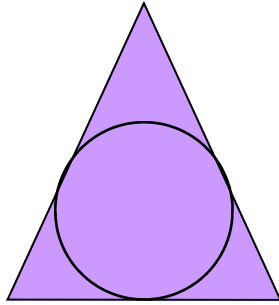


Find us on the web at  
<http://www.alanonsantabarbara.info/>

Winter 2008  
 "Powered by Faith"



# THE VOYAGE NEWSLETTER

## Saturday Speaker Meeting fosters fellowship; needs your financial support

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The Saturday Speaker meeting has officially a year old!

For many of you, the insights gained from hearing the variety of speakers share from the heart has brightened your Saturday evening every month for a year.

However, this wonderful meeting is in financial jeopardy since it is not fully self supporting at this time.

The outgoing Secretary, Mark H pointed out the importance of having a speaker meeting in the community. "The speaker meeting serves a dual purpose offering public outreach as well as speakers."

Mark turned over the service commitment to Daniel S at the January meeting. Thanks Mark and Daniel!

The many people who attended the 'holiday' gathering before the December speaker meeting would say yet another purpose was served by providing camaraderie and social interaction.

At the event, Al Anon members enjoyed potluck food and togetherness before the fabulous speakers. As speaker Frances quipped "Potluck and a 12-step program...you can't go wrong with that!" Virginia reminded us that the program was for herself and no one else. Grace from Ventura brought down the house with her anecdotes of experience strength and hope. She recalled that when she got to Al Anon, she couldn't speak. She thought she was a 'nobody'. She said there were a bunch of woman hugging her and she said to herself "oh my god, they're sick!" Now she says "if I had a gift to give to the world, I'd give the gift of Al Anon."

This warm, dynamic event was attended by over 50 members from all different groups from Santa Barbara to Ventura.

Please help by giving your time, talent, energy and money to help build this extremely important source of the Al Anon message.



*Al Anon's 7th tradition states that every group ought to be self supporting. This can be done by volunteering time, energy and/or money.*

### District 8

#### Service Board

- Chairperson—Mark H
- Secretary—Lynn H
- Treasurer—Carol P
- Alateen—Marilyn
- Institutions - Barbara
- World Service Liaison—Mark
- Speaker Meeting—**Needed**
- Meeting List—**Needed**
- International—Olga
- Voyage—Kim
- Info Line—Deb S
- Web Design—**Needed**

**Be of service!**

# Our 7th Tradition

# AI Anon in the World

From the 7th Tradition pamphlet (S-21) published by AI- Anon Family Group Headquarters, Inc.

*Every group ought to be fully self-supporting, declining outside contributions."*

From the twelve traditions of AI Anon.

We say the steps and the traditions at every meeting, but what really do they mean?

### **Fully self supporting:**

The pamphlet published by AFG entitled the *Seventh Tradition*, states "as individuals, we learn to take responsibility for our own words, thoughts feelings and actions. As members of our group, we do whatever it takes to assure that our group remains strong and vibrant."

There are many ways we can contribute to keeping the AI Anon message strong and vibrant in our area. In our immediate district, there are many positions that need to be filled with people committing their time and energy. There is a speaker meeting that needs all levels of support in order to sustain its presence.

In each of our groups, there are positions that are in some stage of rotation at any given time. And most of all, there are shares to be shared and heard. The beauty of this program is in what is given as well as what is received. These commitments are not difficult, they are volunteer experiences that help the program that helps you live your better life. Isn't it important to give back to something that can do all that?

### **Declining outside contributions:**

Our 7th tradition has a second part that the pamphlet describes as the part that insures AI-Anon's independence and worldwide unity. The support that AI Anon groups receive comes solely from AI Anon members.

Our district guidelines ask that representatives be AI Anon members, not members of other programs. Our speaker meeting accepts financial support from our members individually or from other groups, but not from local businesses or charities. We pay reasonable rent at our chosen meeting locations.

There are many ways to practice the 7th tradition in AI Anon. Resolve to make a volunteer commitment in 2008!

*"There are many ways to practice the 7th tradition in AI-Anon. Resolve to make a volunteer commitment in 2008!"*

## A member shares about attending a convention

By Mark H

*Attending a convention whether it is Al Anon or AA with Al Anon participation can be a life-changing event as one member relates. As Mark H prepares to attend an Al Anon convention in Philadelphia in July, 2008, he shares about an international AA convention in Toronto in 2005.*

I've been in Al Anon since December 21, 2004 and the experience at the International convention although it was the international AA convention in Toronto Canada was life changing.

My alcoholic and I had been together for 10 months and when she mentioned the International convention it sounded like a great opportunity to see Toronto.

I was open to what would soon be the most amazing experience leading to connecting with people from all over the world with a unique identification.

The following morning as we drove into the city center in Toronto I was blown away at the scale of the event. There were Billboards lining the freeway that said "Any time anyone reaches out for help I want the hand of AA, Al Anon and Alateen to be there". We showed up in the registration area to mingle and start

to take the event. I remember wanting to hear an Al Anon pitch on sponsorship, which I found in the schedule.

Talking and visiting took up most of the day and we found ourselves excited to head in to the opening meeting a little early. This meeting was held in a stadium where the Toronto Blue Jays play which seats 70,000 people. I think when everyone had arrived the count was over 60,000.

Since we were so early we found seats about 20 rows from the stage allowing me to experience all 108 flags during the flag procession. I was amazed to witness the Native American representative and flag in the procession. I was discovering the meaning first hand of inclusiveness. The meeting continued with a count down for time sober, sharing of experience, strength, and hope, thanks and welcomes to everyone. The old timer at the meeting had 60 years of recovery, amazing to

say the least. The event lasted for a few hours and as the closing and serenity prayer was recited by 60,000 people! Generally invigorated with connection and openness I had never experienced before. Although I craved it, I had never sourced it.

The weekend continued to deliver the 12 step message on various levels through out the weekend. I remember wanting to get into the "Emotional Sobriety" meeting because I was very curious about what this emotional sobriety was and is. It baffles me at times, but it's what I have learned to strive for on the path of uncovering the true meaning of Love and Service through the steps.

The convention inspired me to take action in my own recovery. The path and life I have today is based on my experience in life, but the alcoholics and Al Anon have taught me how to behave and what to do when I'm challenged.

This story is based on my experience with the AA international convention in 2005. I'm very excited to travel to the International Al Anon Convention in Pittsburg, PA during the fourth of July weekend in 2008 to share time with our world wide fellowship. I hope to see you there.

Thanks for my life. Mark H.

### A member shares on the Web

Go to the website below for some Al-Anon humor!

<http://entertainment.webshots.com/>

Once there, follow the links to "the miracle of Al-Anon"

### 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/alspan.html>

Online Al-Anon Outreach

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

Al-Anon Ventura Meetings

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

**The Voyage is on the web!**  
**[www.alanonsantabarbara.info](http://www.alanonsantabarbara.info)**

### Have an Al Anon Birthday?

Go to the Voyage link on the Website and sign up to have your Birthday published!

HAPPY  
BIRTHDAY

Jan, Feb and March Birthdays

Stephanie F

Kim N

Marilyn C

Lynn M

Keith K

### UPCOMING EVENTS

- Feb 1-3 The 33rd Annual San Fernando Valley AA Convention with Al-Anon and Alateen participation. See <http://www.sfvaaconvention.org/>
- April 4-6. 2008 Southern California AFG Convention with AA & Alateen Participation. See <http://www.afgconvention.org/>
- April 25-27. The 23rd Annual Anniversary Ventura County "Serendipity by the

### CLASSIFIEDS

#### WANTED—VOLUNTEERS FOR POSITIONS

**Info Line:** Volunteers needed to pick up phone messages. Deb 966-3615

**Meeting List:** Maintains accuracy and supply of meeting lists. Distributes monthly.

**Literature:** Maintains and distributes current CAL literature from WSO.

**Public Outreach:** informs the general public through the media, professionals, facilities, and organizations about Al-Anon

**Institutions:** Needs woman's shelter volunteers.

**Other:** Newcomers meeting Organizer is needed. See Nancy P from Sat meeting for details.

*Email the Voyage for further info on any of the above positions:*

*[thevoyagesb@yahoo.com](mailto:thevoyagesb@yahoo.com)*