

THE GROUP SCOOP



THE PORTLAND, OR. AL-ANON INFORMATION SERVICES NEWSLETTER

Service Traditions

Tradition Three

The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.

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: UPDATE

AIS currently has a paid job-share position open, which consists of 16 hours/week between the hours of 9am-5pm Monday and Tuesday at the AIS office. 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 include multitasking, data entry, composition of documents & business letters, knowledge of Al-Anon literature and ability to work well with the public and other members. Starting wage \$18 DOE with review after 6 months.

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.

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

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



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"

March 1-

We are told in Al-Anon that there can be no progress without humility. This idea is confusing to many at first, and it almost always encounters a stubborn resistance in us. "what!" we say, "am I supposed to be a submissive slave to my situation, and accept everything that comes, however humiliating?" No. True humility does not mean meek surrender to an ugly, destructive way of life. It means surrender to God's will which is quite a different thing.

The days Reminder-

The attitude of true humility confers dignity and grace: on us,. And strrengthens us to take intellig,ent spiritual action in solving our problems ..

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 Mohr. 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.

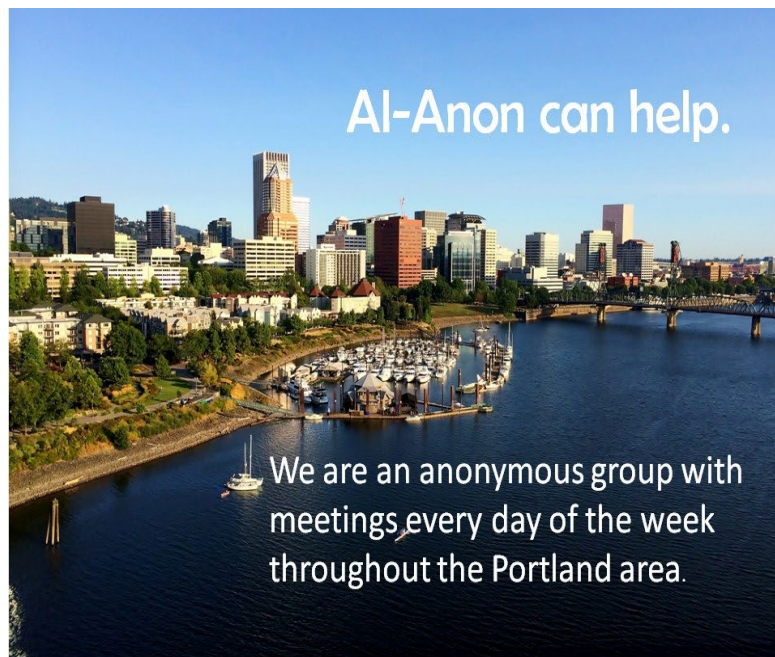
Al-Anon's Three Legacies encompass Recovery through the STEPS, Unity through the TRADITIONS, and Service through the CONCEPTS. Adopted almost word for word from Alcoholics Anonymous, the Twelve Steps of Al-Anon are the Steps followed by each of us along this very personal path to recovery.

<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;

(depending on staffing)

9:00AM - 5:00PM

Spanish Information:

(503) 916-9913

Monday - Friday: 9 am - 5 pm
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 to thegroupscoopdx@gmail.com.

**** SUPPORT OUR AIS OFFICE ****

Are you're a party planner?

Do you plan your family's reunions or the block party in your neighborhood? Even if you're not the planner, maybe you like to attend these events? Regardless, the fundraiser committee is a perfectly FUN way for you to be of service!!

This service position requires only a few months commitment: a couple of zoom meetings a month with new Al-Anon friends, a few emails and phone calls and presto, the committee is hosting a fundraiser event to support the AIS office.

The committee doesn't need to start from scratch, an organizational binder with notes from the last 10 years of fundraisers is available, there is a known venue & format to the event, including a Monthly Accomplishment Calendar, choose a theme & speakers and the committee is ½ finished. The committee organizes the event & delegates tasks, Al-Anon is full of volunteers who want to step forward to help!

The committee can create an event based on former AIS fundraisers, or create something new, it's all up to you.

Please, YOU are invited to use your skill set to organize the next AIS fundraiser!! You don't do it alone. Thank you for considering this service opportunity!!

To volunteer or inquire, contact Deanna or Cheryl G through the AIS office, ais@al-anonportlandoregon.org



Six-Course Gourmet Italian Feast for 10

Any of you that attended the 2023 AIS Fundraiser might remember the Six-Course Gourmet Italian Feast for 10 that was being offered by a few of our members as a fundraiser item. I was fortunate enough to be able to take part in this feast and want to share how creative and tasty this Silent Sign-Up was. At the Fundraiser there was a sheet with the date of the feast, and you paid a flat rate per person on a first come, first served basis.

The 10 spots were full before our first speaker began. Next came the meal! The presentation was delightful and welcoming, there was a mix of members from meetings across the metro area. We were offered an assortment of appetizers during the social gathering, followed by course after lovely course at the sit-down portion of the meal.

The food was amazing and many of us requested recipes afterwards. Not only was this a fantastic evening, fabulous food, new friends, but this feast idea brought in a whopping \$825 donation to the AIS via the fundraiser. Thank you to Beth, Maria, Betsy and, Denise for this outside the box donation idea and implementation. I hope this idea spreads because it seemed like the chefs all enjoyed themselves and I know the guests were all full and pleased with the entire evening.

Submitted by a previous attendee

