



THE VOYAGE NEWSLETTER

Saturday Speaker Meetings Resume!

Read about:

The Front Page	1
Al Anon in the World	2
The inside story: Alateen	3
Important web links; phone numbers; Your contributions	4
The closing story: District Level Commitments	4

The Saturday Speaker meetings are once again allowing members to voice their experience, strength and hope with the community. These meetings are open to all and are a great way to introduce newcomers to the fellowship.

The meetings are held the second Saturday of the month from 7:00 to 8:30 pm at the Santa Barbara Public Library. They take place in the Faulkner Gallery which is in the main lobby of the facility at 40 East Anapamu Street in Santa Barbara. The meeting opens in a familiar way with the reading of the Serenity Prayer, followed by a couple short shares by members. This is followed by a short fellowship break and then the featured speaker.

Mark H has volunteered to be chairperson of the speaker's meeting "I thought it'd be a great commitment to put energy into," he said. He has reported a good turnout at all meetings which began a couple months ago. District 8 has voted to supply funds for a PA system to support the speaker's meeting as well as any future District need. The meeting itself is self-supporting following the Al Anon 7th tradition.

Members can practice the principles of Al Anon and be of service in many ways for these meetings: General help, Setup, Cleanup, Greeters, Leaders, as well as Speakers are needed at every meeting. Please contact Mark if you are available to be of service.



Sharing is your message of experience strength and hope.

District 8 Service Opportunities:

- Public Outreach Coordinator
- Literature Coordinator
- Info Line
- Convention Liaison
- Institutions—Women's Shelter volunteers.



See More Information on page 4!

The Voyage has set sail!

The Voyage is the newsletter of the Santa Barbara Al Anon/Alateen groups. It is one of the ways we can connect with other groups in our area as well as be exposed to Al Anon on a larger scale.

Please send your thoughts and ideas for stories by clicking on the "Voyage" link on our Al Anon Santa Barbara webpage at:

www.alanonsantabarbara.info

We are excited to share in your experience, strength and hope. What has Al Anon recovery meant in your life?

Please don't be shy! If you have an idea or thought to share, no matter how large or small, submit it via the link. All submissions are subject to Al Anon principles of anonymity.

Did You know?

Al Anon around the World

Interesting information from
 Al Anon Family Groups Backgrounder
www.alanon.alateen.org/prrelease/prbackgrounder.html

“In the U.S. and Canada, there are more than 20 million people with a drinking problem, and only 10 percent of them will ever get help”

- In the U.S. and Canada, there are more than 20 million people with a drinking problem, and only 10 percent of them will ever get help. But according to some estimates, every individual with a drinking problem disrupts the lives of at least four other people through business and financial responsibilities neglected or the child who loses a parent due to a drunken driving accident, careers ruined and marriages destroyed by problem drinking. Of the estimated 80 million Americans and Canadians affected by someone else's drinking, most will not get help for themselves and many will never even realize that they could have benefited from some insight into the problems caused by another person's drinking.
- Al-Anon Family Groups was the first of many mutual support groups to adapt AA's Twelve Step Program. It is well-known, but still not widely understood. Al-Anon focuses only on providing confidential help to people in need. There are no celebrity spokespeople; the confidentiality and anonymity of members is strictly protected.
- Al-Anon Family Groups (which includes Alateen for younger family members) is a pioneer in the concept of "family recovery" from alcoholism, which holds that one person's drinking problem adversely affects the lives of close friends and family, and that friends and family who are able to recover from these adverse affects are able to improve their lives, as well as the problem drinker's chances for recovery.
- There are 26,000 autonomous Al-Anon/Alateen groups in 131 countries, with groups now starting in Cuba, Iran and Romania.
- Al-Anon Family Groups is supported by members' contributions and sale of its literature. The group declines contributions from non-members, and accepts no outside funding from government, foundations, or other agencies.
- Al-Anon has helped millions of people over 55 years, and sold about 13 million books, including the inspirational daily readers *One Day at a Time in Al-Anon* and *Courage to Change*. There are more than 100 Al-Anon/Alateen books and pamphlets. A range of materials are available in more than 30 languages

Helping Young People Cope with Alcoholics

Al Anon Press release <http://www.al-anon.alateen.org/prelease/pryoung.html>

Alcoholism is a worldwide issue, causing problems not only for the drinker but for everyone else connected with that person as well. There are more than 20 million alcoholics in the United States and Canada alone, many of them with children troubled by their parents' drinking. Often, these young people have nowhere to turn for help.

This is where Alateen comes in. Alateen is fellowship of young relatives and friends of alcoholics who come together to discuss their difficulties, encourage one another, and learn how to cope with their problems. These young people are often introduced to Alateen by concerned friends, neighbors, school counselors, and clergy.

Alateen is part of the Al-Anon Family Groups which helps those whose lives have been affected by someone

else's drinking. Alateen members learn that compulsive drinking is a disease, an incurable illness which they did not cause, cannot cure nor control.

One of the most important lessons Alateen teaches is how to detach oneself emotionally from the drinker's problems while continuing to love the person.

Like Al-Anon, Alateen is based on the Twelve Steps of Alcoholics Anonymous which members discuss and apply to their own attitudes and relationship with others. This can help the Alateen member develop strength to deal with problems maturely and realistically.

Alateen members meet in church halls, school rooms, or other suitable places, often in the same building as an Al-Anon group but in a separate room. What is said there and who attends the meetings are held in the

strictest confidence.

With anonymity the watchword, Alateen members share their experiences, strengths, and hopes. "I used to get so angry all the time. It just made me feel like a crazy person," said one Alateen member.

"I'd want to grab somebody and squeeze the life right out of them. Then somebody in one of my Alateen meetings suggested that we try safe ways to express our anger.

"I didn't even know there were safe ways to be angry. He suggested that when I got real mad at somebody I could try writing their name on the bottom of my shoe. Then, I could spend the whole day walking on them. It works."

The Alateen program has worked for the tens of thousands of youngsters who meet in over 2,300 groups worldwide. Call 888-425-2666 for meeting information or refer to your local telephone directory. Visit the Al-Anon/Alateen web site at www.al-anon.alateen.org

"Alateen is part of the Al-Anon Family Groups which helps those whose lives have been affected by someone else's drinking."

Alateen in Santa Barbara

Alateen in Santa Barbara has been re-established at the Daniel Bryant Youth & Family Treatment Center contacting Al-Anon about Alateen meetings.

Marilyn is the district representative chairperson for the Alateen program. She reports that volunteers for the program now go through specific training

and Meghan's Law screening process.

Marilyn reports "Probably the biggest hurdle today is getting parents to understand what the impact of the disease of alcoholism is on their kids. There seems to be a pretty consistent need to keep that family



secret within the walls of the family home."

The first Alateen meeting was held on May 2, 2006 and Marilyn reports that there are about 12 kids who have attended at some time during the year. The challenge is to get them there at the same time, she reports.

"We keep plugging away, trying to get the word out here and there and see what happens", says Marilyn.

So if you happen to know a child who could benefit from Alateen, spread the word!

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/alaspan.html>

Online Al-Anon Outreach

<http://www.ola-is.org>

Al-Anon Ventura Meetings

<http://www.alanonventura.org/>

We're soon to be on the web! See
www.alanonsantabarbara.info/
Voyage

OUR SHARES

Send in your thoughts to be posted here!

What do you look forward to about going to your favorite meeting?

I look forward to seeing all the wonderful people. At my Al Anon meeting people care about you unconditionally and that is such an incredible gift. You can be who you are. You don't have to be a certain way to be accepted. I love the experience strength and hope of the individual shares.

-Debra

I like the feeling of safety that comes with sharing the "right words" with the "right people". I have learned that many people are not comfortable with intimate conversations. In Al Anon, no matter what the topic, there will be the right person to talk to at the right time.

-Kim N

Being able to drop all my defenses and be transparent with people who won't judge me and who understand without having to explain myself.

-Lynn

Happy Birthday!

Look for the link on the website soon!

GROUPS: Each SB meeting is a group.

DISTRICT: Meeting of all group and district reps. We are district 8.

AREA: Districts within geographical boundaries are Areas. We are in Area 4— So California

WORLD: World Service Organization

What is the "District"?

Many of us have had service commitments. We've led meetings, been Treasurer, Secretary or literature representatives within our groups.

As you may have noticed, once a month, someone in your group might come in with a new meeting list or information from a "District" meeting of Al Anon.

Your group rep is the one that is responsible for this information. The group representative commitment is suggested to be 3 years, but as always, Al Anon works how you need to work it. The group reps

attend meetings once a month on Tuesday's at the Trinity Evangelical Lutheran Church on La Cumbre Road in Santa Barbara.

There are many open positions at the district level for you to choose from!

- Public Outreach Coordinator
- Literature Coordinator
- Info Line
- Convention Liaison
- Institutions—Women's Shelter volunteers.

The current service board members can provide information about these open commitments.

Current Service Board

Chairperson—Ashe C

Secretary—Lynn H

Treasurer—Carol P

Alateen—Marilyn

Institutions - Barbara

World Service Liaison—Mark

Speaker Meeting—Mark

Meeting List—Marsha

International—Olga

Voyage—Kim N