

N.H. Area 35 World Service Committee



Alanews

Connecting New Hampshire's Al-Anon and Alateen Members
September 2018 Volume 16, No. 9

2018 Al-Anon / Alateen Convention

Transformation Through the 12 Steps

October 26-28, 2018

The Margate Resort on Lake Winnepesaukee
104 Grand Summit Road
26 Lake Street
Laconia NH

Take advantage of a full weekend of recovery that includes dynamic speakers all weekend, great recovery workshops on Saturday, and Saturday night dancing. For those of you staying at the hotel, bring your bathing suit - The Margate has a heated swimming pool. Rooms are filling up fast, so book your room soon! (1-800-MARGATE)

Online registration through the NH Al-Anon website, nhal-anon.org, is open. Click your way to registration using PayPal! (The online form includes a 2.2% PayPal transaction fee.) Paper forms are available at most Al-Anon meetings.

*You're
Invited*



Henniker Original Al-Anon Family Group
First Anniversary
Monday, October 15th from 7 to 8:30
Fellowship * Speakers
Congregational Church Hall
33 Maple Street, Henniker
just off rte 9/202
UCC Church parsonage, upstairs
appetizers, coffee and cold drinks at 7:00,
meeting at the regular time of 7:30-8:30.



Save the Date!

NH Area 35 Assembly
October 20
Bedford Town Hall

Outreach around the Area ~

District 5 lists Al-Anon events in the daily paper, and places an ad in the Conway Daily Sun. Their outreach also includes bookmarks, pamphlets, and an article in the health issue of the Conway Daily Sun.

District 7 has discussed outreach, and responded to outside groups asking for help. Members assembled public outreach packets they can take to professionals. A holiday workshop is planned for November 10 from 9 to 12 at the Serenity Center in Keene.

District 8 ordered 700 CAL bookmarks (M-44) and Al-Anon Faces Alcoholism for outreach. Additionally the District has printed its own bookmarks.

District 10 has distributed Al-Anon Faces Alcoholism and continues to offer Al-Anon participation monthly at The Farnum Center in Manchester. Members will distribute Al-Anon literature at a table on September 15, when Hope for NH Recovery is putting on a non-Al-Anon event in Veterans Park in Manchester.

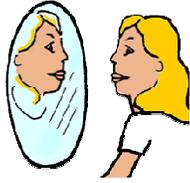
Groups and districts are encouraged to plan outreach events. Send information about such events to our Outreach Coordinator, Vince, at outreach@nhal-anon.org. And of course, submit your events to be shared at alanews@nhal-anon.org as far in advance as possible.

September is National Recovery Month

During the month of September, addiction recovery is celebrated in the United States and presents an opportunity for Al-Anon and Alateen members to help raise awareness about family recovery available in Al-Anon. Participating in the conversations and activities that will be held at the national level can be as simple as sharing posts and adding comments to recovery posts on social media platforms, placing *Al-Anon Faces Alcoholism* magazines in public places or asking a TV or radio station to play an Al-Anon public service announcement (PSA). See more about this and take part at www.al-anon.org.

Facing Our Biases

Bias is partiality or prejudice, unfair preference for or dislike of someone. Are my own personal biases keeping me from embracing those different from myself and being open and welcoming to all?



At the May Assembly, our Delegate brought back a discussion activity and skit from the World Service Conference (WSC) called Celebrating Our Differences and Common Purposes: Facing Our Biases. If any NH Al-Anon group or District would like the materials to hold the activity in your group or District (includes skit script, discussion materials, and the “thought bubbles” we used at the Assembly), please contact us. Nancy @ delegate@nhal-anon.org or Kate @ chairperson@nhal-anon.org

Using Al-Anon's Spiritual Principles...

Unity and Participation- How can I remind myself that our common welfare should come first, as stated in Tradition One?

Respect and Open-Mindedness- How can I put “principles above personalities” and show loving respect to every member?

Compassion and Understanding- How can I support someone with characteristics different from mine so that they feel welcome?

Honesty and Humility- By answering these questions honestly and with humility, how will I grow and change?

Spirituality and Trust- How can I trust my Higher Power to guide me in overcoming my biases?

Source: Task Force: Celebrating Our Differences and Common Purpose/2018 World Service Conference

News You Can Use from Friday Night Focus

Friday Night Focus is a Literature Study group. We are half-way through reading *One Day at a Time in Al-Anon* (B-6). We expect to finish it in October or November. After that, our next book will be *Intimacy in Alcoholic Relationships* (B-33). We meet Fridays at 7 p.m. at St. Joseph Hospital, 172 Kinsley Street, Nashua, in the conference off the main atrium. (Enter through the main entrance and ask at the front desk.)

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

Al-Anon and Alateen Friday nights

There's an Al-Anon meeting in Tilton NH on Friday nights from 6:00 to 7:00 pm that also houses an Alateen meeting at the same time and place. Please come and bring your teens.

Greater Tilton Area Family Resource Center
5 Prospect Street
Tilton, NH

Celebrating One Day at a Time
Al-Anon's International Convention 2018

Reflections on the Convention... so many wonderful moments..

*Coffee in the morning and meeting folks from Sweden and Denmark.

*Sitting in the meetings feeling the absolute power of my Higher Power in the voices and sharings that took place.

*Reconnecting with friends from past Conventions and catching up with members from NH, VT and CT meetings too.

*Enjoying the wonderful hospitality that the Maryland Host committee provided throughout the entire weekend.

*Enjoying a bus ride with a whole group from Canada.. so many laughs so much fun.

*Feeling so very grateful for all the WSO does to make these Conventions possible.

*Wow! What an Action packed weekend!! Could not get enough meetings in. I am looking forward to the CD's I ordered to see what I missed.

Hoping everyone is saving up for the 2023 International Convention in New Mexico!!
With so much Gratitude in Recovery,

Nancy D
NH Area 35 Delegate