

# N.H. Area 35 World Service Committee



# Alanews

## Connecting New Hampshire's Al-Anon and Alateen Members April 2019

## Volume 17, No. 4

*From our Area chairperson*

A short update on the proposed revision to our NH By-laws and other Area documents. The GRs had some great discussion on the proposed documents at the March Assembly. I felt like there had been a lot of discussion and reasoning things out within members in their districts. A consensus was taken and the GRs decided they believe they will be ready to vote on the proposed documents at the May 18<sup>th</sup> Assembly.

If you need a copy of the proposed documents, please email, Helen, the NH Area secretary. [secretary@nhal-anon.org](mailto:secretary@nhal-anon.org) She will email you the proposed new documents. If you have questions, your GR and DR are great places to start, but feel free to email or call me if you're not finding the clarity you're looking for. I will be visiting any district meeting or group I'm invited to for a proposed new documents discussion. I thank everyone for their hard work and dedication to creating, reviewing, and making an effort to understand what we're presenting!

Thank you,  
Kate M.

NH Area Chairperson  
[chairperson@nhal-anon.org](mailto:chairperson@nhal-anon.org)

### One-time meeting cancellation

On Tuesday, April 9, the East Concord meeting normally held at Grace Church (7:30) will *not* be held. The church needs the facility for that evening only.

### Acronym Time

**THINK** before speaking. Is my remark:

True  
Helpful  
Inspiring  
Necessary  
Kind



### *Al-Anon Events*

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.

### *2019 World Service Conference*

"Action is Attraction

*There Is No Growth in the Comfort Zone"*

April 13 – 18 Virginia Beach, VA

Love Gifts, mementoes that groups and districts create for sharing with delegates the conference, may be mailed on or near April 8 to arrive during the conference. Contact your District Rep or email [delegate@nhal-anon.org](mailto:delegate@nhal-anon.org) for the mailing address. *In the Loop*, found in the members' section of [www.al-anon.org](http://www.al-anon.org) also has details.

AA Area 43 53<sup>rd</sup> Annual Convention  
with Al-Anon participation

April 5-7

The Margate on Winnepesaukee  
76 Lake Street  
Laconia, NH

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>

Save the Date! 2019 N.H. Area Al-Anon Convention  
*"Shore Up Your Program"*

November 1, 2 and 3 at The Margate on Winnepesaukee  
Join the Convention Committee at their meeting April 7, 2 P.M. at the Margate if you would like to assist with the convention.

## From our Delegate

Our Area has two remaining coordinator positions—we need an **Alateen Coordinator**. Our Alternate Delegate, Noah P has been standing in as the Interim Alateen Coordinator and is available to answer questions or help guide someone in this position. We are also in need of a **Public Outreach Coordinator**.

❖ We had a member step forward to be the Convention Coordinator for 2020 if the Assembly approves a convention for 2020 (*Convention approved per vote on March 10*)

WSO News

❖ Have you checked out the new Meeting Location tool on the WSO website? Really great for finding meetings when you are out of town.

❖ In the Loop—formerly known as Group E-News... Are you receiving email updates? Easy for all to sign up to receive—just go to the WSO website. A BIG THANK YOU to all Groups who sent group contributions to WSO in 2018.

Contributions from the New Hampshire Area totaled \$7,774.11 for the July 1, 2018 to December 31, 2018 period. For all of \$2018, the total was \$12,757.28. Breakouts by district are available.

The World Service Office literature receipts for 2018 were \$375,492 above the budgeted amount. Forum receipts were below the budgeted amount by \$2,315 and contributions down by \$46,542. Overall, 2018 ended on a healthy budgetary note.



## Do you have an interest in technology and/or public outreach?

Our nhal-anon.org website is one of our most popular public outreach tools and it needs some love and support!

NH Al-Anon/Alateen is putting together a committee to address website and email needs - current and in the future. Anyone interested is welcome to send their contact information to Barbara, the current website coordinator.

[website@nhal-anon.org](mailto:website@nhal-anon.org)

Let her know why you'd make a great committee person and if you have any tech skills (not necessary for committee). This service position is open to ALL Al-Anon and Alateen members.

*Congratulations* and thank you to our new Area Treasurer, Kathy W. She was elected at the Area Assembly in March and will fill Garry's unexpired term until December 31, 2019. *The April AWSA meeting* will be held at Concord Hospital on April 28 from noon to 3 P.M. Any Al-Anon member who is curious about how Al-Anon works is welcome to attend.



## Pioneer Day

Sunday, May 5  
The Wilson House  
East Dorset, Vermont

### A day to honor the founders of Al-Anon

Gravesite gathering at 11:00 A.M. (bring a flower or memento if desired) followed by pot luck lunch at noon. Bring salad, main dish or dessert. Speaker meeting at 1:00 P.M.

## Are my words welcoming?

From 2015 World Service Conference p 48  
Discussions, presentations, workshops



-Longtime members say "my addict," or "my qualifier." I qualify—it is not someone else qualifying me. It is important to keep the focus on ourselves. Other things come along with alcoholism.

-We are powerless over alcohol and people, places, and things.

We can share that Al-Anon not only works on alcohol but co-workers, neighbors, and in any aspect of our lives. The program works the way we make it work in our lives and a member could use a substitute word for alcoholic. The actions are much the same.

-...When we talk about why alcoholics drink, it discusses their addiction. We have been talking of addiction in the literature since the beginning of the program. You taught me that I needed to clean my own sidewalk and what you did with yours is none of my business. I can't be healthy if I'm focusing on every "gimmick" that comes down the road. When I talked about a "qualifier," my Sponsor told me to look in the mirror. I never knew anyone who used drugs who didn't use it with alcohol, it was always there.

-Following the session, a Delegate summarized the discussion:

- It is not my job to determine who belongs in Al-Anon.
- If we turn people away, we might miss an opportunity to save a life.
- Let people know we keep the focus on ourselves and our recovery.
- It may be years in Al-Anon before we identify alcoholism in our lives.
- Language is important—avoid the terms "my addict;" "my qualifier;" "my alcoholic".
- Dilution comes from a lack of boundaries.
- Apply the spiritual principles of Patience, Tolerance, Understanding, Kindness, and Respect. Educate with compassion.
- Al-Anon can't be all things to all people