



**Delegate's Report
AWSC – February 2-3, 2019
Florida North – Area 9**



Welcome to a new year! I hope you are all as excited as I am for all the amazing things we have going on this year – from our Area meetings, to Convention, to the Service Workshop I hope this year is filled with love, laughter and recovery!

Let me start with some information from the World Service Office:

- **Meeting Publishing Policy Document**

You originally heard about this as “Refer/Do Not Refer” and has arisen over time because Districts have expressed concerns about Groups that do not adhere to the Traditions, etc. and wanted to explore the possibility of not listing them in Meeting Lists. The WSO would like Areas to discuss these issues, and come up with an Area-wide policy (if desired) and then have that approved by WSO. If this happens then the WSO will not list such a group in the WSO database. This process is an ongoing process, and reflects the desire of the Board of Trustees to continue to make policies and decisions based on spiritual principles. They have renamed this process to “Meeting Publishing Policy” and I’m attaching the document to this report, as well as posting it in the Delegate’s Corner.

- **Meeting Safety Document**

The WSO has developed a document for Groups and Districts to use in guiding discussions about safety of members. This document was linked in the WSO newsletter, and will be posted on the Delegate’s Corner as well. I have found it to be a valuable document and helpful to keep discussions on track.

- **Updated G-12 How to Start and Al-Anon Group**

It’s wonderful to see such a valuable Guideline being updated and I hope all of you will take some time to take a look, and share this in your Districts and with members who may be interested in starting up a meeting.

The 2019 World Service Conference will be held in Virginia Beach April 11-18.

Our Conference theme is:

Action is Attraction – There is No Growth in the Comfort Zone
L’action, c’est l’attrait – Il n’y a pas de croissance dans la zone de confort
La acción es atracción – No hay crecimiento en la zona de comodidad

We are excited about this theme and I hope it inspires Florida North to view our action as attraction, and to remember we are all growing if we are willing to get out of our comfort zones!

One good example of this is that for the first time in 59 years the World Service Conference will be providing full professional translation of the Conference proceedings in French and Spanish. All members will be on equal footing in terms of listening, understanding and sharing Action is Attraction. If you have some examples of this theme in action, I'd love to hear about them and I can pass them along at WSC!

Love Gift information will be posted on the Delegate's Corner.

Love gifts are not required, but they are very much appreciated! Please send Love Gifts so that they will arrive after April 10, 2019, and use the following address:

TO:
HOLD FOR WSC 4/12-4/20, 2019
Cindy J (use my full last name), Guest
Sheraton Virginia Beach Oceanfront Hotel
3501 Atlantic Avenue
Virginia Beach, VA 23451

FROM:
Cindy J (use my full last name)
3965 Bellac Road
Tallahassee, FL 32303
(in case there is a problem with the mail it will eventually find me at home)

Please include your Group and/or District so that I can let you know that I receive whatever you sent. Most Love Gifts come in bundles of 100, for sharing with other Delegates and Conference Members. Most of these folks have to fly home, so just be aware of packing issues – limit glass, liquid etc due to airline restrictions.

Please email me if you have any questions:

Delegate58@AFGArea9.org

Several Al-Anon tools I am using in my service work that I'd like to tell you about:

Knowledge Based Decision Making (KBDM) – accomplishing tasks while practicing spiritual principles. I am finding KBDM so helpful while working on Task Forces with the Conference, sharing tasks with Delegates from all over, and learning how to navigate new technologies. I can have my own comfort zone here in the Area, and using our website and all the things I'm used to. But then I have the chance to be of service, and I'm challenged to do something new. The great thing is, when I step out of my comfort zone in Al-Anon service, I know that I am also stepping into the spiritual fellowship and the use of KBDM across all the service structures helps me feel comfortable more quickly.

Conflict Resolution – using our Traditions to look at conflict in new ways, and shifting our perspectives. Service in Al-Anon often places us in moments of conflict. We come to learn that conflict is normal. That there is nothing wrong with us. Or with them. And we develop healthy ways of working together with others. We look to our Traditions, and find spiritual principles - such as Unity, Mutual Trust, Respect and Responsibility – and we find our way through to some sort of resolution and group conscience. Eventually we are not as afraid of conflict, and we get much more comfortable in working together through these times. I'm very fortunate to be able

to reach into my pocket and pull out my Traditions cards. I use them a lot, every day. I don't have to have answers or be right. I can recover from the effects of Alcoholism by working these spiritual principles in any conflict.

Spiritual Principles at work in our lives – What spiritual principles are your go to tools? Which ones do you need reminding of? I'd like to hear a few of the Spiritual Principles some of you turn to in times of need. Maybe we can take 5 minutes and share some of these.

Service Structure and Links of Service – I'd like to create 3 or 4 regional District visits (1,2 and 3; 4, 6 and 10; 7 and 8...) Sept Oct and Nov since we won't be having a second Assembly. I believe strong groups help us with strong recovery – how are we strengthening our own groups? Other groups? I'd like to come and bring news and encouragement from the WSO to your Districts and look forward to working on this with you.

Trustee at Large - Please take a look at the Trustee Resume information located on the Delegate's Corner. Perhaps you know someone who is qualified to be a Trustee and you can encourage them to think about this. Our Board of Trustees has the daily and administrative responsibility for our world wide fellowship and their hard work supports all the recovery we get in each meeting we attend. Each August the Board accepts resumes for "Trustees at Large" and these Trustees can come from any part of the United States or Canada. While selected differently from the Regional Trustees, the Board is made up of equal members working hard on behalf of our Al-Anon fellowship. Please feel free to contact me if you know someone who may be a great candidate for Trustee!

Board of Trustees Meeting – COB Letter coming out in February and I will be sharing the new information with you at that time. I'll send an email and post it on our Area Website. I look forward to giving you information about the action from WSO and the Board of Trustees that strengthens the attraction of our program!

Thank you for the opportunity to serve as your Delegate. I am honored to serve, and so appreciate your support.

Love in service,

Cindy J.
Delegate, Panel 58
Delegate58@AFGArea9.org