

Reports for the Good of Al-Anon from our February 2023 AWSC

WA Area Contacts
Page 2

Upcoming Events
Page 2

WA Area Officers' Reports
Pages 3-12

WA Area Coordinators' Reports
Pages 12-19

Minutes from February 2023 AWSC
Pages 19-

District Representatives' Contacts
Page 24

To subscribe to the Washington Wanderings Newsletter, visit <http://wa-al-anon.org> and click on Resources → For Members → Washington Wanderings. Fill out the easy-to-use form, choose to receive email copies, paper copies (\$12 per year), or both. If you request paper copies, you will need to send your check to our Treasurer:

Melissa M

WA Area AFG

12128 N. Division St. PMB# 1531
Spokane, WA. 99218

Washington Wanderings The Newsletter of WA Area Al-Anon Family Groups (AFG) March 2023 Volume 50 Number 1



KEEP COMING BACK

I don't imagine I have any talent at taking care of plants, except to eventually kill them off. Nevertheless, very kind friends have gifted me with orchids. Orchids! Sensitive, delicate, requiring specialized care. Taught to water my charges, I do. Occasionally. When they "look dry." And yet, at the turn of this year, after giving little attention since it was given to me 5 years ago, this quiet, sedate and spindly plant burst forth with 4 perfectly- formed pink blossoms. I shared this miracle with an older friend, a coddler of 5 of these plants. And she said to me, "I'm throwing mine out. I can't wait 5 years to be reinforced! "

For 5 years, this plant did nothing. I kept watering. Barely. Maybe like continuing to go to meetings, even when I am **only** going to meetings, my Higher Power continues to work and does for me what I cannot do for myself. I see that my life gets better. My fear shrinks and I can speak like an adult to a scary boss. My irritation with a coworker evaporates and I stop reacting. A lifelong procrastinator and perfectionist, I have a newsletter ready to go before its due date. My life blooms. Don't leave before the miracle happens. If you do stay, I get to see you all blossom before my very eyes.

Panel 62 Contact Info

WA Area Officers

Delegate – Katharine R
delegate@wa-al-anon.org

Alternate Delegate – Kimberly H
alt-delegate@wa-al-anon.org

Chair – Kathy D
chair@wa-al-anon.org

Alternate Chair – Shelly T
alt-chair@wa-al-anon.org

Secretary – Denise A
secretary@wa-al-anon.org

Treasurer – Melissa M
treasurer@wa-al-anon.org

WA Area Coordinators

Alateen – Eliza D
alateen@wa-al-anon.org

Alateen Safety – Michael S
alateen-safety@wa-al-anon.org

Archives – Nena T
archivist@wa-al-anon.org

Communications—George S.
communications@wa-al-anon.org

Group Records – Yvette N
group-records@wa-al-anon.org

Literature – Ruth F
literature@wa-al-anon.org

Newsletter – Mary P
newsletter@wa-al-anon.org

Public Outreach – OPEN
outreach@wa-al-anon.org

Website – Leslie N
webeditor@wa-al-anon.org

UPCOMING EVENTS 2023

PreCon (Voting assembly for all GRs, Drs and interested Al-Anon members) Mar 31, April 1-2, Campbell’s Resort, Lake Chelan, WA (Hybrid)

ASTAR (Training weekend for Al-Anon members wanting to support Alateen meetings) April 14-16, Lazy F Ranch, Ellensburg, WA (In person)

Summer Seminar Assembly (SSA) (Primarily service-oriented workshops for all Al-Anon members and Delegate’s Report after WSC), May 19-21, 2023, Stanwood, WA (In person)

Al-Anon International Convention (Workshops & speakers from all over world) June 29-July 2, Albuquerque, NM (Hybrid)

WAAC (Al-Anon recreational and spiritual gathering of AMIASes & Alateens) July 14-16, 2023, Lazy F Ranch, Ellensburg, WA (In person)

August AWSC (Business meeting for DRs & Alt DRs) August 5, 2023, King County? Hosted by D15. (In person)

Fall Assembly (Voting assembly All GRs, DRs & Alt DRs), Oct 6-8. 2023, in the Spokane area? Hosted by D2. (Hybrid or in person—TBD)

Out-of-Context quote overheard at AWSC: “I am practicing a 12 (knitting) needle program. “

WA Area Officers' Reports from AWSC, February 25, 2023

Delegate's Report – Katharine R

Good morning, my Washington Area World Service Committee friends! I am very happy to be with you this weekend, and I have much to share. However, I must first apologize for not getting my report to you prior to today. You certainly would have read it – but maybe that would have spoiled the surprise of what I'm going to say? No, there really aren't any exciting news items this time, but I was hoping that my delay might allow me to share the very latest from our Trustees and the quarterly Chair of the Board letter. Instead, you'll have to watch your "In the Loop" emails to see that letter when it's released. There will be some new news in it.

My activities since Fall Assembly have been significantly quieter and slower than they are for the rest of the year. Here are some highlights:

- I told my story at a virtual speakers meeting (with my loved one unexpectedly home that evening – I suddenly had to change what I had planned to share! Good lesson for me.)
- Attended the 2022 Washington Area Speakers Convention in Lacey. What a great time of fellowship and recovery, and a very comfortable setting.
- Sitting in on a couple of virtual GR Circles, facilitated by our own Alternate Delegate, Kimberly. Good questions, great opportunities to share and learn together.
- Met with the rest of the Washington Area Excess Funds Committee to consider a proposal for outreach.
- Had some virtual meetings with the other Washington Area Officers.
- My work on the Literature Committee means that I have homework assignments and quarterly meetings with Tom Coffey, other Delegates, and at-large members of the committee. We've been working on three different projects that you will get to see... eventually.
- Replied to email, phone, and text messages from our members with who brought questions on a variety of topics. Not all of these are resolved yet, but we're working on them together. I'm grateful to be a sounding board when someone needs to talk through a complicated situation.
- And then there are all those other emails, from the World Service Office (WSO) staff, other Delegates, and the Chair of the Board. When I was a brand new District Representative,

a wise friend told me I didn't need to drown in all the emails that gushed into my inbox every week. There are filters you can apply to the daily stuff, and it's okay to do a quick skim so you know what needs full attention. The volume of communications is much greater in this position, so it's a good thing I learned a little back then!

If you receive "In the Loop" emails from the WSO, you already know that the 2022-2025 Service Manuals have landed! Production delays brought us all so many new opportunities to breathe... wait... and breathe again... but now we can see about getting them into our hands!

As you recall, the highlight of last year's World Service Conference held in New York was the vote to accept the Global Electronic Area (GEA) into the Al-Anon service structure. Once that was established, the next step was to create a way for Permanent Electronic Groups (PEMs) to move from a traditional geographic Area (such as ours) to the GEA, or vice versa. It took a while to get this finalized, but those procedures have now been established. The next step for the WSO is to set up their database to allow two different types of meeting searches: one for electronic groups anywhere, and one for those electronic groups that would like to draw members from a limited geographic region. This might be beneficial for members who are temporarily unable to get to a physical meeting, but want to get to know other people around them. So, keep watching the WSO website for updates and improved searching capabilities.

The flexibility of electronic groups means that meetings are available in several different languages. Can you guess how many languages are currently accessible? As of today, electronic meetings are being held in 18 different languages!

Another big concern for Al-Anon is the need for volunteers at every level of service. I want to thank each of you again for being here today. Your commitment to your district, to your groups, and to Washington Area is appreciated. How many of you are in a district that has most of its service positions filled? Most of your groups have GRs? Are there some groups without a GR? We have an unfilled Coordinator position on the Area level. "Big" Al-Anon has a few open Trustee positions. At any level, there's the question of waiting to find the right person for the job or taking the first one to volunteer. I'm not saying there's one right answer to that problem. Some jobs require certain skills, some need just the right kind of team members to work well together. And some positions are good for members starting out in

service, allowing them to learn along the way and grow into it. For a variety of reasons, our society is running short on volunteers these days.

Let me suggest one word to help fill an empty service job: ask. A personal invitation to come alongside you, or to join your district team, is a great way to start. Yes, a nudge from a sponsor is good, too. One of the best things about Al-Anon is that we always expect a rotation of service – you can't get stuck doing the same thing forever! "Come back for another report, when I talk with you and our GRs about the joys and needs of service!"

Looking at my spring and summer calendar, I've got busy times ahead. In late March, Alternate Delegate Kimberly and I will do a mini road trip to Pasco to attend the Northwest Regional Delegates Meeting. Think of this as "boot camp" for Delegates! All past Delegates from nine states are invited to attend this weekend meeting to discuss Al-Anon business, service, and give handy how-tos to current Delegates and Alternates.

The very next weekend, March 31 – April 1, I'm looking forward to seeing all of you and our GRs for the Pre-Con Assembly. Whatever items we decide on today will be what make up the agenda for that meeting. I love our AWSC meetings because they're smaller, more personal, but I really love the excitement that comes from a big Assembly where a couple hundred of us get to listen and discuss our Al-Anon family business.

In mid-April, I'll be representing all of Washington Area at the World Service Conference in Virginia Beach. This will be the first year of a three-year trial that shortens the Conference from five days to four. No matter how many days the Conference is, every moment is carefully scheduled and no time is wasted.

If you would like to send "love gifts" for me to share with other Delegates, you'll need to give them to me at Pre-Con. This year, no packages will be accepted at Conference. But, in one improvement over last year, you may plan to send cards to me at the hotel. Cards must arrive between April 15 and 23, with my name and a "hold message" on the address. If you want to be absolutely sure that I receive your card, you can use my home address as the return – you'll find that address on your AWSC contact sheet, lovingly provided by our Washington Area Secretary, Denise.

Katharine Richardson (hold for WSC 4/20–4/23, 2023)

The Founders Inn and Spa

5641 Indian River Road

Virginia Beach, VA 23464

We will get to see each other again in mid-May at Warm Beach for our Spectacular Super Summer Service Serendipitous Seminar Amazing Anticipatory Assembly, known as S-S-S-S-S-A-A-A! Okay, actually it's just SSA, short for Summer Seminar Assembly. Anyway, I'll see you there for dinner on Friday, and we'll have workshops and fellowship and great meals on Saturday, you'll get to hear a shorter version of my time at WSC that night, and then breakfast together on Sunday before we go home. SSA is a place to meet up with friends you love, make new friends as you laugh and have fun, and grow in your understanding of Al-Anon principles and service – all together! See what I did there?

That all sounds good, right? Service gives us a reason to get away, to spend time focusing on our individual recovery and our work together. But wait – there's more! At the end of June, come with me to Albuquerque for a few more days of new hopes, new friends, and renewed recovery! Al-Anon's International Convention starts in 123 days. Please keep talking about this in your district, because there's still time to gather up some members and get down there for a once-every-five-years experience of a lifetime!

A fun way to celebrate our Area and Al-Anon as a worldwide fellowship is for us to take part in the Language of Love parade at International. I know our Area has represented in this activity in the past – what were some of our costume themes? ... We need someone with a passion for fun to orchestrate this if we want to do it again. Registration for the Language of Love parade will open in May. Also, in the past, a member organized a Washington Area dinner. Is there someone here who enjoys eating out with friends? How'd you like to see about getting this going?

But also... There is another way to get a piece of the International action from the comfort of your own home, and at a fraction of the cost of travel and lodging and registration. For \$145 you can get a virtual attendance package that lets you watch the big meetings and connect with other members on a dedicated app. It's not the same as actually being there, but it's still a way to see some of the action, hear great speakers, and partake in a fun weekend.

Well, that is all the news I can fit into this one little report. As we focus ourselves on the business before us today, let us remember to be in the moment. Every new topic on the agenda brings the prospect of hearing a new perspective. We always ought to presume good will. Heated discussion gives us each a chance to practice sitting in the room, listening but not reacting, taking it all in and becoming better informed. Breathe... close your eyes... doodle... take notes... and think about what may be good for Washington Area as a whole. None of our decisions get chiseled in stone. We get to try things out, and if they don't fit, we can change them later.

Have a good day. Love, laugh, and grow... together!

Katharine R

Alternate Delegate's Report –Kimberley H

Wow! 2023! This is the 2nd year of our terms for this panel for many of us. This is the year where I think I know what I'm doing.

I've had several months of GR circle workshops on Zoom. We took a hiatus in December. This year, I'm inviting panel members to speak about their service position and how it relates to the groups. In January, Ruth F., the Literature Coordinator, talked about the groups' responsibilities related to our literature. She encouraged members to submit writings to the WSO for the Forum and other literature. In February, Melissa M., the Area Treasurer, spoke about groups finances and talking to our groups about the whole meaning of self-supporting. In March, we'll discuss our responsibilities at Pre-Con.

I like incorporating our literature (especially the Service Manual) during these discussions.

I'm looking forward to this year's Budget Committee meeting. Now that George has taken on a Coordinator position, he won't be on this committee. Melissa and I are looking for another DR who'd like to volunteer for this committee. We meet only once a year for one day to develop the following years budget to be presented at Fall AWSC and Fall Assembly. If you're interested in assisting on the very important committee, please see me or Melissa. I'm hoping to have this year's annual meeting in early June.

Now for the subject of in-person vs hybrid meetings. As many of you are aware, the Officers have had many discussions about this subject. I happen to have an opposite opinion to a few on this panel. My program has taught me how to agree to disagree. I'm allowed to have my opinion and voice. So is everyone else. And Al-Anon encourages me to speak up when necessary. It's also taught me when to keep my mouth shut. One of the best things Al-Anon

has taught me is how to have differences of opinion and still respect and love those I may disagree with. Bottom line is, it is my responsibility to listen to the discussion, vote, and support the outcome, whatever that may be. The group conscience, in my experience, is usually what is best for AI-Anon as a whole.

Thank you for this opportunity to serve as you Alternate Delegate.

Let us Love, Laugh, and Grow Together.

Respectfully In Service,

Kimberly H.

Alternate Chair's Report – Shelly T

Hello everyone,

As your Alternate Chair, most of you know it's my responsibility to organize SSA aka Summer Seminar Assembly. Putting SSA together this year I'm finding a bit more challenging than last year, primarily due to the lodging situation. In addition, there continues to be challenges with online registering.

For those of you who have attended SSA at Seabeck, the lodging at Warm Beach is the same. See bullets below:

- Room will be assigned on a FIRST-come, FIRST-served basis. Financially rooms are set up for 3 persons per room. The SSA registration form will have a place to write down the members you wish to share with. It will be very helpful, if you can send in all registrations of you and those you share with at the same time via snail mail. However, it's also okay to register online, providing the website issues are resolved. What's most important, is if you want to share with certain people, you MUST put down their names on the lines provided on the registration form.
- It is unknown at this time if you will be able to register and pay online, so you might prefer to register via snail mail, which is less expensive.
- The cost for snail mail registration is \$260.00. The cost for online registration is \$270.00.
- Please do NOT call the conference center regarding reserving lodging. They will tell you the exact same things that will be mentioned in the detailed information I will be sending out by AWSC.

- Please do NOT call about ordering or questioning meals. As I've mentioned before, the conference center accommodates almost every type of meal plan out there; such as gluten-free, lactose-free, vegan and more. There will be a box to check on the registration form for this.
- Please DO text, email or call me anytime, if you have questions or concerns.

In addition to my SSA duties, I have been the Chairperson for the PEM/PEG Committee. This topic is on the agenda, which the committee will present to you at AWSC.

Being the Chair of this committee has been an amazing experience, because of the members on the committee! Each member brought so many ideas to the table. Working on this task was very challenging, yet each member brought the Principles of this program to the meeting. There was no conflict, even when something got difficult.

Being that it was my first time chairing an Area committee, it was very cool to feel like each committee member was focused, determined and dedicated, as a unified team to complete this by February AWSC, 2023. I can't even begin to thank the committee members enough. It was an honor to work with them.

Thank you again for allowing me to serve you.

Respectfully,

Shelly T

Treasurer's Report – Melissa M

Welcome to the "comfortable" year!!! Can you believe we are in our second year of our three-year term? I spent last year asking questions, getting familiar with WA Area Treasure guidelines and working on QuickBooks.

Thank you District 26 for hosting and making this a welcoming AWSC. Your time and efforts have not gone unnoticed and is much appreciated.

Since we last met, I have been busy making sure everyone has been reimbursed, all bills are paid, and deposits are made so we can close out 2022. Thank you WAAC, ASTAR and WASC for sending me your financial reports in a timely manner. I reconciled last year's records before sending our yearly financial reports to Penny R. a Past Delegate/Trustee who graciously continues to do this accounting for WA Area on a volunteer basis.

The new non-profit laws require the annual report to be sent by mail and that has been taken care of.

Before all our financial papers were stored away, I asked an Al-Anon member to double check with me that we had everything accounted for. When we completed going through every bank statement, expense forms, receipts etc. we put each line item in a storage folder and lined them up just as they are on our spreadsheet. This way, if anyone needs to look something up, everything is accessible.

As a few members requested, I looked into blanket coverage for districts and groups and our insurance representative stated that this is not something our insurance can provide.

Last time we met I asked everyone to talk to your groups about adding Zelle for payments as another option. Zelle is free to transfer money from bank to bank. The disadvantage is members who use credit card will still need to use PayPal or mail in your registration, Zelle does not offer that option.

In 2017 at Pre-Con in Richland, WA the following motion was approved: WA Area AFG will include online payments for assembly registration, through a third-party vendor, for a trial of three years. Cost of vendor fees to 5% will be paid by online registrants. Trial will start, tentatively in 2018.

- o For example: Pre-Con 2023 registration is \$55.00...add the 3.49% is \$56.92 plus .49 cents = \$57.41 which we rounded to \$58.00

- o SSA 2023 registration is \$260.00...add 3.49% is \$269.10 plus .49 cents= \$269.57 which we rounded to \$270.00

I am so grateful that I have a sponsor that showed me how to make an Al-Anon budget and how the principles of that are different than how we may create a home budget. I remember thinking how crazy it seemed that in Al-Anon we create a budget on what our members want and need. After a proposed budget has been discussed and approved via a group conscience then we can trust the members to be depended upon to provide the funds. I am glad I have grown enough in Al-Anon to be willing to listen and learn. Most importantly, for my own growth, as usual she encouraged me to contact past area trusted servants to gain their knowledge and experience regarding AFG budgets. At home we look at our income first and then learn the discipline needed to spend and save an amount within our income. I have learned in Al-Anon to trust that both processes have a spiritual principle and work well.

Much of my surprise, I learned that in Al-Anon we start each new year with a zero balance. We operate out of our Ample Reserve until the funds arrive. As soon as possible we replenish our Ample Reserve. That taught me to think abundantly. I learned that we do not over spend and

we do not hoard and to trust our members. I have witnessed when we use this principle, if asked Al-Anon members will provide the necessary funds...I had several opportunities to work with various groups. For example, I met with one group and after many discussions they voted to donate to our service arms every quarter. The treasurer was reluctant but followed the group conscience. At the beginning of this year that group treasure called to let me know that instead of being fearful when emptying their checking account, he feels the gift of gratitude. That group went from not sending their GR to assemblies to being fully self-supporting. It is ALL about learning to trust!

I have a few concerns that I need to share, this is not easy for me to bring up, but, as your treasurer, I feel it is my responsibility. I take being your trusted servant very seriously and, with that said, I have been concerned about where WA Area is headed financially if we do not start talking more about finances before spending on items that were not approved on in our budget. In my perception, for example:

- We voted to eliminate the line item to have PD/Trustees to attend assemblies because they went over their expenses one year and concern it cost too much to have their ESH with us
 - o Their expenses for that year were \$3,464.63
- Yet since that motion, we have spent money right and left
 - o Last year we spent \$5,299.74 on volunteers with no guidelines, job description, or group conscience
 - o We added a Coordinator position without a lot of discussion, guidelines, job description
 - o We added a Coordinator w/out discussion, guidelines or a group conscience
 - o We approved a motion “excess funds” for area projects when we have a line item for area outreach of \$1,000 that never is used
 - o We approved to hire a web company for 20 hours for \$1,695.00 without guidelines or job description
- I need to tell you that, if we had used area excess funds and WASC would have not made money, we would have ended last year in the red.

We use to have over 400 active groups in WA Area and we now have 263! We are a very giving area and I get goosebumps when we receive donations and a lot of them come with notes. I believe it is all of jobs to talk about everything.

As difficult as it is to bring this up, as your Treasurer, I believe it is my responsibility to bring this up to you for discussion in your groups.

On a more positive note: we are a very giving area, and, as I said, I get goosebumps when we receive donations. I know there are groups that have very little money and my sponsor taught me to look for solutions. SO...if any member in your district or groups have a fundraising idea, please send them to me and I will compile a list and make it available. We are here to help each other.

We have a WA Area address:

WA Area AFG

12128 N. Division St. PMB # 1531

Spokane, WA 99218

At this time, I'd like to present a motion to make this a permanent WA Area address. We have had discussions and I presented the research I have done.

Motion: To make WA Area AFG 12128 N. Division St. PMB# 1531 Spokane, WA 99218 our WA Area permanent address.

Thank you for allowing me to be your trusted servant, but I am an Al-Anon member first and before all. The most important service I do is show up at my Al-Anon meetings and share my ESH and reach out to the newer members in my home group business meetings and in our Area assemblies.

Respectfully submitted,

Melissa M.

WA Area Coordinators' Reports from AWSC, February 25, 2023

Alateen Safety Coordinator – Michael S

Here is the current status of the Area Alateen Process, as of February 1, 2023:

AMIAS CERTIFICATION: The Al-Anon Member Involved in Alateen Service (AMIAS) Certification renewal window opened on January 15th, 2023 and will remain open through June 15th, 2023. The Area currently has 102 certified AMIAS. Of those 102 AMIAS, 46 still have to renew their certifications through me (again as of February 1st, 2023.). AMIAS training sessions will be announced on the Area website and on the WA-AMIAS mailing list.

ALATEEN GROUPS: We have eight active groups in the Area, in addition to the Monday night group hosted in the WSO's mobile app. We welcome the Thursday evening at 7:30 PM Lake Hills Alateen group in Bellevue, the Thursday afternoon at 3:30 PM Sammamish Plateau Alateen group, and the Wednesday evening at 7:00 PM District Ten Alateen group in the Olympia / Tumwater area. We hope that you will all support these and other Alateen groups in your Districts.

ALATEEN SPONSOR TRAINING AND RECOVERY (ASTAR): We will have a face-to-face ASTAR weekend April 14-16 at the Lazy F Camp in Ellensburg. Al-Anon members with at least two consecutive years of Al-Anon recovery may obtain or renew their AMIAS certification at ASTAR. Experienced AMIAS may become AMIAS trainers at ASTAR. Cost to attend is \$150 for the weekend. Please see your District folders or contact Michael S at alateen-safety@wa-alanon.org for registration materials and other information.

WASHINGTON AREA ALATEEN CONFERENCE (WAAC): The Area is hard at work planning a face-to-face Washington Area Alateen Conference (WAAC) to be held July 7-9 at the Lazy F Camp in Ellensburg. This is a weekend of growth and recovery for our Alateens. The cost to attend is \$90 for Alateens and AMIAS. We need 20 Alateens and 10 AMIAS to attend to make this a fully self-supporting weekend. Please contact Michael S at alateen-safety@wa-alanon.org or Bobbie C at rgc1950@yahoo.com for registration packets and other information.

We have a busy, active year planned for Alateen in the Area, and we need everyone's support to help make this work. Please contact your District Alateen Coordinator or District Representative to find out how you can support Alateen in your District. I remain available if you have further questions or if you do not have a District Alateen Coordinator or District Representative that is readily available.

Yours in service,

Michael S.

Alateen-safety@wa-al-anon.org

Archives Coordinator – Nena T

Happy New Year!

First off, I want to say how appropriate this year's WSO theme Love, Laugh and Grow Together is for me in every aspect of my life. This program is truly a gift.

Last year was a lot of firsts for me, in service and my personal life. I was recently asked by another panel member what I learned in my first year as Area Archives Coordinator. I have always struggled with writing reports, trying to perfect them, thinking about what everybody else wants to hear, or not hear. What I learned is I'm not being my authentic self. I believe my recovery is most important and, if I'm not growing in service, I shouldn't be serving. Last year I had a lot of expectations of myself of things I wanted to accomplish with archives. Not all of them were met.

The Archives committee finished the job descriptions for the Archives Coordinator and Custodial Archivist in November. I'm very excited to work with the Custodial Archivist.

I would like to thank District 26 and 27 for hosting us today! I hope in your planning in this event you were able to love, laugh and grow together as a district.

"There is no better way to keep our spiritual benefits than by giving them away with love, free of expectations, and with no strings attached." ...In All Our Affairs

Add-on report:

The Archive committee met three times to come up with the job descriptions for Archives Coordinator and Custodial Archivist. We went over the following to come up the job descriptions:

- Area Archives motions,
- KBDM background from the 2021 motion for permanent custodial archivist,
- Washington Area bylaws,
- Al-Anon guidelines G 30

I have put a copy of the job descriptions in the AWSC mailboxes.

The committee has recommended that the storage unit be moved closer to the Custodial Archivist, as it is not cost-effective to the area to keep the unit in Yakima.

I recently took a road trip to Yakima to visit the storage unit. We currently have 27 bins, four boxes and a file box on wheels. I made a call to the chair, and made the decision to load my car with as much of the material as I could. I left 15 bins in a file box in storage. I have turned the

storage key over to our Treasurer so she can pick up the rest, hoping to be out of the storage unit by the end of the month. The area currently pays \$97. 95 a month for the Yakima storage unit.

Some research has been done for places closer to the proposed Custodial Archivist:

U-Haul: Climate control: 5 x 5 \$84.95 or 5 x 10 \$134.95 temperature between 65 and 85 degrees

Heated: 5 x 5 \$79.95

Indoor: 5 x 5 \$74. 95

1st month free

Storage access: 5 am to 10 pm after 3 months consistent payments can apply for 24-hour access

Public Storage: Air Conditioned only: 5 x 10 \$98 and \$29 admin fee

Heated only: 5 x 10 \$99/month \$29 admin fee

At our next committee meeting, March 11th, we will be discussing digitizing and what is the best storage unit for archives. I want to say how truly grateful I am to have a committee so dedicated to our archives.

I have learned so much over the past 6 months about our area archives.

Thank you for allowing me to serve as your Washington Area Archives Coordinator.

Respectfully submitted,

Nena T

Communications Coordinator—George S

Overview

The Communications Committee was formed after the 2022 Fall Assembly to support WA Area hybrid meetings. At the Fall Assembly, I stepped up to fill the role of Communications Coordinator and was pleased to receive offers from others to participate and support the committee. I am very grateful for their support, input, suggestions, and expertise. I am also grateful to the individuals on the prior panel who led the way, created, and documented much of their work. The current committee's efforts are based on and were accelerated by their efforts.

Technical Goal

The Communication Committee's technical goal is to learn how to support a large hybrid

meeting. The definition of large is a meeting where sound amplification using microphone and speakers is required to permit the people in the meeting room to hear clearly. A successful hybrid meeting is one which the virtual participants can see and hear as well as the people in the room and the people in the room can see and hear the people who are participating virtually.

Accomplishments to date

- The Communications Committee has met bi-weekly since 10/14/22. There was much to accomplish to prepare to support 2023 WA Area meetings.
- The WA Area communications equipment inventory was documented in a PowerPoint file which includes a picture, brief description, and related information such as username/passwords and lists of related parts.
- A Google account and shared drive was created to store all Communications Committee documentation, correspondence, and meeting minutes to support the committee's goal of providing a complete archive of information to support future teams of support staff.
- The prior panel decided that it was cost effective to rent the required sound equipment instead of purchasing the equipment. The Communications Committee decided to rent the equipment also. The committee established a relationship with the vendor and rented the equipment to conduct a test as well as to support the February AWSC. The equipment typically required for a meeting is three microphones and stands, 2 speakers and stands and cables. We were able to use the WA Area's mixer.
- The five necessary tech roles required to support hybrid assemblies have been defined and documented on Google share. Some of these roles will be required in the meeting room and some can be performed virtually.
- The Committee conducted a test of the sound equipment and Zoom working together in Olympia on January 21st. The test was necessary because of our mutual lack of experience with integrating the mini-PCs and cameras, the sound equipment, and the mixer into a computer hosting Zoom. The test was a success. Mike was our remote tester. He could see and clearly hear what was going on in the room and those of us in the room could see and hear him clearly. We learned a great deal, coalesced as a team, and gained the confidence we need to be successful in the future.

Issues that need to be resolved

- Hybrid meeting commitment. The Area needs to make a decision about whether Assemblies, AWSC, and SSA will be hybrid or not.
- The Treasurer has informed the Committee that the WA Area Service Manual does not support the following costs related to hybrid meetings:
 - Sound equipment rental (~\$200)
 - Travel for tech support team
- Coordination between the Communications Committee and the District hosting the meeting related:

- The availability of WIFI or internet access
- Room size/layout
- Any venue contractual issues with use of site sound equipment. i.e., Was venue sound equipment use included in the price?

--George S

Literature and the Forum Coordinator--

We are pleased to announce that the 2022-2025 Al-Anon/Alateen Service Manual (P-24/27) v1 is available in English, French and Spanish in an electronic format at al-anon.org!

Every member is encouraged to actively use and study this Manual. It gives a clear and concise picture of the Al-Anon fellowship, its purpose and functions, and how it helps us to resolve group problems and maintain unity.

Updates to the Manual are noted with the use of vertical lines in the outer margins.

Many of you have been anxiously awaiting the printed version of the Al-Anon Alateen Service Manual. Thank you for your patience! I just rechecked the World Service Office website and though the time continues to be later and later at this point it is saying late February. Keep checking and keep being patient. Thank you so much.

Please continue to encourage others to make submissions to the "The Forum". Without submissions there would be no literature or the magazine which helps us through our recovery. Every month there are so many shares. Just in case you didn't know, "The Forum" is sent off to print approximately 3 months in advance. This is important because if you wish to write about a Step, Tradition or Concept plan way ahead. There is a process of reading and making decisions which speaks best to the voice of Al-Anon as a whole. Consider checking the guidelines on the www.al-anon.org to make certain your entry is offering the best to be chosen.

As a Group Representative one of our goals is to encourage others to read "The Forum". This can be done with group subscriptions as well as encouraging personal subscriptions. If you have older copies and wish to share, offer newcomers copies as a meeting in your pocket.

For those attending the Al-Anon International in New Mexico, there is a new book coming out and introduced there. Many people like to get a copy there and have it signed by others from around the globe to attend. If you are not attending your Literature Distribution Centers will probably be ordering copies. When you get your copy, consider bringing it to your group.

Sometimes we miss what is new simply because we are unaware it exists. Share your knowledge. Also, if it speaks to you consider writing about it and sending it into WSO.

Thank you so much for your time.

With much love and hugs,

Ruth F

Newsletter Coordinator—Mary P

Hello my Al-Anon Family! It is marvelous to see you all again!

First of all, I need to acknowledge all the people from Districts 26 and 27 for their incredible work today (and for the past 6 weeks) to put on this gathering. It has been marvelous to work with you all!

Have you all been getting your Washington Wanderings all right? Please let me know. Drop me an email, text, or send a note by carrier pigeon. And don't be afraid to offer constructive criticism, if necessary, or, better yet, **you could step up to offer to be a pre-reader of the newsletter** to catch those pesky oops that I seem so prone to.

I have been having trouble sending the newsletter from my own Washington Area email address and have not yet resolve how to do that. Just know, I am working on it.

Also, although there seemed to be a ground swell for reproducing the Washington Wanderings in Spanish, unfortunately I found it was too large task for me to take on. There were people who stepped up the translate and I bless them all. However, I found I needed to acknowledge my limitations: being an editor in a language I am not fluent in proved too much for me. I am profoundly grateful for those people who helped, for their hard and voluminous work. I only wish I could have done justice to their contributions.

And just to remind you all, you can subscribe to the Washington Wanderings through the Washington Area website via the Members tab & following it through Resources. Or you can send me an email to Newsletter@wa-al-anon.org with your name, address, email. Electronic versions are free; and the hardcopy is \$12. You can send your money directly to our fabulous treasurer.

Much love, and gratitude to you all for your service and for allowing me to serve,

Mary P

Web Coordinator—Leslie N

It has been a cold winter.

I have made many attempts to find time to clean up our database but life seems to get in the way. Every morning at 6:30am I turn on the computer to reject emails that are addressed with our wa-awsc-members@wa-al-anon.org email. Word Press holds those emails for three days. If I don't reject them the emails will be allowed to pass through. Anyone using the AWSC email address who are not district representatives (DR), area officers or coordinators will be rejected. Any other member must have their information or flyers submitted by their DR. I am responsible for the integrity of our database and mailing lists.

The Pre-Con mail-in and on-line registration forms were published February 7th and resubmitted on February 8th due to one small glitch. Ruth, the registrar, worked with me to produce an accurate and clean form. I appreciate very much her willingness and tenacity to be part of the production and testing of the final form. Every time we changed one thing another would fail. I could not have had a better partner to build the application.

I, also, want to thank Helen, the DR of district 15. Anytime I ask her to test for me she drops what she is doing and assists me by testing or making suggestions. I can rely on her to make herself available and I really appreciate her willingness.

So far, I have not been able to find anyone in our membership who programs in WordPress and uses ninja forms. I have a lot more to learn. I use YouTube and the internet to answer questions.

Please, if you have requests or notifications, send an email and then a text to inform me that you sent an email. I do not sit in front of my computer all day and night but I usually see my texts in a timely manner.

Respectfully submitted by Leslie N Phone 360.918.2550
Email leslienovy@att.net or webeditor@wa-al-anon.org

Rita Moreno's mother told her "Never give in, never quit, keep on moving."

At the Queen's funeral after the 21-gun salute, a three-year-old turned to his mother and asked "Is that how she died?"

Minutes from February 25, 2023 WA Area AWSC

Winter AWSC 2023 in Poulsbo, WA. Kathy D. (Chair) opened the meeting on February 2th, 2023 at 9:02 am with the Serenity Prayer.

The Steps were read by Elizabeth G. (D26), the Traditions by Bobbi (D24) and The Concepts and Warranties by Nancy K. (D2)

Kathy D. thanked District 26 & 27 for hosting followed by reading an excerpt from “Reaching for Personal Freedom; Participation is the Key to Harmony”.

Introductions to Past Delegates and members of the World Service Conference were made.

Voting Guidelines were read by Corky W. (D28) and Procedures by Bev. Roll call was taken with 30 voting members and substantial unanimity was established at 20.

Mary P. (D26) moved that we adopt the WSO theme for 2023, “Love, Laugh and Grow Together”, with a 2nd by Cooki P. (D10) vote taken by voice, 0-no, approved.

Officer Reports:

Delegate- (full report in WA Wanderings) Katherine has attended the WA Area Speakers Convention, some GR circles, a virtual meeting as the speaker, met with Officers virtually, responded to calls and emails from WA Area and World Service Office (WSO) members, been involved as a WSO Literature Committee member where they are working on 3 projects. She announced that the Service Manuals are now available in print, and that the WSO is refining its search methods for the Global Electronic Area (GEA). We also learned the 18 languages are spoken throughout the GEA. The need for volunteers was emphasized as it has been an issue within our fellowship from the group to the world levels. Katherine will make available to all qualified members the application for Trustee by forwarding it to the WA Wanderings. In March, Katherine and Kimberly H. (Alt Delegate) will be attending the Northwest Regional Delegates Meeting in Pasco, WA. In April she will be representing our Area at the World Service Conference (WSC) in Virginia Beach, VA. Love gifts can be brought to Katherine at Pre Con for her to pack with her luggage as they will not be accepting packages at the WSC this year. She also reminded us of the upcoming International Convention in Albuquerque, NM and that there is a way to attend virtually for a fee of \$145 per person.

Alternate Delegate- (full report in WA Wanderings) Kimberly is feeling more confident about her service position. She has been holding GR circle workshops, inviting panel members as speakers, and incorporating our literature into the format. The Budget Committee will need

another DR to replace George S. as he is now our Communication Coordinator. The annual Budget meeting will likely be held in June, possibly June 11th.

Alternate Chair- (full report in WA Wanderings) Shelly talked about the challenges to the lodging and online registration for Summer Service Assembly (SSA) this year. We were encouraged to get registered asap if there is a desire to share a room. There is a \$10 fee to register online due to costs for Pay Pal. Please direct all questions to Shelly, not Warm Beach Resort. She has enjoyed the challenges of chairing the Permanent Electronic Meeting (PEM) committee.

Secretary- Denise thanked Kathleen S. (D16) for her help cleaning up the updates to Section 7 of our Handbook. She found we have been copying two duplicate pages in that section and will be removing them per discussion at an Officer meeting. Those that have printed Handbooks will receive only the updated sections in print this year, which will be distributed at PreCon 2023. The minutes for Fall Assembly 2022 were read by Kriss P. (D27), Karen P. (D17), Karen L. (AIS), Patty R. (D24) and Nanci R. (D27). George S. (D8) moved that we approve the minutes as amended, Kimberly H. (Alt. Delegate) 2nd. Yes-30, Approved.

Treasurer- (full report in WA Wanderings) Melissa began by thanking volunteers. She just received 19 donations from our previous Treasurer and has deposited them. She has been completing the tasks to close out finances for 2022, reconciled our books and forwarded them to Penny R. who volunteered to audit them. She discussed the costs to use Zelle and Pay Pal, how our budget works and the different methods groups use for donating. Melissa shared her concerns regarding Area spending and that the number of active groups has declined by roughly 50%, with our donations declining as well. She asked that we make the new WA Area address; **WA Area AFG 12128 N. Division St. PMB 1531, Spokane, WA 99218** a permanent address. Discussion followed. Mary P. (D26) moved and Nena (Archivist) 2nd. Yes-28, No-2. Approved. Melissa asked questions and challenged the members to find the answers in our Service Manual using leftover fundraising items as prizes. She then reviewed the spreadsheets. Questions and discussion followed. Nancy K. (D2) moved to approve the Treasurer report, Yvette (Group Records) 2nd. Yes-24, No-1, Ab-1. Approved.

Committee Reports:

Archives/Custodial Archivist-The committee has prepared a job description for the Custodial Archivist and recommends that the archives be moved closer to a new Custodial Archivist. Nena discussed the considerations, costs and methods for that to happen. They will be meeting on March 11th to discuss digitizing. She believes that we will need a much smaller storage unit after they begin this digitizing. Kathy received a Trusted Servants Profile from Lynn T. for the position of Custodial Archivist. The Officers met and moved her name forward to be confirmed by the AWSC. Yes-22, No-0, Ab-3. Confirmed.

Break for lunch. Kathy opened the meeting with the Serenity Prayer. Bev read an excerpt from "Reaching for Personal Freedom; Concept 5". The 7th Tradition was collected.

Accepting PEG's (Permanent Electronic Groups)- (full KBDM materials provided to members prior to AWSC) Shelly and committee members Helen V. (D15), Jackie T. (D22), Pam (D23) and Yvette (Group Records) gave a PowerPoint presentation. Discussion and questions followed. The committee is recommending that we accept PEG's into the Area. The details of how this will be done are still being worked on by the committee. The Task Force moves that WA Area accept Permanent Electronic Groups (PEG) into its service structure, 2nd Ruth F. (Literature) Yes-27, No-0, Ab-1. Approved.

Discussions:

Shall WA Area resume meeting face to face for Assemblies/AWSC's? Melissa read excerpts from our Service Manual applicable to the topic. Shelly read excerpts from our Traditions, and shared her thoughts. Members shared their opinions and then voted to extend the discussion time. From the discussion several motions were proposed for consideration. The following were created from those proposed through a process of elimination; Shall the WA Area keep SSA in person only? Yes-25, No-4, Ab-1. Shall Pre-Con 2023 be Hybrid-20 or In Person-6, Yes-1? Shall we handle AWSC and Assemblies Separately-26 or Together-5, Now-3? Will AWSC be Virtual, Hybrid or In Person? The top 2 choices were Hybrid or In Person. After many equally split votes Marina G. (D27) drew from the hat; AWSC's will be In Person for this Panel. Shall Assemblies be Hybrid or In Person; GR's will decide/vote for themselves at Pre-Con 2023? Yes-? No-? No final numbers announced nor recorded.

Speaker's Convention- Shall WA Area continue to have an annual Speakers Convention? Are there other suggestions? Discussion followed (began while working through the face-to-face discussion item). Michael S. (Alateen Safety) moved that a committee be created to host a Speakers Convention once per panel, 2nd Nancy K. (D2) by voice vote, Yes-all with 1-No. Approved.

Committee Reports con't:

Communication Committee- George S. shared that the committee has been meeting biweekly since October, focusing on the technical abilities to host hybrid meetings so that all who attend virtually can hear and feel equally connected to the proceedings. They are creating documentation for others to use in the future, and ran a successful a test run in January. He talked about some of the costs they are coming to learn will be associated with his position. George had a variety of receipts that he was requesting reimbursement on. Kimberly H. (Alt Delegate) reminded us that anything over \$300 needs approval by the Assembly. Melissa suggested that we separate the receipts into their smaller increments, so that we could

approve the costs right then. By voice vote, Yes- all with 5 abstentions. Cooki P. (D10) moved that George be reimburse using the Unusual Expenses line item in our budget, 2nd Mary P. (Newsletter) by voice vote, Yes-unanimous.

Excess Funds-Met once and reviewed one proposal for funds to assist a District with public outreach. They asked that the proposal be reformatted to follow the guidelines for Area projects.

Coordinator Reports:

Alateen- No report.

Group Records- (gave her report during a break in the while votes regarding resuming face-to-face Assemblies/AWSCs were being counted) Yvette shared that she has been busy as a member of the PEG Taskforce. We learned there are 207 active groups with a GR/CMA; 79 inactive listed with the WSO which are likely closed; 17 that Yvette has closed since Christmas; and finally 45 inactive with no GR/CMA. She reviewed the role of a CMA.

Newsletter- (see full report in WA Wanderings) Mary reminded us that all the reports will be in the WA Wanderings, which she will send out electronically on the March 13th.

Alateen Safety- (full report in WA Wanderings) Michael shared that the AMIAS certification window is open until June 15th. Training sessions will be posted on the WA Area website. Please see the website for current Alateen meeting information. We were reminded that all changes to Alateen group records should be submitted to Michael, not Yvette (Group Records Coordinator).

Literature- Ruth shared that in the February and March edition of the FORUM there will a submission from WA Area Al-Anon members.

Website- (see WA Wanderings for full report) Leslie will read the report at Pre Con.

Communications- (see WA Wanderings for full report)

Archives- (see WA Wanderings for full report)

Announcements:

1. DR's will have 2 minutes to give reports at Pre-Con March 31st & April 1st
2. ASTAR (Alateen Sponsor Training and Recovery)-April 14th-16th.
3. SSA-May 19th-21st at Warm Beach Conference Center Stanwood WA.
4. WAAC (WA Area Alateen Conference)-July 7th-9th in Ellensburg, WA.
5. AWSC 2023-August 5th hosted by District 15.
6. Fall Assembly 2023-October 6th-8th hosted by District 2.

WA Area District Representatives (DRs) and Contact Info

Disclaimer: New District Representatives may not have been named at the time of this publication. However, these email forwarding addresses will be updated as soon as our WA Area Website Editor receives new information.

Please remember that the District locations noted below are general and are not meant to be official in any way. Please regard them as the vague references of a “wandering” newsletter editor.

District 1	(Southeast Washington)	Markie M dr1@wa-al-anon.org
District 2	(Spokane vicinity)	Nancy K dr2@wa-al-anon.org
District 4	(Tri Cities vicinity)	Suzette D dr4@wa-al-anon.org
District 5	(Chelan/Ephrata/Leavenworth/Moses Lake)	Open dr5@wa-al-anon.org
District 6	(North Central Washington)	Tiffany T dr6@wa-al-anon.org
District 7	(Cle Elum/Ellensburg/Yakima)	Bonnie M-C dr7@wa-al-anon.org
District 8	(Clark/Skamania Counties)	George S dr8@wa-al-anon.org
District 9	(Southwest Washington)	Mary Ann J dr9@wa-al-anon.org
District 10	(South Puget Sound)	Cookie P dr10@wa-al-anon.org
District 12	(Tacoma/west Pierce County)	Kayleen F dr12@wa-al-anon.org
District 13	(south/east Pierce County)	Monique R dr13@wa-al-anon.org
District 14	(Auburn/Enumclaw/Federal Way/Kent)	BZ W dr14@wa-al-anon.org
District 15	(King County, Bellevue and north)	Helen V dr15@wa-al-anon.org
District 16	(Bellevue/Mercer Island/east King County)	Kathleen S-L dr16@wa-al-anon.org
District 17	(Maple Valley/Renton)	Karen P dr17@wa-al-anon.org
District 18	(Burien/Des Moines)	Open dr18@wa-al-anon.org
District 19	(Vashon/West Seattle)	Linda H dr19@wa-al-anon.org
District 20	(central Seattle)	Deborah S dr20@wa-al-anon.org
District 21	(north Seattle)	Teresa H dr21@wa-al-anon.org
District 22	(north King/west Snohomish Counties)	Jackie T dr22@wa-al-anon.org
District 23	(Snohomish County/Whidbey Island)	Alison H dr23@wa-al-anon.org
District 24	(Skagit/San Juan/Island Counties)	Patti R-N dr24@wa-al-anon.org
District 25	(Whatcom County)	Juliana B dr25@wa-al-anon.org
District 26	(Kitsap County)	Elizabeth G-W dr26@wa-al-anon.org
District 27	(Olympic Peninsula)	Amber T dr27@wa-al-anon.org
District 28	(north Snohomish County)	Rhonda G dr28@wa-al-anon.org

