

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

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WA Area AFG

12128 N. Division St. PMB# 1531

Spokane, WA. 99218

Washington Wanderings

The Newsletter of WA Area
Al-Anon Family Groups (AFG)

September 2023

Volume 50 Number 3

The Editorial—take what you like...

**“I am powerless over persons, places and things...and my life has
been made unmanageable (by me)**

That is how I say it. It is not written that way, but I believe that is how the phrase ends. I am the author of my own misery. My attitudes. My thoughts. My resistance. My will. My self-reliance. I can do this! I know best.

Reality's a hard pill to swallow, taking on so much responsibility for my life, taking responsibility for how I respond to life. That response becomes my contribution to my suffering or my serenity. I don't buy that I am the “captain of my fate, master of my soul”. Life brings me and, often these days, takes much as well. I can't control that. It is very difficult to see my own boneheadedness (Have I mentioned that I can't see the color of my own hair? No, really!). But I can observe others.

I watch the friend who struggles so quietly, obsessing about how to admit her own dislike of something in my life and the solution she is so sure will take care of it---“it” which doesn't exist—until she blurts it out, terrified to offend me, caught up in her fear-locked psyche.

I watch the coworker who thinks I say dreadful and harmful things to her— who layers a neutral statement with her own self-loathing and negativity only to deliver snarky comebacks herself.

I watch how people I love introduce their own fears into a fraught discussion twisting a difficult situation into a **really** difficult situation.

And I know I have done all of these things and more...and will do them all again. Let me honor these teachers.

In Al-Anon it is my job to catch myself doing these things, to ask my HP for help accepting my frailties, to find a way to love myself, you, and them anyway. And if appropriate, to make amends by not doing again.... probably until next time 😊

It is my job to find a way to love all my teachers and be grateful for their gifts.... to try to remember that in the moment. It is often to **not** dope slap them either. The manageability of my life depends on it.

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

Group Records – Yvette
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

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



FALL ASSEMBLY DATES

Friday, October 6, 2023 Registration begins 5 pm

DR/GR Meetings@ 6pm

Spiritual Meeting@ 8:30pm

Saturday, October 7 Registration@ 8am

Meeting starts 9am to 5pm

Fun & Frolic @ 6:45pm, Speaker@ 7:30 & Cake@ 8pm

Sunday, Oct 8 Meeting 9am to Noon

LOCATION

Ramada Inn at Spokane Airport 8909 West Airport Drive
 Spokane, WA 99224

ROOM RATES

Double bed \$139 per night plus fees and taxes.

WA Area has a block of 30 rooms.

Contact Jean Berg at the Ramada and mention WA AREA AFG.

Phone 509-777-3053 M-Th 9 to 5

or email jeanberg@ramadaair.com

REGISTRATION

\$55.00 until September 29, 2023

Late registration fee is \$5.00

(No meal registrations after September 29)

Payable via:

1. Snail Mail:

.Make checks payable to WA Area AFG
 c/o Liz C.

315 W. Sumner Ave. Spokane, WA 99204

2. PayPal: on Area website

3. Venmo: WA AREA AFG

4. Zelle: donations2waarea@gmail.com

Lanyards will be on sale for \$5.00 as an Area fundraiser.

The Seventh Tradition will be observed.

WA Area Officers' Reports from AWSC, August 5, 2023

Delegate's Report – Katharine R

Good morning, fellow Al-Anon members. You all have a special place in my heart, and it is my privilege to work beside you to extend the hand of Al-Anon and Alateen to anyone in need in our communities.

At a recent meeting of Delegates from Panel 62, we were asked to focus on one or two recent successes in our Areas. A few of the Delegates seemed to have a long list of good things their Area is accomplishing. Several Delegates mentioned one or two highlights, but also alluded to significant challenges. I was having a rough day personally, and at first all I could think about were things needing improvement – but that was not the assignment. Therefore, let me focus on a few highlights.

Our last Area business Assembly was held in Chelan at the beginning of April. The second vote on our agenda that day was to accept this year's Conference theme: **Love... Laugh... and Grow... Together.**

Shortly after our Pre-Con Assembly, I attended a virtual meeting of the Literature Committee. (I had another of these meetings this very week.) The World Service Conference utilizes a handful of special committees, and their membership includes some Delegates and a few at-large members. Are you interested? Ask me! There is homework to do beforehand so that the discussions are kept on point. For me, the Literature Committee has given me insights into pieces of our Conference Approved Literature (CAL) which I had not yet read, and helps me to understand how a share from my homegroup or conversation with my sponsor might be written and submitted for consideration in a new piece of CAL.

How many of you were able to attend our Summer Seminar Assembly (SSA) at Warm Beach in May? There were some terrific workshops, and I hope we all took home new ideas and encouragement of things to work on in our own recovery. Also, I was excited and honored to bring you my report from the World Service Conference in beautiful Virginia Beach! I sent out the text of my report to the AWSC list, and I have offered to give part of my report in person or live online to any group or district who requests it. If you'd like to hear more, see my photos, and have some Q+A time, let me know.

A lifetime highlight for me was participation in the 2023 International Convention (also known as IC 2023.) Wow, Albuquerque is one hot place! This was my first International Convention. There were some stumbling blocks, like catering and... well, food is important to all of us, and it's tricky to plan for that many people. But I heard that Al-Anon may have been the largest

gathering hosted by that convention center, and this gave me a new perspective. Our attendance of more than 3600 people was a stretch for their staff, but most of the logistics were smooth. The facility was nice, and we were not crowded into spaces that were too small or uncomfortable. Most importantly, the speakers and workshops were helpful and relatable. Washington Area was VERY well represented! Communication was a distinct challenge, but we worked together to get the word out for our food court lunch and a big group photo. And the Language of Love Parade was a real hoot! It was fun to reconnect with members from all over, and it was such a pleasure to see many familiar faces from Washington. Remember that there will be a huge A.A. convention with Al-Anon participation in July 2025 in Vancouver, British Columbia. Get your passport ready!

The new daily reader, **A Little Time for Myself**, was first available at the IC 2023, and the first printing is already sold out! A little backstory about printing these days... Printing supplies are sometimes on backorder, so the WSO has changed its strategies to stay ahead of anticipated needs. When they send in orders for reprints of Conference Approved Literature (CAL), they order in larger quantities than before. Considering that, it's surprising that A Little Time for Myself sold out so quickly. Hooray for CAL!

Last week, the WSO announced that a new Technology Coordinator position will be supported in AFG Connects structure. Do you receive the AFG Connects emails for District Representatives? Coordinators? Officers? This is how members in various Area service positions can communicate with one another, across the US and Canada, to share ideas and challenges and best practices. The Al-Anon app was introduced three years ago this month! 150,000 users, in-app meetings, blog posts, electronic connection to the fellowship. Premium content is available for a fee, and that money supports the general outreach of Al-Anon.

The WSO just announced the 2022 Annual Report has been posted on the members pages of the Al-Anon website. The annual report gives details on Al-Anon's vision, mission, domains, and strategic objectives. You may choose to read this on your computer, or wait for the annual report to be published in the World Service Conference Summary this fall. **The Conference Summary** is over one hundred pages long, and also contains the motions, reports, presentations, and personal stories from the four days of Conference that I was privileged to attend in April. If you would like to purchase a hard copy of the Conference Summary, be ready to place your order as soon as you hear about it. There will be one printing, and they'll only print enough to fill standing orders. If you're okay with reading the summary on your device, you can always download it instead.

There was one thing that happened at WSC which was not included in my report to you at SSA. In the course of the Conference, a question was raised about how the agenda is developed. The response was that agenda items are determined by the Conference Leadership

Team (made up of Trustees and staff) based on input from committees, work groups, questions from Delegates and members, and conversation with the Board of Trustees. A day or two later, the Conference Chair brought forward two requests for additional agenda items submitted by Delegates. Discussion ensued, in Al-Anon business fashion (one trip to the microphone, timed) with the understanding that there were not enough hours in our days to simply tack more items on to the schedule. I gleaned a couple of insights from this process:

First, the Delegates would like to have a distinct voice in determining the Conference agenda items.

Second, the Conference Leadership Team heard this.

The vote was short of the majority required to change the agenda, so those particular suggestions were not discussed. But the act of standing up and requesting a change, with all due respect, was handled with dignity. It made me feel anxious to break the flow of the meeting to ask these questions – that’s something I’m working on personally as I continue to grow in my recovery. It reminds me of the questions we ask in our Area business, with love and honor for one another, understanding that the process rather than the product is our best objective. We are all in this together... so let us **Love, Laugh, and Grow Together**.

Respectfully submitted,

Katharine R

delegate@wa-al-anon.org

Alternate Chair’s Report – Shelly T

Hello To All.

The first thing I'd like to say is "THANK YOU, to everyone who attended SSA this year!" It was very special for me to feel the good will and positive energy the majority of members brought with them to this assembly.

Second, I want to offer a HUGE THANK YOU to all the volunteers and workshop presenters for SSA. All of you did a great job and I really appreciate all the time and energy you gave!

I may have organized SSA, but it was because of you who showed up, and those of you who volunteered that SSA was such huge success.

Preparations for SSA 2024 began at this year's SSA. Taking a group conscience, it was decided that we will return to the Warm Beach Conference Center again next year. I understand this

can be disappointing to some, but a number of factors had to be considered. I know I explained the reasons before, so won't go into them now.

As usual, I will need volunteers for various activities. THANK YOU to District 10 who has already stepped up to help with Registration! Also needed is a Welcoming Committee, Fun & Frolic, Mealtime Meditations/Reflections, Spiritual Meetings and Hospitality Room. Please consider talking about this with your District members.

I will be contacting our Area Treasurer to get the exact cost for the weekend soon. Stay tuned, as more will be revealed.

This year I attended the Al-Anon International Convention in Albuquerque, NM. While there it was announced that the PEMs (Permanent Electronic Meetings) are officially to be known as PEGs. (Permanent Electronic Groups). This brings me to the WA Area PEG Committee, of which I am the Chair.

I'll start with an amends for the confusion with the motions. It should have been just one motion for the GRs to vote on. One motion that had three items of explanation included. The three items were not intended to become three motions. I honestly don't know what happened, but the committee has met again, and we've finished things up and hope it will all make sense when presented at AWSC.

A BIG THANK YOU to the PEG committee members who stuck with it, as this was a very challenging task.

Finally, I'd like to say how grateful I am for each member who has been so understanding and kind during this difficult time our Area is going through. My thoughts and prayers are about hoping that we can get back to conducting our business with using our principles about personalities. With this I will end with, 'Let It Begin With Me'.

Yours in Service and Gratitude, Shelly T.

Treasurer's Report – Melissa M

Hello AWSC Members and guests. I want to thank D15 for hosting our August AWSC-2023. Welcome everyone! I am grateful to be here today with all of you! Please take out your hard copy of the current Treasurer report. It is disheartening to give a financial report and see so few reading people along as I report.

We are almost done with our second year of our three-year term the, “comfortable year” and I can say I am comfortable with my duties as your Treasurer.... I continue to ask questions to those who have served before me and learn a lot in AFG connects for Area Treasurers!

I have written and rewritten this report several times and, on Tuesday at my home group meeting, it hit me what I wanted to say: In Paths to Recovery on page 29 under Step Three it says, while we do this step,” What matters is that we set aside our willfulness and determination to be right, and believe that our Higher Power, however we may define it, will guide us in the right direction.” I ask you today are we in self-will or God’s will? I think sometimes we get so caught up in what we want that we forget why we are here. Can we take a minute and look around the room and ask yourself what do you see when you look at your fellow member? Let us try and remember that we all have earned our seats! We all have been affected by alcoholism and we owe it to treat each other with love and kindness.

I have received calls, emails and texts, and so much pre-Al-Anon behavior is going on. I know if I acted the way I see and hear some people behave that my sponsor would tell me to step down from service and get my butt into more meetings. The Three Obstacles to Success in Al-Anon (SM page 21) comes to my mind.

Dominance: I have had members call me and tell me how they are feeling bullied and pressured to either sign a petition or to be on their side. It saddens me to hear this because

1. Concept five (Appeal and Petition) does not mean that you send a petition around for members to sign. That is politicking, not Al-Anon. “Appeal” is sending an appeal letter of your disagreement and concern as you petition the Chair to get on the agenda. It saddens me that members have been misinformed and forgetting that it is about what is best for WA Area as a whole not about pushing your own agenda. And

2. Gossip, there has been a lot of gossip going around about several GRs are coming to AWSC, about donations, and so many other things.

I believe in transparency and I would like to put an end to a few things that have come my way, but for future reference, most if not all of these answers could have been found in our WA Area Handbook, Service Manual, Treasurer reports, or minutes. Please look there before contacting me.

1. I was asked why WA Area reimburses the IRS standard amount for mileage and not the IRS nonprofit amount of 14 cents.

Answer: This was done by much discussion and a group conscience. Group Conscience SM pages 48-49

- WA Area has a motion that we reimburse three cents below the IRS standard mileage amount each year. This year IRS standard rate is 65.5 cents and WA Area rate is 62.5 cents as following our motion.
- The Non-Profit (charity) IRS rate since 1998 is 14 cents
- Per the IRS: When nonprofits reimburse their employees and volunteers for mileage, they can use the IRS standard mileage rate or reimburse at a rate they have set themselves. No matter how they choose to handle reimbursing for travel and entertainment expenses, though, transparency is a key factor.
- Per the IRS: whatever you decide to reimburse for mileage it should help cover all of the driver's expenses, fuel, insurance, wear and tear, etc.
- Per the IRS: For mileage reimbursement, the IRS sets annual mileage reimbursement rates. There are three rates, one for business, one for charity and one for medical moving. The rate set for charity is fixed at 14 cents per mile driven. This is the rate you should reimburse volunteers at. The rate you should use for nonprofit employee mileage reimbursement is the business rate (2023 65.5 cents) The business mileage rate changes from year to year and doesn't vary on geographic location like per diem rates.
- Lastly, we are volunteers, and when I was told that our panel could be responsible for owing taxes, I called and was told that we are doing everything legal concerning mileage reimbursements.

2. I had a member call me and tell me that her district voted not to send any more money to WA Area until we got our act together. I also had a member email me with GOSSIP that there are several groups/districts that voted not to send money to WA Area.

ESH (experience, strength and hope) From the Group Finances/Budget in our SM on page 52: I have always been taught that once a group conscience has been taken it is my job to support it. Members passed the WA Area budget for which we ALL are responsible.

- Each group/district has a responsibility to support their service arms: under the Group Finances/Budget, our service manual states that groups support AI-Anon financially at all levels.
- Tradition Four: Each group should be autonomous, except in matters affecting another group or AI-Anon or AA as a whole.

My thoughts: this feels like punishment and my program has taught me that because I don't like something or someone doesn't give me the right to punish them. By not donating to WA

Area, you are not only denying those members in your group/district that want to follow our guidelines, you are affecting Al-Anon and AA as a whole.

3. It is going around that donations have declined in the past years and I'd like to clear that myth up: We use to have over 400 groups and we are now below 263 groups!

- Actual Group Donations

2016 = \$23,861.29

2017 = \$25,561.25

2018 = \$29,466.66

2019 = \$32,323.71

2020 = \$28,806.50

2021 = \$23,625.06

2022 = \$29,235.77

4. Lastly, I have been asked more times this term about my officer expenses than I have during any previous treasurer positions put together. So that leads me to believe there may be gossip or innuendo spreading about my expenses. Please see the detailed reports/list provided to you.

My sponsor encouraged me to bring my expense folder with me to every assembly and I have. You may set a time to look at it with me, but I will not allow you to look at it alone. I have lost trust.

I was even asked what happens to me since I have gone over my budget? This question doesn't make me feel accepted or equal.

I'd like to take a minute and thank the ones that have donated or even paid registration using Zelle or VENMO. I have learned an easy way to use VENMO and want to remind everyone of our options:

- Zelle: using a personal bank account by putting in donations2waarea@gmail.com
- VENMO: WaAreaAFG@Melissa-Mehrer

- PayPal: our motion states that members will pay up to a 5% fee to use an outside vendor. We are now over that fee. I would like to see PayPal dropped as an option and WA Area start to get the full number of groups donations through other options.

I stood to serve WA Area because I wanted to give back what has been so freely given to me. There is not a day that goes by that I don't feel honored and humbled. I take my responsibility as your trusted servant very seriously. I know we are all volunteers, but only a few get this opportunity, so I want to say thank you again for electing me and also to those of you who trust me as your Area Treasurer.

If I have helped one member think abundantly, to trust our members, to understand the Ample Reserve is there to use, or even to fill out an expense form for reimbursement, then I have done my job!

I hope this helps clarify my position. Let me say this about our motions: we don't have to agree with our group conscience, but it is our job to support it. If you have not read it, the group conscience is explained in our Service Manual. Before Al-Anon I thought I knew best about everything and that I could make it work better. I have since learned to question myself about why would I think I know better than those years and years of past trusted servants and their decision and group conscience and especially why would I want to politick to change something that has worked successfully for years?!

I love on page 102 in our Service Manuals, it states, "Our spiritual principles inspire members to support the fellowship as it serves both members and prospective members. As we receive the hope and help we each sought, we use these spiritual principles to ensure that those following in our footsteps have the same opportunities."

Since we last met, I have been making sure our expenses have been paid, presented a 7th Tradition workshop with Patty (DR for D24) at SSA, going over and signing contracts, and most importantly, attending my home group and talking to my sponsor every week, sometimes more. She continues to urge me to seek answers from past trusted servants that know more than either of us, look for answers in our Handbook and Service Manual and use common sense. She also reminds me to not try to fix what is not broken.

Thank you for allowing me to be your trusted servant...

Grateful in Service,

Melissa M

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

Archives Coordinator – Nena T

Hello Everyone!

I want to start by thanking District 15 for hosting all of us today!

The archives committee has been unable to meet due to illness, summer vacation, but hope to be meeting again in Sept/Oct.

Our past Custodial Archivist Bonnie. M passed away. Her daughter reached out to the Chair to return archives that were in her possession. We made arrangements to get those to Lynn, our WA Area Custodial Archivist at SSA.

Sunday, June 4 Lynn and I met in Steilacoom, WA at the AA Archives to look at how they digitize and store their archives. It was a wonderful experience and a little overwhelming at the same time. The way AA does it may not be what is best for WA Area at this time, we are exploring options.

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

Nena. T

Group Records Coordinator – Yvette O

Welcome everyone to AWSC. As you all know there have been a lot of changes this year and surely a few more to come.

I have been busy imputing everyone's group changes as well as serving on the PEG Committee. The committee has been working hard since Pre-Con to finish up our recommendations to be presented to you today.

Group records has seen quite a few changes these past few months with some groups closing and others going back to in-person only meetings. I am happy to see that several groups have been able to find a CMA and have been now listed as "active" on the WSO website.

I have had some challenges inputting submissions for the last several months and know that I am not alone in the struggle. There are times when WordPress is going through updates and such that prevent me from completing a group's change. When this happens, the only thing I am able to do is come back to them and try again later. This happens to me quite frequently as of late and know that you all are having the same problems when you are trying to send in your submission.

I ask that when you are unable to complete a submission to please give it time and try again. I have had some members email me their group record change instead when they can't get the request to go through WordPress. Please understand that we are all having the same issues, if you are unable, I am as well. So, I ask, please continue to follow the protocol of submitting your requests on the WA Area web site, that way I may input and track from there.

It going to be so good to see all of you and I look forward to spending the day together.

Editor's note from Yvette: The current count of WA Area groups ia approximately 300.

In Service,

Yvette

Literature and Forum Coordinator – Ruth F

Thank you for offering me an opportunity to talk about something extremely important to every member of Al-Anon – LITERATURE!

A new daily reader came out at International in Albuquerque, New Mexico. Heard a great number from Washington were able to attend. The title "A Little Time for Myself" (B-34). Priced at \$17.00 US. There was an order form in the August Forum or check with your local Literature Distribution Centers.

Sharings needed for future issues of "CAL Corner" which is for The Forum magazine. Please encourage members to write about how any piece of CAL has helped them with their recovery. WSO could especially use sharings. The new daily reader and Al-Anon Sharings from Adult Children (P-47), needed to be submitted by August 15. Please help by sharing 200-400 words each about how either of these helps you.

Just a gigantic reminder – In keeping with Al-Anon's copyright and reprint policies on pages 116-18 of the 2022-2025 Al-Anon/Alateen Service Manual v2 please remember to request and receive reprint permission prior to use. Note that only limited quotations of a paragraph or less can be approved and permission only applies to print, not online.

Editor's addition from Ruth: I am happy to let you know that the new Just for Tonight Alateen Bookmark (M-82) will be available for purchase (at \$.25 each) in English, French, or Spanish on September 1st. The first notification about this to the fellowship will be included in the October In The Loop electronic newsletter, the October issue of The Forum magazine, and the September/October issue of Le Lien and en Accion.

Thank you, Ruth F

Newsletter Coordinator – Mary P

Hello my Al-Anon family!

I am looking forward to getting out our next Washington Wanderings!

And you all know how to subscribe, right? Go to the Area website and sign up? If you want a hardcopy, you know you need to send money to our dear treasurer at the new permanent address. You folks have that?

Oh, and speaking of hardcopy newsletter-OMG! It the newsletter is currently NOT self-supporting! During the pandemic, the mailing costs doubled. What with folks not keeping up with their subscription and folks not giving a donation for the copies put out at assemblies, we have taken in only \$138 to date and spent \$262. The larger picture for this panel is that the newsletter has cost \$901 while bringing in only \$526. Yikes! Nearly a 2 to 1 loss ratio.

AS our program suggests, I looked into what I can do about it. I went to my local post office and have found a method to cut mailing it half. Woohoo! And I also checked the price of printing: it is already one quarter of other printing establishments, so the printing price is quite good. It is also possible that I can reduce the font in the newsletter and do other space saving tricks to reduce the pages per issue. This last option I would prefer not to go with, wanting to be kind to aging eyes. And given the price of printing, that doesn't seem to be the issue.

In summary, it looks like soon there may be an increase in the price of a hardcopy subscription to the WW, as I refer to it, so if you wish to start getting a hardcopy newsletter, I would suggest that you send in your money VERY SOON, or send in MORE money to extend your hardcopy subscription. Just a thought.

It also has come to that time where the subscription base for the newsletter needs to be updated very specifically for the hardcopy folk out there. (And, if your email has changed or you find you have NOT been getting the newsletter as you wanted, then you too) So, I would ask that you sign up, or RE-sign up for a HARDCOPY subscription. A couple of ways to do that:

fill out a subscription form that you can handily find on that the Washington Wanderings table over there (DO IT TODAY!) OR go online to the Washington Area website and resubscribe there

NOTE: IF YOU ARE NOT GETTING AN EMAIL copy, please just give me your email...again.

IF YOU WANT A HARDCOPY, then please give me BOTH email and physical address (then double check your memory –or records, whichever works better) to be sure you have paid. How much is it for a year’s subscription currently?? Let me hear you!

And while you are there, you could also, say, slip in a check or cash donation attached (there are stapler and paper clips in the box) to your subscription & have it all done. Heck, just slip in some money because you want to. Also, there’s VENMO, ZELLE, US Mail—lots of choices! Why not do it today?!

Talk to me, reason things out with each other, but don’t let your subscription go awry! AND don’t forget to donate and support your local Area newsletter!

Love you all!

Mary P

Other Reports and Announcements

PEM (Permanent Electronic Meetings), aka PEG (Permanent Electronic Groups), now EG (Electronic Groups) Committee Recommendations for 2023 AWSC

This is the 3rd and last motion regarding Electronic Groups. Number 1 passed allowing Electronic Meetings into WA Area and Motion #2 created District 35 to hold Electronic Groups. This motion is only concerned with Electronic Group Representation within WA Area.

1. Motion #3 to pass the Electronic Meeting Guidelines for WA Area as stated below:

Electronic Meeting Guidelines for WA Area

1. Electronic Group Representatives and Alt Reps reside in WA state.

2. All Electronic Meetings who enter WA Area are placed in District 35.

3. Guidelines will be in place for a 3-year Trial period.

2. **The PEM Committee defers to the autonomy of the individual districts to develop its own guidelines for Electronic Group alignment into its district. Electronic Groups wishing to be aligned within a specific District can contact the District Representative for information.**

KBDM Questions

Question 1: What do we know about our members' (and prospective members') needs, wants and preference that relate to this issue? What do we wish we knew, but don't?

What we know:

1. Groups want to be part of (or listed in) WA Area but some don't want to be restricted in where their Group Representatives may live.
2. Many groups that were meeting in person have delayed updating their group records because of the loss of district alignment.

What we don't know :

1. How involved will the GR be if not local? If the representative resides out of state, will we see a drop off in participation (at group, district and area levels)? How many Electronic Meetings will choose not be part of WA Area if their representatives must reside in Washington state?
2. How many Electronic Meeting representatives would be affected by the WA Area boundary requirement?
3. How will this recommendation affect WA Area groups and WA Area as a whole?
4. How will it affect the number of available candidates for service positions at the Area level in the future?
5. What is the experience of Electronic Meetings who are currently in the Global Electronic Area?
6. How many districts are actively creating District Electronic Group guidelines?

Question 2: What do we know about the resources and our vision for AI-Anon and our meetings that are relevant to this issue? What do we wish we knew, but don't?

1. The committee took into consideration the ramifications if we meet in-person only. If the option of meeting online is not available how likely will an out of state representative be able to participate.

Question 3: What do we know about our “culture” and “environment” that is relevant to this discussion? In Other words- Will our decision be consistent with our principles, policies, and Legacies: The Twelve Steps, Traditions, and Concepts? What are the implications of our choices? What do we wish we knew, but don’t?

What we don’t know:

1. The WSO Guidelines and Service Manual may not specify the GR reside in the state because they are written with geographical locations in mind. Now we have to consider the possibility of members outside of our state boundaries.
2. WSO guidelines and the WSC are centered on the Global Electronic Area (GEA) and the global Electronic Meetings from over 100 countries
3. The decision is left to the Areas to determine their guidelines/requirements concerning accepting electronic groups into the Area. Electronic groups are encouraged to contact the Group Records Coordinator for exceptions to WA Area guidelines, i.e., GRs living just outside WA Area 59.

Tradition 2. For our group purpose there is but one authority-a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants-they do not govern.

1. The recommendations presented by this committee are open for discussion and vote.

Tradition 4. Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.

1. The Electronic Groups remain autonomous. We are not preventing a group from electing a GR or Alt. GR from another state. They are free to do so but will then participate in the Global Electronic Area.
2. We are establishing guidelines for admittance into WA Area

Concept 4: Participation is the key to harmony.

1. GRs are to attend WA Area assemblies. In the event the Assemblies are in-person only, participation may be more likely to happen if the representatives are local.
2. If GRs are to become DRs, who may serve at the Area level, how will out of state representatives affect participation at the level of Officers and Coordinators?

3. Will the out of state GR have a good sense of the WA Area business structure or its history. Will the representative be more invested if they live in the state?

Concept 12 Warranty 3 that all decisions be reached by discussion, vote and whenever possible by unanimity.

The PEM committee is presenting information and recommendations to this to the assembly for discussion and vote.

Minutes from August AWSC 2023

AWSC Summer 2023 in Woodinville, WA. Kathy D. (Chair) opened the meeting on August 5, 2023 at 9:02am. She thanked Helen V. (D15) and District 15 for hosting the Conference, and lead us in the Serenity Prayer. Helen thanked all those who served as host volunteers. We were encouraged to step up at any time during the day to ask for the Serenity Prayer.

Kathy read an excerpt from “In All Our Affairs” page 105. The Steps were read by Kayleen F. (D12), the Traditions Kris (D27), the Concepts Mary P. (Newsletter) and the Warrantees Magdalena E. (D18). Kathy made introductions to the current and past Delegates, and members of the World Service Conference. Roll call was taken by Denise A. (Secretary). There were 36 total voting members. Substantial Unanimity was established at 24. Voting Guidelines were read by Teresa H. (D21). The new WAAC Chair Danni was introduced. Pre-Con draft minutes were read by Liz (D20), Lenni (D15) and Cony (D22). Kimberly H. (Alt. Delegate) explained why the DR’s vote to approve the minutes from Assemblies at the Conferences. Per past discussion it was determined that because the DR’s were in attendance at the Assembly, and members of the body, they could vote to approve. She indicated that we can change that with a future motion. In addition, as a point of clarification, Kimberly shared that the minutes are a recording of the completed business of an Assembly and Conference. Cooki P. (D10) moved to accept the minutes as amended (line 99 was added), Allison H. (D23) 2nd. By voice votes No-1, Ab-4. Approved

Exploring Unity: Kathy D. (Chair) read an excerpt from “How Al-Anon Works” page 99. We then broke into 9 groups to discuss Unity using cards associated with Traditions 1, 2, 4, and 6-11. Following this discussion each group sent a member up to share a 2-minute summary of their group’s answers to their Traditions questions. Kathy then asked us to break into groups again and answer this question: “How can we listen to the principles of peoples messages without reacting to their personality?”.

Motion: Accept Guidelines for PEG’s from PEG Committee as written. (*see committees original suggested guidelines emailed with the agenda on 7/23/23). We learned that in following the

WSO we will now refer to PEG's as EG's. Shelley T. (Alt. Chair) shared that at Pre-Con the original motion should have been on the agenda as one motion with 3 parts, not three separate motions. The committee presented KBDM questions and answers pertaining to the guidelines they are suggesting. Discussion followed. Several amendments were suggested beginning with a submission from Helen V. (D15) and another by Kathleen (D16). Discussion followed. We then broke for lunch.

We reconvened with information from Eliza D. (Alateen) about an Area wide WAAC fund raising raffle for a beautiful butterfly quilt. Flyers and raffle tickets were put into DR mailboxes to distribute to their groups and members. The drawing will occur at SSA 2024. In addition, Area fundraising items were then presented to the conference.

Discussion and changes to the EG's motion continued. The final motion was moved by Kimberly H. (Alt. Delegate) (D), Shelly T. (Alt Chair) 2nd (D).

The final amended motion to read as follows:

Electronic Meeting Guidelines for WA Area Groups

1. Electronic Group Representatives and Alt. Group Representatives be active in WA State.
2. Electronic Meetings who enter WA Area are placed in the electronic overlay District 35.
3. Individual Districts will develop their own guidelines consistent with the WA Area for electronic group alignment into its District. 4. Electronic Groups (EG's) may elect to be part of District 35, or, with permission of any geographic District in WA Area, they may enter or remain in that District by an update to WA Area Group Records to be completed by the DR of that District based on the district's own guidelines.
5. Guidelines will be in place for a 3-year trial period.

Paper ballot was requested: Yes-34, No-1, Ab-0. Forward to Fall Assembly.

Minority Appeal Discussion: Request to reconsider the Chair's decision to make FA 2023 in-person only-Kathy D. (Chair) read an excerpt from "How AI-Anon Works" page 98. A thirty-minute discussion followed. The Serenity Prayer was requested multiple times during discussion. Members agreed to extended the discussion an additional 15 minutes. Kathy D. (Chair) requested a break to meet with Officers briefly before resuming. Following the break Melissa M. (Treasurer) explained the process of booking a venue for the Assemblies, sometimes up to 1 year in advance, and the cost associated with it, including having to pay for the rooms required to book that we do not use. Kathy D. announced that Fall Assembly will be in person, and can't be changed at this time. She will add a discussion item to the FA Agenda, and if needed at that time we will formulate a motion to allow Hybrid Assemblies in 2024. At the Assembly we will have more information regarding the costs associated with Hybrid Assemblies.

Officer/Coordinator Reports: See full reports in the Washington Wanderings.

Delegate: Katharine R.-Reminded us of our theme, “Love, Laugh and Grow Together”. She shared that she is on the Literature Committee, has gained insights into our CAL (conference approved literature), and says a new piece of literature on sponsorship is coming. The new daily reader, “A Little Time for Myself”, is sold out but coming back soon. A new Technology Coordinator is being added to the Forum. At the WSC she learned how the agenda is created. Katharine continued to offer sharing her report from WSC to any group or district that requests it. She shared that the WSO 2022 Annual Report is out and available on their website. Finally, she talked about reasoning things out at the WSO and Area level.

Alternate Delegate: Kimberly H.-No time to share report.

Alternate Chair: Shelly T.-Thanked everyone who attended and presented at SSA 2023. Preparation for 2024 began at this year event, and will be held at Warm Beach. She also thanked the members of the EG Committee.

Secretary: Denise A.-No time to share report.

Treasurer: Melissa M.-talked about being comfortable in the second year of her term with her duties as a Treasurer. She addressed the types of calls and emails she has been receiving lately: questions about milage reimbursement, Districts/Groups decisions not to send donations to the Area and Officer expenses. Melissa shared hard numbers regarding our donations and concluded that we have a very generous Area. She finished by reminding us of the different registration and donation options available to our members. See full expanded report WA Wanderings. Motion: To send the Treasurer’s Report as written to Fall Assembly. Elizabeth G. (D26) moved, 2nd Nena T. (Archives). By voice vote, unanimous yes.

Melissa reviewed the Budget Committee’s Recommendations prior to Kimberly’s (Alt. Delegate) Proposed 2024 Budget discussion. 1. Reimbursements Motion: to amend the WA Area Handbook Guidelines (section 2.1) to require Officer/Coordinator expense reimbursements to be submitted to the Treasurer no later than 30 days after an Assembly/Event. Cooki P. (D10) moved, Nancy K. (D2) 2nd. Discussion followed. (It was determined after Magdalena E. (D18) shared that this is a housekeeping change that it does not need to be forwarded to FA). By voice vote unanimous yes. Audit Motion: that a WA Area Treasurer audit be completed annually by November 30th of that calendar year. Move Nancy K. (D2), 2nd Shelly T. (Alt. Chair). By voice vote unanimous yes.

Website: Leslie N.-Unable to attend.

Newsletter: Mary P.-Shared that the Newsletter is currently not self-supporting with nearly a 2 to 1 loss ratio. She has looked into ways to reduce costs and found her local post office can cut

mailing costs in half. Despite these changes it is likely we will need to increase the price for paper copies.

Alateen Safety: Michael S.-Unable to attend.

Archives: Nena T.-The Archives committee has been unable to meet, however it plans to meet in September or October. The past Custodial Archivist, Bonnie M. has passed away. Bonnie's daughter reached out and turned over the remaining archive material to Lynn T at SSA. Nena and Lynn T met with AA Archives in Steilacoom, WA to learn more about how they manage and digitize their archives. At this time, it may not be the best method for Al-Anon. Nena also talked about the Thought Force which is researching total costs to run a Hybrid Assembly. A survey for Group Representatives regarding In-person/Hybrid Assemblies was put into the DR mailboxes They will present their findings at Fall Assembly.

Alateen: Eliza D.-refer to Michael S's Alateen Safety report in the WA Wanderings. Danni (WAAC Chair) asked us to support WAAC this year.

Group Records: Yvette O.-She addressed some of the challenges with Group Records submissions and encouraged everyone to not give up if it wasn't working, try it again at another time. She encouraged all DR/GRs to look at the current records for their groups, and not to forget to include the WSO number for your group with all submission requests. Yvette has spent the last several months going through the 408 groups the WSO shows as met in our state. She came up with the hard numbers as to who is active, inactive, closed, in-person, hybrid/zoom etc (*please see her full expanded report in WA Wanderings).

Communications: George S.-No time to share report.

Literature: Ruth F. -shared about the new daily reader, "A Little Time for Myself", and then passed her own copy around for signatures by our members. Ruth reminded us of the reprinting policies and permission required before copying our literature. She also talked about the Forum magazine as well.

Budget Committee Report: Kimberly (Alt. Delegate) -We did not have the up-to-date Proposed 2024 Budget Committee report so we went line by line adjusting the numbers provided in order to move forward. Kimberly will send out to AWSC upon her return home.

Motion: Move forward the Budget Committees recommendation for the Proposed 2024 Budget to Fall Assembly. Discussion followed. Denise A. (Secretary) moved, Mary P. (Newsletter) 2nd. By voice vote yes, with Ab-1.

*(7th Tradition was collected earlier in the day. The \$161.00 total was reported after AWSC).

The conference was closed with the Al-Anon Declaration.

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)	Thomas I dr28@wa-al-anon.org

POEM WRITTEN AND READ BY RICK K at SSA 2023

Meetings, new folks, new folks' energy,
 So raw,
 Voice is tiny, hurt so big,
 Hope breaks through in little peeks of light,
 And we hold them in our hearts as our own pain revisits us-
 Our noses run, our eyes spill,
 But God is here tonight.
 And there is joy in our tears as we release.
 We show them our peace in the process
 And we encourage them to feel and feel
 And let it go.
 God is here tonight.

Future Assemblies and AWSCs: February AWSC 2024 will be hosted by District 12.

