



Al-Anon & Alateen Family Groups

BC/YUKON AREA BULLETIN

Volume 12, Issue 2

February 2023

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

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Area Chair's Report

As you read this report, your BC/Yukon Area Officers, Coordinators, and Liaisons will have just finished attending a planning meeting in Parksville. We will have begun planning for the next Area World Service Committee meeting (AWSCM) May 26 and 27, 2023 and be following up on business from the 2022 Assembly.

You can also help prepare for AWSCM. Talk to your group members about the value of having a District Representative (DR). Your DR carries your thoughts and messages to AWSCM and votes on the District's behalf. If your District does not have a representative yet, there is still time for a member to step into service and attend AWSCM. Please refer to page 152 of your Service Manual (2018 – 2021) to read information about electing a DR.

Please send your ideas, suggestions and input to your Area servants so that they can carry your voices forward.

Welcome to Members New to Area Service

We're on the web!

Website Access:

www.bcyukon-al-anon.org

To access "members" pages:



Username: **member**

Password: **Area81**

(all one word)

A warm Al-Anon welcome to the new Area service members (besides me!):

- Diana H., Area Secretary
- Lothar S., Website Coordinator
- Donna H., Literature Coordinator
- Angus P., Assistant Hybrid Event Coordinator

I would also like to send a big shout out and express my gratitude to the outgoing and continuing members in service: Ann H. – Area Secretary, Shannon P. – Area Chair, Audrey E. – Literature Coordinator, and Lynne G. – Central Services Office Chair), as well as to all the continuing members for their valuable service. Together we can! Email addresses for the Area service members can be found on the last page of the Bulletin.

2023 World Service Conference

Our Delegate, Owen H., will be going to the Al-Anon World Service Conference (WSC) again this April. Please feel free to send an email, a card, a letter, or ‘love gifts’ to Owen to show your support during or before the conference. Groups can also show their support by sending a monetary ‘love gift’ to the World Service Office on behalf of our Delegate. The mailing address is:

Owen Hughes
607 – 8 Laguna Court
New Westminster, B.C. V3M 6M6

If you or your group chooses to send something to the hotel, the information is below:

Owen Hughes (Hold for WSC 4/20–4/23, 2023)
The Founders Inn and Spa
5641 Indian River Rd.
Virginia Beach, VA 23464

* Please plan to have your cards arrive after April 15th. Remember to use Owen’s name and home address as the return address in the event that mail delivery is delayed.

Please do not include any references to Al-Anon with the address information.

Area Archive Coordinator Position

The position of Archive Coordinator is still open and ready to be filled. If you or someone in your group is interested, please contact me at the email address below or click this link to complete the [Area Service Resume form](#).

Rotation of Leadership

It’s time to put a “bug in your ear” regarding Area service positions that will need to be filled later this year. Please share and discuss the benefits of service and the upcoming positions (commencing Jan. 2024) at your group and district meetings.

When I think about service, I am reminded of Concept Nine:

Good personal leadership at all service levels is a necessity. In the field of world service, the Board of Trustees assumes the primary leadership.

Practicing this concept has helped me so much in my service journey and my recovery from the effects of alcoholism.

We will be looking for expressions of interest and to fill the following service positions either at Assembly in September or to be appointed by the end of 2023:

- Area Treasurer
- Archives Coordinator
- Bulletin Editor
- Public Outreach Coordinator
- Alateen Coordinator

With gratitude in service,
Patty T. BC/Yukon AI-Anon Chair
chair@bcyukon-al-anon.org

Delegate's Message

BC/Yukon AI-Anon/Alateen members,

I am again humbled and with my Higher Power's help, I'm growing in confidence in the role you have trusted me with as your BC/Yukon Delegate. The experience of being Delegate in turning out to be life changing for me, and only my Higher Power knows where it will take me next.

This year's theme for the World Service Conference is:

Love, Laugh, and Grow Together
Aimer, irie et grandir ensemble
Amar, reir y crecer juntos

This reminds me that life and the journey of life can take many twists and turns, and this truly is a "Worldwide Fellowship", and I am very grateful.

Documents are starting to arrive for the conference to be held in Virginia Beach in April. This year with my Higher Powers help I'm a bit less fearful on my journey. After the Conference last year, I was able to join a group of Members in Studying the 2023 Conference Summary and that is and will be a great help to me as I go forward as your Delegate.

This year I have been chosen to be on the "Conference Committee on Trustees (CCT)" and the Chair for this committee is a Delegate in California North. I look forward to expanding my horizons more.

Our new 2022-2025 Service Manual again has been delayed at the printer and as I get more information, I will update you about its arrival.

At last year's Assembly members expressed an interest in putting together a bid for hosting a "Meet the Board" road trip, and more information will be available to me after the conference this year in April, so we BC/Yukon are keeping our eyes on 2024.

By the time you get this February Bulletin we will have had our Officers, Coordinators and Liaisons meeting and BC/Yukon will be heading for our Area World Service Meeting in May.

Serenity to you all,
Owen H., BC/Yukon Area AI-Anon Delegate
delegate@bcyukon-al-anon.org

Alternate Delegate

Hello fellow AI-Anon/Alateen Members,



I anticipate that I will feel excited and rejuvenated as by the time you read this, I will have just returned from the Officers and Coordinators meeting in Parksville this last Saturday.

The meeting will allow me to meet new members stepping into fill positions, as well as discuss the Area's needs in terms of our service.

The theme for 2023... *Love, Laugh and Grow Together* is motivating and sums up why we do the business of AI-Anon. The business portion must be done. The decisions on behalf of the worldwide fellowship must be made by the group members so that we have a strong, intact, growing, and healthy foundation for our members to help one another in AI-Anon.

We are working together as Officers and Coordinators to create an amazing AWSCM (Area World Service Committee) for District Representatives (DRs) and members to listen and become informed of the business of the BC/Yukon AI-Anon Area and beyond.

This will be an opportunity for DRs to give feedback to the Area that may include questions, concerns, suggestions, or wishes that they can voice on behalf of the groups and members in their District. They will also hear the latest World Service Office (WSO) news from our Delegate.

We are looking forward to announcing a AWSCM Host District. If your District is interested, please reach out to The Assembly Chair, Patty T., or another Officer/Coordinator.

Remember from Assembly... Ermagarde is ready to pack her suitcase and go about the business of "*Carrying The Envelope*" on behalf of her District.

Permanent Electronic Groups:

As we read in previous Bulletins, our BC/Yukon Area Delegate, Owen H., has informed the WSO that the members of our Area have taken a group conscience vote to accept Permanent Electronic Groups (PEGs) into our Area service structure. We have guidelines that were created by the PEG Task Force and that were adopted by a group conscience vote at the 2022 Assembly.

I hope many of the DRs and Group Representatives (GRs) in our Area will use the Knowledge Based Decision Making (KBDM) process to make an informed decision about whether you, as Districts, can accommodate PEGs into your District. It is important to note that our BC/Yukon Area utilizes KBDM as the basis of all our discussions and decisions.

KBDM creates a neutral and open platform for questions and discussion. KBDM is a solid process where background discussion material, questions, and concerns such as the Electronic Meeting Thought Force reports are shared with all members for review prior to decision making.

KBDM information and Thought and Task Force reports presented at AWSCM/Assembly in 2022 can be found on the BC/Yukon website. The new online 2022-2025 AI-Anon/Alateen Service Manual (P-24/27) v2 can also be helpful in the KBDM process and it is available on the WSO AI-Anon website.

If your District decides to accommodate PEGs, you will also need to create guidelines for PEGs joining your District. Not all Districts will have the capacity, equipment, or technology to accommodate PEGs.

To fill the need of PEGs without a District, the BC/Yukon Area has created District 34 that accommodates PEGs. The new electronic District 34 is a work in progress. There are many parts that have not been refined yet. I encourage you to do your homework, understand the steps and processes and options, and ask lots of questions. In this way, the group conscience can result from a well-informed thought process.

Along with KBDM, Concept Four - *Participation is the Key to Harmony* - may be helpful in your discussion/decision making process.

At WSO it is also a work in progress to accept electronic groups at the Area and District levels. So many factors and details must be researched and considered by all levels of service before a group registration process can go smoothly.

Reach out to the Area Officers and Coordinators for help. While this is new to all of us, we will walk through it together and reason things out with you. The most important thing is to be informed and understand the process and the procedures that will need to be followed. I suggest using the slogans *Easy Does It*, *First things first*, and *One Day at A Time* as you approach this process of potentially incorporating PEGs to your District or the new electronic Area District 34.

If there is any way I can support you or your group, please reach out to me by my email address below. If I don't know the answer, I'll help do the research and support you in getting your questions answered.

The Forum:

As your Area Forum Coordinator, I will close with a few tidbits of our *Three Legacies* from the February 2018 Forum.

STEP TWO: *Came to believe that a power greater than ourselves could restore us to sanity.*

"My Garden of Gratitude. In AI-Anon I learned I can make choices that are best for me. The best choice I ever made was to come to AI-Anon, for here I have learned how to make choices so I might have a wonderful and meaningful life and to discover a God of my own understanding. Today I choose to tend my own Garden of Gratitude. I am so blessed to have this wonderful program."

TRADITION TWO: *For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.*”

Obedience to the unenforceable. Before Al-Anon I didn't know what a group conscience or a trusted servant was. When a group focuses on Al-Anon solutions, it can find a healthy way to make decisions and honor them. Without unity in a group and humility in its members, there cannot be an effective group conscience, and without obedience to the unenforceable, the group conscience will not be honored. An obstacle to Tradition Two is the idea of honoring the decision the group has made, whether I agree with it or not. Some members disliked the decisions made at the group and would not go along with them. This caused conflict and eventually about half the members left the group.”

CONCEPT TWO: *The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.*”

Responsibility and authority are words that have had several meanings for me throughout my life. In the past I felt responsibility for the drinker's actions and authority frightened me. Then I came to Al-Anon. Today I don't find authority frightening. In some cases, I have authority, in others, it belongs elsewhere. The same is true for responsibility; sometimes it is mine and sometimes it isn't. Service has been my greatest teacher about these ideas. I am responsible to carry the message, but I am not responsible, for instance to ensure that a service position is filled, or that my group is growing. Others share that responsibility with me. The same can be said with authority. I am one voice among many. I am not authority – my Higher Power is. However, I can read my *Service Manual* and speak up when something doesn't feel quite right to me and suggest solutions. Today I don't want all the power; I am happy sharing. Many Hands make light work, and sharing the burden makes it easier for all of us. Our shared responsibility.”

Together We Serve,

Nancy MC. BC/Yukon Alternate Delegate

altdelegate@bcyukon-al-anon.org

Quotes

Feel the fear and do it anyway.

When I change the way, I look at things, the things I look at change.

Not my monkey, not my circus.

It's just a bad day, not a bad life.

For Group Treasurers

Tradition Seven - "Every group ought to be fully self-supporting, declining outside contributions."

In the spirit of self-support, group contributions are used to pay group expenses first and it is suggested that additional funds contribute to the cost of services provided by our service arms. Please use the listed links to obtain current addresses for mailing cheques.

1. Your District (this may include local 12 step call answering services)
2. Al-Anon Information Services: Vancouver, Victoria, or Kelowna www.bcyukon-al-anon.org
3. BC Yukon Area Assembly treasurer@bcyukon-al-anon.org
4. World Service Office www.al-anon.org/contact-us/

Contributions by cheque are accepted at all service arms. For all contributions, please include your District number or city along with group name or group number. (For example: District 10, Langley, Keep it Simple AFG)

Electronic contribution options:

1. **Your District:** Please contact your GR or DR for contribution methods available.
2. **Al-Anon Information Services (AIS) Offices: (support the one you use)**

- a. **Al-Anon Central Services:** available to serve all of mainland BC & Yukon
604-688-1716 afgcentraloffice@gmail.com

Online contributions: <http://afgcentraloffice.blogspot.com/p/donations-communication.html>

- b. **Victoria Al-Anon Information Service:** serves Vancouver Island
250-383-4020 alanonvictoria@gmail.com

E-transfer to alanonvictoria@gmail.com Direct deposit, no security code required.

- c. **Kelowna Al-Anon Information Service:** serves central & northern BC.
ldcokanagan@yahoo.com or www.bcyukon-al-anon.org for postal mail address

Online contributions not currently available

3. **BC Yukon Area Assembly:** treasurer@bcyukon-al-anon.org

E-Transfer payable to: “**BC Yukon Area Assembly**” treasurer@bcyukon-al-anon.org
Security question is required. Please make the answer: “Tradition7” (no space).

4. Al-Anon World Service Office: www.al-anon.org

Payable to: “**AFG Inc.**”

Online donation link: <https://al-anon.org/contributions/member/>

For more information on “Group Finances/Budget”, please refer to the Al-Anon/Alateen Service Manual pages 52-57 <https://al-anon.org/for-members/members-resources/manuals-and-guidelines/>

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

Group Records

Hello Al-Anon members,

There is a new in-person meeting in Duncan-District 15-Hope for Today.

Cowichan Valley Alano Club 450 Whistler Street on Thursdays at 7:00 PM

Thank-you to the electronic groups for their patience as the WSO updates their database.

For existing groups with a WSO#: After taking a group conscience and voting to move from meeting physically to a Permanent Electronic Group (PEG)

Process for group moving from a physical location to an electronic one:

Members submit the [AI-Anon Group Record Change Form for Groups with an Electronic Location](#)

These groups are not NEW and the process for them to move to a PEG is to submit this form to WSO.

New PEG Process:

Process for new electronic AI-Anon group registrations:

Members submit the [New AI-Anon Group Registration Form for Groups with an Electronic Location](#)

Your choices for District are either the newly formed District 34 or if your District of choice has voted to accept electronic meetings.

Please reach out with any questions you have. May the peace of the program grow in you one day at a time.

With Gratitude in Service,

Sarah O., BC/Yukon Group Records Coordinator

grouprecords@bcyukon-al-anon.org

Your "One Stop Shop" for Group Information

Public Outreach

It's a New Year!!

I'm very excited to be planning this year for Public Outreach and would like to invite you to give back to AI-Anon by doing service. I know for me service work has added so much to my development emotionally and in my recovery.

Public Outreach has a committee that holds a meeting once per month and is made up of those who just want to be apart of the discussions and give input and those who want to participate in events and planning.

Please join us this month on

Saturday January 28th at 10:30 am on Zoom

Zoom ID number is 985-6094-7531 and Pass code 696634.

My experience has been "When I Get Busy, I Get Better."

Hugs in Service,

Gail S., Public Outreach Coordinator

publicoutreach@bcyukon-al-anon.org

Alateen Coordinator

Hello Al-Anon members,

I hope that you are doing well and keeping connected with Al-Anon friends. I am happy to report that we now have 24 active (Al-Anon Members in Alateen Service) AMIAS in our BC/Yukon area and 4 Alateen groups with 3 meeting face to face and one on Zoom.

We are meeting on Zoom for those who are current AMIAS, or those members interested in finding out more. Please contact me for information.

Also, it is time again to recertify and get Criminal Record checks done for those that are needing them. I will send out an email with the forms and let those know who need to get their record checks renewed as well. Every three years AMIAS need to get a criminal record check and the recertification is every year.

This is my last year as Alateen Coordinator, and I would like to encourage others to step up in service and take on this rewarding position. I am happy to support the next Alateen Coordinator and answer any questions you might have. I invite you to check the job responsibilities on our BC/Yukon website and really consider taking the job.

I have grown a lot in my recovery since being the Alateen Coordinator and I feel very grateful for the opportunity to serve the members.

Again, thanks to those who have shared this journey with me and all those Al-Anon members who have become AMIAS over the years.

“By applying the Twelve Steps to ourselves, we begin to grow mentally, emotionally, and spiritually. We will always be grateful to Alateen for giving us a wonderful, healthy program to live by and enjoy”....From Alateen Suggested Preamble to the Twelve Steps.

Sincerely love in service,
Michelle W., BC/Yukon Alateen Coordinator
alateen@bcyukon-al-anon.org

Website Coordinator

Hello my dear Al-Anon friends,

My name is Lothar S. and I call Sooke on Vancouver Island my home. If you want to meet me in person, you can find me every Wednesday at the Gotta Wanna AFG, Rose of Lima Church. You will be welcome.

By serving my home group and district in various functions over the past years I have found another level of recovery from the effects of the disease caused by alcoholism and addiction. I am grateful for that.

Today, I am humbled by the trust and support from the Area Officers and Coordinators over the past weeks after I applied for the position as your Website Coordinator. I am looking forward to working and meeting with many of you in the upcoming years. I am excited to meet you in the future.

To be continued and as always,

Keep it Simple – Just for Today

Lothar S., BC/Yukon Website Coordinator

website@bcyukon-al-anon.org

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

From “A Guide for the Family of the Alcoholic” (P7) page 9

...Learn all you can. Put it into practice, not just into words. This is far more effective than anything you attempt to do for the Alcoholic.

The Central Service Office has much literature to “learn all you can.” I like this pamphlet because it has a list of “don’ts - page 10. Central Services Office has plenty of this pamphlet in stock. (P7)

Office Manager’s Report

1. The Office was busy in December before our holiday closure and has been extremely busy since we reopened in January. Both calls and literature purchases have increased daily.
2. Voicemails and e-mails were monitored during our holiday closure, but only a few were received.
3. 2022-2025 Al-Anon/Alateen Services Manual (P-24-27) v2 is now scheduled to ship from the vendor to the WSO in mid-February. It will be a while before we receive it here at Central Services Office. We are patiently grateful for our Service Manuals.

Reminder: Speaker’s Bureau

Register by contacting the Central Services Office and we will send you a registration form and the Guidelines for Members Interested in Speaking (G1). See January’s Bulletin for more details.

Office Committee Quarterly Meeting

February 19, 2023, Sunday 11:00 am

An email notice will be sent out with login information. Hope to see members of the Society and a representative from your Group joining in.

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)

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 V5C2H6
parking available - phone for information.

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

Service Position:

My three-year term is up, and this great service position is available for a new trusted servant of Al-Anon. Contact Central Office for more information.

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

afgcentraloffice@gmail.com

www.bcyukon-al-anon@gmail.com

AL-ANON CENTRAL SERVICES INFORMATION FOR DECEMBER 2022
CONTRIBUTIONS, CALLS, VISITS, EMAILS
Contributions - \$870.00
Calls 12- Visit 7- Email Mtg Info 10
Email Literature Info. 12

Events & Meeting Notices

Comfort in the Cove Anniversary Meeting Monday February 27th opening at 7:15 pm with meeting starting at 7:30 pm to 8:30 pm at Mount Seymour United Church, 1200 Parkgate Ave, North Vancouver. There will be AA and Al-Anon speakers. Masks are encouraged but not required. For more information, please email coveafg@gmail.com

HAPPY ANNIVERSARY!

20th Anniversary for Tuesday Langley Keep It Simple AFG on Tuesday, February 28 from 5:00 pm to 6:30 pm. There will be guest speakers from AA and Al-Anon. Come for the message. Stay for the fellowship! The meeting is being held via Zoom: ID = 208531889 Password = 071445

District 10 Workshop "How it Works" at 2484 204 Street, Langley on **Saturday, March 4th** from 10am -2pm. Please bring the Conflict Resolution package ~if you have it. Skit, speakers & fellowship. RSVP: mondaldergrove@outlook.com



AA Burnaby Roundup with Al-Anon Participation on Saturday, March 11 at the Operating Engineers Hall, 4333 Ledger Street, Burnaby starting with **registration at 10 am**. The meetings are from 11am to 5:30 pm. The evening meetings will have AA and Al-Anon speakers with live music to follow. Food and beverage available all day. Free parking. Al-Anon contact Judy K. 604-782-2422.

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
Diana H:	secretary@bcyukon-al-anon.org	Vacant:	archives@bcyukon-al-anon.org
Janis A:	treasurer@bcyukon-al-anon.org	Annette P:	webmanager@bcyukon-alanon.org
Sarah O:	grouprecords@bcyukon-alanon.org	Akemi M:	event@bcyukon-al-anon.org
Gail S:	publicoutreach@bcyukon-alanon.org	Angus P:	Assistant Hybrid Event Coordinator
Donna H:	literature@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.