



Al-Anon & Alateen Family Groups

# BC/YUKON AREA BULLETIN

Volume 12, Issue 4  
April 2022



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

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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)

## Area Chair's Report

Hello Al-Anon Friends,

Spring is on its way, and I am so looking forward to it! New blooms, new hopes, and dreams for all of us and our loved ones and warmer weather!

In the March Bulletin, I put a lot of information that the District Representatives will be bringing to groups for input for our discussions at the Area World Service Committee Meeting (AWSCM) being held in Salmon Arm from May 27-29<sup>th</sup>.

I would like to refer everyone to our BC Yukon Al-Anon Website for Task Force Reports, background information, motions etc. We have a very well put together and informative website and I really hope that all members take the time to go through it and get familiar with it. Much of the information that I have been putting in the Bulletin can be found there, and in future I will be attempting to reduce the duplication of information and therefore the size of the Bulletin.

You will find in these pages the hotel information for AWSCM. In the next Bulletin, I will add the Agenda and the ZOOM link if you prefer to join virtually.

Please remember that Owen, our Delegate, will be attending the World Service Conference in New York this month to bring back lots of news for us at AWSCM. Feel free to send him a card of encouragement to his home address before he leaves for the last week of April. His address is in last month's Bulletin.

**Upcoming positions for January 2023: Elected** - Chair, Secretary. **Appointed-** Website Coordinator and Literature Coordinator. The Archives position remains vacant.

I look forward to the coming months as we prepare for AWSCM, and I am excited to think that we will be able to meet face to face as the provincial Covid restrictions continue (hopefully) to wind down.

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

**AWSCM May 27-29, 2022**  
**Comfort Inn & Suites Salmon Arm**  
**1090 22nd Street NE**  
**Salmon Arm, B.C, V1E 2V5**

Tel: 250-832-7711 1-800-473-9160  
Fax: 250-833-0340  
Email: [cisa@shaw.ca](mailto:cisa@shaw.ca)

Dates: 2 NIGHTS May 27 & 28, 2022 Check-out May 29<sup>th</sup>, 2022

Rooms reserved: code to book- **BC/Yukon AI-Anon**

**Rooms available and prices:**

- (5) - 2 Queen- \$115.00
- (10) - 2 Queen Suite (sitting area and sofa bed) - \$130.00
- (4) - 2 Queen family Room (big room, sofa bed) - \$120.00
- (2) - 1 King (sofa bed) - \$130.00

Price based on occupancy of 2- \$10.00 extra for each person more than 2.  
Check in- 4PM; Check out-12 PM

Amenities: free WIFI, business centre, electronic vehicle charging station, indoor heated pool

**Booking Deadline: May 2, 2022, but will be first come, first served.**

We have planned for 30-40 people to attend.

**Cancellation: 48 hours before scheduled booking.**

**Proof of vaccination required by hotel for entry.**

Coffee and Tea supplied at a cost of \$2.50 per cup with one refill. (Wrapped disposable cups supplied as per COVID-19 protocol).

Covid-19 Restrictions to be followed. The room normally holds 70 people but is being set up for 40 with proper distancing.

Hotel requests Vaccine Passports currently.

We will not be providing snacks and food as we normally would as we do not have a host committee.

Breakfast is free and presently pick-up, but hopefully the Breakfast room will be open in May.

This location is within walking distance to a Family Restaurant, 3 fast food places, plus a pub and restaurant.

Nearest airport is in Kelowna, about 1 hr and 40 minutes away There is an ebus that travels from Kelowna airport to Salmon Arm.

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## Delegate's Message

Greetings to my Al-Anon and Alateen Friends,

The World Service Conference is a go! The Theme for this year:

### **“Enhancing Our Recovery through Abundance, Unity, and Understanding.”**

As it says in the Welcome Letter I received as a Conference Member, “Conference is the practical means by which the group conscience can speak as the voice of world Al-Anon. When members act upon Al-Anon’s important matters, the unity of our fellowship is strengthened.”

By the time this is published, and you are reading it, I your trusted servant will be on my countdown to WSC - “World Service Conference” Starting with the Canadian Delegates dinner on Monday April 25<sup>th</sup>.

WSO will be advising me to book my flight shortly, and to be there on the Monday. I will fly Sunday from Vancouver arriving dinner time in New York. I have traveled before, but this seems different. I am certain I will be carrying your thoughts and prayers with me as I go forth to represent the BC/Yukon Area.

I look forward to meeting the sixty-seven Delegates from the US (including Puerto Rico), Bermuda and Canada.

I have also learned that our Service Manual *The 2022-2025 Al-Anon/Alateen Service Manual* version one (1) [P-24/27] will be available electronically in English, French, and Spanish at [al-anon.org](http://al-anon.org) this spring.

Updates to the *Manual* will be noted with the use of vertical lines in the outer margins. The printed version will follow in late summer.

"Every Al-Anon and Alateen member is encouraged to actively use and study this *Manual*. It gives a clear and concise picture of the Al-Anon fellowship, its purpose and functions, and how it helps us to resolve group problems and maintain unity." [2018-2021 Al-Anon/Alateen Service *Manual* version two (2), page one]

Your trusted servant and Delegate,  
Owen H.  
BC/Yukon Area Delegate  
[delegate@bcyukon-al-anon.org](mailto:delegate@bcyukon-al-anon.org)

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## Alternate Delegate

Happy Spring Everyone!

Spring is just around the corner and so is our annual AWSCM (Area World Service Committee Meeting) May 27<sup>th</sup> to May 29<sup>th</sup> in Salmon Arm. It will be our first Area hybrid event with some members attending in person and others attending via Zoom. Everyone is welcome.

One of the duties of Alternate Delegate is to facilitate a District Representatives' Orientation at AWSCM. Please email me at the email address below with any ideas or requests you would like included. A great resource for all District Representatives and any other interested members to read prior to the AWSCM is the "District Representatives' Guide to the Area World Service Committee Meeting." This guide can be found on the BC/Yukon Al-Anon website in the Members Section -Members Resources. In addition, there is an explanation called "AWSCM What Is It?" that is also very helpful.

Please remember our Delegate Owen as he travels to New York at the end of April "carrying the envelope" containing our feedback and requests on our behalf to the WSC (World Service Conference). Refer to page 15 of the March 2022 Bulletin for details on how you can reach out to Owen with your support, encouragement, and appreciation.

In Al-Anon we have our own monthly magazine, *The Forum*. As your Area Forum Coordinator, I share from past *Forum* issues each month to encourage members to read *The Forum*, write articles for submission to *The Forum*, and inspire use of this magazine that shares experience, strength, and hope from members throughout the worldwide fellowship of Al-Anon.

### **SOME TIDBITS OF AL-ANON'S THREE LEGACIES FROM THE APRIL 2017 FORUM ISSUE**

**Step 4:** *Made a searching a fearless moral inventory of ourselves.* "Step Four was important to my growth in Al-Anon. I continually need to remind myself to turn to God praying for his guidance and courage as I focus on taking back my power. I am searching for self trust and self knowledge to believe I really do matter. I am more valuable when I play a part in my own life than when I am a people pleaser."

**Tradition 4:** *Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.* "Being autonomous suggests that in a group conscience we can

make any rules or decisions we feel are right for our group. As an individual, I can also make choices that seem right for me. In the same way our group decisions should not negatively affect another Al-Anon group; my own personal choices should not be harmful to my friends or family. I have the freedom to decide what I like or want and to proceed after checking out the effects on those closest to me.”

**Concept 4:** *Participation is the key to harmony.* “In Al-Anon I am learning how to show up for myself and how to be in relationships with people who are available and interested in spending time with me too. If I am the only one showing up for the relationship, then it is not a relationship. Both parties need to participate.”

Thank you to my sponsor, service sponsor and the entire BC/Yukon fellowship for the encouragement, support, and trust in serving.

Nancy MC.  
BC/Yukon Alternate Delegate  
[altdelegate@bcyukon-al-anon.org](mailto:altdelegate@bcyukon-al-anon.org)

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## Group Records

Happy Spring!

I am happy to report that we have 2 new meetings registered.

- District 11- Sunday Book Study AFG, meets Sunday at 7:00 PM at the Abbotsford Alano Club, 2584 Cyril Street Abbotsford
- 
- District 18-Just for Today AFG, meets Wednesday at 12:30 PM at the Evangel Church 3261 Gordon Drive, Kelowna

Please email me with any changes for Al-Anon meetings at [grouprecords@bcyukon-al-anon.org](mailto:grouprecords@bcyukon-al-anon.org)

With Gratitude in Service,

Sarah O.  
BC/Yukon Group Records Coordinator  
[grouprecords@bcyukon-al-anon.org](mailto:grouprecords@bcyukon-al-anon.org)  
Your "One Stop Shop" for Group Information



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## Treasurer

### Contributions to BC Yukon Area

**By cheque:** Payable to “BC Yukon Area Assembly”

Mail to the current treasurer using contribution form (in Feb 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 e-mail if an email address included

**By e-transfer:** BC Yukon Area Assembly [treasurer@bcyukon-al-anon.org](mailto:treasurer@bcyukon-al-anon.org)

If 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

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## Literature Coordinator

Hello everyone,

We have officially sprung forward into Daylight Savings time and can enjoy the extra sunlight that it provides. Spring also brings the Area World Service Committee Meeting (AWSCM) to be held in Salmon Arm May 27-29 this year. I am extremely excited to be attending for the first time this year.

For this month’s article I have decided to reprint the following Al-Anon member’s submission to the March 2022 edition of The Forum.

### **Relief Leads to Recovery**

When I was new to Al-Anon meetings, I heard members ask, “Do you want recovery, or just relief?” I realized I didn’t know the difference between those two things, and, as a newcomer, that little word “just” gave me the idea that getting or finding relief was less than desirable. Someone pointed me to page 125 in [Courage to Change \(B-16\)](#), where it says, “Recovery is a wonderful word. It means getting something back. Today I will try to remember that ‘that something’ is me.” I still struggled. What does that mean in daily action? What does that feel like? How do I know if I am “just” getting relief or on the path to recovery?

As I continued to think about these ideas, I realized that relief is far from a “just” for me. Rather, it is critical to moving forward toward recovery. I imagine recovery as swimming underwater. I can’t begin or keep swimming (recovering) without a big gulp of air (relief). In daily action, sometimes I feel like I am underwater, and things like going to a meeting, venting to another member, having a good cry, and reading the literature are my relief, my breath of air, my preparation to move forward. The next piece—whether I choose to act differently, remember my choices, reason something out with my Sponsor, stay in contact with my Higher Power, journal honestly about my motives, or choose to show up with kindness and love as God would have me—this is recovery in action.

*By Azelie F., Massachusetts, The Forum, March 2022*

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Spring is a time of renewal and new possibilities. Change is possible. Whether we call it relief or recovery, it is possible to reclaim our lives.

Wishing you all the very best that the springtime has to offer.

Audrey E.  
BC/Yukon Al-Anon Literature Coordinator  
[literature@bcyukon-alanon.org](mailto:literature@bcyukon-alanon.org)

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## **Alateen**

Hello Al-Anon members and AMIAS,

It is that time again to certify or recertify depending on where you are in your service journey. So, I thought I would begin by explaining the initials AMIAS. They stand for Al-Anon Member Involved in Alateen Service.

An AMIAS can sit in on an Alateen meeting and facilitate, meaning listen and let them chair the meeting and share their experience strength and hope to each other. It means that you have looked at the guidelines and had a criminal record check and been in Al-Anon regularly for two years or more. You have filled in the forms and got signatures from references that know you are attending Al-Anon meetings and are willing to be available for the Alateens.

This service position is challenging and rewarding at the same time. I have learned so much about the young people who need Alateen and their literature and daily readers, which I read and even bring to my regular Al-Anon meeting. The sharing’s in the Forum are very powerful and show what recovery for those young people is like.

A lot of Al-Anon members have been to Alateen meetings when they were young and share what they learned and how it led them to Al-Anon. As Al-Anon members we have younger children in our lives that could use a safe place to learn how to cope with the effects of

alcoholism. Please consider being an AMIAS and talk to your Group or District Representative about Alateen in your District.

As the weather is getting warmer and I think about spring and how the plants and trees come back to life after a cold and dark winter, I am reminded of my own recovery and my recommitment to continue learning and growing in Al-Anon. I look forward to refocusing my efforts to Alateen service and hope others will get reenergized and bring more Alateens back to the Al-Anon family.

Thank you to all those members who find it in their hearts to help Alateens and continue keeping the doors open for all those who still suffer from friends and family who have a problem with alcohol.

Love In Service,  
Michelle W.  
BC/Yukon Area Alateen Coordinator  
[alateen@bcyukon-al-anon.org](mailto:alateen@bcyukon-al-anon.org)

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## Public Outreach

### WHY DO I DO SERVICE FOR PUBLIC OUTREACH?

I do it for many reasons:

1. Although I never thought I wanted to take on the position of Public Outreach Co-ordinator because I thought it would be boring! So not true.
2. I found Group Representative and District Representative positions to be more challenging learning how to navigate through the different personalities and solve problems that sometimes were not just black and white.
3. Public Outreach is a creative process, and I am so lucky to have the support I do both through WSO, Area and the Members who are on our committee or just interested in helping. The members are very invested which makes my job much easier.
4. I have learned so much about how important it is to put our Al-Anon and Alateen names out to the public by way of workshops, distributing information to Professionals, Libraries, Social Workers, and the Police and our members, who may not know what they can contribute to Public Outreach. Many times, it is just throwing ideas out and someone from the committee will follow it up, it doesn't have to be a lot of work.
5. There is nothing more rewarding than hearing from members who are using the ideas we have presented.



6. Participation is the key to my continued recovery, and I am forever grateful for having this opportunity to represent BC/Yukon as the Public Outreach Coordinator.

If anyone is interested in joining us at our monthly meeting, which is the third week of each month Saturday April 16 at 10:30 a.m.

The meeting is on Zoom, Log In 885 3057 9590 and Pass Code 504447. Everyone is welcome to attend and participate.

Thank you in advance for your service.

Gail S.

BC/Yukon Public Outreach Coordinator

[publicoutreach@bc yukon-al-anon.org](mailto:publicoutreach@bc yukon-al-anon.org)

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## Central Service Office

### A Literature Depot and AI-Anon/Alateen Information Service

Central Services is a space where like a meeting we are there: Monday, Wednesday, and Friday from 10:00 am to 1:00 pm and the last Saturday of the month for the newcomer and the members. Indeed, sometimes a visit turns into a meeting, it only takes two, and sometimes this impromptu meeting includes a newcomer.

Where and when AI-Anon meets needs to be up to date, please inform Group Records and Central Services to best keep the information recent. Many enquiries are to request or affirm a meetings time and place. Central Service refers enquires for the Island to Victoria's Office.

Literature is an integral part of a meeting and a member in service keeps the meeting's literature stocked and most importantly that newcomers receive the Newcomer's booklet. Central Services is there to take your order and payment with the order to be picked up or mailed. Some of the literature is on back order because there is a delay in World Service Office receiving their delivery from the printer. Please phone to check what is in stock.

For newcomers, meetings make available their topic lists and a phone list of members willing to share outside of the meeting time. Central Services answers all enquiries during office hours and with the help of Dianne, our after-hours volunteer, responds to phone calls when the office is closed. Thank you volunteers in service. Enquiries are not necessarily from those seeking a meeting but from Counsellors, School personnel, or other Institutions looking for information about the AI-Anon program.

Come and visit the Central Services Office, you might get an extra meeting and warm welcome.

Yours in Service,

Lynne G. Chair Central Services Office phone: 604-688-1716AI-Anon

Central Services Society

[afgcentraloffice@gmail.com](mailto:afgcentraloffice@gmail.com)

<http://afgcentraloffice.blogspot.ca>

## AL-ANON CENTRAL SERVICES SUBMISSIONS FOR APRIL 2022 BULLETIN

### AL-ANON CENTRAL SERVICES FEBRUARY 2022

#### CONTRIBUTIONS, CALLS, VISITS, EMAILS

Contributions - \$1,179.50

Calls 45– Visit 13 — Email Mtg. Info – 20 – Email Literature Info. - 9

## Events

On **April 1<sup>st</sup> Wednesday AFG** meets in person at the Douglas Recreation Centre in Langley in the larger multi-purpose room (second door on the right when entering the building) which will better accommodate our group needs.

Masks are no longer a requirement in the building or the meeting room but please feel free to continue to do so if you want. Vaccine passports will be required upon entering the meeting room until the mandate is lifted.

**April 15-17 North Shore Roundup 50<sup>th</sup> Anniversary.** This year marks the 50th year of the North Shore Round Up, one of the largest AA Round Ups in Western Canada with Al-Anon participation! Join us for a weekend of recovery and fun, with speakers, panel sessions, live music, dancing, and more! The main Al-Anon speaker is Solis R. from Austin, Texas! Tickets available online at <https://www.northshoreroundup.com/tickets/>, at the Al-Anon Central Services office, or contact Rebecca [rebecca@puzzlewood.ca](mailto:rebecca@puzzlewood.ca)

**April 25 Aldergrove Monday Night AFG 30<sup>th</sup> Anniversary – 7pm – 8pm** at St. Dunstan's Church, 3025-264 St, Aldergrove. We will have a speaker and fellowship. All current Covid protocols will be followed. For information contact [mondyaldergrove.com](http://mondyaldergrove.com).

**Native American Al-Anon Conference - April 29-May 1** at the Sheraton Portland Airport Hotel, 8235 NE Airport Way, Portland Oregon, OR97220. Register by mail or online using our Eventbrite page (search Portland NAAC).

**District 17 Becoming Aware Zoom Workshop - Saturday, April 30 - 9:15am – 12:15pm.** Zoom Meeting ID: 966 469 6340 – Passcode: welcome. For more information: [bcyukon.alanon.dr17@gmail.com](mailto:bcyukon.alanon.dr17@gmail.com)

**May 7 – Serenity Saturday AFG - Special's Mother's Day Meeting at noon** at Coquitlam Presbyterian Church, 948 Como Lake Avenue, Coquitlam. There will be an Al-Anon and an AA speaker. Everyone is welcome. Zoom meeting ID: 793 567 0434 – Password: Serenity. The telephone option is 778-907-2071.

**May 13- Victoria Miracles Rally** with Al-Anon participation. **Starts - 5 pm Friday, May 13 – Noon Sunday, May 15.** held at Mary Winspear Centre, 2243 Beacon Avenue, Sidney, B.C. There will be meetings, speakers, open mic, music, dance, yoga, and fellowship. Contact [crobertson2321@gmail.com](mailto:crobertson2321@gmail.com)

## Officers and Coordinators 2021

Shannon P	<a href="mailto:chair@bcyukon-al-anon.org">chair@bcyukon-al-anon.org</a>	Audrey E	<a href="mailto:literature@bcyukon-al-anon.org">literature@bcyukon-al-anon.org</a>
Owen H	<a href="mailto:delegate@bcyukon-al-anon.org">delegate@bcyukon-al-anon.org</a>	Michelle W:	<a href="mailto:alateen@bcyukon-al-anon.org">alateen@bcyukon-al-anon.org</a>
Nancy M:	<a href="mailto:altdelegate@bcyukon-al-anon.org">altdelegate@bcyukon-al-anon.org</a>	Patty T	<a href="mailto:website@bcyukon-al-anon.org">website@bcyukon-al-anon.org</a>
Ann A:	<a href="mailto:secretary@bcyukon-al-anon.org">secretary@bcyukon-al-anon.org</a>	Jean H:	<a href="mailto:bulletin@bcyukon-al-anon.org">bulletin@bcyukon-al-anon.org</a>
Janis A:	<a href="mailto:treasurer@bcyukon-al-anon.org">treasurer@bcyukon-al-anon.org</a>	Vacant:	<a href="mailto:archives@bcyukon-al-anon.org">archives@bcyukon-al-anon.org</a>
Sarah O	<a href="mailto:grouprecords@bcyukon-al-anon.org">grouprecords@bcyukon-al-anon.org</a>	Annette P:	<a href="mailto:webmaster@bcyukon-al-anon.org">webmaster@bcyukon-al-anon.org</a>
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		Ernie W.	<a href="mailto:equipment@bcyukon-al-anon.org">equipment@bcyukon-al-anon.org</a>

### 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:

**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.