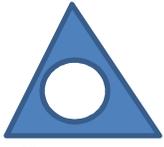


N.H. Area 35 World Service Committee



Alanews

Connecting New Hampshire's Al-Anon and Alateen Members
May 2019 Volume 17, No. 5

Let it begin with me...



From Kate, New Hampshire Area Chairperson

Some Food for Thought

Al-Anon was invited to have an information table at a recent UNH-Manchester wellness fair. It was a great opportunity to reach out to students, but also to current and future counselors who attended, to let them know about us. I also find these kinds of events are a great way to carry the message of who we are to other service providers who also have information tables there.

While there, someone from another booth quietly came to chat with me by the side of the table. They asked if Al-Anon meetings were cliquy. They had a loved one attend some meetings in a particular region of NH and that person's loved one did not feel welcome. The loved one telling me this story admitted that their loved one was quiet and shy and probably did not reach out to anyone in the meeting to ask questions. They said after attending a few meetings in this region, trying them "on" as we ask newcomers to find a meeting that's right for them, this person decided they overall did not have welcoming experiences at any of the meetings.

While this person's experience may or may not be the truth of the situation, it is an opportunity for us in our groups to think about what makes a welcoming group to newcomers. How does your group welcome newcomers? What would make you feel welcome? Do you participate in welcoming newcomers?

At a meeting, I can often get caught up in reconnecting with folks that I haven't seen over the week or caught up in Area business discussion. Or sometimes, we go out after a meeting for ice cream. I know that it's an open invitation for anyone to go with us, but I forget that not everyone attends each week and may not know that. They may need a direct invitation from me.

After a wonderful discussion with this young person sharing their loved one's Al-Anon experience, I did invite the family member to attend a meeting with me! We'll see if they take me up on the offer. ~NH Al-Anon Chairperson



*A very important
Area Assembly*

New Hampshire Area Assembly Meeting
Saturday, May 18 10-3:30
Concord Hospital
250 Pleasant Street
Concord

Mutual Conference Room Registration open at 9:45
Bring a lunch or dine in the hospital cafeteria
The by-laws and other documents submitted for your review will be on the agenda for approval. If your group doesn't have a Group Representative, a temporary voting member may be elected at a group conscience meeting *if* said vote is on the record. All are welcome, voting or observing! Find out how Al-Anon works, and share Area-wide fellowship.

**🕊️ Come Celebrate with the Joy in the Journey
group's 40th Anniversary !**

Wednesday, May 29th, 2019

6:00-7:30 PM

**St. James Church
44 West Street
Keene, NH 03431**

**Al-Anon and AA Speakers , pot luck,
raffle, and refreshments**

**Please join the
Wednesday Night Women's Group
for their 15th Anniversary Celebration
Wednesday - May 15, 2019**

**7:00 p.m. Refreshments
7:30 p.m. AA and Al-anon Speakers**

**Hampstead Congregational Church
61 Main Street, Rte 121
Hampstead, NH
All are welcome!**



N.H. District 10
Presents

Spring Into Summer with Your Higher Power

June 1, 2019
10 A.M. – 3:30 P.M.
Hope for Manchester Recovery Center
44 Wilson Street
Manchester, N.H.

A day of fellowship, workshops, arts and crafts, pot luck lunch, and drawings

The Forum Needs You!

Please submit your sharings about our three Legacies (Steps, Traditions, and Concepts). Let others benefit from your experience with these staples of Al-Anon recovery. Submissions should range from about 200 to 400 words. Please submit your articles to The Forum, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454 5617; to wso@al-anon.org or online.

Al-Anon Good Ideas

Your group may have an idea that carries Al-Anon's message or reinforces the experience, strength and hope at meetings. Please take a minute to share local ideas at alanews@nhal-anon.org.



Keene Thursday Noontime AFG meeting approved a \$200 donation of literature to the Cheshire County jail. In cooperation with corrections officials, Beth dropped off the first literature installment, and will discuss what other literature to provide.

Antrim's Wednesday Night meeting has a collection can for *The Forum*. When donations reach \$11, a drawing awards a *Forum* subscription to a member. Bedford Sunday Morning AFG found this idea appealing, and raised \$12 on the first Sunday it was tried.

ACRONYM TIME

JADE

Don't justify, argue,
defend or explain



Want to serve? Want to start with a limited commitment? Opportunity awaits you...

Districts 3, 4 and 12 are looking for **District Reps**. This panel ends in December, so with a shorter term reps can provide needed service on a short-term basis. Other open positions include **Alateen Coordinator**, **Public Outreach**, **AA Liaison**. Vince A. was confirmed at the April AWSC meeting to be the 2020 **Convention Coordinator**. The Assembly called for a **Technology Committee** to survey the Area Al-Anon tech needs including its website and email. While some members may have tech experience, less technical volunteers are also needed to balance the committee. Contact chairperson@nhal-anon.org for details about any of these positions.

Already serving? Whether in your group, district or NH Area, your service is valued. Please send a few paragraphs about your service experience to alanews@nhal-anon.org. Don't fuss about creating great writing—sharing from the heart is what matters. Your words may inspire someone!

Save the date...

June 12 10 A.M.- Noon
29th Anniversary Wednesday Beginner Meeting
Bethany Covenant Church
1 Covenant Way (off rte. 101) Bedford, N.H.

A Note from the Delegate..

Looking forward to seeing you all on May 18th.

You will see the new Public Service Announcements from WSO along with how your groups and districts can get them played by your local Radio and TV stations.

Love Gifts abound. Looking forward to sharing with your groups the creativity

and Love from our groups in the US, Canada, Mexico, Puerto Rico, and Bahamas..

Nancy D

AREA NEWS

District 1 reports healthy meetings. Distribution of *Al-Anon Faces Alcoholism* is underway.

District 2 reports that the Farmington meeting closed for lack of attendance. The District presented a successful Spring workshop in April.

District 5 meets the first Sunday of the month at N. Conway Memorial Hospital the next meeting will be May 5 from 1 to 2:30. The District is distributing *Al-Anon Faces Alcoholism* with meeting lists inserted.

District 7 is planning a workshop for August in cooperation with AA. Members are doing public outreach to professional offices. Recruitment conversation for the next Panel's positions has begun.

District 8 will share handouts about Al-Anon's periodical publications and a group inventory sheet. These will be accompanying documents to the minutes of the April AWSC meeting.

District 9 meets at Dunkin' Donuts the Monday before the 15th, which is May 13.

District 10 is still sending volunteers to talk to clients and families at The Farnum Center. The District will present Spring Into Summer With Your Higher Power on June 1.