



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

<http://www.ndalanon.com>

<http://www.alanonfamilygroups.org>

Fall 2015

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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.

Deadline for next Alavine submissions is **February 1, 2016**. Send submissions to darcy.avery@hotmail.com Note that the Alavine is available only via email currently. **Remember to renew your Alavine/Website Subscription annually.** Please consider maintaining your individual or group commitment of \$15.00/year to help support the costs of maintaining the ND Area Website! Tradition 7 tells us, "...we are self-supporting through our own voluntary contributions."

Chairpersons' Report

As I sit down to write this last report I started to think about a reading that I saw a couple of weeks ago. "What if I woke up today with only the things I thanked God for yesterday" It started my reflection of the past years in this program-from where I started to where I am today. Like most of us when I first went to a meeting I didn't know what to expect I just knew that something had to change. I wasn't sure if it should be me or the other people in my life. I am so thankful for that Al-Anon member who took me to that meeting and the next meetings. For me it was a gift from God that she was a co-worker who recognized all the signs that I needed some help and knew where I would find it.

For the next few years I attended meetings regularly but in looking back I didn't work the program as faithfully as I do today but that was where I was at. Once I decided that I needed to make (drastic) changes in my life the Al-Anon program and with the help of my higher power I now have a life that I wouldn't change just tweak it when I need to for myself.

I was apprehensive when I retired a year ago as I had supported myself and my family since I was 18. It was scary when I thought of not having a paycheck to count on. I wasn't sure if I could live on my pension and social security but I have made the adjustment just fine. If those of you who had retired hadn't said how much you liked it I might still be working and missing out on getting to know the rest of my grandchildren, not just the 3 that lived so close. I am now living with my oldest son and his family. My granddaughter who just turned 16 has been a joy to be around as most of her growing up years before her mother passed away we just weren't able to get together much.

As some of you know for a few years my youngest son didn't want to speak to me and I could only see his 2 girls when they were at daycare. During the past couple of years we are starting to get along better. In July he had a baby boy and his family grew to 4 children. His finance has a boy that just turned 2 and they plan on getting married next fall. So I am able to see all 8 grandkids when time permits. What a change and talk about acceptance of what I couldn't change.

My daughter and her 3 children still live in Casselton. Here is acceptance again at work as she and my oldest grandson have health issues (epilepsy) which are rearing up again. I can't do anything to help make sure meds are taken and doctor's appointments are kept or anything else that they need done. They have to learn to rely on each other for support.

So thank you to all who have been there when someone needs the help of AL-ANON and please help the new officers, coordinators and Al-Anon members or those who need the program as you move forward. I am so looking forward to seeing everyone again at the March assembly.

In Al-Anon Service

Connie B. Area Chairperson

Delegate's Report

As most of you know I am in California staying with my sister for the next few months. Her medical condition is getting worse instead of better so we have been seeing lots of doctors and she is having many tests but so far not finding anything that has helped the dizziness, light-headedness, tremors, and nausea. Prayers for finding something that can be treated are greatly appreciated. The weather here has been quite warm with many days in the 90 degree range. They keep forecasting rain but it seems to keep missing us. Many of the lawns are brown and the trees are starting to die because water is rationed and very expensive. Hard to believe when I talk to people in North Dakota that you are starting to get some snow flurries. Yes I do know that it is November and it is time for the snow.

I had a nice telephone conversation with one of the Trustees since I have been in CA and we discussed some of the things that we talked about at our Fall Assembly meeting. Primarily talking about the money

shortage at the World Service Office and how we can all have fund raisers to help both our Area and the World Service Office. I know District 3 has hosted the "Holiday Kickoff Potluck" for several years in late November or early December and Al-Anon members brought various items that we raffled off that evening. We invited members of all 12 Step Groups and their families to come and bring a dish of food to share. We always have a speaker from Al-Anon and one from AA or NA. These are brief 15 to 20 minute talks so leaves time for socializing and the raffle. Some years Santa even came with candy canes for the kid in us all. This event along with one in the Spring where we serve the lunch for the AA Spring Fling asking for donations has provided enough money to send donations to our Area and Al-Anon Family Groups as well as fund purchasing "Al-Anon Faces Alcoholism" for our District and pay all of our bills for the year. I know many other groups and districts also have fundraisers such as Spaghetti Feeds and No Bake Sales. It pays to think outside of the box and realize how important it is to provide financial support at all service levels.

Congratulations to Carol T. our new Panel 56 Delegate for North Dakota! What an exciting adventure you are about to embark on. There will be many highs and everyone wants you to succeed and will provide support in so many ways. Also congratulations to all of the new officers and coordinators. It is so great to see many new people taking Service Positions at the Area level. I am looking forward to some great things happening in our Area.

I hope all of you are able to access the AFG Connects website that replaced e-communities. It seems to be a little more user friendly and I know the Delegates at last years World Service Conference were happy to have something new to provide better communication and to allow more information to all Al-Anon members in a more timely manner.

I am so grateful to all of you for all of the support you provided me through the years that I have been in Al-Anon and especially to everyone for all the emotional support that you gave me through some of the toughest times I have faced in my life. The financial support for attending the World Service Conference and the Regional Delegates Meeting each of the last three years was a large expense and I hope we will continue to provide that support for the new Delegate. The "Love Gifts" that I took to the World Service Conference came from several different groups, districts, and Al-Anon members and I am so thankful to all of you for your generosity.

Thank you to all of you for your service because without all of you Al-Anon members actively working your programs and providing experience, strength, and hope to newcomers and everyone else at your groups Al-Anon would not be able to provide the help and support that so many people need.
Love In Al-Anon Service, Donna J. Panel 53, ND

| |
|---------------------------|
| Treasurer's Report |
|---------------------------|

North Dakota--Area 43--Al-Anon Family Group
Treasurer's Report--for Fall Alavine
October 26, 2015

Beginning Balance August 21, 2015 **\$ 2,168.38**

INCOME:

| | | |
|-------------------------------------|-----------|--------------------|
| Group Income | \$ 500.00 | |
| Alavine | 320.00 | |
| Income Fall Assembly: | | |
| Registrations | 310.00 | |
| Anonymous Donations | 140.00 | |
| Income since August 21, 2015 | | \$ 1,270.00 |
| Total Income | | \$ 3,438.38 |

EXPENSES:

| | | |
|---|--------|--------------------|
| Expenses/Fall Assembly: | | |
| Delegate/In State: | | |
| Registration | 10.00 | |
| Meals | 35.20 | |
| Room | 97.46 | |
| Mileage | 110.00 | 252.66 |
| Chairman In State: | | |
| Room | 97.46 | |
| Mileage | 236.00 | |
| Meals | 65.35 | |
| Registration | 10.00 | 408.81 |
| Coordinators/Other Officers** | | 400.00 |
| Miscellaneous Expenses: | | |
| Copies | 21.93 | |
| Newcomers Packets | 338.38 | |
| Total Miscellaneous Expenses | | 360.31 |
| Total Expenses since August 21, 2015 | | \$ 1,421.78 |

Ending Balance October 26, 2015 **\$ 2,016.60**

(*Coordinators/Other Officers paid includes: Treasurer/Alternate Chairman, Group Records, Archives, Literature (Alavine), Newsletter, Secretary, Alateen, and Website—8 people holding 9 positions—plus two Past Delegates.)

Respectfully Submitted,

Barb S. Area 43 Treasurer
1526 Suntree Drive
West Fargo, ND 58078

Proposed 2016 Budget and Actual 2015 Expenses as of 10-26-15

| 2015 APPROVED BUDGET & PROPOSED 2016 BUDGET | | | | | |
|--|--------------------------|--------------------------|---------------------------------|----------------------------------|---------------------------------|
| DESCRIPTION | ACTUAL 2013 | ACTUAL 2014 | APPROVED 2015 BUDGET | ACTUAL as of 10-26-15 | APPROVED 2016 BUDGET |
| WSC Equalized Expense | <u>\$1,280.00</u> | <u>\$1,493.00</u> | <u>\$1,500.00</u> | <u>\$0.00</u> | <u>\$1,500.00</u> |
| Delegate Token to WSC | <u>\$400.00</u> | <u>\$400.00</u> | <u>\$400.00</u> | <u>\$400.00</u> | <u>\$400.00</u> |
| Northwest Regional Delegates Meeting | <u>\$400.00</u> | <u>\$400.00</u> | <u>\$400.00</u> | <u>\$400.00</u> | <u>\$400.00</u> |
| WSC Love Gift (1st yr. Delegate only)** | <u>\$40.00</u> | <u>\$0.00</u> | <u>\$0.00</u> | <u>\$0.00</u> | <u>\$50.00</u> |
| WSC Donation (voted on yearly)?? | <u>\$60.00</u> | <u>\$60.00</u> | <u>\$60.00</u> | <u>\$60.00</u> | <u>\$60.00</u> |
| SUBTOTAL | <u>\$2,180.00</u> | <u>\$2,353.00</u> | <u>\$2,360.00</u> | <u>\$860.00</u> | <u>\$2,410.00</u> |
| DELEGATE -IN STATE EXPENSES | | | | | |
| Room \$100 per night (effective 01/2013) | <u>\$96.66</u> | <u>\$119.90</u> | <u>\$400.00</u> | <u>\$189.44</u> | <u>\$400.00</u> |
| Meals \$40.00 per day (effective 01/2008) | | | | | |
| B \$10.00-L \$10.00-D \$20.00 | <u>\$54.07</u> | <u>\$79.30</u> | <u>\$220.00</u> | <u>\$80.97</u> | <u>\$220.00</u> |
| B \$15.00- L \$15.00-D \$30.00 (eff 1/2015) | - | | | | |
| Mileage (\$.30 per mile)(\$.50 per mile eff 1/2015) | <u>\$47.65</u> | <u>\$63.00</u> | <u>\$750.00</u> | <u>\$165.00</u> | <u>\$750.00</u> |
| Phone/Printing | <u>\$0.00</u> | <u>\$0.00</u> | <u>\$100.00</u> | <u>\$0.00</u> | <u>\$100.00</u> |
| Registration | <u>\$20.00</u> | <u>\$20.00</u> | <u>\$20.00</u> | <u>\$20.00</u> | <u>\$20.00</u> |
| TOTAL DELEGATE EXPENSES | <u>\$218.38</u> | <u>\$282.20</u> | <u>\$1,490.00</u> | <u>\$455.41</u> | <u>\$1,490.00</u> |

| DESCRIPTION | ACTUAL 2013 | ACTUAL 2014 | APPROVED 2015 BUDGET | ACTUAL as of 10-26-15 | proved 2016 BUDGET |
|---|------------------------|------------------------|--------------------------|--------------------------|--------------------------|
| CHAIRPERSON -IN STATE EXPENSES | | | | | |
| Room \$100 per night (effective 01/2013) | <u>\$172.96</u> | <u>\$279.88</u> | <u>\$400.00</u> | <u>\$183.97</u> | <u>\$400.00</u> |
| 08 Meals (\$40.00 per day) | <u>\$93.41</u> | <u>\$159.01</u> | <u>\$220.00</u> | <u>\$149.81</u> | <u>\$220.00</u> |
| B \$10.00-L \$10.00-D \$20.00 | | | | | |
| B \$15.00-L \$15.00-D \$30.00(eff 1/2015) | | | | | |
| Mileage (\$.30 per mile)(\$.50 per mile eff 1/2015) | <u>\$190.50</u> | <u>\$263.01</u> | <u>\$750.00</u> | <u>\$437.50</u> | <u>\$750.00</u> |
| | | - | | - | |
| Phone/Printing | <u>\$47.94</u> | <u>\$20.64</u> | <u>\$100.00</u> | <u>\$42.03</u> | <u>\$100.00</u> |
| Supplies | <u>\$2.96</u> | <u>\$0.00</u> | | <u>\$0.00</u> | |
| Registration | <u>\$20.00</u> | <u>\$20.00</u> | <u>\$20.00</u> | <u>\$20.00</u> | <u>\$20.00</u> |
| | | | | | |
| TOTAL CHAIRPERSON EXPENSES | <u>\$527.77</u> | <u>\$742.54</u> | <u>\$1,490.00</u> | <u>\$833.31</u> | <u>\$1,490.00</u> |
| | | | | | |
| | | | | | |
| COORDINATORS TOKEN EXPENSE | | | | | |
| EFFECTIVE 2013 \$40.00 | | | | | |
| | | | | | |
| Alternate Delegate | <u>\$40.00</u> | <u>\$40.00</u> | <u>\$80.00</u> | <u>\$40.00</u> | <u>\$80.00</u> |
| | | | | | |
| Alternate Chairperson | <u>\$0.00</u> | <u>\$0.00</u> | <u>\$80.00</u> | <u>\$0.00</u> | <u>\$80.00</u> |
| | | | | | |
| Alateen | <u>\$40.00</u> | <u>\$40.00</u> | <u>\$80.00</u> | <u>\$40.00</u> | <u>\$80.00</u> |
| | | | | | |
| Archives | <u>\$40.00</u> | <u>\$40.00</u> | <u>\$80.00</u> | <u>\$80.00</u> | <u>\$80.00</u> |
| | - | - | | - | |

| | - | - | - | - | - |
|--|------------------------|------------------------|--------------------------|------------------------|--------------------------|
| DESCRIPTION | ACTUAL | ACTUAL | APPROVED | ACTUAL | APPROVED |
| | 2013 | 2014 | 2015 BUDGET | as of 10-26-15 | 2016 BUDGET |
| Forum | <u>\$40.00</u> | <u>\$40.00</u> | <u>\$80.00</u> | <u>\$0.00</u> | <u>\$80.00</u> |
| Group Records | <u>\$80.00</u> | <u>\$80.00</u> | <u>\$80.00</u> | <u>\$80.00</u> | <u>\$80.00</u> |
| Literature | <u>\$40.00</u> | <u>\$80.00</u> | <u>\$80.00</u> | <u>\$40.00</u> | <u>\$80.00</u> |
| Newsletter | <u>\$80.00</u> | <u>\$40.00</u> | <u>\$80.00</u> | <u>\$80.00</u> | <u>\$80.00</u> |
| Public Outreach | <u>\$40.00</u> | <u>\$40.00</u> | <u>\$80.00</u> | <u>\$0.00</u> | <u>\$80.00</u> |
| Secretary | <u>\$80.00</u> | <u>\$40.00</u> | <u>\$80.00</u> | <u>\$80.00</u> | <u>\$80.00</u> |
| Treasurer | <u>\$40.00</u> | <u>\$80.00</u> | <u>\$80.00</u> | <u>\$80.00</u> | <u>\$80.00</u> |
| Web site | <u>\$0.00</u> | <u>\$80.00</u> | <u>\$80.00</u> | <u>\$80.00</u> | <u>\$80.00</u> |
| Past Delegate -\$40.00 per delegate when attending assembly (\$0.00 effective 1/2014) | <u>\$120.00</u> | <u>\$160.00</u> | <u>\$320.00</u> | <u>\$160.00</u> | <u>\$400.00</u> |
| TOTAL COORDINATORS EXPENSES | <u>\$640.00</u> | <u>\$760.00</u> | <u>\$1,280.00</u> | <u>\$760.00</u> | <u>\$1,360.00</u> |
| ALAVINE - 2009 should be on web | | | | | |

| DESCRIPTION | ACTUAL 2013 | ACTUAL 2014 | APPROVED 2015 BUDGET | ACTUAL as of 10-26-15 | APPROVED 2016 BUDGET |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| MISCELLANEOUS | | | | | |
| Bank Service and/or cost of checks | <u>\$0.00</u> | <u>\$27.95</u> | <u>\$50.00</u> | <u>\$88.84</u> | <u>\$50.00</u> |
| - | - | - | - | - | - |
| Newcomers Literature Packet | <u>\$0.00</u> | <u>\$0.00</u> | <u>\$300.00</u> | <u>\$338.38</u> | <u>\$300.00</u> |
| Printing Expense not listed above | <u>\$38.30</u> | <u>\$24.51</u> | <u>\$100.00</u> | <u>\$45.35</u> | <u>\$100.00</u> |
| Postage Expense not listed above | <u>\$27.60</u> | <u>\$0.00</u> | <u>\$50.00</u> | <u>\$0.00</u> | <u>\$50.00</u> |
| Supplies | <u>\$56.24</u> | <u>\$0.00</u> | <u>\$100.00</u> | <u>\$0.00</u> | <u>\$100.00</u> |
| - | - | - | - | - | - |
| Special Assembly room not at hotel or conference center (per policy manual) | <u>\$0.00</u> | <u>\$350.00</u> | <u>\$150.00</u> | <u>\$0.00</u> | <u>\$150.00</u> |
| - | - | - | - | - | - |
| Background check for Alateen Coordinator | <u>\$0.00</u> | <u>\$0.00</u> | <u>\$10.00</u> | <u>\$0.00</u> | <u>\$10.00</u> |
| - | - | - | - | - | - |
| ND Web Site | | | | | |
| - | - | - | - | - | - |
| Domain Charge | <u>\$26.34</u> | <u>\$0.00</u> | <u>\$15.00</u> | <u>\$13.17</u> | <u>\$15.00</u> |
| - | - | - | - | - | - |
| Annual Site Base Fee-Webmaster | <u>\$71.76</u> | <u>\$220.27</u> | <u>\$110.00</u> | <u>\$0.00</u> | <u>\$250.00</u> |
| - | - | - | - | - | - |
| TOTAL MISCELLANEOUS EXPENSES | <u>\$220.24</u> | <u>\$622.73</u> | <u>\$885.00</u> | <u>\$485.74</u> | <u>\$1,025.00</u> |
| TOTAL EXPENSES FOR THE YEAR | <u>\$3,786.39</u> | <u>\$4,760.47</u> | <u>\$7,505.00</u> | <u>\$3394.46</u> | <u>\$7,775.00</u> |

Appeal Letter

The Appeal Letter will be distributed at the Assembly or on-line.

District Reports

District 1: Williston

District 2: Dickinson

The Dickinson Al-Anon group has about 10 people attending their Wednesday night meetings.

We had one member attend the fall assembly in Bismarck.

Our finances are good so we can support the Area and WSO.

We have been meeting to organize the 2016 Fall Assembly in Medora. It will be on September 16-18 at the Community Center.

District 3: Minot

My district, which is 3, has not met since Assembly. Our next District Meeting is scheduled for November 7, 2015 at 11:15 am.

We have a Holiday Party planned for December 5, 2015 at the Fellowship Hall at Cornerstone Presbyterian Church in Minot from 6-9 pm. All members of Twelve Step Programs and their families and friends are welcome! There is a potluck supper at 6 pm followed by 2 speakers who share their recovery stories, followed by the raffle, which is always a lot of fun! Raffle items are donated by members and/or anyone who attends. There is plenty of time to visit, laugh, eat and hope you win a wonderful raffle item!

My take on Assembly was very positive. The meeting moved right along, we were able to attend Al-Anon and AA speakers and workshops as well as completing our business. Elections went well; every position was filled. Thanks to all who have served our Area and to the new officers and coordinators.

I look forward to seeing all of you at the March 2016 Assembly in Minot.

Love in service,

Judy S. District 3 Representative

District 4: Bismarck

District 4 is attracting newcomers at most meetings. Service positions are filled and we are ready for a new three (3) year cycle.

By saying yes to service, I have gained the confidence to accept or decline offers to serve in all aspects of my life.

I am able to use and promote; caring, respect, and inclusive behaviors that offer a personal life that reflects self-respect and trust in those I allow into my life.

Walt G DR District 4

District 5: Devils Lake

No report No District Representative

District 6 & 8: Fargo & Jamestown

Hello Everyone!

I am happy to report we have filled offices for District 6-8. The list of incoming people is as follows:

District Representative: Sheri S.

Alternate District Representative: Carol T.

District Secretary: Lisa R.

District Treasurer: Judy J.

Alateen: Latanya R.

Literature/Forum: Connie B.

Public Outreach: Pam A.

We have had good attendance at our District Meetings, and some new faces are starting to appear.

Our next District Meeting on Saturday, January 23, 2016 will be held in Jamestown. This is also the day the Jamestown Al-Anon group will be having their "OOPS! I Made Too Much Soup!" event. We will have our District Meeting at 3:30PM, and stay for the open meeting after. Anyone wishing to carpool is welcome! We will meet in the parking lot at Olivet Lutheran 1:45PM, and then head out to Jamestown.

I am looking forward to growth in District 6-8 over the next three years, not only in numbers of members, but in commitment to service! We have accomplished so much. Together, we can make amazing things happen!

Carol T. DR, District 6-8

District 7: Grand Forks

At the end of the summer our district voted to move the day, time, and location of our open monthly meetings to the 3rd Thursday of each month, 7pm, at St. Mark's Lutheran Church. It was then voted on to have a short business meeting the hour before the open meeting. This has increased participation at both meetings.

We were able to fill half of our officer positions at the district level, we are transitioning to the new officers beginning their terms in January.

Our district will be participating in AA District 13 Fall Banquet at the Ramada Inn on Saturday, November 14.

Grateful in Service - Janell H. Dist. 7

Coordinator Reports

Alateen: No Coordinator

Alavine:

I have to say that three years flew by. Thanks to all of you for your cooperation and reports. I am excited about Darcy taking over the newsletter. Darcy is also excited, so I have started mentoring her on this Alavine.

For the next three years I wont have a job in Al-Anon. My husband and I plan to do a lot more traveling. We will be camping at the Sakakawea or Oahe fishing as that is his passion and I enjoy catching fish when the bugs aren't biting and it's not too hot. We also hope to visit more National Parks to meet my bucket list. We will be in Florida for a couple of months this winter and in May the Northwest part of the U.S. and October will be the Southwest part of the U.S.

The best part is finding Al-Anon meetings all across the U.S. All Al-Anon meetings have that experience, strength, and hope sharing which keeps me happy, grateful and serene.

In Service, Cheryl M.

Archives: No Report

Forum: No Report

Group Records:

I have nothing new to report for Group Records....

"I really enjoyed the last assembly meeting in Bismarck, it was much more relaxing and seemed to flow with less stress!!

Service work keeps me grounded in the program and gives me great joy to be in the presence of others in the program whom I can call my friends.

In Service – Nancy H.

Literature:

There has been nothing new in Literature to report.

Judy S. Literature Coordinator, Area 43

Literature Distribution Center:

Happy Thanksgiving! Merry Christmas! Happy New Year! My summer went so fast, but I had a great time doing it. I wish we still met 3 times a year, for me, it feels as if I am missing that "IV" or "my cup isn't as full". I really do miss not seeing you all. Enough on that, to the report.

At the fall assembly I did not sell as much literature as usual. I did have a couple of bigger orders before assembly. As of late, orders are picking up. Come December it will slow down again. I need to tell you all again, thank you for being so prompt on getting the money back to me. I do prefer the orders through email, it is much easier to read, in comparing it to a text. I make less mistakes when the order comes in an email. Now that I am retired, I do get to the phone calls better. District Reps, please pass this information on to your groups. All, who order are so patient and appreciative of me doing the LDC. Thank you, again.

If you are going to order P-48, Understanding Ourselves and Alcoholism, all I have left are the old look. There has been a lot of ordering on this one. I need to put in an order for them. Isn't that a great problem to have? That is a great pamphlet!

I am so grateful for the wonderful, caring & giving people who give personal donations to the LDC. I call them the "LDC angels", every year since we have been going, they give. They are great examples of the program at the finest. Thank you again & again.

I love all the new people who are ordering for their groups. They seem so nervous, I try not to make this process too hard. So, I am now going to put out there again for all the people who have never ordered. To order you can email: lamine@srt.com, call or text me: 701-838-0123 home, 701-240-0596 cell. Tell me what literature you want & how many. Then I need to know where to send it. If I can use Spee-Dee Delivery, and I ship Mon thru Thurs, (not on holidays) you should get it the next day, if everything goes as normal. If I have to use USPS, the postal service, I sometimes know, approximately, when you'll receive it. After it is shipped, I can tell you how much shipping is, it goes by weight of the order. I then let you know how much is shipping and then you send a check for the order and cost of shipping. I try to remember to put in the order the most recent update of the price sheet. Please pass this on to everyone. Starting Jan 1, 2016 Spee-Dee Delivery will go back to delivering to some of the small towns again. Which ones I do not know. If you have any questions please ask them. Remember there isn't a "too small" order, every order is just as important as the other. If another state wants to order they can, the LDC may be in North Dakota, but first and foremost it is an Al-Anon LDC, so anyone can order.

I will see you at Spring Assembly here in Minot, we are already working on it. We'll have a great time. God is smiling down on us with this marvelous fall. I thank Him everyday for the weather.

LIS, Lana

Public Outreach: No Coordinator

Website:

Nothing has changed since the report I submitted for the assembly. We haven't had any inquiries or made any changes to anything. One thing that could be added is that if groups want to include a contact number with their meeting info on the website, they should send me that information at ndalanoninfo@gmail.com .

In Service, Heather T.

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| Members Corner |
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Service

Al-Anon service has been essential to my recovery journey. It takes me out of “me”, and brings me to “we”! I am a more well rounded, less stressed person as the result of service.

As DR for District 6-8, I had the privilege over the last three years to visit many of the groups in our district and bring a service workshop and a challenge: “What can you do in service to yourself?” There is no way to be of service to myself unless I include others in my life. The greatest self-service is to give back what I have received from this life-giving program!

I believe when I am engaged in service I am less self-centered and move more toward the greatest good for the greatest number. Conflict is less of an issue because, as a group, we are able to discuss the direction we wish to take and the outcome we wish to see. Communication and listening are skills that are essential if I am to be of service to anyone else.

Our Area meetings have become much more productive over the last year. I feel as if we are not only listening to each other, but carefully considering what others are saying. I believe people are more comfortable speaking up, and if someone puts work into a project, their research will be not only welcomed, but celebrated. It is my belief that we should encourage each other to reach for higher goals, and to be the people we want to be. I have been stuck being who I was told to be for much too long. I am ready for change. Are you??

Carol T.

I want to thank all the "techy/techie" people that have shown this old lady an easier & better way we can conduct Area Assembly. We have an Al-Anon slogan that states "Keep it Simple" or can use "Easy Does It", you can title it anything you want, Fall Assembly went so smooth, and this was election time. It was the perfect time to learn how fall elections can be hassle free. The other part of the equation of "hassle free", people stepped up to the plate immediately and stated they wanted this position or that position. This frees up so much time, energy & patience. I know of 3 new people to Assembly that are changing their attitude about how we conduct our meeting.

AREN'T WE IMPRESSIVE! Thank you for teaching this old dog new tricks. What a great bunch of coconuts you are!!!! I enjoyed election assembly so much.

LIS, Lana

THE ALAVINE 2015 WEBSITE SUBSCRIPTION ORDER FORM

The Alavine is available only in electronic form. **The deadlines for submission are February 1, August 1, and November 1 or 2 weeks after Fall Assembly.** Minutes from the Assemblies are on <http://www.ndalanon.com> along with updated meetings lists and the Alavine . Personal sharings are invited for all issues. Issues will contain Chairperson reports, Delegate Reports, Coordinator Reports, District Reports and personal sharings along with what is happening in North Dakota Al-Anon. Pass the message of service and support our website provides by subscribing for yourself, your sponsor or someone you sponsor. If you do not have access to a computer and need a printed copy, please find an e-buddy or ask your Group Representative to help you stay connected to your Area!

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