



## Delegate Report August 19, 2016 AWSC

Dear Members,

Here we are again! The year has passed by so quickly and summer is at an end.

It is such a gift to be able to attend Conference, to learn truly how our fellowship works from the business side and to be forever amazed at how our Traditions and Concepts can be used to run a successful business while always abiding by our spiritual principles.

Some may say it is not a successful business because we are not making enough money to support our expenditures, and we are relying on the reserve fund. But I think that points to how we really *are* using our spiritual principles not letting fear guide us but taking stock and assessing the business to see if change is needed and how to go about that.

I wanted to share with you the goals of the Conference, as we gather here together this weekend I hope we can incorporate these goals into our meeting.

Board Goals for the Conference;

1. Conference members will understand the purpose of the Conference, relationships within the structure and be able to articulate all Conference discussions and decisions.  
*The World Service Conference (WSC) is composed of one elected Delegate from each Assembly Area, the Board of Trustees, the Executive Committee, volunteer Chairman, and voting members of the WSO administrative staff. However, all have equal voice through one vote.*
2. The spiritual tone of the conference will prevail by the demonstration of mutual respect and acceptable conduct by its members.  
*Respect is defined as "a feeling of deep admiration for someone or something elicited by their abilities, qualities or achievements."*
3. Knowing that our higher power is present in the expression of our group conscience Conference members will presume goodwill.  
*"Our entire Al-Anon program rests squarely on the principle of mutual trust. We trust God, we trust Al-Anon and we trust each other. Therefore, we cannot do less than trust our leaders in service. The Right of Decision we offer them is the practical means by which they may act and lead effectively; it is also the symbol of our implicit confidence. "*

### WSO Finances

Each year, the Finance Committee gives a presentation to the entire Conference. This year the focus was understanding our financial reports. The breakout sessions focused on "how to share" the

information within our Areas, and how to use the financial reports as resources in educating our membership. One member's take away was "healthy relationships discuss finances." Contributions received at the Conference from individual Conference members and Areas totaled \$11,098.73, an increase of 27% from the 2015 WSC contributions. One Area shared that in place of sending love gifts as a thank you their Area made "dream jars," with each group within the Area contributing loose change.

In 2016 many Districts chose to give a donation to World Service instead of love gifts.

We will have a larger discussion around WSO finances at October Assembly.

### Task Force- Meeting Types

This task force was charged with developing a list of potential types of meetings that meet a variety of group needs while remaining consistent with Al-Anon Legacies.

Our Conference Approved Literature provides information on many types of meetings that groups can have. This should always be the first resource when determining the type of meeting a group should establish.

<b>Guidelines</b>	<b><i>Al-Anon/Alateen Service Manual/ Groups at Work</i></b>
<i>Beginners' Meeting (G-2)</i>	"How to Start a Group" p. 30
<i>Cooperation Between Al-Anon and A.A. (G-3)</i>	"Things to Consider When Starting an Al-Anon or Alateen Group" p. 34
<i>Alateen Meetings in Schools (G-5)</i>	"Starting an Electronic Al-Anon Meeting" p. 38
<i>Starting an Al-Anon Group (G-12)</i>	"Meeting Ideas" p. 43
<i>Services in Correctional Facilities (G-14)</i>	"Membership and Groups/Meetings" p. 83
<i>A Meeting on Wheels (G-22)</i>	
<i>The Open Al-Anon Meeting (G-27)</i>	
<i>Electronic Al-Anon Meeting Guideline (G-39)</i>	

However, there are times when meetings need to be "non-traditional" in order to meet the needs of individual members or the group as a whole. The following are some suggestions for other types of meetings. (This list is not meant to be all-inclusive. All meetings should be consistent with Al-Anon Legacies.)

1. Brown bag – For breakfast, lunch, or dinnertime meetings. Attendees are encouraged to bring their meal and eat during the meeting.
2. Technology-assisted Meetings – Member's choice or for homebound members due to illness/accidents, shut-ins, lone members (those who live a distance from face-to-face meetings), or members who are traveling or living outside of the country. An alternative to face-to-face meetings.
  - a. Telephone Meetings (one-on-one).
  - b. Registered Group Meetings with electronic connection (audio and/or video).
3. Homebound Member Meeting - Available members hold a meeting in home for temporarily ill or shut-in members.

4. Stand up Meeting – May be an informal, brief, and spontaneous pick-up meeting at a place of work, business, etc., or a registered group that meets regularly for a short time (i.e. 30 minutes). It is “stand-up” because the meeting is short enough for members to stand around and talk.
5. Roving Meetings (type A) – A group that regularly schedules its meeting at a different set location on a rotating basis. This will be clearly printed in meeting lists, where and when each meeting occurs.
6. Roving Meetings (type B) – A group that changes location with no particular set pattern. Meeting lists would be published on an Internet site where members could go to find the meeting location (like the way food truck vendors advertise their locations on a daily basis).
7. Transient Meetings – Meeting held on college campuses that will have a transient membership as the result of changing class schedules. This type of meeting could also be considered for shelters, subsidized housing projects, etc. (These meetings may or may not be LIMITED ACCESS.)
8. Special Language Needs Meetings – These meetings, although they may be considered closed meetings, welcome the attendance of interpreters. These interpreters could be sign language or spoken language.
9. Family-Friendly Meetings (for families with children of any age that can’t be left at home) – Meetings where any family member, regardless of age is welcome. Younger children may need a quiet activity, but older children may participate. (The meeting location would need to confirm that there were no liability issues.)
10. Meeting in a bus – Meetings for Families living in dangerous situations (where their activities are monitored). A bus would go around and pick up members. The meeting would actually be held in transit. When members got dropped off, they could have a shopping bag. (Ok, it's a little out there, but we have been asked to dream.)
11. Seasonal Meetings – If the members of a group are not in the area the entire year, the meeting may become inactive during the time when everyone is away, and then reactivate when they return.
12. Identified Need Location Meetings – A group that meets at a location where Al-Anon members have identified a potential need. (e.g. Women’s Shelters, Community Room of a low income rental complex, etc.)

**Supplementary ideas for variations in conducting a meeting from meeting opening to meeting closing.**

1. *Groups at Work* for each member to use at meetings.
2. Literature Discussion Meeting – Chair chooses topic and provides readings from CAL.
  - a. Circle Meeting – Reading and sharing starts in a circle to the right or left of the Chair (**Pros:** Often members who rarely speak will share in this format / **Cons:** If a member is at the end of the circle and needs to speak, they may not have the opportunity if time runs out/could extend meeting if group conscience agrees.)
  - b. Raise hands to share – Chair calls on members’ raised hands to share (**Pros:** Member who needs to share may be more likely to have the opportunity / **Cons:** Some members are reluctant to raise their hand to share.)
  - c. Tag Meeting – Each member who shares chooses the next member to share, starting with the Chairperson (**Pros:** It provides a fun variety for a meeting / **Cons:** This can feel like grade school if you are last to be chosen.)

- d. Slip of paper – Chair chooses readings (topic/slogans, etc.) and copies on slips of paper – basket is passed and each member chooses one slip or Chair can pass an envelope.
  - e. Pick-a-Stick – Place tongue depressors in a cup with slogans or feelings for members to choose and share.
3. Legacy Meeting – Meeting topic is Step, Tradition, or Concept of the month. CAL literature is read regarding the specific Legacy, then the entire meeting discussion is focused on that Legacy.
  4. Slogan Meeting – Chair chooses a slogan or slogans, provides readings from CAL / members read and share
  5. Member Anniversary meetings:
    - a. Anniversary Meeting: members celebrate their number of years in Al-Anon; focus of sharing is member's choice.
    - b. "Birthday" meeting: celebration of member's Al-Anon birthday with cake; members celebrate the number of years in the program and share their most recent year of recovery.
  6. Group Anniversary Meeting, i.e.:
    - a. Can circulate fliers within the fellowship, have speakers (Al-Anon/Alateen/A.A.), provide refreshments
    - b. Speaker first hour, followed by Public Outreach Forum; listing of program distributed to professionals, (Can provide Professional Packets).
  7. Meeting by cell phone – Including ill or housebound member by passing a cell phone during the meeting.
  8. Service – Chair provides readings on Service / Members share on reading and/or their experience, strength and hope around Service as a Recovery Tool.
  9. Sponsorship
    - a. Personal sponsorship
    - b. Service sponsorship
  10. Group Inventory at regular intervals determined by the group.
  11. Seasonal Meetings:
    - a. Summer:
      - i. Meetings in the Park, daytime or after dark.
      - ii. Evening campfire meetings.
      - iii. Chili cook-offs.
    - b. Winter:
      - i. Candlelight meetings – topics can be more personal.
      - ii. Soup and Bread Meetings – Have member bring a big pot of soup and others bring rolls, biscuits, cheese sticks, or disposable bowls, plastic tableware, and napkins. It is a good way to bring people together.
    - c. Spring:
 

Have members bring spring blooms and fill a vase. Have suggested sharing's on typed pieces of paper for members to draw from. After they share, they can add their bloom to the vase on the table. Watch it grow in beauty. A name can be drawn at the end of the meeting to receive the bouquet.
    - d. Fall:
 

A romp in the leaves to someone's front porch for a topic meeting. Hot chocolate and donuts.

Alphabet Soup Meeting – Each member chooses a letter of the alphabet from a bowl; use the index in our CAL to choose a topic starting with that letter, and share on that topic.

In summary, it is up to each group to determine what type of meeting will best fit the needs of the group, the members and potential members. There are no “rules.” However, meetings should be held in welcoming, convenient, and economical locations. Although churches are popular locations, if possible hold meetings in neutral locations, such as mall community rooms, hospitals, libraries, or schools. And meetings can be held at any time or day of the week.



### Al-Anon International Convention 2018

2018 Al-Anon International Convention presentation: The question was asked “Where will you be in two years, two months, and ??? days?” We hope you will be joining us at the 6th Al-Anon International Convention, July 6-8, 2018 in Baltimore, Maryland. Additional information can be found on the Member’s Web site. Along with the 2018 International Convention, the announcement to begin planning for the 2023 International Convention was made.

Now is the best time to start planning your budget to attend. A few important things to consider:

1. Estimate your travel expense
2. Think about how many others you may want to room with
3. Plan on registering early for the lowest registration price
4. Total these items for a preliminary budget
5. Divide this number by weeks remaining to determine how much to save each week

Currently there are: 99 weeks, 4 days! See you there!

### Al-Anon History FAQ’s

#### **When did the A.A. Family Groups begin using the name Al-Anon?**

In May of 1951, Anne B. and Lois W. wrote a letter to the original 87 A.A. Family Groups (including some Lone Members). One of the questions asked, “Do you approve of the name A.A. Family Group? If not, what do you suggest?” By March of 1952, the members selected the name Al-Anon Family Groups.

#### **What does the name Al-Anon mean?**

The word “Al-Anon” is simply a derivative of Alcoholics Anonymous, combining the first syllables of each word.

**Which day in May of 1951 did Al-Anon begin?**

The first letter is dated "May 1951" and the entire month is traditionally recognized as Al-Anon's anniversary.

**When and in which state did Alateen groups begin?**

Alateen groups were started in September of 1957, in Pasadena, California.

**When and where was the first World Service Conference (WSC) held?**

The first World Service Conference was held on April 20-23, 1961 in New York City, NY at the George Washington Hotel.

**Is the Al-Anon logo approved by the Conference?**

The circle within the triangle was approved at the 1968 World Service Conference.

**Are Anne B. and Annie S. the same person?**

No. Anne B. is the cofounder of Al-Anon. Annie S. is the wife of Dr. Bob, who is the cofounder of A.A. Annie S. passed away in 1949 before the Al-Anon clearing house was founded.

**How does my Al-Anon group find out our World Service Office registration date?**

Printouts with registration dates are sent to either the area delegates or group records coordinators twice a year. Many Al-Anon information service offices retain these printouts and are able to provide you with an answer. If your area is unable to locate the information, ask your Archives Coordinator to contact Group Records at the WSO.

**Where can I find the history of Al-Anon in Conference Approved Literature?**

- *Al-Anon/Alateen Service Manual* (P-24/27)
- *Alateen—Hope for Children of Alcoholics* (B-3), pages 105-116
- *How Al-Anon Works for Families & Friends of Alcoholics* (B-22), pages 141-149 and "Lois's Story," page 152
- *The Al-Anon Family Groups—Classic Edition* (B-5), page 12 and entire text
- *Lois Remembers* (B-7), Entire text and timeline on page 197
- *Al-Anon's Cofounders* (P-87)
- *Anne's Story: Cofounder of Al-Anon Family Groups* (P-66) – Out of Print
- *Lois' Story* – Videocassette (AV-1) – Rental Only
- *Lois W. and the Pioneers* – Videocassette (AV-24) – Rental Only
- *Al-Anon: Then and Now (a brief history)* (AR-2)

**What was the name of Al-Anon's first book and when was it first printed?**

*The Al-Anon Family Groups* published in 1955. The original text was reprinted in 2000 and is available by ordering *The Al-Anon Family Groups—Classic Edition* (B-5).

**Who wrote the *One Day at a Time* (B-6) daily reader and when was it first published?**

Alice B., an Al-Anon member, spoke with many pioneers who shared their experience, strength, and hope to provide the fundamental principles for this work. The first publication was in 1968.

**Are there any historical A.A. events listed in Al-Anon literature?**

A few historical events of A.A. are listed in the timeline in *Lois Remembers* (B-7).

The Term "Qualifier"

The following is part of the Delegates discussion. Do you use the term "qualifier" in your District?

*"Meetings that I attend have newcomers asking me what it means when someone says "my qualifier". Some newcomers identify with this description because they are focused on their spouse or family member's alcoholism and are affected. However, newcomers that have grown up with alcoholic parents that are now deceased no longer have a "qualifier" and are confused if they are allowed to attend Al-Anon. I would like to see the Al-Anon fellowship bring this issue up for discussion on a worldwide level to group level. Our literature does not use this word. This word distracts newcomers from realizing we qualify based on our reactions. This word insinuates it is not the Al-Anon member's fault, that they became the way they are - to need to attend a self-help group."*

*WSC did have a discussion on this in 2015 and it was stated there that these terms come from treatment centers and yes, this does allow someone to put the blame on the other person instead of this Al-Anon Member. I have mentioned this to the new people after the meeting away from the group and some of it has stopped.*

*From Page 51 of the 2015 Conference Summary;*

- Language is important—avoid the terms "my addict;" "my qualifier;" "my alcoholic".

*I have heard the term in my Area/District and as others have stated have been told it is a term used in treatment centers.*

*My belief is that I am the "qualifier", I am affected by someone else's drinking.*

*When we hear newcomers or members use that word in my District someone usually takes them aside after the meeting and gently explains that "qualifier" is not a term you will find in Al-Anon literature. Personally I prefer to say "my loved ones" if I am mentioning a family member. This protects their anonymity and keeps the focus on me!*

That is all for now my friends. I had hoped to include some information from the Boards July meeting from the Chairperson of the Board letter but it has not been released yet. I will send it out when I receive it.

With joy in service,

Wendy R.

P55 Delegate, Florida North

