



**THE ALAVINE**  
**Together we grow!**  
**North Dakota Area 43**  
**Al-Anon Family Groups Newsletter**

<http://www.ndalanon.com>

<http://www.alanonfamilygroups.org>

**Fall (November 1, 2017)**

<b>TABLE OF CONTENTS</b>	<b>PAGE #</b>
World Service Office Board's Vision/ Mission Statements	1
Chairperson's Report	2
AWSC Announcement	2
Delegate's Report	2
Treasurer's Report	4
Fall 2017 Appeal Letter	5
District Reports	6
Coordinator Reports	9
Members' Corner	13
2017 Annual Website Donation Reminder	15

**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 [darcy.avery@hotmail.com](mailto:darcy.avery@hotmail.com).

## Chairperson's Report

This issue of the Alavine has no assembly that follows it. We keep in touch as we work our program. Each of us go home and live our lives with the program working its miracles 24/7. My friends and family text and email obvious reminders of the spirit that inspires us to live the Al-Anon program and enjoy the freedoms and serenity it offers.

I'm still glowing thinking about the dialogue and progress we make at our assemblies. Keeping Al-Anon pure and effective with openness to all input, clears up any doubt that we seek the best answers. I keep in mind that just like at our home group meetings, our Higher Power is present every moment and giving us everything we need to make decisions that keep the program effective.

I urge GRs and their district gatherings to root out any concerns that you or your members may have. Check out the group inventories available at our ND website. One question a week would leave plenty of time for the regular meeting.

I plan to allot time in the assembly agenda for GRs to gather and compare notes. How about the same for DRs, coordinators, officers?

Walt

## Delegate's Report

Hello Everyone! Fall Alavine 2017

Here is a budget update from Jennie McCann, WSO Finance:

“Contributions are only at 68% of budget with 75% of the year passed. We need to collect about \$220,000 for each of the months of October, November and December to meet our budgeted projection of \$2,100,000. This will take a concerted effort by all of us to make that happen.

Gross Profit from literature sales is about 80% of budget, which is good, but literature sales tend to drop off toward the end of the year, so there is some concern. We would need to sell about \$650,000 worth of literature to meet our budgeted projection.

We are still optimistic. We are hopeful that the abundance manifesting in our lives will show up in the bottom line of AFG Inc.

As always, we at the WSO are grateful to you for your willingness to carry this message about the financial needs of AFG Inc.”

As well as we did last year to bring relief to our fellowship regarding the financial difficulties we were experiencing, it looks like we did not continue to effectively carry the message that our crisis was ongoing and not a one-time thing. Encourage members to log in and explore the WSO site. These services are here for all of us, and are a great way to illustrate just a small part of how WSO utilizes the funds it collects to benefit the individuals and groups in Al-Anon.

If you have not sent around your collection envelopes from the last WSO Appeal, you can still participate!! Sending the envelope around allows individual members to feel directly connected to our worldwide fellowship. This spiritual exercise allows all of us to work Step 12 and Tradition 7 on a deeper level. All it takes is to read

the letter and pass the envelope. WE CAN DO THIS!! It is a small thing that reaps great rewards, and keeps our fellowship healthy and whole.

The Chairman of the Board Letter will be coming out the first week of November. All members have access to this letter via the WSO website. Share with your groups and keep them informed!!!! There are separate pages for the different committees, so simply sharing one page a week will give your groups an amazing, informative overview of what is going on in our worldwide fellowship.

I shared my Delegate report electronically since I was unable to attend the last Assembly. I have not heard back that there were any issues viewing the information, so I know all of you have reviewed it and shared with your groups, THANK YOU!!! If you have any specific questions, feel free to contact me at [ct2922@aol.com](mailto:ct2922@aol.com), and put ASSEMBLY in the subject line.

Have a wonderful fall!

Carol

Delegate, Panel 56

North Dakota

## Alavine Treasurer's Report

November 1, 2017

**BALANCE FORWARD: August 1, 2017** \$2,760.99

**INCOME:**

Group	1,056.65	
Individual	120.00	
Alavine/Web	90.00	
Registration	220.00	
Tradition 7	165.00	
Interest July & Aug	.22	<u>\$1,651.87</u>

**TOTAL INCOME:** \$4,412.86

**EXPENSES:**

Chairman	134.45	
Room - 87.30		
Gas - 24.07		
Meals - 23.08		
Coordinators	320.00	
Treasurer-printing	11.61	

**TOTAL EXPENSES:** \$ 466.06

**BALANCE AS OF: November 1, 2017** \$3946.80

RESPECTFULLY SUBMITTED  
CONNIE B. AREA TREASURER

## NOVEMBER 2017 ALAVINE APPEAL LETTER

As I sit here thinking about this fall appeal letter I am so grateful that I found this program so many years ago. Sometimes it feels like it was yesterday until I realize where I am today compared to yesterday.

With everything that has happened in the world over the last year I feel that we as Al-Anon members have to keep this program alive and well for ourselves and for those who will need it in the future.

The only way I know of is to support Al-Anon at the Group, District, Area and World Service Office.

Some of the Area's upcoming estimated expenses are:

Spring 2018 Assembly Expenses:	
-- <i>Delegate/Chairman</i>	\$ 1,490
-- <i>Coordinators/Other Officers</i>	\$ 520
Equalized Expense for 2018 WSC	\$ 1,700
Web expense for 2018	\$ 265
<b>Total Expenses</b>	<b>\$ 3,975</b>

Please send your personal, group or web donations to:

Connie B.  
604 Douglas Ave  
Henning, MN 56551

Also keep in mind that we will be electing new officers September of 2018.

**Please** consider standing for any of the positions as that is how we can also grow in Al-Anon and service is one aspect of the program.

## District Reports

### District 1: Williston

Williston AFG meets on Mondays at 8:00 PM at St Peter's Episcopal Church. We have consistent attendance, with 10-12 being regular attendees. We continue to have newcomers almost every week. Our finances are strong. I have been attending the District 1 AA 2020 Round-Up Steering Committee Meetings as the Al-Anon liaison. I am grateful to have this service opportunity to help in the planning of this exciting event!

Watford City 24-Hour AFG meets Thursdays at 7:30 PM at First Presbyterian Church. No changes from the last Alavine.

Stanley AFG meets on Saturdays at 10:00 AM at American Lutheran Church. They have attendance of 4-5 members. They use CAL throughout their meeting format. I am working with Stanley AFG to get their group registered with the WSO. We have also had discussion about which District they want to fall under - Stanley AA Group is under the Minot District; Stanley AFG is under the Williston District. Keeping First Things First in mind, we will work on registering their group with WSO first!

No updates for Tioga AFG at the time of this report.

LIS,

Tanya V.

Williston AFG Group Rep

### District 2: Dickinson

The Dickinson group meets on Wednesday evenings with 5- 10 people attending. We continue to have newcomers at our meetings. We've been able to support the WSO and our Area since our funds are doing fine. We will be helping organize the May event in Richardton next year.

### District 3: Minot

Hi all, hope you are all staying warm as we transition into winter. These last couple months have been extremely difficult for me. As some of you know Carmen, my daughter died the end of August. I want to thank the groups that sent sympathy cards to us. I love the support that we give each other in times of joy and crisis! It means so much to me! Thank God for these programs!

October 28th we had our district meeting. We had 4 members in attendance. We decided to make a contribution to the area to help cover the year end bills. Our Minot meetings are now listed in the Minot Daily News. We are wanting to start a Facebook page for our district to post meeting lists with pictures of the buildings that the meetings take place in and announcements. Carmen was going to help me with this so now I get to find other help, so it will be a little while yet.

Our (Minot) groups all seem to be doing fairly well. They average from 2 to 6 people. Finances for most are good. The newcomers meeting has the most men. 700 Club meetings are slowly getting their finances back up. They are paying what they can for rent and have even made a few donations. We have removed the Kenmare

meeting from our meeting list per the lone members' request. Bottineau continues to have a contact person on the list. Lana is replacing some of the older pamphlets so she has some that she brought to the meeting to share with groups that wanted to take some.

Lana reported on the Fall AA Roundup and Assembly. Telling us that even though they had to "wing it" the workshop went well.

2018 Al-Anon Faces Alcoholism has been ordered for our district.

We will be having our 7th Annual Holiday Kick-off Party on December 2, 2017 at 6 pm at the Cornerstone Presbyterian Church in Minot. There will be a pot luck, a speaker and a raffle, fellowship and lots of fun!

We talked about having a meeting available on Friday evening of the Spring Assembly if that is something that you would like to see done. We will also have a workshop available for Saturday also.

Judy S. Volunteered to be our liaison for the Spring Fling planning meeting.

Love in Service,

Brenda G

District 3 Representative

#### **District 4: Bismarck**

District 4 finances continue to be very strong. The Open Meeting on Saturdays at 8pm at Heartview, a registered AA meeting, continues to invite District 4 to hold a well-attended, open Al-Anon meeting the third Saturday of the month at 8pm.

The District fellowship continues to grow in strength, experience and hope:

Monday Night AFG: 12 - 18 regularly attending members, regular newcomers, continue to discuss Steps, Traditions, Concepts, topic and Speaker during weeks of the month. Business meeting scheduled last Monday of the month after regular meeting. Lynelle is GR.

Tuesday Brown Bag AFG: 10 members regularly attending, often newcomers, strong Al-Anon program, focus CAL as topics; Sheryl is GR.

West River AFG: 8-9 members regularly attending, 5 newcomers over past year who now are regular members, Business meetings every 3 months. Conducted a group inventory that identified needed improvements. The meeting is seeing a great benefit to being positive about all District meetings that are offered. Members have requested a larger meeting room due to its growth. A greeter is now in place and all group positions are filled; Steve is GR. Please see Member's Corner for a note from Steve with more information about this growing group.

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

North City AFG: 15-20 members regularly attending. During meeting someone volunteers to chair the next meeting. Have not broken into groups for a while. Purchased some of the reconfigured newcomer packets at the assembly. Lila is GR.

Saturday Morning AFG: 25-40 members regularly attending. Monthly CAL introduction at start of meeting before breaking into smaller groups, strong finances, routine business meetings, and routine newcomers; considering providing daycare. Molly is GR, Joan is Alternate GR.

Knife River AFG: no report or contributions since 2001;

Literature update: 400 copies of "Al-Anon Faces Alcoholism 2018" were ordered and will be distributed in the spring of 2018 to local area facilities and schools; the District is pursuing possible distribution of literature to school libraries and school counselors.

District 4 appreciates all our service arms and members and wishes everyone a healthy, happy holiday season!

Gratefully yours in service,

Liv F B

### **District 5: Devils Lake**

No report

### **District 6 & 8: Jamestown, Fargo**

November 2017

The next District 6-8 meeting is scheduled for November 4 at 9:30 at Olivet Lutheran Church in Fargo, thus there is not a lot to report at this time. However, we are excited about reviewing and continuing the workshop Carol started at our last meeting on district finances. Our District continues to remain very strong financially and we feel fortunate.

We have had members taking turns in attending the planning meetings for the 2018 State Roundup, which will be held in Fargo. We've been told the theme is "AA – A Solution for all Generations." There will be an Al-Anon workshop at 3:00 in the afternoon. Requests and/or suggestions for workshop themes are welcome and appreciated.

I wish you all a warm and wonderful holiday season. Be safe!

Humbly in Service,

Sheri S

District 6-8 Representative

### **District 7: Grand Forks**

No report

## Coordinator Reports

### Alateen:

I've been contacted by members from District 4 in Bismarck wanting to get an Alateen meeting started in their area. Certification for Alateen sponsors is only done once a year and its July 1. I will follow-up with them and see if we can possibly do a certification class at Assembly next March. It would be great if they can make this meeting work!

Dee S

Alateen Coordinator

### Alavine:

Wonderful tool: "Breathe". As I walk through my journey of life, I need to breathe in my Higher Power to gain direction and serenity in my life. Breathe means many things to each of us. Perhaps it can help with concentration. C to C (pg. 306) suggests to replace obsessive thoughts "by breathing deeply and looking at my surroundings." How does breathing help you?



Thank you to all who submitted reports and creativity to the Fall Alavine. Our next newsletter will be published in February 2018 for our Winter Alavine.

Darcy A

Alavine Coordinator

### Archives:

Dear Al-Anon friends,

I have given the Archives to Darcy A. as, again I will not be able to attend the March meeting. Darcy has also collected some memorabilia with regard to Gene, one of our recently deceased Area Delegates. One of the things I was asked to do was digitize our records with the help of some other people. I came to realize, too late, that I have neither the knowledge nor the desire to engage in that task. For this I apologize. My life has been very different for the last year. We sold our house and lived in a RV for almost a year. This fall we just completed building a smaller home and are working on assimilating what we want and getting rid of much more. I love you all.

Cheryl M

Archives Coordinator

## **Forum:**

The Forum Subscription reports: Still no new report since January 2017, which was printed in the first Alavine of 2017. The WSO staff asked The Forum Coordinators' assistance to assure that they are providing us with pertinent information. This has proven more challenging than they expected. They continue discussions with the WSO Software Engineer so they can create a less labor intensive, automated subscription report that better fits our members' needs. It's still a work in progress. I will continue to keep you posted on how this evolves.

Let your voice be heard! Writing for The Forum provides privacy and safety while taking a close look at and sharing with other members the difficult issues we face in dealing with the effects of alcohol. As we share, we learn about ourselves and realize at the same time that we are not alone. It takes courage to write with such complete honesty – and finding that courage can be a step forward in recovery, both for the writer AND the readers. Members will receive a free copy of The Forum if your story is printed. Many people refer to The Forum as the “voice of fellowship,” so let your voice be heard!

In addition to the Forum Writing Guidelines posted in our last Alavine, we also have guidelines on “How to Conduct a Writing Workshop Meeting” provided by The Forum. It's a wonderful way to bring people together to share strength, experience and hope...write it down, and share it with our members. Access The Forum online: Members can access portions of The Forum at [www.al-anon.org/members](http://www.al-anon.org/members) to view the Table of Contents page with links to three Internet articles, the front cover, “Inside Al-Anon,” and the calendar of events.

Members can “Like” The Forum posts on the WSO Facebook page! In the October 2017 issue of The Forum, an Al-anon member shared in “My healing Began with Al-Anon” story, “At first, walking into the [Al-Anon meeting] was very hard – I felt overwhelmed by people hugging me...And then those familiar words, ‘We welcome you to the Al-Anon Family Group and hope you will find in this fellowship the help and friendship we have been privileged to enjoy.’ I was safe. I belonged. I was home. I could speak if I was able, and it was all right if my voice shook or if I cried. I didn't have to speak. No one judged me. No one gave me advice. I could just be.” This quote was posted on the WSO Facebook page Thursday October 26, 2017 was shared 57 times and received 120 “Likes.”

An easier way to find the e-magazine version: You can now find direct links for ordering the electronic version of The Forum magazine on the Al-Anon Online Store at [al-anon.org/onlinestore](http://al-anon.org/onlinestore) under the “Electronic Literature” category.

THE FORUM the BOOK (still a working title): Members have sent in over 500 (and counting) titles and publication dates of The Forum articles that people found most inspirational. Please let the WSO know which The Forum stories you want to see included in this book.

Gratefully yours in service,

Liv F B

## **Group Records:**

ND Area 43 Coordinators Report

Group Records, November 2017 ALAVINE

I received just a few updates to various groups' information at the Fall Assembly, and made changes/updates accordingly. There were no changes that affected the group meeting list that is posted to the website.

I participated in a conference call with the World Service Office on October 14, 2017. The call was led by Valerie S, WSO Group Records & Pat K, Associate Director of Public Outreach & Information. Participants included six other Group Records Coordinators from Ontario South, Texas East, Wyoming, BC/Yukon, and Washington.

Pat K. discussed the main goal of Public Outreach is to make the phones ring; while the main goal of Group Records is to get accurate meeting information to relay to potential newcomers. Any change in this information is vitally important to newcomers.

The next topic was to identify any broken links in the reporting of meeting information. Discussion lead to newcomers not being able to find the meetings in the buildings as only 50% of meetings listed have specific meeting room location instructions. WSO has increased the area of the location notes in the database. We are to remind GR's to use signage in large buildings so that the newcomers can locate the exact room of the Al-Anon meeting.

Another broken link identified was the use of local meeting lists and the difficulties of keeping them up to date. One Group Records Coordinator said she was having difficulty keeping two meeting lists maintained (WSO & Area) since her area has over 600 meetings! WOW! Pat K., said area Web Coordinators could visit with WSO Digital Strategy Manager, Mr. Scot Powers as he may be able to provide a meeting link to the WSO's meeting list locator to alleviate the confusion of maintaining two meeting lists. He encouraged web coordinators and/or areas to email [scot@al-anon.org](mailto:scot@al-anon.org) for more information on this! Again, WOW, would this be awesome or what!!

The two WSO call facilitators thanked us for our important service to Al-Anon Family Groups and the call ended within one hour.

Through the AFG Connects, I've been informed about another recent update relating to how meeting information is provided, info is as follows: The WSO meeting information automated phone system now provides up to three Al-Anon meetings to people seeking Al-Anon's help. Callers have the option to use the automated phone system, or speak to WSO staff operators during business hours for specific meeting inquiries. Please encourage the groups in your Area to verify their meeting information to ensure that complete and up-to-date information is on record, so newcomers and members can find their meeting.

September, 2017 marks another digital milestone for the WSO, the launch of the rebranded Group eNews! The new English email is called In the Loop. In addition, we have created French and Spanish versions called Le Messenger and En Contacto, respectively. Anything newsworthy from the WSO will now be available to the entire fellowship within the News from the WSO page found under the members tab on the new website.

As of 10/18/2017, there were 54 total groups, 41 Active and 13 Inactive.  
Whew, that was a ton of information! Happy Fall to ALL!!  
Respectfully submitted in Al-Anon Service,  
Nancy H. – Jamestown, ND

### **Literature Distribution Center:**

No report

### **Literature:**

Carol, our delegate, provided us the most current WSO literature communication dated December 5, 2016. Our Literature coordinator position is open at this time. It appears we have been provided most of this information before.

"Al-Anon's newest workbook, the Paths to Recovery Workbook (P-93) is currently at the printers. It is a companion piece to the Paths to Recovery (B-24) book, and includes all the questions from that book, as well as

space to write answers. It will be available in January 2017. You can also buy the book and the workbook together as a Set (K-31) at a reduced price. Attached you will find the LDC Priority Notice order form. To place your order early, please mail or fax this form to the WSO. Orders will be shipped as soon as the workbook is available. The workbook will not appear on our WSO Web site until January, so that members will have an opportunity to support local service and buy from their LDC first.

#### New Local LDC Order Form:

An order form for the Paths to Recovery Workbook (P-93), designed for use by LDCs in their Areas, is also attached. This form has room for you to add your own LDC information so that local members can purchase from you.

#### Revisions to Existing Literature:

Coming soon, the Al-Anon Newcomer Packet (K-10) will have a new look! It includes the same information at the same low price, but now, rather than in a sleeve, it is in a booklet. All other Newcomer Packets for men, adult children, parents, etc. are still in the original format.

The 2017 CAL Catalog (S-15) will be available in January, and will be included as an insert in the January issue of The Forum.

The latest printing of Lois Remembers (B-7) is now available, including a shortened timeline of Al-Anon and A.A. historical events that now ends in 1978, when Lois wrote it. Reference to the complete timeline is available on the Members' site.

The revision of Information for the Newcomer (S-4) is now available.

Alateens Share with Adults in Their Lives (P-67), formerly titled Dear Mom & Dad, and is now available.

A revision of Getting Started (S-15R) is also in print. This leaflet is only found in the Newcomer Packet, and is not available separately.

A revised version of Al-Anon: Then and Now (AR-2) is posted on the Members' site and in the Al-Anon Online Store under "Free Downloads." It is not available in print.

FYI

Remember –when you buy from your local literature distribution center, you support your local services."

#### **Public Outreach:**

WSO is conducting a membership survey until February 2018. Al-Anon members can participate in the survey January 10th to February 27th 2018. The survey links are available in three languages

English - [Al-Anon.org/18membersurvey](http://Al-Anon.org/18membersurvey)

Spanish - [Al-Anon.org/18encuestamiembros](http://Al-Anon.org/18encuestamiembros)

French - [Al-Anon.org/18sondagemembres](http://Al-Anon.org/18sondagemembres)

Please take a few minutes to fill out this survey.

Yours in service,

Brenda G.

## **Website:**

The Donate Now button has been moved to the members' page.

We (Heather and Erika) would like to request that when there are a lot of back and forth emails about what to include on the website that we receive one final email that makes it clear exactly what is being requested.

Additionally, if changes are made to the meeting list, please let us know explicitly what was changed so we can make updates on the city-specific pages when we upload the new list.

Thanks!

Heather

## **Member's Corner**

I thought I would give our Area an update on the growth and evolution of our West River AFG. We meet at 8:00 on Tuesday evenings at the First Lutheran Church in Mandan. Our regular attendance is around 8-10 each evening. We held our first business meeting on September 19th at 7:30pm. The meeting went very well with ten in attendance. We have scheduled regular business meetings every three months. Right after the 4th of July, we conducted a group inventory that took three meetings to conclude. The results of the inventory were positive and we did discover some areas of concern that we are in the process of addressing. We have a GR, treasurer and secretary. Our meetings are topic of choice. We pass a calendar around and have one member sign up to chair the meeting and one member to pick a topic. All of our members have been active in volunteering. New members and occasional. When we have someone new at the meeting one of our longtime members will take a few minutes and have a brief new comer meeting. There have been a lot of positive to things happening at West River and just wanted everyone to know.

In faithful service, Steve B West River GR

## **"Live Life to the Fullest!"**

Ready for anything. That's my year old puppy Marty. My gift from my precious Rebecca last Thanksgiving. A friend came by to console me after Rebecca's death and hearing me describe her said "Well she lived life!" Marty now wears a collar that reads "Live Life". Anyone who knows Marty will know he exemplifies those words. Like Rebecca, Marty loves life and any creature that comes around. He is loyal and attentive wanting to do the right thing. Yet he knows how to cut loose and have mindless fun.



Walt G

# *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:***

***Connie B.  
604 Douglas Ave  
Henning, MN 56551***