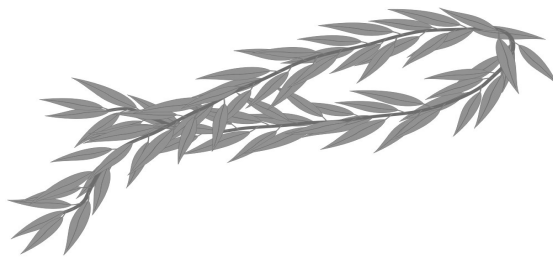


Delegate's Corner

Aloha Kakou!

Well, here it is: my last year as your Delegate and my last Conference! And what an amazing experience this has been. First, I actually got sufficient sleep throughout the week, a totally different experience from the last two conferences. Obviously that is proof that over time, everything gets easier!

As has been my experience, the Conference went smoothly as important decisions were made after we had sufficiently talked it to death! I am totally in awe of how well our Traditions and Concepts work when everyone is working them. I am also very grateful that our trusted leaders at WSO are so committed to embracing all the spiritual principles of this program. It makes me proud to be a part of it. For me, the highlight this year was our visit to Lois and Bill's home in New Bedford Hills,



New York. I don't know that anything will match my first year and the visit to WSO, but this was equally as impressive and emotional. During our ride over, Doris quizzed us on our history and, though I knew a lot about Lois and Bill, I learned a lot more that day. To stand or sit at Lois' desk and reflect on all the work that has made Al-Anon Family Groups what it is today was humbling and at the same time, filled me with pride. We have a rich history, and to quote Lois, "It only takes one person to start something, but many to carry it out."

Being in the place where so much of that work was done, seeing all that has gone before me, reminded me why I am committed to building the bridge that reaches out to those who have not found us yet.

Mahalo for your support!

Cecily, Hawai'i Area Delegate, Panel 46

Let's Get the Message Out

Summer is just around the corner and if the price of airline tickets doesn't scare folks from traveling, let us have them find Al-Anon Family Groups literature and meeting schedules in one or more of the following places: airports, rental cars, buses, activity desks, laundry rooms at resorts, church bulletins/boards, counters in rest-rooms.

I'm sure that you can think of many other locations visitors stop while traveling. Some literature that you may want to leave includes:

The Crying House bookmark, *Detachment*, *Did You Grow Up With A Problem Drinker? Are You Troubled By Someone's Drinking? Al-Anon Is For You!*

Be sure to include a copy of your District meeting schedule as well as your District phone number on every piece of literature.

It's important that before leaving literature in some of the above mentioned places, you check for approval by management.

Have a wonderful summer!

Marilyn M., Public Outreach Coordinator,

Hawai`i Area Looks to the Future

At the Fall 2008 Assembly, Group Representatives (GRs) and their Alternates will elect new Area Committee Officers and coordinators. In addition, groups will elect new GRs, and GRs will elect new District Representatives (DRs). To help you to both understand what these positions entail and decide which one you'd like to have, some of our current officers, coordinators and DRs share their experience, strength and hope on these pages.

Area Chairperson Grows in Service

In preparing for our upcoming elections this fall, I wanted to tell you a bit about what it takes to be the Area Chairperson. Most of what follows comes from the Al-Anon/Alateen Service Manual (p.136) and our Hawai`i World Service Area Policies and Procedures (Section I & II). Some items come from my own personal experience. It's my hope that this will both help you to understand the position more fully to assist you in electing your next Chairperson and, if eligible, encourage you to consider becoming a candidate for the position.



The Chairperson is drawn from former, outgoing and current DRs, Area Officers and Area Coordinators who have remained active members of Al-Anon. He or she should have both leadership and organizational abilities. He serves rather than dictates. Communication and cooperation are the cornerstones for success.

Primarily, the Chairperson is responsible for planning area committee and assembly agendas and conducting those meetings in an orderly fashion. Some specific additional duties for the Chairperson in the Hawai`i Area include:

- Coordinating with the other elected officers of the Assembly in the selection of Area Coordinators.
- Developing a draft assembly agenda to bring to each regular Area Committee meeting for review and discussion.
- Set up and serve as moderator for the panel's e-group.
- Serve on the Business Services Action Committee as the Policy and Guidelines Co-Chairperson.
- Reach out to the members with questions or concerns about the Hawai`i Area Policies and Guidelines.
- Signing contracts on behalf of the Area relating to Assemblies when the Alternate Delegate is not available.

Initially, after you elected me your Chairperson I thought, "Oh my goodness, I'm not a leader. I think they may have the wrong person for the job!" I felt terribly intimidated, and I seriously questioned my ability to do the job. Thankfully, you have taught me to rely on my higher power and pray for courage. That's when I remembered that I don't come into a new service position prepared, it prepares me. And that's what's happened for me in this position: I've grown once more through being in service. Things I've learned as your Area Chairperson include:

- It's important to stay neutral and share only from experience or from the Service Manual.
- Stick to the agenda.
- Everyone should have an opportunity to share his or her feelings—preferably in 2 minutes!
- Look for solutions in the discussion.
- Trust that our Higher Power will help us to see ways of moving forward.
- Reflect back to the group what I'm observing and offer potential next steps for discussion.
- Recognize when it's time to move on to the next topic.
- Be a cheerleader and encourage others.
- How to ask for help when I need it.
- HAVE FUN and enjoy the ride!

It has been a deeply gratifying experience and one that I wholeheartedly recommend to anyone.

Kay R., Hawai'i Area Chairperson

Delegate Loves Her Job

This is one of the best jobs I could have been elected to! I got to represent our area at three World Service Conferences: two conferences in Virginia Beach, Virginia, and the third in Connecticut, which included a visit to Stepping Stones, the home of Lois and Bill Wilson in New York. How neat is that? I also got to vote on decisions that affect the worldwide fellowship of Al-Anon Family Groups. Of course, the job has responsibilities too; it is not all fun and no work.

Delegates must familiarize themselves with the Service Manual, attend Area Committee Meetings and Assemblies, and travel once a year to the Conference and once a year to the Southwest Regional Delegate's Meeting. Also, they must prepare for the Conference by reading all materials sent from WSO beforehand and getting their Area's input on issues that will be discussed at the Conference, listen and participate while there, take notes, coordinate with other Delegates and come home ready to share what

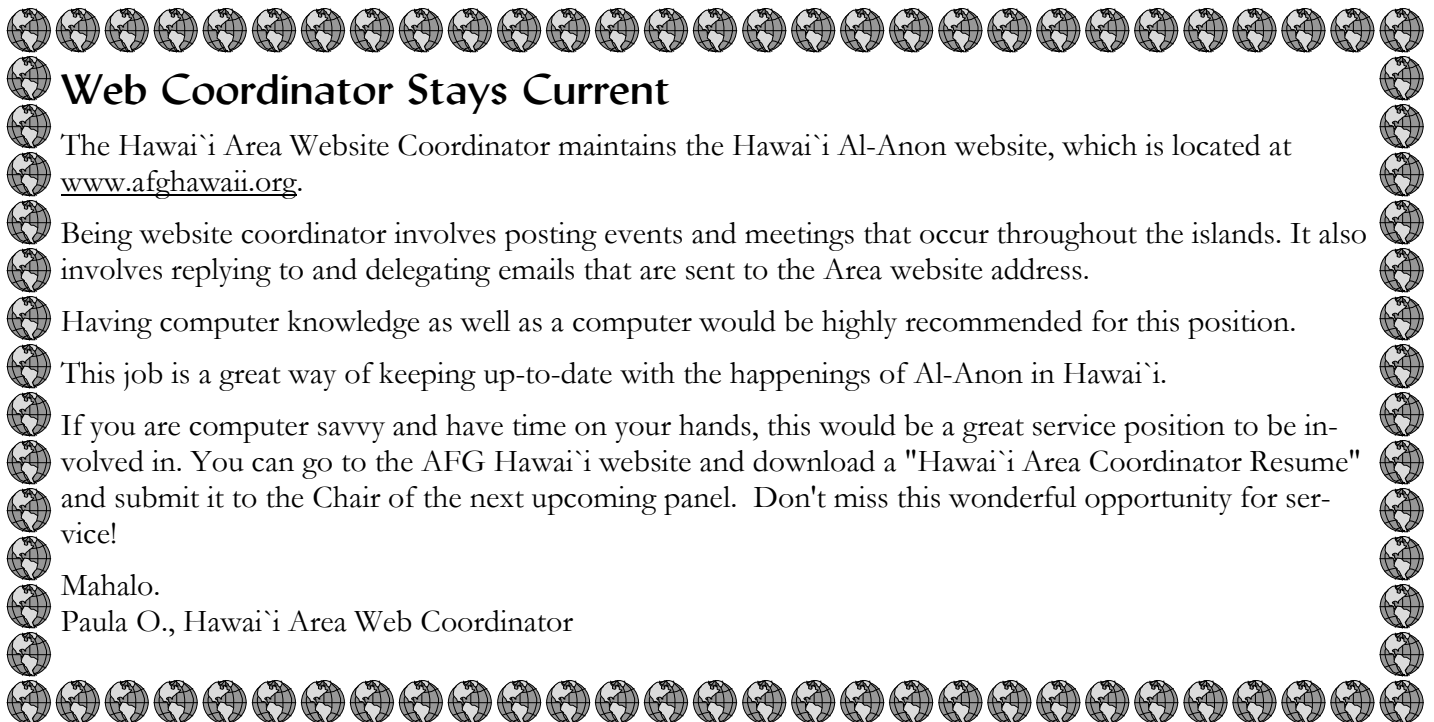
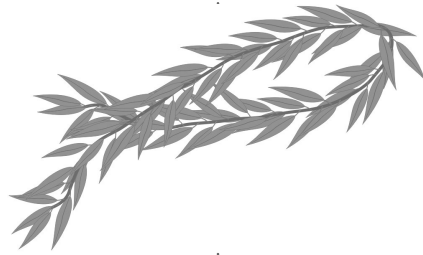
they've learned at the Conference. For many, the most challenging aspect of this position may be giving reports—speaking before groups of people—but it gets easier each time. Practice makes perfect, or near it!

I can enthusiastically say that my service as a Delegate has promoted my growth and understanding of this worldwide fellowship and all its Legacies. I have a bigger picture of how it all works. I will walk away from this experience with a much deeper appreciation for this worldwide fellowship and a desire to ensure its continued success.

This service position has stretched me, re-energized my program, reinforced my commitment, humbled me, and filled me with immense gratitude.

Remember the big "W" — Willingness is the first step. Most important, remember that: God doesn't call the qualified. God qualifies those who are called. (Page 101, *Hope for Today*).

Cecily C., Hawai'i Area Delegate, Panel 46



Web Coordinator Stays Current

The Hawai'i Area Website Coordinator maintains the Hawai'i Al-Anon website, which is located at www.afghawaii.org.

Being website coordinator involves posting events and meetings that occur throughout the islands. It also involves replying to and delegating emails that are sent to the Area website address.

Having computer knowledge as well as a computer would be highly recommended for this position.

This job is a great way of keeping up-to-date with the happenings of Al-Anon in Hawai'i.

If you are computer savvy and have time on your hands, this would be a great service position to be involved in. You can go to the AFG Hawai'i website and download a "Hawai'i Area Coordinator Resume" and submit it to the Chair of the next upcoming panel. Don't miss this wonderful opportunity for service!

Mahalo.

Paula O., Hawai'i Area Web Coordinator

Alateen Coordinator Trusts the Process

What's an Area Alateen Coordinator?

That was the question I was asking myself, even as I filled out my application to take on the role. It was one of those moments of trusting the Eleventh Step, all signs pointing to yes, although I couldn't say where I was headed.

I learned that role of the Alateen Coordinator is to provide information to the Area on matters relating to Alateen, to encourage Al-Anon members to become certified as Al-Anon Members Involved In Ala-

teen Service (AMIIAS) and to support the formation of new Alateen groups. I have been privileged to be part of service at the Area level. I also learned how much help is available from WSO; whether on the phone or by e-mail, the coordinators give generously of their time—even when I asked the same question more than once! There is also a great support network with coordinators in other areas.

Here's a secret: as I sent in my application, I told a mentor that part of my motive was for my personal recovery; and she told me that was

OK. I have been given opportunities for my own growth as I have worked with all the AMIIAS's in our area and with the Area Committee.

If you are considering becoming an Area Alateen Coordinator, I encourage you to read Guideline G24 from WSO; and you may also contact me with any questions at jgb3webb@yahoo.com.

Julie W.B., Hawai'i Area Alateen



Treasurer Reaps Rewards

Serving as your Area Treasurer has been a fun and challenging experience.

As your treasurer, I have been privileged to hold the space of abundance, and you all followed with your generosity to support our Area.

The treasurer puts together the annual budget along with assistance from the budget committee, receives

all contributions of quarterly splits from the groups, pays all expenses for the Area such as the Delegate's expense to attend the World Service Conference, and reports to the Assembly the financial status of our Area.

I have been very rewarded to see how knowledgeable our membership has become regarding our budget and where our money goes. That makes this service position much easier. Mahalo for allowing me to serve you.

District Representative Finds a Job and a Joy

It has been my unique privilege to serve as the District Representative for West Hawaii AFG. Just like every other service volunteer, I had fears about being able to do the job, but I wanted to help our district improve communication and a sense of unity. It took time to learn the ropes, especially at Area Committee meetings.

Visiting all the groups and meeting the members, especially of groups I don't regularly attend, was imperative. Traveling to the groups broadened my appreciation for the different ways groups approach a meeting. I am so impressed with the commitment to recovery I have seen in each of them.

To foster communication, we set up a Yahoo group, on which we post current meeting schedules, recent

District meeting minutes, addresses of GRs and other service reps, and a calendar of events.

The job is easy: making sure groups' contact information is updated to WSO, chairing a monthly district meeting, helping with one Assembly this panel and supporting the groups as they wish.

I feel the largest part of my job/joy is to be a service cheerleader for GRs in my District.

Having a vision for our District and helping us get part of the way there is exciting.

I thank those who trusted me enough to elect me, and I look forward to supporting the next West Hawaii DR.

Jo-An G., DR, West Hawaii



Public Outreach Coordinator Enjoys Job Perks

This is my third year of having the privilege of being Hawai'i Area's Public Outreach Coordinator. The job's goal is to reach every person whose life is adversely affected by someone else's drinking. Alone this job would be impossible, but because of all of you, help is there, and I so appreciate that.

During my tenure, as I received information from World Service, I passed it on to Area Committee Members, District Representatives, Group Representatives and Al-Anon individuals who are on my Public Outreach e-mail list. Each month, these folks also received ideas and suggestions with a different focus, including

professionals, facilities, the media, as well as directly to the general public.

This position has given me many "perks," including a service sponsor who has been at my beck and call; meeting others in service at the Area level and sharing their experience, strength, and hope for Hawai'i; working on health fairs; meeting other groups and sharing information on our program; hearing from members across Hawai'i how their groups took literature to the community.

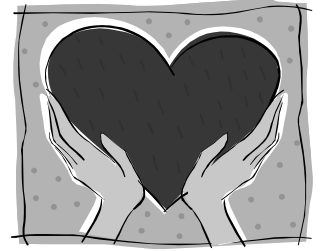
One of the great events I took part in was a WSO telephone conference with other public outreach coordinators across the

country. Hearing and sharing ideas

and suggestions with these folks was fantastic! I am sure I am leaving out many more highlights.

Let me end by saying that I never thought this service would have jazzed me so much. What a privilege to have served you. I know that because of this service, public outreach will always be a priority in my Al-Anon life. Mahalo for allowing me to serve you.

Marilyn M., Hawai'i Area Public Outreach Coordinator



Literature Coordinator Goes Electronic

In my role as Literature and *Forum* Coordinator for the past 2 ½ years, I've learned that I am responsible for relaying literature and related information from

WSO to the Area. I also send information about literature-related topics from our Area to WSO. In this way, I act as a conduit, ensuring a free flow of information.

What has been an amazing experience for me is to be a part of the new Electronic Conference Approved Literature website (eCAL) that allows individuals around the world to post sharings that anyone with access to the web can view. It was great to share how eCAL works at the Fall 2007 Assembly in Maui.

Another experience that I am fortunate to be part of is the 'File-Exchange' program, whereby I and other Literature Coordinators around the world receive information from WSO via the web, which I then relay to the Area. If that piece of literature happens to be a book, then it is sent to the coordinators via U.S.P.S.

The third terrific experience that I have had during

my term as Literature Coordinator is participating in "Literature Conference Calls." In these telephone conference calls, WSO communicates updates on our literature with Literature Coordinators around the world. These calls also allow me to learn how other coordinators are doing things that inspire me with ideas to present literature. I hope to have one of those ideas displayed at this Spring assembly. During my term the calls have taken place once each year.

By far, my biggest benefit as Literature Coordinator is receiving and reading the new literature that WSO sends me. The most powerful book I've had the privilege to read is the new book "*Opening Our Hearts, Transforming Our Losses*." When I presented that book at the Spring 2007 Assembly, my emotions came through. However, I had no regrets on how I shared, and it turned out to be a positive experience for me because districts representatives throughout the area gave me their feedback and told me how, after that Assembly, they have shared that book with their groups. That book has been extremely popular throughout our Area.

Steve A., Hawai'i Area Literature Coordinator



Hawai`i's District Doings

Maui District

Al-Anon is alive and well on Maui. We have 20 groups that meet every day of the week including Mōlaka`i and Lana`i. Our outreach to these islands is working!

Some groups have changed their meeting times and places, and other groups have started to accommodate new members. Two groups in Lahaina adjusted their meeting times to attract more members. The "Saturday Loving Listeners" now meet on Tuesday at 8 a.m. at Holy Innocents Church behind the Pre-school. The Wednesday noon meeting shifted to Wednesdays at 7:30 p.m. at the Methodist church in Lahaina to provide a night meeting for people there.

A new meeting began Wednesdays at noon in Pukalani. Many people who have little children attend this meeting.

We all look forward to the Mauifest and our Al-Anon speaker Tom W. from Oakland, California. Tom will do a workshop and speak at our luncheon. The Mauifest will be held from May 28-June 1, 2008, at the Sheraton Maui Resort in Ka`anapali. For more information, see www.mauifest.org.

Dwight, Maui DR

East Hawai`i District

What's in a name? Ask any group and the response will be "Everything!" The members of "Al-Anon Spoken Here AFG" agree. They welcome everyone and ask that members express their love with respect – care, courtesy, support – for other members by maintaining their anonymity and by leaving their other 12-Step programs outside the door. Just say "I am a grateful member of Al-Anon." This meeting started with four members. The District meeting schedule will include this group that has been meet-



ing for ten months at the Pahoia Community Center on Sundays from 10:30 a.m. to 11:30 a.m.

Change Al-Anon? AAFG = A-A Family Groups for short? Naaah! "Building Bridges ..." with healthy family groups to help our communities is the accepted vision statement. Joining the spiritual quest at the Spring Assembly are two GRs and two Alternate GRs.

How are groups helping Alateen? By stocking Alateen daily readers and "Courage To Be Me." Feeling good (or God) at the sight of these books just for teens is what that teen's sudden smile is all about. HP=BFF

Next time, more on our two projects, and our District Silent Auction with joint AA fellowship on July 4th. And Part 2 on "What's in a name?"

We are grateful for Central's efforts and support in hosting the Spring Assembly!

Warren M., East Hawai`i DR

West Hawai`i District

Though it seems a long way off, District 7 is focusing on the Fall 2008 Assembly being held in Kona. Our theme is "Pu'uhonua o Kona," which means "A Place of Peace and Safety in Kona." We will be meeting October 25 and 26th, with fellowship the evening of October 24th. More information will be forthcoming, but please mark your calendars now for this **election** assembly. Rooms will be at the King Kamehameha Hotel. Rates are \$95.00 per double room plus applicable taxes, bringing the cost to \$103.00 and some change. There will be no fee for more than two guests per room as long as no additional cots or linens are required. We are excited about hosting the assembly this Fall.

We've also begun the process of recruiting a slate of volunteers for the next 3-year panel. One member has already put her name forward for

treasurer and another is considering running for DR. Way to go District 7!

Jo-An G., West Hawai'i DR

Central District

We continue to have a strong showing at our monthly District Meeting with 10 of our 11 groups sending representatives! It is a wonderful group in which we try to practice our Al-Anon program in our service positions. Central has meetings daily except Fridays; the first Friday of the month is our District's business meeting, and everyone is invited.

At our Central District Meeting we try to determine an approximate average (aka best guess) of the number of people attending each meeting of each group for the past month. Typically, this number ranges from an average of 2-4 to 25-30 members attending our meetings. In March, all of our meetings combined had between 119 and 155 people per week attending our meetings.

Our public outreach project is Alateen. Our Makiki Alateen meeting is going well with a few more Alateens attending. Makiki Alateen, which is co-located with an Al-Anon meeting, meets on Mondays at 7:30 at Saint Clements Episcopal Church. Please spread the word that this meeting is available to our younger members.

The Aina Haina Meeting is also seeing many newcomers to Al-Anon. We would like to encourage those of you who have been around a while to please join them Tuesdays at 7:00 p.m. at Calvary By The Sea Lutheran Church in Aina Haina to share your experience, strength and hope.

The District has been getting ready for the Spring 2008 Assembly, which we are hosting at Saint Anthony's Retreat Center in Kalihi on May 24-25.

We had a very successful Spaghetti and Serenity fundraiser dinner last year and after this Assembly we will decide if we will do it again or do something else.

Clay, Central DR

Leeward District

The Leeward district is doing well, with eight of our nine groups represented and active in our district

meetings. We hope to have six Group Representatives at the Spring Assembly and urge all our GRs to plan on attending the Fall Assembly in Kona. We are also hope to have a fellowship potluck picnic in June.

We have a great group of GRs who are committed to service and love doing outreach, including an annual health fair at Sunset Beach Elementary on the North Shore. We are looking into getting Alateen packets into schools in our district because we are starting an Alateen meeting on Tuesdays in Makakilo. We have two registered sponsors and are waiting for the group number from WSO.

Two long-time Al-Anon members run a monthly step study meeting in a homeless transitional shelter in Waianae. I met a couple who attend the meeting and told me how much they learned and enjoyed it.

One of our groups held a birthday party for Lois on March 4 after their meeting; they reached out to the AA meeting that meets after them in the same room. They said it was a great party.

All our GRs do outreach by dropping off meeting schedules, *Forums* and other literature to hospitals, mental health facilities, churches, schools and anywhere we can.

We look forward to seeing everyone at the Spring Assembly.

Naomi, Leeward DR

Windward District

Windward District is planning its Annual Ice Cream Social for Saturday, July 19, 2008 at St. Christopher's Church in Kailua. Advance tickets will be \$6.00 for all the ice cream and toppings you can eat, and for your recovery, an Al-Anon speaker, an AA speaker and maybe an Alateen speaker.

Windward is also working on Public Outreach to medical facilities on the windward side with copies of the 2008 *Forum* for Professionals. We have seven to eight active groups, and we are still looking for a District Representative, an Alternate DR and a Treasurer as well as GRs for some groups.

We look forward to seeing everyone at the Spring Assembly.

Mary O, Acting Windward DR



Al-Anon Hawai`i Calendar of Events

What	When	Where
MauiFest V <i>More information:</i>	May 28-June 1, 2008 <i>www.mauiifest.org</i>	Sheraton Maui Resort Ka`anapali, Hawai`i
Al-Anon International Convention July 4-6, 2008 <i>More information: www.al-anon.alateen.org/members</i>		Pittsburgh, PA
Windward District Ice Cream Social	July 19 6—8 p.m.	St. Christopher's Episcopal Church 93 N Kainalu Drive, Kailua
Crossing to Moloka`i	July 26-27, 2008	Papohaku County Park Moloka`i, HI
Fall 2008 Assembly	October 25-26, 2008	King Kamehameha Hotel Kailua-Kona, HI
47th Annual Hawai`i AA Convention (With Al-Anon Participation) <i>More information: www.lava.net/~bconv</i>		
	Nov. 13-16, 2008	Hawai`i Convention Center, Honolulu, HI



Al-Anon / Alateen Contact Information



In Hawai`i:

Meeting Info

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

Website: www.afghawaii.org

World Service Office:

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

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 for information.

Hawai`i Area: Checks payable to **AFG Hawai`i 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