
Idaho Area Assembly – Fall 2015

Al-Anon Assembly Business Meeting Minutes

The business meeting of the Idaho Area Al-Anon 2015 Fall Assembly was held at the Best Western Inn & Suites in Caldwell, Idaho on September 19, 2015. Danielle E. opened the meeting at 8:00 a.m. with the Serenity Prayer followed by reading of the Twelve Traditions and Twelve Concepts of Service.

Attendance

Voting Group Representatives were present from each district as follows:

District One –	1
District Two –	4
District Three –	8
District Four –	2
District Five –	0
District Six –	0*
<u>District Seven –</u>	<u>5</u>
Total of voting GRs	20

*District Six has voted not to participate with Idaho Area 13.

Announcements

1. Spring 2016 Assembly and AWSC meeting will be May 20-21, 2016 in Idaho Falls. Theme: Realizing our Spiritual Potential.
2. Anne B. from Ontario, Oregon was the luncheon speaker.
3. Open Position on the Area committee – an Area Secretary is needed to finish the term ending December 2016.
4. Comment sheets to write down your assembly ideas and thoughts as well as the donation basket for personal or group donations to Area are located at the back of the room.

Reports

Secretary's Report

Laura F., past secretary, reported. Minutes from the Spring 2015 Assembly were presented. There is one correction – heading change on page 1 from “Fall” to “Spring.”

A motion was made to approve the Spring 2015 Assembly minutes as corrected. Motion passed unanimously.

Treasurer's Report

Kathy B. reported.

2015 Account Balances Al-Anon Area 13

As of September 15, 2015 the checking account balance was \$2,423.52; savings account balance was \$8,264.26; Assembly seed money was \$1,000; net worth was \$11,687.78.

2015 Spring Assembly Profit & Loss and AWSC Spring 2015

The assembly held in Twin Falls had total income of \$3,145.00, expenses of \$1,576.54, \$0 seed money, for a net income of \$1,568.46. After officer and coordinator reimbursements, net profit for the assembly was \$385.68.

In Spring 2015 we had the AWSC meeting on Friday night prior to the Spring Assembly. The hotel bill included combined expenses for the AWSC meeting and assembly; these expenses are divided on the Profit & Loss in a ratio of 75% to the Assembly and 25% to the AWSC.

Spring Area 13 Contributions: this line item used to be called the no-raffle raffle. At \$481 it is down by \$100 from last year.

The speaker was from the local area so the only expense was the gift.

2015 YTD Group Donations

As of September 19, 2015 Area has received \$4,125.18 in donations. This is down \$841.34 from a year ago. Please take this back to your groups and tell them how important it is to donate to Area. It amounts to about \$8.80 per group a month to be fully self-supporting to cover the expenses on the budget.

Each group needs to check to verify their donations are correct. If the donations are sent without the contribution form or from a personal check without the group number listed, there is not a lot to go on. [Donation forms](#) are available on the Idaho Area website.

2016 Proposed Budget

The proposed budget for 2016 in the amount of \$11,065.00 was presented for discussion and vote.

Notes on proposed changes to budget items	
AAIS Liaison (Literature Center)	Line item was moved up from the Coordinators category; amount remains the same
Assembly Meetings	Left at \$3,000 for now; with the change to hold AWSC meetings in conjunction with assemblies, this expense is down quite a bit in 2015.
Public Outreach	In 2015 increased to \$180 to include money to purchase <i>Al-Anon Faces Alcoholism</i> booklets to distribute at \$151/case; no change for 2016

Treasurer	Same for 2016; that changes when new treasurers take office and have to open new bank accounts
Background checks	↑ to \$400 because we had spent \$367.05 in 2014; due to number of Alateen sponsors who need to be certified
Equalizer expense	Left at \$2,500. This is the cost to Area for the Delegate to attend the annual World Service Conference. Amount changes every year; WSO sends letter with the amount in August.
Financial Review	↑ from \$0 to \$600. When the treasurer's term ends, she takes the books for a review. Next one is due in 2016. There is an Al-Anon member whose company does these reviews; charges around \$35/hour, so review may cost less than \$600.
NWR Delegate meeting	Left at \$1,800. Changes every year depending on flights and location of the meeting. This year it is in Portland.
Total 2016 proposed budget	↑ from \$10,195.00 to \$11,065.00

MOTION: To approve the 2016 budget as presented. Motion passed unanimously.

Delegate's Report

Nancy Jo W. reported. See her report attached. She also shared further about being a delegate and answered questions from the floor, paraphrased below.

On being a delegate: It has been an absolute joy; but let me tell you, it's a lot of work, and it doesn't end when you get home. We have telephone conferences, we have meetings over the phone, we have a trustee that we talk to and go through different things with them, and so there is a lot of other commitment along with being a delegate. I know now why it's only a three-year term—because after three years you're worn out. I love what I do, I love the excitement, it's so spiritual and so awesome to be there for these meetings. But you're up at 7 in the morning and you go to bed around 9 at night. You get up the next morning and start all over again. So it is a lot of work but it is so well worth it. I just think it is one of the greatest opportunities I have received being in Al-Anon. . . . It's really the opportunity of a lifetime to be a part of this and know that you are working for Al-Anon's purpose, to make Al-Anon strong and keep it strong and to have it stand when we're gone for the people who are coming in like our children and our grandchildren.

Question about 2015 WSC Motion 9 regarding the definition of universal understanding of family recovery:

The Conference approved the following definition – “Family recovery is a process of healing and growth for family members affected by someone's drinking. This process helps these individuals make healthier life choices and develop

relationships that are more positive and supportive.” [World Service Conference Summary 2015 p. 102] This definition is used when people call WSO to ask about Al-Anon, and with professionals when explaining why they would want to send people to Al-Anon. There have been more people referred to Al-Anon through counseling, so it is working.

Board of Trustees meeting minutes: Nancy Jo has copies if anyone is interested. Some issues for the next Conference: use of webinars for new delegate orientations; Alateen membership; strategies to close a deficit budget; policy updates generated by the fellowship.

Northwest Regional Delegates’ Meeting (NWRDM): Terry, new Alternate Delegate, will be attending with Nancy Jo. Next one is near Portland, Oregon in March 2016.

World Service budget shortfall: donation envelopes to help with the shortfall are at the back of the room.

AFG Connects: everyone should go to the Al-Anon website and check out the new AFG Connects.

Love gifts from WSC: Display at the back of the room; free gifts.

Coordinator Reports

Alateen/AAPP	Kerry D. reported. See report attached. Round of applause and thanks to Barbara V. for her five years of service.
Archives	Ladora B. reported. See report attached. Ladora is hoping someone will step up to take over Archives in the coming term.
Group Records	Paula N. reported. Also see Paula’s Group Records workshop below.
Literature/Forum	Berta R. was not present; no report given.
Literature Center (AAISC)	Luann H. reported. The Literature Center will soon be accepting debit and credit cards for purchases!
Newsletter	Kathy B. was present; no report given. See Kathy’s Newsletter workshop below.
Public Outreach	Karen D. reported. See report attached. Karen passed around a list of TV stations that have aired and/or received Al-Anon’s public service announcement (PSA).
Website	Jamie C. reported. See report attached. Also see Jamie’s Social Media workshop below.

DR Reports

District 1	Kris S. reported. See report attached.
District 2	Carol G. reported. See report attached.
District 3	Linda A. reported. See report attached.
District 4	Laurie B. reported. See report attached.
District 5	Cass F. reported. See report attached.
District 6	DR not present; no report given.
District 7	Janet D. reported. See report attached.

Business

Election of Alternate Delegate for term ending Dec 2016

Terry A. from District 3 submitted a resume to the AWSC for the position of Alternate Delegate. Terry addressed the assembly then left the assembly room and the assembly discussed.

VOTE: to elect Terry A. to the position of Alternate Delegate for the term ending December 2016. Elected by unanimous vote.

Open Position – Area Secretary

The assembly discussed the opening. Sol B. from District 7 took minutes at the Friday night AWSC meeting and Laura F., past secretary, took minutes at the assembly. A secretary is still needed to finish out the term ending December 2016.

Results of the Recovery Countdown, Donation Basket and Giveaway

During the luncheon a recovery countdown was taken. We have 555 years and 3 weeks of recovery here today!

Today's Donation Basket proceeds totaled \$518.

Giveaway – Two members with the shortest length of time in recovery at the assembly, Ginger and Pam, each received a subscription to *The Forum*.

Presentations

GR Exchange/DR Exchange

Bret R. facilitated for the GRs. Danielle E. facilitated for the DRs in a separate room.

Workshop – Social Media

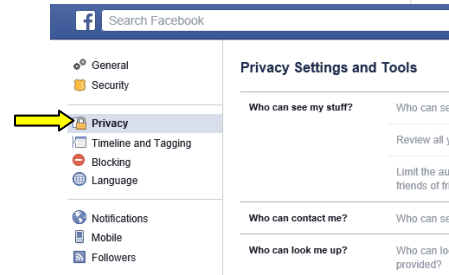
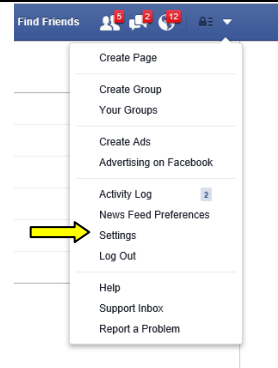
Jamie C., Area Website Coordinator, presented a workshop on things to consider as Al-Anon members using social media sites such as Facebook.

The following table contains tips and discussion from the presentation. The workshop was conducted live online; screenshots added for clarification.

WORKSHOP – Social Media

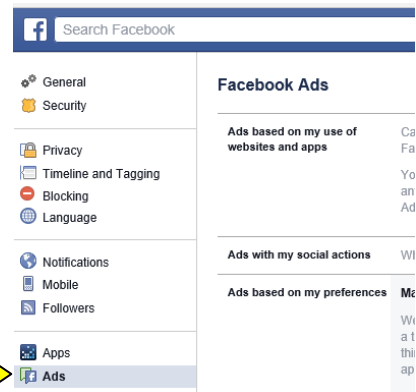
PRIVACY on social media sites. Facebook tips:

- When you are logged in to your Facebook go to Settings/Privacy to check the setting for “who can see your posts.” You want that to say “Friends.”
- select the choice to limit past posts so only your friends can see them.
- You can limit who can send you a friend request; choose “friends of friends” if you don’t want requests from everyone.
- Can set so email address and phone number are not visible to everyone. Select “Friends” under “who can look me up”
- If you don’t want people to be able to type in your name and find your profile, choose “no” for “Do you want other search engines to link to your timeline to find you? Search to find your profile?”



ADVERTISING – Ad settings

- Is Facebook watching me? Yes
- They track cookies on your computer and sell that info to advertisers.
- Doesn’t sell name, email address, phone number; only sells for example, a person in Boise Idaho is 28 years old who likes to look at cat videos. So for this example if you have been to the Fancy Feast website, you might start seeing ads for Fancy Feast. They pay Facebook to provide the Fancy Feast ad to users of Facebook who meet their criteria.
- Example of how you can select an audience and pay to “boost” your ad out to that audience of Facebook users who meet your selected criteria. The advertiser can’t see the name of potential customers, just see the size of the audience their ad will be targeting. This is why if you say “Al-Anon” in your newsfeed or posts, you may be targeted to receive ads for treatment centers.
- Facebook ad settings – you can change your settings to limit the amount of personalized ads you receive. Can choose “off” to turn off personalized ads; you will still get ads, just not personally targeted to you.



LEGAL ISSUES

- Can SPAM act – started in 2003; updated in 2009. If you are getting spam in your email, they have to provide an opt-out link. When you opt out they have 10 days to stop sending you spam. If they violate that, it is \$16,000 per violation. Can report the company to the FTC.

It is not against the law to send unsolicited email. Mass emailers like Campaign Monitor require email recipients to have opted in. Others like Gmail will cut you off if you send out large email mailings, like over 500 recipients, because it looks like it could be spam.

- Copyright. If you post something onto Facebook from CAL (Conference approved literature) like a daily reading from the ODAT, that is copyright infringement. Technically you could get sued over it. So, you don't want to do that. It's the same as if you were rewriting Harry Potter and putting it on Facebook. You can post slogans, just not from our books. You also can't photocopy from the books and give it out. Anything that you've paid for you cannot post on social media and give out for free.

PRIVATE GROUPS

- Are private groups on Facebook private? Absolutely, they are 100% private. But, here's the tricky part. Unless you created the group, you don't have control over the group. The person who created it can decide to change the group from private to public, or allow others to add people to the group. Comparison to an in-person meeting: do you have control over who walks in the door of an Al-Anon meeting and sees you there? Very similar. You can opt out of a group.
- What can I share safely? Very simple. If you're worried about it, don't share it.

BLOCKING PEOPLE on Facebook

- Option 1: Go to that person's page and unfriend them. They don't get a notification.
- Option 2: You can turn off notifications from that person.
- Option 3: Go to that person's page and look for the three dots (. . .). Click on them and select "Block." Block is worse than unfriend.
- Option 4: You can "unfollow" a person by clicking on their post. Then their posts won't show up on your page. Not the same as unfriending.

WSO Presence on Facebook

In Dec. 2014 WSO sent out a letter requesting that members like their page for outreach. You can like content or repost things that WSO has given permission or posted on their Facebook page. WSO asks people to protect their anonymity by not posting personal shares (linked to your full name/ Facebook profile) on the WSO page that would indicate membership.



Also be aware that pages and groups may say “Al-Anon” but are not from WSO.

TIMELINE and TAGGING

- In Facebook this is where people can post photos and tag them with your name. You can edit these as well.

Workshop – Group Records

Paula N., Group Records Coordinator, presented a workshop on how to update group records using the WSO Group Records Change form.

Paula has direct access to the WSO group records database. Groups are instructed to send group change forms in to Paula, not to WSO. Paula accepts US mail or email with the completed form as an attachment.

GRs received a handout on how to update their group information. The updated form is available for download from the [WSO website](#). The following notes correspond to the form section number.

1. Must have Group Number unless it's a brand new group. The WSO ID# is the group number. We are Area 13; this is important for border groups like Clarkston, WA.
2. If you're starting a brand new group, mark “New.”
3. Select all items you are changing.
4. Group names – WSO has guidelines and have rejected names with words such as “butterfly” or “fellowship.”
5. Be as specific as possible with meeting details. Open/closed= Open means people who are not members can attend, such as students who come to observe. Newcomers think closed means the group is not taking new members. Beginners=you hold it in conjunction with another Al-Anon meeting to introduce new members; not registered as a separate meeting. Introductory=meetings held at hospitals, treatment centers, shelters; not considered a group, does not have its own group rep. Limited Access=military bases, institutions, prison; only those captive audiences get to be there. Location instructions=specific details like enter through the back alley, 2nd door on the right; helpful to the newcomer.

The image shows a form titled "AI-Anon Registration/Group Records Change Form (GR-1)". It is a multi-section form with various fields for group information. Section 1, "Group Record", includes fields for WSO ID Number, District Number, and Area Name. Section 2, "Status", has checkboxes for New, Change, Inactive, and Not Sure If Registered. Section 3, "Changes (Check all that apply)", includes checkboxes for Group Name, Current Mailing Address (CMA), Mgt Place, Mgt Day, Mgt Time, and Contact. Section 4, "Group Registration Overview", includes fields for Group Name, Mailing Language, Location, Meeting Place, City, State/Province, Zip/Postal Code, Country, Group e-mail, Contact First Name, and Phone Number. Section 5, "Meeting Details", includes fields for Day, Time, AM/PM, Type (Open/Closed), Spoken Language, Member Count, and checkboxes for Beginners, Introductory, Limited Access, Handicap Access, Smoking Permitted, Sign Language, and Fragrance Free. Section 6, "Current Meeting Address (WSO mail for the group is sent to the CMA postal and e-mail addresses)", includes fields for First Name, Last Name, Street/PO Box, City, State/Province, Zip/Postal Code, Country, Phone Number, and E-mail. Section 7, "For Area Use", includes checkboxes for Group Rep and Other, and fields for First Name, Last Name, Street/PO Box, City, State/Province, Zip/Postal Code, Country, Phone Number, and E-mail. The form also includes a "Submitted by:" field and a footer with contact information for AI-Anon Family Groups Headquarters, Inc. and a date of 11/14.

6. Current mailing address – this is where you get all the information from WSO including your free Forum for your meeting. At least somebody needs to put an address in there so you can get the information from WSO. A great number of meetings in our Area don't have a GR right now, so it's very important to have an address here. Email=you can have a group email address or an individual member's; that's where you get eNews.
7. For Area use=leave blank. This section is used by Area.

Workshop – Newsletter

Kathy B., Newsletter Coordinator, facilitated. Over half the room raised their hands for having read a newsletter; several raised hands for writing a submission to a newsletter. Kathy shared her own experiences about writing articles for *The Forum* and about being a newsletter editor.

She handed out two different writing exercises: 1) What I think about the value of service – Kathy will compile these ideas and include them in the newsletter; 2) an article for submission to the Area newsletter—her [Newsletter Writing Guidelines handout](#) is attached to these minutes.

Skit

Nancy Jo, our delegate, and nine willing volunteers presented a skit about an Al-Anon meeting in Anytown, Arizona, with an illustrious cast of characters: Clueless Clara, Mean Martha, Do-it-yourself Dawn, Nellie Newcomer, Hapless Harriett, Self-righteous Sally, Smooth 'em Susie, Psychotic Sarah, High Helen, Pastor Penny.

The meeting closed at 3:39 p.m. with the Al-Anon Declaration.

Laura F.
Past Area Secretary

Attachments

<u>Page</u>	<u>Document</u>	<u>Page</u>	<u>Document</u>
10-11	Agenda	25	District 1
11-18	Treasurer's Report	26	District 2
19	Delegate	26-27	District 3
20	Alateen/AAPP	28	District 4
21	Archives	28-29	District 5
22	Group Records	30	District 7
22	Literature Center (AAISC)	31	Newsletter Workshop
23	Literature/Forum		
23	Newsletter		
23	Public Outreach		
24	Website		

Agenda

Fall 2015 Area 13 Assembly

T.E.A.M.

Together Empowering Al-Anon Members

Before beginning our Fall 2015 Area 13 Assembly, I ask you to drop, outside these doors, those obstacles and anxieties you may have that prevent you from good spiritual practice. Bring in qualities of love, tolerance, integrity, and whatever else you need to trust this path our Higher Power has placed on us. (taken in part from the 2014 World Service Conference); You have been entrusted to protect what our pioneers set in motion and continue to build the future that will ensure Al-Anon is vibrantly growing for those yet to come. What an awesome privilege and responsibility...As we begin the Conference by discussing our roles, we look to Concepts Two, Six, and the principle of Delegated Authority...(taken in part from the 2015 World Service Conference)

Items to bring to meetings

- Service Manual, Paths to Recovery
- Spring 2015 Area 13 Assembly minutes (on the web). Fall 2015 Area 13 Agenda (on the web), Treasurer Reports – Fall 2015 (on the web)

Friday, September 18, 2015

5:00 pm Registration

9:00 pm Spiritual Meeting

Saturday, September 19, 2015

7:30 am Registration – Outside meeting room

8:00 am Opening, Welcome - Danielle

Serenity Prayer

Announcements

Twelve Traditions

Twelve Concepts

Introductions

8:20 am GR Exchange – Bret

DR Exchange – Danielle

9:20 am Break

9:35 am Secretary Report

9:45 am Treasurer Report – Kathy B. – Vote on next year's budget

10:00 am Workshop – Jamie – Website Coordinator - Social Media

10:30 am Workshop – Paula – Group Records Coordinator

11:00 am Break

11:15 am Area Coordinator Reports

11:30 am District Representative Reports

11:50 am Countdown -
 12:00 pm Lunch – Luncheon Speaker – Anne B. from Ontario, OR
 1:30 pm Announcements
 1:35 pm – Alternate Delegate discussion/vote
 1:45 pm Delegate – Nancy Jo
 2:45 pm Break
 3:00 pm Workshop – Kathy B. – Newsletter
 3:50 pm Wrap up – what are you taking back to your meetings
 4:15 pm Closing
 Let it Begin with Me – When Anyone Anywhere Reaches Out For Help Let The
 Hand of Al-Anon and Alateen Always Be There And Let It Begin With Me.

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Treasurer's Report 2015 Account Balances

2015 Account Balances Al-Anon Area 13 9/15/2015		
Bank Accounts		
Checking	\$2,423.52	
Savings	\$8,264.26	
TOTAL Bank Accounts		\$10,687.78
Cash Accounts		
Cash Account	\$0.00	
Total Cash Accounts	\$0.00	\$0.00
Asset Accounts¹		
Seed Money for Assemblies	\$1,000.00	
Newsletter Reserve		
Total Assets Accounts		\$1,000.00
Net Worth		\$11,687.78

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Spring Assembly 2015 Profit & Loss

SPRING ASSEMBLY 2015 PROFIT LOSS STATEMENT			
Income	Registrations	\$2,684.00	
	Spring Area 13 Contributions	\$481.00	
			<u>\$3,145.00</u>
Assembly Expenses	Luncheon	\$1,123.69	
	LCD Projector	\$0.00	
	Meeting Room	\$397.25	
	Countdown gift	\$22.00	
	Assembly badges, copies etc	8.60	
	ASSEMBLY EXPENSES	1,551.54	
	Speaker Costs		
		Airfare	
		Hotel	
		Fuel	
		Gift	<u>\$25.00</u>
	TOTAL SPEAKER EXPENSES		25.00
Assembly	Officers/Coordinators Registration+Travel exp	1,182.78	
			1,182.78
			<u>2,759.32</u>
	Profit / Loss		<u><u>385.68</u></u>
AWSC Income	District Rep Meals	85.00	
			<u>85.00</u>
AWSC Expense	Room Rental	132.75	
	Meal	<u>273.36</u>	
		406.11	
AWSC Meeting expense			
AWSC Officers/Coordinators Travel expense		<u>742.99</u>	
		1,149.10	
			<u><u>1,064.10</u></u>

Spring 2015 AWSC and Assembly Officer and Coordinator Expenses

<u>AWSC SPRING 2015</u>		
Officers and Coordinators Meeting Expense		
5/13/15		
Officers	Meals, Travel, Hotel	
Delegate	\$43.53	
Alt Delegate		
Area Chair	\$70.27	
Secretary	\$111.27	
Treasurer	\$66.38	
Coordinators		
Alsteen		
Archives	\$49.81	
Forum/Literature	\$66.55	
Group Records	\$69.27	
Newsletter	\$137.40	
Public Outreach	\$128.51	
Website		
	Total	\$742.99
meal+gratuities+rm rental	\$406.11	
	Total	<u>\$1,085.83</u>

<u>Assembly</u>		
Officers and Coordinators Meeting Expense		
5/16/15		
Officers	Meals, Travel, Hotel	
Delegate	\$88.53	
Alt Delegate		
Area Chair	\$115.27	
Secretary	\$44.57	
Treasurer	\$114.40	
Coordinators		
Alsteen		
Archives	\$94.81	
Forum/Literature	\$111.55	
Group Records	\$114.27	
GR Exchange	\$156.83	
Newsletter	\$192.95	
Public Outreach	\$149.60	
Website		
		<u>\$1,182.78</u>
meal & gratuity+rm rental	\$1,520.94	
	Total	<u>\$2,595.45</u>

Assembly Financial Summary 2011-2015

Alanon Assembly Financial Summary through the 7 districts	Fall 2011 <u>District 4</u>	Spring 2012 <u>District 7</u>	Fall 2012 <u>District 6</u>	Spring 2013 <u>District 2</u>	Fall 2013 <u>District 5</u>	Spring 2014 <u>District 3</u>	Fall 2014 <u>District 1</u>	Spring 2015 <u>District 4</u>
Approx. # of attendees	70	64	48	60		67	68	66
Fee charged for reg/lunch	\$25/20	\$25/13	\$25/15	\$25/15	\$25/12	\$25/16	\$25/\$20	\$25/20
Hotel room rate/R rooms	\$79.95/unk	\$79/unk	\$59/unk	\$59/unk	\$100.57/unk		139.95	\$79.95/unk
AWSC Meals sold								21
Fee charged for meal								17.00
Seed money requested	500.00	100.00	75.00	300.00	100.00		250.00	
Income								
Registration/lunches sold	3155.00	2430.00	1930.00	2365.00	1899.00	2292.00	2720.00	2664.00
Area Contributions	831.50	700.59	618.68	507.00	469.00	580.00	435.00	481.00
AWSC Meals Dist Rep Paid								85.00
Total Income	3986.50	3130.59	2548.68	2872.00	2468.00	2872.00	3155.00	3230.00
Expenses								
Room rental ¹	794.68	225.00		202.10	60.00	111.00		397.25
Luncheon ²	1196.25	606.95	675.00	627.73	461.47	861.36	1115.86	960.89
Gratuity		109.25			44.93	183.16	200.01	162.80
Coffee/Tea ³			48.00	28.15		217.30	138.56	
Projector/audio-visual/table cloths		60.00	137.00		101.76		\$125.00	
Countdown gift books (2)	24.06	23.31	24.00	24.42	24.42	22.00	\$22.00	22.00
Name badges	22.25					43.97		8.60
Speaker Costs ⁴		424.60	223.54	15.00	15.00	306.19	\$556.29	
Speaker thank you gift	25.00	27.00	25.00	25.00	25.00	25.00	\$25.00	25.00
Coordinators/Officers expense								
Coordinators/Officers reg								
Decorations ⁵								
GR Exchange printing ⁶						31.80	\$80.96	
AWSC Room Rental								132.75
AWSC Meal + Service Chg								279.36
Total Expenses	2062.24	1476.11	1132.54	922.40	752.58	1801.78	\$2,263.68	1982.65
Assembly net profit/loss⁶	\$1,424.26	\$1,554.48	\$1,416.14	\$1,649.60	\$1,735.42	\$1,070.22	\$641.32	\$1,247.35
Notes								
1 We were not always charged rent for a meeting room if we purchased a meal or a block of hotel rooms								
2 Spring 2013 paid \$677.73 and received a \$50 refund from the caterer due to lack of food								
3 Spring 2013 coffee urns/pots were provided by host district								
5 These expenses were either donated or not tracked on the assembly P&L								
6 Net profit/loss does not include expense reimbursement to AWSC members who attend the assemblies								

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Year-to-date Group Donations

2015 YTD Group Donations					
Al-Anon Area 13					
01/01/2015--9/15/15					
GROUP NAME	DISTRICT	NUMBER	AMOUNT	TOTALS	# of Grps
Northwest Serenity	1	66383	\$50.00		
FRIDAY Noon Steps & Traditions	1	62434			
Journey of Recovery	1	30566249	\$126.79		
Happy Solution Sandpoint	1	3422	\$75.00		
Friday Night Survival AFG	1	500299			
Afternoon Delight	1	40751	\$50.00		
Courage to Change	1	502711	\$139.00		
Insanity to Serenity	1	65487			
Saturday Sunshine	1	30566441	\$24.00		
Serenity Matters(Tues Night AFG)	1	31958	\$55.00		
Freedom AFG Group	1	502355	\$69.25		
Serenity Seekers	1	30513088	\$20.00		
Bonniers Ferry	1	67210			
St Maries Serenity	1	30524809			
Living Fully	1	30601048			
Weds 5pm Grp AFG		62949			
Mama & Papa AFG	1	30643021			
District 1	1		\$472.50		
District Total	1			\$1,101.54	25
Moscow Friday NightAFG	2	3394	\$60.99		
Monday Night Book Study	2	503120			
Lewis Clark Tuesday Night	2	3388	\$30.00		
Wednesday Night AFG	2	48023			
Canyon AFG	2	3384	\$100.00		
Clarkston Roundtable	2	14149	\$30.00		
Thurs Noon AFG	2	61569	\$10.00		
Thursday Night Pullman Book Study	2	30604780	\$45.00		
District 2	2				
District Total	2			\$275.99	12
Steps to Serenity	3	3345	46.14		
Sunday Early Birds	3	62315			
Garden Valley Grp	3	66020	45.00		
Friday Night Fireside	3	500569	30.00		
Tues Night Womens	3	501877			
Tues-Fri Noon Five Mile	3	502795	117.15		
Tues Night Adult Child Al-Anon	3	31241	30.00		
Wed Night Collister	3	504118	90.00		
Thursday Mens	3	503412			
Mon-Thursday Eagle Noon	3	502539	500.32		
Sat Eagle Step Study	3	30561909	165.06		
Thurs Noon Literature Study	3	503789			

Midtown Al-Anon	3	30540266			
Mon-Wed Noon	3	61227			
Saturday Serenity	3	30564865	140.99		
Seeking To Improve Our Conscious Contact	3	30576209			
Tues-Fri Noon AFG	3	3338	125.09		
Thurs Night Friends	3	30514823			
Monday Sat AFG	3	30605709			
Valley County AFG	3	3389			
Sunday Night Keep It Simple	3	30542748	42.52		
Vida Nueva GFA	3	30533319			
Sat Morning Spiritual AFG	3	65838			
New Beginnings AFG	3	30652898			
District 3	3				
Stacie L					
District Total	3			\$1,332.27	36
Filer Tuesday Night Grp	4	24707	103.00		
Monday Morning AFG	4	24705			
Buhl Fri Night Serenity Seekers	4	35113	30.00		
Experience Strength And Hope AFG	4	48100			
Family AFG Meeting	4	500427			
Hailey Noon AFG	4	502687			
Solo For Hay GFA	4	30520616			
Sat Night New Life AFG	4	30519069			
Beginning Again	4	26714	103.04		
Weds Night AFG	4	3426			
District 4	4				
District Total	4			\$238.04	14
Friday Out to Lunch	5	30788	30.00		
Bantello AFG	5	3403			
Thurs Serenity	5	3403			
Pocatello Turnaround	5	36305	70.00		
Wednesday Wild Bunch	5	44344			
Steps to Serenity	5	48198	33.00		
District 5	5		15.00		
District Total	5			\$148.00	10
Arco AFG	6	3063434319			
Ashton AFG	6	30537663			
Serenity AFG	6	3336			
Blackfoot Down Under	6	500976			
Monday Night Al-Anon	6	3376			
West Side Family Grp	6	64378			
Just For Today	6	503388			
Driggs AFG	6	30584826			
Weds Noon Munch Bunch	6	37923			
Down Under II AFG	6	30611690			
Fresh Start	6	42063			

Salmon	6	3417			
District 6	6				
District Total	6				14
Safe & Sound	7	62297	35.00		
Monday Beginners	7	43373			
Wed Just for Today	7	63168			
Noon Serenity	7	46331	15.00		
Free To Be Me AFG	7	30650929			
Serenity Group AFG	7	30650929			
Esperanza GFA	7	502543			
Nampa 12X12	7	30541795	80.00		
Living The Legacies AFG	7	30638575			
Una Luz Al Final Del Tunel AFG	7	30511225			
Courage to Change	7	30538129			
Just for Today AFG	7	30555931	48.00		
District 7	7		10.00		
District Total	7			\$188.00	14
GRP DONATION TOTALS					
Personal donation					
GRP DONATION TOTALS				\$3,283.84	125

Donation amount as of 9/22/2015 \$4,125.18
We are 841.34 less this year in donations.

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2016 Proposed Budget

AL-ANON AREA 13 Proposed Budget for 2016

	2015	2016	2015	2015	2014	2014
Budget Item	Actual	Proposed	Actual	Proposed	Actual	Proposed
AAS Liason		\$20.00				
Assembly Meetings		\$3,000.00	\$1,182.78	\$3,000.00	\$3,218.42	\$3,000.00
AWSC Meetings		\$1,300.00	\$742.99	\$1,300.00	\$1,141.98	\$1,300.00
<u>Coordinators</u>						
Alateen/AAPP		\$40.00		\$40.00	\$4.48	\$40.00
Archives		\$100.00	\$44.00	\$100.00	\$40.55	\$100.00
Forum/Liturature		\$20.00		\$20.00	\$18.09	\$20.00
Group Records		\$20.00		\$20.00	\$11.12	\$20.00
Newsletter		\$20.00		\$20.00	\$13.75	\$20.00
Public Outreach		\$180.00	\$131.00	\$180.00		\$40.00
Website		\$20.00		\$20.00		\$20.00
<u>Officers</u>						
Alternate Delegate		\$30.00		\$30.00		\$30.00
Delegate		\$300.00	\$250.56	\$300.00	\$193.46	\$300.00
Chair		\$40.00		\$40.00		\$40.00
Secretary		\$40.00		\$40.00		\$40.00
Treasurer		\$75.00	\$13.81	\$75.00	\$111.68	\$75.00
<u>Operating Expenses</u>						
Background Checks		\$400.00	\$140.00	\$200.00	\$367.05	\$125.00
Bank Charges (bank set-up, nsf etc)		\$20.00		\$20.00	\$58.23	\$20.00
Equalizer Expense		\$2,500.00	\$1,965.00	\$2,500.00	\$2,447.00	\$2,000.00
Financial Review		\$600.00		\$0.00		\$0.00
NWR Delegate Meeting		\$1,800.00	\$713.85	\$1,800.00	\$473.83	\$600.00
TEAM Event (NWRSS Exp)		\$0.00		\$0.00		\$0.00
PO Box Rental		\$200.00		\$200.00	\$146.00	\$200.00
Public Outreach (PSA's etc)		\$30.00		\$0.00		\$30.00
Spanish Hotline		\$30.00		\$30.00		\$30.00
Website Domain Name		\$30.00	\$15.99	\$30.00		\$30.00
Website Hosting		\$190.00		\$190.00		\$190.00
Totals		\$11,065.00	\$5,219.98	\$10,195.00	\$8,247.64	\$8,370.00
Donations			\$3,283.84		\$5,535.55	
Assembly Revenue			1,247.35		\$1,961.54	
Assembly Seed Money		1,000.00		1,000.00	\$250.00	\$1,000.00

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Delegate's Report

Delegate Report Fall Assembly 2015

This summer I've been busy with the Fall Assembly planning in District 7.

We've had lots of meetings, planning and painting. Making motel arrangements, ordering food, and arranging for a skit for this WSC in Caldwell.

I'm working with the WSO on the Public Outreach committee, reviewing new PSA's and approving other scripts for other Public Outreach projects.

Also I'm working on the WSC for next April. Since next year is my last year as Delegate, our panel 54 is putting together a skit in which we dress in the colors of our State Bird. We will be singing "Fly, Fly Away" and another song. Each of us has to perform a rap about our state bird.

My bird is the Mountain Blue Bird and this is my rap:

I am blue color like the sky
Atop the Mountains I fly High

American West I prefer the best
Without any help I build my nest

Long wings, hovering flight, with quick dives
Perched to catch so I can thrive

Insects and berries are my dinner
Found in colder habitats in winter

Being your Delegate has been so much fun, interesting and I have learned so much which I have shared at our assemblies. Going to "Stepping Stones" was so special and such a privilege.

Thank you for giving me this opportunity to be of service to each of you and my area.

In grateful service,
Nancy Jo; Delegate
Idaho - Panel 54

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2015 Fall Area 13 Alanon Assembly

Alateen APP/AC Report

Kerry Driscoll

Although I took over the position on 7/1/15 I did not begin until I received the documents from Barbara V. on 8/20/15 so I have just begun this service.

I understand that I have 2 positions AAPP (Alateen Area Process Person) and AAC (Alateen Area Coordinator). I am first addressing and becoming familiar with the AAPP position.

I have since been working to become familiar with the WSO Group Records Website. I missed the bi-annual conference call and training so I have been using the online instructions to navigate the site. The site is very user friendly and I have been able to come up to speed quickly.

I have reached out to all of the active sponsors in the Area to confirm they are still in Active status and have been updating the records as I get responses. There are 10 active sponsors that do not have Re-certification documentation on file. I have reached out to those individuals but will reach out to the DRs if I do not get a response as this information is a requirement of active status.

I am reaching out to the District Coordinators to understand if the current Active groups as shown on the WSO website are correct.

I will in the future work to understand the responsibilities of the AAC which I envision will include outreach and sponsor training.

Active Sponsors

39 Active sponsors in Area 13

3 in District 1

26 in District 3

4 in District 5

3 in District 6

3 in District 7

Active Groups

17 Active registered groups in Area 13

1 in District 1

15 in District 3

1 in District 6

Submitted in loving service.

Kerry

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Sept. 19, 2015
AWSC / Assembly
Report of Archives Coordinator Ladora B.

This year is the 30th anniversary for the book *As We Understood*. The *Forum* July 2015 issue gives some interesting facts about the book.

“In 1985 it was authorized to be produced. Then on July 4, 1985 a leatherette paperback edition made its debut at the first Al-Anon International Convention in Montreal for \$6 Canadian. It was Al-Anon’s 10th book. The 7,000 copies quickly ran out but purchases continued to be made with a commemorative book plate given out and a copy of the book mailed later. Because of the difficulties with the first printing, the 1988 Conference carried a motion that all future bindings of *As We Understood* be in hard cover. By the end of the year it was in hard cover including index.”

We do have a copy of that first issue which was a little leatherette, so you can see what they mean by leatherette. All the others are in hard cover now.

When I Got Busy, I Got Better celebrated 20 years in 2014.

The *Forum*, August 2015 issue, pp. 24-25 gave a little precursor to what was in the Conference Summary about the Area Highlights, a quarterly publication which is available on Al-Anon’s web page. Will this publication continue?

A printed version of the Area Highlights was sent to area officers until it was no longer available in print; the last issue was summer 2011. We do have binders of that printed version and are on display today.

Someone gave me a “Community Resources for Seniors,” 9 pages, and Al-Anon is listed with the Al-Anon/Alateen Information Service telephone number. The value of Al-Anon has been acknowledged in many agencies – unlike 30+ years ago. Hats off to those early Al-Anon members that persevered with getting information to the public.

I brought 2 boxes of AFG files that were available to us when their headquarters moved to Virginia Beach. These files were kept on each and every member group and correspondence between AFG and persons from those groups. They aren’t in any order in the boxes – just look for the group name on each file folder.

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Group Records

Hi,

My name is Paula and I am the Area Group Records Coordinator. I do not have anything to report since our last Assembly. No new information has come to me from the WSO.

I have made all the changes that you as District Reps or Group reps gave me in May.

I would like to again encourage the District Reps to have their groups have a mailing address on file for the WSO so they can receive the free copy of the Forum and any other info from the WSO office. Also to have someone from every group represent that group at the Assemblies. This is one of the ways that your voice can be heard.

Thank you for letting me be of service and giving me the opportunity to grow.

Paula N.

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Literature Center/AAISC

Fall Assembly 2015 Report from Luann H, AWSC Literature Coordinator Liaison

The Information Service Center, AKA, The Literature Center, members have been working on the By-Laws for the center. We are reviewing and revising where updates are needed and old obsolete items or wording is changed or deleted. It takes some thought, so we are going through it slowly but surely. We hope to have it done within the next couple of months.

The Information Service Center in Boise, has also decided it's time to join the rest of the world and offer credit and debit card services. We are going to do a trial run and see if sales increase with more buying options than we have offered before. Using 'Plastic' for some folks is easier than carrying cash or a check. This service will cost buyer \$1 more to cover our cost, but we hope that won't be enough to be a deal breaker. We are hoping to implement this within the next couple of months and then re-evaluate whether the additional cost is worth the service.

Please stop in and see us to pick up a book or just say 'Hi'!

We are located at: 1111 S. Orchard Street, Room 172, Boise, Idaho 83705 – 208-455-1661

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Literature/Forum

No report given.

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Newsletter

No report given.

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Public Outreach

Public Information Coordinator Report Assembly Sept 19, 2015

Thank you for the opportunity to serve in this capacity.

Again, I received a list from WSO of TV stations that broadcast Al-Anon messages recently. It's been requested that thank-you's be sent to the stations who have played Al-Anon messages and a special visit, or outreach be made to the ones who have not. This can be done by any member who feels comfortable sharing how Al-Anon has helped and with Al-Anon Faces Alcoholism. That's all we do here-share our experience. We aren't professionals and we don't need to be.

DR's, please see me for the list. If you are unwilling or unable to complete the suggested tasks from WSO, just let me know. I can help.

Lastly, reiteration of WSO's suggestion that we let the stations know that 25% of their viewing audience has been affected by someone else's drinking and if possible, give them a copy of AFA. I brought these again and anyone who can make good use of them is welcome to take one or more for outreach purposes.

Love in Service,

Karen D

Public Outreach Coordinator

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Fall Assembly 2015

Website Coordinator Report

1. Whenever possible please submit documents as PDFs. It saves me a lot of time.
2. Please remember that I do not edit documents, I only upload them. Because I change them over to PDF format, I do not keep the original. Once they've become a PDF I am unable to edit it. What I am able to edit is actual text on the website.
3. You can submit your email address to the newsletter by giving me your email now, by sending it to webinquiry@al-anon-idaho.org, or by going to the newsletter page on the website and clicking the subscribe button and sending your email to that email address.

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Fall 2015 Assembly report from Kris S. DR District 1 (summarized from her oral report)

Meetings

- 19 meetings in 8 different cities.
- One women-only and one men-only meeting held every other week. They started out with a small group and they're growing but instead of doing every week they've gone to the every other; going just fine.
- Our district hosts a monthly second Sunday speaker meeting called Al-Anon Birthday dessert potluck. We changed to 'if you'd like to bring something you can' because we heard there were people who didn't think they could come if they didn't bring a potluck item.

Cruise - just had our annual speaker cruise and Bret R. was our Al-Anon speaker and his lovely wife was the AA speaker; it was just wonderful.

Workshop - one of our GRs is holding a workshop on relationships.

District Finances

- Our district is doing very well financially which is really great.
- 2-can solution: groups have two donation cans. When they read the Seventh Tradition, they have one can for group expenses, books; the second can, on a quarterly basis, is going to WSO, Area, District and then miscellaneous. Most of the groups have a business meeting once a month for 5-10 minutes where they decide how to distribute the money. This helps people who are used to just donating one dollar. That way they put one dollar here, and one dollar here. That has really brought our revenue up.

Outreach at KMC Hospital – KMC has a new coordinator and they've doubled the people who attend. John, our Outreach coordinator, always has 3 or 4 people every six weeks who will donate their time and effort to go to the meeting for 15 minutes. He gets booked out because people like doing it. The outreach is on Wednesdays and the Thursday group a lot of times will have newcomers and they'll say, "Oh, I heard you at KMC."

Coeur d'Alene Convention - AA sponsored it for a long long time and they invited the Al-Anons to come. We put on our own workshops, have our own speakers, and bring our literature. Anything we can do to get Al-Anon's name out.

New District Website

- www.district1afg.org.
- The site has meeting information including pictures of all the meeting sites so people can see which entrance to use or where to go down the stairs.

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District 2

District 2 of Area 13 Report

District 2 has 8 active meetings. I have chose to have the district meetings once a month. We start the year with a planning meeting for events happening through out the year, for a calendar that goes out to all groups. Fund raiser games and speaker meetings which everyone enjoys with food and fellowship. From the Spring and Fall Assemblies we have received lots of helpful information through workshops and our delegate reports. Our Out Reach coordinator has set up several wellness Fairs through out the district with good response. Our district has a great archives, with the help of a few members, it stays up to date. We try by showing and sharing with members about the positive growth of service within our groups, district and the area. Members who have had experience in these areas and sponsors, are willing to help members learn about service. In the month of November, we host a pot luck speaker meeting in a small town that has a great community center that holds over a hundred. We have both AA and Al-Anon speakers. This is hosted by a committee of members from different groups. Ending the year with a great Christmas potluck and gift exchange game.

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District 3

Idaho Area 13 Fall Assembly Meeting

“T.E.A.M. Together Empowering AlAnon Members”

September 19th, 2015
Best Western Inn, Caldwell, Idaho

District 3 Report-Linda A.

Since our Spring Assembly we have had one fundraising event and one participation event with the Gem State Roundup 2015.

- 1) Spiritual Breakfast hosted by the “Sunday Night Keep It Simple” meeting. The event was held at the Five Mile Church of the Nazarene on August 8th from 11AM-1:30PM. We enjoyed an AA speaker, an Al-Anon speaker and two Alateen speakers. The Alateen speakers for this event have prompted the Dist. Alateen Coordinator to create guidelines for Alateens speaking at program events, which will be very useful in the future. \$412.00 to District 3.
- 2) Gem State Roundup-Riverside Hotel, Boise held August 28-30, Bret R. was the Al-Anon Chair and did a fantastic job. Not a lot of Al-Anon members attended, but those who did really

enjoyed the speakers and the Al-Anon panels. The panel topics were: “The Miracle of My Spiritual Journey”, “The Miracle of Conscious Contact”, and “The Family Afterwards”.

Future Events:

- 1) Mini Conference, September 26th 10AM-4PM, “Finding Fun in Recovery”. Hosted by the Tuesday Night Women’s Group. I did bring flyers, please come and join us, fun is always part of selfcare.
- 2) Chilli Feed, October (date to be determined), hosted by the Saturday Morning Spiritual Group.
- 3) Lasagna Dinner, December (date to be determined) Hosted by Saturday Serenity Group; however, hosting group may change
- 4) AA Spring Assembly with Al Anon participation, May 2016 at Riverside Hotel in Boise. Al-Anon liaison, Linda A-Chair & David C. Co-Chair. Registration Committee Chair is Beth P. We are currently looking for volunteer Committee chairs for Panels, Raffle, and Selection of Al-Anon luncheon speaker. The only funds Dist. 3 will receive from this event is the proceeds from the raffle.

We currently have 23 Al Anon meetings in Dist. 3, 1 Alateen Chat meeting on line, and 1 Thursday night Spanish speaking meeting.

Our Public Outreach Coordinator John N. has unfortunately had to resign from this position. He will be willing to help a new coordinator through the end of the year. He has done an amazing job and will be missed.

Our District meetings continue to be well attended. The GR’s appreciate having time at the end of the meeting to discuss their problems, concerns and solutions.

Alateen meetings continue to flourish in the valley. The sponsors are very dedicated and make such a difference in the lives of these young people. The District is very supportive that guidelines will be created for Alateen speakers at our events.

The Literature Center continues to be totally staffed by volunteers. It has become more than just a place to purchase Al-Anon books and literature, it is a place of hope and inspiration for people not familiar with or new to our program. It has become a major part of our public outreach.

My service to District 3 has been a true blessing,
Linda A.
DR Dist. 3

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District 4

District 4 Report
September 19, 2015

We enjoyed hosting the Spring Assembly in Twin Falls.

On our next meeting Vicki B. retired for health reasons and Laurie B. took over as DR.

I have contacted most of the GRs but some of our groups do not have one. We are talking about email District meetings for the winter and the different groups hosting the District meetings in the summer. This will (hopefully) involve everyone in District 4 to participate.

I'm going to suggest a Spaghetti Dinner or a Holiday Social after Thanksgiving but before Christmas for a District fundraiser. This will be a potluck.

In Service,

Laurie B.
District 4 DR

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District 5

District 5 Report
9-19-15 Fall Assembly

Our district is large in size but small in numbers but we have a small contingent of members who are dedicated to service and assuring that Al-Anon will be in Pocatello for the next... and next... and next person who needs us. Even so, our treasurer and public outreach coordinator quit this summer.

We have 6 groups. Two of our evening groups and one noon group are struggling to remain open. Those have been adopted by members who have committed to attending. Two noon groups and one evening group are doing well with 8 to 15 in attendance. Only two groups have group reps. I communicate quite frequently by email to anyone who

wants to be on the list so perhaps they feel it's not necessary to attend the assemblies. I'm evaluating that and hope to discuss at the DR exchange.

We hosted a morning speaker event in April that was well attended and though not planned as a fundraiser, pulled in some funding. More important, it encouraged our Friday groups to host their own first speaker meeting.

We participated in two outreach events; neither had stellar attendance however. Mid-November will be our big annual fundraiser, our Holiday Bash where we have food, raffles and speakers. This is a great way for us to add to our District coffers and enjoy the camaraderie of the season and the fellowship.

We have 4 AMIAS and got an Alateen meeting started last year. We are now looking for a new venue and believe we will soon have a program in place.

We are also working with AA to participate in their Idaho Area 18 2016 Fall Assembly on October 7, 8 and 9. This will be hosted by AA districts 1 and 12 at the new Shoshone-Bannock Hotel and Event Center at Fort Hall, Idaho.

We have some dedicated Al-Anon members in our District, and I am optimistic that our problems are temporary and things will improve over time.

Yours in service,

Cass F.
District 5 DR

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District 6

No report submitted.

DISTRICT 7 FALL ASSEMBLY REPORT SEPT. 19, 2015 ~ SUBMITTED BY JANET D, DR

Welcome everyone to the Idaho Area 13 Fall Assembly. The District 7 members have very busy doing their part in planning for this 2015 Fall Assembly. The theme for the Assembly ~ T.E.A.M. (Together Empowering Al-Anon Members)~ has rang true for our District. The members of District 7 that committed to assist in planning this Assembly have empowered me in so many ways as their trusted servant, and I hope that I have empowered them too. Everyone has pull together and made the commitments needed to make this Fall Assembly a grand success. I am so proud of the Al-Anon members of District 7.

We held District meetings monthly for several months. Then, in the month of August we met twice, and had a fun wonderful watercolor painting party to make bookmarks after one of our District meeting as a gift for the attendees of this Assembly. You should have received one when you sat down at the table of your choice. Then we held our last District meeting for the planning of this Assembly in September to cover last minute details. We will have a follow up District meeting on the first Saturday in October to discuss our successes and anything that we can improve on for the next Assembly our District host in the future years.

I managed to make a few group visits over the last few months. Due to some ongoing health issues, I wasn't able to make more group visits. But the few groups I did visit received my presence well. Our district funds was getting low, so I discuss with the groups the importance of making donations to the District, the Literature Center, the Area, and the World Service Office. The District donations have started to come in, and some groups increased their donations, while a new group started making donations. Thank you to the groups of District 7 for your support.

Unfortunately we had the following two groups closed their doors:

*the Alateen group in Nampa that met on Monday evenings at the Nampa Recreation Center, (the Nampa 12x12 Al-Anon group supported this Alateen group financially). There wasn't very many youth attending. Hopefully, with the assistance of District 3 Alateen sponsors, we can get an Alateen meeting started in the Middleton school district soon.

*the Living the Legacies Al-Anon group that met on Saturday at 1 p.m. in Ontario, Oregon; closes it doors due to lack of participation from the members that were attending. It came down to one person only attending this meeting. Hopefully this group can get re-started later on.

Once again, thank you for attending the Idaho Area 13 Fall Assembly today. District 7 is very happy you are here.

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Newsletter Writing Workshop

Newsletter Writing Guidelines

- Share an experience or idea from the heart with the focus on yourself, not the alcoholic or others.
- Relate a personal experience based on a program principle such as detachment, acceptance, a Step, Tradition, or Concept of Service, etc., and give an instance of how and where you used it.
- Use the first person (I, me, we, and us). True personal sharings do not give direction; they express your own experience, strength, and hope. Please avoid the use of the pronoun «you.»
- Avoid generalities, outside issues, treatment center language, and religious philosophy or doctrine. Al-Anon members in other Twelve Step programs, including Alcoholics Anonymous, are asked to write only of their experience in the Al-Anon program.
- Kindly observe Al-Anon's Twelve Traditions when sharing.

Pick a topic and write a short article based on the guidelines above or an ongoing column (2 or more issues). Let me know if you chose the latter I'll give it a snappy title. Submissions should relate to an Al-Non step or tradition, piece of literature, slogan or a recovery topic. All submissions should appear in the next newsletter right after Fall Assembly unless of course I'm overwhelmed with material. OVERWHELM ME!

START NOW!

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