

Area 35 World Service Committee



Alanews

Connecting New Hampshire's Al-Anon and Alateen Members

March 2018

Vol. 16, No. 3

You're invited!

NH AREA 35 AL-ANON ASSEMBLY

**Saturday, March 17
10-4**

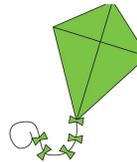
**St. John's United Methodist
Church
28 Cataract Avenue
Dover, NH**

We are a worldwide fellowship connected through our service structure. The groups give the Area direction through their group conscience, expressed through their elected Group Rep (GR) at District and Area meetings. Be a part of the process and send our Delegate off to "the big conference" (WSC-World Service Conference) to represent our Area's group conscience.

*Potluck lunch
Fellowship
Recovery through service*



There is a kitchen at the church, and an oven. However, there are too few outlets to support slow cookers.



From our Area 35 Treasurer, Garry:

Beginning now, group and district treasurers are asked to make all donations to Area 35 payable to NHAFG Area 35. The mailing address is NHAFG Area 35, P.O. Box 220, Concord, NH 03302.

Happy Spring  AFG New Hampshire!

I am following up with you regarding a discussion that took place regarding assisting Puerto Rico with AFG Literature due to the Hurricane devastation. Members had inquired if there was a need and what we could do. I confirmed with Puerto Rico's Area and they do need literature. We had a discussion during last month's AWSC meeting and decided what we would do is to send this announcement to all Members, Groups, and Districts, via Alanews. If you would like to contribute you can do so as an Individual, Group or District. **Checks must be made payable to AFG, Inc.** The checks can be brought to the Assembly on March 17th, and given to our Area Treasurer, or can be mailed to our Area Treasurer at:

New Hampshire Al-Anon .. P.O. Box 220 .. Concord, NH 03302

The cut off for mailing checks will be **April 13th**. A Spanish Literature order will be placed with the monies collected and sent to WSO to be mailed to the Puerto Rico Area Service Office address.

Nancy D/ Delegate

**Please join us at the
Wednesday Night
Rochester Al-Anon Group
for our 32nd Anniversary
Meeting on March 7, 2018**

Trinity Anglican Church,
180 Rochester Hill Road
Rochester, NH 03867

Pot luck at 6:30 PM with
speakers starting at 7:15 PM
50/50 Raffle

*In the only Henniker
on earth...*

New Al-Anon meeting

Mondays 7:30- 8:30
Henniker Congregational
Church

33 Maple Street (Route 114)
Upstairs in the Parish Hall
Enter through door on left

If someone can't be a loving witness to my sadness, I can learn to accept it without resentment. Step Three helps me do this. When I think something isn't right in my world, I remind myself that I turned my will and my life over to the care of a loving Higher Power this morning. Even if my expectations are not met, I am still safe.

Opening Our Hearts, Transforming Our Losses (B-29), pages 45-6

Al-Anon's new service manual

Al-Anon's 2018-2021 Service Manual (P-24/27) is available now. Copies will be on hand at the March 17 Assembly, and groups and districts are already placing bulk orders. See www.al-anon.org for a special order form.

All GRs and DRs rely on these manuals for answers to questions and guidance as the groups strive to provide healthy sharing and support. But the manual isn't just for those in service. It's a guide for anyone who wants to know *how* Al-Anon works and *why* it has worked and remained strong through changing times.

WSO Conference
April 16- 20, 2018
West Harrison, NY



Our Delegate, Nancy D., will join delegates from all other Areas, Al-Anon's Board of Trustees, Executive Committee, volunteer Chairmen, and voting members of the World Service Office administrative staff to make group conscience decisions based on input from all groups. This is explained in more detail in Al-Anon's service manual.

We say thank-you to the delegates, who are trusted servants, by sending **love gifts**, created by members of our local groups. If any group would like to contribute love gifts for Nancy to take to the conference, please consult your District Rep, or email Nancy at delegate@nhal-anon.org. Let your gratitude and creativity shine!



Area Notes

Districts 1, 4, and 12 are still in need of a District Rep.

District 5 is planning a workshop at St. Andrew's in Tamworth at the end of April. The district uses local newspapers for Al-Anon outreach.

In District 8, the Milford Boys and Girls Club would like to host an Alateen meeting. Al-Anons interested may contact aapp@nhal-anon.org.

District 10 is still involved in outreach at The Farnum Center 2 days a week, once a month. Their Surviving the Holidays 2018 will be scheduled for November. All groups are advised to protect anonymity by taking care not to leave confidential phone lists where they can be picked up by non-Al-Anons. Remember, "I can break my anonymity but I must not break your anonymity."



Beyond Baltimore's beautiful waterfront, there are historic places to explore before and after the Convention.

Celebrating One Day at a Time

Al-Anon's International Convention 2018

Friday, July 6 - Sunday July 8

Baltimore Convention Center

1 W. Pratt Street

Baltimore, Maryland 21201

With AA and Alateen participation

See www.al-anon.org for details

You will need to register first in order to make your housing reservations. Hotel rates range from \$131.00 U.S. per night to \$199.00 U.S. per night plus applicable taxes. Hotel rooms are available on a first-come, first-served basis. However, you must be registered for the Convention before you may make your housing reservations. The Planning Committee is working to secure low cost dormitory housing.

A "Save the Date" poster for the 2018 Area 43 Convention. The poster features a central graphic of a mountain range with a path leading up to a peak. The path is labeled with various 12-step program concepts: Surrender, Hope, Faith, Integrity, Willingness, Confession, Humility, Service, Anonymity, and Surrender. The text "SAVE THE DATE!" is at the top, and "2018 AREA 43 CONVENTION" is at the bottom. Below the graphic, it says "Old or New, We Have a Solution for You!" and lists activities: Marathon Meetings, Amazing Speakers, Outstanding Workshops, Yoga, and And More! The dates "April 6 - 8, 2018" and the location "North Conway Grand Hotel, 72 Common Court, North Conway, NH 03860" are provided. Contact information for functions@nhaa.net is also included.

AA with Al-Anon participation.

April 6-8

North Conway Grand Hotel

Email functions@nhaa.net

The following is from a handout from our Delegate, Nancy D., used at the January AWSC meeting in Concord. It will be used at the breakout session during the March 17 Area Assembly. Its usefulness for groups, as a discussion topic or part of a group inventory makes it worth including here. The results of the March 17 breakout session will be summarized in the April Alanews.

Basis of the "Al-Anon Spoken Here Discussion

Earlier in the year at one of our AWSC meetings there was a brief discussion on a Group Enews article that pointed out that the suggested Al-Anon/Alateen opening cannot be changed. The article was addressing changing the opening to include drug addiction. The article emphasized that the Service Manual of which the "Groups at Work/ Suggested Al-Anon Alateen section is a part is Conference Approved Literature and cannot be altered or modified. (See Conference Approved Literature and Tools/Materials, p. 102 of Digest of Al-Anon and Alateen Policies)

Discussion on this topic was referred to the World Service Office and they responded that this might be a good topic for our AWSC to discuss. I would like to open this up to you to share your experience, strength and hope. To define the discussion I suggest the following questions be the focus: **What are your groups doing to prevent dilution of the Al-Anon/Alateen program? How do your groups put into practice "Al-Anon spoken here"?**

Has your group experienced a problem with an issue that could dilute the Al-Anon program? Please describe it.

How did your group discuss/ resolve the issue? What Al-Anon tools/ literature were used? Please describe. Does your group have regularly scheduled Group Inventories?



Use Al-Anon's Online Resources

To receive an e-copy of Alanews, email alanews@nhal-anon.org

NH Al-Anon meetings are listed at:
<http://nhal-anon.org/searchable-list>

For a printable pdf version of the meeting list go to:
<http://nhal-anon.org/wp1/?current-meeting-list=1>.
The list is updated monthly so it contains the most current information possible.

Once you find a meeting to attend, go to <http://nhal-anon.org/meetings/special-meeting-notice> to see if there are any last minute changes to the meeting that hasn't made the lists yet.

Did you know...

The first NH Al-Anon/Alateen "stand alone" convention was held as a one-day convention on August 20, 1983. The first "stand alone" two -day convention was held in Waterville Valley August 19-21, 1988.

This year's NH Area 35 Convention will be held at The Margate Resort in Laconia, October 26 to 28. Next month's Alanews will contain details. If you'd like to volunteer, contact Jack at convention@nhal-anon.org.

Steady On

Recently, I was walking my Golden Retriever and slipped on some ice that was covered by a thin layer of snow. I pulled on my dog's leash and it steadied me. I didn't fall. It occurred to me that, like that leash, I can use the tools in Al Anon to keep me on my feet. You see, at the time, my husband of 46 years had been told by the ER doctor that, if he continued to drink, the next drink could kill him. Al-Anon assured me that, if he slipped, I wasn't going to fall. Instead, I could "Let Go and Let God." I have tools to guide me, so that I can stay on own my path to recovery.

By Janet C., Saskatchewan

The Forum, March 2018

It is not what happens today that is beyond our powers to endure. Rather, it is remorse or bitterness for things that happened yesterday, and dread of what tomorrow will bring.
Let us remind ourselves each morning that we will live this one day as fully and confidently as we can.
Alcoholism, the Family Disease (P-4), page 16

Here's some good news! Your Forum coordinator is sponsoring a drawing for a Forum subscription at the March Assembly. The Forum is like a meeting in your pocket.

Forum Coordinators Report

March 2018

Hi Everyone,

Did you know that there is an e-magazine version of the *Forum*? Anyone interested in subscribing to the *Forum* in this format can find the information on line at the Al-anon On-line store (al-anon.org/online-store under the Electronic Literature category).

WSO is continuing to compile articles from past *Forums* to complete "The *Forum* Book". How can you help? WSO is in need your favorite *Forum* articles from the years 2017 and any from 2018. In addition, you can write an article for the current *Forum* magazines to be published. Particularly needed are articles on Steps 5,7,8, 10 & 12 and all the Traditions and Concepts. Perhaps you have a writing talent and you can use it in Al-anon service in this way!

I was astonished to see in the January 2018 *Forum* report put out by WSO that only 23 groups in NH currently get a group copy of the *Forum* each month. Does your group have a copy? If not, would your group be willing to purchase a year-long monthly subscription for only \$11.00/year? In order to increase the *Forum* subscriptions for groups I have decided to have a drawing for a *Forum* subscription at the Assembly in March. Wouldn't it be nice if all groups in NH had a monthly copy? According to the January *Forum* report 112 lucky people in NH have a personal *Forum* subscription. Are you one of the lucky ones—if not, would you like to have a subscription for yourself? Give a subscription to one of your Al-anon friends or a newcomer? Are there other ways that you can promote the *Forum* personally or in your group? If you have ideas, please send them along to me at forum@nhal-anon.org.

On a positive note, over the past two months it has been fun to watch and just notice how the *Forum* is being used in various meetings. Most of the meetings that I attend have copies of the *Forum* for members to borrow. At one meeting the GR presented the group with a blank order form of the *Forum* at the beginning of the meeting. The Al-anon group that meets on Friday at 6:30PM at CMC in Manchester is using the *Forum* Favorites Vol. 4 as the CAL literature for their group to discuss.

I am hoping to see members come and learn more about the program through the uses of members past and present sharings in the *Forum*. The *Forum* is a great tool of the program.

Yours in humble service,

Cindi

Step Three is an opportunity to remind ourselves that we can "Let Go and Let God." We can let go of our frustrated wish to control the future as well as our futile inner resistance to the present moment. Instead, we can find peace of mind in bringing our will and our lives into harmony with a Power greater than ourselves. *Discovering Choices* (B-30), pages 217-8

