

THE GROUP SCOOP

The Al-Anon Information Services Newsletter

SEPTEMBER/OCTOBER 2019

BANNER YEAR FOR OUTREACH!

Your AIS is having a banner year of outreach, Carrying The Message!

Hi, I'm Julie, your Speaker Coordinator for AIS. As a "newbie" who joined the Service Board in January, my thought was to tiptoe into an "easy" service position. I'd heard that the Speaker Coordinator may receive a few requests per month; it sounded simple enough. But "simple" and "easy" was not quite what my H.P. had planned. Right away requests started coming in from our groups, Serenity Lane (3 locations,) and new opportunities initiated by our dedicated Institutions Chair (Moon L.) for C.A.S.A. (Court Appointed Special Advocates---volunteers who accompany and advocate for juveniles in the courtrooms,) and DHS (Dept. of Human Services.)

I felt less than confident that all of the requests could be filled. Feeling overwhelmed and anxious, I was ruminating on what I "had to do" when the voice of my first Sponsor echoed saying, "No, Julie, you don't HAVE TO DO..., you get THE OPPORTUNITY TO DO..."

Al-Anon has taught me to ask for what I want / need. Today I truly believe, "If you don't ask, you don't get." When circulating a clipboard at meetings, it was amazing to see how quickly the page (s) filled with the names of members generously willing to give their time (and drive!) to locations in Multnomah, Washington and Clackamas counties, as well as Vancouver, to share their Experience, Strength, and Hope with others. This summer alone, from late June to mid-September, instead of "a few requests per month", positions were filled for 22 Speakers (woo hoo!)

Thank you to all of our members who are dedicated to "paying it forward" by signing up, suiting up, and showing up. As we've heard in our meetings, we only get to keep the gift of Al-Anon by giving it away; we learn to give "for fun and for free." A special acknowledgment to my Home Group for helping to fill those Speaker sign-up pages; your practice of the Al-Anon principles and commitment to service is inspiring! It is a privilege to serve as your ISR.

If you would like to share your journey in Al-Anon, add your name to our Speaker list by calling our AIS office. Please join us for an evening of celebration at our annual AIS Fundraiser Potato Bar/ Potluck/ Auction on October 26th at Tabor Space; our theme is "Finding our Joy!"

With Love and sincere Gratitude,
Julie M-M

Service Concepts of the Month

Concept Nine

Good personal leadership at all service levels is a necessity

In the field of world service the Board of Trustees assumes primary leadership

Concept Ten

Service responsibility is balanced by carefully defined service authority and double-headed management is avoided

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

PORTLAND AIS MOVES ONTO SOCIAL MEDIA

AL-ANON/ALATEEN EVENTS
AIS NEWS

Are You Bothered By Somone's Drinking? You are Not Alone. There is Hope. Al-Anon Portland Information Service has launched Twitter and Instagram social media pages. Following us does not imply membership to Al-Anon/Alateen. We don't follow other pages. Follow us to get updates on Al-Anon/Alateen Recovery within PDX Metro, state, regional, national, international areas.

@PDX_ALANON



FOLLOW

US ON
TWITTER &
INSTAGRAM
@PDX_ALANON

www.al-anonportlandoregon.org

#Hello,

No that is not a typo. As your current Media Chair for this term, I have been spearheading the Social Media Project in researching and setting up social media pages for the AIS.

We are expanding our Portland AIS presence on Social Media Platforms. As stated in our Al-Anon Declaration, "When anyone anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there..." This includes on Social Media.

We are using Social Media as a way to be available to those looking for resources and support for the friends and family for whom another's drinking may be a problem who are conducting searches on Social Media platforms.

The duties of Media Chair position will be expanding to include managing the social media pages. We have set up the pages to honor Traditions 6, 10 & 12 to the best of our ability. You need to have a Twitter or Instagram Account to view our page. If you are not on social media or choose to not be on Social Media, do NOT worry; the information on our Social Media pages is the same as on our website. Any flier posted on our website will be featured on our social media pages as well.

If you have any questions about Social Media use, contact AIS and they will forward your question to me. I'm excited about this endeavor as we move forward, and as we explore emerging technologies to better to carry the message of help and hope to whoever needs it.

We take Step Nine for ourselves, so that we may lift the burden of guilt and live as loving adults in the present instead of frightened, angry children lost in the past. We do so without expectation of how others will react to our amends. Whether or not they accept us is none of our business.

Al Anon Sharings from Adult Children (P-47), page 20

ADULT CHILDREN CONVENTION PDX

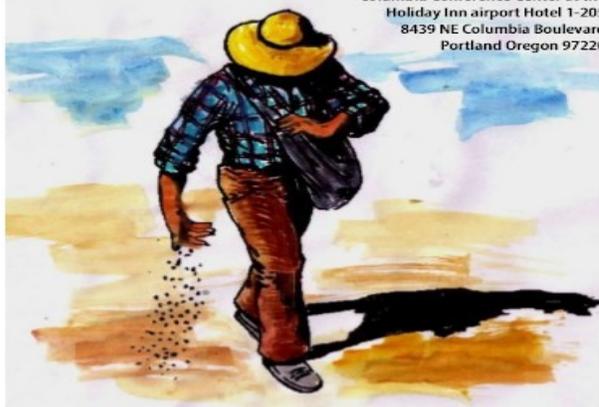


XXVI AL-ANON US NATIONAL CONVENTION FOR ADULT CHILDREN OF ALCOHOLICS

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

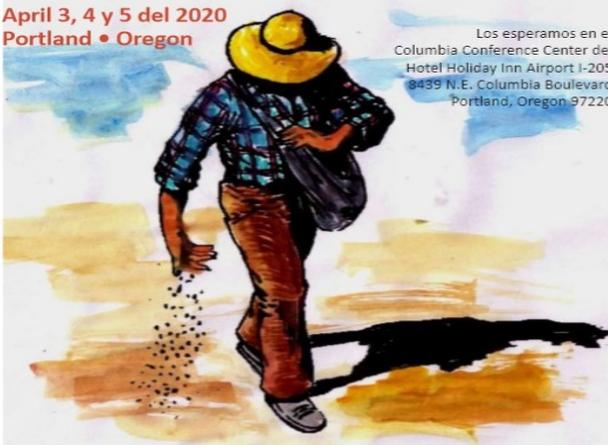


XXVI REUNIÓN NACIONAL DE AL-ANON PARA HIJOS ADULTOS DE ALCOHÓLICOS EN USA

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 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

WSO Revamps

Alateen Newcomer Kit



"In an effort to reduce rising costs and efficiently allocate resources, we have converted the Alateen Newcomer Kit (K-18) to a booklet. The booklet is similar to the Al-Anon Newcomer Packet (K-10), which was introduced in 2016. The new booklet offers a more aesthetically looking product and provides better ease of use. As a result of the creation of the new booklet, the price has increased from \$1.40 to \$1.75."

Thank You AIS Office Volunteers and Group Contributors

AIS Volunteers and Calls

July Volunteers

Joan B
Diana D
Judi W
Fran P
Clara H

July Calls

Al-Anon 92
Alateen 6
Business 19
12th Step 3
Other 7
AA 3

Total 130

August Volunteers

Joan B
Fran P

August Calls

Al-Anon 74
Alateen 5
Business 20
Other 2
AA 3

Total 104

Group Contributions to date 2019

CONTRIBUTIONS - 2019	TOTAL	CONTRIBUTIONS - 2019	TOTAL
GROUP NAME	YTD	GROUP NAME	YTD
Adult Sons & Daughters	\$ 85.64	North Plains	\$ 562.00
Aloha Mon.Night	\$ 71.36	Parents Aren't Perfect	\$ 295.74
Bvtn. Hearts	\$ 241.86	Primarily Parents Too	\$ 1,308.13
Bent but not Broken	\$ 210.00	Progress	\$ 53.00
Courage to Live	\$ 38.75	Progress Wa	\$ 160.91
Discovering Choices	\$ 115.59	Progress Not Perfection	\$ 60.00
Early Morning Meditation	\$ 210.00	Safe Haven	\$ 701.69
Eastside 11th Step	\$ 142.94	Serenidad en Accion	\$ 30.00
Faith & Freedom	\$1,643.00	Serenity Seekers	\$ 67.50
Families in Serenity	\$ 104.01	Set Free	\$ 476.17
Family Lake Oswego	\$ 400.09	Stepping Up	\$ 455.44
Grshn Daytimers	\$ 358.36	Steps to Serenity	\$ 680.25
Grshn New Hearts	\$ 87.50	Sun. Night Winners	\$ 30.00
Growing Toward Wisdom	\$ 368.00	SundaySerenity	\$ 585.00
Grupo Nueve Vida	\$ 80.00	Thursday @1	\$ 179.46
H.U.G.S.	\$ 216.90	Thurs. Night Lit. Study	\$ 127.00
Hillsboro Fri.Night	\$ 174.44	Tigard Mon Night	\$ 1,220.71
Hope for Today	\$ 129.00	Tower AFG.	\$ 616.01
How AFG Works	\$ 70.62	Tuesday Recovery AFG	\$ 81.00
Just For Today	\$ 300.00	Valor para Cambiar	\$ 40.00
Just For Me	\$ 200.00	Wednesday Nite Hope	\$ 320.00
Keep It Simple	\$ 528.35	Weekend Survivors	\$ 49.00
Laurelhurst Family	\$ 50.00	West Linn	\$ 196.00
Love & Service	\$ 500.71	Westside Manual study	\$ 50.00
Love, Gift, & Gratitude	\$ 190.00	Westside Newcomers	\$ 25.00
Mantenlo Simple	\$ 45.00	Service Board/Committee	\$ 190.52
Men Recovering	\$ 74.00	BIRTHDAY	\$ 1,718.22
Molalla	\$ 10.00	Chapter 9 - Milwaukie	\$ 986.50
Monday Night Miracles	\$ 70.00	Fundraisers - Other	\$ 100.00
Mon.Night Live	\$ 135.00	INDIVIDUAL/Memorial	\$ 1,870.45
		The Manual Study	
Morning Glory	\$ 208.20	Eastside	\$ 100.00
Mt.Pleasant	\$ 392.80	DISTRICT 12	\$ 150.00
Mt.Tabor	\$ 280.00	DISTRICT 17	\$ 1,190.35
New Me	\$ 210.00	TOTAL	\$22,618.17

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 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

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

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)

Meetings and Announcements

Mt. Pleasant AFG is MOVING!

Effective September 5th, 2019

10:00am - 11:30am (same time)

We will be at:

Oak Grove United Methodist Church

14700 SE Rupert Dr.

Oak Grove, Oregon 97267

At the corner of SE Oak Grove Blvd.



Questions? Contact Brenda G. at 415-577-7163 or

Greg E. at 971-204-1705



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*****

Step Ten suggests an honest appraisal of ourselves on a daily basis. This Step reminds us that we are human and are likely to make mistakes. In taking a daily inventory of our behaviors and actions, however, we are able to free ourselves from the unnecessary burden of misplaced guilt and shame.

Reaching for Personal Freedom (P-92), page 52

- ***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-scoopppdx@gmail.com. **The deadline for the November/December Group Scoop will be Friday, November 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 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.
- Let us know if you would like your article published with your first name and last initial or as anonymous.

thegroup-scoopppdx@gmail.com