



Al-Anon & Alateen Family Groups

BC/YUKON AREA BULLETIN

Volume 12, Issue 12

December 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

My sincerest holiday greetings go out to all BC/Yukon Al-Anon and Alateen members!



Almost a year has passed since I began my Area service as your Area Chair. Wow, the year has whizzed by! We are now beginning the cycle of planning that will lead us to the 2024 Assembly. In January 2024, the Officers and Coordinators will meet to discuss and plan next year's Area World Service Committee Meeting (AWSCM), and Assembly as well as take care of other Area business. The meeting will likely be in the lower mainland and Area Officers, Coordinators, and Liaisons will receive an email with the details before the end of the year.

AWSCM News

I am thrilled to announce that we have heard from District 27 and Prince George is willing to host AWSCM. They are in the process of researching the details to present a bid for the Officers to review.

Vacant Service Roles

As you know, we have a few Coordinator roles to fill and the deadline for applications was Nov. 15th.

No new Coordinator's have been appointed at this time. For this reason, we will still accept resumes for Bulletin Coordinator, Archive Coordinator, and Public Outreach Coordinator.



A big thank you to our outgoing Officers and Coordinators: Janis A. - Area Treasurer; Shannon P. - Acting Secretary; Gail S. – Public Outreach Coordinator; Jean H. – Bulletin Coordinator. I enjoyed working with each of you!

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

Delegate's Message

Greetings BC/Yukon members,

Let me start by thanking the outgoing members for their service to BC/Yukon AI-Anon:

Janis: Treasurer,
Shannon: Secretary,
Jean: Bulletin Editor,
Gail: Public Outreach Coordinator.

As I was reading our Service Manual recently, Concept 1 (p 183) talks about in 1960, membership jumped from 50 groups to nearly 1,500. National Publicity had brought in hundreds of members. Step 12 tells us its up to each of us to carry the message, and our Closing Declaration, says *“let it begin with me”*. I ask myself what I do today to carry the message; have I called another AI-Anon member today, I know when I do it’s the best part of my day. If I have a home group and I haven’t seen a member at the meeting, do I reach out with a phone call to see how that member is doing? How do you carry the message in Step 12?

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

Alternate Delegate

Greetings AI-Anon/Alateen Friends

As your Area Forum Coordinator, I’d like to suggest you take a closer look at the Forum and some ideas for its use.



Do you as an individual subscribe to the Forum? Does your group subscribe and receive a copy of the Forum each month? Do you share things you read in the Forum at meetings or with your sponsor or sponsee?

Take a look at the account below of how another Group Representative in the worldwide fellowship of Al-Anon shared how their group uses the Forum as a valuable tool in their meeting:

"As part of our 'passing the basket' we say... 'As well as monetary contributions, please also consider submitting to World Service Office an article for publication in THE FORUM.'"

"We love The Forum so much that we created a phone group to read it together! Not only is it encouraging subscriptions, but attendees are also spreading the word about our meeting which is encouraging even more to subscribe. They may not always be able to attend the meeting, but they can read and join us whenever they can. Attendees are tickled at the prospect that their submission may be read in our meeting someday!"

"On the first week of the month, we read the three Legacies articles. Members loved gaining a deeper understanding of our program through the Legacies articles that in our business meeting, there was a unanimous vote to host a workshop to read the Service Manual together - a little each week, nice and slow...oh the ripples The Forum creates!"

"And there's more...some members are suggesting to other groups they attend to use the three Legacies articles in their meetings, particularly the Concept article because it's brief, informative, and easily understood by most."

If you currently subscribe to The Forum, I hope you will find some of the above suggestions valuable. If you or your home group are not subscription holders, I hope you will consider subscribing. If you would like help finding information or assistance in subscribing to The Forum don't hesitate to reach out to:

Nancy MC, BC/Yukon Al-Anon Alternate Delegate
altdelegate@bcyukon-al-anon.org

Treasurer

Hello to my Al-Anon friends,

One more month to go! Thank you to Audrey for putting her name forward to become our new, elected Area Treasurer. She will begin her term on January 1, 2024, so please be sure to let your group treasurer know that the mailing address will change for those sending cheques to the Area Treasurer. If your group uses e-transfer, please continue using the treasurer email as before. No change for e-transfers is needed at this time. *Watch for the January 2024 Bulletin for the new mailing address.*

As I prepare to hand over the reins, I was reminded that I did not give the comparison chart for costs at AWSCM and Assembly in my Assembly report. I have included that information in this edition of the Bulletin. If there is additional financial information you would like to see, please let me know and I will have it ready for Audrey to submit for future Bulletin editions.

Thank you all for your kind words as I end my service term. I have really enjoyed serving AI-Anon throughout the years. I am blessed with meeting many wonderful people who have enriched my life beyond measure. My gratitude to the many members who loved me until I could learn to love myself and perhaps more importantly, saw past my mistakes and continued to support me as I learned new roles. You may never know just how important that was!

I wish you all the best of the upcoming Christmas season, however you may celebrate!

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

Area World Committee Meeting		
DATE	LOCATION	Actual Cost
2023	Victoria	7,337.37
2022	Salmon Arm	6,228.11
2021	none	-
2020	none	-
2019	Kamloops	6,519.27
2018	Nanaimo	8,534.72
2017	Kelowna	8,069.44
2016	Castlegar	9,974.84
2015	Kamloops	6,529.26
2014	Abbotsford	4,902.74

Assembly Meeting		
DATE	LOCATION	Actual Cost
2023	Langley	6,253.52
2022	Langley	9,664.26
2021	none	-
2020	none	-
2019	Langley	9,209.07
2018	Langley	10,024.03
2017	Langley	8,512.57
2016	Langley	7,973.78
2015	Langley	7,191.29
2014	Langley	5,300.71

By cheque: Payable to “BC Yukon Area Assembly”

Mail to the current treasurer using contribution form (in February Bulletin or on website)

AS OF JANUARY 1, 2024, THIS ADDRESS CHANGES.

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,

This is to remind groups to let me know if they are **not** going to be meeting over Christmas. They can send me an email and I will update the system.

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

Literature Coordinator

Hi Friends,

I wanted to say something about using our literature during the holidays, so I picked up the book nearest to me, which happened to be *Hope For Today*, and looked for “Holidays” in the index. Here is an excerpt from page 327:

“The most wonderful holiday tradition I have started is spending time with my friends and spiritual family in recovery.”

This reminds me of how often I, or another member I know, reach for literature during challenging times, and receive inspiration and guidance to help us move through difficulties. We’re reminded

to connect with our Higher Power, and with other members. We can balance obligations with things WE want to do, with friends who understand, with whom we can relax and be ourselves. We can even have fun! This is truer for me every year, and this December marks 20 years since I came back to Al-Anon and stayed. My gratitude deepens daily.

I visited the Vancouver Al-Anon Information (AIS) office recently, looking for literature I had not previously read, and have just started the book "*As We Understood.*" It's organized differently than the daily readers, by topics related to spiritual growth in the program: Fellowship, the Concept of a Higher Power, Prayer, and Meditation. I was told it's an overlooked, hidden gem, and I agree. If you need a gift idea for YOURSELF, or a friend, or something to raffle off at a holiday meeting, this might be an offering to consider.

Thanks to Jean, our Bulletin editor, as her term is fulfilled.

May you enjoy the beauty and peace of the season!

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

Alateen Coordinator

Dear Fellow Al-Anon and Alateen members,

Another year has come to an end, and it is hard to believe that it is December once again. Time to reflect on what I have accomplished and what still needs to be done. Thanks to Al-Anon I have an open mind and reflection is not a bad thing anymore even failing is okay.

I have learned so much about myself and how I am affected by alcoholism by reading literature and going to meetings. I have read the Alateen day reader along with my Al-Anon daily reader faithfully this past year and have discovered that even though I am not perfect, yet I am a work in progress and that everyday is an opportunity to learn and grow more deeply in my recovery and walk with my Higher Power.

Alateens need our strength and guidance to live with family and friends struggling with their drinking and thanks to Al-Anon we can be there for them. Learning that there is hope is something young people need to hear about at an Alateen meeting which can only happen when Al-Anon members are willing to be of service by becoming an Al-Anon member Involved In Alateen Service (AMIAS) and opening the door to a meeting. Please think about becoming that hope and help in the next year.

Please reach out to your District Representative/Group Representative or me to learn more about what you need to be an AMIAS and you might discover that it helps you in your own recovery.

Love in Service,
Michelle W., BC/Yukon Alateen Coordinator
alateen@bcyukon-al-anon.org.

Public Outreach

Hello Everyone,

Well, it's time for me to say goodbye to the role of Public Outreach Coordinator. It has been my pleasure to serve in this position and I hope whoever decides to step up and take on this position will receive as much gratification as a I did.

I still have some things I didn't accomplish and feel like I was just hitting my stride, but it is so important to have rotation of leadership. I will miss this position but will continue in Public Outreach and help wherever I can.

If that little voice is telling you to give any position a try, listen to it, it's your Higher Power encouraging you to grow.

The last Public Outreach Meeting was done in November but if anyone has any questions or concerns regarding Public Outreach, please contact me until the end of December at publicoutreach@bcyukon-al-anon.org.

Thank you everyone and all the best in the Holiday Season and 2024

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

Website Coordinator

Hello everyone,

Our BCYukon Website has been updated and presents itself in a NEW LOOK – SAME CONTENT – SAME STRUCTURE.

I invited you to explore the website and then to participate in an online survey expressing what you think.

In 14 days, 373 people have visited our website. 63 AI-Anon members logged into the Member Area and 11 fellow members participated in the survey. Thank you everyone for your participation, here the results after 14 days:

“Do you like the Color of the Public Section?”

- Yes 73% - No 18% - Neutral 9 %

“Do you like the Color of the Members Section?”

- Yes 73% - No 18% - Neutral 9 %

“Are you happy with the information on the Public Section?”

- Very strong support

“If you have comments, please let us know.”

- Thank you, Lothar.
- The text is difficult to read with the colour of the member section.
- Not a very inviting website, only text is boring.
- The website looks great ... keep developing it.
- Some link not available.
- Great job, I like the.
- Text on color is more difficult to read. The contrast is lowered, and this presents a problem, especially for those with eyesight problems. The crisper and the more contrasting the text is to its background, the easier it is to discern letters and words, and the more pleasant it is to read and understand. It may be prettier, but it's not better. There are other ways to make the pages livelier, catchier, more appealing. (retired teacher and reading specialist).

Please keep exploring our BCYukon AI-Anon Website and participate in the survey.

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

Member Only Section: Username = member / Password = Area81

Participate in the “4 Question – Survey”.

[*\(Click Here\)*](#)

Send me your opinion via email.

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

Please be curious, stay tuned, enjoy the Holidays, and have a Serene Happy New Year. To be continued ... and as always,

Keep it Simple – Just for Today
Lothar S. Website Coordinator
website@bcyukon-al-anon

Bulletin Editor

Hello everyone,

I want to thank you for the encouragement and support that I have received during this very informative service as your BC/Yukon AI-Anon Bulletin Editor.

I have grown in doing service work, whether at the group level, district level or the area level. As it says in one of our daily readers – you can't keep it unless you give it away.

I will help the next bulletin editor. It isn't a hard job. It takes about 4-6 hours a month from creating the bulletin to printing and mailing out copies to our mail subscribers.

Growth in service,
Jean H., BC/Yukon AI-Anon Bulletin Editor
bulletin@bcyukon-al-anon.org

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

Quote from AI-Anon's publication "Many Voices, One Journey" The date is 1967, page 139, when there was discussion about computerizing group records and the following: "*In a discussion about the need for communication between AI-Anon groups, one Delegate said: "If two AI-Anon groups exchange a dollar, they still have but one dollar each, but when they exchange an idea, each group has two ideas"* There are lots of ideas found in the literature and the Office is well stocked. A good idea to phone and check the stock for your needs.

The Office Manager has lots of ideas for meetings for the newcomer who phones into the office. The volunteers at the Office exchange ideas to improve our service to the fellowship. The "After Hours" volunteer gives ideas of meetings to the callers, and immediate support. It is a good idea to put your name on the Speakers List. Attention Groups, please try to encourage members to tell their story to an audience - members like the idea of hearing new speakers, new experience, strength, and hope. Phone the office to add your name.

Central Office is closed over Christmas from December 21, 2023 to January 2nd 2024.

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

www.bcyukon-al-anon@gmail.com

<http://afgcentralofficeblogspot.com>

AL-ANON CENTRAL SERVICES OCTOBER 2023

CONTRIBUTIONS, CALLS, VISITS, EMAILS

Contributions - \$1,618.51

Calls 31— Visits 16— Email Mtg Info 3

Email Literature Info 12

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

Serenity Saturday AFG, which meets on **Saturdays** from **12 to 1 pm** in Coquitlam, cannot meet at its usual location on **Saturday, December 2**. However, we have made alternative arrangements and the meeting for **December 2 will be held at 1504 Spruce Ave, Coquitlam from 12 to 1 pm**.

Monday Aldergrove AFG will not be meeting on **Dec 25th**.

District 20 in Vernon - Thursday Afternoon 12 Steppers are not meeting on **Thursday Dec. 28th**.

District 11 Sunday Night Book Study at the Abbotsford Alano Club at 7pm will be canceled on **December 24 and December 31**.

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.

Events

The Vancouver Balaclava AFG will be celebrating its **55th Anniversary** on **Monday, December 4** from **7:30pm to 8:30pm** in the Narthex of Knox United Church at 5590 Balaclava Street. Please join us for fellowship at 7pm. Speaker(s) TBA. Email contact: annescott7789@gmail.com.

The Serenity Saturday AFG Celebrating 27 Years of Fellowship on **Saturday, December 9** from **12:00 to 1:30 pm** at 948 Como Lake Ave, Coquitlam. The theme is Alcoholism / Recovery During the Holidays. Come help us celebrate 27 years of recovery. There will be 3 speakers, food, fellowship, and the free raffle for 3 exciting AFG literature books.

Tuesday Night AFG is having its seasonal meeting, Gifts of Al-Anon on **Tuesday Dec.12th 7:30-8:30pm** at Mt. Calvary Lutheran Church 32420-7th Ave., Mission. Come and share with us the baked goods and good fellowship. Contact: Bill 604-308-7404.

Aldergrove Monday Night AFG will have their candlelight meeting on **Dec. 18 at 7pm**. All are welcome at **St. Dunstan's Church 3025 264 St Aldergrove**.



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
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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 Al-Anon), 7213 Aldeen Rd., Prince George, B.C. V2N 5P7.
