



## Oregon Area Al-Anon/Alateen

# Communicator

October 2018 Issue

Upcoming Events		
If event font color is blue, it is a hyperlink.		
Oct 13 8:30AM – 5 PM	<a href="#">AWSC Area World Service Committee</a>	Gilham Community Church <a href="#">3633 Gilham Rd, Eugene, OR 97408</a>
Oct 27 9:30 AM- Noon	Westside Service Manual Discussion Group	13885 SW Meridian St. #217 Beaverton, OR 97005 (Private Residence)
Nov 3 9:30 AM- Noon	<a href="#">Al-Anon Service Manual Workshop</a>	14911 SE Woodland Way, Milwaukie, OR 97267 (Private Residence)
Nov 16 7:00 PM Nov 17,18 8:30 AM- 5 PM 8:30 AM - Noon	<a href="#">Oregon Area Assembly</a>	Seven Feathers Casino And Resort 146 Chief Miwaleta Lane Canyonville, OR 97417
Nov 24 9:30 AM- Noon	Westside Service Manual Discussion Group	13885 SW Meridian St. #217 Beaverton, OR 97005 (Private Residence)
Dec 1 9:30am Noon	<a href="#">Al-Anon Service Manual Workshop</a>	14911 SE Woodland Way, Milwaukie, OR 97267 (Private Residence)
Dec 22 9:30 AM- Noon	Westside Service Manual Discussion Group	13885 SW Meridian St. #217 Beaverton, Oregon 97005 (Private Residence)
Jan 5 9:30 AM - Noon	<a href="#">Al-Anon Service Manual Workshop</a>	14911 SE Woodland Way, Milwaukie, OR 97267 (Private Residence)
Jan 26 9:30 AM- Noon	Westside Service Manual Discussion Group	13885 SW Meridian St. #217 Beaverton, OR 97005 (Private Residence)
Feb 2 9:30 AM - Noon	<a href="#">Al-Anon Service Manual Workshop</a>	14911 SE Woodland Way, Milwaukie, OR 97267 (Private Residence)
Feb 16 8:30AM – 5 PM	AWSC Area World Service Committee	TBD

Upcoming Events		
Feb 23 9:30 AM- Noon	Westside Service Manual Discussion Group	13885 SW Meridian St. #217 Beaverton, OR 97005 (Private Residence)
03/15/19	Oregon Area Assembly	District 7 TBD
May 17- 19, 2019	<a href="#">Oregon State Speakers Meeting</a>	Hamlin Middle School Springfield, OR 97477

If you would like an event listed in the February issue of the Communicator send an email to: [communicator@oregonal-anon.org](mailto:communicator@oregonal-anon.org) by the Feb. 1<sup>st</sup> deadline.



### From the Area Chair Greetings to Oregon Area

This is going to be a very short report as I have been very sick for over a week and just started feeling better - a day at a time. My apology for getting the agenda out late. The only thing I can think to say in this report is thank you for letting me serve you and Oregon Area. I am really excited to see new leadership rotating in and I will have the privilege of continuing to be a part of it. Change is good, watching us all expand our recovery and grow in ways that are so exciting. Trying new things in AWSC and Assembly meeting will be a joy to watch and be still a part of. I will sign off by saying the below 2019 WSC Theme.

**Action is Attraction –  
There is No Growth in the Comfort Zone**

## Delegates Corner

Thank you Oregon Area! Three years ago at the November Assembly in Eugene, your Group Representatives voted me in as the Oregon Area Delegate. Most of you didn't know me. I had served at the Oregon Area level from 2000 to 2010.

I've strived to show you I am trustworthy. I've followed through on my word of being your voice. I wanted to be your voice at Conference and I believe I did a great job. I fulfilled every request that was given to me. I stood up and shared your concerns regarding the Prayer for Today bookmark. I also shared an Alateen sponsors request that the WSO wouldn't pursue. I've recently voiced my concern that the WSO is being run by the Trustees, not the Al-Anon Groups.

In the first place, I believe the Trustees have felt the Groups don't care much about the working of our World Service Office. Second, our Groups have given our power over to the Trustees. We've said we're not interested by not sharing our voice more than the Prayer for Today.

About 50% our groups do NOT have a Group Representative. On average, only 64% of our groups attend Assemblies. Oregon Area has designated 3 Assemblies per year. We looked at all the pros and cons of having 1 Assembly when asked by a member/group. We asked the Coordinators and Officers what they thought of this request for only 1 Assembly. We asked GRs, DRs and people not in service for any cause. The majority felt we needed the 3 Assemblies each year to conduct the business of Al-Anon in Oregon.

There's a lot of work for Oregon to do. We need leaders that are interested in Oregon Area growing and looking at all the changes that are occurring in our world today and where Al-Anon fits in the scheme of things. If we want Al-Anon, the way it was when we walked through the doors, we need to step up and say, YES, I can be of service. If we don't, the outside concerns of drug addiction, changing mental health vocabulary guidelines and members of Al-Anon who are also members Alcoholics Anonymous could change our program. I appreciate every person that sent me a card while I was at Conference. I appreciate every person that

prayed for my understanding and listening to God's will. I appreciate each and every member of Al-Anon that believed I was representing them and Oregon in the worldwide program of Al-Anon.

Who will be our next Delegate? Are you willing?

The November Assembly is in Canyonville at the 7 Feathers Casino, the weekend of November 17 and 18, 2018. I hope you'll consider how much Al-Anon means to you and how few people will actually step up and say, "I'm willing".



### The Electronic Version Of The 2018 World Service Conference Summary is Available On The Website, [www.al-anon.org](http://www.al-anon.org).

Hover over the "Members" tab, then click "World Service Conference (WSC)." or click this link:

<https://al-anon.org/for-members/world-service-conference-wsc/>



### Coordinators & AIS Liaisons Reports Due February 1st

Please send your report to:

**[communicator@oregonal-anon.org](mailto:communicator@oregonal-anon.org)** Please be sure to put "Communicator" in the subject line.



## OAC Thank You Notes 2018

Me going to OAC was truly the first time I realized I wasn't alone.

I fell in love with OAC the minute I walked in the doors 4 years ago.

OAC is one of the most accepting places I've been. I'm so glad I'm able to relate to people and share my story.

OAC has allowed me to experience the greatness of all the change and positivity this program able to bring to the dozens and dozens of teens here to battle alcoholism. I look forward to continuing my journey with my bestest of friends.

OAC has taught me so much about not only how to deal with life's problems, but also about myself. It is the highlight of my year.

OAC has been a part of my recovery for four years and I'm so grateful for it. The people I meet here understand things others in my life can't. I love it!

OAC is a really big part of my life. I always look forward to OAC because of all the emotional and social moments. I always hide my emotions and I think of OAC for making me feel complete, enough to make me cry.

For me Alateen has saved my life. It has allowed me to make relationships and connections I could not find anywhere else. It has allowed me to find OAC. I cannot describe how much I love OAC and Alateen. I can now take the unfortunate things in my life and turned them into positivity, happiness and self-care.

This was my first time at OAC and well I love it! I've been in Alateen for three and half years and it has brought me many new and great experiences. It's made me confident, strong and brave. Coming to OAC was the best thing ever. I really appreciate it. If I wouldn't have found OAC and Alateen I honestly would probably be dead. Thank you.

This was my first time at OAC it helped save my life. Alateen continues to save my life even if I'm not self-harming. Thank you for helping me.

OAC is an amazing experience and I would

recommend that everyone in Alateen to come. If you are new to Alateen keep coming back. It does help and thank you Alateen for helping me.

My first time at OAC was so enjoyable by the wonderful committee and just everyone in general. They made me feel so welcome and comfortable talking about things, I don't usually like bringing those things up. Thanks for all the good memories and new friends I've made. I hope to make it next year! Oregon Alateen Conference.



### Oregon Alateen Coordinator

It is hard to put into words what the last 3 years have brought into my life. I have been profoundly touched by so many AMIAS and Alateens. My goal was to help Alateen grow by educating the AA and Al-Anon fellowships about what Alateen is. I am so grateful for the opportunities that were given to me to watch so many Alateens be of service by sharing their stories at Rule 62, State Speakers Meeting, OAC, Fundraisers, and TTCO. It has forever changed my life and my program.

I would like to share this small piece in hopes that you may find it in your heart and program to experience this service position.

I wish I could convey to you how much your kids mean to me. I guess being there with them in the meetings and events explains it. Each time I think of all the kids who've been helped and of all the fun I have had watching them grow in recovery, my heart swells with love and gratitude. Each time a new kid arrives, I say a prayer that they will stick around long enough to let the program start working in their life. I call them my "miracle kids". I truly believe that Alateen is as important to teens as AA is to the alcoholic. Keep in mind: You don't have to drink to suffer from alcoholism.

Linda S  
Oregon Alateen Coordinator

## Oregon Alateen Conference

I had the pleasure of attending the 7<sup>th</sup> **Oregon Alateen Conference** (OAC). Forty-five Alateens and 17 AMIAS/Sponsors attended the conference, thanks to you for your generosity!! It was a fun-filled busy time. Friendships formed immediately and it's been my experience that these friendships can last a lifetime.

Myzanne, the OAC Chairperson, and her committee kept things moving and under control! It was so rewarding to see the committee work together to keep the conference on track! Also, no one had to be sent home for breaking the OAC guidelines!! Hurray!!

Meetings topics included: a fireside meeting which is where the teens are most vulnerable, it is followed by the luminary walk and afterwards s'mores; meetings on Steps 1, 2 & 3; Acceptance; Self-Esteem; Higher Power; Recovery in Schools; Grief; 3 workshops for the Sponsors; Evening Speaker meeting with an Alateen, AA & Al-Anon; a slide show of the weekend events; the Talent Show has so many teens and Sponsors that shared songs, lip-syncing, stories, poems, gymnastics, even making rain! The last meeting was a Spiritual Meeting on Sunday morning. One of the most touching parts of OAC was the cinnamon roll where the transitioning teens are put in the center of the circle and the teens and sponsors gather around them in one big hug and share well wishes and fond memories with the transitioning teens.

The Alateens elected DJ as the 2019 OAC Chair. He served as the co-chair for OAC the last two years and will do an excellent job! I wanted to express my gratitude to the 2018 OAC Committee for a fantastic time. They were amazing!

Al-Anons-you sent us donations to help our teens get to OAC. It is a weekend of recovery and growth for each one of the 45 teens that attended. Thank-you so very much!!!!

Love in Alateen Service,  
Cathy C.  
AMIAS-Courage to Live Alateen AFG

## Coordinator for Professional Community

Being Coordinator for Professional Community(CPC) has been both rewarding and recovery-strengthening. I served in tandem with the Public Information Coordinator (PIC), which was supportive, fun, and double the creativity!

According to the 2018 Membership Survey, *84% of Al-Anon members attended a meeting as a result of a professional referral*, which means its imperative that we continue to reach out to our professional communities and either introduce the Al-Anon Family Groups to them, or remind them that we are here “to help families of alcoholics” (Tradition 5) and that “the only requirement for membership is that there be a problem of alcoholism in a relative or friend.” (Tradition 3). Our professional communities include therapists, counselors, social workers, school counselors, hospital staff, police officers, country sheriffs, EMT, church leaders, etc.

There are so many different ways that we can reach out to our professional communities. The role of the CPC is to encourage and support this work amongst Districts within the Area, by reaching out to DRs. There are national events that we can use as a jumping board, such as Recovery Month (September), and Alcohol Awareness Month (April). In tandem with the Public Information Coordinator, the CPC can double up on projects by sending out flyers during a bus campaign, for example.

This position continued to energize me about the power of Al-Anon AFG and how life-changing this program can be!

Rachel



# Group Representative Reports

## Safe Haven District 10

Safe Haven, that meets on Thursdays from 10:00-11:15 am in the Beaverton/Cedar Mill area, has grown to about 20 regular attendees, with newcomers arriving pretty steadily and staying. We have almost no men who attend, but feel it is a strong and dynamic group. One member wanted to express gratitude for the opportunity to chair the Newcomers Meeting during the month of June. Sharon D. said, "It was a great experience for me. It's a gift to be able to offer a strictly newcomers' only meeting. There is so much support at that meeting for the new person: lots of literature and kind and generous people to talk to. There seems to be a core group of 'oldies' that attend the meeting that are a great resource for the new person."

Polly M.

Let it Begin With Me

## GFA Nueva Vida District 10

We are 7 regular members, we have business meetings every 3 months, also every 3 months we send contributions to the district, AIS, WSO and Oregon Area, every member has a service position which are; treasurer, secretary, literature, cafeteria and mail. We are having a meeting every month for the service manual, we usually talk about all the 36 principals 3 times per month and also other subjects from the Al-Anon literature. We also have a book raffle every month to promote reading and buy more literature to also help the AIS. Also every month we invite members from other groups so we can learn more about other experiences, right now we are working on going to visit a Spanish radio station to pass the message along about Al-anon.

GR- Gabriela O

## Pathways AFG District 10

For three years I have been the GR for Pathways and may continue. It was intended to be a regular Al-Anon meeting, but has become more of a newcomer's meeting. We often have 1 or 2 newcomers at a meeting every week. This changes the flavor and content of a meeting. Because of this new focus, and the lack of a longer term member willing to take over as GR, I plan to continue. I believe it has become a helpful beginning for many new members, and want it to continue.

I am aware that this is not practicing rotation of leadership, but I also know that newcomers are a valuable part of the program. I have grown to love Assemblies and want to remain a GR at this meeting, or another, so that I can continue to be part of the "work" that supports Al-Anon.

Happy to serve!  
Caralynn W  
GR



## Adult Sons & Daughters AFG Changes Meeting Time and Location

Wednesday 9:30 - 11 am  
Christadelphian Church  
8970 SW Murray Blvd.  
Beaverton OR 97008

After more than twenty years at its old location Adult Sons & Daughters AFG has moved to a new location and changed the meeting time, effective September 5, 2018 . The church where we were meeting asked us to leave because they needed the space. Members participated in a search for a new location and decided on Christadelphian Church located at 8970 SW Murray Blvd. Beaverton Oregon 97008. To accommodate the availability of this space our meeting time was changed to 9:30 am - 11 am. We meet every Wednesday and encourage you to join us at our new location and try our meeting.

Rita

## North Plains Tuesday Night District 10

North Plains Tuesday Night AFG is home to a growing number of men and women seeking recovery from the family disease of alcoholism. In the last couple years we have grown from 8-9 people to approximately 18-20 members on a weekly basis. We have become self-supporting and contribute to all the service arms. We have witnessed our meeting thrive through the introduction of a monthly business meeting and service positions filled by long-timers and newcomers alike. Many new members have even gotten sponsors and are now working the steps.

We practice group autonomy by celebrating Al Anon birthdays with special sharing and giving coins and handmade birthday cards that a new member creates and has even turned into her service position. Despite our growing numbers, North Plains Tuesday Night is a meeting where people often comment on how welcome and safe it feels to take off the mask and be authentic enough to find the courage to heal and mature. I am extremely proud to call it my home group.

Gabbi E.

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## Hillsboro Friday Nite District 10

Hillsboro Friday Nite meets every Friday at the First Congregational Church on 5th and Main in the basement. Our meeting attendance has a core group of approximately 20 individuals ranging from new comers to 30+ years. In addition to our weekly meetings in the "Groovy Room," our group is in its 5th year of holding quarterly speaker meetings. These meetings are attended by members throughout the Portland area and all the proceeds from the event go to support our service arms. There are two raffles, one for literature and one for a forum subscription. Our little group continues to thrive and we hope you will visit us soon!

Michele E

## Family Lake Oswego District 10

We have worked with the links of service to solve problems that nearly killed our group! By using the Traditions and Concepts and adhering to "principles above personalities" (Tradition 12) and Concept 12, Warranty 4 "that no Conference action ever be personally punitive or an incitement to public controversy" (we discovered that our group is a "public") we have been able to right our course. This personally taught me the benefit of not assessing blame or calling someone out for bad behavior or telling lies. We were able to recognize the true nature of our shortcomings (Step 5) and realize that what had caused our difficulties was vagueness, denial and not paying attention to rotation of leadership. Also, it was an experience for me to not engage in gossip (Three Obstacles to Success) which I thought HP had put to rest as a character defect! With a core group committed to the health of the larger group we are now experiencing growth and vibrant meetings once again. We still have a ways to go.

Kathy

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## Love Gift, and Gratitude District 10

Saturday morning's Love Gift, and Gratitude continues to be a big meeting with many years of recovery represented in its fellowship. It takes place immediately following the 9am Newcomers' meeting in the room next door. We can have anywhere from 1-8 newcomers on any given week.

Recently, some of the service position terms have been changed to reflect the group conscience that they would be easier to fill. We'll be evaluating how that works in the coming year. Most weeks a leader chairs the meeting and introduces a topic of their choice, sharing from their experience, strength and hope, and sometimes reading from Conference Approved Literature. Topics of Steps and Traditions take place on 1st and 3rd Saturday respectively and if there is a 5th Saturday, the topic is sponsorship.

Ginny

## New Me District 10

My three year commitment for group representative for the Sunday Night New Me group that meets in Tualatin at 7:30 pm is almost over. I will take a few minutes to reflect over my time as group rep.

I must enjoy being a group representative as this is my 2<sup>nd</sup> term as group rep for the Sunday night group. Every time I make a commitment for service, I see growth in myself and understand more about Al-anon in general.

Being a group representative is a fun rewarding position to hold in Al-Anon. With attending the 3 annual assemblies and the monthly district meetings; it is a great way to meet people and stay informed. I am able to come back to my group after each of these meetings and also let them know what is going on in Al-Anon at the district level and Oregon area level. By making announcements in meetings and being involved at the district and Area level, it builds my lost confidence that living with an alcoholic destroyed.

I am so grateful for the chance to do this service work- as it keeps me involved and further turns in into the person that God created me to be!

Jody



## How Al-Anon Works AFG

How Al-Anon Works AFG meets on Friday from 1:30pm-2:30pm in Beaverton, on Murray Blvd. This group started in February, 2018 and has a consistent attendance of around 12 people. We are an open group, welcoming anyone suffering from the family disease of alcoholism, and regularly offer love and support to newcomers. We read and share from our book, *How Al-Anon Works*, with a special focus on a Tradition during the 1<sup>st</sup> Friday and a Step during the 2<sup>nd</sup> Friday. We have our business meeting on 3<sup>rd</sup> Friday. We look forward to seeing you!

Rachel

## Nimbus AFG District 10

Hi, I'm Sue and I am the Group Representative for Nimbus AFG. We meet on Thursdays at 6:00 PM at the Seventh Day Adventist Church on Davis Road in Beaverton. Our group began about 10 years ago in an office building on Nimbus Road. When we outgrew our space and moved to our current location, we decided to keep the name because nothing else fit. This group has consistently had about 6 core members; attendance swelled to as many as 20 from time to time, but we average 6-8 members per meeting. We do have a fair amount of newcomers, many of whom report that they came because of location and that the time of day is convenient.

We are facing the same problems as many small groups; our service positions aren't being filled. We are taking some steps, we surveyed the attendees (anonymously) about why they do not step up. The answers were mostly, 1. Didn't want to commit to a long period of time, 2. Didn't know what the position entailed 3. Don't really know. Our next step has been to form a steering committee to draft position descriptions and length of service to present to the group at the next business meeting.

We are aware that we have slipped into dominance by having the same people fill the same positions for long periods of time. And as we move through this process we do understand it may come to be that the group is disbanded due to lack of participation, although it is not what we want.

Sue



## Thinking Ahead to the Holidays

Step Ten helps me reflect upon my life in the past 273 days of 2018. Thanks to AlAnon, I am taking care of myself physically, emotionally and spiritually. But that is about me. What about others? There are 92 days left in 2018, which amounts to 132,480 minutes. Surely, I can find a little time to offer help and hope to families and friends of alcoholics who have yet to attend their first AlAnon meeting. *Ala-what?* a newcomer might say. Carrying our message doesn't have to be complicated or time consuming. Here are just a few things we can do:

- Let the member who works at a hospital take our group's copies of *Al-Anon Faces Alcoholism* magazines to the emergency room.
- Give a copy of *How Al-Anon Works for Families and Friends of Alcoholics* (B-32) to the church library where our group meets each week.
- Follow the Al-Anon World Service Office social media posts. With one like or share, we can let our friends and contacts see the hope that one graphic image—or meme—can offer on Facebook, Instagram or Twitter.
- Take *What Can You Do When Someone Close to You Drinks Too Much?* bookmarks (M-76) to the library.
- Write a thank-you note to the TV or radio station that broadcasts Al-Anon's public service announcements.
- Leave a copy of an Al-Anon or Alateen book if the library offers a book share program.

I remember how lonely I was as a child and as an adult when I was on the outside looking in at the holiday displays in stores, TV commercials and movies of family gatherings. It only takes a few minutes to think ahead to November and December and how we can take a few moments to reach out to others.

*By Claire R., Associate Director—Professionals  
The Forum, October 2018*

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## District 10 District Representative

What an experience I have had being the District 10 District Representative! When it was suggested I stand for the position I instantly swung to excuses why I would not be good enough, didn't know enough, hadn't been a member long enough.... After talking with my loved ones and friends in the program, I decided to take on the challenge. What a rewarding experience this has been. My program has grown, my knowledge about the program has skyrocketed, and I have met so many new friends and been given wonderful support along the way.

Service has triggered something in me and I honestly believe I will continue to be in service as long as I can.

One awesome thing about being the District Representative is that you're not alone for anything. You are a messenger between the Area and the Group Representatives. If I am asked a question I can ask others, I don't make decisions. I work with the GR's to have their group conscience make the decisions. I encourage any member that has been a Group Representative to consider becoming your Districts DR.

One very special experience I have been able to be a part of. I was asked to help a Spanish group start a manual study. So monthly they have been meeting and I come to answer questions. I don't speak Spanish but they have a member translate the questions for me. I have examined the service manual in a whole new light. Most of the members in this had never used the service manual and therefore the things I generally take for granted they question and I either explain or we look in the manual for the answer. Such an amazing time and this all happened because they have patience and I was willing.

Thank you for allowing me to be of service.

Deanna M.



## Doing Service Is A Way To Show Gratitude



## 2018 International Convention

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

I was one of the 4,129 who attended the 6<sup>th</sup> International Convention. What an awesome experience. Over 4,000 Al-Anons roaming the Baltimore, Maryland Convention Center; and the city.

The City was beautiful, and all employees were so friendly and helpful. The local Al-Anon volunteers were many and very helpful. This Convention Center was perfect, It is right on the Harbor, and many

hotels surrounding the Convention Center have skyways to make the walk easier.

The WSO volunteers and staff were top notch, as always. WSO staff and volunteers (trustees)

not only did registration, information, the sale of literature all the busy work they were also chairing some breakouts. I don't know how they live and work in Virginia Beach and can put on such an awesome celebration in another state.

I can't say what my favorite thing was. I loved seeing old friends, Ric our past Executive Director, and an old member who was keeping track of old friends she found there (I was number 48).

The parade was fun, the speakers outstanding (to hear Al-Anon members from other countries sharing

my story), the dance had a great band, everyone dances (you don't need a partner). The Pioneer Luncheon was enjoyable (1200 of us) an Al-Anon speaker with 62 years of recovery and Fran M. who

was the Forum Editor when I got into program (and has spoke at Reflections). Even the food was good..

I loved the new format for our choices. The program allows 90 minutes for every breakout.

Instead of all panels this year, they decided to change it up, among our choices were Book Studies,

Workshops, Writing workshops, Panels, and some had two 40 minute Al-Anon speakers. They even had

smaller groups that sat in a circle with a topic leader and had an Al-Anon tag meeting. So many topic choices: Boundaries, Intimacy, Recognizing depression, Breaking isolation, Breaking the wall of fear, Embracing conflict and many, many more.

I am writing this now to tell yo u toget a piggy bank and start saving now because the next AL-ANON INTERNATIONAL CONVENTION is only 5 years away, and is always held on the weekend of July 4th. It will be held in Albuquerque, New Mexico, in 2023. I HOPE TO SEE YOU THERE.

Judy J.



### Fall Into Service

Did you ever wonder how Al-Anon is held together? How is it that the Al-Anon program of hope is the same everywhere that Al-Anon meetings take place? What is a structure? What is a panel? How can members know what to do, how to do and when to do service work?

The answers lie in our 2018-2021 Al-Anon/Alateen Service Manual (P-24/27) in the section titled, "World Service Handbook." Over the past three years, there have been major revisions to this section, which describes how Al-Anon is held together worldwide. It also explains the various links of service, starting with the groups.

As a new season of service rotation approaches, it is a good time to review the Handbook. As Al-Anon members, we can all work to ensure that Al-Anon is present in every community to help anyone affected by the family disease of alcoholism.

*The Forum, October 2018*

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**Say what you mean,  
mean what you say,  
but don't say it mean!**

## Public Outreach Coordinator-District 10

My name is Heide and I am the Public Outreach coordinator for dist 10. The past 2 years has flown by so fast! This is a great service opportunity for spreading the message!!!

During the time I have been in service we have had several projects in the works. First we contacted all the Washington County food pantry's in our area and distributed a nice pamphlet holder and several different Al-Anon Pamphlets that are placed on the desk as you walk into the food pantry's. Second project was the bus campaign which was an amazing effort from all Al-Anon members in the area. We made bus campaign donation envelopes to pass out at our meetings and it was exciting to see all the participation, people really felt they were contributing and helping. Then when the signs were spotted all over the area people were so excited! I heard recently at a meeting a new comer stated she spotted the sign on the bus and followed it for miles and knew it was a sign from above.....she attended a meeting and was ever so thankful and blessed to "see" that sign and go somewhere for help.

We also distributed the tear-off signs around town to multiple locations. One member stated she took a tear-off sign to her counselors office and week after week nothing was taken, then one week a tab was off and someone took it! She was so touched that someone had the opportunity when needed to find help. We also distributed the AFAs (Al-Anon Faces Alcoholism) around town we asked the GR's to take them to their home groups and asked members to take 1 or more to drop off anywhere doctors offices, counseling offices, waiting areas, libraries, business, work place break rooms ect...this gave the members in our groups the opportunity to help spread the word and participate in service. Our final project this year is reaching out to our libraries in the area to provide a subscription to our forum magazine. Wow, when I look back we really had a ton going on for Public Outreach in our District. It was "all hands on" effort to make these things happen.

It feels great to participate in so many amazing

outreach opportunities and to spread the word of Al-Anon to those who have not yet heard of us or have no idea what we are all about. I am so glad I had the opportunity to help coordinate our efforts.

This position for Dist. 10 will be open in January so you too can help!!! You can make as much of it as you like with whatever time commitment you have available. It is not "the responsibility" of the public outreach coordinator to do it all but only to help coordinate and manage the projects the District votes on.

Thank you Al-Anon and District 10 for all your help and efforts to make this term so successful!



### **This Is Who We Are—The 2018 Al-Anon Membership Survey Results Are Now Available**

A record 13,395 members participated in the 2018 Al-Anon Membership Survey. Some of the key findings are:

- 76% of the members with 0 to 1 years of Al-Anon attendance report improvement in their mental health.
- 56% of the survey participants were 25-48 years old when they first attended Al-Anon.
- 7 in 10 members have been affected by alcoholism spanning two or more generations.
- More than 1 in 4 members first heard about Al-Anon from professionals.
- 78% of the survey participants sought professional counseling or therapy.

A complete overview of the survey results is available at: <https://al-anon.org/pdf/2018MembershipSurvey.pdf>

Thank you to everyone who participated in the survey!



**Let Go Or Get Dragged**

## Literature Update

In September I got to be on a conference call with Tom C. from the WSO and other literature coordinators worldwide. I got some ideas on what other areas are doing, what's happening at WSO, how our literature is selling and what's new.

- I heard the 35,000 copies they printed on Intimacy in Relationships sold out and they are on back order.
- The “Just For Tonight” bookmark has been reviewed by the Policy Committee and approved by the Literature Committee.
- In 2015 the WSC approved a new Forum Favorites Book; the working title is “*Forum Book*”. They are in need of members to send your favorite articles from 2017 and 2018 Forums to the WSO; for a new book.
- They do have 1400 submissions for a new “inclusive” daily reader but are waiting for more. You can be in that new daily reader by submitting a sharing on how you use our Three Legacies in your home life; especially using the Traditions and Concepts.
- The January CAL Corner in the Forum will feature our new Pamphlet “*Hope and Understanding for Parents and Grandparents*”. Please send your sharings to Tom C. at WSO.

If you are interested in standing for the Literature Coordinator position at the November Assembly and have any questions please contact me. I am willing to be your service sponsor and share ideas. I am reachable through the [www.oregonal-anon.org](http://www.oregonal-anon.org) web site under contacts at Literature Coordinator.

Judy J  
Literature Coordinator

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## Hands Off Pays Off

## Bookmark Challenge

Remember Fellowship Communication has a large basket of CAL to give to one group at the November Assembly. You can get the Challenge Bookmark on the Oregon Website. [http://oregonal-anon.org/events/2018\\_Qtrly\\_Book\\_Mark\\_FINAL.pdf](http://oregonal-anon.org/events/2018_Qtrly_Book_Mark_FINAL.pdf)

Chair a meeting on one of those Literature pieces and bring your bookmark to the November Assembly to be entered in the drawing. Every group that enters will get a piece of Literature.

### A Mother's Journey to Recovery

My oldest son caught the brunt of the family anger, confusion, irritability and everything else that happens in an alcoholic home. He caught it from both me—his mother—and his father. Today he is a very angry, confused active alcoholic and drug addict. But there is an upside to this situation. Through the Al-Anon program, I have been able to make amends to him and accept him just as he is. I sometimes have to set boundaries and distance myself from his unacceptable behaviors, but I can do it with love. I feel like I've learned the true meaning of unconditional love, and I get to experience a great personal freedom in practicing it. My son and I have endured a lot together through the years. Even though our lives have taken different paths, what I have learned in Al-Anon has given us a very special mother-and-son relationship, a relationship for which I am very grateful.

By Phyllis S., Oregon  
*The Forum*, October 2018

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## Dear Deanna and Trusted Servants in Oregon,

Warm greetings from your World Service Office (WSO). Thanks for contacting us with your concerns surrounding the availability of the Spanish and French Translated versions of the *2018-2021 Al-Anon/Alateen Service Manual* (P-24/27).

It was announced at the 2018 World Service Conference (WSC) that after the *Service Manual* was printed in English, a number of variances and errors in content were found that related to original text of Policy and Handbook changes since and subsequent to the 2014 WSC. This error occurred as a result of the manual process that was in place to manage multiple versions of a complex document. Extensive Staff training has taken place to safeguard this in the future.

The English version, although in print and in use, is not accurate. This does not mean the current manual is not purposeful. The changes that have taken place are in reference to the language found in the “Policy Digest” and the “World Service Handbook” sections that were agreed upon by the WSC members from 2014-2017. Some text was moved, some text was added. This is why we continue to have the *2014-2017 Al-Anon/Alateen Service Manual* posted on the Spanish and French websites to serve as a guide for anyone who wishes to better understand the structure and nature of service at and beyond the group level. Even though the WSO is a tri-lingual publisher, it does take a significantly different skill-set to perform this translation as Al-Anon is a language in and of itself. Once the translation is complete, it still requires review by an Al-Anon bi-lingual member to ensure that the Al-Anon message is relayed.

It has been a painstaking and meticulous process to reconcile what the English version is supposed to be and is now in its final stages. Fortunately, parts of the previous manuscript changes to the *Service Manual* had already been translated. Care is being taken to make sure the content matches in English, Spanish and French. Being without a Spanish

translator has compounded the scenario but that has now been rectified and a new onsite translator has begun as of September 4.

The current timeline for completion is to have a digital Spanish and French *Service Manual* posted online by the end of December 2018 with the printed version available shortly thereafter. In addition, a revised English version will also be re-posted online to include separate downloadable pages with revisions in order to tape into printed versions. When the current *Service Manual* is set for re-printing, it will be done with the changes that are reflected in the online version. Announcements will be made to the fellowship through our various communication methods (i.e., AFG Announcements, *In the Loop*, AFG Connects communities, etc.) once the posting is complete. We apologize for the inconvenience this is posing to our Spanish and French-speaking members and are making every effort to meet this new deadline.

Please don't hesitate to contact us again if we can be of further assistance. Thanks for all you do for the families and friends of alcoholics!

Yours in Al-Anon,

**Sue Pérez**

**Associate Director – Group Services**

Al-Anon Family Group Headquarters, Inc.



## July Winners for the Membership Outreach Photo Contest

The July judging was conducted by the entire Membership Outreach Action Committee during assembly. All of the photos were renamed to a standardized name, so no one knew which entries came from which contestant.

Before I list the winners, three places for each of four categories, I want to say something about the quality of the entries. These pictures were all amazing, stunning, and very difficult to judge! The Oregon Area website and Communicator will be blessed with these images for years to come! Everyone deserved to be a winner, truly!

An Al-Anon book was awarded to the First Place winners in each of these categories. Thank you to everyone for submitting pictures! More winners will be awarded in November so keep the pictures coming!!

Here are the July Winners (and a less than full size image of each winning photo)

### Category: Buildings/Structures/Transportation

First Place, Cynthia N, District 12



Second Place, Sherry H , District 10



Third Place, Cynthia N, District 12

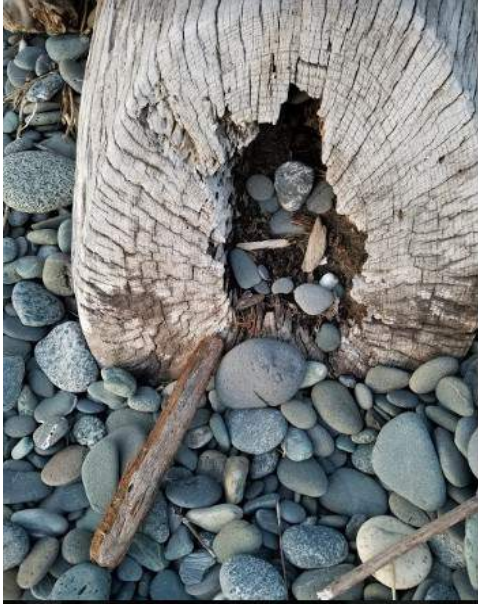


### Category: Close-Up/Micro

First Place Tama S., District 7



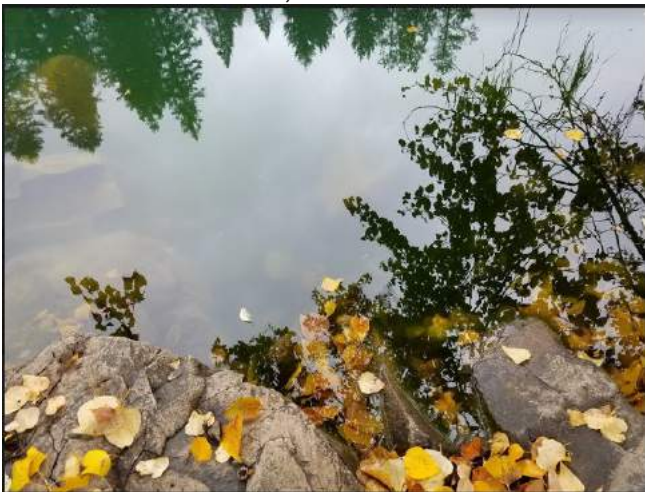
Second Place Tama S., District 7



Second Place: Parlan B., District 10



Third Place Tama S., District 7



Third Place: Parlan B., District 10



**Category: Panorama Landscapes**

First Place: Tama S., District 7



**When I feel a desperate urge to act, it is usually my will that is pushing, and when I feel a calm certainty, it is usually my Higher Powers.**

**Category: Scenic**

First Place: Tama S., District 7



Second Place: Parlan B., District 10



Third Place: Parlan B., District 10



**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](http://oregonal-anon.org/handbook/Handbook_section_6_Nov_30_2012.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.



**Have you read the July 2018 Chairperson of the Board Letter**

Here is the link; [Chairperson of the Board Letter](#)



**13 out of the 14 displays are still up!**  
That's almost 6 weeks bonus time on the back end of the Portland bus campaign!

**Oregon Area Al-Anon Family Groups  
Expense & Income vs. Annual Budget**

January 1 through October 7, 2018

				Jan 1 - Oct 7, 18	Budget	\$ Over Budget
1	<b>Income</b>					
2	<b>Revenue</b>					
3		Group Contributions	\$ 15,250.24	\$ 16,000.00	\$ (749.76)	
4		Assembly Registrations	\$ 1,429.00	\$ 2,000.00	\$ (571.00)	
5		State Speaker Meeting	\$ 7,121.69	\$ 3,500.00	\$ 3,621.69	
6		Advances	\$ 1,500.00	\$ 1,500.00	\$ -	
7		Miscellaneous	\$ 243.55	\$ -	\$ 243.55	
8		Cash Carried Forward	\$ 15,131.62	\$ 11,246.00	\$ 3,885.62	
9		AMIAS Expense Reimbursement	\$ 326.00	\$ -	\$ 326.00	
10		<b>Total Revenue</b>	<b>\$ 41,002.10</b>	<b>\$ 34,246.00</b>	<b>\$ 6,756.10</b>	
11		<b>Total Income</b>	<b>\$ 41,002.10</b>	<b>\$ 34,246.00</b>	<b>\$ 6,756.10</b>	
12	<b>Expense</b>					
13	<b>Delegate Fund</b>					
14		WSO ETF	\$ 2,443.00	\$ 2,443.00	\$ -	
15		Extra Day	\$ 157.59	\$ 300.00	\$ (142.41)	
16		<b>Delegate Meeting</b>	<b>\$ 911.93</b>	<b>\$ 911.93</b>	<b>\$ -</b>	
17		Delegate Travel	\$ 642.08	\$ 1,000.00	\$ (357.92)	
18		Delegate Miscellaneous	\$ 643.01	\$ 700.00	\$ (56.99)	
19		<b>Total Delegate Fund</b>	<b>\$ 4,797.61</b>	<b>\$ 5,354.93</b>	<b>\$ (557.32)</b>	
20	<b>Working Fund Expense</b>					
21		Archive Rent	\$ 456.00	\$ 456.00	\$ -	
22		Area Travel Fund	\$ 1,048.63	\$ 3,000.00	\$ (1,951.37)	
23		Communicator	\$ 124.74	\$ 200.00	\$ (75.26)	
24		SSM Advance	\$ 1,500.00	\$ 1,500.00	\$ -	
25		Assembly/AWSC Rent	\$ 2,214.48	\$ 3,000.00	\$ (785.52)	
26		Insurance	\$ 1,591.00	\$ 1,700.00	\$ (109.00)	
27		<b>Total Working Fund Expense</b>	<b>\$ 6,934.85</b>	<b>\$ 9,856.00</b>	<b>\$ (2,921.15)</b>	
28	<b>Assembly Allowance/Meal/Lodging</b>					
29		Officers	\$ 1,369.57	\$ 3,000.00	\$ (1,630.43)	
30		Audit/Budget	\$ 442.88	\$ 1,200.00	\$ (757.12)	
31		Coordinators	\$ 1,908.41	\$ 3,500.00	\$ (1,591.59)	
32		Past Delegates	\$ -	\$ 300.00	\$ (300.00)	
33		<b>Total Assembly Allowance/Meal/Lodging</b>	<b>\$ 3,720.86</b>	<b>\$ 8,000.00</b>	<b>\$ (4,279.14)</b>	
34	<b>Officers Expenses</b>					
35		Alternate Delegate	\$ 9.50	\$ 75.00	\$ (65.50)	
36		Chairperson	\$ 333.18	\$ 400.00	\$ (66.82)	
37		Secretary	\$ 8.82	\$ 50.00	\$ (41.18)	
38		Treasurer	\$ -	\$ 200.00	\$ (200.00)	
39		<b>AAPP Expenses</b>	<b>\$ 128.95</b>	<b>\$ 128.95</b>	<b>\$ -</b>	
40		<b>Total Officers Expenses</b>	<b>\$ 480.45</b>	<b>\$ 853.95</b>	<b>\$ (373.50)</b>	



**Oregon Area Al-Anon Family Groups  
Expense & Income vs. Annual Budget**

January 1 through October 7, 2018

		Jan 1 - Oct 7, 18	Budget	\$ Over Budget
41	<b>Assembly Expenses</b>			
42	<b>Assembly Workshops</b>	\$ 83.89	\$ 83.89	\$ -
43	Business Services A.C.	\$ -	\$ 50.00	\$ (50.00)
44	Membership Outreach A.C.	\$ 388.08	\$ 500.00	\$ (111.92)
45	Group Services A.C.	\$ 158.04	\$ 300.00	\$ (141.96)
46	Fellowship Communication A.C.	\$ 440.92	\$ 700.00	\$ (259.08)
47	Public Outreach A.C.	\$ 543.47	\$ 8,000.00	\$ (7,456.53)
48	Audit Budget Extra Day + Exp	\$ -	\$ 50.00	\$ (50.00)
49	<b>Total Assembly Expenses</b>	\$ 1,614.40	\$ 9,683.89	\$ (8,069.49)
50	<b>Coordinator and Other Expenses</b>			
51	Alateen Coordinator Expenses	\$ -	\$ 400.00	\$ (400.00)
52	Archives	\$ -	\$ 75.00	\$ (75.00)
53	CPC	\$ -	\$ 50.00	\$ (50.00)
54	Forum	\$ -	\$ 80.00	\$ (80.00)
55	Group Records	\$ -	\$ 50.00	\$ (50.00)
56	Literature	\$ 41.14	\$ 75.00	\$ (33.86)
57	Public Information	\$ 70.00	\$ 150.00	\$ (80.00)
58	Web Coordinator	\$ 145.51	\$ 200.00	\$ (54.49)
59	<b>Total Coordinator and Other Expenses</b>	\$ 256.65	\$ 1,080.00	\$ (823.35)
60	<b>Delegate Meeting</b>			
61	<b>Past Delegates</b>	\$ 836.30	\$ 836.30	\$ -
62	<b>Total Delegate Meeting</b>	\$ 836.30	\$ 836.30	\$ -
63	<b>Other</b>			
64	Contingency Fund	\$ -	\$ 788.93	\$ (788.93)
65	Equipment Supplies	\$ 86.23	\$ 300.00	\$ (213.77)
66	Handbook Update	\$ -	\$ 150.00	\$ (150.00)
67	AMIAS Background check fee expenses	\$ 285.25	\$ -	\$ 285.25
68	<b>Total Other</b>	\$ 371.48	\$ 1,238.93	\$ (867.45)
69	<b>Total Expense</b>	\$ 19,012.60	\$ 36,904.00	\$ (17,891.40)
70	Cash Balance as of 10/7/18	\$ 21,989.50	\$ (2,658.00)	\$ 24,647.50
71	Ample Reserve	\$ 10,000.00	\$ 10,000.00	\$ -
72	<b>Available Cash as of 10/7/18</b>	\$ 11,989.50	\$ (12,658.00)	\$ 24,647.50
<b>Remember to put all three items on checks:</b>		<b>Donations Payable to Oregon Area AFG</b>		
District Number		Send to:	Dawn Killough	
WSO Group Number			3959 Holt Loop NE	
Group Name			Salem, OR 97305	

A	B	C
<b>OREGON AREA AL-ANON BUDGET CATEGORY DESCRIPTIONS</b>		
No.	Category	
1	<b>Revenue</b>	<b>Description</b>
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	<b>Total Revenue &amp; Shortfall</b>	Add Revenue categories
8		
9	<b>Expenses</b>	
10	Delegate Fund	
11	WSO ETF	WSO Equalized Travel Fund - WSO calculates travel expenses from all delegates across the country and then divides by the quantity of delegates attending the conference. A letter is sent to each Area stating the average cost. The Oregon area tries to pay the full amount because 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	<b>Working Fund Expense</b>	
18	Archive Rent	Storage Unit for Area Archives
19	Area Travel Funds [ATF]	For AWSC members that's 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
22	March Assembly Rent & Expenses	Area Reimburses Districts for Rent, Coffee, Internet per Oregon Area Handbook
23	July Assembly Rent & Expenses	Area Reimburses Districts for Rent, Coffee, Internet per Oregon Area Handbook
24	November Assembly Rent & Expenses	Area Reimburses Districts for Rent, Coffee, Internet per Oregon Area Handbook
25	AWSC Rent [3 @ \$100 each]	Area Reimburses Districts for Rent, Coffee, Internet per Oregon Area Handbook up to \$100
26	Insurance	Area has an Insurance policy for Area Events
27	Sub-Total: Working Fund Exp	
28	<b>Assembly/AWSC Allowance(Meal/Lodging)</b>	
29	Officers	Meal & Lodging for Alt. Delegate, Chairman, AAPP, Treasurer, Secretary (Currently maximum \$150 per event per person from Oregon Area Handbook) (There is a formula that approximates this, based on assumption of attendance and expenses.)

A	B	C
<b>OREGON AREA AL-ANON BUDGET CATEGORY DESCRIPTIONS</b>		
<b>No.</b>	<b>Category</b>	
30	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.)
31	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.)
32	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.)
33	Regional Trustee/Board Visit	Each 3 year term the Area invites 1 Regional Trustee once during the term.
34	Sub-Total: Assem/AWSC Allowance(Meals/Lodging)	
35	<b>Officers Expenses</b>	
36	Alternate Delegate	Postage, Printing...
37	Chairperson	Name Badges. Postage, Printing...
38	Secretary	Postage, Printing...
39	Treasurer	Envelope, Postage, Printing
40	AAPP	Postage, Printing...
41	Sub-Total: Officers Expenses	

A	B	C
<b>OREGON AREA AL-ANON BUDGET CATEGORY DESCRIPTIONS</b>		
No.	Category	
42	<b>Expenses [Continued]</b>	
43	<b>Assembly Expenses</b>	
44	Assembly Workshops	Printing, Supplies to conduct a workshop at an assembly
45	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.
46	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.
47	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.
48	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.
49	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.
50	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.
51	Sub-Total: Assembly Workshops	
52	<b>Coordinators and Others Expenses</b>	
53	Alateen and Standing Committee	Alateen Coordinator printing... & AAPP/Alateen Coordinator/DR/Audit Budget member expenses to attend and discuss any contract negotiations for Alateen events.
54	Archives	Folders, printing, fire safe...
55	CPC	Postage, Printing, Supplies...
56	Forum	Postage, Printing, Supplies...
57	Group Records	Postage, Printing, Supplies...
58	Literature	Postage, Printing, Supplies...
59	Public Information	Postage, Printing, Supplies...
60	Website Coordinator	Postage, Printing, Supplies...
61	Sub-Total: Coordinators	
62	<b>Delegate Meeting</b>	
63	Alternate Delegate	Each 3 year term the Area allows the Alternate Delegate to attend a NWRDM once during the term.
64	Past Delegates	Each year 1 past delegate has their way paid to the NWRDM, a drawing takes place during the November Assembly
65	Sub-Total: Delegate Meeting	
66	<b>Other</b>	
67	Task Force/Thought Force Projects	Printing, Postage, Supplies
68	Alateen Coordinator Sponsor Workshop	Each 3 year term the Area allows the Alateen Coordinator to attend a Alateen Sponsor Workshop in another Area
69	Contingency Fund	A pool to borrow from if a line item goes over budget
70	Equipment Supplies	Equipment for Area Events (Sound system, Projector...)

A	B	C
<b>OREGON AREA AL-ANON BUDGET CATEGORY DESCRIPTIONS</b>		
<b>No.</b>	<b>Category</b>	
71	Handbook Update	Printing, distributing Updates to Handbooks
72	Transition Fund	Short falls in Budget from position changes and unforeseen expenses
73	Sub-Total: Other Expenses	
74	<b>Ample Reserves</b>	1/3 of the expenses from the previous year
75	<b>Total Expenses &amp; Reserve</b>	
76		
77	<b>Budget Balancing Ledger</b>	
78	Budgeted Income	Total from Revenue and Shortfalls
79	Budgeted Expenses	Total from Expenses and Reserves
80	Experienced Shortfall of Budgeted Expenses	Difference between Revenue and Expenses
81	<b>Total of Budget Balancing Ledger</b>	

A	B	C	D	E
<b>OREGON AREA AL-ANON 2019 PROPOSED BUDGET</b>				
Compared to 2018 Approved Budget [Increases in Bold; Decreases in Italics]				
	Category	2019 Budget	2018 Budget	Increases & Decreases
1	<b>Revenue</b>			
2	Group Contributions	17,000.00	\$ 16,000.00	\$ 1,000.00
3	Assembly Registrations	2,000.00	\$ 2,000.00	\$ -
4	State Speaker Meeting	3,500.00	\$ 3,500.00	\$ -
5	SSM Advance	1,500.00	\$ 1,500.00	\$ -
6	Cash Carried Forward	20,000.00	\$ 11,246.00	\$ 8,754.00
7	<b>Total Revenue</b>	<b>\$ 44,000.00</b>	<b>\$ 34,246.00</b>	<b>\$ 9,754.00</b>
8				
9	<b>Expenses</b>			
10	<b>Delegate Fund</b>			
11	WSO ETF	1,972.00	\$ 2,443.00	\$ (471.00)
12	Extra Day	200.00	\$ 300.00	\$ (100.00)
13	Delegate Meeting (NWRDM)	1000.00	\$ 800.00	\$ 200.00
14	Delegate Travel	800.00	\$ 1,000.00	\$ (200.00)
15	Delegate Miscellaneous	500.00	\$ 700.00	\$ (200.00)
16	Sub-Total: Delegate Fund	<b>\$ 4,472.00</b>	<b>\$ 5,243.00</b>	<b>\$ (771.00)</b>
17	<b>Working Fund Expense</b>			
18	Archive Rent	1,000.00	\$ 456.00	\$ 544.00
19	Area Travel Funds [ATF]	2,000.00	\$ 3,000.00	\$ (1,000.00)
20	Communicator	200.00	\$ 200.00	\$ -
21	SSM Advance	1,500.00	\$ 1,500.00	\$ -
22	March Assembly Rent & Expenses	900.00	\$ 600.00	\$ 300.00
23	July Assembly Rent & Expenses	900.00	\$ 1,200.00	\$ (300.00)
24	November Assembly Rent & Expenses	900.00	\$ 900.00	\$ -
25	AWSC Rent [3 @ \$100 each]	300.00	\$ 300.00	\$ -
26	Insurance	1,700.00	\$ 1,700.00	\$ -
27	Sub-Total: Working Fund Exp	<b>\$ 9,400.00</b>	<b>\$ 9,856.00</b>	<b>\$ (456.00)</b>
28	<b>Assembly/AWSC Allowance(Meal/Lodging)</b>			
29	Officers	2,000.00	\$ 3,000.00	\$ (1,000.00)
30	Audit/Budget	1,000.00	\$ 1,200.00	\$ (200.00)
31	Coordinators	3,000.00	\$ 3,500.00	\$ (500.00)
32	Past Delegates	1500.00	\$ 300.00	\$ 1,200.00
33	Regional Trustee/Board Visit	500.00	\$ -	\$ 500.00
34	Sub-Total: Assen/AWSC Allowance(Meals/Lodging)	<b>\$ 8,000.00</b>	<b>\$ 8,000.00</b>	<b>\$ -</b>
35	<b>Officers Expenses</b>			
36	Alternate Delegate	75.00	\$ 75.00	\$ -
37	Chairperson	400.00	\$ 400.00	\$ -
38	Secretary	50.00	\$ 50.00	\$ -
39	Treasurer	350.00	\$ 200.00	\$ 150.00
40	AAPP	150.00	\$ 100.00	\$ 50.00
41	Sub-Total: Officers Expenses	<b>\$ 1,025.00</b>	<b>\$ 825.00</b>	<b>\$ 200.00</b>

A	B	C	D	E
<b>OREGON AREA AL-ANON 2019 PROPOSED BUDGET</b>				
Compared to 2018 Approved Budget [Increases in Bold; Decreases in Italics]				
	Category	2019 Budget	2018 Budget	Increases & Decreases
<b>42</b>	<b>Expenses (Continued)</b>			
<b>43</b>	<b>Assembly Expenses</b>			
44	Assembly Workshops	100.00	\$ 50.00	\$ 50.00
45	Business Services A.C.	0.00	\$ 50.00	\$ (50.00)
46	Membership Outreach A.C.	150.00	\$ 500.00	\$ (350.00)
47	Group Services A.C.	700.00	\$ 300.00	\$ 400.00
48	Fellowship Communication A.C.	600.00	\$ 700.00	\$ (100.00)
49	Public Outreach A.C.	4000.00	\$ 8,000.00	\$ (4,000.00)
50	Audit Budget Extra Day Expenses	50.00	\$ 50.00	\$ -
51	Sub-Total: Assembly Workshops	\$ 5,600.00	\$ 9,650.00	\$ (4,050.00)
<b>52</b>	<b>Coordinators and Others Expenses</b>			
53	Alateen	775.00	\$ 400.00	\$ 375.00
54	Archives	75.00	\$ 75.00	\$ -
55	CPC	100.00	\$ 50.00	\$ 50.00
56	Forum	80.00	\$ 80.00	\$ -
57	Group Records	50.00	\$ 50.00	\$ -
58	Literature	150.00	\$ 75.00	\$ 75.00
59	Public Information	150.00	\$ 150.00	\$ -
60	Website	250.00	\$ 200.00	\$ 50.00
61	Sub-Total: Coordinators	\$ 1,630.00	\$ 1,080.00	\$ 550.00
<b>62</b>	<b>Delegate Meeting</b>			
63	Alternate Delegate	1,000.00	\$ -	\$ 1,000.00
64	Past Delegates	\$ 1,000.00	\$ 800.00	\$ 200.00
65	Sub-Total: Delegate Meeting	\$ 2,000.00	\$ 800.00	\$ 1,200.00
<b>66</b>	<b>Other</b>			
67	Task Force/Thought Force Projects	0.00	\$ -	\$ -
68	Alateen Coordinator Sponsor Conference	400.00	\$ -	\$ 400.00
69	Contingency Fund	1,000.00	\$ 1,000.00	\$ -
70	Equipment Supplies	100.00	\$ 300.00	\$ (200.00)
71	Handbook Update	150.00	\$ 150.00	\$ -
72	Transition Fund	300.00	\$ -	\$ 300.00
73	Sub-Total: Other Expenses	\$ 1,950.00	\$ 1,450.00	\$ 500.00
74	Ample Reserves	6,000.00	\$ 10,000.00	\$ (4,000.00)
75	<b>Total Expenses &amp; Reserve</b>	<b>\$ 40,077.00</b>	<b>\$ 46,904.00</b>	<b>\$ (6,827.00)</b>
76				
<b>77</b>	<b>Budget Balancing Ledger</b>			
78	Budgeted Income	\$ 44,000.00	\$ 34,246.00	\$ 9,754.00
79	Budgeted Expenses	\$ 40,077.00	\$ (46,904.00)	\$ 12,827.00
80	Experienced Shortfall of Budgeted Expenses	\$ (3,923.00)	\$ 12,658.00	\$ 3,073.00
81	<b>Total of Budget Balancing Ledger</b>	<b>\$ -</b>	<b>\$ -</b>	<b>\$ -</b>

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

# NOVEMBER OREGON AREA ASSEMBLY

NOVEMBER 16 -- 18, 2018

at

## SEVEN FEATHERS CASINO AND RESORT

146 Chief Miwaleta Lane

CANYONVILLE, OREGON 97417

**Exit 99 on I-5**

Call 1-800-548-8461

FOR ROOM RESERVATIONS

(Mention District 13 Assembly)

**Saturday Meeting 8:30 am - 5:00 pm**

**Sunday Meeting - 8:30 am - 12:00 noon**

Saturday Game Night- Bring your favorite game to play with others.

**On Site Registration Only**

7:00 am to Noon Saturday;  
after 12 pm - See Oregon Area Treasurer



# *Journey to Serenity*

*Oregon Area Al-Anon 2019 State Speakers Meeting*

*Save the Date*

*May 17 - 19, 2019*

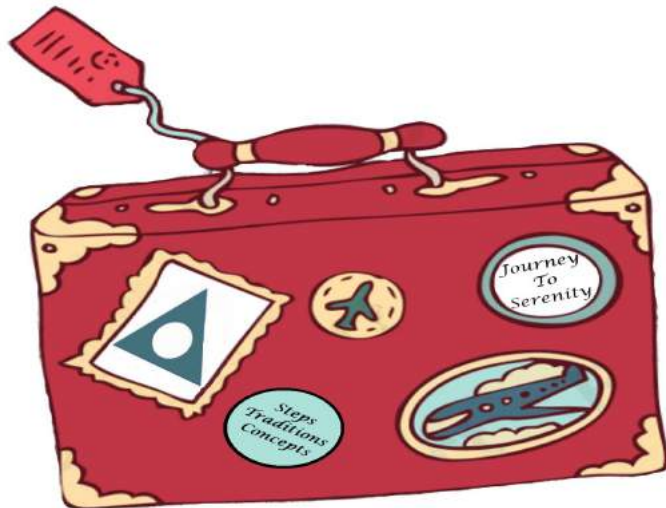
*Bo T. Al-Anon*

*West Blockton, Alabama*

*Ron R AA*

*Springfield, Oregon*

*A weekend of great speakers, fun and fellowship*



*Hosted by District 6  
Hamlin Middle School  
326 Centennial Blvd  
Springfield, Oregon 97477*

*Sponsored by and all proceeds  
go to Oregon Area Al-Anon*

*Stay tuned for more  
information*

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

*Contact: Donelda H. at [Doneldagh@gmail.com](mailto:Doneldagh@gmail.com)*