

District 35 Newsletter

PANEL 49, ISSUE 1

JANUARY—MARCH 2011

**Al-Anon/Alateen
McLeod & Wright Counties**

RESOLUTION FOR SELF CARE

Recently, our Al-Anon group held their end of the year candle-light meeting. It is traditional for our group (small tradition, we decide one year at a time) to offer this time of reflection on our growth in the past year and help the members think about what we would like to see improvement in for the coming year. The question presented was "What recovery tools will you use in 2011 to help you reach your goals?"

For me it is easy to say I resolve to be kinder, I resolve to lose 10 pounds, I resolve to have spiritual time each day. These are goals. How will I reach these goals, or practice new behaviors to get there? What Al-Anon recovery tools will I use?

One of the recovery tools I committed to use was the telephone list. Sounds simple doesn't it! For me it is the hardest tool to use on a regular basis. I don't have crisis in my life anyone usually. This is how my mind-talk goes when I think about picking up the telephone to reach out: "I don't want to impose on other members that have bigger problems to listen to me talk about what vegetables and fruit I eat today to help me keep my commitment to eat better. I don't think another member wants to hear me report that I read Al-Anon or Alateen literature when I should do that daily anyway. Nobody cares that I did not make that sarcastic remark to my husband this morning."

So you can see my best thinking gets me nowhere! I don't call. I don't share. I

(Continued on page 4)

Editor's Corner

Bringing in the new year is always a reminder of what opportunity I have to start fresh. Opportunity to make adjustments in my life, my attitude, etc. However, I'm reminded in Al-Anon I don't have to wait for a new week, month or year to do this, I can restart any minute of any day. How cool is that! We have again received some outdoor photos to enjoy in this newsletter from Mary S. & Mary C. Thanks!

In Gratitude for Service, Kim K. - Newsletter Editor



Look What's Inside:

District Meeting Minutes	2
Outreach	3
Treasurer's Report	3
Alateen	3
Al-Anon Sharing	4
Looking Ahead	6
District Directory	7
Enjoyment	8

Just for Today...

I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count. I will do at least two things I don't want to do—just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

District 35 Meeting Minutes—November 2010

The November 20, 2010 District 35 meeting was hosted by the Annandale Lakers AFG. The meeting opened with the Serenity Prayer. The Twelve Steps, Twelve Traditions and Twelve Concepts of Service were read. The daily reading was read from Hope for Today. Members in attendance were: Joni, Mary C., Natalie, Mariellyn, Deb, Sue, Colleen, Theresa, Dianne, Kathy, Mary S., and Kathy.

Introductions were made and Al-Anon Family Group reports shared. Winsted has eight to ten regular attendees. While no longer having regular newcomers, others are hearing about the group through other groups, internet and newspaper. A number of men are attending and there are also business meetings. A larger facility is being sought and speaker meetings are being considered. Hutchinson is hosting a party December 4, after the 10:00 meeting. Annandale continues with a core group of members and welcomes a few new members. Delano has 9 to 20 members. They hosted a retreat in Wayzata and continue working with Professional Counseling.

Secretary: Minutes from the September 18, 2010 District 35 meeting were approved.

Treasurer's Report: Balance as of 9/18/10 \$578.31 (General Fund: \$483.76, Alateen Fund \$94.55) Balance as of 11/20/10 \$304.79 (General Fund: \$304.71, Alateen Fund \$0.08).

Newsletter: December 10 dead-

line for submissions is to be extended to January. Please send any submission to the Editor Kim.

Public Outreach: Hutchinson provided an unmanned table Saturday, October 23 for Community Resources at the Hutchinson Mall. Deb prepared small packets of outreach material to leave at public libraries. Contact Deb for packets if your library is willing to make them available. Similar packets are being considered for Fun Day. Deb is looking at planning an outreach project for next fall and providing a public outreach email list for sending directories and publications.

A discussion centered on the next elections (Fall 2011) and the service positions that will need to be filled. Service is a part of total recovery. Ideas to raise awareness and participation included mentoring and a series of newsletter articles or one entire newsletter dedicated to informing members of what each service position entails. These articles would be written by those who have served and describe what the benefits have been for them personally. The Forderal training workshops could provide opportunities for learning about service and meeting new people. In the meantime, actively encourage others in your groups to consider service and attend district meetings extending face-to-face invitations and providing rides.

Alateen: The Buffalo group has had its time cut to a half hour which has been a disappointment

to the students. The large number of students has made it necessary to split into two groups; one group of 6th – 7th graders and 8th grade in another group. Very open discussion is being experienced. Mandated reporting can be a challenge in working with the school counselors and family services. Time outside of school is being considered for those who need to talk more openly.

Agenda & Activities: March 5, 2011 Fun Day budget was discussed so approximate numbers are known. The theme is the 60th Anniversary of Alanon. Details were discussed regarding speakers, raffle and door prizes and love gifts. A flyer is being created. Flyers were shared for the Norwood-Young America Thanksgiving speaker meeting and the Dassel Christmas speaker meeting. The Assembly Committee needs volunteers; if interested, contact Carol.

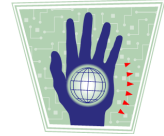
Upcoming Dates: January 15 District Meeting will be hosted by Delano. An activity meeting is scheduled to follow the District Meeting. Bring an Alanon friend and enjoy fellowship while creating the love gifts for Fun Day.

The meeting closed with the Al-Anon/Alateen Declaration. A number of members remained and enjoyed a couple hours of laughter with a game of Apple to Apples.

In service, Mary S.
District 35 Secretary

Outreach

I would like to use this opportunity to share information about a free AFG online outreach resource. It consists of a series of six podcasts. The following is a press release and introduction to that series and can be used in a variety of outreach venues! Notice there are [] 's indicating the insertion of local contact information! Let's consider how/when we can share this with the public and with professionals.



Perhaps we can include this information in the materials we put together for our area law enforcement offices in spring of 2011.

~ Deb

(Continued on page 5)

Treasurer's Report



Thank you to Hutchinson Saturday morning group for their \$25.00 contribution to the general fund in November. As of November 18, we had a checkbook balance of \$304.79. See the Alateen report below for more information on that funding.

It was voted to send \$50.00 each to Minnesota South Area and World Service Office to carry the message. Fun Day expenses are coming up, so money in the account will be used to get that event funded. We typically make a good profit which can be used to continue to carry the precious message of recovery well into the current year.

Our funds are used to get the message of Al-Anon and Alateen to those still suffering with this family disease. Your contributions are greatly appreciated.

Thank you for supporting District 35 monetarily as well as with your outreach to others and your presence at Area and District events. Be sure to include an address with your contribution in order to be acknowledged with our thanks. Also indicate if it is for general fund or Alateen.

Dianne G. ~ Treasurer



In the November District 35 meeting, I reported the Alateen fund was in the red (negative balance) of \$112.08 due to the increasing membership of the Buffalo Middle School group and the purchase of more daily readers and newcomer packets.

Thanks to generous contribution to the Alateen fund, we are in the black once again. A special thanks to a former Alateen sponsor, Sandi H. who gave \$62.00 and to Annandale Lakers group closing out their Alateen fund and giving the district \$173.61.



So the repayment to the general fund of \$112.08 and a purchase just made of \$33.52 for two more daily reader and newcomer packets leaves the fund currently at \$90.01. The district voted to send an Alateen contribution to the World Service Office of \$25.00. With that, the working balance is at \$65.01.

Kathy and I have split the 8th graders into one half hour and the following half hour the 7th and 6th graders. Each week we have been getting at least one new member join the second group. Currently, we have 8 in the 8th grade and 12 in the 7th & 6th grade. These meetings are very productive. Your contributions are going to a very good cause. More literature will most likely need to be purchased in January.

On behalf of the kids, Kathy and myself we thank District 35 members for supporting us.

Your trusted servants, Dianne G. & Kathy N.

Al-Anon Sharing

In any single moment I have the power:

- ◆ to be *grateful*
- ◆ to take deep slow *breaths*
- ◆ to recall a *slogan*
- ◆ to imagine my *choices*
- ◆ to *listen*
- ◆ to *observe*
- ◆ to become *willing*
- ◆ to consider my *motives*
- ◆ to *love/accept* myself
- ◆ to *PRAY*

~ *Deb F.*

Principles above Personalities

When I reflect back to my experience with some challenging times at work this past year, I realize if I placed *principles above personalities*, I would have kept my serenity. I've made a personal decision in 2011 to refer to the December 27 daily reading in ODAT. I will also place a *principles above personalities* reminder in my desk drawer which I can look at when I feel myself slipping.

The above ODAT reading states: Let's think about *group* problems, those disagreements that sometimes happen because we do not quite understand each other. It is not surprising that we who have come to Al-Anon so confused and unhappy, with our thinking warped by family difficulties, should find ourselves at odds over some point of procedure or a personal misunderstanding. We all have different backgrounds, goals, motives, standards and hopes,

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THOUGHTS TO PONDER FOR THE NEW YEAR

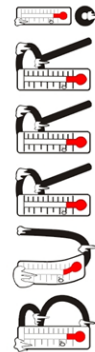
- ☞ How often do I participate in discussions with those I love, allowing my opinions to be heard and extending the same courtesy to others, even when they disagree with me?
- ☞ How do I work with those around me, whether at home or at work, to come to a decision that benefits each of us and all of us together?

Excerpts from Discovering Choices (CAL B-30)

*Sometimes
circumstances
beyond our control
make it
tougher to receive
our program's
messages*



Submitted by Mary C.



(Resolution Continued from page 1)

don't celebrate my new behavior for today. It so easy to let it go and not even recognize that I am making progress toward my goal today.

If I take the action to make the call I feel so good. I feel good about myself and feel that someone else cares about what is happening to me. We both get the benefit of recovery using the tool of the phone list. Act... don't just think is what I need to practice.

~ Mariellyn K.

Outreach & Al-Anon Sharing (cont.)

(Continued from page 3)

A new podcast from Al-Anon Family Groups entitled “Did we cause our loved one to drink?” shares firsthand knowledge from men and women who have been affected by someone else’s drinking, according to Nicolette Stephens, Information Analyst for Al-Anon Family Groups’ World Service Office.

“The podcast focuses on a question so many people worry about, but are afraid to ask,” Stephens said. “To listen to the podcast, look on the Al-Anon home page at www.Al-AnonFamilyGroups.org, under First Steps to Recovery in Al-Anon.” Al-Anon podcasts are available free of charge.

“One of the reasons people affected they are afraid the drinking is their find out,” Stephens explained.



by someone else’s drinking isolate is fault, and they don’t want anyone to

The podcasts demonstrate how local in [name of local community] support said. “The same fear that causes people to isolate can create a strong bond of recovery between those who have been in the same situation.”

Al-Anon meetings can offer families support on a confidential basis,” Stephens

The series of six podcasts from Al-Anon Family Groups addresses fears many people have in common when their loved one has a problem with alcohol. A subscription to all six podcasts is available at no charge. Al-Anon Family Groups is a not-for-profit organization that has been helping families and friends of people who have a drinking problem since 1951.

More information about Al-Anon Family Groups in [name of local community], is available at [local meeting information number], by calling 1-888-4Al-Anon during business hours ET throughout the U.S. and Canada. Information is available on-line at www.Al-AnonFamilyGroups.org.

~ Deb F.



Principles Above Personalities

(Continued from page 4)

and these can come into conflict when we find it difficult to communicate with each other.

For group problems, as well as for our individual ones, we use that helpful phrase in the Twelfth Tradition which ends: “ever reminding us to place *principles above personalities*.”

Today’s Reminder ~ Whenever I am tempted to impatience or anger because someone in my group does not agree with me, I will remind myself to place *principles above personalities*. Everything that happens to me as a person, everything that involves my relations with my group, can be ironed out by applying Al-Anon principles. This lifts all discussion far above the level of personalities and brings about harmonious solutions. “Our common welfare should come first; personal progress for the greatest number depends upon unity.” (Tradition One)

~ Kim

Looking Ahead...



District 35 Meeting

A big THANKS to the Annandale Lakers Group for hosting the November meeting. What fun it was to share ideas and have morning treats. This is a great way to get to know other fellow Al-Anons from other cities! The next District Meeting will be held on **Saturday, January 15, 2011** from 9:30 to 11:00 a.m. in Delano. Don't go alone—call someone on the phone list and take a ROAD TRIP together. Join us for a Saturday morning with the fellowship.



NEW MEETING

Glencoe Sunday Night Al-Anon

8:00 p.m.

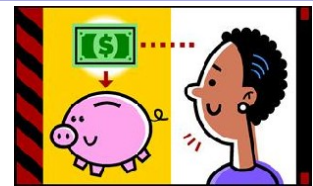
Christ Lutheran Church

1820 Knight Ave N

Glencoe

Start Saving For...

Al-Anon's International Convention



July 3 - 5, 2013

Vancouver Convention and Exhibition Center
British Columbia

Traditions

After two years in Al-Anon, the Steps are finally starting to 'sink in' for me. The Traditions were still a mystery, however, until I came across a reading in *Discovering Choices* (CAL B-30). This reading really spelled it out for me in tangible terms. It speaks about Traditions are for our relationship with others. I've realized I could use a lot of guidance in this area. Tradition One is about what's good for all of us – not just me. Tradition Two speaks about who is really the boss. There is only one authority and He works through a group conscience. I realize the opportunity for growth using Tradition Two at home, learning to discuss as a family in making some decisions rather than just me or my husband. Tradition Three speaks about discovering that we *are* a family and that alcoholism has affected each of us (not just me). Tradition Four teaches me that it's okay for each of us to do our own thing with also keeping in mind to **THINK** before I do something that may affect the whole family. Tradition Five reminds me that my extended family was affected by the disease of alcoholism as well and Al-Anon has helped me develop a better understanding and compassion for them. Tradition Six suggests our primary purpose was spiritual. I, too, was so focused on how *I* looked to everyone on the outside (to the point of extremely low body weight), that I neglected to take care of my insides and my relationship with God. In fact, I didn't even know how to until I came to Al-Anon. Tradition Seven teaches me to be fully self-supporting. I thought of this only being finances before I saw this reading, which helps me understand it also includes time management. Doing my fair share includes balance. Tradition Eight tells me it's okay to ask for and receive help. An Al-Anon sponsor, group meetings and outside professional, have helped me work through despair and challenges in relationships. Tradition Nine tells me that I'm not responsible for everything. We can share the responsibilities of service. Tradition Ten means for me to stay out of other peoples' affairs and mind my own business. Tradition Eleven tells me I can share how I have received help, while keeping in mind and respecting my family's right to privacy. Tradition Twelve is a reminder to 'place principles above personalities'. ~ Kim



As stated in our Traditions, Al-Anon cooperates with AA and guides us to encourage and understand our alcoholic relatives. We can do this by attending open meetings of Alcoholics Anonymous with the purpose to learn more about the disease of alcoholism.

Open Speaker Meetings

Annandale Lakers
 United Methodist
 250 Oak Avenue
 Annandale, MN
 First Tuesday @ 8:00 pm
 AA (March & Sept.)
 Al-Anon (June & Dec.)

Monticello Alano
 2025 West River Street
 AA speaker every
 1st Saturday monthly @ 7:30 pm
 with potluck following

Willmar Alano Club
 1805 Hwy 12
 Every 4th Saturday @ 7:00 pm

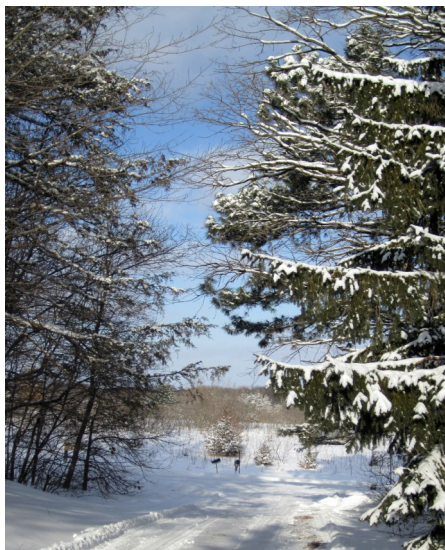
Norwood-Young America
 All Saints Lutheran
 4th Thursday
 Even Months AA
 Odd Months Al-Anon
 Potluck to follow

Hutchinson Alano
 1170 Hwy 7 West
 AA speaker every
 Saturday @ 8:00 pm

Delano Monday Night—Light of Christ Church
 3976 County Line Rd.
 Every 3rd Monday of January, April, July & October @ 7:30 pm

Dassel AA
 City Hall, 3rd Street, Dassel
 1st Friday Monthly @ 7:30 pm

Picture by Mary S.



E-Mail Addresses of Members in Our District

- Brenda (Monti) bmj59@yahoo.com
- Deb (Hutchinson) sdfitz@hutchtel.net
- Natalie (Winsted) Natalie_caouette@hotmail.com
- Stephanie (Delano) bunkwunk@frontiernet.net

Literature Resources	Al-Anon/Alateen Resources	
AIS-Al-Anon/Alateen Information Services 7204 West 27th Street #101 St. Louis Park, MN 55416 952.920.3961 www.al-anon-alateen-msp.org	Minnesota South Area PO Box 6136 Minneapolis, MN 55406-0136 www.minnesotasouth-al-anon.org	World Service Al-Anon Family Groups 1600 Landing Parkway Virginia Beach, VA 23454-5617 www.al-anon-alateen.org

