

Secretary Greeting & Reminders – Deanna M., Secretary

The following is a compilation of the reports that were intended to be reported at the March 2020 Oregon Area Al-Anon Assembly being held in Seaside Oregon. Due to a worldwide health risk pandemic the Oregon AWSC (Area World Service Committee) members took a group conscience via e-mail and chose to cancel the March Assembly. In an effort to still carry the message all members that were planning on presenting a report at the March Assembly per the Oregon Area Al-Anon Handbook guidelines were asked to submit their report via e-mail and the secretary would compile the information for disbursement.

AWSC (Area World Service Committee) update – Dawn K., Chairperson

- The event liaison position was made a permanent position with the position description remaining the same.
- The voting procedures taskforce is recommending changes to our voting procedure. They are still working on those changes and will report more at the next AWSC.
- There was discussion about the meaning of the travel reimbursement language in the Oregon Area Handbook, as it applies to reviewing requests over the \$150 limit for hotel and food. The audit-budget committee will meet and put together some historical data and the discussion will continue at the next AWSC.
- Voted to approve the revised flyer guidelines that were presented at the October AWSC (there was no official motion to accept the guidelines).
- Taskforce was established to develop a procedure for listing and delisting meetings.
- The video conferencing/translation taskforce reported on the costs for video conferencing services. Decided to have a trial during the March assembly. More cost information is needed before we decide on the translation equipment.
- Taskforce established to write down the process for making changes to the Oregon Area Handbook.
- Taskforce was established to come up with Area procedures for nominating candidates for Regional Trustee position.
- Discussed adding a YHA liaison position for the Area. Voted to not establish this position at this time.

Treasurer's Report – Barb B., Treasurer

		Jan 1 - Mar 20, 20	Budget	\$ Over Budget
1	Income			
2	Revenue			
3	Group Contributions	5,260.15	18,000.00	-12,739.85
4	Assembly Registrations	0.00	2,000.00	-2,000.00
5	State Speaker Meeting	240.00	0.00	240.00
6	Cash Carried Forward	21,039.57	20,000.00	1,039.57
7	Total Revenue	26,539.72	40,000.00	-13,460.28
8	Total Income	26,539.72	40,000.00	-13,460.28
9	Expense			
10	Delegate Fund			
11	WSO ETF	1,953.00	1,289.00	664.00
12	Extra Day	0.00	200.00	-200.00
13	Delegate Meeting	990.63	800.00	190.63
14	Delegate Travel	75.20	1,000.00	-924.80
15	Delegate Miscellaneous	1.64	500.00	-498.36
16	Total Delegate Fund	3,020.47	3,789.00	-768.53
17	Working Fund Expense			
18	Archive Rent	780.00	780.00	0.00
19	Area Travel Fund	200.75	2,500.00	-2,299.25
20	Communicator	0.00	200.00	-200.00
21	Assembly/AWSC Rent	550.00	3,426.00	-2,876.00
22	Insurance	0.00	1,670.00	-1,670.00
23	Total Working Fund Expense	1,530.75	8,576.00	-7,045.25
24	Assembly Allowance/Meal/Lodging			
25	Officers	279.49	2,700.00	-2,420.51
26	Audit/Budget	77.07	1,080.00	-1,002.93
27	Coordinators	584.44	3,600.00	-3,015.56
28	Past Delegates	133.97	1,080.00	-946.03
29	Total Assembly Allowance/Meal/Lodging	1,074.97	8,460.00	-7,385.03
30	Officers Expenses			
31	Alternate Delegate	35.00	50.00	-15.00
32	Chairperson	0.00	50.00	-50.00
33	Secretary	0.00	50.00	-50.00
34	Treasurer	50.51	150.00	-99.49
35	AAPP Expenses	14.70	150.00	-135.30
36	Total Officers Expenses	100.21	450.00	-349.79

Treasurer's Report Continued

37	Assembly Expenses			
38	Assembly Workshops	0.00	900.00	-900.00
39	2042 · Alateen Projects	0.00	150.00	-150.00
40	2044 · CPC Projects	0.00	1,000.00	-1,000.00
41	2045 · Forum Projects	0.00	200.00	-200.00
42	2047 · Literature Projects	0.00	300.00	-300.00
43	2048 · PI Projects	602.85	1,000.00	-397.15
44	2049 · Technology Projects	0.00	900.00	-900.00
45	Total Assembly Expenses	602.85	4,450.00	-3,847.15
46	Coordinator and Other Expenses			
47	Alateen Coordinator Expenses	0.00	500.00	-500.00
48	Archives	0.00	100.00	-100.00
49	CPC Coordinator	0.00	100.00	-100.00
50	Forum	0.00	25.00	-25.00
51	Group Records	0.00	25.00	-25.00
52	Literature	0.00	100.00	-100.00
53	Public Information	0.00	50.00	-50.00
54	Technology Coordinator	0.00	25.00	-25.00
55	Website Coordinator	169.39	350.00	-180.61
56	Total Coordinator and Other Expenses	169.39	1,275.00	-1,105.61
57	Northwest Regional Delegate Meeting			
58	Past Delegates	1,031.20	1,000.00	31.20
59	Total Northwest Regional Delegate Meeting	1,031.20	1,000.00	31.20
60	Other Expenses			
61	Alateen Sponsor Workshop	0.00	600.00	-600.00
62	Audit Budget Extra Day + Exp	0.00	200.00	-200.00
63	Contingency Fund	0.00	750.00	-750.00
64	Equipment Supplies	0.00	100.00	-100.00
65	Handbook Update	0.00	50.00	-50.00
66	Transition Fund	0.00	200.00	-200.00
67	WSO Donation	0.00	400.00	-400.00
68	AMIAS Background check fee expenses	81.50	0.00	81.50
69	AMIAS Expense Reimbursement	-81.50	0.00	-81.50
70	Total Other Expenses	0.00	2,300.00	-2,300.00
71	Ample Reserve	0.00	21,161.29	-21,161.29
72	Total Expense	7,529.84	51,461.29	-43,931.45
73	Cash Balance as of 3/20/2020	19,099.85	1,700.00	18,318.85
74	Ample Reserve	8,000.00	8,000.00	0.00
75	Available Cash	11,099.85	-6,300.00	17,399.85

Delegate's Report – Katie W., Delegate

March 22, 2020

My dear Oregon,

What a strange way to start off our first Assembly of 2020. I miss your smiling faces.

My role as Delegate will be different this year as my plans have been rearranged, just like yours no doubt. I will not be attending the Native American Al-Anon Conference because it was cancelled, and the World Service Conference is no longer happening in part, or in person. The one thing I was fortunate enough to participate in was the Northwest Regional Delegate's Meeting in North Dakota – and it was wonderful! I was able to see the NW Delegates in person and whoop it up for a weekend with them. The meeting was at the beginning of March and if it had been scheduled a week later it would have been cancelled along with everything else. Many Delegates did not even have the opportunity to attend RDM because various regions cancelled theirs. I would not trade that fellowship time for anything.

There are just a handful of things I want to cover with this Delegate's Report, especially since it's written and not spoken. I encourage you to read through to the end because there's some exciting stuff in here, and if you let it, it can open your mind up to Al-Anon from a global perspective. We are so much more than our Group meetings. We are a worldwide fellowship with an engine that runs on hope. And we are ONE.

Part One:

I asked Oregon to rank the **Chosen Agenda Items** for Conference in order of greatest importance. There were 25 to choose from, and only 8 could be selected. In order of importance to us, 6 came out on top. 8 came in a clean second. 7 and 1 were tied for third place. 12, 22, 20, and 17 were all tied for fourth place. It seems to me, we're all pretty much on the same page!

I submitted four CAIs from Oregon, and one was rejected. I will include it at the bottom of the CAI list, along with what WSO had to say about the rejection.

6. *How can use of the Links of Service (up and down) be encouraged?*

Transparency, discussion, and substantial unanimity is critical to our strategic goals. The Links of Service (member to GR to DR to AWSC to Delegate to WSO) provide time for experience, strength and hope to be shared. E-mail has empowered members to communicate directly with WSO about issues, which causes a break in the Links of Service. Do we need to "redefine" the Links of Service?

8. *How can Areas ensure that newly registering groups understand the significance of Al-Anon's Traditions and abide by them, improving Al-Anon as a whole?*

Warranty Four reminds us to protect the Al-Anon name. Currently, many meeting lists include groups that violate the Traditions with outside affiliation and stringent sponsorship policies. How can Areas inform all members, and preclude the registration of new meetings that don't warrant the Al-Anon name in the light of the complexities presented by the meeting list policy?

Delegate's Report Continued

7. How is Al-Anon going to reach new members in the 21st century and the millennial generation?

The population age of Al-Anon members are 56-60 years old. If we continue doing the same things in some moments Al-Anon Family Groups will struggle difficult times. So, is important for Al-Anon seeing new ways to reach out the message.

1. How do Areas address welcoming new potential Al-Anon groups?

Groups are the foundation of the Al-Anon fellowship. Areas need to take an active role when a new meeting is attempting to register. It provides an opportunity to visit the group in order to discuss Al-Anon principles and why we adhere to them. Creating the link to service at the time of registration fosters a firm foundation for the group which is vital to the fellowship as a whole.

12. Links of service. Which link is missing and why?

As Delegate, I get inquiries from members, GRs, and even DRs asking questions about items I know I have related at AWSC, Assembly, in emails, and in person. When I question what is the problem, it seems the answer is, "That's just the way it is in Al-Anon." In the past, WSC has only discussed this issue 3 times. Brainstorming ideas and realizing the necessity to exchange information is vital to the Al-Anon program.

22. How can the fellowship expand our members' knowledge and application of the spiritual principles of our program?

Some groups/speakers in my Area have assigned one spiritual Principle to each of the Steps, Traditions and Concepts and promote it as the ONLY Principle for that Legacy. Many of our members have no understanding of what Principles are or how they apply to the Legacies and their personal program of recovery. How do we change that?

20. Attracting Diversity in Our Membership - How can we attract younger members and all genders and ethnicities to Al-Anon, to ensure our growth and future?

The average age, gender, and ethnicity of the Al-Anon membership continues to be a white female who is roughly 60 years old. How can we become attractive to members under that median age? What kind of outreach might we employ to attract men or those who identify elsewhere on the gender spectrum? How can we reach non-white ethnicities with the Al-Anon message of hope? We know that Al-Anon's message is for all people, and our membership should reflect that.

17. Dreaming big that Al-Anon "experience, strength, and hope" be available to everyone. How can we make Conference Approved Literature accessible to all in Canada?

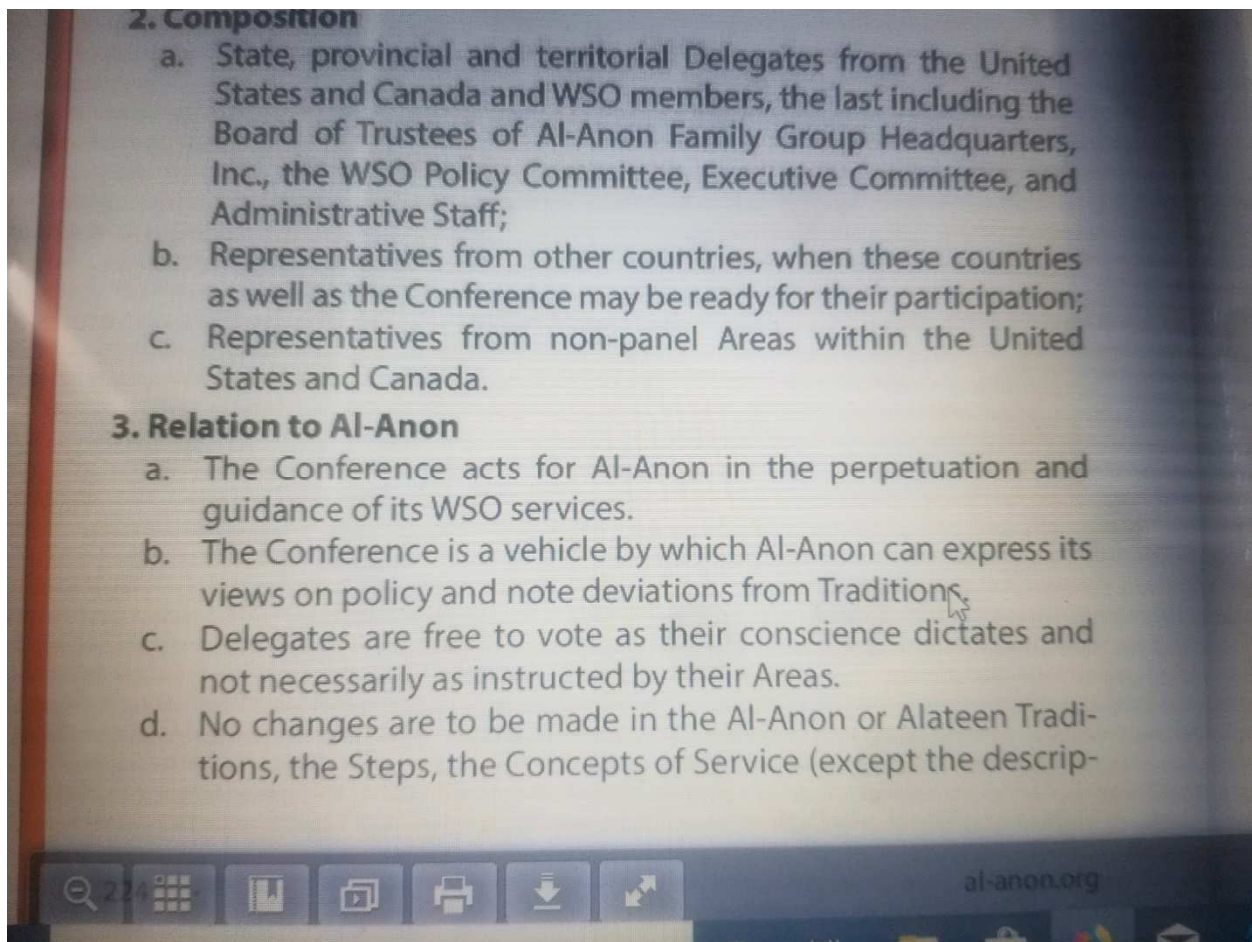
Many in Canada, especially newcomers, aren't able to access Conference Approved Literature (e.g. Paths to Recovery is \$19 in the US; in Canada \$41). It is expensive to produce books; there is a high exchange rate; book sales contribute to Al-Anon revenue, but is there a way CAL can be produced in cheaper soft cover versions (e.g., How Al-Anon Works) so that everyone, regardless of income, has access to the wisdom that has helped us? Or some other way?

Delegate's Report Continued

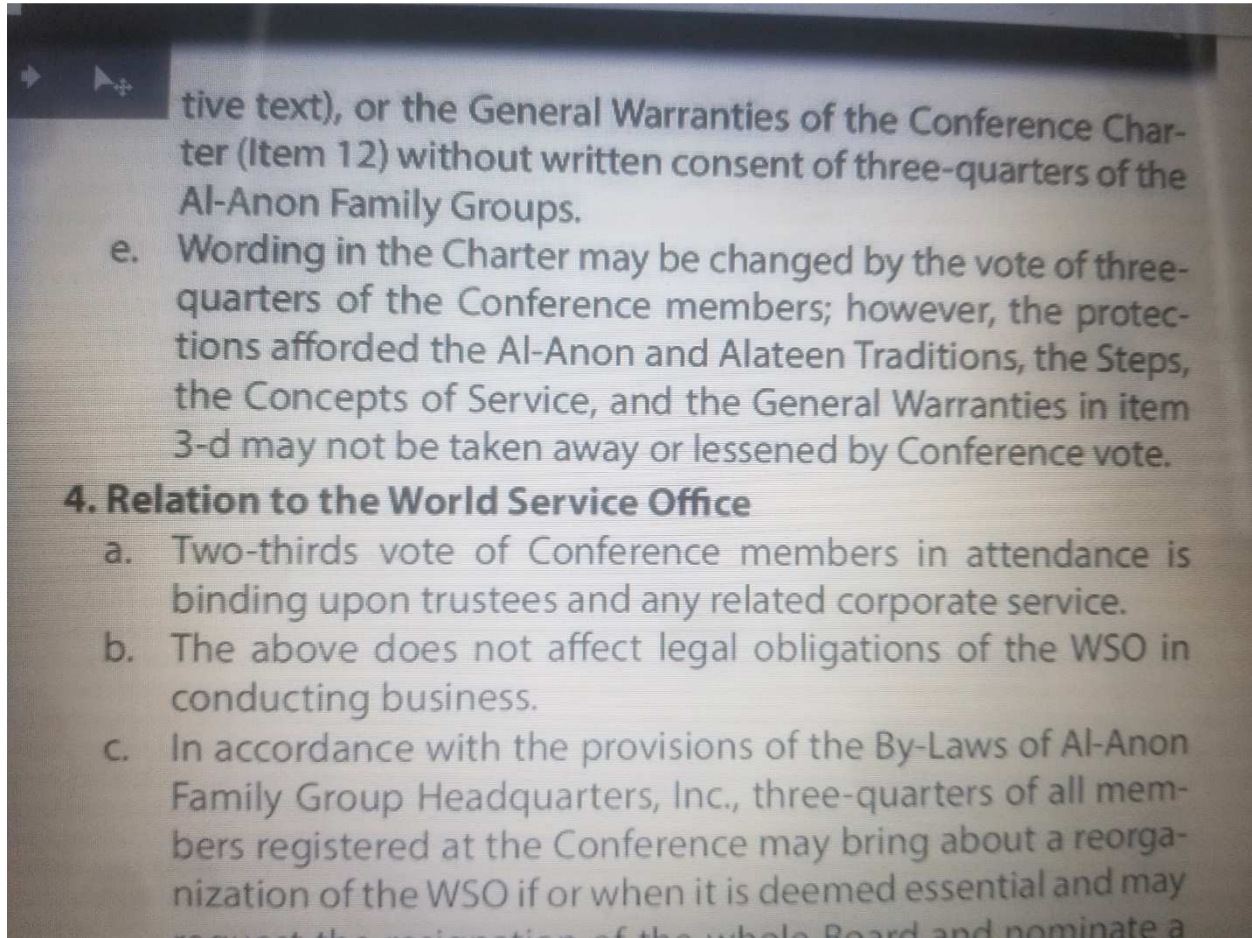
"Following review of the Chosen Agenda Item listed below, the Conference Leadership Team agreed that the section "3.d. Relation to AI-Anon" of the "AI-Anon World Service Conference Charter" on page 224 in the *2018-2021 AI-Anon/Alateen Service Manual* version two (2) (P-24/27) addresses the topic of your CAI, and therefore this CAI will not be included when Conference members vote. (See photos for pgs 224 and 225.)

Making The Twelve Steps and Twelve Traditions Gender Neutral

Many members report that when they first attended an AI-Anon meeting, they were turned off or offended by the wording in the Twelve Steps and Twelve Traditions. Members and potential members are not necessarily religious or have a sense of spirituality, and in some cases they simply have a very different view of a higher power. The Twelve Steps and Twelve Traditions could be made gender neutral to appeal to a much wider audience, and in so doing it is possible that AI-Anon membership would grow.



Delegate's Report Continued



Part Two:

A few words on **YHA** (Young At Heart in Al-Anon) – I shared with the AWSC in February, bits of a conversation I had with the Southern California Delegate, our Trustee Chere, and Sue from the WSO. I reached out to them to learn more about the history of YHA and their overall experience with it, if any. A handful of AWSC members felt it important that I share snippets from that AWSC conversation because there continues to be confusion around YHA.

Southern California Al-Anon funded the first ever YHA Conference in August of 2019. They learned a lot from participation in the planning and oversight of that conference. YHA had been a monicker for a small number of groups in Southern California before that, who identified as young people friendly.

The Delegate let me know that they had a rough time working with YHA and as a result, California South created guidelines and boundaries for future events. It reminded me that Al-Anon and Alateen provide us with the structure we need for help and hope as friends and family members of alcoholics. There will never be a special Al-Anon for any people group, age range, income level, etc. There is simply Al-Anon and Alateen, and they get the job done. We are free to designate meetings how we wish in the hope of making them more attractive to a certain audience, but Al-Anon and Alateen as we know them are for all people – they leave no one out.

Delegate's Report Continued

I would like to encourage our state to continue outreach to younger people – they are the future and they will be here when many of us are no longer around. We also need to continue our outreach to teenagers, middle aged people, seniors, and everyone in between. We can do this easily by using words like young, next generation, teen, 30 something etc. in our meeting titles. A young people's meeting does not have to be YHA. A meeting can use that acronym if the group decides to, but it's by no means required to reach out to a younger demographic. When we offer help and hope, we need no other affiliation than Alateen or Al-Anon.

If you still have questions feel free to contact me.

Part Three:

ELECTRONIC MEETINGS ANNOUNCEMENTS from WSO...

1.

We have some exciting news to share with you. The Electronic Meeting Work Group (EMWG) learned through discussion with electronic meeting CMAs that one of their biggest struggles is not being able to provide newcomers with the traditional Newcomer Kit (K-10). After some discussion we recommended to create an automated email which could be sent to newcomers to welcome them and to avail them of many online resources to aid in them in the early stages of their recovery. This will be going live in the next few days, but we wanted to make you all aware. More information about this new piece will be provided to you as part of Conference.

2.

On behalf of the World Service Office (WSO) we want to thank you for the loving interchange taking place on this community with the practice of Al-Anon principles during this challenging time. We want to share with you that there are numerous websites and apps that are using the Al-Anon name without permission of the WSO and are not in adherence with our policy regarding use of the Al-Anon name online. We ask that when searching for electronic meeting information (i.e. meetings on the phone or online) that you go to the Electronic Meetings page on al-anon.org. We have close to **300 meetings** to choose from!

If Al-Anon members choose to temporarily set up electronic meetings please use this as a guideline:

- The electronic meeting is to be set up at the same time and day as the face-to-face meeting

Delegate's Report Continued

- Once it has been determined to meet electronically, share the information with your Area Group Records Coordinator (AGRC), local Al-Anon Information Service or wherever your meeting information is displayed locally online. This way, newcomers will continue to be able to find meetings within their "community." Many local websites have created lists of meetings that have temporarily closed and are posting the electronic information to replace the meeting, if it has been set up.
- If possible, try to place a sign at the physical meeting location directing newcomers how to access the meeting electronically.

Remember that this is a temporary status. Once groups are able to meet again, please remind members to close the various conference call lines and online platforms. We hope this information is helpful.

Part Four:

Did you read the **Chairman Of The Board letter**? I did! I want to call attention to a few things:

- Discussion was held regarding clarification of the language on the Group Registration Form. Look for the edited language soon!
- A discussion also occurred regarding the need to clarify the Social Media responsibilities in the Policy Digest. It was determined that both a thought force and a task force were needed to identify the exact clarification needed and to address any text revisions in the Policy Digest. Thought and task forces will be created when Policy Committee and Staff resources are available.
- Thank you to all our members for your contributions during 2019, especially a big thank you for your response during December as it was our largest donation month *ever!*
- Road Trip! You and Your Board Connect will be held in *Cleveland, Ohio* on October 31, 2020.
- The Board held an in-depth discussion on what level of training is optimal for Staff representing the legal entity of AFG, Inc. considering the liability and financial risks. The Board agreed the WSO Staff should demonstrate the best possible standard going forward and approved a motion to authorize the WSO to establish an Al-Anon Member Involved in Alateen Service recertification and training program ("WSO AMIAS Program") for all WSO Staff members who may be required to work with teenagers in a capacity representing AFG, Inc., including voting members of the WSC Administrative Staff and WSO Staff whose roles involve guiding Areas within the WSC Structure as relates to Alateen.

Delegate's Report Continued

The last thing I'd like to say is that I've been chewing on the idea of what is best for Al-Anon as a whole. When I was a GR I thought a lot about what was best for my Group, and my world sort of revolved around that. When I became a DR my vision expanded to include the entire District and what would serve the District as a whole. When I was elected to be a Coordinator my entire approach changed because I had to wrap my head around what might be best for Oregon, without knowing intimately all of the members in the state. That seemed daunting, but the Traditions were a guide. Now that I'm Delegate I am thinking about Al-Anon as a whole on a global scale, and how I have an impact on that as an individual. The Concepts and Warranties are sharply in focus, and I am studying the principles of our program in a way I've never done before – and it's blowing my mind. I have a list of 43 principles that I am going to be digesting for some time to come, and my list is by no means exhaustive!

We've sailed on some uncharted waters recently as an Area. It hasn't been easy and it's left many of us wondering what the right response is in a time of conflict. At our AWSC we heard our members say we should presume goodwill and err on the side of kindness. That is Al-Anon in action for sure. I want to leave this final thought: Placing our focus on a single issue or personality takes away from Al-Anon's welfare as a whole. The words "personal progress for the greatest number" ring in my mind. We need to focus on what is best for Al-Anon as an Area and as a whole when we come together for AWSCs and Assemblies. We are trying to do what's best for the entire state, and what honors the Al-Anon program worldwide when we conduct Area business. This is a big responsibility, but I believe we are learning to wield it wisely in Panel 59. There is room to make mistakes and there is grace for everyone. My gratitude abounds for you, and for this program.

With love,

Katie W.



Oregon Delegate

Panel 59: Yes! Oui! ¡Sí! Concept 9

Dreaming Big with 20/20 Vision

Rêver grand avec une vision 20/20

Soñar en grande con visión 20/20

NWRDM (Northwest Regional Delegates Meeting) Report – Judy J., Delegate Panel 41 & Bunny G., Delegate Panel 38

Thank you so much for sending me to the North West Regional Delegates Meeting. I loved every minute of it. I saw many of my old Al-Anon friends, and met the new Delegates who are so excited (and scared) but willing to take on this service position. I heard about what's going on in other areas and at WSO, and got my fill of chocolate (just like Conference). I was assured a few times by our Trustee that Al-Anon is in good hands.

Bunny and I flew in a day early to save on costs AND so we wouldn't miss a thing. Having the time to visit and ask other areas about some of our concerns and projects was very enlightening. I talked about policies on listing meetings, purchasing translation equipment, and area budgets on sending members to Assemblies and more. And I also heard about a fight between Washington and Idaho. Washington threw a hand grenade over the border and Idaho pulled the pin and threw it back. Ha ha.

- ELECTRONIC MEETINGS are a hot topic. I personally was not for Facebook and electronic meetings but have changed my opinion after hearing all the sharings. These meetings are not just for millennials... Our elderly past delegates have a hard time getting out and to meetings, but Facebook meetings work for them. In some of our NW States, meetings are few and far between, and members have to drive over an hour to a meeting. They are attending electronic meetings. Our WSO is working on getting these meetings involved in the links of service and the 7th tradition. More shall be revealed.
- At conference the members actually vote with their cell phones!! And there are outlets at their tables. When I was at conference we used paper and pen, wrote our vote on a small piece of paper, and all walked to the back of the room and placed it in the correct color box and waited and waited for the results.
- At a "Meet the Board Meeting" last year 90% of the attendees find the WSO web site very useful. (I am among the other 10%). Have you used our WSO web site???
- I have to admit, I was getting a little discouraged in my service to Al-Anon but today I definitely want to rev up my program. We had 4 Trustees in attendance who are all enthusiastic, grateful, proud to be a trustee, and LOVE THIS PROGRAM. If I would have taped their sharings for you to hear, many of you would be willing to stand for Trustee today. It was so inspiring.

I also learned how to make oatmeal in a crock pot.....Bill is happy. And I

also want to let you know no masks were seen in the 4 days we were traveling so I was not aware of any virus.

Thank you again and remember Al-Anon is in good hands.

Judy J

Past Delegate

Panel 41 (2001-2003)

NWRDM Report Continued

I want to echo on the BIG Thank You to Oregon Area who supports their Past Delegates to send them every year to this wonderful gathering. It's a big boost to my recovery, being around others who love this program as much as I do. Judy said a lot of what I would have said so I will just add a few more things:

- We welcomed 5 new Panel 60 Delegates, hearing from each of them a little about themselves. We are the Northwest Region with 9 delegates. We also were honored to hear two of our Past Delegates share their personal stories.
- We were reminded of the 2020 A.A. International Convention with Al-Anon Participation being held in Detroit, Michigan on July 2-5, 2020.
- One agenda item was a topic of how to get members interested in being a Trustee and other At Large positions like Executive Committee for Real Property Management (ECRPM): I was so inspired by the Trustee report and the sharing of the other past Trustees I am in the process of filling out the application for this.
- During our business meeting we had a report and discussion about putting our archives in a cloud based secure file. My first thought is "could we do this in Oregon?"
- Next year's meeting will be hosted by Idaho. 1st or 2nd week of March 2021.

Love to Oregon members

Love in service

Grateful to Al-Anon in my life

Bunny G.

Past Delegate

Panel 38 (1998-2000)

Webmaster Report – Julie G., Webmaster

I received the credentials from Sonia to login to the Squarespace account. A lot has already been done. I asked for help from the website subcommittee. Due to covid-19 there are many meeting suspensions and zoom meeting additions. I haven't had any time to update the new website. The subcommittee asked for a conference call but I am still working and have had to work overtime. Mary Lynn volunteered to update the events calendar and I am very grateful for that help. I am currently very overwhelmed by the number of district meeting updates and cancellations.

Thanks,
Julie

CPC (Cooperating with the Professional Community) – Joan F., CPC

A reminder to all DR's:

Now might be a good time for your Outreach Committee to research doctor and medical services clinics in your areas. By compiling a listing and preparing a mailing now, while many of us are sheltering in place, we will be ready to canvas those offices and send out mailings of Al Anon information when the crisis is over.

Please encourage your members to carry packets in their cars to drop off whenever they visit a medical/counseling office. Every little bit done means a person in need might be helped. Thanks to all of you. My contact information is Joan F. cpc@oregonal-anon.org or refer to the AWSC Roster. Stay safe and healthy!

Group Records – Joanne C., Group Records & Flyer Committee Chair

Area Al-Anon Teleconferencing Meetings Listings

This is a difficult time with most, if not all, meetings closed until this pandemic passes. We all miss the power and support of a meeting. There is a way to still have a meeting.

Fortunately, we have many teleconferencing services available. There have been many successful meetings taking place via these teleconferencing services that have allowed members to stay in contact yet keep safe. It is possible to see and talk to each other just like a face-to-face meeting. Julie, the Oregon Area website coordinator, and I have been posting all the teleconferencing meetings your District Representatives inform us of. Most importantly, these are only teleconferencing meetings that replace a registered face-to-face meeting held on the same day and same time. Please do not email us personal meetings you may have set up. Email the teleconferencing meeting information directly to Julie at website@oregonal-anon.org. She will post the information where your meeting is listed on the Area website at www.oregonal-anon.org/meetings.html.

Please use this format to email your information:

District #:

Program link:

Dial In Number:

Meeting ID:

Password(if any):

Day:

Time:

Does this replace a meeting?(Yes/No)

If so which meeting?

If you have any questions regarding these meetings please feel free to email Julie or myself.

Joanne C.

group-records@oregonal-anon.org

Audit Budget Report – Sue B. Audit Budget Chairperson

The Audit-Budget committee planned to finish the 2019 4th quarter audit at the March assembly. Since the March assembly was cancelled, we are making plans to meet and finish the audits before the July Assembly. The 2016 and 2018 State Speaker Meetings were audited at the February AWSC. The reports were found to be acceptable; though the committee has some suggestions for improving the finalizing of the books for SSM's.

Respectfully submitted,

Sue B.

Audit-Budget Chairperson

Task Force: Research the Cost of having Translation Equipment available for AWSC & Assemblies Report – Lydia S.

After answering our KBDM questions and reaching out to other areas for their experience with translation equipment, the task force has decided to move forward with renting equipment from LexiconUSA for our July 2020 Assembly to try out, and if it's found to be satisfactory for the Spanish speakers in attendance, propose a vote from the Group Representatives to put the rental cost towards the purchase of the equipment.

- LexiconUSA has a basic system, VPT100- recommended for small organizations providing one-way interpretation. Rental- \$195/day, purchase- \$2,461.85
- It includes a monitoring unit that receives a direct feed from the presenters voice into the headphones of the interpreter.
- A transmitter broadcasts the interpreter's voice via wireless signal into the room, allowing the members to sit freely where desired.
- A universal connection kit with 3 cable options to connect to any audio system.
- 10 receivers & headsets that are easy to use. Additional receivers & headsets can be rented for \$5 per set.

An additional cost of hiring professional interpreters could be as much as \$75- \$125 per hour for times needed. However, what other areas have done is ask for volunteers among the members, preferably who are not Group Representatives, or students who need work/study hours, in order to keep the cost low.

District 1 Report – Julie S., DR

District 1 in 2020

- January marked the start of the beginning of our annual fundraising effort. It is a group effort with all our Al-Anon groups in making a large size quilt for the Alcoholic Anonymous sponsored North Coast Roundup in April centered around their theme. The theme in 2020 is “A Way of Life”. Mid-March brought about the cancellation of the all events with the Coronavirus. The quilt raffle at the Round-up is our largest fundraiser for the year, so without the event, the District may need to consider an event for fundraising in 2020 once the social distancing restrictions are lifted or relaxed.
- In our current environment, all meetings are cancelled and in speaking with different members, individuals are calling each other and creating conference call check in/meetings. Our district hopes to begin a Zoom meeting in the coming weeks.
- Prior to meeting cancellation and social distancing, the meetings in our district were growing and we are making strides in community outreach on a more consistent basis.
- Our next district meeting is scheduled for May and one of our topics will be how Al-Anon locally can adapt in our changing environment amid the Coronavirus.

District 4 Report – Loretta P., DR

Our district is doing good, our district meeting is growing, we had to go borrow chairs last month for everyone. We have one new meeting that just started. We have a committee working on a fund raiser. We just finished Soberfest. Our public outreach is progressing nicely with a lots of enthusiasm.

District 5 Report – Meredith D., DR

District V – January – March, 2020

District 5 has a meeting every day. Currently, all meetings are closed due to the Covid-19 virus. Online meetings are being set up by many groups in Bend and Redmond. One electronic meeting is available in addition to online meetings through WSO.

Al-anon meetings:

Bend (9), Redmond (2) Sisters (2), Prineville (1), Sunriver (1), Burns and John Day meetings closed due to lack of participation.

Most meetings are book study or open sharing; however, we have a women’s writing group, speaker meeting, 12 n 12 and new comer’s meeting. Online meetings are encouraged to continue using their formats and remain open. When doors closed meetings used their phone lists, but availability was by invitation. The District is currently working on a new schedule for all online meetings.

District 5 Report Continued

Alateen meetings:

Bend - closed, Prineville (1)

Alateen was invited by the school district to bring Alateen into the Bend-La Pine schools last year; however the Alateen sponsors felt that more AMIAAS were needed to do this.

Recruitment efforts have been slow. New safety requirements are now in place for all AMIAS in Oregon. Only one new AMIAS has been approved and is in need for training. Our last two trainings in Bend had to be cancelled. We have several individuals who wish to take it and an online training has been scheduled. We have lost one AMIAS in Prineville.

Events:

Our annual spaghetti feed fund raiser, "Keep It Simple" was held in February. It had 3 speakers, Alateen, AA and Al-anon as well as several fundraising events (50/50 raffle, gift baskets. Dessert sales and centerpiece sales) the event was successful in providing the District the majority of it's 2020 budget. The cost of venues in Central Oregon continuing to increase. We are grateful that our current venue offers many amenities and continues to have a reasonable rental rate.

We have experienced an increase in the need for Al-Anon speakers. Currently the demand is for approximately 75 per year. Some of the increased requests are attributable to increased requests from AA. Our recovery communities are working together to provide social events that are inclusive.

This year the District is hosting the July Assembly in Prineville. This service opportunity is being embraced.

Respectfully Submitted,

Meredith D.

DR, District 5

District 6 Report – Jenni H., DR

Hello everyone. I am Jenni H. and I am a new DR as of January of this year for our district. Before I tell you what is going on the district I want to say a big thank you to all the Committee chairs and the GR's in District 6 for doing such a fantastic job of keeping our district running fully for the last 6 months when there was no DR. When I took over the position, I wasn't even sure what to do or how to do it as I haven't been active in our district for 10 years. This group of people welcomed me and showed me such love and patience. Darn, I'm lucky!

For the last few months District 6 has done what they do every year. We get up and do normal service commitments which are a monthly breakfast speaker meeting and we ask someone to be a speaker at a monthly AA speaker. We have added another Alateen meeting – making 2 meetings a week, we have done outreach projects – one of which having a sign printed to be hung over the street in Springfield. We held an Alateen sponsorship meeting. We have added a new Alateen sponsor. We researched and hired a new answering service for our phone service. We have added new volunteers to the answering service list. And we have celebrated our new room for our AIS office. We were just starting the planning for an annual picnic then the world stopped with the pandemic. Our members called with word that their meeting place were closing – and then they went to work creating Zoom meetings. Out of 28 meetings 17 created zoom meetings. Our Web Master was kept busy with changing our online schedule – and that was almost a minute to minute thing.

Wow! I think that you can tell how proud I am of my district and all the members that strive and work hard to do their best for all of us.

Since the pandemic I think that our new slogan should be “Bring your own shoes. Don't worry about how they did it before” copied from an unknown speaker.

Jenni H.

DR for district 6

District 7 Report – David N., DR

My report will be brief since as of the Assembly I have been the District 7 DR for 1 week. We are faced with some challenges around healing relationships in the District, and growing Participation. Being locked down and not able to visit people in person does not help but we are moving forward. We are excited about hosting the June AWSC gathering but our planning includes an exit strategy. If we need to cancel we want to protect everyone from experiencing any financial loss. We may be hosting a Zoom AWSC. An interesting thought, everyone in their pajamas and bunny slippers during an AWSC meeting.

David N

District 7 Rep

District 9 Report – Helen L., DR

1. There are 8 active GR's who meet monthly for a district meeting.
2. A new Alateen group is in the process of being started. Currently there are three new AMIAS' who will begin training in April via an online format. A location has been secured where an Alanon meeting currently takes place. We are hoping AA will add a meeting at the same time. Hope were to begin the meeting in June, but that start date will likely be pushed out until Fall.
3. We are hosting a Young At Heart camping weekend at Wolfcreek Campsite, September 10-13th.
4. The first annual Marathon Meeting that was held on January 3rd will now become an annual event. With over 120 people attending five meetings over the course of the evening, our GR's have voted to continue this at the start of each year.

Our District is currently hosting four Zoom meetings during this time, with one hosted daily at noon. That meeting has had upwards of 29 people in attendance.

District 10 Report – Stephen Y., DR

First, we held a successful Fundraiser at the beginning of March 2020, just prior to the stay at home order went into effect. We had 75 attendees and raised \$958.00. This will help our District fund 2020 public outreach projects, AMIAS scholarships to OAC, Alateen GR attendance to an Assembly, expenses for sponsoring the AWSC meeting in October 2020, the November Assembly and the 2021 State Speaker Meeting. Last year our District delivered 'Al-Anon Faces Alcoholism' to District hospital ED's, A&D residential treatment centers, and outpatient Mental Health and A&D treatment clinics. We have had very interesting District meetings each month and have had lively discussions about many interesting topics related to our groups, Al-Anon as a whole and what our AWSC is working on.

As noted, we are sponsoring the November Assembly which will be held at the Masonic Lodge in Milwaukie OR, Nov. 21-22, 2020. We also volunteered to sponsor the SSM 2021 in May. As you can see, we have just a bit of work to do this year, Ha Ha! I have set-up a SSM Planning Committee, and plan to schedule our 1st video conference planning meeting.

The Covid19 situation has certainly been challenging for our District. This is a time when our connection with the Al-Anon program and with members is particularly important to maintain. A handful of meetings jumped into Zoom meetings, but smaller meetings do not have the funds to pay for a zoom account. I contacted the Sales Manager for GoToMeeting and was provided host licenses at no cost for a period of 3 months because of our not-for-profit status as a service for the public good. We have begun setting up hosts for each District group to start video meetings.

A special shout-out to all our District GRs for the great work they do. I am proud to be a District Representative.

Yours in Service

Stephen Y.

District 10 Representative

District 11 Report – Lydia S., DR

District 11 March 2020 Report

District 11 is the smallest district geographically, located in southeast Portland. It has twelve meetings including one men's and one Spanish speaking group that meets twice a week. Six of the meetings currently have Group Representatives and the others are active groups with contact information up to date. The district monthly meetings are well attended- teleconferencing is used when members are unable to attend in person. We study the Concepts of Service at the beginning of each meeting. We have two new AMIAS in training. The district voted to purchase outreach materials for GRs to take back to their groups to distribute in public places.

The district has experienced tremendous growth as a team this first year of service. It started at the 2019 March Assembly making a first significant group conscience to host the 2019 November Assembly. We then worked quickly to put on our annual Chili Cook Off fundraiser, just two weeks later. The growth continued while preparing to host the November Assembly with the NE Regional Trustee Luncheon. Most recently we put on our second Chili Cook Off and it came together well, although attendance was low due rising threat of Covid-19. Special guest speakers were Alexa from Salem, who is the Alateen Chair for Oregon Alateen Conference 2020, an A.A. speaker, Samantha, celebrating her 16th anniversary, and Dawn B., Oregon Area Public Information Coordinator.

Performing these services encouraged each member to personally progress in the program using all three legacies. Most notably in the areas of communication, working towards unity, leadership skills, asking for help, financial affairs, forming and working on committees, supporting and encouraging each other, and placing principles above personalities.

This progress is seen in the meetings where these Group Representatives are using the tools that they've learned in leadership, encouragement and cooperation. Their groups are healthy with rotation of leadership and most all positions being filled. Many group members volunteered at the district events. Each group is currently carrying out group inventories, which is helping other members to learn what a healthy meeting is and sometimes bringing up difficult conversations.

Most recently, at our March 12th District Meeting, we discussed the affect that the Corona Virus would have on our district and quickly took a group conscience to open a District 11 Zoom account, so that it would be ready for each meeting when and if they needed to close their physical meeting. As the buildings closed and the groups transitioned, the majority voted to have the Zoom meeting links posted on the Oregon Area and Portland AIS websites within the first week. The consensus was that this will be a particularly hard time for all of us, but especially for the new comers and members with loved ones at home due to loss of work & the bars closed. The Zoom meetings encourage us to grow in new ways- learning a new technology for most of us, and a different way to connect and support one another. We are familiar with crisis, we are survivors, we have the Al-Anon tools to help us through this together and thrive!

District 12 Report – Charles T., DR

Very little is happening in District 12, in that I am the only GR that attends and I am also the DR and the Treasurer.

I was asked to visit a group in Hood River but it meets during the week and I have not been able to drive out there on a weekday.

The district is in good shape financially, with \$1484.83 in our account and free rent at the Providence Hospital. The Post Office Box is our only regular expense. I have been donating to AFG, Oregon Area, OAC, AIS, AIS Coffee Creek and AIS Rule 62.

Our former DR, Cynthia N., had some losses in her family last summer and she has been involved with taking care of the estate. She intends to get back involved again.

I intend to visit the groups in our district to encourage the GRs to attend the District Meetings and hopefully find a different DR! Unfortunately, a pandemic has stopped my visits to groups.

I am looking into Zoom for the District Meeting. (My home group Primarily Parents Too has done one Zoom meeting last week, and we intend to continue with that as long as necessary.)

So that's about it for District 12.

Thank you in service,

Charles T.

District 14 Report – Nancy P., Alt. DR

Our District has been going through lots of changes. Our Representative stepped down the end of December, along with our Secretary and 1 Group Representative. At this time we do not have a new DR. As the Alternate DR, I have stepped up to keep our District going until we can get back on our feet. We have 5 groups in Klamath Falls and only 2 Group Representatives. We also have a Treasurer and a Public Outreach Coordinator. We have been meeting once a month. We have hope that we can get our District back on a solid footing, because we are in this for the long haul.

Nancy P.
District 14 Alternate Rep

District 16 Report – Kory S.-R., DR

Things have been stable in District 16. Our Saturday Corvallis meeting has swelled in attendance as high as 40 people with an average attendance of 30 during the fall and winter. People consistently come back to the meeting. That meeting added an opener, greeter and a closer to the list of service positions. The opener gets to the meeting early and sets up chairs, puts up signs. The greeter greets people before and after the meeting and makes sure to reach out to newcomers and answer questions. The closer cleans up after the meeting and takes down the signs, turns off the lights, etc. This way we can be sure newcomers are getting their questions answered and more people are able to be of service in manageable ways.

Other meetings in District 16 tend to be smaller, but they are continuing to serve newcomers and returning members.

A new YHA meeting has started on Monday nights in Corvallis. Meeting membership tends to be between 4-15 people. The meeting format varies. Sometimes members listen to a speaker tape while coloring. Sometimes they have a literature study out of the new Al-Anon book *Intimacy in Alcoholic Relationships*. Other meetings focus on a thought for the day out of one of the daily readers. The YHA meeting is housed in a church that offers an AA meeting at the same time so that friends and family members can attend a meeting at the same time as their recovering alcoholic friends/relatives. So exciting!

We had a lot of wonderful member participation when we hosted the February AWSC. Members from Albany Care and Share volunteered to set up and clean up the AWSC at the Phoenix Inn and the Corvallis members donated food and crock pots as well as came to the venue to volunteer their time. There is a strong Al-Anon community and message here.

Along with being DR, I took on the role of AA Liaison this year, so I attend AA District 21 business meetings. This has helped us cooperate with AA much more than in the recent past. Not only do AA GSR's who attend the district meeting frequently ask me for Al-Anon meeting schedules, but the AA District 21 Hotline has given out our District 16 Al-Anon voicemail phone number to callers when they ask what family members can do. I've accompanied the AA Public Outreach Coordinator and several members of AA and Al-Anon to do high school visits at Philomath High School and Corvallis High School when their health classes did a drug/alcohol unit. Some of us spoke to three different classes over three days with about 30 students in each class. We donated a copy of How Al-Anon Works to the school library and were asked by the health faculty to come back next semester. I'm so happy to be getting the word out to the community about Al-Anon and Alateen, even though we don't have a functioning Alateen meeting yet.

We suspended face to face meetings in District 16 pretty early in March due to member health concerns about Covid-19. In a short amount of time, the Saturday Corvallis meeting offered a conference call and video conference call meeting. Happily, a newcomer who attended her very first Al-Anon meeting over video conference said she was happy to have her first meeting be a video conference meeting, and she felt it was great because she wasn't ready to seek out a face to face meeting. This helped us as a district know that we wanted to continue offering meetings in these various formats so that people can continue to get the help and support they need during this difficult time. Since then, four of our meetings have gone online rather than face to face. Meeting information is found on the Area website (thanks Julie!) as well as our voicemail greeting.

Thanks again to all of you who came to the February AWSC. We look forward to hosting again at some point in the future.

Best,
Kory
DR District 16

District 17 Report – Rita S., DR**District 17 Report to Oregon Area Assembly
March 25, 2020**

District 17 is composed of 23 weekly meetings, which includes 2 Alateen meetings, 2 Spanish speaking meetings and a Newcomer's meeting. We have monthly District meetings, usually attended by 18-20 people, which may include 10-14 of the GR's, several Alt. Gr's, Coordinators, and guests. We also have a monthly Service Manual study, which includes a potluck breakfast.

Since my last report a year ago, District 17 has had a full calendar of activity.

1. Last April, we enjoyed fellowship and food at our annual Spring Fling fundraiser. We sold raffle baskets, homemade items, and plants, raising \$1,190.35 for the AIS.
2. In July 2019, we hosted the Oregon Area July Assembly at the Clackamas Community College.
3. Also, in July we were invited to participate in the annual AA District 15 Picnic at Barton Park, a daylong event filled with fellowship, long walks along the Clackamas River, great food, and an Al-Anon meeting in a secluded area under the trees.
4. In October, we had our annual Pancake Breakfast fundraiser, which included a 50/50 raffle, an oral auction on several special items, and raffles on additional baskets and treasured items. Normally, this would have been a fundraiser for the State Speakers Meeting, but since there isn't an SSM in 2020, \$1,013.25 was donated to the Oregon Area.

This year for the first time, the district voted to add a District Alateen Coordinator position on a trial basis. We will be reviewing this position this spring to decide whether to continue it. The purpose of this position is to help educate Al-Anon members about the Alateen program, and the role of Alateen Group Sponsors, as well as encourage members to consider Alateen service, and work with Al-Anon groups in finding a possible location for a 3rd Alateen meeting in the district.

Public outreach activities included providing speakers on a regular basis to two Northwest Treatment Centers and is planning a more organized approach to providing books in public libraries and providing displays at fairs.

Earlier this year, we formed a committee and were well into planning for our Annual Spring Fling in late April. Due to the coronavirus outbreak, we postponed it until a later date. Presently, we are in the process of setting up zoom district and group meetings to maintain our connections with each other, and support for our recovery.

Respectfully submitted by Rita S,
DR, District 17