



Oregon Area Al-Anon/Alateen
 Area de Oregon Al-Anon/Alateen
Communicator

October 2019 Issue
 Numero de Octubre de 2019

Upcoming Events/Proximos Eventos			
If event font color is blue, it is a hyperlink. Si el color de la fuente del evento es azul, es un hipervinculo.			
Oct. 5 9:30 AM- Noon	<table border="1"> <tr> <td>Al-Anon Service Manual Workshop/Taller de Manual de Servicio de Al-Anon</td> <td>14911 SE Woodland Way, Milwaukie, OR 97267 (Private Residence/Residencia Privada)</td> </tr> </table>	Al-Anon Service Manual Workshop/Taller de Manual de Servicio de Al-Anon	14911 SE Woodland Way, Milwaukie, OR 97267 (Private Residence/Residencia Privada)
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Oct. 12 8:30AM- 5PM	<table border="1"> <tr> <td>AWSC Area World Service Committee/Comite de Servicio Mundial del Area AWSC</td> <td>Gilham Community Church 3633 Gilham Road Eugene, Oregon</td> </tr> </table>	AWSC Area World Service Committee/Comite de Servicio Mundial del Area AWSC	Gilham Community Church 3633 Gilham Road Eugene, Oregon
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Oct. 26 9:30 AM- Noon	<table border="1"> <tr> <td>Westside Service Manual Discussion Group/Grupo de Discusion del manual de servicio de el lado oeste</td> <td>13885 SW Meridian St. #217 Beaverton, OR 97005 (Private Residence/Residencia Privada)</td> </tr> </table>	Westside Service Manual Discussion Group/Grupo de Discusion del manual de servicio de el lado oeste	13885 SW Meridian St. #217 Beaverton, OR 97005 (Private Residence/Residencia Privada)
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Oct. 26 5:30PM- 8:30PM	<table border="1"> <tr> <td>AIS FUNdraiser/RecaudIVERSIO/dacion de fondos Intergupal</td> <td>Tsbor Space Community Center 5441 SE Belmont St, Portland, OR 97215</td> </tr> </table>	AIS FUNdraiser/RecaudIVERSIO/dacion de fondos Intergupal	Tsbor Space Community Center 5441 SE Belmont St, Portland, OR 97215
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Nov. 15- 17 Friday Night Sharing meeting/Vi-ernes en la Noche Junta de comparti m-iento 7-8:30PM Mar. 16 8:30-5PM Mar: 17 8:30-12PM	<table border="1"> <tr> <td>Oregon Area Assembly/Asemb le-a Area de Oregon</td> <td>Gregory Forum Clackamas Community College 19600 S. Molalla AVE Oregon City, OR 97045</td> </tr> </table>	Oregon Area Assembly/Asemb le-a Area de Oregon	Gregory Forum Clackamas Community College 19600 S. Molalla AVE Oregon City, OR 97045
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Jan. 4 9:30 AM- Noon	Al-Anon Service Manual Workshop/Taller de Manual de Servicio de Al-Anon	14911 SE Woodland Way, Milwaukie, OR 97267 (Private Residence/Residencia Privada)
Jan. 25 9:30 AM- Noon	Westside Service Manual Discussion Group/Grupo de Discusion del manual de servicio de el lado oeste	13885 SW Meridian St. #217 Beaverton, OR 97005 (Private Residence/Residencia Privada)
Feb. 1 9:30 AM- Noon	Al-Anon Service Manual Workshop/Taller de Manual de Servicio de Al-Anon	14911 SE Woodland Way, Milwaukie, OR 97267 (Private Residence/Residencia Privada)
Feb. 29 9:30 AM- Noon	Westside Service Manual Discussion Group/Grupo de Discusion del manual de servicio de el lado oeste	13885 SW Meridian St. #217 Beaverton, OR 97005 (Private Residence/Residencia Privada)
Mar. 7 9:30 AM- Noon	Al-Anon Service Manual Workshop/Taller de Manual de Servicio de Al-Anon	14911 SE Woodland Way, Milwaukie, OR 97267 (Private Residence/Residencia Privada)
Mar. 28 9:30 AM- Noon	Westside Service Manual Discussion Group/Grupo de Discusion del manual de servicio de el lado oeste	13885 SW Meridian St. #217 Beaverton, OR 97005 (Private Residence/Residencia Privada)

If you would like an event listed in the February issue of the Communicator send an email to: Si desea un evento que aparece en la edición de Febrero del Comunicador envíe un correo electrónico a communicator@oregonal-anon.org by the end of January deadline. Antes de la fecha límite de ultimos de Enero.

Possibility for Growth and Change

The last Wednesday of every month, the Spanish Al-Anon Family Group Manteno Simples has a group conscience to use their meeting time as a

Manual Study. As of September, the group read the entire Groups at Work section of the Service Manual. The growth and education in the Al-Anon program for all involved and the health for the groups has been great. Anyone interested in participating you are welcome. The Portland AIS has the current Groups at Work in Spanish available.

The excitement and discussion that stemmed from the manual reading last night has made my heart happy. We read about overlay districts and discussed what they are. (Groups at Work P-24; Page 74 reads: An Overlay District is a collection of groups typically aligned by language. Groups may belong to either the District or Overlay District based on their group conscience. Overlay Districts are formed upon approval by the Area.) The result was the consideration of starting a Spanish District that would cover the majority of the Portland area. This would allow the groups to communicate, share events, and have a District Representative that could attend AWSC and speak on behalf of the Spanish Al-Anon Community. Additionally this could allow the Spanish GR's more understanding of what is going on at the Oregon Area and give them sample information to attend the Assemblies.

Once the Oregon Area Task Force on translation equipment is finished, there will be even more of an opportunity for our Spanish Al-Anon members to partake in the assembly whether they fully speak and understand English or not. Let us be part of the Yes! Qui! ¡Sí!; Concept 9 Panel!

The second major discussion was about having Al-Anon meetings inside of correctional facilities. The conversation was that there are probably several inmates that would be interested in the Al-Anon program that do not speak enough English to participate. The discussion went on to discuss how when the inmate is in prison this is a safe place to avoid the cultural deterrent of participating in Al-Anon.

I cannot express how this Service Opportunity of participating in these meetings has been my most meaningful opportunity to date. I love being a part of the growth of these groups and of taking a deep look into our service manual.

Posibilidad de crecimiento y cambio

El último Miércoles de cada mes, el grupo familiar español Al-Anón Manténlo Simplé tiene una conciencia de grupo para usar su tiempo de reunión como un estudio manual. A partir de septiembre, el grupo leyó toda la sección Grupos en el trabajo del Manual de servicio. El crecimiento y la educación en el programa Al-Anón para todos los involucrados y la salud de los grupos ha sido excelente. Cualquier persona interesada en participar es bienvenido. El Portland AIS/Intergrupar tiene disponibles los grupos actuales en español en grupos trabajando. La emoción y la discusión que surgieron de la lectura manual de anoche han hecho feliz a mi corazón. Leímos sobre distritos superpuestos y discutimos cuáles son. (Grupos en el trabajo P-24; página 74 dice: Un distrito de superposición es una colección de grupos típicamente alineados por idioma. Los grupos pueden pertenecer al distrito o al distrito de superposición según su conciencia de grupo. Los distritos de superposición se forman al ser aprobados por el área.) El resultado fue la consideración de comenzar un Distrito Español que cubriera la mayoría del área de Portland. Esto permitiría a los grupos comunicarse, compartir eventos y tener un Representante del Distrito que podría asistir a AWSO y hablar en nombre de la Comunidad Española de Al-Anón. Además, esto podría permitir a los GR españoles comprender mejor lo que está sucediendo en el área de Oregón y brindarles una amplia información para asistir a las Asambleas. Una vez que la Fuerza de Tarea del Área de Oregon en equipo de traducción haya finalizado, habrá aún más oportunidades para que nuestros miembros españoles de Al-Anón participen en la asamblea, ya sea que hablen y entiendan inglés completamente o no. Seamos parte del Sí! Qui! ¡Si!; Concepto 9 Panel! La segunda discusión importante fue acerca de tener reuniones de Al-Anón dentro de las Aulas Al-Anón. No puedo expresar cómo esta oportunidad de servicio de participar en estas reuniones ha sido mi oportunidad más significativa hasta la fecha. Me encanta ser parte del crecimiento de estos grupos y profundizar en nuestro manual de servicio. Para analizar cómo, cuando el recluso está en prisión, este es un lugar seguro para evitar la discusión participen Al-Anón. No puedo expresar cómo esta oportunidad de servicio de participar en estas reuniones ha sido mi oportunidad más significativa hasta la fecha. Me encanta ser parte del

crecimiento de estos grupos y profundizar en nuestro manual de servicio.

Deanna M.

AIS Fundraiser

The Portland AIS (Al-Anon Information Service) has been giving comfort, help and hope to friends and families of Alcoholics for 59 years. The office supports and maintains a meeting directory of over 100 meetings in the Portland area, 9 Spanish, 3 Alateen, and 19 in Vancouver, WA. The Literature Depot stocks only CAL (Conference Approved Literature), carrying all the English Al-Anon & Alateen books, 15 Spanish books and most pamphlets in the current Catalog. The office has 1 full time office position shared by 2 staff members and is open 40 hours a week, except major holidays.

Office Volunteers are a big part of the success of our AIS. Last year the office had Al-Anon members volunteer on 62 days, 8 of which volunteer on a regular basis. In 2018 the office received 1532 phone calls, and sold \$43,625 in literature. Additionally AIS has volunteer members on the Service Board to carry the message via Public Outreach, Meetings on Wheels (taking meetings to homes of members), promoting literature, coordinating Speakers, displaying in Libraries, and working liaisons with AA and Oregon Area Al-Anon. Last but not least the AIS has ISR's who carry the message about local activities, events & business between AIS and their respective Al-Anon Group.

The Portland AIS is the last AIS in Oregon and runs on sale of CAL & financial contributions from the individuals, groups and the districts that it supports.

In addition, the AIS Service Committee host a Fundraiser annually.

This year the Finding Our Joy, Discovering Ourselves Fundraiser Potato Bar & Potluck will be October 26th from 5:30pm-8:30pm at Tabor Space Community Center in Portland. All Al-Anon, Alateen members and their families are invited.

Geovanna from Together We Can Make It (Alateen), Ishmeal from Friday Young People's

Recaudación de fondos AIS/Intergruppal

El Portland AIS (Servicio de Información de Al-Anon) ha brindado consuelo, ayuda y esperanza a amigos y familiares de alcohólicos durante 59 años. La oficina apoya y mantiene un directorio de más de 100 reuniones en el área de Portland, 9 en español, 3 en Alateen y 19 en Vancouver, WA. El Depósito de Literatura solo almacena CAL (Literatura Aprobada por la Conferencia), con todos los libros en inglés de

Al-Anon & Alateen, 15 libros en español y la mayoría de los folletos en el Catálogo actual. La oficina tiene 1 posición de oficina a tiempo completo compartida por 2 miembros del personal y está abierta 40 horas a la semana, excepto los días feriados principales. Los Voluntarios de Oficina son una gran parte del éxito de nuestro AIS. El año pasado, la oficina hizo que los miembros de Al-Anon se ofrecieran como voluntarios en 62 días, 8 de los cuales son voluntarios de manera regular. En 2018, la oficina recibió 1532 llamadas telefónicas y vendió \$ 43,625 en literatura. Además, AIS tiene miembros voluntarios en la Junta de Servicio para llevar el mensaje a través de Alcance Público, Reuniones sobre Ruedas (llevar reuniones a los hogares de los miembros), promover literatura, coordinar oradores, exhibir en bibliotecas y enlaces de trabajo con AA y Oregon Area Al-Anon. Por último, pero no menos importante, el AIS tiene ISR que llevan el mensaje sobre actividades locales, eventos y negocios entre AIS y su respectivo Grupo Al-Anon.

El Portland AIS es el último AIS en Oregón y opera a la venta de CAL y contribuciones financieras de los individuos, grupos y los distritos que apoya. Además, el Comité de Servicio de AIS organiza anualmente un evento para recaudar fondos. Este año, el evento Finding Our Joy, Discovering Ourselves Fundraiser Potato Bar & Potluck será el

26 de octubre de 5:30 p.m. a 8:30 p.m. en el Centro Comunitario Tabor Space en Portland. Todos los miembros de Al-Anon, Alateen y sus familias están invitados. Geovanna de Together We Can Make It (Alateen), Ishmeal de Friday Young People's Meeting (Al-Anon) y Johnine de Chapter 9-The Family Afterward (A.A.) compartirán su experiencia, fortaleza y esperanza. El cronograma incluye un fabuloso Potluck & Potato Bar (se proporcionarán las papas y los ingredientes), oradores sobresalientes (mencionados anteriormente), una subasta silenciosa de Steller (llena de cestas y artículos de individuos y grupos) y una tradicional 50/50. Las tablas mantendrán cuadros de gratitud y resentimiento para que las personas dejen los resentimientos y compartan los agradecimientos. Esta es una recaudación de fondos, por lo que hay muchas opciones de donación disponibles, no las estamos presionando todas, solo damos opciones a aquellos que pueden no tener interés en uno u otro. El Servicio de Información de Al-Anon es una organización 501 (c) 3 sin fines de lucro, por lo tanto, su donación es deducible de impuestos en la mayor medida de la ley.



Esperamos su participación,

Deanna M.

Presidente de Recaudación de Fondos de Portland
AIS 2019

**What else would you like to see on the Communicator any ideas or suggestions?
Que más le gustaría ver en el Comunicador algunas ideas o sugerencias?**

Please email to/Por favor mande al correo electrónico marymanzo73@gmail.com

Linea Informacion Espanol

Atento aviso

5039169913



Como algunas de ustedes sabran, el numero d celular que existe para la linea de Informacion Al-Anon en Espanol ha estado en mantenimiento. La oficina de AIS de Portland ha proveido un nuevo telefon celular de tocar con servicio de datos y textos LIMITADOS para mayor eficiencia en dar informacion via llamada de voz, mensajes, de texto y correo electronico. He tomado el servicio de responder llamadas temporalmente a partir de este Lunes 9 de Septiembre 2019. Mi servicio es temporal y rotativo. Por esta razon, si alguien le gustaria hacer este servicio de informacion, despues de mi, yo estare mas que feliz de poder compartir mi conocimiento en el uso de la red. Hay planes de expandir nuestro mensaje local en Espanol atravez de la tecnologia en comun acuerdo con el comite de la intergrupal en Ingles que nos han apoyado incondicionalmente todos estos anos. Por otro lado, me encantaria aprovechar este mismo aviso para pedir de forma mas cordial informacion actualizada de sus respectivos grupos horario, direccion, numero de telefono de contacto y primer nombre de la persona contacto. Para poder proveerlos al publico, asi como tambien se necesitan numeros de telefono y nombres de miembros que esten dispuestos a pasar el mensaje en compartimientos de informacion al publico en aniversarios de A.A centros de rehabilitacion, clinicas y ferias de salud en Espanol. Toda esta informacion sera recopilada para la oficina de informacion Al-anon de Portland. Y por ultimo, para apoyar esta herramienta y en aras de nuestra 7ma tradicion, recordar a nuestros grupos la importacia de nuestra contribucion monetaria individual y grupal a nuestros ramos de servicio. Todo esto en agradecimiento a Al-Anon. Escribir cheque money order, etc. A nombre de Al-anon Information service direccion 1750 SW Skyline BLVD Portland, Oregon 97221.

Atentamente Jazmin

Information Spanish Line

Attentive notice

5039169913

As some of you will know, the cell phone number that exists for the Al-Anon Information Line in Spanish has been undergoing maintenance. The Portland AIS office has provided a new cell phone touch with data and LIMITED text service for greater efficiency in providing information via voice calls, messages, text and email. I have taken the service of answering calls temporarily as of Monday, September 9, 2019. My service is temporary and rotating. For this reason, if someone would like to do this information service, after me, I will be more than happy to share my knowledge in the use of the network. There are plans to expand our local message in Spanish through technology in agreement with the intergroup committee in English that have unconditionally supported us all these years. On the other hand, I would love to take advantage of this same notice to request in a more cordial way updated information of their respective time groups, address, contact phone number and first name of the contact person. To be able to provide them to the public, as well as telephone numbers and names of members who are willing to pass the message in public information compartments in anniversaries of A. To rehabilitation centers, clinics and health fairs in Spanish. All of this information will be collected for the Portland Al-anon information office. And finally, to support this tool and for the sake of our 7th tradition, remind our groups of the importance of our individual and group monetary contribution to our branches of service. All this in thanks to Al-Anon. Write money order check, etc. On behalf of Al-anon Information service address 1750 SW Skyline BLVD Portland, Oregon 97221.

Sincerely, Jazmin

AIS History - Years of Changes and Challenges

From the Group Scoop, October 1997:

1960 - Portland Al-Anon Intergroup is organized by 6 local groups, and have a chairman and treasurer. Monthly expenses are \$10 for rent and \$15 for answering service.

1972 - Steering Committee meetings are added in April, July and October.

1973 - Charter approved. Three officers; chair, treasurer and secretary, and the addition of four committees.

1974 - Name is changed to Al-Anon Information Service.

1976 - There are now 21 groups.

1977 - Charter is revised. Space is rented at the Dekum Bldg. on SW 3rd. Office is open 9-5 with round the clock phone coverage. There is one volunteer office manager with 65 volunteers to help out. Monthly expenses are \$50 for rent and \$25 for phone service. 2,560 calls are received the first year.

1979 - New bylaws are approved and incorporation is accomplished. There are now 30 groups.

1980 - Bylaws are revised. The name Steering Committee is changed to Service Committee. A Service Board is created with monthly meetings to oversee business aspects of the Information Service and Literature Depot. Five committees are added to the roster.

1981 - First paid office position is established.

1983 - AIS Office and Literature Depot move to Skyline Blvd. in the Beloc Bldg. There are now 70 groups and 4 districts. Yearly budget is \$25,000. Calls received are 5,140.

1987 - Office expands and moves next door, occupying a three room Suite #133.

1988 - Bylaws are revised. Yearly budget is \$60,000. Calls received are 8,600.

1989 - A second line is added to phone system. Calls received are 9,600.

1994 - 100 groups, 6 districts. Budget is \$53,000. Calls received 7,350.

1996 - 105 groups. Budget is \$57,000. Calls received 8,125.

2017 - 105 groups. Budget is \$51,364. Calls received in 2016 is

Current, foundation Districts that support AIS: 9, 10, 11, 12, 17. Donations are accepted from individual members and all Oregon groups.

Per the AIS Meeting Schedule - Portland/Metro Meetings Include; 6 Alateen meetings, 4 Speaker Meetings, 2 Manual Studies, 4, Beginners meetings, and 8 Spanish Speaking meetings.

Vancouver Meetings Include; 18 regular meetings, 1 Newcomers meeting.

Al-Anon Information Service Center
Portland, Oregon

"AIS, also known as an Intergroup, is a local service established and maintained by one or more districts or by groups located close enough to one another for easy access and communication."

2014-2017 Al-Anon/Alateen Service Manual, pg.63

Positions on the AIS Board Committee;

Information Service Representative:

Representatives from each group who acts a link with the AIS office and tasks

*Board/Assistant Board Chair oversees the running of the AIS office and tasks

Alateen Chair/Sponsors attends ISR/Alateen sponsorship meetings

*Treasure oversees financial operations and performs audits

*Secretary keeps/posts minutes of all AIS meetings

AIS Liaison attends all Al-Anon assemblies and AIS meetings

Office Managers are the 2 paid positions for the daily operation of the AIS office

Library Chair provides literature in public libraries

Literature Chair provided literature for assemblies, health fairs, etc.

Public Information Chair interacts with professionals outside of the Al-Anon program to reach newcomers; schools, medical community, etc.

Institutions Chair interacts with the treatment centers

Meetings on Wheels Chair provides meetings for homebound and ride challenged members

AIS Fund Raising Chair assists groups/districts in planning events/fund raisers & any available budget provided by AIS

Hospitality Chair guides attendees to ISR meetings

Group Scoop Chair/Editor creates and publishes the Group Scoop newsletter

12 Step Calls Chairs maintains a list of members to take calls that come into the AIS office from newcomers/members

Speakers Chair provides speakers for 12step meetings (Al-Anon, AA, NA, etc.)

Health Fairs Chair arranges newcomer outreach at area events

Media Chair is the AIS liaison for public media contacts and public information; TV, newspapers, etc.

AA Liaison Chair attends the AA intergroup meetings for coordination of Al-Anon speaker literature opportunities

Website Chair maintains AIS website as required

*Executive Board Positions

Contact the **AIS** office or your group ISR for the name and contact information for all positions.

AIS contact information is on all schedules and on line, website; al-anonportlandoregon.org and email; ais@al-anonportlandoregon.org


Office Phone Numbers; (503)292-1333, (503)297-3551
Spanish Information; (503)916-9913

9am-5pm, Monday through Friday
AIS
1750 SW Skyline Blvd, # 133
Portland, OR 97221

OREGON AREA OUTREACH PROJECT LITERATURE IN REST AREAS



ARE YOU TROUBLED BY SOMEONE'S DRINKING?

 Al-Anon Is for You!

Millions of people are affected by the excessive drinking of someone close. The following questions are designed to help you decide whether or not you need Al-Anon:

1. Do you worry about how much someone else drinks?
2. Do you have money problems because of someone else's drinking?
3. Do you tell lies to cover up for someone else's drinking?
4. Do you feel that if the drinker cared about you, he or she would stop drinking to please you?
5. Do you blame the drinker's behavior on his or her companions?
6. Are plans frequently upset or canceled or meals delayed because of the drinker?
7. Do you make threats, such as, "If you don't stop drinking, I'll leave you"?
8. Do you secretly try to smell the drinker's breath?
9. Are you afraid to upset someone for fear it will set off a drinking bout?
10. Have you been hurt or embarrassed by a drinker's behavior?
11. Are holidays and gatherings spoiled because of drinking?
12. Have you considered calling the police for help in fear of abuse?

On the Road to Recovery

Be on the lookout for Al-Anon literature in 11 Oregon Travel Information Centers (rest areas) over the next 12 months.

Travelers will have the opportunity to pick up the "20 Questions" that have helped many find their way to the help and hope that Al-Anon offers.

Thank you, groups and individuals, for your financial contributions to the Oregon Area that has made this outreach project possible. We plant seeds and trust Higher Power for the outcomes!

If you want a voice in future public outreach projects or have ideas you want to share, please join the online Oregon Area Public Outreach Group by emailing Dawn B. at: PublicInfo@OregonAl-Anon.org. Joining this group requires **no commitment** other than an interest in public outreach in the Oregon Area.

Thank you for letting me serve as your Public Information Coordinator!

Dawn B.

OREGON AREA ASSEMBLY

November 16-17, 2019

**Gregory Forum, Clackamas Community College
19600 S. Molalla Avenue, Oregon City, OR 97045**

Host: District 11

All Al-Anon and Alateen members are invited to Area Assembly, the business meeting of Oregon Area Al-Anon.

Group Representatives and AWSC Members have voice.

Only Group Representatives vote.

Saturday Assembly: 8:30 am to 5:00 pm

Sunday Assembly: 8:30 am to 12:00 noon

Registration begins at 8:00 am on Saturday.

\$10.00 Voluntary Registration Fee in support of Assembly costs.

Saturday and Sunday morning light refreshments will be provided.

Directions to Clackamas Community College:

From I-205 Exit 10 Molalla/Oregon City Hwy 213 for 3 miles to Molalla Avenue.

Left on Molalla Avenue.

Parking in Yellow Lot - see map on reverse.

District 11 welcomes all Assembly participants to a meeting Friday November 15, 2019,

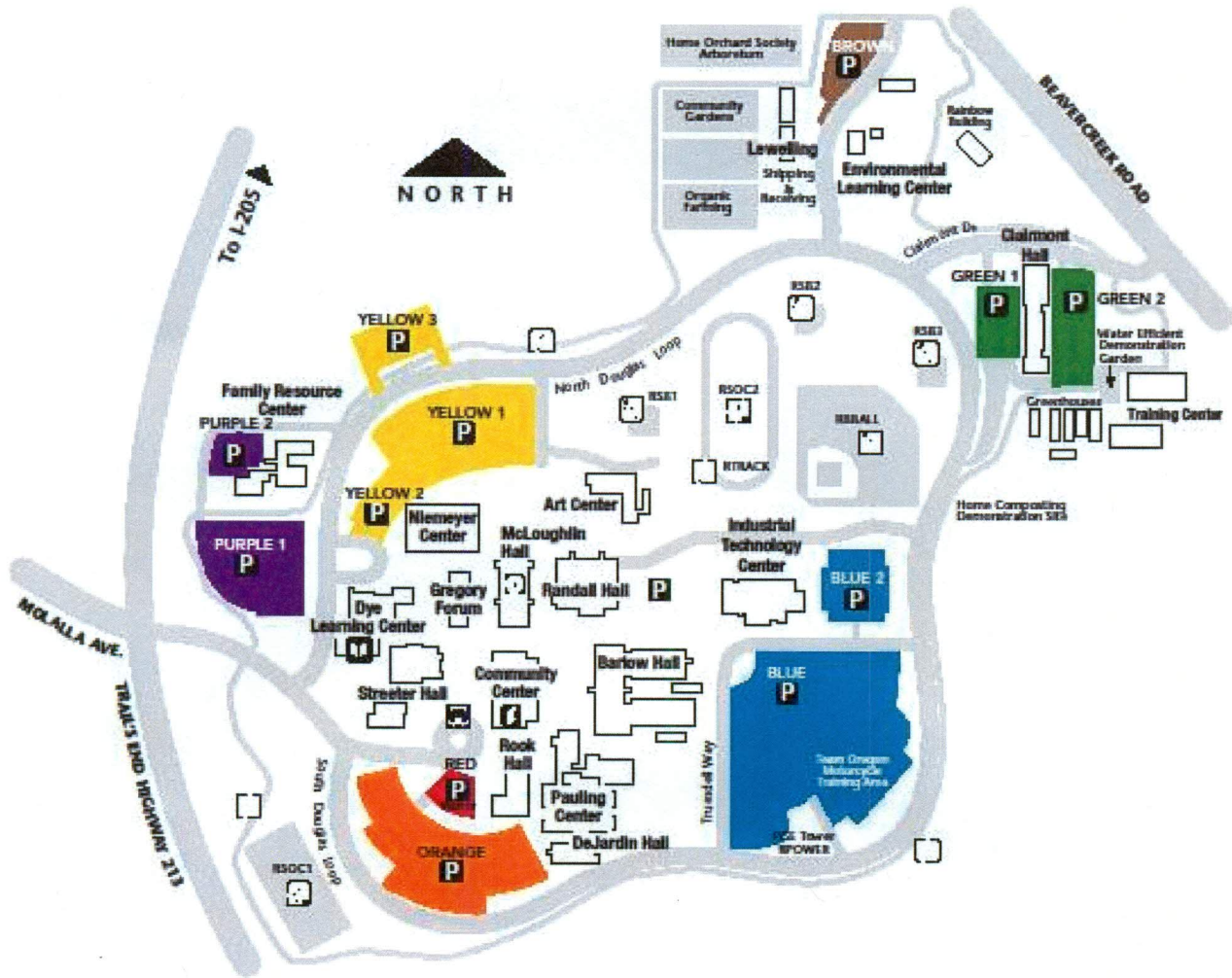
7:00pm at Clackamas Community College, Room 229 in McLoughlin Bldg. which is the

building next Gregory Forum. (see map) Refreshments will be available.

See reverse for area hotel information.

For more information, contact District-11@OregonAl-Anon.org

Map of Clackamas Community College Campus



Area Hotel Information:

Prices do not include tax.

Holiday Inn Express

855-680-3239
75 82nd Dr.
Gladstone, Oregon 97027

King with or without a sofa bed- \$100.50
2 Queens- \$108
2 Bed Deluxe- 1 King and a Queen in a separate room-
\$108

Comfort Inn

503-723-3450
15929 SE McKinley Ave 97015
Clackamas, Oregon

2 Queens - \$134
1 King - \$124

Clackamas Inn Suites

503-650-5340
16010 SE 82nd Dr.
Clackamas, Oregon 97015

King \$89
2 Queens \$89- \$99

Hampton Inn

503-655-7900
9040 SE Adams
Clackamas, Oregon 97015

King (with rollaway bed available) \$85
2 Queens \$89

Dear Members of Al-Anon in Oregon: Please find below a list of categories and their explanations for the Oregon Area Budget for 2020. The proposed figures for these lines items will be presented at the October AWSC and once agreed upon will be sent out to all members of the AWSC. Those members will in turn sent out to all interested members in Oregon Area Al-Anon. The budget will be discussed at the November Assembly and voted on by those Group Representatives attending the Assembly. If you have questions before the assembly, you can email the Audit-Budget Committee whose contacts are on the Oregon Area Website. See you at the assembly in November.

Audit-Budget Committee, Oregon Area Al-Anon

A	B	C
OREGON AREA AL-ANON BUDGET CATEGORY DESCRIPTIONS		
No.	Category	Description
01	REVENUE	
02	Group Contributions	Donations from Groups
03	Assembly Registrations	Suggested \$10 per person Donation at Assemblies
04	State Speaker Meeting	Income received from SSM
05	SSM Advance	\$1500 Seed money refund from current year SSM
06	Cash Carried Forward	Balance of Bank Account at end of the year (estimated for Budget)
07	Total Revenue & Cash Carried Forward	Addition of all Revenue categories
08	EXPENSES	
09	Delegate Fund	
10	WSO ETF	WSO Equalized Travel Fund - WSO calculates travel expenses for all delegates in the US and Canada and divides total cost by number of delegates attending the conference. A letter is sent to each Area stating the average cost and the full cost. Oregon Area usually votes to pay the full cost
11	Extra Day	OA Handbook motion that the Delegate can go to the Conference 1 day early.
12	Delegate Travel to NWRDM	Travel & expenses to attend the Northwest Regional Delegates Meeting
13	Delegate Travel	Travel & Expenses to all Area events, OAC, Assy's, AWSC & SSM...
14	Delegate Miscellaneous	Printing, Computer....
15	Sub-Total: Delegate Fund	Addition of all Delegate Fund expenses
16	Working Fund Expenses	
17	Archive Rent	Rent for storage Unit for Area Archives
18	Area Travel Funds [ATF]	For AWSC members whose mileage expenses are not paid by another entity. (We have a fomula for this, based on assumption of attendance and
19	Communicator	Prints Communicator 3 times a year for each AWSC mailbox
20	SSM Advance	\$1500 Seed money for following year SSM if scheduled
21	March Assembly Rent & Expenses	Area Reimburses Districts for Rent, Coffee, per Oregon Area Handbook
22	July Assembly Rent & Expenses	Area Reimburses Districts for Rent, Coffee, per Oregon Area Handbook
23	November Assembly Rent & Expenses	Area Reimburses Districts for Rent, Coffee, per Oregon Area Handbook
24	AWSC Rent [3 @ 1/3 of amount each]	Area Reimburses Districts for Rent, Coffee, per Oregon Area Handbook
25	Insurance	Area has an Insurance policy for all meetings and Area Events
26	Sub-Total: Working Fund Exp	Addition of all Working Fund Expenses
27	Assembly/AWSC Allowance(Meal/Lodging)	Currently maximum \$150 per event (AWSC/Assembly) per person from Oregon Area Handbook; There is a fomula that approximates this for each line item, based on assumption of attendance and expenses.
28	Officers	Meal & Lodging for Alt. Delegate, Chairman, AAPP, Treasurer, Secretary
29	Audit/Budget	Meal & Lodging for three Audit/Budget members whose expenses are not covered by another entity.
30	Coordinators and AAPP	Meals & Lodging Alateen, Archives, <i>Communicator</i> , CPC, Forum, Group Records, Literature, Public Outreach, Technology, Website
31	Past Delegates	Meals & Lodging for Past Delegates, Past Delegates come to AWSC & Assemblies per Oregon Area Handbook
32	Regional Trustee/Board Visit	For every 3 year panel the Area invites 1 Regional Trustee for one assembly
33	Sub-Total: Assem/AWSC Allowance(Meals/Lodging)	Addition of all Assembly/AWSC Meals and Lodging Expenses

34	Expenses [Continued]	
35	Officers Expenses	
36	Alternate Delegate	Postage, Printing...
37	Chairperson	Name Badges. Postage, Printing...
38	Secretary	Postage, Printing...
39	Treasurer	Envelope, Postage, Printing, accounting software (one time in panel)
40	AAPP	Postage, Printing...
41	Sub-Total: Officers Expenses	Addition of all Officers Expenses
42	Category	Description
43	Assembly Expenses	
44	Assembly Workshops	Printing, Supplies to conduct a workshops at an assembly (Requests from Chairperson, Alt. Delegate, Group Records, Audit Budget and Alateen)
45	Alateen Projects	Funds to cover projects for Alateen--Possibly done at Assembly
46	Archives Project	Funds to cover projects for Archives--Possibly done at Assembly
47	CPC Project	Funds to cover projects for CPC--Possibly done at Assembly
48	Forum Project	Funds to cover projects for Forum--Forum Give-Aways at Assembly
49	Group Records Project	Funds to cover projects for Group Records--Possibly done at Assembly
50	Literature Project	Funds to cover projects for Literature--Possibly done at Assembly
51	PI Project	Funds to cover projects for PI--Includes Al-Anon Faces Alcoholism 2020, bumper stickers, online photo service, library project, postage, etc.
52	Techology Project	Funds to cover projects for Technology--Translation Equipment this year
53	Web Project	Funds to cover projects for Website--Possibly done at Assembly
54	Sub-Total: Assembly Expenses	Addition of all Assembly Expenses
55	Coordinators Expenses	
56	Alateen	Postage, printing, supplies, training AMIAS all over Oregon
57	Archives	Folders, printing, Supplies...
58	CPC	Postage, Printing, Supplies, Pamphlets...
59	Forum	Postage, Printing, Supplies...
60	Group Records	Postage, Printing, Supplies...
61	Literature	Postage, Printing, Supplies...
62	Public Information	Postage, Printing, Supplies...
63	Technology	Postage, Printing, Supplies...
64	Website	Postage, Printing, Supplies...Malware, Host, Squarespace, Domain-Name
65	Sub-Total: Coordinators	Addition of all Coordinator Expenses
66	Northwest Regional Delegate Meeting	
67	Alternate Delegate - Travel/Meeting Expenses	In each panel, the Area allows the Alternate Delegate to attend a NWRDM once during the panel. Usually the first year of the panel w/o a voted
68	Past Delegates - Travel/Meeting Expenses	Each year 1 past delegate has their way paid to the NWRDM per motion. At Nov. 2018 assembly, it was voted on splitting these funds between all eligible Past Delegates interested in attending the meeting.
69	Sub-Total: Delegate Meeting	Addition of all NWRDM Expenses
70	Other Expenses	
71	Alateen Coord. - Sponsor Workshop	Attendance at one Alateen Sponsor Workshop per panel (Calif or Wash)
72	Audit Budget Extra Day + Expenses	In addition to attending Assy's & AWSC's Audit/Budget meets 3 additional times to conduct quarterly Audits and plan the budget.
73	Contingency Fund	A pool of funds available if a line item goes over budget; needs to be approved by Audit-Budget before going over budget
74	Equipment Supplies	Equipment supplies for Area Events (Sound system, Projector...)
75	Handbook Update	Printing, distributing Updates to Handbooks
76	Task Force Expenses	Printing, Postage, Supplies
77	Transition Fund	Short falls in Budget from position changes and unforeseen expenses
78	WSO Donation	Amount to send to WSO Annually
79	Sub-Total: Other Expenses	Additional of all Other Expenses
80	Ample Reserves	
81	Total Expenses & Reserve	
		1/3 of total expenses from the previous year

Oregon Area AI-Anon Family Groups Expense Income vs Annual Budget January through September 2019

AQAA/PAKA				
		Jan - Sep 19	Budget	\$ Over Budget
1	Income			
2	Revenue			
3	Group Contributions	11,757.69	17,000.00	-5,242.31
4	Assembly Registrations	1,275.50	2,000.00	-724.50
5	State Speaker Meeting	5,000.00	3,500.00	1,500.00
6	Advances	1,500.00	1,500.00	0.00
7	Cash Carried Forward	19,351.17	20,000.00	-648.83
8	Total Revenue	38,884.36	44,000.00	-5,115.64
9	Total Income	38,884.36	44,000.00	-5,115.64
10	Expense			
11	Delegate Fund			
12	WSO ETF	1,972.00	1,972.00	0.00
13	Extra Day	51.13	200.00	-148.87
14	Delegate Meeting	792.70	1,000.00	-207.30
15	Delegate Travel	757.79	800.00	-42.21
16	Delegate Miscellaneous	312.08	500.00	-187.92
17	Total Delegate Fund	3,885.70	4,472.00	-586.30
18	Working Fund Expense			
19	Archive Rent	875.00	1,000.00	-125.00
20	Area Travel Fund	1,005.46	2,000.00	-994.54
21	Communicator	11.66	200.00	-188.34
22	SSM Advance	0.00	1,500.00	-1,500.00
23	Assembly/AWSC Rent	2,663.85	4,400.00	-1,736.15
24	Insurance	1,622.00	1,700.00	-78.00
25	Total Working Fund Expense	6,177.97	10,800.00	-4,622.03
26	Assembly Allowance/Meal/Lodging			
27	Officers	1,086.09	2,000.00	-913.91
28	Audit/Budget	179.10	1,000.00	-820.90
29	Coordinators	2,204.13	3,000.00	-795.87
30	Past Delegates	657.75	1,500.00	-842.25
31	Regional Trustee	0.00	500.00	-500.00
32	Total Assembly Allowance/Meal/Lodging	4,127.07	8,000.00	-3,872.93
33	Officers Expenses			
34	Alternate Delegate	18.80	75.00	-56.20
35	Chairperson	0.00	200.00	-200.00
36	Secretary	12.00	50.00	-38.00
37	Treasurer	323.45	350.00	-26.55
38	AAPP Expenses	0.00	150.00	-150.00
39	Total Officers Expenses	354.25	825.00	-470.75
40	Assembly Expenses			
41	Assembly Workshops	15.20	600.00	-584.80
42	Membership Outreach	0.00	150.00	-150.00
43	Group Services	0.00	700.00	-700.00
44	Fellowship Communication	110.00	600.00	-490.00
45	Public Outreach	792.93	4,000.00	-3,207.07
46	Audit Budget Extra Day + Exp	60.38	150.00	-89.62
47	Total Assembly Expenses	978.51	6,200.00	-5,221.49

Oregon Area Al-Anon Family Groups Expense Income vs Annual Budget January through September 2019

48	Coordinator and Other Expenses			
49	Alateen Coordinator Expenses	0.00	775.00	-775.00
50	Archives	9.25	75.00	-65.75
51	CPC Coordinator	0.00	100.00	-100.00
52	Forum	0.00	80.00	-80.00
53	Group Records	2.22	50.00	-47.78
54	Literature	7.50	150.00	-142.50
55	Public Information	0.00	150.00	-150.00
56	Website Coordinator	373.36	400.00	-26.64
57	Total Coordinator and Other Expenses	392.33	1,780.00	-1,387.67
58	Delegate Meeting			
59	Alternate Delegate	626.28	1,000.00	-373.72
60	Past Delegates	1,449.82	1,500.00	-50.18
61	Total Delegate Meeting	2,076.10	2,500.00	-423.90
62	Other Expenses			
63	Alateen Sponsor Workshop	0.00	600.00	-600.00
64	Contingency Fund	0.00	680.00	-680.00
65	Equipment Supplies	20.48	100.00	-79.52
66	Handbook Update	0.00	150.00	-150.00
67	Task Force/Special Projects	0.00	50.00	-50.00
68	Transition Fund	618.82	620.00	-1.18
69	WSO Donation	0.00	400.00	-400.00
70	AMIAS Background check fee expenses	122.25		
71	AMIAS Expense Reimbursement	-122.25		
72	Total Other Expenses	639.30	2,600.00	-1,960.70
73	Total Expense	18,631.23	37,177.00	-18,545.77
74	Cash Balance as of 9/30/2019	21,214.94	6,823.00	14,391.94
75	Ample Reserve	8,800.00	8,800.00	
76	Available Cash	12,414.94	-1,977.00	14,391.94

Remember to put all three items on checks:	Donations Payable to Oregon Area AFG	
District Number	Send to:	Barb Baumer
WSO Group Number		21745 SW Columbia Dr.
Group Name		Tualatin, OR 97062

AIS FUNDRAISER

POTATO BAR & POTLUCK

Finding Our Joy, Discovering Ourselves

Geovanna

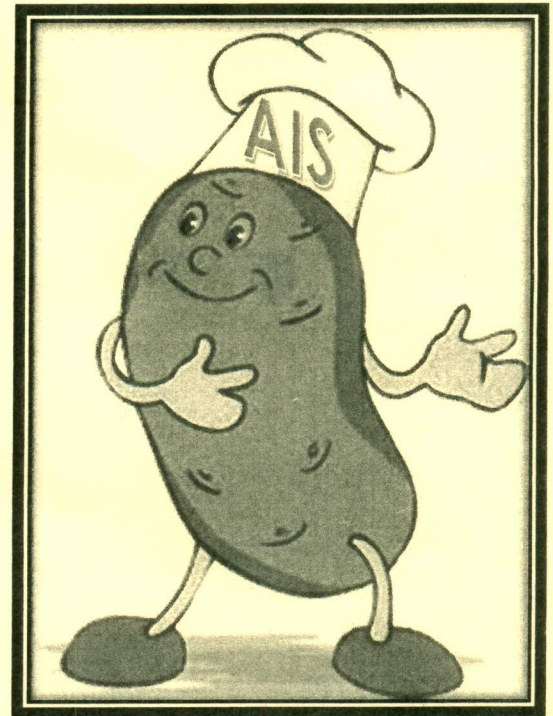
Together We Can Make It
(Alateen)

Ishmeal

Friday Young People's Meeting
(Al-Anon)

Johnine

Chapter 9-The Family Afterward
(A.A.)



When: Oct. 26th, 2019; 5:30pm-8:30pm

Where: Tabor Space Community Center
5441 SE Belmont St., Portland, 97215

Who: Al-Anon, Alateen Members & their families

Suggested Donation: \$5/Person \$15/Family

Sponsored by the Portland AIS Service Committee
All proceeds received will be sent to Portland AIS

Bring your Resentments and Gratitude!

Leave the resentments, share your gratitude. We graciously accept your \$ donations in the boxes provided.

A Fabulous Potluck & Potato Bar!

We will provide the Potatoes & Toppings, we ask you to provide the chili, sides & dessert.

Outstanding Speakers!

See our amazing line up of speakers above.

Stellar Silent Auction baskets!

Gladly accepting baskets and donations from individuals and groups.

Traditional 50/50!

Yep you heard that right, you buy tickets & we will draw one – That person will win half the pot & the other half will go towards the fundraiser.

Accepting Cash, Checks, or Debit/Credit Cards

Contact the AIS office for more details (503) 297-3551; ais@al-anonportlandoregon.org or
AIS Fundraiser Committee Chair: Deanna M. (503) 459-2933;



RECAUDACIÓN DE FONDOS AIS BAR DE PAPAS Y POTLUCK/TRAJE

Encontrando nuestra alegría, descubriéndonos a nosotros mismos

Geovanna

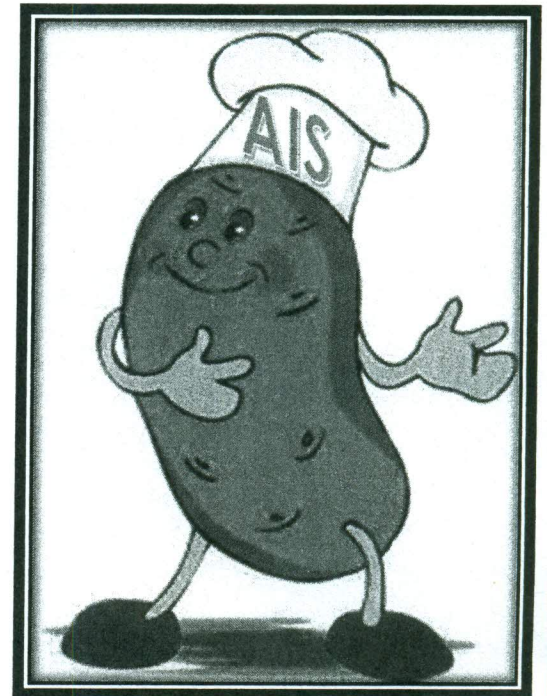
Juntos podemos hacerlo
(Alateen)

Ishmeal

Viernes reunión de jóvenes
(Al-Anon)

Johnine

Capitulo 9-La familia después
(A.A.)



Cuándo: 26 de octubre de 2019; 5:30-8:30pm

Dónde: Tabor Space Community Center
5441 SE Belmont St., Portland, 97215

Quién: Al-Anon, Alateen y sus familias

Donación sugerida: \$5/Persona \$15/Familia

Patrocinado por el Comité de Servicio AIS de Portland
Todos los ingresos recibidos serán enviados a
Portland AIS

¡Trae tus resentimientos y gratitud!

*Deja los resentimientos, comparte tu gratitud.
Aceptamos gentilmente sus \$ donaciones en los
cuadros/cajas provistos.*

Un fabuloso Potluck & Papa Bar!

*Proporcionaremos las papas y los ingredientes, le
pedimos que proporcione el chile, los lados y el
postre.*

¡Oradores sobresalientes!

Vea nuestra increíble línea de altavoces arriba.

¡Cestas de subasta silenciosa de estelar!

*Aceptando gustosamente canastas y donaciones
de individuos y grupos.*

Tradicional 50/50!

*Sí, lo escuchaste bien, compras boletos y sacaremos
uno: esa persona ganará la mitad del bote y mitad
irá hacia la recaudación de fondos.*

**Aceptar efectivo, cheques o tarjeta de
débito/crédito**

**Póngase en contacto con la oficina de AIS para más detalles (503) 297-3551;
ais@al-anonportlandoregon.org o**

Presidenta del Comité de recaudación de fondos del AIS: Deanna M. (503) 459-2933;

