



AI-Anon & Alateen Family Groups

BC/YUKON AREA BULLETIN

Volume 14, Issue 2

February 2024

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

Inside this issue:

Chair	1-2
Delegate	2-3
Bulletin Editor Needed	3
Alternate Delegate	4-5
Treasurer	5-6
Group Records	6-7
Literature	7
Alateen	7-8
Website	8-9
Area Forum Report	9-10
Central Service	10-12
Events	12
O/C	13

Website Access: www.bcyukon-al-anon.org

To access "members" pages:

Username: **member**

Password: **Area81**

(all one word)

Area Chair's Report

As I write this article for the Bulletin, I am keenly aware that winter is



upon us here on Vancouver Island as well as in all of the BC/Yukon AI-Anon Area. I hope everyone is safe, warm, and is finding peace and happiness each day.

Vacant Service Positions – Links of Service

We have not filled the Bulletin or Archive Coordinator positions. The terms of both service roles started last month. Jean, our former Bulletin Editor, has agreed to publish this edition, but that will be her last. I am so grateful for Jean's service and ongoing commitment to carrying the message of AI-Anon.

Rotation of service is vital for the health of AI-Anon in our Area. Concept Four, "Participation is the key to harmony," helps us understand that when we choose to participate in service, we gain more than we give. If we don't have a qualified candidate come forward soon, we may not have a Bulletin in March. Your Area Officers will be discussing possible steps if the Bulletin role is not filled and how we will maintain the links of service in our Area. The AI-Anon service structure

and fellowship depends on being able to 'carry the message'.

Please feel free to visit the website to review the job descriptions and/or contact me directly if you have any questions.

AWSCM Update

We are still working on finalizing the location of the next AWSCM. Please watch for information in the next edition of the Bulletin or the website for more information. Thank you for your patience.

Officers, Coordinators, and Liaison's Meeting

The Officers, Coordinators and Liaisons planning meeting will take place on Feb. 10 and it will be our first meeting of the year to plan for the AWSCM. Additionally, we will take care of BC/Yukon AI-Anon Area business and enjoy some fellowship as well. I'm excited at the chance to see many of our Area Officers, Coordinators, and Liaison face-to-face.

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

Delegate

Greetings Fellow AI-Anon/Alateen members,

As we begin the year 2024, it's hard to believe that some 24 years ago we thought computers would crash in the world going into the year 2000. Well, we are still here and moving forward much like our program is on the move and going forward.

Our theme for this year:

Our Path toward Grace, Unity, and Understanding

Nuestro camino hacia la gracia, la unidad y la comprensión

Notre cheminement vers la grâce, l'unité et la compréhension

How do we embrace this theme in our Area and in our own lives of recovery?

As I write this report, this could be our last Bulletin if no one steps into service to take on the role of BC/Yukon Bulletin Editor. I want to thank Jean for doing it this one last time.

So, I ask members to reach inside themselves and "Step into Service" for your program of recovery.

Here is an excerpt from our Service Manual and Conference Summary:

Version three of the Service Manual is available online. I'm not clear as to when this will be in print. <https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/>

The WSC 2023 Conference Summary is also online at <https://al-anon.org/for-members/world-service-conference-wsc/world-service-conference-summary/>

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

[Urgent Bulletin Editor Needed](#)

Greetings BC/Yukon members,

We need members to “Step into Service”. We need an Area Bulletin Coordinator!

We have not filled the Bulletin Coordinator position and our current Coordinator's term ended a couple of days ago. The vital communication link that the Bulletin provides is essential to carry the Al-Anon message and Area news to our members.

- Do you have good computer skills?
- Are you ready to volunteer for service and benefit from the recovery that service allows?
- Do you want to learn more about how the Concepts of Service and the Traditions and how to apply them to your service work in Al-Anon?

If you are interested or feel a nudge from your Higher Power, please visit the website at **[Job Descriptions | BC/Yukon Al-Anon \(bcyukon-al-anon.org\)](#)** to review the job description. An online resume form can also be found on the same web page. Completed resume forms can be emailed to Chair@bcyukon-al-anon.org

Love, Laugh, and Grow Together
Aimer, irie et grandir ensemble
Amar, reir y crecer juntos

Best, In Service
Owen Hughes, BC/Yukon Delegate
Panel 62
delegate@bcyukon-al-anon.org
604-220-4330
If any questions “Please do Ask”

Alternate Delegate



Greetings fellow Al-Anon/ Alateen members,

Ermagarde always feels refreshed at the start of a New Year as she heads out with the thought and mind space of New Year, new things, and new beginnings. To start her Al-Anon journey, she sought out to find what the Worldwide Fellowship of Al-Anon's Theme is for 2024.

The Answer: Our Path towards Grace, Unity and Understanding.

Ermagarde loves it!

This theme falls inline with some of her Al-Anon projects like participating in a Group and District Inventory (Guideline 8a& 8b) to see what's working for members and where members would like to take a group conscience to try new things in the fellowship to promote Group health, growth and unity. All these things can happen with *grace* and *understanding*.

In her personal life, Ermagarde would like to build on these traits in her own character. With God as her guide and her Sponsor at her side, Ermagarde is planning to work on the steps in her own life.

She is planning to apply the breakdown of the steps in every situation in these four ways:

- **STEPS 1,2, &3=GIVING UP**
- **STEPS 4,5, &6=OWNING UP**
- **STEPS 7,8&9= MAKING UP**
- **STEPS 10,11, &12=GROWING UP**

As part of her service participation, Ermagarde is going to reach out to her District and Groups and see if anyone wants to start a book study using the Al-Anon monthly magazine The Forum. She really hopes to get a motivated Group of fellow members to subscribe to and study the Forum once a week and discuss the three legacies and the host of Fellow Worldwide members sharings. You never know, maybe if it works out, they may come up with a group sharing they can write up and submit to the WSO for the Forum.

Ermagarde is researching the Forum writing guidelines and other resources to bring to a planning meeting.

On her list for Area Al-Anon support, Ermagarde is reading the Bulletin to stay up to speed on Area events, such as an update on where the AWSCM will be held this May.

She is also participating in the Website Survey.

Wish Ermagarde luck with all her pursuits in her personal life, as well as in AI-Anon.

I plan to attend the first Officers, Coordinators and Liaisons meeting of **2024** in Langley on February 10th. It is a privilege to learn life lessons as I serve as your Area Alternate Delegate.

Speaking of service, I would like to put out an urgent plea for service support for Area positions of Bulletin Editor and Archives.

The BC/Yukon Area urgently needs a Bulletin Editor - please members keep an open mind. Go to the BC/Yukon AI-Anon website, look under job descriptions and read the requirements of the Bulletin Editor. Is it something you can fulfill? Are you willing to step-up and serve? Is there a member at your home Group or District that you think may have the skills? Encourage them to explore the opportunity and ask them to consider submitting a resume.

The Bulletin is a vital communication tool in our links of service in the BC/Yukon Area.

It will be difficult to stay connected without the monthly Bulletin. If no one suitable steps-up, we won't find the monthly Bulletin in our inbox anymore.

On that note, a **BIG** thank you to Jean H., our Bulletin Editor, whose term ended December 31st. Thank you for being a wonderful Bulletin Editor and for extending your service for an extra two months.

Here's a thought to close with:

WHEN THE ELEVATOR OF LIFE IS OUT OF ORDER...TRY TAKING THE STEPS!!!

With love, in a very special way,
Nancy Alternate Delegate
altdelegate@bcyukon-al-anon.org

Treasurer

Group and District Contribution Form
Payable to: BC Yukon Area Assembly
Mail to: Audrey Ple (until Dec. 2026)
3990 West 19th 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 an email address for an electronic receipt or a 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

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 the accepted deposit.

Group Records

Hello Al-Anon/Alateen members,

Electronic groups - is your group registered in the electronic database?

If you are not sure, please send me an email and I will confirm for you.

- **New meeting location in District 1** - Healing Hearts for Women AFG - Avalon Women's Centre- 2225 Marine Drive – West Vancouver. -Fridays at 10 am
- **New women's group in District 17**- Sooke Daytimers - Christian Life Assembly Church, 6851 W. Coast Road- Sooke- Thursdays at 1pm

With gratitude in service,

Sarah O., BC/Yukon Group Records Coordinator
Your "One Stop Shop" for Group Information
grouprecords@bcyukon-al-anon.org

Literature

Hello Al-Anon/Alateen members,

The acceptance and love I find in Al-Anon meetings can be a source of comfort and strength. Al-Anon was the first place I noticed unconditional love. It was like finding an oasis in the middle of the desert.”

-Discovering Choices-Recovery in Relationships (quoted in A Little Time for Myself, p.207)

It's February, and many of us will be celebrating love, in one way or another.

As I've grown in Al-Anon, I've experienced so much more love in my life. The warm welcome, the fellowship and refreshments after the meeting, the hugs, and the act of listening without judgement are a few examples of the love available to those who land in our rooms. Some of us become lifelong friends, and/or consider the fellowship in general another family. Many of us are blessed to find love renewed through recovery and forgiveness.

Our pamphlet, *So You Love an Alcoholic* (P-14) is full of wisdom and hope. All our daily readers have pages on love. Even if love isn't the first thing on our minds when we arrive in Al-Anon, the loving welcome may offer comfort and hope, and the good feelings we experience may be enough to keep us coming back.

“Though you may not like all of us, you'll love us in a very special way, the same way we already love you.”, suggested Al-Anon Closing.

So, share some chocolates and a reading or two at your meeting this month!

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

Alateen

Hello Al-Anon members!

We are in a new year and it's time once again to look at your certifications for Alateen service. If you would like to become an Alateen sponsor, please email me or your Group Representative for the paperwork and I will be reaching out to current AMIAS' to recertify and, if need be, get new criminal record checks done.

Alateen is a wonderful way to give back to Al-Anon. I have been fortunate to be involved for a while now and see the need to have sponsors for young people affected by someone else's drinking problem. I wish I had been in Alateen when I was a young child, but I am grateful I found Al-Anon when I was supposed to and I can now carry the message of hope to everyone I meet - young or old. This is a wonderful way of life and one way to pay back all I have received is with service to this program. "One day at a time".

Thanks for letting me be of service and have a wonderful time recovering. Life is always moving and changing whether I like it or not so today I embrace the changes and challenges with the help of my Higher Power, Al-Anon and Alateen, and my fellow members who are always there for me.

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

Website Coordinator

Hello everyone,
Over the last few months, we received your feedback on our BC/Yukon Website via email, phone calls and by members participating in the BCYukon Website Survey. We, the Coordinators & Coordinators of the BCYukon Area 81 would like to thank you all.

Most of your comments are addressing the **readability of the pages** and the **color scheme** introduced in November 2023. Other comments are suggesting to re-structure page content and improve on how to navigate through the content.

All these comments & suggestions are good starting points for change. Let's get started.

The next step is to establish a BCYukon-Website-Group who would like to work with me concrete ideas. We are thinking of meeting via Zoom, starting in the first week in March 2024.

If you are interested in participating and shape the future of our BCYukon Website, starting in March 2024, please send us an email: WebsiteCoordinator@bcyukon-al-anon.org

If you have ideas, comments, or proposals how to improve the BCYukon Website Experience, please keep exploring our BCYukon Al-Anon Website and participate in the survey or contact us.

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

Member Only Section: Username = member / Password = Area81

Participate directly in the “4 Question – Survey”.
[\(Click Here\)](#)

Send us your opinion via email.
WebsiteCoordinator@bc yukon-al-anon.org

What else is happening? We are excited in looking forward to the meeting in Langley next week to discuss the BC/Yukon AWSCM 2024 Agenda and other area business.

For now, we wish y'all a Happy Time. And as always,

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

Panel 62 Area Forum Coordinator report for the February 2024 Bulletin

Hello fellow Al-Anon members,

As your BC/Yukon Area Forum Coordinator I thought I would encourage you to consider participation in relation to the Forum.

The Forum is the monthly magazine of the Al-Anon Family Groups, sharing Al-Anon's three legacies, Recovery through the Steps, Unity through the Traditions, and Service through the Concepts. It is published at Al-Anon's headquarters - the World Service Office publishing clearing house in Virginia Beach, VA USA.

Each month The Forum features the Three Legacies, a Step, and a Tradition and Concept that correlates with the month in the calendar year. January focuses on Step One, Tradition One and Concept One and it carries on so February will be Step Two, Tradition Two, and Concept Two and so forth.

The Forum also contains sharing's from Al-Anon and Alateen members, much in the way they contribute when attending Al-Anon /Alateen meetings. The Forum also contains meeting topic suggestions, along with news and information from Al-Anon's World Service Conference and World Service Office.

Members and groups can subscribe to The Forum and receive it by postal mail to their current mailing address. Information on how to subscribe can be found in the back of a hard copy of the Forums or online at wso@al-anon.org.

I would like to encourage members to consider submitting a sharing to the Forum. All the information you need to get started can be found on the World Service Office website at al-anon.org/forumshare and on The Forum Writing Guideline F-1.

Let it Begin with Me!

In closing, I will share a few tidbits of our Three Legacies from the February 2019 Forum:

STEP TWO: In one word Step Two is about hope. For me now, sanity is serenity. It's the presence of peace and absence of obsession. It's living in the moment and trusting my Higher Power with everything. I know that my Higher Power can and will restore me to sanity. All I have to do is ask.

TRADITION TWO: I have never been one to take the easy road when learning things. Letting go of my loved ones was easy; I was exhausted trying to care for and manage every one of their actions. Learning to let go of the rest of the world was much harder. I had to practice it using my home group and group consciences. Tradition two reminds me that there is one authority. That authority is not me. I had an awareness that I was trying to control my fellow group members, just like I try to control the alcoholics in my life. I was not respecting their ability to make their own choices.

CONCEPT TWO: In Al-Anon service I saw delegation in action. As I watched the decision-making process in my home group and at our Area Assemblies, I could see Al-Anon really meant it when it is said that the individual members and the groups were its basis. I began to understand delegation as I worked on committees with my Sponsor, and watched Group Representatives voice their concerns after listening to the discussion. The groups delegated me as their Group Representative - the authority to vote for them. What a responsibility! What a gift to be trusted with the decisions that would affect the wonderful fellowship that had made me a joyful and willing member.

Kind regards,
Panel 62 Area Forum Coordinator
Nancy MC, BC/Yukon Al-Anon Alternate Delegate
altdelegate@bcyukon-al-anon.org

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

There is a question and answer below to introduce Gail S. to incoming Director of the Office and temporarily filling the Chair position until voted into the three-year position of Chair at the November 2024 Annual General Meeting.

Question to Gail S., former Public Outreach Coordinator for BC/Yukon from November 2021 - December 2023: How do you see the experience transferring to the Chair of Central Services Office?

Answer: I see the transition from Public Outreach Coordinator to Chair of Central Services Office being smooth as both require attracting members. Prior to my new role as Chair of Central Services, I worked at attracting members to the BC/Yukon Area Public Outreach Committee and now I do the same for the BC Society of Central Services Office. Both are roles attached to the BC/Yukon Area.

A question to retiring Chair Lynne G. 2020 to 2023:

What was your most challenging part of the role of Chair?

Getting started. Familiarizing myself with the Al-Anon Central Services Society's Constitution to ensure all actions were taken "legally", and the other part - the traditional way of doing Al-Anon business by the Traditions and Concepts and referencing the Service Manual - was more comfortable. It is a great experience and thank you to all members for this opportunity. I will continue as a Director.

Speakers' Bureau: Speakers are needed. If you think you could share your experience, strength and hope at Anniversary Meetings, Potlucks, or Round-Ups, give the Office a call for more information.

Literature Stock: It looks great - good idea to phone the Office to make sure your order can be filled. See below for office hours and days.

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 afternoon contact on the answering machine.

Yours in service,
Retiring Chair, Lynne G.
T/F 604 688-1716

Email: afgcentraloffice@gmail.com
<http://afgcentralofficeblogspot.com>

www.bcyukon-al-anon@gmail.com

AL-ANON CENTRAL SERVICES DECEMBER 2023
CONTRIBUTIONS, CALLS, VISITS, EMAILS
Contributions - \$1,252.50
Calls 26– Visits 14— Email Mtg Info 5
Email Literature Info 5

Events

New Start Adult Children 39th 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 4th (doors open at 6:30 pm) at the Grove Church, 20784-93 Ave., Langley. There will be Al-Anon and AA speakers.

Fraser Valley Corrections Roundup - Seconds & Inches (The difference between those free on the outside and those incarcerated on the inside is sometimes just seconds and inches) on **Saturday March 16th** – Registration at 8:30am – starts from 9am-9pm at the Level Ground Church, 31216 King Road, Abbotsford. There will be Speakers * Panels* Raffles* and, Al-Anon participation. Gail S. is the main speaker for Al-Anon. There are 3 Al-Anon meetings 10:30am, 1:30pm, and 3:30pm in the Fireside Room. Tickets are \$25 (Dinner included), Desert by Potluck Lunch \$5.00. Please bring your own coffee cup.

Contact Gail Schuler - gailschuler0201@gmail.com for tickets.



Officers and Coordinators 2024

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
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Donna H:	literature@bcyukon-al-anon.org	Webmaster:	Contracted service – contact Website Coordinator

Al-Anon Information Services Vancouver - Gail S. 604-688-1716 afgcentraloffice@gmail.com

Al-Anon Information Services Victoria - Amy G. 250-383-4020 alanonvictoria@gmail.com

Al-Anon Information Services Kelowna - Jeaneen R. 1-800 735-7520 ldcokanagan@yahoo.ca

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/>