




Oregon Area Al-Anon/Alateen

Communicator

February 2017 Issue

Upcoming Events			Upcoming Events		
Feb 18 8:30AM-5PM	AWSC Area World Service Committee	Tualatin United Methodist Church 20200 SW Martinazzi Avenue Tualatin, OR 97062	May 27 9:30AM – noon	Westside Service Manual Discussion Group	13885 SW Meridian St. Unit #217 Beaverton 97005(private residence)
Feb 25 9:30AM – noon	Westside Service Manual Discussion Group	13885 SW Meridian St. Unit #217 Beaverton 97005 (private residence)	Jun 3 9:30AM – noon	Al-Anon/Alateen Service Manual Study	14911 SE Woodland Way Milwaukie, OR 97267 (private residence)
Feb 25, 5pm – 8pm	D10 AFG Fundraiser Blossoming Into Recovery	St. Cecilia Catholic Church Fellowship Hall, 5120 SW Franklin Ave, Beaverton, Oregon 97005	Aug 4 - 6	Oregon Alateen Conference	Molalla Retreat Center 36208 S Molalla Forest Rd. Molalla, OR 97038
Mar 4 9:30AM – noon	Al-Anon/Alateen Service Manual Study	14911 SE Woodland Way Milwaukie, OR 97267 (private residence)	Jun 17 8:30AM-5PM	AWSC Area World Service Committee	Gilham Community Church 3633 Gilham Rd, Eugene, OR 97408
Mar 17 7:30-9:00PM	Sharing meeting (Pre- Assembly)	Peace Lutheran Church 565 12th St., Astoria, OR	Nov 3&4	TEAM Event	Airport Hilton 12048 NE Airport Way, Portland, OR 97220
Mar 18 8:30AM-5PM Mar 19 8:30AM-Noon	Oregon Area Assembly	Astoria Elks Lodge 453 11 th St Astoria, OR 97103	July 5-8, 2018	Al-Anon's International Convention	Baltimore, Maryland
Mar 25 9:30AM – noon	Westside Service Manual Discussion Group	13885 SW Meridian St. Unit #217 Beaverton 97005 (private residence)	If you would like an event listed in the June issue of the <i>Communicator</i> send an email to: communicator-@oregonal-anon.org by the June 1 st deadline. Please be sure to put “Communicator” in the subject line.		
Mar 25 4:45PM	OAC Potato Bar Fundraiser	Oak Grove United Methodist Church 14800 SE Rupert Dr., Oak Grove, OR 97267	For additional information on these events go to: http://oregonal-anon.org/events.html		
Apr 1 9:30AM – noon	Al-Anon/Alateen Service Manual Study	14911 SE Woodland Way Milwaukie, OR 97267 (private residence)			
Apr 22 9:30AM – noon	Westside Service Manual Discussion Group	13885 SW Meridian St. Unit #217 Beaverton 97005(private residence)	Personal Photos		
May 6 9:30AM – noon	Al-Anon/Alateen Service Manual Study	14911 SE Woodland Way Milwaukie, OR 97267 (private residence)	Do you have a personal photo you would like to share in the <i>Communicator</i> when there is space?		

Delegate Report - Happy New Year!

It's the year of the rooster I'm told! We can crow all we want about everything going on in Al-Anon and everyone will think we're normal. What is normal? Hmm, I don't know.

Hi everyone, I'm excited about seeing all of you at the AWSC in a couple weeks or at the Assembly in a month. Everyone's invited to these meetings. Everyone! If you're not a member of the AWSC or a GR at the Assembly, you don't have voice to speak at the microphone, but you surely have the right to give anything you feel important to say to your GR or DR. Have you ever attended one of these meetings? Come! Enjoy! We welcome you and are grateful for your participation.

This year is buzzing with a multitude of discussions going on all over the United States and Canada. I'm sure they are overseas also, but I don't have access to their communication links, just the World Service Office through AFG Connects.

Some of the topics are:

- The final printing of the 2017 Al-Anon Faces Alcoholism is February 8th!
- The magazine Al-Anon Faces Alcoholism is NOT a Forum.
- Districts are wanting to know about budgets and how to add income to their budgets.
- Areas are talking about funding their past Delegates to the AWSC meetings and Assemblies.
- Delegates are talking about how many AWSC and Assembly meetings we each have and what we do at them.
- WSO now is on Instagram and Facebook – have you liked them yet? Doing so does NOT imply association, it only means you like what they had to say in that particular sharing. Try it.
- Forum subscriptions are down in Oregon. Not by much, but why? Do we still find the Forum helpful?
- There's a brand new piece of literature out! Paths to Recovery Workbook! Have you seen it yet? Isn't it awesome?

The World Service Conference is coming up again in April. Has your voice been heard? Have you let your GR and DR know if you have a concern or want the answer to a particular question? Please let me know – you can also email me at delericksonc2015@gmail.com. I'll respond, guaranteed.

I want to give a huge thank you to every single member here in Oregon. You did a fantastic job of stepping up to the plate and helping with the deficit the World Service Office had in 2016. Instead of the deficit, we ended up with an overage of \$320,000 and the gratitude of everyone worldwide for what we saw our fellowship do.

Thank you – Oregon was number 2 in the United States for the percentage of groups giving –

If ever your district is interested in having me, the Delegate, come to your district and talk about what is going on at the World Service Conference, or just discuss any issues, please feel free to call or to write to me and invite me. I'm open many nights and weekends to attend your District meeting or a special get together.

Thank you for electing me your delegate for 2016-2018.

Cindy
Cindy Erickson, Delegate
Oregon Area Al-Anon
Area 47 - Panel 56
[541-537-0657](tel:541-537-0657)

World Service Conference Theme - 2016:

Realizing Our Spiritual Potential

Reconociendo nuestro potencial espiritual

Reconnaître notre potentiel spirituel

Join Us at the 2018 Al-Anon/Alateen International Convention in Baltimore, Maryland, USA

<http://al-anoninternationalconvention.org/index.html>

Chairperson Report

The question that comes up every year, every assembly, every district meeting is "What can we do to encourage groups to send a person to represent them and get involved." This is how I started a letter I sent in to the Communicator in February 1997. Using sections of our literature and our service manual, I answered these questions about why we are involved, what we do, how we do it, who does it and what you get from getting involved. As I re-read the letter, I found it still applies today. It reminded me that by serving this program it is my recovery and my growth as a person than continues to be stretched. I get more opportunities to practice the principles I have learned in my home group and other Al-Anon meetings, knowing it is progress not perfection. I understand that by being involved, I am a big part of the "Links of Service", communicating my groups and my own viewpoint, [yes I have an opinion sometimes] then I get to pass on the knowledge of Al-Anon's world service to others who like me, love Al-Anon but haven't yet learned the value of serving this way. Al-Anon grows and survives because of the involvement and commitment of our entire membership but I am reminded that I can only "let it begin with me." I love serving this program in any role that I am allowed, from opening up the door to my home group, putting the literature on the table, making coffee, helping at our district meeting and being a part of the Oregon Area Al-Anon fellowship. I hope that those of you who read this can come to know the "Joy of Service" that I have been privilege to receive. And hope to see you at our March Assembly in Astoria....for fun, growth, information, fellowship and so much more..

Yours in service Bunny G. Chairperson



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

Forum Coordinator Report

Our Oregon Area should pat ourselves on the back--you have stepped up with an increase in Forum subscriptions, and have rallied to send in countless sharings. I am so proud of my Al-Anon Oregonian's!! But our work isn't done yet; here is an update from Tom Coffey at WSO:

- ***Increase in subscribers:*** Ever since the World Service Office stopped sending complimentary copies of The Forum to groups, there has been an increase in subscriptions. This has been most notably from groups buying subscriptions. Please remind groups that receiving The Forum is a great way to make the magazine visible, and let everyone know of its value for recovery.

- ***The Forum needs more sharings!*** We are very short on sharings about the three Legacies--especially about Steps Five through Twelve, and all Twelve Traditions and Concepts of Service. Also needed are sharings from Canada and from Alateen members.

- ***New Department in The Forum:*** In October, The Forum began a yearlong series of articles written by members of the Board of Trustees. They share about the recovery their service provides them, and provide an inside peek at the work the Board does for our fellowship.

- ***THE FORUM BOOK (working title):*** So far, members have sent in over 270 titles and publication dates of Forum articles they consider the best of recent years. Please encourage members to let the WSO know which Forum stories they want to see included in this book. And don't forget to send in your own picks too!

- ***Instant Step Meetings:*** Beginning in January, the "Instant Meeting" feature of The Forum will include, in addition to two or three brief sharings on the Step of the month, several thought-provoking questions to get the conversations started.

Tom Coffey
Associate Director--Literature

Again, Bless your hearts!
Lainey J.
Area Forum Coordinator

Portland AIS Liaison Report

Hi to all my Al-Anon friends! I am the Al-Anon Information Service (AIS) Liaison for the Portland AIS Office, and I love my “job!” I take information from the AIS Service Board and Service Committee meetings to the Assemblies, and from the Assemblies back to the AIS Board and Service Committee meetings. I have added some “position chores” because I love doing this. I have arranged for our Group Records Coordinator to send me the monthly group records changes report, which I forward to the Portland AIS office. This way our office can always have up-to-date information on our website about our Portland area meetings. I volunteer a few hours a week at the AIS office to assist by utilizing one of my strong suits – organization and getting-rid-of!! This is something that needs to be done occasionally and it is something I love to do.

If any of the above sounds like an interesting position to consider, please let either me or AIS or any Group Representative or District Representative know. They would be happy to get you in touch with me for more information. I did three years in this position. When no one stood for it this year, I went on doing it. I would love to move on to something else.

January 2017
Caralynn W
Portland AIS Liaison



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.

Archives Coordinator Report

Since my last report I have been working on continuing to organize and verify the documents archived. Of the documents stored in paper format, I am currently in the process of verifying that electronic copies have been stored and beginning to dispose of paper copies of the older AWSC and Assembly minutes. This process will minimize the amount of fireproof storage needed. Once all old minutes have been destroyed by shredding, a determination will be made regarding how many more file cabinets are needed.

Thank you to members who suggested searching online sale sites for used fireproof cabinets. In all likelihood, the used cabinets to be purchased will be 2-drawer systems to make them easier to move when the archives files storage area changes again. (4-drawer cabinets weigh several hundred pounds each and are difficult to move.)

I have also begun the process of compiling historical information regarding Al-Anon in Oregon with the plan to publish a history sometime this year. I will be working in conjunction with WSO archives staff to assure the information gathered is as accurate as possible.

Respectfully submitted,
Jan Denlinger
Panel 56 Archives Coordinator



Donations to Oregon Alateen Conference (OAC) may be sent to:

OAC
314 N 10th St
St. Helens, OR 97051

Website Coordinator Report

Hello my Al-Anon friends,

It is my pleasure serve you as your website coordinator. We are embarking on our second year in Panel 56. I had hoped to be a bit further along toward a whole new look and feel for our website by this point in time. I have made progress, and that is a good thing. I look forward to this next year of challenges.

We have a new file archival recommendation. Progress has been made sorting through many hundreds of files, identifying them and grouping them for archival or prepping for archival in the future. This task, though daunting, is probably halfway along with many hundreds of files yet to go. I can't tell you how many hours this has taken but the effort is worthwhile.

We have also approved sub-domains for Districts, with one sub-domain currently under construction. This is an exciting opportunity for Districts and creates a synergy for Al-Anon in Oregon. Also a newly created a sub-committee of the Membership Outreach Committee has been formed to help with the website redesign. We expect to be actively working on the project all through this year and the next to deliver an updated website for the Oregon Area.

Thank you for entrusting this important work to me and the Membership Outreach Committee. Recently I have dealt with health issues that have prevented me from being as responsive as I'd like. I hope that the worst of it is over. I know that responsibility for the Oregon Area Website is of grave importance. With the help of my service sponsor and my higher power, I hope to serve you all well in that capacity during the coming year.

Regis P.

Oregon Area Website Coordinator



Communicator Editor Report

Well, it has been a little over a year that I have been serving you as *Communicator* Editor. Thank you for allowing me to do this. It has had its ups and downs. I have made some mistakes, but overall I am proud of the *Communicator* issues that I have published. I have learned that I don't have to do it perfectly. I do have to try my best.

I want to thank all of you that have sent in reports and sharings. It really helps. I also want to thank those that have given constructive criticism.

One thing that I would like to do is get more participation from Al-Anon members submitting more personal sharings, especially on how service has helped their recovery. Maybe you could help me with that. I would also like some photo submissions to include in the *Communicator*. Do you have a funny Al-Anon story? There are a lot of people that would enjoy hearing it. Do you have a Al-Anon puzzle that you would like to share?

I am also looking for someone to volunteer to translate the *Communicator* into Spanish. If we had someone to do this, we could spread the word to even more Al-Anons. Please also share this in the Al-Anon meetings that you attend.

One of my goals is to come up with possible guidelines for the *Communicator*. There is some information about what should or shouldn't go in the *Communicator*. These things can be found in a number of different places. It would be a good idea to get these all in one place and to add some other things that are not stated anywhere.

Is there something that you would like to see in the *Communicator*? I would love to hear from you.

Please include '*Communicator*' in the subject line of emails to communicator-@oregonal-anon.org

I look forward to serving you.

Donelda H.
Communicator Editor

Cooperating with the Professional Community Report

The Area Public Outreach Action Committee, Panel 56 (2016-2018), has developed a strategy to reach out to the State of Oregon. In 2016 we focused on the public, and public media. In 2017 the committee will focus our efforts on reaching out to the professional community: Police, courts, counselors, fire and EMT, Hospitals, anyone who might deal with the family of a person with a drinking problem. In 2018 the committee will focus on outreach to Institutions: Treatment agencies, psychiatric hospitals, hospitals, correctional facilities.

In 2016, the Public Outreach Action Committee facilitated a Grant process whereby any Al-Anon Group, partnership of groups, District, or partnership of Districts could apply for a financial grant from Oregon Area to help fund a new or continuing Public Outreach project. Oregon Area set aside \$4,000 for these projects. Which meant that if all 17 Districts in the state asked for funding, each District would receive \$235 for their project. Well, disappointment? Let Go and Let God! Only two Districts submitted proposals. District 6 (Lane County) and District 10 (East of Portland). They will be sharing at the March Assembly about their Outreach projects.

But, Good News! The Grant process has been continued for 2017. Your Group, partnership of groups, District, or partnership of Districts can apply for financial support for your project in 2017. The forms are available from your District Representative. Or, contact the Public Information Coordinator, or Cooperating with the Professional Community (CPC), via the Area Website. Let's reach out to those who still suffer.

2017 is off to a fast start. The Public Outreach Action Committee will be meeting again at the March Assembly. Do you have ideas? Come join the committee.

Scott R
Area CPC

Letter from Tom Coffey Associate Director—Literature

Improving ways for members to order Al-Anon/Alateen Conference Approved Literature (CAL) ebooks and audiobooks is important in the technological world we live in today. More members want to read CAL on their mobile phones, tablets, ereaders, and personal computers in addition to their print publications. Digital CAL also is a service to members who do not have CAL print publications.

Two new icons now appear in the "Books" and "Electronic Literature" sections of the WSO's online store to identify and redirect members to our CAL ebooks and audiobook pages offered by Amazon, Barnes and Noble, iTunes, Kobo, and Audible.com:

A statement upholding Al-Anon's Traditions follows the names of the electronic vendors for each digital CAL item:

"This announcement is informational only, and not an endorsement of any electronic media provider, reader, or other products sold by electronic media providers."

Every effort to uphold the spirit of Al-Anon's Traditions and to adapt the WSO's online store to today's technological world.

Announcements and articles about this addition to the WSO online store will also be sent Group e-News, AFG Announcements, and The Forum. Please continue to inform members in your area about CAL ebooks and audiobooks.

Yours in fellowship,
Tom Coffey
Associate Director—Literature



Do You Speak and Write Spanish?

We are looking for a volunteer who can translate the *Communicator* into Spanish for our Spanish reading members. If you can help please send an email to Donelda DoneldaGH@gmail.com. Please include 'Communicator in the subject line. Thank you.

ACTION COMMITTEES

These are the 5 Action Committees in Oregon. Our WSO sends information down the links of service. to our area.. First our delegate and coordinators pass this information to DR's and GRs at our Assemblies. Then GR's pass it on to the members at our group meetings. And as members we do the action and carry the message to the public and our members. Oregon Panel 56 Action Committees are working on the following:

BUSINESS SERVICES: Just recently updated a section of the Oregon Area Handbook. You can find our entire handbook on the Oregon Area Web Site at www.oregonal-anon.org

FELLOWSHIP COMMUNICATION:

Encouraged writing workshops and this year they have made BINGO CARDS to inspire us to use our literature. They will continue to give away Forum subscriptions to the groups at the assemblies..

GROUP SERVICES: Is polling the membership to see if there is an interest in electronic meetings. There are now 75 AMIAS (Al-Anon Members Involved in Alateen Service) in the State of Oregon and the Annual Oregon Alateen Conference (OAC) is in its planning stages and will be held in August.

MEMBERSHIP OUTREACH: Wants our input for the area Al-Anon newsletter (*Communicator*). They are requesting articles, pictures, design suggestions and a Spanish translator? The *Communicator* is available on the Oregon web site or by subscription. Oregon (and Washington) are hosting another TEAM (Together Empowering Al-Anon Members) event in November. Watch for announcements.

PUBLIC OUTREACH: Will be focusing on the Professional Community. 5,000 Al-Anon tear off sheets were passed out to be distributed to professionals. Kaiser, hot lines, laundromats, and Community Colleges were some of the suggestions.

Judy J

FELLOWSHIP COMMUNICATION ACTION COMMITTEE

We want to encourage our fellowship to use our literature for topics at our group meetings. So we have made a BINGO CARD for groups to have fun with our literature. Cards will be available at the AWSC meeting on February 18th. You can get yours from your DR or GR, or go on line and print your own. This is a contest with prizes and the winner will be drawn at the November Assembly. The grand prize is a basket of Al-Anon books for your group. Hopefully this will enhance the fellowships interest in all our literature, and maybe increase sales.

AND THE DIRECTIONS ARE:

1. Chair/Lead a meeting out of our literature
2. Find that piece of literature on the Bingo Card and write the date of the meeting in the square.
3. When you get a BINGO (a line across, down or diagonally), just fill out the bottom of the card and send it in.

One card lists all our Books and another card lists Pamphlets. BINGO on as many cards as you can and send or bring them to Fellowship Communication at the November Assembly. We will gather all submissions and draw a winner. The grand prize is a basket of CAL literature for your group.



District 17 continues to hold an Al-Anon Service Manual Study meeting held the first Saturday of every month. Every one is invited and those who come to their FIRST study meeting get a service manual free. This meeting has been going on for over 20 years. Members love learning more about Al-Anon.

There is also a Westside Service Manual Discussion Group Hosted by District 10. We meet the fourth Saturday of every month from 9:30 am until 12 noon. (Food and fellowship 9:30-10 am. Reading and discussion from 10 am - 12 noon.)

Please check the [Portland AIS Manual Study/Discussion Page](#) for more information as well as Upcoming Events on page 1 of this issue of the *Communicator*.

District 14

The outreach table has been busy this year. We started off the year with the Sky Lakes Medical Center's health fair. A great place to be over three thousand people attended this event. We always give out a lot of information about Al-Anon to the people who attend. Sky lakes is always supportive of Al-Anon and very glad to have us there.

Two Pow Wow 's were next with a great attendance as well. The veterans Stand Down has always been a place where we feel much needed and we have so many people approach us for information.

A first for us this year was attending the Hands Across the Bridge event in the park and is hosted from a group called Above All Influences . We were welcomed by many and approached by many for information. We were grateful for being asked to attend and we will back for this event in Sept.

Dist. Events

We had a great time celebrating Al-Anon's 65th birthday. We decorated for a birthday party with balloons and all the things a birthday party has. A great potluck dinner was served followed by birthday cake. We had two speakers, one from AA and the other Al-Anon. We ended in a beautiful candle lighting ceremony.

A writing workshop was held and was a great experience. We followed the written protocol for holding our own workshop and it worked out great. We submitted 6 stories to the Forum. Hoping to hold another one this year.

The annual Variety show was held on Jan 28th of this new year. We had a great time the Al-Anon Fashion show was so fun and very funny. I found this Fashion show on WSO website and well worth it. We raised \$462.25 and we are giving two checks at the March Assembly. One to the State Speakers meeting and the other to OAK.

Ruby White D.R.

What is TEAM?

T - Together,
E - Empowering,
A - Al-Anon,
M - Members

Together Empowering Al-Anon Members! It is a weekend of showing how service in Al-Anon can be fun, strengthening our programs, a resource for us to work on, a passion we might have not known about. Some of the World Service Office team comes out to our area and puts on a fun, energetic weekend of service invitation events. There is no business.

Washington and Oregon Areas are teaming up to bring a TEAM event to Portland. It will be held at the Airport Hilton. Mark your calendars for Nov. 3rd and 4th of 2017. You won't want to miss this.

Can you help enlist some people to help for this wonderful event by being on the committee. No one person has to do too much. Positions still open are:

Decorations, Registration, Facilities (work with the committee and the hotel the day of the event), Hospitality! We have tons of people that want to help but we need a few people to head up the committee so they can organize all the helpers.

Washington is asking their folks too and we already have come up with 6 positions between the 2 states.

If anyone has been a chair of any of these positions for a SSM or an Assembly, please ask them if they would want to do it for a short time, just until 11/3 and with a bunch of other people helping? Thank you! Please contact:

Cindy E. Oregon-delegate@oregonal-anon.org



Proofreaders Needed

I am looking for at least 2 people that would be willing to proofread future editions of the *Communicator*. This would be need to be done, 3 times a year. For further details contact Donelda at: communicator-@oregonal-anon.org

District 10

I am having so much fun being the District 10 Representative. When voted in I didn't believe I was ready, still not sure I am ready but I work with such a terrific group of Group Representatives (GRs) that it makes anything possible. Our district meetings are crammed full of information and I love that it is not always the same person making motions or speaking up. We all participate and work the traditions while interacting and solving problems. One thing we try to do at the end of our business meeting is go around the room mentioning a "Success or Concern." This has created so much interaction between the GRs and after the meetings there have been many on-going conversations talking about how some groups do this or that.

In our Oregon Area Handbook one of the responsibilities of the District Representative (DR) is to visit all the groups in our district to encourage participation. During a district meeting I asked the GRs how they wanted me to go about introducing myself to their group. The decision was that I would attend during a business meeting night. This has been terrific, I see how some groups solve the very issues others are having. This has been such a great experience that now I have encouraged the GR's to go to another groups business meetings for the variety. Some group business meetings are held before the meeting, some in the beginning, and some at the end. Some just discuss business as it comes up and some have theirs every quarter and they devote the entire meeting to the business meeting. One of my favorite things I have seen is at the end of the meeting some groups count the 7th tradition and then log it on their chairing calendar. Some of the smaller groups have a service position for every single member. One group has a generic sign that says some members of this group meet for lunch after the meeting, if you're interested in joining us please talk to one of our home group members. I can't explain what a fun responsibility this has been. I encourage all members to attend multiple groups for a wider program of experience, strength and hope, but for those in service I can't tell you how much attending other group business meetings has helped me grow.

Deanna M
District 10 DR



Member Share

As a member I was overjoyed when I heard the WSO's income last year was way over what they anticipated. I had heard earlier in 2016 that expenses were increasing and they may have to cut some services or maybe some positions. I have been to our office in Virginia Beach, it is amazing. I'm so proud that Al-Anon has worked so hard, built and supported our own awesome office for our fellowship. And now I'm ecstatic to hear of the income last year. I think when we heard income was low and we asked our groups to send \$65 (or what you could) to the WSO in honor of our 65 anniversary; WE DID. Now I can't wait till our delegate tells us what the total amount Oregon donated to WSO was last year. I KNOW WE DID GREAT.

And now I hope we can all send \$66 this year to again say HAPPY BIRTHDAY AND THANK YOU to our WORLD SERVICE OFFICE. Separate collections, raffles, pot lucks, birthday celebrations with speakers are just some of the ways to fund raise. GO OREGON AL-ANON.

Judy J



District Representatives

The June *Communicator* includes reports from District Representatives. Send written reports by June 1 st 2017. We would all like to here from you. Please send in your report to:
communicator-@oregonal-anon.org.
Please put 'Communicator' in the subject line.

Member Share

A couple of months ago the people from my group ask me If I wanted to be a group representative (GR); I was not sure too many ideas went through my head I was nervous, scared, and English being my second language I felt it was a bigger barrier to take this service. I looked at it as a big responsibility and a big commitment, and that me being Hispanic with the English people had nothing in common; I was wrong. I went to my first assembly representing my group last November I really enjoy every second of it from the activities, meeting new people and learning more about my service; I realize one important thing all the people that were there have one thing in common we are grateful, because thanks to a family member or friend that has the alcoholism disease we feel that we can make a difference for our selves first then for all the people that are around us. I really enjoy having this service as the GR; I'm looking forward to attending the March assembly in Astoria.

Maria Elena
Grupo Serenidad en Accion/Serenity in Action
Hillsboro, Oregon



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.



The WSO has further expanded its Social Media outreach by creating an Alateen_WSO Instagram account. Please help us with our Public Outreach efforts by following and liking Alateen_WSO posts on Instagram. You can help spread the word of the Al-Anon/Alateen message of hope to teenagers affected by someone else's drinking who may not have heard about the support that Alateen offers.

Find us on Instagram by searching for Alateen_WSO or by clicking on the Alateen_WSO Instagram icon located on the WSO Public Outreach website, www.al-anon.org

Please remember to protect your anonymity on social media by not making comments or using screen names that would reveal your Al-Anon membership. This announcement is informational only. In keeping with our Traditions, Al-Anon does not endorse any specific social media provider.

ANNETTE SHORTER



DO YOU KNOW?

What was the first piece of Al-Anon Literature published? _____

In 1951 how many letters did Lois and Anne mail to "non-alcoholics" in hopes of unifying groups ____

In what State did Alateen begin? _____

The World Service Conference is attended by Delegates from the U.S., Canada, Puerto Rico and _____.

How many countries outside the U.S. are involved in our structure? _____

For answers to these questions and more download the free, newly updated pamphlet; Al-Anon: Then and Now (AR-2) from the WSO website:

<http://al-anon.org/members/pdf/AR2.pdf>

2018 State Speakers Meeting

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.

The 2018 State Speakers Meeting hosted by District 10 and District 15 is moving along. Our theme is "Filling our Recovery Toolbox." We believe we have a location in McMinnville. Yahoo! The SSM committee will be working throughout the month of February to verify the space will work for our needs and hopefully book the location. This in turn will set our date. Dates that are being considered are April 20th-22nd, 2018 or April 27th-29th, 2018. Deciding on an Out-of-Town speaker is also in the works, if you have someone you have heard speak or have a desire to hear a certain speaker, please send us an e-mail at the address below and our speaker coordinator will research the possibility.



Fundraising is an important part of executing an Oregon State Speakers Meeting. After review of the 2016 SSM we saw the largest donations came in from the individual members via the top hat cans. The 2018 SSM committee will be implementing

their own twist to the top hats. We are calling it a "Give It Up Fundraiser." Can you give up a cup of coffee, bottle of water, candy bar ... and donate the funds to the State Speakers Meeting. Your Group Representative will receive a travel mug at the March Assembly. We ask that you pass this around your group a couple times each quarter or more to help fund the SSM.

A big thank you to Saturday Sanity in District 11, they donated a wonderful gift basket to the SSM to raffle off during the November Assembly and it brought in a whopping \$125. District 5 and District

10 have sent in cash donations that are also very much appreciated.



e-mail: ssm@Oregonal-anon.org

Please mail donations to:
SSM
P.O. Box 921
Tualatin, OR 97062

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



Oregon Area Al-Anon/Alateen Family Groups
Financial Report for 2016

Expenses

Delegate Fund

WSO ETF	\$1,965.00
Extra Day	\$134.00
Delegate Meeting	\$298.72
Delegate Travel	\$1,499.80
Delegate Miscellaneous	\$332.48

Working Fund Expense

Archive Rent	\$578.90
Area Travel Funds [ATF]	\$873.88
Communicator	\$102.70
SSM Advance	\$1,500.00
Assembly/AWSC Rent	\$2,950.00
Insurance	\$759.00

Assembly Allowance/Meal/Lodging

Officers	\$1,295.62
Audit/Budget	\$136.01
Coordinators	\$2,209.54
Past Delegates	\$759.78
Regional Trustee	\$319.45
DRs at AWSC	\$91.91

Officers Expenses

Alternate Delegate	\$65.40
Chairperson	\$44.76
Treasurer	\$186.85
AAPP	\$74.13

Assembly Expenses

Business Services A.C.	\$0.00
Membership Outreach A.C.	\$633.80
Group Services A.C.	\$171.07
Fellowship Communication A.C.	\$645.67
Public Outreach	\$1,611.97
Audit Budget Extra Day + Exp	\$75.06

Coordinators

Alateen	\$34.06
Archives	\$19.56
Cooperating w/ Professional Comm.	\$17.87
Forum	\$47.23
Web Coordinator	\$180.97

Delegate Meeting

Past Delegates	\$171.84
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Expenses (continued)

Other

Alateen Sponsor Workshop	\$360.20
Equipment Supplies	\$379.94
Handbook Update	\$58.80
Total Expenses	\$20,585.97

Revenue

Group Contributions	\$16,472.41
Assembly Registrations	\$2,071.00
State Speaker Meeting	\$7,501.43
Advances	\$1,500.00
Miscellaneous	\$14.00
Total Revenue	\$27,558.84

Oregon Area Al-Anon Bank Account

Balance Forward 12/31/2015	\$13,583.69
Deposits for 2016	\$27,558.84
Disbursements for 2016	-\$20,585.97
Balance as of 12/31/2016	\$20,556.56

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 (WSO group number, District number, and group name) preprinted on your checks.

Use your CMA [Current Mailing Address] on your preprinted checks

Ask your District Representative for the pre-addressed envelopes to the Oregon Area Treasurer.

Thank you for your generous support of Oregon AFG!

Oregon Area AFG
Contributions by Group for 2016

01-Road To Serenity AFG #502148	200.00	07-Reaching Out AFG #11822	50.00
01-There Is Hope AFG #42518	150.00	07-Serenity at Seven AFG #30519712	225.00
01-Turn-A-Round Tuesday AFG #11933	100.00	07-Sunday Book Study #65436	102.50
02-Happy Hour AFG #24535	50.00	07-Three A's AFG #65299	123.47
02-Safe Landing AFG #30648588	50.00	07-Upper Rogue AFG #35473	65.00
03-Cove Keep Coming Back AFG #54183	45.00	07-Wednesday Noon AFG #49615	275.00
03-Monday Lunch Bunch AFG #31608	30.00	08-Daytime AFG #11789	10.00
03-Saturday Morning AFG #66918	60.00	08-Florence Acceptance AFG #11814	66.63
03-Wednesday Halfway AFG #501193	55.00	08-Live and Let Live AFG #30654629	30.00
04-Courage to Change #503138	295.00	08-Siuslaw AFG #63982	39.00
04-Hope for Today Adult... AFG #60810	50.00	08-The Next Step AFG #66131	120.00
04-Monday Brownbag Lunch AFG #33362	174.81	08-Wednesday Night AFG #11790	20.00
04-Paths to Recovery Book Study AFG#11795	25.00	09-Early Morning Meditation AFG #63650	90.00
04-Recovery AFG #11930	269.50	09-Northwest at Noon AFG #39585	210.00
04-Salems Primarily Parents AFG #30598438	160.00	09-Primarily Parents Too AFG #36979	129.52
04-Santiam AFG #25888	25.00	09-St Helens Monday Nite Live AFG #11919	143.97
04-Saturday Morn. Serenity AFG #30567153	20.00	09-Steps to Serenity AFG #64905	184.86
04-Tues. Even. Paths to Recovery 30641296	20.00	09-Sunday Strength AFG #30517642	49.65
04-Women's Tuesday Night AFG #502013	195.00	09-Tower AFG #30824	131.30
05-Brown Baggers #30849	143.00	09-Weekend Survivors AFG #48901	9.40
05-Central Oregon AFG #11915	78.84	10-Adult Sons & Daughters... AFG #32015	116.18
05-Happy Our Beginners Meeting AFG #53846	550.00	10-Aloha Monday Night AFG #11765	50.68
05-Sunday Evening Group AFG #11776	28.00	10-Beaverton Hearts AFG #11775	30.00
05-Wednesday Noon AFG #11778	390.00	10-Bent But Not Broken AFG #30611550	115.50
06-A Gathering Of Men AFG #30583374	56.10	10-Family Lake Oswego AFG #23916	294.08
06-Friday Noon Literature AFG #66558	66.99	10-Hillsboro Friday Nite AFG #49255	50.00
06-Friday Step Study AFG #36337	25.00	10-Just For Me AFG #11950	81.75
06-Gifted With Life AFG #30507034	85.00	10-Love and Service AFG #30512807	366.39
06-Monday Noon AFG #11801	96.75	10-Love Gift and Gratitude AFG #54638	513.37
06-Recovering w/ Literature AFG #30556858	40.00	10-New Me AFG #28974	53.40
06-River Road Recovery AFG #504139	4.80	10-Parents Aren't Perfect AFG #52018	180.60
06-Saturday Morning First Step AFG #51041	55.00	10-Safe Haven AFG #53207	127.04
06-Springfield Discussion #11938	120.00	10-Serenidad En Accion GFA #30571543	40.00
06-Steps For Growth #64441	20.00	10-TGIF AFG #26178	100.00
06-Steps To Change AFG #66587	51.60	10-Tigard Monday Night AFG #11945	264.93
06-Sunday New Beginnings AFG #30975	150.00	11-Eastside 11th Step AFG #30584167	12.00
06-The Three Legacies AFG #30593671	14.30	11-Friends Of Lois AFG #30598758	60.00
06-Thu Night Liter. Study AFG #30578979	15.00	11-Gresham Daytimers AFG #31583	237.73
06-Wednesday Night Recovery AFG #38809	20.00	11-Gresham New Hearts - #38810	44.25
06-Wednesday Noon Discussion #11808	25.00	11-Keep It Simple #30548079	90.50
06-Westside Courage to Change AFG #53584	213.00	11-Men Recovering AFG #30622324	40.00
07-Ashland Friday Night #23912	40.00	11-Morning Glory AFG #11893	112.50
07-Central Point Alateen #30563305	55.00	11-New Beginnings AFG #11906	71.33
07-Changing Attitudes AFG #30549218	35.00	12-5 Plus AFG #45385	20.00
07-How It Works AFG #502376	162.50	12-Faith and Freedom AFG #49768	613.00
07-It's About Me AFG #503137	143.25	12-Friday 12X12 AFG #30593172	15.00
07-Keep It Simple AFG #30613504	33.21	12-Hood River AFG #54567	20.00
07-Live and Let Live AFG #37945	60.00	12-One Step at a Time Adult .. AFG #32717	291.81
07-Monday Morning AFG #30644930	114.50	12-Progress AFG #11899	49.00
07-Monday Night Sharing AFG #43026	130.00	12-Rainbow Recovery Thursday AFG #61804	108.25
07-New Beginnings AFG #11859	25.00	12-Serenity Seekers AFG #28716	125.00

Oregon Area AFG
Contributions by Group for 2016

12-Tuesday Recovery AFG #42353	30.00		
13-Chrysalis AFG #40790	120.00		
13-Easy Doers AFG - 11917	107.79		
13-Soco Tri City AFG #30555414	40.00		
14-Paths to Recovery #62957	43.00		
14-Sunrise Serenity AFG #30555873	70.00		
15-Tuesday Brown Baggers AFG #24708	70.00		
16-Albany Care and Share AFG #11763	100.00		
16-Corvallis AFG #11792	30.00		
16-Lebanon AFG #30903	40.00		
16-Parkside AFG #62224	339.60		
17-Discovering Choices #30549992	45.70		
17-Families In Serenity AFG #30659192	50.00		
17-How It Works AFG Recovery... #30552760	175.00		
17-Hugs AFG #43501	290.00		
17-Molalla AFG #11866	50.00		
17-Monday Night Miracles AFG #30575188	90.00		
17-Mt Pleasant AFG #11875	182.68		
17-Paths to Recovery AFG #30588692	48.30		
17-Set Free AFG #27850	373.00		
17-Stepping Up AFG #26317	200.00		
17-Wednesday Night Hope #501380	45.00		
17-West Linn AFG #39839	64.50		
	13,995.31		

Oregon Area AFG Assembly

Saturday & Sunday, March 18-19, 2017

Astoria Elks Lodge BPOE #180

453 11th St.

Astoria, OR 97103



Schedule: Saturday March 18

Registration opens 7:30 AM

Assembly 8:30 AM – 5:00 PM

Lunch

Schedule: Sunday March 19

Assembly 8:30 AM - Noon

Meeting Room on 3rd Floor

Elevator available

District 1 invites all Al-Anon and Alateen members to attend

Information Contact: Kathi email: mikat1925@gmail.com

Phone: 503-458-6467

District email: district1afg@hotmail.com

Saturday Lunch provided by Elks Lodge

Sandwich and Salad Bar \$12.00 per person

Name: _____ District # _____

Lunch # _____ x \$12.00 = \$ _____

Make checks payable to District 1 AFG

Mail to: District 1 AFG, P.O. Box 259, Seaside, OR 97138

Deadline to order the meal is March 10, 2017

MOTELS/HOTELS:

****Holiday Inn Express: 204 W. Marine Drive, Astoria, OR 97103
503-325-6222 or 888-898-6222; email: astoriahie.com
Request AI-Anon block for double queen beds @ \$135.00 per night**

Other motels/hotels:

***Hampton Inn & Suites: 201 39th St., Astoria, OR 97103
503-325-8888 or 800-426-7866; email: hampton.com**

***Best Western, 555 Hamburg St., Astoria, OR 97103
503-325-2205 or 800-621-0641; email: bestwestern.com/prop 38156**

***Comfort Suites: 3420 Leif Erickson Dr., Astoria, OR 97103
503-325-2000 or 800-228-5150; email: comfortsuites.com**

***Crest Motel: 5366 Leif Erickson Dr., Astoria, OR 97103
503-3225-3141 or 800-421-3141; email: crestmotelastoria.com**

***Motel 6: 288 W. Marine Dr., Astoria, OR 97103
503-325-7111; email: astoriadunesmotel.com**

***Cannery Pier Hotel: 10 Basin St., Astoria, OR 97103
503-325-4996 or 888-325-4996; email: cannerypierhotel.com**

Directions to Elks Lodge from Portland on Hwy 26 to Seaside: Take Hwy 101 north to Astoria, Hwy. 101 becomes Marine Drive and then Commercial into downtown Astoria. Turn right off commercial onto 12th St. Turn right onto Duane St. and left onto 11th St. Street parking or American Legion parking lot on the left. Entrance to the Elks Lodge is mid-block on 11th St.

Directions to Elks Lodge from Portland on Hwy. 30 to Astoria: Hwy 30 becomes Leif Erickson Dr. and then becomes Marine Drive into downtown. Turn left onto 12th St, right on Duane St. and left on 11th St.

Watch for one way streets in downtown. Streets are alphabetical going up the hill.

OREGON AREA WORLD SERVICE COMMITTEE

AWSC Business Meeting
Hosted by District 7 - in District 6

SATURDAY, June 17, 2017

8:30 AM to 5:00 PM

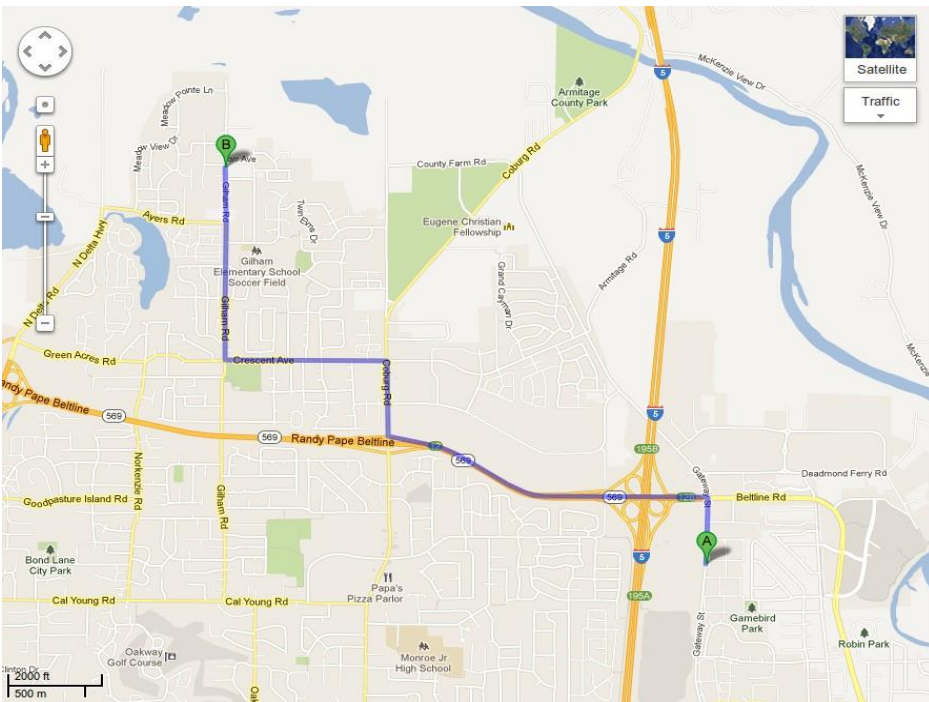
GILHAM COMMUNITY CHURCH
3633 Gilham Road, Eugene, OR 97408

All AI-Anon members are welcome to attend.
Only Oregon AWSC members will have voice and vote.

Breakfast Finger Foods Provided.

Please bring a potluck dish for lunch. There will be ovens available
for reheating.

For more information, contact:
Tama S. – districtrep7@gmail.com or 541.441.7123



Directions to Gilham
Community Church
.....

(B in the map at left)

From I-5-- Take exit **195B** west
toward **Oregon Coast/Florence**.
Merge onto Hwy 569, Randy
Pape Beltline. Travel approx **.4**
miles. Take Coburg Rd Exit 12.
Turn right (north) onto Coburg
Rd. and go **.3** mile. Take the 2nd
left onto **Crescent Ave** and go **.7**
mile. Turn right onto **Gilham Rd.**
and go **.9** mile. Destination will
be on the right.

Below is a list of hotels close to the I-5 exit. Prices are not listed. Please call them for current prices. Some have discounts and others don't. Taxes are extra.

Best Western Grand Manor Inn

971 Kruse Way, Springfield, Oregon 97477-1074
Phone: (541) 726-4769; Fax: (541) 744-0745

Comfort Suites

969 Kruse Way, Springfield, OR, US, 97477
Phone: (541) 746-5359 or Fax: (541) 746-2100

Hilton Garden Inn, Eugene/Springfield

3528 Gateway Street, Springfield, Oregon, 97477
Phone: (541) 736-3000

Holiday Inn Express Springfield

3480 Hutton St, Springfield, OR 97477
Phone: (855) 799-6861

Quality Inn & Suites

3550 Gateway Street, Springfield, OR, US, 97477
Phone: (541) 726-9266 Fax: (541) 744-2643

Shilo Inns Suites Hotels - Springfield, Oregon

3350 Gateway, Springfield, OR 97477
Phone: (541) 747-0332 F: (541) 726-0587

Super 8 Springfield/Eugene; Springfield, OR 97477

3315 Gateway, Off I-5 exit 195 A/Beltline, Springfield, OR 97477 US
Phone: (541) 746-1314 Fax: (541) 746-3884

University Inn & Suites; Eugene, Oregon

1857 Franklin Blvd., Eugene, OR 97403
Phone: (541)342-4804

OAC Potato Bar Fundraiser

March 25th, 2017

Sponsored by the Oregon Area OAC Committee

Doors Open at 4:45 pm Dinner at 5:00 pm
Meeting starts at 5:45 pm

Help support the Oregon Alateen Conference raise funds for
Scholarships to attend OAC.

\$6.00 Donation per person

Please Bring a Potluck Dessert or Salad

Auction Fun for All!!

All are Welcome, AA, Al-Anon, Alateens, Come Join Us

Where: Oak Grove United Methodist Church
14800 SE Rupert Dr., Oak Grove, OR 97267

Speakers:

Alateen: Geovanna A.

AA: Johnny G

Al-Anon: Earl B.

Questions:

Ezra D. 971-244-2193

ezra.d@feedmama.com

Cathy C. 503-367-0795

cathy.angel.5150@gmail.com

Luke G. 503-396-1145

AL-ANON SPEAKS OUT



a community resource for professionals

Winter 1999

Facing Issues of God and Religion

There are many members who find the spiritual essence of the program perfectly compatible with their own religious beliefs. There are even members who had a deep religious background or a negative religious experience who find that their faith has been enhanced or restored as the result of practicing the Al-Anon program. Yet for most people, the subject of spirituality is very emotional. It stirs up issues such as being forced to go to church, memories of a punishing God, and guilt over interpreting their personal religious tenets to mean that one had to stay in an abusive marriage. As a result *they want nothing to do with God.*

Members report many different ways to deal with their "God issues" in order to digest the true spiritual nature of the Al-Anon program. One popular adaptation for those who are uncomfortable with any mention of "God" is to think of it as an acronym for "Good Orderly Direction." Often the "power" for newcomers are the members in the group, the acceptance and gentleness they feel when they come to meetings or even the slogans (easy does it, keep it simple, one day at a time, etc.)

Yes, God is mentioned many places in Al-Anon literature and the Steps. But, when curious people have an open mind and are willing to study the literature, more than not, they will find "God," "Him," "Higher Power," "a Power greater than ourselves" is of **our** understanding as stated in Step Three.

A newcomer's willingness is the first step. That is the first choice....the crack in the door.... the hope for recovery. The more abstract concepts such as spirituality will come naturally and gently through an outreached hand; a touching sharing or the sense of belonging to something that will make a person feel better for no particular reason....*it seems.* Developing the internal trust, self-esteem, and the external willingness to reach out for help and become vulnerable to a thing called faith and hope is a major step for many members, one that takes time.

In Al-Anon's daily reader, *Courage to Change*, June 17th "Today's Reminder" the quote from Ralph Waldo Emerson explains the mystery and the magic of the Twelve Steps and of the Al-Anon program that usually happens when members enter the meeting room:

There is guidance for each of us, and by lowly listening, we shall hear the right word. Certainly there is a right for you that needs no choice on your part. Place yourself in the middle of the stream of power and wisdom which flows into your life. Then, without effort, you are impelled to truth and to perfect contentment."

"The word, spirituality means so much it is hard to define... I think that spirituality is living a life that has a deeper meaning than the search for daily necessities. If we live spiritually in our daily life, then we find deeper fulfillment for ourselves... Every activity can have a spiritual motive."

Lois W., Al-Anon Co-founder

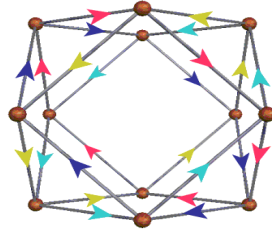
The Spiritual Mystery Surrounding Twelve Step Recovery

It is easy to see why Al-Anon is mistakenly referred to as a "religious program." Al-Anon is based on the Twelve Steps, adopted from Alcoholics Anonymous (AA) and the Steps include the word "God" four times directly and three times indirectly ("His," "Him, and a "Power" greater than ourselves.)

The key to truly understanding that Al-Anon's message is spiritual and not religious can be found in Steps Two and Three (see list on reverse side). Believing in the *God of our understanding* or a *Power greater than ourselves* is the action of members caring for one another in meetings and in the fellowship. It is a spirit of kindness, tolerance, and acceptance. Members may not always do it perfectly, but it is the Al-Anon philosophy and at the heart of Al-Anon's value system.

The benefit of claiming a "Power greater than yourself;" is to eliminate the isolation and ego that drives a person who has been directly or indirectly effected by the disease of alcoholism to "stay stuck" in their own shell. The spirit of Step Two suggests that to heal is to come out from within and believe in others or something else that may open doors for new ideas and information.

The Twelve Steps begins with the word "We" and that in itself opens the door for human interaction. For example, most members sponsor other members. For some that's the first step out of isolation. Sponsorship can include taking a member without a car to meetings; answering phone calls in the middle of the night; acting as a guide to understanding the principles of the program or simply being an accepting and nurturing friend. In other words, Al-Anon members give each other hope and love.



PATHWAYS AFG

Has a new meeting place starting February 14, 2017



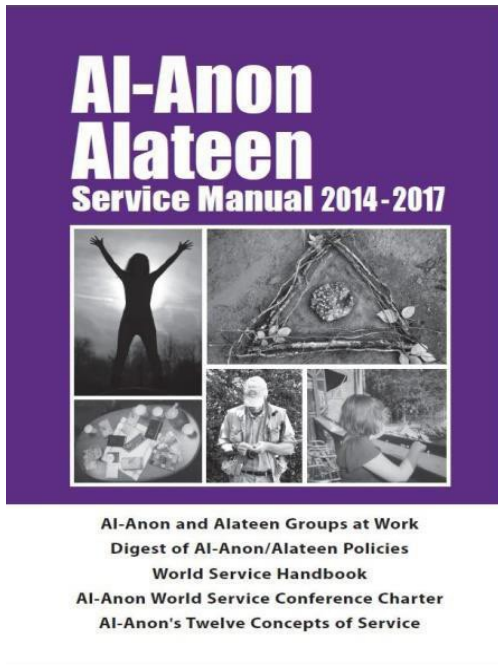
Tuesdays 1:30 - 2:30 pm
Unity Church of Beaverton
12650 SW 5th St.
Beaverton OR 97005

We honor the 7th Tradition.
Funds used to support Al-Anon
Service arms.



Questions? Please contact Caralynn W 503.704.7567
RitaDistrict10@gmail.com

DISTRICT 17 AL-ANON



AL-ANON/ALATEEN SERVICE MANUAL STUDY

Join us for Study,
Discussion & Fellowship

9:30 am - 12:00

EACH FIRST SATURDAY of 2017

Jan 7, Feb 4, Mar 4 (Lois' BD) Apr 1, May 6.

June 3, July 1, Aug 5, Sept 2, Oct 7, Nov 4, Dec 2

14911 SE Woodland Way, Milwaukie 97267

(503- 653-0765)

Breakfast Pot Luck



Bring your Al-Anon/Alateen Service Manual.
First time attendees receive a free service manual. Seventh Tradition will be honored.
After expenses, funds will go to support all service arms.

email contact: jjmenhp123@gmail.com