

THE GROUP SCOOP



THE PORTLAND, OR AL-ANON INFORMATION SERVICES NEWSLETTER

Service Traditions

Tradition One

Our common welfare should come first; personal progress for the greatest number depends upon unity.

Tradition Two

For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.

Service Work

When we get involved in service work, we are not performing some good deed; we are taking a positive action that has an immediate effect upon us - our growth, our well-being, and our recovery.

•How has service enriched your recovery?

Share your story with the Group Scoop

Service Sponsorship

In addition to a regular most of us can benefit by working with a Service Sponsor. A Service Sponsor can help us study the Twelve Traditions and Twelve Concepts of Service and prepare, and guide us through, the expansion of our service. You can seek a Service Sponsor as an addition to your Al-Anon support, recovery, and serenity team.





WHAT'S GOING ON AT AIS

New AIS Website Update : Come check out the new AIS website. The site officially launched in September and we have been working through any quirks. The new site will give AIS flexibility and control of updates. A big Al-Anon thank you to Carla H (Overlook AFG) and Nicole C (Tower Group AFG) for teaming up with Deanna M (New Me AFG) to build the new site. You can be of service to the site by visiting and checking out your groups information, clicking links and emailing the AIS office if there are any changes needed. Please check out the AIS website at www.al-anonportlandoregon.org

AIS Office Position Open:

AIS currently has a paid job-share position open, which consists of 16 hours/week between the hours of 9am-5pm Monday and Tuesday. A requirement for the position is that the applicant must be an active member of Al-Anon for a minimum of one year. Per the AIS Bylaws, applicants cannot also be a member of AA and if the applicant accepts the position, they would no longer be able to hold any position beyond the group level. This position handles the majority of the financial tasks of Accounts Payable & Receivable for the 501(c)3. The position also includes standard administrative duties such as selling/invoicing literature, answering phones/emails, and assisting customers. Additional skills needed include data entry, composition of documents & business letters, knowledge of Al-Anon literature and ability to work well with the public and other members.

If you believe your skillset can satisfy the skills listed above, please consider applying for this position. Training will be made available for all elements of the job.

Please submit resumes and letters of interest via e-mail to ais@al-anonportlandoregon.org or mail to 1750 SW Skyline Blvd., Suite #133 Portland OR 97221 attention AIS Board Chairperson. The deadline for applications has been extended.

OFFICE VOLUNTEERS NEEDED:

AIS needs volunteers who'd be available to fill in for a few hours during times when our special workers need to be out of the office. Volunteers don't have to be able to answer every question, and they can always tell a caller they're a volunteer and will pass on a message to the office staff who will be back in the office on such and such a day.

Very little training is necessary but we ask that prospective volunteers spend a couple of hours with office staff for a short orientation which explains procedures and how to write up literature sales. Some volunteers bring an iPad to access our website for meeting information or do so on their phones, and those who work virtually and can spare a few hours to help occasionally can bring a laptop and work from the office where there is wi-fi.

Without volunteers to help, our office will be forced to close on days when the regular staff are not available. This doesn't happen often but until this situation is resolved we suggest that you call before coming to the office to be sure someone is there.

Its Wintertime again ! - AIS office hours may be affected.

Remember that the AIS office is on a hill and for the safety of our staff and membership the office hours will be adjusted on the fly during incremental weather. Please email the office prior to coming to ensure that we are there to greet you. Thank you for your understanding.

NEWCOMERS MEETING:

It's called Beginning Now AFG and is listed on AIS, Oregon Area, and WSO websites. The 45- minute meeting has a script for leaders to follow, emphasizing simple recovery tools each week, and includes time for newcomers to ask questions. Leaders arrive and set up at 5:15pm. The meeting starts at 5:30pm and closes at 6:15pm. It's a great, simple way to share our experience, strength, and hope for people often in the greatest need. If this sounds like a service opportunity that fits you we would love to have you join us in this rewarding work. Please reach out using our contact info below.

Ward M, coordinator ward.mann@gmail.com 503-347-5014

Meladee M, District 9 Representative meladee.m@comcast.net



AFTER ALATEEN: YOUNG PEOPLE RECOVERY RESOURCE

UPDATE: Thursday Night Young People Speaker Meeting has been closed as of Oct. 31st 2023. The Please check back for future updates and information.

"WE'RE BACK! WE'RE BACK! HILLSBORO FRIDAY NITE WILL BE COMING BACK TO IN PERSON MEETINGS ON FRIDAY , MARCH 1ST, 2024.

Location: UCC/CONGREGATIONAL CHURCH
7 - 8:00 p.m. 494 East Main St., Hillsboro, Oregon 97123.
Please enter on the Main Street side of the church.
Looking forward to hugs and hand holding during the closing prayer!
Hope to see you there every week starting March 1st!

Come and join us to support and enrich our nearly 40-year history of service to the Al-Anon community.

For information: Cheryl F., 503-648-0475.

ARE YOU LOOKING FOR A SUNDAY MTG? CHECK US OUT! EASTSIDE ELEVENTH STEP AL-ANON FAMILY GROUP

We meet in Sellwood neighborhood each Sunday at 8:30 am to 9:45 am
8051 SE 16th (corner of 16th & Spokane)/ Dance With Joy Studio
We begin the meeting with 20 minutes of silence, followed by topic/sharing.
Come experience our welcoming and comforting environment!
Everyone is WELCOME!!!

WISDOM SHARED... EXCERPTS FROM "ONE DAY AT A TIME IN AL-ANON"

January 1-

This year is a book of clean blank pages on which I will write a record of my experiences and my growth through the daily use of the Al-Anon idea. I turned to Al-Anon as a last resort because I was living with a problem that was too much for me. I know I can deal with this problem through applying Al-Anon to myself, to my thoughts and my actions, every day. If I allow myself to be influenced by what the alcoholic says and does, it will make blots and smears on the pages of my year. This I will try to avoid at all costs.

The days Reminder-

I can live my life only one day at a time. Perhaps my confusion and despair are so great that I will have to take it one hour at a time, or one minute at a time, reminding myself constantly that I have authority over no life but my own. "Realizing that nothing can hurt me while I lean upon my Higher Power, I ask to be guided through the hours and minutes of each day. Let me remind myself to bring every problem to Him for I know He will show me the way I must go."

Relationships in the Al-Anon program.

"I came to the Al-Anon program in 1985. A few years after coming in, I met another newcomer named Pat M. She and I just clicked! Within that year, I asked her to be my sponsor. We grew together in Al-Anon and shared in a relationship that was trustworthy, healing and growing every area of our beings. We had those four to six hour conversations for many years. We became, Spiritual sisters sharing our journeys.

In late 2019, due to serious health issues, I was appointed Pat's power of attorney and did all the things you do moving a brilliant and self-sufficient person into an assisted living facility in a very short period of time. I was terrified! I had never done any of the things that needed to be done, and I didn't want to do anything that would affect Pat negatively. I PRAYED AND SURRENDERED IT ALL TO MY HIGHER POWER, EVERYDAY!

Suddenly, the perfect people literally began to appear in my life to move me through this process. Thanks to Al-Anon, I was learning to seek the guidance of my Higher Powers' will through my fear and my grief.

On December 16th, 2022, Pat passed into her Spiritual reality. I took the entire year of 2023 to position myself consciously in gratitude and grieving. I was able to see the gifts that these past few years had given me to grow my connection with my Higher Power and to heal me in so many areas of my life.

The depths of trust and love in relationships that Al-Anon has taught me, every day, has given me a quality of life that I could never even have dreamed of before coming to this program.

I want to thank every Al-Anon member who took my calls, reached out to me, and kept reminding me that I was not alone. Together we can do what none of us could do alone.

Cheryl F.

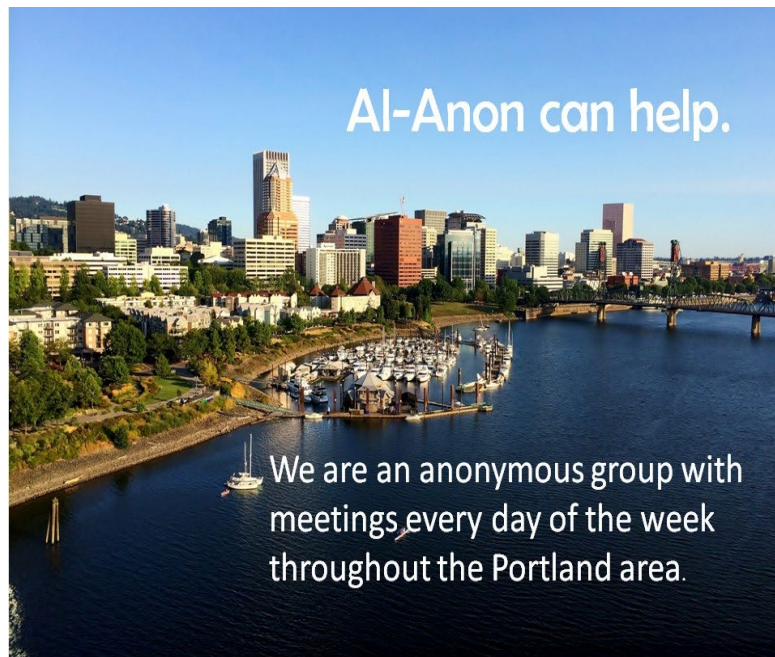
Al-Anon's Three Legacies encompass Recovery through the STEPS, Unity through the TRADITIONS, and Service through the CONCEPTS. Adopted almost word for word from Alcoholics Anonymous, the Twelve Steps of Al-Anon are the Steps followed by each of us along this very personal path to recovery.

<https://marinal-anon.org/new-to-al-anon/the-three-legacies>

AN AL-ANON INFORMATION SERVICE USUALLY PERFORMS THE FOLLOWING FUNCTIONS:

- MAINTAINS A LISTING IN THE LOCAL PHONE DIRECTORY SO THAT THOSE SEEKING INFORMATION ABOUT AL-ANON AND ALATEEN CAN EASILY FIND IT.
- MAINTAINS A POST OFFICE BOX OR AN OFFICE ADDRESS FOR LISTING WITH THE WORLD SERVICES OFFICE.
- RECEIVES POSTAL MAIL, E-MAIL AND PHONE INQUIRIES, AND FORWARDS THEM TO THE APPROPRIATE GROUP FOR RESPONSE OR FOLLOW-UP.
- IN COOPERATION WITH THE AREA GROUP RECORDS COORDINATOR, UPDATES, PUBLISHES AND DISTRIBUTES LISTS OF GROUP MEETINGS IN THEIR LOCAL AREA.
- PLANS AND CONDUCTS PROGRAM-EXCHANGE MEETINGS WHERE THE GROUPS' CHAIRPERSONS OR PROGRAM CHAIRPERSONS EXCHANGE TEAM OF SPEAKERS FOR A SCHEDULED PERIOD.
- SERVES AS AN AVENUE FOR LOCAL PUBLIC OUTREACH SERVICE, WHICH IS CHANNELLED THROUGH THE DISTRICTS WHENEVER POSSIBLE.
- MAY MAINTAIN A STOCK OF CONFERENCE APPROVED LITERATURE (CAL) AND MAY REGISTER WITH THE WSO AS A LITERATURE DISTRIBUTION CENTER (LDC) TO SELL CAL.
- MAY MAINTAIN A WEB SITE THAT IS LINKED TO THEIR AREA WEB SITE.
- HOLDS PERIODIC MEETINGS ATTENDED BY ALL THE INFORMATION SERVICE REPRESENTATIVES WHERE ACTIVITY REPORTS, INCLUDING A FINANCIAL UPDATE, ARE MADE AND MATTERS REGARDING GROUPS ARE DISCUSSED.
- PRINTS AND DISTRIBUTES ITS OWN NEWSLETTER OF LOCAL AL-ANON/ALATEEN ACTIVITIES FOR THE GROUPS THAT SUPPORT IT."

OFFICE INFORMATION



Open Tuesday-Thursday;

9:00AM - 5:00PM

Spanish Information:

(503) 916-9913

Monday - Friday: 9 am - 5 pm

Meetings are regularly posted on the AIS website and updates made as required. There are also links to the World service office and other state gatherings.

Visit us on the web at

www.al-anonportlandoregon.org

This newsletter is for you. Thank you for submitting sharing and other articles that help others. Wave M.

Share your Experience, Strength, and Hope-

Write about one of those topics or anything else related to your Al-Anon/Alateen journey and send it to thegroupscoopdx@gmail.com.