



# AL-ANON-CER



Quarterly Newsletter of Al-Anon Family Groups of Maryland and District of Columbia (AFG of MD and DC, Inc.)  
[www.marylanddc-alanon.org](http://www.marylanddc-alanon.org) • email: [area24@marylanddc-alanon.org](mailto:area24@marylanddc-alanon.org)  
[www.alateenmddc.com](http://www.alateenmddc.com)

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## AREA 24 CALENDAR OF EVENTS

December	Holiday Events: Wednesday evenings at Colors of the Rainbow AFG, Essex MD
December 8	District 6 Al-Anon Holiday Party in Reisterstown (flyer attached)
December 11	St. David's Annual Holiday Celebration hosted by Al-Anon and AA (flyer attached)
February 22	District 6 Al-Anon Winter Workshop (flyer attached)
March 8	District 7 SereniTea (flyer attached)
March 14-15	20 <sup>th</sup> Annual Spirituality Weekend hosted by District 13 (flyer attached)
March 28	Area 24 Spring AWSC Meeting – Hosted by District 13
April 19	Baltimore Al-Anon Birthday Luncheon
May 30	Area 24 Spring Assembly Meeting – Hosted by District 10
June 12-14	Area 24 Spring Convention Chestertown, Maryland (save-the-date flyer attached)

**For calendar updates, please check the Area 24 website listed above:**

~ or ~

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

# District Meeting Schedule

Check the Area website for updates: <https://www.marylanddc-alanon.org/district-meetings>

**ALL** members, not just Group Representatives, are welcome at District meetings.

For more information about any of these meetings, please see contact the corresponding **District Representative** listed under the “**Our Trusted Servants**” listing later in this newsletter.

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

- District 2** Usually held first Monday of the month from 7:00-8:00 pm at Christ Reformed United Church of Christ, which is located at 12 South Church Street, Middletown MD 21769
- District 3** -Acting DR is Wanda R
- District 5** Meetings are held on the third Wednesdays of January, March, May, July, September and November at 6:30 PM before the Wednesday Fallston Unity Group at the Fallston Presbyterian Church, 600 Fallston Rd. Rt.52, Fallston, MD 21047. We are invited to attend the 7:30 PM Fallston Unity meeting.
- District 6** Meetings on even months 1<sup>st</sup> Sunday 6:30 PM before the Sunday night Chatsworth meeting
- District 7** Meetings held quarterly on the following Sundays in 2020 after the Evergreen Discussion AFG meeting (Loyola University, Knott Hall, room G007) 12:10 PM February 16, May 17, August 16, November 8
- District 8** Meets first Tuesday 6:45-7:45 PM, of the even months: February, April, June, August, October and December. Held at St. John's Lutheran Church, 8808 Harford Rd, Parkville, Md 21234 [in 2018: 6/5, 8/7, 10/9, 12/4]
- District 9** Last Wednesday of the odd months, January, March, May, July, September, and November. Meeting is held at 7:45 PM, at Holy Trinity Episcopal Church, 1131 Mace Avenue, 21221
- District 10** Meets usually on the 2<sup>nd</sup> Saturday of the month, except for July, November and December at the Serenity Center, 9650 Basket Ring Road, Columbia MD 21045. Contact Phil B, DR, at 410-428-2020
- District 12** Meets the 1<sup>st</sup> Wednesday of the following odd months (March, May, July, September and November) at **6:45 PM** at the Unitarian Universalist Church of Rockville, 100 Welsh Park Drive Rockville MD 20850, in the basement of the sanctuary, room 50. All are welcome to stay for the 8:00 PM Al-Anon meeting in the same location.
- District 13** GR's, Alt. GR's, C.M.A's and all members are welcome. We meet on the odd months, starting in March, on the 3rd Thursday of the month. Colesville Presbyterian Church 12800 New Hampshire Ave Silver Spring, MD 20904 6:30 to 7:50 pm. White Oak AFG meets 8pm down the hall.
- District 15** District meetings are held on the 4<sup>th</sup> Wednesdays of every other month (Feb, April, June, Aug, Oct, Dec.) at 7:30PM in Room 150 of Woods Memorial Presbyterian Church, Severna Park, MD.
- District 17** Inactive
- District 18** Inactive
- District 22** Email only: contact District Rep to join list
- District 23** District meetings are held quarterly (Jan, April, July, Oct.) on the last Sunday of the month @ 2:00 pm St. Paul's Episcopal Church 301 S. Liberty St. Centreville, MD

**This is your Area's confidential newsletter. Please share this information within the Fellowship only.**

## AIS (Al-Anon Information Services) Meeting Schedule

### Anne Arundel

Meets in May and October, on the third Wednesday of the month, 7:30 p.m., at Woods Memorial Church, 611 Baltimore-Annapolis Blvd., Severna Park, MD 21146. For more information, call (410) 766-1984 or email [alanon@md-al-anon.org](mailto:alanon@md-al-anon.org). Information is also available at [www.md-al-anon.org](http://www.md-al-anon.org).

### Baltimore

Second Tuesday of the month (no meetings in June or December), 7:30 p.m., at Parkville Senior Center, 8601 Harford Rd., Baltimore, MD 21234. For more information, call (410) 832-7094 or go to [www.alanon-maryland.org](http://www.alanon-maryland.org).

### AIS- DCSMD

All Steering Committee and AIS-DCSMD (Al-Anon/Alateen Information Service of Washington, DC and Suburban Maryland, Inc.) meetings are held at Seekers Church Building, 278 Carroll Street, NW, Washington, DC 20012, and (202) 635-2023. For further information go to [www.al-anon-alateen-dcmd.org](http://www.al-anon-alateen-dcmd.org).

### *Al-Anon-Cer*

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

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

**Editor:** Robert Wright

#### **SUBMISSIONS**

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

**Al-Anon-Cer  
Robert Wright  
Post Office Box 525  
Baltimore MD 21203  
(410) 507- 4010  
[Newsletter4Area24@gmail.com](mailto:Newsletter4Area24@gmail.com)**

Please include a phone number or email address with your submission to enable the editor to verify/clarify information.

#### **SUBMISSION DEADLINES**

Issue	Deadline
March	February 1
June	May 1
September	August 1
December	November 1

### **Group Contributions to Area 24:**

Please make checks payable to  
"AFG of MD and DC, Inc"

District treasurers include district number;  
group treasurers, use group number shown in  
the directory. Mail to:

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

Please also use this address for any other  
correspondence with the Area treasurer.

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#### **SUBSCRIPTIONS**

Group Reps (or Current Mailing Address for  
group if different from GR), District Reps, Area  
Officers and Coordinators, Past Delegates,  
Regional Trustee, and Area Information Services  
may request a **paper** copy. Additionally, anyone  
else may request a paper copy; a \$10 annual  
donation is requested but not required. See p.37.

The Al-Anon-Cer is emailed at no charge to any  
member who requests a subscription.

Email your subscription request to:  
[Newsletter4Area24@gmail.com](mailto:Newsletter4Area24@gmail.com)

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

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## **Area Information Services**

**Al-Anon/Alateen Information Service of  
Anne Arundel County**  
P.O. Box 763  
Severna Park, MD 21146-0763  
(410) 766-1984  
[www.md-al-anon.org](http://www.md-al-anon.org)

**Baltimore Al-Anon Information Service**  
C/O John Butler  
P.O. Box 185  
Kingsville MD 21087-0185  
(443) 695-0221  
[www.alanon-maryland.org](http://www.alanon-maryland.org)

**Cumberland Answering Service**  
(301) 722-6110  
(through AA answering service)

**Easton Answering Service**  
(410) 822-4226  
(through AA answering service)

**Salisbury/Ocean City Answering  
Service**  
(410) 742-2504

**Mary Del Tri-County  
Al-Anon Information Service  
(Harford & Cecil Counties)**  
*has been absorbed into the  
Baltimore AIS*

**Frederick – Hagerstown Answering  
Service (Frederick & Washington  
Counties)**  
(240) 285-9831

**Al-Anon/Alateen Information Service  
of Washington, DC and Suburban  
Maryland, Inc (AIS-DCSMD)**  
[www.al-anon-alateen-dcmd.org](http://www.al-anon-alateen-dcmd.org)

## **Literature Depots**

**Baltimore, Baltimore County, Harford  
County & surrounding areas:**

*NEW: Carolyn (443) 528-5992*

Please email orders and include the group  
and your name, address, and phone #  
[AlanonLiteratureDepot@gmail.com](mailto:AlanonLiteratureDepot@gmail.com)

**Washington DC and surrounding  
areas:**

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

**Eastern Shore (District 24):**

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

## **WORLD SERVICE OFFICE**

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

<b><i>Note: Make WSO donation checks payable to "AFG, Inc."</i></b>
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## Treasurer's Corner

### 2020 Budget

The budget for 2020, totaling \$26,370, was approved by the Fall Assembly. This is an increase from 2019 of \$170. Thanks to the generosity of the Al-Anon groups and districts, we are able to again plan to contribute \$5,000 to WSO in 2020. Some major expenses are estimated to be: \$6,450 for insurance, \$2,550 for Alateen support, \$2,350 to send our delegate to the World Service Conference, and \$1,900 to continue our public outreach efforts.

There were only minor changes from the 2019 budget for 2020. We were able to decrease the budget for literature for the Jessup women's program by \$170 because the prison no longer requires that we fax the list of members who will be at each meeting. We reduced the Legal and Professional budget by \$200 because we will not need the services of a CPA. We project that insurance costs will increase by \$150. The budget for the steering committee, the World Service Conference, and Northeast Regional Delegates conference were each increased by \$100.

### 2019 Budget Third Quarter Expenses

The major expenses were: \$5,000 contributed to Al-Anon, Inc, \$4,290 for posters for buses outside the Baltimore area, and the \$2,000 payment to AFG, INC for World Service Conference expenses. Other expenses were: \$377 for public outreach, \$300 for hall rental for the Fall Assembly, \$321 for Al-Anon-Cer printing and mailing, \$290 for yearly Web hosting and email services, \$269 for Al-Anon participation in the AA convention, \$102 for AMIAS background checks, and \$83 mileage and miscellaneous expenses for the steering committee.

### Contributions and Projected 2019 Results

The contributions for the third quarter were \$6,521, which includes some increased and extra contributions to help us rebuild the prudent reserve after paying for the public outreach effort on the buses. The total contributions for the first three quarters of 2019 were \$17,287. The deficit for the first nine months was \$4,180. Most the major expenses, such as insurance, WSO contributions, and payment of World Service Conference expenses, have been paid for the year. The area is projected to be within \$1,000 of breaking even for the year.

The cash balance as of September 30 was \$22,530.

### Other Budget Pages

Budget reports included in this edition of the Al-Anon-Cer are: Quarterly contributions by Group, Income and Expenses January 1 to September 30, 2019, and 2020 Approved Budget.

### Directions for Contributions

Please include your WSO group number and meeting name on contributions. If you don't know your WSO group number then include meeting location and meeting day and time. It would also be appreciated if you could include an email address or phone number in case there is a question.

Make checks payable to AFG of MD & DC.

Send contributions to: AFG of MD & DC, 3116 Parkway, Cheverly, MD 20785

Yours in Service, Charles Lady, Treasurer

**AFG of MD and DC Inc**  
**Income and Expenses**  
**January through September 2019**

<b>Income</b>	
4100 · Contributions	
4101 · Group Contributions	\$14,561
4102 · District Contributions	\$2,554
4103 · Individual Contributions	\$172
Total 4100 · Contributions	\$17,287
4200 · Conventions Proceeds	
4202 · Fall Convention Proceeds	\$3,000
Total 4200 · Conventions Proceeds	\$3,000
4400 · Subscriptions Al-Anon-Cer	\$80
4800 · Interest Income	\$2
<b>Total Income</b>	<b>\$20,369</b>

<b>Program Expenses</b>	
5010 · WSO Contributions	\$5,000
5020 · Alateen Support	
5021 · Alateen Coordinator	\$1,122
5023 · Background Checks	\$208
Total 5020 · Alateen Support	\$1,330
5030 · Literature	
5032 · Jessup Literature	\$434
Total 5030 · Literature	\$434
5070 · Liason to AA Support	
5071 · Liason to AA Spring Convention	\$280
Total 5070 · Liason to AA Support	\$280
5080 · Public Outreach Coordinator	\$5,151
5090 · Web Services	\$290
5120 · Al-Anon-Cer	\$447
<b>Total Program Expenses</b>	<b>\$12,932</b>

<b>Administrative Expenses</b>	
6010 · Steering Committee	
6012 · Secretary	\$30
6013 · Treasurer	\$16
6015 · Delegate to WSO	\$2,000
6016 · Delegate Expenses	\$198
6017 · Alternate Delegate	\$66
Total 6010 · Steering Committee	\$2,309
6020 · Regional and Past Delegate	
6021 · Northeast Regional Delegate	\$712
6022 · Past Delegate N.E. Regional	\$1,529
6023 · Past Delegate Miscellaneous	\$45
Total 6020 · Regional and Past Delegate	\$2,285
6050 · Assembly Meetings	\$300
6060 · AWSC Meetings	\$300
6070 · Insurance	
6071 · Liability Insurance	\$5,082
6072 · D & O Insurance	\$1,091
Total 6070 · Insurance	\$6,173
6090 · Legal and Professional	\$250
<b>Total Administrative Expenses</b>	<b>\$11,617</b>

<b>Income</b>	<b>\$20,369</b>
<b>Expenses</b>	<b>\$24,549</b>
<b>Total Net Income</b>	<b>-\$4,180</b>

**AFG of MD and DC Inc**  
**Contributions July through September 2019**

<b>AFG or District</b>	<b>Amount</b>	<b>AFG or District</b>	<b>Amount</b>
000 Individuals	\$172.00	00046897 Southern Serenity	\$31.00
000000 Unknown Group	\$50.00	000501422 Sunday Afternoon ODAT	\$80.00
00024140 Annapolis Monday Night AACA	\$32.00	000502454 Middletown AFG	\$51.00
0002415 Brightwood AFG	\$19.60	000502641 Gracefield Road AFG	\$48.00
0002417 Chevy Chase Monday 8 PM	\$28.15	00050888 Harundale Mon Night	\$20.00
0002433 Let it begin with me	\$25.66	00052341 Steps to Serenity	\$72.00
0002436 Pit Stop Al-Anon	\$16.80	00052431 Came to Believe	\$75.00
0002437 Saturday Night Gratitude	\$10.00	00052791 Bolton Hill Family AFG	\$69.99
0002443 Friday Step	\$80.00	00053132 MWF AFG	\$30.00
00027779 Sat Morning Live	\$270.00	00053483 Sunday AFG Gaithersburg 1 pm	\$49.00
00030507984 Lithicum Sat Night	\$40.00	0005774 Annapolis Tuesday pm	\$420.00
00030518769 Fri Slogan Mtg Mt Vernon	\$205.25	0005777 Thurs Morning AFG	\$104.82
00030519063 Paths to Recovery	\$47.33	0005785 Broadway Mon Night	\$65.00
00030524803 Sat Morn Adult Ch	\$48.00	0005790 Catonsville Fri Night	\$100.00
00030532420 Sat Serenity Easton	\$102.00	0005803 Loch Raven Fri Morn	\$75.00
00030544512 ODAT	\$25.00	0005819 Nu Way AFG	\$15.00
00030555587 Norbeck Blvd AFG	\$34.00	0005824 Parkville Wed Night	\$50.00
00030563855 Severna Park Sat Morn	\$55.78	0005828 Rodgers Forge	\$50.00
00030563857 Severna Pk First Things First	\$25.00	0005839 We Care Tues	\$25.00
00030566950 Mid Week Recovery	\$38.00	0005845 BelAir Fri Night	\$109.00
00030567681 Monday night Ellicott City	\$10.00	0005849 Wed Beltsville	\$56.00
00030573893 Just for Today	\$30.00	0005856 Potomac Womens AFG	\$28.34
00030576594 New Beginnings DC	\$89.75	0005862 Bowie Mon Morning	\$30.00
00030586318 Keep It Simple AFG	\$15.00	0005863 Old Town Bowie AFG	\$32.00
00030602727 Anything Goes Al-Anon	\$17.75	0005884 Clinton Daytime	\$42.00
00030606314 Every Sunday Takoma Park	\$18.00	0005890 Oakland Mills	\$50.00
00030615297 Friday Freedom	\$178.00	0005903 Tuesday Night Topic	\$50.00
00030625374 Participation	\$28.14	0005917 Fallston	\$15.12
00030648358 Glyndon Friday Night	\$6.60	0005938 Hagerstown Easy Does It	\$30.00
00030658725 Alanon at Charstown	\$70.00	0005968 Came to Believe	\$25.00
00030679564 Fallston Tues. PM	\$103.50	0005987 Wed Afternoon Delight	\$25.00
00030685236 Williamsport AFG	\$60.00	0005990 Riviera Beach AFG	\$50.00
00030685957 Women's Renewal Kensington	\$56.35	0006014 Easy Does It	\$30.00
00030691316 Hope for Today	\$23.33	0006035 Silver Spring Thursday PM	\$34.52
00030695189 Sat. Afternoon Frederick	\$32.00	00060374 Miracle and Rainbow	\$20.00
00030702678 Hope on the Hill	\$107.00	0006051 College Park Al-Anon	\$120.00
00030714380 Mid-Week Serenity	\$20.00	0006062 Wed 12 + 12	\$50.00
00030864 Georgetown Visitation Step	\$50.00	00061600 How AFG Works Study	\$55.30
00037918 Pathfinders	\$31.00	00062653 Courage to Change	\$57.00
00038145 New Life	\$40.00	00063518 Couragae to Change ODAT Sun	\$77.90
00038314 High Nooners AFG	\$32.00	00064317 Midtown AFG	\$237.00
00040274 4th Step Study	\$26.00	00064486 Courage to Change	\$40.00
00041029 Easy Does It Crofton	\$51.80	00065162 Hilltop Serenity	\$32.00
00041392 Rockville East Step Sudty	\$131.00	00065333 Slade Group	\$16.00
00041614 Hyattsville Fri Lun	\$51.00	00065794 Friday Noon Adult Child	\$90.00
00042081 Takoma Park Sat Mtg	\$95.13	00066188 Evergreen Loyola Step Al Anon	\$132.00
00043421 Courage to Change	\$70.00	00066997 Steps to Recovery Wed	\$10.00
00043431 Pomfret Way of Life	\$92.00	District 2	\$200.00
00043468 Saturday Night Live	\$70.00	District 24	\$356.00
00045964 Germantown Lunchtime AFG	\$60.00		
		<b>Total Contributions</b>	<b>\$6,520.91</b>

**AFG of MD and DC Inc**  
**Approved Budget for 2020**

<b>Income</b>		
4100 · Contributions		
4101 · Group Contributions	\$ 17,000	
4102 · District Contributions	2,000	
4103 · Individual Contributions	60	
Total 4100 · Contributions	19,060	
4200 · Conventions Proceeds		
4201 · Spring Convention Proceeds	0	
4202 · Fall Convention Proceeds	0	
Total 4200 · Conventions Proceeds	0	
4800 · Interest Income	3	
Total Income (a)	\$ 19,063	
<b>Program Expenses</b>		
5010 · WSO Contributions	\$ 5,000	
5020 · Alateen Support		
5021 · Alateen Coordinator	1,000	
5022 · Alateen Process Person	250	
5023 · Background Checks	1,300	
Total 5020 · Alateen Support	2,550	
5030 · Literature		
5031 Literature Coordinator	150	
5032 Jessup Literature	400	
5033 · Frederick Literature	0	
Total 5030 · Literature	550	
5060 · Convention Support		
5062 Spring Convention Chair Expense	0	
5063 · Fall Convention Chair Expense	100	
Total 5060 · Convention Support	100	
5070 Liason to AA Support	200	
5071 Liason to AA Spring Convention	500	
5072 Liason to AA Fall Convention	0	
Total 5070 Liason to AA Support	500	
5080 Public Outreach Coordinator	1,900	
5090 Web Services	400	
5100 Technology Services	400	
5120 Al-Anon-Cer	420	
Total Program Expenses (b)	\$ 11,920	
Total Program and Admin Expenses (b) + (c) = (d)	\$26,370.00	
Net Income (Expense) (a) -(d)	<b>(\$7,307.00)</b>	
<b>Administrative Expenses</b>		
6010 · Steering Committee		\$ 400
6011 · Chair		150
6012 · Secretary		150
6013 · Treasurer		2,100
6015 · Delegate to WSO		250
6016 · Delegate Expenses		150
6017 · Alternate Delegate Expenses		3,200
Total 6010 · Steering Committee		750
6020 · Regional and Past Delegate		1,500
6021 · Northeast Regional Delegate		100
6022 · Past Delegate N.E. Regional		2,350
6023 · Past Delegate Miscellaneous		100
Total 6020 · Regional and Past Delegate		200
6030 · Group Records Coordinator		850
6040 · Archives Coordinator		700
6050 · Assembly Meetings		5,300
6060 · AWSC Meetings		1,100
6070 · Insurance		0
6071 · Liability Insurance		50
6072 · D & O Insurance		6,450
6073 · Crime/Theft Insurance		300
6074 · Insurance Coordinator		300
Total 6070 · Insurance		300
6090 · Legal and Professional		
6120 · Contingency Fund		
Total Administrative Expenses ( c)		\$ 14,450



***Public Outreach Report –  
Submitted by Rita O – Public Outreach Coordinator  
November 7, 2019***

**1. MTA Campaign:**

Posters were installed the third week of August on the Buses and Marc Trains; they have remained on the buses into the middle of October. So, this represents over an 8-week period that they ran our posters for the discounted price of 4 weeks. Along with the additional 30 free posters, it represents over **\$3,800 in donated services**.

**MTA Campaign results:**

Overall, we believe the campaign has been successful. The poster has been seen by members in various areas of MD, including Ocean City, Rockville, Baltimore City and Baltimore County. Members are reporting that they have seen an increase in newcomers to their meetings. The website analytics show that between August and October 2019 we had 2,573 visitors and of those **2,491 were NEW visitors**.

**2. Billboards:**

We created a new billboard design to match the posters and Clear Channel Outdoor has agreed to run them on any available digital billboards throughout the month of September. Unfortunately, Clear Channel did not have any available slots to run the new billboard in September, but he kept our artwork and will attempt to run it in the future if the opportunity arises.

**3. PSA's**

The two new PSA's entitled "Christina" and "Questions" are up on the WSO website if you wish to view.

- Contacted 14 TV and 30 Radio stations and we got confirmation they will air our NEW PSAs. Still have approx. 25 radio stations to contact.
- Last year (MD & DC) we got approx. \$310,000 of FREE TV airplay or 2,780 times. (However, this is under reported thru Nielsen)
- Locally WMAR and WBAL TV, Mix 106, Life 101.9 and WRNR Radio Annapolis have been our biggest supporters.

**4. Speaking Engagements:**

- Helping Up Mission – We are conducting quarterly family recovery nights by providing Al-Anon and AA Speakers, and facilitating discussion of how the family can help their loved ones by seeking their own recovery from the effects of the disease.
- We conducted a Parent Recovery Night at UU Fellowship of Harford County - we discussed the effects and how to talk to your children about the disease, as well as the availability of Alateen for siblings.

## 5. Health Fairs:

- We have participated in 16 Health Fairs in 2019, with over 800 engaged visitors. The newest and largest was at TUERK Conference of Mental Health & Addiction Treatment in April, in which we had over 270 mental health professionals visit our table and take literature.

## 6. On Saturday 8/24/19 - I participated in the first Public Outreach Conference call for all Area Coordinators on the Advisory Committee to the WSO.

- The WSO website and future changes in the Public Outreach section like a TOOL KIT containing free images, templates for outreach use. (E.g.: posters, bus cards, etc.)
- I suggested a coordinated professional campaign of posters, print ad, transit ads, and TV/Radio spots. It is something the WSO hopes to do in the future to have a consistent message.
- Links of Service was discussed and NOT having members contact the WSO directly, they should go thru their coordinators at the AIS and AREA levels to avoid confusion and problems.
- We also discussed Outreach to Professionals via the new Fact Sheet and PowerPoints.
- Social Media we discussed the need for new guidelines and WSO will create a best practice to share w/ areas
- We also discussed the use of the word "Addiction" or "Drug Addiction" in published outreach materials.

### Letter from the Editor

A member of our fellowship recently wrote asking whether she could submit an article for this newsletter, sharing her experience, strength, and hope in recovery. I replied that this sounded like a great idea. After all, "Participation is the Key to Harmony." It would add a personal dimension to this publication. The format (which I inherited from who-knows how long ago) mentions "article submissions" in the box setting forth deadlines for each issue.

You may notice that it no longer does so. When I mentioned this proposal at the Area Assembly, members long involved in Area service informed me that we no longer solicit such articles. Instead, World Services requests that such materials be submitted for publication in the Forum. That publication has the staff to work with such materials, and a much wider audience than this newsletter.

This is why "clearly defined service authority" is so important. My title is "editor," for lack of a better term. But it isn't my job to edit: I just collect what is submitted, and try to present it four times a year. This is enough!

I wish you all the blessings of a spiritual awakening in this twelfth month, and the New Year.

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

**Minutes from the Fall 2019 AWSC Meeting**

September 21, 2019 – Hosted by District 12

Held at Colesville Presbyterian Church, New Hampshire Ave, Silver Spring, MD

We opened the meeting with the Serenity Prayer- Joe, followed by a reading of our Steps - Karen, Traditions – Cindy, and Concepts and Warranties- Kathy.

**Host District Welcome-** Patty S. D-12 Rep: At the end of meeting, everyone please put tables and chairs back. There is a recycling container. No one is allowed in the kitchen except committee. There's a table for flyers with upcoming events, etc. Please take a copy of Al-Anon Faces Alcoholism.

**Area Welcome-** Joe D. mentioned that Greg set up yesterday and will take down tomorrow. Erica s standing in. (We might need a back-up person for Greg.) Joe also mentioned that two active members passed away who came to many Area meeting-- Chris N. and Mary Ann M.

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

Districts represented: District 2, D3, D7, D8, D10, D12, D13, D15, D20, D22, and D24.

Also in attendance: Delegate (Idalia), Secretary (Dolores), Treasurer (Charles), Chairperson (Joe), Group Records Coordinator (Maureen), AAPP (Sarah), Webmaster (Katie), Archives (Dolores 1 vote), Past Delegates (Jack, Charlie and Connie), WMAAIS (Charles 1 vote), AAAIS Chair (Mary Kay), Technology Coordinator- (Paul).

Total possible votes after discounting people holding multiple positions= 23.

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

We voted to establish 2/3s as substantial unanimity, or a total of 16 votes.

**Approval of Minutes from the Spring 2019 AWSC meeting** – Area Secretary, Dolores M.

Minutes were approved as printed in the June 2019 issue of the Al-Anon-Cer.

**Chairperson Report & Reminders- Joe D:**

Group elections are usually in June, then, we vote for a DR in August. The new DRs come to the Fall Assembly and vote for the new Area board. Start thinking of the new position you'd like to do. Start talking in your district about upcoming elections in 2020.

Secretary position is needed because we are incorporated, and must keep corporate minutes.

The treasurer needs to be able to follow a spreadsheet.

You will need a District Rep for your district

Encourage your group rep to bring their service manual to the Assembly.

The Women of Hope meeting supports the Jessup prison. The coordinator stepped aside and someone else stepped up. There are 26 ladies who bring a meeting to the prison on Sunday morning at 10:30 am. They chair

on a topic or a step. The budget is \$400 from the Literature budget. This is a rewarding service position, funded by the Area.

Maureen proposed we make it an Area position. We might want to bring this up at the Assembly. (If we want to take anything to the Assembly we have to provide 30 days notice to people who have to make changes that require changes to the by-laws.)

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

Strategic Plan Update- (from her previous slide 14)

Technology and Social Media are causing us to have to change.

Core Purpose

Mission Statement

Envisioned future

Goals

Board of Trustees met July 22-26, 2019 (ASANA) a lot going on at the WSO right now. They are building an Al-Anon mobile app. The current app that so many people use is not an Al-Anon approved app.

There is a backlog of Spanish and French translations. Automating meeting searches on the website is a big task. They are reassessing money being spent to get trustees down to Virginia Beach. One-on-one is the strength of the fellowship, but hybrid meetings might have to happen. There are continued discussions. These meetings could be Zoom, Webex, Go-to meeting, or something else. Lots of people are not up-to-speed yet.

2020 International Al-Anon General Services Meeting- Slovenia, Mexico and El Salvador

Trustee Confirmation Process- how do we streamline?

Executive Committee Members get voted in every year. We are considering a 3 year term.

Contributions are below budgeted and historical levels. Would each group consider contributing \$8 more per year.

Intimacy and Alcoholic Relationships is selling well. The bookmark is great.

Quarterly Appeal letter- if your group is not getting a quarterly appeal letter, call the WSO.

Maureen can update the CMAs, unless the group contacts Maureen, GRC.

District Reps are getting a quarterly appeal. The group number is on the quarterly appeal envelope. If you made a personal contribution, you will get a quarterly appeal letter. Check the envelope, call the WSO, or email [afgrerecords@al-anon.org](mailto:afgrerecords@al-anon.org).

CMA gets the quarterly appeal letter for the group. The treasurer may send in contributions too.

Basket is two sided. One for the group, the other for contributions above the group.

We can make personal donations.

Do we need to jazz up the appeal letter? Helpful to have what the money is used for. Add the strategic plan might be helpful. This is what you are doing with the money.

Appeal letter is too long. It should state the strategic plan in 3 sentences.

Latest version has the person's personal story.

A Road Trip is happening in Seattle, Oct. 2019. A local area puts together a meeting with the WSO board.

Break-out sessions and workshops. Other areas invited to attend. Fee.

NERD- March 13-15, 2020 – preparation for WSC conference. Invite past delegates and new delegates, prepare new Delegate. What to expect, what to take with you, etc. Reminded everyone to say their name, Area, etc.

WSC- April 19-25-2020. Dreaming Big with 20/20 Vision is the new theme of the World Service Conference.

AA Convention w/Al-Anon participation- Detroit MI (lots of hotels are in Canada) July 2-5, 2020.

Al-Anon International- Albuquerque June 30-July 1, 2023!

### **Alternate Delegate's Report – Area Alternate Delegate, Dan O:**

Al-Anon-Cer

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December 2019

Could not attend, but he is emphasizing “bring the buddy” to the Assembly.

### **Treasurer’s Report – Charles L.**

Financial Results

Income- \$18,710

Program Expenses- 7,060

Admin Expenses- 11,950

Total - \$24,750

Net Income (\$400)

He hasn’t made a contribution to WSO yet- making \$500 contribution now

Public Outreach is expecting to spend another \$400

Web-Coordinator just turned in expenses

He doesn’t know how the contributions will be for the rest of the year.

Fall convention transferred \$3000 in excess funds this year. Spring convention didn’t have any excess funds.

Where we are compared to budget- it’s better than budgeted.

Proposed budget for 2020 is based on 2019- income is proposed to be the same.

We do not budget for convention excess funds; the goal is to break-even.

Program expenses- we won’t budget for Public Outreach excess in 2020.

Administrative budget- Treasurer needs an additional \$300 will probably want to buy new edition of QuickBooks.

Regional Past Delegates go to NERD- that expense is for the 3 past delegates. We pay the full price for past delegates to go to NERD no matter how long ago they were past delegates.

There is an increase in the “equalized expenses”.

Treasurer is not bonded, but we have insurance. We are doing our own taxes now, so we don’t have the fee.

Frequently the request for budget is higher than needed to allow for opportunities.

Budgeted expenses for 2020 are \$26,040

Projected Jan. 1 Bank Balance is \$26,350

Excess funds are \$210

Funds cannot be earmarked but we may have gotten in additional funds because of the public outreach efforts- not trackable.

Contributions:

When sending in group contributions, put the group WSO number on check.

If you are a district, put the district number on the check

Personal contribution- put personal on the check in the memo line.

Mail contributions to:

**AFG of MD and DC Inc.**

**3116 Parkway**

**Cheverly, MD 20785-1255**

If you want an acknowledgement, send an email address.

If you made a personal contribution and you want a tax receipt, Charles can send it.

Revisiting what a district is.

Like to have a discussion about money for the assembly. Money is difficult for us.

Service manual has a lot about money in it.

“Excess funds” is about carrying the message. We are not a fund-raising group.

Group treasurer should be making a regular report.

Sometimes money is sitting in a group’s treasury.

Alateens don’t make contributions, but Alateen groups still need money. Alateen groups report to the Al-Anon groups that provide money. They should report to them.

Service manual- need to use it!

Service manual for Alateen is part of it. Could use at one of our meetings.

Puts a picture of the pyramid out with how it works. Got it at an area meeting.

(We broke for lunch until 1 pm)

**Dates for 2019:**

<b>October 19</b>	<b>Fall Assembly</b>	Hosted by District 2
<b>Nov 15 – 17</b>	<b>Fall Convention</b>	Hunt Valley, MD

**Dates for 2020:**

<b>Spring AWSC-</b>	<b>3/28/2020</b>	<b>District 13</b>
<b>Spring Assembly-</b>	<b>5/30/2020</b>	
<b>Fall AWSC-</b>	<b>9/26/2020</b>	<b>District 24 Eastern Shore</b>
<b>Fall Assembly-</b>	<b>10/24/2020</b>	<b>Possibly District 8 (75 to 100 people)</b>

**District Representative Reports:**

**District 7 – Lucinda W. DR**

District 7 covers roughly the western half of central Baltimore City. Our district has 10 groups, a mix of meetings both large (30+) and small (6-8). Meeting formats vary from speaker, step, slogan, literature, and discussion. Six of our meetings are directly accessible by MTA city bus lines, with another three meetings within blocks of public transportation, including light rail and metro.

We are currently planning our annual Serenity Tea, which will be held on Sunday, March 8, from 2-4 pm at Grace United Methodist Church in Baltimore City (Northern pkwy and Charles St.). We will have refreshments and fellowship, followed by 3 speakers who will talk about what serenity means to them.

We have quarterly scheduled district business meetings, and have been talking about how we can encourage service work within our meetings and our district.

**District 9: Gail**

We have five groups 3 which are active in the district we just had our annual picnic with a great turn out and

looking forward to our annual fall supper on October 23rd at Holy Trinity Episcopal Church on Mace Avenue... we will have an AA and Al-Anon speaker.

This is the report for District 5. We have 13 active groups in Harford County and several in Cecil County with attendance that ranges from small (4-6 core members) to several very large meetings (18-20+ members). We are preparing for our District 5 Fall workshop which will be held Saturday October 26 from 8:30 to 2:30 pm at Christ Our King Church in Bel Air. We are also putting out the word to try and get an active Alateen meeting started in our district. Volunteers are needed who are willing to train and serve.

**District 13: Suzy M. DR**

We have 5 meetings a year starting in March, every 3rd Thursday of the odd Months of the Year, in Silver Spring MD (church address is listed in Al-Anon-Cer). Our GR's also extended our time to 6:30- 7:45 pm. Our attendance has been usually around 15 people per meeting. This year we have 3-4 new GR's.

The 20th Annual Spirituality Weekend is in the Planning stages-the flyer should be in the Dec Al-Anon-Cer. District 13 & District 12 are discussing a joint picnic for sometime next year, possibly a Memorial Picnic for Chris. We have a supported Alateen meeting. We funded Tacoma Park for the year.

**District 12- Patty S.**

5th Annual Hay Ride at Butler's Orchard. Flyers are available.

**District 10- Michelle, DR**

We had a picnic and it did well. The next one will be June 27th, 2020 in the Avalon Area of Patapsco State Park.

We are having new elections for a District Rep, because she has moved out of the district.

**District 22- Gary, DR**

District 22 has 13 Al-Anon groups and 2 Alateen groups. We participated in the Memory Walk for people who lost loved ones because of addictions.

We also participate in Solomon's Island AA Convention with Alanon participation. Registration was about 600 people, with 20% Al-Anon.

We are having a workshop with the theme, Busting the Myths of Al-Anon, on Oct. 26 in Chesapeake Beach. Breakfast and lunch are provided.

They break even financially. They are looking for speakers from out of the area.

**District 3- new DR, Margie**

This district is getting re-established.

They will be having a Holiday party on the first Friday, in December, in Manchester.

They pay for the Billboard- for public outreach, on Rte. 140. It will be running between Christmas and New Year's.

**District 8- Winston**

Sept. 28th is the District 8 workshop, "Leaves of Change, Facing Reality with Al-Anon".

There are lots of meeting topics. It is a half day event. Flyers are available.

**District 20- Lynn**

The district has 8 meetings, with 5 groups represented.

They are using the service manual to guide discussions during the district meeting.

Each group sharing what's working.

They introduced the concept of business meetings vs. group consciences at meetings.

#### **District 15- Mary Kay (not the DR)**

They have 11 groups and are struggling with service.

They plan to have a pot luck and workshop.

#### **District 24- Pat**

There are 8 meetings represented, and 1 Alateen meeting in Salisbury

They are trying to get meetings in the schools. The School district was impressed with the service manual.

They participate in a Candle Light Vigil.

They participate in Footprints in the Winter Sands in Ocean City, which is 30% Alanon.

#### **District 2- Glen, DR**

District 2 covers 2 counties. They put the district meeting on a cell phone in the room if needed.

Summer Picnic- 50 people combined AA and Al-Anon, literature raffle.

Hosting Fall Assembly in New Market off of Rte. 70.

### **Area Coordinator Reports:**

#### **Technology Coordinator- Paul**

Please use our website. Could you help people get the website on their cell phone?

#### **AA State Convention Liaison- Katie:**

There were 638 attendees at the AA State Convention (not including speakers). Of this, there were **35** Al-Anon registrations. We had a 'pop-up' Al-Anon meeting on Friday, which had about 30 people attending from both AA & Al-Anon, and two well attended workshops. Dolores brought the Al-Anon archives and set up with the AA Archives. Our speaker, Kathy H. from Cincinnati OH did a wonderful job sharing her vast experience.

#### **Area Website- Katie:**

- Renewed our website with Wix through August 2021. Will be looking for a new webmaster at the next election.
- It was reported that Google searches were turning up an otherwise disconnected page on the website. That showed an out of date, incorrect time and location for a Columbia meeting. That URL now displays instead a 404 error ("page not found") and offers a **Go Back Home** button that returns users to the home page of our site.
- Google Analytics shows we've had 2 redirects from the MTA advertisements. Katie knows of 4 hits from QR code on bus signs.
- Updated site to link to WSO's meeting search map, and add a statement about meetings being marked as Friends and Families Only (no longer referred to as Closed). New statement is: **Note:** Meetings that are open to visitors beyond Families and Friends are marked as: 'Student & Professional observers welcome.'
- Katie added information about AMAIS's on Alateen page.
- For anonymity and safety, personal information published in the Al-Anon-Cer is removed when it is posted, such as the page of full names, addresses and phones of district reps. This could be set as a password protected page on the website instead.



### **Al-Anon-Cer Editor – Robert W.**

Editing the Al-Anon-Cer has helped me to be more connected to this life-saving fellowship, and for that I am extremely grateful. We continue to get new subscribers (now at 586 valid email addresses, 21 by mail) so we must be doing something right. The officials at the post office now have all the documentation they need so as not to return letters addressed to AFG at my post office box. Before my term is over I hope to produce at least one issue that doesn't require a ninth step.

Trying to get together past chairs for Spring Convention guidelines review- Oct. 26, Nov. 2, Nov. 9 are possible dates for Spring Convention guidelines review.

### **Insurance Coordinator – Gil**

1) Area 24 provides liability insurance for all Groups, Districts, Spring and Fall Conventions, Alateen, and Area functions. If your facility or event requests a Certificate of Insurance, please forward the following information to me: Name and address of building or organization, name, phone, fax, and email for contact person, date of the event, and brief description. [gsl100@comcast.net](mailto:gsl100@comcast.net)

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

Click on Resources, Area 24 Forms, Insurance Certificate Request.

Don't sign for something personally for insurance. Signing for the key is okay.  
Private home meetings- have to look at home owner's insurance.

### **Spring Convention 2019 Update – Robert W.**

Serving Area 24 as Chair of the 2019 Spring Convention, "Sounds of Serenity", was a privilege and a pleasure! Thanks to our dedicated and experienced (sub)committee chairs, the event garnered very positive reviews. Many of the 272 attendees joined in on the swing dance lesson on Saturday night; the sing-along skit on Friday was a rousing success. Excellent speakers, enlightening workshops, expert welcome and registration, wonderful decorations and hospitality room, Saturday alternatives that worked — all on a beautiful campus with mild dry weather — who could ask for anything more? We were even in the black financially, with a surplus our treasurer estimates at \$600.

The biggest challenge again this year was finding all the chairs for the (sub)committees. We had only one new face at the kick-off meeting, with several previous chairs rotating out; the situation is only slightly better for 2020. I suggest we put greater emphasis on the formation of larger (sub)committees. Ideally one member of a (sub)committee would be a co-chair and lead that (sub)committee the next year. This would assure continuity while distributing the workload. Some hesitate to chair a (sub)committee because they lack necessary computer skills; recruiting others with those skills applies Al-Anon principles of asking for help and reaching beyond one's comfort zone. It's a "we" program, and the interactions planning this event yield tremendous rewards.

The Guidelines were last revised in 2016, and are to be reviewed every three years. I had hoped to lead this effort, but various distractions have delayed the process, and upcoming family obligations require me to step back from that role.

### **Fall Convention 2019 Report – Jami sent the report, Charles presented it:**

The 29th annual Fall Convention is just 55 days away. "Stories of Recovery" will take place the 3rd weekend of November-the 15th-17th, and is being held again in Hunt Valley, MD. This convention has AA and Alateen

participation. Alateen registration fees are being paid for by a generous gift from an Al-Anon member, so this convention is a great opportunity for a family recovery weekend.

The early bird registration is open and the fee of \$105 is available until October 17th. The regular registration fee of \$120 will still be a great deal, as it includes three meals, many meetings, panels, special speakers, entertainment, a fellowship party, painting, a hospitality center and more.

To be self-supporting, the convention needs about 210 registrations. Fortunately, the Delta-Marriott hotel can comfortably accommodate many more of us than that, and we may have the highest attendance there yet with closer to 300 attendees. Register now to secure your spot

Online registration and payment can be done at "[tinyURL.com/AFG24fc](https://tinyurl.com/AFG24fc)" Mail in registration forms and the link to our block of discounted hotel rooms at \$124 a night, can be found at this same site. The convention flyer with tear off registration tabs can also be downloaded from this same website.

Flyers can be picked up today from... {Rita should be sending about 100 flyers to the meeting}... to take back to your meetings. Please make sure the convention, and early bird registration option, is being announced at your meetings and spread the word of all the great things the weekend offers, including for the Alateens. Let's keep these wonderful weekends of fellowship, fun and most of all recovery, going strong.

### **Spring Convention 2020 - Robert W.**

Planning meeting this afternoon in Columbia; Marty C. is the Chair. The date will be June 12-14, 2020.

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

(Added info about open and closed meetings plus private homes.)

1. Provided all District Representatives with the WSO records for their Districts in late July/early August for their review and updates.
  - a. Received responses from some District Representatives which were comprehensive and no response from many others.
2. Received inquiry from an assistant State Fire Marshall regarding a fire at a church in Lineboro, MD where an Al-Anon meeting had been held the previous night.
  - a. Explained the program to him and told him that I could verify that an Al-Anon meeting was scheduled for that date but since Al-Anon is an anonymous I would contact DR to see if anyone remembered and was willing to speak with him.
    - i. DR located a person who attended, Chris, who was willing to speak with him. Provided her with his contact information
    - ii. FYI, Meeting moved to Manchester and closed this summer per group records and contacting the past and new DR for D3.
3. Continued to input meeting changes submitted by members for their group and, DRs for their districts. Provided new GRS and CMAs with the current Al-Anon-Cer, suggesting that they subscribe for their group, a copy of the revised record and a copy of the AGRC presentation on Group Record changes, Spring 2018 for their information/retention.
4. WSO now provides a weekly list of any changes that are sent to them via email that they input into the WSO database to the AGRC. AGRC reviews these transactions and when appropriate notifies the

pertinent District Representative and AIS Directory Contact of the change. (Note some changes do not impact a directory or AIS's information on a group.

5. Completed revision of **Fact Sheet on Group Records – New Registrations, changes to Current Registered meetings and Annual Update actions** for the September Al-Anon-Cer. (copies provided at AWSC meeting.)
6. NEW: WSO has delegated the input of the Group Annual Update information to the AGRCs, so groups can now notify the AGRC rather than mail Annual Update Form back to WSO.
7. Notified pertinent Districts of meetings that WSO was planning on deleting after many years of no activity to validate that meetings were no longer meeting and provided feedback to WSO.
8. Continued to work on reducing the number of meetings in a “no mail” and “email returned” status.

**Public Outreach Coordinator** – Rita O. absent; see her November 7 report on page 10 of this issue

Comments:

Baltimore City – People have been checking on buses. The signs haven't seen on 5 buses in Baltimore City.

Have been spotted in Montgomery County and Howard County.

Could we consider purple line in Wicomico County?

#### **Archives Report-** Dolores

We had an Archives Display at the AA Convention with Al-Anon participation. We also had directories and newcomers packets. It would be good if we can be there. Literature was across the hall and Area 24 Archives were in Archives room. We had information that AA in Frederick didn't have.

#### **Alateen Area Process Person and Alateen Coordinator** – Sarah R. and Barb. ACC

They have 76 AMIASes, not really a lot, and 6 new applicants. The updated flyer can be found on the website. 12 active groups.

Sarah is thinking of opening another Alateen meeting in St. Mary's County, not sure where yet.

#### **Alateen in schools & health department centers:**

Baltimore County Public Schools (BCPS): the Alateen Area Coordinator (AAC) met with BCPS administration last year and worked out the details of the cooperative agreement required by BCPS in order to have the meetings. One school that expressed interest, Crossroad Center in Middle River, wants to wait until mid-September to determine whether or not to have Alateen this year.

Wicomico County Schools: One of the AMIAS in that area has contacted the school administration. Discussions continue.

Health Departments – over the summer both Anne Arundel County and Baltimore County Health Departments expressed interest in Alateen. Discussions are underway.

**Flyer:** “Why do Al-Anon members become AMIAS? - It's great service work!” In order to grow Alateen, Al-Anon members need to become AMIAS. The flyer explains the need and the process. Having more AMIAS will position the Area to be able to provide Alateen in schools and communities. Flyers are available on the table.

**Annual recertification training** was completed July 1st. There are currently 20 AMIAS.

**New AMIAS training** date is October 7, 2019. Flyer is available on the table.

#### **Area Information Services Reports:**

**Anne Arundel AIS-** Mary Kay

Al-Anon-Cer

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December 2019

This is a huge challenge  
The treasurer stepped down, but other people stepped up.  
They have a new webmaster for AA County.

**Baltimore AIS- Diane D.**

The public outreach campaign has been the main focus.

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

If you have anything to present at Assembly, please let Joe or Idalia know in advance.

**Questions or Concerns:**

Technology Committee having generic email addresses- we have them, get them from Paul or Katie. Use this address to hide your personal information. Information is forwarded to your own email.

The Spring Convention Guidelines go to a group of past chairs, they make changes, then it goes to AWSC. We have to vote to update. It is an appendix to the guidelines.

Spring and Fall Convention Guidelines- Let's see if we can put them on the website.

Alateen at convention- The attendees don't have to be part of an Alateen meeting to be part of Alateen at the fall convention.

The value of service and what we've gotten out of it. Share our own experience.

Hope for Today has a lot of service readings.

Idalia- "The more I've opened myself up to the next service level, the more I have grown."

Barriers to service have become a big issue.

Charlie- Past Delegates go to NERD. How to Get People Involved in Service. Good, clear job descriptions, tell people there's an exit plan, talk to people personally individually. Invitation to Service.

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



Al-Anon Holiday Party  
Sunday December 8, 2019



All Saints Episcopal Church  
203 Chatsworth Avenue  
Reisterstown, MD 21136

Dinner 5:30 - 7:30 pm

Candlelight Meeting, 7:30 pm

PLEASE BRING A DISH TO SHARE

Hosted by: District 6

Regain your cool...



...at the St. David's Annual  
Holiday Celebration!

Hosted by:

Midtown Al-Anon Group and  
Roland Park Steps & Traditions AA Group

Wednesday, December 11, 2019

7:00 pm Delicious Potluck Dinner

8:00 pm Meeting with Al-Anon & AA Speakers

St. David's Church  
4700 Roland Avenue  
Baltimore, MD 21210

## District 6 Al-Anon Winter Workshop

Saturday, February 22, 2020 (Snow Date: Sat. March 7<sup>th</sup>)

8:30 am – 12:30 pm

**Trinity Life Church, 2122 W. Joppa Road, Lutherville, MD 21093**



**8:30:** Registration, Fellowship & Breakfast (bring an item to share)

**9:30:** Welcome

**9:45:** Workshop I

**11:00:** Workshop II

**Noon:** Fellowship & Closing

### Directions:

**From 695:** Take Falls Rd N (exit 23), turn right at W. Joppa Rd. Follow W. Joppa for 0.7 miles. Trinity Life Church is on the left. Workshop in Baldwin Activity Center

**From York Road:** Turn west on to Seminary Ave, follow Seminary 3 miles to left at MD-25/Falls Rd. In 0.5 miles turn left at W. Joppa Road. In about 0.7 miles turn left at Trinity Life Church. Workshop in Baldwin Activity Center

**VOLUNTEERS are needed.**

**Please contact Martha D to volunteer.**

*You are cordially invited to the  
AFG District 7 SereniTea  
Sunday, March 8, 2020*



*Refreshments*

*Fun*

*Fellowship*

*Serenity Speakers*  
(Al-Anon & AA)

*2-4 PM*

*Grace United Methodist Church*

*5407 N Charles St*

*Baltimore, MD 21210*

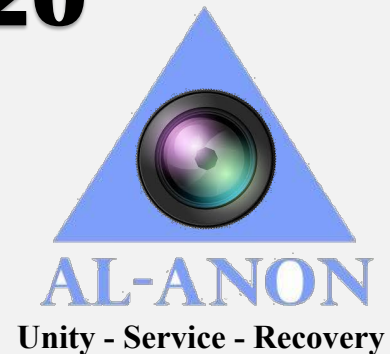
*No RSVP; Bring Your Own Mug*



**Please Join us for the 20th Annual  
Al-Anon Spirituality Weekend**  
Hosted by District 13 AFG

# **Spirituality in 20/20**

## **“Looking Through A New Lens”**



**Saturday, March 14, through Sunday, March 15, 2020**

Registration & Breakfast start at 8am Saturday. Weekend concludes at 2pm Sunday

Location:

**Lathrop E. Smith Center  
5110 Meadowside Lane  
Rockville, MD 20855**

*Come share the experience,  
strength and hope of the  
Al-Anon program in beautiful,  
natural surroundings with  
fellow Al-Anon members.*

**Only \$45 for the entire weekend**

Includes 5 meals, snacks & lodging for one night  
(\$30 if you register for Saturday only, \$20 for Sunday only)

*Program Includes: A Series of Al-Anon Workshops – Yoga/Meditation –  
Art Projects – Writing Exercises - Group Hikes –  
Fireside Letting-Go Ceremony*

## 2020 District 13 AFG Spirituality Weekend Registration Form

Registration & Breakfast start Saturday, March 14 at 8am

Program concludes Sunday, March 15, 2pm

Lathrop E. Smith Center, 5110 Meadows Lane, Rockville, MD 20855

### **Registration Deadline is March 2, 2020**

- Total cost for the weekend is \$45 and includes housing for one night, five meals and snacks. Saturday only registration is \$30 and includes three meals. Sunday only registration is \$20 and includes two meals.
- **No person will be left out for financial reasons.**
- Housing is single-sex dormitory style (bunk beds) with shared bathrooms. Overnight guests should bring: Sleeping bag or linens, blankets, pillows, towels, soap, flashlight, reading light, yoga mat, shower shoes, and ear plugs. Meals and meetings/workshops are held in White Oak Hall. Some vegetarian, vegan and gluten free food choices will be available.
- Return the registration form below with your check by March 2, 2020 to secure your spot. All registrations must be made in advance – **SORRY, NO WALK-INS.**

-----  
(DETACH ALONG DOTTED LINE)

To register, complete and mail this form with your check (made payable to – **District 13 AFG**) to:

**Registration 1131 University Boulevard West, #1915, Silver Spring, MD 20902**

**NAME** \_\_\_\_\_ **STATE** \_\_\_\_\_

**Phone Number** \_\_\_\_\_ **e-mail** \_\_\_\_\_

(We will email your registration confirmation and pertinent registration details)

**Please check one:**

- ☐ Full weekend - Saturday/Sunday - \$45.00
- ☐ Full Weekend (**NOT** Staying Overnight in dorms) - Saturday/Sunday - \$45.00
- ☐ Saturday only \$30
- ☐ Sunday only \$20

**Total amount enclosed: \$** \_\_\_\_\_

## WHY DO AL-ANON MEMBERS BECOME AMIAS? - IT'S GREAT SERVICE WORK!

*If you have been in Al-Anon at least two years, have a sponsor, & are you 21 or older you can become an AMIAS*

**AN AMIAS IS** an **A**l-Anon **M**ember **I**nvolvement in **A**lateen **S**ervice. An AMIAS serves as a **Group Sponsor** in an **Alateen** meeting about twice a month - it's easy.

**ALATEEN** is part of Al-Anon Family Groups; it's a fellowship of young people (ages 9-19) whose lives have been affected by someone else's drinking. Alateens meet to share their experience, strength and hope...

**ALATEEN MEETINGS** are similar to Al-Anon meetings. **TWO AMIAS** are needed to sponsor the meeting. Without two AMIAS, the meeting cannot be held.

**TO BECOME AN AMIAS**, complete an application, choose two Al-Anon members as references, get fingerprints for a background check, submit a government photo ID, and attend training to become certified.

**ONCE CERTIFIED**, AMIAS's recertify annually by completing an online form and attending training, that's it!

**READY TO BECOME AN AMIAS?** Go to the Area 24 Alateen website [www.alateenmddc.com](http://www.alateenmddc.com) and choose **How to become an Alateen Group Sponsor (aka AMIAS) in Area 24** and follow the instructions. **THIS WILL HELP GROW ALATEEN.**

If you have questions, contact the Alateen Area Coordinator, Barb M, [alateenarea24.ac@gmail.com](mailto:alateenarea24.ac@gmail.com) or call 443-379-4430.

September 2019

**Save the Date! Save the Date! Save the Date!**

44th Annual Al-Anon Family Groups of  
Maryland and the District of Columbia

## **Spring Convention**

With AA Participation



# **Having Fun Again**



**June 12, 13, & 14, 2020**

Washington College, Chestertown, MD



Topic Meetings, Al-Anon and AA Speakers, Spirituality Speakers, Entertainment, Fellowship,  
Dance. Bingo. Hospitality Room. Meals with Vegan and Gluten-free Meal Options.

*Come for the entire weekend or Saturday only.*

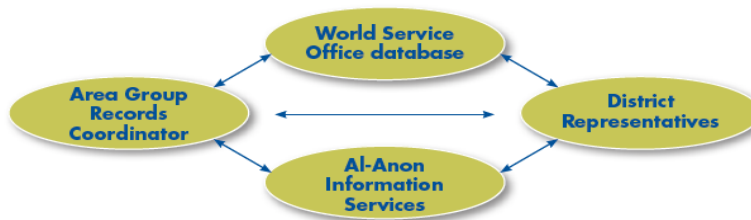
For more info email: [springconventionchair@gmail.com](mailto:springconventionchair@gmail.com)

**Save the Date! Save the Date! Save the Date!**

## Attention All DRs and GRs & Members- New Easier WSO Group Records UPDATE & REGISTRATION Procedures

Here is WHAT's NEW with WSO Group Records and the CHOICES TO UPDATE WSO Group Record/New Group Registration/WSO Annual Update Form Reply:

### WSO Group Records Information Flow:



REGISTER a NEW Group, UPDATE your Group's information now available online at WSO Website under "Members" drop down menu listing "Group Records": <https://al-anon.org/for-members/group-resources/group-records/>

1. WSO website allows members to UPDATE their WSO Group Record online. Completing the online Update form automatically generates an email to the AGRC for input within seven days of receipt. The AGRC sends copies of the updated record to the requestor for review and to the DR and AIS (when meeting is located in an AIS area) and to the member requesting the update and the CMA/GR.
2. WSO website allows members to Register a NEW Al-Anon Family Group online. WSO requests that the AGRC verify the District of meeting before WSO finalizes the New Registration. WSO THEN provides the WSO ID number for the New Group for the AGRC to notify the New Group's CMA/GR as well as the DR, and AIS where the meeting is located.
3. WSO Annual Update Form reply: WSO now allows groups to send to the AGRC for update processing rather than the group mailing the form back to WSO for processing. Provide any changes to the Annual Update Form to the AGRC via phone, email or USPS. Contact information below)

(Note all data entered by the AGRC into the WSO database are uploaded within an hour, ensuring that the Newcomer has the latest information. Check out the WSO Find a meeting feature to see how your meeting is shown to the Newcomer and member visiting our area: <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>.)

PAPER FORM OPTION STILL AVAILABLE on WSO website <https://al-anon.org/for-members/group-resources/group-records/> Down load and print a copy paper form (looks similar to the retired WSO Form 1) from the website and send Group Information changes to the Area Group Records Coordinator for processing or WSO for New Group Registration.

These changes were presented at the Spring 2018 Area 24 Assembly. Contact the Area Group Coordinator, Maureen M at [mmvolunteer@verizon.net](mailto:mmvolunteer@verizon.net), 301-513-0255 or 5007 Geronimo Street, College Park, MD 20740 for an electronic copy of the presentation, WSO Group Records Changes as well as any questions regarding these procedures.

## **As in Sept: From the Group Records Coordinator:**

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

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

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

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

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

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

Please send the form to the Area Group Records Coordinator at

[Area24GroupRecords@Aol.com](mailto:Area24GroupRecords@Aol.com).

You may also use the form to email your Al-Anon-Cer subscription request to:

[Newsletter4Area24@gmail.com](mailto:Newsletter4Area24@gmail.com).

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

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

# Al-Anon Group Records Change Form

Please submit this form through your Area Group Records Process or the WSO

## 1. Group Record

WSO I.D. Number \_\_\_\_\_

District Number \_\_\_\_\_

Area Name (Abbreviation) \_\_\_\_\_

## 2. Status

☐ Change

☐ Inactive

## 3. Changes

☐ Group Name

☐ GR

☐ Meeting Place

☐ Current Mailing Address (CMA)

☐ Meeting Time

☐ Phone Contact for the Public

☐ Meeting Day

## 4. Group Registration Overview Location

Group Name\* \_\_\_\_\_

\* Reflects Al-Anon principles and is inviting to all. See instructions to fill out the form. Please note that group names not in compliance with the Al-Anon policy will delay processing of the registration. Contact your Area Group Records Coordinator or the WSO for further information.

Mailing Language \_\_\_\_\_

## Location

Meeting Place \_\_\_\_\_

Meeting Address \_\_\_\_\_

City \_\_\_\_\_ State/Province \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_ Country \_\_\_\_\_

Group email \_\_\_\_\_

## Phone Contact for the Public

First Name \_\_\_\_\_ Phone Number \_\_\_\_\_

First Name \_\_\_\_\_ Phone Number \_\_\_\_\_

## 5. Meeting Details

Day \_\_\_\_\_ Time \_\_\_\_\_ ☐ AM ☐ PM

Type: ☐ Open ☐ Closed

Spoken Language \_\_\_\_\_ Member Count \_\_\_\_\_

☐ Beginners\* ☐ Introductory\*\* ☐ Limited Access\*\*\*

☐ Handicap Access ☐ Child Care ☐ Fragrance Free

☐ Smoking Permitted ☐ Sign Language

Location Instructions \_\_\_\_\_

## Additional Meeting

Day \_\_\_\_\_ Time \_\_\_\_\_ ☐ AM ☐ PM

Type: ☐ Open ☐ Closed

Spoken Language \_\_\_\_\_ Member Count \_\_\_\_\_

☐ Beginners\* ☐ Introductory\*\* ☐ Limited Access\*\*\*

☐ Handicap Access ☐ Child Care ☐ Fragrance Free

☐ Smoking Permitted ☐ Sign Language

Location Instructions \_\_\_\_\_

\*held in conjunction with a regular Al-Anon group meeting, not considered an Al-Anon group. Provide newcomers a simple introduction to Al-Anon.

\*\* Attendance changes frequently; not considered an Al-Anon group. Attendees are invited to go to regular Al-Anon meetings.

\*\*\* Meeting access is limited due to the facility's entry restrictions. These groups meet at sites such as military bases, institutions, industrial plants, or schools.

## 6. Current Mailing Address (WSO mail for the group is sent to the postal and email addresses)

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

Street/PO Box \_\_\_\_\_ City \_\_\_\_\_

State/Province \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_ Country \_\_\_\_\_

Phone Number \_\_\_\_\_ Email \_\_\_\_\_

CMA email address is entered here. Please enter Group email address in section #4 (See instructions for more information)

## 7. For Area Use

☐ Group Rep ☐ Other \_\_\_\_\_

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

Street/PO Box \_\_\_\_\_ City \_\_\_\_\_

State/Province \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_ Country \_\_\_\_\_

Phone Number \_\_\_\_\_ Email \_\_\_\_\_

The WSO will register any group designating itself as an Al-Anon Family Group with the understanding that it will abide by the Traditions and that meetings will be open to any Al-Anon members. Al-Anon/Alateen Service Manual (P24/27), "Digest of Al-Anon and Alateen Policies"

Submitted by: \_\_\_\_\_ Date: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_