

Area 35 World Service Committee



Alanews

Connecting New Hampshire's Al-Anon and Alateen Members November 2018

Vol. 16, No. 11

Al-Anon's Surviving the Holidays Workshops



AWSC Meeting
Sunday, November 18
Concord Hospital Conference Room
12-3 PM Al-Anon members welcome

Saturday, November 10
8:45 to noon
The Serenity Center
36-40 Carpenter Street
Keene, N.H.

Sponsored by NH Al-Anon District 7

* Fellowship * Muffins and Bagels * Coffee, Tea
*Door Prize *More Fellowship

Topics:



"I Am Worthy"

Self-care through the holidays

"Good Grief!"

Another holiday!

"Serenity"

Through the Holidays

"Survival Tips for Parents"

Through the Holidays

Thank you to those who made the 2018 Al-Anon/
Alateen Convention a success and all who attended.

Convention Coordinator	Jack M
Secretary & Liaison	Beaddie G
Web & PayPal	Barbara H & Garry H
Alateen Liaison	Liz S & Trish W
Registration Team	Vince D, Ann Marie T, Mary Lou D
Hospitality Team	Kathy D, Rachel F, Maureen K, & Ken B, Joyce H, Mary C
Publicity	Michelle C
Entertainment	Diane A
Ways & Means	Darlene O & Michelle C
Treasurer	Vince D.
Angels	John Y, Natalie H, Amy
Thanks to all who presented and helped with the production.	Thank you Liz W for bringing 14 Alateens from Massachusetts and being the responsible adult.

From our Web Coordinator ~

Some have noted that our Area 35 website, www.nhal-anon.org, is a bit slow, or quirky. Be patient. Try again. It does work, and it will be speedier in a short while.



If possible, if meetings are being cancelled for a holiday, please use the website to submit your information. That way we'll get all of the information needed to create your posts. Here's the link: <http://nhal-anon.org/email-contact/special-meeting-notice-request-form/>

Yours in service,



Barbara

Share Because You Care

The *Al-Anon Faces Alcoholism 2020* magazine needs your story. Remember:

- Your life before Al-Anon?
 - How hard it was for you to make the decision to contact Al-Anon so that you could begin attending meetings?
 - What your first meeting was like?
- Your story can help family members who have yet to find our program and support the referrals to our program made by professionals.
<https://al-anon.org/pdf/AFAWritingGuidelines.pdf>

From Cindi, our *Forum* Coordinator

In the June *Forum* there was a great article on what happens with the article that you submit to *The Forum* once it reaches WSO. Why not make the June article a focus for a meeting? Have you ever thought of writing an article for *The Forum*? Have you thought of getting together with a group of program friends and all writing for *The Forum*? What a great way to share your recovery and have fun together!



Coordinator's note: Seldom has correspondence been shared in *Alanews*, but this note from Liz W. underscores the two-way support available to us in the Al-Anon/Alateen fellowship. The participation and message of these teens is a reason for us all to give to Alateen in any way we can.

Dear NH Convention Committee,

On behalf of the Alateens and AMIAS from Massachusetts, I want to thank you for all of your hard work. We all had a fantastic time at the convention. Thank you for inviting us to participate and to be of service.

For weeks before the convention, the teens were so excited about going. They talked about how awesome last year's convention was, and encouraged more Alateens to come this year. Last year we brought only 7 Alateens.

We doubled that this year! The teens came from 3 different Alateen meetings: Framingham, Lynnfield, and Milton. The teens are from all over eastern Massachusetts.

We want to thank the committee for their generosity in providing the two hotel rooms so that the teens had accommodations. Without those rooms, it would not have been possible to bring all the teens up for the weekend.

We also want to thank the two local meetings in New Hampshire that donated money to help with the cost of the food we purchased to feed the Alateens for the weekend. All of the teens were well fed over the weekend.

While I (Liz) helped coordinate the weekend, there were 6 other AMIAS that helped with paperwork, transportation, and agreeing to be legal guardians for the weekend.

Love in Service,

AMIAS from Mass: Liz, Nancy, Scott, Shaun, Genevieve, Johanna, and Jaime

Alateens: Grace, Xander, Cara, Ray, Toby, Kate, Catherine, Tyler, Joseph, Peter, Colin, Cam, Tommy

To be happy today, we have to let go of our shadow worlds. For most of us in Al-Anon, this is made possible through considerable spiritual effort, one which we need to make whether or not the alcoholic finds continuing sobriety.

Living with Sobriety (P-49), page 43



A Holiday Message from Al-Anon's World Service Office

The holiday season can be a challenging time for families and friends of alcoholics, and even more so for those who have not yet found Al-Anon. Putting a plan in place to welcome newcomers throughout the season will help both newcomers and members alike.

Here are a few things to keep in mind for your "Newcomer Preparedness Checklist":

- Specific meeting location instructions:
 - Is there a special door to gain access to the building?
 - Is there a sign pointing to the right room for the meeting?
 - Are parking instructions needed?
 - Are special instructions needed for late arrivals, e.g., "After 7:00 pm, ring buzzer by door."
 - Are instructions clear enough for out-of-town visitors not familiar with your community?
- First contact: Is there a volunteer from the group to be a "greeter" for those attending your Al-Anon/Alateen meeting for the first time?
- Al-Anon Newcomer Packets: Is there an ample supply?
- Al-Anon/Alateen pamphlets and books: Is it time to reorder? Check supplies.
- Public outreach materials: Always a good idea to have a few *Al-Anon Faces Alcoholism* magazines on hand.
- Meeting schedule: Is it updated? Are there enough copies available?
- Most importantly, please make sure that your [meeting information](#) is up to date, not just on the local meeting schedule, but on the AIS, Area and WSO websites as well. When newcomers, looking for help, call or search online for meeting information, they will know where and when to find your group. We want everyone to feel welcome in our Al-Anon and Alateen meetings!

Enclosed with this newsletter are two pull-outs to share with your groups. The Revised GR Interest Worksheet and Area 35 Service Worksheet are tools for establishing and keeping the connection among Al-Anon and Alateen groups in New Hampshire strong. District Reps are needed for Districts 1,3,4 and 12. This service position is available for any group representative who volunteers. Together we can make it!

AL-ANON AREA 35 SERVICE SURVEY

Have you wondered what Service is all about?

Would your group be interested in a training session about Service?

Would you be interested in attending or having a training session in a local meeting location?

Here are some proposed training topics. Please complete the survey below and return to your DR upon

completion or send to: **New Hampshire Al-Anon/Alateen Area Assembly, Inc**
P.O. Box 220
Concord, NH 03302

Topics: (Please check those you would be interested in and add any that you would like)

___ What are the responsibilities of a Group Representative? What experience do I need?

___ What are the responsibilities of a Group Treasurer?

___ What are the responsibilities of a District Rep? What experience do I need?

___ Where do we get a service manual and when should it be used?

___ Our Group is not internet savvy, We would like to have a walkthrough of the NH website along with the WSO website to better understand how our Area communicates electronically.

Our Group suggestions for topics:

___ Our Group would like a training session as a special meeting at my Home Group.

___ Our Group would like a training session as part of an Area Service Meeting during their monthly meeting time and place.

___ Our Group would like _____

Please provide your meeting Day/Time /Location: _____

Please provide your contact name/phone number/email address: _____

ARE YOU INTERESTED IN BEING A GROUP REPRESENTATIVE? (GR)

A “GR” represents their group at local District meetings and connects their group to New Hampshire’s (Area 35) Area World Service Committee.

WHO CAN BE A GROUP REPRESENTATIVE?

- “Any Al-Anon member with a willingness to represent the group at the District meeting and Area Assembly in order to carry the message of Al-Anon’s group conscience.” (Al-Anon Guidelines, G-11 Group Representative)
- An Al-Anon member who has “..basic knowledge of Al-Anon and Alateen Traditions and Concepts of Service, & how they are applied in our groups.” (Al-Anon Guidelines, G-11 Group Representative)
- A member who’s primary program is Al-Anon, and is not a member of A.A.

WHAT DOES A GROUP REPRESENTATIVE FOR A DISTRICT DO?

- Is encouraged to share the position with an Alternate Group Representative.
- Attends District meetings held in their district.
- Attends the New Hampshire Area Assembly held three times a year.
- Relays the information from the District and Assembly meetings to your group.
- The GR position is a 3 year term. However...it is just one meeting at a time.

HUMMM...AND WHY WOULD I WANT TO BE A GR?!?

- You have the fabulous opportunity to expand your Al-Anon recovery, & meet GR’s from other meetings & other Districts in New Hampshire.
- You learn more about the Traditions and Concepts, and how they apply in your life, & see them at work beyond the group level.
- You hear how other groups are doing Public Outreach, livening up their meeting format, talking group issues, finding creative ways to encourage the use of Conference Approved Literature (CAL), ways to encourage Newcomers, and much.. much ...more!
- Hear the latest from World Service, including upcoming literature, requests for writing submissions for CAL, changes and revisions to policy, etc.
- It’s tons of fun, and “When I got Busy, I Got Better” (CAL P-78) on page 2 it states: “Service and recovery, then, are not independent of each other”.



FOR MORE INFORMATION ABOUT BEING A GROUP REPRESENTATIVE:

1. Refer to your Service Manual. “Group Representative “ listed on pages 60 & 61 and more.
2. Read the Al-Anon GR Guidelines, G-11.
3. Call or email your District Representative.

