

THE GROUP SCOOP

The Al-Anon Information Services Newsletter

May/June 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 help with keeping our community in touch and connected. Wave M

What's going On at AIS

The latest from the 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.

New AIS Website coming:

At the May Service Committee meeting, our ISR's approved the building of a new website that will move away from a customized blog style. This transition will allow for easier customization by both staff and future Website Coordinators. It will allow website visitors to quickly find what they are looking for and allow a larger pool of people to add content and manage in the future. 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.

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

Service Concepts May/June

Concept Five

The right of appeal and petition protect minorities and insure that they be heard.

Concept Six

The conference acknowledges the primary administrative responsibility of the trustees.



- **Where are you in your Al-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 Al-Anon/Alateen journey and send it to thegroupscoopdx@gmail.com.

The deadline for the July/Aug 2023 Group Scoop will be Friday, Sept 1, 2023.

Some guidelines for submitting articles to The Group Scoop:

- Keep the focus on your Al-Anon/Alateen recovery.
- If you include quotes from Al-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 **Al-Anon/Alateen Service Manual 2022-2025 pages 101-102** 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.

Al-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 Ser-vice 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!



Summer is Here!

It's HOT! I'm sure many of us wouldn't mind a rain shower or two... Hold on, there will be cooler days coming before we know it. For now keep cool and enjoy the vacations and fun, but be careful to keep an eye out for fire risks.



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.

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>

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

Bits of Wisdom...

Paying My Dues

During Covid-19, after I was set up on Zoom and began attending meetings regularly, I realized I wasn't participating in my Tradition 7 obligations. At first I thought that the group had no expenses other than the hosting of the Zoom space. But I began to think about the AIS office and the monthly rent coming due, and then what about WSO?

While I was checking my bank account, I noticed two accounts where I donated money monthly, PBS, and the Classical Music station. My rent goes out that way, too. A lightbulb went on above my head. I set up a monthly payment on my Bill Pay account through my bank. I added up what I would be donating in a five week month and put that amount down. It goes out monthly and I don't even notice. I called AIS to let them know it was coming. They will let me know at the end of the year my donation totals for my taxes. And I can go about my day knowing I am doing my share to keep the lights on at AIS and WSO. That's such a great feeling. It's easy to set up. Ask your grandchildren to help you set it up. They love helping Grandma. They only cost a smile or a hug, or perhaps some homemade cookies.

Val V.

June 15, 2023

Service Sponsorship

In addition to a regular Sponsor who knows our whole story and guides us through the Twelve Steps, most of us can benefit tremendously by working with a Service Sponsor. When we accept a new service position, we can usually rely on the person who is leaving that position to help us through the transition, to train us in how to handle the details, and to serve as a source of information and experience. This is a temporary Service Sponsor.

A more permanent Service Sponsor can help us study the Twelve Traditions and Twelve Concepts of Service and prepare us for, and guide us through, the expansion of our service at the Group level to the District and/or Area levels. This expansion of service can deepen our programs and can aid us in applying the Al-Anon principles in all our affairs. Some of us ask our regular Sponsors to perform double-duty as Service Sponsors, particularly when these "regular" Sponsors have studied the Traditions and Concepts with their own Sponsors and hold, or have held, District and/or Area service positions. Others seek a separate Service Sponsor as an addition to their Al-Anon support, recovery, and serenity team.

After Alateen: Young People Recovery Resource

Is Young People the same as Alateen? It's important to note that Young People is not the same as Alateen. Young People is a place 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.

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.

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. Hope to see you there!

Thursday Night Young People Speaker Meeting AFG

Zoom Meeting ID

<https://us06web.zoom.us/j/87381155121?pwd=Snd6SzVnRIQ0RTBLbZZU29RVIRQQT09>

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, sharing of yourself, and other articles that help others.

Wave M.

The Group Scoop

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.

Portland AIS Meetings

All Al-Anon Members are Welcome to join!

Al-Anon Service Committee Meeting (odd months)

held 3rd Thursday night at 7pm - 8:30pm

AIS Board meeting (even months)

held 3rd Thursday night at 7pm - 8:30pm