

Al-Anon and Alateen Information Services of Nassau County

April 2024

www.Alanon-Nassau-NY.org



Our phone number,
516-433-8003, takes messages. Someone will call you back.

NEW MAILING ADDRESS

ALISON

P.O. Box 755

Westbury, NY 11590

ChairpersonAlison@gmail.com

Please email Meeting information updates to:
MeetingListCoordinator@gmail.com

The Service Edition

Table of Contents

April 2024

Message from the Chair	Page 3 - 4
Thoughts from Members	Page 5 - 8
Sources to Learn More About Service	Page 8
ALISON Needs You	Page 9
Closing Thought	Page 10

*****Easy Access to the ALISON Website*****

Have you ever tried to access a website from your phone and struggled to type the address correctly with those tiny keys? Well now thanks to Terry, our Webmaster, we can access the website by clicking on a QR Code. Using a QR Code will not only take you directly to the website, but it will also avoid seeing stale links to outdated information! All that is necessary is to scan the symbol below into your phone. If you're not sure how to do that, ask a millennial as the process for Apple and Android phones may be slightly different.



*****Message from the Chair*****

WHY SERVICE???

WHERE WE START: We share a powerful common bond with members in Al-Anon when we first come to a meeting. We come there feeling very needy and in crisis, This memory never leaves us and we often share about it with others. We all describe it in different ways. The bond grows, no matter how long we're in Al-Anon, no matter how well our addicted loved one is doing. Focusing on ourselves or recovery through service do not make emotional sense when we start. Slowly, we regain sanity and stability.



We share a second powerful common bond with members in Al-Anon when we gradually begin to connect with those around us, as they share their stories, pick up chairs, make coffee, sell literature. We begin to feel part of the group, and learn how it works; the secretary, the treasurer, the alternate group rep, the group rep., anniversary meetings, guest speakers, conventions. Beyond this lie even the county, state and World Service Organization, The Trustees, The Executive Committee. The first step to service is small and simple BUT has been called "MIRACLE GROW TO YOUR PROGRAM."

HOW SERVICE WORKS: You may decide to step into service and find a big SURPRISE! Just as we learn to focus on our recovery rather than our addicted loved ones, when we give in service, "not only do I give in service, I receive miracles in abundance." (Pg. 199, Paths to Recovery) In a review of Pathways to Recovery, the gift of service to Al-Anon. AND THE GIFTS OF SERVICE TO RECOVERY, are described. They are abbreviated and delineated below with my favorite being the second miracle!

WHAT WE GIVE IN SERVICE:

*Service gives back what has been given to us
Helps me keep my recovery
Helps me help families and friends of alcoholics
Helps me balance participation among all members
Helps keep our meetings healthier
Good counsel to help manage our tendency to control
Connectivity to WSO keeps members humble
Service keeps the focus on ourselves*

*Service as a sponsor challenges us to help newcomers
Helps us work our program*

GIFTS WE GET FROM SERVICE:

*We always get more than we give
Sponsoring expands understanding and capabilities
Smooths things out for a God given solution
Magnifies my assets and defects and integrates me
Helps me listen to God's words in others
Enhances and deepens recovery
Puts gratitude into action
Keeps me humble
Conflicts in Al-Anon help me understand conflicts at home
Service opens a new dimension of personal recovery
Works the Traditions and Concepts underlying
Al-Anon structure , and apply to life*



IN CONCLUSION: Quoting Lois W. “ Al-Anon’s spiritual aims are best achieved through efficient business organization,” (Pg, 286). This organization is filled largely through volunteer members doing service. From the World Service Conference once a year, to the quarterly Board of Trustee Meeting, the monthly Executive Committee Meeting, our nationwide Area Regional Meetings and our County and District Meetings, our members are carrying out Lois W. ’s agenda: “Al-Anon holds together by means of a loving understanding among its members...united without organization, without management, without a chain of command or a set of rules by its members, willing to be obedient to the unenforceable. (Paths to Recovery, pg. 133). In closing, using the traditions and concepts as guides to conduct and unity is necessary to maintain healthy groups and helps us find the middle way between losing ourselves or forcing our ideas on others. In so doing, concludes the discussion, “...we learn to have healthier relationships than most of us have ever known.” (Paths to Recovery Pg. 134). AND TO PASS THIS PROGRAM ON TO OTHERS SO IN NEED 🙏.

HOPE YOU AGREE. OUR LITERATURE HAS A LOT OF GOOD REASONS FOR SERVICE !!!!!

MARGARET A.

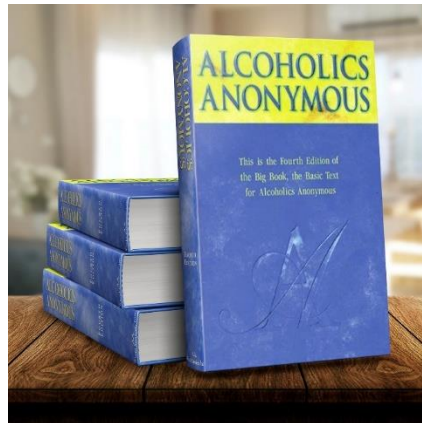
*****Thoughts on Service From Members*****

Service as Liaison to AA

When I first came into Al-Anon I raised my hand in every meeting that I attended that needed service positions filled and doing that kept me getting my butt into the rooms, which I desperately needed. Being an enabler and wanting to be liked made it easy to volunteer. Service is soooo important at any level. It kept me coming back. I soon realized that I had to limit my service commitments for my own sanity. After a while I figured out no more than 2 commitments per quarter. That way I could do a better job at what I was taking on.

Now I only do service commitments on things that I like to do. I never do secretary, nor coffee /snacks ever! Service is healing for me; I need the rooms for my sanity and to keep my serenity. Doing service is a healthy way to get there and stay in my serenity. In my beginning I went to 10-12 meetings a week 2 or 3 a day sometimes. I was truly insane. That was for the first 3½ months of my Al-Anon journey. Thank God this is a gentle program with mostly kind people who helped me balance out. Now I go to 2 meetings a week and take on 1 service commitment per year in each meeting. I always volunteer for Beginners Meetings throughout the year. I do at least 1 per month in both groups except if I am Chair. I always encourage beginners to KEEP COMING BACK and think about taking on an easy service position. Whenever I am asked to speak, I always say yes if I'm able. I am grateful to be on the ALISON board again and being the liaison to AA. We need them and they need us. It's a win-win! Thank you Al-Anon!

Barbara R



Steps Leading to Service on ALISON Board

I am the Corresponding Secretary on the Alison Board; the person who sends pertinent information and the notices to the Board Members and the AGR's for the monthly/quarterly meetings.

I have been in Al-Anon for many years and very slowly began to do service in my group. I believe I made coffee and bought the snacks. I do not drink coffee and do not eat snacks but it gave me a reason to attend each week and I began to feel a part of something very positive.



I am currently sponsoring two women in the program; taking them through the Steps, Traditions and Concepts. I feel I am helping them know the program better but they give me so much more that my life and my program are enhanced and enriched.

I had done very little service above the group level but after COVID, I became aware that the ALISON Board was trying to get back to a norm and I chose to become the Corresponding Secretary. I felt some connection there because I am a retired secretary.

It has been a privilege to be working with such dedicated people; several of whom are very computer-oriented. I have improved what little skills I had in that area. Seeing how the Board functions, using the Traditions and Concepts of the Program, has been a very enlightening and rewarding experience.

My Al-Anon meetings are a very important part of my life and being on the Alison Board has shown me just how important, and necessary, Al-Anon is to those individuals whose lives have been affected by alcoholism. I feel privileged to be on this journey.

Gloria D.

Growth Through Service

When I first came to Al-Anon I was filled with fear and did not trust anyone. Over time I began to trust the members of my home group. Each week I was humbled by their honest and forthright sharing. The first test of that trust was when I was asked to help with making coffee. “Are they going to expect me to do this forever”, I wondered. The next month someone else was asked to make coffee, and other service positions were offered. So, I took literature, and became part of the whole group with a share in its purpose. This was now my group, and when calls for service arose, my hand did as well. I no longer looked around to judge who was coasting, Eventually I learned that I should share service opportunities with others in the group, rather than denying them the opportunity to serve as well. Service is a gift to myself, but it is one that should be shared with others so that everyone is healthy.

Over time opportunities to serve beyond the group arose. One week a speaker from another group spoke at my meeting. It was refreshing to hear an unfamiliar voice share experiences, strength and hope. I volunteered the next time we were asked to participate in a Speaker Exchange and was thrilled at sharing my story with strangers. I began to understand my home group was part of a much larger fellowship – one that includes many different people, but all applying the tools of Al-Anon in the same way. How could members of thousands of groups follow the program in the way my home group did? Was there some regulatory body that audited groups to make sure they stayed in line?

The answer came to me when I listened to readings of the Traditions and Concepts during the opening of each meeting I attended. At first, I thought they were rules we needed to know that really didn't apply to my recovery, but then a longtime member explained the Steps guide my personal growth, the Traditions guide the group in maintaining unity, and the Concepts are about service to the fellowship. As I grow in my recovery, I can support the unity of my group by following the Traditions as I interact with other members, and I can contribute to the health of Al-Anon overall if I apply the Concepts in service beyond my group. I now think of these three principals of Al-Anon as the structure that has enabled it to stay balanced, and I can only maintain my own balance if I draw upon all of them. I don't know how long I will be able to give service beyond the group, but I only need to focus on today.

Pete T.

Answering the Search for Al-Anon

My service is Nassau County Telephone Coordinator. In short, my responsibility is to manage and oversee the phone service to those who need information in relation to Al-Anon. (The purpose of this service is to give information only, and not to counsel callers.)

I'm responsible for making sure that each meeting has one day a month that they check the voicemail for messages and follow up accordingly. Getting information is the first step for most who are reaching out to Al-Anon. It is critically important that their voice is heard and their questions are answered.



Taking on this service has helped me actually live the program by "walking the walk" and not merely "talking the talk". It has impressed upon me how important it is to be there for those who reach out, and how important it is for me to take responsibility for my own commitment to the program. I've learned how taking on service brings responsibility that carries over into every part of my life to help keep me on track in the Al-Anon principles.

Mike R

*****Sources to Learn More About Service*****

When I Got Busy, I Got Better (P-78)

The secret to recovery is service. Members share how Twelfth Step work builds self-esteem, confidence, and trust while reducing fear and isolation. 64 pages.

How Al-Anon Works for Families & Friends of Alcoholics (B-32)

Al-Anon's basic, most comprehensive book discusses all aspects of our program of recovery. Excellent for personal and meeting study. Indexed, softcover. 416 pages.

Paths to Recovery—Al-Anon's Steps, Traditions (B-24)

Thorough study guide for our Legacies. In-depth chapters on each Step, Tradition, and Concept of Service provide insight. Includes thought-provoking questions. Indexed. 366 pages

These can be ordered online at: <https://ecomm.al-anon.org/>

**** ALISON Needs You ****

There is a great need for the following –

Vice Chairperson

- 1) Chairs meetings in the absence of the Chairperson.
- 2) Is the Workshop Committee Chairperson.
- 3) May sign ALISON checks in the absence of the Treasurer.
- 4) Verifies monthly bank statements and Treasurer Reports with the Treasurer.

Recording Secretary

- 1) Takes minutes at Monthly Board Meetings and is responsible for distributing copies at the next Monthly Board Meeting.
- 2) Takes minutes at Quarterly Board Meetings and is responsible for distributing copies at the next Quarterly Board Meeting.
- 3) Verifies the monthly bank statement and Treasurers report in the absence of the Vice-Chairperson.

Speaker Exchange Coordinator

- 1) Responsible for providing each Al-Anon and Alateen group that wish to participate in exchanging speakers a roster of like-minded groups.
- 2) Provides supports to groups as needed.

ALISON Liaison to Suffolk AIS

- 1) Attends Quarterly Suffolk Information Service Meetings and acts as a channel of information between them and ALISON.

If you are interested, please email ChairpersonAlison@gmail.com

*****CLOSING THOUGHTS *****

Putting love into action is one way of describing service. Without love and service, there could be no Al-Anon program.

Service Sponsorship: Working Smarter not Harder