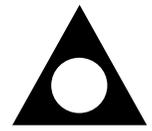




AL-ANON-CER



Quarterly Newsletter of Al-Anon Family Groups of Maryland and District of Columbia (AFG of MD and DC, Inc.)
www.marylanddc-alanon.org • email: area24@marylanddc-alanon.org

www.alateenmddc.com

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AREA 24 CALENDAR OF EVENTS – for updates, use QR code above or [click here](#)

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|-------|---|
| 9/12 | Area 24 Fall Convention 2021 Virtual Planning Meeting – check Area website for login information |
| 9/12 | Delaware AFG Virtual Convention – see flyer |
| 9/26 | Fall AWSC (Virtual) Meeting: all welcome – check Area website for login information |
| 9/26 | District 8 Virtual Workshop: “Harvesting Serenity” 9AM to Noon – see flyer |
| 10/24 | Area 24 (virtual) Fall Assembly: elections! Read on, and check Area website for login information |

Letter from the Editor

Current events? Feels more like undertow to me. I need a meeting! I need *more* than a meeting!

Fortunately, there is more to Al-Anon than just meetings. More even than sponsorship and working the steps. There’s also the third side of the triangle in our logo: service. This is the “carrying the message” part of Step Twelve. Who creates our directories, websites, minutes, newsletters, workshops, and public outreach? Maintains the accounts, group records, archives, and insurance? Members just like you, eager to give back to the fellowship. In so doing, we receive even more for which to be grateful.

This fall we thank Idalia R. for her service as she completes her three-year term as our Delegate to the World Service Conference. Following the lead of World Service, the Area will elect other new officers and coordinators at the October Fall Assembly. In advance of that event, groups designate new Group Representatives and Alternate Group Reps as they practice rotation of service as well.

For this special issue, Joe D., Area Chairperson, has assembled descriptions of the various positions, and collected the experience of many of us who have been privileged to hold them. Please review the Area guidelines for each position by following the links at <https://www.marylanddc-alanon.org/area-jobs-service> or clicking on the red titles. Also, feel free to reach out to any of us with your questions. Contact information may be found in the “Trusted Servants” section, or requested from me, the editor, if you are viewing this Al-Anon-Cer on the web.

Every position is a great opportunity to practice applying the Traditions and Concepts, interacting with other members who seek the full benefit of all of our Legacies. This is gratitude in action!

Group Representative

How can you begin serving beyond the confines of your group, to help it stay connected with the World Wide Fellowship of Al-Anon and Alateen? You'd start by expressing your willingness to serve as a Group Rep or Alternate Group Rep. (The latter has their own responsibilities at the Area Information Service, where many other service positions await – see examples at <https://www.alanon-maryland.org/service#baltimore-al-anon-information-service>).

GR's provide a crucial link, bringing news and questions to the group and sharing insights from the group, through the Area's delegate, with the World Service. An overview for GR's is available at https://4196483c-8d4d-4af9-9dfa-ecac15db8296.filesusr.com/ugd/c8a2a7_21a35a3f8bb340bdaf5e85da6783a3ee.pdf

The Ninth Tradition reads "Our groups as such ought never be organized, but we may create service boards or committees directly responsible to those they serve."

My first reaction to this idea was a sympathetic chuckle. I saw my group functioning spontaneously, reliably but not quite organized. As many newcomers do, I felt the comfortable sense that I was in a safe place, connected to the group members and to many, many others who knew my story and who supported me spiritually. What was not apparent was that the connection to those others was actual and on-going, through the service of designated representatives. The connection starts at the group level – each group can designate a member to represent it in the district and the Area. The GR is one of the links of service in Al-Anon, carrying the voice of the group to Al-Anon as a whole.

As part of the District, GRs share and discuss group problems, group successes; they carry out needed services and activities to support the good of Al-Anon in that locale. They receive information about the services and activities of the Area and of Al-Anon's World Service Office. The Area Assemblies of GRs from the whole state and DC similarly work together on fellowship and outreach activities, and receive information from the Area's Delegate to the World Service Conference.

From time to time, our GR would report on what she or he had heard from these larger meetings, and to me seemed very connected and knowledgeable - not something I felt I was. As usual, I had a really exaggerated idea of what the function of the GR is, and assumed that it took a really together person with special skills to be a GR. All Al-Anon members are invited to attend District meetings and Assemblies although only GR's can vote on issues before those groups, and I attended a number of Assemblies before I became a GR, still doubting that I could perform the function. When I was considering whether to volunteer to be a GR, expressing doubts about my qualifications and abilities, I was reminded that the goal is progress not perfection, and that along the way, we help each other and I can always ask for help and feedback.

Sharon R, current (outgoing) GR, Rockville AFG, Wednesday night

Another current (soon-to-be-former) Group Rep shares her experience:

After speaking with the outgoing GR at my home group in Libertytown, I stepped out of my comfort zone and accepted the GR position myself in 2017. I read the service manual to learn what was expected of me and learn what I needed to do. With guidance from my Sponsor, I started attending District and Area meetings to give me a better understanding of this program. I was really out of my league; I am ever so grateful for GPS to help me navigate to places I have never been before. As I continued working my program which included the Twelve Steps, Twelve Traditions, Concepts of Service and being a Group Representative, I continued to learn the true values of the Al-Anon program.

After a year I had to change my home group which meant losing my Group Rep position. My new home group became New Market Group on Tuesday nights and it just so happened that that GR also had to leave her position. I volunteered and was voted in as the GR for New Market. Now at the end of my 3-year term of service, I can reflect back. No words can explain the changes I have made. Being active in service as a GR I learned how Al-Anon works which gives me a better understanding of the Traditions and Concepts.

I have come out of my shell and found I am a valuable human being. Slowly I found I was NOT the shy or withdrawn person that had many fears of being criticized, belittled, unknowledgeable, with very little self worth, insecurity, rejected, and not very good interpersonal skills. Being a Group Representative has guided me in the right direction to work on these character defects. Getting out of my comfort zone and jumping into service for Al-Anon was the best thing I could have done for myself and I am sure my Higher Power guided me all the way. I am so grateful to have had the opportunity to meet other people in District 2 and Area 24, reaching out and introducing myself to at least one or two people was a great start to help me with my interpersonal skills, a step in the right direction for my recovery. I have found that as a GR I am able to keep our group updated about WSO, the District and Area and all the accomplishments prior to and during these trying times of COVID-19. I hope that the next Group Representative will benefit from Service as much as I have. Thank you for letting me share, I will keep coming back.

Sue N, current (outgoing) GR, New Market AFG, Tuesday night

District Representative

Area 24 is divided geographically into coincidentally (?) 24 Districts. Just as meetings are a place for members to share their challenges and solutions, District meetings offer a forum for Group Reps to share their groups' dilemmas and successes. Additionally, Districts have the resources to plan workshops and events, like District 7's Serenity Tea.

Local directories may indicate the district for each group. This newsletter includes a listing of the districts that currently have regularly scheduled meetings – probably virtual, like everything else these days. Contact the DR for login info.

I have thoroughly enjoyed being the District Rep. for District 8 here in Area 24. I have gained additional insight into the Traditions and into the Concepts of Service. Yes, I am learning how to play in the sandbox with others. I enjoyed our planning meetings followed by the District meetings. We set an agenda and we stayed on point. We had diverse views and excellent dialogue at both the planning meetings and the District meetings. I can only hope that more members who have first served as a Group Representative will want to serve as a District Representative.

Winston M, current (outgoing) DR District 8

I have been the District Representative (DR) for District 24 the past 3 years, and it has been a great experience in service. I had been attending Area meetings as a Group Representative (GR) for a few years and enjoyed the company of seasoned Al-Anon members in the drive to and from the meetings and to understand the pyramid of 'how Al-Anon works' better. Both levels of service have enriched my 12-step journey greatly. I was hesitant at first, fearful I would not be successful. I was never asked for more than I am capable of completing and I was pleasantly surprised at how much fun it can be to chair my District meetings. I used the little wooden hammer, obtained at the WSO International Convention to bring to order our meetings! With the support of a great secretary, I spread the important information I received from World Service and our Area. Our small corner of the gigantic network that is Al-Anon was heard when I shared the members input. I gained confidence and humility through this service.

Pat RB, current (outgoing) DR District 24

Serving on the Steering Committee

Jumping now to the other end of the spectrum of service experience, the five Area Officers (Delegate, Alternate Delegate, Chairperson, Secretary, and Treasurer) form the Area Steering Committee. In addition to the duties and responsibilities listed for each of these positions, each Area Officer has duties and responsibilities associated with being on the Steering Committee. Area 24 is a non-profit corporation. The Steering Committee is the Board of Directors for our corporation and is responsible for ensuring that the Area operates according to the law and adheres to our Articles of Incorporation and our Bylaws. That being said, Steering Committee members are not expected to be legal experts [nor do they need to know anything about cattle ~Ed.].

I loved working with the fellow Steering Committee members and was blessed to work with a truly wonderful group to “steer” Area 24 business gatherings – as a team we became so connected that when our terms ended, we enjoyed a celebratory dinner together to honor our service and friendship! Our time together was also productive and included: expansion of Area Liability Insurance to cover all meetings, conventions, and special events; Area Corporate By-Laws updated and approved; Spring and Fall Convention Guidelines updated and approved; and the creation of a brochure to help members “navigate” service. Above all, I give thanks to the special talents of the members of our Steering Committee team. Today I feel that this service role was a privilege, and I am truly delighted that I had the opportunity.

Cindy S, past Chairperson

I also learned how to work as a team with the Steering Committee and how to apply the principles of the Al-Anon program to accounting/financial decision making. This position is a tremendous opportunity for personal growth as well as for service. Like many of you, I found that taking a service role (at any level) is a rewarding experience, because you get so much more back than what you give. Service is a vital part of our recovery.

Gilbert L, past Treasurer

Area Delegate

The Area Delegate is a member of the Area Steering Committee and is the channel through which information flows between Area 24 and the World Service Office. Our Delegate represents all Area 24 groups once a year at the World Service Conference held at the AFG World Headquarters in Virginia Beach, Virginia, interacting with delegates from other Areas and the Board of Trustees. The delegate reports back to the Assembly on developments at the World Service level. This information is presented for reactions at each Spring Assembly, summarized in the minutes in the Al-Anon-Cer, and often available on the WSO website as well.

When I walked into the rooms of Al-Anon I was told by the women there that they were going to love me until I learned how to love myself. Little did I know that this would include service work. Of course, I grew up learning how important it was to take care and do for others who were in need of help. But my understanding of this type of doing came with conditional strings. In the rooms of Al-Anon I learned that "Service offers many of us a new experience in group participation. No longer isolated, we share a common welfare with other Al-Anon members and also with people still seeking help." When I Got Busy, I Got Better, p. 38

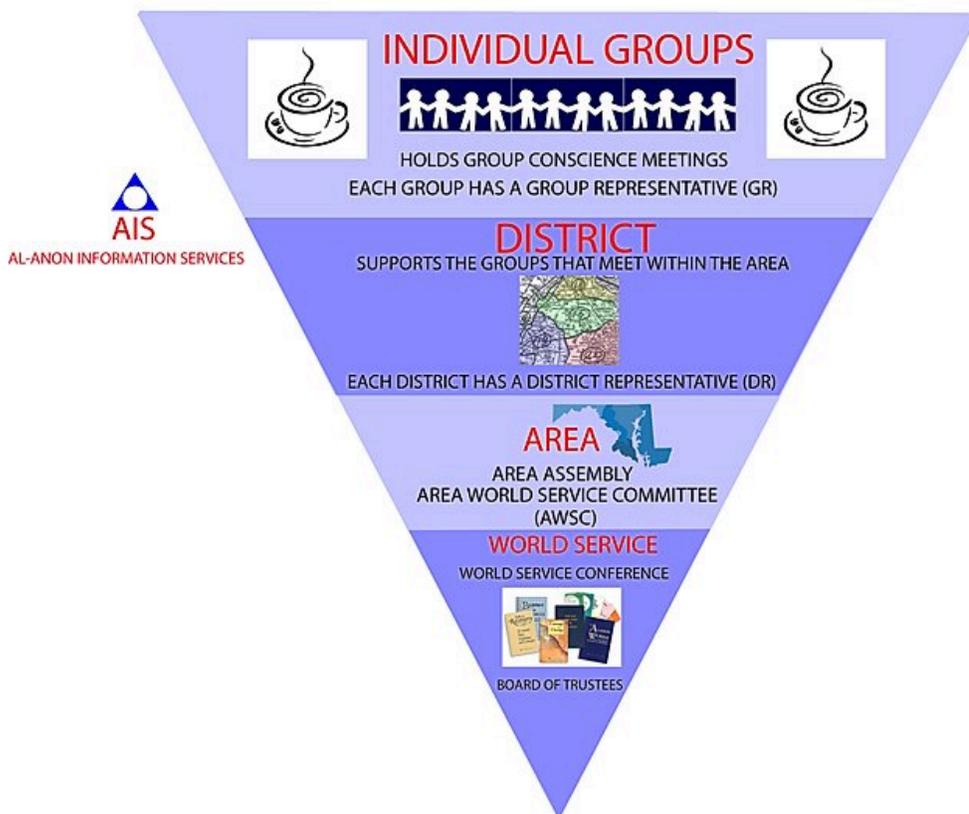
This quote gave me some clarity as to what it meant to be willing to serve others. Lois said that "Al-Anon is literally comprised of service: without it there would be no fellowship." I will be forever grateful to the women in this program that early on got me involved in service work. They told me that service work is the cornerstone of Al-Anon and that I would grow emotionally, spiritually and mentally if I got involved. Of course, I immediately jumped in because I was willing to do anything to ease the pain and emotional discomfort I was in.

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First, I cleaned ashtrays, I put signs on the table, bought the cookies and made the coffee. These were the commitments that kept me coming back. And because I take orders well, throughout the years I have stepped into all the group-level service roles before I decided it was time to move out into the district and then the Area. Of course, not everyone needs to do it this way: service is a personal journey. The gifts of my service journey have been 1) increased self-esteem 2) educating myself on the incredible history of this fellowship 3) trusting and having a balanced perspective on things 4) risking more and having the courage to accept love and give love to others 5) detachment from decisions has shown me about responsibility and letting go of perfectionism 6) knowing what is mine to do and of course 7) a deeper, more lingering partnership with the God of my understanding. I could never give back to this program what it has given me, for it is with giving that I have received. The joy of being a Delegate in the past 3 years has been the greatest honor. Not only because I have gotten to serve but because I have gotten the opportunity to represent an Area and the people that I love. My love affair continues, and I am looking forward to more being revealed through commitment and service in this fellowship.

Idalia R, current (outgoing) Area 24 Delegate, Panel 58

HOW AL-ANON WORKS



What Service has done for me:

Reflections of Past Delegates...

I will tell you that service changed my life. Showing up at an Area meeting many years ago and raising my hand to help out with the Secretary position at the AWSC, even when I didn't know what I was doing or getting into, allowed me to begin the journey into service. From that point on I learned so much and grew so much! Service allowed me to learn how to "play in the sandbox" with others.

It taught me so very many things about myself and allowed me to learn so much more about the Al-Anon program. I am grateful every day!

Karen B, past Delegate, Panel 46

Some of the positions I have held include Group Secretary, Group Treasurer, Alternate GR, Group Representative, District Secretary, District Rep, Area Newsletter Editor, Area Treasurer, Area Group Records Coordinator, Area Chairperson and Area 24 Delegate.

I really had no interest in the Delegate position until I went to the 2008 Al-Anon International Convention in Pittsburgh. After hearing all the things that were going on at World Service, especially supporting Al-Anon in other countries, I decided I wanted to participate in World Service.

Patience and humility! A Delegate will need other abilities, but without these two, I would have found it nearly impossible to perform the job. There is no "ideal" Delegate just as there is no "ideal" GR or "ideal" anything in Al-Anon. Each of us tries to do our best. No matter how good or bad we do, we are out of there in 3 years.

Charlie S, past Delegate, Panel 49

When I started in Al-Anon, I had very little self-confidence and I was always afraid of speaking. Service work has been a huge part of my recovery. Being Area Alternate Delegate and then Chair of the Fall Convention gave me the confidence to stand for a Board of Trustees position.

Being on the Board then gave me the additional confidence to make a big change in my career. For the past 14 years I have been contributing to my community in my job and speaking to many people on a daily basis.

I have held numerous positions at the Group, District and Area levels, including Area 24 Delegate. I have also served as chairperson on several positions at the World Service Office. Al-Anon has truly changed my life.

Jack S, past Delegate,

Panel 52

What Service has done for me:

...Reflections of Past Delegates

I originally got into Al-Anon service about 2 months after joining. When I started working with my first sponsor, she told me that service was 1/3 of the program and that if I wanted the whole load of hay, I should think about joining up. I did want what the people in Al-Anon had, and I was ready to go to any lengths to get it! The group assigned me to my first job, which was door greeter. I thought it was the most stupid thing I had ever heard of. But it took me 2 meetings to learn to love it. It helped get me out of my shell, out of my head and lessened my fear of people. I was hooked and soon became a "service junkie".

I've been in Al-Anon 33 years this June, and I have never been without a service position. I've held numerous positions at the group, Area and WSO level (maybe Trustee one day?). I've met some wonderful people, many of whom are lifelong friends. I loved every service position for what it was, and felt no pressure, because even though I was "Chair," I knew that only meant I had to get a group of people to help. I was so surprised when people always volunteered and went right to work to make it happen! Al-Anon members are the greatest people to work with and it really is a spiritual experience. There is such a feeling of pride when the job is done well and is so appreciated!

It's so hard to convey to others the joy and fulfillment that awaits them in service. None of us wants "one more thing to do" or more work loaded on us. But Al-Anon asks us to step out in faith...just like working the steps...and be amazed at the results!

I am so grateful for what service has done for me. Practicing the Traditions and Concepts taught me how to do Al-Anon business while maintaining healthy relationships. I've learned a lot about myself, what makes me tick, what motivates me and what scares me. Once I'm aware of those things, I can accept myself and go about changing them with the help of my higher power. What an awesome gift!

Connie C, past Delegate, Panel 55

Area Alternate Delegate

The Area Alternate Delegate is a member of the Area Steering Committee and assists the Delegate in any and all capacities, and acts on behalf of the Delegate if the Delegate is unavailable. The Alternate Delegate promotes interest in The Forum throughout the Area. S/he may also volunteer to take on special projects such as assisting Area Coordinators who may be having difficulties, working to improve Area cooperation with the AIS' in the Area and reaching out to inactive Districts.

I stood for the Alternate Delegate position and was selected for it. I had been District Representative for District 13 prior to that, so I was familiar with the Area World Service Committee. I liked being part of that committee as I enjoyed the "business" part of our Area. There's not a lot of tasks normally associated with the Alternate Delegate position. I scoured the Service Manual but all I could come up with was, I had to be willing to go to the World Service Conference should our Delegate not be able to attend. Okay, what else was there, I wondered.

It was early in my term that I read somewhere, maybe in the Forum, about a project started in the Ohio area. It was called the Doctor Forum project. Their area had allocated some money to try that project there. The project involved Al-Anon members in their Area giving Forum subscriptions to their doctors. This not only helped spread the message of hope to these doctors, but it also gave them something to put in their waiting rooms for their patients to read and it increased Forum subscription income to the World Service Office. So, I tried that project here in our area and it worked well. What I learned from that experience was, as Alternate Delegate I could help out in a lot of different ways in our Area. Being Alternate Delegate was giving me self-confidence and a love for service work.

Jack S current (outgoing) Alternate Delegate



Area Chairperson

The Area Chairperson is a member of the Area Steering Committee who serves as the Chief Executive Office of the Corporation. S/he is responsible for ensuring, along with others, that the business of the Area is conducted in a timely manner. The Chairperson has overall responsibility for the functioning of the Area. S/he prepares agendas and chairs Area meetings such as Assemblies, AWSC and Steering Committee meetings. This person must be available to serve a three-year term and attend all Area meetings. The gavel, like control, is only an illusion.

I did not think seriously about the Area Chairperson position until someone in the fellowship encouraged me to consider it! This member was very positive and felt that I had appropriate skills. I would encourage the current steering committee to conduct outreach to qualified members too. A personal invitation is powerful, and it really opened me up to the possibility of standing for this position.

Being Chairperson appealed to me first because I embrace a commitment to service in our fellowship and I was also retired and had the time to devote to the effort. This role required many of the skills that a District Representative needs: scheduling meetings and finding space for meetings; communicating and working well with others; planning meeting agendas; keeping meetings on track and also allowing diversions when necessary. I was ending my turn as DR for District 18 at the time.

The 3-year term as our Area 24 Chairperson was personally a very rewarding journey!

Cindy S Past Area Chairperson



Area Treasurer

The Area Treasurer is a member of the Area Steering Committee who keeps accurate records of all income and expenses and manages the Area checking/savings accounts. S/he prepares a yearly budget and reports the Area financial status to membership at meetings and via the Area newsletter and also ensures that federal and state tax forms are prepared and filed. This is the person who reimburses expenses associated with the Spring and Fall Conventions.

Sometimes you go looking for ways to provide service, sometimes ways to provide service come looking for you. When AREA 24 had a position open for Area Treasurer—it seemed like the perfect opportunity for me.

I do have an accounting/financial background and am familiar with receipts, disbursements, accounting/recording systems, etc. Truthfully, besides having a good number sense, anyone who can balance a checkbook, reconcile a bank statement, make deposits, prepare a financial statement, etc., can perform the accounting side of this job. It is the financial recording process at a very basic level.

However, I learned a whole lot more.

- *how to identify the accounting aspects of the job to better serve the organization (budgeting, planning, trends, etc.),*
- *how to organize the accounting information so that the membership could better appreciate our financial performance, and*
- *how to make better visual and oral presentations to help members comprehend financial information.*

Gilbert L past Area Treasurer



Area Secretary

The Area Secretary is a member of the Area Steering Committee who Performs all regular secretarial duties for the Area such as recording, transcribing, distributing and maintaining minutes of the Area Assembly and AWSC meetings as well as Steering Committee meetings. This person must be computer proficient utilizing basic computer programs and email. S/he maintains and updates corporate records, as necessary. The quill is optional – Legacies, yes, but...

Because Area 24 is incorporated, the Secretary position is part of the steering committee. Fundamentally, the job is to take minutes during the meetings and prepare them to be published in the Al-Anon-Cer for review by all members. The minutes are also part of the corporate records. While that sounds intimidating, it really doesn't have to be. The amount of detail from the meetings can vary, but the important thing is to capture the essence of business conducted during the meetings, the exact wording of motions and to record results of motions and voting. Having the agenda in advance makes that easier. The person who does this job has to have basic computer skills, knowledge of Word, know how to make a PDF file, and be able copy reports from others and make them part of the minutes.

Doing the job of secretary has kept me engaged in every meeting. I've met people throughout Maryland and Washington, DC, whom I would have never had the opportunity to meet, and we've bonded through service.

I would welcome any inquires to discuss the position in more detail and would certainly work with the new Secretary if they wanted my input.

Dolores M, current and past Area Secretary

Alateen Coordinators

Area Alateen Coordinator – AAC

The Alateen Area Coordinator (AAC) and the Alateen Area Process Person (AAPP) are the champions for the Alateen program in the Area. The AAC is an AMIAS (AI-Anon Member Involved in Alateen Service) who provides the direction and support to the Alateen program in the Area. The AAC works with the AAPP to administer Alateen under the guidelines of the Area Alateen safety requirements. The AAC provides annual training for AMIAS, coordinates outreach, and participates in Area events.

The AAC also participates in activities organized by the World Service Organization (WSO).

Barb M, current (outgoing) Area Alateen Coordinator



Area Alateen Process Person – AAPP

[position created since guidelines written]

I had two primary objectives when I took on the position of AAPP. One was to give back to a program that has helped me in numerous ways and the other was to help ensure Alateen stays strong and continually provides a safe place for recovery for our teens.

My job includes but is not limited to working with the Steering Committee in Area 24 to ensure we collectively strive to find ways to make Alateen more accessible to kids, to ensure their continued safety while attending these meetings and to be a collective advocate for the individual success of each meeting. The AAPP creates and revises the Area 24 Requirements annually with the help of the AAC to make sure we have a well written document that outlines the laws and guidelines in MD/DC for all AMIAS's to follow. I attend all Area 24 Assemblies and AWSC meetings so that I am sharing needs, seeking help and receiving support directly on behalf of the Alateen program. I write reports and give oral presentations so that I can effectively communicate the needs and successes of the Alateen program. I communicate as necessary with the WSO and accept their guidance when needed.

My 5+ years as an active member in AI-Anon benefits the kids I serve directly as an AMIAS – my continued personal growth in the AI-Anon program is what gives me the insights that might help reach others in the AI-Anon program to be a part of the Alateen program. My priority is to appeal to other members of this program to be an essential part of the recovery process for our teens. An essential part of this effort is to process, certify and recertify any AI-Anon member Involved Alateen Service (AMIAS). I was not fortunate to have benefited from a successful Alateen program when I was growing up, so I feel very strongly about using my position as AAPP to make these meetings available to the kids that need it most.

Sarah R, current Area Alateen Process Person



Literature Coordinator

The Area Literature Coordinator encourages the use of Conference Approved Literature among members. They provide information on new and/or revised literature and maintains a supply of catalogs and order forms. The ideal candidate would have a great appreciation for Al-Anon Conference Approved Literature – CAL. They have used it in their personal recovery and now want to ensure as many members as possible have the same tools. A creative person might come up with some creative displays of literature at Area activities such as conventions and workshops.

Archives Coordinator

The Archives Coordinator stores valuable historical documents from Area 24, whether they be the papers from the process of incorporating, samples of Al-Anon-Cers over the years, or information from all the spring and fall conventions. We have an incredibly rich history of Al-Anon in Maryland and Washington, DC. As the Archive Coordinator I've tried to share a little of it by having a display table at conventions and luncheons. Some people have given me their collections of old meeting directories, flyers, etc. I've written down the remembrances of some early Al-Anon members. I wish I had more time to take the information we have and better organize it. This is a great service opportunity for someone with good organizational skills and an interest in Al-Anon from a historical perspective. I think we are at a point where it would be great if someone stepped up and created a digital archive as well! That way it would be easier to share our history with interested members. While I had more ideas of what to do than I was able to accomplish, it has been great to explore the living history of Al-Anon in the Area and bring it to others.

Dolores M, current (outgoing) Area Archives Coordinator

Group Records Coordinator

“The AGRC serves as the nuts and bolts of the communication connection among the Al-Anon member, the group, district, Al-Anon Information Service (AIS), Area, the entire service structure, and the World Service Office,” states the AGRC Guideline, G-39. The fun part of this position for me is being part of the community of AGRC’s nationally through WSO Connects, to share issues and solutions. In our 2018 training, WSO emphasized key points and one was to “educate, educate, educate.” For example, many members are not aware that losing a Contact Mailing Address (CMA) will cause the group to be classified as “inactive” and removed from the WSO’s directory.

Area Group Records Coordinators (AGRC) maintain the Area 24 group records in the WSO database. Functions include registering new groups, updating group meeting information, etc. Those taking this position should be detail-oriented and have good computer skills and problem-solving abilities. Duties involve contacting members in service to the groups to resolve issues. Extreme reliance on a Higher Power doesn’t hurt. WSO allows a second member to assist; this would be good in our Area, due to the large number of groups to administer – 278 active meetings at last count!

Performing this service tapped into my love of checking out information. I learned some new Maryland geography when I had to verify districts for WSO, how to locate longitude and latitude for new meeting locations, etc. WSO staff was extremely kind, helpful and supportive – especially during these past six months when I had unusual questions due to the pandemic’s impact on groups. I learned more about and experienced the Traditions and Concepts in dealing with many challenging questions. I became more aware of the impact of unfilled service positions on a group and also a district. It was rewarding to share my experience, strength, and hope with relatively new members who were starting a meeting. I also appreciated having the opportunity to emphasize to several members the importance of finding a service sponsor.

Maureen M, current (outgoing) Area Group Records Coordinator

Insurance Coordinator



*This is a great position that involves you in many operations of Area 24 – no, you don't have to run everything – but it is an important behind-the-scenes effort that allows the Area to run smoothly. (See below, **The Fun Part!**). The Area has three insurance policies that protects all of us: the Liability Policy, the Directors and Officers Policy, and the Crime Policy. Two policies renew annually (April 1, and May 21) and one policy is a three-year term that renews on March 16. Our insurance brokers help us with renewals, industry trends, coverage ideas, and selection/evaluation among insurance companies. They also furnish Certificates of Insurance as needed.*

You don't have to be an expert in insurance to fulfill this position. If you are aware of your own personal/home/car/professional insurance responsibilities, you can manage the duties needed here. Our insurance brokers will help, and they are available by phone and email. Most all documents are sent electronically. Of course, it would be helpful if you do have some experience with business insurance/liability issues, but that is not a requirement.

The Fun Part! *Service is a great opportunity for helping the Area and a big part of your Recovery. This position requires getting to know what is going on in the Area –weekly meetings, business meetings, conventions, workshops, Alateen, special events, etc. You get to work with Group Reps, District Reps, the Steering Committee, and many other Coordinators Just as you need to be aware of what is going on, those trusted servants need to be aware to contact you for both regular and new activities within Area 24. Forging those links with others in their service positions has been most rewarding to me while serving as Insurance Coordinator.*

Gilbert L, current (outgoing) Insurance Coordinator

Newsletter Coordinator

Though I like the sound of “letter from the editor,” very little editing is involved in this position. I just print what I’m given; keeping in my lane is a good recovery exercise. I have been blessed to serve alongside a secretary and treasurer who both made their excellent submissions in a timely fashion. When I began, the format mentioned submissions of personal stories, but those are actually to be directed to the Forum magazine, which has a much wider audience. That’s one reason I am so delighted to have all the stories related to service in this special issue! Our Area chairperson Joe had planned to put those on posters at an Area meeting, but going virtual nixed that idea. He created it in PowerPoint, adding color and graphics, most of which I was able to carry over. These have opened my eyes to how much more could be done with graphics in this newsletter.

I didn’t imagine that I was capable of being the Al-Anon-Cer editor and appreciate the encouragement of a very seasoned member who had held this position. One effect of alcoholism on me was to make me reluctant to try anything I wasn’t absolutely sure I could do. (Which wasn’t much!) Service has been a great way to overcome that limitation. My self-esteem builds as I do things that I believe are important; and nothing is more important to me than our program. Having a service sponsor has been essential in learning how to give back.

While initially overwhelming, like so many duties in Al-Anon, in service we grow without the risks associated with doing so in a professional setting. My predecessor kindly answered my many questions, giving me practice asking for help and not regretting it. When I’ve needed to send out a correction, I try to value that as an opportunity to practice making amends. This is good for my humility and reminds me that when other people make mistakes, they, too, are doing the best they can.

I look forward to introducing the next editor to navigating Gmail’s unpublished limits on mass mailings, ways to split up multi-page pdf documents, and the importance of a comma in a spreadsheet of subscriber emails. But mainly I hope to pass on the opportunity to experience respectful, caring interactions with so many members of our great fellowship!

Robert W. current (outaoina) Newsletter Coordinator



AL-ANON-CER



AL-ANON-CER

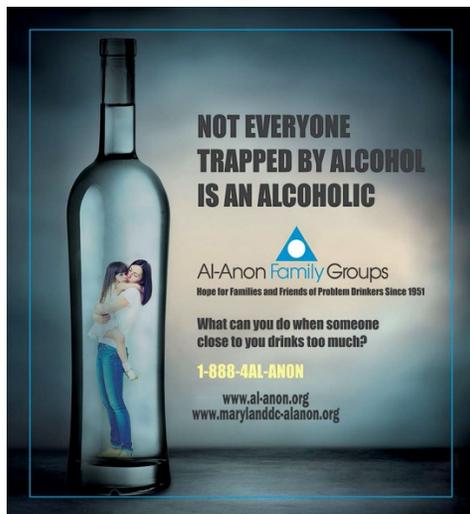


Public Outreach Coordinator

The Area 24 Public Outreach Coordinator is responsible for: Educating the general public, the media, the professional community and institutions about Al-Anon Family Groups. The coordination and the dissemination of Public Outreach information from the WSO to all 24 Districts in Maryland, and to the three Al-Anon Information Services (Baltimore, DC & Anne Arundel County). The dissemination of literature and information by placing literature on all Public Libraries and public places. Coordination of TV and Radio PSA's airtime with local stations throughout Maryland. Speaking and providing speakers for community events, health fairs and working with and maintaining contact with professionals in the recovery and health fields.

The best part of serving as the Area 24 Public Outreach Coordinator is you get to meet and work with members from all over Maryland and the staff at the WSO. I learned an incredible amount about AFG and how important it is to my recovery and to get the message of hope and help out to the general public. The ability to touch the lives of others and make a positive impact is life affirming.

Rita O, current (outgoing) Public Outreach Coordinator



Website Coordinator

Responsible for responding to website inquiries, updating content including posting News & Announcements, events and newsletters. Familiarity with Wix or any website builder is a plus. Provide updates to the AWSC & Assembly, manage domain account, Wix account and creation of new domain emails.

When I took on this role, I had no experience with building or maintaining a website. I was able to recruit assistance in selecting the right tool and building the framework which I have simply maintained. It's nice to stay connected with Area news, events and people. I get opportunities to communicate with members (in service and newcomers looking for meetings) that I wouldn't have had otherwise. It's been a great experience in letting go of perfection, accepting help and giving back something to the program that has changed my life immeasurably.

Katie C, current (outgoing) Website Coordinator

*The **Technology Coordinator** position calls for someone to form and lead a small committee to find, test and implement communication and information-sharing solutions to benefit the Area and it's DR's, GR's and members. A primary information resource is our Area website. Coordination with our Webmaster is needed to arrive at logical places to post links and other resources that can be accessed by members and serve members. When face to face Area meetings are possible, the audio/visual tools need to be set up. Our 'audio/visual guy,' Greg, has been great at providing this service. The Technology committee has responsibility to make sure this is provided.*

It is not necessary to have a complete knowledge of all applicable technologies (no one does!). As chair, you will have committee members who can assist, and as volunteers, everyone is making a 'best effort' to use technology to benefit our Area. Asking for help from others who are not part of the Technology Committee is always an option. We never know what knowledge is available until we ask.

I have learned some useful things as Technology Chair. First, is delegating tasks to those willing to help, then making myself available to help wherever I can. Some requests for help I/we have not found a solution for-this is ok. We do the best we can. Sometimes a solution is suggested, but until others can see how it can help them, it might not be adopted. I have had to practice patience in these situations – always a valuable pursuit. I have increased my own knowledge of available technologies, and have had to learn from others, when my knowledge falls short – a good lesson in humility.

Paul C, current (outgoing) Technology Coordinator

District Meeting Schedule

ALL members, not just Group Representatives, are welcome at District meetings.

For more information about any of these meetings, please contact the corresponding **District Representative** listed under "**Our Trusted Servants**" later in this newsletter.

If you are reading this online, please contact the editor to be connected to the District Representative.

- District 2 Usually held first Monday of the month from 7:00-8:00 pm at Christ Reformed United Church of Christ, which is located at 12 South Church Street, Middletown MD 21769
- District 3 (Carroll County) Contact the District Rep. If you are viewing this newsletter online, please contact the editor.
- District 5 Meetings are held on the third Wednesdays of January, March, May, July, September and November at 6:30 PM before the Wednesday Fallston Unity Group at the Fallston Presbyterian Church, 600 Fallston Rd. Rt.52, Fallston, MD 21047. All are invited to attend the 7:30 PM Fallston Unity meeting.
- District 6 Meetings on even months 1st Sunday 6:30 PM before the Sunday night Chatsworth meeting
- District 7 Meetings held quarterly on the following Sundays in 2020 after the Evergreen Discussion AFG meeting (Loyola University, Knott Hall, room G007, 4501 N Charles St, Baltimore, MD 21210) 12:10 PM February 16, May 17, August 16, November 8.
- District 8 Meets first Tuesday 6:45-7:45 PM, of the even months: February, April, June, August, October and December. Held at St. John's Lutheran Church, 8808 Harford Rd, Parkville, MD 21234.
- District 9 Last Wednesday of the odd months, January, March, May, July, September, and November. Meeting is held at 7:45 PM, at Holy Trinity Episcopal Church, 1131 Mace Avenue, 21221
- District 10 Meets usually on the 2nd Saturday of the month, except for July, November and December at the Serenity Center, 9650 Basket Ring Road, Columbia MD 21045.
- District 12 Meets the 1st Wednesday of each odd month (January, March, May, July, September and November) at 6:45 PM at the Unitarian Universalist Church of Rockville, 100 Welsh Park Drive Rockville MD 20850, in the basement of the sanctuary, room 50. All are welcome to stay for the 8:00 PM AI-Anon meeting in the same location.
- District 13 GR's, Alt. GR's, C.M.A's and all members are welcome. We meet on the odd months, starting in March, on the 3rd Thursday of the month. Colesville Presbyterian Church 12800 New Hampshire Ave Silver Spring, MD 20904 6:30 to 7:50 pm. White Oak AFG meets 8pm down the hall.
- District 15 District meetings are held on the 4th Wednesdays of every even month (Feb, April, June, Aug, Oct, Dec.) at 7:30PM in Room 150 of Woods Memorial Presbyterian Church, Severna Park, MD.
- District 22 Email only: contact District Rep to join list; if you are viewing this newsletter online, please contact the editor.
- District 23 District meetings are held quarterly (Jan, April, July, Oct.) on the last Sunday of the month @ 2:00 pm St. Paul's Episcopal Church 301 S. Liberty St. Centreville, MD
- District 24 District meetings are held second Mondays at 6 PM of odd months, except July, at St. Alban's Church, 302 St Albans Dr, Salisbury, MD 21804

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

AIS (Al-Anon Information Services) Meeting Schedule

- Anne Arundel Meets quarterly in January, April, July and October, on the third Wednesday of the month, 7:30 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 in June 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.
- AIS-DCSMD All Steering Committee and AIS-DCSMD (Al-Anon/Alateen Information Service of Washington, DC and Suburban Maryland, Inc.) meetings are held at Seekers Church Building, 278 Carroll Street, NW, Washington, DC 20012, and (202) 635-2023. For further information go to www.al-anon-alateen-dcmd.org.

Al-Anon-Cer

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www.marylanddc-alanon.org

Editor: Robert W.

SUBMISSIONS

Send articles, calendar events, and reports for the Al-Anon-Cer to the editor at the following:

**Al-Anon-Cer
 Robert Wright
 Post Office Box 525
 Baltimore MD 21203
 (410) 507- 4010
 Newsletter4Area24@gmail.com**

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 |

**For Contributions to Area 24:
 Please make checks payable to
 "AFG of MD and DC, Inc"
 and mail to:**

**AFG of MD and DC, Inc
 3116 Parkway
 Cheverly, MD 20785**

If contribution is from a group, please write the group number on the check.
 =====

SUBSCRIPTIONS

Email copies of the Al-Anon-Cer are sent out to any member who requests it, and will continue until a request to stop sending it is received.

Paper copies of the Al-Anon-Cer are mailed at no charge to any member who requests a subscription, and renews it annually. A \$10 annual donation is suggested but not required.

Email your subscription request to:
Newsletter4Area24@gmail.com

Or subscribe at the Area 24 website:
<https://www.marylanddc-alanon.org>
 under the Resources tab

Group Records – Note Changes!

Group Reps & District Reps – WSO has retired the GR-1 form for Group Record Changes. Please provide any updates for your group, such as: Telephone Contacts to the Public; Current Mailing Address; & a new Group Representative. Send this information to the Area Group Records Coordinator (AGRC) by phone, email, or by using the Group Record Change form on the WSO web site. (See the AGRC Instructions – Revised, at the back of this issue.) After processing is complete, the Updated Group Record will be forwarded to your Area Information Service and District Representative.

District Representatives, Area Officers, and Area Coordinators – Please provide your contact information to the AGRC, who is responsible for notifying WSO's AFG Group Records Team with your information. The AFG Group Records Team provides information resources for your specific position such as the AFG Connects Community of Interest and read-only access to the District's records to support each DR in managing their their District.

Literature Depots

Baltimore, Baltimore County, Harford County & surrounding areas:

NEW: Carolyn (443) 528-5992

Please email orders and include the group and your name, address, and phone #
AlanonLiteratureDepot@gmail.com

Washington DC and surrounding areas:

See contact **AIS-DCSMD** information above.

Eastern Shore (District 24):

Ruth Cody
(443) 235-0300
ercody1@aol.com

In July, the Area 24 Steering Committee drafted a detailed document addressing the following questions:

- Question 1:** *Our face-to-face (FTF) meeting switched to a web-based platform due to the COVID-19 pandemic. How long can we stay virtual before going back to FTF?*
- Question 2:** *While we are using a temporary virtual platform, what reading materials can be used/displayed? **This answer, which is most relevant now, is on the next page.***
- Question 3:** *We have members concerned about returning to their FTF meeting due to a variety of factors, such as their age, health conditions, young children at home. What are some considerations regarding “reopening” FTF meetings?*
- Question 4:** *Can we hold a “hybrid” meeting (a meeting that is both FTF and virtual), at the same day and time/simultaneously? And can we do that indefinitely?*
- Question 5:** *Our group members like meeting virtually and want to continue doing that permanently without returning to meeting FTF. Can we do that?*

Their answers to all these questions can be found by following this link to the Area website:
https://4196483c-8d4d-4af9-9dfa-ecac15db8296.filesusr.com/ugd/c8a2a7_6039a08dd92e425db0689197979d2d96.pdf

Question 2: *While we are using a temporary virtual platform, what reading materials can be used/displayed?*

Answer 2: First and foremost, only Al-Anon/Alateen CAL is used in Al-Anon/Alateen meetings.

- Retyping our literature into a Word document/PDF and sending that to other members and/or sharing it on the screen during a virtual meeting is a copyright violation!
- Every member of the meeting can go the WSO website and have direct access to an online Service Manual at any time via a phone or computer, which allows our members to read directly from our CAL.
 - <https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/>
- For more information, please see the Al-Anon/Alateen Service Manual, 2018-2021 Version 2 pages 63, 89, and 111-6; also the pamphlet “Why Conference Approved Literature” (P-35)
- *What is okay to display on a screen during our meeting?*

o CAL that is available to be viewed/downloaded from WSO’s website (www.al-anon.org) may be displayed. Our Al-Anon/Alateen Service Manual 2018-2021 Version 2 (pp 24-7) contains everything needed for the meeting’s format, such as Suggested Welcome, Steps, Traditions, Closing, etc. The Al-Anon Focus/Declaration Table Card (S-24) is a Service Tool that can be “displayed” by holding it up to the meeting host’s camera on his/her computer/phone.

“Safety in Al-Anon Meetings” is not copyright, and is available from WSO here:

<https://al-anon.org/pdf/Safety-in-Al-Anon-meetings.pdf>

Several other pamphlets, including Detachment, may be downloaded here:

<https://al-anon.org/for-members/members%20resources/literature/downloadable-items/>

Newcomer welcomes and crosstalk statements are not WSO copyright, but instead are within each’s group’s autonomy. –Ed.

- *What about scanning/photocopying/retyping other pieces of CAL Literature or excerpts from a page of CAL to be displayed on screen?*

o This is a violation of the Copyright! Copyright laws do not support posting excerpts from Conferenced Approved Literature (CAL) even for registered meetings. By doing this, CAL could be reproduced and modified. (This is how daily readers ended up online years ago and were sold by outside entities). Any CAL can be read aloud directly from the literature by the participants, just as in FTF meetings.

***SPECIAL NOTE:** While the scanning, photocopying, and retyping of CAL might seem harmless, the problem is that members have taken liberties such as adding graphics and even changing the wording. Most CAL states, “*All rights reserved. No part of this publication may be reproduced, stored in or introduced into a retrieval system, or transmitted, in any form, or by any means (electronic, mechanical, photocopying, recording or otherwise), without the prior written permission of the publisher.*” We all need to respect WSO copyrights, and appreciate how CAL supports Al-Anon’s unity, our First Tradition.

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 Al-Anon Information Service
c/o John Butler
P.O. Box 185
Kingsville MD 21087-0185
(443) 695-0221
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

Al-Anon/Alateen Information Service
of Washington, DC and Suburban
Maryland, Inc (AIS-DCSMD)
www.al-anon-alateen-dcmd.org

Frederick – Hagerstown Answering Service
(Frederick & Washington Counties)
(240) 285-9831

The Baltimore Area Information Service
is subsidizing Conference-Approved
newcomer packets for its groups. Members
or newcomers can email Carolyn at the
Literature Depot:

AlanonLiteratureDepot@gmail.com

or leave a message for her at
(443) 528-5992

The WSO has formulated a digital
“Newcomer’s Packet” for use during the
pandemic’s virtual meetings.

This link asks only for the newcomer’s
email.

<https://signup.e2ma.net/signup/1917191/1799701/>

The WSO now will include the Zoom link to your meeting in their
map-based directory – follow this link and fill in the form:

<https://form.jotform.com/201006291804141>

If you don’t wish the password to be published, you may provide an
email or phone number so that newcomers and visitors can request it.

You will need your group’s WSO ID number: contact your DR or the AGRC.

Al-Anon World Services Announces the first AFG app

From the Executive Director:

The Al-Anon Family Groups Mobile App marks the next evolution in Al-Anon recovery. Now, with just a couple taps in the app, English-, Spanish-, and French-speaking Al-Anon members and newcomers from around the world will be able to come together for Al-Anon recovery.

What it is:

- A social app for Al-Anon members to connect with one another to share our experience, strength, and hope
- A new platform for electronic meetings

- A way to connect with your Al-Anon family in private chats
- A place to create and update a digital Al-Anon journal
- A place to stay informed on the latest information from the World Service Office (WSO)
- A place to purchase additional content such as a daily member sharing

What it is not:

- A face-to-face meeting list

To watch the app launch video, read more information, and find links to download the Al-Anon Family Groups app from iTunes and Google Play, visit https://al-anon.org/for-members/members-resources/mobile-app/?utm_source=AllPrint&utm_medium=print&utm_campaign=app

Treasurer's Corner

Contributions

The group, district and individual contributions for the first two quarters of 2020 were \$9,139; \$4,812 in the first quarter and \$4,327 in the second. The Area thanks you for all these contributions. In addition, \$1,300 in excess funds were transferred from the Fall Convention account to the area. See the "Contributions April through June 2020" page for details of the contributions in the second quarter.

The contributions at the beginning of the year were strong, but they tapered off in March. In the second quarter 52 groups sent in contributions, which is about two thirds of the usual number. Very generous personal contributions help boost our total contributions.

Expenses

Program expenses of \$1,011 were \$510 for Alateen support, \$101 for Al-Anon-Cer mailing and \$400 for Public Outreach. In addition, \$2,500 was sent to the World Service Office as a program expense. The administrative expenses of \$2,575 included \$2,265 for insurance, \$275 for a lawyer to review the Alateen procedure, and \$35 for mileage. There were administrative expenses for the spring AWSC, the fall assembly and the Northeast Regional Delegates meeting, all of which have been cancelled due to the pandemic, so these expenses were reimbursed. We are also expecting the Public Outreach expense to be refunded.

The cash balance as of June 31 was \$28,709. We still owe \$3,800 for liability insurance for the year, which would normally have already been paid. We are making quarterly payments, hoping the insurance company will reduce the premium because we are not meeting in person.

Directions for Contributions

If you are in a position to do so, you can contribute directly via credit card to the World Service Office at Al-Anon.org. You can send a check to the area and your local AIS if you have one.

You can also contribute to the area via credit card, debit card, or PayPal from the area web site, MARYLANDDC-ALANON.ORG. If you choose to contribute this way and want the contribution to be recorded as coming from a meeting be sure to indicate the meeting's WSO number. You can find the WSO number for meetings on the Al-Anon.org "find a meeting" section, at the bottom of the listing for the meeting.

Please include your WSO group number and meeting name on contributions by mail. If you don't know your WSO group number then include meeting location and meeting day and time. It would also be appreciated if you could include an email address or phone number in case there is a question.

Make checks payable to AFG of MD & DC.

Send contributions to: AFG of MD & DC, 3116 Parkway, Cheverly, MD 20785-1255

Yours in Service,

Charles Lady, Treasurer

**AFG of MD and DC Inc
Contributions April through June 2020**

| AFG or District | Amount | AFG or District | Amount |
|--|----------|---------------------------------------|--------------------------|
| 000 Individuals | \$744.81 | 000503309 Solomans | \$100.00 |
| 00027312 Oakleigh Sun Night | \$25.00 | 00052341 Steps to Serenity | \$86.00 |
| 00029637 Seven Locks Thursday | \$20.00 | 00053132 MWF AFG | \$30.00 |
| 00030503137 Ellicott City Courage to C | \$100.00 | 00053483 Sunday AFG Gaithersburg 1 pm | \$30.00 |
| 00030507984 Lithicum Sat Night | \$20.00 | 0005774 Annapolis Tuesday pm | \$125.00 |
| 00030511875 P F Daytimers | \$50.00 | 0005803 Loch Raven Fri Morn | \$50.00 |
| 00030519063 Paths to Recovery | \$48.66 | 0005856 Potomac Womens AFG | \$35.80 |
| 00030555587 Norbeck Blvd AFG | \$40.00 | 0005862 Bowie Mon Morning | \$135.00 |
| 00030563855 Severna Park Sat Morn | \$35.44 | 0005884 Clinton Daytime | \$40.00 |
| 00030586955 Palisades II Thursday | \$50.00 | 0005891 Crofton | \$42.00 |
| 00030624002 Palisades Sat. | \$25.53 | 0005916 Forest Hill | \$25.00 |
| 00030657156 Beginners By the Bay | \$20.00 | 0005917 Fallston | \$9.73 |
| 00030685957 Women's Renewal Kensington | \$50.00 | 0006053 AFG at Bethel | \$40.00 |
| 00030864 Georgetown Visitation Step | \$40.00 | 00060657 NIH Monday AFG | \$40.00 |
| 00037918 Pathfinders | \$26.00 | 00061600 How AFG Works Study | \$51.00 |
| 00038308 Desperados AFG | \$60.00 | 00064317 Midtown AFG | \$30.00 |
| 00041614 Hyattsville Fri Lun | \$15.72 | 00065794 Friday Noon Adult Child | \$30.00 |
| 00042697 Kensington Mon 7 | \$100.00 | 00066136 Evergreen Discussion | \$333.30 |
| 00045964 Germantown Lunchtime AFG | \$150.00 | 00066938 Westside Club | \$108.00 |
| 00046107 Gratitude | \$50.00 | 00067141 Hunt Valley Wed Morn | \$240.00 |
| 00047185 Arnold Monday Night | \$27.30 | District 06 | \$80.00 |
| 00048369 Suburban Parents AFG | \$150.00 | District 07 | \$344.46 |
| 000500622 Turn It Over AFG | \$28.83 | District 10 | \$90.00 |
| 000502994 Centreville AFG | \$280.16 | District 13 | \$75.00 |
| | | TOTAL CONTRIBUTIONS | <u>\$4,327.74</u> |

Appeal from World Services Organization

14 May 2020

Dear Al-Anon and Alateen members,

On behalf of the Finance Committee, I am writing to inform you of the impact COVID-19 is having at the World Service Office (WSO). Since the start of the COVID-19 pandemic, donations and literature sales have decreased significantly at the WSO. I know many of you are experiencing similar situations at your home group, District, Al-Anon Information Service (AIS), Literature Distribution Center (LDC), or Area.

At the end of April, literature sales were down 75% and contributions were down 34% and we are projecting a \$1,600,000 operating deficit at the end of 2020. Given reduced revenues, the Board has approved a transfer from the Reserve Fund to the General Fund of \$250,000 to provide cash necessary for operations. Significant cost cutting measures have been implemented including elimination of Staff merit and cost of living increases for 2020; all Staff travel through the end of the year; and Board, Executive, and Finance Committee travel through the end of August. Additionally, after prayerful consideration of our projected cash position, Staff furlough and layoff actions were taken Friday, May 1. All Staff who were impacted are eligible for the expanded unemployment coverage due to COVID-19.

Despite these actions, the WSO is doing business as usual, processing literature orders through customer service and shipping products ordered, fielding calls for public outreach and electronic meeting information, and keeping our presence known on social media and other services. To continue, we need your help. Some thoughts I have been having about Seventh Tradition donations:

- Do your groups, Districts, or Areas have money that was planned to cover Group Representative, District Representative, or Area officer travel which could now be donated because the District or Area meetings were held virtually?
- Is your group making announcements at your meetings to let members know they can go online and donate directly to WSO?
- How is your group handling the May Appeal Letter during this time of meetings happening virtually? Will it even be read?
- How can we keep the Seventh Tradition money flowing through the links of service from the groups to Districts to Areas to the WSO?

In the past, when members have been asked to help the WSO your response has been overwhelming. So once again we are coming to you. The pandemic has increased the incidence of alcoholism. The WSO would appreciate any contributions you and your group, District or Area can provide to help us continue to serve the families and friends still suffering in these uncertain times.

We can process checks mailed to the WSO, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454, or you can use the link below to contribute online.

Love in service,

Cathy T.

Treasurer

Al-Anon Family Group Headquarters, Inc.

Contribute by check, credit card, or Paypal at: https://al-anon.org/contributions/member/?utm_source=intheloop&utm_medium=email&utm_campaign=20200520ITL&utm_term=EN-buttonlink1_Support-the-WSO--&utm_content=/contributions/member/

Spring Assembly Minutes 2020

AL-ANON/ALATEEN FAMILY GROUPS OF MARYLAND AND THE DISTRICT OF COLUMBIA

May 30, 2020 – Hosted via teleconference
(87 attendees at the start- not all voting)

Opening:

We opened the meeting at 10 am, with the Serenity Prayer- Joanie

Reading of the Twelve Steps- Linda R.

Reading of the Traditions- Aly

Reading of the Concepts and General Warranties- Tish

Welcome:

Joe D. Chairperson, welcomed everyone on behalf of Area 24. He stated that District 10 was going to host and they are hosting behind the scenes. We are trying something unique here and see how it works. He explained the basics of being in a meeting:

You can chat with the host, he can't really chat or text. Send chat to Flemena. Send technical questions to Paul. There will be a 30 minute lunch break at noon. This will be a 4 hour meeting max. We will be voting via polling on computer, raising hands on the phone.

Please keep reports brief. You can ask questions after the report the complete.

The focus of this meeting is the World Service Conference report by Idalia. Take information back to the groups.

Area Business:

Roll Call and a Vote to establish Substantial Unanimity – Group Records Coordinator, Maureen M.

Maureen read Warranty 3, p. 216-217 from the 2018-2021 Service Manual about substantial unanimity.

Roll call of the number of Group Reps from each district:

District 1- 0, D2- 4, D3- 5, D4- 0, D5- 8, D6- 3, D7- 6, D8- 7, D9- 0, D10- 4, D11- 0, D12- 5, D13- 9, D14- 3, D15- 4, D16- 0, D17-3, D18- 1, D19- 0, D20- 4, D21-0, D22- 1, D23- 0, D24-1

There were 72 voting Group Reps total.

We voted to establish 2/3s as substantial unanimity, equaling 47 votes.

Approval of Minutes from the 2019 Fall Assembly meeting – Area Secretary, Dolores M.

The fall assembly was held Sept. 21, 2019 in Silver Spring, MD, hosted by District 12.

Minutes were published in the March 2020 issue of the Al-Anon-Cer, Vol. 15, No. 1.

There was a motion, seconded, and approved to accept the minutes from the 2019 Fall Assembly as published in the Al-Anon-Cer.

Chairperson Report - Area Chairperson, Joe D.

Calendar for 2020 Year

The fall meetings are unclear. Districts 24 and 20 will be hosting those.

This is an election year. The fall assembly would normally be an election assembly. Steering Committee Members and Area Coordinators should give a brief blurb about your position. We may consider a hybrid meeting. Think about it about how to move forward. This meeting is a stepping stone for the future.

All job descriptions are online on the Area website.

The Area Chairperson has to be able to prepare the meetings and work, throughout the year, with all the coordinators. There is an administrative end to things-- signing off on Insurance Certificates, etc. Reach out to Joe privately if you want more information.

Special Election today- Dan O. had to resign the Alternate Delegate position and Joe, as the Chairperson had to assign someone to take the position temporarily. He reached out to Phil B. who has served as District Representative and has a lot of experience. Phil accepted the position and he wants to continue in it.

Is there anyone else interested in filling this position for 6 months? (No other hands going up.)

Joe asked Phil to leave the room for a moment.

Joe asked for people to raise their hand to vote for Phil to continue in the position as Alternate Delegate.

The majority voted yes.

Any opposed? 3 opposed. Abstentions? 0

Joe texted Phil to return to the room. Phil B. is officially the Alternate Delegate for Area 24, for the rest of the year.

Delegates Report- Area 24 Delegate, Idalia R. (morning)

Having come back from the World Service Conference (WSC), which was held via teleconference, Idalia gave her consolidated report to the Assembly, of two weeks worth of work and information.

Theme of the World Service Conference: Dreaming Big with 2020 Vision

Thank you to all the people who put work into making the meeting happen. You are part of history for this area. (She read from *Al-Anon Family Groups- Classic Edition* p. 185: Bill Wilson talking about Al-Anon, at our first World Service Conference.)

When we found out we couldn't meet in person at the WSC, I was disappointed because it's my last year as Delegate. God had another plan- we had the first virtual conference.

Last year the head of the WSO showed us the Strategic Plan, but God had another plan.

2019 Audit Report: Independent Auditor's Report from January 2020. They issued an unmodified opinion, which is the highest opinion given. In addition to looking at the financial information, auditors observe what goes on at the WSO for a week or so during the audit. They observe procedures and processes.

Statement of Financial Position:

Assets- \$11,059,746 in 2019.

Total liabilities= \$1,530,745, Net assets w/o donor restriction= \$9,529,001, Total liabilities and net assets= \$11,059,746

Statement of Activities:

Expenses went up because of implementing Strategic plans.

Revenue- bulk of revenue is literature. Literature sales was down from 2018, during which there were a couple new releases. Contributions were up compared to 2018. In fact they were highest in 2019 compared to contributions in the last 5 years. Investment income did much better than 2018. Income from Forum subscriptions increased from 2018.

Expenses: Program services increased. Literature distribution expenses and General administrative service expenses decreased.

Top selling literature is: How Al-Anon Works, Courage to Change, ODAT, Hope for Today, and Paths to Recovery.

Investments were only 1% but equalled \$1,155,032 in 2019.
Reserve fund is 8 months.

Expense Comparisons- 2019 expenses increased because of Strategic Plan including technical changes.

Functional Expenses- Program Services are activities that fulfill the purpose of the mission: Public Outreach, AFG Records, International Services, Group Services, Literature, Conference, and Digital Strategy.

At the end of the World Service Conference the WSO starts preparing for the next year.
Literature Distribution includes publishing and shipping, receiving, etc. They design and publish literature.
General Administration activities- legal fees, financial, IT functions maintenance, trademarks and copyrights.

Accomplishments for 2019: Strong year for literature sales, contributions exceeded budget, started offering Al-Anon Faces Alcoholism year round, Resources allocated to technology and innovation, 11 strategies were delivered.

2019 WSO Annual Report- Mission statement, strategic plan, etc.

Expenses per group- \$314.28 per group. If you donate \$315 per year we would be covered. Some groups can't afford that, but some groups can donate more.
Website searches, meeting searches, etc. have increased every year.

Road trips- WSO has reached lots of states in the US and Canada and hopes to visit others.

Al-Anon Faces Alcoholism is available in French, Spanish and English.
Translations- also in Italian.

Financial Highlights- an upward trend through 2019- we don't know where we will be in 2020.

Since the Annual Report-

In the first quarter the WSO started interviewing for a Group Services Specialist- Alateen.
They are helping local members scramble to move meetings to phone and online.
AFG Records Team focused on welcoming and training new AGR Coordinators and AAPPs.
Conferences and Conventions- hosted the first virtual new member orientation for Panel 60.
Revised the WSC to an abbreviated Virtual WSC in record time.
Eliminated all fellowship visits and since the AA Covention in Detroit was canceled eliminated that travel.
Launched the electronic meetings newcomer email through- AFG Connects.
Supported continued electronic meeting registration.

In April the 2020 conference leadership team its first virtual new member orientation

This is the first time we did a virtual WSC- we were able to come together
The 2020 AA International Convention in Detroit was canceled.
A new daily reader is in the works- hope to release in 2023 in Albuquerque
Youth and Alcoholic Parent have been updated
AI-Anon Newcomer packets are being updated and translated.
Cancelled development of first draft of new daily reader in the first quarter. Hopes to have the final version completed by 2023 in time for International Convention in Albuquerque.

Public Goals:

Expanding member blog by publishing 12 steps, 12 traditions, 12 concepts as topics for sharing.
Expanding social media presence including adding video about “My Sister is an Alcoholic. . .”
Developed electronic newcomer’s kit.
Public Outreach- began collaborating with digital strategy team in planning 2021 membership survey.
Attended Trauma and Addiction 2nd International Convention.
Preparing a survey for Canadian professionals.
Protecting the AI-Anon name: There is no official AI-Anon app to date. The apps that exist are adding our literature without permission. Some are apologizing and taking our stuff down. We are working on an app.
We are working on copyrighting some material now.

The International Team is responsible for 37 General Service Offices in 70 countries.
Meeting in London scheduled for October has been canceled, working on a virtual meeting.
New position at WSO- Associate Director- Administration and Strategies- includes working on trademark and copyright protection. The person is a voting member of WSC.
Right now, we do have staff at WSO answering phones and taking literature orders.

WSO automated notification of AMIAS certification and automated emails when literature is ordered. Only essential workers are at WSO now. No volunteers are coming in.

2020 WSC Budget Presentation

Niketa Williams, Director of Finance & Operations

This budget was the wishes and dreams for 2020- all may be changed by the pandemic
But Idalia wants us to know what we had envisioned, etc.

Budget Process- all the departments get together and submit what they need.

Budget Formulation -> Finance Committee and Board of Trustees Approval -> WSC Members’ Review ->

Budget Execution -> Budget Oversight

We are frequently dealing with deficit budgets, because we don’t know what will be “real”.

2020 Operating Budget was a deficit budget (before the pandemic) projected to be consistent with 2019.

We thought literature sales would be consistent with 2019, but given the pandemic, sales will be lower in 2020.

Contributions exceeded budget by 6%. Bequests provided additional funding (\$223,000 in 2019.)

Mobile app- don’t know timeline

Online store upgrade in 2020.

Transfers from Reserve Fund: Board approved the transfer of 4% of Reserve Fund balance to fund general operations, (\$225,000 for 2020). The Board votes to fund the Strategic Plan Initiatives from the Reserve Fund (\$68,160 for 2020). The Board voted to fund interpretation of the World Service Conference from the Reserve Fund (\$25,000 for 2020).

2020 Projects:

Mobile App launch

Online store redesign

2020 International GSO- cancelled

New Strategic Plan initiatives

Interpretation offered at 2020 WSC

Preliminary Budget labor costs- \$3,926,391 in 2020 vs. \$3,868,423 in 2019.

This is all changing due to staff layoffs, etc.

We were trying to hire new people in 2020, because staff was doing multiple people's jobs.

Continuing costs: Building occupancy cost, packing and shipping costs, postage, telephone and internet, stationary and supplies, repairs and maintenance, legal and audit fees.

All staff travel through end of year has been postponed or cancelled.

Road trip to Cleveland, OH in October has not been cancelled yet. This was for World Service Delegates to have their last meeting together.

Everything is being re-evaluated. What would it take to keep operating?

2020 Strategies- expand technologies, enhance trilingual communications, competitive analysis, address trademark & copyright violations.

What's the bottom line: We started with a \$129,866 deficit. We are now projecting a \$1,600,000 deficit in 2020! It is up to us. We are self-supporting.

Whatever we can do collectively, we need to do. We are resilient. We will get through this.

In July, there is a board of trustees meeting. She will try to get some information out.

Idalia shared her experience as the Delegate- started in 2018- Joyous. Last year- going to Virginia Beach, she put herself into action. She was put into committees and task forces. Did breakout sessions to help her. She was part of Panel 58. Their theme was "We Participate".

This last year- a virtual conference. They shared cookies, chocolate and a "love gift" (appropriately for the pandemic- toilet paper).

The love came through!

She shared her video skit based on Climb Every Mountain, from the Sound of Music.

There were lots of applause and smiles.

Questions:

Q: Who are competing organizations (mentioned in competitive analysis)?

A: They are developing a list now.

Q: Which positions were eliminated?

A: We don't know who was furloughed. Might be older people who work there, who may be more susceptible to the virus. They are eligible for unemployment.

Q: Postage costs rising? A: People still want their physical book.

Q: Are the copy of slides available? A: Sending to chairperson.

Q (or comment): The competitive analysis is a \$10,000 line item.

A: Can be a lot of money. She thinks it's for expected gathering of information. Once they get costs in, they can make a decision.

Q: What is the WSO vs. WSC?

A: World Service Organization- the headquarters in Virginia Beach. World Service Conference is held once a year, all the Delegates. It is the group conscience for the WSO.

Q: Anticipated deficit for 2020?

A. Literature sales are down 75%, etc. A \$1,600,000 deficit is projected currently.

Alternate Delegate Report- Phil B.

Upcoming Fall Assembly is October 24th. We will be voting for a new steering committee.

All Groups should elect new Group Representatives in the next couple months, then District Representatives, so that people can be acclimated in their new roles, especially the election process. The Area 24 website has all the job descriptions, under Resources.

Al-Anon Service Manual is also online through Area 24 website. You can download it from WSO as a pdf with a search feature.

Maureen added that the Group Records Change form is also on the Area Website.

Lunch break- half hour

We began after lunch with the Serenity Prayer- Winston

Area Chair, Joe-

Welcomed everyone back. Mentioned Flemina, who was acting as teleconference host. He suggested Phil introduce himself to everyone.

Alternate Delegate, Phil- Served as a GR, DR for District 10, Fall Convention Chair, and other positions, like Area Alateen Coordinator. He served and passed the job onto someone else.

Secretary, Dolores- explained the secretary job, and steering committee meetings.

Roll call in afternoon, of number of Group Reps from each district.

District 1- 0, D2- 3, D3- 5, D4- 0, D5- 4, D6- 3, D7- 4, D8- 8, D9- 0, D10- 4, D11- 0, D12- 4, D13- 9, D14- 3, D15- 4, D16- 1, D17-2, D18- 1, D19- 0, D20- 4, D21-0, D22- 1, D23- 0, D24-1
60 total, 2/3's is 40. [If we have a vote, we will double-check]

Treasurer's Report: Charles L. (combined emailed report and notes during meeting)

Thanks to be webmaster, Katie, it is now possible to make contributions to the area from the home page of the area web site, www.MarylandDC-Alanon.org. Contributions can be made with a credit card, a debit

card, or PayPal. You can make an individual contribution or enter a WSO or district number to have the contribution credited to a group or district. Contributions by check are still gratefully accepted.

Glad to have contributions sent by check.

If you cannot put your WSO group number on checks, include the name of group, location, and when you meet, e.g. Tues. Night 8 pm, We Care, in Parkville, MD 21234.

Mail contributions to:

Area 24

AFG of MD and DC Inc.

3116 Parkway

Cheverly, MD 20785-1255

The final 2019 income and expenses compared to the budget were presented. There was a net deficit of \$1,975. The bank balance at the end of 2019 was \$24,780. The details presented were the same as in the March 2020 Al-Anon-Cer.

The summary results for the first quarter of 2020 were presented compared to the budget. The contributions were about \$400 below average. There was a \$1,300 transfer to the Area from the fall convention. The expenses were low, mostly because the Northeast Regional Delegates (N.E.R.D.) conference was cancelled due to the Corona virus. For the quarter there was a surplus of \$4,250.

A very rough estimate of the income and expenses for the rest of 2020 was presented. Using the actual income through May and estimating contributions would drop by a third for the rest of 2020 the estimated income would be about \$15,000. The average income for 2015 to 2019 was \$20,000, so income would be down about \$5,300.

Reduced spending due to cancellation and reductions in expenses because of the Coronavirus was estimated to be about \$5,400 compared to the 2015 to 2019 average. The cancellations and reductions were in Alateen expenses, reduced public outreach opportunities, no literature or meetings at Jessup women's prison, no AA convention, no N.E.R.D., no hall rentals for AWSC and assembly meetings, and reduced insurance costs because of fewer in-person meetings and events.

The projected deficit for 2020 these assumptions would be \$800. That would result in an end-of-year bank balance of \$24,780. This is about \$1,500 below the goal for the prudent reserve. This was a very rough estimate. If the contributions dropped by half rather than a third, the deficit would increase to about \$2,600. If the expenses dropped more than estimated we could actually end up with a surplus for the year.

A motion was made from the floor to make half of the budgeted contribution to WSO now rather than waiting close to the end of the year to make the entire \$5,000 contribution. The motion passed with a two-thirds majority after some discussion (3 opposed, 2 abstained).

Questions: What mechanism are they using on the website for contributions?

A: Uses Paypal (they take a fee of 3%). The advantage is that it takes Credit Card, Debit Card, or other.

Q: Contributions to AIS? A: need to look online

Q: Zoom cost coverage? A: It's up to the meeting.

Q: NERD Conference funds- can we use them to contribute for WSO?

A. In the budget is our usual \$5000 contribution to WSO. It may be wiser to wait to see if we have any extra money until fall.

Q: Should we send \$2500 to WSO. (Motion made.)

Q: We normally give \$5000 to WSO. Do we usually do it at the end of the year?

A: Usually do it twice a year.

(Idalia says WSO are asking delegates to possibly contribute any expenses.)

Q: Are we paying for Zoom? A. No.

Q: Do we have cash to do it? A: Yes, we have the cash to do it.

Q: To you, Charles, do you think it's prudent to do it now?

A: It doesn't matter. The only thing we buy is to feel more comfortable. We have prudent reserve. Hate to see WSO laying off people. It might be a good thing to do.

Announce it in the meetings that people can go online to contribute. We can include group numbers so the group can contribute as well.

Insurance Coordinator Report- Gilbert L. (emailed report)

Group Reps, District Reps, Coordinators, and the Steering Committee should be aware that AREA 24 provides insurance coverage for Groups, Districts, Alateen, Spring and Fall Conventions, Spirituality Weekend, and other AREA 24 activities. This includes meetings, events, workshops, training, and business meetings.

AREA 24 has three policies--

Liability Insurance. Our Annual Policy (April 21, 2020-April 21, 2021) includes Operations, Commercial General Liability, Professional Liability, Abuse and Molestation Liability, and Errors and Omissions.

- The Insurance carrier is aware that we are not meeting physically at our locations and we will apply for a credit against the policy premiums (which are based on weekly meetings).
- In addition, the Spring Convention, Fall Convention and Spirituality Weekend have been reclassified as "Conventions" and if they are going to be held, we must apply for insurance coverage at that time.
- If you need a Certificate of Insurance for your Event or Facility, please go to the AREA 24 website, www.marylanddc-alanon.org, select Resources, then AREA 24 Forms, then Insurance Certificate Request. Complete and send to the Insurance Coordinator.

Directors and Officers Insurance Our Annual Policy (May 21, 2020-May 21, 2021) is required coverage for Non-Profits like AREA 24. This covers Directors, Officers, and Organization Liability as well as Employment Practices Liability.

Crime Policy This is a 3-year policy (March 16, 2018-March 16, 2021) covering Employee Theft of funds.

The Role of the Insurance Coordinator. Renew insurance policies, provide Certificates of Insurance, handle insurance questions as needed. Guidance is provided by Insurance Brokers on renewals and policy questions. If you pay attention to your personal, home, and auto insurance policies, you can do this job! If you have experience or background in business insurance that would be helpful.

If the Fall Convention is going to happen, we need to know, because we have to get the insurance.

Technology Report- Paul C. (emailed report)

Out of sheer necessity, a large number of members have adopted virtual meeting technology to continue our meetings and service events like the Area meetings.

We anticipate that incorporating virtual attendance of Area meetings will be desired. While in person attendance is always encouraged, we will likely need to have a Technology Committee member assist with incorporating virtual attendees by providing clear audio, and assisting the Group Records Chair, to integrate their virtual votes during voting events.

Al-Anon-Cer Newsletter Report- Robert W. (emailed report)

The June issue will be slightly delayed to include today's results of the special election for Alternate Delegate.

This quarter had a record 15 new online subscribers, bringing the email list to 650.

Currently 21 members receive paper copies by postal service. This is the time of year to renew paper subscriptions. I am inclined to suggest a \$12 donation (not required!) from any member who can afford it. Last year's \$10 suggested donation was less than half the cost of Al-Anon-Cers with all the colorful event flyers we enjoyed. I anticipate lower cost this year with fewer flyers; \$12 should cover the actual expense of printing and mailing.

Thanks for this opportunity to serve!

Public Outreach- Rita O. (presented and emailed report)

Update on WSO PSA campaign- TV- 1718 Airs, Spanish 23 Airs

MTA campaign- 500 posters, 120 routes, in 9 counties in MD Aug. 15 to Oct 10th,

We got an additional 4 weeks. We were pleased with the campaign.

Newcomers in zoom meetings. Send them to the Al-Anon website to get newcomer's packet.

Q: Isn't Baltimore AIS sending out a newcomer's packet free of charge?

A: Baltimore is doing this.

Diane from AIS commented that it is okay to recommend both.

(Public Outreach Report –Submitted by Rita O – Public Outreach Coordinator)

1. WSO PSA Campaign

The new WSO PSA's Campaign using the tag line "Not Everyone Trapped by Alcohol is an Alcoholic" with TV and Radio spots entitled "Christina" and "Questions"

Totals through 5/20/20

TV - 1,718 Airs – Value of \$233,648 - right in line with FLA & TEXAS (\$136/spot)

Radio - 555 Airs - Value of \$36,036 (\$63/spot)
Spanish Radio – 23 Airs – Value of \$1,449 – only Oregon & CA airing Spanish radio

2. Area 24 – Mass Transit Campaign 2019 Recap:

TRANSIT AREAS - Counties Covered: Anne Arundel County; Baltimore City & County; Harford County; Howard County; Frederick / Western MD; Montgomery County; Prince Georges County; Ocean City MD; MARC TRAIN between Baltimore & DC.

- 500 Transit Posters were installed in (9) Counties and on Marc Trains. This includes (70) FREE posters.
- The Posters ran from 8/15/19 through 10/10/19. An additional 4 weeks.
- That translates to a donation of ADDITIONAL services in the amount of \$10,733., above our combined (Area 24 & Baltimore AIS) initial expenditure of \$9,415.
- The saturation of AI-Anon ads was 500 buses, on 120 routes, for 8 weeks. Which is approx. 1/3 of the entire fleet in these areas.

RESULTS – August-October 2019

Overall, we believe the campaign has been successful. Posters have been seen in various areas and Members have reported an increase in newcomers to their meetings.

Viewership – Avg. 320,000 riders per day or 19.2 million views for 8 weeks

Baltimore AIS website - show us that we went from 50% new visitors to 62% - so an overall 12% increase.

AREA 24 website – had a total of 3,964 visitors, of which 3,870 were NEW a 97% increase

3. Tuerk Conference – POSTPONED till 9/11/20

NACDD – MD; National Council on Alcoholism and Drug Dependence of MD

Baltimore Convention Center – last year had about 300 visitors

4. Hope for Today – now available as an eBook on Amazon. Apple or Barnes & Noble

5. Pandemic Stats – CDC reports 20 million Americans struggle with Alcohol and substance abuse. Neilson reports online alcohol sales increased 243% during the pandemic. Alcohol sales increased by 55% in just one week ending March 21st. A recent survey by Recovery Village of 1,000 participants found 88% consumed alcohol, 55% report increased consumption, and 53% claim the increase is due to the stress of COVID-19. So, remember when anyone, anywhere reaches out for help – let the hand of AI-non and Alateen always be there and let it begin with ME!

6. Newcomers at our ZOOM Meetings – to provide immediate CAL and information – you can direct them to AI-anon.org/welcome. They provide an email address and a welcome packet is immediately sent to them.

ROTATION OF SERVICE

Anyone interested in being the next Public Outreach Coordinator?

Please see me or email me at:

afghealthfairs@gmail.com

Area Alateen Coordinator and Alateen Process Person- Sarah and Barb
(presented and emailed)

There are four Alateen zoom meetings, with always two AMIASes in the meetings. They established ground rules. Sarah is conducting the Monday night zoom meeting. They had a few newcomers. The “zoom thing” is working.

AMIAS training is online with an extended deadline.

Barb’s position comes up for election this fall. It is posted on the website. The AAPP does the training and annual certification. It entails a little travel. The person has to be an AMIAS.

She tried to reach out to schools and public health organizations. They are looking for a permanent solution to electronic meetings.

Alateen Emailed Report:

Alateen meetings in the Area – there are currently four Zoom Alateen meetings: Sunday, Monday, Thursday, and Saturday. These meeting coincide with the day and time of existing Alateen meetings per the WSO guidelines. AMIAS from the Alateen meetings that meet on those days are sponsoring these meetings; two are present for each meeting. Information about the meetings is available on the Alateen website www.alateenmddc.com.

Normally, there are 11 Alateen meetings in the Area. A new Alateen meeting is planned for the Gaithersburg area; AMIAS have been trained and a site has been identified.

Alateen training for new AMIAS and recertification – Training was held in-person on February 1st for 13 new AMIAS and 3 recertifying. There have been two Zoom “in-person” training sessions: April 4th, 3 new and 2 recertifying and April 19th, 3 new and 7 recertifying

Many of the current AMIAS can take an online training test which is new for this year. Those who became an AMIAS before 7/1/2018 can participate in the online training test rather than in-person; they had the option of attending in-person.

Annual recertification training is planned to be completed by June 1 so that all records can be updated with WSO by July 1 although WSO has extended the date.

Alateen Area Coordinator – this position will be open for the fall elections. Current AMIAS have been made aware; no one has yet come forward. (The Alateen Area Process Person has another year to complete the 3-year term. The staggered turnover is helpful for the transition.)

Alateen in schools & health department centers:

Public Schools: no meetings have been initiated because there are not enough AMIAS available during the day.

Health Department – The Anne Arundel County Health Departments is interest in being a site for Alateen; the planned start date has been postponed.

Fall Convention – No report about what they are doing. However, subsequently the Committee voted to postpone the convention until 2021.

Spring Convention Chair- Marty C.

The 2020 Spring Convention in Chestertown has been cancelled and we are planning to move forward with our current plans for the 2021 Convention. The Committee will re-convene as restrictions are lifted.

Baltimore AIS- Diane D:

We are reimbursing people for their zoom accounts. In order for you to get it, send an email to Baltimore Area Treasurer. The Al-Anon Birthday Luncheon is canceled for this year and we have a date of April 18th for next year. You can get a refund if you bought a ticket already.

Carroll County Report- (emailed in by Margie)

I am the District Rep for Carroll County and we are now doing zoom meetings as much as possible. I have reached out to all of the Group Rep's to see how the churches are going to proceed with services and meetings. So far, I have not received back any good information. We are having our district meeting Sunday evening and will discuss how we are going to do meeting in the future.

Idalia- She is attending as many meetings as she can. If you'd like her to attend or chair your meeting email her at: bethgina@aol.com. She would love to visit your meetings.

Joe- Host for fall assembly is Lynne F.-- Joe will contact her. Format is to-be-determined. Hybrid meetings would require internet service. Many locations lack internet service.

Katie will put Idalia's slideshow presentation re: the WSO on the website so everyone can have access to the information..

Thanks from Joe to everyone. One final comment- Elections! Have them in your groups and districts.

We closed with the Al-Anon Declaration and the Serenity Prayer.

Area 24 Online Alateen Meetings



Effective Sunday, September 13, 2020



The meetings below are online during the current crisis.

Alateens can attend any of the meetings. Newcomers are welcome.

Alateen is for those ages 9-19 whose lives have been affected by alcoholism in a family member or close friend

www.alateenmdc.com

| Meeting | Day and Time | Zoom Link, Meeting ID & Password |
|--|--------------------|---|
| Lutherville/Columbia | Sundays 7:00 pm | Join Zoom Meeting https://positivepsyche-biz.zoom.us/j/85087852562?pwd=bVkxN204U2F5dnB0ckp4cEdsZmw3UT09 Meeting ID: 850 8785 2562 Passcode: 821502 |
| New Hope (Owings) | Mondays 7:30 pm | Join Zoom Meeting https://positivepsyche-biz.zoom.us/j/89755786747?pwd=eXcwbzZxVlptTlJSeIFkWXFRakFpUT09 Meeting ID: 897 5578 6747 Passcode: 717885 |
| Arnold/Davidsonville/ Salisbury | Thursday 7:30 pm | Join Zoom Meeting https://positivepsyche-biz.zoom.us/j/84864581603?pwd=eU9QNVVXTUdQQ3B4bUM0OCt1VDJ5dz09 Meeting ID: 848 6458 1603 Passcode: 194627 |
| Serenity Step Alateen (Takoma Park) | Saturdays 11:00 am | Join Zoom Meeting https://positivepsyche-biz.zoom.us/j/85296323586?pwd=UTZJd0xrYm1rSm5DVnErTEpiUDBKQT09 Meeting ID: 852 9632 3586 Passcode: 240291 |

Guidelines for the meetings:

- As with all Alateen meetings:
 - There will be 2 Alateen sponsors in the meeting; one will be the host.
 - Only Alateen members and prospective members (newcomers) may attend.
- For Security purposes:
 - The meeting will begin at on time and be locked (meaning no one else can join) 20 minutes after the meeting starts, so please don't be late.
 - Your video must be enabled for you to join - we need to always know who is on the call.
 - Zoom chat will be disabled.
- Unless you are speaking, please mute your mic.
- The meeting is for one hour.
- Current members, please have your book(s) available before the meeting starts.



**Delaware AFG 2020 Virtual Convention
Seeing Clearly in 20|20 with Al-Anon
Saturday Sept 12, 9am – 4pm Eastern
Zoom IDs & Passwords below**

| | | | | |
|---|--|---|---|--|
| 8:30 – 9 am | Get connected and GET READY to see clearly Zoom ID: 875 5074 1143, password: 593046 | | | |
| 9 – 9:15 am | Welcome, Serenity Prayer, Steps & Traditions Zoom ID: 875 5074 1143, password: 593046 | | | |
| 9:15 – 9:45 am | AA Speaker: Tara P. from N. Las Vegas, NV Zoom ID: 875 5074 1143, password: 593046 | | | |
| 10 – 11 am Zoom ID Password | Clarity Thru the Steps 870 5420 6776 691262 | My HP has 2020 Vision 832 4395 4897 572970 | Looking Thru the Eyes of Gratitude 870 0558 9992 709934 | AA Participation 816 407 2882 AAworkshop |
| 11:15 – 12:15 pm Zoom ID Password | Looking Thru the Eyes of Gratitude 889 0402 5581 979615 | A New Pair of Glasses—Slogans 834 5197 3633 293377 | My HP Has 2020 Vision 867 3936 7801 709934 | AA Participation 816 407 2882 AAworkshop |
| 12:15 – 1:15 pm | Lunch Break | | | |
| 1:15 – 1:35 pm | Alateen Speaker: Emily B. from Delaware Zoom ID: 875 5074 1143, password: 593046 | | | |
| 2 – 3 pm Zoom ID Password | Focusing on Myself 834 8927 9799 318169 | Clarity Thru the Steps 823 5058 3798 637666 | Alateen— Keeping the Focus on Myself preregister req'd** | AA Participation 816 407 2882 AAworkshop |
| 3:15 pm | Al-Anon Speaker: Carrie J. from Silver Spring, MD Zoom ID: 875 5074 1143, password: 593046 Serenity Prayer & Al-Anon Declaration | | | |
| Questions about convention? Volunteer to chair a workshop? de.afg.meetinglists@gmail.com 3 | Technical Questions during the convention? 875 5074 1143 6664 | **Alateen preregistration bw2020convention.alateen@gmail.com | | |
| The Convention is free, but if you would like to donate we have many options available. email de.afg.meetinglists@gmail.com 15. | | | | |
| Each Breakout Session will be limited to 100 people. | | | | |

AL-ANON DISTRICT 8 BALTIMORE
VIRTUAL FALL WORKSHOP

SEPTEMBER 26, 2020
9AM-12PM EST

Harvesting Serenity

9:00 Doors Open/Fellowship

9:15 Welcome, Readings

9:30 Spiritual Awareness: Steps 1-3

10:30 Break

10:45 Healthy Harvest: Surrendering Control

11:45 Closing/Survey/Fellowship

[CLICK HERE TO JOIN ON YOUR COMPUTER OR SMART PHONE](#)

TO JOIN BY PHONE:
DIAL 929 205 6099
MEETING ID: 898 1018 8660
PASSCODE: 1951

This link does not work in this flyer once it has been inserted into the Al-Anon-Cer. Please use the flyer attached separately. ~Ed

QUESTIONS??
fallworkshop2020@gmail.com

**Area 24 2020 Group Records Update Instructions:
New Trusted Servants & Temporary Ad Hoc Electronic Meeting
Updates for WSO, Area & AIS Group Records!**

**Update your WSO Group Record with your New Telephone Contacts, CMA,
GR & Ad Hoc Electronic Meeting Information.**



Trusted Servants: WSO expanded the Meeting Location Special Instruction section in the Group Record to allow for “Face to Face” (FTF) & “Ad Hoc Electronic Meeting” Comments/Information. This displays on WSO’s “Find A Meeting Page” for the Newcomer & Returning/Visiting Member to use to attend your meetings.

Instructions on how to update your group’s WSO Group Record:

1. From Al-Anon’s homepage (<https://al-anon.org>). Select “Members” tab”; then Select “Group Resources”; then Select “Group Records”; then Select “Group Change Form on this page & input your group’s data. OR cut and paste: <https://al-anon.org/for-members/group-resources/group-records/> directly into your browser, input your information and submit. Your input into the WSO Group Change Form is re-directed to the Area 24 Group Records Coordinator (AGRC) for their data entry into the WSO Group Records Database within seven days of receipt.
 - AGRC Process: AGRC updates WSO record, which is uploaded within an hour to the WSO database & is available on WSO website.
 - AGRC notifies the meeting’s GR/CMA, DR and AIS (when meeting is located in an AIS area) & requestor if not GR/CMA/DR/AIS via email.
2. WSO expanded the Meeting Location Special Instructions section of the Record to accommodate detailed information on FTF meeting instructions & ad hoc electronic meeting information.
3. Other Group Records Change Options:
 - Email Area 24 Group Records Coordinator, Maureen M at records4area24@marylanddc-alanon.org with updated information for input or Changes can also be sent directly to the WSO.
 - Send USPS mail to 5007 Geronimo Street, College Park, MD 20740 for input.

Check WSO’s “Find a Meeting” feature to see how your meeting is listed for the Newcomer and visiting Member: <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>.

Al-Anon Group Records Change Form

Please submit this form through your Area Group Records Process or the WSO

1. Group Record

WSO I.D. Number _____

District Number _____

Area Name (Abbreviation) _____

2. Status

Change

Inactive

3. Changes

Group Name

GR

Meeting Place

Current Mailing Address (CMA)

Meeting Time

Phone Contact for the Public

Meeting Day

4. Group Registration Overview

Group Name* _____

* Reflects Al-Anon principles and is inviting to all. See instructions to fill out the form. Please note that group names not in compliance with the Al-Anon policy will delay processing of the registration. Contact your Area Group Records Coordinator or the WSO for further information.

Mailing Language _____

Location

Meeting Place _____

Meeting Address _____

City _____ State/Province _____ Zip/Postal Code _____ Country _____

Group email _____

Phone Contact for the Public

First Name _____ Phone Number _____

First Name _____ Phone Number _____

5. Meeting Details

Day _____ Time _____ AM PM

Meeting Attendees: Families, Friends and Observers welcome
 Families and Friends only

Spoken Language _____ Member Count _____

Beginners* Introductory** Limited Access***

Handicap Access Child Care Fragrance Free

Smoking Permitted Sign Language

Location Instructions _____

Additional Meeting

Day _____ Time _____ AM PM

Meeting Attendees: Families, Friends and Observers welcome
 Families and Friends only

Spoken Language _____ Member Count _____

Beginners* Introductory** Limited Access***

Handicap Access Child Care Fragrance Free

Smoking Permitted Sign Language

Location Instructions _____

*held in conjunction with a regular Al-Anon group meeting, not considered an Al-Anon group. Provide newcomers a simple introduction to Al-Anon.

** Attendance changes frequently; not considered an Al-Anon group. Attendees are invited to go to regular Al-Anon meetings.

*** Meeting access is limited due to the facility's entry restrictions. These groups meet at sites such as military bases, institutions, industrial plants, or schools.

6. Current Mailing Address (WSO mail for the group is sent to the postal and email addresses)

First Name _____ Last Name _____

Street/PO Box _____ City _____

State/Province _____ Zip/Postal Code _____ Country _____

Phone Number _____ Email _____

CMA email address is entered here. Please enter Group email address in section #4 (See instructions for more information)

7. For Area Use

Group Rep Other _____

First Name _____ Last Name _____

Street/PO Box _____ City _____

State/Province _____ Zip/Postal Code _____ Country _____

Phone Number _____ Email _____

The WSO will register any group designating itself as an Al-Anon Family Group with the understanding that it will abide by the Traditions and that meetings will be open to any Al-Anon members. Al-Anon/Alateen Service Manual (P24/27), "Digest of Al-Anon and Alateen Policies"

Submitted by: _____ Date: _____ Phone: _____ Email: _____