



# *THE GROUP SCOOP*

January/February 2019

Welcome to a brand new year! It's time to renew our dedication to the 12-step program of Al-Anon.

The first two steps are: "We admitted we were powerless over alcohol — that our lives had become unmanageable." and "Came to believe that a Power greater than ourselves could restore us to sanity."

These two powerful steps are the first introduction that many of us had to the program of Al-Anon. Little did we know how they would effect our lives. Admitting our powerlessness was a difficult task for many of us. We felt we had to control the alcoholic in order to restore our lives. And what is this "power greater than ourselves" that we needed to believe would fix everything.

We kept coming back and listening to others share their experience, strength and hope. Slowly, the program started to enter our lives and grow to guide our paths out of darkness. It wasn't easy. Even after years in program, we often had to return to these first two steps to refresh ourselves. But, refresh ourselves we did. Working together, Al-Anon continues to improve our lives on a daily basis.

-Judi W

## KEEP IT SIMPLE

## AL-ANON INFORMATION SERVICE OFFICE INFORMATION

### Volunteers—Nov 2018

Diana D  
Caralynn  
Joan B  
Fran

### Volunteers—Dec 2018

Diana D  
Clara  
Joan B  
Fran  
Judi

### Calls—Nov 2018

Al-Anon 67  
Alateen 6  
Business 32  
Other 3  
AA 2

Total 110

### Calls—Dec 2018

Al-Anon 67  
Alateen 6  
Business 32  
Other 3  
AA 2

Total 110

### DISTRICT MEETINGS

District 9 2nd Thursday of the month from 7 to 8 pm at the Alano Club, 909 NW 24th Avenue, Portland

District 10 3rd Tuesday of the month, 7:00 - 8:30 pm, Calvin Presbyterian Church, 10445 SW Canterbury Lane, Tigard

District 11 **CHANGE** 2nd Thursday of the month, 6:30-7:30 pm, St Paul Lutheran Church, 3880 SE Brooklyn St. Portland. Enter door on SE Tibbetts Street, wheelchair accessible.

District 12 2nd Wednesday (except March and December which are 3rd Wednesdays), 6:30 - 8:00 pm, Providence Hospital, 4805 NE Glisan St, Portland, See AIS website for room location which varies.

District 17 1st Thursday of the month; 7:00 pm - 8:30pm; Faith on Hill Church, 3615 SE Hill Rd, Milwaukie  
AIS Meetings 3rd Thursday of the month; 7:00 pm - 8:30pm, 1750 SW Skyline Boulevard, Portland Conference Room Service Committee (ISR) (odd months)

## The Tuesday Recovery Meeting

**NEEDS SUPPORT!!!**

The meeting is at 10 a.m. to 11 a.m.  
Tuesday

at the

12 x 12 Club

7035 NE Glison

NE Portland, Oregon 97213

*Please pass this message  
to all meetings that you attend.  
It would be very much appreciated!*

## HILLSBORO FRIDAY NITE QUARTERLY SPEAKERS MEETING

UCC Congregational Church  
494 E Main St, Hillsboro, OR  
97123 Enter on Main St.  
(Corner of 5<sup>th</sup> and Main)

🎊 Raffle- Prizes- Fellowship- Fun- 2019! 🎊

Doors open at 6:30PM—Meeting begins at  
7:00PM



*March 29<sup>th</sup> AA Speaker*

*Lisa G. – Hawthorne Group -Hillsboro*

*June 28<sup>th</sup> Al-anon Speaker*

*Keith G. – Growing to Wisdom -Portland  
Men's Group*

*September 27<sup>th</sup> Al-anon Speaker*

*Kroger R. – Love, Gifts & Gratitude –Lake Oswego*

*December 27<sup>th</sup> Al-anon Speaker*

*Valeria V. – Let Go Too –Forest Grove*

5:00PM Join us for a no host dinner! We'll meet in front of the church  
at 5pm and walk to a local restaurant. (Speaker's choice)

Contact: Cheryl F. 503.648.0475  
Lisa G. 503.473.5550



District 10 AFG Fundraiser



Al-Anon Speaker, Deanna M, New Me  
Alateen Speaker, Kennadee, Together We Can Make It  
AA Speaker, Jay T, Hubbard Nomad Group

Potluck, Bingo, Prizes & Fun

Who: All Al-Anon Members & Their Families

When: Saturday, March 2, 2019  
5:00 PM – 8 PM

Where: St. Cecilia Catholic Church  
Fellowship Hall  
5120 SW Franklin Ave  
Beaverton, OR 97005

A donation of \$5 (Individuals) or \$10 (families)  
is suggested  
Funds will be used to support District 10 and other  
Al-Anon Service Arms  
Cash or checks, no credit cards

Contact: Stephen at 503-407-8849  
District-10@oregonal-anon.org

## Journey to Serenity

Oregon Area Al-Anon  
2019 State Speakers Meeting

*Save the Date*

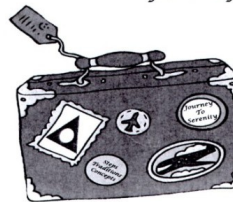
**May 17 - 19, 2019**

*A weekend of great speakers,  
fun and fellowship*

*Hosted by  
District 6*

*Sponsored by  
Oregon Area Al-Anon*

*All proceeds go to Oregon Area*



*All Al-Anon, Alateen, AA and their families are  
invited.*

*Stay tuned for more information*

Contact: Donelda H. at [Doneldagh@gmail.com](mailto:Doneldagh@gmail.com)

CONTRIBUTIONS - 2018	TOTAL	CONTRIBUTIONS - 2018	TOTAL
GROUP NAME	YTD	GROUP NAME	YTD
5 Plus	128	North Plains	253.2
Adult Sons & Daughters	179.34	Overlook	320
Aloha Mon.Night	119.24	Parents Aren't Perfect	1038.91
Bvtn. Hearts	567	Paths to Recovery	98
Bent but not Broken	476	Primarily Parents Too	978
Discovering Choices	135.45	Progress	165.08
Early Morning Meditation	140	Progress	25
Eastside 11th Step	96.29	Riverview AFG	50
El Mejor Regalo	10	Safe Haven	459.7
Faith & Freedom	2554.95	Serenidad en Accion	75
Families in Serenity	100.2	Serenity Seekers	107
Family Lake Oswego	381.23	Set Free	1103.22
Friday 12X12 AFG	120	Stepping Up	251.61
Grshn Daytimers	588.43	Steps to Serenity	1204
Grshn New Hearts	257.58	Sun. Night Winners	30
Growing Toward Wisdom	660	SundaySerenity	280
Grupo Nueve Vida	60	Thursday @1	221.19
H.U.G.S.	345.99	Thurs. Night Lit. Study	465.81
Hillsboro Fri.Night	144	Tigard Mon Night	1610.49
Hood River	90	Tower AFG.	150.84
Hope for Today	46.57	Tuesday Recovery AFG	134.62
How it Works	220	Wednesday Nite Hope	260
Just For Me	493.5	Weekend Survivors	95
Keep It Simple	334.48	West Linn	195.48
Laurelhurst Family	200	Westside Manual study	10
Let Go Too	45	Westside Newcomers	1000
Love & Service	1283.69	Young People	226.83
Love, Gift, & Gratitude	510.99	BIRTHDAY	1494
Mantenlo Simple	100	Chapter 9 - Milwaukie	542.3
Men Recovering	75	Fundraisers - Other	4868.2
Monday Night Miracles	115	Misc (Rnd-ups, Asmblies)	75
Mon.Night Live	235	Bus Outreach Campaign	75
Morning Glory	211	INDIVIDUAL	4777.56
Mt.Pleasant	599.76	The Manual Study Eastside	40
Mt.Tabor	160	DISTRICT 10	300
New Beginnings	741.86	DISTRICT 17	472.95
New Me	601	<b>Total</b>	<b>36580.54</b>



## Contact Us:

Al-Anon Information Services  
1750 SW Skyline Blvd., #133  
Portland, OR 97221 (503) 292-1333

Visit us on the web at  
[www.alanonportlandoregon.org](http://www.alanonportlandoregon.org)  
[ais@alanonportlandoregon.org](mailto:ais@alanonportlandoregon.org)

Open Monday - Friday;  
9:00AM - 5:00PM

Spanish Information: (503) 916-9913  
Monday - Friday; 9:00am - 5:00pm  
Saturday - Sunday;  
10:00 am - 5:00PM



- 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 [thegroup-scooppdx@gmail.com](mailto:thegroup-scooppdx@gmail.com). The tentative deadline for the March/April 2019 Group Scoop will be Friday, March 15, 2019. 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 some restrictions on what can be quoted without first receiving permission from the WSO. Please see the Al-Anon/Alateen Service Manual 2018-2021 pages 114-116 or contact the WSO directly with questions at [wso@al-anon.org](mailto:wso@al-anon.org).
- • Let us know if you would like your article published with your first name and last initial, or as anonymous.

The 2019 Panel of the Al-Anon Information Service Committee began their service in January. We have an almost full committee, but there are still a few positions available. If you would like to expand your Al-Anon service beyond the group level, please contact the AIS office at 503-292-1333 or e-mail at [ais@al-anonportlandoregon.org](mailto:ais@al-anonportlandoregon.org)

Come and join us!

