



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

<http://www.ndalanon.com>

<http://www.alanonfamilygroups.org>

Spring February 1, 2019

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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.

Spring 2019 Tentative Area Assembly Agenda

Quality Inn
1030 E. Interstate Ave
Bismarck, ND
Saturday, March 16, 2019

8:30AM Registration

9:00AM Assembly begins

Serenity Prayer, Steps, Traditions, Concepts/Warranties (take turns reading)

Tradition 7 basket (read p. 21 on passing the Basket Al-Anon service manual)

Welcome, introductions, announcements, introduce host District, recognition, welcome and orientation of newcomers.

Official count voting members of the Assembly.

- Secretary's Report

- Treasurer's Report

- District updates: 1, 2, 3, 4, 5, 7, 6-8 focus on anything new, or anything not in your Alavine Report.

- Coordinator updates: ***If you want to use the projector for your report, see Carol during Registration time.***

Alateen, Alavine, Archives, Forum, Group Records, Literature, Public Outreach, Website, Literature Distribution Center

10:15 -10:35 Break and order lunch for yourself or small group. There are many options available. Simply google "food delivery, Bismarck, ND". The hotel address is included at the top of this agenda for your ordering convenience.

10:35 Delegate's Report

11:35 Suggestions on changes to Assembly or additional information on specific topics from DR's and GR's

Some specific questions/requests for information already collected:

- Navigating the WSO website

- Navigating NDALANON website

- How does a group get signed up for In the Loop

- Would it be possible for Assembly officers to have an email address that is attached to the website? This way, the information in the emails sent and received can be archived in that specific email address.

- What is the current process for updating the Area newcomer packets? The Area Policy Manual?

- What is the purpose of the AWSCM?

- What literature is available electronically and where do you find it?

Ask it basket questions

12:00PM Lunch break

1:00PM Reconvene Assembly (or earlier as people finish eating) and continue topic discussion as needed.

2:00PM OLD BUSINESS

- Recap of motions made at last assembly
- Annual budget accepted
- Sample letter to schools for placement of Alateen literature in libraries Motions document
- Connie integration committee into Area Policy Manual Preparations of member packets

NEW BUSINESS:

- Interest in forming an Alateen group in District 4. Any way to expedite this process?
- District 6/8 proposes to move Spring Assembly to April

4:00 Assembly Adjournment

Chairperson's Report

Hello Everyone!

Thanks for all your input so far! At the time of submitting this for the Alavine, the vote to order/eat in for lunch has been unanimous. There are many choices for delivery in Bismarck, so feel free to do a little research if you have specific dietary needs. We will order separately so everyone gets their needs met. I have added a few extra minutes to the morning break so everyone has a chance to order food and be ready to eat right at Noon.

You can continue to send any suggested additions to the Agenda. Any questions that come up are also welcome.

See you soon at Assembly!

Carol

Delegate's Report

Hello Everyone,

It feels like a lot has happened since Carol sent the updated Area list to WSO. I get a lot of emails from a variety of AFG Connect Communities. I've made my travel plans to attend the Regional Delegates meeting in Anchorage, Alaska. Everyone is so welcoming and helpful. The thing I'm most grateful for is that Chere, the Trustee who was at our Fall Assembly Meeting, will be attending also, so I'll know at least one person!

I participated in a conference call for new delegates that was the start of orientation for us. I've been provided a lot of information and have a lot of homework to do before attending WSC. I've made my travel plans to attend the conference so it feels good to have that settled. During my trip to Virginia Beach, you may send mail to me. Please address as indicated below.

Sheri S. (Hold for WSC 4/13-4/17, 2019)
Sheraton Virginia Beach Oceanfront Hotel
3501 Atlantic Ave.
Virginia Beach, VA 23451

Please plan to have your mail arrive after April 10th. Also, please write my name and address in the return address section of the envelope in the event that mail delivery is delayed. That would be:

Sheri S.
234 18th Avenue NE
Jamestown, ND 58401

I am looking forward to these next 3 years of service and am sure I will find it to be rewarding. I'll have a lot of information to share back with you after conference. Thank you for this wonderful opportunity!

Humbly In Service,
Sheri S.

Alavine Treasurer's Report

BALANCE AS OF NOVEMBER 1, 2018		<u>\$ 6,165.83</u>
INCOME:		
GROUP DONATIONS	\$ 582.85	
INTEREST	<u>\$.51</u>	\$ 583.36
TOTAL INCOME:		<u>\$ 6,749.19</u>
 EXPENSES:		
EQUALIZED EXPENSE		\$ 1,972.00
 BALANCE AS OF DECEMBER 31, 2018		 <u>\$ 4,777.19</u>

Submitted by
Connie B. Past Treasurer

SPRING 2019 APPEAL LETTER

Spring 2019 Assembly Expenses

- Delegate/Chairman \$1,490
- Coordinators/Other Officers \$ 520
- Northwest Regional Service Meeting \$800

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 7 regular members attending per week. We started going through the Traditions. We will cover one per month during our regular meeting time. We will continue to go through the Group Inventory worksheet after our regular meeting on the first Monday of each month. We continue to participate in the 2020 Round-Up Steering Committee meetings as an Al-Anon liaisons. District 1 and local AA groups have been gracious in inviting Al-Anon to attend their holiday celebrations. They invited an Al-Anon member to speak at their Christmas party. It has been a blessing to partake in their fellowship.

The Thursday Noon AFG in Williston continues to meet at Good Shepherd Lutheran Church. They average 4 regular members per week. The group is working on getting registered with the WSO.

Tioga AFG meets on Thursdays at 2:00 PM at First Lutheran Church. No updates.

24-Hour AFG in Watford City meets at Thursdays at 7:30 PM at First Presbyterian Church. Attendance still remains at an average of 4 regular members. In February, they will begin a Step meeting once per month and are using the Reaching Personal Freedom CAL.

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

Love in Service,
Kerry P.
Williston AFG GR
701-651-3586

District 2: Dickinson

Hello, wishing everyone a Happy New Year with continued growth and recovery. We have started using different CAL material to help give fresh perspectives and conversation for our meetings. We are very fortunate that we have a core of “old timers” that are there weekly and the new faces that are just starting their recovery, which gives us that balance and keeps us all teachable. We have several new members thanks to the ND Al-Anon website, and having information out there for those in need. We meet Wednesday evenings 8:00pm at Saint John’s Episcopal Church basement, we have an open format, and all are welcome.

District 3: Minot

Hi Everyone,

Hope this finds everyone safe and warm in this cold and stormy weather!

District 3 held our Holiday Kick-off Party on December 1st. We had a good turnout considering the weather that day, with lots of good food and fellowship.

We will be meeting on Feb 9th to get plans set for our part in the Spring Fling hosted by District 2 AA. We will again be serving scalloped potatoes and ham with all the fixings. We will also host 2 workshops that day. Steve B. of Mandan has agreed to be our speaker that evening.

Hope to see everyone in March!

Yours in service,

Brenda G.

District 3 Representative

District 4: Bismarck

Greeting from District 4.

We had a very good year in Al-Anon in 2018. 5 Very active groups with close to 100 in attendance weekly at the 5 meetings. We have the Monday Night AFG, Tuesday afternoon Brownbag AFG, West River AFG which meets on Tuesday evenings in Mandan, Thursday evening AFG and Saturday morning AFG. All are doing very well financially and we continue to see new members on a regular basis.

Our Saturday Morning group, with a lot of help from James, organized a social get together at the China Star in Bismarck on December 15. This was open to AA members, Al-Anon members and guests. The social event was a big success and was nice for those in attendance to interact on a social level. Of course it seems every time our Saturday morning group organizes an event I am out of the state. I was in Minneapolis. The last event I was in Utah. One of these times our schedules will work out!

We currently have an ongoing Step meeting every Tuesday evening at 7:00 pm at the First Lutheran Church in Mandan. We gather together once a week and go through the Steps using "Reaching for Personal Freedom" as our guide. Both experienced and not so experienced Al-Anon members in the district are finding the study of the steps very helpful in their Al-Anon journey.

4 of us met Thursday evening, January 17, and took an on line (over the phone) class on Alateen conducted by our Area 43 Alateen Coordinator Dee S. In attendance: Walt G., Steve B.,

Alice G. and Joan M. The purpose of the class was to complete the obligations to be recognized by the WSO as Registered Alateen Leaders. We have either submitted our background checks or are in the process of completing them. Once all this is complete Dee will submit the necessary form for each of us and get us registered with the WSO as a recognized Alateen service leader. We will be given a registration number once the process is complete. If our Higher Power sees a need for Alateen in our district, we will have 4 individuals ready to step up and help get it going.

A grateful Member of Al-Anon.

Steve B.
West River AFG GR
District 4 DR
ndhusker@bis.midco.net
[\(701\) 426-1545](tel:(701)426-1545)

District 5: Devils Lake

No Report

District 6 & 8: Jamestown, Fargo

Happy Greetings from District 6-8,

It is with a grateful heart I have taken on the role of District Representative.

I must admit to a certain level of fear, as the shoes left to fill are fantastic!

What prompted my acceptance is this, in Al-Anon, I am not alone. That is the true relief I find in the rooms of this great organization. All of YOU!

On to business,

We have finished up elections and filled all the positions we feel are vital with the exception of Public Outreach.

Please note some positions have been temporarily suspended. (Forum/outreach, Archives and Alateen Coordinators) Our current officers are as follows:

1. District Rep: Cathy S.
2. Alternate District Rep: Sally D.
3. Secretary: Dee S.
4. Treasurer: Tracy N.

District 6-8 is truly blessed to have these willing servants!

The next District meeting will be held Saturday, April 6th, 2019.

This meeting will depart in a dramatic way from the "norm"

We have been invited to meet at our new treasurers' cabin at Ft. Ransom, ND!

This lovely invite is open to EVERY SINGLE AL-ANON MEMBER IN OUR DISTRICT!!

Please, consider coming! We will conduct our regular business meeting followed by a day of

fun, food, and fellowship. I can't think of a better way to spend an April Saturday in ND!
For details please check out the flyer, it will be located at www.ndalanon.com. This has been a quick review of the happenings at the district level.

I look forward to your input, recommendations and comments.

Thank you for allowing me to serve our district!

So much love in service,

Cathy S.

District 6-8 Rep

Email: cathys.alanon@yahoo.com

District 7: Grand Forks

Our groups are going strong and we are slowly making changes to grow even more! While we have several groups in Grand Forks proper, some of the groups in our District are a distance away, making travel challenging for those groups to participate in District and Open meetings. One approach that we have tried, and hope to do more of, is to have our distance members call in to the District meeting. The Happiness group from Thompson has done that twice now with great success. We hope to reach out to the Park River, Grafton, and Langdon groups in the future and see if we can bring the District members together more. At our last District meeting in January, we completed our District Inventory, adapting the G8a-b guidelines to help us through the discussion at the group and district levels. The comments were positive, overall, with some areas for future improvement and growth that will be shared throughout the district. We want to remind folks that all Al-Anon members are welcome to attend the District meetings, regardless of whether or not they hold a formal service position. We currently have an opening for Public Outreach/Literature Coordinator for our District and hope to fill that position in the coming months. We continue to have our District Open Al-Anon meetings on the third Thursday of each month with the groups taking turns to host the meeting.

Our District Secretary (thank you, Sandy!) included the following wonderful quote in the minutes from our last District Meeting: "If I see that something could be strengthened in my group, it's up to me as much as anyone to help strengthen it. In this way I can live by Tradition Seven and keep my group self-supporting." **Hope for Today** (B-27), pg. 187

Co-District Representatives,

Ellen B. and Gayle D.

Coordinator Reports

Alateen:

I'm currently certified as an Alateen sponsor (AMIAS) until July of 2021.

On Thursday January 17 at 7pm I had a conference call with some Bismarck/Mandan Al-Anon members to go through training to become Al-Anon Members Involved in Alateen Service (AMIAS). Those on the call were Steve B, Walt G, Alice G and Joan M. We had some great questions and discussion.

Once I've received all background checks and completed AMIAS signed forms I will go to the WSO website and complete their on-line registration. WSO Group Records will then review the on-line submission of the new AMIAS and will contact me with any questions. Those on the call are hoping to start a Alateen group in the Bismarck/Mandan area and will see where their Higher Power takes them!

I told them the more people that become certified AMIAS the better it will be for them once they start a group as there has to be 2 certified sponsors at every meeting. They asked if I could do another conference call if there are more people interested. Yes I can absolutely do that.

I'm very excited about the future of Alateen in North Dakota!

Dee S

Area 43 Alateen Coordinator

Alavine:

It has been a privilege to work on this issue of the Alavine. I want to thank everyone who sent their reports in and those who were so kind to resend the ones that disappeared on my computer.

If anyone has ideas or suggestions for the upcoming issues please let me know.

Also a reminder that we do have a member's corner for items/articles people would like to share.

Thanks

Connie B.

Archives:

I have been looking through the totes to see what all is included in the archives of our area. I have also read through the information on the archives persons responsibilities. I will bring all the totes to Bismarck so everyone can look at what is in the archives. Donna J.

Forum:

I remember feeling totally “connected” when I first read a story in the *Forum* that matched many of the elements of my own story. That feeling of connection comes back to me whenever I have an opportunity to read the articles and short stories in the *Forum* magazine. Over the next three years, I hope to connect with each of the Districts in some way either by a District visit, through Assemblies, via email, or recovery gatherings. Because hearing the stories of other Al-Anon members has helped me so much in my own recovery, I am open to facilitating *Forum* writing workshops or providing information to help others share their stories with other *Forum* readers. I am just starting to wend my way through the AFG Connects links at the World Service Office website and am learning many new things associated with the Coordinator position. One of the things that I am learning is that the *Forum* needs personal sharings from members about their own journey of recovery from the family disease of alcoholism. In a new series that will be titled, “What’s Your Story”? members are asked to reflect on the following questions (from <https://al-anon.org/blog/whats-your-story/>):

- What was your life like before coming into Al-Anon?
- In what ways were you affected by someone’s drinking?
- How did you hear about Al-Anon?
- What were your first meetings like?
- What kept you coming back?
- What is your life like now?
- In what ways has the program benefitted you?

If you would like to consider submitting to “What’s Your Story”, please have your sharing range from 700-1300 words. Sharings can be sent to wso@al-anon.org. I am looking forward to the next three years of serving as the Area 43 Forum Coordinator; I truly appreciate you giving me this opportunity to grow.

Peace in Service,

Diane D.

Group Records:

AREA 43 – SPRING 2019

Group Records Coordinator REPORT

February Alavine

Since the Fall Assembly in Fargo, there have been no conference calls with the WSO.

I have been notified via email of a few changes to the group meetings since last fall, most did not require any changes to the ND meeting list.

According to the Change Log Report on the WSO Database site, several changes have been submitted directly to WSO through the annual group update mailing or through the WSO website relating to updated GR, CMA or contact information.

To date, there are a total of 52 groups, 38 active and 14 in-active. No other notifications have been identified to affect any of the ND groups (such as bounced email, no mail address, etc.).

Respectfully submitted in Al-Anon Service,
Nancy H. – Jamestown, ND

Literature Distribution Center:

Greeting to my Al-Anon Family. This has been an exciting year for me and I am privileged to be of service for the state of North Dakota in the distribution of literature. I was asked now that I have been in operation for a month or so, "Is this more of less work than you expected?" I can honestly answer that: It is less than I expected.

This is a great opportunity for me to interact with Al-Anon members I would not normally see. It has been an exciting adventure so far and I don't see that changing.

Lana gave me some very good advice which I followed. Make sure you have the books and pamphlets spread out so you can fill the orders quick and easy. This was great advice and has been working very well.

Here is what you can expect from me as your new LDC Coordinator.

I will be using the Post Office to ship packages. Speedee Delivery is just not a good option for me. It is located on the very East end of Bismarck, not in a convenient location. USPS has a Media shipping rate that is very reasonable. I will use this shipping method the most. Sometime I may elect to use Priority mail shipping. But either way I ship you will never pay more than 10% of your order. To cover the cost of shipping and all related business expenses involved with shipping a flat 10% will be added to every order. It will be included on the Invoice and this way you can give to your group secretary and she will have the total amount due right in front of her.

Book prices only will remain an additional \$.50 per book (and as listed on the North Dakota AFG Website. All Pamphlets and other misc. items will as per Lana's last price sheets she gave everyone. I will eventually get around to sending updated lists with each order. The lists sent with the orders will not be as fancy as what I have on the website. They will just list all items I carry and the current prices.

The WSO will review book pricing sometime around July and I will make necessary adjustments in the price at that time. But for now the list Lana gave everyone is current.

2 new pieces of literature that I do carry that are not on Lana's list:

1. Intimacy in Alcoholic Relationships (B33). I have read this book and it is very good. If you don't have a copy I would recommend getting a hold of one.
2. P-94 Hope and Understanding for Parents and Grandparents. This is a nice little addition to your group pamphlet library.

If anyone has any questions, concerns, suggestions for me please feel free to email, text or call me. I am always open to new ideas.

Thank you,

ND AFG LDC

Steve B.

1309 Sunset Dr.

Mandan ND 58554

ndafglc@midco.net

[\(701\) 426-1545](tel:(701)426-1545)

Public Outreach

Hello Area 43 members!

I don't have any actual public outreach for you in this report.

What I do have is a brief intro of me!

I currently reside in Jamestown, ND.

I have 4 children and am married to the love of my life.

I have been involved with Al-Anon just about 7 years now.

I am such an advocate for this amazing program that for me Outreach just seems to fit. I am blessed beyond words to be a part of this organization.

I am slowly getting to learn about AFG Connects, and my various responsibilities.

Please keep me in your prayers that I may be willing to do whatever it is my Higher Power has for me to do in this position.

I can't wait to learn more and pass it on to all of you!

Thankfully in Service,

Cathy S.

Area 43 Public Outreach Coordinator

Website:

No report.

Member's Corner

The Al-Anon Dos and Don'ts

DO:

- Do forgive
- Do be humble
- Do take it easy — tension is harmful
- Do play — find recreation and hobbies
- Do keep on trying whenever you fail
- Do learn the facts about alcoholism
- Do attend Al-Anon meetings often
- Do pray

DON'T:

- Don't be self-righteous
- Don't try to dominate, nag, scold and complain
- Don't lose your temper
- Don't try to push anyone but yourself
- Don't keep bringing up the past
- Don't keep checking up on the alcoholic
- Don't wallow in self-pity
- Don't make threats you don't intend to carry out
- Don't be over-protective
- Don't be a doormat

DESCRIPTION BUDGET	ACTUAL 2016	ACTUAL 2017	ACTUAL 2018	APPROVED 2019	PROPOSED 2020
WSC Equalized Expense	<u>\$ 1,260.00</u>	<u>\$ 2,443.00</u>	<u>\$ 1,972.00</u>	<u>\$ 1,500.00</u>	\$ -
Delegate Token to WSC /Effective March 2017 moved to Northwest Regional Delegates Mtg.	<u>\$ 400.00</u>	\$ -	\$ -		
Northwest Regional Delegates Meeting	<u>\$ 400.00</u>	<u>\$ 800.00</u>	\$ -	<u>\$ 800.00</u>	\$ -
WSC Love Gift (1st yr. Delegate only)**	<u>\$ 50.00</u>	\$ -	\$ -	<u>\$ 50.00</u>	\$ -
WSC Donation (voted on yearly)??	<u>\$ 60.00</u>	<u>\$ 100.00</u>	\$ -	<u>\$ 100.00</u>	\$ -
SUBTOTAL	<u>\$ 2,170.00</u>	<u>\$ 3,343.00</u>	<u>\$ 1,972.00</u>	<u>\$ 2,450.00</u>	\$ -
		-			
		-			
DELEGATE -IN STATE EXPENSES					
Room \$100 per night (effective 2013)	<u>\$ 183.69</u>	<u>\$ 91.98</u>	<u>\$ 35.92</u>	<u>\$ 400.00</u>	\$ -
MEALS \$60.00 (eff 2015)	<u>\$ 28.36</u>	<u>\$ 27.82</u>	<u>\$ 11.28</u>	<u>\$ 240.00</u>	\$ -
Mileage (\$.30 per mile)(\$.50 per mile eff 1/2015)	<u>\$ 144.85</u>	<u>\$ 36.67</u>	<u>\$ 70.69</u>	<u>\$ 250.00</u>	\$ -
Effective March 2017 gas receipts		-			
Phone/Printing		-		<u>\$ 100.00</u>	\$ -
Registration	<u>\$ 20.00</u>	<u>\$ 10.00</u>		<u>\$ 20.00</u>	\$ -
Misc. Cards		<u>\$ 8.53</u>	-		
TOTAL DELEGATE EXPENSES	<u>\$ 376.90</u>	<u>\$ 175.00</u>	<u>\$ 117.89</u>	<u>\$ 1,010.00</u>	\$ -
mileage for 3/2016 was Amtrak round trip ticket \$98.00					

CHAIRPERSON-IN STATE EXPENSES					
Room \$100 per night (effective 01/2013)	<u>\$ 298.88</u>	<u>\$ 87.30</u>	\$ -	<u>\$ 400.00</u>	<u>\$ -</u>
MEALS \$60.00 (eff 1/2015)	<u>\$ 27.05</u>	<u>\$ 23.08</u>	\$ -	<u>\$ 240.00</u>	<u>\$ -</u>
Mileage (\$.30 per mile)(\$.50 per mile eff 1/2015)	<u>\$ 129.95</u>	<u>\$ 24.07</u>	\$ -	<u>\$ 250.00</u>	<u>\$ -</u>
Effective March 2017 gas receipts			\$ -		
Phone/Printing		<u>\$ -</u>	\$ -	<u>\$ 100.00</u>	<u>\$ -</u>
Supplies	<u>\$ 6.50</u>		\$ -		
Registration	<u>\$ 20.00</u>	<u>\$ -</u>	\$ -	<u>\$ 20.00</u>	<u>\$ -</u>
TOTAL CHAIRPERSON EXPENSES	<u><u>\$ 482.38</u></u>	<u><u>\$ 134.45</u></u>	<u><u>\$ 175.00</u></u>	<u><u>\$ 1,010.00</u></u>	<u><u>\$ -</u></u>

ND Web Site					
Domain Charge	<u>\$ 13.17</u>	<u>\$ 30.34</u>		<u>\$ 15.00</u>	<u>\$ -</u>
Annual Site Base Fee-Webmaster	<u>\$ 179.88</u>	<u>\$ 192.02</u>	<u>\$ 203.88</u>	<u>\$ 250.00</u>	<u>\$ -</u>
Taxes and Fees		-	<u>\$ 13.76</u>		
TOTAL WEB SITE EXPENSES	<u><u>\$ 193.05</u></u>	<u><u>\$ 222.36</u></u>	<u><u>\$ 217.64</u></u>	<u><u>\$ 265.00</u></u>	<u><u>\$ -</u></u>

DESCRIPTION	ACTUAL 2016	ACTUAL 2017	ACTUAL 2018	APPROVE D 2019	PROPOSED 2020
COORDINATORS TOKEN EXPENSE EFFECTIVE 2013 \$40.00 EFFECTIVE 2018 \$50.00					
Alternate Delegate	\$ 40.00	\$ 80.00	\$ 100.00	\$ 100.00	\$ -
Alternate Chairperson	\$ 80.00	\$ 80.00	\$ 50.00	\$ 100.00	\$ -
Alateen	\$ 80.00	\$ 40.00	\$ 50.00	\$ 100.00	\$ -
Archives	\$ 40.00	\$ -		\$ 100.00	\$ -
Forum	\$ 80.00	\$ 40.00		\$ 100.00	\$ -
Group Records	\$ 80.00	\$ 80.00	\$ 50.00	\$ 100.00	\$ -
Literature	\$ 80.00	\$ -		\$ 100.00	\$ -
Newsletter	\$ 80.00	\$ 80.00	\$ 100.00	\$ 100.00	\$ -
Public Outreach	\$ 40.00	\$ 40.00	\$ 100.00	\$ 100.00	\$ -
Secretary	\$ 80.00	\$ 80.00	\$ 100.00	\$ 100.00	\$ -
Treasurer	\$ 80.00	\$ 80.00	\$ 100.00	\$ 100.00	\$ -
Web site	\$ 80.00	\$ 40.00	\$ 50.00	\$ 100.00	\$ -
Past Delegate -\$40.00 per delegate when attending assembly (\$50.00 effective 2018)	\$ 40.00	\$ 40.00		\$ 400.00	\$ -
TOTAL COORDINATORS EXPENSE	\$ 880.00	\$ 680.00	\$ 700.00	\$ 1,600.00	\$ -

DESCRIPTION	ACTUAL				PROPOSE
	2016	ACTUAL 2017	ACTUAL 2018	APPROVED 2019	D 2020
MISCELLANEOUS					
Bank Service and/or cost of checks	\$ -	\$ -	\$ -	\$ 50.00	\$ -
Newcomers Literature Packet	\$ -	\$ -	\$ 262.04	\$ 300.00	\$ -
Printing Expense not listed above				\$ 100.00	\$ -
**Treasurer	\$ 38.53	\$ 11.61	\$ 40.85		
**Literature	\$ 12.00	-			
Postage Expense not listed above	\$ -	\$ -	\$ -	\$ 50.00	\$ -
Supplies	\$ -	\$ -	\$ -	\$ 100.00	\$ -
Special Assembly room not at hotel or conference center (per policy manual)	\$ 150.00	\$ -	\$ 150.00	\$ 150.00	\$ -
Background check for Alateen Coordinator	\$ -	\$ -	\$ -	\$ 35.00	\$ -
TOTAL MISCELLANEOUS EXPENSES	\$ 200.53	\$ 11.61	\$ 452.89	\$ 785.00	\$ -
TOTAL EXPENSES FOR THE YEAR	\$ 4,302.86	\$ 4,566.42	\$ 3,635.42	\$ 7,120.00	\$ -

2018 DONATIONS

NAME	AMOUNT
Dickinson AFG	\$ 110.00
District 3	\$ 500.00
Monday night - Minot	\$ 350.00
Paths to Recovery	\$ 30.00
Personal Freedom	\$ 30.00
Saturday Morning - Minot	\$ 110.00
Sunday Night - Minot	\$ 30.00
Tuesday Night-Minot	\$ 320.00
Brown Bag - Bismarck	\$ 50.00
Monday Night - Bismarck	\$ 200.00
North City - Bismarck	\$ 50.00
Saturday Morning -Bismarck	\$ 415.00
West River	\$ 150.00
Serenity-Devils Lake	\$ 40.00
District 7	\$ 120.00
Friendship	\$ 350.00
Hope	\$ 30.00
Primary Purpose	\$ 115.00
TGIF	\$ 75.00
District 6-8	\$ 300.00
Easy Does It	\$ 280.00
James River	\$ 200.00
Wahpeton	\$ 190.00
Group Donations	<u>\$ 4,045.00</u>

NAME- WEB	AMOUNT
Brown Bag - Bismarck	\$ 30.00
Dickinson AFG	\$ 15.00
District 7	\$ 15.00
Easy Does It	\$ 15.00
Friendship	\$ 20.00
Hope	\$ 15.00
Monday Night-Bismarck	\$ 15.00
TGIF	\$ 15.00

MISCELLANEOUS	AMOUNT
Personal Donations	\$ 110.00
Tradition 7	\$ 414.00
Registration	\$ 530.00
Anonymous	\$ 627.00
Interest for 2018	\$ 2.09

TOTAL DONATIONS **\$ 5,868.09**

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

