



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

<http://www.ndalanon.com>

<http://www.alanonfamilygroups.org>

**Spring 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.*

**Deadline for next Alavine submissions is August 1, 2017. Send submissions to [darcy.avery@hotmail.com](mailto:darcy.avery@hotmail.com)**  
**Note that the Alavine is available only via email currently. Remember to renew your Alavine/Website Subscription annually. Please consider maintaining your individual or group commitment of \$15.00/year to help support the costs of maintaining the ND Area Website! Tradition 7 tells us, "...we are self-supporting through our own voluntary contributions."**

## Chairperson's Report

Spring Assembly Bismarck March 17,18,19 2017

Greetings from the Area Chair,

Welcome to Bismarck. I hope you will have a chance to explore our growing city. With no roundup to divert us, we should have time to get out and see some sights. There are many restaurants close to the Comfort Inn, but new and exciting ones in the downtown area. Check with District 4 members attending and hosting for ideas and fellowship.

We've made great progress in streamlining our meetings and have tools to explore topics effectively. GRs rule in our work at the assembly. The health and welfare of their home groups along with the Al-Anon program are the ultimate reasons we assemble.

Final agenda items will be added after reviewing the Spring Alavine.

Lets make this a worthwhile meeting and fellowship!

\* **GRs:** bring your joys, concerns, questions, doubts, suggestions to share. Addressing these are what sends you back to your groups with fresh ideas and clearer goals.

\* **Silent auction:** Please consider bringing items for the silent auction to be held during the assembly

**Workshop:** Please bring your favorite **Forum articles** to present. These will then be submitted to WSO for publication in the "Favorites of the Forum" book that is in the making.

**Special Features:** Several offerings will be available for eating and adventure, ie. Capitol Sherwood, Explore the Capitol (sorry, no Monkey Room until Memorial Day) Starving Rooster (Bismarck Style)

**Note:** Accompanying our activities are: *snacks, 7th Tradition bucket,*

*ask-it basket, tell-it tin* ( comments, stories, suggestions, encouragements), *silent auction, LDC providing CAL on display and for sale.*

**Al-Anon Meeting:** Sunday morning at 9:00 AM

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

**Walt G. Chair Area 43**

## **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.

**Area World Service Committee**  
**Friday March 17, 2017 7:30 PM**  
**Al-Anon Assembly Meeting Room**  
**Comfort Inn, Bismarck ND**

### **Agenda**

Introductions: Serenity prayer

Secretary's Report.

Treasurer's Report.

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

Coordinator's Reports: Alateen, Archives, Forum, Group Records, Literature, Newsletter, Public Outreach, Website

Literature Distribution Center.

Delegate's Report

OLD BUSINESS:

1. Thought Force on Financing
2. 2015 financial audit ?

NEW BUSINESS:

- 1.Spring Assembly ? Fargo ?
- 2.AWSC set up tentative agenda immediately after adjournment ; III. D. Area 43 Policies and Guidelines.

**Tentative Spring Assembly Agenda**

**Saturday March 18, 2017**

**Al-Anon Assembly Meeting Room**

**Interstate Ave. Bismarck, ND 58501**

**8:00 AM Registration 8:30 AM Assembly**

1. Announcements, Serenity Prayer, welcome, introduce host District, Introductions, Recognition and recognize 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

Tentative Planning 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

1:30 Reconvene Assembly agenda

OLD BUSINESS:

9. Motions document; Connie

10. Recap of motions made at last assembly. 1. Consensus re: GR abstaining vote due to attendance elsewhere (is this policy or procedure?) 2?

11. Discussion of implementations made after reports of findings from previous task forces regarding: 1. increasing attendance to assemblies, 2. Alavine, and 3. assembly attendance compensation.

12. Report from Finances Thought Force; Liv - Coordinator

13. Report from Archives Thought Force; Cheryl - Coordinator

2:00 Break then Workshop - Favorite Forum articles presented for submission by Forum Coordinator for new Al-Anon publication.

NEW BUSINESS:

14. Assembly Mission statement; Judy and Sheri

15.

16.

17.

18.

Adjournment

AWSC meets to set up tentative agenda for Spring Assembly in Bismarck.

Go out and paint the town

**Sunday March 19, 2017**

**9:00 AM** Al-Anon meeting.

**Delegate's Report**

Hello Everyone!! I am so encouraged by the amount of responses to the questions from Fall Assembly. Thank you to everyone who responded, and engaged your groups! I have so far gotten responses from individual members, groups, and districts. If you have anyone ask, I will be taking responses to the questions until further notice. I want to make sure everyone who feels compelled to share can. I will share more about the responses at Spring Assembly.

Carol T

Delegate, Panel 56

## Group Donations for 2016

<b>District 1</b>	\$ -
Williston AFG	\$ 250.00
<b>District 2</b>	\$ -
Dickinson AFG	\$ 100.00
<b>District 3</b>	\$ -
Monday Night Newcomers	\$ 50.00
Tuesday Night AFG	\$ 125.00
Saturday Morning AFG	\$ 140.00
Monday Night AFG	\$ 100.00
<b>District 4</b>	\$ 200.00
North City AFG	\$ 75.00
West River AFG	\$ 110.00
Saturday Morning AFG	\$ 450.00
Monday Night AFG	\$ 225.00
Brown Bag AFG	\$ 40.00
<b>District 5</b>	\$ -
Serenity AFG	\$ 20.00
<b>District 7</b>	\$ 160.00
Friendship AFG	\$ 195.00
Hope AFG	\$ 75.00
Primary Purpose AFG	\$ 120.00
Happiness AFG	\$ 10.00
TGIF AFG	\$ 70.00
<b>District 8-6</b>	\$ 200.00
Easy Does It AFG	\$ 377.25
James River AFG	\$ 140.00
Wahpeton AFG	\$ 105.00
<b>Total Group/District Donations</b>	<b>\$ 3,337.25</b>
Anonymous Donations	\$ 380.00
Token Reimbursements	\$ 280.00
Alavine/Web Donations	\$ 185.00
Registration	\$ 540.00
7th Tradition	\$ 411.00
Auction	\$ 322.00
<b>Total Income</b>	<b><u>\$ 5,455.25</u></b>

**Alavine Treasurer's Report**

**February 1, 2017**

**BALANCE FORWARD: November 1, 2016** \$2,406.99

INCOME:

GROUP 835.00

INDIVIDUAL 20.00

ALAVINE/WEB \$885.00

**TOTAL INCOME:** \$3,291.99

EXPENSES:

AFG  
INC. 1,260.00

**TOTAL EXPENSES:** \$1,260.00

**BALANCE AS OF: February 1, 2017** \$2,031.99

RESPECTFULLY  
SUBMITTED  
CONNIE B. AREA  
TREASURER

## BUDGET

DESCRIPTION	ACTUAL 2014	ACTUAL 2015	ACTUAL 2016	APPROVED 2017 BUDGET	PROPOSED 2018 BUDGET
WSC Equalized Expense	<u>\$1,493.00</u>	<u>\$1,297.00</u>	<u>\$1,260.00</u>	<u>\$1,500.00</u>	
Delegate Token to WSC	<u>\$400.00</u>	<u>\$400.00</u>	<u>\$400.00</u>	<u>\$400.00</u>	
Northwest Regional Delegates Meeting	<u>\$400.00</u>	<u>\$400.00</u>	<u>\$400.00</u>	<u>\$400.00</u>	
WSC Love Gift (1st yr. Delegate only)**	<u>\$0.00</u>	<u>\$0.00</u>	<u>\$50.00</u>	<u>\$50.00</u>	
WSC Donation (voted on yearly)??	<u>\$60.00</u>	<u>\$60.00</u>	<u>\$60.00</u>	<u>\$100.00</u>	
<b>SUBTOTAL</b>	<b><u>\$2,353.00</u></b>	<b><u>\$2,157.00</u></b>	<b><u>\$2,170.00</u></b>	<b><u>\$2,450.00</u></b>	
<b>DELEGATE -IN STATE EXPENSES</b>					
Room \$100 per night (effective 01/2013)	<u>\$119.90</u>	<u>\$189.44</u>	<u>\$183.69</u>	<u>\$400.00</u>	
Meals \$40.00 per day (effective 01/2008) B \$10.00-L \$10.00-D \$20.00	<u>\$79.30</u>			<u>\$220.00</u>	
B \$15.00- L \$15.00-D \$30.00 (eff 1/2015)		<u>\$80.97</u>	<u>\$28.36</u>		
Mileage (\$.30 per mile)(\$.50 per mile eff 1/2015)	<u>\$63.00</u>	<u>\$165.00</u>	<u>\$144.85</u>	<u>\$750.00</u>	
Phone/Printing	<u>\$0.00</u>	<u>\$0.00</u>		<u>\$100.00</u>	
Registration	<u>\$20.00</u>	<u>\$20.00</u>	<u>\$20.00</u>	<u>\$20.00</u>	
<b>TOTAL DELEGATE EXPENSES</b>	<b><u>\$282.20</u></b>	<b><u>\$455.41</u></b>	<b><u>\$376.90</u></b>	<b><u>\$1,490.00</u></b>	
mileage for 3/2016 was Amtrak round trip ticket \$98.00					
<b>CHAIRPERSON -IN STATE EXPENSES</b>					
Room \$100 per night (effective 01/2013)	<u>\$279.88</u>	<u>\$183.97</u>	<u>\$298.88</u>	<u>\$400.00</u>	
08 Meals (\$40.00 per day effective 01/2008) B \$10.00-L \$10.00-D \$20.00	<u>\$159.01</u>			<u>\$220.00</u>	
B \$15.00-L \$15.00-D \$30.00(eff 1/2015)		<u>\$149.81</u>	<u>\$27.05</u>		
Mileage (\$.30 per mile)(\$.50 per mile eff 1/2015)	<u>\$263.01</u>	<u>\$437.50</u>	<u>\$129.95</u>	<u>\$750.00</u>	
Phone/Printing	<u>\$20.64</u>	<u>\$42.03</u>		<u>\$100.00</u>	
Supplies	<u>\$0.00</u>	<u>\$0.00</u>	<u>\$6.50</u>		
Registration	<u>\$20.00</u>	<u>\$20.00</u>	<u>\$20.00</u>	<u>\$20.00</u>	
<b>TOTAL CHAIRPERSON EXPENSES</b>	<b><u>\$742.54</u></b>	<b><u>\$833.31</u></b>	<b><u>\$482.38</u></b>	<b><u>\$1,490.00</u></b>	



DESCRIPTION	<u>ACTUAL 2014</u>	<u>ACTUAL 2015</u>	<u>ACTUAL 2016</u>	<u>APPROVED 2017</u>	<u>PROPOSED 2018</u>
<b>ND Web Site</b>					
Domain Charge	\$0.00	\$13.17	\$13.17	\$15.00	
Annual Site Base Fee-Webmaster	\$220.27	\$0.00	\$179.88	\$250.00	
<b>TOTAL WEB SITE EXPENSES</b>	<b><u>\$220.27</u></b>	<b><u>\$13.17</u></b>	<b><u>\$193.05</u></b>	<b><u>\$265.00</u></b>	
<b>COORDINATORS TOKEN EXPENSE</b>					
Alternate Delegate	\$40.00	\$40.00	<b>\$40.00</b>	\$80.00	
Alternate Chairperson	\$0.00	\$0.00	<b>\$80.00</b>	\$80.00	
Alateen	\$40.00	\$40.00	\$80.00	\$80.00	
Archives	\$40.00	\$80.00	\$40.00	\$80.00	
Forum	\$40.00	\$0.00	\$80.00	\$80.00	
Group Records	\$80.00	\$80.00	\$80.00	\$80.00	
Literature	\$80.00	\$40.00	<b>\$80.00</b>	\$80.00	
Newsletter	\$40.00	\$80.00	\$80.00	\$80.00	
Public Outreach	\$40.00	\$0.00	\$40.00	\$80.00	
Secretary	\$40.00	\$80.00	\$80.00	\$80.00	
Treasurer	\$80.00	\$80.00	\$80.00	\$80.00	
Web site	\$80.00	\$80.00	\$80.00	\$80.00	
Past Delegate -\$40.00 per delegate when attending assembly (\$0.00 effective 1/2014)	\$160.00	\$160.00	\$40.00	\$400.00	
<b>TOTAL COORDINATORS/ PAST DELEGATES</b>	<b><u>\$760.00</u></b>	<b><u>\$760.00</u></b>	<b><u>\$880.00</u></b>	<b><u>\$1,360.00</u></b>	

DESCRIPTION	ACTUAL 2014	ACTUAL 2015	ACTUAL 2016	APPROVED 2017 BUDGET	PROPOSED 2018 BUDGET
<b>MISCELLANEOUS</b>					
Bank Service and/or cost of checks	<u>\$27.95</u>	<u>\$88.84</u>	<u>\$0.00</u>	<u>\$50.00</u>	
Newcomers Literature Packet	<u>\$0.00</u>	<u>\$338.38</u>	<u>\$0.00</u>	<u>\$300.00</u>	
Printing Expense not listed above	<u>\$24.51</u>	<u>\$45.35</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>\$0.00</u>	<u>\$50.00</u>	
Supplies	<u>\$0.00</u>	<u>\$0.00</u>	<u>\$0.00</u>	<u>\$100.00</u>	
Special Assembly room not at hotel or conference center (per policy manual)	<u>\$350.00</u>	<u>\$0.00</u>	<u>\$150.00</u>	<u>\$150.00</u>	
Background check for Alateen Coordinator	<u>\$0.00</u>	<u>\$0.00</u>	<u>\$0.00</u>	<u>\$35.00</u>	
<b>TOTAL MISCELLANEOUS EXPENSES</b>	<b><u>\$402.46</u></b>	<b><u>\$472.57</u></b>	<b><u>\$200.53</u></b>	<b><u>\$785.00</u></b>	
<b>TOTAL EXPENSES FOR THE YEAR</b>	<b><u>\$4,760.47</u></b>	<b><u>\$4,691.46</u></b>	<b><u>\$4,302.86</u></b>	<b><u>\$7,840.00</u></b>	

## Spring 2017 Appeal Letter - February 1, 2017

As I sit and prepare my reports for this issue of the Alavine I found myself reflecting on the past year and how we have grown. A heartfelt **thank you** to everyone (groups, districts and individuals) who have made sure that we continue to survive financially.

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

### Spring Assembly Expenses:

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

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

Please send all group and individual donations to me (address below). Your Alavine subscriptions and website donations can also be sent to me at the following address:

**Connie B.**

**604 Douglas Ave.**

**Henning, MN 56551**

## 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 attending 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 are currently working on filling some of our open service positions, as we have newcomers interested in becoming more active in Al-Anon service. It is our hope that we can re-establish our district once we have taken care of our group level service needs.

Watford City 24-Hour AFG has moved locations. They now meet at the First Presbyterian Church, 316 4 Ave NE in Watford City, on Thursdays at 7:30 PM. Their attendance ranges from 2 to 7 members.

Williston AFG and Watford City are going to meet sometime in the first half of 2017 to discuss the possibility of re-establishing our district.

Love in Service,

Tanya V.

Williston AFG Group Rep

### **District 2: Dickinson.**

We have 5 to 10 people attending our Wednesday night meeting. Our finances have been good. We did a step study at our meetings the last couple of months, members benefited from the time we spent doing the study. Looking ahead we will be helping organize the District 8 Spring Roundup to be held in May at Richardton.

### **District 3: Minot.**

No report.

## **District 4: Bismarck**

The District is excited to host the Spring 2017 Area Assembly and look forward to enjoying participation in service and fellowship. We are eager to share in strength, experience and hope at the workshop on Saturday and Al-anon meeting on Sunday! District 4 carries on in gratitude for all Area service members and appreciates the strong leadership of our Delegate, Carol.

District 4 Finances continue to be strong. The District Step Meeting continues at Good Shepherd Church on Saturday mornings at 10:45am (following Saturday Morning Al-anon meeting) and maintains focus on Steps, Traditions, and Concepts out of "Reaching for Personal Freedom" Conference Approved Literature (CAL).

District 4 gratefully provides newcomers with Gene K Memorial purchased CAL literature "How Al-anon Works."

The District fellowship continues to grow in strength, experience and hope. District 4 AFGs continue as follows:

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

Knife River AFG – no report or contributions since 2001;

Monday Night AFG – consistent attendance of 10 – 20, strong finances, chairperson and meeting topics alternate between steps, traditions, concepts, slogans and speaker/sponsorship meetings each month; maintain routine monthly business meetings, and routine newcomers attend; 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 contact.

West River AFG – small group, meager finances, no registered GR, though a point of contact serves.

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

Saturday Morning AFG – consistent, 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.

Gratefully yours in service,

Liv FB

**District 5: Devils Lake**

No report

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

Our last meeting was January 21<sup>st</sup> in Jamestown at the Alano Clubhouse. We had a great meeting and have embarked on our next project. We are developing orientation checklists for GR's to help new members learn about their responsibilities/roles and to share all the "nice to know" things that will be helpful in getting someone started off well in their new position. We plan to develop checklists for all office and add them as addendums to our new District 6-8 Policy Manual. Everyone stayed after the meeting to attend the James River AFG "Oops, I Made Too Much Soup" event following the meeting. This is a casual evening geared for families of Al-Anon and AA. We had 8 different kinds of soup, breads, crackers, desserts, cookies, coffee, punch and lemonade. The meal is served from 5-6:00 pm with an AA speaker from 6:00-6:30 and an Al-Anon speaker from 6:30-7:00. We had a great turn-out and great speakers; Jim & Judy J. from Wahpeton.

For other District news, we are doing very well financially even though the number of groups in the District and those donating have declined. Groups that are donating have increased their giving. Our District Treasurer recently sent out the quarterly appeal letter which we ask each group to read at 2-3 consecutive meetings. I plan to start visiting groups in our District later this spring and will bring a copy of our District 6-8 Policy Manual, including the orientation checklists. It is my hope to inspire more participation from all the groups in our District.

I hope this finds all of you all safe and warm despite the very cold and snowy winter we've been having. I'm looking forward to seeing all of you at the assembly meeting in Bismarck.

Humbly in Al-Anon Service,

District 6-8 Representative,

Sheri S.

## **District 7: Grand Forks**

Currently District 7 meets bi-monthly on odd months during the first Thursday. This is a change from having monthly district meetings before the District Open Meeting every third Thursday of the month. The change seems to be positive since we now have a 2 hour meeting and don't have to worry about hurrying to get to the open meeting downstairs.

The next District meeting will be March 2.

The Monthly Open Meeting in our District continues to be brought up in discussions and we are going to try a new approach to this meeting starting in April. We are planning to do a “workshop” based meeting with more interaction and fellowship with dessert/coffee. We are hoping this excites people to come to the meeting and may even open up more opportunities for Sponsorship.

We ordered and received our Al-Anon Faces Alcoholism and will be distributing these in the Grand Forks and surrounding areas with a meeting list inserted in them very soon.. Each group within the district has volunteered to drop off brochures at different places so there is no overlap. We also plan to revisit these places on a regular basis to help with Public Outreach.

In service,

Erika S (Friendship Al-Anon GR/Website Coordinator)

## **Coordinator Reports**

### **Alateen:**

I have nothing new to report for Alateen.

See you in March.

Dee S

Area 43 Alateen Coordinator

### **Alavine:**

The WSO is excited to announce our Public Outreach presence on Instagram! Can you please help spread the word by including the attached announcement in the next available issue of your newsletter?

"Al-Anon\_WSO – now reaching out on Instagram!

The WSO recently launched the official Al-Anon Family Groups Instagram account. Would you consider joining us in this Public Outreach effort? By liking and sharing AlAnon\_WSO posts on Instagram, you can help carry the Al-Anon message of hope to many people, including young adults, affected by someone else's drinking that may not have heard about the support that Al-Anon offers. Find us on Instagram by searching for "AlAnon\_WSO," or by clicking on the link located on the WSO Public Outreach website, [www.al-anon.org](http://www.al-anon.org).

Please remember to protect your anonymity on social media by not making comments that would reveal your Al-Anon membership."

### **Archives:**

We sold our house and the archives are stored in a storage unit north of Bismarck. I took this job because there didn't seem to be much to it and that is exactly what I have done so far.

It was suggested at the last Area Meeting that some part of our archives be brought to the Area Meeting. I will not be at the March meeting as we will be in Texas chasing an endangered bird.

I will see what I can do for the Fall meeting.

Cheryl M, Archives

### **Forum:**

**Increase in subscribers:** Ever since the World Service Office stopped sending complimentary copies of The Forum to groups, there has been an increase in subscriptions. This has been most notably from groups buying subscriptions. Please remind groups that receiving The Forum is a great way to make the magazine visible, and let everyone know of its value for recovery.

**The Forum needs more sharings!** The Forum is very short on sharings about the three Legacies--especially about Steps Five through Twelve, and all Twelve Traditions and Concepts of Service. Also needed are sharings from Canada and from Alateen members.

**New Department in The Forum:** In October 2016, The Forum began a yearlong series of articles written by members of the Board of Trustees. They share about the recovery their



service provides them, and provide an inside peek at the work the Board does for our fellowship.

**THE FORUM BOOK (working title):** So far, members have sent in over 270 titles and publication dates of The Forum articles they consider the best of recent years. Please encourage members to let the WSO know which The Forum stories they want to see included in this book. And don't forget to send in your own picks too!

**Instant Step Meetings:** Beginning in January, the "Instant Meeting" feature of The Forum will include, in addition to two or three brief sharings on the Step of the month, several thought-provoking questions to get the conversations started. Opportunities to gather strength, experience and hope!

Go *The Forum!*

Gratefully yours in service,

Liv F B

### **Group Records:**

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

I have received several emails from the e-communities relating to Group Records discussions. One recent post requested all Area GRC's to complete a new Group Records Survey that was available on the members' website. We were encouraged to participate in the survey so that feedback can be used in making the Online Database more user friendly. I completed the survey and submitted as requested!

After researching data on the WSO database and comparing the same with the meeting list, I found there were several meetings that were no longer active. I spent several hours updating the Area Meeting List per phone calls, emails, etc. WSO has been very helpful in answering questions as they arise via email.

On October 3, 2016, the updated meeting list was emailed 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. Per email from Erika S., the new updated list will be added to our website when the site is re-built on the new system in the very near future. Update – the new website is up and running and looks fabulous! Huge thanks to our website coordinators!!

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.

Please let me know if anyone needs help with their groups' information. Remember PRACTICE MAKES PROGRESS!

Respectfully submitted in Al-Anon Service,

Nancy H. – Jamestown, ND

### **Literature Distribution Center:**

I'm thinking spring! I am thinking spring! Oh yes, spring is closer with every day.

When you give the correct answer these questions, you will receive a gift.

1. What are the 3 pieces of literature where you can find the "Three Obstacles to Success in Al-Anon"?
2. What are the 3 pieces of literature where you can find "Understanding Alcoholism"?

A hint: Two places are in my favorite parts of the "Service Manual".

You will answer these 2 questions during my report at Spring Assembly in Bismarck. I am very anxiously waiting to see everyone.

Yes, I will have the new workbook that goes with "Paths to Recovery" (B-24), titled, of course, "Paths to Recovery Workbook" (P-93). Received an email that I should have them on or around February 6. It is so exciting!

LIS,

Lana N

Panel 38, ND

### **Literature**

A lot of wonderfully interesting things are happening in Al-Anon Literature these days and I am happy to pass them along to you!

First- Al-Anon has a new workbook! Entitled “Paths to Recovery Workbook” (P-93)

It is the companion workbook to Al-Anon’s great book “Paths To Recovery”. AND it is only \$10 or you can buy the book and workbook together for only \$25!! This combo enables one to dive into in-depth learning and living out the Steps, Traditions and Concepts of Al-Anon. Plus it can be worked individually, or with a sponsor, or in a group setting - learning and sharing together! Also it could be used at a meeting for the night’s topic. If anyone has benefited from using the book before, think of how much more one can learn using the workbook along with it! Thank you WSO!!

Next the Alateen Service e-Manual has been updated. It can be downloaded and/or printed from a PDF file.

WSO has now expanded its Social Media Outreach to include Instagram for you techies!

\*Please remember to protect anonymity on social media by not making comments or using screen names that would reveal your Al-Anon membership.

WSO wants to clarify that the booklet AFA (Al-Anon Faces Alcoholism) is not the same as our monthly magazine The Forum. These are two different publications with two different purposes and addressing two different audiences.

-AFA is designed for families of alcoholics not familiar with Al-Anon. It motivates readers to start attending Al-Anon. Al-Anon members can order AFA booklets twice a year (Spring and Fall) to distribute to potential family members, businesses, counselors, social workers, churches, etc.

-The Forum magazines are for those who are already attending Al-Anon. In it members share how the tools of the program helped them find recovery. It is a monthly publication and can be bought via a yearly subscription.

Another terrific idea coming from WSO is that individual members can now read and download the latest monthly news announcements from WSO by subscribing directly! This is a fabulous way to get the most current news from Al-Anon as soon as it is communicated! No need to wait for bits of news to filter down slowly through our usual means of person to group communication. Everyone gets the same news at the same time! It is so easy: Go to [www.Al-Anon.org/members](http://www.Al-Anon.org/members), log in (directions are given), click “BE INFORMED” and sign up. All you need is your email address. That's all there is to it and you will receive the WSO Announcements every month in your inbox, free. (Members already receiving information on the “Announcements- WSC Structure” Community need not sign up as you are getting these already.)

Lastly there has been some questions regarding pamphlets. Members have noticed that newer versions of pamphlets are coming out and wonder if they are to replace the older ones, what to do with the older versions, where can members learn about the new ones. Suggestions were made to check the latest World Service Conference Summary(P-46) or The Forum and now the AFG Announcements (described above) email for any news of new pamphlets. Usually the newer versions carry the same basic content as the older and it is ok to use them up before buying new. (If there is a major change WSO will announce that).

Another suggestion is that you can donate the older pamphlets:

- to a new group just starting up;
- to a group/district/area Public Outreach Chairperson or Archives Chair;
- to Area Convention Literature Committee Chair
- Use it to put together a creative display
- Create literature raffle baskets for District and Area Events

Due to frequent updates and changes in the Al-Anon Service Manual it is recommended to use the latest edition for your groups. It is updated every three years.

One last word on pamphlets- there will be a new Newcomer's pamphlet coming out soon in booklet form (K-10). It will be interesting to see!

That is all for now, stay warm and happy reading!

Yours in Service,

Judy J. Area Literature Coordinator

**Website:**

The response to the new website has been positive. The meeting list is up-to-date as of 12/31/2016. Changes to the meeting list can be submitted to Nancy H (group records).

If you have other corrections or suggestions, please submit them to Heather T at [hkterrell@gmail.com](mailto:hkterrell@gmail.com) or Erika S at [ebertsch02@yahoo.com](mailto:ebertsch02@yahoo.com).

If you have events that you would like listed on the website, please send these along to us as well.

~Heather

## Member's Corner

Lodging for Assembly: The Tourist Information Office provides this link for places to stay:  
<http://noboundariesnd.com/hotelvacancy/>.

Listed below are some hotels, the web address and the map (a link to a PDF map of Bismarck below). If you call Comfort Inn, let them know you are part of the AA/Al-Anon function. Ask for the rate.

### **Americas Best Value Inn & Suites**

1505 Interchange Avenue  
Bismarck, North Dakota 58501  
Phone: (701) 223-8060  
TollFree: (800) 641-1000

### **AmericInn Lodge & Suites**

3235 State Street  
Bismarck, North Dakota 58503  
Phone: (701) 250-1000  
TollFree: (800) 634-3444

### **Comfort Inn**

1030 Interstate Avenue  
Bismarck, North Dakota 58503  
Phone: (701) 223-1911  
TollFree: (800) 228-5150

### **Comfort Suites**

929 Gateway Avenue  
Bismarck, North Dakota 58503  
Phone: (701) 223-4009  
TollFree: (800) 228-5150

A PDF map of Bismarck is found at this link:

[http://96bda424cfcc34d9dd1a-0a7f10f87519dba22d2dbc6233a731e5.r41.cf2.rackcdn.com/bismarckmandan/pdfs/bismarck-mandan-city-map/2014CityMapLR\\_pdf.pdf](http://96bda424cfcc34d9dd1a-0a7f10f87519dba22d2dbc6233a731e5.r41.cf2.rackcdn.com/bismarckmandan/pdfs/bismarck-mandan-city-map/2014CityMapLR_pdf.pdf)

Please bring your favorite *The Forum* stories you want to see included in the new CAL book, "The Forum." We will share the strength, experience and hope we gained from our favorite The Forum stories during our workshop and pass our suggestions along to WSO."

love in service, Liv

**THE ALAVINE 2017 WEBSITE SUBSCRIPTION ORDER FORM**

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 meetings lists and the Alavine. Personal sharings are invited for all issues. Issues will contain Chairperson Reports, Delegate Reports, Coordinator Reports, District Reports and personal sharings along with what is happening in North Dakota Al-Anon. Pass the message of service and support our website by subscribing for yourself, your sponsor or someone you sponsor. If you do not have access to a computer and need a printed copy, please find an e-buddy or ask your Group Representative to help you stay connected to your Area!

**PLEASE CHECK ONE: GROUP DONATION \_\_\_\_\_ PERSONAL DONATION \_\_\_\_\_**

Alavine subscriptions are \$15 per year (Jan 1 to Dec. 31) Please print or type

AMOUNT ENCLOSED \_\_\_\_\_

GROUP NAME \_\_\_\_\_

PERSONAL NAME \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

PHONE \_\_\_\_\_ DISTRICT \_\_\_\_\_

**MAIL CHECKS TO:**

**CONNIE B**

**604 Douglas Ave.**

**Henning, MN 56551**

**QUESTIONS ABOUT THE ALAVINE? EMAIL [darcy.avery@hotmail.com](mailto:darcy.avery@hotmail.com)**