

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 151, Spencerville, MD 20868 • www.marylanddc-alanon.org • email: area24@marylanddc-alanon.org

AREA 24 CALENDAR OF EVENTS

- March 4, 2008** 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 8, 2008** **Planning Meeting for AFG Fall Convention.** See Convention Update on page 7 for more information.
- March 15, 2008** **Spring AWSC.** District 20 hosting. See flier on page 11.
- March 29, 2008** **Planning Meeting for Area 24 AFG Spring Convention,** 10:30 a.m. at Washington College, 300 Washington Ave., Chestertown, MD 21620. For information contact Willie W. or Brigitte T. at area24@marylanddc-alanon.org.
- March 29, 2008** **20th Annual Al-Anon Spiritual Day of Renewal,** 9:00 a.m.-3:00 p.m. Green Hill Presbyterian Church, Wilmington, DE 19807. For more information, go to www.marydelal-anon.org.
- April 6, 2008** **Third annual District 7 “Steep Yourself in Serenity” Tea,** See “District Highlights” on page 5 for more information.
- April 13-17, 2008** **World Service Conference,** Stamford, CT (for Delegates only.)
- April 19, 2008** **Annual Baltimore AIS Luncheon Celebrating 50 years of Al-Anon in Baltimore.** Parkville Heritage Gardens, 7631 Harford Rd., Parkville, MD 21234. Hot and cold buffet, Al-Anon and AA speakers. Tickets \$23.00. For information or tickets, contact Lee T. or Peggy D. at area24@marylanddc-alanon.org.
- April 26, 2008** **District 11 Spring Workshop.** See “District Highlights” on page 6 for more information.
- May 3, 2008** **Planning Meeting for Area 24 AFG Spring Convention,** 2:30 p.m. at the Alano Club, 5355 Phelps Luck Dr., Columbia, MD 21045. For information contact Willie W. or Brigitte T. at area24@marylanddc-alanon.org.
- May 17, 2008** **Spring Area Assembly,** District 8 hosting (Northeast Baltimore MD.) See flier on page 13.
- June 6-8, 2008** **AFG Spring Convention.** See flier and registration forms beginning on page 14.
- July 4-6, 2008** **Al-Anon International Convention,** Pittsburgh PA. See page 18 for information and registration forms. Additional information is available at www.al-anon.org/members/.
- September 20, 2008** **Fall AWSC,** District 1 hosting, Cumberland MD.
- October 11, 2008** **District 5 Workshop** at Christ Our King Church in Bel Air, MD 21014.
- October 18, 2008** **Fall Area Assembly,** District 11 hosting. St. Lawrence Martyr Church, 2815 Jessup Rd., Jessup, MD 20794.
- November 7-9, 2008** **18th Annual AFG Fall Convention,** Rocky Gap Resort, Flintstone, MD 21530. See June Al-Anon-Cer for flier and registration forms.
- November 15, 2008** **Area Transition Assembly,** District 18 hosting (Washington, DC.)

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 meetings listed in this calendar, please contact the Editor (see page 7).

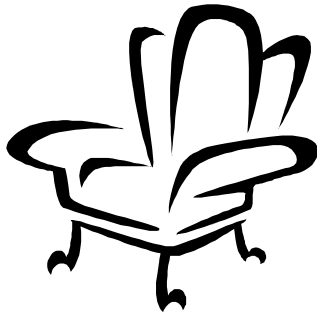
- District 8** April 2, 2008 at 7:30 p.m., St. John's Lutheran Church, 8808 Harford Rd. (enter through pair of red doors off parking lot in rear), Parkville, MD 21234. For more information, contact District Rep Teddie B. at area24@marylanddc-alanon.org.
- District 9** Last Friday of the month, February, April, June, August, October, December. Meeting is held at 7:00 p.m., before the Friday Night Fellowship meeting at Orems United Methodist Church, Fellowship Hall, Room 100, 1020 Orems Rd., Middle River MD 21220. For more information, contact District Rep John K. at area24@marylanddc-alanon.org.
- District 11** April 10, 2008 at 7:00 p.m. (before the Linthicum Thursday Night meeting.) Linthicum Heights United Methodist Church, 200 School Lane at Camp Meade Rd., Linthicum, MD 21090. For more information, email alanon@md-al-anon.org.
- District 12** May 21, August 20, November 19, 2008 from 7:30 to 8:45 p.m. in the library of Neelsville Presbyterian Church, 20701 Frederick Rd., Germantown, MD 20874. For more information contact District Rep Marylen F. or Co-DR Gerry G. at area24@marylanddc-alanon.org.
- District 18** April 12, June 14, August 9, October 11, 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, contact District Rep Willie W. or Alternate DR Hannah G. at area24@marylanddc-alanon.org.
- District 22** March 14, 2008 at 7:00 p.m. (before the Friday Hughesville meeting.) Lifestream Church of the Nazarene, 5105 Leonardtown Rd. (Rt. 5), Waldorf, MD 20601.

Al-Anon Information Services Meeting Schedule

- Anne Arundel** May 21 and September 17, 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 every 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 (DC Area)** All meetings held at McKendree-Simms-Brookland UMC, 2421 Lawrence St. NE, Washington, DC 20018. For meeting dates and times, call (202) 882-1334, or go to www.al-anon-alateen-dcmd.org.

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From the Chair

I just wanted to get the word out to anyone who wasn't at the Special Assembly on January 12th. As you may recall, the Assembly voted at the fall Special Assembly to incorporate, provided the Assembly approved the by-laws and articles of incorporation, as prepared by the Ad Hoc Committee on Incorporation.

I am happy to tell you that the Assembly UNANIMOUSLY approved the articles and by-laws at the January 12 meeting. 72 voting members were present, and 72 votes were cast to approve the documents. Now that's substantial unanimity! The Higher Power was definitely present that day.

The articles will be filed shortly and the Area will apply for 501(c) (3) status from the IRS as well. A few members are pursuing insurance quotes and a status report on all of these activities will be provided at the AWSC in March.

Thanks to all who attended the several meetings on this issue, provided written and verbal comments (positive and negative), and helped the Area work through this process the last few years. A hearty thanks also to the Ad Hoc Committee, who devoted the energy and time (many, many, many hours over many months) to this project. This process has really been an example of why the Group Conscience is so important to our program.

Your trusted servant,

Sameena K.

On February 13, the Articles of Incorporation were filed with the state of Maryland, thus registering Area 24 as "AFG of MD and DC." You can see for yourself on the Maryland Department of Assessments and Taxation website. Just go to www.dat.state.md.us, select "Business Data Search", then "Business Entity Information". Enter "AFG of MD and DC" in the name search box.

Delegate Corner

Concepts Blog Available on the Member Website

Back in December Delegates received a memo from Ric B., Executive Director at the World Service Office, with some new and exciting news.

Beginning January 1st of this year, Ric is going to write a monthly blog on the Concepts, using the title of the workshop many of us have seen at Regional Service Seminars: "Using the Concepts in our Personal Lives". Besides English, the blog will be translated into Spanish and French. There will be an opening as well as a longer introduction explaining the Steps and Traditions and how they build upon one another to the Concepts. Although Ric's comments will be translated into Spanish and French, only the members who can write in Spanish and French will post comments on those blogs. This will be the first in a series for all of us. On January 4th I received a memo from WSO that the blog is now up and available on the member website (www.al-anon.org/members, click on "Concepts Blog"). Have you seen it?

Members will be able to subscribe to the sharings and post their comments during the month. At the end of the month, the Concept and posts will be archived so that newcomers to the blog will be able to read the earlier writings, even though they will only be able to post comments to the current Concept.

I did subscribe and have found it to be interesting and helpful to me to see what is written by Ric and by others in our fellowship. The only thing that everyone needs to remember is that this is not considered to be conference approved literature and the information in the blog may not be copied, distributed or published without permission from the World Service Office. However, they do state that we can keep a personal copy of the information for our own use.

e-CAL

Have you been on the member website and seen the e-CAL that is published there? This is something that we the members can contribute to and it may be a way to excite our Alateens (who seem to be more computer literate than I am.). The criteria for an e-CAL presentation is that it must be identifiably AI-Anon in content and feeling; it must be factually accurate; it must be timely and it must be understandable by a broad-based audience. Submissions that don't meet these criteria will not be used. If a submission is more suitable for hard

copy publication it may be forwarded to the Literature Committee or the Forum Editorial Advisory Committee. All members of Al-Anon and Alateen are invited to share from the heart. Any observation, experience or insight that has helped you recover from the effects of another's drinking has the potential to help someone else. Personal stories, graphics, poetry, and even multi-media are welcome. Only you can make e-CAL work. What can you submit today? What might your group submit?

Personally I struggled with all the multi-media stuff and had no real idea how to do it, obtain it, include it, or copy things into my presentation to make it multi-media. I asked an Alateen member to help me. I learned a lot for sure and hopefully excited the Alateen member to do her own submission as well. Awesome!

In addition, the WSO Executive Committee has approved a request for an e-CAL contest. The contest will run from 1/1/08 until 5/31/08. All e-CAL submitted during that time will be considered. The World Service Office will honor five winners by a high profile showing of their presentations at the International Convention this summer in Pittsburgh. Stay tuned and look for more details coming soon.

I've so enjoyed serving as your Delegate and will be sorry to end this three year term. I have learned so much valuable information during these last three years, and the three years prior serving as your Area Chairperson. I have also learned a lot about Karen and I think I have grown by leaps and bounds in my own recovery and believe that I am a much better person for having been given the opportunity to serve the fellowship. I am ever grateful and I thank each of you for sharing with me, for believing in me, and for giving me such a wonderful opportunity.

Love in Service,
Karen L.
Delegate, Panel 46

Editor's Note:

You can stay in touch with Karen while she's at the AFG World Service Conference this April. Send any notes of encouragement or "love gifts" to her at:

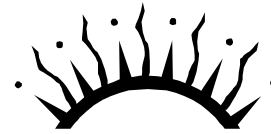
Karen L.- Delegate/Area 24 MD/DC
AFG World Service Conference
April 13-17, 2008
Stamford Marriott Hotel
Two Stamford Forum
Stamford, CT 06901

Be sure to put Karen's home address as the return address on the envelope in case the mail is delayed. That address can be obtained by emailing area24@marylanddc-alanon.org.

Please note that packages are not accepted before April 9th.

When asked for this information, Karen said, "Sometimes during Conference it is so tiring and overwhelming, and there is so much to hear and learn, that when I get that special letter that a group or an individual has taken the time to write it just means so much!

And of course there are lots of "love gifts" from all the Areas so I appreciate having something to share from our Area as well."



From your Alternate Delegate

I have been listening to a recording of 2 Traditions workshops given by Ric B. in 2007. Ric is the Executive Director of our World Service Office and he gives examples of working the Traditions in our groups as well as our personal lives. They made me think of the table card "Al-Anon spoken Here" with its message to "leave other affiliations outside". That card reminds us to keep the focus on our program.

I have a few thoughts about the Al-Anon focus. If, at our meetings, we share material from sources that are not Conference-Approved Literature (CAL) we add unnecessary and possibly unreliable information to our program. When we use other recovery program slogans, greetings or terminology, we take the focus off our primary goal—to help families and friends of alcoholics and, most importantly, ourselves.

I have been to meetings that were well attended until the focus shifted to psychology, religion, addictions, etc. The sharing at these meetings did not even tie in to our Steps or Traditions. I became confused and saw that newcomers did not come back, possibly missing out on the help they needed. Most of these meetings have since closed. So, if your meeting attendance is dwindling, maybe it's time for a Group Inventory. You can download a free copy of publication S-62, "Group Inventory: Use of Conference-Approved Literature (CAL)", from the Al-Anon members' website:

www.al-anon.org/members/. After logging in, select "Publications", then "Other Items to Download".

Area 24 is officially incorporated effective February 13th (see page 3). Karen L., our Delegate, and Julie M., our Past Delegate, are the two acting directors until we have an election. Karen is also the Resident Agent of the corporation. It is her address that the state of Maryland will use for legal correspondence (filing forms, etc.) All regular correspondence should still go to our post office box address (see the first page of this newsletter) Congratulations to all who participated in this process.

Teddie B
Alternate Delegate



District Highlights

District 1

District #1 is doing well. It looks like our Sunday night group is going to make it. We've had specific requests for this meeting and now have several members committed to its continuance.

We were delighted to have 4 of our 5 groups represented at the Special Assembly in January; that's the most we've ever had. As a district, we want to become more active in the Area, so you may see more of us in the future!

Diane W.
DR for District #1

District 2

District 2 meets the first Saturday of each month at the Mt. Zion Methodist Church, Myersville MD (see district meeting schedule on page 2.) The district held a workshop on sponsorship February 16 at the same church.

Tim W.
District Rep

District 5

There is a new meeting in District 5. North East Friday AFG meets Fridays at 8:30 p.m. at North East Methodist Church, 308 S. Main Street, North East, MD 21901

District 7

This just finalized! District 7 will be hosting its 3rd annual "Steep Yourself in Serenity" Tea.

Date: Sunday, April 6, 2008

Time: 2 p.m. until 4:30 p.m. (2-3 p.m.—Food, Fun, Fellowship; 3 p.m. until 4:30 p.m.—Al-Anon meeting with panel speakers)

Place: Cathedral of Mary our Queen Conference Center, 5300 North Charles Street, Baltimore MD 21210.

Food and beverages will be provided. On a slip of paper, please bring your favorite quote about serenity from Conference-Approved Literature, or a CAL quote that brings serenity. Please make sure to write on it where you found the quote.

There will be planning meetings prior to the event; please contact District Rep Annina L. or Caryn M. at area24@marylanddc-alanon.org for more information.

District 8

A new Friday evening meeting focusing on Conference-Approved literature has been meeting for a few months with good attendance. Another new meeting, focusing on Al-Anon adult children issues, will be held on Saturday mornings from 9 a.m. to 10 a.m. starting March 1st. These meetings are both at the same location as our Spring Area Assembly, so while I'm on the subject...

District 8 is hosting the Spring Assembly on May 17th at Arnolia United Methodist Church in Parkville, easily accessible from the Baltimore Beltway (see the flier on page 13) All Group Representatives should make sure they attend. We're looking forward to seeing you there. I get so excited about doing service work that gives me an opportunity to "meet and greet" fellowship members from around the state!

Another event happening in District 8, but hosted by our Baltimore AIS, is the Al-Anon 50th Birthday Luncheon at Heritage Gardens in Parkville Shopping Center on Saturday, April 19th. It is not only the 50th anniversary of Al-Anon in Baltimore, it is the 50th anniversary of the Wednesday night Parkville meeting. We are so fortunate to have Isabel F. living back in Baltimore. As one of the founders of that group, she is a wonderful source of history and recovery. This is an event not to be missed.

Teddie B.
District Representative

District 11

District 11 has 12 active Al-anon meetings and one Alateen meeting.

The Harundale Monday Night meeting at 7:30 p.m. has moved to a new location: 7604 Baltimore-Annapolis Blvd. in Glen Burnie, next to North Arundel Church.

Alateen meets every 2nd & 4th Friday, and Alateen sponsors are needed.

The District 11 Spring Workshop will be held on Saturday, April 26 at Linthicum United Methodist Church from 9:00 a.m.-12:30 p.m.; contact Diane Z. at area24@marylanddc-alanon.org for flier. Our next district meeting is April 10th (details on page 2.)

Diane Z.
District Rep

District 12

District 12 represents upper Montgomery County with 23 meetings. There are 2 meetings that need your support:

7:30 p.m. Tuesday—Open Door GBLT & Friends Al-Anon at Open Door Metropolitan Community Church, 15817 Barnesville Rd., Boyds, MD 20841 GR Paula W. at area24@marylanddc-alanon.org.

10:30 a.m. Tuesday—Laytonsville Tuesday Morning Al-Anon at St. Bartholomew's Episcopal Church, (house next to church, enter through door by parking lot), 21611 Laytonsville Rd., Laytonsville, MD 20882/

We appreciate your service to these struggling meetings through your presence and announcements. "Together we can make it." Thank You!

Please see page 2 of this newsletter for our 2008 district meeting schedule. Wishing you a spring of renewed hope and serenity,

Paula W.
GR for Open Door GBLT & Friends Al-Anon

District 18

For those who don't know, District 18 is located in Washington, D.C. We have 16 meetings and they cover NE, NW, SE & SW, day, evening, and weekend. Several of our meetings are located close to Federal buildings, allowing members who work there to attend lunch time meetings. Two other distinctions in District 18 are that we have

several of the oldest meetings in D.C., and that the WMAAAIS (Washington Metropolitan Area Al-Anon Alateen Information Service) and LDC (Literature Distribution Center) are also located in our district.

Recent activities in our district included: the Saturday Night Gratitude group celebrating their anniversary in November, and the Pitstop AFG supplying a speaker for the December anniversary of the AA group that meets at the same time and place.

If you're looking for an opportunity to provide service, consider volunteering to be a group representative (GR). There are three meetings needing GR's and/or alternate GR's. These are: Smithsonian AFG on Thursday at 12:10 p.m., Twelve Step Study AFG on Monday at 8:30 p.m., and Serenity AFG Monday at 12:15 p.m. Two additional groups do not have a contact person and we are not sure if these groups are still active. So, if you attend Al-Anon near DOT and HUD on Thursday at 12:00 noon or Capitol Hill AFG on Thursday at 8:30 p.m., please let us know.

Another chance to do service is coming up, as District 18 will host the Area 24 Transition Assembly on November 15. Additionally, the LDC always needs more volunteers. Currently the 4 or 5 volunteers work one shift per month; with additional workers, the frequency of service could be reduced. Remember: "When I got busy, I got better."

Our district meetings are held every other month (see page 2 for schedule and location) and we have a 50/50 raffle at each meeting to raise money for the WMAAAIS.

For more information about District 18 or to get involved, please contact District Rep Willie W. or alternate DR Hannah G. at area24@marylanddc-alanon.org.

In fellowship,
Hannah G.
Alternate District Rep



Fall Convention Update

The Wrap-Up/Kick-Off Meeting for the Area 24 AFG Fall Convention was held on Saturday, January 26, 2008. We had a GREAT turnout. There were between 25-30 folks present, with lots of new faces and new ideas!

Last year's convention, "Under the Umbrella of Al-Anon," was wrapped up as a great success. Convention attendees really liked the theme and how it was emphasized in workshops, the welcome gift, and even the weather! Evaluations were discussed and will result in some changes and additions to this year's convention.

We kicked off the 2008 convention by selecting the new theme, "Patchwork of Recovery." Folks were so excited to be a part of planning for this new convention that we only have two open service positions: Convention Co-Chair and Registration Chair. New officers and committee chairs are as follows:

- Convention Chair: Diane W.
- Convention Co-Chair: Open
- Convention Treasurer: Patty S.
- Convention Secretary: Mary Julia B.
- AA Speaker: John P.
- Al-Anon Speaker: P.J. M.
- Alateen: Jen P.
- Decorations: Phyllis P.
- Entertainment: Linda Faith H.
- Hospitality: Paul C.
- Literature: Carolyn S.
- Program: Kristin W.
- Publicity: Joyce S.
- Registration: Open
- Saturday Night Alternative: Deborah F.
- Saturday Night Dance: Tim W.
- Sunday Spirituality: Dolores M.
- Welcome: Peggy R.

Thanks so much for everyone's excitement and eagerness to serve. We have fresh insights, and there will be some new features at the 2008 convention.

Our next planning meeting is scheduled for Saturday, March 8, at 10:00 a.m. at Joyce S.' home in Hagerstown; please consider attending. Your input and service is always welcome and always needed.

And remember, we still need a Registration Chair and a Convention Co-Chair. If you believe you could serve the convention in either of these positions, please contact me at area24@marylanddc-alanon.org.

In Service,

Diane W.
AFG Fall Convention Chair

Al-Anon-Cer

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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
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.

For all other subscriptions:

For delivery by US Mail: send a check for \$5.00 made payable to "AFG of MD & DC" to the newsletter address above. Include your name, mailing address, and phone number (for address verification).

There is no charge for email subscriptions. Email your request to the editor at area24newsletter@verizon.net

Group Contributions December 2007–February 2008

<u>WSO ID</u>	<u>Group Name</u>	<u>Donation</u>	<u>WSO ID</u>	<u>Group Name</u>	<u>Donation</u>
	Baltimore AIS.....	\$200.00	005943	Waldorf.....	\$ 33.00
	District 9.....	\$1,000.00	???	Palisades.....	\$ 55.00
005884	Clinton Daytime Al-Anon.....	\$ 20.00	502097	Colors of the Rainbow.....	\$ 25.00
066188	Evergreen Step Meeting.....	\$ 85.00	???	Annapolis Saturday Morning.....	\$ 15.00
064317	Midtown.....	\$ 41.38	005788	Evergreen ACOA.....	\$ 30.26
026272	Northwood Saturday Noon.....	\$ 72.00	006062	Westminster Wednesday 12 & 12	\$ 40.00
002433	Let It Begin with Me.....	\$ 23.90	502454	\$ 34.00
042081	Serenity Step Al-Anon.....	\$ 7.49	064043	Bolton Hill Al-Anon.....	\$ 48.00
005897	Davidsonville Thurs Nite.....	\$ 15.00	033832	\$124.00
002432	Monumental Al-Anon Group.....	\$ 30.00	501269	\$ 20.79
065455	Tuesday Night Focus Point.....	\$ 65.00	005805	Govans Boundary AFG.....	\$ 40.00
???	Monday Night Happy Steppers..	\$ 25.00	005790	Friday Night Catonsville.....	\$ 30.00
027312	Oakleigh Sunday Night AFG.....	\$ 45.00	065736	Serenity AFG.....	\$ 10.00
005976	Friday Night Group.....	\$ 50.00	036916	Sunday Al-Anon Triangle Club.....	\$180.00
006015	Monday Night Step Group.....	\$ 25.00	502454	\$ 33.00
503754	How Al-Anon Works.....	\$ 30.00	002415	Brightwood AFG.....	\$ 21.09
503618	Hope & Serenity AFG.....	\$ 10.00	???	Tuesday Night Al-Anon Pomfret...	\$ 30.00
500453	Tues Stepping Noon Group.....	\$ 43.00	023954	Wednesday ACOA.....	\$ 10.00
060333	\$ 12.00	002429	Lafayette Square AFG.....	\$ 50.00
500622	Thursday Night Beginners Step.	\$ 40.00	005845	Bel Air Fri Night Al-Anon.....	\$ 30.00
???	Harundale Monday Night.....	\$ 20.00	053483	\$ 8.80
006014	Easy Does It Group.....	\$ 30.00	30502245	Myersville Progress Not Perfection	\$ 10.00
503754	How Al-Anon Works.....	\$ 40.00	005788	New Cathedral Group.....	\$ 90.75
002435	New Life.....	\$ 27.00	061600	\$ 18.53
002438	New Perspectives.....	\$ 25.00	029743	\$ 20.60
048731	Monday Night Serenity.....	\$ 50.00	005917	Fallston AFG.....	\$ 10.00
036535	CapitolHill Al-Anon ACOA.....	\$ 36.00	005930	\$ 34.00
006011	Wednesday AFG.....	\$ 50.00	039718	Pathfinders.....	\$ 50.00
???	Courage To Change.....	\$ 10.00	???	Kensington Women's Step Meeting	\$ 27.60
054213	\$ 10.00	???	Westside Club Saturday Morning	\$ 28.00
???	Friday AFG.....	\$ 19.00	044667	Weekenders.....	\$ 19.77
040274	Brightwood 4th Step.....	\$ 46.80	038308	Thursday Noon Desperados.....	\$ 16.00

From Your Area Treasurer

The Maryland & District of Columbia Area is hard on Treasurers; I'm the 4th in less than 2 years, but I plan to stick around for a while.

First of all, please ask your group treasurers to start sending their contributions to:

Treasurer, AFG of MD & DC
PO Box 151
Spencerville, MD 20868

Many contributions are still going to the Lothian PO Box, which will expire soon.

The Area Treasury balance as of the end of 2007 was \$8,986.71. I'll have a complete report ready at the Spring Area Assembly.

With Al-Anon love,

Charlie S
Acting Area 24 Treasurer.

OUR TRUSTED SERVANTS

Note: All Trusted Servants may be contacted by email at area24@marylanddc-alanon.org.

AREA OFFICERS

Delegate

Karen L.

Alternate Delegate

Teddie B.

Chairperson

Sameena K.

Secretary

Diane W. (Acting)

Treasurer

Charlie S.

SEND CONTRIBUTIONS TO THIS ADDRESS:

AFG OF MD & DC

P.O. Box 151

SPENCERVILLE, MD 20868-0151

COORDINATORS

Group Records

Alissa H.

Archives

Madeline M.

Public Outreach

Laurie E.

Alateen Coordinator

OPEN – SERVICE OPPORTUNITY

(SEE DECEMBER 2007 AL-ANON-CER)

Al-Anon-Cer Editor

Lynn D.

Webmaster

Linda M.

Literature Coordinator

Mariann K.

Convention Coordinator

John K.

Spring 2008 Convention Chair

Willie W.

Fall 2008 Convention Chair

Diane W.

AA Summer Convention Liaison

Edie M.

AA State Convention Liaison

Carol F.

AA Fall Convention Liaison

OPEN – SERVICE OPPORTUNITY

Spanish Language Contact

Rosa P.

NORTHEAST REGIONAL

TRUSTEE

Frank R.

PAST WORLD SERVICE

DELEGATES

Julie M.

Lee T.

Melody B.

Beatrice R.

MiKell L.

Angela W.

Isabel F.

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

Washington Metropolitan Area

Al-Anon/Alateen Information

Service (WMAAAIS)

c/o Mc Kendree Methodist

Church 2421 Lawrence St. NE

Washington, DC 20018-2915

(202) 635-2023

www.al-anon-alateen-dcmd.org

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

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

Answering Service

1-800-4ALANON

1-800-425-2666

Frederick – Hagerstown

Answering Service (Frederick & Washington Counties)

(301) 663-6626

1-888-425-2666

LITERATURE DEPOTS

Washington Metropolitan Area Al-Anon/Alateen Information

Service (WMAAAIS)

c/o Mc Kendree Methodist Church

2421 Lawrence St. NE

Washington, DC 20018-2915

(202) 635-2023

www.al-anon-alateen-dcmd.org

Baltimore, Baltimore County, Harford County and surrounding areas

Mildred H.

area24@marylanddc-alanon.org

DISTRICT REPRESENTATIVES

D1 Diane W.

D2 Tim W.

D3 Susan H.

D4 OPEN – SERVICE OPPORTUNITY

D5 Pamela C.

D6 Claude T.

D7 Annina L.

D8 Teddie B.

D9 John H. K.

D10 Idalia R.

D11 Diane Z.f

D12 (shared position)

Marylen F. & Gerry G.

D13 Laura D.

D14 OPEN – SERVICE OPPORTUNITY

D15 Bob M. (Acting)

D16 OPEN— SERVICE OPPORTUNITY

D17 OPEN— SERVICE OPPORTUNITY

D18 Willie W.

D19 OPEN — SERVICE OPPORTUNITY
Renee J., (Acting)

D20 Mary D.

D21 Jill B.

D22 OPEN — SERVICE OPPORTUNITY

D23 OPEN — SERVICE OPPORTUNITY

D24 Mike H.

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



Remembering Janet K.

Janet passed away on December 21, 2007. She was a woman of great courage who lost her battle with cancer after many years.

Janet came into Al-Anon by way of the Virginia groups as she did not want anyone to know she was coming to meetings. After a while she realized that she needed to attend closer to home. She found a meeting right around the corner from her house in Potomac Heights and then began attending additional meetings in the Waldorf, LaPlata, and Hughesville areas. She made many friends within the rooms and became a sponsor and a mentor to those who needed her.

Janet was always involved in service and advocated that others do their part if possible. As a grateful member with over 17 years, she was active in District 22 as a Group Representative, District Representative and Alateen Sponsor. She served Area 24 as Secretary, as a member of the committee preparing guidelines for Alateen and as a member of the committee working on the Area 24 Articles of Incorporation. When requested, she served as a speaker for groups and events in Al-Anon, Alcoholics Anonymous and private enterprise. She was instrumental in starting several meetings including an institution meeting at a battered women's shelter and a Steps, Traditions, Concepts Study meeting.

Janet freely shared her Al-Anon knowledge with many members of Alcoholics Anonymous and with those outside the programs. She was a wonderful example of attraction, not promotion.

She is now and always will be greatly missed.

With lots of love from her Al-Anon Family in District 22

To My Sponsor

You gave me a journal in December of 2001. It had something on the cover about *Journal of Life's Simple Pleasures—Joy*. Back then I must have just finished my 4th and 5th steps, because I decided to write about joy and gratitude, using the new journal. Over the years, it became a regular journal, but I always tried to think of gratitude and positive things even when I needed to write about painful, sad, or angry ones.

Well, I needed to journal last night. I was in a bad place when I pulled out that journal. When I realized it was the last page of the book, I began writing about how it started. By the time the page was full, both the gratitude and the fear had come out on the paper. I felt immeasurably better. I realized then what an important tool journaling has been in my recovery. I just wanted to thank you for that tool and for my "journal of joy". Thanks for being my friend and my sponsor.

Meg O'B
Bel Air, MD

AL-ANON AREA 24
MARYLAND AND THE DISTRICT OF COLUMBIA

AWSC MEETING

HOSTED BY DISTRICT 20

MARCH 15, 2008

Registration: 9:30 to 10:00 AM

Meeting: 10:00 AM to 3:00 PM

Meeting Place: Cape St. Claire United Methodist Church
 855 Chestnut Tree Drive
 Annapolis, MD 21409

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 Baltimore:	Directions from DC:
<ol style="list-style-type: none"> 1. Take I95 South towards Washington 2. Merge onto I-695 E / BALTIMORE BELTWAY OUTER LOOP toward KEY BRIDGE / GLEN BURNIE 3. Merge onto I-97 S / MD-3 S via EXIT 4 on the LEFT toward ANNAPOLIS / BAY BRIDGE 4. Merge onto MD-100 E via EXIT 14A on the LEFT toward GIBSON ISLAND 5. Merge onto RITCHIE HWY / MD-2 S / GOVERNOR RITCHIE HWY toward BAY BRIDGE 6. Turn SLIGHT LEFT onto COLLEGE PKWY Turn LEFT onto GREEN HOLLY DR 7. Turn RIGHT onto RAMBLEWOOD DR 8. Turn RIGHT onto CHESTNUT TREE DR. 	<ol style="list-style-type: none"> 1. Merge onto DC-295 N via the ramp on the LEFT toward DC-295 N (Crossing into MARYLAND) 2. Merge onto US-50 E toward ANNAPOLIS / RICHMOND 3. Take the CAPE ST CLAIRE RD exit- EXIT 29B- toward EAST COLLEGE PKWY 4. Merge onto MD-179 / ST MARGARETS RD 5. Turn LEFT onto COLLEGE PKWY 6. Turn RIGHT onto GREEN HOLLY DR 7. Turn RIGHT onto RAMBLEWOOD DR 8. Turn RIGHT onto CHESTNUT TREE DR

Journal 8.13.07

Dear HP,

Today is Monday August 13, 2007 and I have been feeling overwhelmed all of my life and *just for today* I will do some things differently.

“One thing at a time, one different approach at a time” is my slogan *just for today*. There are way too many things in my head to do all at once.

1. I will stop berating myself for what I have not done. If I find that I am insulting, criticizing or putting myself down, I will say “STOP!” Then I will pray about the situation and think of one simple thing to do (the *next right thing*, not the *past wrong thing*) and I will move on. This is a different way of treating myself.
2. I will look at my “To Do” list, and I will focus on one category at a time.
3. I will work in the style of “First Things First”, that is, what is the most important thing I need to accomplish today and right now?
4. First I will focus on phone calls that need to be made during the business day.
5. I will decide which category or item from my list will be of the most benefit to me today.
6. I will accomplish one of the things that I have been putting off. I don't have to do all of the things I have been putting off, but I can accomplish one.
7. I will work in the style of “do something I don't like, followed by something I do like.” In this way, as I accomplish one thing I will receive an immediate reward for doing so.
8. I will take time to eat properly, get some exercise, take care of my beauty routine, talk to my sponsor or another AI-Anon friend, and I will pray whenever I feel stuck.
9. I will do one small thing for someone else, such as sending a sympathy or get well card or note or making a phone call. I don't have to send all the cards and letters that need sending but I can send one.

I don't have to list and solve all my issues today. This is trying something different and it is perfect for today. Just for now, I have accomplished one thing that is helping me on my journey and I feel much better than when I began.

As always, thank you my darling, loving, kind Higher Power for helping me today.

Hannah G.
Greenbelt, MD

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AL-ANON-CER

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Al-Anon-Cer, P.O. Box 10898, Baltimore, MD 21234-0898. For further information/questions or to request a
FREE subscription by email contact the editor at: area24newsletter@verizon.net

AL-ANON AREA 24 MARYLAND AND THE DISTRICT OF COLUMBIA SPRING ASSEMBLY

Hosted by District 8

May 17, 2008

Registration: 9:30 to 10:00 am

Meeting: 10:00 am to 3:00 pm

Meeting place:

Arnolia United Methodist Church

1776 E. Joppa Road
Baltimore, MD 21234

Located north of Baltimore,
just inside the Baltimore Beltway (I-695)

Lunch/Snacks:

Coffee and snacks will be provided. We will supply a light lunch but you may also bring your own lunch.

Directions using the Baltimore Beltway, I-695:

Take I-695 toward Towson. Get off at **exit 30B (Perring Parkway North)** Get in left lane ASAP and **turn left** at the traffic light, which is **East Joppa Road**. (0.3 mi.). Go **0.6 miles to the church** which is on the right (after the underpass). There is a traffic light where you will turn right into the entrance to the driveway of the church parking lot. Oakleigh Road is to the left at the light, and the entrance to the parking lot is on the right. Go around the back of the church for entrance to the assembly.

From the Eastern Shore and Southern Maryland: Take Rte. 97 north to access the Beltway toward Towson. Since the Beltway is a circle you can go either direction—by accessing I-695 toward Towson before the tunnels or by going through the Harbor Tunnel and accessing I-695 after the Harbor Tunnel thruway merges with I-95 north. I-695 is a left exit off I-95 north. Going through the tunnel takes less time but it is a confusing traffic area. Going around the beltway from the other direction may be less stressful for people who are unfamiliar with Baltimore.

From anywhere south of Baltimore along I-95: Go north through the Fort McHenry Tunnel, continue north to I-695 and take it towards Towson (left exit from I-95 to I-695).

From Rte. 29: Go toward Baltimore, merge with Rte 70, then continue to I-695 toward Towson.

For more information: Contact District 8 District Rep Teddie B. or Alternate District Rep Dolores M. at area24@marylanddc-alanon.org.

(Please note that it is Preakness Weekend in Baltimore, so traffic may be heavier than usual. However, this church is not near the Pimlico racetrack.)



32nd Annual Al-Anon Family Groups of
Maryland/District of Columbia

Spring Convention
With AA Participation

Planting a Seed For Recovery



Washington College
Chestertown, Maryland
June 6, 7 & 8, 2008

\$175 per person for the entire weekend
(includes \$10 key deposit)

30 Saturday-only registrations available
\$80 includes all Saturday events and meals

For more information contact Willie W. or Susan W.
at area24@marylanddc-alanon.org

Please Copy & Distribute at Meetings!

32nd Annual AI-Anon Family Groups of Maryland District of Columbia
Spring Convention June 6, 7 and 8, 2008
Washington College, Chestertown, Maryland

We invite you to join us at the 32nd Annual AI-Anon Family Groups Spring Convention. Throughout the weekend, we hope you'll join us by "Planting a Seed For Recovery" as we share our experience, strength, and hope.

NO WALK-INS WILL BE ACCEPTED! EVERYONE MUST PRE-REGISTER!

*WEEKEND PACKAGE: \$175.00 per person (which includes a refundable \$10.00 key deposit) Rooms are DOUBLE occupancy, with a few singles available (first come, first served). Food package includes: Friday night dinner, Saturday breakfast, lunch, dinner, Sunday breakfast and lunch. All meals are buffet style. No substitutions, but there are plenty of choices available. A packet with your room key, name tag and program will be supplied at check in. The college provides beds. *However, you must bring your own pillows, blankets, linens, towels and washcloths and reading lamps (if wanted). If you wish to hang your clothes, you should bring hangers. If you have special needs, please note them on the registration form to help us better accommodate your needs.*

PLEASE NOTE: You must return your key at check out to receive your \$10.00 key deposit.

*SATURDAY ONE-DAY PACKAGE: \$80.00 per person, *first come, first served to the first 30 checks received (no exceptions)*. The Saturday package includes all 3 meals (Breakfast at 7:30-9:00 a.m., Lunch 11:30 a.m.-1:30 p.m., banquet 4:30-7:00 p.m.), day and evening events (i.e., Saturday Night Dance or Alternative games and movie at 9:00 p.m.). You will receive your confirmation by mail/email from the registration committee. A packet with your name tag and program will be supplied at check in. Email Convention Treasurer Susan W. at area24@marylanddc-alanon.org *before* sending in your check and registration to confirm availability.

PLEASE READ BEFORE COMPLETING REGISTRATION!

Registrations are not refundable, but are transferable through the Convention Treasurer *ONLY*. You may not sell your registration or allow someone else to use it in your place. To transfer a registration, email Convention Treasurer Susan W. at area24@marylanddc-alanon.org. Due to insurance regulations and college policy, no unregistered persons (including children) may attend. *For the weekend package* rooms will be allotted randomly. For individuals with special needs, please indicate those needs in the appropriate space on the registration form. First floor rooms are assigned to special needs and then on a first come, first served basis. If two people are rooming together for the weekend, you must include both names on the registration form and send the TOTAL FEE for both persons in the same envelope.

Complete the registration form for weekend or Saturday package and send fee in a check or money order.

Make payable to The Convention Committee and mail to:

The Convention Committee
P.O. Box 10898
Baltimore, MD 21234-0898

If you are interested in leading a workshop, please complete the program participation form on the last page and return with your registration form.

*No articles, including those AI-Anon related, may be sold for personal gain at our Convention.
(For more information, see 2004-2006 AI-Anon/Alateen Service Manual, page 78)*

AI-Anon Family Groups of Maryland & District of Columbia
P.O. Box 151
Spencerville, MD 20868-0151

Registration Form
32nd Annual Al-Anon Family Groups of Maryland & The District of Columbia
Spring Convention June 6, 7, 8, 2008

Please Complete (both forms if rooming with someone) and return to: The Convention Committee P.O. Box 10898 Baltimore, MD 21234-0898	Office Use Only								
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Please Print or Attach an Address Label:									
Name:	<input type="checkbox"/> Male <input type="checkbox"/> Female								
Address:	Apt. #								
City:	State: Zip:								
Daytime Telephone: ()	Evening Telephone: ()								
Please check(√) <input type="checkbox"/> Al-Anon <input type="checkbox"/> AA <input type="checkbox"/> Weekend Package (\$175.00) <input type="checkbox"/> Saturday Package (\$80.00)									
If you would like email confirmation, <i>please CLEARLY print</i> your email address:									
To assist with room assignments, please indicate any particular concerns or special physical needs (i.e., back, foot, etc.):									
REQUIRED: In case of an emergency call (please print): Telephone Number: ()									

Only cut apart if registering without a roommate.

Registration Form
32nd Annual Al-Anon Family Groups of Maryland & The District of Columbia
Spring Convention June 6, 7, 8, 2008

Please Complete (both forms if rooming with someone) and return to: The Convention Committee P.O. Box 10898 Baltimore, MD 21234-0898	Office Use Only								
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No.		Room Assigned							
Amount Paid		Date Received							
Please Print or Attach an Address Label:									
Name:	<input type="checkbox"/> Male <input type="checkbox"/> Female								
Address:	Apt. #								
City:	State: Zip:								
Daytime Telephone: ()	Evening Telephone: ()								
Please check(√) <input type="checkbox"/> Al-Anon <input type="checkbox"/> AA <input type="checkbox"/> Weekend Package (\$175.00) <input type="checkbox"/> Saturday Package (\$80.00)									
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To assist with room assignments, please indicate any particular concerns or special physical needs (i.e., back, foot, etc.):									
REQUIRED: In case of an emergency call (please print): Telephone Number: ()									

Chestertown 2008 Program Participation Form

If you are willing to be on a workshop panel, please complete this form.

Name: _____ Phone: () _____ Email: _____

Address: _____ City/State/Zip: _____

Al-Anon District: _____ Years in Al-Anon: _____ and/or Years in AA: _____

Please list the numbers of the 3 Al-Anon workshops that you would be willing to co-lead: _____

Please list the numbers of the 3 AA workshops that you would be willing to lead: _____

Al-Anon Workshop Topics: (All Al-Anon workshop leaders must be members of Al-Anon and are asked to focus on their own Al-Anon recovery.) If you have any questions regarding Al-Anon workshops, email Mary D. at area24@marylanddc-alanon.org.

- | | |
|---|---|
| 1. Digging Deep, Breaking the Ground of Denial: Step 1 | 12. Untangling the Vines: Detachment |
| 2. Sowing the Seed of Hope: Step 2 | 13. Avoid Overcrowding our Garden: Slogans |
| 3. Turning it Over and Letting it Grow: Step 3 | 14. Growing Season: Patience and Trust |
| 4. Weeding, Feeding and Adding to the Mulch Pile: Steps 4 and 5 | 15. Creating our Own Landscape: Adult Children Grow Up |
| 5. Time to Call the Lawn Doctor: Steps 6 and 7 | 16. Poisoning our Garden: Resentment |
| 6. Pruning our Garden, Allowing New Growth: Steps 8 and 9 | 17. Choosing the Right Flowerpot: Sponsorship |
| 7. Weed Control: Step 10 | 18. Sunnyside of Recovery: Humor |
| 8. Spiritual Fertilizer: Step 11 | 19. Growing with Gratitude |
| 9. Miracles do Grow, Sharing our Bounty: Step 12 | 20. Using the Tools of Recovery: Intimacy and Sexuality |
| 10. A Gardener's Manual: Traditions | 21. Seasons Change: Loss and Transformation |
| 11. Watering our Garden: The Concepts of Service | |

AA Workshop Topics: If you have any questions regarding AA workshops, email Laura J. at area24@marylanddc-alanon.org.

- | | |
|--|--|
| 1. Either Grow or Go --- Living Sober | 3. Shutting Off the Sunlight of the Spirit --- Resentments |
| 2. Weed 'Em and Reap --- Character Defects | 4. Don't Let the Green Grass Fool You -- Envy |

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