



Al-Anon & Alateen Family Groups

BC/YUKON AREA BULLETIN

Volume 12, Issue 7

July 2022



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

Inside this issue:

Chair	1-2
AWSCM DR reports	2-4
Delegate	4
Alternate Delegate	4-6
Assembly Info.	7-8
Group Records	8
Treasurer	8-9
Literature	9-10
Public Outreach	10
Central Service	10-11
AIS Victoria	11
O/C	12

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,

The Area World Service Committee Meeting (AWSCM) in Salmon Arm was a successful and enjoyable event! We covered a lot of business, and it was so wonderful to see and hug other Al-Anon members! We even managed to have fun! Huge thank you to Ria V. and the members of District 20 for making it possible.

You will find a recap of the weekend, the minutes of AWSCM 2022 and Owen's Delegate report complete with pictures (!) on our website, bcyukon-al-anon.org under 'Resources' in the 'Members' section (username- member; password- Area81). As always, the District Representative reports are a highlight of AWSCM and the challenges and successes that they reported are compiled here and on the website.

Our next event will be Assembly in Langley Sept. 30-Oct. 2, 2022. Information about accommodations is included in this Bulletin. Keep your eye out for more news in the August and September Bulletins as well.

Our website contains essential information that Group Representatives will need to be prepared for Assembly, such as the Thought Force recommendations for Al-Anon Family Groups Which Meet Electronically; AKA 'AFGWME' (the Task Force recommendations will be added in September); the Alateen Thought Force Recommendations and the background information for the 2018 Budget Motions. The items under the 'Assembly' title are also worth checking out.

You can also see a proposed change to the Schedule of Elections and Appointments that we need to ratify at Assembly. The change was made to try and spread out several Coordinator positions starting a 3-year term all at once.

At Assembly, the Group Representatives will vote to elect members for the positions of Area Chair and Area Secretary. District Representatives who are completing the third year of their term and active past District Representatives who have completed a 3-year term are eligible to stand for election as a BC/Yukon Area Officer.

I am looking forward to receiving resumes for the coordinator positions of Website, Literature and Archives (one year left in term). The resumes and job descriptions are on the Website and the positions are appointed after Assembly.

It is an expectation that Officers and Coordinators do their best to attend Area meetings and Events in person. It is way more fun, and not only do we want our service members to succeed, but we also want them to have fun!

Enjoy your summer and think about committing to service!

Love and fun in service,

Shannon P. BC/Yukon Area Chair
chair@bcyukon-al-anon.org

AWSCM 2022 Challenges reported by District Representatives

Service members

No District Representative, difficult to get service positions filled, some meetings with no GR, recycled service members, not filling all group positions, Groups not having business meetings, group not including all members in business meetings due to split between online and in person.

Technology challenges

Technology challenges to do hybrid meetings, members having difficulty with keeping track of the many login numbers for zoom meetings, some members have trouble with technology to join online meetings, hard to find venues with strong Wi-Fi to do hybrid meetings, tech problems take time away from meetings and distract from our purpose, hybrid technology can be problematic.

Unity of members

Lack of connection between those attending in person and those on electronic meetings, some meetings have split into in-person and online, some members not coming or not as committed

to online meetings, some groups did not meet during covid, declining membership during covid and not all are coming back, meetings closing, lost meeting during covid, lost members during covid, solid group but weak in service.

Alateen

Alateen not active, no Alateen group, not enough AMIAS (AI-Anon members involved in Alateen Service), only 1 member in Alateen meeting.

Pandemic protocols

Changing protocols during pandemic, hard to hear everyone when social distancing in a meeting, some meeting rooms not yet open.

Other

District Representative supporting large geographical area is difficult, no roundup this year so fundraising was not available, not able to host special events, too many back seat drivers, lack of Public Outreach. Are we reaching potential new members? Not all groups are updating meeting information with Group Records (especially when changing from online to in person and back again), problems with World Service Office not being able to list all meetings with the variety of adaptations made during the pandemic,

AWSCM 2022 Successes reported by District Representatives

Alateen

Alateen meeting starting up again, one group donating Tradition 7 to help Alateen with startup costs, district starting a new Alateen meeting, 6 AMIAS available for new group, existing Alateen group has one teenager, it was noted that Alateen members are also AI-Anon members and can attend AI-Anon if they choose.

Electronic meetings

District meetings on zoom now, District wide zoom account shared by all groups in the district – one passcode for all works well, a group going hybrid budgeted for equipment so set up went well, 2 groups in districts staying electronic, sharing zoom account in district saves \$896.00 in fees, formed an electronic meeting – challenges turned into successes, hosted a speaker meeting with the speaker from another part of the province, new electronic group started.

In Person Meetings

Meetings are exploding and people coming back indoors, meetings outside in the park to avoid going electronic, 2 new in person meetings – one is a beginner's meeting, strong healthy group with 50-60 people, in person meetings slowly increasing attendance, new group being considered for startup.

Unity

All service positions filled, well attended district meetings, using business meetings to bring some history of Stepping Stones, great district & strong groups with everyone willing to step up to get things done, feel supported and never alone in service, district meeting well attended by groups. New District Representative feeling welcomed into group/district, feeling loved unconditionally, newcomers can come to a healthy district, looking forward to hosting assembly, strong support from alternate District Representative, regular members rather than Group Representatives step up at district to ensure groups participate, learning new communication tools for personal growth.

Special events

Electronic book study on "Intimacy in Alcoholic Relationships" was successful, Christmas Day electronic meeting was open all day for support of members and 3 meetings were held that day as well, anniversary meeting held, Mother's Day meeting with Al-Anon and AA speakers, planning intimacy workshop, held step workshop and maybe do another in June, planning fall barbeque, speaker meeting with local AA members well attended, barbeque planned for the fall for district to see each other again, held a movie night, went on road trips together – lot of fun, gratitude Day in December – used old phone lists to call more members and had a good turnout, planning to host a picnic on the same day as Lois' Annual Picnic at Stepping Stones on June 4th, speaker meeting with perfect attendance.

Public Outreach

District outreach coordinator good, published ad in paper for public outreach, strong district Public Outreach coordinator, have a district answering service with lower costs.

Delegate's Message

Greetings Al-Anon Friends,

With our Area World Service Conference Meeting now behind us. We look forward to our summer and with luck more in person meetings.

After the Area World Service Committee Meeting (AWSCM), we put together a Task Force to prepare for Assembly the motions for the Group Representatives to vote on, which will aim us towards Electronic Meetings in the BC/Yukon Area. The Task Force is working on Policy and Procedures for our area.

During the summer months, please remember that World Service needs our Tradition 7 donations, as they work towards servicing the AI-Anon groups and balancing the budget.

The 2022-2025 AI-Anon/Alateen Groups at Work, can be found online at:
<https://al-anon.org/pdf/P24.pdf>

Our new service Manual is also online now and will be in print mid-August.

In Service,
Your humble BC/Yukon Area Delegate Owen
H.
delegate@bcyukon-al-anon.org

Alternate Delegate

Greetings AI-Anon Family Members,

It was so good to see everyone who attended Area World Service Committee Meeting (AWSCM). It was a first Hybrid experience of the membership, and we achieved a lot.

The next event is Assembly from September 30th to October 2nd, 2022, in Walnut Grove, Langley BC. Be sure to read beyond this report in the following pages to find all the information about how to reserve a spot to attend.

Assembly is an event where the Group Representatives participate in the links of service in carrying the envelope.

However, all members of AI-Anon are more than welcome to attend in person or via an electronic platform. The details and the link will be provided in the bulletin, in the issues to follow.

If you aren't sure or don't know what Assembly is all about read on with this share below that I have been given from a member who recorded her first Assembly experience. After you read this; I'm hopeful to see all members make their way there. If you have any questions, please contact me the alternate delegate at the email address below.

As your Area Forum Coordinator I will close with a few Tidbits of the Legacies from the July 2017 Forum:

Step seven: *“Step Seven taught me that I require a one-on-one relationship with God and his power to become a better person. I became aware of the wisdom of asking God to remove all my shortcomings in His own way and time.*

Tradition seven: *“Being self - supporting wasn’t just about money. I felt responsible to do what I said not just in the group, but also at home. In time, I stopped complaining and adjusted myself to what was.*

Concept seven: *“I believe Concept Seven highlights the value of balance. It depends on mutual respect and clearly defined roles. The optimum result is trust and harmony.*

Kind Regards in Service Nancy MC.

Alternate Delegate altdelegate@bcyukon-al-anon.org



My first Assembly Experience

My first Assembly was in September 2013 and the title was "Our Legacies: The Spiritual Journey of Changing Me to We".

I arrived at Assembly with few expectations. Although I was anticipating a "business type" meeting. The morning began with laughter, warmth and an abundance of food! Everyone was made to feel welcome, truly amazing with so many people in attendance to feel so individually welcomed no matter what your title was or was not. One of my most memorable quotes from the morning was that God chose us to be right where we were supposed to be and that's why we were present that morning. What a powerful yet simple statement.

I laughed at stories that Ally our Chair shared with us. It truly marvels me at how Al-Anon material is so relatable and everyone gets it! There were some discussion items that ruffled a few feathers. This was my opportunity to witness conflict and resolution in a platform where everyone was heard, no one was discounted and all were respected, WOW!! Truly amazing.

I listened to our delegate share her experiences and was moved by her stories. I started to understand how Al-Anon comes together- from me at my Thursday night meeting, to our GR, to our DR, to our officers and coordinators, to our Delegates and to our World Service Office- Yes the whole "Me to We" process became clearer to me.

The Alateens were a very special part of the Assembly. I felt their presentation touch hearts throughout the room and bring new hope. I'll never forget that feeling.

Then it was skit time- hilarious and thought provoking at the same time.

So many emotions, joy, sadness, marvel, compassion, fellowship, hope. I was kinda drained when we left that night but my heart was full. And my tummy was too! I have always heard there's never a shortage or variety of foods at Al-Anon events and boy I can sure attest to that!

Sunday morning there was a Spiritual Meeting. Members that were leaving their service positions were invited to share their Spiritual experiences. Part way through the meeting I asked myself why I had applied mascara that morning, the waterproof stuff wasn't really working! Not many dry eyes in the room. What was in that room was love, hope and understanding like no other. I have found that in Al-Anon we are there for one common goal- recovery and healing from the effects of alcoholism. As alcoholism knows no boundaries, nor does Al-Anon. As diverse and different as we all are in Al-Anon we come together and are unified.

We joined hands around the room and became one... what an experience.

Shelley B
Westbank BC

Hi Nancy,
Please feel free to
share this in its entirety
in any area of Al-Anon
where you feel it
would be beneficial

2022 BC/Yukon Assembly

September 30, October 1 & 2, 2022 Langley,
B.C.

Locations for Meetings:

- **Friday:** Officer/Coordinator meeting: 1 pm - 4 pm Holiday Inn Express, Magnolia Room
- Alateen AMIAS Meeting: 4:30 pm -6:30 pm Holiday Inn Express, Magnolia Room
- Assembly registration 6 pm to 7 pm – Starts 7 pm to 9 pm at Walnut Grove Lutheran Church, 20530 88th Ave, Langley B.C.

- **Saturday:** Al-Anon Early Bird meeting Holiday Inn Express Magnolia room 8 am to 8:45 am
- Registration 8 am - 9 am start to 9 pm at Walnut Grove Lutheran Church, 20530-88th Avenue, Langley, B.C.

- **Sunday:** Spiritual Meeting Sunday morning: Holiday Inn Express, 8750 204th Street, Magnolia Room 9am to 11am

Accommodations:

Holiday Inn Express

8750 204th Street, Langley, BC, V1M 2Y5

RESERVATIONS MUST BE MADE DIRECTLY WITH THE HOTEL @ 604-882-2000

**** Rates listed below are available until August 29, 2022**

PLEASE QUOTE "N2K" WHEN MAKING RESERVATIONS TO ENSURE YOU GET THE GROUP RATE.

40 - Standard rooms with two queen beds	\$164.00 +taxes
4 - Deluxe king room	\$164.00 +taxes
4 – Executive rooms with two queen beds	\$174.00 +taxes
2 – Wheelchair accessible one queen rooms	\$164.00 + taxes
3 - Executive king room with sofa bed	\$174.00 +taxes

For assistance finding a room to share contact: altdelegate@bcyukon-al-anon.org

These rates are based on double occupancy, and there is a \$15.00 charge for any additional person. The hotel rooms **include a hot deluxe breakfast**, which includes omelets, scrambled eggs, sausage, bacon, breads etc. Amenities: Wi-Fi, free parking, indoor pool, hot tub, sauna fitness room.

Cancellation Policy:

Reservation not cancelled 72 hours prior to arrival will be charged for one night room & tax **Travel information:**

By Car: To exit #58 on Freeway, travel north on 200th St. and turn right (east) on 88th.
By Air: To Vancouver International Airport
To Abbotsford Airport (closest airport to venue)
By Bus: Check Bus service/companies specific drop off locations

Host committee chair: Elke H District 9

Contact info: hendess@ymail.com(ymail is correct not gmail)

Phone 604 – 710-2213

Any members willing to assist with hosting duties or kitchen support please contact Elke For assistance with Shuttle services from points of arrival please contact Elke District 9.

Group Records

Hello,

I am happy to say that I survived my first Area World Service Committee Meeting (AWSCM) as your Group Records coordinator with the help and support of our members. I am incredibly grateful for all the encouragement I have received.

I am excited to inform you that there is a new group on Denman Island. They meet Sunday nights at 7:00 pm in the United Church at 4575 Denman Rd.

Please remember to include your District #, WSO ID and Group name when requesting changes to the group records.

With Gratitude in Service, Sarah O.
grouprecords@bcyukon-al-anon.org Your
"One Stop Shop" for Group Information

Treasurer

Hello to my Al-Anon friends,

We are approaching the end of our fiscal year (June 30th), and it has been a busy year compared to the last two years. Our expenses are starting to climb as we become more active in Area business and many groups are resuming their contributions to the Area. Your contributions have allowed us to adapt to the needs of members who are unable to meet in person for AWSCM or Assembly. Al-Anon works best when all members can take part in the decision-making process. Hybrid meetings will allow us to do that.

Area World Service Committee Meeting (AWSCM) in Salmon Arm was a huge success with about 20 members meeting in person and approximately 20 joining electronically throughout the

weekend. The technology worked beautifully from where I sat in the meeting room. Judging by the feedback, those who joined electronically were able to participate easily. Kudos to your new “event” and “equipment” coordinators (Akemi and Ernie) who did an extraordinary job to ensure everyone had a good experience. As with any new process, I’m sure adjustments will be made to improve as we learn the needs of our members.

During the Area World Service Committee Meeting (AWSCM), a question arose about the possibility of depositing contributions directly to the Area bank account rather than by cheque or e-transfer. The bank has responded to our inquiry and has said it is possible, but we would have to share our bank account information with individuals to do that and the deposit record would not include the details of the person or group who made the deposit. Based on what we learned, we have decided not to proceed with this option. Cheque or e-transfer will continue to be accepted methods for contributions to the BC Yukon Area Assembly. As a note of clarification, automatic deposit is not available for e-transfers so you will need to use a security question – and the answer should be “Tradition7”.

I hope you all enjoy a great summer and look forward to seeing many of you September 30th to October 2nd in Langley for your Assembly!

With gratitude, Janis

A.

BC/Yukon Area Treasurer

treasurer@bcyukon-al-anon.org

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

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,

Its officially summer and time for a little summertime conference approved reading.

Last month I wrote that I was rereading *How Al-Anon Works for Families and Friends of Alcoholics (B32)*. This month I would like to share one of the readings found in this amazing book. On Page 242 in an article titled 'A Nun Finds Spiritual Peace' this Al-Anon member relates her experience with "changed attitudes". The member shares a valuable tool for remembering that changed attitudes can produce amazing results.

**Opportunity is nowhere.
Opportunity is now here.**

"It was a wonderful, graphic example of the fact that the way the world looks is all a matter of perspective ... so whenever I feel as if opportunity is **nowhere**, I have the option to step back and detach for a moment – to create a little space – and I'm likely to find that opportunity is **now here**, and in fact has been here all along."

I hope this little tool is helpful to you as well.

And now back to summer.

Audrey E.

BC/Yukon Al-Anon Literature Coordinator literature@bcyukon-alanon.org

Public Outreach

Hello everyone,

Well, our Area World Service Committee Meeting (AWSCM) is over and was a total success. All the presentations provided insight into the various positions in the BC/Yukon Area, and what they have and are working on.

It was wonderful meeting the people attending in person, having some good laughs, and hugging it out with everyone. Also, a little car trouble slowed us up but because of that we met some wonderful helpful people and got to Salmon Arm and back safely. The Comfort Inn was awesome, and the Salmon Arm District provided us breakfast. Good Food, Good Friends, and Good Times.

I presented the Public Outreach Power Point for Groups and Districts to present to their members on what can be done for outreach to the public, professionals, family, and friends. If your group would like a copy, please contact myself at publicoutreach@bcyukon-al-anon.org.

I want to thank Shannon, our chairperson, for a wonderful job, and Akemi and Ernie for keeping all our presentations going.

Have a happy July and remember “When I got busy, I got better.”

Hugs In Service, Gail

S.

Public Outreach Coordinator publicoutreach@bcyukon-al-anon.org

Central Service Office: Al-Anon Information Services (AIS) Literature Distribution Centre (LDC)

The outstanding order of “HOW AL-ANON WORKS for Families & Friends of Alcoholics” was received and distributed to all on the wait list. Copies have been picked up or mailed out and everyone is happy. There is still good stock on our shelves.

It is another story for “One Day at a Time” and “Courage to Change” which are presently out of stock, but the order is expected soon and may be filled by the time you receive this Bulletin; please phone the office to check on availability.

The “Twelve by Twelve” as it is affectionately known, Al-Anon’s Twelve Steps & Twelve Traditions (revised) is currently out of stock at World Service Office. Our Office will keep checking for its availability.

“Groups at Work” booklet - we should have our order in stock by the time you receive this report. All this information should keep the Group Literature member busy to best service their group. Also, the new Service Manual will be available at the end of the year.

There are increasing individual and Group orders for literature since in person meetings have resumed and donations to Central Services have increased. Thank you to all, for donations and literature orders. The Office is staying on top of meeting changes; thank you Group Records for your timely and accurate information. The Office Manager says most visitors stay for 30 to 40 minutes, especially newcomers, as they are needing information, sharing of experience, strength, and hope and like all of us fellowshipping. We are not alone.

Yours in Service,

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

Al-Anon Central Services Society afgcentraloffice@gmail.com

<http://afgcentraloffice.blogspot.ca>

AL-ANON CENTRAL SERVICES SUBMISSIONS FOR JULY 2022 BULLETIN

AL-ANON CENTRAL SERVICES FOR MAY 2022
CONTRIBUTIONS, CALLS, VISITS, EMAILS
Contributions - \$1,428.00
Calls 35– Visit 14 — Email Mtg Info 23 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)

Officers and Coordinators 2021

Shannon P	chair@bcyukon-al-anon.org	Audrey E	literature@bcyukon-al-anon.org
Owen H	delegate@bcyukon-al-anon.org	Michelle W:	alateen@bcyukon-al-anon.org
Nancy M:	altdelegate@bcyukon-al-anon.org	Patty T	website@bcyukon-al-anon.org
Ann A:	secretary@bcyukon-al-anon.org	Jean H:	bulletin@bcyukon-al-anon.org
Janis A:	treasurer@bcyukon-al-anon.org	Vacant:	archives@bcyukon-al-anon.org
Sarah O	grouprecords@bcyukon-alanon.org	Annette P:	webmaster@bcyukon-alanon.org
Gail S:	publicoutreach@bcyukon-alanon.org	Akemi M	event@bcyukon-al-anon.org
		Ernie W.	equipment@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 **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.