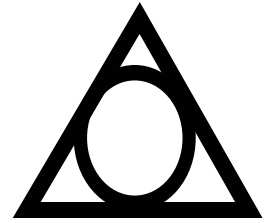


# Ventura County Al-Anon

# Intergroup Scoop



P.O. Box 6754, Ventura, California, 93006-6754  
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## September/October 2010 Edition

### A Message from Your Service Board Chair

### Contents

Hello everyone,

Going to San Antonio for the international convention was amazing! We took over the entire city. There must have been about 60-70, 000 people there. For years I thought I was alone in the world, my HP showed me otherwise this weekend. The first day of workshops I tried to go to a session every hour, which I did do but that was a little too much. Then we went to the big meeting at the Alamodome at 8 that night. We met up with some friends from Ventura County, and watched the flag ceremony to show 90 to 95 different countries. Then there were 3 speakers. I was wondering why I was so tired after that but we had been gone from 8 that morning and got back to our room at midnight. The next day I tried to keep it simple and go to one meeting at a time and stay from beginning to end. I felt more present and able to absorb more without running around. The trust that came with a green lanyard was great. We met a young couple going toward the convention and offered them a ride. They were in their early twenties. They were so cute talking about all the workshops they were going to in and asked which ones we were going to. We mentioned we were from the other program. The man was so funny he said, "My mom is in Al-Anon. It's been great for her and even better for me!" I got a kick out of that. My life is so much better because of program and I'm sure for everyone around me whether they know I'm in program or not.

As far as slogans go, my work situation has been changing. I think my slogan for this upcoming position is "Keep it Simple" and "How important is it?" I'm also going to put some visual reminders around so I can remember my HP throughout the day. I can so easily forget.

Thank you for the opportunity to serve in this capacity and for being able to represent you in San Antonio. I plan to write about the different workshops I went to. We did order the CDs from the convention, so that you can experience this convention as well. Enjoy.

Love in Service,  
Laleña

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### Your 2010 Service Board

<b>Chairperson . . . . .</b>	<b>Laleña H.</b>
<b>Co-Chair . . . . .</b>	<b>Debbie M.</b>
<b>Secretary . . . . .</b>	<b>Kari T.</b>
<b>Treasurer . . . . .</b>	<b>Shirley M.</b>
<b>Spanish Liaison . . . . .</b>	<b>Gabriela C.</b>
<b>Public Info . . . . .</b>	<b>Jennifer G.</b>
<b>District 12 Rep . . . . .</b>	<b>Mike M.</b>
<b>C. P. C. . . . .</b>	<b>Julie H.</b>
<b>Round Robin . . . . .</b>	<b>Si-Si M.</b>
<b>Institutions . . . . .</b>	<b>Maria.</b>
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<b>Alateen Coordinator</b>	Open
<b>Alateen Rep</b>	Open
<b>Archivist</b>	<b>Tina P.</b>

# Experience, Strength & Hope

## From Our Members on the topic of "SLOGANS"

Being fairly new to the program, I first found the slogans hard to swallow.

When I sought profound insight and direction to help me cope with the difficulties of life with my alcoholic wife, I was greeted with what seemed to be trite one liners. With more time in the program, which included listening to the experience, strength, and hope coming from the shares in meetings to the reading of conference approved materials, I came to appreciate the simple wisdom contained in the slogans I once scoffed at.

Today though my wife is no longer drinking and has a program of her own, life is by no means a picnic. Every day I am constantly reminded to "let go and let God, one day at a time."

Not all days are a good as we might hope and others just blow us away with joy. Life happens and we need to be prepared to deal with it to the best of our abilities. However, "letting go and letting God" reminds us we do not need to do it alone. All life's challenges and rewards are by the design of our Higher Power and His will for each of us. Once I learned to turn my will over, it sure helped make those daily struggles less of a battle than they once had been in the past.

It is often said that our program is about progress and not perfection. "One day at a time," helps me to keep that in perspective. All too often in our rush to get to our destinations, we miss the beauty and the life lessons to found be upon the journey. Taking time to slow things down and focus on the here and now sure makes that a lot easier to do. Today I am finding the rewards for doing so are well worth the effort.

I no longer scoff. I am now a grateful member of Al-Anon and am thankful the program has provided me these little pearls to meditate upon daily to help me maintain my serenity.

Paul



I love all our slogans. I have used different slogans at different times in my recovery. Early on I used "**keep the focus**" to remind myself what was my business and what wasn't. I had a difficult time with this because I was worn down by the alcoholic and really wanted him to take some responsibility for what he had done to our family. Someone suggested that I "**keep the focus**" on myself and maybe some things would change. I had put little post-it note signs everywhere in my home and car to remind me. Brushing my teeth in the morning I would

see "**keep the focus**" stuck to my mirror. I even had one of those little signs posted by my telephone so I could remember "**to keep the focus**" whenever I got a call from someone who was a challenge for me to talk to. Once my mind would go to that place of blame I would run into one of these little signs and I could consciously change my thoughts to focus on what I could change, me! "**Keep the focus**" reminds me to quit looking to others to change. Once I start to change I don't even notice what they are doing anymore.

The slogan I am using a lot today in my program is "**Let it begin with me**". I am very aware today of the effect this program can have on my life if I remember to be an example of the person I want to be. I can be the first to lend a hand. I can be the first to forgive. I can be the first to show compassion and love for someone who cannot show it to themselves. This may or may not change others, but it makes me sleep better at night to know that I am putting peace and love out there for others and not adding to their misery. **Let it begin with me.**

I love this program.

Bridget



"Would you rather be right or happy?" That phrase came in handy for me recently. While straightening up my apartment, I came upon a book that had been given to me by an old friend. Of course I began to remember the friendship as well as the resentment I had toward him. It didn't take long before what we euphemistically call the "Al Anon slip" flared-up. I began to rehearse the old arguments over in my mind, arguments filled with self-righteous anger, indignation, and the deep need to be right! Fortunately, I was able to detect these "unhealthy" signs--and this is where consistently attending Al Anon meetings and working the 12 Steps became helpful--I remembered that I had already made my formal amends to the individual in question. I had already freed myself from the negativity of the resentment toward him, why then did I need to go back into the old gripes? The truth is I didn't. At that moment, I remembered the slogan "Would you rather be right or happy?" Remembering it helped guide me back toward serenity. Rehashing the past was not going to doing any good. I was released from the turmoil, put the book back in the shelf, and went about my business confidently with a smile.

Sincerity in Service,  
Irv H, District Alateen Coordinator

# Experience, Strength & Hope

Sometimes I feel that if it weren't for the slogans I would be lost! When I first came to Al-Anon I clung on to a couple slogans, that was all my life could handle at that time. "Let Go and Let God" or the variation "Let Go or Get Dragged" was the first I used most often. I identified with the "get dragged" part for sure, because was I being dragged a lot. Any time I was feeling like I had once again "hit a wall" I would recite that slogan and slowly I would be able to release what I was strangling. It reminded me that it was my choice whether or not I wanted to be dragged anymore and that there was a power greater than myself that could restore me to sanity, if I so wished! So gradually, one finger at a time, I would release my death grip and my life did become more manageable. This did not always happen quickly but it did happen. Even today, I still "hang on" to some things longer than I need to but at least I know there is another way to do it.

The second slogan that I used a great deal early in my recovery was "Easy Does It" (I still use this one almost everyday). I tended to "push" through things not pausing to consider if this is what I want to do or even taking time to enjoy what I was doing. "Easy Does It" reminds me that if I want Serenity I need to stop pushing so hard and maybe be more thoughtful about myself and what I want/need. It tells me that not everything is urgent and life does not need to be as rigid as I thought it once had to be. It helps me remember that "being" part of life is what makes it joyful.

As time has gone on for me in recovery, I have started to hold other slogans close to my heart. When a situation arises or I am obsessing about something my first inclination now is to search for a slogan to use.

One of the best things I ever did was to print out a list of all the slogans, cut them into strips and put them in a bowl on the table. Every now and then I will pull one out to help focus my day. It never fails that the one I pull out is the one I truly needed. Friends come over and see the bowl and pull one too, it is interesting that they always get what they needed as well.

Slogans are like a life vest in my sea of recovery.

Kari T.



**Al-Anon has a 24 hour Information Line** staffed by volunteers. These numbers are yours to call or share with someone who may need them.  
**805/495-0270 and 805/656-7110**



"Feelings are not facts." Someone invariably draws that statement from the box on Slogan Night. The first time I heard it I felt irritated. I came to Al Anon in order to find validation for my feelings of irritation, resentment and heartbreak that came from living among alcoholics and addicts. Now I'm being told to deny the fact of having those feelings?

I'm starting to realize that the slogan challenges me not to deny the existence of my feelings, but to recognize that the facts that trigger those feelings -- his broken promise, her failure to express sufficient love or appreciation -- are just that: Facts. Someone has or hasn't done something I wanted or expected, or said something that resulted in my feeling angry or rejected. Because my particular brand of insanity demands that I continually categorize, label and define people and situations, I automatically look to attach meaning to facts. And that meaning often involves seeing myself as a victim of someone else's failure to consider me and my needs.

It has been said that but for memory and its fraternal twin, expectation, human beings would be in a perpetual state of bliss. For me, that means that I obsess about remembered past facts (who did or didn't do something) and worry about whether future facts (again, involving external people and circumstances) will meet or exceed my ever-changing expectations. I then interpret those facts in a way that supports my tendency to live in resentment about the past and fear about the future.

I have a choice about whether to attach a feeling to a fact and, if I do, what that feeling will be. If my qualifier promises me, yet again, that he intends "to quit for good", and then returns to his addiction, the undeniable fact is that he has broken a promise. I cannot change that reality. But I *can* choose how I respond: Do I go to a place of resentment due to my misperception that his broken promise was made with the intention to hurt me personally? Or do I choose a place of conscious compassion, which means reminding myself that his disease, with its attendant symptoms of broken promises and half-truths, has nothing to do with me?

I need not deny that I have feelings. But I can look at the facts that trigger those feelings, and know that I have the power to interpret those facts in a way that support my commitment to living a life of recovery and self-love.

Dani F.



# What's going on in our District 12?

This last month has been another incredible journey. First with the District meeting, then with the Sponsorship Workshop, and ending with an email from a concerned Al-Anon member about outside issues.

Our District meeting discussed Alateens and their meetings. The one thing that stuck out from that discussion was that parents of their children didn't know Alateens are welcome to attend Al-Anon meetings. Alateens are not restricted solely to their Alateen meetings. In fact if the Alateens cannot meet due to lack of Alateen sponsor, then they are welcome to join the Al-Anon meeting (service manual page 35). The other exciting news is that Kay D stepped up to be our Public Information Liaison for District 12! Go Kay!

The Sponsorship Workshop that District 12 put on was absolutely incredible. Thanks to Lisa's hard work and her committee that made it all happen. We had 45 attendees. The workshop consisted of a play with six acts, a speaker that spoke for 15 minutes, and three breakout sessions. Overall the experience was fantastic! If you missed this workshop, don't despair, for we will have another one! Our next workshop will be a writing workshop! The time and date will be determined soon. So stay tuned.

Finally, "the outside issues". The incredible wealth of outside information is everywhere. We are at an age that there is so much information that it can be overwhelming. At our meetings though it is important to remember to keep the Al-Anon focus and keep it simple. Outside issues can be glaring apparent, or at other times not so apparent. Thank God for the 12 Traditions that keep our meetings united, strong, and healthy. So next time there is an issue at your meeting, look at the Traditions. If the Traditions are too confusing, please either reason it out with someone else or contact District or AIS (Intergroup).

Thanks for letting me be of service.

Mike M, District Representative of District 12



## Forum Subscription Challenge

For those who did not know, we won the Forum Challenge! The winner gets a comedy show put on by the Southern California World Service Board. I was told the board members have talent and to have high expectations of their performance! We are still working out the place in time. When I know I will let everybody know. In case anybody didn't know, the Forum Subscription Challenge was a contest to drive the subscriptions for the Forum magazine. The subscription had hit an all time low. Not any longer because California alone had raised enough subscriptions that this is no longer an issue. District 12 had the highest in raising those subscriptions.

Go District 12!



## Ask-it-Basket

**Question: Is it appropriate for sponsors/sponsored to have separate meeting or retreats outside of our approved meetings?**

Tradition 6. "Our Family Group ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous."

Service manual pages 106 and 107. Under "outside the Fellowship" it states "Al-Anon does not affiliate with other organizations; neither endorses nor opposes any other philosophies or spiritual programs. The Al-Anon/Alateen name, therefore, cannot properly be used to identify or publicize retreats or activities sponsored by others. This applies when most or even all of the participants are members of Al-Anon/Alateen. Otherwise there could be a misunderstanding of Al-Anon's purpose and function. In order to avoid any appearance of Al-Anon/Alateen affiliation, it is important to keep promotion of such events outside of Al-Anon/Alateen meetings and meeting locations. Our experience suggests that confusion arises when such events are announced in Area newsletters, Al-Anon/Alateen local bulletins and at group meetings."



Ventura County AIS General Meeting  
Minutes  
June 2010

Meeting called to order at 7:30 by Chair.

Chair started the meeting with the Serenity Prayer.

Minutes were read. Barbara motioned to accept minutes, Cynthia 2<sup>nd</sup>. Passed.

Cynthia read the traditions. Chris read the concepts and warranties

Introductions were made around the room

7<sup>th</sup> tradition

Treasurer: Shirley

- Attached Report was read to group. (See attached Treasurers report)
- Meetings are listed as to their contribution. Please check to be sure your meeting's donation is listed.

Chair: Lalena

- Please limit reports to 3 minutes to give time for discussion and time for new business, and to leave in a timely manner. Please remember to bring your bylaws and service manuals with you to each general AIS meeting. Please turn cell phones to vibrate or off and limit side conversations and crosstalk.
- Please see the blurb on San Antonio in the "Scoop".

Institutions: Maria

- Lalena read Maria's report... Literature was ordered with budgeted money. Thank you to the panel and women that spoke she is very grateful.

Archives: Tina

- Lalena read report..finishing burning CDs and making a check out list for the August meeting!

Scoop: Bob

- Thank you for each and every share for this "Scoop".
- The next topic is "Slogans". Submissions are due Friday, August 6<sup>th</sup>. Always due the first Friday of the general meeting month.
- Email submissions to Bob his info is on page 1, 7, and 8 of the scoop.
- Please pick up your meetings copy of the Scoop and pick up for other meetings if you know their ISR is not here. If you are a guest or visitor and want a copy of the Scoop there are enough for you too!

Public Information: Jennifer

- Directories are in the back 25 for \$5.
- If there are other changes that are needed please let her know.
- It is time again to register to help out with the answering service and taking calls. You need to renew every year so if you did it in the past and are still interested you need to fill one of the forms out again.
- The phone service takes about 100 call and are able to answer most of the questions themselves however if a person needs more info or to talk to an AI-Anon member the service will call you and then connect you to the caller. Your number is NEVER given out! You may only get one call a year but it is an important service.
- ISRs please bring any new forms to the August meeting!

Website: Judy

- The Scoop was posted to the web this afternoon.
- The new directory will be on the web in the next day or so.
- There have been no emails to the account in the last couple of weeks.

Round Robin: SiSi

- 2 new Round Robins coming up
- Flyers for these are on the back table. Please take back to your meetings.
- Please try to attend and support.
- If your meeting would like to host one please let her know.
- Contact information is on the back of the directory.

## District 12: Mike

- The last meeting Sandy our Delegate came and spoke for an hour about her position. It is an important one. She carries our voice and vote to WSO. Anywhere you go and find Al-Anon it will be Al-Anon, WSO handles all of that and keeps us all on the same path.
- “if the district put on a workshop on sponsorship, how many of you would go?” Lots of hands went up. “Good, because that is what the next meeting will be about .” Tentative date is July 24<sup>th</sup> but more info. still to come. Will email out a flyer.
- Forum Challenge...there was a challenge and because of the wonderful response they have decided not to discontinue the Forum!
- Next District meeting is July 10<sup>th</sup>. 11-1

## Spanish Liason: Gabriella

- One of the groups in Pt. Hueneme has closed.
- There are some changes that need to be made on the web. Will email Judy.
- Cindy has Spanish literature that she will give to Gabriella for the Spanish meetings.

## Announcements:

- Donna: VCAAC marathon meeting Chair. Flyers on the back table. Please take back to your group and sign up to sponsor a meeting. Aug 6<sup>th</sup> is the deadline for topic submission
- Helen: VCAAC Country Store co-Chair. Take a basket from the back table for your meeting to fill with things for the country store. Flyers for the country store on the back table and phone numbers are at the bottom if you have questions or want to arrange pick up. There is also a flyer in the back for a “craft day” . You can bring Country Store items to the August meeting or call to arrange pick up/drop off.
- Harriet: VCAAC Raffle Basket Chair. Flyers are on the back table. If every meeting would donate a basket it would be great! The baskets have to come wrapped with a list of contents. You can bring them the day of the convention and if you have questions please call.
- Kim: VCAAC Fundraiser Chair. Flyers are on the back table. There are tickets in the envelopes for sale. The fundraiser this year will be a panel and open mic with dessert. The topic will be on a little known book called Sex, Intimacy and the Alcoholic. Tickets are \$5 each. Call her if you need more or if you need her to pick up the money. The Fundraiser is on Aug 14<sup>th</sup> from 5-8 pm at St. Columbus Church in Camarillo.
- Mike: VCAAC Publicity Chair. Sign up sheets to be of service at the convention are in the back. Take it to your meeting and have people sign up and then return it in the attached envelope by the deadline.

## Old Business:

- Open Position- Alateen Coordinator
  - Alateen- no nominations –still open

## New Business:

- Lalena: How long is the refreshment commitment? Does it rotate? Group conscience was taken and a vote made to not have this position anymore. The majority was ok not having refreshments.
- Lalena: Just want to plant the seed and let you know that in Dec. ½ of the service board positions will be rotating. See agenda for the upcoming openings. There will be a dinner in Jan to get the new incoming board on board.
- Please help clean up (put away chairs and tables), If you are willing to come 15 minutes early to set up that would be great!

Closed with the declaration

Meeting Adjourned 8:05

Love in Service!

Kari

Secretary





# AIS Want Ads



## AIS SERVICE BOARD MEMBERS FOR THE FOLLOWING POSITIONS:

Secretary, Institutions, Public Information, Website Coordinator, Round Robin and Spanish Liaison.

Below are some job descriptions:

### SECRETARY

Being of service is such a wonderful thing! It allowed me to "plug in" more to the program and my recovery. Being secretary, I think, is one of the easiest ways to be of service at the AIS level. As secretary I attend monthly meetings, take the minutes on all the meetings, keep attendance, read the minutes at the meetings, send out reminders regarding the meetings, but most of all I have fellowship with others in Al-Anon and share in the learning and growing process.

Kari



### INSTITUTIONS

Act as Liaison between AIS and institutions and bring panels to local institutions



### PUBLIC INFORMATION

Maintain and print meeting directories and flats. Coordinate and obtain volunteer sign-ups for the Ventura County Al-Anon answering service.



### SPANISH LIAISON

Act as liaison between AIS and Spanish Al-Anon meetings



### WEBSITE

I have enjoyed this position so much. It takes some knowledge of the computer and some knowledge of Word.

All of the website data is saved on Word. I would correct or make additions when it was necessary and then transfer the changes to the website.

Two to three times weekly I check the email address. Many of the emails were questions about meetings. Occasionally, there would be a question regarding the program. Those questions were always forwarded to our Chair or to our D.R. Recently we have had a few questions about starting an Alateen meeting. Those questions were forwarded to our D.R. and to the District Alateen coordinator.

This is a great service job, I have learned a lot and enjoyed being of service.

Judy D., Website Coordinator



### ROUND ROBIN

I have been having a GREAT time as your Round Robin Chair these past 2 years. It gives me an opportunity to join in the fellowship and recovery of our local Al-anon meetings.

This last month we held a Round Robin at the Ventura Wednesday 7am Rise and Shine, Arroyo Verde Park meeting. This meeting started 10 months ago and what a great way to start the day. The meeting is usually a small meeting with an average of 10-12 members. Our Round Robin was a great success, we had roughly 25 members and the topic was "how do we find peace in times of struggles?". We had food, fellowship and we shared our recovery in the beautiful out doors. It does not get much better than this!

**The next Round Robin is August 15 at 3pm at the Peninsula Recovery by the Sea meeting, hope to see you there.**

Thank you for letting me be of service.

Si-Si



# Get in the Car! (a.k.a. Calendar of Events)

September/October 2010 Edition

Page 6

## Plan to attend, Grab a friend, and Get in the Car!

**September 3 - 5, 2010:** 32rd Ventura County AA Convention with Al-Anon and Alateen participation, Westlake Hyatt, Westlake, CA. [www.vcaac.org](http://www.vcaac.org)

**September 11, 2010:** District 12 Meeting. St. Columba's Episcopal Church, 1251 Las Posas Road, Camarillo, 11 a.m. to 1 p.m.

**September 16, 2010:** Ventura County AIS Service Board meeting, First Baptist Church, 1601 Temple Avenue, Camarillo, 7 p.m. to 8:30 p.m.

**September 24 - 25, 2010:** 59<sup>th</sup> Annual Southern California AA Convention with Al-Anon and Alateen participation, Town and Country Resort and Convention Center, San Diego, CA. [www.aasocal.com](http://www.aasocal.com)

**October 15 - 17, 2010:** Santa Clarita Valley AA Convention with Al-Anon and Alateen participation, Hyatt Valencia & Santa Clarita Conference Center, Valencia. [www.scvaaconvention.org](http://www.scvaaconvention.org)

**October 21, 2010:** Ventura County AIS General Meeting, First Baptist Church, 1501 Temple Avenue, Camarillo, 7:30 p.m. to 9 p.m.

**October 22 - 24, 2010:** Santa Barbara AA Convention with Al-Anon and Alateen participation, Elks Lodge, 150 N. Kellogg Ave., Goleta, CA. [www.sbaaconvention.org](http://www.sbaaconvention.org)

**November 5 - 7, 2010:** 26<sup>th</sup> Antelope Valley AA Convention with Al-Anon and Alateen participation.

**November 13, 2010:** District 12 Meeting. St. Columba's Episcopal Church, 1251 Las Posas Road, Camarillo, 11 a.m. to 1 p.m.

**November 20, 2010:** Southern California World Service Assembly, Fullerton Senior Center, 240 W. Commonwealth Ave, Fullerton, 10 a.m. to 4:00 p.m.

## HAPPY BIRTHDAY!

♪♪♪ Dear Alateens ♪♪♪

**September 2010**  
Dylan F '01 (9 yrs)

**October 2010**  
Amanda W '03 (7 yrs)  
Brittney '03 (7 yrs)  
Missy T - '03 (7 yrs)  
Trenton W - '02 (8 yrs)



## Happy Birthday!

♪♪♪ Dear Al-Anons ♪♪♪

**September 2010**

**October 2010**

Annette S-G - '89 (21 yrs)  
Barbara W. - '75 (35 yrs)  
Bob H. - '05 (5 yrs)  
Christel - '02 (8 yrs)  
Cindy L - '95 (15 yrs)  
Dianna - '04 (6 yrs)  
Emilie B - '89 (21 yrs)  
Heidi E - '99 (11 yrs)  
Kurt - '03 (7 yrs)  
Lauren - '00 (10 yrs)  
Mary - '03 (7 yrs)  
Pat L-'75 (35 yrs)  
Patricia-'03 (7 yrs)  
Patti A. - '97 (13 yrs)  
Paula Y - '97 (13 yrs)  
Lori M-'93 (17 yrs)  
Mike N. - '03 (7 yrs)  
Stella G - '82 (28 yrs)  
Toni F. - '89 (21 yrs)  
J.J. - '87 (23 yrs)

Darcy B. - '97 (13 yrs)  
Della R - '00 (10 yrs)  
Fallon - '03 (7 yrs)  
Gabriela A - '03 (7 yrs)  
Grace - '79 (31 yrs)  
Helen Z - '96 (14 yrs)  
Kim C - '94 (16 yrs)  
Lea R - '82 (28 yrs)  
Leo Y - '82 (28 yrs)  
Rosalie S - '84 (26 yrs)  
Sue F - '87 (23 yrs)

# Ventura County Speaker List

## FAMILY SPEAKERS

Annette S-G  
Annie  
Barbara C.  
Barbara W.  
Betty Ann Z.  
Brigitte P.  
Christine S.  
Cyndy P.  
Debbie M.  
Debbie S.  
Diana C.  
Diana M.  
Donna N.  
Evelyn G.  
Foster H.  
Gordon F.  
Grace A.  
Jan L.  
Jeff B.  
Jerry W.  
Jo Anne K.  
Jodi G.  
Judy D.  
Julie H.  
Kathy W.  
Katie W.  
Karen K.  
Karen R.  
Kay D.  
Laura S.  
Lea R.  
Liz G.  
Linda A.  
Lisa W.  
Lois R.  
Lori M.  
Lucille M.  
Michelle I.  
Mareen Z.  
Marty B.  
Maxine Mc

Mike M.  
Mike N.  
Nitta S.  
Pat W.  
Pamela F.  
Pamela R.  
Paula Y.  
Peter G.  
Rafaela M.  
Rick S.  
Rosalie S.  
Rosemarie  
Sandy L.  
Sherry C.  
Shirley M.  
Si-Si M.  
Susan G.  
Terry F.  
Tim J.  
Tim T.  
Tom M.  
Tracy L.

Annette & Gary S-G  
Barbara & Jim C.  
Barbara & John W.  
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Bob H. ~.~



## ALATEEN

*We have no Alateen speakers on this list right now. If you're interested in being of service, you'll find a loving, gentle audience waiting to hear your story of experience, strength and hope.*

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**Next Scoop Topic is MIRACLES**  
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