

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 – 2021

March 14 th	Sunday	District 13 & AIS-DCSMD Workshop – How to Navigate Keeping the Focus on Yourself <i>flyer inside</i>
March 20 th	Saturday	Area 24 Spring AWSC, virtual
March 21 st	Sunday	District 7 Event – Serenity Tea <i>flyer inside</i>
March 27 th	Saturday	District 15 Workshop – Building My Program on a Firm Structure <i>flyer inside</i>
May 22 nd	Saturday	Spring Assembly, hosted by District 10 if not virtual
Sept 24 th	Saturday	Fall AWSC, hosted by District 24 if not virtual
October 23 rd	Saturday	Fall Assembly, hosted by District 20 if not virtual

For an up-to-date calendar of events, please visit the Area 24 website:

[click here](#)

or

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

Al-Anon-Cer

Published by Al-Anon Family Groups of MD & DC
www.marylanddc-alanon.org

Editor: Joe D Newsletter4Area24@gmail.com

SUBMISSIONS

Send calendar events and reports for the Al-Anon-Cer to the editor by the deadlines below.

Please include contact info with your submission to enable the editor to verify/clarify information

SUBMISSION DEADLINES			
Issue	Deadline	Issue	Deadline
March	February 15	June	May 15
September	August 15	December	November 15
<i>Early submissions are greatly appreciated!</i>			

SUBSCRIPTIONS

Group Reps (or Current Mailing Address for group if different from GR), District Reps, Area Officers & Coordinators, Past Delegates, Regional Trustee and Area Information Services may request a paper copy. Additionally, all other members may request a paper copy; a \$10 annual donation to Area 24 is suggested but not required.

**The Al-Anon-Cer may also be emailed 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>

From the Editor

Like so many of you I am yearning for the chance to attend meetings in person once again. At times I am emotionally exhausted and ready for this to be over, even though I know it is not over. When I feel like that, I know that is exactly the time to find an online meeting or to reach out to a program friend. HP has always been there for me and that has not changed during the pandemic. And almost always when I feel frustrated, a sense of gratitude will come into focus. HP has been constant during these trying times.

Periodically I like to change up things in my program. A few months ago, I decided to stand up for the Newsletter Editor position for Area 24 which will certainly be different than what I have done before. I will give it my best effort for the next three years & twelve editions. I would like to solicit some written sharings from Area 24 members:

I have added a “Yours in Service” page where Area 24 Trusted Servants can contribute to the newsletter. This would be a sharing directly related to your service position. If you are interested in doing so for a future edition, please email me and we can discuss it further.

Also new is a “Member’s Page” where members can contribute a written share. This should be less about personal recovery and more about supporting our meetings and our arms of service (WSO, Area, AIS, District). We seem to be a rather creative sort and this pandemic has afforded us an opportunity to come up with inspired solutions to many problems we had never considered. Perhaps one of you would like to share about one of these topics: Attracting and keeping newcomers; how your group solicits contributions; how you changed how you meet with your sponsor or sponsee.

You will see more **color** in this issue. Most members will be reading the AI-Anon-Cer electronically and I thought we could spice it up. Those of you receiving print copies will only get Black & White versions with some grayscale. And those of you who choose to print the color copy can certainly select B&W on your printer to save on color ink. I have test printed the pages with color and they print just fine in B&W.

I would like to give a big THANK YOU to Robert W., the previous AI-Anon-Cer editor. He has been incredibly helpful, supportive and patient over the past few months. I have some big shoes to fill!

I welcome all feedback and suggestions at Newsletter4Area24@gmail.com. Thank you.

To make contributions to Area 24

Mail to:

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

- *Make donation checks payable to “AFG of MD and DC, Inc”*
 - *Please include your group name & number on your contribution*
 - *For District contributions, include the District #*
-

To make contributions to the World Service Office

Mail to:

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

- *Please make donation checks payable to “AFG, Inc”*
- *Please include your group number on your check*
- *For District contributions, include the District #*

Meeting Information: 888-425-2666
All other business: 757-563-1600

Website: <http://www.al-anon.org/members>

All members are encouraged to visit and browse the WSO website!

Members can also make an online donation to both the Area and WSO very easily on the Area 24 website:

<https://www.marylanddc-alanon.org/>

The Baltimore Area Information Service is subsidizing Conference-Approved newcomer packets during the suspension of meetings!

Members or newcomers can email the Literature Depot:

AlanonLiteratureDepot@gmail.com

This is your Area's confidential newsletter.

Please share this information within the Fellowship only.

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.

[For Newcomers](#)

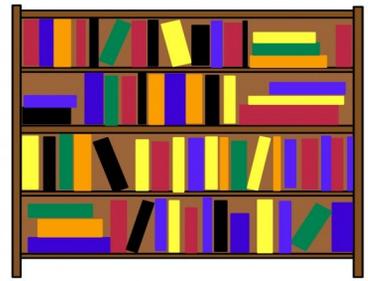
The literature depots also have the paper Newcomer Packets, for both AI-Anon and Alateen.

What is a Panel?

Area officers serve a three-year term, and each year is called a "panel". At the October 2020 Fall Assembly, we elected officers for Panel 61 which began in January. Phil B. was elected the Area 24 Delegate and he will be representing us at the World Service Conference in April. At the WSC, there are always three current panels serving. The newly elected Panel 61 Delegates will be there with the Delegates from Panels 60 and 59. This serves the Conference in that there will always be Delegates present who have some experience and that there is never a time when all the Delegates would be brand new to the conference. The outgoing Delegates mentor the new incoming Delegates.

We know Phil will represent us well. He will then present an in-depth report to Area 24 members at the Spring Assembly on May 22nd which will be chock full of interesting information. All members are welcome and encouraged to attend!

Members Page



“Paying it Back”

Last year when the World Service Office and other service arms indicated income had dropped significantly due to the pandemic, like most members I made sure I kept contributing to my home group. I was also in a position to be able to make direct contributions to Area 24 and the local AIS. After all that Al-Anon has given me, those were easy decisions and the right thing for me to do.

However, I felt I needed to do something more to give back to Al-Anon and just couldn't decide what or how. After some reflection I decided to make an inventory of Conference Approved Literature that I owned. (It was easy to compare it to all literature available on the WSO website and see what CAL I did not have.) I then did something I never imagined I would do – I placed an order for all the CAL that I did not own from WSO!

While I had copies of the three Al-Anon daily readers I did not have the Alateen readers, so I ordered those. I also ordered several additional copies to offer to a local Alateen meeting once they resume meeting in person. Also purchased were a few other books that I did not have including some literature on the history of Al-Anon. I was sure to include several copies of the softcover *How Al-Anon Works for Families & Friends of Alcoholics* which is perfect to give to a newcomer (this particular edition is only \$6).

After making this purchase, I learned two things from our Delegate Idalia R's report: 1) that member contributions were up at WSO in response to the pandemic and that 2) literature sales were dramatically down and that WSO relies on the sale of CAL. I was grateful that I was able to support the WSO by purchasing literature that I did not own. And I now have a full library of Conference Approved Literature!

Step 10 gives me the opportunity to look at all aspects of my life. For me, one of those things is how I repay and support this lifesaving program. Perhaps in an effort to “pay it back” to Al-Anon, members will consider purchasing additional literature from WSO.

Submitted Anonymously

Yours in Service

Dear Fellow Members,

I am writing to introduce myself as the new Area 24 Literature Coordinator. As a grateful long-time member of Al-Anon, I am doing service work on the Area level for the first time! I look forward to this worthwhile & informative opportunity to give something back to Al-Anon. Still getting my sea legs, but I am getting oriented through *In The Loop* our World Service Office (WSO) on-line newsletter as well as the Conference Approved Literature (CAL) catalogue itself. I have been delving into Al-Anon history and just downloaded a cool pamphlet on our founders, Lois W and Anne B!

I also want to mention that our newly designed public outreach magazine, *Al-Anon Faces Alcoholism*, is available for \$8 for 25 copies through the online store at www.al-anon.org. This versatile publication can give prospective members a feel for the program and what it might offer them & their families. Mental health and other caring professionals might also like to order copies for their patients and clients, as well. I realize many groups and members order this publication annually. Keep in mind there is a big change that is a result of the pandemic - *Al-Anon Faces Alcoholism* will no longer have the year on it. The current edition will be in circulation after 2021!

If you have any questions about Al-Anon CAL, feel free to contact me at: vjbale2018@gmail.com and we will figure it out together!

Yours in Service, Vicky B.



OUR TRUSTED SERVANTS

Al-Anon/Alateen Information Service of Anne Arundel County

PO Box 763, Severna Park, MD 21146
(410) 766-1984

Website: www.md-al-anon.org

Meets quarterly in January, April, July, and October, on the third Wednesday of the month, at 7:30pm via Zoom. For more information, call (410) 766-1984 or email alanon@md-al-anon.org.

AIS-DCSMD

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

278 Carroll Street, NW, Washington, DC, 20012
(202) 635-2023

Website: www.al-anon-alateen-dcmd.org

Contact: chair@al-anon-alateen-dcmd.org for more information

All AIS-DCSMD Business meetings are held at 7 PM on the fourth Thursdays of January, February, March, April, June, September, and October and first Thursday in December.

Meetings are currently convened in FreeConferenceCall.com :

To Dial-in, call: (425) 436-6398, Access code: 415673#, Security code: 121212.

To meeting online: <https://join.freeconferencecall.com/traditions8&11>,

Sign in with email address, Online meeting ID: traditions8&11 Security code: 121212

Baltimore Al-Anon Information Service

PO Box 185, Kingsville, MD 21087
(443) 695-0221

www.alanon-maryland.org

Baltimore AIS business meetings are the second Tuesday of the month (no mtgs in June or Dec) at 7:00pm. For more information call (410) 832-7094 or go to www.alanon-maryland.org

Baltimore, Baltimore Co, Harford Co, & surrounding areas:

Carolyn S. (443) 528-5992

Please email orders and include the group and your name, address, and phone #.

AlanonLiteratureDepot@gmail.com

Washington DC & surrounding areas:

See AIS-DCSMD information above.

Eastern Shore (District 24):

Ruth C. (443) 235-0300

Ercody1@aol.com

Literature Depots



Answering Services



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

Online Alateen Meetings for Maryland & DC

Do you have a parent, close friend or relative whose drinking upsets you?

Alateen is for young people (ages 9-19) whose lives have been affected by someone else's drinking. All young people are welcome and can attend any or all of the meetings.

Day and Time	Zoom Link, Meeting ID & Password
Sundays 7:00 pm	Join Zoom Meeting https://us02web.zoom.us/j/83491122082?pwd=aJnbnjZQZVJMRjJqMHJhY3UUVF6UT09 Meeting ID: 850 8785 2562 Passcode: 821502
Mondays 7:30 pm	Join Zoom Meeting https://us02web.zoom.us/j/9740789758?pwd=WXZpMnE5eEl3N2ZQWDJRc3J1dGxTQT09 Meeting ID: 897 5578 6747 Passcode: 717885
Thursdays 7:30 pm	Join Zoom Meeting https://positivepsychebiz.zoom.us/j/85710995221?pwd=SXdazTNNMVhaa1RvbXBadkRWMIpUUT09 Meeting ID: 857 1099 5221 Passcode: 939018
Saturdays 11:00 am	Join Zoom Meeting https://us02web.zoom.us/j/83580763081?pwd=SUFtRjJlHWUZOzR3I3YUNwdGp5U1Rndz09 Meeting ID: 852 9632 3586 Passcode: 240291

IMPORTANT Guidelines for the meetings:

- There will be 2 adults (called Alateen sponsors) who host the meeting
- Only Alateen member and newcomers may attend
- The meeting will begin on time, so please don't be late
- For security purposes, your video must be enabled for you to join – we need to always know who is in the meeting
- Unless you are speaking, please mute your mic
- The meeting is for one hour

See the Area Alateen website for more information about Alateen: www.alateenmddc.com

Treasurer's Corner

Contributions

The group, district and individual contributions for 2020 were \$15,872; \$4,812 in the first quarter, \$4,327 in the second, \$2,565 in the third and \$4,168 for the fourth. The Area thanks you for all these generous contributions. In addition, \$1,300 in excess funds were transferred from the Fall Convention account to the area. See the Contributions page for details of the \$4,168 in contributions in the fourth quarter.

The contributions at the beginning of the year were strong, but they tapered off in March relative to previous years. Very generous personal contributions helped boost our total contributions.

Expenses

The total expenses for 2020 were \$17,753. Fourth quarter total expenses were \$10,085. Payments for program expenses were \$36 for Alateen support, and \$90 for Web expenses. The administrative expenses paid were \$2,508 for six months of liability insurance, \$5,000 as a contribution to the WSO and a payment of \$2,400 to the WSO for the 2021 World Service Conference.

Budget Summary for 2020

The cash balance as of the end of the year was \$24,297. In addition, the spring convention had a reserve of \$3,196 and the fall convention reserve was \$6,679. The budget and actual income and expenses for 2016 through 2021 appear on the Budget Summary page.

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 L, Treasurer

**AFG of MD and DC Inc
Contributions October through December 2020**

AFG or District	Amount
000 Individuals	\$1,443.10
0002417 Chevy Chase Monday 8 PM	\$84.00
0002437 Saturday Night Gratitude	\$50.00
0002443 Friday Step	\$105.00
00027312 Oakleigh Sun Night	\$35.00
00030503137 Ellicott City Courage to C	\$100.00
00030511875 P F Daytimers	\$25.00
00030519063 Paths to Recovery	\$20.66
00030555587 Norbeck Blvd AFG	\$38.82
00030563855 Severna Park Sat Morn	\$13.08
00030576594 New Beginnings DC	\$44.68
00030586955 Palisades II Thursday	\$123.60
00030621591 Gaining Tools	\$65.00
00030657156 Beginners By the Bay	\$20.00
00030678086 New Market	\$75.00
00030685957 Women's Renewal Kensington	\$381.65
00040274 4th Step Study	\$43.20
00041392 Rockville East Step Sutdy	\$25.00
00042081 Takoma Park Sat Mtg	\$29.04
00042848 Palisades	\$38.00
00043421 Courage to Change	\$30.00
00043468 Saturday Night Live	\$36.00

AFG or District	Amount
00046107 Gratitude	\$25.00
00046897 Southern Serenity	\$74.00
00048369 Suburban Parents AFG	\$132.34
000502454 Middletown AFG	\$56.00
000502745 Kensington Women	\$49.36
00052341 Steps to Serenity	\$86.00
00053132 MWF AFG	\$23.00
00053483 Sunday AFG Gaithersburg 1 pm	\$39.00
0005768 Monday Germantown	\$22.88
0005789 Catonsville Early Bird	\$25.00
0005839 We Care Tues	\$25.00
0005862 Bowie Mon Morning	\$110.00
0005916 Forest Hill	\$12.00
0005965 Liberty AFG	\$90.00
0005980 Sun Night St Peters Olney	\$162.00
0006005 Rockville Weds nite	\$75.00
0006008 Rockville East	\$25.00
0006025 Anne Arundel Thurs Nite	\$140.00
0006035 Silver Spring Thursday PM	\$48.60
00066938 Westside Club	\$71.64
District 24	\$50.00
Total Contributions	\$4,167.65

AFG of MD DC, Inc
December 31, 2020

Budget Summary 2016 2017 2018 2019 2020 2021

	Budget	Actual	Budget	Actual	Budget	Actual	Budget	Actual	Budget	Actual
INCOME										
Group Contributions	\$14,000.00	\$16,381.47	\$16,000.00	\$19,742.49	\$19,700.00	\$16,136.51	\$17,000.00	\$17,800.14	\$17,000.00	\$12,053.39
District Contributions	\$2,000.00	\$1,688.00	\$1,000.00	\$3,248.35	\$2,000.00	\$1,893.28	\$2,000.00	\$2,704.43	\$2,000.00	\$1,319.46
Individual Contributions	\$120.00	\$81.30	\$40.00	\$440.00	\$60.00	\$0.00	\$60.00	\$172.00	\$60.00	\$2,499.52
Total Contributions	\$16,120.00	\$18,150.77	\$17,040.00	\$23,430.84	\$21,760.00	\$18,029.79	\$19,060.00	\$20,676.57	\$19,060.00	\$15,872.37
Spring Convention Proceeds	\$2,000.00	\$1,250.00	\$1,500.00	\$3.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Fall Convention Proceeds	\$2,000.00	\$2,750.00	\$1,500.00	\$0.00	\$0.00	\$3,000.00	\$0.00	\$3,000.00	\$0.00	\$1,300.00
Interest & Al-Anon-Cer Subs	\$3.00	\$3.10	\$3.00	\$2.86	\$3.00	\$52.86	\$3.00	\$92.86	\$3.00	\$99.13
Total Income	\$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	\$17,271.50
EXPENSES										
WSO Contributions	\$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	\$7,500.00
Alateen Support	\$1,500.00	\$280.77	\$1,250.00	\$281.84	\$1,250.00	\$495.35	\$1,250.00	\$1,460.03	\$1,250.00	\$602.55
AMIAS Background Checks	\$1,000.00	\$736.00	\$1,000.00	\$1,099.55	\$1,300.00	\$763.00	\$1,300.00	\$376.25	\$1,300.00	\$322.45
Literature	\$1,050.00	\$764.63	\$1,100.00	\$927.29	\$550.00	\$450.85	\$720.00	\$434.18	\$550.00	\$0.00
Convention Support	\$350.00	\$181.62	\$250.00	\$342.84	\$200.00	\$0.00	\$200.00	\$0.00	\$200.00	\$0.00
Liaison to AA Support	\$600.00	\$0.00	\$600.00	\$586.71	\$500.00	\$441.47	\$500.00	\$279.71	\$500.00	\$0.00
Public Outreach	\$400.00	\$90.00	\$400.00	\$0.00	\$1,900.00	\$1,460.17	\$6,175.00	\$5,151.38	\$1,900.00	\$91.99
Web & Technology Services	\$150.00	\$163.60	\$255.00	\$232.50	\$440.00	\$460.72	\$800.00	\$357.54	\$800.00	\$90.39
Al-Anon-Cer	\$450.00	\$201.73	\$450.00	\$313.07	\$810.00	\$739.39	\$420.00	\$580.69	\$420.00	\$355.62
Total Program Expenses	\$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	\$8,963.00
Steering Committee	\$1,740.00	\$962.04	\$1,450.00	\$1,065.12	\$1,715.00	\$511.89	\$1,000.00	\$496.51	\$1,100.00	\$84.96
Delegate to WSO	\$2,200.00	\$2,000.00	\$2,000.00	\$2,500.00	\$2,500.00	\$2,000.00	\$2,000.00	\$2,000.00	\$2,100.00	\$2,400.00
N.E.R.D. Conf	\$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	\$0.00
Group Records	\$100.00	\$0.00	\$100.00	\$0.00	\$100.00	\$30.00	\$50.00	\$50.40	\$100.00	\$0.00
Archives Coordinator	\$200.00	\$12.72	\$100.00	\$0.00	\$100.00	\$105.92	\$200.00	\$48.16	\$200.00	\$0.00
Assembly Meetings	\$1,000.00	\$1,291.16	\$850.00	\$993.20	\$850.00	\$502.40	\$850.00	\$300.00	\$850.00	\$0.00
AWSC Meetings	\$1,000.00	\$1,132.87	\$850.00	\$410.61	\$700.00	\$325.00	\$700.00	\$500.00	\$700.00	\$0.00
Insurance	\$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	\$6,030.00
Legal and Professional	\$600.00	\$200.00	\$600.00	\$200.00	\$600.00	\$450.00	\$500.00	\$250.00	\$300.00	\$275.00
Miscellaneous+ Contingency	\$1,000.00	-\$0.10	\$500.00	\$247.00	\$300.00	\$0.00	\$300.00	\$0.00	\$300.00	\$0.00
Total Administrative Expenses	\$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	\$8,789.96
Total Expenses	\$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	\$17,752.96
Profit/Loss	-\$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	-\$481.46

Operating starting balance	\$8,482.61	\$12,282.74	\$12,282.74	\$14,207.90	\$14,207.90	\$12,437.57	\$10,460.82	\$9,977.23	\$10,460.82	\$9,977.23
Operating ending balance	\$12,282.74	\$16,556.41	\$14,309.51	\$14,312.37	\$14,312.37	\$14,315.23	\$14,318.09	\$14,320.22	\$14,318.09	\$14,320.22
Reserve starting balance	\$14,309.51	\$14,312.37	\$14,312.37	\$14,315.23	\$14,315.23	-\$1,973.89	-\$481.46	-\$481.46	-\$481.46	-\$481.46
Reserve ending balance	\$14,312.37	\$14,312.37	\$14,312.37	\$14,315.23	\$14,315.23	-\$1,973.89	-\$481.46	-\$481.46	-\$481.46	-\$481.46
Difference	\$1,553.23	\$1,553.23	\$1,928.02	\$1,973.89	\$1,973.89	-\$481.46	-\$481.46	-\$481.46	-\$481.46	-\$481.46

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

**Area 24 Group Records 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, Flemena B at records4area24@marylanddc-alanon.org with updated information for input or Send USPS mail to 9157 Helaine Hamlet Way, Columbia, MD 21045, or call 1-443-756-9699 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/>.

District 13 & AIS-DCSMD are co-hosting a
Spring Workshop:

How to Navigate Keeping the 'Focus on Yourself'

Through the Steps, Traditions, Concepts, and Slogans....

ON Sunday, MARCH 14TH, 2021 (ZOOM Doors open 12PM EST)

Welcome: 12:15pm; Speakers 12:30-4:30PM EST

ZOOM:

[https://us02web.zoom.us/j/84293738068?pwd=OWhkSW9pMU
RoSkxpSy9FK3dldXZBUTo9](https://us02web.zoom.us/j/84293738068?pwd=OWhkSW9pMU RoSkxpSy9FK3dldXZBUTo9)

Meeting ID: 842 9373 8068

Passcode: 123456

By Phone Dial:

+13017158592,,84293738068#,,,,*123456# US (Washington DC)

+13126266799,,84293738068#,,,,*123456# US (Chicago)

Questions: Janice js.volunteer36@gmail.com



Share Your Serenity

District 7 AFG invites you to the
2021 Serenity Tea

Sunday, March 21
3:00-4:30 ET

ZOOM ID: 886 7386 0998

Passcode: 0321

Call in: +1 301 715 8592

Phone Passcode: 0321

Direct Link:

<https://us02web.zoom.us/j/88673860998?pwd=OXVFaVhjZms2NVRTcEZVQnNHejVpdz09>

AI-Anon and AA participation
Speakers from around the corner and around the globe
Breakout rooms following speakers
Share your Serenity Slideshow!*

Questions: email district7afg@gmail.com

*See the Share your Serenity Slideshow flyer on the AIS website for information on how to participate!

Image: Kathryn J.

Share Your Serenity

In preparation for our annual District 7 Serenity Tea,

we invite members to share their serenity!

The Serenity Tea on March 21st will be virtual,
but we want participants to have a “voice” in the event!

Please consider contributing a written or visual response to one or more of the following questions:

- What does serenity mean to you?
- How do you achieve or regain serenity?
- How do you hold on to your serenity?
- What does serenity LOOK like to you?

We welcome **your** words or **your** art, to reflect your heart. One submission per person, per each category. The “Share Your Serenity” compilation will be presented as a slideshow during the Serenity Tea’s meditative pre-sharing time! We will also provide a downloadable pdf of selected submissions as a takeaway from the event.

For written responses:

Maximum of **50 words**, sharing should be in your own words. For copyright reasons we **cannot include quotes** from Al-Anon conference approved literature or other sources.

A few words, sentence or two, short poem, or that which captures how serenity speaks to you!

For visual responses:

All imagery should document your own original work. **No human faces should be included in photographic submissions.** Sadly, we cannot include sounds or videos. Max. file size: 3 MB.

A photograph, drawing, painting, collage, image of flower arrangement, or that which captures how serenity looks to you!

How to participate in this shared resource*:

By March 6th

Email your contribution to: district7afg@gmail.com

-**The subject** of your email should be: **Serenity submission**

-**Important:** within the first line in the body of the email: provide your first name and last initial, OR if you would prefer to post your contribution without your name, type “Anonymous”

-**Written:** type or paste your 50 words or less directly into the body of your email.

-**Visual:** attach one image formatted as jpg, tif, or png, max. 3 MB. If you would like to combine a few words with your art, please specify this in the text of your email.

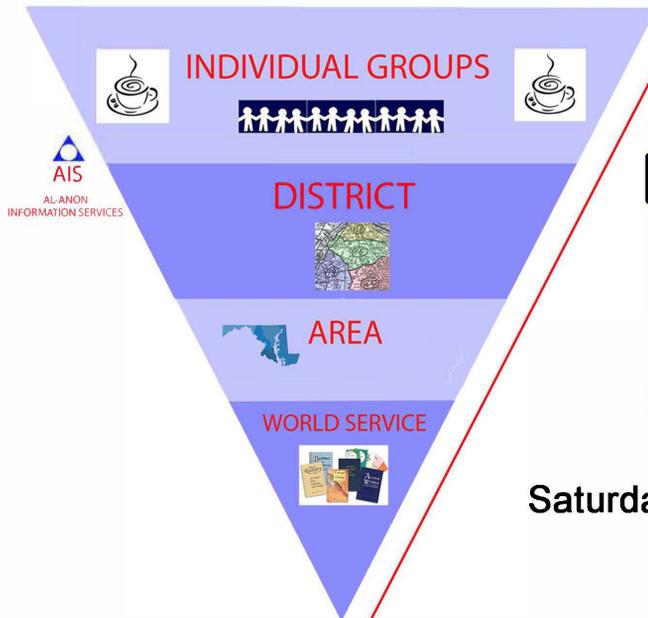
*By making a submission, you agree that: 1. it is your original work 2. you give District 7 license to use your submission at this event, as a downloadable file, and for distribution throughout the AFG community.

See the Serenity Tea flyer on the AIS website for the March 21st event details and Zoom link!



Al-Anon Maryland District 15 Workshop

HOW AL-ANON WORKS



BUILDING MY PROGRAM ON A FIRM STRUCTURE

Saturday, March 27 9am-2pm
via Zoom

- ▼ Learn about the structure of Al-Anon.
- ▼ Listen to speakers from Group, District, AIS, Area, and WSO share their experience, strength and hope.
- ▼ Share your own service experiences with other Al-Anon members in small groups.

Workshop Registration

To register, email the following information to Mary Kay at dent103@comcast.net or mail it to **Mary K. Sistik, 103 Old County Road, Severna Park, 21146**. Prior to the workshop you will receive the agenda, including a Zoom meeting link, via email.

Name: _____ Email: _____

Phone: _____ Home Group: _____

By signing into this Zoom workshop, you are agreeing to the following statement:

Anonymity is the spiritual foundation of Al-Anon. We ask that during the workshop you find a private space where no one can see or overhear participants; if necessary, use headphones. We thank you for your cooperation.

To support this workshop and others, please consider making a \$5 donation to the WSO by visiting www.al-anon.org/contributions.