



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.

NORTH DAKOTA - AREA 43 AL-ANON ASSEMBLY

MISSION STATEMENT

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

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

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

VISION STATEMENT

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

Chairperson's Report

BRENDA G. – NO REPORT

Delegates Report

Hello everyone,

I hope this finds you all well, warm and dry! I hope the flooding hasn't negatively affected you and your families. It's odd to wish for cold weather and freezing to make things better!

To start off, I want to thank all who attended the Fall Assembly Meeting in Jamestown. In particular, I want to thank Brenda G. for agreeing to step up and take the Area Chair position and Darcy A. for taking on the Literature Coordinator position. Your willingness to serve is so appreciate and your Area is grateful.

I don't have near as much to report as the last Alavine when I shared all the information from the World Service Conference (WSC). My report is shorter but I

do have an “ASK” from our Area members. We are being asked to submit ideas for chosen agenda items. This is our opportunity to ask questions or request discussion on topics we want to learn more about. Is there anything you’re curious about or anything that’s got you asking yourself why something is done a certain way; why a decision was made, how money is being spent; where we need more support in our Area or any other level of Al-Anon.? I need to submit suggestions by February 1 but please send me ideas right away. Any ideas would be appreciated. May I ask the Area DRs to communicate this request for suggestions to all the GRs in your Districts? Not to duplicate, but thinking that getting this request twice might be a good reminder and spur more response, may I also ask GRs to please share this request with your groups? Chosen Agenda Items ideas should be emailed to me at curly1976@daktel.com. Thank you!

I am a member of the Public Outreach Committee at the WSO level. I played the new public service announcements for those attending the Fall Assembly Meeting. If you weren’t able to attend, please take the time to view them; they are moving! As it says on the website, “Al-Anon public service announcements (PSAs) show actors depicting Al-Anon members who resisted coming to Al-Anon meetings, although they are now glad they did. The scenarios represent actual members who followed someone’s encouragement to try a local Al-Anon or Alateen meeting. Al-Anon PSAs reach hundreds of millions of television viewers and listeners every year, thanks to the generosity and commitment that TV, radio and internet programs have toward their audiences. The simplest way for stations to receive a broadcast-quality PSA is for members to complete the PSA Request Form.” There is a link to complete the form which is very short and simple. The PSA’s are sent to them digitally. Simple! The link to access the PSA’s is: <https://al-anon.org/media-kit/public-service-announcements/>

I wanted to share something kind of “fun!” This is from Tom Coffey, Associate Director of Literature. “I’m excited to share with you that this month the new Member Blog is focused on Conference Approved Literature! We’re asking members to share their favorite non-daily reader Conference Approved Literature (CAL) book, and why. Please let the members of your Area know about this, and please consider reading and writing for the blog yourself! Visit [**al-anon.org/member-blog**](https://al-anon.org/member-blog) for more information. Sharings posted on the Member Blog may be used in future Al-Anon publications.”

That's about all I have to report at this time. Thank you so much for your attention and support. I'm grateful for the opportunity for personal growth and to represent our Area.

Humbly in Service
ND Delegate, Panel 59
Sheri S.

ND AREA 43 ALAVINE TREASURER'S REPORT
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BALANCE FORWARD AS OF AUGUST 1, 2019	<u>\$6,783.14</u>
INCOME:	
GROUP DONATIONS :	\$625.00
DISTRICT DONATIONS:	\$350.00
ALAVINE/WEBSITE DONATIONS:	\$ 95.00
FALL REGISTRATION:	\$250.00
TRADITION 7 • FALL ASSEMBLY	\$205.00
TOKEN GIVEBACK • FALL ASSEMBLY	\$200.00
INTEREST (THRU 10/31/19)	\$ 1.17
TOTAL INCOME:	<u>\$1,726.17</u>
EXPENSES:	
FALL ASSEMBLY COORDINATOR TOKENS	\$550.00
AREA CHAIRMAN • FALL ASSEMBLY	\$ 0.00
TOTAL EXPENSES:	<u>\$ 550.00</u>
BALANCE AS OF NOVEMBER 1, 2019	<u>\$7,959.31</u>

Submitted by: Erika S. Treasurer

FALL 2019 APPEAL LETTER

**THANK YOU ALL FOR YOUR GREAT DONATIONS IN 2019!
IT HAS BEEN AMAZING AND INCREDIBLE TO SAY THE LEAST**

Please continue to donate if you are able to – your donations go a long way!

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

ND AREA 43 or ND Al-Anon

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

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

FALL 2019 EXPENSES

- **World Service Conference Equalized Expense - \$1,9530.00**

SPRING 2020 ASSEMBLY EXPENSES

- **Delegate/Chairman - \$1,010.00**
- **Coordinators/Other Officers - \$650.00**
- **Northwest Regional Service Meeting - \$500.00**

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

It has been an honor to serve as your treasurer for the past 1 year!

ALL DONATIONS SHOULD BE MADE OUT TO: ND AREA 43 or ND Al-Anon

**SEND ALL DONATIONS TO:
ERIKA STANLEY
1702 11TH AVE
GRAND FORKS ND 58203**

DISTRICT REPORTS

DISTRICT 1.

The 2020 Round-Up Committee is making headway. The theme is “Love and Tolerance is our Code”. We have locked in approximately 100 hotel rooms for \$69/night. Book your rooms early to take advantage of this great rate. The hotel is Grand Williston, 701-774-0241. Our Fall Assembly meeting will be held at that location.

We are having a District 1 AA/Al-Anon Christmas Party on Saturday, Dec 7 at Our Redeemer’s Lutheran Church, 1024 6 St W, Williston. All are welcome! Schedule is as follows: 6:00 potluck supper, 7:00 Al-Anon speaker, 7:45 AA speaker, 8:30 dance lessons, karaoke, fun, and fellowship. More information can be found here: <https://aanorthdakota.org/event/christmas-holiday-potluck-party/>

Williston AFG regular meeting place is St Peter's Episcopal Church in Williston. The church is having moisture issues in the building, which is creating an unhealthy meeting space for us. We have temporarily moved to Good Shepherd Lutheran Church, 2517 9 Ave W, Williston. We adjusted our meeting time to 8:15 to allow anyone who goes to our permanent meeting space to get to our temporary meeting space. Attendance has been low since 2019 Fall Assembly, averaging 3-4 members.

Thursday Noon AFG meets on Thursdays at 12:00 PM at Good Shepherd Lutheran Church in Williston. No changes since 2019 Fall Assembly.

24-Hour AFG meets on Thursdays at 7:30 PM at First Presbyterian Church in Watford City. No changes since 2019 Fall Assembly.

Tioga AFG – no update

Stanley AFG meets on Saturdays at 10:00 AM at American Lutheran Church in Stanley. They have regular 3 regular attendees. They don’t see many newcomers, but they are faithful to open the doors on Saturday morning for any newcomer who may show up in need of peace, serenity, and hope. All three regular members will go south this winter. They will give their church pastors my phone number to pass along to newcomers looking for a meeting.

LIS,

Tanya V

A grateful member of Al-Anon

DISTRICT 2.

Hello everyone! We meet on Wednesday nights at 8:00 PM at Saint John's Episcopal Church in the basement. Once a month we do a step meeting, and at times we go back to step one, that reminds us that we are powerless over alcohol, true for those who have been to many meetings, or attending your first one.

We also have another meeting choice in southwest North Dakota, an extension of the Wednesday AFG meeting in Dickinson. The meeting place is in New England N.D. at the Memorial Hall, main street on Monday nights at 8:00 PM, and 7:00PM when Daylight Savings Time ends . It is a great addition for the program and gives members another option and shorter commutes for those who don't live in Dickinson.
Dale R.

DISTRICT 3

Brenda G. No Report

DISTRICT 4

No additional news to add from the Fall Alavine submittal.

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 5 No report

District 7 Assembly Report:

As a District, we participated in the Grand Cities Community Celebration on August 6. Two of our Al-Anon members volunteered to “work the table” at the event. They provided “Al-Anon Faces Alcoholism 2019” pamphlets along with District 7 meeting list bookmarks to interested folks while practicing “attraction, not promotion” in keeping with our Traditions. We will have three voting Group Representatives or Alternative Representatives from our District at the Fall Assembly and hope to have more attend the Spring Assembly. In order to increase participation at our District meetings, we have encouraged Group Representatives to call in during the meeting when they have been unable to attend in person. This approach seems to be working well for us and we will continue to encourage participation going forward. We have three open positions: Co-District Representative, Literature Coordinator, and Public Outreach. We hope to fill those positions in the coming months for members seeking exciting service opportunities.

Submitted by Diane D., on behalf of District 7

District 6/8

District 6/8 had to cancel our meeting due to that record setting snow storm. We have not rescheduled as of yet.

Cathy S

COORDINATORS REPORTS

ALATEEN

Nothing new to report for Alateen

Dee S

ARCHIVES

I have printed and stored copies of the Alavine for future reference.

Donna

FORUM

The Forum Magazine is actively seeking member contributions! Think about all the times that a particular Forum article or member sharing touched your heart or made you think differently about your own life circumstances. By submitting your recovery story to the Forum Magazine you are being of service to fellow Al-Anon members and connecting to others via the written word. I am available to help coordinate Forum writing workshops/sessions for groups, Districts, or any interested Al-Anon members. Members of my home group as well as participants at our District meeting have graciously let me practice on them. Call me if you would like to set up a workshop (701-772-7312). I have received so much personal benefit from the Forum and I would love to help you share your story with a broader audience.

Submitted by Diane D.

GROUP RECORDS

AREA 43 – FALL 2019 Group Records Coordinator REPORT Alavine Since the Fall Assembly in Jamestown there have very few changes to the groups, but the meeting list has been updated as of 9/23/2019 and is posted to our website!! Thank you to our new website coordinator!! WSO continues to update software for the online database and there is discussion concerning online forms, etc. relating to group records information, etc. on the e-communities site. As reported in the last ALAVINE, 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.). The Fall assembly was so awesome!! Thanks to all of our loving members for all the effort required to pull off another successful event! Respectfully submitted in Al-Anon Service,

Nancy H. – Jamestown, ND

LITERATURE

Here's the latest update of literature news from Tom Coffey, Associate Director-Literature.

- **NEW DAILY READER (working title):** The WSO is in the process of hiring a professional freelance writer/editor who is an Al-Anon member to analyze all sharings received and submit drafts of daily readings to the Literature Committee for review. Once evaluated, we will notify the fellowship of any topics for which additional writings are needed. In the meantime, please continue to encourage members to write sharings about any of the Twelve Steps, Traditions, and Concepts of Service, as well as ones that exemplify the wide variety of relationships and backgrounds of members today.
- ***Alateen Newcomer Packet (K-18)*** to reduce rising costs and efficiently allocate resources, this newcomer kit, like the *Al-Anon Newcomer Packet (K-10)* before it, has been converted into a booklet. The new booklet offers a more aesthetically pleasing product and provides better ease of use. The price has increased from \$1.40 to \$1.75
- **THE BEST OF THE FORUM(working title):** The Board of Trustees has decided not to proceed with a printed version of this project, and to instead explore alternate methods for sharing members' selections of the best *Forum* articles. The project remains in development, and members are still encouraged to submit additional suggestions of what they consider the best of *Forum* articles, especially from the last couple years.
- **“CAL Corner” Topics:** This department is featured each month in *The Forum* magazine. It contains members' sharings on how a particular piece of our literature has enhanced their recovery. August's articles celebrate the 50th anniversary of *Alcoholism, a Merry-Go-Round Named Denial* (P-3). September's focus is on *Hope & Understanding for Parents & Grandparents* (P-94), and October's will be on *...In All Our Affairs* (B-15).

- **Sharings needed for “CAL Corner”:** We always need more sharings about how CAL has helped members with their recovery. Please urge members to write about *Intimacy in Alcoholic Relationships* (B-33), *As We Understood....* (B-11), the *Just for Today* (M-12) and *Just for Tonight* (M-81) Bookmarks, and *Blueprint for Progress* (P-5 and P-91). Please see the writing guideline for “CAL Corner” in the Guidelines & Procedures folder under the “Library” folders in the Literature Coordinator community.
- **2020 CAL Catalog (S-15):** The English version of this free service tool is now available and can make great handouts at Assemblies to remind everyone of the wide variety of material available. It will be included as an insert in the September issue of *The Forum* and is also available as a free download at al-anon.org/cal-catalog.
- **Writing about CAL for Area Newsletters:** Please use your Area newsletter to share how local members are spreading the word about CAL or to publish their reviews of various CAL.
- ***Just for Tonight* Bookmark (M-81):** Our latest piece of CAL, introduced this March, is doing very well—so much so that as of the end of June, we had printed 350,00 copies of it. But I have heard from a number of members who were unaware of its existence. Please do what you can to let groups in your Area know about this helpful tool.

***Intimacy in Alcoholic Relationships* (B-33):** Hard to believe, but this book is now over a year old. As sometimes happens with new books in their second year, sales are starting to slow down. Although it is currently our sixth highest seller, please continue to encourage members and groups in your Area to read this book.

Respectfully submitted by Darcy A

2019 Winter Alavine Submittal

Greeting from the North Dakota LDC.

I would like to thank all the groups and individuals for their continued support of the LDC. The main goals I want to achieve is to get the literature to our local groups as quickly as possible and making sure the prices are close to or just below what you would pay ordering from the world service.

I encourage all to visit our state operated web page <http://www.ndalanon.com/literature.html> for a current list of all the books Al-Anon has to offer. As the winter months set in I will start to work on adding the pamphlets to this list along with a current price list. If you still have the price list you received from Lana, this is the one I use so feel free to continue with the list.

Also note if there are items I do not have in stock I will order them for you.

When ordering please use the WSO book, pamphlet, service or miscellaneous number alone with the brief title (i.e.: B-6 ODAT, or P-3 Merry Go Round). The WSO number ensures I get the correct books that you are looking for. Ordering the book One Day at a Time without the WSO book number will delay the order as I will have to email back and ask if you want the B-6 small version or the B-14 large version.

Finally, when you order courage to change and one day at a time, I will always list this in the invoice as the daily reader set and give you the discounted price.

You can email me your order at ndafglc@midco.net or text me at (701) 426-1545.

*Sincerely in service,
Steve B.*

NEWSLETTER

I wish to thank everyone for getting their reports to me. It has been an eventful last few weeks for a lot of us. I hope everyone will have the best Holiday's that we can.

I have inserted an article on the Northwest Regional Delegates Meeting that will be held in Fargo. Darcy, Lana and I would be grateful for any help that can be given by the members of Area 43 Al-Anon.

Connie

PUBLIC OUTREACH

Connie, thank you for the multiple reminders! There is nothing to report for public outreach.

Cathy S

WEBSITE

Everything is updated. Two additional meetings were added.

Thanks for all you do.

In service,

Lila Brendel

MEMBERS CORNER

At the meeting last night when saying the serenity prayer we did the long version, which I had not heard before. It reached me deep inside.

Long version

God grant me the Serenity
To accept the things I cannot change,
Courage to change the things I can,
And the Wisdom to know the difference.

Living one day at a time,
Enjoying one moment at a time.
Accepting hardship as a pathway to peace,
Taking, as he did, this sinful world as it is,
Not as I would like it.
Trusting that he will make all things right,
If I surrender to his will.
That I may be reasonably happy in this world
And supremely happy in the next.

NORTHWEST REGIONAL DELEGATES MEETING

MARCH 6-8, 2020
HOMEWOOD SUITES BY HILTON
2021 16TH ST N
FARGO, ND 58102

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.

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