

Al-Anon & Alateen Family Groups

BC/YUKON AREA BULLETIN

Volume 12, Issue 3

March 2023

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

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We are 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

March is here and I see signs of early spring everywhere. Spring makes it easy for me to create a gratitude list.

Area Officers, Coordinators, and Liaisons Meeting

I am also very grateful for the energy and commitment shown by all the attendees of the Officers, Coordinators, and Liaisons meeting on January 28th in Parksville. The meeting was well attended and very productive. While we did have some issues with Wi-Fi connectivity, we persevered and with Angus and Akemi's guidance, we managed. I so wanted my first time chairing an Area meeting to be perfect, but my Higher Power had other ideas. I am reminded of the slogan: *Progress, not Perfection.*

"Today I will endeavor to enjoy my humanness." Hope for Today (B-27), p. 335.

Some of the highlights of the meeting were:

- reports from all those present both online and in person
- the creation of a thought force to use KBDM and report back at AWSCM about the Past Delegate motion that was tabled at the September 2022 Assembly.
- Sarah's, Group Records Coordinator, report on Permanent Electronic Group registrations in the Area's new electronic District 34 and more.

Area World Service Committee Meeting

One of the main topics of the January meeting was planning for the Area World Service Committee Meeting (AWSCM). Area District Representatives, Officers, Coordinators, and Liaisons meet at AWSCM to build the fellowship and plan for Assembly in the fall.

At the close of the January meeting, we did not have a location for AWSCM confirmed, but we do have one now! I am very pleased to announce that **AWSCM will be at the Horseshoe Club in Victoria on May 26th, 27th, 28th, 2023**. Please read the Host Committee report on page 3-4 of this Bulletin for more information. We will be emailing the District Representative AWSCM information package in the next few weeks so please watch your inbox for it. Paper copies will not be sent. I'm so grateful for the support and fellowship of Ally G. and Dennis G. as well as Districts 16 and 17. Together we really can!

AI-Anon World Service Conference

As mentioned in my February report, you and your groups can support Owen, our Area Delegate, as he travels to Virginia Beach to attend the 2023 AI-Anon World Service Conference in April. Please read last month's Bulletin to get the details on the various ways you and your group can send your support for Owen's service.

Service Positions:

The Area Web Manager, Annette P., has resigned from her role. I have so much gratitude for all she has done for the Area over the past several years. More information on the next steps regarding this position will be shared at AWSCM.

The Archive Coordinator position is still open and a great opportunity for a member to step up into service at the Area level. Please feel free to contact any one of the Area Officers for more information.

At the next Assembly in Langley on September 22, 23, and 24, we will be electing and appointing the following positions:

- Area Treasurer
- Archives Coordinator
- Bulletin Editor
- Public Outreach Coordinator
- Alateen Coordinator

Get you service groove on and step up to service for the BC/Yukon Area!

With gratitude in service,
Patty T., BC/Yukon AI-Anon Chair
chair@bcyukon-al-anon.org



2023 Area World Service Committee Meeting (AWSCM)

May 26, 27, 28, 2023 – Victoria, BC

Districts 16, 17 and the Host Committee are looking forward to hosting the 2023 AWSCM. We are excited to welcome all District Representatives, Officers and Coordinators and AI-Anon members. We also encourage any AI-Anon members to attend who would like to come and participate and experience the joy of a service weekend.

Location of Meetings: The entire AWSCM weekend will take place at -

- **Victoria Horseshoe Club:** located at 620 Kenneth Street. A short drive from Accent Inn.

Accommodation: Your hotel room must be booked by **April 26th**. Rooms will only be held until April 26th! • **Accent Inn**, 3233 Maple Street, Victoria, BC V8X 4Y9 250-475-7500. (Beside Bin 4 Burger) Lower rates have been secured until **April 26th**. Ask for the BC Yukon AI-Anon rate.

Standard room (2 queens or 1 king) \$209 plus tax per night. Suite \$229 per night plus taxes. Hotel rooms are only being held at these prices until **April 26th**.

Meals: Breakfast: On your own. There are plenty of breakfast restaurants in the area. Saturday Lunch: onsite; sandwiches, salads, fruit, veggies, sweets, coffee, tea. (Various snacks throughout weekend, bottled water to purchase \$1.00, tap water free). Cost \$15 ea. CASH ONLY at registration. Saturday Dinner: On your own for dinner.

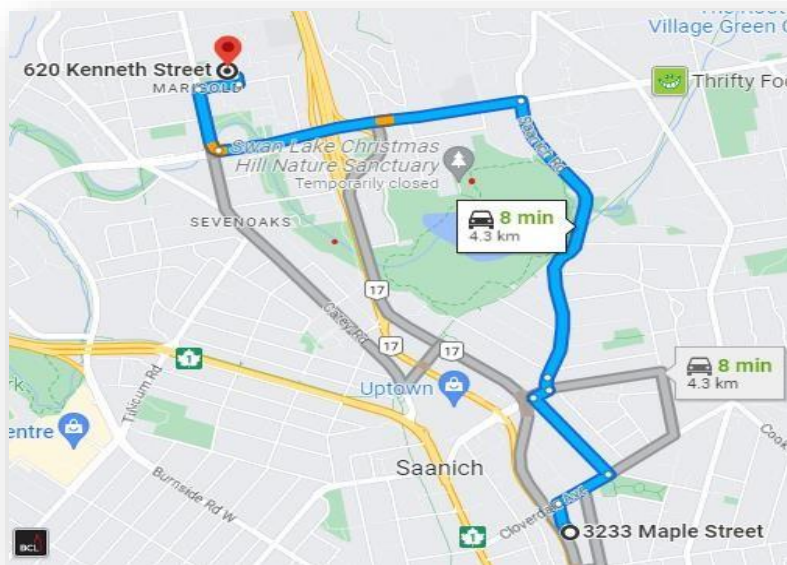
Directions: Victoria Horseshoe Club 620 Kenneth St., off Glanford Ave. 250-881-2983 Registration starts 5:00 PM on Friday May 26th. Accent Inn 3233 Maple Street, off Blanchard St., Victoria, BC 250-475-7500. The O/C meeting will be held at the Accent Inn Friday afternoon.

Transportation

Ferry: Tsawwassen to Swartz Bay – walk on \$18.00. Vehicle: see BC Ferries website.

Airport: Air Canada flies from Vancouver Airport (YVR) to Victoria Airport YYJ. Harbour Air and West Coast Air fly from downtown Vancouver to downtown Victoria.

Air Canada, Harbour Air, Helijet.



Shuttle: The host committee will provide shuttle service for folks from the ferry or the airport to the hotel, to and from the Horseshoe Club, from the hotel and, for dinner on Saturday. Please let the host committee know by May 20th (alguevin@shaw.ca) if you need a ride from the ferry or airport and of course let us know which ferry you will be on or flight arrival time.

ABOUT SATURDAY LUNCH!

****\$15.00 CASH only at event registration****

We will make efforts to accommodate specific dietary needs but cannot make any guarantees. If yours is significant – you may want to consider supplying your own lunch and snacks. Lunch and snacks will be assorted sandwich trays (veggie, meat, cheese, egg), 2 salads, fresh veggies, fresh fruit, and an assortment of baked goods. There will be gluten free buns, non-dairy creamer, stevia, coffee, and tea.

ABOUT SATURDAY DINNER

If you want to be included in a reservation at MED GRILL for Saturday dinner, you will need to email alguevin@shaw.ca PRIOR to May 6th,2023.

Delegate's Message

Greetings Al-Anon, Alateen members,

I am excited to announce that our new the *2022-2025 Al-Anon/Alateen Service Manual (P-24/27)* v2 is now available and your local literature depot will have them soon.

They are also available through the World Service Office:

English: ecomm.al-anon.org/EN/ItemDetail?iProductCode=P24_27

French: ecomm.al-anon.org/FR/ItemDetail?iProductCode=FP24_27

There is also a link to a free download of the manual.

Thank you to all the members for stepping up to support the World Service Office and the fellowship with there generous donations.

One way to donate when meeting electronically is to have a reoccurring donation both to BC/Yukon and to the World Service Office. These can be set up through your cheqing accounts or paypal.

We at BC/Yukon have confirmation that our Area World Service Committee meeting in May will be held in Victoria. I look forward to seeing as many of you as can attend. This will be a hybrid event, so for those that I don't get to shake hands and a hug with I will see you on a screen. I hope many of you will attend in person and together we can move the business of our area forward.

Humbled to be your trusted servant,
Owen H., BC/Yukon Area AI-Anon Delegate
delegate@bc yukon-al-anon.org

Alternate Delegate



Hello Everyone,

Ermagarde is busy reviewing the Agenda for her upcoming District meeting where they will be discussing accommodating PEGs (Permanent Electronic Groups) in her geographical District. They are considering the following questions: Do they have strong enough WiFi where they meet? Does the District have the equipment to include Hybrid meetings?

Alternatively, should they require the Group Representative or Alternate Group Representative from the PEG to attend the District meeting in person? Prior to the District meeting, the members were asked to review the "The Area PEG Task Force Guidelines" that Group Representatives accepted at Assembly.

Ermagarde looked up the PEG Task Force recommendations including the structures, policies, and procedures on the BC/Yukon website under the [Member Resources/2022 Assembly Documents/Task Thought Force Reports and Discussion Topics/Electronic Meetings Task Force Report headings](https://al-anon.org/for-members/group-resources/group-records/new-electronic-meeting-registration/) and then she found the following link: *(copy and paste into your browser)* <https://al-anon.org/for-members/group-resources/group-records/new-electronic-meeting-registration/>. While researching the recommendations, Ermagarde found the following important instructions that helped her to register her new PEG in the BC/Yukon Area.

Suggested Process to Register PEG With BC/Yukon Area:

1. Click the Electronic PEG Registration link to change from a face-to-face meeting to a permanent electronic group or to register a new electronic group: <https://al-anon.org/for-members/group-resources/group-records/new-electronic-meeting-registration/>
2. Follow the instructions to complete the electronic form.

You can also print a paper application, complete, scan, and email, but electronic registration is preferred by the WSO staff and our Group Records Coordinator.

Requesting assignment to a geographical District (rather than the electronic district #34): Once the PEG is registered with BC/Yukon, the group can request assignment to a geographical

District. The District will need to agree to accept the PEG. Districts will have the autonomy to decide if their District meetings will have an electronic option or if Group Representatives will be expected to attend in person. The PEG will need to agree to participate according to the District's practices.

Ermagarde clicked the link to the new Al-Anon Group Registration and completed it with her new PEG information.

Ermagarde would love to receive a note from you at the email address below sharing about your Al-Anon activities.

With warm regards,
Nancy M., BC/Yukon Alternate Delegate
altdelegate@bcyukon-al-anon.org

Quotes

- Mind my own business, cleanup my side of the street.
- Courage is just fear that has said it's prayers.
- I can't change anyone or anything but myself. My attitude, my words, my behaviour. One Day at a Time.
- I was so focused on being perfect that I was locked into inaction and grim determination. Al-Anon made me realize I am enough and gave me back my laugh.

Treasurer

Hello to my Al-Anon friends,

Thank you to the many groups that have been able to contribute to BC/Yukon Area in the past few months. With the recent increase in contributions, our Area finances are comfortably able to cover expenses and we have \$10,000 in our 'prudent reserve'. The Area's prudent reserve requirement is larger than what groups or districts may need. BC/Yukon has 2 GICs of \$5,000 each to ensure we can pay expenses to host AWSCM and Assembly should contributions fall sharply, or expenses rise significantly. This amount is approximately one third of our annual budget.

I have received a few questions about guidelines for 'prudent reserves' at the group and district levels of service. For reference, I read the Al-Anon Guideline G-41 that helps us understand how the experiences of thousands of members have helped define what works for many groups, districts, and areas. You can find this guideline using this path: <https://al-anon.org/for-members/members-resources/manuals-and-guidelines/guidelines/> Guideline G-41, "Reserve Fund" is listed at the bottom of the page. Feel free to explore some of the other guidelines that may be useful to your group or district members.

The *Reserve Fund Guideline* was created to answer questions World Service Office receives from members. Although the guideline addresses Area, District and Group reserve funds, today I will focus on Group Reserve Funds. This information can apply to all groups, including the newly formed permanent electronic groups (PEG).

The purpose of a reserve fund is to ensure that group rent, and other expenses can be met in the event membership contributions decline or expenses increase unexpectedly. Typically, voluntary contributions by members should be sufficient to cover group expenses with some left over to build a reserve fund. How much should this reserve fund hold? Most groups will maintain a reserved amount to cover 1 to 4 months fixed expenses. Many groups distribute funds quarterly to district, local AIS office, Area and WSO. Using excess group funds for special projects such as public outreach is encouraged. If groups choose not to have a reserve fund, members can contribute additional amounts to meet expenses as needed.

This guideline has questions on page 2 for groups to consider when making decisions about a group reserve fund. These can guide your group to making informed decisions. On page 3 of this guideline are some questions to use for a 'Group Financial Inventory'. Page 4 has a brief outline of how your group may create a group budget.

I encourage you to use this guide to have group discussions about finances. As with all Al-Anon guidance, the Traditions and Concepts lead the way. Tradition 4: *"Each Group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole"* and Concept 12 Warranty 1: *"that only sufficient operating funds, including an ample reserve, be its prudent financial principle."*

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

Al-Anon Guidelines

The Shared Experience of Al-Anon and Alateen Members.

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

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

Greetings my Al-Anon friends,

It is a busy time as groups figure out what works best for them and update their meeting information.

New Meetings:

New in-person meeting: Dawson Creek -Changed Attitudes AFG. First Baptist Church 1400-113 Ave- Dawson Creek-Wednesday 7:00 pm

New Permanent Electronic Group (PEG)

Saturday Morning Strength AFG - Saturday 9:00 am - Zoom ID: 876 8861 7555, Password: Wisdom

Changes:

Existing groups moving from in-person to Permanent Electronic Group (PEG)

Willington Heights AFG, District 4 - Monday 8:30 pm - Zoom ID: 899 0734 2394 - Passcode: 033203

Recovering Together AFG District 12 - Tuesday 7:30 pm - Zoom ID: 890 0371 0288 - Passcode: 128697

Making Progress AFG District 26 - Tuesday 6:00 pm - Zoom ID: 354 818 3135 - Passcode: 162366

Please remember it takes a few weeks to fully register a group, either in person or electronic.

If you have any questions, please ask.

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

Do you want to improve your Al-Anon experience by working the Concepts of Service? If so, Public Outreach is the place for you!

We are needing Al-Anon members to be part of the Public Outreach Committee. You can volunteer on sub-committees or attend meeting and give feedback and ideas to the other members. You can be as involved as your time will allow. **Please contact me at publicoutreach@bc-yukon-al-anon.org for the Public Outreach Committee and the Rally below.**

We also are looking for volunteers for an Alcoholics Anonymous Corrections Rally. It is being held **March 25th, 2023, at 9 am-9pm** and we need volunteers to chair and co-chair our Al-Anon meetings, sell Raffle tickets, and sit at our Display Table to answer any questions, give out meeting lists and information on how to order Al-Anon literature. The Rally is at **Level Ground Church, 31216 King Road Abbotsford B.C.** and the Al-Anon speaker is Sandy K. at 7:00 pm Friday. Tickets are \$25.00 which includes Dinner and Desert is Potluck. It will be a great event and focuses on those who have been or are associated with the Corrections system.

Another opportunity to provide service and/or attend is **Miracles Rally May 19-21, 2023, 5:00 pm Friday – 12:00 pm Sunday.** Al-Anon has a speaker on Friday at 7:00 pm and a Panel on Saturday at 4:00 pm as well as an Al-Anon Literature table. The tickets are \$30.00 and there will be food trucks on site throughout the event. This event is being held at **Mary Winspear Centre, 2243 Beacon Avenue, Sidney B.C.** and your service and attendance representing Al-Anon would be really appreciated. **For more information contact Nellie Taylor at 778-245-1203.**

The Public Outreach Meeting is held the last Saturday of each month at 10:30 am on Zoom. Log in is 985-6094-7531 Pass Code 696634.

Hugs in Service,
Gail S., Public Outreach Coordinator
publicoutreach@bcyukon-al-anon.org

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

Quote from “Many Voices, One Journey” page 43.

“Lois was “dreaming big” when she and Anne ordered, 1,000 copies of Purposes and Suggestions for Al-Anon Family Groups. When I consider the future, do I think of possibilities or limitations? Why do I think that is?”

“Purposes and Suggestions” P-13 was compiled in the summer of 1951 by Lois and Anne. It was Al-Anon’s first piece of literature.” (Page 42)

“Many Voices, One Journey.” (B-31)

I guess we were not quite thinking that our stock of Conference Approved Literature (CAL) would be “flying off the shelf” to quote our Office Manager, consequently we have no **inventory** of “Courage to Change” and “One Day at a Time”. These are ordered and expected 2nd or 3rd week of March. Thank you for your orders and your patience.

Speaker’s Bureau

See January 2023 Bulletin for detailed information. Encouraging a member whose story has caught your attention and you think “they would be an appreciated speaker, what a great message”, perhaps you could “suggest” as is the Al-Anon way, for them to share their experience, strength and hope by way of speaking at Anniversary Meetings. The Speaker’s Bureau needs more members to contact Central Services Office to add their names to share their experience, strength and hope.

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 V5C2H6
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.

Service Position:

My three-year term is up, and this great service position is available for a new trusted servant of Al-Anon. Contact Central Office for more information.

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 JANUARY 2023
CONTRIBUTIONS, CALLS, VISITS, EMAILS
Contributions - \$1,459.40
Calls 29– Visit 44— Email Mtg Info 18
Email Literature Info. 17

Events & Meeting Notices

District 10 Workshop "How it Works" at 2484 204 Street, Langley on **Saturday, March 4th** from **10 am – 2 pm**. Please bring the Conflict Resolution package ~if you have it. Skit, speakers & fellowship. RSVP: mondayaldergrove@outlook.com

AA Burnaby Roundup with Al-Anon Participation on **Saturday, March 11** at the Operating Engineers Hall, 4333 Ledger Street, Burnaby starting with **registration at 10 am**. The meetings are from 11am to 5:30 pm. The evening meetings will have AA and Al-Anon speakers with live music to follow. Food and beverage available all day. Free parking. Al-Anon contact Judy K. 604-782-2422.



52nd Annual Salmon Arm Roundup – March 17-18 at North Broadway Church, 350-30 St., N.E., Salmon Arm, B.C. Registration starts at 5 pm on Friday, March 17. On Saturday afternoon, our Al-Anon speaker is Doug R. from Kelowna. For more info cleanliving2013@gmail.com or contact ryzeeland@shaw.ca

District 8 - Pop Up Speakers Meeting Friday, March 31 at 6 pm at St. Paul's Lutheran Church, 12145 Laity St., Maple Ridge. There will be Al-Anon, Al-Anon Adult Children & AA speakers. For more information contact Dorothy T.: 604-763-3448.

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
Nancy M:	altdelegate@bcyukon-al-anon.org	Jean H:	bulletin@bcyukon-al-anon.org
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Sarah O:	grouprecords@bcyukon-alanon.org	Akemi M:	event@bcyukon-al-anon.org
Gail S:	publicoutreach@bcyukon-alanon.org	Angus P:	Assistant Hybrid Event Coordinator
Donna H:	literature@bcyukon-al-anon.org	Ernie W:	equipment@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 Al-Anon), 7213 Aldeen Rd., Prince George, B.C. V2N 5P7.
