

THE GROUP SCOOP



THE AL-ANON INFORMATION SERVICES NEWSLETTER

Service Concepts ***Concept Seven***

The Trustees have legal rights while the rights of the Conference are traditional.

Concept Eight

The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.

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?

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 coming: Update A group of trusted servants are actively building pages that house current website content as well as adding new content. If you have some time and are willing to join the committee or have suggestions for content, please contact AIS at ais@al-anonportlandoregon.org and they will forward to the committee.

SPUD-tacular Fundraiser!!

AIS Annual FUNdraiser will be Saturday October 28th, 2023 from 5:30-8:30pm at the Rise Church in Tigard, 10445 SW Canterbury Lane, Tigard, OR 97224. There will be speakers, potluck food, oral and silent auctions, but most importantly there will be fellowship and fun.

ERIN P.(Al-Anon)

Love, Gifts and Gratitude Lake Oswego

BUD(AA)

New Beginnings, North Plains

ALATEEN

Speaker TBD

email the AIS office at ais@al-anonportlandoregon.org or call 503-297-3551.

Sponsored by the Portland Al-Anon Information Service Committee. All proceeds go to Portland AIS. For more details, email AIS Fundraiser Committee Chair Cheryl G. at



Harvesting the Bounty of
Recovery and Passing it On



CHECK OUT OUR FABULOUS AUCTION ITEMS!

- ✓ Dozens of amazing themed baskets packed with goodies of all shapes and sizes!
- ✓ Beautiful future-heirloom handmade quilts!
- ✓ Lunch for 6 at the Aurora Llama Farm (included: give a llama some love)!
- ✓ Kayaking adventure and lunch for 2 at the Ridgefield Wildlife Refuge!
- ✓ One-week stay in Seville, Spain, in a charming 2-BR Airbnb apartment! Some restrictions apply, so learn more at <https://abnb.me/STBSWLbIrAb>
- ✓ Gourmet dinner with all the trimmings for 10!
- ✓ Christmas Tea for 5, served up with plenty of cheer!
- ✓ Lots of other fun surprises!

AFTER ALATEEN: YOUNG PEOPLE RECOVERY RESOURCE

Thursday Night Young People Speaker Meeting is a monthly speaker meeting that takes place on the 4th Thursday every month including Holidays at 7:30pm PST on Zoom. We open the zoom room at 7:15pm PST with dance music. We also sponsor a Tradition 9 Young People Events Committee. We use Al-Anon/Alateen CAL to help structure our events. Being a young adult focus meeting creates the opportunity to use the Al-Anon legacies to give us permission to plan and execute Al-Anon programming content that speaks to our lived experience as young people.

Thursday Night Young People Speaker Meeting AFG Zoom Meeting ID
<https://us06web.zoom.us/j/87381155121?pwd=Snd6SzVnRIQ0RTBLbIZZU29RVIRQQT09>
Meeting ID: 873 8115 5121 Passcode: 950245 Closed Captioning Available

Save the Date! Upcoming Events Sponsored by Thursday Night Young People Speaker Meeting

Saturday October 21st, 2023 7-9pm PST

Welcome to Al-Anon with AA Participation

Celebrating Alateen Awareness Month - Alateens Transitioning to Al-Anon

Featuring Al-Anon and AA Speakers

Tradition 1 Unity Game to Follow: Guess the Share

We'll read one of the Daily Readers and Mix Teams of Al-Anon and Alateen members work together to guess if the share is an Al-Anon or Alateen!

Meeting ID: 873 8115 5121

Passcode: 950245

Closed Captioning Available

Email: pdx.Thursdaynightyp@gmail.com

Saturday December 16th, 2023 7 -9pm PST

Holiday Serenity Bliss with YPAA (Young People in AA) Participation

Topic: Healing Parent and Adult Child Relationships using Al-Anon's new daily reader A Little Time For Myself

Featuring Al-Anon and YPAA Speakers

Meeting ID: 873 8115 5121

Passcode: 950245

Closed Captioning Available

Email: pdx.Thursdaynightyp@gmail.com

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>

WISDOM SHARED...

A SUGGESTION FOR YOUR MEETING

The Thursday, 10 am meeting in Clackamas County, Mt. Pleasant AFG, just held a fantastic meeting on Sponsorship. We voted long ago to chair a meeting on Sponsorship or Service on the 5th Thursday of the month (when there is one). August had 5 Thursdays; and MT Pleasant had an awesome meeting on Sponsorship. We also extend our meeting an extra half hour on the 5th Thursday and bring treats; to share after the meeting. The treats and visiting were wonderful and so is our literature; but the speakers were the BEST. We invited 2 members (Sue and Rita) to come share for 15 minutes on Sponsorship. We also passed paper to write any question you have and those were answered by the speakers or anyone in the group. Their stories and sharing renewed my program. Of course SPONSORSHIP is an important tool, one of so many; but do we talk about it enough? I wished we taped the meeting, their stories were so inspiring. I wish our newcomers were offered all the wisdom I heard at that meeting. Has your group had a meeting on Sponsorship for our newcomers? November will have 5 Thursdays, so mark your calendars to come to the Mt. Pleasant meeting and hear more about Sponsorship.

LIS, Judy J. GR

After many years in Al-Anon and weathering the ups and downs of my limited growth working the Twelve Steps, I had an ah-ha moment: Distorted thinking had kept me bound to old ways, attitudes, thinking and behaving in my daily life. The issue of "distorted thinking" has tainted every corner of my life since childhood—family, marriage, work, friendships. I'd learned to personalize every criticism, disappointment, loss in my life to the point I never believed any relationship could ever be healthy and loving because no one is ever trustworthy or authentically good natured. How did this change for me? Recently, I realized I'm not the only one who suffers from distorted thinking!

Everyone I'm in contact with utilizes some form of "distorted thinking" in their past and present life that they believe protects them and their way of thinking in order to get their wants and needs met, and like me, "distorted thinking" is the damaging outcome to coping with and surviving another's cunning, baffling and powerful disease of alcoholism. Having this new understanding has freed me from lingering resentments, suspicions and personalizing intended and unintended insults from others. Today, I'm capable of having compassion, tolerance, empathy for everyone if I can just keep in mind that they too suffer from the effects of someone else's drinking and the inevitable distorted thinking that follows! For me, this is one of the miracles of Al-Anon.

By Kevin B.

"In December of 2022, my best friend and longtime sponsor, Pat M., passed away. We learned and grew together in the Al-Anon program into people who are fully actualized and full of gratitude, curiosity and joy. Through challenges and tears, new experiences and healing old wounds, we learned how to center ourselves in the Al-Anon program and live lives that are full and rich.

In the last three years of Pat's life, I had the privilege and the responsibility to help her establish a new life in a wonderful facility. I didn't know how to do it! Many times I felt I was in my first day of Al-anon, floundering around with no idea of what to do!

I talked to my friends in Al-Anon and my Higher Power everyday. I begged HP to help Pat and me. People just began to show up. While there are many pieces to deal with in this situation, everything was guided to a perfect resolution.

I thank the Al-Anon program and every loving, supportive and patient person who took my calls and supported Pat and me during this most intimate and challenging time.

Now, my gratitude overflows daily, and my faith is at a level I never knew existed. OUR love to all of you.

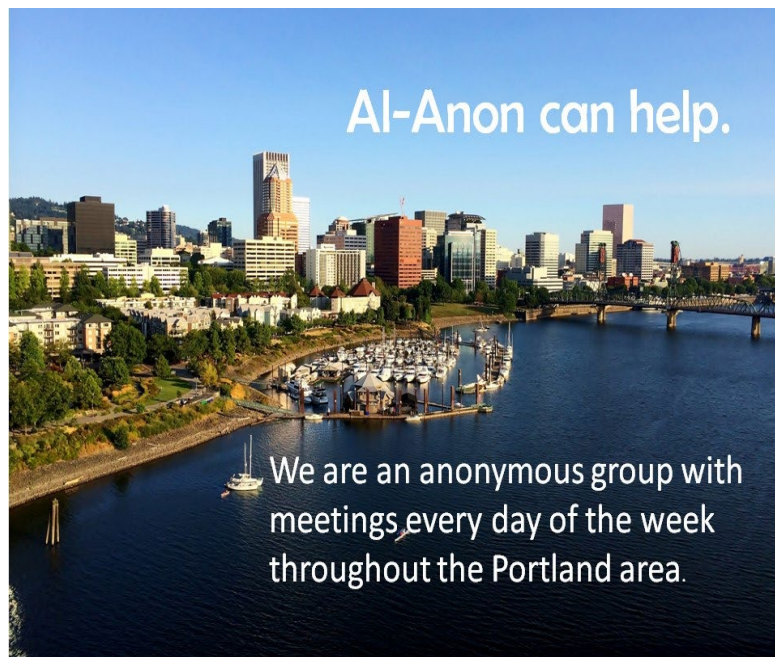
Cheryl F."

Thank you!

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

Saturday & Sunday: 10am - 5pm

Visit us on the web at

www.al-anonportlandoregon.org

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.

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

Share your Experience, Strength, and Hope-

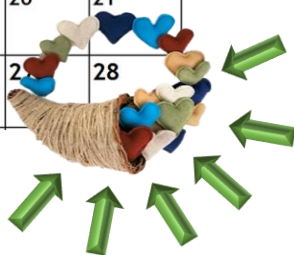
Write about one of those topics or anything else related to your Al-Anon/Alateen journey and send it tothegroupscooppdx@gmail.com.

Mark your calendar for...

The Annual AIS Fundraiser!

- 😊 POTLUCK!
- 😊 SPEAKERS!
- 😊 50/50 RAFFLE!
- 😊 AUCTION!

2023 OCTOBER						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



5:30 pm. – 8:30 pm
Rise Church
10445 SW Canterbury Lane,
Tigard 97224

SUGGESTED DONATION:
\$10/individuals, \$15/families

Check out our fabulous auction items!

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Learn more at: <https://bit.ly/AISflyer>

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For more details, email AIS Fundraiser Committee Chair Cheryl G. at cquilts@icloud.com,
or contact the AIS office at 503-297-1333 or ais@al-anonportlandoregon.org.