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

Spring 2008
"Powered by Faith"



THE VOYAGE NEWSLETTER

So, what is a GR anyway?

From Al-Anon Group Representative pamphlet G-11

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There are many service commitments in Al-Anon, and one that is especially worth considering is being a Group Representative (GR) for your home group.

As a GR, you take notes at district and assembly meetings; offer brief, enthusiastic reports to your group; and focus on group needs.

REQUIREMENTS

Any Al-Anon or Alateen member who is willing to represent the group at the district and area assembly, and who is not also a member of AA, is eligible to serve as GR. A GR should have a basic knowledge of Al-Anon and Alateen Traditions and Concepts of Service and how they work.

AS A GROUP REPRESENTATIVE

You are the first link in the chain that leads to our World Service Conference. You elect a District Representative from all the groups in your district. You elect a new Delegate to our World Service Conference at the area assembly from among the District Representatives and eligible officers once every three years.

MEMBER + MEMBER = GROUP

GROUP + GROUP = DISTRICT

DISTRICT + DISTRICT = ASSEMBLY

ASSEMBLY + ASSEMBLY = CONFERENCE



*The Group Representative (GR) is a vital link in the continuing function, growth and unity of world Al-Anon.
From Al-Anon pamphlet G-11 Guidelines -*

District 8

Service Board

- Chairperson—Mark H
- Secretary—Lynn H
- Treasurer—Carol P
- Alateen—Marilyn
- Institutions - Barbara
- World Service Liaison—Mark
- Speaker Meeting—Daniel S
- Meeting List—Needed
- International—Olga
- Voyage—Kim
- Info Line—Deb S
- Web Design —Ashe



Al-Anon on the Web

By Kim N
The Voyage

Al Anon in the World

“Did you know you could go to a meeting and not leave the comfort of your house?”

Did you know you could go to a meeting and not leave the comfort of your house? You can go online to The World Service Organization (WSO) website at <http://www.al-anon.alateen.org/grpsrvreqform.htm> and sign up for a list of electronic meetings.

There is also a link at <http://www.ola-is.org/olais/anon.htm>. This link lists some of the meetings that you would receive if you signed up for the above list of meetings. This link has been developed by representatives of Online Al-Anon (OLA) as a result of the 1998 International Convention in Salt Lake City.

According to the website, they are compiling a history of the development of Al-Aon online which is interesting, since the conception of this was in 1995. There is a link to follow and an email address listed if you'd like to review the history further.

I visited the link to the Al-anon Step Chatters which is a 12-Step study group that meets Noon Wednesday Eastern Time. The link directed me to a site where I was instructed how to log on anonymously and in basic etiquette of internet chat for Al-Anon.

According to the site, a “chairperson facilitates each meeting and "reads" the opening and closing statements, chooses a topic, and calls on members to share. If members wish to share on the topic, they "raise their hand" by typing an exclamation point: ! And when they are finished sharing, they type **DONE** so that they chairman will know they are finished. To share during a meeting, just type short sentences in the "Type HERE" box and hit the Enter button on your keyboard.”

Although the meeting was not in session, the site appeared to be legitimate, having been updated as recently as Jan, 2008. So, if anyone else has participated in an OLA meeting, please share your experience by writing to thevoyagesb@yahoo.com.

The Ask it Basket

Do you have questions about Al-Anon that you can't find the answer to in your group's service manual? Have you tried online and the pamphlets just don't give you quite the information you are looking for? Well, at our assembly meetings attended by group and district reps (GR and DR) there is something called an Ask-it Basket where the Chairman at the assemblies

receives Al-Anon related questions from the GR, DR, and anyone else who is attending. Here is a sample from the questions answered at the February Assembly meeting.

Question: *A meeting has a business meeting. Only a few people show up. There are decisions and changes to be made. Do those "few" people vote at the business meeting or should they take it to the meeting and then allow the whole*

group to vote?

Answer: *Refer to p. 38 (In the Service Manual, Ed.).*

“Business meetings are an opportunity for members to share their ideas to increase group membership, express concerns....” P. 38-39. “Our shared experience suggests that announcing the business meeting 2-3 weeks prior to the discussion and voting gives members of the group the opportunity to be informed and helps the group make better decisions, and promotes group unity.” As long as members are given ample notice, as suggested, everyone has the opportunity to attend and the business meeting is empowered to make the necessary decisions and changes. If a member chooses not to attend, he has given up his voice and vote.

So the next time you have an Al-Anon question that you need an answer to, ask you GR or email the Voyage with your question for the **Ask-it Basket!**

A member shares about her experience at the Al Anon Convention in Burbank in April.

Nancy P's trip to an Al Anon convention the first weekend in April was "overwhelmingly powerful".

She reports over 700 people from all over SoCal attended. There were 24 hour marathon meetings and luncheon meetings. She said she got a real strong perspective of the newcomers as well as a lot of recovery from being around so many Al Anons.

One meeting she attended was on sponsorship. She said she was so motivated, she made a call when she returned home that evening. "I got a whole new energy level and cant wait for next year!" she said enthusiastically.

Convention Corner: Santa Barbara AA with Al-Anon participation

Although October seems like it's long way off, Mary Pat and Nancy are diligently organizing this year's Al-Anon convention at the Elks Lodge. They are planning speakers, a hospitality room and marathon meetings for the convention.

The committee meets every 3rd Saturday of the month (NEXT MTG IS APRIL 19) at 12:15 at Hope Church on La Cumbre

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/>

The Voyage is on the web!
www.alanonsantabarbara.info

Have an Al Anon Birthday?

Go to the Voyage link on the Website and sign up to have your Birthday published!

HAPPY
BIRTHDAY

April, May, June Birthday's

Deb

UPCOMING EVENTS

- April 25-27. The 23rd Annual Anniversary Ventura County "Serendipity by the Sea" AA Roundup with Al-Anon and Alateen Participation.
- May 17. SCWS Area 4 Assembly at the Fullerton Senior Community Center. See Mark H for more information
- Southern California Alateen Convention (SCAC) Univ of Redlands. July 11-13

CLASSIFIEDS

WANTED—VOLUNTEERS FOR POSITIONS

Info Line: Volunteers needed to pick up phone messages. Deb 966-3615

Meeting List: Maintains accuracy and supply of meeting lists. Distributes monthly.

Literature: Maintains and distributes current CAL literature from WSO.

Public Outreach: informs the general public through the media, professionals, facilities, and organizations about Al-Anon

Institutions: Needs woman's shelter volunteers.

Other: Newcomers meeting Organizer is needed. See Nancy P from Sat meeting for details.

Email the Voyage for further info on any of the above positions:

thevoyagesb@yahoo.com