

# THE GROUP SCOOP

The Al-Anon Information Services Newsletter

JANUARY/FEBRUARY 2020

## IN DEFENSE OF LUCIFER

Three separate people complained to me about someone being a bully. A year or so previously I'd interacted with that person, so I told each of them that I would contact the bully and try to help them see the error of their ways. (Are you laughing yet?). Then a tiny slice of recovery filtered through my brain and told me to call my sponsor. Amazingly, I listened and called her. She said "triangulation" and "it's not your business". I felt momentary relief after I hung up – 'cause who in their right mind wants to confront a bully? But then a kind of compulsion overtook me and I felt obligated.

"I told each of them I would help." So...instead of a phone call, I decided I'd send a text. It didn't occur to me to call my sponsor back – the force of feeling obligated to "keep my word" won out. I sent a text to the bully telling them what I thought they should do and to please stop being a bully. Well, if you've ever known a bully, you know how well that turned out.

What had gotten ahold of me? Oh yeah. The illusion that I had control over another. Then I thought of Lucifer, 'cause some might think I was possessed by the devil to go against my recovery and common sense AND my sponsor's suggestions. But wait! Lucifer was an archangel who was kicked out of heaven because he didn't think it was a good idea to give humans free will. That day I was sorry I had free will. It made me wish Lucifer had won for that brief moment, so I wouldn't have let my self-will run the show. Lucifer knew a thing or two about humans.

Of course, the benefit of my blunder is a painful memory that serves as a stark reminder that it's never my job to tell someone else how to be or what to do. get to keep the focus on me. It's so simple, though not always easy. I'd love to think this memory will keep me from trying to run the show again, but that's wishful thinking. Thank goodness I have Al-Anon, the people and the literature, to help bring me back to reality.

My compulsion is a lifelong habit of feeling responsible for saving others, including the whole world. My sponsor has been helping me look at this for years now, until finally I realized that it was born from being the oldest in an alcoholic family, growing up feeling I needed to save my mom from my raging, alcoholic dad. I still try to save her now that he's a dry drunk, and his denial of his dementia causes him to blame her for his memory losses. But I can't save her. For one, she won't let me. For two, it's never been my job, and as I free myself from feeling responsible, I'm finding a freedom in my own life I've never experienced before. I GET to focus on me?! Wow.

Susan C.

### *Service Concepts of the Month*

#### *Concept One*

The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.

#### *Concept Two*

The Al-Anon Family Groups have delegated complete administrative & operational authority to their Conference and its service arms.

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

# CHILI COOK-OFF IS COMING—SAVE THE DATE!!

Were you sad you didn't get enough chili and potatoes at the October fundraiser?

Needing a new pair of earrings to go with your New Year's resolutions? (Mine is not to make New Year's resolutions.)

Looking for inspiration? Fellowship? Fun?

The Chili Cook-Off is coming in March. The competition is fierce. The jewelry sale is full of great finds, and the speakers are always on point. Mark your calendar and join us for this annual event.

## Another One For Gratitude's List

I am grateful for last night's meeting, just me and a two-month old newcomer. She's needed few lessons to catch onto the 12-Step beat, dancing these days as if she were many years wiser than her 30 years. So satisfying to see the stumbling rise up and swing differently once they settle into Al-Anon's arms.

Sharon W.W.

"Taking the First Step allows a great weight to fall from our shoulders. We let go of the losing battle we have been waging. We recognize that there is no point in continuing the fight. We surrender completely."

*How Al-Anon Works for Friends and Families of Alcoholics (B-22), page 46*

"In Step One we learned that we didn't cause the disease of alcoholism, we couldn't control it or cure it. Step Two offers us an option: sanity. With this new perspective in mind, we truly begin to experience the hope that so many speak of."

*Paths to Recovery—Al-Anon's Steps, Traditions, and Concepts (B-24), page 20*

**Save The Date**  
Saturday March 7<sup>th</sup>, 2020  
5-7 PM

Taborspace 5441 SE Belmont St  
Portland, OR 97215  
See map on reverse

# CHILI

## Cook Off

District 11  
Al-Anon with AA and Alateen participation

**Speakers**

**Fellowship**

**Jewelry Sale and 50/50 Raffle**

**Prizes for Best Chili**

**\$5 Suggested donation goes to support District 11  
Or, volunteer to help out!**

This is a potluck, and you or your group can bring chili, dessert, side dish, a salad, or of course, cornbread.

For more information contact: District-11@OregonAl-Anon.org

## AIS OFFICE INFORMATION

Visit the Al-Anon Information Services office, conveniently located in Portland at the intersection of SW Skyline Boulevard and Sunset Highway (Hwy. 26). In addition to the outstanding staff and volunteers, you will find a large selection of Al-Anon (CAL) literature to consider.

The AIS office offers an excellent selection of Alateen, large print and Spanish language publications and is open Monday through Friday, 9 a.m. to 5 p.m. For more information visit the website: <http://www.al-anonportlandoregon.org/>

# ADULT CHILDREN CONVENTION

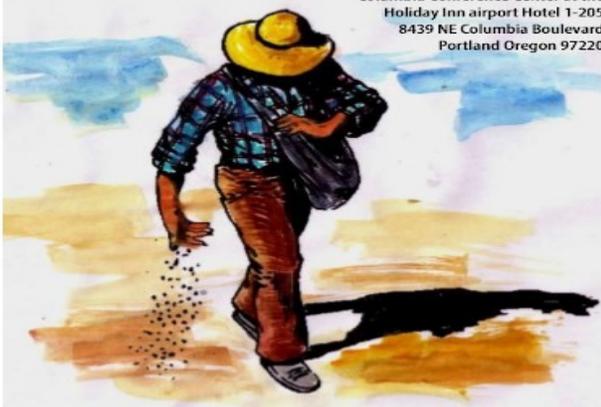


## XXVI AL-ANON US NATIONAL CONVENTION FOR ADULT CHILDREN OF ALCOHOLICS

CULTIVATE THE AL-ANON PRESENCE BY PLANTING THE SEED

April 3-5, 2020  
Portland, Oregon

We will be honored with your presence at the Columbia Conference Center at the Holiday Inn airport Hotel 1-205 8439 NE Columbia Boulevard Portland Oregon 97220



"I JUST NEED TO BE WILLING TO BE THE SOWER"

For more information:

**Coordinator:**  
Reyna 503-953-2357  
**Secretary:**  
Cristina 503-915-9432  
**Treasurer:**  
Pilar 360-936-7949  
**Registrations:**  
Gaby 503-757-5498  
**Advertising:**  
Martita 503-680-1332

**Registration:**  
\$25.00 Before April 3  
ON SITE \$ 35.00  
**Reservations:**  
1800-465-4329  
**Code:**  
XXVI Reunion Nacional  
**Cost:**  
Room \$124.00  
Tax \$18.97  
Total \$142.97



## XXVI REUNIÓN NACIONAL DE AL-ANON PARA HIJOS ADULTOS DE ALCOHÓLICOS EN USA

CULTIVAR LA PRESENCIA DE AL-ANON PLANTANDO LA SEMILLA

April 3, 4 y 5 del 2020  
Portland • Oregon

Los esperamos en el Columbia Conference Center del Hotel Holiday Inn Airport I-205 8439 N.E. Columbia Boulevard Portland, Oregon 97220



Para más información:

**Coordinadora:**  
Reyna: 503-953-2357  
**Secretaria**  
Cristina: 503-915-9432  
**Tesorera**  
Pilar: 360-936-7949  
**Registros**  
Gaby: 503-757-5498  
**Publicidad**  
Martita: 503-680-1332

**Registración:**  
\$25.00  
**Reservaciones:**  
1-800-465-4329 Holiday  
**Clave:**  
De La Supervivencia A La Recuperacion  
**Costo:**  
Room 124.00  
Tax 18.97  
Total 142.97

SOLO NECESITO ESTAR DISPUESTO PARA SER EL SEMBRADOR

# OPEN Service Opportunities

THERE ARE CURRENTLY MANY OPEN AIS SERVICE POSITIONS. SERVING IS FUN AND REWARDING. IS ONE OF THESE RIGHT FOR YOU?

Call AIS (503) 292-1333 for information.

### ◆ AIS Service Positions

The AIS Service Board is looking for chairs for Literature, Library, Public Info/CPC Office, Volunteer Speaker, and, maybe, Secretary. Please consider these service opportunities for the Portland metro area. For more information, contact the AIS office.

### ◆ AIS Office

Please consider volunteering at the Al-Anon Information Services (AIS) Office. A staff member is there to help you and you can do it on your own schedule.

### ◆ Alateen Sponsors

Alateen needs more sponsors in the Portland metro area and beyond. There is a training program and shadowing for at least three months.

## 2020 Al-Anon District 5 Spaghetti Feed Fundraiser

Proceeds benefit District 5 general funds.

**Where:**

Unitarian Universalist  
Fellowship Central Oregon  
61980 Skyline Ranch Rd.  
Bend, OR 97703

Please **carpool** parking is limited

**When:**

February 8, 2020  
Doors open at 4:30pm  
Dinner at 5:00pm  
Raffle at 5:45pm  
Speakers at 6:00pm

**Speakers:**

**Al-Anon - Deanna M**  
**AA - Dave C.**  
**Alateen- Skylee**



Adults - \$12

Family - \$25 (2 adults, 2 children)

Child ages 5 to 12 - \$2

Ages 4 and under - free

Delicious Desserts \$1

**Cash or Check only!**

Raffle items 50-50 Raffle

Childcare available

**Join Al-Anon, Alateen, and A-Members for Food, Fun & Fellowship. Families Welcome.**

For more information contact: cosmicmuffin66@yahoo.com

# Thank You AIS Office Volunteers and Group Contributors

## AIS Volunteers and Calls

### November/December Volunteers

Joan B  
Fran P  
Cheryl F

### November Calls

Al-Anon 50  
Alateen 2  
Business 32  
Other 2  
AA 2  
12 Step 4

Total 92

### December Calls

Al-Anon 63  
Alateen 2  
Business 23  
Other 4  
12 Step 1

Total 93

## Group Contributions 2019

Adult Sons & Daughters	316.15	New Me	438.85
Aloha Mon.Night	150.36	North Plains	655
Bvtn. Hearts	337.05	NW at Noon	298.84
Bent but not Broken	315	One Step at Time	701
Courage to Live	53.75	Parents Aren't Perfect	1453.17
Discovering Choices	115.59	Primarily Parents Too	1629.85
Early Morning Meditation	490	Progress	218
Eastside 11th Step	168.84	Progress Wa	160.91
Faith & Freedom	2568	Progress Not Perfection	60
Families in Serenity	104.01	Safe Haven	953.55
Family Lake Oswego	736.48	Serenidad en Accion	60
Friday 12X12 AFG	120	Serenity Seekers	147.5
Grshn Daytimers	789.26	Set Free	668.54
Grshn New Hearts	87.5	Stepping Up	495.9
Growing Toward Wisdom	368	Steps to Serenity	777.9
Grupo Nueve Vida	80	Study Group	33
H.U.G.S.	551.9	Sun. Night Winners	30
Hillsboro Fri.Night	174.44	SundaySerenity	911.31
Hood River	50	Thursday @1	244.23
Hope for Today	129	Thurs. Night Lit. Study	127
How AFG Works	70.62	Tigard Mon Night	1640.71
How it Works	100	Tower AFG.	691.75
Just For Today	300	Tuesday Recovery AFG	81
Just For Me	270	Valor para Cambiar	40
Keep It Simple	562.54	Wednesday Nite Hope	480
Laurelhurst Family	100	Weekend Survivors	150.15
Love & Service	672.02	West Linn	286
Love, Gift, & Gratitude	365	Westside Manual study	50
Mantenlo Simple	45	Westside Newcomers	25
Men Recovering	74	Service Board/Committee	282.52
Molalla	10	BIRTHDAY	2219.72
Monday Night Miracles	100	Chapter 9 - Milwaukie	1205.17
Mon.Night Live	225	Fundraisers - Other	7779.39
Morning Glory	415.2	INDIVIDUAL/Memorial	3450.81
Mt.Pleasant	620.41	The Manual Study Eastside	100
Mt.Tabor	280	DISTRICT 12	150
New Beginnings	350	DISTRICT 17	1190.35
		<b>Total</b>	<b>42152.24</b>

# What is 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.

*\*Page 63-64 of the 2014-2017 Al-Anon/Alateen Service Manual.*

## Contact Us

### Al-Anon Information Services

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

(503) 292-1333

[www.al-anonportlandoregon.org](http://www.al-anonportlandoregon.org)

[ais@al-anonportlandoregon.org](mailto:ais@al-anonportlandoregon.org)

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

### Spanish Information:

(503) 916-9913

Monday – Friday;  
9:00 am – 5:00 pm

Saturday – Sunday;  
10:00 am – 5:00 pm

Visit us on the web at

[www.al-anonportlandoregon.org](http://www.al-anonportlandoregon.org)

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### DISTRICT MEETINGS

#### District 9

2nd Thursday of the month, 6:30-7:30 pm, First Congregational Church, 1126 SW Park Avenue, Library Room, Portland

#### District 10

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

#### District 11

3rd Monday of the month, 6:30-7:30 pm, St Paul Lutheran Church, 3880 SE Brooklyn St. Portland (Enter at door to right of main entrance and downstairs; ring bell if locked) 1st floor library room, wheelchair accessible

#### District 12

2nd Wednesday (except 3rd Wednesday in March & December), 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 to 8:30 pm; Faith on Hill Church, 3615 SE Hill Rd, Milwaukie

#### AIS Meetings

3rd Thursday of the month; 7 to 8:30 pm, 1750 SW Skyline Boulevard, Portland Conference Room. Service Committee (ISR) (odd months) Service Board (even months)

## Special Events

### OREGON AREA ASSEMBLY

**July 17, 18, and 19, 2020**

**Howard Hall at The Hub**

**1053 NW Madras Hwy**

**Prineville, OR 97754**

Registration will begin at 6:00pm Fri night at Howard Hall followed by a sharing meeting at 7pm.

Registration continues at 8:00am Sat.

The Assembly is:

Saturday 8:30am-5pm

Sunday 8:30am-12pm

\$10 voluntary contribution

*Lunch will be catered with gluten free and vegan options available.*

As you enter Prineville from Mt. Hood on Hwy 26 The Hub will be on the right. Watch for U-Haul trailers in the parking lot. Traveling Hwy 126 over the Santiam Pass, in Prineville you will turn left toward Madras onto Hwy 26 and go approx. 1/2 mile before turning left at the U-Haul trailers. Parking for Howard Hall is behind The Hub.

JOIN US  
AT THE  
HUB -

HOWARD HALL

while we conduct the business of Al-Anon.

All Al-Anon & Alateen members welcome but only GRs vote.

Light snacks will be provided Saturday and Sunday mornings. OF COURSE, THERE WILL BE COFFEE!



**Hosted by District 5 Central Oregon Questions? [cosmicmuffin66@yahoo.com](mailto:cosmicmuffin66@yahoo.com)**

- *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 [thegroupscopppdx@gmail.com](mailto:thegroupscopppdx@gmail.com).

The **deadline** for the March/April 2020 Group Scoop will be **Friday, March 13, 2020**.

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 2014-2017 pages 102-103 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.

[thegroupscopppdx@gmail.com](mailto:thegroupscopppdx@gmail.com)