



The ALAVINE
Together we grow!
North Dakota Area 43 Newsletter

<http://www.ndalanon.com>

<http://www.alanonfamilygroups>

FALL 2020 ALAVINE

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Al-Anon Family Groups World Service Office (WSO) Board's Vision Statement:

All people affected by someone else's drinking will find help and recovery in every community.

Al-Anon Family Groups WSO Board's Mission Statement:

Anticipate the future and Al-Anon's place in it and ensure that the necessary resources are available.

The Alavine is available only in electronic form. The deadlines for submission are February 1, August 1 and November 1. Minutes from the Assemblies are on <http://www.ndalanon.com> along with updated meeting lists and the Alavine. Alavine issues will contain Chairperson Reports, Delegate Reports, Coordinator Reports, District Reports and personal sharing's along with what is happening in North Dakota Al-Anon. Questions about the Alavine? Email cbachmeier0902@outlook.com.

**NORTH DAKOTA – AREA 43 AL-ANON ASSEMBLY
MISSION STATEMENT**

Providing a welcoming environment of respect, courtesy and warmth with all endeavors undertaken with the best interests of Area 43 while protecting the anonymity of all members.

Meeting the needs of Al-Anon members seeking a fulfilling experience in service while conducting the business matters of Area 43.

Supporting all Districts and Groups in Area 43 and Al-Anon's World Service Office.

VISION STATEMENT

Area 43 will have a thriving, dynamic membership and its Assembly meetings will be conducted in a manner that assures its continued success in years to come.

CHAIRPERSON REPORT

Greetings,

This is going to be a short report as I have not been feeling well all week.

I want to thank everyone that logged on for our first ever Zoom Assembly Meeting. I think it went great.

I was happy to see so many of our districts doing zoom meetings. Check out the website if your interested in attending a zoom meeting. I like the idea that I can attend a meeting from home or on the go. Speaking of zoom meetings, check out the meeting that Steve B. is hosting on the "Reaching for Personal Freedom" workbook that starts on November 4th at 7 pm via zoom.

The task force is underway to go over our Policy Manual and make changes.

I will be setting up a date and time for our Area World Service Committee Meeting for some time in late January or early February.

Thank you for all your support! I appreciate all of you!

Yours in Service,

Brenda G. Area 43 Chairperson

DELEGATE'S REPORT

Hello everyone! It's been fairly quiet since Assembly. I don't have anything to share yet on the quarterly communications from WSO as they haven't sent to delegates yet. I will forward to all the officers, coordinators and DR's and ask that they send to all the groups in their districts. I'd be happy to forward to you individually. If you'd like to send to you, please email me at curly1976@daktel.com.

I thought I'd share some information from the Public Outreach (PO) Committee as I'm on that committee as a delegate and our Area is currently without a Public Outreach Coordinator. We have been working on new PSAs.

- Previous contracts for distribution were limited to 1,000 TV and 2,770 radio stations due to costs associated with production and mailing. With these limitations, WSO relied heavily on members to reach out to stations to play our PSAs to fill that gap.
- Our current vendor's contract is for electronic distribution to all Nielsen-tracked TV and radio stations in US and Canada. With this means of distributions, the gap no longer exists and members' cold-calling TV and radio station managers now could work against the efforts being made by our distribution vendor. Some stations have reached out to ask that we no longer send thank you notes which requires staff resources.
- Early results from the first 55 days show significant improvement, with 12,473 airplays, compared to just 5,403 a year ago.
- These results led to the recommendation that members' involvement in the PSA Public Outreach Project need only be limited to maintaining existing media relationships and outreach to other non-media outlets such as movie theaters, schools, and institutions, or sharing the PSAs with their social media networks.
- WSO and the Public Outreach Committee asks member to help by sharing this information to members in your Area. This message will be posted in In The Loop on December 4, 2020.
- If you already have commitments from stations to play our PSAs, please have them email WSO at media@al-anon.org and our vendor will connect with them to ensure they are able to access the spots.

The PO Committee recommended that the year be removed from the *AFA* magazine cover and only be included as part of the copyright information on the inside cover. After researching pros and cons, the Executive Committee approved this recommendation. The new issue of Al-Anon Faces Alcoholism, formally known as AFA 2021, will be the first issue printed without a year on the cover.

WSO has a job opening they've asked us to share; Group Services Specialist. Here is the information:

- Are you an effective communicator? Do you enjoy helping others? Do you have a passion for Al-Anon's legacies and its service structure? Do you want to make a difference by sharing your knowledge with other Al-Anon members? If so, you may be a fit for the attached position! The Group Services Specialist role requires five or more years of membership and service in Al-Anon. Please see the attached position description for a summary of the job duties and position requirements. Interested candidates can email their resume and cover letter to HumanRes@al-anon.org.

Virtual Town Hall Meetings: Areas had the opportunity to request to host a meetings and there were 19 requests. The following 4 Areas were first in line and awarded their preferred dates. The first one is open to all Areas and I will keep you informed if the remaining 3 follow suit.

- **Saturday, November 14th 2020: Miriam Blane (IN)**
This town hall is from 1:00-1:45 pm EST and is open to all Areas with a maximum 500 in attendance allowed. WSO Presenters are: Vali F., Executive Director, Lynette K., Chair of the Board, and Debbie G., Chair of Executive Committee. **Information to join is below.**
<https://us02web.zoom.us/j/89916453167>
Meeting ID: 899 1645 3167
No Passcode. There will be a waiting room.
- **Saturday, December 12th, 2020: Rosanna Hollie (CA[N])**
- **Saturday, January 9th, 2021: Cindy Jacobs (FL[N])**
- **Saturday, February 6th, 2021: Susan Rathbun (SD)**

A few other items to share from fellow delegates...

1. The Arizona delegate shared information about a sponsorship series they held over the past 13 months. They have made the transcripts available at the link below. This was all done virtually and I'm wondering if our Area would like to consider doing something similar. I'm guessing that good

sponsorship may go a long way to keeping members involved in Al-Anon and in service. It may also be a good educational for those willing to consider sponsorship or even those currently active in sponsorship. Perhaps we could discuss this during the March Assembly meeting. Here is the link:

<https://al-anon-az.org/home/sponsorship-workshops/>

2. Texas East is having a 2 hour Delegate's Chat on November 14, 2020 from 1-3 pm on Zoom. The topic will Service Sponsorship. They will have a panel discussion given by Judy P (Past Trustee), Joyce Y (past Delegate) and Anna A (Current DR) with Kay C. (current Delegate) as facilitator. They will cover a variety of topics such as: "What is a service sponsor? How do I get a service sponsor? Do I need a service sponsor? How did I become a service sponsor?" There will also be time for Q&A. The Zoom information below and they will have room for 100.

Saturday, November 14, 2020

Time: 1:00-3:00 pm Central

Join Zoom Meeting

Meeting ID: 851 1376 0494

Passcode: 517366

Love in Service

Sheri S.

**ND AREA 43 TREASURER'S REPORT
NOVEMBER 2020**

BALANCE FORWARD AS OF AUGUST 1, 2020 **\$7,672.22**

INCOME:

GROUP DONATIONS	\$460.00	
DISTRICT DONATIONS	\$364.00	
WEB DONATIONS	\$45.00	
ASSEMBLY REGISTRATIONS	\$145.87	
ASSEMBLY 7TH TRADITION	\$34.56	
INTEREST (AUG. – SEPT. 2020)	\$0.12	
TOTAL INCOME:		\$1,049.55

EXPENSES:

DONATION TO WSO	\$1,000.00
GROUPS IO SUBSCRIPTION	\$220.00

BALANCE AS OF OCTOBER 31, 2020 **\$7,501.77**

Respectfully Submitted:
Erika S. Treasurer

**THANK YOU FOR YOUR DONATIONS!
CHECK OUT NEW WAYS TO DONATE TO AREA 43!**

Venmo - @NorthDakotaStateAlanon

PayPal - ndalanoninfo@gmail.com

*****REMINDER – ALL CHECKS NEED TO BE WRITTEN TO:*****

ND State Alanon or Area 43 Alanon

My name is not to appear anywhere on these checks.

Any checks not written out to either of the above names will be returned!

FALL 2019 APPEAL LETTER

**THANK YOU ALL FOR YOUR GREAT DONATIONS IN 2020!
EVEN DURING TRYING TIMES YOU CONTINUE TO KEEP US GOING!**

*******REMINDER THAT ALL DONATIONS SHOULD BE MADE OUT
TO: *******

ND AREA 43 or ND Al-Anon

(Checks not made out to the above will be returned)

Please send all group and individual donations to me (address below)

<p>FALL 2020 EXPENSES World Service Conference Equalized Expense</p>
--

\$2,381.81

Your suggested \$15.00 Website/Alavine donations can also be sent to me

ALL DONATIONS SHOULD BE MADE OUT TO:

ND AREA 43 or ND Al-Anon

MAIL ALL DONATIONS TO:

ERIKA STANLEY

1702 11TH AVE

GRAND FORKS, ND 58203

DISTRICT REPORTS

District 1

Williston AFG meets on Mondays at 7:00 PM at Papa Jacks in Williston. Average attendance is 5 members. We started listening to Al-Anon speaker tapes once per month again. Hearing their stories fill our hearts with humor, enlightenment, and reflection of our own journeys.

Williston Thursday Noon AFG meets on Thursdays at 12:00 PM at Papa Jacks in Williston. Average attendance is 2-3 members.

24-Hour AFG meets on Thursdays at 7:00 PM at First Presbyterian Church in Watford City. Average attendance is 4 members.

Tioga AFG – No updates.

Stanley AFG - No updates.

Love in Service,

Tanya V, a grateful member of Al-Anon

District 2

Hello,

I just want to open with wishing everyone health, happiness, and serenity. We are all challenged more than ever in these times. Thank God for Zoom meetings! It can be so easy to isolate, but Zoom has given us the freedom to attend meetings in a safe environment until things normalize. Our meeting place has closed its doors, we had a group vote to continue as a Zoom meeting, so the Dickinson meeting is Zoom only on Wednesday nights at 8:00PM Mountain. The Zoom meeting will usually have 8-12 members attending. The wonderful thing about the meeting is that we have members from out of town and state attending, and it's always great to have a fresh perspective on a topic. The New England meeting is in person, and that meets on Monday nights at 8:00PM Mountain at the Memorial Hall basement, after November 1st the meeting time is at 7:00 PM MST. The New England meeting has on average 6 members in attendance, masks are encouraged, but not required. For further Zoom information regarding the Dickinson meeting, contact Dale (701)590-1548 or Carla (701) 260-5272.

Take care, stay safe and healthy. Dale, GR

District 3

District 3 is busy preparing for our annual Holiday Kick-off Party. It will be held at the Cornerstone Presbyterian Church on December 5th. We will start with set up at 4pm and continue through the night until 11pm. (or until people poop out on us, LOL)

We will be having our next district meeting on November 14th at 11:15am at the Cornerstone Church.

Yours in Service,

Brenda G.

District 3 Rep.

District 4

Greetings All,

A brief update on our current groups:

Sunday Hazen AFG – No news to report.

Monday Bismarck AFG – All meeting are currently being held via zoom. No in person meetings at this time. Please see the link on our North Dakota Al-Anon website for log in information.

Tuesday Brown Bag AFG – The group was meeting in the church parking lot but now that winter weather has hit, they are meeting inside the church. This is a great meeting time to have available in our district as the meeting takes place over the lunch hour. This gives some the opportunity to attend a meeting that maybe cannot meet in the evenings.

Tuesday West River AFG in Mandan – We meet via zoom with the log in information on our North Dakota Al-Anon website. Please note the change of time for this meeting. We now meet at 7:00 PM Central time. We will also be meeting virtually until the end of the year.

Thursday Bismarck AFG – This group meets via zoom only. No in person meeting. Please see the link on our North Dakota Al-Anon website for log in information.

Friday Morning Hazen AFG – No news to report.

Saturday Morning Bismarck AFG – This meeting has (2) two options for meeting. One is in person or the other is via zoom. Both meetings are at 9:30 am Central time.

Our next district meeting is scheduled for the first part of November where we continue to meet via zoom and will discuss issues such as distribution of the Al-Anon Faces Alcoholism magazine and how we are getting literature to our new comers.

A very helpful tool found in “Many Voices, One Journey” is being used to help inform the decision makers in our district. That tool is Knowledge-Based Decision-Making. We are asking group members for their input and suggestions to help gain many ideas for our district decision makers. This, of course, is nothing new to Al-Anon or nothing new to many of us that make decisions in our daily lives at work and at home. This was a good refresher on a tool that can be very useful to an area or district.

I am very humbled to be able to represent district 4. To be a part of Step 12 “Having had a Spiritual awakening as a result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs”.

In loving service,

Steve B.

District 4 Representative

ndhusker@bis.midco.net

District 7

District 7 is coping well with the current challenges and we are doing our best to reach out to one another through virtual district meetings and our monthly “open” Al-Anon meeting. We have small, but consistent participation at district meetings that are held the first Thursday every other month. At our last District meeting we decided to continue with our district open meeting as long as we have groups willing to host a virtual meeting and members willing to share/listen to stories via this medium. At our last open meeting, we had three guest speakers from outside our district and it was awesome to hear them share their experience, strength and hope! A special thank you to Tanya, Rachel, and Nancy....we loved hearing your stories. Groups in our District are still meeting regularly, all with virtual meetings.

Peace in Service,

Ellen B., District Representative and Diane D. Co-District Representative

District 6-8

The district representative position is open at this time. Nothing new to report.

COORDINATOR’S REPORTS

ALATEEN

Nothing new to report for Alateen.

Dee S.

Forum Coordinator Report

With the changing weather and the beautiful Fall colors around us, I am reminded about the many positive changes that can come from a life in recovery. Many of the changes that our fellow Al-Anon members have experienced are shared in the *Forum* Monthly Magazine. These make excellent meeting topics and many of the articles are available electronically and can be virtually “shared” for reading at meetings. You can access a subset of the *Forum* articles online

via <https://al-anon.org/for-members/members-resources/literature/magazines/forum-magazine-stories/>. The November and December issues are going to have some great sharings on boundaries which will be important for all of us in the coming months. I hope you find opportunities to reach out and connect in the best and healthiest way possible until we “see” one another at the virtual assembly in March.

I wish hope and health to all of you.

Diane D.

LITERATURE

November 2020 Alavine

Literature Coordinator’s Report

I haven’t anything new to report so I looked at two resources: The 2020 Conference Summary and Discovering Choices. Hopefully you have looked at these or may be curious to look at them in the future.

I was looking at our Conference Summary on line. On page 3, Sheri S, Panel 50, ND was on the Pre- Conference 2020 Assignments for Public Outreach. Page 10 Tom C, Associate Director for Literature, wrote Impressions- Literature is a Busy Business. He describes his literature activities. Page 35 announced the 70th Anniversary being held Saturday, April 17 following the 2021 WSC ending April 16. Page 40 provides information on Sharing Area Highlights. Page 49 provides the 3-minute reports from the Delegate 58 group. They base their talks on the year’s theme using their ESH in service and recovery. The Summary can be viewed on line or obtained in soft cover. There’s much more to this book.

Discovering Choices published in 2008 addresses our recovery in relationships. What are the choices available in how we interact with others? In Al-Anon there are many tools to improve our quality of life. This book provides 16 chapters of various areas of relationships, including personal stories from our many members and questions on each subject. Chapter 15 is specific to Al-Anon Literature as a Resource for Relationships. On page 284 it discusses the evolution of some of our CAL. The Al-Anon Family Groups was published 1955. The Dilemma of the Alcoholic Marriage was published 1967. One Day at a Time was published 1968. Later, Opening Our Hearts, Transforming Our Losses was published. The Forum magazine was mentioned. Page 285 continued discussing more books and the importance CAL brings to our recovery. On page 283, there are a couple sentences that highlight the importance of our literature resources. “While there may be something to be learned from a book on recovery written by a psychotherapist or doctor, that work is based on the authority of a single person. Al-Anon literature offers a broader point of view than any single writer could provide.” On page 283, “Al-Anon literature is a recovery tool that’s most effective when it’s part of the complete Al-Anon program.”

Respectfully submitted by,
Darcy A, literature coordinator

AREA 43 - Nov 1, 2020

Group Records Coordinator REPORT

Since our virtual assembly in September, I have made a few changes on the WSO website to meetings in the area, some have changed their meeting time to an earlier hour. Some meetings are holding hybrid meetings, meaning they meet both face to face and electronically.

The Al-Anon website has several Group Records change forms that can be submitted directly to the Group Records Department. Due to the Covid-19 Pandemic, and to assist face to face meetings that are moving to a temporary electronic format, there is a change form that can be accessed by clicking on the members' link, then Group Records. These temporary electronic meetings are set up at the same time and day of the face-to-face meetings. This temporary information will be updated in your Group meeting listing on the WSO meeting search. This form can be printed or submitted electronically on Al-anon.org.

I have updated our Area 43 tri-fold meeting list to include the names & phone numbers of District Representatives to contact for updated meeting information (due to many meetings going all virtual, hybrid, etc.), the meeting list has been sent to the website coordinator.

The one group that has been identified as no mail address status per the WSO is in District 4. The DR for that area has been notified and is working on resolving this issue. The other 2 groups in District 3 that were previously identified as no mail status have been moved to inactive status as notified by the District 3 Representative.

To date, there are a total of 48 groups: 33 active groups, 14 groups in-active, 1 group in No Mail status.

Respectfully submitted in Al-Anon Service,

Nancy H. – Jamestown, ND

WEBSITE

Hello,

The website has been upgraded to a new platform. We have four months to get it published. Everything needs to be redone. The cost for the upgraded platform is \$180, with a first time 20% discount making it \$144. If we subscribed for 2 years we got the 20% discount for both years. We are paying \$257 annually for the current platform. We will receive a credit of \$80 for the reminded of the prepaid current annual platform.

I have the new platform registered and have started to design it.

In Service,

Lila B

NEWSLETTER

A big thank you to all who have sent in their reports. It was greatly appreciated. I would like to ask that all district reps forward this to the groups in their district. Also please remind members that they can contribute to the member's corner for each issue of the Alavine.

Connie B.

LITERATURE DISTRIBUTION CENTER

Greetings All,

Not much news to report from the LDC since the last Alavine so I will share this quote from the 1981 World Service Conference. To get the know the Concepts and how they might apply to my personal live both at work and at home.

I hope you enjoy the reading as much as I did.

“When I first took a look at them, they seemed to be a mass of contradiction. As I studied them, they became very profound. Now I see that the magic word for the Concepts is balance.

Before Al-Anon, most of us lived lives of extremes – extreme highs, extreme lows. After Al-Anon we wanted everyone to know about and appreciate Al-Anon, and when those who did not live with alcoholism we not enthused, we couldn't understand their attitude. Our motive was right, but without balance.

With growth came our interest in service, and here is where the balance really begins. Hopefully, we can make new members aware of the value of studying the Concepts so they, too, can become aware of that balance.

The language of the Concepts is simple and enhanced with beautiful words full of special meaning: Words...stir our emotions while motivating us...words like “harmony” make one feel good just to say it. We have solid secure words, “traditional leadership,” “fairness,” and “equality.” All of these when used to make the best of our ability, produce balance.”

Taken from Many Voices, One Journey pages 221-222. The original excerpt is from the 1981 World Service Conference Summary.

For those that receive the Form you may have seen the CAL Corner in the October 2020 issue. The eBook “Having had a Spiritual Awakening” is summarized. This was a hard cover book first printed in 1998 and it now available for download at al-anon.org/b25.

I would also like to extend a personal “Thank you” to the individual who graciously donated \$50.00 to the NDAFGLDC to be used at my discretion. THANK YOU from the bottom of my heart! Al-Anon service is a great service to be involved in. I have been using the money to help get literature to newcomers in the area.

In loving service,

Steve B.

NDAFGLDC

ndafglc@midco.net

Al-Anon Slogans, Gems, Reminders & Acronyms

- **Three A's**
Awareness, Acceptance, Action
- **Three C's**
I didn't cause it; I can't control it; I can't cure it
- **Three Unwanted P's**
Perfectionism, Procrastination, Paralysis
- **Three G's**
Get off their back; Get out of the way; Get on with your own life
- **Four Unwanted M's**
Martyrdom; Managing; Manipulating; and Mothering
- **Six P's (of Step 6)**
Perspective; Pain; Prayer; Patience; Process; Payoff
- **The Steps (Condensed)**
Steps 1-3 Peace With God
Steps 4-7 Peace with Ourselves
Steps 8-10 Peace with Others
Step 11-12 Keeping the Peace
- **THINK . . . is it . . .**
Thoughtful; Honest; Intelligent; Necessary, Kind
- **HALT . . . if you are . . .**
Hungry; Angry; Lonely; Tired
- **FEAR (Who knew there were could be so many meanings?)**
False Evidence Appearing Real
Face Everything And Rise
Face Everything And Run
Frantic Efforts Avoiding Responsibility
Frantic Efforts Assuming Responsibility

- **EGO**
Edging God Out
- **NUTS**
Not Using The Steps
- **QTIP**
Quit Taking It Personally
- **HOW**
Honest; Open; Willing
Him/Her
- **NATO**
Not Attached To Outcomes
- **WAIT**
What Am I Thinking?
Why Am I Talking?
- **TIME**
Things I Must Experience

- HOPE**
Happy Our Program Exists
- DENIAL**
Don't Even Notice I Am Lying
- STEPS**
Solutions To Every Problem
- DETACH**
Don't Even Think About Changing
- FROG**
Fully Really On God
- ASAP**
Always Say A Prayer

First Things First
 One Day At A Time
 Easy Does It (but do it)
 Progress, not Perfection
 Let Go and Let God
 happen
 How Important Is It?
 Let It Begin with Me
 Keep It Simple
 Live and Let Live
 If in Doubt, Don't
 This Too Shall Pass
 Just For Today
 Together We Can Make It
 Pain is inevitable; suffering is optional
 The Healing Is In The Hearing
 Feeling Aren't Facts
 Forgive or relive
 Detach with Love
 Listen and Learn

Anger is just one letter short of danger
 Forgiveness is giving up hope for a better past
 Principles Above Personalities
 Keep An Open Mind
 An expectation is a resentment waiting to
 Are you seeing the disease or the person?
 "No" is a complete sentence
 Participation is the key to harmony
 Would you rather be right or be happy?
 Look back without staring
 Obedience to the Unenforceable
 Live at Peace with Ourselves and Others
 Foster An Attitude of Gratitude
 Take your own inventory (not someone else's)
 Keep Coming Back
 Keep The Focus On Yourself
 Quiet The Mind, Open The Heart

The voice of my Higher Power can't be heard if I'm doing the talking.
 The elevator to recovery is broken; please use the Steps.
 Acceptance has to occur before change can occur.
 It's impossible to be resentful and grateful at the same time.
 Success is getting what you want. Happiness is wanting what you get.
 Doing service is like getting on the super highway to recovery.
 My mind is like a bad neighborhood; I should never go there alone.
 Don't doubt in the dark what you have been shown in the light.

And as always in Al-Anon . . . Take what you like and leave the rest.

Annual Website Donation Reminder

The North Dakota Al-Anon Website is a great resource for groups and individual members to find information including updated meeting lists, events, Spring & Fall Assembly Meeting Minutes and the Alavine! It takes time, money and effort to keep this website going. Please consider a recommended donation of \$15 to help support this wonderful resource. Group & Individual donations are accepted. If you are unable to donate \$15, any amount will help and if you can't donate at all that is ok too. Please continue to use this valuable resource.

Thank You for Your Consideration!

Donation Amount: _____ \$15.00 _____ Other Amount: _____

GROUP NAME _____

PERSONAL NAME _____

MAILING ADDRESS _____

CITY _____ STATE __ ZIP CODE

E-MAIL ADDRESS _____

PHONE _____ DISTRICT # _____

Please mail this form & your donation to:

Erika S.

1702 11th Ave

Grand Forks, ND 58203