

AI-Anon & Alateen Family Groups

BC/YUKON AREA BULLETIN

Volume 12, Issue 8
August 2022



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

Inside this issue:

Chair	1-2
Delegate	2
Alternate Delegate	3-4
Assembly Info.	4-5
Group Records	5
Treasurer	5-7
Literature	7-8
Alateen	8
Public Outreach	8
Central Service	9
AIS Victoria	10
O/C	11

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 AI-Anon friends,

I hope by the time you read this, there will be some indication that summer has arrived, meaning some heat! I am so looking forward to feeling that elusive warm sunshine.

Our first in-person Assembly since 2019 is coming up September 30-Oct 2nd in Langley, and I am hoping to see many of you there. The July Bulletin has accommodation information and I recommend that you book your room in plenty of time. It is always more fun to bring another member to share the 'Assembly experience' with!

Electronic registration information will be in the September Bulletin as well as the Agenda for the weekend, so watch for those! The Consent Agenda, which consists of the Minutes from the 2021 Assembly and the annual reports from the Officers, Coordinators and Liaisons, will be posted on the BC Yukon AI-Anon website so watch for that as well. It is expected that the Group Representatives read these as you will be asked at Assembly to accept them or correct them if needed.

The background information for the Topics of Discussion is also posted on the website. These include:

- The Thought Force for AFGWME (AI-Anon Family Groups Which Meet Electronically) • The Task Force Report for the AFGWME (will be posted in September when completed)
- Recommendations from the Alateen Thought Force Report - all above under 'Thought/Task Force Reports'

- Proposed change to the current Schedule of Elections and Appointments (SEA) - under 'Assembly'
- Financial Motions from 2018 - under 'Group and District Resources' Group Representatives will be voting on the recommendations from the Task Force on AFGWME, the recommendations on the Alateen Thought Force, the financial motions up for review from 2018, and we will be asking for ratification for the proposed change to the SEA. Group Representatives will also be voting for a new Chair and Secretary, and so far, we have no candidates for them to vote for. Hint, hint to all you District Representatives that have or are completing your 3rd year!

Reminders:

- Members will not have access to the Assembly Hall Wi-Fi so please either download information you will need onto your device or have printed materials with you.
- Deadline for accepting resumes for upcoming Coordinator positions (Website, Literature, last year of Archives) is **November 15th**. Resumes can be found on the website. If anyone has questions, please feel free to contact myself or any of the Officers or Coordinators.

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

Delegate's Message

Greetings Members,

I hope you all are enjoying your summer and looking forward to an in-person Assembly in September.

Today I was on an electronic meeting with World Service Office regarding the Electronic Meetings, and our area is working on a Task Force to see what our process will be as we move forward. I have been asked by members if they can have both an in-person meeting and an electronic meeting using the same group ID, but not what we refer to as a Hybrid meeting. So, to clarify that a group CAN NOT have a physical location AND an electronic location, the electronic portion will need to register as a permanent Electronic Meeting.

A group can be a physical group with an electronic component into that physical group (what we think of as hybrid).

However, for now let's not get too far ahead of ourselves and let's let our BC/Yukon Assembly Task Force make its presentation at Assembly so we can all understand as we move forward.

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

Alternate Delegate

Greetings and Happy Summer Al-Anon/Alateen Friends!

After Summer, around the corner at the end of September in “Al-Anon Seasons” is Assembly. I am looking forward to meeting with Group Representatives and many others at Assembly in Langley from September 30th to October 2nd to discuss and conduct the business of Al-Anon.

Truthfully, and more importantly and dear to me, is the fun, fellowship, meeting in person, Early Bird Al-Anon meeting; hearing members personal shares from across the BC/Yukon and of course the wrap up with the Spiritual meeting. Whether you can make it in person (my hopes) or virtually I am looking forward to seeing you all.

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. The Responsibility of Group Representative Orientation at Assembly is that of the Alternate Delegate. Group Representatives, I want your Group Representative orientation at Assembly to be useful and meaningful to you in a way that assists and supports you in the role of “**Carrying the Envelope**,” please do not hesitate in connecting with me via email with any input you would like included in the orientation. (See address below). Group Representatives, I will be sending you an e-mail with some important tools and resources in assisting you to prepare for your participation at Assembly. So, watch your inbox for an email from me via group records. Group Representatives, please ensure your email contact information is up to date with Sarah our Group Records Coordinator so you can be contacted to stay in the Loop.

If by chance you do not receive the email package for Assembly preparation by the end of August don't hesitate to email me and request it at the e-mail address below.

Summer will come and go by fast, but it is our fellowships' chance to collect our group conscience materials from individual group members to bring to Assembly, so the Group Representative can “**Carry the Envelope.**”

As Area Forum Coordinator I will close with a few tidbits of our 3 Legacies from the August 2017 Forum.

Step 8: *Step Eight gives me the opportunity to sort through all the guilt I've acquired over the years...It's about addressing behaviour now, and in the future, so I don't continue to experience the pain that poor decisions can cause me and the people I love. It is my chance to get started on changes that can lead me to a happier life...be a better person in a better world.*

Tradition 8: *Finding My True Identity...Tradition Eight gets rid of labels and expectations Tradition Eight gives me a chance to be me. I was surprised when I came to Al-Anon and no one in asked me what I did for a living. I hid behind that role that Girl. Tradition Eight gives me the chance to focus on myself not the skill I can perform.*

Concept 8: *Letting Go and Trusting Others...Our Program tells us we don't need to do it all, and perhaps if we don't try to do it all we can avoid being burned out. When we delegate, do we allow members the freedom and authority to do the work?*

Thank you for letting me share and serve such a wonderful fellowship it is my gain.

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



Assembly

Assembly 2022 Lunch Options

We are offering an option to order an individual box lunch in advance to promote a safer distribution of food and an alternate option to going out to a restaurant. This year we will use the honor system to pay for your lunch. Members will be able to pay at the registration table when they arrive, using cash or cheque. If you would like to pay in advance, you may send cheque or e-transfer to your Area Treasurer. Details are in the Bulletin in the Treasurer section. For e-transfers, it is important to note your name, phone number or email, district # and selected sandwich & drink in the e-transfer message.

LUNCH BOX – PLEASE ORDER BY SEPTEMBER 20, 2022

Sandwich - Choice of white or brown bread or gluten free

1. Ham and cheese mayo and mustard
2. Tuna salad
3. Egg salad
4. Smoked chicken with chipotle and mayo
5. Curry chicken salad
6. Roast beef sandwich with Dijon mustard and mayo

Each lunch box also includes:

Bottled water or juice box (variety of juice boxes ...trade with a friend if you like their box better than yours 😊)

Small potato salad

2 cookies and a square and apple

Fork and napkin and wipe

Total Price: \$17.00

Place your order with treasurer@bcyukon-al-anon.org by September 20, 2022

Group Records

Hello friends,

I am looking forward to Assembly and hope to put some faces to the names I have been in contact with. I am continuing to learn about our amazing program and our service arms.

The World Service Office (WSO) regularly communicates to groups. Each group needs to have someone who is willing to receive mail and email to inform the group of any communications. A Current Mailing Address (CMA) ensures that the group receives all communication from the WSO. A group email is also beneficial and encouraged.

Thank-you for keeping your group information current."

With Gratitude in Service,

Sarah O.

grouprecords@bcyukon-al-anon.org

Your "One Stop Shop" for Group Information

Treasurer

Hello to my AI-Anon friends,

This year Group Representatives have 2 options to prepare for Assembly. Group Representatives can attend electronically, or they can travel to Langley and attend in person. Both options have benefits and challenges.

1. **Electronic attendance:**

Benefits: no need to travel, attend in the comfort of your home, less time away from your family, no cost to group for travel expenses.

Challenges: absence of in-person fellowship and conversations that build relationships, loss of ability to have informal discussions about the topics being discussed, balancing

family responsibilities while attending online, technological problems, looking at a screen for a long period of time, not being able to converse with friends you see online or in person, feeling disconnected.

2. In person attendance:

Benefits: able to meet new friends in AI-Anon, having casual conversations with other members who may have different experiences and new perspectives to consider, ability to travel with other Group Representatives in your district, a break from family responsibilities.

Challenges: longer time away from family, sharing a hotel room with another member, being uncomfortable in a larger group setting, sitting in uncomfortable chairs, not being able to converse with friends you see online, group may not have the funds to pay Group Representative expenses to attend.

Of course, there are other benefits and challenges, and your Officers and Coordinators are doing their best to ensure ALL attendees have a similar experience whether online or in person.

One of the challenges attending electronically is the absence of fellowship throughout the day. Our experience suggests that by sitting together, sharing meal and break times together that we have casual conversations sharing our experiences/perspectives that may help understand current issues we are discussing. These conversations also build friendships with members throughout our area.

If finances are a challenge for Group Representatives, who would prefer to attend in person, please be aware that our BC/Yukon Area currently has funds to assist your Group Representative to attend in person. The following decision was made at our Assembly in 2017 to encourage all groups, near and far, to send their Group Representatives to BC/Yukon Assembly (our AGM) to learn about the important topics being discussed and vote on behalf of your group members. Of course, all Group Representatives have full access to the formal discussions that may come from some of these conversations. This year is pivotal in deciding how we move forward in this new virtual world, so however it works for you, we hope you will attend.

Motion from 2017 Move that Groups/Districts are financially responsible for the Group Representatives to attend Assembly. However, Assembly will pay travel and accommodation expenses to Assembly on a basis of need, not to exceed double rate for accommodation and the most practical and economical means of travel. Expenses will NOT be reimbursed without prior written approval of the Assembly Treasurer. (Overrides 2005 motion) Carried

Outline of costs to BC/Yukon Area funds may cover with prior approval: Travel expenses: actual expense with receipts (gas, bus, ferry etc. - car pooling encouraged). Hotel room for 2 nights: based on shared room, up to 50% of hotel negotiated AI-Anon room rate. To find someone to share a room, please contact Nancy MC altdelegate@bcyukon-al-anon.org.

If your group cannot provide for your expenses, apply for funding by emailing me at the address below. Please discuss it with your group and district first to determine if they can pay for your meals and some of the travel/hotel costs – unfortunately the Area cannot pay for meals. With that information, please send me an email outlining what is needed to cover your travel and hotel costs. For any questions, please email or call me at 604-454-4873. This funding is somewhat limited, so please do your best to apply as soon as possible.

With gratitude for your service to Al-Anon,
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,

It's summertime and summertime lend itself to more time to read Al-Anon Conference Approved Literature.

Many of us have been unable to access our group's literature because it remains locked up in a cupboard at our old meeting place. I am suggesting that our Group Representatives retrieve the literature boxes and donate them to your local Al-Anon Information Service.

In Victoria, the Al-Anon Information Service (IAIS) office gratefully receives used Conference Approved Literature and provides it to members for the price of a donation. It's a great way to buy a gently used piece of Al-Anon literature.

Summertime is also a good time to exercise our writing muscles and contribute a short but important article to the Forum's 'Cal Corner'. The Forum is always looking for members to write

about their experience, strength, and hope and how Conference Approved Literature has enhanced their recovery.

The World Services office staff and the Literature Committee is currently working on a new piece of literature. It is entitled "*A Little Time for Myself - a Collection of Al-Anon Experiences*". It is scheduled to be completed for printing and introduction at the Al-Anon International Convention June 29 – July 2, 2023 in Albuquerque, New Mexico, USA.

Happy holidays.

Audrey E.

BC/Yukon Al-Anon Literature Coordinator

literature@bcyukon-alanon.org

Alateen

Hello Summer at last and greetings fellow Al-Anon members,

I am totally thrilled about the response from Al-Anon members who have stepped up in service by becoming Al-Anon Members in Al-Anon Service (AMIAS's). We now have three Alateen groups registered that are meeting in person and 18 AMIAS's, which is great.

We had a power point presentation in July and plan on meeting again in August. If anyone is interested, they can join us August 7th at 1pm on Zoom the link is 393 518 0242 and the password is 4JRM01 (zero).

Thanks again for those who sent in their paperwork and were certified by the June deadline. Those who want to become AMIAS's can still do so, just check the BC/Yukon and WSO website for information and you can email me, and I will send you the forms. Have a great summer everyone and hope to see and feel your (HUGS) at Assembly.

Yours In Service,

Michelle W.

alateen@bcyukon-al-anon.org

Public Outreach

Hello everyone,

Well, here we are in August and your Public Outreach Committee is busy making plans for the Fall and in particular, Assembly 2022. There has been so much activity this last year and we look forward to sharing it with you at Assembly.

The Committee still meets on the 3rd Saturday of the month at 10:30 a.m. – Noon and we'd love you to come and give of your service to this very worthy cause. Group Representatives, please let your group members know about the Committee. The log in for the monthly Saturday meeting is Zoom 985-6094-7531 and pass code is 696634. My email is below.

Also, if any group would like myself or one of the Committee members to do a presentation at your group or District Meeting, please contact myself.

Until next month everyone have a wonderful August!

Gail S.

Public Outreach Coordinator

publicoutreach@bcyukon-al-anon.org

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

Summertime, and I am interrupted in my routine of meetings due to holidays. I am retired so life is like a holiday, well it could be, but I do not do well without my meetings. Central Office is up to date on meetings in BC/Yukon, except for the Vancouver Island, contact their Area Information Service directly. Oh, a holiday on the Island would be nice. I have my holiday on a lake, boat access only so my meetings will be from the literature that travels with me. I am packing the new book I bought from Central Office, "Many Voices, One Journey" Here is a quote from page 1:

"Anybody can start something but carrying it out is the real challenge. And all the rest of you are doing that job, You're all founders in your own right, carrying the message."

- Al-Anon co-founder Lois W.,
to the 1987 World Service Conference

The Group Representatives keep the foundation of our program strong and will be coming to Assembly, Sept 30, Oct. 1, and 2nd. Central Office will have a literature table, if you want to put in an order then pick it up at Assembly, we can do that. We will have a limited amount of literature available for sale, and maybe Cynthia, the Office Manager will pick some of her favorites to bring along for the literature sales table. Sales will be closed while the meeting is in session.

Office hours	Address:	Mailing address:
Monday, Wednesday, and Friday	#222 - 3701 Hastings St.,	P.O. Box 28574
Last Saturday of the month	Burnaby, BC V5C 2H6	Burnaby, BC V5C 6J4
10:00 am to 1:00 pm		

T/F 604-688-1716
Parking available- phone

email: afgcentraloffice@gmail.com
www.bcyukon-al-anon.org
<http://afgcentraloffice.blogspot.ca>

Tradition 7: Through Groups, Districts, individuals by cheque, or PayPal. Thank you.

Chair, Central Services,
Lynne G.
afgcentraloffice@gmail.com

AL-ANON CENTRAL SERVICES SUBMISSIONS FOR AUGUST 2022 BULLETIN

AL-ANON CENTRAL SERVICES INFORMATION FOR JUNE 2022

CONTRIBUTIONS, CALLS, VISITS, EMAILS

Contributions - \$2,728.60

Calls 38– Visit 14 — Email Mtg Info 21

Email Literature Info. 12

Al-Anon Information Services & Literature Distribution Center – Victoria

Hello everyone,

Greetings from Victoria! Things are going smoothly here. We have a new Literature Chair who is Nancy and who replaces Cindy. We are incredibly happy to have her and thank Cindy for all the service she provided to us.

We are looking forward to having the new Service Manual in print as well as next year's daily reader "*A Little Time for Myself - a Collection of Al-Anon Experiences*. We are happy to have the new Groups at Work booklets.

The office continues to be open on Wednesdays 10 am to 2 pm. We continue to accommodate others, including up island folk, on Saturdays to provide them with literature.

Also, we now have someone answering the phone directly when the office is not open, instead of having an outgoing message with a phone number to call. We believe that this is appreciated by our callers.

Please feel free to reach out to me if you have any questions at 250-383-4020 or alanonvictoria@gmail.com

Gratefully,

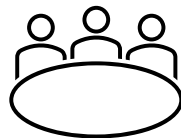
Amy G.

Al-Anon Information Service & Literature Distribution Chair

Event

District 17 Summer Picnic, **Saturday, August 27th** at **1pm** at McGregor Park in Sooke. Bring your own food, beverages, chair, and blanket. Bring friends and family to this casual get together for fun and fellowship.

Aldergrove Monday Night AFG Speaker Meeting, 3025-264th Aldergrove on **Monday, August 29th** from **7pm-8-pm**. Join us for a special speaker meeting on the 5th Monday of each month. Contact: mondyaaldergrove@outlook.com



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-al-anon.org	Annette P:	webmaster@bcyukon-al-anon.org
Gail S:	publicoutreach@bcyukon-al-anon.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.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.