



BC/YUKON AREA BULLETIN

Volume 12, Issue 2
February 2022



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

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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

Greetings Al-Anon friends,

I am incredibly happy to announce that we have added a couple of new members to our area team!! Sarah O. from District 10 has been appointed as our new Group Records Coordinator and has been working with Jody to take over the reins. I received a couple of resumes after we appointed Sarah and I would like to thank those who took the time and had the willingness to apply. I am so grateful to everyone who has shown interest.

We also have a new Hybrid Meeting Equipment Coordinator!! Ernie W. from District 18 has been appointed to this new role and I am sure many of you know him from his days of looking after the sound at the last couple of Assemblies we had in person. Ernie and Akemi will be working together to navigate these new positions so that we can have our Hybrid Events!

I know you will all join me in welcoming and encouraging Sarah and Ernie in their new positions. They will both be a wonderful addition to the already amazing group of members I am privileged to work with.

I have not received any bids from any Districts to host the Area World Service Committee Meeting yet, so I do not have any new information on that front. I hope by next month that will have changed. I have reached out to the District Representatives, and I know it takes time to meet and come to a decision, so I am hopeful that I will have this information very soon.

Our Delegate, Owen, will be attending the World Service Conference in New York in April this year. Normally during this time, we try to send letters and cards and 'love gifts' to encourage and show our love and support to our Delegate during the Conference. This year because of Covid concerns, the Conference Leadership Team has decided not to accept any physical packages or mail at the hotel. They are looking at offering another communication option during the Conference, but for now they suggest that we send any cards or love gifts to our Delegate's home prior to him leaving or send him emails or texts while at the Conference. Another suggestion is that Areas may choose to send a monetary love gift to the WSO. I will continue to remind everyone as the date gets closer.

When you read this, the Officers, Coordinators and Liaisons will have had our first meeting of the year to plan for the Area World Service Committee Meeting (AWSCM). We will be hearing from the Thought Force on the Permanent Electronic Meetings, and you will be hearing more about their findings. I am excited to get this year in Al-Anon Service going! It is going to be another different kind of year as we navigate Hybrid AWSCM and Assembly for the first time.

We are still in need of an Archives Coordinator and someone to take over the Alateen Coordinator from Michelle who has completed her 3-year term.

Wishing you all Peace and Good Health and Love in Service,
Shannon P.

BC/Yukon Area Chair

chair@bcyukon-al-anon.org

Delegate's Message

Greetings,

When you read this Bulletin, our Officers, Coordinators and Liaisons will have attended the January meeting in Nanaimo. I, your Delegate, who is double vaccinated and had the booster shot, plan to attend in person.

At this meeting we will plan for the upcoming Area World Service Committee meeting to be held in May, which plans to be exciting and hopefully in person.

My role as your delegate, got off to a high volume start with emails pouring in. I am sorting through them and getting a plan together for the Conference to be held in New York this April.

The new World Service Conference members met January 8th, with an online meeting to learn procedures, purpose, and composition for the upcoming World Service Conference. We also reviewed Knowledge-Based Decision-Making (KBDM), which Al-Anon uses in our meetings, both at your group level and all levels of Al-Anon. You may see it in action at Area World Service Committee meeting or at Assembly this September.

- **Five Key Elements to Knowledge Base Decision Making**

1. Open communication between leadership and membership
2. Dialogue before deliberation
3. Common access to full information for all decision-makers
4. Existence in a culture of trust
5. Confidence in the competency of our partners

- **Knowledge Base Decision Making (KBDM) Questions**

Question 1: What do we know about our members' or prospective members' wants, needs, or preferences that are relevant to this discussion? What do we wish we knew, but don't?

Question 2: What do we know about the capacity and strategic position of the organization relative to this issue? What do we wish we knew, but don't?

Question 3: What do we know about the current realities and evolving dynamics that are relevant to this discussion? What do we wish we knew, but don't?

Question 4: What are the ethical implications of our choices (pros and cons)? This includes consideration of how the Legacies apply. Identify both Pros and Cons. What do we wish we knew, but don't?

I have also been thinking about our traditions, mostly our Tradition 4. "Each Group should be autonomous, except in matters affecting another group or AI-Anon or AA as a whole."

As I hear this tradition, I often seem to hear members saying the first few words up to the comma, thinking we are autonomous and we can do as we like, but the tradition says after the comma "except" and that is where some of us get lost. The tradition teaches us that it is important to consider the greater good of AI-Anon or AA.

In my recovery, I have read the Service Manual and studied the Traditions. As 2022 is underway, I would like to invite all members and groups to read and study our Service Manual, as we move into our future.

Owen H.
BC/Yukon Area Delegate
delegate@bc yukon-al-anon.org

Alternate Delegate

Hello Everyone,

I am looking forward to the privilege of attending the Officers and Coordinators Meeting as your Alternate Delegate scheduled for late January.

By the time you read this report it will have already happened; with some members attending live, and others by hybrid. It will be a chance to meet all the existing Officers and Coordinators along with new incoming service members, like myself starting their journey in a new Area service position.

The wonderful thing is the way we have structured our area rotation of service. The Officers are elected and the Coordinators positions are appointed in a rotating schedule of election and appointments that is staggered over 3 years. That works well for continuity of service as service members are not all incoming or outgoing at the same time. The background discussions and decisions can be passed on by members who were present in past discussions or events, to the newer members to continue.

As Alternate Delegate I have already participated in a Thought Force (description of a Thought Force page 71 Service Manual); with members in a variety of service positions in the BC/YUKON Area.

Our focus is to produce some recommendations and answers moving forward for electronic meetings in the BC/Yukon Area. The process has really had me dig deep into our AI-Anon books to find answers in our three legacies - the Steps, Traditions and Concepts. As well, we used the Knowledge Based Decision Making (KBDM) process and created different perspectives from each individual member. We have gathered the background information and compiled a report that was presented to the Officers and Coordinators at the meeting that happened in late January.

On page 72 in our Service Manual, it says *"members need access to all information about the issue, they need clarity in what their discussions hope to accomplish, and they trust each others' motives and capabilities. Committee decisions take time, but it is necessary to take time to hear from all members who want to participate so that a group conscience evolves. Each member puts forth his or her ideas, willing to sacrifice them, believing the best outcome will come from the discussion."*

I really like those words "the best outcome will come from the discussion." This report will be presented to all the members of BC/Yukon, who choose to attend the upcoming Area events of the Area World Service Committee Meeting (AWSCM) in May and the Assembly in September. All the members voices and feedback will conclude the best outcome, and that is how a group conscience evolves!

I will close with some tidbits from entries in the Forum February 2017 issue. Step two: "Came to Believe...I don't have to have it all figured out in order to make progress"

Tradition two: "By attending business meetings I am better informed of my Group, District, Area and the World Service Conference group conscience. This is an important part of my personal recovery, by supporting these group conscience decisions I have developed a spirit of humility.

Concept two: "Truly a lesson in letting go is allowing the administrative and operational authorities to do their work...my part is to keep my part of the street clean"

What a privilege it is to learn while serving Al-anon.

Nancy Mc.

BC/Yukon Al-Anon Alternate Delegate

altdelegate@bcyukon-al-anon.org

Group Records

Hello Al-Anon Family,

I am grateful for the opportunity to be of service as your Group Records Coordinator. Jody is kindly showing me the ropes and I thank-you for your patience in advance as I slowly transition into this role.

When sending changes to grouprecords@bcyukon-al-anon.org please include these three vital details:

1. Group Name
2. Group ID Number
3. District Number

I look forward to meeting new friends on this journey.

Love in service,

Sarah O.

BC/Yukon Group Records Coordinator

grouprecords@bcyukon-al-anon.org

Your "One Stop Shop" for Group Information

Treasurer

Financial Matters for BC/Yukon Area Groups

Tradition Seven: Every group ought to be fully self-supporting, declining outside contributions. Please refer to pages 55 to 59 in "Groups at Work" or "Service Manual" for a complete explanation of this tradition as it relates to member contributions. <https://al-anon.org/for-members/members-resources/manuals-and-guidelines/>

Distributing Group Funds:

Your Group Meeting: Rent or electronic meeting platform fee, insurance (if required), literature, Group Representative expenses to attend Assembly in September, local public outreach, Forum subscription, reserve fund (suggest 3 months expenses) and other meeting expenses as per group conscience.

Your District: Rent or electronic meeting platform fee, District Representative's expenses to attend AWSCM (and Assembly if possible), local public outreach projects, workshops, Alateen support (if needed), Beginner's meetings (if needed) and other district expenses as required. (See pp 158-160 in *Service Manual*). BC/Yukon Area will pay for DR's travel and hotel expenses to attend AWSCM if Area funds are available and approval is requested in advance, however districts are encouraged to pay these costs if possible. District funds (not Area) pay for District Representatives meals during AWSCM. Districts may also choose to have the District Representative attend Assembly at the district's expense.

Al-Anon Information Service Office: Rent for office, part time employee wages, insurance, telephone, office equipment and other expenses. The AIS offices in Vancouver and Victoria also use the office to receive, store and distribute Al-Anon literature to groups in BC/Yukon area. (See pp 66-67 and 108-109 in *Service Manual*)

Victoria AIS/LDC: alanonvictoria@gmail.com

Al-Anon Central Services AIS/LDC: afgcentraloffice@gmail.com

BC/Yukon Area: Assembly and AWSCM expenses, Delegate travel expenses to attend the World Service Conference, expenses related to Officer's & Coordinator's duties, website costs. (See pp 67-68 and 141-148 *Service Manual* for duties of Assembly members)

In a motion passed at Assembly 2007, members suggested a goal of 50 cents per person per meeting be contributed to the Area. Contributions are suggested to be sent 4 times per year – January, April, July, October payable to "BC/Yukon Area Assembly". Mail to BC/Yukon Area Treasurer: **Do not write "Treasurer" or "Al-Anon" on envelope for anonymity reasons.** Complete a contribution form available from the Treasurer or on the BC/Yukon website (member resources page) and enclose with cheque or money order. Be sure to include your group identification number or district # with group name.

World Service Office: What WSO does with your contributions - see pp 166-167 in *Service Manual*

Please keep in mind that the average cost for WSO to provide services to each group is reported by the delegate each year. (2019 it was approximately \$434 Cdn. per group) If sending group funds, your group Treasurer is asked to include the Group's ID Number, Group name and mailing address and GR's name.

Contributions can be sent in Canadian funds to: **Al-Anon Family Group Headquarters Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA, USA 23454-5617** (see pp 102-104 service manual for other ways to contribute)

Member contributions and literature sales are the only funding sources for Al-Anon Family Groups. Please ask your group to contribute to all levels of service to ensure Al-Anon can continue to provide hope and help!

Group and District Donation Form for: BC Yukon Area Assembly

Please make:

CHEQUES payable to: BC YUKON AREA ASSEMBLY (Please do not send cash)
Janis Armit (no need to reference Al-Anon)
27111, 0 Avenue Unit #3
Langley, BC V4W 2S9

Please check the address of the CURRENT Treasurer on our website at www.bcyukon-al-anon.org under members, then resources, then down to Financial Forms this will always be the most current persons contact information. *This is just a suggestion: The formula used by many groups is 50 Cents per person per meeting for each quarter, as per motion from 2007: Move that the suggested group donations for BC/Yukon Area 81 Assembly be \$0.50 per person per meeting, where possible. Carried. You may use that calculation or any amount your group decides upon and mail it to your BC Yukon Area Treasurer at the above address. PLEASE fill out the Contribution form below: BC YUKON AREA GROUP OR DISTRICT CONTRIBUTION INFORMATION

District # _____ Group Representative: _____

Group Name: _____

Amount Enclosed: _____

Contribution for: (Circle one) Jan. – Mar. Apr. – June July – Sept. Oct. – Dec.

No receipt OR Address IF receipt is required: Print Clearly

Email address (if you would like an electronic receipt) Print clearly

Thank you so very much for your Contribution.

With gratitude,
Janis A.
BC/Yukon Area Treasurer
treasurer@bcyukon-al-anon.org

Literature Coordinator

Hello everyone,

Is it spring yet? I, for one, am ready for crocuses and daffodils and the feeling of renewal amongst our flora and fauna. It is also a suitable time to brush off the solitude of winter and step out into a world of new possibilities.

Special occasions like Valentine's Day tend to remind us of our losses more than produce warm and fuzzy feelings of love and affection. Attending a meeting is especially helpful in breaking the isolation and the feeling of loneliness. In our Suggested AI-Anon Welcome we read the words ***"We who live, or have lived, with the problem of alcoholism understand as perhaps few others can. We, too, were lonely and frustrated, but in AI-Anon we discover that no situation is really hopeless, and that it is possible to find contentment, and even happiness, whether the alcoholic is still drinking or not."***

Loneliness is a major factor in our fellowship today. Covid 19 has forced many of us to withdraw from the very source that has given us comfort, the ability to leave our situation and seek out solace in the safe space of an AI-Anon meeting. Giving and receiving hugs, meeting for coffee, approaching another member to talk about sponsorship or to offer our service to a group are all aspects of breaking the silence and the isolation of the family disease of alcoholism. Notwithstanding the isolation brought on by another strain of the Covid virus, there are several AI-Anon members are hesitant to admit our need for companionship and socialization and therefore remain isolated and physically apart from other people. It is for times like these that the World Service Office created a Member Blog.

A blog is an opportunity to share with other members. Every month a new topic is introduced. For example, a question is asked, 'What aspects of your recovery are you grateful for?' Members can share their experience, strength, and hope on this topic or write about one of AI-Anon's three Legacies. Any member can share by logging onto the site at al-anon.org/member-blog. Sharing's on the Member Blog may be used in future AI-Anon publications.

Another important WSO publication is the Forum. The Forum is the monthly magazine of AI-Anon Family Groups sharing recovery, unity, and service. One section contains an 'instant meeting.' A member shares on a topic like 'Gratitude for the Gifts of AI-Anon' and then encourages the reader to share their own experience, strength, and hope. A year's subscription to the Forum is only \$23 USD (\$29.07 Cdn.) and can be ordered online at al-anon.org/forum.

Like all Conference Approved Literature, help is available 24/7. Just pick up any of the many publications, check out the index and 'zoom' into sharing on any topic that interests you and you will find comfort in the words of fellow AI-Anon members who have discovered that 'no situation is really hopeless.' (Suggested AI-Anon Welcome)

Wishing you serenity in 2022,
Audrey E.

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

Alateen

Hello Al-Anon Members!

Hope you are all safe and healthy. I am writing to remind those of you that are current Al-Anon Members Involved in Alateen Service (AMIAS) that it is once again time to think about recertification and updates of criminal record checks if needed. I will email the paperwork to those current AMIAS, and let you know if you need a new criminal record check.

Alateen is a part of Al-Anon and is a great service tool that helps in my recovery. I love that I can give back to this program of recovery that has given me back my life. Working my program in all I do is not easy, however doing service work helps me stay connected to the Steps, Traditions and Concepts. I cannot give back more than what has been given to me, but in some small way, I am contributing.

"Al-Anon and Alateen always be there, as it states in our declaration and "Let It Begin With Me." Have you been wondering how you could be of service to Al-Anon? Well, being an Al-Anon member In Alateen Service or also known as AMIAS could be the answer. Talk to your sponsor and your Higher Power to see if this would be something you might try. Check our website for the guidelines to be an AMIAS and for the Alateen job description. This is a wonderful opportunity to help young people have a safe place to share their experiences and learn how to live with alcoholism.

Alateen is also available on a mobile app thanks to World Service Office. Thank you to all Al-Anon Members who have stepped up to help Alateen, and please spread the word to those who may not know about this wonderful opportunity to keep Alateen alive and well in our Al-Anon family. Our kids and grandchildren will benefit from Alateen, but only if it is still here for them Thank you for your continued support.

Love In Service,
Michelle W.
BC/Yukon Area Alateen Coordinator
alateen@bcyukon-al-anon.org

Public Outreach

Hello, my Al-Anon Family,

Wow! I cannot believe we are in February already but glad to be back to normal after a busy December and January.

First, I would like to bring you up to date with our Public Outreach Group. So far, we have, Margaret B D17 Our Secretary, myself, Rhoda D9, Elke H D9, Lothar S D17, Betty A D15, Nellie T D17. A sub-committee of Rhoda, Elke and Nellie have touched based with a few institutions

who have expressed interest in receiving information about Al-Anon, and these ladies are on it! We are also working on a Public Outreach presentation and hope to be busy responding to enquiries and requests.

We welcome more committee members or interested members who would like to attend our meetings, participate with input and opinions, and take the information back to your groups. Alternate District & Group Representatives would find this an extremely useful addition to your position to provide information and ideas to your Groups and Districts.

Al-Anon's third legacy, is carrying the message, as stated in the Twelfth Step, "we tried to carry this message to others." It is so important for us to do whatever we can to reach out to others and let them know we are here and welcome them to our fellowship, if they have been affected by alcoholism in a family or friend. Being part of Public Outreach can do that for the public, but also for our members who give service in return for the spiritual help they receive in Al-Anon.

**Happy Valentines to everyone and our next Public Outreach Meeting is
February 19 at 10:30 a.m. – Noon on Zoom.
Log in 985 6094 7531 and passcode is 696634.**

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

Central Service Office

Hello Al-Anon members,

It is the second month of the 2022 new year, and I guess that does not make it the New Year, and the meeting of BC/Yukon Officers, Co-Ordinator's and Liaisons' meeting will have taken place. The Thought Force for Permanent Electronic Meetings will have presented their findings.

I found myself in preparation for this Bulletin, and because I am the Liaison to the Area World Service Committee from Central Services, focusing on "becoming aware" of what these are and giving some thought as to their incorporation into Al-Anon Family groups here at BC/Yukon. Also, as Central Services is the Information Service for our Area, we need to have a full understanding of these changes for when they come about.

We know that how well we focus on the present enables a best outcome for the future. The slogan "Keep an Open Mind" helps us to overcome feelings of inadequacy that we can sometimes feel when we have broadened ourselves in service and have not yet found a footing with latest information. Thank goodness for the Committee Members that attend the quarterly meetings that we share information or just listen to broaden our perspective. Next Committee Meeting is **Sunday, February 20, 2022, at 11:00 am**, and an email with zoom information will

be sent out to all registered with the Society. If you wish to attend and are not yet registered, please contact the Office at any one of the contacts below.

Cynthia Y., our Office Manager thought we would like to know that during the Office Christmas holiday closure from December 23, 2021, to January 2nd, 2022, the Office received two phone calls and twenty-six emails and the majority of those were requests for meeting information.

We see how important it is to keep our meeting locations and times, whether in person or virtual, up to date. Please inform Group Records and if you do not mind Central Services too so that there is no delay in documenting changes.

Cynthia Y. and Judy K. are in the process of sending out the requests for Group History updates. If your group has not received their history update request by mid-February, please check in your spam folder. If the history update has not been received, please contact Al-Anon Central Services Office.

Yours in service,

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

Al-Anon Central Services Society

afgcentraloffice@gmail.com

<http://afgcentraloffice.blogspot.ca>

AL-ANON CENTRAL SERVICES DECEMBER 2021

CONTRIBUTIONS, CALLS, VISITS, EMAILS

Contributions - \$1,778.50

Calls 18— Visit 6 — Email Mtg Info – 21 –

Email Literature Info. - 3

ALL SEASONS BURNABY - ALDERGROVE MONDAY NIGHT -

BURNABY THURSDAY - DISTRICT 9 SURREY -

NORTH SHORE STEPS TO SERENITY MONDAY NIGHT -

RICHMOND SERENITY SEEKERS - VANCOUVER BALACLAVA -

VANCOUVER CARRY THE MESSAGE WED. - WHITE ROCK TUESDAY OUTREACH

PERSONAL (6)

Officers and Coordinators 2021

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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
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		Ernie W	equipment@bcyukon-al-anon.org

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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 AI-Anon), 7213 Aldeen Rd., Prince George, B.C. V2N 5P7.