



Al-Anon & Alateen Family Groups

BC/YUKON AREA BULLETIN



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

Volume 11, Issue 3

March 2021

Area Chair's Report

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(all one word)

Hello Al-Anon Friends,

We are getting through winter and I am so looking forward to springtime! I hope you are all continuing to be healthy and safe from the COVID-19 virus.

I am happy to report that we have a new Area Public Outreach Coordinator! Gail S. has many years of service experience at the Group and District level in District 15 and recently moved back to BC from Alberta where she had been for the past few years. While in Alberta, she served as Treasurer for the Al-Anon Central Service Office of Alberta. We are very happy to welcome her back into service in her new position with us in the BC Yukon.

Unfortunately, our newly appointed Archives Coordinator, Toni C, has resigned her position. We are sorry to see her go and thank her for the time she gave us.

We would love to hear from anyone who may be interested in taking over the Archives Coordinator position. Job descriptions and resumes are on the BC Yukon website. Check it out!!

As I mentioned last month, we will be having a virtual Area World Service Committee meeting on the evening of **May 28th** and **all-day May 29th**. Our theme this year is '**Moving Forward with Unity, Courage and Perseverance**'. In next month's bulletin, I will include the background information on the topics to be discussed for everyone to read. After reading and discussing your thoughts and ideas with your groups, your Group Representative will forward any feedback or questions to your District Representative to bring to the AWSCM for discussion there.

I hope that next year we can travel and meet in person and celebrate seeing each other again! And share hugs! I never thought I would be so excited at the thought of giving and receiving a real hug from my Al-Anon family!! Next year we will be needing to rotate people in and out of

service positions again. I want to bring it up now so folks can be thinking about and searching their hearts for whether they can offer the gift of service to our program. By September we will be looking at elections for a **Delegate** and an **Alternate Delegate**. Janis A. is currently filling in for the first year of the term for **Treasurer** until we have elections in September for the remainder of the term.

The appointed positions will be for **Group Records Coordinator** and **Alateen Coordinator**. Gail is currently filling in the last year of **Public Outreach**, but that term ends at the end of 2021 as well. Lots to think about and I know that anyone in any of the above positions would be more than happy to answer any questions about their jobs so please feel free to **ASK! WE NEED YOU!**

Wishing you peace, good health and joy,

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

Delegate's Message

Dear Al-Anon/Alateen Family,

The days are getting longer, and I am eager for spring! I am also longing for the end of the pandemic, but it looks like we will be observing the masking, distancing, and bubble protocols for some indefinite time to come with Zooming becoming a household word. My patience is being tested, but I am reminded that "This Too Shall Pass"! I am feeling optimistic though because World Service Conference is growing closer and preparations are ramping up.

Meeting with my Mentee

One of the privileges of being a third-year Delegate is being assigned a mentee, a first-year Delegate. I was assigned Matt W. from Wilmington, Delaware. I was quite surprised that my assigned mentee is a male; but when we met via Zoom, I learned that there are more male first-year Delegates than male third-year Delegates, so it is encouraging to know that male membership in Al-Anon is growing! During our chat we shared about our Al-Anon service experience, what Conferences have been like for me, some strategies that helped to keep me organized and focused, and generally how to be prepared, comfortable and confident, not only before Conference, but also during Conference Week. We plan to meet again.

Chosen Agenda Item

I was gratified to receive a suggestion for a Chosen Agenda Item from one of our long-time members, Sally E., to submit for consideration at World Service Conference. Here it is: *CAI TOPIC: The God of Our Understanding Should No Longer Be Masculine. WHY IS THIS CAI IMPORTANT: Over time, Al-Anon has evolved away from its original overt references to Christianity. It is not a religious program but a spiritual one. This language change continues to attract members otherwise averse to religion. Yet we continue to recite antiquated references to a male god. The God of Our Understanding needs to be the gender of our choosing. It's time to replace He/Him/His with more inclusive, gender-neutral pronouns – they/them/their - now widely*

accepted in our society. Even though this subject has been discussed at previous World Service Conferences, I believe that perhaps the time is right to present it for discussion again. Conference members will select topics to be discussed during Conference week, so I will keep you posted and will include results in my Delegate's report.

Important Al-Anon Dates to Celebrate:

March 4, 1891 – Birthdate of Lois W. When I think of this remarkable woman and Al-Anon co-founder Anne B. along with the other Al-Anon pioneers, I am filled with gratitude for their perseverance, vision and spirituality in laying the foundation for the Al-Anon program. I am in the process of re-reading the memoirs of Lois in *Lois Remembers* and reflecting on not only her remarkable life but also the legacy she left for us. If I were able to attend a face-to-face AFG meeting on March 4, I would plan a tea party; however, for this year a virtual one will have to suffice. In recognition of Lois, perhaps we can attend our Zoom meeting with favorite tea mug in hand while we remember her contributions, achievements, quotes, anecdotes, etc.

*Happy
Birthday !*



April 2021 – Al-Anon's 60th World Service Conference that started on a trial basis in April 1961 in New York.

May 2021 – The 70th anniversary of Al-Anon Family Groups that was founded in 1951 – How does your group/District plan to celebrate this milestone?

**HAPPY
ANNIVERSARY**

In closing, I invite your comments, questions, and feedback. Thank you for supporting me as your trusted servant, and may your Higher Power guide you in continued peace and serenity in Al-Anon.

With gratitude in service,
Lynn B, BC/Yukon Area Delegate
delegate@bcyukon-al-anon.org
Moving Forward with Unity, Courage and Perseverance

Alternate Delegate

Hello Al-Anon Friends,

I hope that as you read this you are well and healthy. But I know some of you reading this are not well and healthy – I send you faith and love. I hope that you are surrounded with peace and people who love you. And I hope you know that we love you!

Have you ever thought about how Al-Anon worked before text and email and websites and online meetings and online resources and, more recently, ZOOM? Are you a member who remembers Al-Anon before the digital age? Are you a newer Al-Anon member who has only ever known Al-Anon in the digital age?

I ask these questions because last month I wrote and asked members to share their experience with me. I expected that someone may send me an email. You know what happened? I received a LETTER in the MAIL! Imagine – an actual envelope with a stamp in my mailbox! Oh, was I ever excited!

There is something so personal about receiving a handwritten note – it is intimate and thoughtful and special. In these times of text and messenger and online sharing, receiving a note addressed to me is a really special gift. An Al-Anon member took the time to share their experience, strength and hope with me and put the note in an envelope and found a stamp and walked it to the mailbox and dropped it in. They had faith that the message would get to me in the right and perfect time...because...God's will and all that. *Courage to Change*, December 28th ends with, ... "Intimacy can be one of life's great gifts. I will avail myself of its benefits by reaching out to an Al-Anon friend today."

My Al-Anon friend suggests in her note to me that calling a friend on the phone and "listening and learning" is a two-way street and a kind and useful way to stay connected to our Al-Anon people. She goes on to suggest that we 'Keep it Simple' and send a note or card to one another because together we can make it. And I could not agree more!

Tradition Three states that to be an Al-Anon member we only have to have a friend or family member who has a problem with alcohol. We have that in common with each other – it is so easy to reach out to one another by phone or, even by snail mail, and check-in on one another.

Oh. Wouldn't it be so exciting if we started to send cards and notes to one another in Al-Anon? December 28th *Courage to Change* goes on to say that, "I can best put into practice by passing it on". I invite you to start a practice of sending a note to a member who you think may need a loving message from an Al-Anon friend. And – if you would like to receive a note, send me a note or email or text and I will be very excited to have reason to Keep it Simple and stay connected. My information is below.

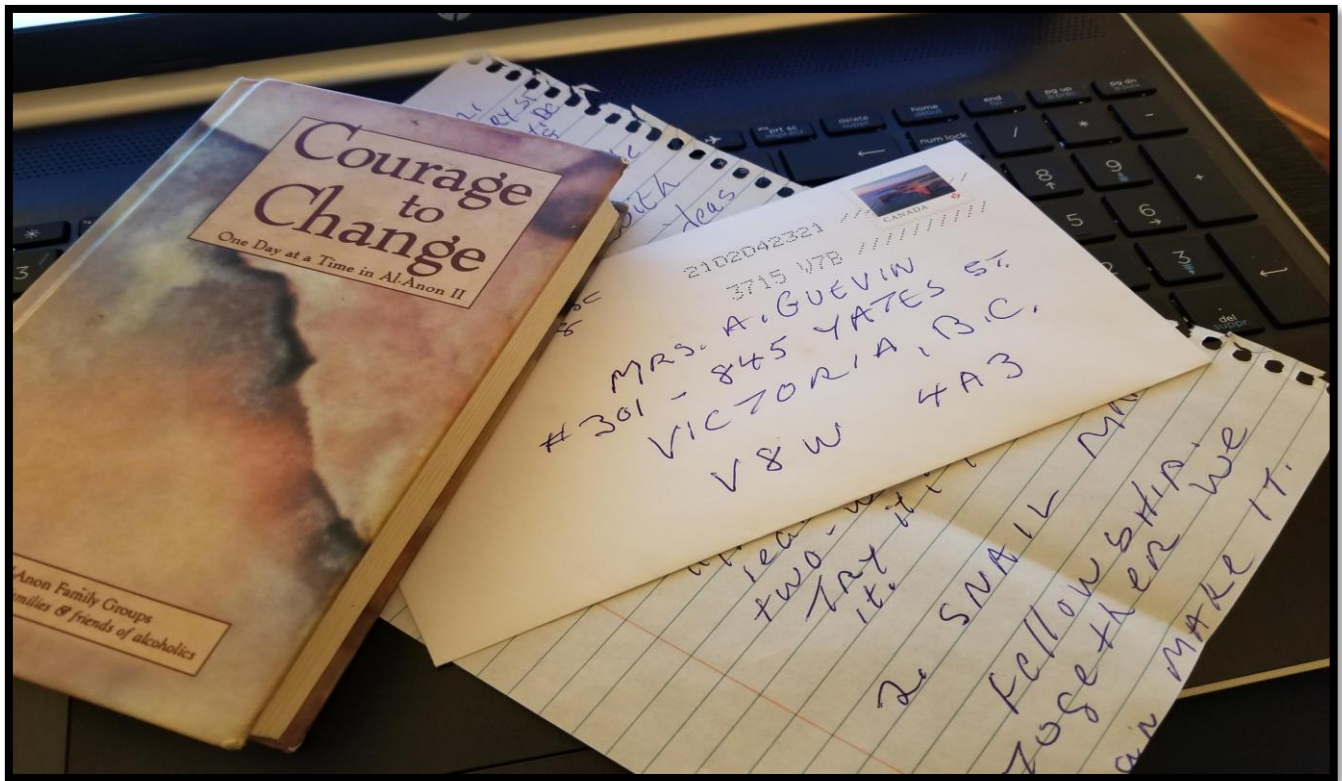
Stay Well friends, you are loved.

Ally G.

Alternate Delegate BC Yukon

250-415-3337

301-845 Yates St., Victoria| BC | V8W4A3



Treasurer

Hello to my Al-Anon friends,

I hope everyone is healthy and we can begin to see the light at the end of the tunnel. I am craving hugs from my group members when we can resume meeting in our rooms again! I'm now in my second month filling the position of Area Treasurer. When learning about a new service position, I rely on the outgoing service member for support in learning my new role.

Nancy has been extremely helpful and has sent me all the information I need to serve the Area in my new role as Treasurer. Of course, I can call her anytime along the way, and I do. We truly are never alone in service – and the friendships formed along the way are something to treasure!

An important resource for service members is the *Al-Anon/Alateen Service Manual*. My copy is getting a good workout as I learn from the section called “financial matters”. This section tells us about how we utilize our tradition 7 contributions at each level of service. If you have not read it, I encourage you to check it out. Some of our spiritual principles guiding financial matters are gratitude, abundance and responsibility. When I release my fear of financial insecurity and embrace my Higher Power for guidance, I can see that my needs have always been met. My income was often not as much as I wanted or felt I deserved, but I have never gone without food, shelter and other basic needs. The same holds true for my Al-Anon group. There are lean times when some members simply cannot contribute but those that can, do contribute. The rent gets paid, literature and supplies purchased, services supported, and our groups continue to thrive.

The pandemic has caused a great deal of angst for many of us. Some of our members are struggling financially while others are financially secure. I am maintaining my sanity through the

participation in several Al-Anon groups online. I consider myself fortunate to have Al-Anon to carry me through these uncertain times. By attending meetings outside my regular meetings, my gratitude grows for the abundance of opportunities Al-Anon offers. My contributions, large or small, reflect my gratitude for the gift of Al-Anon. Our collective contributions make it possible for Al-Anon to continue reaching out across the globe, even during a pandemic. Thank you all for the financial and service contributions that allow Al-Anon to offer us powerful resources for a better life with understanding, love and personal growth.

Yours in service,

Janis A.

Area Treasurer

treasurer@bcyukon-al-anon.org

Public Outreach

I am so excited and honored to be the Public Outreach Coordinator for BC/Yukon. I am so looking forward to connecting with D.R.'s, G.R.'s and members and learning what you want and need from me in this position. I also am very happy to be working with the Officers and Coordinators holding the very important positions for our Area.

For those of you who are not familiar with Public Outreach's role and how very important not only to members of Al-Anon but the following as well:

- Treatment, rehabilitation centers and substance abuse agencies.
- Mental Health agencies and organizations, psychiatric centers, hospitals, medical centers or health care clinics.
- Prisons, jails or detention centers.
- Group homes, halfway or "sober" houses.
- Crisis/abuse centers and domestic violence shelters.
- Facilities for troubled youth (In/Outpatient or residentially).

Please let me know if you have any contact ideas or questions.

A questionnaire for all members to participate in has been created so we can learn how you and your groups are doing in this world of Covid-19. I am including a copy of this questionnaire in the newsletter and would really appreciate all of your participation so we can help you all be able to attend meetings both for yourself and in particular the newcomers who need us more than ever right now.

Once again, please let me know your thoughts and interest in Public Outreach so we can continue to inform the public and attract others to our very special program in Al-Anon BC/Yukon.

Hugs in Al-Anon Service

Gail S.

Public Outreach Coordinator

BC/Yukon Area

publicoutreach@bcyukon-Al-Anon.org

Public Outreach Questionnaire

The pandemic has opened-up new opportunities for members and potential members as well as people living in isolated or remote locations for all members to attend meetings using home phones, cell phones or the internet.

To help us assist you, we would appreciate you completing this questionnaire and returning it to:
publicoutreach@bcyukon-al-anon.org

Please return on or before **March 15, 2021**. Thank you.

1. Are some of your Group and/or District members in need of personal contact? Yes No
2. Are you, your Group or District in need of help to stay connected to Al-Anons hope and help?
Yes No
3. How are you reaching out to people struggling with the weight of alcoholism in a family or friend? _____

4. Is your Group, yourself or District in need of help to stay connected to the Al-Anon program?
Yes No
5. Is your Group or District holding meetings via phone or online or in person? Yes No
6. Is your Group easy to find by someone who is not familiar with Al-Anon or from out of region?
Yes No
7. Do you know how to access resources and virtual or phone meetings for yourself or a newcomer?
Yes No
8. Are you attending virtual meetings or workshops throughout the world, your District or your home group? Yes No
9. What kind of help would be useful to you in your Group and/or the District? _____

10. Would you like more information about how to access online workshops and/or meetings?
Yes No
11. What challenges prevent your Group members from staying connected? _____

12. What challenges, success or encouragement can you share with other members in BC/Yukon? _____

13. Please provide any questions or input you have regarding virtual meetings and resources for your Area, District and/or Group? _____

Alateen

Hello fellow AI-Anon members and Happy Valentines and Family Day!

I hope everyone is staying safe and healthy. I am starting the process of recertification of our current AMIAS (AI-Anon Member Involvement in Alateen Service) and am happy to have you check the requirements on our BC/Yukon website and take that next step in your recovery and service journey if you are so inclined. To verify the current certification of all AMIAS we are requesting that all Areas complete the Alateen recertification by **June 15, 2021!**

I have gained so much personally from becoming involved in service at any level whether opening the door, being a greeter, setting up and clean up, secretary, treasurer, outreach committee member, group representative etc. I think you get the picture. When I got busy, I got better rings so true for me and hopefully you will consider helping Alateens.

With gratitude,
Michelle W
Alateen Coordinator/Process Person

Group Records

Hello BC/Yukon Members!

With March here and us now experiencing a year with change daily, weekly, and sometimes monthly, I'm happy that we have the means to communicate with each other. I sometimes struggle to find the positive and be patient but, this past year has given me lots of opportunities to practice what I have learned since joining AI-Anon. If your group is meeting electronically and you are wanting to be listed on the WSO website, please forward me your meeting information. Please include your District number, Group ID number and your electronic information. I will be happy to add it directly to the WSO website for newcomers and us members wanting to travel virtually to new and exciting places and drop in at your AI-Anon meeting.

With Gratitude in Service,

Jody S.
BC/Yukon Group Records Coordinator
Your "One Stop Shop" for Group Information

Central Services Committee

This month Central Services Offices decided to explore the actions of service by way of an interview with Cynthia Y. our **acting** Office Manager. This is meant to inspire members to be curious and explore an opportunity to expand their service experience.

The opportunity is the paid position of a part-time Office Manager and we are now looking for applications. Please see February's Bulletin where you will find initial information about the position. Al-Anon considers that all members are service members by attending meetings, but other service opportunities open up to members in the program to well I will let Cynthia tell you about her service experience.

I am posing questions and Cynthia is answering:

1. What value do you place on your service work in Al-Anon?

Cynthia: *I consider service work to be very valuable in my recovery and in my ability to give back to the program that has changed my life. My first service "position" was helping to set up and take down the chairs at my home group. That small request from our Group Representative gave me a reason to keep coming back each week and helped me to feel part of the group. For a good part of my life, I always felt apart from but being in service not only helped me be a part of it helped me to feel needed and appreciated.*

2. What have you gained over time by engaging in volunteering for service work?

Cynthia: *I have gained so much from each service position I have ever held: self-confidence, new skills, new friends, feelings of inclusion, knowledge that I am never alone, the ability to laugh at myself, experiencing more recovery with each task and last, but certainly not least----fun.*

3. How does unconditional love express itself in service?

Cynthia: *Unconditional love is defined as giving something without expecting anything in return. That describes service to me. Any member who steps into service offers their experience, strength, hope, skills, time and willingness to give back to the Group, District, Area or World Service Office. This is given freely with no expectation of reward. But here's the funny thing – we do receive rewards many of which I have shared in responding to Question 2.*

The ideas for these questions were taken from "How Al-Anon Works for Family and Friends of Alcoholics (hard cover) page 101, Chapter 14, "Service". One might say that this Chapter is a "Service 101" course.

Yours in Service

Lynne G. – Chair

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www.bcyukon-al-anon.org

Ask it Basket!

Question: When some members are reading the Legacies aloud at meetings, they change the wording to suit their comfort level. Even though Tradition Four states that “each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole”, changing the wording of our Legacies does affect Al-Anon as a whole. Can you provide some clarification?

Answer:

Many members have asked if the Legacies can be changed and it has been discussed by members of the World Service Conference. The consensus of the World Service Conference has been to confirm the Twelve Steps and Twelve Traditions as they appear in the literature when reading aloud or in written communication.

Changing the Steps when reading them aloud would violate Al-Anon’s principles. Our Al-Anon World Service Conference Charter states: **“...No changes are to be made in the Al-Anon or Alateen Traditions, the Steps, the Concepts of Service (except the descriptive text) or General Warranties of the Conference Charter (Item 12) without written consent of three quarters of the Al-Anon Family Groups.”** (2018-2021 Al-Anon/Alateen Service Manual, pg. 226)

While members are free to interpret the Steps and Traditions according to their own perceptions, Al-Anon’s unity is preserved when they are read aloud as written. The consistent use of CAL and reading our Publications as they are written assures Al-Anon members that wherever they go throughout the world, Al-Anon’s message of help and hope will remain clear and consistent.

Christa A.
Group Services Specialist
Al-Anon Family Group Headquarters Inc.

Events

"Hope for tonight AFG" meets Tuesday at 7:30 pm at the Cloverdale United Church (17575-58A Avenue, Surrey, B.C.) We understand that it is not possible for some folks to attend zoom meetings & some folks are longing for a live connection. There is lots of square footage for us to provide space during this trying season. Everyone even gets their own table! We would love to hear about your experience & strength and more than ever...we all need to share hope. Please join us.

Pacific Region AA Service Assembly with Al-Anon participation **March 5th and 6th**. The Al-Anon part starts at 4pm to 11:30pm on Friday and 9:30 am – 7:30 pm on Saturday alanon.praasa@gmail.com
Zoom ID: 818 795 7775

Aldergrove Monday night Al-Anon group is celebrating a 29th Anniversary. Please join us for speakers and fellowship on **March 29th** at 7:30pm – 8:30pm.
Zoom ID: 811 4117 6933 Password: serenity For more info: mondavaldergrove@outlook.com

Officers and Coordinators 2021

Shannon P:	chair@bcyukon-al-anon.org	Vacant:	po_institutions@bcyukon-al-anon.org
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Jody S:	grouprecords@bcyukon-al-anon.org	Jean H:	bulletin@bcyukon-al-anon.org
Gail S.	publicoutreach@bcyukon-al-anon.org	Vacant:	archives@bcyukon-al-anon.org
		Annette P:	webmaster@bcyukon-al-anon.org

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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/>.

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Payment information: Make the cheque 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.
