

THE GROUP SCOOP

The AI-Anon Information Services Newsletter

March/April 2023

POSSIBILITY FOR GROWTH AND CHANGE

Hello, and welcome the change in the weather as we move through the year. Please let me know what your groups are up to and what things you want to see in coming editions. Thanks for your support.

Wave M

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

What's going On at AIS

The latest from the March service committee meeting; OFFICE VOLUNTEERS NEEDED: Deanna went through the training recently and shared that it was very simple but does require spending some time with one of the staff to learn where things are. She asked that if anyone is able to volunteer that they take an hour or two and participate in the training. This can be set-up with the staff to set up a time. Currently the pool of available volunteers is two or three people.

THURSDAY, 10 AM IN OAK GROVE; MT.PLEASANT..... just celebrated 40 years. This is a very healthy group that meets in person. We had 2 speakers and lots of food and fun and fellowship. We study the step, tradition and concept of the month, every month. We also have a Sponsorship/Service meeting when we have a 5th Thursday in the month. So mark your calendar on the months with 5 Thursdays. You will want to attend the MT PLEASANT meeting to hear sharing on Sponsorship AND we are extending our meeting till noon so we can have a treat, visit and ask questions about Sponsorship. Hope you come to visit and share.

Service Concepts March/April

Concept Three

The right of decision makes effective leadership possible.

Concept Four

Participation is the key to harmony.

- Where are you in your AI-Anon/Alateen journey?
- Do you have a personal sharing on how you are applying the Steps, Traditions or Concepts in your life?
- How has service enriched your recovery?
- Share your Experience, Strength and Hope (ESH)!

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

The deadline for the March/April 2023 Group Scoop will be Friday, Jul 7, 2023.

Some guidelines for submitting articles to The Group Scoop:

- Keep the focus on your AI-Anon/Alateen recovery.
- If you include quotes from AI-Anon/Alateen Conference Approved Literature be aware there are restrictions on what can be quoted without first receiving permission from the WSO. Please see the AI-Anon/Alateen Service Manual 2014-2017 pages 102-103 or contact the WSO directly with questions at wso@al-anon.org.
- Let us know if you would like your article published with your first name and last initial or as anonymous.

AI-Anon Information Services Office, serving the Greater Portland Area

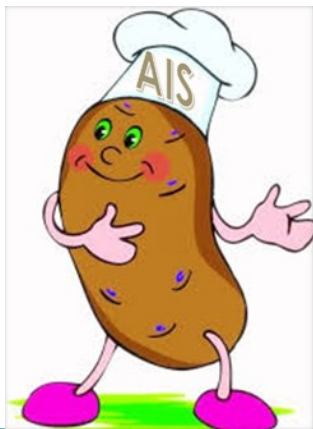
SPUD-tacular Fundraiser!!

Wow, wow, wow! Its almost that time again!

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 Al-Anon, Alateen, and AA speakers, potluck food, oral and silent auctions, but most importantly there will be fellowship and fun. Mark your calendar, tell a friend, plan to join in a fun evening to support your local Al-Anon Information Service Center. If you would like to participate in planning or have an Oral auction item you would be willing to donate please email the AIS office at ais@al-anonportlandoregon.org or call 503-297-3551.

In the coming months look for service and donation opportunities on the AIS Fundraiser Committee!

Mark your calendars!! The date is October 28, 2023. You won't want to miss it!



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>

Spring is on the doorstep

Its beginning to look a lot more like Spring. Even as the rain and snows are loved we can feel the warming of the sun more each day. As the changes happen we too can look at this time as a time to change our hopes and as we share the gifts we receive from the program we share.

Memorial Contributions

Any Al-Anon or Alateen member may make contributions to the Portland Al-Anon Information Service in memory of anyone who is deceased. (Contact the AIS for details at ais@al-anonportlandoregon.org). The Portland Al-Anon Information Service accepts contributions in memory of deceased Al-Anon/Alateen members from "family" who are not Al-Anon/Alateen members. The fellowship recognizes that accepting such contributions can give comfort to families as described in Tradition Five. The World Service Conference and Al-Anon Information Service define "family" as anyone who has a close relationship of loving care and concern for another. The individual donor defines their relationship to the deceased Al-Anon member. This onetime gift of gratitude is limited to an amount no greater than \$1000. Memorial contributions by nonmembers are not solicited.

OPPORTUNITIES

Watch this space for chances to help and serve

Several years ago a generous, committed Al-anon member started the successful Tuesday evening newcomers meeting at Trinity Episcopal Cathedral on NW 19th Ave. in Portland. Over the years newcomers have found the help they needed to start their recovery thanks to the efforts of Bill W. and a few others who kept the in-person meetings going even through the pandemic.

In late 2022 - District 9 took on sponsorship of this meeting. We're building a small core group of volunteers who lead in pairs on a monthly rotating schedule. 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

ON THE HORIZON



The 2023 International Convention will be held on June 29 – July 2, 2023-at the Albuquerque Convention Center in Albuquerque, NM. Registration for the 2023 Al-Anon International Convention is open! While it is possible to register safely and securely using a smart device (smartphone or tablet), the user experience is not optimal. So, for best results, we recommend using a laptop/desktop computer. The registration fees are as follows: In-Person attendees: \$200 US prior to May 10, 2023/\$250 US after May 10, 2023 Virtual attendees: \$145 US **(NEW DAILY READER WILL BE INTRODUCED!!)**

After Alateen: Young People Recovery Resources

Is Young People the same as Alateen? Is a question that is asked most often when I'm doing a Q&A outreach panel on young people in Al-Anon. It's important to note that Young People is not the same as Alateen. Young People is after Alateen and our meeting format is specifically structured to speak to a young adult perspective of recovery. Young Adult is a meeting focus offered for groups when they register with the WSO.

When Thursday Night Young People Speaker Meeting registered with the WSO, we recognized that the young adult years is an ever changing time. Young people are geographically moving around a lot more, we are beginning our careers, some are in college or going to grad school and some are maybe becoming parents for the first time. We found that some young people are homebound, disabled, maybe they don't have a car. This creates barriers to access Al-Anon recovery. Digital access to recovery is essential and with the WSC confirmed group conscious that digital meetings are equal to in person meetings with voice and vote, it makes access to recovery possible.

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. One of our past events was the Comedy Roast of the Family Disease of Alcoholism. Another event for our 1yr Anniversary we hosted The "g" Thing: Spiritual Abuse/Spiritual Growth and the Alcoholic Home. 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.

Everyone is welcome to attend our meeting and events. You can reach us at PDX.ThursdayNightYP@gmail.com. We have a meeting announcements ask questions only Chat Group that you are welcome to join. Our meeting fliers are posted on the Portland AIS website and Oregon Area Website. Our next Speaker Meeting is Thursday May 25th, 2023 and our next event is on Saturday May 20th, 2023. We will be hosting Many Faces Of Al-Anon: A Young People Newcomer Marathon Meeting to celebrate Al-Anon's 72nd Anniversary 1951 - 2023. The event will be from 6:00pm PST - midnight. Hope to see you there!

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

What is an AIS?

We are lucky to have an AIS office in our area. Hopefully this will help you understand what AIS does and how important it is to support both financially and as a volunteer!

“An Al-Anon Information Service...is a local service established and maintained by one or more districts or by groups located close enough to one another for easy access and communication”...

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 channeled 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.” *

This newsletter is for you. Thank you for submitting sharings and other articles that help others.

Wave M.

Contact Us

Al-Anon Information Services

1750 SW Skyline Blvd., #133
Portland, OR 97221

(503) 292-1333

www.al-anonportlandoregon.org

ais@al-anonportlandoregon.org

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

www.oregonal-anon.org

DISTRICT MEETING NEWS



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.