



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

March 7	Planning meeting for Fall Convention (flyer attached)
March 8	District 7 SereniTea (flyer attached)
March 14-15	20 th Annual District 13 Spirituality Weekend MARCH 2 DEADLINE! NO WALK-INS!
March 22	AMIAS training in Columbia (flyer attached)
March 28	Area 24 Spring AWSC Meeting – Hosted by District 13 (flyer attached)
April 19	Baltimore Al-Anon Birthday Luncheon (flyer attached)
April 19	AMIAS training in Centreville (flyer attached)
May 30	Area 24 Spring Assembly Meeting – Hosted by District 10 (flyer attached)
June 5-7	50 th Annual AA State Convention with Al-Anon Participation (registration form attached)
June 12-14	Area 24 Spring Convention Chestertown, Maryland (registration form attached)

For calendar updates, please check the Area 24 website:

[click here](#)

~ or ~

aim your smartphone camera at the QR code at the top of the page

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 the “**Our Trusted Servants**” listing 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 Al-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 calendar events, and reports for the Al-Anon-Cer to the editor at the following:

Al-Anon-Cer

Robert W

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 Group 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**

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SUBSCRIPTIONS

Group Reps (or Current Mailing Address for group if different from GR), District Reps, Area Officers and Coordinators, Past Delegates, Regional Trustee, and Area Information Services may request a **paper** copy. Additionally, anyone else may request a paper copy; a \$10 annual donation is requested but not required. See p.37.

The Al-Anon-Cer is emailed at no charge to any member who requests a subscription.

Email your subscription request to:
Newsletter4Area24@gmail.com

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

Letter from the Editor

Al-Anon is a gentle program.

Some of the readings may not suggest that. A newcomer's welcome that states, "You and you alone are responsible for dealing with your own pain" comes to mind. Even in the steps, having "God remove all these defects of character" initially sounded like a painful procedure.

The gentleness I have found has come from other members. My sponsor who was so lovingly in the fifth step helped me to forgive myself my faults and to appreciate my better qualities. And more recently all the members who have supported and encouraged me during my term as the inevitably imperfect editor of this newsletter.

This position has given me so much practice making amends. The newest: In my zeal to print exactly what was submitted in the December issue, I mistakenly printed a list of Trusted Servants which was sent simply to verify my information. That list, while enticingly formatted, did not include our Past Delegates — so neither did that issue. My apologies to those valued members, and anyone who was seeking their information. My gratitude to the person who so gently pointed out that omission.

Every service position is an opportunity to work the Twelfth Step, because every facet of this fellowship is focussed on carrying the message. And Al-Anon service provides a safe, supportive community in which to practice these principles. Service has been an essential element to my recovery. As new Group Reps and Alternate Group Reps are chosen later this year, I highly recommend these positions as opportunities to move into service beyond the group. A newly revised description of service positions starts on page 150 of the version 2 Service Manual <https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/>

Group Records

Group Representatives—please keep your District, Area Information Service, Area 24, and the World Service Office informed of your group's new contact information by sending each of them a copy of a completed "Al-Anon Registration/Group Records Change Form." The form is available at the end of the newsletter, or on the Area website: <https://www.marylanddc-alanon.org> under "Resources" – "Area 24 forms"

SEND AREA CONTRIBUTIONS AND TREASURER CORRESPONDENCE TO:

**AFG OF MD AND DC, INC
3116 PARKWAY
CHEVERLY MD 20785**

***PLEASE INCLUDE YOUR GROUP NAME AND
NUMBER ON YOUR CONTRIBUTION. DISTRICT
CONTRIBUTIONS SHOULD SHOW THEIR DISTRICT
NUMBER.**

**Alateen groups are in need of
sponsors, especially for
meetings during the day.**

**To get involved, call Barb or see
<http://www.alateenmddc.com/>**

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

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

Cumberland Answering Service

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

Al-Anon/Alateen Information Service of Washington, DC and Suburban Maryland, Inc (AIS-DCSMD)

www.al-anon-alateen-dcmd.org

Easton Answering Service

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

Frederick – Hagerstown Answering Service (Frederick & Washington Counties)

(240) 285-9831

Baltimore Al-Anon Information Service

Care of John Butler
P.O. Box 185
Kingsville MD 21087-0185
(443) 695-0221
www.alanon-maryland.org

Salisbury/Ocean City Answering Service

(410) 742-2504

WORLD SERVICE OFFICE

Al-Anon Family Group Headquarters,
Inc. 1600 Corporate Landing Parkway,
Virginia Beach, VA 23454-5617

Email: wso@al-anon.org

Meeting information: 1-888-425-2666
All other business: (757) 563-1600
Website: <http://www.al-anon.org/members>

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

**AL-ANON/ALATEEN FAMILY GROUPS OF
MARYLAND AND THE DISTRICT OF COLUMBIA**
District 2 Hosted at the New Market Grange No. 362, New Market, MD 21774

Minutes – Fall Assembly, October 19, 2019

Opening

Joe D. opened the meeting with the Serenity Prayer.

Reading of our Steps- Sue, Traditions- Sue, and Concepts including Warranties- Miriam

Welcome

Host District Welcome- Glenn, DR from District 2

Area Welcome- Joe D.

Area Business

Roll Call and Vote on Substantial Unanimity – Group Records Coordinator, Maureen M.

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

Roll call of number of Group Representatives present from each district:

District 1- 0, D2- 7, D3- 0, D4-0, D5-0, D6-0, D7-3, D8- 6, D9- 1, D10- 3, D11- 0, D12-7, D13-6, D14- 4, D15- 1, D16-0, D17-1, D18- 1, D19-0, D20-2, D21-0, D22-0, D23- 0, D24-1

There were 43 Group Reps total.

There was a motion that 2/3's be used as substantial majority. The motion was seconded.

We voted to establish a vote of 2/3s to be considered substantial unanimity (equaling 29 votes).

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

Minutes from the Fall 2018 Assembly were approved as published in the December 2018 issue of the Al-Anon-cer.

Chair's remarks and Agenda overview – Area Chairperson, Joe D.

Talk about the upcoming Election Assembly in your groups to groom a new Group Representative and Alternate GR. Get people thinking about who would like to be a coordinator of a committee? Check the requirements of the jobs.

If we forsake service, we are selling ourselves short. This is an integral part of the program-- growth through service.

Confirm 2020 Area 24 Meeting Dates and Host Districts:

Spring AWSC – March 28 (snow date April 4), host District 13

Spring Assembly – May 30, host District 10

Fall AWSC - September 26, host District 24

Fall Assembly – October 24, this is the election assembly- looking for a host

We voted to approve the dates for 2020 meetings.

Area Delegate's Report – Idalia R.

WSO Strategic Plan Update (it's on the WSO website):

In July, the board met for trustees' training on ASANA, a new online program through which the Strategic Plan strategies are managed.

Strategic Plan Goals, 3-5 yr time frame: members, public, organization (one global structure)

Objectives- 2-3 yr time frame

Strategies- 1-2 yr time frame

- Exploring hybrid meetings because of the expense of bringing everyone together.
- The 2020 International Al-Anon General Services Meeting (IAGSM) will include 3 meetings in Slovenia, Mexico and El Salvador.
- Trustee Confirmation Process is in discussion. Executive Committee Member Selection- members will serve a maximum of 3 one-year terms.
- 2019 contributions to the WSO are trending below the budget.
- Sales of Intimacy in Alcoholic Relationships and the Just for Tonight bookmark are good.
- Contributions via the Quarterly Appeal Letter are on steady downward trend. Do groups read the letter? Do groups mail it back in the Appeal envelope? Does the letter need to be “jazzed up”?
- A “Road trip” is currently happening today in Seattle. This is where the WSO staff visits an Area.
- Northeast Regional Delegate Conference (NERD) is March 13-15, 2020.
- AA International Convention with Al-Anon Participation will be in Detroit July 2-5, 2020. Registration is currently open. An FYI from Connie- some of the hotels are in Canada. She’s not sure of transportation to meetings, etc. Make sure you know what you are signing up for.
- Al-Anon International Convention in Albuquerque, NM will be June 30- July 1, 2023.
- The theme is 2020 World Service Conference is Dreaming Big with 20/20 Vision.
- We will have two breakout sessions this afternoon on service and the appeal letter (Idalia is on a committee about the appeal letter.)

Area Treasurer’s Report – Charles L.
Presentation and vote on 2020 Budget (attached)

• **Current Financial Situation:**

- As of today we have a deficit of \$4,180
- Cash balance is \$22,530
- Estimate for 2019 is we will break even, or we might lose a little.

At the spring assembly we approved an increase in Public Outreach Budget by \$4275.

• **Proposed budget for 2020:**

Projecting \$19,063 Contributions and Interest

We arrive at this figure with a look at the perspective of group contributions over the last 5 yrs (up and down). Please note that we do not project a contribution from either the spring or fall conventions, which are supposed to be breakeven events. If they have money to contribute back to the Area, then that is great, but not expected.

Program Expenses: Budgeted less in the 2020 budget- \$11,920

Administrative Expenses: \$14,450

We are projecting about the same as last year- a \$7310 deficit (Keep in mind that this doesn't necessarily become actual.)

January 1 Reserve Funds:

WSO recommends 6 months to 1 year of operating expenses for reserve funds.

Budgeted expenses for 2020 are \$26,370

Projected Jan. 1 Bank Balance is \$22,600

Prudent Reserve is \$3370 **[check this figure with Charles]**

He will wait to the Spring Assembly to make a recommendation about what to send to WSO.

Changes in the budget from 2019 to 2020:

Decrease literature budget- by \$170 to \$400

Decrease Legal and Professional by \$200

Insurance increase by \$150

\$100 increases each for Steering Committee, WSC, and NERD

Public Outreach reverts back to its usual budget, before MTA project.

Projected vs. Actual

Questions:

Guidelines for dividing up contributions from groups. See the service manual. Groups usually support the group first, then, anything left goes to the District, AIS, Area, and WSO. Your group can decide if it's equal amounts or other percentages. Some groups also support an Alateen group.

Hosting an Assembly or AWSC were added as a line item in the Area budget. Districts do not have to absorb all the costs for room rent, food, etc.

Audit of Area Finances- We have someone auditing the Area (either a CPA we know or auditor).

Maintaining Financial Stability

Money has to keep coming into the Area to maintain things that cover the entire area- insurance, Alateen safety and training, Conventions, etc.

We have our prudent reserve.

When Making Contributions:

Write the group's WSO number on the check for your group when you submit contributions.

Personal contributions- write personal contribution on the check in the memo line.

Send Contributions to the Area:

AFG of MD and DC, Inc.

3116 Parkway

Cheverly, MD 20785-1255

We voted to approve the 2020 budget as presented by Charles.

Idalia's comments- We are successful with conventions being self-supporting.

Area Coordinator Reports: (as time allows before lunch, continuing in the afternoon)

Technology Coordinator- Paul:

When you use of generic email address for your service position, you can forward to your personal email address. The next service person can pick up where you left off. We have a number of email addresses. It creates continuity. You can't send from that email address. Another option is to set up a gmail account if you don't want to use your own email. If you want a generic email address, see Paul.

2019 Fall Convention Update – Greg M. read Jami's report:

The 29th annual Fall Convention is less than a month away. Close to 200 people have already registered. "Stories of Recovery" will take place the 3rd weekend of November-15th-17th, and is being held again at the Marriott Delta hotel in Hunt Valley, MD. This convention has AA and Alateen participation. Alateen registration fees are being paid for by a generous gift from an Al-Anon member, so this convention is a great opportunity for a family recovery weekend.

The registration fee of \$120 is a great deal, as it includes three meals, many meetings, panels, special speakers, entertainment, a fellowship party with a DJ, painting, bingo, a hospitality center and more. The final date for advanced registration is November 8th. Though advanced registration is preferred for planning purposes, walk-ins are also welcome. The on-site registration fee is \$140.

Online registration and payment can be done at "[tinyURL.com/AFG24fc](https://tinyurl.com/AFG24fc)" Mail in registration forms and the link to our block of discounted hotel rooms at \$124 a night, can be found at this same site. The program and menu can be viewed on the website.

Please make sure the convention is being announced at your meetings and spread the word of all the great things the weekend offers, including for the Alateens. A convention flyer with tear-off registration tabs can also be downloaded from the registration website. Let's keep these wonderful weekends of fellowship, fun and most of all recovery, going strong.

2020 Spring Convention Update – Marty C.

Last year's convention made \$500.

The Spring Convention will be held June 12-14, 2020 at Washington College in Chestertown, MD. The College has made a small increase in cost for 2020 in the amount of \$6.26 or \$6.56 per person, depending on the room category so the registration fees will be increased by \$5.00. The theme can't be announced until the fall convention.

The Friday Night Entertainment will be based on the movie FOOTLOOSE, Garrison M. is working on the script. We will have 300 Save the Date fliers printed to distribute at the Fall Convention. The Al-Anon Speaker will be Ellen C. from Addison, Texas. She has been in Al-Anon for over 20 years and her message is very powerful. At this point we have four Committees that do not have a Chair: Entertainment, Welcome, Hospitality and Literature.

2020 AA Spring Convention Liaison – Katie C-S:

The convention is in June next year. Encourage Al-Anon participation so that we have presence to let people know who we are.

Group Records Coordinator – Maureen M.

Reminder- if you have changes to your Group Records Form, you can make changes online with WSO or with Maureen. It's important to keep your group contact information up-to-date.

Report is the same as that given to the Fall AWSC. It is shortened here:

1. a. The new WSO terminology for designating a meeting as Open or Closed impacts more than 400 items in Al-Anon literature, forms and databases per WSO Group Records Office. The changeover is being performed gradually, so some literature, forms and database reports will still have the old terminology rather than the Families and Friends- Closed designational and Families, Friends, and Observers Welcome- Open meeting designation. b. AGRC Requests that all DRs verify the meeting status of their groups in the WSO Records. Many discrepancies have been discovered. Local Areas
2. Provided all District Representatives with the WSO records for their Districts in late July/early August for their review and updates. Received responses, from some District Representatives which were comprehensive, and no response from many others.
3. Received inquiry from an assistant State Fire Marshall regarding a fire at a church in Lineboro, MD where an Al-Anon meeting had been held the previous night.
 - a. Explained the program to him and told him that I could verify that an Al-Anon meeting was scheduled for that date but since Al-Anon is an anonymous I would contact DR to see if anyone remembered and was willing to speak with him.
 - i. DR located a person who attended, Chris, who was willing to speak with him. Provided her with his contact information.
 - ii. FYI, Meeting moved to Manchester and closed this summer per group records and contacting the past and new DR for D3.
4. Continued to input meeting changes submitted by members for their group and, DRs for their districts. Provided new GRS and CMAs with the current Al-Anon-Cer, suggesting that they subscribe for their group, a copy of the revised record and a copy of the AGRC presentation on Group Record changes, Spring 2018 for their information/retention.
5. WSO now provides a weekly list of any changes that are sent to them via email that they input into the WSO database to the AGRC. AGRC reviews these transactions and when appropriate notifies the pertinent District Representative and AIS Directory Contact of the change. (Note some changes do not impact a directory or AIS's information on a group.
6. Completed revision of **Fact Sheet on Group Records – New Registrations, changes to Current Registered meetings and Annual Update actions** for the September Al-Anon-Cer.
7. NEW: WSO has delegated the input of the Group Annual Update information to the AGRCs, so groups can now notify the AGRC rather than mail Annual Update Form back to WSO.
8. Notified pertinent Districts of meetings that WSO was planning on deleting after many years of no activity to validate that meetings were no longer meeting and provided feedback to WSO.
9. Continued to work on reducing the number of meetings in a “no mail” and “email returned” status.

Insurance Coordinator- Gil:

The Area will pay for insurance for any meeting facility you need, for workshops, meetings, etc.

We have professional liability insurance, even though we are not professionals.

We have insurance for AMIAs.

He works with the insurance brokers to get the most reasonable rates. It's necessary expense.

If we didn't give the facility an insurance certificate, it doesn't mean that we are not covered. If they want one, they will tell you. Our insurance certificate expires April 1 and then we get a new certificate.

If your facility or event requests a Certificate of Insurance, please forward the following information to me, gsl100@comcast.net: Name and address of building or organization, name, phone, fax, and email for contact person, date of the event, and brief description.

A handy form with the information required to request a Certificate of Insurance can be found on the Area website www.marylanddc-alanon.org. Click on Resources, Area 24 Forms, Insurance Certificate Request.

Alateen Report — Area Alateen Coordinator, Barb M. (Sarah R. is the AAPP)

- **Training for Group Sponsors (AMIAS)** – Five training sessions have been held in 2019. 71 AMIAS recertified and 16 new AMIAS were trained; not all the new have completed the process. This year there were a various changes to Maryland's law regarding child abuse and neglect, so training cover these. Training included a review of Alateen literature and each meeting was provided with samples of most Alateen literature so they could assess what's in use at their meetings and what to give newcomers.

Training went well. They had 5 sessions, 16 new trained in process of becoming AMAISs. She went through what Alateen literature is available and in what succession they give it out. Covered changes to MD law about abuse and neglect reports.

- **Alateen in schools & health department centers:**

- Baltimore County Public Schools (BCPS): the Alateen Area Coordinator (AAC) met with BCPS administration last year and worked out the details of the cooperative agreement required by BCPS in order to have the meetings. Presently trying to identify 4-5 AMIASs to support a meeting in a school. Some areas want a meeting but can't get AMAISes. Great service work to offer Al-Anon to kids. It's difficult to get enough qualified people available during the day.

- Wicomico County Schools: One of the AMIAS in that area has contacted the school administration. The county will require a school counselor to be present. Discussions continue.

- Health Departments – over the summer both Anne Arundel County and Baltimore County Health Departments expressed interest in Alateen. Discussions continue.

- **Flyer** : “ Why do Al-Anon members become AMIAS? - It's great service work!” In order to grow Alateen, Al-Anon members need to become **Group Sponsors**, AMIASs cannot be personal sponsors. The flyer explains the need and the process. Having more AMIAS will position the Area to be able to provide Alateen in schools and communities. Flyers are available on the table.

- **Annual recertification training** was completed July 1st. We have 75 current AMIAS's and 11 active Alateen meetings in Area 24

October 7, 2019 completed a training for new AMIAS's 6 attended and are in process of becoming certified.

Could a district approach the school system to see if they can get a meeting in a school? Yes, need people locally, especially AMAISs.

We can give Alateen 20 questions to school counselors.

There is a Teen Corner on our website. Meetings are best.

After Lunch Opening

We opened with the Serenity Prayer and did another roll call:

District 1- 0, D2- 8, D3- 0, D4-0, D5-0, D6-0, D7-3, D8- 5, D9- 1, D10- 4, D11- 0, D12-5, D13-6, D14- 4, D15- 1, D16-0, D17-2, D18- 1, D19-0, D20-2, D21-0, D22-0, D23- 0, D24-1

Total was 44 Group Reps, one more than at the start. Thirty votes needed for substantial unanimity.

BREAK-OUT SESSIONS – Idalia

Breakout Session on Service:

Do you encourage people to do service? What are ways we can encourage service?

- Phil's group responses:

Encourage non-GRs to go to District meetings. Stepping into service can lead to conflict. Find solutions in that service role or in our everyday lives. Suggest the person might be great in that service role. Ask if they might be willing.

Encouraging sponsorship- use current person as a service sponsor. Use the service manual. Seek out people in the role you want to serve in. Taking on an additional role might be too much. Leave that service role if you move on, but be available for guidance.

- Erin's group responses:

Looking for some different thoughts about service. When people are in positions too long, it can be negative. What we've done if there isn't one person, ask people to share it. Be flexible. Ask people to join them when they go to a meeting, like an Assembly. Modeling behavior. Use service as a recovery tool.

Breakout Session on the Appeal Letter:

Do groups read the appeal letter? Do they mail contributions back in the envelope? How do you think the appeal letter could be approved?

- Lucinda's group responses:

Idea from the West Coast- Quarterly Appeal Jar, collecting all year around.

Idea from the Forum from 1992- broadness of WSO- what we did with literature in Russia and from Russia to America.

It would be good if we could also use a credit card.

Have others write the quarterly appeal letter with their stories.

Use the back of quarterly appeal letter to emphasize what we are doing with the money.

History of Al-Anon - we are not a fund-raising organization. This is different from the mail you might get at home.

- Mauria's group responses:

Every group reads and circulates the letter. What gets accomplished with the money?

The current letter is a spiritual letter, but too long. It can be distracting if it's being passed around.

Highlight important ideas- summarize. Service at the World level.

Something concrete- what are they using it for, how much,

Quarterly Appeal goes to CMA. Need to change if that person is no longer coming.

Reports continued:

- District 12 is having a Hayride- Nov. 2, 2019 7 pm, at Butler's Orchard in Germantown. Speakers are at 9 pm. Tickets- \$16, Children- \$6

Archives Coordinator – Dolores M.

I've had an archives display at some conventions, Assemblies, AWSCs, and the Baltimore AIS Birthday Luncheon. We don't need to bring everything, every time. We just want to allow members to have access to historical information.

Newsletter Coordinator – Robert M.

Personal sharing goes to the Forum, not to the Al-Anon-cer.

The Al-Anon-cer publishes minutes, flyers and other business information.

Public Outreach Coordinator – Rita O.

Read Public Outreach Report from the AWSC meeting.

Webmaster- Katie C. S.

Read Webmaster Report from the AWSC meeting.

Ask it Basket:

Could we bring meeting directories to share at Assemblies? Yes, but also there is a map on website for all the meetings.

Is it possible to get copies of the approved electronic copies of the proposed Area 24 2020 budget? It will be published in the Al-Anon-cer.

Middletown group had a hearing impaired provider, is it still around? The service is no longer available.

Quarterly Appeal letter- you could put a check in the envelope? Yes, make it payable to AFG, Inc. and put the group number on it.

Gil: **March 14-15, 2020 is the Spirituality Conference in 2020.**

We closed with the Al-Anon/Alateen Declaration.

Treasurer's Corner

[Contributions and 2019 Results](#)

The contributions for the fourth quarter were \$3,389. The Area thanks you for all the group and district contributions. The expenses for the fourth quarter were \$1,194. The expenses were \$571 for Alateen support, \$250 for AWSC meeting expenses, \$188 for steering committee expenses, \$134 for printing and mailing of the Al-Anon-Cer, and \$67 for web and technology.

The total group and district contributions for 2019 were \$20,677. The area also received \$3,000 last winter from the Fall Convention from excess funds. Program expenses were \$13,640, which included \$5,000 in contributions to the WSO, \$1,836 in Alateen support, and \$5,151 spent to support public outreach. Administrative expenses were \$12,104, which included delegate expenses, Northeast Regional Delegate expenses, and insurance. As usual, insurance was over half of the administrative expenses. The deficit for the year was \$1,974.

The cash balance as of December 31 was \$24,779. This is about \$1,600 below the prudent reserve, which was set at the approved budget expenses for 2020, which are \$26,370. The Spring Convention account had a balance of \$4,794 and the Fall Convention account had a balance of \$8,334.

Our prudent reserve is a little below where we would like it. We had the opportunity to place Al-Anon public service announcements on buses and rail in Maryland this year. The assembly agreed that being able to take advantage of this opportunity was an important part of the reason we maintain a prudent reserve. Contributions from many groups and individuals helped replenish some of the funds spent.

[Other Budget Pages](#)

Other budget reports included in this edition of the Al-Anon-Cer are: Contributions by Group for the fourth quarter of 2019, the Budget Summary for 2015-2019, and the 2020 Approved Budget.

[Directions for Contributions](#)

Please include your WSO group number and meeting name on contributions. 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 DC, Inc
December 31, 2018

Budget Summary			2015		2016		2017		2018		2019		2020	
	Budget	Actual	Budget	Actual	Budget	Actual	Budget	Actual	Budget	Actual	Budget	Actual	Budget	Actual
INCOME												Sept. 30		
Group Contributions	\$15,000.00	\$14,480.72	\$14,000.00	\$16,381.47	\$16,000.00	\$19,742.49	\$19,700.00	\$16,136.51	\$17,000.00	\$17,000.00	\$17,000.00	\$17,000.00	\$17,000.00	
District Contributions	\$0.00	\$3,034.23	\$2,000.00	\$1,688.00	\$1,000.00	\$3,248.35	\$2,000.00	\$1,893.28	\$2,000.00	\$2,000.00	\$2,000.00	\$2,704.43	\$2,000.00	
Individual Contributions	\$10.00	\$120.00	\$120.00	\$81.30	\$40.00	\$440.00	\$60.00	\$0.00	\$60.00	\$60.00	\$60.00	\$172.00	\$60.00	
Total Contributions	\$15,010.00	\$17,634.95	\$16,120.00	\$18,150.77	\$17,040.00	\$23,430.84	\$21,760.00	\$18,029.79	\$19,060.00	\$19,060.00	\$19,060.00	\$20,676.57	\$19,060.00	
Spring Convention Proceeds	\$1,250.00	\$2,762.00	\$2,000.00	\$1,250.00	\$1,500.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	
Fall Convention Proceeds	\$1,250.00	\$4,500.00	\$2,000.00	\$2,750.00	\$1,500.00	\$0.00	\$0.00	\$3,000.00	\$3,000.00	\$3,000.00	\$3,000.00	\$3,000.00	\$3,000.00	
Interest & Al-Anon-Cer Subs	\$2.00	\$3.20	\$3.00	\$3.10	\$3.00	\$2.86	\$3.00	\$52.86	\$3.00	\$3.00	\$3.00	\$92.86	\$3.00	
Total Income	\$17,512.00	\$24,900.15	\$20,123.00	\$22,153.87	\$20,043.00	\$23,433.70	\$21,763.00	\$21,082.65	\$19,063.00	\$23,769.43	\$19,063.00	\$23,769.43	\$19,063.00	
EXPENSES														
WSO Contributions	\$5,000.00	\$5,000.00	\$5,000.00	\$5,000.00	\$5,000.00	\$5,000.00	\$5,800.00	\$5,800.00	\$5,000.00	\$5,000.00	\$5,000.00	\$5,000.00	\$5,000.00	
Alateen Support	\$1,350.00	\$778.02	\$1,500.00	\$280.77	\$1,250.00	\$281.84	\$1,250.00	\$495.35	\$1,250.00	\$1,250.00	\$1,250.00	\$1,460.03	\$1,250.00	
AMIAS Background Checks	\$1,000.00	\$751.75	\$1,000.00	\$736.00	\$1,000.00	\$1,099.55	\$1,300.00	\$763.00	\$1,300.00	\$1,300.00	\$1,300.00	\$376.25	\$1,300.00	
Literature	\$1,500.00	\$1,186.84	\$1,050.00	\$764.63	\$1,100.00	\$927.29	\$550.00	\$450.85	\$720.00	\$720.00	\$720.00	\$434.18	\$550.00	
Convention Support	\$400.00	\$213.82	\$350.00	\$181.62	\$250.00	\$342.84	\$200.00	\$0.00	\$200.00	\$200.00	\$200.00	\$0.00	\$200.00	
Liason to AA Support	\$600.00	\$101.28	\$600.00	\$0.00	\$600.00	\$586.71	\$500.00	\$441.47	\$500.00	\$500.00	\$500.00	\$279.71	\$500.00	
Public Outreach	\$400.00	\$186.46	\$400.00	\$90.00	\$400.00	\$0.00	\$1,900.00	\$1,460.17	\$6,175.00	\$5,151.38	\$1,900.00	\$5,151.38	\$1,900.00	
Web & Technology Services	\$300.00	\$29.85	\$150.00	\$163.60	\$255.00	\$232.50	\$440.00	\$460.72	\$800.00	\$357.54	\$800.00	\$357.54	\$800.00	
Al-Anon-Cer	\$1,500.00	\$719.81	\$450.00	\$201.73	\$450.00	\$313.07	\$810.00	\$739.39	\$420.00	\$580.69	\$420.00	\$580.69	\$420.00	
Total Program Expenses	\$12,050.00	\$8,967.83	\$10,500.00	\$7,418.35	\$10,305.00	\$8,783.80	\$11,560.00	\$10,610.95	\$16,365.00	\$13,639.78	\$11,920.00	\$13,639.78	\$11,920.00	
Steering Committee	\$1,928.00	\$1,188.12	\$1,740.00	\$962.04	\$1,450.00	\$1,065.12	\$1,715.00	\$511.89	\$1,000.00	\$1,000.00	\$1,000.00	\$496.51	\$1,000.00	
Delegate to WSO	\$2,600.00	\$2,000.00	\$2,200.00	\$2,000.00	\$2,000.00	\$2,500.00	\$2,500.00	\$2,000.00	\$2,000.00	\$2,000.00	\$2,000.00	\$2,000.00	\$2,100.00	
N.E.R.D. Conf	\$1,800.00	\$1,989.21	\$1,350.00	\$2,028.60	\$2,015.00	\$1,619.95	\$2,250.00	\$2,032.88	\$2,250.00	\$2,285.47	\$2,350.00	\$2,285.47	\$2,350.00	
Group Records	\$650.00	\$236.98	\$100.00	\$0.00	\$100.00	\$0.00	\$100.00	\$30.00	\$50.00	\$50.00	\$50.00	\$50.40	\$100.00	
Archives Coordinator	\$200.00	\$0.00	\$200.00	\$12.72	\$100.00	\$0.00	\$100.00	\$105.92	\$200.00	\$200.00	\$200.00	\$48.16	\$200.00	
Assembly Meetings	\$1,100.00	\$699.15	\$1,000.00	\$1,291.16	\$850.00	\$993.20	\$850.00	\$502.40	\$850.00	\$300.00	\$850.00	\$300.00	\$850.00	
AWSC Meetings	\$1,000.00	\$385.29	\$1,000.00	\$1,132.87	\$850.00	\$410.61	\$700.00	\$325.00	\$700.00	\$500.00	\$700.00	\$500.00	\$700.00	
Insurance	\$3,900.00	\$5,632.00	\$5,400.00	\$5,555.00	\$5,750.00	\$5,686.00	\$6,275.00	\$6,281.08	\$6,300.00	\$6,173.00	\$6,450.00	\$6,173.00	\$6,450.00	
Legal and Professional	\$1,000.00	\$200.00	\$600.00	\$200.00	\$600.00	\$200.00	\$600.00	\$450.00	\$500.00	\$500.00	\$300.00	\$500.00	\$300.00	
Miscellaneous+ Contingency	\$1,710.00	\$0.00	\$1,000.00	\$-0.10	\$500.00	\$247.00	\$300.00	\$0.00	\$300.00	\$0.00	\$300.00	\$0.00	\$300.00	
Total Administrative Expenses	\$15,888.00	\$12,330.75	\$14,590.00	\$13,182.29	\$14,215.00	\$12,721.88	\$15,390.00	\$12,239.17	\$14,150.00	\$12,103.54	\$14,450.00	\$12,103.54	\$14,450.00	
Total Expenses	\$27,938.00	\$21,298.58	\$25,090.00	\$20,600.64	\$24,520.00	\$21,505.68	\$26,950.00	\$22,850.12	\$30,515.00	\$25,743.32	\$26,370.00	\$25,743.32	\$26,370.00	
Profit/Loss	-\$10,426.00	\$3,601.57	-\$4,967.00	\$1,553.23	-\$4,477.00	\$1,928.02	-\$5,187.00	-\$1,767.47	-\$11,452.00	-\$1,973.89	-\$7,307.00	-\$1,973.89	-\$7,307.00	

Note: 2019 Public Outreach budget increased by \$4,275 at the Spring Assembly

Operating starting balance
 Operating ending balance
 Reserve starting balance
 Reserve ending balance
 Difference

\$9,884.24
 \$8,482.61
 \$11,553.21
 \$16,556.41
 \$3,601.57

\$8,482.61
 \$12,282.74
 \$16,556.41
 \$14,309.51
 \$1,553.23

\$12,282.74
 \$14,207.90
 \$14,309.51
 \$14,312.37
 \$1,928.02

\$14,207.90
 \$12,437.57
 \$14,312.37
 \$14,315.23
 -\$1,767.47

\$12,437.57
 \$10,460.82
 \$14,315.23
 \$14,318.09
 -\$1,973.89

\$0.00
 \$0.00
 \$0.00
 \$0.00

AFG of MD and DC Inc
Approved Budget for 2020

Income

4100 · Contributions	
4101 · Group Contributions	\$ 17,000
4102 · District Contributions	2,000
4103 · Individual Contributions	60
Total 4100 · Contributions	<u>19,060</u>
4200 · Conventions Proceeds	
4201 · Spring Convention Proceeds	0
4202 · Fall Convention Proceeds	0
Total 4200 · Conventions Proceeds	<u>0</u>
4800 · Interest Income	3
Total Income (a)	<u>\$ 19,063</u>

Program Expenses

5010 · WSO Contributions	\$ 5,000
5020 · Alateen Support	
5021 · Alateen Coordinator	1,000
5022 · Alateen Process Person	250
5023 · Background Checks	1,300
Total 5020 · Alateen Support	<u>2,550</u>
5030 · Literature	
5031 Literature Coordinator	150
5032 Jessup Literature	400
5033 · Frederick Literature	0
Total 5030 · Literature	<u>550</u>
5060 · Convention Support	
	0
5062 Spring Convention Chair Expense	100
5063 · Fall Convention Chair Expense	100
Total 5060 · Convention Support	<u>200</u>
5070 Liason to AA Support	
5071 Liason to AA Spring Convention	500
5072 Liason to AA Fall Convention	0
Total 5070 Liason to AA Support	<u>500</u>
5080 Public Outreach Coordinator	1,900
5090 Web Services	400
5100 Technology Services	400
5120 Al-Anon-Cer	420
Total Program Expenses (b)	<u>\$ 11,920</u>

Administrative Expenses

6010 · Steering Committee	
6011 · Chair	\$ 400
6012 · Secretary	150
6013 · Treasurer	150
6015 · Delegate to WSO	2,100
6016 · Delegate Expenses	250
6017 · Alternate Delegate Expenses	150
Total 6010 · Steering Committee	<u>3,200</u>
6020 · Regional and Past Delegate	
6021 · Northeast Regional Delegate	750
6022 · Past Delegate N.E. Regional	1,500
6023 · Past Delegate Miscellaneous	100
Total 6020 · Regional and Past Delegate	<u>2,350</u>
6030 · Group Records Coordinator	100
6040 · Archives Coordinator	200
6050 · Assembly Meetings	850
6060 · AWSC Meetings	700
6070 · Insurance	
6071 · Liability Insurance	5,300
6072 · D & O Insurance	1,100
6073 · Crime/Theft Insurance	0
6074 · Insurance Coordinator	50
Total 6070 · Insurance	<u>6,450</u>
6090 · Legal and Professional	300
6120 · Contingency Fund	300
Total Administrative Expenses (c)	<u>\$ 14,450</u>

Total Program and Admin Expenses (b) + (c) = (d)	\$26,370.00
Net Income (Expense) (a) -(d)	<u>(\$7,307.00)</u>

AFG of MD and DC Inx **Contributions October Though December 2019**

AFG or District	Amount	AFG or District	Amount
00023954 Early Friendly Adult Child	\$23.00	00048369 Suburban Parents AFG	\$83.00
0002415 Brightwood AFG	\$11.24	000501694 Glyndon Early Morning Twelves	\$40.00
0002417 Chevy Chase Monday 8 PM	\$50.77	000502454 Middletown AFG	\$57.00
0002424 Friday Night St Albans DC	\$30.00	000502745 Kensington Women	\$70.27
0002433 Let it begin with me	\$36.26	000503618 Hope and Serenity	\$20.00
00027312 Oakleigh Sun Night	\$25.00	00052341 Steps to Serenity	\$57.00
00030519063 Paths to Recovery	\$37.00	00052431 Came to Believe	\$75.00
00030524803 Saturday Morning Adult Child	\$46.69	00053483 Sunday AFG Gaithersburg 1 pm	\$33.00
00030532420 Sat Serenity Easton	\$58.50	0005768 Emmorton AFG	\$20.60
00030555420 Gallery Place Fri	\$40.00	0005777 Thurs Morning AFG	\$100.09
00030563855 Severna Park Sat Morn	\$40.31	0005803 Loch Raven Fri Morn	\$75.00
00030563857 Severna Pk First Things First	\$25.00	0005805 Govans AFG	\$25.00
00030567681 Monday night Ellicott City	\$10.00	0005819 Nu Way AFG	\$15.00
00030573893 Just for Today	\$30.00	0005845 BelAir Fri Night	\$20.00
00030575737 Mon Noon Hunt Valley	\$118.50	0005849 Wed Beltsville	\$54.00
00030601857 Tues Night How it Works	\$21.00	0005856 Potomac Womens AFG	\$31.50
00030606314 Every Sunday Takoma Park	\$48.00	0005862 Bowie Mon Morning	\$50.00
00030615297 Friday Freedom	\$36.00	0005884 Clinton Daytime	\$42.00
00030620538 Chestertown Adult Child	\$75.00	0005916 Forest Hill	\$35.00
00030648358 Glyndon Friday Night	\$11.70	0005917 Fallston	\$20.40
00030657156 Beginners By the Bay	\$50.00	0005924 Gaithersburg Alanon	\$125.00
00030664356 Monday at a Time	\$29.00	0005954 Wed Monring AFG	\$20.00
00030676594 Noon Progress	\$20.00	0005976 Friday Night Northeast	\$10.00
00030678086 New Market	\$50.00	0005980 Sun Night St Peters Olney	\$92.00
00030685957 Women's Renewal Kensington	\$35.87	0006008 Rockville East	\$25.00
00030691316 Hope for Today	\$24.50	0006009 Seventh Heaven AFG	\$30.00
00030795 Learn to Live	\$40.00	0006014 Easy Does It	\$30.00
00030864 Georgetown Visitation Step	\$40.00	0006035 Silver Spring Thursday PM	\$37.00
00037918 Pathfinders	\$52.80	00060374 Miracle and Rainbow	\$25.00
00038099 Marley Tuesday Night	\$25.00	0006047 Towson Mon Morn	\$60.00
00038308 Desperados AFG	\$74.00	00061600 How AFG Works Study	\$60.00
00042081 Takoma Park Sat Mtg	\$3.93	00063518 Couragae to Change ODAT Sun	\$11.97
00042322 Tues Night First Steps	\$16.00	00065162 Hilltop Serenity	\$79.46
00043421 Courage to Change	\$14.00	00066188 Evergreen Loyola Step Al Anon	\$168.50
00044667 Weekenders Hagerstown	\$40.00	00066938 Westside Club	\$32.40
00045964 Germantown Lunchtime AFG	\$55.00	00067141 Hunt Valley Wed Morn	\$66.00
00046107 Gratitude	\$50.00	District 24	\$100.00
00046224 Homecoming	\$25.00	District 9	\$50.00
00046897 Southern Serenity	\$24.00		
		Total Contributions	\$3,389.26

**Area 24 AFG of MD & DC
30th Annual Fall Convention**

Come Join the 2020 Planning Committee!

Key service positions remain open:

**Convention Co-Chair, Alateen Chair, Entertainment Chair,
Hospitality Chair, Publicity Chair, and Registration Chair**

**Come to the next planning meeting, bring a friend, and explore
whether this service opportunity might be right for you.**

**Saturday, March 7, 2020
10 am to 2 pm**

**The Serenity Center
9650 Basket Ring Road
Columbia, MD**

Directions

From I-29 / Columbia Pike North

Take exit 18A-18B from US-29 N/Columbia Pike. Use the right lane to take exit 18A-18B to merge onto Broken Land Pkwy. Use the left 2 lanes to turn left onto Stevens Forest Rd. At the traffic circle, continue straight to stay on Stevens Forest Rd. Turn right onto Basket Ring Rd. Turn left into parking lot for 9650 Basket Ring Road.

From I-29 / Columbia Pike South

Take exit 20A for MD-175 E toward Jessup. Turn right onto Thunder Hill Rd. Turn right onto White Acre Rd. Turn right onto Basket Ring Rd. Turn right into parking lot for 9650 Basket Ring Road.

From I-95 North

Take exit 38B to merge onto MD-32 W toward Columbia. Take exit 14 for Broken Land Parkway. Turn right onto Stevens Forest Rd. At the traffic circle, continue straight to stay on Stevens Forest Rd. Turn right onto Basket Ring Rd. Turn left into parking lot for 9650 Basket Ring Road.

From I-95 South

Take exit 43B to merge onto MD-100 W toward Ellicott City. Use the left lane to merge onto US-29 S toward Washington. Take exit 20A for MD-175 E toward Jessup. Turn right onto Thunder Hill Rd. Turn right onto White Acre Rd. Turn right onto Basket Ring Rd. Turn right into parking lot for 9650 Basket Ring Road.

For more information email AFG24FallConv@gmail.com or call 443-574-7668

*You are cordially invited to the
AFG District 7 SereniTea
Sunday, March 8, 2020*



Refreshments

Fun

Fellowship

Serenity Speakers
(Al-Anon & AA)

2-4 PM

Grace United Methodist Church

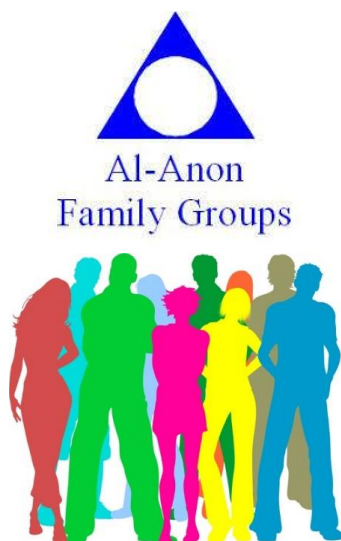
5407 N Charles St

Baltimore, MD 21210

No RSVP; Bring Your Own Mug

Plant the seed of recovery, give the gift of Alateen...

Become an AMIAS (Al-Anon Member Involved in Alateen Service)



ALATEEN is part of Al-Anon Family Groups. It is a fellowship of young people (ages 9-19) whose lives have been affected by someone else's drinking.

ALATEEN MEETINGS are a safe place for young people to learn the Steps, Traditions, and Slogans and to share their experience, strength and hope. Two **AMIAS** are needed for each meeting.

AN AMIAS IS an Al-Anon member who serves as a group sponsor for an **Alateen** meeting, and may serve as sponsor at Al-Anon/**Alateen** events, conventions and conferences where there is **Alateen** participation.

TO BECOME AN AMIAS: AFG of MD and DC (Area 24) requires that an Al-Anon member fulfill certain requirements to become certified including an application (which is online), two references (also online), training and a background check. Go to www.alateenmdc.com - "How to become an Alateen Group Sponsor" and complete items 1 through 4 and plan to attend an upcoming training event.

Training for New AMIAS

Sunday, March 22, 2020

1:30 to 3:30 p.m.

Howard County Public Library
East Columbia Branch
6600 Cradlerock Way
Columbia MD 21045

Training for New AMIAS

Sunday, April 19, 2020

1:30 to 3:30 p.m.

Queen Anne's Public Library –
Centreville Branch
121 S. Commerce St.
Centreville, MD 21617

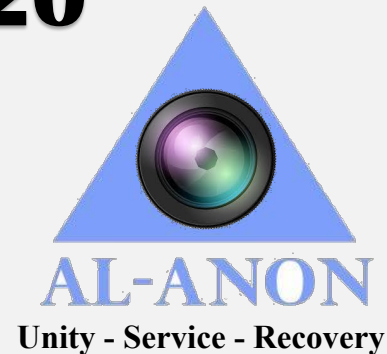
QUESTIONS: contact the Alateen Area Coordinator, Barb M. at alateenarea24ac@gmail.com or 443-379-4430 and leave a message.

Note: Current AMIAS may attend for 2020 Annual Recertification.

**Please Join us for the 20th Annual
Al-Anon Spirituality Weekend**
Hosted by District 13 AFG

Spirituality in 20/20

“Looking Through A New Lens”



Saturday, March 14, through Sunday, March 15, 2020

Registration & Breakfast start at 8am Saturday. Weekend concludes at 2pm Sunday

Location:

**Lathrop E. Smith Center
5110 Meadowside Lane
Rockville, MD 20855**

*Come share the experience,
strength and hope of the
Al-Anon program in beautiful,
natural surroundings with
fellow Al-Anon members.*

Only \$45 for the entire weekend

Includes 5 meals, snacks & lodging for one night
(\$30 if you register for Saturday only, \$20 for Sunday only)

*Program Includes: A Series of Al-Anon Workshops – Yoga/Meditation –
Art Projects – Writing Exercises - Group Hikes –
Fireside Letting-Go Ceremony*

2020 District 13 AFG Spirituality Weekend Registration Form

Registration & Breakfast start Saturday, March 14 at 8am

Program concludes Sunday, March 15, 2pm

Lathrop E. Smith Center, 5110 Meadows Lane, Rockville, MD 20855

Registration Deadline is March 2, 2020

- Total cost for the weekend is \$45 and includes housing for one night, five meals and snacks. Saturday only registration is \$30 and includes three meals. Sunday only registration is \$20 and includes two meals.
- **No person will be left out for financial reasons.**
- Housing is single-sex dormitory style (bunk beds) with shared bathrooms. Overnight guests should bring: Sleeping bag or linens, blankets, pillows, towels, soap, flashlight, reading light, yoga mat, shower shoes, and ear plugs. Meals and meetings/workshops are held in White Oak Hall. Some vegetarian, vegan and gluten free food choices will be available.
- Return the registration form below with your check by March 2, 2020 to secure your spot. All registrations must be made in advance – **SORRY, NO WALK-INS.**

(DETACH ALONG DOTTED LINE)

To register, complete and mail this form with your check (made payable to – **District 13 AFG**) to:

Registration 1131 University Boulevard West, #1915, Silver Spring, MD 20902

NAME _____ **STATE** _____

Phone Number _____ **e-mail** _____

(We will email your registration confirmation and pertinent registration details)

Please check one:

- ☐ Full weekend - Saturday/Sunday - \$45.00
- ☐ Full Weekend (**NOT** Staying Overnight in dorms) - Saturday/Sunday - \$45.00
- ☐ Saturday only \$30
- ☐ Sunday only \$20

Total amount enclosed: \$ _____



Area 24 Al-Anon AWSC Spring Meeting

Saturday March 28th 2020

Registration is at 9:30, meeting starts at 10 am - 3 pm

Colesville United Methodist Church

52 Randolph Rd Silver Spring MD 20904

Enter in Anderson Hall near Back Parking Area

Free Parking and Handicap Accessible

**Area 24 and District 13 invite all District Reps, Area Officers,
Area Coordinators, as well as any Al-Anon Family Group Members**

Light Breakfast, Coffee, Tea and snacks will be provided

There are many restaurants nearby or you can bring a bag lunch

**From: I-95 S. follow to ICC 200 West (toll Rd.) to Exit 13- New
Hampshire Ave. South .25 miles turn right onto Randolph Rd., .20 miles
Church entrance will be on the left.**

**Colesville Rd-Rt. 29 south, to Cherry Hill Rd.- East Randolph Rd Exit,
make a left onto E. Randolph Rd follow past New Hampshire Ave., .20
miles Church entrance will be on the left**

**495 exit 28 A New Hampshire Ave. North 4.5 Miles, Make left onto
Randolph Rd., .20 miles Church entrance will be on the left.**

**270 S. to ICC 200 (toll Rd) East to Exit 13 New Hampshire Ave South,
.25 miles turn right onto Randolph Rd., .20 miles Church entrance will
be on the left.**

Contact Suzy M. 301-252-2619



2020

62nd Baltimore Al-Anon Birthday Luncheon

Creating Balance

Sunday, April 19th, 2020

12:30 to 4:30

Hunt Valley Country Club

14101 Phoenix Road, Phoenix MD 21131

TICKETS \$28per person

includes Hors d'oeuvres, Hot Meal, dessert

AA, Alanon and Alateen Speakers.

kosher, vegan, or gluten free meal available with advance notice

No Tickets Sold after April 1st, 2020

Call/Text James for Ticket Sales 202-297-9763

james.cranson@verizon.net

Chair: Call/text Sabrina at 410-967-5096

Email: baltoaissocialmedia@gmail.com

Directions: 695 to York Road North, Right on Ashland Road. Or use 83 to Shawan Road, to RT York Rd to LT Ashland Rd. Ashland Road curves to the left and turns into Paper Mill Road. After 2 miles turn left on Phoenix Rd. Right on Highland Ridge Road. See Golf Course on the right, RT into main entrance.



50th Annual Area 29 Maryland State Convention

June 5th – 7th, 2020

With Al-Anon Participation – Hosted by
Maryland General Service, Inc.

Clarion Inn Frederick Event Center
5400 Holiday Drive, Frederick, MD 21703

AA Speakers

Deshu G. – Clarksburg, MD
Marie E. – Murrells Inlet, SC
Lukas M. – Towson, MD
Melissa Z. – Chester, VA
Gary K. – Sulphur Springs, TX
Joe G. – Wylie, TX

Al-Anon Speaker

Beverly B. – Lewisville, TX

Open AA and Al-Anon Meetings at intervals each day

Evening Activities

Ice Cream Socials (\$4 each night)
Recovery Puppet Show

Friday, June 5th

8:00 am Registration Opens
8:15 am Prayer and Meditation
10:30 am AA Workshop
12:00 pm Lunch
1:30 pm AA Workshop
2:30 pm AA Workshop
4:00 pm AA Speaker Meeting
6:30 pm Dinner
8:00 pm AA Speaker Meeting
9:30 pm Ice Cream Social
10:00 pm AA Speaker Meeting

Saturday, June 6th

8:00 am Registration Opens
8:15 am Prayer and Meditation
9:00 am AA Speaker Meeting
10:30 am Al-Anon Speaker Meeting
12:00 pm Lunch
1:00 pm Old Timers Panel
2:30 pm AA Workshop
4:00 pm AA & Al-Anon Workshop
6:00 pm Banquet
7:30 pm Delegate Report and
Sobriety Countdown
8:00 pm AA Speaker Meeting
9:30 pm Ice Cream Social
10:00 pm Recovery Puppet Show

Sunday June 7th

9:15 am Prayer and Meditation
10:00 am AA Speaker Meeting

Convention Room Rate: \$99/night + Tax.
Mention "MGS State Convention" for this reduced rate and a **FREE** breakfast.

For hotel reservations, call 301-694-7500, or reserve online at:
<https://www.choicehotels.com/reservations/groups/GV40H1>
Hotel reservations must be made by May 14, 2020



Note: The hotel does NOT have an elevator. If you require ground floor accommodations, notify the hotel when making reservations.

50th Annual Area 29 Maryland State Convention

Registration and Meal Selection

Register online at <http://www.marylandaa.org/state-convention>

Online registration payment by credit card is \$31, including a \$2 convenience fee.

Registration payment by check is \$29. Make check payable to **MGS State Convention**.

Mail with this form to: **MGS State Convention, P.O. Box 1710, Frederick, MD 21702**



First Name: _____ Last Name: _____

Address: _____ Email: _____

City: _____ State: _____ Zip: _____

Please contact me regarding Service Opportunities at the Convention: ☐ Yes Phone #: _____

Accessibility accommodations? Please list: _____



Registration Options:

		# of Registrants	Subtotal
AA Registrants	\$29/person	X _____	= \$ _____
Al-Anon Registrants	\$29/person	X _____	= \$ _____
Sponsored Registrations	\$29/person	X _____	= \$ _____
Registrations and All Meals	\$129/person	X _____	= \$ _____

-- Must Specify Banquet Option Below --

Meal Options – If your registration includes ALL meals, select from Banquet Options 1-4 below (no additional fee)

Friday Lunch – Taco Fiesta Buffet \$21 X _____ = \$ _____

Soft tortillas and crispy corn taco shells, grilled chicken strips and seasoned ground beef, grilled peppers and onions, salsa, sour cream, cheese, lettuce, tomatoes, guacamole. Spanish rice and refried beans. Gourmet cookies and brownies.

Friday Dinner – Italian Extravaganza Buffet \$27 X _____ = \$ _____

Caesar salad, garlic bread sticks, tomato mozzarella with pesto, vegetable salad. Penne pasta primavera with Alfredo or Bolognese sauces, chicken parmesan. Zucchini & tomatoes; bread pudding. Chocolate layer cake.

Saturday Lunch – Hot Hoagie Buffet \$22 X _____ = \$ _____

Seasonal greens, potato and pasta salads. Hoagies on Italian sub bread: meatball marinara, Philly-style beef, Italian sausage and peppers. Fixings: hot cheese sauce, mozzarella, pepperoncini, black olives, jalapenos. Gourmet cookies and brownies.

Saturday Banquet – Seating limited to 200 – order early \$30

Plated meals served with warm rolls & butter, garden salad. Cheesecake with chocolate sauce and berry coulis.

Option 1: Grilled chicken breast with lemon caper sauce, whipped potatoes, seasonal vegetables. X _____ = \$ _____

Option 2: Jerk salmon with pineapple salsa, cilantro rice, seasonal vegetables. X _____ = \$ _____

Option 3: Dijon mustard roasted pork loin medallion with mushroom cream sauce, roasted potatoes, seasonal vegetables. X _____ = \$ _____

Option 4: Vegan, gluten-free quinoa pilaf stuffed pepper, saffron rice, grilled vegetables. X _____ = \$ _____

TOTAL AMOUNT DUE = \$ _____

44th Annual Al-Anon Family Groups of
Maryland and the District of Columbia
Spring Convention
With AA Participation

Al-Anon & AA
Speakers

Lodging Option:
\$18 Linen Rentals

Entertainment,
Dancing, Bingo

Spirituality
Speakers



Al-Anon and AA
Topic Meeting

All Meals Are
Included

Hospitality Room:
Snacks

Fun &
Fellowship

Having Fun Again

June 12, 13 & 14, 2020
Washington College, Chestertown, MD



Early Bird Prices through May 11 are:

\$100 Saturday Only: all events and meals

\$165 No Lodging, full weekend: all events and meals

\$200 + \$10 Refundable Key Deposit: Traditional Dorm

\$220 + \$10 Refundable Key Deposit: Room in Suite Dorm

Online Registration: www.TinyURL.com/AFG24SC (3% Convenience fee)

Lodging registrations must be received by June 9, 2020



Convention begins 4:00 pm Friday and closes after lunch Sunday.

Registration is Friday 2:00 to 8:00 pm and Saturday 7:30 to 9:00 am.

Questions? Email Marty C. at SpringConventionChair@gmail.com

*All Weekend Registration Meals include: Friday & Saturday Night Dinner, Saturday & Sunday Breakfast & Lunch.
Meals offer Vegan and Gluten-free options.*

Directions to Washington College and local lodging: washcoll.edu/about/directions.php

Registration form at www.TinyURL.com/AFG24SC

Registrations refundable before June 9, 2020

AFG of MD and DC Inc. Spring Convention 2020 Registration Form

"Having Fun Again" June 12, 13 & 14, 2020

Mail form(s) with your check to: **AFG Spring Convention, 14 Ridge Rd, Unit T, Greenbelt, MD 20770-2950.**

Register online at: www.TinyURL.com/AFG24SC (3% convenience fee)

REGISTRATION DEADLINE

Questions? Contact Dennis G., Treasurer: 301-982-0598; MDDCSpringCon@Gmail.com

June 9, 2020

Registrant Information: Full registration fee refundable through June 11. After June 11 a \$15 cancellation fee will be charged

Name _____

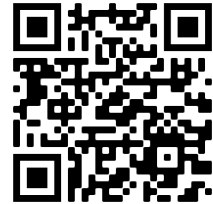
Street _____

City _____ State _____ Zip _____

Phone Number _____ Email Address _____

Emergency contact (optional) _____

For room assignments please check: Male ☐ Female ☐ Prefer Single ☐ Roommate(s): _____



Indicate any dietary concerns or special physical needs: _____

Registration Options, including all meals

Meals and Events, No Lodging:

	By May 11	After May 11	Onsite
Saturday Only (Meals: breakfast, lunch and dinner)	_____ \$100	_____ \$110	_____ \$125
Full Weekend	_____ \$165	_____ \$175	_____ \$190

Lodging, Meals and Events: (includes \$10 refundable key deposit)

Traditional Dorm (closer to meals and events)	_____ \$210	_____ \$220	N/A
Suite Dorm Room (4 single rooms, two bathrooms, kitchen, L/R)	_____ \$230	_____ \$240	N/A
College Linen Rental Option: (sheets, towels, pillow, blanket)	_____ \$18.50	_____ \$18.50	N/A

Traditional Dorm: Single room (double room by request) sharing common bathroom.

Suite: Single room in 4-room suite with 2 bathrooms, kitchen, common area.

IF STAYING ON CAMPUS ATTENDEES NEED TO BRING: toiletries, hangers, and reading lamp (if desired).

IF YOU ARE NOT RENTING LINENS YOU NEED TO BRING: pillows, blankets, sheets and towels.

Make check or money order payable to: **AFG Spring Convention** Total Amount Enclosed: \$ _____

Service Opportunity for active **AI-Anon or AA members** to lead a topic meeting

No. of Years in AI-Anon: _____

No. of Years in AA: _____

1st, 2nd, 3rd choice of AI-Anon topic meeting you are willing to co-lead: _____, _____, _____

1st & 2nd choice of AA topic meeting you are willing to co-lead: _____, _____

AI-Anon Meeting Topics

- | | |
|--|---|
| 1. Steps 1, 2, 3: Start the Game | 11. Gratitude: Enjoying the Toys We Have |
| 2. Steps 4, 5, 6: How Do I Play? | 12. Resentment: Drop the Rope |
| 3. Steps 7, 8, 9: It's Your Turn | 13. Self-Esteem: I am a Winner |
| 4. Steps 10, 11, 12: Be a Winner | 14. Spirituality: Finding Our One True Friend |
| 5. Traditions: Rules of the Game | 15. Acceptance: The Game of Life |
| 6. Concepts: Playing Together in Service | 16. Detachment: Avoid Trivial Pursuits |
| 7. Adult Children: Mother May I? | 17. Finance: A Balancing Act |
| 8. Boundaries: Play by Whose Rules? | 18. Humor: Learning to Laugh At Myself |
| 9. Fear: Freeze Tag Is No Fun | 19. Slogans: What's in My ToyBox |
| 10. Intimacy: Hide and Seek | 20. Sponsorship: Follow the Leader |

AA Meeting Topics

- | | |
|--|---------------------------------|
| 1. We are not a glum lot | 3. Everyday Living: Maintenance |
| 2. After the honeymoon: 5yr, 10 yr, 15yr, beyond | 4. Better than Gold |



AREA 24 SPRING ASSEMBLY MEETING

MAY 30, 2020

Location: Bethany United Methodist Church 2875 Bethany Ln, Ellicott City, MD 21042 in the Fellowship Hall

Registration: Begins @ 9:30 AM

Meeting: 10:00 AM to 3:00 PM

District 10 Host: Light Breakfast, Coffee, Tea, Water and Snacks will be provided.

Who Should Attend? All District Reps (DR's), Area 24 Steering Committee, and Coordinators

Who Is Invited? All Al-Anon Members

Directions:

From DC: Take the Baltimore-Washington Pkwy to MD-32 West toward Columbia. Take exit 16A to US-29 North. When US-29 ends, turn left onto Old Frederick Rd. Turn left onto Bethany Ln. Turn left at Fox Den Rd.

From Eastern Shore: Take Rt. 50 West to I-97 North. Take exit 14A-14B to MD-100 West to US-29 North. When US-29 ends, turn left onto Old Frederick Rd. Turn left onto Bethany Ln. Turn left at Fox Den Rd.

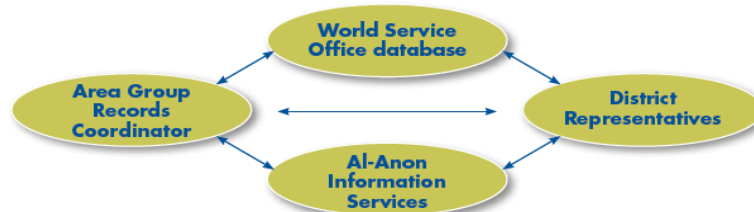
From Bel Air: Take I-95 South to I-695 West. Take exit 16-16A-16B to I-70 West. Take exit 87B to Columbia Pike. Then turn left onto Old Frederick Rd. Turn left onto Bethany Ln. Turn left at Fox Den Rd.

From Frederick: Take I-70 East to exit 82 to US-40 East. Turn left onto Bethany Ln. Turn right at Fox Den Rd.

Attention All DRs and GRs & Members– New Easier WSO Group Records UPDATE & REGISTRATION Procedures

Here is WHAT's NEW with WSO Group Records and the CHOICES TO UPDATE your WSO Group Record/New Group Registration/WSO Annual Update Form Reply:

WSO Group Records Information Flow:



✓

REGISTER a NEW Group or UPDATE your Group's information at the WSO Website: <https://al-anon.org/>. Go to the WSO Homepage website, under the "Members" option, select Group Resources and the select under Group Records in the drop-down menu listing: <https://al-anon.org/for-members/group-resources/group-records/>

- ❖ WSO website allows members to UPDATE their WSO Group Record online. Completing the online Update form automatically generates an email to the AGRC for input within seven days of receipt. The AGRC sends copies of the updated record to the requestor for review and to the DR and AIS (when meeting is located in an AIS area) and to the member requesting the update and the CMA/GR.
- ❖ WSO website allows members to Register a NEW Al-Anon Family Group online. WSO requests that the AGRC verify the District of the meeting location before WSO finalizes the Registration. WSO THEN provides the WSO ID number for the New Group to the AGRC for them to notify the New Group's CMA/GR as well as the DR, and AIS where the meeting is located of the new meeting.
- ❖ WSO Annual Update Form reply: WSO now allows groups to send this form to the AGRC for update processing rather than the Group mailing it back to WSO for processing. Provide any changes to the Annual Update Form to the AGRC via phone, email or USPS. Contact information below)

(Note all data entered by the AGRC into the WSO database are uploaded within an hour, ensuring that the Newcomer has the latest information. Check out the WSO "Find a Meeting" feature to see how your meeting is shown to the Newcomer and member visiting our area: <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>.)

PAPER FORM OPTION STILL AVAILABLE on WSO website <https://al-anon.org/for-members/group-resources/group-records/> Down load and print a copy paper form (looks similar to the retired WSO Form 1) from the website and send Group Information changes to the Area Group Records Coordinator for processing or WSO for New Group Registration.

These updates were presented at the Spring 2018 Area 24 Assembly. Contact the Area Group Coordinator, Maureen M at records4area24@marylanddc-alanon.org 301-513-0255 or 5007 Geronimo Street, College Park, MD 20740 for an electronic copy of the presentation, WSO Group Records Changes as well as any questions regarding these procedures.

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: _____