



Oregon Area Al-Anon/Alateen

Communicator

February 2016 Issue

Upcoming Events		
Feb 20 8:30AM	Area World Service Committee (AWSC) Meeting	St Matthews Episcopal Church 4110 River Road, Eugene, OR 97404
Mar 11	Reflections Al-Anon Speakers Meeting	Mt Scott Community Center ~ Auditorium 5530 SE 72nd Ave Portland, OR 97206
Mar 19 8:30AM	Oregon Area Assembly	Salem Scottish Rite Center, 4090 Commercial St SE, Salem, OR 97302
Mar 19 6PM	Al-Anon's 65 th Birthday Potato /Chili Feed Donna E, Regional Trustee	Salem Scottish Rite Center, 4090 Commercial St SE, Salem, OR 97302
Apr 08	Reflections Al-Anon Speakers Meeting	Mt Scott Community Center ~ Auditorium 5530 SE 72nd Ave Portland, OR 97206
Apr 16	Al-Anon's 65 th Birthday Open House	World Service Office 1600 Corporate Landing Parkway, Virginia Beach, Virginia 23454.
Apr 23	District 7 Chili Feed	St. Vincent de Paul Medford
May 13- May 15	State Speakers Meeting	5440 SE Kellogg Creek Dr, Milwaukie, OR 97222
July 6- 8, 2018	Al-Anon's International Convention	Baltimore, Maryland

For additional information on these events go to:

<http://oregonal-anon.org/events.html>

If you would like an event listed in the June issue of the Communicator send an email to: communicator-@oregonal-anon.org by the June 1st deadline.

Welcome to the first edition of the Communicator for Panel 56.

I am delighted to serve Oregon Area Al-Anon as the new Oregon Area Communicator newsletter editor for panel 56. In the past I was editor of a district newsletter when I lived in Vancouver WA. I really enjoyed doing that and am looking forward to serving you.

What would you like to see in the communicator?

I would like to include a small section for humorous Al-Anon stories. Please share if you have one. If you have an Al-Anon Puzzle (crossword, find-a-word, or ?) you would like to share, that would be great.

There will be an Alateen section. So if you are an Alateen, we would like to hear from you. Please pass this on to any Alateens that you know.

Some other sections might be, Public Outreach, personal sharings and Service sharings. What other ideas do you have?

I want to thank those that submitted articles.

I look forward to seeing what everyone submits for the June edition. Don't forget the deadline is Jun 1st.

Donelda H.

Oregon Area Communicator Editor



RIC B. will not be coming to Oregon in March. Donna E, our Regional Trustee will speak.

Delegate's Report

Realizing our Spiritual Potential

“In 1955, the state conference for both the AA’s and Al-Anon was held in Eugene at the fairgrounds. Al-Anons served an informal tea at “Friendly House”. The first Al-Anon state assembly was held in Eugene in 1961. At this time we moved from state officers to general service. We elected our first delegate, Gertrude, to the New York Conference. In 1965 we held another state conference at the University of Oregon. This time our tea was on the lawn at the U of O”¹

From there..... look how far we’ve come.

A couple of our pioneers were Mayme and Phyllis. They put the history above together back in 1977. Another pioneer still with us is Eileen in the Grants Pass area. They got to be part of our spiritual potential beginning. Can we envision what we’d like our Area to look like in 50 years? Can we see that we’ve only tapped into our spiritual potential?

There’s a poem I like that emulates our Oregon Al-Anon history. The author talks about the unknown power of a dream. Some won’t know the beginning, but can watch it grow and add to it, watch pieces of it fit and form together. Can we imagine a thought changing the world we live in?

Every panel, every one of you, brings ideas and dreams and spiritual potential. We can expand and realize our own individual spiritual process with each other for ourselves as well as for Al-Anon as a whole. As delegate, my part is to listen to the heart of the area, report it to the WSC (World Service Conference) and to share what other areas are doing. I love that we get to share our individual spiritual potential with each other as we begin to realize our Area’s spiritual potential.

Cindy Erickson, Delegate Panel 56

¹ 25 years of Service

Chair Share

**Barbara S.,
Oregon Area Chairperson**



Hey y’all. I begin with a confession as your new Area Chairperson. Going on 17 years ago there was a dusty old copy of When I Got Busy, I Got Better (P-78) in the CAL collection of my first home group. I clearly remember chuckling to myself because it seemed a step backwards- the title is directly related to one of the symptoms that brought me here – extreme “busyness”. What I read was “When I Got Busy, I Got Dangerous!” Holding life together without Recovery was and continues to be threatening to every aspect of my health. At some point I read that CAL and it clearly was about the value of Service (our third Legacy). Yet still, even in service I must watch out for this character defect.

As we approach our first Assembly the responsibility of this new job still feels strange. There have been transition tasks since the election in November, always with plenty of support but at times it has felt like I’m dancing backwards in high heels as Ginger Rogers said. In these early challenges, your counsel and support always reminded me that it’s a WE program, to share the burden, and that Busy the Bully is no longer welcome in my Recovery.

The first time I sat down in the Rooms, there was no denying that my life was unmanageable, and you accepted me. Over sixteen years later, I stood for this position not motivated by confidence that I could do it perfectly, but motivated by the awareness that willingness and humility is far more important than experience or skill. I stood because a voice inside said – “Barbara, you can’t do this – but I can do it in you. We can continue to change and free you if you will trust the process.”

Let’s see if I grow and change as was promised. My intention is to dance backward in high heels - listening to the music, regularly changing partners, learning new steps so I can avoid doing the foxtrot when a tango is playing. I want to move through life full of gratitude, joyfully and gracefully attracting others to join us in the freeing dance of Service.

Alateen Talks

This is our non-appeal letter!!

We have a healthy bank account because of your past generous donations. We haven't needed to ask for money from the Oregon Area because of our fund raising efforts and your group donations. And now, we are excited to share with you that we, the Oregon Alateen Conference will NOT be asking for your group financial support in 2016! We will continue to provide scholarships to those teens that need them.

You were so generous during our first four years. Many teens received 1/2 scholarships of \$45.00 and a few received full scholarships so that they could attend OAC. The recovery and growth that happened at OAC was amazing and you helped our teens get better with your financial support. We and the Alateens are forever grateful!!

If you are still interested in supporting Alateens in getting to OAC, please consider helping your local Alateen groups and their teens. They will be having fundraisers to pay for their 1/2 of the registration fee and for gas money and meals during the trip to OAC. They also try to attend other Alateen Conferences. We know that the Alateens would appreciate your direct monetary support of their efforts!

The Oregon Alateen Conference will celebrate their fifth year in 2016!!! The conference will be August 5- Aug.7, 2016 at the Molalla Retreat Center!! Our new OAC committee is ready and raring to go!

Mark is our new OAC Chairman. He and other members of the OAC committee are willing to speak at your local Al-Anon events. Feel free to invite them to share their experience, strength and hope!! We hope that you'll continue with your emotional support of OAC in 2016.

Love in OAC Service,
Mark M.-Chair
Jim A. -Sponsor
Ana R.-Treasurer

Website Coordinator



Hello & welcome to flight P-56.

We are prepared to take off into the new PANEL.

Please make sure your GRATITUDES & BLESSINGS are secured & locked in an upright position.

All self-destructive devices should be turned off at this time.

All doubt, fear & discouragement should be safely put away.

Should we lose altitude under pressure during the flight, reach up & pull down a PRAYER.

Prayers will automatically be activated by The GOD of YOUR UNDERSTANDING.

Once your SPIRITUAL AWAKENING is activated you can assist others.

There will be no BAGGAGE allowed on this flight.

The captain has cleared us for take-off. Destination: "Love-In-Action"

Hello my brothers and sisters in recovery, I am Regis, blessed to be serving temporarily as your Website Coordinator. Since this on-line resource is often the first face of Al-Anon that newcomers see, I will strive with the best of my abilities to serve you all. This website is how I found my way to my first room! Additionally, this site serves AFGs throughout the entire state, especially those in service with resources such as meeting minutes, the Oregon Area Handbook, and the calendar with flyers on up-coming events. I look forward to working with the Group Records Coordinator, Secretary and Flyer Approval Committee to ensure your website is a reliable source of information. It will be my privilege to stand for the Panel 56 position soon. It is my hope to design and implement improvements for greater usability so that this site can be a valuable resource for everyone.



Deadline fast approaching don't miss this!

Al-Anon Program Survey

This anonymous survey is open for all members' participation, from January 15 - February 26, 2016.

The purpose of this survey is to gather feedback about some of the WSO's messages to the fellowship. The survey should take no longer than ten minutes to complete. <https://www.surveymonkey.com/r/Al-AnonProgramSurvey>

Area Archives Report - February 2016

The Oregon Area Archives files were moved from Milwaukie to Baker City at the end of December 2015. This was an undertaking that could not have happened without the help of some very kind and generous individuals! Just another example of the power of working together with our friends in the Program and all of our Higher Powers! We moved 3 file cabinets as well as several boxes of documents that I am in the process of organizing as I write this.

As the new Archives Coordinator, I am looking forward to a learning and growth experience in this service position. Since I am somewhat of a history buff, I'm sure this is going to be a fun undertaking, and I know that with the help and support of those who have come before me, I will succeed and learn a lot in the process.

Thank you, Al-Anon Area 47, for putting your trust in me to care for these very important historical items for the next three years.

Respectfully,

Jan D.
Oregon Area Archives Coordinator/Panel 56



Al-Anon's daily reader *Courage to Change* is now available as an audiobook (eA-16)!

Contact your favorite audio vendor for more information. Listening length is nine hours and 14 minutes. The audio book is sold as a downloadable MP3 file through these vendors, rather than directly from Al-Anon, because they have the technology that can provide copyright protection for our literature. In accordance with our policy on anonymity, the narrators are not identified.

2016 State Speakers Meeting (SSM)

Hello Everyone! Join us as we Celebrate the MAGIC of Recovery!

We are very excited that the new year is here and the Al-Anon 2016 State Speakers Meeting (SSM) planning for May 13th, 14th and 15th is in full swing! We have our speakers lined up, and are planning lots of meetings, panels and fun activities throughout the weekend!



Volunteers of all stripes are needed and we will soon have sign-up sheets distributed. Don't hesitate to call, or email anytime to offer your help for May 13th, 14th and/or 15th! Email Caralynn W at: cdoubleyou5@gmail.com

Remember, if you have a hidden or not-so-hidden talent, the talent show is forming now. This is going to be a fantastic fare of food, fun and fellowship as we Celebrate the MAGIC of Recovery! We look forward to hearing from you!

Come One, Come ALL! Registration form is on the back of the flyer and on the web sites.

Excitedly!!!!

2016 SSM committee



How Has Being of Service Helped Your Recovery?

We would love to hear your story about how Al-Anon service has helped your recovery. Also what got you into service. Please send your sharings to: communicator-@oregonal-anon.org by June 1st, 2016

Ask it Basket Questions From November 2015 Assembly

1. Why is transition from panel 53 to 56? Not to 54? **Answer: See Service manual Page 173. Each panel serves a 3 year term (Colleen served panel 53 for the years 2013, 14, 15) One third of all delegates are elected every 3 years for a 3 year term.**

2. IF someone is elected by gr's who do not have negative info about a candidate, can this person be removed from office for violation of trusted servant status for illegal activity? **Answer: ALAnon is not punitive, See Warranty 4.**

3. Under what circumstances can a delegate be asked to leave office? **Answer: If someone is not doing their job or not going to meetings we can certainly talk to them. Try to reason things out.**

4. What Action would be taken if a person under 18 showed up and wanted to participate in a meeting? **Answer: Service manual page 33 last sentence. Page 33 is about Alateen meetings. Anyone age 1318 can attend Alateen. ALAnon is also for Alateen when no Alateen meeting is available. Members decided for themselves if they belong in ALAnon, we do not Police our meetings.**

5. Our group chooses not to do the "keep coming back chant..." at the end of our meeting. What are the pros and cons to share with my group for the reason why? **Answer: The Service Manual page 10 has a meeting format, with the suggested closing on page 22. Lois herself said to close our meetings with a spiritual moment. Chants have been discussed at the world service conference and you can search the summaries for those discussions. Always remember the newcomers when changing group formats.**

6. I have heard 2 people, when speaking, they are from panel 41 what is panel 41? **Answer: At first I thought I misheard. Oregon Area guidelines ask when members go to speak to say their name, district and position. These persons served on**

panel 41 (the years 2001, 2002 and 2003).

7. Pg 63 of the Service manual says: "ALAnon information Service (AIS) is a local service established and maintained by one or more districts or by groups?" Therefore, if AIS is established by the district, and the district has voted not to participate in a non-AA sanctioned event. How/why would AIS choose to participate by providing a literature table, distributing flyers announcing ALAnon participation and recruiting within district groups for volunteers and speakers and encouraging ALAnon to attend? Who has authority? District or AIS? **Answer: Every group, district and AIS is autonomous...(Tradition 4). Groups have different members, different ideas, different input and make changes through their group conscience. We need to remember the second part of Tradition 4, except in matters affecting another group, ALAnon or AA as a whole.**

8. When someone stands for the delegate position (or any other position) and is unqualified because they have violated trusted servant principles or have committed illegal acts during a previous panel or time frame and voting GRs don't know about this, how can this vital breach of information be shared with voting GRs? Who will share it? What happens if people who know do not make it known? **Answer: Our area does give time to those who do have something to say. If no one comes to the mic, that is their choice. Unqualified, violated principles committed illegal acts??? This could mean many different things to many members. Are you comfortable talking to this person or maybe having a group talk with them? We are not punitive and we do have faith in our Higher Power. So maybe turn it over and trust that more shall be revealed?**



Acronym	Meaning
AAPP	Area Alateen Process Person
AFG	Al-Anon Family Groups
AIS	Al-Anon Information Service
AISL	Al-Anon Information Service Liaison
AMIAS	Al-Anon Members Involved in Alateen Service
ATF	Area Travel Fund
AWSC	Area World Service Committee
CAI	Chosen Agenda Item
CAL	Conference Approved Literature
CMA	Current Mailing Address
CPC	Cooperation with the Professional Community
DR	District Representative
ECRPM	Executive Committee for Real Property Management
ETF	Equalized Travel Fund
GR	Group Representative
GSO	General Service Office
IAGSM	International Al-Anon General Services Meeting
ISR	Information Service Representative
KBDM	Knowledge Based Decision Making
LDC	Literature Distribution Center
NWDM	North West Delegates Meeting
OAH	Oregon Area Handbook
ODAT	One Day At a Time
PI	Public Information
PO	Public Outreach
PRASSA	Pacific Region Alcoholics Anonymous Service Assembly
PSA	Public Service Announcement
RT	Regional Trustee
SM	Service Manual
SSM	State Speakers Meeting
TAL	Trustee At Large
TEAM	Together Empowering Al-Anon Members
WSC	World Service Conference
WSD	World Service Delegate
WSO	World Service Office

Letter from WSO Finance Committee Chairperson

Dear Al-Anon and Alateen group members,

For several years, your group has received a free copy of The Forum. This service provided by the World Service Office costs over \$100,000 a year. Due to decreased literature sales and increased costs, your Finance Committee has decided to discontinue sending free copies with the March 2016 issue for a one-year trial. The Committee has a fiscal responsibility to keep a watchful eye on Al-Anon's expenditures and make adjustments when necessary. Budget constraints make this decision necessary.

We are not discontinuing the magazine – only the distribution of the free monthly copies to the English-speaking groups. You can continue to read The Forum with a paid group subscription. Also, individual members can subscribe electronically for \$1.49 per issue and access the magazine by smart phone or other device. Al-Anon's monthly magazine contains meaningful sharings of experience, strength, and hope from members around the world. Don't miss out!

We are sorry for the necessity of discontinuing free copies, but hope your group has appreciated receiving The Forum.

In grateful service,
Jennie M., Treasurer, Al-Anon Family Groups, Inc.,
WSO Finance Committee Chairperson



Your sharings are needed for the new daily reader.

For all of the details go to: <http://www.al-anon.org/members/pdf/WeStiilNeedYourExperience.pdf>

Panel 56 - Action Committees

Action Committee Purpose	Members	Panel 56
GROUP SERVICES		
1. Strive to maintain accurate CMAs (current mailing addresses) 2. Educate the Area membership about Alateen and continuously promote active involvement 3. Educate and reach out to new and seasoned GRs and the Groups they represent to assist them with Group issues. 4. Encourage and educate GRs to pass information through the links of service 5. Encourage Groups to maintain the ongoing Group History, providing education as needed 2	Alateen Coordinator	Linda S.
	Archivist	Jan D.
	Group Records C.	Kate R.
	Area Chairperson	Barbara S.
	Past Delegate	
	AAPP	Joanne C.
	District Rep	
	District Rep	
	Group Reps	Coming soon!
MEMBERSHIP OUTREACH		
1. To find ways to communicate to the individual members within the fellowship about Al-Anon and Alateen activities. 2. To cooperate and share information encouraging Al-Anon participation in service meetings, T.E.A.M. meetings, State Speakers meetings, and International conventions 3. Come together renewing the commitment to serve, strengthen unity, and actively listen to the concerns of the members. 4. To use the Oregon Area website and The Communicator as the major communication tools to the membership	Communicator Editor	Donelda H.
	AIS Liaison	(Eugene)
	Website Coordinator	Regis P.
	Area Secretary	Mary Lynn J.
	Past Delegate	
	District Rep	
	District Rep	
	Group Reps	Coming Soon!
FELLOWSHIP COMMUNICATION		
To encourage the use of Conference Approved Literature and the Forum; to encourage members to share their experience, strength and hope in articles for the Forum and other literature; to provide guidance on the use of literature and the Forum at group meetings and outreach activities	Forum Coordinator	Lainey J.
	Literature C.	Caralynn W.
	AIS Liaison	(Portland)
	Past Delegate	
	District Reps	
	Group Reps	Coming Soon!
PUBLIC OUTREACH		
To be the communication voice for Al-Anon to the general public; to attract the newcomer and inform professionals about the Al- Anon/Alateen program; to provide knowledge and generate public good will toward Al-Anon; to encourage individual members to become involved in public outreach efforts.	Public Information C.	Tama S.
	CPC Coordinator	Scott R.
	Past Delegate	
	District Reps	
	District Reps	
	Group Reps	Coming Soon!
BUSINESS SERVICES		
To increase knowledge and understanding on all financial matters of the business of Al-Anon; to facilitate the Oregon Area in conducting effective business meetings.	Audit Budget	Barb B.
	Audit Budget	Kaye S.
	Audit Budget	
	Area Treasurer	Dawn K.
	Past Delegate	
	District Rep	
	District Rep	
	Group Reps	Coming Soon!

Who is Who in Oregon Area - Officers, Coordinators and Past Delegates

Delegate	Cindy E	Oregon-delegate@oregonal-anon.org
Alternate Delegate	Sue B	alternateOregon-delegate@oregonal-anon.org
Chairperson	Barbara S	chair-person@oregonal-anon.org
Secretary	Mary Lynn J	secretary-@oregonal-anon.org
Treasurer	Dawn K	treasurer-@oregonal-anon.org
AAPP	Joanne C	alateen_process_person@oregonal-anon.org
Alateen	Linda S	alateen-@oregonal-anon.org
Archives	Jan D	archives-@oregonal-anon.org
Communicator	Donelda H	communicator-@oregonal-anon.org
CPC	Scott R	cpc-@oregonal-anon.org
Forum	Lainey J	forum-@oregonal-anon.org
Group Records	Kate R	group-records@oregonal-anon.org
Literature	Caralynn W	literature-@oregonal-anon.org
Public Information	Tama S	publicinfo-@oregonal-anon.org
Website	Regis P	webmaster-@oregonal-anon.org
Panel 20	Jan M	panel-20@oregonal-anon.org
Panel 26	Eileen B	panel-26@oregonal-anon.org
Panel 32	Bea J	panel-32@oregonal-anon.org
Panel 38	Bunny G	panel-38@oregonal-anon.org
Panel 41	Judy J	panel-41@oregonal-anon.org
Panel 44	Susan H	panel-44@oregonal-anon.org
Panel 47	Roland C	panel-47@oregonal-anon.org
Panel 50	Bette R	panel-50@oregonal-anon.org
Panel 53	Colleen G	panel-53@oregonal-anon.org



If you have an **event flyer** you would like have published in the communicator, be sure to read the flyer guidelines, and how to submit, in the Oregon Area Handbook http://oregonal-anon.org/handbook/Handbook_section_6_Nov_30_2012.pdf . When submitting the flyer to the flyer approval committee (flyer-approval-committee@OregonAI-Anon.org), be sure to state that you would like it in the Communicator as well as the website.

Service Opportunities at the State Level

Letter from our Chairperson -Barbara S.

At the beginning of the panel, the Area Chair appoints eight members to serve on three committees. I asked Rita, the former Chair, about how to do this task and she gave me sound counsel. Thank you Rita. Two committees require that the appointees are currently part of the AWSC, but the Audit Budget Committee is open to any members with the necessary financial skills.

What a great opportunity to invite someone to join us in Area service! District Representatives, think about who is representing Al-Anon in Area service from your District, are there members who would benefit from the fellowship and growth of service? Are there members you'd enjoy traveling and rooming with? Encourage them to stand. these folks will have support and find fellowship in the work. Last panel's Flyer Committee agreed earlier to serve until they are replaced (thank you Melissa and Donelda!). They and the Audit Budget Committee from last term will assist with transition and training for the new committees.

To express interest, complete a Trusted Servant Profile and Email it to me ASAP (previous deadline is passed) You may volunteer for more than one committee but will be appointed to only one. Our Delegate, Cindy, and I plan to confer on these appointments. We'll prayerfully review the Trusted Servant Profiles and come to a group conscience.

Yet to be appointed for Panel 56 Service

* for the *Area Alateen Standing Committee*: 1 District Representative and 1 Audit Budget Committee member. Guidelines for this committee are attached.

* for the *Flyer Committee*: 3 Area World Service Committee (WSC) members, details in Oregon Area Handbook Section VI pg 21-22.

* for *Audit Budget Committee*: 3 Al-Anon members with bookkeeping skills, details in Oregon Area Handbook Section II pg 15.

Just like many of you, I've been working on transition tasks since November, and this Email has been composing itself in my head for a while. Tonight, this task became spiritually alive for me with the insight that 8 members will respond to it and grow in this service. Do you feel it?

Thanks for your attention but especially thanks for every minute you put into your own Recovery and every gesture you make to share that Recovery with others.

*Al-Anon Family Groups' 2016 World Service Conference Theme:
Realizing Our Spiritual Potential*

Barbara S. ~ Oregon Area Chair, Panel 56

barbseeafg@gmail.com

Call or Text [503-576-1402](tel:503-576-1402)

Jun 2012 Portland 4: The Oregon Area accepts the Oregon Alateen Conference (OAC) as an official part of the Area. The motion was made and passed. P Jun 2012 Portland 5 Establish an Area Alateen Standing Committee comprised of AAPP, Alateen coordinator, a member of the audit budget committee and a DR that reviews contracts, offers suggestions for the Alateen Conferences budget, and determines the financial impact of proposed Conference plans. The motion was made and passed.

Feb 14 Portland 1: motion That Oregon Alateens involved in fundraising for OAC be allowed to attend AWSC and Assembly for fundraising on a trial basis until the end of panel 53, December 2015. Motion passed by substantial unanimity.

Oregon Area Al-Anon Family Groups: **Guidelines**

Alateen Standing Committee

TERM LENGTH: Three Years (Beginning January 1, after appointment)

DESCRIPTION: established by Area Motion in July 2012, committee members are the Alternate Delegate (Chair), the Area Alateen Coordinator, the Area Alateen Process Person, and a member appointed by the Area Chairperson who is currently active as a District Representative or with DR experience. Committee members have voice and vote at the Area World Service Committee (AWSC) meetings and voice only at Assemblies unless also a GR.

The primary purpose is to represent the interests of the Oregon Area in regards to the Oregon Alateen Conference (OAC) by “reviewing contracts, offering suggestions for the Alateen Conference budget, and determining the financial impact of proposed Conference plans. It is to present an annual report at Assemblies and to The COMMUNICATOR. The secondary purpose is to encourage effective communication and support throughout the Oregon Area for Alateen by cooperatively hosting annual training for District Representatives.

Serving on this committee requires access to a computer, its programs and the Internet. Although not a requirement, a Service Sponsor is highly recommended.

RESPONSIBILITIES:

- Become thoroughly familiar with the Service Manual and Oregon Area Handbook.
- Review OAC budget and audit records in detail
- Annual Report to Communicator (when?)
- Inform District Representatives on Alateen Service Events, the Alateen Groups and the Alateen Member in Alateen Service (AMIAS) processes - each June AWSC or July Assembly as needed
- Participate in Email communications via an Alateen Standing Committee Email group

Trusted Servant Profile

Please use this page to provide a brief summary regarding your desire to stand for this position and ***please print.***
Using this form is ***optional.***

Position(s) sought: _____

Name (First and Last): _____

District Number and Home Group Name: _____

Current service position: _____

Please list your previous service experience/positions and dates: _____

How have your previous service positions helped to prepare you to serve in this position?: _____

Tell us something about yourself: _____

Why do you want this position?: _____

Describe how you would be directly responsible to those you serve: _____

Have you read the position description for this position in the Oregon Area Handbook? Yes _____ No _____

If there are Guidelines from WSO for this position, have you read them? Yes _____ No _____

Time in AI-Anon _____ Time in AI-Anon service _____ Today's date _____

Oregon Area AI-Anon encourages the use of a Service Sponsor by anyone serving in an Area Position.

Oregon Area Al-Anon/Alateen Contributions for the Year 2015

District No-Name	Amount	District No-Name	Amount	District No-Name	Amount
01-Clatskanie Monday Nite AFG #31210	\$20.00	07-Caring and Sharing AFG #11864	\$25.00	11-Friends Of Lois AFG #30598758	\$150.00
01-Road To Serenity AFG #502148	\$140.00	07-Caring Friends AFG #63899	\$125.00	11-Gresham Daytimers AFG #31583	\$106.11
01-Turn-A-Round Tuesday AFG #11933	\$50.00	07-Changing Attitudes AFG #30549218	\$75.00	11-Keep It Simple #30548079	\$84.99
02-Happy Hour AFG #24535	\$100.00	07-Happy Hour AFG #46857	\$60.00	11-Men Recovering AFG #30622324	\$38.00
02-Recovery by The Sea AFG #30528773	\$75.00	07-How It Works AFG #502376	\$132.50	11-Morning Glory AFG #11893	\$48.00
02-Walport TGIF AFG #65499	\$120.00	07-It's About Me AFG #503137	\$67.50	11-New Beginnings AFG #11906	\$224.22
02-Wednesday Ones AFG #41038	\$20.00	07-Keep It Simple AFG #30613504	\$41.10	11-Sunday Serenity AFG #41909	\$32.00
03-Attitude of Gratitude AFG #11846	\$66.00	07-Live and Let Live AFG #37945	\$110.00	12-5 Plus AFG #45385	\$19.75
03-Cove Keep Coming Back AFG #54183	\$75.00	07-Monday Morning AFG #30644930	\$35.00	12-Came To Believe AFG #49011	\$48.00
03-Monday Lunch Bunch AFG #31608	\$30.00	07-Monday Night Sharing AFG #43026	\$100.00	12-De La Supervivencia A La ... #30583392	\$5.00
03-Saturday Morning AFG #66918	\$60.00	07-Moving On AFG #49209	\$195.00	12-Faith and Freedom AFG #49768	\$614.00
03-Wednesday Halfway AFG #501193	\$75.00	07-New Beginnings AFG #11859	\$75.00	12-Friday 12X12 AFG #30593172	\$30.00
04-Courage to Change #503138	\$352.50	07-New Hope AFG #11821	\$162.50	12-Laurelhurst AFG #28571	\$10.00
04-Discovering Choices #526350	\$20.00	07-Reaching Out AFG #11822	\$20.00	12-Melrose AFG #11891	\$62.06
04-Hope for Today Adult... AFG #60810	\$20.00	07-Saturday Morning AFG #42668	\$25.00	12-One Step at a Time Adult ... AFG #32717	\$188.55
04-Monday Brownbag Lunch AFG #33362	\$88.05	07-Serenity at Seven AFG #30519712	\$126.00	12-Progress AFG #11899	\$95.00
04-Paths to Recovery Book Study AFG #11795	\$25.00	07-Sunday Book Study #65436	\$75.00	12-Rainbow Recovery Thursday AFG #61804	\$32.50
04-Salems Primarily Parents AFG #30598438	\$210.00	07-Sunday Night AFG #45557	\$96.31	12-Serenity Seekers AFG #28716	\$138.19
04-Santiam AFG #25888	\$25.00	07-Three A's AFG #65299	\$240.00	13-Chrysalis AFG #40790	\$90.00
04-Wednesday Sunrise Serenity AFG #27849	\$109.80	07-Upper Rogue AFG #35473	\$60.50	13-Soco Tri City AFG #30555414	\$10.00
04-Women's Tuesday Night AFG #502013	\$180.00	07-Wednesday Noon AFG #49615	\$200.00	13-Tuesday Brown Baggers AFG #30505689	\$80.00
05-Bend Women's Writing Discuss. #503105	\$100.00	08-Bandon AFG #65332	\$50.00	14-Courage to Change AFG #503133	\$96.00
05-Brown Baggers #30849	\$83.90	08-Siuslaw AFG #63982	\$24.00	14-Paths to Recovery #62957	\$51.75
05-Central Oregon AFG #11915	\$180.00	08-The Next Step AFG #66131	\$120.00	14-Recovery And Relationships AFG #48216	\$84.00
05-Happy Our Beginners Meeting AFG #53846	\$345.00	09-Early Morning Meditation AFG #63650	\$45.00	14-Sunrise Serenity AFG #30555873	\$84.00
05-Sunday Evening Group AFG #11776	\$52.00	09-Growing Toward Wisdom Men's AFG #46120	\$75.00	15-Tuesday Brown Baggers AFG #24708	\$25.00
05-Sunday Surrender AFG #30512301	\$43.00	09-Northwest at Noon AFG #39585	\$120.00	16-Albany Care and Share AFG #11763	\$50.00
05-Wednesday Noon AFG #11778	\$250.00	09-Overlook AFG #11887	\$240.00	16-Convallis AFG #11792	\$60.00
06-A Gathering Of Men AFG #30583374	\$51.30	09-Primarily Parents Too AFG #36979	\$321.07	16-Lebanon AFG #30903	\$100.00
06-First Creswell AFG #501273	\$50.00	09-St Helens Monday Nite Live AFG #11919	\$90.00	16-Parkside AFG #62224	\$232.72
06-Friday Noon Literature AFG #66558	\$150.71	09-Steps to Serenity AFG #64905	\$242.25	17-Discovering Choices #30549992	\$68.88
06-Friday Step Study AFG #36337	\$20.00	09-Weekend Survivors AFG #48901	\$24.97	17-How It Works AFG Recovery... #30552760	\$100.00
06-Friendly Thursday AFG #11802	\$25.00	10-Adult Sons & Daughters... AFG #32015	\$17.55	17-Hugs AFG #43501	\$234.00
06-Gifted With Life AFG #30507034	\$142.00	10-Aloha Monday Night AFG #11765	\$132.76	17-Molalla AFG #11866	\$30.00
06-Monday Noon AFG #11801	\$93.75	10-Beaverton Hearts AFG #11775	\$31.00	17-Monday Night Miracles AFG #30575188	\$125.00
06-Recovering w/ Literature AFG #30556858	\$60.00	10-Bent But Not Broken AFG #30611550	\$181.55	17-Mt Pleasant AFG #11875	\$283.42
06-Saturday Morning First Step AFG #51041	\$60.00	10-Family Lake Oswego AFG #23916	\$53.00	17-One Day at a Time AFG #30644703	\$41.32
06-Springfield Discussion #11938	\$120.00	10-Hillsboro Friday Nite AFG #49255	\$75.00	17-Paths to Recovery AFG #30588692	\$50.00
06-Steps For Growth #64441	\$10.00	10-Just For Me AFG #11950	\$109.00	17-Set Free AFG #27850	\$383.84
06-Steps To Change AFG #66587	\$67.50	10-Let Go Too AFG #500983	\$60.00	17-Stepping Up AFG #26317	\$200.00
06-The Three Legacies AFG #30593671	\$63.20	10-Love and Service AFG #30512807	\$82.50	17-Wednesday Night Hope #501380	\$105.00
06-Thu Night Liter. Study AFG #30578979	\$22.50	10-Love Gift and Gratitude AFG #54638	\$410.00	17-West Linn AFG #39839	\$88.50
06-Thursday Night New Persp AFG #30539362	\$30.00	10-Monday Night AFG #11945	\$149.62	District 01 AFG	\$200.00
06-Thursday Night Rush Hour AFG #30640643	\$8.65	10-New Me AFG #28974	\$72.00	District 05 AFG	\$715.02
06-Wednesday Night Recovery AFG #38809	\$60.00	10-Parents Aren't Perfect AFG #52018	\$240.13	District 06 AFG	\$600.00
06-Wednesday Night Serenity #11809	\$126.00	10-Safe Haven AFG #53207	\$129.85	District 11 AFG	\$90.00
06-Wednesday Noon Discussion #11808	\$65.00	10-Serenidad En Accion GFA #30571543	\$55.00	Oregon Alateen Conference	\$300.00
06-Westside Courage to Change AFG #53584	\$136.00	10-Valley AFG #11909	\$60.13	Total	\$16,110.87
07-Ashland Friday Night #23912	\$33.00	11-Eastside 11th Step AFG #0584167	\$38.40		

Oregon Area Al-Anon/Alateen Family Groups
Audited Financial Reports for 2015

Expenses

Delegate Fund

WSO ETF	\$2,447.00
Extra Day	\$118.47
Delegate Meeting	\$670.50
Delegate Travel	\$953.89
Delegate Miscellaneous	\$728.23

Working Fund Expense

Archive Rent	\$639.00
Area Travel Funds [ATF]	\$1,421.64
Communicator	\$76.52
SSM Advance	\$1,500.00
Assembly/AWSC Rent	\$2,559.06
Insurance	\$759.00

Assembly Allowance/Meal/Lodging

Officers	\$1,618.98
Audit/Budget	\$736.06
Coordinators	\$2,715.33
Past Delegates	\$728.06
AAPP Expenses	\$191.80

Officers Expenses

Alternate Delegate	\$15.00
Secretary	\$3.47
Treasurer	\$71.62

Assembly Expenses

Assembly Workshops	\$28.00
Business Services A.C.	\$96.00
Membership Outreach A.C.	\$20.49
Group Services A.C.	\$214.95
Fellowship Communication A.C.	\$570.00
Public Outreach	\$4,000.00
Audit Budget Extra Day + Exp	\$145.84

Coordinators

Alateen	\$103.85
Public Information	\$47.75
Web Coordinator	\$81.18

Delegate Meeting

Past Delegates	\$669.47
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Other

Contingency Fund	\$0.00
Equipment Supplies	\$9.35

Total Expenses \$23,940.51

Revenue

Group Contributions	\$16,110.87
Assembly Registrations	\$2,085.00
State Speaker Meeting	\$4,259.46
Advances	\$1,500.00
Miscellaneous	\$1.94
Total Revenue	<u>\$23,957.27</u>


Oregon Area Al-Anon Bank Accounts

Balance Forward 12/31/2014	\$13,566.93
Deposits for 2015	\$23,957.27
Disbursements for 2015	-\$23,940.51
Balance as of 12/31/2015	<u>\$13,583.69</u>

Please remember to put Group Name, WSO group number and District number on check.
 Mail all contributions to Oregon Area Treasurer:
 Oregon Area AFG - Care of Dawn Killough
 3959 Holt Loop NE, Salem, OR 97305

Other Reminders and Suggestions:

- Open a free checking account for your group if you don't have one.
- Have your group information preprinted on your checks.
- Use your CMA [Current Mailing Address] on your preprinted checks
- Ask your District Representative for the pre-addressed envelope to the Oregon Area Treasurer.



Oregon Area AFG
District 4 Invites You to
Celebrate Al-Anon's
65th Birthday With Us!

All Al-Anon & Alateen
members are welcome
to come to the March
2016 Assembly in Salem
and PARTY!!!

Friday, Mar 18

Sharing Meeting 7 pm to 8:30 pm

Saturday, Mar 19

Assembly 8:30 am to 5 pm – Suggested \$10 donation to Area funds
Potato/Chili Feed Hosted by Dist 4 - 6 pm

*Suggested \$5 donation. Proceeds go to Dist 4.
Receipts will be available.*

Performance of the award-winning "Committee In Bob's Head" by
the award-winning Salem Area Al-Anon Players 7 pm

Speaker – Donna E, Helena, MT 7:30 pm to 8:30 pm

Sunday, Mar 20

Assembly 8:30 am to 12 pm

March 18-20, 2016

Salem Scottish Rite Center, 4090 Commercial St SE, Salem, OR 97302

Contact Dawn K, District 4 DR, at 503-507-2335 or dawnkdist4@comcast.net
for additional information

List of hotels, restaurants, and directions are on back



Friday, March 11, 2016 @ 7:30 p.m.

*Does someone's drinking bother you?
If so join us.*

Reflections



**Al-Anon Speakers Meeting
2nd Friday of each month**

**Mt Scott Community Center ~ Auditorium
5530 SE 72nd Ave
Portland, OR 97206**

Welcome Speakers

Gabe A.

***NW at Noon
AFG***


Greg E.

***H.U.G.S.
AFG***

Come celebrate your Al-Anon birthday, get your commemorative coin & hugs!!

Parking options

- No worries...catch the bus (#10 Harold, #14 Hawthorne)
- Lot entrance off SE Harold & SE 73rd Ave.
- Street parking around entire park block
- Mt. Scott Presbyterian Church offers use of their parking lot as a courtesy. Please do not use when "Church Parking Only" sign posted



Sponsored by
Portland
AIS

Need Directions? City of Portland website for MSCC
[http://www.portlandonline.com/parks/finder/index.cfm?
&propertyid=1120&action=ViewMap](http://www.portlandonline.com/parks/finder/index.cfm?&propertyid=1120&action=ViewMap)

Need more info? Want to be on our email distribution or join the committee?

AFGReflections@gmail.com

Purpose:

To provide a safe, warm, & loving atmosphere for Al-Anon Speakers.

Did You Know?

Reflections is one of the few “All Al-Anon” speaker meetings in the country!

Who We Are

- Established in 1988 and held meetings at Portland Alano Club for 1st year.
- After 1st year, relocated to Trinity Episcopal (NW Portland).
- 2001-July 2005, meeting held at Portland State University.
- July 2005-June 2013, meeting held at OHSU Dental School.
- September 2013 – present, Mt. Scott Community Center (MSCC)
- Reflections is self-supporting through voluntary contributions. Proceeds beyond expenses distributed to Portland AIS, Vanc. Public Outreach, WSO.
- For many years, there were 15-20 committee members pitching in to make meetings successful. Attendance was about 75 people/month.
- The current Reflections Committee includes only 4-5 members and average attendance is only 30 people/month.
- We welcome visitors to attend our committee meetings, which include a potluck and an Al-Anon meeting after business meeting.
- The committee meets on the Monday preceding the 2nd Friday of each month. If you'd like to attend a committee meeting, please call or email so we can provide the date, time, location, etc.

Chairperson	Theresa P.	(360) 910-3350
Treasurer	Charlotte S.	(360) 574-1957
Secretary	Greg E.	(503) 652-1518
AIS Liaison	Theresa P.	(360) 910-3350
Speaker Coordinator	Kait S.	(503) 760-7664
Correspondence	Alison W.	(503) 515-1423
Raffle Tickets	OPEN	
Coin Inventory	Libby F.	
Flyers & Email	Theresa P.	(360) 910-3350
Facility Coordinator(s)	Theresa P./ Charlotte S.	
Archives (digitizing project)	OPEN	
Forms & Policies (business records)	Charlotte S.	(360) 574-1957

How to Contact Us

- Call a committee member or email AFGReflections@gmail.com
- Download our monthly meeting flyer from the Portland Al-Anon Information Services Office website www.al-anonportlandoregon.org

CELEBRATE THE

MAGIC

OF

RECOVERY!



Oregon State Speakers Meeting

May 13, 14 and 15, 2016

Milwaukie Center

5440 SE Kellogg Creek Dr.

Milwaukie, Oregon 97222

Diversity
Panel

Al-Anon and
AA Meetings

Al-Anon Speaker and Workshop: Beverly B.

from Lewisville, Texas

AA Speaker: Al S.

Alateen: Panel

Workshops

Talent
Show

All Al-Anon, Alateen and AA members
are invited

Hispanic
Meetings

crafting
and More!

Fellowship

Contact Caralynn W. cdoubleyou5@gmail.com

503.704.7567

Hosted by
District 17
Proceeds go to Oregon Area
Al-Anon





HOTEL INFORMATION:

DEADLINE FOR HOTEL RESERVATION IS MAY 6, 2016

Comfort Suites Hotel - \$110.00 for 2 queen beds; \$95.00 for 1 king bed

(Handicap accessible rooms available)

15929 SE McKinley Avenue

Clackamas, OR 97015-9452

Contact Connie for reservations (503) 723-3450

FAX: (503)723-3449

Full Breakfast Included

EVENT REGISTRATION FORM:

Please Register Even If You Do Not Want To Purchase The Meal Package or other items

Use a Separate Registration Form For Each Person.

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

EMAIL: _____

PHONE: _____

MEAL PACKAGE: \$28.00 (includes Saturday Lunch and Dinner)

Deadline for food registration is May 6, 2016

Meal Package		\$ _____
Magic Hat and Wand iron on Patch:	Quantity _____ @ \$5.00 each	\$ _____
Magic Hat and Wand Baseball Cap:	Quantity _____ @ \$10.00 each	\$ _____
Voluntary Donation (\$10.00 suggested)		\$ _____

TOTAL: \$ _____

Make checks payable to: **SSM 2016**

Return your registration form to:
SSM 2016

c/o **W^m. E. (Bill) Whiteside**
PO Box 20881
Portland, OR 97294

May 13th 06:30pm - 10:00pm

May 14th 07:30am - 9:00pm

May 15th 08:30am - Noon

Full Schedule of events will be on the website soon!