

New Hampshire Area World Service Committee



Alanews

Connecting New Hampshire's Al-Anon and Alateen Members

March 2019

Vol. 17, No. 3

March Area Assembly



Saturday, March 16th
10 am – 4 pm

Boucher Family Conference Room

Concord Hospital
250 Pleasant St, Concord, NH

Need directions? www.concordhospital.org

Select "locations" then "directions."

Enter from main parking lot by cafeteria

Group Representatives or duly elected alternates will vote. Coordinators, District Reps and officers will take part. Every Al-Anon member is encouraged to attend!

NH Al-Anon District 2 presents



LET THE SUNSHINE OF AL-ANON IN

April 13, 2019 9 AM- 3:30 PM
Registration opens at 8:30 AM

St. John's United Methodist Church
28 Cataract Ave., Dover, NH 03820

Recovery and fun with speakers, a skit, workshops (Transforming Our Losses; Why Do We Underline in Readers), pot luck, arts and crafts (make a God box) and door prizes. Suggested donation \$5.

Opportunities to grow...

Our New Hampshire Area is looking for an Outreach Coordinator to fill an unexpired term, an Alateen Coordinator, and Representatives for Districts 3, 4 and 12. Contact delegate@nhal-anon.org or get more information at the March Area Assembly.

2019 World Service Conference

"Action is Attraction
There Is No Growth in the Comfort Zone"
April 13 – 18 Virginia Beach, VA

It's an Al-Anon custom for groups and districts to create mementos we call "Love Gifts" to send to the World Service Conference. These Love Gifts will be shared with other Delegates as a way of expressing our gratitude for their very important service to Al-Anon.

District and Group Reps will mail Love Gifts to Nancy D., our Delegate. You may also obtain mailing instructions at the March Assembly. New Hampshire Al-Anons have shown their creativity in the past. Please share this request for Love Gifts, and start making!

Rochester Anniversary **Wednesday Night Rochester Al-Anon Group 33rd Anniversary Meeting**

March 6, 2019
(Inclement Weather Date will be March 13th)
Trinity Anglican Church
180 Rochester Hill Road
Rochester, NH 03867
Pot luck at 6:30 PM with speakers starting at 7:30 PM
50/50 raffle

From the World Service Office

English, Spanish and French language versions of Al-Anon's Cofounders pamphlet (P-87, SP-87, and FP-87) are now available as free PDF file downloads from the WSO's online store, www.al-anon.org. Members can make photocopies of the pamphlets, store or electronically distribute the pamphlet.

Just in time to celebrate Lois W.'s March 4th birthday or to use as a handout when showing the Lois's Story or Lois W. and the Pioneers DVDs to members at meetings or workshops.

2019 Conventions

Soaring to Serenity

2019 Vermont Al-Anon/Alateen Convention
March 29-31
Equinox Resort and Spa
3567 Main Street
Manchester, VT 05254
For more info see
VermontAlanonAlateen.org/Convention



From Survival to Serenity

42nd Annual Connecticut Al-Anon Convention
March 29-31
Red Lion Inn
100 Berlin Road (route 372)
Cromwell, CT
Convention2019@ctalanon.org



Stepping Towards Serenity

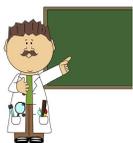
43rd Annual Massachusetts Al-Anon/Alateen Convention
with AA participation
April 5-7 2019
Sheraton Framingham
Hotel and Conference Center
1657 Worcester Road (Route 9 west)
Framingham, MA 01701
508 879-7200

AA Area 43 53rd Annual Convention with Al-Anon participation

April 5-7
The Margate on Winnepesaukee
76 Lake Street
Laconia, NH

Keynote speakers
Don C. (Colorado Springs, CO)
Kent C. (Sandusky, OH)
Liz B. (Boston, MA)

Workshops- Al-Anon participation
Intimacy in Alcoholic Relationships~ How CAL Helps Us in
our Journey Through Recovery~ How We Use Our Readers
Enjoy sharing and fellowship
<https://nhaa.net>



Acronym Time

Ph D

Patience, Hope, Direction

A thought from Nancy D., our Delegate

There is a beautiful, brief essay on page 148 of Having Had a Spiritual Awakening. It focuses on passing along the love, support and understanding the writer has received from a Higher Power. Service is the way the writer does this. The page is recommended reading. Here is the question for all of us:

How has my Higher Power guided me in service work for Al-Anon? ♥

Spring Into Sobriety

March 16 9 AM-3:30 PM

AA District 13 Roundup with Al-Anon Participation
Enjoy speakers and workshops * Share in the fellowship
Nashua High School South
36 Riverside Drive
Nashua, NH 03962
Pre-registration \$10. until March 6
After March 6, and walk-in \$15
Includes breakfast and lunch
Registration form at nhaa13.net



Members are welcome to submit sharings on their Al-Anon service experience and its value to them. Send a few paragraphs along with first name (home group is optional) to alanews@nhaa-anon.org.

On Service

Take a moment to visualize an Al-Anon meeting. See a member opening the room, people arranging chairs and goodies, the meeting chairperson and those in attendance, the cleanup and closing the room. Imagine your Group Rep at a district or N.H. Area meeting. Think about the people who organize a convention, and our Delegate at the World Service Conference. You just pictured a fraction of all Al-Anon service.

Some wise Al-Anons pressed me into service at my second meeting, knowing that we could get acquainted as we made coffee, because I wasn't about to speak during the meeting. The result was that I felt like I belonged, which was a rare feeling back then. Gradually, my service extended to responsibilities beyond the group. Each time I took a step up, I was hesitant, even though I'd had leadership roles outside Al-Anon. I didn't understand, at first, that in Al-Anon, there's just a learning curve, no right or wrong way. People are always available to help.

For me, the Al-Anon triangle (recovery, unity, service) is made of interconnected parts that support each other. My recovery is ongoing, and I'm amazed at the depth of spiritual and personal understanding available through Al-Anon. Recovery depends on the unity of groups and committees at every level, even when we see things differently. Service got me out of my shell and continues to bring me into contact with Al-Anon members who help me grow and discover confidence. I always get more from service than I give, and Al-Anon has given me so much I could never pay it all forward. So I'll stay active in service, a day at a time. ~ Chris H.

From our NH Area Chairperson

Hi NH Area AI-Anon and Alateens.

At the May 30, 2015, NH Area Assembly, GRs from the NH Area established a task force to complete the steps needed to align our NH incorporation with our spiritual principles. There were 4 steps included in the motion to complete the task.

1. Move forward with aligning the Incorporation of Area 35 to the spiritual principles of the program.
2. To have a NH nonprofit attorney review the documents.
3. To set aside \$2,500 for the legal review of said documents.
4. To bring the results back to the Assembly for discussion and vote.

Here's some background information from the By-laws Task Force:

When our NH AI-Anon Area first incorporated in 1989, we made a technical error and incorporated the Assembly rather than create a separate board accountable to the Assembly. Under the guidance of the World Service Office and our Task Forces/Committees on Incorporation, we have prepared several documents that will correctly incorporate the business arm of AI-Anon/Alateen in New Hampshire aligning the incorporation of NH Area 35 with our spiritual principles. Concept 7 states: *The Trustees have legal rights while the rights of the Conference are traditional*; and Tradition 9 states: *Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.*

The task force completed #1 through #3 and the AWSC has spent the last year and a half thoroughly reviewing the proposed documents. This past November, the AWSC completed the review of the 3 main governing documents for our NH Area and voted to move ahead with #4 of the Assembly's motion – to bring back the results to the Assembly for discussion and vote. In January, the three proposed governing documents were sent via US Mail, per our current By-laws, to each group's CMA or current mailing address. If your group did not receive them, please check the accuracy of your group's mailing address. At the upcoming March Assembly we will be discussing these proposed documents. There will be no vote taken at this Assembly regarding the passing of these documents, again, per our current Area By-laws.

If you would like a copy of the proposed revisions, please email the Area Secretary at secretary@nhal-anon.org and she will send an electronic version to you.

As always, all of our membership is invited to the Area Assembly. Here are the details:

Saturday, March 16th 10am – 4pm
Concord Hospital – Boucher Family Conference Room
250 Pleasant St, Concord, NH

You're welcome to bring your own lunch or the hospital cafeteria will have meals for purchase.

As always, should you have any questions, please email me at chairperson@nhal-anon.org

Thank you,

Kate

NH AI-Anon Chairperson

Getting Around NH Area Districts

District 2 is sponsoring a Spring Workshop, as noted in this issue. There's a meeting from 6-7 in Farmington, at Friends of Farmington.



District 8 is participating in an AA roundup.

District 10 is participating in the upcoming Women's Expo. Ten people participated in AMIAS training.

District 12 meets in the Hampton Library on the first Tuesday.

Our Delegate reminds people to sign up to get on the mailing list for In the Loop, from our World Service Office. (al-anon.org)

Sharing My Recovery With My Children

Tonight, my teenage daughters cried because their father was drinking and had an angry outburst. I hugged them, and we talked honestly about their feelings. One of my daughters felt sad and scared. My other daughter, however, was extremely angry. They both felt guilty and asked if they had done something to cause him to drink.

I explained the disease of alcoholism. I shared that they could separate the disease from the person. They could still love their father, but hate the disease. The words continued to flow as I explained that they didn't cause his alcoholism, they couldn't control it, and they couldn't cure it. Lastly, I also explained that they did not have to accept unacceptable behavior- like how their father had behaved this evening.

As I reflect on my conversation with my daughters, my heart is overflowing with gratitude for the AI-Anon program. It is only because of the tools and slogans that I was able to respond in an honest and healthy way. When I live my program, I am able to break the generational patters in my family. ~ Jay F., Saskatchewan

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