



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

<http://www.ndalanon.com>

<http://www.alanonfamilygroups.org>

**Summer, August 1, 2018**

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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](mailto:darcy.avery@hotmail.com).

## Chairperson's Report

Well, I am grateful for the opportunity to have served as Area Chair for the past 3 years. And I thank Alternate Chair Sheila S. for graciously taking over when I was unable to attend. The Al-Anon program has been vital to my personal life as changes required faith and action. This is especially true in dealing with the loss of my daughter Rebecca. My sponsor comments frequently that he has never seen so much positive resulting from something so tragic.

I look forward to this my last assembly as Area Chair. And at this point I want to thank assembly participants from around the state for service that has been genuine, assertive, considerate and progressive. I feel we have implemented many efficiencies and equalities in procedures and brought our gathering into an Al-Anon atmosphere of respect, inclusion and well-informed participants.

These changes include:

KBDM - Knowledge Based Decision Making for an Informed Group Conscience; informed decision-making utilizing Thought Force and Task Force groups to fully research and recommend solutions to issues of concern to participants.

Adequate preparation to facilitate an efficient meeting ie: reading of newsletter and minutes one month prior to assembly.

Eliminated the AWSC - Area World Service Committee Friday night meeting in light of the Area Chair agenda preparation.

Opportunities for GRs to voice concerns and considerations as a focus of growth for their home group.

Delineation of Al-Anon assembly and AA assembly and AA Roundup.

Inclusion of social interaction, community exploration activities, sports activities, hiking, and hosting to the hottest eating places in town.

Opportunity for spontaneous impromptu speakers during the assembly.

Thorough discussion, research, and closure of a list of major concerns brought to the assembly.

Highlighted features of this Fall's Assembly:

Assembly is scheduled for Saturday, September 15 only.

Friday and Sunday opportunities for those who are present on those days for reasons of their own.

WSO Trustee arrives Friday for anyone to greet and meet.

WSO Trustee introduction, presentation, and workshop as part of Assembly agenda.

Essential: please read Spring Assembly minutes and Alavine prior to attending to facilitate an efficient business meeting.

Emphasis of the Assembly is always on the Group Representative and their home group's success. That is the real core of the Al-Anon program.

Separate networking breakouts for; GRs, DRs, Coordinators, Officers present, past, and future.

Consider being an impromptu speaker at one of the two scheduled opportunities.

Elections of all Area positions will be held at this assembly.

So... GRs in the meantime, check with your groups to identify issues, concerns, and anything you would want to discuss with other GRs and the experienced assembly members present.

DRs, Coordinators, Officers, seek out any issues that would be topics during your breakout.

\*\*Everyone in the Area: please review the election results from our last election and the duties of each position at your meetings and emphasize the benefits of service these positions contribute to the prosperity of the Al-Anon program. Some are finding a renewed spark of interest lately in members stepping up and taking these positions at all levels of service.

Yours in grateful service, Walt G. Area Chair Area 43

## Tentative Fall Assembly Agenda

Fall 2018 Assembly

September 15, 2018

Ramada Inn

3333 13th Ave.

Fargo ND

**Friday Sept. 14** afternoon/evening - Arrival, greet and meet WSO Trustee (optional)

**Saturday Sept. 15** Agenda;

8:30 Registration

9:00 Assembly begins

Serenity Prayer, Steps, Traditions, Concepts/Warranties, Tradition 7 basket (read p. 21 Passing the Basket Al-Anon service manual)

Welcome, introductions, announcements, cheer on fabulous host district, recognition, welcome and orientation of newcomers.

**WSO Trustee Chere F.** Introduction, purpose of visit, question/answer period.

- Official count voting members of the Assembly. *Attending Group Representatives only.*

Secretary's Report/update and approval

Impromptu speaker!

- Treasurer's Report/update and approval

- District updates: 1, 2, 3, 4, 5, 7, 6-8

- Coordinator updates: Alateen, Alavine Archives, Forum, Group Records, Literature, Public Outreach, Website

Literature Distribution Center update

10:15 - 10:30 Break and Breakout - GRs, DRs, Coordinators, Officers outgoing and incoming Suggested topics; Replacing your position, problems, issues, excitements.

10:30 - highlights of breakouts

10:45 WSO Trustee directed workshop

12:00 Lunch break - Host District members please suggest and accompany members to "Hottest Eating Places in Fargo"

1:30 Reconvene Assembly agenda

- Delegate's Report

OLD BUSINESS

Interest in forming Alateen group in District 4. Any way to expedite this process?

Fall elections Area 43\*\*

Literature Distribution Center. Lana is retiring from this position after \_\_\_\_ years. Any prospective members want to continue this service?

2:00 Break

NEW BUSINESS:

- District 6/8 proposes to move Spring Assembly to April
- Fall elections\*\* (consider having an alternate for each elected position)

Final Breakout - GRs, DRs, Coordinators, Officers outgoing and incoming

- impromptu speaker

4:00 Assembly Adjournment

**\*\*Elections Fall 2018**

Printed below are the election procedures and results from Fall 2016. Please review this and use it for educating group and district members of area positions open for this upcoming election. Especially emphasize the concept of alternate positions

Job descriptions are available from the packet presented to you at the start of your present position.

Election procedures are in the Service Manual from World Service, in the ND policy Manual and the ND job descriptions.

Elections-Area 43 2016-2018 Term

Delegate- Lana N. made a motion to accept the nomination of Carol T. for Area Delegate. 2<sup>nd</sup> by Barb S. Motion carried unanimously.

Alt. Delegate- Sheri S. made a motion to accept the nomination of Lana N. as Alt. Delegate. 2<sup>nd</sup> by Brenda G. Motion carried unanimously.

Chairman- Barb S. made a motion to accept the nomination of Walt G. for Area Chairman. 2<sup>nd</sup> by Randy. Motion carried unanimously.

Alt. Chairman- Lila B. made a motion to accept Sheila S. as alt. chairman. 2<sup>nd</sup> by Liv. Motion carried unanimously.

Secretary- Barb S. made a motion to accept the nomination of Sheri S. for Area secretary. Dee 2<sup>nd</sup>. Motion carried unanimously.

Treasurer- Judy J. made a motion to accept the nomination of Connie B. 2<sup>nd</sup> by Dee S. Motion carried unanimously.

Alateen Coordinator- Judy J. made motion to accept the nomination of Dee S. for Area Alateen. Liv 2<sup>nd</sup>. Motion carried unanimously.

Alavine Coordinator- Lila B. made a motion to accept the nomination of Darcy A. for Area Alavine. 2<sup>nd</sup> by Lana N. Motion carried unanimously

Archive Coordinator- Donna J. made a motion to accept the nomination of Cheryl M. for Area Archives. Lana N. 2<sup>nd</sup>. Motion carried unanimously.

Forum Coordinator- Cheryl M. made a motion to accept the nomination of Liv F. as Area Forum coordinator. Lila B. 2<sup>nd</sup>. Motion carried unanimously.

Group Records Coordinator- Cheryl M. made a motion to accept the nomination of Nancy H. as Group Records. Liv. F 2<sup>nd</sup>. Motion carried unanimously.

Literature Coordinator- Sheri S. made a motion to accept the nomination of Judy J. as Literature Coordinator. 2<sup>nd</sup> by Judy S. Motion carried unanimously.

Public Outreach Coordinator- Donna J. made a motion to accept Brenda G. as Area public outreach. 2<sup>nd</sup> by Lana N. Motion carried unanimously.

Website Coordinator- Jenn B. made a motion to accept Heather T. and Erika S. as website co-chairs. 2<sup>nd</sup> by Sue W. Motion carried unanimously.

## Delegate's Report

Hello Everyone!

I am happy to report we have heard back from Debbie G, Chair of the Board, about our visiting Trustee for our fall Assembly. Chere F., Northwest Regional Trustee, will be joining us to tell her story, and lead us in a workshop. I have passed on the list of topics I compiled with your help after the last Assembly. I will keep you posted with email updates. If you signed up on the list to provide hospitality during the Trustee visit, watch your email as I will send out any updates about needs to all Assembly members.

There have been many changes at Conference, and at WSO. Among them a new Executive Director, new literature, new staff, a new way of discussing topics, and in all of that, renewed vitality in our worldwide fellowship.

If anyone is thinking of standing for Delegate, all I can tell you is, do it! It is one of the highlights of my service to date.

Looking forward to seeing all of you (and some new faces!) at Assembly in Fargo!

In Service,

Carol T

Delegate, Panel 56, North Dakota

## Alavine Treasurer's Report

<b>BALANCE FORWARD FEBRUARY 1, 2018</b>		\$ 3,359.30
<b>INCOME:</b>		
Group Donations	\$ 1,910.00	
Alavine/Web	\$ 125.00	
Spring Registration	\$ 180.00	
Interest 2/1/18 to 7/31/18	\$ 0.73	
Anonymous Donations	\$ 150.00	
Tradition 7-Spring Assembly	<u>\$ 197.00</u>	<u>\$ 2,562.73</u>
<b>TOTAL INCOME</b>		<u><u>\$ 5,922.03</u></u>
<b>EXPENSES</b>		
WEB	\$ 217.64	
SPRING ASSEMBLY EXPENSES		
COORDINATOR	\$ 300.00	
DELEGATE	\$ 117.89	
ROOM 35.92 MEALS 11.28 MILEAGE 70.69		
CORNERSTONE CHURCH. SPRING MTG	\$ 150.00	
PRINTING FOR TREASURER	<u>\$ 20.21</u>	
<b>TOTAL EXPENSES</b>		<u>\$ 805.74</u>
<b>BALANCE AS OF AUGUST 1, 2018</b>		<u><u>\$ 5,116.29</u></u>

**RESPECTFULLY SUBMITTED**  
**CONNIE B**  
**AREA 43 TREASURER**

## August 2018 APPEAL LETTER

Today we have our conference approved literature, face to face meetings, online meetings and the great fellowship of the Al-Anon program. **Where would WE be without this?**

Will you and/or your Al-Anon group be the “one” that financially helps Area 43 Al-Anon (North Dakota) function and survive? Some actual and/or estimated expenses coming up for Area 43 are as follows:

**Fall Assembly Expenses:**  
--Delegate/Chairman \$1,490  
--Coordinators/Other Officers 520  
--World Service Conference Equalized Expense \$2500.00  
**Total Expenses \$4,510.00**

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**

**REMINDER:** Elections are coming up for a new term of service for 2019-2021. I would like to challenge anyone who is willing to stand for a position you are interested in whether it be at group, district or state level. If you have any questions about the job please talk to the person who has it now.

**BUDGET 2017 ACTUAL AND 2018 APPROVED**

<b>DESCRIPTION</b>	<b>ACTUAL 2015</b>	<b>ACTUAL 2016</b>	<b>ACTUAL 2017</b>	<b>APPROVED 2018 BUDGET</b>	<b>ACTUAL 7/31/2018</b>
WSC Equalized Expense	<u>\$1,297.00</u>	<u>\$ 1,260.00</u>	<u>\$ 2,443.00</u>	<u>\$ 1,500.00</u>	<u>\$ 0.00</u>
Delegate Token to WSC /Effective March 2017 moved to Northwest Regional Delegates Mtg	<u>\$ 400.00</u>	<u>\$ 400.00</u>	<u>\$ 0.00</u>	<u>\$ 0.00</u>	<u>\$ 0.00</u>
Northwest Regional Delegates Meeting	<u>\$ 400.00</u>	<u>\$ 400.00</u>	<u>\$ 800.00</u>	<u>\$ 800.00</u>	<u>\$ 0.00</u>
WSC Love Gift (1st yr. Delegate only)**	<u>\$ 0.00</u>	<u>\$ 50.00</u>	<u>\$ 0.00</u>	<u>\$ 50.00</u>	<u>\$ 0.00</u>
WSC Donation (voted on yearly)??	<u>\$ 60.00</u>	<u>\$ 60.00</u>	<u>\$ 100.00</u>	<u>\$ 100.00</u>	<u>\$ 0.00</u>
<b>SUBTOTAL</b>	<b><u>\$2,157.00</u></b>	<b><u>\$ 2,170.00</u></b>	<b><u>\$ 3,343.00</u></b>	<b><u>\$ 2,450.00</u></b>	<b><u>\$ 0.00</u></b>
<b>DELEGATE -IN STATE EXPENSES</b>	-	-	-		
Room \$100 per night (effective 2013)	<u>\$ 189.44</u>	<u>\$ 183.69</u>	<u>\$ 91.98</u>	<u>\$ 400.00</u>	<u>\$ 35.92</u>
MEALS \$60.00 (eff 2015)	<u>\$ 80.97</u>	<u>\$ 28.36</u>	<u>\$ 27.82</u>	<u>\$ 240.00</u>	<u>\$ 11.28</u>
Mileage (\$.30 per mile)(\$.50 per mile eff 1/2015)	<u>\$ 165.00</u>	<u>\$ 144.85</u>	<u>\$ 36.67</u>	<u>\$ 250.00</u>	<u>\$ 70.69</u>
Effective March 2017 gas receipts	-	-	-		
Phone/Printing	<u>\$ 0.00</u>	<u>\$ 0.00</u>	<u>\$ 0.00</u>	<u>\$ 100.00</u>	<u>\$ 0.00</u>
Registration	<u>\$ 20.00</u>	<u>\$ 20.00</u>	<u>\$ 10.00</u>	<u>\$ 20.00</u>	<u>\$ 0.00</u>
Misc. Cards			<u>\$ 8.53</u>		
<b>TOTAL DELEGATE EXPENSES</b>	<b><u>\$ 455.41</u></b>	<b><u>\$ 376.90</u></b>	<b><u>\$ 175.00</u></b>	<b><u>\$ 1,010.00</u></b>	<b><u>\$ 117.89</u></b>
<b>mileage for 3/2016 was Amtrak round trip ticket \$98.00</b>	-	-			



DESCRIPTION	ACTUAL 2015	ACTUAL 2016	ACTUAL 2017	APPROVED 2018	ACTUAL 7/31/2018
<b>CHAIRPERSON-IN STATE EXPENSES</b>					
Room \$100 per night (effective 01/2013)	\$ 183.97	\$ 298.88	\$ 87.30	\$ 400.00	\$ 0.00
MEALS \$60.00 (eff 1/2015)	\$ 149.81	\$ 27.05	\$ 23.08	\$ 240.00	\$ 0.00
Mileage (\$.30 per mile)(\$.50 per mile eff 1/2015)	\$ 437.50	\$ 129.95	\$ 24.07	\$ 250.00	\$ 0.00
Effective March 2017 gas receipts					
Phone/Printing	\$ 42.03	\$ 0.00	\$ 0.00	\$ 100.00	\$ 0.00
Supplies	\$ 0.00	\$ 6.50	\$ 0.00	\$ 0.00	\$ 0.00
Registration	\$ 20.00	\$ 20.00	\$ 0.00	\$ 20.00	\$ 0.00
<b>TOTAL CHAIRPERSON EXPENSES</b>	<b>\$ 833.31</b>	<b>\$ 482.38</b>	<b>\$ 134.45</b>	<b>\$ 1,010.00</b>	<b>\$ 0.00</b>
<b>ND WEB SITE</b>					
Domain Charge	\$ 13.17	\$ 13.17	\$ 30.34	\$ 15.00	\$ 0.00
Annual Site Base Fee-Webmaster	\$ 0.00	\$ 179.88	\$ 192.02	\$ 250.00	\$ 203.88
Taxes and Fees					\$ 13.76
<b>TOTAL WEB SITE EXPENSES</b>	<b>\$ 13.17</b>	<b>\$ 193.05</b>	<b>\$ 222.36</b>	<b>\$ 265.00</b>	<b>\$ 217.64</b>
<b>COORDINATORS TOKEN EXPENSE EFFECTIVE 2013 \$40.00 EFFECTIVE 2018 \$50.00</b>					
Alternate Delegate	\$ 40.00	\$ 40.00	\$ 80.00	\$ 100.00	\$ 50.00
Alternate Chairperson	\$ 0.00	\$ 80.00	\$ 80.00	\$ 100.00	\$ 50.00
Alateen	\$ 40.00	\$ 80.00	\$ 40.00	\$ 100.00	\$ 0.00
Archives	\$ 80.00	\$ 40.00	\$ 0.00	\$ 100.00	\$ 0.00
Forum	\$ 0.00	\$ 80.00	\$ 40.00	\$ 100.00	\$ 0.00
Group Records	\$ 80.00	\$ 80.00	\$ 80.00	\$ 100.00	\$ 0.00
Literature	\$ 40.00	\$ 80.00	\$ 0.00	\$ 100.00	\$ 0.00
Newsletter	\$ 80.00	\$ 80.00	\$ 80.00	\$ 100.00	\$ 50.00

DESCRIPTION	ACTUAL	ACTUAL	ACTUAL	APPROVED	ACTUAL
	2015	2016	2017	2018	7/31/2018
Public Outreach	\$ 0.00	\$ 40.00	\$ 40.00	\$ 100.00	\$ 50.00
Secretary	\$ 80.00	\$ 80.00	\$ 80.00	\$ 100.00	\$ 50.00
Treasurer	\$ 80.00	\$ 80.00	\$ 80.00	\$ 100.00	\$ 50.00
Web site	\$ 80.00	\$ 80.00	\$ 40.00	\$ 100.00	\$ 0.00
Past Delegate -\$40.00 per delegate when attending assembly (\$50.00 effective 2018)	\$ 160.00	\$ 40.00	\$ 40.00	\$ 400.00	\$ 0.00
<b>TOTAL COORDINATORS EXPENSE</b>	<b>\$ 760.00</b>	<b>\$ 880.00</b>	<b>\$ 680.00</b>	<b>\$ 1,600.00</b>	<b>\$ 300.00</b>
<b>MISCELLANEOUS</b>					
Bank Service and/or cost of checks	\$ 88.84	\$ 0.00	\$ 0.00	\$ 50.00	\$ 0.00
Newcomers Literature Packet	\$ 338.38	\$ 0.00	\$ 0.00	\$ 300.00	\$ 0.00
Printing Expense not listed above	\$ 45.35		\$ 0.00	\$ 100.00	
**Treasurer		\$ 38.53	\$ 11.61		\$ 20.21
**Literature		\$ 12.00			
Postage Expense not listed above	\$ 0.00	\$ 0.00	\$ 0.00	\$ 50.00	\$ 0.00
Supplies	\$ 0.00	\$ 0.00	\$ 0.00	\$ 100.00	\$ 0.00
Special Assembly room not at hotel or conference center (per policy manual)	\$ 0.00	\$ 150.00	\$ 0.00	\$ 150.00	\$ 150.00
Background check for Alateen Coordinator	\$ 0.00	\$ 0.00	\$ 0.00	\$ 35.00	\$ 0.00
<b>TOTAL MISCELLANEOUS EXPENSES</b>	<b>\$ 472.57</b>	<b>\$ 200.53</b>	<b>\$ 11.61</b>	<b>\$ 785.00</b>	<b>\$ 170.21</b>
<b>TOTAL EXPENSES FOR THE YEAR</b>	<b>\$4,691.46</b>	<b>\$ 4,302.86</b>	<b>\$ 4,566.42</b>	<b>\$ 7,120.00</b>	<b>\$ 805.74</b>

**District Reports**

## **District 1: Williston**

Williston AFG meets on Mondays at 8:00 PM at St Peter's Episcopal Church. Finances are strong. We have an average of 15 regular members attending per week. We hold Step Meetings the second Monday of every month, using Paths to Recovery CAL. These meetings have been well-received by attendees. In July, our group started going through the Group Inventory worksheet. We meet for 30-60 minutes after group the first Monday of every month and go through 5-6 questions. We trust this process will help us be a healthy and lasting group for those who come after us. We've only had one meeting as I am writing this, but we had great discussion in that first meeting! We are all learning more about Al-Anon together! I continue to participate in the 2020 Round-Up Steering Committee meetings as an Al-Anon liaison. The hotel notified us that there have already been 19 hotel rooms reserved for this event! It goes to show that the extended members are as excited as us to host this event again!

We added a Thursday noon meeting in May. The meeting place is Good Shepherd Lutheran Church, 2517 9 Ave W, Williston ND. There are 4-5 regular attendees. At this time, the group is not registered separately from the Williston AFG. If the meeting is successful, we may identify it a second meeting time under Williston AFG. We are in discussion about how this meeting will be listed.

We started giving newcomers the How Al-Anon Works soft-cover book. We give these books away to first time Al-Anon attenders at both the Monday 8:00 pm and Thursday noon meeting.

LIS,

Tanya V, Group Rep  
Williston AFG

## **District 2: Dickinson**

Dickinson Al-Anon group meets on Wednesday evening with 5 to 10 people attending. We have some newcomers who keep coming back. If anyone is ever in Dickinson on Wednesday evening please stop by for our meeting at St. John's Episcopal Church in the basement at 8 pm.

## **District 3: Minot**

We met on July 14th in Minot at the Cornerstone Presbyterian Church, with 6 members present. Most of our groups are doing OK. The Tuesday Night at Vincent United Church has decided to fold due to only 2 members attending regularly. Their last meeting was July 17th. Their remaining literature will be divided among the groups in need in the district. Belinda reported that Linda W. passed away earlier this year. They are back up to 3 people at their meetings.

Lana reported that she will be done with the LDC on Dec. 31, 2018. Oh what a sad day for our area! She and Carla L. did an amazing job of getting our literature to us in record time over the last 10 or so years. It would be wonderful if someone else could step up and take this over. Please consider this as we head to assembly! Lana will order the Al-Anon Faces Alcoholism 2019 on the 2nd printing.

We did really well on the Spring Fling Lunch bringing in about \$600 before expenses. For the Spring Assembly in 2020 I went ahead and booked us a room at the Northern Plains Hotel (where the AA's meet). Depending on how many rooms are booked there is a possibility that there will be no charge for the meeting room!

Hope all is well with everyone and hope to see you all in Fargo for the Round-up/Assembly!

Respectfully submitted,

Brenda G.

District 3 Representative

## **District 4: Bismarck**

District 4 is eager for the Fall Assembly and WSO Trustee visit! The District is also excited for the results of all the local group elections and feels tremendous gratitude for all who “step up” and choose to serve and all who have done so in the past. Thank you, AFG Members! District 4 held elections on June 30, and we are thrilled to announce that Steve (West River GR) has agreed to serve as District Representative, Molly (Saturday Morning AFG GR) has agreed to serve as Alternate District Representative, Lynelle (Monday Night AFG GR) has agreed to serve as District Secretary, and Carla (Monday Night AFG member) has agreed to serve as District Treasurer. Thank you, AFG members, for your service!

The District finances continue to be strong and the Open Meeting on Saturdays at 8pm at Heartview (registered AA meeting with Al-Anon participation) continues to provide Al-Anon opportunities to a much-needed audience on the third Saturday of the month at 8pm.

In gratitude to all who currently serve, and all who choose to serve this next term, our District meetings share their experience, strength and hope as follows:

Monday Night AFG: GR, Lynelle - really strong attendance (15-20 regularly), frequent newcomers, good finances, July 30 elections resulted in a new GR, Jan, and alternate GR Walt, Bobbi and Ron will continue to serve as Treasurer and now Secretary.

Tuesday Brown Bag AFG: GR, Sheryl - average 10 attending, stable finances, monthly business meetings, 1-2 newcomers a month.

West River AFG (Tuesday night): GR, Steve - 8-14 attending, moved to bigger room to accommodate, quarterly business meetings, 1-2 newcomers weekly, elections August 28.

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

North City (Thursday night) AFG: GR, Lila, Mona spoke on behalf of the group - all in good standing, finances good, elections in July.

Saturday Morning AFG: GR, Molly - 20+ attending, discussing possible potluck with AA and alternating speakers, July elections.

Knife River AFG: no report nor contributions since 2001.

Literature update

Thank you, District 4 AFG GRs and members! After labeling each with District meeting times, the groups have distributed 400 copies of Al-Anon faces Alcoholism 2018 throughout District 4.

Gratefully yours in service,

Liv FB

## **District 5: Devils Lake**

No report

## **District 6 & 8: Jamestown, Fargo**

Our District continues to be very active. Our April meeting was well-attended and we had some great discussion. One of the members of the Easy Does It AFG attended and shared what their group was doing with their “Newcomers Meetings.” They’ve developed a format that lasts for 6 weeks and all newcomers are asked to attend those meetings before attending regular meetings. They use the book “How Al-Anon Works” and a copy if provided to all newcomers when they start. Feedback on the new format has been very positive and their format has now been shared throughout the District and very well-received. It’s been inspiring to see how that one piece of a puzzle, shared by one group, has been helpful to so many others.

I had the great fortune and privilege of getting around to most of the groups in District 6-8 in May. It was wonderful to meet everyone and share information about both the activities in our District and in our Area. I met so many nice people and made some new friends. It was a wonderful month. During my visits I brought each group a copy of our newly finished GR Manuals, which many groups seemed to find helpful. The District has worked so hard on District 6-8 Guidelines and Policies Manual and the binders we put together for each officer and group in the District. It was nice to share that feedback at our meeting in May.

The groups in our District seem to be doing well, for the most part. During my travels I did learn that the Saturday night meeting at the AA Clubhouse has disbanded. There are still two other groups with whom I have not made contact so I will continue to try reach them. Our last District meeting was on Monday, 5/21 in Fargo. The majority of discussion was centered around planning for the workshop we’ll be putting on at the 2018 Fall Roundup in Fargo this September. We had great attendance, a great meeting and a great time. We are all excited about what we have planned and are looking forward to September. The District continues to do well financially, allowing us to raise our regular donations to Area and WSO and add additional dollars to those donations the past several quarters.

I’m looking forward to seeing everyone at in Fargo. It is particularly exciting to think about the upcoming trustee visit. Spread the word; this is the Round Up and Assembly meeting to attend if you could attend only one ever! We are hoping for a fantastic turn-out this year!

Humbly in Service,

Sheri S

District Representative 6-8

## **District 7: Grand Forks**

Greetings from District 7 AFG

We have enjoyed continued participation in our groups, monthly Open Meeting and our District meeting every other month. We will be participating in the ND State Recovery month activities in September through North East Human Services. We get a table and provide handout literature for Al-Anon. We also join the Police department in their back to school welcome. Both of these events are in September. We are going to have a mini-workshop for our September District Meeting. We will write experiences for the Forum magazine. So along with the Assembly it looks like we’ll be happily busy spreading the word of Al-Anon.

Ellen B

## Coordinator Reports

### **Alateen:**

I've been recertified to be an Alateen sponsor until July 1, 2019. Haven't heard anything new from Bismarck about working on getting an Alateen meeting started. Can discuss if needed at Assembly.

Dee

### **Alavine:**

Elections are held at Assembly this September. The newsletter position will be open. If you are interested in becoming the Alavine editor, here are some resources to review. You can also contact me.

The Area Assembly Group Representative Service Packet lists guidelines and policies. It also has a section of job descriptions. The newsletter editor coordinator information is found on pages 15 and 16.

The Al-Anon/Alateen Service Manual 2018-2021 has information about newsletters. Page 63 outlines World Service Office newsletters: In the Loop- is announced monthly to the group's current CMA (current mailing address); the monthly Forum is sent to Al-Anon groups and member subscribers; and Alateen Talk is a quarterly Alateen publication. Pages 67-68 state the area newsletter coordinator is one of the links in the chain of service, and a resource to the groups and Districts in the area. On page 76, The Area Newsletter editor performs a vital service by providing up-to-date information to the groups, within the Area as guided by AWSC (Area World Service Committee). Pages 86-87 outline service participation by Members of Al-Anon Family Groups Who are also Members of Alcoholic Anonymous. Page 114 discusses WSO Newsletters are developed in response to needs of membership. Pages 122-124 discuss Traditions 12 and 11. Anonymity is the spiritual foundation of our program. We are to use first names only or pseudonyms when dealing with public media.

This has been an enjoyable service position. Thank you, Connie, for all your help. I needed it.

Think about growing in service.

LIS,

Darcy

### **Archives:**

The Archives Coordinator job description is found on pages 10 and 11 of the Area Assembly Group Representative Service Packet. Archives materials will be brought to Assembly and available for whomever wants to take over the Archives. For people who have an interest in the history and fellowship of Al-Anon, this would be a good service position.

Darcy for Cheryl M

### **Forum:**

Forum Subscription reports: We have the first new format of the Forum sales report for July 2018. It lists information regarding sales for the month of July only: North Dakota continues to have 12 group subscriptions, with 12 copies sold; 83 individual subscriptions with 86 copies sold (up from our 78 subscriptions and 80 copies sold in the last Alavine Forum report); with a grand total of 95 subscriptions with 98 copies sold (up from 90 subscriptions and 93 copies sold as of the last Alavine Forum report). For the United States and Canada, the total Group Subscriptions are 2,447 with 2994 copies sold (some groups have more than one subscription), 17,009 individual subscriptions with 17,980 copies sold

(some individuals purchase more than one copy); we have a grand total of 19,456 subscriptions with 20,974 copies sold in July (down approximately 63 copies from last Alavine Forum Report).

Let's continue to increase our Forum sales in North Dakota!

The Forum needs more sharings! Forum wants to hear from all of us! Sharings focused on the three Legacies--especially about Steps Five through Twelve, and all Twelve Traditions and Concepts of Service, are particularly encouraged. Also needed are sharings from Canada and from Alateen members. So let's encourage our teenage and Canadian friends in Al-Anon to share!

The Forum Writing Guideline (F-1) Everyone has something to share about the Al-Anon program, whether we are a newcomer or longtime member. Al-Anon helps us to recover from the effects of someone else's drinking, to improve and live happier lives. There are tears, fears, joys and laughter. We're able to address and respond to the sorrows, miracles, and setbacks, as well as take steps forward that are part of life. Recovery is a journey.

We don't have to have any answers, and your story doesn't have to be perfect. The World Service Office staff will edit for grammar, punctuation and spelling. All we need to do is to share from our heart.

It takes courage to write with complete honesty, but finding that courage is a step forward toward recovery for all of us and those who read our sharing.

The Forum Book Project: THE FORUM BOOK (working title) project, members have sent in over 800 titles and publication dates of Forum articles that they consider the best of recent years. As of the beginning of this year, there were only six for 2017 and none for this year. We conducted the Forum writing workshop at the Spring Assembly to prime our strength, experience and hope.

Members, please send in Forum stories that you would like included in the book. We can either submit them at [wso@al-anon.org](mailto:wso@al-anon.org) or to The Forum, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617. The more strength, experience, and hope, the better!

Gratefully yours in service,

Liv FB

### **Group Records:**

Since the Spring report, I have made updates to group information located in Minot, Bottineau, Jamestown, and Fargo and the changes have been made on our website and on our Meeting List. There have been no conference calls with the WSO; however there has been lots of dialogue and feedback posted on the Group Records Coordinator e-community site about the process for making online group record changes and the new GR webform.

The primary goal in creating the new group records webform was not to change this part of the process, but, rather, to reduce the turn-around time for changes to be entered in the WSO database. This turn-around is more important than ever given the increased number of calls and meeting searches from friends and families the WSO now receives. This volume has increased substantially since implementing enhancements to the website and online meeting search function. Members/newcomers now perform more than 125,000 meeting searches per month, on average. Giving the right information to every caller is vital to the program!

As mentioned in the last report, the Group Records web forms are now available on the Member's menu at [al-anon.org](http://al-anon.org), under Group Resources, Group Records. Area Group Records Coordinators will receive the submitted Al-Anon group changes directly as an email with a CSV (comma delimited file) file attached.

Another Group Records survey will be available soon so that WSO will be able to discern any problems that need to be corrected. I will be completing the survey as soon as it becomes available. Our area has had only one emailed change from WSO, and it was noted that it was not a ND group, as an error in the group name was found.

To date, there are 52 total groups, 39 active, 13 non-active.

Respectfully submitted in Al-Anon Service,

Nancy H. – Jamestown, N

### **Literature Distribution Center:**

ND Al-Anon Family Groups,

I have not had anyone inquire about taking the LDC, I am praying someone will actually be interested and come forward at Fall Assembly. I will bring some service manuals P-24/27 and some Groups At Work, P-24 with me at Fall Assembly. Yes, these are the new manuals. Just a reminder if you want me to bring an order for you with me to assembly, shout me an email 2-3 weeks b/4 assembly.

My last day of shipping with Spee Dee Delivery is December 28, and the last day of shipping with USPS will be December 30. Beings the 31st of December is a holiday I will be enjoying that and not getting an order ready. I am not going to ship any literature as of the 30th of December. If I don't do this cold turkey you all would be still ordering and I would still be ordering from WSO. I need to get a life for me.

I am not ordering any new literature. If you want the new books or pamphlets you need to order from WSO. Again my reminder is to plan ahead, it will take between 4-6 weeks to get an order from WSO, pending on how many orders they receive at the same time. May save time if you fax in an order.

I want to thank all of you for making Carla and my dream come true. Thank you all for your support on this Al-Anon adventure. This has been such a wonderful journey. I have not come up with anything new for me to try in or for Al-Anon. If and when I do I will definitely let all of you know, if and when that happens, please feel free to say that is a crazy idea, it just might be a crazy idea. With my Higher Power's help, I can handle it.

I love each and every one of you for what you have given to me. Thank you again.

LIS,  
Lana

### **Literature:**

Position is open.

### **Public Outreach:**

Just a reminder to order your Al-Anon Faces Alcoholism 2019 in the 2nd printing if you missed out on the first one or need more. They are great to leave at doctor's offices, dentist's, libraries, laundry mats, and to give to newcomers, etc. Our district puts a district meeting list in ours before we hand them out.

This is the letter sent to the libraries.

Brenda G., Public Outreach Coordinator Al-Anon,

North Dakota Area 43 720 East Street #2 Bottineau, ND 58318

December 20, 2017

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Dear Librarian,

I have been asked to contact you in regard to any Al-Anon or Alateen literature you may have in your library. We have been made aware that people may not be checking out the literature but still reading it in your facility. We are asking that any Al-Anon/Alateen literature on your shelves please be kept for these individuals. Please be aware that it is not always safe for everyone to check out these materials to take home. Thank you for your cooperation in this matter.

Warm regards,

Brenda G., Public Outreach Coordinator Al-Anon, North Dakota Area 43

**Website:**

Many people continue to use the website as a means for finding information, meetings and events. The website is one of the first places members and newcomers look for meetings. The meeting lists continue to be updated and uploaded whenever a new change is made. There has been a little bit of confusion on the process of updating meeting times, locations, etc. Below is the flow of information:

1. Contact Nancy (State Records Coordinator) of any meeting changes – time, location, active/inactive etc.
2. Nancy updates the meeting list & Emails to Erika (Website Coordinator)
3. Erika uploads the updated meeting list and makes any changes under the specific district(s) where that meeting is held on the website.

This seems to be the best way possible, so nothing is missed. Please continue to follow this information flow so everyone is on the same page with updates.

Other than this, updates and new events are added when they come in. A goal I would have in the very near future is to finally get the LDC price list up on the website so members have a place to look at the literature and pricing other than the WSO website. If we offer the service, we should have the list and pricing.

Our website domain and website builder will auto renew on March 7, 2019 with the Visa ending in 4792. If a new credit card is received before then, this will need to be updated as well.

I have enjoyed my time and service for the past 6 years as your website coordinator and hope that the website continues to be a go to spot for all past, present and future members of Al-Anon.

Humbly in Service,

Erika S.

## **Member's Corner**

**Here is a mind teaser for you. Can you think of a public service announcement (PSA) containing 10 words or less? When our district was distributing 2018 Al-Anon Faces Alcoholism pamphlets, a church pastor challenged me to create a 10 word or less Al-Anon PSA for his church sign. Over 8000 cars a week pass by this busy street and enjoy witty announcements. Here are a few lines I wrote. Do you have something creative to add? (by Darcy A)**

**12 Steps to Sanity. Call Al-Anon.**

**Elevator of life out of order? Use steps. Call Al-Anon.**

**If you want sanity in your life, Call Al-Anon.**

**Courage to change One step at a time in Al-Anon.**

**Al-Anon Family Group: Step in to Higher Powered Recovery.**

**Powerless- yet Higher Powered. Al-Anon provides you tools for recovery.**

**You can choose recovery in Al-Anon Whether your alcoholic recovers or not.**

**Choose Al-Anon recovery No matter what your Alcoholic does.**

**Personal growth and peace of mind Through the Al-Anon program.**

**Al-Anon: help and hope for families and friends of Alcoholics.**

**Alcoholism is a family illness. Recover through Al-Anon Family Groups.**

**Al-Anon's purpose: To help families of Alcoholics.**

**Can Al-Anon help me? Do you love an Alcoholic?**

**Someone drinks too much. Turn for help in Al-Anon.**

**Share experience strength hope in Al-Anon for Higher Powered recovery.**

**Stinking thinking- blaming family drinking. Try Al-Anon.**

# *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***