Al-anon Times

August/September/
October
2018

News from Nevada

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FROM OUR AREA CHAIR—Suzanne M.

Already, it's July and hot as Hades in Vegas!

How important is it? Well, I can accept that it's hot and do what needs to be done for me to live and work comfortably with the heat; or I can rail against the heat (over which I have no power) and maintain my negative attitude, which results in irritability and discontent stressing me out physically, mentally, and emotionally.

Would I rather be right or happy? How important is MY happiness and well-being? Important enough for me to recognize that only I have the power to change my attitudes. Honestly, I forget sometimes that I can choose my attitudes.

I've been stressed lately with outside influences – college class, business class, and finances specifically, and I was feeling overwhelmed. I recognized that I did it to myself, the overload. I had to let go of results to the best of my ability and prioritize.

College came first for me this time. I'd been avoiding that college math class for years because I felt intimidated by it. A gentle nudge from my HP led me to realize it was time to face that boogie finally. I've never been so focused on anything in my life. It was important enough for me to see that I am worth my time and attention.

With God's grace and help, I got a B.

Next step? Graduation and AA Sociology.

Suzanne,
Area Chair

The Serenity Prayer

God, Grant me the Serenity to Accept the Things I Cannot Change,

Courage to Change the Things I can,

And the Wisdom to Know the Difference

FROM OUR GROUP SERVICES COORDINATOR—LAURA C.

The job of the Group Services Committee is to be a liaison between groups and the WSO (World Service Office), so here are some tools to help you stay most current with WSO news:

From the al-anon.org homepage, click on "Subscribe to In The Loop," "News from the WSO," or "Email Sign-up to get the most up-to-date information from Al-Anon World Service Office via "In The Loop"! Have it sent to your personal email account or your group email account or both! You can make a contribution online, too, if that's easier for you with multiple payment options.

At Assembly, Group Services will possibly be doing a project (more will be revealed) and continue to help you use your binder by having the 3-hole punches, pens, and cough drops. Two of us attended the International Convention in Baltimore and are excited to share our experience with you - just ask! Please feel free to contact me at any time regarding the binder, its contents, or its function for you and/or your group. The contact info is in your Assembly folders and below.

Much Love in Service,

Laura C.
nvareagroupservice@gmail.com

530-318-0526

Statement of Purpose

The Al-Anon Times is a service publication of the Nevada Area AFG. Its purpose is to keep the Area informed of all service related projects and activities at the District, AIS, and Area levels. Each issue will have a topic. Sharings submitted by members will be included as space allows. The opinions expressed in *The Al-Anon Times* are not to be attributed to Al-Anon as a whole; they are the personal views and experience of the individual member. In keeping with

FROM OUR DELEGATE , PANEL 57—Janet P.

Attending the *2018 Al-Anon International Convention - Celebrating One Day at a Time* July 6th-8th and the *Day of Connecting* July 5th in Baltimore was a memorable experience. This was my first international convention and I returned home feeling uplifted and renewed. The World Service Office staff, Executive Committee, Board of Trustees and numerous volunteer members worked together to make this convention possible for the 4,029 registrants. The presentations, speakers, workshops, and big meetings I attended were all outstanding. Participating in the *Love Parade* was so much fun! A special app for convention attendees served as a platform to express amazing personal experiences and helped guide our way to the numerous opportunities. I definitely felt my Higher Power's gentle presence with each new experience and brought home with me a deep and abundant sense of the love, support and connection available in our worldwide fellowship. Looking forward to Albuquerque in 2023!

Our al-anon.org website maintained by the WSO continues to evolve. The "Members" section no longer requires a password. Recently posted topics found in "News from the WSO – In the Loop" included:

Terms used in Al-Anon Service

Make a visit to the WSO part of Your Vacation Plans!

What Happens to My "Forum" Sharing?

Developing Intimacy in Gratitude – One Step at a Time

News from the 2018 World Service Conference

The *2018 World Service Conference Summary* will be available to download from the website or purchase through the WSO in July/August.

Using the slogan "How Important Is It?" certainly helps me have perspective when identifying the things that matter to me most and accepting my mistakes and imperfections.

Growing in Service,

Janet P, NV Delegate, Panel 57

Nevada Area FALL Assembly

Assembly is FULL of valuable information & recovery (and it's loads of fun);
Help your group stay connected and healthy by encouraging your GR to attend

September 21-23, 2018

Where: Tonopah Convention Center- 301 Brougher Avenue
(one block west of Main Street)

2:00-5:00 AWSC Committee Meeting
4:00pm- Registration opens
5:30pm Potluck Dinner
6:30pm- Assembly opens

Friday night POTLUCK yummmm….

Dist.1: Desserts Dist.2: Main Dish Dist.3: Salads/Appetizers
Dist.4: Snacks/Beverages Dist.5: Main Dish
Dist.6: Paper goods

Saturday Night dinner is a Mexican Banquet cost only $15.00!
Please plan to join us…a great opportunity to relax and let someone else cook!
Bring Baskets for the Raffle and a little spending money as well!

Motel information:

Hotels fill up in Tonopah; make your reservations early!
Identify yourself as "Al-Anon" or "AFG" for the best rate.

Motels	Address	Phone
Best Western Hi Desert Inn 15minute walk to the convention center	320 Main St. (approx. $135.00/ night) per person	(775) 482-3511 AAA / AARP discount avail. Must ask for discount Nice rooms, includes full breakfast Walking distance to the convention center.
Mizpah Hotel Easy walking distance to the convention center.	100 Main St. (approx.$135.00/ night) per person	(775) 482-3030 Historic & beautiful rooms are small. Walking distance to the convention center. Restaurant located inside the hotel. Must ask for discount
Jim Butler Easy walking distance to the convention center	108 S. Main (approx.$78.00/ night per person) must ask for discount	(800) 635-9455 Large clean rooms include micro-wave and refrigerator. Walking distance to the convention center. Includes continental breakfast.
Tonopah Station Hotel, Casino, RV Park	100 Erie Main (approx. $80.00/ night per person)	(775) 482-9777 Approx. 2 miles from convention center. Refrigerator, no microwave or breakfast.

YOUR PRE-REGISTRATION GREATLYAPPRECIATED!

Nevada Area 2018 FALL Assembly Registration Form

Please mail your registration **BEFORE September 14, 2018**

Please write clearly & fill out one form for each person

Your Name: _____Language: *Spanish* ____ *English*____

FIRST *LAST*

Which Assembly did you last attend? _____ *Did you return your name badge?* _____

Your Position: _____*GR* **

_____*AWSC -Position* _____

_____*Other:* _____

***GR/Guest/Other – If you are you representing a group please fill out information below:*

Group Name: _____*Group Number:* _____

City of Group: _____*District #*_____

REGISTRATION FEE ***$20.00***

BANQUET ***$15.00***

No refunds. If you are unable to attend please send someone to represent your Group

Check Number # _____*Check Date:* _____ *Total Paid: $*_____

Would you like me to let you know that I received your registration? _____

What is the best way to contact you? _____

*Any Questions or Comments*_____

Pre-registration helps us to have enough Information packets for everyone

Please mail your registration **BEFORE September 14, 2018**

Registrations postmarked by September 1st will ***get a raffle ticket****!*

Make your check payable to: **NV AREA 34**

Mail to: NV Area Assembly, C/O Tracy B., 1350 California Avenue Reno, NV 89509

NEWS FROM SOME NEVADA DISTRICTS

District 5—D.R. Michele S.

Our District 5 Meetings are held on Saturday mornings 10:15a – 11:45a in odd-numbered months at the Southern Nevada Literature Depot at Lakes Lutheran Church during a time when no groups are meeting allowing everyone a chance to attend. We met in March and July. For our May meeting, we skipped the District 5 meeting and held our first Slogans Workshop instead. More on that later.

Meeting Highlights:

Meeting Changes & Closures:

Changes: 2 meetings, New Beginnings and Keep It Simple Alateen, both moved in April to another location in Las Vegas so they are now part of District 1.

Closures: 2 meetings, The Right Place Men's Stag Meeting and Step It Up, both closed in May.

Workshops:

Spring 2018: We held our first Slogans Workshop in May which was well-attended with almost 50 people participating. The workshop included an exercise on using slogans during the 1st half, and a guest speaker during the 2nd half. We had a potluck lunch and a raffle at the end of the event, where we raffled off some CAL, and the table centerpieces that were made by one of our GRs. We received very positive feedback from everyone who attended.

Fall 2018: The District 5 GRs voted to hold the 'Gratitude for our Traditions' Workshop in November. More to come...

Love in Service,

Michele S. (District 5 Rep)

District 3—D.R. Gracie G.

Distric 3 is doing great. I have visited most of our groups. We are planning a District Workshop for October 13. More information will be coming.

Thank you for letting me be of service.

FROM OUR AREA AL-ANON INFORMATION SERVICES CHAIRS

Northern Nevada AIS Chair—Sandi S.

Northern Nevada Al-Anon Information Service districts 2, 4 and 6

We had our August meeting in the lovely setting of Incline Village and at the time the smoke from the nearby fires was a little lighter and it was a little cooler.

We continue to support the Telephone Hot line. Recently we were able to eliminate AT&T as the middle man for our answering service at a considerable savings to us. Our answering service takes the calls directly now and then forwards them if need be to our 11 volunteers.

We continue to print and distribute the semi-monthly schedules for our 3 districts.

Our order for the 2019 Al-Anon Faces Alcoholism booklets has gone in and we expect to receive them in September to distribute as needed.

A Carson City digital billboard ran again in June at the Carson City Community Center. We will be running it again some time this year.

Our Public Outreach has extended to literature tables manned by volunteers at the Founders Day (AA with Al-Anon) picnic at Virginia Lake Park and the Family Health Festival in Reno. We are in the process of coordinating an outreach table at the Aces Baseball Park during a game.

AIS Literature went with a team of AA speakers to three schools this past May: Incline, McQueen and Galena. The presentation is a pre-scripted event and we hope to have an Al-Anon volunteer that has passed the Washoe County School Districts background check for the next one in the up-coming school year.

3 of our Al-Anon Spanish speaking members attended our last meeting. They were inquiring about running a Spanish Language Public Service Announcement on the Spanish radio and television. I hope to see that up and running soon.

We will be running another Public Service Announcement before the movies in some theaters around the holidays this year. We have set aside part of the funds needed and are gathering information regarding available theaters and the costs. We hope to do PSA's in both district 6 and district 4 theaters. The final decision will be made at our October meeting at the Carson City Senior Center on October 3, 2018. 911 Beverly Dr. Carson City 6:30 to 8:00 pm.

I would like to personally thank everyone that is involved with Northern Nevada AIS and all their efforts to share our message of hope with the Al-Anon members as well as the public.

FROM OUR WEBMASTER—MARIE B.

Sometimes, I wonder how I lived without this program the first 22 years of my life.

Keeping things simple and especially reminding myself of "How important is it?", two of our amazing tools, has definitely helped keep my life in a much better place.

This year has been unbelievably busy. I need to use "How important is it?' constantly. Well the program and my service is Very important.

The website is plugging along. I hope everyone has found the new meeting search function much easier to use. Thank you to all who have given me input! We will continue discussing the move to a different platform this coming Assembly (easier to manage) and I am hoping to pull together a small group (Task Force) of tech savvy members to help with the process.

Love in Service,

Marie B.

FROM OUR FELLOWSHIP COMMUNICATIONS COORDINATOR — ROSIE M.

Greetings from Conference Approved Literature CAL.

The fellowship Outreach Communication Committee is pleased to announce a new pamphlet (P-94) Hope & Understanding for Parents and Grandparents.

The pamphlet costs 75 cents per copy. It contains specific shares about using program tools to help detach from children and grandchildren.

A new book on intimacy will go on sale after WSC this summer. The committee will send an announcement courtesy of your DR.

Our next assembly will have a workshop on writing about a step that has helped you.

See you at assembly this September

Don't Miss an Issue of the Times!

Send your request to :

Terry Gailey
10566 Mandarino Ave.
Las Vegas, NV 89135

Make check payable to Nevada Area AFG

Name _____

Address _____

City/State/Zip _____

Phone Number _____

District # _____

Email address _____

This is a Personal Subscription_____

Send the subscription via email _____ or hard copy _____

_____1 year ($5.00) or _____3 years ($12.00)

This is a Group Subscription _____

Send the subscription via email _____ or hard copy _____

Group Name_____

_____1 year ($5.00) or _____3 years ($12.00)

Submit reports and sharings to:
NvAreaTimesEditor@gmail.com

FROM OUR ALATEEN COORDINATOR—-DAPHNE L.

The mandatory yearly recertification of Al-Anon Members Involved In Alateen Service (AMIAS) was completed well before the deadline of 6/30/18. This means that all AMIAS have met the recommended Minimum Safety/Behavior Requirements and can perform any of the Alateen Services, including being a Group Sponsor, for the period from 7/1/18 through 6/30/19.

How important is it? It is extremely important. If any of the AMIAS sponsoring an Alateen group is not re-certified on time, the meeting will be impacted - either suspended temporarily or closed permanently. Again, how important is it? The members of that group may or may never return to the program due to the disruption or closure. That will be sad for these young people as the Alateen program is important to them the same way the Al-Anon program is to us.

Therefore, I would like to say "Thank you to all AMIAS for having helped me complete the important task of annual re-certification in a timely manner.

I love all the Al-Anon slogans. In my earlier days in the Program, I used "How Important Is It" often. It mostly just helped me determine whether to zip my lips or to speak up. Most of the time, I chose to keep quiet as it was so much easier to do! Why? It was one of my survival skills. It worked then, but eventually it had turned into a character defect. Gratefully, over many years of listening to your shares, reading Al-Anon literature and practicing new behaviors, I now use this slogan to help me make healthier choices in ALL areas of my life - physical, emotional, intellectual, financial and spiritual.

The September 11 reading from "Hope for Today" further helps me prioritize those choices in the following order of importance, with Higher Power in the top tier:

HP Al-Anon

Me Everybody and everything else

Again, it is important for me to thank you all for your experiences, strength and hope on "How Important Is It", year after year.

Love in Service,

Daphne L.

Area Alateen Coordinator/Area Alateen Process Person (AAPP) Area 34

Alanon Members!

HAVE FUN AND BE OF SERVICE.

Bring a raffle basket (or two, or three) from your homegroup and help us continue to be self-supporting.

Tonopah Fall Area Assembly
September 21-23, 2018

TIMES
VICTORIA S.
675 PARLANTI LANE, SPC 150
SPARKS, NV 89434