



Group Representative Orientation 2022


Oregon Area Panel 62







The Do's of GR Service

1. You are a link in the chain of service! Do attend your Group's business meetings, District meetings and the Area Assemblies.
2. Do speak up! Set aside your fear... what you have to say is important.
3. Do carry the message of your Group's conscience and viewpoints to your District meetings and Area Assemblies.
4. Do remember, you can bring group problems to your DR and the District meeting.
5. Do share successes at the District meeting.


- 
6. Do give brief reports to your Group about highlights/pertinent information from Assemblies and District meetings.
 7. Do keep your Group's information up to date through Group Records (via your DR or direct input on the World Service website, al-anon.org). *See Form.
 8. Do submit a request for reimbursement to your Group Treasurer for your expenses attending Area Assemblies (mileage, meals, lodging).

You are encouraged to carpool with others, share hotel rooms, etc., to help keep expenses reasonable. If your group does not have enough funds for this, you can request mileage reimbursement from the Area (see Area Treasurer).

- 
9. Do participate in District committees or projects, putting on District events such as your District Fundraiser, and in your Group's public outreach projects.
 10. Do participate in discussions at the Area Assembly. (You may comment on a topic of discussion one time at the mic or in the virtual meeting space (2 mins.), and you may ask questions. If your opinion has already been expressed, relinquish your turn to others.)
 11. Do remember: You have Voice and Vote at the Area Assembly. In your 3rd year, you will vote for the next Panel's Delegate, Officers and Coordinators, and your new District Representative.

- 
12. As a GR, when the conscience at the Assembly appears to indicate a motion is in order, you have the right to make a motion. (In-person with a motion form; virtually-raise virtual hand/write “comment-motion” in chat)
 13. Do encourage group contributions to our Service Arms.
 14. Do inform group members of the need for Alateen Group Sponsors (AMIAS) and remind members that the Alateen Program is available for their teens (11 /12 y.o. by group conscience).
 15. Remind members about the Forum magazine.
 16. Do consider getting a Service Sponsor!

(G-11)



You don't have to have
all the answers,
but you can help the group look at
the Traditions, the Concepts
of Service, and the *Al-Anon/
Alateen Service Manual*
for guidance. (G-11)

Links of Service

Visualize a chain made up of its links.

The GR is the first link in the chain that leads to the World Service Conference.

You as GR are entrusted with the 'right of decision' to vote on behalf of your group according to their conscience and the good of Al-Anon as a whole.

Group + Group = District

The District Representative (DR) is the next link in the chain.

The District is the first of the links of service from the groups to the Area.



District + District = Area and Assembly

The Delegate and the other Area Officers and Area Coordinators are also links in the chain. The Area is one of the links of service.

The Assembly is a meeting of: The GRs, DRs, the Delegate, the other Area Officers and Area Coordinators, invited guests including the AIS Liaison)



The Area World Service Committee (AWSC): is a meeting of the Area Officers, DRs, AIS Liaison, and Area Coordinators. The AWSC plans the Assembly agenda, considers Area matters including the budget, plans for the general improvement of both the Assembly and the groups, hears and discusses the Delegate's report, and information and reports are heard and discussed. The AWSC meets one month prior to each Assembly.



Assembly + Assembly = World Service Conference

The World Service Conference is a meeting of: The Delegates, Board of Trustees, Executive Committee and voting members of the WSO Admin Staff.

G11; Al-Anon Service Manual (p.64-69), Paths to Recovery (p.250,256)



GRs represent their groups at District meetings and Assemblies;

DRs represent their groups at the AWSC;

Delegates represent their groups at the World Service Conference (WSC).

Area Coordinators serve as a link between the WSO departments and local trusted servants.

Paths to Recovery (p.250,256)



What are the Service Arms?

These include Districts, Areas, Regions, GSOs; and the committees that exist within the WSC, literature distribution centers, AISs, and other committees in the groups, districts, and areas. Paths to Recovery (p. 256), Al-Anon Service Manual (p.105)



Oregon Area website: navigate to Events, Meetings, Service (OAH).

Al-anon.org website: navigate to Members Section – Service Manual, Group Records, Literature and Guidelines.



The GR ensures the Group Record is kept up-to-date

- a. Group Information Overview: WSO I.D.#, group name, group district#, Area name, meeting location, group email, phone contacts for the public, mailing language. Note: the group name may include a special designation, i.e. women, men, parents, adult children, young adults, beginners, LGBTQIA+.
- b. Current Mailing Address (CMA) – Name of member acting as CMA, physical address, phone number, email
- c. Meeting Information Details: meeting day/time, meeting attendees (families, friends and observers or families and friends only), language spoken, # attending meeting, beginner/limited access group, special needs, location instructions
- d. GR Information: Name, physical address, phone number, email.

Assembly Procedures

Agenda

The agenda is derived from input through the members of the Area World Service Committee (DRs, Officers and Area Coordinators). The Chair can alter the agenda if necessary.

Tips, Hints, etc.

1. In a Knowledge-Based culture, full discussion of an idea takes place.
2. Motions may come from the AWSC, committees (thought and task forces), and GRs
3. The legitimate rights of the minority are protected through the proceedings
4. Naming yourself on Zoom: DISTRICT NUMBER (TWO DIGITS), FIRST NAME, GR, GROUP (Example: 04 Sue GR Set Free)



Asking for Consensus

The Chair may ask for a show of hands to obtain a sense of direction.

Substantial Unanimity

The Chair will indicate what constitutes substantial unanimity for votes.

Warranty Three says: That all decisions be reached by discussion, vote and whenever possible by unanimity. There are times when a simple majority vote is used as substantial unanimity.



Etiquette

1. Bring your Al-Anon/Alateen Service Manual and a copy of the Agenda (found on the Area Website or provided by your DR)
2. Assemblies are March, July and November
3. Arrive on time
4. Sign-in (GRs or the Alternate sign the voting sheet)
5. When in-person, wear your blue badge.



Etiquette

6. Only GRs and Alternates have voice and vote
7. One visit to the mic per topic (2 mins)
8. For questions during discussions, raise your service manual (virtually – raise virtual hand/write ‘question’ in chat)
9. For general questions, use the ‘Ask it Basket’.
10. No applause during discussions
11. Silence your phones



Assembly Motions

1. When the conscience at the Assembly appears to indicate a motion is in order, it can be submitted to the Chair on a motion form (virtually - raise virtual hand/write “comment-motion” in chat) or,
2. A motion could have been submitted by the AWSC.
3. The Chair will read the motion
4. The Chair will ask for a second of the motion
5. Discussion follows



Assembly Motions

6. Members who wish to speak line up at the mic (virtually – raise virtual hand/write ‘comment’ in the chat). You have 2 minutes. You are entitled to speak 1 time on a topic.
7. If your perspective has been shared, relinquish your turn to others
8. Applause is discouraged
9. You may ask a question for clarity by holding up your manual (virtually – raise virtual hand/write ‘question’ in the chat)



Assembly Motions

10. During the discussion, presume goodwill and practice principles above personalities.
11. A vote on the motion will be called for usually by the Chair, when discussion appears to be ended, or if someone calls the question.
12. Ballots are marked YES, NO or ABSTAIN.
13. After the vote, the minority voice of the vote outcome can be heard.



Postposing Discussion

The Chair can delay or continue a discussion, but this can be overruled by a vote of substantial unanimity.

Tabling a Motion

A motion can be made to table a motion. This requires a second. This needs substantial unanimity to pass. The original motion can be rescheduled by the Chair.



Calling the Question

Calling the question ends discussion. This requires a 2/3 majority to pass. If the 'question' is passed, discussion ceases and the members proceed immediately to vote on the motion before them.

Reconsideration

A request to reconsider the vote must be made by a member who voted with the majority.



SURVIVAL TIPS

1. Bring an open mind, your Higher Power, and your sense of humor.
2. Respect the value of minority opinions. Minority opinion has been known to alter peoples' perspectives.
3. Be ready to make new friends from around the Area.
4. To avoid fanny fatigue, bring something soft to sit on.

Knowledge-Based Decision-Making



Goals

At this session, you will:

- History
- Spiritual Principles
- Group Conscience
- KBDM Process
- Have documents and reference materials to share with your meetings



History

- 2006 World Service Conference
- Why do we use KBDM?

KBDM alignment with AI-Anon principles

- **Tradition #1**: Our common welfare comes first; personal progress for the greatest number depends upon unity.
- **Concept #4**: Participation is the key to harmony
- **Concept #5**: The rights of appeal and petition protect minorities and insure that they be heard.
- **General Warranty #3**: All decisions be reached by discussion, vote, and whenever possible, by unanimity



Group Conscience

- Service Manual, pg. 51
- Collective Wisdom
- Will of the Group

Essential Elements

- Open communication between all members.
- Dialogue *before* deliberation and decision.
- All decision-makers have common access to full information.
- The idea that everyone participates is a spiritual principle. The KBDM process models this principle.



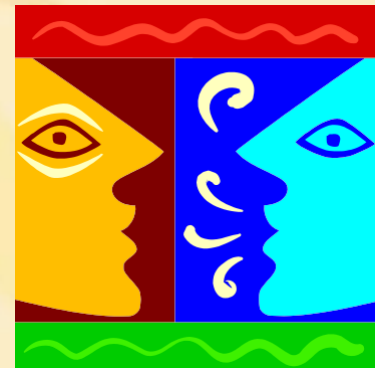
Essential Elements

- Opinions are backed up by experience, principles, or knowledge.
- We are all equal and everyone is valuable. We respect all ideas and do not tolerate domination.
- We speak and listen in a culture of trust and good will.

KBDM

Basic Steps

- Announce topic 2+ weeks in advance – describe problem/issue
- Pick a facilitator & note-taker
- Adopt guidelines: time overall, time per share, stay on topic etc





How It Works? (What do we actually do?)

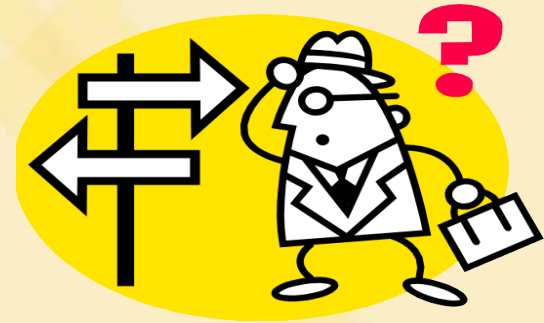
- 1) Frame/clarify the problem

- 2) Facts on the topic are gathered:
 - historical perspectives
 - archival information
 - previous motions
 - information in our *Service Manual*

Four KBDM Questions

The answers to the questions provide a basis for discussion.

- Gather information to these questions
- Everyone can add to them
- Opinions are backed up by experience, principles or knowledge



Question 1



What do we know about our members' or prospective members' **needs, wants & preferences** that is relevant to this discussion?

Question 2



What do we know about the **resources** and our **vision** for Al-Anon and our meetings that is relevant to this discussion?

Question 3



What do we know about the **current realities** and **evolving dynamics** of the world and our fellowship that is relevant to this discussion?

What are the pros and cons?

Question 4

What are the ethical implications of our choices? Would we be practicing our “principles in all our affairs?”

In other words...

Will our decision be consistent with our spiritual principles, policies, and Twelve Traditions?

Summarize...

Before moving to discussion.....

- What have we learned?
- Do we still have questions?
- Should we gather more information?



Discussion of Topic

- Questions first!!
- Discuss based on information *already exchanged* & experience, strength and hope.
- Additional questions may be asked at this time.

Summarize...

- You can summarize what's been said as the information exchange goes along...
- Or summarize at this point:
 - The problem description
 - The information that's been gathered



Before making a decision...

- Has everyone asked all the questions needed for clarity?
- Have all opinions, including the minority opinions, been heard?
- Does everyone feel they thoroughly understand the topic?
- Does everyone feel that an informed group conscience has taken place?

Decision-Making

Based on the information exchange, there are three possibilities.



Decision-Making

Option #1

A suggestion/solution may evolve from the discussion; facilitator can ask for a show of hands.



Decision-Making

Option #2

The topic is sent to a task force, committee, or individual for further research or gathering of more information.



Decision-Making

Option #3

No motion or decision is made and the “status quo” remains. No vote is taken.

We Accept the Group Conscience



We Accept the Group Conscience

After our best efforts to answer these questions, and through listening with open minds and hearts, we trust in each other and our Higher Power, and make a decision.

Once a decision is made, the entire group supports the decision.

The Benefits for our Groups

- Group members are more likely to support the decision made.
- Group effort is more likely to yield better results.
- Participants become part of the process, more voices are heard, and more solutions are generated.
- There is recognition that responsibility for action rests on everyone.
- Actions tend to lean toward the greater good for the organization.
- Negativity is diffused.

In summary...

“ By being part of an informed group conscience, gathering the information we need, letting our loving God guide us, and remaining trusted servants, we are all part of the group and support its decisions.”

Paths to Recovery, p. 145

Framing the Topic

Framing provides background history, relevance (why we're discussing the topic), and context (how it fits current circumstances) to a topic which brings clarity, focus, and perspective when presenting the topic to the group.

General Guidelines for filling out this worksheet:

- Avoid drawing any conclusions. Set the background so the conclusion can come from the discussion.
- Consider personal thoughts or experiences if they assist in clarifying, lending credibility, or illustrating a point. Please keep it simple and consider the AI-Anon Legacies.

Framing the Topic Worksheet

1. Create a title for your topic. It can be questions or a statement that needs clarification.

Topic for discussion:

2. Summarize why you brought this topic or question forward to the group. Provide relevance and context. Why are we having this discussion now? Why is this discussion important?

Summary:

3. Include any available background information on the topic. Sources could include, but are not limited to our *AI-Anon Service Manual*, group conscience archives, Conference Approved Literature.

Historical background information:

Complete and return to the Secretary/Group Conscience Steward.

Submitted by:

Date:



Knowledge-Based Decision-Making *Background and Rationale*



Summary: Knowledge-Based Decision-Making means information gathering and discussion *before* a possible solution is crafted and a decision is made.

The essential elements of the KBDM process are:

- Open communication between all members.
- Dialogue *before* deliberation and decision.
- All decision-makers have common access to full information.
- The idea that everyone participates is a spiritual principle. The KBDM process models this principle.
- Opinions are backed up by experience, principles, or knowledge.
- We are all equal and everyone is valuable. We respect all ideas and do not tolerate domination.
- We speak and listen in a culture of trust and good will.

Why it is a good model (from *Conference Summary*, 2006).

- It allows thorough examination of issues without an end in mind.
- It is not necessary to choose sides or develop evidence with an end in mind.
- It allows those who make the decision to become far less important than the fact that a good decision is made.
- The outcome is not as important as the way we got there (discussion and an environment that encourages healthy thinking).
- It provides for open dialogue, so everyone's needs are heard, expectations and preferences are acknowledged, and ethical dimensions are considered.
- How we talk and listen to each other is more important than the decision we come to. Our Higher Power is present in the process of speaking and listening.
- *Conference Summary:* <http://al-anon.org/members/pdf/summary/2006summary.pdf>

KBDM alignment with Al-Anon Principles

- Tradition #1: Our common welfare comes first; personal progress for the greatest number depends upon unity.
- Concept #4: Participation is the key to harmony.
- Concept #5: The rights of appeal and petition protect minorities and insure that they be heard.
- General Warranty #3: All decisions be reached by discussion, vote, and whenever possible, by unanimity.

The benefits for our groups

- Group members are more likely to support the decision made.
- Group effort is more likely to yield better results.
- Participants become part of the process, more voices are heard, and more solutions are generated.
- There is recognition that responsibility for action rests on everyone.
- Actions tend to lean toward the greater good for the organization.
- Negativity is diffused.

			Jan 1 - Mar 8, 22	Budget	\$ Over Budget
1	Income				<i>parenthesis = under</i>
2	Revenue				
3		Group Contributions	\$ 5,634.10	\$ 15,000.00	\$ (9,365.90)
4		Assembly Registrations	\$ -	\$ 1,000.00	\$ (1,000.00)
5		Cash Carried Forward	\$ 30,531.81	\$ 30,000.00	\$ 531.81
6		Total Revenue	\$ 36,165.91	\$ 46,000.00	\$ (9,834.09)
7	Total Income		\$ 36,165.91	\$ 46,000.00	\$ (9,834.09)
8	Expense				
9	Delegate Fund				
10		WSO ETF	\$ 2,382.00	\$ 2,382.00	\$ -
11		Extra Day	\$ -	\$ 200.00	\$ (200.00)
12		Delegate Meeting	\$ 713.19	\$ 650.00	\$ 63.19
13		Delegate Travel	\$ -	\$ 1,000.00	\$ (1,000.00)
14		Delegate Miscellaneous	\$ -	\$ 500.00	\$ (500.00)
15		Total Delegate Fund	\$ 3,095.19	\$ 4,732.00	\$ (1,636.81)
16	Working Fund Expense				
17		Archive Rent	\$ 195.00	\$ 800.00	\$ (605.00)
18		Area Travel Fund	\$ -	\$ 1,670.00	\$ (1,670.00)
19		Communicator	\$ -	\$ 50.00	\$ (50.00)
20		SSM Advance	\$ -	\$ 1,500.00	\$ (1,500.00)
21		Assembly/AWSC Rent	\$ -	\$ 4,475.00	\$ (4,475.00)
22		Insurance	\$ -	\$ 2,050.00	\$ (2,050.00)
23		Total Working Fund Expense	\$ 195.00	\$ 10,545.00	\$ (10,350.00)
24	Assembly Allowance/Meal/Lodging				
25		Officers	\$ -	\$ 2,600.00	\$ (2,600.00)
26		Audit/Budget	\$ -	\$ 1,000.00	\$ (1,000.00)
27		Coordinators	\$ -	\$ 3,250.00	\$ (3,250.00)
28		Past Delegates	\$ -	\$ 1,300.00	\$ (1,300.00)
29		Total Assembly Allowance/Meal/Lodging	\$ -	\$ 8,150.00	\$ (8,150.00)
30	Officers Expenses				
31		Alternate Delegate	\$ -	\$ 50.00	\$ (50.00)
32		Chairperson	\$ -	\$ 50.00	\$ (50.00)
33		Secretary	\$ -	\$ 50.00	\$ (50.00)
34		Treasurer	\$ -	\$ 75.00	\$ (75.00)
35		AAPP Expenses	\$ -	\$ 150.00	\$ (150.00)
36		Total Officers Expenses	\$ -	\$ 375.00	\$ (375.00)
37	Assembly Expenses				
38		Assembly Workshops	\$ -	\$ 500.00	\$ (500.00)
39		Alateen Projects	\$ -	\$ 150.00	\$ (150.00)
40		Archive Projects	\$ -	\$ 50.00	\$ (50.00)
41		CPC Projects	\$ -	\$ 800.00	\$ (800.00)
42		Forum Projects	\$ -	\$ 300.00	\$ (300.00)
43		Group Records Projects	\$ -	\$ 25.00	\$ (25.00)
44		Literature Projects	\$ -	\$ 300.00	\$ (300.00)
45		PI Projects	\$ -	\$ 2,000.00	\$ (2,000.00)
46		Technology Projects	\$ -	\$ 1,100.00	\$ (1,100.00)
47		Website Projects	\$ -	\$ 200.00	\$ (200.00)
48		Total Assembly Expenses	\$ -	\$ 5,425.00	\$ (5,425.00)
49	Coordinator Expenses				
50		Alateen Coordinator Expenses	\$ -	\$ 500.00	\$ (500.00)
51		Archives	\$ -	\$ 100.00	\$ (100.00)

52		CPC Coordinator	\$ -	\$ 50.00	\$ (50.00)
53		Forum	\$ -	\$ 100.00	\$ (100.00)
54		Group Records	\$ -	\$ 25.00	\$ (25.00)
55		Literature	\$ -	\$ 100.00	\$ (100.00)
56		Public Information	\$ -	\$ 50.00	\$ (50.00)
57		Technology Coordinator	\$ -	\$ 25.00	\$ (25.00)
58		Website Coordinator	\$ -	\$ 250.00	\$ (250.00)
59		Total Coordinator Expenses	\$ -	\$ 1,200.00	\$ (1,200.00)
60		Northwest Regional Delegate Meeting			
61		Alternate Delegate	\$ 520.12	\$ 650.00	\$ (129.88)
62		Past Delegates	\$ -	\$ 1,950.00	\$ (1,950.00)
63		Total Northwest Regional Delegate Meeting	\$ 520.12	\$ 2,600.00	\$ (2,079.88)
64		Other Expenses			
65		Alateen Sponsor Workshop	\$ -	\$ 600.00	\$ (600.00)
66		Audit Budget Extra Day + Exp	\$ 14.00	\$ 100.00	\$ (86.00)
67		Contingency Fund	\$ -	\$ 750.00	\$ (750.00)
68		Equipment Supplies	\$ -	\$ 100.00	\$ (100.00)
69		Handbook Update	\$ -	\$ 100.00	\$ (100.00)
70		Transition Fund	\$ 23.69	\$ 1,200.00	\$ (1,176.31)
71		WSO Donation	\$ -	\$ 400.00	\$ (400.00)
72		Total Other Expenses	\$ 37.69	\$ 3,250.00	\$ (3,212.31)
73		Total Expense		\$ 36,277.00	
74		Cash Balance as of 3/8/2022	\$ 32,317.91	\$ 9,723.00	\$ 22,594.91
75		Ample Reserve	\$ 8,000.00	\$ 8,000.00	\$ -
76		Available Cash	\$ 24,317.91	\$ 1,723.00	\$ 22,594.91
		Remember to put all three items on checks:	Donations payable to Oregon Area AFG		
		District Number	Send to:	Barb Baumer	
		WSO Group Number		21745 SW Columbia Dr.	
		Group Name		Tualatin OR 97062	

District Reports

- District 4 DR Report – Dawn K District 4 is comprised of Marion and Polk counties, and we are located near Salem. We currently have 14 regular Al-Anon meetings, 1 Alateen meeting, and a newcomers meeting. Most of our meetings have resumed in person, with a few providing a hybrid experience. We have 2 meetings that are considering going only virtual. This is my second panel as DR for District 4, and I stepped up in the latter half of last panel when the previous DR resigned. I've learned from my experience and have set a goal for myself to do my best to ensure that there is someone ready to step up as DR for the next panel. The district has 3 open positions – Alateen, Public Outreach, and Hispanic Liaison. We are setting goals for this year. Currently we have continued the dual member discussion, increasing group participation at the district level, and improving Alateen awareness. We volunteered to host the February AWSC and were prepared to do so. The AWSC was changed to virtual, so we've stepped up again to host the June AWSC. I really hope we get to host the first in-person Area Al-Anon event since the pandemic began. I appreciate the opportunity to be of service and can't wait to see what this panel teaches me. Thanks. Dawn K
- District 6 Ree McS. New GRs New DR so we are all just trying to get our sea legs so nothing else to report
- District 7 is enjoying a resurgence in participation after the COVID pandemic curtailing our activities. We have a number of meetings beginning to meet in person. Several meetings are opting to offer hybrid meetings to accommodate those who find Zoom more compatible with their personal circumstances. We also have had fully remote meetings developing with no interest in becoming face to face. We are in process of devising a training program for GR's, planning activities in summer, and enjoying a renewed enthusiasm for service. All in all, as DR, I look forward to a robust and enthusiastic three years. Joan F., 206-669-5804

- District 10 March 2022 Assembly Report

Currently our district has 24 meetings registered with one of those being a new meeting that just registered the end of last month. They are meeting Face to Face and had their first meeting this past week. Unfortunately we also have a fairly large group that has not met since almost the beginning of the pandemic and is now in the process of disbanding. Four of the district meetings are Spanish speaking meetings. And of those four meetings we have 3 meetings represented with GRs. There are still a few meetings that I have not been in contact with due to the fact that they are Temporarily Suspended from face to face meetings and are not meeting on zoom. We have about 6 meetings that are meeting Face to Face currently. We also have several successful hybrid meetings but many of the meetings in the district are still meeting on zoom and some are starting to talk about the possibility of going back to face to face meetings or hybrid. I had sad news last week that one of our GRs that I had not yet met had passed away. I am pleased to report that we currently have 13 GRs at this time.

The overall feeling I got from the GR sharing at our meeting was that meeting attendance has gotten smaller but they want to grow their meetings and that although they have had newcomers they often don't return. Some indicated that newcomers are more likely to return if the meeting is in person. And several zoom meeting said that they have had newcomers who continue to come on a regular basis. Also several meetings shared that they have filled all of their service positions.

We started the panel out without a Secretary or a Treasurer. We were fortunate to elect a secretary at our first business meeting. However, we did not have a Treasurer. The past treasurer agreed to stay on until we elected a new treasurer. I encouraged GRs to share this open position along with a brief job description at meetings & to encourage members that they think would be good to stand for this position. This proved successful as we elected a district treasurer earlier this week at our meeting.

My goal for the first few meetings was to teach the GRs how to update their group records and to educate them a little on what to expect at this first assembly. I remember my first assembly and feeling like a deer in the headlights so I introduced them to the quick reference guide & went over the acronyms. I also shared with them the links to the WSO, OR Area, Portland AIS websites and encouraged them to sign up for In the Loop. The group records are still a work in progress but I was really pleased to hear back from one of my GRs who told me that they found it fairly easy to go into to the website and update their group record and that it only took them 5 – 10 minutes to do so. I was grateful to hear of this success. Others have had more challenges with this process.

We had several members from our district attend PRAASA and I found it very informative. I took lots of notes and will have them to refer back to in the future. I liked the format & enjoyed the breakout sessions and discussion. I really enjoyed hearing about how other areas run their assemblies.

We also had 2 new GRs attend PRAASA and gave reports at our district meeting earlier this week. I feel they learned a lot at PRAASA and I think that experience has given them more understanding of the links of service, more information about how the business of AI-Anon is conducted and a chance to hear from other members outside our area, as well as gain more confidence in the service position that they have taken on.

I am fortunate to currently have some great experience in my district, including several past DRs & a couple of experienced GRs. Bonnie W one of those GRs suggested that I set up a Buddy system for our new GRs for this Assembly. So I asked at the meeting who felt comfortable with assembly and would be willing to mentor new GRs for this assembly. I then set up a buddy system with phone numbers, giving each buddy a couple of new GRs to mentor today. Now instead of being all alone at home for this assembly, they at least have a name & phone number that they can send a text to if they have a question that they need answered today.

In summary I would like to say that I continue to learn a lot as a new DR and I have already seen a boost in my confidence and my willingness to speak up at these big meetings. I am so grateful to my Alternate DR Trish B for her support and ideas as well as the past DRs in my district who share their experience, strength and hope with me. And I would like to thank all of the GRs in my district as we embark on this journey together by serving on this panel. I know from past service work that I will grow from this experience and I will see it in my recovery. Respectfully Submitted, Gayle S District 10 DR

- District 11 Report for March 2022 Assembly

Currently 14 meetings in district 5 In person 2 Spanish suspended 6 Electronic 1 Hybrid. I was elected DR last week. We also have an elected Secretary and Treasurer. We voted on having monthly District meetings online. Mary W is working on starting an Alateen meeting in Gresham prior to the summer break. Planning on Fall Chili Cook Off fund raiser event. We will start outreaching those groups who are not participating in district. Submitted by Patrice M. DR 310-210-9405 Mohnbeam@gmail.com

- Cindy G. DR 13

Called in her report as her husband is having medical issues. Please keep her in your prayers and thoughts. She reported district 13 has 4 meetings in the Roseburg area. The Monday and Wednesday night's meetings are meeting in person and Hybrid. The virtual meetings are open for 10 minutes and then closed down if no one signed on. Tuesday and Thursday meeting are still meeting in person but are talking about closing the meetings due to lack of members. Continued to have District meeting once a month via a virtual platform.

Delegate's Report

Joanne C., Oregon Delegate Panel 62

Good morning everyone.

I would like to start my report by pointing you to the 2021 Membership Survey. You can find the survey results at www.al-anon.org/surveyresults

Did you know Al-Anon has its own app? There are meetings to join, a place to journal, news from WSO, the booklet Al-Anon/Alateen Groups at Work, and the Al-Anon/Alateen Service Manual. Download it from the App Store for Apple or the Google Play Store for Android.

The Al-Anon International Convention with AA participation is in Albuquerque, New Mexico, June 29th – July 2nd , 2023. See you there!

Do you have a service sponsor? It is easy to get one. Just find someone you admire who has a lot of service experience and ask. Just ask!

There is news regarding the Permanent Electronic Groups. They are all one Area now called the Non-Panel Global Electronic Area. These groups elected GRs. Then the GRs had an assembly & elected a Delegate. This Delegate is from Florida. Because the Delegate is from Florida, the WSO wants this Area to be admitted to the Delegate's Area, the US Southeast Region. If this vote passes, the new Delegate will be seated at the conference.

From the Financial Report that came out with the Chairman of the Board Letter:
 Unaudited financial statements for the period that ended 12/31/2021

	YTD Actuals	YTD Budget
Revenue		
Literature Sales—net	\$1,906,750	\$1,993,007
Contributions	\$2,623,242	\$2,543,540
Other income	\$643,616	\$563,600
Total Revenue	\$5,173,608	\$5,100,147
Total Expenses	\$5, 249, 674	\$5,333,900
Net Increase/(Decrease)	(\$76,066)	\$(233,753)

Northwest Regional Delegates Meeting is April 8 – 10, 2022 in Casper, Wyoming. This is the yearly meeting of past and present delegates from the nine Northwest Region states. They get together to share experience, strength and hope. The region consists of the states of Oregon, Washington, Idaho, Wyoming, Montana, North Dakota, South Dakota, Nebraska and Alaska.

The World Service Conference (WSC) is held yearly and includes Delegates from each Area of U.S. & Canada (67 delegates), the Board of Trustees, the Executive Committee, and World Service Office Staff. *Al-Anon/Alateen Service Manual V2 (P-24/27) Page 68*. This year’s conference is being held April 26th – 30th in

Tarrytown, New York. The Delegates will also be visiting Stepping Stones, Bill and Lois' farm in Bedford Hills, New York.

Because of Covid-19, love gifts or cards will not be accepted at the hotel during conference. Instead email or send ecard to ordelegatejc@gmail.com or donate money to WSO as a love gift. Contact me for my phone number or home address if you should want to contact me in that way.

At AWSC, I talked about my hopes, dreams and vision for the Area. One of my hopes is that everyone grows in leadership skills. Please read in Concept Nine the "Leadership" essay by Bill W. *Al-Anon/Alateen Service Manual 2018-2021v2 Pg. 195*. While reading this essay, I realized the Group Reps are the leaders of the groups. The GRs help solve group problems, are the main communication conduit between District & Area. A good leader consults with others, listens to the group conscience, has a good attitude and has some fun while in service.

On the topic of hopes, dreams and vision for the Area, a dream for the Area I have is to increase attendance at assemblies. Some of my ideas are to reach out to the silent districts, think out of the box communication, for diversity reach out using appropriate methods, and communicate on a consistent basis. Let's hear your ideas. Email your ideas to me at ordelegatejc@gmail.com.

Wishing you love and peace of the program,

Joanne C.