

# Al-Anon and Alateen Information Services of Nassau County

September 2024

[www.Alanon-Nassau-NY.org](http://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](mailto:ChairpersonAlison@gmail.com)

Please email Meeting information updates to:  
[MeetingListCoordinator@gmail.com](mailto:MeetingListCoordinator@gmail.com)

# Table of Contents

September 2024

<b>Volunteer in Service</b>	Page 3 - 5
<b>Applying Tradition 7</b>	Page 6 - 7
<b>Who's this Alison Lady</b>	Page 8 - 9

## ***\*\*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 Using a QR Code will not only take you directly to the website, but it will also avoid seeing stale links to outdated information!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.



# Here Is Your Opportunity To Volunteer In Service To All Al-Anon Groups in Nassau County

August 2024

Dear Fellow Al-Anon Members and AGR's:

Many of the positions on the Al-Anon Information Service of Nassau (ALISON) Board will become vacant on January 1<sup>st</sup>. Elections of new Board members occur at the October Quarterly Meeting with the AGRs. Service beyond the group level is vitally important for Al-Anon to remain healthy. The following is a list of the open positions and a description of the Duties of each.

Please email [ChairpersonAlison@gmail.com](mailto:ChairpersonAlison@gmail.com) if you are interested.



  
Al-Anon Family Groups  
Help and hope for families and friends of alcoholics

## CHAIRPERSON

1. Chairs the Monthly and Quarterly Meetings, and sets agenda.
2. Encourages and assists with Committee functions.
3. Is aware of the World Service Guidelines and applies them when applicable.
4. May sign ALISON checks in the absence of the treasurer.

## 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 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.

## CORRESPONDING SECRETARY

1. Keeps up-to-date files of Groups, AGRs and ADRs.
2. Maintains and provides the confidential addresses, telephone numbers and email addresses of all Board Members.
3. Takes attendance at Monthly and Quarterly Meetings.
4. Notifies Board Members and ADRs of Monthly Board Meetings.
5. Notifies Groups of upcoming Quarterly Meetings approximately 3-weeks in advance of the date.
6. Prepares and carries out the necessary procedures for reproducing a newsletter (AL-ANEWS) and distributes the same to the groups with the Quarterly Meetings announcements. The newsletter is meant to contain informative AI-Anon related items.

### TELEPHONE SERVICE COORDINATOR

1. Maintains and monitors the telephone answering service.
2. Keeps an up-to-date list of groups who answer the phones with contacts for those groups.
3. Encourages each District to have a Telephone Service Representative who will support the Coordinator on matters related to their District.
4. Helps committee members with any problems concerning telephone coverage.
5. Relays any unresolved problems and/or suggestions regarding the Telephone Service to the ALISON Chairperson

### SUFFOLK COUNTY INFORMATION SERVICE LIAISON MEMBER

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

If you are interested in giving service beyond the group level in any of these positions, please contact Margaret, the current Chair of ALISON at her email address:

**ChairpersonAlison@gmail.com.**

**\*\* Lets Take a Look at Tradition 7: EVERY GROUP OUGHT TO BE FULLY SELF SUPPORTING, DECLINING OUTSIDE CONTRIBUTIONS. \*\***

Our CAL gives us insight into the application Tradition 7:

“As individuals we to come believe that, to keep Al-anon functioning and available our group has to take care of its own needs...its independence and continued availability depends on us. However, As in any family , there is more to support than just bringing home the paycheck. We support our groups by volunteering to serve...groups can languish as quickly from unfulfilled service positions as from lack of money. Conversely, it is unhealthy to let a few members do everything. When we volunteer, we enhance our own program, bond with the group , and raise our self-esteem through useful labor. Balance is the key.” (from Paths to Recovery pp.193-194)



“The 7th Tradition includes more than just financial support . Members contribute their time and talents, as well as sharing their experience, strength, and hope at the group level. They can become involved at the District, Information Service or Area, and World Service Office. Submitting personal sharing, pictures or graphics, Members can be of service to younger Al-Anon members, ALATEEN, as an area certified Al-Anon Member Involved in Alateen Service (AMIAS). When we do 12<sup>th</sup> Step work, we are also being self-supporting.” (from Al-Anon Family Groups Pamphlet on Tradition 7)

“To think of Tradition Seven as a protection for my spiritual growth is humbling and freeing. I know now that not only do I get to give my money and service but I also get to receive miracles in abundance.” (Paths to Recovery pp198-199)

Tradition 7 states that each group is fully self-supporting and that we contribute in gratitude for what we have received from Al-Anon. When an Al-Anon group registers with WSO (World Service Office), it agrees to abide by Al-Anon Traditions and will be open to anyone affected by someone else’s drinking.

In the spirit of Tradition 7, member contributions are used to support the group which pays for meeting space, rent or meeting platform fees as well as purchases literature to have available for those participating in the group. In addition, member contributions support Al-Anon’s service arms.

These include:

**Al-Anon Information Service (ALISON)** – Contributions support keeping groups informed and connected to Al-Anon overall. They also support public outreach to our immediate community and to professionals to let them know how Al-Anon helps families of alcoholics.

**Area (New York South Area)** - Contributions support hosting bilingual hybrid Area assemblies, meetings and workshops, Area public outreach events, and the Area Convention. In addition, contributions to the Area support sending the elected Delegate to the World Service Conference, Al-Anon participation at A.A. events, maintains a website for newcomers to find meetings and performs training and certification of Al-Anon Members involved in Alateen Service (AMIAS).

**WSO** - Contributions support worldwide fellowship communication via registration of groups worldwide, creating service tools, publishing Al-Anon Conference Approved Literature in English, Spanish, and French and maintain the [al-anon.org](http://al-anon.org) website where newcomers and all members can find resources to guide them in their personal recovery.

Appeal letters from WSO go out four times a year. If your meeting is not receiving a letter, please contact AFG Records at WSO via email to [afgrecords@al-anon.org](mailto:afgrecords@al-anon.org) to verify the Current Mailing Address.

If your group chooses to contribute to these service arms you may find their mailing addresses on the ALISON website - [www.alanon-nassau-ny.org](http://www.alanon-nassau-ny.org).

### **OTHER WAYS TO CONTINUE TRADITION 7 ARE...**

Electronic meetings are encouraged to mail a check or money order to their Treasurer.

## ***\*\* Who's this Alison Lady? \*\****

*“Are there any other issues or questions before we close the business meeting?” asked the Chairperson.*

*Julie slowly raised her hand, “Well, yes... I have a question. Who is this person Alison, and why did we just vote to send her \$50.00?”*

*Mary, the Chairperson smiled softly and replied “Alison isn't a person, it's an acronym for Al-Anon Information Service of Nassau. Perhaps Ruth can clarify things a bit more. She used to serve on the ALISON Board.”*

*“Well, yeah, I can share. Maybe we should do this when the meeting closes 'cuz it'll take some time.”*

*Once the meeting closed most of the group gathered around Ruth. “Okay, it's like this... the ALISON Board consists of volunteers that have agreed to serve on the Board for three years. Calling it a Board is a little misleading 'cuz that sounds like they're in charge, or somehow rule over groups. Actually it's the exact opposite. ALISON exists to support the groups in Nassau County. Every group should have a representative that interfaces with the Board. In our case that is Carmen. She's an Alternate Group Representative, AGR for short. So, she attends a meeting with the Board four times a year. The idea is she can tell the Board what the group is interested in, and she votes for the group on things the Board wants to do, their budget, and stuff like that. She also reports to the group on what the Board is doing.*

*So, for example, we might have decided we want to do a group inventory. Carmen could ask the Board for help in finding someone to assist in that.”*

*“So what kind of stuff does the Board do that justifies us sending 'em \$50.00?” John, who's still in search of his serenity, asked rather forcefully.*

*“Yeah, good question John. They do lots of stuff. For example they publish the meeting lists, they maintain the phone answering system, and a website. So, if someone wants to find a meeting or learn about anniversaries, or maybe learn about workshops they can go to the ALISON website or leave a phone message. They also provide a public outreach to schools, social workers, houses of worship, and even the County Jail to spread the word about Al-Anon to people that have been affected by someone's drinking.”*





*“This sounds so cool!” exclaimed Maria. “How long are they on the Board and how many members are there?”*

*“Well, like I said they serve for three years. There are around fifteen positions on the Board. Five are officers – chair, vice-chair, secretary, corresponding secretary (the person that sends stuff out), and a treasurer. Then there are five coordinators that focus on specific things like the meeting list, the phone service or public outreach. Then there’s the webmaster, and folks that are liaisons to other organizations like New York South Area, Suffolk County’s Al-Anon Information Service, and AA in Nassau. Maybe Carmen can get a list of all the positions and the details. I do know almost all of the Board members have finished their terms and will leave at the end of the year. If nobody steps up lots of things will disappear.”*

Are you ready to help? Ask your AGR or contact the Board directly at [chairpersonAlison@gmail.com](mailto:chairpersonAlison@gmail.com)

***\*\*CLOSING THOUGHTS \*\****

*I had to make a contribution in order to get help.  
It wasn't a money contribution. It was I.  
I had to contribute a little bit of myself."*

*Courage to Be Me, p. 230*