



AI-Anon & Alateen Family Groups

BC/YUKON AREA BULLETIN

Volume 12, Issue 10
October 2022



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

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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

Hello AI-Anon friends,

As you read this, we will be in the midst of our Assembly meeting in Langley. It will be our first hybrid Assembly, but we had a trial run with the Area World Service Committee Meeting in May that went very well so I expect the same successful event this time! It will be interesting to see how many in-person attendees we have. Although I know there are some real advantages in hybrid meetings, I do have some fear that we may lose some of our valuable connections that we gain from being together in person. I look forward to seeing everyone whether virtually or in the flesh!

At Assembly, the Group Representatives will be voting for a new Chair and Secretary to serve for the next 3 years. We will also be asking for members to serve in the coordinator positions of Website, Literature, and the remaining year of Archives.

The Website position requires some computer skills and if you have an interest, please contact Patty T., our current coordinator, for any questions you may have. I can't imagine how our Area could function without this position as so much of our information flows through our website.

Resumes for service positions can be found on the website and forwarded to myself. The **deadline for resume submission is November 15th**. We hope to announce the new coordinators by the end of November.

Our links of service are what keep AI-Anon alive and healthy. We have several districts without District Representatives and several groups without Group Representatives. Service is 'gratitude in action' and is an

important part of our recovery. If you have experience as a Group Representative or District Representative, consider encouraging and mentoring someone else in those roles. Remember we are never alone in Al-Anon.

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

Delegate's Message

Greetings All Al-Anon/Alateen Members,

I write this knowing that the bulletin will come out October 1st and we'll be in Langley for our Assembly, the first in person or 3 dimensional we have had in a few years, of course, and per our motion of a 3-year trial will be Virtual also.

I am humbled to be your BC/Yukon Delegate, so far it has been a wonderful and busy journey on your behalf. I have met so many Al-Anon members from all areas in the World Service Conference structure, which is Canada, United States, Bermuda, and Puerto Rico.

I am currently involved with many members from Oregon in a book study of the 2022 Conference Summary.

I have attended the Thursday meeting held virtually from Virginia Beach called the Corporate Landing Group, members from many parts of Canada and the US,

It is also a great privilege to work with the other officers, coordinators, and liaisons in BC/Yukon, they all do a great job on behalf of all the members. Personally, I'm looking forward to being in person at Assembly and seeing so many of the members and reconnecting and making new friends. Often the electronic meetings I attend many members say how much they miss the in-person meetings with the spontaneous laughter and hugs, and for many the meeting for coffee before or after.

The World Service Conference Summary 2022 is now available online at the World Service Web site, <https://al-anon.org/pdf/P46-2022-web.pdf> it can also be ordered in hard copy and mailed out.

I look forward to seeing you both in person and on screens very soon.

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

Alternate Delegate



Hello Fellow Al-Anon Members,

As this Bulletin is being published and you receive it in your inbox or mail, we as a fellowship are gathered together at our Area Assembly in Langley or Online.

Today October 1st, 2022, is a day with a full Agenda whether you are attending as the member carrying the envelope with your group conscience, your member's feedback, and vote. Or you may be a member attending to support the fellowship in the service of BC/Yukon Area Al-Anon. My prayer is that today you are feeling the power of connection as you hear the history of Al-Anon, learn and gain more understanding of the service structure, and participate in being involved in recovery at Assembly.

Assembly is an Area event where I feel a great connection as I meet a broader group of members in our Area sharing information from all different Links of service, from the group member at their home group, the Group Representative, the District Representative, to our Area Officers & Coordinators, the Delegate to the World Service Conference. The relationship to each link of service becomes clearer to me at Assembly as I see the links connection of "carrying the envelope" in action.

As well, it is my experience, enjoying the laughter and fellowship as I become part of a bigger circle. There is a sense of belonging as everyone feels welcome, regardless of their service position. I listen to you members tell my story as you share your own. We journey side by side increasing our understanding of the Links of Service as we participate in "carrying the envelope".

I feel the power of being connected by being involved in recovery, by serving and attending Assembly; it is a good reminder of how much I have learned from others serving and how rewarding it is for me to share that with others as well.

As we process the business part of Al-Anon using the process of Knowledge Base Decision Making and make decisions, it is an opportunity to witness resolution in a way that all voices are heard, no one is discounted, and all are respected. What is in the room/online, is love, hope and understanding, like I have never experienced at other outside gatherings.

As diverse and different as we all are in Al-Anon, we come together and are unified. Every year as I leave, I can hardly wait to go back to my District/Group and report on all Al-Anon's successes, plans and growth. I make sure to save the date for next year so I can reunite with new and old friends again.

Do you have access to a copy of the worldwide sharing of Al-Anon's monthly magazine, the Forum?

Have you noticed the members of BC/Yukon are the Authors of some of the submissions?

Maybe you have a sharing from a piece of literature that resonated with you? A quote at a time? A life experience that Al-Anon carried you thru. Please consider sharing it in a submission to the Forum.

As your Area Forum Coordinator, I will share a few Tidbits of Our Three Legacies from the October 2017.

Step Ten: *“Continued to take personal inventory and when we were wrong promptly admitted it.”* My Sponsor gently reminds me that it is thru Step Ten that I can make living Amends... I can be a conduit for Attraction to this program for my family and others.

Tradition Ten: *“The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.* Learning to be respectful. I notice in meetings how having no opinions on outside issues offers me a safe place to share my experience in dealing with alcoholism... I want to feel this safety in my own home, so now I “Let it Begin with Me.”

Concept Ten: *“Service responsibility is balanced by carefully defined service authority and double headed management is avoided.”* I am free to carry out my job as defined by the group conscience. But I am responsible for my part. My part ...not anybody else’s part. “Does the alternator in your car meddle with the windows, or the tires, or the battery? No Of course not the alternator has one job and does it well. The other parts of the car do their jobs well too, and the car runs as it was designed”

I love you in a very “special way”.

Nancy MC.

BC/Yukon Alternate Delegate

altdelegate@bcyukon-al-anon.org

Group Records

Hello friends,

District 8 – **New Beginnings AFG** has a new meeting place starting **Wednesday, October 5** at **7:30 pm** at the Trinity Untied Church, 2211 Prairie Ave., Port Coquitlam.

When sending in any group changes to grouprecords@bcyukon-al-anon.org please include your District #, Group Name and WSO#

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

HAPPY THANKSGIVING EVERYONE!

I hope this finds everyone feeling grateful for all that we have, and for having Al-Anon in our lives. Although the Assembly has not happened at the time of this writing, I am confident that it was a smashing success. Public Outreach had an area which we displayed posters and provided flyers with contact information and Guidelines from the World Service Office (WSO). (It was more interesting than it sounds lol).

We still welcome anyone to attend our Public Outreach Committee meetings once per month on the 3rd Saturday of the month. **October will be on Saturday the 15th at 10:30 am to 11:30 am on Zoom. The log in is 985 6094 7531 pass code 696634.** This is a terrific opportunity for Alternate Group Representatives to give of service for your Group and get new ideas and information for your own Groups Public Outreach. I would also like to encourage Northern Groups to attend the Committee even if you only want information and not to participate in projects we may have. Everyone is welcome.

A great way to keep up on what is happening in Al-Anon and Public Outreach is to encourage members of your group to receive the bulletin by email or mail. The information is on the last page of the bulletin, or they can email bulletin@bcyukon-al-anon.org.

Thank you to the Committee members who have been serving and helped with Assembly. Thank you to all who attended Assembly either in person or on Zoom.

Till next time be safe and happy!

Hugs in service,

Gail S.

BC/Yukon Public Outreach Coordinator

publicoutreach@bcyukon-al-anon.org

Treasurer

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

Literature Coordinator

Hello everyone,

This is my tenth report to you as Literature Coordinator. My one-year term is quickly wrapping up and a new coordinator will be appointed beginning January 2023. I would like to thank the Officers and Coordinators for their friendship and assistance during my brief sojourn into service to the area.

Every month I have tried to highlight a different piece of Conference Approved Literature and hope that members take advantage of the vast array of information and encouragement available to them.

As a new member of Al-Anon, the first piece of literature that I bought was the smaller version of *One Day at a Time*. This little daily reader was my constant companion for years and years. Each and every morning, *One Day at a Time* provided direction and encouragement. It also was the source of more pointed answers by accessing the index of subjects at the back of the book.

Today is September 14th and the daily reading speaks volumes to me once again.

“We hear it over and over again, in both AA and Al-Anon, this program is spiritual, not religious. Each of us must find our own way to Heaven and the Al-Anon teachings reinforce our faith in the way we choose to worship whatever it may be. If our dedicated practice of Al-Anon helps us make a Heaven on earth, no religious faith would quarrel with this happy outcome.”

It's Assembly time in just another two weeks. The Officers and Coordinators have been working hard to bring the Group Representatives from across British Columbia and the Yukon together for a time of fellowship and sharing of our mutual successes and challenges over the past year. I am looking forward to attending the Assembly virtually and I am grateful for the service and expertise of those who work diligently to provide a hybrid experience for the members.

Happy reading,

Audrey E.

BC/Yukon Al-Anon Literature Coordinator

literature@bcyukon-alanon.org

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

Central Service Office's plans to give members the opportunity to buy literature and/or pick up preordered literature would have been carried out at Assembly Friday, September 30 and Saturday, October 1, 2022. We thank you for your purchases.

Central Service Office engaged in presenting a play to highlight the enquiries the Service Office receives with the following characters:

- Office Manager
- A distraught Newcomer
- A Social Worker
- A Counsellor
- A person enquiring about literature availability
- A member enquiring about the use of the Archives

Hopefully the Group Representatives and other members acquired an understanding that broadens their knowledge of the purpose of "Information Services" in Al-Anon. Central Service Office receives these phone and e-mail enquiries and these calls are just like "Call the Midwife" we are always there to "deliver the Al-Anon help message".

Whew, we all "breathe out" the completion of Assembly where the business gets done to keep our program going by meeting the needs of the Members locally and globally. Service experiences always deepen our understanding of why we are where we are and "keep coming back". A thank you to our Service members.

Due to a price increase from the World Service Office, Central Service Office's Literature Price List was adjusted September 1st, 2022. There was a substantial increase in the cost of some pamphlets and the 2022-2025 Service Manual. So that it would not be a huge hit to groups' finances, the decision was made to sell these items at our cost. With this in mind, we hope that groups might dig a little deeper when making a donation to the Office.

Office Hours	Address	Mailing Address
Mon. Wed. Fri.	#222 - 3701 Hastings St	PO Box 28574
Last Sat of the month	Burnaby, BC	Burnaby BC
10:00 am - 1:00 pm	V5C 2H6	V5C 6J4

Tradition 7 through Groups, Districts, individuals - by cheque or pay pal.
Thank you.

Chair, Lynne G.

T/F. 604-688-1716

E mail afgcentraloffice@gmail.com

www.bcyukon-al-anon@gmail.com

Http://afgcentraloffice.blogspot.ca

AL-ANON CENTRAL SERVICES SUBMISSION FOR OCTOBER 2022 BULLETIN

AL-ANON CENTRAL SERVICES INFORMATION FOR AUGUST 2022

CONTRIBUTIONS, CALLS, VISITS, EMAILS

Contributions - \$726.85

Calls 44– Visit 14 — Email Mtg Info 24

Email Literature Info. 21

Events

On **Thursday, October 20** come out to celebrate the **7th Anniversary** of the Thursday Morning AFG located at Deer Lake United Church, 5135 Sperling Ave. in Burnaby at **9:30 am– 11 am**. The in-person meeting will have an Al-Anon speaker. For more information contact: sherieline0929@gmail.com



FRIDAY, OCT. 21-DISTRICT 6 ANNUAL POTLUCK

Please join us in-person for food, fellowship, and friends, at a new location: Inlet United Church, 2315 Spring St., Port Moody (old St. Andrews church site, off St. Johns St.). **Doors open 6:00, dinner 6:30**, AA & Al-Anon speakers 8:00. Bring a newcomer! Lot and street parking. Finger foods or pre-cut/portioned items please. RSVP appreciated, to give an idea of numbers. Contact Donna 604-551-9838 or Cynthia 778-836-0506 for more info.



Officers and Coordinators 2021

Shannon P:	chair@bcyukon-al-anon.org	Audrey E:	literature@bcyukon-al-anon.org
Owen H:	delegate@bcyukon-al-anon.org	Michelle W:	alateen@bcyukon-al-anon.org
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		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.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.