

AL-ANON-CER



A Quarterly Newsletter of Al-Anon Family Groups of Maryland and District of Columbia (AFG of MD and DC, Inc.)
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AREA 24 CALENDAR OF EVENTS

Sat, Sept. 11, 2010	Fall Convention Planning Meeting 10am, College Park. Anyone interested in attending a planning meeting can email: area24@marylanddc-alanon.org for information
Sat, Sept. 18, 2010	Delaware's 32nd Annual Al-Anon/Alateen Convention with AA Participation, St. Mark's Methodist Church, Stanton, DE Discovering Choices Workshop 9am – 12pm, Avery W. Hall Education Center – Seminar Room, Corner of Waverly Drive and entrance to Emergency Department at Peninsula Regional. Hosted by District 24. Bring a goodie to share.
Sat, Sept. 25, 2010	Fall AWSC , 10am – 3pm, District 17, Satterlee Hall, St. Alban's Episcopal Church (See Flyer Attached)
Sat, Oct 2, 2010	Fall Workshop 9am - 3pm, New Location! Lots of Free Parking! Handicapped Accessible! Towson United Methodist Church, 501 Hampton Lane, Towson, MD 21286
October 2-3, 2010	Connecticut TEAM Event , Crowne Plaza Hotel, Cromwell, CT. TEAM is a new and improved Al-Anon/Alateen service event that partners with the World Service Office (WSO) to create a unique experience geared to the interest of local Al-Anon members.
Sat, Oct 9, 2010	Bel-Air Workshop , Christ Our King Church, 10 Lexington Rd, Bel Air, MD.
Sat, Oct 16, 2010	District 5 Workshop , St. Mary's Episcopal Church, 1 St. Mary's Church Rd, Abingdon, MD
October 22-24, 2010	22nd Annual Pennsylvania Al-Anon Adult Children Conference , Antiochian Village, Rte 711 North, Ligonier, PA 15658
Sat, Oct 23, 2010	Fall Assembly , District 11, Glen Burnie, MD (See Flyer Attached)
Sat, Nov. 6, 2010	WMAAAIS Fall Luncheon , 10:45 am – 3:00 pm (See Flyer Attached)
Sat, Nov. 6, 2010	District 11 Pot Luck Dinner
November 12-14, 2010	Area 24 Fall Convention , at Rocky Gap (See Flyer Attached)

This is your Area's confidential newsletter. Please share this information within the Fellowship only.

District Meeting Schedule

ALL members, not just Group Representatives, are welcome at district meetings.
If you would like your District Meeting listed on this calendar, please contact the Editor (see page 3).

- District 2** Usually held first Saturday of the month from 9:30 - 11:30 am at Mt. Zion United Methodist Church, 603 Main St., Myersville, MD 21773. For information, contact area24@marylanddc-alanon.org for information
- District 5** Meetings are held on the third Wednesdays of January, March, May, July, September and November. We meet at 7:00pm before the Wednesday Fallston Unity group which is held at the Fallston Presbyterian Church, 600 Fallston Rd. Rt.52, Fallston, MD 21047. We are invited to attend the 8:00pm Fallston Unity meeting. For more information, contact area24@marylanddc-alanon.org
- District 8** Meets 1st Wednesday of the each even month February, April, June, August, October and December. St. John's Lutheran Church, 8808 Harford Rd., Baltimore, MD 21234.
- District 9** Last Friday of the month, February, April, June, August, October, December. Meeting is held at 7:00pm, before the Friday Night Fellowship meeting at Orems United Methodist Church, Fellowship Hall, Room 100, 1020 Orems Rd., Middle River, MD 21220. For more information, contact area24@marylanddc-alanon.org
- District 11** Oct 7, 2010 at 7:00pm at Thursday Linthicum . For more information contact area24@marylanddc-alanon.org
- District 12** Wednesday, Feb. 3, May 5, Aug. 4 & Nov 3, 2010 from 7:30 – 8:45pm at Neelsville Presbyterian Church, Room L-2 (lower basement) 20701 Frederick Rd, Germantown, MD 20876
- District 13** District 13 Group Reps meet on the third Wednesday, every other month. The next meeting will be on January 20, 2010 at Colesville Presbyterian Church on 12800 New Hampshire Ave at 7:30pm. The meeting schedule for 2010 is as follows; March 17; May 19; July 21, and September 15, 2010. For more information call area24@marylanddc-alanon.org
- District 17** September 18, 12:30pm at Cleveland Park Public Library, 3310 Connecticut Ave. NW, Washington DC 2008. Second Floor Large Meeting Room. For information, area24@marylanddc-alanon.org
- District 18** September 26, and November 21 @ 10:00 a.m. at the Martin Luther King, Jr. Library, 901 G St., NW, Washington DC (Red, Green or Yellow Line Metro). For information area24@marylanddc-alanon.org. Meeting dates, usually on the 3rd Saturday, are subject to change due to other scheduled Al-Anon events.
- District 22** District meetings are every other month on Friday at the Life Stream Church of the Nazarene in Waldorf.
- District 24** SSACC Center, Salisbury, Maryland @ 6:30pm. Next District Meetings will be held on the following Tuesdays: September 21; October 19; February 15, 2011; May 17, 2011.
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Al-Anon Information Services Meeting Schedule

- Anne Arundel** January, May, and September on the third Wednesday of the month, 8:00 p.m., at Woods Memorial Church, 611 Baltimore-Annapolis Blvd., Severna Park, MD 21146. For more information, call (410) 766-1984 or email alanon@md-al-anon.org. Information is also available at www.md-al-anon.org.
- Baltimore** Second Tuesday of the month (no meetings held in July or December), 7:30 p.m., at Parkville Senior Center, 8601 Harford Rd., Baltimore, MD 21234. For more information, call (410) 832-7094 or go to www.alanon-maryland.org.
- Mary Del Tri-County** Every other month (Feb/Apr/Jun/Oct/Dec), 1st Tuesday of that month, 7:30 p.m., at North East United Methodist Church, 308 South Main St., North East, MD 21901. For more information call (410) 836-6209 or go to www.marydelalanon.org
- WMAAAIS** All Steering Committee and WMAAAIS meetings are held at Seekers Church Building, 278 Carroll Street, NW Washington, DC 20012, and (202) 635-2023. For further information contact Service Center Administrative Assistant, Caroline at 202-635-2023 or go to www.al-anon-alateen-dcmd.org.

From the Editor

This is my first edition of the AI-Anon-Cer as well as my first service position. I've only been in AI-Anon for a short time, but I have received so much already. Thank you for letting me keep coming back!

I hope to be proactive in getting articles, events, and reports from all of our members, as well as increasing our subscriptions. Also, I have updated the newsletter layout in some areas to make each page more reader friendly. I hope you all enjoy!

Grateful In Service,

Autumn
AI-Anon-Cer Editor

Delegate's Corner

Embrace the Group Conscience

As your Delegate, I attended the 2010 World Service Conference (WSC) last April. Perhaps because this was my second WSC and I was less tense, I was better able to observe and appreciate the workings of AI-Anon's "highest group conscience".

Part of the 2010 WSC theme was "Embrace the Group Conscience". Before the conference I wasn't sure what that phrase meant. To participate in the group conscience process? To accept the results of a group conscience decision even if I didn't agree with it? To presume good faith in the actions of the voting members? All of these seemed negative, or at least passive, and "embrace" is such a strong, positive term.

After attending the 2010 WSC I now believe that "Embrace the Group Conscience" includes all of the following: (1) to love and respect our group conscience process; (2) to find satisfaction and joy in our group conscience decisions; (3) to trust that my fellow AI-Anon members love AI-Anon and want the best for it; (4) to have faith that a Higher Power does guide us; (5) to have the humility accept that even with the best intentions and best knowledge available we may occasionally "get it wrong" and be willing to go back and fix mistakes.

I hope I will be able to keep my new understanding of "Embrace the Group Conscience" in mind during group consciences in my AI-Anon groups and at Area Assemblies.

The 2010 WSC Conference Summary is available on the members section of WSO website: www.al-anon.alateen.org/members/. It is a PDF file and can be read on-line or printed.

Charlie S
World Service Delegate

Minutes from the Spring Assembly of Area 24
Al-Anon/Alateen Family Groups of Maryland and the District of Columbia
Held in Washington DC at St. John's United Baptist Church
Saturday May 15, 2010

Registration began at 9:30. The meeting began at 10a.m.
Host: District 18

1. Opening – Serenity Prayer

2. Reading of Legacies – Steps: Willie, Traditions: Alice, Concepts: Martha

3. Roll Call – Angela F.

Number of Group Reps in attendance from each District:

1- 0, 2-4, 3-0, 4-0, 5-0, 6-0, 7-4, 8-11, 9-3, 10-0, 11-2, 12-0, 13-4, 14-1, 15-0, 16-1, 17-3, 18-9, 19-0, 20-0, 21-0, 22-3, 23-0, 24-1
(Majority Vote) 46 total (we voted to have a 2/3 majority vote). 31 needed for unanimity

4. Secretary's Report – Dolores M.

Minutes from the Fall Assembly, Oct. 17, were approved as printed in the Al-Anon-Cer.

5. Treasurer's Report– Teddie B.

Treasurer's Report- There is an outstanding check to the church where we held last fall's assembly. District 7 needs to contact the church to see what's going on with the check.

Tax return- the conventions need to report financial information to the Area so we can report on income tax form.

Suggested budget for 2010- We have spent \$9,000 so far. At the next assembly we will have to create a new budget. Compare what we have spent to 2010 spending plan.

Overestimate—events that did not happen, literature that was not needed for a detention center.

Past delegate did not attend NERD- that was in the budget.

There are 3 insurance policies for the 2 conventions and for area 24.

People must turn in the form for reimbursement of expenses. (Some people do not request reimbursement, but it is better that we do.) Mileage is .55 per mile (non-profits go with the federal).

Consider making a contribution to WSO. Someone mentioned that we used to give 20% to WSO at the end of the year. Teddie was thinking of 10%.

Change the line item Wicomico Detention Center to Eastern Shore Detention Centers because they are now servicing the Somerset Detention Center.

The treasurer's report was approved as submitted.

6. Delegate's Report – Charlie S., World Service Conference Report

Charlie's summary report will be posted on the member section of the website. Here are some of the main points covered during the World Service Conference. Charlie has tried to prioritize the information so that if we run out of time we will get the most relevant information.

Why we need a structure: Mainly to preserve unity in the groups and to present a unified message. That structure allows us to do things beyond the scope of an individual group. This is not a government. The groups are the heart and soul of Al-Anon. The District is a bunch of groups working together. The Area is groups working together, but with direct links to the World Service. The WSC is a continuing structure, Al-Anon's highest group conscience.

The theme of the 2010 WSC was "Celebrate! Embrace the Group Conscience to Expand our Circle of Hope. 50 Years of the World Service Conference." They were allowed to take pictures during the conference, but Charlie didn't want to take pictures with recognizable people.

One topic discussed was diversity and cultural sensitivity. Why is this important? Step 12 says we carry the message to others- everyone, everywhere. The results of a survey on the Al-Anon website showed that Al-Anon is not reaching all segments of the population. It was noted that since the survey was self-selection, those doing service were 50%.

There were four activities during the WSC to address diversity and cultural sensitivity including: a Cultural Competency Presentation by guest speaker Dr. John Colon; 2 workshops; and a chosen agenda item, "How to bring Al-Anon into communities and cultures of specific minorities in the US and Canada." It was concluded that there is no quick fixes. There is an individual responsibility to welcome everyone.

The consultant talked about how people are integrated into a cultural. Newcomers must learn the host language. In technology and education, attitudes determine success. The best people at adapting, without losing their heritage, have a spirit of optimism and a spiritual foundation. This was not really the talk they wanted because they thought they would learn how to fix the perceived problem (sound familiar).

Suggestions: Welcome teenage members. Don't send them away. Some people don't want to have meetings in churches. Find other facilities in which to hold meetings.

Charlie will present the strategic plan for dealing with diversity at the fall assembly, even though he's not a big fan of developing a strategic plan.

Discussion of this issue as presented at the WSC followed Charlie's presentation of the information:

- Member 1- There are many different kinds of churches in DC area.
Would people consider putting meetings in different churches?
- Member 2- There are meetings that are mostly minority- We can go to different meetings.
- Member 3- In District 7 (Baltimore city) there is a meeting at MICA (Maryland Institute College of Art), a different venue.
- Member 4- Self-selecting is not a representative survey
- Member 5- Make everyone feel welcome.
- Member 6- Observation that In DC African American is majority. White is minority. What defines minority may be different in different areas.
- Member 7- There is a lot of diversity in economic background and other factors.
- Member 8- This program is about the parts that hurt.

Idalia concluded the discussion- There is no such thing as a minority. The word has negative connotations- means "less than." We need to focus on the things that we have in common—all those things that we like, all people like. What she tries to do is approach the person with the common denominator. Let it begin with me.

Policy Discussion at WSC-

Alateen- 5 changes are in the works (4 got resolved, 1 did not).

Now Alateen is in one section of the service manual. 2003 Board of Trustee motion is binding.

There is no enforcement of policy- there are no AI-anon police. However, the Alateen group cannot be registered if they do not follow the 2003 guidelines.

New service manuals will come out toward the end of this year. Still using 2006-2009.

Financial Matters section of the service manual is to be cleaned up. If you give money to WSO you have to be a member of AI-Anon. Contributions cannot be ear-marked. You can send memorial gifts, in honor of anybody, but you must to be an AI-Anon member to give. Don't put "send contributions to..." in the paper, for example.

Use of material at AI-Anon meetings must be Conference Approved Literature. (Policy does not mean you suggest something. Policy is policy. However, it is not enforceable.)

Registration of groups- they spent time talking about selection of group names. Names should be in compliance with traditions. They should reflect AI-Anon philosophy.

The area they didn't get finished was public service announcements. A lot of districts and AIS' are putting their own messages on social websites. Right now the WSO is the only source who can make public service announcements. The PSA's he showed last fall are in use.

Property Ownership Trial -Report by a task force- do we have enough information to make a decision about ending the property decision. We were in NY renting for many years, then moved to Virginia Beach and bought the building. Tradition 6 does not say we can't own property. Next year we will have to make an informed group conscience about ending the trial of buying the building. How has it worked out financially? Excellent. Saved a half million dollars a year compared to renting the building in New York. The building is paid off.

Was there any negative impact on the fellowship as a whole? No

Here are the choices next year: 1- end the trail and keep the building; 2 -end the trial and sell the building; 3- extend the trial.

There is a separate committee for managing the property. This is ECRPM's charge. If they ever sell the property any gains would go to new occupancy.

The voting at the WSC is all done in the evening for everything done that day. Logistically good and people had time to think.

Literature Forum- Why is AI-Anon Anonymous? This pamphlet is going to be revised. We need to include electronic media. There will be a new workbook on the Legacies (steps, traditions, and concepts).

There are good sharings on the blogs but you can't use them in meetings because they are not CAL. We want to include some in this Legacy Workbook.

A history book will be coming out next year for the 60th anniversary.

Forum subscriptions have really increased so we don't have to discontinue it. They will add a message on the envelope to take it to your group.

Possible rearrangement of the Service structure:

If a state or province wanted to split and they had 400 groups or more, they could split. However, there is no provision for an area to split. So they decided to begin thinking about it. Some areas are too big for the delegate to cover. Metropolitan areas might cross state boundaries. But they don't want the WSO to become too large either and they want fair representation.

Different ideas:

- Clustering groups
- Allowing big areas to split
- Allowing smaller areas to combine
(Might be small number of groups, but large geographical areas are a problem)
(Some states don't want to lose their identity)
- Create a virtual area for remote groups
- Create virtual area for electronic meetings
- Leave things the way they are

Summaries of strategies:

Zonal structure strategy- sharing a delegate

They took a straw vote at the WSC: allowing areas to split won the straw vote.

Charlie suspects some change will happen but it is likely to be a long way off.

Unqualified Trusted Servants- not doing their jobs

There are various reasons: life situation changes; the person has taken on a job and doesn't have the skills or won't use them; in some case the person won't give up the position.

Causes:

- People volunteer without knowing what they are getting into
- People won't ask how to do it
- We vote for any willing person
- Sometimes there is no transitional training

Discussion ensued about this issue. Some people were very offended that someone would say anyone is unqualified. There is no such a thing as an unqualified trusted servant. Who is to tell who is doing a good job? People do not come into the program feeling all right. They are hurting and they do not need criticism. However, if things are not getting done, there is a problem. Charlie pointed out that there have been cases where someone was asked to step down for not doing the job.

This is a common sense issue. We need good, clear, up-to-date job descriptions. Ask for resumes in some cases. If someone is willing to do the job, we will help them along. Service sponsorship might be important.

Service opportunities are listed under the Area News Tab on the website.

Regional Trustee Election Procedures- the Regional Trustees are a group of Al-Anon members who are legally responsible for AFG. They come from a region but do not represent the region. We are in the NE Region. Ann F. is our current trustee. The NE Regional Delegates meeting (NERD) - meet before the WSC in preparation. The meeting is part business and part social. If we want to nominate someone for the next cycle- Spring 2012 Assembly is the time.

Open Policy Committee- the Board of Trustees has approximately 25 people. They question was presented, "Should the WSO maintain a "Do Not Refer" listing for its toll free meeting line?" The Policy Committee is deciding whether to do this. The discussion: WSO has no governing rule, but we are not doing it on our own. The Areas are telling them. The issue was not resolved but it was fascinating. Charlie was very impressed.

Miscellaneous Topics-

Alateen Chat Room- It's a problem getting the Alateens to register for the chat room.

There are e-communities.

Al-Anon website- public sections are available to everybody. Member section- email area24@marylanddc-alanon.org for password to enter into the member section. The service manual is on there. The blogs have a lot of good information.

Our PSA's always do well.

It was the WSC's 50th birthday. Al-Anon's 60th birthday will be next year. There will be an Open House at WSO and birthday banquet in April.

Al-Anon around the world- more and more countries are establishing General Service Offices. Translations- WSO will grant permission for translations. Eastern Europe is coming along.

2010 Budget is about \$5 million- most of expense is for salaries of the approximately 50 employees. Income is from literature sales mostly and group contributions, etc. The budget is not balanced.

The International Convention will be held in Vancouver, British Columbia, Canada in July 2013.

Task Force and Thought Force Presentations

Task Force and Thought Force are short term working groups with specific tasks.

TEAM, Together Empowering Al-Anon Members, replaces the regional service seminar. Information about the rules for having one of these events is on the area website. We can attend any TEAM. They are advertised on the WSO website in members area. Connecticut and Kentucky are having them.

Use of technology at the Area level- They want people and groups to start using it. This is a way to connect with remote groups.

Strengthening ties between Area and AIS- Charlie will present to AIS' in the fall.

After lunch we did another role call.

Number of Group Reps in attendance from each District:

1-0, 2-4, 3-0, 4-0, 5-0, 6-0, 7-4, 8-11, 9-3, 10-0, 11-2, 12-0, 13-5, 14-1, 15-0, 16-1, 17-2, 18-8, 19-0, 20-0, 21-0, 22-3, 23-0, 24-1
Charlie and Idalia, 45 total, 30 will be needed as the majority vote. We voted to approve the recalculated majority.

7. Chairman's Report-Idalia R.

Open Area Positions include Public Outreach, Al-Anon-Cer Newsletter, and Convention Coordinator.

Al-Anon-Cer- Autumn and Connie from District 2 came forward to be Co-coordinators - looking to get the September issue out. They will be supplying deadlines- send to Area Website and she will send it to the people. They will set up a mailbox to receive material.

8. Area Committees:

Webmaster's Report- Linda M. The area site is www.marylanddc-alanon.org

There is not much change since the AWSC report. She redesigned the front page. It has pictures for the various geographic sections of the Area. To address the issue of accessibility to sight impaired people, she found some things that could be changed, but none that must be. When sending flyers, make a web version of flyers and take out the email addresses. The preference is to not include personal information on the website. If you sent her a flyer with personal information, send her a new one. File formats, .doc or .pdf, are okay.

She updated the district meetings section of the calendar of events page.

She had a request to include meeting directions. If you have directions to specific meetings that are not already on the site, please send them to her.

She is creating an Archives page. Send information for the Archives page to Linda, area24@marylanddc-alanon.org.

9. Group Services-

Alateen – Maryann M.

She held two trainings sessions for Alateen sponsors. District reps need to make sure the sponsors in their district are registered.

Group Records – Angela F. There are 345 total groups in the Area. We have 285 active groups in the Area. 15 have no mail status. The group records form is on the website.

10. Public Outreach – Service Opportunity

11. Fellowship Communication –

Literature – Service Opportunity

Archives – Mike H. (no report)

AI-Anon Information Services:

Anne Arundel AIS is doing fine. New directories are coming out in June.

Baltimore AIS has been getting directories placed in all libraries in Baltimore City and County.

WMAAAIS- New public outreach person, Sondra, is doing health fairs. Other issues- Reducing the size of the prudent reserve to one year “operating expenses”, not total expenses; updating printed guidelines for jobs, including group and alternate group reps; updating WMAAAIS bylaws; and expanding and updating group contact information.

The WMAAAIS Fall Luncheon will be held Sat. Nov. 6th, in Prince George’s County, at the Sheraton Washington North, on Powder Mill Road. There will be an AA, AI-Anon, and Alateen speaker. Flyers are available.

12. Membership Outreach –

AI-Anon-Cer Newsletter – Service Opportunity (Two people came forward to be co-editors of the AI-Anon-Cer. One has computer experience and one has lengthy program experience.) The new co-editors are Connie and Autumn. They will be starting with the September issue.

Convention Coordinator – Service Opportunity

2010 AFG Spring Convention – Jane M.

Registration deadline is 2 weeks from today (May 29th). Suites are still available. Construction is all done. There will be entertainment.

2010 AFG Fall Convention – Paul C.

Nov. 12-14, 2010, Rocky Gap Resort. The theme is “FAITH: Fantastic Adventures in Trusting HP.”
Adjusting costs so that the convention breaks even.

AI-Anon Liaison to Summer AA Convention - no report

AI-Anon Liaison to Fall AA Convention - no report

13. Past Delegates’ Report- no report

14. Closed with the AI-Anon Declaration

Idalia read 10 reasons for doing service!

Group Contributions – 1st Quarter, 2010
1/1/2010 through 3/31/2010

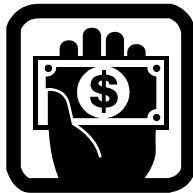
Date	Memo	Amount	Date	Memo	Amount
1/8/2010	5916	10.00		502454 Middletown	33.00
	48731	50.00		05777 Chester MD	300.00
	6047	50.00		02430 Mideast Al-Anon	33.00
	5845	15.00	3/11/2010	06036 White Oak	34.00
	50306	16.00		05856 Silver Spring	60.00
	502097	50.00		6047 Mon Morn Towson	50.00
	Owings Mills Wednesday	65.00		065736	16.37
	6062	25.00		05884 Clinton Daytime	30.00
	5839	75.00		039718 Pathfinders DC	25.00
	Tues.Kensington	54.00	3/13/2010	005790 Money Order	30.00
1/24/2010	Belair Fri Morn. m.o.	15.00		Slade Al-Anon	25.00
1/25/2010	Westminster	25.00	3/19/2010	Sat.Morn.Live Annapolis	43.00
	District 8	50.00		042322 1 st Step Al-Anon	31.12
	30518767	30.40		Pomfret Tues Nite Way...	60.00
	66136	32.00		063518 Courage to Change	17.78
	60333	15.00		065794 Westmorland	95.00
	5828	35.00	3/30/2010	All Saints Group	137.40
	64317	39.87	1/1/2010 – 3/31/2010		2,713.53
	6029	60.00			
1/25/2010	Mon Emmorton	10.00		TOTAL INFLOWS	2,713.53
	Tues Morn Govans	105.39			
	Olney Step Study	75.00		TOTAL OUTFLOWS	0.00
	? Wash DC	43.00			
	502454 Middletown	50.00		NET TOTAL	2,713.53
2/4/2010		15.00			
2/11/2010	503121 Hope for Thursday	16.82			
2/16/2010	Millersville	18.00			
	502641 Riderwood	60.00			
	FriNite Candlelight-Lut...	30.00			
	Wed Nite St. James	80.00			
	05976	11.00			
	7 th Heaven	28.83			
	40274	23.00			
	05788 Cathedral	113.68			
	05794 Fri Nite Fellows	50.00			
	05917 Fallston	10.00			
	02443 St. John's AFG	55.00			
2/23/2010	503754	25.00			
	46625	50.00			
	05937	35.00			
	DC Wed Noon	65.87			
	63352 Leitersburg	10.00			

Group Contributions – 2ND Quarter, 2010
4/1/2010 through 6/26/2010

Date	Memo	Amount	Date	Memo	Amount
4/5/2010	62653	12.50		066938 West Side	33.26
	Columbia Step	99.00	6/18/2010	500622 Thurs Nite Be...	50.00
	044667	47.36		Miracles & Rain	75.00
	50888 Mon Nite Har...	20.00		050306 Monday Matt...	20.00
	5916	10.00		503754 Salisbury	25.00
	64317 Towson	74.51		7 th Heaven Sunday	32.20
4/9/2010	002430 m.o. Gratitude	20.00		005768 Mon Nite Em...	15.00
	67023 Happy Skippers	75.00		502454 Middletown	50.00
4/9/2010	042081	26.80		005976 Fri Nite North	11.20
	District 8	50.00		500932 Laurel Sun	20.00
	01457 Tues Morn Go..	57.97		0005828 Towson	35.00
	500622 Thurs Nite Be...	50.00		00502097 Colors of the	25.00
	Miracles & Rain...	75.00		Silver Spring Group?	16.00
	050306 Monday Matt...	20.00		002438 New Perspect...	16.20
	503754 Salisbury	25.00		005917 Fallston Group	10.00
	7 th Heaven Sunday	32.20		006015 Mideast Mon...	20.00
	005768 Mon Nite Em...	15.00		Misread cents	.12
	005917 Fallston Group	10.00	6/26/2010	006014 Easy Does It	20.00
	006015 Mideast Mon...	20.00		002432 Monumental	65.60
	Misread cents	.12		042848 Palisades	14.55
5/4/10	0053483 Rockville	44.00		Oakland Mills Wed	70.00
	30502245 Myersville	10.00		006047 Towson Mon	50.00
	002437	17.60	6/26/2010	Mon Nite Emmorton	15.00
	30518769 Annapolis	25.00		Silver Spring	60.00
5/14/2010	47166 Waterloo	100.00	4/1/2010 – 6/26/2010		2,783.87
	5862 Bowie Mon	24.00			
5/25/2010	005927 Damascus	18.00		TOTAL INFLOWS	2,783.87
	502760 Mt. Airy	15.00			
	052341 Steps to Serenity	77.18		TOTAL OUTFLOWS	0.00
	63352 Leitersburg	10.00			
5/27/2010	503754 Salisbury	25.00		NET TOTAL	2,783.87
6/2/2010	Thurs Nite Good Sam	100.00			
	Leame to Deale AFG	20.00			
6/9/2010	30519063 Salisbury	89.10			
	005777 Thurs Morn	100.00			
	District 8	50.00			
	AIS Baltimore	100.00			
	005884 Clinton Daytime	40.00			
	Lafayette Sq. Fri Noon	50.00			
	043431 Pomfret Way	84.00			

Income/Expense by Category - YTD
1/1/2010 through 6/26/2010

Category Description	1/1/2010 – 6/26/2010	OVERALL TOTAL
Ending Balance 12/31/2009		7,636.13
INCOME		
AL-ANON-CER Subscription	5.00	5.00
Conv Share D&O Insurance	250.00	250.00
Conven Share Liability Insurance	166.67	166.67
Group Contributions	5,497.40	5,497.40
TOTAL INCOME	5,919.07	5,919.07
EXPENSES		
Uncategorized	287.73	287.73
10c Wicomico Detention Center	340.74	340.74
Cat 02 Delegate Expenses	330.85	330.85
Cat 03 Delegate NERD	319.01	319.01
Cat 04 Alt.Delegate	29.00	29.00
Cat 05 Chairman Exp	40.00	40.00
Cat 06 Secretary Exp	10.50	10.50
Cat 07 Treasurer Exp	623.22	623.22
Cat 08 Alateen Coordinator	309.78	309.78
Cat 09 Group Records Exp	9.50	9.50
Cat 10b Frederick Detention	281.88	281.88
Cat 11 Literature Coordinator	-81.96	-81.96
Cat 13 AL-ANON-CER Exp	852.64	852.64
Cat 14 Web Services Exp	56.08	56.08
Cat 18 Liasion to AA State Conv	350.00	350.00
Cat 22 Assembly Rooms	350.00	350.00
Cat 23 AWSC Meeting	35.00	35.00
Cat 26 D&O Insurance	763.00	763.00
Cat 27 Audit Books	325.00	325.00
Cat 28 Software	67.50	67.50
Cat 33 Fall Convention Exp	3,032.00	3,032.00
Miscellaneous, Bus	17.09	17.09
Printing and Reproduction	100.94	100.94
TOTAL EXPENSES	8,449.50	8,449.50
OVERALL TOTAL	5,105.70	5,105.70



Group Records

Group Representatives—please keep your District, Area Information Service, Area 24, and the World Service Office informed of your group’s new contact information by sending each of them a copy of a completed “AI-Anon Registration/Group Records Change Form.” The form is available at the end of the newsletter, or on the Area website: www.marylanddc-alanon.org.

SPRING CONVENTION REPORT

There were many highlights from the 2010 Spring Convention in Chestertown. The renovation that has been going on at Washington College for the last few years was completed! The results were spectacular and really benefited our convention. The renovated Hodson Hall is an open area where we had our registration, literature and welcome tables. It was a wonderful space to hang out and meet new friends and catch up with old ones.

The Saturday night dance was held in the large room in the middle of Hodson Hall. It had plenty of room for the line dances as well as a place to hang out and watch or have some snacks. The DJ had so much fun he stayed to play music beyond the planned quitting time!

The Saturday night movie was very popular – probably due to the large projection screen and the comfy couches. Due to a last minute issue with the college, we were not able to make use of the game room but they have assured us it should not be a problem next year.

This year we were able to offer the option to stay in the suites. There was an additional charge (same as what the college charged us) but the feedback I got was it was worth it. Most of the suites were four bedrooms sharing two bathrooms and they also had a little kitchenette, which was a plus for those with special dietary needs.

The decorations committee, chaired by Mary H., did a phenomenal job on the banner. It was a work of art. Using the theme "Al-Anon: A Fellowship of Hope" they cleverly showed many cultures with pairs of figures wearing clothes from their countries which wrapped around a map of the world. We are looking into donating the banner to World Service so more members can see it.

Another highlight for me was working with a great committee. When Willie W. was the Spring Convention Chair, she often said it was OUR convention not HER convention. I kept that in the front of my mind when I took on the 2010 Spring Convention Chair. The convention would not have been a success if it were not for the hard work of all the committee chairs and those who helped them. It truly is a "we" program.

These are only a few of the many highlights and I am grateful for this service opportunity. Hope to see you next year at the 2011 Spring Convention!

Jane M.
2010 Spring Convention Chair

DISTRICT HIGHLIGHTS

DISTRICT 1

The summer months have seen some significant increases at several meetings. We still have 5 meetings--1 in Oakland at the far west end of our district, 1 in Frostburg, and 3 in Cumberland. One of the Cumberland meetings is held at noon; the rest are all 8:00 p.m. meetings.

Several of our groups have become very excited and enthusiastic about participating in outreach. We had tables at several health fairs and received many inquiries from health care professionals. Something they often requested was local contact information. Since we needed to prepare new meeting directories, we added a contact name and telephone number for each meeting listed.

On August 5th, our "Came to Believe" group celebrated 21 years! We celebrated our recovery on August 7th with a potluck picnic at a member's creek side camp. We soaked up recovery and fellowship, as well as soaked our feet in the cool water!

We're already getting excited about the fall convention at Rocky Gap, since it's in our backyard. Can't wait to see you all again and share a "Fantastic Adventure in Trusting HP!"

DISTRICT 2

We have successfully enlisted 2 local television and 2 local radio stations in the Frederick/Hagerstown area to air Al-Anon approved Public Service Announcements we ordered from the WSO.

On July 10th, we held our annual picnic with AA Participation in Middletown Park. We enjoyed a wonderful afternoon with beautiful weather, good food, and great fellowship with about 40 in attendance and speakers from both AA and Al-Anon.

The Frederick County Detention Center Women's meeting held on Thursdays from 5:30 – 6:30pm is looking for female members to volunteer their time. The women in the prison are so grateful to have Al-Anon there each week, and we make such a difference in their lives by showing them that we care and want them to find happiness, peace and joy in their life. For more information, please contact area24@marylanddc-alanon.org

DISTRICT 23

We had been dormant for approximately a year due to the resignation of our District Representative, Linda H. Under her leadership we had a Workshop, began an Outreach program using Al-Anon information brochures and encouraging new meetings on Maryland's Eastern Shore.

In December, 2009 we held an election of officers. All the officers are new to service in this capacity. Hopefully, this freshness will revitalize District 23 and spread the Al-Anon message of hope on the Eastern Shore.

Our focus is Outreach and strengthening the existing groups. We made Meeting flyers to be posted in public as well as regular AA & group meetings. We have 200 copies of "Al-Anon Faces Alcoholism 2010". At our last District meeting we decided to ask each person attending a regular meeting to put one or two copies where they thought someone would pick it up. Libraries, churches, doctor offices, public health facilities were some of the suggestions for distribution. A web site was developed, www.md-al-anon.org/District23Meetings2, and we linked it to the current Area 24 web site.

OUR TRUSTED SERVANTS

Area Officers

Delegate

Charlie S (Panel 49)

area24@marylanddc-alanon.org

Alternate Delegate

Carol F

area24@marylanddc-alanon.org

Chairperson

Idalia R

area24@marylanddc-alanon.org

Secretary

Dolores M

area24@marylanddc-alanon.org

Treasurer

Teddie B

area24@marylanddc-alanon.org

SEND AREA CONTRIBUTIONS AND
CORRESPONDENCE TO THIS ADDRESS:
AFG OF MD AND DC
PO Box 10898
PARKVILLE, MD 21234-0898

Coordinators

Group Records

Angela F

area24@marylanddc-alanon.org

Archives

Mike H s

area24@marylanddc-alanon.org

Public Outreach

OPEN – Service Opportunity

Alateen Coordinator

Maryann M

area24@marylanddc-alanon.org

Al-Anon-Cer Editor

Autumn A

area24@marylanddc-alanon.org

Webmaster

Linda M

area24@marylanddc-alanon.org

Literature Coordinator

OPEN – Service Opportunity

area24@marylanddc-alanon.org

Convention Coordinator

area24@marylanddc-alanon.org

Spring 2010 Convention Chair

Jane M

area24@marylanddc-alanon.org

Fall 2010 Convention Chair

Paul C

area24@marylanddc-alanon.org

AA State Convention Liaison

Karen L

area24@marylanddc-alanon.org

Spanish Language Contact

OPEN – Service Opportunity

area24@marylanddc-alanon.org

NORTHEAST REGIONAL TRUSTEE

Frank R

area24@marylanddc-alanon.org

Past World Service Delegates

Karen L (Panel 46)

Julie M (Panel 43)

Lee T (Panel 37)

area24@marylanddc-alanon.org

area24@marylanddc-alanon.org

area24@marylanddc-alanon.org

Melody B (Panel 34)

Beatrice R (Panel 28)

MiKell L (Panel 25)

area24@marylanddc-alanon.org

area24@marylanddc-alanon.org

area24@marylanddc-alanon.org

Angela W (Panel 23)

Isabel F (Panel 17)

area24@marylanddc-alanon.org

area24@marylanddc-alanon.org, MD 2

Area Information Services

Al-Anon/Alateen Information Service of Anne Arundel County

P.O. Box 763
Severna Park, MD 21146-0763
(410) 766-1984
www.md-al-anon.org

Baltimore Area Al-Anon Information Service

P.O. Box 28259
Baltimore, MD 21234
(410) 832-7094
www.alanon-maryland.org

Cumberland Answering Service

(301) 722-6110
(through AA answering service)

Easton Answering Service

(410) 822-4226
(through AA answering service)

Salisbury/Ocean City Answering Service

(410) 742-2504

Mary Del Tri-County

Al-Anon Information Service (Harford & Cecil Counties)
PO Box 561
North East, MD 21901-0561
(410) 398-2004 (Cecil County)
(410) 836-6209 (Harford County)
www.marydelalanon.org

Frederick – Hagerstown Answering Service (Frederick & Washington Counties)

(301) 663-6626
1-800-344-2666

Southern Maryland (Calvert, Charles, & St. Mary's Counties) Answering Service

(301) 934-4086
1-800-425-2666

Washington Metropolitan Area

Al-Anon/Alateen Information Service (WMAAAIS)

c/o McKendree Methodist Church
2421 Lawrence St. NE
Washington, DC 20018-2915
(202) 635-2023
www.al-anon-alateen-dcmd.org

Literature Depots

Baltimore, Baltimore County, Harford County & surrounding areas: Mildred H. area24@marylanddc-alanon.org to get phone number to place your order and get driving directions.

Washington DC and surrounding areas: See WMAAAIS contact information above.

Eastern Shore (District 24):

Tammie J area24@marylanddc-alanon.org to get phone number to place your order

District Representatives

D1 Diane W

area24@marylanddc-alanon.org

D4 OPEN – SERVICE OPPORTUNITY

D7 Wilhelmina H

area24@marylanddc-alanon.org

D10 Phyllis P

area24@marylanddc-alanon.org

D12 (shared position)
Gerry G

area24@marylanddc-alanon.org

D15 Bob M (Acting)

area24@marylanddc-alanon.org

D18 Hannah G

area24@marylanddc-alanon.org

D21 Jill B

area24@marylanddc-alanon.org

D24 Madeline M

area24@marylanddc-alanon.org

D2 Connie C

area24@marylanddc-alanon.org

D5 Steve N

area24@marylanddc-alanon.org

D8 Dolores M

area24@marylanddc-alanon.org

D11 Carol

area24@marylanddc-alanon.org

D13 Gail K

area24@marylanddc-alanon.org

D16 OPEN– SERVICE OPPORTUNITY

D19 OPEN – SERVICE OPPORTUNITY
Renee J (Acting)

area24@marylanddc-alanon.org

D22 Audrey S

area24@marylanddc-alanon.org

D3 Yvonne G r

area24@marylanddc-alanon.org

D6 Claude T

area24@marylanddc-alanon.org

D9 John H.

area24@marylanddc-alanon.org

D12 (shared position)
Marylen F

area24@marylanddc-alanon.org

D14 OPEN– SERVICE OPPORTUNITY

D17 David M

area24@marylanddc-alanon.org

D20 Mary D

area24@marylanddc-alanon.org

D23 Nita B

area24@marylanddc-alanon.org

WORLD SERVICE OFFICE

Al-Anon Family Group Headquarters, Inc.
1600 Corporate Landing Parkway.
Virginia Beach, VA 23454-5617
Email: wso@al-anon.org

Meeting information: 1-888-425-2666
All other business: (757) 563-1600
Website: www.al-non.alateen.org/members

Note: Make WSO donation checks payable to "AFG, Inc."

AREA WORLD SERVICE COMMITTEE MEETING

Area 24 – AFG of Maryland and District of Columbia

Saturday, September 25, 2010

Registration: 9:30 a.m.

Meeting: 10:00 a.m. – 3:00 p.m.

**Satterlee Hall, St. Alban's Episcopal Church
3001 Wisconsin Ave., N.W.
Washington DC 20016**

Snacks and refreshments provided. Bring a bag lunch. Hosted by District 17.

The Area World Service Committee (AWSC) consists of the officers of the Area Assembly, District Representatives, Area Coordinators, and liaison members, who meet between Assemblies to plan the agenda for the Assembly and to discuss other Area and district matters. (Source: 2006-2009 Al-Anon/Alateen Service Manual, p. 118.) Other Al-Anon members are welcome to attend the AWSC meeting as well.

DIRECTIONS TO MEETING:



From Points North in Maryland: From either direction on the north loop of the Capital Beltway (I-495), follow signs for Route 355 (Wisconsin Ave.) south toward D.C. St. Alban's is approximately 6 ½ miles on your left, just before the intersection of Massachusetts and Wisconsin Avenues, NW. Make a left onto Lych Gate Road before you reach Massachusetts Ave. As you enter Lych Gate Road, Satterlee Hall is on your right. To find parking, stay on Lych Gate Road until it becomes Pilgrim Road.

From downtown Washington DC: Go north on Massachusetts Avenue NW and turn right on Wisconsin Avenue NW. Make the first right, onto Lych Gate Road.

Parking is available on Pilgrim Road. You also may park on neighborhood streets in accordance with D.C. parking signs.

For more information email: area24@marylanddc-alanon.org

AL-ANON AREA 24
MARYLAND AND THE DISTRICT OF COLUMBIA

**FALL ASSEMBLY MEETING
FOR AREA 24**

HOSTED BY DISTRICT 11
OCTOBER 23, 2010

Registration: 9:30 to 10:00 AM

Meeting: 10:00 AM to 3:00 PM

Meeting Place: Holy Trinity Catholic Church (Parish Hall)
7436 Baltimore Annapolis Blvd.
Glen Burnie, MD 21061

Lunch/Snacks: Coffee and snacks will be provided. We will supply a light lunch. You can also bring your own lunch and snack to share.

Directions from Washington DC - Take Rte 295 **Baltimore Washington Pkwy** (Or take I95 North to exit for Rte 100 E). Take the exit onto **MD-100 E** toward **Glen Burnie**. Take exit **13B** to merge onto **I-97 N** toward **Baltimore**. Take exit **15A** to merge onto **MD-176 E/Dorsey Rd** toward **Glen Burnie**. Turn **right** at **Baltimore Annapolis Blvd**.

Destination will be on the right

Directions from Frederick/Hagerstown and Cumberland - Get to **I-70 E/US-40 E** .

Continue to follow I-70 E. Take the exit toward **I-695 S**. Keep **right** at the fork to continue toward **I-695 S** and merge onto **I-695 S**. Slight **left** at **I-97 S** (signs for **Annapolis/Bay Bridge**). Take exit **16** for **MD-648/Balt-Annap Blvd** toward **Ferndale/Glen Burnie**. Keep **left** at the fork, follow signs for **MD-648 S**. Turn **left** at **Baltimore Annapolis Blvd**. Destination will be on the right

Directions from Eastern Shore and Annapolis- Take **US-50 W**. Take exit **27B** to merge onto **MD-2 N/Baltimore Annapolis Blvd** toward **Ritchie Hwy/Severna Park**. Continue to follow MD-2 N. Turn **left** at **Baltimore Annapolis Blvd**. Destination will be on the left

Directions from Essex & Bel Air area - Get to **I-695 S** . Take exit **2** to merge onto **MD-10 S** toward **Severna Park**. Take the exit toward **E Furnace Branch Rd**. Turn **right** at **E Furnace Branch Rd**. Turn **left** at **MD-2 S.7**. Turn **right** at **Baltimore Annapolis Blvd**. Destination will be on the left

For questions or additional directions area24@marylanddc-alanon.org

WMAAAIS 2010 Al-Anon Fall Luncheon

<http://www.marylanddc-alanon.org/WMAAAISFallLunch.pdf>

**21st Annual AFG Fall Convention
Al-Anon Family Groups of MD and the District of Columbia
with Alateen and AA participation**

FAITH: Fantastic Adventure in Trusting HP

November 12-14, 2010

opens 4 pm Friday, closes 11:30 am Sunday

**To be held at the
Rocky Gap Lodge and Conference Center**

16701 Lakeview Drive
Flintstone, MD 21530

(800) 724-0828

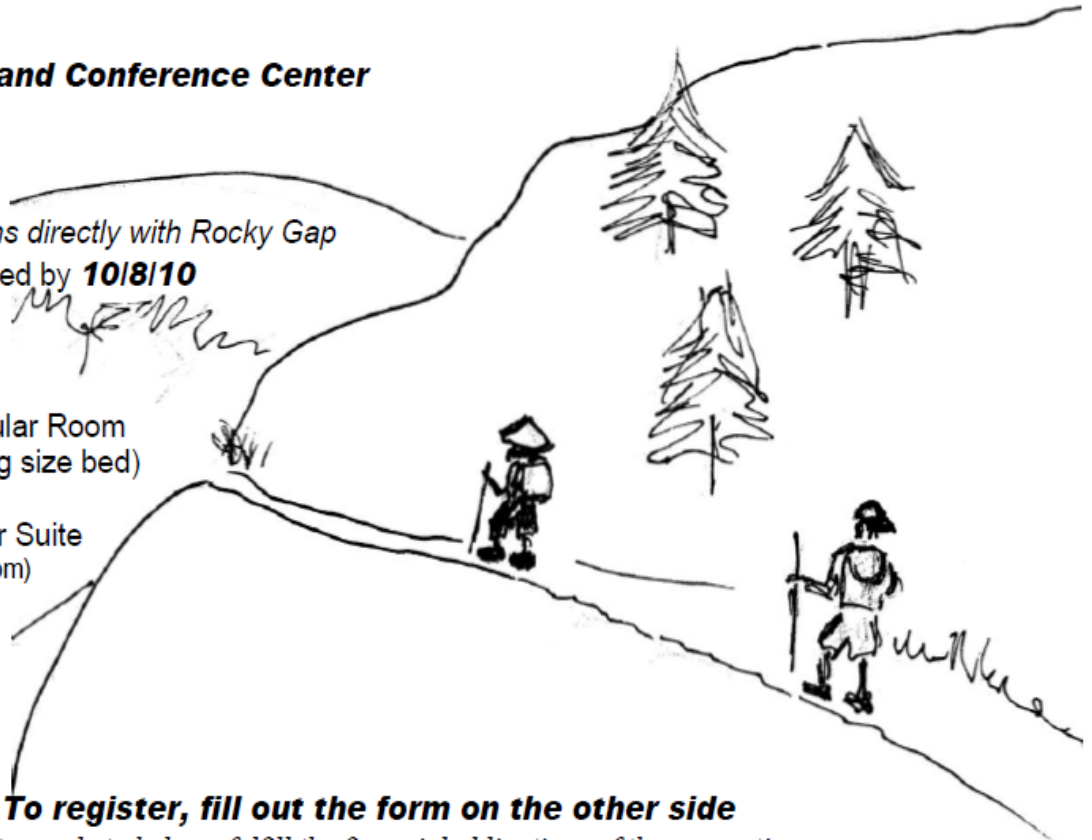
Make room reservations directly with Rocky Gap

Rooms must be reserved by **10/8/10**

to get our special
convention rates

\$115 per night -- Regular Room
(2 queen beds or 1 king size bed)

\$179 per night -- Junior Suite
(maximum 3 people per room)



To register, fill out the form on the other side

Register early to help us fulfill the financial obligations of the convention.

For any additional information, email area24@marylanddc-alanon.org

Area Website: www.marylanddc-alanon.org

AFG Fall Conference 2010 Registration Form (A separate form is required for each attendee.)

Name _____ Member status and length of time: _____
 Address _____ AI-Anon ____ How long? _____
 City/State/Zip _____ AA ____ How long? _____
 Evening phone no. _____ Alateen ____ How long? _____
 Email address _____ If Alateen, how old are you? _____
 Emergency Contact Person _____ Phone No. _____

- Please confirm my registration and/or workshop chair topics by email (preferred) by mail
 It's okay to contact me about future conventions by email by mail

Convention Registration and Meals: (Room registration is made directly through Rocky Gap Resort.)

Early bird registration is \$30 per person. Price of all Meals \$106.50
 After 9/30/10 registration is \$40 per person Friday Dinner \$26.00
Registration is Non-Refundable Saturday Breakfast \$16.75
 Total You Enclosed for Registration and Meals: Saturday Lunch \$22.75
 \$ _____ (Make check payable to AFG Fall Conv.) Saturday Dinner \$28.50
 Sunday Breakfast \$12.50

Convention buffet meals are available ONLY through the registration committee and cannot be purchased onsite at the convention. Meal purchases or cancellations must be made by 10/31/10. View the menu at www.marylanddc-alanon.org/calendar_of_events.htm

Purchase of meals helps cover the cost of our meeting rooms. If you have special dietary needs please contact the hotel directly. While Rocky Gap tries to offer a variety of food choices, we cannot guarantee that the buffet meals will accommodate all needs.

Sign up to chair a meeting. Please indicate your top 3 choices by marking 1, 2, or 3:

- | | |
|---|--|
| <input type="checkbox"/> CALquest: Roadmap to Serenity | <input type="checkbox"/> Finding Balance (Tradition 12) |
| <input type="checkbox"/> Exploring Relationships and Responsibility (Traditions 4 and 5) | <input type="checkbox"/> Acting As If until I Am |
| <input type="checkbox"/> Adventures for Longtime Members (Steps 10 to 12) | <input type="checkbox"/> Ugh! Step One Again! |
| <input type="checkbox"/> Surprises in Life: Gifts from HP (Gratitude) | <input type="checkbox"/> Sharing Adventures w/ my Fellow AI-Anons (Tradition 2, 6, 10, 12 and Concept 1, Warranties 2-5) |
| <input type="checkbox"/> Sponsorship: Unpacking the Baggage | <input type="checkbox"/> Dominance, Gossip, and other Obstacles to Recovery (Traditions 2, 6, 10 and 12, Concept 1, Warranties 2 to 5) |
| <input type="checkbox"/> Traveling through Recovery Together (Traditions 1, 3, and 5) | <input type="checkbox"/> What's in my Backpack: Tools or Baggage? (Detachment) |
| <input type="checkbox"/> Unraveling Old Knots, Weaving a New Life (Steps 4 to 9) | <input type="checkbox"/> Pain is Inevitable, Misery is Optional (Steps 4 to 7) |
| <input type="checkbox"/> Trusting HP and our Trusted Servants (Step 3, Tradition 2, Concepts 2 and 8) | <input type="checkbox"/> Enjoying Today - It's All We Have (Gratitude) |
| <input type="checkbox"/> Mentioning the Unmentionables (Step 5) | <input type="checkbox"/> Swinging Between the Known and Unknown (Step 12) |
| <input type="checkbox"/> Dreams for my Life (Step 12) | <input type="checkbox"/> Trust: New Territory (Steps 2 and 3) |
| <input type="checkbox"/> H. A. L. T. Out of Whack? | <input type="checkbox"/> No More Running from Problems (Let Go and Let God) |
| <input type="checkbox"/> Letting Go of the Rope or Being Pushed In? (Step 1) | <input type="checkbox"/> Teamwork and the Traditions |
| <input type="checkbox"/> Pausing at the Crossroads: Discovering My Choices | <input type="checkbox"/> Exploring Love, Sex, and Intimacy |
| <input type="checkbox"/> Faith: a Process, not an Event (Step 2) | <input type="checkbox"/> Adventures in Coming to Believe (Step 2) |
| <input type="checkbox"/> All Aboard: FellowSHIP, SponsorSHIP, LeaderSHIP (Legacies) | <input type="checkbox"/> Quest for Humility (Step 7) |
| <input type="checkbox"/> Living a Spiritual Life (Steps 11 and 12) | |
| <input type="checkbox"/> Progress Not Perfection Gets Me Farther (Steps 8 and 9) | |
| <input type="checkbox"/> Taking Inventory: What Do I Love Doing? (Step 4) | |
| <input type="checkbox"/> Escapades in Becoming Entirely Ready (Step 6) | |
| <input type="checkbox"/> Finding My Path to Service: The Concepts | |
| <input type="checkbox"/> Taking Risks to Enjoy the Fantastic Adventure | |
| <input type="checkbox"/> In the Center of the Stream of Power and Wisdom (Step 11) | |
| <input type="checkbox"/> Am I Ready for Financial Responsibility? (Tradition 6, Warranty 1) | |

Please return completed form to: AFG Fall Convention, PO Box 122, Frederick, MD 21705-0122

Friday, November 12, 2010

Seafood Dinner Buffet

\$26.00 per person

Starters to include: Peel & Eat Shrimp, Maryland Crab Slaw, Herb Crusted Salmon

Salads: Mesclun Salad with Tomatoes, Cucumbers, Red Onions, Olives and House Vinaigrette

Traditional Caesar Salad with Herbed Croutons and Parmesan Cheese

Hot Entrees: Stuffed Flounder with Lobster Sauce, Seafood Pasta, Fish & Chips, Chef's Choice of Starch and Vegetables

Fresh Baked Rolls and Creamery Butter

Chef's Selection of Assorted Desserts

Freshly Brewed Coffee, Decaffeinated Coffee and Selection of Regular and Herbal Teas and Iced Tea

Saturday, November 13, 2010

Breakfast Buffet

\$16.75 per person

Orange, Grapefruit and Cranberry Juice

Mixed Fruit Salad

Bakery Basket to include Muffins, Danish with Creamery Butter

Assorted Dry Cereal with Milk

Farm Fresh Scrambled Eggs with Chives

Buttermilk Pancakes with Syrup

Bacon and Sausage

Breakfast Potatoes

Freshly Brewed Coffee, Decaffeinated Coffee and Selection of Regular and Herbal Teas

Lunch Buffet

\$22.75 per person

Sweet & Sour Broccoli Salad, Pasta Salad with Parmesan Cheese Basil and Tomatoes, Southern Style Cole Slaw,

Kaiser Rolls and Hot Dog Buns,

Hamburgers with Sliced Onions, Sliced Tomatoes, Lettuce, Sliced Cheese, Mustard, Ketchup and Mayonnaise,

Hot Dogs, Chopped Onions and Relish,

Country Fried Chicken, Spicy Baked Beans, Sliced Watermelon, Apple Cobbler with Fresh Whipped Cream, Freshly Brewed Coffee, Decaffeinated Coffee and Selection of Regular and Herbal Teas and Iced Tea

Prime Rib Dinner Buffet

\$28.50 per person

Salads: Mesclun Salad with Tomatoes, Cucumbers, Red Onions, Olives and House Vinaigrette

Traditional Caesar Salad with Herbed Croutons and Parmesan Cheese and Potato Salad

Starters: Antipasto Salad, Peel & Eat Shrimp

Entrees: Barbeque Flank Steak, Chicken Marsala and CARVED Prime Rib

Chef's Choice of Starch and Vegetables

Fresh Baked Rolls and Creamery Butter

Chef's Selection of Assorted Desserts

Freshly Brewed Coffee, Decaffeinated Coffee and Selection of Regular and Herbal Teas and Iced Tea



Rocky Gap Variety Show

STARRING YOU!!

FRIDAY, NOVEMBER 12

NO TALENT REQUIRED!

Here's your chance to have some fun, do service, and help start the convention off right.

Prepare an Al-Anon song, skit, poem, you name it---Perform by yourself, with a friend, or your entire home group!
5-10 minute maximum



Once you have decided what to do, please contact

area24@marylanddc-alanon.org; ASAP or By

*September 30th for a Run-Through
Over the Phone or In Person*



Office Use Only: Date Proposed _____ By _____
Date Registered _____ By _____

fold

Place
Stamp
Here

Al-Anon Family Group Headquarters, Inc.
1600 Corporate Landing Parkway
Virginia Beach, VA 23454

fold