



Al-Anon & Alateen Family Groups

BC/YUKON AREA BULLETIN

Volume 12, Issue 8

August 2023

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

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Website Access:

www.bcyukon-al-anon.org

To access "members" pages:

Username: **member**

Password: **Area81**

(all one word)

Area Chair's Report



I am grateful for the summer weather and the beautiful area where we live! While I laze on my deck listening to the bird's chirp, I have thoughts of gratitude for all the work that our members do so that we can gather at Assembly to take care of our Al-Anon business and enjoy the fellowship of Al-Anon. Together we truly can!

I look forward to seeing many of you in person and online on **September 22, 23, 24** in Langley, BC. At Assembly, we will discuss the business of BC/Yukon Al-Anon at Assembly and your Group Representatives will bring your voice and vote to Assembly. Just like Area World Service Committee Meeting (AWSCM) in May, Assembly is open to all members of Al-Anon. Your voice and fellowship are welcomed. I want to encourage all Group Representatives to attend (if possible) in person. The value of the fellowship experienced at Assembly is unmeasurable.

Assembly 2023

Accommodation and travel information can be found in the [July 2023 Bulletin](#) (bottom of the page). If you haven't already reserved your room, I suggest that you do it soon. There is a limited number of rooms available at the group rate.

A new section of the website has been created for Assembly 2023. It contains all the pre-Assembly information needed to attend in-person, virtually, and what you need to share with your group. The link to the page is <https://www.bcyukon-al-anon.org/assembly-2023/>.

It will be ready by August 1 and it is a work in progress (much like myself 😊), so if you don't see something you need, keep checking the page for updates.

The minutes from the 2023 AWSCM will be posted on the AWSCM webpage as soon as they become available.

Please note that the information found on the Assembly webpage will not be duplicated in this or the September edition of the Bulletin. There will be topics mentioned and where to find the information on the website, but not a repeat of the information. In the next week or so, I will be sending an email to all the Group Representatives regarding Assembly, so if your group contact information has changed, please contact [Sarah O., Group Records Coordinator](#), as soon as possible.

You will find the following Assembly information such as:

- The Consent Agenda (includes the Officer and Coordinator reports and the 2022 Assembly minutes)
- The Past Delegate Thought Force report.
- Online attendance registration link and information
- The Group Representative's Guide to Assembly
- The draft Agenda
- Lunch arrangements
- Housekeeping motions
- The Assembly Goals
- Knowledge-based Decision-Making information
- The Treasurer's Report (available closer to the meeting date)
- Information regarding service opportunities
- The Schedule of Elections
- General meeting information, and more...

Thank you to Lothar S., Website Coordinator, for his continued service.

If you need a roommate for Assembly, please connect with our [Alternate Delegate, Nancy M.](#) If your Group/District does not have adequate funds for a representative to attend, please contact [Janis A., Area Treasurer](#).

Service Opportunities

Due to personal circumstances, Diana H., Area Secretary, elected at the last Assembly, has resigned. Shannon P., past Chair, has agreed to fill in until we can find a replacement. There is two years left in the term. I am so very grateful for Diana's service and Shannon for stepping up. At Assembly, we are also looking to fill the positions of **Treasurer, Bulletin Coordinator, Archive Coordinator, and Public Outreach Coordinator**. If you are interested in any of these positions, please review the job descriptions and the online fillable resume form found on the [Job Descriptions](#) webpage.

As always, I love to hear from you and please feel free to email me anytime.

Love in service,
Patty T., BC/Yukon Area Chair
chair@bcyukon-al-anon.org

Delegate's Message

Hello Al-Anon Family,

I am a grateful member of the worldwide fellowship of Al-Anon/Alateen.

Having returned home from the Al-Anon International Convention in Albuquerque New Mexico, I was reminded again just how far reaching our program is and how *“When anyone anywhere, reaches out for help, let the hand of Al-Anon and Alateen always be there and Let it begin with me.”* And the words “let it begin with me”, again, are such spiritual words for me.

At the convention, the committee asked for volunteers, and they had hundreds of them. One of the service positions I signed up for was greeter at the top of the escalator in the convention hall. What a blessing it was to greet and welcome members as they headed to meetings. I met members from many parts of the world and, in the conversations, I had with them, I met members who knew members who knew members of a meeting I had attended during my travels. The hugs and smiles filled my heart the same as they do when I walk into a meeting here at home and I feel that welcome that someone else knows how I feel.

Soon we in BC/Yukon, will meet in Langley for our Assembly and I look forward to the smiles and hugs much as I do at every meeting I attend.

Owen H., BC/Yukon Area Al-Anon Delegate
delegate@bcyukon-al-anon.org



AL-ANON/ALATEEN SERVICE MANUAL

Zoom Study

Wednesdays 6:00pm-7:00pm ET

Hosted by District 21 Public Outreach Committee

Meeting ID:

812 6530 0603

Passcode:

ServManual

Zoom Link:

[https://us02web.zoom.us/j/
81265300603?
pwd=TEJ0TlVlMjZlWnJKSUtySFBsRT
FvUT09](https://us02web.zoom.us/j/81265300603?pwd=TEJ0TlVlMjZlWnJKSUtySFBsRTFvUT09)

One Tap Mobile:

+16469313860,,81265300603#,,,,*
3429025171# US
+13017158592,,81265300603#,,,,*
3429025171# US (Washington DC)

2022-2025
AL-ANON/ALATEEN
SERVICE MANUAL

- AL-ANON AND ALATEEN GROUPS AT WORK
- DIGEST OF AL-ANON AND ALATEEN POLICIES
- WORLD SERVICE HANDBOOK
- AL-ANON'S TWELVE CONCEPTS OF SERVICE
- AL-ANON WORLD SERVICE CONFERENCE CHARTER
- 2003 ALATEEN MOTION FROM THE BOARD OF TRUSTEES v2

Alternate Delegate



Good day Al-Anon /Alateen friends,

Breaking News!

Ermagarde is enjoying her summer, and Assembly preparation has begun.

She is excited to represent her group at the BC/Yukon Area Assembly September 22, 23 & 24 in Walnut Grove, Langley.

Her group has funds set aside and taken a group conscience for her to book a hotel room and to reimburse her for travel expenses to Assembly and her meals. She has already booked her room and messaged a fellow Group Representative she met last year to be her roommate and share the costs.

Ermagarde attended in person last year and had an amazing experience of Al-Anon fellowship and learnt many things to support her in her role as Group Representative in “*Carrying the envelope*” for her group.

She is very motivated in doing her preparation work, everything she needs is on the website under Assembly 2023 section.

Ermagarde has reached out to her Service Sponsor, Matilda, for help in reviewing some of the documents on the thought force recommendations and Consent Agenda items such as reviewing the Assembly 2022 minutes and the Officers & Coordinators reports.

The Group Representative Guide to Assembly has answered many questions for Ermagarde. Ermagarde created a Group Representative Binder of organized group information and resources that she learned about at Assembly last year and personalized it to her Groups’ specific information. She plans to take that to Assembly with her Service Manual version 2 - 2022-2025 (available now at your local LDC.)

Ermagarde is watching the Bulletin for the links to the BC/Yukon Al-Anon website for specific background discussion information that she can share with her group so they can use Knowledge Based Decision Making in making an informed decision.

Once Ermagarde receives the email from the Area chair with the Group Representatives Assembly information, and the links to the background discussion information for the business portion of Assembly she can plan her group business meeting agenda. That way she can get feedback from the members of her group on the discussion topics so she can participate in “*carrying the envelope*”, on behalf of her group at Assembly.

As always, Ermagarde reviews the Bulletin and website regularly to watch for Assembly updates, any extra lunch/fellowship plans, or an early bird meeting she can participate in for her own growth.

As Area Forum Coordinator, I will share an excerpt of the Three Legacies from the August 2018 Forum.

Step 8: *"Willing..." Al-Anon is a program about what I can do today, and if I just do what's manageable its progress not perfection."*

Tradition 8: *Rotation of Service is a spiritual principle that teaches us to "Let Go and Let God."*

Concept 8: *"Is about delegating, if my position of Group Representative is too hard it might be because I am trying to do it all alone. Concept 8 and delegating has been instrumental in my growth as a trusted servant in Al-Anon".*

I'm looking forward to Assembly in September. If you have a question or need, please do not hesitate to email me.

With warm regards,
Nancy MC

altdelegate@bcyukon-al-anon.org

Treasurer

By cheque: Payable to "BC Yukon Area Assembly"

Mail to the current treasurer using contribution form (in February 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 email 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

**2023 BC/Yukon Assembly
September 22, 23, & 24 2023
Langley, B.C.**

**CHANGE IN PLANS
YOU'RE INVITED**

**LET'S DO LUNCH!!!
ALONG WITH A SIDE OF AL-ANON FELLOWSHIP**

WHERE: BC/Yukon Area Assembly, Walnut Grove Lutheran Church, Langley
WHEN: Lunch break at Assembly Saturday September 23rd, 2023
TIME: Lunch will be served sometime between 12 noon and 1pm depending on the agenda
Cost: \$13 to purchase a ticket by e-transfer or cheque to BC/Yukon Area

To order a lunch ticket and pay for it by cheque: Make the cheque payable to "BC Yukon Area Assembly" and mail it to the treasurer at "Janis Armit (no reference to Al-Anon please), 27111- 0 Avenue, Unit #3, Langley, BC V4W 2S9. Please include your name, phone number, email, district number, and group name.

Receipts can be sent by email if an email address is included. **OR** pay by e-transfer: BC Yukon Area Assembly at treasurer@bcyukon-al-anon.org. You will need to enter a security question, make the answer Tradition7 (no space). In the message, please note your name, phone number, district number, and that you are buying a ticket for Assembly lunch.

Details are in the Bulletin in the Treasurer section and on the website under <https://www.bcyukon-al-anon.org/assembly-2023>

This year lunch will be a buffet self-serve style with party trays prepared commercially in compliance with the food safe regulations. They will consist of assorted sandwich and wrap trays (veggie, meat, cheese, egg), 2 salads, condiment platters, pickles, olives, fresh veggie, and fruit platters, along with a dessert tray. There will be a gluten free bun to build a sandwich option.

We have made the effort to select menu items to accommodate specific dietary needs but cannot make any guarantees. If yours is significant, you may want to consider supplying your own lunch.

To ensure we have enough platters/ trays ordered we need to count the number of members buying lunch; therefore, **tickets will be sold until September 15th.**

For more information contact

Treasurer Janis: treasurer@bcyukon-al-anon.org

Host Committee DR District 4 Linda: lindaannemcneill@gmail.com

Alternate Delegate Nancy: altdelegate@bcyukon-al-anon.org

Group Records

Hello Al-Anon friends,

Happy Summer!

Could a newcomer find your meeting? Please check out the World Service Office to find a meeting and search to see if your group details are correct.

<https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>

If your group information needs edits, please email me at grouprecords@bcyukon-al-anon.org

Now that our electronic meetings are showing up in the meeting search, groups that are meeting electronically and are in the physical data base will be invited to change to the electronic data base using this form:

<https://al-anon.org/for-members/group-resources/group-records/electronic-meeting-change/>

Please reach out with any questions you have.

With Gratitude in Service,
Sarah O., BC/Yukon Group Records Coordinator
grouprecords@bcyukon-al-anon.org

Public Outreach

What a perfect time to talk about service. September is our Assembly and Group Representatives will be voting on members to fill service positions.

My position with Public Outreach will be open and it is very important that it is filled as it is the connection we have with the members and the public letting them know who we are and what we do. This helps our numbers grow. We attract rather than promote, but we can only do that by reaching out to professionals, the public, and institutions. As one member says, "boots on the ground."

Public Outreach has a committee that is approximately 5-8 Al-Anon members, and they meet monthly to discuss ways to attract people to advise their clients, patients and start new groups in institutions as well as invite family and friends to our established meetings.

Service in Al-Anon allows us to stretch ourselves to practice the Al-Anon principles while we connect with others with whom we can be ourselves. It is an opportunity to attempt something we can achieve and to gain self-esteem by doing something of value.

Being in service is also an opportunity to become familiar with the 12 Concepts. For instance, Concept Four is *“Participation is the key to Harmony.”* Having lived with an active alcoholic for many years, I felt isolated and lonely. My sponsor encouraged me to do service work and when I did, I found a brand-new aspect to my recovery in Al-Anon. I found something bigger than myself and learned how to be with others again and it gave me the ability to practice the 12 Traditions which I had not incorporated into my recovery.

The Three Legacies, Steps, Traditions, and Concepts are an integral part of my recovery and by doing service, I no longer feel alone but active with like-minded people. I am very grateful to be of service in this wonderful program which gives me a focus and a purpose, and I am committed to service in any capacity.

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

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

Open House at Central Services Office

SUNDAY, AUGUST 20TH, 11am - 2pm
#222-3701 East Hastings Street and Boundary Road
Burnaby

Explore the BC/Yukon Archives
Enter a draw for the Al-Anon book of your choice.
On-street parking is available
For covered parking, please contact our Office prior to August 20th.
604-688-1716 or afgcentraloffice@gmail.com

Finger Food will be served and refreshments including our famous lemonade will be served.

Hopefully, we will find a “Special Guest” to attend and amuse us. Maybe some out of town members are visiting the Lower Mainland and would like to join us for some fellowship and fun.

Tradition Seven Contributions

Thank you in advance for your group contributions and/or personal donations.

E-transfer

Mail - cheque. Cash-in person

Pay Pal (Visa) Master Card

Mailing Address:

Al-Anon Central Services
PO Box 28574
Willingdon Heights P O
Burnaby, BC V5C 6J2

Office address:

Central Service Office
Unit 222-3701 Hastings Street
Burnaby, BC V5C 2H6
parking available - phone for information.

Office Hours: Monday, Wednesday, Friday 10:00 am - 1:00 pm
The last Saturday of the month 10:00 am to 1:00 pm
There is an afterhours contact on the answering service.

Yours in service,
Lynne G. Acting Chair
T/F 604-688-1716

afgcentraloffice@gmail.com

www.bcyukon-al-anon@gmail.com

LITERATURE PICK-UP

Where: BC/Yukon Area Assembly, Langley BC

When: September 22-24, 2023

Pre-order literature from Al-Anon Central Services Office by September 15 & it will be available for pick-up at Assembly.

For those attending on Zoom, all orders placed by September 15 will be shipped at reduced rates.

Phone: 604-688-1716

E-mail: afgcentraloffice@gmail.com

AL-ANON CENTRAL SERVICES FOR June 2023 CONTRIBUTIONS, CALLS, VISITS, EMAILS

Contributions - \$680.00

**Calls 31- Visit 13 — Email Mtg Info 6 –
Email Literature Info. 11**

Events

District 17 **Summer Picnic** on **Saturday, August 26** at **1pm** at Beacon Hill Park Cricket Ground. Beacon Hill Park in the field opposite the Cricket Ground parking lot. Access via Heywood Ave. or Park Blvd.

You, your family, and your friends are invited for a casual get-together for fun and fellowship. Please bring your own food and beverage. Also please bring a chair or a blanket.

For directions, please Google or request info's via email: bcyukon.alanon.dr17@gmail.com

Al-Anon Annual Assembly September 22, 23, 24 in Langley. It starts on Friday at 7 pm and goes until Sunday morning. Visit [Assembly 2023 – BC/Yukon Al-Anon \(bcyukon-al-anon.org\)](http://bcyukon-al-anon.org) for more information.

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: Linda M. District 4 and Co-Chair Sheri E.

Contact info: afgdistrict4@gmail.com, phone 604 -728-9725

VOLUNTEERING: We would be grateful for some of your time, be it an hour, or a few hours at Assembly. If any members are willing to assist with hosting duties or kitchen support, please contact Linda or Sheri afgdistrict4@gmail.com

For assistance with shuttle services from points of arrival please contact Linda 604-728-9725.

Officers and Coordinators 2023

Patty T:	chair@bcyukon-al-anon.org	Michelle W:	alateen@bcyukon-al-anon.org
Owen H:	delegate@bcyukon-al-anon.org	Lothar S:	website@bcyukon-al-anon.org
Nancy M:	altdelegate@bcyukon-al-anon.org	Jean H:	bulletin@bcyukon-al-anon.org
Shannon P:	secretary@bcyukon-al-anon.org	Vacant:	archives@bcyukon-al-anon.org
Janis A:	treasurer@bcyukon-al-anon.org	Akemi M:	event@bcyukon-al-anon.org
Sarah O:	grouprecords@bcyukon-al-anon.org	Angus P:	eventassistant@bcyukon-al-anon.org
Gail S:	publicoutreach@bcyukon-al-anon.org	Ernie W:	equipment@bcyukon-al-anon.org
Donna H:	literature@bcyukon-al-anon.org	Webmaster:	Contracted service – contact Website Coordinator

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.
