



# BC/YUKON AREA BULLETIN



Volume 11, Issue 2

February 2021

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

## Area Chair's Report

Happy February Al-Anon Friends,

I hope that wherever you are, you are keeping safe and continuing to reach out and be part of our Al-Anon fellowship. I find as this pandemic rages on, I need the wisdom of this program, which I find through other members as well as the literature, more than ever. The isolation from many of my loved ones, especially the more vulnerable ones, really hurts and I find myself struggling at times with my old ways of reacting instead of acting on life and my feelings about it. I do know I am not alone, and it is so much more difficult for so many others.

I am concerned about how our groups are doing since it looks like we will not be through this as soon as we had hoped and it is a long time for groups that are not currently meeting, whether in person or virtually. My home group is thriving with our Zoom meetings. I believe it will continue to be a 'thing' in the future in some form or another. We have members joining us from the USA and other parts of our country and we want to continue to meet with them as we have learned to love them as well.

But I know that it is not the same experience everywhere, although I have a poor understanding of what really is going on in our BC Yukon groups.

The Officers, Coordinators and Liaisons met on Saturday, January 9<sup>th</sup> over Zoom and this was one of the topics we talked about as many of us are concerned and wondering what can be done to help preserve our fellowship during these difficult and unprecedented times. I am going to come up with a survey/questionnaire and reach out to the membership to see if we can gather some information and start from there. I sincerely hope that you will all respond with your experiences, thoughts and concerns.

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We're on the web!

Website Access:  
[www.bcyukon-al-anon.org](http://www.bcyukon-al-anon.org)

To access "members" pages:

Username: **member**

Password: **Area81**

**(all one word)**

The Officers and Coordinators are planning the Agenda for our Area World Service Committee Meeting (AWSCM) for the evening of Friday, May 28<sup>th</sup> and Saturday, May 29<sup>th</sup> and you will be hearing more in the Bulletin as time goes on. It will be a virtual meeting over Zoom as we will not be able to meet face to face. If you do not feel comfortable with the platform, I would suggest maybe asking a friend to be a 'Zoom buddy' and help you navigate the technology beforehand. It is actually very simple. Once I started, I became more comfortable in no time. You know how it goes...facing our fears and being willing to change.

We are still in need of a Public Outreach Coordinator and what a gift it would be to have a willing, enthusiastic 'someone', particularly in these times. Wishing you all Peace and Serenity one day at a time.

Love in Service,  
Shannon P.  
BC Yukon Area Chair  
[chair@bcyukon-al-anon.org](mailto:chair@bcyukon-al-anon.org)

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## Delegate's Message

Hello Al-Anon/Alateen Family

What a difference a year makes! Last year all Officers/Coordinators/Liaisons met face to face in Nanaimo to begin the new year by welcoming new team members, re-connecting with each other and planning the business of BC/Yukon Al-Anon for 2020. Plans were also proceeding for World Service Conference 2020 – travel arrangements to Virginia Beach being made, Conference assignments and documents arriving, web conferences taking place, etc. Then COVID-19 hit and everything in our world changed. We took some time to adapt and adjust but found new ways to keep in touch and to conduct Al-Anon business.

Fast forward to 2021! Thanks to technology BC/Yukon Officers/Coordinators/Liaisons met via Zoom last month to begin the new year in service with a talented and committed team. Even though we couldn't be physically in the same space, we did meet virtually, and the spiritual presence of our Higher Power guided us in preparation for the upcoming Area World Service Committee Meeting to be held via Zoom May 28-29, 2021. Watch the Bulletin for further details.

Plans are also proceeding for another virtual and hybrid World Service Conference from April 12-16, 2021. I am feeling a big sad about this being my last Conference, but I know that it will be special. I have already received and reviewed the Conference Procedures Document, accepted the Opportunities to Serve Invitation by requesting to serve on the Literature Committee for another year, prepared my 3-minute talk that each outgoing Delegate shares during Conference, and completed the survey regarding the proposed Conference Agenda. I am anticipating a very interesting Conference with, among other items, new Task and Thought Forces. The Thought Forces are: Encourage Service Participation and Diversity Today. The Task Force focusses on Maintaining a Sustainable Future Using Abundant Thinking.

**WSO Financial News** – Due to the generous response by the fellowship, 2020 was a record-breaking year for contributions; and, in spite of the projected \$1.6 million deficit, the year ended

with a surplus. WSO conveys its sincere thanks to all members, groups, and service entities that have made this possible. As WSO moves forward in 2021, it plans to be at full Staff capacity and travel plans may begin again in the second part of the year. Therefore, expenses will increase and WSO will be relying on us, the membership, to continue with our generous contributions to provide all the needed services to groups that support families and friends of alcoholics.

In closing, if you have any topics that you would like discussed at WSC, please refer to my column in the January Bulletin re: Chosen Agenda Items and send them to me before February 28. I am also interested in how you or your groups plan to make use of this year's Conference Theme: *Moving Forward with Unity, Courage and Perseverance*. Thanks for your trust in me and for all that you are doing in service to families and friends of alcoholics.

With gratitude in service,  
Lynn B., BC/Yukon Area Delegate  
[delegate@bcyukon-al-anon.org](mailto:delegate@bcyukon-al-anon.org)  
*Moving Forward with Unity, Courage and Perseverance*

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## Alternate Delegate

Hello Al-Anon Friends,

I trust that you managed to create a New Year for yourselves that allowed for some peaceful reflection of a year that was like no other but offered you space to honour your resilience and hope for the year ahead.

As we move forward into 2021 there remains uncertainty about so many things and BC Yukon Al-Anon is not exempt from the doubt created by a global pandemic. However, as is often the case with fear of the unknown, we can have courage to change and faith that everything will work out perfectly – our Higher Power is amazing that way! It may not be exactly as we think we want but it will be exactly what we need, and we can take comfort in knowing that our Higher Power is conspiring for our best interests.

As I considered how I would focus my Bulletin submissions for 2021, two things kept coming to mind: gratitude and willingness, both cornerstones of our program. So, what I thought is that I would invite you to send me a message about either or both and in the next bulletin, I'll share your thoughts and we can have sort of a 'shared experience' together.

This is a time of change in our program. Many of us aren't meeting face to face and may not be for the foreseeable future. There are members for whom ZOOM meetings aren't an option. Perhaps we can use our service publication to connect in a different way? We can share ideas and experience and strength and hope.

I am willing to try something different. We all have to be willing in service. It hasn't been easy to be willing – I want what I want. I want to meet in person in May at Area World Service Committee Meeting (AWSCM) and I REALLY want a normal Assembly. Oh, how I want to see you all! But those things aren't possible now. Your Officers and Coordinators

met in early January and had thoughtful and mindful discussions about how best to serve the membership in BC Yukon AI-Anon and there are some exciting things planned!

I am grateful to be part of the Worldwide fellowship of AI-Anon and grateful to be doing service with truly excellent people who care about our life saving program. I am looking forward to 2021 with gratitude for the opportunities AI-Anon has given me to be of service and with willingness to show-up for our membership, however our Higher Power expresses themself in our group conscience.

Discovering Choices, page 193 says, "Life is full of challenges and opportunities for growth. Most days I feel happy and full of gratitude, and this I can achieve through my ongoing commitment to AI-Anon".

Stay well friends, you are loved.

Kind regards in service,  
Ally G.  
Alternate Delegate BC Yukon AI-Anon

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## Treasurer

Hello to my AI-Anon friends,

I will be your interim Treasurer for the next few months until we can meet again to vote for a new treasurer at Assembly. As your treasurer, please do not hesitate to contact me if you have any questions related to financial matters involving the BC/Yukon Area.

One of the most important pieces of information I will ask each group is: Please ensure your group name and location is included with each contribution. The area treasurer notes each contribution and at the end of the year prints the total contributions received from each group. Group treasurers use this total to verify their records when reporting to the group. We have provided a form to submit with your contribution at <https://www.bcyukon-al-anon.org/wp-content/uploads/2020/12/Donation-Form-HANDOUT.pdf>. You may need to enter a username "member" and password "Area81"

The Area Officers are currently exploring our banking options to allow for e-transfers. This may take some time and we hope to have e-transfers available in the next few months. It is my understanding our current bank cannot offer e-transfers at this time.

Yours in service,

Janis A.

Area Treasurer

[treasurer@bcyukon-al-anon.org](mailto:treasurer@bcyukon-al-anon.org)

## **Alateen**

Hello Al-Anon Members and Happy New Year !

Looking for a way to grow your recovery? Why not become a Al-Anon Member Involved in Alateen Service?

All you need is to be a Al-Anon member attending meetings regularly for two years and a criminal record check plus read the guidelines and get in touch with me your Area Alateen Coordinator .

I would love to tell you more about this service opportunity and give you all the information so please feel free to send me an email.

### **The Alateen recertification Window Opened January 13, 2021!**

Every year, each Area in the World Service Conference Structure is required to take part in the Annual Alateen Recertification process in order to continue to use the Alateen name.

This is explained in the 2003 Alateen Motion from the Board of Trustees and the policy for Alateen. Both are found beginning on page 93 of the [2018-2021 Al-Anon/Alateen Service Manual \(P-24/27\), version two \(2\).](#)

The recertification process is two-fold:

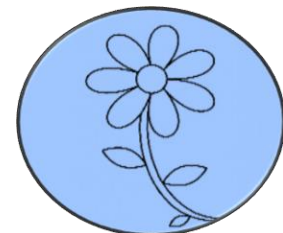
1. To verify that every registered Alateen group has current certified Al-Anon Members Involved in Alateen Service (AMIAS):
  - as Group Sponsor(s)
  - as the Current Mailing Address (CMA) to the Alateen group as a Phone Contact for the Public for the Alateen group
2. To verify the current certification of all AMIAS we are requesting that all Areas complete the Alateen recertification by **June 15, 2021!**

This allows the WSO to verify that the Area recertification is complete by June 30.

Contact your Area Alateen Coordinator, Area Alateen Process Person, or District Representative to verify the process in your Area. Don't miss out on this opportunity to share your recovery with teens and younger members!

Sincerely,  
Michelle W.

Alateen Coordinator  
[alateen@bcyukon-al-anon.org](mailto:alateen@bcyukon-al-anon.org)



## Literature Coordinator

Hello readers,

This month I am reviewing In All our Affairs: Making Crisis Work for You 255 pages (B-15). This is a great resource from Al-Anon for anyone in the program. There are four parts to the book: Awareness, Acceptance, Action and Moving On.

This book reminds me that, with the help of Al-Anon, I can live through any crisis and come out the other side. The stories cover a wide range of challenges including molestation, job loss, infidelity, imprisonment, death of a loved one and bankruptcy, among others. I am reminded that alcoholism is a disease and that it affects the entire family. I learn through the readings that I am powerless over this disease, but the God of my understanding is not powerless. I learn that to heal, I need to take the focus off the alcoholic and put it in on me and my life choices. I can get out of denial and become familiar with my likes and dislikes. I can become more grateful and able to let go of regret and guilt. With the loving support of other Al-Anon members, I can find serenity and can become able to accept "life on life's terms".

In this book I read how easy it can be to live in a fantasy world as a way of coping. Slowly the people in the stories learned to come out of denial, something that can be as gradual as it needs to be, since Al-Anon is a gentle program. I also learn that the other people in my life can recover when they are ready. Nonetheless, even if they do not change, I can still be happy.

I am reminded in this book that it is important to keep talking to others, both within and outside of the meetings. With the help of these meetings and the other tools of the program I can find a Higher Power. Also, this concept of a Higher Power can change over time. This book covers the experiences of both newcomers to the program as well as longer-term members. The book ends with a list of the Twelve Steps, the Twelve Traditions, the Twelve Concepts of Service, and the General Warranties of the Conference. The book is indexed for easy reference. As always, find this book at your local depot or at Al-Anon.org.

In service,

Amy G.  
[literature@bcyukon-al-anon.org](mailto:literature@bcyukon-al-anon.org)



## Search for A Canada West Trustee

The Nominating Committee is inviting the Areas with the Canada West Region to submit an applicant for a Canada West Regional Trustee to serve a one-year appointment on the Board of Trustees. The term will begin following the Annual Board Meeting in April 2021. **Resumes must be submitted to the World Service Office by February 12, 2021.**

The applicant being submitted is required to go through an Area approval process following which the **applicant resume will be submitted by the Area Delegate**. Taking into consideration the short deadline for resume submission, the Area approval process is left up to Area autonomy.

The direct link to the resume is:

<https://al-anon.org/for-members/board-of-trustees/wso-volunteers/board-of-trustees/board-of-trustee-application/>

For informational purposes, it is best to share this address:

<https://al-anon.org/for-members/board-of-trustees/wso-volunteers/board-of-trustees/>. The resume is accessed via the button that previously gave the applicant the fillable PDF.

Please note the requirement regarding length of continuous Al-Anon membership. Trustee applicants do not need to have served as a Delegate! For those that have, they must wait until two World Service Conferences have passed after their terms end before they can be considered. This year the Board has approved a World Service Office Al-Anon Members in Alateen Service (AMIAS) Certification Program which includes successful completion by applicants of a national background check.

Thanks for your effort in helping us find a candidate for the Board of Trustees, and for your service to the families and friends of alcoholics!

With gratitude,

Vali F.  
Executive Director  
Al-Anon World Service Office



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## Archives



Archives are kept in this room in the Central Service Office

Antonia C.  
Archives Coordinator



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## Central Services Committee

AI-Anon Central Services is restarting its search for a paid Office Manager. Cynthia filled the position when it became vacant as an acting Office Manager. She continued while we were in the process of relocating to a permanent office location; it has been approximately one year. The new office is brilliant - a South facing window - and the new systems for the office functions are brilliant too!

I am not going to go into details at this early calling but will generally say it is a low paying - paid - position, \$15.50 per hour and at the moment three hours, three days a week. We learned from our experience when we interviewed applicants a year ago, to be up front that this is a position for someone possibly retired, or someone needing experience to get back into the work force, it is a very part time position. That being said it could change into more hours as it was before the pandemic. Any person interested needs to know you must be an active member of AI-Anon for at least two years, meaning you attend meetings regularly and plan to continue to do so and also have a firm grasp of the Twelve Steps and Twelve Traditions.

The Office Manager is not alone, there is plenty of space for volunteers as there were before our unique health situation changed all that. Also we have a Committee with a Chair, Secretary, Treasurer and Member at Large and some 60 members of the Society. As with all AI-Anon activity you can be greatly emotionally and spiritually rewarded.

Reflection. I was a volunteer in the community and the Institution I volunteered for told me I had a "calling" and encouraged me to go to college and qualify to work in the field and I did. I am so grateful for their vision of how I could use my skills to benefit my community and my personal growth. Perhaps you; have an inkling the Office Manager position may be of interest to you, give the office a call and have a chat.

Yours in Service,

Central Services Office Chair 604-688-1716  
[afgcentraloffice@shaw.ca](mailto:afgcentraloffice@shaw.ca)

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## Ask it Basket

**Question:** Several members have been making personal donations to WSO in lieu of Tradition Seven donations at the group level. One member makes a monthly donation as an automatic payment from her bank account. In the past she has received a tax receipt twice a year. This year she did not receive one in July and wondered if the procedure has changed.

Others are making donations online through the contribution section at the WSO website using their credit card or PayPal. Will they receive a tax receipt at year end?

I notice that the website indicates a tax receipt will be issued for a recurring bank draft but does not indicate if this also applies to donations by credit card or PayPal.

Could you clarify the process?

**Answer from WSO, Director of Finance, Niketa Williams (January 12, 2021):**  
Contributions made via PayPal in the US/Canada will not receive an additional tax receipt. The receipt from PayPal is their tax record. All other individual contributions will receive a tax receipt. We are mailing out US tax contributions acknowledgements this week. Canadian acknowledgments will be mailed next week.

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## Website Coordinator



Happy February BC/Yukon AI-Anon members!

I've changed hats and passed the Area Bulletin Editor position over to the capable hands of Jean H. A big warm welcome to Jean! My new hat (or role) is that of your Area Website Coordinator.

While I was Bulletin Editor, I learned a lot more about the Traditions and practicing the AI-Anon principles. Thank you for the trust you put in me to be your Bulletin Editor, and now as your Website Coordinator.

As Website Coordinator, I am fortunate to continue working with Annette P., the former Website Coordinator, in her new role as our Area Webmaster. Annette will work on a contractual basis in the background trouble-shooting technical website issues including coding, software updates, fixing bugs, added functionality, and troubleshooting. I will update website forms and content as needed, distribute the electronic Bulletin, and more. Updated job descriptions will be posted on the website soon.

Like yourselves, your Area servants have had to adapt to carrying business virtually. The Area Officers and Coordinators recently met to figure out how we can bring you an expanded virtual experience with increased functionality so that we can get some of our Area AI-Anon business done in the upcoming months. The sincere sharing, innovative thinking, respect, commitment, and strong recovery I witnessed during this meeting was truly inspiring.

I'm excited about the upcoming year and look forward to seeing you all online or, hopefully, in person again soon.

If something is wrong with the website (links not working, new form needed, etc.), please contact me by the email address below.

Here are some annual stats that might be of interest:

### **January 1, 2020 – December 31, 2020**

- 11,000 users came to our Area website.
  - Up 40% over 2019.
  - 88% are from Canada.
  - 7.9% are from the US.

- .5% are from the UK.
- .5% are from China.
- The 4 top visited pages of the website are:
  - Meetings
  - Members
  - Bulletin
  - member resources
- The percentage of recipients that open the link to the Bulletin still remains much above industry average and 10% up over 2019.

Love in service,

Patty T.  
 BC Yukon Area Website Coordinator  
[website@bcyukon-al-anon.org](mailto:website@bcyukon-al-anon.org)

## Events

### **Comfort in the Cove - 29<sup>th</sup> Anniversary Meeting - Monday, Feb. 1<sup>st</sup> - 7:30 pm**

Zoom ID: 813 8325 1923 – Passcode: 095253

Contact: [coveafg@gmail.com](mailto:coveafg@gmail.com)

### **Duncan Speaker Meeting Friday, Feb. 5<sup>th</sup> – Noon**

Zoom ID: 879 131 357 - Passcode: 024744

### **An Al-Anon Day of Fellowship – Area 89 Saskatchewan - Feb. 6<sup>th</sup> – Noon-11 pm**

Zoom ID: 865 5795 2301 – Passcode: Area89

### **WSO Town Hall Meeting, Sat. Feb. 6 – 10am-11am Central Time**

Zoom ID: 662 750 0579 - Passcode: TOWNHALL

### **The Balaclava Group 52<sup>nd</sup> Anniversary, Saturday, Feb. 20, 2021**

to celebrate, we are reaching out to say hello and update our info. Our Zoom meeting has changed its ID: 751 0367 1099. Passcode: Monday.

### **Abbotsford/Mission District 11 - Zoom Sponsorship Workshop "Working Together to Recover" - Sat. Feb. 20<sup>th</sup>. ZOOM ID: 819 1579 6803 – Password: Al-Anon. Contact:**

[kyla.marie@hotmail.com](mailto:kyla.marie@hotmail.com) or phone: 604-703-5221.

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## How to Stay Connected

The other day I was talking to some Al-Anon members and it came up about the way they connect to meetings.

Some members find it necessary to use their vehicle as a private place to attend a zoom meeting. Times have changed when members could make an excuse like going to the library and then slip into a meeting. Finding a private place when face to face meetings are cancelled can be a challenge. However, for “freedom from despair” they are willing to bundle up and suffer some inconvenience to listen and share for the betterment of their spiritual and emotional growth.



Campfire Meetings - These are outdoors, bring your own chair, someone brings a propane “campfire”, bring your own literature, coffee, dress for the weather, perhaps they are in a covered picnic area in a park with room for social distancing, designated time and place, and a bonus to fellowshipping lots of fresh air. I know of two of these meetings, Al-Anoners can be persistent and innovative. Some of these folks do not use technology.

One member that could not use technology and could not attend the face-to-face meetings, found his/her phoning members less and less fulfilling and expressed this concern to me. I realized on my phone I could merge calls and set up a time and a day with two others and we are now “conference calling”, the four of us. We use the topic from the meeting list. For three of us the topic is our second time round and so we can expand and express perhaps some new perspectives we learned at the zoom meeting the previous night. This is a temporary way of connecting – only temporary. I have faith that safe face to face meetings will return in the near future.



You know the saying “where there is a will there is a way” but sometimes God’s will be our Higher Power nudging us to take the lead by initiating solutions to problems for others which gives members an opportunity to choose a new way of fellowship.

Lynne G.  
 District 8, New Beginnings PoCo  
 Monday 7:30 zoom, Wednesday 7:30pm face to face, and other...  
 A grateful member of the world-wide fellowship of Al-Anon

## Officers and Coordinators 2021

|            |                                    |             |  |
|------------|------------------------------------|-------------|--|
| Shannon P: | chair@bcyukon-al-anon.org          | Vacant:     | po_institutions@bcyukon-al-anon.org                                      |
| Lynn B:    | delegate@bcyukon-al-anon.org       | Amy G:      | literature@bcyukon-al-anon.org   |
| Ally G:    | altdelegate@bcyukon-al-anon.org    | Michelle W: | <a href="mailto:aaapp@bcyukon-al-anon.org">aaapp@bcyukon-al-anon.org</a> |
| Ann A:     | secretary@bcyukon-al-anon.org      | Michelle W: | alateen@bcyukon-al-anon.org  |
| Vacant:    | treasurer@bcyukon-al-anon.org      | Patty T:    | website@bcyukon-al-anon.org  |
| Jody S:    | grouprecords@bcyukon-al-anon.org   | Jean H:     | bulletin@bcyukon-al-anon.org   |
| Vacant:    | publicoutreach@bcyukon-al-anon.org | Toni C:     | archives@bcyukon-al-anon.org   |
|            |                                    | Annette P:  | webmaster@bcyukon-al-anon.org  |

### Subscribe to the BC/Yukon Area Bulletin

Email your submission to the bulletin in plain text or "pdf" format by the **15<sup>th</sup> of each month** to [bulletin@bcyukon-al-anon.org](mailto: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](http://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](http://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.bcyukon-al-anon.org/bc-yukon-bulletin/>.

#### Paper Copies of the Bulletin:

1. **Please note we will resume mailing out the printed version of the Bulletin when the COVID-19 risk lessens.**
2. Your subscription will be extended by as many months as we temporarily do not distribute the paper version of the Bulletin.
3. **Payment information:** Make the cheque 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.