

Oregon Area AI-Anon Assembly  
Host: Virtual  
March 20, 2021

Start: 8:30 am

**Welcome; Serenity Prayer, Reminders (Microphone & Voting Statement):** Dawn K., Chairperson;

- Reminders
  - In order to keep the Oregon Area AI-Anon informed much of the Assembly is composed of regularly scheduled reports.
  - The Assembly is planned in advance by the Oregon Area World Service Committee. Questions and suggestions for upcoming Agendas should be directed to your District Representative or to another appropriate member of the Area World Service Committee (AWSC)
  - To make a comment or ask a question type Comment in the Chat and the Chat monitor (Dawn) will try to call on members in order.
  - To talk unmute yourself.
  - You can use the Chat to write notes to individuals.
  - Limit one time (2) minutes per discussion, don't repeat a point already voiced by others.
  - No Photography
  - The only recording will be made by the secretary on a local drive to assist with accurately documenting the minutes.
  - We will attempt to use Polls to gain group conscience; we are using the naming convention to tell who is a GR and who is not.
  - Request you attend all day.
- Depending on your role at this assembly specifies if you have Voice and or Voting abilities.
  - Group Representatives (GR's) – Voice & Vote
  - AWSC Members – Voice
    - District Representatives (DR's); Coordinators; Officers; AIS Liaison; Audit Budget; Past Delegates
  - Visitors (No Voice or Vote, please message your GR or DR with any questions or concerns you have)
  - Assembly Reimbursements from the Area – None this time since there was no travel
  - If you are an Alternate GR and there is a GR for your Group please mark yourself as a visitor so we only have one voting member per group.

**12 Traditions:** Page 15 in the Service Manual Read by: Melody GR D9 Steps to Serenity

**12 Concepts & Warranties:** Page 17 in the Service Manual Read by Caralynn AIS Liaison

**Virtual Meeting Participation Guidelines Discussion & Group Conscience** – Dawn K. (See Attachment - *Virtual Meeting Participation Guidelines*)

- Reviewed the 3/16/2021 Draft of the Virtual Meeting Participation Guidelines.
- Two updates were made to section Day of Meeting
  - 3: “The Chat function will be set up for Host-only messages during the meeting except for discussions. This is in an effort to meet the intentions of the Assembly guidelines in the Oregon Area Handbook. If you want to share on a topic, please use the Chat window to type in “Comment,” or if you have a question, please type in “Question” and you will be called on by the Moderator if you have Voice. Any added comments typed into the Chat window will not be read by the Moderator or Chair and will not be part of the recorded minutes for the meeting.”
    - Reason:
      - Normally when in person meetings when someone wants to talk on a topic they go to the microphone, wait for their turn and then wait for the Chair to address them so that they may share their comments. What we found with the chat feature is that by having an open chat function. It allowed members to freely make comments at any time. Essentially not go through the process of going through the chair. It was not being monitored if someone had

already spoke on the topic, if they had voice... So we are going to try to more closely aligning ourselves with what our guidelines say that we are to only go to the microphone if we have voice, only speak once per discussion and not repeat an opinion that someone else has already given. The only things that you should type in the chat are Comment or Question. It will not be recognized because it is essentially being taken out of turn to address the group. The rest of the guidelines are the same.

- 8: "If you have to leave the meeting for an extended period of time, please "Leave" the meeting and sign back in when you return.
  - Reason:
    - This throws off vote counts when someone is on the screen but there is not a body behind that.
- Poll – Do you accept the Virtual Meeting Participation Guidelines as presented? Everyone Votes
  - 100% acceptance
  - No concerns or comments about the Virtual meeting Participation Guidelines

**Roll Call:** Deanna M. Secretary;

- Excused: Sue B. Audit Budget Chair; Julie G. Webmaster
- Absent: Bonnie A. Alt Delegate; Julie S. DR D1; Helen N. DR D9; Cindy G. DR D13;
- Past Delegates in attendance: Bunny G. Panel 38; Judy J. Panel 41;
- Vacant Positions: District Representatives: 3, 8, 15; Communicator, Technology Coordinator;
- Zoom Poll: What is your AI-Anon Position at the Assembly today? If you hold more than one position, pick all that apply. Actual numbers have been pulled from the Participants List and some hold more than one position.
  - GR's (Allowed Voice & Vote): 46 Total – At time of Poll
  - DR's (Allowed Voice): 11
  - Coordinators/AIS Liaison/Audit Budget (Allowed Voice): 7
  - Past Delegates (Allowed Voice): 2
  - Special Guest, Invited by Chair (Allowed Voice at Requested times): 2 Norma Book Report & Linda A. OAC
  - Visitor (No Voice or Vote – Message your DR with questions or concerns): 1
- At time of Poll: 46 Voting GR's and 71 Attendees

**Approval of Minutes:** November 2020 Assembly Minutes were approved as presented. Motion by Nancy P. DR D14; Seconded by Joanne C. Group Records; (44 Yes, 0 No's, 2 Abstain)

- Corrections: No Corrections

**Treasurer's Report:** Barb B. Treasurer; (See Attachment - *Treasurer's Report*)

- Reported
  - Line 3 Group Contributions are lower for Jan-March 2021 than they were in Jan-March of 2019 and 2020
    - Please remind groups to remember to support their service arms (District, Area, (AIS), and WSO)
    - Will discuss more about group contributions during the Pandemic later today with a workshop.
  - Line 17- We have paid the archive rent for the year 2021
  - Address – This calendar year, this panel – Delay deposits outstanding checks
- Reminders/Announcements
  - Remind all Groups: Make all donations payable to Oregon Area AFG & mail to address on the bottom of your treasurer's report. All contributions should include: District #, WSO #, Group Name.
    - You may E-Mail Barb B. the Treasurer at: [Treasurer@oregonal-anon.org](mailto:Treasurer@oregonal-anon.org) for the address
    - Barb B. will be the treasurer through the end of 2021 and then there will be a new address to send to. Encourage group treasurers to verify Treasurers address to prevent delayed deposits and outstanding checks.
- Questions/Comments:
  - *What is the beginning and Ending Balance*

- *Don't know the beginning off hand without going back to previous report but Line 71 is the checking account balance of \$29,368.96 which includes Line 72 the \$8,000 ample reserve. Leaving Line 73 Available Cash of \$21,368.96.*
- We don't vote on the Treasurer's report just file it.

**Audit/Budget** – Barb B. Treasurer presenting for Sue B. Audit Budget report (See Attachment – *A/B Final Report of Income and Expenses 2020*)

- The audit-budget committee met both face to face and on a virtual platform in January. We audited the third and fourth quarters of 2020. A final report for 2020 is attached. During the audit, we found no adjustments to income or expenses were made.
- Questions/Comments:
  - The Audit Budget report was not sent to GR's prior to the Assembly, can it be attached to the minutes.
  - Reminder to send reports to all DR's so that they can be distributed to the GR's for Assembly Preparation.

**AWSC Recap:** Dawn K. Chair

- The taskforce that was established to develop a procedure for updating the Oregon Area Handbook provided a report with suggestions. These included establishing a standing committee to address these changes. This committee will be made up of AWSC members.
- A taskforce was established to create an Area procedure for vetting and approving a Regional Trustee nominee from our Area.
- We discussed how we will be preparing for the elections coming up in November. We will be starting with a workshop at this assembly about the new election procedures. In July we'll have a mock election and presentations from those who currently hold Area positions.
- AWSC voted to sponsor a virtual service manual/handbook study group, meets on Thursday night. You can access the meeting via the Oregon Area website calendar.

**Open Positions Elections:** Dawn K. Chair

- Technology Coordinator position description from the current Oregon Area Handbook was presented. Explained that this is the position description as if the meetings were being held in person. This position may be held by any member of AI-Anon (not also a member of AA) and does not have to be an active or past Group Representative. The technology coordinator would be expected to run the Virtual meetings for the AWSC and Assembly. They would assist with the meetings, launch the polls, and manage everything that could go on with the virtual meetings. During the in-person meetings the coordinator carts around the sound equipment and projector and sets it up and takes it down at meetings. This position does require some sort of technology knowledge. There are a few totes of supplies that this person will be expected to store between meetings.
- Poll: Which election procedure shall be used to elect the interim technology coordinator?
  - Old Way (6); New Way (2021-Approved at Feb AWSC) (33); Abstain (9);
  - Used New Way to elect tech coordinator using the service resume.
- Poll: I vote for Trish to fulfill the remainder of the Technology Coordinator term for the remainder of this panel.
  - Yes (39); No (0); Abstain (1)
- Technology Coordinator: By substantial unanimity, Trish B. was voted the Technology Coordinator.

**Delegates Report:** Katie W., Delegate;

- Contact through [delegate@oregonal-anon.org](mailto:delegate@oregonal-anon.org)
- Announcements:
  - NW Regional Delegate's Meeting – I just attended this.
  - No virtual Native American AI-Anon event in the works for 2021 at this point
  - AA Regional event (PRAASA) – invitation to attend this year and volunteer at next year

- Judy J. PD P41: In 2022 they want to have an in-person PRAASA (Pacific Region Alcoholics Anonymous Service Assembly) w/ Al-Anon Participation in Oregon in the Portland Area. Last time Oregon hosted the PRAASA was in 2007.
  - This year (2021) there was an entire Al-Anon Service related program in the virtual meeting. They had an Al-Anon History Game, a long time Al-Anon Lunch speaker (never say no to an Al-Anon request), did a skit on the virtual platform, and they had a panel of service people share on the following:
    - What made you stand for the position
    - What were your responsibilities
    - How did this help you with this commitment?
  - They also did a presentation on KBDM (Knowledge Based Decision Making)
- Poll: Would you be interested in helping with the 2022 in person PRAASA? Everyone votes
  - Yes (22); No (24); Abstain (15) - This was information only
- Love gifts – To keep it simple and costs low, I will do a flat mailing again this year. The Panel 61 Delegates have been discussing donations to WSO instead of love gifts. Each Area, District and Group can do whatever they want. D17 has sent me bookmarks and D7 offered pens.
- CAIs – we voted on the topics of Alateen participation and outside issues as our Oregon CAIs this year. See your DR for more info!
- Trustee Mary W. will retire her one-year appointment at the end of April. We need Trustee candidates! All info can be found on the WSO website (including the application)
- WSC 2021 is coming...I don't have a finalized agenda yet, but I wanted to share something I created for our Panel 59 fun time that happens at the very end of Conference... (Chinny, Chin, Chin, video was too large for our Al-Anon website)
- Rotation of Leadership and Elections PowerPoint was presented. (May be viewed temporarily at: [www.oregonal-anon.org/assembly-corner/march-assembly-extras](http://www.oregonal-anon.org/assembly-corner/march-assembly-extras))
  - Been asked about rotation of leadership, about how other areas handle their elections and about how WSO handles elections recently.
  - Rotation of Leadership – There is no static definition in our Service Manual! So what do we know about Rotation of Leadership?
    - It does appear in our Service Manual: It's mentioned in the Three Obstacles to Success in Al-Anon (pg. 22 in 2018-2021 Service Manual v.2)
    - It's also found under the heading "Group Problems and Solutions" (pg. 52 in 2018-2021 Service Manual v.2)
    - It is always mentioned alongside the behavior of Dominance
    - It is a spiritual principle of Al-Anon
    - If there is no definition we have to work with what we know and accept that each of us define things a little bit differently.
  - Dominance
    - Pg. 22 in our Service Manual says...
      - In Al-Anon:
        - No one governs, no one directs or manages, no one assumes authority, no one gives advice.
        - Q) Why is it that no one does those things? A) Because they could ruin group harmony
        - Al-Anon Highly values group harmony
    - Pg. 52 in our Service Manual says...
      - "One or two members may dominate the group, ignoring the principles of rotation in leadership."
      - It also talks about discussions of religion, violating anonymity, and intimidation – among other things.
    - What does the Service Manual say to do if these kinds of things happen in a group?
      - 1) Apply the Traditions

- 2) Determine how best to approach the individual(s) involved
  - 3) Ask the member(s) to change the behavior
  - 4) Use the AI-Anon principles so it can't be construed as an attack
- It sounds like we're meant to use a very straightforward and specific process if dominance becomes a problem within a group.
- Questions to the group
  - How does this apply to our Area Assemblies, from your perspective?
  - Is this new information or old information to you?
  - We will talk about elections in light of rotation of leadership in July.
- Comments
  - Stephen DR D10: Dominance is one of the topics on our DR breakout. Sometimes it seems to me that often the same panel members in the area level service stand for committees or coordinator positions, The GR's also seem more reluctant to add more duties to their plate than the duties that they have of fulfilling their basic job description for their groups. What ideas are there for us to help the next incoming panel to engage our incoming GR's and DR's to volunteer more frequently for projects and committees? How could we possibly use the electronic media to successfully engage our general membership to participate beyond the group level perhaps in small projects we create thought he area bringing in more members into work on things. I think this is part of service and how to get people to serve in more ways.
  - Wendy DR D2: When there is a group that has dominance because one person is delegated all responsibilities of a group. It bothers me and others but they just choose to not attend the group, it doesn't bother the members of the group. I feel as DR it is not my responsibility to get involved unless it is a problem for the group. If the group likes the way they are running things I have to just let it go.
  - Aline GR D4: Have been trying to encourage someone from my group to take my GR position at the end of this panel. If I turn over the position as GR I could maybe take a position at the Area.
  - Nichole C GR D11: During Covid times when we all had to move from in-person meetings to virtual meetings there were many members that stepped up. They started virtual accounts to facilitate the transition to a virtual meeting. It has been my experience that it has been hard for people that stepped up to facilitate the meetings to transition that leadership. Appreciate the 12 Concepts of Service (Concept 4 – Participation is the key to harmony); (Concept 5 – The rights of appeal and petition); (Concept 9 – Good personal leadership); (Concept 10 – Service responsibility is balanced by carefully defined service authority and double-headed management is avoided); & (Concept 12 – The spiritual foundation of AI-Anon's World Services.) When you have a meeting that is struggling with Dominance, chairing a meeting on the Concepts can be really helpful.

**Group Records Presentation:** Joanne C. Group Records Coordinator

- I am Joanne your Area Group Records Coordinator (AGRC). In this position I register and update group records on the Area website and on the WSO Group Records online database. There is some confusion about group records so I hope I can clear this up. Presentation can be viewed temporarily at [www.oregonal-anon.org/assembly-corner/march-assembly-extras](http://www.oregonal-anon.org/assembly-corner/march-assembly-extras)
- A group records includes -
  - Group ID #
  - Group Name
  - Group Status
  - Group Location & Details
  - Group Email Address
  - Group Representative
  - Phone Contacts
  - Current Mailing Address (CMA)

➤ Families & Friends Only or Families, Friends & Observers

- The process for registering a new group is for a member of the group contacts the District Representative (DR) to give her/him the information. The DR goes to the online form on the WSO website at <https://alanon.org/for-members/group-resources/group-records/>. The form is filled out and submitted. The form seems to be emailed to WSO but it actually comes directly to the AGRC. Then the AGRC updates the WSO Group Records database that is shared with WSO. Lastly, the AGRC emails the information to be posted on our Area website.
- The process for making changes to an existing group is for the Group Representative (GR) or a member to contact the DR to give her/him the information. The DR goes to the online form on the WSO website <https://alanon.org/for-members/group-resources/group-records/>. The form is filled out and submitted. Then the AGRC updates the WSO Group Records database that is shared with WSO. Lastly, the AGRC emails the information to be posted on our Area website.
- Our electronic (virtual) temporary meetings temporarily replace face-to-face meetings. They must meet on the same day and at same time as the face-to-face meeting it is replacing. A group has two options to make this information public. One is to post only on the Area website or to post on both the Area and the WSO websites. To post your virtual meeting information on only the Area website, email the AGRC the complete information. If the virtual information is to be posted on both websites, use the online form on the WSO website <https://alanon.org/for-members/group-resources/group-records/>.
- Questions/Comments:
  - Wendy W. DR D2 – When you register with WSO, I heard to register your virtual/temporary meeting you have to have a password – is that true?
    - Joanne C. Not that I know of but has no experience of being on that end of the form. Some groups have an e-mail address that is listed and when someone wants to attend the meeting they contact via the e-mail address and obtain the password. Joanne will look it up and contact WSO and get back to Wendy on this.
  - Meredith D. DR D5 – As a DR I have not been allowed access to change the WSO database and change group records in the past. I have asked the GR's to go in and do it.
    - Joanne C. As a DR you must use the same form that the GR's use to update the database. Use the form and send it to Joanne, Joanne then changes the Area database as well as WSO's.
  - Laure GR D5 - What if we want to do a temporary change or our virtual meeting but we don't want it to go through the World Service but we want to just keep it in the Area. Do we use the same form?
    - Joanne C. – No just send an e-mail to your DR with the information you want changed and the DR will forward it onto Joanne. [Group-records@oregonal-anon.org](mailto:Group-records@oregonal-anon.org)
  - Annie GR D4 - In our group we have some that really like the virtual meeting but then we have others that really need an in-person meeting. Can we have both?
    - These are called Hybrid Meetings, and yes you can for now. As for WSO they may not recognize the Hybrid meeting. The Area will recognize a Hybrid.
  - Carlos D10 – When you have a complete on-line meeting then there is not a GR and there is not really a DR. One of the responsibilities of DR's is to go meeting groups in their district. So who is observing the sanctioned meetings with the WSO?
    - Joanne - All the permanent on-line Virtual meetings are under the umbrella of WSO and have specific guidelines.
    - Meredith – Recently spoke with Krista at WSO who manages the on-line meetings. She told me that the CMA is the point person for the on-line meetings. They get the AFG connects, they meet every couple of months, but they have to have a correct CMA that can pass on the information. What about the Treasury, the WSC is in dialogue and they are looking at a universal banking process. Katie will know more when she returns from WSC.
  - Patrice GR D11 – I attend a WSO sanctioned electronic meeting that doesn't have a password but it does have a waiting room.
  - Patti GR D5 – Our group just this week decided to change its name. I was able to pull up the group records change form. Do I submit that through the District Representative?

- Joanne C. – Yes submit to the DR and she will submit to Joanne and Joanne will update the WSO and Area database.

#### Website Tour – Dawn K Chairperson

- Will not have a website tour today but the website has been updated and you are encouraged to visit the [www.oregonal-anon.org](http://www.oregonal-anon.org) website and see all the new updates. We would appreciate continual feedback and to know what information you would like to see on the website.

#### Letter to Group Representatives – Judy J. PD P41 (See Attachment – An Open letter to a Group Representative)

- Judy read a letter from March 1979, had intended to read in the GR break-out but ran out of time. Use to be printed on the back of the GR guideline. This was written by an AI-Anon Member.

#### New Election Process Workshop: Dawn B. Public Information Coordinator (See Attachments – *Service Resume & Oregon Area Election Procedure*)

- Was on a task force to review the Oregon Area election procedures for the last 2 years. The election procedure was approved in February 2021. The details of the task force findings have been in nearly every set of minutes over the last two years and you may view them there. There is lots of history and progression. The procedure that will be shared today has not been changed since November of 2020 and the Service Resume from June of 2020.
- Read through the Oregon Area Election Procedure (See attached) & Service Resume (See Attached)
- Officers are – Delegate, Alternate Delegate, Chairperson, Secretary, Treasurer, and AAPP (Area Alateen Process Person)
- Ran a poll of questions as part of the workshop where everyone was able to answer different questions about the procedures, then went question by question and reviewed them as a group.
- Questions/Comments:
  - Dawn K Chairperson – On number 6 of the officer election - One candidate would get 2/3 the election ends. There is a white board when we are in person and there is the ability to see 2/3, if we hold a voting assembly virtual, has it been thought about how this would be handled.
    - Dawn B. It is after all the votes have been counted
  - Laure E GR – On the resume you said they could list all the positions they want to apply for. What if they get the first position that is discussed but they would rather have the second.
    - Dawn B. If they got the first position they probably wouldn't be standing for another, but it could happen.

#### Book Report: Norma P. Special Guest

- Book title: Opening Our Hearts; Transforming Our Losses
  - Overview
  - II Chapter 5: Loss in Relationships -  
When the decision to leave is not ours.
  - III Questions, p. 94  
Experience, strength and hope
- Questions/Comments:
  - You can purchase Opening Our Hearts; Transforming Our Losses and others and others at your AI-Anon Literature Distribution Center or at AI-Anon.org
  - Book Drawing for a copy of Opening Our Hearts; Transforming Our Losses was done and Aline B. GR D4 won.

#### NWRDM (Northwest Regional Delegates Meeting Recap): Bunny G. PD38 & Judy J PD41

- From Judy PD P41: NWRDM==== March 13, 2021.....IDAHO Via Zoom

The delegates shared about last year's conference when they were shown how to say HELLO by waving 2 hands. So I am showing you.

THIS YEARS THEME: UNITY, COURAGE, PERSERVERANCE ==Discussions at this year's conference will include:

- Talking about providing translation in 3 different for those who need it,,,,that is an additional cost.
- Updating to the service manual: The policy committee is bringing some housekeeping changes and suggestions to the digest.
- The Mobile App
- Another Daily reader (working on for a long time now, inclusive)
- Electronic Literature Kit
- Alateen On line meeting
- Hybrid meetings

WSO is encouraging members to use the WSO Blog, even though it is not CAL it is written by members. It has daily readings, and the app does too.

They also want us to send our suggestions to WSO. They want to do what the fellowship wants, they need our help with input to encourage new comers.

When our Trustee shared the told us about the AT LARGE committees that many of us are eligible for: Forum Editorial, Literature, Public Outreach, and Audit Committee. These are 1 year terms and require at least 5 years of Al-Anon membership.

These committee members have to relinquish their local Service Positions to hold these offices.

There is also an ECRPM Committee: Executive Committee Real Property Management. Our Past Delegate Colleen served on this committee before she was our delegate. She may be able to answer your questions about this committee if you are interested

Something I heard that was interesting to me is: Because our manual states, "Al-Anon members who are also members of AA are not eligible for Al-Anon service above the group level". We all know this, but in the position qualifications for the ECRPM position it states:

"Past and current AA members are not eligible". I think that is something we need to consider when we are having our local elections.

The NWRDM rotates through the 9 NW states, Oregon, Washington, Idaho, Montana, Wyoming, N Dakota, S Dakota, Nebraska and Alaska. And next year it will be held, in person, we hope in WYOMING. In March, hopefully the 2nd weekend. We will be discussing hybrid meetings

- From Bunny PD P38:

2021 NorthWest Regional Delegate meeting. March 13<sup>th</sup> last Saturday 9- 3:15 Wasn't the same as seeing everyone in person but it still was great to see everyone. We had 11 members from Oregon attending. I think they said we had 48 people which is more than we usually have. This is the year we don't have any new delegates so we didn't talk at all about what to expect at the conference. There was a presentation from three second year Delegates, sharing their experience of the first virtual World Service Conference. We got to hear the third year delegates share their 3 minutes talks which will be share will all the conference members. Mary, our NWRREGIONAL TRUSTEE gave a great report. A report from the task force that worked on getting information about storage of our minutes, history and other documents on the cloud. I brought that



information back to my district who has been discussing how to make information available to our members in district 7. Like minutes, job openings etc. Reminder about the 2023 Al-Anon International in New Mexico.

#### **Future of SSM: Stephen Y. DR10**

- I am writing to inform you that District 10 has decided to withdraw from sponsoring the next State Speaker Meeting. This decision is the consensus of the District GRs and the other service members of District 10. We have come to this decision after much consideration and effort to engage members within and beyond the District. Our District wants the Area to know we believe it might be best for the next Panel to plan and implement from start to finish the next in-person SSM, not just for continuity but in the hope the many obstacles we have been facing due to Covid will be past us.

On January 18, I convened a one-time thought-force Zoom meeting, as a final step to explore member interest beyond the District and the feasibilities of considering a 2021 Virtual SSM vs. putting on the in-person SSM in 2022. I invited the Oregon Area DRs, District 10 GRs, Area Coordinators, along with Officers and Al-Anon members who had in the early stages expressed interest in the SSM. There were six trusted servants of the program, not including myself, who attended. We came to a conclusion that there was not sufficient participation from District 10 nor beyond the District to plan and implement either a 2021 Virtual or in-person 2022 SSM. We were in consensus that a SSM is a multi-dimensional event which does not translate well to a Virtual Platform; and we shared equal concern that a significantly downsized Virtual event would simply not be the experience we expect to achieve for a SSM. We felt that in-person fellowship is one of the key attractions of a SSM.

The observations and concerns I've mentioned are meant as guidance and only reflect the thoughts of the servants of the program who had engaged in our planning efforts. Our decision to withdraw is not meant to preclude the AWSC or any other District from further discussion or opting to pursue and stage a SSM, especially if you can achieve the interest, necessary participation, and creativity to manage the concerns and obstacles we faced.

- Questions/Comments:
  - There were questions and comments but they were lost with the loss of the recording.

#### **7<sup>th</sup> Tradition Presentation – Barb B. Treasurer & Deanna M. Secretary (Audit Budget Members)**

- During the last audit, the Audit/Budget members began discussing how groups are contributing these days and thought it might be helpful for GR's to hear how other groups are handling 7<sup>th</sup> Tradition.
  - In discussion of Passing the Basket, The 2018 V2 P2427 Service Manual on page 19 says: At some point during the program, voluntary contributions are made, following this statement by the Chairperson or Treasurer:
    - *"We have no dues or fees; according to our Seventh Tradition, 'Every group ought to be fully self-supporting, declining outside contributions.' We do this through our own voluntary contributions by passing the basket to cover group expenses, including rent, purchase of literature and support of our service arms. We contribute in gratitude for what we have received from Al-Anon."*
  - In a survey sent to all DR's asking how their District and Groups are handling 7<sup>th</sup> Tradition, here are a few of the responses.
    - Haven't heard that donating is a hardship, more of an inconvenience.
    - District created a PayPal, but it has not been very effective. Most groups are sending in checks to the district, area and WSO as usual.
    - Most groups mail contributions to treasurer, still making donations to the links of service.
    - All groups have been receiving donations and sending donations to WSO.

- Face to Face meetings are collecting 7th Tradition.
- Groups are collecting monies but they are not being distributed.
- A few groups have not been collecting, some aren't meeting at the moment, even when offered help with Zoom account by district.
- Most members are making donations, less frequently but in greater denominations.
- Groups are reading the 7<sup>th</sup> Tradition and putting the treasurers mailing address in the chat.
- Groups are setting aside funds to contribute when they have live meetings.
- Many groups set up P.O. Boxes at the beginning of the pandemic, groups place the address in the Chat, but some groups have international attendees, so they are working on electronic transfer options.
- One group isn't collecting 7<sup>th</sup> Tradition, instead suggesting members to send donations directly to AIS and WSO by posting addresses in the chat.
- Groups are making donations to the service arms.
- Some Groups are using Venmo or Google Pay.
- We would like to hear from GR's on how your group is handling group contributions.
  - *How is your group announcing 7<sup>th</sup> Tradition?*
  - *Is your group collecting Donations?*
  - *How is your group Collecting Donations?*
  - *Is your group distributing funds?*
  - *Any other comments around 7<sup>th</sup> Tradition contributions.*
  - *Is your group distributing funds?*
- Comments:
  - There were many comments but the meeting recording did not capture this portion of the assembly.
- Thank you and please encourage your groups to continue supporting their service arms. Districts, Area, WSO, and AIS (Al-Anon information Service) is in the Portland Metro Area.

**Public Information Presentation:** Dawn B. Public Information

1. HELP PEOPLE FIND MEETINGS
  - a. Go on Oregon Area and District websites to ensure that meeting info is current and complete.
2. CONTACT PROFESSIONALS
  - a. Provide information to professionals such as your therapist or doctor.
    - i. Paper or electronic Al-Anon Faces Alcoholism (No longer have a date on cover, will be
      - i. produced every 2-3 years rather than yearly)
      - ii. Al-Anon business cards for First Responders
3. SHARE SOCIAL MEDIA POSTS
  - a. Group members who are on social media platforms agree to share WSO posts that they like.
  - b. To protect anonymity, please comment in 3rd person.
4. POST FLYERS
  - a. Meetings in District
  - b. <https://al-anon.org/for-members/public-outreach/public-outreach-posters/>
5. PROVIDE AN INFORMATION MEETING
  - a. Create an online meeting for newcomers, professionals, or the general community.
6. PROVIDE A MEETING ON WHEELS
  - a. Members take a virtual meeting to a behavioral health agency such as a treatment center or institution.
7. RENT ADVERTISING SPACE
  - a. Rent billboard ad space along highways.
  - b. Purchase Ad space at airports, bus and train stations.
  - c. Outside of public transportation vehicles.
8. PROVIDE INFO FOR DISCHARGE PACKETS

- a. Arrange with detox and rehab providers to have Al-Anon materials added to discharge packets.
- 9. PLACE AN AD (paid or free)
  - a. Newspaper, magazine
  - b. Church bulletin
  - c. High School Sports bulletin
- 10. DONATE LITERATURE
  - a. Library (bookmarks, books)
- 11. SHARE PUBLIC SERVICE ANNOUNCEMENTS (PSA's)
  - a. Questions: [http://tvaccessspotsource.com/sites/Videos/AlAnon/ALAN201901E15H\\_1.mp4](http://tvaccessspotsource.com/sites/Videos/AlAnon/ALAN201901E15H_1.mp4) (continues past July 31, 2021)
  - b. Alateen: <https://vimeo.com/213133832> (ends July 31, 2021)
  - c. Schools, movie theaters
  - d. Email to professionals or friends
- 12. RUN A DIGITAL AD CAMPAIGN
  - a. Purchase a digital programmatic awareness campaign targeting local audiences such as professionals.
  - b. Oregon Area Public Information is getting a proposal from a Digital Marketing Firm. Will be targeting a younger, more diverse demographic.
- Questions/Comments:
  - For any questions, comments, concerns please contact Dawn at [D6dawn@comcast.net](mailto:D6dawn@comcast.net)

#### Service Sponsorship Workshop: Rita S. DR D17 & Caralynn AIS Liaison

- Passing along our service roles to someone new this year and continuing our growth by continuing to serve next year at some capacity.
- Agenda Item at the last WSC, increasing member resistance to service because of:
  - Perception of service as work
  - Facing fears of assuming responsibility, of making mistakes, of making a commitment
  - Fear of failure or of success
- Service as an integral part of the recovery journey. The need for the three legacies to inform our continued growth.
  - Recovery in the Steps
  - Unity in the Traditions
  - Service through the Concepts
- Service Sponsorship can be a way to guide and nudge others into service. We can offer assistance to others who are willing to take on our present roles. We can encourage some who may not think they are qualified or have the skills to lead.
- Panelist Questions – Bunny PD P38
  - **What unexpected benefits have I received from service sponsorship?** I get to know someone new and gain a new friend in Al-Anon. It also helps me to stay current in the service tools with an opportunity to gain more knowledge about the program. This is one way to stay connect with members and to continue to grow in my own recovery, often hearing something that will make me think in a different way, expanding my own thinking. One of best benefit is I get to feel and re-experience my excitement and gratefulness of this wonderful program.
  - **How do you assist your sponsees to come up with their own solutions?** Being a good listener comes first. By asking probing questions, hopefully helping them to think and work through the situation in their own way. Encouraging them, as I was encouraged, letting them know they are worthy of doing the job, sharing with them on how I felt when taking a new role in this program, letting them know that don't have to do anything in An-Anon alone. Reminding them that they don't have to be perfect just is willing. Urge the member to become familiar with the service manual, and the Oregon area Handbook. I also suggest they find a good meeting that looks at our Legacies of our program, Steps, Traditions and Concepts.

Encourage them to look and review their job description often and help them to find a something that they can get inspired about, making the job their own way. Find their own path. Example For the 3 years I was District Rep one of my goal was to expand my GRs knowledge about the importance of sending donations to the different service arms. In those 3 years I notice an increase in donations from the groups in my district.

- **What Al-Anon Tools do you use?** Knowledge of our literature! Knowing where to go to in our literature is so important for me. I believe in Educate, Educate, Educate. I never want to stop learning. I attend a weekly area manual study which is being sponsored by the area. We are now going through our Oregon Area Handbook. Look for the invite on the event page on the Oregon Area Web site. My home group in Medford is a legacy meeting where for 14 years I have had the opportunity to discuss the traditions and concepts getting a better look at how they work in service and my personal life. Some of the books we use are Al-Anon 12 & 12, Path to Recovery, Reaching for Personal Freedom, How Al-Anon Works, the pamphlet Service Sponsorship and many of the daily readers, just to name a few. Another good publication is the Conference summaries, where you can read all of them at Al-Anon.org. Having my own service sponsor when I don't have an answer. As our program suggests "Talk to someone and reason things out with someone else,"
- Panelist Questions – Kathy K. AAPP
  - **How do you and your sponsors structure your relationships?** I have 3 service sponsors and I am a service sponsor to the people I sponsor. I tend to do things backwards and get a service sponsor after I accept a service position. I have service sponsors for my AAPP (Area Alateen Process Person) position, my Alateen Group Sponsor position and my personal sponsor position. My personal sponsor is my service sponsor when I have questions that arise with the people I sponsor. I tend to call my service sponsors as things arise. I have been involved for years in study groups on the Steps, Traditions and Concepts of Service and I highly recommend this as a way to deepen understanding.
  - **Since every relationship is different, how do you work differently with your 2 sponsors?** When I was a Group Representative we had an issue that came up that nearly destroyed our meeting. By working with my sponsor, our District Representative and others we came to understand that the root of our problem was dominance due to lack of rotation of leadership. We were also able to use the 4th Warranty under Concept 12, which talks about our actions not being punitive. This gave me confidence that I could work with others and use the Traditions and Concepts to work at the Area level of service.
  - **What is the difference between an Alateen Sponsor and an Al-Anon Member in Alateen Service (AMAS)?** In order to be an Alateen Group Sponsor one must first be qualified as an AMIAS through the Area process. Then the AMIAS must do the training that includes working with the Alateen Coordinator in a several hour training session and attend 12 Alateen meetings with an experienced Alateen Group Sponsor. Alateen Group sponsors are there to hold a safe space for the Alateen meeting to operate, and sometimes re-direct the meeting to keep it on track. Alateen Group Sponsors are not personal sponsors for the kids. The kids run the meeting and sponsor each other.
- Panelist Questions – Tuane GR D17 Set Free
  - **Has having a service sponsor and accepting responsibilities proved to be a growth opportunity or a chore?**
  - **How have I grown in service, and what lessons of service have I applied to my life?**
  - **Where have I found guidance in service?**
  - Service is like a gift that just keeps on giving...just like Al-Anon. When suggestions were made that I consider serving as GR, my first reaction was "Oh No, I can't do That!" I laughed and felt I didn't have what it takes for such a position. However, I also heard... always accept requests for Al-Anon Service. After prayer, meditation and talking with my Sponsor, I agreed to accept to

try. I've learned that I CAN DO IT – in my own way, doing the best I can, perfectly imperfect and that is good enough and excellent!

Serving as Group Representative has given me multiple opportunities to grow out of my comfort zone- like speaking in front of groups without losing my voice or crying. I quickly learned that I am not alone. I can ask for help. There are members in my group that have given service and can share their experience. I have gotten to know and grow friendships with other GR's who are learning, growing and practicing with me. There are other District service people who are also part of the team, who I get to watch and learn from and have FUN with them! If I have a question my DR is available and shares her experience and guidance, or goes to her Service Sponsor for answers. It's like an endless collective of Experience, Strength and Hope. I Love It! Another very special relationship that HP brought into my life, is with my Service Sponsor, who models enthusiastic service, coming from LOVE. She has been instrumental in growing my awareness about the World Wide Fellowship of Al-Anon and many of the resources available to increase my knowledge of the program. Such as the Eastside Manual Book Study, reading through pages of the Oregon Area Handbook, weekly studying of the Traditions, Concepts and Warranties. When I had a concern or challenge, she would help reason things out. She helped me see my strengths, which helped increase my self-esteem and when needed, she gently illuminates things for me to consider, try or improve. (Opportunity to do things differently) She has helped me navigate through 2020, the virtual meetings, and especially Group Business meetings that were tackling situations from the pandemic. She helped encourage me and held me in check with the Spiritual Principles of the Al-Anon program. Once we had some concern in the meeting about having only Al-Anon Spoken here... how to address people when they stray. We talked through how I internally processed it and my response in the moment. She shared what she does, AND I have seen her model it. I am better prepared for next time.

The workshop team asked...Has having a service sponsor and accepting responsibilities proved to be a growth opportunity or a chore?

Definitely a growth opportunity! Al-Anon has been a life-saving gift for me. Service keeps saving my life and improving it. I Love Al-Anon and my Al-Anon family. I am forever grateful for those that served when I came into the rooms and want to serve out of gratitude and make sure it's here for others too. I have felt some fatigue, I think because of the unprecedented experience and challenges we are all having during this time. When I go to a meeting or participate in service I gain energy and serenity. Service has grown my confidence to be a leader. During my time with my service sponsor, I am practicing to allow space and time for HP, trusting that everything will be ok, and remaining teachable. I'm learning the difference between management and Leadership. Management tells people what to do, accepts the status quo, & Reacts to change. Leadership involves vision, encouragement, challenges status quo, promotes change, encourages cooperation and harmony, motivates and creates synergy. In service, I am learning that I am good enough and that I have something to contribute!

This is what I gleaned about Service Sponsorship from the Al-Anon Service Manual pages 48 & 73

It's a special relationship

We share service experience

We acquire new skills

We get to see Examples of personal growth through service

We are Enthusiastic about service

We apply the Traditions and Concepts of Service

We Work Smarter, Not Harder

My Service Sponsor teaches me that this is a WE Program!

**OAC – Oregon Alateen Conference:** Linda S. Special Guest

- Oregon Alateen Conference OAC is being planned as an in person event this year in August. We are looking for donations to be able to give scholarships to teens who want to attend. If you or your group would like to donate please make checks payable to OAC and mail to Cathy C. (To obtain Cathy's address please e-mail Mary W (Alateen Chairperson) [Alateen@oregonal-anon.org](mailto:Alateen@oregonal-anon.org))
- There is a Save the Date being created but it still needs to be submitted to the flyer committee for approval. Submit to [flyerapprovalcommittee@oregonal-anon.org](mailto:flyerapprovalcommittee@oregonal-anon.org)
- OAC 2021 – August 6-8 at the Molalla Retreat Center.

**District Reports**

- **District 2:** Wendy W. DR
  - District 2 has had 6 Al-Anon Family Groups regularly meeting virtually for a year now. We held 2 events, a speaker meeting featuring 2 Al-Anon speakers and 2 Alateen speakers, we held an online writing workshop with area Forum coordinator, Emma and a District meeting with our Area Public Information Coordinator, Dawn B. After that meeting we created an updated document listing our meetings to distribute either by email or print for newcomers and to send to agencies throughout our district.
- **District 3:**
  - **District 4:** Dawn K. Alternate DRI am the current acting DR for District 4, which is Marion and Polk counties, near Salem. The past year has been a struggle. We've been concentrating on making sure all our meetings have a virtual presence that want one, and trying to get the information out to the public. Communication is hard sometimes!

The previous DR stepped down in August, so I have been filling in since then. There's a reason we are told not to hold two positions at the same time! Something always falls through the cracks.

I feel like our district is surviving. We have put plans for events, fundraisers, and other goals on hold until we can get through this and back to being able to be together in person. My greatest fear is that we won't have members willing to step up into positions for the next panel. I know that's a pretty common fear.

I'm glad that I am able to continue to be of service to my district, and can't wait to see what the future holds. It has to be better than this!

- **District 5:** Meredith D. DR
  - District 5 continues to offer meeting daily, with multiple meetings on Monday. Currently, the majority of meetings are virtual, we have a few that are hybrid. Three smaller meetings are not comfortable with zoom and are not meeting again until their meeting places open their doors.

Al-anon meetings: Bend (8), Redmond (1) Sisters (2), Prineville (1), Sunriver (0),  
Most meetings are book study or open sharing; however, we have a women's writing group, speaker meeting. The new comer's meeting is closed at this time. A group of individuals created a virtual meeting that meets daily M-F 8am. The format is popular. They became a permanent meeting through WSO and their attendance is between 35-50+ every day. The group is now dealing with what it means to be virtual within our Guidelines and losing the identity of a Bend based group. Discussion has taken place with WSO and a letter is being created for our delegate. The concern is that they will lose what was created in absorption into a larger system.

An electronic schedule is available for meeting upon request from the information line and the District email listed on the Area website.

Alateen meetings:

Bend continues its Prineville meeting. AMIAS renewals are beginning.

Events:

Our annual spaghetti feed fund raiser was held virtually in February. It was primarily a speaker meeting with 3 speakers, Alateen, AA and Al-anon

In this time financially we are fortunate to have ample reserves that funded our budget for the year with strong contingency. We are about to purchase a second zoom account as many meetings going forward want to use the District zoom account .

We have begun an outreach campaign in Harney County.

Our focus this year is a smooth transition of each group's service positions as well as the Districts officers and coordinators.

- **District 6:** Jenni H. DR D6

Hi I'm Jenni and I have been the District Representative for District 6 for over a year now and it's been quite an experience for me and for our district. Just before the pandemic closed our meetings and our literature depot, we were able to answer the call for funds from WSO and send a large amount of money to WSO. We then had to close our literature depot and our outside fund-raising events. The Group Representative went to work on redoing our budget without knowing when things would go back to normal. We also had a new treasurer take over that has guided us, taught us what a budget really is, and exactly what we needed to continue to do service to our area.

When I became District Representative we had regular face to face meetings, we collected money through donations and outside events (charging rent to meetings that were held in our district office, holding monthly speaker/breakfast meeting, annual picnic, and a holiday auction), we sold literature from our depot and we had normal paper schedules and a newcomers meeting. Oh, how things do change. We now have virtual meetings and we have fabulous groups and members that are donating and by doing so they are keeping our district out of the red and able to pay their bills and not dip into their reserve. We still sell literature. We just do it with a pickup or delivery system – not only through our district office but even some meetings do delivery of literature to newcomers. We don't have normal paper schedules, but we have a wonderful web coordinator that keeps our web site up to date and in the process our groups are learning to keep everyone updated on changes. This is a plus for communication within our groups and district. Some of our meeting are going back to locations for mask to mask meetings now and even one that is having virtual meetings alongside their mask to mask meeting.

At our district meetings we have discussed our concern about expenses and donations. We can't do normal fund raising now but our meetings came up with the solution to this too. One GR took the concern to her group and they conducted the "first pandemic auction" after the speaker/breakfast meeting – earning our district around \$200.00. And since then another has chosen to do the same thing with equal success with the raffle donation going to district.

We have had several coordinators not continue with service this year and the positions are being filled. It seems that when the time comes, and they are needed our HP has found someone to fill the gap. Our Group Representatives are great. We try and keep our meetings light with plenty of talk. We know that we are conducting the business of Al-Anon but we also know that you can laugh while doing it. I personally think that District 6 is doing so well because we all share the responsibilities of our district. The GR's show up filled with ideas and ready to discuss items and any problem listed on our agenda. When our group meetings had to change the way they did things at meetings they jumped in with both feet. They set up their virtual meetings, contacted the district and we were on the way. Sure, there

were problems, sure there are people that don't like them, and there are people that love them, but we are adjusting. We had long discussions at District about how to conduct the "new" meetings, how to advertise the new meetings, how to take care of our newcomers, how do we get the word out and what do we do when we can go back to the way things used to be. This last month and next month our district meeting are discussing the district voting procedures and starting a discussion on Coordinator responsibilities.

We now have 4 mask to mask meetings and 17 virtual meetings. Our 2 Alateen meetings are closed but perhaps someday they will open again.

It's been a privilege to work such a great group of Al-Anon people.

- **District 7:** Trish T. DR D7

- My name Trish. I was elected as the Alternate DR last March when our district elected David N. as our DR. Sadly David resigned on March 6 and moved away from our district. So I am assuming the position of DR for the remaining months of this panel.

District 7 has 23 groups most meeting virtually, 3 are meeting face to face and 9 are suspended or unknown where they are meeting. There is one Alateen group meeting face to face.

We've been having a virtual district meeting on a monthly basis with about 10-12 in attendance. Of those are about 6 GR's. Recently we have been brainstorming on ways to encourage more participation of GR's and members in district level service. One thing we are considering is having a virtual "Town Hall" to provide information and encouragement to members who aren't sure about what district service entails. We hope this will pique interest and enthusiasm for service.

Our Public outreach committee has been doing quarterly mailings of Al-Anon information to professionals, about 380 local professionals, and we are recently checking back with local libraries that have re-opened to leave AFA magazines and meeting schedules in the lobby. We have learned of one group that has taken on a project of leaving the public outreach bookmarks in various locations.

After having a tumultuous time with changes of district leadership in our district at the beginning of this panel, I believe we have learned and grown a-lot in applying the Al-Anon principles to solve our problems and are working together to fulfill our primary purpose of reaching out and helping families of alcoholics. I am sincerely grateful to be a part of our district and Al-Anon.

- **District 9:** Carla H GR D9

- All groups are meeting virtually, with no current plans to meet in person
- One new meeting has been added which is a men's meeting
- There is much discussion around 7th tradition, with some groups collecting electronically, some mailing checks, some encouraging individuals to send funds to WSO, and some waiting to give when we meet in person.
- The district has lower expenses as it is not paying rent and used some of these funds to make an additional contribution to WSO
- The district is planning to continue electronic only meetings at the district level even after Covid concerns are over as it is much easier for members.
- At the New Year the District hosted a Marathon meeting with several hours of speakers.

- **District 10:** Stephen Y. DR

- District 10 held monthly virtual business meetings in 2020. We had a successful virtual District Fundraiser in February 2021. Special thanks to GR Trish B. for chairing the Fundraiser Committee and co-leading the Fundraiser Traditions Workshop with Pearl H. We spent far less of our 2020 Budget than



anticipated so we chose to make significant contributions to the WSO, Oregon Area and AIS. We purchased multiple Zoom licenses to help financially assist a few of our Groups to maintain virtual group meetings. After much consideration and an effort to engage members statewide, our District reached a consensus to withdraw from sponsoring the next State Speaker Meeting. We hope the next Panel will be able to inspire us with a wonderful in-person SSM. In the final year of our Panel, we are wanting to keep our focus on District events and maintaining healthy Groups while we navigate what we hope will be the year we return to in-person meetings. We invited Dawn B, Area Public Outreach Coordinator, to one of our Business Meetings to help inspire a District Outreach Project. We are planning to accomplish an Outreach Project for 2021. We updated all our Group Meetings information on the new Oregon Area Website and AIS Website. We look forward to being of service to our District in this last year of our Panel.

- **District 11:** Lydia S. DR

- I like to say that District 11 is the smallest district in the Oregon Area, located in Southeast Portland & southern part of Gresham, but we have the most enthusiastic members actively participating in the district that I could ever hope to find. When they put their minds and the principles of the Al-Anon program together, they accomplished great things this year, in spite of the challenges of Covid-19 pandemic with the social isolation; the September 2020 fires with its evacuations; and most recently the snowstorms and widespread power outages of February 2021. They continued to push forward and carried out the services they set out to do.

District 11 currently has 11 active groups with 9 actively participating Group Representatives, (also one GR from District 12 since it is not meeting at this time). We also have a secretary, a treasurer and a District Rep. Of those groups there is one men's meeting and a young person's meeting. The Spanish speaking groups in our district are not meeting during the pandemic. All other meetings transitioned to online meetings as soon it was known that we could not meet in person. The district voted to get a district online account and host all of the groups to help with the transition, which worked very well. There is one group who chose a different online platform and one group, Saturday Sanity, that has resumed meeting face to face with social distancing safety guidelines in place.

Last March, 2020, District 11 put on its annual Chili Cook Off, the weekend before the announcement of the official shutdown due to Covid-19. There were 3 speakers- the Oregon Alateen Conference Chairperson was our Alateen speaker, an AA speaker celebrating her 16th year in sobriety anniversary with us, and the Oregon Area's Information Coordinator was our Al-Anon speaker. \$675 was raised in spite of low attendance due to the threat of the pandemic.

We invited Dawn B., Oregon Area Public Information Coordinator, to return in May, and asked Joan F., CPC (Cooperating with the Professional Community) to join us in September to hold workshops on how we can get information to persons who are still struggling with the effects of other's drinking during this time of social isolation. (I would like to note that Joan F. presented the workshop even though she had to evacuate from her home that very day due to the fires. Now that's dedication to service!) Both presentations were well received and the district pursued outreach projects to the public and professionals. Group Reps took information back to their groups and formed committees to serve their immediate areas. We're also excited to see that the WSO has produced Public Service Announcement posters that we can purchase to have district & group members distribute to sites in the community frequented by the public.

In February 2021, District 11 held a Zoom event open to Oregon Area & beyond, in lieu of the annual Chili Cook Off. The event was titled "Love & Sponsorship" and was a speaker panel on the many aspects of sponsorship as well as finding a personal sponsor. The district came up with 6 questions to ask the panelists and then opened it up to the attendees for more questions and sharing of their own

experiences as sponsors. There were five panelists scheduled to attend, however, once again “Mother Nature” had a different idea. (“We make plans, and the gods laugh”) The snow storms hit and many members were without power or internet. Three of the five panelists were amongst those. One of them was able to participate by phone, and the Alateen speaker wrote down some information particular to Alateen sponsorship that he wanted to share. We learned once again to Let Go & Let God. It turned out to be a very successful event with enthusiastic participation from the members who were able to attend.

District 11 studied the 12 Concepts of Service in 2020 and are studying and discussing the Al-Anon/Alateen Service Manual this year to broaden our knowledge of how Al-Anon works in our groups and in the world wide fellowship.

- **District 12:** Charles T. Alt DR D12
  - There has not been a District Meeting in the last year. No more to report at this time.
  
- **District 13:** Bonnie A. Alt DR D13
  - Cindy was unable to attend.
  - Our last District meeting was held on 03/02/2021- Attended by Cindy and Bonnie, Zoom meeting outline for new meeting were voted on and passed.
  - The last full meeting with full area representation was in January.
  - The area groups are in decline in membership, due to the Pandemic closures and other recovery programs opening in the area. There is an increase of ACA (Adult Children of Alcoholism) meeting that are attracting members from Al-Anon.
  - District just paid for the Zoom meeting for the area and ask if there is support.
  
- **District 14:** Nancy P. Alt DR D4
  - Our District is small, but we are doing well. The number of people attending our meetings has steadily increased. We have 5 meetings a week. All are meeting in person, along with a few out-of-state members attending by Facebook Messenger. Our District has bought a tablet and we will set up our Zoom account once we can get better internet access at our location.  
Our District meetings meet once a month, with 2 GRs, a Treasurer, a Public Outreach Coordinator and me as the DR. Our Public Outreach Coordinator has started to put out meeting lists and Al-Anon literature. Most of our new attendees have found our meetings by either online information or by word of mouth.  
We have had no outside gatherings beyond our meeting times, but we are hopeful we will be able to do more as the pandemic difficulties of meeting in person ease up.
  
- **District 16:** Kory S. DR
  - The past year has been really humbling in terms of my DR Service. I’m filled with gratitude for the GRs and members in my district who have helped keep meetings going and who have been of service to each other in order to give, receive, and share support throughout this difficult time.  
  
We have two dedicated GRs in District 16 who have helped keep their groups meeting virtually since the pandemic began. We have met every other month over Zoom in order to keep our District connected.  
  
Our Saturday morning Parkside group regularly has membership from several different states including New York, and the virtual meeting membership frequently swells beyond 20 members sharing their experience, strength, and hope. After hosting the meeting for much of the year, the GR, (Debbie M.) was able to get rotating support from members of the group who now host, chair, and share at the meeting.

The group recently voted to donate to Alateen in order to support youth participation in the Oregon Alateen Conference.

Our Monday night Young at Heart group has bloomed enormously a strong virtual fellowship as well. The GR, (Morgan O.) hosted the meeting for a year and now has support from group members to keep the meeting going strong with a varied format. This meeting is making strides with outreach to connect with young adults in our community and will be moving their location to the Oregon State University campus when face to face meetings open up again.

The monthly speaker meeting has continued to meet virtually welcoming speakers from Portland and California as well as local members sharing their stories.

Members from other groups in District 16 have found ways to support each other through the pandemic. Some groups have met intermittently outside, weather permitting, following Covid protocols. Other group members talk with each other over the phone, go on socially distanced walks, and lend support emotionally.

We have one new face-to-face meeting in Lebanon, Oregon, that meets indoors following Covid protocols. This group is dedicated to attracting newcomers and is working on public outreach.

I'm so proud of and grateful for these friends in service. The love, hope, courage, and strength that is shared at these meetings support newcomers and returning members and continue to share the Al-Anon program one day at a time.

- **District 17:** Rita S. DR

- Since our Assembly one year ago, we have experienced some big adjustments and changes due to the Covid-19 Pandemic. We were in the process of setting up zoom meetings for the District and groups one year ago in my annual report to this Assembly. There were some concerns in the beginning around the issues of anonymity and security in virtual meetings, so that some groups were initially uncomfortable posting their zoom links on websites or on social media platforms. Those issues have since been resolved individually by each group. Four meetings became inactive after the lockdown. Right now, we have 12 groups that meet regularly on virtual platforms, mostly on Zoom, one group that meets face to face every Friday evening, and one group that meets outdoors face to face when the weather permits. We have two Alateen groups; one that meets regularly on Zoom Monday evenings, and another that meets face to face on Tuesday evenings. We also have a weekly Beginner's meeting which the groups in the District take turns leading. And we have lively discussions in a monthly Service Manual study group. It has been a challenging year, and we are grateful to have found new ways to maintain our connections with each other, and to have the fellowship, support and growth that have resulted from our perseverance and ability to adjust to the changing environment.

We completed a District evaluation early in 2020 and made several changes as a result. We are now meeting on the 4th Thursday evening instead of the 1st Thursday of the month. We also decided to meet in a more central location but have not yet been able to meet face to face. One of the suggestions that had been offered in the evaluation was remote access to District meetings. It is interesting how the pandemic just made that possible!

Due to the lockdown, we had to cancel our annual Spring Fling fundraiser. At one of our district meetings, we had a workshop presentation on bias, led by Veronica P, based on materials available through the World Service Office. It was well received. In our District meetings, we shared with each other about how to collect the 7th Tradition, how to make our meetings welcoming to newcomers, and

how to do public outreach. We invited Dawn B to come to the District meeting to give us inspiration and ideas on outreach through the media and then we did a little exploration of radio stations in the area. This became a daunting task, because it was so difficult to get contact information of local radio stations. Since then, the WSO has asked us to not contact radio and television stations. We also invited Joan F to a district meeting to talk about reaching out to the professional community. This was something that we found more do-able for us. We have just finished a public outreach mailing to 217 community service providers in Clackamas County. This included 100 therapists, 82 churches, 16 police stations, and 11 shelters. Providing speakers to two Northwest Treatment Centers on a recurring basis is also a very fulfilling service we offer to our community.

Another fun event we had was a project to make bookmarks as love gifts for Katie to share with her fellow delegates. We got together on zoom, each of us working on creating bookmarks in our own individual ways. We had fun sharing ideas, had a raffle, and answered Al-Anon trivia questions for prizes of Al-Anon literature. The easy-going fellowship was wonderful.

We are growing and changing. We still have challenges, but together we are working through them one day at a time and remain grateful for what we have gained in service to this wonderful Program!

### **Breakout Groups w/ Assigned Officers**

- **GR's** – Bunny G. PD P38 and Judy J. PD P41 Leading
  - Poll – Which of these topics would you like to discuss first in the GR Break-out?
    - How to prepare for rotation of leadership as GR's serve their last year in 2021? (25)
    - Returning to Face to Face meetings (19)
    - Sharing in the Loop & Forum with your group (1)
- **DR's** – Kathy K. AAPP, Stephen Y. DR10 Leading
  - Al-Anon Member in Area Service (AMIAS) Recertification
- **Coordinators** – Joanne C. Group Records Leading

### **July and November 2022 Assembly Bid – Dawn K. Chair**

#### **Open Discussion/GR Sharing what they plan to take back from the Assembly:**

- What will you take back to your groups?

#### **Upcoming Events:**

- June AWSC – June 19, 2021 - Virtual
- July Assembly – July 17, 2021

### **Closed with Al-Anon Declaration**

Respectfully submitted,

Deanna M.  
Panel 59 Oregon Area Secretary

**REPORTS:** (See Attachment – March2021MinuteAttachments)

Thought Force:

Motions: