

# 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](http://www.marylanddc-alanon.org) • email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)  
[www.alateenmddc.com](http://www.alateenmddc.com)

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## AREA 24 CALENDAR OF EVENTS

June 7-9 -- <i>Not too late!</i>	Spring Convention at Washington College in Chestertown, MD (registration form attached)
June 8	District 10 Picnic (flyer attached)
June 28-30	Maryland State Convention (AA with Al-Anon Participation) (registration form attached)
August 3	37 <sup>th</sup> Annual Breakfast by the Sea, Dewey Beach, DE (flyer attached)
August 23-25	40 <sup>th</sup> Virginia Area Al-Anon Convention (registration form attached)
September	National Recovery Month: watch for new PSA and posters in public transportation areawide
September 21	Fall AWSC Meeting – Hosted by District 12
September 28	District 8 Fall Workshop: Leaves of Change (flyer attached)

**Every effort has been made to remove personally identifying information from the on-line version of the Al-Anon-Cer. To receive the newsletter in it's entirety, please subscribe on the home page of the website at [www.marylanddc-alanon.org](http://www.marylanddc-alanon.org).**

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 see contact the corresponding **District Representative** listed under the “**Our Trusted Servants**” listing later in this newsletter.

If you would like your District Meeting listed on this calendar, please contact the Editor (see page 4).

- 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** -Acting DR is Wanda R
- 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. We are invited to attend the 7:30 PM Fallston Unity meeting.
- District 6** Meetings on even months 1<sup>st</sup> Sunday 6:30 PM before the Sunday night Chatsworth meeting
- District 7** Meetings held the following third Sundays in 2019 after the Evergreen Discussion AFG meeting (Loyola University, Knott Hall, room G007): 12:15 PM January 20, February 17, May 19, August 18, November 17, 2019
- 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 [in 2018: 6/5, 8/7, 10/9, 12/4]
- 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 2<sup>nd</sup> Saturday of the month, except for July, November and December at the Serenity Center, 9650 Basket Ring Road, Columbia MD 21045. Contact Phil B, DR, at 410-428-2020
- District 12** Meets the 1<sup>st</sup> 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 3<sup>rd</sup> 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 4<sup>th</sup> Wednesdays of every other month (Feb, April, June, Aug, Oct, Dec.) at 7:30PM in Room 150 of Woods Memorial Presbyterian Church, Severna Park, MD.
- District 17** Inactive
- District 18** Inactive
- District 22** Email only: contact District Rep to join list
- 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

**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 in May 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](mailto:alanon@md-al-anon.org). Information is also available at [www.md-al-anon.org](http://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](http://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](http://www.al-anon-alateen-dcmd.org).

*Al-Anon-Cer*

Published by Al-Anon Family Groups of MD & DC.

[www.marylanddc-alanon.org](http://www.marylanddc-alanon.org)

Editor: Robert W

**SUBMISSIONS**

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

**Al-Anon-Cer**  
**Robert 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:**  
**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](mailto:Newsletter4Area24@gmail.com)

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

## 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 "AI-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"

If you would like a copy of the newsletter that includes Trusted Servants, Area Coordinators and DR contact information, please subscribe to receive the unedited version by email.

### 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.

### Area Information Services

#### **AI-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](http://www.md-al-anon.org)

#### **Baltimore Area AI-Anon Information Service** -- *new mailing address:*

P.O. Box 185  
Kingsville MD 21087-0185  
(410) 832-7094  
[www.alanon-maryland.org](http://www.alanon-maryland.org)

#### **Cumberland Answering Service**

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

#### **Easton Answering Service**

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

#### **Salisbury/Ocean City Answering Service**

(410) 742-2504

#### **Mary Del Tri-County AI-Anon Information Service (Harford & Cecil Counties)**

*has been absorbed into the  
Baltimore AIS*

#### **Frederick – Hagerstown Answering Service (Frederick & Washington Counties)**

(240) 285-9831

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

[www.al-anon-alateen-dcmd.org](http://www.al-anon-alateen-dcmd.org)

## 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](mailto:AlanonLiteratureDepot@gmail.com)

### **Washington DC and surrounding areas:**

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

### **Eastern Shore (District 24):**

Ruth C  
(443) 235-0300  
[ercody1@aol.com](mailto:ercody1@aol.com)

## WORLD SERVICE OFFICE

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

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

Email: [wso@al-anon.org](mailto:wso@al-anon.org)

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

## Al-Anon Members Involved in Alateen Service:

### Interested in becoming an AMIAS (aka Alateen Sponsor)?

Go to the Area 24 Alateen website <http://www.alateenmddc.com/> and choose *How to Become an Alateen Sponsor in Area 24* and complete steps 1-4.

### Questions?

Please contact the Area Alateen Coordinator, Barb M:  
[alateenarea24.ac@gmail.com](mailto:alateenarea24.ac@gmail.com) or call 443-379-4430 and leave a message.

## 2019 World Service Conference: Delegate Report

Dear Fellow Al-Anon Members,

This year the 59<sup>th</sup> World Service Conference was held at the Sheraton Hotel in Virginia Beach, Virginia, April 13-17, 2019. This year theme was “Action is Attraction -- There is no Growth in the Comfort Zone.”

For the first time ever, this conference was truly a trilingual conference, with French and Spanish interpretation being provided allowing non-English-speaking delegates to attend and this honoring our spiritual principles of inclusivity and participation. This is the first year of a three-year trial that was approved by the Board of Trustees in July 2018. Following in this line we provided a presentation of the two new PSAs. Each PSA was shown in English, French and Spanish.

This year we also experimented with a new method of voting that uses browser based software on our electronic devices. After several trial runs we were able to use our personal devices to vote. Of course, with every new software we learn some lessons and next year we will need to make sure we have stronger and wider internet capabilities.

The 59<sup>th</sup> WSC did create a lot of attraction. We were all enthusiastically and respectfully engaged in discussions regarding Al-Anon’s possibilities for the future. We were able to close the gap on the things that needed to be changed and of course open up the window of opportunity for new ideas and future changes.

I am forever grateful that I have had this opportunity to serve as the Area 24 Delegate. It is truly a life changing experience and I know for me my growth continues to come from my deep rooted commitment to our legacies—Unity, Service, Recovery.

Thank you all for your support and love and for letting me serve.

“...that every single Al-Anon gives sense and meaning to this worldwide fellowship for the simple reason that each is a channel through which the message is carried.” *Many Voices, One Journey* p. 189

Idalia R, Delegate Area 24, MD/DC

From the Editor:

## Breaking News: Public Outreach Approved!

The Center for Disease Control has declared an epidemic, and the need for family recovery has never been more urgent. During National Recovery Month, in September, Al-Anon's World Services Office will be running two excellent new video public service announcements, previewed at the recent Spring Assembly by our Delegate, Idalia.

To dovetail with these, the Baltimore AIS groups have funded placement of the newest WSO poster inside all Baltimore MTA buses throughout September. Kudos to Rita, our dedicated and energetic Public Outreach Coordinator: this is the first campaign of this type in this region since the 1980's, if ever. Such was the enthusiasm at the May 18<sup>th</sup> Spring Assembly that a clear majority of GR's voted to extend this effort Area-wide. Posters will be placed in MARC trains and buses across Maryland, including Ocean City and the counties of Montgomery, Frederick, Prince Georges, and Anne Arundel. Thousands of people will see this message, and we hope that many of them will be moved to visit our meetings. Stock up on newcomer's packets!

Because of the very tight schedule, most Area 24 groups have not yet had the opportunity to pledge their financial support for this campaign. As a result, the 2019 Area budget was amended, drawing \$4,275 from the prudent reserve. Groups and individuals are encouraged to send donations to the Area (see instructions in the Treasurer's Corner) to rebalance our budget. As the Service Manual states on page 55, "some groups take additional collections for special local projects." This Public Outreach Campaign is a very special project, worthy of your financial support, as we try to carry the message of hope in recovery.

## Treasurer's Corner

### Contributions

The group and district contributions for the first quarter of 2019 were \$5,225. The Area thanks you for all these contributions. See the Contributions by Group and District report for details. In addition, \$3,000 in excess funds were transferred from the Fall Convention account to the area.

Program expenses were \$1,299, and administrative expenses were \$2,888. The largest program expense was for Alateen support and the largest administrative expense was for sending the delegate and past delegates to N.E.R.D. See the Income and Expenses page for more details.

The cash balance as of March 31 was \$30,791.

### Other Budget Pages

Other budget reports included in this edition of the Al-Anon-Cer are: Contributions by Group and District for the first quarter of 2018; and Total Income and Expenses for the first quarter of 2019.

### Obtaining a Group or District Bank Account

Obtain an EIN from the IRS. Search online for "IRS get an EIN", which will take you to the IRS web site to apply online. You can register as a Social Group and you do not need to do any reporting to the IRS as long as yearly contributions to your group or district are less than \$5,000.

Go to a bank and ask for an account that will have no or very low fees for an account which will maintain a low balance (your prudent reserve) and have very few (1 to occasionally 6 a month) transactions.

### 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 and DC Inc  
Income and Expenses  
January through March 2019**

**Income**

4100 · Contributions	
4101 · Group Contributions	\$3,838
4102 · District Contributions	\$1,387
<b>Total 4100 · Contributions</b>	<b>\$5,225</b>
4200 · Conventions Proceeds	
4202 · Fall Convention Proceeds	\$3,000
<b>Total 4200 · Conventions Proceeds</b>	<b>\$3,000</b>
4800 · Interest Income	\$1
<b>Total Income</b>	<b>\$8,226</b>

**Administrative Expenses**

6010 · Steering Committee	
6012 · Secretary	\$30
6013 · Treasurer	\$16
6016 · Delegate Expenses	\$22
6017 · Alternate Delegate	\$30
<b>Total 6010 · Steering Committee</b>	<b>\$98</b>
6020 · Regional and Past Delegate	
6021 · Northeast Regional Delegate	\$712
6022 · Past Delegate N.E. Regional	\$1,529
<b>Total 6020 · Regional and Past Delegate</b>	<b>\$2,240</b>
6060 · AWSC Meetings	\$300
6090 · Legal and Professional	\$250
<b>Total Administrative Expenses</b>	<b>\$2,888</b>

**Program Expenses**

5020 · Alateen Support	
5021 · Alateen Coordinator	\$725
5023 · Background Checks	\$105
<b>Total 5020 · Alateen Support</b>	<b>\$830</b>
5030 · Literature	
5032 · Jessup Literature	\$34
<b>Total 5030 · Literature</b>	<b>\$34</b>
5080 · Public Outreach Coordinator	\$309
5120 · Al-Anon-Cer	\$126
<b>Total Program Expenses</b>	<b>\$1,299</b>

<b>Income</b>	<b>\$8,226</b>
<b>Expenses</b>	<b>\$4,187</b>
<b>Total Net Income</b>	<b>\$4,038</b>

**OBTAINING A GROUP OR DISTRICT BANK ACCOUNT**

Go online to the IRS web site and obtain an EIN number. Register as a Social Group so you do not need to do annual filings as long as your contributins are less than \$5,000 a year.

Go to a bank and ask for an account that will have no or very low fees for an account with a low balance and few transactions a month.

**AFG of MD and DC Inc  
Contributions January through March 2019**

AFG or District	Amount	AFG or District	Amount
0002415 Brightwood AFG	\$18.00	00052791 Bolton Hill Family AFG	\$52.50
0002417 Chevy Chase Monday 8 PM	\$26.87	00053483 Sunday AFG Gaithersburg 1 pm	\$16.00
0002433 Let it begin with me	\$22.94	0005768 Emmorton AFG	\$14.59
00027312 Oakleigh Sun Night	\$15.00	0005774 Annapolis Tuesday pm	\$100.00
00030211 Progress not Perfection	\$100.00	0005777 Thurs Morning AFG	\$240.89
00030519063 Paths to Recovery	\$47.33	0005780 Focus On Recovery AFG	\$25.00
00030555587 Norbeck Blvd AFG	\$29.00	0005785 Broadway Mon Night	\$84.00
00030563855 Severna Park Sat Morn	\$21.30	0005803 Loch Raven Fri Morn	\$75.00
00030566950 Mid Week Recovery	\$39.00	0005839 We Care Tues	\$80.00
00030567227 Melrose Wed Night	\$10.00	0005856 Potomac Womens AFG	\$42.00
00030567681 Monday night Ellicott City	\$10.00	0005862 Bowie Mon Morning	\$43.00
00030586955 Palisades II Thursday	\$53.20	0005863 Old Town Bowie AFG	\$23.10
00030606314 Every Sunday Takoma Park	\$26.00	0005884 Clinton Daytime	\$50.00
00030621591 Gaining Tools	\$30.00	0005890 Oakland Mills	\$120.00
00030625374 Participation	\$68.30	0005903 Tuesday Night Topic	\$25.00
00030632610 Tues Al Anon DelRay	\$200.00	0005916 Forest Hill	\$17.50
00030678086 New Market	\$45.25	0005917 Fallston	\$16.21
00030685957 Women's Renewal Kensington	\$47.34	0005965 Liberty AFG	\$30.00
00030695189 Sat. Afternoon Frederick	\$30.00	0005968 Came to Believe	\$50.00
00033832 Wed Westmoreland Circle	\$40.00	0005976 Friday Night Northeast	\$10.00
00037918 Pathfinders	\$227.00	0006008 Rockville East	\$25.00
00038099 Marley Tuesday Night	\$35.00	0006014 Easy Does It	\$75.00
00038350 Burtonsville Step	\$140.00	00060333 New Beginnings AFG	\$20.00
00041029 Easy Does It Crofton	\$36.85	0006036 White Oak Al-Anon	\$141.58
00041392 Rockville East Step Sutdy	\$134.00	00060374 Miracle and Rainbow	\$45.00
00041614 Hyattsville Fri Lun	\$20.00	0006053 AFG at Bethel	\$14.00
00042081 Takoma Park Sat Mtg	\$6.74	00061600 How AFG Works Study	\$37.48
00042697 Kensington Mon 7	\$100.00	00063518 Couragae to Change ODAT Sun	\$8.12
00043421 Courage to Change	\$66.00	00064317 Midtown AFG	\$37.00
00043431 Pomfret Way of Life	\$45.00	00065794 Friday Noon Adult Child	\$20.00
00046107 Gratitude	\$70.00	00066188 Evergreen Loyola Step Al Anon	\$146.50
000502454 Middletown AFG	\$36.00	00067141 Hunt Valley Wed Morn	\$108.00
000502745 Kensington Women	\$63.01	District 2	\$200.00
00050888 Harundale Mon Night	\$20.00	District 6	\$116.66
00051581 Freedom in Recovery	\$50.00	District_10	\$1,186.67
		<b>Tortal Contributions</b>	<b><u>\$5,224.93</u></b>

## MARYLAND AND THE DISTRICT OF COLUMBIA

### Minutes from the Spring 2019 AWSC Meeting

March 23, 2019 – Hosted by District 9, Essex, MD

We opened the meeting with the Serenity Prayer, followed by a reading of our Steps (Sabrina), Traditions (Nancy) and Concepts (Barb). Welcome- Host District Welcome- Sandy S. District 9 Rep; Area Welcome- Joe D.

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

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

Also in attendance: Delegate (Idalia), Alternate Delegate (Dan O.), Secretary (Dolores) Treasurer (Charles), Chair (Joe), Group Records Coordinator (Maureen), Literature Coordinator (Suzanne T.), AAC (Barb), AAPP (Sarah), Spring Convention Chair (Robert W.), Webmaster (Katie) Archives (Dolores 1 vote), Past Delegates (Jack, Charlie and Connie), WMAAIS (Charles 1 vote), Baltimore AIS Chair (Diane D.), AAAIS Chair

Total possible votes after discounting people holding multiple positions- 28

Maureen read from Warranty 3 in Service Manual, p. 216, about unanimity.

We voted to establish 2/3s as substantial unanimity- or a total of 18 votes.

**Approval of Minutes, Fall 2018 AWSC meeting** – Area Secretary, Dolores M.

Because the Fall AWSC Minutes were mistakenly not published in a previous edition of the AI-Anon-Cer, Robert W. emailed them out to AI-Anon-Cer subscribers in advance of the AWSC meeting.

Dolores had hard copies available at the meeting for anyone who didn't have an opportunity to read them in advance of the meeting. We postponed approval of the minutes so people could review the minutes.

**Chairperson Report & Reminders:** Meeting Protocols, Ask it Basket – Area Chairperson, Joe D.

We are willing to work with people interested in doing positions in the future. Different areas of the country do their assemblies and AWSC meetings differently, some over an entire weekend.

We had steering committee meetings in January to work through Alateen business. Joe has been going to meetings in DC area to build support, awareness about service, and representation.

**Delegate's Report/NERD Report** – Area Delegate, Idalia R.

Idalia gave a report from the 41st Annual Regional Delegate Meeting. The outgoing Delegate, Connie, went with the new delegate, Idalia to the meeting. Represented were Rhode Island, Vermont, New Hampshire, Massachusetts, Pennsylvania, Delaware, NY North, NY South, and Maryland/DC. There were 39 attendees. The Regional Trustee's Report gave a report about what's going to be unfolding at the WSC.

- **Area Highlights:**

Public Outreach is really strong in different areas. Area 24 is very strong from the International Convention onward.

- **Conference Approved Literature:**

If we have extra literature we can donate it to places like Puerto Rico, and other groups who may not have the funds. New York South is having a literature drive.

- **Workshops during NERD:**

What is bias? (Connie may do a presentation in the fall.)

Leadership- what are things we can bring to the Area.

Help for families with drug addiction.

- **Hot Topics #1:** How are Areas working with groups prior to removing their listing, if applicable? Visiting the meetings to inquire what is going on. Invite strong Al-Anon members to go to these meetings. Try to turn the meeting around, before calling WSO to list them “do not refer”. Do other Areas have Safety Policies or Guidelines? Spiritual principles, establish “what feels safe and unsafe”.

- **Hot Topic 2:** What are Areas doing to encourage service?

Invite people - “go fishing” in meetings.

Break down the job descriptions.

Stress fun in service.

- **Hot Topics #3:** What is each Area Regional Trustee process? We don’t have a nominee from this Area. They have a process once they have a nominee, but how do we cultivate a nominee?

- **NERT (Northeast Regional Trustee) Report**

**New NE Regional Trustee-** Marianne Blanchard

Strategic Planning- core purpose, mission statement, core values, goals, envisioned future (This will come out at the WSC.)

**Membership Survey**

58% are between ages on 57-72

56% are 25-48 when coming into Al-Anon

91% attend meetings once per week

9% use telephone meetings

7% attend online meetings

- **Safety policy** was sent to all Al-Anon registered groups. Document from the website can be photocopied. Document was meant to promote conversation.

- WSO unaudited budget (more to be revealed)- contributions are down. Read the quarterly appeal letter.

- **WSO 2018 International**

4029 attendees

49 Alateens

271 AAs

27 countries represented

Albuquerque 2023 International Convention

Road trip to Seattle, Washington

WSC April 12-18, 2019 Virginia Beach

“Action in Attraction- There is no growth in the comfort zone” theme

**Alternate Delegate’s Report – Area Alternate Delegate, Dan O.**

Service is what got him better and what gets everyone better. My sponsor showed how she did service. Even opening the building is service. We shouldn’t have to be in multiple service positions. There are multiple people. Do we have alternate group representatives? Are our meetings thriving? Our meeting shouldn’t feel like a “click”. We need to be inclusive, not exclusive.

The third legacy is service-- Recovery, Unity and Service.

Concept 4- Participation is the key to harmony.

Service gets you to know people. It offers you other opportunities to go beyond your group, area, etc.

Are you suggesting it as a sponsor? Do you have GR, AGR, CMA, etc?  
Do you have meetings on service?  
Try to bring a friend to an Assembly.

**Secretary Report – Area Secretary, Dolores M.**

The Fall AWSC Minutes from 2018 were approved with one change from District 24- There are 9 meetings and 1 Alateen meeting. (Note- we need to incorporate this correction into the minutes.)

**Treasurer’s Report – Area Treasurer, Charles L.**

This treasurer’s report will be printed in the Al-Anon-Cer.  
We had a \$3000 contribution from the Fall Convention

**2018 Amended Budget vs. Actual**

Income	Budget	Actual
	21,763	21,083

Program Expenses		
Total	15,390	12,239

Net Expense as of Mar 15, 2019 are \$6,050  
2019 Budget is (7,177)

**2019 Budget Changes**

Alateen Coordinator asked for an increase of \$400 for Alateen in Baltimore Schools  
Current budget is \$1000

**Process for getting a bank account for a District or Group**

Obtain an EIN for a social group from irs.gov. Apply online. Open a bank account.

No IRS yearly filing if contributions are less than \$5000 a year.

Dan shared his experience in District 5. They didn’t have an EIN, but you can’t do that anymore. They registered as a Social Group. The bank helped them with the EIN. They had to put three people’s full names on the account.

Credit Union is cheaper than a commercial bank. On the Eastern Shore it’s a free checking account  
A business account requires articles of incorporation, etc.

**Past World Service Delegates** in attendance:

Charlie S. shared that he just wanted to let people know that Joan S. is a real person who was at NERD. (She signs the quarterly appeal letters.)

**District Representative Reports:** (in the order in which they reported)

• **District 8-** Kathryn, Alternate District Rep, Northeastern Baltimore County and Baltimore City (Winston, DR who was recently ill, attended and mentioned the importance of having an Alternate DR.) There are 13 meetings in District 8. They typically have 8 to 10 people at the district meetings. Planning a September 28th Fall Workshop, 9 to 12:30 pm, Theme- Leaves of Change (flyers available).

• **District 5-** Gail B. Harford and Cecil County – The meetings are thriving. They have an Alternate DR.

They are gearing up for hosting the spring assembly.

- **District 7-** Lucinda W. Central and Western Baltimore City- 10 meetings on this district, both large and small. They hosted the Serenitea last week, with 3 speakers and 82 participants.
- **District 2-** Katie C. Alternate DR, Frederick, Hagerstown area- Closed one meeting and the Alateen meeting is marked as inactive. They want to find a more central place for the Alateen meeting. They plan to have a Picnic (Flyer for that.) In-district workshop on sponsorship. Hosting the Assembly in October.
- **District 10-** Phil B. representing the District in place of Michelle. Howard County and Catonsville. They district has 20 groups. They recently had to move an Alateen and Al-Anon meeting out of Howard County Hospital because JHU bought the hospital and no longer allowed them to use the rooms. They moved to the Serenity Center at 6:30 on Sunday night. There is a new Wednesday meeting at 1:30 in the afternoon. District 10 Picnic is the same weekend as the Assembly.
- **District 12-** Kathy, Alternate DR- The district is thinking about having another hayride. There are 16-18 meetings in the District. A new group rep came with a Spanish-speaking meeting in Gaithersburg. It meets 2 nights a week. World Service registered them as a Saturday night group; Thursday night isn't registered.
- **District 13-** Chris, Alternate DR- Idalia addressed the district in November. They had the Spirituality weekend, last weekend. There were workshops on meditation and many other topics. District meeting was on Thursday. Some meetings have little literature. They are encouraging literature people. There is one Alateen meeting in Tacoma Park. They are reaching out to neighboring district 12 for financial support.
- **District 3-** Susie, Alternate DR, Carroll County- There are 11 groups, some small some large. Only 7 groups have group reps. They are struggling with the service piece. They had to address bullying. Some people are using the word addiction rather than alcoholism. One person was making other people uncomfortable about it because he was confronting people who use the word "addiction". It was making people feel unsafe. After they had a meeting about it the problem settled down.
- **District 22:** Gary - 14 Alanon meetings and 2 Alateen meetings. They host the Southern MD Roundup. Sarah was the Al-Anon speaker. There were 600 attendees and about 20% are Al-Anon. 1 Al-Anon meeting closed. 1 of 2 Alateen meetings is new. There is a new Al-Anon meeting too.
- **District 24:** -Salisbury, Ocean City  
There was a safety issue which resolved itself with the traditions. A person came to a group with an outside issue. This district hosts the Al-Anon part of the AA convention, "Footprints in the Winter Sand".
- **District 20:** Lynne F.- There are 8 meetings and 1 Alateen meeting. Three to five teens are coming regularly. There was a Spanish-speaking meeting on Sundays, but it is inactive. There are 4 active group reps. That is a problem they are trying to address.  
(Added from the written report:) District 20 is in its third year of re-establishing itself after almost a decade of not being active. We have a steady group of 4 groups that consistently show up and participate. Each GR is new to service but is actively interested. We have been concentrating on

reviewing the Concepts of Service and how they can be a guide to our groups and their functioning. We actively discuss the topics that come up in AFG Connects which are informative and helpful. We have been successful at helping get an Alateen group started a year ago and that is supported by the Al-Anon group held the same night and time, as well as requesting help from other groups if the needs arise. The AMIAS sponsors so far have come from our participating groups. Of concern is the lack of interest other groups show in the process. This very topic is on our upcoming agenda, "How to engage other groups to become curious enough in our District level interactions to the benefit of all."

• **District 9:** Sandy- Eastern Baltimore County and Baltimore City. There are 5 active groups, some in Baltimore County and some in Baltimore City. Our Dundalk group is celebrating 6 years on April 18th, at 6 pm, with our potluck celebration and burning of the slips in our God box. All are welcome to join us. We are also looking forward to our annual picnic this summer. They hosted this AWSC meeting.

**Dates for 2019**

<b>April 12 – 18</b>	<b>WSC</b>	Idalia attends
<b>May 18</b>	<b>Spring Assembly</b>	Hosted by District 5
<i>(The Assembly will be at Christ Our King Church where their workshop is held)</i>		
<b>June 7 – 9</b>	<b>Spring Convention</b>	Chestertown, MD
<b>September 21</b>	<b>Fall AWSC</b>	Hosted by District 12
<b>October 19</b>	<b>Fall Assembly</b>	Hosted by District 2
<b>Nov 15 – 17</b>	<b>Fall Convention</b>	Hunt Valley, MD

**Area Coordinator Reports:**

**Technology Coordinator** – (The Secretary read Paul C.’s report)

We wish to encourage all Group Reps to display the Al-Anon web site tent cards, and occasionally remind members to look to the Area 24 Website for time sensitive information, such as flyers for events in and around our Area. All District Reps are encouraged to remind GR’s during their District meetings to display and promote the use of the Area 24 website for the many resources found at the website. (Connie has the tent cards if you need them.)

We are also encouraging the adoption of the email addresses offered by the area. These will allow publishing of all contacts in our Area-that are currently only available if you receive the Al-Anouncer. Any mail sent to [tech4area24@marylanddc-alanon.org](mailto:tech4area24@marylanddc-alanon.org), for instance, goes to my personal email address (autoforwarding), so I see the message, but the sender does not have my personal e-mail address. The autoforwarding address can be changed if a Trusted Servant should change their address, or more importantly, when someone rotates out of their service position.

Sorry I could not attend the Spring AWSC, but see you all for the Spring Assembly.

**Webmaster Coordinator**– Katie C.S.

There have been 21,400 hits since the new website. She checks other websites for information they don’t know about. They can post information online, like Charles talked about. Area map is on the website. Some districts may be wrong. Baltimore website has the whole area with the boundaries.

Fall AWSC 2018 minutes will be added to the website, since it was not in the Al-Anon-Cer. Group Record changes are accessible in one-hour after Maureen uploads them. She is updating Public Outreach.

**After lunch we took another roll call and determined how many votes would be needed to pass a motion.**

Total possible votes- 26 (a couple people left) plus some people hold multiple positions, but get 1 vote. 2/3s, established as substantial unanimity, would be 18 votes.

**Al-Anon-Cer Editor – Robert W.**

Submissions to the Al-Anon-Cer have to be in early, because the next issue is right around the time of the spring convention.

**Insurance Coordinator – Gil L sent in the following report**

It is important that DRs and Coordinators be made aware that the Area provides insurance as needed for meetings and events.

1) Area 24 provides liability insurance for all Groups, Districts, Spring and Fall Conventions, Alateen, and Area functions. If your facility or event requests a Certificate of Insurance, please forward the following information to me ([gsl100@comcast.net](mailto: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.

2) A handy form to request a Certificate of Insurance can be found on the Area website [www.marylanddc-alanon.org](http://www.marylanddc-alanon.org). Select Resources, Area 24 Forms, Insurance Certificate Request.

3) Policy Renewals.

a) Our Liability Insurance has been renewed for the year beginning April 1, 2019. For meetings that already have a certificate of insurance, a new certificate (showing the new start date) will be automatically mailed out to the current certificate holder.

b) Our Directors and Officers Insurance Policy runs through May 21, 2019, and renewal for this policy is currently in progress.

c) Our Crime policy runs through March 16, 2021.

**Spring Convention 2019 Update – Robert W., Chair**

He has spring convention forms onsite, take some to your groups.

Someone asked if there has there ever been a discussion of scholarships? (Yes, we can't use group fund to benefit an individual. Also we don't want to establish selection criteria and have to screen applicants.)

Second question about one day registration: Saturday-only registration is available.

**Fall Convention 2019 Update – Greg M. Registration fees for Alateen will be half-price.**

(Jami D., Chair sent the following report:)

The 29th AFG Fall Convention, with Alateen and AA participation, is set to be held at the same Delta Hotel location in Hunt Valley from November 15-17, 2019.



- The budget has been approved with an attendance projection of 285 and registration fees unchanged from 2018.
- Alateen registration fees will be half-price and the committee has voted to accept a member's donation to cover these fees. Specific wording announcing this on the flyer was also decided on at the last planning committee meeting.
- All committee chair positions, with the exception of Literature, have been filled.
- The flyer and registration website are on target to be ready by the Chestertown Spring convention in early June.
- The planning committee will meet again on June 1st and September 14th.

### **AA Spring Convention 2019 Liaison – Katie C-S**

This is a one-year term. Katie was asked and has volunteered.

The Saturday morning speaker is Kathy H. from Ohio.

Clarion Hotel in Frederick- June 28, 29 and 30th.

Al-Anon Archives Display. They will be selling Al-Anon literature. She has flyers on hand.

### **Group Records Coordinator – Maureen M.**

It's easy to register or make changes for groups online. There is an online form you can fill out, and it generates an email to her. WSO is thorough in their response to changes.

There are a number of groups with a "no-mail" status.

### **Public Outreach Coordinator – Rita O.**

April is Alcohol Awareness Month- Help for Today, Hope for Tomorrow

What you can do:

Distribute literature, AFAs

PSAs during December and January- 10 TV stations and 20 radio stations ran them.

On-air interviews 12/9/18 Life:Lines: A Bridge to Recovery

12/15/18 Interview with Amelia Ryerse of 98 Rock

### **MTA Media Campaign 2019**

MTA daily ridership- interior posters and premium poster on the Metro

It will run for 4 weeks in September 2019- National Recovery Month

Coverage in all districts except Districts 3, 11, 22, and 23.

Through Baltimore AIS the campaign covers 7 districts.

She showed the poster with the theme- "Not Everyone Trapped by Alcohol is an Alcoholic" showing a woman and a child inside a bottle.

135 groups are covered by Baltimore AIS.

Rates represents a 50% discount for non-profits.

Advertising costs \$2605 (4 weeks)

Production costs \$1670 (printing/installation)

Maximum total cost of the campaign is \$4275 (this is Area 24 portion).

That is equal to \$32 per group.

Advertising in DC was much more expensive.

Discuss with groups and districts, take a vote and group conscious, advise Rita.

From Area 24, here is her request:

Baltimore AIS costs: \$5,125

Area 24 cost: \$4275 (This is in addition to the Public Outreach budget.)

Total of \$9400

Questions:

How are you going to gather the funds?

Rita shared a spreadsheet with the AIS treasurer- so he keeps track of contributions. She will keep track of responses from other groups.

Are we asking each group to make a pledge? No money is being paid until all the pledges are coming in. She can modify the buy if we don't get enough money. She is aiming for September 2019.

The poster content is approved by WSO.

How are we going to measure success? We can only measure success by an uptick in hits to the website, or an uptick in newcomers coming to meetings. It is very difficult to measure the success of this because we don't take attendance.

When is this money due? She would like a pledge by April 30th, and payment by July 1st. She will send an email.

An added benefit is that some posters can be left up, if the advertising space has not been sold.

We voted "yes" to take this request to the Assembly. (A motion was made, it was seconded, and passed.) She is going to ask for \$1880 at the Assembly. [She will find out what Metro means and how many buses are going outside of Baltimore. For the Washington, Suburban MD groups this will be a harder sell.]

Connie stated that the wheels of Al-Anon usually move slowly. Don't ram this through. Let's get everyone involved and informed.

**Alateen Coordinator –Barb M.**

We need more AMIASes or people to become certified as a sponsor. There is a training session coming up. Alateen is part of Al-Anon. We need two AMIASes to hold a meeting, and we need back-ups.

Baltimore County Schools- Sparrow Point School didn't like some of the Alateen content, so we are not going into that school. However, Barbara has met with the school board in Baltimore County. Hoping to start the first Alateen meeting in the CrossRoads school. She is dividing up the AMIAS schedule so they don't have to be there every week. She is hoping to start this year and try it out before the end of the school year. That way, we will have some experience with it before the start of the school year in the fall.

They are trying to get into the school's health center, that way maintaining the student's anonymity. They are making slow steady progress.

Need more money in the budget to cover the Airbourne and Blood Pathogen training which is \$20 per person for AMAISes. Training about what literature is available.  
Most Alateen meetings are being supported by AI-Anon groups that sponsor them.

**Alateen Area Process Person** – Sarah R.  
Sarah has nothing to add to Barb's report.

Joe stated that the Steering Committee has been working with Barb and Sarah closely. We have updated the guidelines.

**Archives Coordinator** – Dolores M.

There are some archives materials on display in the back of the room. There is a binder with archives materials from the International Convention.

Archives consists of numerous items, including area minutes and incorporation documents, convention information, and other area events. I have found that members like to look at the photographs of various events, even if they don't know the people or the event. I think it reminds them of the fun they've had and the camaraderie of the program. We will have a small archive display at the Baltimore AIS luncheon and at the AA Convention in Frederick.

**Literature Coordinator**– Suzanne T.

You can't buy literature from her. Have to get them from Literature Depots in Washington and Baltimore.

**Area Information Services Reports:**

**Anne Arundel County AIS-** no one here.

**Baltimore AIS-** Diane D., Chair.

Public Outreach- we heard about the public outreach efforts from Rita.

Literature Depot- They are now having to pay tax on literature, that is, having to pay tax on personal property at literature depot.

They are trying to be timely about getting information to groups through minutes and website.

New website will be out in a couple months.

The Baltimore AIS Luncheon will be held at the Hunt Valley Country Club, April 14th. Tickets are \$25 each. There are 3 speakers (AI-Anon, Alateen, and AA).

Insurance policies

Group emails- using gmail addresses for positions.

People are asking, "What is a group conscience?"

**Washington DC & Suburban Maryland** – AIS-DCSMD- no one spoke for that.

**Ask-it-Basket Questions** (Nancy passed around the Ask-It-Basket earlier)

- Is **Today's Hope App** conference approved literature? No, none of the apps are CAL.

WSO is working on copyright issues

WSO is creating an app, but we don't know when it will be available.

- Are the readings and writings in the Forum considered CAL?

Past Delegate, Jack, answered this- Technically, they are not because there is not time to approve the articles in the Forum. Page 112-113 in service manual addresses this. The Forum as an overall publication is approved. You can use any article as a basis of chairing a meeting, from the Inside AI-Anon section of the Forum.

- Why are there no AISes in Southern MD, or other areas, for example? An Area Information Service is formed by the Districts. The districts can form one.

Eastern Shore info Service needs to come off the list. There is no Eastern Shore AIS.

- Is it appropriate to reach out to district groups to donate literature to a group that is trying to get started rather than ask for a dollar donation? Yes.

Past Delegate, Connie, stated that money flows down, but services flow up, in the upside down pyramid structure.

We closed the meeting with the AI-Anon Declaration and the Serenity Prayer.

## **Minutes from the Fall 2018 AWSC Meeting**

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

September 15, 2018 – District 7 Hosting  
Ascension Evangelical Lutheran Church

#### **Opening**

- Serenity Prayer
- Reading of our Steps- Ed; Traditions- Kathy; and Concepts- Rita

#### **Welcome**

- Host District Welcome- Lucinda
- Area Welcome- Area Chairperson, Joe D.- Reminder about Meeting Protocols, Ask-it Basket

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

Reading of Warranty 3

Districts Represented: D2, D3, D5, D6, D7, D8, D9, D10, D12, D24

Coordinators in attendance: Insurance Coordinator, Group Records Coordinator, Literature Coordinator, Public Outreach Coordinator, Technology Coordinator

Three past delegates in attendance

AIS chairs in attendance: Baltimore AIS Chair

Officers in attendance: Chair, Delegate, Secretary, Treasurer, Alternate Delegate

Number of people eligible to vote: 24

It was voted unanimously that substantial unanimity be 2/3's or 16 votes

[Districts that were not represented: D1, D4, D11, D13, D14, D15, D16, D17, D18, D19, D20, D21, D22, D23.]

#### **Approval of Minutes, Spring 2018 AWSC meeting – Area Secretary, Dolores M.**

The Spring 2018 AWSC Minutes were printed in the June 2018 issue of the Al-Anon-cer. We voted unanimously to approve the Spring 0218 as printed in the Al-Anon-cer.

#### **Chairperson Report- Joe D.**

Joe opened the meeting and got it moving quickly.

#### **Delegate's Report I - Idalia R:**

- The International Convention was great success. Attendance was over 4,200 Al-Anon members (more than any other convention), 49 Alateens, 271 AA members, and 40 guests. This was the first Day of Connecting with 1200 participants.
- Board of Trustee letter- we have Spanish and French speaking delegates that come in to the WSC. We don't have anything to help them. They need help in translation. We need money to do an oral translation.
- Need to address issues like stalking, bullying, financial coercion and presentation of outside issues. Some areas feel like they need "Do Not Refer" or "Re-Refer" if some group meetings have these issues. Our Area 24 Steering Committee will need to come up with safety guidelines for our area.

Consider what groups can do, aside from the explanations in Tradition 2. How do we as members of a group safely have a conversation with someone? What happens when there is no district rep? Members need to have the tools to be empowered.

• **Team Events- Together Empowering Al-Anon Members**

There is a 2018 TEAM event in Houston. We are looking at the requirements to submit a proposal for a 2020 TEAM Road Trip to Baltimore.

• **Process for submitting a Resume for NE Regional Trustee (5 different resumes were submitted).**  
It's a 3-year position.

• **Forum Subscriptions are down, a decrease of 4.3%.**

Literature sales are down 5% below budget.

Contributions are 6% lower than June 2017, but \$15,000 above budget.

**Alternate Delegate's Report – Dan O:**

Dan introduced himself to the group. He is from Harford County and has been in the program 18 years. He has held many service positions.

Forum subscriptions- some groups collect spare change in a can and then raffle off a subscription to the Forum when they reach \$11. If someone could bring some Forums to the Assembly that we can share with those not familiar, it would be appreciated.

**Treasurer's Report – Charles L:**

Presented the financial situation year-to-date and projected for the year-end. He covered the 2019 budget he would like to present at the Assembly and compared it to the 2018 Estimate.

**Year-to-Date as of August 31, 2018**

Income	\$15,437
Program Expenses	8,160
Admin Expenses	<u>10,970</u>
Total	\$19,130

Net Income- \$-3700

Bank Balances- \$24,824

**Financial Results- Projected for 2018**

Income	21,650
Program Exp	9,840
Admin Exp	<u>11,790</u>
Total Expenses	21,630

Net Income \$20

**2018 Budget vs. 2018 Estimate (estimate means the actual plus projected for the rest of 2018)**

Budget\*

Estimate

• Income	<u>\$21,763</u>	<u>\$21,653</u>
• Program Expenses*	11,560	9,840
• Admin. Expenses	<u>15,390</u>	<u>11,790</u>
• Total Expenses	<u>\$26,950</u>	<u>\$21,630</u>
• <b>Net income (expense)</b>	<b><u>\$(5,187)</u></b>	<b><u>\$ 23</u></b>

\*Amended at Spring Assembly, May 19, 2018, to increase Public Outreach budget by \$1,500.

**Proposed 2019 Budget**

• Income	<u>\$19,063</u>
• Program Expenses	11,780
• Admin. Expenses	<u>13,900</u>
• Total Expenses	<u>\$25,680</u>
• <b>Net (expense)</b>	<b><u>\$(6,617)</u></b>

Administrative Expenses: insurance, legal and professional, group records, meeting expenses, sending delegate to WSO, archives, and contributions to WSO

Projected Jan. 1 Bank Balance to be \$28,500

**2019 Compared to 2018 budget:** we budgeted for a loss, but we will probably break even.

We expected administrative expenses to be more.

We increased the budget for public outreach at the spring assembly.

**2019 Budget-** We expect increases in Alateen support, public outreach, literature, and web services.

Al-Anon-cer expects a decreased budget.

**Bank Balance:**

2018 Estimate: \$28,543      2019 Budget: \$21,926

**Prudent Reserve:**

Warranty 1 says that only sufficient operating expenses be its prudent financial principle.

We set a prudent reserve, if we have more, we should contribute it.

Area 24's prudent reserve is one year's operating expenses.

**Delegate's Report II – Idalia R:**

Celebrate diversity- how do we deal with biases? We read from the sheet, "Facing Our Biases".

Idalia will send it electronically to the Webmaster.

**Chair- Joe D:**

**Selection of Dates for 2019 AWSC and Assembly Meetings & Hosting Districts:**

(dates proposed must receive Assembly approval in October)

**2019 dates for Area Meetings and Volunteering Host Districts:**

Spring AWSC Meeting- March 16, (snow date March 23)- District 9

Spring Assembly- May 18 - District 5  
Fall AWSC Meeting- Sept 21 - District 12  
Fall Assembly- Oct. 19 - District 2

### **District Rep. Reports:**

#### **District 12 (Western Montgomery Co.): Patty S.**

1. Our hayride/bonfire is Saturday October 13th at Butler's Orchard at 7:00 pm. We will have the hayride, smores, coffee and hot chocolate and cider. There will be an Al-Anon and AA speaker, and an organized sing along.
2. We are planning a square dance sometime in either February or March. Angela is chairing this and is getting a committee together to explore the logistics.
3. We are thinking of holding a workshop in 2019 that is only at the discussion stage right now.
4. District 12 would like to host the 2019 Fall AWSC Meeting.

#### **District 2 (Frederick and Washington County): Glen**

There is 1 Alateen meeting and 15 Al-Anon meetings in District 2. They will have a gathering outside Hagerstown, with the theme of Gratitude.

There are not a lot of repeat teens in the Alateen meeting. They implemented an Ask-it-Basket for topics that can be asked for anonymously.

#### **District 8 (Eastern Baltimore County and City): Winston**

There are 13 meetings in the district. At district meetings, there are 9 to 10 group reps in attendance. The meetings are good. Next year they will have a workshop. They didn't do it this year because of the International Convention.

#### **District 5 (Harford and Cecil County): Gail**

There are 14 active groups, with 2 struggling. There is babysitting at the one group, which is planning to close. Getting new people in service is a challenge. They are having a workshop on Oct. 27, 2018.

#### **District 6 (Northern Baltimore County): Ed**

The District is spread out throughout Northern Baltimore County. They usually have a workshop in February.

#### **District 13 (Montgomery County): Suzy M. sent in the report, Gil presented it**

- Our meetings in May & July were well attended.
- We will be hosting the Fall Assembly on Oct 20th. The flyer came out in September's Edition of the Al-Anon-Cer .
- Kristin O. is our Chair for the Spirituality Weekend 2019. Hosted our 1st Spirituality Weekend Planning committee meeting Weds Sept 12th. - Flyer will be completed and ready for the Dec 1st edition of the Al-anon-Cer. Our next Meeting will be Wed., Oct 10th, at 6:45 pm. Contact her at [obrien.kristin.m@gmail.com](mailto:obrien.kristin.m@gmail.com) for any questions.
- Our next district meeting will be next week Thursday, Sept. 20th, we will be discussing Co-hosting w/District 12 an Al-Anon Square Dance in Early 2019 (look for upcoming information).
- Our district is in need of a Secretary. Please share with any local groups
- For our Nov. 15th District Meeting we have scheduled Idalia, our Area 24 Delegate, to share her Experience Strength and Hope with us. (All are welcome to join us. Please contact Suzy M, our DR of 13, for any questions



or directions).

• This year we voted to change our 2019 Meeting schedule to 5 meetings. We will not have a meeting in Jan., we will have our 1st meeting on the 3rd Thursday in March 2019, same location - 6:30- 7:50 pm Please contact Suzy M for any questions at [suzym.district13@gmail.com](mailto:suzym.district13@gmail.com)

**District 10 (Howard County and Catonsville area): Michelle**

There is a new meeting starting in Howard County. 4-6 people show up at district meetings. They are trying to help other members of other programs feel welcome while maintaining their anonymity.

**District 7 (Central and Western Baltimore City): Lucinda W.**

There are 6 day time meetings and 3 evening meetings. These meetings are diverse meetings, with lots of men. The Cathedral meeting is now doing well at a new location in a Synagogue and with a different name. The district didn't do the Serenitea this year because of the International Convention.

**District 24 (Eastern Shore): Pat**

There are 9 Al-Anon meetings and 2 Alateen meetings. They are doing outreach at a hospital.

**District 9 (Eastern Baltimore County): Sandy**

They are holding a Harvest Supper meeting on Oct 10, 2018, in Essex. There will be an Al-Anon speaker and an AA speaker. They hold candlelight meetings throughout December.

**Area Coordinator Reports:**

**Group Records Coordinator – Maureen M.**

Thanks to everyone who put information about group records changes through the website.

**Archives – Dolores M.**

We had an Archives display at the International Convention, with books of photos from Chestertown events, Baltimore AIS Luncheons, Area Delegates, and Al-Anon people having fun in recovery. Even though no one is identified in those photos, it seemed like people enjoyed looking at them. We also gave away 200 copies of the beginning of Al-Anon in Baltimore, which Past Delegate and founder in Baltimore, Isabel, wrote before she passed away. I was surprised that so many people were interested in our local history.

Someone left a book for the Archives in the Hospitality Room during the International Convention. It's the person's collection of pamphlets, including early Al-Anon literature dating to 1961. There is a directory of meetings in the Washington, MD Suburban Area and Northern Virginia, with 15 meetings and 1 Alateen. The binder also has copied pages from the 1962 World Directory of Al-Anon meetings showing 18 in Maryland and 6 in the District of Columbia. Interestingly, It has contacts for the meetings, not where the meetings were held.

**Literature – Suzanne T.**

She brought display boards to the AA Convention, Al-Anon Spring Convention, and Al-Anon International Convention. She will be at the Al-Anon Fall Convention in Hunt Valley.

**Public Outreach – Rita O.**

She set some goals when she started out and here are some that she has achieved:

- Did presentations to AIS's
- Did presentations at meetings in districts 9, 13 and 23

- Participated in 10 Health Fairs in Baltimore and Harford Counties
- Developed a working relationship with AA Intergroup
- Completed a first mailing to 250 treatments center and therapists.
- Got directories placed in public libraries.

### **2018 Membership Survey**

Membership survey- 13,395 participants

Average age female 61, male 63.

15% have children at home.

31% have active addiction at home.

35% joined because of loved ones drug use

65% because of child's addiction

1 in 4 members heard of AFG through a professional

Within 2 to 3 years the average member reported an 86% improvement in mental health

83% report an improvement in condition of everyday life

A full report is on the WSO website – [alanon.org/surveyresults](http://alanon.org/surveyresults)

During the International Convention Billboards she got billboards about Al-Anon to run from Sunday to Sunday. It cost us only \$250. (True dollar value was \$6745)

There will be 7 billboards featuring the message “Alcoholism is a Family Disease- Al-Anon and Alateen can help.” with website and phone number on major highways during September. September is National Recovery Month. There is a usable logo on the WSO website.

Help and Hope for Family and Friends of Alcoholics is a great piece of literature for outreach. Your meeting can get it at the local literature depot.

WSO PSA- “Jack” and “Samantha” are two PSA spots for TV and radio stations (could be in English, French, or Spanish.) Rita is building relationships with stations. She is not sure when the spots actually air; we don't get a schedule. If you hear it call the station and let them know you appreciate it.

On WBAL-TV, Sept. 23rd, 7:15 am – 7:30 am there will be a licensed clinical social worker who is an Al-Anon member who is going to appear. She can appear in her professional capacity, talk about Al-Anon, and not break her anonymity.

Rita and Diane met with Professional Broadcasters on Wednesday on a day when they meet with non-profit, community organizations.

Public Outreach needs volunteers for health fairs. Sign up at [afghealthfairs@gmail.com](mailto:afghealthfairs@gmail.com).  
From WSO website- How can you protect your anonymity while doing public outreach?

Public Outreach is asking for \$1900 for their budget in 2019.

### **Alateen Area Process Person – Mike S.**

(Mike S. was not in attendance. The Steering Committee shared discussion we have been having with Mike through email about Alateen Safety Requirements.)

We discussed two issues:

- 1- the proposed change to the Requirements for allowing 1 AMIAS in a meeting in a school (rather than 2 AMIASes) and 1 other mandatory reporter from the school who is not an AMAIS.
- 2- Clarification about the process for changing the Alateen Safety Requirements, and who gives the final approval of suggested changes.

Mike has an opportunity to take Alateen meetings into a school in the Baltimore area, but doesn't have a big pool of sponsors available during the day. He would like to have 1 sponsor in school with 1 school member. The steering committee met and decided this issue needed to bring it to the assembly. Mike proceeded to update the guidelines and implement in Alateen.

We had a lot of discussion about the importance of protecting the Alateens' stories. Alateen meetings are supposed to be closed meetings. Would the school personnel have the same respect for the traditions as an AMAIS? Have other options been explored? There may be retired AMIASes from other areas who are may be available.

There are no guidelines about the approval process written into the Requirements themselves. The Alateen Safety Requirements are an Appendix to the Area By-Laws. Any changes to the By-Laws must be approved by the Assembly.

Who can change the guidelines? It was the consensus of the Area World Service Conference that it is the right of the Assembly to approve changes to the Alateen Safety Requirements.

**Alateen Coordinator – Barb M.**

Was not in attendance at the AWSC Meeting.

**Spring Convention 2019 – Chair, Robert W.** (not in attendance)

**Fall Convention 2018 Update – Chair, Shannon W.** (not in attendance)

Jack gave a report: The theme is Adventures in Recovery. The registration website is up. Registrations are coming in. Sept 22 early registration discount. After that \$120 until Oct. 27, after that \$140. Someone has volunteered to pay for all Alateen registrations. So far we have two. Parents of Alateens have to attend and pay for their registration.

Delta Hotel Hunt Valley - must specify Maryland because there is apparently a Hunt Valley, Alabama. Make sure you are getting the right location and convention pricing when making reservations.

**AA Spring Convention 2018 Update – Liaison, Jeff J.** (not in attendance)

**Al-Anon-Cer Editor – Robert W.** (not in attendance, but someone gave a report)

Every group rep, district rep, officer, etc. can get an Al-Anon-cer. Send Robert your email address. If someone wants a paper copy it is \$10 per year. He is trying to recoup some of the costs. He sent out an email and some people say they would pay. Everything is going fine.

**Webmaster – Katie C.** [Not in attendance. Report emailed.]

Working on a Public Outreach page as well as additional information around the districts.

Continue to sanitize newsletters and post on the site.

Working on instructions for setting up emails and purchasing 10 domain specific email addresses for the Area to be administered by the Tech Committee.

### **Technology – Paul C.**

The technology committee encourages members to think of the Area website as the first place to look for information. Paul brought samples of a tent card with a QR code for the website. He got a good price from a printer to get enough for all groups in the Area. He will develop a budget for 2019.

He has redacted personal information in the Al-Anon-cer on the website.

The technology committee would also like to maintain generic email addresses for Area positions. When someone rotates out, the same address works. If emails go with the website (e.g. technology@marylanddc-alanon.org) then the budget would reflect that.

Question about anonymity in emails. Use BCC when sending groups of emails.

Technology Committee would like to know what Technology questions members have. Please take a questionnaire and ask your questions. Please leave your questionnaire in the Technology Ask-It Basket (available during the meeting). They intend to offer training during Area meetings, to respond the most popular questions you have.

### **Insurance Contact – Gil L.**

Area 24 provides liability insurance for all Groups, Districts, Spring and Fall Conventions, Alateen, and Area functions. If your facility or event requests a Certificate of Insurance, please forward the following information to me: Name and address of building or organization, name, phone, fax, and email for contact person, date of the event, and brief description.

One Certificate of Insurance has been issued since the Spring Assembly.

### **Area Information Services Reports**

- **Anne Arundel County AIS-** no one present
- **Baltimore AIS- Diane D.-** Things are going well. The Spring Birthday luncheon is on track and will be held at Hunt Valley Country Club. We found out earlier this year that we are required to pay sales tax on the sales through the literature depot. We had an attorney write a letter to the State asking for a waiver on pamphlets and donated books. We are waiting to hear.
- **Washington DC & Suburban Maryland – AIS-DCSMD-** no one present

**Closing:** Al-Anon/Alateen Declaration

43rd Annual Al-Anon Family Groups of MD & DC  
**Spring Convention**  
With AA Participation



## Sounds of Serenity

**June 7, 8, & 9, 2019**

Washington College, Chestertown, MD

**Early Bird Prices through May 6 are:**

**\$95 Saturday Only** (all Saturday events and meals)

**\$160 No Lodging** (full weekend, all events and meals)

**\$195 + \$10 Refundable Key Deposit** (traditional dorm)

**\$215 + \$10 Refundable Key Deposit** (room in suite dorm)

**Online Registration at:** [www.TinyURL.com/AFG24SC](http://www.TinyURL.com/AFG24SC)

(by check with no fee or PayPal/Credit Card with 3% convenience fee)

Convention starts 4:00 pm Friday and ends after lunch Sunday.

Registration is Friday 2:00 to 8:00 PM and Saturday 7:00 to 9:00 AM.

Questions? Email Robert W at [SpringConventionChair@gmail.com](mailto:SpringConventionChair@gmail.com)

Workshops • Al-Anon and AA Speakers • Spirituality Speakers  
Fellowship • Friday Night Entertainment • Dance • Bingo • Hospitality Room  
~ Meals with Vegan and Gluten-Free Options ~

Directions to Washington College and local lodging: [washcoll.edu/about/directions.php](http://washcoll.edu/about/directions.php)  
Campus lodging must be reserved by June 3. Registrations refundable through June 6, 2019

**MD/DC AFG Convention 2016 Registration Form**  
**“Sounds of Serenity” June 7, 8 & 9, 2019**

**HOW TO REGISTER:**

Mail form(s) with your check to: AFG Spring Convention, 14 Ridge Rd, Unit T, Greenbelt, MD 20770-2950  
 Online Registration at [www.TinyURL.com/AFG24SC](http://www.TinyURL.com/AFG24SC) (by check with no fee or PayPal/Credit Card with 3% fee)  
 Questions? Contact Dennis G., Treasurer: 301-982-0598; MDDCSpringCon@Gmail.com

**Registrant Information** Full registration fee refundable through June 3. After June 3 a \$15 cancellation fee will be charged

Name: \_\_\_\_\_  
 Street: \_\_\_\_\_ **REGISTRATION DEADLINE:**  
 City: \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_ **June 3, 2019**  
 Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_  
 Roommate(s): \_\_\_\_\_

To assist with room assignments, please check Male  Female  Prefer Single  Indicate any concerns or special physical needs:

Emergency contact (optional): \_\_\_\_\_

\*\*\*\*\*

**Registration Options, including all meals**

**Meals and Events, No Lodging**

	<u>By May 6</u>	<u>After May 6</u>	<u>Onsite</u>
Saturday Only (Meals: breakfast, lunch and dinner)	____ \$95	____ \$105	____ \$120
Full Weekend	____ \$160	____ \$170	____ \$185

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

Traditional Dorm (closer to meals and events)	____ \$205	____ \$215	N/A
Suite Dorm Room	____ \$225	____ \$235	N/A
College Linen Rental Option: (sheets, towels, pillow, blanket)	____ \$ 18	____ \$ 18	N/A

Traditional Dorm lodging option is single (or double room by request) sharing a common bathroom.

Suite Dorm lodging option is a single bedroom in a 4 room suite with two bathrooms, kitchen, common area.

**Unless renting linens, on-campus attendees NEED TO BRING: pillows, blankets, sheets, towels, toiletries, hangers, and reading lamp (if desired). If renting linens, bring toiletries, hangers, reading lamp (if desired)**

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

\*\*\*\*\*

**Service Opportunity for active Al-Anon or AA members to lead a workshop**

Al-Anon Workshop Topics: # Years in Al-Anon: \_\_\_\_\_ Three workshops you are willing to co-lead: \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_

- |                                               |                                                                |
|-----------------------------------------------|----------------------------------------------------------------|
| 1. Learning a New Tune - Steps 1, 2 & 3       | 10. From Backstage to Centerstage - Fear to Faith              |
| 2. Finding Our Own Voice - Steps 4, 5, & 6    | 11. Listening For the Still, Small Voice - Spirituality        |
| 3. Correcting the Wrong Note - Steps 7, 8 & 9 | 12. Letting Go of Our Child's Playlist - Parents of Alcoholics |
| 4. Staying in Tune - Steps 10, 11 & 12        | 13. Laughter: Music to Our Ears - Humor                        |
| 5. In Pitch with Others - Traditions          | 14. Sour Notes to Sweet Sounds - Resentments                   |
| 6. Harmony in Service - Concepts              | 15. Do-Re-Mi (& Others) - Intimacy & Sexuality                 |
| 7. Loving Your Solo - Self-Esteem             | 16. Finding Our Adult Voice - Adult Children                   |
| 8. Lessons in Serenity – Slogans              | 17. Composing Recovery Together - Sponsorship                  |
| 9. Tune Into Gratitude                        | 18. Finding Financial Serenity in Al-Anon                      |

AA Workshop Topics: # of Years in AA : \_\_\_\_\_ Two workshops you are willing to co-lead: \_\_\_\_\_ , \_\_\_\_\_

- |                |                                   |
|----------------|-----------------------------------|
| 1. Gratitude   | 3. Home Group                     |
| 2. Sponsorship | 4. Principles Above Personalities |

“We heard story after story of how *humility* had brought strength out of weakness”



## 49th Annual Area 29

# Maryland State Convention

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

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

“Everywhere we saw failure and misery transformed by *humility* into priceless assets.”

“It brought a measure of *humility*, which we soon discovered to be a healer of pain”

### AA Speakers

Donna G. -- Timonium, MD  
Joe L. -- Edmond, OK  
Ashley K. -- Towson, MD  
Chuck H. -- Cary, NC  
Karl M. -- Covina, CA  
Beth H.-- Cary, NC

### AI-Anon Speakers

Kathy H. -- Cincinnati, OH

### Evening Activities

Ice Cream Socials both nights  
*Recovery Comedian*  
Bob P.—Huntington Beach, CA  
on Saturday Night

### Friday June 28th

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

### Saturday June 29th

8:00 am Registration Desk Opens  
8:15 am Prayer and Meditation  
9:00 am AA Speaker Meeting  
10:30 am AI-Anon Speaker Meeting

### Saturday June 29th Cont.

12:00 pm Lunch  
1:00 pm Old Timers Panel  
2:30 pm AA & AI-Anon Workshops  
4:00 pm AA Workshop (with AI-Anon)  
6:00 pm Banquet  
7:00 pm Delegate Report followed by  
Sobriety Countdown  
7:30 pm AA Speaker Meeting  
9:00 pm Ice Cream Social  
9:30 pm Recovery Comedian

### Sunday June 30th

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/JX74Q2>

Hotel reservations must be made by June 10, 2019.

Pre-Registration fee is \$29. Online pre-registrations are \$31, including a \$2 convenience fee.

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

“We began to fear pain less, and desire *humility* more than ever.” -All quotes Alcoholics Anonymous 12 & 12 pg. 75

“We heard story after story of how *humility* had brought strength out of weakness”

## 49th Annual Area 29 Maryland State Convention

### Advanced Registration And Meal Selection

Advanced convention registration must be post-marked by June 18th 2019  
 Make check payable to **MGS State Convention** and mail to: MGS State Convention, P.O. Box 793,  
 Arnold, MD 21012 or register on-line at <http://www.marylandaa.org/state-convention/>

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Please contact me regarding Service Opportunities at the Convention:  Yes  No

Accessibility accommodations? Please list: \_\_\_\_\_



#### Registration Options:

		# of Registrants	Subtotal
AA Registrants	\$29/person	x _____	= \$ _____
Al-Anon Registrants	\$29/person	x _____	= \$ _____
Contributed Registrations	\$29/person	x _____	= \$ _____
Registrations and All Meals	\$127/person	x _____	= \$ _____

—Must specify Banquet option below—

#### Meal Options -If your registration includes ALL meals, only Banquet selection is required (no-fee)

**Friday Lunch** \_\_\_\_\_ \$19/person x \_\_\_\_\_ = \$ \_\_\_\_\_

Deli Buffet (salad with dressings, potato salad, pasta salad, and an assortment of cheeses and lunchmeats. Gourmet cookies and brownies for dessert)

**Friday Dinner** \_\_\_\_\_ \$27/person x \_\_\_\_\_ = \$ \_\_\_\_\_

Barbeque Buffet (mixed green salad with two dressings, coleslaw and potato salad, barbeque chicken, pulled pork, baked beans, corn, warm rolls and chocolate cake and apple pie)

**Saturday Lunch** \_\_\_\_\_ \$22/person x \_\_\_\_\_ = \$ \_\_\_\_\_

American Buffet (grilled hamburgers, hot dogs, and chicken breast. Texas chili. Assorted cheeses, lettuce, tomato and condiments. Baked beans, potato salad and coleslaw. Gourmet cookies and brownies for dessert)

**Saturday Banquet** \_\_\_\_\_ \$30/person

All options are served with choice of mixed green or Caesar salad, rolls and butter, cheesecake and carrot cake

Option 1: Grilled Chicken with lemon caper sauce, whipped potatoes, seasonal vegetables x \_\_\_\_\_ = \$ \_\_\_\_\_

Option 2: Petit Sirloin with blackberry demi glaze, roasted potatoes, seasonal vegetables x \_\_\_\_\_ = \$ \_\_\_\_\_

Option 3: Jerk Salmon with pineapple salsa, cilantro rice, seasonal vegetables x \_\_\_\_\_ = \$ \_\_\_\_\_

Option 4: Vegetarian option x \_\_\_\_\_ = \$ \_\_\_\_\_

**Total Amount Due:** = \$ \_\_\_\_\_



Online convention registration: [www.marylandaa.org/state-convention](http://www.marylandaa.org/state-convention)

“We began to fear pain less, and desire *humility* more than ever.” -All quotes Alcoholics Anonymous 12 & 12 pg. 75

“Everywhere we saw failure and misery transformed by humility into priceless assets.”

“It brought a measure of humility, which we soon discovered to be a healer of pain”





# 40th 2019 Virginia Area Al-Anon Convention

August 23-25  
Westfields Marriott □ Chantilly, VA

## Recovery Speakers:

**Friday:** Alateen  
Al-Anon

**Saturday:** AA  
Al-Anon  
Al-Anon

**Sunday:** Al-Anon

### Register By:

**August 15**



Saturday Night Banquet  
included with registration

## Workshops

- A** Changing Attitudes—  
Where do I fit in?
- B** Anger & Resentment—  
Navigating the maze to reach the hidden feelings.
- C** Intimacy in Alcoholic Relationships  
More than a three letter word.
- D** Boundaries & Self-Care—  
First things first: Piece together the puzzle's borders.
- E** Fear—  
Even the toughest puzzle has a solution. For answers, "Turn it over"
- F** Chaos or Serenity—  
Scattered pieces or clear picture?
- G** Distorted Thinking—  
Asking for help to see it from a different angle.
- H** Prayer & Meditation—  
Pause, Close your eyes, Breathe, Look again.

Consider offering a Love Sponsorship  
 ☸ Full or Partial ☸  
 Any amount you give will help someone to attend.

# 40th Virginia Area Al-Anon Convention

Westfields Marriot — Chantilly, VA — August 23-25, 2019

*Step One:* CHOOSE 1 OF THE FOLLOWING 3 WAYS TO REGISTER:

- 1) Register & pay online: [www.vaalanon.org](http://www.vaalanon.org) & click on **CONVENTION**
- 2) Register & pay by check: mail the completed form below & your check to -  
**Virginia Area Al-Anon Convention, PO Box 20832, Roanoke, VA 24018**
- 3) If you are in need call Sue A., (757) 870-0147, to discuss a Love Scholarship (limited number). **Love scholarships do not include hotel room cost**

*Step Two:* BOOK YOUR HOTEL ROOM by **August 9, 2019:**

- 1) When you contact the convention hotel, please request Al-Anon convention rate of \$119 plus tax per night (after August 9th the going room rate applies).  
Westfields Marriott—Room Reservations: **800-364-0546** or <http://book.passkey.com/go/ALANONMeeting>

*Note: Saturday and Sunday—Breakfast for 2 is included with double occupancy; single occupancy receives one. For those not staying at the hotel, breakfast may be purchased for \$14.95.*

If you have questions, please send them to:  
[convention@vaalanon.org](mailto:convention@vaalanon.org) or check out our FAQ's at <http://www.convention.vaalanon.org>



## Mail-In Registration Form

**Registrant Information** (Please submit 1 registration form per person)

Are you staying at the Westfields Marriott? **Yes No** (Please circle one)

Any dietary restrictions? Please describe \_\_\_\_\_

Name: \_\_\_\_\_ Badge Name: \_\_\_\_\_

Address: \_\_\_\_\_

Tel: \_\_\_\_\_ Email: \_\_\_\_\_

Circle One:      Al-Anon      AA      Alateen      Guest

Alateen Sponsor (AMIAS WSO ID): \_\_\_\_\_

Registration - \$75.00 per person (pp) - (no refunds) This price includes the Saturday night banquet if post-marked by <b>Feb 1</b>	\$ . 00
\$85 pp (no refunds) This price includes Saturday night banquet if post-marked <b>Feb 2 to Jun 1</b>	\$ . 00
\$95 pp (no refunds) This price includes Saturday night banquet if post-marked <b>Jun 2 to Aug 15</b>	\$ .00
Love Sponsorship - to be used for convention support & scholarship fund	\$ .00
<b>AUGUST 15</b> is the last day to switch registration with someone if you cannot attend. Contact Peggy F to make the change, 703-801-6470.	
<b>MAKE CHECKS PAYABLE TO:</b> Virginia Area Assembly Also write "Convention" on your memo line.	
<b>Grand Total:</b>	<b>\$ . 00</b>

# 7<sup>th</sup> Annual District 10 Picnic



**Saturday, June 8, 2019 from 12 p.m. – 4 p.m.**

Avalon Area of Patapsco Valley State Park, pavilion #104.

Patapsco Valley State Park - Avalon Area  
5120 South Street  
Halethorpe, MD 21227

Park Entrance Fee, Mention **Pavilion #104** at Gate  
\$3 per person in-state, \$5 per person out-of-state  
Carpooling is encouraged!

**Speakers start  
at 2pm!**

- District 10 will provide hamburgers, hotdogs, veggie burgers, buns, condiments and water.
- Please bring your delicious side dishes to share!

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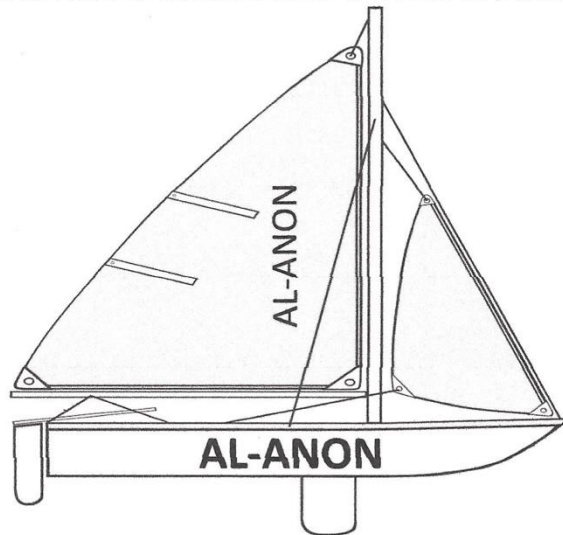
## **Want to help???? Volunteers needed – Easy and fun Al Anon Service Opportunity**

**Contact the Committee Chair of your choice for more information:**

- **Set-up/Clean-up:** Greg M, gregm32768@comcast.net, 443-604-8749
- **Supplies & Shopping:** CHAIR NEEDED – contact Michele D for info: afgmddcd10@gmail.com, 503-705-2962
- **Speaker Getter:** Tish, brentish@verizon.net, 443-812-1037
- **Love Gift for Speakers:** CHAIR NEEDED – contact Michele D for info: afgmddcd10@gmail.com, 503-705-2962
- **Cooking:** Phil B, phil.beauchamp@verizon.net, 410-428-2020

# **37<sup>TH</sup> ANNUAL BREAKFAST BY THE SEA**

**SAIL INTO RECOVERY WITH AL-ANON**



**SATURDAY, AUGUST 3, 2019**

**SPONSORED BY DELAWARE'S DISTRICT 1**

AL-ANON, ALATEEN and AA Speakers

Rusty Rudder Restaurant, 113 Dickinson Street, Dewey Beach, DE 19971

Coffee:	8:30 AM	50/50 Raffle and Silent Auction Baskets
Breakfast:	9:15 AM	\$16.00 Per Person*
Closing Prayer:	12:30 PM	\$ 8.00 for Alateens with WSO Permission Slip*

*\*Scholarships may be available upon request.*

Registration and payment must be received by July 26, 2019. **No walk-ins accepted.** Please complete the form below. Make checks payable to BBTS37. Please mail your check and completed form to: BBTS37, 36452 Old Mill Bridge Rd., Frankford, DE 19945. Please do not send cash. Your canceled check is your receipt. Sorry, **NO REFUNDS.** *Please note:* Children under 12 are not permitted. For more information, text or call Rita S. at 302-462-5917.

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## **A REGISTRATION FORM MUST BE COMPLETED FOR EACH ATTENDEE.**

1) Name: _____	2) Name: _____
Phone: _____	Phone: _____
E-mail: _____	E-mail: _____
Amount Enclosed: \$ _____	Amount Enclosed: \$ _____

**Please call before sending check, as space is extremely limited!**

# Leaves of Change: Facing Reality with Al-Anon

## District Fall Workshop

**Saturday, September 28, 2019**

**Towson United Methodist Church  
501 Hampton Lane  
Baltimore, MD 21286**

**9:00am - 12:30pm**

**Registration and Fellowship begins at 8:30am  
The first workshop begins at 9:30am**

*Coffee, water, tea, juice, and bagels will be provided. Please bring a breakfast item or snack to share. Gluten-free options will be available.*

**For more information please contact:**

Paula M. Chair  
(443) 986-3087

[paulamcoach@yahoo.com](mailto:paulamcoach@yahoo.com)

Jen L. Co-Chair  
(443) 421-8272

[jensleland@gmail.com](mailto:jensleland@gmail.com)



**Al-Anon-Cer**  
**Annual**  
**Paper Copy**  
**Subscriptions**

All Area 24 Al-Anon members are entitled to receive this quarterly communication. Sending it by email is essentially free for the Area, but that doesn't work for everyone.

Paper copies are provided without charge, by request, to group reps, district reps, area officers and coordinators, delegates, past delegates, regional trustee, and Area Information Services.

All other Area Al-Anon members may request paper copies. We suggest a voluntary contribution of \$10 per year to help offset the cost of printing and mailing paper copies. Please make checks payable to:

“AFG of MD and DC, Inc.”

and mail to:

P. O. Box 525

Baltimore, MD 21203

To begin electronic delivery, subscribe from the Area 24 website or send an email to:

[Newsletter4area24@gmail.com](mailto:Newsletter4area24@gmail.com)

Of course, you may choose to receive both paper and electronic copies of each issue. There is no need to renew electronic subscriptions.

Thanks for staying informed!

Robert W.

Al-Anon-Cer Editor

# From the Group Records Coordinator:

## GR's, AGR's, CMA's, and DR's ~ PDQ!

In summer of 2017, Maryland and DC the groups elected new Group Representatives (GR) and Alternate Group Representatives (AGR). The GRs then elected District Representatives (DR). When the GR does not have an email address or does not want to receive mail at home, the groups will also find a person to act as Current Mailing Address (CMA) for the group.

If you haven't already done so, please notify the following offices about new trusted servants:

- AFG, Inc. the World Service Office (WSO)
- Al-Anon of Maryland and DC, Inc (Area 24)
- The Al-Anon-Cer, the Area 24 newsletter ([Newsletter4Area24@gmail.com](mailto:Newsletter4Area24@gmail.com))
- The Al-Anon district in which meeting takes place
- The local Al-Anon Information Service (AIS)

The WSO (World Service Office) needs a CMA for each group (usually the GR). The familiar GR-1 form, long the back page of this publication, has been replaced; you may also fill in the Group Records Change Form online at

<https://al-anon.org/for-members/group-resources/group-records/changes-existing-al-anon-group/>

Please send the form to the Area Group Records Coordinator at [Area24GroupRecords@Aol.com](mailto:Area24GroupRecords@Aol.com).

You may also use the form to email your Al-Anon-Cer subscription request to: [Newsletter4Area24@gmail.com](mailto:Newsletter4Area24@gmail.com).

Send the form to your district representative to notify the district of your group's new GR. Your current DR is listed in the Al-Anon-Cer in the Our Trusted Servants section.

New DRs need to notify the WSO, Area 24, and the Al-Anon-Cer. They can do this by emailing their name, address, phone number, and email address to [MMvolunteer@verizon.net](mailto:MMvolunteer@verizon.net)

# 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 Location

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

Type:  Open  Closed

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

Type:  Open  Closed

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: \_\_\_\_\_