



Al-Anon & Alateen Family Groups

BC/YUKON AREA BULLETIN

Volume 12, Issue 11

November 2023

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

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Website Access:

www.bcyukon-al-anon.org

To access "members" pages:

Username: **member**

Password: **Area81**

(all one word)

Area Chair's Report

I enjoyed my first experience chairing an Assembly. A challenge or two arose, but I believe we did well! The theme for Assembly was "Love, Laugh, and Grow Together" and I did feel the love, I did laugh a lot (often at myself), and my faith in Al-Anon grew as I witnessed the principles in practice. Thank you to all those that attended and to the Officers, Coordinators, Liaisons, and Host Committee members who made Assembly 2023 a success!

In total, there were 83 Group Representatives attending online and in-person. I enjoyed seeing the large number of first-year Group Representatives present. The reports were interesting, and the skits kept the energy up. Of course, conducting the business of Al-Anon was important too, but the fellowship is always the best part for me.

The minutes are posted on the website at [Assembly 2023 | BCYukon Al-Anon \(bcyukon-al-anon.org\)](http://www.bcyukon-al-anon.org).

Thank you to all those who submitted questions to the Ask It Basket. The answers are on page 2-3 of this Bulletin.

Assembly 2023 Highlights

1. Audrey P. (D2) was elected as our incoming Treasurer and Deborah B. (D10) was elected as our incoming Secretary. Audrey's term is 3 years and Deborah's is the last two years of a 3-year term and both terms begin on January 1, 2024.
2. Group Representative Orientation Raffle winners:
 - Service Manual - Karen S. (D17); Angela (D2)
 - Groups at Work - Jean G. (D29); Henny K. (D2)

- Conflict Resolution Kit - Brenda M. (D15); Norma M. (D33)
 - GR Binder - Nancy S. (D12); Stella (D17)
3. The Literature raffle winner - Brenda M. (D15).
 4. The consent agenda, budget, and housekeeping motions were passed as presented.
 5. The Finance Committee structure will not change.
 6. The Past Delegate Thought Force suggested motion was discussed and did not go forward.
 7. No bids for hosting the Area World Service Committee meeting in May 2024 have been received.

Coordinator Service Opportunities

The deadline for submitting resumes for the following Coordinator positions is **Nov. 15th**.

- Public Outreach
- Bulletin
- Archives

An online resume form and links to the service position resumes can be found at [Assembly 2023 – BC/Yukon Al-Anon \(bc yukon-al-anon.org\)](https://www.bcyukon-al-anon.org/assembly-2023).

Watch your December Bulletin for announcements of Coordinator appointments.

Gratefully in service,
 Patty T. BC/Yukon Area Chair
chair@bc yukon-al-anon.org



1. Tradition 4 - *Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.* Could you be more specific to the word "autonomous"?

Autonomous suggests each group can govern their own meeting. They can choose the time, place, format that suits the members of that group. However, to be considered an Al-Anon group, each group must follow the Al-Anon Service Manual to ensure that Al-Anon is available in its undiluted form wherever a member may choose to attend. For example: we have Twelve Steps that are not to be changed (copyright), we only use Al-Anon literature in meetings, we do not follow other programs or philosophies while presenting as an Al-Anon group. If the group understands the Traditions and follows them as written, they should not find themselves in a position that will affect another group or Al-Anon as a whole.

2. **We have a dual member who wanted to vote for our group at Assembly. When she found out she could not, she asked does this apply just to AA members or other 12-Step programs as well?**

On page 152 of the 2022-25 AI-Anon Service Manual, it says a member who is also a member of AA is not eligible to serve as Group Representative. There is no mention of other 12-Step programs.

Members who also attend other 12-Step programs do not have a potential conflict of interest as they are not in any way associated with AI-Anon. While AA is a separate program, we do have a close relationship. Both programs need to guard against the perception of being connected as each program has different goals (Tradition 5).

3. **How do I hold a group inventory? What is the suggested procedure?**

Guideline G8a provides information on a conducting a Group Inventory. It is available on the World Service website ([G8a.pdf \(al-anon.org\)](#)) or at your closest AI-Anon Literature Distribution Centre.

4. **How does one propose a change to the language used in a Step or Tradition? I understand that such changes require approval in writing from 75% of all groups, but is that the final step? What is the first step and the process?**

A good start would be to talk to your sponsor. Then bring the topic to a group business meeting for discussion to see if there is unanimity to proceed. If unanimity is found, then ask for a discussion at the District meeting. It is always a good idea to run ideas for change through our links of service first. If members then decide to start a request, the request will need to be sent to the World Service Office at www.al-anon.org and indicate 'Literature Committee' in the subject line. When making your request, provide a full explanation of the reason for the request. When the Committee discusses an item on their agenda, it is done with great care and consideration. It is important to note that a request does not guarantee that a change will happen.

Delegate's Message

Greetings BC/Yukon members,

We have another Assembly in our rear-view mirror, and it was great to see so many members in attendance. The fellowship is in good hands.

There are some upcoming events I thought you would like to know about, and the links are also in this Bulletin.

Tom C., Associate Director Literature, World Service Office presents the process of (CAL) Conference Approved Literature **Monday November 13th 6pm Eastern** at District 21 NYS meeting. Zoom information below: Zoom ID: 841 1018 5506 Passcode: D21Service

Stay tuned for **Monday, January 8th** as there will be “A Dance Through the World Service Office Website” by Sue P. more information as I get it.

Did you know we can also **Post Events on the AI-Anon Calendar!**

Plan, post, and promote your AI-Anon events effortlessly with the World Service Office (WSO) Event Calendar. Whether for an Area, AIS/Intergroup, or District event, adding your details is simple. Only AI-Anon member liaisons can submit, ensuring events are tied to our service arms.

Don't forget to link your area website and upload event flyers for maximum visibility. Our calendar extends to the AI-Anon World Service Office Facebook page and the *AI-Anon Family Groups Mobile App*, amplifying your reach. Submit today and connect more AI-Anon members to your event!

Submit your event at al-anon.org/wso-events

With gratitude in service,
Owen H., BC/Yukon Area AI-Anon Delegate
delegate@bcyukon-al-anon.org

Alternate Delegate

Good day Fellow AI-Anon Members,
Since gathering for Assembly in September, I feel like I know everyone so much better!



Ermagarde has been motivated by her Assembly experience, in her role of Group Representative in “*Carrying the Envelope*” in the links of service between her group, the Area and the Delegate who takes the members of our Areas voices to the World Service Conference. Ermagarde decided to present her report to her group ODAT AFG in the form of a thank you letter.

It goes like this:

To my Dearest friends of ODAT AFG,

I would like to take a moment to thank-you for trusting me to attend Assembly in Langley this year and carry the envelope (your groups voice, votes, and questions for the Area) on your behalf. As well as share some of the information presented.

The Theme of Assembly was Love, Laugh and Grow Together.

Our Assembly Chair, Patty, went over the Assembly Purpose and Goals and “Presume Goodwill”.

It was amazing to experience that in action. There was respect and acceptance of each other even with differing thoughts, feelings, and ideas. Although there were some radically opposing opinions, no-one booed, no-one was denied a voice, and everyone was respected.

Some important pieces of information I learned about at the Group Representative Orientation that I think impacts our group meeting format is about the wording of Al-Anon in the Three Legacies. This is explained in our Service Manual in the last section the Charter Appendix #3 IN RELATION TO AL-ANON 3d. No changes are to be made without the written consent of three quarters of the Al-Anon Family Groups worldwide. After listening to the discussion on this at Assembly, I am concerned about how some members of our group decided to and have changed the pronouns and God in our Steps and Traditions. Also, we use the M-59 binder that was issued by World Service Office, but in 2007 this binder was removed from use by the World Service Office. The World Service Office sent a letter to every registered group worldwide and asked them to stop using the binders and replace their meeting format with the newly produced Al-Anon and Alateen Groups at Work P-24/27. A copy of which was provided with that letter. The main reason being that groups were altering the readings/steps/traditions as well as inserting their own groups notes in with the original binder material which alters Conference Approved Literature and violates the copyright. See explanation on World Service Conference Summary 2008 pg. 85.

I know as a group we have a routine and are used to our binder and meeting format, but both these concerns are what they call the "OBEDIENCE TO THE UNENFORCEABLE". Just like Anonymity, they are part of our Traditions. ODAT AFG's unity and perhaps even our group's survival is dependent on adherence to these suggestions.

I ask that the Group consider a discussion and perhaps doing a Group Inventory using guideline 8a and 8b and taking a Group Conscience on using the Al-Anon/Alateen Groups at Work P-24 instead of the Meeting Binder for our meeting format and readings and to not use our member's changed wording version of the steps and traditions in our meeting format. I can use the Group Representative Binder for our group information, contacts, and announcements, but that is not for the meeting format. Everyone can read from Conference Approved Literature - the Al-Anon/Alateen Groups at Work P-24.

I am happy to discuss this prior to taking a group conscience on how to proceed. We could put it on the agenda at our upcoming business meeting.

Judy, our group Alternate Group Representative, and I participated in the discussions, and I voted on our group's behalf as we discussed prior to Assembly.

The summary of business at Assembly can be seen in the Chair Patty's recap of Assembly when it is posted.

Owen, our Delegate, gave a very interesting report on the World Service Conference. He talked about the finances at the World Service Office level. The literature sales are the major source of income, and the rest comes from the groups and individual members contributions. The cost of servicing one group for WSO is \$321.25 US. The Delegate's detailed report will be posted on the BC/Yukon Al-Anon website.

The Literature Coordinator gave a very informative report about Copyright and the use of CAL.

Quick Facts:

- *There is a total of 173 registered Al-Anon/Alateen Groups in the BC/Yukon Area*
- *The groups meeting in person face to face account for 156.*
- *The registered Permanent Electronic Groups account for 17.*

- *Participating in voting at Assembly 65 in person and 18 online. Total groups represented in voting at Assembly was 83.*
- *I did not get the number of total participants at Assembly.*

Fellowship Facts:

- *We both attended the Early bird AI-Anon meeting and what a buffet of sharing that was!*
- *We enjoyed a lunch at the hall served with plenty of mingling and AI-Anon discussions from members all over BC.*
- *We enjoyed two dinner meals, Friday, and Saturday night at public places, but we sat with members from other Districts and shared AI-Anon discussions but from a variety of new perspectives.*
- *The business on Saturday was followed by an amazing AI-Anon Sunday morning Spiritual meeting with many jewels of the spiritual principles of the program.*

Thank you again for providing me with the privilege of being your trusted servant and allowing me this amazing experience.

I encourage you all to consider service in AI-Anon and the rewards that go with it.

In gratitude and love in service,

Ermagarde

Ermagarde printed off a copy of her thank you letter and circulated it at the meeting for members to read if they chose to.

With kind regards,
Nancy MC, BC/Yukon AI-Anon Alternate Delegate
altdelegate@bcyukon-al-anon.org

Treasurer

Hello to my AI-Anon friends,

I was sorry to have missed Assembly this year. By all accounts, it sounds like it was a great meeting, and a lot was accomplished. Fellowship is such an important part of what we do in AI-Anon. I have been blessed with meeting many wonderful friends throughout the BC/Yukon area in my service roles. That alone has enriched my life!

Thank you to Cindy for presenting the Treasurer's report and Proposed Budget at Assembly. Cindy is very knowledgeable in service and as a past Treasurer. I'm sure she answered any questions you might have had. I know you will all join me in wishing Cindy the best outcome with our nomination to World Service Office as our next Canada West Trustee!

I am very happy to hear Audrey has been selected as your new Area Treasurer. I know she will do a great job and you will all appreciate her service in that role. Please be on the lookout for the new contribution mailing address as I end my term and Audrey takes on the job in January. Audrey's mailing address will be posted in the Bulletin toward the end of the year. There will be no change for contributions made by e-transfer as Audrey will be using the same treasurer's email address. There has been a bump in contributions from groups and districts in the aftermath of Assembly. Thank you everyone for contributing part of your Tradition 7 to ensure we can continue to support Al-Anon service in our BC/Yukon area.

Please call or email if you have any questions or concerns.

With gratitude,
Janis A. 604-454-4873
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 email 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 Al-Anon friends,

It was great to see so many faces in-person and online at Assembly. District 4 did a fabulous job hosting and the love gifts made by a member in District 3 were amazing. I would like to thank the groups that have registered their meetings in the electronic database. We now have 17 electronic groups registered in our Area. We have 156 physical groups registered. If your group is strictly

meeting electronically and you have not done so yet now is the time to update your group records. Here is the link to make the change [electronic group change](#).

If you have any questions or need any help, please email me at grouprecords@bcyukon-al-anon.org

With Gratitude in Service,
Sarah O., BC/Yukon Group Records Coordinator
grouprecords@bcyukon-al-anon.org

Literature Coordinator

Hi Area, 81 Al-Anon members,

I was disappointed to attend Assembly remotely last month and miss the opportunity to connect with you in person. I am thankful for technology and the knowledgeable people serving our area who make it possible to conduct hybrid meetings. Everywhere I looked, I saw the results of us having studied Conference Approved Literature (CAL). The cooperation, respect, kindness, support, and appreciation for each other's work, to name a few qualities exhibited, inspired, and filled me with gratitude.

Behind it all is our Service Manual (P-24/27), which contains everything we need to know about attending and running our meetings, and guidance for participation in district, area, and international events. It describes service positions and structures, provides guidelines for starting new Al-Anon and Alateen groups, public outreach, and information about sponsorship.

I became acquainted with the Service Manual when I served as a Group Representative, but it's a useful tool for all members. It comes in handy at group and district meetings, when questions arise about our group or district boundaries and responsibilities, voting procedures, or duties for the positions we hold. We can support our Group Representatives by actively participating in our business meetings, with an understanding of "how it works." If you're considering a service position, you can read the description to help you decide.

Here is the WSO link for the 2022-2025 Service Manual. Printed copies are available, where other CAL is sold. [Al-Anon Alateen Service Manual \(P-24/27\) - Al-Anon Family Groups](#)

There is an ongoing Service Manual Zoom study on Wednesday evenings. Please contact me for more information.

In Service,
Donna H., BC/Yukon Al-Anon Literature Coordinator
literature@bcyukon-al-anon.org

Public Outreach

Hello Everyone,

The Assembly as I predicted was awesome! Although we didn't agree on everything discussed it was done in a loving and respectful manner presuming goodwill by all, the AI-Anon way. We had a lot of serious business and many, many laughs. If you are a Group Representative and haven't attended an Assembly before, please ask your group to start saving funds for you to attend next year.

The Public Outreach Coordinator position is still open at this point, and I encourage you to consider this awesome position that will give you lots and lots of support from myself and the committee members. Don't be scared off by the Job Description, we'll have your back!

The next meeting of Public Outreach is **Saturday December 2nd at 10:30 a.m.** if you would like to meet us and ask any questions about the position. You can access the meeting on Zoom at 985-6094-7531 and P/C 696634.

I look forward to hearing from many people who want to serve our wonderful program of AI-Anon and expand on their recovery.

Hugs in service,
Gail S., BC/Yukon Public Outreach Coordinator
publicoutreach@bcyukon-al-anon.org

Website Coordinator

Hello everyone,

“As for the future, please be curious to see what's been presented at the Assembly and stay tuned.”

Remember? That was my finishing line in the last Bulletin. And sure enough, our BC/Yukon website has been updated and presents itself in a NEW LOOK – SAME CONTENT – SAME STRUCTURE.

Welcome Members!

4 Questions - Survey - Website

Welcome AI-Anon and Alateen members!
This site will provide more detailed information about how AI-Anon works in the BC/Yukon Area.

Check it out!
<https://www.bcyukon-al-anon.org/>
Member Only Section: Username = member / Password = Area81

So, that's been done! Now we can start discussing "How are we doing?", and "Do you like what you see?", and "What would you like to see in the future?" In short, we want to hear from you. How do you contribute? It's easy, just follow one of the actions below:

- Participate in the 4-Question Survey". [\(Click here\)](#)
- Login into the "Members Only" section and complete the survey. [\(Click here\)](#)
- Send me your opinion by email website@bcyukon-al-anon.org

The plan is to start a **BC/Yukon Website Work Group** and meet on Zoom to discuss your idea and suggestions on how we can improve our BC/Yukon website. I am excited to move forward and be at your service. If you want to be part of it, please:

1. Participate in the Survey and let us know what you think.
2. Consider joining the **BC/Yukon Website Work Group** on Zoom.

Please be curious, stay tuned and to be continued in the next Bulletin.

As always, Keep it Simple – Just for Today
Lothar S., BC/Yukon Website Coordinator
website@bcyukon-al-anon.org

**CENTRAL SERVICES OFFICE: AI-Anon Information Services (AIS)
Literature Distribution Centre (LDC)**

Central Services Office is a not-for-profit Society named "AI-Anon Central Services Society". It is registered with the BC Provincial Government and requires an Annual General Meeting. This year's

meeting is **Sunday, November 19, 2023**, at **11 am**. At this time the Quarterly Meeting will also be held. Notice will be given three weeks in advance and the day before including the financials and it will be held online.

Contact the Office to sign up as a member and expand your Al-Anon recovery by engaging with perhaps new to you members. We also hope to see the signed-up members enjoy fellowship in Al-Anon's Service while getting the business done.

Three-year terms completed are Chair, Secretary Reporting, Treasurer. A member has put their name forward to the Secretary.

LITERATURE STOCK

Our back order of "Al-Anon/Alateen Groups at Work" has been filled, so we now have 100 copies in stock. We had word from the World Service Organization that our back order for "A Little Time for Myself" should be filled by mid to late November. We will keep you posted.

A "brief overview" of Assembly

We had a good response to our literature table with many members commenting on pamphlets they did not know existed. The big seller was the 2022-2025 Al-Anon/Alateen Service Manual. Many names were entered on the wait list for the new daily reader "A Little Time for Myself".

A BRIEF HISTORY OF CENTRAL OFFICE

Members have diligently created a "Brief Updated Timeline of the Al-Anon Central Service Office". "Early 1950's to 2023". It is comprehensive and fascinating how "the Office" adapted to the many situations it found itself in. We are consulting many members to decide how and where to publish the document - it will be coming out soon.

TRADITION SEVEN DONATIONS

Thank you in advance for your Group contribution and/or personal donations to the Central Services Office.

E-Transfer Mail-cheque Cash-in person Pay Pal Master Card or Visa via Pay Pal

CONTACT INFORMATION

Al-Anon Central Services
Service Office
PO Box 28574
Willingdon Heights P O
Burnaby, BC V5C 6J4

Central Services Office
Unit 222 - 3701 Hastings Street
Burnaby, BC V5C 2H6
parking available

Office Hours: Monday, Wednesday, Friday & the last Saturday of the month 10 am to 1 pm.

There is an afterhours contact on the answering machine.

Yours in service, Past Chair (my three-year term has expired) Lynne G.
T/F 604 688-1716

AL-ANON CENTRAL SERVICES SEPTEMBER 2023
CONTRIBUTIONS, CALLS, VISITS, EMAILS
Contributions - \$997.10
Calls 45– Visits 16— Email Mtg Info 4
Email Literature Info 17

Meeting Changes

The Mount Pleasant Vancouver AFG meeting will be resuming **Wednesday, October 15th at 10:30 am**. We need your support. We are a topic meeting held at the Vancouver Recovery Club 2775 Sophia St. Vancouver - corner of Sophia and East 12th. We look forward to seeing you there. For more information contact Kimberley L.- Kimberley.111@gmail.com

Langley Wednesday Morning AFG meets at **10 – 11 am** at the Alano Club, 20473 Douglas Cres., Langley.

Steps to Serenity West Vancouver meets at **7 pm Monday** at St. Stephens Anglican Church, Pavilion Room, 885- 22nd Ave., West Vancouver. (As of Oct. 2nd).

Events

Sunshine Coast Al-Anon Workshop- “Let the Hand of Al-Anon Always Be There” on **Saturday, Nov. 4th** from **11 am – 3 pm** at Davis Bay Community Hall, 5123 Davis Rd., Sechelt. Our keynote speaker is Lynn B. There will be a potluck lunch and a self-care basket raffle. There will also be an open meeting with local speakers and there will be skits. Contact: marcyhowarthjames@live.ca

Al-Anon Day Saturday, Nov. 18th – 10 am – 4 pm at 9814 Willow St., Chemainus. Potluck, workshops, speakers, and fellowship. Contact michellewestwood@msn.com

Our **Monday Night AFG** is having our **56th Anniversary** on **Monday, Nov 20th at 7:30 pm**. We will have an AA Speaker and an Al-Anon speaker and cake to share. The address is: Jubilee Church Hall, 7551 Gray Ave. (Gray and Rumble) Burnaby. Contact: Sharon 604-339-4820.

Comfort in the Cove - 2024 Anniversary Meeting Mon. Jan. 22, 2024 – 7:30 - 8:30 pm at Mount Seymour United Church, 1200 Parkgate Ave., North Vancouver. Contact coveafg@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
Shannon P:	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-al-anon.org	Angus P:	eventassistant@bcyukon-al-anon.org
Gail S:	publicoutreach@bcyukon-al-anon.org	Ernie W:	equipment@bcyukon-al-anon.org
Donna H:	literature@bcyukon-al-anon.org	Webmaster:	Contracted service – contact Website Coordinator

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.
