

# THE GROUP SCOOP

The Al-Anon Information Services Newsletter

MAY/JUNE 2019

## AIS Reaches Local Institutions

What an exciting start of the year!!

As AIS Institutions Chair, I have been trying to get my foot in the door with nursing schools to carry the message, and it's been slow going. Out of four schools, only Concordia College of Nursing has responded. We plan to have panel of Al-Anon speakers there in the fall.

In the meantime, we have an opportunity to serve the community in different ways, such as presenting for CASA (Court Appointed Special Advocates). We have a date set in July with CASA Clackamas County and hope to be part of their ongoing continuing education program. Our purpose is to inform the CASA volunteers about our message of hope for those who are still suffering from Alcoholism/Addiction, and to let them know that alcoholism is a family disease and there is help available. CASA Washington County, Yamhill County, and Multnomah County will be contacted as well.

The Oregon Department of Human Services (DHS) is very much interested in handing out Al-Anon information to family members who call in to their Child Abuse Hotline. I have put in a word with the DHS staff coordinator and hope to provide a panel of Al-Anon speakers for their All Staff day.

You do not have to be a board member or an ISR to be involved in outreach! If you are interested in being of service to our communities, please text, call or email: 971-832-2658 or mlee9685@yahoo.com

As I give, I grow!

Moon L.



### *Service Concepts of the Month*

**Concept Five**  
The rights of appeal and petition protect minorities and ensure that they are heard

**Concept Six**  
The Conference acknowledges the primary administrative responsibility of the Trustees.

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

Service has been a big part of my Al-Anon recovery. So, this year I stood for Public Outreach Coordinator for District 11.

As the Public Outreach Coordinator for District 17 I was a bit nervous about what would be our first project.

At a district meeting the AA CPC, Amber, spoke about upcoming service opportunities. She asked if we would be interested. Of course, I said yes, and she emailed myself and Moon from AIS (Al-Anon Information Service) information about a Child Abuse and Domestic Violence Summit. Moon and I buddied up and got started asking for volunteers. Over the weeks until the Summit we began to form a roster of volunteers. Life of course happened and there were a few changes along the way.

We finally got to the day of the Summit. To my amazement I was relaxed and enjoyed my time talking to those who came by our table and asked for information. One of the volunteers summed it up:

The conference attendees were professionals working in the areas of investigation, interviewing, assessment, prosecution and treatment of child abuse, neglect and domestic violence. The conference was well attended with 200 or more including volunteers. It was a great opportunity to meet professionals who attended for the three-and-a-half-day conference. Met volunteers from DHS (Department of Human Resources), Center for Missing and Exploited Children and a local department for Children Incarcerated Parents. At our table we distributed meeting schedules, forum magazines, various pamphlets and answered questions about Al-Anon. DHS has expressed that they can use Al-Anon literature to give out to families who contact them for help.

I want to thank AA for inviting us to participate at this Summit. This is a step toward cooperation with AA.

I will end this article with a comment from a volunteer: "Thank you, I feel tremendous gratitude that I was allowed to be a part of such an important summit today!"

Humbly with Love in Service,  
Jodie Pryor

## 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

Step Five asks us to admit to ourselves, our Higher Power, and another human being 'the exact nature of our wrongs.' Self-awareness is important, but this Step suggests we include others in the process too. When we turn to our Higher Power and another human being, we admit we need help and cannot recover alone.

*Opening Our Hearts, Transforming Our Losses (B-29), page 120*



**Washington Area AFG  
Speakers Convention 2019**

**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 13<sup>th</sup> Street, Vancouver WA 98660  
(360) 696-0411

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

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

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

-----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 cole slaw, apple, cookie, soda/water  
Sandwiches come with cheese, lettuce, tomato and mustard & mayo packets

Interested in Spanish translation equipment

Mail-in Registration:	Order BY July 31	Order AFTER July 31
District 8 PO Box 5066 Vancouver WA 98668	<input type="checkbox"/> \$20 Lunch only	<input type="checkbox"/> \$25 Lunch only
On-line Registration: <a href="http://wa-al-anon.org/events">wa-al-anon.org/events</a>	<input type="checkbox"/> \$30 Dinner only	<input type="checkbox"/> \$35 Dinner only
Questions?	<input type="checkbox"/> \$40 Lunch & Dinner	<input type="checkbox"/> \$45 Lunch & Dinner

Wasc2019planningcommittee@gmail.com  
Phone: Earl A. 206-755-3675

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

**\*\*Checks Payable to: WA Area Speakers Convention\*\***

**HILLSBORO FRIDAY NITE**  
**QUARTERLY SPEAKERS MEETING**

UCC Congregational Church  
404 E Main St. Hillsboro, OR  
97123 Enter on Main St.  
(Corner of 8<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**  
*Roger R. — Love, Gifts & Gratitude —Lake Oswego*

**December 27<sup>th</sup> 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



**Planning is underway for the  
2019 AIS FUNdraiser**

Saturday, Oct. 26th  
5:30 to 8:30  
Tabor Space Community Center  
Southeast Portland

**Interested in joining  
the planning committee?**

Please call AIS at 503-292-1333 to be put in touch with the event coordinator.

Enjoy outstanding speakers, a stellar silent auction and fabulous fellowship. Proceeds support the many services the Al-Anon Information Service Office provides to groups in the Portland area.

A potato bar with fixings will be provided, along with potluck items attendees may choose to bring.

This event is for Al-Anon and Alateen members and their families.



## Thank You AIS Office Volunteers and Group Contributors

### AIS Volunteers and Calls

#### March Volunteers

Joan  
Fran  
Clara  
Connie  
Caralynn

#### March Calls

Al-Anon	82
Alateen	3
Business	24
AA	1
Other	2
<b>Total</b>	<b>112</b>

#### April Volunteers

Joan	Fran
Clara	Judi
Cheryl	Diana

#### April Calls

Al-Anon	81
Alateen	3
Business	15
12th Step Call	7
AA	4
Other	3
<b>Total</b>	<b>113</b>

### Group Contributions to date 2019

CONTRIBUTIONS - 2019 GROUP NAME	TOTAL YTD	CONTRIBUTIONS - 2019 GROUP NAME	TOTAL YTD
Adult Sons & Daughters	\$85.64	<u>Mt. Pleasant</u>	\$346.80
Aloha Monday Night	\$0.86	Parents Aren't Perfect	\$295.74
Beaverton Hearts	\$195.14	Primarily Parents Too	\$990.71
Bent but not Broken	\$210.00	Progress	\$160.91
Courage to Live	\$38.75	Progress Not Perfection	\$10.00
Discovering Choices	\$35.00	<u>Safe Haven</u>	\$356.15
Early Morning Meditation	\$210.00	<u>Serenidad en Accion</u>	\$15.00
Eastside 11th Step	\$142.94	Set Free	\$299.74
Faith & Freedom	\$702.00	Stepping Up	\$416.19
Families in Serenity	\$54.00	Steps to Serenity	\$582.25
Family Lake Oswego	\$366.40	Sunday Night Winners	\$10.00
Gresham <u>Daytimers</u>	\$146.31	Sunday Serenity	\$140.00
Gresham New Hearts	\$87.50	Thursday Night Lit Study	\$127.00
Grupo <u>Nueva Vida</u>	\$40.00	Tigard Monday Night	\$303.24
H.U.G.S.	\$106.90	Tower AFG	\$504.05
Hillsboro Friday Night	\$174.44	Tuesday Recovery AFG	\$81.00
Hope for Today	\$57.00	Valor para <u>Cambiar</u>	\$40.00
How AFG Works	\$67.30	Wednesday <u>Nite Hope</u>	\$240.00
Just <u>For</u> Today	\$300.00	Weekend Survivors	\$49.00
Just <u>For</u> Me	\$65.00	West Linn	\$196.00
Keep It Simple	\$195.58	Westside Manual Study	\$50.00
Laurelhurst Family	\$50.00	Service Board/Committee	\$58.02
Love & Service	\$500.71	BIRTHDAYS	\$1,383.22
Love, Gift, & Gratitude	\$100.00	Chapter 9 - Milwaukie	\$690.00
<u>Mantenlo</u> Simple	\$20.00	Fundraisers - Other	\$100.00
Monday Night Miracles	\$30.00	INDIVIDUAL	\$710.75
Monday Night Live	\$90.00		
Morning Glory	\$88.20	<b>TOTAL</b>	<b>\$12,315.44</b>

## 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 also 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/>

# 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](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; 9:00am –  
5:00pm

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

Visit us on the web at

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

#### 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

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 & Decem-  
ber), 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

# 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 8pm to 9pm.

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\*\***

**...In Step Six we learn to 'Let Go and Let God.' This means that we must once again learn to trust the God of our understanding to do for us what we cannot do for ourselves.**

***How Al-Anon Works for Families & Friends of Alcoholics (B-22), page 55***

- ***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-scoopdx@gmail.com](mailto:thegroup-scoopdx@gmail.com). The **deadline** for the **July/August 2019 Group Scoop** will be **Friday, July 12, 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 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.

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