

# THE GROUP SCOOP

The Al-Anon Information Services Newsletter

NOVEMBER /DECEMBER 2019

## POSSIBILITY FOR GROWTH AND CHANGE

The last Friday of every month, the Spanish Al-Anon Family Group Manteno Simplé has a group conscience to use their meeting time as a Manual Study. As of September, the group had read the entire Groups at Work section of the Service Manual. The growth and education in the Al-Anon program for all involved and the health for the groups has been great. Anyone interested in participating, you are welcome. The Portland AIS has the current Groups at Work in Spanish available.

The excitement and discussion that stemmed from the manual reading last night has made my heart happy. We read about overlay districts and discussed what they are. (Groups at Work P-24; Page 74 reads: An Overlay District is a collection of groups typically aligned by language. Groups may belong to either the District or Overlay District based on their group conscience. Overlay Districts are formed upon approval by the Area.) The result was the consideration of starting a Spanish District that would cover the majority of the Portland area. This would allow the groups to communicate, share events, and have a District Representative that could attend AWSC and speak on behalf of the Spanish Al-Anon Community. Additionally this could allow the Spanish GR's more understanding of what is going on at the Oregon Area and give them ample information to attend the Assemblies.

Once the Oregon Area Task Force on translation equipment is finished, there will be even more of an opportunity for our Spanish Al-Anon members to partake in the assembly whether they fully speak and understand English or not. Let us be part of the Yes, Qi, Sí; Concept 9 Panel!

The second major discussion was about having Al-Anon meetings inside of correctional facilities. The conversation was that there are probably several inmates that would be interested in the Al-Anon program that do not speak enough English to participate. The group went on to discuss that, when the inmate is in prison, it may create a safe place to attend meetings and avoid cultural pressure against participating in Al-Anon.

I cannot express how this Service Opportunity of participating in these meetings has been my most meaningful opportunity to date. I love being a part of the growth of these groups and of taking a deep look into our service manual.

Deanna M.

### *Service Concepts of the Month*

#### *Concept Eleven*

The World Service Office is composed of selected committees, executives and staff members.

#### *Concept Twelve*

The spiritual foundation for Al-Anon's world services is contained in the General Warranties of the Conference, Article 12 of the Charter.

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

## SPUD-tacular Fundraiser!!

Wow, wow, wow! What an amazing turnout for the 2019 AIS Fundraiser.

The room was full wall to wall, the chili donations abundant, the speaker's top notch, and the gratitude for our AIS was clear.

This year we had more than 200 members attend, and we want to thank each of you for your patience, understanding and support. We raised \$6,967 after expenses, which will cover the shortfall from lower group donations in the last few years.

Thanks to the groups who donated baskets and sent in cash donations for the fundraiser. Thanks for all the individual donations and oral auction donations. Thank you to the committee and for the support of the ISRs and Board members.

Thank you to our wonderful volunteers for helping to set up and clean up, and for keeping the program moving. And thank you to all of you who came out and spent the evening with us.

A big apology to those of you that didn't get a potato—150 was not enough! Next year for the AIS 60th Anniversary Fundraiser we will have plenty. This event showed us we need a bigger location for next year and we hope each of you will be in attendance with a friend.

Mark your calendars!! The tentative date for the AIS 60th Anniversary Fundraiser is October 24, 2020. You won't want to miss it!

2019 AIS Fundraiser Committee

## Like Holidays, Al-Anon is Cause for Celebration

In recent travels to visit my two youngest grandchildren, ten days away from home, I made it to two meetings. The last time I was in their small town, two years ago, I fell on a carpeted staircase and fractured my lumbar spine, reducing my height, which I didn't have a surplus of in the first place, by a full inch.

Program or no, I came home this time with my serenity more than a little whacked, bags packed with judgments in among the contents. I emailed my spiritual advisor and shared that I either needed a bigger suitcase or to give up traveling.

If they issued mileage points to grandmothers who thought they could get the grandkids out of addiction's cinder dust by waving a few magic dollars or by pointed looks, I'd be half way to la-la land by now.

My ticket to freedom recently has been *Courage to Change*, its index filled with such headings as Fantasy/Illusion, Caretaking, Boundaries, Footwork, Obsessions, Happiness, Love, Powerlessness, Hope, and Wonder, with 15 entries alone on Change — more than enough *Abracadabra* for reorienting my attitude, stretching my heart to right size — transformation needed if I wish to be invited to the ball again.

Al-Anon—no easy fix

But we leave here

Lifted and hopeful

Sharon W.W.

The Eleventh Step helps us to maintain our spiritual foundation. Regular prayer and meditation helps us keep our hearts open and receptive to a Higher Power's plan. We quiet our minds and keep the focus on ourselves. When we do that, we allow ourselves to change. This opens the door to changes in all of our relationships, including our relationship with the Higher Power of our own understanding.

*Discovering Choices* (B-30), page 200

# ADULT CHILDREN CONVENTION PDX

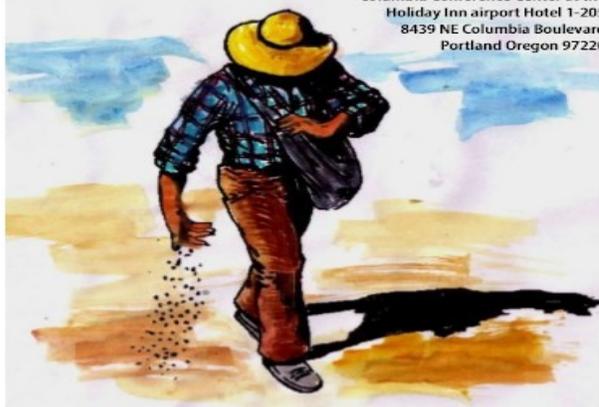


## XXVI AL-ANON US NATIONAL CONVENTION FOR ADULT CHILDREN OF ALCOHOLICS

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

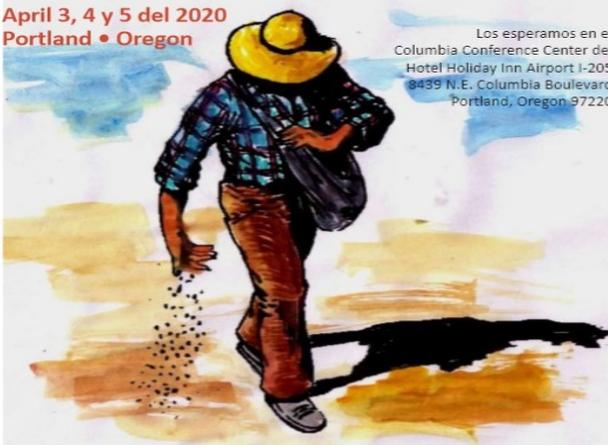


## XXVI REUNIÓN NACIONAL DE AL-ANON PARA HIJOS ADULTOS DE ALCOHÓLICOS EN USA

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

# Service Opportunities

## ◆ AIS Service Positions Available

The AIS Service Board is looking for chairs for Literature, Library, Public Info/ CPC Office, Volunteer Speaker, and, possibly, Secretary. 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

## 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

Adults - \$12

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

Child ages 5 to 12 - \$2

Ages 4 and under - free

Delicious Desserts \$1

**Speakers:**

Al-Anon - Deanna M

AA - Dave C.

Alateen - Skylee

Cash or Check only!

Raffle items 50-50 Raffle

Childcare available

Join Al-Anon, Alateen, and AA 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

### September/October Volunteers

Cheryl F  
Joan B  
Fran P  
Judi W  
Clara H

### September Calls

Al-Anon 53  
Alateen 2  
12th Step 3  
Business 25  
Other 3

**Total 86**

### October Calls

Al-Anon 54  
Alateen 0  
AA 2  
12th Step 2  
Business 37  
Other 4

**Total 86**

## Group Contributions to date 2019

CONTRIBUTIONS - 2019		TOTAL	CONTRIBUTIONS - 2019		TOTAL
GROUP NAME		YTD	GROUP NAME		YTD
Bent but not Broken	\$	315.00	Parents Aren't Perfect	\$	295.74
Courage to Live	\$	38.75	Primarily Parents Too	\$	1,572.35
Discovering Choices	\$	115.59	Progress	\$	218.00
Early Morning Meditation	\$	490.00	Progress Wa	\$	160.91
Eastside 11th Step	\$	168.84	Progress Not Perfection	\$	60.00
Faith & Freedom	\$	2,568.00	Safe Haven	\$	953.55
Families in Serenity	\$	104.01	Serenidad en Accion	\$	60.00
Family Lake Oswego	\$	736.48	Serenity Seekers	\$	147.50
Friday 12X12 AFG	\$	120.00	Set Free	\$	668.54
Gresham Daytimers	\$	789.26	Stepping Up	\$	455.44
Gresham New Hearts	\$	87.50	Steps to Serenity	\$	717.90
Growing Toward Wisdom	\$	368.00	Study Group	\$	33.00
Grupo Nueve Vida	\$	80.00	Sunday Night Winners	\$	30.00
H.U.G.S.	\$	406.90	Sunday Serenity	\$	911.31
Hillsboro Friday Night	\$	174.44	Thursday @1	\$	244.23
Hood River	\$	50.00	Thursday Night Lit. Study	\$	127.00
Hope for Today	\$	129.00	Tigard Monday Night	\$	1,220.71
How AFG Works	\$	70.62	Tower AFG	\$	691.75
Just For Today	\$	300.00	Tuesday Recovery AFG	\$	81.00
Just For Me	\$	270.00	Valor para Cambiar	\$	40.00
Keep It Simple	\$	528.35	Wednesday Nite Hope	\$	480.00
Laurelhurst Family	\$	100.00	Weekend Survivors	\$	150.15
Love & Service	\$	672.02	West Linn	\$	196.00
Love, Gift, & Gratitude	\$	290.00	Westside Manual Study	\$	50.00
Mantenlo Simplé	\$	45.00	Westside Newcomers	\$	25.00
Men Recovering	\$	74.00	Service Board/Committee	\$	247.52
Molalla	\$	10.00	<b>BIRTHDAY</b>	\$	2,124.22
Monday Night Miracles	\$	100.00	Chapter 9 - Milwaukie	\$	1,205.17
Monday Night Live	\$	180.00	Fundraisers - Other	\$	7,063.39
Morning Glory	\$	328.20	INDIVIDUAL/Memorial	\$	2,057.81
Mt. Pleasant	\$	620.41	The Manual Study Eastside	\$	100.00
Mt. Tabor	\$	280.00	DISTRICT 12	\$	150.00
New Beginnings	\$	350.00	DISTRICT 17	\$	1,190.35
<b>Total</b>					<b>\$ 37,194.32</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 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 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

## 2019 Dessert Potluck & Speaker meeting

Join us as  
It's Friday & We're Sober  
&  
Paths to Recovery



Presents:

AA: Ed P.

Al-Anon: Nancy K.

All AA, Al-Anon and Alateen are invited!

Friday, December 6, 2019

7:00 PM to 9:00 PM

Please bring a sweet treat to share!

Creator Lutheran Church  
13250 SE Sunnyside Rd.  
Clackamas, OR 97015

The 7th Tradition will be divided between "It's Friday & We're Sober" and "Paths to Recovery"

Info: Tracie S. 503-750-6058 - Paths to Recovery | Harriett T. - RiverFolk22@gmail.com



### Stepping Up AFG

Cordially invites  
Al-Anon, Alateen, AA and families to our

## 27<sup>TH</sup> ANNUAL HOLIDAY BAZAAR

December 4, 2019  
6:00 pm to 9:00 pm

Canby Methodist Church  
1520 N. Holly Street, Canby, Oregon

### Speakers:

Alateen: Venus, How It Works Alateen, Clackamas  
Al-Anon: Sheri S., Mt. Pleasant AFG, Milwaukie  
AA: Tom K., Doing the Deal AA, Canby

Handmade crafts and other small gifts for sale  
And raffle items, too!

Join us for a light dinner at 6:00 pm  
and meeting at 7:00 pm

Proceeds will benefit Stepping Up AFG  
and support of the Al-Anon Links of Service

For more information contact: [justfortoday2nd@gmail.com](mailto:justfortoday2nd@gmail.com)  
Or call Debbie at 971-244-2427

Participation in Al-Anon Twelfth Step work has provided me with many opportunities to welcome and comfort newcomers. What makes this activity easier for me is the knowledge that I have a common experience with each of these people, regardless of external differences.

*When I Got Busy, I Got Better (P-78), page 44*

- 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](mailto:thegroupscoopdx@gmail.com).

The deadline for the January/February 2020 Group Scoop will be Friday, February 10, 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.

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