



Al-Anon & Alateen Family Groups

BC/YUKON AREA BULLETIN

Volume 12, Issue 6

June 2023

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

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www.bcyukon-al-anon.org

To access "members" pages:

Username: **member**

Password: **Area81**

(all one word)

Area Chair's Report

By the time you receive this edition of the Area Bulletin, your Area Officers, Coordinators, Liaisons, and District Representatives will have just finished attending the 2023 Area World Service Committee Meeting (AWSCM) in Victoria. I'll have more about my experience in July's Bulletin. A summary and the minutes will be posted on the website at <https://www.bcyukon-al-anon.org/awscm-2023/> as soon as they are available. My gratitude goes out to all the members in Victoria that made the 2023 AWSCM a success – Ally, Dennis, Lothar, Grace, and all the others. Much love to you all!



One of the common topics of many editions of the Bulletin is service. In my service role as your Area Assembly Chair, I have been presented with many

types of challenges and I hesitate to call them "challenges". I like to think I have been presented with opportunities for me to strengthen my recovery from the family disease of alcoholism. Some of my growth opportunities have been logistical – Wi-Fi, travel, email systems, etc. While other opportunities have been more unexpected – relationships, work/life balance, acceptance, and communication.

My logistical opportunities for growth have included – Wi-Fi connectivity, website maintenance support, and email server issues. I am so grateful for the principles of Al-Anon. The slogans "I'm never alone", "together, we can", and "first things first" have been at the forefront of my mind as I carry out Area service work. "Reasoning things out with someone else" has also grown in importance. When I stray or lose sight of the next right thing to do, I turn to my

Higher Power, the Steps, Traditions, Concepts, and my fellow Area servants to lovingly guide me. Experiencing Al-Anon is all about learning to have healthy relationships. Prior to Al-Anon I struggled to determine what was my responsibility and what was the responsibility of others. I reacted, used survival coping skills, and often ran myself ragged spiritually, physically, and emotionally trying to do for others what they could do for themselves. Those survival coping behaviours do not serve me well. I have learned to reach out to trusted Al-Anon Area servants, Al-Anon friends, and my sponsor when I am not sure about my responsibilities. I am accountable for my actions, and not the actions (or inaction) of others. I also have learned more about humility. Because of Al-Anon, I have a clearer sense of what my strengths are and what character traits I need to work on or let go of.

I'll sum up by wishing all members the courage and strength to take advantage of the recovery that the experience of Al-Anon service allows. Whether it be at the group level, the district level, Area level, one-to-one through sponsorship, or otherwise, **service IS recovery**.

Much love in service,

Patty T., BC/Yukon Area Chair
chair@bcyukon-al-anon.org

Resources:

- Information about upcoming Area service opportunities <https://www.bcyukon-al-anon.org/member-resources/>.
- The Twelve Concepts of Service can be found at <https://al-anon.org/for-members/the-legacies/the-twelve-concepts-of-service/>.
- *Links of Service* pamphlet – free download <https://al-anon.org/for-members/members-resources/literature/downloadable-items/>
- “*When I Got Busy, I Got Better*” booklet and the pamphlet “The Joy of Service” S-57 – available through your local Area Literature Distribution Centre.

Delegate's Message

Greetings Al-Anon/Alateen family,

As you read this, we will have finished our Area World Service committee meeting in Victoria, I already know that I want to thank the Hosting Area for providing a great weekend, full of fun, fellowship, and laughs.

As this is a program of attraction, I ask myself how do we attract more members into service, and as I learned early in my Al-Anon days, showing up and participating in eating the goodies at special events is also service. Members put a lot of effort into hosting events and as members fill the chairs in the rooms, fellowship and service happens.

And don't forget the 2023 Al-Anon International Convention:



Owen H., BC/Yukon Area Al-Anon Delegate
delegate@bcyukon-al-anon.org

Alternate Delegate

Hello my Fellow Al-Anon/Alateen Members:

I would just like to update you on how things are going in the life of Ermagarde. She has recently returned from a very busy and fulfilling weekend in Victoria at our BC/Yukon Area World Service Committee Meeting (AWSCM) where she had the privilege of representing her District as DR (District Representative).

Ermagarde has returned home motivated and full of new ideas to share with her District. She located the materials online that were displayed on the discussion tables during the DR Orientation and is using them as resources in planning the Agenda for her District meeting. She has reviewed the recap summary and has a copy of the AWSCM Agenda where she jotted some highlights and notes of the discussion items to include in a brief report to share at the district meeting.

Overall, the AWSCM really put into perspective the links of service and the importance of Ermagarde's role of "carrying the envelope" in the worldwide structure of Al-Anon. She enjoyed learning about other Districts' successes and challenges as well as hearing the Delegate's report of the highlights of the World Service Conference, Al-Anon's annual business meeting that provides guidance to the World Service Office on service matters that are brought to its attention.

Her favorite part was meeting and having fellowship with Al-Anon members from other Districts in BC/Yukon. Ermagarde came home so inspired and full of Al-Anon nourishment that she is planning to strongly encourage her District members to consider putting in a bid at Assembly to host AWSCM

in 2024. That would enable all the members of her District an opportunity to participate in serving and experiencing Al-Anon in action at an area function.

As your Area Forum Coordinator, I will close with some thoughts from our three legacies from the June 2018 Forum.

Step 6: *I had a spiritual awakening about this step—"I was entirely ready to have God remove these defects of character" They were holding me back and in the way of my growth.*

Tradition 6: *I love the words 'Primary Spiritual Aim'. The essence of Al-Anon is to connect with my Higher Power. Our Higher Power doesn't have one definition because Al-Anon is not a religion.*

Concept 6: *This Concept is about delegated responsibility and mental freedom! Through it, I come to understand that I don't have to do it all. Whew –I can breathe again.*



Love in Service
Nancy M., BC/Yukon Alternate Delegate
altdelegate@bcyukon-al-anon.org

Quotes

- Whenever I feel that I am being drawn into a place or conversation that is not my business- I "Let go of the rope"
- My recovery began when my sponsor really listened, validated, and then challenged my thinking! my attitude! To becoming the person, I want to be- by awareness.
- Where a beautiful soul has been, there is a beautiful trail of memories, I am holding you in my heart.
- In Al-Anon God gave me new eyes and ears.

Treasurer

By cheque: Payable to "BC Yukon Area Assembly"

Mail to the current treasurer using contribution form (in February Bulletin or on website)

Janis Armit (no reference to Al-Anon please)

27111, 0 Avenue – Unit #3

Langley, BC V4W 2S9

Receipts can be sent by 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 friends,

Please note new meeting time, starting June 1st for the in-person meeting, Thursday Gratitude in District 17.- 6-7:30 pm at Centennial United Church, 612 David St. in Victoria.

There is a new in person meeting, **Serenity on Saturday AFG** in Vancouver, Saturdays at **10am** at the Pacific Spirit United Church Memorial Centre, 2195 West 45th.

Electronic Groups thank-you for your patience as the WSO continues to work on pinning our Electronic groups to our time zone so that they show up in the search.

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

WHAT DOES PUBLIC OUTREACH MEAN TO YOU?

For me it is the arm of service that reaches out to Institutions, Professionals, Schools, Recovery Centres and all sorts of other group and organizations. It is the ability for us to bring new people into our fellowship once they understand what Al-Anon is about.

Your Public Outreach Committee is working hard to connect with new members in all walks of life. It is also our commitment to contact Al-Anon Districts and Groups and help them set up their own Public Outreach.

Recovery for most people entails having a good support system, keeping busy with service work to fill the void of inactivity and our minds obsessing over the Alcoholic. Service is one of the many blessings I have received from Al-Anon and it has not only helped me with my self esteem it has helped me change ways in which I deal with people in all areas of my life.

Please join our Public Outreach Committee June 3, 2023, at 10:30 a.m. we'd love to have you. (Date changed due to AWSCM).

Zoom 985 6094 7531 Pass Code 696634

Just for today I will try to live through this day only, and not tackle all my problems at once. I can do something for 12 hours that would appall me if I felt that I had to keep it up for a lifetime.

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

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

SPEAKERS Needed

Many more in-person meetings are up and running and requesting a member to come and share their experience, strength, and hope at their **speakers' meetings**. My experience in my home group was for one of our members to share at the Group's Anniversary Meeting. We would encourage a member with a year or so of meetings to share. I remember when I was asked to share for the first time as a speaker, at a podium, well I thought never saying no is best for my recovery and I accepted.

Members appreciated hearing my story, rather than sharing the topics as we were doing at the weekly meeting. I risked "not doing it right" as if someone were judging me and felt more accepting of myself when members told me how they related to parts of my story that were theirs too. We need starters, members that have not shared before, to be a speaker at an Anniversary Meeting a good way to get started. Also, members to speak at Round Ups. Start thinking of your story; what it was like, what happened and what it is like now, it is as simple as that. Please give **the Central Office a call to sign up, take a risk, we need recovery stories** to reinforce we are not alone.

The next Quarterly meeting is Sunday, June 11, 2023, at 11:00 am online with Ring Central. Notice will be given three weeks in advance to the 87 members of the "Al-Anon Central Services Society" by email. The financials will be published the day before the meeting. The turn out to the Quarterly Meetings has been low, but the voices there are clear and confident. Thank you. Be great to see you!

Tradition Seven Contributions

Thank you in advance for your group contributions and/or personal donations.

E-transfer

Mail - cheque. Cash-in person

Pay Pal (Visa) Master Card

Mailing Address

Al-Anon Central Services
 PO Box 28574
 Willingdon Heights P O
 Burnaby, BC V5C 6J2

Office address

Central Service Office
 Unit 222-3701 Hastings Street
 Burnaby, BC V5C 2H6
 parking available - phone for information.

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

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

afgcentraloffice@gmail.com

www.bcyukon-al-anon@gmail.com

**AL-ANON CENTRAL SERVICES INFORMATION FOR APRIL 2023
 CONTRIBUTIONS, CALLS, VISITS, EMAILS**

**Contributions - \$1,096.86
 Calls 24– Visit 22— Email Mtg Info. 3
 Email Literature Info. 13**

Meeting Notice

As of **June 21st, the Wednesday Morning AFG Langley** will be moved to the Timms Community Centre, 20399 Douglas Crescent, Langley. We will be in Multipurpose Room 1 on the second floor. There is ample parking underground with an elevator to the second floor, as well as lots of parking in the back. The elevator can also be accessed from the main floor if needed. There is no change to our meeting time of **10 am**. If you have are any questions or concerns please contact us via email at wmatfg1@gmail.com.

Events

District 27 – Spring Fling - Saturday, June 3rd – 1pm - 3pm at the First Baptist Church, 483 Gillett St., Prince George. There will be discussion groups with various topics, a skit, and a raffle. Bring your own beverage.

District 11 – Abbotsford/Mission Gratitude Day June 4th from 1 pm – 6 pm at the Bethel Reformed Church, 3260 Gladwin Rd., Abbotsford. (Park at the back and enter by basement door) There will be Al-Anon and AA speakers. There will be a Pot-Luck Dinner – please bring a dish to share. Also, there will be Bingo, bake walk, 50/50 draw, mystery games and children’s activities. Everyone is welcome. Contact: susancousins@shaw.ca

District 21 - Service Workshop Sat. June 10 – 9 am – 3 pm at Summerland United Church, 13204 Henry Ave., Summerland. The guest speaker will be Janis, our BC/Yukon Treasurer. Please bring a potluck dish to share for lunch. Morning coffee and pastries will be provided. There is also a basket raffle. **Please RSVP by May 31 to tsotir@telus.net**



Al-Anon Annual Assembly September 22, 23, 24 in Langley. It starts on Friday at 7 pm and goes until Sunday morning.

Event Details

I am looking for volunteers who can assist District 4, to help host the Assembly this year. In particular, if there are members in District 3 who are able to volunteer a bit of time, your help would be greatly appreciated. Our next few District Meetings are at 7:15 on the Third Thursday of each month. Please contact Linda @ afgdistrict4@gmail.com Do you have experience running a kitchen and could you be one of our coordinators? For anyone who wishes to help or learn more you are welcome to attend our district meetings and get to know and plan with us. We would love to work with you. Feel free to call if that is more convenient my number is 604-728-9725 our district zoom meeting link on the 3rd Thursday of each month is

- <https://us02web.zoom.us/j/89150655977?pwd=RVVUb0RZRFZDcGxzeFdmeUluzRLUT09>

Meeting ID: 891 5065 5977

Passcode: 818940

One tap mobile

+15873281099,,89150655977# Canada

+16473744685,,89150655977# Canada

Contact afgdist4@gmail.com

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
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Donna H:	literature@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 AI-Anon), 7213 Aldeen Rd., Prince George, B.C. V2N 5P7.
