

**Oregon Area Al-Anon Assembly
July 15-16, 2017
Host District 17
Oregon City Elks Lodge
Oregon City, Oregon 97045**

Saturday

Meeting opened at 8:30 by Bunny G., Chairman, with the Serenity Prayer.

Welcome, Microphone and Voting Statement by Bunny G., with a reminder that there would be election for a new Forum Coordinator.

Traditions read by Rita S., District 17

Housekeeping Information by Brenda G., DR, District 17

Roll Call: Excused – Golda C., DR District 5, represented by Meredith D., Alternate DR.; Caralynn W., Portland AIS Liaison; Absent – Elaine E., DR District 8; Dorena G., DR District 13; Ruby W., DR District 14; Jan D., Archives Coordinator. Past Delegates in attendance – Bunny G., Panel 38, Judy J., Panel 41.

Minutes of March 2017 Assembly were approved by a motion and second.

Treasurer's Report, Dawn K., Area Treasurer. The mileage rate for this Assembly is 13 cents. The mileage chart is from city to city. Contributions are far ahead of where we anticipated. There are at least five new groups since 2007. The Audit Budget Committee will meet after today's meeting to review the second quarter reporting. Please make all checks payable to Oregon Area AFG and mail to address on the bottom of the report. Include District Number, WSO Number, and Group Name on all contributions. The following questions were asked of the Treasurer:

Q: What is Assembly Registration? A: The \$10 Registration helps to fund the Area.

Q: What does Insurance cover? It covers all Area Meetings, including Assembly, AWSC, State Speakers' Meeting and OAC.

Q: Has the \$1,000 seed money that we advanced TEAM been returned? A: The advance was made in 2016, so it shows as Income on Line 6 because we expect to receive it this year. Line 22 reflects it as an Expense because we have not yet received the reimbursement.

Q: Line 43 reflects an Expenditure of over \$1,000, but Public Outreach has not yet awarded grants. A: The advance for TEAM was placed in Public Outreach because there was no other place to put the expenditure. The Audit Budget Committee will increase the budgeted amount for Public Outreach to include the \$1,000.

See Treasurer's Report attached.

AWSC Announcements: Bunny G., Chairman, reported on the June AWSC.

- Task Force Guidelines for Web Coordinator were approved and will be added to the Oregon Area Handbook.
- A Thought Force was formed on AMIAS recertification.
- A Thought Force was created for looking into changing the number of Assembly annual meetings.

Approved 11.17.18

- There was discussion on the process for adding agenda items. The Assembly procedures are in the OAH. All motions need to come from AWSC unless the group conscience indicates a specific motion is in order. Any member with voice may prepare a motion.
- A Task Force was formed to create a job description for a Tech Coordinator, who would help with microphones, power point machine. We still need two more people for this Thought Force.
- A Thought Force was created to come up with ideas on how to get more people to attend Assembly.
- The Forum Coordinator resigned; Trusted Servant Profile forms are available for anyone interested in the position.

2018 State Speakers' Meeting: Deanna M., 2018 SSM Chair, announced that Madeline P., Past AA Trustee, and Tarcilla F., Past Delegate from Tennessee, Al-Anon, would be the speakers. She thanked District 7 for the raffle baskets and Jan D. for donating the lap quilt. Additional information in the attached report.

Announcements: Bunny G., Chair. Please use forms on tables for Ask-It-Basket questions. If interested in the Forum Coordinator position, please complete a Trusted Servant Profile. There will be a silent auction for the old sound system, minimum bid is \$50.

Breakouts: Group Representatives, chaired by Sue B., Coordinators, Chaired by Scott R., and District Representatives, Chaired by Dawn B.

Group Insurance: Brenda G., DR District 17, Insurance Task Force Chair, described the information she received on insurance coverage for all group meetings and Area events. Cost to the Area would be \$1,608 per year for General Liability of \$1,000,000. Brenda agreed to serve as Interim Insurance Coordinator if a motion is passed to purchase this insurance. Discussion and questions were followed by a motion.

MOTION #1: I propose Oregon Area purchase an annual insurance policy that would provide coverage for all meetings and events in the Area where an "Insurance Coverage Waiver" is required. The policy contains \$1,000,000 General Liability and \$5000 for bodily injury and property damage.

Motion by: Regis P.

Second by: Joan F.

Motion PASSED

YES: 56

NO: 3

Abstain: None

This is an Ongoing Motion.

Book Reports: Fellowship Communication Action Committee offered book reports on Conference Approved Literature. Rita S., District 17, reported on *The Dilemma of the Alcoholic Marriage*.

David, District 6, reported on *Al-Anon Faces Alcoholism, Classic Edition*. Book Reports attached.

Approved 11.17.18

Website Coordinator Report: Regis P, Website Coordinator, reported that a subcommittee of the Membership Outreach Action Committee is working with her on a redesign of the Area Website.

Public Information Coordinator Report: Katie W., Public Information Coordinator used a Power Point presentation to highlight the work she is doing, which includes a statewide bus campaign for areas outside the Portland and Eugene districts. She is working on a mapping campaign, of which 5 districts have been mapped. She receives lots of information from WSO which she passes on.

Delegate's Report: Cindy E., Area Delegate, asked "Are you an active member?" 2017 is the 60th anniversary of Alateen and 66th for Al-Anon. The theme of this year's conference was "Our Members: Our Hope for the Future." Cindy called on Sue B., Alternate Delegate, and Judy J., Past Delegate, Panel 41, to share some of their experiences from the Northwest Regional Delegates' Meeting they attended on behalf of the Oregon Area in Montana in March.

Lunch Break: 12:00 – 1:15pm

Meeting resumed with the Serenity Prayer.

Group Records Coordinator Report: Kate R., Group Records Coordinator, reported there are 6 new groups since January, 9 new GRs. We had a loss of 3 groups during that period. Group Change Forms are being sent out by WSO. If there are changes, make the changes on the form and send to your DR. She demonstrated the proper way to complete the forms.

Delegate's Report, Part II: Cindy E., Delegate, said there was a vote at the WSC (World Service Conference) needed to change the By-Laws because one word was changed in the position "Director of Business Services." Open vs Closed meetings was discussed at Conference. The "Just for Today" prayer would remain as is because it enhances personal recovery and fits the spiritual principles of the program. If there is new information, the WSO will listen through the links of service. The WSO is daily looking for ways to cut costs of operation. July 6-8, 2018 is the International Convention in Baltimore, Maryland. The TEAM Event, co-hosted with Washington, will be November 3-4. On Friday night representatives of WSO will share experience, strength and hope. Saturday will be a full day of workshops. Registration includes a luncheon, which will feature a speaker. Saturday night there will be an Alateen Panel and an AA speaker. Cindy brought up the topic of Scholarships to attend TEAM.

Forum Coordinator Position: Vacancy was announced by Bunny G., Chair. No one was willing to stand. Another opportunity to stand would be available later.

Action Committee Breakouts: Members were instructed to follow the colored flip flops that matched the colored dots on their badges, leading them to their Action Committee meeting rooms.

Alateen Coordinator and Oregon Alateen Conference Report: Linda S., Alateen Coordinator. At the November Assembly we will have an Alateen birthday party. There are

Approved 11.17.18

several prospective AMIAS in District 2. There will be an AMIAS Training in Medford. Linda introduced Cathy C., who is the OAC Sponsor. OAC will be held August 4, 5, and 6 at the Molalla Retreat Center. T-shirts from last year's conference are on sale for \$7.50.

Forum Coordinator Election: Pam M. District 4, stood for the Forum Coordinator position. After describing her Al-Anon service, she was elected unanimously.

Communicator Editor Report: Donelda H., Communicator Editor. The Communicator is a way to educate members. She would like to get your ideas on how to get more people to participate in service. Coordinators and Action Committees can use Communicator for news. Still looking for a translator for translating the Communicator into Spanish. If you have articles or want to subscribe individually, send an email with "Communicator" in the subject line.

Literature Coordinator Report: Judy J., Literature Coordinator, brought and spoke about several pieces of literature, including the Group Inventory Form S-62. She emphasized the use of the Bingo cards to help introduce new pieces of Conference Approved Literature into meetings.

Group Forum Subscription Raffle: Fellowship Communication Action Committee had a drawing for ten group subscriptions to the Forum. Winners are:

District 2	Happy Hour AFG	24535
District 4	Salem Alateen	
District 5	Brown Baggers AFG	30849
District 6	Sunrise AFG	63985
District 6	Steps for Growth	64441
District 7	Saturday Morning AFG	42668
District 10	Aloha Monday Night	11765
District 11	Sunday Serenity	41909
District 17	Paths to Recovery AFG	30588692
District 17	Set Free AFG	27850

Cooperating with the Professional Community (CPC) Coordinator Report: Scott R., CPC Coordinator. Grants are being awarded as follows: District 6, \$500; District 9, \$500; District 10, \$650; District 11, \$500; District 17, \$900, for a total grant distribution of \$3,050. The Public Outreach Action Committee discussed ending the grant process, and voted to do so. The proposed budget would request \$8,000 to support a statewide bus campaign. If you have questions or input, get in touch with Katie. Outreach to Professionals will be the focus of public outreach for the coming year, with efforts to reach out to radio and tv stations asking them to play Al-Anon PSAs and then writing thank you notes. A question was asked in the Action Committee meeting about the difference between "Attraction" and "Promotion." Scott referred members to pages 109 and 113 in the Service Manual.

July 2018 Assembly Bids: None submitted.

2019 SSM Bid: No bid submitted. Several members spoke on behalf of continuing SSMs. Bunny G., Chair, stated we would return to this topic on Sunday.

Approved 11.17.18

Dismissal: 5:00 PM

Sunday – 8:30 AM

Serenity Prayer

Concepts and Warranties: Emma H., Discovering Choices, District 17

Audit Budget Committee: Barb B., Chair. The Committee met in April for review of the first quarter and last night for the second quarter review. They met with OAC and found everything to be in order. The budget will be adjusted to include the \$1,000 for the metro bus campaign, and increased for Membership Outreach and Literature.

Business Services Action Committee Presentation: A mock meeting demonstration was held to show both the correct and incorrect way to elect and maintain group officers.

MOTION #2: I move that Oregon Area give every district requesting funds up to a total of \$220.00 per district in the form of scholarships for any AI-Anon member to attend the TEAM 2017 event 11/3 and 11/4/2017. DRs will have autonomy to disperse funds as they see reasonable. DRs will work with Oregon Area Treasurer to release funds.

Motion by: Donelda H. **Second by:** Beth
Motion FAILED **Yes:** 21 **No:** 24 **Abstain:** 1
This motion required substantial unanimity, or 32 votes, to pass.

Housekeeping: Brenda G., DR District 17, thanked everyone for keeping the facility clean. Help with cleanup would be appreciated. She thanked Jean, the Elks Lodge volunteer, for her help throughout the weekend.

Attendance: Dawn K., Treasurer, announced attendance figures. Total registrations: 74; Group Representatives: 60; Total registration donations: \$527.

July 2018 Assembly Bid: Districts 16 and 2 offered a joint bid to host Assembly in Newport. The bid was accepted unanimously.

2019 SSM Bid: Dawn B., DR District 6, offered a contingency bid for Eugene, with the contingency that she can check with the district at their August District Meeting. Contingency bid was accepted unanimously.

Silent Auction: The sound system was awarded to District 17 with a bid of \$50.

Conference Presentation: Cindy E., Area Delegate, showed a slide presentation of the World Service Office and employees and the World Service Conference.

Fellowship Communication Action Committee Skit: The Fellowship Communication AC performed a skit to “Twilight Zone” demonstrating how the use of non-CAL can hurt a meeting.

Approved 11.17.18

Round Table Discussions: Cindy E., Area Delegate, led a discussion based on the question, “How can we empower our members in the use of our Legacies and policies when seeking solutions?” The Trustees are holders of our Traditions. The World Service Office (WSO) is an arm of the Conference. It does for us what we cannot do for ourselves. The Delegates at Conference are a decision-making body. The WSO does not have authority to make decisions. The WSO provides help and services to groups worldwide. We are encouraged to talk to each other and reason things out. We are encouraged to solve problems at the particular level involved. If we exchange ideas, we all have more ideas. The group was divided into color groups with three questions to answer and then brought back to discuss three additional questions as the full body.

Action Committee Reports

Public Outreach Action Committee: Mary W. Discussed Attraction vs Promotion. Voted to discontinue grant program. Requesting a budget amount of \$8,000 for bus signs in districts outside Portland and Eugene. There are three main posters for Public Outreach. Focus on reaching out to professionals in rural areas. District 6 AIS created packets for medical professionals.

Fellowship Communication Action Committee: Julie S. Discussed and passed out Bingo cards. Additional cards are available on the website. Drawing will be held at the November Assembly for \$85 of Conference Approved Literature. Actions: Book reports will continue. Will let AIS of hosting district know which books are being reviewed so they can have extras on hand for sale. Requested an increase of \$50 to the budget. Working on a new group participation project.

Business Services Action Committee: Barb B., Chair. The committee is working on guidelines for healthy business meetings.

Group Services Action Committee: Dee P., Chair. Newcomer packets to take to OAC. Thought and Work Forces on digital AWSC and Assembly. Demonstration at next Assembly.

Membership Outreach Action Committee: Jodie P. Reviewed subcommittee structure. Actions: Talked about ways to promote International Convention; practiced a quick TEAM skit; set budget for next year. Members performed skit.

Upcoming Events:

October AWSC, Mary W., DR, District 9. October 14th, Tualatin Methodist Church, 20200 SW Martinazzi Ave., Tualatin.

TEAM, November 3rd & 4th, Holiday Inn Portland Airport Hotel, 8439 NE Columbia Blvd. Portland.

November Assembly, Dee P., DR District 4. November 18th & 19th Days Inn, Black Bear Conference Center, 1600 NE Motor Court, Salem, in conjunction with AA. Different location, but we are invited to participate in lunch and dinner with speakers and dance. If participating in meal(s), use the AA registration portion of the flyer.

State Speakers' Meeting, April 20-22, 2018, McMinnville

Approved 11.17.18

2018 SSM: Deanna M., Chair. Passed out cups for donations. New flyer will be available soon that will include pricing information. Raffle tickets drawn. Winners are:

Quilt made by Jan D.: Dawn B.

Basket #1: Cheryl W.

Basket #2: Patti H.

Basket #3: Regis P.

Basket #4: Cindy E.

Book Report: Jaime J., District 6, reported on *Discovering Choices*.

Ask-It-Basket Questions, answered by Bunny G., Chair, Sue B., Alternate Delegate, Kate R, Group Records Coordinator, and Tama S., DR District 7, unless otherwise noted.

Question #1: How does a group find out when the meeting started?

Answer: Contact Group Records at WSO or Area. If the records are not in the data base, you could contact Archives at WSO.

Question #2: Could we have a sign-up for hosting by local members (local members who might be willing to offer a room to traveling members)?

Answer: The hosting district could offer to do that. It is something that could be added to the hosting guideline.

Question #3: Please define chanting. How does it affect the group?

Answer: Chanting is anything that is said after the prayer ending, sometimes with the pumping of hands. It is dilution of the program. We are ending on a spiritual note.

Question #4: Our group is trying to be proactive in regards to expecting a greater number of newcomers at our meetings after the bus outreach project goes into action. We have stocked up on newcomers' packets and other literature. Any other suggestions?

Answer: Service Manual, page 37, Beginners Topics; page 41, Welcoming New Members; and Guideline G-2, Beginners Meeting, which is available on the Members page of the WSO website free of charge.

Question #5: Is there a WSO recommendation for how much/which percentages of contributions should be made to the district, area, AIS & WSO?

Answer: By, Dawn K., Area Treasurer. See Section IV, page 9, of the Oregon Area Handbook, which lists a priority of expenses. It is a group conscience decision and is a topic for a business meeting.

Sharing on What did you get out of this weekend, or what are you going to share with your group?

Emma H.: I got the most out of this Assembly than any I have attended, and better understand how it works; appreciated input from other members; felt the democratic process at work.

Nicole: The idea of sending email messages to group; loves "empowering ourselves."

Peggy: The dollar conversation; TEAM; didn't know about *Al-Anon Faces Alcoholism* and will share that with the group.

Approved 11.17.18

Billie: I liked the book reports; liked getting information on literature to pass on.

Polly: I will chair a meeting on the literature we have available.

Marvalee: I was impressed with the incredible amount of extremely intelligent people we have here. I am attracted back, have a service sponsee. I will take back how great people at Assembly are.

Regis: Enjoyed the delegate's presentation of WSO.

Lori: It helped me come out of my comfort zone.

Joan: It has been one of the most enjoyable weekends with groups of people I have had. I felt welcome. Al-Anon is alive and well. I am impressed with what a great organization this is and how sensible it is, how we stay with principle and policies so it doesn't get broken down.

Rita: I learned that Alateen is on Twitter, and we should let Alateens know that.

Beth: My meeting is a Step Study. On the 13th week, someone tells their story. I got exposed through service at assembly. I will keep coming back.

Deanna: I am excited to see so many people still here on the second day of Assembly, and appreciate all those who stayed to express their voices for their groups.

Scott: I have one DVD remaining for radio stations.

Julie: My group is growing. We are getting back to basics thanks to the Bingo card. It's a great idea to get us focused on our literature. Months that have a fifth week are focused on service and sponsorship. Hopefully, I will be back in November as a DR.

Brenda: Thanks to all for showing up. I'm excited about the insurance, and have already emailed the agent. Paths to Recovery AFG in District 17 was concerned because newcomers were not coming back. The GR was struggling, hanging on by a thread. Worked with the district and came up with the idea to make it a transition meeting from the district's beginners' meeting to a regular meeting, with the focus on *How Al-Anon Works*.

Nancy: On September 9th, there will be a workshop on Sponsorship in Depoe Bay. There will be 2 speakers from Washington and 2 speakers from Portland.

Dawn: August 19th District 6 Recovery Picnic from 1-5pm. Check District 6's website for details.

Closing: Bunny G., Chair, led the Al-Anon Declaration.

Respectfully submitted,
Mary Lynn J., Secretary
Oregon Area Panel 56

MOTIONS

MOTION #1: I propose Oregon Area purchase an annual insurance policy that would provide coverage for all meetings and events in the Area where an "Insurance Coverage Waiver" is required. The policy contains \$1,000,000 General Liability and \$5000 for bodily injury and property damage.

Motion by: Regis P.

Second by: Joan F.

Motion PASSED

YES: 56

NO: 3

Abstain: None

This is an Ongoing Motion.

MOTION #2: I move that Oregon Area give every district requesting funds up to a total of \$220.00 per district in the form of scholarships for any Al-Anon member to attend the TEAM

Approved 11.17.18

2017 event 11/3 and 11/4/2017. DRs will have autonomy to disperse funds as they see reasonable. DRs will work with Oregon Area Treasurer to release funds.

Motion by: Donelda H. **Second by:** Beth

Motion FAILED **Yes:** 21 **No:** 24 **Abstain:** 1

This motion required substantial unanimity, or 32 votes, to pass.

REPORTS

6:39 PM
07/13/17

Oregon Area Al-Anon Family Groups
Open Invoices
As of July 13, 2017

Type	Date	Num	P. O. #	Terms	Due Date	Class	Aging	Open Balance
District 09 Invoice	03/29/2017	112			03/29/2017		106	91.00
Total District 09								91.00
District 10 AFG Invoice	07/09/2017	115			07/09/2017		4	40.75
Total District 10 AFG								40.75
District 16 Invoice	06/15/2017	114			06/15/2017		28	40.75
Total District 16								40.75
TOTAL								172.50

Approved 11.17.18

Oregon Area Al-Anon Family Groups
Expense & Income vs. Annual Budget
January 1 through July 13, 2017

		Jan 1 - Jul 13, 17	Budget	\$ Over Budget
41	Group Services A.C.	\$ -	\$ 500.00	\$ (500.00)
42	Fellowship Communication A.C.	\$ 145.61	\$ 650.00	\$ (504.39)
43	Public Outreach A.C.	\$ 1,024.99	\$ 4,000.00	\$ (2,975.01)
44	Audit Budget Extra Day + Exp	\$ -	\$ 50.00	\$ (50.00)
45	Total Assembly Expenses	\$ 1,551.29	\$ 5,600.00	\$ (4,048.71)
46	Coordinator and Other Expenses			
47	Alateen Coordinator Expenses	\$ 76.74	\$ 300.00	\$ (223.26)
48	Archives	\$ -	\$ 600.00	\$ (600.00)
49	CPC	\$ -	\$ 50.00	\$ (50.00)
50	Forum	\$ -	\$ 80.00	\$ (80.00)
51	Group Records	\$ -	\$ 50.00	\$ (50.00)
52	Literature	\$ 52.06	\$ 50.00	\$ 2.06
53	Public Information	\$ 24.11	\$ 50.00	\$ (25.89)
54	Web Coordinator	\$ 145.51	\$ 200.00	\$ (54.49)
55	Total Coordinator and Other Expenses	\$ 298.42	\$ 1,380.00	\$ (1,081.58)
56	Delegate Meeting			
57	Alternate Delegate	\$ 647.79	\$ 800.00	\$ (152.21)
58	Past Delegates	\$ 625.09	\$ 800.00	\$ (174.91)
59	Total Delegate Meeting	\$ 1,272.88	\$ 1,600.00	\$ (327.12)
60	Other			
61	Contingency Fund	\$ -	\$ 1,000.00	\$ (1,000.00)
62	Equipment Supplies	\$ 1,978.55	\$ 2,000.00	\$ (21.45)
63	Handbook Update	\$ -	\$ 50.00	\$ (50.00)
64	Transition Fund	\$ -	\$ 500.00	\$ (500.00)
65	AMIAS Background check fee expenses	\$ 172.50	\$ -	\$ 172.50
66	Total Other	\$ 2,151.05	\$ 3,550.00	\$ (1,398.95)
67	Total Expense	\$ 16,290.38	\$ 29,095.00	\$ (12,804.62)
68	Cash Balance as of 7/17/17	\$ 15,427.25	\$ 7,900.00	\$ 7,527.25
69	Ample Reserve	\$ 6,862.00	\$ 6,862.00	\$ -
70	Available Cash as of 7/17/17	\$ 8,565.25	\$ 1,038.00	\$ 7,527.25

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January 1 through July 13, 2017

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50		Forum	\$ -	\$ 80.00	\$ (80.00)
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70		Available Cash as of 7/17/17	\$ 8,565.25	\$ 1,038.00	\$ 7,527.25

State Speakers Meeting Update/Skit

The State Speakers Meeting (SSM) is a state wide speakers meeting in which all members and their family are invited. There will be an out-of-town Al-Anon speaker and a local AA speaker. This is a fundraiser for the state but a fun time for all.

Approved 11.17.18

A skit was presented telling the date (April 20-22, 2018), location (McMinnville), theme (Filling Our Recovery Tool Box) and speakers (Al-Anon Tarcilia F. from Tennessee & A.A. Madilyn P. Happy Valley Oregon) for the 2018 SSM. These are our solid plans and then we have some in the works. The plan is to have a registration form in the next month or two and that will be sent to the District Representatives via e-mail.

Our committee is trying hard to encourage everyone to come. Attendance has dropped off the last few years and we would like to turn that around. We want to remind everyone to talk it up, there is no cost to attend a State Speakers Meeting. The only cost will be your fuel, place to sleep and food. The committee is working on a meal package that will be available, not required.

There are voluntary donations requested but the most important thing is that any Al-Anon member wanting to attend is able. There will be a hotel with rooms blocked, but other suggestions are rooming with other Al-Anon members in the area, camping, renting a house... If you have any questions please contact the committee at SSM@oregonal-anon.org.

Thank you to those that have already begun supporting the 2018 SSM. District 10 and 15 have been actively working on making this a fun experience for all. At this July Assembly there is 4 wonderful baskets donated by district 7 and a fun lap quilt donated by Jan in district 3 raffled off. Thank you to both of these Districts for the donations. There are also lanyards for \$5.00 and an assortment of Al-Anon Slogan signs for sale. Please come and support your State Speakers Meeting.

A big thank you to all of you who have already started filling your "Give it Up Campaign" cups and sending in the money. We have a treasurer and we want to keep him busy, help us to do so.

Thank you,
Deanna M

DELEGATE'S REPORT

Good afternoon,

When I first came into Al-Anon, I was told about the 3 C's: I can't control, cure or cause alcoholism. After I was in a couple of years, I heard about the 3 G's: Get off his back, get out of his way and get on with my own program. Then after 10 years or so, I read about the 3 A's: Awareness, acceptance and action. I always liked the awareness to action part – what's with this acceptance idea? At conference, it was amazing. I was sitting there, listening to another delegate sharing and she reminded me of the 3 G's – someone from a completely different part of the country. Wow!

I know the Prayer for Today is of particular interest to everyone today, but what else are you interested in hearing about? Budget, finances, Chosen Agenda Items? I'm going to keep you in suspense for a little while, I'm going to save the Prayer for Today for a little later in my report.

Service is considered the best way to maintain and grow our membership. How can we actively pursue this goal?

Approved 11.17.18

Sponsorship

TEAM

Workshops, education

The theme this year is “Hope for our Future: Our Members” How do we keep the members that come and then leave? How do we connect with members that are in remote areas? Where are we missing opportunities to grow as a fellowship?

Alateen is celebrating their 60th Anniversary! What is your group doing? What is your district doing? What does your area want to do to celebrate?

The WSO would love for you to send in postcards and pictures of all the celebrating you do.

They have a wall in the lobby of the First 25 years of Alateen, the Second 25 years of Alateen and a case with a lot of artifacts collected through the years.

- There are - 900 meetings in the US/Canada
- There are 680 Internationally

The World Service Office wants Oregon Alateen to know that they are “rocking and rolling with digital technology.”

International Report –

- went to Rome for the IAGSM meeting.
- Reprint authorization given in Slovakia
- 41 different countries gathered
- Sharing Worldwide Diversity
- Connecting with worldwide AI-Anon - sharing how each other structure their service structure.

In 1980 there were 19 general service offices, in 2016 there were 36. This was the 18th annual meeting There topics were:

- How can we strengthen our growth with worldwide diversity
- Understanding our responsibilities when we take service positions
- Talked about finding safe ways to get to meetings
- Talked about pouring alcohol down the drain

Was like an area assembly but with 21 different districts from around the world and different languages. It is not a business meeting, it is a sharing meeting. Business may come up, policy may come up.

After the meeting was over a group of 18 of them wanted to attend an AI-Anon meeting in Rome, - 18 members of went to a meeting that usually only has 5 regular members. In room was the steps, traditions and concepts on the wall. CAL catalog on table. It was fully grounded with AI-Anon.

2016 Auditors Report Highlights

Net assets - \$7,544,561 in General, Reserve and Building Reserves

General Fund net assets were \$78,824

Gross profit in literature sales - \$2,714,876

Contributions were \$2,098,098

No transfer from the Reserve Fund to the General Fund was needed

Net increase in the Reserve Fund was \$139,722

Postretirement health benefits liability increased \$295,505

Approved 11.17.18

The WSO has increased their Social Media presence to Instagram, Facebook and Twitter. They hired a Digital Strategy Manager. His name is Scott.

Literature:

- Intimacy & Alcoholic members – 1372 sharings. Stories selected
 - Freelance writer
 - Available at Intl Conference in Baltimore
- Daily reader – need more sharings hoping to wrap up by December
- Requests for 3 legacies sharings – Forum workshops
- Next piece of CAL – pamphlet for Parents and Grandparents
 - Available at next years conference
 - Freelance editor is a member of Al-Anon

- 10 years ago literature was 62%, 5 years ago 55% today 50%

They are going to have another survey coming out this fall. They would like us to help them. They're wondering if the reason our surveys come up with the average Al-Anon member being a 62 year old white female is because we are the only ones filling out the surveys. They want each one of us to talk to our groups and encourage every single member to fill out the survey and send it in.

How many of us are planning on attending the International Convention in Baltimore Maryland next year? There are several of us. Start saving your pennies and dollars. I've heard about the Serenity Prayer being said by 1000's of people and the amazing feeling you get hearing it. In March, Sue, Bunny, Judy J, Mary Lynn and I went to Montana for the Northwest Regional Delegates Meeting. Would they stand and give a 3 minutes synopsis of what they experienced?

Finance:

We had a record income of 2.1 million dollars. We've never done that before and the WSO wants to say "thank you, thank you" What did our income get us?

New redesigned website - mobile friendly

Increased social media presence

Fully staffed WSO

New digital strategy department

Efforts to protect our trademark and copyrights

New literature

Expenses were down. 72% of expenses goes towards supporting our missions. The largest expense the WSO has is employment. They have increased costs in their retirement plans. They have changed to newer employees being given a lower package of benefits than the current staff. There is only one person that came from New York to the Virginia Beach and that is Claire Ricewasser. Everyone else has retired. The other expenses are operating expenses and maintaining the building.

There were Policy Discussions, Open and Closed Meetings discussions and Announcing Events at Meetings discussion.

My God is really funny. Money is one of my biggest defects of character and God decided to have me be on the Spirituality in Money: Area Task Force. We met by conference call and GoToMeeting last year. We produced a pamphlet, a skit and a workshop.

Approved 11.17.18

Prayer for Today: As the Group Representative, your voice is my most treasured possession besides my Higher Power when I go to Conference. Your voice matters. The World Service Office is not the top of the organization. Our meetings are. The members in your meetings asking you to be their voice is the most important part of worldwide Al-Anon. Last year at conference, Tom Coffey, Associate Director or Literature asked us if we would give approval to his staff editing or removing the Prayer for Today in our conference literature? The long discussion that took place and our declaring we needed more time to discuss this with our areas had us bring it back to this years conference. Again, there were long lines of delegates sharing opinions. At the end, we decided that unless new information is brought forward, we were leaving the prayer as is for the time being. We did acknowledge that the prayer did 2 things.

Enhanced personal recovery

Expresses spiritual principles

TEAM – Together Empowering Al-Anon Members. This is a Friday night and Saturday all day event with a lot of workshops. Some of them are: Sponsorship, including Alateen/AMIAS, Service Sponsorship, Growing Trusted Servants, A Triangle of Recover, A Circle of Support, Concept 9 – Bill W Leadership, Concept 4 – Participation is the Key to Harmony. You're going to want to be there – it will be fun, interesting and full of fellowship. Friday night, the World Service Office has 3 Regional Trustees coming; Bruce Fetter, Debbie Gates and Claire Ricewasser coming and they will share their personal recovery with us. Then all day Saturday they will help us with leading workshops. On Saturday night, we will end the TEAM event and will have a speaker meeting with an Alateen panel and an Al-Anon member.

This brings me to asking about whether or not, we would like to have scholarships available to help people attend the TEAM event. How many here are planning on attending TEAM? How many here are thinking they would be interested in attending if they had some scholarship funds available? Oregon Area has increased group contributions up to this point. What if we gave each District up to \$200 to spend on scholarships for every day members in our groups to attend?

A motion will be presented later in the afternoon.

Love in Service,
Cindy
OR Area Delegate

COORDINATOR REPORTS

Alateen Coordinator **2017 OAC & Alateen Report**

We have several new prospective AMIAS in District 2 (Newport). They are interested in getting a new Alateen meeting started. I am very excited about all of the excitement around new Alateen meetings. Hurray!

We have 12 Alateen Active Meetings. One more meeting started since the March Assembly. That one is in Corvallis.

Approved 11.17.18

We were invited to have an AMIAS training in Medford. We brought 3 sponsors and 3 Alateens from the Portland and Salem area. They had 6 Alateens and 7 AMIAS there. We had the meeting in a park with the river right next to us. The AMIAS' had training and the Alateens had a sharing meeting. There was BBQ and lots of food. There was swimming after that and then pizza and a movie. The alateens really enjoyed meeting and getting to know the other kids. We may have 3 of those kids coming to OAC this year.

Will all of the AMIAS' please stand up.
Please join me up front. I have something to present all of the AMIAS

This pin says "2017 OAC, KEEP IT SIMPLE (is the theme), I take hugs, I'm an AMIAS"

Thank you for your service.

I would like Cathy to update us on OAC (Oregon Alateen Conference).

OAC will be on August 4,5,& 6 this year. We have applications at the table ready for you to pick up for teens that are interested in joining us at OAC. There are still scholarships available. We are selling last year's T-Shirts to help raise funds for AOC at the table in the back.

Remember to come join us at the November Assembly that is in Salem. Get ready to party!
Join us in celebrating in the 60th Anniversary of the starting of Alateen!

Submitted by,
Linda S., Alateen Coordinator

Archives Coordinator

All old Assembly and AWSC minutes contained in paper format have been scanned and stored electronically. The documents on old travel drives have been transferred to new ones since travel drives may have a tendency to lose stored information occasionally.

This action has saved 3 file drawers in the fireproof storage file, eliminating the need to purchase a new one at this time. This hopefully will make moving the archived items to another storage facility at the next change in Archives Coordinator a bit easier, as the fireproof cabinets are extremely heavy.

One option that has been considered is attempting to sell the 4-drawer fireproof storage unit and replacing it with 2 two-drawer ones, thereby making the transport easier, as well.

I have not had an opportunity to work on the OR Al-Anon history book, but it is still on the "to-do" list before my 3-year service as Archives Coordinator is finished. Thanks for your patience, everyone!

Respectfully submitted
Jan D., District 3

Approved 11.17.18

Cooperating with the Professional Community

The PO Grant subcommittee has decided to award grants to the following Districts:

District 6:	\$500 (newspaper add)
District 9:	\$500 (bus campaign)
District 10:	\$650 (two grants, \$500 bus campaign, \$150 Literature to Food Banks)
District 11:	\$500 (bus campaign)
District 17:	\$900 (bus campaign)
=====	
Total	\$3,050

Today, the PO Action committee will be discussing and voting on whether to discontinue this grant process.

Today, the PO Action Committee will be soliciting feedback from districts regarding efforts this years to reach out to the professional community.

This year, and last year's, efforts to reach out to radio and TV stations with PSA's, postcard requests to play PSA's, and then Thank you cards SEEMS (in my opinion) to have been largely ineffective due to lack of interest within districts/groups, and individual members. I invite feedback that will prove me to be ill informed.

Scott R., CPC Coordinator

Communicator Report for July Assembly 2017 by Donelda H.

The *Communicator* is a tool that can be used for communicating with the Oregon Area Al-Anon and Alateen membership. Part of that is informing and educating. I hear "Educate, Educate, Educate." The *Communicator* is one way to do that. It can also be used to make requests to the fellowship.

Action committees, if you have a contest, project, challenge or just want to get info out to the community, the *Communicator* can help get the word out.

I would like to include an article about 'How can we get more people involved in service?' Send me your ideas.

What is your group doing to celebrate Alateens 60th Anniversary? Let's share with the rest of Oregon Area.

It would be awesome to get some Alateen articles in the *Communicator*. Please spread the word.

I would like someone to translate the *Communicator* into Spanish.

Approved 11.17.18

This is our *Communicator*; I need your help with submitting articles and/or ideas. The deadline for the October issue is October 1st. All GRs are requested to send in a report about what your group has been doing, or problems you have had and how you solved them, and what you have planned.

Please, when submitting anything to the *Communicator*, please put “*Communicator*” somewhere in the subject line.

Thank you for letting me serve as your Oregon Area *Communicator* Editor.

Forum Coordinator

No Coordinator.

Group Records Coordinator

Hi everyone!

I'm Kate, your current Group Records Coordinator for Area 47 (Oregon). I've been asked to give a presentation to everyone here today. As the GRC for all of us I've discovered some items, some information that's otherwise missing, that would make my job so much easier.

When filling out a GR-1, the yearly group update, or just sending me an email with changes your group needs to be up-to-date, please include the following:

1. Group Number. This can be found on most local meeting lists, or on the area website. If you can't find it, ask your DR, or you can even send an email to the Area Secretary, Area Chair, or the Website Coordinator.
2. District Number. This can be found in the same locations as the Group Number.
3. Name of Group.
4. Complete Street Address for The Meeting Location.

Our Area has a few groups with either the same name, or very similar names, and while giving me the name of your group should be enough, it simply isn't. I need to be able to compare what you have sent me to what I am reading on the WSO website. If I don't have more than just the Group Number, I can't make sure it's the correct group without spending time and energy searching for the correct group. Recently I received a GR-1 with nothing more than the Group Number (which was wrong) and I had to spend the time figuring out which district the GR-1 came from, who sent it (which was on the bottom of the form—but really hard to read) and then try to figure out what the DR wanted me to do. I did figure it out, but it took quite some time.

Approved 11.17.18

Following the Links of Service—GR to DR to GRC will make my job much easier. While it may seem like I don't do very much, imagine what I'm dealing with when we get the yearly update forms. When I get 10 to 15 changes from most of the Districts, and maybe only 50% of them are completed correctly...well, I think you can see my problem. Sending me a GR-1 with only the Group Number (and maybe the District number-maybe) to identify the group, and the change marked, but only tiny numbers to change the member count makes my job so much harder. I've given you all some handout that are examples. One is a GR-1 with the usual information on it, one is how some of them come, and the other is a correctly filled out GR-1 for you all to use as a reference tool.

LITERATURE COORDINATOR REPORT TO JULY ASSEMBLY - Judy J.

- GROUP INVENTORY PAMPHLET: S-62. You can get it on-line from WSO, FREE. Chair a meeting with it....educate your group on why we use only CAL and how important it is. It asks questions like...

Who is responsible for CAL in our group? Why is it important to order CAL regularly? What is your personal favorite, why? All great questions to review. I will place these on your tables.

- We now have 4 E-BOOKS, and 3 Audio Books not available at WSO but different vendors. WSO has added a disclaimer to the publications for announcing and listing. AND WSO DOES RECEIVE A PROFIT FROM THE SALE OF THEM. I have a list here, I will place them on your tables.
- BOOKS NOT IN PRINT: I BROUGHT COPIES OF OUR AI-Anon books that are no longer in print, please look at them on the literature table. Having Had A Spiritual Awakening (it is available as an e-book), Forum Favorites, AI-Anon faces Alcoholism and First Steps. WSO is asking again for your Forum Favorites to print a new Forum Favorites Book...Im sure you will be hearing more from our new Forum Coordinator, Pam, about that. You are to send your favorite article from the Forum with the title and month and year to WSO and they will be printing a new "Forum Favorites" book.
- CATALOGUES - All groups should have the Literature Catalogue, it is the GR's job to let the members know all about our literature (or maybe your group has a literature person to do this). It is on my job descriptions to bring catalogues to all meetings and display them for everyone. They are on the table.
- ALATEEN 60TH BIRTHDAY this year. What is your group doing to celebrate this. Last year was AI-Anon's 65th Birthday and many of us sent \$65 to WSO. We could all send \$60 to WSO this year in honor of Alateen's Birthday. Have any groups done anything for Alateens? I have a whole display of Alateen literature on this table. Chair a meeting on

their literature, buy literature for their groups, have an Alateen come speak at your group. I have Alateen logos here for any group that has honored Alateen.

- SPANISH WORKBOOK PATHS TO RECOVERY -- SHOW...Give one to any GR from a Spanish Group.
- NEW LITERATURE. WSO is always requesting writings from us. Pam or I can come to your district to help you hold writing workshops. WSO produces guidelines to help us write for new books that have been approved by the Conference. They still need sharing's for: A new daily reader on diversity, THEY HAVE 1000 SHARINGS AND NEED MORE. A new pamphlet "Parents and Grandparents" they have only gotten 240 sharings; please take a writing sheet and send to WSO. The new book on intimacy (the size of When I got Busy I got Better) did get 1000 sharing's and it has gone to the editor but they can use more. The more sharing's the better the choices. AND they are always requesting sharings on the 3 Legacies. Is there anyone here who doesn't know what the 3 legacies are. THANK YOU FOR ASKING. I sit in meetings and hear such great sharing's. GR's give those members a sharing sheet to write and send to WSO. You can also go online to WSO and submit sharings via the internet: 1. Members web site 2. Individual 3. Featured publications. All sharing sheets are there, choose one. Do you have any ideas for new literature....any member can submit suggestions!

Judy J. Literature Coordinator.

Public Information Coordinator

As your Public Information Coordinator I am busy working on a bus campaign for greater Oregon and a mapping project for the entire state. I have been busy researching all of the transit options we have for advertising our message and getting quotes put together so we know how much we'll need to raise. The bus campaign is a partnership between Public Outreach at the State level and PO efforts within Groups and Districts. The State has some funding available but we also need contributions from the Membership to make this happen. I can send DRs all of the information I have for their District and GRs could ask their Groups to sponsor a bus in their city. If the State, District, and Groups share the cost we can literally cover Oregon with the Al-Anon message. Thanks to those of you who assisted with tracking down information! We still have yet to hear from a few transit authorities, so the work is ongoing. When it's completed, we will have solid intel to pass on to DRs for future bus campaigns instead of reinventing the wheel.

The mapping project I mentioned is underway and entails using a map, a computer, and a willingness to learn more about the District you live in. I am looking for helpers from every District to complete this project, and I want to send a shout out to the DRs, Group Members, and even a fellow Coordinator who have all assisted in getting this off the ground. Sometimes the information is easy to find, and sometimes it's like flying blind. This project will be in process until it's complete, and it works best to have local people participating. Your assistance would be

Approved 11.17.18

greatly appreciated and your knowledge of where *you* live will be invaluable to the effort. Contact me for more information.

I also want to share some information from WSO regarding our participation in Al-Anon Faces Alcoholism (AFA) and TV Public Service Announcements (PSAs) that WSO has sent out to various stations in Oregon. I have a Power Point presentation and multiple documents to share with statistics and more.

There's a lot going on in Public Outreach and I would love to partner with each one of you to further the message. Let's keep in touch!

Katie W.
Public Information Coordinator

Website Coordinator Report

Starting in 2017, the effort to redesign your Oregon Area Website has begun. I am blessed to work with a subcommittee of the Membership Outreach Action Committee. As we progress, presentations will be made to the full Action Committee for review.

The existing website is still being updated with new information, current document postings, and meeting changes. However, there will be no adjustments to layouts and design or any organizational changes. These types of efforts will be applied only to the new website.

The Membership Action Committee-Website subcommittee is comprised of generous hardworking individuals who are willing to meet electronically twice a month. They take on homework (research different topics, create layout plans, etc), and collaborate to make decisions on the design of the new website. Without their help, I could not take on this project. We have only a year and half left in this panel to complete this work.

Thank you for entrusting your website to me. Your servant,

Regis P.

Audit Budget Report

We met in April and audited the Treasurers books for the first quarter. Everything was fine. We met Saturday after the assembly to audit the 2nd quarter books, there was one discrepancy which was accounted for. We adjusted the budget to include the \$1000.00 for the bus campaign that we voted on at the March Assembly. We also made adjustments from the contingency fund to the budget amounts for Membership Outreach Action Committee and Literature Coordinator, as they had already exceeded their budgets.

Approved 11.17.18

Barb B., Audit Budget Chair

Portland AI-Anon Information Service Office (AIS) Liaison

There are some new developments at AIS!

We are working on a new website! One that is easier to use and better to look at. I'll keep you posted!

This has been a challenging panel for Portland AIS. We still have many open positions, and the 3 years is half over. Open Positions include chairs for Public Outreach, AA Liaison, Health Fairs, Office Volunteers, Media, Literature, Institutions, and Group and AIS fundraising. Please spread the word at your meetings!

We had a Bridge Walk Fundraiser on October 16, 2016. It was a cold, windy, rainy day, but \$335.00 was raised. I hope it is done again because I want to go!

The AIS Fundraiser in November 2016 raised \$4,540.00! Wow! Our fundraiser this year has been moved – it was scheduled for the same weekend as the TEAM event. It will be on October 28, 2017 so there aren't two events on the same day that we all want to attend!

The AIS bylaws are being reviewed and updated. The Board has completed the review and will be giving the marked and clean copies of the bylaws to ISRs at the July AIS Service Committee meeting.

I was asked to contact WSO to find out if the AIS office could sell literature on-line. WSO said "not at this time." It is in discussion at World Service Committee level yearly.

District 17 had its annual Spring Fling which was a great success! They raised \$1,327 for the AIS office. Thank you District 17!

Public Outreach Bus Campaign: Deanna McC is the District Representative for District 10, which is where this campaign began. The Districts involved in the campaign are 9, 10, 11, 12 and 17. Funds are being collected from Districts, individual meetings, and individuals. They needed \$6000-\$7000 for a 4-week campaign that would put a sign on the back of 37 buses in the Portland Metro area. The goal was to do this in August. At the last District 10 business meeting it was announced that \$10,000 has been collected. This means the signs can stay on the buses longer, or repeated next year.

AIS approved a motion to contribute \$650 of our Public Outreach budget for Bus Campaign.

As AIS Liaison, and AIS Board and Service Committee Secretary, I encourage you to consider getting involved at this level of service. It is fun, and none of it is difficult.

Caralynn W
AIS Liaison

GR/DR/COORDINATOR BREAKOUTS

Approved 11.17.18

GR Breakout Report

Sue B., Alternate Delegate, Chair

Mary Lynn J., Families in Serenity GR District 17, Recorder

Group Representatives new to Assembly introduced themselves. They were given the flip charts created as an aid to new GRs at Assembly, as well as the handout "What Are Assemblies All About?"

GRs were invited to share experiences or to ask questions. Following are some of the comments:

- To new GRs, come back for 3 or 4 Assemblies. You will find something that will keep you coming back. You will learn, feel the warmth and fellowship.
- Guideline G-11 will tell you lots that we can do in our roles as GR, but we do what we can do.
- I don't have a computer or a smart phone, can I still be a GR? Yes, you can ask someone to receive electronic mail for you.
- When I receive flyers, I make several copies and put them in my group's notebook so members can take a copy to read when they have time. I only announce two or three coming events, not everything at once.
- My recovery has grown since I got into service. My group doesn't do announcements at all. I email minutes, flyers, etc. to members of my group. They can choose to read or not.
- I send all info to the group email. The group email address is on the phone list and anyone in the group can access it to get announcements.
- I spread announcements over a period so all information is not presented at once. There is an area for copies that members can pick up.
- My group is small, 12-15. We are not a tech savvy group. We pass around the announcement book at the Seventh Tradition. At announcements, I only announce immediate events.
- My group swells in summer. Strange things creep in, like the chant, "Principles above personalities." There is nothing in that statement than the rest of Tradition Twelve. With knowledge comes responsibility.
- My group was a Legacy meeting. It's small, with sometimes 2-3 members. Newcomers come and do not return. We re-evaluated the meeting and asked what we could do to make it more helpful. We took a group conscience to change the format to a study of *How Al-Anon Works*. We are receiving help from members of other groups in the district by attending the meeting.
- Our district secretary sends out highlights of the district meeting.
- Is there some way that you consolidate the 16-20 pages of Assembly minutes to present to your group?
- When newcomers are present for the business meeting, they are hearing business not the recovery they are looking for.
- Share the information you think members want to hear.
- I am trying to have an open mind about Assembly. Sometimes my meeting swells to 45-50, but it can be as small as 12-15. It is too expensive to attend Assembly. I am trying to determine what function Assembly serves. I know that service work is good for recovery, but I am resistant to doing more work in Action Committees between Assemblies.
- I take all the information and ask myself, "What will affect the group?" and "Are we changing things that will affect them?"
- Being a GR is how the group learns what's going on at Assembly level. Communication is a problem because my district has no DR.

Approved 11.17.18

DR Breakout Session Notes

District Reps present: Julie S: D1; Nancy: D2; Dee: D4; Dawn B.: D6; Tama: D7; Mary: D9; Deanna: D10; Amy: D11; Brenda: D17

Dawn B. facilitated. Opened session with the Serenity Prayer

Dawn summarized the discussion at AWSC regarding barriers to attending assemblies; an AWSC “thought force” is working on the issue. Despite some lack of response from groups on the subject, DRs contributed ideas in general and from the perspective of each district. Following is a list of areas of concern:

Fear of the Unknown

This was the first item highlighted. Many feel that

First experience of assembly:

Lots of resistance, fear

Barriers of being willing – overwhelm

Lack of commitment

 Fear – Don’t know what it’s all about

 Multiple days – fear of commitment

Fear of Assembly, but also of logistics how to get there

Getting a group together and someone makes arrangements

Logistics

Distance

Multiple days – fear of commitment

Finances

Electronic meetings

Electronic assemblies and AWSC – State of Washington

Younger generation – electronics

Not everyone has \$ or skill to have technology

Using tech – videos online – tutorials – broken down – YouTube 5-min. videos

Online chats – several people

Some anonymity issues with that, voting

Explain about Assemblies – ask questions – GRs make motion – WSO office have any?

Check audio podcasts – WSO

Tips & tricks

Personal Life Issues

Finances

Child care

Work commitments

Spiritual commitments

July is vacation time

Conflicts

Approved 11.17.18

Changing the format of Assemblies

Third one being service – workshops

Following along – education to prepare

GR session first—hands-on—early this a.m.

Go down to one day – if no breakout sessions

10-min. going back to the table – process what just happened – could get loud

GR big group – smaller at different levels – Assembly 2.0

DRs – many no – falling through the cracks

Partial attendance at Assembly – not liking this

Too much listening, not enough decompressing – only 2nd meeting GR what we think about what the job is – still feeling out – phased in to Assembly – active service members saw familiar faces – less scary as assembly busted out in tears in assembly – growth opportunity – service assembly –

Multiple days – fear of commitment

Shift all meetings by one month

Reducing number of assemblies in a year – controversial suggestion

Attitudes toward Recovery/Service

Fellowship still, not really in tune with business part of Al-Anon

Service Manual study – participate in small group setting

Business part not resonating – “not worth my time,” “didn’t know I was supposed to go,”

Business meetings are spiritual meetings – people aren’t making that connection

Finding mentor – old-timers leading, teaching newcomers

What DR does – agendas – standard location – GRs in charge – 1st thing – communication tool for GRs

DR support team – Help with the agenda

Active people in your district – DR different district – which district?

Respectfully submitted,

Nancy N., DR

Coordinator Breakout Report

Roll call was not taken, but all coordinators (minus the Forum Coordinator), and a past delegate were in attendance. Session was facilitated by Scott R., CPC

In response to a petition to the June meeting of the AWSC, a single question was posed to the coordinators:

What would be the effect on you and your action committee, of one assembly per year?

Summary/paraphrasing of responses included:

1. We would lose the camaraderie that creates enthusiasm, commitment, and allows us to get things done.
2. New GR’s say they get enthusiasm from being at assemblies. We would lose that.
3. Only about half of the people who say they are “willing” to work on a project show up now. If we try to work online it will be even worse.
4. Nothing would get done. There wouldn’t be any buy-in.
5. Without Action Committee business, there is no Al-Anon.

Approved 11.17.18

6. Working as online meetings would cost more than \$200/year to the area. Cheaper options equal poor performance.
7. Working online is a nightmare to arrange peoples' schedules.
8. Would Al-Anon in Oregon be willing to have fewer people making the important decisions?
9. I need to see a person's face, their expressions, their body language to know what they are really thinking.
10. When a new panel starts, and new officers/coordinators start, no one really knows what's going on. We don't always have a predecessor to learn from. So it takes us the first year to learn, the second year to rally the committee, and the third year to get anything done.
11. The learning curve is too steep for only 1 assembly /year.
12. Not all people have a computer, or email. Or they are poor about email responses.
13. (Two coordinators shared their experience of getting NO responses when emailing their committee members.)
14. Links of service are already breaking down with 3 assemblies/year.
15. The break down is at the district level. Information is not being shared. Education is not happening. Assemblies are a time to educate.
16. Assemblies seem to be the primary means of communication back to groups.
17. One assembly a year would be the "kiss of Death" for action committees.
18. Corporate experience suggests the need for face-to-face interaction. Even corporations that use on line meetings still do retreats to get people together.
19. WSO research shows that even teens don't want only online contact. Only 11% of teens said electronic meetings were important to them.

Unanimous consensus seemed to be against the idea of one assembly/year.

ACTION COMMITTEE REPORTS

Business Services Action Committee - we had 13 members present, the meeting was led by Dawn K , the chair of the B.S. Action committee. We discussed our budget for 2018. We also practiced our skit on healthy vs non-healthy group business meetings. Our new action/goal, is to work on guidelines on how to have a healthy business meeting.

Fellowship Communication Action Committee

Chairman, Judy J.; Reporter, Julie S.

Members Present:

Amy D., Polly M., Rita S., Tammy C., Jaime J., Lori C., Phyllis W., Pam M., Lisa H, David M., Julie S., Kory S., Roxanne G., and Judy J.

Action Taken Since Last Assembly:

Approved 11.17.18

- Bingo cards are beginning to be turned in. So far Judy J. Has received seven cards with a Bingo. Cards are available on the website if needed or hard copies are still available See David for cards.
 - A drawing will be held at the November State Assembly from all the cards turned in for a basket of CAL (\$85.00 value). All other groups will Bingo cards turned in will receive an honorable mention prize. Either a Al-Anon/Alateen Groups at Work book or A Loving Interchange to Resolve Conflict booklet.
- Spanish Speaking and Alateen GRs will continue to receive CAL in Spanish when attending each Assembly.
- An additional 10 Forum subscriptions was drawn at the Assembly.
- The skit scheduled for this assembly was reviewed and the "players" were chosen. Polly, Phyllis, Laurie and David have volunteered their talents.
- Al-Ateen 60th Birthday ... are we taking about it with our groups? Have groups discussed a contribution to WSO for the benefit of Al-Ateen? A suggestion is to chair a meeting using Al-Ateen CAL.

Action Planned for Next Assembly:

- Book Report summaries will be included in the Assembly minutes.
- Book reports for the November Assembly - Amy, Polly and Beth volunteered to read CAL and present a short report at the November assembly. Books reviews include "how Al-Anon Works", "Many Voices One Journey" and "When I Got Busy, I Got Better".
- It is requested that the AIS in the Districting hosting the Assembly, have some additional copies of books available for sale, for the books that are scheduled to be reviewed.
- Pam M. expressed interest in the Forum Coordinator position and is putting her name up for consideration.
- Budget - The 2018 Budget request to the state is \$700.00.
 - The increase represents the ability for the Fellowship Committee to assist groups in purchasing WSO material that is no longer provided by the WSO.
 - In addition to having a raffle for "The Forum", new literature and books from the book report, Conference Summaries and Service Manuals will be given away. It is the goal of the committee to increase awareness of CAL in our groups.
 - New group participation contest
 - Basket of CAL for the State Speaker's Meeting in April 2018.

Other Important Information:

Every GR should have a catalog of Conference Approved Literature. They are free! See the Literature table!

Group Services Action Committee

Chairman, Dee; Reporter, Kate

17 Members Present; 10 Districts Represented

Action Taken Since Last Assembly:

- Read GS Purpose & Minutes from last meeting.
- Reports from Coordinators: Alateen, Linda, spoke to how Alateens "didn't know" there were others like them; lots of kits making it to OAC; offered to assist other areas with Alateen Groups; building, sustaining. Thanks for making my job easier.
- AAPP, Joanne, is discovering way to handle recertification of AMIAS; Mandatory workshop every 2 years? How to lower costs, add people? Thought Force developed into Task Force of 1 – me!
- Portland AIS Liaison, Carolyn, not present.

Approved 11.17.18

Action Planned for Next Assembly:

- Develop the use of “Google Hangouts” for the “Missing Members” – Live demo of GH at AWSC.
- Find out, if there’s a “Phone Only” way to do something like GH.
- “Links of Service” hand-out during report back.
- How to spend budget??
- Find “LOS” bookmark.
- Donating \$200 to Alateen for the use of Newcomers’ Packet.
- Discuss copying of LOS Bookmark.
- Other Important Information:
- Educate, Educate, Educate!
- Links of Service
- Donate \$200 to Alateen literature (\$250). Kate moved, Janice 2nd.

Membership Outreach Action Committee

CHAIRMAN: Regis Peregrin/ for Donelda EMAIL: regisp.afg@gmail.com

REPORTER: Jodie P. (in Assembly) Regis(paper) EMAIL: redijodi@live.com

NUMBER OF MEMBERS PRESENT: 12 DISTRICTS REPRESENTED: 6, 7, 9, 10, 17

REVIEWED ACTIONS:

Reviewed actions since last Assembly (lapel pins, website work)

Reviewed Sub-Committee structure and members present

ACTIONS:

Research Oregon lapel pins, style, and cost

Submit budget request to Audit Budget

Practice and perform TEAM skit

WHO WILL PERFORM ACTION:

Brenda G.

Regis P.

MO Players

OTHER IMPORTANT DISCUSSIONS:

- ~Budget considerations
- ~Oregon Lapel pins would not promote International, but we could order and sell them at cost to those going to International to trade with other participants
- ~In 2018 MO would like host a photo contest to support the website and communicator. The communicator sub-committee is willing to take on that work. We would like to use the new Service Manual and Conference Summaries for the prizes.

THINGS TO DO:

Communicator subcommittee: Organize the photo contest, different categories, different styles, make a form for filling out about the photo. Make a flyer to get the information out. etc.
Website subcommittee: Continue the redesign work

Public Outreach Action Committee

Chairman, Scott R.; Reporter, Mary W.

Members Present: 16 Districts Represented: 4, 5, 7, 9, 17

Reviewed Actions:

- Attraction vs. Promotion – Bus campaign. Attraction is I like what I see. Mpromoting is telling you to do something.
- Voted to stop the grant program.
- Gave \$500 to Districts 9, 10 & 17 for bus campaign. Gave \$500 to District 6 for ad campaign in newspapers. Gave \$1550 to District 10 to buy CAL literature to schools.

New Action/Goals:

- Need to move into digital age.
- WSO has Facebook, Twitter & Instagram.
- Budget for 2018 to put up signs inside busses in districts not in Portland or Eugene.
- 3 main posters- CAL approved that can be put up.

Other Important Discussions/Notes:

Coca Cola story: Stopped advertising and their revenue went down. Continuing to put out word about Al-Anon is important to attract new people. Professionals in rural areas can be important in starting new Al-Anon groups. District 6 Outreach to Professionals – AIS created info packets for medical professionals. Created 200 packets at workshop for professionals. Every group was given 4 packets to take to their medical caregivers. Professionals were very appreciative. Cost \$160 total for 200 packets. Packet contains: 1) Fact Sheet for Professionals 2) Al-Anon Referral 3) Letter to Professionals 4) Meeting List 5) Al-Anon Faces Alcoholism.

Approved 11.17.18

BOOK REPORTS

Book report on *The Dilemma of the Alcoholic Marriage*

I was introduced to this book by Al-Anon members who mentioned it during sharing meetings. One of my friends led a meeting on Step 10 as it is presented in this book. That was at least a year ago. It made an impression on me, and I knew it was a book I wanted to read.

While I am not married, living with an alcoholic for the past 9+ years has given me the experience of the dilemmas of this relationship. The *Dilemma of the Alcoholic Marriage* describes the feelings and experiences that are so common in an intimate relationship with an alcoholic, and it gives personal and specific examples of how different people have communicated their feelings and needs in healthy and productive ways.

This book explores key questions, like;

Do you say what you mean? Do you mean what you say?

What do your actions communicate?

What do your attitudes communicate?

How do we cope with anger?

These are questions I need to consider every day.

One member quoted in the book had worked out a set of rules for herself about communicating;

Discuss, don't attack.

Keep the voice low and pleasant.

Stick to the subject.

Listen to his complaints.

Don't make demands.

Another member in this book described how her relationship with her husband changed by keeping in mind a single word: courtesy.

Sex as it relates to alcoholism is also addressed in this book. Examples are given on how different couples have worked on communicating on their sexual relationship, and common issues are discussed.

Finally, there is a section on how the 12 steps apply to marriage problems.

In closing, I would like to read a summarizing statement under each of the 12 steps:

Step 1: I will remind myself, hour after hour each day, that I am powerless over anyone else, that I can live no life but my own. Changing myself for the better is the only way I can find peace and serenity.

Step 2: I accept the fact that I need help in being restored to sanity, and that I cannot achieve this without help.

Step 3: Now I know I need the help of a Power greater than my own. ...in everything I do, I will try to reflect the light and the wisdom that will come to me through my surrender to my Higher Power.

Step 4: Day by day I will try to overcome my own faults and mistakes, knowing that this course of thinking, acting and speaking alone can work toward a solution of my problems.

Step 5: When I concentrate on my personal progress, the difficulties over which I have no control will iron themselves out.

Step 6: All progress must grow from a seed of self-appreciation which is as far removed from conceit and pride as day is from night. Let me realize too, that self-doubt and self-hate are defects of character that hinder my growth.

Step 7: Humility is basically a realization of our relationship to our Higher Power.

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Step 8: Let me remind myself, “I am willing to make amends,” but more than that, I am willing to learn to be tolerant and generous in my views about other people, and to consider their feelings and weaknesses.

Step 9: Let me remember that the reason for making amends is to free my own mind of uneasiness.

Step 10: Every day, let me take a quiet time for reflection and review.

Step 11: The spiritual exercise suggested by the 11th Step is a powerful force for good in our lives. Let me not ever think I have no time for it.

Step 12: Let me remind myself that in carrying the message, what I do speaks louder than what I say.

Given by Rita S., GR, District 17

Discovering Choices: Recovery in Relationships

I chose to do my report on **Discovering Choices: Recovery in Relationships**. The title is fitting, a personal lifelong area of growth for me as a member of Al-Anon. I enjoy the experience, strength, hope and wisdom that this book contains. The format is friendly with a brief preface, 16 chapters, each divided into 3 sections: Chapter Introduction, Personal Stories and For Thought and Discussion (Questions). The Twelve Steps, Twelve Traditions, Twelve Concepts of Service and General Warranties of the Conference are placed after the last chapter.

The last two paragraphs of the first chapter introduction sum it up pretty well: “Wherever we may be in our search for healthy relationships, we have to begin where we are today. It may be painful to think how much better our relationships could have-or should have-been. There's no point in criticizing ourselves when we did the best we could with what we had. We can gain peace of mind by putting aside what we could or should have done and by accepting who we are right now.

The Al-Anon program offers a range of tools that can help us. As we continue to attend meetings, we learn to let go of old companions like failure, shame, and guilt. In time, we can make progress, but we can only make it 'One Day at a Time.' The Al-Anon tools help us realize that the ability to start over is always within our reach, and that there's always more hope than we may have thought.” (page 10)

I was drawn to this book shortly after joining Al-Anon because a member was hosting a book study of it. I liked the idea of learning about choices but didn't know that it focused on relationships. I was unable to attend the book study; there's a time and place for everything and my higher power just recently guided me back to this book. The group that I'm currently a GR for (Thursday Night Literature Study and Sharing) is reading it at our weekly meeting.

The personal stories have something to offer for everyone, are pertinent and diverse. An example of this diversity is found on page 16. “I married again after a 27- year engagement. We're both male adult children of alcohol-affected parents, and we're recovering-not an uncommon match as a basis for a strong marriage. Thanks to Al-Anon, we're finding great hope by seeing our parents in the new light of compassion and understanding. Our relationships with them have improved in countless and miraculous ways since we started applying the principles of the program.” The personal stories include experience and growth in relationships with spouses, children, siblings and parents. They are rich in content and wisdom.

The For Thought and Discussion section contains 5-7 questions that are useful for guiding a meeting and a way for individuals to reflect on and dig deeper into their Program. Two of these

questions found at the end of Chapter 1 on page 21 are: “1. How healthy are the relationships in my life? 2. What am I doing to grow and mature?” The questions are well written and related to the chapter content.

I came to Al-Anon because I felt the need to mend the relationships that I have in my life: the one with myself, my higher power, my family members and anyone else I frequently interact with. This book meets my needs by helping me to focus on my Program and recovery. It repeatedly but not repetitiously refers to a higher power, the steps, traditions, and slogans as the keys to recovery. I found it easy and enjoyable to read, as well as thought provoking. I highly recommend this book to Al-Anon members and hope that they appreciate it as much as I do.

Jaime J. GR, District 6

The Al-Anon Family Groups - Classic Edition

This book was first printed in 1955 as a pamphlet. The second printing, 1956, was a book of about 100 pages. This is the first literature of Al-Anon. IN the 1960 printing the title was changed to "Living with an Alcoholic" and expanded. These first editions were the basics of Al-Anon, how it had formed out of the wives of alcoholics (A.A), an understanding of alcoholism, and how a person can find help for themselves.

The first section of the book tries to give us an understanding of the alcoholic, ourselves, where one can get help, and how to start a meeting. The second section gives us thirteen stories of early family members struggling with alcoholism in loved ones and how they found help through Al-Anon. The third section has the meeting structure, nine types of meeting, and literature available at the time.

This printing the "Classic Edition" copyrighted in 2000 is doubled in size of the original 1955 printing, by adding footnotes and a second appendix.

This is what makes the book fascinating to me. It is showing the history of Al-Anon - what it was, why it was this way, and why it has changed. Generally, it takes one through how Al-Anon works. This is the compelling section for me. It shows how Al-Anon evolved. Why it is necessary to keep changing and it's historical context.

David H.
Friendly Thursday AFG District 6