

SPRING ASSEMBLY
APRIL 19, 2016
CORNERSTONE PRESBYTERIAN CHURCH
1000 3RD STREET NE
MINOT, ND

7:30 Registration
8:00 Newcomer Orientation
8:30 Assembly begins

Announcements: Donna J. shared housekeeping information and thanks those who brought snacks to share and items for the silent auction.

The meeting was called to order by Walt G. at 8:45 AM.

The Welcome was read by Walt G.

The Serenity Prayer was said by everyone. The Traditions, Concepts, and Warranties were read by everyone.

Introductions were done by everyone.

Voting members in attendance included: Donna J. Lynelle K., Donna J., Mona P., Darcy A., Gayle D., Dee S., Barb S., Cathy S., Judy J., Lisa C., Randy B., Lana N., Tanya V.

Non-voting members in attendance included: Liv F., Sheila S., Carol T., Connie B., Nancy H., Walt G., Erika S., Sheri S.

Walt G. shared the discussion from the AWSC held the previous meeting which pertained to passing the basket at the Assembly meetings. The current practice is to place the basket on the back table rather than to pass it around the room. He then read the introduction to Tradition 7, "Passing the Basket," from the Service Manual, page 21. Walt asked that we postpone voting on this topic until after Carol's presentation on KBDM. This would provide education to new members on the process and allow us to put KBDM into practice for anything discussed at the Assembly meeting.

Connie B. announced that new comers' packets were available on the side table for anyone who has not received one in the past. She shared the list of contents with the group.

Carol T. did a presentation on Knowledge Based Decision Making (KBDM) for the group, a methodology for decision-making adopted by WSO in 2006.

She had everyone write down the five questions for the process.

1. What do we know about our members' needs?
2. What do we know about the resources and our vision for the organization that is relevant to this discussion?
3. What do we know about the current realities and our fellowship that is relevant to this discussion? What are the pros and cons?
4. What are the ethical implications of our choices? Will our decision be consistent with our spiritual principles?
5. What do we wish we knew, but don't, or what else do we need to know before moving forward?

Carol suggest we all share with groups and use in this process for decision-making in group meetings.

We then used the KBDM process for discussion on the 7th Tradition. Findings noted were:

- 1) Some members may feel uncomfortable if asked to contribute and can't afford it.
- 2) Passing the basket is the practice at group meetings so doing the same at Assembly meeting doesn't seem unreasonable.
- 3) The Area is short of funds to cover all expenses and donations would help resolve the issue.
- 4) No one should be judging anyone else.
- 5) No one should feel obligated to donate.
- 6) A closed container could be used so giving can be anonymous.
- 7) The introduction from the service manual should be read prior to passing the basket.

Donna J. made a motion that we pass a container providing anonymity after reading the "Passing the Basket" from our service manual. Dee S. seconded; motion passed unanimously.

Secretary Report – Motions were read by Sheri S. Darcy A. made a motion to accept the secretary's report. Randy B. 2nd. Motion carried unanimously. Discussion. Connie B. recommend any details on correction/additions to anything voted on be included in the minutes. This will be done moving forward.

Treasurer's Report – Read by Connie B. Erika S. reported there would be an additional bill for the website.

In review of the budget, there were questions on the equalized expense and what that includes. It was explained that with equalized expenses, the delegate does get reimbursed for all her expenses to attend the national WSO conference. This is how it is done: WSO estimates the travel expenses for all Delegates attending the conference. They pay all the expenses for all the Delegates while at the conference (hotels, meals, materials, etc.). The total of estimated travel expense and total of the expenses while at the conference are combined and the divided by the number of Delegates attending (one from each Area). This amount is then billed by the WSO to each Area. Delegates make their travel arrangements and submits those bills to WSO for reimbursement. This methodology keeps the cost of attending the WSO conference the same for everyone regardless of their location and actual cost to get there. It allows everyone the same opportunity to serve.

There were questions about the heading "Fall Assembly Expenses..." Connie B. reported this was a typo and to strike the word "Fall" from the heading.

Cathy S. made a motion to accept the treasurer's report as corrected. Motion 2nd by Judy J. Motion carried unanimously.

Connie B. also shared the Area Appeal Letter and asked that everyone take this back to their groups.

*** The treasurer's report and appeal letter are attached below.***

District Reports

District 1: Tanya V. Nothing additional.

District 2: Donna J. shared that the Dickinson AFG meets at 8:00 PM and there are about 10 people attending.

District 3: Lana N. shared that they are working on their Spring Fling. Everyone is welcome to attend.

District 4: The following was reported by Liv F.

District Finances are strong.

1. New Salem meeting – sent financial contribution to the district though it's not a registered Al-Anon meeting.
2. Knife River AFG – no report or contributions since 2001.
3. Monday Night AFG – consistent attendance, 12 – 20, strong finances, routine monthly business meetings, routine newcomers; Lynelle K. is Group Representative (GR).
4. Tuesday Brown Bag AFG – NEW meeting at noon at McCabe, begins Tuesday April 5, 2016; Shelia is GR / contact.
5. West River AFG – small group, weak finances, no registered GR, though I have contact information for one member.
6. North City AFG – consistent attendance, 10 – 20, strong finances, routine newcomers; Patti is GR.
7. Step Meetings – held regularly before North City AFG.
8. Saturday Morning AFG - consistent attendance, 30 – 50, strong finances, routine business meetings, routine newcomers; Molly is GR.
9. Third Saturdays of the month, 8:00 pm, Heartview Open meetings, monthly Al-Anon Speakers share their experience, strength and hope.
10. 2016 Al-Anon Faces Alcoholism ordered and received 200 copies to distribute to medical and correctional facilities in Bismarck / Mandan area.

District 5: Paula. No report.

District 6&8: Cathy S. No additions or corrections.

District 7: The following was reported by Lisa C., District 7 Contact.

A few of the Al-Anon groups within the district continue to slowly grow with newcomers – we are seeing more males attending our meetings. The district currently has the DR position open and we are rotating groups to assist with the District Secretary position which is also open. Filling service positions at both the group and district level continues to be a challenge in spite of discussing these needs and the importance of service work within our groups. Our District Public Outreach reps are working on a flyer to place in various venues in the community to get the message out about Al-Anon and the monthly district open meeting. Two of our groups are working on group workshops ie 12 Step Workshops at this time. One of our groups provides the How Al-Anon Works book to newcomers after the newcomer attends their meeting three times as a way to pay it forward thru use of group donations. We continue to work on growing the program in our community.

Coordinator Reports

Alateen- Dee S. had a question from a group regarding the age of teens being allowed in meetings. Barb S. reported her group lets them attend. Donna J. stated they should be allowed to attend. Lana reported that some have teens have been dropped off by parents and that there have been some behavioral problems. These have been addressed. Randy B. reported

they keep Alateen literature on hand to share if someone attends. Darcy stated some members bring kids and they are welcome. Gayle D. stated they are welcome at her group.

Alavine

Darcy A. Nothing new to add.

Archives

Nothing more; was submitted to Alavine.

Forum

Electronic subscriptions of the Forum are on the rise – as of December 2015, there are 500 electronic subscriptions. Individual copies of the Forum are available for \$1.49 on Amazon and Kobo; and for \$1.99 on iTunes. Annual subscriptions are available for \$11.00 on Nook. Liv F. will research how much of electronic subscription costs go to WSO.

Group Records

Nancy H. brought a printout of each group from the WSO website. She invited everyone to look at their group's information to make sure it is accurate.

Literature

Addition to report already published in the Alavine:

Courage to Change daily reader is now available as an E-Book and an audiobook. Either can be ordered from online third party sites, not directly from WSO. The book is in two editions at a cost of \$6.99 each; this is to enable Al-Anon to receive the most revenue. It is in MP3 format as well.

Each quarter a sample chapter of an Al-Anon book is posted on both the Al-Anon Public Outreach site and the Members site for people to read. For March it is from Al-Anon's Twelve Steps and Twelve Traditions (B-8); and from April to June it will be from the book Discovering Choices (B-30).

Sharings are still needed for: the new daily reader, "Intimacy in Alcoholic Relationships" (working title) and the new pamphlet, "Parents and Grandparents of Young Problem Drinkers" (working title). There are writing guidelines on the member's website: www.al-anon.org/members, found in the Guidelines and Procedures folder under the Library box.

The spring edition of the Area Highlights is available! What IS Area Highlights? It is the newsletter of the WSO which is chock full of the latest news from the World Service Office to the membership. Go to www.al-anon.org/members and log in. The login is the name of your group and the letters afg.

Lastly, How about having an Al-Anon Movie Night?? Gather together as a group and watch and hear the inspirational words of the story of "Lois Wilson"-(Al-Anon's co-founder) and/or "Lois & the Early Pioneers" on DVD. These two DVD'S are rentable from WSO at \$25.00 each- postage included. Order AV-1 for Lois's story and AV-24 for Lois & the Pioneers.

In Al-Anon Service,
Judy J., ND Area Literature Coordinator

Website

I was asked by our Delegate to do a presentation going over the website at Assembly. I went through the website page by page and gave everyone in attendance an idea of how it can

help them and we discussed things they would like to see and items that would/could be added.

The "Events" page continues to be updated with anything members send for upcoming events. Flyers have been uploaded for some district events and for the State AA/Al-Anon Roundup in September in Medora. If you have anything coming up that you want put up email Heather and I or email us at the ndalanoninfo@gmail.com address.

The Literature Distribution Center (LDC) email was updated on the site and was adjusted to show the email address and also make it a clickable link. Some members mentioned there were problems when clicking on it so we made a decision to show it since it didn't break any anonymity since the email was updated and didn't show any names. A blurb was added that mentioned the money stays within the Al-Anon organization if you purchase through the LDC, WSO and at group meetings versus third party sites. In addition, a literature list with pricing will be added soon for members and groups looking to order directly from our LDC. This will continue to be updated and added to the website when there are changes.

A "For Groups" page was added for documents pertaining just to the group level. Some of the information you can find on this page includes Suggested Financial Commitments, Taking a Group Inventory, meeting lists and so much more! If you have suggestions of things you think should be on here or want anything added please let us know.

The website was renewed for another year and will expire next March until we renew again. Updated credit card information will be needed so there is no interruption in service. Connie has been in touch with me and will update me when she gets it.

In Service,
Erika S.

Public Outreach
No report

Literature Distribution Center (LDC)

Lana N. reported there is a new email address for the LDC: minotafglcdc@srt.com. This should be used for ordering literature. She also passed around a new price list. We played a literature trivia game. Winners were Dee S, Liv, Lisa and Donna.

Delegate Report

Carol T.: The following is an addendum to the Delegate's Report published in the Spring 2016 Alavine.

I attended the Northwest Regional Delegates Meeting on the weekend of March 11-13, 2016. Besides meeting all the fabulous people who attended this meeting, I learned the following:

This meeting was INCREDIBLY ORGANIZED!!!! It was one of the most effective, fast moving, and engaging service meetings I have ever attended!! They had a schedule, and they stuck to it! If the amount of time allotted ended up being too much, they opened the floor to questions, but as soon as time was up, we moved on to the next topic.

NWRDC has a mission statement!! (Why don't we have one for our Assembly???)

"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, and group conscience and obedience to the unenforceable.

Finally, to strengthen current delegates and keep past delegates informed."

Once I got through working the steps for my personal health and well-being, I started in on the Traditions and the Concepts. My sponsor at the time insisted on this. She knew (as I know now) that service beyond the group level is severely affected if the member filling the service position doesn't have a working knowledge of all 3 legacies of our program. If you are here at Assembly, and you have worked through the Steps and are willing to start working the Traditions and the Concepts in your personal life, there is Al-Anon literature that will be very helpful in your journey! "How Al-Anon Works", The Tan Book, "Reaching for Personal Freedom", and picking the brain of your regular or service sponsor!!

The NWRDC is organized to mimic a World Service Conference meeting. It provides one full day and two partial days of learning on a variety of topics and skills new Delegates will find very helpful once they get to the World Service Conference.

- How to "go to the mike"
- Knowledge Based Decision Making and how it's used. This was a PowerPoint and handout, as well as a discussion that had really great participation by all members at the conference. There were some tremendous explanations as well as history of its use.
- We got a virtual tour through the WSO website. One of the things this conference did really well was use technology to enhance the meeting!!
- One topic was "Bringing Spiritual Principles into Business Meetings". The materials used for this talk were taken from S-72 and related materials.
- They provided a VERY HELPFUL voting chart!! This includes who attends the NWRDC and whether or not they have voice/vote. (I believe this would be extremely helpful and a timesaver at Assembly!)
- We were given Chosen Agenda Items (CAI's), and had an open floor discussion to practice this portion of the WSC.
- We also got to see what a "Motion to amend" looks like, and why it is organized the way it is.
- We also worked on the Guidelines for the NWRDC as a group, using a projector and laptop. The corrections were made during the discussion, and put on a jump drive for the next host area (Montana) to carry for the next meeting.
- We also played some learning games, and had plenty of time to meet each other and ask one on one questions.

Did you know, it is Al-Anon's 65th Anniversary this year?? What is your group, District, (and our Area) going to do to celebrate?? We were given a list of suggestions turned in by members prior to the NWRDC to take home and share. Some of the suggestions on the sheet had already been acted on by the group/district who submitted them.

It is my sincere belief that attending this meeting gave me a huge jump start for attending the World Service Conference!! I made new friends, and I have so many ideas to take back not only to my home group, but to my District meeting and to our Area!

Even though our Area decided on a stipend to pay for the delegate's meeting instead of the actual cost, I have included my real expenses for consideration by the Budget Committee so they can get an idea of the true cost of attendance. The rotation for the NWRDC Conference is in the following order: Wyoming, Washington, South Dakota, Oregon, Montana, Nebraska,

Alaska, North Dakota, and Idaho. As you can see, cost will vary considerably depending on the location of the meeting. NWRD Meeting will be held in Helena, MT in 2017!

Friday night meal: \$10.00

Registered attendee meal tickets: \$45.00 for all 3 meals combined

Train ticket: \$778.00 (This trip by train was approximately 300.00 cheaper than flying)

Hotel for 2 nights: 222.70

Registration: \$5.00

Total Expenses: \$1060.70

Carol shared a packet of information. The first two pages are an Assembly Survey and she asked everyone to complete the first 2 pages and return to her before the end of the day. She explained love gifts and shared the address to send them to her at the WSO Conference. She reviewed the rest of the packet with everyone which included ...

Old Business

1. Changes resulting from Task Force findings in effect as of this assembly: Liv shared information available in the Spring 2015 Alavine on the ND Al-Anon website.
2. Walt G. reported he had received some questions from District 6 & 8 as they reviewed their budgets during discussion of setting a prudent reserve. Questions were:
 - a. Reimbursement of gas/mileage. All of our groups reimburse members by asking them to turn in receipts for gas. This is much less expensive than reimbursing people at the federal mileage rate. We all realize that there is wear & tear on vehicles, but it's not like we're sales people wearing out a vehicle with tons of miles every month. This is service and for trips to meeting 3-4 times a year or assemblies 2x/year, we just feel that's extravagant for our area to pay, especially since we are "hurting" for money. That might be a good question to put to the members.
 - b. We're unsure of why only the chairperson and delegate are reimbursed for their expenses when other officers are needed at the meetings also. It may be because all the GR's and DR's are already getting reimbursed by their groups and districts. What about an officer that is not the GR or DR? We have some of those and they only get \$40. That doesn't seem quite fair.
 - c. Along those lines, if someone is getting reimbursed by their group or district for expenses, we felt the Area should not also be reimbursing them. That would be "double-dipping" and it probably doesn't even happen, but we wondered. Again... the Area doesn't have money to spare...
 - d. We also wondered about the meal allowances. Most hotels offer a continental breakfast and you can eat pretty reasonably anywhere in ND. We thought \$40/day might be more than is needed... Just a question. Perhaps that could be reduced or the meals could be reimbursed per receipts turned in? Something for discussion.
 - e. Budget... When/who prepares this? It seems like it's "done" at every meeting regardless of it's a spring or fall meeting.
 - f. Could we pass the basket or do a Tradition 7 collection at assembly meetings to help the Area with its budget? We do that at our district meetings and it has helped our budget a lot.

There was much discussion by members on reimbursement for expenses for Area Chair and Delegate as well as others in attendance. Randy B. made a motion that a Funding Area Assembly Thought Force be formed with the members to be determined by the chair. This group would bring their findings at Assembly when the information is mature enough to

present. Dee S. 2nd; motion passed unanimously. Walt G. then suggested the group be made up of the following: a District Representative, Group Representative, Past Treasurer, Past Delegate and two members at large. Volunteers were: Liv F., Cathy S., Barb S., Donna J., Ericka S.; Nancy H. It was determined that a preliminary draft would be created by 7/15. Liv F. volunteered to coordinate the activities of the Thought Force.

3. Budget Committee: Walt G. stated the Budget Committee would meet following the meeting to prepare the 2017 budget for presentation at the Fall Assembly meeting. Two members-at-large are needed in addition to the Chairperson, Treasurer, Past Treasurer, and Secretary. Volunteers were Cathy S. and Randy B.
4. Fall Assembly 2016: This is scheduled for September 16-18, 2016 in Medora at the Community Center. Donna reported things are going well. They need a panel group for the afternoon and asked for participants. Lana suggested past/current delegates with a topic of "The Power of One" and how one person could make a change. Volunteers were Carol T., Lana N. and Donna J. This workshop is scheduled for Sat afternoon.
5. Al-Anon Website www.al-anon.alateen.org: Carol T. demonstrated how to navigate the website. To get into the members information, a password is required. The password is your group name + "afg" or, for example, "easydoesitafg."
6. Erika S. then demonstrated the ND Al-Anon website; ndalanon.com. Any events/activities going on in the Area can be shared on the website. Please send information and links to Erika or to the email listed under Contact Information on the home page. You can order literature from LDC but are encouraged to ask any questions of Lana prior to ordering. It was suggested that some information be put on the Literature tab about how the purchase of literature through our groups, the LDC or even WSO is of benefit to our organization.
7. Connie B. brought up the question on the love gift as this needs to be voted on. There is \$50 in the budget for Carol to do the love gifts or donate to WSO. This is done the 1st year the delegate goes. There is \$60 in the budget which is a donation for the WSO from our Area. Discussion. Donna J. made a motion that we provide the \$50 for the love gift for Carol to take to WSO and a \$60 donation to WSO from the Area. Darcy A. 2nd; motion carried.
8. Dee S. asked about having our meeting at the hotel when we are in Minot as it would be very convenient for most folks attending and staying there. There is a second room available to meet in. If that is not a viable option, we could check into other hotels and compare costs with each option. Sheri S. volunteered to get the information from the Comfort Inn and share back with the group.
9. Motion to close was made by Lynelle K. Randy B. 2nd; motion carried unanimously. The meeting was adjourned at 3:40 PM.

North Dakota – Area 43 – Al-Anon Family Group
Treasurer’s Report – Spring Assembly Held March 19, 2016
March 17, 2016

Beginning Balance October 27, 2015		\$ 2,016.60
INCOME:		
Group Donations	\$ 737.25	
Alavine/Website	\$ 75.00	
Total Income		\$ 812.25
TOTAL INCOME		\$ 2,828.85
EXPENSES:		
Equalized expense	\$ 1,297.00	
TOTAL EXPENSES		\$ 1,297.00
Ending Balance March 17, 2016		<u>\$ 1,531.85</u>

A P P E A L L E T T E R—March 19, 2016

A new 3 year term of officers started January 1, 2016. I have borrowed part of this appeal from our previous appeal letters.

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 Assembly Expenses:	
-- <i>Delegate/Chairman</i>	<i>\$ 1,490</i>
-- <i>Coordinators/Other Officers</i>	<i>\$ 520</i>
<i>Equalized Expense for 2017 WSC</i>	<i>\$ 1,500</i>
<i>Total Expenses</i>	<i>\$ 3,510</i>

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:

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

Respectfully submitted,

Connie B., Area 43 Treasurer