

Al-Anon & Alateen Family Groups

# BC/YUKON AREA BULLETIN

Volume 12, Issue 9  
September 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](http://www.bcyukon-al-anon.org)

To access "members" pages:

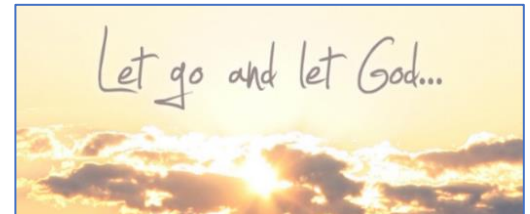
Username: **member**

Password: **Area81**

(all one word)

## Area Chair's Report

Our next Assembly is only 21 days away! On **September 22, 23, 24** we will meet in Langley to do the business of the BC/Yukon Al-Anon Area and to experience the joy of the fellowship that binds us together in recovery. Your Area Officers, Coordinators, and Liaisons are all working to make this Assembly informative, fun, inspiring, and a success. I'm excited and a wee bit nervous about chairing such a large meeting and I will work on "First things First", "Letting Go, Letting God", and presuming goodwill.



## Preparing for Assembly 2023

All Group Representatives or the Alternate Group Representatives are expected to attend Assembly and to be acquainted with the topics to be discussed and voted on. To help you with getting ready, we have created an Assembly 2023 webpage that can be found at <https://www.bcyukon-al-anon.org/assembly-2023/>. The page is still undergoing updates, so please check back frequently. I encourage all Group Representatives and members to review the content, download what you need, then schedule a business meeting to discuss the topics with your group members. Your group may want to refer to the Knowledge Based Decision Making document at [VotingProceduresforBCYukon2019.pdf](#) ([bcyukon-al-anon.org](http://www.bcyukon-al-anon.org)). If you have questions or comments that you need answered before Assembly, please feel free to email me or the other Officers.

It is important to remember that the church Wi-Fi at Assembly will not 😊 be available to attendees (other than the Event Coordinator and her team), so please download needed information to your device, or bring printed materials for reference, or be prepared to use your data. We need to reserve the Wi-Fi for streaming the virtual part of the meeting. Only paper copies of the agenda will be available at the church.

You have until **Sept. 15** to buy your Saturday lunch ticket, but I urge you to buy it sooner, so we have a better idea of how much food to order. The cost, payment methods, and other details are on the Assembly 2023 webpage.

If you need a roommate(s) contact Nancy M., Alternate Delegate, for details. [altdelegate@bcyukon-al-anon.org](mailto:altdelegate@bcyukon-al-anon.org).

### **Attending Assembly Virtually**

If you are planning to attend virtually, please review the Assembly page on the website or page 5 & 6 in this bulletin to find the registration link and other related information.

### **2024 AWSCM Hosting**

Don't forget to add "Area World Service Committee Meeting Hosting Bid" to your next District meeting agenda! We will be asking for expressions of interest from Area Districts at Assembly, and we need to secure the 2024 AWSCM location by the end of 2023. An AWSCM Hosting Committee form can be found on the Member Resources page at <https://www.bcyukon-al-anon.org/member-resources/>. It will help your District learn what is required to host AWSCM.

The final AWSCM minutes can be found at <https://www.bcyukon-al-anon.org/member-resources/>

Remember to bring a water bottle, a reusable coffee/teacup, your Service Manual, and a smile!

See you soon 😊

Love in service,  
Patty T., BC/Yukon Area Chair  
[chair@bcyukon-al-anon.org](mailto:chair@bcyukon-al-anon.org)

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## **Delegate's Message**

Hello AI-Anon Family,

We will soon be meeting in Langley for our Assembly, I hope many Group Representatives can attend, it will be great to see you and share in fellowship once again.

Recently an AI-Anon member asked me a question. The question was, "Does your group use a binder or Groups at Work?" My answer was "Groups at Work", as it says in Concept 4, *Participation is the key to harmony*.

I find I participate more when I use the Conference Approved Literature and when I attend an electronic meeting I participate more when I use my video and join the group the best I can. I had challenges with my video and audio the other day and felt very distracted and didn't feel a part of the group.

As we move towards our Assembly, your coordinators and officers have been busy on your behalf and I'm confident it will be a great weekend of fellowship, and sharing of experience, strength, and hope.

With gratitude in service,  
Owen H., BC/Yukon Area Al-Anon Delegate  
[delegate@bcyukon-al-anon.org](mailto:delegate@bcyukon-al-anon.org)

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## Alternate Delegate

Hello Members,



READY SET GO!! Ermagarde is off to the races in her Assembly preparation. She received an e-mail from the Area Chair with a link to the Assembly 2023 web page on the Al-Anon BC/Yukon Website. <https://www.bcyukon-al-anon.org/assembly2023-2023/>. She clicked on the link and followed the prompts to the members section entered the username: **member** and password: **Area81**, and viola, there she read all about Assembly 2023. All the information was there on how to prepare herself, and her group, as well as all the discussion topics and background discussion information she will need to review with her group to get their vote to do her trusted servant job of “*Carrying*

*the Envelope*” on behalf of her group.

There was a lot of pages, so Ermagarde gave herself a little coaching a reminder of a few slogans. ***First things first:*** So Ermagarde read through the page in its entirety. Then she broke it down into two categories:

- Firstly, reading preparation for Ermagarde.
- Secondly, the group discussion items for Ermagarde to present to her group to discuss and gather their wishes, vote/voice to “*carry the envelope*” on their behalf to Assembly as their trusted servant.

Ermagarde made a “to do” list for each category.

Then she got busy on her action plan. She downloaded everything on to her device and printed off hard working copies of the Agenda, the Assembly 2022 minutes for her to review, four new business discussion items to take to her group, as well as the Past Delegate Task Force Report

and the Job descriptions for Treasurer and Secretary that she will participate in electing and voting for at Assembly on behalf of her group.

Ermagarde plans to take printed copies of the Bulletin Editor, Archives, and Public Outreach Coordinator positions with blank resume forms attached to her home group as well, as they are appointed and some members of her group that fulfill the requirements may wish to consider stepping up to serve.

At home Ermagarde has gone to her Group Representative Binder that she made after Assembly last year. She is using the Group Representatives Guide to Assembly and the Group Representatives packing list for Assembly information located in the BC/Yukon Assembly tab. She compiled her notes of tasks and booklets to review and is checking off to each task off one by one.

Ermagarde is learning so much more about her role in carrying the envelope and as she uses these resources her trusted servant duties are much clearer. As a result of being fully informed and prepared Ermagarde is looking forward to Assembly. She knows she is not alone and has a service sponsor who has been a Group Representative who she can ask for help.

Along with the reading of the information already on the Assembly page Ermagarde has put a note on her to do list to continue to check the Assembly Page on the website frequently for updates as new items are added.

Her group is supportive and each week they are discussing a business item that they have been individually reading about throughout the week prior.

Ermagarde is looking forward to the fellowship and has ordered a lunch ticket in which she sent a cheque to the Area Treasurer with her name, group, district, and email address. She found all the information she needed on the Assembly page.

### **A Forum treasure:**

Did you know that there is a department in each monthly Forum named “CAL Corner”?

While Ermagarde was reading her July 2023 Forum “CAL Corner” on page 6 there was the writeup about the new daily reader: A LITTLE TIME FOR MYSELF B-34 that was introduced at the 2023 International Convention in Albuquerque New Mexico in June. It is unique to the other five AI-Anon/Alateen readers in that it has 95 index topics not found in the others.

Ermagarde loves her daily readers to keep her nourished in AI-Anon and her monthly Forum subscription keeps her in the know and up to date on the latest World Service Office happenings.

Ermagarde is off to order her copy of A LITTLE TIME FOR MYSELF 1 B-34 from her local Literature Distribution Center (LDC).

If you have any questions or concerns about Assembly do not hesitate to contact me, and I'm looking forward to being there and seeing everyone September 22,23,24 2023.

With warm regards,  
Nancy MC, BC/Yukon AI-Anon Alternate Delegate  
[altdelegate@bcyukon-al-anon.org](mailto:altdelegate@bcyukon-al-anon.org)

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## Area Secretary

Hello AI-Anon friends,

I am filling in as acting secretary until the end of this year so I thought I would put out an urgent call for an Area Secretary for the remaining 2 years of the term.

If you are familiar with Word, creating documents, attaching files, scanning documents etc., you are on your way. You will need to be/get familiar with Zoom and know how to screen share and navigate that online platform. It is not difficult but may require a little learning curve for some and I am happy to help with that if needed.

This job requires that one has completed or is currently completing a three-year term as District Representative, because a solid knowledge of our Traditions and Concepts is important at this level of service.

I know there are many qualified candidates out there and I ask you to consider stepping up. It would be impossible for the Area to function without a secretary as you can imagine. Remember that the meetings are all recorded so you can go back and gather all the important information needed to put the minutes together.

The job descriptions and resumes are on the BC Yukon AI-Anon website.

Thank you in advance for sending your resumes in to Patty, our Area Chair!!

Love and FUN in Service,  
Shannon P. BC/Yukon AI-Anon Area Temporary Secretary  
[secretary@bcyukon-al-anon.org](mailto:secretary@bcyukon-al-anon.org)

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**BC/Yukon Area Hybrid Assembly Agenda  
September 22, 23, 24, 2023 Langley, B.C.  
Theme *“Love, Laugh, and Grow Together”***

## **Pre-Assembly meetings, Friday afternoon, Sept. 22, 2023**

- 1:30 – 4 pm Officer/Coordinator meeting @Walnut Grove Lutheran Church Hall  
5 – 6 pm Lets Talk Alateen – all members welcome – in side room @Church Hall  
– info at <https://www.bcyukon-al-anon.org/assembly-2023/>

## **Friday evening, Sept. 22, 2023**

- 6 pm In-person Registration @ Church Hall  
Virtual room opens for fellowship.  
7pm Hybrid Meeting Opens  
Welcome and Announcements  
Assembly Purpose and Goals  
Introduce O & C and Past Delegates  
7:30 pm GR Orientation  
9 pm Closing, Fellowship, and Social

## **Saturday morning, Sept. 23, 2023**

- 8 – 8:45 am Hybrid Early-Bird Meeting @Church Hall  
8 am In-person Registration  
8 am Hybrid Meeting Opens @Church Hall  
Welcome/Traditions/Concepts  
9:15 am Introduction of Officers, Coordinators, Liaisons & Past Delegates  
9:30 am Consent Agenda: includes Assembly 2022 Minutes and Officers' & Coordinators' Annual Reports (on website at link above)  
9:40 am Treasurer's Report  
Tradition 7  
10 am Deadline for additional agenda items  
10:10 am Poll all past & present DR's for candidates for Treasurer and Secretary (remaining 2 years of term)  
Request applications for Coordinator positions: Public Outreach, Bulletin Coordinator, Archive Coordinator. (Deadline Nov. 15)  
10:20 pm \*\*\*\*\* Break\*\*\*\*\*  
10:35 pm Website Presentation  
10:45 am Stretch Break  
10:55 am Delegate's Report from WSO  
Noon - 1 pm \*\*\*\*\* Lunch Break \*\*\*\*\*

## **Saturday afternoon, Sept. 23, 2023**

- 1 pm Review voting procedures and KBDM (Knowledge-Based Decision Making)

- 1:15 pm Roll Call for Voting Members (Group Representatives only)
- 1:20 pm International Convention Report – Cindy H.
- 1:25 pm Discussion Topics  
- Recommendations from Past Delegate Thought Force
- 1:35 pm Diversity Workshop
- 2:15 pm \*\*\*\*\* Break\*\*\*\*\*
- 2:30 pm Opportunity to hear from candidates for Treasurer and Secretary positions.
- 2:45 pm \*\*\*\*\*Break \*\*\*\*\*
- 3 pm Election of Officers: Treasurer, Secretary.
- 3:20 pm GR Break Out Strategizing Session (Bad Group Skit)
- 4:20 pm Recruit Volunteers the motions wording
- 4:25 pm Ratify proposed update to 2022 motion accepting electronic groups into the Area.
- 4:35 pm New Business:  
Review and discuss housekeeping motions:
- Area contribution to Central Services for Archive space
  - Area servant's travel reimbursement rate
  - AMAIS re-certification deadline
  - Area Finance Committee restructure
- 5 – 7 pm \*\*\*\*\*Dinner Break\*\*\*\*\*

### Saturday evening, Sept. 23, 2023

- 7 pm Updated motions and Permanent Electronic Groups 2022 vote
- 7:15 pm Motion and voting on housekeeping motions noted above.
- 7:45 pm Alateen/Public Outreach Skit
- 8 pm Bids for Hosting AWSCM 2024
- 8:15 pm Unanswered questions
- 9 pm Closing  
Evaluations and Fellowship

### Sunday morning Spiritual Meeting (Hybrid) Sept. 24, 2023

9 – 11 am Magnolia Room Holiday Inn

***\*Bring your Service Manual, Group Rep Guide, Coffee Cup/Water Bottle\****  
***\*\*\*Please refer to the website for the electronic meeting links\*\*\****

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## Assembly Hybrid Information

Hello again to all my AI-Anon friends,

Here's the info you will need if you'll be joining us virtually for Assembly 2023.

Please use this link to register in advance:

<https://us06web.zoom.us/meeting/register/tZcocuGoqz4iGdx0e4Mvu8gSFUR0QAakUwnd>

Same as in past years, after registering, you will receive a confirmation email from Zoom containing information about joining the meeting. Our suggestion is to register early to avoid any last-minute complications. If you have any questions or concerns, please let me know and I'll be happy to help.

Assembly is scheduled to start at 7:00 pm on Friday September 22, 2023, but you're welcome to login any time after 6:00 pm for fellowship or just to check that you have all the technology worked out ahead of time.

Please remember that this is an anonymous fellowship. If there are others in your home, please protect the anonymity of other members by using headphones and being mindful of who can see your screen or go to another location in your home where the meeting cannot be overheard or seen by others.

Meeting IDs via Zoom:

Assembly - please note, if you haven't registered first, Zoom will re-direct you to the registration page:

Meeting ID: 835 5805 5838

Passcode: 452365

Early Bird Meeting:

Meeting ID: 811 6949 2904

Passcode: 032772

Spiritual Meeting:

Meeting ID: 981 9758 4551

Passcode: 454580

Looking forward to seeing you all!

With gratitude in service,  
Akemi M., BC/Yukon Hybrid Meeting Event Coordinator  
[event@bcyukon-al-anon.org](mailto:event@bcyukon-al-anon.org)

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## Treasurer

Hello to my AI-Anon friends,



I have included in this report the summary of income and expenses. For a more detailed report, including budget comparison, please review the Treasurer's report posted on the BC/Yukon website with a link from the Assembly page.

Our contributions were not as much as pre-covid years, but we have managed to meet our expenses this past year. Our bank balance at the end of last year was \$22,781.19 compared to \$13,750.77 this year. These figures include the prudent reserve of \$10,000 held in GICs at the Bank of Commerce, so our actual cash available on June 30<sup>th</sup> this year was \$3,750.77. As you can see, we used \$9,000 from the previous year's funds to pay for expenses this year. While I'm not a fan of having a lot of money in the bank, this year our bank balance coming into AWSCM was lower than we had hoped. Thank you to groups who were able to send contributions to ensure our AWSCM expenses were covered.

On the expense side, some expenses came in over budget due to increased costs for hotels, food, and travel. However, several expenses also came in under budget due in part to online attendance at Assembly and AWSCM by current Coordinators. To be directly connecting with members, Officers and Coordinators are doing their best to attend in person and provide support to groups in the best way possible.

Table displays and opportunities for answering your individual questions at AWSCM and Assembly allow your service members to learn more about the needs of our groups. These conversations also allow for exchange of ideas that can lead to better ways to strengthen our groups throughout the area.

Officers and Coordinators will be submitting their requests for the current year so we can include them in the budget to be presented at Assembly. Please know that as your trusted servants, we are always mindful of serving BC/Yukon members in the most effective and economical ways.

Officers & Coordinators are currently asked to limit expenses by sharing hotel rooms, sharing travel costs when possible and to limit meal costs to \$50 per day. This amount was approved in 2014 (and re-affirmed in 2017). With the increase in restaurant prices, we are proposing the allowable meal costs be increased to \$75 per day to ensure that any member can serve without the need to personally absorb the cost to do so. This discussion will be on the agenda at Assembly.

This is my final year as Area Treasurer. I've enjoyed serving Al-Anon for several years and now is the time for me to consider the concept of 'rotation of leadership'. I encourage all of you to consider a service role and learn how much you can gain from the experience. Al-Anon really is the most supportive place to learn new skills and increase your circle of support.

Unfortunately, I will not be attending Assembly this year as I will be travelling, but I am available until September 19<sup>th</sup> to answer any of your questions. Cindy H. has graciously offered to present the Treasurer's Report at Assembly, and as past treasurer, she may be able to answer any questions you may have. If not, I am available by phone or email after September 27<sup>th</sup> to respond to your inquiries.

With gratitude for your friendship and support,  
Janis A., BC/Yukon Area Treasurer  
[treasurer@bcyukon-al-anon.org](mailto:treasurer@bcyukon-al-anon.org)

**BC/Yukon Al-Anon Area Assembly  
Income and Expenses  
July 1, 2022 to June 2023**

<b>Income</b>	
<b>Contributions</b>	
Bulletin Subscriptions	144.00
Group and District Contribution	17,035.37
Interest Income	96.64
Tradition 7 Income	3,089.60
<b>Total Income</b>	<b>20,365.61</b>
<b>Expense</b>	
Administrative Expenses	1658.06
Area Assembly	9814.26
Area O/C Meeting	1323.92
AWSCM	7337.37
General Expenses	8607.42
<b>Total Expense</b>	<b>28,741.03</b>
<b>Net Income (Loss)</b>	<b><u>(-8,375.42)</u></b>

## Balance Sheet Summary on June 30, 2023

<b>ASSETS</b>		
	Current Assets	
	Chequing/Savings	13,750.77
	Other Current Assets	655.00
	<b>Total Current Assets</b>	<b>14,405.77</b>
	<b>TOTAL ASSETS</b>	<b>14,405.77</b>
<b>LIABILITIES &amp; EQUITY</b>		
	Equity	14,405.77
	<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>14,405.77</b>

**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.

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**2023 BC/Yukon Assembly  
 September 22, 23, & 24 2023  
 Langley, B.C.  
 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 23<sup>rd</sup>, 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](mailto: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 15<sup>th</sup>.**

For more information contact

Treasurer Janis: [treasurer@bcyukon-al-anon.org](mailto:treasurer@bcyukon-al-anon.org)

Host Committee DR District 4 Linda: [lindaannemcneill@gmail.com](mailto:lindaannemcneill@gmail.com)

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

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## Group Records

Hello Al-Anon friends,

There is a new in person group: Fort Nelson AFG - meets Sunday at 7pm at the Hospice Centre, 5312-43rd Street in Fort Nelson.

New Name for Oceanside Courage to Change AFG- they meet at Shelly Hall

186 Shelly Road in Parksville on Thursday 10am.

Groups that were meeting temporarily electronic during Covid and have decided to stay electronic are encouraged to move their group details into the electronic data base. These meetings now show up in the meeting search. Please check out your group info here <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>

Send me an email at [grouprecords@bcyukon-al-anon.org](mailto:grouprecords@bcyukon-al-anon.org) and let me know if there needs to be any changes made.

I look forward to seeing you all as Assembly.

With Gratitude in Service,  
Sarah O., BC/Yukon Group Records Coordinator  
[grouprecords@bcyukon-al-anon.org](mailto:grouprecords@bcyukon-al-anon.org)

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## Literature

This month I am passing on some information from the World Service Office (WSO) Literature office to our Group Representatives, District Representatives, and Members-at-large.

### **CAL (Conference Approved Literature) SHARINGS NEEDED**

Raise your hand if you have thought about writing a sharing for the Forum, or for another piece of Al-Anon literature, and haven't quite followed through yet. My hand is up, so I'm thinking "let It begin with me." In my experience, many people are interested, but don't know what is expected, or where to look to find out. I am putting myself out here: I will submit a piece and next month, per the request below, I will let you know how it goes. I will forward future requests to District Representatives, and possibly in the Bulletin. Let me know how I can support you, for instance, we can see if there is interest in an area Zoom writing workshop. I would love to hear your ideas, in-person at Assembly, or email me any time.

### **From WSO (World Service Office):**

Each month, the "CAL Corner" department in *The Forum* features members' sharing's on how a particular piece of Conference Approved Literature has enhanced their recovery. We would like to focus on the following pieces in upcoming issues, and need sharing's **no later than September 1:**

- *Al-Anon Sharing's from Adult Children (P-47)*
- *Lois Remembers (B-7)*
- *Alateen 4th Step Inventory (P-64)*
- *The Al-Anon Family Groups-Classic Edition (B-5)*

- *Moving On! From Alateen to Al-Anon* (P-59)
- *A Little Time for Myself* (B-34)
- *Alcoholism, a Merry-Go-Round Named Denial* (P-3)

Please help by sharing 200-400 words each about how any of these individual pieces helped you, or by asking members in your Area to do so. Please see the writing guideline at:

[al-anon.org/pdf/CALcornerSharingRevised%202018.pdf](http://al-anon.org/pdf/CALcornerSharingRevised%202018.pdf)

You can submit your sharing online at: [al-anon.org/for-members/members-resources/literature/literature-resources/send-your-sharing/](http://al-anon.org/for-members/members-resources/literature/literature-resources/send-your-sharing/)

Or via mail to AFG, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attention: "CAL Corner"

Or via email to [wso@al-anon.org](mailto:wso@al-anon.org) with "CAL Corner" in the subject line.

### **NEW DAILY READER UPDATE**

The response to the launch of *A Little Time for Myself* (B-34) has been amazing. The fellowship responded with unanticipated excitement. As result of the huge response, the book is currently sold out and is on backorder. The book is expected to be in stock at the end of August or beginning of September. We will provide updates as the arrival date gets closer, so you can place your reorder. Members may want to contact their local LDC or AIS/LDC as they may have the book in stock."

Tom Coffey  
World Service Office Associate Director—Literature

Note: *A Little Time for Myself* is currently available at Central Office in Vancouver.

You don't have to be a Group Representative to attend Assembly, by the way: all are welcome.

In Service,  
Donna H., BC/Yukon Al-Anon Literature Coordinator  
[literature@bcyukon-al-anon.org](mailto:literature@bcyukon-al-anon.org)

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## **Alateen**

Hello fellow Al-Anon members,

I hope you are enjoying your summer and having fun! I am looking forward to Assembly, reconnecting with long time members, and meeting with new members.

I am hosting an Alateen/AMIAS meeting **Friday, September 22 from 5pm-6:30pm** at the Walnut Grove Lutheran Church. At this meeting, we will discuss why we need you in this service role. I am also presenting a report on **Saturday, September 23.**

I am looking forward to seeing everyone at Assembly.

“Together we can make it” slogan from Alateen.

Love in service,

Michelle W., BC/Yukon Alateen Coordinator

[alateen@bcyukon-al-anon.org](mailto:alateen@bcyukon-al-anon.org)

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## Public Outreach

As I was thinking about what to write in this issue of the Bulletin which is also Assembly month I have a few things on my mind, one of which is what Public Outreach is planning for the month of September. If anyone is interested in helping for this event, please send an email to [publicoutreach@bcyukon-al-anon.org](mailto:publicoutreach@bcyukon-al-anon.org)

We will be having our Public Outreach table set up at the Info Fair being held in various Institutions that are incarcerating individuals. We, as Al-Anon, would like to start holding Al-Anon meetings in these institutions and this is a great opportunity to get to know the employees and those incarcerated.

We will have a Public Outreach table at the following:

Monday September 18 - Matsqui Abbotsford, 8:30 am-11:00 am  
Pacific Abbotsford, 1:00 pm – 3:45 pm

Thursday September 21 - Mission (minimum) 9:00 am – 11:00 am  
Mission (medium) 12:45 pm – 3:30 pm

Friday September 22 - Fraser Valley Abbotsford, Women 9:00 am – 11:45 am  
Williamhead Victoria, 12:45 pm – 3:00 pm

The other topic I wanted to bring up for this month is service. There is no better time than this month to think about service to your Group, District or Area. There is always a need for someone to step up and help fill positions in all these areas. Some positions are only 1 year, or maybe 2 years and most are 3 years. Three years you say??? That’s a long time!!

But I am here to say, it goes by fast ..... The first year you are guided by the previous person in that position and the others in the Group, District or Area. The second year you have more

confidence in service and out of service in your personal life. You realize that the void you had while involved with an alcoholic is being filled with the service work you are doing and the Al-Anon people you are meeting. The third year is the best, you know what you are doing! Yeah!! You feel comfortable and ready to do the things you always thought the position could use and confident enough to bring it up at a meeting. You find yourself tell others how much the service work you have been doing has changed your life and your program and you feel one hundred percent part of Al-Anon Family Groups.

“Feel the Fear and Do it Anyway” you will be glad you did!

Hugs in service,  
Gail S., BC/Yukon Public Outreach Coordinator  
[publicoutreach@bcyukon-al-anon.org](mailto:publicoutreach@bcyukon-al-anon.org)

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## Website Coordinator

Hello everyone,

I am serving you as your Website Coordinator now since January 2023. Since then, a lot of technical things happened in the background and visibly on the website. *(More details will be part of my presentation at the upcoming Assembly 2023).*

As you might have noticed, we have introduced new pages to our website in the *Members Area* (AWSCM 2023 and Assembly 2023). The whole purpose of these pages is to make it easy for you to access information, documents, and prepare for the AWSCM and the Assembly.

The first feedback was positive, and we have been encouraged to follow this path of changes for the future.

As your trusted servant, I see my job as a provider of service for you. That service means to me to create content and make it accessible for you on our website in a fashion you need and like.

*The BC\Yukon Website with its current design and content has been introduced quite some years ago and it is good practice to ask ourselves of “**How are We doing**”?*

Yes, that’s the question and I would like to encourage you to think about it for a moment.

- ***What thoughts are crossing your mind when you use the BC/Yukon website and browse its content?***
- ***Do you have any suggestions for how to improve the website for your needs?***



Please give these two questions some thoughts yourself and discuss them with your groups. I am interested in your feedback, and I am planning to present the results at the Assembly 2023 in September.

As always, Keep it Simple – Just for Today  
Lothar S., BC/Yukon Website Coordinator  
[website@bcyukon-al-anon.org](mailto:website@bcyukon-al-anon.org)

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

### Quarterly Meeting AI-Anon Central Services Society

We will meet online, **Sunday, September 17, 2023, at 11:00 am.**

Notice will be given to members three weeks before and then the day before and you can sign up to be a member at <http://afgcentraloffice.blogspot.com/>. Or contact the Central Office if you need more information.

This notice will include Financial Statements and an outline Agenda. One of the items on the agenda is a three-year term expiry for - Secretary, Treasurer, and Chair and these service positions need filling. We need Directors too and you will find this is a good way of learning about the valued services of the "Office". Do you feel a little "itch" for service? Please consider applying for one of these service positions - service is such an important contributing factor in our recovery, and it is very satisfying.

#### \*\*\*\*\*LITERATURE PICK-UP \*\*\*\*\*

**Where:** BC/Yukon AI-Anon Area Assembly, Langley, BC  
**When:** **Friday, September 22, Saturday September 23**

Pre-order literature from AI-Anon Central Services Office by **September 15, 2023**, and it will be available for pick up at Assembly - payment at Assembly must be by cash or cheque. E-transfers and credit cards may be used at the time the order is placed.

For those attending by Zoom all orders placed by September 15, 2023, will be shipped at reduced rates.

### 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](mailto:afgcentraloffice@gmail.com)  
[www.bcyukon-al-anon@gmail.com](mailto: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](mailto:afgcentraloffice@gmail.com)

### AL-ANON CENTRAL SERVICES INFORMATION FOR JULY 2023

#### CONTRIBUTIONS, CALLS, VISITS, EMAILS

Contributions - \$1,735.72

Calls 38– Visit 26 — Email Mtg Info 3

Email Literature Info 30

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### Meeting Changes

**District 1- Wisdom for the Weekend** will be **changing** from Sunday morning to Friday evening from 7pm to 8pm at the same location (Silver Harbour Centre, North Vancouver) starting **Friday, Sept 1, 2023.**

As of **September 6, 2023, Wednesday Morning AFG** will be moving to The Alano Club, 20473 Douglas Crescent, Langley. Meeting time stays the same, 10 am to 11 am. There is a small parking lot outside the building and street parking available.

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## Events

**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](mailto: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](mailto:afgdistrict4@gmail.com)

District 4, the Assembly host committee, is hoping to identify Group Representatives or other members attending assembly Sept 22, 23, 24th, who may have first aid tickets. If you are attending, could you advise us at the registration table so we could identify you if needed.

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

**District 16 & 17 Al-Anon Gratitude Day Saturday, October 14 from 10am to 2:30pm** in Saanich at the Saanich Baptist Church – upper hall (wheelchair accessible) 4347 Wilkinson Rd., Victoria, B.C. There will be great speakers and activities and an opportunity to preview or purchase some great Al-Anon Literature. Please bring your own lunch and your re-usable drink container. We will have limited kitchen access but will provide refreshments. Contact email [afggratitude2023@gmail.com](mailto:afggratitude2023@gmail.com)

**District 11 (Abbotsford/Mission) Workshop on Saturday, October 14 from 10am – 3pm** at the Bethel Reformed Church, 3260 Gladwin Rd., Abbotsford. (Enter and park at the back by the basement door.) The Workshop topic is “Let’s talk about, New Hopes, New Dreams, Renewed Recovery”. Join us for a day of fun filled fellowship with surprising and interesting twists on our topics. There is a potluck lunch. Please bring some food to share. Refreshments will be provided. Free for all. Come and join us. We would love to see you. Contact: [susancousins@shaw.ca](mailto:susancousins@shaw.ca)

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## Officers and Coordinators 2023

Patty T:	<a href="mailto:chair@bcyukon-al-anon.org">chair@bcyukon-al-anon.org</a>	Michelle W:	<a href="mailto:alateen@bcyukon-al-anon.org">alateen@bcyukon-al-anon.org</a>
Owen H:	<a href="mailto:delegate@bcyukon-al-anon.org">delegate@bcyukon-al-anon.org</a>	Lothar S:	<a href="mailto:website@bcyukon-al-anon.org">website@bcyukon-al-anon.org</a>
Nancy M:	<a href="mailto:altdelegate@bcyukon-al-anon.org">altdelegate@bcyukon-al-anon.org</a>	Jean H:	<a href="mailto:bulletin@bcyukon-al-anon.org">bulletin@bcyukon-al-anon.org</a>
Shannon P:	<a href="mailto:secretary@bcyukon-al-anon.org">secretary@bcyukon-al-anon.org</a>	Vacant:	<a href="mailto:archives@bcyukon-al-anon.org">archives@bcyukon-al-anon.org</a>
Janis A:	<a href="mailto:treasurer@bcyukon-al-anon.org">treasurer@bcyukon-al-anon.org</a>	Akemi M:	<a href="mailto:event@bcyukon-al-anon.org">event@bcyukon-al-anon.org</a>
Sarah O:	<a href="mailto:grouprecords@bcyukon-al-anon.org">grouprecords@bcyukon-al-anon.org</a>	Angus P:	<a href="mailto:eventassistant@bcyukon-al-anon.org">eventassistant@bcyukon-al-anon.org</a>
Gail S:	<a href="mailto:publicoutreach@bcyukon-al-anon.org">publicoutreach@bcyukon-al-anon.org</a>	Ernie W:	<a href="mailto:equipment@bcyukon-al-anon.org">equipment@bcyukon-al-anon.org</a>
Donna H:	<a href="mailto:literature@bcyukon-al-anon.org">literature@bcyukon-al-anon.org</a>	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 **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.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.

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