

AL-ANON-CER

A Quarterly Newsletter of Al-Anon Family Groups of Maryland and District of Columbia (AFG of MD and DC, Inc.)
P.O. Box 10898, Parkville, MD 21234-0898 • www.marylanddc-alanon.org • email: area24@marylanddc-alanon.org

AREA 24 CALENDAR OF EVENTS

- December 7, 2008** **District 3 Pot Luck with AA Participation**, dinner at 5:00 p.m. (set up at 4) with speakers to follow. Bring a covered dish to share. Church of the Ascension, 23 North Court St., Westminster, MD 21157.
- December 14, 2008** **District 6 Holiday Party**. Dinner 4:30-7:30 p.m., candlelight meeting at 7:30 p.m. All Saints Episcopal Church, 203 Chatsworth Ave., Reisterstown, MD 21136 (one block east of Reisterstown Rd.).
- January 17, 2009** **Wrap Up/Kick Off Meeting for Area Fall Convention**, see information on page 10.
- March 4, 2009** **Annual "Leave Hope" Day in honor of Lois W's birthday**. Spread Al-Anon's message by "forgetting" a piece of Conference Approved Literature in a public place. Please include your local meeting information phone number and website address.
- March 21, 2009** **Spring AWSC Meeting**, see flier on page 13.

District Meeting Schedule

ALL members, not just Group Representatives, are welcome at district meetings. If you would like your district meetings listed in this calendar, please contact the Editor (see page 9).

- District 2** First Saturday of the month from 9:30 to 11:30 a.m. at Mt. Zion United Methodist Church, 603 Main St., Myersville, MD 21773. For more information, email area24@marylanddc-alanon.org.
- District 8** December 7, 2008 at 2:00 p.m., at Dolores M's house. For more information, email area24@marylanddc-alanon.org.
- District 9** Last Friday of the month, February, April, June, August, October, December. Meeting is held at 7:00 p.m., before the Friday Night Fellowship meeting at Orem's United Methodist Church, Fellowship Hall, Room 100, 1020 Orem's Rd., Middle River MD 21220. For more information, email area24@marylanddc-alanon.org.
- District 11** January 15, 2009 (snow date Jan 22) at 7:00 p.m. at Glen Lutheran Church Hall, 106 Carroll Rd. (near Glen Burnie High School), Glen Burnie MD 21061. For more information email area24@marylanddc-alanon.org.
- District 18** December 13, 2008 at 12:45 p.m. Meeting is held at Woodridge Regional Library, 1801 Rhode Island Ave. at 18th St., NE, Washington, DC 20018. For more information, email area24@marylanddc-alanon.org.

Al-Anon Information Services Meeting Schedule

- Anne Arundel** January (snow date the following week), 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.

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

- 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), first 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.marydelal-anon.org.
- WMAAAIS** Business meeting December 4 at 7:30 p.m., at McKendree-Simms-Brookland UMC, 2421 Lawrence St. NE, Washington, DC 20018. For more information, call (202) 882-1334, or go to www.al-anon-alateen-dcmd.org.

IN THIS ISSUE

Calendar.....	Page 1	2009 Spending Plan.....	Page 7
From the Editor.....	Page 2	District Highlights.....	Page 7
My GR Service Experience.....	Page 3	Fall Convention Report.....	Page 8
Don't Forget.....	Page 3	WSO Needs Your Help.....	Page 9
We're Moving!.....	Page 3	Submission/Subscription Info.....	Page 9
Fall 2008 Area Assembly Minutes.....	Page 4	Wrap Up/Kick Off Fall Convention.....	Page 10
Alateen News.....	Page 5	Our Trusted Servants.....	Page 10
Individual Subscription Form.....	Page 5	Some Al-Anon ABCs.....	Page 12
Group Contributions.....	Page 6	Spring AWSC Flier.....	Page 13
Treasury Notes.....	Page 6	Group Records Registration/Change Form....	Page 14

From the Editor

This is my final edition of the Al-Anon-Cer. It's been an interesting 3 years full of satisfaction with some occasional aggravation (in other words, GROWTH).

Accompanied by my old friend, Fear, I took on this position, the most challenging in my 21 years of Al-Anon service. I dove in with my usual perfectionism but began to learn to balance that perfectionism with my quest for a peaceful life by remembering to "not sweat the small stuff" (and it's all small stuff when I let my Higher Power be in charge.)

Your new editor will be Diane Z., who comes to us from her position as DR for District 11. Diane previously published a newsletter for the Anne Arundel AIS and will bring that experience to the Al-Anon-Cer. Diane's contact information is listed in the Trusted Servants section on page 10 of this newsletter.

In January, I will be taking on a new service role as the Area Treasurer: another opportunity for me to curb my perfectionism and enhance my serenity.

With gratitude in Al-Anon service,

Lynn D.
Editor

My GR Service Experience

I attended the area fall assembly in October and the transition assembly in November. I have not been able to make it to area assemblies in a while, so it was good to go and see the new faces of service in our area.

At the transition assembly, we broke into three groups and talked about questions and concerns of the new Group Representatives. One concern that was expressed was that of the time required to attend to the responsibilities of being a Group Representative.

Back in my second year of recovery in 1989, I volunteered to be the Group Representative of my home group in Silver Spring. I was not sure at the time what being a Group Representative meant, but I had seen the past one give reports in our meeting. I had been to some workshops in our district, and I had been to the spring convention once, but not to an assembly.

I bought a Service Manual because someone suggested I do so, and because they said all the answers to my questions were in the Service Manual! I found a Guideline (G-11) that talked about the GR duties. The current GR guideline,

available on the Al-Anon Members web site, says, "The Group Representative (GR) is a vital link in the continuing function, growth and unity of world Al-Anon." Wow! Frankly, it sounded like much more than I was capable of doing at that time. Was I ready to be a GR? I have rarely thought I was ready for a new service position, but over time I have become willing to accept that my Higher Power believes I am ready for it.

At that time, it had been only a few years since I had been living with active alcoholism. I had spent many hours and days back then obsessing over and worrying about what the alcoholic was doing, when she would be coming home from the bar, was she going to be drunk this time, who she had been with at the bar, was she going to embarrass me again at the party, and so on. My sponsor pointed out that the time required for being a GR was nothing compared to the time I had spent obsessing and worrying before the program, and he was right (as always!)

But I really had to experience service myself before I came to see that the time I put into it is beneficial. I thought I was being a GR to help my group stay connected, to pass on information from the assemblies to my group, and to act as my group's representative when voting at the assemblies. But I ended up liking assemblies. What I found there were members that were really working the program in their lives in ways I had not even considered. I found confident old-timers and nervous newcomers, like me. I found things I could do there that gave me a good feeling inside when I did them. I found laughter, I found disagreements, and I found hugging at the end. I felt important because the work we were doing was greater than all of us, because it was helping our groups stay strong. It took me out of my head and away from the obsessing, and it greatly expanded my world of connections. I was a part of something good that was much greater than me.

In time, being a GR and then a District Representative, helped me see that making a three-year commitment to these service positions was really making a commitment to myself. I found that the work I did in service was work on my own recovery. Service helped me grow from a shy, unconfident, isolated, angry newcomer to a confident, peaceful, and spiritual person. Some of the later Al-Anon positions I have served in have required upwards of fifteen weeks per year. Were

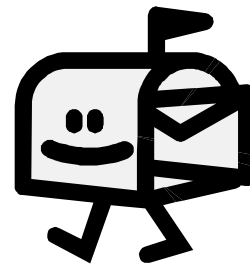
they worth it? Absolutely! The time required was a small price to pay for the person I have become today. I am very grateful to be allowed to serve this fellowship.

Love in service,

Jack S.
2009 Area Fall Convention Chair



New 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 "Al-Anon Registration/Group Records Change Form." The form can be found on page 14 of this newsletter. Mailing addresses can be found in the Trusted Servants section (page 10).



We're Moving!

Please send all group donations and any other correspondence for the Area to our new address:

AFG of MD and DC
P.O. Box 10898
Parkville, MD 21234-0898

Make Area donations payable to:
"AFG of MD and DC"

The Area 24 email address remains the same:
area24@marylanddc-alanon.org

**AL-ANON/ALATEEN FAMILY GROUPS
OF MARYLAND AND THE DISTRICT OF COLUMBIA
FALL AREA ASSEMBLY
OCTOBER 18, 2008**

OPENING: Our Chair, Sameena K., called the meeting to order at 10:10 a.m. with a moment of silence followed by the Serenity Prayer.

READING OF THE LEGACIES: The Steps were read by Carol, the Traditions by Bill F., and the Concepts & Warranties by Jane S.

ROLL CALL: Area Group Records Coordinator Angela F. called roll. 72 voting members were present, requiring 47 votes to pass a motion by 2/3 majority. After lunch roll call was held again. There were 61 voting members present, with 41 votes required for a 2/3 majority.

CHAIR: Sameena explained the concept of Knowledge-Based Decision Making and how the process would work during today's Area elections. Election procedures were distributed, explained, and discussed. The Assembly decided that if necessary we would take three votes before "going to the hat" for a decision (i.e., placing the candidates' names in a hat and pulling a winner).

Elections were held and winners were as follows:

OFFICERS:

- Delegate: Charlie S.
- Alternate Delegate: Carol W.
- Chair: Idalia R.
- Secretary: Dolores M.
- Treasurer: Lynn D.

COORDINATORS:

- Group Records: Angela F.
- Archives: Mike H.
- Public Outreach: Ann G.
- Alateen Process Person: Maryann M.
- Al-Anon-Cer Editor: Diane Z.
- Webmaster: Linda M.
- Literature: Terry M.
- Convention Coordinator: Karen L.

We were delighted that there will be no open positions in the Area for the coming term. HOORAY!

SECRETARY'S REPORT: (Diane W.) Minutes from the Spring Assembly were approved as distributed and published in "The Al-Anon-Cer." (There was a correction noted for the minutes from the Spring AWSC; this will be corrected in the file copy.)

TREASURER'S REPORT: (Charlie S.) A spending plan for 2009, as well as a cash flow report that included years 2007 and 2008 were distributed. The following were noted:

Line Item 17 – Convention Coordinator – amount will be increased to \$400 to cover mileage expenses of new coordinator who lives on the Eastern Shore.

Line Item 25 – Bonding Fee – is due in 2009 and paid only every 3 years.

Line Item 27 – Audit Books – amount was increased due to recent incorporation, combining of Area and convention treasuries, and new tax forms that will have to be filed.

Line Item 29 – NERSS – there will be no NERSS in the spring of 2009 because the International Convention was held in the Northeast Region. The next NERSS is scheduled for 2112.

DELEGATE'S REPORT: (Karen L.) Karen distributed copies of a report she prepared for the Fall AWSC. She expressed her appreciation at being the Area Delegate for the past 3 years and is looking forward to her new service role as Convention Coordinator.

CHAIR'S REPORT: (Sameena K.) Sameena introduced Julie M. to give us an update from the Ad Hoc Committee on Incorporation. Thus far, the committee has prepared Articles of Incorporation and Bylaws, accomplished the incorporation process, investigated additional insurances, added a Directors & Officers liability policy, and filed for 501(c)(3) status. The committee plans to be finished with everything by the Transition Assembly on 11/15/08.

Sameena thanked the outgoing officers for 3 years of great service!

MEMBER SHARING: Diane Z. shared how service has aided her recovery. She has been a member of Al-Anon since January 1980 and is the Area's new Al-Anon-Cer Editor.

CLOSING: The meeting was closed at 2:45 p.m. with the Declaration.



ALATEEN NEWS

We need locations with at least an Al-Anon meeting and if possible an AA meeting at the same time, to step up and support an Alateen Meeting. We have plenty of Sponsors in most districts and now we need locations ready to stand by a new Alateen meeting.

The group should of course have a group conscience to determine the group's willingness. If a group wanting to sponsor an Alateen meeting meets during the week, I suggest that the meeting be an early one, so that the teens can get home at a decent time. If you contact me and I can get sponsors in that district in touch with you, we should be able to make the connection and get the paper work filled out quickly. I can be reached at area24@marylanddc-alanon.org.

Maryann M.
Area Alateen Process Person

SUBSCRIBE TODAY! YOUR BEST SOURCE FOR NEWS ABOUT AREA 24 AFG OF MD and DC

AL-ANON-CER

Published quarterly: March, June, September and December

\$5.00 per year

Name _____

Mailing Address _____

City _____ State _____ Zip (+4) _____

Phone: () _____ E-mail: _____

Renewal New Subscription Donation Receive by E-mail (no charge)

Mail this form, along with a check for \$5.00 (for US Mail subscription), payable to "AFG of MD and DC" to: AFG of MD & DC, P.O. Box 10898, Baltimore, MD 21234-0898. For questions or more information, or to request a FREE subscription by email, contact : area24@marylanddc-alanon.org.

Group Contributions Third Quarter 2008

<u>WSO ID</u>	<u>Group Name</u>	<u>Donation</u>	<u>WSO ID</u>	<u>Group Name</u>	<u>Donation</u>
0005768	Emmorton AFG	\$100.00	066188	Evergreen Al-Anon Group	\$100.00
-----	Sunday Evergreen	15.00	-----	Lafayette Square	36.00
-----	Friday Night	14.00	006062	12 Noon Al-Anon	40.00
0002415	Brightwood	30.00	-----	Rising Sun Hope Group	10.00
-----	Monday Matters	60.00	005788	New Cathedral	61.88
044667	AFG The Weekenders	4.73	030795	Mon Night Learn To Live	25.00
0005884	Clinton Daytime	20.00	54213		25.00
75794		110.00	-----	District 22	50.00
039718	Pathfinders	52.00	-----	Triangle Club 11AM	40.00
534823		27.20	002432	Monumental Wednesday Noon	17.00
0002436	Pitstop	20.98	002430	Mideast	33.35
0002433	Monday Night 13th & Tuckerman	40.00	006014	Easy Does It	40.00
0005917	Fallston Al-Anon	8.00	042081	Serenity Step	14.68
0005862	Bowie Monday Morning	20.00	042081	Serenity Step	18.05
048731	Monday Nite Serenity	50.00	047800	Steps, Traditions, Concepts	14.50
006063	Wheaton Family Group	156.45	005777	Thurs Pathways	100.00
005943	Hughesville Group	39.00	067063	Happy Steppers	45.00
005984	Valley	113.16	038738	Focus Point	42.00
06795	Service For Fun	30.00	005862	Bowie Daytime	14.00
005805	Govans Boundary AFG	50.00	-----	Kensington Women's Step Mtg	32.40
-----	Thursday Fountain of Recovery	40.00	60333		5.00
503754		33.00	-----	District 10	200.00
40274		35.20	064317	Midtown Group	19.29
-----	District 13	1,000.00	005884	Clinton Daytime Noon	20.00
0002438	New Perspective	35.00	-----	Spring Convention	1,000.00
0502641	Riderwood AFG	68.00	Total		<u>\$5,552.64</u>
6035		40.00			
0006060	Westminster Monday Night	25.00			
0005930	Glen Gardens	50.00			
62294		100.00			
-----	District 11	100.00			
5856		102.00			
-----	Slade Al-Anon	25.00			
038350	Burtonsville Step	62.50			
002443	St Johns Friday	26.00			
005937	Hagerstown AFG	35.00			
-----	Wed. Westmoreland Al-Anon	45.00			
502454		34.00			
-----	District 17	100.00			
-----	District 07	70.63			
006015	Monday Night Al-Anon	25.00			
002440	Caregivers	30.00			
005916	Forest Hill Sunday Night	25.00			
503754		33.00			
502760	Open Door GBT2 & Friends	10.00			
064043	Bolton Hill	84.00			
6047		50.00			
-----	Bethany Lane Friday Night	155.64			
-----	Sun. Courage to Change ODAT	40.00			
006008	Rockville East AFG	100.00			
502245	Meyersville Prgress Not Perfection	10.00			



Treasury Notes

1. Thanks
Thank you to all the Groups, Districts, and Information Services who have been contributing to our Area. Your donations enable our Area to serve us all.
2. Third Quarter 2008 Summary

Opening Balance 07/01/2008	\$7,270.98 *
Income	\$5,567.64
Expenses	\$7,805.36
Closing Balance 09/30/2008	\$5,033.26

* Note: This does not match the 06/30/2008 closing balance because several "lost" checks from 2007 and early 2008 were voided and re-issued during the 3rd Quarter of 2008.

3. 2009 Spending Plan

The 2009 Spending Plan for the Area of Maryland & the District of Columbia was approved at the Area Assembly on October 20th. The approved Spending Plan follows.

Charlie S.
Area Treasurer



AFG Of MD & DC Inc 2009 Spending Plan

<u>Category</u>	<u>Description</u>	<u>Amount</u>
Cat 01	Delegate WSC	\$2,100.00
Cat 02	Delegate Expenses	1,500.00
Cat 03	Delegate NERD	500.00
Cat 04	Alternate Delegate Exp.	400.00
Cat 05	Chairman Expenses	1,000.00
Cat 06	Secretary Expenses	750.00
Cat 07	Treasurer Expenses	400.00
Cat 08	Alateen Coordinator	1,000.00
Cat 09	Group Records Expenses	350.00
Cat 10	Public Outreach expenses	850.00
Cat 10a	Jessup Prison Outreach	400.00
Cat 10b	Frederick Prison Outreach	400.00
Cat 10c	Lower Eastern Shore	400.00
Cat 11	Literature Coordinator	450.00
Cat 12	Archives Coordinator	450.00
Cat 13	AI-Anon-Cer Expenses	3,800.00
Cat 14	Web Services Expenses	300.00
Cat 15	PO Box Rental	90.00
Cat 16	Bulk Mailing Permit	0.00
Cat 17	Convention Coordinator	400.00
Cat 18	Liaison to AA State Convention	450.00
Cat 19	Liaison to AA Fall Convention	450.00
Cat 20	Past Delegate NERD	3,000.00
Cat 21	Past Delegate Expenses	500.00
Cat 22	Assembly Rooms	700.00
Cat 23	AWSC Meeting	700.00
Cat 24	Liability Insurance	750.00
Cat 25	Bonding Fee	800.00
Cat 26	Contingency Fund	1,500.00
Cat 27	Audit of Books	400.00
Cat 28	Software Expense	400.00
Cat 29	NERSS	0.00
Cat 30	D&O Insurance	750.00
	Total	<u>\$25,940.00</u>

District Highlights

District 1

We're still trying to hang on to our Sunday night meeting. It's small, but there are several very committed members who really want to see it continue.

We hosted the Fall AWSC in Frostburg on September 20 of this year and were very pleased with the number of folks who traveled west to attend.

Diane W.
District Rep

District 2

District 2 has an outreach project that is on-going through and after the holidays. We are hand-delivering and mailing a letter with copies of our newly updated "Where and When's" to local offices, agencies and institutions that may come in contact with people who would be interested in our program. We have about 100 places on our list and hope that over the next couple of months we can reach all of them. It is very exciting!

Our district is doing well with almost every group represented by a GR or alternate at each district meeting. Everyone is so giving of their time, talents and resources—it is an honor to be associated with them and watch the miracles happen as we "practice these principles in all our affairs". We are planning a holiday district meeting for December 6th with a pot-luck breakfast and gift exchange, and maybe a little business. Our district meetings are held the first Saturday of the month from 9:30 a.m. to 11:30 a.m. at Mt. Zion United Methodist Church, 603 Main St., Myersville, MD 21773. For more info please email area24@marylanddc-alanon.org.

Connie C.
Alternate District Rep

District 3

District 3 is hosting a Holiday Dinner on Dec. 7th 2008 at 5pm at Ascension Church, 23 North Court Street, Westminster, MD 21157. We will set up at 4 p.m. and ask everyone to bring a dish to share for a 5 p.m. dinner. At our November 10 district meeting, we worked on finalizing our new district positions and doing more planning for the Holiday Dinner.

We welcome anyone in the Area who would like to join us for the dinner;.

Respectfully,

Susie H.
District Rep

District 11

District 11 has meetings available every night of the week as well as 2 daytime meetings. Alateen meets on the 2nd & 4th Fridays of the month.

Elections were held, and all district positions are now filled. The next district meeting is January 15, 2009, 7:00 p.m. at Glen Lutheran Church, 106 Carroll Rd., Glen Burnie MD 21061. The snow date for this meeting is January 22.

Our new District Rep is Carol F. Her contact information is in the Trusted Servants section of this newsletter.

Diane Z.
District Rep

District 13

At our last meeting in September we had reports on 10 meetings in the District that are all doing well. The Spirituality Weekend held October 3rd-5th was once again a success with an almost full house, wonderful fellowship through art, hiking, bonfires, and fantastic FOOD (thanks Gail K!). By the way, Gail is willing to do food again next year, but would like some help—proof that asking for help isn't easy but it is something we can learn in Al-Anon!

Those of us who attended the Fall Assembly had the pleasure of seeing one of our own, Charlie S., elected as the new Delegate to World Service.

District 13 is on the "easy does it" plan for now. By our November 19th meeting, I intend to bring the New GR forms for those of us who haven't filled them out yet, so we will be "on the rolls" officially for sure by the Spring Assembly!

Mostly I think the new District 13 crew is looking forward to getting to know each other and strengthening our programs through serving our groups.

Mariann K.
District 13 Rep

Fall Convention Report

We had around 325 Al-Anons, Alateens, and AAs attend the Area Fall Convention during the November 7-9 weekend. The weather driving up to the convention location was warm. The leaves were almost off the trees, and the lake at the convention center was beautiful.

The Convention Planning Committee met four times this year to discuss the details of the convention. During the convention, the chairs of the planning committees wore hats that indicated their responsibility. For example, I wore a hat with a little chair on it, and on this chair was written "2009" The Treasurer wore a hat with fake money hanging off the brim.

We started off the convention with a workshop for the "early birds." The convention theme was "Patchwork of Recovery". After dinner, the chair of the convention, Diane W., welcomed the convention attendees. She shared her courageous story with us of how Al-Anon and service work help her deal with the effects of active alcoholism in her life. The entertainment committee entertained everyone with their hilarious but meaningful skit, "Al-Anon Idol".

Past convention attendees had made several suggestions which we implemented this time. Friday night we had a "Meet and Greet" for people attending the convention for the first time, as well as for people new to Al-Anon or Alateen. Saturday night our AA Chair had an AA Question and Answer Panel that was attended by over 50 people. Feedback from the convention indicated this was very popular. People also seemed to like the hats.

The Program Committee scheduled 49 workshops during the convention! The titles were reflective of the theme of the convention, such as "What a Stitch! The Healing Power of Laughter", and "Forgiveness: Repairing the Seams". The Alateen Committee scheduled an Alateen Panel and a workshop for people interested in becoming an Alateen sponsor. Saturday evening, we had a Patchwork of Music dance, bingo, a movie, journaling workshops, and an open Al-Anon meeting.

We had two featured speakers, Dave (AA) and Chris (Al-Anon). Both shared very inspiring and courageous stories. Likewise, hearing the two spirituality speakers on Sunday morning was a wonderful way to end the convention. The end of a convention is always sad for me, as I have always

loved attending and participating in conventions. They have such incredible spiritual energy for me and I get to see old friends and make new ones in recovery.

On January 17, we will "wrap-up" this convention and then kick-off the 2009 convention. It is at this meeting that members volunteer to chair (or work on) the various planning committees and we select the theme of the convention. Please plan to attend this meeting; details are on the following page of this newsletter and on the area web site. Maybe working on a convention can be a part of your Patchwork of Recovery.

Love in service,

Jack S.
2008 Area Fall Convention Co-Chair
2009 Area Fall Convention Chair



WSO needs your help!

"Are you a professional who is using the *Al-Anon Faces Alcoholism* magazine in your practice? Do you know a professional who has used or is using this magazine in his or her practice? The WSO is seeking five to 150 word reviews of the *Al-Anon Faces Alcoholism* magazine describing the value of the magazine from the point of view of patient/client, student, or colleague.

Reviews need to be submitted to the WSO by December 15, 2008 by email, wso@al-anon.org, or fax 757-563-1655.

Note: all statements from professionals are published using the author's full name, title and organization and become property of the Al-Anon Family Group Headquarters, Inc.

Al-Anon-Cer

Published by Al-Anon Family Groups of MD & DC

P.O. Box 10898
Parkville, MD 21234-0898

www.marylanddc-alanon.org

Editor: Lynn D.

Email: area24@marylanddc-alanon.org

SUBMISSIONS

Send articles, calendar events, and reports for the *Al-Anon-Cer* to the editor at the email address above or by US mail to:

Al-Anon-Cer
c/o AFG of MD and DC
P.O. Box 10898
Baltimore, MD 21234-0898

Please include a phone number or email address with your submission to enable the editor to verify/clarify information.

SUBMISSION DEADLINES

Issue	Deadline
March	February 1
June	May 1
September	August 1
December	November 1

SUBSCRIPTIONS

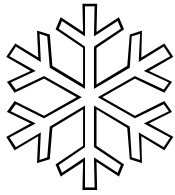
The *Al-Anon-Cer* is mailed at no charge to: Group Reps (or Current Mailing Address for group if different from GR), District Reps, Area Officers and Coordinators, Past Delegates, Regional Trustee, and Area Information Services. Email delivery is available by request.

For all other subscriptions:

For delivery by US Mail: send a check for \$5.00 made payable to "AFG of MD & DC" to AFG of MD & DC, P.O. Box 10898, Parkville, MD 21234-0898.

Include your name, mailing address, and phone number (for address verification).

There is no charge for email subscriptions. Email your request to: area24@marylanddc-alanon.org.



Area 24 MD & DC Fall Convention

Wrap-Up / Kick-Off Meeting



January 17, 2009 (snow date: January 24, 2009)

- What:** Wrap-up the 2008 fall convention (review finances, evaluation forms, committee reports) and kickoff the 2009 fall convention (elect committee chairs, decide on theme, set planning meeting dates)
- Who:** Anyone interested in personal growth through Al-Anon service work. Talk to others in your Al-Anon district to see if members from your district would like to take on a committee.
- When:** January 17, 2009 (if postponed because of snow, January 24, 2009)
10:00 AM – 2:00 PM or so
- Where:** Jack & Kippi's home, contact them at area24@marylanddc-alanon.org for driving directions and a phone number.

OUR TRUSTED SERVANTS

* = New office holder as of 2009. Not all changes are listed; see the March 2009 newsletter for more updates.

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*

Lynn D.
area24@marylanddc-alanon.org

***NEW* SEND AREA CONTRIBUTIONS
AND CORRESPONDENCE TO THIS
ADDRESS:**

**AFG OF MD AND DC
P.O. Box 10898
PARKVILLE, MD 21234-0898**

COORDINATORS

Group Records*

Angela F.
area24@marylanddc-alanon.org

Archives*

Mike H.
area24@marylanddc-alanon.org

Public Outreach

Ann G.
area24@marylanddc-alanon.org

Alateen Coordinator

Maryann M.
area24@marylanddc-alanon.org

Al-Anon-Cer Editor*

Diane Z.
area24@marylanddc-alanon.org

Webmaster

Linda M.
area24@marylanddc-alanon.org

Literature Coordinator*

Terry M.
area24@marylanddc-alanon.org

Convention Coordinator*

Karen L.
area24@marylanddc-alanon.org

Spring 2009 Convention Chair*

Brigitte T.
area24@marylanddc-alanon.org

Fall 2009 Convention Chair*

Jack S.
area24@marylanddc-alanon.org

AA Summer Convention Liaison

OPEN – SERVICE OPPORTUNITY

AA State Convention Liaison

OPEN – SERVICE OPPORTUNITY

AA Fall Convention Liaison

OPEN – SERVICE OPPORTUNITY

Spanish Language Contact

Rosa P.
area24@marylanddc-alanon.org

NORTHEAST REGIONAL TRUSTEE

Frank R.
area24@marylanddc-alanon.org

PAST WORLD SERVICE DELEGATES

Karen L. (Panel 46)
area24@marylanddc-alanon.org

Julie M. (Panel 43)
area24@marylanddc-alanon.org

Lee T. (Panel 37)
area24@marylanddc-alanon.org

Melody B. (Panel 34)
area24@marylanddc-alanon.org

Beatrice R. (Panel 28)
area24@marylanddc-alanon.org

MiKell L. (Panel 25)
area24@marylanddc-alanon.org

Angela W. (Panel 23)
area24@marylanddc-alanon.org

Isabel F. (Panel 17)
area24@marylanddc-alanon.org

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

Carroll County Answering Service
(410) 857-7000

Cumberland Answering Service
(301) 722-6110 (through AA answering service)

Easton Answering Service
(410) 822-4226 (through AA answering service)

Frederick – Hagerstown Answering Service (Frederick & Washington Counties)
(301) 663-6626
1-800-344-2666

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.marydelal-anon.org

Salisbury/Ocean City Answering Service
(410) 742-2504

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 (WMAAIS)
c/o Mc Kendree 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 and surrounding areas:
Mildred H.
area24@marylanddc-alanon.org

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

Eastern Shore (District 24):
Tammie J.
area24@marylanddc-alanon.org

DISTRICT REPRESENTATIVES

D1 Diane W.
area24@marylanddc-alanon.org

D2 Tim W.
area24@marylanddc-alanon.org

D3 Susan H.
area24@marylanddc-alanon.org

D4 OPEN – SERVICE OPPORTUNITY

D5 Pamela C.
area24@marylanddc-alanon.org

D6 Claude T.
area24@marylanddc-alanon.org

D7 Wilhelmina H.*
area24@marylanddc-alanon.org

D8 Dolores M.*
area24@marylanddc-alanon.org

D9 John K.
area24@marylanddc-alanon.org

D10 Phyllis P.
area24@marylanddc-alanon.org

D11 Carol F.*
area24@marylanddc-alanon.org

D12 (shared position)
Marylen F.
area24@marylanddc-alanon.org

Gerry G.
area24@marylanddc-alanon.org

D13 Mariann K.*
area24@marylanddc-alanon.org

D14 OPEN– SERVICE OPPORTUNITY

D15 Bob M. (Acting)
area24@marylanddc-alanon.org

D16 OPEN– SERVICE OPPORTUNITY

D17 OPEN– SERVICE OPPORTUNITY

D18 Hannah G.*
area24@marylanddc-alanon.org

D19 OPEN – SERVICE OPPORTUNITY
Renee J. (Acting)
area24@marylanddc-alanon.org

D20 Mary D.
area24@marylanddc-alanon.org

D21 Jill B.
area24@marylanddc-alanon.org

D22 Audrey S.*
area24@marylanddc-alanon.org

D23 OPEN – SERVICE OPPORTUNITY
Dee C. (Alternate DR)
area24@marylanddc-alanon.org

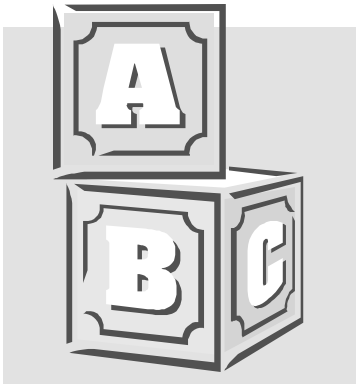
D24 Madeline M.*
area24@marylanddc-alanon.org

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-anon.alateen.org/members

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





Some Al-Anon A B C's

- AFG** = Al-Anon Family Groups
GR = Group Representative
AGR = Alternate Group Representative
ISR = Information Service Representative
CMA = Current Mailing Address
DR = District Representative
CAL = Conference-Approved Literature
LDC = Literature Distribution Center
WSO = World Service Office
AWSC = Area World Service Committee
AIS = Al-Anon Information Service
WMAAIS = Washington Metropolitan Area Al-Anon/Alateen Information Service
AAPP = Area Alateen Process Person
WSC = World Service Conference
NERSS = Northeast Regional Service Seminar
NERD = Northeast Regional Delegate
D&O = Directors & Officers—a term that applies to insurance our Area carries to protect its officers and coordinators while performing their duties.
ODAT = One Day at a Time
CTC = Courage to Change

Most of these terms are explained in your Al-Anon Service Manual, a valuable tool to help you understand how Al-Anon helps its members and how you can help Al-Anon. It is said that whatever answer you're looking for, "It's in the Service Manual!"

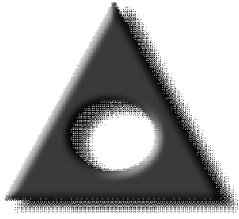
Your group should have its own copy of the Service Manual and it is recommended that the GR or any other member interested in service have their own personal copy. The Service Manual is now spiral-bound and reasonably priced (\$4 for the Service

Manual, and \$1 for the booklet *Al-Anon and Alateen Groups at Work*). It can be purchased at one of our Area LDCs (see Trusted Servants on page 11 or direct from WSO.

You can also access the entire Service Manual online at www.al-anon.alateen.org/members/. Log in, select "Publications", then "Service Manual". There is a searchable version as well as a version you can download and print. However, before you print it all out, keep in mind that literature sales, including the Service Manual, provide a large part of the income that Al-Anon uses to help its members worldwide.

Al-Anon's Twelve Concepts of Service

1. The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.
2. The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.
3. The right of decision makes effective leadership possible.
4. Participation is the key to harmony.
5. The rights of appeal and petition protect minorities and insure that they be heard.
6. The Conference acknowledges the primary administrative responsibility of the Trustees.
7. The Trustees have legal rights while the rights of the Conference are traditional.
8. The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.
9. Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership.
10. Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.
11. The World Service Office is composed of selected committees, executives and staff members.
12. The spiritual foundation for Al-Anon's world services is contained in the General Warranties of the Conference, Article 12 of the Charter.



Al-Anon Area 24 MD/DC Spring AWSC Meeting

Saturday, March 21, 2009

St. Peter the Apostle Church

9201A Church St • Libertytown, MD 21762

9:30 a.m. Registration and Breakfast

(Coffee, Juice, Donuts and Bagels)

10:00 a.m. – 3:00 p.m. Meeting

All Al-Anon members are welcome to attend!

Drinks, snacks and veggie tray will be provided. Bring your own lunch – the nearest fast food is ten miles away!

Directions:

From Points East & West take I-70
towards Frederick.

From Points South take I-270 North to
I-70 East

Then, from either direction:

Take Exit 62 (Route 75 North / New
Market/ Libertytown/).

Continue on Route 75 North approx. 7.5
miles to the traffic light at the
intersection of Routes 75 and 26.

Go through light; St. Peter's parking lot approx. 0.1 mi. on the left.



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

fold

Place
Stamp
Here

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

fold