

Al-Anon & Alateen Family Groups

BC/YUKON AREA BULLETIN

Volume 12, Issue 6
June 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

To access "members" pages:

Username: **member**

Password: **Area81**

(all one word)

Area Chair's Report

Hello Al-Anon friends,

As I write this, I am preparing for the Area World Service Committee Meeting but as you read this, it will be all over. I will write up a summary that will be posted on the website. Hopefully it will be there before this Bulletin arrives.

My usual topic for the Bulletin revolves around service. Not surprising, since this is a service newsletter. As it says in the Service Manual, our unity is dependent upon our ability to carry the message.

I know the hesitancy to put one's name forward for service. I am still feeling unsure of myself in this position and I have felt unsure of myself in every position I have taken in Al-Anon. But I also know that without taking risks I won't grow in this program. At the beginning of my journey, I could never have imagined being Chair. In fact, I actually said that that was one job I would NEVER do! In Al-Anon, others have always had more faith in me than I had in myself and that has helped me have more confidence in myself. It is in taking the risk and just jumping in with both feet that I have learned I am much more capable than I imagined.

I say all this to try and encourage anyone who has an idea they may be interested in any service, but particularly service at the Area level, to face your

fears and jump in there. You can be sure that you will be supported by the other Officers and Coordinators and those who have gone before you. Service sponsorship is another support in our fellowship.

The upcoming three-year positions for January 2023 are Chair, Secretary, Website Coordinator and Literature Coordinator. Resumes are on the BC Yukon Al-Anon Website.

Michelle W. is beginning the second term as Alateen Coordinator and in the spirit of rotation of leadership, it would be nice to have someone relieve her. We have been without an Archives Coordinator for 2 years.

So please search your hearts, ask members in your groups that you think might be good candidates, and learn the joys and benefits of service.

Gratefully in Service,
Shannon P.
BC Yukon Area Chair
chair@bcyukon-al-anon.org

Delegate's Message

Greetings to my Al-Anon and Alateen Friends,

As I send this out, I am working on my report from World Service Conference, and I send this to share with you all how great it was to meet in person at World Service. I had only been to 2 in person meetings in the last 2 years.

Did I have some anxiety? Oh, you bet I did, but flying out of Vancouver I knew everyone on the plane would be vaccinated, and I hoped all conference members would be also. Although we didn't do a formal check in, we did have a temperature check once a day, and some were wearing masks, and some weren't, and we were conscious to always respect members space and ask before shaking hands or hugging.

It was a momentous event and in person it is so much better for me. The laughter the tears, and the body and facial expressions I didn't know I was missing, made the conference personal and intimate.

Your trusted servant and Delegate,
Owen H.
BC/Yukon Area Delegate
delegate@bcyukon-al-anon.org

Alternate Delegate

Hello BC/YUKON AFG members,

When you read this submission, it will be post Area World Service Committee Meeting (AWSCM). Connecting with the many members of the BC/Yukon Area is one my favorite things about this fellowship. I am hopeful that you came away with a sense of unity; and that you were able to experience the true meaning of Concept Four "Participation is the Key to Harmony."

You may recall; when I started this service position as your Alternate Delegate, I shared that I was committed to strengthening the links of service between the members, the Group Representatives, the District Representatives, our Area, and the Worldwide Fellowship.

District Representatives, if there was anything that you need clarification on after AWSCM or support in carrying the "envelope," please do not hesitate in connecting with me via email. (see address below)

Summer will come and go by fast, but it is our fellowship's chance to collect our group conscience materials from individual group members to bring back to Assembly so the Group Representative can carry the "Envelope."

As Area Forum Coordinator, I will close with some tidbits from our Al-Anon Three Legacies from the June 2017 Forum.

Step 6: "My character defects are like flat tires and cracked windows... I will put on new tires, so the ride is smooth. I'll fix the windshield and I will be able to see..."

Tradition 6: "Reminds me to safeguard this special place for the newcomer who has yet to find comfort in our rooms"

Concept 6: "Has taught me to offer my experience strength and hope when I am asked. Sometimes I offer a suggestion, but when I offer a suggestion, I only allow myself to say it once. To keep repeating it would be a form of controlling. I believe accountability is a spiritual principle from Concept 6 that I can apply to Al-Anon and my personal life."

With gratitude in service,
Nancy MC.
BC/Yukon Alternate Delegate
altdelegate@bcyukon-al-anon.org

Secretary

As I am writing this report, we are 2 weeks away from our first face to face Area World Service Committee Meeting in over 2 years. And as you read this it will all be over.

During the past 2 ½ years as your Secretary I have taken the minutes for our meetings in the comfort of my home. No travel, no packing, and top on my list, comfy clothes. All that being said, nothing is better than being in a room with fellow AI-Anon members, where you can feel the love, energy, and encouragement. I am hoping to receive some much-needed hugs in Salmon Arm.

Being an Officer for the BC Yukon is not something I had ever imagined I would do. I was put way out of my comfort zone. But I am always reminded that in AI-Anon we are never alone. Help is a phone call or email away. It has given me a new appreciation for all the hard work our Officers, Coordinators and Liaisons do for us and AI-Anon as a whole. I have learned so much and I am continuing to grow in my AI-Anon journey by being in service.

I encourage anyone who meets the qualifications, found on the BC Yukon website, to apply for the upcoming position of Secretary for 2023-2025. You may contact me personally if you have any questions or concerns regarding the position.

Yes, 3 years is a big commitment, but I can tell you it has been well worth it. AI-Anon has given me so much, and I need to give back what was so freely given to me in service and in love for the program.

Have a wonderful summer.

Together in Service,
Ann A. BC/Yukon Area Secretary
secretary@bcyukon-al-anon.org

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 AI-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

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

Literature Coordinator

Hello everyone,

What a difference spring makes. For those of us living on Vancouver Island, spring has arrived in all its splendor and most of us are able to get out and about once more.

My home group is still meeting on Zoom with little or no expectation of moving back to a brick and mortar building anytime soon. Conference approved literature has become even more important to sustain me between meetings.

Recently, I have begun to reread *'How Al-Anon Works for Families and Friends of Alcoholics'*. (B32) This book is possibly the most comprehensive resource on the *Al-Anon Program*. The 400-page soft covered book was first published in 1995 and continues to be the single best resource on the Al-Anon program. Many groups buy extra copies of the book to gift newcomers, but long-time members can continue to harvest great wisdom and direction from its extensive index to every conceivable topic within the Al-Anon program.

By the time this edition of the Bulletin has been circulated, the AWSCM conference in Salmon Arm will have occurred. I am looking forward to meeting with the other Officers, Coordinators and Liaisons.

As summer approaches, I wish you all peace and serenity and good reading.

In service,

Audrey E.

BC/Yukon Al-Anon Literature Coordinator

literature@bcyukon-alanon.org

Alateen

Hello from Alateen Coordinator and greetings to my fellow Al-Anon Members!

Well, I have been super busy getting everyone recertified and excited to have new AMIAS' join us and even a new Alateen group starting shortly YAY!

I wish to acknowledge everyone's hard work on getting the forms to me, and we have only a few more weeks until the certification time closes. The deadline for me to recertify and certify new members is June 15th, 2022. I encourage those who need criminal record checks done to do so **as soon as possible**, so there is no delay in getting certified.

Huge thanks to those who have stepped up and got their paperwork done already. For those who have not yet sent in their papers, you will be getting a call from me to see where you are at, and/or if you are not likely to be an AMIAS any longer (which is okay).

I applaud those who are still getting certified even if there are no kids at this time showing up as you will hopefully be called upon in the near future and you will be ready!

I am encouraging all Al-Anon members to read Alateen literature at your meetings and to encourage your children and even grandchildren to check out Alateen in your District. These are

the children most affected by alcoholism and should be able to get help from us who know how wonderful the Al-Anon family has helped our recovery.

Spreading the message of hope to these young people will not only increase our membership, but also our own recovery by giving away what we received from the program. I am truly blessed to be surrounded by people willing to share their experience, strength and hope at our meetings and pray I can carry the message. Thanks again Al-Anon!

Yours in service,
Michelle W., Alateen Coordinator
alateen@bcyukon-al-anon.org.

Public Outreach

Hello everyone!

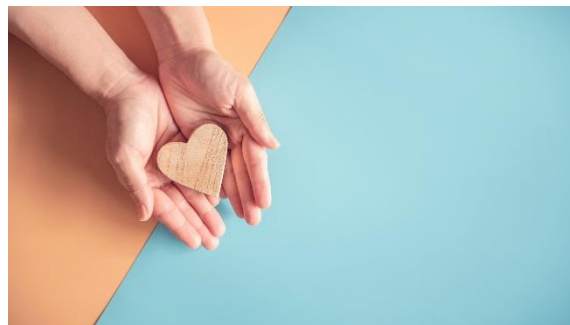
By the time you read this we will have completed our Area World Service Committee Meeting and I would have presented our new Public Outreach Power Point on what groups and districts can do to help spread the word to the groups, public and professionals. Public Outreach is so important to Al-Anon and Alateen to bring new members who are alone and feeling hopeless into our groups.

In the groups we should all receive a warm welcome and assume goodwill from anyone wanting to be a part of Al-Anon and Alateen. Concept Four demonstrates that all people have a deep spiritual need of belonging and if we can reach out our hand and tell them they “belong”, we will have given a gift that few people receive.

It is the essence of our program, and we always need to remember from our meeting closing “you may not like all of us, but you will love us in a very special way, the same way we already love you.” That means so much to many people and to me it means I will always have a “home” with Al-Anon and Alateen.

Until next time, hugs in service.

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



Central Service Office

BC/Yukon's Delegate Owen H. will have given his report on this year's Conference he attended in this Bulletin. The Conference theme was ENHANCING our RECOVERY through ABUNDANCE, UNITY, and UNDERSTANDING.

"The Forum" published in April 2022, on page 7, has a submission titled "New Topic for the Member Blog". It asks us to answer the question "how do you apply these principles in your own recovery?" I have used this idea for this "Office" report for this June Bulletin.

The Office has an ABUNDANCE of literature to ENHANCE your RECOVERY. The Office has an ABUNDANCE of volunteer members, staff, and an efficient answering service to respond to all enquiries including an afterhours volunteer to ENHANCE RECOVERY.

UNITY - as up to date as you keep us - in person meetings information and zoom meetings information. We have UNITY in the links of service, a liaison officer with BC/Yukon Area World Service Committee and Quarterly meetings of the Al-Anon Central Services Society. The Service Manual suggests Alternate Group Reps attend these meetings. Attendance ENHANCES the principle of UNITY.

UNDERSTANDING - all staff and volunteers are active members of Al-Anon Family Groups and understand to the best of their ability the family disease of alcoholism. They share their experience, strength, and hope both to the enquirer where appropriate and to the members and/or visitors who come into the Office. This is their service to the program and ENHANCEMENT to their RECOVERY.

UNDERSTANDING the Offices' expenses are met only by group/personal donations and sales of literature, the Office needs an ABUNDANCE of donations and sales to sustain its services. Thank you in advance groups and members for donations and sales.

Now that was an ABUNDANCE of fun, I invite you to answer the question, "How do you apply these principles in your own recovery journey." If you are stuck maybe a new literature publication will help you, just a suggestion, phone to check on stock. I recently added "Opening our Hearts - Transforming our Losses to my library, there is an ABUNDANCE of understanding in there!

Lynne G. Chair and BC/Yukon Liaison
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afgcentraloffice@gmail.com
Afgcentraloffice.blogspot.ca.

AL-ANON CENTRAL SERVICES FOR APRIL 2022

CONTRIBUTIONS, CALLS, VISITS, EMAILS

Contributions - \$1,278

Calls 42– Visit 20 — Email Mtg Info 24 – Email Literature Info. 11

Al-Anon Information Services & Literature Distribution Center – Victoria

Our address is 2 - 2020 Douglas Street, Victoria, BC V8T 4L1. We are located between Discovery St. and Pembroke St. in the middle of the block of shops, close to the bus shelter, on the same side of the street as Paul's Motor Inn. You can contact us at (250) 383-4020 or email us at alanonvictoria@gmail.com

The office is now open on **Wednesday's** from **10 am – 2 pm.**

Cash, cheque or money order for literature purchase and donations payable to "Al-Anon Information Services" or e-transfer to alanonvictoria@gmail.com (no password necessary)

Events

Saturday, June 4 – White Rock Centennial AFG – 3rd Annual “Lois” Picnic – 10am – 2 pm at Crescent Park, 2585 -132 St., Surrey, B.C. invites you to a Potluck and fellowship. There are a couple of large parking lots on the right after you drive into the park & a trail that leads to a covered picnic area & a large field where you will find us. There will be no signs.

49th Annual Vernon Roundup June 10-11- “Stairway to Serenity” at Trinity United Church, 3300 Alexis Park Drive, Vernon. Tickets \$35 – Includes registration and meals.
AA Speakers – Friday -Michelle B., Kelowna- Saturday- Mickey B., LA
Al-Anon Speakers – Friday – Ally G., Victoria – Saturday – Dennis G., Victoria
For more information call Rob. M. 250-308-0822



Officers and Coordinators 2021

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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.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.