



Al-Anon & Alateen Family Groups  
**BC/YUKON AREA BULLETIN**

Volume 14, Issue 1  
January 2024

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

**Inside this issue:**

Chair	1-2
Delegate	2
Alternate Delegate	3-5
Treasurer	5-7
Group Records	7
Public Outreach	8
Website	8-9
Central Service	9-11
Meeting Changes	11
Events	11
O/C	12

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**

**Happy New Year!**

**Renewal and gratitude** – these two thoughts are on my mind as I begin 2024! I've learned so much as your Area Chair. Along with personal growth, I have received a lot of support and love from our members. I'm going to practice self-care so that I can renew my energy and strength so that I can continue to learn and serve the members of BC/Yukon Al-Anon in the best possible way I can. I am so grateful for the encouragement you have offered me so far.

**Coordinator Appointment**

I am happy to announce that we have a new Public Outreach Coordinator! **Nellie T.** (D17) has been appointed as the Public Outreach Coordinator, and her 3-year term starts today - January 1, 2024.

**Audrey P.**, Area Treasurer, and **Deborah B.**, Area Secretary, were elected at Assembly and will also begin their terms today. A big warm welcome to Nellie, Audrey, and Deborah!

**Thank you!**

I am so grateful for having had the opportunity to work with our outgoing Area Officers and Coordinators – **Janis A.**, Area Treasurer, **Gail S.**, Public Outreach Coordinator, **Shannon P.**, temporary Area Secretary, and **Jean H.** Bulletin Coordinator. They have done so much for our Area, and I have learned so much by serving with them.

We are still looking to fill the Bulletin Coordinator position. The Area Bulletin is our main method of communicating with our members and it is a vital part sharing the Al-Anon message in BC/Yukon. If you know someone who may be a good fit, give them that loving nudge they need to submit a resume.

### **Officers, Coordinator, and Liaison's Meeting**

Our annual winter Officer, Coordinator, and Liaison meeting will be held on **Saturday, Feb. 10<sup>th</sup>** in **Langley** this year. Along with taking in some much-needed fellowship time, we will take care of Area business and begin planning for the Area World Committee Meeting which will likely be held in Prince George on **May 24, 25, 26<sup>th</sup>**. We are currently working with District 27 in Prince George to finalize the bid to host AWSCM. Watch next month's Bulletin for more information.

### **Assembly 2024**

This year Assembly will be in **Langley** on **Friday, September 20 - Sunday, September 22**. The addition of the statutory Truth and Reconciliation holiday has required us to move the date forward one week. Additional details about Assembly will be provided in upcoming editions of the Bulletin and on the website.

Gratefully in service,

Patty T.  
BC/Yukon Al-Anon Area Chair  
[chair@bcyukon-al-anon.org](mailto:chair@bcyukon-al-anon.org)

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## **Delegate**

Happy New Year BC/Yukon members,

It is with a grateful heart that I congratulate all the new and continuing members in BC/Yukon.

Thank you to our outgoing Officers and Coordinators:

Janis A. – Treasurer  
Shannon P. – Acting Secretary  
Gail S. – Public Outreach Coordinator  
Jean H., - Bulletin Coordinator

As each member looks at the new year, pick up the phone, call a member and “step into service.” You won't be disappointed. Serving in the last year has truly served me.

I am grateful for my time as Delegate and look forward to the year ahead.

In service,  
Owen H., BC/Yukon Area Al-Anon Delegate  
[delegate@bcyukon-al-anon.org](mailto:delegate@bcyukon-al-anon.org)

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## Alternate Delegate



Hello fellow Al-Anon members!

Firstly, I would like to wish all members a very Happy New Year!

You are a special family in my life, my Al-Anon family walks with me daily and the fellowship is vital to my well being; *"you understand as perhaps few others can"*.

Secondly, I'd like to welcome the new Officers Audrey - Treasurer, Deborah - Secretary, as well as the Public Outreach Coordinator Nellie.

Thank you to Janis our outgoing Treasurer for all your wisdom, insight, and support as well as to Shannon for stepping up as intern Secretary and being so accommodating and attentive and always an e-mail away for support. You truly bless the fellowship with your passion and willingness to serve.

Also, a big thank you to Gail as outgoing Public Outreach Coordinator and the great job you have done on building the Public Outreach Coordinator committee that meets regularly to reach out for Al-Anon.

Ermagarde has reflected over the last few weeks of the ending year; and has come up with some ideas about how to participate in refreshing and encouraging one another in Al-Anon, in her District and Groups.

Her "TO DO" list looks like this:

- Connect with my Alternate at least once a week and forward her all the email communications from District and Area. This is my last year of the service term, and it is responsible to have other members aware and up to speed on the recent activities and current information for rotation of service.
- Reach out to Groups and ensure they have reviewed and updated their meeting information times, locations etc. to ensure newcomers can find Al-Anon easily. As well, encourage groups to have purchased the *K-10 Welcome Newcomer kit* to have ready on hand to give out to newcomers. The New Year "Tis the Season" for people affected by someone else's drinking to seek out Al-Anon. Al-Anon Family Groups want to be there and ready "when anyone anywhere reaches out."
- Helping Districts and Groups support the Public Outreach of informing and attracting newcomers with *Al-Anon Faces Alcoholism*. This is a magazine the same size as the Forum published yearly by the World Service Office. Groups, Districts, or individuals can order a yearly supply of copies to hand out to newcomers or leave in the community for potential newcomers. The purpose of *Al-Anon Faces Alcoholism* is to address the newcomer who must overcome multiple challenges such as denial, shame, embarrassment revealing the family circumstances, and believing no one could understand what they were going thru etc.

*Al-Anon Faces Alcoholism* is designed to address those challenges as members share how they overcame the fear of reaching out and most of all share hope, understanding and compassion with the potential newcomer.

- Encourage individual members and groups to subscribe to the Forum magazine. The Forum Magazine is Al-Anon's monthly magazine published by World Service Office, where members share how the various tools of the program including the Twelve Steps, Traditions, and Concepts of service have helped them find-- and keep recovery. Groups and individual members of Al-Anon can buy a subscription and it is mailed monthly. The purchasing of a subscription also supports the operation of our World Service Office as two thirds of the operating expenses are covered by literature sales which includes the Forum. As of September 2023, the BC/Yukon Area had approximately 173 registered Al-Anon/Alateen groups.

As of December 2023, we have 30 groups in BC subscribing and 1 group in the Yukon. Also 113 individual subscriptions, the total number of subscriptions of groups and individual members together has gone down by 10 subscriptions since 2022.

Ermagarde is going to encourage Group Representatives to reach out to their groups and encourage groups and members to participate in supporting the Forum by not only subscribing but considering writing a submission to the Forum.

- With that in mind, Ermagarde feels empowered to encourage the members in the District and Groups in her Area to share *Al-Anon Faces Alcoholism* with the potential newcomers in the community and share *The Forum* with one another.
- Finally, Ermagarde would like to reach out to the Districts and Groups to consider doing District/Group Inventories to see what's working and what might be a struggle affecting the District or Groups. The Guidelines *Taking a Group Inventory G-8a* and *Taking a Group Inventory G-8b Methods and Reflections*, contain *informative* resources in the process.

The New Year is a great time to do exercises that promote group harmony and healthy group growth.

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As Area Forum Coordinator I'd like to share from our three legacies contained in the January 2019 issue of *The Forum*:

**Step One:** I heard someone read about step one being powerless—what? That one sentence was about to change my whole life. I had taken my first steps walking thru the door, I became ready to acknowledge how unmanageable my life had become trying to do it my way.

**Tradition One:** In Al-Anon I must do the work that is mine to do. To gain success in Al-Anon I must use my Al-Anon tools —like reading Conference Approved Literature (CAL), listening in meetings for wisdom, strength, and hope, based on what I learn I must try to change my own life. I can't

expect others to fix my problems for me, as I did in every relationship before Al-Anon. I have the opportunity to learn when I listen, as well as an opportunity to give the gift of truly being heard to another person.

**Concept One:** Letting my part be enough. Concept One reminds me reaching out to Al-Anon means utilizing the tools, one of which is keeping the focus off the alcoholic, and in turn to learn to focus on myself. Ultimately learning to relinquish misunderstood responsibility means shifting the focus to my Higher Power's will not mine. Practicing this new responsibility has brought me freedom from a heavy burden.

Nancy MC, B C/Yukon Alternate Delegate  
All the best wishes for a happy healthy start to 2024  
Regards from Nancy MC and her side kick Ermagarde!  
[altdelegate@bcyukon-al-anon.org](mailto:altdelegate@bcyukon-al-anon.org)

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## Treasurer

### **Financial Matters for BC/Yukon Area Groups**

*Tradition Seven: Every group ought to be fully self-supporting, declining outside contributions.* Please refer to pages 52 to 57 in "Groups at Work 2022-2025" or "Service Manual" for a complete explanation of this tradition as it relates to member contributions. <https://al-anon.org/for-members/members-resources/manuals-and-guidelines/>

#### **Distributing Group Funds:**

**Your Group Meeting:** Rent or electronic meeting platform fee, insurance (if required), literature, Group Representative expenses to attend Assembly in September, local public outreach, Forum subscription, reserve fund (suggest 3 months expenses) and other meeting expenses as per group conscience.

**Your District:** Rent or electronic meeting platform fee, District Representative's expenses to attend AWSCM, local public outreach projects, workshops, Alateen support (if needed), Beginners meetings (if needed), local answering services and other district expenses as required. (see pp 158-159 in *Service Manual*).

**Al-Anon Information Service Offices:** Rent for office and overhead expenses (may include part time employee wages, insurance, telephone, office equipment). The AIS offices also offer Al-Anon literature for sale. (see pp 65-67 *Service Manual*) Victoria and Vancouver AIS offices accept electronic contributions. For postal mail information, see home page on: [www.bcyukon-al-anon.org](http://www.bcyukon-al-anon.org)

Victoria AIS/LDC: [alanonvictoria@gmail.com](mailto:alanonvictoria@gmail.com)

Al-Anon Central Services AIS/LDC: [afgcentraloffice@gmail.com](mailto:afgcentraloffice@gmail.com)

Kelowna AIS/LDC: [ldcokanagan@yahoo.ca](mailto:ldcokanagan@yahoo.ca)

**BC/Yukon Area:** Assembly and AWSCM expenses, Delegate travel expenses to attend the World Service Conference, expenses related to Officer's & Coordinator's duties, website costs. (see pp 67 *Service Manual*)

In a motion passed at Assembly 2007, members suggested a goal of 50 cents per person per meeting be contributed to the Area – or choose any amount as per group conscience.

**Option #1** - Cheques are payable to “**BC Yukon Area Assembly**”. Address mail to the personal name and address of the treasurer as posted in the Bulletin each month. **Do not write “Al-Anon” on envelope to protect treasurer’s anonymity.**

**Option #2** - E-transfer to [treasurer@bcyukon-al-anon.org](mailto:treasurer@bcyukon-al-anon.org) payable to “**BC Yukon Area Assembly**” – choose a security question with the answer as Tradition 7. ALWAYS include your district # or city and your group’s name in the note or through a follow up email.

**World Service Office:** What WSO does with your contributions - see pp 170-171 in *Service Manual*

Please include your Group’s ID Number, Group name and mailing address and GRs name along with the contribution. Cheque or money order may be sent in US or Canadian funds to: **Al-Anon Family Group Headquarters Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA, USA 23454-5617.**

For electronic contributions: <https://al-anon.org/contributions/member/>

## **Group and District Contribution Form**

**Payable to: BC Yukon Area Assembly**

**Mail to: Audrey Ple (until Dec 2026)**

**3990 West 19<sup>th</sup> Avenue**

**Vancouver, BC V6S 1E1**

Suggested contribution as per 2007 Assembly motion: “Move that the suggested group donations for BC/Yukon Area Assembly be \$0.50 per person per meeting, where possible.” You may use that calculation or any amount your group conscience decides upon.

### **GROUP OR DISTRICT CONTRIBUTION INFORMATION**

District # \_\_\_\_\_ Group ID# \_\_\_\_\_ Group Rep \_\_\_\_\_

Group Name: \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_

RECEIPTS only if requested: No receipt required \_\_\_\_\_

Please include Email address for an electronic receipt or Postal address on back of this form for a mailed receipt (please consider cost & environment before choosing postal mail option)

This form expires Dec 2026

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**By e-transfer:** BC Yukon Area Assembly [treasurer@bcyukon-al-anon.org](mailto: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.

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## Group Records

Wishing you all a happy and healthy New Year!

Welcome 2024!! I hope you all are finding a little time for yourselves over the busy holiday season.

- New in-person Group in District 14 on Vancouver Island - Just for Today AFG- meets Saturday 10 am at Shelly Hall - 186 Shelly Road Parksville.
- New in-person meeting location for District 1- Wisdom for the Weekend – Alano Club- 176 2nd St. E, North Vancouver - starting Friday Jan. 5, 2024, at 7 pm.
- New in-person meeting location for District 10 – Langley Friday Night AFG - Timms Community Centre - 20399 Douglas Crescent Langley – Jan. 5, 2024, at 7:30 pm - Meet in multipurpose room # 2.
- Mount Pleasant Vancouver AFG at Vancouver Recovery Club 2775 Sophia St. Vancouver has closed.

Some of our Districts currently do not have a District Representative. I would like to encourage members in these Districts to consider how they can keep the vital links of service between the groups and the Area active? If your District does not have a generic email address that is one way that members can monitor the emails from the Area in preparation for the Area World Service Committee Meeting (AWSCM) in May each year. Stepping up for service has expanded my recovery in leaps and bounds. I am looking forward to meeting all the District Representatives at the AWSCM this year.

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

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## Public Outreach

Happy New Year AI-Anon Friends!

First, a big thanks to Gail S. for her inspiring leadership and support of AI-Anon/Alateen public outreach over the last three years. It has been my privilege to sit on the Area Public Outreach Committee (POC) consistently since 2021 along with members from a variety of groups around BC. The open POC structure and monthly Zoom meetings always generate lots of ideas and stories about how groups are engaging in public outreach and cooperating with AA. The Area POC will continue to meet regularly and celebrate at our broader AI-Anon/Alateen gatherings. The next meeting will be on **Saturday, January 20th at 10:30 a.m. via Zoom ID: 985 6094 7531 Password: 696634.**

I feel honoured to have been appointed to fill Gail's big shoes, but also comforted to know that she plans to stay on as an active POC Member. I felt the nudge of my Higher Power encouraging me to grow in this service area as I'm passionate about public outreach and in reach to institutions, schools, and family support centers. I look forward to growing within the AI-Anon/Alateen fellowship in this service role.

If you'd like information about how your enthusiasm for AI-Anon/Alateen public outreach can get channeled through the BC/Yukon POC or you have concerns or questions regarding public outreach, please contact me at [publicoutreach@bcyukon-al-anon.org](mailto:publicoutreach@bcyukon-al-anon.org).

Looking forward to keeping it simple through 2024 and beyond,  
Nellie T., BC/Yukon Public Outreach Coordinator.  
[publicoutreach@bcyukon-al-anon.org](mailto:publicoutreach@bcyukon-al-anon.org).

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## Website Coordinator

Hello everyone,

I hope this Bulletin finds you up and running and in good spirits. I personally look forward to this brand-new year with excitement, curiosity, and peace.

I am also getting ready to get together with you to shape the future of our BC/Yukon website. We have 16 responses with the survey and more than 1.000 visitors over the last 6 weeks.

**I invite you to join me via Zoom** to discuss in person what you like and how we can possibly move forward to make our website accessible, informative and a source of valuable information. Join all four meetings or just stop by and express your ideas.



**Tuesday, 09. January 2024 – 6. pm (30 minutes)**  
**Saturday, 13. January 2024 – 11.00 am (30 minutes)**  
**Tuesday, 16. January 2024 – 6. pm (30 minutes)**  
**Saturday, 20. January 2024 – 11.00 am (30 minutes)**

**Zoom ID: 966 469 6340**  
**Passcode: welcome**

***If I don't see you, please keep exploring our BC/Yukon Al-Anon website and participate in the survey.***

<https://www.bcyukon-al-anon.org/>

*Member Only Section: Username = member / Password = Area81*

*Participate directly in the “4 Question – Survey” by [\(Clicking Here\)](#)*

*Send me your opinion via email at [Website@bcyukon-al-anon.org](mailto:Website@bcyukon-al-anon.org)*

I truly wish y'all a serene, healthy, and successful 2024, filled with laughter and joy for life. See you around and as always,

Keep it Simple – Just for Today  
Lothar S., BC/Yukon Website Coordinator  
[website@bcyukon-al-anon.org](mailto:website@bcyukon-al-anon.org)

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**Central Services Office:    AI-Anon Information Services (AIS)**  
**Literature Distribution Centre (LDC)**

January is my time to start a new daily reader for the year, hmmm which one will I choose this year.

I am quoting here from one member in our publication *“Many Voices, One Journey”* page 340: I considered our original daily reader *“One Day at a Time in Al-Anon”* to be the first part of the Serenity Prayer, “to accept the things I cannot change”. My favorite story was the woman in London who greeted the minister at the front door by offering him a cup of tea, even though she knew he was delivering bad news. Then she references *“The Courage to Change”* and *“Hope for Today”* each with their own “daily reader” meaning to her. She is not here to experience our new daily reader, *“A Little Time for Myself,”* but I wonder what meaning it would have for her after a year's study.

### **Literature**

We are fully stocked, yes, including the new daily reader. When you come to purchase literature, please bring a shopping bag with you or an empty backpack because we no longer have a supply of plastic bags for you to use.

### **Speakers' Bureau**

The Office Manager keeps an updated list of members willing to speak at Anniversary Meetings, Workshops or Round-Ups. Request a speaker and we can give you a list of volunteer members. More members are needed to share their experience, strength, and hope. To help members gain confidence to speak have an "in group" speakers meeting, it can be surprising to a new speaker how comfortable it can be, and they may expand their ability to speak at other meetings and sign up on Central Office's Speaker Bureau's list.

### **Timeline of Central Services Office**

We now need ideas of what to do with this fascinating history of the office. I am mentioning it here, so we do not just "file it" but find a way to present it to the membership. There is so much traffic in and out of the office and each member seems fascinated that the office is such a comfortable place to visit and purchase their supply of literature. To know its history deepens its value. Let's think about this.

### **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

Email: [afgcentraloffice@gmail.com](mailto:afgcentraloffice@gmail.com)  
<http://afgcentraloffice.blogspot.com>

[www.bcyukon-al-anon@gmail.com](http://www.bcyukon-al-anon@gmail.com)

AL-ANON CENTRAL SERVICES NOVEMBER 2023  
CONTRIBUTIONS, CALLS, VISITS, EMAILS  
Contributions - \$996.00  
Calls 52– Visits 24— Email Mtg Info 12  
Email Literature Info 18

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## Meeting Changes

**Langley Friday Night AFG** – Room Change - We are changed to fit our start time of **7:30pm** to **9:00pm** at The Timms Community Centre as of January 05, 2024. We will meet in MRP-2# next to our old room at 20399 Douglas Cres. Langley.

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## Events

**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](mailto:coveafg@gmail.com)

**New Start Adult Children 39<sup>th</sup> Anniversary** celebration **Tues., Feb. 20** at **7pm** at Good Shepherd, Spruce Ave., Coquitlam. There will be Adult Child, Al-Anon and AA speakers. The topic is “Courage to Change the Things I can.” Please come and join us for an evening of shared wisdom and fellowship.

**Serenity in the Grove Anniversary meeting, Monday, March 7<sup>th</sup>** (doors open at 6:30 pm) at The Grove Church, 20784-93 Ave., Langley. There will be Al-Anon and AA speakers.

*Happy Anniversary!*

**HAPPY NEW YEAR!**

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## Officers and Coordinators 2024

Patty T:	<a href="mailto:chair@bcyukon-al-anon.org">chair@bcyukon-al-anon.org</a>	Michelle W:	<a href="mailto:alateen@bcyukon-al-anon.org">alateen@bcyukon-al-anon.org</a>
Owen H:	<a href="mailto:delegate@bcyukon-al-anon.org">delegate@bcyukon-al-anon.org</a>	Lothar S:	<a href="mailto:website@bcyukon-al-anon.org">website@bcyukon-al-anon.org</a>
Nancy M:	<a href="mailto:altdelegate@bcyukon-al-anon.org">altdelegate@bcyukon-al-anon.org</a>	Vacant:	<a href="mailto:bulletin@bcyukon-al-anon.org">bulletin@bcyukon-al-anon.org</a>
Deborah B:	<a href="mailto:secretary@bcyukon-al-anon.org">secretary@bcyukon-al-anon.org</a>	Vacant:	<a href="mailto:archives@bcyukon-al-anon.org">archives@bcyukon-al-anon.org</a>
Audrey P:	<a href="mailto:treasurer@bcyukon-al-anon.org">treasurer@bcyukon-al-anon.org</a>	Akemi M:	<a href="mailto:event@bcyukon-al-anon.org">event@bcyukon-al-anon.org</a>
Sarah O:	<a href="mailto:grouprecords@bcyukon-al-anon.org">grouprecords@bcyukon-al-anon.org</a>	Angus P:	<a href="mailto:eventassistant@bcyukon-al-anon.org">eventassistant@bcyukon-al-anon.org</a>
Nellie T:	<a href="mailto:publicoutreach@bcyukon-al-anon.org">publicoutreach@bcyukon-al-anon.org</a>	Ernie W:	<a href="mailto:equipment@bcyukon-al-anon.org">equipment@bcyukon-al-anon.org</a>
Donna H:	<a href="mailto:literature@bcyukon-al-anon.org">literature@bcyukon-al-anon.org</a>	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 **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.bcyukonal-anon.org/bc-yukon-bulletin/>