

N.H. Area 35 World Service Committee



Alanews

Connecting New Hampshire's Al-Anon and Alateen Members November 2019 Volume 17, No 11

Shore Up Your Program
November 1-3, 2019
The Margate Resort
Laconia, NH
Al-Anon Convention
AA and Al-anon participation



Meeting changes

Nashua Thursday meetings:
Thanksgiving, November 28, 2019. Thursday morning at Millette Manor – cancelled as are Thursday evening at United Way - 7:00 Al-Anon Beginner Meeting, 7:30 Al-Anon meeting, Milford - Thursday Alateen meeting cancelled.

Concord Thursday Noon Step Meeting will be held on Wednesday, November 27 at noon in First Church, instead of Thanksgiving Day.

Manchester's 7 PM Thursday Night Meeting at UNH Manchester, 88 Commercial Street, will be closed Thanksgiving night.

Henniker's Monday meeting at 4 PM has been discontinued. However, there is an Al-Anon meeting in Henniker Mondays from 7:30-8:30 at the Congregational Church, 33 Maple Street. Enter by the side door facing route 114, take the stairs up.

Area Assembly notes

A few notes from the Assembly as I know there were quite a few coordinators who could not make it. We had 34 groups represented! The 2020 budget, the AMIAS Requirements, and a 2021 convention have all approved. The 2020 officers will be:

Delegate: Noah
Alt-Delegate: Janice
Chairperson: Bud
Treasurer: Joan
Secretary: Helen

Thank you to all who felt called to stand! ~ Kate, Area Chairperson



Share Your Experience, Strength and Hope at the Farnum Center

Satellite Location
700 Lake Ave.
(corner of Lake and Mammoth Road)
Manchester, NH

The Farnum Center has invited Al-Anon to share with families of loved ones in recovery. *You do not have to be a long-time Al-Anon member to get involved.* This is not a formal meeting setup, but a more informal setting. We are looking for people to share what brought them to Al-Anon and personal benefits—your experience, strength and hope. Two people usually go to each location. You are never expected to go alone. If interested, you will be paired with someone in Al-Anon who has already participated in one of these visits.

For more information contact Patti S. (603) 370-1316.

We are at the Farnum Center the 3rd full week of each Month.

Wednesday mornings 9:30-11:30 AM.
Wednesday evenings 5:30 – 7:30 PMPM

ACRONYM TIME

EGO

Easing God Out

Alateen Meetings

No Longer Alone Alateen
Monday at 7PM
Faithbridge Church
3015 S Main St.,
Manchester NH 03102
Use Milford Street-Office Door-Second Floor

Souhegan Valley Alateen
Thursday 4 PM
Boys & Girls Club of Souhegan Valley
56 Mont Vernon Street
Milford, NH
Age range 12-18
Meets in music room next to theater lobby.

Our gratitude to all AMIAS* and those who helped train them for this important service.
Al-Anon supports you!

(*Al-Anon members in Alateen Service)



Anniversaries

South Berwick Monday Morning
31st Anniversary
November 4 10 AM-1 PM
First Parish Federated Church
Academy Street
South Berwick, ME
AA and Al-Anon speakers
Pot luck

Concord Thursday Noon 12&12
30th Anniversary
Thursday, December 5 Noon to 2 PM
First Congregational Church
177 N. Main Street
Concord, NH
Entrance on Washington Street
AA&Al-Anon Speakers
Refreshments

AA International Convention

Online registration for Alcoholics Anonymous' (A.A.) International Convention with Al-Anon participation is open. The Convention will be held July 2–5, 2020 in Detroit, Michigan with the theme "Love and Tolerance is our Code." A.A. members and guests from around the world will celebrate A.A.'s 85th year at this event with big meetings held Friday night, Saturday night, and Sunday morning in the Ford Field Stadium.

Advanced registration for the Convention is available through April 15, 2020 for \$115.00 US per attendee. Registration after April 15, 2020 will be \$140.00 US per attendee.

Al-Anon participation will include a variety of sessions held during the day on Friday and Saturday. Al-Anon members are also welcome to attend the A.A. big meetings. Many attendees come early or stay late for a vacation. There are many fun things to do, so see you in Detroit!

Save the Date
Massachusetts 2020 Al-Anon
Convention
Celebrate Recovery
with AA and Alateen participation
April 3-5
Framingham Sheraton



Al-Anon World Service Committee
November 17 Noon-3 PM
Concord Hospital
250 Pleasant Street
The last meeting for the current panel
All Al-Anons welcome
Come early for fellowship and food

You don't have to give up your anonymity to share on Al-Anon social media. When you visit the members' section at www.al-anon.org you can enjoy the member blog. There are Al-Anon and Alateen Facebook pages. With these tips from the World Service Office you can share online and still retain privacy.

"Following" or "Liking" – "Following" (or "Liking") an Al-Anon WSO social media page does not constitute membership in the program. Social media pages are public to allow individuals and organizations to follow them and engage by liking and sharing content they value. Consider other causes you may follow. Individuals can follow a page devoted to a cause and even engage by sharing content regardless of whether they have personally been affected by that person, place or thing.

Carrying the message – It's easy to carry Al-Anon's message of hope on social media without violating anyone's anonymity. Here are a few tips:

- Write your comments in "third person", i.e. "I know a lot of people who were helped by going to Al-Anon meetings."
- Use hashtags to insert your shared message into the searches for those key terms., i.e. "#AlAnon provides support to anyone affected by the #FamilyDisease of #alcoholism."
- Feel free to create a social media alias but refrain from creating a name that includes Al-Anon or Alateen, i.e. Al-Anon Bob.
- Avoid referring to your direct experience in Al-Anon in "first person":
 - "I have been in Al-Anon for 9 years and it really helped my family."
 - "Jane Smith, we need to share this with Al-Anon members in our district."

Message of hope – Please join Al-Anon members around the globe and carry Al-Anon's message of hope to families and friends of alcoholics who may not know there is support available to them. Get Connected to: [Al-Anon](#) and [Alateen](#). If you have any questions, please contact the WSO, digital@al-anon.org.