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THE VOYAGE NEWSLETTER

Public Outreach Coordinator

Read about:

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Public Outreach is an Al Anon service commitment that reaches out to professionals, public/media and institutions.

In District 8, we have an Institutions coordinator who is Barbara; and a Public Outreach position which is currently vacant.

Marilyn who is a past volunteer for Public Outreach, described it as a really fun job that she enjoyed. "It's a fun position; you are out in the community and get to ramble around and meet new people" she said. She was able to access a list of counselors in the area and sent them meeting schedules and pamphlets. She said there were "umpteens outlets" that could use the Al Anon information. She distributed them to CALM, CADA, different walk-in and family centers that treated addiction and the Sheriffs office.

If you are interested in being of service in this way please contact any of the District reps or just come to a meeting! Read more inside....



A Public Outreach Coordinator tells others about Al Anon using Al Anon approved

District 8 Service Opportunities:

- Public Outreach Coordinator
- Literature Coordinator
- Info Line
- Convention Liaison
- Institutions—Women's Shelter volunteers.



See more information on the Public Outreach Coordinator position on page 3.

The Voyage wants YOU

Hi! Hope you enjoyed the Spring 2007 edition of the Voyage!

There was some great feedback; bigger font for one! So this edition is all font size 12 (for me that still means reading glasses)!

Another good suggestion was to create a topic page. The topic for Summer 2007 (July-Sept) is

"What keeps you coming back?"

In September, I will ask for your ideas on the next topic...so look for me at different meetings. My goal is to get lots of feedback.

Our email link can be found at www.alanonsantabarbara.info/Voyage.

Who are the members of Al Anon/Alateen?

Al Anon around the World

For more interesting information, see the entire survey at:
Al Anon Family Groups <http://www.al-anon.alateen.org/survey.html>

Al-Anon/Alateen Member Survey

Compiled from <http://www.al-non.alateen.org/survey/html>

WHO ARE THE ALCOHOLICS IN MEMBERS' LIVES?*

AL-ANON	ALATEEN
52% Current Spouse	92% Parent/Stepparent
48% Parent	55% Aunt/Uncle
42% Other Relative/Family	44% Friend
38% Friend	42% Grandparent
35% Full/Half Brother or Sister	40% Other Relative/Family or Sister
31% Grandparent	19% Full/Half Brother or Sister
28% Former Spouse	11% Boyfriend/Girlfriend
26% Child	8% Employer/Employee
16% Employer/Employee	2% Partner/Lover
13% Partner/Lover	2% Fiancé/Fiancée
3% Fiancé/Fiancée	

Al-Anon members have an average of three alcoholics in their lives. Forty-five percent report having four or more alcoholic relationships.

Alateen members have an average of four alcoholics in their lives. Over one-third report having five or more alcoholic relationships (36 percent).

*Members could respond by selecting all applicable relationships to the alcoholics in their lives.

Length of Time in the Program:

AL-ANON	ALATEEN
15% 1 Year or Less	23% Less than 6 Months
26% 1 to 5 Years	16% 6 to 12 Months
17% 5 to 10 Years	43% 1 to 5 Years
42% Over 10 Years	18% Over 5 Years
Average length of time is 10.3 years.	Average length of time is 2.5 years.

Every three years, Al-Anon Family Group Headquarters, Inc. conducts a survey of its members in the US and Canada. A snapshot of the results is published in the pamphlet, *Who Are the Members of Al-Anon/Alateen?* (S-29). A more detailed report is also available. For the first time, both reports of the 2003 results are posted here ([Ed. on the web](#)) in a downloadable format. They may be printed and photocopied. [Who Are the Members of Al-Anon/Alateen? \(S-29\)](#) (PDF file) Note: Links within the pamphlet will take you to the corresponding section of the longer report) [2003 Al-Anon/Alateen Membership Survey Report](#)
 Taken from Al Anon Family Group headquarters website.

The authors of the study explain that some questions exceed 100% due to multiple responses allowed for the question. For example, an Al Anon member may have an alcoholic spouse, parent and friend in their lives.

Al-Anon/Alateen Public Outreach Service

Taken from Al-Anon Guidelines brochure G-29. See link from Alanonsantabarbara.com

What is Public Outreach?

Public Outreach **informs** the general public through the media, professionals, facilities, and organizations about who we are, what we do, and how to get in touch with us. Our goal is to **attract** to our program those whose lives are or have been affected by someone else’s drinking, so that those who need our program can find the help and hope we offer. We also strive for name recognition and credibility as a community resource. Public Outreach includes Outreach to the Public/Media, Outreach to Professionals, and Outreach to Institutions.

Your area/district may combine these service areas under Public Outreach, or may maintain separate coordinators and/or committees.

All those in Public Outreach are encouraged to work together to avoid duplicating

efforts.

Suggested Activities include:

(Remember these are suggestions, not requirements. Ed.)

- Invite professionals to open meetings
- Make presentations to professional groups and associations
- Send letters to professionals using the suggested Open Letters Series
- Make a commitment to keep a professional informed about Al-Anon, sometimes called “sponsoring a professional”
- Provide local meeting lists, and replace them with current lists
- Provide speakers and complimentary literature to local professional associations
- Display Al-Anon and Alateen literature at local professional conferences and be available to answer questions
- Offer literature for waiting rooms. Professional subscriptions to *The Forum* are available at a reduced rate

- Distribute professional packets (K-31 and K-31c) and/or the video, AV-31
- Provide your name and phone number or the Al-Anon information service number to professionals for future contact
- Establish a list of Al-Anon and Alateen members willing to speak to professionals; inform professionals that Al-Anon speakers are available to address their staff and clients
- Do mailings to a particular category of professional, organization, association, or government agency
- Send press releases (available on the WSO Web site, www.al-anon.alateen.org) to professional publications
- Invite professionals to an Al-Anon workshop
- Set up an appointment to meet with a professional

Our goal is to **attract** to our program those whose lives are or have been affected by someone else’s drinking,

Notes from the District

Alateen: Marilyn has asked that we let readers know about suspending Alateen for the summer. They will re-group when school starts with a plan to make the program more effective.

“To date, and after a hardy 1 year try, we have not had enough

kids attend to make this program fly at the Daniel Bryant Center. “ However, she says that meeting will resume in the fall. They will increase awareness by speaking in schools and establishing meetings there.

Speaker Meetings: Mark indicates the meetings are going well. “ The

speaker meeting is continuing to deliver experience, strength, and hope.” Past speakers have been: Sally K, Gene, Deb, Madeline and Angela. Thanks all for your service!

Convention: A volunteer is needed for the convention commitment, but in the meantime, if Al Anon members can volunteer to just go to one meeting at a time, it would help Al Anon keep informed and connected. Any commitment, whether short or long term is welcome! **WE NEED YOUR HELP!**

HOPE AND HELP FOR FAMILIES
AND FRIENDS OF ALCOHOLICS

Online Addresses

Santa Barbara/AFG District 8 Al-Anon Web Site

<http://www.alanonsantabarbara.info/>

Al-Anon/Alateen World Services Web Site

<http://www.al-anon.alateen.org>

Al-Anon/Alateen Web Site members section

<http://www.al-anon.alateen.org/members/>

En Español

<http://www.al-anon.alateen.org/alspan.html>

Online Al-Anon Outreach

<http://www.ola-is.org>

Al-Anon Ventura Meetings

<http://www.alanonventura.org/>

We're on the web!
www.alanonsantabarbara.info/
Voyage

DISTRICT 8 NEWS:

There are many open positions at the district level for you to choose from!

Public Outreach Coordinator

Literature Coordinator

Convention Liaison

Institutions—Women's Shelter volunteers.

Current Service Board

Chairperson—Ashe C

Secretary—Lynn H

Treasurer—Carol P

Alateen—Marilyn

Institutions - Barbara

World Service Liaison—Mark

Speaker Meeting—Mark

Meeting List—Marsha

International—Olga

Voyage—Kim

Info Line—Deb S

OUR SHARES

*Look for next issue's topic online
and contribute!*

What do fellow Al-Anon members say about the question:

Why do you "keep coming back"?

So many, many reasons but first that comes to mind are the people - so open and accepting for who I am- who understand so deeply where I've been because they have been there too...and when I forget there is a way back - a way back from a slip of attachment, they guide me through their own experience, strength and hope towards detachment - true sobriety and serenity for me....And through it all we keep each other coming back...

- Shelly

In Alanon I am part of a community that is safe for me to share my feelings and my humanity with. Listening to others in the meetings allows me to learn much about myself and about how I am reacting in the world. The meetings give me the confidence to live my life from an authentic place and to be in touch with my Self, and the Alanon literature is a great tool for me to learn from other people that have been on this path for a long time. In Alanon I feel loved no matter what.

- Tanja

I've been in program for five years. I keep coming back because meetings, working the steps and striving to live this program provide me essential spiritual nourishment.

My life continues to be guided by a power greater than me every time I'm willing and whenever I Let Go and Let God.

- Deb

Have an Al Anon Birthday?

Look for the link on the website soon and sign up!