



Al-Anon Information Services

*Westchester and Putnam Counties of New York
Districts 24, 25, 26 and 27*

June 2017

Volume 2, Number 1

*"Participation
is the key to
harmony"*

Al-Anon
Information
Services

Please write articles or send letters that share Al-Anon ideas and approaches. Artwork and photos are also welcome – try to send us something that brings you serenity. Let us know if you would like to be part of the newsletter staff.

Contact us at: info@westchesterputnamalanon.org or (914) 946-1748

And check out the web site and meeting lists at: <http://www.westchesterputnamalanon.org/>

Meet your new AIS Trusted Servants

Lend your Talent and Time to AIS

Upcoming Meetings: September 18 and December 4, 2017

At our December '16, March '17 and June '17 meetings, we filled many of our trusted servant positions including Telephone Coordinator, Website Coordinator AIS Liaison to New York South, Treasurer Mailing Coordinator, and Newsletter Coordinator. Please help us fill the remaining slots of Chair and Public Outreach Coordinator. We also still need phone volunteers to man the call center. Join us to welcome our new trusted servants and to talk about your service in one of the remaining positions. Send us an email if you want to know more.



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News From The Districts

District 24 – Southern Westchester

This past Fall, District 24 hosted our first workshop in many years. Entitled “District 24 Celebrates 65 Years of Al-Anon,” our Share-An-Evening was a huge success! With over 100 in attendance, we were all privileged to enjoy first-hand stories from Bill and Bernadette B. who were personal friends of Lois W. for 14 years prior to Lois’ passing. The Borcherts spoke warmly of the many good times shared with Lois both at Stepping Stones and at the Borchert’s home in Rye, NY. It was such a wonderful way to celebrate 65 years of Al-Anon by connecting to our co-founder through the shares of these two delightful “First Generations.”

Since our Share-An-Evening event, District 24 continues to make strides in Westchester County. After many years of 'doing without,' District 24 has opened a bank account and a Post Office Box as well! For the first time in over 15 years groups will be able to mail their contributions to the District. Prior to this, District donations were made by cash only which proved to be very limiting. Our P.O. Box address is:

District Post Office Box Address:

District 24 AFG, P.O. Box 441, Bronxville, NY 10708

There is a definite feeling of teamwork in the District as we enter the new year with a renewed sense of joy and excitement for the gift of recovery we hope to bring to members, newcomers and the professional community alike. And there is already talk of our next District event! Stay tuned!

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Breaking News: District 24 is really making strides as we come together for the common good of Al-Anon. This past month our District had the honor of hosting the April 1st Assembly. Mildred stepped up as Coordinator and assembled a wonderful team of volunteers who worked together brilliantly to balance the right combination of healthy, tasty and decadent snacks! The quality, selection and quantity of refreshments were truly sensational! Some volunteers baked homemade goods, some got together to do the food shopping, some gave their time to help set up, others gave time during the Assembly to keep the table well-stocked, still others helped clean up at the end. All worked together and the result was a huge success! Big thanks to Mildred and crew. It was heartwarming to see everyone come together for the betterment of all.

Feel free to attend our District meetings and be a part of our decision-making process. For your convenience, a meeting schedule is included below:

<u>District 24 – 2017 Meeting Dates</u>	7:30 p.m. at:
Tuesday, May 9	St. Vincent’s Hospital
Tuesday, September 12	275 North Street
Tuesday, November 14	Harrison, NY 10528

District 25/26 – Northern Westchester, East & West

At the beginning of 2017, Districts 25 and 26 once again merged to work as one combined district for the next three years. We had our first district meeting on February 11th, and our next meeting on April 30, where we started to plan out future district meetings and events. Our trusted servants are looking forward to connecting further with our community and serving our groups.

We are looking for a volunteer to be our new district Alateen coordinator. If you are an AMIAS or willing to get certified, and willing and able, please consider stepping into service! The next District 25/26 meeting will be held the last weekend of April. Please contact AFG2526@aol.com for more details about when and where our meeting will take place. These are our new district trusted servants:

- District representative: Margaret C.
- Alternate district representative: Kathy S.
- Public outreach coordinator: Karen C.
- Secretary: Jan W.
- Treasurer: Maggie B.

District 27 – Putnam

We have 6 active groups in District 27, Putnam County. Recent visits to the Tuesday, Wednesday and Friday meetings show continued good attendance at about 15 to 25 members regularly. We would really like to get more members involved in service at the district level. We are looking for your suggestions on how to make that happen – and, of course, volunteers.

As part of our outreach project, we are giving 2016 AFA (Al-Anon Faces Alcoholism) booklets to members and groups for distribution in honor of Lois’s birthday. We listed the Westchester-Putnam Al-Anon telephone number and website on the back cover.

Discovery 2017

Last year I had a unique service experience of acting as the raffles coordinator for the Discovery convention. This year I decided to volunteer as communications coordinator for this special annual event. You might wonder why! Planning and running a convention usually takes specialized skills but this is Al-Anon so we rely on volunteer skills to fill every position needed



and do the best we can to make informed decisions. I was sometimes a bit confused in my 2016 position responsibilities but luckily, I had a service sponsor I could email to clarify those questions. This year I am helping a “newbie” understand her position – passing the knowledge forward—so she can be successful. Serving as a Discovery coordinator has also allowed me to see some of the Al-Anon concepts at work: participation is the key to harmony and our well-defined positions help us avoid double-headed management.

I recommend that other members take the step and volunteer for something new and share the program through their service.

Plus, don't forget to save the date for Discovery 2017: July 14-16th 2017

Check the AIS web site under events for more detailed information.

To register right now you can download and print the Registration Form at <http://www.al-anonny.org/discoveryconvention.html>



We Are Not a “Secret Society”

Anonymity and Public Outreach

by AIS Phone Service Coordinator, Claudia M.

I spent the last couple of months looking for new AIS Phone Service Volunteers. With a 6-month rotation, there are 7 service openings twice a year (one for each day of the week)! I enjoyed visiting groups across the County and attending Assembly in order to pass out recruitment fliers and invite people to get involved with this Service activity. I'm delighted to say we've got a new committee in place; they participated in the 1-hour training and are eager to engage in this rewarding 12-Step work.

When one member heard about this service opportunity, she hesitated because of concerns about anonymity. “Won't I be breaking my anonymity if I use my personal phone to return calls?” The answer is “yes”. Breaking anonymity is not unusual for Public Outreach activities. In our Service Manual, it explains, “In a setting where there is no media involved (health fairs, speaking to community groups or schools, etc.), members are free to use their full names, if they are comfortable doing so.” It goes on to say, “When working with professionals, Al-Anon and Alateen members are more credible and effective when they give their full names and contact information.”

Most people who call AIS Phone Service are newcomers looking for assistance selecting the “right” meeting to attend; we also receive calls from professionals or students. Either way, volunteers do return calls with their personal telephones. In past years, we rarely left messages if we did not reach callers since landlines were shared by family members and it was therefore impossible to be discreet. Now that most callers use cell phones to contact AIS, our volunteers almost always leave a message; callers are invited to return calls to our volunteers rather than contacting AIS phone service again.

Al-Anon members who volunteer to be AIS Phone Service Volunteers must be comfortable breaking their anonymity. While it may be possible to return calls by preceding the number with *70, this reduces the likelihood that someone on the other end will answer the phone. Since we are doing 12th Step work with no media involved, Al-Anon's Traditions permit (and even encourage) us to reveal our names and contact information.

AIS Outreach

We have purchased AFA (Al-Anon Faces Alcoholism 2017) booklets for distribution to districts and groups for outreach efforts



Al-Anon International Conventions

By Bob A

Al-Anon International Conventions are a great way to celebrate recovery, meet old friends, and make new ones. An International Convention is where members from Canada, the U.S., and many other countries gather together to speak the same language—the language of the heart.

I attended the Al-Anon International Convention in Vancouver, BC, Canada, 4 years ago, in July 2013. I had not seen any advertising or publicity at all, but came upon the information quite by accident as I was searching for information to plan a vacation. Serendipity, or as my wife says, “coincidences are God’s way of remaining anonymous.” The registration form asked if we would like to speak or lead a workshop...with less than 2 years in Al-Anon at that point, I demurred. When I got there, I saw leadership not only by longer termers, but by people with only months in Al-Anon.

We arrived to see the first sales of the then new Al-Anon workbook, Reaching for Personal Freedom and a giant version of Lois’s shoe for donations. Many areas had tables with local information and souvenir love gifts, but none from New York South – I hope to remedy that for 2018.

There were people there from countries all over the world, and this was my first exposure to love gifts, offered by many, many fellow Al-Anons. There were workshops all day long, opportunities to socialize with other members, and recreational activities as well. One theme was “Welcoming Newcomers,” and there was a terminal where we could share our ideas and experience. District 26 used some of these last year as part of a workshop on Welcoming Newcomers.

Perhaps the high point was the Pioneer luncheon, where people that had been in Al-Anon for 50 years and knew Lois personally got up and spoke for a few minutes each about their memories of Lois and the experience strength and hope she gave them.

The next convention is July 5-8, 2018 in Baltimore, just a few hour’s drive from New York South. I plan to be there and hope many of you will join me.

Service Meeting Schedules

Westchester-Putnam AIS (Al-Anon Information Service Meetings):

For AGRs (Alternate Group Representatives)

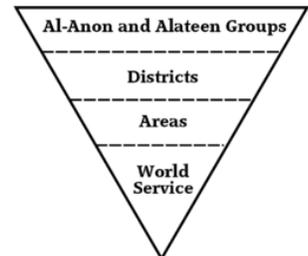
Monday evenings, 7:30 PM to 9:15 PM as below – all Al-Anon members are welcome

Date	Location
Monday, June 5	Emanuel Lutheran Church, 197 Manville Drive, Pleasantville, NY, 10570 [park in church lot, enter at street level to Pearson Hall]
Monday, September 18	
Monday, December 4	

New York South Area Assembly Meetings: For GRs (Group Representatives) – all Al-Anon members are welcome

Saturdays or Sundays as below: 11:00 AM for GRs, 12: 00PM to 4:00 PM for all others

Date	Location
Sunday, June 11	Maryknoll, 55 Ryder Road, Ossining, NY
Saturday, October 21	



Al-Anon Declaration

Let It Begin With Me

When anyone, anywhere, reaches out for help,
let the hand of Al-Anon and Alateen
always be there, and *Let it Begin with Me.*