Oregon Area AFG Assembly Clackamas Community College; 19600 Molalla Ave, Oregon City, OR 97045 Host District 11 November 16-17, 2019

Start: 8:30 am

Welcome; Serenity Prayer, Reminders (Microphone & Voting Statement) & Basket Content: Dawn K., Chairperson; (See Attachment – Microphone & Voting Statement)

- Reminders
 - Name Badges Everyone is expected to have a name badge on at the Oregon Area Assemblies. Guest wear white badges, Group Representatives (GR's) wear Blue Badges (Voting members), and AWSC members wear Yellow badges.
 - Blue Badges
 - For Group Representatives (GR's)
 - Voice at the Microphone & Vote
 - Yellow Badges
 - For AWSC Members
 - Voice at the Microphone
 - White Badges
 - For Guest
 - No Voice or Vote. If you have something to say pass a note onto your DR or someone with Voice.
 - o Mail Boxes
 - AWSC members Reminder to check your mailboxes before you leave. If you don't pick up your content the Secretary is to mail it to you at an expense to the area.
 - These are to be used for approved flyers and Coordinator reports and information. If you have anything else that you would like to place in the mail boxes bring it to the chairperson for approval first.
 - There have been flyers sent through the e-mail and placed in the mailboxes that have not been approved through our flyer committee. These need to go through the process, we need to stop this, and this is not following our guidelines and the group conscience of the area for e-mail and mailbox use.
 - o AWSC Opening for Webmaster
 - Position Descriptions and Trusted Servant Profiles are available by the mail boxes.
 - This position does require skills beyond just your love for Al-Anon.
 - The Area is in the midst of redesigning their website and that would be one of the tasks you would be taking on.
 - Reimbursements from the Area
 - If you are an AWSC member you must stay the whole Assembly to be reimbursed for mileage and expenses.
 - If you are a GR and your group or District is unable to pay for your mileage, the area will pay for it but you must stay the whole assembly.
- Basket Content:
 - Ask-It-Basket Table Tent Card
 - This is a chance to ask a question This is complimented by the Ask-It-Basket Forms in the envelope.
 - The Form has a few questions on it that may help you find the answer to the question out on your own or with others. We would like you to attempt to answer the questions. If after answering the questions you still have a question place the form in the basket in front of the Chairperson.

- The question will then be passed onto a Past Delegate or someone that may have more information and be able to answer the question.
- All attempt will be made to answer all questions during the Assembly, any not answered will be answered and added to the minutes.
- o Listen and Silent Tent Card
 - This is a reminder for you to write a note Do not have side conversations.
 - There is scrap paper in the basket for notes.
- o Laminated Card
 - The Oregon Area Assembly Etiquette on one side (See Attachment Assembly Etiquette)
 - The Oregon Area District Boundaries on the other (See Attachment District Boundaries)
 - When a member goes to the Microphone and announces where they are from, this may help give a general idea.
- o Ballots
 - Located on the back side of the envelope, these motion slips will be used whenever there is a need for a vote. Only Group Representatives will be voting at this Assembly, one representative from each group.

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12 Traditions: Page 15 in the Service Manual Read by Jaime J. Literature Coordinator – In Spanish **12 Concepts & Warranties:** Page 17 in the Service Manual Read by Joanne C. Group Records – In English

Housekeeping: Mary W. Alateen Coordinator & Lydia S. DR 11

• Restrooms, Registration Table, White sheet everyone signs, Blue Sheets All Voting GR's Sign, Preordered Lunch tickets at Registration Table and receipts for lunch will be e-mailed to you. The wall has a gratitude tree, write a gratitude on the leaves.

Roll Call: Deanna M. Secretary;

- Excused: Amanda D. Portland AIS Liaison;
- Absent: Maria M. Communicator & Audit Budget; Teryson DR 14;
- Day of Representation: Fernando M. District 14; Joanne District 6; Wendy W. Alt. DR
- Past Delegates in attendance: Bunny G. Panel 38; Judy J. Panel 41;
- Vacant Positions: District Representatives: 3, 8, 15; Webmaster
- Guest: Cheré F.– Northwest Regional Trustee
- 66 Voting GR's and 93 Attendees

Approval of Minutes: July 2019 Assembly Minutes were approved as presented. Motion by Caralynn W. GR District 10; Seconded by Brenda G. GR District 17; (0 No's, 0 Abstain)

• Corrections: No Corrections

Treasurer's Report: Barb B. Treasurer; (See Attachment - Treasurer's Report)

- Reported
 - o No question on the treasurer's report
 - No changes, we don't approve the treasurer's report, just file away as a report.
- Reminders/Announcements
 - Please thank your groups for their donations we are just about on target for group contributions this year so let's keep it going.
 - DR's take and pass out the pre addressed envelopes in your mail boxes. These are intended for the GR's to take to their group treasurer so when they make contributions to the Area all the information is on the envelope in case some is left off the check.
 - Remind all Groups: Make all donations payable to Oregon Area AFG & mail to address on the bottom of your treasurer's report. All contributions should include: District #, WSO #, Group Name.

- All reimbursement request are supposed to have the receipts attached. All large expenses require receipts (ex: Hotel stays). The more receipts the better. You don't have to attach a receipt for the \$10 assembly lunch this time.
- Mileage Rate is \$.16/mile This is mileage from your home town to the location of the event not from your address to the event.
- Total Collected from Suggested Donations from the November 2019 Assembly was \$722.00 (This was not announced at the assembly)

AWSC Recap & Links of Service: Dawn K. Chairperson

- Assembly Agenda
 - Some comments have come to my attention that some GR's are concerned with how the agenda is put together. They were feeling it was set by the officers and it seems like the GR's have no input.
 - The agenda is made by the Chairperson but the items on the agenda are what is presented at AWSC. The whole body at AWSC is involved in what they want on the agenda. The AWSC members are there to review the business of Al-Anon in Oregon.
 - A lot of the items on the agenda are scheduled via our handbook. Such as DR's give reports in March, Coordinators give reports in July, A budget presentation in November...
 - As far as topics that GR's would like discussed at assemblies and how that process works.
 - Group:
 - If there is an issue/concern/proposal a group has (Ex: Want Donuts served at their meeting)
 - They have a business meeting and have a group conscience to have them. (Ex: That group thinks all Al-Anon Meetings should have donuts)
 - District:
 - The proposal is brought up to the District There is discussion and the GR's take it back to their groups to discuss and vote on. Then those GR's bring their vote back to the District meeting and the proposal is revisited and voted on. (Ex: The District thinks all Al-Anon Meetings should have donuts)
 - AWSC:
 - The DR's contacts the Chairperson and request to be placed on the agenda at the next AWSC. The DR presents the proposal to the whole AWSC body. There is discussion and then the DR's take it back to their District business meeting. Shares with all the GR's, the GR's take it back to their groups. The groups discuss, vote and send their GR equipped with their vote back to the district meeting. The District then votes and sends their DR with their vote.
 - At a follow up AWSC the topic is discussed again and the members of AWSC take a group consensus to see if the proposal should be on the agenda for the Group Representatives to vote. If so then the topic is placed on the Assembly agenda.
 - If at AWSC there is not a group consensus then the proposal is not brought any further at that time.
 - Assembly:
 - The topic is discussed and voted on. If there is not enough information it can be tabled. If Oregon Area thinks this is extremely important than it is passed onto the delegate and the proposal keeps going down the line.
 - Minority opinion:
 - During the vote if not everyone votes the same, then the minority is allowed to express their reason for their vote. (Ex: One group decides they want Bagels instead)
 - Then the chairperson asks after hearing the minority opinion would any of the majority like to change their vote.

- Depending on the outcome the vote either passes or fails. Nothing is in stone and can change in the future.
- Service Manual Pg. 171 shows the World Service Conference Structure
- Debbie GR District 16 I was one that asked a question regarding the agenda. My concern was
 more with the GR breakout at the Assembly. I would appreciate if part of the GR Breakout was
 based on topics the GR's got a say in.
- AWSC Recap:
 - Voting Procedures At the November 2018 assembly there were some concerns that arose about the Voting Procedures. A thought force was created and they presented their findings at the October AWSC and felt there were some changes needed and requested to become a Task Force. This was approved.
 - All AWSC E-mails There have been some e-mails that have brought concern to AWSC members. A thought force was put together to discuss if All AWSC e-mails should be monitored.
 - Bunny G. Delegate Panel 38 has been the acting Event Liaison this last year. The group consensus was that the position was useful and needed. Bunny will review the position descripted and bring it to the February 2020 AWSC.
 - June AWSC discussed the current flyer guidelines and discussed whether they should be changed. It was determined that some changes were needed especially around the Young People in AA (YPAA) events with Al-Anon Participation and decided by the AWSC that a thought force was needed. Their Charge was: Review the Flyer Eligibility & Guidelines and make recommended changes in writing by October 2019 AWSC.
 - The thought force e-mailed the Chairperson and requested that they become a Task Force. This was granted.
 - At the October AWSC the Thought/Task Force reported back their proposed changes.
 - There was discussion, a Vote was taken and the Minority Opinion was spoken. Members
 were then asked if anyone wanted to change their vote. No one changed and so the
 Proposed Flyer Guidelines were accepted by Substantial Unanimity.
 - Regina W. DR 7 The thought force was made into a taskforce without going to the groups. (Reference Pg. 71 & 72 in the Service Manual)
 - Dawn K. Chairperson The Oregon Area Handbook Chairperson Description says that they appoint thought & task forces. The DR's and AWSC members are the voting members of the AWSC – The minority opinion was heard and a chance was given to change the decision and the vote still was accepted. If your DR doesn't show up to AWSC then your groups don't have a voice or a vote. Can't wait to vote on things for every GR or DR to be present, must use the group conscience of those that are there at the moment.

Breakout Groups w/ Assigned Officers

- GR's Mary Lynn J. Alt Delegate/ Cheré F. NW Regional Trustee
- DR's Judy J. Delegate Panel 41/ Barb B. Treasurer
- Coordinators Deanna M. Secretary/Bunny G. Delegate Panel 38

Delegates Report: Katie W., Delegate; (See Attachment – Delegate's Report)

- News from WSO
 - o Read Letter from Vali out loud
- Yearend Oregon Area wrap up
 - o I Ran on a platform of diversifying Oregon What do you see is Diversifying Oregon Al-Anon this year?
 - The Communicator is translated Bilingual Newsletter
 - Social Media Instagram and Twitter
 - Diversity has many faces

- Portland AIS Bought a Cell phone for the Spanish Community with Texting to accept Al-Anon Spanish calls.
- Young at Heart YHA Despite our fears Talking about it means we are on the road to change.

Discussion Points

- Gender Neutral Language Asked NW Regional Trustee Cheré to share about changing the Steps and Traditions to use Gender Neutral Language.
 - I am not the voice of Al-Anon, but this has been a topic of conversation for many years. There is a long history in the conference summaries about this topic... Our Steps, Traditions, and Concepts are trademarked and under Copyright, therefore they are not to be altered. Tradition 4 states: Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole. If the steps are altered this doesn't just affect Al-Anon it affects AA and Alateen. We are not to alter our literature especially our legacies.
- Discussion of drugs... in Al-Anon. To hear from a trustee the legal arm of the WSO.
 - Help I failed to write what Cheré said. Or?????
- Follow up information for clarity sent in after the Assembly
 - In the event that there were lingering questions about the WSOs decision to send out free manuals to some groups and not others, the WSO has provided further clarification upon request:

The 2018-2021 Al-Anon/Alateen Service Manual (P-24/27) accessible online here: https://alanon.org/for- members/members-resources/ manuals-and-guidelines/ service-manual/ has not previously been translated into Spanish and French, making this the first time those groups will be receiving the Service Manuals.

While English readers have been enjoying a manual since 2018, the Spanish and French readers are still waiting for their 2018 edition at the end of 2019.

2020 Budget: Sue B. Audit Budget Chairperson; (See Attachment - Presented Budget)

- Reasons for the 2019 2020 Budget Change; if no explanation it is because the budget remained the same or increase/decreased very lightly. Requests for budget amounts were sent to each officer and coordinator and the budget amount is based upon their request.
 - \circ Line 4 and 5 No State Speaker Meeting in 2020
 - Line 10 The WSC will be in Virginia Beach not in New York
 - Line 12 NWRDM in a different place every year
 - Line 13 & 19; 29-32 The AWSC & Assemblies require more travel in '20, Seaside March, Prineville July.
 - Line 13 Delegate request for her to be able to travel around Oregon.
 - Line 17: Added this line for Alateen Legal Counsel in the Budget in the Working Fund Expenses area. It will be \$0 for this year but will have to have a budget of up to \$2000 every 5 years per the new AMIAS requirements being considered. The next expense will be in 2024.
 - Line 18 The Rent is lower and there won't be double rent for Baker City & Grants Pass
 - Line 22 & 23 District provided the Facility Cost for budget projections
 - Line 24 An Assumption of what it will cost since the location is not yet known.
 - Line 24 Increased for Coffee/Tea & space rent
 - o Line 26 Came in less than last year
 - o Line 33 None this year, once a panel & Cheri will visit in 2019
 - Line 37 Purchased the Magnetic Badges last year
 - Line 39 Had to purchase QuickBooks Last year.
 - Line 44-53 These are new categories. With the discontinuation of Action Committees new categories were created to allow Coordinators Budgets for Projects. The 2019 was the Audit Budgets best guess of where the money from the Action Committees would have been broken into. (Ex: Line 47 Forum Giveaways; Line 50 Bumper Stickers/AFA's/Window Stickers; Line 51 Translation Equipment). Each Coordinator has a Project Budget Line except the Communicator because the Communicator's expenses are budgeted elsewhere. These Projects are for the Advancement of Al-Anon and Alateen in Oregon.

- Line 56 Travel to Districts for AMIAS training.
- Line 64 New Website/Malware/Hosting Yearly Expenses
- Line 66 Alt Delegate only Attends the NWRDM the first year.
- Line 68 In 2019 there were 3 Active Past Delegates and a \$1500 budget, reduced to \$1000 with 2 Active Past Delegates
- Line 72 Moved Audit Budgets Extra Day to its own line. It was in Assembly Expense Category before.
 This covers the travel of the extra day requirements as well as a donation to the meeting locations of \$10 and printing of proposed Budgets.
- Line 75 Not a new panel therefore the printing will be reduced.
- Line 85 Change this line item name to Net Gain (Shortfall) of budgeted Income/Expenses.
- Request for Clarification or Budget Changes
 - Line 2 How was the \$1,000 increase in group contributions from last year's budget decided?
 - Basically what was coming through has been increasing so it was assumed that the donations would continue to go up. (Ex: The Church that Sue's group meets at decided that each group that meets at their facility would have to pay \$15 per meeting where it use to be \$15 a month. The meeting worked with the Church and the amount that was negotiated was still too expensive for the group. They discussed it at a business meeting and the Group conscience decided that they really want to stay at that location. Someone suggested that instead of moving they could all donate more to the 7th tradition. Now they are able to pay the upped rent and still have enough to make larger contributions to the Area than in the past.
 - Line 4 SSM The SSM brought in a lot of money in the past.
 - The On-Line Registration probably helped with that. They also accepted donations during the SSM which probably helped. Suggestion in the future have on-line registrations. Hopefully we will have one in the future but we won't be having one in 2020.
 - Line 6 Estimate at the end of the year.
 - We felt we would still have \$20,000 carry forward. Helps us get through the next year.
 - o Line 17 Why is it 5 years for Alateen Safety Requirements?
 - That was a direction from WSO to revise our requirements and they requested at a minimum to review the requirements every five years. So we are at the minimum and it has to approve by an attorney. The Alateen Safety requirements is a contract between the AMAIS and the Oregon Area and because it is a contract is the reason it kicks in the requirement for attorney review.
 - Line 26 Insurance Can we be educated on why we have insurance?
 - The Area has had insurance for a long time. Most facilities that we rent for AWSC and Assemblies require insurance to reduce their liability for us using their facility. The expense use to be about \$800 and in March 2016 it was changed to be available to all Al-Anon groups in Oregon. Now all groups can have liability insurance. All you need to do is send some information to Brenda G. Oregon Area Insurance Liaison (<u>insurance@OregonAl-Anon.org</u>) and request an Insurance Certificate. This also covert Events and Fundraisers your groups or districts host. The need arose because many meeting locations for Alateen groups required it. About 12 groups that have requested certificates. Once you request a certificate it annually renews.
 - Line 40 Do we need a line for AAPP? Is this just spreading out the Alateen Budget?
 - Line 40 is the AAPP Area Alateen Process Person. The AAPP is involved with Alateen but is not the Alateen coordinator.
 - Line 45 Alateen Projects (These are projects the coordinator develops) & Line 56 Alateen Coordinator Expenses (These are expenses for her to do her job like the training of AMIAS all over Oregon).
 - Discussion took place about how important it is to have Alateens at the Assemblies and how members want more. There was discomfort with the Alateen Projects line have \$0.00 in the budget.
 - Workshops in Districts should be covered by the hosting district. AMIAS trainings should be covered by the Area.

- All in All the discussion was very clear that the attendees would like to make sure we are doing for the Alateens and young members as much as we can to continue to spread the recovery and get them involved in service.
- This is the Area Budget, if we want to add money at the local area to help our Alateens attend assemblies it is our District Autonomy to do so.
- Assembly Workshop Expenses are covered under Line 44 Assembly Workshops.
- Discussion took place about the Area covering expenses for Alateen GR's to attend the Assembly
 - GR's are GR's whether they are representing Alateen Groups of Al-Anon Groups. The area doesn't cover expenses for GR's to attend an assembly, their groups need to be self-supporting or they can go to their districts. The Area can cover mileage if the group or district can't cover that expense.
 - If an Alateen is attending an Assembly as part of a presentation or project then their expenses are covered under the Alateen Projects.
- In August queries were sent out to the coordinators and they requested what they felt for the projects they dreamed of for 2020. At the time of the Budget Preparations the Alateen Coordinator couldn't come up with any plans for any assembly projects nor did they believe they would have any Coordinator Expenses. The Audit Budget made a decision to keep some money in it even though the coordinator could not come up with a plan. If something happens and the coordinator decides she does want to do a project. With approval there is a reserve fund the money could be moved from, the budget could be amended by the GR's or it is up to the GR's right now if you would like to add some money in there as a project.
- Line 53 Since the Website Coordinator position open is that why there is no money in the Website Projects line?
 - These Projects are Assembly Project Cost, the Web Coordinator at that time didn't have any
 projects planned, and the expenses for the web platforms is covered under Line 64 Coordinator
 Expenses. If the New Coordinator decides to do a project there are reserve funds that the
 money can be pulled from.
- Line 73 Contingency Fund Why is it less?
 - Last year we used very little in contingency. Last year most of the contingency from last year was moved to transition fund because of the cost to move our archives which won't happen again this year.
- Line 71 Alateen Sponsor Workshop.
 - This is for the Alateen Coordinator to attend another States Workshop to bring that experience back to Oregon once a panel. The coordinator began in May of 2019 and didn't attend a workshop in 2019.
- Explanation of Action Committees Budget An Action Committee was made up from multiple Coordinators. Therefore the budget was for all the projects the action committee was going to do. Since the dismantle of Action Committees the Audit Budget did their best to split last year's budget for Action Committees between the Coordinators so that we were looking at similar line items.
- o Oregon Area Handbook Section IV-Page 8 explains the Budget Process
- Changes:
 - Increase the Line Item 45 Assembly Expenses Alateen Projects from \$0 to \$150
 - o Increase the Line Item 56 Coordinator Expenses Alateen from \$375 to \$500
 - Questions asked about what the increase money was for. It was explained that the other coordinators don't have to justify why they are requesting money as they are the trusted servants. GR's can decline to accept the increase during the vote.
- Motion to approve the 2020 Budget as presented with the line item increases for Line 45 to \$150 and for line 56 to \$500. Motion by Rick C. GR District 4, Seconded by David District 6.
 - o 53 Yes, 3 No's, 0 Abstains.
 - Minority Opinion Would anyone like to state why they voted no? Hearing that no one is willing to state why they stated no the opportunity was given and the Budget vote passes as motioned.

Audit/Budget Report – Sue B. Audit Budget Chairperson

Oregon Area books were audited for the 2nd and 3rd quarters. Everything was found to be acceptable and as
reported to the Assembly.

Saturday Lunch – Cheré F. WSO Northwest Regional Trustee from Washington shared her personal story

Workshop: Alateen – Mary W. Alateen Coordinator

- We are going to roll back the clock to middle school We will attend an Alateen Meeting. There is a sample meeting format & we will have our Alateens and AMIAS be our Alateen Sponsors. (See Attachment Sample Alateen Meeting Format)
- Read from the June 1969 Forum, From Leonard E. From Gary Indiana.
- Feed back after the workshop
 - Could see how the weight of a meeting was all taken off with the Highs and Lows. Will be taking the highs and lows back to my group its one everyone can answer but it is open ended.
 - Difficulties with Alateen there is a turnover Profound thing that ever happened to me was thinking about how you would have been as a teen in an Alateen group.
 - Big changes in their life during 12-19 year– This is Healing
 - Being a teenager was hard that is why I have hesitation about becoming an Alateen sponsor.
 - Just an FYI When you sign up to become an AMIAS there is a background check and with that there is an immigrant check
 - Felt like I was being too polite for being in High school Letting people speak not interrupting.
 - The time to meet for a high schooler is not always what an adult can do. Like the middle of the day.
 - I am smiling a lot today about all the Alateen part Thank you for keep coming back.
 - o Felt the script was real wordy for short term start
 - There is a process to get Alateen groups into schools.
 - Young people involved Carry the message, pray that they know the program is there.
 - Eye Opener, it opened my perception since we can't go into a meeting without being an AMIAS.
 - Bring up childhood. If you're afraid your child hood will go up then maybe you want to try it.
 - Groups take a group conscience to allow younger kids as young as 10. Maturity level can be a basis but it is Group Autonomy.
 - In our area we accept teens between 9-13 if they can sit for 4 meetings then they could stay.
 - Started a new meeting in the school and during a school. The councilor said they have to be in the meeting, we explained they can't unless they are in program and an AMIAS. So the principle got the church next door to have the meeting.
 - A meeting in a school where the students are getting credit while coming to the meeting. It's a once a week meeting. First period, Next week second period and then they would have to be excused. To have them in meetings then you have to have people who don't work at the same time. There is information and they can ask a counselor at the school.
 - How do you safeguard the child's anonymity, read whom you see here, what you hear here, Let it stay here.
- If you want the format you can E-mail: <u>alateen@oregonal-anon.org</u>
- There is a training for AMIAS in Eugene, you should have a flyer in your mailbox. (See Attachment AMIAS Training)

Regional Trustee Workshop – Cheré F. WSO Northwest Regional Trustee from Washington

- All questions fall into our legacies Our Steps, Traditions or Concepts.
 - Do you know what a Legacy is? A gift handed down from the past for almost 70 years. Year after Year the gift that just keeps giving.
 - Do you all know what our Legacies are? We have three. They can be found on page 14 (Version 1) of the Groups at Work section of the Service Manual. Steps, Traditions & Concepts

- They each have a specific purpose stated there and the notation is that they are guides that point the way to a normal, useful life for us as individuals but also a framework for our groups to work in harmony.
- Suggested Books for studying the Legacies
 - Paths to Recovery book and workbook (B-24)
 - Reaching for Personal Freedom (P-92)
 - Al-Anon/Alateen Service Manual (P-24/27)
 - The Concepts Al-Anon's Best Kept Secret (P-57)
- Our Al-Anon logo has three sides, sometimes referred to as a 3-leged stool
 - Steps = Recover, Traditions = Unity and Concepts = Service
 - 3 legs to the Stool need all three to make it sturdy. Equally need to work my steps, traditions, and concepts. If I am only doing one I will be unbalanced. Goal is awareness with all three sides.
- Today, we're talking about our legacies as the roots of a tree rather than the legs of a stool.
 - When we look at trees, and we certainly have some beautiful ones here, we marvel at their height, their breadth, the canopy, the shade they provide, the birds that they house. We don't always think about the underground root system that is providing nourishment, strength, holding them sturdily in the ground or the way they serve in nature. This definition is beautifully apt for what the Legacies do for us and for our program.
 - Each of the 36 Legacies give us the guidance we need to regain our lives and ultimately find freedom from the painful, confusing effects of alcoholism, the new ways that we find to forge healthy relationships with one another and ultimately gives us a way to serve one another and reach out to those who need to find comfort and hope from life with alcoholism.
- Steps The words from the steps that will change our lives:
 - Powerless, Believe, Care of God, Shortcomings, Sanity, Amends, Inventory, Spiritual Awakening, Acceptance, Prayer & Meditation, Willing, Practice
 - How are those Steps going to get my loved one to stop drinking? That was the whole reason I was here right?! But eventually I began to recognize that the words and the spiritual principles in the Steps were going to change my life when I started to work them.
 - o Steps Simplified
 - 1-3 Giving Up
 - 4-6 Owning Up
 - 7-9 Making Up
 - 10-12 Growing Up
 - My sponsor showed me that by applying the principles in the Step in my daily life, I uncover, discover and recover.
 - o Sharing about the Steps Met in Groups
 - What changes in your life have occurred as a result of applying the Steps?
 - What Step has been your greatest challenge? What was the reward?
 - How do you practice the "We" implied in the Steps?
 - What gifts have you received as a result of actively applying Step 12?
 - How do you make the last three "Growing" Steps part of your daily routine?
- Traditions Building healthy relationships, Harmony & Unity in group affairs, carrying the message of hope to others.
 - Introduction to the Traditions in Groups at Work. The Traditions "bind" us together in Unity and recommend our "attitudes" about various topics. It is such a powerful idea that we have the principles that help us to know what to do. The last line says, "Although they are only suggestions, Al-Anon's unity and perhaps its survival are dependent on adherence to these principles. Just like the roots of a tree – if they are cut off, the tree with die.
 - o Obedience to the Unenforceable

- Our cofounder, Lois W., first applied the term "obedience to the unenforceable" to the Traditions in 1966, when she included in a new chapter added to *The Al-Anon Family Groups*, which by this time had been given a new title: *Living with an Alcoholic*.
 - There she wrote: "Al-Anon ... holds together by means of a loving understanding among its members. Al-Anon is united ... by its members' willingness to be obedient to the unenforceable. ... Willingly they apply the Twelve Traditions to the affairs of the groups. Nobody compels them. They are learning to overcome self-will, false pride, resentment and self-pity by recognizing that principles are more important than personalities and by accepting a program on which they know they can depend for help." (*The Al-Anon Family Groups—Classic Edition* (B-5), pages 166-167)
- Lois W.: "Al-Anon...holds together by means of a loving understanding among its members. Al-Anon is united – without organization, without management, without a chain of command or a set of rules – by its members' willingness to be obedient to the unenforceable."
 - This quote from Lois W. speaks to our common desire to be unified and it addresses the spiritual promise we make to ourselves and to one another to learn and follow the guides that will keep us strong and in unity. If we insist on following our own paths and our own desires, we cut ourselves off from the protection and wisdom that is present when we are out in a field by ourselves because WE know better.
- Service There is no rule book to how to do the service. It is not very specific there may be gray
 areas. Do we have trust in the people in service Presume goodwill? No position under or over
 anyone else We are all equals We all have rolls.
 - If you know better you do better. That is our responsibility You are in leadership.
- Dilution of the Program: Pg. 131 in the Service Manual
 - Treatment Lingo The word Qualifier It is not in our Service Manual. By saying you have a qualifier, says someone must be sick for you to get here. We qualify ourselves. The word pushes blame on someone else's disease, it is not an Al-Anon word.
 - Outside Literature We use only conference approved literature (CAL). In the beginning all they had was the big book, but now we have tons of literature and it comes from the member's perspective.
 - Safety in Meetings There was a Safety in Meetings.pdf document distributed earlier this year. Is there disruptive behavior or do you not feel safe. It is important to feel safe in meetings. How do we enforce the unenforceable it takes us the members.
 - Inclusion of Drugs Vali's letter specifically talks about it. It doesn't matter what brought them into the meeting. We are not shying away from the words. We are not changing our primary purpose. We are not going to change our literature. The March Forum and June Forum both had articles including drugs. We want Al-Anon to Stay Al-Anon. 35% come because something else brought them- 78% figure out that they were affected by Alcohol.
- Words that stand out from the Traditions:
 - Trust, Group Conscience, Unity, Respect, Consistency, Compassion, Cooperation, Principles above Personalities, Self-Support, Attitudes, Responsibility, Anonymity, Accountability
- Sharing about the Traditions Met in Groups
 - What changes in my attitudes have I experienced as a result of applying the principles in the Traditions?
 - Which Traditions apply to "Obedience to the Unenforceable"?
 - How has applying the Traditions helped with my issues of Trust and Respect?
 - How do I practice principles above personalities?
 - How have the Traditions helped me with control?
- Concepts

- Apply to the service structure, Aimed at helping service work be carried out with the minimum amount of friction, Promote fair and balanced relationships among service workers to their work and to one another, and they also apply to home and work!
- The Concepts seem complicated but as we work in service to others especially at the Area and World Service Levels, they provide a way to work together in harmony which as you know if you have been in service is not always easy. We all have different perspectives and ideas and sometimes get into someone else's business – just like tree roots sometimes get tangled and blocked and need to be shaken loose to thrive. Some people find that applying them to their personal lives helps them understand how they apply in service. For me, it was the other way around. Once I used them in service, I could apply them everywhere – most frequently at work.
- Great summary of the concepts in Discovering Choices Applying the concepts in our daily lives. Back of Personal Share Gives great examples about the concepts.
- o 5 General warranties Contain the spiritual foundation
- Words and principles that reinforce the Concepts:
 - Leadership, Participation, Accountability, Rights, Balance, Delegated Authority, Ultimate Responsibility, Balance, Democracy, Spirituality, Double-headed Management, Prudence
- o Questions to consider about the Concepts
 - How has your active participation in service helped you grow?
 - What differences have you found between Leadership and Management?
 - How have the Concepts helped you speak out even when you were scared to share your opinion? (Concept 5-Minority Opinion)
 - How have you encouraged others to be responsible?
 - Concept Nine encourages good personal leadership. What does that look like?
- Additional Notes: I am a conference member. We are not in authority. You guys run the show. We are always be democratic in thought and action.

Concept 5 – The minority Opinion. It may be different. It does not make anyone any less valid. Your voice is important.

- Read Bill W's leadership Essay in the Service Manual.
- Service Sponsorship. Learning there was someone else that knew how to do my job. Others help me so that I can learn how to do my job. I couldn't do my recovery without a service sponsor or sponsor.

Forum Sharing/Drawing – Emma W. Forum Coordinator (See Attachment – Forum Coordinators Report)

- Does anyone know that their group does not have a forum subscription currently?
 - Several hands went up and the Coordinator decided instead of drawing names this time, the group subscriptions would go to those groups. These groups will now have a year's subscription to our Forum Magazine.
 - Serenity Seekers Prineville
 - Monday Forum Fairview
 - Wednesday Noon Discussion Group Eugene
 - Monday Brown Baggers Salem
 - Tuesday Brown Baggers Roseburg
 - Gresham New Hearts Gresham
- Forum Sales Report are on a Display Board in the Hall along with old Forums.
- Did you know there is a Members Blog on the WSO website? Some of the blog is put into the Forum magazines.
 https://al-anon.org/for-members/members-resources/member-blog/
- No Forum Sharing

Literature Book Mark Challenge Drawing – Jami J. Literature Coordinator

- Each Entry will receive a piece of Conference Approved Literature (CAL), the winning Group will receive a Basket of CAL.
- 14 Groups Participated in 5 Districts

- Serenity By the Sea, District 2 (3 Entries)
- Keep it Simple, District 2 (3 Entries)
- H.U.G.S., District 17 (6 Entries)
- Turnaround, District 1 (1 Entry)
- The Three Legacies, District 6 (2 Entries)
- Sunday Night Winners, District 17 (5 Entries)
- It's About Me, District 7 (4 Entries)
- Monday Night Miracles, District 17 (3 Entries)
- Mt. Pleasant, District 17 (1 Entry)
- Set Free, District 17 (3 Entries)
- Paths to Recovery, District 17 (3 Entries)
- Families in Serenity, District 17 (3 Entries)
- Happy Hour, District 2 (3 Entries)
- Progress Not Perfection, District 17, (2 Entries)
- Winner of the Basket Drawing H.U.G.S.
- There were no Spanish Entrees so the Spanish Basket of CAL will be given away in the March Assembly.

Book Report – Jami J. Literature Coordinator

- No Book Report for November
- Would like to have 2 book reports for March. If you are interested in giving one contact Jami at <u>literature@oregonal-anon.org</u>

Cooperating with the Professional Community (CPC) – Joan F. CPC (See Attachment – CPC report)

State Speakers Meeting - Emily C. 2019 SSM Spokesperson, District 6

- We have the final donation from this year's state speaker meeting. The speaker for this year's SSM was unable to attend the event due to health issues. We did have insurance on his plane ticket. However, both the speaker and his wife passed away prior to the refund reaching our account. The insurance company will not talk to the SSM committee because of privacy concerns, so we are unsure where things are in the claim process. Multiple attempts at contact were made, and at this time it has been turned over to God. Therefore our final donation amounts to less than expected, but it is still a lovely \$738.98.
- Keep in mind this is a final donation not the entire SSM donation.

Alateen Safety Requirements – Kathy K. AAPP (See Attachment – Section VIII AWSC updates) (See Attachment – Safety & Behavioral Requirements)

- The Safety and Behavioral Requirements have been reviewed by an Attorney and by WSO. Section 8 of the Oregon Area Handbook was accepted at AWSC. Reminder that the OAH is a dynamic document that is constantly going through changes. AWSC is the keeper and amender of the OAH. Sunday there will be a question and answer about the documents that were passed out.
- Mary Lynn J. Alt Delegate, Joanne C. Group Records and Kathy K. AAPP were the Task Force to go through multiple hoops from WSO and the Attorney to get the Requirements approved.
- Questions:
 - About the required Training that had to take place given by the Alateen Coordinator followed by a probationary period with a long time AMIAS. At AWSC there was a Statement that is how it has always been. Talking with long time members, that is not the case.
 - That was the practice in the Portland Metro Area.
 - What are the plans for the training, logistics do not make that an option in some areas. What are the plans to make it available, are the new AMIAS supposed to wait until they are trained to be able to partake in a meeting.
 - There is nothing that says the AMIAS has to do the training prior to going through the probationary period with another Sponsor. They can be done when time allows but it is

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recommended prior to an AMIAS sponsoring a meeting on their own that they have the training. Safeguarding Al-Anon – This was put into writing based on experience from AMIAS. It is in the Section 8 of the handbook. Suggestions and recommendations. We will have districts that this will not be as easy. You can go to Alateen meetings with a seasoned AMIAS before the training.

- Had a hard time getting approval from WSO They wanted proof that we were certifying and training our AMIAS.
- Will there be on-line training This has been asked several times by several members The remoteness of several places in our state make this very important. The Alateen Coordinator in Washington has online training. Our Alateen Coordinator is looking for resources and ideas to solve the issue of remoteness.
- District 5 1 Alateen meeting in Prineville. Though plan to have all AMIAS go through the training so that there is a base line.
- Brenda AMIAS Going to the meetings with no formal training was frustrating so we have a sponsors meeting for the AMIAS – We talk about our groups. That is the AIS office in Portland at 10 am on the Second Saturday of the month. There is not a meeting in December.
- Steven We loosely use the term Alateen Sponsor. Alateen Group Sponsor. AMIAS. It is very important to have a certain amount of hands on training to have support as a group sponsor before you take on a group yourself. It is recommended to have 6 months of meetings with a seasoned AMIAS.
- You can change the handbook. Take the concern to your DR and they will bring to the AWSC. This is a dynamic document and can be changed but for now it was approved and will go into the handbook as stated.

OSYPAA Report - Reggie W. DR 7 & Veronica P. OSYPAA Al-Anon Liaison Co-Chair

- OSYPAA Oregon State Young People in AA event that we did in conjunction with AA.
- Reggie's Report (See Attachment OSYPAA Report Reggie)
- Veronica's Report (See Attachment OSYPAA Report Veronica)

Young at Heart Discussion - Reggie W. DR 7 & Veronica P. (See Attachment - YHA PowerPoint)

- Reggie At the June AWSC, Veronica announced that the OSYPAA was going to be in Medford in 2019. I felt I had been complacent in my personal recovery. Being an AMIAS and going to a YPAA event with this young population was growth. These young people are the future in Al-Anon. I became Co-Liaison for the YPAA to our area. I was welcomed at the committee meeting, there were several fundraising Events for the YPAA and we were welcomed every time.
- Definitions:
 - YHA Young at Heart in Al-Anon
 - OSYPAA Oregon State Young People in AA
 - o ICYPAA International Conference of Young People in AA
 - YPAA Young People in AA
- YPAA began in the 1940's In support of young people in AA. There is no Alateen on the AA side– They have AA or YPAA not Alateen. If you are a 13 year old Alcoholic you go to AA. So YPAA was created for this younger population. Generational history Circled back.
- YHA Young at Heart in Al-Anon Here they share our life experiences at a younger level. Many don't have kids
 or families yet, Topics discuss situations at College, risky sexual behavior, healing from sexual trauma. Young
 people are looking for a resource. Be it they are affected by another's alcohol use and a new parent, lots of
 emotions, maybe no kids.
- How do you expect Young People (After Alateen) to navigate the effects of the disease of alcoholism when our service infrastructure doesn't have resources that we can offer that speaks directly to their experience?

Google Groups Demonstration – Dawn B. Public Information

- Since the Oregon Area has eliminated Action Committees, there is a need for Coordinators to get input and feedback from members. To fill this void, I have set up a Google Group for Public Outreach. I am not the Google groups Guru But I had a problem and looked for a solution.
 - This is a place to communicate and share information. Share and inspire by invitation only. There is currently 22 members. If you have an interest in being a part of this group e-mail <u>publicinfo@Oregonal-Anon.org</u>
- Google Groups is a free web forum that is used for people to interact with one another. It allows for collaboration and discussion amongst the group members. Members can start a discussion, post pictures and documents.
 - Demonstrated a few things that are in the Public Information Google Groups.
 - You can join without a Gmail account. If you want to get the most out of using the Google Groups then you probably want a google account. You can still read and join in discussion with out one though.
 - If you want to share the information with someone that is not a member you would have to download the file to your computer and share it via e-mail or other method.
 - When someone adds something an e-mail is automatically sent to all the Google Group members. If you're interested in the subject you click on it, if you're not you ignore it.
 - If you're a group owner, or if you have permission to manage members, then you can add people to your group in three ways:
 - Invite someone via email
 - Directly add someone without getting their approval
 - Approve people who apply to join
- Comments The Portland PDX Sponsors (AMIAS) have a Google Group that they use to send information and messages to AMIAS all over Oregon.

Public Outreach Sharing - Dawn B. Public Information Coordinator (PIC)

- Requested to have 30 minutes for members to come up and share what your Districts, Groups or individually you are doing as Public Outreach. Come inspire us with what you or your groups are doing as public outreach.
 - Oregon Area Dawn B Public Information Coordinator
 - Has Al-Anon questionnaire at 11 different rest stops. On the I-5 corridor.
 - o District 4 Jeanne Public Outreach Person District 4
 - My Group hands out the Help and Hope Al-Anon Faces Alcoholism (AFA's) with meeting list
 - I attend a clinic every week and there is an insurance agent next door. I take 4-6 AFA's a week.
 - A Group keeps the Salem Library supplied with CAL.
 - At a Beauty Shop and I overheard a conversation counting the days of another's sobriety. I asked if they wanted an AFA that I carry in the back of my car.
 - Took some literature to a local psychologist and they accepted it but said they would not display because it talked about God. Tried to share the HP concept but left it at that. A year later that same psychologist asked me if he could have more literature.
 - In Process
 - Salem Heath services has a program, Salem ROCC, Project Able, I keep the literature in my car so it is always available.
 - I want to be as well-known as AA
 - o District 7 Bunny
 - District 7 has a strong public outreach plan.
 - Started a mailing to professionals in 1998 and keep it up mailing 3 times a year. Over 320 were
 mailed out this mailing.
 - Created a Footprint project. Take AFA's and tear off posters with meeting list to community
 places and then place a flag on a map of Jackson and Josephine Counties.
 - Attend Heath Fairs

- Place Al-Anon Books in 21 libraries in Jackson and Josephine County. Plan to add more this year, created a hand out listing all the books in the library system for newcomers and old timers in a meeting.
- Give Presentations at treatment centers
- Have a budget for literature for Alateen packets supplied by the Literature Depot.
- Had a display at the Medford Library.
- o District 6 Joanne Public Outreach Coordinator District 6
 - Need to Get Al-Anon Out there.
 - Alateen Sponsorship Workshop in Eugene.
 - Flyers Being Posted with Tear-offs.
 - Display cases that have business cards with a 24 hour answering serve phone number on them and AFA's at about 17 locations. Have a process to maintain and keep them filled.
 - Looking to place up a Street Banner in Springfield (This is the banner that goes over the street from light pole to light pole).
 - Create a Professional Package to give to doctors and what not.
 - Attend Health Fairs with lots of nurses.
 - Place books in hospital meeting rooms.
 - Have Speakers at the treatment centers.
- District 13 Kristy Public Outreach District 13 -
 - Flyer with a pocket to place meeting schedules. Place them in Laundromats.
 - Membership Increased by an average of 5 on each group after making the flyer.
 - Doing Public outreach with the Local AA.
 - Having people to speak and now AA is participating in Al-Anon.
 - Talking about the Google groups sharing's at the District meeting. We will pick some of the other things to complement the pocket flyer with.
- District 10 Bonnie
 - Our public outreach person stepped down. We decided we could do it amongst the GR's. We took both Spanish and English AFA's too impatient and outpatient treatment Centers. Placed a label that gives out local AIS contact information.
 - Someone recently brought up that Libraries throw out the book if they are not checked out.
 Suggestion was walk in check them out and place in the return bucket on your way out.
- o **Deanna**
 - In researching a fundraiser location, came across a facility that hasn't had an Al-Anon meeting in attendance in a long time yet they had a full display shelve of messy Al-Anon pamphlets that is in a room that is used for lots of miscellaneous activities.
- o Dawn B.
 - Took a How Al-Anon Works book to the local Emergency room and with permission left it. She wrote Property of the Hospital in it.
 - A member was in a hospital emergency room the other day and said that there was someone that picked up the How Al-Anon Works book and they were discussing it in the room.
 - Place tear offs at your local grocery store, prime them by tearing one of.
 - Call a radio station Ask them if they get the Al-Anon Public Outreach Announcement. If they say no you can ask if they would like it. Then you go to the WSO website and fil out some information and get them the PSA. (It may have been stated if you want to talk about Sex, hearing a radio announcement that you were part of is Orgasmic.)
- o Meredth DR 5
 - We were number 1 in the area for having the PSA's played. The PSA's are followed with Thank yous.
 - Talking with someone about Al-Anon and they said did you know you can get free advertising in our magazine.

- A local Weather man walked into where I was, I thanked him for playing the PSA's. He gave me his card so that we could do more.
- o David GR District 6
 - Hard time with PSA's and Promotion vs Attraction. Then I received an Al-Anon Rush. I heard that
 a sports talk radio station was playing our PSA's. I don't listen to Sports Talk but I listen to that
 station all the time now. You didn't promote it you just offered it.
- Are you inspired?

Workshop Topics for Next Year – Dawn K. Chairperson

- o GR's were requested to write down Workshop topics for next year and send them to Dawn.
 - Group Service Positions; Facilitating Conversations; Concepts; Group Inventory; Service Sponsorship; Personal Sponsorship; Loving Interchange to resolve Conflict; Diversity – Facing our Biases; Concepts 3,5,& 9; What is minority Opinion; Alateens, Adult Children, YHA; AMIAS Training.

Website Coordinator – Open Position

- o Julie G. District 10 GR for North Plains Tuesday Night Stood and read her Trusted Servant Profile
 - o Discussion and Questions
 - Would you be willing to assist other district to decide if having their own website makes sense or not. Would you be willing to go to district and help them set-up a website.
 - That can be considered
 - Are you a MAC or a PC user?
 - MAC but I can use a portal to run windows
 - The area is in the midst of developing a new website. This is something you would be taking on.
 - Would you have time to do this position?
 - This is part of my career. I have to continue to learn new software and keep up on things outside of work. To keep my skills up to date.
 - I am going to be learning the skills either way, the question is do you want me to do it for Al-Anon?
 - No others stood for the position
 - Explained Oregon Area Procedure of choice to leave the room or stay. Stayed
 - Discussion took place
 - Vote for Julie G to be the new Webmaster
 - Voted 53 Yes, No No's, 2 abstain

November 2020 Assembly Bid:

- Steven Y. DR 10 District 10 would be willing to host the 2020 Assembly. District 10 encompasses area from Lake Oswego to Hillsboro.
 - Vote for District 10 to Host the 2020 November Assembly No No's, No Abstentions

SSM 2021 Bid:

- Steven Y. DR 10 District 10 would love to host a SSM The hope is it would be a Tri-County SSM and draw
 interest from the whole community.
 - Lydia S. DR 11 District 11 would accept the challenge.
 - Group Consensus Would we like to have District 10 and Friends host the 2021 State Speakers Meeting.
 - No Abstention, No No's

Ask-It-Basket Questions:

- How many people understood the reading of the 12 Traditions? What was the purpose of reading it in another language without also reading it in English?
 - Dawn K. Chairperson It was a personal choice based off the WSO Theme of Yes Qui Si; Concept 9. In that multiple languages are recognized in our program. I felt by including the reading in Spanish it would

bring a little culture into our event. I assumed most of us know the Traditions in English and this would exposed to a different culture and different language.

- Member Comment I enjoyed the reading of the Traditions in another language. It put me in someone else's shoes. Often there are minorities in our meetings and the reading reminded us that we are a World Wide Organization. It showed me tolerance and acceptance. I had my book open during the reading so I could follow along in English and knew exactly what was being read.
- o Do you think that 9 years as a Group Representative is too long?
 - Terms of a GR One Panel is 3 years. Trustees can serve 2 terms. For GR's it is group Autonomy. In consecutive, 9 years is a long time. Some GR's may attend different meetings and may be serving as a GR for a different group than they did the previous panel. We need to give what we get. If you are a GR you just need to stand as a coordinator and you can keep coming to Assemblies. Service Manual Pages 61, 138-139, 141-142 and 168. Keep in mind Rotation of Leadership.
- Two groups contribute to Alateen quarterly. One of the groups wants to see a Treasurers report so they know how the money is spent. In this case is it appropriate to do so. They see themselves as just another group.
 - Yes you can ask for it if you are interested and want to know. Page 37 paragraph 4 states Financial Support may be provided by Al-Anon until they can meet their own expenses.
- I would like to hear Cheré's opinion on the topic of accepting of a group consensus over voting. Ie: not voting on last month's minutes but having a consensus instead.
 - On accepting a consensus I don't have an opinion at the Board Level on that.
 - When attending a board of trustees meeting We Round table in a conference meeting We talk from 8-7pm, KBDM, Planning, talking. The Chairperson - Gayle – will have a Thought force give a report and then she asks where should we go from here. Many times we will see she will ask where do you guys want to go from here. There is not always a formal vote. That was a consensus. See a lot of heads shaking or nodding or read faces a lot. The Chairs job is to run the agenda of the business of Al-Anon and read the crowd and keep the meeting going.
 - We are required to vote on any motions at the board level we have to vote even if we abstain.
 Minutes... Vote on Minutes, Motions Vote on, Proposing anything with finances or legal part... The chair will ask for a vote it is much more concrete. 30 minute discussion she would ask can we have a consensus and we can move out of this conversation and then we can move out of this so we can have a vote later on. Delegated authority by the chair.
- Why don't we recognize Past Delegates from other Areas? I think we should.
 - Don't know We have Mary Lynn Past Delegate Louisiana, Cathy C. Past Delegate Northern California – Do we want to talk about it at AWSC.
- It seems there is a dominance issue going on with people who disagree with decisions made by our chairperson and officers (AWSC). I would like to see a 10-15 minute discussion added to our agenda to bring awareness of opinions of those who want to see this resolved without animosity.
 - There was a request for a consensus from the GR's if they wanted to add this to the agenda and the consensus was no.
- o I am concerned about the breach of assembly etiquette card bullets 8 & 9.
 - This is not a government This is a fellowship. These are not rules or have tos, these are guidelines.
 Every Area is autonomous so we created an Oregon Area Handbook. If you have questions, we put it on a card to help. There is so much information that we made the Al-Anon Etiquette card. Talk to your Service Sponsor. Regarding the no applause that was taken from World Service Conference guidelines. If it was said, it was heard and wrote down, it doesn't need to be restated. We want everyone to talk and keep the minority opinion open.
- Regarding the GR input to the Assembly agenda: I very much appreciate this being addressed. My question wasn't so much about the larger topics. It was about how the time is spent if some GR's were given an opportunity to give input to the agenda That would be greatly appreciated, especially in regards to how the GR Break-out time is spent. I think that the motion that GR discussion need to be done as a whole group all at once. The topic can be introduced the way the wonderful topic of group conscience. The topic can be introduced and

the small group discussion for the past 20 minutes. Thank you for listening and all your hard work. It is greatly appreciated. The sharing of ideas/practices from business meetings was great.

- I received a quite troubling Al-Anon Flyer Committee e-mail that notified me ALL Flyers must be submitted to them for approval. This appears to directly conflict with the third "obstacle to Success" at the bottom of page #22 titles "Dominance." Specifically (1) "Direct" (2) "Assume Authority" and (3) "Give Advice." Who made this Decision?
 - In the Oregon Area Handbook under Ongoing Motions on Section 3, Page 5: On February 2013 in Eugene there was a Motion: "I make a motion that the Flyer Committee be three people appointed by the Area Chairperson. They must be past or present members of AWSC. The motion was seconded and passed.
 - Concept 2 Delegation, Concept 3 Right of Decision, Concept 8 Delegates to Committees, Concept 10 Defined Service Authority, Concept 11- Composed of Selected Committees. Warranty 4 Controversy, and Warranty 5 Democratic in thought and action.
- As a new DR a group requested via e-mail that I attend their meeting to help with an issue. Their GR does not attend the district meeting. I cannot go to the meeting because of work and distance. Where do I go for help with this – to the AWSC?
 - Do you have an alternate DR We are into helping each other. Maybe ask people that have been in service longer. Been a coordinator, take a meeting on the road several people on the road it they knew what the issue was they could be better prepared to answer.

Open Discussion/GR Sharing what they plan to take back from the Assembly:

- What will you take back to your groups?
 - 50 years of Sesame Street's addictive qualities of love letters and words. Carlie 6.5 years old child in foster care because of substance abuse. It took 50 years to realize that there are pre Alateens. For society to recognize that there is a need for this.
 - o Learned about the Members Al-Anon Blog;
 - Service Manual being over hauled with all language. Spanish and French will be sent to groups.
 - Qualifier not an Al-Anon work.
 - Alateens on Facebook.
 - Young people in Al-Anon. Transition from Alateens to Al-Anon; Issues that are current for them.
 - Request a Breath and 2 minutes of stretching.
 - Thankful for Al-Anon of the today. In all three languages. Graciously shared in all three languages.
 - Group Representative Session. Person staying with the topic.
 - It is up to each group to decide what level of group autonomy is needed.
 - Google Groups. Members Blog. Lot of information there. Lot about AA. Encouraged our district to have an AA Liaison. We do events with them. Respect how Oregon works with AA and know change takes Time.

Upcoming Events:

- February AWSC February 15, 2020 District 16
 - o Location: At a Catholic Church in Albany, hope for a flyer soon
- March Assembly March 21-22, 2020 District 1
 - o Broadway Middle School, Cafeteria 1120 Broadway, Seaside, OR 97138
 - Bring Seat Cushions they will be middle school seats.
 - Lunch is on your own.
 - Friday Sharing Meeting Broadway Middle School at 7pm
- July Assembly July 17, 18, & 19, 2020 District 5
 - o Howard Hall at The Hub 1053 NW Madras Hwy, Prineville, OR 97754
 - Friday Sharing Meeting Howard Hall at The Hub at 7pm

Closed with Al-Anon Declaration

Respectfully submitted,

Deanna M. Panel 59 Oregon Area Secretary

REPORTS: (See Attachment – *November2019MinuteAttachments*)