

THE GROUP SCOOP

The Al-Anon Information Services Newsletter

JULY/AUGUST 2019

AIS Media and Fundraising Update

Greetings PDX AFG Family! My Name is Veronica P., your AIS Media Chair and currently serving on the AIS 2019 Fundraiser Committee. The theme of this year's fundraiser is Discovering Our Joy; Finding Ourselves. It will take place on Saturday, Oct. 26, at Tabor Space Community Center. Doors open at 5:30 p.m. I invite you to come to our October fundraiser. This event aids Portland AIS, the only AIS left in the state of Oregon, whereas Northern CA has two English-language and three Spanish-language Intergroups. Your support helps our effort to carry the Al-Anon/Alateen message of recovery to the friends and family of problem drinkers. See the flyer on page 4.

I've been in Al-Anon since 2005. I entered the rooms at 26 and I'm 40 now. I moved to Portland last year. This is my 2nd move and first time living in another state. I feel like I'm back to my Newcomer Days—New City New Culture. I speak fluent English, yet at times feel lost. People laugh when I mispronounce "Willamette" like it's a French Word. I sometimes forget and have to say the word slowly. My coping skills to blend in are kicking in big time. When I mispronounce words, I'm exposed and my "cover" blown.

Al-Anon has been the consistent anchor that has kept me steady. I don't need to hide as much and the program principals have helped me reclaim my personal power, autonomy, and sense of agency. I dove into AIS service in the months after I arrived in Portland. I started a new Young People's meeting in PDX City Center—Thursday Noon Young People—where the focus is young people in Al-Anon, generally 21 to 50, but all are welcome. Our meeting uses Al-Anon's format and focuses on today's generation who are affected by another's problem drinking. We are not Alateen or Young AA. Portland also has another meeting for young people—Young People's Meeting on Friday night.

Being a young person in service beyond the group level is important to my recovery. To be seen, heard, and validated was something not honored in my family of origin. As a young person in Al-Anon, I was blessed that my first home group didn't make my age a big deal. The Longtimers only cared if I got a sponsor and started the steps. Not all young people have or had this experience. My 1st home group respected service, Al-Anon related announcements, and the events going on in Santa Clara Valley Intergroup. This helped me to keep coming back! Intergroup was the happening thing to go to—even the business meetings. We had a member who ALWAYS made cookies. Another member opened the book store after every meeting. When I was Insurance Coordinator for Santa Clara Intergroup coming to the meeting and seeing all the cookies kept me coming back. I was about 27 at the time. My drive and passion for Al-Anon events, either in service or attending, helps me continue to keep coming back as well.

For those of us who are Adult Children of Alcoholics, identifying the issue can be challenging since we may not have kids or partners who are problem drinkers. The drinking may be so far removed that we don't see it as the problem. But in attending events like fundraisers, I see more and more that, just because the drinking ended decades ago, the affects of someone else's drinking are alive and well years later when it comes to my own judgement, rage, temper tantrums, self righteousness, & getting involved with toxic people over and over again. If anyone identifies as young in Al-Anon Recovery and you are reading this, feel free to reach out to me. Email AIS for my contact information. You are not alone!

Service Concepts of the Month

Concept Seven

The trustees have legal rights, while the rights of the conference are traditional.

Concept Eight

The board of trustees delegates full authority for routine management of Al-Anon headquarters to its executive committees.

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

Al-Anon rescinds participation in ICYPAA

Recently the CA/OR liaison for the 61st ICYPAA Host Committee shared a letter with Al-Anon Area World Service Committee Chairs, Delegates and Website Chairs. The purpose of the letter was to explain why the Al-Anon Planning Committee had decided not to participate in the 61st International Conference of Young People in Alcoholics Anonymous (ICYAPP). The reasons cited are listed below. The Committee has concerns with ICYAPP:

1. Dictating the Al-Anon Programming should be for the 61st ICYPAA
2. Cutting Al-Anon Programming even though Al-Anon had been assigned a completely separate room for all Al-Anon Programming.
3. Dictating what Al-Anon Fellowship events should be.
4. Restricting access to the Al-Anon room even though the Hotel Contract granted 24-hour access.

The liaison stated that the Al-Anon Planning Committee had tried to negotiate their concerns with the Host Committee and the Advisory Council.

The liaison further stated:

We have given them copies of both MG-8 (AA's Guidelines on Cooperation between Al-Anon and AA) and G-3 (Al-Anon's Guidelines on Cooperation between Al-Anon and AA) They are going back to the concept of the right of decision; this how it is traditionally done per the Host Committee Responsibilities, which are not compliant with the AA and Al-Anon Guidelines around cooperation between both fellowships. We have written a letter to GSO and WSO to inform them of our decision, and how we came to that decision...

It is important that AFG is able to keep autonomy over its own programming at all AA Conventions, and most importantly that we stick to our principle of cooperation ...It is unfortunate that we could not find common ground on these issues; however, we want our friends to have a successful conference despite the fact we could not find common ground.

Our next step is to inform YPAA Committees on what it means to participate and cooperate with the worldwide fellowship of Al-Anon Family Groups by sharing our experience, strength, and hope. We hope that by working with the YPAA Committees from around the world that they will be better equipped with this knowledge to prevent Al-Anon from pulling out of participating.

A group of current and former Al-Anon Liaisons to YPAA conventions banded together about a month ago to work on improving the service relationship between Al-Anon and young AA. They have informed on this matter. We, as current and former Al-Anon Liaisons to YPAA Committees want to work with the WSO on improving this relationship...

Bus Campaign keeps rolling

There are still 6 city transit buses carrying the Al-Anon slogan, "When you don't know where to turn.. because someone drinks too much Al-Anon & Alateen Family Groups can help."

That is 9 months of bonus time after the two months we paid for!!

In each Group Scoop I say this, but I truly hope that each and everyone of you that participated in making this campaign happen were able to see the sign in action.

Yours in service,

Deanna

AUGUST 30–SEPTEMBER 2, 2019



35TH SOUTH BAY
FAMILY ROUNDUP

A SPIRIT OF



Love AND SERVICE

SCHEDULE AT A GLANCE

Friday, August 30
Opening Ceremonies
AA Speaker Meeting
Marathon Meetings Begin
Fantastic Friday Comedy Show

Saturday, August 31
Al-Anon Luncheon
Women's Speaker Meeting
Interview with a Drunk
Banquet, Show & Meeting
Young People Dance

Sunday, September 1
Poker Run
Family Breakfast & Speaker Meeting
AA Longtimers Meeting
Al-Anon Longtimers Tea
AA Biker Speaker Meeting
AA Musicians Speaker Meeting
Vegas Night

Monday, September 2
Birthday Meeting
Closing Ceremonies
AA Speaker Meeting

Please note that this is a preliminary schedule of events. All times are subject to change. Check our SouthBayRoundup.org for the most updated schedule including workshops and special meetings.

TORRANCE MARRIOTT SOUTH BAY
3635 Fashion Way
Torrance, CA 90503

Questions?
Would you like to be of service?
Call our Roundup Hotline:
(310) 354-7660
Or visit our Roundup Website:
SouthBayRoundup.org

PLUS! AA Archives & Memorabilia | Alateen | AA & Al-Anon Marathon Meetings | Live Music | Other Entertainment All Weekend | Special Workshops
Veteran's Meeting

Fifth Tradition inspires Poet

Fifth Tradition—*Each Group has but one primary purpose: to carry the message...*

I love the Steps and Traditions. Especially the ones I like. There are those I don't rush to embrace, my codependency such if it were a muscle I'd lumber like Hulk Hogan. After this many years I know I can't save anyone with talk, words flabby at best; my actions carry the strongest message when I can stay true to my inner recovery conscience.

For example, making my way through stop-and-go Friday night traffic, I found the local Farmer's Market sign promising the first crop of Oregon strawberries, but no. At another stand, a half-mile farther down, all the berries on this sunny June day, too, sold out. Except for two hallocks of Hoods, sitting off by themselves opposite piles of potatoes, asparagus, and lettuce. I turned to grab my cash, parked in my purse at the curb, when a man walked up to hear the seller's news: "These last Hoods are spoken for." Eyeing his great disappointment that could just as easily been mine, I felt my empathy tissues flex. "Okay," I said to the man, "you take one box and I'll take one."

He smiled, but then reached out and plucked a berry from the best looking box to pop into his mouth, prompting me to carry a fresh message: "But I get first choice of the boxes"—such action proving I've developed enough to let rip with kindness, but not that ripped.

*Steps and Traditions
Help us grow body and soul
Yet preserve ourselves*

Reflection and haibun shared by Sharon W.

Opportunities for Service

◆ AIS Service Positions Available

The AIS Service Board is looking for chairs for AA/AIS, Literature, and Public Information/Public Outreach. Please consider these service opportunities for the Portland metro area. For more information, contact the AIS office at 503.292.1333.

◆ AIS Office

Please consider volunteering at the Al-Anon Information Services (AIS) Office. There is a staff member there to help you and you can do it according to your own schedule. Call (503) 292-1333 for more information.

◆ 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. Call AIS (503) 292-1333 for more information.

**HILLSBORO FRIDAY NITE
QUARTERLY SPEAKERS MEETING**

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

🏠 Raffle • Prizes • Fellowship • Fun • 2019! 🏠

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

March 29th AA Speaker
Lisa G. – Hawthorne Group - Hillsboro

June 28th Al-Anon Speaker
*Keith G. – Growing to Wisdom -Portland
Men's Group*

September 27th Al-Anon Speaker
Roger R. – Love, Gifts & Gratitude –Lake Oswego

December 27th Al-Anon Speaker
Val 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

Monday Forum

An Al-Anon Meeting

**At each meeting, a member chooses an article from
The Forum to read and share on the topic**

Mondays 5:30pm-6:30pm

Willamette United Methodist Church
1683 Willamette Falls Drive
West Linn, OR 97068

The Monthly Magazine of Al-Anon Family Groups
Sharing Recovery, Unity, and Service • April 2012

The Monthly Magazine of Al-Anon Family Groups
Sharing Recovery, Unity, and Service • December 2011

The Forum

How I found
what I didn't
think I needed...
recovery

Thank You AIS Office Volunteers and Group Contributors

AIS Volunteers and Calls

May and June Volunteers

Joan B.

Fran P.

May Calls

Al-Anon	58
Alateen	1
Business	39
AA	3

Total 101

June Calls

Al-Anon	64
Business	8
12th Step	2

Total 74

Group Contributions to date 2019

CONTRIBUTIONS - 2019		CONTRIBUTIONS - 2019	
GROUP NAME	TOTAL YTD	GROUP NAME	TOTAL YTD
Adult Sons & Daughters	\$ 85.64	North Plains	\$ 399.00
Aloha Monday Night	\$ 71.36	Parents Aren't Perfect	\$ 295.74
Beaverton Hearts	\$ 195.14	Primarily Parents Too	\$ 1,227.38
Bent but not Broken	\$ 210.00	Progress	\$ 160.91
Courage to Live	\$ 38.75	Progress Not Perfection	\$ 10.00
Discovering Choices	\$ 35.00	Safe Haven	\$ 356.15
Early Morning Meditation	\$ 210.00	Serenidad en Accion	\$ 15.00
Eastside 11th Step	\$ 142.94	Set Free	\$ 299.74
Faith & Freedom	\$ 1,156.00	Stepping Up	\$ 416.19
Families in Serenity	\$ 54.00	Steps to Serenity	\$ 680.25
Family Lake Oswego	\$ 366.40	Sunday Night Winners	\$ 20.00
Grshn Daytimers	\$ 358.36	Sunday Serenity	\$ 585.00
Grshn New Hearts	\$ 87.50	Thursday @ 1	\$ 179.46
Grupo Nueve Vida	\$ 80.00	Thursday Night Lit. Study	\$ 127.00
H.U.G.S.	\$ 216.90	Tigard Monday Night	\$ 786.71
Hillsboro Friday Night	\$ 174.44	Tower AFG	\$ 504.05
Hope for Today	\$ 87.00	Tuesday Recovery AFG	\$ 81.00
How AFG Works	\$ 70.62	Valor para Cambiar	\$ 40.00
Just For Today	\$ 300.00	Wednesday Nite Hope	\$ 240.00
Just For Me	\$ 130.00	Weekend Survivors	\$ 49.00
Keep It Simple	\$ 195.58	West Linn	\$ 196.00
Laurelhurst Family	\$ 50.00	Westside Manual Study	\$ 50.00
Love & Service	\$ 500.71	Service Board/Committee	\$ 131.02
Love, Gift & Gratitude	\$ 155.00	BIRTHDAY	\$ 1,550.22
Mantenlo Simple	\$ 20.00	Chapter 9 - Milwaukie	\$ 690.00
Monday Night Miracles	\$ 70.00	Fundraisers - Other	\$ 100.00
Monday Night Live	\$ 135.00	INDIVIDUAL	\$ 1,181.19
Morning Glory	\$ 208.20	The Manual Study Eastside	\$ 100.00
Mt. Pleasant	\$ 346.80	DISTRICT 17	\$ 1,190.35
New Me	\$ 210.00	Total	\$ 17,622.70

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 conference-approved (CAL) literature to consider. The AIS office also offers an excellent selection of Alateen, large print & 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/>

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 which 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

ais@al-anonportlandoregon.org

Open Monday – Friday;
9:00a.m. – 5:00 p.m.

Spanish Information:

(503) 916-9913

Monday – Friday; 9:00 a.m. –
5:00p.m.

Saturday – Sunday; 10:00
a.m. – 5:00 p.m.

Visit us on the web at

www.al-anonportlandoregon.org

DISTRICT MEETINGS

District 9

2nd Thursday of the month,
from 7 to 8 p.m. at the Alano
Club, 909 NW 24th Ave, Portland

District 10

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

District 11

2nd Thursday of each month,
6:30 p.m. at St. Paul Lutheran
Church, 3880 SE Brooklyn St,
Portland. Please use the Tibbetts
St. entrance. (corrected infor-
mation)

District 12

2nd Wednesday (except 3rd
Wednesday in March & Decem-
ber), 6:30 - 8:00 p.m., 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 p.m.; Faith on Hill Church,
3615 SE Hill Rd, Milwaukie

AIS Meetings

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



**Washington Area AFG
Speakers Convention 2019**

SAVE THE DATE

September 13-15

"We Can't Do This Alone"

Clark College -- Gaiser Hall
1933 Fort Vancouver Way Vancouver WA 98663

- 6 to 7 Speakers
- 4 to 6 Workshops

Spanish Translator

~ Steps ~
~ Traditions ~
~ Concepts ~
~ Fellowship ~

More Information on...
Schedule, Registration,
Lodging and Meals

COMING SOON!

Contact Email:
wasc2019planningcommittee@gmail.com

See you September 13-15

Register Now

**Washington Area AFG
Speakers Convention 2019**
September 13-15

Clark College -- Gaiser Hall
1933 Fort Vancouver Way, Vancouver WA 98663

"We Can't Do This Alone"

Key Note: Vali F.
Executive Director WSO, Inc.
12 Speakers ~ 6 Workshops
Priceless Fellowship

Lodging: Comfort Inn & Suites Downtown
401 E 13th Street, Vancouver WA 98660
(360) 696-0411

Schedule:
Friday~Registration Opens 4pm
Program Begins 7pm
Saturday~Registration Opens 8am
Program 9am-10pm
Sunday~Program 9am-11:30am

Group Rate: \$100 Standard Double/Double
Reservation Deadline: August 15

Visit: www.visitvancouverusa.com/wa-afg-2019
to reserve your room or call direct and request the "WA Area AFG 2019" group rate.

-----MAIL-IN REGISTRATION AND PRE-PAID MEALS-----
Name: _____ District: _____
Address: _____
Email: _____ Phone: _____

Box Lunch* (please select one)	Menu	Dinner* (please select one)
<input type="checkbox"/> Turkey Sandwich		<input type="checkbox"/> Chicken Parmesan
<input type="checkbox"/> Ham Sandwich		<input type="checkbox"/> Mac and Cheese with Ham
<input type="checkbox"/> Veggie Sandwich		<input type="checkbox"/> Mac and Cheese (veg)
<input type="checkbox"/> Grilled Chicken Caesar Salad (GF)		<input type="checkbox"/> Baked Mahi with Mango Salsa (GF)

*Includes coleslaw, apple, cookie, soda/water
Sandwiches come with cheese, lettuce, tomato and mustard & mayo packets

Interested in Spanish translation equipment

Order BY July 31	Order AFTER July 31
<input type="checkbox"/> \$20 Lunch only	<input type="checkbox"/> \$25 Lunch only
<input type="checkbox"/> \$30 Dinner only	<input type="checkbox"/> \$35 Dinner only
<input type="checkbox"/> \$40 Lunch & Dinner	<input type="checkbox"/> \$45 Lunch & Dinner

No Meal Orders AFTER August 31

Mail-in Registration:
District 8 PO Box 5066 Vancouver WA 98668
On-line Registration: wa-al-anon.org/events
Questions?
wasc2019planningcommittee@gmail.com
Phone: Earl A. 206-755-3675

Total for Meals: \$ _____
Optional Donation: \$ _____
Total Enclosed: \$ _____

Checks Payable to: WA Area Speakers Convention

SpanishFundraiserFlyer_SaveTheDate

1 / 1

Save the Date

Al-Anon Information Service (AIS)
Annual FUNdraiser

What we know:
Date: October 26th 2019
Time: 5:30pm – 8:30pm
Where: Tabor Space Community Center
5441 SE Belmont Street, Portland, OR 97215

There will be Outstanding SPEAKERS!
There will be a Potluck POTATO BAR!
There will be a Stellar SILENT AUCTION!
There will be Fabulous FELLOWSHIP!
There will be Lots of FUN!

You can put this on Your Calendar right now!

This event is for Al-Anon and Alateen Members and their families
Plans are to have Al-Anon, Alateen and AA participation
Sponsored by the Portland AIS Service Committee
All proceeds received will be sent to Portland AIS
Contact the AIS office for more details: (503) 297-3551

ais@al-anonportlandoregon.org
www.al-anonportlandoregon.org

AIS Fundraiser Committee Chair: Deanna M. (503) 459-2933
secretary@oregonal-anon.org



Reserve la fecha

Servicio de Información de Al-Anón (AIS)
Recaudación de fondos anual

Lo que sabemos:
Fecha: 26 de octubre de 2019.
Hora: 5:30 pm - 8:30 pm
Dónde: Centro Comunitario Espacial Tabor
5441 SE Belmont Street, Portland, OR 97215

Habrà destacados oradores!
¡Habrà un Potluck/traje POTATO/PAPA BAR!
¡Habrà una subasta silenciosa estelar!
¡Habrà Compañerismo fabuloso!
Habrà mucha diversión!
¡Puede poner esto en su calendario ahora mismo!

Este evento es para los miembros de Al-Anón y Alateen y sus familias.
Los planes son tener participación de Al-Anón, Alateen y AA
Patrocinado por el Comité de Servicio AIS de Portland/intergrup
Todas las ganancias recibidas serán enviadas a Portland AIS/intergrup.
Póngase en contacto con la oficina de AIS/intergrup para obtener más
detalles:  (503) 297-3551

ais@al-anonportlandoregon.org
www.al-anonportlandoregon.org

Presidenta del Comité de recaudación de fondos AIS/intergrup:
Deanna M., (503) 459-2933, secretary@oregonal-anon.org

New Meeting supports Native American Families

Faith and Hope for Families needs your help! Please come and join us on the road to recovery!!

A new meeting, Faith and Hope for Families, is held at the Oregon Trail Recovery Center on McLoughlin Blvd., in Milwaukie OR. In Room 206 Friday evenings between 8 p.m. to 9 p.m.

OTR (Oregon Trail Recovery) believes Alcoholism is a family disease and that family members will greatly benefit by attending Al-Anon meetings

Also, Red Road Recovery (AA/Wellbriety) group meets downstairs at the same time. This is for the Native Americans. This is a journey of healing mentally, physically, emotionally and spiritually.



New Al-Anon Meeting

Faith and Hope for Families

At Oregon Trail Recovery

**10600 SE McLoughlin Blvd., Ste. 206
Portland, OR 97222**

Meets on Fridays at 8:00 p.m. – 9:00 p.m.

**Red Road Recovery A.A. meets at the same time
No handicap Access**

****Questions please call 855-770-0577****

It is certainly important in Step Eight to not avoid putting someone on the list simply because it would be embarrassing or painful. But it is equally important to remember Step One, in which we admitted our powerlessness, so that we don't assume we have superhuman power to hurt others, just as we once believed we could control and fix them.

From Survival to Recovery: Growing Up in an Alcoholic Home (B-21), page 204

- ***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 September/October 2019 Group Scoop will be Friday, September 13, 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 restrictions on what can be quoted without first receiving permission from the WSO. Please see the Al-Anon/Alateen Service Manual 2018-2021, page 77 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.

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thegroupscoopdx@gmail.com