



AI-Anon & Alateen Family Groups

# BC/YUKON AREA BULLETIN

Volume 12, Issue 1  
January 2023

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

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We're on the web!

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

Happy 2023 and I hope all of you had a peaceful and happy Christmas Season!

This is my first submission as your new Area Chair and I'm excited about embarking on this new service journey. I appreciate and thank you for your patience and I am calmed by the knowledge that I have the support of our past Chair, Shannon P., as well as the other Area service members. Thankfully, we are never alone in this wonderful God-given program.

Thank you to Shannon P. for her outstanding service and leadership in these past three challenging years! She adapted her service role in the new pandemic environment and carried the message like a champion.

In terms of the pandemic and shifting our area meetings to an electronic format, the last couple of years of the service terms of our outgoing secretary, Ann H. and our Delegate, Owen H. were also very challenging. I am so grateful for all the Area servant's perseverance, adaptability, and steady loving service.

## New Area Service Members

Please join me in welcoming the new BC/Yukon AI-Anon Area trusted servants:

- Dianna H. (District 33) Area Secretary
- Angus P. (District 9) Assistant Hybrid Event Coordinator
- Lothar S. (District 17) Website Coordinator
- Donna H. (District 6) Literature Coordinator

**Happy  
New Year!**

I look forward to working with them and all the Area service members as well as all of you. Thank you again to all the continuing Area service members for their support and work. Together we can!

### **Officers, Coordinators, and Liaisons Meeting**

The Officers, Coordinators, and Liaison hybrid meeting be held in Parksville this year on **Saturday, January 28**. Hopefully, the weather will cooperate! Planning for the next Area World Service Committee Meeting will be the main agenda item.

### **Service Opportunities**

We currently have two more available Area service opportunities: Archives Coordinator and Alternate Hybrid Equipment Coordinator. Because the hybrid meeting set-up requires such specific technical knowledge, we need someone trained and available if Ernie cannot attend. Hopefully, we will have the remaining vacant positions filled soon. Resumes are still being accepted.

### **AWSCM Location Needed**

We have not yet had a District offer to host the Area World Service Committee Meeting that is held at the end of May each year. It is essential that we secure a location soon. Please talk to your groups and districts to determine if hosting the meeting is possible. Guidance and support are available. For more information about what is required to host, please contact me at this email address.

Thank you all for trusting me to serve as your Area Chair. I will do my absolute best and please feel free to contact me at any time.

***When anyone anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there, and let it begin with me!***

With gratitude and love in service,  
Patty T., BC/Yukon Chair  
[chair@bcyukon-al-anon.org](mailto:chair@bcyukon-al-anon.org)

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## **Delegate's Message**

Happy New Year, and welcome to the new Officers, Coordinators, and Liaisons,

Welcome Patty T., as our new BC/Yukon Chair, Diana H as our new Secretary. Lothar S. as our new Website Coordinator, Angus P. as the Assistant to the Hybrid Events Coordinator and Donna H. the new Literature Coordinator.

Thanks to all who make our Al-Anon/Alateen program a great success.

As I look forward to the New Year, I am busy and involved with being your BC/Yukon Delegate. I hope to be able to attend many of your District meetings this year if you are holding them virtually and ask you to let me know the time and date so that I can put them on my schedule. I have had the opportunity to attend a few so far and that brings me closer to the BC/Yukon members.

## Voting at the Group Level

There are some meetings voting to go back in person or go to a PEG (permanent electronic group). I have attended a meeting occasionally that was asking members to vote on what their next step was as a PEG, Hybrid or in person only meeting.

In our service manual 2018-2021 page 51 it talks about "Voting at the meeting" and it says, *"members who regularly attend more than one group may want to consider at which group to vote on District or Area matters, keeping in mind that our principles are spiritual and voting on an issue more than once could be viewed as trying to control or dominate the outcome."* At meetings that were meeting in person for many years and have long time members, it didn't feel spiritually comfortable for me to vote as an out of area member only so I could attend virtually even though I didn't live anywhere near the group and would not likely attend in person.

## World Service Office News

- WSO Staff is making progress towards a replacement for the electronic meeting search on [al-anon.org](http://al-anon.org). The replacement will adjust the meeting times displayed based on the user's location, which is the number one complaint about the current electronic meeting search.

I am looking forward to my journey as your Delegate and to where my higher power will take me in 2023.

Your servant in service,  
Owen H., BC/Yukon Delegate  
[delegate@bcyukon-al-anon.org](mailto:delegate@bcyukon-al-anon.org)

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## Alternate Delegate

Happy New Year AI-Anon members and AI-Anon family Groups!

New beginnings and fresh starts are upon us as we shift into the New Year.

At the beginning of the year, I often think about the newcomers to AI-Anon - those that are just seeking out AI-Anon and those who have not found a chair in the meeting rooms of AI-Anon yet but have come to the realization that they are affected by another person's drinking.

It is common for the holiday season celebrations to be a catalyst to the awareness of the reality of one's circumstances, therefore, it is also common to see an influx of people seeking AI-Anon information in the early part of January.

Are your home groups prepared with newcomer packets or online resources available for the new member? Is information about access to your meeting online or in person easy to find? Is the meeting location and time information up to date on your District's meeting list? These are



some of the ways members can help newer members to find the rooms of Al-Anon where they will find help and hope.

I remember very clearly arriving back home from being out of town over Christmas and seeing how poorly the alcoholic in my life had functioned in my absence. This event confirmed the lack of sobriety, the need for me to not to expect accountability, or for the alcoholic to take care of things responsibly. I was devastated, because I had tried in every way to change, control, and cure the alcoholic and to help them become functional. My denial bubble burst in the reality of my findings and nothing I was doing was correct the situation was working.

Thank goodness I found the rooms of Al-Anon shortly after and realized I was doing the same thing over and over expecting life to get better or sober, but it was getting worse. Al-Anon showed me a new way of thinking, to react respond as well as a new way of doing things.

As I continue on my recovery path of doing things in new ways, I would also like others to find that hope and help that I have found. *“Let it begin with me when anyone anywhere reaches out for help let the hand of Al-Anon and Alateen always be there and let it begin with me.”*

I wish to support all the Al-Anon Family Groups in a healthy start to the new year by reaching out to offer my support in helping the members of the Groups, District and Area in carrying the message through the links of service. I look forward to staying connected and growing strong healthy meetings together.

If there is any way I can assist, please don't hesitate to email me at the address below.

## **Area Forum**

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

**STEP ONE: *“We admitted we were powerless over alcohol—that our lives had become unmanageable.”***

Helpless or Powerless? Serenity is understanding I may be powerless, but I am not helpless...My ability to be receptive to the tools of recovery is in direct relation to my willingness. I view powerlessness as the first step to recovery with a spiritual power, but helplessness as a permanent condition in which I take no ownership for my recovery. Today I choose the peace of the program, and the peace of knowing that I am not helpless because I have a Higher Power who cares for me.

**TRADITION ONE: *“Our common welfare should come first personal progress for the greatest number depends upon unity.”***

Tradition One is for everyone, including me. Before Al-Anon I believed I had the right answers to problems...I believed I had everyone's personal progress and common welfare in mind and that I had figured out the easiest and most efficient way to get through life.

Attending Al-Anon I began to see that everyone has their own path, and with encouragement and understanding we can love and support each other as we live our own lives. Today, I know that personal progress does not mean that I have to be perfect. I also began to realize that “Our common welfare” included me. “I think my need to control was based on my fear that I would be left out.”

**CONCEPT ONE: “The Ultimate responsibility and authority for AI-Anon world services belongs to the AI-Anon groups.”**

Each member has the right to express an opinion. My opinion has value. But if I don't share my opinion on a given issue, then I'm giving away my right and responsibility. When I am involved in a major decision it's important that I gather the necessary information to make an informed choice. Then we have a discussion and make a decision. Sometimes I agree, sometimes I don't. However, what is important is that I did my research, spoke up and listened with an open mind. Then I support the decision.

I love you in a very “special way.”

You are my family of serenity.

Nancy MC., BC/Yukon Alternate Delegate

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

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*When I listen to a newcomer it may be the first time, they have been able to voice their true situation to a non-judgmental person who will not give them advise. Let me remember that those few minutes could be the start of a recovery journey.*

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**Treasurer**

**Group and District Form  
Donations by Cheque or Money Order  
Payable to: BC Yukon Area Assembly  
Mail to: Janis Armit (until Dec 2023)  
27111, 0 Avenue - Unit #3  
Langley, BC V4W 2S9**

Suggested contribution as per 2007 Assembly motion: “Move that the suggested group donations for BC/Yukon Area Assembly be \$0.50 per person per meeting, where possible.” You may use that calculation or any amount your group conscience decides upon.

**GROUP OR DISTRICT CONTRIBUTION INFORMATION**

District # \_\_\_\_\_ Group ID# \_\_\_\_\_ Group

Rep \_\_\_\_\_

Group Name: \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_

RECEIPTS only if requested:      No receipt required \_\_\_\_\_

Please include Email address for an electronic receipt or Postal address on back of this form for a mailed receipt (please consider cost & environment before choosing postal mail option)

With gratitude in service,  
Janis A., BC/Yukon Area Treasurer 604-454-4873  
[treasurer@bcyukon-al-anon.org](mailto:treasurer@bcyukon-al-anon.org)

**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](mailto: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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## Group Records

Happy New Year!

As I write this I am reflecting on the last year and how quickly it went. I would like to take a moment to remember why I came to Al-Anon and how much the fellowship has done for me. I am enjoying being your Area Group Records Coordinator as we transition into the next phase of Al-Anon with Permanent Electronic Groups. (PEG) We now have a District 34 for Electronic Groups. As per the World Service Office, a group CAN NOT have a physical location AND an electronic location. They can be a Hybrid Group, if they meet both in person and electronically at the same time and location. If the group is not a Hybrid but has two separate meetings, and the group would like to continue to meet electronically, the group will need to split. There is no change to the in-person meeting with the physical location. PEGs will need to register as a new group and get a new registration number.

## Electronic Meeting Registration Form:

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

Ensure all members are aware of the conditions outlined at the bottom of the form regarding protection of Al-Anon's copyright materials and intellectual property rights.

## Instructions for filling out Registration form:

<https://al-anon.org/pdf/Electronic-Meeting-Registration-Instructions-EN.pdf>

Many Districts are discussing if and how they will be allowing PEGs to join into their District.

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](mailto:grouprecords@bcyukon-al-anon.org)  
Your "One Stop Shop" for Group Information

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## Public Outreach

Wishing you all a very Happy New Year through 2023!

I sincerely hope each of you had a very good Christmas and New Year.

At this time of year life can be very stressful for us and I hope all of you grabbed onto your program and worked it to get through one day at a time. I for one still find service work with Public Outreach keeps me very grounded and focused outside of myself by doing something that is positive.

Trusting in my Higher Power has always been my "go to" and has gotten me through some very unhappy times. I know that if I work the Steps, the Traditions, and the Concepts in everything I do, I will be okay. Also, using the slogans refocuses me and helps me to "get through" a bumpy ride. My sponsor always told me "When the boat starts rocking, hang on, still waters will come."

Wishing you the very best in 2023!  
Hugs In Service,  
Gail S., Public Outreach Coordinator  
[publicoutreach@bcyukon-al-anon.org](mailto:publicoutreach@bcyukon-al-anon.org)

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## Literature Coordinator

As I write this first article as your BC-Yukon Area Literature Coordinator, the holidays will be coming soon, and I am humbled to reflect on the gifts I have received, as the result of this program. Reading Conference Approved Literature (CAL) has become a cornerstone of my recovery, and I am excited to do my part to encourage the use of CAL, at the Area level.

I think my first experience with Al-Anon literature came via my local public library. (This was WAY before the Internet!). I flipped through *How Al-Anon Works*, but nothing spoke to me, because I could not listen to anything but the voice in my head. I didn't *feel*, so I didn't relate. In those days, I occasionally found a meeting, sat in the back, and slipped out before anyone could approach me. I later obtained *One Day at a Time in Al-Anon* and *Courage to Change*, which I dug out of a cardboard box, years later, when I was desperate enough to give this program an honest try. I was finally ready to hear the other members "translate" the literature, by sharing how it had helped them. Once I admitted I belonged here, the literature no longer sounded dry and boring; I related, which connected me to others in a way I never could have imagined.

Today, my daily readers are near me, while I have my morning coffee. For the past year and a half, I have been studying *How Al-Anon Works* with a small group of friends, via Zoom. My home group circulates a schedule with weekly topics. If I haven't looked ahead, I know the chairperson will start us off with a reading from a book or pamphlet. Even if I've read the page a hundred times, it seems fresh, as I grow in recovery and service.

I am excited to begin this chapter of my journey, which I understand includes not only encouraging the use and distribution of existing CAL, but also to "encourage members to write sharings for CAL projects in development." Well, I am a member, and I am encouraging *myself* to write! I hope you will join me. Please e-mail me your ideas, needs and goals regarding Al-Anon literature. I don't know what I'm doing yet, but I have faith that guidance is available, when I ask.

Thanks to Shannon P. and all the Officers and Coordinators and Liaisons for allowing me to serve, and to Audrey E., for sharing her experience as Literature Coordinator. If any former Literature Coordinators would like to share anything with me, that would be most welcome too. I look forward to working with you, and for you.

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

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

### 2022 Business

The Annual General Meeting was held in November 2022 for the Society and to keep us viable the report will be sent to Victoria. At the same time a quarterly meeting was held, and the next



meeting will be February 19 in this New Year, 2023. The Chair, Lynne G. is rotating out of the position, and we are looking for a new Chair. It is an awesome service position! Contact us if you are curious, we will describe to you to “How it Works” to borrow a phrase.

All was well at Central Services as we close the year. This is a good time to focus on Concept One, as we start 2023. “The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon family groups.” A member from your group can represent it by attending these quarterly meetings. Quote from a sharing in the Forum January 2008 page 31, *“I can’t handle alcoholism by myself. I’m still ultimately responsible for doing my job, and I’m still responsible for my own recovery from this family disease. . . One of the things I believe is my business today is the welfare of Al-Anon Family Groups.”* Come and join us in February.

### **Speaker’s Bureau**

Many groups have returned to meeting in person and are beginning to have Anniversary Meetings and Workshops. Each of these special events, as well as AA Roundups and Rallies usually include an Al-Anon speaker. Al-Anon Central Services Office has maintained a Speakers’ Bureau which is a list of members willing to share their stories of recovery. The last time our Speakers’ Bureau was updated was pre-COVID in 2019. Consequently, it is now out of date, and we need members who would like to share their stories. If you would like to be added to the list, please contact our Office and we will send you a registration form as well as the Guidelines for Members Interested in Speaking (G-1)

### **Literature Inventory**

We are pleased to report that our shipment of “Paths to Recovery” has arrived and a shipment of “Al-Anon Faces Alcoholism” is on its way. The last update we had from WSO confirms that the “2022-2025 Service Manual” will be available in print form at the end of this year. We are hopeful we will receive our shipment this month. In the meantime, we do have excellent stock in the “2022-2025 Groups at Work”.

Al-Anon Central Services P O Box 28574 Willingdon Heights P O Burnaby BC V5C 6J4	Central Services Office Unit 222 - 3701 Hastings St. Burnaby BC V5C 2H6	Monday, Wednesday, Friday last Saturday of the month 10:00 am to 1:00 pm
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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)  
[afgcentraloffice.blogspot.ca](http://afgcentraloffice.blogspot.ca)

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

**AL-ANON CENTRAL SERVICES INFORMATION FOR NOVEMBER 2022**

**CONTRIBUTIONS, CALLS, VISITS, EMAILS**

**Contributions - \$572.45**

**Calls 35— Visit 15— Email Mtg Info 26**

**Email Literature Info. 9**

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**Events & Meeting Notices**

Killarney AFG, Vancouver, District 3 will meet **Friday, January 6<sup>th</sup> at 8:30 pm** at the new location of the Basement - 3022 E. 49<sup>th</sup> Ave. Contact Kathy: - 604-430-4782 or [tonyandkathy@pacificcoast.net](mailto:tonyandkathy@pacificcoast.net)



Serenity on Seventh 32<sup>nd</sup> Anniversary **Thursday, January 26<sup>th</sup> 5:30 pm- 7 pm** at the Alano Club, 1525 – 7<sup>th</sup>. There will be 2 Al-Anon speakers. Contact [harry\\_gill\\_2000@yahoo.com](mailto:harry_gill_2000@yahoo.com)



## 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>
Diana H:	<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>
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Gail S:	<a href="mailto:publicoutreach@bcyukon-al-anon.org">publicoutreach@bcyukon-al-anon.org</a>	Angus P:	Assistant Hybrid Event Coordinator
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## 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.bcyukon-al-anon.org/bc-yukon-bulletin/>

## Paper Copies of the Bulletin:

**Payment information:** Make the cheque for \$24.00 out to "**BC/Yukon Area Assembly**" and mail to Jean Hopley (no reference to Al-Anon), 7213 Aldeen Rd., Prince George, B.C. V2N 5P7.