

BC/YUKON AREA BULLETIN

Volume 14, Issue 4



April 2024

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

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Area Chair’s Report

Hello Al-Anon Friends.

My greatest recovery happens when I am active in Al-Anon service, and I have always been grateful and excited for those opportunities. I really thought my service days were behind me; my Higher Power had other plans.

My name is Ally G., and I am a past Chair and Alternate Delegate for Al-Anon in BC Yukon. A few weeks ago, Owen H., our BC Yukon Area Delegate, called me with a question – would I consider taking the Chair position for BC Yukon? I immediately said yes. Saying yes in Al-Anon is a gift for me.

Patty T., our capable outgoing Chair, has stepped down for personal reasons. I admire her commitment to her own well-being and recovery. I am confident we will benefit from her leadership in Al-Anon service in the future.

Getting up to speed with everything happening in our area is taking some time but I anticipate only good things ahead. The most pressing issue is the breaking news about our Area World Service Committee Meeting (AWSCM).

AWSCM is our annual meeting where District Representatives (DR’s) gather to share and learn from each other and plan the agenda for our Assembly. We meet at locations outside of the Lower Mainland which allows us to visit districts around our area and develop connection with Al-Anon members in all the places where our program lives and changes the lives of families and friends affected by alcoholism.

However, like many organizations, our area is experiencing the consequences of a few years of low donations during a global pandemic. We are recovering though, which is evident by the generous response to the appeal sent a few weeks ago. Thank you for that amazing financial support for your Al-Anon program.

The Officers and Coordinators have made the difficult but prudent decision to **host AWSCM 2024 on-line on ZOOM May 24th-26th**. Although we won’t meet in person, which is disappointing, we will meet, and we will address the business of our area.

We’re on the web!

Website Access:

www.bcyukon-al-anon.org

To access “members” pages:

Username: **member**
Password: **Area81**
(all one word)

We will share our experience, strength, and hope. We will thrive and move forward – together. And it will be great!

I very much look forward to seeing your happy faces and working together for the bright future of Al-Anon in BC Yukon.

With kindest gratitude for this brilliant opportunity,

Ally G
Area Chair
chair@bcyukon-al-anon.org

PS: This Bulletin has been prepared by Shannon P. She has graciously agreed to take the position for one year! And I am so grateful. Thank you, Shannon.

Delegate's Report

BC/Yukon Al-Anon/Alateen members,

Our BC/Yukon Chair has stepped down for personal reasons, and we thank her for all the service she has done for our Area, and for her commitment to self care.

As it says in our 2022-2025 Al-Anon/Alateen Service Manual (p148) "If the Chairman resigns, the Area World Service Committee names a Chairman *pro tem* or the Delegate may serve as Chairman until an election can be held."

Your Officers reached out and asked Ally G. to step into service as our Interim Chair, so at our AWSCM we will ask the DR's to affirm that Ally G. has stepped into the Role of Interim Chair for this year, to help us through our Area World Service Committee Meeting in May and our Assembly in September. Many of you may know Ally from her dedicated service to BC/Yukon; she has been our Alternate Delegate and our BC/Yukon Chair.

Soon, as your BC/Yukon Delegate, I will be winging my way to World Service Conference held this year in Virginia Beach. This is my 3rd year and as I hear from others, when we reach year 3 in a service position, we look back and wonder where the time went. This year at Conference I volunteered to be on the Skit committee and we members in our last year are charged with finishing up the week with a 20-minute skit or entertainment; then we're out the door. It will be a busy conference as I also stepped into service as the Sharing Area Highlights Chair for this year, and with 2 other Delegates we have been busy preparing, and we will be busy the day before and the morning of Conference to engage the 68 other Delegates that attend. Here we will share the many successes, challenges and solutions we all have in common.

I look forward to my months ahead as I step into service, and as we know, service is recovery.

Best,

Owen H
Area Delegate
delegate@bcyukon-al-anon.org

Alternate Delegate's Report



Hello fellow Al-Anon/Alateen members:

As I prepare this interim report the sun is shining, Spring is arriving, and it is a time of new beginnings which is fitting in our Area currently. The WSC theme this year for Al-Anon is ***“Our path towards Grace, Unity, and Understanding.”***

We have used this theme frequently as of late in our Area to keep serving and focusing on our primary spiritual aim. I have relied heavily on God... my Higher Power to provide me with the confidence that he is in control. God has provided me with grace, unity and understanding as we move forward in filling and supporting vacant service positions at the Area level. To attend to unexpected circumstances, the Officers and Coordinators have pulled together in unity with understanding and grace towards Area finances, and service members' personal circumstances. We have met frequently and worked in unity with the guidance of our Traditions to make decisions for the business of Al-Anon and the fellowship.

Service Positions and Job Descriptions

My work this past year has allowed me to continue coordinating the updating of the Officers and Coordinators job descriptions, in order that you as a member, are aware of the full scope of what it means to take on a service position at the Area level. Many positions have evolved and adapted, some would say thanks to technology, which provides opportunities for us to serve and do the business of Al-Anon by meeting electronically when we would not be able to meet otherwise. As well, when any fellowship grows the way we do, things change. It is important to have the Job descriptions reflect accurately what skills and duties a job entails. Updated, accurate Job Descriptions are an important reference point for our GRs as trusted servants as they elect Officers at Assembly. In preparation to elect a suitable candidate for a Position at Assembly, the GRs are asked to review the job description, then look at the candidates resume and compare the skills and experience needed with the skills and experience of the candidate to ensure they are a match, and to ensure the individual has a good working knowledge of the Traditions and Concepts in service.

This is how Knowledge Based Decision Making is used, and it helps us to keep principles above personalities. As our co-founder Lois W said, we must remember to choose the best person possible to do the job for Al-Anon even if it's not our friends.

District Representatives' Orientation

I am busy in thought and work reorganizing the DR Orientation. Another example of our theme in action, now that we are meeting by zoom only, it is with that understanding that I adapt it to an online event and shorten it. It is Ermagarde's last year as a DR, so she is focusing on the task of rotation of service with a thorough handover. I hope you can join us on Zoom for AWSCM and see Ermagarde's plan.

Supportive Area Service

As Alternate Delegate, I keep up to date on supporting our Delegate in his role of carrying the Area envelope to the WSC in April. As well, I participate in supporting the other tasks and needs as they arise.

Recently, I reviewed the lists of motions with the Past Delegate and Past Chair/interim Secretary.

I had read the motions and referred to various motions in my service roles, but reviewing every motion to see how our practices reflect our motions was insightful. The members' voice, goals and growth for Al-Anon in our Area is fully recorded in many motions. Just like our Traditions, the motions were sound and wise and reflect our needs. I learned a lot about applying the group conscience of the members in guiding the decisions we make, and about the history of our Area fellowship and how we have evolved.

The motions are the guiding light, the compass if you will, and very a valuable resource for the Officers and Coordinators, as we take responsibility to make decisions about Area operations and functions in between AWSCM and Assembly.

I am passionate about applying Tradition Two in our fellowship and feel it is a privilege to Serve, Learn and Grow in Unity as I serve the BC/Yukon Area as Alternate Delegate.

I get life learning experiences God designed me to get right here, serving, that I could not have experienced elsewhere.

In gratitude,

Nancy MC
Alternate Delegate
altdelegate@bcyukon-al-anon.org



Letters or Cards to Owen at World Service Conference 2024

Our Delegate, Owen H., will be attending the World Service Conference (WSC) in Virginia Beach VA from April 14-21, 2024. Owen will represent the BC/Yukon Area at the Conference and will participate in the discussions and votes that guide the World Service Office in providing services to Al-Anon members. We look forward to his report at our Area World Service Conference Meeting (AWSCM) and Assembly. During Owen's work at the World Service Conference on "carrying the envelope" on behalf of our Area, it is nice for him to receive our encouragement from home. We encourage you and your groups to send letters of thanks and encouragement to Owen in Virginia Beach using the following:

MAIL TO information: Owen Hughes (NO REFERENCE TO AL-ANON) c/o The Founder's Inn and Spa 5641 Indian River Rd. Virginia Beach VA 23464 USA	Post in mail by April 1st in order for your card to reach OWEN while at WSC Stamp postal cost \$1.30
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RETURN ADDRESS information:

Owen Hughes (NO REFERENCE TO AL-ANON)
607- 8 Laguna Court
New Westminster, BC V3M 6M6
Canada

****Members please note if you are reading this and feel you have missed the mail deadline, please consider send your encouragement notes to the Delegates address (as noted in return address).****

Treasurer's Report

Dear AI-Anon Members and Friends:

On behalf of your Officers and Coordinators, I'd like to send a very big THANK YOU for your contributions since our letter of appeal was sent early in March of this year. Your response was immediate and significant, totaling \$7,596.71 and counting!

As of 24 March 2024, our operating account bank balance was \$19,214.09. This appears to be a very healthy amount. However, when your Officers and Coordinators reviewed the costs of traveling to Prince George for our AWSCM this year (estimated at ~\$13,500), the need for operating funds to pay for Assembly in September, general escalating costs, and the limited time to organize this event, we were faced with a difficult decision. When reviewing the hard numbers, we unanimously agreed to act responsibly with your contributed funds, and hold AWSCM online this year.

We are confident we will host AWSCM in person in 2025 and urge you to consider becoming the host district. We truly believe in-person meetings enrich our fellowship, and we'll welcome your guidance on this topic at Assembly this year.

In accordance with a Motion passed in 2022, we are currently building a Finance Committee.
"Move that the BC/Yukon Area selects a Finance Committee (up to five members) to provide oversight and support to the Treasurer, review mid-term and year-end reports, and develop a budget to be presented at Assembly, ending the three-year trial. Committee members will have AI-Anon service experience as well as knowledge of basic bookkeeping practices."

I have much to learn in my new role as Treasurer, and I am grateful to everyone for your patience as I learn and grow. If you have any questions or concerns, please do not hesitate to contact me. One small request: if sending Tradition 7 contributions via Interac e-transfer, please remember to mention the name and location of your meeting.

Audrey P
Area Treasurer
treasurer@bcyukon-al-anon.org

Area Secretary's Report

Hello AI-Anon friends,

I started the Area Secretary position at the beginning of January. I love interacting with and being inspired by the other members of the Area team. It has been a pretty big learning curve, but overall, it has been fun connecting with other Officers and Coordinators in meetings and emails.

There is such a culture of helping at Area, I know that I am never alone, and there is always another member ready to help. Sadly, I just heard of a long time member that has passed away - an AI-Anon friend who was always ready to help wherever she was needed. We were not in the same group or even the same district, but I knew I could always count on her support, and she epitomized what AI-Anon service was to me. I hope to be able to carry that spirit forward as I do my best as your Area Secretary for 2024 & 2025.

Thank you for allowing me the chance to practice the principles of AI-Anon as I continue to learn about the business of AI-Anon.

Deborah B
Area Secretary
secretary@bcyukon-al-anon.org

Group Records

Hello Al-Anon Friends,

Are your group records up to date?

Please send me an email to grouprecords@bcyukon-al-anon.org with any changes to Group Reps, Current Mailing Address (CMA), meeting times or locations.

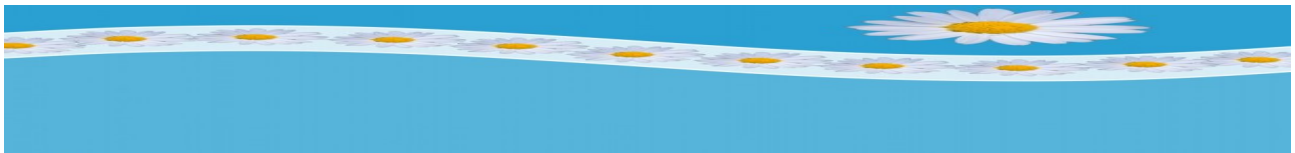
With Gratitude in Service,

Sarah O

BC/Yukon Group Records Coordinator

Your "One Stop Shop" for Group Information

grouprecords@bcyukon-al-anon.org



AIS Victoria

Here in downtown Victoria, we run a successful office that serves Vancouver Island as well as the Gulf islands and Powell River.

We have numerous wonderful volunteers which include a Literature Chair, a Treasurer and an overall AIS Chair as well as an Office Operating Committee Chair and various office and on-call volunteers. Through email, phone, and direct contact we offer meeting information, sell literature and funnel information for the local and up island communities.

Our office is open Wednesdays from 10 AM to 2 PM. We also offer literature pick up on Saturdays. We send literature via Canada Post to various Island communities.

We often advertise for office volunteers in the hope of opening up an additional day of the week. Our volunteers are hard-working and dedicated to their respective roles.

We hope to see you visit in some form or another!

Amy G.

AIS Chair - Victoria

alanonvictoria@gmail.com



Bulletin

Hello Al-Anon friends,

My goal as your interim Bulletin Coordinator is to provide you with a readable newsletter for the next while. Our Bulletin is an important communication tool, so I am giving it my best shot.

As with every service position I have taken on in Al-Anon, I have little prior experience and will be learning as I go, and I trust that you will be patient with me. It helps to know I have Jean to lean on! We are NEVER alone!

I plan to get the May edition out on time, so you will be receiving April and May's editions fairly close to each other. There will be important information in both editions for AWSCM.

Please continue to send any events you are having in your groups/districts to the email below. Remember deadlines are the 15th of each month prior to the new edition eg. 15th of April for the May edition.

With Gratitude in Service,

Shannon P

Bulletin Coordinator

bulletin@bcyukon-al-anon.org

Literature

Hi Friends,

I dedicate this brief sharing to our Area Bulletin. Though not exactly literature, it is a piece of writing we all depend on for Area news, local events, ideas, announcements, and connection. All the information Group Reps need for Assembly, and that the District Reps require for the Area World Service Committee Meeting (AWSCM) is contained in our Bulletin. Here we find potlucks and workshops for growth, fellowship and fun, temporary meeting time or location changes, public outreach opportunities, vacancies in service positions...even interesting facts about our history from the archives, and occasional jokes. There is a list of the Area Officers and Coordinators, with contact information, as well as their reports. Their service is vital to make meetings and literature accessible to all who need them, and the Bulletin is a major method of communication available between members and the Area.

The gap between Jean's term ending and Shannon graciously stepping in was cause for concern. I am grateful for Jean and Shannon's service, as well as their predecessors'.

I am also very grateful to Patty T. for her service as Area Chair this past year, and warmly welcome Ally G., who kindly stepped in to serve for the time being.

In Service,

Donna H. District 6

Area 81 Literature Coordinator

literature@bcyukon-al-anon.org



Hybrid Event Coordinator's Report



Hello my dear Al-Anon friends,

In preparation for **AWSCM 2024**, here is the info you will need to join us virtually.
Please use this link to register in advance:

<https://us06web.zoom.us/meeting/register/tZ0qcuGurTkpHdONNSBK-mtjEI67gWBfMEUT>

After registering, you will receive a confirmation email from Zoom containing information on how to join the meeting. Our suggestion is to register early to avoid any last-minute complications. If you have any questions or concerns, please let me know, I'm always happy to help.

AWSCM is scheduled to start at **7:00 pm on Friday May 24, 2024**, but you're welcome to login any time after 6:00 pm for fellowship or just to check that you have all the technology worked out ahead of time.

Please remember that this is an anonymous fellowship. If there are others in your home, please protect the anonymity of other members by using headphones and being mindful of who can see your screen or go to another location where the meeting cannot be overheard or seen by others.

Meeting IDs via Zoom:

AWSCM - please note, if you haven't registered first, Zoom will re-direct you to the registration page.

Meeting ID: 897 5863 2377

Passcode: 192809

Saturday

AWSCM 2024 **Early Bird Meeting**

Time: Saturday May 25 at 8:00 am

Meeting ID: 811 6949 2904

Passcode: 032772

Sunday

AWSCM 2024 **Spiritual Meeting**

Time: Sunday May 26 at 9:00 am

Meeting ID: 981 9758 4551

Passcode: 454580

Zoom Zoom



Looking forward to seeing you all!

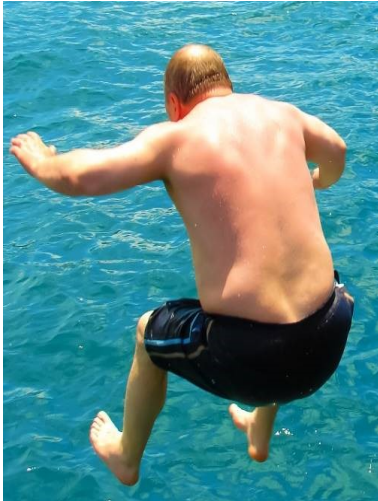
With Gratitude in Service,

Akemi M.

Hybrid Event Coordinator

event@bcyukon-al-anon.org





Public Outreach Coordinator's Report

Hello Al-Anon Family:

In January I jumped into the Area Public Outreach Coordinator role with both feet and since then I've been busy getting my feet wet in more ways than one. I spent February soaking my toes in warm coastal waters while reading a plethora of great material available to guide public outreach in Al-Anon. I'm thankful that the Area Officers and Coordinators meeting was available online and I participated with a focus on listening and learning.

I've had monthly Public Outreach Committee (POC) meetings with DR's and AFG members, and it's been great to get inspiration for public outreach initiatives and to throw around ideas. POC members have been super helpful in designing a 2024 Al-Anon meeting poster for local communi-

ty use. The next POC meeting will be on Saturday, April 20 10:30 to 11:30 a.m. (Zoom ID: 985 6094 7531 Password: 696634).

I'm on the lookout for Fraser Valley (FV) AFG members who are willing to get involved in Corrections Connections as there will be a fall information fair inside the Correctional Service Institutions and a planning committee for the 2025 FV AA Corrections Roundup. Did you know that there are 7 federal correctional institutions between Abbotsford and Hope? It's evident that there are opportunities to reach family members of incarcerated people, letting them know that there is help and hope in their local communities. The March 16th Corrections Roundup "Inches and Seconds" had a full house. There were more than 230 participants, three well attended Al-Anon meetings during the day and Gail S. was very well-received as the Al-Anon Speaker. The event exceeded expectations.

As we prepare for the AWSCM May 24-26, I am looking forward to connecting with District Reps. I wonder if your Group or District have Public Outreach as a standing agenda item for business meetings? Are you having regular District meetings so that Al-Anon Public Outreach can be nurtured and supported? In my experience, finding a home for my public outreach enthusiasm was a bit challenging and took time to establish. I encourage Members, Group Reps and District Reps to give conscious thought as to how the appetite for public outreach is nourished in the BC/Yukon Area. In Al-Anon we learn that we don't do it alone, but that doesn't mean we don't do it at all. Together, we can!

I'm off to the Northshore AA Roundup next week and looking forward to connecting with Al-Anon members there and supporting them in service because service is essential to my recovery.

Nellie T

Public Outreach Coordinator

publicoutreach@bcyukon-al-anon.org



Central Services Report

Hello Everyone,

I'm so happy to be submitting a write up for the Bulletin. I know many of us missed the Bulletin last month. Thank you Shannon for stepping up. We all appreciate it.

The daily reader "A Little Time for Myself" has been selling well and hopefully you all will get a copy because it is a great reading each day. I, for one, love that it asks a question that gives me food for thought. There is a good amount in stock so get while the getting is good. Call our very capable Cynthia at the office and she'll take care of it for you.

A reminder to groups and committees that Central Services has a speaker list if you are looking for anyone to speak at a meeting, rally or gathering.

Financially, we could always use donations to help us operate the office in a healthy way. Please send any donations by E-transfer, Mail- cheque, Cash-in person, Pay Pal or Master or Visa Card via Pay Pal. For more information call Cynthia at the numbers listed.

I am new to this position and have only had the privilege of being a part of our meeting on February 18, 2024 and the next meeting will be held **Sunday June 9, 2024 at 11:00 a.m..**

Once again call Cynthia for the information! Everyone is welcome to attend the meeting and to become a member of Central Services. We'd love to have your support.

Following is information regarding the office which is put together by one of our valued volunteers, Judy.

AL-ANON CENTRAL SERVICES FEBRUARY 2024

CONTRIBUTIONS, CALLS, VISITS, EMAILS

Contributions - \$1,265.00

Calls 36– Visits 31— Email Mtg Info 4

Email Literature Info 15

We are hoping to have a history presentation on Zoom for the 2024 A.W.S.C.M. meeting and I want to remind you that all members along with District Reps are welcome at A.W.S.C.M. and it will be on Zoom so no time or expense traveling is needed. Please help support the D.R.'s.

Please contact myself on email. The office is open on Monday, Wednesday, Friday & the last Saturday of the month 10 am to 1 pm. Cynthia is also available on afgcentraloffice@gmail.com and I can be contacted on chairafgcentralservice@gmail.com 7 days per week.

Finally, I would like to welcome Ally to the Chair position and thank Patty for her service.

Hugs In Service,
Gail Schuler
Chair Al-Anon Central Services
chairafgcentralservice@gmail.com

Contact Information

Al-Anon Central Services

Service Office

PO Box 28574

Willingdon Heights P O

Burnaby, BC V5C 6L4

Telephone: 604-688-1716. There is an afternoon contact on the answering machine.

Email: afgcentraloffice@gmail.com

www.bcyukon-al-anon@gmail.com

<http://afgcentralofficeblogspot.com>

Events

Victoria Miracles Rally-May 10,11,12,2024 (AA with Al-Anon participation)

Mary Winspear Centre 2243 Beacon Ave, Sidney BC V8L1W9

AA and Al-Anon Speakers

Friday evening Al-Anon speaker -Marlene B (N.Van)

Al-Anon Sunday Spiritual Speaker -Owen H BC/Yukon Area Delegate (New West)

A blue poster for the Victoria Miracles Rally. At the top, there is a string of colorful triangular bunting. The text 'VICTORIA MIRACLES RALLY' is in white, bold, sans-serif font. Below it, 'Happy Joyous & Free' is written in a large, white, cursive font. The dates 'MAY 10,11,12 2024' are in a large, pink, sans-serif font. The venue 'Mary Winspear Centre' and address '2243 Beacon Ave, Sidney, BC V8L 1W9' are in white, sans-serif font. Below that, 'AA, AL-ANON & SPIRITUAL SPEAKERS' is in white, bold, sans-serif font. A list of speakers follows: 'AA Saturday Night Speaker - Pat O. - Los Angeles, CA', 'AL-ANON Friday Night Speaker - Marlene B., North Vancouver, BC', 'AA Sunday Spiritual Speaker - Sarah C. - Huntington Beach, CA', and 'AL-ANON Sunday Spiritual Speaker - Owen H. - Lower Mainland Area Delegate'. Below the list is 'AND MORE TO COME!'. The ticket price 'Weekend Admission \$35 per person' is in white, bold, sans-serif font. Below that is 'Financial Assistance Available. Email victoriainmiraclesrally@gmail.com'. At the bottom, 'Weekend Panels & Topic Meetings, Food Trucks, Sunday Pancake Breakfast, Music, Art & More!' is in white, bold, sans-serif font. Below that is 'Buy Tickets @ www.VictoriaMiracles.com'. At the very bottom is 'For More Information please email: victoriainmiraclesrally@gmail.com'. On the right side, there is a QR code with the text 'Scan me!' above it.

Officers and Coordinators 2024

Ally G:	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	Shannon P:	bulletin@bcyukon-al-anon.org
Deborah B:	secretary@bcyukon-al-anon.org	Vacant:	archives@bcyukon-al-anon.org
Audrey P:	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
Nellie T:	publicoutreach@bcyukon-al-anon.org	Vacant:	equipment@bcyukon-al-anon.org
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.

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**".

Sign up for automatic monthly email delivery by visiting <https://www.bcyukonal-anon.org/bc-yukon-bulletin/>