



**THE ALAVINE**  
**Together we grow!**  
**North Dakota Area 43 Newsletter**

<http://www.ndalanon.com>

<http://www.alanonfamilygroups>

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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 sharings along with what is happening in North Dakota Al-Anon. Questions about the Alavine? Email [cbachmeier0902@outlook.com](mailto:cbachmeier0902@outlook.com).

## Tentative 2019 Fall Assembly Agenda

Saturday, September 21, 2019

Room TBD

Jamestown Civic Center

212 3<sup>rd</sup> Ave NE, Jamestown, ND 58401

**8:30 AM REGISTRATION**

**9:00 ASSEMBLY BEGINS**

Serenity Prayer

Mission/Vision Statements

### **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.

Announcements, Welcome, Introduce Host District, Introductions of Attendees, Recognition and Welcome of Newcomers, Provisions for Orientation/Mentoring Newcomers

Steps, Traditions, Concepts/Warranties

Tradition 7 (Read p. 21 Passing the Basket Al-Anon Service Manual)

Official count of voting members at the Assembly.

Secretary's Report, vote to approve

Treasurer's Report, vote to approve

Vote on breaking for Workshop.

District Reports: 1, 2, 3, 4, 5, 7, 6-8. Additions and clarifications to Alavine reports only

Coordinator's Reports: Alateen, Archives, Forum, Group Records, Literature, Public Outreach, Website, and Literature Distribution Center. Additions and clarifications to Alavine reports only.

Delegate's Report

## **LUNCH BREAK**

## **OLD BUSINESS**

Discussion on Change of Date for Spring Assembly

## **NEW BUSINESS**

Donations to Area – Checks must be made to ND Area 43 or ND State Al-Anon

Elections – Chair Person, Literature Coordinator

AWSC Committee – Purpose

Electronic Means of Registration for Assembly Meetings

Handling of Assembly meetings during inclement weather

Location of Assembly meetings

Reimbursement for members attending Assembly who get no funding from their groups/districts

Reimbursement for conference/regional meeting attended by Delegate

## **IF WE HAVE TIME**

Area 43 Policy Manual

Area 43 Job Descriptions

Area 43 Inventory

## **ADJOURNMENT**

**AL-ANON WORK SHOP by DISTRICT 6-8: “SERVICE IS PEANUT BUTTER!”**

<b>Chairperson’s Report</b>
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Hello Everyone,

I got just a few responses on the email sent out about reinstating the Area World Service Committee Meetings.

The responses were unanimous to start the meetings back up and to find an alternative electronic means to meeting face to face. Some suggested two meetings in between Area Assemblies, and one person suggested weekly emails if needed to make sure we were ready to vote on issues discussed when we meet at Assembly. This is a solid start for us moving forward, and I am excited that the AWSC meetings will get going again.

I will be resigning as Area Chair effective immediately. I want to thank all of you for the wonderful opportunities to be of service over the past several years. I know the Area will continue to make progress as we grow together. I look forward to serving with all of you in the future.

In Service,

Carol

## **Delegates Report**

I am so excited to share information with you on the meetings I've attended as Delegate. It's been an amazing trip so far. Prior to either, there were conference calls and lots of emails to prepare for both meetings. I'll go into some detail, as before I was Delegate, the World Service Conference didn't mean that much to me and same goes for the regional meeting. My hope, over these next three years, is that hearing more about my experience will inspire someone else to take the leap of faith. It's well worth it! So... Here goes...

### **Northwest Regional Delegates Meeting March 22, 23, 24, 2019 Anchorage, Alaska**

The Northwest Regional Delegates Meeting (NWRDM) was my first event to attend as Delegate. I was excited to meet other in our region, knowing that I'd be prepared for the World Service Conference (WSC or Conference) and meet some other Delegates attending Conference before I got there. Heading out I expected to know just one person at the meeting; Cherie F., the Trustee who attend our Fall Assembly meeting. However, I was pleasantly surprised to find Lana N. on the same plane from Minneapolis to Anchorage. She also sat by me and mentored me during the entire weekend. I felt so blessed! That just made an exceptional weekend even better and it also showed me the strong bonds that can be formed just by doing service in Al-Anon; life-lasting friendships!

The meeting started on Friday evening and we were welcomed with a packet of information and smiling faces! The information and agenda set the tone for the weekend and I want to share some as it was difficult for me to understand what happened are regional meetings.

#### **PURPOSE**

- Our primary purpose is to share the experience, strength and hope of the Past Delegates with our new Area Delegates before going to their first World Service Conference.

- To be informed, more unified in spirit, more knowledgeable on policy matters, and have a better understanding and knowledge of the Concepts, Traditions, group conscience and obedience to the unenforceable.
- Finally to strengthen current delegates and keep past delegates informed.

### **ATTENDANCE**

- This meeting is open to any Al-Anon member. Attendance is predominantly past Delegates, current Delegates, current Alternate Delegates, past Trustees, and current Trustees in the Northwest. Past Delegates and Trustees are valuable in sharing experience and implementing the program and meetings. Present Delegates should be free to concentrate on their responsibilities. See Chart of Participation/Participation.

### **VOTING ELIGIBILITY**

- Voting will include Current and Past Delegates and current Alternate Delegates. Any Delegate that served out of the region but lives in NW Region or any TAL current or past living in Region or current or Past RT served in or served out of the NW region is also eligible to vote. See Chart of Participation/Participation.

### **VOICE ELIGIBILITY**

- Voice eligibility will include all of the above. Any participants may share in breakout sessions, workshops, and the closing session.

The NWRDM locations rotate so Areas will know well in advance when and where the following year's meeting will be held. The order of the rotation starting in 2020 will be: North Dakota, Idaho, Wyoming, Washington, South Dakota, Oregon, Montana, Nebraska, Alaska, and following in that order.

From the coversheet of the packet:

Recovery: The Twelve Steps urge the individual to carry the message to others.

Unity: The Traditions protect the groups from distracting or disrupting influences so they can be free to pass along the Al-Anon word.

Service: The Concepts show how Twelfth step work can be done on a broad scale, how members of a World Service Office can relate to each other and to the groups to spread Al-Anon's message across the world; and how a Conference of Delegates from all parts of the United States and Canada

can supervise such a world service so it will always conform to the Traditions. (From Al-Anon's Twelve Concepts of Service)

### **Daily Highlights**

#### **Friday, March 22, 2019**

Welcome, roll call, History of NWRDM

Purpose of meeting, skit on Conference theme

New Delegates 5 minute talks

Panel 57 Delegates 3 minute talks (Practice for their 3 minute talks at Conference!)

#### **Saturday, March 23, 2019**

Roll call

Trustee Report

Breakout session

Explanation of voting procedures at Conference

Discussion of motions at Conference

Breakout session

Area highlights sharing

Growing Trustees in our region

What to report back to your Areas after Conference

What to bring to Conference

Spiritual speaker

TEAM presentation

#### **Sunday, March 23, 2019**

Roll call

Honoring Delegates passed away

Business meeting

Spiritual speaker

Unfinished business

Gratitude/sharing – open mic

Attending this meeting was so worth the time, travel and expense to get there. All those attending were there to prepare currently serving, and especially new Delegates for WSC. It was so humbling to know that all those people came to help us. It's important to note that this is happening all over the country and Canada.

It's how Al-Anon has remained strong and available to all of us who need it and to make sure it's always there for those who need us and haven't found us yet. I think I "sort of" understood some of this before I was serving as Delegate, but actually experiencing it was an entirely different level of understanding how Al-Anon works. It is truly a unique organization.

Expenses for the NWRDM:

Registration	\$ 35.00	
Hotel	\$ 176.96	(I was fortunate to find someone to share a room)
Parking at Airport	\$ 50.00	
Meals	\$ 144.50	
Airfare	\$ 629.79	
TOTAL	\$1,036.25	

**WSC – April 13 – April 17, 2019**  
**Action is Attraction**  
**There Is No Growth In The Comfort Zone**

Due to the snow storm in ND and both changes and delays in flights, I got into my hotel in Virginia Beach at about 2:00 am Saturday, April 13. Needless to say, I was a little punchy the first day of Conference! I want to start out saying that this is the first time the WSC was tri-lingual. There were both Spanish and French speaking attendees for whom interpreters were provided. It was moving to see/hear how much having those interpreters meant to them and meant they could participate fully in Conference. That was a driving force behind the Panel 59 slogan – "Panel 59 – Yes, Wi, Si – Concept 9."

Each day of the Conference there were announcements and portions of the Step, Traditions, Concepts and Warranties were read by members until we got through them all on the last day.

**Day 1 of the Conference – Saturday, April 13**

There was an orientation meeting for new members first thing Saturday morning. It was great to see my fellow NWR Delegates again and meet the rest of my Panel

at that session. It's an intensive orientation designed to get you prepared for Conference but they made the education fun and interesting.

Later that morning, members of a task Force presented a brief description of the World Service Conference's (WSC's) purpose, makeup, and roles. "Our 'Al-Anon World Service Conference Charter' tells us that the purpose of the World Service Conference is:

- a. To be the guardian of both Al-Anon's world services and its Twelve Traditions;
- b. To be a service body, not a government."

"The World Service Conference makes the group conscience available and effective for all Al-Anon. It is the practical means by which the group conscience can speak; it is the voice of world Al-Anon and the guarantee that our world services shall continue to carry on under all conditions."

Take time to download the "2019 World Service Conference Summary" from the Al-Anon website on the Members page. On page 3 you'll find the makeup and roles for Conference attendees and it's so much easier to understand how all this works!

After lunch, various committees and task forces met. I feel so fortunate to have been invited to participate on the Public Outreach Committee, which was my first choice. It such a great learning experience and we got to see the new PSA's that they planned to launch in three languages (English Spanish and French) in 60, 30 and 15 second versions. The new PSA's are moving and effective.

The last session of the day was called "Sharing Area Highlights." Delegates were invited to share

Area successes and challenges. All other Conference members were invited to attend as guests with no voice. Before the Conference, the Sharing Area Highlights Recorder compiled all the Delegates' written reports and made them available electronically to the session attendees. The Chairperson opened the session by explaining to Delegates, "You make this your own meeting. It is only for Delegates. Trustees and the Executive Committee and Staff members are invited to come as observers." There was so much useful information shared in the written report and verbally during this session. A few of my favorite sharings were:

- “Online payments for Assemblies have reduced our registration volunteers’ and Area Treasurer’s workload. Payments by check are still accepted, but that is barely utilized.”
- “An online system, Eventbrite, is being used for preregistrations. It allows the user to register, sends a confirmation immediately, and maintains a current list of preregistration fees and banquet information. It will be used this year for registrations to our Serenity Breakfast.”
- “Our Area has more Alateen groups than AMIAS. Alateen has grown from starting in schools. When students move on to another school, they ask, “Where is Alateen?” Then, they start a meeting.”
- “Alateen is continuing to grow, especially through cooperation with school-based wellness centers. There are eight meetings in seven schools serving 64 teens.”
- “Our District started a “How to Be a Sponsor” workshop, inviting ten to 15 members to join in an intimate discussion about sponsoring others. The first time, eight members came; this time, 15 came.”

The opening dinner Saturday included the “official” opening of the Conference. There was an Al-Anon speaker and the dinner was lovely. The meals during the entire conference were amazing. We were well-fed and well-taken-care-of!

### **Day 2 of the Conference – Sunday, April 14**

We started at 8:00 am with an opening by the Conference Chairperson and Roll Call. The Seating Motion was next on the agenda. We voted on a motion brought forth by the Conference Leadership Team regarding seating certain people who could provide critical information to the Conference. Those with voice but no vote were the Director of Finance & Operations, the Associate Director—Digital Strategy, and the International Representative—Mexico. With voice limited to Executive Committee for Real Property Management (ECRPM) business, but no vote was the Chairperson for the committee. With voice limited to Finance Presentation Breakouts, but no vote, the Accounting Manager.

Debbie G., Trustee, Chairperson of the Board, the welcomed everyone to the Conference and shared the Board’s goals for the Conference.

Goal One: The spiritual tone of the Conference will prevail by the demonstration of Al-Anon’s core principles in action.

Goal Two: The Conference will provide guidance to Al-Anon's Board of Trustees and the World Service Office (WSO) on services to the fellowship and guardianship of Al-Anon's Twelve Traditions.

Goal Three: Conference members will understand the purpose of the Conference, relationships within the Structure, and be able to articulate Conference discussions and decisions.

The World Service Conference Theme Task Force presented the World Conference Theme. The theme sets the stage for the Conference. It lays the foundation for the tone of the Conference. It encourages members to use the Legacies of the Al-Anon program to empower members to serve. Many of the breakout sessions, discussions, and other agenda items are derived from it. Outgoing Delegates often build their three-minute talks around it. The Conference theme creates unity and keeps everyone moving in the same direction. All Conference members had the opportunity to suggest ideas for the 2020 theme during the conference.

World Conference Etiquette and voting procedures were reviewed to assure efficiency and opportunity for all member to participate. This year we used our phones or other smart devices to vote which was great. It was impressive to see the numbers come in on screens at the podium.

Throughout the Conference there were designated times for Panel 57 members to give the 3 minute talks; telling their stories and how Al-Anon and service has enriched their lives.

There was time on the agenda the rest of the day for the Thought Force: Welcoming Potential Members, Policy Task Force: Alateen Discussion, and 1 few of the Trustees also gave insights to their experiences in their roles as trustees.

Perhaps the "hottest topic" of the day was the Board Mega Issue – Part 1. The "issue" centered on considering a hybrid format for Conference; either all electronic or partially electronic. All members were free to offer their thoughts on the topic. Comments were interesting and thought-provoking.

### **Day 3 of the Conference – Monday, April 15**

Monday started off with another trustee presentation, sharing from more Panel 57 members and the 2018 Auditor's Report and Finance Committee Report. I'll share some details that are pertinent to our Area, Districts and Groups at the Assembly meeting. The Strategic Plan was incorporated into the Finance presentation, including the strategies that will directly impact the budget.

Strategies with a Direct Budget Impact:

- Implement a new iMIS (our database) module.
- Automate communication with groups and members to reduce required mailings to groups.
- Develop a mobile app to increase access to recovery for all generations.
- Implement translation memory software to increase access to Al-Anon tools.
- Hire a part-time Spanish-speaking member editor to improve communication.

Organization Strategies

- Incorporate international groups in our Meeting Search to increase access globally.
- Research literature publishing options to increase access to service.

Public Strategies

- Attend professional conferences (new) to increase visibility through professional networks.

“The bottom line is we have a deficit budget for 2019. Investment in enhanced programs and technology does not immediately provide an increase in revenue. Resources are expended on projects that align with our Strategic Plan Priorities and are less than one percent of the total expenses budgeted. We are funding projects that provide the greatest value to our members.”

**The bottom-line message I took away from the financial discussions was “\$8 is great!” If every group will donate just \$8 more in 2019 than they did in 2018, we can cover the deficit in the budget.**

The location for the next “Road Trip! You and Your Board Connect” event. It will be in Seattle, Washington in September 2019. The Road Trips will be held on a trial basis for another three years with the 2020 date set as October 31.

There was a presentation by the Policy Work Group on Electronic Meetings. It was stunning to find out that there are thousands of members in over 200 registered electronic groups. They are thriving!

Suzanne Martin announced that the 2020 AA International Convention will be held in Detroit July 2 – 5, 2020 with Al-Anon participation. It's the 85<sup>th</sup> Anniversary of the convention and the theme is "Love and Tolerance Is Our Hope." There is a reduction for early registration by 9/9/19 and rooms are available at the Marriott Renaissance of \$115/night.

Everyone was invited to attend the open Board of Trustees' Meeting after lunch. It was amazing to see the Board at work! Following that meeting there were presentations on all things trustee; the nominating committee, the affirmation process, the resumes. It was all very interesting!

The entire membership was able to see the new PSA's that afternoon. There a two different announcements; "The Champion" and "The Challenger." Both were amazing and well-received. Members must ask local stations to play these and the PSA's are available on the website. I hope to play these at Assembly and encourage everyone to spread the message!

Vali Fayen, Executive Director, share the plans for the 2023 International Convention. It will be held in Albuquerque, New Mexico, June 29-July 2, 2023 and the Albuquerque Convention Center. There will be two hotels designated for the convention and spectacular sights to take advantage of so mark your calendars. It's a beautiful location!

The International Coordination Committee shared their experiences with work at an international level. It's amazing to see Al-Anon at work at a global level. Having an international member at conference was eye-opening too.

#### **Day 4 of the Conference – Tuesday, April 16**

We got started off with more Pane 57 sharings and the got right back into the Board "Mega Issue" – Part 2." Again, there was lots of great discussion and comments shared.

Several Task Forces presented; Bylaws Task Force Report; Concept Five Task Force Report; World Service Handbook Task Force and there were more Panel 57 3 minutes talks.

After lunch we had finance presentation breakouts to review all the financial information that had been shared to help Delegates with understanding and reporting back to their Assembly meetings. This was really helpful.

The International Representative from Mexico gave her 10 minute talk via her interpreter. It was so moving that the interpreter had a hard time repeating in English without breaking down. The tri-lingual conference became an emotional high for all attendees, especially after that talk.

We then discussed the Board of Trustees Chosen Agenda Item – whether or not a group that has a period of meditation or quiet time as part of its format is following the Legacies and/or Traditions. It was an enlightening discussion and quite something to see what it means for everyone to have a voice and an opinion. There were many!

### **Day 5 of the Conference – Wednesday, April 17**

The Warranties were read on this last day of the Conference and in English, Spanish, and then French by our members with interpreters. It was heart-warming to hear these words even though I don't speak another language. The gratitude and happiness of those members energized the entire audience!

There were more 3 minute Panel 57 talks and then back into the Board “Mega Issue” – Part 3.” Information had been gathered from the previous two presentations and discussions. This was share in the format of a “workshop” based on the concept of “Six Thinking Hats.”

- Blue hats - Process; thinking, setting objectives, planning for action, organizing thinking.
- White hats - Facts; information, data, neutral/objective, what do we know, what do we need to find out and how will we get the information?
- Red hat – Feelings; intuition hunches, what are our feelings right now (no reasons given)
- Black hat – Cautions; difficulties, weaknesses, dangers, spotting the risks, logical reasons given

- Yellow hat – Benefits; positives, plus points, logical reasons given, why an idea is useful
- Green hat – Creativity; ideas, alternatives, possibilities, provocations, solutions to black hat problems

It will definitely be interesting to see where all this goes moving forward.

The rest of the morning saw us in breakout sessions on the Chosen Agenda Items. There were two topics selected by members prior to conference.

- How can we step out of our comfort zone – in this case face-to-face District and Area business meetings – and incorporate electronic participation?
- Encouraging Service

Summaries of discussions by the breakout groups were shared in the afternoon.

The rest of the day included sharing of information for the 2020 WSC Conference, comments from the Chairperson of the Board, and Conference Chairperson. All members were then invited to attend an open Board of Trustees Meeting. The closing dinner was lovely and there were two spiritual speakers from Panel 57. Then it was off to my room, pack and get ready to leave very early in the morning.

The days at conference were long, full of information, thinking, listening, and, at times, exhausting. They were also full of love, laughter, friendship and satisfaction. It was so very rewarding and an experience that's hard to describe. I'd encourage each and every one of you to consider going down this path of service. It's truly amazing and I can't wait to go back again next year.

Humbly in Service  
ND Delegate, Panel 59  
Sheri S.

<b>ND AREA 43 ALAVINE TREASURER'S REPORT</b>
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<b>BALANCE AS OF JANUARY 1, 2019</b>	<b>\$4,777.19</b>
<b>INCOME:</b>	
<b>GROUP DONATIONS:</b>	<b>\$3,080.00</b>
<b>INTEREST:</b>	<b>\$ 1.39</b>
<b>TOTAL INCOME:</b>	<b>\$3,081.39</b>
<b>EXPENSES:</b>	
<b>EQUALIZED EXPENSE (NWRDM)</b>	<b>\$ 800.00</b>
<b>WEBSITE HOSTING &amp; DOMAIN</b>	<b>\$ 275.44</b>
<b>BALANCE AS OF JULY 31, 2019</b>	<b><u>\$6,783.14</u></b>

Submitted by: Erika S. Treasurer

<b>FALL 2019 APPEAL LETTER</b>
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**THANK YOU ALL FOR YOUR GREAT DONATIONS SO FAR IN 2019!  
IT HAS BEEN AMAZING AND INCREDIBLE TO SAY THE LEAST.  
Please continue to donate if you are able to!  
*ALL DONATIONS SHOULD BE MADE OUT TO: ND AREA 43 or ND Al-Anon*  
They WILL NOT be deposited if they are made out to me or anything other than above.**

**UPCOMING EXPENSES**

FALL ASSEMBLY EXPENSES

COORDINATOR \$ 400.00

AREA CHAIRMAN \$ 175.00

ROOM MEALS MILEAGE

**SEND ALL DONATIONS TO:**

**ERIKA S.**

**1702 11TH AVE**

**GRAND FORKS ND 58203**

## DISTRICT REPORTS

### **District 1.**

Williston AFG meets on Mondays at 8:00 PM at St Peter's Episcopal Church in Williston. Finances are strong. Attendance has dwindled, with an average of 7-8 regular attendees per week. We have a steady stream of newcomers, but they do not attend regularly. We use CAL such as daily readers, pamphlets, and books for our meeting topics. I continue to attend 2020 AA Round-Up meetings as the Al-Anon liaison.

Thursday Noon AFG meets on Thursdays at 12:00 PM at Good Shepherd Church in Williston. There are 5 regular attendees per week. Attendance has been more spotty over the summer months. Once a month, they do a step meeting. They self-supporting through their 7<sup>th</sup> tradition for rent and CAL. The group is very happy with the meeting and the time. It is appreciated by group attendees to have a day option and a safe group.

24-Hour AFG meets on Thursdays at 7:30 PM at First Presbyterian Church in Watford City. There are 4 regular attendees per week. Their group has experienced a lack of regular participation as well.

Tioga AFG – no update

Stanley AFG – No update

LIS, Tanya V, a grateful member of Al-Anon hoping to revive District 1 with the help of other grateful members in District 1

### **District 2.**

Hello, hope everyone is enjoying their summer, unfortunately it's slipping away too fast. On May 4<sup>th</sup>, District 8 AA had their spring Roundup at the Abbey in Richardton. Our very own Steve B. was the Al-Anon speaker, he shared a very moving and inspiring story, thanks Steve for your gift!

Summer can be a challenge at times to make the meetings, thanks to all who can find the time to do so. We look forward to the Fall Assembly, hope to see everyone there. We meet 8:00PM Wednesday nights at Saint John's Episcopal Church, Dickinson, in the basement, all are welcome!

Dale R.

### **DISTRICT 3.**

Hello everyone! District 3 has been busy working on our annual Holiday Kick-off party. Which we are going to change up a bit this year. We will have dice games and cards to play as well as a possibility of Bingo to add to the festivities. There will be a pot luck, a speaker and the raffle. This is scheduled for the first Saturday of December. We will start supper at 6pm.

The numbers in our groups have been fairly low. Hopefully we will see more people come as the weather cools off.

Hope to see everyone at the assembly!

Yours in Service

Brenda G.

### **DISTRICT 4**

District 4 has been busy these past few months. We doubled our order for the Al-Anon faces Alcoholism magazine and are now handing out 800 magazines to our local churches, clinics, schools and various businesses. We are already considering ordering more for the upcoming year.

Alateen, although what may appear to be progressing slowly, is getting started with a very good foundation first prior to starting any teen groups. We have had interest via phone call, text and email about the program and I can envision we will be starting an Alateen group(s) in the very near future. We currently have 3 Al-Anon sponsors and are looking to add more with a few members from various groups indicating interest in becoming a sponsor. The response and support from the district 4 groups has been fantastic. We are looking forward to the future with Alateen involved in the district.

We are planning a district sponsored picnic on Friday August 23<sup>rd</sup> for Al-Anon members and guests.

No changes in our groups. We have the following groups: Knife River AFG meeting 7:30pm Sunday at English Lutheran Church in Hazen, Monday Night AFG meeting 7:30pm at McCabe United Methodist Church in Bismarck, Tuesday Brown Bag AFG meeting noon at McCabe United Methodist Church in Bismarck, West River AFG meeting 8:00pm Tuesday at Firth Lutheran Church in Mandan, North City AFG meeting 7:30 Thursday at Trinity Lutheran Church in Bismarck, and Saturday Morning AFG meeting 9:30am at Good Shepard Lutheran Church.

Sincerely in service,

Steve B.

District 4 Representative

## **DISTRICT 6-8**

Greetings from District 6-8. This is a rundown on what we are working on.

We have elected a new secretary to fill our recently vacated position.

Rachel J. from Jamestown has graciously offered her talents.

Rachel is new to the Jamestown area but came in with 12 years of program.

Welcome Rachel J.

The District is hosting a workshop for the Fall AA Roundup. We have a very excited group working on this particular workshop. This will not be a "traditional" workshop, and we are hoping to see many Al-Anon and AA attendees!

At the June 29th District meeting the topic of using the Big Book of AA in a meeting was brought up. While Al-Anon owes much to this piece of literature, please know, it is not conference approved literature and therefore should not be used as meeting literature. Learning more about the disease of alcoholism is never a bad thing, and the Big Book is a valuable tool for that but must not take the place of the literature approved for our specific issues.

We also reminded those in attendance that all their checks to the Area be made out only to **ND State Al-Anon** or **ND Area 43 AFG**. All checks made

out differently will be returned to the groups.

Finally, the District ran into some issues when attempting to get our new Treasurer, Tracy N. on our account. New rules and regulations made this quite a process. After reaching out to the Area Treasurer, Erica, we had some helpful information. Tracy N. was diligent and patient. She was able to get a new account established and a second signer on the account. Many, many thanks to Tracy for her hard work on this.

I look forward to seeing all who can at our next workshop planning meeting on September 7th at Olivet Lutheran Church in Fargo, ND 9:30-11:30 am. This meeting is open to all Al-Anon members in the district, Please come be a part of this great recovering group of people. Your life can be changed!

In Grateful Service,  
Cathy S. DR  
District 6-8

### **District 7 Report**

District 7 continues to work toward increasing attendance and participation at our District meetings. We face the challenge of “distance” that many groups in North Dakota deal with, particularly during the winter months. We have had some success with our out-of-town group representatives calling in for District meetings and have even had one group representative call in from out of state while traveling. This flexibility has helped increase our participation level. We are currently preparing for an upcoming community celebration in Grand Forks that includes participation from different recovery groups in Grand Forks and surrounding cities. As part of our Public Outreach efforts, members of District 7 will be hosting an information booth at the event where we will provide pamphlets, meeting lists, and candy (of course). Our groups are meeting regularly, so we have good stability in the District. However, there is always room for more Al-Anon members! The event will be held on August 6 and we hope to bring feedback from this event to the assembly.

On a more somber note, it is with a heavy heart that we share the news that our Co-District Representative, Gayle D. passed away on July 15, 2019 surrounded by family and friends. She was an Al-Anon member for over 40 years and was active at all levels of service, particularly through sponsorship. She was a firm believer in Al-Anon cooperating with AA and made it a point through the years to volunteer her time in connecting with members of AA for events such as round-ups and open meetings. She was loved and appreciated by many for her giving heart, her warm smile, and her commitment to growth in recovery. While the light of her memory lives on through each of us whose lives she touched, she will be missed greatly.

Peace in Service,

Ellen B., District Representative

## **COORDINATORS REPORTS**

### **ALATEEN**

We now have 3 additional people, besides myself, who are registered AMAIS, Al-Anon Member Involved in Alateen Service. They are Steve B, Brenda M, and Walt G. They all are registered through July 1, 2020. Bismarck/Mandan now has plenty of sponsors if they are able to get an Alateen meeting up and running. If there is anyone else that's interested in becoming a registered AMAIS, please reach out to me and I can do a training over the phone as I did with Steve, Brenda and Walt.

Dee S

Area Alateen Coordinator

### **ARCHIVES**

Nothing new to report.

Donna

### **FORUM**

When I first took the Forum Coordinator position, I wanted to find out how the forum magazine was put together and I thought I would share some of the

information that I found. As you know, the Forum Magazine is an international circulation that helps spread the recovery message in several languages, including Norwegian! There is a Forum Editorial Advisory Committee (FEAC) that consists of volunteers willing to read up to 50 Forum contributions a month. These folks individually identify their favorite, most impactful stories that illustrate hope and recovery. The group consensus then identifies a subset to be included in the Forum magazine. Even if not all stories are included in the Forum, sometimes good quotes or recovery thoughts are selected for sharing. I am very grateful to these volunteers and the Forum Editor, Mark S., for their service in generating this valuable recovery tool. Remember that your recovery sharings can be sent to [wso@al-anon.org](mailto:wso@al-anon.org). You can share your story beyond the meetings you attend by supporting the Forum with your personal recovery contribution. If anyone is interested in having a workshop in you group or District, please let me know and I am happy to help coordinate that with you or answer your questions.

See you at the assembly in September,

Diane D.

## **GROUP RECORDS**

I have been notified via email of a few changes to the group meetings since last spring, one new meeting was reported in Williston and I updated the ND Area meeting list and sent it to the website coordinator.

The Group Online Records database has been updated to a newer version. Some of the discussion on the e-communities has centered around this and the new online group change forms.

To date, there are a total of 51 groups, 39 active and 12 in-active. No other notifications have been identified to affect any of the ND groups (such as bounced email, no mail address, etc.).

Respectfully submitted in Al-Anon Service,  
Nancy H. – Jamestown, ND

## **LITERATURE**

“I have no report. I'm in the process of moving to Miles City, MT, to teach third grade. “

Molly W.

### **LITERATURE DISTRIBUTION CENTER**

This has been a very fun and exciting adventure in taking on the LDC. I can fully appreciate the service Lana put in in running the LDC. It is challenging at times to find the time but most rewarding in knowing I have a part in getting Al-Anon Literature to all parts of North Dakota.

Couple of items to note from the WSO:

MOTION was made, seconded, and carried to discontinue publication and distribution of the piece of Conference Approved Literature If Your Parents Drink Too Much (P-22) effective May 21, 2019 and to advise the Literature Distribution Centers to do the same.

MOTION was made, seconded, and carried to cease selling and discontinue Al-Anon Welcomes Gays and Lesbians (S-70) immediately, to advise the Literature Distribution Centers to do the same, and to prioritize creation of a new service tool reflective in content of the current definition of the "LGBTQ" communities.

Please note that the NDAFGLDC will not be carrying or selling these items any longer.

I do plan to stock several of the books, pamphlets, service tools and misc. items for sale at the Fall Assembly in Jamestown. These will be stocked for sale to individuals. If your group has an order they would like to pick up at the assembly, I will package it and bring it for no additional shipping cost. Please let me know a week in advance if your group has an order they would like to pick up. You can email me your order at [ndafglc@midco.net](mailto:ndafglc@midco.net) or text me at (701) 426-1545.

Sincerely in service,

Steve B

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**NEWSLETTER** – It has been a challenge to get this edition out. Here it is. I have a new mailing address: 710 Holden Ave # 2 Henning MN 56551.

**PUBLIC OUTREACH- No report**

**MEMBERS CORNER**

24 Sept 2018

**GOOD!**

Expressing Feelings

mentions what's on my mind...  
then let it go...  
No matter what response I get.

CTC 29



Holding back love... a sad waste of energy!  
Release beauty

**BAD!!**

Controlling Others

test: how many times do I say the same thing?



TURN FOCUS BACK ON ME



We can't help the butterfly out of the chrysalis... in the struggle to emerge, it gains the strength to fly!

**RISK** is okay! life is full of it...  
practice, & Fear turns to Faith

wonderful things can happen today because I welcome the thrill of participating in my own life

CTC

DESCRIPTION	ACTUAL	ACTUAL	ACTUAL	APPROVED	PROPOSED
BUDGET	2016	2017	2018	2019	2020
WSC Equalized Expense	\$ 1,260.00	\$ 2,443.00	\$ 1,972.00	\$ 1,500.00	\$
Delegate Token to WSC /Effective March 2017 moved to Northwest Regional Delegates Mtg.	\$ 400.00	\$ -	\$ -		

Northwest Regional Delegates Meeting	<u>\$ 400.00</u>	<u>\$ 800.00</u>	\$ -	<u>\$ 800.00</u>	<u>\$800.00</u>
WSC Love Gift (1st yr. Delegate only)**	<u>\$ 50.00</u>	<u>\$ -</u>	\$ -	<u>\$ 50.00</u>	<u>\$</u>
WSC Donation (voted on yearly)??	<u>\$ 60.00</u>	<u>\$ 100.00</u>	<u>\$ -</u>	<u>\$ 100.00</u>	<u>\$</u>
<b>SUBTOTAL</b>	<b><u>\$ 2,170.00</u></b>	<b><u>\$ 3,343.00</u></b>	<b><u>\$ 1,972.00</u></b>	<b><u>\$ 2,450.00</u></b>	<b><u>\$ 800.00</u></b>
		-			
		-			
<b>DELEGATE -IN STATE EXPENSES</b>					
Room \$100 per night (effective 2013)	<u>\$ 183.69</u>	<u>\$ 91.98</u>	<u>\$ 35.92</u>	<u>\$ 400.00</u>	<u>\$</u>
MEALS \$60.00 (eff 2015)	<u>\$ 28.36</u>	<u>\$ 27.82</u>	<u>\$ 11.28</u>	<u>\$ 240.00</u>	<u>\$</u>
Mileage (\$.30 per mile)(\$.50 per mile eff 1/2015)	<u>\$ 144.85</u>	<u>\$ 36.67</u>	<u>\$ 70.69</u>	<u>\$ 250.00</u>	<u>\$</u>
<b>Effective March 2017 gas receipts</b>		-			
Phone/Printing		-		<u>\$ 100.00</u>	<u>\$</u>
Registration	<u>\$ 20.00</u>	<u>\$ 10.00</u>		<u>\$ 20.00</u>	<u>\$</u>
Misc. Cards		<u>\$ 8.53</u>	-		
<b>TOTAL DELEGATE EXPENSES</b>	<b><u>\$ 376.90</u></b>	<b><u>\$ 175.00</u></b>	<b><u>\$ 117.89</u></b>	<b><u>\$ 1,010.00</u></b>	<b><u>\$</u></b>
<b>mileage for 3/2016 was Amtrak round trip ticket \$98.00</b>					

<b>CHAIRPERSON-IN STATE EXPENSES</b>					
Room \$100 per night (effective 01/2013)	<u>\$ 298.88</u>	<u>\$ 87.30</u>	<u>\$ -</u>	<u>\$ 400.00</u>	<u>\$</u>
MEALS \$60.00 (eff 1/2015)	<u>\$ 27.05</u>	<u>\$ 23.08</u>	<u>\$ -</u>	<u>\$ 240.00</u>	<u>\$</u>

Mileage (\$.30 per mile)(\$.50 per mile eff 1/2015)	<u>\$ 129.95</u>	<u>\$ 24.07</u>	\$ -	<u>\$ 250.00</u>	\$
Effective March 2017 gas receipts					
Phone/Printing		<u>\$ -</u>	\$ -	<u>\$ 100.00</u>	\$
Supplies	<u>\$ 6.50</u>				
Registration	<u>\$ 20.00</u>	<u>\$ -</u>	\$ -	<u>\$ 20.00</u>	\$
<b>TOTAL CHAIRPERSON EXPENSES</b>	<u>\$ 482.38</u>	<u>\$ 134.45</u>	<u>\$ 175.00</u>	<u>\$ 1,010.00</u>	\$

<b>ND Web Site</b>					
Domain Charge	<u>\$ 13.17</u>	<u>\$ 30.34</u>		<u>\$ 15.00</u>	\$
Annual Site Base Fee-Webmaster	<u>\$ 179.88</u>	<u>\$ 192.02</u>	<u>\$ 203.88</u>	<u>\$ 250.00</u>	\$
Taxes and Fees		-	<u>\$ 13.76</u>		
<b>TOTAL WEB SITE EXPENSES</b>	<u>\$ 193.05</u>	<u>\$ 222.36</u>	<u>\$ 217.64</u>	<u>\$ 265.00</u>	<u>\$ 275.44</u>

DESCRIPTION	ACTUAL 2016	ACTUAL 2017	ACTUAL 2018	APPROVED 2019	PROPOSED 2020
<b>COORDINATORS TOKEN EXPENSE</b>					
<b>EFFECTIVE 2013 \$40.00</b>					
<b>EFFECTIVE 2018 \$50.00</b>					
Alternate Delegate	\$ 40.00	\$ 80.00	\$ 100.00	\$ 100.00	\$ -

Alternate Chairperson	<u>\$ 80.00</u>	<u>\$ 80.00</u>	\$ 50.00	\$ 100.00	\$ -
Alateen	<u>\$ 80.00</u>	<u>\$ 40.00</u>	\$ 50.00	\$ 100.00	\$ -
Archives	<u>\$ 40.00</u>	<u>\$ -</u>		\$ 100.00	\$ -
Forum	<u>\$ 80.00</u>	<u>\$ 40.00</u>		\$ 100.00	\$ -
Group Records	<u>\$ 80.00</u>	<u>\$ 80.00</u>	\$ 50.00	\$ 100.00	\$ -
Literature	<u>\$ 80.00</u>	<u>\$ -</u>		\$ 100.00	\$ -
Newsletter	<u>\$ 80.00</u>	<u>\$ 80.00</u>	\$ 100.00	\$ 100.00	\$ -
Public Outreach	<u>\$ 40.00</u>	<u>\$ 40.00</u>	\$ 100.00	\$ 100.00	\$ -
Secretary	<u>\$ 80.00</u>	<u>\$ 80.00</u>	\$ 100.00	\$ 100.00	\$ -
Treasurer	<u>\$ 80.00</u>	<u>\$ 80.00</u>	\$ 100.00	\$ 100.00	\$ -
Web site	<u>\$ 80.00</u>	<u>\$ 40.00</u>	<u>\$ 50.00</u>	\$ 100.00	\$ -
Past Delegate -\$40.00 per delegate when attending assembly ( <b>\$50.00 effective 2018</b> )	<u>\$ 40.00</u>	<u>\$ 40.00</u>		\$ 400.00	\$ -
<b>TOTAL COORDINATORS EXPENSE</b>	<u><b>\$ 880.00</b></u>	<u><b>\$ 680.00</b></u>	<u><b>\$ 700.00</b></u>	<u><b>\$ 1,600.00</b></u>	\$ -

DESCRIPTION	ACTUAL 2016	ACTUAL 2017	ACTUAL 2018	APPROVED 2019	PROPOSED 2020
MISCELLANEOUS					
Bank Service and/or cost of checks	<u>\$ -</u>	<u>\$ -</u>	\$ -	\$ 50.00	\$ -

Newcomers Literature Packet	\$ -	\$ -	\$ 262.04	\$ 300.00	\$ -
Printing Expense not listed above				\$ 100.00	\$ -
**Treasurer	\$ 38.53	\$ 11.61	\$ 40.85		
**Literature	\$ 12.00	-			
Postage Expense not listed above	\$ -	\$ -	\$ -	\$ 50.00	\$ -
Supplies	\$ -	\$ -	\$ -	\$ 100.00	\$ -
Special Assembly room not at hotel or conference center (per policy manual)	\$ 150.00	\$ -	\$ 150.00	\$ 150.00	\$ -
Background check for Alateen Coordinator	\$ -	\$ -	\$ -	\$ 35.00	\$ -
<b>TOTAL MISCELLANEOUS EXPENSES</b>	<b>\$ 200.53</b>	<b>\$ 11.61</b>	<b>\$ 452.89</b>	<b>\$ 785.00</b>	<b>\$ -</b>
<b>TOTAL EXPENSES FOR THE YEAR</b>	<b>\$ 4,302.86</b>	<b>\$ 4,566.42</b>	<b>\$ 3,635.42</b>	<b>\$ 7,120.00</b>	\$1075.44

***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*

## ROUNDUP SCHEDULE

**Friday September 20, 2019**

**3:00 pm Registration Begins**

**6:00 pm AA Workshop: Our Big Book-80 Years, 71 Languages**

**8:00 pm AA Speaker, Jane S – Minnetrista, MN**

**9:30 pm Ice Cream Social**

**10:30 pm Open AA Meeting**

**Saturday September 21, 2019**

**7:00 am Registration**

**8:00 am AA Assembly**

**10:00 am AA Speaker, CJ M. – St. Paul, MN**

**12:00 pm Lunch (on your own)**  
**1:00 pm AA Open Workshop: Why Do I Need a Sponsor?**  
**3:00 pm Al-Anon Open Workshop TBA**  
**3:00 pm AA Open Workshop: The Meeting is Over, Now What?**  
**5:00 pm Banquet (Pre-Registration Only) included Comedy Relief 6pm**  
**7:00 pm Al-Anon Speaker, Heidi V. – Fargo, ND**  
**8:15 pm Sobriety Countdown**  
**8:30 pm AA speaker, Debbie D. – Concord, CA**  
**9:30 pm Live Entertainment by Great Outdoors**  
**Sunday September 22, 2019**  
**8:30 am Fellowship & Coffee**

**Location: Jamestown Promotion and Tourism Center**  
**(Jamestown Civic Center)**  
**212 3rd Ave NE**



**2019 ND STATE AA**  
**ROUNDUP**  
OUR BIG 8000 - 80 YEARS, 75 LANGUAGES  
September 20, 21, 22 2019  
Jamestown Promotion and Tourism Center  
212 3<sup>rd</sup> Ave NE

<p style="text-align: center;"><b>ROUNDUP SCHEDULE</b></p> <p><b>Friday, September 20, 2019</b></p> <p>3:00 pm Registration Begins</p> <p>6:00 pm AA Workshop <small>Our Big Back-80 Years, 75 Languages</small></p> <p>8:00 pm AA Speaker <b>Jane S - Minnetrista, MN</b></p> <p>9:30 pm Ice Cream Social</p> <p>10:30 pm Open AA Meeting</p> <p><b>Saturday, September 21, 2019</b></p> <p>7:00 am Registration</p> <p>8:00 am AA Assembly</p> <p>10:00 am AA Speaker <b>CJ M. – St. Paul, MN</b></p> <p>12:00 pm Lunch (on your own)</p> <p>1:00 pm AA Open Workshop <small>Why Do I Need a Sponsor?</small></p> <p>3:00 pm Al-Anon Open Workshop <small>TBA</small></p> <p>3:00 pm AA Open Workshop <small>The Meeting is Over, Now What?</small></p> <p>5:00 pm Banquet (Pre-Registration Only) included Comedy Relief 6pm</p> <p>7:00 pm Al-Anon Speaker <b>Heidi V. – Fargo, ND</b></p> <p>8:15 pm Sobriety Countdown</p> <p>8:30 pm AA speaker <b>Debbie D. – Concord, CA</b></p> <p>9:30 pm Live Entertainment by Great Outdoors</p> <p><b>Sunday, September 22, 2019</b></p> <p>8:30 am Fellowship &amp; Coffee</p> <p>10:00 am AA Speaker <b>Reid H. – Sioux Falls, SD</b></p> <p>11:00 am Closing</p>	<p style="text-align: center;"><b>Important Information</b></p> <p><small>Hotel Room Options</small> Blocks of rooms have been set aside until Aug. 20<sup>th</sup> of the following hotels, be sure to mention <a href="#">2019 ND</a> State Roundup when booking rooms. Crowstone Inn and Suites 705-252-0700 Hampton Inn 701-952-8500</p> <p><b>AA and Al-Anon Registration</b> Registration \$20.00 Banquet Tickets \$20.00 Banquet cut-off date is 9/14/19 Pre-Register Online: <a href="https://jamestowntourism.org/2019-roundup">https://jamestowntourism.org/2019-roundup</a></p> <p><b>MAIL PRE-REGISTRATION TO:</b> ND State Roundup PO Box 1835 Jamestown, ND, 58401</p> <p style="text-align: center;"><b>Contact: Debbie L. 701-659-8287</b></p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;"><b>2019 ND STATE AA ROUNDUP</b> <b>September 20, 21 and 22, 2019</b></p> <p>Jamestown Promotion and Tourism Center</p> <p>Name _____ AA/Al-Anon</p> <p>Guest _____ AA/Al-Anon</p> <p>Address _____</p> <p>City, State, Zip _____</p> <p>Phone _____ # Attending _____</p> <p>Email _____</p> <p>Registration: X _____ = \$ _____</p> <p>Banquet: X _____ = \$ _____</p> </div>
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**Jamestown, ND 58401**  
**For more information please go to Area 52 AA website.**