



Al-Anon & Alateen Family Groups

BC/YUKON AREA BULLETIN

Volume 11, Issue 6

Opinions expressed herein are not to be attributed to Al-Anon as a whole June 2021



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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 to my Al-Anon family,

I am at a loss, at the moment, to know what to write about. I am preparing for our Area World Service Committee Meeting; and when you read this, we will have already met to discuss the business of the BC Yukon Area and you will read about that next month!

So, I guess I will write about what we will be needing in the near future. The same thing I mention in every report, which may sound boring, but is vital to the life of our membership: **SERVICE**. After all, this is a service newsletter.

By the end of the year, we will need members to fill several positions. Elections will be held at Assembly in September for **Delegate, Alternate Delegate and Treasurer**. I am certain that the person representing us next year as Delegate, will be able to travel to the World Service Conference IN PERSON!! Hopefully we never have to ask our Delegate to do those long hours in front of the computer again.

Our previous Treasurer, Nancy M., had to step down for health reasons, and Janis A. agreed to fill her spot until we could hold elections at our next Assembly in September.

We will be needing members to submit resumes for the Coordinator positions of **Group Records, Public Outreach, Alateen, and Archives**.

Gail S. agreed to fill the last year of the Public Outreach Coordinator term (it had been vacant for 2 years), but the new 3-year term begins again January 2022.

Archives Coordinator position has been vacant for the first year of the term, so we are looking for someone to fill the remaining 2 years.

All of the information needed about the responsibilities of the various positions and the resume forms, can be found on the BC/Yukon AI-Anon website.

I am hopeful that we will have a resurgence of interest and excitement in service at the Area level. I know that after all these long months of Zoom meetings, I am so looking forward to us meeting in person again and believe that we will move forward in AI-Anon in new and exciting ways. These have been very difficult times, but it has opened a new world to our program and pushed us into a new age with all the growing pains and uncomfortable feelings that come with growth.

Our theme for this year from the World Service Conference is “Moving Forward with Unity, Courage and Perseverance”. How perfectly fitting that is for this time.

Lois W said, “It takes only one person to start something, but many others to carry it out.” In *Many Voices, One Journey* page 21, “Anne B said she was “the greatest introvert on record” and yet she went on to be a Chairman of the Board for AI-Anon”.

It takes all of us to be involved on some level to keep our program unified; it takes courage to step out of our comfort zone and it requires perseverance in working our individual programs through tough times. Service brings us out of isolation and brings with it exponential growth and recovery.

Thanking you for allowing me to be of service to you.

In Gratitude,

Shannon P.

BC/Yukon Area Chair

chair@bc yukon-al-anon.org



Delegate's Message

Dear Al-Anon/Alateen Family,

First off, please accept my heartfelt gratitude for your outpouring of support while I attended the 61st World Service Conference (virtually, of course) from April 12-16. The days were long but rich with Al-Anon spirituality while business was conducted in a tone of respect and goodwill by all. The kindness you extended to me with your cards, texts, emails and flowers helped maintain my spirits, energy and attention. Thank you!

By the time you read this, I will have already shared my Delegate report at the Area World Service Committee Meeting, but I would like to mention a few highlights:

News Flash! – Permanent electronic meetings will now be recognized as Al-Anon Family Groups and will be able to elect all service positions identified in the *Service Manual*, including a Group Representative. To accommodate permanent electronic meetings, a decision was made to create a virtual (non-panel) Area that may request to become a panel Area with an elected Delegate at the World Service Conference in 2022. Please note that the current temporary electronic meetings are still connected to their registered AFG and are not affected by this decision.

Membership Survey – WSO conducts a survey of its members every three years, and the next one will occur between June 16 and July 27. It takes 10 - 20 minutes to complete and provides valuable evidence-based scientific data, anonymously of course, to mental health, addiction, and medical professionals. Please encourage everyone in your group to participate. Watch for details *In the Loop* and the *Forum*.

Online Store Update – The new online store at al-anon.org is mobile friendly and that means you can order from your phone, tablet or other mobile device. The new store will offer Conference Approved Literature (CAL) in all three languages: English, Spanish and French. Check it out.

Electronic Welcome Packet (eK-10) – The brand-new *Welcome, Newcomer!* is available through all the eBook vendors and has been reformatted and streamlined, helping newcomers learn about the family disease of alcoholism, understand how Al-Anon can help families and friends of alcoholics, find meetings and discover CAL.

Financial Update, as of March 31, 2021 – Contributions are still exceeding Literature Sales. By monitoring all expenses and reducing them wherever possible, WSO is reporting a net increase of more than \$100,000. We are cautioned, however, that we are “not out of the woods yet” because with staffing levels filled and travel expected to resume in the second half of the year, group and member contributions will still be required for WSO to maintain service to our fellowship. Please continue to be generous to WSO.

Virtual Presentation of Chairman of the Board (COB) Letter to the Delegates – The Board of Trustees approved a trial through November 2021 to present the COB Letter to the Delegates in a virtual format, similar to the Town Hall events. The first presentation happened May 1, and I consider it to be huge success. All Trustees were present and following the presentation there

were breakout rooms available for the Delegates to make contact with their assigned Trustee. If you would like to read the April Chairman of the Board letter and updates from the Policy Committee, Finance, and Conference Leadership Team, all have been posted to the BC/Yukon website (login details on page 1 of this Bulletin) in the Member section under Delegate.

Save the Date and Start Your Travel Fund! – 2023 AI-Anon International Convention, June 29 – July 2, 2023, in Albuquerque, NM. This is a great opportunity for AI-Anon members to come together and celebrate recovery. Who remembers how much fun we had in Vancouver in 2013 and/or Baltimore in 2018? Stay tuned for more details.

If you have questions or comments about anything in this article, my Delegate report, or any other Area concern, please do reach out to me. I look forward to hearing from you and I value your feedback. Thanks again for your support and trust in me.

With gratitude in service,

Lynn B., Area Delegate

delegate@bcyukon-al-non.org

Area Secretary's Message

Hello Fellow AI-Anon members,

As you read this, we will have already had our AWSCM via Zoom meeting. As you heard there are several service positions coming up in January 2022. As I look back to when I first took on a service position as a Group Representative, I was not really thinking about being of service to my group. I was seeing it as a way to be out of the house, away from the alcoholic in my life. As I grew in the program, I know that I have received so much more than a night out of the house. I have had a few different service positions over the years and through this I have met so many wonderful people, became more comfortable in my own skin, became more confident and have a greater understanding and love for the Worldwide Fellowship of AI-Anon. I urge you to step out of your comfort zone, look over the requirements for the positions and see if one of them is calling you.

One of our members shared the following at a recent meeting from an old piece of AI-Anon literature, on the light side: One member's top 12 reasons for becoming a Trusted Servant. It gave me a little chuckle; I hope you get a chuckle too.

- 12) Free admission to all District Meetings.
- 11) You don't have to do everything yourself.
- 10) Learn what "principles" above personalities really means.
- 9) Special name tag for Area Assemblies.
- 8) Free autographed copy of AI-Anon/Alateen Service Manual
- 7) Have fun without making excuses.

- 6) Discover that Al-Anon members do have last names.
- 5) Priority seating at Area Assemblies.
- 4) Never have to ask, “was there any mail today?”
- 3) Expense paid trips to exotic places like Anywhere, USA/Canada.
- 2) Salary doubles after first year.

And finally, the top reason for becoming a Trusted Servant:

- 1) After 3 years, you can say “It’s someone else’s turn.”

Together in Service,

Ann A., Area Secretary

secretary@bcyukon-al-anon.org

Treasurer

Hello to my Al-Anon friends,

We are approaching our year end for Al-Anon financial accounts: June 30th. Our Area finances look good to end this fiscal year and we are in good shape to do what is necessary to get back to ‘normal’, whatever that might mean.

On a personal note, there are 2 big events coming that you may want to start saving toward. The first is in July 2023 – The Al-Anon International Convention in Albuquerque, New Mexico. Start planning now so you have the option to travel to this event. There are about 110 weeks until the Convention. Saving \$10 or \$20 per week could make it possible!

The second event is the AA International Convention to be held in Vancouver, July 2025. This event typically attracts about 40,000 people from around the world and it’s finally in our Area. Al-Anon will cooperate with AA by having meetings and speakers. Only 215 weeks to save!

I hope you are all healthy and finding comfort in your Al-Anon connections. Apparently, there is a heavy stream of newcomers in the Al-Anon app meetings. If you have an opportunity to try one of these meetings, I’m sure newcomers will benefit from your experience, strength and hope. Reaching out is possibly more important than ever.

With gratitude in service,

Janis A. - Area Treasurer

treasurer@bcyukon-al-anon

Group Records

Hello BC/Yukon,

As I write this, I am finishing my prep for the Zoom AWSCM. It is sad that this is my last one as your Group Records Coordinator. Please continue to forward me your group changes and reach out to me if you have any questions regarding your group details. When emailing me I ask that you refer to your District number & your Group ID number. Should you not know this information, please give me as many details as you can.

With Gratitude in Service,
Jody S.

grouprecords@bc yukon-al-anon.org

Public Outreach

I am so grateful to be writing this message to all of you. Al-Anon has been an integral part of my life, and the more meetings I attend and members I meet the more in awe I am of this beautiful program. I believe I owe the program the life I lead today so I am grateful to be able to give back in Service. I am thoroughly enjoying my role as Public Outreach Coordinator and want to make sure you all are aware that if you would like me to attend a District or Group meeting, I am more than happy to do that. The benefit of Zoom is I don't have to drive anywhere, and I can be up North, West, South and East by the click of a keystroke. It's great!

We also have a couple of projects for Assembly in the Fall. I would like to ask that each group use the first letter of your GR or DR's first and last name and come up with **words that describe Al-Anon** and send them to myself. We should receive a wide variety of words and I hope you have fun doing it.

The other thing is anyone who has **a story they would like to share** – especially from those who have been in Al-Anon a long time – submit the story to myself and we will do our best to incorporate it into Assembly.

I promised more information about the Questionnaires received. Overall, the questionnaires were positive, and most Groups are flourishing with their numbers on Zoom and some Groups are having second or hybrid meetings f2f in the Park which will likely increase as the weather remains nice. A Comox Valley group sent me a sample of a bulletin board pin up with meeting and contact information and a list of services in the Valley. My suggestion for this type of Public Outreach is to call or go into services that are open in your area and see if they'll allow the pin up on their bulletin board. This would work for business card distribution to various services who can then in turn hand them out to their clients. Putting the cards in a baggy will allow the person to hold them for 14 days prior to handing out. Have a great month of June everyone!

Hugs in Service,

Gail S., Public Outreach Coordinator
gailschuler@bc yukon-al-anon.org

Literature

Hello readers,

This month, I have decided to review the daily reader *Hope for Today* (B-27) 383 pages. It was published in 2002 and was issued after the other two readers, "*One Day at a Time*" and "*Courage to Change*". As an adult child of an alcoholic, this reader helps me in many ways. On page 27 (entry dated January 27), the reading reminds me to stay in the present and to use my Al-Anon tools to get through my feelings and the situations that trigger those feelings. I can use one of many tools available to me. Al-Anon slogans are one such tool and this reader covers these. One slogan is "One Day at a Time" and this reminds me not to "let my thoughts erase my present" but rather "choose to enjoy all this day has to offer" (page 249).

This book also teaches me about boundaries and reassures me that having challenges in this area is normal for someone affected by alcoholism. "Sometimes dread prevents me from setting limits. Other times I state my boundaries in overly rigid terms." (page 14). In the end, however, I am reminded that I can be "clear about what is acceptable to me" and that I am "free to take care of myself in any way I deem necessary, whether or not anyone else likes my choices" (page 199).

As with all of the daily readers, *Hope for Today* offers inspiration on a myriad of topics. I can use the index to discover guidance on a topic that interests me. For example, I can check out what the book has to say on a particular Step or Tradition. I can also learn more about the Concepts or the Warranties or even about Sponsorship. Finally, I can be enlightened when I read the page for each date, as a daily spiritual practice.

If you have a literature depot in your area this book can be purchased there. If not, go to al-anon.org to purchase this book or if you prefer, you can buy the e-Book. Remember that the cost of shipping to Canada has been reduced to \$10.00 for any order.

Happy reading!

Amy G.

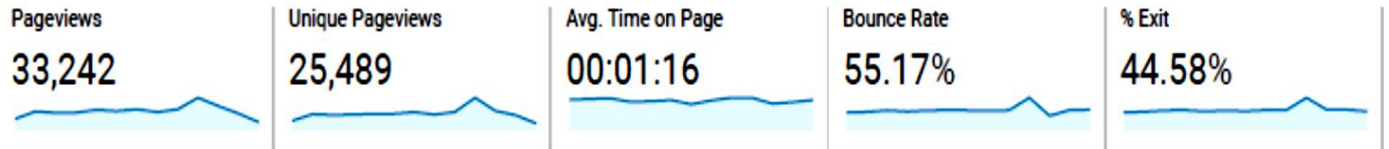
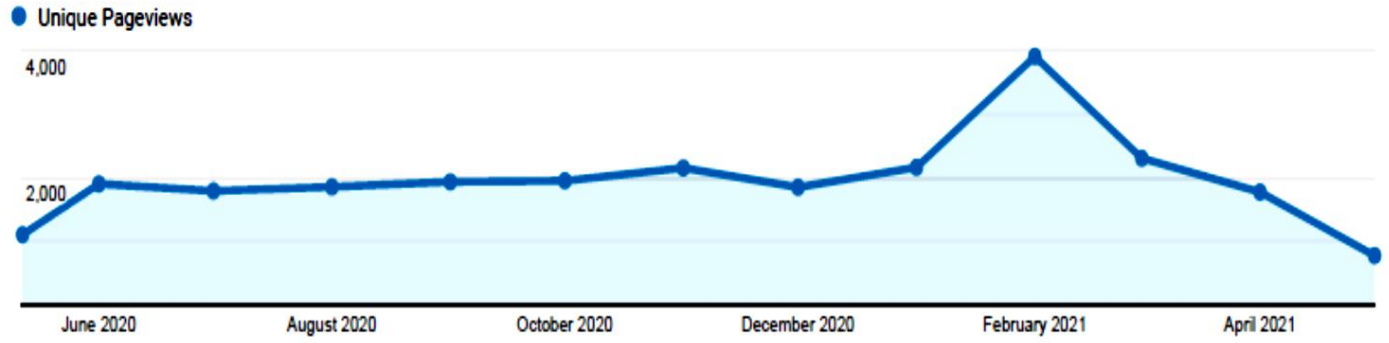
literature@bcyukon-al-anon.org

2021 AWSCM Website Coordinator Report

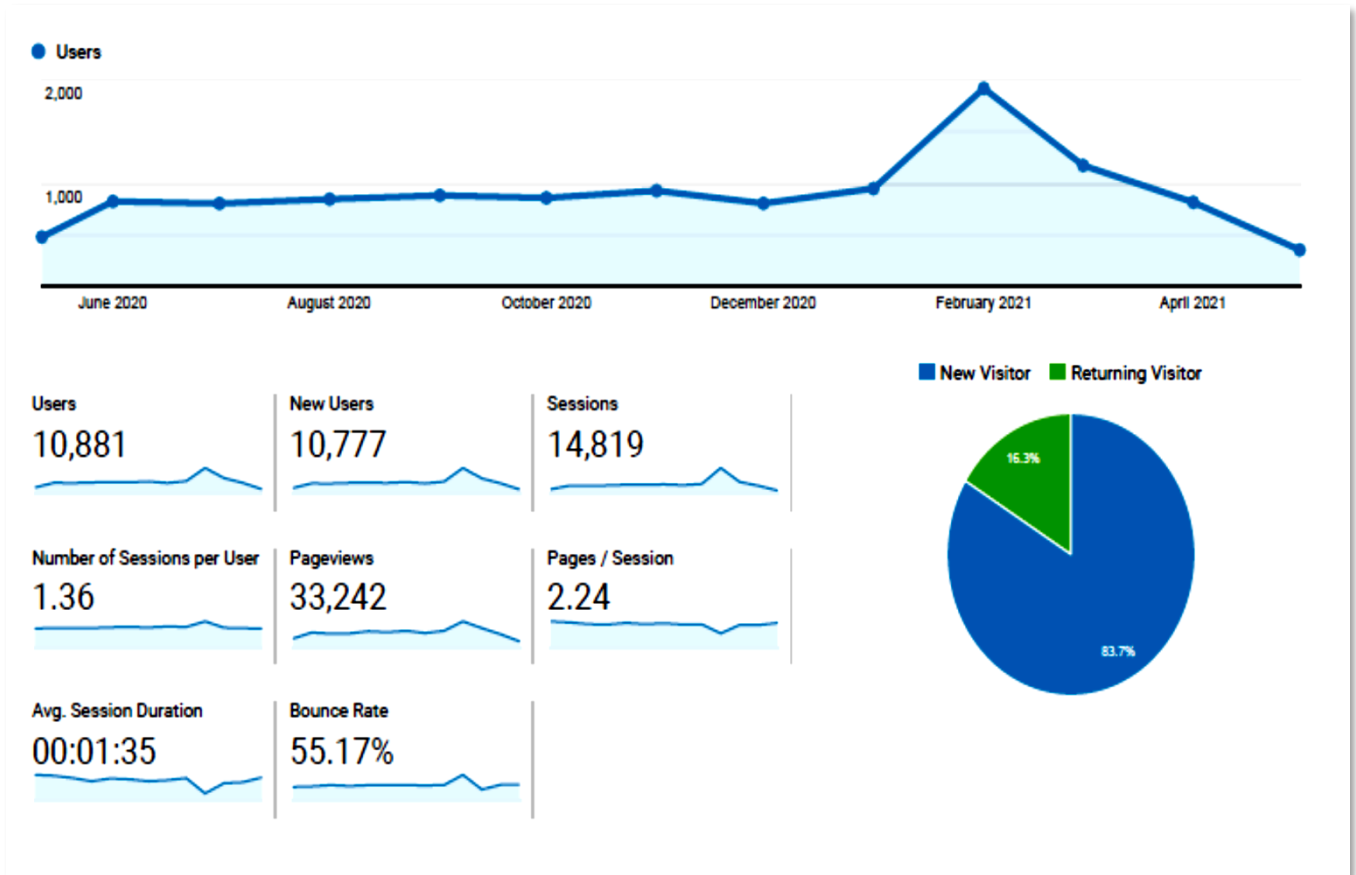
I have gathered together some statistics about our BC/Yukon Al-Anon website (<https://www.bcyukon-al-anon.org/>). I know it is not "sitting on the edge of your seat" kind of information, but hopefully you find it somewhat interesting 😊.

At the time of the June Bulletin's publication, this report will have been shared with the members attending the 2021 Area World Service Committee Meeting.

- In total over the past 12 months (May 12, 2020 – May 12, 2021), our website has had 25,489 unique page views* by 10,881 visitors. Overall, the number of visitors to the website is up over last year about 11%.
- New visitors to the website make up approximately 80% of this number and the number up about 13% over last year.
- Most of our visitors are from Canada with about 12% from the US and other countries.
- About 24% of the visitors come directly to the website (they have the url*) and the rest searched and found it by organic search* using a browser. This number is up about 18.5% over last year.
- The top two pages are the home page and the meetings page. About 30% of the visitors go to the landing page and about 25% go directly to the “Meetings” page (see graphic).



Page Title	Pageviews	% Pageviews
1. BC/Yukon Al-Anon - Hope & Help... we understand as few others can	10,043	30.21%
2. Meetings - BC/Yukon Al-Anon	8,516	25.62%



*Unique Pageviews is the number of sessions during which the specified page was viewed at least once. A unique pageview is counted for each *page URL + page Title* combination. Repeat views of the same page are not counted.

*Organic search refers to the search results of a search engine that cannot be influenced by paid advertising.

*Uniform Resource Locator (URL) aka web address.

Thank you for allowing me to serve as your BC/Yukon Area Web Coordinator.

Love in service,

Patty T.

Area Website Coordinator

website@bcyukon-al-anon.org

AN UPDATE

June, 1996

Early History of Al-Anon/Alateen in the Lower Mainland of B.C.

In 1944, the message of A.A. was brought to Vancouver by a non-alcoholic, Charlie Welch (the candy man). A.A. groups soon thrived.

The wives of these early members recognized their need for a program and by 1946 began to hold meetings in homes. The first group was called Kitsilano Friendship Group. More groups sprung up in other areas—the North Shore, Richmond, New Westminster and later a monthly meeting met at Edith Adams Cottage in the old VanSun building on Beatty Street. An overall name of Non-Alcoholics Anonymous was adopted.

Early Literature There was no literature for these early members, so they studied the Twelve Steps of A.A. and the Just For Today pamphlet. Some groups read the Love Chapter and the Beatitudes or whatever inspirational material the chairman chose. In the early 1950's the founding members (Kitsilano Friendship Group), wrote and printed their own pamphlets which expressed their own experiences and suggested solutions for their emotional and spiritual recovery. One pamphlet extended comfort and understanding to those people affected by living with someone with a drinking problem.

NOTE: some of this early literature became part of the Al-Anon Welcome and Preamble of the first book, 'Al-Anon Family Groups'. See r #1 binder of the Archives for further details.

1951 The name Al-Anon Family Groups was chosen from a questionnaire sent from the then Clearing House (now World Service Office) in New York (started by Lois W. and Anne B.). Here in the lower mainland some groups wished to remain known as Non-Alcoholics Anonymous while others voted for Al-Anon Family Groups.

1955 Copies of the first book, Al-Anon Family Groups arrived in the lower mainland.

1958 The name Al-Anon Family Groups was adopted in the lower mainland, while other outlying groups in B.C. had always used Al-Anon.

Vancouver Intergroup The idea and structure for an Intergroup was brought here from California in 1958 and Vancouver Intergroup was born. Seven groups were represented but often only two or three attended meetings. The meeting place was in the basement of the Unitarian Church on tenth avenue just west of Granville Street. The first literature order from the Clearing House was for the amount of \$75.00 which included a few copies of the first book. First early pamphlets were, Lois' Own Story, 'Freedom From Despair' and Purposes of Al-Anon Family Groups. **NOTE:** In March, 1960, a new name for the first book was changed to, 'Living With An Alcoholic'. In 1984, the same first book, (revised and expanded before 1966), was changed back to 'Al-Anon Family Groups'.

ALATEEN 1958 Information on how to form Alateen groups was introduced by and active Al-Anon member, Thelma S. Early meetings were held in homes of Al-Anon members. In the early 1960's, the Alateen meetings moved to churches or halls, one a First Avenue and Renfrew and another to Fourth Avenue. **NOTE:** First Alateen group started in California in 1957. That same year the Clearing House published 'Youth and the Alcoholic Parent for Alateen. (see Al-Anon then and Now, a brief history AR2).

1960 WORLD SERVICE The first gathering of Al-Anon members from the U.S. and Canada took place in July at Long Beach, California. The purpose of this meeting was to draw up plan for a worldwide conference of Al-Anon. The format for such a conference had been written up by Lois and Bill W. as a guide for the meeting. **NOTE:** Many early members from B.C. attended this meeting and were able to instigate a planning meeting of B.C. groups for the purpose of forming a B.C. Al-Anon Assembly. Two pre-Assembly planning meetings were held on Nov 3rd and . 13th, 1960 at Edith Adams Cottage. The elections for a B.C. delegate and committeemen to take place at the Al-Anon meeting on the same weekend as the e B.C. A. A.. Conference November 28, 1960, at the Legion rooms, 11th Ave. and Main Street, Vancouver B.C. Joy V., temporary chairman, conducted the meeting. Mary C. was elected delegate, May L. alternate delegate, Ev.M., secretary. Thirteen groups were represented. The plan to divide B.C. into districts was discussed . Of the proposed 14 committeemen to be elected, only six were present..due to communication difficulties. Of the six elected , four were from the lower mainland, one(Ann H.) from Prince George and one(Jo G.) from Kamloops.

1961

April 10th Group representatives, committeemen plus a liaison fro Vancouver Intergroup held a meeting prior to our first delegate going to the first World Service Conference in New York. The equalization assessment to send our delegate was \$200.00 .**April 21** First World Service Conference in New York. Thirteen delegates attended.

May 31 Mary gave her first delegates' report in the meeting room of the Unitarian Church, 10th and e ST. Vancouver.

November 12th Second Annual meeting of the B.C. Al-Anon Assembly was held in the Coruba room of the Canadian Legion, 11th and Main Street, Vancouver. .

1962

Evelyn M., North Vancouver, was elected second delegate for B.C. at the third annual Fall Assembly. Ev. M. wrote and published an Assembly Newsletter at this time. It was fortunate, too, that Ev. had a car which she put to good use to carry the Al-Anon message. .. Ev. M., Mary C., and Nora H., then of Mission B.C. toured the province to visit outlying groups or lone members. **NOTE:** A two-year term for our delegate and officers was agreed upon for B.C. at this fall Assembly.

1963

Quote from a WSO letter to B.C. delegate, Ev M., "the WSO Handbook suggests a three-year term for all Services. If the World Service Conference becomes a permanent part of Al-Anon--after our three-year plan has been in effect , the Conference will vote on how many years a delegate will serve."

1963(cont'd).

The Bulletin, February 1st

The first publication of the B.C. Al-anon Bulletin, Ethel M., editor.

1964

World Service Conference conducts Al-Anon Charter review.

At B.C Al-Anon Assembly that fall, a public relations committee was formed with Peg Mc., North Shore as chairman. Hospitality chairman was Esther T. Four Zones were named serving two-year terms as follows: Zone 1. Greater Vancouver ; Zone 2. Coquitlam, Sardis Haney, Mission.; Zone3. Richmond, White Rock, Ladner, Langley ; Zone 4. Vancouver Island.

1965

The new book, Al-Anon Faces Alcoholism debuts at the Toronto Convention of A. A. with Al-Anon participation.

Al-Anon Conference Approved Literature now being emphasized in Al-Anon worldwide (and to spell Al-Anon with the hyphen and a capital on the second A.)

1966

Guidlines for separating Alcoholics Anonymous from Al-Anon Family Groups is introduced to the fellowship. The three-year term for all service levels is discussed at Assembly and adopted.

The fall Assembly elected Nora H as delegate, (formerly of Mission and then Prince George). Nora H. is to finish the term for Vera B. (3rd delegate) and serve as delegate in 1967.

Vancouver Information Center Opened November 1st, 1966 at 615 West Pender Street, just across the street from the present location of Al-Anon Central Services. Kay B. managed the office, with the help of several volunteers, for the first few months until a steady part-time worker was hired.

Central Services

Now Central Services are opening **the last SATURDAY of the month from 10:00 am to 1:00 pm beginning June 26, July 31, August 28 on a trial basis.**

The business meeting of the Office is held quarterly and was recently held by Zoom on Sunday, May 2 at 11:00 am. A total of eleven people were in attendance, four executives, the acting Office Manager, six members representing their groups from five different districts. Notices were sent out for the meeting the week before to members of the Society. Alternate Group Reps are suggested to attend or any member representing your group to facilitate the workings of service for Al-Anon. The office serviced thirty telephone enquiries and there were nine visits for the period of May 1, 2021 to May 17, 2021. These do not include the calls received after hours and on days we are closed.

The Historical Overview piece I read in the May bulletin published to show where Al-Anon came from to where Al-Anon is now 70 years on, humbled me. I thought about what it was like living with alcoholism, what happened, and what my life is like now. Also, I thought about how grateful I am that Lois W. recognized her need for recovery and that the actions taken by the founding Al-Anon members grew into Al-Anon as we know it today. Firstly, a magazine called "The Family Forum" was published, then 56 groups responded to a letter sent out by Lois W. and Anne B. to form a service office. This was called a "clearing house" and was established to communicate with groups. In 1952 they wrote their first pamphlet and distributed the publication through their "Clearing House". As it is said, the rest is history. We follow in their footsteps and here at Central Services we continue to provide Al-Anon literature and information about Al-Anon's purpose to all who enquire through our depot. Together we "foster Family Groups". Come and visit the Office, **enquire about the Office Manager position**, and/or **volunteer positions** or come and visit the Archives housed at the Office.

Yours in Service

Lynne G.

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Officers and Coordinators 2021

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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.