



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, 2018

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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.

Chairperson's Report

It has been an eventful 3 years. I am grateful for the fulfillment of the Al-Anon teachings that through service of its membership the program continues and thrives.

With Sheila S. as alternate Chair at the helm for three assemblies of my term; progress, growth, fellowship, and of late Elections became reality.

I want to commend Sheila S. and her immediate acceptance of responsibility when asked to lead the next assembly. Such willingness to serve when asked made an impression on me that I'm sure will make my future opportunities to serve an easy "yes". I guess that's why some of us have awarded her the "Black Belt" in Al-Anon.

And of course, the members of the entire Assembly working together to complete the agenda making Area 43 a vibrant and progressive Al-Anon living tool. This is certainly a hopeful program and way of life.

It was a real honor to have been elected Chairperson 3 years ago and I have long been grateful for the confidence you all had in me and my leadership abilities. Now that confidence works for me in my everyday life. After attending assemblies for 6 years prior, I had a good sense of what the Assembly could become. I feel gratified that our Assembly has become an example of "How Al-Anon Works". As new GRs joined us, they could be seen taking their rightful stance, responsible to their home group and the effectiveness of its Program.

But let me remind you of my introductory attitude, taking advantage of the position as a "Bully Pulpit". Admittedly this was in the direction of what I know was really "Control" as I was determined to make a difference. As time went by members took the ball and ran with it. Al-Anon is a good way to do business. Everyone has their say and all members are fully informed. Decisions are often unanimous and satisfying.

And perhaps most important of all: I had fun.

Grateful in Service,

Walt G.

Delegate's Report

Hi Everyone,

Thanks for the wonderful opportunity to serve as Delegate for the last three years. I appreciate the trust you placed in me. I know Sheri S will be a great Delegate!

I look forward to serving as Chairperson and working with all of the new office holders!

Yours in service,

Carol T

Alavine Treasurer's Report

BALANCE FORWARD AUGUST 1, 2018 **\$ 5,116.29**

INCOME:

Group Donations	\$ 1,195.00	
Alavine/Web	\$ 45.00	
Fall Registration	\$ 350.00	
Interest 9/30/18	\$ 0.22	
Anonymous Donations	\$ 100.00	
Tradition 7-Fall Assembly	<u>\$ 217.00</u>	<u>\$ 1,907.22</u>

TOTAL INCOME **\$ 7,023.51**

EXPENSES

FALL ASSEMBLY EXPENSES

COORDINATOR	\$ 400.00	
AREA CHAIRMAN	\$ 175.00	
ROOM MEALS MILEAGE		
ASSEMBLY NEWCOMBERS PACKET		
PRINTING 262.04 FOLDERS 8.06	\$ 270.10	
PRINTING FOR TREASURER	<u>\$ 12.58</u>	

TOTAL EXPENSES **\$ 857.68**

BALANCE AS OF NOVEMBER 1, 2018 **\$ 6,165.83**

RESPECTFULLY SUBMITTED

CONNIE B

AREA 43 TREASURER

NOVEMBER 2018 APPEAL LETTER

Today we have our conference approved literature, face to face meetings, online meetings and the great fellowship of the Al-Anon program. **Where would WE be without this?**

Will you and/or your Al-Anon group be the “one” that financially helps Area 43 Al-Anon (North Dakota) function and survive? Some actual and/or estimated expenses coming up for Area 43 are as follows:

Fall Expenses:

--World Service Conference Equalized Expense \$2500.00

Spring 2019 Assembly Expenses

--Delegate/Chairman \$1,490

--Coordinators/Other Officers \$ 520

--Northwest Regional Service Meeting \$800

Please send all group and individual donations to me (address below). Your Alavine subscriptions and website donations can also be sent to me at the following address:

It has been a privilege to have served as your treasurer for the past 3 years.

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

REMEMBER THAT AS OF JANUARY 1, 2019 ALL DONATIONS SHOULD BE SENT TO OUR NEW TREASURER.

**ERIKA S.
1702 11TH AVE
GRAND FORKS ND 58203**

District Reports

District 1: Williston

Williston AFG meets on Mondays at 8:00 PM at St Peter's Episcopal Church. We have an average of 12 regular members attending per week. We hold Step Meetings the second Monday of every month. Our group is going through the Group Inventory worksheet. We meet for 30-60 minutes after group the first Monday of every month and answer 5-6 questions. We trust this process will help us be a healthy and lasting group for those who come after us. Kerry P. has stepped up to be our next GR! Kerry and I participate in the 2020 Round-Up Steering Committee meetings as an Al-Anon liaisons. Cathy S. from Jamestown has agreed to be the Saturday evening Al-Anon speaker at the 2020 Round-Up!

The Thursday Noon AFG in Williston continues to meet at Good Shepherd Lutheran Church. The group is just getting started, so there may be 1 or 3 attendees depending on the day. The group is working on getting registered with the WSO.

Tioga AFG now meets on Thursdays at 2:00 PM at First Lutheran Church. They have 4 regular attendees.

24-Hour AFG in Watford City meets at Thursdays at 7:30 PM at First Presbyterian Church. They have 3-4 regular attendees.

Stanley AFG meets on Saturdays at 10:00 AM at Stanley American Lutheran Church. No updates.

LIS,

Tanya V

Williston AFG outgoing GR

District 2: Dickinson

Dickinson District 2 Al-Anon meets on Wednesday evenings at 8:00pm at Saint John's Episcopal Church basement. We continue to have new faces at our meetings, and hope they continue to come back and recover with us. Our group size will vary from 5-12 in attendance. We have an open meeting format and all are welcome.

District 3: Minot

Hi All, Hope this finds you all warm and well on this chilly day.

In District 3 we are looking forward to our Holiday Kick-off party to take place on December 1st at 6:00 pm. We have a few blankets and afghans ready to raffle off with many more items to come....

We will soon be working with our District 2 AA's on their annual Spring Fling.

Most of our groups are doing okay financially. We are seeing attendance ranging from 2 to 6 people at meetings. The Monday Night Newcomers and Saturday Morning meetings seem to have the highest attendance rates.

Yours in Service,

Brenda G.

District 3 Representative

District 4: Bismarck

District 4 is grateful for enjoying the Fall Assembly and fantastic WSO Trustee visit! The District members are excited to transition into the new service roles. Thank you, AFG members, for all of your service!

The registered Saturday evening AA meeting with Al-Anon participation at 8pm at Heartview continues to provide Al-Anon opportunities to a much-needed audience on the third Saturday of the month.

The District finances continue to be very strong. Our District meetings, held in gratitude:

Monday Night AFG: outgoing GR, Lynelle - strong attendance (15-20 regularly), frequent newcomers, good finances, new service positions are eager to begin.

Tuesday Brown Bag AFG: outgoing GR, Sheryl - average 10 attending, stable finances, monthly business meetings, 1-2 newcomers a month, new service positions are eager to begin.

West River AFG (Tuesday night): continuing GR, Steve - 8-14 attending, quarterly business meetings, 1-2 newcomers weekly, service positions are eager to continue.

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

North City (Thursday night) AFG: outgoing GR, Lila, - all in good standing, finances good, new service positions are eager to begin.

Saturday Morning AFG: outgoing GR, Molly - 20+ attending, hosted a successful possible potluck with AA and alternated AA and Al-Anon speakers, new service positions are eager to begin.

Knife River AFG: no report nor contributions since 2001.

ND AFG LDC has officially relocated to Bismarck! Please contact Steve (District 4 GR), LDC at: ndafglc@midco.net or 701-426-1545.

Gratefully yours in service,

Liv F/B

District 5: Devils Lake

No Report

District 6 & 8: Jamestown, Fargo

It's hard to believe this is my last report for the Alavine as District 6&8 Representative. This service position has been such a wonderful and filling experience. It inspires me to take this opportunity to encourage others to take a service position. Through my work at the District level, I've met so many wonderful people and it's also helped me so much in my own recovery. It seems cliché, but I've received so much more than I've given. I'm so excited about the future of our District and our Area. We've grown so much, and I don't mean in numbers.

Our meetings at both the District and Area levels have become much more efficient, allowing us to focus more on new business and to allow more time for fellowship. We have a much better understanding of WSO, our national organization, and how it serves our Areas and Groups. For me, personally, the support and understanding of others dealing with the same thing I'm dealing with is invaluable. Thank you to all the groups and members in District 6&8 for the opportunity to serve as District Representative.

Our next meeting for District 6&8 is scheduled for Saturday, November 10th, from 9:30-11:30 am at Olivet Lutheran Church in Fargo. The meeting will be dedicated to election and orientation of officers for the 2019-2021 term. I'm excited about the new Group Representatives as well as those returning. What a great group we have and I'm hopeful we'll have many taking service positions at the District level. All you need to be is willing and the rest will take care of itself.

Thank you again, to all who attended the Round Up and Assembly meeting in Fargo. It was a great success and a great turn out. Our WSO Trustee, Chere F., was asked the day of Assembly to fill in as the Saturday evening Al-Anon speaker. She did such a great job and I heard so many positive comments. The workshop our District put on at the Round Up was well-received; fun to do and watch, but offering some great information and discussion. The whole weekend was inspiring, rewarding, and such a great time. We rock!

Again, thank you for the opportunity to serve as District 6&8 Representative and I'm looking forward to the opportunity to serve as Area 43 Delegate. Have a blessed fall and winter.

District 6&8 Representative

Sheri S.

District 7: Grand Forks

No Report

Coordinator Reports

Alateen:

I'm happy to be the Area Alateen Coordinator for the next 3 years. Bismarck/Mandan Al-Anon is still interested in starting an Alateen meeting and I'd like to see them through this. Higher Power willing we'll finally see an Alateen meeting in North Dakota!

Dee S

Alavine:

ODAT p306: “God grant that I may never urge anyone to take any action but the constructive one of employing Al-Anon ideas.” In my excitement of working the Al-Anon program, I pray I work my program my way and let others work their program in their own way. Teamwork and cooperation are wonderful recovery tools learned through service. May our incoming service providers have a wonderful term! May Al-Anon thrive! Thank you, Connie, for your willingness to work on the Alavine this next term!

Darcy A

Archives:

I have been doing service since 2009 at the Area Level and am so happy I am able to include service in my Al-Anon Journey. I am thankful for the friends I made along the way. Before Al-Anon I don't think I ever held an office in any organization. It is wonderful that so many are willing to stand up and embrace service in so many ways; one being, filling the positions at the Area Level. That is what helps us all to grow and thrive in Al-Anon. Thank you, Donna J and Dale for your willingness to serve in the capacity of Archives Coordinator and Alternate/Assistant.

Cheryl M

Forum:

September Forum Subscriptions: Forum September 2018 sales lists information regarding the month of September only: North Dakota continues to grow sales! As of September, we have 13 group subscriptions, with 14 copies sold (up one each respectively from July; the number of copies sold reflect when groups purchase more than one copy); 87 individual subscriptions with 90 copies sold (up from our 83 subscriptions and 86 copies sold in the last Alavine Forum report); with a grand total of 100 subscriptions with 104 copies sold (up from 95 subscriptions and 98 copies sold as of the last Alavine Forum report). For the United States and Canada, the total Group Subscriptions are 2,474 with 3,045 copies sold (up from 2,447 with 2,994 copies sold), 17,066 individual subscriptions (up from 17,009) with 17,998 copies sold (up from 17,980; subscription versus copies sold reflect some individuals who purchase more than one copy); we have a grand total of 19,540 subscriptions (up from 19,456) with 21,043 copies sold (up from 20,974). Let's keep up the great increase in our Forum sales!

The Forum wants to hear from all of us! Forum is always in need of sharings, particularly sharings aimed at newcomers as well as those focused on the three Legacies (the Twelve Steps, Traditions and Concepts of Service). Also, please send sharings from Alateen members and Alateen Group Sponsors. Please send your strength, experience and hope!

Guidelines for Submitting Photos to The Forum: Readers may submit photos in addition to articles to The Forum. As with articles, the magazine cannot guarantee that photos submitted will be published. A few things to consider when submitting a photo include:

- + Appropriate Subject matter – be thoughtful about the subject matter of the photo you submit
- + Consider Traditions Eleven & Twelve – please do not submit images that include a full face
- + Religion & outside entities – please avoid images relating to specific religions or outside entities
- + Photo credit – please indicate, e.g. first name, last initial, state/province; pseudonym or “Anonymous”
- + Copyright – these photos become AFG, Inc. property, only submit photos that are not copyrighted

The WSO cannot guarantee publication of any submission, however if your photo is published, you will receive a complimentary copy of the issue in which it appears.

Send your photo to The Forum, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617; or wso@alanon.org with The Forum in the subject line; or to alanon.org/forumshare.

The Forum Book Project: The Forum Book Project (working title) wants to hear from you! The Forum is still accepting submissions of members' favorite Forum articles to be compiled in a new piece of Al-Anon literature, particularly articles from 2017 and 2018. Please send Forum articles you would like included in the book to wso@al-anon.org or to The Forum, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617.

Gratefully yours in service,

Liv F/B

Group Records:

AREA 43 - November 2018 Group Records Coordinator REPORT

Since the Fall report, I have made updates to group information as requested by members at the Area Assembly. The changes have been updated at the WSO and on our website as necessary.

A recent email from Valerie Stump, WSO Group Records Coordinator announced a new tool for Group Records that was released mid September, shortly after our Fall Assembly. Part of her email is below:

"Regarding the WSO's desire to reduce the duplication of effort required to achieve our shared responsibility of keeping Al-Anon group records up-to-date.

We know that the potential for duplication between AGRCs and the WSO exists when:

- o The WSO makes changes during the Annual Update
- o The WSO makes changes after members use the Report a Problem feature
- o The WSO responds to direct email requests for changes

Thus far, AGRCs have not had a good way to identify WSO changes made as a result of these actions. The only option, the WSO Online Group Records Change Log Report, wasn't useful and didn't meet your needs. Over the last few months, we evaluated two possible solutions that *would* meet your needs:

1. Enhance the current Online Group Records Change Log Report.
2. Provide a weekly email notification summarizing WSO changes.

Because of the limitations of the Change Log Report, we concluded that additional enhancements would not provide significant benefits. We opted instead for an email notification, as AGRCs requested a similar format. The email will serve as an alert, letting you know of the most recent change and prompting you to check the affected group records. We encourage you to keep providing us with your valuable feedback, so we can make appropriate improvements. Thank you for all you do for the families and friends of alcoholics."

Shortly after assembly, I received an email from Valerie notifying me of group changes in our Area.

Below are the recent Al-Anon group changes made by the Group Records staff for groups in North Dakota (43_ND).

Group ID	Group Name	District	Meeting City	Notes
10865	24 Hour AFG	District 0001	Watford City	09/17/2018 WSO: No Changes per Annual Update
10786	Primary Purpose AFG	District 0007	Grand Forks	09/17/2018 WSO: Changed GR per Annual Update
305997	Tri State AFG	District 0008	Fairmount	10/26/2018 WSO: Changed phone contact per Annual Update

When I receive these notifications, I will update our meeting list for the Area Website Coordinator if necessary. Respectfully submitted in Al-Anon Service, Nancy H -Jamestown, ND

Literature Distribution Center:

I am very excited that Lana has asked me to write the for the LDC portion of the Alavine. Excited because I get to follow in the footsteps of one who has set one great example for all of us. Giving of herself and her time to help those who suffer from the effects of alcoholism. I only hope I can become as dedicated and loyal as Lana

was to the LDC for so many years. But then, again I do have a great model to follow. Thank you so much Lana for everything you have done and will continue to do for the AI-Anon message. THANK YOU, LANA!

St. George Utah, 3:30 pm Saturday October 20.

After playing in the championship game and losing 17-11 (Silver medal is what each of us received for second place), we gathered together as a team in the parking lot one last time. As we wished all a safe journey back the wonderful state of North Dakota, my wife and I stepped into the car. I got out my trusty navigation device (google maps) and punched in our home destination. 18.5 Hours! Ugh that's a long time in the vehicle. What could possibly make this trip any longer you ask? My driving. I got to talking with my wife and missed the turn I was supposed to take. Before I realized it, we were 30 miles deep going West instead of North. Bring back Google Maps to the rescue! It found us a quaint unmarked road back to the interstate (without backtracking) and put us back on the right path. My 5-minute sigh of relief and calmness suddenly disappeared when I looked in the rearview mirror and saw the flashing lights. Yes, I was being pulled over, in Idaho. The officer was very nice. He reminded me that I did not signal for 5 full seconds before switching lanes and that I didn't allow a 3 second gap from the car in front of me (he said my gap was 1 second). I explained my situation. I apologized for the infractions, and engaged in a little small talk. In the end he tapped on the passenger door twice and said "I won't keep you any longer, you may go on your way." As I thought about the reason I was stopped, I began to think about some of the small rules in life that exist but are rarely followed. This officer reminded me to take a look at some of those "little" rules in life and consider how they are important in our safe journey we call life. Sometimes what we consider "insignificant" rules of life may very well one day save us from an impossible outcome. Be kind to one another! One very simple tool we can use on a daily basis that helps us to feel good and may help someone who is just having an off day. It can be the little things that can make a BIG difference!

The LDC will be operational again on Monday November 12. Until that time, please allow me to get organized so that I may serve the State of ND with the same dedication and care Lana did.

Your Incoming LDC Coordinator, Steve B

ND AFG LDC

1309 Sunset Drive Mandan ND 58554

701.426.1545

ndafglcdc@midco.net

Literature:

There is nothing to report at this time,
Molly, incoming Literature coordinator

Public Outreach:

There is nothing to report.
Brenda G.

Website:

There is nothing new to report. We will have a new coordinator in January, Lila B. We are happy to answer any questions if they arise.

Heather and Erika

Member's Corner

Service

Service is a very scary word. Especially for me. I have a friend that likes to play the game "Question of the day" with me. Well this week she asked me "what is your biggest fear?" I didn't really have to stop and think too long about that one. Although I have many fears, the biggest fear I have is the fear of failure. Service is not a task I am really comfortable saying yes to. Before the Al-Anon program became a big part of my life, I turned down many opportunities at service because I didn't think I was good enough: I didn't think I knew as much as the next person, and most importantly I didn't think I would succeed. The fear of failure ruled in some of my life choices. Living with an alcoholic didn't help. I lost a lot of my self-esteem, self-worth and confidence because I felt even more like a failure. I took the alcoholism in my life to be a personal failure. I was in rough shape to put it mildly. With the help of the Al-Anon program and the most wonderful loving group of Al-Anon friends I have, I am now able to say YES. Yes to service. And what a blessing it has been for me to say yes. The fear is still there. That I will always carry with me. But thanks to the Al-Anon program I don't have to listen to that fear anymore. I can step out with the guidance of God; the support from those currently in service, those in past service and those who just give a kind word at an Al-Anon meeting. Progress not perfection. Service is something we can learn and grow as we say YES. It's because of saying yes that I was able to listen to one of our Al-Anon Trustees at the Area Assembly. What she said will stick with me for the rest of my life, "Service is about never doing it alone." And if I don't have to do it alone, I am more comfortable in telling my fear to just take a back seat here, I am saying YES to service!

A grateful member of Al-Anon, Steve B

Step up your Al-Anon experience

Starting Tuesday January 8, 2019 at the First Lutheran Church on 408 9th St. NW, Mandan ND we will look at the steps in depth using the manual "Reaching for Personal Freedom". We will do one step each Tuesday evening for 12 evenings. The study will conclude with the 12th Step on Tuesday March 12, 2019. This is open to anyone that is interested and is willing to learn more about the steps. New members, experienced members are welcome. We never graduate and can always learn.

I happen to know someone that has books (Reaching for Personal Freedom) for sale. I am sure he will also have them available at the meetings.

We will meet at 7:00 pm (one hour before the regular Al-Anon meeting) in the basement of First Lutheran Church in Mandan. Use the East Office entrance door. Stairs are immediately to your left. Go downstairs and follow the signs.

Hope to see as many there as possible.

Thank you, Steve B

Meeting notes from Johanna X

perfectionism - my ongoing quarrel with reality

19 Oct '18

When I'm in Crisis... (am I)

HALT
tired, lonely, angry, horny, hungry or hurt

I CAN be in charge without telling others what to do.
Concept 101

This too shall PASS...
joy & tragedy do not last forever

I have a **choice...**
there is a path & program to help me cope

Allow each moment to evolve by our H.P.

How Important is it?
keep the big picture

Where can I create **SPACE**
take time to **SAVOR** something every day

Patience arises when we realize the difficulty of what we are presented

God, thank you for the awareness of myself as I take a big swing of suffering (anger, resentment, blame, victimhood) I can forgive myself... Awareness means there's **HOPE.**

the only place my spirit rests is in the present moment

BREATHE

Keep Coming Back ...

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