



# AL-ANON-CER



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

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## AREA 24 CALENDAR OF EVENTS

January 9, 2021	Fall Convention Meeting: see flyer attached or website for more information
March 20, 2021	Spring AWSC hosted by District 13, if not virtual
May 22, 2021	Spring Assembly hosted by District 10, if not virtual
Sept 25, 2021	Fall AWSC hosted by District 24, if not virtual
Oct 23, 2021	Fall Assembly hosted by District 20, if not virtual

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

[click here](#)

~ or ~

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

## District Meeting Schedule

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

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

If you are reading this online, please contact the editor to be connected to the District Representative.

- District 2** Usually held first Monday of the month from 7:00-8:00 pm at Christ Reformed United Church of Christ, which is located at 12 South Church Street, Middletown MD 21769
- District 3** (Carroll County) Contact the District Rep. If you are viewing this newsletter online, please contact the editor.
- District 5** Meetings are held on the third Wednesdays of January, March, May, July, September and November at 6:30 PM before the Wednesday Fallston Unity Group at the Fallston Presbyterian Church, 600 Fallston Rd. Rt.52, Fallston, MD 21047. All are invited to attend the 7:30 PM Fallston Unity meeting.
- District 6** Meetings on even months 1<sup>st</sup> Sunday 6:30 PM before the Sunday night Chatsworth meeting
- District 7** Meetings held quarterly: February 20, 2021 at 11 AM following Bolton Hill AFG, May 16 at 6 PM after Keep it Simple AFG, August 15 at noon after Evergreen Discussion, November 20 at 11 AM after Bolton Hill AFG
- District 8** Meets first Tuesday 6:45-7:45 PM, of the even months: February, April, June, August, October and December. Held at St. John's Lutheran Church, 8808 Harford Rd, Parkville, MD 21234.
- District 9** Last Wednesday of the odd months, January, March, May, July, September, and November. Meeting is held at 7:45 PM, at Holy Trinity Episcopal Church, 1131 Mace Avenue, 21221
- District 10** Meets usually on the 2<sup>nd</sup> Saturday of the month, except for July, November and December at the Serenity Center, 9650 Basket Ring Road, Columbia MD 21045.
- District 12** Meets the 1<sup>st</sup> Wednesday of each odd month (January, March, May, July, September and November) at **6:45 PM** at the Unitarian Universalist Church of Rockville, 100 Welsh Park Drive Rockville MD 20850, in the basement of the sanctuary, room 50. All are welcome to stay for the 8:00 PM Al-Anon meeting in the same location.
- District 13** GR's, Alt. GR's, C.M.A's and all members are welcome. We meet on the odd months, starting in March, on the 3<sup>rd</sup> Thursday of the month. Colesville Presbyterian Church 12800 New Hampshire Ave Silver Spring, MD 20904 6:30 to 7:50 pm. White Oak AFG meets 8pm down the hall.
- District 15** District meetings are held on the 4<sup>th</sup> Wednesdays of every even month (Feb, April, June, Aug, Oct, Dec.) at 7:30PM in Room 150 of Woods Memorial Presbyterian Church, Severna Park, MD.
- District 22** Email only: contact District Rep to join list; if you are viewing this newsletter online, please contact the editor.
- District 23** District meetings are held quarterly (Jan, April, July, Oct.) on the last Sunday of the month @ 2:00 pm St. Paul's Episcopal Church 301 S. Liberty St. Centreville, MD
- District 24** District meetings are held second Mondays at 6 PM of odd months, except July, at St. Alban's Church, 302 St Albans Dr, Salisbury, MD 21804

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

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

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

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

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

*Al-Anon-Cer*

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

**Editor:** Robert Wright, rotating out

**SUBMISSIONS**

Send calendar events, and reports for the Al-Anon-Cer to the editor at the following:  
**Al-Anon-Cer Editor-Elect:**  
**Joe DiFrancisco**  
**1715 Gruenther Ave.**  
**Rockville MD 20851**  
**(240) 899-4097**  
**Newsletter4Area24@gmail.com**

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

**SUBMISSION DEADLINES**

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

**For Group Contributions to Area 24:**  
**Please make checks payable to**  
**“AFG of MD and DC, Inc”**  
**and mail to:**

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

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**SUBSCRIPTIONS**

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

The Al-Anon-Cer may also be emailed to any member who requests a subscription.

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

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

## Letter from the Editor

According to the Twelfth Step, carrying the message to others is an essential ingredient in our own ongoing recovery. The Fifth Tradition reminds us that the sole purpose of our Al-Anon Family Groups is to help others affected by alcoholism. In these times of isolation, how can we do this?

Some newcomers, amazingly, have started their journey of recovery in virtual meetings. We need to make sure those metaphorical doors are open for them. The WSO has charged local Area Information Services (AIS) with the challenge of listing the ever-changing Zoom ID's and passwords. Please keep those webmasters informed of your group's current cyberspace coordinates, so they may be made available to all who seek them.

In these times, we can't just hand someone a Newcomers' Packet, or offer them a hug. Consistent with the autonomy of Tradition Four, many groups choose to read a Newcomer's Welcome. This is not among the copyrighted readings in the Service Manual. A few groups in District 7 have been formulating a new version, a draft of which may be found on page 6 of this issue. Page 7 is a critique of a commonly-used version. A file of the proposal that can be edited may be downloaded from the Service page of the Baltimore AIS website, [Alanon-Maryland.org](http://Alanon-Maryland.org)

Feel free to discuss this in a group conscience, so that we may continue "welcoming and giving comfort to families of alcoholics" the very best we can in the current circumstances.

### Group Records

Group Representatives—please keep your District, Area Information Service, Area 24, and the World Service Office informed of your group's new contact information by sending each of them a copy of a completed "Al-Anon Registration/Group Records Change Form." The form is available at the end of the newsletter, or on the Area website: <https://www.marylanddc-alanon.org> under "Resources" – "Area 24 forms"

### Area Information Services & Answering Services

**Al-Anon/Alateen Information Service of Anne Arundel County**

P.O. Box 763  
Severna Park, MD 21146-0763  
(410) 766-1984  
[www.md-al-anon.org](http://www.md-al-anon.org)

**AIS of Washington DC and Suburban Maryland**

278 Carroll Street, NW  
Washington, DC 20012  
(202) 635-2023  
<http://www.al-anon-alateen-dcmd.org>

**Baltimore Al-Anon Information Service**

c/o John Butler  
P.O. Box 185  
Kingsville MD 21087-0185  
(443) 695-0221  
[www.alanon-maryland.org](http://www.alanon-maryland.org)

**Cumberland Answering Service**

(301) 722-6110  
(through AA answering service)

**Easton Answering Service**

(410) 822-4226  
(through AA answering service)

**Salisbury/Ocean City Answering Service**

(410) 742-2504

**Al-Anon/Alateen Information Service of Washington, DC and Suburban Maryland, Inc (AIS-DCSMD)**

[www.al-anon-alateen-dcmd.org](http://www.al-anon-alateen-dcmd.org)

**Frederick – Hagerstown Answering Service (Frederick & Washington Counties)**

(240) 285-9831

## Literature Depots

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

Carolyn S. (443) 528-5992

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

**Washington DC and surrounding  
areas:**

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

**Eastern Shore (District 24):**

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

## World Service Office

*please make donation checks payable to "AFG, Inc"*

Al-Anon Family Group Headquarters, Inc. 1600 Corporate Landing Parkway. Virginia Beach, VA 23454-5617 [wso@al-anon.org](mailto:wso@al-anon.org)

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

The Baltimore Area Information Service  
is subsidizing Conference-Approved  
newcomer packets during the suspension of  
meetings. Members or newcomers can  
email Carolyn at the Literature Depot:

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

or leave a message for her at  
(443) 528-5992

The WSO has formulated a digital  
"Newcomer's Packet" for use during the  
pandemic's virtual meetings.

This link asks only for the newcomer's  
email.

[For Newcomers](#)

The literature depots also have the paper  
Newcomer Packets, for both Al-Anon and  
Alateen.

## Proposed Newcomers' Welcome

Welcome to the \_\_\_\_\_ Alanon Family Group! We are glad you made it here today.

Like many of us, you may have come here to solve the drinking problem of a relative or a friend. What we have found most helpful, surprisingly, is to keep the focus on ourselves. Our guilt and frustration subside as we accept our powerlessness, as described by the 3C's: we didn't Cause another's alcoholism, we can't Control it, and we cannot Cure it. But we can recover from the profound effect that living with an alcoholic has had on us.

Our directory lists many local meetings, searchable on the interactive map at [Al-Anon.org](http://Al-Anon.org). Currently the most up-to-date lists, including those meeting virtually, may be found on AIS websites, such as [Alanon-Maryland.org](http://Alanon-Maryland.org). Each meeting has its own flavor. We suggest that you attend six meetings before deciding whether Al-Anon is for you.

Toward the end of this hour the secretary will invite you to share, if you'd like – but that choice is yours. We encourage you to stay after the closing, and to ask any questions you may have at that time. Rest assured that we value your anonymity as we value our own, and that everything said will be held in confidence.

Above all, be gentle with yourself. Your recovery is already beginning!

## Common Newcomer's Welcome

[*italics* are in the original] [underlined are points to consider: see footnotes]

As a newcomer you may feel that you are here tonight for the alcoholic...that your presence here may teach you how to stop his or her drinking. The truth is you are here *because* of the alcoholic<sup>1</sup> and not for the alcoholic.<sup>2</sup> You will soon learn that you did not cause the alcoholic to drink, you cannot control the drinking, nor can you cure the alcoholic. You are here for *yourself*. You and you alone are responsible for dealing with your own pain.<sup>3</sup> This is *your* program, it is *your* recovery from the effects of the disease of alcoholism.

You will<sup>4</sup> find love, understanding, and a lot of hope from the AI-Anon Family Group. The people around you tonight are experiencing in varying degrees the hurt, the anger, the anxiety that you are experiencing.<sup>\*</sup> We in AI-Anon share our experiences because it helps us to focus on ourselves and our recovery. We do this with the use of the AI-Anon tools of the program (Steps, slogans, literature) which will be provided to you.

AI-Anon will work for you if you allow it to. It's as effective as you make it. It's the safe place, the<sup>5</sup> right place to be. Feel free to ask any questions<sup>6</sup> or you may feel more comfortable just listening. That's fine too. There are no "musts" in AI-Anon.

Finally, what you say or hear here and who you see here tonight stays in this room. Your anonymity is protected at all times.

*Reprinted from the April/May 1990 issue of Inside AI-Anon*  
(submitted by the First Step Group, Glens Falls, NY)

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<sup>1</sup> Because of the *disease*, yes. But blaming the *alcoholic* keeps us stuck in a victim mentality.

<sup>2</sup> Our best solutions benefit both us and the alcoholic, are not either/or, win/lose.

<sup>3</sup> Alone? This seems contrary to the Fifth Tradition, which urges all of us in the fellowship to "welcome and give comfort to families of alcoholics."

<sup>4</sup> Is this promotion, warned against in the Eleventh Tradition? From our Service Manual p.133: "In error, we would be promoting AI-Anon if we offered promises, guarantees..."

<sup>5</sup> "...or gave the impression that we are the experts who know what is best for all families and friends of alcoholics."

<sup>6</sup> Since we don't engage in crosstalk or dialogue, questions asked during the meeting may be met with awkward silence, embarrassing the newcomer.

\* Should we be assuming we know what a newcomer is feeling? And doesn't our recovery move us away from hurt, anger, and anxiety – toward detachment, compassion, and serenity?

**Minutes from the Fall 2020 AWSC Meeting of the  
AL-ANON/ALATEEN FAMILY GROUPS OF  
MARYLAND AND THE DISTRICT OF COLUMBIA**  
September 26, 2020

*Conducted via Teleconference*

10:00 am Meeting begins

(32 participants at the start) Joe helped people get in the meeting and rename themselves appropriately to designate whether they are voting or non-voting.

Paul C. from Technology Committee assisted.

**Opened with the Serenity Prayer-** Joe D.

and Reading of Steps- Linda R. , Traditions- Patty S., Concepts- Gail B.

**Welcome**

Chairperson Joe D. welcomed new District Reps or other people new to zoom. Went over the Raise Hand feature and other information about how to participate in a zoom meeting.

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

Maureen read Warranty 3 from the Service Manual.

She mentioned WSO Connects for District Representatives.

The following Districts had a representative in attendance: Districts 2, 5, 7, 8, 9, 10, 12, 13, 24

Also in attendance:

Area Chair, Joe- present; Alt Delegate, Phil- present; Treasurer, Charles- present; Secretary and Archives Coordinator, Dolores- present; Delegate, Idalia- present

Webmaster and AA Conv. Coordinator, Katie CS- present; Technology Coordinator, Paul C.- present;

Newsletter Editor, Robert W.- present; Insurance Coordinator- Gil-present, Group Records Coordinator-

Maureen M.-present; Public Outreach Coordinator, Rita- present; Past Delegate Connie- present; Past Delegate Charlie- present

AIS Chair for Anne Arundel County- Mary Kay, present

26 voting people

We voted for 2/3s majority to pass a motion (or 18 votes). Motion made by Paul C, Dolores seconded, voted yes by 22 people.

**Approval of Minutes, Spring 2020 AWSC meeting** – Area Secretary, Dolores M.

The Spring AWSC Minutes were published in the June 2020 edition of the Al-Anon-Cer, Issue 51#2,

“Pandemic Home Companion Issue”. The minutes were approved as published unanimously. (If anyone needs a copy please reach out to me or Robert W.)

**Chairperson Report** – Area Chairperson, Joe D.

Lunch will be at noon. If you are a voting member, put a # sign in front of your name.

We are missing that face-to-face interaction that frequently results in service. Changing over to new representatives is difficult. The election assembly is in 4 weeks, on October 24, 2020. This will be very different from past elections because the meeting will be conducted virtually. We need to make the assembly as



welcoming as possible. (During this current meeting, we will have a mock election to see how the voting will work in the electronic environment.)

We proposed dates and host districts for 2021 Area 24 meetings (to be approved at Fall Assembly):

(Keep in mind that April 12-16 is the World Service Conference.)

(The NERD conference [Northeast Regional Delegate Conference] in March has not yet been announced.)

<b>Spring AWSC</b>	<b>March 20, 2021</b>	<b>District 13</b>
<b>Spring Assembly</b>	<b>May 22, 2021</b>	<b>District 10</b>
<b>Fall AWSC</b>	<b>Sept 25, 2021</b>	<b>District 24</b>
<b>Fall Assembly</b>	<b>Oct 23, 2021</b>	<b>District 20</b>

(If the meeting is virtual the Area will cover the technology part.)

Pat RB made a motion to accept this calendar, it was seconded, and approved with 1 opposed.  
(27 voting members now, 18 votes needed for substantial unanimity.)

**Delegate's Report** – Area Delegate, Idalia R.

Thank you to everyone who came today, especially new District Representatives and outgoing DRs. We are transitioning to a new era. Thanks to Robert who put out an Amazing Edition of the AI-Anon-Cer! Thanks for Joe for his great leadership with the AWSC meeting!

#### **World Service Office - 3rd quarter updates**

The program has been helping the people in Oregon, Louisiana, California, and other areas challenged by natural disasters.

Contributions for June 2020 were \$509,058, up 211% more than the 2019 actual! WSO is grateful.

Literature sales are down by 22%, \$92,103 below budget.

There is a projected deficit of \$420,000 through the end of Dec. 2020.

Keep it in mind in your groups.

The World Service Conference will be held April 12-16, 2021, in Westchester NY with a visit to “Stepping Stones,” the former home of Lois and Bill W.

The theme for 2021 is “Moving Forward with Unity, Courage and Perseverance.”

The International meeting (IAGSM) will be virtual in 2021.

Board developments will contain only items that require a decision or consent. The 2020 WSC Thought and Task Force is still on hold pending discussion at the October board meeting.

Membership Outreach: These are virtual town hall meetings. There are guidelines. She is looking to see if we want to have one of these.

WSO has launched the AI-Anon app. Put that on your phone. Try it and see how it's working. Connect with other members through the app.

Alateen certification: The WSO plans to have all WSO staff be certified as AMIASes, extending that to trustees and At-Large Executive Committee members.

Strategic Plan 2021: The WSO will prioritize and select the strategies which will be most effective. They are reconsidering the plan in a realistic way, considering budget, etc.

Policy Motions will be focused around the 12 Traditions and Concepts.  
CAL, Service tools: They are looking at the verbiage or language based on what members say.  
Public Outreach concerning social media- The WSO wants to make sure all the messages for Al-Anon stay very clear.  
Zoom meetings, hybrid meetings, electronic meetings and their service structure- the Policy Committee continues to discuss the nuances.

Thank you for your love and support. It's been a Joy to be your Delegate!

**The Joy of Service:**

If you want what we have, you have to do what we do. Service is a part of that. It has to begin with me.  
"You are all founders of your own life," Lois W. said at the First World Service Conference.

Idalia's Gifts of Service: Responsibility, Cooperation, Trust, Mutual Respect, Open Mindedness, Shared Leadership, Rights, Letting Go, Progress Not Perfection, Designation, Partnership and Collaboration, and Spirituality (Everything about this program is spiritual).

"Thank you for letting me be of service to you."

Joe on behalf of the Area thanked Idalia for representing the Area so well, especially during this pandemic.

**Treasurer's Report** – Area Treasurer, Charles L.

(full report to be published in the Al-Anon-Cer)

Financial Results- As of August 31, 2020

Income- \$12,350 significantly down

Income Estimate for the entire year- \$17,350. \$19,060 was budgeted.

Remaining expenses for this year:

WSO contribution- 2500

Alateen- 310

Al-Anon-Cer- 370

Program expenses- \$3180

2021 WSC for next year- 2400

Liability insurance- 2520

Admin expenses- 4920

Should we make an extra contribution to WSO? It will be voted on at the Assembly.

Expected at end of year- \$2,160 depends on getting \$5000 in by end of year in contributions

**Proposed budget for 2021- basically unchanged from 2020**

program expenses are unchanged

admin expenses are not changed

Insurance is going up because of crime theft insurance.

Adjustments need to go to the Assembly

We will need to increase budget for WSO because it's in Westchester, NY, not Virginia Beach.

Reserve Funds- we have a current bank balance that covers the projected bank balance.  
WSO recommends a prudent reserve of 6 to 12 months of operating expenses. We have 12 months.

A member concerned about projecting contributions too high for 2021.

Charlie recommended that we cover the current year first and then the upcoming year.  
Information about the budgets are in the Al-Anon-Cer in detail. See the last Al-anon-Cer.

Member comment- A recorded version would not be good to have.  
Idalia- we do not record our meetings. We need to try to go back to groups and have further discussion. Keep talking in the groups. Educate people in the groups about the money flow.

**Mail contributions to Area 24:**

AFG of MD and DC, Inc.  
3116 Parkway  
Cheverly, MD 20785-1255

Charles is recommending that we make the extra donation to WSO. Let's take it to the Assembly.  
We have not accepted a \$1500 refund from the WSO. We are planning to give \$2500, which we planned. And we are recommending that we give an additional \$2500.

Broke for lunch until 1 pm  
After lunch- We opened with the Serenity Prayer- Erin

**Area Chair, Joe D.**

**Mock Election Voting – using the polling feature**

The # sign comes up before the letter A. If you are voting add a # before your name and position.  
if people come in by phone, then we can take them in a waiting room to count the votes.

We did a test run. Is anyone running unopposed?

Vote for the position by acclamation means that the person is running unopposed.

Do we need to establish a percentage for unanimity? If we do not achieve 66% on a candidate, we have to revote. Follow the service manual recommendations. We can override the service manual recommendations for some positions.

We can call for a vote for a candidate who is running unopposed.

If someone is totally unqualified we want to wait for another candidate to come forward.

People standing for a position should talk about themselves, sharing why they want the position, their service experience, etc.

Reiterate job requirements before people stand for the position. The person would have to say how they are qualified and speak on their own behalf.

We want to be discreet about how we present concerns.

Joe will do some test runs. Ask your GRs to participate in some test runs. He will schedule 4 meetings.

**Area Coordinator Reports**

### **Insurance Coordinator – Gil L.**

Gil is working with insurance brokers to see if he can get a reduction in rates. The insurance broker suggested he make a report of which meetings are meeting face-to-face and those meeting virtually. Maureen is trying to get groups to respond about how they are meeting. There is no fixed percentage that we are going to get back and no fixed time we are going to get it back. We might not get anything back until next year.

Conventions are a separate part of our policies. If these conventions change things, without over night stays and we may be able to have them without special insurance.

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

This is a challenging time for the GRC to keep up with meetings and representatives. There are 262 groups in Area 24. Going forward, the GRC needs help in keeping up the information. She suggests the new person find a co-coordinator.

Groups need a CMA (current mailing address) in order to remain in active status.

Maureen submitted the following report to the Secretary:

- Current Status
  - 262 Registered groups/24 Districts, many with CMAs only and GRs being elected
  - –Wide variance of number of AFGs in 24 Area 24 District:
    - From 2 AFGs (no DR) to 22 AFGs with GR. (Breakout will be presented at meeting)
    - Anomalies: 1 no mail status inactivated by WSO may be meeting; 1 no mail may be meeting located in AA club/church school listed as CMA
- Major Issues: Lack of responses from DRs on several emails: Current information on group elections/Ad hoc meeting information/Annual Update info, etc.
  - New DR info needed for WSO Trusted Servants Form for their access to AFG Connects DR communities & Read only access to the WSO database for their District
  - Many members/DRs, GRs unclear of distinction between CMA and GR positions.
  - Many groups in Area 24 & other AI-Anon Areas not willing to provide their Ad Hoc info to both AIS and WSO so that Newcomer/returning and visiting members can attend or welcome students in helping professions. (Discussion item on AGRC AFG Connects)
  - FTF info not provided to AGRC from some Districts/groups
- Actions taken:
  - Provided Area 24 GR Reference Guide to New GRS& suggested subscribing to the AI-Anon-Cer, obtain/download service manual.
  - Contacted WSO on specialty issues ex. can members start a group electronically and then convert to FTF – WSO answer: No – they are in 2 different service structures. If some members want to resume but not regularly and others want to continue FTF, so it is not hybrid but concurrent meetings what needs to happen. If FTF not regular, do not note in WSO record since it will be confusing to those looking for a meeting from the WSO website. Meeting will need to deal with it until it is consistently FTF.
  - Two new FTF groups registering in District 9, providing information on how to register per Service Manual and WSO processing procedure.
- Recommendations:

- Area 24 AGRC Position would be better served with two AGRCs due to 262 Active Groups to administer
- All GRs be automatically subscribed to electronic Al-Anon-Cer to ensure groups are informed of Area 24 activities, events. (WSO automatically subscribes all CMAs to their eNewsletter, *In the Loop to ensure they are informed of WSO information.*)
- Review number of AFGs of each District for possible re-districting to be a more equitable distribution since many are very large, and some are very small.
- Have DRs describe how their groups share information with each other: district meetings, email its, etc. to ensure all are informed about their roles and responsibilities and sharing information with their members and groups. Ex. District meeting frequency, projects, etc. for encouraging service at group level since so many lack GRS.

**Literature Coordinator – Suzanne T.-** no report

**Archives Coordinator – Dolores M.-** nothing new to report

**Technology Coordinator – Paul C.-** nothing new to report

**Newsletter Coordinator – Robert W.**

You have seen the Al-Anon-cer. It is online. There have been 50 new subscribers since March.

**Webmaster Coordinator – Katie C-S.**

She needs to redo the events page because the app used is going to be retired. The new Al-Anon app is on the home page of the website. Events are not published until they are approved.

If you are going to meet face-to-face, look at the guidelines on the home page.

Job responsibilities are on the Area Resources.

**Public Outreach Coordinator – Rita O.**

Keeping your records straight is important for Public Outreach. The committee met their short and long-term goals. They are creating relationships with professional associations, participating in health fairs, and have little things going on, like getting information to libraries, doctor's offices, and other sources. She has a database of 637 people. These are contacts outside Al-Anon. She can do personal introductions for an incoming coordinator.

**Alateen Coordinator – Barb M.**

Alateen has been meeting since May via zoom. Recertification training is happening via zoom.

They lost some AMIASs because of their age and the demands of technology.

**Alateen Area Process Person – Sarah R.-** no report

**Spring Convention 2021 Chair – Marty C.-** no report

**Fall Convention 2021 Chair – Mark L.-** There is no report and there seems to be conflicting hearsay information.

**AA Convention Liaison- Katie C-S**

The 50th Annual MGS (Maryland State AA convention) has been postponed until June 2021. The venue will remain the same (Frederick Clarion). Our Al-Anon speaker has confirmed that she will commit to participate next June. She will be doing a workshop on the Steps with the Saturday evening AA speaker. More details will be available by the next Area meeting.

### **Website- Katie C-S**

No major news to report. She is maintaining the content. There is very little activity with domain specific email account use.

## **Area Information Services Reports**

**Washington DC & Suburban Maryland AIS-DCSMD Report** - Maureen gave a brief report and submitted the following report to the Secretary

### Current Status

- 97 Registered groups/8 Districts, many with CMAs only and GRs being elected, not all ad hoc.
- Uneven distribution of meetings among eight AIS-DCSMD Districts
  - 4 No DR Districts of 45 AFGs and 21 with GRs (D16-18)
  - 4 DR Districts of 49 AFGs and 39 with GRs
  - 2 no mail status inactivated by WSO; 1 no mail may be meeting (on DC AA Club website)
  - FTF status: 1 I AFG resumed, member split & Registered New electronic AFG with WSO
    - I AFG considering options to resume
    - 51/94 AFGs and 1 Alateen on ad hoc list
    - Some AFGs with no ad hoc (usually small or new AFGs)
  - Using a Google Docs form to compile Ad hoc list on website - working well.
    - Responsibility for entry is on the AFG members, no emails collected from.
    - Occasional incomplete. out-of-area and unregistered meetings on list. Checked with AGRC to locate to locate contact to correct info.
    - Clerk does maintenance, example. Adding new Zoom Passcodes
- Major Issues: Agenda items for September 24, 2020 Business meeting
  - Re-opening Discussion
    - Church cleaning protocol still minimal, & renting rooms to a small school until Jan 31, 2021.
    - LDC committee at risk due to age and pre-existing health issues, realizes \$.081/\$1.00 sale
    - 93/94 AFGs not meeting FTF to need literature for their groups.
    - Significant AIS-DCSMD positions open: Secretary, Service Center Coordinator, Computer
    - Options for Service Center: Most dramatic option: to continue to have clerk work remotely, close office and re-locate Literature Distribution Center is worst-case scenario to be considered among options.
- Actions taken:

- Income: Issued Appeal letter since prudent reserve starting to be used: \$3k in donations to date
- Website maintenance – transitioning to WordPress for easier maintenance by a Computer Chair volunteer. WordPress – available from current website host/web mail service vendor
- Filled key positions: – Treasurer, Public Outreach to Professionals, Alateen Coordinator
- Expanding Business Meeting format to Video format and Phone from Free Conference Call.com in September.
- Considering workshop/meeting with CMAs/GRs to encourage members to be GRs if none and DR in Districts without them per suggestion from a member – TBD
- Mailing literature from the LDC wherever it is located
- Using VOIP phone to reduce costs: now use Verizon and Landlord pays for our Internet via FIOS – will it work in the current office environment if we return to Seekers Church - to be discussed.

### **Baltimore AIS**

Rita gave a short report on behalf of the AIS Chair, Diane.  
 Most people donated their luncheon ticket money to the AIS.  
 Elections are being held October 13th.

### **Anne Arundel County AIS- Mary Kay, Chair**

There are 3 districts, with 30 groups. They are in pretty good shapes right now. They have a great team for outreach. They made changes to their telephone answering service.

**District Rep Reports:** oral reports, 2 minutes maximum, please share highlights of District activities, special events, problems and solutions, etc. (DR written reports may appear in our minutes).

### **District 12- Patty**

She introduced the new district 12 rep, Gail K-W. She is happy to be doing it.

### **District 8- Winston**

Winston wants to stay on as District Rep, especially during COVID. Some GRs are staying on in D8. We had a district virtual workshop today. with 81 people. There are 19 people on the committee itself. They got help from Tidewater, Virginia members who did a virtual convention in July. He feels good about the groups in his district.

### **District 10- Linda**

In addition to continuing on as tech support, Greg is going to be the District 10 rep. She will help him.

### **District 20- Lynne F**

Staying on because it's taken a while to get the group reps to come to a district meeting. We have group reps for all the groups. They are going to have a meeting in early October. It's been a privilege.

### **District 7- Lucinda**

She is the outgoing District Rep. More people are stepping up to be group reps. They are hoping to find a new DR before mid-December.

### **District 13- Suzy**

She is the outgoing DR. Meeting during zoom since May. There are 22 meetings in the District. There are a couple meeting face-to-face with limited seating. They are considering when to hold the Spirituality Weekend in 2021. She introduced Janice as the new DR for District 13.

**District 2- Glenn**

Sixteen meetings going on in District 2: 4 are meeting in person, 2 are meeting outdoors. He is not sure what will happen with weather change. They are doing elections in November. He will step down at the beginning of year.

**District 5- Gail B.**

Zoom meetings are drawing people from everywhere. In November she will step down as DR. It has been very challenging.

**District 24 Eastern Shore- Pat RB**

Some groups are meeting in person. There is a new group. They have a new treasurer, secretary in the district, but not her position. We have strong zoom meetings.

**District 9- Nancy T.**

Five meetings are not meeting at all.

Have new meetings starting face-to-face. They looked over and are implementing protocols. She would like help setting up a zoom meeting.

**District 15- Erin**

Meetings are being held on zoom. This has been a great meeting today at this AWSC.

Deb N- question- group in District 13. One group is meeting in a church parking lot.

Can't have a free-standing group that is local only.

Had an onslaught of people coming in happy to be part of a small local group- 50 people.

Response was very consistent and positive.

Working on Saturday night group.

International meetings are not under the umbrella of Area 24, under the WSO.

**DR (not sure of number) Charles and Prince Georges Co.**

12-15 meetings meeting electronically or by phone.

**DR 11-**

Everyone in service positions agreed to stay on because of the pandemic.

**We Closed with** the Serenity Prayer, lead by Edie, and the Al-Anon/Alateen Declaration



**Fall Election Assembly Minutes- 2020**  
**AL-ANON/ALATEEN FAMILY GROUPS OF**  
**MARYLAND AND THE DISTRICT OF COLUMBIA**  
**October 24, 2020**  
*Teleconference using the Zoom platform*

**Opening:**

**We opened with the** Serenity Prayer- Idalia and Phil, and Reading of the Steps- Katie C, Traditions- Gil L, and the Concepts & General Warranties- Robert W.

**Welcome:**

**Joe D.**, Chairperson, welcomed everyone, explained the meeting format, and covered the agenda. The Fall 2020 Assembly is an Election Assembly. There were 90 participants at 10:10 am. We are not recording the meeting. We acknowledged new group reps. There were more than 25 completely new group reps. Joe explained the agenda and how the meeting will be conducted.

**Area Business:**

**Roll Call and a Vote to establish Substantial Unanimity – Group Records Coordinator, Maureen M.**

Please send new GR information to Maureen.

Maureen read Warranty 3 from the Service Manual about substantial unanimity. (p. 215)

She took a roll call of number of Group Reps from each district. (At the Assembly, only Group Reps can vote.)

District 1-0, D2- 5, D3-0, D4-0, D5- 4, D6- 1, D7- 6, D8- 6, D9-0 , D10- 5, D11- 4, D12- 10, D13- 9, D14- 4, D15- 4, D16-0, D17- 2, D18-3 , D19-0, D20- 5, D21-0, D22- 6, D23- 1, D24- 2

There were 77 total Group Reps in attendance. We voted to establish 2/3's as substantial unanimity, which would equal 51 votes.

Tish moved that we have a 2/3s majority. Seconded. 99% voted in Favor

Also in attendance:

Chairperson- Joe

Delegate- Idalia

Alternate Delegate- Phil

Treasurer- Charles L.

Secretary & Archives- Dolores

AAPP – Sarah

Spring Convention Chair- Marty

Fall Convention Co-Chair- Alvah

Website and AA Spring Convention Liaison- Katie C.S.

Public Outreach Coordinator- Rita O.

Newsletter Editor- Robert W.

Insurance Coordinator- Gil.

Group Records Coordinator- Maureen M.

Technology Coordinator- Paul C.

Past Delegate- Connie C.

Past Delegate- Charlie S.

Past Delegate- Jack S.

**Approval of Minutes, 2020 Fall Assembly meeting – Area Secretary, Dolores M.**

Minutes from the Spring 2020 Assembly were published in the September 2020 issue of the Al-Anon-Cer, Vol. 51, Number 3. This is the issue with all the job descriptions.

Paul made a motion to accept as published. It was seconded and we in favor of accepting the minutes as published.

**Delegates Report – Area Delegate, Idalia R.**

New Group Reps are the most important people in the room. Idalia thanked the Steering Committee. Area 24 is a 501 corporation. Steering committee members must be trusted servants, familiar with the legal requirements of the corporation. We are responsible for making sure that we comply.

Contributions are still above what was budgeted, at WSO. Expenses decreased. Literature sales were 22% less than the actual in 2019. They are still projecting a deficit of \$420,000 through the end of December 2020. It is important to read the annual appeal letter.

The 2021 WSC will be held April 12-16, 2021 at the Westchester Marriott in Tarrytown NY, with a visit to Stepping Stones. The 2021 theme is “Moving Forward with Unity, Courage and Perseverance.”

2021 International GSA will be held electronically using AFG Connects.

Board developments started in January 2020. We will continue to have Board Development discussions but they will contain only items that require a decision or consent.

Member Outreach: The Alanon App was launched in August 2020. Load it on your Smart Phone. There are meetings on there.

WSO’s staff are becoming AMIASs.

Strategic Plan 2021: continuing to look at and prioritize. What will they be supporting going forward? Policy Motions are interpretations of our basic guides. Continuing to update verbiage.

“Anyone can start something, carrying it out is the real job.”- quote from Lois W. used in *Many Voices One Journey*.

Joy of Service: Gifts of Service- responsibility, cooperation, trust, mutual respect, open mindedness, shared leadership, rights, letting go, progress not perfection, designation, partnership and collaboration, spirituality. Everything about this program is spiritual.

Idalia shared Panel 58 photos from her term as Delegate.

**Spring Convention Coordinator- Marty:**

The committee did a walk-through at Washington College in March. A couple days later the pandemic shut down everything. The committee is planning to get together in January. If we do a convention as Zoom, we probably can’t do Entertainment, Dance, Yoga, and there will be no meals. He has seen some workshops on zoom. We will have a convention in 2021, even though he doesn’t know what form it will take. Hopefully you will hear from us before the spring.

The dates are June 10-12, 2021.

### **Fall Convention Co-Chair- Alvah G:**

We do not know what form the fall convention will take in 2021. We will have some type of convention. She has seen other electronic conventions. The committee checked out a Young People in Al-Anon group through WSO to see how an online convention can be. Will meet in January. A new committee will take over in 2021. Nov. 5-7, 2021 are the possible dates with the Delta Hotel. The contract has to be negotiated with the hotel. We plan to take a pulse survey to determine how to proceed.

(Information about convention planning meetings are in the Al-Anon-Cer.)

We took another roll call, since people are coming online and leaving:

District 1-0, D2- 5, D3-0, D4-0, D5- 4, D6- 1, D7- 6, D8- 7, D9-0, D10- 4, D11- 3, D12- 9, D13- 10, D14- 4, D15- 4, D16-0, D17- 2, D18-3, D19-0, D20- 5, D21-0, D22- 7, D23- 1, D24- 2

There were 77 total. We voted to establish 2/3's as substantial unanimity, equaling 51 votes.

### **Chairperson Report – Area Chairperson, Joe D.**

- Confirm 2021 Area 24 meeting dates and host districts:
  - **Spring AWSC – March 20** (snow date March 27), District 13 considering
  - **Spring Assembly – May 22**, host District 10
  - **Fall AWSC - September 25**, host District 24
  - **Fall Assembly – October 23**, host District 20

Voted to accept the dates for next year- passed by 99% in Favor

### **Treasurer's Report – Area Treasurer, Charles L.**

Presentation and vote on 2021 Budget:

**Treasurer's Report-** as of Sept. 2020 (to be published in the Al-Anon-Cer in Dec. 2020)

Net income- \$5,420, cash balance

We still have significant bills that need to be paid.

WSO contribution: we sent half earlier this year, we still need to send \$2500.

We pay for the next year's attendance at WSO- \$2100 was the estimate. It is really \$2400, so we have to pay that.

Liability Insurance- we owe \$2,520. Adding that into the estimate for the rest of year we are still projecting + \$1,830.

Please continue to send in contributions. Expenses are down and so are contributions.

Projected bank balance at Dec. 31, 2020- \$26,900

**Budget Adjustments-** Increased the amount to send the Delegate to the WSC for 2021 by + \$300 (We voted to increase: 97% passed, 72 votes)

Declined the WSO option to ask for a refund, since WSC was held online.

Do we want to make an additional \$2500 contribution to WSO, even though it is partially coming out of the reserve fund? This was NOT included in the 2020 estimate. (We voted to send this money to WSO. The motion passed.)

**2021 Budget-** (all details will be in the Al-Anon-Cer)

Contributions:

Groups \$17000

Districts- \$2000

Individuals- \$60

Interest- \$3

Projecting \$19,060 total income with an increase of \$2000 compared to last year.

Expenses:

\$11,920 projected total with Alateen support increased, and public outreach increased from 2020.

Administrative Expenses: increases in insurance because of a cost every 3 years, and Regional/Past Delegates cost is for going to a conference in 2022.

Public Outreach- \$1900. It was only \$90 in 2020 because we couldn't do anything.

Questions and Answers:

Re: Insurance policies- The insurance company offered to lower the rate. The insurance coordinator is working with the company on that. We will not know if we qualify and for how much until the end of the term.

Answer to a comment on the projected contributions: They might be too high, but we can adjust the budget after the first quarter.

Why do we project a deficit? Committee people don't spend all of their budgeted money.

Prudent Reserve: Our prudent reserve is generous. He looks at budgeted expenses for the year.

We have a year's reserve, which is more than the WSO recommends.

Amount budgeted for the Assembly: Hall rental varies so that it is difficult to guess.

How can group members view this information online? It will all be in the Al-Anon-Cer.

Through September 2020 will be in the December 2021.

If you want Charles' PPT send him a message.

Vote on the Budget: We voted to accept the 2021 budget.

Send personal, group, and district contributions to:

AFG of MD and DC, Inc.

3115 Parkway

Cheverly, MD 20785-1255

If you volunteered to be a coordinator- submit your expenses to Charles. If you need software, Charles can get it at a low rate for non-profits.

We broke for lunch:

Reopened with the Serenity Prayer after lunch- Dolores and Charles

Roll call after lunch:

District 1-0, D2- 5, D3-0, D4-0, D5- 4, D6- 1, D7- 6, D8- 5, D9-0, D10- 4, D11- 3, D12- 9, D13- 10, D14- 4, D15- 4, D16-1, D17- 1, D18-2, D19-0, D20- 5, D21-0, D22- 6, D23- 1, D24- 2

There were 74 total. We voted to establish 2/3's as substantial unanimity, equaling 50 votes.

**Chairperson- Joe D:**

He reviewed election procedures- A person standing for a position can give a brief bio of himself or herself. We do not need to comment unless we have a serious concern about the person's ability to do the job. Jack mentioned that we could nominate someone else for the position.

We will put the person in the waiting room during the discussion and vote.

Questions: Can we nominate someone? The person has an opportunity to suggest.

Charlie: When we were meeting live, if no one stood for the position, we could nominate someone and they could try to fill the position.

**We voted to follow these voting procedures.**

(It is our decision that we do not applaud on these votes.)

**Vote for the Delegate – person standing: Phil B.**

Phil served at the Group level, District level, and Area Level. He chaired the fall convention. First service position was a AMIAS, because he wanted to work with younger members. He knows the importance of rotation of service. Phil volunteered his time at WSO assembling Alateen newcomer packets. Got to know people at the WSO. He wants to serve the program at higher levels.

**Phil was voted in as Delegate.**

**Vote for the Alternate Delegate—person standing: Katie C. S.**

(She accepted the nomination put forth by Jack S. but we waited to vote on this position to give her time to accept and for us to consider.)

She has been webmaster. She has been the Alternate DR for District 2 and has been involved with Al-Anon Conventions. She has not served a full term as a District Rep. but is currently running for DR in her district.

**Katie was voted in as Alternate Delegate.**

**[Please note: Following the Assembly, on November 14, 2020, Katie CS submitted her withdrawal from acceptance of the Alternate Delegate position.]**

**Area Chairperson— person standing for the position: Dolores M.**

She is currently the Area Secretary. She has been a District Rep in District 8 in the past. She was past fall convention chair.

**Dolores was voted in as Chairperson.**

**Treasurer position: No one stood for the position**

**Secretary position— person standing for the position: Paul C.**

He has served as the secretary of other groups outside Al-Anon and he has great role models in Al-Anon. Has been a District Rep in District 2.

**Paul was voted in as Secretary.**

[Gil brought up do we need to revise the guidelines for people who do not officially meet the guidelines?

There are a very small number of people who can meet the qualifications. We might need an amendment to the guidelines or provisional guidelines. We may need to vote on this at the next assembly. Another thing to consider- do we want to stagger positions if needed?]

Comments: Some people barely know what the guidelines are. Can they make their individual decision about that when we vote?

In of the Service Manual on page 148- The Alternate Delegate can be appointed to other jobs.

**Election of Area Coordinators:** (simple majority vote needed)

**Group Records Coordinator- no one stood for this position.**

**Archives Coordinator- Lucinda is standing for the position**

She has organized archives for other organizations. She was trained as a librarian.

**Lucinda W. was voted in as Archives Coordinator**

**Public Outreach Coordinator- no one stood for this position**

**Area Alateen Coordinator (ACC)- no one stood for this position**

Person needs to be an AMIAS

**Area Alateen Process Person (AAPP)- Sarah is standing for the position**

Currently in the position, Sarah would like to continue.

**Sarah R. was voted in as Area Alateen Process Coordinator**

**Webmaster- Charles L. is standing for the position**

He would like to do it as long as Katie is willing to work with me during the transition.

He loves attention to detail. He created web pages for the conventions. He has been the treasurer and been involved in Al-Anon service extensively.

**Charles was voted in as Webmaster.**

**Technology Coordinator- no one stood for the position**

Brief overview- this position is not defined well because it's fairly new. Person must be familiar with current technology. We've been forced into electronic media. If someone has ideas about how we can keep abreast of what's going on, that would be great.

**Literature Coordinator- no one stood for this position**

Learns about and educated about new literature. Person must has an appreciation of Al-Anon literature.

**Insurance Coordinator- Gil L. stood for this position**

Gil L. will be glad to continue, but he'd like to have someone to learn the position. The person is a liaison with our insurance companies, and get certificates to people who need them. Don't need to be an insurance professional, if you can handle your own insurance you will be able to do this job.

**Gil was voted in as Insurance Coordinator**

**Al-Anon-Cer Editor- Joe D. stood for this position**

Joe was nominated for Al-anon-Cer editor and he is willing to stand. He has a degree in journalism. Has done stuff at work. Did publicity for the fall convention. He has been the Area Chair.  
**Joe was voted in as Al-Anon-cer Editor.**

There are 6 positions open. Chairperson could appoint someone to various positions if necessary and they would have to be elected at next Assembly.

AAC has to become an AMIAS, but we can fast-track that if necessary. Robert was nominated but declined because he is doing AIS website.

Treasurer position: What software does the person have to be familiar with? Quickbooks and Excel. Charles does the taxes by hand.

Group Records Coordinator- The position can have a back-up. Maureen is willing to be the back-up if they want.

Jennie N. is interested in being a technology apprentice. Paul will talk to her and we could revisit in the Spring if she is interested in standing.

Think about the positions, pray about them.

Group Rep, Ade', brought up 3 things:

Access to the minutes- they will be published in the December issue of the Al-Anon-cer.

There is a lot of experience- distinction between requirements for position and qualifications- What are the minimum requirements?

Language- technology versus application of technology

**Closing:** Al-Anon/Alateen Declaration- Karen K.

After we closed Joe answered other questions.

Karen Joy H: need schooling in the traditions and concepts. She would help with a workshop.

Phil talked about the service structure for the benefit of new GRs:

There is confusion about service structure.

See p. 24 of Service Manual (free download at WSO website)

Pages 64-72 Structure of the Al-anon Family Groups

Pages 140-154 links of service

Page 171 has a graphic of the structure

If people are confused by district numbers, they can go to Area 24 website for that information.

Area 24 is split into: 24 Districts, 265 Groups and 11 Alateen Groups

Working together helps us to accomplish a great deal

Traditions and Concepts- Idalia recommends "Reaching for Personal Freedom."

Thanks to Annie F. and Paul C. for your help with technology all day.

## Treasurer's Corner

### Contributions

The group, district and individual contributions for the first three quarters of 2020 were \$11,704; \$4,812 in the first quarter, \$4,327 in the second and \$2,565 in the third. The Area thanks you for all these contributions. In addition, \$1,300 in excess funds were transferred from the Fall Convention account to the area. See the "Contributions July through September 2020" page for details of the \$2,565 in contributions in the third quarter.

The contributions at the beginning of the year were strong, but they tapered off in March. In the third quarter 48 groups sent in contributions, which is just over half of the usual number. Very generous personal contributions helped boost our total contributions.

### Expenses

The total net expenses for the first three quarters of 2020 were \$7,768. Third quarter total net expenses were \$1,157. Payments for program expenses were \$379 for Alateen support, \$254 for Al-Anon-Cer mailing and \$92 for Public Outreach. The administrative expense paid was \$1,257 for insurance. We received refunds of payments for the cancelled spring AWSC, fall assembly, and a Public Outreach event for a total of \$825.

The cash balance as of June 31 was \$30,187. We still owe \$2,508 for liability insurance for the year and \$2,400 to the WSO as our advance payment for the 2021 World Service Conference. As approved at the Fall Assembly, we will also be sending a contribution of \$5,000 to the World Service Office, bring our total contribution for the year to \$7,500.

### Directions for Contributions

If you are in a position to do so, you can contribute directly via credit card to the World Service Office at Al-Anon.org. You can send a check to the area and your local AIS if you have one.

You can also contribute to the area via credit card, debit card, or PayPal from the area web site, MARYLANDDC-ALANON.ORG. If you choose to contribute this way and want the contribution to be recorded as coming from a meeting be sure to indicate the meeting's WSO number. You can find the WSO number for meetings on the Al-Anon.org "find a meeting" section, at the bottom of the listing for the meeting.

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

Make checks payable to AFG of MD & DC.

Send contributions to: AFG of MD & DC, 3116 Parkway, Cheverly, MD 20785-1255

Yours in Service,

Charles Lady, Treasurer



**AFG of MD and DC Inc  
Contributions July through September 2020**

AFG or District	<u>Amount</u>	AFG of District	Amount
000 Individuals	\$311.61	000501422 Sunday Afternoon ODAT	\$50.00
000000 Unknown Group	\$40.00	000502641 Gracefield Road AFG	\$25.00
0002417 Chevy Chase Monday 8 PM	\$25.60	000502745 Kensington Women	\$101.12
00027312 Oakleigh Sun Night	\$25.00	00052341 Steps to Serenity	\$75.00
00030518769 Fri Slogan Mtg Mt Vernon	\$58.00	00053483 Sunday AFG Gaithersburg 1 pm	\$52.00
00030563855 Severna Park Sat Morn	\$18.90	0005839 We Care Tues	\$25.00
00030567681 Monday night Ellicott City	\$20.00	0005856 Potomac Womens AFG	\$26.50
00030573893 Just for Today	\$85.00	0005862 Bowie Mon Morning	\$25.00
00030576594 New Beginnings DC	\$75.67	0005884 Clinton Daytime	\$10.00
00030586955 Palisades II Thursday	\$31.80	0005891 Crofton	\$30.00
00030606314 Every Sunday Takoma Park	\$45.69	0005954 Wed Morning AFG	\$20.00
00030621591 Gaining Tools	\$60.00	0005984 St. Thomas Wed. Nite	\$60.00
00030632610 Tues Al Anon DelRay	\$200.00	0006035 Silver Spring Thursday PM	\$72.52
00030678086 New Market	\$30.00	0006062 Wed 12 + 12	\$50.00
00030702678 Hope on the Hill	\$15.58	00062294 Reisterstown Sun	\$24.50
00030864 Georgetown Visitation Step	\$9.41	00063518 Couragae to Change ODAT Sun	\$19.12
00037918 Pathfinders	\$16.00	00064486 Courage to Change	\$10.00
00041392 Rockville East Step Sutdy	\$30.00	00065736 Serenity AFG	\$72.00
00043421 Courage to Change	\$50.00	00066938 Westside Club	\$33.60
00043431 Pomfret Way of Life	\$36.00	District 07	\$50.00
00046897 Southern Serenity	\$49.18	District 10	\$100.00
00049402 Keep It Simple, Arnold	\$100.00	District 24	\$300.00
		<b>TOTAL CONTRIBUTIONS</b>	<b>\$2,564.80</b>

**AFG of MD and DC Inc  
Approved Budget for 2021**

**Income**

4100 - Contributions	
4101 - Group Contributions	\$ 17,000
4102 - District Contributions	2,000
4103 - Individual Contributions	60
<b>Total 4100 - Contributions</b>	<b>19,060</b>
4200 - Conventions Proceeds	
4201 - Spring Convention Proceeds	0
4202 - Fall Convention Proceeds	0
<b>Total 4200 - Conventions Proceeds</b>	<b>0</b>
4800 - Interest Income	3
<b>Total Income</b>	<b>\$ 19,063</b>

**Program Expenses**

5010 - WSO Contributions	
	\$ 5,000
5020 - Alateen Support	
5021 - Alateen Coordinator	1,000
5022 - Alateen Process Person	250
5023 - Background Checks	1,300
<b>Total 5020 - Alateen Support</b>	<b>2,550</b>
5030 - Literature	
5031 Literature Coordinator	150
5032 Jessup Literature	400
5033 - Frederick Literature	0
<b>Total 5030 - Literature</b>	<b>550</b>
5060 - Convention Support	
5062 Spring Convention Chair Expense	100
5063 - Fall Convention Chair Expense	100
<b>Total 5060 - Convention Support</b>	<b>200</b>
5070 Liason to AA Support	
5071 Liason to AA Spring Convention	500
5072 Liason to AA Fall Convention	0
<b>Total 5070 Liason to AA Support</b>	<b>500</b>
5080 Public Outreach Coordinator	1,900
5090 Web Services	400
5100 Technology Services	400
5120 Al-Anon-Cer	420
<b>Total Program Expenses</b>	<b>\$ 11,920</b>

**Administrative Expenses**

6010 - Steering Committee	
6011 - Chair	\$ 400
6012 - Secretary	150
6013 - Treasurer	150
6015 - Delegate to WSO	2,100
6016 - Delegate Expenses	250
6017 - Alternate Delegate Expenses	150
<b>Total 6010 - Steering Committee</b>	<b>3,200</b>
6020 - Regional and Past Delegate	
6021 - Northeast Regional Delegate	750
6022 - Past Delegate N.E. Regional	1,500
6023 - Past Delegate Miscellaneous	100
<b>Total 6020 - Regional and Past Delegate</b>	<b>2,350</b>
6030 - Group Records Coordinator	
	100
6040 - Archives Coordinator	
	200
6050 - Assembly Meetings	
	850
6060 - AWSC Meetings	
	700
6070 - Insurance	
6071 - Liability Insurance	5,300
6072 - D & O Insurance	1,100
6073 - Crime/Theft Insurance	230
6074 - Insurance Coordinator	50
<b>Total 6070 - Insurance</b>	<b>6,680</b>
6090 - Legal and Professional	300
6120 - Contingency Fund	300
<b>Total Administrative Expenses</b>	<b>\$ 14,680</b>

<b>Total Program and Admin Expenses</b>	<b>\$26,600.00</b>
<b>Net Income (Expense)</b>	<b>(\$7,537.00)</b>

## **I try to live one day at a time...**

But sometimes I find myself projecting into the future.  
Sometimes I'm caught up in looking back at the past.  
And if I do both at the same time, I end up with advance nostalgia.

So, with a tip of the hat to David Letterman, here are the **top ten** reasons we just might miss this nightmare pandemic when it's eventually over:

10

It was a boon to boundary setting: "I'd love to get together – but you know, Covid!"

9

*Isolating was the new "normal," didn't seem so much like a character defect.*

8

When you finally got around to calling your sponsor, you knew they'd probably be home.

7

Zero travel time to a meeting, anywhere - great for all of us who try to cram in just one more item off the to-do list.

6

WITH VIRTUAL BACKGROUNDS, YOU COULD BE TRANSPORTED TO A SUNLIT BEACH WITH A SINGLE CLICK.

5

You could easily check email during meetings (though nobody ever did that).

4

Watching other members' cute pets participate in Al-Anon meetings.

3

*Having fewer excuses not to pray and meditate.*

2

After so much screen time, CAL on paper actually started looking good.

1

*With even the illusion of control so far out of reach, there was never a better time to surrender to God's care.*

## Online Alateen Meetings for Maryland & DC

Do you have a parent, close friend, or relative whose drinking upsets you?

Alateen is for young people (ages 9-19) whose lives have been affected by someone else's drinking. All young people are welcome and can attend any or all of the meetings.

Day and Time	Zoom Link, Meeting ID & Password
Sundays 7:00 pm	Join Zoom Meeting <a href="https://positivepsyche-biz.zoom.us/j/85087852562?pwd=bVlxN204U2F5dnB0ckp4cEdsZmw3UT09">https://positivepsyche-biz.zoom.us/j/85087852562?pwd=bVlxN204U2F5dnB0ckp4cEdsZmw3UT09</a> Meeting ID: 850 8785 2562 Passcode: 821502
Mondays 7:30 pm	Join Zoom Meeting <a href="https://positivepsyche-biz.zoom.us/j/89755786747?pwd=eXcwbzZxVlptTJJSelFkWXFRakFpUT09">https://positivepsyche-biz.zoom.us/j/89755786747?pwd=eXcwbzZxVlptTJJSelFkWXFRakFpUT09</a> Meeting ID: 897 5578 6747 Passcode: 717885
Thursdays 7:30 pm	Join Zoom Meeting <a href="https://positivepsyche-biz.zoom.us/j/85710995221?pwd=SXdaZTNmVhaa1RvbXBadkRWMIpUUT09">https://positivepsyche-biz.zoom.us/j/85710995221?pwd=SXdaZTNmVhaa1RvbXBadkRWMIpUUT09</a> Meeting ID: 857 1099 5221 Passcode: 939018
Saturdays 11:00 am	Join Zoom Meeting <a href="https://positivepsyche-biz.zoom.us/j/85296323586?pwd=UTZJd0xrYm1rSm5DVnErTEpiUDBKQT09">https://positivepsyche-biz.zoom.us/j/85296323586?pwd=UTZJd0xrYm1rSm5DVnErTEpiUDBKQT09</a> Meeting ID: 852 9632 3586 Passcode: 240291

### Guidelines for the meetings:

- There will be 2 adults (called Alateen Sponsors) who host the meeting.
- Only young people may attend.
- For security purposes, your video must be enabled for you to participate in the meeting - we need to always know who is in the meeting.
- Unless you are speaking, please mute your mic.
- The meeting is one hour.

Also, see the Alateen website for more information about Alateen: [www.alateenmddc.com](http://www.alateenmddc.com)

# The Mystery of the Missing Convention



It was nowhere  
to be found  
last November!

Did it go south of the border seeking immunity?  
Is it laying low somewhere in Area 24?  
Can it be brought back this fall?

Your participation could be the missing clue...  
the key to solving this conundrum!

Zoom rendezvous at: 812 7148 3990  
Saturday, the ninth day of 2021, 10 AM  
Secret Password: 118 951

**Area 24 2020 Group Records Update Instructions:  
New Trusted Servants & Temporary Ad Hoc Electronic Meeting  
Updates for WSO, Area & AIS Group Records!**

**Update your WSO Group Record with your New Telephone Contacts, CMA,  
GR & Ad Hoc Electronic Meeting Information.**



**Trusted Servants: WSO expanded the Meeting Location Special Instruction section in the Group Record to allow for “Face to Face” (FTF) & “Ad Hoc Electronic Meeting” Comments/Information. This displays on WSO’s “Find A Meeting Page” for the Newcomer & Returning/Visiting Member to use to attend your meetings.**

**Instructions on how to update your group’s WSO Group Record:**

1. From Al-Anon’s homepage (<https://al-anon.org>). Select “Members” tab”; then Select “Group Resources”; then Select “Group Records”; then Select “Group Change Form on this page & input your group’s data. OR cut and paste: <https://al-anon.org/for-members/group-resources/group-records/> directly into your browser, input your information and submit. Your input into the WSO Group Change Form is re-directed to the Area 24 Group Records Coordinator (AGRC) for their data entry into the WSO Group Records Database within seven days of receipt.
  - AGRC Process: AGRC updates WSO record, which is uploaded within an hour to the WSO database & is available on WSO website.
  - AGRC notifies the meeting’s GR/CMA, DR and AIS (when meeting is located in an AIS area) & requestor if not GR/CMA/DR/AIS via email.
2. WSO expanded the Meeting Location Special Instructions section of the Record to accommodate detailed information on FTF meeting instructions & ad hoc electronic meeting information.
3. Other Group Records Change Options:
  - Email Area 24 Group Records Coordinator, Maureen M at [records4area24@marylanddc-alanon.org](mailto:records4area24@marylanddc-alanon.org) with updated information for input or Changes can also be sent directly to the WSO.
  - Send USPS mail to 5007 Geronimo Street, College Park, MD 20740 for input.

**Check WSO’s “Find a Meeting” feature to see how your meeting is listed for the Newcomer and visiting Member: <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>.**

# Al-Anon Group Records Change Form

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

### 1. Group Record

WSO I.D. Number \_\_\_\_\_  
 District Number \_\_\_\_\_  
 Area Name (Abbreviation) \_\_\_\_\_

### 2. Status

Change  
 Inactive

### 3. Changes

Group Name                       GR                       Meeting Place  
 Current Mailing Address (CMA)                       Meeting Time  
 Phone Contact for the Public                       Meeting Day

### 4. Group Registration Overview

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

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

### Location

Meeting Place \_\_\_\_\_  
 Meeting Address \_\_\_\_\_  
 City \_\_\_\_\_ State/Province \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_ Country \_\_\_\_\_  
 Group email \_\_\_\_\_

### Phone Contact for the Public

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

### 5. Meeting Details

Day \_\_\_\_\_ Time \_\_\_\_\_  AM  PM  
 Meeting Attendees:  Families, Friends and Observers welcome  
                                    Families and Friends only  
 Spoken Language \_\_\_\_\_ Member Count \_\_\_\_\_  
 Beginners\*     Introductory\*\*     Limited Access\*\*\*  
 Handicap Access     Child Care     Fragrance Free  
 Smoking Permitted     Sign Language  
 Location Instructions \_\_\_\_\_

### Additional Meeting

Day \_\_\_\_\_ Time \_\_\_\_\_  AM  PM  
 Meeting Attendees:  Families, Friends and Observers welcome  
                                    Families and Friends only  
 Spoken Language \_\_\_\_\_ Member Count \_\_\_\_\_  
 Beginners\*     Introductory\*\*     Limited Access\*\*\*  
 Handicap Access     Child Care     Fragrance Free  
 Smoking Permitted     Sign Language  
 Location Instructions \_\_\_\_\_

*\*held in conjunction with a regular Al-Anon group meeting, not considered an Al-Anon group. Provide newcomers a simple introduction to Al-Anon.  
 \*\* Attendance changes frequently; not considered an Al-Anon group. Attendees are invited to go to regular Al-Anon meetings.  
 \*\*\* Meeting access is limited due to the facility's entry restrictions. These groups meet at sites such as military bases, institutions, industrial plants, or schools.*

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

First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
 Street/PO Box \_\_\_\_\_ City \_\_\_\_\_  
 State/Province \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_ Country \_\_\_\_\_  
 Phone Number \_\_\_\_\_ Email \_\_\_\_\_  
*CMA email address is entered here. Please enter Group email address in section #4 (See instructions for more information)*

### 7. For Area Use

Group Rep     Other \_\_\_\_\_  
 First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
 Street/PO Box \_\_\_\_\_ City \_\_\_\_\_  
 State/Province \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_ Country \_\_\_\_\_  
 Phone Number \_\_\_\_\_ Email \_\_\_\_\_

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

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