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<http://www.alanonsantabarbara.info/>

Summer 2008

“Powered by Faith”



THE VOYAGE NEWSLETTER

THEVOYAGESB@YAHOO.COM

‘Discovering Choices’ -A New book in Al Anon

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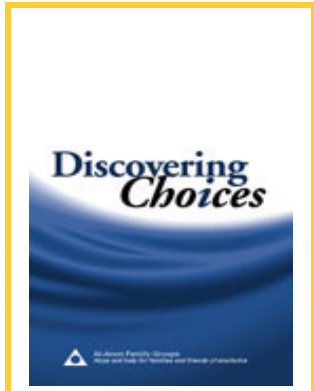
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Discovering Choices, Al-Anon’s newest book explores relationships and the Al-Anon tools we can use within a relationship.

Some members have said they like the emphasis on hope and gratitude. Others say it’s the best publication yet. Please share your thoughts about the book at your next meeting.

“At meetings we find people who have discovered that happiness is a choice they can make at any moment. Contentment is no longer seen as an accidental mood created when someone else does what we want. We see people who are able to find peace and serenity even when the outward circumstances of their lives are chaotic. We’re able to listen to them share, and we find that their experience of living with an alcoholic has much in common with ours. As we hear about the relationships in their lives—healthy or unhealthy—we come to understand that everyone in Al-Anon is on a similar path. Peace of mind and healthy relationships are possible for all of us.”



Discovering Choices is a new book which explores relationships.

District 8 Service Board

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

The District Needs Volunteers

From *Discovering Choices*
(B-30), page 24-25

AL-ANON PODCASTS

Al Anon in the World

Another cool way you can get an Al-Anon infusion in your own home is by navigating your computer to the Al-Anon PODCAST website at :

<http://al-anonfamilygroups.org/Podcasts/FirstSteps/>

This series of six Podcasts is specifically targeted to the beginner or newcomer to Al Anon. Especially if they are worried about or unable to attend a meeting. But what I noticed when I listened to them was as always, the message is always the message, whether or not I've heard it before.

The Introduction answers the questions: How does an Al-Anon meeting work? What must we do to participate? How do we know if Al-Anon has anything to offer us?

The 1st in the series joins several Al-Anon members describing their first meeting and how Al-Anon has affected them. It is run similar to a regular meeting.

The 2nd in the series discusses powerlessness. It addresses the questions: If we are not the ones with the drinking problem, why are we talking about our powerlessness over alcohol? Did we cause our loved one to drink? Can we control our loved one's drinking? Can we cure our loved one's drinking problem?

There are six Podcasts in all. You can subscribe to the feeds so that you are notified if there are new Podcasts. You can also download them to deliver audio content which you can listen to on your computer or MP3 player. Try listening to one and pass the info on to a newcomer.

The Introduction answers the questions: How does an Al-Anon meeting work? What must we do to participate? How do we know if Al-Anon has anything to offer us?

Did you know?

In the U.S. and Canada, there are more than 18 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 mil-

lion 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.

Reprinted from Press Releases. Al-Anon Family group headquarters, Inc.

Convention Corner:

Santa Barbara AA Convention with Al-Anon participation:

The Age of Miracles

The 24th Annual Santa Barbara Convention

October 24th, 25th and 26th, 2008 Elks Lodge, Santa Barbara/Goleta,

The 2008 Annual Santa Barbara AA Convention with Al-Anon participation is only a couple of months away, so go online and register soon!

<http://www.sbaaconvention.org/index.htm>

From the convention website:

“There are lots of plans underway for a great convention: awesome speakers; lots of great meetings; a fabulous barbeque and banquet;”

“This year there will be a new event: Alanon is putting on a “TALENT SHOW” which should be a lot of fun and laughs.”

Our Al-Anon Coordinators, Nancy P and MaryPat have planned the opening Speaker Meeting on Friday night Oct 24th at 6 p.m. with speaker: Deb C. - Portsmouth, Virginia "Rising Out of Hopelessness"

There will also be an Al-Anon lunch Al-Anon luncheon on Saturday 11:30a.m. with speaker: Michelle T. - Suffolk, Virginia. Marathon Meetings will be all day Saturday and Al-Anon Literature will be available

If you'd like to volunteer for service, please call Nancy (805) 968-1309 or Mary-Pat (805) 684-0826. Positions needed to be filled:

Marathon Meeting Coordinator, Decorations Coordinator

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!

Have an Al Anon Birthday?

Email thevoyagesb@yahoo.com to sign up to have your Birthday published!

HAPPY BIRTHDAY

To all

Aug, Sept, Oct Birthday's

UPCOMING EVENTS

- 2nd Saturday of the month speaker's meeting -7:00 to 8:30 pm -- 8/9, 9/13, 10/11, 11/8, 12/13
- District Meetings—6:30 pm - second Tuesday of each month at Trinity Evangelical Lutheran Church
- 30th Annual Ventura County AA Convention Sept 5, 6, 7th 2008 w/ Al Anon Participation
- 57th Annual Southern California AA Convention Sep 19,20,21 w/Al Anon Participation
- Santa Barbara AA/Al-Anon convention October 24, 25, & 26, 2008

Help! Our District Needs you!

VOLUNTEERS FOR POSITIONS

Secretary:

Takes meeting minutes and distributes.

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.

The Voyage: Write the Voyage quarterly newsletter email Kim at:

thevoyagesb@yahoo.com