

Attachments to July 2018 Assembly Minutes - Final

Oregon Area Al-Anon Family Groups  
Expense & Income vs. Annual Budget

January 1 through July 16, 2018

		Jan 1 - Jul 16, 18	Budget	\$ Over Budget
1	<b>Income</b>			
2	Revenue			
3	Group Contributions	\$ 12,162.89	\$ 16,000.00	\$ (3,837.11)
4	Assembly Registrations	\$ 711.00	\$ 2,000.00	\$ (1,289.00)
5	State Speaker Meeting	\$ 34.00	\$ 3,500.00	\$ (3,466.00)
6	Advances	\$ 1,500.00	\$ 1,500.00	\$ -
7	Miscellaneous	\$ 242.05	\$ -	\$ 242.05
8	Cash Carried Forward	\$ 15,131.62	\$ 11,246.00	\$ 3,885.62
9	AMIAS Expense Reimbursement	\$ 326.00	\$ -	\$ 326.00
10	<b>Total Revenue</b>	<b>\$ 30,107.56</b>	<b>\$ 34,246.00</b>	<b>\$ (4,138.44)</b>
11	<b>Total Income</b>	<b>\$ 30,107.56</b>	<b>\$ 34,246.00</b>	<b>\$ (4,138.44)</b>
12	<b>Expense</b>			
13	Delegate Fund			
14	WSO ETF	\$ 2,443.00	\$ 2,443.00	\$ -
15	Extra Day	\$ 157.59	\$ 300.00	\$ (142.41)
16	Delegate Meeting	\$ 911.93	\$ 911.93	\$ -
17	Delegate Travel	\$ 559.66	\$ 1,000.00	\$ (440.34)
18	Delegate Miscellaneous	\$ 577.36	\$ 700.00	\$ (122.64)
19	<b>Total Delegate Fund</b>	<b>\$ 4,649.54</b>	<b>\$ 5,354.93</b>	<b>\$ (705.39)</b>
20	Working Fund Expense			
21	Archive Rent	\$ 456.00	\$ 456.00	\$ -
22	Area Travel Fund	\$ 750.86	\$ 3,000.00	\$ (2,249.14)
23	Communicator	\$ 124.74	\$ 200.00	\$ (75.26)
24	SSM Advance	\$ 1,500.00	\$ 1,500.00	\$ -
25	Assembly/AWSC Rent	\$ 1,264.48	\$ 3,000.00	\$ (1,735.52)
26	Insurance	\$ 1,591.00	\$ 1,700.00	\$ (109.00)
27	<b>Total Working Fund Expense</b>	<b>\$ 5,687.08</b>	<b>\$ 9,856.00</b>	<b>\$ (4,168.92)</b>
28	Assembly Allowance/Meal/Lodging			
29	Officers	\$ 922.69	\$ 3,000.00	\$ (2,077.31)
30	Audit/Budget	\$ 178.18	\$ 1,200.00	\$ (1,021.82)
31	Coordinators	\$ 785.94	\$ 3,500.00	\$ (2,714.06)
32	Past Delegates	\$ -	\$ 300.00	\$ (300.00)
33	<b>Total Assembly Allowance/Meal/Lodging</b>	<b>\$ 1,886.81</b>	<b>\$ 8,000.00</b>	<b>\$ (6,113.19)</b>
34	Officers Expenses			
35	Alternate Delegate	\$ 9.50	\$ 75.00	\$ (65.50)
36	Chairperson	\$ 313.00	\$ 400.00	\$ (87.00)
37	Secretary	\$ 8.82	\$ 50.00	\$ (41.18)
38	Treasurer	\$ -	\$ 200.00	\$ (200.00)
39	AAPP Expenses	\$ 128.95	\$ 128.95	\$ -
40	<b>Total Officers Expenses</b>	<b>\$ 460.27</b>	<b>\$ 853.95</b>	<b>\$ (393.68)</b>

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		Jan 1 - Jul 16, 18	Budget	\$ Over Budget
41	<b>Assembly Expenses</b>			
42	Assembly Workshops	\$ 80.00	\$ 80.00	\$ -
43	Business Services A.C.	\$ -	\$ 50.00	\$ (50.00)
44	Membership Outreach A.C.	\$ 231.28	\$ 500.00	\$ (268.72)
45	Group Services A.C.	\$ -	\$ 300.00	\$ (300.00)
46	Fellowship Communication A.C.	\$ 316.87	\$ 700.00	\$ (383.13)
47	Public Outreach A.C.	\$ 508.00	\$ 8,000.00	\$ (7,492.00)
48	Audit Budget Extra Day + Exp	\$ -	\$ 50.00	\$ (50.00)
49	<b>Total Assembly Expenses</b>	\$ 1,136.15	\$ 9,680.00	\$ (8,543.85)
50	<b>Coordinator and Other Expenses</b>			
51	Alateen Coordinator Expenses	\$ -	\$ 400.00	\$ (400.00)
52	Archives	\$ -	\$ 75.00	\$ (75.00)
53	CPC	\$ -	\$ 50.00	\$ (50.00)
54	Forum	\$ -	\$ 80.00	\$ (80.00)
55	Group Records	\$ -	\$ 50.00	\$ (50.00)
56	Literature	\$ 13.14	\$ 75.00	\$ (61.86)
57	Public Information	\$ 70.00	\$ 150.00	\$ (80.00)
58	Web Coordinator	\$ 145.51	\$ 200.00	\$ (54.49)
59	<b>Total Coordinator and Other Expenses</b>	\$ 228.65	\$ 1,080.00	\$ (851.35)
60	<b>Delegate Meeting</b>			
61	Past Delegates	\$ 836.30	\$ 836.30	\$ -
62	<b>Total Delegate Meeting</b>	\$ 836.30	\$ 836.30	\$ -
63	<b>Other</b>			
64	Contingency Fund	\$ -	\$ 792.82	\$ (792.82)
65	Equipment Supplies	\$ 86.23	\$ 300.00	\$ (213.77)
66	Handbook Update	\$ -	\$ 150.00	\$ (150.00)
67	AMIAS Background check fee expenses	\$ 244.50	\$ -	\$ 244.50
68	<b>Total Other</b>	\$ 330.73	\$ 1,242.82	\$ (912.09)
69	<b>Total Expense</b>	\$ 15,215.53	\$ 36,904.00	\$ (21,688.47)
70	Cash Balance as of 7/16/18	\$ 14,892.03	\$ (2,658.00)	\$ 17,550.03
71	Ample Reserve	\$ 10,000.00	\$ 10,000.00	
72	<b>Available Cash as of 7/16/18</b>	\$ 4,892.03	\$ (12,658.00)	\$ 17,550.03

### **Delegate's Report**

The first thing I want to say to all of you is, thank you! In 2015 at the November Assembly, I was eligible to stand for Delegate, I trusted my Higher Power, and you elected me as your Oregon Area Delegate. I cannot express how much I appreciate you trusting me and sending me cards at the Conference giving me encouragement and showing me support and your love.

In 2016 – the World Service Conference's theme was, "Realizing our spiritual potential", In 2017, it was, "Our members, our hope for the future" and finally, this year the theme is, "Al-Anon, there is no standing still". In looking back at all 3 conferences and meditating on what I feel these theme's have been teaching me is that the spiritual potential of Al-Anon and my spiritual potential is going to need to increase, that the fellowship of Al-Anon needs to work together on this spiritual journey and that we may now be on a fast track, not the slow one I've come to know in my program. One idea playing a big part in my program today and I want to encourage all of you to look at also, is practicing Concept 4 and 5 in many new and different ways. Our Concepts and also the May 2017 Forum, had an article that said: "Concept 4 states that "Participation is the key to harmony", it allows others, anyone with a different opinion, to have voice and Concept 5 ensures that the minority opinion be heard." We have seen this in action at our Assembly and Deanna wrote about it and was published in the May 2018 Forum. Most of us quote these Concepts when the vote or action goes the way we want them to, however, did you know practicing Concept 5 means that neither the minority nor the majority are right or wrong. It just ensures everyone gets to be heard. The group as a whole gets to make the decision. Practicing Tradition 1, "Our common welfare should come first; personal progress for the greatest number depends upon unity" means that we should participate in the growth of our program and the minority opinion gets to be heard regarding what path our program travels on, but the group, the members of Al-Anon as a whole get to decide. When the vote isn't what you want, what do you do? I see too many times people say, fine, I'm not going to participate anymore. The unity of Tradition 2 says, "For our group purpose there is but one authority – a loving God as He may express Himself in our group conscience; our leaders are but trusted servants, they do not govern." In Paths to Recovery, page 146, "If our own position is not that of the group as a whole, we learn to support the decision reached." and "When we all seek God's will, there can be no winning or losing, but only a journey to greater understanding."

Things are moving fast! So many changes have happened, like our website, the office staff restructuring, employees retiring and new ones bringing in new and innovative ideas.

What I have seen and what I think is that Al-Anon is changing and each one of us need to recognize what's changing and decide if we need to have our voices heard. My past experience in Al-Anon is that everything moves very slow, I don't think that's what's happening right now. The Trustees, our "guardians of our legacies" along with our new Executive Director seem to be moving very fast and changing many things about our program. Part of this is because we need to keep our program in current day reality and how the disease of alcoholism is being treated on the worldwide stage.

I'm doing my report in 3 segments. One of these segments is information about Trustees, those Guardians of the Legacies I mentioned. Did you know you can be a Trustee? Do you know what

a Trustee does? Do you know how to become a Trustee? I believe these people are going to be influential in the direction our program moves. Are you going to be one of them?

Before dinner on Monday night at conference we were introduced to Vali. I believe she is in her mid-40's, energetic, articulate and commanding of her audience. She used to live and work in Arizona where she was also a Delegate. She worked with a 6 billion dollar corporation. Currently, she lives in northern VA on her families farm and goes into work 3 days a week and works from home using various tech tools 2 days per week. I found her to listen well.

She is our new and only 3<sup>rd</sup> Executive Director. Our first Executive Director was of course, Lois. She turned the position over to a long time employee and friend, Ric B. Ric stepped down just before my first Conference and the Trustees filled in for the 2016 Conference. The Trustees then asked Mary G, a Past Delegate, to preside as acting Director until a search could be completed and a new Executive Director hired.

I didn't know Lois, but from what I've read, I imagine her to have been a quiet, spiritual woman. Ric, I know and he is quiet talking, slow moving and I believed him to be very spiritual. I believe our fellowship felt comfortable with the way things were done and how slowly our program moved. I don't see the World Service Office that way anymore. Hang on to your hats and glasses, there's a new Director in the office.

Many of us are having problems getting members of the WSO to respond timely, correct? I believe that this is because everything is moving around. Different duties for current employees, not all employees are members of the fellowship, and different teams are working together to complete tasks. One comment I heard from every Associate Director (the lead staff employee that is required to be a member of our fellowship and heads up the department, such as Tom C, Associate Director of Literature; Claire R, Associate Director of Public Outreach, etc. was..... "everything is being changed, it's hard to keep up."

Vali and other staff are meeting with other not for profit organizations. She is bringing successful ideas back and trying them on the WSO staff and Trustees. It feels like she is cultivating a big business style.

From the Annual Report that I received before Conference, "staff who work with professionals and had visits to conferences and events in 2017 **identified** a significant shift in media publicity, professional, government, and nonprofit organizational activities and budgets toward the opioid, heroin, fentanyl crisis in the US and Canada. We are cooperating with the US Center for Substance Abuse Treatment, and National Recovery Month Planning meetings as well as the National Association of Children of Alcoholics and provided a seminar to the Federal Aviation Administration. We also attended the National Conference on Alcoholism and Drug Dependence Conference, Issues of Substance Abuse Conference, and Mental Health for All Conference.

At conference, it was said, "Our business is like we're a retail business that has a set of spiritual principles." Are we keeping those principles as our framework? We must honor our past but look forward to our future. Our business is staffed according to "Concept 11 – the WSO is composed of selected committees, executives and staff members". However, nowhere does it say that all of

our staff members be in our fellowship. Our WSO is collaborating at all levels. They say they're focused on the greatest good for the greatest numbers and we need to embrace the new as well as respect the old.

One of the things Vali has brought to the WSO and the Conference is de Bono's Creative Hats. You're saying, WHAT?

**deBono's Hats – Skit –**

## **Mega-Issue**

Most of our literature is unavailable for members speaking French and Spanish. The World Service Office has been designated as a tri-language business. No new literature can be released until it is printed in all 3 languages. This issue affects English speaking members because the timeline to receive new literature is lengthened and French and Spanish speaking members, because they don't have access to most of our previous released pamphlets and books. Right now and for the past many years, the French Canadian Delegates have not been able to fully understand information sent on AFG Connects. The automated translating equipment being used for AFG Connects is inconsistent and has many errors.

One of the strategic priorities of the Board is to empower the AI-Anon fellowship and achieve a viable future for AI-Anon Family Groups. One way they are doing this is by the Board of Trustees inviting Conference members into the early phases of conversation between itself and the World Service Office Staff. This discussion, which took place over three days, centered around the "mega-issue" of how to best address Spanish and French translation needs across the worldwide fellowship.

The conversation started with the Board seeking additional information from Conference members in answer to the five Knowledge-Based Decision-Making questions. From these insights, the translation problem was refined to prepare for brainstorming and prioritization of potential solutions and identification of the positive benefits and potential risks of the solutions.

**Since the translation mega-issue conversation is still in its infancy, Conference members were reminded that Staff and the Board need time to discuss the details and possible solutions before any conclusions can be reached. Once clear direction is identified, Conference members will be provided this information to share with the members in their Area.**

Did you know that the World Service Office has committed themselves to being a tri-language business? I didn't. This means we are committed to provide all of our literature in French, Spanish and English. Currently, 18 - 20% of our literature has NOT been translated into Spanish

and French. The World Service Office has only 2 translators with a job opening for one more posted on their website.

It may appear easy to fix, but when Delegates were discussing possible solutions, such as having members help translate the literature or having them send in their sharings in their original language, a larger problem was discovered..... what dialect of French, what version of Spanish? There are many different styles of these languages depending on where you may live, Canada? France? Spain? Mexico? United States? Most of our solutions had other issues tied to them.

Some of the Delegates ideas were:

- translate. Currently WSO has to translate piece before ANYONE else can copyright and  
There are currently  
10 popular dialects.
- 18-20% of English CAL has NOT been translated into Spanish and French
  - No updates
  - No major revisions
  - Not many pieces of Alateen
  - Financial Campaign
  - Dialects not done at WSO
  - Use translators across the fellowship
    - WSO translators as the clearinghouse
  - Use current resources to fund – reserve fund
  - Increase the price of French and Spanish literature
  - Explore technology
  - Spanish and French shares sent in as their language, currently have to have it translated into English and then it is translated back to Spanish – due to dialects
  - Utilize outside resources
  - Audio translation materials
  - Work with google on translation
  - Ask French and Spanish groups to translate
  - Freeze translation for some literature
- Start working on translation chapter to chapter

Employment opportunities at the WSO are:

1. On the website
2. Spanish translator
3. Senior Communications Specialist

## **CONFERENCE**

What a ride? I've worked hard in my program, I prayed for my dreams, I cried at my failures. I believed in hope even when I didn't think I deserved it. I can't believe my God picked me up

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whenever I fell and brought me here to share with you this unbelievable journey of being Delegate.

It takes a lot of time reading. It takes a lot of praying. I question am I doing too much? Am I not doing enough? Should I do this or let it go if they don't do it? Am I being unreasonable? Am I allowing grace?

The month before Conference is insane. I get emails - plural, many - every day, even the day I leave for Conference. This year I even received an email on Sunday, the day BEFORE Conference aaaannnnndddd the computer broke. It wouldn't work! Nada! Zilch! Thank goodness I'm someone that prints everything as well as have it electronically. Electronics is my backup, not my primary.

Conference was interesting this year. Was it because I felt comfortable? Was it the tone of the Conference? Was it the questions you all asked me to check on? I don't know, I just know it was different this year. I've formed opinions. I've grown in my knowledge of Al-Anon's history and have battles between what I learned 20 years ago and what I'm being told today. I'm excited and fearful. I'm doubting and praying to trust the process.

A friend long ago in a meeting shared with me that "more will be revealed". I'm excited to hear what the next Delegate will bring back and share. Are you thinking of standing?

Once, where quite a few of the employees were members of our program, now, only a few are required to be members.

Those required to be members are:

Of course, the Executive Director - Vali  
Associate Director of Programs - Marsha  
Associate Director of Literature - Tom  
Associate Director of Group Services/Alateen - Sue  
Associate Director of Public Outreach - Claire  
International - Kerrie  
Conference - Suzanne

Those not required to be members of Al-Anon are:

Niketa - Finance  
Scott - Digital Strategic  
Natalie -

Why do I bring these up? Do you think there can be a difference in our program with these differences? I've been asked by longtimers, "what are they doing with my program"?

The WSC – Al-Anon's largest group conscience, will act in the spirit of unity and goodwill to assure that Al-Anon's world services are continually available to the Al-Anon fellowship.

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1. The spiritual tone of the Conference will prevail by the demonstration of Al-Anon's core principals in action.
2. The Conference will provide guidance to Al-Anon's Board of Trustees and the World Service Office on services to the fellowship and guardianship of Al-Anon's Twelve Traditions.
3. Conference members will understand the purpose of the Conference, relationships within the Structure, and be able to articulate Conference discussions and decisions.

Delegates from 67 Areas in the U.S., Canada, Puerto Rico and Bermuda.

Other participants in the Conference include members of Al-Anon's Board of Trustees and Executive Committee, as well as Al-Anon members who serve in Staff positions at the World Service Office (WSO). Conferences also invite members from around the world to join as observers only.

**The 2018 Conference had 92 voting members.**

### **Finance/Audit**

I mentioned at our AWSC meeting that I believe Niketa, our new Finance Director, is a really good asset to our organization. She is asking questions like, why are we printing more hardback "How Al-Anon Works" books when we have 100 cases of soft back books in inventory, or how are our stocks doing, should we be changing anything or looking at bank accounts and finding that if we did this..... whatever this may be, we would have cheaper fees each month.

Some key pieces of the 2017 budget are:

We had to transfer \$586,900 to the general fund from our Reserve Fund because contributions were lower than budgeted

The Reserve Fund has 10 months operating expenses in it, our board wants it to be 1 years expenses.

PSA's create an in-kind income of \$700,000

Individual groups contributions – Oregon – 68.4% 137.50

15.00 breakdown sheets are on your tables. Note to self: those figures are from 2012 I believe, some things have changed since then. They will produce another chart next year.

Income sources

Literature Sales

Contributions

Investment Income

Forum Subscriptions

Reserve Fund Transfer

Questions for Finance Breakout 2018 WSC

How much did my Area contribute to the WSO in 2017, 2016?



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- What is 2018's budgeted amount for contributions?
- How much did contributions increase for 2017?
- Did revenue from literature sales exceed budgeted revenue from literature sales in 2017?
- What is 2018's budgeted amount for literature sales?
- How much of our income was derived from literature sales in 2017, 2016?
- What kinds of revenue does AFG Inc. receive, besides contributions and literature sales?
- How do Forum sales for 2017 compare to those of 2016?
- How many people does the WSO employ?
- What's included in the Travel Expense budget line?
- How many PSA's are we making this year?
- What Staff positions were filled in 2017 and what did they work on?
- How many translators work at the WSO?
- How much does the WSO spend on each group?
- How much do we transfer annually (or monthly) from the Reserve Fund? Does it vary?
- Why do we take money from the Reserve Fund?

Trustees are the "Guardians" of our 3 Legacies. Do you know any Trustees? Did you go to TEAM? Do you remember Chere? She was the Washington State TEAM Chair. She was up on the stage with me. She is now our, Oregon Washington, Idaho, Montana, Wyoming, North and South Dakota's and Alaska's Regional Trustee. How did she get to be our RT - can you figure out what that stands for? Right, Regional Trustee. She filled out an application and turned it in to the Washington Chair for their Assembly to vote on whether to submit her name to the WSO for consideration. Then, at Conference, we are divided into Regional groups to look over the resumes and make our suggestions. Finally, the Board looks at all of our comments and selects a candidate they feel will be the best RT for that panel. This candidate's name then is presented to the Conference for voting. The Conference is given the opportunity to give E, S & H, just like we do here in Oregon Area. Then the Conference votes. The Conference vote is the recommendation to the Trustees.

What do Trustees do? Why am I taking this time to tell you about this?

Trustees take on different positions within our structure. They are members of the Board, they serve on many committees such as International, Literature, Public Outreach, they lead workshops at Conference. The Trustees meet and approve the Vision Statement, Mission Statement, and our Strategic Goals, as well as a lot more! They are the Guardians of our program. If you don't like where they're taking us, talk to them. Ask the Delegate to not vote for them. Become one! Every single Al-Anon member CAN be a Trustee! There are qualifications such as being in our program for a minimum of 10 years, not be a dual member, and others. Some Trustees have to have been a past Delegate, some don't. If you want to consider being a Trustee, talk to any past Delegate or me.

### **Trustees**

- Cherie – schedule a visit
- 3 retired
- 6 year max term
- Al-Anon members

Trustees at Large:

- a. Public Outreach Committee – 3 times per year: June, September, December
- b. Literature Committee – Annually at Conference and also 3 times per year
- c. Forum Editorial Advisory Committee
- d. Audit Committee

### **Stepping Stones Visit**

- Pamphlets
- Lois Remembers
- Alateen Comments on pamphlet
- Picnic in June
- Original concepts
- Dead Zone – Stephen King – 1972
- Elevators installed
- Bedroom downstairs vs Lois' upstairs
- Kitchen table where Ebby and Bill talked – created 12 steps from 6 oxford tenets
- Joan offered a home – 1.7 acres 40/month - 6500

Lois set all of her things out in her house for us to see. When we first drove up, many people were surprised at how peaceful and serene it was – I could relate to wanting a place like this – Peaceful vs chaos

### **Task Force Report: Celebrating Our Differences and Our Common Purpose**

This Task Force was charged with developing a workshop for a District or Area. The workshop included ways and ideas for group members to welcome and give comfort to newcomers from all communities, cultures and beliefs while keeping the focus on AI-Anon's primary purpose of helping friends and families of alcoholics. The Task Force consisted of Delegates from Panels 55-57 as well as WSO Staff and Volunteer members.

During the Conference, the Task Force presented an overview of perceived biases in order to examine how this affects our ability to welcome new members to AI-Anon. A mock "phone meeting" was presented to demonstrate how members use alternative meetings to share experience, strength and hope. It was followed by a skit about the same members of the phone meeting deciding to meet face-to-face at AI-Anon's International Convention. Members of the Task Force took on a variety of roles, including those of younger, older, gay, adult child, Spanish-speaking and foreign-born AI-Anon members. The skit portrayed how our perceptions of each other can affect our interactions as a group.

Conference members took the opportunity to share honestly about what is happening at the local levels, and about challenges brought on by bias in how we welcome anyone affected by the family disease of alcoholism. Conversation included awareness that bias can also extend to members of other Twelve Step recovery programs and people with visible and

non-visible disabilities (with respect to perception of their eligibility for membership in AI-Anon).

Conference members recommended that the WSO create a service tool to incorporate the “Facing our Biases” inventory sheet to encourage ongoing conversation at District and Area levels on this topic.

- 1) Bias - are you biased? Before the workshop on Facing our Biases, I would have told you I wasn't. After watching the skit on bias, I saw me in quite a few of the scenarios. Bias is partiality or prejudice, unfair preference for or dislike of something or someone. Are my own personal biases keeping me from embracing those different from myself and being open and welcoming to all.

If you were in a phone meeting for awhile and had come to appreciate many of the peoples sharings, but then saw them physically in a meeting, would your perception change? A lot of us if honest would answer yes.

### **Work Group Report: Electronic/Virtual Meetings - print-out**

Electronic/virtual meetings are a means of connecting and sharing the AI-Anon program regardless of members' locations. These meetings have been registering with the WSO since 2001 but are not yet a defined part of the service structure. In 2017, the Policy Committee established an Electronic/Virtual Meetings Work Group in the hope of starting a new conversation. The Work Group includes members of the Board of Trustees and World Service Office (WSO) Staff, who reached out to members of a variety of electronic/virtual meetings for their insights and input. This year's World Service Conference (WSC) included a brief report on their work, followed by a discussion on the Conference floor.

What do we know?

- Many members who attend electronic/virtual meetings also attend face-to-face meetings and are represented, at least in part, by the existing service structure.
- Electronic/virtual meetings are very helpful for members who have family obligations, live with active alcoholism, travel frequently, live in remote areas, or live in areas where meetings are small or sparse.
- Tens of thousands of members are already participating in electronic/virtual meetings.

What do we wish we knew?

- Do electronic/virtual meetings attract younger members?
- How many potential members have not yet tried AI-Anon because they do not have access to a face-to-face meeting or don't know about the existence of electronic/virtual meetings?

How can electronic/virtual meetings fit into the WSC Service Structure?

- Many electronic/virtual meetings are international in nature. How could a service representative be selected?
- Electronic/virtual meetings are here to stay and have a desire to share the Al-Anon program. There is an equal desire to make sure these members have all of the benefits of the Al-Anon program, including opportunities for service beyond the group level.
- Areas might be able to adopt an electronic/virtual meeting and allow it to participate remotely.

### **Meet the Board**

1. They do all the work – October 20<sup>th</sup> in Houston, TX
2. Deadline is August 15<sup>th</sup>
3. Georgia, Washington already have announced they are putting in a bid – do we want to?

### **New Conference Approved Literature**

Pamphlet, *Hope & Understanding for Parents & Grandparents* (P-94). Those who wanted copies in French or Spanish received translated versions as well. New book, *Intimacy in Alcoholic Relationships—A Collection of Al-Anon Recovery Stories* (B-33), was introduced at the Al-Anon International Convention in Baltimore two weeks ago. It is now available for purchase.

**Just for Tonight bookmark** – do you remember our discussion concerning this topic at the March Assembly?

During the week, the Conference participated in discussion of a possible new piece of literature. Over a year-and-a-half ago, the Literature Committee began discussing numerous requests from members of the fellowship that the WSO produce a new bookmark similar to the Just for Today (M-12) bookmark, using an article titled “Just for Tonight,” which appeared in the August 2016 issue of The Forum.

- God vs HP
- All literature is written by many
- Would not print as is, would have literature committee review and rewrite– Tom C
- Wallet card
- Due to backlog - no
- No more new literature, have enough already
- Do not include in newcomer’s packet because of referring to God
- Lots of editorial comments
- Use God of our understanding
- Put in Forum favorites
- Sell Just for Today and Just for Tonight as a pair  
Tie to Step 10 and 11

**Forum** – what I said about it. Like color, not every page needs it No faces, thank you. Still connect. Deanna published. Focus is membership – making it look like Cosmo, Good Housekeeping, other magazines it is in competition with

### **Public Outreach**

Need to use tactics that draw people to website. Faces, identify, available on all devices. Faces identify, available on all devices.

Pat Quiggle retired June 15.

Trustees are looking at his position to see what options they have available. Does it need to be a Director, Associate Director, etc. Help wanted email on AFG Connects.

M-44 bookmark - have to change or delete wording to coordinate with counselors so they will refer patients.

Alcohol is the same as any other drug

### **Website**

Scot's sharing Tuesday night. Participated every day, thinking how could we.... Used app on our phones for agenda, location map, communication, post pictures, ONLY we could see. App being used at International

340,000 meeting searches as of 4-17-18 – expect 1.5 million if continues at this pace

Resulted in 70% fewer phone calls

### **Alateen**

1<sup>st</sup> time in 5 years we've seen an increase in Alateen meetings

### **Service Manual and Groups at Work booklet**

Corrections will be done online first. They will make corrected pages available to print out like we've been doing. They are not going to throw the stock available out. If you want a corrected version, you have to have your CMA mail the book back and they will replace it – what if you don't have a CMA? You have to call Valerie Stump at the WSO and talk with her to have it replaced.

District 5 – no groups have received Service Manuals or Groups at Work?

Being Delegate has been the most amazing experience I've have ever had! I know more than I ever thought I wanted to know and if I want to keep my program of Al-Anon, I need a whole bunch of you, and I really mean a whole bunch of people interested in keeping our program to stand up and ask, "why? Why are you? don't you need to?" Have faith in our Higher Power, but be responsible in making sure our Trustees keep our program where the individual group members are THE most important members in our fellowship.

Thank you.

Cindy E.  
Oregon Area Delegate

## **Book Report on Opening Our Hearts, Transforming Our Losses**

By Janet P.

This book was very helpful to me. It gave me a good understanding of how there are many ways that a friend or relative of an alcoholic may grieve.

In the Preface it states that “Alcoholism is a disease of many losses. For those of us who are the relatives and friends of alcoholics, these losses affect many aspects of our lives and remain with us over time. This book is an exploration of issues that concern everyone who has struggled with someone else’s alcoholism. This book helps us to acknowledge the painful reality of loss and grief.”

In the Introduction, it points out that “grief is a natural response to the many losses that we suffer as a consequence of someone else’s alcoholism. Over the long-term, we tend to lose perspective on how alcoholism affects our relationships and our quality of life.”

“This book represents the collective wisdom of Al-Anon members. Each chapter begins with readings pertaining to the particular subject of the chapter. Members’ stories are presented at the conclusion of each chapter, followed by a list of questions intended as suggestions for meditation and reflection.”

One thing that really stood out to me about this book is how it frequently mentioned the slogans and used them to relate to ways of coping with grief. So, I am going to go through how a particular slogan was used in each of the chapters.

In Chapter One, “Grief as a Process”, our slogan “Progress Not Perfection” is referred to. It says: “It can be helpful to look at our grief in the same way as our recovery. If it took time to get where we are today, we can’t expect to get better overnight. “Progress Not Perfection” reminds us that our recovery is not an event, but a process.”

In Chapter Two, “Living with the Family Disease of Alcoholism”, our

slogans “One Day at a Time” and “Just for Today” are mentioned. It states that: “As many of us can attest, giving ourselves over to stress, anxiety, and worry doesn’t make our lives any easier. “One Day at a Time” reminds us that we can handle most situations for a 24-hour period.”

Another slogan that is mentioned in Chapter Two is “Think”. It states that “As we gain more insight, we learn at Al-Anon meetings how to respond differently than we did in the past. When we stop to “Think” before we act, we are more likely to make decisions that are in our own best interest.”

Chapter Three refers to “Let it Begin with Me”. It says: “When we apply this slogan, we stop waiting for others to meet our needs and instead look to ourselves.”

Although Chapter Four, “Grieving for Our Childhood”, did not refer to any of the Al-Anon slogans, the following reading is one of my favorites: “We may always be affected to some degree by our past, but we find that as we face our pain, it begins to lose its power. It might help to consider the following analogy: While driving a car, we glance in the rearview mirror to see what is happening behind us. We wouldn’t want to stare in the mirror for too long because this would be dangerous and could cause an accident. On the other hand, it would also be dangerous if we never looked in the mirror.”

In Chapter Five, “Loss in Relationships”, “How Important is It?” is used in one of the members’ stories. They told about how their partner’s mother had Alzheimers and how they were powerless over that disease just as they are over alcoholism. They described how the mother arranged her undergarments as an art show in the bathroom and they were surprised to find themselves thinking, “How Important is It?” Appearances might just be less important than enjoying the time they had left with her.”

Another slogan that is referred to in Chapter Five is “Live and Let Live”. It says this slogan reminds us that we cannot control the actions or decisions of other people. If someone chooses to end a relationship with us, that is their right. Whether or not someone wants to be around us, we are still worthy of love and respect.”

Chapter Six is titled “Death of a Loved One” and the slogan “First Things First is used. It states: “We don’t have to tackle every problem or issue at once. Our slogans “First Things First” and “One Day at a Time” can help take some of the weight off our shoulders.”

Chapter Seven is titled “Dealing with Our Feelings” and the slogan “Let Go and Let God is referenced. It says: “Let Go and Let God” reminds us that we don’t have to allow every passing feeling to take up permanent residence in us.”

In Chapter Eight, “Taking Care of Ourselves”, there is actually a whole section on making use of the slogans. It states: “The simplicity of our slogans is what makes them so effective. In the midst of our grief, a slogan may be the only Al-Anon tool we have the energy to use.”

The last chapter is titled “Spiritual Growth from Grieving”. There were actually no references to Al-Anon slogans in this chapter, but I found it to be a very powerful chapter full of excellent insight.

One reading that I found to be very meaningful is as follows: “Life provides us with numerous opportunities to grow spiritually and for many of us, grief can be such an opportunity. Whether facing the loss of a loved one, a marriage, a close relationship, our childhood or our dreams, healing from grief of such magnitude may have once seemed impossible to us nevertheless, it is through our grief that many of us have found deeper and more meaningful lives.”

Lastly, I found a reading from this last chapter to resonate deeply with me and would say that it was one of my favorite parts of the book. It is very simple, but rings so true. It says: “When we are less distracted and less focused on the alcoholic, we are more able to appreciate the small beauties of the world around us. We might find that we are suddenly more aware of sunrises or

sunsets, the songs of birds at dusk, a child's smile, or an animal's warm fur. Those things we once took for granted or didn't notice become the very things we rely on to nurture our spirits.”

**BOOK REPORT** to Oregon Area Assembly, June 2018 -submitted by Roxanne G

The first couple of Conference Approved books I thought about for this report, have already been covered at previous assemblies. Then I spotted this booklet in my library. I'm glad I did, because I think it packs a lot into a small package.

The title is '**When I Got Busy, I Got Better**,' and its focus is on service. It opens with a table of contents that lists the sections and descriptive titles of each reading and the suggested Preamble to the 12 steps.

The section 'Facing our Fears,' addresses issues that may prevent us from reaching out to others in service. It reminds us we don't have to be perfect (just willing), that help is always available from others and from our Higher Power, and that we can succeed with humility and let go for others to carry on when our task is complete.

The 30 page section 'In Giving, We Receive' is a compilation of stories from members who share how they have benefitted from Al-anon service. Some of the stories remind me where I was when I came into the program and some speak to me where I am today. The writer of the story 'Letting Go of Perfectionism' shares, "What I've discovered with the help of service in Al-anon is that there is a wide range of results between perfect and ineffective, and that I can do much that brings me satisfaction and even joy."

The 16 page section 'Our Common Welfare,' shares how each of the traditions can be applied to Al-anon service. It is followed by a list of the 12 steps and a topic index of the booklet. The back cover of my copy also lists nine more items of Conference Approved Literature about recovery through service.

"When I Got Busy, I Got Better" has attributes that lead me to recommend it to you.

- 1) It's a quick read if you want to go through it from cover-to-cover.
- 2) At 5 ½" x 8 ½" it's small enough to fit easily into a purse or backpack.
- 3) The table of contents (in the front) and topic index (in the back) make it easy to locate readings on specific topics for personal use or for a meeting.

This booklet, and those listed on the back cover, are great tools for service sponsorship and encouraging fellow Al-anon members on the path to recovery.



## **Coordinator Reports**

Oregon Alateen Coordinator Report  
July 2018 Assembly  
Linda S

In Oregon, we have 19 Alateen meetings. We also have 63 AMIAS. I have had more requests for Alateen Speakers this year. That is awesome. It is one of the great ways that we can get the word out about the Alateen program. Thank you so much for your support in this area.

7<sup>th</sup> Annual Oregon Alateen Conference (OAC)  
August 3,4,5  
Molalla Retreat Center

Last Registration Date is 07/28/2018 as food must be ordered.  
Cost is now \$95.00  
Yes, there are scholarships of \$45.00 available.  
T-Shirts are available for \$15.00

So far we have 21 Alateens registers.  
Your donations have been greatly appreciated and we can always use more.

The kids are doing a great job planning OAC this year.  
Some of the events will be:

- Fireside Meeting
- Luminary Walk
- Crafts
- Breakout Sessions
- Open Share Meeting
- Easy Does It time
- Speaker's meeting
- Spiritual Meeting
- Slide Show
- Talent Show
- OAC Elections

Every Alateen should get the chance to experience the OAC fellowship!

Devon B. is here with me today and would like to share his thoughts on OAC.

Devon B: OAC is where Alateens get to share their Experience, Strength, and Hope.

## **ARCHIVES COORDINATOR REPORT**

All Assembly and AWSC minutes have been digitalized.

Organization of the digital files is currently underway. At this time, it is often difficult to locate information needed if the exact date of minutes to look at is not known, as over the years, different ways of naming/storing documents have been used, which makes it difficult to locate some information.

Recently, Bunny requested copies of Assembly minutes in conjunction with looking for the date when discussion was held, vote was taken and/or decision made on what entities would be allowed to have fundraisers at Assembly. She also asked to have another thumb-drive with Assembly minutes forwarded to her so she can, in turn, provide it to the Secretary, as currently there is not a complete set of minutes in the Secretary's possession. This will be done as soon as possible.

No further progress has been made in replacing the 4-drawer fireproof file with two [or more] 2-drawer cabinets. The reason is project was taken on was due to the difficulty in moving the very heavy 4-drawer cabinet. I will continue to look for 2-drawer replacements and report when this has been accomplished.

Respectfully submitted,

Jan D.

ARCHIVES COORDINATOR PANEL 56

### **Coordinator for Professional Community**

Report: July 20-22 2018 assembly

#### **OUTREACH MAILING PROJECT:**

In May, District 10 held an outreach mailing project. It was a productive and fun morning with six groups represented by nine members. We mailed out 63 *Fact Sheet for Professionals*, along with a very short letter explaining why they were receiving it. We connected with treatment agencies, hospitals, police, and sheriff offices. Please see the Communicator for more detailed information.

One amazing outcome is that we are now creating a list of local Al-Anon members who will regularly speak on a panel to clients and family members at a local addiction treatment agency.

This is a project that I would like to encourage all Districts in Oregon to do, and I will be connecting with DRs via email.

#### **PROFESSIONAL SPEAKER PANEL**

A great idea for a professional panel was shared from the Baltimore International Convention on AFG Connect. If anyone would like to brainstorm on how to do this type of activity in their District, let me know.

#### HEALTH FAIRS AND RECOVERY EVENTS

There have also been outreach projects at health fairs and recovery events throughout Oregon. Please raise your hand if your District has been involved in any outreach project since last Assembly!!

If you are connecting with your professional communities within your District, please let me know, so that I can compile a collection of projects and how-to-instructions, and share them with all DRs.

Thank you, and in service,  
Rachel L.

#### ***Communicator Coordinator Report***

Thank you all for allowing me to be the *Communicator* Editor. This has been one of my favorite service positions.

This calendar year I have asked area officers and coordinators to write an article about their position and how they have enjoyed and grown with their position. We are having elections in November and thought this might help encourage others to stand for positions. Thank you to all that submitted articles. There is one more *Communicator*, before elections, coming out in October if anyone hasn't written theirs.

I have also asked others to write about what service has done for them, hoping to educate those that have not taken the opportunity to understand how rewarding it can be.

During the March Assembly during Action Committee breakouts, the Membership Outreach group divided into 3 groups. Each group co-wrote an article about what service has done for them. I heard very positive feedback about this experience. People that said they don't feel they can write, felt more empowered to do so after this exercise. It was also fun. All 3 stories were put in the June *Communicator*.

The Membership Outreach action committee also sponsored a photo contest. There were so many amazing entries. Winners were announced at the July Assembly. The next issue of the *Communicator* will use some of the pictures. We are having another round of the photo contest with entries due by October 1<sup>st</sup>. See flyer at [http://oregonal-anon.org/events/2018\\_Photo\\_Contest\\_Flyer\\_rev.pdf](http://oregonal-anon.org/events/2018_Photo_Contest_Flyer_rev.pdf)

At the 2018 State Speakers Meeting members were encouraged to write their favorite sayings on these large pieces of paper. Someone took the time to type these up and Deanna sent them to me. I used some of these in the June *Communicator* and will again in October. I had a number of people say they liked having them in the *Communicator*.

The June *Communicator* also included some great DR reports. Thank to all of the DRs that sent theirs in. There was an article written to show the new email addresses for the area contacts. A link to an article written by Vali F., our new Executive Director, when she went to her first World Service Conference.

The October issue for the *Communicator* is scheduled to include reports from GRs from all around the state. DRs, please encourage GRs in your district to send in an article.

I would like to request that anyone that attended the International in July, to write an article for the *Communicator* about their experience.

All submissions to the next *Communicator* are due October 1<sup>st</sup>. Just send an email to [communicator@oregonal-anon.org](mailto:communicator@oregonal-anon.org) and include COMMUNICATOR in the subject line.

Anyone can subscribe to the *Communicator*. Just send an email to [communicator@oregonal-anon.org](mailto:communicator@oregonal-anon.org) and put COMMUNICATOR SUBSCRIBE in the subject line.

Thank you again for allowing me to serve.

Donelda H.  
Communicator Editor

**Forum Coordinator – Not yet received**

**Group Records Report**  
July 2018 Assembly  
Dawn B.

The Area Group Records Coordinator serves as the nuts and bolt of the communication connection among the Al-Anon member, the group, district, Al-Anon Information Services, Area, the entire service structure, and the World Service Office (WSO). (G-36)

**What are Group Records?**

The WSO maintains a database of all groups containing the following information:

Group Name

ID number

Status (active, inactive, no mail, pending deletion)

Mailing language

Registration Date

2 contacts name and phone number

Meeting location

Group email

Current Mailing Address, Email and Phone

Group Representative, address, email and phone

Meeting Date/Time

Meeting Type: (Open/Closed)

Meeting details (beginners, introductory, limited access, member count, childcare, handicap accessible, fragrance free, spoken language, sign language)  
Meeting Location details

Oregon Area Handbook (Section V-Pg. 4)

“... District Representatives work with their respective Group Representatives to maintain current and accurate District Group Records. This creates more participation of the Group Representatives therefore creating more understanding about how important it is to keep current information and to make sure it is accurate. **When changes are necessary, District Representatives send update to the Oregon Area Group Records Coordinator EXCEPT Alateen...** “

” The Oregon Area Group Records Coordinator would then verify that all information (ID #, District #, Area #) is accurate and the appropriate WSO form is complete. Once verified, the Oregon Area Group Records Coordinator will then send, email or update the information online to the WSO... if needed the changes are then also sent to the Oregon Area Webmaster for updating to the Oregon Area website meeting list section...”

The Data:

234 Groups  
246 Active Meetings (Some groups have multiple meetings)  
66 Inactive meetings  
5 “No Mail” Status  
5 New groups in 2018

Making sure that group records are up-to-date requires the efforts of many, not just the Group Records Coordinator. I challenge every Al-Anon member in Oregon to become informed on the Oregon Area guidelines for updating group records! Together we can insure that both newcomers and current member have the most up-to-date meeting information and therefore access to the hope and comfort of the Al-Anon program.

**LITERATURE COORDINATOR REPORT TO ASSEMBLY – JULY 2018**

This is pretty much the updated report I gave in the Fellowship Communication Action Committee (I am assigned to that action committee). Action Committee members carry what they hear and do in the breakouts to their district and hopefully all members receive this information; but sometimes it gets omitted in the links of service.

I went to the International and bought a case of the new INTIMACY book and the 50<sup>th</sup> Anniversary Edition of the ODAT. I will sell them here today; Intimacy for \$12.50 and the ODAT for \$17.00. It was not cheap to mail those heavy boxes home. You can order both of these on the WSO site. But the 50<sup>th</sup> ODAT is only available while supply lasts. I also received the newest Pamphlet published “Hope and Understanding for Parents and Grandparents; mailed to

## Attachments to July 2018 Assembly Minutes - Final

me; because I am the Literature Coordinator for Oregon Area. It sells for 75 cents, and I also brought some of those.

Because I am the Literature Coordinator I do have all of the Oregon Areas Literature inventory...at my house. There is lots; and even some books that have been discontinued. Every group should have a copy of the Literature Catalog, hopefully on their Literature table. The new 2018 Catalog will be mailed in the August Forum...and the newest literature will be listed in it.

WSO always needs sharings. You do all know our literature comes from our members sharings. The Forum is a monthly magazine with great stories written by members. They have a section "CAL corner" and we are asked to send in sharings on how a certain book has helped us. The AFA (Al-Anon Faces Alcoholism) magazine (in Spanish) comes out annually and is a tool for new comers and Public Outreach. The fellowship asked for a new daily reader and sharings are needed for this too. The working title "Inclusive" daily reader may take another year or two. They hope to focus this book on all three legacies... Think about it when you share on the legacies in your meeting how about sending that share to WSO. Or any sharing from a meeting.....think, "Can this be applied to a legacy?" WSO is there for us.....are we there for them? Lets send in some sharings from OREGON.

How many have purchased the Paths to Recovery workbook? Have you used it? WSO wants writings from members sharing about your use of the book? It was asked for, published and we need to help it sell.

I have a copy of quotes, approved by the WSO, for us to use if we are thinking about printing a calendar for Al-Anon next year for a Fund Raiser. The quotes this year are related to quotes on the steps. ....If you didn't get one at the last assembly and want one, see me.

WSO guidelines say I am to attract the members to our "In The Loop" publication. How many subscribe to "In The Loop?" How many have seen it, read it, have it at your meeting?

Monthly information from WSO info used to be in the Forum entitled "Inside Al-Anon", and was the first section I used to read. Then they initiated AFG connects, that we all subscribed to, members and groups. Next they came up with the idea of emailing the information to all. So we all subscribed to E-News and before we all figured out how to get it the changed it to "In The Loop". I'm not up to date with it so its hard for me to pass on this information. But I do get it sent to my email and I try to read it. Its not monthly, it is randomly sent. Yesterday, I did go into the WSO web site, clicked on members, then WSO, then in the news and got a copy of the latest info they sent out.

I know some of this is repeated information, but (whoops, no buts in Al-Anon) I just want all members to have all this information.

LIS, Judy J. Literature Coordinator

### **Public Information Coordinator Report July 2018 Assembly**

Submitted by Katie W. Oregon PIC

I'd like to list some outreach highlights from around the state, and share some of what I've been dialoguing with WSO about.

Highlights from 2018 so far:

- Health fairs
- Recovery events
- Tear offs
- Bus campaign
- Mass mailings
- Al-Anon Faces Alcoholism 2018
- Business cards
- NPR (National Public Radio) Al-Anon mention

These are just the projects I've heard about...I'm certain there are more!

I have also been in conversations with Claire R., the WSO Associate Director for Professionals. Here are a few of the things we've been talking about as it concerns Public Outreach in Oregon:

Advertising style outreach

“A billboard [or sign on a bus] can create name recognition (aka branding) of the Al-Anon name to the public. Al-Anon as a whole benefits from public awareness of our program because many individuals refer a friend or relative to Al-Anon. So, it is certainly a viable but not necessarily measureable way of "trying to carry the message" to families of alcoholic as well as the public.”

– Claire R. WSO Associate Director-Professionals

NPR mention

“The good news is that NPR has numerous affiliates across the US [which] will also pick up the broadcast as will the subscribers. Although family members with children or adults addicted to video gaming can attend open Al-Anon meetings, the NPR quote from the professionals does not accurately describe or reference Al-Anon's purpose. It would be easy to think from the article that our program includes recovery from addiction to video games. So, it was a less than perfect reference to us because it was inaccurate.

I do feel any Al-Anon member who heard the broadcast or read the article could have informed NPR of our purpose. I saw the article too late to be effective. I realize this is hard to do and members are concerned about adherence to the Traditions (avoiding controversy at the public level and having an opinion on an outside issue). Members are also concerned about breaking their anonymity when they give information about Al-Anon.”

– Claire R. WSO Associate Director-Professionals

Oregon is active in Public Outreach. I have different materials available today under the twisted road sign banner. Many PO activities take only a few minutes to perform (or less), so there is literally something that each of us can do even if we lead busy lives. Come say hi and grab some post cards and tear offs!

### **Website Coordinator Report**

It was the goal of Membership Outreach Action Committee to redesign the Area Website. The reality is that there may not be time to complete this effort before this panel ends.

During the Spring, our website hosting vendor was purchased by a larger company. Our transition was not as smooth as I had hoped. Some of you may have experienced a break in the mail service during that time. The good news is that this new company has some new amazing capabilities we can take advantage of in the future with List Services. These come free with our hosting.

The effort to redesign your Oregon Area Website that starting in 2017 has continued at a snail's pace. I am still blessed to work with a subcommittee of the Membership Outreach Action Committee. I am running out of time to complete this work, but still hold out hope to finish. 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 or design or any organizational changes. These types of efforts will be applied only to the new website.

Thank you for entrusting your website to me.

Your servant,

Regis P.

### **Tech Coordinator July Report**

A durable traveling cart with cords has been purchased to allow easier transportation of equipment. The cart can hold up to 300 lbs so expectations are that it will stay with us in Al-Anon recovery for several years. A special thank you to Deanna, DR District 10 for her help in purchasing.

Donated microphone cases are being testing at this Assembly and appear to be working out well. This will result in discarding the broken and torn boxes the microphones came in.

Have included a small instructional packet to be included in the Tech Coordinator notebook. I will not be attending the November Assembly, so anyone considering this position, please be sure to touch bases with me during this July Assembly.



## **Action Committee Reports**

### **July Assembly 2018**

#### **Action Committee, Membership Outreach Report**

**Chairman:** Regis

**Reporter:** Kathy K. KKremerDesigns@msn.com

**Number of Members Present:** 16

**Districts Represented:** 4, 6, 7, 9, 10, 11, 13, 14, 17

**Reviewed Actions:** Reviewed the purpose of our group, no changes

#### **Actions:**

1. Decided on a budget of \$150 for 2019
2. Voted on 4 categories of photo contest winners. All categories are still open and we will judge the rest of the submissions before the November Assembly and announce them at the Assembly. All submitted photos can be used for the website, Communicator or other Oregon Area needs.

**Other Important Discussions:** There was a lively discussion about the need for Action Committees. Here are some comments:

1. Good service sponsors are needed at all service levels, including Group Representative. This could help with people new to service positions feeling lost in their first few Assemblies.
2. Action Committees, Hot Topic groups, Task Forces can give members a sense of breadth of the Al-Anon program. By having all members assigned to an Action Committee we hear more voices and have a richer outcome.
3. There was a fear expressed that if all Action Committees, Task Forces, etc. were left to volunteers we might get the same people signing up and not hear the varied voices that we have now.
4. A comment that it would be helpful to have stated goals for each committee before the next panel begins.

Respectfully submitted,

Kathy K.

# FELLOWSHIP ACTION COMMITTEE REPORT

Sunday, July 22, 2018 10:24 AM

CHAIRMAN:	Judy J.
Reporter:	Jill B. and Julie S.
Members Present:	Julia H., Karen H., Rose C., Jill B., Julie S., JoAnn W., Lori W., Kory S., Lynn W., Polly M., Liz H., Roxanne G., Janet P., Joan F., Rita S., Jaime J., Pam M., Phyllis W and Matthew C.
Districts Represented	1, 2, 4, 5, 6, 7, 10, 11, 14, 16 and 17.
Action take since last Assembly:	<ul style="list-style-type: none"> <li>• Due to some changes in the budget, for the balance of the budget year (ending December 31, 2018), the committee will give away five (5) Forum subscriptions. Julie S. made the motion, it was 2nd and the motion passed.</li> <li>• Budget requested for the next budget cycle (2019) is \$700.00. The money requested will continue to be used to promote and distribute literature in the Oregon Area.</li> <li>• A new book (“Intimacy in Alcoholic Relationships”) and a new pamphlet (“Hope &amp; Understanding for Parent &amp; Grandparents”) is available. Judy J challenged the committee to read each and provide feedback to Judy and the WSO. Julie during her report challenged all members to provide feedback, not just the Fellowship Committee.</li> <li>• Questions have come up regarding providing literature to institutions that have incarcerated people. The Portland AIS office is the supplier for Coffee Creek Literature and has requested that donations be sent to the AIS office, earmarked for Coffee Creek. The Coffee Creek Coordinator then has the ability to purchase books/literature they need and desire.</li> <li>• The DR receives The Communicator and In The Loop and should be forwarding it to the GRs. The GR should print the newsletter for the group and share it at a group meeting. Create a challenge to read the newsletter.</li> <li>• There is a new bookmark coming out “Just for Tonight”.</li> <li>• WSO needs sharings and writings. At your district level encourage writing workshops and submitting to the WSO.</li> <li>• The 2019 Catalog will be out soon, every group that receives The Forum will get a catalog in your subscription. It is unclear if the groups will get a catalog if you do not subscribe The Forum.</li> <li>• There is a revision of the AI-Ateen Preamble coming soon.</li> <li>• There was a question from a committee member if there is a pamphlet on Atheism. Not sure and Judy J will look into it.</li> </ul>
Action planned for Next Assembly:	<ul style="list-style-type: none"> <li>• We will continue to have book reports. Julie S will give a report on “Intimacy in Alcoholic Relationships” and Maria will give a report.</li> <li>• The Book mark Challenge is still happening. Lead a meeting on a specific pamphlet, booklet or book and return the book mark to your DR. The DR forwards the bookmark to the Fellowship Committee and the group will be entered into a drawing for literature at the November Assembly.</li> <li>• A drawing for five (5) Forum subscriptions and literature will be held at the November Assembly.</li> </ul>
Other Important Information:	<p>There was an in-depth discussion about the effectiveness of the Action Committees. The Fellowship Committee believes that we are effective. While the results are often unseen, however, we have received a thank you card for a basket of literature that was raffled off at the State Speaker’s Meeting. The individual was thankful for the literature and that it aids in their continued recovery. That is our purpose, continued recovery.</p>

### **Business Services Action Committee**

1- we prepared and reviewed the Group Business Meeting reading and practiced it to present to the assembly.

2- we discussed whether we thought the Business Services Action committee should continue - the area decides whether to keep the committee, but Dawn as our chair can recommend or request that BS disband. Over the last few years BS has been assigned tasks to work on = the general consensus was that BS action committee disband = we feel that these can be done by task forces. Audit Budget can use the time assigned for Action Committees to audit.

3- we discussed whether action committees in general stay - highlights of the discussion were:

they aren't productive = only a small handful of each committee are don't the work

if we replace action committees with workshops and task forces the GR's suggest topics for workshops and can choose task forces to be on, perhaps this might help the GR's feel that they have more voice at assemblies.

workshops are a better way to bring back information to the groups, also we can invite local members to attend workshops.

4- we will ask for the minimum \$50.00 in the budget because BS has no plans on the horizon.

Respectively submitted by Barb B. Audit Budget chair.

### **Group Services Action Committee**

Assembly July 21-22, 2018

Meeting Minutes

Group purpose read by Alateen GR - Devon, District 4.

Introductions: there were about 20-22 present

Minutes of March 2018 were read and approved.

#### *Coordinator reports*

Archives - not present

Alateen Coordinator - Linda: She talked about OAC. It is in 2 weeks. A great experience for Alateens. They raised funds at a potato bar and at Rule 62. There will probably be about 50 teens though they are always hoping for more. Donations can be given anytime. Even if they don't need them this year, they may next year. Linda getting more requests for Alateen speakers at meetings.

Group Records Dawn- she was in another meeting

## Attachments to July 2018 Assembly Minutes - Final

AAPP – Joanne: There is a new recertification process. The changed processes will appear in the OAH. Also, the safety guidelines are being updated.

### *Committee Project:*

The committee has been working on a bookmark to simplify the Links of Service. Joanne, Sonia, Caralynn created a draft for the meeting. Discussion led to a number of changes

\*Use a more easily readable font, such as San Serif something clear and easy to read would best).

\*Add Alateen (on the side of the book mark it should read Al-Anon/Alateen Family Groups 2018

\*Also, in the top □ box on both sides where it says: Al-Anon Family Group Members (YOU!) we will add and change it to Al-Anon/Alateen Family Group Members (YOU!)

\*Move the margins on the back further towards the edge of the bookmark so the writing will be larger. \*Maybe use a larger font if possible.

\*Caralynn will find out the cost of color vs. black and white.

\*We can spend less than \$300 on this project. Caralynn will let us know the price break-downs.

\*At the top of both sides of the bookmark, there will be no line above and below “Links of Service” on the front and “What It All Means” on the back. Those words will remain at the top, but the language between the lines will be “It starts here”. It was felt by some that new members would be confused and not understand that it needs to read from top to bottom for a clear picture of links of service.

\* At the bottom of the front, where is says “See the Al-Anon/Alateen Service Manual etc., please add pages 140-148.

\*Change: Area World Service Conference to Area World Service Committee (front and back)  
A motion was made, seconded and approved to spend as much of our \$300 budget on the bookmarks as we can, and leave the balance unused.

We had discussed at a previous Assembly creating a tent cards explaining how WSO and the area spend our money. Bunny, Area Chair, let us know we shouldn't do that. WSO doesn't want you publishing this type of information. It is available other places.

*Video conference meetings:* A thought force/task force on electronic meetings was discussed. It would be a way to communicate with those who can't attend Assembly/AWSC.

Dee P, Cindy and Devon will be this task force.

### *Action Committees:*

We discussed discontinuing Action Committees on a trial basis. Should we continue or change to workshops? Discussion followed: workshops focusing on GRs tackling their problems, writing workshops, finding each person's passion for ideas to create something, how to encourage more young people to attend Al-Anon/Alateen.

It was unanimous a change is wanted. What is accomplished now is minimal.

Please reply to Joanne's emails and send her any ideas/thoughts you have for this possible change.

*Group concerns*

Only one - Having a hard time getting a New GR. Only suggestion - ask members personally if they will stand. Lots of us have this issue.

Caralynn W  
Secretary

**Public Outreach Action Committee Report**

Chair: Katie, PIC

Reporter: Carrie P.

20 members present, 11 districts represented

1. Actions taken since last assembly:

Professional mailouts 3x a year

Ads at movie theaters

Panels at treatment centers

Military stand down booth

Bus campaigns

    District 4 doing their campaign

    District 14 also preparing theirs

    District 7 decided to do interior ads without state funding

One group leaves pamphlets on Lois' birthday – March 4<sup>th</sup>

Manned the Al-Anon table at the Rule 62 Meeting

Putting up tear-offs:

    Discussed that even if tear-offs aren't taken people sometimes take pictures of the info because there is a safety issue for taking Al-Anon info home

Health fairs

Food pantries – leaving pamphlets

2. Action planned for next assembly:

The Action Committee supported the idea of a unified goal for the next Panel

We felt a loose mission statement was important

Themes we want to suggest for the unified goal:

    Al-Anon is multi-cultural, multi-generational, multi-dimensional

    Name recognition for Al-Anon – that Oregon would know what Al-Anon is

Discussed keeping ACs, getting rid of them, or having both action oriented steps and workshops:

    The group majority wanted to have workshops and continue with the action of outreach

    The group felt deciding on the action planned for the next assembly was uncomfortable

    Felt the next panel needed to be on board with the proposal the group wanted

    It was mentioned that a workshop would likely be led by Coordinators

    The action committee is about doing

    Members felt we are not as action oriented anymore

3. Other Info:

Group did not vote on a goal for the next panel; rather we took polls

Participation is the key to harmony

Al-Anon needs to be more inclusive:

Native American tribes, the Spanish Community, gender neutrality

### **2018 SSM Final Report**

Well, it's a wrap! If you missed this year's State Speakers Meeting hosted by District 10 and District 15, we are sorry. The recovery shared that weekend was over the top. We laughed, sang, shared, laughed, played, learned, laughed, listened, met new members and oh did I mention laughed.

Friday evening began with an ice cream social and a Kazoo band of entertainment. We all attempted to be "kazzooers" but when all else failed we sang! Then our first meeting of the evening was 'what would you like in your recovery toolbox'. The meeting easily drew 50 members.

We began filling our recovery toolbox right away on Saturday. We had a panel of speakers who each spoke on some of the tools in our program and how they have changed their life. Then we had our own red carpet runway full of models from our fashion show of character defects. Not sure there was a single audience member that didn't laugh hysterically at one point or another. Prior to lunch we played 'I have in common with you if...' and we found a lot of similarities amongst our members, imagine that! There were walking and sharing meetings in the early afternoon followed by a workshop on forgiveness. After dinner we had our out of town Al-Anon and AA speakers which were both so moving and excellent speakers I might add. The entire day was so eventful and full of recovery.

Sunday was an early morning with JB from Spokane (formally from the Portland Metro area) as our spiritual speaker. A wonderful analogy of the waves or the ocean and how the program works in his life was shared, along with many memories of being amongst piers from where he began his program. Next was a panel of speakers talking about how program works in families in recovery. There we had a young couple husband (AA) and wife (Al-Anon), a mother (Al-Anon) and daughter (Alateen), long time couple husband (Al-Anon) and wife (AA), and a long time couple husband (AA) and wife (Al-Anon) who shared very different stories, but how special it is to have someone that they share their life with who understands the language of love via our programs.

The food was delicious and plentiful. We had a Forum writing area for those that wished to contribute to our future literature and we sent in 22 personal sharing's. We additionally sent in several pages of tid-bits/analogs that were sent in to the Forum and Oregon Area Communicator Newspaper.

Soooo was it a success? Well yes, it doesn't matter how we measure it the 2018 State Speakers Meeting was a success. Our committee goals were to have as many members come and participate as possible, allow time for fellowship, assure participation and fun, make it economical, while keeping it simple. After not having a 2017 SSM this was kind of a make or break SSM. Does Oregon Al-Anon want to continue these annual gatherings of members from across the state, with a sole purpose of fun and fellowship with no business? We had a committee of about 11 members who met about 10 times. We had about 15 members volunteer for weekend

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of duties. About 15 members that were willing to be speakers or on panels. There were about 170 people that registered and quite a few more that came in for Saturday evening whom participated in the workshops, game, fellowship and laughter throughout the weekend. There were several groups and districts that contributed raffle baskets throughout the planning of the event, and finally there was the entire Al-Anon fellowship in Oregon who contributed generously financially by sending in donations or filling up the “Give It Up” cups.

The 2018 State Speakers Meeting was a success for many reasons but as a bonus, it also made a profit which will be donated to the Oregon Area. The “Give It Up” cup campaign brought in just at \$3500, items sold by the committee was about \$1000, the raffles, silent auctions, and 50/50’s about \$1200, and individual, group, & district donations were about \$4200. Last but not least, we managed to make money on the day of meals, which was not intended but added nearly another \$1000 to our earnings. This all laid out the 2018 State Speakers Meeting Committee, along with both District 10 and District 15 are thrilled to give a check for \$7000 to the Oregon Area Al-Anon. We thank everyone who came, donated, registered, and shared about the 2018 State Speakers Meeting.

	Contributions	Expenses	Net
opened bank account reimbursed PB for acct bank charges	\$100.00		\$106.00 (\$6.00)
Opened PO Box and renewed; reimbursed			\$176.00 (\$176.00)
Seed Money from Area reimbursed Oregon Area	\$1,500.00		\$1,500.00 0
District Contributions	\$2,175.07		\$2,175.07
Group Contributions separate from cup \$\$	\$385.10		\$385.10
Cup Money	\$3,499.77	\$183.00	\$3,316.77
Individual Donations	\$1,636.38		\$1,636.38
Lanyards	\$270.00	\$126.81	\$143.19
God boxes, plaques	\$707.00	\$118.16	\$588.84
Silent Auctions	\$90.00		\$90.00
Basket Raffles	\$806.00		\$806.00

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Meals	\$2,390.00	\$1,416.68	\$973.32
50-50 Raffles	\$311.00		\$311.00
Change for SSM event	\$100.00	\$100.00	0
Misc -- change from tables dup reg fee		\$22.00	(\$22.00)
Speaker Travel Expense		\$592.59	(\$592.59)
Facility Expense		\$1,800.00	(\$1,800.00)
Event Supplies		\$815.16	\$815.16
	\$13,970.32	\$6,956.40	<b>\$7,013.92</b>



# Group Business Meetings

(In part, this document was developed by the Oregon Area Business Services Action Committee using excerpts from the book, *Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA, Al-Anon/Alateen Service Manual 2018-2021*, , “Group Business” pp. 49-51.)

**Why have a business meeting?** (p 50) The group business meeting is an opportunity for members to share their ideas to increase group membership, express concerns, plan special meetings or projects and discuss other group business—such as changing the group name, Current Mailing Address (CMA), group phone contacts, the meeting time and place, finances, meeting format, open or closed meeting status, District and Area matters and other topics suggested by members of the group. Business meetings are also an opportunity to identify and discuss solutions to group problems such as: gossip; dominance; the need for additional group service positions; rotation of leadership; inappropriate behavior of a member and any other matter that affects group unity. The guiding principles for business meetings are the Twelve Traditions and the Twelve Concepts of Service.

**Who should attend a business meeting?** (p 51) All Al-Anon members in general according to the group conscience are invited. The group should discuss who is eligible to vote on group matters. “Many groups request that only members who regularly attend the meeting vote at the group business meeting. Members who regularly attend more than one group may want to consider at which group to vote on District or Area matters, keeping in mind that our principles are spiritual and voting on an issue more than once could be viewed as trying to control or dominate the outcome.

**When to have a business meeting?** (p 50) Use Group Autonomy to decide when is best for your group. Some groups schedule business meetings on a regular basis (monthly, bi-monthly, quarterly) and others hold them as needed. Business meetings can be held before, after or during the group meeting. Announcing the date and time of the business meeting and the agenda topics and distributing pertinent information two or three weeks prior to the discussion and voting gives members of the group the opportunity to be informed, helps the group make better decisions and promotes group unity.

**Where to have a business meeting?** (p 51) Use Group Autonomy to decide where is best for your

group. Some groups hold Al-Anon Group Business Meetings in their normal meeting room; other groups meet at a separate location.

### Benefits of a business meeting!

- Promotes group unity
- Gain new skills in communication & conflict resolution
- Concerns are resolved □ Maintains group health

**How to have a business meeting?** (p 50) The group conscience decides who chairs the business

meeting. The format for a group business meeting includes but is not limited to:

- An **agenda**
- Length of time for discussion of each topic
- What percentage of the vote will reflect unanimity and/or a majority
- How the group conscience decisions will be recorded, etc.

“Group practices that support its harmony and success are essential to carrying out the group’s purpose of helping the families and friends of alcoholics. Group business meetings encourage unity when all group members have the opportunity to share information and ideas before group decisions are made.” (Group Business, 2018) <http://al-anon.org/members/groups/group-resources/groupbusiness>