



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

<http://www.ndalanon.com>

<http://www.alanonfamilygroups.org>

Spring 2016

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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 **August 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."

Tentative Area World Service Committee Agenda

Friday March 18, 2016

Cornerstone Presbyterian Church 1000 3rd St NE, Minot, ND

7:30 PM

Introductions: Serenity prayer

Secretary's Report. Motions from Spring assembly read.

Treasurer's Report.

District Reports: 1, 2, 3, 4, 5, 7, 6&8.

Coordinator's Reports: Alateen, Archives, Forum, Group Records

Literature, Newsletter, Public Outreach,

Web and Literature Distribution Center.

Delegate's Report

OLD BUSINESS:

1. Recap of motions made at last assembly.

NEW BUSINESS:

1. Orientation of assembly newcomers and all those in new positions.

2. Fall 2016 Assembly Dickinson

What is the Area World Service Committee (AWSC) and who attends?

This Committee consists of the officers (Delegate, Alternate Delegate, Past Delegate, Chairman, Alternate Chairman, Secretary, Treasurer) of the Assembly, District Representatives, Coordinators (Alateen, Archives, Forum, Group Records, Literature, Newsletter, and Public Outreach, LDC), and liaison members (we have none in North Dakota), who meet between Assemblies (for North Dakota, it is the night before the Assembly due to cost) to discuss Area and District matters, plan (go over) the agenda for the Assembly, initiate projects, and make recommendations to the Assembly.

All Committee members may vote at the meetings of the Area World Service Committee. Items in parentheses are explanations or unique to North Dakota.

Tentative Spring Assembly Agenda
Saturday March 19, 2016
Cornerstone Presbyterian Church 1000 3rd St NE, Minot, ND
8:00 AM Registration 8:30 AM Assembly

1. Announcements, Serenity Prayer, Welcome, Thank host District, Introductions, Traditions, Concepts/Warranties,
2. Tradition 7 basket
3. Secretary's Report.
4. Treasurer's Report.
5. District Reports: 1, 2, 3, 4, 5, 7, 6-8.
6. Coordinator's Reports: Alateen, Archives, Forum, Group Records, Literature, Public Outreach, Website, and Literature Distribution Center.
7. Delegate's Report

Lunch break to be decided: order in, lunch on your own, No potluck provided Silent auction set up by District 3 assembly host all proceeds go to Area treasury and/or to defray assembly expenses. ALL ATTENDEES: PLEASE BRING; slightly used or new items for the auction.

Snacks provided by host district and/or bring your favorite snack for all to enjoy. Details for beverages are not available at this time.

OLD BUSINESS:

1. Changes resulting from Task Force findings in effect as of this assembly.

Motions passed at previous assemblies

A. Alavine – B. Attendance – C. Coordinators –

D. Information for all.

E. Funding Assembly –

2. Job Descriptions and Motions

NEW BUSINESS:

1. *District 6-8 contribution for discussion and clarification re: funding and reimbursement. see below
2. Recognition of new slate of state officers and coordinators elected September of 2015.

- A. Delegate/Alternate Delegate
- B. Chairman/Alternate Delegate
- C. Secretary
- D. Treasurer
- E. Alateen Coordinator
- F. Archive Coordinator
- G. Forum Coordinator
- H. Group Records Coordinator
- I. Literature Coordinator

J. Public Outreach Coordinator

K. Web Coordinator

3. Fall Assembly 2016 Medora including panel/workshop 3. Alavine deadlines and publish date

4. Rent for meeting room.

5. Orientation of new positions by past position holders

* District 6-8 contribution for discussion and clarification

We had our District 6-8 meeting on Saturday and our biggest topic of discussion was developing a prudent reserve for our district. In doing that, we reviewed our expenses and revenues for the past 3 calendar years which resulted in looking at the Area budget too, to answer some questions. That led to discussions on some of the differences in reimbursement from our groups and districts from how things are done at an Area level. I was asked to share back some questions/suggestions/comments from our group with you. You may be able to answer or you may want to put on the March Assembly Agenda. So here goes...

1 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.

2 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.

3 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...

4 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.

5 Budget... When/who prepares this? It seems like it's "done" at every meeting regardless of it's a spring or fall meeting.

6 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.

Sunday March 20, 2016

Alano Club

700 Club 700 16th Ave SW.

10:00 am workshop "Having Had a Spiritual Awakening" Host District 3.

Chairperson's Report

I am eagerly and willingly looking forward to three years of service as chair of Area 43 with the fine capable lineup of officers and committee chairs to work with. I have always tried to keep it simple in any leadership role I have played. Always keep the most basic premise in focus; That being, making the Al-Anon program easily available and effective to all who have relatives and friends, whom we love, but have a problem with alcohol.

That will motivate the actions of our area agenda.

I want to recognize and thank the efforts of those who have led and who now lead at all levels of service in North Dakota. Having the program there for me when I needed it helped me to immediately begin growth toward a full and joyful life.

Join me in helping make Al-Anon available and effective for all who seek its program.

Walt G.
Grateful in service
Area Chair Area 43

Delegate's Report

Hello Everyone,

I have been really enjoying the exchange of information, and the incredible amount of communication that happens with WSO. There are usually several emails a day in my inbox, and as Delegate, I get all the email newsletters for all the other positions. A lot to read, but most of the messages are pretty short.

The trips to both WSO and the Delegates meeting are on my calendar, and my travel plans have been made. I look forward to sharing a great deal more information with you as my time as Delegate progresses. During my trip to Virginia Beach, you may write to me at:

Carol T (Hold for WSC 4/11-4/15, 2016)

Wyndham Virginia Beach Oceanfront

5700 Atlantic Ave.

Virginia Beach, VA 23451

Please plan to have your cards arrive **after April 7th**. Remember to write your trusted servant's name and address in the return address section of the envelope in the event that mail delivery is delayed.

In Service,

Carol

Area 43 Group Donations for Previous Year - January 1 through December 31, 2015

District 1	\$ 0.00
District 2	0.00
--Dickinson AFG	220.00
District 3	400.00
--700 Club AFG	135.00
--Kenmare AFG	40.00
--Sat. Morn AFG	130.00
--Monday Night Newcomers	100.00
District 4	50.00
--Sat. Morn. AFG (Bismarck)	200.00
--North City AFG	125.00
--Monday Night AFG (Bismarck)	175.00
--West River AFG	60.00
District 5	0.00
--Serenity AFG (Devils Lake)	40.00
District 7	75.00
--Primary Purpose AFG	90.00
--Happiness AFG (Thompson)	10.00
--Hope AFG	60.00
--T.G.I.F. AFG	40.00
--Friendship AFG	170.00
District 6 and 8	120.00
--James River AFG	40.00
--North Fargo Mon. Night AFG	25.00
--Easy Does It AFG	160.00
--Wahpeton AFG	105.00
Total Group Donations	2,570.00
Anonymous Donations	320.00
Total Donations for 2015	2,890.00

**Alavine Treasurer's Report
North Dakota--Area 43--Al-Anon Family Groups
January 31, 2016**

Beginning Balance October 27, 2015	\$ 2,016.60
INCOME:	
Group Income	\$ 21.00
Total Income	\$ 2,231.60
EXPENSES:	
Equalized expense to WSC	\$ 1,297.00
Total Expenses since October 27, 2015	\$ 1,297.00
Ending Balance January 31, 2016	\$ 934.60

Respectfully Submitted,
Connie B., Area 43 Treasurer

Spring 2016 Appeal Letter

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:

Spring Assembly Expenses:	
--Delegate/Chairman	\$1,490
--Coordinators/Other Officers	520
Delegates Token to WSC	400
WSC Donation**	60 (?)
Northwest Regional Delegates Mtg.	400
Total Expenses	\$2,870

** The question mark (?) by the WSC Donation means we "vote on each year".

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

2015 APPROVED BUDGET & APPROVED 2016 BUDGET

DESCRIPTION	ACTUAL 2013	ACTUAL 2014	APPROVED 2015 BUDGET	ACTUAL as of 12-31- 15	APPROVED 2016 BUDGET
WSC Equalized Expense	\$1,280.00	\$1,493.00	\$1,500.00	\$1,297.00	\$1,500.00
Delegate Token to WSC	\$400.00	\$400.00	\$400.00	\$400.00	\$400.00
Northwest Regional Delegates Meeting	\$400.00	\$400.00	\$400.00	\$400.00	\$400.00
WSC Love Gift (1st yr. Delegate only)**	\$40.00	\$0.00	\$0.00	\$0.00	\$50.00
WSC Donation (voted on yearly)??	\$60.00	\$60.00	\$60.00	\$60.00	\$60.00
SUBTOTAL	<u>\$2,180.00</u>	<u>\$2,353.00</u>	<u>\$2,360.00</u>	<u>\$2,157.00</u>	<u>\$2,410.00</u>
DELEGATE -IN STATE EXPENSES					
Room \$100 per night (eff 01/2013)	\$96.66	\$119.90	\$400.00	\$189.44	\$400.00
Meals \$40.00 per day (eff 01/2008)					
B \$10.00-L \$10.00-D \$20.00	\$54.07	\$79.30	\$220.00		\$220.00
B \$15.00- L \$15.00-D \$30.00 (eff 1/2015)				\$80.97	
Mileage (\$.30 per mile)(\$.50 per mile eff 1/2015)	\$47.65	\$63.00	\$750.00	\$165.00	\$750.00
Phone/Printing	\$0.00	\$0.00	\$100.00	\$0.00	\$100.00
Registration	\$20.00	\$20.00	\$20.00	\$20.00	\$20.00
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>
CHAIRPERSON -IN STATE EXPENSES					
Room \$100 per night (effective 01/2013)	\$172.96	\$279.88	\$400.00	\$183.97	\$400.00
08 Meals (\$40.00 per day)	\$93.41	\$159.01	\$220.00	\$149.81	\$220.00
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)	\$190.50	\$263.01	\$750.00	\$437.50	\$750.00
Phone/Printing	\$47.94	\$20.64	\$100.00	\$42.03	\$100.00
Supplies	\$2.96	\$0.00		\$0.00	
Registration	\$20.00	\$20.00	\$20.00	\$20.00	\$20.00
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>

DESCRIPTION	ACTUAL 2013	ACTUAL 2014	APPROVED 2015 BUDGET	ACTUAL 12 31 15	APPROVED 2016 BUDGET
COORDINATORS TOKEN EXPENSE					
EFFECTIVE 2013 \$40.00					
Alternate Delegate	\$40.00	\$40.00	\$80.00	\$40.00	\$80.00
Alternate Chairperson	\$0.00	\$0.00	\$80.00	\$0.00	\$80.00
Alateen	\$40.00	\$40.00	\$80.00	\$40.00	\$80.00
Archives	\$40.00	\$40.00	\$80.00	\$80.00	\$80.00
Forum	\$40.00	\$40.00	\$80.00	\$0.00	\$80.00
Group Records	\$80.00	\$80.00	\$80.00	\$80.00	\$80.00
Literature	\$40.00	\$80.00	\$80.00	\$40.00	\$80.00
Newsletter	\$80.00	\$40.00	\$80.00	\$80.00	\$80.00
Public Outreach	\$40.00	\$40.00	\$80.00	\$0.00	\$80.00
Secretary	\$80.00	\$40.00	\$80.00	\$80.00	\$80.00
Treasurer	\$40.00	\$80.00	\$80.00	\$80.00	\$80.00
Web site	\$0.00	\$80.00	\$80.00	\$80.00	\$80.00
Past Delegate -\$40.00 per delegate when attending assembly (\$40.00 effective 1/2014)	\$120.00	\$160.00	\$320.00	\$160.00	\$400.00
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>

DESCRIPTION	ACTUAL 2013	ACTUAL 2014	APPROVED 2015 BUDGET	ACTUAL 12 31 15	APPROVED 2016 BUDGET
MISCELLANEOUS					
Bank Service and/or cost of checks	\$0.00	\$27.95	\$50.00	\$88.84	\$50.00
Assembly Newcomers Literature Packet	\$0.00	\$0.00	\$300.00	\$338.38	\$300.00
Printing Expense not listed above	\$38.30	\$24.51	\$100.00	\$45.35	\$100.00
Postage Expense not listed above	\$27.60	\$0.00	\$50.00	\$0.00	\$50.00
Supplies	\$56.24	\$0.00	\$100.00	\$0.00	\$100.00
Special Assembly room not at hotel or conference center (per policy manual)	\$0.00	\$350.00	\$150.00	\$0.00	\$150.00
Background check for Alateen Coordinator	\$0.00	\$0.00	\$10.00	\$0.00	\$10.00
ND Web Site					
Domain Charge	\$26.34	\$0.00	\$15.00	\$13.17	\$15.00
Annual Site Base Fee-Webmaster	\$71.76	\$220.27	\$110.00	\$0.00	\$250.00
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>\$4,691.46</u>	<u>\$7,775.00</u>

District Reports

District 1: Williston

Williston - we meet every Monday at 8:00 PM at St Peters Episcopal Church. We have an average of 10 attendees. Once per month we listen to an Al-Anon special speaker on CD and share our experience, hope, and strength relating to the CD.

This spring/summer, I plan to visit Watford City, Tioga, and Stanley to get an update from their groups.

Tanya

District 2: Dickinson

The Dickinson group meets on Wednesday evening at St. John's Episcopal Church. We have 10 to 15 people attend with a newcomer at most meetings. We are assisting with organizing District 8 AA Roundup to be at the Richardton Abbey on May 7th. There will be an Al-Anon speaker. The Area 43 Fall Assembly will be held in Medora on September 16-18, we are helping get that event together, Kaye Z from Minnesota will be our evening speaker and Al-Anon will have a workshop on Saturday afternoon. We hope to have a flyer for both events on the website when available. Donna

District 3: Minot

Hello on this balmy January day. District 3 has been busy with our annual Holiday Kick-off Party which was held on Dec. 5th. We had a great turn out, lots of food and a wonderful Al-Anon speaker, Don L. of Minot. We also held a raffle as a District fundraiser, which as usual, brought many opportunities to win a prize. We are now in the process of planning for our Area 43 Spring Assembly to be held in Minot. In March we are also planning for the Spring Fling where we will serve the lunch and also do a couple of workshops. Hope to see you all in March. Brenda G

District 4: Bismarck No report

District 5: Devils Lake No report.

District 6 & 8:

The January 23, 2016, District 6-8 meeting was held in Jamestown at the AA Clubhouse where James River Al-Anon has its own meeting room. We were so happy and grateful to have members come over for the meeting and participate in our "Oops I Made Too Much Soup" event. The event consists of a meal (6 varieties of soup this year), crackers, breads, desserts and beverages. An AA speaker was scheduled for 6:00 p.m. and an Al-Anon speaker at 7:00 p.m. Amy B. from Fargo was the Al-Anon speaker and also attended the meeting. It was a great event and a great meeting.

We have our district meetings streamlined to allow the majority of the meeting to focus on new business. The main topic for this meeting was to set a prudent reserve. In preparation for discussion, our treasurer provided a summary report of the income and expenses for the past 3 calendar years. There was much good discussion, during which, it became obvious we really need a District 6-8 Guidelines and Policies manual similar to the Area 43 document. Both topics will be carried over to the next meeting. We also came up with some questions/suggestions to forward to Walt regarding the Area budget.

We are all looking forward to the March Assembly in Minot on March 18-20, 2016. Our meeting ended with a Tradition 7 Collection and the next meeting date has been set for April 2, 2016, 9:30 -11:30 a.m., Olivet Lutheran Church, Fargo, ND. Sheri S.

District 7: Grand Forks No report

Coordinator Reports

Alateen:

I will be participating in my first WSO Al-Anon Coordinator conference call on Saturday January 30, hoping to get some good information. I have been approached by an Al-Anon group in the state questioning the age of a teens that can attend their Al-Anon meeting. I've sent an email to AFG Connects to get some feedback and clarification. I will also bring this up at Spring Assembly and find out how groups in our state are handling this. See you in March.

Dee

Alavine:

As Alavine coordinator, it will be my goal and dream to motivate you, members and service workers, into submitting interesting and creative reports to the newsletter in a timely manner. I don't ask for perfection; just progress toward perfection! Okay, I'll lighten up! Easy does it. One day at a time for me, with Courage to Change and Hope for Today. This is an exciting time where we are challenged by new assignments. It is a time to bond where we can help each other. It is a time to allow for mistakes and rejoice in our successes. To quote one of our coordinators: "We'll struggle together!"

I want to thank Cheryl for allowing me to watch her publish her final Alavine. She is a very good teacher. I'm writing this report before the Alavine is completed. I'm sure I will be requesting help from more resources!

Both Cheryl and Connie helped me publish this newsletter. THANK YOU SO MUCH!!

Darcy

Archives:

I am happily heading south in Florida. The sun is shining and the morning temperature is 52 degrees. My husband and I will be here until the beginning of April. I am excited, I have found a meeting in the town we will be in through the internet.

I enjoyed sharing about the AZ meeting and will share about the FL meeting. Going to an Al-Anon meeting in a different part of the country is like speaking a different language and finding a place where everyone speaks that language.

Brenda G and I agreed to exchange the Archives she has in Minot at the March meeting. I am arranging for someone to bring those records back to Bismarck for me since I will not make the meeting.

I got my first WSO contact for Archives Coordinator and could not access the webpage connect.al-anon.org. Will work on that first thing when we get settled but that will probably be after the deadline for our reports.

Take care and may the peace and serenity of the program grow in you one day at a time.

Cheryl

Forum: No report.

Group Records:

Since the Fall Assembly, there have been no conference calls with the WSO. However, I did receive an email thanking me for my service as Area Group Records Coordinator.

I made approximately four group records changes by request from members at the Fall Assembly. Since that time, I have not received any notifications relating to new groups or group records changes. The request from Judy J., Area Treasurer, for group details reports was completed the first week of January 2016.

Again, as reported at the last Assembly, verification, of e-mail addresses is essential and should be accomplished on regular basis since the WSO and Areas are increasingly communicating electronically with the groups. The WSO is encouraging the Areas to use electronic communication and how it can strengthen the groups' connection with the Area and the WSO.

On January 24, 2016 I accessed the WSO Database & noted the following relating to Area 43:

Dist 1 - Bounced Email address, Tioga AFG, "No mail status", Williston AFG & 1 inactive group, Ray AFG

District 2 – 1 inactive group (Bowman)

District 3 - Minot Area, Newberg Easy Does It AFG – marked for deletion.

District 4 - 1 inactive group (Tues Morn AFG, Bismarck), Linton AFG-marked for deletion.

District 5 – Lake Region AFG Marked for Deletion & 1 inactive group (Rolette AFG)

District 6 – 1 inactive group (Napoleon AFG) and Lehr AFG-marked for deletion.

District 7 – 1 inactive group – Just For Today AFG (Grand Forks)

District 8 – 4 groups inactive and Lisbon AFG – marked for deletion,

Currently, there are 58 Area Al-Anon groups with the following status:

* 43 - Active groups

* 10 - Inactive groups

* 5 - Marked for Deletion

Please let me know if anyone would like to meet with me to view your groups' records.

Respectfully submitted in Al-Anon service,

Nancy H.

Jamestown, ND

Literature Distribution Center:

Hello North Dakota Al-Anon,

I have been pondering, procrastinating and thinking about this report. My HP, always give me the answer, I have to un-busy my mind and listen. I did listen to the God of my understanding. The topic of this report is the importance of our literature, and why sooooooooooooo many different books, pamphlets, workbooks.

1. Not to stagnate or become complacent
2. To attract or keep our members
3. How many times do we need to hear something, in different ways?
4. For anyone who has heard a lot of changes in the English language, we need to write new or modernize the old literature to attract young people
5. Al-Anon members keep asking for new literature, and WSO (World Service Office) and the World Service Conference Delegates deem it hasn't been written before
6. Some people just love books, some just love the pamphlets? This one is just being silly!

Each pamphlet has a purpose, and the Title usually tells us the purpose:

~ P-1 Al-Anon is for Men - men are the purpose

~ P-2 Al-Anon, You, and the Alcoholic - teaching us about us and the alcoholic

~ P-14 So You Love an Alcoholic - teaching us it is OK to love an alcoholic

If we studied only 1 (one) piece of literature and no other piece of literature, the members do not grow, they do not get out of their comfort zone, I'd be sharing the same thing over and over, I'd get bored and would stop going to Al-Anon or go to another meeting. BUT, if I didn't get out of my comfort zone I wouldn't know about the other Al-Anon meetings I would just stop attending. It is so very important for us to use our pamphlets, this is how I learned what I was feeling, I have a name for how I am feeling, and I learned that it is OK to love the alcoholic I thought I hated my whole life. I can not tell a newcomer about what healthy changes I have made in my life, if I do not change. The groups are made up of people, without people, we will not have any groups, without the groups we wouldn't need WSO, then we'd have no Al-Anon.

The other part of this equation is, your home group may have every piece of literature, BUT if you don't use it, what is the purpose of having it? Just so you can say you have it, this goes along with #6: some people just love books or pamphlets. When groups don't use different pieces of literature, they do not sell it either. When literature doesn't sell, you'll no longer have a LDC, WSO won't need to write new or re print the old. Are you getting the message? Use YOUR literature; share it with newcomers, old comers, in-between comers. We all need to look where we came from, not to stare at it, just remember how we felt, so we can accept how the new people feel. I learned when I first came into these rooms of Al-Anon, the newcomer is the most important person. To keep a meeting ALIVE, not existing, ALIVE we need the newcomer, to keep the newcomer you need to use ALL of the literature.

REMEMBER: Al-Anon does not exist in a box; it does LIVE all over the world in 39 or 40 countries. It would not continue to grow if it used the same piece of literature meeting after meeting. So please think out of the box of your mind, make the meeting fun, shake up the meeting the next time you chair the meeting. Or, maybe you need to rotate who chairs your meeting. You can use the same piece of literature that you used last month, just change it. Get out of your comfort zone. Do you realize you are cheating yourself out of some great meeting, great growth and great acceptance of yourself and others?

OUR LITERATURE IS VERY IMPORTANT TO AL-ANON'S SURVIVAL and our own survival! I do not want to just survive, I am "Reaching for Personal Freedom".

Love in Service (LIS)

Lana N

Literature:

WSO has a new pass-protected email website called AFG Connects which is quite user friendly. It is a communication and document sharing tool for Area Coordinator's and District Representative communities, as well as a way to stay informed via Announcements- WSO Structure community.

AFG Connect also features the ability to participate in discussions with other area members.

As literature coordinator for North Dakota I can ask for ideas from other Areas or contribute ideas our groups have used to generate interest in Al-Anon literature, or to answer questions about certain literature, or share findings or items of interest.

With the Announcements-WSO Structure Community I will be able to send on any latest information I receive to all the groups in ND in a more timely manner.

The Literature Committee is looking for ideas from groups on how members know about the variety of Conference Approved Literature that's available, and how reading it personally and in meetings is done and encouraged... If any of you have had success in this area please email me and let me know so I can pass it on to our ND groups and to other Area Literature coordinator's.

That is it for now; stay warm and happy.

In Al-Anon Service,

Judy J, ND Area Literature Coordinator

Public Outreach:

I don't have anything to report for Public Outreach as I haven't received anything from WSO.

Brenda G

Website:

The website committee has nothing new to report, but as a reminder, if groups want to list a contact on the website, I'd be happy to add that information.

In service,

Heather

Members' Corner

Instead of a list of resolutions, I chose a word this year to keep working on throughout the year. My word is acceptance. I looked at one of my short comings, self-righteous, and thought acceptance of people, God's will rather than mine, my alcoholic, whatever circumstances I find myself in as temporary and where I should be.

Hugs,

Cheryl

If you are looking for a motel with a discount, the Comfort Inn will have an AA Discount. Tell the clerk to include the AA Discount for the assembly. Comfort Inn in Minot at 1515 - 22nd Avenue SW. Toll free number is 888-663-7126.

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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