

District 1 Report August 2017

Greetings from District 1! We are preparing for the approach of our transition to the next Panel of District trusted servants. Plans are underway for a Gratitude Luncheon on October 14, 2017. This event will include a speaker and potluck meal followed by an invitation for members stay for our final district meeting of the year which will include elections.

Since our last report on changes made in our phone answering system we have found that disconnecting our old number was not as easy as we had thought. In the age of Google and all of the other search tools the old District 1 phone number is "out there" on many sites. We made the decision to keep our old number with a brief message letting the caller know that the number had been changed. Fortunately, this brief message is less expensive so our goal to decrease this expense is still in place. We will work to remove it from old sites as we can. Our website, which appears to be the main way we are contacted now, has the WSO phone number and a "contact us" function. We will look again at this plan when our one year trial period is up in 2018.

One of our district meeting discussion topics was on answering the district calls. The following are thoughts shared in this discussion:

- Any of us who are listed as "Current Mailing Address" (CMA) are eligible to receive phone calls unless the request is made to have a volunteer substitute for him or her.
- There is a need for a balance between "taking on other's problems" and sharing our own personal experience, strength and hope.
- We need to give up any unreasonable expectations about outcomes for these phone calls. We should avoid trying to "fix" things for people.
- It was suggested we each consider having basic talking points. Not to literally read it but as an outline. These should include the list of meetings available, the web address for District, Area and WSO and some of the great resources on each.
- It was suggested to have the discussion of violence at the front of the How Al-Anon Works book available as well as the content on pp 92-93.
- We should only talk about Al-Anon (not other 12 step groups, support groups, etc.) with the caller.
- In any life-threatening situations, direct the caller to call 911.

Our discussion topic at our most recent District meeting focused on upcoming elections. A reading from Courage to Change, p. 251 (Sept.7) on the topic of Tradition 7 was discussed. Members present shared the following experience, strength and hope:

- "Fully self-supporting" also includes functioning service positions at the group, district and area levels, as well as financial self-support.
- We can trust our Higher Power to keep Al-Anon young and growing. We need simply to do our part and not worry about other's role.
- When we get too attached to our service positions and retain them, we do not allow others to participate and grow.
- Growing into a service position helps me connect with other members and groups.
- Some continuity is important.

Respectfully Submitted,
Susan R , District 1 DR