



Al-Anon & Alateen Family Groups

BC/YUKON AREA BULLETIN

Volume 12, Issue 5

May 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

May is always a busy month for your Area Officers and Coordinators. I try to deal with one task at time and to not get overwhelmed. Every day I ask for my Higher Power's guidance. The slogans "*First things first*", "*How important is it*", "*Easy does it*", "*Let go, let God*" (and more!) run through my mind often.

Area World Committee Meeting May 26, 27, 28 in Victoria.

Hopefully, all the Area District Representatives (DRs) and District contacts have received the email about AWSCM (Area World Service Committee Meeting). If you have not, please let me know. The email contained information about a new section on the website specifically created for information about AWSCM. DRs and all members are encouraged to review the new page and linked documents available in the member's section at <https://www.bcyukon-al-anon.org/awscm-2023/>. Login: member, password: Area81. I am so grateful for the Officers, Coordinators, and Liaisons who helped with creating this new content and updating the linked documents.

Please note that only paper copies of the AWSCM agenda will be available on-site. All the other AWSCM documentation is available for download and printing at the link above. Please remember Wi-Fi will not be available to members at the meeting location.

Members are asked to follow the instructions on the website at <https://www.bcyukon-al-anon.org/awscm-2023/> to register for attending AWSCM online.

For in-person registration and to indicate if you plan to join us for the catered lunch on Saturday, May 27, please email me at chair@bcyukon-al-anon.org before May 6th.

Area Website

As previously mentioned, the website has undergone a few updates. In addition, to ensure the stability of the Area's website, your trusted Area Officers have hired a new contractor to fulfill the responsibilities of the vacated Webmaster role. As the motion passed at the 2021 Assembly states, the Webmaster role is highly technical and a paid position. The AWSCM 2021 minutes include background information about the role and that it may be filled by a non-member.

Going forward, the contact for all website issues (or for accolades which, of course, we all love to receive) will be our Area Website Coordinator, Lothar S. He will continue to update content and will be the liaison between the contractor and the Area membership regarding technical issues. I am so grateful for all the work he has done to create the new AWSCM page on the website – Thank you Lothar!

Area Service Positions



I shared some incorrect information in the March Bulletin. I mentioned that the Alateen Coordinator position was up for reappointment this fall. This was incorrect. I am now certain that the Alateen service position will be up for appointment at the end of 2024 as shown on the Schedule of Elections document posted on the website on [Member Resources](#) page. I apologize for any confusion this may have caused.

Progress, not perfection. 😊

I look forward to seeing many of you later this month!

Love in service,
Patty T., BC/Yukon Al-Anon Chair
chair@bcyukon-al-anon.org

Delegate's Message

Hello Al-Anon and Alateen Members,

I am writing this as I prepare for the World Service Conference, and I am humbled by your confidence in me in the role you and my Higher Power have chosen for me.

As I go forward to learn I am reminded of what it says in our Service Manual under Group Conscience, page 49 "*the individual accepts the group conscience*". This teaches me that I may not agree, but I do accept. This journey is teaching me much about the meaning of "Fellowship" and I'm reminded on the closing, "*When anyone, anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there. And let it begin with me*".

Mostly the *Let it begin with me*, and how do I fulfill that part? When a member reaches out am I busy or do I say I'll call you later or do I stop and listen. When I make time in my day for another

member it enriches my life in so many ways. Being in Service helps me to not isolate and it gets me out of the thinking, "I just want to go to my meeting and go home." The worldwide Fellowship is a spiritual program and my spirit soars when I'm in contact with other members. So, as we say, "let it begin with me."

I look forward to seeing many of you at the Area World Service Committee meeting at the end of May.

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

Alternate Delegate

Good day Al-Anon/Alateen friends,



Breaking News!

Ermagarde received an informative email from her Area Assembly Chair with the upcoming AWSCM package.

The District has voted to cover the costs for her to attend so her hotel room is booked, and she has sent a RSVP to the Assembly Chair that she would like a lunch for Saturday.

RSVP chair@bcyukon-al-anon.org 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.

RSVP 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.** ***

Ermagarde has found all the AWSCM information listed in the ASWCM packet on the BC/Yukon Al-Anon website.

Ermagarde has reached out to the outgoing District Representative, Charlotte, and her Service Sponsor, Matilda, for help in reviewing some of the documents.

Her Service Sponsor reviewed the reports on the Consent Agenda with her and explained the Officers and Coordinators roles in the big picture of the Area Service in Al-Anon.

Ermagarde was familiar with the discussion topics as she had reviewed them on the website and had gone to AWSCM last year.

Now, with the help of her Sponsor and the previous District Representative, Charlotte, Ermagarde is planning the agenda for the District meeting next week so she can get feedback from the Group Representatives of each group on the discussion topics.

The District Representative Guide to AWSCM has answered many questions for Ermagarde.

One suggestion from many involved in service at the Area level before her is what to take to AWSCM:

- Service Manual (current one available now at your local LDC).
- Hardcopy of the AWSCM information,
- notes,
- water bottle/tea/coffee cup to refill.

She has many members interested in supporting her and the Area by attending the AWSCM online. She referred them to the Bulletin to find the instructions and the link to register. After all, District Representatives have a responsibility to attend AWSCM, but everyone is welcome.

Ermagarde has prepared a brief report about her District geographics, the events they have had, and the success of the group conscience to accommodate and welcome PEGs (Permanent Electronic Groups) into their District.

As well, she shared about the challenges they had in working out the set-up of electronic equipment at their first hybrid District meeting, and how as a District with input from both online and face to face participants, they came up with ideas that might work so they could have more success at the next meeting.

She remembers that doing things in new ways requires an open mind, adjustment, a pinch of patience, a splash of grace, and keeping their common goal in mind as they work together.

Ermagarde summarized her report with her District's goal, which is to refine their hybrid meeting capacity and then hold a hybrid Forum writing workshop.

Ermagarde, is much more relaxed about preparing this year as she has come to realize there is. no wrong way to serve, and many Area service members and her Service sponsor are only an email or text away.

Please wish Ermagarde luck as she heads of to AWSCM. Safe travels and I hope to see you there.

As Area Forum Coordinator I will share about Tradition 5 from the May 2018 Forum

Concept 5: There are 3 points to Concept Five. They are **practicing the Twelve Steps OURSELVES**. By **ENCOURAGING & UNDERSTANDING** our alcoholic relatives and by **WELCOMING & GIVING COMFORT**, to families of alcoholics.

Our logo, a triangle with 3 sides, has a base that is ourselves, the sides our encouraging and understanding, and welcoming and giving comfort on the other side.

I'm looking forward to seeing everyone at AWSCM. If you have any questions or needs, please do not hesitate to email me.

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

Area World Service Meeting Information

Hello my dear Al-Anon friends,

In preparation for AWSCM 2023, here is the information you will need if you are joining us virtually. Please use this link to register in advance:

<https://us06web.zoom.us/meeting/register/tZEkcuCpqz4oE9RD7ajgt0pH46DwGDGGu4hZ>

After registering, you will receive a confirmation email from Zoom containing information about joining the meeting. Our suggestion is to register early to avoid any last-minute complications. If you have any questions or concerns, please let me know and I will be happy to help.

AWSCM is scheduled to start at **7:00 pm on Friday May 26, 2023**, but you're welcome to login any time after 6:00 pm for fellowship or just to check that you have all the technology worked out ahead of time.

Please remember that this is an anonymous fellowship. If there are others in your home, please protect the anonymity of other members by using headphones and being mindful of who can see your screen or go to another location in your home where the meeting cannot be overheard or seen by others.

Meeting IDs via Zoom:

AWSCM - please note, if you haven't registered first, Zoom will re-direct you to the registration page:

Meeting ID: 859 5915 5290

Passcode: 33820

Saturday

AWSCM 2023 Early Bird Meeting
Time: Saturday May 27 at 8:00 am
Meeting ID: 811 6949 2904
Passcode: 032772

Sunday

AWSCM 2023 Spiritual Meeting
Time: Sunday May 27 at 9:00 am
Meeting ID: 981 9758 4551
Passcode: 454580

Looking forward to seeing you all!

With Gratitude in Service,
Akemi M.
Mobile: 778.874.5501
event@bcyukon-al-non.org

Quotes

- Don't let the old you get in the way of you today!
- Relax, you are not in charge.
- Happiness only happens with gratitude.
- Easy on ourselves- Easy on each other.
- Contentment is not a state to arrive to, it is a way of travelling in the world.
- The universe is much too big to hold onto, but it is the perfect size for letting go.
- As a self-proclaimed planner with a Type A personality, living one day at a time terrified me. Now it is the greatest gift I give myself.

Treasurer

Treasurer Report Summary

Income and Expenses to July 1, 2022, to February 28, 2023		
Total Contributions		\$11,802.07
Administrative Expenses	1,022.04	
Assembly Expenses	9,664.26	
Officer/Coordinator Mtg Expense	1,432.88	
General Expenses	<u>6,725.72</u>	
Total Expenses		<u>\$18,844.90</u>
NET INCOME (LOSS)		<u>\$(7,042.83)</u>

Balance Sheet for February 28, 2023		
Assets		
CIBC Chequing Account	5,749.36	
CIBC GIC matures March 27	5,000.00	
CIBC GIC matures Sept 2	<u>5,000.00</u>	
TOTAL ASSETS		<u>\$15,749.36</u>
Liabilities & Equity		
Retained Earnings	<u>22,792.19</u>	
Net Income (loss)	<u>(7,042.83)</u>	
TOTAL LIABILITIES AND EQUITY		<u>\$15,749.36</u>

The above summary is a snapshot of our finances on **February 28, 2023**. The full statements are available on our website in the member's section, page titled AWSCM 2023 or use this link: <https://www.bcyukon-al-anon.org/wp-content/uploads/2023/04/Treasurer-Statements-for-AWSCM-2023.pdf>. A full report will be presented at AWSCM in May and that report will be posted on the website once it has been presented and approved.

As of today, our bank account balance is just over \$8,000. Our budgeted amount for AWSCM is \$7,800 and we have a few general expenses coming due. We have a \$5,000 GIC as a prudent reserve if needed.

My term will end in December this year, so if you have any interest in serving as the Area Treasurer, please contact me. The position has become much more streamlined, and most months only require only 2-3 hours of your time with additional time needed before and after AWSCM and Assembly. All 3rd year or past district representatives are eligible to apply.

I am looking forward to meeting some of you at AWSCM. Thank you for all you do in service to Al-Anon!

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

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

Greetings my Al-Anon friends,

Did you know that the District Representatives (DR's) have read only access to the group records for their District and are an important link between groups and the Area?

I am looking forward to meeting with all the DRs at the Area World Service Committee Meeting (AWSCM) at the end of May.

With Gratitude in Service,
Sarah O., BC/Yukon Group Records Coordinator
grouprecords@bcyukon-al-anon.org
Your "One Stop Shop" for Group Information

Alateen

Hello fellow Al-Anon members and happy spring!

We had an AMIAS meeting last month and I am happy to announce that we have 24 members who are there to help the teens have a meeting to share their experience strength and hope with each other.

Alateens have their own format for meetings and literature which helps them understand and encourages them to live healthy, happy lives.

Living with an alcoholic is difficult for most of us, however Alateen and Al-Anon is where we learn the tools of the program and apply them to our lives. This is the same for children living with the affects of alcoholism.

Thankfully there is Alateen, but we need your support to have Alateen meetings in our Area. Please talk to your District Representative about having an Alateen group in your District.

Alateen is Al-Anon!

Love In Service,

Michelle W., BC/Yukon Alateen Coordinator

alateen@bcyukon-al-anon.org

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

Packages of Literature

The literature for sale at functions like the recent North Shore Roundup are provided by a member volunteer. This member submits their purchase order to the Office, the order is packaged up then picked up and there it is in the "Literature for Sale" Kiosk. Unsold literature is returned, the order dollar value is calculated, paid and the words of Al-Anon are used to further recovery to its members.

Speakers' Bureau

Are you open to allowing your name to stand to speak at Anniversary Meetings, Roundup's, etc. Requests for speakers are coming into the Office now that these types of meetings are happening again after the "you know what" lapse.

Volunteers are needed; you can choose fifteen minutes or fifty-five minutes, locally or out of town, to speak and what an opportunity to share experience, strength, and hope with such a keen recovery audience!

Office Manager – Cynthia Y.

"A Little Time for Myself." All pre-orders will be shipped at the beginning of the International Conference, June 29, 2023. If you or your group would like to ensure you have a copy, please **contact our Office before May 15** so we can include it in our pre-order.

We have sold two cases of 2022-2025 Al-Anon/Alateen **Service Manuals** but have two more cases on order.

Next Quarterly meeting

Sunday, June 11, 2023, Sunday 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 e mail. 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 MARCH 2023 CONTRIBUTIONS, CALLS, VISITS, EMAILS

Contributions - \$1,270.70

Calls 48– Visit 33— Email Mtg Info 11

Email Literature Info. 22

Meeting Notices

I would like to share that the news that Mount Pleasant Vancouver AFG that currently meets at the Vancouver Recovery Club, 2775 Sophia Street at 5 pm on Sunday, has changed the meeting time.

As of May 7th, the new meeting time is 10:30 am – 11:30 am. The meeting is a topic.

Events

20th Anniversary of the Friday Morning CAL AFG on **May 5th** from **10:15 am-noon** at the Trinity Christian Reformed Church, 3215 Tretheway St. (corner MacLure), Abbotsford. There will be AA & Al-Anon speakers as well as refreshments. Contact susancousins@shaw.ca or Louise 604-855-1942 or Susan 604-859-6566.

District 27 – New Hope AFG. Speaker meeting Fri. May 5th from **1:15 pm – 2:30 pm** at the First Baptist Church, 483 Gillett St., Prince George.

District 2 – Multi District Workshop – Connection & Fellowship Saturday, May 13th from **9 am - 3 pm** at Pacific Spirit United Church Centre, 2195 West 45th Ave. in the East West Room (@Yew St.). There will be guest speakers, a raffle and potluck lunch. Please bring your own mug. Contact alanondist2@gmail.com

Salmon Arm 60th Anniversary Sat. May 13th at the First United Church, 450 Okanagan Ave. East, Salmon Arm. The doors will open at **5:30 pm**. There will be a potluck supper, a speaker, silent auction, and Tradition 7. Contact: Ria at 250-833-0445.

Serenity Saturday Window of Hope Meeting Sat. May 13th – 12 – 2pm at the Coquitlam Presbyterian Church, 948 Como Lake, Coquitlam. There will be AA and Al-Anon speakers, food, and fellowship.

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

We are 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 pm on the third Thursday of each month. Please contact Linda at 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=RVVUb0RZRZFZDcGxzeFdmeUluazRLUT09>

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
Nancy M:	altdelegate@bcyukon-al-anon.org	Jean H:	bulletin@bcyukon-al-anon.org
Diana H:	secretary@bcyukon-al-anon.org	Vacant:	archives@bcyukon-al-anon.org
Janis A:	treasurer@bcyukon-al-anon.org	Akemi M:	event@bcyukon-al-anon.org
Sarah O:	grouprecords@bcyukon-alanon.org	Angus P:	Assistant Hybrid Event Coordinator
Gail S:	publicoutreach@bcyukon-alanon.org	Ernie W:	equipment@bcyukon-al-anon.org
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.
