



THE ALAVINE... Together we grow!

**North Dakota Area 43
Al-Anon Family Groups Newsletter**

<http://www.ndal-anon.com>

<http://www.al-anonfamilygroups.org>

Fall 2011

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Al-Anon Family Groups World Service Office (WSO) Board's Vision Statement:

All people affected by someone else's drinking will find help and recovery in every community.

Al-Anon Family Groups WSO Board's Mission Statement:

Anticipate the future and Al-Anon's place in it and ensure that the necessary resources are available.

Deadline for next Alavine submissions is **Wednesday, February 1, 2012**. Send submissions to "nd_alavine@yahoo.com". Note that the Alavine is now available online. **Remember to renew your Alavine subscription annually.** Please consider maintaining your individual or group commitment of \$10.00/year to help support the costs of maintaining the ND Area Website! Tradition 7 tells us, "...we are self-supporting through our own voluntary contributions."

2012 SPRING ASSEMBLY – MINOT ND MARCH 16,17,18.

Hi,

I called the First Presbyterian Church about our Spring Assembly and we will be able to meet there on Friday March 16, 2012 after 5:30 p.m. They have an after school program until that time. We will also be able to meet there on Saturday March 17, 2012. We can get in at 7:00 a.m. and stay until into the evening. I told them we would probably be out before 10:00 p.m. I haven't contacted our District members yet to see about providing a lunch or would you rather just do meals on our own like we did in Mandan. That seemed to work pretty well but we can also do a potluck if you would rather do that. I know sometimes we have had to do working lunches for the budget meeting etc. Let me know what you would like. Hopefully we can either get this information in our next "Alavine" or have it on the website so people can reserve rooms. There is supposed to be a block of rooms at the Comfort Inn that AA blocked for the Assembly. I would strongly urge people to book rooms early.

Donna

PLEASE CALL AS SOON AS POSSIBLE IF YOU WANT ROOMS BECAUSE IF THEY ARE NOT ALREADY BLOCKED IT IS A GOOD POSSIBILITY THAT THERE WON'T BE ANY ROOMS IN ANY OF THE MOTELS AVAILABLE.

I am not sure what the availability is for March but here is the list we had as of last January.
MINOT MOTELS AS OF 1/22/2010

DAYS INN
2100 4TH ST SW
701-852-3646

GRAND INTERNATIONAL
1505 NORTH BROADWAY
1505 NORTH BROADWAY

BEST WESTERN KELLY INN
1510 26TH AVE SW
701-852-4300

GUEST LODGE
1937 NORTH BROADWAY
701-852-5600

COMFORT INN
1515 22ND AVE SW
701-852-2201

HILLCREST MOTEL
1416 S BROADWAY
701-852-1214

DAKOTA INN
2401 ELK DR
701-838-2700

HOLIDAY INN
2200 BURDICK EXPRESSWAY
701-852-2504

FAIRFIELD
900 24TH AVE SW
701-838-2424

FAIRVIEW LODGE
1900 BURDICK EXPRESSWAY E
701-852-4488

FALL ASSEMBLY MINUTES
October 8-9, 2011
Best Western Seven Seas, Mandan, ND

7:30 REGISTRATION & INFORMAL SERVICE TIME to be used as needed: questions, preparations for assembly, etc.

ANNOUNCEMENTS:

Silent Auction

Breaks for Workshops

Guess how many candies for free book.

CALL MEETING TO ORDER:

WELCOME, SERENITY PRAYER, TRADITIONS, CONCEPTS:

INTRODUCTION OF ATTENDEES AND IDENTIFICATION OF VOTING MEMBERS: 17 voting members
 Everyone was given a penny. They were asked to introduce themselves and share something that they remembered from the year on the penny.

Spring Meeting March 16, 17, & 18 2012 Minot at Comfort Inn

SECRETARY'S REPORT Cheryl M.

The assembly was referred to the minutes in the Alavine and the Motions from the Spring 2011 meeting were read.

A motion was made to accept the Secretary's report by Barb S. and seconded Jen B. Motion carried.

TREASURER'S REPORT Donna J. for Lora P.

North Dakota--Area 43--Al-Anon Family Group

Treasurer's Report: September 25, 2011

Beginning Balance March 15, 2011	\$2,465.72
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INCOME:

Group	\$920.00	
Income		
Alavine	20.00	
Income from Spring '11 Assembly		
Registration	270.00	
Free Will Donations	42.96	
Other-Anonymous	343.61	
Income since March 15, 2011	1596.57	

Total Income	\$4,062.29
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EXPENSES/SPRING 2011 ASSEMBLY

Delegate Token to WSC	\$ 400.00	
WSC Love Gift	0.00	
WSC Donation	60.00	

NWRD Meeting		400.00
Delegate - In State Expenses		
Registration	0.00	
Other	404.40	
Meals	0.00	
Room	0.00	404.40
Chairperson - In State Expenses		
Meals, room, registration,		30.00
Mileage, Printing, Etc		0.00
Coordinators/Other Officers**		390.00
Equalized Expense 2010		
Alavine		
Printing	0.00	
Supplies	51.61	
Copies	0.00	51.61
Miscellaneous Expense		
Postage-Group Records		0.00
Treasurer Supplies		24.11
Total Expenses since March 15, 2011		1760.12
Ending Balance September 25, 2011		\$2,302.17

**Coordinators - Other Officers Expense includes: Archives, Public Outreach, Forum Coordinator, Literature Coordinator, Treasurer, Group Records, Alternate Chair, Secretary Alavine, Alateen Coordinator and 3 past delegates. 13 people holding 13 positions

A motion was made to accept the Treasurer's Report by Daniel L. and seconded by Pam M. Motion carried

APPEAL LETTER -- SEPTEMBER 25, 2011

I can't be physically there with you during this assembly because my daughter is having surgery and asked me to be with her. I HAD to say yes! I will, however,

be with you in spirit as you celebrate the gift of Al Anon. Thank you to Donna J for agreeing to stand in for me as Treasurer this weekend. Here are the upcoming estimated and/or actual expenses necessary for Area 43 to carry on its work:

Fall Assembly Expenses:

Equalized Expense--actual per letter	\$ 1,350.00
Delegate/Chair	600.00
Coordinators/Other Officers	480.00
Alavine (Fall)	125.00
Miscellaneous Expense for	
Hot topics and Committees	200.00
Estimated WEB expenses	100.00
Estimated Total Upcoming Expenses	\$ 2,855.00

Barb S. is still receiving some group donation mail.

Please note my address and other contact information below! Please feel free to share my contact information with any group, district or individual out there.

Thank you to all of you who have contacted me in the past few months with questions or comments.

Please send all group donations or Alavine subscriptions to me at the following address:

Lora P.
1033 6th Street NE
Devils Lake, ND 58301

You may also contact me at the following email address:

ldp2son@gmail.com

Respectfully submitted,
Lora P.

DESCRIPTION	ACTUAL 08 EXPENSES	ACTUAL 09 EXPENSES	ACTUAL 10 EXPENSES	APPR 20 BUD
WSC Equalized Expense	\$ 1,300.00	\$ 1,450.00	\$ 1,250.00	\$ 1,250.00
Delegate Token to WSC	\$ 350.00	\$ 350.00	\$ 350.00	\$ 400.00
Regional Delegate Meeting	\$ 400.00	\$.00	\$.00	400.00
WSC Love Gift (1st yr Delegate only)**	\$.00	\$.00	\$ 40.00	\$ 40.00
WSC Donation (voted on yearly)??	\$ 35.00	\$ 40.00	\$ 40.00	\$ 60.00
Subtotal	\$ 2,085.00	\$ 1,840.00	\$ 1,680.00	\$ 2,150.00
DELEGATE -IN STATE EXPENSES				
Room \$75.00 per night	\$ 61.50	\$ 82.02	\$ 346.50	\$ 300.00
Meals (\$30.00 per day) B \$7.00-L \$8.00-D \$15.00			\$ 357.59	\$ 160.00
08 Meals(\$40.00 per day) B \$10.00-L \$10.00-D \$20.00	\$ 8.44	\$ 22.12		
Mileage (\$.30 per mile)	\$ 60.00	\$	\$	\$ 40.00
Phone/Printing	\$.00	\$.00	\$.00	\$ 10.00
Registration	\$ 20.00	\$ 20.00	\$	\$ 20.00
Alavine Copies to WSC	\$ 17.52	\$ 0.00	\$ 0.00	\$.00
TOTAL DELEGATE EXPENSES	\$ 167.46	\$ 124.14	\$ 704.09	\$ 980.00
CHAIRPERSON -IN STATE EXPENSES				
Room \$75.00 per night	\$ 158.34	\$ 164.44	\$ 133.10	\$ 300.00
Meals (\$30.00 per day) B \$7.00-L \$8.00_D \$15.00				
08 Meals (\$40.00 per day) B \$10.00-L \$10.00-D \$20.00	\$ 139.46	\$ 109.93	\$ 18.90	\$ 160.00
Mileage (\$.30 per mile)	\$ 302.76	\$ 331.08	\$ 30.00	\$ 400.00
Phone/Printing	\$.00	\$ 77.64	\$.00	\$ 10.00
Registration	\$ 20.00	\$ 20.00	\$ 20.00	\$ 20.00
TOTAL CHAIRPERSON EXPENSES	\$ 620.56	\$ 703.09	\$ 202.00	\$ 980.00

COORDINATORS TOKEN EXPENSE**EFFECTIVE 2006 \$30.00**

Alternate Delegate	\$	\$	\$	\$ 60
Alternate Chairperson	\$	\$	\$ 60.00	\$ 60
Alateen	\$	\$	\$ 30.00	\$ 60
Archives	\$ 60.00	\$ 60.00	\$ 60.00	\$ 60
Forum	\$ 60.00	\$ 60.00	\$ 30.00	\$ 60
Group Records	\$	\$	\$ 60.00	\$ 60
Literature	\$	\$ 30.00	\$ 60.00	\$ 60
Newsletter	\$ 60.00	\$ 60.00	\$ 30.00	\$ 60
Public Outreach	\$	\$	\$ 60.00	\$ 60
Secretary	\$ 60.00	\$ 60.00	\$ 60.00	\$ 60
Treasurer	\$ 60.00	\$ 0.00	\$ 60.00	\$ 60
Web site	\$ 30.00	\$ 30.00	\$	\$ 60
Past Delegate -\$30.00 per delegate when attending assembly	<u>\$ 30.00</u>	<u>\$</u>	\$ 60.00	\$ 240
TOTAL COORDINATORS EXPENSES	\$ 360.00	\$ 330.00	\$ 570.00	\$ 960

ALAVINE - 2009 should be on web

Printing	\$ 390.84	\$ 77.66	\$ 48.77	\$ 100
Postage	<u>\$ 243.21</u>	<u>\$.00</u>	<u>\$ 25.79</u>	<u>\$ 150</u>
TOTAL ALAVINE EXPENSE	\$ 634.05	\$ 77.66	\$ 74.56	\$ 250

MISCELLANEOUS

Bank Service and/or cost of checks	\$	\$ 22.95	\$	\$ 50
Newcomers Literature Packet	\$	\$	\$	\$ 100
Printing Expense not listed above	\$ 54.27	\$ 79.55	\$ 82.72	\$ 200
Postage Expense not listed above	\$	\$ 14.10	\$	\$ 200
Supplies	\$	\$	\$ 27.18	\$ 200
Sp Assembly room not at hotel or conference center	\$ 35.00	\$	\$	\$ 100

ND Web Site

Domain Change	\$ 125.00	\$	\$ 48.00	\$ 200
Annual Site Base Fee-Webmaster	\$	\$ 96.00	\$ 96.00	\$ 100
TOTAL MISCELLANEOUS EXPENSES	<u>\$ 214.27</u>	<u>\$ 212.60</u>	<u>\$ 253.90</u>	<u>\$ 790</u>

The Thursday Night Minot 700 AFG Meeting has been averaging 8-12 members. They have had some newcomers and some of them are coming back again. They have also had several members that have started attending after an absence and it is always good to see them returning. Financially they are doing alright. They received a message from Tioga that they would like to start a group again so we will be available to them if they would like some help or have some of us attend one of their meetings to help them get started again.

The Saturday Morning AFG Meeting has been averaging 3-10 members. We have had some newcomers that have been coming on a regular basis. When Eric our Group Representative left for England Judy S. was asked if she would consider taking the position to fill out the term. She agreed but was also the group treasurer and was ordering all the literature. We have had two other members volunteer to take on those positions. It is great when we can involve more people in service. Financially we are doing fine and we have been ordering literature on a regular basis from the Minot Literature Distribution Center. We have been having good Al-Anon related sharings and the participation has been good. We are all trying to "live in the solution and not in the problem".

In Al-Anon Service,

District 4 Bismarck/Mandan - Jenn B.

Happy Fall and welcome to Bismarck/Mandan! Our last district meeting was held July 16th. We had 10 attendees with four of five group representatives present.

Here are highlights from our meeting.

2011 Forums for Professionals-- 300 copies will be distributed this year.

Preparing groups for 2012 elections-- Short information packets on various service positions will be distributed to group representatives to use as a tool to help increase awareness regarding the service positions available in Al-Anon. All information will come from CAL.

Weekly open (speaker) meetings--Saturday's at 8pm at Heartview treatment center (101 E Broadway, Bismarck). Once a month this meeting is dedicated to having an Al-Anon speaker. Talk to Marlys R. if you are not in District 4 but would like to be a speaker or do a road trip and come.

Our next district meeting is scheduled for November 12th.

Respectfully submitted,

District 5 Devils Lake – Paula W.

There were two district meetings this year. The most recent was September 17 hosted by Serenity group, 5 members attended. They voted to hold a free will offering potluck October 28, before the open AA meeting to raise funds for district.

There are three Al-Anon Family Groups

Sheyenne Valley – McVile, Thursday

Lake Region – Devils Lake, Tuesday

Serenity – Devils Lake, Friday

The Minnewaukan Open AA meeting, Sunday has moved to Sheyenne VFW due to circumstances in Minnewaukan. The new location allows for a separate Al-Anon meeting if enough members attend.

District 6 (With District 8)

District 7 Grand Forks- Merilee G

In District 7 several groups have been discussing whether or not they want to use the Lord's Prayer at the end of their meetings. Discussions are ongoing.

Many of the new book, Many Voices, One Journey have been sold.

At our May District Meeting we had a discussion on how groups could use the Al-Anon/Alateen Service Manual:

- 1) Use the template to open meetings and hold them as well. Possibly follow through with telling the members to turn to Page 21, instead of closing the manual after the traditions.
- 2) To answer the questions asked by groups and individuals, as far as passing the basket, reading the written notice about why the basket is passed. This needs to be addressed at the group level with members.
- 3) Use the manual to pull topics for discussion meetings.

The district has ordered 100 copies of 2012 Al-Anon Faces Alcoholism and we have received them. They will be delivered after the first of the year.

There have been Al-Anon speakers participating at the Saturday night Open AA meetings in Grand Forks. They have been appreciated and thanked by members of both AA and Al-Anon.

The new soft cover version of "How Al-Anon Works" has been purchased in bulk and we sold to members.

For the Open Al-Anon meeting for September there were 2 speakers, an Al-Anon speaker and an AA speaker, Bonnie & Marlan P. from Crookston, MN.

The district has ordered Alateen Talks to be distributed with the groups. These will be used for topics at meetings and also to be handed out to any Alateens that come to the Al-Anon meetings.

Al-Anon will be participating in the AA Fall Banquet, Saturday, November 5, 2011. There will be an Al-Anon workshop at 10:45 AM called Intimacy and Sexuality given by Shirley J. Marion W will be the Al-Anon speaker in the evening at 7:00 PM. At our next district meeting on November 12, 2011 we will be having a workshop on How to Include Dual Members in Service Work while Maintaining Our Policies.

District 8 Fargo/Jamestown - Linda M.

Last district meeting was September 24, 2011. Five of the twelve groups were represented. Group reports from the five attendees were similar; many newcomers, but seems as though they don't continue.

Connie B. reported that South Fargo Tuesday night group usually has only 2 people and may disband.

Linda M. reported that Fairmount, ND is interested in having an AFG meeting Monday nights at the Senior Center – more information is forthcoming.

Lack of members attending District make it difficult to fill coordinator positions.(Alateen, Forum, Group Records, Literature and Public Outreach). Group decided that we would have the treasurer send out an appeal letter to all AFG in our district to help meet our expenses and to be able to pay for person representing District 6 & 8.

Connie B. has been attending the planning meeting for the Fargo September 2012 AA/Al-Anon meetings. Carol T. also volunteered to attend meetings in the future.

Barb S. updated the state meeting list and has informed us of changes throughout the district and Area 43.

Connie B., Archives Coordinator, found old minute records back to 1989. Linda M. found photos from a district meeting held in Wahpeton that will be added after they've been labeled.

Sheri S. reported that Jamestown will have their "Oops Made Too Much Soup" meeting October 22, at Alano Clubhouse, 518 10th Ave. SE, Jamestown.

In Al-Anon service

COORDINATORS

Alateen - Merilee G.

Alateen Conference Call August 24, 2011

Agenda:

1. Using the New DVD Al-Anon and Alateen's Role in Family Recovery(AV-31) for Alateen public outreach

The purpose of the conference call is to enable Alateen to have growth using the New Alateen Website and the new video

A mass mailing of the DVD is probably not a good idea. The DVD should be used as a tool to inform people in the communities of what Alateen has to offer. Creating a general awareness of what Alateen and Al-Anon have in common. Helping the coordinators to engage others in public outreach. Coordinators could do a presentation of the DVD at an assembly or any other meetings using the video.

The WSO does suggest that if there is not an Alateen meeting in their area that the teens are welcome to participate in the Al-Anon meetings. It was suggested that Al-Anon members be educated about Alateen's being welcomed to Al-Anon meetings.

Alateen Talk

Use the Alateen Talk in Al-Anon Meetings as topics. Use it as a Public Outreach tool. Alateen Talk is conference approved. Sharing's are always needed for Alateen Talk and are welcomed anytime.

At Alateen Conventions there is a period of time set aside for writing workshops. These writings can be sent to the WSO to be used in the Alateen Talk.

You can subscribe to Alateen Talk for \$2.50 per year.

2. Alateen Chat Room Meetings

Request a Chat Room for the WSO. The meeting needs to be registered. Training is given by the WSO to start a Chat Room. It is suggested that Chat Rooms have 2 Al-anon Sponsors attending each Chat Room. It is suggested that to have at least one teen member at each Chat Meeting to share experience, strength and hope for the newcomer. Teens chair the Chat Room Meetings. The sponsors are there only to moderate and intercept any language that is not acceptable in a meeting. There is typing only and no voices are heard. All of the chat is stored on a server at the WSO for 2 months. In order to get onto the chat room a member will need a screen name and a pass word. Chat room is very anonymous.

September 24, 2011 Alateen Conference Call I Did not participate in this call.

Purpose of this conference call was:

1. A reminder that all of our Alateen Requirements and processes are about SAFETY.
2. Defining "Area Process"
3. Difference between "Requirements" and "Process"
4. Continuity: The job doesn't end at the end of a panel, when a new AAPP takes the job. It is critical that the Area insures records are passed on.

5. What are the element of an Area's Alateen Process?
6. Filing paperwork
7. Record keeping
8. Dealing with problems (i.e., removal of an AMIAS)
9. Timing of Recertification
10. WSO deadline has been July 1:
11. How does your Area process support your meeting this deadline?
12. Proposed new timetable.

Sept. 24, 2011 Area Alateen Process Call Agenda

1. Welcome/Introductions

Goal for the call: Area trusted servants can share their experience to improve the efficiency of their Area's Alateen process, and help to make the necessary paperwork less burdensome.

REMINDER: All of our Alateen Requirements and processes are about SAFETY: knowing who is with our kids.

2. Defining "Area Process"

- Difference between "Requirements" and "Process"
- Continuity: The job doesn't end at the end of a panel, when a new AAPP takes job. It is critical that the Area insures records are passed on.

3. What are the elements of an Area's Alateen Process?

- Filing paperwork
- Record keeping
- Dealing with problems (i.e., removal of an AMIAS)

4. Timing of Recertification

- WSO deadline has been July 1:
 - How does your Area process support your meeting this deadline?
 - Proposed new timetable (see page 2) – We want your feedback!

5. Questions submitted by Coordinators, AAPPs, and Delegates

Schedule of printouts from WSO

Current schedule:

- Recertification Paperwork, sent early April, including:
 - AMIAS list
 - Group Printout including current Sponsors & CMA
 - Instructions for return
 - RETURN DATE TO WSO: JULY 1

- Group printouts: twice a year, at same time as Al-Anon Group Records printouts. Timing set by Area Group Records Coordinator.

PROPOSED change to schedule:

- Recertification paperwork, sent via postal mail:
 - FEBRUARY or MARCH (AREA CHOICE)

This will include:

- AMIAS list Alateen Group Printout including current Sponsors & CMA
- Alphabetical list of current Sponsors and CMAs, with group information
- Full instructions for what to return to WSO
- **RETURN DATE TO WSO: prior to JUNE 15** for review and confirmation that the packet is complete
 - Post-recertification paperwork, sent mid-August VIA E-MAIL (will send in October for 2011)
 - AMIAS list
 - Alateen Group Printout including current Sponsors & CMA
 - Alphabetical list of current Sponsors and CMAs, with group information (2012)
 - THESE LISTS WILL BE FOR YOUR USE IN KEEPING AREA RECORDS UPDATED
 - Alateen Group printouts: Area may request up to two additional group printouts, to be sent at times designated by Area (AAPP and Area Group Records Coordinator to discuss timing).

Asked if we had sponsors. No sponsors.

Randy volunteered they have suitcase of information for Saturday morning AFG. Saturday morning AFG experienced a family and enjoyed the young people.

If a group decides to start an Alateen group they must go through Merilee.

Alavine- Diane D.

Diane D. is not here and is requesting assistance, due to a variety of reasons. Connie B will help out. Send additional reports to **nd-alavine@yahoo.com**.

Archives- Brenda H.

Brenda asked questions about how to store the archived material. Do we need backup? Are there Guidelines as to how long we keep them.

Connie B offered that World Service has some resources.

Shiela S. offered "If we lose it, we lose it. "

Darcy A. offered Archives for ND are kept since the beginning.

Jenn B. suggested a task force to prioritize what should be duplicated or stored. Jenn B. will help Brenda H via email on the thought/task force.

Forum - Paula W.

No Conference calls for forum. Darcy suggested how to get on e-communities by contacting world service. Connie will help.

Paula stated she is always willing to do workshops on writing.

Group Records Barb S.

Passed out updated list for meetings.

See attached copy on website **www.ndal-anon.com** .

Gets updates once a month from World Service on meetings.

North Dakota Al-Anon Family Group—Area 43—has had a number of changes this year. They are listed by district as follows:

District 1:

1. Tioga Al-Anon Family Group has changed their meeting location. They now meet at First Lutheran Church, 313 South Torning St., Tioga, ND.
2. Josie V. is the Group Representative for the Williston AFG.

District 2:

1. The former Wednesday Night Al-Anon Family Group has changed their name to Dickinson Al-Anon Family Group. The e-mail address for their group is DickinsonAFG@Live.com.

District 3:

1. The former 515 Al-Anon Family Group has changed their name to Tuesday Night Al-Anon Family Group. They still meet at 8:00 p.m. Tuesday. However, their meeting location has changed to Vincent United Methodist, 1024 2nd Street SE, Minot, ND 58701. This meeting is also Handicap Accessible. Loretta J is their Group Representative.
2. The Saturday Step Meeting (Minot) has changed their name to Legacy Meeting. They meet every 3rd Saturday at 1 P.M. at the 700 Club.
3. The Bottineau AFG meeting address is now called Community Bible Church, 123 Sinclair, Bottineau, ND 58318. Brenda, their Group Representative, has a new phone number and address.

District 4:

1. Knife River Al-Anon Family Group has a new meeting location: English Lutheran Church, 146 Main St West, Hazen, ND 58545. They still meet on Sunday at 7:30 p.m. Their Group Representative is Sharon B.
2. Jenn B, the District 4 Representative, has a new address. (See me later if you want to check on any of these updates.)
3. District 4 has a contact e-mail address: district4alanon@gmail.com

District 5:

1. Sheyenne Valley Al-Anon Family Group (McVile) has a new meeting which is McVile Lutheran Church, 112 West Vail Ave, McVile, ND 58254.
2. Serenity AFG (Devils Lake) has a new Group Representative, Dawn H.

District 6:

1. James River AFG (Jamestown) meets Tuesday at 8:00 p.m. However, they also have a meeting on Sunday at 4:00 p.m. (Same meeting address: AA Building, 518 10th Ave SE, Jamestown.) Their new GR is Sheri S.

District 7:

1. T.G.I.F Al-Anon Family Group (Grand Forks) has a new GR, Danielle L.
2. New Horizons AFG (Park River) has two contacts: Marion O. and Nancy. Their Group Representative is Marion O.
3. Brown Bag Al-Anon Family Group (Grand Forks) has a new zip code for both their mailing address and meeting address. It is Grand Forks, ND 58203. Their Group Representative is Edith C.
4. The contact person for the Sunrise Group AFG (Grand Forks) is Ellen H.
5. Hope AFG (Grand Forks) has two contacts: Meralee G. and Michele I. Meralee is their Group Representative and the District 7 Representative.

District 8:

1. Keep It Simple AFG (Fargo) has disbanded. Please take them off your meeting list.(This meeting use to be Thursday nights 6:00 p.m. at the Fargo Clubhouse.)
2. Wahpeton AFG has a new meeting location: Zion Chapel, 1120 Evergreen Court, Wahpeton, ND 58075.
3. Thursday Night Clubhouse AFG(Fargo) still meets at 8:00 p.m.at the Fargo Clubhouse. Their new Group Representative is Jason O.
4. Easy Does It AFG (Fargo) has a new Group Representative, Carol T. They meet at Olivet Lutheran Church (Fargo) Tuesday nights at 6:30 p.m.
5. Serenity AFG (Monday 1:00 p.m. Hope South Campus) has two contacts: Nancy P. and James N.
6. Valley City AFG (Valley City) still has Cheryl T. as one of the contacts. However, her address and phone have changed since she moved to Jamestown. Cheryl also attends the James River AFG (Jamestown).
7. Friday Feelings AFG (Fargo) meets at First Lutheran Church, Friday nights at 6:30 p.m. Their Group Representative is Cristina M.
8. District 6 and District 8 have two District Representatives: Linda M. (Wahpeton) and Barb S. (West Fargo). Michelle H. resigned as one of the District Tri-Representatives. She and her husband just had a new addition to their family on October 1 at 3:57 a.m. Meghan Lorraine entered the world weighing 7 lb. 12 oz. and was 21 inches long. Little Meghan joins three older sisters. Michelle has given Al-Anon so much through her service work and will be missed by all of us. But having a teen, a tween, a two year old, and now the little one, Michelle will have some busy days ahead of her.

The Al-Anon groups (North Dakota) that are no longer meeting are as follows:

1. District 4—Linton AFG (Linton, ND).
2. District 6—Lehr AFG (Lehr, ND).
3. District 8—Keep It Simple AFG (Fargo, ND)

There are lots of changes this time for Group Records. Let me know if I've missed anything. And thanks for all your help in keeping our meeting lists up to date for North Dakota.

Literature Judy S.

TO: Literature Coordinators participating in October 1, 2011 Conference Call
 FROM: Tom Coffey, Associate Director of Communications—Literature
 SUBJECT: Conference Call Instructions
 DATE: September 28, 2011

The Literature Coordinator conference call will be on Saturday, 10/1/11 from 2:00-3:00 p.m. Eastern Daylight Time.

___At the designated time dial the following toll-free number:
 1-866-316-1519

When prompted, dial the following
 Participant passcode: 91860064#

You will then be connected to the conference call.

Wait for the welcome from the WSO staff. We will not be taking roll call. Participants are listed on the Agenda.

If you are unable to connect with the toll-free number, dial: 847-944-7661 and the WSO will reimburse you for the fee.

During The Call

- To reduce noise during discussions, please press star six (*6) to mute your individual line. You will still be able to hear the discussion and the call will be clear of all background noise.
- To talk (disengage the mute), press pound six (#6). After speaking, press star six (*6) to re-engage the mute.
- For Operator assistance, press star zero (*0)

Please try to find a quiet place where you won't be interrupted. Land line telephones provide clearer connections than cordless phones or cell phones. If you need to use a cordless or cell phone, try to find a place where you can hear clearly.

If you experience difficulty joining the call after entering the pin number and pound sign, please try two or three times. If you still have difficulty, you are welcome to call me on my cell phone at 734-776-4420 and I will help you. The WSO will not be open on Saturday during our call, so no one will answer the WSO phone number.

Here are some suggestions for your conduct during the conference call, based on ones we use at the World Service Conference:

- Introduce yourself by full name and Area when you speak
- Be courteous
- Stay on topic
- Please keep your comments brief so that others can share too
- Speak once per topic until everyone else has been heard from
- If you think of something to say while others are speaking, write it down. We'll do our best to give everyone an opportunity to speak.

The information below is for Literature Coordinators who have RSVP'd to participate in the Saturday conference call.

TO: Participating Literature Coordinators
FROM: Tom C, Associate Director—Literature
RE: October 1, 2011 Conference Call

Dear Friends,

Thanks so much for sending in your RSVP and showing your willingness to participate in our Literature Coordinator conference call on Saturday, October 1, 2011 at 2:00 pm Eastern Daylight Time.

Attached please find:

1. Conference Call agenda with attendance list.
2. Conference Call instructions

The participant listing on the agenda includes all those who have RSVP'd at this point. The agenda is based on your responses.

If you have any difficulty in opening the attachments, please let me know as soon as possible. Neither Annette nor I will be in the office on Friday, September 30th, so please contact us before then.

I look forward to speaking with you on October 1, 2011!

Yours in Service,
Tom C.
Associate Director of Communications—Literature

Literature Distribution Center Lana N

I decided to do a fun thing for my report, we are going to celebrate by playing LDC Trivia, and then you will be as proud of ND Al-Anon as we are. WE, as ND have another success, the LDC. Remember to try your guessing skills at guessing how many pieces of candy are in the container, the closest number wins the book written about Lois W., the book is displayed by the candy.

1. Which book does the Minot Monday New Comer meeting sell the most of? The answer has been in my report a couple of times. Answer: How Al-Anon Works
2. This is about Grand Forks' Brown Bag AFG. What do they order more of than any other group? Answer: Free literature
3. About the garage sale we had to make money. Who can guess the closest to the amount of money we deposited after the sale, hint: the amount is over \$1000. Answer: \$1163.10
4. What month did we have the garage sale? Answer: June
5. What year did we start the LDC? Answer: 2008
6. What is the dollar amount of our literature we have ordered from WSO? The closest amount. Answer: \$14,638.93
7. Again, the closest amount we have spent on shipping? Answer: \$327.70
8. The closest, again. The amount of our deposits? Answer: \$18,678.44

I think we should give ourselves a hand. Thank you once again for making this a success.

Public Outreach - Donna J.

As most of you know we have had major flooding in Minot this Summer. We have been able to keep all of our meetings active but the public outreach has been more from individuals helping others than in formal distribution of literature etc. I was home during the day while some of the worst flooding was making travel hazardous so I was there to take a call from the World Service Office. They wanted to know if I had heard any Al-Anon Public Service Announcements on radio or television. Because I was home during the time that our local television stations were only broadcasting flood news and updates I was there to hear several of our Public Service Announcements that they broadcast at this troublesome time. With all the added stress that has affected so many of us it was good to know that help is available through Al-Anon.

I have forwarded any information that I received from the World Service Office to those that wanted to be on the Public Outreach List. If anyone else would like to receive these updates please give me your e-mail address and I will be happy to add you to the list.

I did receive a multi-purpose video on DVD from the World Service Office "Al-Anon and Alateen's Role in Family Recovery". This is AV-31 and the price is \$5.00.

The video is a Public Outreach tool for members to show to three primary audiences:

1. Adults who might be affected by someone else's drinking
2. Teens who might be affected by someone else's drinking
3. Professionals who might be in a position to refer patients, clients, customers, and students to Al-anon and Alateen meetings

The video has an on-screen menu that offers two basic choices:

1. Full 10-12 minute programs for each primary audience (adults, teens, professionals)

2. Mix-and-match programs

I know several other DVDs were sent to our delegate and our Alateen Coordinator so they may have more information on how they have used this tool.

In Al-Anon Service,
Donna J.

Website - Danielle H.

I have now taken over the responsibility of updating the website with any information. I had been locked out of the site due to miscommunication for a few months. I have since been able to update them now. There is still some frustration with not being able to have full access to the site but things seem to be improving. If there are any updates or flyers for the districts or groups in the state please forward them to the web e-mail at ndalanonweb@gmail.com. I am looking forward to further improvements of the website and more timely updates.

A motion was made by Sherry S. to authorize Danielle L. to find an alternate web hosting service (WSO or another service) at a cost of \$100.00 or less. Dawn H. seconded. Motion carried.

Connie requested everything on the Alavine come up in black.

It was requested that the website very clearly mark a place for donations.

DELEGATES REPORT - Connie B.

For this report I am taking the highlights out of the World Service Conference Summary for 2011.

Before the session opened the Chairman of the Board of Trustees gave us some definitions that I wanted to share with you.

1. A Committee is what is known as an originating body and often considered a permanent part of an organization.
2. A Work Group may also be an originating body from where a Thought or Task Force can originate.
3. A Thought Force is a temporary unit of people established to brainstorm ideas and to develop strategies on a single defined task or activity.
4. A Task Force is a temporary unit of people established to work on a single defined task or activity.

All Al-Anon members are part of these groups.

So with this our Conference opened. The conference theme was Expanding our community of hope by embracing: Yesterday's foundations – Today's successes and Tomorrow's possibilities.

The Legacies of Al-Anon Family Groups are yesterday's foundations.

Today's success shows in our increased number of registered groups and electronic meetings; safe Alateen chat rooms; TEAM events; Steps, Traditions and Concepts blogs, etc.

Some of Tomorrow's possibilities could be:

1. Our Al-Anon International Convention in Vancouver, British Columbia, Canada July 5-7, 2013.
2. Forum subscriptions will equal the number of Al-Anon members.
3. Al-Anon and Alateen membership will increase by 300%.

We reviewed the four essential elements for the "Knowledge-Based Decision-Making process to reach an informed group conscience (KBDM)

1. Open Communication between leadership and membership
2. Dialogue before Deliberation

3. All decision-makers will have a common access to full information
4. We exist in a Culture of Trust.

The 2011 budget was discussed next. The one item I found very interesting was that the average cost of services per group is \$238.23 per year. Total groups USA/Canada is 15,760. Total groups contributing to the World Service Office is 9,137 or 57.98% with an average amount of \$104.04 per group. With this the World Service Office picks up approximately \$134.00 of the cost.

The International Conventions updates included the 2013 Al-Anon convention in 2013. The 2015 International Convention of Alcoholics Anonymous with Al-Anon Participation to be held in Atlanta, GA July 3-5, 2015. Al-Anon's Sixth International Convention –It Sure Will Be Keen in 2018—Bids from the host cities in the U.S. and Canada for July 6-8, 2018 will be presented after the 2012 Conference.

The 2012 World Service Conference will be held Sunday April 15 through Thursday April 19, 2012 at the Stamford Marriott Hotel and Spa in Stamford, Connecticut.

The next topic was the Chosen Agenda items which I went over in the report in the summer Alavine.

We had a policy discussion on DO NOT REFER

Many areas have made the decision to discontinue listing a group that has been determined not to reflect Al-Anon principles or procedures. For this discussion the term “delist” is defined as “remove from a printed or electronic meeting list as published by an Area.” The delisted group would still actively participate in all links of service, with voice and vote. This discussion can be found in the summary pages 35-37.

The conference summary gives an overview of all the business, motions, speakers and Panel 49 sharings.

I can say that I have received these summaries over the past several years in the different positions I have held in service, but until I became a delegate I didn't realize all the information that a person can receive.

I have copies for all the District Representative's and service positions.

Thank you for supporting me as your delegate. I am looking forward to next years Conference but also sad that it will be my last as your delegate.

In Al-Anon Service

The motions, job descriptions, and guidelines will be part of the incoming service people packet. Darcy and Marlys will be preparing those packets.

OLD BUSINESS

Appeal Letter and Budget worksheet (Inserted above)

NEW BUSINESS

Michelle H. has resigned from her position as web coordinator.

A motion was made by Jenn B. and seconded by Marlys R. to accept Michelle H's resignation as co-website coordinator and make Danielle L. the sole website coordinator. Motion carried.

2012 Fargo meeting will not schedule a 1:30 candlelight meeting.

Darcy suggested we just do the business meeting and have one workshop at 3:00 in the afternoon at the Fargo Roundup which will be held at the Doublewood Inn Sept 14, 15, & 16. We need reservations for 200 rooms to get free meeting rooms. Phone 701-235-3333. Call and make reservations soon. Round-up fees will be able to be paid on line through PayPal. Meals are \$26.00 and registration will be \$20.

After the workshop we will do the silent auction.

A motion to adjourn was made by Danielle L. Barb S. seconded. Motion carried.

NEW REPORTS SINCE ASSEMBLY

Literature

I've just received the latest update of literature news:

CAL Sample Chapter: The Sample Chapter for October through December is In All Our Affairs (B-15) and the topic is "From Denial to Awareness".

For upcoming "CAL Corner" Topics: Please remind members that each month, the "CAL Corner" feature in The Forum includes members' sharings on how a particular piece of our literature has enhanced their recovery. September's articles concern "Alcoholism the Family Disease" and (P-4) and (P-4L) and "The Twelve Steps and Traditions" (P-17) on their 50th anniversaries. In October, members discuss Many Voices, One Journey, our newest book. In November the topic is "In All Our Affairs". Please draw members attention to these articles and encourage them to send in sharings as well.

Last weekend I was in Mandan, ND, for our Area 43 Fall Assembly. I presented a workshop on the new book "Many Voices, One Journey", our latest book. It was out in April 2011 just in time to celebrate our 60th anniversary. This book is historical, but not "dry" at all. It is chock full of how Lois W., co-founder of Al-Anon, started and built this organization; the where, when, who and why. She had much help from her husband, Bill W. who was the founder of AA, Alcoholics Anonymous.. Lois realized that those affected by alcoholism also needed a program. It started small and grew to be worldwide. I learned the structure of Al-Anon from the beginning, and the many changes it went through, always with the inclusion of the groups.

There is so much information in the book that it was hard for me to decide how to present the book. I downloaded a workshop guideline from our Literature Coordinator's e-community. This workshop had been developed specifically for this book. There were 4 choices of topics: Change, Control, Denial and Growth Through Service. I made handouts of them for the workshop participants. A lot of people read and shared their experience, strength and hope. People were paying attention and appeared to enjoy the topics.

I look forward to seeing you all at the Spring Assembly in Minot, ND, in March 2012.

Yours in service, a grateful member of Al-Anon,

Judy Schaefer, Literature Coordinator.

District 4 Report

We held our last district meeting Saturday November 19th. Here are some highlights:

Heartview treatment center in Bismarck has restarted their AA open meetings every Saturday at 8pm. Al-Anon participation/speaker to be on the 3rd Saturday of every month beginning in December 2011.

300 professional Forums will be distributed by our groups this year.

We distributed a handout to the groups that we made from the service manual regarding eligibility and responsibilities of various service positions to generate and attract Al-Anon members to get involved in service.

Our next meeting will be held the last weekend in February.

Respectfully submitted,

Jenn B.

District 5 report.

On October 28th, District 5 held a potluck fundraiser in Devils Lake prior to the open AA meeting. It was a success beyond our wildest dreams.

Almost every Al-anon member brought food, and those who couldn't make it contributed financially. Even a couple AA members brought food. We didn't have a huge turnout, but those who attended gave generously to the free will offering. After expenses, we raised over \$200.

We're planning to make this an annual event. We just need to do a better job getting the word out. Some people were very disappointed that they didn't hear about it.

Yours in service, Paula W

THE ALAVINE 2012 SUBSCRIPTION ORDER FORM

The Alavine will be available only in electronic form starting Spring, Summer and Fall for 2011.

The deadlines for submissions are Feb. 1, June 1, and 2 weeks after Fall

Assembly. Minutes from Assemblies will be in the **Fall** and **Summer** issues only in 2011 and updated meetings lists will appear in the **Spring** issue. Personal sharings are welcome for all issues. Issues will contain coordinator reports, district reports, and personal sharings along with what is happening in North Dakota. Pass the message of service by subscribing for yourself, your sponsor or someone you sponsor. If you do not have access to a computer and need a printed copy, please find an e-buddy and stay connected to your Area!

PLEASE CHECK ONE..... GROUP COPY _____

PERSONAL COPY _____

PLEASE CHECK ONE.....EMAIL COPY _____

HARD COPY MAILED _____

Alavine subscriptions are \$10 per year (Jan. 1 to Dec. 31)

Please type or print.

AMOUNT ENCLOSED _____

GROUP NAME _____

PERSONAL NAME _____

MAILING ADDRESS _____

E-MAIL ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

PHONE: _____ DISTRICT _____

MAIL CHECKS TO: LORA P.

1033 6th STREET NE

DEVILS LAKE, ND 58301

QUESTIONS ABOUT THE ALAVINE? CONTACT: nd_alavine@yahoo.com