

Alanews

February 2012

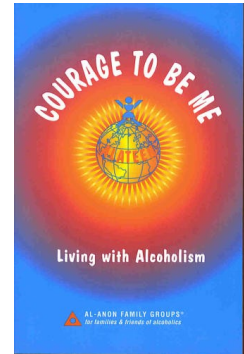


Connecting New Hampshire's Al-Anon & Alateen Members

New Alateen Meeting in Bedford NH - March 4



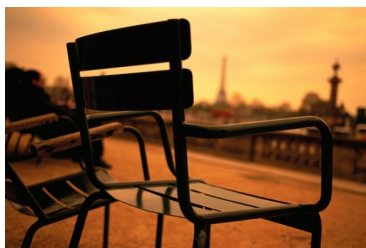
*Hear Ye, Hear Ye!
And so it is written that an
Alateen Meeting will start at
9:30am in Bedford, NH
beginning the
First Sunday in March of 2012!*



*Calling all Alateens to join us at the Bedford Town Hall
on Meetinghouse Road.*

Keene Alateen - Great News!

This Alateen meeting voted and approved to allow children 9-19 years old to attend!!



*DO YOU KNOW A TEEN AFFECTED
BY SOMEONE ELSE'S DRINKING?
There is a seat waiting for them at Alateen.*

KEENE ALATEEN

Sunday's 5:00-6:00 pm

St. James Episcopal Church

44 West Street, Keene NH

Alateen's share that they have come to understand that alcoholism is a disease and that:

- ❖ They are not the cause of anyone else's drinking or behavior.
- ❖ They cannot change or control anyone but themselves.
- ❖ They can detach themselves emotionally from the drinker's problems while continuing to love the person.
- ❖ They can build satisfying and rewarding life experiences for themselves, whether the alcoholic still drinks or not.

For information regarding Alateen or the meeting, please contact Linda at 603-759-0732 or Jana at 617-275-6668.

CAL- anews

[A new feature to inform Area 35 about what is happening with Conference Approved Literature—CAL.]

This month there is some news to report about our newest book, *Many Voices, One Journey* (B-31) While our new book received positive reviews, sales of this title were still lower than other books within their first eight months of release. Be sure to check out this new resource.

Other good news to report is:

- WSO reported an overall increase in Literature sales in 2011!
- WSO published a soft cover edition of *How Al-Anon Works for Families & Friends of Alcoholics* (B-32) which costs \$5.00. The purpose of printing the soft cover edition is to help members and groups provide a basic text to newcomers.

Our website is a valuable resource for information on CAL. Check it out at: www.al-anon.alateen.org. There you will find literature catalogs to download, three articles from the current Forum to read, and a sample chapter of a book in reference to a topic, such as "Detach With Love." Members can find the WSC 2011 Summary, and the Al-Anon/Alateen Service Manual available to read at the website as well.

WSO is receiving sharings for a book on Intimacy. The sharing sheet is available online in a downloadable pdf document at: www.al-anon.org/members/pdf/intimacysharing.pdf. Members can also submit sharings on-line at the Members' site: www.al-anon.alateen.org/members under "Submit a Personal Sharing." WSO is working hard on the development of the LEGACIES WORKBOOK but can still use more sharings on how members use our Steps, Traditions, and Concepts of Service in their personal lives. To have your sharing considered, post your sharing on any of the three Legacy blogs found at our Members' Web site: www.al-anon.org/members.

CAL is alive in Area 35!

Gratefully Yours,

Mary Lou

Literature Coordinator, Area 35, Panel 51

Al-Anon Declaration: Let It Begin With Me - When anyone, anywhere, reaches out for help, let the hand of Al-Anon and Alateen always be there, and - Let It Begin With Me.

How has service enhanced/improved/changed my recovery?

Melinda H., Area 35 Secretary, Panel 51

Being involved in Al-Anon service continually brings my recovery to all new levels. Through service I have learned how to be a part of something bigger than myself; contributing "to the best of my ability" is all I need to do, and that is good enough.

Al-Anon service has been the most humbling experience of my life. Without Al-Anon I probably would never have learned the true meaning of humility. Although it is not easy for me to be humbled, it keeps me right sized about my part in life. Along with the humility comes a better understanding of how important it is to be a balanced person. I used to believe that I had to do everything for everyone, but Al-Anon service changed my views and made me realize that I am only human and I have limits. I don't always love the opportunities for growth that I am given through service positions but I am always grateful for them. The many opportunities I have been given are all about building better relationship skills. I feel blessed to have safe people and places to practice these new found skills. The practice I am given in Al-Anon helps me in all of my affairs.

I will leave you with a saying from a dear Al-Anon friend:

"Just for today I am the best me there is."

You know, I am starting to believe that through Al-Anon service.

Ask the Delegate

[Frequently (or Infrequently) Asked Questions in Al-Anon/Alateen]

This is a monthly article intended to be interactive between Area 35 Al-Anon/Alateen members and our Area 35 Delegate to ask questions that affect groups and/or members in our Area. Please submit your questions to ‘Ask the Delegate’ at delegate@nhal-anon.org.

This month’s chosen topic is:

Please explain these three ideas: group conscience, unanimity and majority vote, and explain how they interplay with one another at the group level?

This month’s topic comes from a question recently submitted by one of our Area 35 members.

The answer to this question may be found in our *Service Manual*. (Resources: *2010-2013 Al-Anon/Alateen Service Manual* pages 50, 212-213 and *Paths to Recovery Al-Anon’s Steps, Traditions and Concepts* pages 325-326)

The idea of a group conscience is explained as follows: (see *Service Manual*, page 50):

In order to make an informed group conscience decision, members need access to all the information about the issue they are being asked to discuss, they need clarity on what their discussions hope to accomplish, and they trust each other’s motives and capabilities. The guiding principles for the group conscience are always the Twelve Traditions and the Twelve Concepts of Service. It may be helpful for the group to review these principles prior to group conscience discussions. Some simple group decisions may be decided quickly; others may take time, but it is by taking the time necessary to hear from all members who want to participate that a group conscience evolves. Each group sets its own guidelines for how they will reach group conscience (time to allow for discussion, when they will vote, what percentage will reflect unanimity and a majority etc.). By sharing information as equals and taking time for discussion, groups are often able to reach unanimity in their decisions. Once a group conscience decision is made, the entire group agrees to support the decision.

The wisdom found in Warranty Three clarifies the ideas of unanimity and majority vote. (See *Paths to Recovery*)

Warranty Three states, “that all decisions be reached by discussion, vote and, whenever possible, by unanimity.” . . . Whenever possible, issues are discussed until there is certainty that all minorities have been heard and most people can support the decision. While unanimity implies agreement by all, experience shows that such full agreement is often not realistic. Hence our pioneers embraced the term “substantial unanimity.” There will be less room for criticism of a decision when all have fully participated and most are in favor of it. “Substantial unanimity” is decided by the group or groups involved; two-thirds is a common figure. . . .

Al-Anon has always recognized the value of seeking consensus rather than settling for a bare majority. There are times, however, when a decision must be made, despite the lack of substantial unanimity. In these cases, the group conscience can decide whether a simple majority will decide the question or if further discussion is warranted. As long as the principles laid down in our Traditions and Concepts have been followed, Warranty Three is satisfied. Warranty Three guides us to consider all viewpoints carefully in the group conscience process and to strive for substantial unanimity.

A more detailed discussion of Warranty Three may be found in our *Service Manual*. References therein to ‘the Conference’ may be adapted for group purposes using ‘the group’ instead.

Wishing you serenity, love and joy,

Nancy P.

Delegate, NH Area 35, Panel 51

Recovery Through Service?

Alanews is now accepting articles from Area 35 members who wish to share the experience, strength and hope they have received in Al-Anon through the act of service. Have you served at a Group, District or Area level? If so, please consider sharing how this experience enhanced your recovery. Articles may be sent via email or the post: alanews@nhal-anon.org or Area 35 WSC, PO Box 220, Concord, NH 03302.



Together Empowering Al-Anon Members
 Juntos fortalecemos a los miembros de Al-Anon
 Ensemble, fortifions les membres Al-Anon

Event

Plans are in the works with the WSO for a day of fellowship - reenergize your spiritual quest. Karen R., Chair of the Board of Trustees; Connie H., Trustee at Large; and Bob S., Director of Communications and Secretary of the Policy Committee, are coming to join us on June 23, 2012, at the Southern New Hampshire University's Robert Frost Hall for a unique Al-Anon experience to enhance your personal growth.

Registration begins at 8:00 AM followed by the opening session at 9:00. The program will end at 5:00 PM. As the date approaches more will be revealed. Please email any questions to teamnh@nhal-anon.org or call Pat W. 603-772-2763.

Epsom and Londonderry Anniversaries

Epsom Public Library

"Practicing These Principals"

**It is our 4th Anniversary!
 Come celebrate with us!**

Epsom Public Library, 1606 Dover Road, Epsom, NH
 Speakers from Al-Anon and AA

Date: Friday, February 10, 2012 **Time:** 6:00 – 8:00 p.m.

Refreshments: 6:00 -7:00 p.m. **Speakers:** 7:00-8:00 p.m.

If possible, please bring a snack to share

Directions: From the Epsom Traffic Circle, head east on Dover Road(RT.4). Library approx. 2 miles on left. From the Dover area, RT. 16 to RT. 4 west through Northwood. Pass Steve's Jeep in Epsom ,the library is approx. 2.2 miles on right.

Drawings

**Any questions call: Peg 783-9890
 or Kathy 736-8386**



Saturday Londonderry Group

St. Mark's Church

Corner South & Mammoth Roads

Saturday, February 4

9:30 AM - 11 AM

**Come celebrate and enjoy
 the fellowship!**



What is an Anniversary in Al-Anon?

Many Al-Anon groups take a moment each year to pause and celebrate the anniversary month of the group's beginning.

This is a great time of fellowship which the group hopes to share with other Al-Anons. While each anniversary is different, food, speakers and drawings are many times a part of the festivities.

Primarily this a time for fellowship and celebration, but it is also an opportunity for groups to strengthen through service and cooperation.

Never attended one? Why not give it a try!

All are Welcome!



AREA 35 WORLD SERVICE COMMITTEE

PO Box 220
Concord, NH 03302

Al-Anon/ Alateen
Answering Service of NH:
603-645-9518



Convention 2012 at Attitash



Save the Date

2012 NH Al-Anon & Alateen Convention at

Attitash Convention Center in Bartlett, NH

Sept 21 – 23, 2012

**Interested in helping on a committee?
Call Beaddie @207-658-4687 or
e-mail convention2012@nhal-anon.org**

Deadline for newsletter submissions is always the 15th of the month.

Alanews is looking for group news and information, or individuals to share on hope and recovery.

Send submissions to alanews@nhal-anon.org, or by mail to:
NHWSA - Alanews, PO Box 220, Concord, NH 03302

North Hampton - Tuesday AM Group Anniversary



**PLEASE COME Celebrate!
Our 36th ANNIVERSARY**

February 14th, 2012

**TIME: 10:00 am - 11:30 am
(Beginners meeting 9 - 9:45)**

PLACE: United Church of Christ

**On the corner of Atlantic Ave & Post Road
North Hampton, NH**

**SPEAKERS!
POTLUCK!
DRAWING!**

Rx Service
(You'll get better!)

Upcoming Area 35 Meetings

AWSC meets Sunday, February 12, 10:15 AM - 4 PM

Area Assembly meets Saturday, March 17, 10:15 AM - 4 PM

Registration for both meetings begin at 10:00 AM.

Concord Hospital - Payson Center Conference rooms, 3rd floor.

All are invited, welcome and encouraged to attend!