



# THE ALAVINE

## Together we grow!

North Dakota Area 43

Al-Anon Family Groups Newsletter

<http://www.ndal-anon.com>

<http://www.al-anonfamilygroups.org>

Spring 2009

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**Al-Anon Family Groups World Service Office (WSO) Board's Vision Statement:**  
*All people affected by someone else's drinking will find help and recovery in every community.*

**Al-Anon Family Groups WSO Board's Mission Statement:**  
*Anticipate the future and Al-Anon's place in it and ensure that the necessary resources are available.*

**Deadline for next Alavine submissions is June 1, 2009. Send submissions to Website Coordinator via the North Dakota Al-Anon website or see previous Alavines for e-mail addresses.**

**AREA WORLD SERVICE COMMITTEE**  
***TENTATIVE AGENDA***  
**MARCH 20, 2009**  
**COMFORT INN**  
**BISMARCK, ND**  
**7:00 PM**

- 1. Secretary's Report**
- 2. Treasurer's Report**
- 3. Delegate**
- 4. Alavine**
- 5. Outreach Committees – Group Services – Membership – Public Outreach**
- 6. District Reports – If anything needs to be brought up to the Assembly**
- 7. Coordinator's Reports – If anything needs to be brought up to the Assembly**
- 8. ND Area Guidelines and Motion Book**
- 9. ND Area Website**
- 10. Expenses: Accurate Reporting for all positions**

**What is the Area World Service Committee (AWSC) and who attends?**

**This Committee consists of the officers (Delegate, Chairman, Secretary, Treasurer) of the Assembly, District Representatives, Coordinators (Alateen, Archives, Forum, Group Records, Literature, Newsletter, and Public Outreach), and liaison members (we have none in North Dakota), who meet between Assemblies (for North Dakota, it is the night before the Assembly due to cost) to discuss Area and District matters, plan (go over) the agenda for the Assembly, initiate projects, and make recommendations to the Assembly.**

**All Committee members may vote at the meetings of the Area World Service Committee (page 107, Al-Anon/Alateen Service Manual, 2004-2006). Items in parentheses are explanations or unique to North Dakota.**

**SPRING ASSEMBLY  
TENTATIVE AGENDA  
MARCH 21, 2009  
COMFORT INN, BISMARCK, NORTH DAKOTA**

**7:30 AM Registration Begins**

**8 – 9 AM Newcomers Meeting/Registration**

**9:00 AM ASSEMBLY BEGINS**

Announcements  
Call meeting to order  
Welcome  
Traditions  
Concepts  
Introductions  
Secretary's Report  
Treasurer's Report

**OLD BUISNESS**

1. Policy Manual Updates
2. Use of Last Name and Initials
3. Coin Calendar

**Lunch: Potluck at noon in Assembly room; AA & others are welcome (free-will offering)**

**NEW BUSINESS**

1. Fall Assembly and Roundup
2. Election of officers in September
3. Area Inventory

**REPORTS**

1. Delegate
2. Districts
3. Coordinators
4. Literature Distribution Center
5. Action Committees will meet. Those interested in Alateen will meet at this time.

**Budget Committee will meet after Assembly.**

**Important Reminders:**

**Sunday meeting begins at 9AM at the Comfort Inn in Bismarck, ND.**

**Remember to bring your Service Manual and a copy of the Spring Alavine to the Assembly!**

## Lodging for Spring 2009 Assembly in Bismarck, ND (March 20-22, 2009)

### BISMARCK LODGING

**Americ Inn - 701-250-1000**  
3235 State Street

**Best Western - 701-258-7000**  
1400 E Interchange Avenue

**Best Western Fleck House - 701-255-1450**  
122 E Thayer Avenue

**Comfort Inn - 701-223-1911**  
1030 E Interstate Avenue

**Comfort Suites - 701-223-4009**  
929 Gateway Avenue

**Doublewood Inn - 701-258-7000**  
1400 Interchange Avenue

**Expressway Inn & Suites - 701-222-2900**  
200 E Bismarck Expressway

**Fairfield Inn - 701-223-9293**  
135 Ivy Avenue

**Kelly Inn - 701-223-8001**  
1800 N 12th Street

**Motel 6 - 701-255-6878**  
2433 State Street

### BISMARCK LODGING, CTD.

**Super 8 Motel - 701-255-1314**  
1124 E Capitol Avenue

**Radisson Hotel - 701-255-6000**  
605 E Broadway Avenue

**Radisson Inn Bismarck - 701-258-7700**  
800 S 3rd Street

**Ramada Inn - 701-221-3030**  
3808 E Divide

### MANDAN LODGING

**Colonial Motel - 701-663-9824**  
4631 Memorial Highway

**North Country Inn & Suites - 701-663-6497**  
1200 E Main Street

**Ridge Motel - 701-663-8686**  
2630 Old Red Trail

**Seven Seas Inn and Conference – 701-663-7401**  
2611 Old Red Trail

**Days Inn – 701-223-9151**  
1300 Capitol Avenue E

## Lodging for Fall 2009 Assembly in Medora, ND (September 18-20, 2009)

**AmericInn of Medora      1-800-634-3444 or 1-701-623-4800 (55 rooms blocked at \$74.90/night)**

**Badlands Motel, Medora      1-800-633-4332 (80 rooms have been blocked at this hotel for \$75.00/night)**

**Rough Riders Hotel      1-701-623-4422**

**Buckboard Inn, Beach, ND 1-701-872-4794**

**Trappers Inn, Belfield, ND 1-701-575-4261**

**Red Trail Campgrounds, Medora 1-701-623-4317**

# REPORTS...WHAT'S GOING ON IN YOUR AREA?

North Dakota--Area 43--Al-Anon Family Group  
Treasurer's Report  
January 31, 2009

<b>Beginning Balance October 1, 2008</b>		<b>\$ 1,343.13</b>
INCOME:		
Group Income	\$ 475.00	
Alavine	60.00	
<b>Income since October 1, 2008</b>		<b>\$ 535.00</b>
<b>Total Income</b>		<b>\$1,878.13</b>
EXPENSES:		
Equalized Expense	\$ 1,250.00	
Alavine Expenses (Fall 2008):		
Postage	81.90	
Printing	110.50	192.40
ND Website		50.00
<b>Total Expenses since October 1, 2008</b>		<b>\$1,492.40</b>
<b>Ending Balance January 31, 2009</b>		<b>\$ 385.73</b>

Respectfully Submitted,

Barb Swanson, Area 43 Treasurer  
1526 Suntree Drive  
West Fargo, ND 58078

## ND Area Budget



**2008 GROUP DONATIONS  
JANUARY 1 THRU DECEMBER 31**

<b>District 1</b>	<b>\$ .00</b>
Tioga Al-Anon	10.00
Williston AFG	50.00
<b>District 2</b>	<b>.00</b>
<b>District 3</b>	<b>100.00</b>
Bottineau AFG	20.00
Kenmare AFG	62.00
700 Al-Anon	82.20
Sat. Morning AFG	50.00
<b>District 4</b>	<b>150.00</b>
West River AFG	100.00
Bismarck Monday Night AFG	286.80
North City AFG	200.00
Saturday Morning AFG	361.30
<b>District 5</b>	<b>.00</b>
Lake Region AFG	80.00
<b>District 7</b>	<b>109.00</b>
Brown Bag AFG	55.00
Happiness Al-Anon	50.00
Hope Al-Anon	40.00
New Horizons AFG	80.00
Primary Purpose	80.00
T.G.I.F.	70.00
<b>District 8 &amp; District 6</b>	<b>160.00</b>
Friday Feelings AFG	130.00
Keep It Simple AFG	202.00
North Fargo Monday Night AFG	25.00
Wahpeton AFG	125.00
West Fargo Monday Night AFG	88.50
<b>Anonymous Individual Donations</b>	<b>844.64</b>
<b>TOTAL DONATIONS</b>	<b>\$ 3,611.44</b>

## Spring 2009 APPEAL LETTER

**Last night I had a dream. . .President Obama telephoned me and said: “North Dakota Al-Anon--Area 43--will be receiving a \$4,000 check this month—your share of the stimulus package just passed by Congress and signed by me.” Before I could thank him and refuse this offer of money (Tradition 7: “Every group ought to be fully self-supporting, declining outside contributions.”), I woke up. . . Each one of us, though, can be that “stimulus package” for Area 43 by financially supporting North Dakota Al-Anon and by keeping involved in Al-Anon service.**

Some upcoming actual and/or estimated expenses for Area 43 are as follows:

Spring Assembly Expenses:	
--Delegate/Chairman	\$ 600
--Coordinators/Other Officers	300
WSC Equalized Expense*	-0-
Alavine (Spring '09)	300
Delegate's Token to WSC	350
WSC Donation**	40 (?)
Alavine (Summer '09)	300
ND Website/Webmaster***	46
Action Committees	<u>210</u>
<b>Total Expenses</b>	<b>\$ 2,146</b>

\*The \$1,250 Equalized Expense ('09) helps send our Delegate to the World Service Conference (expenses such as airline tickets, meals, room). Good News!! We were able to pay this in full by January 31, 2009!

\*\* The question mark (?) by the WSC Donation means we “vote on each year”.

\*\*\*The Website/Webmaster amount (2009) for hosting the web is \$96 of which \$50 has been paid (\$8 a month). The domain expires in 2010.

Please help support your North Dakota Al-Anon (Area 43) by giving generously as an individual, group and/or district. Thanks for your continued support.

Have a great Spring!!!

Barb Swanson, Treasurer

## **Delegate's Report – Darcy A.**

The 2009 World Service Conference theme is “Embrace the Legacies: Our Spiritual Bridges to Expand the Future”. I have my registration and plane tickets for the conference.

Mail is appreciated during the conference: Darcy A. Area 43 (Hold for WSC 4/19-4/23, 2009)  
Wyndham Virginia Beach Oceanfront  
5700 Atlantic Avenue  
Virginia Beach, Virginia 23451

Please write my name and address in the return address section of the envelope in the event that mail delivery is delayed.

Darcy A.  
525 Dover Drive  
Bismarck ND 58504

If any group or district wants to send love tokens, please do so. Sixty-seven Areas from the United States and Canada send their Delegates to the Conference. Delegates go to the hospitality room each day and check for new gifts and mail. Delegates can take them back to their own Areas. In the past, I took homemade bookmarks. These love gifts add a lot to the morale. If you bring tokens to Assembly for WSC, I will be delighted to pack them.

Currently I have been busy reading material from World Service Office to prepare for the Conference. The file exchange has been revamped into e-Communities. Information is formatted differently. Trustee calls come quarterly to ensure Delegates understand this information. The Area Coordinators (Literature, Archives, Alateen, Public Outreach) receive information through the e-Communities and receive conference calls, also. Panel 47 Delegates need to complete 3-minute talks which are based on the 2009 Conference Theme. I have mine completed and sent to WSC. Our panel is preparing for our closing skit. This adds a release of energy and fun to close a 3-year process. Our panel is having fun attempting to be creative over the internet. I'll let you know what happened!

The Northwest Regional Delegate's Meeting will be held March 13<sup>th</sup> -15<sup>th</sup> in Lincoln, Nebraska. I have my registration and motel room ordered. It is a time to orientate the new panel of Delegates and keep contact with current and previous delegates.

Our Spring Area Assembly meets at the Comfort Inn, Bismarck on March 20<sup>th</sup>-22<sup>nd</sup>. Service in the Al-Anon environment provides learning opportunities to communicate and relate with others in a safe and nurturing environment. Each group needs a representative. Action committees provide opportunities for members to learn about Al-Anon and recovery. Join in the fun, fellowship and abundant energy.

Respectfully yours, Darcy A.

## **Area Chairman's Report**

This has been a crazy time since the fall assembly. On November 2, Barb went with me to a girlfriend's house as I hadn't been able to reach her by phone and for some reason I did not want to go by myself. As we got to her house, we saw that her oldest son was there. When we went to the door he was surprised to see me as he figured his Mom was with me as the house was quiet. Needless to say, we found that she had passed away.

Talk about a shock. For most of November and part of December I was busy helping her family get her house cleaned out so they could sell it.

Then in December my computer died and I wasn't able to get a new computer until after Christmas. Talk about feeling left out without contact with the Al-Anon members I usually keep in contact with. Now I am finding that everything I had put onto computer disks doesn't work. I am now trying to figure out the process and the new VISTA program.

Well enough about me. I hope to see everyone at the spring assembly in Bismarck, March 20,21 and 22<sup>nd</sup>. We will be meeting at the Comfort Inn. Darcy A, our state delegate, has been the one coordinating everything there for me. Thanks Darcy for all the work you do for our Area.

If anyone, Al-Anon member, group/district representative or state officer has anything that they would like added to the final agenda please let me know. REMEMBER THAT ASSEMBLY IS FOR ALL AL-ANON MEMBERS.

Last, but not least, is a reminder that we will have elections at the fall assembly for the years 2010-2012. Please consider volunteering for a position whether it is at the group level, district level or state level. For me service work has been a time of growing again.

In Al-Anon Service,

Connie B.

## District Reports

### **District 1 Report:**

The Al-Anon group in Williston is small, but still going strong. The group gets newcomers attending sometimes and keeps on spreading the word. The group is active in getting pamphlets out to treatment centers in the area and will be continue to be available to spread the message of Al-Anon by attraction.

Twyla S., contact for District 1

**District 2 Report:** No group report at this time, although there is a new contact person, Danette G. Let's stay connected.

### **District 3 Report:**

We have our last district meeting on Jan. 25th. Our groups all seem to be doing all right. The numbers are down at some meetings, but it is always a cyclic thing. We are getting ready for our Spring Fling on March 28th. Our district puts on the lunch as our fundraiser. We also put on 2 workshops and have an Al-Anon speaker for the evening. We are updating listings in the newspaper and our district phone message. We are also talking about having one more rummage sale this fall. It would be a fund raiser for the LDC. I hope you are all having a safe and warm winter.

Carla L. , District 3 Representative

**District 4 Report:** No report at this time.

**District 5 Report:** No report at this time.

**District 6 and 8 Report:** No report at this time.

Hello to all! I have nothing new to report as our District did not meet over the holidays... We will be meeting on Saturday February 28 at the Country Kitchen in Fargo from 1 – 4 PM.

Submitted by Michelle H., District Representative

**District 7 Report:**

Hello to all Al-Anon Service Enthusiasts! Just a brief update from District 7 to let you know how we are doing. We had our last District meeting on February 8, 2009 at the Antenna Club in Grand Forks. We have six of our seven groups represented at the meeting. Al-Anon will be participating in an AA Mini-Roundup on “Journeys in Recovery” on April 18, 2009 at the Holy Family Church in Grand Forks. District 7 Al-Anon will have a table to make pamphlets and meeting lists available to whomever is interested. At our last district meeting, we had a great discussion on how to keep lines of communication open between Newcomers and long-time Al-Anon members who may not be actively attending meetings. Our groups were asked to think about this topic and see if they can come up with ideas on how to reach out and keep that “long-time” experience, strength and hope in the rooms of Al-Anon. We anticipate having at least three groups represented at the Spring Assembly. Our next District meeting will be Sunday, March 29, 2009 at the Antenna Club in Grand Forks, 2:00-3:30 PM. All are welcome to attend and share in the opportunities for growth in service!

Diane D.

## Coordinator Reports

### Forum Report

As I am cleaning my kitchen and dining room floor, my thoughts were on writing this “Forum” report. Not that you need to know if I sweep and scrub my floors or not, just to give you how much time I had to ponder. Carla says it is harmful to others, no that is a lie; she does says it is dangerous to let me ponder, so here goes my Monday pondering.

What is the roll of a “Forum” coordinator? To me it is to increase the number of “Forums” ordered, then the other is to encourage Al-Anon members to submit articles, short or long, submit pictures, favorite sayings or quotes. For me to do this it became very evident to me, that I have to look at myself to find why I am not sending anything to World Service Office, to be used wherever they want. This means that I had to do another Fourth Step, “Made a searching and fearless moral inventory of ourselves”, before I could even begin to write this report. Here is the result of this Fourth Step.

What is keeping me from writing another article for the “Forum”? The number one reason/excuse is FEAR. Fear of having it chosen, then all can read and make remarks, not positive remarks. Not that anyone has ever made fun of, or said negative remarks about anything of mine that has been printed in the “Forum”. Then there is the fear that what I submit won’t be chosen; this is my committee at work, for me this means at that time I have low self-esteem. FEAR of what? That is the question!!! What is underlying that fear? I don’t have time!! What a flimsy excuse. I do use it, or am I just plain lazy? Or complacent? Or they can do it; who is “they”? When I let that sick attitude control me, I find that is my low self-esteem, which seems to set in motion my being irresponsible to Al-Anon and myself. This kind of attitude sends up red flags, if I am looking and listening, the red flags tell me that I need to look at me, to see “Why am I not being responsible, once again?”

Always amazes me, how my Higher Power works. Now I know I need to submit something to the “Forum”, and then Let Go & Let God. It has nothing to do with WHAT I submit, or if it is chosen, it has everything to do with being responsible for my recovery, sharing my experience, strength and hope, which all of you have given so freely. I might only submit, 6 sentences, or 6 pages, 1 picture or one of my favorite one-liners I have heard in an Al-Anon meeting; such as “obedience unlocks understanding”.

What I would love to hear from all of you, come March, is, “What is it that stops me from sharing my experience, strength and hope?”

Love in Service, Lana Nelson

### **Alateen Report**

Hello to Area 43 Al-Anon members: I am looking forward to seeing many of you at our upcoming Spring Assembly! During the Assembly weekend I hope to be able to meet with interested members informally to discuss the future of ND Alateen and brainstorm some ideas about the challenges we are facing. I have talked to several people over the past few months who agree that Alateen meetings would be of great benefit to young people in our communities. At the same time, though, we are having an extremely difficult time finding people to commit to being sponsors. Individuals who are interested in starting Alateen in their community really face an uphill battle as we struggle with the issues of background checks, finances and waning interest in making a firm commitment to Alateen while adhering to the requirements as we have formulated them with the guidance of the WSO. These requirements include the presence of at least 2 adults 23 years of age or older who are regular Al-Anon attendees for at least 2 years. It is imperative that a strong Al-Anon group and its district work closely with potential sponsors to encourage them and support them in starting and maintaining Alateen. I look forward to talking with you about these challenges and what Area 43 envisions for the future of Alateen in our Area.

Submitted by Wanda L.

### **Group Services – Action Committee Report:**

Our committee hasn't met since Fall'08 Assembly. However, through e-mails we've been working on Job Descriptions that are unique for Area 43—North Dakota. At Spring Assembly we will continue “tweaking” this project.

At our committee meeting at Fall Assembly, we decided the following:

“we are strongly recommending that District 3 (Minot area) contact District 1 (Williston area) and that District 4 (Bismarck area) contact District 2 (Dickinson area) for the purpose of helping them and encouraging them to have more participation at the Area 43 level. We're asking that District Representatives notify the following three people: Chairman Connie, Delegate Darcy, and Group Records Coordinator Barb on any progress that is made whether it is a contact name and phone number or just to let them know that an attempt has been made.”

District 8 (Fargo area) and District 6 (Jamestown area) have been meeting and working together on a trial basis with this “mentoring program” and it's working quite well. This will continue through 2009 at which time we will evaluate this program.

Hope to see all of you at Spring Assembly!

Barb, Committee Chairman  
Group Services Action Committee

### **Archives Report:**

The North Dakota Archives Portfolio is nearly complete and contains a broad range of photographs and memorabilia that represent the history of Al-Anon in Area 43. As always, I am open to additional photographs of long-time members or delegates to enrich our shared history of experience, strength and hope. Many of the extra books and literature were distributed to groups at the September Assembly in Mandan and I will be bringing old Forums for distribution to the March Assembly in Bismarck. See you all there!

Sheila S., Archives Coordinator

### **Group Records Report:**

I have been very busy coordinating with the WSO to update all group records and contact information for groups in Area 43. Some changes are as follows: Tioga Al-Anon meets Monday night at 7:00 PM, Knife River Al-Anon (Hazen) meets Sunday at 7:30 PM, Staying In Step Al-Anon (Grand Forks) has disbanded, and Wahpeton Al-Anon meets on Tuesday 8:00 PM only. Prairie Winds of Jamestown no longer meets, although it is listed as active with the WSO. There is a new group in Fargo, Free To Be Me AFG, that meets Tuesday at 11:00 AM at Ponpopiton Lutheran Church. Please check the meeting list in the current Alavine and make sure that I have the most up-to-date information for your group. Please contact me with any changes you may have for your group (e-mail address LisaU1@aol.com).

In Service, Barb S.

### **Public Outreach Report:**

The Al-Anon Family Groups have been active in outreach for 2008 with the theme of “building bridges to energize our spiritual quest” providing a foundation. The following is an excerpt from a Holiday Feature Release from the World Service Office Public Outreach. Please share these recovery thoughts with your groups.

The holiday season often brings out the best in people, even when circumstances are especially difficult. Pamela Hartson, pseudonym for the wife of a problem drinker, regretted the ordeal that followed the loss of her husband’s job, which led to the bank’s foreclosure on their house. The holiday season was especially painful because she hated to disappoint her four children. In the U.S. there are 18 million problem drinkers, according to the National Institute on Alcohol Abuse and Alcoholism. According to commonly accepted health-care provider estimates, each alcoholic adversely affects the lives of an estimated four-to-ten people. More than 70 million Americans are affected.

“I went to an Al-Anon Family Group meeting because a counselor recommended it,” Hartson said. “Because of our dilemma, I didn’t know how to handle our day-to-day needs, let alone my children’s high hopes for presents and parties. The counselor thought Al-Anon members who had been through similar challenges might inspire me to take steps to help myself. “At my first Al-Anon Family Group meeting I met a woman who invited everyone in the group to a bonfire party on her property,” Hartson said. “She and her husband owned a Christmas tree farm. She said if we brought an axe, we could pick a tree and take it home with us.

“Our children still remember that experience as one of the best holidays they ever had. We sang carols, drank hot chocolate, and roasted marshmallows over the fire. People told stories about their favorite family celebrations. No one said anything about expensive gifts or elaborate decorations. “Later, I found out the Al-Anon member who gave us the party and a tree had been generous despite her situation, not because of it. She and her husband were losing their tree farm as a result of alcoholism. She chose to share what she had while she had it, because it cheered her up. Needless to say, her example inspired me to continue attending Al-Anon Family Group meetings. I wanted the kind of attitude that she had.”

More than 14,000 Al-Anon Family Groups meet every week throughout the U.S. and Canada to welcome families and friends who have been affected by someone else's drinking. For information about an Al-Anon meeting in North Dakota, during business hours (ET) call 1-888-4AL-ANON. On the Internet, go to <http://www.ndal-anon.com> or [www.Al-AnonFamilyGroups.org](http://www.Al-AnonFamilyGroups.org).

Kitty O., Public Outreach Coordinator

### **Literature Report:**

I am having a great winter so far. Lots of snow, so much shoveling and snow blowing. I enjoy being outside, so I'm not complaining. Our new book, *Discovering Choices*, seems to be a hit. I have heard many good things about this publication. I have the book and have not read it yet. I hope you will get a chance to get this book and enjoy! I'm looking forward to seeing everyone at the Spring Assembly.

Carla L., Literature Coordinator

### **ND Literature Distribution Center Report**

Minot Al-Anon Family Groups Literature Distribution Center is doing great. ND is supporting their Literature Distribution Center superbly. Thank you for your business and paying so promptly. A huge "THANK YOU", to those who have given donations and to those who continue to give donations. If we aren't getting your orders to you in a timely fashion, please let us know, it is probably me not Carla who is not on top of things. Thank you all again for such great support.

We had a business meeting last week, and discussed what happened at the last assembly, relating to the Literature Distribution Center orders and also the distribution of the archives. We were disrespectful of the assembly because we were too busy with literature orders or the archive material. We decided we will only sell literature before assembly and after assembly. While I am presenting the new GR training, Carla will be selling literature, and after assembly, if time allows. The nice thing about spring assembly, we don't have other distractions, such as in the fall with the round-up. We will try to send a card with every order, please pass them on if you don't need one.

We want to thank Charles for the wonderful idea of business cards. We now have the cutest business card, the next ones we order will be a little different from these we have now. We are using the RSS bunny as our logo. The next ones will be a little different. We are going to add "LDC" on the bunny's shirt and add stars as well. Emily, Carla's daughter, is the person we hired again to do the re-designing.

This wonderful Charles, who lives in Bismarck, has emailed me and is offering his services in delivering Al-Anon literature from Minot to Bismarck, being that he makes this trip frequently. "Kuddos" to Charles, one more time, what a great Al-Anon member doing service work.

A reminder to those who didn't get the message, from last fall assembly regarding the change in the literature prices. We are now using the same pricing as the World Service Office. That is because we had a hard time in recouping enough monies to re-order in a timely fashion. I am sorry the information didn't get to all the groups. District Representatives and Group Representatives please pass on the information to all of the groups.

District 3 will have another rummage sale this fall. Again the proceeds go to our favorite charity, the Minot Al-Anon Family Groups Literature Distribution Center. If anyone wants to donate items we are going to have the rummage sale August 14<sup>th</sup> and 15<sup>th</sup>, 2009 at Carla's. We will never be able to top 2008's rummage sale, but that is OK, as long as we have a good time. It has taken us this long to recuperate from the last sale. Carla

has started a picture album, for the Literature Distribution Center's archives. I will bring it to assembly.

We would love to have input from anyone as to what literature is used in their groups that we don't currently have. If we have enough people or groups interested we will work hard to get it ordered, so all can enjoy.

Thank you again for your love and support.

From your Minot Al-Anon Family Groups Literature Distribution Center.

**Request for Knowledge-Based Decision Making regarding Fund-raising for the ND-Literature Distribution Center**

Our goal is to raise money for the Literature Distribution Center. Please bring up the following questions to your groups before Assembly. (1) If we make cloth book covers, can we sell these during the time we sell the literature at the assembly? (2) Can we sell the "Discover the Magic of Service" bags that are left from the Regional Service Seminar? We look forward to input from the groups!

**Alavine Report**

With the transition to an all on-line format for the Alavine, there are bound to be some bumps along the way! We ask your patience during this time of change as we seek to work with the Website Coordinator to get the Alavine out to as many members and groups as possible. Remember that not all Al-Anon members have (or desire) access to a computer. Therefore, we encourage all Group Representatives to spread the word at their meetings regarding setting up an electronic-buddy (e-buddy) system. The e-buddy will encourage connections between members with computers and those without access to computers. We hope that e-buddies will encourage information exchange and keep the lines of communication open. While we understand that there is some concern over the impact of the computer age on personal communication between members, we hope to use all forms of communication available to us: personal conversation, group meetings, phone calls, letters, and electronic exchange as we engage in "...the loving interchange of help among members..." (from the Suggested Al-Anon/Alateen Welcome in P-24/27).

As you read the current and future Alavines, you will notice that last names have been removed. Remember that our Tradition 11 states, "Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films and TV. We need guard with special care the anonymity of all AA members". This Tradition does not preclude the exchange of e-mail addresses (that often contain full or partial last names) among Al-Anon members, but does imply that members' last names should not be used on public access websites.

In closing, we would like to say that we hope to reach out to an even greater number of Al-Anon members, or future Al-Anon members, with the electronic version of the Alavine than has been possible with the hard copy. We encourage you to help us spread the word as we fulfill our primary purpose of helping families of alcoholics and "...by welcoming and giving comfort to families of alcoholics" (from Tradition 5).

Peace in Service,

Diane and Connie

## Personal Sharings from Al-Anon Members/Groups

The following is an excerpt from an e-mail message from the Al-Anon World Service Office Chairperson of the Board of Trustees.

Let me begin by sharing a recent experience; one that has made an impact on my life. The WSO was asked to bring the Al-Anon message to an Adolescent Treatment Center for boys in Gaziantep, Turkey. In early January, Barbara O. from the office and I traveled to Gaziantep, a province of over one million people, located near the Syrian border. We educated the staff about the fellowship of Al-Anon as a recovery program for the families of these boys, shared our stories, and held introductory Al-Anon meetings. Weeks have passed and I continue to see the expressions of understanding on the faces of the families as we shared on Step One and our feelings of powerlessness. Some of the mothers began to cry. When the meeting was over the mothers hugged us and the fathers shook our hands. This was the first time that anyone had acknowledged their emotional pain. Our spiritual message truly does cross many perceived barriers.

I have more wonderful news about Turkey. On our return home, Barbara and I spent a day with Al-Anon members in Istanbul who informed us there are 15 Al-Anon Groups in Turkey, mostly in the northern area. They are very eager for guidance in how to set up a structure. One of the members has a sister living in Gaziantep and eager to find a meeting. How wonderful is that? Thanks for steering us to that link, HP.

With Gratitude in Service,

Mary Ann R.

## Zippy Recovery One-Liners (Good for all occasions!)

**To get something you never had, you have to do something you never did before.**

**When your Higher Power takes something from your grasp, He's not punishing you, but merely opening your hands to receive something better.**

**The will of your Higher Power will never take you where the Grace of your Higher Power will not protect you.**

**Always believe that something good will happen to you today; something that you have been waiting to hear.**

## Upcoming Local and Regional Events

**27<sup>th</sup> Annual Al-Anon Spring Fling, Fertile, MN District 1, with speakers and workshops starting at 12:30 PM. Please call Bonnie P. @ 218-281-6763 for information and with the number attending from your group.**

**Fall Assembly: September 18-20, Medora Community Center (I-94 Exit 27, Medora).**

**AREA 43: NORTH DAKOTA AL-ANON/ALATEEN MEETING LISTS**

**DISTRICT 1**

**Williston AFG**

St. Peters Episcopal Church  
111 E 14<sup>th</sup> St.  
Williston, ND  
**Monday 8:00 PM**

**Tioga AFG**

Stewart Chiropractic Ctr.  
110 Main Street  
Tioga, ND  
**Monday 7:00 PM**

**Ray AFG**

Credit Union  
  
Ray, ND  
**Wednesday 8:00 PM**

**24 Hour Al-Anon**

Civic Center, Stanford R.  
  
Watford City, ND  
**Wednesday 8:00 PM**

**DISTRICT 2**

**Wednesday Night AFG**

St. John's Episcopal Church  
822 5<sup>th</sup> Ave West  
Dickinson, ND  
**Wednesday 8:00 PM**

**Bowman AFG**

1002 2<sup>nd</sup> St NW  
Bowman, ND  
**Monday 8:00 PM Open Meeting**

**DISTRICT 3**

**Minot 700 AFG**

700 16<sup>th</sup> Ave SW.  
Minot, ND  
**Tuesday Noon**  
**Thursday 8:00 PM**

**Minot 515 AFG**

515 5<sup>th</sup> Ave NW  
Minot, ND  
**Tuesday 8:00 PM**

**Bottineau AFG**

124 Sinclair  
Bottineau, ND  
**Thursday 8:00 PM**

**Kenmare AFG**

Kenmare Comm. Hosp  
317 1<sup>st</sup> Ave NW  
Kenmare, ND  
**Thursday 7:00 PM**

**Saturday Morning AFG**

First Presbyterian Church  
1000 3<sup>rd</sup> St NE  
Minot, ND  
**Saturday 10:00 AM**

**Monday Nite Newcomers Mtg**

First Presbyterian Church  
1000 3<sup>rd</sup> St NE  
Minot, ND  
**Monday 8:00 PM**

**Saturday Step Mtg**

700 Club  
700 16<sup>th</sup> Ave SW  
Minot, ND  
**Saturday 1:00 PM**

**DISTRICT 3 OPEN AL-ANON MEETING, Third Saturday of the month 1 PM - District Step Meeting, Minot 700 Club, 700 16th Ave SW, Minot. For update of meeting time and places call 701-838-2737**

**DISTRICT 4**

**Knife River AFG**

Masonic Temple (basement)  
  
Hazen, ND  
**(Mountain Time)**  
**Sunday 7:30 PM**

**Monday Night AFG**

McCabe United Methodist Church  
1030 6<sup>th</sup> St. North  
Bismarck, ND  
Handicap Access - W Door  
**Monday 7:30 PM**

**Linton AFG**

Linton Community Center  
320 N Broadway  
Linton, ND  
**Monday 7:00 PM**

**Tuesday Morning AFG**

Corpus Christi Church  
1919 2<sup>nd</sup> St  
Bismarck, ND  
**Tuesday 10:00 AM**

**West River AFG**

First Lutheran Church  
408 9<sup>th</sup> St. NW  
Mandan, ND  
Handicap Access - E Door  
**Tuesday 8:00 PM**

**North City Group AFG**

Trinity Lutheran Church  
502 N 4<sup>th</sup> St.  
Bismarck, ND  
**Thursday 8:00 PM**

**Saturday Morning AFG**

Good Shepherd Church  
Washington and Divide  
Bismarck, ND  
Handicap Access - South Door  
**Saturday 9:30 AM**  
**Mountain Time**

**DISTRICT 5**

**Lake Region AFG**

St Olaf Church  
601 6<sup>th</sup> St NE.  
Devils Lake, ND  
**Tuesday 8:00 PM**

**Sheyenne Valley AFG**

City Auditorium  
  
McVille, ND  
**Thursday 8:00 PM**

**Serenity Al-Anon**

St. Olaf Church  
601 6<sup>th</sup> St. NE  
Devils Lake, ND  
**Friday 8:00 PM**

**Rolla Al-Anon**

Senior Citizen Bldg  
111 6<sup>th</sup> Ave NE  
Rolla, ND  
**Monday 8:00 PM**

**Rollette Al-Anon**

Catholic Church  
507 Main Street  
Rolette, ND  
**Monday, 8:00 PM**

**DISTRICT 6**

**James River AFG**

AA Building  
518 10<sup>th</sup> Ave SE  
Jamestown, ND  
**Tuesday 8:00 PM**  
**Sunday 4:30 PM**

**Lehr AFG**

Grace Lutheran Church  
221 South East St.  
Lehr, ND  
**Wednesday 8:00 PM**

**Napoleon AI-Anon**

St. Philip's School  
110 Ave C East  
Napoleon, ND  
**Thursday 8:30 PM - Summer**  
**Thursday 8:00 PM - Winter**

**DISTRICT 7**

**Brown Bag AI-Anon**

Antenna Building  
401 N 7th St. - upstairs  
Grand Forks, ND  
**Monday Noon**

**Hope AI-Anon**

Sharon Lutheran Church  
1720 S. 20th Street  
Grand Forks, ND  
**Monday 8:00 PM.**

**T.G.I.F. AFG**

Antenna Building  
401 N 7th St. -basement  
Grand Forks, ND  
**Friday 8:00 PM**

**Primary Purpose AFG**

Sharon Lutheran Church  
1720 S. 20<sup>th</sup> Street  
Grand Forks, ND  
**Tuesday 8:00 PM**

**DISTRICT 7 OPEN AL-ANON MEETING**

Antenna Building Upstairs - 401 North 7th Street, Grand Forks, ND.

Meets the 3rd Sunday of each month. Potluck @ 5:30 PM. Meeting @ 6:00 PM

**New Horizons AFG**

Lorac Hall  
3<sup>rd</sup> ST. off Briggs Ave.  
Park River, ND  
**Friday at 8:00 PM**  
**Sunday at 7:00 PM**

**Amity AFG**

98 East 5 Street.  
Grafton, ND  
**Monday 8:00 PM**  
**Tuesday Noon**  
**Wednesday 8:00 PM**  
(open meeting 3<sup>rd</sup> Friday of each month)

**Happiness AFG**

St. Jude's Catholic Church – North Entrance  
305 Broadway  
Thompson, ND  
**Monday 8:00 PM**

**DISTRICT 6/8**

**Serenity AI-Anon**

Hope Lutheran Church, S. Campus  
3636 25<sup>th</sup> St S. Room 101  
Fargo, ND  
**Monday 1:00 PM**  
**Free Babysitting**

**North Fargo Monday Night AFG**

Peace Lutheran Church  
1101 12<sup>th</sup> Ave N  
Fargo, ND  
**Monday 7:00 PM**

**Lisbon AFG**

Trinity Lutheran Church  
418 5th Ave W  
Lisbon, ND  
**Monday 8:00 PM**

**West Fargo Monday Night**

Faith Lutheran Church  
127 2<sup>nd</sup> Ave E.  
West Fargo, ND  
**Monday 8:00 PM**

**Free To Be Me**

Pontoppidan Lutheran Church  
309 4<sup>th</sup> Street North  
Fargo, ND  
**Tuesday 11:00 AM**

**Easy Does It AI-Anon**

Olivet Lutheran Church  
1330 University Drive  
Fargo, ND  
**Tuesday 6:30 PM**

**South Fargo Tues. Night AFG**

Bethlehem Lutheran Church  
613 16<sup>th</sup> Street South  
Fargo, ND  
**Tuesday 7:00 PM**

**Wahpeton Family Group**

Newman Center  
701 7<sup>th</sup> Ave  
Wahpeton, ND  
**Tuesday 8:00 PM**

**Wednesday Afternoon AFG**

Pontoppidan Lutheran Church  
309 4<sup>th</sup> Street North  
Fargo, ND  
**Wednesday 1:15 PM**

**Keep It Simple AFG**

Fargo Clubhouse  
1112 3<sup>rd</sup> Ave South  
Fargo, ND  
**Thursday 6:00 PM**

**Thursday Night Clubhouse**

Fargo Clubhouse  
1112 3<sup>rd</sup> Ave South  
Fargo, ND  
**Thursday 8:00 PM**

**Friday Feeling AI-Anon**

First Lutheran Church  
619 Broadway  
Fargo, ND  
**Friday 6:30 PM**

**Valley City AI-Anon**

Fellowship Corner  
320 2<sup>nd</sup> Ave Southeast  
Valley City, ND  
**Saturday 8:00 PM**

**Please Remember**

The WSO toll-free meeting line (888-425-2666) is for members, potential members, the public, and professionals to obtain information on AI-Anon and Alateen meetings. If you call the WSO for a reason other than meeting information, please call (757) 563-1600. Both numbers are answered Monday-Friday, 8 a.m. to 6 p.m. ET, except holidays. Spanish and French inquiries are answered Monday-Friday, 9 a.m. to 5 p.m. ET, except holidays. The above information was taken from INSIDE AL-ANON EXTRA, OCTOBER 2000, VOLUME 4, Number 5.

The Alavine will be available only in electronic form starting Spring, Summer and Fall for 2009. **The deadlines for submissions are Feb. 1, June 1, and 2 weeks after Fall Assembly. Minutes from Assemblies will be in the Fall and Summer issues only in 2009** and updated meetings lists will appear in the Spring issue. Personal sharings are welcome for all issues. Issues will contain coordinator reports, district reports, and personal sharings along with what is happening in North Dakota. Pass the message of service by subscribing for yourself, your sponsor or someone you sponsor. If you do not have access to a computer and need a printed copy, please find an e-buddy and stay connected to your Area!

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