

# BC/YUKON AREA BULLETIN

Volume 11, Issue 10  
October 2021



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

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We're on the web!	

Website Access:  
[www.bcyukon-al-anon.org](http://www.bcyukon-al-anon.org)

To access "members"  
pages:

Username: **member**  
Password: **Area81**

**(all one word)**

### Area Chair's Report

Hello my fellow Al-Anon members,

We will not have yet had Assembly as I write this, and it feels weird knowing that Assembly will be over by the time you read this.

I will be sending out a summary in the next issue with all the decisions made by your Group Representatives and the highlights of our first Zoom Assembly.

Although we will have hopefully elected a new Delegate and Alternate Delegate and possibly a new Treasurer (no resumes received for Alternate Delegate or Treasurer yet), there is still time to put your names forward for the positions that come to the end of their terms this year and the ones that remain vacant. Coordinator positions are available for:

Literature - remainder 1 year of term

Archives - remainder 2 years of term

Group Records- 3-year term

Alateen Coordinator - 3-year term

Public Outreach Coordinator - 3-year term

I feel a little discouraged as I have received only one resume for Public Outreach Coordinator and one resume for Delegate at the time of writing this.

It seems that without our face-to-face gatherings it is difficult to recruit participation in service. I hope as the time continues to count down, we will see more interest. In any case we will continue “Moving Forward with Unity, Courage and Perseverance.”

I am looking forward to our first Zoom Assembly and am very interested to see what the Group Representatives want to do in our Area going forward with all the changes we have before us. Change is never easy or even welcome at times, but I feel confident that together we can meet whatever challenges come to us.

On **Saturday October 23rd** we will be celebrating **70 years of Al-Anon** on Zoom, and I am hoping to see a large contingent of members ‘zoom’ in for that. It looks like a fun agenda and a wonderful day of gratitude!

Love in Service,  
Shannon P.  
BC/Yukon Area Chair  
[chair@bcyukon-al-anon.org](mailto:chair@bcyukon-al-anon.org)

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## Delegate's Message

Hello Al-Anon/Alateen Family

As I sit down to write this message, I am also preparing to update my Delegate’s report from the virtual World Service Conference in April; and by the time you read this, our virtual Assembly, will have come and gone. I know how much planning has been contributed by all Officers/Coordinators, and I trust that all Group Representatives or Alternates and many Al-Anon members at large enjoyed BC/Yukon Area’s annual business meeting along with virtual fun and fellowship. Unfortunately, the delicious food component and personal encounters that we enjoy in our face-to-face fellowship is impossible to replace in a Zoom world. Ever the optimist, there is always next year!

Here are some of the updates I would like to share since last month’s Bulletin, some of which you might already be aware of if you are a subscriber to *In the Loop*. If not already a subscriber, here is the link to subscribe:

<https://signup.e2ma.net/signup/1855605/1799701/>

### **Al-Anon Family Group’s You Tube Channel**

Be the first to know when new Al-Anon videos are published, allowing you to enjoy some recovery and to increase your recovery by carrying the message. You can easily share all the videos to your preferred social media platform. To subscribe search for **Al-Anon Family Group Headquarters, Inc. – You Tube**, click on **Subscribe** and hit the **Bell** to receive notifications when new videos are published. I just finished personally subscribing and can

assure you the process is quick and easy. The new videos are very well done, and I am looking forward to new releases.

### **Resources recently posted on the BC/Yukon website**

At the 2021 World Service Conference there were three amazing PowerPoint presentations that can be used by Areas, Districts and/or groups:

- Conflict Resolution
- Using the Concepts in Personal Recovery
- Dreaming Big – Envisioning our Future

These ready-to-use presentations are now posted on the BC/Yukon website in the Member Resources section (access information on page 1 of this Bulletin). The presentations contain great information that is beneficial for our members.

If you have any comments/questions or if there is anything I can do to support, please do contact me. I appreciate and value your feedback. There will be much more to share after Assembly, so I will close for now by thanking you for trusting me and for your service to our fellowship. May you continue to remain safe and healthy while enjoying peace and serenity in Al-Anon.

With gratitude in service,

Lynn B., Area Delegate

*“Moving Forward with Unity, Courage and Perseverance”*

[delegate@bc yukon-al-anon.org](mailto:delegate@bc yukon-al-anon.org)

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### **Treasurer**

Hello to my Al-Anon friends,

October is here and your BC/Yukon Area service members are still connecting remotely. I miss the fellowship we enjoy when we can meet at Assembly, although I'm grateful to have virtual meetings, rather than none! I am blessed by the friendships I enjoy with many of you throughout our Area. I sincerely hope we can soon be together in person to expand and strengthen those friendships.

While we may not all be meeting in person yet, Tradition 7 contributions from group members are an important part of keeping our program alive and well. As a self-supporting group, it is important that your group expenses are met first. That may include rent, online meeting subscription, literature, insurance, local public outreach, supplies as well as Group Representative expenses to attend district meetings and Assembly. After keeping a prudent reserve, any excess funds are used to support your district, your Al-Anon Information Service (AIS), your BC/Yukon Area and World Service Office. For more guidance on “Financial Matters”, please see pages 101-108 in our *Service Manual*.

Your BC/Yukon Area is in a healthy financial position to cover any expenses required to revise how we deliver services to all groups in our area. Decisions made at Assembly last month may help us move forward with confidence in the new year. I'm sure many of us are praying for something that resembles 'normal'.

At this time, World Service Office is in better financial shape than expected, but still expecting a deficit for 2021. WSO can always use your contributions to provide services to members in North America and around the world.

Have you considered making a personal contribution to our World Service Office? Did you know your personal contributions to WSO are tax deductible? Did you know that WSO and all of Al-Anon services are funded ONLY by members? Literature sales and contributions from members allow Al-Anon's WSO to provide a wide range of services to friends and families of alcoholics.

To make contributions to WSO, please follow this link: <https://al-anon.org/contributions/member/> If you make your contribution through PayPal using Canadian funds, you will receive a receipt by email. This PayPal receipt can be used for income tax purposes. There are also other ways to contribute: by credit card, recurring monthly debit or just good, old, reliable cheques. Details are on the link.

Currently contributions to BC/Yukon Area can only be by cheque. We are still waiting to hear if e-transfer will be available on our account by the end of the year. We may need to change banks to get e-transfer capability, but we will need to balance that with increased bank fees. As we learn more, your Area Officers will make an informed decision.

Thank you all for your kind comments and notes as we navigate these strange times.

With gratitude in service,  
Janis A. Area Treasurer  
[treasurer@bcyukon-al-anon.org](mailto:treasurer@bcyukon-al-anon.org)

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## Public Outreach

I hope this finds everyone happy and safe and wanting to help out with the 70<sup>th</sup> Anniversary Celebration!

We are making a collage with congratulation shares from Al-Anon members and any small tid-bit you can add within a 1-minute recording. It can be done individually or as a group. Following are directions from Annette, our Webmaster, and although it seems complicated once you start to follow the steps it is pretty simple. We have only received a few so please send a recording in, we'd appreciate it so much.

If you would like to be part of the video collage presentation to celebrate AI-Anon's 70th Anniversary, please send it in as soon as possible. This will give Annette time to gather the files and create the presentation. The presentation will be 10-15 minutes long so while longer messages would be nice, submissions will have to be under a minute each so we can have 10-15 participants. To get your 1 minute or less video file to Annette, please, use WeTransfer. WeTransfer is secure and free! You are not required to make an account with WeTransfer, but you can if you wish. These instructions below were tested on an iPhone and Android devices will be very similar. If you have any questions about transferring or anything about the technical aspects of this presentation, message Annette at [webmaster@bcyukon-al-anon.org](mailto:webmaster@bcyukon-al-anon.org) or [wetransfer@annette.cloud](mailto:wetransfer@annette.cloud). All other questions regarding content etc, please message Gail at [publicoutreach@bcyukon-al-anon.org](mailto:publicoutreach@bcyukon-al-anon.org).

Prepare to send your file:

1. Prepare to make your submission by recording your message to the Area with your mobile device ahead of time so it is ready to be uploaded.
2. When you are ready to send the file, make sure you have access to your email account.
3. Be sure you are using a WIFI connection unless you have a large cellular data plan as video files are very large and could take a long time to upload on cellular network and could also cause extra charges on your cellphone bill. When you are ready to send the file, here is what you do:
  - a) Open your browser (Safari, Chrome, etc) and go to <https://wetransfer.com/>
  - b) On the start page you will see "Send a file?" Touch it. Then, touch the + sign. Then, touch "Photo Library". Touch the video file and then touch "Add" at the top right of the screen.
  - c) You will see an option to "Add a message to your transfer" this is optional. Then touch "Next".
  - d) Next select the first option "Send an Email" then "Next".
  - e) In the "Email to" field insert Annette's email address [wetransfer@annette.cloud](mailto:wetransfer@annette.cloud). Then, add your email address below it where you see "Your email".
  - f) This is where you need access to your email. WeTransfer will then email you a code to verify your email, check your email and enter the code where it says, "Enter verification code" and touch "Verify your email".

All done! Thank you!

When you don't know what to do .... "Do the Dishes"

Hugs In Service,

Gail S.

Public Outreach Coordinator

[publicoutreach@bcyukon-al-anon.org](mailto:publicoutreach@bcyukon-al-anon.org)

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## World Service 70th AI-Anon Anniversary on AI-Anon Mobile App

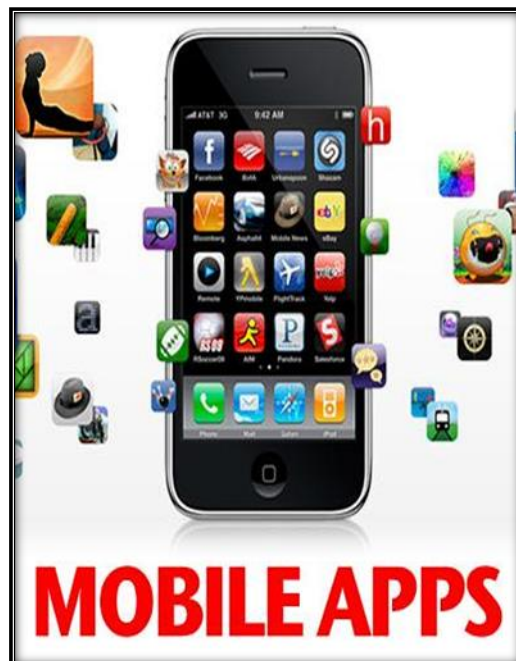
The celebration of the remarkable 70-year history of AI-Anon Family Groups continues in the *AI-Anon Family Groups Mobile App* starting in August and continuing through November!

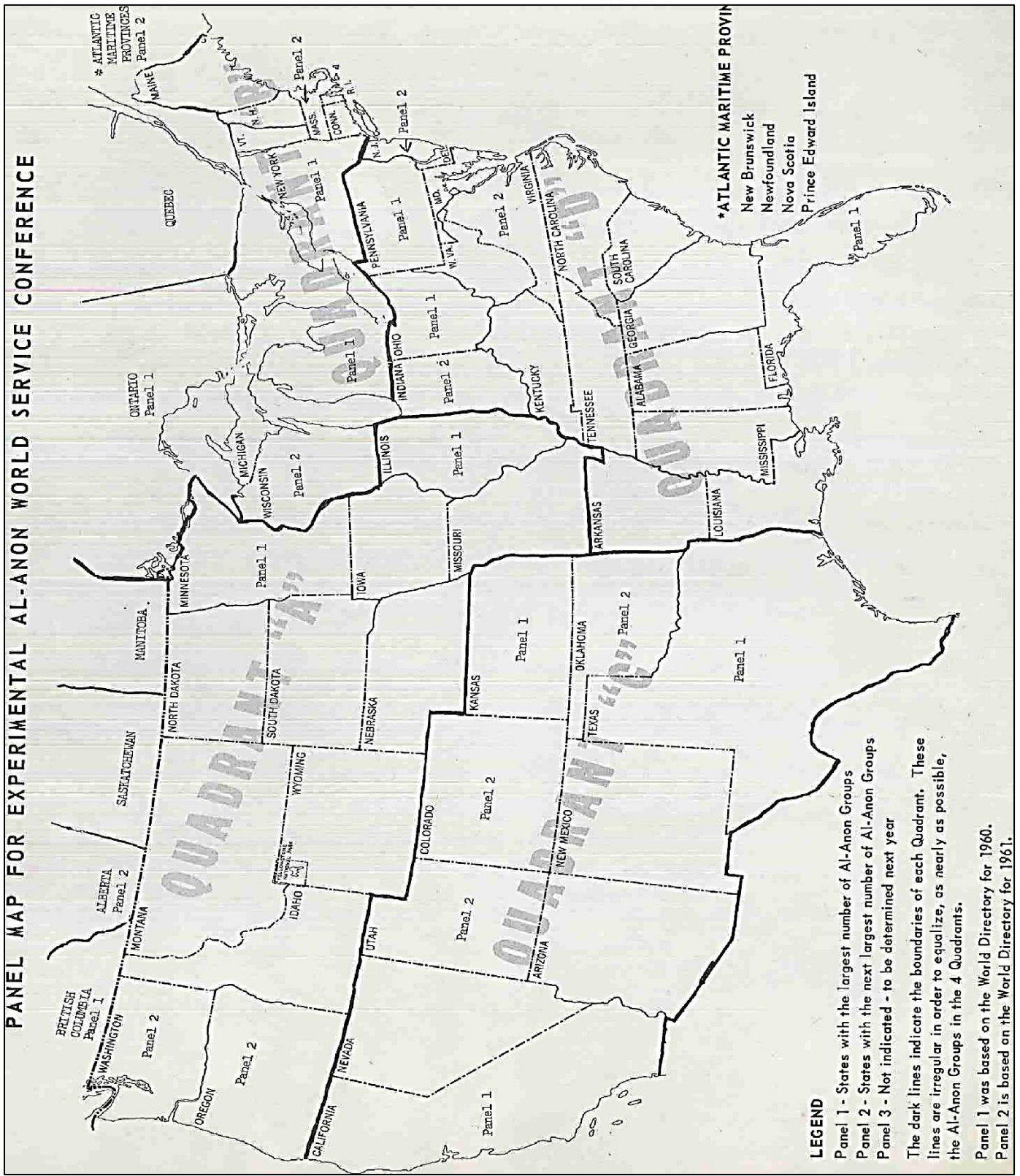
Each one-hour session will include recordings of both speakers. Up to 300 attendees per language (English, French, and Spanish) will be able to join the 70<sup>th</sup> Anniversary Replay meetings in the Mobile App on a first-come, first-serve basis, giving you more opportunities to listen on your own or with a group of AI-Anon friends.

Below is the schedule of replays to accommodate our worldwide fellowship. We hope that one of these times will work for you:

- **Saturday, October 9, 2021 @ 2 pm EDT**
- **Wednesday, November 17, 2021 @ 8 pm EST**

Find out how to get the *AI-Anon Family Groups Mobile App* at [al-anon.org/mobileapp](http://al-anon.org/mobileapp)





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## Central Service - A Literature Depot and an Al-Anon/Alateen Information Service

In the "Suggested Al-Anon Closing" it says, "After awhile, you'll discover that though you may not like all of us, you'll love us in a very special way - the same way we already love you." It seems I came into the program with preconceived ideas of what I liked and did not like then discovered there is more than my preconceived ideas, there is a "special" love of each other in Al-Anon/Alateen. This awareness gave me permission to understand and practice Al-Anon/Alateen's Twelve Steps, slowly but surely.

One of my preconceived ideas was what it meant to be of service. I had thought of service as entirely duty rather than receiving a gift of love that would become a special love that I could give back to others affected by the disease of alcoholism.

I have experienced many of the gifts of service because of the love I have received from Al-Anon/Alateen's fellowship. This past while my service has been to Central Office, our literature depot and information centre.

Come and visit Central Services Office to purchase literature or to enjoy fellowship. We are open **Monday, Wednesday, Friday and the last Saturday of the month from 10:00 am to 1:00 pm**. The office fills mail orders - give us a call. We also house the "Archives" offering lots to explore. You are welcome to come and do research especially in this our 70th Anniversary year.

The Office Manager position is now filled by Cynthia Y. A letter of employment was offered and accepted. Al-Anon/Alateen is so grateful that Cynthia became available to apply for the position. Members are invited to fill Volunteer service positions at the Office by making arrangements with Cynthia.

Also, this is a call for Directors needed for the Society. We have been through a move and have a new five-year lease. We now have an Office Manager, and we are in good financial order, so we envision the business of the Office as straight forward compliance to the Societies Act and fiscal responsibility to the membership. These positions should be filled by November when we have our Annual General Meeting. If anyone is interested, please contact me at the email below.

Yours in service,

Lynne G. Chair                      604-688-1716  
[afgcentraloffice@gmail.com](mailto:afgcentraloffice@gmail.com)  
<http://afgcentraloffice.blogspot.ca>



**AL-ANON CENTRAL SERVICES - AUGUST 2021**

**CONTRIBUTIONS, CALLS, VISITS, EMAILS**

**Contributions - \$1,414.50 ~ Calls - 48 ~ Visit - 6 ~ Email Mtg Info - 13  
Email Literature Info. - 7**

**BURNABY DISTRICT 4 – MAPLE RIDGE ODAT SATURDAY -  
NORTH SHORE STEPS TO SERENITY MONDAY NIGHT –  
PORT COQUITLAM NEW BEGINNINGS –  
SQUAMISH JUST FOR TODAY – SOUTH DELTA STEPPING STONES -  
WHITE ROCK OUTREACH - PERSONAL**

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**MEETING CHANGE & EVENT**

Langley Wednesday Morning will be moving back to their regular meeting room at Douglas Recreation Centre at [20550 Douglas Crescent](#) on September 8, 2021.

Meeting time stays the same from 10am to 11am. Masks will be mandatory at all times as per Provincial regulations at this time. Precautions will be taken for seating arrangement adhering to the social distancing guidelines that are in place, and we will be keeping windows open for better ventilation.

Sanitization of chairs and tables used by the group will be our responsibility when setting up and leaving. We are counting on all members to participate. Hope to see all there!





**“THEN AND NOW”**



**It will be fun,  
interactive and  
something for  
everyone**

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**You will enjoy:**

- **Memories from Members**
  - **History Game**
  - **Poem**
  - **A song sang live**
  - **Speakers**
  - **Slide Show**
  - **Ice Cream Social**
- 

**OCTOBER 23, 2021-  
9:45 AM –3:00 PM**

**FUN FUN FUN!!**

Join Zoom Meeting

[https://us02web.zoom.us/j/88530579590?pwd=b3VYcU9KclRVe  
mpJeEUxMmErSEVJQT09](https://us02web.zoom.us/j/88530579590?pwd=b3VYcU9KclRVe<br/>mpJeEUxMmErSEVJQT09)

Meeting ID 885 3057 9590

Passcode 504447

One tap mobile

+17789072071,88530579590#Canada Dial by your location

**For Information  
Contact:**

**Gail Schuler**  
[publicoutreach@bcy  
ukon-al-anon](mailto:publicoutreach@bcy<br/>ukon-al-anon)

## Officers and Coordinators 2021

Shannon P:	<a href="mailto:chair@bcyukon-al-anon.org">chair@bcyukon-al-anon.org</a>	Vacant:	<a href="mailto:po_institutions@bcyukon-al-anon.org">po_institutions@bcyukon-al-anon.org</a>
Lynn B:	<a href="mailto:delegate@bcyukon-al-anon.org">delegate@bcyukon-al-anon.org</a>	Vacant	<a href="mailto:literature@bcyukon-al-anon.org">literature@bcyukon-al-anon.org</a>
Ally G:	<a href="mailto:altdelegate@bcyukon-al-anon.org">altdelegate@bcyukon-al-anon.org</a>	Michelle W:	<a href="mailto:aapp@bcyukon-al-anon.org">aapp@bcyukon-al-anon.org</a>
Ann A:	<a href="mailto:secretary@bcyukon-al-anon.org">secretary@bcyukon-al-anon.org</a>	Michelle W:	<a href="mailto:alateen@bcyukon-al-anon.org">alateen@bcyukon-al-anon.org</a>
Janis A:	<a href="mailto:treasurer@bcyukon-al-anon.org">treasurer@bcyukon-al-anon.org</a>	Patty T:	<a href="mailto:website@bcyukon-al-anon.org">website@bcyukon-al-anon.org</a>
Jody S:	<a href="mailto:grouprecords@bcyukon-al-anon.org">grouprecords@bcyukon-al-anon.org</a>	Jean H:	<a href="mailto:bulletin@bcyukon-al-anon.org">bulletin@bcyukon-al-anon.org</a>
Gail S:	<a href="mailto:publicoutreach@bcyukon-al-anon.org">publicoutreach@bcyukon-al-anon.org</a>	Vacant:	<a href="mailto:archives@bcyukon-al-anon.org">archives@bcyukon-al-anon.org</a>
		Annette P:	<a href="mailto:webmaster@bcyukon-al-anon.org">webmaster@bcyukon-al-anon.org</a>

### Subscribe to the BC/Yukon Area Bulletin

Email your submission to the bulletin in plain text or "pdf" format by the **15<sup>th</sup> of each month** to [bulletin@bcyukon-al-anon.org](mailto: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](http://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](http://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.