

Oregon Area Al-Anon/Alateen

Communicator

October 2017 Issue

Upcoming Events		
Oct 14	AWSC Area World Service Committee	Tualatin United Methodist Church 20200 SW Martinazzi Avenue Tualatin, OR 97062
Oct 21 4:30pm– 8:30pm	Bakers & Bingo D7 Fundraiser	St. Vincent De Paul, 2540 North Pacific Highway Medford, Oregon 97501
Oct 28 9:30am– noon	Westside Service Manual Discussion Group	Beaverton, Oregon 97005 (Private Residence)
Oct 28 1pm – 3pm	Quarterly Service Manual Study Group	Eugene Literature Depot, 1253 Willamette St., Eugene – alley entrance
Oct 28 5:30pm– 8:30pm	Portland AIS Annual Fundraiser	Tabor Space Comm Center 5441 SE Belmont Street, Portland, OR 97215
Nov 3-4	NW Team 2017 – Service Leads to Growth	Holiday Inn Portland Airport 8439 NE Columbia Blvd. Portland
Nov 4 Cancell ed	Al-Anon Service Manual Workshop	Milwaukie, OR 97267 (Private Residence)
Nov 17 7:30pm– 8:30 pm	Oregon Area Nov. Friday Night Sharing Meeting	Days Inn Black Bear Conference Center 1600 Motor Ct NE Salem, OR 97301
Nov 18 8:30am– 5pm Nov 19 8:30am– noon	Oregon Area Nov. Assembly	Days Inn Black Bear Conference Center 1600 Motor Ct NE Salem, OR 97301
Nov 25 9:30am noon	Westside Service Manual Discussion Group	"" Beaverton, Oregon 97005 (Private Residence)
Dec 2 9:30am noon	Al-Anon Service Manual Workshop	Milwaukie, OR 97267 (Private Residence)

Upcoming Events		
Dec 23 9:30am noon	Westside Service Manual Discussion Group	Beaverton, Oregon 97005 (Private Residence)
Jan 6 9:30am noon	Al-Anon Service Manual Workshop	(Private Residence)
Jan 27 9:30am noon	Westside Service Manual Discussion Group	"" Beaverton, Oregon 97005 (Private Residence)
Feb 3 9:30am noon	Al-Anon Service Manual Workshop	"" Milwaukie, OR 97267 (Private Residence)
Apr 20- 22, 2018	2018 State Speaker Meeting -Filling Our Recovery Toolbox	Patton Middle School 1175 NE 19th Street, McMinnville, OR 97128
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 Feb. issue of the Communicator send an email to: communicator-@oregonal-anon.org by the Feb. 1st deadline.



Personal Photos

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 Feb. 1, 2017. **Please be sure to put "Communicator" in the subject line.**

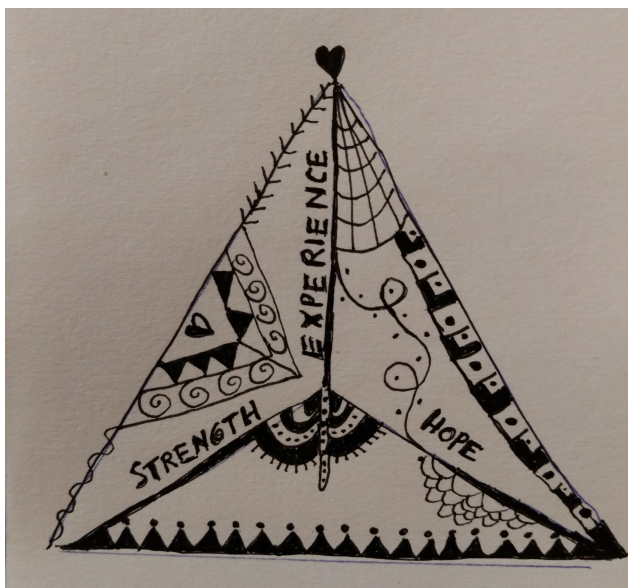
From the Chairman

I have sat down several times to write this message to you and I just seem to stare at the screen and write nothing. Mind has been a bit foggy. So here it goes....

First I want to thank all of you who sent cards, emails and prayers for me while going through this personal sorrow of losing my husband of 30 years, Glen. My program has been sustaining me one day at a time and I have been relying on the sharings, found on two pages in our ONE DAY AT A TIME daily reader, pages 100 and 124. These two pages remind me to breathe, concentrate on just this moment and do what I would be doing if it wasn't happening. My life is going to be different and I am beginning to accept this. I do not know what my life will be from this day forward but I do know three things that make me okay with who I am and what has happened. I am to trust God and the process, be real with you and myself, and to continue to serve this program and others.

I sat down and got the agenda started for the October AWSC and am looking forward to being with all our trusted servants.

See you all in November/ Love to all and Al-Anon Bunny G.



Jan K., District 17

GR Reports

It's been a grand year for **Pathways AFG** in Beaverton, OR. In February we moved from an individual's home to a church in Beaverton. Our meeting grew from four to fifteen in a couple of months! Very exciting! We have newcomers, members of AA who are also members of Al-Anon, long-time Al-Anon members – a little bit of everything. I have been in Al-Anon 10 years and can tell this is a new meeting. The sharing can be very painful, but that's how and why we start our journey in Al-Anon. If you are ever in need of a meeting to visit, we meet on Tuesday, 1:30-2:30pm, at the Unity Church of Beaverton. We'd love to see you!

Caralynn W - GR



Saturday Morning Speaker Meeting in Bend has been very successful for two years. The meeting started in October 2 years ago. We always have at least 20 people attend and many are regulars.

The format is somewhat unique. We have a speaker for 15 minutes followed by a break. The meeting is an hour and a half long.

At the break we have refreshments and coffee, and people get a chance to connect with one another.

As of a month ago every single position for service in the Saturday Morning Al-Anon Speaker Meeting 8:30-10 AM has been filled.

Susan, GR, Dist 5



The three C's in Service Work.

Year One – Confused,
Year Two – Comfortable.
Year Three – Confident.



Sharings from Oregon Alateen Conference (OAC)

- Thank-you for peace of mind.
- Thank-you for supporting this wonderful weekend. This was my third OAC and it's still life changing. Hope R. SF, Calif.
- OAC means so much to me. The lessons I've learned and the connections I've made have changed my life for the better. Thank-you so much for that! Myzanne H. Tualatin, OR
- Thank-you for helping me attend this year. I was able to be in a safe place with loved ones. Anonymous
- Thank-you soooooo much for giving me a weekend to relax and be wrapped I love and recovery! Yay!! Jason B.
- This 2017 Oregon Alateen Conference, I was able to get closure and heal a loss. I knew I wasn't the only one trying to cope with loss, and I definitely learned that there are different ways to grieve and move on. I grew from the experience and learned to be patient and accepting of how I feel. Ana R.



The Oregon Alateen 2017 Conference (OAC) was amazing & a big success!!! There were 39 teens and 14 sponsors. A little smaller than last year but it made for a very close knit group.

One of our sponsors created a fire look alike since we were not able to have a fire so the fireside meeting went off without a hitch!

The luminary walk was dedicated to those still suffering from the disease of alcoholism and other diseases. The Alateen respectfully walked in silence as they honored the suffering.

Ezra did an amazing job as OAC Chair..he kept the conference moving and the teens appreciated all that he did.

No guidelines were broken which is always a wonderful thing! Hurray!!!!!!!!!!!!!!

Last year the teens requested that three workshops be held on Saturday morning rather than two. They appreciated that the OAC committee listened to them and they enjoyed the third workshop!!

OAC has invited the Delegate to share about Alateen Worldwide for most of the conferences. This was the first time that the OAC committee invited the Oregon Delegate to spend the entire weekend with them. Cindy gave her Delegate's Report on Saturday after lunch. The table full of love gifts from the World Service Conference surprised the teens and they disappeared quickly at the end of the meeting!!

Our speakers, John-AA, Denise-Al-Anon and Francisco - Alateen from California, shared from their hearts and inspired the teens.

Myzanne lead the Sunday morning meeting. All wanted to participate which is always very special!

Elections were held and Myzanne will be the 2018 OAC chair. She attends the Tigard Alateen Meeting. Myzanne choose DJ as her co-chair, Luke as her sponsor and Mikki as her co-sponsor.

Our Milwaukie Legend, Abbey H., attended her last OAC as a teen. She helped get OAC started in 2012 and has attended all 6 conferences. So it was with sadness and joy that we had the cinnamon roll circle of love to send her off to Al-Anon.

Al-Anons: Thank-you so very much for your generous donations which help the Alateens get to OAC!!

And now we are looking forward to another exciting year preparing for the 2018 Oregon Alateen Conference!!

Much love in Alateen Service,

Cathy C.

Oregon Alateen Conference (OAC)

I had the privilege of attending the 2017 OAC last

weekend! It truly was an honor because the Alateen Planning Committee has to invite you if you're not an Alateen Sponsor.

I didn't have any idea of what to expect, so I took my Higher Power with me and drove to the Molalla Retreat Center for the weekend. I was given 20 minutes to share on Saturday afternoon and the rest of the weekend I was encouraged to participate in whatever ways I could.

This retreat is planned by the teens with support from adult sponsors. I was treated with kindness and acceptance. I was cheered for my report and for the love gifts I brought to them. I got to witness the election of the 2018 Chair of OAC – it was truly amazing! There were a couple of candidates and they got up and shared a small amount of their experience to everyone and then left the room for the written ballot vote. So much like what we do for elections. Excellent program!

Some of the titles for their workshops were, Self-harm/Depression, Qualities and Talents, Acceptance and more. The teens invite whatever adults they want included in their workshops, no one else is able to attend. I was able to attend the Sponsors workshops and learned so much about their commitment to these individuals that bring their hearts and their problems and learn to trust each other in a way that we don't as adults. When they share, the audience cheers them on and when someone stops because what they have to say is so hard, they tell them they love them. This gives the speaker the courage to go on and finish their share. Alateen celebrated 60 years this year, just like we as Al-Anon are celebrating 66 years. So many of us don't have any idea about our Alateens and their program. We know they have a meeting, that their program is based on ours....but what do you really know about the problems they face....at school, at home, in society?

To me, it is sad that more Alateens are brought into their program by an alcoholic, than by us in Al-Anon. One of the reasons is because we keep the belief in our heads that we haven't harmed our children, that we protected them. I'm guilty of this. I will admit to myself, God and you, another person. In my program today, I admit to my children I didn't know how to do so many things to help them maneuver through growing up in an

alcoholic home. I make living amends to them today and every day.

I ask you to look at the children in your life and think of our Al-Anon programs and ask yourself is there anything you could do to help make life better for them, One Day at a Time?

With love in service,
Cindy Erickson, OR Delegate



2018 International Convention Registration is Open

Spread the Word! Take advantage of early registration!

The 2018 International Convention link for registration is available now on the Public Outreach site <https://al-anon.org> Look at the very top of the screen (in the blue section). Click on the words "2018 International Convention Registration."

On the Members' website, there is a new added link on the sign-in / password page. Click on the link "2018 International Convention."



TEAM – Together Empowering Al-Anon Members

I would like you to think about coming to Portland, (the Holiday Inn Airport) and attending one or more of the 10 workshops that will be available to you on Saturday, November 4, 2017. This November.

We have a unique opportunity to experience an event that can help us individually, as well as our group, our District and our Area if we serve in these capacities.

There are workshops titled, “Fun in Recovery”, “Four Primary Ideas”, “Sponsorship”, “A Triangle of Recovery, A Circle of Support” and more. These workshops will be fun, interactive, really well thought out. You won’t be able to go to all of the workshops, but you can go to as many as you can in the one day event.

With your registration of \$40 – you will receive your registration packet, an introduction to 3 people from the WSO - 2 Trustees and 1 employee who is also an Al-Anon member. We will feed you a wonderful lunch AND tempt you to stay after the TEAM event to hear an Alateen speaker and a past Delegate from Alaska share her experience, strength and hope.

The event starts Friday night, November 3rd. Rooms at the Portland Airport Holiday Inn are only \$115 for 2 double beds. The WSO members will share a bit of their own story with us and we’ll end with an icebreaker to get to know each other. Then Saturday, come to the hospitality room, and enjoy the day with us. Your program will be moved to a more serene state. I promise you.

Go to nwteam2017.com and register. Reduced prices for the rooms ends October 13th and we need to know if you want lunch by the end of October. I hope you’ll grab your sponsees/sponsor and a couple of friends and come enjoy a wonderful day in Al-Anon.

Cindy E, OR Delegate



Alateen's Diamond Anniversary Continues...

Did you know that Alateen's rich history can be found in **Many Voices, One Journey** (B-31)?

In 1967, Alateen was 10 years old and had gained unprecedented media attention.

•**Read more on page 140**

Want to know more about when Alateen literature was published?

•**Read more on page 171**

What happened in 1982 when Alateen was 25 years old?

•**Read more on page 229**

Alateen is Al-Anon. Al-Anon groups and members can share these tidbits in any of your Al-Anon meetings and events, which can include but are not limited to: group anniversary events, Area Assemblies, AWSC meetings, District Workshops and Conventions.

Your group can also participate in Alateen's 60th anniversary. Send greeting cards to the WSO for a special display to:

AFG, Inc
1600 Corporate Landing Parkway
Virginia Beach, Virginia 23454
Attn: Groups



Coordinators & AIS Liaisons Reports Due February 1st

Please send your report to: communicator-@oregonal-anon.org by Feb 1, 2017. **Please be sure to put “Communicator” in the subject line.**

State Speakers Meeting (SSM) Filling Our Recovery Tool Box

The State Speakers Meeting (SSM) is a state wide speakers meeting in which all members and their family are invited. There will be an out-of-town Al-Anon speaker and a local AA speaker. This is a fundraiser for the state but a fun time for all.

The next SSM will be April 20-22, 2018 in McMinnville with a theme of Filling Our Recovery Tool Box. Our Out of State Speaker will be Tarcilia F. (Past Delegate) from Tennessee and our AA Speaker will be Madeleine P. (Past AA Delegate and Trustee) from Happy Valley, Oregon.

Registration is open, you can download a flyer from the Oregon Area website, <http://www.oregonal-anon.org/>. Our committee is trying hard to encourage everyone to come. Attendance has dropped off the last few years and we would like to turn that around. We want to remind everyone to talk it up, there is no cost to attend a State Speakers Meeting. The only cost will be your fuel, place to sleep and food. The committee worked really hard to make a great, inexpensive meal package that will be available, not required. It will be \$8 for Lunch and \$12 for Dinner. There are voluntary donations requested but the most important thing is that any Al-Anon member wanting to attend is able. There is a suggested motel a few blocks from the venue, but other suggestions are rooming with other Al-Anon members in the area, camping, renting a house... If you have any questions please contact the committee at SSM@oregonal-anon.org.

Does your group have a 2018 SSM Give it up Fundraiser cup? Can you give up a cup of coffee, bottle of water, candy bar ... and donate the funds to the State Speaker Meeting? Please pass your cup around according to your group conscious but suggested once or twice a month. A big thank you to all of you who have already started filling your "Give it Up Fundraiser" cups and sending in the money. We have a treasurer and we want to keep him busy, help us to do so. Please mail all donations to 2018 State Speakers Meeting P.O.

Box 921 Tualatin, OR 97062 and note on the checks that the money is from the cup campaign.

District 10 and 15 have been actively working on making this a fun experience for all. Our committee is also selling lanyards for \$5.00 and we have an assortment of Al-Anon Slogan signs for sale at Assemblies or if you contact us. Please come and support your 2018 State Speakers Meeting.

Last but not least we are in search of someone that can sing or at least initiate songs from the crowd. We have some fun times planned but none of us on the committee feel we are the right to start the group out in song. If you or someone you know may be able willing to participate please let us know.

Deanna M
2018 SSM Chairman



“BINGO” --DON'T FORGET TO TURN IN YOUR BINGO CARDS

The last day to turn in your BINGO cards is November at the assembly. You can mail them to me, or send them with your DR to the October 14th AWSC meeting..... Or, don't forget to bring them on November 18th to the assembly in Salem. Your group has a chance to win a BIG BASKET of AL-ANON LITERATURE. A couple of groups have already turned in 2 cards. All groups that enter will be given a piece of Al-Anon literature. The cards are on our Oregon Web Site, under documents, download as many as you want, the directions are there too. Our Fellowship Communication committee has had fun organizing this Bingo game to help the fellowship get acquainted with all our literature, books and pamphlets.

ENJOY BINGO AND OUR LITERATURE

Judy J.
Literature Coordinator

Public Information Coordinator Report

There is a lot going on in Oregon right now in the way of Public Outreach, which we call PO for short! Portland and Eugene both ran bus campaigns that involved advertising on the exterior of local buses. The success and excitement of these efforts led to the creation of a bus campaign fact finding mission for the rest of the state. While putting the rural campaign together it was discovered that not all counties in Oregon offer advertising on their buses. A little over half of our rural areas will allow it and have a plan in place, some don't offer it at all, and still other transit authorities are considering it simply because we asked. It was also discovered that there are multiple transit authorities in many Districts with routes that go in various directions. There are many options for advertising that range from cheap to expensive, discounted to full price, and limited availability to "You can start tomorrow". Now that we have information and cost quotes for much of Oregon, we can look at planning a coordinated effort in the near future with Public Outreach funds. At the July Assembly it was decided that we will focus on interior ads instead of exterior. If your District would like to partner financially or effort wise with the State to get the Al-Anon message in a bus near you, please let your Cooperating with the Professional Community (CPC) or Public Information (PI) Coordinators know.

Public Outreach has also kicked off a mapping project for the state. This involves doing online research and getting to know your District boundaries a lot better. How can we serve our Districts if we don't know what towns and cities are in them? How can we serve the people near us if we don't know where they live? Mapping the whole of Oregon will put our Public Outreach mission in perspective. It is shocking to see just how many geographic areas exist inside one Al-Anon District. We typically think of Al-Anon in terms of where meetings occur in the State. We think of those cities and towns as being our District. The actual truth of the matter is that an Al-Anon District serves every person and every

place within the boundary lines drawn by Al-Anon years ago. Sometimes these lines are based on county boundaries, sometimes not. There can be a handful of counties in one District, or maybe just one. This map work is a foundation for greater service to our neighbors and fellow residents.

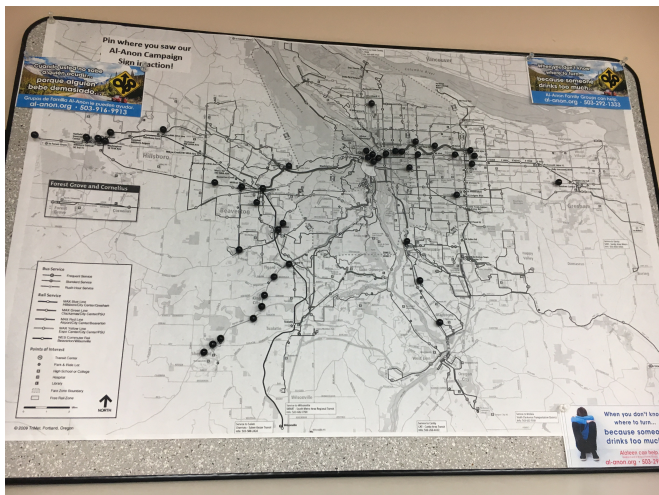
When someone reaches out to Al-Anon through the State website and sends me an email looking for a meeting somewhere in Oregon, I contact the District Representative (DR) in the District the newcomer lives in. Then the DR ideally contacts the individual with meeting information, so they have a local connection. Sometimes there is no DR, so I reach out to the newcomer instead and try to connect them to a local meeting. Often times these folks who are reaching out are in very rural locations, places I have possibly never heard of. When I was a DR I realized there were tiny towns in my own District with people who needed our Program, and these were places I'd never been to and couldn't locate on a map. In my experience, nothing makes someone feel more isolated than living in the boonies and needing help, and I am always disheartened to tell a newcomer that the closest meeting is more than 30 miles away. If I happen to be talking to them on the phone and they tell me where they live, it's pretty obvious if I have no idea where that is. "Let me look that up" isn't very encouraging! It's easier to hide my ignorance on email, but my knowledge of our State and each District comes into play each time someone reaches out. It's the same for a DR. I believe mapping will improve our outreach, and I think every DR should have this information when they step into their role. Group Representatives (GRs) would also benefit from knowing the surrounding areas that Members are coming from when they attend a local meeting. Just because your Group is in Salem doesn't mean all of your Members are coming from Salem. Sometimes we're surprised to learn just how far people travel to find a little hope...

On a different note, The World Service Office (WSO) has been sending lots of statistical information my way regarding Al-Anon Faces Alcoholism (AFA, our Public Outreach magazine – maybe you've heard of it?) and TV & radio Public Service Announcements (PSAs). I have a Power Point presentation and lots of

data to share, along with some Q and A regarding how we might interpret their findings. Stats are great, but what do they *mean*? Do we see patterns emerging? Are our service efforts increasing or decreasing? How do we stack up against other states in terms of our Public Outreach? These are things I want to know. Do they interest you too? I'm betting they do. You can find the Power Point on the Oregon Area Website: www.oregonal-anon.org for more info.

So between our bus campaign, mapping project, and analyzing info from the World Service Office, we are keeping busy in Oregon Public Outreach. As your Public Information Coordinator, I would like to partner with each and every one of you to spread the message. If you are interested in getting involved in any project we're doing at the State level, send me an email! Do you have an idea for a project? Do you have questions about Public Outreach? You will find a link to email me directly on the Oregon Al-Anon website under Public Information. Click it, and let's open a dialogue!

Yours in Service,
Katie W., PIC



Portland Metro Bus Campaign

This year District 9, 10, 11, 12, & 17 all came together to spread the word of Al-Anon by placing the Al-Anon Crazy Road sign on the back of 37 buses across the Portland Metro area. This was just a crazy idea at the February AWSC meeting and by April we had begun collecting money and moving

forward. In total, individuals, groups, and districts raised over \$12,216 including a donation & grants from Oregon Area Al-Anon and the Portland AIS. Having no recent experience in this kind of public outreach project, nearly all decisions were made by assumption. One of the scariest things I have done in a long time. Our initial dream was to raise \$7,000, which would cover the cost of signs and installation on the 37 buses. We soon found out there was a 45 day waiting period between signing a contract and sign installation. With a plan of an August publication and not knowing where we stood until after the July Assembly it was decided to "keep it simple" and stick with the original dream.

This means that as of July 24th there were 37 buses traveling throughout the metro area with our Al-Anon Public Outreach sign that reads: ("When you don't know where to turn.....because someone drinks too much") on the back of them. 13 Buses left daily from the Central Garage, 12 from the Merlo and 12 from the Powel garages, following different routes each day. Among the 37 buses 5 of them were in Spanish and 5 were the Alateen public outreach sign. Each bus is said to make an impression on 23 thousand people. On the 25th of September, I personally saw two buses in one day still traveling around. The signs will stay on until someone else purchases that space at no additional charge.

The Portland Metro AIS office played an eye spy game where members who saw a bus sign would e-mail the office with the location and they would place a pin on a map. Buses were seen from corner to corner of the metro area.

The cost was \$7,030 for this campaign. That leaves over \$5,000 that will be used for a second campaign. We would like to see how this campaign goes and then receive input as to any changes our members would like to see. Please become an active member and get involved.

E-mail PO-PDX@oregonal-anon.org or district-10@oregonal-anon.org

Deanna M
District 10 DR

What Did Conference Members Discuss during the 2017 World Service Conference?



The 2017 World Service Conference Summary (P-46) captures important Conference discussions—including reports and recovery stories from Al-Anon’s annual Conference, held to ensure worldwide service and unity. The 2017 Summary will include the 2016 World Service Office Annual Report.

In addition to the being able to read and/or download the complete free conference summary, there is a Brief Highlights link, a link to the order form, as well as links to past WSC Conference Summaries, all at the following link:

<https://al-anon.org/members/wsc-summary>



In the Loop

September marked another digital milestone for the WSO, the launch of the re-branded Group eNews! The new English email is called In the Loop. In addition, they have created French and Spanish versions called Le Messenger and En Contacto, respectively. Anything newsworthy from the WSO will now be available to the entire fellowship within the [News from the WSO](#) page found under the members tab on the new website.



Help Spread Hope & Recovery!

These 3 titles have been discounted until the end of the year to help **YOU** spread Al-Anon’s message

Discovering Choices

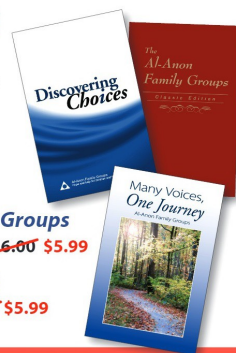
Recovery in relationships affected by alcoholism is explored. B-30 ~~\$15.00~~ \$5.99

Many Voices, One Journey—Al-Anon Family Groups

Al-Anon’s story of growth and recovery. B-31 ~~\$16.00~~ \$5.99

The Al-Anon Family Groups—Classic Edition

Al-Anon’s first book, in its original text. B-5 ~~\$12.00~~ \$5.99



Remember—when you buy from your local Literature Distribution Center, you support your local services.



How Has Being of Service Helped Your Recovery?

We would love to hear your story about how Al-Anon service has helped your recovery. What benefits have you gained from doing service work. Also what got you into service. Please send your sharings to: communicator-@oregonal-anon.org by



District 2 Report

District 2 (Lincoln County) is excited to report that we will begin our Alateen meetings on Wednesday, October 18. We have four AMIAS sponsors who are looking forward to bringing Alateen to our district. A big thank-you to Joanne, AAPP, for her help in getting us started, and to AMIAS Elizabeth, who volunteered to be our district Alateen coordinator. She is doing a great job of spreading the word!

Our district also held a Sponsorship Workshop, hosted by the Happy Hour AFG and led by four wonderful speakers from Portland and Washington, who shared their stories and the many gifts that sponsorship has given them. The workshop was well-attended and inspiring. Thank you to BJ for securing such fantastic speakers with so much experience, strength, and hope! The Safe Landing AFG and Happy Hour AFG groups have been regularly hosting speaker meetings with two speakers—one from AA and one from Al-Anon. These meetings have brought much fellowship and recovery to our district.

Nancy N



Coordinators & AIS Liaisons Reports Due February 1st

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Al-Anon Faces Alcoholism

Al-Anon Faces Alcoholism (AFA) magazine is designed to attract newcomers to our program. The content of *AFA* features basic information about our program. It also includes help and hope in the stories written by members and articles by professionals about the benefits of Al-Anon and the importance of family recovery from the alcoholic's drinking. I am requesting your assistance to encourage members and groups to participate in the *Al-Anon Faces Alcoholism* magazine Public Outreach project.

Did you know that you could view the complete magazine online. <https://al-anon.org/member-resources/afa-magazine/>

From that page there are links for The English, Spanish and French *AFA 2018* second printing order forms as well as a link to order online.

The deadline for ordering the second printing of *AFA 2018* magazines is February 7, 2018, 5 pm EST. Magazines are printed in March and delivered before April 1, 2018.

Each Al-Anon member can be a "messenger" of our program by distributing *AFA* magazines in your community.



Event Flyers

If you have an **event flyer** you would like to 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.

A	B	C
OREGON AREA AL-ANON BUDGET CATEGORY DESCRIPTIONS		
No.	Category	
1	Revenue	Description
2	Group Contributions	Donations from Groups
3	Assembly Registrations	Suggested \$10 per person Donation at Assemblies
4	State Speaker Meeting	Income received from SSM
5	SSM Advance	\$1500 Seed money refund from current year SSM
6	Cash Carried Forward	Balance of Bank Account at end of the year
7	Total Revenue & Shortfall	Add Revenue categories
8		
8	Expenses	
10	Delegate Fund	
11	WSO ETF	WSO Equalized Travel Fund - WSO calculates travel expenses for all delegates across the country to attend the WSO confence, then divides by the number of delegates attending the conference. A letter is sent to each Area stating the average cost. Areas can pay this amount or true cost for their Delegate, the Oregon Area chooses to pay equalized cost becasue we have the funds.
12	Extra Day	Oregon Area Handbook states that the Delegate can go to the Conference 1 day early.
13	Delegate Meeting (NWRDM)	Travel & expenses to attend the Northwest Regional Delegates Meeting
14	Delegate Travel	Travel & Expenses to all Area events, OAC, Assemblies, AWSC...
15	Delegate Miscellaneous	Printing, Computer....
16	Sub-Total: Delegate Fund	
17	Working Fund Expense	
18	Archive Rent	Storage Unit for Area Archives
19	Area Travel Funds [ATF]	For AWSC members whose expenses are not paid by another entity
20	Communicator	Prints Communicator 3 times a year for each mailboxes
21	SSM Advance	\$1500 Seed money for following year SSM
23	March Assembly Rent & Expenses	Area Reimburses Districts for Rent, Coffee, Internet per Oregon Area Handbook
24	July Assembly Rent & Expenses	Area Reimburses Districts for Rent, Coffee, Internet per Oregon Area Handbook
25	November Assembly Rent & Expenses	Area Reimburses Districts for Rent, Coffee, Internet per Oregon Area Handbook
26	AWSC Rent [3 @ \$100 each]	Area Reimburses Districts for Rent, Coffee, Internet up to \$100, per Oregon Area Handbook
27	Insurance	Area has an Insurance policy for Area Events
28	Sub-Total: Working Fund Exp	
29	Assembly/AWSC Allowance(Meal/Lodging)	
30	Officers Expenses	Meal & Lodging for Alt. Delegate, Chairman, AAPP, Treasurer, Secretary (Currently maximum \$150 per event per person from Oregon Area Handbook) (There is a fomula that approximates this, based on assumption of attendance and expenses.)

A	B	C
OREGON AREA AL-ANON BUDGET CATEGORY DESCRIPTIONS		
No.	Category	
31	Audit/Budget	Meal & Lodging for Audit/Budget members that expenses are not covered by another entity. 6 meetings a year (Currently maximum \$150 per event per person from Oregon Area Handbook) (There is a fomula that approximates this, based on assumption of attendance and expenses.)
32	Coordinators	Meals & Lodging for CPC, Archives, Literature, Alateen, Forum, Webmaster, Group Records, Communicator, Public Outreach (Currently maximum \$150 per event per person from Oregon Area Handbook) (There is a fomula that approximates this, based on assumption of attendance and expenses.)
33	Past Delegates	Meals & Lodging for Past Delegates, Past Delegates come to AWSC & Assemblies per Oregon Area Handbook (Currently maximum \$150 per event per person from Oregon Area Handbook) (There is a fomula that approximates this, based on assumption of attendance and expenses.)
34	Regional Trustee/Board Visit	Each 3 year term the Area invites 1 Regional Trustee once during the term.
35	Sub-Total: Assem/AWSC Allowance(Meals/Lodging)	
36	Officers Expenses	
37	Alternate Delegate	Postage, Printing...
38	Chairperson	Name Badges. Postage, Printing...
39	Secretary	Postage, Printing...
40	Treasurer	Envelope, Postage, Printing
41	AAPP	Postage, Printing...
42	Sub-Total: Officers Expenses	
43		
44	Assembly Expenses	
45	Assembly Workshops	Printing, Supplies to conduct a workshop at an assembly
46	Business Services A.C.	Action Committee requests funds to cover projects they intend on doing. They may need to explain at the assembly what their funds will be used for.
47	Membership Outreach A.C.	Action Committee requests funds to cover projects they intend on doing. They may need to explain at the assembly what their funds will be used for.
48	Group Services A.C.	Action Committee requests funds to cover projects they intend on doing. They may need to explain at the assembly what their funds will be used for.
49	Fellowship Communication A.C.	Action Committee requests funds to cover projects they intend on doing. They may need to explain at the assembly what their funds will be used for.
50	Public Outreach A.C.	Action Committee requests funds to cover projects they intend on doing. They may need to explain at the assembly what their funds will be used for.

A	B	C
OREGON AREA AL-ANON BUDGET CATEGORY DESCRIPTIONS		
No.	Category	
51	Audit Budget Extra Day Expenses	In addition to attending Assemblies & AWSC's Audit/Budget meets 3 additional times to conduct quarterly Audits and plan the budget to present in November.
52	Sub-Total: Assembly Workshops	
53	Coordinators and Others Expenses	
54	Alateen	Alateen Coordinator printing, supplies... & expenses to attend and discuss any contract negotiations for Alateen events.
55	Archives	Folders, printing, fire safe...
56	CPC	Postage, Printing, Supplies...
57	Forum	Postage, Printing, Supplies...
58	Group Records	Postage, Printing, Supplies...
59	Literature	Postage, Printing, Supplies...
60	Public Information	Postage, Printing, Supplies...
61	Website Coordinator	Postage, Printing, Supplies...
62	Sub-Total: Coordinators	
63	Delegate Meeting	
64	Alternate Delegate	Each 3 year term the Area allows the Alternate Delegate to attend a NWRDM once during the term.
65	NWDW Support	May remove this line. This was placed in 2016 to help reduce the cost of hosting the NWRDM in Oregon to allow the suggested donation to be minimal per attendee.
66	Past Delegates	Each year 1 past delegate has their way paid to the NWRDM, a drawing takes place during the November Assembly
67	Sub-Total: Delegate Meeting	
68	Other	
69	Task Force/Thought Force Projects	Printing, Postage, Supplies
70	Alateen Sponsor Workshop	Each 3 year term the Area allows the Alateen Coordinator to attend a Alateen Sponsor Workshop in another Area
71	Contingency Fund	A pool to borrow from if a line item goes over budget
72	Equipment Supplies	Equipment for Area Events (Sound system, Projector...)
73	Handbook Update	Printing, distributing Updates to Handbooks
74	Transition Fund	Short falls in Budget from position changes and unforeseen expenses
75	Sub-Total: Other Expenses	
76	Ample Reserves	1/3 of the expenses from the previous year
77	Total Expenses & Reserve	
78		
79	Budget Balancing Ledger	
80	Budgeted Income	Total from Revenue and Shortfalls
81	Budgeted Expenses	Total from Expenses and Reserves
82	Experienced Shortfall of Budgeted Expenses	Difference between Revenue and Expenses
83	Total of Budget Balancing Ledger	

“Service Leads to Growth”

TEAM Event

Hosted by OR Area & WA Area Al-Anon/ Alateen

Nov. 3-4, 2017

Holiday Inn Portland Airport Hotel



Register Now:

www.NWTEAM2017.org

TEAM Registration \$40.00

Includes Luncheon Buffet

Workshops

Saturday Night Guest Speakers

Spanish Translation Available

*AMIAS's providing transportation/chaperoning can download permission slips and Alateen Safety Requirements at Events form at:
www.NWTEAM2017.ORG*

What does TEAM mean?

Together Empowering Al-Anon Members

What is a TEAM event?

A TEAM event is a partnership between Oregon and Washington Areas and the World Service Office (WSO), with the aim of providing an opportunity for Al-Anon and Alateen members to learn more about service and the Al-Anon recovery program.

Who is Coming from WSO?

Debbie G. - Board of Trustees Chairperson/US NC Regional Trustee

Bruce F. - US SE Regional Trustee

Claire R. - Associate Director of Public Outreach–Professionals

TEAM Event Workshops

- Sponsorship
- Alateen / AMIAS
- Growing Trusted Servants
- Fun in Recovery
- Concept Four - Participation
- Bill W.'s Leadership Essay
- KBDM
- Conflict Resolution - Traditions
- 4 Primary Ideas
- Giving: Our Spiritual Link to Gratitude
- Triangle of Recovery - Circle of Support

Online Registration and Schedule

www.NWTEAM2017.org

Contact: Cheré F.

(253) 682.7698

info@nwteam2017.org

Room Reservations available at:

Holiday Inn Portland Airport Hotel
8439 NE Columbia Blvd. Portland, OR

(503) 256-5000

Double Rooms \$115

Promo Code: Al-Anon Team

Breakfast & Free Parking Included

Register for TEAM 2017

To Register Online: www.nwteam2017.org



To Register by Mail: Make checks payable to: NW TEAM 2017

Name: _____

Phone: _____

Email: _____

Area (circle one): WA OR

District #: _____

AMIAS: YES NO

AMIAS #: _____

Yes, I would like to Volunteer at TEAM

Yes, I am interested in Spanish translation

Send Registrations to:

NW TEAM 2017

c/o Loretta P.

155 S. Evergreen Rd. N #3001

Woodburn, OR 97071

Come Bask In The Sunshine Of The Spirit In Service

Oregon Area Al-Anon Assembly

Presented by District 4 AFG

November 17, 18, 19, 2017

Days Inn

Black Bear Conference Center
1600 Motor Ct NE
Salem, OR 97301

Al-Anon Assembly Schedule:

Friday: Sharing Meeting 7:30-8:30 pm

Saturday: Assembly Meeting 8:30-5 pm

Sunday: Assembly Meeting 8:30-12 pm

All Al-Anon and Alateen members are invited to attend. Only Group Representatives (GRs) have vote. AWSC members have voice only.

For more information, please contact Dee P. (District 4 DR), Dawn K. (Treasurer), or info@salemareaalanon.org.

Al-Anon Hosting Hotel - Days Inn: 503-581-1559

AA Hosting Hotel - Red Lion: 503-370-7888

Joint AA Cooperation: The AA Assembly will be at the Red Lion Inn, 3301 Market St SE, Salem, OR 97301 (a short walk or really short drive away). Al-Anon members are invited to attend some of the AA assembly Activities.

As the AA Assembly is only a short distance away, members may choose to participate in the luncheon and/or dinner at the Red Lion Inn. Pre-registration is required for these meals. To attend the AA Assembly Activities, please fill out the form below and send your money in before the deadline.

Al-Anon Lunch Speaker at the AA Assembly: Judy J. from Milwaukie (Al-Anon) !!!!!!!!!

Highlight meal selections and send in form below:

Saturday Breakfast Buffet \$13.50

Eggs, Bacon, Sausage, French Toast, Potatoes, Potatoes, fruit, yogurt, assorted pastries and beverages

Saturday Lunch \$15.00

1. Teriyaki Chicken with Jasmine Rice & Sautéed Vegetables
2. Chicken Caesar Salad
3. Teriyaki Tofu with Sautéed Vegetables Rice Bowl

Sunday Breakfast Buffet \$13.50

Same as Saturday Breakfast

Saturday Dinner \$25.00

1. Flank Steak with mushroom demi sauce, oregano & thyme roasted red potatoes & zucchini with garlic & herb butter
2. Seared Salmon Filet with butter and lemon basil sauce served with asparagus & wild rice.
3. Portobello Mushroom Caps stuffed with roasted zucchini, spinach, carrots, tomato & garlic.

Saturday Live Music: Suggested Donation \$5.00

AA Assembly Registration Deadline: Monday, Nov. 6, 2017

Mail Completed Forms to: P.O. Box 345, Turner, OR 97392

Email: November2017Assembly@Gmail.com

Make Checks to: AA Dist. 4 Area 58 November Assembly

First Name: _____ Last Name: _____ Dist. #: _____

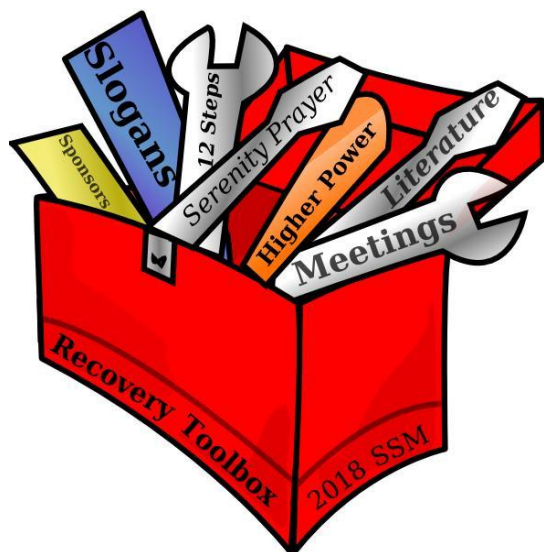
Phone #: _____ Email: _____ AL-ANON X

Street Address: _____

City, State, Zip: _____

2018 Oregon Al-Anon State Speakers Meeting

Filling Our Recovery Toolbox



What: Al-Anon/Alateen members gather to celebrate recovery, share experience, strength & hope; fun & fellowship are the focus of the weekend. The three-day event is a special time of sharing recovery and having fun together for members from around the state.

Who's Invited: Al-Anon, Alateen and AA members

When: Friday April 20 thru Sunday April 22, 2018

Where: Patton Middle School
1175 NE 19th Street, McMinnville, OR 97128

Proceeds will support Oregon Area Al-Anon
Hosted by District 10 & District 15, Sponsored by Oregon Area AFG

Contact: Deanna M. (503) 459-2933 or SSM@oregonal-anon.org

Al-Anon Speaker: Tarcila F., Past Delegate TN, Nashville, TN
A.A. Speaker: Madeleine P., Past Delegate ID, Happy Valley, OR

SSM Registration Form

Please register early even if you do not want to purchase meals or other items. Please use a separate registration form for each person. Registration deadline for meals is April 6, 2018. Registration will be accepted at the door.

Name: _____ Badge Name: _____

Home Group/City: _____

Address: _____

Email: _____ Phone: _____

Friday ice cream social provided, snacks available all weekend.

Saturday Lunch: sandwich, soup & salad, cookies \$8 \$ _____

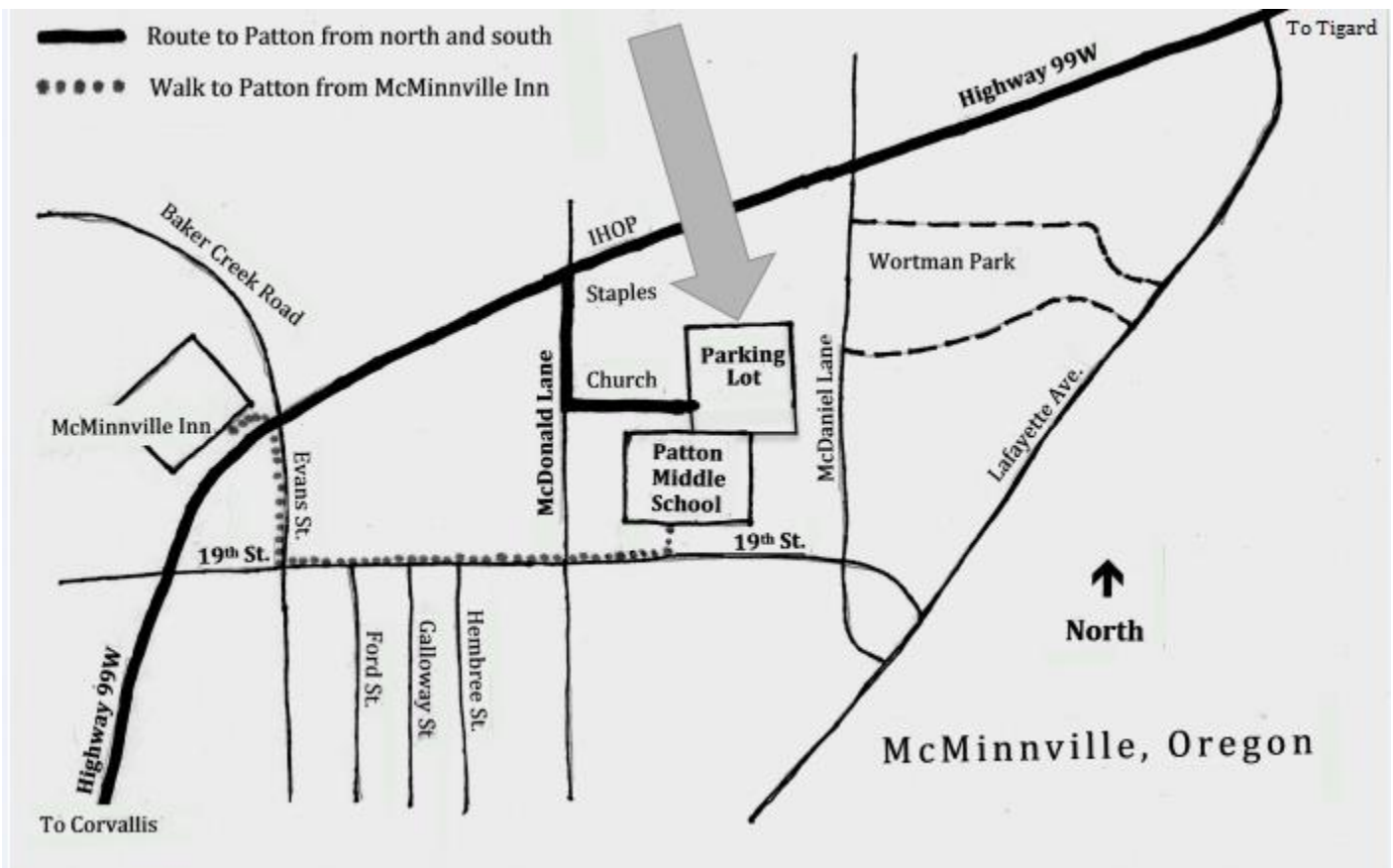
Saturday Dinner: potato bar with pulled pork, chili, salad, dessert \$12 \$ _____

SSM Lanyards \$5, blue _____ purple _____ \$ _____

Voluntary Donation (\$10 suggested) \$ _____

Total \$ _____

Make checks payable to: SSM 2018, P.O. Box 921, Tualatin, OR 97062



Patton Middle School access parking lot off of McDonald

Lodging Information:

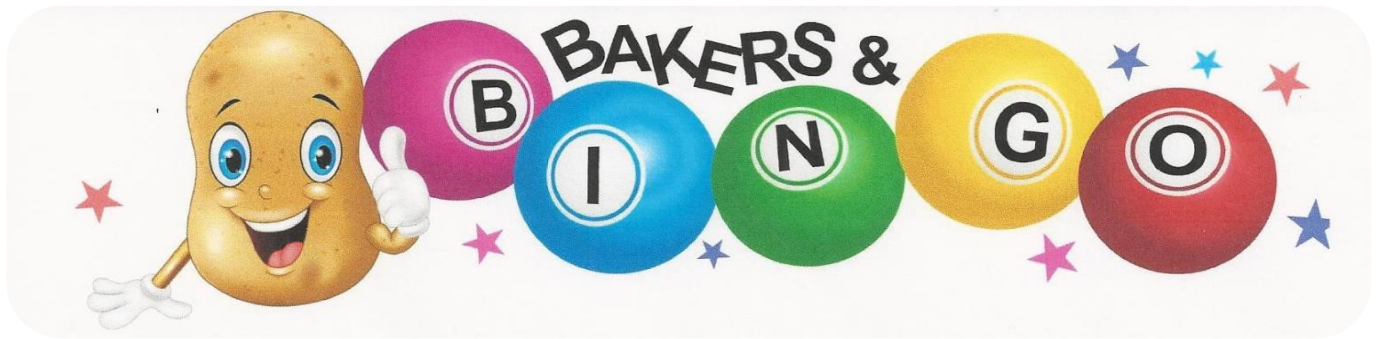
Suggested motel (0.5 miles) to Patton: **McMinnville Inn**, 381 NE Highway 99W, McMinnville, OR 97128, Phone: (503) 472-5187, queen or king \$89.99-\$94.99, two queen \$99.99, deluxe king \$104.99, includes continental breakfast

Other hotel options:

Red Lion Inn & Suites, 2535 NE Cumulus Ave, McMinnville, OR 97128, (503) 472-1500, rates start at \$108.00 per night plus tax.

Comfort Inn & Suites, 2520 SE Stratus Avenue, McMinnville, OR, 97128, (503) 472-1700, rates start at \$110.00 including breakfast, per night plus tax.

McMenamins Hotel Oregon, 310 N.E. Evans Street, McMinnville, OR 97128, Phone: (503) 472-8427, (888) 472-8427, rooms with shared bath start at \$105.00 per night plus tax, rooms with private bath start at \$135.00 plus tax.



District 7 Al-Anon Fall Fund Raiser 2017

"Bakers and Bingo"

**For All Al-Anon, Alateen & AA Members
and their families and friends**

Saturday, October 21st, 2017 – 4:30 to 8:30 PM

*St. Vincent De Paul, 2540 North Pacific Highway
Medford, Oregon 97501*

PROGRAM

Bingo starts.....4:30pm
Baked Potato/Salad Bar starts.....6:00 pm
Speakers and Dessert start7:00 pm

Adults: \$7.00 and Children: \$3.00 for Dinner

Al-Anon and AA Speakers: To Be Announced
50/50 Raffle

Hosted By: "It's About Me" Al-Anon Family Group [Medford]

**Questions: Call Roberta @ (541)535-2569
or Laura Jane @ (541)778-8908
or email districtrep7@gmail.com**

**Bingo cards will be available at the Greeters Table \$1.00 each
All proceeds go to District 7 AFG**