



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

<http://www.ndalanon.com>

<http://www.alanonfamilygroups.org>

Summer 2017

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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 darcy.avery@hotmail.com.

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

This Committee consists of the officers (Delegate, Alternate Delegate, Past Delegates, 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.

Chairperson's Report

Greetings from the Area Chair,

I look forward to joining all of you in Minot this September. My family and I have been granted time and understanding in healing from the loss of our daughter and sister Rebecca. Al-Anon practices greatly contributed to this healing. We honor and thank all those who offered prayerful support in this time of emptiness and chaos.

I continue to be encouraged by the progress we have made in efficiency and thoroughness as we deal with area business in a respectful Al-Anon format. We want these meetings to be worth the time we spend in session. But, we also need to enjoy the company of those attending with eating, visiting, shopping, and sightseeing.

Remember: GR's RULE at assembly. Healthy groups are the desired outcome of the assembly.

Spring Assembly Minot September 8, 9, 10, 2017

Final agenda items will be added after reviewing the Spring Alavine. And keep sending me your concerns anytime up to show time for inclusion in the agenda.

Let's make this a worthwhile meeting and fellowship!

***GRs: supporting your group is our primary goal. Help us keep the focus on your understanding and the health of your group.**

***Workshop: TBA**

****Literature Distribution Center will be providing Conference Approved Literature on display and for sale.***

***All Assembly Attendees: For clarity and efficiency please be informed and read the Alavine and Secretary's Minutes before attending.**

Walt G. Chair Area 43

Area World Service Committee

Friday September 8, 2017 7:30 PM

Al-Anon Assembly Meeting Room

Grand Hotel

1505 S. Broadway, Minot, ND

Agenda

Introductions: Serenity prayer

Review Tentative Assembly agenda.

Tentative Fall Assembly Agenda

September 9-10, 2017

Grand Hotel 1505 S. Broadway, Minot, ND 58701

8:00 AM Registration 8:30 AM Assembly

1. Announcements, Serenity Prayer, welcome, introduce host District, Introductions, Recognition and welcome of newcomers.
2. Steps, Traditions, Concepts/Warranties
3. Tradition 7 basket (read p. 21 passing the Basket Al-Anon service manual)
4. Secretary's Report.
5. Treasurer's Report
6. District Reports: 1, 2, 3, 4, 5, 7, 6-8. Additions and clarifications to Alavine reports, Official count voting members of the Assembly.
7. Coordinator's Reports: Alateen, Archives, Forum, Group Records, Literature, Public Outreach, Website and Literature Distribution Center. Additions and clarifications to Alavine reports
8. Delegate's Report

Breakout sessions for Thought Force and Task Force progress

Tentative Break 10:15 - Planning for alternate activities and consult of newer assembly members with experienced members (i.e. service sponsors)

Assembly agenda

12:00 Lunch break - District 3 members please guide all of us to the best eating places

1:30 Reconvene: Assembly agenda

OLD BUSINESS:

1. Recap motions of last assembly.
2. Letters to libraries re: placement of Al-Anon literature in school libraries
3. Review of progress from various Task and Thought Forces.
 - a. increasing attendance to assemblies
 - b. Alavine
 - c. assembly attendance
 - d. Archives Thought Force; Cheryl - Coordinator
 - e. Finances Task Force; Liv - Coordinator
4. Verify status of “policy” for leaving the assembly to attend AA Roundup activities.
- 5.
- 6.
- 7.

3:00-4:15 Al-Anon Workshop inclusive of AA Roundup attendees.

NEW BUSINESS:

1. Donations button on website: Members and member’s family only.
2. Website costs included in general budget? Check March 17, 2017 Treasurer’s Report
3. Commend LDC for advantages to our Area and reminder of prompt payments
4. Prepare for upcoming elections of all positions in the Area. Encourage service sponsor concept to smooth the transition.
5. Open position: Literature Coordinator (Judy J resigned)
- 6.
- 7.
- 8.

Adjournment

Sunday March 19, 2017

9:00 AM Al-Anon meeting.

Delegate's Report

Hello Everyone!! I encourage each of you to bring either a tablet or a laptop with you if you have one available to use during the Delegate presentation.

To be better prepared for service at all levels, review the Conference Summary (available online) on the Al-Anon website. Currently, a brief overview is available at:

<http://al-anon.org/members/pdf/NewsFromWSC.pdf>

By the time we meet for Assembly, they should have the complete Summary published. You will find it by going to the Al-Anon website, clicking on the Members tab, and clicking on the link titled World Service Conference Summary. You can also order a hard copy of the summary if you wish.

Following is an outline of the 2017 Conference Schedule. I will be including some (not all!!) of the information in my Delegate report at Fall Assembly. See you soon!!

Monday April 24 (8AM to 8PM)

WSC Agenda Thought Force
Orientation Meeting for new Conference Members
Task Force: Spirituality in Area Money Discussion
Task Force: Spirituality in District Money Discussions (attended)
Task Force: Spirituality in Group Money Discussions
Presentation on the Roles – Selected Committees, Task/Thought Forces, and Work Groups (attended)
CCT/Nominating Committee
Celebrating Our Differences and Our Common Purpose

Literature Committee
Public Outreach Committee
Workshop – What does a stupendous Delegate report include?
Workshop – What does a terrific AWSC agenda include? (Attended)
Sharing Area Highlights
Opening Dinner

Tuesday, April 25 (6AM to 9PM) This day had no overlap, so all members attended all sessions.

Al-Anon Meeting
Breakfast
Opening Message
Break
WSC Agenda Thought Force
Chosen Agenda Item #14 Discussion
Lunch
Trip to the WSO
Sharing Ourselves
Approval of the Annual Report
Dinner
International Representative – New Zealand
International Al-Anon General Services Meeting
Motions
Unanswered Questions/Reflections

Al-Anon Meeting

Wednesday, April 26 (6AM to 9:30PM)

Al-Anon Meeting

Breakfast

Announcements, Voting Procedures, and Agenda Highlights

Sharing Ourselves

Approval of the 2016 Auditor's Report

Approval of the 2017 Finance Committee Report

Break

RCT, CCT, Nominating Committee, Affirmations

Lunch

Task Force: Spirituality in Group Money Discussions

Prayer for Today

Break

By-Laws

AFG the Fellowship, and AFG Inc. the Organization

Board of Trustees –Big Question

Move to the Big Question Breakouts (groups 1-6)

General Session

Board of Trustees – Big Question Report backs

Dinner

International Representative – Mexico

Motions

Unanswered Questions/Reflections

Open Board of Trustees Meeting

Thursday, April 27 (6AM to 10PM)

Al-Anon Meeting

Breakfast

Announcements, Agenda Highlights

Sharing Ourselves

“World Service Handbook” Task Force

Break

Policy Discussion – Financial Matters

Move to the Chosen Agenda Item Breakouts (16, 5, and 9; two groups each)

Lunch (Outside!)

Time to network and meet other Conference Members

CAI Breakouts (continued)

Move to General Session

Policy Discussion – Open/Closed Meetings

Task Force Presentation: Spirituality in District Money Discussion

Move to Open Policy Meeting

Dinner

International Representative –UK and Eire

Motions

Unanswered Questions/Reflections

Road Trip! You and Your Board Connect

2018 Al-Anon International Convention Update

Friday April 28 (6AM to 8:30PM)

Al-Anon Meeting
Breakfast
Announcements and Agenda Highlights
Sharing Ourselves
Policy Discussion – Announcing Events
Task Force: Spiritual Principles of Serving as Trustee
Break
Task Force Presentation: Spirituality in Area Money Discussions
General Session
Finance Presentation
Lunch
Finance Breakouts (groups 1-6)
Move back to the General Session
Sharing Ourselves
Finance Report Breakouts
General Session
Break
Unanswered Questions/Reflections
Motions
Final Summing It Up
Closing Dinner

Saturday, April 29 (7AM to 9:30AM)

Breakfast
Annual Open Board of Trustees Meeting

Submitted by Carol T, Delegate

Alavine Treasurer's Report

August 1, 2017

BALANCE FORWARD: February 1, 2017 **\$2,031.99**

INCOME:

Group	1,840.00	
Individual	120.00	
Alavine/Web	105.00	
Registration	200.00	
Tradition 7	121.00	
Silent Auction	15.00	
Interest Jan-July	.26	<u>\$2,401.26</u>

TOTAL INCOME: **\$4,433.25**

EXPENSES:

Web	222.36	
WSO		
Donation	100.00	
Coordinators	360.00	
Delegate	175.00	
NWRD	800.00	
Service Charge	15.00	

TOTAL EXPENSES: **\$1,672.36**

BALANCE AS OF: August 1, 2017 **\$2,760.89**

RESPECTFULLY SUBMITTED
CONNIE B. AREA TREASURER

BUDGET

DESCRIPTION	ACTUAL 2015	ACTUAL 2016	APPROVED 2017 BUDGET	ACTUAL 7/15/2017	PROPOSED 2018 BUDGET
WSC Equalized Expense	<u>\$1,297.00</u>	<u>\$1,260.00</u>	<u>\$1,500.00</u>	<u>\$0.00</u>	<u>\$1,500.00</u>
Delegate Token to WSC /Effective March 2017 moved to Northwest Regional Delegates	<u>\$400.00</u>	<u>\$400.00</u>	<u>\$400.00</u>	<u>\$0.00</u>	<u>\$0.00</u>
Northwest Regional Delegates Meeting	<u>\$400.00</u>	<u>\$400.00</u>	<u>\$400.00</u>	<u>\$800.00</u>	<u>\$800.00</u>
WSC Love Gift (1st yr. Delegate only)**	<u>\$0.00</u>	<u>\$50.00</u>	<u>\$50.00</u>	<u>\$0.00</u>	<u>\$50.00</u>
WSC Donation (voted on yearly)??	<u>\$60.00</u>	<u>\$60.00</u>	<u>\$100.00</u>	<u>\$100.00</u>	<u>\$100.00</u>
SUBTOTAL	<u>\$2,157.00</u>	<u>\$2,170.00</u>	<u>\$2,450.00</u>	<u>\$900.00</u>	<u>\$2,450.00</u>
DELEGATE -IN STATE EXPENSES					
Room \$100 per night (effective 01/2013)	<u>\$189.44</u>	<u>\$183.69</u>	<u>\$400.00</u>	<u>\$91.98</u>	<u>\$400.00</u>
MEALS \$60.00 (eff 1/2015)	<u>\$80.97</u>	<u>\$28.36</u>	<u>\$220.00</u>	<u>\$27.82</u>	<u>\$240.00</u>
Mileage (\$.30 per mile)(\$.50 per mile eff 1/2015)	<u>\$165.00</u>	<u>\$144.85</u>	<u>\$750.00</u>	<u>\$36.67</u>	<u>\$250.00</u>
Effective March 2017 gas receipts					
Phone/Printing	<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>\$10.00</u>	<u>\$20.00</u>
Misc. Cards				<u>\$8.53</u>	
TOTAL DELEGATE EXPENSES	<u>\$455.41</u>	<u>\$376.90</u>	<u>\$1,490.00</u>	<u>\$175.00</u>	<u>\$1,010.00</u>
mileage for 3/2016 was Amtrak round trip ticket \$98.00					

DESCRIPTION	ACTUAL 2015	ACTUAL 2016	APPROVED 2017 BUDGET	ACTUAL 7/15/2017	PROPOSED 2018 BUDGET
CHAIRPERSON -IN STATE EXPENSES					
Room \$100 per night (effective 01/2013)	<u>\$183.97</u>	<u>\$298.88</u>	<u>\$400.00</u>	<u>\$0.00</u>	\$400.00
MEALS \$60.00 (eff 1/2015)	\$149.81	<u>\$27.05</u>	\$220.00	\$0.00	\$240.00
Mileage (\$.30 per mile)(\$.50 per mile eff 1/2015)	<u>\$437.50</u>	<u>\$129.95</u>	<u>\$750.00</u>	<u>\$0.00</u>	\$250.00
Effective March 2017 gas receipts	-				
Phone/Printing	<u>\$42.03</u>		<u>\$100.00</u>	<u>\$0.00</u>	\$100.00
Supplies	<u>\$0.00</u>	<u>\$6.50</u>			
Registration	<u>\$20.00</u>	<u>\$20.00</u>	<u>\$20.00</u>	<u>\$0.00</u>	\$20.00
TOTAL CHAIRPERSON EXPENSES	<u>\$833.31</u>	<u>\$482.38</u>	<u>\$1,490.00</u>	<u>\$0.00</u>	<u>\$1,010.00</u>
ND WEB SITE					
Domain Charge	<u>\$13.17</u>	<u>\$13.17</u>	<u>\$15.00</u>	<u>\$30.34</u>	\$15.00
Annual Site Base Fee-Webmaster	<u>\$0.00</u>	<u>\$179.88</u>	<u>\$250.00</u>	<u>\$192.02</u>	\$250.00
TOTAL WEB SITE EXPENSES	<u>\$13.17</u>	<u>\$193.05</u>	<u>\$265.00</u>	<u>\$222.36</u>	<u>\$265.00</u>

COORDINATORS TOKEN EXPENSE EFFECTIVE 2013 \$40.00 EFFECTIVE 2018 \$50.00	ACTUAL 2015	ACTUAL 2016	APPROVED 2017 BUDGET	ACTUAL 7/15/2017	PROPOSED 2018 BUDGET
Alternate Delegate	<u>\$40.00</u>	<u>\$40.00</u>	<u>\$80.00</u>	<u>\$40.00</u>	\$100.00
Alternate Chairperson	<u>\$0.00</u>	<u>\$80.00</u>	<u>\$80.00</u>	<u>\$40.00</u>	\$100.00
Alateen	<u>\$40.00</u>	<u>\$80.00</u>	<u>\$80.00</u>	<u>\$40.00</u>	\$100.00
Archives	<u>\$80.00</u>	<u>\$40.00</u>	<u>\$80.00</u>	<u>\$0.00</u>	\$100.00
-					
Forum	<u>\$0.00</u>	<u>\$80.00</u>	<u>\$80.00</u>	<u>\$0.00</u>	\$100.00
Group Records	<u>\$80.00</u>	<u>\$80.00</u>	<u>\$80.00</u>	<u>\$40.00</u>	\$100.00
Literature	<u>\$40.00</u>	<u>\$80.00</u>	<u>\$80.00</u>	<u>\$0.00</u>	\$100.00
-					
Newsletter	<u>\$80.00</u>	<u>\$80.00</u>	<u>\$80.00</u>	<u>\$40.00</u>	\$100.00
Public Outreach	<u>\$0.00</u>	<u>\$40.00</u>	<u>\$80.00</u>	<u>\$40.00</u>	\$100.00
Secretary	<u>\$80.00</u>	<u>\$80.00</u>	<u>\$80.00</u>	<u>\$40.00</u>	\$100.00
Treasurer	<u>\$80.00</u>	<u>\$80.00</u>	<u>\$80.00</u>	<u>\$40.00</u>	\$100.00
Web site	<u>\$80.00</u>	<u>\$80.00</u>	<u>\$80.00</u>	<u>\$40.00</u>	\$100.00
Past Delegate -\$40.00 per delegate when attending assembly (\$0.00 effective 1/2014)	<u>\$160.00</u>	<u>\$40.00</u>	<u>\$400.00</u>	<u>\$0.00</u>	\$400.00
Total Coordinators expense	<u>\$760.00</u>	<u>\$880.00</u>	<u>\$1,360.00</u>	<u>\$360.00</u>	<u>\$1,600.00</u>

DESCRIPTION	ACTUAL 2015	ACTUAL 2016	APPROVED 2017 BUDGET	ACTUAL 7/15/2017	PROPOSED 2018 BUDGET
MISCELLANEOUS					
Bank Service and/or cost of checks	<u>\$88.84</u>	<u>\$0.00</u>	<u>\$50.00</u>	<u>\$0.00</u>	<u>\$50.00</u>
Newcomers Literature Packet	<u>\$338.38</u>	<u>\$0.00</u>	<u>\$300.00</u>	<u>\$0.00</u>	<u>\$300.00</u>
Printing Expense not listed above	<u>\$45.35</u>		<u>\$100.00</u>	<u>\$0.00</u>	<u>\$100.00</u>
**Treasurer		<u>\$38.53</u>			
**Literature		<u>\$12.00</u>			
Postage Expense not listed above	<u>\$0.00</u>	<u>\$0.00</u>	<u>\$50.00</u>	<u>\$0.00</u>	<u>\$50.00</u>
Supplies	<u>\$0.00</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>\$150.00</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>\$35.00</u>	<u>\$0.00</u>	<u>\$35.00</u>
TOTAL MISCELLANEOUS EXPENSES	<u>\$472.57</u>	<u>\$200.53</u>	<u>\$785.00</u>	<u>\$0.00</u>	<u>\$785.00</u>
TOTAL EXPENSES FOR THE YEAR	<u>\$4,691.46</u>	<u>\$4,302.86</u>	<u>\$7,840.00</u>	<u>\$1,657.36</u>	<u>\$7,120.00</u>

Summer 2017 Appeal Letter

Nathaniel Hawthorne wrote "*Happiness is a butterfly, which when pursued, is always just beyond your grasp, but which, if you will sit down quietly, it may alight upon you.*"

As I was watching the hummingbirds and butterflies out the window I thought of this saying. For the longest time I did not take the time to listen to my higher power. Once I did I was so appreciative of the Al-Anon program and the way my life was going. I have a hard time putting my thoughts out for all to see. I do WANT to thank each and every one of you for the blessings I have received from you and for all your work in keeping Al-Anon alive.

Have you thought about where Al-Anon will be tomorrow? Some ways to keep Al-Anon alive and well is by doing service work (at the group, district or Area level), sharing the Al-Anon message and financially supporting Al-Anon at the following levels: Group, District, Area and World Service.

Some upcoming estimated expenses are as follows:

Fall Assembly Expenses:

Delegate/Chairman \$ 1,000.00

Coordinators/other officers \$ 600.00

World Service Conference

Equalized expense \$ 1,500.00

(Paid by 12.31.17 for 2017 WSC)

Regional Delegates Meeting – 2018 \$ 800.00

Total Estimated Expenses \$ 3,900.00

Please remember to support North Dakota Al-Anon as an individual, group or district. If we dream today that Al-Anon will be here for us, it will be here tomorrow for anyone who needs the help of Al-Anon.

In Al-Anon Service,
Connie B.
Treasurer
604 Douglas Ave
Henning, MN 56551

***** Anyone who is interested in seeing the motions broken down by office I will have a copy at assembly. *****

District Reports

District 1: Williston

Williston AFG meets on Mondays at 8:00 PM at St Peter's Episcopal Church. We continue to see newcomers at our meeting. We range from 8 to 16 attendees per week. Our meetings include applying daily readings to our life experiences, sharing articles from The Forum, and listening to Al-Anon speaker CDs. We have newer members who are interested in service positions. Currently, the Treasurer and Literature Chairperson are filled. The secretary position was filled, but this member has since moved back home to Canada.

Watford City 24-Hour AFG meets Thursdays at 7:30 PM at their new location, First Presbyterian Church. The location and meetings are progressing nicely. In the period of one year, we have grown from 2 to over 10 people! Right now, we are focusing on Step 4 and have chosen "honesty" as a theme for July. In August, we will move on to "self-worth", and so on.

It is still our goal to re-establish District 1, although we have not spent much time dedicating to it lately.
LIS,

Tanya V

Williston AFG Group Rep

District 2: Dickinson

The Dickinson AFG meets on Wednesday evening with an average of 6 people attending. We helped organize the May Roundup in Richardton. Our speaker, Jodi P, came from South Dakota and did an awesome job.

District 3: Minot

Hello everyone! Good morning in this bright beautiful sunny day! We held our last meeting on Saturday July 29th with four people attending. We talked about the workshops for the Roundup. Lana and I have the workshops ready to go. We will be using the Personal Freedom workbook for the workshops. So please bring yours along if you would like. Lana will have some available to use and to sell that weekend. All of our Minot groups are doing fairly well. Kenmare has only one member and is struggling. We have 1 new group that has registered with the World Service Office. They are meeting on Sunday evenings and are using the Paths to Recovery Books. We will be making up new meeting lists for our district. We have also been busy with our 7th Annual Holiday Kick-off Party that will be held December 2 at the Cornerstone Presbyterian Church in Minot. We hope to have fliers available at the Roundup/Assembly. We discussed making a Facebook page for our district. More info to come on that later.

Can't wait to see everyone in Minot.

Yours in Service,

Brenda G.

District 3 Representative

District 4: Bismarck

District 4 Finances continue to be very strong. The Open Meeting on Saturdays at 8pm at Heartview has become a registered AA meeting. District 4 continues to be invited to hold an open Al-Anon meeting the third Saturday of the month at 8pm, which has been met with strong interest. In spring of 2018, 400 copies of 2018 Al-Anon Faces Alcoholism will be distributed to local area facilities and schools. District 4 is grateful to have provided newcomers with Gene K Memorial purchased CAL "How Al-Anon Works."

The District fellowship continues to grow in strength, experience and hope:

Monday Night AFG – consistent attendance of 15 – 20, good finances, chairperson and meeting topics alternate between steps, traditions, concepts, slogans and speaker/sponsorship meetings each month; routine newcomers attend and return; the meeting maintains routine monthly business meetings; Lynelle is GR.

Tuesday Brown Bag AFG – successful noon meeting that started April, 2016, at McCabe; consistent attendees from approximately 6 – 15 with each meeting introducing and discussing various CAL pamphlets. Sheila is group point of contact, Sheryl is GR.

West River AFG – small group, meager finances, Peter is GR.

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

North City AFG – "NEW" time at 7:30 on Thursdays, consistent, strong attendance of 10 – 25, strong finances, and routine newcomers; Lila B. is GR.

Saturday Morning AFG – consistent, continued very strong attendance of 25 – 50, new monthly CAL introduction at start of meeting before breaking into smaller groups, strong finances, routine business meetings, and routine newcomers; Molly is GR, Joan is Alternate GR.

Knife River AFG – no report or contributions since 2001;

District 4 carries on in gratitude for all Area service members and appreciates the strong leadership of our Delegate, Carol. We are all looking forward to seeing you in Minot!

Gratefully yours in service,

Liv F B

District 5: Devils Lake

No report

District 6 & 8: Jamestown, Fargo

Our last district meeting was 5/6/17 and we had a great meeting. Carol T., Area Delegate, conducted a wonderful workshop titled "Spirituality in District Money Discussions." We actually ran out of time and may continue this at the next meeting. Carol also gave an update from the Regional Conferences and also shared some great material on workshops that can be used at the district and group levels.

As a District, we are very strong financially and voted to increase donations to both WSO and the Area. We are also beginning to work with AA on planning for the Fall Assembly in 2018 which will be held in Fargo.

We continue to work on orientation checklists for District Officers/Coordinators. We will use these at the last meeting of the year before taking on new position to assist new officers in stepping into their positions. We are also putting together a DR/GR training manual assembled into a binder for new or incoming GR's/DR's. This will be share with all Groups in our District.

The next meeting will be August 26th at Olivet Lutheran Church at 9:30 am in Fargo.

HIGHLIGHTS FROM GROUPS IN DISTRICT 6-8

Easy Does It AFG in Fargo

The group continues to have steady attendance and continuous newcomers for their beginners meeting. The give all newcomers a softcover copy of How Al-Anon Works, for which they are all very grateful. The group is financially stable and has been able to give additional money to the District, Area and also sent a \$100 love gift with Carol T. when she went to the Work Service Conference. They are having a potluck soup and open speaker meeting on October 24th. Details will be posted on the ND Al-Anon website.

James River AFG in Jamestown

The group is now giving copies of the soft cover book How Al-Anon works to all newcomers as a trial. The three group meetings each week – Tuesday evening, Thursday Noon, and Tuesday evening are all going well. The group also remains financially strong.

Wahpeton AFG in Wahpeton

The group continues to meet Tuesdays at 8:00pm at the Evergreen Methodist Chapel on 11th Street. Attendance is up and down with an average of 10 per meeting. Newcomers continue to be sporadic. They are planning some Fellowship events aside from their regular meeting day; one for each season. The group also has an ongoing can raffle with the prizes alternating from a subscription to The Forum and a book.

Friday Feelings in Fargo

Elections were held and all positions were filled, which is a first in many years. Members are also stepping up to lead meetings. A meeting on the topic of Service may have helped with elections. Meetings are held at 6:30 on Fridays at First United Methodist Church on South 10th Street in Fargo with 7-17 people in attendance.

I am looking forward to seeing everyone at the 2017 ND State AA Roundup, September 8-10, in Minot.

Humbly in Service,

Sheri S

District 6-8 Representative

District 7: Grand Forks

District 7 still doesn't have a District Rep. At the most recent District meeting on July 13, we made a goal to at least have our Secretary position filled by 2018. If anyone is interested in service to take meeting minutes and type them up, this would be a great opportunity and it is only 6 times per year since we have bi-monthly District meetings. Currently the group that is hosting the open meeting that month is volunteering a member to take notes during the District Meeting.

A new meeting joined our District from Langdon, ND in May. We are excited to have them join our District and be a part of our monthly events. Patty M. is the contact for the Langdon Hope AFG. Info is below.

Langdon Hope AFG

United Lutheran Church

1216 9th Ave

Langdon, ND 58249 pattymet@hotmail.com

Our District will be involved in the Northeast Human Service Recovery Day on Thursday, September 14 in downtown Grand Forks. Al-Anon will have a booth with literature available for purchase, state & local meeting lists, pamphlets, etc. Volunteers from our groups will sign up for specific time slots to help with this event.

We continue to pass out and drop off "Al-Anon Faces Alcoholism" brochures throughout the Grand Forks region with meeting lists inserted in them. We have a master list of places where they can be distributed and each group takes the brochures and drops them off.

We also have our Al-Anon Open Meeting each month on the 3rd Thursday at 7:00 p.m. at St. Mark's Lutheran Church. Rotations between the groups in the District take turns hosting the meeting and members volunteer to go up and share their stories, read a page from CAL literature, or discuss something about the Al-Anon program. We continue to have a good turnout for these meetings and hope it remains that way.

Submitted by:

Erika S. (GR, Friendship Al-Anon, GF)

Coordinator Reports

Alateen:

Not much activity to report. I did get recertified as an Alateen Sponsor through July 1, 2018.

It's unfortunate that we can't get Alateen meetings going in North Dakota. We stress at my home group that if there are teens that attend our meeting to keep coming and that they're welcome at our Al-Anon meeting.

Dee S

Alavine:

At the World Service Office site, a survey is conducted with area newsletter editors on who has eliminated paper newsletters and what process is used to distribute news. The North Dakota Alavine is placed on the web, e-mailed to subscribers and e-mailed to World Service Office. (Most areas are doing this.)

The use of e-buddies is a means to provide paper copies to members without printers or computers. In North Dakota, we suggest this process, too. Many areas are directing donations to the website, like North Dakota is. How do you like the "Annual Website Donation Reminder" page located at the end of our newsletter? Thanks Ericka.

WSO requests newsletter editors to encourage members and groups to participate in the AFA 2018 magazine outreach, Al-Anon Faces Alcoholism.

LIS,

Darcy A

Archives:

Hello everyone, Hope your summer was wonderful.

My husband and I survived living in an RV since October 2016 until September 2017. When you read this we will probably be moving into our new home.

The Archival Information is in one of our three storage units.

The digital preservation is, I am sorry to report, not being done by me as it is beyond my capabilities or I am just unwilling to do it due to my limited free time this year.

Cheryl M., Archives

Forum:

Write for the Forum!

The Forum Writing Guideline (F-1) has been revised and will be available at the Fall Assembly so members can submit their sharings! That means you! Member photos or graphic designs are also welcome. Photos may be prints or slides in color or black and white, but need to be in focus, with level horizons, and without full faces. The Forum cannot publish copyrighted writings or photos.

Stories are needed from all Al-Anon members: including men, Al-Anon adult children, and Alateen's. Humorous Al-Anon articles are needed for the "Lighter Side" section of The Forum.

Longtime members: write and share your service experiences as well as how you cope with being a longtime member when faced with a problem.

Forum Writing Guidelines: In general, the way to share your story in The Forum is the same way that you would at an Al-Anon/Alateen meeting. NOTE: Forum stories are about 600 words.

1. Share an experience from the heart with the focus on yourself, not the alcoholic or others.
2. Relate a personal experience based on a program principle, such as detachment, acceptance, a Step, Tradition, or Concept of Service, etc., and give an instance of how and where you used it.
3. Use the first person (I, me, we, and us). True personal sharings do not give direction; they express your own experience, strength, and hope. Please avoid the use of the pronoun "you."
4. Avoid generalities, outside issues, treatment center language, and religious philosophy or doctrine. Al-Anon members in other Twelve Step programs, including Alcoholics Anonymous, are asked to write only of their experience in the Al-Anon program.
5. Kindly observe Al-Anon's Twelve Traditions when sharing.
6. By established policy we do not accept poetry, skits, prayers or fictional stories. On a trial basis we are accepting Alateen poetry.

THE FORUM BOOK (working title): So far, members have sent in over 441 titles and publication dates of Forum articles that are considered the best of recent years. So far, only one article from the first quarter of 2017 has been suggested. Please let the WSO know which Forum stories you want to see included in this book. And don't forget to send in your own selections! The Forum on-line: Members can access The Forum at www.al-anon.org/members to view the Table of Contents page with links to the three Internet articles, the front cover, "Inside Al-Anon," and the calendar of events.

An easier way to find the e-magazine version! You can now find direct links for ordering the electronic version of The Forum magazine on the Al-Anon Online Store at al-anon.org/online store under the "Electronic Literature" category.

Forum Subscription reports: No new report since January 2017, which was printed in the last Alavine. The WSO staff has asked Forum Coordinators' assistance to assure that they are providing us with pertinent information. I will continue to keep you posted on how this evolves.

Gratefully yours in service,

Liv F B

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Group Records:

ND Area 43 Coordinators Report

Group Records, Fall 2017

September 8 - 10, 2017 - Minot ND

There have been no conference calls with the World Service Office since the Spring 2017 report.

I received at least 6-8 changes to various groups' information at the Spring Assembly, these were made by the end of March, 2017. To date, an additional 4-5 updates were made including the addition of two NEW meetings in our Area.

I have received several emails from the e-communities relating to Group Records discussions. One issue discussed was that the online database was timing out too fast while coordinators were working on the updates. WSO made several suggestions and changes as they were able to help those who were struggling with this glitch.

The most recent meeting list was emailed on May 22, 2017 to all the DR's, Delegate, and Website Coordinators. I continue to make changes as I receive them and will email an updated list as is necessary. As previously reported, WSO is encouraging the Area's to use electronic communication so as to strengthen the groups' connection with the Area and the WSO.

NOTE: Information emailed to me will be updated at the WSO via the online database AND/OR on our Area Meeting List for the website. For example, if only the Groups' CMA (Current Mailing Address) has changed, then only the WSO will be notified. If a meeting time and/or location has changed, BOTH the WSO and the Area meeting list will be updated.

As of 7/20/2017, there were 54 total groups, 41 Active and 13 Inactive. Please let me know if anyone needs help with their groups' information. I will have each groups' detail report printed for review at Assembly!

Respectfully submitted in Al-Anon Service, Nancy

Literature Distribution Center:

I will start with a question, this question I know new members think about or feel. Do you still feel or question if your Higher Power loves you?

This is what triggered this question, the poem is referring to my Higher Power, whom I call God:

He splashed orange in the sunrise
and cast the sky in blue.
And if you love to see geese as they gather,
chances are you'll see that too.

Did he have to make the squirrel's tail furry?
Was he obliged to make the birds sing?
And the funny way chickens scurry?
Or the majesty of thunder when it rings?

Why give a flower fragrance? Why give food its taste?
Could it be he loves to see that look upon your face?

This leads me to the Al-Anon literature. I can open any piece of CAL and find that it will help to me get passed any negative thinking, even without me believing that my HP has anything to do with it. That was early in my recovery. It did help me to just open a book or pamphlet and I would read and feel better. I know now that is a gift from my HP. My challenge to all of you is which pamphlet or book page or reading do you find your splash of orange sunrise, or blue sky, or the feel of rain on your face, what we may refer to as watching Mother Nature, and sharing that with new comers or even a long timer who is struggling, that needs to hear how God loves each and every one of us. Years in Al-Anon does not make us free of disappointment or heartache or just a lousy moment. I do know "this too shall pass", but need to share with newcomers, tweeners, and the long timers how do we make it pass. I need to know that my HP is always, always with me. My Higher Power never leaves me alone, it is I who tries to move away from, not that the HP allows it to happen, it is a feeling of being alone. So again teach, share, and plant the seed of what reading out of which page of a book, which part of a pamphlet that gives us that gorgeous color and smell of a flower, the fresh out of garden beets, green beans or the wonderful northern lights that we are so lucky to see frequently in North Dakota.

Thank you for allowing me to share my pondering once again. Carla used to say "run" when I said I was pondering, actually it was quite loud when she said run.

LIS,
Lana N
Panel 38 ND

Literature:

I am writing to say that I have to resign from the Literature Coordinator position due to unforeseen circumstances that have occurred and I will be unable to carry out this position. It is my hope that someone will take up the baton, maybe at Fall Assembly, if not sooner.

Respectfully, Judy J.

Al-Anon Area 43 Literature Coordinator

Public Outreach:

Brenda states there is nothing to report.

Website:

The donation button was added during Assembly in March to add another avenue to get donations at the State level. I am unaware if that has generated any additional revenue at this time.

Heather and I continue to update the meeting list when new meetings are added. The most recent update is from May 22. Emails directly from the website have slowed down, guessing it is due to summer. Hoping more interest is generated and more newcomers send emails and ask questions about getting help and where to go for meetings, etc.

Hoping to see more Al-Anon events to post as well. Remember you can send them directly to the email address: nadalanoninfo@gmail.com and we can get them published online for your group.

I updated the form for the suggested \$15.00 donation for the website. I plan to mail one to each group as a reminder that anything they can contribute will allow this vital recourse to continue. Hoping we can get enough funds to pay for the yearly fees. The website will automatically renew March 17, 2019 according to my records so we won't have to worry about getting credit card info before then.

Other than that, Heather and I are always taking comments and suggestions to make this site better. Please let us know if there is anything you would like to see!

Submitted by,

Erika S

Member's Corner

In my heart I know that God loves me unconditionally. That God never fails me and that God is always with me.

Prayer changes things. Prayer changes you.

Dear Higher Power

You understand and forgive so much, please grant me the gift of compassion and understanding. Release me from the grudges I may bear. Amen.

Dear Lord.

Strengthen my confidence and let me know you are near. Help me today as I try to pursue the life you have planned for me. Amen.

Everything God does is love – even when we do not understand him.

TRUST HIM with his love, strength and help. How can you miss?

There's nothing like coming home to a loved one and hear them meow.

Where some see a weed others see Wishes

Love is when you look in someone's eyes and see everything you need.

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:

Connie B.

604 Douglas Ave

Henning, MN 56551