



Oregon Area Al-Anon/Alateen

Communicator

June 2018 Issue

Upcoming Events			Upcoming Events		
If event font color is blue, it is a hyperlink.					
June 16 8:30AM – 5 PM	AWSC Area World Service Committee	Oak Grove United Methodist Church 14700 SE Rupert Milwaukie, OR 97267	Aug 25 9:30 AM- Noon	Westside Service Manual Discussion Group	13885 SW Meridian St. #217 Beaverton, Oregon 97005 (Private Residence)
June 23 9:30 AM- Noon	Westside Service Manual Discussion Group	13885 SW Meridian St. #217 Beaverton, OR 97005 (Private Residence)	Aug 25 Noon-4	Family Recovery BBQ Picnic	Bethesda Lutheran Church Park, 4445 Royal Ave., Eugene, OR 97402
July 6-8, 2018	Al-Anon's International Convention	Baltimore, Maryland	Sep 1 9:30am noon	Al-Anon Service Manual Workshop	14911 SE Woodland Way, Milwaukie, OR 97267 (Private Residence)
July 7 9:30 AM- Noon	Al-Anon Service Manual Workshop	14911 SE Woodland Way, Milwaukie, OR 97267 (Private Residence)	Sep 29 2:30 PM- 4:30 PM	Writing for Recovery	Calvin Presbyterian Church, 10445 SW Canterbury Ln., Tigard 97224
Jul 20 7PM- 8PM	Assembly Welcome Meeting	Best Western Agate Beach Inn See address below. Cove Room	Oct 13 8:30AM – 5 PM	AWSC Area World Service Committee	Gilham Community Church 3633 Gilham Rd, Eugene, OR 97408
Jul 21 6:45-830 PM	Saturday Evening Alateen Workshop	Best Western Agate Beach Inn See address below.	Nov 16 7:00 PM Nov 17,18 8:30 AM- 5 PM 8:30 AM - Noon	Oregon Area Assembly	Seven Feathers Casino And Resort 146 Chief Miwaleta Lane Canyonville, OR 97417
Jul 21 8:30 AM- 5 PM Jul 22 8:30 AM - Noon	Oregon Area Assembly	Best Western Agate Beach Inn 3019 N. Coast Highway Newport, OR 97365	May 17- 19, 2019	Oregon State Speakers Meeting	Springfield, OR 97477
Jul 28 9:30 AM- Noon	Westside Service Manual Discussion Group	13885 SW Meridian St. #217 Beaverton, OR 97005 (Private Residence)			
Jul 28 1 PM - 3PM	Quarterly Service Manual Study Group	Eugene Literature Depot, 1253 Willamette St., Eugene, OR 97401 – alley entrance			
Aug 03	Oregon Alateen Conference	Molalla Retreat Center 36208 S. Molalla Forest Rd. Molalla, OR 97038			
Aug 4 9:30am noon	Al-Anon Service Manual Workshop	14911 SE Woodland Way, Milwaukie, OR 97267 (Private Residence)			

If you would like an event listed in the October issue of the Communicator send an email to: communicator@oregonal-anon.org by the Oct. 1st deadline. (Note this is a new email address)



Group Representative's Reports Due October 1st

Please send your report to: communicator@oregonal-anon.org by Oct. 1, 2018. (Note this is a new email address) **Please be sure to put "Communicator" in the subject line.**

From the Area Chair Greetings to Oregon Area

As I am preparing the June 16th AWSC agenda I am reminded on how much I love doing this job. I always look forward to being with people who believe that service is a big part of their recovery and whom I have learned to love.

Sometimes it takes me a few days to clear off my desk, go through the last agendas from the prior AWSC and Assembly, review the minutes from each and start to put things on paper. I keep a notebook by my computer and phone, so I can remember when someone emails or calls to request time for an item on the agenda. I also consult with the area officers through phone calls, conferences calls and emails; nobody does this job alone. I have learned that is one of best gifts of saying yes to any service position in Al-Anon.

I ran across a letter I wrote in 1997, when I was the Area Chairman before, where I had asked DRs to make copies for every member in Al-Anon. In it I personally invited every Al-Anon member to come join Oregon Al-Anon Service structure for fun, growth, information, fellowship and so much more. It talked about: why we were involved, what we do, how we do it, who does it and what you get.

Because I had one person personally invite me, early in my recovery, to participate in serving this program [or in my case was told to get in the car - you are going to love it] I was given the gift of service. I had heard in the beginning that to grow, you need to stick close to the winners. I saw that they were the people keeping this program going. Another quote I heard was stay in the middle of the program [participate] not on the edge of the program. Our human nature is the desire to feel like we belong and since I started serving in Al-Anon I feel and know I do. Before Al-Anon, I always felt like I was on the outside of life looking in. I have also been able to take this concept outside the rooms of Al-Anon into all areas of my life. Being involved in group, district and area service has allowed me to stretch myself

and to *practice* the Al-Anon principles.

I have always said that being chair of the area has always been my favorite position and I do get to practice using those principles. I joke that it gives me a chance to be in charge, when in reality, it has given me to the awareness to *really* know who is really in charge; the God of my understanding, whom I choose to call God.

I am looking forward to seeing everyone in Newport for the July Assembly. I am also looking forward to seeing the town I grew up in and how much it has changed.

In Love with Al-Anon Service
Bunny G. Your Area Chair



District 12

De La Supervivencia A La Recuperacion (From Survival to Recovery) celebrated their seventh anniversary with speakers and a party! They had speakers from AA and Al-Anon, and an alcohol and addiction specialist from Las Vegas, Dr. William Gallego, PsyD, who gave an inspiring speech about his life journey from homelessness to recovery. Members from the other Spanish speaking Al-Anon groups in our area joined in the celebration, which included some great tasting food and fellowship.

Cynthia N.
District 12

From Our Delegate

Wow! Every single one of you has gotta stand for Delegate! Getting to have a tour through Stepping Stones and being able to sit at the table that Bill W and Ebby sat discussing alcoholism's recovery is truly amazing. And looking at Lois' house and seeing what she specifically wanted us to see gave me chills.

My LAST conference - sad and wonderful, interesting and routine, crying and happy all at the same time. I am having a hard time organizing all of the information into an interesting and short-like report. New literature approved to be written and, new literature announced to be distributed shortly. Interesting challenges ahead for us to resolve, new employees to welcome and embrace their talents and saying goodbye to long time employees retiring and creating new positions to process.

CHANGE is the action we need to embrace. It is happening whether we want it to or not; not all changes are welcome, some wanted are not scheduled. How much information do you want to know about? How much change do you want to be a part of? Sadly, more and more people are staying away from service and allowing a few to speak for many. What changes will you be interested in just letting happen and what changes do you want to help create?

Oregon Area Al-Anon needs you! We need you that are reading this to help others know about what changes are happening! We need more Group Representatives, we need more District Representatives, we are going to have elections for every position in November!

Al-Anon is not just attending our meetings every week - Al-Anon has 3 Legacies and 3 sides to the triangle: Recovery through acceptance of the Steps, Unity through acceptance of the Traditions and Service through the acceptance of the Concepts. Are you participating fully in your Recovery?

I hope to see you at an assembly in the future.
Grateful in Service,

Cindy Erickson
OR Delegate



My Experience as Oregon Area Secretary

When I stood for the position of Area Secretary, I felt almost an obligation because I did not want to see such an important job go unfilled. Right reason? Absolutely not, but I do feel a responsibility to give back for what I have received from Al-Anon, and I know that a large part of my recovery comes from serving at the Assembly level.

Yes, I fulfilled what I feel is an obligation to the program, but there's an abundance of things I received as a result of my being open to serve. I learned to *listen* more intently to what was being said without putting my own interpretation on it. When I wasn't sure if what I heard was right, I was forced to *ask* the speaker what was said. I also had to become *open* to hearing when I made a mistake in what I reported. And, once again, I had to acknowledge the truthfulness that Al-Anon is a *we* program, that it is necessary for me to work with others. This position helped to reinforce the principle that my ideas are not the only ideas, and they are not always the right ones, but *together* we can find the best solutions for our Area.

Thank you for giving me the opportunity to serve as the Oregon Area Secretary Panel 56.

Mary Lynn J.



First Contact

Have you ever read the first letter that was sent out to each of the Al-Anon Family Groups in 1951? Read more about it here. <https://al-anon.org/blog/al-anons-first-contact/>

2018 SSM Report

Well, it's a wrap! If you missed this year's State Speakers Meeting, we are sorry. The recovery shared that weekend was over the top. We laughed, sang, shared, laughed, played, learned, laughed, listened, met new members and, oh, did I mention laughed.?

Friday evening began with an ice cream social and a Kazoo band of entertainment. We all attempted to be "kazzooers" but when all else failed we sang! Then our first meeting of the evening was 'What Would You Like In Your Recovery Toolbox'. The meeting easily drew 50 members.

We began filling our recovery toolbox right away on Saturday. We had a panel of speakers who each spoke on some of the tools in our program and how they have changed their life. Then we had our own red carpet runway full of models from our fashion show of character defects. Not sure there was a single audience member that didn't laugh hysterically at one point or another. Prior to lunch we played 'I have in common with you if...' and we found a lot of similarities amongst our members, imagine that! There were walking and sharing meetings in the early afternoon followed by a workshop on forgiveness. After dinner we had our out of town Al-Anon and AA speakers which were both so moving and excellent speakers I might add. The entire day was so eventful and full of recovery.

Sunday was an early morning with JB from Spokane (formally from the Portland Metro area) as our spiritual speaker. A wonderful analogy of the waves of the ocean and how the program works in his life was shared, along with many memories of being amongst peers from where he began his program. Next was a panel of speakers talking about how program works in families in recovery. There we had a young couple husband (AA) and wife (Al-Anon), a mother (Al-Anon) and daughter (Alateen), long time couple husband (Al-Anon) and wife (AA), and a long time couple husband (AA) and wife (Al-Anon) who shared very different stories, but how special it is to have someone that they share their life with who

understands the language of love via our programs.

The food was delicious and plentiful. We had a Forum writing area for those that wished to contribute to our future literature and we sent in 22 personal sharings. We additionally sent in several pages of tid-bits/analogies that were sent in to the *Forum* and Oregon Area *Communicator* Newsletter. We had about 170 people register and quite a few more that came in for Saturday evening. We thank everyone who came, donated, registered, and shared about the 2018 State Speakers Meeting. Many of you have asked how much was raised via the 'Give it up cups" and the entire event. Honestly I don't know yet. We only have preliminary numbers, so you'll just have to read the July Assembly minutes and hear it from your Group Representative.

If you missed this year, you have a second chance. Next year May 17, 18, and 19th 2019, District 6, the Springfield/Eugene area, will be hosting the 2019 State Speakers Meeting and you are all invited. Mark your calendars now so that you won't double book yourself. Remember there is no cost to attend a SSM, there generally is a suggested donation but the most important thing is that each of our members make it to receive the recovery that is shared at these meetings.



ALERT:

Email Addresses Have Changed

Please note that some of the email addresses that are listed under [Contacts](#) on the Oregon area website have changed. You may want to check any that are in your address book to make sure you are using the new ones. Most of the address changes are removing the dash just before the @. **The communicator address is one that has changed. It is now: communicator@oregonal-anon.org**



Not my monkeys, not my circus

District 2 Report

District 2 is excited to host, along with District 16, the July 2018 Assembly in Newport this summer. The planning has been challenging, but we've got a great venue across the street from Agate Beach, where you can see the dunes and the ocean from the registration table to tempt you! Please be sure to share our flyer and encourage your Group Reps to attend!

Our four groups have regular attendance and strong sharing. The Happy Hour AFG meeting hosted a wonderful Speakers' Meeting, featuring an Al-Anon member, an Alateen member, and an AA member who shared their experience, strength and hope from each perspective. The enthusiasm of members for more Alateen sharing has encouraged our district to plan more opportunities for Alateen members to visit the district and share.

Our Alateen meeting, which started in October, continues to meet weekly with two regular members. At this time, we have two group sponsors and two AMIAS who do service as substitute sponsors or in outreach.

Our challenges continue to be bringing in newcomers and in the areas of service beyond the group level. We have been educating each group about the Area service process, letting them know that in November there will be opportunities for group members to step up to service at the group and area levels. We plan to have a Service Workshop in the fall to carry this message.

Nancy N., D-2 Rep



Where there are gaps in this issue of the Communicator I will be filling in with little sayings that were shared at the 2018 SSM.

Acceptance is the answer to all my problems today!

District 6 Report

District 6, located in Lane County and concentrated in Eugene/Springfield, is firmly rooted in recovery, unity and service. From the mature, long-term members to the wide-eyed newcomers, District 6 provides a healthy environment from which to recover from the effects of the family disease of alcoholism.

With 30 Al-Anon and 3 Alateen weekly meetings, people ARE recovering in District 6. Meeting choices include: a beginners meeting, men's meeting, speaker meetings, a meeting on The 3 Legacies, book studies and step studies. Any day of the week you can attend a meeting (or more) in District 6 and experience the unity of our program.

In addition to adherence to the Traditions, District 6 fosters unity by encouraging groups to have Group Representation (GR) at District Meetings and at Oregon Area Assemblies. Monthly District meetings of GR's and officers has been key to district unity. Groups without GR's can access information through the district website, sign up to receive district emails and pickup information at the Literature Depot from their group's mailbox.

The Literature Depot has played a large role in creating a sense of unity within District 6 and provides many opportunities for service. The Depot is staffed by volunteers, Mon. – Friday, 11:30 – 1:30pm and is host to 7 weekly meetings and multiple service meetings. District 6 is very service-oriented and is busy planning the next State Speaker Meeting and a Family Recovery BBQ...come a join us!

Love,
Dawn B.
District Rep., D6

**RECOVERY through the Steps
UNITY through the Traditions
SERVICE through the Concepts of Service**

District 10 Report

District 10 which covers most of Washington county has continued to grow together as a whole. In February we had our Annual District Fundraiser, in April we hosted the 2018 State Speakers Meeting with District 15, in May we participated in a mailing to the Professional Community public outreach project, in July and August our second showing of the bus campaign for the Portland Metro Area will be in action, and we are currently planning a writing for recovery workshop for September 29th.

There are 25 group meetings in our district, of those 2 are Alateen, 4 are Spanish, 1 is a newcomers meeting and 1 is an institution meeting (held in a local prison.) We regularly have about 17-18 groups represented at the monthly meetings which are the 3rd Tuesday of the month at 7pm in Tigard. At our last District meeting we had a Group Representative from each Spanish Group. One of our Spanish groups El Mejor Regalo is having their first Birthday meeting in June.

For public outreach we purchased 300 Al-Anon Faces Alcoholism (AFA) in English and Spanish and took them back to our groups with a note of where are places that they could be disbursed. We also are eagerly awaiting the Metro Bus Campaign. As stated before, we participated in a Reaching out to the Professional Community mailing project, that you can read more about in another article.

We try to have a round table of Group Successes and Concerns at our district level that allows us to learn from and work out issues with others experience, strength and hope.

Deanna M
District 10 DR

Expectations Are Premeditated Resentments

DO YOU LOVE OUR AL-ANON LITERATURE?

I am the Literature Coordinator for the whole State of Oregon and I LOVE MY SERVICE POSITION. But now it is time to turn our positions over. Rotation of Leadership works. Are you interested? I have at my house, all of the Oregon Area's literature; books and pamphlets. I can look up or read anything anytime I want. In fact my job description says I am to read and be familiar with all our CAL. When WSO publishes a new piece of literature, I get a copy mailed to me personally (for the Area files). I get to give updates and reports at assemblies about our literature and encourage the membership to write for our new literature. I have been asked by groups to do writing workshops. I participate on the Fellowship Communication Action Committee at area level and suggest ideas for spreading the message about our literature. The committee listens to my ideas. The WSO has 2 conference calls every year for all Area Literature Coordinators. I get to participate, share and get ideas. I belong to AFG Connects for Literature Coordinators. Two or three times a week I may get an email from the WSO or other Literature Coordinators asking for suggestions or sharing information. I love hearing what other States are doing. I pass literature information on to the fellowship via emails. I go to 3 Oregon Assemblies and 3 AWSC meetings each year. They are held all over the State and the Oregon Area pays my expenses. I get to make Literature Displays for these meetings. I really do enjoy the business of Al-Anon, and want to give back, but I have to say: "Fellowship is the best part". I have a service sponsor and I would be willing to be your Service Sponsor if you need one.

Judy J
Your Oregon Literature Coordinator

Article by Vali F, Executive Director

Article is about her first World Service Conference as Delegate. Check it out.

<https://al-anon.org/blog/doing-for-me/>

District 1

Since becoming DR for District 1, we have been working at sharing the message of Al-Anon and Alateen. Our district participated in Homeless Connects in January. This event is open to the public and offers a one stop shop for a variety of services. We have participated for the last few years and while it is difficult to determine the impact, we believe that sharing our experience, strength and hope can impact the lives of others in need.

The District coordinates the making of a queen size quilt each winter for the North Coast Roundup, held in April and is our primary fundraiser. January and February, individuals from our groups add their personal touch to quilt squares. March's District meeting includes business and fellowship. It is an all-day event that includes a business meeting and designing the layout of the individual quilt squares, sewing them together, adding the binding and preparing it for one our groups to tie during their meeting. We also make some fun baskets and sell raffle tickets. This year, the basket raffle and quilt ticket sales, our District raised \$995.00. The quilt was beautiful!



As with other Districts, we struggle to find enough volunteers to fill positions. Members rotated the position of Secretary on a temporary basis and through prayer and faith in the program, Margi stepped up to fill the position in May. We are excited that all positions at the District level are filled! Our next focus is working on Community Outreach. Several people are working to gather information so that we can send Al-Anon material throughout the community. Stay tuned for the update!



**The three G's -
Get off their back,
Get out of their way,
Get on with your life!**



District 9 Report

District 9 in NW Portland and all of Columbia county is still active. We have lost two groups in the past year, one moving to district 12 and the other disbanding. So we are now at 13 active groups; however, only 6 GRs regularly attend the district meeting.

We had a fundraiser last September that, to my knowledge, is the first District 9 fundraiser ever to be held. It was very successful as far as attendance, participation and having fun. However, we only made \$200 and learned some valuable lessons about how to do a fundraiser. We will be having our second fundraiser this coming September.

Our District 9 treasurer, Bill W., looked at the historical expenditures for the past 8 years. We averaged \$71.75/month in contributions and our expenses averaged \$71.15 so we have been running a pretty tight lean ship.

Respectively submitted,
Mary W.

District 5 Report

District 5 meets monthly on the first Saturday from 9:30-11. We have 18 groups and usually about 5-7 GRs attend the District meeting.

During the last panel we wrote job descriptions for our coordinator positions. We have been reviewing and revising one job description at each District meeting to ensure that new coordinators can easily transition into positions. This has been a slow process because some coordinators have not been able to attend so feedback has been slow coming. We hope to have revised all job descriptions by the end of this panel.

A success we have had is with Alateen. We have 2 new AMIAS (Al-Anon Member Involved in Alateen Service) in Prineville and an active meeting. There are usually 1-3 members attending. In Bend we have a meeting in a school which means it is closed to teens outside the school. They have 0-2 members so far. Our Alateen coordinator is working on a meeting at another location so it is open to all teens.

Public Outreach has been taking an Al-Anon panel to Serenity Lane to meet with families of their clients for over a year and have been very well received. Our coordinator is trying to expand that outreach to other facilities.

We are in the process of putting our District agendas, minutes, roster, etc. on Google docs. We are excited to get this up and running so all members can readily access our District information. This will also cut down on emails GRs have to deal with.

Our annual fundraiser is our spaghetti feed which occurs in February close to Valentine's Day. We have raffle baskets donated by each group, a 50-50 drawing, and \$1 desserts. We have Alateen, Al-Anon, and AA speakers. We plan for months ahead to have a theme, decorate, and advertise it to all Al-Anon and AA groups in our District. AA generously supports our fundraiser. This year over 200 attended and we raised over \$4,000 for our general budget.

One thing we always include at the beginning of our District meeting is to read a short selection from the Service Manual. I try to choose something related to an agenda topic. The purpose of only reading from the Service Manual is to increase GR awareness of the value of the Service Manual in conducting District business.

Golda, District 5 Representative



Outreach At Its Finest

(Portland Metro Bus Campaign Project)

Nothing like an Al-Anon Outreach Project that falls into place with little work. Last year we raised enough funds to run the bus campaign and then had enough left over to run a new one this year. This year there will be 14 displays running for minimum 8 weeks starting in July on the back of the buses. The buses will be running out of the Powell and Merlo Garages and cover from Gresham to Forest Grove/Sherwood and from North Portland to Tigard/West Linn. The Cost was \$4,760. Just like last year if the buses are empty then they will leave our signs on longer. Side note, there are empty buses running around but that is because the bus company owns the advertising on those, the promotional company we are using only has access to so many.



When you don't know
where to turn...

because someone drinks too much.

**Al-Anon & Alateen Family Groups can help
al-anon.org 503.292.1333**

District 16 News

There are four meetings in our district, and they have been meeting for a long time! Tuesday/Thursday Corvallis has been around for at least 24 years, and Parkside for at least 12. I am not sure about the starting dates of Care & Share (Albany) or the Friday night meeting in Lebanon, but gathering group history information is a goal for our next district meeting.

We continue to run an ad in the *Gazette Times*, and have a phone number listed on our meeting schedules so newcomers can ask questions about our fellowship. We have two GR's in our district, one representing the Parkside meeting, and one the Care & Share meeting in Albany, which meets three times per week. We are also lucky to have a dedicated treasurer, who stood at the district level after having served as a group treasurer for several years. Like many districts in our state, we struggle to find people to fill service positions, but the people who do serve are dedicated and do a wonderful job of listening to each other and learning from service. Every time we gather, I am reminded of Tradition 4, which states: "participation is the key to harmony". We are a very harmonious group, and we all continue to grow in our positions!

When I began my term as DR in January, our district was seriously low on funds. I am happy to report that this situation has greatly improved since then. We currently have over \$300 in our district budget, and I attribute this increase to following WSO guidelines about how to handle group funds. After allowing for "first things first," namely rent, literature and GR expenses to attend assemblies, they suggest sending 60% to the district, 30% to the Area and 10% to WSO. This policy has helped boost our reserves, which are used to pay our DR's way to assemblies and cover the cost of printing meeting schedules for newcomers.

District 16 will help with the July assembly in Newport next month. Many people at the Parkside meeting have stepped up to help out in any way they can—we will man the registration table, bring

snacks for the hospitality room, and stick around when the day is done to help with the cleanup. It has been a wonderful opportunity to collaborate with the folks in District 2 and work together as a team.

Our Area Forum Coordinator came to visit our district in March and we had a writing workshop at our public Library. It was informative and inspirational, and a great example of fellowship in action. After we spent time writing, we shared our stories with each other, and it was a very rewarding experience that showed me once again how much we all have in common as members of this program.

Although we do not have a current Alateen meeting in our district, we do have three AMIAS's who decided to renew their certifications for the next year. We have tried for years to get an Alateen meeting off the ground, but have not had any luck attracting enough teens. We know they are out there, and we stand ready to serve!

Thank you for giving me this opportunity to continue to grow in service!

Kim Murphy
DR, District 16



Excerpt of Letter From Group Services

We are aware of the publication issue with *Groups at Work* (P24) that pages are missing or not properly cut. We believe this is an isolated batch that seems to have been shipped to Oregon as we have received no other complaints. Members can tear out the title page and postal mail it to WSO with a note to let us know that it was a purchase versus the group copy mailed to the CMA. Members can also choose to scan it and email it to WSO@al-anon.org with the same documenting information. A number of members have already contacted us directly but if you hear of anyone else, please share this information with them. All *Groups at Work* will be replaced at no charge. We are much appreciative of your assistance and service.

Communicator Editor

I am so grateful that I stood for the position of Communicator Editor. It has been one of the most enjoyable service positions that I have held.

As with all of the service positions I have held, I have grown in my recovery. Service has been what has given my recovery such an enormous boost all through the years. I was told early in my recovery to stick with the winners. I do this by doing service. I try to give back to the program, because the program has given me so much, but the more I try to give back the more I receive.

I get to ask people for articles for the *Communicator*. There is a set schedule for Reports that are published. But there is so much more that can be done to make the *Communicator* a great communication tool to all of the groups in the Oregon Area.

Being the editor really helps me to feel the pulse of what is going on in our state and beyond. I like to look at things on the [Al-Anon Website](#) and see what might interest Oregon members.

I love the fellowship and getting to know more of the members in service from around the state. Even the ones I have seen for years, I have got to know them better and feel an even deeper bond with them. I enjoy taking all of the articles that I have received and the other tidbits that I have found and trying to put them together so all of the pieces fit, similar to putting a puzzle together.

I don't have to do this job perfect. I just try to keep improving with each publication.

Check out the job description in the Oregon Area Handbook [Section 2 - Position Descriptions \(1st half\)](#) before you decide whether this position might be right for you. You don't have to do it alone. I am willing to help.

Donelda H.
Communicator Editor

BOOK MARK CHALLENGE

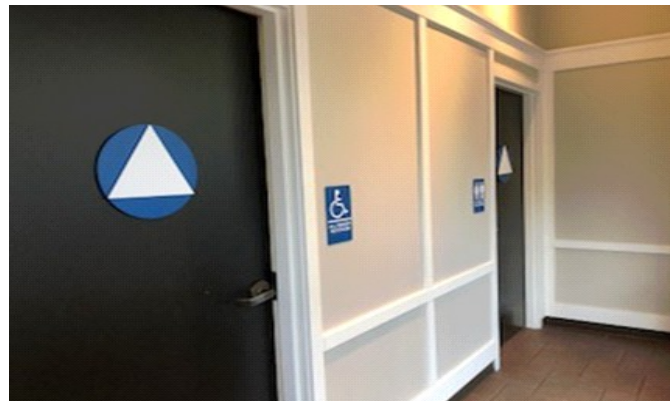
Bring to July Assembly

Don't forget to enter the BOOK MARK CHALLENGE and win a basket of CAL literature for your group. Chair a meeting on one of your choices, circle it on the bookmark and bring the bookmark to the July Assembly. One winner will be drawn, and all entries will be rewarded. Check with your DR or download the bookmark and information from the home page on the Oregon website.



Al-Anon is Gender Neutral

While meeting with my sponsor at a local coffee shop, I noticed the new signs on the bathroom doors. Look somewhat familiar?



These are the new signs for “gender neutral” bathrooms, which led my sponsor and I to talk about how Al-Anon is also gender neutral and yet we seem to attract a disproportionate number of female members compared to male members. When I visit AA meetings I notice that they seem more balanced, which leads me to ask: why doesn't Al-Anon attract men? For every female in an AA meeting, there has to be at least one male (father, spouse, partner, son) who is suffering in silence. I wonder whether it is because, generally speaking, stereotypically, men do not readily ask for help. Alcoholism is a disease of isolation, and many of us struggled in isolation thinking that we were the only ones until we found the rooms of Al-Anon. How can we attract more male members? They have much to offer us: we need them as much as they need us.

If I Can Do This, So Can You

My Al-Anon Anniversary is coming up, July 26. I still remember that first meeting I walked into on a Thursday night in Albany, music streaming in through the church's open windows from a nearby concert. I heard whispers of hope intertwined in those guitar riffs and I knew this program was for me. Nearly 11 years have passed since that providential Thursday and I'm still here. I now attend several Al-Anon meetings a week in the Eugene area. I recently moved, so I don't have a "home group" exactly, but I have found a few groups that I feel comfortable in. And I have to say, it's very easy for me to sit in a corner and hide in plain sight during a meeting. I deal with anxiety on a daily basis, and speaking in front of others is a prime opportunity for that anxiety to rage, even if it's only three or four other people that I'm talking to. Am I alone in feeling this way? I don't think so.

Sometimes my greatest effort is expended when I walk from my front door to my car. Other times it's when I drive into the parking lot and turn off the engine. When my heroics are spent on just getting through the day and making it to a meeting, I often feel like there's nothing left. I become short sighted and I begin to believe that my local meeting is the primary place where my needs are met and my shortcomings are challenged.

Service is a gift in my opinion. It's a gift that I sometimes rip into myself, and at other times I need someone to put it on my lap and say "Open it." I think it's rewarding to be a GR, a chairperson, a key holder, or even the person who turns the coffee pot on. I also think it's rewarding to be a DR and offer that lifeline of support to GRs and all of the Members in a District. But let me tell you - it is a different animal to be a state Coordinator. Sure, I have to attend the AWSC meetings and the Assemblies, but I've created a routine around doing that for years, so it's like going to church on Sunday. I don't have to think about it. The real gravy for me though, is the family within a family experience that I have in connecting with others who are also serving at the state level. I have met

and made some wonderful friends and I only expect those relationships to grow with the passage of time and service. I have learned that when I enjoy the people I'm surrounded by, the work becomes joyful, too.

I have been putting up some tear off sheets for public outreach lately, and I can't really describe the tingling sensation that comes over me when I go back to those locations and see a tab removed. I think it's something you have to do in order to know that feeling. And honestly, I want everyone to know that feeling! Public outreach is something that can be done a million different ways, whether you have crippling anxiety or you're the world's biggest extrovert. I am living proof of that. And I will be retiring from this position in December.

Who will take my place? Will somebody out there gleefully step forward and accept the gift, or do I need to drop it in some lucky person's lap? ;) I happen to believe that you are out there and that you're being prepared even now to become the next Public Information Coordinator. If my time in Al-Anon has taught me anything it's that this is a WE program, and no one is ever alone, whether they're in a local meeting or traveling to attend a World Service Conference. We all support each other and we do our best to presume goodwill. When I stepped up and stood for this position my life began to improve. No joke. I'd like someone else to have that same opportunity and experience. So if you're reading this right now and for some reason you think no one would vote for you or that you're not capable, I happen to **know** that If I Can Do This, So Can You.

Katie W.
PIC



Writing for Recovery Workshop

Please join us for an afternoon of inspiration and support in writing your experience, strength and hope for yourself and others. We all have our own unique perspectives waiting to be shared in a journal or a piece to be published in the Forum or other Conference Approved Literature (CAL).

The District 10 Group Representatives will be hosting a 'Writing for Recovery' Workshop on September 29th, 2:30 pm at Calvin Presbyterian Church, [10445 SW Canterbury Ln., Tigard OR 97224](https://www.google.com/maps/place/10445+SW+Canterbury+Ln.,+Tigard+OR+97224) and all members are invited. We will have some sharing prior to the writing to start your mind off. Come try your hand at expressing yourself in the written work and get past the inner critic!

There was some recent confusion about writing for Al-Anon in Spanish. Hopefully this will clear things up and encourage continued writings from our Spanish Al-Anon community. All writings to the Forum and other Conference Approved Literature (CAL) go through a thorough review process by numerous (about 5) Al-Anon members to assure that it conveys the program in a consistent and comprehensive manner following the Traditions of the program. Every month these 5 Al-Anon members are given about 50 writings that have been sent in through the website or by mail. They read each and grade them on a scale of 1-5 assuring that they follow the Traditions of our program and sort them based on content. The 1's and 2's are then copied and sent to the Spanish and French translator (Al-Anon World Service Office (WSO) has one of each) to be translated to the appropriate language. Currently the Al-Anon members in the review process are only able to read English, WSO has plans to someday be able to review other languages but they are not there yet. So currently the Spanish Publications *En Contacto* and *En Accion* were all English writings converted to Spanish. WSO cannot guarantee publication of any particular sharing.

WSO wants to continue to encourage all writings, even Spanish writings but they ask that we

translate them prior to sending in for publication. What would be even better is if we are able to translate them and then staple the two together (Spanish & English) and send them in. This way they can review the content as needed, save some time in the translation process, and eliminate the loss of meaning by the translation.

Please help us continue to provide our fellowship with new literature by participating in creating it. For those that wish to share their writing with one of the Al-Anon publications, we will work with you or other members to make sure to translate it and attach the original in needed. If anyone has any questions please contact Deanna at District-10@oregonal-anon.org or (503) 459-2933.

AIS Liaison

I stood for this position in April to finish out the term. I had been taking a break from service for a few years.

I am suppose to relay what the Portland area AIS office is doing to the Assembly. The AIS office has updated it's website and we would like for all to check it out. I have copied a brief statement from the AIS meeting which also has the web address:

Moon reports that we will have additional time to review the website and make suggestions. The deadline has been rescheduled to June 8th for these suggestions. The web site is not active until after that date and suggested changes are made. Moon suggests that we will need two managers for the website, perhaps a member of the Service Committee and one of the office staff. The website is:

<http://alanondev.dreamhosters.com/>. Members are asked to take the site address to all their groups and ask for comments, suggestions and feedback from group members. Please email the AIS office at ais@alanonportlandoregon.org or call 503-292-1333 with any information by June 8th, 2018.

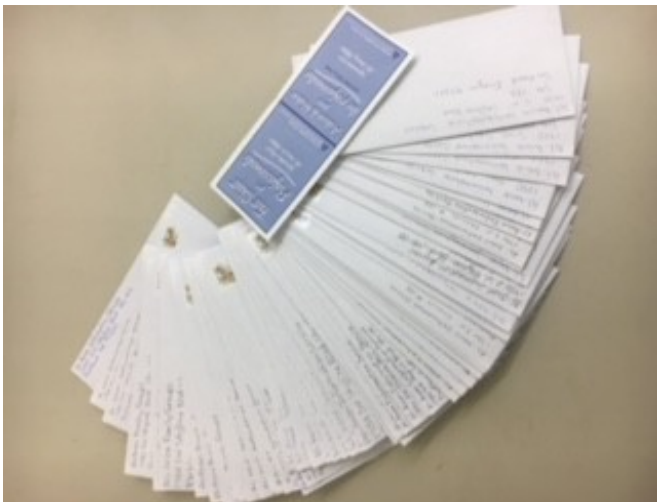
This is a work in progress.

Thank you,
Matt, Moon, Judi and Diana

District 10 Professional Community Outreach Project

On Friday 18th May, 2018, District 10 hosted a Professional Community outreach activity. The idea resulted from a brainstorming session on how to reach out as a District. It is safe to say that **the morning was extremely productive, was a team-building exercise, and deepened relationships amongst members** from various groups within District 10.

Six groups were represented with nine members present: How Al-Anon Works, Serenidad en Accion, El Mejor Regalo, Mantelo Simple, New Me, and Adult Sons and Daughters. We spent about 2.5 hours together with most of us calling addiction and mental health agencies, hospitals, and police stations asking for the name of the person who could receive our informational brochure *Fact Sheet for Professionals* and then disperse it to the appropriate staff who deal with clients, patients, citizens who would benefit from Al-Anon Family Groups. We enclosed a letter (see attached) with each brochure, explaining why they were receiving the information. Members who were uncomfortable making the calls, addressed and stuffed the envelopes. **We mailed out SIXTY-THREE envelopes!**



We received positive feedback from people we talked with, and one agency has requested that we contact them again to set up a schedule for Al-Anon members to participate in a AA/Al-Anon panel for their family group!!

Some of us enjoyed lunch together after the activity at a nearby restaurant, and then returned to the church to participate in the How Al-Anon Works meeting held in the afternoon.

Moon L (AIS Institutions Chair) and Rachel L (Coordinator of Professional Community) were extremely grateful that District 10 was willing to be guinea pigs in this trial run. It was agreed by all to be a huge success, and we highly encourage other Districts to host their own similar event. There is an Instruction Sheet outlining the preparation and execution of our activity. Both Moon and Rachel are willing to talk to anyone wishing to host an event in your District if you would like the instruction sheet or need further clarification.

2018 International Convention

Celebrating One Day at a Time
Al-Anon's International Convention 2018

Friday July 6 – Sunday July 8, 2018

Coordinated by

Al-Anon Family Group Headquarters, Inc.

For more information visit the website:

<https://al-anon.org/al-anon-international-conventions/>

Are You going? Please consider writing an article about your experience to share with the rest of us that did not get to enjoy this wonderful experience. I have been to International Conventions in the past and it was truly amazing.

I've been reading a lot about carrying the message lately. I am beautifully reminded that in order to keep the benefits of this program I have to give them away.

Group Records Coordinator

As the Group Records Coordinator (GRC) for the Oregon Area, I am empowered to register new groups and update meeting records – what a privilege! I receive information from District Representatives (DR), GR's, general members, Al-Anon Information Services (AIS), and the World Service Office. The source of the information I receive determines how the information is processed. Best case scenario is that DR's submit all meeting changes and new group registrations to the GRC.

95% of the information I receive comes via email, 4% telephone and 1% postal mail. I strive to enter meeting changes into the WSO database at my earliest opportunity. When the requested change includes a change in meeting location or time, the Oregon Area Website Coordinator is informed. At the beginning of the month, I provide a report to the Portland AIS office that lists the previous months changes. The AIS website is updated using this report.

The GRC is truly a trusted servant and I love being in that role. By keeping group records up-to-date, I play a part in helping members and newcomers locate a meeting they may desperately need, and that brings me joy. Through this service position, I have learned a great deal about the structure of Al-Anon, established many awesome friendships and have contributed to the welfare of others.

If you are feeling drawn to serve in this capacity, please consider standing for GRC at the November assembly. Whoever is blessed to serve as the next GRC, I would be happy to provide training and support.

Thank you for the opportunity to serve as the Oregon Area Group Records Coordinator.

Love,
Dawn B.


Hands Off, Pays Off

Hope & Understanding for Parents & Grandparents (P-94)

As Literature Coordinator I just received a free copy of the new pamphlet, Hope & Understanding for Parents & Grandparents (P-94), for our Area collection. *If we have taken on the role of problem-saver for our young adult children or grandchildren, we can easily become obsessed with saving their lives. This pamphlet may give hope for those dealing with this devastating disease.*

Your local AIS should have their new copies and WSO has many. Order your copies now for those parents and grandparents in your meetings. The order number is [\(P-94\)](#) and one copy is 75 cents.

Judy J
Your Oregon Literature Coordinator



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_2_012.pdf.

When submitting the flyer to the flyer approval committee (flyerapprovalcommittee@OregonAl-Anon.org), **be sure to state that you would like it in the *Communicator***, as well as the website.



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

Email Complications Plague our Mail Forwarding and Mailing Lists

You may have noticed interruption in the mail flow for all OregonAl-Anon.org email addresses. Our vendor for hosting our website and providing our email services was sold to another company. Starting in Mid-April our website was transitioned to the new company. At that time, things began to go awry. First our welcome packet with all the information we needed to use the new vendor's software did not get delivered to us. Then when we did get the information, I found the software much more complex and more difficult to set up than the last vendor. While this is true, they do offer much more complex services. Not much comfort when I have difficulty setting up our simple services. I've sent out testing emails and will continue to do so. Please excuse the constant request to respond to my tests. It does help to get these responses. I hope to have the mail forwarding working well for us all soon. In the meantime, my gmail account has been receiving some of the email in the FORUMS inbox. Please check all of your inboxes for incoming mail forwarded to you from OregonAl-Anon.org. Thank you!

From Regis P. your website coordinator.

Email Modifications Made to Some Addresses

Since we did need to reconfigure our email addresses with a new vendor, I took this opportunity to simplify some addresses. All of our email addresses (see the contacts page on our [website](#)) end in @oregonal-anon.org. Most of the starting words make good sense, some using dashes between words like Oregon-Delegate@oregonal-anon.org, while other have words smashed together like flyerapprovalcommittee@oregonal-anon.org and some use dashes and smashed words like AlternateOregon-Delegate@oregonal-anon.org. But there were some that had a word followed by a dash like secretary-@oregonal-anon.org. For all these with a dash before the @ sign, they have been recreated without that

dash. Please make note of these changes and update your contact lists:

1. alateen@oregonal-anon.org (formerly alateen-@oregonal-anon.org)
2. archives@oregonal-anon.org (formerly archives-@oregonal-anon.org)
3. communicator@oregonal-anon.org (formerly communicator-@oregonal-anon.org)
4. cpc@oregonal-anon.org (formerly cpc-@oregonal-anon.org)
5. eugene@oregonal-anon.org (formerly eugene-@oregonal-anon.org)
6. forum@oregonal-anon.org (formerly forum-@oregonal-anon.org)
7. literature@oregonal-anon.org (formerly literature-@oregonal-anon.org)
8. portland@oregonal-anon.org (formerly portland-@oregonal-anon.org)
9. publicinfo@oregonal-anon.org (formerly publicinfo-@oregonal-anon.org)
10. salem@oregonal-anon.org (formerly salem-@oregonal-anon.org)
11. secretary@oregonal-anon.org (formerly secretary-@oregonal-anon.org)
12. treasurer@oregonal-anon.org (formerly treasurer-@oregonal-anon.org)
13. website@oregonal-anon.org (formerly webmaster-@oregonal-anon.org)
14. alldr@oregonal-anon.org (formerly alldr@oregonal-anon.org)
15. allcoordinators@oregonal-anon.org (formerly allcoordinators@oregonal-anon.org)
16. flyerapprovalcommittee@oregonal-anon.org (formerly flyer-approval-committee@oregonal-anon.org)
17. allpastdelegates@oregonal-anon.org (formerly all-past=delegates@oregonal-anon.org)
18. salem@oregonal-anon.org (formerly salem-@oregonal-anon.org)

Sharings From Membership Outreach

What Service Has Done For Me

I love that I have made so many great friends and it has made me feel like I am part of the Al-Anon fellowship. The gift of service and practice of participation has allowed me to focus my helpful nature of giving back, to Al-Anon, in healthier ways.

Giving back what I received in the program has given me an opportunity to have a voice without being afraid. I found that I have improved my self-esteem and found my strengths by going deeper into my recovery and understanding the program better.

The Best Part of Being a Group Representative Is:

- Sticking with winners, learning how to care for others in healthier ways – with people healthier than me
- The fellowship of meeting new people
- Using talents I didn't know I had, or the opportunity to use them, and the confidence that comes with the experience
- Greater awareness of the legacies and seeing their applications modeled in others
- Combating isolation in the company of others at assemblies and service
- Getting outside myself in a safe place, to reboot, learn and try new attitudes and behaviors
- Acting as a conduit of information for my group

What Service Has Done for Me

Before Al-Anon, my natural tendency was to isolate. Often my fear held me back, and in my negativity I was judgmental of myself and others. My crises, were my world, and ruled my actions.

As my higher power led me into service, I have made connections with others, which has tempered my isolation. It has led me to be more compassionate.

Service has done wonders for my self-esteem. Through gaining intimate knowledge of the program, I've learned to use more recovery tools. Through service, I've learned more about the world-wide fellowship, and what the Groups, Districts, Area, and World Service levels do for me. How service at these levels ensure Al-Anon stays Al-Anon, now and in the future.

Working side by side with others in service has given me an empowering sense of accomplishment and belonging. My gratitude for the program continues to grow through Service Work! I have stretched and expanded my world and experiences far beyond my expectations. With my higher power's help I have learned about unconditional love and seen it modeled in service.



What Al-Anon Logos Are Ok To Use?

Is it OK to alter the logos at all? You can find the answers on pg. 115 in the *Al-Anon/Alateen Service Manual 2018- 2021*.

<https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/>



DETACH
Don't
Even
Think
About
Changing
Him/Her





JULY 20-22, 2018

OREGON AREA

AFG ASSEMBLY

Best Western Agate Beach Inn

3019 N. Coast Highway
Newport, OR 97365
541-265-9411

www.agatebeachinn.com

Friday, July 20, 7:00-8:00 pm (Optional)

Saturday, July 21, 2018: 8:30 am to 5:00 pm

Sunday, July 21, 2018: 8:30 am to 12:00 pm.

Registration opens at 7:30 am

The Oregon Area Al-Anon Family Groups Assembly provides communication between the Group level, Oregon Area and the World Service Conference (WSC); conducts Al-Anon/Alateen business for Oregon Area; provides service workshops for the Oregon Area; gives opportunity for Al-Anon/Alateen fellowship and growth through service.

**Hosted by
Districts 2 & 16
All Al-Anon &
Alateen members
invited to attend**

**Calling all
Group Reps!
Only you have
voice and vote
at Assembly**

**Friday Evening
Welcome Meeting**

July 20, 2018

7:00-8:00 pm

**Best Western
Cove Room**

**Saturday Evening
Alateen Workshop**

6:45-8:30 pm

Best Western

Questions? Contact:

**Nancy, D2
541-272-1129
manypaths12@gmail.com**

**Kimberly, D16
541-765-6941
murphclan5@comcast.net**

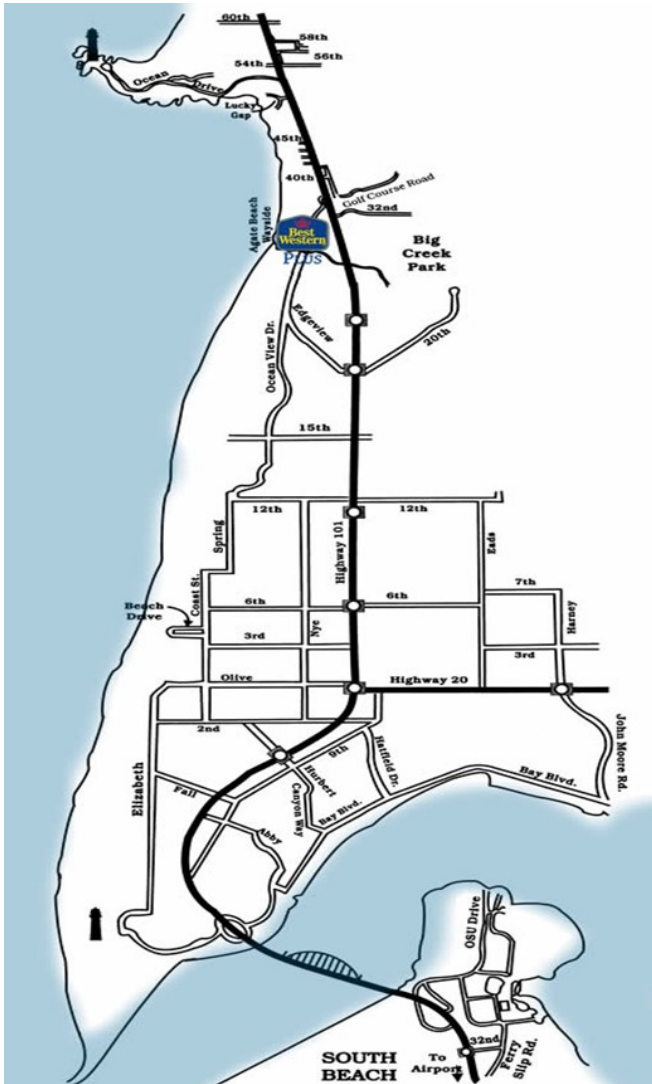
The Best Western Agate Beach Inn offers a special discounted group rate for assembly attendees: Hillside: \$139.00; Oceanview: \$159.00 (based on 2 adults/2 queens). Rates are subject to 11.3% tax per room; each additional adult will be charged \$10 per room, per night. Special rate will be honored two days prior and two days after the event date on a space-available basis.

BOOK NOW FOR BEST AVAILABILITY!

Other local accommodations:

Hotel/motel contact information with *estimated* room rates (based on 2 adults/2 queens):

Comfort Inn	541-265-6203	\$144/night
Days Inn	541-265-5767	\$106/night
Econo Lodge	541-265-7723	\$83/night
Hallmark Resorts	541-265-2600	\$300/night
Holiday Inn Express	541-867-3377	\$210/night
LaQuinta Inn	541-867-7727	\$209/night
Newport Travelodge	541-265-8516	\$145/night
Rodeway Inn	541-265-5321	\$103/night
Shilo Inns	541-265-7701	\$230/night
Waves Motel of Newport	541-265-4661	\$109/night



Directions to Best Western Agate Beach Inn:

From I-5:

- Take I-5 (N. or S., depending on starting point);
- Take Exit 228 onto OR-34 (Corvallis-Lebanon Hwy.) toward Corvallis;
- Turn left onto OR-34 Bypass (follow signs for Oregon Coast) to SW Philomath Blvd;
- Continue on through Philomath to Hwy. 20 W. (turns into Olive St. at entrance into Newport);
- Turn right onto Highway 101;
- Continue north for about a mile
- Turn left at entrance to Best Western.

From Hwy. 20 East:

- Take Exit 135A onto US-20 W. toward Sisters, Salem; continue onto Hwy. 20;
- Turn left onto S. Airport Rd.;
- Turn left onto OR-34 Bypass (follow signs for Oregon Coast) to SW Philomath Blvd;
- (Continue directions as above)

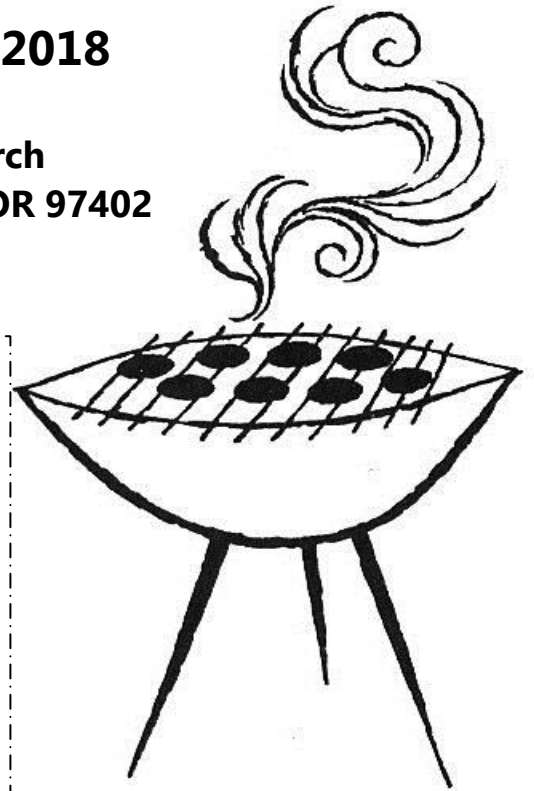
Al-Anon, Alateen and AA members

**and their families are invited to a
Family Recovery BBQ/ Potluck**

Saturday, August 25, 2018

noon – 4pm

**Bethesda Lutheran Church
4445 Royal Avenue, Eugene, OR 97402**



SCHEDULE OF EVENTS

Noon – 2:00	Grill open (hamburgers, hotdogs and veggie burgers provided) – eat, fellowship Live music provided by Black Stone Brothers Raffle tickets for sale
1:30	Dessert provided
2:00 – 3:00	Al-Anon, AA, Alateen Speakers
3:00 – 4:00	Games, fellowship Raffle Drawing
4:00	Closing

Please bring a side dish to share.

A limited variety of drinks and dinnerware will be provided.

This event is handicap accessible, including the bathroom.



Al-Anon Family Groups

Sponsored by District 6 Al-Anon

Website: alanonlaneor.us

Contact Dawn at d6dawn@comcast.net or 541-513-6205

7th Tradition will be observed to offset picnic expenses.

Al-Anon/Alateen Service Manual Study
Sponsored by District 17
First Saturday of Each Month
9:30 am to 12:00 noon

2018 Dates:

January 6; February 3; March 3; April 7; May 5; June 2
July 7; August 4; September 1; October 6; November 3; December 1



Join us for study, discussion and fellowship.

14911 SE Woodland Way, Milwaukie, OR 97267
(503) 653-0765

Breakfast Pot Luck



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

Email contact: jimhenp123@gmail.com

Al-Anon/Alateen Service Manual Study
Sponsored by District 17
First Saturday of Each Month
9:30 am to 12:00 noon

2018 Dates:

January 6; February 3; March 3; April 7; May 5; June 2
July 7; August 4; September 1; October 6; November 3; December 1



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Email contact: jimhenp123@gmail.com

Photo Contest



Sponsored by
Oregon Area Membership Outreach Action Committee

**Show us your photos from Oregon that
capture Serenity, Peace, Balance,
Happiness and Hope**

**The Oregon Area website and Communicator
would like to feature your photos!**

Categories include:

Scenic (we would like to see some from all around the state)

Close-up/Micro

People (without showing faces)

Pets (faces are OK)

Wildlife

Buildings/Structures/Transportation

Floral/Plants

Panorama Landscapes

Journey to Serenity (Theme for 2019 State Speakers Meeting)

Submissions due by June 1st 2018 for the first round and
October 1st 2018 for the second round.

Winners will be announced at the July and November Assembly

Photos must be taken and submitted by an Oregon Al-Anon/Alateen member:

When submitting please include the following info:

Name

Email

Phone number(optional)

District

Location of Photo

Date of Photo

Permission to post on the Oregon Area Al-Anon Website and Communicator

Send submissions, including photo and above info to:

2018photocontestafg@gmail.com

For questions contact Donelda H. DoneldaGH@gmail.com

Date: _____

Circle one

In All Our Affairs

Date: _____

Circle one

Alcoholism, a Merry-Go-Round Named Denial

Date: _____

Circle one

Forum

Issue Date: _____

When I Got Busy I

Got Better

Al-Anon is for Men

Opening Our Hearts,
Transforming our Losses

Al-Anon Sharings, from

Adult Children

District # _____

District # _____

District # _____

Group Name _____

Group Name _____

Group Name _____

Due March Assembly

Due July Assembly

Due Nov. Assembly

Bookmark CAL Challenge!

1. Lead a meeting on one of these wonderful pamphlets, booklets or book titles.
2. Circle the item you used and cut out the book mark and return it to your GR or DR before the due date.

3. All entries will be entered into a drawing for an amazing prize!

Enter as many or few times as you like.

The winning groups will be chosen at the March, July and November assemblies.

Happy Reading! :)



Writing for Recovery

All Al-Anon & Alateen members are invited to a writing workshop.

Please join us for an afternoon of inspiration and support in writing your experience, strength and hope for yourself and others. We all have our own unique perspectives waiting to be shared in a journal or a piece to be published in the Forum or other CAL (Conference Approved Literature).

District 10 will be hosting this workshop and refreshments will be served. Come try your hand at expressing yourself in the written word and get past the inner critic!

Saturday, September 29, 2018 @ 2:30-4:30 p.m.

Calvin Presbyterian Church, 10445 SW Canterbury Ln., Tigard 97224

Questions? Contact Deanna M.

District-10@oregonal-anon.org or 503-459-2933

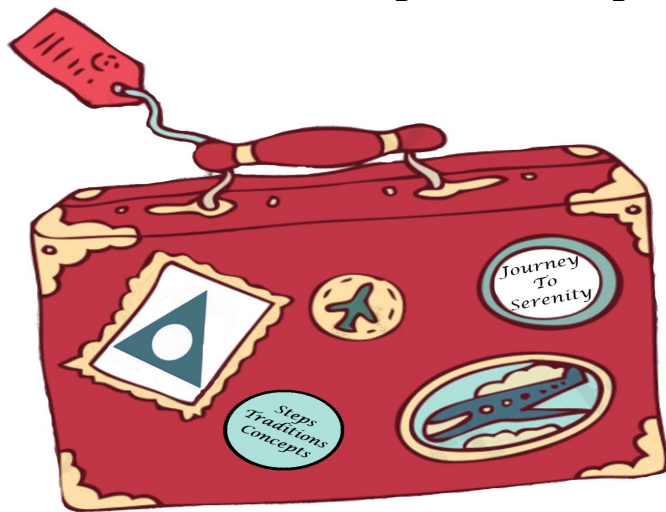
Journey to Serenity

*Oregon Area Al-Anon
2019 State Speakers Meeting*

Save the Date

May 17 - 19, 2019

*A weekend of great speakers,
fun and fellowship*



*Hosted by
District 6*

*Sponsored by
Oregon Area Al-Anon*

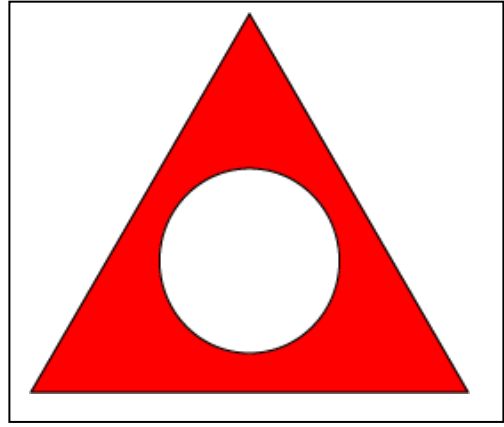
All proceeds go to Oregon Area

*All Al-Anon, Alateen, AA and their families are
invited.*

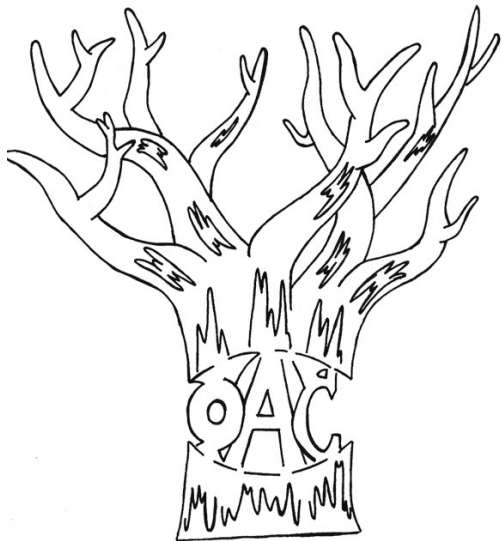
Stay tuned for more information

Contact: Donelda H. at Doneldagh@gmail.com

Save The Dates



August 3rd, 4th, & 5th, 2018



Alateen's 7th **Oregon Alateen Conference**

To Be Held At:
Molalla Retreat Center
36208 S. Molalla Forest Rd.
Molalla, OR 97038

Contact:
Luke G. (503) 396-1145
Mikki R. (503) 949-9154

DISTRICT #13 IN ROSEBURG INVITES ALL AL-ANON MEMBERS to the

NOVEMBER OREGON AREA ASSEMBLY

NOVEMBER 16, 17, 18, 2018

at

SEVEN FEATHERS CASINO AND RESORT

146 Chief Miwaleta Lane

CANYONVILLE, OREGON 97417

Exit 99 on I-5

1-800-548-8461 FOR ROOM RESERVATIONS (mention Al-Anon)

RV Parking available

Friday Sharing Meeting 7:00 pm at Seven Feathers

Saturday Meeting 8:30 am - 5:00 pm

Sunday Meeting 8:30 am - 12:00 noon

Name _____	Optional Lunch buffet	\$17.00 _____
Address _____	Number	_____
Phone _____		
District & Group _____	Total	_____

Lunch reservations must be received no later than November 5, 2018

Make all checks payable to Oregon Area Al-Anon

Send to PO Box 1425, Roseburg, Oregon 97470

For more info contact Tedie @ 541-430-0042 or Linda @ 541-671-0008