

Area *H*ighlights

Spring 2015
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WORLD SERVICE CONFERENCE: **Living Our Spiritual Principles:** *Expanding Our Vision*

Viviendo nuestros principios espirituales
– Ampliando nuestra visión

Vivons nos principes spirituels
– Élargissons notre vision



Tina B., Conference Chairperson

Living by choice, living with joy and gratitude was a daydream for many of us before recovery through Al-Anon. I thought that living a life of happiness and principles was for others who had somehow won the prize that I was seeking but could not quite grasp.

The disease of alcoholism kept many of us in survival mode; anticipating the next crisis rather than making decisions based on our own best interest. I have heard stories like my own of hoarding possessions and energies in anticipation of the next loss. The simple truth in our “Suggested Al-Anon/Alateen Welcome”: “. . . it is possible for us to find contentment, and even happiness . . .” seems like a foreign idea to those who walk in the rooms of Al-Anon seeking help. How can practicing our Steps, Traditions, and Concepts of Service lead to the serenity we seek? At many Al-Anon meetings we hear the first action of the process for recovery from the effects of alcoholism—“Keep coming back” and the answers, the contentment, and even serenity become possible.

“Keep coming back”

As we learn to let go of the illusion of control of alcoholism and embrace the spiritual principles in our Legacies—unity, hope, trust, respect, responsibility, and accountability



to name a few—we find these spiritual principles support us in our meetings, our homes, our work, and in our service structure. When we continue to practice the Legacies and the spiritual principles they embody, this practice becomes a part of us in our everyday actions and decisions. We learn a new way of living by choice and with our Higher Power’s guidance.

Part of this new way of living includes the ability and willingness to reach out to others. We expand our knowledge and skills in our meetings with the support, encouragement, and trust of our fellow members. It is no longer necessary to withhold ourselves and stockpile energies for the unknown. As we grow in recovery, we have a new capacity to share with the struggling newcomer and give back through service in our home group and beyond. We expand our Al-Anon family through participation at the district and Area functions and service events. We are able to participate and be part of the whole that supports the unity and recovery in Al-Anon Family Groups.

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Please photocopy Area Highlights and share it with other members.
Visit us at: www.al-anon.org/members

This April, our Delegates, Board of Trustees, Executive Committee, and WSO Conference staff will come together for the 55th Annual World Service Conference. Through this year's theme, "Living our Spiritual Principles: Expanding our Vision," we will continue the work of our inspired early founders who had the forethought and vision to protect our Traditions while keeping our fellowship moving forward in this ever-changing world. The Al-Anon leaders at this Conference have been chosen by the groups to serve the worldwide needs of our fellowship. They have been entrusted to think broadly and deliberately with open minds and patient hearts. They will be challenged to protect our Traditions, while looking forward to the future fearlessly and guarantee that Al-Anon will be growing and thriving to meet the needs of our current members and future generations.

What a transformational difference from the depths of despair, to joining with others to celebrate recovery and envision the future for ourselves and those yet to find hope and healing. I hope each Al-Anon member will offer support to those who serve their groups, districts, Areas, and especially the World Service Conference on this journey.

Take time to listen to the reports and feel the enthusiasm, unity, and hope that is carried back to your local Area. Catch the excitement and perhaps dream of participating at new service opportunities in the future—the future of Al-Anon Family Groups.



Photo by Kathy C.

My first Assembly

Terry K., Delegate

The Legacy, Florida North, Vol. 51 No. 4, October-December 2014

I attended my first Assembly in 1987. A fellow was sitting at the head table. He was the Delegate and he seemed to be having a good time. But I could tell it was a long way from a first year Group Representative (GR) to Delegate.

That was the year that Florida split into two Areas (Florida North and Florida South). It wasn't a pretty site. I left after the voting with a bad taste in my mouth. If this was Al-Anon service, I didn't want any part of it.

By leaving when I did, I missed the fact that the GRs on both sides of the issue went out to dinner together that evening. In other words, I missed all the fellowship and Al-Anon love. It wasn't until three years later, when I was involved in the first North Florida Convention, that I got a real taste of that love. I've been in service ever since, first for my group, then for my district, and finally for the Area.

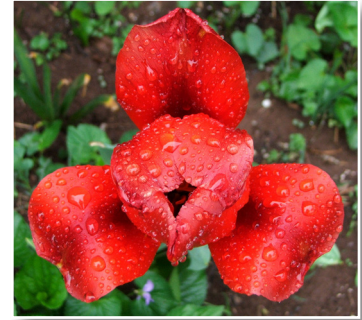


Photo by Nancy W.

Did You Know?

The *Conference Summary* is the annual report to the groups about the World Service Conference and the World Service Office activities. Did you know that all 54 editions—the first Conference was in 1961—of the *Conference Summary* are available electronically on the Members' Web site? <http://al-anon.org/members/ser-vice-structure/area-resources/item/163-world-service-conference-summary>

2015 World Service Conference

Delegates and other trusted servants will meet in Virginia Beach, Virginia, April 19-23, 2015, for Al-Anon's 55th Annual World Service Conference. Trusted servants enjoy receiving mail from members and groups in their Areas while they are at the Conference. Members of electronic meetings can write to the Delegate from their individual geographic Area. Send cards and notes of support to:

Name (Hold for WSC 4/19-4/23, 2015)
Wyndham Virginia Beach Oceanfront, 5700 Atlantic Ave.
Virginia Beach, VA 23451

Please plan to have your cards arrive after **April 15th**. Remember to write your trusted servant's name and address in the return address section of the envelope in the event that mail delivery is delayed.

Service has helped my recovery!

Roger K., District Representative
Share & Care, California North, Vol. 41 No. 11, November 2014

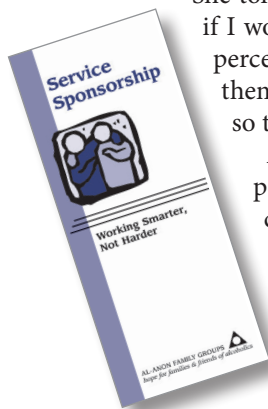
Time has a way of getting away from me. Before I know it, the day, week, or month is nothing but a memory and I have to wonder how it passed me by so quickly.

Even though I work hard to be present for every moment, and I am much better at it, “the next shiny thing” always seems to grab my attention.

Such is the case for the time that I have had the privilege of serving as the District 9 Representative. When my service began, I was almost in a slowly growing panic, wondering, “What have I done?” I thought I had to have all the answers to every question and I had to make sure that everyone was happy. Does this behavior sound familiar?

I sought out a Service Sponsor who was there when I had questions of my own. She reminded me that I needed to work the program the same as always—but on a larger scale. She told me that things would happen and if I would just take the time to “relax,” 99 percent of the “problems” would solve themselves. That suggestion proved to be so true.

Applying this has helped me in my personal life. There have been some challenges over the last three years, but because of this program the challenges have become growing opportunities. Service has definitely helped my recovery!



Outreach to members

This Day, Oklahoma, December 2014

Outreach to members: In an effort to increase attendance at the Area Assembly, a member suggested reminding groups that part of being self-supporting is having service positions filled. Another member suggested bringing other group members to the Assembly. Attendees don't have to be a Group Representative to participate in the Assembly—any member can come and have fun. Another suggestion was to encourage someone to become GR. If that someone does his/her best, there is no failure. One member noted that sending written thank you notes to the people who attend committee meetings and asking them to bring someone with them to the next meeting might work.

Assembly Evaluations

Loreen, Area Chair
BC/Yukon Area Bulletin, BC/Yukon, Vol. 4 No. 11, December 2014

We are still sifting through all the results of the Assembly Evaluations. The feedback is great to have!

Expectations met? 95.2%

Did you feel encouraged to participate? 94.8%

Some great suggestions about the physical setup: Everything from, “Have a recycling bin,” to “An extra set of speakers halfway back in the hallway.” Another was, “Let's look at arranging the tables a little bit differently—perhaps at an angle.”



There were many suggestions about the meetings. Knowledge-Based Decision-Making (KBDM) process to reach an informed group conscience was discussed in the *November Bulletin*, which answered a few questions as to why we don't use Robert's Rules and why KBDM is more inclusive than the old way of conducting business.

More mingling of the members was mentioned a few times and is something to keep in mind. Even though everyone was reminded numerous times, many members wrote that there were continued side conversations, making it very difficult to hear. We all think it's someone else's conversation that's causing a distraction, not our important discourse. Please try to be respectfully quiet in the rooms.

An interesting comment that a few members made was, “There was too much business.” Our purpose in our Assembly is the business of Al-Anon and Alateen.

We are assembled to listen to the Delegate's report of the World Service Conference and to gather the opinions of the members through the Group Representatives. We share those opinions through discussion, consensus, and voting, and that is how the most powerful people in Al-Anon—the individual members—carry their decisions on the business of Al-Anon. As an added bonus, we have workshops, games, presentations, and of course, fellowship (and ice cream!).

Panel Goals

The Tennessee Traveler

Panel 52 AWSC goals for this term:

- Spiritual principles to attract and retain Al-Anon members to service.
- Display the Five Guides to Communication (in the *Dilemma of the Alcoholic Marriage* [B-4]) at Area meetings.
- “Think”—stay brief and to the point, be respectful and courteous of other members.
- Be proactive by using the *Service Manual* and the Members’ Web site.
- Focus on Tradition One (“Our common welfare should come first; personal progress for the greatest number depends upon unity.”) and Concept Four (“Participation is the key to harmony.”).
- Goals:
 - Improve effectiveness of Area meetings; encourage creativity when giving reports to our members at AWSC and Assembly.
 - Keep reports to three to five minutes.
 - Use Thought Forces and Task Forces.

Thank You Beginners’ Meeting Leaders

LuLu and Joan, Beginner Program Coordinators
Desert Reflections, District 42 Newsletter, California South,
November 2014

Newcomers are our lifeline. They reach out to us for the wisdom that working the Twelve Steps and Traditions gives members. They long for the serenity that brings peace and self-esteem that becomes a strong foundation for generations to come. Most importantly, newcomers remind us where we have been, how far we’ve come in our journeys, and especially how grateful we are. We are forever grateful to give back what we have been given in Al-Anon.

Twenty-nine beginners’ meeting leaders have been the lifesavers for so many in 2014. Doing service for beginners is one of the most rewarding ways I can give back to Al-Anon what has been given to me. For those of you who want to grow in your own program, the Beginners’ Program is one of the best ways to do so. Another member and I will be inviting Al-Anon members to sign up for the upcoming year for the Thursday night beginners’ meetings. Two leaders are required for each 6-week session. There are 8 sessions for one entire year. If you want to do service and can only do 4 or 5 weeks, substitutes are available to fill in for you.

Attention all District Representatives... *Thank you for your help!*

Your participation in the first-ever survey about “Retaining Newcomers” is much appreciated.

Through your feedback we heard that:

“It was an opportunity to reflect, add, and adjust our procedures and habits; a wonderful opportunity to grow!”

...

“It was helpful because we exchanged fresh ideas among our Group Representatives (GR).

Most of our GRs are new to service and relatively new to the fellowship (1-3 years).”

...

“Some members were unaware of the wealth of information on the WSO Members’ Web site, and that there is a newcomer meeting suggested format and materials available there for any group to access.”

...

Our plans include continuing to use your feedback in other ways as we continue in our efforts to develop service materials or articles to support groups in welcoming and retaining newcomers.

...

Again, we thank you for your participation and for all each of you are doing and will continue to do on behalf of Al-Anon Family Groups.

Area Alateen Coordinator Report

Janet W., Alateen Coordinator

Missouri Round Robin, Missouri, November 2014

Alateens continue to be busy planning recovery activities. The Missouri Al-Anon Convention was a huge success with great Alateen participation. At Convention, the Alateens kicked off their annual Eleventh Step Fund Raiser. This Fund Raiser helps raise funds for their annual Come Be A Teen (CBAT) event.

The November Assembly is the next event where Al-Anon Members Involved in Alateen Service (AMIAS) are needed to help with Serenity Patrol. Serenity Patrol will be in place on Saturday night. This helps keep our teens safe and allows the AMIASs who transport and are responsible for the teens before and after Serenity Patrol to get a good night's sleep. If you are an AMIAS, and are willing and able to do a shift of Serenity Patrol, please contact the Serenity Patrol Coordinator as soon as possible.

Yearly Area events where you can help with Serenity Patrol are in March and August, Area World Service Committee (AWSC) meetings and Super Sunday, CBAT in April, the May and November Assemblies, and the Al-Anon/Alateen Convention in September. Start planning now to help insure Serenity Patrol is in place for the safety of our teens.

We do service because we want to

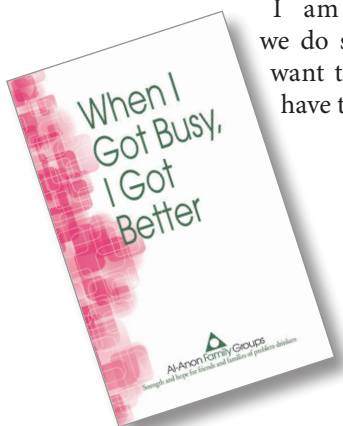
Austra-Link, Australia, November 2014

A long time-time member shares...

It never dawned on me that my fellow members were keeping the doors of Al-Anon open because of their service!

When the secretary of our home group pointed out that sharing and caring also involved helping to set-up, chairing meetings, checking money in the basket with the Treasurer, and cleaning up after the meeting, I gradually became aware (in my early days of recovery) about the importance of service. Now I have experienced service at all levels, including international, and it is carried out by our dedicated trusted servants who are fellow members and volunteers.

Al-Anon's policy of rotation in service is very wise and it works well, but we members, as volunteers, are the ones who choose to make it work. Our booklet *When I Got Busy I Got Better* (P-78) is a wellspring of encouragement and common sense on the subject of service. Practicing Al-Anon principles, as a way of life, means knowing and doing. Wishing will not make it so.



I am grateful because we do service because we want to—not because we have to!

Encouraging members to write for the new daily reader

By Lyri M., Area Delegate, Illinois South
News-O-Gram, Fall 2014

The 2014 World Service Conference carried a motion to give conceptual approval to develop a new daily reader that would share diverse experiences of the fellowship, as it is today—a daily reader for all members. Delegates were asked to go back to their Areas and foster a discussion about how to get members' sharings that voice various perspectives, and encourage members to reveal, where appropriate, their differences as well as what we have in common.

The idea is get to principle-based discussion in the Areas and let the Areas come up with ways to get writings that mirror the inclusiveness of the program. What ideas do you have on how to encourage member contributions for the new daily reader?

For more details of the Conference discussion on this topic, please see pages 23-25 of the *2014 World Service Conference Summary* (P-46), which is on the Members' site at http://al-anon.org/members/pdf/summary/summary_2014.pdf.

(Note: A writing guideline for the new daily reader is available through Area Literature Coordinators, the World Service Office, or the Members' Web site. Members can also submit their sharings on-line via the Members site: www.al-anon.alateen.org/members.)

Please photocopy Area Highlights and share it with other members.

Visit us at: www.al-anon.org/members

Inspiring growth through service

By Marcy C., District Representative, District 57, California South

The Bulletin, August 2014

Our district provided each Group Representative (GR) with a copy of the booklet, *When I Got Busy, I Got Better* (P-78). Our GRs will be reading a section in their group reports to encourage growth through service.

We've already heard from one Group Representative, who stated that his group was very excited with the readings, and that it made the connection between service and recovery very clear.

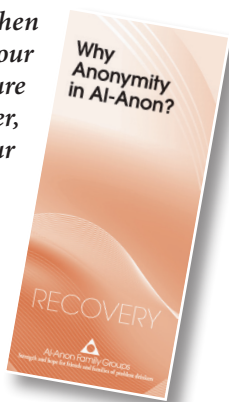


Anonymity in the Electronic Age

A major revision of *Why Anonymity in Al-Anon?* (P-33) is now available. Given conceptual approval by the 2010 World Service Conference, it includes all-new wording to help members understand anonymity and find practical ways to apply and maintain it in this sometimes confusing and challenging age of electronic communication. The pamphlet covers many aspects of this topic, including anonymity among members, at the public level (including the Internet), and as an important spiritual principle that we place above personalities.

The revision is easily identifiable, as its cover has the new pamphlet design. It remains eight pages long and sells for 35 cents (US).

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



Are there “Al-Anon Promises?”

By Sue K., District 13 Representative

Missouri Round Robin, November 2014

After the last Intergroup Representative (IR) Meeting at the Al-Anon Information Service (AIS) Office in St. Louis, a confused, relatively new Al-Anon member mentioned a discussion held at the previous IR Meeting. She said there was talk about the “Al-Anon Promises” being read at meetings, and she asked, “Are there ‘Al-Anon Promises?’” The short answer is no, but what she was really seeking was more information.

As always in Al-Anon, we went to our literature, particularly the passage on pages 304-305 in the book *Many Voices, One Journey* (B-31). This book about the history of our fellowship explains why Al-Anon does not have “promises,” and why the World Service Office does not promote any passage as “promises” or “gifts.”

The consensus at the end of the IR meeting was that each group has autonomy to decide how to hold their meetings; however Tradition Four states, “Each group should be autonomous except in matters affecting another group or Al-Anon or AA as a whole.” Having the information from this book gave our group the knowledge that the group conscience of our worldwide fellowship of Al-Anon came to the conclusion that having “promises” could harm Al-Anon as a whole and risk diluting and harming our program.



Orders of *Al-Anon Faces Alcoholism 2015* magazines are being shipped March to April 2015

Space for stickers, stamps, or handwritten local or area telephone numbers, e-mail, and Web site addresses is available on the back page.

Al-Anon electronic literature is here

Don't forget that Conference Approved Literature now available in multiple e-book formats include *Alateen—Hope for Children of Alcoholics* (eB-3), *How Al-Anon Works* (eB-22), and *Having Had a Spiritual Awakening . . .* (eB-25). Audiobook versions of *One Day at a Time in Al-Anon* (eA-6) and *How Al-Anon Works* (eA-22) are also available. Please see your electronic book provider for details.

Please photocopy Area Highlights and share it with other members.

Visit us at: www.al-anon.org/members

The Forum and Al-Anon Faces Alcoholism: Two very different purposes!

Many of us had to overcome multiple challenges before we were ready to give Al-Anon Family Groups a try. We had to overcome denial that there was a problem with a loved one's drinking. Some of us didn't want to ask for help because it was embarrassing and we didn't want anyone to know what was going on at home. Even if we were aware that Al-Anon existed, perhaps the misconception that it's a religious group kept us away. Still others believed that no one could possibly understand what they were going through.



Al-Anon Faces Alcoholism is designed to address those challenges. Members write about their own denial, or share how they overcame the fear of reaching out. Most of all, members share hope, understanding, and compassion with the potential newcomer.

In *The Forum*, members share how the Twelve Steps, Traditions, and Concepts of Service have helped them find—and keep recovery! Even the newcomer walking through the door for the first time, someone who has already overcome the challenges of reaching out for help, could benefit from

reading the experience, strength, and hope that we share in *The Forum*. They may be confused by our Legacies and even some of the language we use, but Al-Anon and Alateen members will be there to help. Imagine how daunting it could be for a *potential* member, someone who may have never even heard of Al-Anon, to read about Concept Three or Tradition Five for example.

With that in mind, please encourage members and groups in your Area to share *The Forum* with one another, and share *Al-Anon Faces Alcoholism* with their community!



Why read *The Forum*?

From the *BC/Yukon Area Bulletin* October 2014, Volume 4, Issue 9

The Forum gives voice to current, contemporary shared recovery across the worldwide fellowship of Al-Anon. It's a resource to be used at meetings, to be shared with newcomers who are looking for the current and contemporary recovery stories that highlight the hope and support that Al-Anon offers today.

There are still some members who think that we shouldn't use *The Forum* at meetings on the grounds that only CAL should be used at meetings. The "Policy Digest" portion of the *Al-Anon/Alateen Service Manual* (P-24/27) clearly addresses this issue. It says, "*The Forum* can be used, and is encouraged to be used by all members and groups for meetings. *The Forum*, as a concept, is Conference Approved..."

A members recently said, "We read the sharing entitled 'I needed a new kidney, but I found more than a match when I let go' (April 2014), and we ended up having the best meeting we've had in a very long time!"

Forum Writing Workshops—a growth experience for all involved

By Shelley C., Alternate Delegate, Florida North
The Legacy, Volume 51, Issue 3

One of my favorite responsibilities as Alternate Delegate has been leading the *Forum* Writing Workshops around the Area. I was recently told that several of our members have been published in recent months. I'm so pleased!

I feel that this has been a successful workshop to take to our North Florida districts. And even if you aren't published, I trust that taking the time to put your thoughts and feelings on paper and having the trust to hand it to me was a growth experience for you.

I always somehow find that I learn things about myself when I journal. My Higher Power is certainly there because I don't know how that happens otherwise.

From the *BC/Yukon Area Bulletin* December 2014, Volume 4, Issue 11

As part of our public outreach strategy, we explored the following venues, both regional and national, to launch a public awareness campaign: bus benches, transit shelters, transit buses, and billboards. While each had their merits and could be considered again in the future, we were most excited about a particular advertising agency's resources to place posters directly on the BC Transit Buses. Not only can they service almost every area in BC that currently holds Al-Anon meetings, they also offer a 50% discount for registered non-profit groups, as well as different-sized and cost-effective applications.

Our goal is to encourage as many districts as possible to jump on board and collectively launch the broadest campaign we can. Although the advertising agency cannot commit to any specific bus route, they will make sure that each targeted area is represented.

We hope you are as excited about the possibilities as we are. We look forward to receiving your comments and feedback. Let's make this happen!

Please photocopy Area Highlights and share it with other members.
Visit us at: www.al-anon.org/members

Anonymity on the Internet and social media sites

Do you enjoy social media? The WSO has three social media pages, which have the specific purpose of carrying Al-Anon's message to people affected by someone's drinking.

Members interested in helping the WSO reach more families of alcoholics, the general public, professionals, and the media are asked to uphold Tradition Eleven and our principle of anonymity. Please avoid making comments such as, "I am a grateful Al-Anon member," on social media networks that require the use of full names for account holders. Full face images can be posted because membership in Al-Anon is not made public.

The WSO social media sites are:

- Facebook: Search for "Al-Anon WSO" and click "Share" or "Like"
- Facebook: Search for "Alateen WSO" and click "Share" or "Like"
- Twitter: Search for "@AlAnon_WSO": Click on "Follow" and "Retweet" and "Favorite" our tweets.
- YouTube: Click on "Browse channels" and search for "Al-Anon Family Group Headquarters, Inc." You can "Subscribe" to the WSO's channel, and like and share our videos.

For more information, please check the new "Public Outreach" section of the *2014-2017 Al-Anon/Alateen Service Manual* (P-24/27), p.116.

Canadian Al-Anon/Alateen public outreach literature

Please check your Al-Anon outreach materials to be sure the current Al-Anon Family Group Headquarters (Canada) Inc. address and telephone number are included:

275 Slater Street, Suite 900 • Ottawa, ON K1P 5H9
613-723-8484 telephone • www.al-anon.org or www.al-anon.alateen.org

Note:

- The WSO's Canadian office uses the new Virginia Beach fax number, 757-563-1656.
- Mail **is no longer** forwarded from previous WSO Canadian office addresses.
- All *Fact Sheet to Professionals* (S-37c) with Canada Post postage paid cards **need to be discarded**. In addition, the Membership Survey statistics included in the text are out of date.

District uses pedicabs to create awareness of Al-Anon

District 72, California South
CA S Intercom, Volume XLV, No 11, November 2014

We're excited! Two pedicabs displayed Al-Anon messages while cycling around the ballpark and downtown. The messages/graphics used the "When you don't know where to turn public outreach" bookmark (M-76).

Is your Area or district interested in piloting the WSO Treatment Facilities Outreach Project Workshop materials?

The WSO welcomes feedback from the members who are coordinating the Treatment Facilities Outreach Project workshops and the attendees. We need to know if the four PowerPoint presentations, Resources, and Users' Guides are effective.

To date, the WSO has communicated with two Areas who have held workshops. Visit the "District Resources" folder in the "Service Structure" section of the WSO Members Web site to access the materials. Contact the WSO Communications Section for more information.

Public outreach to police department was resounding success

By Sandy P., District Representative, District 12, Florida North

The Legacy, Volume 51, Issue 3

After completing a training session about Al-Anon for the Sarasota police force, we had a follow-up meeting with the Police Chief to get an evaluation of the project. Everyone thought the project exceeded expectations.

The Chief stated that the primary reason for the success was the personal presentations by Al-Anon members (28) detailing their various experience and recovery. When we pointed out that only 13% of the officers knew what Al-Anon was, the Chief responded that as a result of our presentation, 100% now know. She also observed that our entire conduct was very professional, from our on-time arrival to the succinct presentations and focused content, and to honoring our overall 30-minute time commitment.

She then opened a discussion on further ways the police force could work with us in getting Al-Anon known to the public. Ideas included Al-Anon presentations to the Sheriff's and Fire Departments, and to the Florida Police Chiefs Association; Al-Anon booths at the annual National Night Out event and Sarasota Farmers' Market; and working with the Police Department Media Officer to develop a PSA for police use. Another suggestion was to print Al-Anon contact information on the mandated pamphlets handed to domestic violence victims (until the next printing, the Al-Anon District Card will be attached to the handout).

Mensaje de esperanza

Boletín *Serenidad*
Año 34 – Número 138, España
Septiembre de 2014

Antes de conocer Al-Anon, mi vida era totalmente ingobernable, me sentía desesperanzada, dolorida y con muchos miedos.

Cuando llegué a Al-Anon, comencé a darme cuenta de mi falta de madurez, de fortaleza y de esperanza y, por medio del programa, voy cambiando de actitudes. Primero, debo admitir que el alcoholismo es una enfermedad y que yo misma, al convivir con una persona alcohólica, también tengo una “enfermedad emocional”, y me puedo recuperar por medio de los Pasos. Cada día voy soltando las riendas, obteniendo serenidad y creciendo como ser humano.

También es esencial para mi recuperación aceptar cualquiera de las muchas responsabilidades que hacen que mi grupo funcione. El servicio es compartir, no gobernar; nos enseña humildad.

Este año fui Delegada de la XXVII Conferencia Nacional. Fue todo positivo; la nueva Oficina me gustó mucho, y todos los miembros me transmitieron mucho amor y espiritualidad.

Gracias por estar ahí. Felices 24 horas, con mucho amor en el servicio.

Teresa – Área 14



These shared experiences, sent from around the world, came to the WSO through Spanish newsletters as well as correspondence. The WSO will continue to select service activities for these pages, so Spanish members will have the opportunity to write and read about their service projects without translation. This additional page gives all members a consistent reminder that service in Al-Anon is taking place in many languages.

Las experiencias que comparten miembros de todas partes del mundo han llegado a la OSM por medio de boletines y cartas en español. La OSM continuará publicando actividades de servicio en estas páginas, de manera que los miembros que hablan español tengan la oportunidad de leer y escribir sobre sus experiencias de servicio directamente en su idioma. Estas páginas sirven para que todos los miembros recuerden siempre que el servicio en Al-Anon se lleva a cabo en muchos idiomas.

Mis Servicios

Boletín Trimestral *Felicidad – Voluntad – Compartir*
Número 1, Ecuador
Julio, agosto y septiembre de 2013

Con mucha gratitud, humildad, responsabilidad y entusiasmo, brindo mi servicio al desempeñar el cargo de Presidenta del Comité de Alateen e Hijos Adultos. Este servicio me ayuda a poner en práctica los principios de mi programa en todas mis acciones. Me doy cuenta de que tengo mucho carisma con las personas y he podido recuperar a la niña triste y miedosa que creía que no podía relacionarse con los demás.

Al servir en Alateen, he sido la más beneficiada, ya que recuperé todos mis potenciales. A pesar de que soy nuevita en este servicio, me benefició al aprender del Manual de Servicio y al empaparme de todas las guías. Al practicar las Tradiciones adquiero paciencia y humildad al momento de servir, mientras que animo a la persona que sirve mediante el agradecimiento y el compartir de mi experiencia.

Al considerar el servicio como una meta en todos los aspectos de la vida, debo estar convencida de lo que recibo y, solo así, la gratitud viene por ende y se convierte en servicio gratuitamente.



Photo by Tree S.

Mercedes C., Presidenta del Comité Asesor de Alateen

INVITAMOS a todos los miembros a que compartan con nosotros sus experiencias de servicio para publicarlas en esta sección. Igualmente deseamos recibir los boletines de Zona para publicar sus experiencias.
¡No pierdan esta oportunidad!

These shared experiences, sent from around the world, came to the WSO through French newsletters as well as ...correspondence. The WSO will continue to select service activities for these pages, so French members will have the opportunity to write and read about their service projects without translation. This additional page gives all members a consistent reminder that service in Al-Anon is taking place in many languages.

Ces expériences partagées proviennent de bulletins et de lettres envoyées au BSM par des membres d'expression française à travers le monde. Le BSM sélectionnera pour cette page des témoignages de membres sur leur travail de service, et leur permettra ainsi de partager leurs expériences dans le service directement sans traduction. Cette page supplémentaire rappelle à tous les membres que le service dans Al-Anon se fait dans toutes les langues.

Travail sur le thème : servir

Extrait du bulletin mensuel des Groupes Familiaux Al-Anon/Alateen de France

La Chaîne, octobre 2014

Article du journal *Sérénité* de la Belgique (Présenté dans *La Chaîne*, n° 264, juillet-août 1994, France)

Le service : c'est aussi assurer la survie de notre groupe, c'est accueillir gentiment les nouveaux venus, écouter, mais aussi respecter leur silence, c'est essayer de les comprendre, les aider, c'est vouloir dire quelque chose de bien, de bon, c'est attacher de l'importance à ce que les nouveaux repartent chez eux avec ce mot si beau « espoir ».

...
Servir : c'est aussi rester disponible après les réunions pour aider quelqu'un qui n'a pas osé parler en public ou tout simplement donner des renseignements aux personnes qui le désirent.

...
Le service : c'est également un partage d'amitié, c'est un désir d'améliorer le confort de notre groupe; ce sont les menus services à accomplir : café, vaisselle, nettoyage, rangement, etc. C'est rendre le local accueillant, où l'on aime se retrouver.

...
Le service : c'est aussi se rendre à l'intergroupe pour établir le lien puissant sans lequel les groupes ne fonctionneraient qu'à moitié; c'est « suppléer » la Représentante de Groupe si celle-ci n'est pas disponible.

...
Servir : c'est aussi être à l'écoute, rassurer l'autre par les conversations téléphoniques ou des visites amicales; c'est lui faire remarquer le côté « positif » de sa situation, le changement perçu, c'est inciter l'autre à vivre mieux, c'est lui communiquer la force de continuer à vivre son programme.

...
Servir : c'est aussi rendre service à la fraternité, sortir de sa coquille, ne pas se retrancher derrière un travail à faire, c'est se rendre disponible pour faire de l'information autre part que dans sa région, c'est faire partie des trois côtés du triangle : RÉTABLISSEMENT, UNITÉ, mais aussi... SERVICE.

Partage

Extrait du journal interne des Groupes Familiaux Al-Anon et Alateen de la Circonscription du Québec-Est et du Nouveau-Brunswick

Le Contact, décembre 2014

Trudy C.

Je suis devenue, par un concours de circonstances, RG et RD. Ceci n'était pas ce que j'avais considéré comme possibilité, je dois humblement admettre. Cependant, me rappelant que le service signifie que je prendrai une partie active dans mon propre rétablissement et que le service me permettra de demeurer active et m'aidera à me centrer sur ce que je vis et sur quoi je dois travailler, j'ai accepté.

J'ai été active comme RG et RD à quelques reprises c'est pourquoi j'ai dû me rappeler, avant d'accepter, ce qu'une membre du Bureau des Services Mondiaux (BSM) m'avait dit : « Même si tu l'as déjà fait, cette fois ce ne sera pas la même chose car tu as cheminé, les membres autour de toi ont cheminé et Al-Anon change, non dans son essence, mais dans sa façon d'être. Tu as donc encore des choses à apprendre. » Oui, j'ai encore beaucoup de choses à apprendre! J'apprendrai en prenant connaissance des envois provenant de la Circonscription, en visitant notre site Internet et le site du BSM et en lisant *Area Highlights et Group e News* et je partagerai une partie de ceci avec les membres.

Je sais que le service c'est aussi une opportunité de redonner avec gratitude ce qu'Al-Anon/Alateen et ses membres m'ont offert si généreusement. Le service me permet aussi d'avoir un plus grand sens d'unité, avec vous tous, dans mon rétablissement.

Comme le service peut avoir ses défis, je me ressourcerai en lisant encore et encore *Un passeport pour le rétablissement* (FP-78) qui m'inspirera à continuer à servir et qui sera mon soutien au cours de cette expérience qui ne sera pas sans offrir certains défis.

Je suis reconnaissante d'avoir cette occasion de m'ouvrir à de nouvelles chances de progrès!

Invitation à tous les membres Faites-nous parvenir vos expériences dans le service pour nous permettre de les publier dans cette page. En nous envoyant les bulletins de nouvelles de votre Circonscription, vous nous donnez aussi la possibilité d'y puiser des témoignages et de les partager avec tous les membres.