



THE ALAVINE...
we grow!

Together

**North Dakota Area 43
Al-Anon Family Group
Newsletter**

<http://www.ndalanon.com>

<http://www.alanonfamilygroups.org>

Fall 2016

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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.

Deadline for next Alavine submissions is February 1, 2017. Send submissions to darcy.avery@hotmail.com Note that the Alavine is available only via email currently. Remember to renew your Alavine/Website Subscription annually. Please consider maintaining your individual or group commitment of \$15.00/year to help support the costs of maintaining the ND Area Website! Tradition 7 tells us, "...we are self-supporting through our own voluntary contributions."

Chairperson's Report

Spring Assembly Bismarck March 17, 18, 19 2017

I'm beginning this report shortly after Medora. I feel so good about our area agenda progress, the integration of the roundup, and hike to the Petrified Forest. I hope we can continue a journey of progress in our personal as well as area concerns. Support and service to our group representatives are the number one priorities, so we look forward to agenda items originating from their groups. With these priorities, we want to attract more of North Dakota's groups. Active, healthy groups produce active, healthy Al-Anon members.

Possible side trips for Spring Assembly in Bismarck: Starving Rooster, Capitol Sherwood, Native American crafts Mandan depot, Heartview speakers.....

Walt G Area 43 Chair

Delegate's Report

Delegate's Report

First of all, a huge thank you to Donna and everyone else who helped make Assembly in Medora such a great meeting. From arranging for the meeting room to the refreshments and wifi access, the committee had everything covered! I am filled with gratitude as I write this. We have come such a long way as an Assembly in a short amount of time. I am excited to see all of the participation (Concept 4) and sharing happen. We have new leaders developing (Concept 9), and people listening and respecting both majority and minority voices (Concept 5). Medora was truly a memorable Assembly for me in more ways than one. I have been doing my meditations on the Warranties lately. We have a long standing financial issue as a world-wide fellowship. The response I got at Assembly, and from some of you personally, shows me that all that is needed is awareness and acceptance to start the process of financial recovery. Thinking

about my own Al-Anon journey, awareness and acceptance are what brought me to my first meeting!! Action is our final step. We are two thirds of the way there already.

Some of the questions I heard from you can be answered by simply logging into the members portal of the WSO website www.al-anon.org. If you haven't been there yet, it is well worth a half hour of your time to explore! Here you will find all the documents you need to answer any financial question your group may have. If you need help finding "that sheet you handed out at Assembly", feel free to contact me! We will puzzle it out together. The vast majority of what you received from me as handouts can be found now on the website. There is also an electronic copy of the Conference Summary available. If you would like a hardcopy, I'm sure Lana would be able to help you obtain one! You will also find workshops, podcasts, sample chapters of literature, newsletters, news from the board of directors, and a host of other useful items.

The response to the Delegate Report I delivered at Assembly was so positive! Thanks to each and everyone of you who actively listened to the report, participated with questions during the group time, and asked me questions personally later. There is a great deal of information to process, and I am here to assist you if you think of questions you didn't know you had.

The list of questions Sheri took down as I gave my report has been expanded with more information and emailed out to the list of attendees taken at the registration table at Assembly. They have also been attached to the Secretary's Report. What I need from each of you is to carry these questions to as many groups in our Area as possible! Wouldn't it be wonderful if two-thirds of our groups participated with responses to some or all of the questions??? If you know someone who is a new group rep, or a group that has no group rep but has a willing contact, please pass this list of questions to them and help our Area grow! The more responses I get emailed back to me by January 15, the better. I want to carry your voices back to Conference with me. We are better together!!

Carol

Delegate, Panel 56

North Dakota

Alavine Treasurer's Report
North Dakota--Area 43--Al-Anon Family Groups
November 1, 2016

BALANCE FORWARD: AUGUST 1, 12016		\$ 1,540.42
INCOME:		
GROUP	\$ 855.00	
ALAVINE – WEB	\$ 15.00	
REGISTRATION	\$ 270.00	
TRADITION 7	\$ 214.00	
SILENT AUCTION	\$ 30.00	
INDIVIDUAL	<u>\$470.00</u>	\$1,854.00
TOTAL INCOME:		<u>\$ 3,394.42</u>
EXPENSES: FALL ROUNDUP		
DELEGATE:		
MEALS	\$ 7.85	
MILEAGE	\$ 46.85	
ROOM	\$ 142.25	
REGISTRATION	<u>\$ 20.00</u>	\$ 216.95
CHAIRMAN:		
MEALS	\$ 14.00	
MILEAGE	\$ 29.95	
ROOM	\$ 216.00	
REGISTRATION	<u>\$ 20.00</u>	\$ 279.95
COORDINATORS / OFFICERS TOKENS		\$ 440.00
PRINTING: TREASURER	\$ 38.53	
LITERATURE	<u>\$ 12.00</u>	\$ 50.53
TOTAL EXPENSES:		<u>\$ 987.43</u>
BALANCE AS OF: NOVEMBER 1, 2016		<u>\$ 2,406.99</u>

RESPECTFULLY SUBMITTED
Connie B. Treasurer

FALL 2016 APPEAL LETTER

As I start to think about an appeal letter for the Fall Alavine I am reminded of a saying that I read “We Create TOMOROW by what We Dream Today”. Have you thought about where Al-Anon will be tomorrow? Some ways to think about tomorrow is doing service work, sharing the Al-Anon message and financially supporting Al-Anon at the following levels: Group, District, Area and World Service.

Some upcoming estimated expenses are as follows:

Fall Assembly Expenses:

Delegate/Chairman	\$ 1,000.00
Coordinators/other officers	\$ 600.00
World Service Conference	
Equalized expense	\$ 1,500.00
(Paid by 12.31.16 for 2017 WSC)	
Delegate Token to WSC	\$ 400.00
Regional Delegates Meeting – 2017	\$ <u>400.00</u>
– Total Estimated Expenses	\$ <u>3,900.00</u>

– Please remember to support North Dakota Al-Anon as an individual, group or district. If we dream today that Al-Anon will be here for us, will it be here tomorrow for anyone who needs the help of Al-Anon.

In Al-Anon Service,
Connie B.
Treasurer
604 Douglas Ave
Henning, MN 56551

2017 APPROVED BUDGET

DESCRIPTION	ACTUAL 2014	ACTUAL 2015	APPROVED 2016 BUDGET	ACTUAL AS OF 11/1/2016	APPROVED 2017 BUDGET
WSC Equalized Expense	\$1,493.00	\$1,297.00	\$1,500.00		\$1,500.00
Delegate Token to WSC	\$400.00	\$400.00	\$400.00	\$400.00	\$400.00
Northwest Regional Delegates Meeting	\$400.00	\$400.00	\$400.00	\$400.00	\$400.00
WSC Love Gift (1st yr. Delegate only)**	\$0.00	\$0.00	\$50.00	\$50.00	\$50.00
WSC Donation (voted on yearly)??	\$60.00	\$60.00	\$60.00	\$60.00	\$100.00
SUBTOTAL	\$2,353.00	\$2,157.00	\$2,410.00	\$910.00	\$2,450.00
DELEGATE -IN STATE EXPENSES					
Room \$100 per night (effective 01/2013)	\$119.90	\$189.44	\$400.00	\$183.69	\$400.00
Meals \$40.00 per day (effective 01/2008)					
B \$10.00-L \$10.00-D \$20.00	\$79.30	\$80.97	\$220.00	\$28.36	\$220.00
B \$15.00- L \$15.00-D \$30.00 (eff 1/2015)					
Mileage (\$.30 per mile)(\$.50 per mile eff 1/2015)	\$63.00	\$165.00	\$750.00	\$144.85	\$750.00
Phone/Printing	\$0.00	\$0.00	\$100.00		\$100.00
Registration	\$20.00	\$20.00	\$20.00	\$20.00	\$20.00
3/2016 Mileage was for round trip ticket \$98.00					
TOTAL DELEGATE EXPENSES	\$282.20	\$455.41	\$1,490.00	\$376.90	\$1,490.00

DESCRIPTION	ACTUAL 2014	ACTUAL 2015	APPROVED 2016 BUDGET	ACTUAL AS OF 11/1/2016	APPROVED 2017 BUDGET
CHAIRPERSON -IN STATE EXPENSES					
Room \$100 per night (effective 01/2013)	<u>\$279.88</u>	<u>\$183.97</u>	<u>\$400.00</u>	<u>\$298.88</u>	<u>\$400.00</u>
08 Meals (\$40.00 per day effective 01/2008)	<u>\$159.01</u>	<u>\$149.81</u>	<u>\$220.00</u>	<u>\$27.05</u>	<u>\$220.00</u>
B \$10.00-L \$10.00-D \$20.00					
B \$15.00-L \$15.00-D \$30.00(eff 1/2015)					
Mileage (\$.30 per mile)(\$.50 per mile eff 1/2015)	<u>\$263.01</u>	<u>\$437.50</u>	<u>\$750.00</u>	<u>\$129.95</u>	<u>\$750.00</u>
Phone/Printing	<u>\$20.64</u>	<u>\$42.03</u>	<u>\$100.00</u>	<u>\$6.50</u>	<u>\$100.00</u>
Supplies	<u>\$0.00</u>	<u>\$0.00</u>			
Registration	<u>\$20.00</u>	<u>\$20.00</u>	<u>\$20.00</u>	<u>\$20.00</u>	<u>\$20.00</u>
TOTAL CHAIRPERSON EXPENSES	<u>\$742.54</u>	<u>\$833.31</u>	<u>\$1,490.00</u>	<u>\$482.38</u>	<u>\$1,490.00</u>
COORDINATORS TOKEN EXPENSE					
EFFECTIVE 2013 \$40.00					
Alternate Delegate	<u>\$40.00</u>	<u>\$40.00</u>	<u>\$80.00</u>	<u>\$40.00</u>	<u>\$80.00</u>
Alternate Chairperson	<u>\$0.00</u>	<u>\$0.00</u>	<u>\$80.00</u>	<u>\$80.00</u>	<u>\$80.00</u>
Alateen	<u>\$40.00</u>	<u>\$40.00</u>	<u>\$80.00</u>	<u>\$80.00</u>	<u>\$80.00</u>
Archives	<u>\$40.00</u>	<u>\$80.00</u>	<u>\$80.00</u>	<u>\$40.00</u>	<u>\$80.00</u>

DESCRIPTION	ACTUAL 2014	ACTUAL 2015	APPROVED 2016 BUDGET	ACTUAL AS OF 11/1/2016	APPROVED 2017 BUDGET
Forum	\$40.00	\$0.00	\$80.00	\$80.00	\$80.00
Group Records	\$80.00	\$80.00	\$80.00	\$80.00	\$80.00
Literature	\$80.00	\$40.00	\$80.00	\$80.00	\$80.00
Newsletter	\$40.00	\$80.00	\$80.00	\$80.00	\$80.00
Public Outreach	\$40.00	\$0.00	\$80.00	\$40.00	\$80.00
Secretary	\$40.00	\$80.00	\$80.00	\$80.00	\$80.00
Treasurer	\$80.00	\$80.00	\$80.00	\$80.00	\$80.00
Web site	\$80.00	\$80.00	\$80.00	\$80.00	\$80.00
Past Delegate -\$40.00 per delegate when attending assembly (\$0.00 effective 1/2014)	\$160.00	\$160.00	\$400.00	\$40.00	\$400.00
TOTAL COORDINATORS EXPENSES	\$760.00	\$760.00	\$1,360.00	\$880.00	\$1,360.00

DESCRIPTION	ACTUAL	ACTUAL	APPROVED	ACTUAL	APPROVED
	2014	2015	2016	AS OF	2017
			BUDGET	11/1/2016	BUDGET
MISCELLANEOUS					
Bank Service and/or cost of checks	<u>\$27.95</u>	<u>\$88.84</u>	<u>\$50.00</u>	<u>\$0.00</u>	<u>\$50.00</u>
	-	-	-		
Assembly Newcomers Literature Packet	<u>\$0.00</u>	<u>\$338.38</u>	<u>\$300.00</u>	<u>\$0.00</u>	<u>\$300.00</u>
Printing Expense not listed above	<u>\$24.51</u>	<u>\$45.35</u>	<u>\$100.00</u>	<u>\$50.53</u>	<u>\$100.00</u>
Postage Expense not listed above	<u>\$0.00</u>	<u>\$0.00</u>	<u>\$50.00</u>	<u>\$0.00</u>	<u>\$50.00</u>
Supplies	<u>\$0.00</u>	<u>\$0.00</u>	<u>\$100.00</u>	<u>\$0.00</u>	<u>\$100.00</u>
	-	-			
Special Assembly room not at hotel	-	-			
or conference center (per policy manual)	<u>\$350.00</u>	<u>\$0.00</u>	<u>\$150.00</u>	<u>\$150.00</u>	<u>\$150.00</u>
	-	-			
Background check for Alateen Coordinator	<u>\$0.00</u>	<u>\$0.00</u>	<u>\$10.00</u>	<u>\$0.00</u>	<u>\$35.00</u>
	-	-			
ND Web Site	-	-			
Domain Charge	<u>\$0.00</u>	<u>\$13.17</u>	<u>\$15.00</u>	<u>\$13.17</u>	<u>\$15.00</u>
	-	-			
Annual Site Base Fee-Webmaster	<u>\$220.27</u>	<u>\$0.00</u>	<u>\$250.00</u>	<u>\$179.88</u>	<u>\$250.00</u>
TOTAL MISCELLANEOUS EXPENSES	<u>\$622.73</u>	<u>\$485.74</u>	<u>\$1,025.00</u>	<u>\$393.58</u>	<u>\$1,050.00</u>
TOTAL EXPENSES FOR THE YEAR	<u>\$4,760.47</u>	<u>\$4,691.46</u>	<u>\$7,775.00</u>	<u>\$3,042.76</u>	<u>\$7,840.00</u>

District Reports

District 1: Williston

Williston AFG continues its Monday 8:00 PM meetings with sharing our experience, strength, and hope through reflecting on daily readings, selecting articles the Forum Magazine, and listening to Al-Anon speaker CDs. Attendance averages 10 members per meeting. We welcome newcomers on a regular basis and have noticed many of our recent newcomers keep coming back! The new membership has shown great interest in service work, so we have been able to complete some projects (i.e., organizing our CAL) and been blessed with having other members lead our weekly meetings.

Love in Service,

Tanya V.

Williston AFG Group Rep

District 2: Dickinson.

District 3: Minot

Our last meeting was held on October 29th, with 7 members attending. Most of our groups are doing well with 2 - 10 members attending. Tuesday Noon and Thursday Night are having financial difficulty due to theft. They hope they have the situation under control now. Brenda has decided to close the Bottineau Group because of lack of interest. A new group started in September at the 515 Club in Minot. They have not registered as of yet. Their meeting is at 6 pm on Tuesday nights.

We finalized plans for District 3 Al-Anon's 6th Annual Holiday Kick-Off Party on December 3rd. It will be held at the Cornerstone Presbyterian Church in Minot. We need to be there at 4 pm to set up, the potluck supper will be served at 6 pm, the speaker at 7 pm and the raffle to follow. We have purchased new decorations and table cloths for the tables. We also purchased containers with lids for the raffle. Anyone in a 12 step group AND their family is welcome to attend. Lana will be getting the fliers e-mailed out to everyone soon.

Lana has ordered table coverings for the LDC. They are beautiful! They are a royal blue with the Al-Anon logo printed in white. I can't wait to see them on the tables at the next assembly.

We talked about what to make for Love Gifts this year. I think we landed on Friendship Seeds, Pet Clouds and Stress Relievers.

Spring Fling is just around the so we have Lana going as our Al-Anon liaison this year. She has also volunteered to be the 2017 Round-up liaison also. The heads up was passed along about needing Wifi for the Spring Assembly when our turn comes around again.

We decided to order 100 more Al-Anon faces Alcoholism 2017's for our district.
Respectfully submitted,
Brenda G.
District 3 Representative

District 4: Bismarck

District Finances continue to be strong. The District is continuing its Step Meeting at a new time and location: the Good Shepherd Church, Saturday mornings at 10:45 am (following Saturday Morning Al-Anon meeting). The meeting will be approximately one hour working the Steps, Traditions, and Concepts out of "Reaching for Personal Freedom" Conference Approved Literature (CAL).

District 4 received donations for the purchase CAL in honor of our recently deceased devoted member of District 4 AFG, North Dakota's beloved Gene K. The purchased literature has been distributed to the District 4 AFGs.

The District fellowship continues to grow in strength, experience and hope. Local area meetings are as follows:

New Salem meeting – contributes finances to the district though is not registered with AFG.

Knife River AFG – no report or contributions since 2001.

Monday Night AFG – consistent attendance of 12 – 20, strong finances, chairperson and meeting topics alternate between steps, traditions, concepts, slogans and speaker/sponsorship meetings each month; maintain routine monthly business meetings, and routine newcomers attend; Lynelle is GR.

Tuesday Brown Bag AFG – successful NEW noon meeting, started April, 2016, at McCabe; regular attendees with each meeting introducing and discussing various CAL pamphlets. Sheila is GR / contact.

West River AFG – small group, meager finances, no registered GR, though a point of contact serves.

North City AFG – consistent, strong attendance of 10 – 20, strong finances, and routine newcomers; Patti is GR.

Saturday Morning AFG – consistent, very strong attendance of 25 – 50, strong finances, routine business meetings, and routine newcomers; Molly is GR, Joan is Alternate GR.

District 4 carries on in gratitude for all Area service members and appreciates the strong leadership of the Delegate, Carol, when she is serving our fellowship out of state.

Gratefully yours in service,
Liv F

District 5: Devils Lake

District 6 & 8:

Our last meeting was right before the Fall Assembly; August 27th. At that meeting we set a prudent reserve of 6 months. We will keep this amount in our checkbook with a goal of never dipping below our prudent reserve amount. District 6-8 is strong financially, though funds come mainly from a few groups. The next meeting is scheduled for Saturday, November 12th from 9:30-11:30 AM in Fargo at the Olivet Lutheran Church in South Fargo. At that meeting we plan to set up a budget for 2017. We are also getting back to our tradition of having an hour-long meeting with a workshop to follow. We hope to have good attendance.

I don't have reports from all the groups in our District at this time. I can share information about an event planned by the James River AFG. Our annual "Oops, I Made Too Much Soup" which is an open event planned for January 21, 2017 at 5:00 PM. Our members bring soups, breads, bars, cookies and we enjoy food & fellowship. At 6:00 we have an AA speaker and at 6:30, an Al-Anon speaker. Our speakers this year are Jim & Judy J. from Wahpeton! Anyone is welcome to attend this event being held at the Jamestown Clubhouse at 518 10th Avenue SE in Jamestown. The flyer for this event is on the website.

I hope this finds all of you having a wonderful fall and that you're enjoying our beautiful weather. Have a wonderful holiday season and I look forward to seeing all of you at the next assembly meeting.

Humbly in Al-Anon Service,
District 6-8 Representative,
Sheri S.

District 7: Grand Forks

Coordinator Reports

Alateen:

Don't have much of anything new to report for Alateen. No conference calls have been scheduled in the past 3 months. In the Fargo area, 2 of our meetings have reported to have teens attend our Al-Anon meetings. We have encouraged them to keep attending.

Dee S

Alavine:

Hello. I have been checking TEAM and Board information to research the Fall 2016 Assembly questions. Our group members have been asked to look at these questions and discuss them. The group results will go to our District Representative, who will send them to Carol, our Delegate. This is such a good application of Knowledge Based Decision Making and group conscience. I do hope Carol receives many responses. The results will be in the next Alavine.

The next due date to submit articles for the Alavine is February 1, 2017.

Darcy A

Archives:

Dear Al-Anon friends, since returning to Bismarck from the wonderful days of the Roundup I confess my life, has been put on procrastination and denial. I have done nothing with regard to the Archives I brought home. We are trying to sell our house, living in a motor home, I took a trip to San Diego for a 4th Infantry Vietnam reunion with my husband, and we are waiting on repairs for the motor home, and planning to spend several months this winter down south when we get certain repairs done on the motor home. There are days this is overwhelming as we have no idea about what to do if the house sells. The good news is I am not destitute, I have choices, and I have a program that offers me serenity when I quit grinding ahead on my own in my mind. May we all find the Serenity to accept the things we cannot change, the Courage to change the things we can and the Wisdom to know the difference.

Cheryl M

Forum:

As of the latest Forum Subscription report for September, overall subscriptions to the Forum are increasing. Specifically, total number of mailed subscriptions is 22,694, which are 858 more than reporting from June 2016. There are approximately 1.64 subscriptions per registered group, which is 0.0787 higher than in June.

North Dakota Forum Subscriptions have stayed steady with the same total of 96 subscriptions since June, though over 38 registered groups (down from 43 in June), averaging 2.5 subscriptions per group.

E-Forum Annual subscriptions are now 660, which is up 47 since June.

Monthly e-Forum subscriptions are 100, which is down 12 since June.

Overall, electronic subscriptions of the Forum continue to be on the rise. Individual copies of the Forum are still available for \$1.49 on Amazon and Kobo; and for \$1.99 on iTunes. Annual subscriptions are available for \$11.00 on Nook.

Gratefully yours in service,

Liv F

Group Records:

Since the September Fall Assembly in Medora, there have been no conference calls with the WSO. I have received several emails from the e-communities relating to Group Records discussions. One recent post from the WSO requested all Area Group Records Coordinators to complete a new Group Records Survey available on the members' website. All GR Coordinators were encouraged to take the survey so that the feedback can be utilized in making the Online Database more user friendly. I completed and submitted the survey as requested.

After researching data on the WSO and then comparing the same with the meeting list, I found there were several meetings that were no longer active. I spent several hours updating the Area Meeting List, per phone calls, emails, etc. WSO has been very helpful in answering questions as they arise via email in a timely manner.

On October 3, 2016, the Updated Meeting List was emailed to all the DR's, our Delegate, and our Website Coordinators. I continue to make changes as I receive them and will email an updated list as is necessary. Per email from Erika S, the new updated list will be added to our website when the site is re-built on the new system in the very near future.

As noted previously, WSO is encouraging the Areas to use electronic communication so as to strengthen the groups' connection with the Area and the WSO.

Note: Information emailed to me will be updated at the WSO via the Online Group Records database AND/OR on our Area Meeting List. For example, if only the

Groups' CMA (Current Mailing Address) has changed, then only the WSO will be notified. If a meeting time and/or location has changed, BOTH the WSO & the area meeting list will be updated.

Please let me know if anyone needs help with their groups' information.

Remember, PRACTICE MAKES PROGRESS!!

Respectfully submitted in Al-Anon service,

Nancy H. - Jamestown, ND

Literature Distribution Center:

Literature

The latest Al-Anon literature update was presented at Fall Assembly in Medora and is included

here in the Assembly meeting minutes for your learning &/or review. WSO is continuing to

emphasize the need for member sharings for a new daily reader and two other works. (See the

Literature minutes for details and how to obtain writing guidelines for these.)

In addition, in increasing popularity, in some Areas, groups are starting "Book Study Meetings"

These are additional meetings done before or after the regular meeting. The purpose is to study

a different Al-Anon book in depth. Read, then discuss, then answer questions if there are any.

Members report a renewed involvement and excitement in their overall recovery after

participating in one of these studies. Any CAL book is ok; members report using Discovering

Choices and Opening our Hearts, Transforming Our Losses as very two very beneficial books to

study.

Also it was shared that a chapter in a book can be used in a regular meeting for its topic. And

some groups have decided to temporarily suspend their regular meeting format in lieu of doing

a book study instead.

Yours in service, Judy J

ND Area Literature Coordinator

Public Outreach:

I have no report.

Brenda G

Website:

The website has been redone due to a mandatory upgrade from GoDaddy. If you have corrections or suggestions, please submit them to Heather T. at hkterrell@gmail.com. If you have events that you would like listed on the website, please send these along to Heather as well.

Member's Corner

Focusing on Serenity.....

"Staying focused on my journey of recovery, plus turning the outside world over to God, equals serenity".

Page 308 Hope For Today

" I can find serenity only by rooting out my discontent.....It really adds up to this: that we're not satisfied with ourselves, and we can certainly do something about that".

Page 308 One Day At a Time

"Having become more and more serene as a result of working the Al-Anon program, I was surprised to find myself still grabbing for old fears as if I wanted to remain in crisis.....Today I will relish my serenity. I know that it is safe to enjoy it. "

Page 248 Courage to Change

THE ALAVINE 2016 WEBSITE SUBSCRIPTION ORDER FORM

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 meetings lists and the Alavine. Personal sharings are invited for all issues. Issues will contain Chairperson Reports, Delegate Reports, Coordinator Reports, District Reports and personal sharings along with what is happening in North Dakota Al-Anon. Pass the message of service and support our website provides by subscribing for yourself, your sponsor or someone you sponsor. If you do not have access to a computer and need a printed copy, please find an e-buddy or ask your Group Representative to help you stay connected to your Area!

PLEASE CHECK ONE: GROUP DONATION _____ PERSONAL DONATION _____

Alavine subscriptions are \$15 per year (Jan 1 to Dec. 31) Please print or type

AMOUNT ENCLOSED _____

GROUP NAME _____

PERSONAL NAME _____

MAILING ADDRESS _____

E-MAIL ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

PHONE _____ DISTRICT _____