

# Northern California World Service Area

## Newsletter

December 2002

*Convention/Year End Issue*

Volume 38 Issue 3

*Convention March 21-23. Register p. 32*

### Contents

Calendar .....	2
Inside this issue .....	3
Delegate's Corner .....	4
Officers .....	4
Financial Reports .....	6
Coordinators .....	7
Committees .....	8
Districts and Intergroups .....	11
Assembly 2002 .....	18
“To Service With Love” .....	18
A Personal Report on the 2002 Assembly ...	18
Summary of Motions Passed/Failed .....	19
Characteristics of a Leader Workshop.....	20
Glimpse from a GR .....	20
Ask It Basket .....	21
Action Committee Items .....	21
Dual Member Discussion.....	21
Audit.....	23
Features.....	30
Service—A Love Chore .....	30
Sharings from Outgoing Panel ...	30
Share your experience, strength, hope .....	31



# Event Calendar

See <http://www.ncwsa.org/cal-2002.html> for latest calendar.

Date/Time	Event	Location	Contact
Jan 24-26	District 4 10th Annual "Winterfest"	Red Lion Hotel 1830 Hilltop Drive Redding CA 96002	Al-Anon: Charlene R. 530/241-2161 AA: Joyce K. 530/246-7001 <a href="mailto:twolufs@neteze.com">twolufs@neteze.com</a>
Feb 21 7:30-9:30 pm	District 20 Speaker meeting	Immanuel Lutheran Church 14103 Saratoga Ave., Saratoga	Edie D, 510/797-1387
March 7-9	Al-Anon/Alateen at PRAASA	Reno Hilton Hotel, 2500 E. 2nd St., Reno, Nevada 89595	Judy 775/853-2765, Denise 775/849-9360 AFG at PRAASA, PO Box 7820, Reno, NV 89510
March 21-23	NCWSA Convention "Each Day a New Beginning - A Decade of Serenity"	Marriott Hotel 2600 Bishop Drive, San Ramon, CA 94583 925/867-9200	Dottie L. 510/278-7409 or <a href="mailto:ncwsaconventionchair@yahoo.com">ncwsaconventionchair@yahoo.com</a>
March 28-30	31st Annual Hospitals and Institutions Conference	Milpitas Community Center 457 East Calaveras Blvd. Milpitas, California 95035	Linda D 408/666-4811 Luisa C. 650/965-7867 Charli D. <a href="mailto:charlid@pacbell.net">charlid@pacbell.net</a>
April 26 7:30-9:30 pm	District 20 Speaker meeting	Immanuel Lutheran Church 14103 Saratoga Ave., Saratoga	Edie D, 510/797-1387
June 21 7:30-9:30 pm	District 20 Speaker meeting	Immanuel Lutheran Church 14103 Saratoga Ave., Saratoga	Edie D, 510/797-1387



## Regular Events

Date/Time	Event	Location	Contact
Every last Friday	District 6 Monthly Speaker Meeting	Vacaville	Chris W, 707/452-9444
Every third Sunday	District 10 Speaker Meeting	Resurrection Lutheran Church Douglas Blvd., Granite Bay	Sally B, 530/346-7491
Every second Sunday 7-9 pm	District 12 Speaker meeting	Shepherd of the Hills Lutheran Church Diamond Heights @ Addison, San Francisco	Tom K, 415/759-7404
Every last Saturday 6:30-9:30 pm	District 15 Potluck and Speaker meeting	Broadmoor Community Church 301 Dowling at Dutton Avenue, San Leandro	
Every second Saturday 8 pm	District 16 Birthday/Speaker meeting	Tri-Valley Unity Church 6325 Sierra Court, Dublin 94568	Ruth K, 925/828-9074
Every third Friday 8 pm	District 17 Birthday/Speaker Meeting	Fremont Hospital 3901 Sundale Drive, Fremont	Debbie S, 510/713-8436
Every first Monday	District 19 Monthly Speaker Meeting	Fresno	Beverly S, 559/275-2858 <a href="mailto:beverlyanne@attbi.com">beverlyanne@attbi.com</a>

# Inside this issue

This is my last issue editing the *12 Stepper*. I hope you've enjoyed reading it at least as much as I have assembling it these 3 years.

At the Assembly, members expressed the desire to see the minutes in this issue. Because of the extreme demands that would place on the Secretary, that wasn't possible. However, we have included many of the Assembly highlights here. You'll find a comprehensive report by one GR, Carla, who is the incoming DR from District 23. Several members sent poems expressing their feelings about the awesome process of the Assembly. On the business side, there's a summary of the motions passed and failed, and some AskIt basket questions and answers. Characteristics we'd like to see—and not see—in a leader were the focus of a workshop I list here. Action Committees are becoming more of a force in the Area, so the reports from that Assembly activity are here, too. Since it engendered a lively discussion (as always!), the dual members in service discussion is replayed as well.

The 2000—2001 NCWSA Audit appears in this issue.

A few of the outgoing panel have reflected on their service experience in *Sharings from the Outgoing Panel*. If you'd like to write your own sharing, there's now a form for that on p. 31.

Our annual Convention is next March! Take a look at the information and registration forms on pp. 32-33. And the Hospitals and Institutions Conference is the following weekend; see pp. 34-35.

## The *12 Stepper*...

is the newsletter of the Northern California World Service Area (NCWSA) and is published three (3) times a year. A free copy is mailed to Al-Anon and Alateen Groups registered with NCWSA, NCWSA Officers, Coordinators, Liaisons, and District Representatives. A limited number of copies are shared with other newsletters across the country. All others are sold on a subscription basis.

The *12 Stepper* is mailed non-profit, third class bulk rate within the continental U.S., and is not forwarded by the U.S. Post Office. *12 Stepper* mail lists are maintained by the NCWSA Records Coordinator, and are periodically updated upon receipt of a completed registration/change of address form. The *12 Stepper* editor or staff cannot be held responsible for nondelivery or the statements and views of those contributing articles or letters.

*Remember that contact lists are Confidential and are for Al-Anon use only.*

## On-line and the Web

See the *12 Stepper* and other NCWSA information on the NCWSA Web site <http://www.ncwsa.org>.

## Submitting material to the *12 Stepper*

All members of Al-Anon and Alateen are urged to contribute information about district, group news, fundraisers, and special events. Material submitted is subject to editing. Please include your name, address, phone number, and e-mail address if you have one. Names will be withheld, if requested.

***Submitting material in electronic form is preferred and looks a lot better in the Stepper!***

Send material via e-mail to [hoks@redshift.com](mailto:hoks@redshift.com) or regular mail (on white paper please!) to:

*12 Stepper* Editor, 1117 Baldwin St. Sp 63, Salinas, CA 93906-3658.

**The deadline for the Annual Report Issue is March 15, 2003.**

The holidays can be a frantic, materialistic time. A hopeful thought occurred to me a few mornings ago: the meaning I can take for this season is the arrival of something wondrous that will liberate and transform our lives. And I can choose that to be whatever is meaningful to me.

Best wishes for the Season!

Gary



## Contacting NCWSA & WSO

Northern California Al-Anon Web <http://www.ncwsa.org/>

Email [info@ncwsa.org](mailto:info@ncwsa.org)

Al-Anon Family Group Headquarters

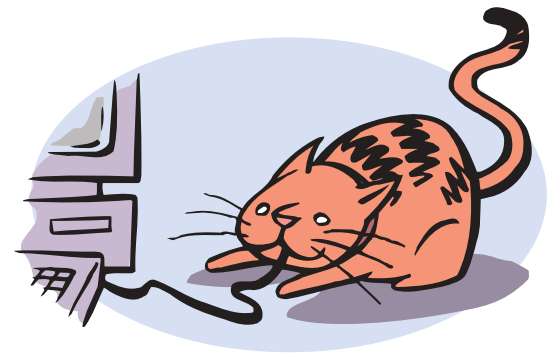
1600 Corporate Landing Parkway

Virginia Beach, VA 23456-5617

Web <http://www.al-anon.org/>

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

Meeting information 888-4AL-ANON



# Delegate's Corner

I have been so busy since I got back from Conference that it has been difficult to get everything done. This will be my last Assembly Report and I want to tell each and every one of you how grateful I am for all of your support and help for the past three years. I have had the opportunity to visit each of your districts and get to know so many of you on a personal basis. It has been one of the greatest gifts that I have received from the fellowship.

Although I am sad that the term is over I am happy at the prospect of seeing new people take over the jobs that need to be done for the next three years. I hope all of you that are qualified stand for the positions. I have found that by doing Area Service my life has grown so very much, with each new position that I have done, my life has changed immensely.

Now I am beginning to prepare to turn over documents to the new Delegate. I know that the next delegate will find that this is an amazing job, it is constant, growing and changing, even when you do not expect it.

I hope that all of you are planning to attend the Regional Service Seminar in September at the Wydham Hotel in San Jose. It will be a wonderful experience in service. This is the first time we have had a Regional Service Seminar in our area. So we want to see all of you there along with the people from your districts.

I have given a Delegate's report in many of your districts. This has been a wonderful experience and has given me the opportunity to see first hand how great the districts are doing and also having the opportunity of giving help where it is needed and encouraging Districts and Intergroups to use the coordinators that we have available to them.

The book *Hope for Today* is now available to the fellowship, I hope you have all had the opportunity to review this book, it is a keeper.

The Group Binders are still available in Spanish & French as well as English at a reduced rate of \$9.00. The Alateen Group binders are not available in French and Spanish but are also available at the reduced rate of \$9.00.

It is now time for each of you to start thinking about what kind of service you would like to do for the next term. This is the time to encourage the members of your districts to step forward and help to continue the service for our Area. District Representatives and Coordinators for your districts will need to be elected as well as Officers and Coordinators for the Area. Please encourage the members of your districts to come forward and help to carry the message of Al-Anon/Alateen throughout our area.

Thank you for allowing me to serve Northern California Al-Anon in this capacity. I have loved serving Northern California as your Delegate.

Love in Service,  
*Marilyn R, Northern California Delegate*  
Panel 40



# Officers

## Chairperson

As we begin our third and final Assembly for this panel, I feel very happy with the things that have been discussed and accomplished. Many ideas have been brought forward and many of those ideas have come to fruition.

Throughout my term, I have strived for "new and exciting". The opportunity to look at the idea of restructuring has brought forth many forward thinking ideas. The area has done what I consider to be a fearless and thorough inventory. Who are we. What do we want to accomplish as a service arm. The result of this process has been open and honest sharing amongst committee members and the Action Committee concept. It is my dream that Action Committees will allow Coordinators to have a built-in committee which will ultimately result in the carrying out of service projects and in turn benefit the fellowship as a whole.

In an effort to make service the focus of the area, I gave each of the coordinators the "spotlight" at different NCWSC meetings. This allowed them 15 minutes of interaction and cross-talk with the committee. They were able to put forth ideas of their own, hear ideas from the floor and ask for the help that they needed to carry out their jobs. The tradition of the pom-poms was started by Connie, our PI/CPC Coordinator, which reminded us that reports can be FUN!

As chairperson for the area, I have had the opportunity to attend service functions outside of the area. In my personal recovery, the experiences have been a launching pad. In my service recovery, the experiences have been immeasurable in my understanding of the importance of the groups and individual members in our worldwide fellowship.

This panel has been a joy to work with. I believe that we have all learned the importance of the individual voice, how to listen, and that a group conscience is God's work. This is not to say that we went totally unencumbered by controversy. What fun would that be? But all in all, we were able to talk to each other and reason things out. Without gossip and only a little criticism.

How I run a business meeting is probably a little more lax than some would have done but, you know what? We had discussions and helpful suggestions and constructive criticisms and overwhelming support for each other. And we tried now and different things. Some worked. Some didn't. As an area, we were able to provide each district with soft cover books for institutions; we created a consolidated list of Alateen meetings in the area; we have a registration form up on our web site to enable groups to register easier/quicker; the Convention committee set the post convention meeting to Saturday so that all Convention attendees can participate and the Alateens skit Romeo and Juliette is being incorporated into the RSS program. All of this came about because of the sharing of ideas and the willingness to listen and act on those suggestions.

At each of the GR assembly orientations during my term, I have tried to bring a lightness to what we do. I have done some sort of activity at the orientation in an effort to show how our differences in opinion/likes/dislikes need not affect the way we feel about each other. Rather, differences are what add to the growth of our fellowship. If we all thought exactly like ME ...now that would be a tragedy.

I have truly enjoyed my term as chairperson for NCWSA, I will continue to serve in this capacity through the end of the year, but more importantly, I will continue to serve this fellowship in whatever capacity I am allowed for as long as I am allowed. I believe in Al-Anon as a whole. And it is we individuals that make up that whole. Keep coming back. It works!

*Vicki H*

## Alternate Delegate

Thank you for letting me serve Northern California Al-Anon; it is a privilege. This past year I have tried to learn this job and keep up with the panel. They all had a head start. We were able to complete the budget for presentation here and with only a few mistakes and last minute additions. I hope the presentation is not too painful.

As Alternate Delegate, I attended the South West Regional Delegates Meeting in Palm Springs. That was a wonderful experience and I am grateful. I learned a lot about service at WSC and its organization. Nancy B really put the "restructuring" issue into perspective. Finally I understand why it has been hard for us to get it. I think that we are now moving in the same direction.

Thanks again for the opportunity to serve and the acceptance of me as a work in progress.

*John S*

## Secretary

It's been a year since I communicated about my job to everyone and things are winding down. Since the last Assembly, I've had the challenge of taking minutes and transcribing them for 8 NCWSC Meetings as well transcribing the minutes from two Assemblies, which have been printed in your *12 Stepper*. I also maintain the NCWSC Roster, nametags and labels for mailing to the DRs and Coordinators.

You all should have packets. A few items we have put in your packets are the Voting Procedures, a list of GRs responsibilities, some past publications and archives from either WSO or NCWSA that may be of interest to you, an organization chart of the World Service Office, and a copy of the NCWSA Calendar that appears on the Web Site.

Also enclosed is a registration form for the Southwest Regional Service Seminar (SWRSS) to be held in San Jose September 27-29. Please note that you have until the end of this Assembly to register for the RSS. It's a great way to find out about service work and to meet people from the World Services Office as well as members from throughout the U.S. We have people registered from as far away as Georgia, Texas and Hawaii. It would also be an opportunity to meet our new Regional Trustee, Winnie Schmidt-Des Georges, who is chairing the Service Seminar. If you wish to register, there is a table available and Chris will be happy to help you.

Three reminders that will help me with my job the Assembly:

1. Please come to the microphone if you speak on a subject.
2. Have your motions written out on a motion form and give to the Chairman or me, after you read it at the microphone. We also have overheads, located next to the overhead projector, for you to write your motions on so everyone will be able to see the written version.

Thank you for trusting me with the many challenges this position has afforded me, and giving me the opportunity to serve you. It's been a great three years.

Love in Al-Anon and Alateen Service,

*Sandi*

## Treasurer

My term as treasurer has been a very big learning experience for me. When I first started, I didn't know the difference between a balance sheet and a profit and loss. Nor did I realize all that went in making a budget, doing a financial report. Or, all little tasks my job included. Having this position has helped me to deal with many of my own money issues.

Financially, we have lower income this year because of declining interest income, lower income from convention. We tapped the small prudent reserve in January 2002. Soon after the Assembly I will be doing an appeal.

In May we had several checks that were in my outgoing mail stolen. After filing a police report and a report with the postmaster, I moved all the money from that account except necessary to cover the outstanding checks.

In the 2002 year to date totals, the corporate expense's look high. But in reality the 2002 figures include the audit from 2001 and 2002, because the auditor didn't want to be paid in 2001.

Thank you all your trust and support.

*Janice W*



## Eight Beatitudes Of Al-Anon

1. Blessed are the phone answerers, chairmen finders and meeting planners—  
for they shall be called "Secretaries".
  2. Blessed are they who are willing and eager to do anything for their group—  
for they shall be called "Eager Beavers".
  3. Blessed are they who have fresh ideas and are eager to try something new—  
for they shall be called "Upstarts".
  4. Blessed are they who trace books and are persecuted for literature sake—  
for they shall be called "Group Librarians".
  5. Blessed are they who bake and stay to clean up after the meeting—  
for they shall inherit the leftovers.
  6. Blessed are they who hunger and thirst for attention when giving a report—  
for they shall be called "Group Representatives."
  7. Blessed are they who travel from group to group begging for funds or passing out flyers—  
for they shall be called "District Representatives."
  8. Blessed are the groups who have these members—  
for they shall be called "darn lucky".
- From the June 1977 *Area Highlights*  
From Ohio by Roz C.



**NCWSA Budget vs. Actual**

Jan-7/31/2002

**Ordinary Income/Expense**

Income	
10Z - Donations Income	\$18,466.02
11Z - Literature Income	\$450.00
12 - Stepper subscriptions	\$0.00
5Z - Bank Interest	\$209.95
6Z - Assembly Income	\$735.00
7Z - Convention Income	\$7,479.68
8E - Diversity Day Income	\$0.00
9Z - H&I Conference Income	\$1,158.09
<b>Total Income</b>	<b>\$28,498.74</b>

**Expense**

17 - Officers	\$1,855.61
24 - Conferences (Officer/Delegate)	\$2,612.03
30 - Coordinators	\$2,460.82
43 - Committees	\$3,781.17
54 - Events	\$1,105.00
56Z - Conventions	\$9,582.58
61 - Literature	\$0.00
62 - Stepper Expenses	\$965.25
6999 - Uncategorized Expenses	\$0.00
70 - Corporate Expenses	\$9,900.21

**Total Expense** \$32,262.67

Net Ordinary Income -\$3,763.93

**Net Income** -\$3,763.93

**NCWSA Balance Sheet**

31-Jul-02

**ASSETS**

Current Assets	
Checking/Savings	
100 - Cal Fed Checking	\$1,075.00
101 - Cal Fed - New account	\$2,646.98
103 - CD Reserves (Larger)	\$17,996.82
Total Checking/Savings	\$21,718.80
Other Current Assets	
110 - Advances	\$1,000.00
Total Other Current Assets	\$1,000.00
Total Current Assets	\$22,718.80
<b>TOTAL ASSETS</b>	<b>\$22,718.80</b>

**LIABILITIES & EQUITY**

Liabilities	
Current Liabilities	
Other Current Liabilities	
2200 - Sales Tax Payable	\$149.12
Total Other Current Liabilities	\$149.12
<b>TOTAL LIABILITIES</b>	<b>\$149.12</b>
Equity	
300 - Opening Bal Equity	\$26,333.61
Net Income	-\$3,763.93
Total Equity	\$22,569.68
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>\$22,718.80</b>



# Coordinators

## Alateen

Well here it is, the final few months of our term, wow!! Time sure does fly by when you are having fun!!! I have really enjoyed serving as your Alateen Coordinator for the past 2+ years and hope that the next person has just as much fun as I have had. Even the past six months or so have been a new experience for me.

### Sponsors Workshops:

I attended/conducted a sponsors workshop in Redding in July. Yes, Redding in July, and it was HOT! But I rented a convertible for the weekend and had a good time. There was a good turnout at the workshop of both Alateens and Al-Anons. They had been asking me to come up there for quite sometime, and I just didn't have the time to do so, till summer, go figure. I will be holding another workshop on October 12, from 11 am to 2 PM in San Leandro, flyers should be on the website soon, or you may contact myself or Tomi R for more details; all are welcome.

### NoCAC

I attended the second Bash last month at Lake Camanche. I had a great time; despite the very hot temperatures, the lake was cool and so was the fun. It was a relaxed weekend, nice group of people and a great time had by all. As some of you may know, there was a complaint letter written about the first Bash that was brought to the committee's attention as well as to Art B and myself. This letter addressed issues regarding language, behavior, smoking and such. The NoCAC committee was quite upset over what was written and worked on dealing with the issues that were brought up, revising/revamping guidelines where needed and addressing the concerns being brought forth. I am very proud of how the NoCAC committee dealt with this whole process. It was a difficult yet valuable learning experience for them all.

Please do not hesitate to contact me if you would like to have a sponsor's workshop or training in your district, have me speak at a function or Al-Anon meeting, or whatever else you may need regarding Alateen. As I always say, Alateen is the future of Al-Anon. ALATEEN ROCKS!!!

*Love in Service, Jennifer F.*

## Bylaws & Insurance

The Bylaws Committee met again in January 2002 and presented the Suggested Revisions to the NCWSC Committee in February. We met again in April to incorporate the changes suggested at the February NCWSC meeting. They were presented at the May NCWSC Committee meeting which approved the changes with minor modification. I would like to thank the Bylaws Committee, Cathy F., the "Special Committee to Review the NCWSA Treasure Responsibilities Re: Possible Division of Duties", and all the NCWSC members for their help, participation and suggestions in arriving at the final Suggested Bylaws Revisions were presented at this Assembly.

The Traveler's Liability Insurance was reviewed in January and updated to add an 8<sup>th</sup> event to cover the H & I Conference. Payment was sent in February to Travelers along with the broker fee to Chapman & Associates.

In March, I e-mailed the modified insurance forms to the unincorporated Districts to fill out & return so an estimate could be obtained for the cost of adding groups & District events/meetings to our NCWSA policy.

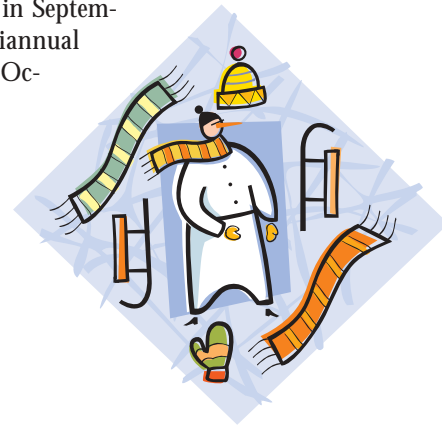
The submitted forms were sent to Chapman, but I have not had a response yet on the estimated costs.

I provided complete Guidelines Binders for Districts 10, 24, 25 and updates for 3 other Districts at the May meeting.

The Directors & Officers Insurance 3<sup>rd</sup> year renewal will be sent in September. The Corporation biannual state filing will be sent in October.

It has been a challenging but rewarding time as your Coordinator. As always, I continue to learn and grow in service.

*Yvonne*



## Diversity

My term of service as Diversity Coordinator is coming to an end soon. I took on the position mid stream and took a while to get started as I had too many other commitments. I did attend Spanish-speaking meetings in the greater San Jose area. At those meetings that lacked the necessary resources to procure literature, I left some booklets and a few books.

At PRAASA I met a Japanese woman who had just started going to Al-Anon and was going to AA meetings in Japanese in Mountain View. I attended the meeting there, and being Japanese, was thrilled to hear the AA program in Japanese. I left some literature for the Al-Anons and gave them a list of literature printed in Japanese that could be purchased from WSO.

I know that there is a lot more that can be done to promote diversity within Al-Anon. If you have any ideas, please be sure to give them to me or to the next Diversity Coordinator.

Thank you for letting me serve you.

*Louise M.*

## Group Records

All the group records are up to date, including any changes given to me since the May Committee Meeting.

I've printed a copy of the WSO and Area print out for each District Rep. Please try to get the changes to me as quickly as possible so that the information is up to date for the incoming panel.

Interesting facts regarding Northern California Groups:

Number of Active Al-Anon Groups 723

Number of Active Regular Alateen Groups 47

Number of Active Preteen Groups 3

Number of Active Spanish Speaking Groups 32

That's all for now ...

Love in Al-Anon & Alateen service,

*Beverly Anne S.*

## PI/CPC

Congratulations to **Tom K.** from San Francisco our new NCWSA PI/CPC Coordinator and his Alt from Modesto – **Bonnie.** Both are willing and enthusiastic (Tom sang his report at assembly).

**SERVICE PLAN 2001-2002** is definitely in the Spirit of Let It Begin With Me and Keep it Simple. Both so important to PI/CPC. Check it out.

**CELEBRATE THE BEST OF PUBLIC OUTREACH (P90) AND ATTRACTING & COOPERATING (s40)** – Does your district use these publications? Great tools!!!!!!

I received numerous requests this year from **professionals requesting information**, which I passed on the appropriate local contacts.

**NCWSA AND WSO WEBSITES** are a wealth of information for Public Outreach. Northern Cal web site committee has developed a 'service page'. The address is [www.ncwsa.org](http://www.ncwsa.org) – **click on Service then click Outreach - to see all the Public Outreach guidelines, ideas and updated packets** (this is a very big deal). Of our 27 districts all but 3 have PI/CPC contacts and of the 23 all but 4 get email. Amazing how our communication tools are changing.

I gave an **idea packet** to the Group Representative and District Representatives at the 2002 Assembly. Please use and pass on to next person. Check with Tom K. for extras to give to groups not represented at the Assembly. Lots of inexpensive easy ideas. Encourage your members to reach out to our community

Great news.....**Action Committee** is on the move and progressing. At the assembly in September 2002 two of the items added to the action list I get to act on. The districts in Public Outreach (5, 8, 10, 18, 21, 23, and 26) will be receiving posters and bookmarks to distribute in their communities after the first of the year.

I would like to **THANK EVERYONE WHO PARTICIPATES.** . I truly have been blessed to be able to grow, share and represent you all these last few years. As always when I 'take my turn' I learn so much about Al-Anon and myself that when my rotation comes to an end it is with mixed feelings. Thank you for letting me be a cheerleader for Al-Anon these three years.

*Let it Begin With Me..... Want more details? Have ideas?*

*If you know anyone interested in receiving PI/CPC information, please let Tom know.*

***It is truly fun.***

*Love in Al-Anon Service Connie F*



# Committees

## 2003 NCWSA Convention

Hi, my name is Dottie and I'm your NCWSA 2003 Convention Chair; the Co-Chair is Dennis H., who will be the Chair for the 2004 Convention.

The Convention Committee is almost complete. We do have a few service opportunities available. If you would like to volunteer, call either of us.

The Committee has had several planning meetings so far and we have been able to make quite a few decisions. The theme "Each Day a New Beginning—A Decade of Serenity" was chosen from among the suggested themes submitted last March after the 2002 Convention. Once the theme was chosen, a flyer was sent out asking members to submit a logo, which would be used on the convention/registration flyer, name badges, program, t-shirts and sweatshirts. The logo was chosen.

The dates for the 2003 Convention are March 21, 22 and 23, 2003. The location is the San Ramon Marriott-right off Hwy. 680. The room rate is \$79.00/night—1 to 4 people.

We have confirmed our two out of area speakers-Marge S. from Saskatchewan, Canada and Ajit S. from Irvine, California. There will also be three local speakers as well as hourly Alathon meetings, Alateen meetings, Spanish language meetings, a donation drawing, and AA meetings. We are also planning a Saturday night dance. Conference Approved Literature will be available for purchase.

We will continue to have monthly planning meetings, which are open to any interested member. As time goes on, additional volunteers will be needed to help man the registration table, donation drawing table, t-shirt/sweatshirt sales table and to chair the Alathon meetings, as well as other important jobs.

*Dottie*

## Executive Committee

The Executive Committee members for the 18-month term beginning July 2001 are Rita McG., Northern Section (D-05), Pat R., Central Section (D-17) Secretary, Cathy F., Southern Section (D-22), Beverly Anne S., At Large and Art B., Chairperson, At-Large.

The primary functions of the Executive Committee are 1) to assure that the corporation (NCWSA) meets the state and federal laws governing non-profit corporations and 2) to supervise the officers. I believe it is our function as an EC to find difficulties and help in their resolution before a crisis is created.

The Executive Committee is required by an Assembly vote to report on the progress of any conflicts that have been decided or are in progress since our last Assembly. We are pleased to report that there were no conflicts reported to the EC in the past year, and that there are no conflicts pending.

We met with the officers in 2002 at two meetings of the EC. We used the question format provided in the conflict resolution guidelines. They were asked questions about their position and given the opportunity to relate how their performance might be impacted by lack of information, support or other tools. During this term, the EC

has received no complaints about any officer. We believe that all the officers are meeting the responsibilities of their position and voted unanimously to make that statement as part of our minutes.

The Budget Committee brought a request to continue the Reserve Fund investment at the same bank with a new maturity date. This was discussed and approved by e-mail.

Since the EC is allowed to vote by phone and e-mail, we developed a specific procedure for these circumstances, and these have been added to the EC Guidelines.

The EC Committee reviewed its own EC binder and updated them so that all the binders have the same information. We also created a "Motions Passed and Failed" file and a common minutes binder, with the Secretary being responsible to keep it updated.

If the Assembly changes the bylaws, the EC will be charged with the responsibility to also supervise one or more agents. While we discussed the possible impact that this decision might make on our function, we have not begun to develop any guidelines.

Thank you for providing us with an opportunity to serve.

*Art B., Chairperson*

## Web Site

[www.ncwsa.org](http://www.ncwsa.org)

Five years ago, this assembly approved the concept of a web site that would attract newcomers to Al-Anon and would inform our members of various items. At the following committee meetings, the NCWSC approved a series of implementing motions. What the web site committee achieved was much more than any of us expected.

The current members of the web site committee are: Bruce D. of

San Jose, Gary S. of Scotts Valley, Kara L. of San Jose, Jim S. of Danville and Art B. of San Jose. All of them have a love of Al-Anon and see this service as a unique way they can use their talents towards helping families of alcoholics.

In late 2001, the NCWSC Committee voted to place the NCWSA Guidelines binder on the web site. Keeping this book up-to-date has been difficult. Each change required delivering about 70 copies. All of us were unsure that our own binder was correct. Now that it is on line, most of us can view the table of contents, and even download the updated pages ourselves. The NCWSA guidelines binder is part of a new section called SERVICE. In addition to the Guidelines Binder, this section includes a form to download that allows members and groups to mail a donation to NCWSA, service sections by two (so far) area coordinators, Public Information/CPC and Archives, and even a link to the Attorney General's web site concerning raffles for non-profit organizations.

While adding these hundreds of pages, we reexamined the entire web site and made many small improvements. It is easier to contact us. We now have actual meeting locations listed for 26 of our 27 districts and we give the viewer links to meeting information anywhere in the world. In the past sixty days, 145,000 requests were made to our web site: 99% from the US and 1% from 35 other countries.

Our calendar provides information on over 165 events in 2002. For 2003, we have separated events from business meetings, so that it is easier to find either in a specific month.

We now have 60 basic pages. These have links to 275 additional files and web sites. We are excited about the improvements and want to receive your comments and additional suggestions.

Thank you for providing us with an opportunity to serve.

*Art B., Web Site Chairperson*



## Regional Service Seminar

Here is a note from Dolores T at the World Service Office, thanking Cathy, our Regional Service Seminary local Chairperson, for her contributions to the September RSS in San Jose.

On page 10 is a note from WSO thanking us in Northern California for hosting the RSS.

Dear Cathy,

I know I should have sent this while you still had the old address so I hope you get this note if thanks.

Thanks for all the caring hours you spent planning & preparing for the best RSS San Jose has ever hosted. Your area host committee really did extend a loving welcome to members from the region, states, New Zealand, provinces and the WSO.

A Big salute to you.  
Love you lots,  
Dolores  
Keep in touch!

---

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

Phone 757.563.1600  
Fax 757.563.1655

October 2002

Cathy Crane  
38246 Aralia Dr.  
Newark, CA 94560

Dear Cathy,

The US Southwest Regional Service Seminar was an incredible experience. Ric, Claire, Tom, Camille, Cathy, and I are still talking about the enthusiastic spirit generated by members like you. While the facility, the program and the location are important in conducting a successful RSS, it is unique individuals who provide outstanding service that make it an unforgettable event.

There is no doubt that the members who attended felt welcomed, loved and motivated to carry the message.

We are delighted to enclose your own personal copy of the *Forum Journal* as a token of our appreciation.

With love in Al-Anon,



Dolores T  
RSS Coordinator

# Districts and Intergroups

## District 1

Greetings again from the land of tall redwoods, fertile river valleys, Bigfoot and the fog. District 1 comprises both Humboldt and Del Norte Counties. Ours is a large area that extends from Crescent City in the north, Garberville to the south, and inland to Hoopa & Willow Creek.

We currently have 20 “all purpose” Alanon groups and one Alateen group. Two new groups were started in Eureka this year. We hold our District Meeting on the first Wednesday of the month.

On March 23rd, we held our Day-in-Al-Anon; this year’s theme was “Healing Your Life With The Twelve Steps”. We were very fortunate to have Fr. Tom from Oakland as our speaker. Because Fr. Tom is so well renowned, our Day in Al-Anon was really well attended.

In our district, participation in service has been lagging; so few people are willing to make the commitment or give up their free time to do service. We would really appreciate any ideas or experiences you could share with us on this subject.

This is my third and last Assembly as District Representative. Hopefully, we will be able to find a replacement for this position. It has been a busy, interesting and informative three years. I would like to thank all of you who have been so helpful to me during my tenure.

A special thank you to Marilyn R for her visits to our distant district and for sharing with us her experiences as delegate to W.S.O.; also many thanks Marilyn for answering our myriad of questions.

If you are ever in Redwood country, be sure to contact us; we’ll be glad to show you around.

In Loving Service,

*Yvette L., District Representative*

## District 4

This past 3 years as DR has been both exciting and rewarding for my recovery and my program. I am grateful for the opportunity to serve my district.

District 4 is comprised of the 5 northeastern counties which is the largest area in NCWSA (in miles not population). Visiting some of our meetings requires an overnight stay, which is not a bad thing.

We have had a very busy year. Here are just some of the highlights:

- We had our Day In Al-Anon last November. It was very different from all the previous ones, but it turned out to be a lot of fun, lots of good food and fellowship. Vicki H. was our speaker.
- It may be our last year of our term, but we have all positions filled. YES!! .
- In January we participated in the 9th Winterfest and had the largest Al-Anon attendance yet. Next year’s promises to be every bit as successful. Art B. and Vannoy are going to be our speakers.
- In May we had a Fun Day, which was exactly that. Again lots of

- great food, fellowship and just enjoying being together.
- In June we participated in the 1st Annual Red Bluff Round-Up, which was a success.
- In July we held an Alateen Workshop with a mini Alateen meeting held by our local teens. Jennifer F. shared her ideas with us.
- Thanks to our energetic PI Coordinator and some volunteers, we now have Al-Anon literature in the court system, libraries, schools, institutions, health clinics, beauty shops and various other locations.
- We are looking forward to our next Day In Al-Anon on October 26th.
- We have added an Al-Anon and an Alateen meeting in Redding and have just received word that there are three Al-Anon and one Alateen meeting in one of our outlying areas.
- I saved the best for last! This is BIG!! We have more GRs attending this Assembly than we have ever had! Good for you! I am so proud of you! I hope you find the love, friendship and spirituality that I have always enjoyed at Assembly.

On a personal note, this past year we have sold our home, built a new one and moved. I am still unpacking and trying to locate some of my Al-Anon stuff I know it’s there—just not where.

*Love in Al-Anon Service, Sheilah K, DR*

## District 6

Al-Anons and Alateens, Greetings from District 6. District 6 consists of Solano, Napa, and Yolo Counties. There are 27 Al-Anon, 3 Alateen, and 2 Spanish speaking meetings. This is my 9th Assembly and my 7th Assembly as DR for District 6. I’m counting on and praying for rotation of leadership to take effect at our November election.

We have BI-monthly district meetings starting on the end week of January 2003, which are held from 1 to 3pm at the VacaValley Hospital, 1000 Nut Tree Rd., Vacaville, in the conference/cafeteria room.

I had the pleasure to be invited, in February, to be the Al-Anon speaker at the monthly Woodland AA/Al-Anon Pot-Luck. Held at 241 California St., Shade Tree Plaza from 6pm to 8:30pm.

I was unable to attend the NCWSA Convention in March due to my daughter’s illness. Many members of District 6 held service positions and helped carry the message of Al-Anon for us.

Our annual Day in Al-Anon fundraiser was held on April 27th in Woodland. Our AA speaker was Bob from Woodland, who thankfully stepped in at the last minute. Our Al-Anon speaker was Molly from Davis. Our Alateen speaker was Arianna W. from Vacaville. We had a successful silent auction with many diverse baskets for people to bid on.

On May 1st, Jane D. and myself did the decorations for the AIS Al-Anon 51st Birthday Party, held in Rancho Cordova. This has been a difficult year to get members to do service in District 6 and this is talked about at each of our district business meetings.

Our holiday Party is planned for Saturday, December 7th, at the Shepard of the Hill Church, 580 Trinity Dr. in Vacaville. Registration starts at 1 lam followed by our traditional holiday meal! Speakers start off at 12noon with our AA speaker, Debra Lyn M. from Vacaville. At 12:30 our Alateen (to be announced), and at 1:30 our Al-Anon speaker, who will be Sandi C. from Elk Grove. Donation drawing and our Silent Auction will be following the speakers.

On a personal note, my granddaughter, Arianna and I would like to thank all of our fellow Al-Anon and Alateen members who have helped us with the loss of our beautiful daughter/mother, Tami, to this devastating disease on April 6, 2002. Arianna and I were fortunate enough to have 14 months of sobriety in our house before Tami's passing and I thank God for that everyday.

*Yours in Service, Chris W.*

## District 7

The AIS Office has been offered the Opportunity of possibly having the International Convention here in Sacramento July 4-6, 2008. The Intergroup members unanimously voted to support this effort. District 7 is looking forward to supporting AIS in this effort. Everyone agreed that it would be very exciting to have the convention in this area. It would be nice if we succeeded in getting it. We are all looking forward to this opportunity.

We at District 7 need to put together a bid for the 2003 assembly and have it ready for the February Committee meeting. I understand that District 8 is also working on this. Debbie S. has been very busy putting together 3 bids for us, Thanks Very much. One, at the Holiday Inn on Date Avenue looks very promising.

Our next speaker meeting will be held on Saturday October 26, at 7:30 pm. Our Speakers will Be Teri H, Main Speaker, and Steve V., 15 Min Speaker. It is going to be a Halloween theme, and we will have a money tree fundraiser at this meeting. Half will go to the District and the other half to the winner. Come and join us for the fun and good time.

We are also working on our annual workshop in March, This year the topic will be "When I got Busy I got Better". Watch the Share & Care for more information.

District 7 had their Election meeting on August 31, and have Elected Officers as follows:

District Representative: Roylyne M

Alt District Representative: Jeri W

Secretary: Terry P

Treasurer: Helen T

We are looking forward to the start of a new panel, and working together in a new year. Jeri and I will be working this next panel as a team, so you will be seeing a lot of both of us during the next three years.

*Roylyne M., District 7 Representative*

## District 9

Our district covers El Dorado and Amador Counties, from South Lake Tahoe to El Dorado Hills, from Jackson to Georgetown. We have 8 groups and 12 meetings. Out of 8 groups, 3 have no GR at present, 3 are at the Assembly, and 2 couldn't come.

We've had meetings come-and go, group representatives come and go. We found sponsors for Alateen meetings and they have done all they could to get the word out, only to come up short on Alateens. They have developed a workable solution, though. A sponsor attends the Al-Anon meeting in the same building at the same time as the Alateen meeting is scheduled. If a teen shows up looking for an Alateen

meeting, she just shifts to the other room and they have a meeting.

We changed our semi-annual fundraisers to February and July. We found having a business meeting the same day as a fundraiser was a big hassle. We also switched from a donation drawing to a silent auction. I don't know if it was the novelty or if it is just a better idea, but we made lots more money from the auction.

We have elected district officers, and our new district representative will be Jackie R. who has filled in for me as my alternate when I have been out of town. I think she will do an outstanding job and you will enjoy her.

This is that bittersweet time for me again. . .the third Assembly of my term. I have been fortunate enough to learn more lessons about myself and to enjoy the support and fellowship of people I really care about.

It has been a busy and rewarding three years. I've worn the hat of DR, Office Committee Chair and By-Laws Committee Chair for the AIS office in Sacramento. I took on the Al-Anon program chair job for the Gold Country Roundup this year and next. How could I resist, when it's being held in my home town of Plymouth?

Other than that, I don't know what I'll be doing when this year's up. I'm sure God has plans for me and will let me know when the time is right.

I will see you all as we "trudge the road of happy destiny."

*Love you all, Carol K*



## District 10

Thank you! Thank you! Thank you! For the way you have not only received our "Friendship to you, from District 10!" but reciprocated in kind.

District 10, in spite of, or perhaps because of our "life happenings," has had an abundance of members that were willing to step forward and serve as Group Reps, coordinators in PI/CPC, Institutions, Alateen, and we even had a volunteer for our new position as Diversity coordinator. Our treasurer, Pat F. and Secretary, Jean C., were consistent and innovative in their duties. They were the best, thank you, thank you, thank you.

Our District elections were to be held in August (if you want to make God laugh, tell Him your plans.) due to unusually sparse attendance, it was tabled until September at our regular District Business Meetings.

Our groups are healthy and strong in recovery. The GRs use our Service Manual Study which is part of our District Business Meeting agenda, to work on problems within the groups. They share their experience, and hope for problems that include: use of CAL, crosstalk, duties of the treasurer, is the Big Book of AA CAL? (that generated a lively discussion:)

We have an approximate 80+ groups. We are still located in Placer county with a dip here and there into Sacramento County.

Our Alateen is struggling and with our best efforts in "fixing", for the now...God's in charge!

Thank you! Thank you! Thank you! It's been a wonderful, memorably growing 3 years.

*Sally B.*

## District 11

Marin Al-Anon and Alateen

Greetings from all of us in Marin County District 11 where we continue to grow in Al-Anon and Alateen.

We have 25 Al-Anon, 2 Alateen and 1 Preteen meeting every week. Our district supports a Book Depot, Tape Library, Information Service and 2 monthly institutions meetings. We also support our Alateens with scholarships to NoCAC and fund the Preteen meeting.

This past June we held our annual Day in Al-Anon, which was very well attended. We had a couple in recovery share their experience, strength and hope, and a workshop on how Al-Anon service aids recovery with members sharing how it worked for them. Brown bag lunch and potluck desserts with lots of time for sharing and fellowship.

We are now in the planning stages for a fund raising event to be held in the late fall or early winter.

Our district continues to struggle this year with some unfilled coordinator positions and a lack of committee members to keep these positions active. Our members give generously when asked so we stay solvent and are able to donate to both NCWSA and WSO.

Our current DR, Galey S., will be turning over her service commitment as DR to Lorraine T in January 2003. Galey has served for 1 year as Alt. DR and 3 years has DR. We will also turn over some coordinator positions including Budget, Treasurer, Public Outreach and Literature. Our gratitude to all those who have served.

Love in Service

*Lorraine T, Alternate DR*

## District 12

The following things have happened in San Francisco Al-Anon (District 12)

- . The District I2 Office moved in 2002 to 1095 Market Street Suite 317 zip 94103
- . The library Project, a dozen or so of 2 CAL books were donated to libraries and more are being looked at.
- . Marilyn's (our NCWSA Delegate) visit to D12 meeting June 12, 2002
- . GR's January meeting of shares instead of business
- . Meeting rents are up so less money is being sent to district from groups.
- . District 12 Bylaws revision approved in June meeting.

The following was sung at the assembly 2002 by DR Tom K with guitar and harmonica to a Bob Dylan's Dream song.

District 12 Fellowship's Dream About Recovery In Service 2002 Report

We were told, that we must move

The building was sold, to some other Stew  
We looked high and low, then out of the blue  
We found a place, that fit like a shoe  
It's the old Grant Building, at 7th on Market  
The windows are big, and the rate is the best.  
Then a member stopped, in a public library  
He was looking for, some CAL  
And found, only one

When the word of this spread, a project was formed  
Now we are on, our second round.

Our delegate, Marilyn, came to San Francisco

To tell district 12, about WSO

She talked about changes, and plans for the future

Her enthusiasm for service, has an aim to lure.

We GRs, 'been meetin' for years

To talk about business, By-Laws, traditions, concepts and  
the service manual

The DR called it, to a halt one night

We shared our stories, and shed some light.

Rent's goin' up, and income is down

And it's happening, all around town

But with the 7th tradition, we've got Hope For Today

That it won't stay that way, and that's all we can say.

*Tom K*

## District 13

Hello from District 13. Thank you so much for coming to the Assembly! I'd also like to introduce, Terie, our new incoming District Rep. Terie is currently our District Secretary and has been a Group Rep. for several years. Welcome!

District 13 is located on the mid-peninsula of the San Francisco bay area. Our meetings are held from Burlingame in the north, to Palo Alto in the south. Our district also includes the coast area, south from Montara to Pescadero. We have 37 meetings a week, which includes a large variety of literature and step study, beginners meetings, a parents meeting, and a women only meeting, just to name a few. We have a Alateen meeting on Thursday nights in San Carlos (moved from Redwood City) and a new Alateen meeting, held in conjunction with the Tuesday night Half Moon Bay meeting. We're all excited to have a new Alateen meeting, as Alateen membership has dropped in our district in the last few years.

We had elections last month at our regular district meeting. As I mentioned, Terie is our new district rep. and Carol L. had been elected for a second term as Alternate D.R. We have relatively new Public Information, Institutions and Newsletter coordinators, so only a few positions still need to be filled. In 2001, I was asked to step in and continue this panel's position of D.R. as the current D.R. had moved out of the area. No one else was ready to stand for the position, so I did step forward. I'm so happy that we have members who are willing to stand for these positions now, so that District 13 can continue to be represented at the area level. Plus, look what a growing experience they get to have!

This spring our district took on the large task of holding a series of Open Al-Anon Meetings for Professionals. Numerous volunteers helped compile mailing lists and printed labels; others stuck labels and stamps on postcards. Still others stamped literature and helped at the meetings. It was definitely a group effort and could not have been done without everyone's help. We mailed out over 1,700 invitations to professionals, with a follow-up reminder mailing just prior to the meetings. Attendance was a little disappointing, but as we are told in this program to "show up and let go of the results", I have great faith that we reached those we were intended to. A writer from the San

Mateo Times newspaper attended a meeting and will be printing an upcoming article in the San Mateo Times. So we have planted the seed and now we get to watch it grow.

We do have lots of literature left over from those meetings, so our district will be planning some outreach work in the next year or so. One thing we'd like to do is to contact large businesses, schools or organizations, etc. to see if we can go to them with our open meeting, since we didn't have the best of luck with them coming to us. I know many opportunities are there for us to reach out.

District 13's LDC (Literature Depot) has been struggling with reduced sales of literature for several years. We recently took a consensus of our groups that are represented at the district level and most spoke overwhelming in favor of continuing the depot. Several groups even passed around a second basket and made special contributions to the district for the LDC. So we will keep the LDC open. We did form a committee to look at other ways of raising money to support it and we'll be hearing that report during this month's meeting.

I'd like to thank everyone in District 13 for their support in the past two years. Even though it's my second time around as District Rep., I have continued to grow through service and am, as always, humbled by the Al-Anon program. Though they may think that I did them a favor to complete this term of D.R., they actually did me the favor, and the honor, of allowing me to serve.

Thank you.

Love in Service,

Laurie R

## District 14

It's a pleasure serving as District Representative of District 14. We have a great group of members serving at the district level. Our district is Central and Eastern Contra Costa County. We have 46 meetings, which include 4 Parents, 3 Alateen, 1 Preteen, 3 Newcomer & Beginner, and a few Book Study Meetings.

11 Group Representatives and myself represent us here at Assembly.

It's been another great year for our district. We've been averaging about 24 Group Representatives, Coordinators & Officers at our Monthly District Meetings. We have a lot of fun at our district meetings. We have many of our next panels positions filled including DR, Gene; Alt. DR, Jay; Treasurer, Johanna; Alateen, Debbie; Group Meeting Liaison & Archives, Mary; H&I, Ellen & Judy; LDC, Judy; Meeting & Speaker List, Beverly and Special Events, Yvonne.

Many inquiries have been made about insurance coverage of individual meetings. Two of our Al-Anon Meetings have had to move locations because of not being able to pay for insurance.

We started a new Alateen Meeting in Lafayette on Tuesday Evenings and a Beginners Meeting in Danville on Monday Afternoons with a rotating schedule of topics. There were several other new meetings started last year. Please see our meeting schedule at <http://ncwsa.org/district-14.html>.

We had a drawing and are sending 7 District Members to the Regional Service Seminar in San Jose for the weekend. Our Literature Depot Coordinator, Alateen Coordinator, Alt. DR and I are also attended for a total of 10. We drew district member names that attended each of the district meetings for the past year.

We had two very successful Anniversary Speaker Meetings drawing many members. The meetings having the anniversaries, one for 20 years and one for their first year, sponsored these meetings. Our new Speaker Meeting Coordinator has acquired a Monthly Speaker Meeting location at the Walnut Creek Kaiser, which we are in the process of lining up speakers for. Please watch for our Speaker Meeting flyers to be held on the 4<sup>th</sup> Saturday of each month starting in October. They will be listed on the <http://ncwsa.org/calendar.html> web site.

I've enjoyed working with our district for the past three years and look forward to bringing Gene up to speed by the end of the year.

Love in Al-Anon & Alateen,

Jim S.

## District 16

District 16 is located in the Livermore Valley, at the 580 / 680 crossing. It includes Dublin, Livermore, Pleasanton & Sunol. We have fourteen meetings per week. We have

a Men's meeting, Adults with Alcoholic parent, Pre Teen, New Comers', Step study, and Steps, Tradition, and Concepts meetings. Our Saturday morning Step study meeting provides child care. We have a once a month Speaker Meeting with Birthday recognition chips & a tape lending library. Also, just across the border are two meetings for parents of Alcoholics.

Our Alateens are currently having to travel out of the district to attend an Alateen meeting. We are hoping that in a short time we

will be able to reopen an Alateen meeting.

Once a year we hold our Day in Al-Anon the last Saturday of April. This year our Guest speaker was Mary Pearl. We had a super day and a great turn out. Our speaker for 2003 will be Bo T.

We learned a very valuable lesson about how to handle expenses of speakers from out of state.

Our Public Outreach Coordinator Elaine S. has been very busy (with helpers) mailing out packets to the different Health Care Providers and community services in our area.

Lori K., our Alternate DR and I visited each meeting in our district as a team to invite all Al-Anon members to come to the District monthly meeting as well as introduce ourselves and talk about service. We only stayed a short time at the men's meeting as we are not men. I was in awe at the number of men attending this meeting. It started out with just a couple of guys and has grown to over thirty regular attendees.

Two of our meeting places must carry insurance. The cost for 2002 was \$794.50.

Love in Service, Ruth K.



## District 17

Our district is small. We encompass an area that includes Fremont, Newark and Union City.

At this time we have 14 active meetings which include a beginners meeting, a new men's step study meeting, a Pre-Teen meeting and one of the largest Alateen meetings in the Bay Area.

Our Friday night meeting will be offering signing for the Hearing-Impaired starting September 20th. If we get enough participation, we will work with them to help start their own meeting later on.

Our Day-in-Al-Anon will be on October 12th. It will have workshops during the morning and our afternoon speakers will be Vicki H., Al-Anon and Nick the Hawaiian, AA. Hope to see a lot of you there.

*Pat R., DR 17*

## District 18

District 18 is located in the beautiful Central Valley of California and includes Yosemite National Park.

This has been a good year for District 18 as usual. We have a few new meetings, several Step, Tradition, and Concept meetings, two institution meetings, two Spanish meetings, a few high-school Alateen meetings as well as regular Alateen meetings. I am pleased to say that we have brought with us the GR and alternate GR from The Good Group Alateen meeting in Modesto as well as a few new Al-Anon GRs.

We have a really great computer-run answering service, which is doing well and our web site is awesome. The district newsletter struggles at times but continues to be another tool for recovery in District 18. We held our traditional February workshop, which was wonderful as always and are now in the planning stages of our upcoming October conference. Three years ago at the start of this panel, we reunited with the Northern Calif. Council of Alcoholics Anonymous by participating in their conference in Modesto in 2000. District 19 followed when the NCCAA was in Fresno the next year, and I am happy to report that we are participating again this year. You are all invited.

A couple of weeks ago we held our Pre-Assembly B-B-Q and GR orientation meeting that was well attended (including our Delegate, Marilyn and two other Area trusted servants). We began this get-together three years ago, and it has proven to be helpful as well as fun for all. It has been a great three years and we have had a wonderful panel of trusted servants. Personally, it has been an extremely busy three years for me and I have really appreciated all the support given to me by my district. I would like to thank them very much for the opportunity to serve, learn, and grow in this miraculous program of Al-Anon.

*Mary Ann H, DR 2000-2002 District 18*

## District 19

Fresno, Kings, Madera & Tulare Counties

District 19 is located in the Southern most section of Area 03, covering approximately 12,078 square miles. We currently have a total of 54 groups, including 4 Alateen, 1 Pre-teen and 2 Spanish speaking. We have several new GRs attending their first Assembly this weekend.

Our District Office is also home to a Literature Distribution Center and a meeting room.

District 19 has been very busy this year; we hosted the NCWSC February Committee Meeting as well as PRAASA in March. The preparation for PRAASA actually began early in 2001 when seven enthusiastic Fresno Al-Anons attended planning meetings.

Our Alateens have continued to be active in the community. They have shared their experience, strength and hope at the ARC and Salvation Army Adult Recovery Center. This was no small task as the audience usually consisted of at least 100 plus adults. They also have been speaking at District 19 Special Events.

Our newly elected Public Information Coordinator has already begun distributing Public Service Announcements to local TV and radio stations. Her enthusiasm certainly reflects "Al-Anon's Image in a Changing World . . . Anonymity, Not Invisibility".

Our Diversity Coordinator has been very active in attracting interest to the Spanish speaking in our District.

District 19 would like to wish all incoming Officers, Coordinators and Group Representatives well in this important step in their recovery.

*Beverly Anne S, District Representative*

## District 22

District Holler: "Live, Love and Laugh [Ha ha ha]" [with joyful "sound effects"] [Last year's was "Participation is the key to harmony"].

### Statistics:

District 22 has not changed in location, remaining comprised of groups in the southern Santa Clara Valley. We currently have 23 groups including 2 Alateen and one men's group. Three groups closed this year. While we were saddened by that loss, I am happy to report that we now have 10 active GRs, which is the highest percentage since the beginning of this panel! Both Alateen groups have GRs; the one pre-teen group does not.

### District events:

Our 16th Annual Day in Service in January featured our Area Chairperson, Vicki H. Our 17th Annual Day in Service is scheduled January 18, 2003. Plans are under way; we'll share the details with you later.

### 2001 Assembly Action Committee follow through:

Fellowship Communications: The GRs have conveyed the challenge to the groups to bring two shares each to the Assembly. Group Services: We are looking forward to seeing the completed Alateen directory proposed by this committee, and have kept our Alateen group information updated to facilitate accurate listings for our district.

### Service projects:

- Made "love gifts" for World Service Conference of slogan bracelets
- We are also making the slogan bracelets for "love gifts" for Southwest Regional Service Seminar (SWRSS) participants
- We are also selling slogan bracelets for SWRSS & NoCAC scholarships for our teens
- Our members are active in participating in service at Assembly at the voter registration tables and assisting with hospitality
- Our members are active in participating in service for the SWRSS assisting with greeting, airport transportation and hospitality
- Our district offered scholarships to each Group Representative

(GR) for registration for the SWRSS. 100% of our Alateen GRs are registered to attend.

#### **Group autonomy and safety:**

I've been encouraged to talk about something that is difficult for we Al-Anons and Alateens to talk about: standing up for ourselves. Twice this panel I've been notified by a group that the behavior or an individual was perceived as threatening the safety of others within the group. We discussed group autonomy, which includes not only the rights of individuals to feel welcome, but also the rights of the group to keep themselves safe by taking a group conscience and asking a participant not to return. A consultation with the San Jose police was sought, which included review of the Megan's Law data base as the same individual had been sequentially named by both groups. The police said that they would be willing to be in attendance when representatives from a group tell an individual that he or she is being asked not to return. In their jurisdiction, the representatives are to call 911, describe the need, and await the officers' presence before beginning the interaction. Should you have further questions regarding this unpleasant but necessary topic for group safety, please talk to me or one of our GRs.

#### **Incoming officers for 2003-2005 Panel:**

District Representative: Louise M., Friday Night Individuality Group  
Alternate DR: Tom L., Joy of Living

Group Treasurer: Nino Y., Sunday Afternoon Recovery In Action Group

The service position of District Secretary has not yet been filled; we will continue elections at our next meeting later this month—another service opportunity to “Live, love and laugh”!

Respectfully submitted,

*Cathy F., District Representative, District 22*



## District 23

Since the last Assembly, the district has had its annual Craft Faire, which did very well. We have our bimonthly meetings. We have 30 Al Anon/Alateen. This includes the three new meeting that have been formed. I've been visiting the new meeting, answering all their questions, taking them information from the district.

I've asked them to have a group representative to come to the district meeting. The district is down with donations. Our treasure has sent an appeals letter out to reminded the groups that we still exist and need monies to for literature, our W & P, Schedules, Answering Service, to pay the GRs / DRs, for Area Comm Meeting's plus Assembly. We've done several mailings to local businesses, Doctors, Police letting them know we are around along with contacts. Our July meeting, I invited Marilyn to come and share her WSC conference with us. The 1st of August, the district sponsored a rafting trip on the South fork of the American River. About 25 people came including myself. A good time was had by all. We even saw several rafts tip over. We are now getting ready to have our first speaker meeting the 4th of Oct. with Joan W from District 24; also the next Craft Faire, the first weekend in Dec.

I want to thank all those who did service and help put on our

fellowship programs. I've been to just about all the groups to see how they are doing. Helped solve some problems. I thank the people who put on the rafting trip. All the info is on the web site. Hope to see you all there. The set up committee estimated that more than 100 people came to the speaker meeting started with Joan W. I hope the next panel will continue to keep it going. Again hugs and thanks for allowing me to be your District Representative.

*Harlan, DR 23*

## District 24

District 24, located in beautiful Monterey County, has a total of 23 weekly meetings in Carmel, Carmel Valley, Marina, Monterey, Pacific Grove and Salinas. Fifteen regular meetings, one men's stag, one women's, two Alateen, one Alateen Institution meeting and three Spanish Speaking. We now have 16 group representatives and our district has all positions filled for the current term.

One of the miracles happened recently when we were asked to be responsible for the decorations at the Assembly. A group representative was asking her group for help on this committee and a very new member arrived at the meeting the following week with the drawing that we selected to accompany our theme “Live, Love and Laugh”. Our decoration committee has enjoyed the process and the fellowship that comes with service—and I'm reminded of ‘Participation is the Key to Harmony’.

Our Monday night meeting in Monterey tested closing the meeting with the Al-Anon/Alateen Declaration for a trial period of six months. Last week the participants of the regular business meeting voted to adopt our declaration as the permanent method to close our meetings. Newcomers love it and it seems to serve the diverse cultures here in Monterey County. Another meeting in Carmel is using an egg-timer to keep the meeting on track and allowing as many people as possible a chance to share and we have two birthday chip meetings. We have several meetings who also have a tape library for members to borrow tapes from Al-Anon events—it gives our community an opportunity to hear a diverse group of speakers.

We are in the planning stages of our next Monterey Bay Roundup with Al-Anon participation. We will be selecting speakers shortly and our program. We are grateful to Alcoholics Anonymous for inviting us to participate.

Our literature depot is flourishing and gives a boost to the finances of our district. The new book “Hope for Today” is selling well and adult children members are grateful to have a daily reader with their special focus.

Our Public Information Coordinator has done a great job in listing our meetings on our “Community Links”, which airs PSAs on our local radio and TV channels and publishes a supplement in our newspaper. We are also now linked to the NCWSA web site with our own web page.

I have served District 24 for only one year—it has been a year of growth for me and I hope, the district? I am grateful to my Alternate, Carol, for her willingness to serve, and to those group representatives who gave me a warm welcome and continued to be supportive. I am planning to relocate to El Dorado County in the near future (if my house sells) and look forward to meeting my new Al-Anon friends there.

Love in Service,

*Joan W., District 23 Representative*

## District 26

District 26 is getting ready enthusiastically for the next 3 years - we have lots of people interested in doing service at the District level again. We're looking forward to a recovery- and event-filled next panel.

We've gained and lost meetings during the past 3 years; most notably, gained an Institutions meeting at New Bridge; gained an Alateen meeting, then lost it and one other. We're still facing the challenge of attracting more Alateens to potential Alateen meetings. We've added a new *Paths to Recovery* meeting, and breathed new life into other meetings.

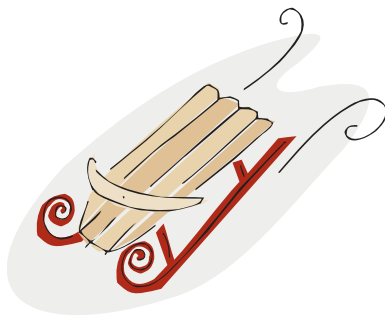
Financially we've been very successful, staying "in the black."

We continue to look for ways to spread meeting information to newcomers, thanks to our AIS and PI coordinators.

We're looking forward to a "relationships in recovery" event in the near future, along with our now traditional picnic and holiday events, and other events.

Love in Service,

*Dan S., District 26*



## Santa Clara Valley Intergroup

Within our three districts - 20,21,22 - we have 88 groups that includes 8 newcomer groups, 5 Alateen, 1 Spanish Alateen, 17 Spanish Al-Anon, and 3 institutions groups.

Our Special Event was held on May 18, 2002, instead of in the fall. It was one of our most exciting events. Our theme was "Festival in May" and the event featured a tamales and taco bar, donation drawing with a handmade quilt as the grand prize and baskets donated by our Al-Anon groups, and a band, the Jaywalkers, for dancing at the end. Our main speakers were Luisa C and John C.

Our Institutions Coordinator has been hard at work getting Al-Anon into Juvenile Hall, the Day Reporting Center (part of Elmwood's rehabilitation program,) the San Jose Family Shelter, the Mental Health Institution Care and Guidance Center, and Elmwood Rehabilitation for Women. Linda D and Luisa C are the co-chairs for the Hospitals and Institutions Conference, which will be held at the end of March, 2003.

We are excited that the Southwest Regional Service Seminar was held at the Wyndham Hotel in San Jose. Several of our members were part of the committee to host the event. Intergroup was responsible for hospitality and literature.

We also were very busy helping to host this Assembly. Please acknowledge the volunteers who worked hard to help make this Assembly a success.

Many thanks to our Alateen sponsors also and the Alateens at the Assembly. They helped make the bracelets that are the love gifts for the registrants for the SWRSS and the bracelets on sale at the Assembly. The money from the sale of the bracelets will help the teens in District 22 attend NoCAC and SWRSS

*Louise M, Alternate Chairperson SCV AFG Intergroup*

## Districts 6-10 Intergroup

Intergroup did not hold an August meeting. I was injured in July, so was unable to conduct the meeting. I am now well on the road to recovery so there will be lots of business to take care of at the September 11th meeting.

We have been having quarterly non event fundraisers, March we pass a Bunny basket, in July we passed a Freedom Basket, in October we will be Passing a Pumpkin, and in January we will be passing a Gratitude basket, These fundraisers seem to have been working well for AIS. And of course we annually have the Al-Anon, Alateen Birthday Party in May.

We are still looking for people to fill various positions, as mentioned before. Alternate Chairman, Telephone Chairperson, and people to work with the various Committees, people to help out at the office, both answering phones, and helping Barbara. I have turned that over to my Higher power, and if the Jobs need to be done, someone will volunteer. If not then, I guess they didn't need to be done.

AIS has filled two very important coordinators positions, the PI Coordinator, Debbie S., and the Spring Fling Coordinator and Alternate with Jeri W. and Denise E. We still need an Alternate Chair, and an Alateen Coordinator & Bylaws Chair. There are also needs for other volunteers, to work on the committees, the office, and on the telephone. Remind your groups that the reason all of the Al-Anon work gets done is because "**We All Take Turns**".

The Fill the Pumpkin Non-Event Fundraiser is underway during the month of October. Hopefully it will be as successful as the other fundraisers that we have had. I am thankful to all who have contributed and have helped to put AIS back on its feet. With all the effort everyone has put into the fundraisers and group donations AIS seems at this time to be financially stable. Don't get me wrong, in order to stay that way, we need the continued contributions, but at this time the crises seem to be over. Thanks again.

We are moving into the Holiday season, and the Annual AIS Open house & Annual Volunteer Apprecial Day is coming up in December. Look for the Flier in the Share and Care for the Date, and Join us for this recognition of our volunteers.

*Roylyne M., Intergroup Chairperson*



# Assembly 2002

## “To Service With Love”

I want to tell you it took a lot of nerve  
To go off to assembly eager to serve  
I wanted to give back what was given  
To find peace and serenity the way to real lives  
Pulled out the maps put gas in the car  
To find our way to San Jose, is it far?  
We talked non-stop checking directions all the way  
Until we arrived at the Crown Plaza that day  
Checked-in, hauled luggage, met friends at the Crown  
Waited and waited for slow elevators both up and down  
First order of business was Orientation at 8 o'clock sharp  
Played a silly game of questions what a great start  
Off to our rooms to sleep through the night  
But unfamiliar noises, this did not feel right  
Up at dawn no room at the diner '  
Found a McDonald's it couldn't have been finer  
Rushing back we were late but we won't fret  
But no room at the table with other group reps  
Started the Serenity Prayer, found laughter and fun  
But not for long there was lots of work to be done  
We met other Districts, some big and some small  
District 10 gave a shout-out to the sound Aloha  
The Financial Reports were balanced this time  
Yippee, new behavior the old timers chimed  
We tried to focus before lunch hoping speakers would be brief

Finally time to break bread what a welcome relief

Motions were brought to Vicki the Chairman  
Only to be discussed then tabled again  
Controversy ongoing what do you expect  
AA's serve above group level; not yet!  
How does one define this unique experience?  
Hard work, fun, craziness, it isn't a cinch  
But in closing I would like to say  
I wouldn't want to have it any other way!

In Al-Anon Service with Love  
*Cludia M, Group Representative*  
*Rock/WLoomis Friday AM, District 10*

## A Personal Report on the 2002 Assembly

On September 6-8, 2002 I attended the NCWSA Assembly in Milpitas. I attended as Group Rep from our meeting, and there were more than 150 GRs from all over Northern California in attendance. Complete, detailed minutes will appear in a future *12 Stepper*. This report is submitted to highlight some of the areas I found important, and which I don't think we'll have time to discuss at our business meeting.

Overall, for me personally the Assembly was a wonderful experience. While I have never been a big cheerleader for service, I find what I learn in service positions to be increasingly important as I progress in program. For me, initially, implementing the principles of the program in my personal life, and taking the time to learn and apply them my way, led to a sense of health and serenity I had never before experienced. Working the Steps with my sponsor was invaluable. Now that my individual work is better established, I am discovering participation in service as an important contributor to my growth. In service, I work together with others committed to their programs. Experiencing the Traditions in action provides me a whole new level of growth. This level is more subtle and gentle than early recovery but equally rewarding. I certainly got to experience this at Assembly where I saw and participated in discussions of topics of profound importance to us, and on which there were deeply held and differing opinions; discussions which were respectful, safe, and where everyone who wished to be heard was heard. In my personal life I'm finding I'm able to participate in discussions at home on emotionally charged topics (such as money) with a lot less anxiety, a greater ability to really listen, and a reduced compulsion to control the discussion and its outcome, than ever before. Thank you Al-Anon!

As to the business of the Assembly, any GR can introduce a motion if so requested by her/his group. Most of the motions generated discussion, sometimes lengthy. Discussions will be reported in the *12 Stepper* Assembly minutes in the future.

Ask It Basket: Traditionally at Assembly there is a basket where anyone can place a question and old-timers (read: Art B. and helpers) will research the answer.

Public Information Skit: There was a delightful skit showing the difference between invisibility and anonymity in our public information/public outreach work. Our own Gary S. depicted a stunning Clark Kent alias "Super-Marketer" (as in marketing and outreach, not grocery shopping!)

Regional Service Seminar: There was a short, cute skit performed publicizing the RSS which is coming up in a couple of weeks in San Jose. Chris M reports that they are planning for 400, and already know of 370 people who are registered or planning to come, so it sounds like it will be a big success (any maybe very crowded!)

Action Committees: The Area has been experimenting with action committees in three areas: Public Outreach; Member Outreach; and Fellowship Communications. This year, each dis-





## Summary of 2002 Assembly Motions Passed/Failed

That the minutes of this Assembly be printed in the next *12 Stepper*. Motion withdrawn; inadequate time to prepare them for the next publishing date.

That our Delegate recommends to the WSO a change in policies and procedures regarding qualification of serving above the group level (of dual members). Motion was withdrawn and resubmitted the following day.

### Bylaws Revisions:

Part 1: Add a Financial Assistant. Passed by a substantial majority, 0 no votes, 1 abstention.

Part 2: Modify the Treasurer's Duties. Passed by substantial majority, 0 no votes, 1 abstention

Part 3: Change DR eligibility for Delegate and Officer positions. Failed. 4 yes, substantial majority opposed, 4 abstentions

Part 4: Budget Committee changes. Passed by substantial majority, 1 no, 0 abstentions

Part 5: Changes to Deposits. Passed by substantial majority, 0 no votes, 4 abstentions

To approve a three-year trial use of Action Committees. Passed by substantial majority, 6 no votes, 12 abstentions

To approve the 2003 Budget as presented (including corrections of errors, as discussed). Passed by substantial majority, 3 no votes, 6 abstentions

That our WSO Delegate initiate a change to Page 63 of the Service Manual on Dual Membership, removing the restriction on AA members holding office beyond the group level. Tabled until the 2003 Assembly. Discussion to be printed and given to DRs and GRs to take back to their groups.

Recommend that the Assembly not be scheduled on any major religious holiday. Passed by substantial majority, 0 no votes, 3 abstentions.

For the Delegate to take to the WSC a recommendation to develop and publish a book about Al-Anon for Men. Failed. 1 yes, substantial majority opposed, 6 abstentions

That the Assembly bid on locating the 2008 Al-Anon International Convention in Northern California. Passed. Unanimity of 119 votes present on Sunday afternoon at 3:00 p.m.

*Sandi C, Secretary*

trict is assigned to one of those areas in hopes that, since an entire district will be working on one area, members can easily get together to accomplish projects. It seems to me that one of the most important aspects of this is, if you are working on something in any of those areas, to report it back to NCWSA level so they can see what's going on. Probably the easiest way to report back is to let your Group Rep or District Rep know, so the information can be passed on to NCWSA level. District 23 is in the Member Outreach area. Our topics are Public Information and Cooperating With the Professional Community; Institutions; and Diversity. We met with the other Districts that form the Member Outreach action committee. Lots of good projects were discussed, and anyone who has interest in doing some action, however large or small, is encouraged to "just do it!" For example, meeting schedules can be placed in hotel lobbies; professional's offices; libraries, etc. There is an issue of *The Forum* (Sept. 2002) which focuses on professionals, copy in our announcement folder. Our meeting, or our district, could order copies to be placed in professional offices where people in need might read it. We could order bookmarks or the "Did You Know" cards and place them in books on addiction in public libraries. Also, we can put up posters which are available inexpensively from WSO, and we could place table displays in hospitals, libraries, etc. Another idea about which there was lots of enthusiasm was a "Meeting on Wheels" where 2 or 3 members go to an elderly or shut-in member's house, or take a meeting to an institution. As to diversity, we could adopt a non-English speaking meeting, and perhaps provide them with literature (Al-anon literature comes in 19 different languages!) We can provide soft-cover literature to jails and institutions. Another way to get involved in Institutions work is to attend the annual H& I conference given by AA and Al-Anon. The next conference is in Milpitas, March 28-30, 2003. I'll bet our District might be willing to send a member—at least, if you're interested, please ask! Other ideas were to provide transportation for kids to Alateen, do outreach to school psychologists for Alateen. Finally, it was announced that there is a new "Group Services" page at our website ([www.ncwsa.org](http://www.ncwsa.org)) where the groups can access their information to be sure it is current (address, group contact, etc.)

**Financial:** This was my third assembly, and definitely the most peaceful as far as finances go. Before my term as GR, I understand there was quite some controversy around NCWSA finances, and it has taken some time to settle down, but it appears that our trusted servants are serving us in a very trustworthy way. My own take on it is that money is always hard, and some GRs want to be involved or have questions at a level of detail that is beyond mine; and I know they are doing things the best they can, I am glad I don't have to worry about those details because others will, and I don't need to get frustrated or impatient because money's a challenging, anxiety-producing area for me, too. So, little by little, very imperfectly, I grow in patience. Thank you, Al-Anon! The Treasurer's report (for past year) was accepted as submitted. Also, the 2003 budget was adopted as submitted. Both financial reports appeared in the *12 Stepper*.

**Leadership Workshop:** The World Service Trustee Colleen, from Minnesota, gave a great workshop on leadership. She had us brainstorm all the qualities we would like in a leader we would elect (i.e., at Elections Assembly or wherever), and then we voted on which were most important. Sadly, I can't find my notes on what won, but I know integrity and compassion were up there. Similarly as to what we didn't want in a leader, controlling got a big laugh and a lot of votes!

*Carla H, GR Friday, Night Santa Cruz AFG*

# Characteristics of a Leader Workshop

Colleen R. from Minnesota North, Regional Trustee for the North Central Section of U.S

To illustrate, the Assembly played the game of "Follow the Leader" for 5 minutes. There was lots of confusion with no leaders, so we need leaders in Al-Anon.

What do you think is a good characteristic of a good leader that you would follow?

The GRs gave a list of the traits they believe are needed and then voted on them. The significant and important traits to GRs were as follows:

The Significant Items were:

Intelligence

Teachability

Humility

Tradition 2 – "For our Group purpose, there is one authority—a loving God as he may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern."

Now list what you would not want? The GRs went through the same exercise and picked the most significant traits they would not want.

The Significant Items were:

Close-mindedness

Controlling

Self absorbed and/or self-righteous

Arrogant

Judgmental

Negativity

In Al-Anon we are all leaders. The only difference between you and me is the job description. All who had done service or leading were asked to stand. All stood because at one time or another they have lead in Al-Anon, i.e. GR, DR, Officer, Delegate, Coordinator, meeting leaders, conventions leaders, etc.

**Concept Nine: Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership.**

Note: Only a portion from the Service Manual is printed here.

No matter how carefully we design our service structure of principles and relationships, no matter how well we apportion authority and responsibility, the operating results of our structure can be no better than the personal performance of those who man it and make it work. Good leadership cannot function well in a poorly designed structure. Weak leadership can hardly function at all, even in the best of structures.

Good leadership can be here today and gone tomorrow. Furnishing our service structure with able and willing workers is a continuing activity. We must constantly find the right people for our many service tasks ...

As the GRs meet in their assemblies to name a delegate, an even greater degree of care and dedication will be required. Personal ambitions must be set aside, antagonisms and controversy forgotten. "Who are the best qualified people we can name?" Should be the sole thought...

# Glimpse from a GR

I have just returned from the Area's Assembly and it was an incredible experience for me. This was only my second Assembly that I have attended, but it has moved me very much. I carpoled down with a couple of friends, one of which, told me to write down my thoughts while they were fresh in my mind. So, I did. I came up with this poem in honor of my experience.

When I was young, I had wanted to write. But years of living under the fog of Alcoholism had me shutting down to what was inside me and playing a role I thought I was expected to play. It left no time to explore me, or my desires. Finding Al-Anon was a miracle for me. I believe it saved my life, and it also gave it back to me. I am free, now, to be myself, without fear of rejection or ridicule.

I am sending my humble poem, expressing the wonderful experience I had at Assembly, in hopes it might inspire a new Group Rep-Elect to give the Assembly a try next year. It was an exciting experience for me, one where lots of recovery was present and noticeable. I recommend the adventure to all GR's!

Sincerely Al-Anon's forever,

*Paula H, District 5, Santa Rosa, CA*

Area 3

District 5

Crowne Hotel, Milpitas CA

NCWSA - Assembly 2002

182 group rep's present

Last voting opportunity for this panel

Energetic, light-hearted, organized Chairperson

Opinionated, passionate, vocal

democratic, civil-tongued, empathetic body

Cherished voting card

Proud of my participation

Love to vote

Motions passed

Motions defeated

Motion tabled until next year

Moving right along -

Great WSO evening speaker

Staying on time

Ending on time -

Incredible experience!

Honored to be in the presence -

Service - a priceless gift.



# Ask It Basket

Question: If a district/group has a tape lending library, do all the tapes have to be Al-Anon? Can some be AA Speakers?

Answer: Reference pages 65, 88, and 46 in Service Manual

The service manual is silent concerning tape lending libraries. Page 46 describes when an AA speaker is appropriate and page 88 describes Al-Anon's relationship to AA. The decision to have a lending library, as well as the types of speakers, including AA speakers, seems to be an autonomous decision for the district or group, as long as the tapes meet the intent of the pages described above.

Question: Can we establish, through the mail, a system for election of NCWSA Offices. It seems important for us to use our vote and could we do it all on paper like government elections?

Answer: When the World Service conference was established in 1961, the WSO abolished the practice of voting by mail, in favor of votes by elected representatives of areas, called Delegates. This is similar to the U.S. Congress who must be present to vote (there are exceptions to that practice). Most service arms, including groups, have established similar practices. If a service arm wishes, they may choose alternative voting practices.

Also, Area Officer and Delegate elections are done by written ballot at the Election Assembly.

Question: Why are we not selling tapes of Colleen's talk?

Answer: Assembly, does not, as a general rule, tape speakers. Taping would incur additional costs to NCWSA.

## Action Committee Items

### Membership Outreach (Archives, ByLaws, and Facilities Coordinators)

- Form a committee to coordinate the gathering and storing of archive materials.
- Each district would have a Facility Committee to research place for meetings such as NCWSC and the NCWSA Assembly. The Alternate Facilities Coordinator could assist task force in finding venues for NCWSC and Assembly.
- Form a committee designated to research insurance renewal for 2003 Committee changes that might be happening for insurance and group coverage. Also assist in carrying out ByLaws revisions and motions.

### Public Outreach (PI/CPC, Diversity, and Institutions Coordinators)

- NCWSA will purchase bookmarks and posters for groups who will distribute them in community.
- We will fully support H&I Conference, both as individuals and groups.
- We would support and create meetings on wheels where groups of people take a meeting into their community in such places as seniors groups, hospitals, institutions, and non-English speaking areas.

### Fellowship Communications (Literature and 12-Stepper Editor)

- Create and publish a "Did you know?" card so GRs could announce short, little known facts to their groups about the *Forum* or *12 Stepper*.

- GRs would increase the *Forum* and *12 Stepper* subscriptions by making them more visible in their group
- Add a Spanish speaking section to the *12 Stepper/Forum* by eliciting Spanish sharings.

### Group Services (Alateen and Group Records Coordinators)

- Create a project so that each GR could see their group record as a read only to verify that their information is correct, but no changes can be made.
- District 12 doesn't have any Alateen GRs, so it will be suggested to Al-Anon members to take them to Alateen meetings.
- Do school outreach and school mailings to psychologists and counselors in schools.

Now, let's all go off and do these wonderful things.

At the NCWSC meetings, the DRs will update us with their progress.



## Dual Member Discussion

The following motion and discussion took place at the Assembly. The Assembly voted to bring a copy of the discussion items to the October NCWSC meeting so all GRs/DRs can take to their meetings for discussion. So it was tabled until the Assembly 2003 so more information could be brought forward.

Motion: That our WSO Delegate initiate a change to Page 63 of the Service Manual on dual membership, removing restrictions on AA members holding office beyond the group level. Note: The 2003 – 2004 Service Manual, it is noted on Page 67.

### Discussion

- The motion maker explained what she believed to be the reason we should look at it again is that we have evolved and she believes the service manual says its no.
- Original reason is that founder of AA, Bill W. said AA didn't belong running the Al-Anons
- The 1987 Assembly passed a motion as follows: The only offices that can be held are at the group level. Further, the dual member could not be put in a position that would be above group level. (Motion #8702.17)
- Home group is largely composed of what they call double winners. It is not a meeting on AA recovery. One of these people that attends 3 Al-Anon meetings in their area and would be willing to attend Assembly as a GR from one of their

meetings.

- We do not limit professionals attending Al-Anon.
- We might get more groups represented if we do not exclude members from outside of Al-Anon
- We have spent a couple of meetings discussing this in District 12. The 2002 World Service Conference Summary has information on page 31. The general idea is that AA members can serve many levels of service but they cannot serve in any position that leads to Delegate. They encourage us to let them do what they can do to serve.
- This discussion already happens every year and the World Service Conference discusses it.
- We can't vote on a motion to change something if I don't know what the change is. Motion needs to be much more specific for me to vote on it, but I'm glad it's coming up as it needs revisiting every now and then.
- The most important service I can do is be a thoughtful member sitting in a meeting and sharing my program.
- I want to acknowledge the contributions of AAs in our fellowship. Many times, for new dual members, it took a long time to get enough clarity to know that they need Al-Anon.
- District 13 does allow dual members to serve as a GR, but they know that they cannot serve as a DR and it appears to work.
- One meeting has a fantastic dual member who is a group contact. However has made a great contribution to our district. We tend to think of "no" as a rejection. No is an acceptable answer. They can make contributions in many ways. Don't you think your higher power will give you the fit you need whether you are in AA or Al-Anon?
- Some people see that as limiting them, or excluding them.
- What it's really about is carrying the message and how is that going to be best served.
- Recently experienced, at a number of meetings, people breaking their anonymity by bringing up other 12 Step programs. Al-Anon seems to accept this, but AAs doing this seems to be unacceptable. There appears to be a prejudice and I don't know what the answers are. My personal experience is that my primary program is Al-Anon. The point is that I have lots of different people in my life but my primary purpose is Al-Anon. I want there to be meetings that all of my family can attend.
- Looking at the Traditions "We have no opinions on outside issues." AA is an outside issue. We will not as an Area be able to change this. This must come from the members of Al-Anon, not just the people that already qualify in this room. Go to your meetings and find out what the members want and bring this back to the next Assembly
- What's hard for me is that it's restricted to only AA and that other 12-step programs are okay. AAs are the only one's that are excluded. It's hard to do service in two 12-step programs at the same time, and people need to pick their primary program and follow the 12th step and carry the message in that program.
- My husband is in AA, and wanted to get active in Al-Anon, so he volunteered as GR in the meeting and came home with service manual. Then I told him he couldn't do it and he was disappointed and hasn't gone back to that meeting.
- It may be time for a change and we need to look at this. I believe it's fear based and we need to get more inclusive and it

would be healthy for this organization to do so.

- I appreciate discussion even though there is no resolution. Thought I knew what I thought before I came up here, but after listening, I'm not sure. There are plenty of opportunities for AAs to serve above the group level in AA.
- Glad for this discussion and the growth as I married a dual member. He is very active and active in our program. He is not serving as GR or above the group level unless he has seen that it is permitted to occur.
- Alateens at NoCAC asked if dual members can serve at NoCAC and they can.
- Would like more discussion and clarification. What if they don't identify themselves as an AA and serve as a GR? How are we going to make this change? I needed boundaries and this is a boundary. What is it about boundaries and process that has been valuable to respect the Traditions and the process?
- Is it really rejection or is it something else? Let's explore it and listen.
- In the history book chapter on controversies, this was submitted in 1994. The policy is not a part of the Traditions. It's a policy. When Bill said keep the AAs out of it, he was thinking AAs belonged in AA and Al-Anons belong in Al-Anon. Later it was asked if AAs could attend Al-Anon meetings and it was left to the group conscience. Later they added a new chapter, Practical Application of 12 Traditions - of course they can be members of Al-Anon and the policy was voted in.
- Our Northern California policy/motion above is stricter than WSO so maybe we need to look at our policy and work on that.
- Even though my personal opinion was that the policy should change, the first time I watched it and voted on it at WSO, very few people said they wanted it changed, and little has changed.
- We need to give our Delegate the opportunity to bring it to the WSC if they choose to.
- Maybe this keeps coming up because we are moving in our thinking. It's like don't ask, don't tell, then that means they can be a GR. We as Al-Anon have to deal with our fear. We are asking that the Delegate present the proposal so that later it may be changed.
- One of the reasons my home group is strong is because of our diversity, dual members, men and it's exciting. It adds so much to our group. It might stifle nasty discussion, so we have to keep the discussion on the disease of alcoholism. The strong AAs say they love Al-Anon, but strong AAs say that AA needs to be their primary purpose.
- Alateens were bawling because they could not run for Chairman of NoCAC. Mainly things are changing and it's time for us to change. It's hard for Al-Anon. How are you going to get more participation at Convention if you don't allow them to serve.
- There is nothing above the group level. We have trouble getting people to do literature, coffee, and secretaries in our groups. This is just one form of service. There are lots of Al-Anons out there that qualify for GRs. Sponsorship and getting sponsees to sponsor. Getting service cycle going is the important thing in Al-Anon.

*Sandi C, Secretary*

# Audit

## INDEPENDENT AUDITOR'S REPORT

To the Board of Directors of  
Northern California World Service Area of AFG, Inc;

We have reviewed the accompanying statement of financial position of Northern California World Service Area of AFG, Inc. (a nonprofit organization) as of December 31, 2001 and December 31, 2000, and the related statements of activities, functional expenses and cash flows for the years then ended, in accordance with Statements on Standards for Accounting and Review Services issued by the American Institute of Certified Public Accountants. All information included in these financial statements are the responsibility of the Organization's management.

A review consists principally of inquiries of Organization personnel and analytical procedures applied to financial data. It is substantially less in scope than an audit in accordance with auditing standards generally accepted in the United States of America, the objective of which is the expression of an opinion regarding the financial statements taken as a whole. Accordingly, we do not express such an opinion.

Based on our review, we are not aware of any material modifications that should be made to the accompanying financial statements in order for them to be in conformity with accounting principles generally accepted in the United States of America.



Pleasanton, California  
July 3, 2002

Northern California World Services Area of AFG, Inc.  
Statement of Financial Position  
December 31, 2001 and December 31, 2000

	<u>2001</u>	<u>2000</u>
	<u>Unrestricted</u>	<u>Unrestricted</u>
<b>ASSETS</b>		
Cash	\$41,287	\$32,465
Accounts receivable	337	593
Inventory	842	842
Prepays and deposits	<u>660</u>	<u>1,422</u>
TOTAL CURRENT ASSETS	<u>43,126</u>	<u>35,322</u>
Property and equipment, net	<u>717</u>	<u>1,366</u>
TOTAL ASSETS	<u><u>\$43,843</u></u>	<u><u>\$36,688</u></u>
 <b>LIABILITIES</b>		
Accounts payable	<u>\$371</u>	<u>\$44</u>
TOTAL LIABILITIES	<u>371</u>	<u>44</u>
 <b>NET ASSETS</b>		
Unrestricted	<u>43,472</u>	<u>36,644</u>
TOTAL LIABILITIES & NET ASSETS	<u><u>\$43,843</u></u>	<u><u>\$36,688</u></u>

See accompanying notes and accountants report.

Northern California World Services Area of AFG, Inc.  
Statement of Activities  
For the years ending December 31, 2001 and December 31, 2000

	<u>2001</u>	<u>2000</u>
	<u>Unrestricted</u>	<u>Unrestricted</u>
UNRESTRICTED NET ASSETS		
Support		
Program fees	\$14,646	\$10,265
Cash donations	73,071	58,900
Sales	12,090	3,060
Cost of sales	(7,685)	(1,698)
Fundraising	1,142	0
Interest income	1,191	1,053
Total revenue & other support	<u>94,455</u>	<u>71,580</u>
Expenses		
Program services		
Program services	79,225	65,869
Supporting services		
Management & general	7,987	10,202
Fundraising	415	0
	<u>87,627</u>	<u>76,071</u>
INCREASE (DECREASE) IN NET ASSETS	6,828	(4,491)
NET ASSETS AT BEGINNING OF YEAR	<u>36,644</u>	<u>41,135</u>
NET ASSETS AT END OF YEAR	<u><u>\$43,472</u></u>	<u><u>\$36,644</u></u>

See accompanying notes and accountants report.

Northern California World Services Area of AFG, Inc.  
Statement of Functional Expenses  
For the years ending December 31, 2001 and December 31, 2000

	<u>Program Services</u>	<u>Supportive Services</u>		<u>Total 2001</u>	<u>Total 2000</u>
		<u>Mgmt &amp; Gen</u>	<u>Fund-raising</u>		
Conferences	\$3,507			\$3,507	\$1,450
Depreciation	496	\$124		620	703
Grants	1,000			1,000	1,000
Insurance	2,823			2,823	2,950
Miscellaneous	2,154	404	\$135	2,693	2,795
Supplies	4,305	1,076		5,381	2,542
Printing & postage	10,207	842	280	11,329	8,708
Professional fees		2,054		2,054	4,064
NoCAC	29,159			29,159	34,306
Repairs & maintenance	314	78		392	
Communications		643		643	934
Travel	25,260	2,766		28,026	16,619
TOTAL	<u>\$79,225</u>	<u>\$7,987</u>	<u>\$415</u>	<u>\$87,627</u>	<u>\$76,071</u>

See accompanying notes and accountants report.

Northern California World Services Area of AFG, Inc.  
Statement of Cash Flows  
For the years ending December 31, 2001 and December 31, 2000

	<u>Total 2001</u>	<u>Total 2000</u>
<b>CASH FLOWS FROM OPERATING ACTIVITIES</b>		
Increase / (decrease) in net assets	\$6,828	(\$4,491)
Adjustments to reconcile increase in net assets to net cash provided by operating activities:		
Depreciation	620	703
(Increase) decrease in operating assets		
Accounts receivable	256	92
Inventory	0	3,872
Prepaid expenses	762	1,226
Increase (decrease) in operating liabilities		
Trade accounts payable	<u>327</u>	<u>(1,087)</u>
<b>NET CASH PROVIDED BY OPERATING ACTIVITIES</b>	<u>8,793</u>	<u>315</u>
<b>CASH FLOWS FROM INVESTING ACTIVITIES</b>		
Adjustments to property and equipment	29	0
<b>NET CASH USED BY INVESTING ACTIVITIES</b>	<u>29</u>	<u>0</u>
<b>BEGINNING CASH AND CASH EQUIVALENTS</b>	<u>32,465</u>	<u>32,150</u>
<b>ENDING CASH AND CASH EQUIVALENTS</b>	<u><u>\$41,287</u></u>	<u><u>\$32,465</u></u>

See accompanying notes and accountants report.

Northern California World Services Area of AFG, Inc.  
Notes to the Financial Statements  
For the years ending December 31, 2001 and December 31, 2000

NOTE A - Nature of Activities and Summary of Significant Accounting Policies

Nature of Activities

The Northern California World Service Assembly, Inc. (Organization) was incorporated under the laws of the State of California in 1989. The Organization provides services that center around encouraging and serving families and friends of alcoholics in dealing with problems concerning alcoholism and to help the alcoholic restore to normal life. In addition the Organization distributes information in relation thereto.

Financial Statement Presentation

The Organization prepares its Financial Statements in accordance with generally accepted accounting principles, which require the Organization to report information regarding its financial position and activities according to three classes of net assets: unrestricted, temporarily restricted, and permanently restricted net assets. In addition, the Organization is required to present a statement of cash flows.

Property and Equipment

Property and equipment is capitalized at estimated fair value when donated or at cost when purchased. Property and equipment donations are reported as unrestricted support unless the donor has restricted the donated asset to a specific purpose. Property and equipment is depreciated using the straight line and the double declining methods. The Organization does not maintain a threshold for capitalization. Equipment is summarized as follows:

	<u>2001</u>	<u>2000</u>
Equipment	<u>\$5,817</u>	<u>\$5,846</u>
Acc Depreciation	<u>(\$5,100)</u>	<u>(\$4,480)</u>
Net Book Value	<u><u>\$717</u></u>	<u><u>\$1,366</u></u>

Cash and Cash Equivalents

The Organization considers all unrestricted highly liquid investments with an initial maturity of less than three months to be cash equivalents.

Income Taxes

The Organization is exempt from Income Taxes under Section 501(c)3 of the Internal Revenue Code and similar state provisions. Accordingly, Income Taxes are not provided for in the financial statements.

Estimates

The preparation of financial statements in conformity with generally accepted accounting principles requires management to make estimates and assumptions that affect certain reported amounts and disclosures. Accordingly, actual results could differ from those estimates.

Indirect Cost Allocations

The Organization allocates its indirect costs to the management and general function.

Northern California World Services Area of AFG, Inc.  
Notes to the Financial Statements  
For the years ending December 31, 2001 and December 31, 2000

Revenue Recognition

The Organization recognizes revenue on the accrual basis of accounting. The Organization's primary revenue source is donations received from the general public from providing conferences and assemblies to educate Al-anon, Al-a-teen and other interested persons on the subject of alcoholism and its affect on others.

Temporarily Restricted Net Assets

During the year ending December 31, 2001, the Organization did not recognize any temporary or permanently restricted net assets in the financial statements.



<b>ACRONYMS</b>	
AA	Alcoholics Anonymous
AFG	Al-Anon Family Groups
AIS	Al-Anon Information Service
AWSC	Area World Service Committee
CAL	Conference Approved Literature
CPC	Cooperating with the Professional Community
DR	District Representative
GSO	General Service Office
GR	Group Representative
H & I	Hospitals & Institutions
ISR	Information Service Representative
IAGSM	International Al-Anon General Service Meeting
LDC	Literature Distribution Center
NCWSA	Northern California World Service Area
NCWSC	Northern California World Service Committee
ODAT	One Day At A Time
PI/CPC	Public Information/Cooperating with the Professional Community
RSS	Regional Service Seminar
WSO	World Service Office
7 Check your <i>2000-2002 Al-Anon Alateen Service Manual</i> pgs. 26-27 & 99-103 for a complete list.	

# Features

## Service—A Love Chore

The first experience I had in Al-Anon service was being the treasurer of my home group. I asked how I should keep the records, and was told I could do it any way I wished - "We trust you". What magical words those were - "We trust you". It had been years since anyone had said that to me, and that attitude put me at ease. These Al-Anons really put the 2<sup>nd</sup> tradition to practical use. I was a trusted servant.

I was in the Snack Bar at my first Conference when John F., the chairman, began chatting with me. Finally, he asked me how I liked Al-Anon - of course I did. Then he asked if it was helping me to which I replied yes. Then he asked me if I thought it should be perpetuated. Again, I said yes. "Well then," he said: "There's a lot to be work to be done."

I was never a "club" sort of person. I only belonged to high school and church groups, choir and sang at a friend's weddings, and other gatherings. After marriage my whole life changed and I lost my identity in many ways as I picked up the characteristics of the Al-Anon candidate. I was new in Al-Anon. I didn't want to rush into what they called service until I felt more comfortable in the program and knew what it was about.

After awhile I became a GR, and then an alternate district committeeman. I became familiar with the H&I committee, Literature, Alateen, P-R (Public Relations, now P-I), and began to understand the traditions and the service structure, along with the equally important - good two-way communication.

Muriel B., our second delegate, kept asking for someone to start a newsletter like many other areas were doing. I listened to her for three years, and finally told her I would try to do it. What an experience that was to work on the 12-STEPPER!! There was much to share in this new area - new groups were forming and the committees were taking shape. It was an exciting job!

Getting to the service meetings, which were usually 2-5 hours away from Chico in the foreign land of freeways, was a big problem for me. I got lost on all of them from Chico to Fresno. Then Faun L. moved to Redding and we became original members of the "Get in the Car Gang". But I still get lost when I drive by myself - just ask anyone who has served with me.

Later on I was elected alternate delegate, then delegate. What an experience this was - not to even mention those wonderful Al-Anon service workers at home and at the World Service Conference. Lois W. told us we would find lifetime friends in Al-Anon, and I have.

Out of the blue - I was elected the old Southwest Regional Trustee! It was a wonderful experience to chair an RSS, to visit other areas, to contribute to our policies, to the World Service Conferences and be part of the Board of Trustees.

Thank goodness in Al-Anon we say "progress - not perfection" because serving in Al-Anon is a personal growth process, too. It is a good feeling to be trusted to do a job. It is a love chore.

In 1996 I drove down to San Jose to attend PRAASA and got lost. I got frustrated just as I had years earlier when I finally, after almost two hours, called a cab to follow to the Civic Auditorium. So again, I pulled into a small food mart and asked to use their phone to call a cab. The man said - "But lady you drove your car here". I explained that I wanted to follow a cab to my destination. "Where ya' going?", he asked. When I told him he blurted: "Oh NO, lady! You just go down to \_\_ St, turn left and go all the way down to \_\_ and you'll be there". I did. (Not much personal growth in this part of my life, yet).

*Irma C, Chico*

*12 Stepper*

# Sharings from the Outgoing Panel

## Secretary

I'd like to thank everyone for giving me the opportunity to serve as the Area Secretary this panel. At times I was stressed to the max, but practiced patience and first things first, and everything got done when it was supposed to. I also had the help and cooperation from our fellow members when I needed it the most.

I have truly enjoyed my job and hope to continue in service, to try to give back to a program that saved my life. I did some calculations and determined that this was my 13<sup>th</sup> Assembly and I can honestly say I've never enjoyed one more. If this was your first one, I hope the experience was as great as mine. I felt so much love, patience, understanding, and trust from all of our GRs that it was overwhelming.

I remember going to my first NoCAC many years ago and feeling that same high when I left. This Assembly was almost the same and I continue to feel it a week later.

Thanks again for all your support,  
Love in Al-Anon and Alateen service,  
*Sandi C*

## Alateen Coordinator

As this year comes to a close, comes the end of my term as your Northern California Alateen Coordinator. Where has the time gone?? In the past 3 years, I have moved 3 times, broke my ankle, started my Masters in Counseling/Psychology at Santa Clara University, obtained a wonderful and rewarding job, practiced patience, tolerance and unconditional love, and seen the joys and love of the Al-Anon and Alateen program grow in many Alateens and Al-Anon s.

The last 3 years have brought times of growth and recovery in Alateen in Northern California. I have attended and/or conducted numerous Alateen sponsor workshops in the area with going as far as Redding and Grass Valley. I have assisted many Alateen coordinators, districts and sponsors: start new groups, coordinate Alateen speakers, recruit new sponsors, and help with any group/teen problems that sponsors and Coordinators have had.

I have attended NoCAC 2000-2002 which is truly an awesome experience and 2002 will make my 13th year of attendance. I also attended the Growing Together weekend at Westminster Woods and also attended the NCWSA Convention for 2000-2002 and was chair for 2002.

We have seen Alateens and meetings come and go over the years, but the continuing supportive effort of the dedicated, caring, loving Alateen sponsors, Al-Anon and even AA members has kept the Alateen program alive in Northern California.

During this term, my alternate John C has been a wonderful asset to not only my job as coordinator, but to Alateens in Northern California. John and myself both worked on the Alateen Express newsletter and tried come up with different ideas to revamp it. John has been a wonderful alternate and helped me stay focused on the steps and traditions when I needed it. Thank you for all your help and support

John, it's been a great term and we have been a great team.

To the incoming coordinator, Pleas and his alternate Jim, I wish you both a term full of fun, love, growth, patience, tolerance and joy in the Alateen and Alanon program

Love in service

*Jennifer F, 2000-2002 NCWSA Alateen Coordinator*

## Institutions Coordinator

When I stood for this job, I didn't have a very clear idea of what it involved, and I was a little frightened of it. One of the main things the Institutions Coordinator does is to work with the local AA committee each year to plan the Hospitals and Institutions Conference. Luckily, there have been other Al-Anons to help with this each year. Al-Anon has a tradition of cooperation with AA. AA's tradition is a bit different. One of the things I have learned to do is to state what we (as Al-Anon participants) need, repeat that if necessary until I know it has been heard, and then accept the outcome. While not always exactly what I would have suggested, the outcome each year has been good. We have had increased Al-Anon participation each year, and the AAs and Al-Anons on the committees have become friends through the planning process.

I still have trouble making cold calls to professionals to ask about bringing Al-Anon into their institutions, but when the professional answers with "Oh, I'm so glad you called! I have someone I want to try Al-Anon." or "How can I subscribe to the Forum?", it makes the next call that much easier.

Although the job of Institutions Coordinator wasn't the one I wanted three years ago, it has turned out to be just what I needed for spiritual growth in Al-Anon service. I am so glad that I was willing to try something new for me, and a little scary.

*Charli D.*



## District Representative

Service as a district representative (DR) has been a bridge to recovery for this member. I have learned the meaning of the traditions and concepts at this service level, 2 steps BELOW the group level (group level service is the top of the heap in Al-Anon). Also, as DR, I have begun to become aware of the links that tie WSO with the groups. It is fun to be around dozens or hundreds of members who are into serving Al-Anon and letting the hand of Al-Anon & Alateen always be there whenever anyone reaches out for help.

Service is a bridge to recovery. I make decisions WITH others (unlike what happened in the home I grew up in). As DR I experience expressing myself while the voices in my head that call me stupid are getting quieter or I am learning to ignore them. I played guitar & harmonica and sang my district report at Assembly 2002. I'd never seen it done in Al-Anon and I was very nervous. The committee in my head said it would be a failure, the 200 GRs there would dislike it and I would flub up totally. I again let go of those hideous thoughts and counted on the circle of love that happens in Al-Anon that I've come to know and enjoy. Once I got going I looked around at the beaming faces and heard the clapping hands going in time with the musical interludes and again I knew I am in the right place. I can let my creativity soar in these rooms.

I am learning to let go of the results. When we were told that the San Francisco district office must move in 1 year, I put the message out and didn't try to solve it. A member volunteered to be office search coordinator and a year later I met with 4 other members at the new place to sign a 1 year lease. It was tradition 2 in action, the authority to put my signature was given by a loving God as He may express Himself in our group conscience.

Tradition 4 states that each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole. What do I do as DR with groups that choose to change the words in the steps to be gender neutral? A member asked me to attend such a meeting. I asked a few questions at the group, spoke with our area delegate and others and realized there are no Al-Anon police.

I am grateful for these 3 years and am looking forward to continuing to be involved in Al-Anon service in the years to come. If you are new to Al-Anon try service, it is a bridge to recovery.

*Tom K*

# Share your experience, strength, hope

Where would you like the sharing to go?  12 Stepper  The Forum  Other \_\_\_\_\_

Name (optional) \_\_\_\_\_

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Please mail to: **Art B, 6426 Hidden Creek Drive, San Jose, CA 95120**