

Al-Anon & Alateen Family Groups

BC/YUKON AREA BULLETIN

Volume 12, Issue 1
January 2022



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

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Area Chair's Report

Happy New Year!!

I hope you all had a peaceful and happy Christmas/Holiday season and are ready to take on 2022 and whatever it brings to us! I am ready for a New Year that is better and more connected than the last two have been.

The World Service Conference theme for 2022 is **“Enhancing Our Recovery Through Abundance, Unity and Understanding.”** For the BC Yukon Area, I would love to see an Abundance of service volunteers, which will contribute to the continued Unity within our membership and a better Understanding of our program and of each other as we strive to recover from the effects of alcoholism and help each other in that journey of recovery.

We’re on the web!

Website Access:
www.bcyukon-al-anon.org
To access “members” pages:

Username: **member**
Password: **Area81**

(all one word)

This is my third and last year as your Chair. I am so looking forward to being able to meet in person, this year, with as many of you as possible. Since we will be having hybrid meetings, I know I will be able to have more face-to-face contact. As there is still uncertainty out there, I understand and respect that not everyone will be comfortable with the in-person contact. It will be a learning curve and new experience to have our Area World Service Committee Meetings and Assemblies as hybrid, but I know we are up to the task.

The Area World Service Committee Meeting will be held **May 27-29, 2022**. We currently do not have a host location, but I have been in contact with all the District Representatives in the Area and have requested that they contact their Groups to see if they can summon up some interest to host this event in their District. I hope to be able to announce the location in the next Bulletin, which means I need to know by the end of January. Hosting this event, in my experience, has been a wonderful way to boost morale within a District and help

groups get to know each other better and do some bonding while having fun!!

Our Assembly is normally held the fourth weekend of September in Langley. Due to a booking issue with the Church Hall that we use, we were unable to secure our usual dates. This year we will be meeting a week later, on **September 30th- October 2nd**. Letting you all know way in advance for planning purposes. This happened another time a few years ago and we managed fine even though I know the extra week can make a difference for vehicle travel. There are other options for travel such as busing, carpooling, air, or Zoom!!

This year one of the focus items will be Transforming Permanent Electronic meetings to AI-Anon Family Groups. We will be hearing from the Thought Force that is currently meeting regularly and working hard on our behalf to bring some ideas for us to consider. Our task is to decide whether our Area will accept permanent electronic groups that may want to join our geographic Area and if so, what that will entail. It is a big topic and is going to require much thought and discussion and I look forward to hearing from the members of the Thought Force.

The Officers, Coordinators and Liaisons will be meeting at the end of January to establish the Agenda for the Area World Service Committee Meeting and you will be receiving that hopefully in the March Bulletin.

We are still in need of members willing to serve in the following service opportunities:

Group Records Coordinator, Alateen Coordinator, Hybrid Meeting Equipment Coordinator, Archives Coordinator (last 2 years of term), Treasurer (last 2 years of term).

It is difficult to see how our Area can function effectively without our slate of service volunteers. I am including a contribution from a member in the Forum that talks about Rotation of Leadership and the learning opportunities that await us in doing service. I hope it strikes a chord and prompts you to step out of your comfort zone and into a new experience that will no doubt bring you more recovery and Joy in Service!

Gratitude in Service,
Shannon P
BC/Yukon Area Chair
chair@bcyukon-al-anon.org



Embracing New Opportunities to Serve

When I think of the many service roles, I was encouraged to stand for during my volunteer years, I am reminded of this quote from *When I Got Busy, I Got Better* (P-78): "I am not encouraged to identify myself with any of the roles I try on, and I am encouraged to pass the job on after a fairly

definite period of time. Al-Anon calls this arrangement 'rotation of leadership,' and I find in this concept the encouragement to participate without exerting control and to let go without worrying that others might not step forward to carry on" (p. 50). This idea helped me to identify and accept my service roles and opportunities in Al-Anon—and to pass them along when the time came.

As a previous Sponsor once told me, new experiences, should we accept them, come into our lives to teach us something about ourselves. I have learned that my willingness to accept a new experience when presented gives me the courage to release control of the outcome. After all, I am reminded, I took on a service role or job that someone before me decided to let go. So, it may be time for me to do the same in order to experience a new opportunity that has been placed before me.

As we come to the end of this year, hopefully many Areas have had members step forward to fill vacant positions and embark upon exciting new opportunities in service. Here at the World Service Office, we are excited that members have applied for and accepted positions that will help our continuing efforts to disseminate current information to those seeking our support.

I am grateful that we in our fellowship practice rotation of leadership. And because of this practice, we have learned, or are learning, that embracing new service opportunities—as well as passing them on to the next trusted servant—ultimately supports those seeking our Al-Anon message of hope.

By Marsha W., Director of Programs Emeritus

***The Forum*, December 2021 - Reprinted with permission of *The Forum*, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.**

Delegate's Message

Happy New Year to Al-Anon members throughout BC/Yukon.

I'm honored to have been elected to serve as your new BC/Yukon Delegate for the next 3 years, I will belong to "Panel 62" as I start my term as your trusted servant, I want to give a big Al-Anon thank you to our outgoing Delegate Lynn.

Lynn has done a tremendous job in the past 3 years, and it is my pleasure to know her as an Al-Anon member and I look forward to asking her many questions as I embark on my new role. I want to thank Ally, our past Alternate Delegate for her service to BC/Yukon these past 3 years also, Both Lynn and Ally work with tireless energy and dedication to our area and it has been a privilege to observe and learn and grow in my program as I have watched them move our program and BC/Yukon forward.

I look forward to working with all of BC/Yukon members, the officers, coordinators, and liaisons, that make up the BC/Yukon Team.

I want to congratulate Nancy our incoming Alternate Delegate, I have known Nancy for her service to Al-Anon over the past years and she will bring energy and skills as we move into the adventure that 2022 has in store for us as an Area.

Currently the 2022 World Service Conference is scheduled to be an in-person Conference and I will learn to trust in the process, and I will keep you up to date as the days and months move forward.

My journey in service has introduced me to a deeper meaning in recovery and I have met and made many Al-Anon friends along the way.

I wish everyone a healthy and happy New Year.

Owen H., Area Delegate

delegate@bcyukon-al-anon.org

Alternate Delegate

Happy New Year...Yes New Year; New Beginnings and that's where I start this year as your incoming Alternate Delegate.

Stepping up to let my name stand for this position wasn't a decision I made easily. It came after lots of prayer; asking God to show me the knowledge of his will for me and asking my sponsor and service sponsor to be of support. Then at Assembly, you the BC/Yukon members of the Al-Anon /Alateen fellowship, encouraged me to step up and accepted my application. Thus, here I am.

As I step up to service, alongside the other dedicated, Officers, Coordinators and Liaisons, serving in our Area; I will try to focus on strengthening and supporting the Group Representatives and District Representatives; a vital link between the members, the Area; and the Worldwide fellowship.

Stepping up to a new service position always involves a learning curve; this provides slow and steady growth both in the knowledge of the fellowship and in my own personal life.

I know I don't have to do it alone; I have learned how to reach out for help, ask questions and most importantly to know "*God doesn't call the qualified he qualifies the called*"

I will close with some little tidbits from some entries in the Forum, January 2017 issue.

Step one: "I stepped off the worry bus"

Tradition one: "Making regular deposits into my Serenity Account"

Concept one:" I am a part of the process"

Thank you for the opportunity to serve.

Nancy Mc.

Alternate Delegate BC/Yukon Al-Anon

altdelegate@bcyukon-al-anon.org

Treasurer

Hello to my AI-Anon friends,

As we start 2022, I'm sure we are all hoping for a reprieve from the disasters of 2021. By working together to transition our groups to in person, hybrid or electronic my hope is that AI-Anon in our Area will continue to provide hope and help to families in our communities.

I remember years ago when we were trying to connect with remote communities, electronic meetings were on skype and not nearly as seamless as some of the meetings we have relied upon during the past couple of years. Love it or hate it, I think electronic meetings are here to stay. They are a great benefit to many members and potential members. Of course, many of us appreciate being in face-to-face meetings, and as we transition back to that format, we can breathe a sigh of relief! Connection is important, no matter how we accomplish that.

My family circumstances have changed and as there have been no applicants for the treasurer position, I have agreed to finish the current term. However, if any member is interested in learning more about this position, I would be happy to support them toward that goal.

Our first Officer and Coordinator meeting is scheduled for the end of January. We will have this opportunity to test out the hybrid format as we will gather in person and electronically. This change in how we do business meetings will have an effect on the finances of our Area. At this time, it is hard to have an accurate idea of what costs might increase or decrease. Fortunately, our members have supported AI-Anon financially throughout the last two difficult years. We should be able to manage the changes in how we meet with the funds currently available. The chairperson has purchased a new laptop computer. Our next purchase will be a new projector to complete the equipment we will need for a successful hybrid meeting format.

With the rotation of leadership in group positions, I am including the current contribution form in this issue of the Bulletin. Please ensure your group treasurer has this updated form to use when making group or district contributions to the BC/Yukon Area. Our former treasurer passed away in the spring and her family is still receiving a few contributions in the mail and I have suggested they return to sender. On the contribution form, it is helpful to note if your group requires a receipt. As most contributions are made by cheque, the cancelled cheque can be used as a receipt. The easiest, and least costly way to send a receipt is by email. If an email is noted on the contribution form, that is how the receipt will be sent. Mailed receipts continue to be an option. Thank you all for the work you have put into keeping our groups healthy and available to all. BC/Yukon AI-Anon is the best!!

With gratitude,
Janis A.
Area Treasurer
treasurer@bc yukon-al-anon.org

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.

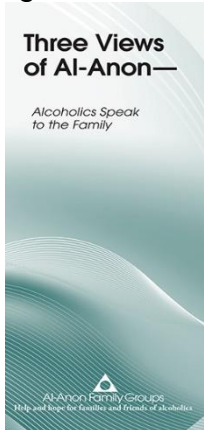
Literature Coordinator

Hello and welcome to the January 2022 edition of the Bulletin.

I am excited about the possibility of introducing you, the members of BC Yukon, to more Conference Approved Literature during this upcoming year.

Recently, I have become a huge enthusiast of WSO pamphlets. These short publications have provided countless topics for group meetings and an inexpensive means to introduce newcomers to the tools of recovery through Al-Anon.

One such pamphlet is P-15 **Three Views of Al-Anon** where alcoholics speak to the families. The first view of Al-Anon is provided by Bill W, cofounder of AA. Bill acknowledges the rapid growth and effect of Al-Anon and its impact on the family disease of alcoholism.



The second view is an open letter from an alcoholic to those family members who are most affected by the alcoholics drinking, lack of responsibility, empty promises, and manipulation. This is his appeal **“to learn all you can about alcoholism and your role in relation to me.”**

The third view advises the recovering alcoholic to include 12th Step work to the family.

This short publication clearly connects the dots between the alcoholic and the family and how the most effective way to deal with an alcoholic in the family is to seek help for themselves. **“By getting distance and perspective, the family regains a bit of sanity. By practicing the Twelve Steps themselves, they begin to regain a life worth living. Light, peace and serenity appear where there had been nothing but agonizing doubt, fear, anger and guilt.”**

Most groups provide a collection of Conference Approved Literature to be used during meetings. Covid has sent many groups onto the Zoom platform and those books remain in locked cupboards and inaccessible to the group members. Pamphlets are economical and are readily available through the Literature Distributions Centers.

Past Literature Coordinator

Over the years many wonderful volunteers have served as Literature Coordinator to the BC Yukon area. I would like to mention one of those volunteers who has been instrumental in my recovery and a huge part of my willingness to serve. Eve M. has been a mentor to me personally and to many, many others in the program. Eve M. served as Literature Coordinator during 2002, 2003 and part of 2004. Subsequently she also served as Archives Coordinator for a three-year period. I would like to thank Eve M. for her service. She is a wealth of information and experience and I appreciate her dedication to Al-Anon.

In gratitude,
Audrey E.

literature@bcyukon-alanon.org

Public Outreach

Happy New Year Al-Anon Family!

I'm so happy to be starting a new year with our Public Outreach Committee and looking forward to our next meeting on **Saturday January 15 at 10:30 a.m.**

The group currently has a sub-committee who is looking into what our options are for serving the Corrections population and a Committee member is checking into what we can do to reach

the Northern BC/Yukon Al-Anon members to include them in service and other BC/Yukon Events.

We will keep you updated and remember anyone is welcome to attend our meetings even if you are not able to be part of the Committee. We welcome new ideas and look forward to sharing ideas with Al-Anon Public Outreach group members and/or Alternate District and Group Representatives.

Happy 2022 and everyone be safe.

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

Central Service Office

NEW PROJECT - ATTENTION GROUP REPS - GROUP HISTORIES

It has come to our attention that many of the groups in the BC/ Yukon Area are not aware that the **history of their group** is housed in the Archives at Central Services Office.

To remedy this situation, we will be sending each group it's **history**, and we ask that it be updated and returned to Central Services by e-mail or regular post.

We will be contacting three Districts per month in the hopes of having these **histories** updated and returned to our Office by the end of 2022. We hope each group will find this an interesting and fun project and we thank you in advance for your participation.

Cynthia Y.
Judy K.

I know I have heard members talk about some of the history of my present home group, about how two members sat alone for quite sometime before more members came and it is thriving today. Hopefully we will get this verbal history down in writing, to make it written history for our Archives. Thank you to those "archives" type members that are keeping the records of history updated.

I know I have a bag hanging in my spare room closet of documents from a closed meeting - looks like I have a project to get at for Al-Anon. I feel so humble knowing that Al-Anon takes good care of me by providing literature and meetings, and that I am trusted to take good care of it through my choice of service work which enables my spiritual and emotional growth. There is more growth to come in this New Year of 2022 for all of us members and for those that "we haven't met yet" that will be seeking out recovery from the effects of alcoholism this New Year of 2022 by taking a place with us.

The Annual General Meeting and the Central Service Committee Meeting were held in November 2021. There were 11 members in attendance, not many considering 84 members have stepped up and registered with the Society so we can keep our Office in good standing with the Government.

However, it was a powerful meeting with potent discussion on the hot topics of BC/Yukon Al-Anon relevant to Central Services and the decisions made will benefit us all. Some members choose to listen and not get involved with discussions. I am thinking these members probably left the meeting wiser as to the topics discussed and with a feeling of satisfaction to be part of service by “zooming” in with no opinion necessary. Hope to see more of you on **Sunday, February 20th, 2022, 11:00 am** - notice will be given by e-mail.

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 - NOVEMBER 2021

CONTRIBUTIONS, CALLS, VISITS, EMAILS

Contributions - \$1,710.00

– Calls 43— Visit 16 — Email Mtg Info – 20 –

Email Literature Info. - 5

ASHCROFT AFG - ASHCROFT PATHS TO RECOVERY -

ABBOTSFORD FRIDAY MORNING - ALL SEASONS BURNABY - CHILLIWACK COURAGE TO CHANGE - COQUITLAM SERENITY SATURDAY -

LANGLEY THURSDAY NIGHT - RICHMOND #2 ROAD SERENITY SEEKERS - RICHMOND TUESDAY EVENING BEGINNERS - VANCOUVER KERRISDALE - VANCOUVER FRIENDS OF

LOIS - WHITE ROCK TUESDAY OUTREACH -

WHITE ROCK THURSDAY MORNING - PERSONAL (6)

Dear Long timers in Al-Anon,

We older members of Al-Anon play a very important role in our groups. By our attitudes and general bearing, we can prove to the new members that Al-Anon really works. What we are affects the group for good or bad much more than what we say. Whether we like it or not, newcomers will judge Al-Anon by what it has done for us.

If we have achieved even a degree of serenity, tolerance, and understanding, newer members will aim to acquire these qualities also.

On the other hand, if we try to dominate and do not give the newer members a chance to develop, we are stunting our groups and keeping newcomers away.

From a place on the sidelines, Oldtimers can give the group purpose and continuity, but not management—unless asked to fill a special function. We are always willing to help where we can, but the active leadership of the group should be in newer hands. Our passive but inspirational leadership is much more important than the active direction of a group.

If at one time we held the active leadership of our group, it may be particularly hard to “let go.” It is so easy to believe that because we have been in Al-Anon for years, we must be qualified to tell others what to do, but our “actions speak louder than words.”

When taking an inventory, we long timers need to constantly remind ourselves of this point and ask ourselves if for some personal reason (thoughtlessness, egotism, a desire to dominate) we are still telling others what to do and how to do it.

I have to learn this lesson myself and want to pass it on to all you other long timers.

Yours in long-time Al-Anon,
Lois

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Send Your Sharings to *The Forum*!

The Forum is the "voice" of Al-Anon recovery, and our fellowship needs to hear from you! Sharings from men, sharing with humor, and sharings about our three Legacies are especially needed, and all Al-Anon-focused topics and perspectives are welcome. Remember to share from your own experience, using "I" or "me" statements. Regular sharings range from 150 to 800 words, and Legacy sharings range from 200 to 400 words. When writing about the Legacies, please focus on one of the Twelve Steps, Twelve Traditions, or Twelve Concepts of Service. Send your articles to *The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA. 23454-5617; to wso@al-anon.org; or submit online.

Officers and Coordinators 2021

Shannon P	chair@bcyukon-al-anon.org	Audrey E	literature@bcyukon-al-anon.org
Owen H	delegate@bcyukon-al-anon.org	Michelle W:	alateen@bcyukon-al-anon.org
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Gail S:	publicoutreach@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.