

Area *H*ighlights

Winter 2014
Volume 46, No. 4

areahighlights@al-anon.org

WORLD SERVICE CONFERENCE: Our Spiritual Principles in Action

**Conferencia de Servicio Mundial:
Nuestros principios espirituales en acción**
**Conférence des Services Mondiaux:
Nos principes spirituels à l'œuvre**

Suzanne M., Associate Director of Member Services—Conference

This year's World Service Conference theme reminds us that the discussions and decisions of the Conference are the result of putting our spiritual principles in action.

In her Delegate report to the Assembly, Grace Mc., Tennessee Delegate, shared, "At the start of the 2014 World Service Conference, we were asked to think about our personal Conference goals. The 2014 theme of 'World Service Conference: Our Spiritual Principles in Action' reminded me that our Higher Power is present in all discussions and decisions. Some of the spiritual principles I saw in action were responsibility, mutual respect, unity, anonymity, and autonomy, among many more. As I share with you some of the topics discussed, I encourage you to identify and reflect on the spiritual principles applied in the work of the Conference.

"My personal Conference goal was to bring my Higher Power into my thoughts, actions, and words. To help me with this goal, each time I started a new page of notes, I wrote my goal on the top of the page. The roles of the Delegates, Trustees, Executive Committee members, and WSO Conference staff were discussed. The similarity in each of the various roles at Conference was to listen and vote. The difference in our roles at Conference was based on perspective and responsibilities."

The following excerpts are from Panel 52 Delegates' three-minute talks at the 2014 WSC.

"When I was elected Delegate, I was told that it would change my life. Indeed it has changed my life, but more importantly, it has changed my heart. Serving as Delegate, I am presented with many opportunities and challenges daily to demonstrate those spiritual principles. I try to do this by giving back the love, respect, and energy that is practiced here.

continued on page 2



DID YOU KNOW . . .

. . . that all 54 editions of the *Conference Summary* are posted on the Members' Web site? That's right—from the first Conference in 1961 to the latest Conference in 2014! Check out the *2014 World Service Conference Summary* at www.al-anon.org/members and read the complete report of the 2014 Conference—or another other Conference—for free!



continued from page 1

“I have learned it is not about my opinion or defending my right to be right. It is about listening to the minority voice and not being afraid. It is about displaying trust, flexibility, tolerance, accountability, responsibility, and unity. It’s about living those spiritual principles and putting them into action in all areas of my life.”

—Jayme C., California South

“Helping others is probably the most important thing we do.”

—Terry K., Florida North

“‘Presume goodwill’ are two words I heard a lot at Conference. They are so positive and I have adopted them as a slogan. Whenever I speak about service to groups, I always talk about ‘presume goodwill.’”

—Kerry L., Manitoba/Northwest Ontario

“I credit the majority of my growth in the program to service and the wonderful Al-Anon members who encouraged me along the way. Without your example of carrying the message, I would still be sitting on the sidelines, miserable and afraid. This year’s theme, ‘World Service Conference: Our Spiritual Principles in Action,’ reminds me of all the people who have helped me along the way. As Area Chair, I worried that I wouldn’t be able to serve because I didn’t have a way to get to the Assemblies. I didn’t have to worry. All I had to do was ask for the help of my Al-Anon friend. She was there for me and got me to all of my commitments.”

—Jennifer D., Florida South

To all the Delegates whose term ends on December 31st, thank you for all you have done for Al-Anon Family Groups.

For a complete text of the three-minute talks, see the 2014 World Service Conference Summary (P-46) on-line at www.al-anon.org/members.

Statement of Purpose

Area Highlights is designed to provide service-related news from Areas to all Delegates, Coordinators, and District Representatives in order to communicate with, motivate, and inform other service-minded members. The articles are compiled from Area newsletters and reports from the links of service. Please encourage members in your Area to share their service projects and experiences. In addition to postal mailing or faxing, submissions can be sent by e-mail to areahighlights@al-anon.org.

Area Highlights is available on our Members’ Web site at: www.al-anon.org/members. Area Highlights may be photocopied and shared with other members.

This is your newsletter; your experiences make it a valuable publication.

In Loving Memory

We lovingly remember these members who served our fellowship as World Service Conference members:

Lorain B.

Past Trustee
November 2013

Judy I.

Panel 41, Minnesota North
June 2014

Mary Fran W.

Past Trustee
Past Executive Committee member
August 2014



Photo by Fred P., CA

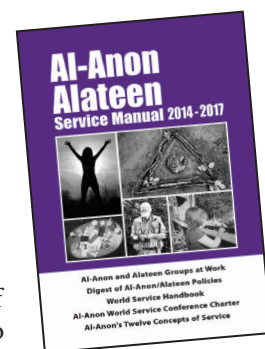
District 17 Report

Enid M., District 17 Representative, California South

The Bulletin, Volume 56, No. 2, May 2014

According to the *Service Manual*, one of the duties of the District Representative is to go visit meetings in our district and let them know how we can be of service to them.

During the month of March, I visited two meetings that I had never been to before. What a wonderful way to meet new Al-Anon members and let them know how active our district is!



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

Heard at the 2014 World Service Conference:

"I felt a Higher Power in the Conference, guiding and inspiring us. This body exudes ultimate equality for me. It is in good hands; it will be here and will continue. It makes me so grateful that I have all the literature I need."

"This experience taught me to trust the process. This week, I saw spiritual principles in action. I saw love and presuming goodwill."

"I felt respected and felt no barriers even when there were differences of opinion among Conference members. Our spiritual principle of participation with mutual respect, leads to the process of discussion and then the willingness of Trustees and WSO staff to provide clarity. I am leaving here with a deeper understanding of the Legacies. I have had a paradigm shift since I came here."

"I was overwhelmed by the palpable presence of a Higher Power at the Opening Session when we said the Serenity Prayer together. It allowed me to find my voice, and it defined a more profound Conference than I had anticipated."

"Thank you for a wonderful Conference. We came together and put our spiritual principles into action."

"Many people who encouraged me in service. Most of the service jobs I have held are because someone said to me, 'I think you can submit your name and let God decide.' That one-on-one contact is something I have cherished and have encouraged others in the same way."

"I believe my spiritual journey is one of continual learning, then sharing what I have learned to benefit others."



Categories of Service Activities	Members' Level of Involvement in Service Work					
	Group Coordination	Individual Sharing	Member Sponsorship	Beyond Group-level Coordination	Public Outreach	All Service Activities
The most participation	35.8	19.4	12	7.2	6.5	16.1
The least time waited before first participating	3.1	5.8	5.3	6.2	6.3	5.3
Mean length of time for new members waited before first participating						

Meetings getting off track?

The new *Al-Anon Focus/Declaration Table Card* (S-24) can help make meetings more useful by keeping true to Al-Anon principles. Along with the *Al-Anon Spoken Here* pamphlet (P-53), it can provide a great meeting topic for your group or district.

One side of this tent card reminds members to focus on our three Legacies, and leave other affiliations outside Al-Anon meetings. The other side contains the *Al-Anon Declaration*.

You can purchase the card through your local Literature Distribution Center or the [Al-Anon Online Store](#).

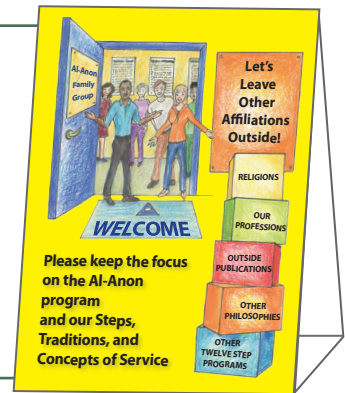


Photo by Lillian F., CA

A Note from a Former Group and District Representative

Yvonne

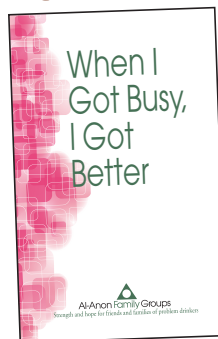
Kentucky Area Newsletter, 3rd Quarter 2014

A number of years ago, I was fortunate to be elected as a Group Representative (GR) for a three-year term and then as a District Representative (DR) for five years. Why five years? After a year of the DR's term, she had to resign. I, as the Alternate DR, assumed her position for the remaining two years. I was then elected as DR for a three-year term.

Without attending the Area Assemblies, I would not have been able to share with others the knowledge I received. That is why I feel it is *very important* for each group and district to have representation at *every* Assembly.

I am looking forward to meeting and greeting each of the new attendees at the next Assembly. Keep an open mind and heart for ideas, suggestions, and other amazing things to come your way, and before you know it, your term will be completed.

I love our booklet, *When I Got Busy, I Got Better* (P-78), because that is what happened to me!



Alternate Delegate's Report

Ginny C., Alternate Delegate, Ohio

Al-A-Notes, Volume 38, Issue 2, Summer 2014

This past year, I have experienced all the possible duties the Alternate Delegate can be assigned. Each year, I am responsible for publishing the *Al-A-Notes* three times a year. This includes eliciting writings from members of the Area World Service Committee (AWSC), editing the sharings, and getting the hard copies folded and labeled before giving them to the Secretary to mail.

In the morning before every Assembly, the Delegate and I do a presentation for the new Group Representatives (GRs). One of my roles is to make sure we have enough copies for 20 GR packets.

This year, I filled in for our Delegate. I read all the documents sent to the Delegates in preparation for the World Service Conference (WSC) and responded to any questions from the World Service Office (WSO). I reported to the AWSC in the Delegate's place.

For a week in April, I was privileged to attend and participate in the WSC in Virginia Beach, Virginia. After coming back, I spent an afternoon updating the Delegate on what went on at the WSC. I had just two weeks to pull together the Delegate's Report. I found using a PowerPoint was not only easy but it also helped to engage the Assembly. I presented the Delegate's Report at the Spring Assembly.

In addition, I try to stay abreast of what is going on in the Area and at the WSO via reading e-mails on a daily basis. I could be better at contacting groups in remote meetings. Another duty is being the Chair of the Membership Outreach Action Committee. We have had fun putting on skits. I have participated in a Task Force for the Assembly which mainly communicated by e-mail. Being Alternate Delegate has been an invaluable experience in becoming a leader.

Please photocopy Area Highlights and share it with other members.

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

Ways to Encourage Alateen

Laurie K., Past Delegate
Missouri Round Robin, September 2014

When there is an Alateen meeting at the same time as an Al-Anon meeting:

- Announce the Alateen meeting each week, mentioning the ages involved.
- Explain the Al-Anon Member Involved in Alateen Service (AMIAS) certification process and encourage Al-Anon members to become certified.
- Invite Alateens (from our group or other groups) to speak from time to time
- Plan combined events occasionally, including meetings as well as pot lucks, etc.
- Ensure that teens have rides (with certified AMIAS) to visit other meetings and attend Alateen events.
- Ask the Alateen Group Representative (GR) to help report on the district meetings if he/she was able to attend.
- Give frequent recognition to Alateen Group Sponsors!

When there is no Alateen meeting, young people are encouraged to attend the Al-Anon meeting:

- Ask younger members to read some of the meeting format and invite them to share.
- Ask a teen to chair the meeting periodically.
- Read an announcement explaining Alateen, mentioning whether meetings are held around the vicinity, and ask AMIAS present to answer questions about Alateen before or after the meetings.

Texas West Challenge!

Group Services Action Committee Assembly Report, *Texas West Pipeline*, Vol. 49 No 1, January 2014

Challenge:

Each group will set up a group e-mail address that is separate from any personal e-mail accounts and register it with the World Service Office (WSO). Each group will set up a group e-mail distribution list to automatically distribute information to group members.

Purpose/goal of challenge:

- To provide accurate, timely information to the Al-Anon fellowship.
- To keep the Area mailing list current.
- To strengthen the connection among the Assembly and existing Al-Anon and Alateen groups (including Lone Members and groups that meet in institutions), etc.
- To reach out to newly registered and/or unregistered groups to invite participation.
- To record the history of the groups.

Action:

1. Ask District Representatives (DRs) to encourage and maintain a district group e-mail distribution list.
2. Send group e-mail addresses to the Area Group Records Coordinator/Alternate Chair.
3. Ask the Area Group Records Coordinator/Alternate Chair to maintain an Area group e-mail distribution list.

Help needed!

Pam J., Area Archives Coordinator, Arkansas

The Party Line, September 2013

When life's challenges come, I am grateful that I can get involved with a service project that always saves my sanity, gives me something to look forward to, and gives me something healthy to occupy my mind. Service always brings me back to reality and gratefulness which, for me, is the key which opens the door to a much closer conscious contact with my Higher Power. All I have to do is be willing, suit up, and show up. WHEN I GET BUSY, I GET BETTER!

The Area Archives is open on the first Tuesdays of the month, from 10:00 a.m. -3:00 p.m., and other days by appointment. An Archives display can also be available for your district workshops and events.

The Oral History Project is underway with two video recordings done and several more scheduled. The Project is stored at Archives and can only be viewed at Archives in order to protect the anonymity of our members. The viewing time allowed is approximately 1-2 hours. These video recordings will not be loaned out.

Area Archives also needs help with some ongoing projects:

- Someone to transcribe the two histories recorded so far for the Oral History Project to preserve that the legacies from our long timers will not be forgotten.
- Someone who can convert the Archives audio and video inventory to modern audio and video devices.
- Area convention audio recordings are also needed. Please check your personal inventory and consider donating your tapes and CDs to the Area Archives.
- Other Area convention items such as brochures, flyers, handouts from workshops, etc., and anything from 2011 & 2012.

On being a Literature Coordinator

Teri U., Area Literature Coordinator, Manitoba/Northwest Ontario

The Province-Wide Area 82 Newsletter, Fall 2014

Serving as a Literature Coordinator for our Area has been inspiring and very beneficial for me personally. We have a wealth of Conference Approved Literature in Al-Anon. In the past, I was aware that there were some great Al-Anon books and pamphlets available, but the daily readers were what I “fell back on” and used the most. Then I began serving as Literature Coordinator.

My job has been to share our fabulous Al-Anon literature and encourage all of you to investigate and use it as you “love, learn, and grow” in Al-Anon. Our literature is unique in that it is all written by members who have “been there...done that.” Therefore, there is something for every one of us, no matter our story or where we are in our journey.

Serving as Literature Coordinator has given me the opportunity to look more closely at all our literature, as well as meet and share with many wonderful members in our Area and beyond. It has greatly enriched my journey!

If you love Al-Anon, and are looking for a fun way to serve, Literature Coordinator is the job for you. All you need is the willingness to serve.

Service in Action!

Kristie K.

Idaho Area 13 Al-Anon/Alateen Newsletter, Summer 2014

I went to my first Assembly on May 19, 2014, in Boise, Idaho, not knowing what to expect. But, being up for an adventure, I volunteered to go. I was asked to go as the Alternate Group Representative (GR). My first experience, which was no surprise, was the love, acceptance, and friendliness of everyone I met. The theme of the meeting was “service.” I’d not gotten too involved in any kind of service thus far, or so I thought. Everyone I met thanked me for my service of being the Alternate GR. Wow, I was doing service! It then dawned on me that I could be of service by showing up at the weekly meeting since we have a small group. But the overwhelming conclusion I came to by going to Assembly is just how big Al-Anon really is! When talking about Al-Anon literature and all the different languages it’s been translated to, by looking at the district archives, listening to the speakers, and attending the business meeting, I realized what a tremendous organization Al-Anon really is. I want to be part of it because it has helped me, and so many other people, so much. The friendships, the Twelve Steps and Traditions, the goal of serenity, and peace are what I’ve gained and are what have saved my sanity.



Photo by Tom C., TX

A fresh look at *Why Anonymity in Al-Anon?*

The latest printing of *Why Anonymity in Al-Anon?* (P-33) is a major revision of the pamphlet. It includes all-new wording to help members understand anonymity and find practical ways to apply and maintain anonymity 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. It remains eight pages long and sells for 35 cents (U.S.).

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



Carrying the Message

Betty, Australia

Austra -Link October 2013

Over the years my home group has done public outreach in our Area. We have put up a display of public outreach material at our local library, spoken and shared our Al-Anon stories on our community radio station, and taken Al-Anon/Alateen literature to a variety of different places. Some of us have even shared at our local high school.

We always comment how good we feel when we participate in public outreach activities and we hope it has made a difference for someone. Public outreach helps our group to participate, grow and most importantly carry the Al-Anon message in a positive light!

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

Facing the many losses associated with alcoholism

Jacqueline Z., Area Literature Coordinator, Connecticut
Lifeline, March 2013

In Al-Anon and Alateen, when we describe alcoholism as a “family disease,” we refer to the fact that one person’s alcoholism affects the entire family. While symptoms of alcoholism are displayed by the alcoholic’s behavior, symptoms of this “family disease” are revealed by the family’s reaction to the alcoholic. Al-Anon can help lessen these effects.

Chapter Two, “Living with the Family Disease of Alcoholism,” from the book *Opening Our Hearts, Transforming Our Losses* (B-29), describes the effects that alcoholism has on those closest to the alcoholic, as well as the ways that Al-Anon can help us heal. This book shares the experiences of Al-Anon members in facing the many losses associated with alcoholism, and how they have found recovery through Al-Anon Family Groups.

“We don’t have to try harder or do better. We have tried long and hard enough. Though we may not be able to change the alcoholic, we discover there is one person we can change—ourselves.” (From *Opening Our Hearts, Transforming Our Losses*, page 23.)

Note: From January through March 2015, Chapter Two of Opening Our Hearts, Transforming Our Losses is the “Sample Chapter” on the Members’ Web site, www.al-anon.org/members. The Sample Chapter page includes meeting topics and questions on a variety of subjects using this book. It’s an easy-to-use meeting format, ready for you to use at the next meeting you chair.



Sharing about literature at a convention workshop

Geanie B., District Representative, Ohio
Al-A-Notes, August 2014

This year, our district was fortunate enough to be asked to chair a workshop at the Ohio Al-Anon Convention. Our topic was Conference Approved Literature. We obtained ten different pieces of literature, which included Al-Anon pamphlets and books. The attendees broke into groups of five to ten people per table, with each table having its own Conference Approved Literature to discuss. After the group discussions, members from each table shared about their particular pieces and what they learned from them. Attendees were invited to take the pamphlets back to their groups.

GROUP E-MAIL ADDRESSES

Valerie Stump, WSO Group Records Coordinator

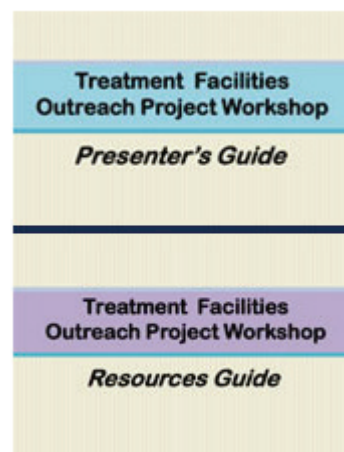
Electronic communication is essential as it allows the World Service Office (WSO) to convey valuable time-sensitive information to groups. Sixty percent of the groups have an e-mail address on file to date, but conversely, forty percent (6,000 groups) don’t and are missing out on receiving vital information available only thru *Group e-News*, the WSO monthly newsletter.

All groups have the option to use the group’s Current Mailing Address (CMA) personal e-mail address to receive WSO electronic mailings or to create a group e-mail address. A group e-mail address can also be an alternative to using the CMA’s or another member’s personal e-mail address. A new trend reveals that several Areas have asked groups to create a group e-mail address, highlighting the benefit of keeping a permanent e-mail address to avoid any disruption of communications when the CMA changes.

District Representatives (DRs) are encouraged to have a conversation with groups in their district about electronic communication and how it can strengthen the groups’ connection with the WSO. A detailed list of their groups’ information can be generated by the DRs using the WSO Online Group Records application.

Four easy steps to access the Treatment Facilities Outreach Project Workshop materials

- **Log** into the WSO Members’ Web site, www.al-anon.org/members
- **Select** “Service Structure” on the navigation bar.
- **Choose** “District Resources” from the menu.
- **Click** on the Treatment Facilities Outreach Project Workshop icon





Please send in your sharings for the new daily reader

Please encourage all members to write and submit sharings for a new daily reader in development that will reflect the Al-Anon program and its members as they are today. A writing guideline was included as an insert in the November issue of *The Forum*, and is also available through Area Literature Coordinators, the World Service Office, or on the Members' Web site. Members can also submit their sharings online by following these steps:

Go to the Members site:

www.al-anon.org/members.

Enter your password—any variation of your group name followed by AFG.

Click on the “Individuals” tab.

Click on “Features Publications.”

Click on “Send Your Sharing.”

Click on “New Daily Reader”

Hope and help in jail

Denise R., District 18, Georgia
Georgia On Track, Volume 36, Issue 5

The detention center where the Hope For Us All group meets is a jail where female inmates stay for a maximum of one year. The membership of the group is small (three to ten members each week) because the inmates are transient. At any time, they may be sent to prisons, discharged for parole, or leave when their sentence is completed. It is unusual for the same inmates to attend meetings consistently.

We use *Hope for Today* (B-28) at the group's meetings because soft cover books are required by the facility. It also offers flexibility because it doesn't build on prior sections. Copies of *How Al-Anon Works for Families and Friends of Alcoholics* (B-32) soft cover are available in the library. The district provides copies of *Al-Anon Faces Alcoholism* magazines and issues of *The Forum* with the staples removed.

We encourage the ladies to attend meetings on the outside once that becomes an option for them. We leave meeting schedules by the exit door. We tell them that one of the benefits of attending Al-Anon on the outside is that they will be able to sit on chairs instead of gym mats!

This type of Twelve Step work benefits my program more than I ever expected.

Attention: Public Outreach

(includes Institutions, CPC, and P.I.) Coordinators, District Representatives, and Al-Anon Information Services

Please remind groups and trusted servants that the deadline to order *Al-Anon Faces Alcoholism 2015* magazines from the WSO is Wednesday, 5:00 p.m. ET, February 4, 2015.

Thank you all for helping us celebrate 60 years of *The Forum*!

We've celebrated this anniversary all year long by publishing one sharing from *The Forum's* archives in each issue. We hope you've enjoyed the selection of *Forum* reprints. Thank you to all members who've sent in their reprint requests!

Each monthly issue of *The Forum* is your link to Al-Anon's worldwide circle of shared recovery. Invite fellow members who have not read the magazine in a while to take another look at it, give a copy to a newcomer, or use a *Forum* sharing as a meeting topic. Keep the circle going!

District treatment facility outreach project 'snowballs' at an HMO

Margaret S., Area Institutions Coordinator, California South
The Bulletin, November 2013, Volume 55 # 4, and May 2014, Volume 56 # 2

I went to the annual family program reunion for “graduates” at a satellite office of a nationwide health maintenance organization (HMO). I brought copies of English and Spanish *Al-Anon Faces Alcoholism* (AFA) magazines for distribution by staff. I also met the head of the family program to discuss having an Al-Anon speaker panel as part of the family program and the establishment of an Al-Anon meeting in the facility after the family program session.

I also discovered that by offering AFA magazines to the Family Program Director in the Addiction Medicine Department that there are staff in other departments who could give copies of AFA to their patients/clients. Now, the Emergency Room, psychiatry department, substance abuse treatment center, domestic violence, and Spanish speaking program counselors are making AFA magazines available in both languages. In addition, a social worker at the Teen Medicine Center of a satellite facility of the HMO requested Alateen literature.

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



Mark your calendar...

All Al-Anon members in the U.S., Canada, Puerto Rico, and Bermuda are invited to participate in the **2015 Al-Anon Membership Survey**.

The survey is Conference Approved and completely anonymous. It will be available and open on the Al-Anon Members' Web site from

January 9, 2015 – February 22, 2015,
in English, Spanish, and French.

It will take about 15 minutes of your time.

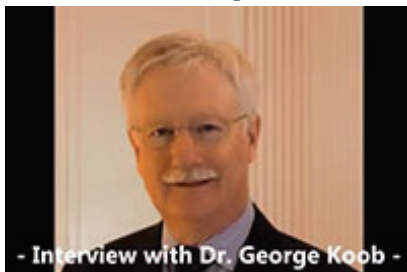
Results from the survey will be used in Al-Anon's outreach to professionals, and will be shared with the membership and the general public to increase awareness of how Al-Anon helps the friends and families of problem drinkers.

Stay tuned to *The Forum* and *Group e-News* for more information!

Listen to Al-Anon's interview with the new Director of the National Institute on Alcohol Abuse and Alcoholism (NIAAA)

Dr. George Koob became the Director of the NIAAA in January 2014. He recently sat down with Al-Anon to share some of his knowledge about alcoholism and its impacts on the friends and family members of alcoholics.

Visit al-anon.org for access to the interview via links to Al-Anon's YouTube channel and "First Steps to Al-Anon Recovery" podcast page. Consider sharing the interview in your efforts to reach out to others who still haven't found Al-Anon, or may need more information.



- Interview with Dr. George Koob -

The Forum is a multi-faceted jewel

Maryon K., Area Delegate, Alberta/Northwest Territories

Alberta/NWT held its Fall Assembly last weekend. The two day event was informative, exciting and well attended. The evening banquet is hosted by one of the districts with their choice of theme, decorations, and program.

This year's theme was—*The Forum*, 60 years of Sharing Recovery, Unity and Service. White linen cloths draped the tables and the centre piece consisted of three crystal votives on a black square, sprinkled with many large (acrylic) diamonds. At each setting there was a copy of *The Forum*, some recent issues and others from Area archives—all wonderful!

We all enjoyed browsing and sharing readings from the magazines. The turkey dinner was delicious. After dinner, the evening program unfolded with several members briefly sharing their journey – how the life that brought them to Al-Anon and being involved in the Al-Anon program transformed them into the rare and beautiful gems they are today.

The sharings were preceded by a thought-provoking reading: a 60th anniversary is usually thought of as a diamond anniversary. Diamonds are known to be one of the hardest, rarest, most beautiful objects in the world. They are formed out of simple carbon by going through incredible pressure and heat, deep in the earth's core. This process makes them extraordinarily strong and beautiful.

Throughout the evening, many references were made to *The Forum*, its use, value, and contribution to our lives. We can all spread the good news—*The Forum* is a multi-faceted jewel, an invaluable resource, readily available to each and every one of us. Enjoy.

We have a wonderful challenge for you to consider!

This challenge is extended to *every member, in every group* in the United States, Canada, Puerto Rico, and Bermuda...

Invite one member in your group who hasn't yet participated in Twelfth Step work to help you distribute a few of our annual public outreach magazine, *Al-Anon Faces Alcoholism 2015*, anywhere in your community that is accessible to the public!

If every member in every group extends the invitation to feel the joy of giving back, imagine what a win-win situation we could create! Someone who is still suffering might read *AFA* and decide to go to a meeting and begin their journey of recovery *and* every member could put the Twelfth Step into action.

If you accept this challenge, let us know. Tell us about it at wso@al-anon.org attn: Al-Anon success. Shut down our e-mail server with **success stories!**

Please photocopy Area Highlights and share it with other members.

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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.

Al-Anon: mi fuente fresca de felicidad

Boletín Trimestral *Felicidad – Voluntad – Compartir*
Julio, agosto y septiembre de 2013, Número 1
Corporación Al-Anon/Alateen Ecuador

Para mí, Al-Anon fue como una fuente fresca donde saboreé el agua más cristalina, saludable y deliciosa que había bebido en mi vida. Llegué a la hermandad destrozada por la enfermedad de mi ser más querido, a quien no comprendía en sus actitudes y en su amor; creía que él o yo estábamos locos, y por eso la incompreensión, la violencia verbal y las angustias formaban parte de nuestra vida cotidiana.

Pero un día, a los trece años de llevar una existencia lastimada y dolorosa, recibí el mensaje. Como estaba tan abatida, me llené de esperanza de encontrarle una solución a mi problema.

Con la asistencia constante a las reuniones, la lectura diaria de la Literatura Aprobada por la Conferencia (LAC) y las llamadas a mi querida Madrina, durante casi un año de practicar el programa día a día, recibí las primeras respuestas maravillosas en mi corazón.

Han transcurrido veinte años de permanecer en Al-Anon. Mi gratitud es infinita, su filosofía es incomparable, pues solo me ha dado alegrías y recuperación.

El servicio es lo que más me ayudó, porque puse la mente dispuesta a comprender qué me sucedía y qué obsesiones me perturbaban. Con este trabajo, completé muchas responsabilidades, retos y sueños que tenía conmigo misma y con mi amada familia.

No estoy recuperada; me falta mucho por aprender aún. Sin embargo, estoy feliz y creo en Al-Anon como la única y verdadera solución a una vida contagiada por la enfermedad del alcoholismo de un ser querido y amado.

Olga María – Grupo Al-Anon Hogar de la Paz, Quito

Mis Servicios

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

Corporación Al-Anon/Alateen Ecuador

Cuando escucho la palabra «servicio», inmediatamente siento en mi mente y en mi corazón la presencia del Poder Superior; tengo claro que soy tan solo su herramienta, que estoy aquí por su gracia y generosidad; confío en que Él y su sabiduría infinita guiarán mis pasos hacia dondequiera que esté y desde donde le pueda servir.

Mi Madrina fue el canal más claro de comunicación con Él; ella me animó desde el principio a servir en mi grupo, en donde cumplí con todos los servicios por varias ocasiones hasta la fecha, luego me animó a que aprendiera en el Distrito Sur, primero de representante alterna y después de principal. Colaboré en la Zona de Pichincha siendo secretaria, presidenta y, finalmente, delegada; después cumplí con mucha alegría el servicio de Madrina de Alateen y después Presidenta en el Comité Permanente Alateen de la Oficina de Servicios Generales, siendo reelegida por un año más.

Al recordar mi trayectoria en el sendero del servicio, solo puedo guardar en mi corazón gratitud, fe y crecimiento; he visto florecer las mejores amistades de mi vida. Aprendí a tener pensamientos positivos, a disfrutar de sentimientos sanos que me llevaron a acciones buenas y responsables, poniendo siempre en primer lugar los principios y no las personas.

Hoy, cada día que abro los ojos, lo primero que hago es agradecerle al buen Dios y pedirle que me utilice, que me ilumine para no permitir que el ego me ciegue, sino que sea el espíritu el que prevalezca.

Hoy estoy convencida de que mi Poder Superior me regaló esta vida para hacer el viaje del cuerpo al alma. Estoy feliz disfrutando de este viaje y de servirle aquí y ahora, en este nuevo servicio que hoy me ha confiado, sin perder mi norte.



Foto: Lynn R., Luisiana

Paulina S. – Vicepresidenta de la Junta Nacional de Custodios de Ecuador

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.

Je pratique le Troisième Héritage qu'est le service.

Extraits du journal interne des Groupes Familiaux Al-Anon et Alateen de la Circonscription du Québec-Ouest de septembre-octobre 2014

Le Tournesol

Lorraine D.

En septembre 1984, les membres m'ont élue à la fonction de présidente de l'Assemblée de la Circonscription du Québec-Ouest. C'est l'attrait des membres du comité des officiels qui m'a poussée à me présenter à ce poste.

Pourquoi présidente et non pas une autre fonction?

Quelques mois avant l'Assemblée annuelle, j'ai inscrit sur une feuille mon désir d'améliorer mon expression orale anglaise et j'ai confié le tout à mon Dieu d'amour.

Le jour même de l'Assemblée annuelle 1984, je ne me suis pas sentie interpellée par la fonction de Déléguée.

Puis, lors de l'élection pour remplacer Pauline, la présidente sortante, je regardais autour de moi et dans ma pensée, il me semblait que plus d'un membre parfaitement bilingue pouvait se présenter. Aucune main ne se levait et mon anxiété montait.

Finalement, c'est moi qui me suis levée toute tremblante en me disant que si j'étais élue, j'écrirais tous mes textes en anglais avant de les présenter lors de mes activités de présidente. Ça a été plus exigeant que je pensais, car ma première réunion était complètement en anglais. Les prénoms des membres anglophones se ressemblaient beaucoup : *June, Jane, Joan* et aussi *Norma, Irma*, et autres finales en « a ».

Pauline, l'ex-présidente, qui assistait à cette réunion, n'a sûrement pas jugé acceptables mes compétences en anglais. Elle m'a donné la main en partant. Et je suppose qu'ensuite, elle a prié pour que Dieu me donne les habiletés nécessaires pour assumer cette fonction.

Les membres de langue anglaise m'ont acceptée avec une grande tolérance. Elles m'aidaient en parlant plus lentement. Le *Manuel de Service* anglais m'aidaient à utiliser les mots justes de notre programme.

De plus, comme je voyageais avec Phyllis, trésorière du comité des officiels, nous parlions en anglais tout le long de nos déplacements vers Montréal pour les réunions.

Cette première année de mon mandat n'a pas été un long fleuve tranquille. En février 1984, notre Déléguée, Monique, est décédée sans avoir pu assister à la Conférence. Je me rappelle encore une de ses phrases :

« *Chaque effort apporte une joie.* »

Murielle, Déléguée suppléante, a pris la relève et elle nous a représentés à la Conférence. Tôt à l'automne, elle décidait elle aussi.

En 1985, le Congrès international AA avec la participation Al-Anon/Alateen s'est tenu à Montréal. Depuis quelques années déjà, un comité Al-Anon/Alateen était à l'œuvre et coopérative avec les AA à la réussite de ce grand événement de quelques jours. J'étais responsable de l'accueil. Que de belles

émotions j'ai vécues en écoutant parler les gens avec différents accents d'Irlande, d'Australie, de la Californie, et autres!

De plus, ces membres d'autres pays partageaient le même mode de vie que moi.

Pour la grande finale du Congrès, Lois B., une des deux cofondatrices d'Al-Anon, s'est adressée aux membres AA et à nous, amis et membres de leur famille. Je me souviens de ce petit bout de femme soulevant la joie et l'espoir chez mes milliers de personnes touchées par la maladie de l'alcoolisme.

Parrainage de service

Extraits du journal interne des Groupes Familiaux Al-Anon et Alateen de la Circonscription du Québec-Ouest de septembre-octobre 2014

Le Tournesol

Claudette D.

.....

Le parrain de service transmet ses connaissances, apporte de nouvelles perspectives et souvent, il nous aide à résoudre certaines situations en partageant avec nous. Il nous aide à mettre en pratique le processus de « Prise de décision basée sur la connaissance » (PDBC).

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Le parrain de service nous guide dans la compréhension de nos fonctions afin de mieux servir les membres.

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Le parrain de service nous aide à demeurer engagés, enthousiastes. Il est aussi une ressource précieuse.

Depuis le début de mon implication dans le service, ma marraine de service me guide, me rassure, me fait confiance. Elle m'écoute, me fait réfléchir, m'encourage, m'accorde du temps, me respecte et me guide dans mes lectures.

Soyez parmi les privilégiés et ayez un parrain ou une marraine de service. Vous le méritez! Ceux que nous servons n'en seront que mieux servis!

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.

Visitez-nous au www.al-anon.org/membres

Veuillez photocopier *Area Highlights* et le distribuer à d'autres membres