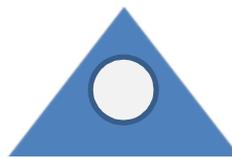


# Area 35 World Service Committee

# Alanews



Connecting New Hampshire's Al-Anon and Alateen Members  
December 2018  
Volume 16, No. 12

29<sup>th</sup> Anniversary



## CONCORD THURSDAY NOON SHARING HOPE AFG

First Congregational Church  
177 No. Main Street  
Concord

Thursday, December 6  
Noon – 2 PM

Al-Anon and AA speakers\* refreshments  
fellowship \* drawings  
Bring a friend.

Parking on Washington Street. Please use  
Washington Street entrance to church.

A new meeting and the return of a former meeting-

**Newport-** It is with gratitude that a former meeting has  
been reactivated on Fridays:

Newport 7:00-8:00PM

South Congregational UCC Church  
20 Church Street

Parking behind Church, take stairs to basement.

**Henniker-** A meeting for those who have just reached the  
age to bridge from Alateen to Al-Anon:

Young Adults Meeting  
Mondays 4 to 5 P.M.

Henniker Congregational Church Parish Hall  
33 Maple Street (Route 114)

Enter the Parish Hall from the door to the left (nearest  
the street) and go upstairs to meeting

*As with all Al-Anon meetings, everyone is welcome but  
the focus will be on the interests of this age group. The  
Henniker Original Group meets here Mondays 7:30-8:30.*

**Nashua-** Thursday, December 6 is the last meeting at  
St. Joseph Hospital

Thursday, December 13 meeting is at United Way  
building, 20 Broad St. (entrance in the back - room is  
downstairs. Not handicapped accessible.)



From Garry, N.H. Area 35 Treasurer-

This is a last reminder, so kindly note  
that checks to our N.H. Area 35  
should be made out to:

**NHAFG Area 35.**

The mailing address is NHAFG Area  
35, P.O. Box 220, Concord, NH 03302.

To all groups, districts and individuals  
who have donated, thank you.



A message from our web coordinator ~

### SERVICE OPPORTUNITY

You can work from your own desk

This is an opportunity to learn Wordpress or hone your skills  
on it during a mentorship that will lead to service that's vital  
to everyone in Area 35. There is a need for a person or  
persons to learn how to update the Area 35 website with  
information as it's received, and maintain the N.H. calendar.  
With help maintaining monthly updates, the webmaster  
would be freed up to do necessary troubleshooting.

Eventually, volunteers could step up to become web  
coordinators. Please contact [webcoordinator@nhal-anon.org](mailto:webcoordinator@nhal-anon.org)  
if you can help, or have questions. Thank you. *Barbara*

### Surviving the Holidays



District 7's "Surviving the Holidays" workshop offered ideas  
to bring serenity to an otherwise busy time.

#### Actions to take:

Serenity prayer	Pray for clarity/guidance	Pause
Use a slogan	Call your sponsor	Read Al-Anon Literature

#### Responses:

You may be right	I'll consider that	You have a point
I'll pray about that	Thank you for your opinion	
Let me think and get back to you		

Please note changes to regular meeting schedules due to holidays. Additional changes may be sent to [webcoordinator@nhal-anon.org](mailto:webcoordinator@nhal-anon.org).



### *A few notes from the November Al-Anon Area 35 World Service Committee Meeting...*

We have volunteers to coordinate the 2019 Al-Anon Convention! Sherry and Theresa have stepped up. Now it's up to the rest of us to contribute time and talent.

Your coordinators and district reps have worked on documents that are required of all nonprofits by the State of N.H. While this effort has been going on for some time, there is a conclusion in sight. That's why we really need group representatives from every group. These are the people who will help you understand how Al-Anon works when the Area sends out by-laws and a spiritual agreement for your review and approval. Stay tuned!

The new Young Adults Group in Henniker is starting with literature borrowed from the Henniker Original Group that meets in the same place. At the AWSC meeting, there was a discussion about assisting this new group before it becomes financially independent. While there was nothing voted on, there was a thought expressed that districts might help out, either in kind by providing literature, or with a small stipend. For followup, contact [chairperson@nhal-anon.org](mailto:chairperson@nhal-anon.org).

Nancy, our Delegate, asked for Chosen Agenda Items for the 2019 World Service conference. Are there Questions/Issues/Thoughts you would like to be discussed at the World Service Conference that we as an Area could benefit from? She also reiterated the call for volunteers to serve as at-large committee members on the national level. This would not necessarily involve travel, as business can be done electronically. Look for a "Just for Tonight" bookmark. It's in the works.

### *It's Okay to Love an Alcoholic*

Before I found Al-Anon, I thought there was something wrong with me because I loved an alcoholic. I didn't understand how I could continue to love someone whose behavior was insane when drinking. I felt alone and isolated with these feelings and felt that, if I could only figure out the right way to behave around the alcoholic, the drinking would stop.

Through Al-Anon, I have learned that alcoholism is a disease, and that I can love the person, but hate the disease. I have also learned that I have been affected by it, too and that I can feel angry about that. But I can be gentle with myself and remember that I am doing the best I can, just like the alcoholic is. I am able to see the alcoholic in my life as more than just an alcoholic. I can see the loving, caring, funny and smart person there too. I can love this person, simply and honestly. And I can love myself, too.

By Hilary S., Wisconsin  
(Reprinted with permission of *The Forum*, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA). December

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## 2018 Holiday Meeting Schedule

### December 24 - Christmas Eve

- Nashua Baptist Church - **YES** - meeting as usual (7:00pm-8:30pm)
- Whitefield Al-Anon (District 6) will not meet.
- Milford Triangle Group at St. Joseph's Urgent Care **will** meet
- Manchester Monday Night Just for Today will not meet
- Concord, Grace Episcopal will not meet

### December 25 - Christmas

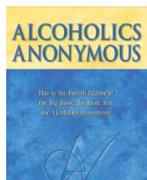
- Millette Manor, Nashua - **NO** meeting
- St Joseph Urgent Care, Milford - **YES** - meeting as usual (7:00pm-8:30pm)
- Dover Tuesday Night Conference Approved Literature will not meet
- Tuesday New Hope at the Bedford Hills Center will not meet

### 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.
- Manchester Monday Night at Faithbridge will not meet
- Milford Triangle Group **will** meet; annual gathering to be at Denny's
- Tuesday Night Concord Grace Episcopal will not meet

### January 1 - New Year's Day

- Millette Manor, Nashua - **NO** meeting
- Dover C.A.L. and Bedford New Hope **will** meet



AA Annual Area 43 Convention  
April 5- 7 2019  
The Margate in Laconia  
AA with Al-Anon participation

Online registration opens mid- December  
Keynote speakers Don C. (Colorado Springs)  
Kent C. (Sandusky, OH) , Liz B. (Boston)

Today's acronym~

**DETACH**

**Don't Even Think About Changing Him (Her)**