



Oregon Area Al-Anon/Alateen

Communicator

October 2016 Issue

Upcoming Events		
Oct 15 8:15AM -5:30PM	AWSC Area World Service Committee	St Paul Lutheran Church, 3880 SE Brooklyn St, Portland, OR 97202, USA
Oct 22 9:30AM - noon	Westside Service Manual study	9375 SW Parkview Loop Beaverton 97008 (private residence)
Oct 29 5:30-9 pm	Portland Al-Anon Information Service Fundraiser	Tabor Space 5441 SE Belmont St, Portland OR 97215
Nov 1 9:30AM - noon	Al-Anon/Alateen Service Manual Study	14911 SE Woodland Way Milwaukie, OR 97267 (private residence)
Nov 18- 20 (see attached flyer)	Oregon Area Assembly	Embassy Suites Hotel 9000 SW Washington Square Road Tigard, OR 97223
Nov 26 9:30AM - noon	Westside Service Manual study	9375 SW Parkview Loop Beaverton 97008 (private residence)
Dec 3 9:30- 11:30	Dist. 6 Holiday Auction	North Park Community Church 3484 Harlow Rd, Eugene, OR 97401
Dec 3 9:30AM - noon	Al-Anon/Alateen Service Manual Study	14911 SE Woodland Way Milwaukie, OR 97267 (private residence)
Dec 24 9:30AM - noon	Westside Service Manual study	9375 SW Parkview Loop Beaverton 97008 (private residence)
Jan 7 9:30AM - noon	Al-Anon/Alateen Service Manual Study	14911 SE Woodland Way Milwaukie, OR 97267 (private residence)
Jan 13 7PM Jan 14	Reflections Speakers Meeting	Mt Scott Community Center Auditorium 7:30pm 5530 SE 72nd Ave Portland OR 97206
Jan 28 9:30AM - noon	Westside Service Manual study	9375 SW Parkview Loop Beaverton 97008 (private residence)
Feb 4	Al-Anon/Alateen	14911 SE Woodland Way

Upcoming Events		
9:30AM - noon	Service Manual Study	Milwaukie, OR 97267 (private residence)
Feb 18	AWSC Area World Service Committee	TBD
July 5-8, 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 February issue of the *Communicator* send an email to:
communicator-@oregonal-anon.org by the February 1st deadline. **Please be sure to put “Communicator” in the subject line.**



Do you have a personal photo you would like to share in the *Communicator* when there is space?

Please send your photo to: communicator-@oregonal-anon.org by Feb1, 2016. **Please be sure to put “Communicator” in the subject line.**



Chairperson Report

Hello from YOUR Chairperson for Oregon Area – for the second time. As I started to think about “to stand or not to stand” for this position I remember how much fun I had when I served 20 years ago. So I prayed to my Higher Power and was willing. However, as I was re-reading my job description and I was reminded I was to write a report for the October Communicator. It has been awhile so will probably have many drafts. Like all good documents, there is what I think I want to say, there is what I say and oh darn I should have said that....

First I want to thank Oregon Area Group Representative voting me in so I can serve Oregon in this way. I have been in Al-Anon since 1983 and have been “getting in the car” serving this great program almost from the beginning starting with washing ashtrays after the meeting. I have received so much more from this program as I practice being the person I know my Higher Power wants me to be. I can never give back what this great program that has given me so I just show up and be grateful by giving back anyway I can. As I read the 2016 September Forum sharing on Concept 9 I am reminded of the qualities of a good leader. As I reflect on them I know I have improved on some and have lots of work to do. Please be patient with me as I know God is not done with me.

I signed up, right after I got home from the July Assembly, for the AFG Connect, which is a place where discussions start between coordinators, officers and WSO plus getting information and encouragement from other members doing the same job. I thought I was only going to get sharing with other Area Chairs. Little did I know, as chair, I was going to get several other AFG Connections posts: the Coordinators sharing’s, Alateen, Archives, Forum, Group Records, Literature, Newsletter, Public Outreach and Web. I also am receiving postings from the AAPP [Alateen Area

Process Person] Area Treasurers, District Representatives, past and Current WSC members plus Announcements from the WSO. WHEW. I spent a few hours getting caught up with all the interesting posts and found a few ideas that I thought might work and benefit our AWSC and Assembly meeting. Also I became very inspired as I realized the spiritual potential of what we can still do to carry the message, and support our fellowship.

Did you read the September Group E-News from WSO about signing up to receive news from the World Service Office? Check out your group email or go to the WSO member’s site. So many things to read and so many ideas to get inspired by that I cannot list them all. The 2016 Conference theme “REALIZING OUR SPIRITUAL POTENTIAL” is my goal, and hopefully yours too, for the remainder of the year for our last two meetings, October AWSC [area world service committee] and our November Assembly. Then I read the letter from the Chairperson of the Board, also found on the members’ web site [also Cindy, our Delegate, sent out to everyone] and saw the 2017 Theme is Our Members: Our Hope for the Future. I know this is true as we continue to grow as individuals and grow in our groups, districts and Area. I am so excited to start this adventure with you all.

Bunny G



Shout Out

This is a shout out from a traveling DR. I want to thank Eugene/Springfield and Redmond groups for welcoming me throughout my travels around Oregon this summer. It's always good to get out and visit other locales that may be different from my home district. I tend to be anxious when I'm new to a meeting but I find comfort in hearing the same opening and closing wherever I go. I also feel challenged by attending meetings away from home because I inevitably see people working their programs and being gatekeepers of "The Real Thing" – not some watered down, boundaryless mumbo jumbo. Sometimes I even see other groups running a tighter ship than I've witnessed in my own district, taking cross talk seriously and refusing to focus on the alcoholic in their shares. At every meeting I've attended away from home I have also seen newcomers, and I feel bolstered when I realize that they are hearing the same Al-Anon message that I am, which is the same message I needed desperately 9 years ago.

So good on ya, Oregon Al-Anon. Thank you for keeping our program alive, vibrant and open to anyone that seeks and needs hope. I am proud to live here and rub shoulders with you.

- Anonymous



Pathways AFG

We are a new and small group in SW Portland. Two of us decided we needed a daytime meeting to attend. This meeting has filled the bill for five of us now. We have some members attend occasionally, and a number of newcomers - some stay, which is exciting. What it feels like to watch a newcomer profit from our meetings and our friendship is quite wonderful. We will be moving our location soon, but you can find us wherever we meet. We would love to see our attendance grow!

Caralynn W, GR
cdoubleyou5@gmail.com



Our group in North Bend, the Live and Let Live An-Anon Family Group is alive and doing well! We have about 8-10 core members who meet weekly and usually have a few others that show up too. We meet at noon on each Friday in the back room of the Alano Club in North Bend.

Two of our members went in July to Brookings, the Live and Let Live Roundup and went to several of the speaker meetings there.

Another one of the members was a guest speaker at the Power's Camp Out in August.

We have one member who copies CD's and we have a lending library for people to check out and return of various Al-Anon speakers at speaker meetings from all over the USA.

We do a corresponding step of the month from the Path's to Recovery book on the first Friday of each month. The rest of the month we usually have someone pick a topic from one of the daily reader books.

If you are in this area, please come and join us at our meeting each and every Friday. We look forward to meeting you.

-Ronni



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@OregonAl-Anon.org), be sure to state that you would like it in the *Communicator* as well as the website.



2018 State Speakers Meeting

Though I was a group representative many years ago, I am just now getting back into the swing of things. I am chairperson of the business meeting that occurs on the third Thursday of the month. I have to tell you that it has been both challenging and rewarding at the same time. I love service because I get to change the things I can, let the group make the decisions and accept what is.

In January as a group we decided to have a six-month trial run of a weekly rotation of optional readings – Explanation of Anonymity, Four Primary Ideas, Three Obstacles to Success, Understanding Alcoholism, and Understanding Ourselves. At the July business meeting after discussion, a motion was made and it passed to make it permanent.

We have a meeting designated for the Step, Tradition and Concept correlating to the month. This is an opportunity for members to delve into the literature. For me the Concepts become clearer each time they are discussed.

There are at least 20 people at each meeting. We give a soft copy of How it Works in Al-Anon to newcomers and give them encouragement and lots of hugs. Members signed up in August to lead the Beginners Meeting.

We are about to do a group inventory. I will let you know how it turned out.

-Jodie Pryor
Group Representative of Mt. Pleasant AFG in
Milwaukie, Oregon.



We are off and running with our plans for the 2018 State Speakers Meeting hosted by District 10 with participation from District 15. As you may have heard there will not be a 2017 SSM which is a bummer, but hopefully will encourage more participation in the 2018 SSM. The State Speakers Meeting is a weekend of fun for Al-Anon & Alateen members across Oregon. This is also a great service opportunity for all Al-Anon members, including Al-Anon members that are also members of AA. The SSM acts as a fundraiser for the Oregon Area Al-Anon. If you're interested in participating or donating to the State Speakers meeting please contact us at the addresses below.

e-mail: ssm@oregonal-anon.org

Please mail donations to:
Paul B. C/O SSM
P.O. Box 921
Tualatin, OR 97062

Hope to See You at the SSM,
Deanna M.
2018 SSM Chairman



Coordinators & AIS Liaisons

The February *Communicator* includes reports from Coordinators & AIS Liaisons. Send written reports by February 1 st 2017. We would all like to here from you. Please send in your report to communicator-@oregonal-anon.org and please put 'Communicator' in the subject line.

The Power of Literature

I have noticed that a lot of meetings are focused on book studies these days. I think I heard someone at our last Assembly say that book study meetings appeared to attract younger audiences, also. So I made it my business to attend a few of these meetings, and I just happened to join a group in progress that utilized “Many Voices, One Journey”. I wanted to take a moment and share an insight I received from this particular piece of CAL.

I’ve been in Al-Anon for years and didn’t think a compilation book would really speak to me, so I didn’t purchase “Many Voices, One Journey” when it was published. I have loved “Opening Our Hearts, Transforming Our Losses” and “Discovering Choices”, which are topical books by nature. When I am dealing with grief or making decisions, I know I can turn to those pieces of literature for collective wisdom. But what use did I have for voices from the past?

As I sat around a table and listened to each group member read a portion, I was surprised at the content. I was hearing very old words that seemed strikingly valid for the current age. When it became my turn to read, I found myself reciting the words of our co-founder, Lois. She was talking about rotation of leadership and how the same people were perpetuating service, even then. She talked specifically about GRs and stepping down so someone else in the group might feel a call to service, and step up.

As I read her words and formulated my own based on the reading, I realized I needed to give my group notice as their GR. I am no stranger to service and I have completed 2 terms as GR for the same group. When no one volunteered to take over the role in January, I agreed to continue on until someone else showed interest. Guess what? No one has shown interest, despite my various efforts to rally the troops. Lois’ words confronted my enabling behavior, though, and I told my group at our next business meeting that I was giving my notice.

Nothing has changed with my group since then and no one has approached me wanting information on



becoming a Group Representative. Does this mean I made the wrong decision? Nope. Does this mean my group is going to suffer and be without representation at Assemblies? Maybe. Does this mean that I am responsible for cutting off the flow of information and crippling the Links of Service? Yes, I believe it does. But I did it for my health and the health of my group, and to honor the Principles of the program.

Sometimes, I think chopping off an appendage to save the rest of the body is the right thing to do [insert graphic here...oops, can't use that graphic...too graphic ☺]. I don't want to see my home group left out or left behind, but I also know I have limits and that I alone am not Al-Anon. WE are Al-Anon. So I'm going to trust my Higher Power to raise up a new GR, and I'm going to be confident in my decision to step back. In other words, it's just another opportunity to work my program –maybe a little bit deeper this time. Sincerely,

A Grateful Member



Did You Know?

The Conference Summary is the annual report to the groups about the World Service Conference and the World Service Office activities. Did you know that all 55 editions—the first Conference was in 1961—of the Conference Summary are available electronically on the Members’ Website?

The 2016 Conference Summary is available on the Members' Website:

http://al-anon.alateen.org/members/pdf/summary/summary_2016.pdf

You can also order a copy of the Conference Summary (for \$5 shipping and handling)

<http://ecomm.al-anon.org/ICommerce/Shop/>

SERVICE MANUAL STUDY

District 17 holds a monthly book study of our Al-Anon Service Manual P24/27. Our 2 ½ hour meeting goes fast. We LOVE our discussions. SEPTEMBER HIGHLIGHTS INCLUDED:

- Copies of the newly updated Concept 11 were passed out to insert into our Service Manuals.
- Our group conscience is to read one Concept a month. We read Concept 5, and shared personal experiences. The minority opinions DO MATTER!
- We couldn't find the words "crosstalk" or "qualifier" in our Service Manual or our literature. Why? They aren't Al-Anon words, they are used in treatment centers.
- Because Open and Closed meetings were a hot topic at the WSC (World Service Conference) we shared our opinions about open vs closed meetings. Interesting, is the Service Manual going to be changed?

Mark your Calendars, everyone is welcome on the first Saturday of every month. First time attendees receive a free copy of the Service Manual. See our web site for more information. Have fun and fellowship while you learn so much more about Al-Anon.



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 Feb 1, 2016 Be sure to put "Communicator" in the subject line.

WRITING WORKSHOPS ARE FUN

...invite our Forum or Literature Coordinators to come to you with a skit and a workshop. AND...participate in sending articles to WSO for new literature

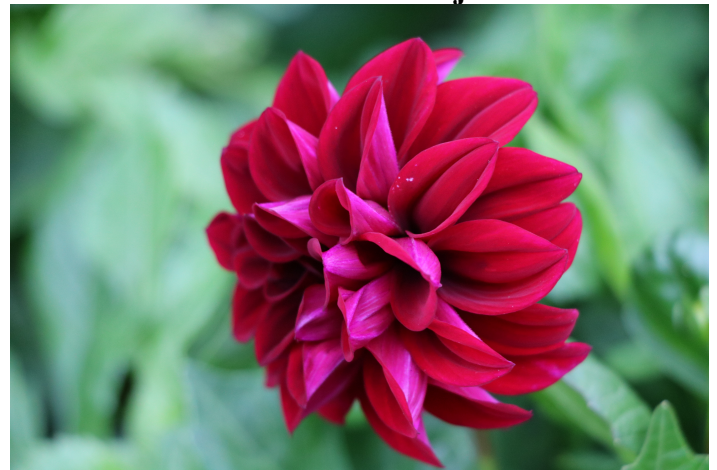
Fellowship Communication Action Committee has a basket of books to give away to one winner. Every group (or district) that holds a writing workshop and turns in a form is eligible to win this basket. The information and the form is on our Area Web Site under documents. Download the form and bring it to AWSC/ASSEMBLY, or copy the form and email it to the committee.

All who enter a form will be given a few classic Forums to share with their group or district. One winner will be drawn to win the basket of books. The winner will be drawn at the November Assembly.

Judy J



Just a reminder. When you send articles or feedback to the *Communicator*, please put "Communicator" in the subject line.



Agenda / October 15, 2016
3880 SE Brooklyn Street, Portland OR 97202
Host District 11

8:15 a.m. Call to Order / Reports

1. Welcome / Serenity prayer / Chairperson, Bunny G.
2. Traditions / Volunteer; Concepts & Warranties / Volunteer
3. Microphone and Voting Statement / Chairperson
4. Roll Call & Review Minutes of June 2016 AWSC / Secretary, Mary Lynn J.
5. Housekeeping / Amy D. District Representative, District 11
6. New Ask-It Basket Form and Table Tent Cards– Mary Lynn J.
7. Motion Form / Bunny G.
8. Treasurers Report / Dawn K.
9. KBDM Powerpoint on Assembly Allowance / Dawn K.
10. Alt. Delegate to N.W. Regional Delegate meeting

11:15 am Break

11. 2017 Budget / Audit-Budget Chair, Barb B.
12. Task Force / Flyer Committee Job Description and procedure / Current committee
13. Thought Force on Web site Guidelines update / Joanne C. (Meetings on website)
14. Task Force Assignment-Guidelines for Web Coord. / Joanne C, Regis, Kate, Dawn B.
15. AMIAS Section 8 Handbook Report / AAPP, Joanne C. and Alt. Delegate, Sue B.
16. Handbook Update / Sue B.
17. Alateen Standing Committee Discussion / Joanne C. & Alateen Coordinator, Linda S.
18. OAC Fund Raising at Assemblies/AWSC / Linda S.
19. 2016 OAC Report / Linda S.
20. Assembly and AWSC Event Liaison / Bunny G.

11:45 am Pot Lunch / bring something to share

12:30 p.m. Serenity prayer

21. Delegates Report / Cindy E.
22. Action Committees / Judy J.
23. AAPP Discussion - Officer or Coordinator / Joanne C.
24. Bids for November 2017 Assembly; AA Assembly in Salem 2017
25. Bids 2017 AWSC / February, June, and October 2017 / Bunny G.
26. Breakouts / 3 Groups / Start the discussion
 - a. Combining PI and CPC Coordinators into one Public Outreach Coordinator
 - b. Combining Forum and Literature Coordinators into one Coordinator
 - c. Add Position: Tech to handle Audio, Visual, banners, etc.
27. Agenda for November 2017 Assembly
28. Upcoming events:
 - a. November 18-20, 2016 Assembly / Mary W.
 - b. March 17-19, 2017 Assembly / District 1, Astoria / Kathi R.
 - c. July 15-17, 2017 Assembly / Milwaukie / District 17 / Brenda G.

5:00 p.m. Adjournment / Al-Anon Declaration

Reminders: [In Oregon Area Handbook, Section 6, Page 11]

- 🕒 Coordinators & AIS Liaisons send written reports to *Communicator* by February 1st 2017 Send to communicator-@oregonal-anon.org. Please be sure to put Communicator in the subject.
- 🕒 **District Representatives give a 5-minute (maximum) verbal report at the March 2017 Assembly with a copy to the Area Secretary.**

A	B	C	D	E
OREGON AREA AL-ANON 2017 PROPOSED BUDGET				
Compared to 2016 Approved Budget [Increases in Bold; Decreases in Italics]				
No	Category	2017	2016	Increases &
		Budget	Budget	Decreases
1	Revenue			
2	Group Contributions	13,000.00	13,000.00	0.00
3	Assembly Registrations	2,000.00	2,200.00	(200.00)
4	State Speaker Meeting	0.00	4,000.00	(4,000.00)
5	SSM Advance	0.00	1,500.00	(1,500.00)
6	Cash Carried Forward	<u>19,995.00</u>	<u>12,500.00</u>	7,495.00
7	Total Revenue	34,995.00	33,200.00	1,795.00
8				
9	Expenses			
10	Delegate Fund			
11	WSO ETF	2,000.00	1,965.00	35.00
12	Extra Day	200.00	200.00	0.00
13	Delegate Meeting (NWRDM)	600.00	350.00	250.00
14	Delegate Travel	800.00	800.00	0.00
15	Delegate Miscellaneous	350.00	350.00	0.00
16	Sub-Total: Delegate Fund	3,950.00	3,665.00	285.00
17	Working Fund Expense			
18	Archive Rent	456.00	850.00	(394.00)
19	Area Travel Funds [ATF]	2,000.00	2,000.00	0.00
20	Communicator	200.00	200.00	0.00
21	SSM Advance	0.00	1,500.00	(1,500.00)
23	March Assembly Rent & Expenses	900.00	900.00	0.00
24	July Assembly Rent & Expenses	900.00	900.00	0.00
25	November Assembly Rent & Expenses	900.00	900.00	0.00
26	AWSC Rent [3 @ \$100 each]	300.00	300.00	0.00
27	Insurance	<u>800.00</u>	<u>800.00</u>	0.00
28	Sub-Total: Working Fund Exp	6,456.00	8,350.00	(1,894.00)

29	Assembly/AWSC Allowance(Meal/Lodging)			
30	Officers	2,000.00	2,075.00	(75.00)
31	Audit/Budget	600.00	900.00	(300.00)
32	Coordinators	2,000.00	2,225.00	(225.00)
33	Past Delegates	600.00	900.00	(300.00)
34	Regional Trustee/Board Visit	0.00	900.00	(900.00)
35	Sub-Total: Assem/AWSC Allowance(Meals/Lodging)	5,200.00	7,000.00	(1,800.00)
36	Officers Expenses			
37	Alternate Delegate	75.00	50.00	25.00
38	Chairperson	100.00	100.00	0.00
39	Secretary	50.00	50.00	0.00
40	Treasurer	150.00	200.00	(50.00)
41	AAPP	75.00	50.00	0.00
42	Sub-Total: Officers Expenses	450.00	450.00	(25.00)
43	Expenses [Continued]			
44	Assembly Expenses			
45	Assembly Workshops	50.00	50.00	0.00
46	Business Services A.C.	50.00	50.00	0.00
47	Membership Outreach A.C.	50.00	800.00	(750.00)
48	Group Services A.C.	500.00	500.00	0.00
49	Fellowship Communication A.C.	650.00	650.00	0.00
50	Public Outreach A.C.	4,000.00	4,000.00	0.00
51	Audit Budget Extra Day Expenses	50.00	300.00	(250.00)
52	Sub-Total: Assembly Workshops	5,350.00	6,350.00	(1,000.00)
53	Coordinators and Others Expenses			
54	Alateen and Standing Committee	125.00	125.00	0.00
55	Archives	600.00	300.00	300.00
56	CPC	50.00	50.00	0.00
57	Forum	80.00	50.00	30.00
58	Group Records	50.00	50.00	0.00
59	Literature	50.00	50.00	0.00
60	Public Information	50.00	50.00	0.00
61	Website Coordinator	50.00	330.00	(280.00)

62	Sub-Total: Coordinators	1,055.00	1,005.00	50.00
63	Delegate Meeting			
64	Alternate Delegate	800.00	350.00	450.00
65	NWDM Support	0.00	300.00	(300.00)
66	Past Delegates	800.00	350.00	450.00
67	Sub-Total: Delegate Meeting	1,600.00	1,000.00	600.00
68	Other			
69	Task Force/Thought Force Projects	0.00	0.00	0.00
70	Alateen Sponsor Workshop	400.00	400.00	0.00
71	Contingency Fund	1,000.00	1,000.00	0.00
72	Equipment Supplies	1,000.00	600.00	400.00
73	Handbook Update	100.00	50.00	50.00
74	Transition Fund	500.00	733.00	(233.00)
75	Sub-Total: Other Expenses	3,000.00	2,783.00	217.00
76	Ample Reserves	6,254.00	7,802.00	(1,548.00)
77	Total Expenses & Reserve	33,315.00	38,405.00	(5,090.00)
78				
79	Budget Balancing Ledger			
80	Budgeted Income	34,995.00	33,200.00	1,795.00
81	Budgeted Expenses	(33,315.00)	(38,405.00)	5,090.00
82	Experienced Shortfall of Budgeted Expenses	(1,680.00)	5,205.00	(6,885.00)
83	Total of Budget Balancing Ledger	0.00	0.00	0.00

