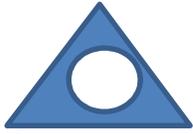


N.H. Area 35 World Service Committee



Alanews

Connecting New Hampshire's Al-Anon and Alateen Members
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Time is Short to Donate Literature to Puerto Rico



Hurricane damage has left Al-Anon groups in Puerto Rico in need of literature. Monetary donations from individuals, groups and districts will help the World Service Office provide these groups with Al-Anon literature in Spanish.

The deadline for making such contributions is April 13. Checks made payable to **AFG, Inc.** may be mailed to our NH Area Treasurer at NHAFG AREA 35, P.O. Box 220, Concord, NH 03302. We can make a difference!



Stepping Stones to Serenity

2018 New Hampshire
Al-Anon and Alateen
Convention
October 26 to 28

The 2018 Convention Committee has published a Save the Date flyer announcing the Convention to be held at the Margate Resort in Laconia. Room rates will be \$119 plus tax. Paper registration forms are available now. Look for online registration in mid-May. Ways and Means also put out a suggestion list for baskets to be awarded at a drawing during the convention. A volunteer to head up hospitality is needed, as well as "angels" to help during the convention. The Committee meets April 22. If you want information or can help, contact Jack at convention@nhal-anon.org

Laconia Saturday Night meeting, 7-8 PM, is moving from Lakes Region General Hospital on April 7 to the Congregational Church Parish Hall, 18 Beacon Street. There is an AA meeting on site. For details contact saturdaylaconia@nhal-anon.org.

Don't forget...

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. ~ Garry, Area 35 Treasurer

From Area 35

Thank you, District 2 Al-Anons. Your hospitality made the 42 people in attendance at the March Area Assembly feel welcome. (Of these, 27 voting Group Representatives were present. Area 35 has 76 Al-Anon meetings and 1 Alateen group.)

Congratulations and gratitude to Vince A., our new Group Records Coordinator.

Beaddie, AA Liaison, reported that there will be 4 Al-Anon workshops at the AA Convention April 6-8 at The North Conway Grand Hotel. If you'd like to attend, email functions@nhaa.net.

Districts 1, 3, 4 and 12 still need a District Rep. **District 2** is holding "Meetings of the Month," to help educate and support groups. The next meeting is April 8 at Wentworth Douglas Hospital.

District 6, which includes Littleton, Berlin and Whitefield, held electronic meetings this winter.

District 7 made Love Gifts for our Delegate to bring to the conference in West Harrison.

District 8 read and discussed CAL literature about disruptive members. They will discuss Al-Anon openings at a district meeting.

District 9 meets the Monday before the 15th of the month. The District is discussing holding an Assembly. Public outreach at Hampstead Hospital continues.

District 10 has 8 active meetings. There are always newcomers – they don't all continue attending. The District purchased 400 copies of Al-Anon Faces Alcoholism for distribution.

LOVE GIFTS

The 2018 World Service Office Conference will be held April 16 to 20 in West Harrison, NY. Our Delegate, Nancy D., will attend. Several N.H. districts have already made love gifts, mementos that our Delegate will share with the many other Delegates at the conference, to show our gratitude for their service.



District Reps will assist groups and individuals in getting these love gifts to our Delegate. If your district doesn't have a rep, you may email delegate@nhal-anon.org for instructions. Thanks go to Nancy for her participation in this valuable conference, where groups have input and make group conscience decisions.



Anniversary Time

Bedford Sunday Morning
Gratitude Group
Bedford Town Hall, 10 Meetinghouse Road
Bedford (just off route 101)

37th Anniversary Sunday, May 6
9:30-11 AM

Al-Anon and AA speakers, pot luck, drawings

Wednesday Night Women's Group
Hampstead Congregational Church
61 Main Street, Rte. 121
Hampstead
May 23, 2018
7 PM Refreshments
7:30 AA and Al-Anon speakers
All are welcome!



From the March 17 breakout session ~ helpful tips on keeping the meeting focused.

Used as part of the Opening, after Steps, Traditions and Concepts before announcements:

"During the meeting we do not 'cross talk.' That is, we do not respond directly to another person by commenting on what he or she says, or by giving advice. So, during the meeting, we speak only about our own experiences, and we do not judge others. We accept what they say because it is true for them." ~ Jan, Center Harbor AFG
"As the chairperson of the meeting tonight, I serve also as the person who will be available to any newcomer for questions after the meeting."
~ Sally, Exeter AFG

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

Alateen and AA Participation

Full details are available at www.al-anon.org

Dear Al-Anon and Alateen Members,

It is with great pleasure that the Board of Trustees and WSO Staff announce the mailing of a complimentary copy of the newly revised *2018-2021 Al-Anon and Alateen Groups at Work (P-24)* to each registered group throughout the US and Canada.

The complimentary copy will be mailed to the Current Mailing Address (CMA). The mailings will be sent throughout the month of March and first part of April.

Please share this exciting news with groups in your Area.

In gratitude,

Debbie G.

Chairperson, Board of Trustees

Al-Anon Family Group Headquarters, Inc.



Area Assembly Breakout Session

Those attending the March Assembly broke into three groups to discuss "What are your groups doing to prevent dilution of the Al-Anon program? How do your groups put into practice 'Al-Anon Spoken Here'?"

Three booklets were cited: *The Al-Anon Focus (P-45)*, *Why Conference Approved Literature? (P-35)* and *Al-Anon Spoken Here (P-53)*. Participants all agreed that any suggestions should be kind, inclusive and respectful, while keeping meetings on topic.

* Crosstalk- An announcement defining crosstalk could be used at the beginning of the meeting. Speaking to the "crosstalker" should be discrete, so not to turn the person away. A Group Inventory would be helpful if crosstalk persists.

*Literature from other programs or sources – Reading from non-Conference Approved Literature should be addressed. (See *One Day at a Time*, March 21) A short phrase or passage should not be reason to interrupt a meeting but someone could address the person at the break and explain that we use Al-Anon literature. We display only Al-Anon literature at meetings. This keeps the message clear.

*Discussing other 12 Step Programs – Sometimes a person telling their story makes brief reference to another program. If it is part of their story (not the whole story!) members do not usually object. If the speaker goes on in depth or makes frequent references, the chairperson or someone else may stop the speaker, or call for a break. The speaker can be gently told why we focus on ourselves, and leave other programs at the door.