

Al-Anon & Alateen Family Groups

BC/YUKON AREA BULLETIN

Volume 12, Issue 10

October 2023

Opinions expressed herein are not to be attributed to Al-Anon as a whole

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Website Access:

www.bcyukon-al-anon.org

To access "members" pages:

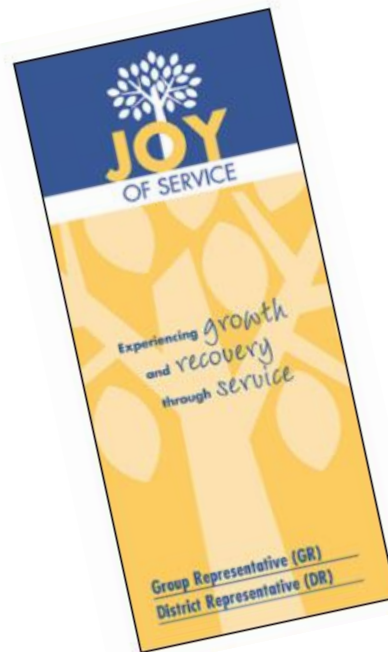
Username: **member**

Password: **Area81**

(all one word)

Area Chair's Report

When you receive this Bulletin, the 2023 BC/Yukon Al-Anon Assembly will have just taken place in Langley, BC. A lot of business, fellowship, and fun will have surely taken place.



Two Officer positions, Treasurer (3-year term) and Secretary (last 2 years of 3-year term), will hopefully have been filled. As of writing this submission to the Bulletin (Sept. 14), we do not have any resumes for the Secretary position. If no candidate comes forward for this position, the links of service will be broken, and we will not be able to continue to provide the services that our members require.

"When anyone, anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there and let it begin with me."

In addition to the Officer positions, we will be looking to appoint the following Coordinator positions:

- Public Outreach
- Bulletin
- Archives

An online resume form and links to the service position resumes can be found at [Assembly 2023 – BC/Yukon Al-Anon \(bcyukon-al-anon.org\)](#).

The coordinator appointments are done by your Officers by the end of the year. Resumes can be sent to my email address and the **deadline is November 15th**.

Service is 'gratitude in action' and is an important part of our recovery. Please consider stepping up or encourage and mentor a fellow member for these roles.

You can view the S57 Joy of Service brochure online at [S57.pdf \(al-anon.org\)](#) or download it for free at [Al-Anon Free Downloads | Meetings: 888-425-2666 | Al-Anon Family Groups](#).

We will post a summary of the decisions made at Assembly on the website within the next few weeks.

Gratefully in service,
Patty T. BC/Yukon Area Chair
chair@bcyukon-al-anon.org

Delegate's Message

Hello BC/Yukon Al-Anon/Alateen members,

As you read this, we will have finished our annual Assembly where the Group Representatives have met to discuss the business of BC/Yukon and to elect new members to new positions. This month I thought I'd share about the World Service Office.

The World Service Office is an organization sanctioned by Al-Anon Family Groups to support the functionality of the Al-Anon program.

The structure of the World Service Office (WSO) includes an Executive Director, as head of the office, with assistance provided by a staff of paid employees, volunteer Chairpersons of selected committees, and other volunteers. The WSO Policy Committee is composed of a Chairperson, all members of the Board of Trustees, members of the Executive Committee, the Chairpersons of all WSO selected committees (except the Conference Committee on Trustees), and the Conference members of the WSO administrative staff. The Executive Committee, which meets monthly, is the administrator of the World Service Office, with legal authority granted by the Board of Trustees to conduct its daily affairs. The Trustees, along with the members of the Executive Committee, direct the business operations of the WSO. They are concerned with guarding the legal rights of the Al-Anon fellowship.

The WSO Board serves as guardian of our Twelve Traditions, our Twelve Concepts of Service, the Al-Anon World Service Conference Charter, and giving an annual report of its activities.

The work of the WSO includes acting as the worldwide clearing house, registering new groups, planning, and coordinating the World Service Conference, guiding Al-Anon's public outreach efforts worldwide, preparing and distributing Conference Approved Literature.

Thanks for being of service.

With gratitude in service,
Owen H., BC/Yukon Area Al-Anon Delegate
delegate@bcyukon-al-anon.org

Alternate Delegate

Greetings Al-Anon/Alateen friends,

Ermagarde has just returned from Assembly, and she is full of fellowship and motivation to serve her group in carrying the envelope as their Group Representative. During announcements at her home group, ODAT AFG, Ermagarde reported that the Alternate Group Representative, Judy, and herself, had attended Assembly in Langley as planned. Ermagarde told her group that at the beginning of Assembly we were told as Group Representatives” remember that God chose you to be at Assembly”. What a humbling thought that is and thank you for allowing me this opportunity to act as your trusted servant. Ermagarde came home replenished with new experience, strength and hope to serve, and a heart full of fellowship. She is keeping an eye on the BC/Yukon Al-Anon website for a recap summary of Assembly. Ermagarde is planning to prepare a report that will summarize the weekend and it will be in the form of a thank you letter to her group. As your Area Forum Coordinator, I will share a few tidbits of our three legacies from the October 2018 Forum.



Step 10: This step gave me freedom at the end of each day, I can take stock of what I've done over the day and see where I need to change my behavior, sometimes I need to make amends. But I can also see where I've done some things that were beneficial not only to me, but to others as well.

Tradition 10: Al-Anon provides me with an opportunity to seek clarity, guidance, and support. If we keep our meetings and our programs focused on the experience, strength and hope they provide, we keep space available for grounding in a noisy and crowded world. My Al-Anon Family group can be an oasis of peace and acceptance in my life.

Concept 10: The words double-headed management in Concept Ten struck me. I used to think I knew what had to be done, how it had to be done, and by whom. However today, I try to work in a more collaborative fashion by saying that I think something needs to be done and then letting it go.

I really enjoyed meeting the members online and in the room of Assembly. I look forward to hearing from Area Group Representatives and how they found the 2023 Assembly experience. If I can be of support in anyway, don't hesitate to send me an email.

With kind regards,
Nancy MC, BC/Yukon Al-Anon Alternate Delegate
altdelegate@bcyukon-al-anon.org

Treasurer

By cheque: Payable to “BC Yukon Area Assembly”

Mail to the current treasurer using contribution form (in February Bulletin or on website)
Janis Armit (no reference to Al-Anon please)

27111, 0 Avenue – Unit #3

Langley, BC V4W 2S9

Receipts can be sent by email if an email address included

By e-transfer: BC Yukon Area Assembly treasurer@bcyukon-al-anon.org

You need to enter a security question, make the answer Tradition7 (no space)

In the message, **please note your district # or city, and group name.**

(If you miss the message, please send a follow up email with that information)

Your receipt for e-transfers will be the email confirming accepted deposit.

Group Records

Hello Al-Anon friends,

As I write this, I am busy preparing for Assembly. At Assembly I will be encouraging electronic groups to register their groups in the new electronic data base.

The electronic data base has a function where you can join the meeting at the correct time from “the find a meeting page”.

Please email with any questions.

With Gratitude in Service,
Sarah O., BC/Yukon Group Records Coordinator
grouprecords@bcyukon-al-anon.org

Literature Coordinator

Hello Al-Anon members.

Review of new daily reader “A Little Time for Myself”

When I was new to Al-Anon, I didn't think about where the literature came from, or how much time, energy, money, and work went into developing it. I read pamphlets and books, listened to how they had helped others, and I started to see myself in the sharing's. I heard “*The Forum* is a ‘meeting in my pocket’, and that many people read a daily reader page or two each morning. It was much later I realized that ALL our literature is developed from individual members' sharing's. Nothing has helped me more than hearing other members share their experiences in Al-Anon, whether in meetings or in print. So, this month I am focusing on the new daily reader, and opportunities for members to contribute to CAL (Conference Approved Literature).

Many of you have already been enjoying *A Little Time for Myself*, which was released at the International Convention in July. I only recently received my copy. My friends and I have been reading from it in our meetings. I find the sharing's succinct, but in the same basic format as our other readers: personal sharing on a step, tradition, concept, or slogan; a quote (from another Al-Anon publication), and a question for the reader to consider, relating to the page. This book was created in response to the “2014 World Service Conference motion that called for developing a new daily reader that reflects the current diversity of our fellowship” (from Al-Anon World Service Office website). Many identify themselves in the sharing's as adult children, parents of alcoholics, as well as male, gay, or from various ethnic groups. I was told there are topics that have never been listed in other daily readers, but I haven't had a chance to investigate this for myself.

As you read this, Assembly has passed, and hopefully I was able to meet many of you in person and discuss possible writing projects and ways we can promote existing CAL (Conference Approved Literature). World Service Office still needs sharing's on the new reader, and *The Forum* needs sharing's every month. These are opportunities for us to connect and grow individually, and together. Books like our new reader come about because of YOU, the Al-Anon member, with the support of our World Service Office staff. While we continue to refer to existing literature, we can contribute our own experience, to offer hope to people of all races, cultures, genders, and situations who are suffering the effects of alcoholism today.

Respectfully in Service,
Donna H., BC/Yukon Al-Anon Literature Coordinator
literature@bcyukon-al-anon.org

Public Outreach

Hello Everyone,

Well, the 2023 Assembly is done and although I am writing this before Assembly, I can guarantee the Assembly would have been fantastic as always!

There is so much to learn and old friends to see and new friends to make. If you were able to attend Assembly good for you! I believe it is part of my recovery to be involved in meetings as well or instead of service. If you couldn't attend, please think about attending next year so you are up to date with all that is going on with AI-Anon and more importantly that you are contributing and receiving fellowship.

Hugs in service,
Gail S., BC/Yukon Public Outreach Coordinator
publicoutreach@bcyukon-al-anon.org

Website Coordinator

Hello everyone,

As I am writing these lines, the Assembly is just a few days away and I am excited to see you in person and online.

I am still working on my presentation and proposals to be presented at Assembly. Not all our fellow members will be present at Assembly, and I want to use this issue of the October 2023 bulletin to give everyone a heads up about some changes. Changes which you'll notice on our BC/Yukon Website in October 2023.

The BC/Yukon website needs some major security updates to keep it safe and secure. After consulting our website maintenance provider, the Area Officers accepted a proposal to rebuild the existing BC/Yukon website. This will be done by using state-of-the-art technology for web design and web maintenance.

Rebuilding the BC\Yukon website means that the existing content (text, documents, links) won't be changed. Also, the general look and feel will be identical to the current website.

However, please expect some minor changes in color and fonts. The most noticeable change will be that the existing background images will be replaced by a blue color background for public visitors and a red background for the member area. The latter has been requested by many members I spoke with who got confused with navigating between the public and member area.

As for the future, please be curious to see what's been presented at the Assembly and stay tuned.

Any question or comments, please feel free to contact me at any time.

As always, Keep it Simple – Just for Today

Lothar S., BC/Yukon Website Coordinator

website@bcyukon-al-anon.org

CENTRAL SERVICES OFFICE: AI-Anon Information Services (AIS) Literature Distribution Centre (LDC)

Central Services Office is a not-for-profit Society named “**AI-Anon Central Services Society.**” It is registered with the BC Provincial Government and requires an **Annual General Meeting.** This year’s meeting is **Sunday, November 19th at 11:00 am.** At this time, the Quarterly Meeting will also be held online. Notice will be given three weeks in advance, and the day before. It will include the financial reports. Contact the Office to sign up as a member and expand your AI-Anon recovery by engaging with other AI-Anon members. We also hope to see the signed-up members enjoy fellowship in AI-Anon’s Service while getting the business done.

Three-year terms completed are:

Chair Secretary Treasurer

AI-Anon suggests “rotation of leadership” because this too aids our recovery, we learn “harmony.” “Reaching for Personal Freedom” literature says, “Concept Four, *“Participation is the key to harmony”* addresses a deep spiritual need - belonging.”

Phone the office to enquire about these positions or go one line at the sites below.

LITERATURE STOCK

The *new daily reader* quickly went out of stock and is on back order “A Little Time for Myself - A Collection of AI-Anon Personal Experiences.”

Phone the Central Services Office to check if the expected order of “Courage to Change” and “Paths to Recovery” have been received.

OPEN HOUSE

It was well attended, and the majority had never been to the Office/Archives. Thank you to our Delegate, Owen for dropping by and thank you “Office” for another opportunity to have fun in fellowship in our program.

TRADITION SEVEN DONATIONS

Thank you in advance for your Group contribution and/or personal donations to the Central Services Office.

E Transfer Mail-cheque Cash-in person Pay Pal

Master Card or Visa via Pay Pal

CONTACT INFORMATION

Al-Anon Central Services
Service Office
PO Box 28574
Willingdon Heights P O
Burnaby, BC V5C 6J4

Central Services Office
Unit 222 - 3701 Hastings Street
Burnaby, BC V5C 2H6
parking available

Office Hours: Monday, Wednesday, Friday & the last Saturday of the month
10:00 am to 1:00 pm

There is an afterhours contact on the answering machine.

Yours in service, Past Chair (my three-year term has expired) Lynne G.

T/F 604 688 1716 Email: afgcentraloffice@gmail.com

www.bcyukon-al-anon@gmail.com

<http://afgcentralofficeblogspot.com>

AL-ANON CENTRAL SERVICES AUGUST 2023

CONTRIBUTIONS, CALLS, VISITS, EMAILS

Contributions - \$1,266.93

Calls 30– Visits 18 AND 39 FROM OPEN HOUSE — Email Mtg Info 4

Email Literature Info. 17

Meeting Changes

Langley Wednesday Morning AFG meets at **10am-11am** at the Alano Club, 20473 Douglas Cres., Langley.

Steps to Serenity West Vancouver meets at **7pm Mon.** at St. Stephens Anglican Church, Pavilion Room, 885- 22nd Ave., West Vancouver. (As of Oct. 2nd)

Events

Public Service, Tues. Oct. 10 – 10am-2pm in Sooke. Contact spingat@gmail.com

Serenity by the Sea 32nd Anniversary Fri. October 13th – 10am-11am at St. Francis in the Wood, 4773 Piccadilly Rd., West Vancouver. This is a speaker meeting with: Al-Anon – Bonnie M and AA Greg M. Snacks and fellowship will follow. Welcome to all family members and friends of alcoholics. Contact celeste_whittaker@hotmail.com

District 16 & 17 Al-Anon Gratitude Day Saturday, October 14 from **10am to 2:30pm** in Saanich at the Saanich Baptist Church – upper hall (wheelchair accessible) 4347 Wilkinson Rd., Victoria, B.C. There will be great speakers and activities and an opportunity to preview or purchase some great Al-Anon Literature. Please bring your own lunch and your re-usable drink container. We will have limited kitchen access but will provide refreshments. Contact email afggratitude2023@gmail.com

District 11 (Abbotsford/Mission) Workshop on Saturday, October 14 from **10am – 3pm** at the Bethel Reformed Church, 3260 Gladwin Rd., Abbotsford. (Enter and park at the back by the basement door.) The Workshop topic is “Let’s talk about, New Hopes, New Dreams, Renewed Recovery”. Join us for a day of fun filled fellowship with surprising and interesting twists on our topics. There is a potluck lunch. Please bring some food to share. Refreshments will be provided. Free for all. Come and join us. We would love to see you. Contact: susancousins@shaw.ca

District 10 Fall Workshop Thurs., Oct. 21 – 9:30am-2pm at 2484-204 St., Langley. The topic is “Let’s Explore some Guidelines” – G1, G7 & G13. Please bring your lunch, Service Manual, an Al-Anon friend, and Tradition 7. RSVP district10PO@outlook.ca by **October 14**.

District 12 Workshop Thurs., Oct. 21 - 10am-4pm “The Three Legacies of Al-Anon” at 9400 College St., Chilliwack. Please bring your own lunch. Light refreshments, coffee and tea will be provided. Contact Nancy 604-8456-5323 or n.sadler49@yahoo.ca for more information.

District 6 Annual Potluck Fri. Oct. 27 at Good Shepherd Lutheran, 1504 Spruce Ave., Coquitlam (Spruce at Schoolhouse). The doors open at 6pm, dinner at 6:30pm and at 8pm Al-Anon & AA speakers. Bring a newcomer. Lot and street parking. Finger foods or pre-cut/portioned items please. Also, RSVP appreciated to give an idea of numbers, please contact Helen at 778-386-7758 or Cynthia at 778-836-0506

Comfort in the Cove 2024 Anniversary Meeting Mon. Jan. 22, 2024 – 7:30pm-8:30pm at Mount Seymour United Church, 1200 Parkgate Ave., North Vancouver. Contact coveafg@gmail.com

Officers and Coordinators 2023

Patty T:	chair@bcyukon-al-anon.org	Michelle W:	alateen@bcyukon-al-anon.org
Owen H:	delegate@bcyukon-al-anon.org	Lothar S:	website@bcyukon-al-anon.org
Nancy M:	altdelegate@bcyukon-al-anon.org	Jean H:	bulletin@bcyukon-al-anon.org
Shannon P:	secretary@bcyukon-al-anon.org	Vacant:	archives@bcyukon-al-anon.org
Janis A:	treasurer@bcyukon-al-anon.org	Akemi M:	event@bcyukon-al-anon.org
Sarah O:	grouprecords@bcyukon-al-anon.org	Angus P:	eventassistant@bcyukon-al-anon.org
Gail S:	publicoutreach@bcyukon-al-anon.org	Ernie W:	equipment@bcyukon-al-anon.org
Donna H:	literature@bcyukon-al-anon.org	Webmaster:	Contracted service – contact Website Coordinator

Subscribe to the BC/Yukon Area Bulletin

Email your submission to the bulletin in plain text or “pdf” format by the **15th of each month** to bulletin@bcyukon-al-anon.org or follow the links on the website. You can also submit to both the website and the Bulletin from the link on the “Events” page on the website www.bcyukon-al-anon.org.

1. An electronic version of the BC/Yukon Area Bulletin is available free online at www.bcyukon-al-anon.org in the "**Members**" section. Username "**member**", password "**Area81**".
2. **Sign up for automatic monthly email delivery** by visiting <https://www.bcyukonal-anon.org/bc-yukon-bulletin/>

Paper Copies of the Bulletin:

Payment information: Make the cheque for \$24.00 out to "**BC/Yukon Area Assembly**" and mail to Jean Hopley (no reference to Al-Anon), 7213 Aldeen Rd., Prince George, B.C. V2N 5P7.
