Group e news

March 2017

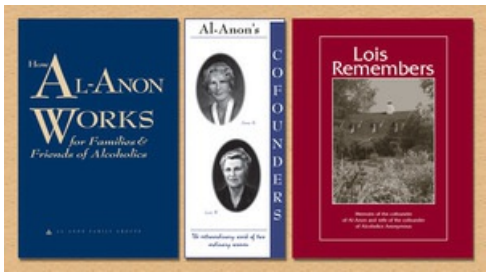
CMA you are receiving this newsletter to distribute to your group in the manner determined per your group conscience so that all have an opportunity to see this information.
For more information please visit our Al-Anon/Alateen Members' Web site at:
http://www.al-anon.org/members/groups/group-resources/item/41-group-e-news

Acknowledging our cofounders

The March 4th birthday of Al-Anon's cofounder, Lois W., can be a reminder to express gratitude for her and her friend, and fellow cofounder, Anne B. The Al-Anon program exists today because of their "footwork" in the 1950s. Their recovery stories seem familiar because they, too, were affected by someone else's drinking.

To learn more about our cofounders, refer to:

- "Lois's Story" chapter in *How Al-Anon Works for Families and Friends of Alcoholics* (print edition B-22 and B-32, or audiobook EB-22)
- *Al-Anon's Cofounders* pamphlet (P-87)
- *Lois Remembers* (B-7)



How to greatly increase your chances of being published in *The Forum*

The WSO receives many sharings each month to be considered for printing in *The Forum* magazine. However, very few are submissions about the Steps, Traditions, and Concepts of Service (our three Legacies). Each issue includes articles about the Legacies of the month, so there is a constant need for these sharings. Write about one of the Steps, Traditions, or Concepts and you might improve your chances to see your words in print! Send your sharings to *The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617; or Attention "The Forum" at wso@allanon.org. You can also submit your sharing online by taking the following steps:

- Go to al-anon.org.
- Click on "Members' Site" on the right side of the screen.
- From the menu, select "Send your sharing."
- Enter your group name, followed by AFG as your password. (Example: Easy Does It AFG or mondayafg).

Another tool for recovery

The cover story of the March issue of *The Forum* describes the value of writing an inventory of one's understanding of the Steps, Traditions, and Concepts of Service. The *Paths to Recovery Workbook* (P-93) makes this easy to do. This spiral-bound, three-hole punched workbook, a companion to *Paths to Recovery* (B-24), contains all the questions from that book with space to write answers.

Available for $10 US—or buy the book [(B-24) $19 US] *and* the workbook for only $25 US

Contact your local Literature Distribution Center or click on goo.gl/3MgJDu for more information. Coming soon in Spanish and French.

Alateen sharings needed

As part of the 60th anniversary of Alateen we invite all members from Alateen to share with us about their favorite slogan,

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Did you know…

It is possible to handle group business without a bank account. Establishing a group budget form can assist in this process. Use of a simple ledger or notebook can help keep track of all monies coming in from Seventh Tradition and literature sales and monies going out for expenses like rent or GR reimbursement for attendance to the Assembly. Groups have shared with us that they sometimes alter their schedule of payments to allow for more frequent contributions to local service arms to avoid accumulating large sums of cash. For example, donations to the District or AIS can be completed monthly instead of quarterly.

It is not recommended that group expenses be paid from any member's personal savings/checking account because there will not be a record of the transaction for the group to register without viewing the member's complete statement. Groups have shared that purchasing money orders is an inexpensive and convenient alternative as they can be purchased in local grocery and retail stores. Some groups use cash to purchase literature directly from their local Literature Distribution Center and pick up the order to avoid paying postal fees. Others use a pre-paid debit card to order CAL on-line.

Our shared experience continues to tell us to talk to each other and reason things out. Let's arm ourselves with the facts, participate in due diligence and utilize our Al-Anon tools and principles as our guide.

Step, Tradition or how their lives were before and after Alateen.

Sending your sharing is easy:

- By e-mail to: wso@al-anon.org
- Online at Al-Anon/Alateen Members Web site
- By Fax: (757) 563-1656
- By postal mail to: AFG, Inc. (Attention Alateen)
  1600 Corporate Landing Parkway
  Virginia Beach, VA 23454

Thank you for sharing and happy 60th anniversary!

If you have received this e-mail you are listed as the Current Mailing Address (CMA) for your group. If you are uncomfortable with receiving this in the future, please ask your group to choose a new CMA or get an e-buddy who is willing to receive your electronic mail from the WSO. If this e-mail was forwarded to you, please contact the member who forwarded it if you want to be taken off their distribution list.

Contact Us | Phone: 757-563-1600 | www.al-anon.org | www.al-anon.org/members

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If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link Unsubscribe

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