome, Penny, as the new District 3 rep! Thank you, District 2, for a donation to the Area. Much public outreach has gone on in the greater Rochester area. Teen literature has been given to the Dover, Rochester and Somersworth libraries. Support for the prison in the form of Al-Anon literature is ongoing. A "meeting of the month" plan has Al-Anons visiting other meetings around the District.

District 5 placed an ad in the *Conway Daily Sun's* health supplement. We thank District 6 for hosting the Assembly, and thank the First Congregational Church for sharing their space. A flyer will be out soon for District 7's Holiday Workshop on Saturday, December 9<sup>th</sup>, 8AM-Noon. Please save the date.

District 9 held a discussion of a hot term: *qualifier*. Look for more on this in Alanews.

District 10 will hold a workshop on Saturday, December 9 at Hope for NH Recovery in Manchester. The theme is "How to Survive the Holidays." District support of Al-Anon at the Farnum Center continues, with a third outreach meeting added. The center is now holding these meetings at 700 Lake Ave. in Manchester.

Vince, our 2017 Convention Treasurer, presented a check for \$4,709.06 to the Area. The check represents proceeds earned at the convention after expenses. Thank you to all who supported the Convention by attending, purchasing drawing tickets and Ways and means items, and those who make a 7<sup>th</sup> Tradition donation. What a great weekend!!

Please send your group or district news to [alanews@nhal-anon.org](mailto:alanews@nhal-anon.org).



## Mark Your Calendar

Concord Thursday Noon Group anniversary December 5  
First Congregational Church,  
177 N. Main Street, Concord.  
Entrance on Washington Street  
Al-Anon & AA speakers,  
Pot lunch luncheon

*Manchester  
Anniversary*



**Wednesday Evening@ Brookside Church  
4 YEARS**

**Friday Evening @ CMC Hospital  
11 YEARS**

**Tuesday Evening @ Bedford Hills Center  
46 YEARS**

*Hope for NH Recovery, 293 Wilson St, Manchester*

*Saturday, November 4, 2017*

*11:00 am -12:15 pm Pot-Luck Lunch*

*12:30 pm – 1:30pm Speakers - Al-Anon & AA*

## Time to explore

Our 2017 NH Convention Publicity Chair, Jack, isn't letting any moss grow before the next convention. He says it's time to assemble an exploratory committee for next year. (No obligation, but share your interest!) To be discussed are co-chairs, program and speaker chairs, entertainment, registration and workshop chairs, registration, secretary and treasurer responsibilities, ways and means, Alateen and AA links, and the very necessary "angels." Please contact Jack at [conventionpublicity@nhal-anon.org](mailto:conventionpublicity@nhal-anon.org) to join the discussion. Our convention has a reputation for excellence in the region – please be part of it!



## What is a Welcoming Group?

At the Area Assembly, a breakout session for District and Group Reps focused on the topic “ *What makes you feel welcome at an Al-anon meeting?*”.

In the summary session, a welcoming group was described as warm, caring, non-judgmental and willing to talk to the newcomers after the meeting, providing literature. Welcoming groups greet newcomers as they arrive, and avoid the appearance of cliques.

Crosstalk was mentioned as a deterrent, with the suggestion that newcomers may not want to be directly addressed or be the center of attention at their first meeting. However, the offer to talk with them after the meeting or during a break must be made. One way is through temporary sponsorship, which is described on a bookmark, M78, available through [www.al-anon.org](http://www.al-anon.org). Al-Anon offers guidelines, not rules, but pointing out the tent cards used in meetings will help newcomers know that we keep the focus on ourselves and our topic.

Phone lists are often handed to newcomers, but a more personal way would be to speak to the newcomer and offer a phone number jotted on the newcomer packet. Some groups give out the abridged Al-Anon service manual (P-24).

This is an ongoing topic. Please send your ideas to [alanews@nhal-anon.org](mailto:alanews@nhal-anon.org).



An AA Convention, with Al-Anon participation, is a helpful learning experience for all who want to understand the disease of alcoholism. Al-Anon volunteers may contact Beaddie at [aalaison@nhal-anon.org](mailto:aalaison@nhal-anon.org) to help with workshops. Our presence at this April 6-8, 2018 convention is a 12<sup>th</sup> Step activity.

## Holiday meetings -

**Wednesday, November 22-** Kingston Alateen –**no** meeting

**Thursday, November 23 - Thanksgiving**

- Thursday morning at Millette Manor, Nashua - **NO** meeting

- Thursday night at St Joseph Hospital - **YES** - meetings as usual (7:30pm-9:00pm)

- Concord Thursday noon Step Group meets at First Congregational Church, 177 N. Main Street will meet Wednesday November 22 **instead of Thursday**.

**Sunday, December 24 - Christmas Eve**

- Nashua Baptist Church - **YES** - meeting as usual (7:00pm-8:30pm)

- Whitefield Al-Anon (District 6) **will not** meet.

**Monday, December 25 - Christmas**

- Millette Manor, Nashua - **NO** meeting

- St Joseph Urgent Care, Milford - **YES** - meeting as usual (7:00pm-8:30pm)

**Sunday, December 31**

- New Year's Eve - Nashua Baptist Church - **YES** - meeting as usual (7:00pm-8:30pm)

- Whitefield Al-Anon (District 6) **will not** meet.

**Monday, January 1 - New Year's Day**

- Millette Manor, Nashua - **NO** meeting

- St Joseph Urgent Care, Milford - **YES** - meeting as usual (7:00pm-8:30pm)

Group reps- Please send your holiday meeting info to [alanews@nhal-anon.org](mailto:alanews@nhal-anon.org). Happy Thanksgiving!

## Archives Wish List

Conference Approved Literature with Historical References

Al-Anon Alateen Service Manual (P24/27) 1994,1997, 2001-03, 2010 to present

Alateen-Hope for Children of Alcoholics (B3)

How Al-Anon Works for Families and friends of Alcoholics (B-22)

The Al-Anon Family Groups- Classic Edition (B-5)

*And*, last but never least, you! Our Archives Co-ordinator needs volunteers to help determine which items belong in archives. ([archives@nhal-anon.org](mailto:archives@nhal-anon.org))

*“Meditation is the spiritual way to turn my thoughts away from whatever is troubling me. It is a lift, a spiritual refreshment.”* ODA<sup>T</sup>,p.315

