



# Island Serenity

Hawaii Al-Anon Family Groups' Newsletter

## Delegate's Update

Wow, here it is, my term as Delegate is coming to a close. Of late, I have experienced many feelings about that. It is a mixed plate, as we say here in Hawaii. A part of me is glad to be moving on but another part of me is in mourning. To serve as a Delegate during a time of major forward-thinking changes at the World Service Conference was a privilege and for me, so exciting. Having voice and being able to vote on decisions that affected our worldwide fellowship, meeting and working with Delegates from all over the world to ensure that our program continues to be there for others was absolutely energizing and totally rewarding. I am so glad I got to be a part of that.

And on the home front, the support could not have been better. To those who served on Panel 46, I give my deepest thanks and gratitude. You were all so supportive. I cannot thank our Area Chair enough for keeping us (me) on track at our meetings and Assemblies and making sure I always had enough time to give my reports. Her ability to do so had such a positive impact on those meetings and made the assemblies enjoyable. It has been an awesome panel, and the cooperation and leadership has been inspiring. The entire experience was a blessing and a journey that I did envision and that would not have been possible without

your love and confidence in me.

So here we are at that time of the year when we practice rotation of leadership. In your home groups, many of you are electing new Group Representatives and group officers, and at the District level, new District Representatives and their officers are being elected. Also at this Assembly, we will elect a new Delegate and a new panel of officers. I am excited and can't wait to find out who will serve on Panel 49 as well as who Hawaii's Delegate will be. I want that person to enjoy the same encouragement and support I had. I will do my part to ensure that happens, and I hope you will too.

Further, I sincerely hope that most of you continue to participate and give of your time by serving in other area positions in support of the area and the next Delegate. As Lois says: "It only takes one person to start something, but it takes many others to keep it going." So what are you doing to keep it going?

*In love and gratitude  
Cecily  
Delegate, Panel 46*



### Calendar of Al-Anon Events

What	When	Where
<b>47th Annual Hawai'i State AA Convention with Al-Anon Participation</b>		
<i>For more info: <a href="http://www.lava.net/~bconv/">http://www.lava.net/~bconv/</a></i>	Nov. 13-16, 2008	Hawai'i Convention Center, Honolulu, O`ahu, Hawai'i
<b>Hawai'i Area World Service Committee Panel 49 Meeting</b>		
	Jan. 31 & Feb. 1, 2009	AAUW, Manoa, Honolulu, O`ahu (Tentative location)
<b>Al-Anon International Convention</b>	July 4—7, 2013	Vancouver, British Columbia, Canada
<b>Alaska Cruise</b> <i>(this is not an Al-Anon-related event)</i>	July 7 – 14, 2013	Depart and return to Vancouver, B.C. See related story on page 7



# Hawaii's District Doings

## West Hawai`i

West Hawaii has had its district elections. Emi P will be the incoming District Representative and Dana D. will be our new treasurer. So, far we do not have an alternate district rep, a district secretary, public outreach person nor a literature or Alateen person. Since there's time before the new panel, we are actively seeking candidates willing to serve.



Most of our district's energies have been going toward Fall Assembly, working to make it warm and welcoming. Many thanks go to the volunteers who have made the Assembly possible and donated time, food and other things to keep our costs reasonable. And a warm, warm mahalo to the Friday Night Alateens for their special gifts to all attendees. We are so proud of you.

On September 27th, District 7 participated in Recovery Day at Konaewena High School. Sponsored by the Big Island Substance Abuse Council (BISAC) and the Hawaii County Council, the event celebrated families in recovery. Literature was distributed and contact made with counselors at Kealakehe High School, who want to see an Alateen meeting on campus during school hours. The wonderful part of this is that the students who attended Alateen at Kealakehe Middle School and are now in high school are asking for the meeting. Mahalo to Julie B-W for her dedication.

As this is my last contribution as DR for West Hawaii, I want to express my deepest appreciation to the members of this panel, especially our wonderful Delegate, Cecily, and to Kay R., our

hard-working Area Chair. My heartfelt thanks to West Hawai`i District Secretary Dana D., Treasurer Bill C. and the GRs who attended district meetings with such excitement and laughter. Kristi, Judy, Emi, Julie, and Cheryl, thanks for all your support. This three-year term has been a marvelous experience filled with friendship and personal growth. I am humbled by the experience and look forward to passing the torch to Emi.

*With love in Al Anon Service,  
Jo-An B.  
District Representative  
West Hawai`i*

## Kaua`i

Kaua`i Al-Anon members went to the Mayor's Health Fair on Sept. 12th, where we were able to pass out a lot of information about Al-Anon & Alateen as well as our meeting schedules. We are on the lists of various health fair organizations so we can do public outreach several times a year.



We held our district elections at our last district meeting. We have a new District Representative, Marilyn, and an alternate DR as well. We also have a treasurer and secretary. We will be gearing up to host the next Fall Assembly.

As the outgoing DR, I have to say that this has been a term full of changes, challenges and growth. It has been an honor to serve this term with so many wonderful people who have helped me through all the transitions of the past years. Thank you!

*Sue R.  
District Representative  
Kaua`i*

## East Hawai`i

"Let's Eat!" You'll be in good company with members' recipes in the East Hawai`i District commemorative cook book. Check with your District Rep. for order forms and take home the warmth and goodness of the fellowship.



On September 17, WSO registered "Transforming Our Lives AFG." It is co-located with Alateen and AA on Wednesdays, 7 - 8 p.m. at the Puna Congregational Christian Church in Keaau. Readings are from *Opening our Hearts*, *Transforming our Losses*. Monthly speakers are on the third Wednesdays starting on October 15. Says the District Alateen Coordinator, "It's a family disease so put the family in the car and get recovery for the whole family."

Watch for the District Rep report at the Fall Assembly for the new officers elected on Oct. 18, and for the new record of members in attendance.

Ditto on the kudos to the Panel 46 leadership and all who served on this awesome panel. I'm grateful for the efforts of the District officers, Group Representatives, leaders and supporters for their help in keeping my promise "**...to do my best! To do as little as possible!**" You are the best!

*Y.I.S.,  
Warren M.  
District Representative  
East Hawai`i*

## Windward

Windward District held our Annual

Ice Cream Social at St. Christopher's Church in Kailua in July. The Ice Cream Social, had an international theme in honor of the Al-Anon International Convention, featured an Al-Anon and an AA speaker who had attended the International. The hall was festively decorated with flags from many countries.



I am honored to be the new District Representative. I have visited several of the AFG meetings in the District, and I am looking forward to getting to the rest. I represented the Windward District at the Area Committee meeting in September and am looking forward to the Fall Assembly in Kona.

Several of our groups are quite small and don't have representation at the Windward District meetings. We would like to change that! We have changed our meeting date and will be meeting on the third Tuesday evening of the month, in Kailua. My goal is to help Windward groups become stronger and enable more Windward members to practice their Al-Anon program in service positions. We have opportunities for service as the Windward District Alternate GR, Treasurer and we need GRs for the unrepresented groups.

*Janet M.  
District Representative  
Windward*

## Leeward

We are all looking forward to the Kona Assembly; six Group Representatives are attending from Leeward District.

We are working on different venues

for the Spring 2009 Assembly & have contacted a handful of places that seem very open to host our assembly. It seems the down turn in tourism is helping us to get some pretty decent deals. We are all looking forward to hosting everyone next spring, and we hope to organize a Friday event also. We did not hold an election at our last district meeting but that is definitely the big subject for our next meeting.

I want to say that being the Leeward DR this past 3 years has been a wonderful experience. I have learned a lot and have been blessed with wonderful supportive GRs who have made my job so much easier. I feel our district has grown, and I'm grateful for the opportunity to have served with such awesome people at the district and area levels! I would encourage everyone to step up to service because the rewards that you receive are always more than you would ever expect.

*Much Aloha,  
Naomi  
District Representative  
Leeward*



## Maui

Maui held a Day in Al-Anon on September 13, with the focus on the first three Steps. We invited Kay R., the area chair, to come over and help us. Part of the timing for this event was district elections. We wanted to generate some of the enthusiasm that was generated by the RSS for the previous panel, when we had lots of participation and fun.

My experience was that I had organ-

ized this for the district, and I got something out of it. In talking on the First Step, Kay said that she didn't have any power over people, places, things, and herself. For an example she said, that when a driver cuts her off in traffic, her first response is "Jerk!"

Well, I could relate to that because I have from one to five of those on my commute to work. Kay went on to say that what she did have control over was her response or reaction: **her second thought.**

I had been working on the first part by reading the checklist for maturity that I had been given by another member. but I had not thought that I was powerless over myself. When Kay described her situation, I saw my situation. I am now working on my reaction.

We held our district elections on October 7, and we now have a new District Representative. We did not fill the rest of the positions.

We also confirmed that we want and plan to have events next year: Lois' Birthday on March 3, 2009, Maui Fest on May 27, 2009, A Day in Al-Anon on September 12, 2009, and the Mini-Convention in November 2009.

Thanks for the opportunity for service.

*Dwight M.  
District Representative  
Maui*



## "Model Al-Anon Meeting"

May be led by anybody  
Should be participated in by everybody  
Must be monopolized by nobody  
Is where everybody is somebody.

*Source: Al-Anon Family Group Headquarters, Inc., The Forum, June 1971, p.1*

## Area Coordinators Act as Links of Service

Al-Anon members interested in continuing their path of Al-Anon service may want to consider an Area Coordinator position.

Area Coordinators coordinate the activities of their special services in the Area and act as liaisons between the Area World Service Committee, the Action Committees and the Al-Anon Groups.

Coordinators convey service information from the World Service Office (WSO) to the districts, Area Information Services, and groups. In order to perform their duties as coordinators, Area Alateen Coordinators must be certified by the Area they serve (*Al-Anon/Alateen Service Manual 2006-2009*, p. 64).

The Hawai'i Area World Service Committee selects coordinators for the following services: Alateen, Archives, Forum/Literature, Public Outreach, Newsletter, and Website.

Active Al-Anon members desiring to make themselves available for the above Coordinator positions are to complete a Coordinator's resume form available from the Area Chairperson or Hawaii Area World Service Committee (HAWSC) website. The form must be submitted no later than 30 days after the close of the Fall 2008 Assembly. A modified copy of the form is included on page 5 of this issue.

The incoming panel of Coordinators will be selected by the five newly elected officers no later than December 15, 2008, so their names can be supplied to WSO by December 31, 2008.



## Got Questions? Ask-It Basket Has Answers

During each Hawai'i Area Assembly, attendees learn more about Al-Anon by submitting questions to the "Ask-It Basket."

These questions and answers were presented during the Spring 2008 Assembly and are printed here with the idea that if one person wants to know the answer to a question, others may, too.

**QUESTION:** *When we were talking about "bequests," it seemed we kept getting confused about anonymity. So just hypothetically, if we had a National Al-Anon Day, could we all gather in the front of the White House and say we're Al-Anon or no because of anonymity?*

**ANSWER:** Yes, but, in keeping with Tradition Eleven, which states that "we need always maintain personal anonymity at the level of press, radio, films and TV ...," if the media showed up we

would have to protect our anonymity at that level. (*Al-Anon Alateen Service Manual*, pp. 50-51)

**QUESTION:** *When did Tradition Eleven's wording change from "press, radio, TV and films" to "press radio, films and TV"?*

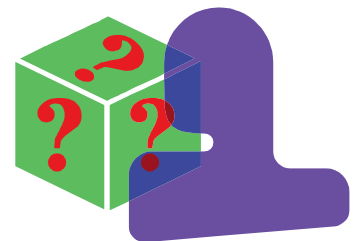
**ANSWER:** It changed when WSO was researching the Alateen archives, the research revealed that the change to the original wording was never properly handled so the change was not appropriate, and the original wording was restored, possibly in 2005.

**QUESTION:** *If a GR takes office mid-panel does he/she step down at end of that panel or finish out 3 years?*

**ANSWER:** A GR who takes office mid-panel would finish the current term, and if he/she chooses to do so, could then stand for re-election for the

next panel, which is three years. According to page 133 of the *Al-Anon Alateen Service Manual* under "Election of a Group Representative (GR) and an Alternate" first paragraph, "The GR is elected by his group for a three-year term by any election procedure it chooses.... A group may re-elect its GR for another term." The third paragraph goes on to say, "If the GR resigns or proves to be inactive, the Alternate completes the term and may then be elected for a three year term of his own."

Are you wondering about something related to Al-Anon? Why not attend the next Assembly and put your question in the Ask-It Basket?



## Hawaii World Service Coordinators Resume & Application

*Instructions: Complete all sections and forward to the newly elected Chairperson.*

A. I am interested in being considered for the following Coordinator position (please indicate first and second choice:)

Alateen Coordinator	
Archives Coordinator	
Literature/Forum Coordinator	

Newsletter Coordinator	
Public Outreach Coordinator	
Website Coordinator	

Al-Anon Service I have done:

Group Level:	
District Level:	
Information Service Level:	
Area Level:	

C. If I am selected, I understand that I have an annual budget for this position; I would initiate the following activities and/or projects:

D. I understand that if I am selected to hold the position for which I applied, I must be able to attend the Area Committee meetings, which are held all day on Saturday or Sunday, and both days of all Area Assemblies. I will also be required to coordinate activities with the District Representatives of all Districts. I understand this position requires travel and being able to lead workshops and other Assembly activities.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Best days and times to reach me at this number: \_\_\_\_\_

# Al-Anon Reaches Out

Please print this copy and take it to your next Al-Anon Meeting.

## Let It Begin With Me

When anyone, anywhere, reaches out for help, let the hand of Al-Anon and Alateen always be there and **Let It Begin With Me.**

Focus for October:

## Meeting Schedules & Thank You

### Ideas and Suggestions:

1. Have Al-Anon/Alateen meeting schedules listed in bulletin of host church/building.
2. Put Al-Anon pamphlets and meeting schedules in tourist information racks at motel and hotels.
3. Read and consider sending the following, filling in the blanks with local information as appropriate:

## Thank You

The Al-Anon Family Group that uses room \_\_\_\_\_ every week would like to express gratitude and appreciation for such a special place to meet.

Since 1951, Al-Anon Family Groups have served countless families and friends of loved ones who have a drinking problem. The anonymous, confidential support is available here every \_\_\_\_\_ at \_\_\_\_\_. There are no dues or fees for Al-Anon. Each group is self-supporting through its own voluntary contributions.

Anyone troubled by a loved one's drinking is welcome to attend. Call \_\_\_\_\_ at \_\_\_\_\_ for more information.

You may call 1-888-525-2666 to locate any of 15, 000 other Al-Anon/Alateen Family Groups that meet each week throughout the U.S. and Canada. Help and hope are available in Al-Anon for anyone who has been hurt by a friend or loved one's drinking. It is possible to find contentment and even happiness, whether they are still drinking or not.

*Love In Service,  
Marilyn M., Public Outreach Coordinator, Hawai'i Area*

## Area Web Site Faces Changes

With the nearing of the end of the panel, I'm eager to see my successor explore new options concerning the Hawaii Area website. Interest has been expressed in switching to the use of the WSO domain website. This may be very helpful in dealing with the issues of anonymity concerning the use of internet services.

A task force has been created to address the issue of anonymity concerning information posted to the web. More information should be forthcoming with your next panel.

The Hawaii Area website can be a useful tool to research information regarding upcoming events, meeting schedules, WSO guidelines, Assembly information, policies and

procedures, and a slew of other Al-Anon/Alateen information.

If you have any events that you would like posted to the website calendar, please email me all the pertinent information (less any phone numbers). This is a great way to get the word out regarding your district's events. Also, if you have any suggestions or comments about what you would like to see on the web page, please feel free to email the suggestions to [afghawaii@yahoo.org](mailto:afghawaii@yahoo.org).

*LIS,  
Paula O., Web Coordinator, Panel 46*



## Al-Anon / Alateen Information

### In Hawaii:

Web:-----www.afghawaii.org

### Meeting Info

O`ahu: ----- 808-546-5647  
 Hawai'i:----- 808-935-0971  
 Kaua'i: ----- 808-246-1116  
 Maui: ----- 808-242-0296

### World Service Office:

Web:----- www.al-anon.alateen.org  
 Email: -----wso@al-anon.org  
 Phone: -----757-563-1600 or 800-344-2666

## Members Enjoy Recovery on the High Seas

Hello, Hawai`i Al-Anon Members,

The next Al-Anon International will be held in Vancouver, B.C., in 2013. A few enthusiastic members are planning an Alaska Cruise on Holland America right after the conference. There is a standing invitation for other Al-Anon members to help fill the ship. If you'd like to join the email group to get regular notices and info about the cruise, go to "Yahoo groups" then click on "Find a Yahoo group" and write in "Cruise\_Alaska". There is a place there where it says "Join this group" and you can put in your information. You'll get email directly from the planning committee that way. If you have trouble with that, you can contact Judy A. at judya@connected.bc.ca. More details are in the letter below.

A Hui Hou, Kay R.

Be advised, this is NOT a WSO-sponsored event nor is it connected to the Al-Anon International Conference. It's the product of some very enthusiastic Al-Anon members.

What a response there's been to the idea of an Alaskan Cruise following the 2013 International Convention in Vancouver! More than 50 interested members already. Twelve hundred and we fill the ship. Let's think abundantly.

It's five years until we actually go on this cruise, so the information I have is based on 2008 cruises plus a little extra for inflation.

How did all this happen? Well, you know what it's like when a few of us get together and think abundantly. While we were in Pittsburgh, Judy, Colleen and I started talking about how wonderful it would be to have a cruise following the next International, and voila, it was in the planning stage. Just 57 months to go, so start saving \$20 a month, and you'll have more than enough for the cruise.

The cruise ship dock in Vancouver is at the same site as the convention center. I'm looking at a cruise that leaves on Sunday, so after the big closing meeting we can walk right onto the cruise ship.

**Cruise Planners:** Judy A, Judy P, and Colleen R.

**Itinerary:** This would be a seven day circle cruise, which starts and ends in Vancouver, with stops in Ketchikan, Juneau and either Skagway or Sitka. The cruise lines alternate Skagway and Sitka from year to year. If we hit a year when the stop is Skagway, you can look at doing the White Pass-Yukon train excursion while we're in port. If it's Sitka, then you'll enjoy the Russian influence in the town. One day is spent cruising



through Glacier National Park, which is absolutely beautiful. The first and last day of the cruise are "at sea" days as we travel between Alaska and Vancouver. The scenery is breathtaking.

**Cost:** Based on this year, cost should be about \$1,000 per person for an inside stateroom and could go as high as \$3,000 for a suite. All fares are based on double occupancy and include port fees and fuel surcharge. The fare for a 3<sup>rd</sup> and/or 4<sup>th</sup> person in a room will be 25-30% of the regular fare. Full payment is due 75 days before we cruise. We will get a group rate on the cruise, so the more rooms we book the better deal we'll get.

**Tipping Policy:** Tips come to \$11 per day each for a total of \$77 per person.

**Deposit:** About 18 months ahead, I will need a \$50 per room deposit to book a block of rooms. This will be refundable up to 90 days before we cruise. The \$50 is part of your full charge, not an additional charge.

**What's on board:** The ships have all the amenities you could possibly want. Have your hair done, get a massage, shop in the variety of stores, go swimming or work out in the gym.

The ship offers a full program of cruise

activities daily and a variety of shore excursions in port.

Usually two formal nights are held during which everyone dresses up for the evening meal.

You can watch the scenery and enjoy a variety of types of music in numerous lounges, and each night there's a stage show. The ship also has a movie theatre on board.

All activities are free unless you choose to spend your time in the casino or playing Bingo.

You'll never go hungry. Food is available at all hours, and a late night dessert extravaganza is held one night.

**Al-Anon Meetings:** We will be able to have meeting rooms available to us. This will be negotiated with the cruise line, which is more than happy to accommodate our needs.

**Perks:** The greater number of rooms we book, the more perks we get. I believe these can be negotiated; one idea is to have a champagne reception with the captain.

**E-mail Group:** To simplify communications, we set up an e-mail group on Yahoo. Go to Yahoo Groups, type "Alaska\_Cruise" in the search box, and click on Join This Group. After your membership is approved, you'll receive the latest information as we near the date.

Hope that gives you lots to think about!

*Anchors aweigh, mates!*  
Judy

# Panel 46 Moved Toward a Vision

Aloha Kakou!

Today I am filled with deep gratitude for each and every one of you. In the past three years together it seems to me that we've shared, loved and grown together - both as an Area and individually. This has certainly been my personal experience. I am both humbled and excited by all that's come to pass.

We've made tremendous movement as an area in terms of our unity and shared direction. Today, we have an area vision:

**All the people of Hawaii will have a vibrant and welcoming Al-Anon meeting in their neighborhood.**

All the work in our groups, districts and in the area committee has supported this common vision. While the efforts to this end are too numerous to name, some fine examples include:

- Orientation efforts focused on helping our trusted servants know their responsibilities;



- Strengthening our links of service by discussing and communicating information prior to and after assemblies;
- Rededicating to dialogue and reaching an informed group conscience through Knowledge-Based Decision Making (KBDM);
- Big Thinking;
- Sharing leadership through communication, confidence, collaboration and clarity of the Al-Anon principles;
- Outreach efforts - including the use of the new *Al-Anon Faces Alcoholism*

booklet;

- Embracing e-Cal;
- Becoming informed about our area, district and group finances;
- Better comprehension and conversation around Alateen requirements;
- Eliminating equalized travel;
- Focusing on strengthening our archives, especially in the districts;
- Automating the *Island Serenity* through the use of an email group.
- Surveying individuals and identifying improvements to make our assemblies the best they can be.

It has taken all of us to get to where we are today. At times it's been challenging and demanding, and each time we've come together. As I move on, I feel incredibly satisfied with our accomplishments and the legacy we leave for the future.

*Aloha `oe,  
Kay R., Chairperson, Panel 46*

## Quarterly Contribution Addresses

Voluntary donations from each group submitted on Feb. 1, May 1, Aug. 1 and Nov. 1 to:

- **Local District:** Please contact your District Representative.
- **Hawaii Area:** Checks payable to AFG Hawaii World Service Committee  
c/o Mary O,  
45-535 Luluku Road, Apt D-6  
Kaneohe, HI 96744
- **World Service:** Checks payable to AFG Inc.  
1600 Corporate Landing Parkway  
Virginia Beach, VA 23454



**Island Serenity wants your sharings about Al-Anon service work! Email your submissions to [hinewsletter@yahoo.com](mailto:hinewsletter@yahoo.com).**