



# 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 2010

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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 Summer Alavine submissions is June 1, 2010. Personal sharings are welcome! Send all reports and submissions to [nd\\_alavine@yahoo.com](mailto:nd_alavine@yahoo.com). Now that the Alavine is completely online, please consider maintaining your individual or group commitment of \$10.00/year to help support the costs of maintaining the ND Area Website!

**Progress for the greatest number depends upon unity!**

**ND AREA WORLD SERVICE COMMITTEE**  
**TENTATIVE AGENDA**  
**MARCH 12, 2010**  
**First Presbyterian Church, Minot, ND**  
**7:00 PM**

1. Serenity Prayer
2. Reading of Concepts/Warranties
3. Welcome and Introductions
4. Secretary's Report
5. Treasurer's Report
6. Opportunity for Coordinators to discuss issues for assembly
7. Delegate
8. Temporary Alternate Delegate
9. Alavine
10. Alateen
11. Group Records
12. Literature
13. Archives
14. Public Outreach
15. Forum Coordinator
16. Website Coordinator
17. Outreach Committees – Group Services – Membership – Public Outreach
18. Coordinator's Reports – If anything needs to be brought up to the Assembly
19. ND Area Guidelines and Motion Book
20. District Concerns
21. Transitioning into offices

**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.

**TENTATIVE AGENDA SPRING ASSEMBLY  
MARCH 12-14, 2010  
First Presbyterian Church, Minot, ND**

**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**

**Delegate's Report**

**OLD BUSINESS**

- 1. Alternate Delegate and Forum Coordinator Position...willing volunteer?**
- 2. Policy Manual Updates**
- 3. Alavine subscriptions, process**
- 3. Website-Meeting Lists (open/closed, confusion to public; contacts working for questions?)**

**NOON—Budget Committee Meeting**

**NEW BUSINESS**

- **Action Committees...are they working (Group Services, Public Outreach, Membership Outreach)**
- **District Reports**
  - 1. Williston**
  - 2. Dickinson**
  - 3. Minot**
  - 4. Bismarck/Mandan**
  - 5. Devils Lake**
  - 6. (With District 8)**
  - 7. Grand Forks**
  - 8. Fargo/Jamestown**
- **Coordinator Reports**
  - 1. Alateen**
  - 2. Alavine**
  - 3. Archives**
  - 4. Forum**
  - 5. Group Records**
  - 6. Literature**
  - 7. Literature Distribution Center**
  - 8. Public Outreach**
  - 9. Website**

**ASK IT BASKET**

**ADJOURNMENT**

**BREAKOUT SESSIONS**

**Important Reminders:**  
**Sunday meeting begins at**  
**9AM at the 700 Club -700**  
**16<sup>th</sup> Ave. SW, Minot**

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

NORTH DAKOTA AREA 43 APPROVED BUDGET FOR 2010

<b>DESCRIPTION</b>	<b>ACTUAL 07 EXPENSES</b>	<b>ACTUAL 08 EXPENSES</b>	<b>APPROVED ACT 12/31/09 BUDGET EXPENSES</b>	<b>APPROVED 2010 BUDGET</b>
WSC Equalized Expense	\$1,200.00	\$1,300.00	\$1,300.00	\$1,250.00
Delegate Token to WSC	\$350.00	\$350.00	\$350.00	\$350.00
Regional Delegate Meeting	\$350.00	\$400.00	\$350.00	\$400.00
WSC Love Gift (1st yr Delegate only)**	\$40.00		\$40.00	
WSC Donation (voted on yearly)??	\$75.00	\$35.00	\$40.00	\$40.00
<b>DELEGATE -IN STATE EXPENSES</b>				
Room \$75.00 per night	\$60.49	\$61.50	\$300.00	\$300.00
Meals (\$30.00 per day)	\$28.87			
B \$7.00-L \$8.00-D \$15.00		\$8.44	\$160.00	\$160.00
08 Meals(\$40.00 per day)			\$400.00	\$400.00
B \$10.00-L \$10.00-D \$20.00		\$60.00	\$100.00	\$100.00
Mileage (\$.30 per mile)		\$20.00	\$20.00	\$20.00
Phone/Printing		\$43.55		
Registration	\$20.00	\$20.00	\$20.00	\$20.00
Alavine Copies to WSC	\$17.52	\$17.52		
<b>TOTAL DELEGATE EXPENSES</b>	\$152.91	\$167.46	\$980.00	\$980.00
<b>CHAIRPERSON -IN STATE EXPENSES</b>				
Room \$75.00 per night	\$469.48	\$158.34	\$300.00	\$300.00
Meals (\$30.00 per day)	\$143.22			
B \$7.00-L \$8.00_D \$15.00		\$139.46	\$160.00	\$160.00
08 Meals (\$40.00 per day)			\$400.00	\$400.00
B \$10.00-L \$10.00-D \$20.00		\$302.76	\$100.00	\$100.00
Mileage (\$.30 per mile)	\$235.80	\$20.00	\$20.00	\$20.00
Phone/Printing	\$62.09	\$620.56	\$980.00	\$980.00
Registration	\$30.00			
<b>TOTAL CHAIRPERSON EXPENSES</b>	\$940.59	\$620.56	\$980.00	\$980.00

DESCRIPTION	ACTUAL 07 EXPENSES	ACTUAL 08 EXPENSES	APPROVED 09 BUDGET	ACTUAL 12/31/09 EXP	APPROVED 2010 BUDGET
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CORDINATORS TOKEN EXPENSE  
EFFECTIVE 2006 \$30.00

Alternate Delegate	\$00.00	\$00.00	\$00.00	\$00.00	\$60.00
Alternate Chairperson	\$00.00	\$00.00	\$00.00	\$00.00	\$60.00
Alateen	\$60.00	\$00.00	\$60.00	\$00.00	\$60.00
Archives	\$60.00	\$60.00	\$60.00	\$60.00	\$60.00
Forum	\$60.00	\$60.00	\$60.00	\$60.00	\$60.00
Group Records	\$60.00	\$00.00	\$60.00	\$00.00	\$60.00
Literature	\$30.00	\$00.00	\$60.00	\$30.00	\$60.00
Newsletter	\$30.00	\$60.00	\$60.00	\$60.00	\$60.00
Public Outreach	\$30.00	\$00.00	\$60.00	\$00.00	\$60.00
Secretary	\$30.00	\$60.00	\$60.00	\$60.00	\$60.00
Treasurer	\$00.00	\$60.00	\$60.00	\$30.00	\$60.00
Web site	00.00	\$30.00	\$60.00	\$30.00	\$60.00
Past Delegate -\$30.00 per delegate when attending assembly	\$90.00	\$30.00	\$240.00	\$00.00	\$240.00
<b>TOTAL COORDINATORS EXPENSES IF HOLDING MORE THAN ONE POSITION ONLY ONE TOKEN EXPENSE IS PAID</b>	\$450.00	\$360.00	\$960.00	\$330.00	\$960.00

ALAVINE - 2009 should be on web					
Printing	\$556.18	\$390.84	\$00.00	\$77.66	\$100.00
Postage	\$386.37	\$243.21	\$00.00	\$00.00	\$100.00
<b>TOTAL ALAVINE EXPENSE</b>	\$942.55	\$634.05	\$400.00	\$77.66	\$200.00

**DESCRIPTION****ACTUAL 07 ACTUAL 08 APPROVED ACTUAL APPROVED**  
**EXPENSES EXPENSES 09 BUDGET 12/31/09 EXP 2010 BUDGET****MISCELLANEOUS**

Bank Service and/or cost of checks	\$43.79	\$00.00	\$20.00	\$22.95	\$50.00
Newcomers Literature Packet	\$189.05	\$00.00	\$100.00	\$00.00	\$100.00
Printing Expense not listed above	\$134.49	\$54.27	\$100.00	\$79.55	\$100.00
Postage Expense not listed above	\$81.30	\$00.00	\$100.00	\$14.10	\$100.00
Supplies	\$9.31	\$00.00	\$20.00	\$00.00	\$20.00
Sp Assembly room not at hotel or conference center	\$20.00	\$35.00	\$100.00	\$00.00	\$100.00
Northwest Regional Service Seminar	\$100.00				
ND Web Site					
Domain Change	\$92.92	\$125.00	\$175.00	\$00.00	\$20.00
Webmaster	\$300.00	\$00.00	\$00.00	\$96.00	\$100.00
<b>ACTION COMMITTEES</b>					
Group Services	\$00.00	\$00.00	\$100.00	\$00.00	\$100.00
Public Outreach	\$107.08	\$00.00	\$100.00	\$00.00	\$100.00
Membership Outreach	\$00.00	\$181.11	\$100.00	\$70.69	\$100.00
<b>TOTAL MISCELLANEOUS EXPENSES</b>	<b>\$1,077.94</b>	<b>\$395.38</b>	<b>\$1,015.00</b>	<b>283.29</b>	<b>\$1,090.00</b>

**TOTAL EXPENSES FOR THE YEAR**

	\$5,378.99	\$4,262.45	\$6,415.00	\$3,358.24	\$6,290.00
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**2009 GROUP DONATIONS  
JANUARY 1 THRU DECEMBER 31**

<b>District 1</b>	<b>\$ .00</b>
Tioga Al-Anon	30.00
<b>District 2</b>	<b>.00</b>
<b>District 3</b>	<b>.00</b>
515 AFG	50.00
Kenmare AFG	80.00
700 Al-Anon	100.00
Sat. Morning AFG	40.00
<b>District 4</b>	<b>300.00</b>
West River AFG	125.00
Bismarck Monday Night AFG	125.00
Bismarck Tuesday Morning AFG	10.00
North City AFG	275.00
Saturday Morning AFG--Bismarck	68.00
<b>District 5</b>	<b>.00</b>
Lake Region AFG	80.00
Rolla Al-Anon (disbanded)	236.62
Serenity Al-Anon—Devils Lake	45.00
Sheyenne Valley AFG	10.00
<b>District 7</b>	<b>200.00</b>
Brown Bag AFG	20.00
Happiness Al-Anon	40.00
Hope Al-Anon	150.00
New Horizons AFG	20.00
Primary Purpose	30.00
T.G.I.F.	135.00
<b>District 8 &amp; District 6</b>	<b>160.00</b>
Easy Does It AFG	75.00
Friday Feelings AFG	90.00
James River Al-Anon	20.00
South Fargo Tuesday Night AFG	10.00
Wahpeton AFG	100.00
West Fargo Monday Night AFG	35.00
<b>Anonymous Individual Donations</b>	<b>394.80</b>
<b>TOTAL DONATIONS</b>	<b>\$ 3,054.42</b>

**When I was comparing the 2009 Donations to the 2008 donations, I found some interesting facts.** They are as follows:

1. There was \$107.18 less group donations this year than last year.
2. We had \$449.84 less anonymous donations in 2009 than in 2008.
3. The total income was \$557.02 less in 2009 than in 2008.
4. Four groups that donated in 2008 didn't donate to Area 43 in 2009. However, we had eight (8) groups donate to the area this year that didn't donate last year.
5. Anonymous donations (13) amounted to \$394.80 in 2009. In 2008 we had 22 anonymous donations which totaled \$844.64.
6. At the end of 2009 North Dakota had 44 active Al-Anon Family Groups. Twenty-four (24) of those active Al-Anon groups along with two (2) disbanded groups donated in 2009.

Have a good year! I hope to see you at the March 2010 Assembly in Minot.

In Al-Anon Service,  
Barb, Outgoing Treasurer

**North Dakota--Area 43--Al-Anon Family Group  
Treasurer's Report; January 31, 2010**

<b>Beginning Balance October 1, 2009</b>		<b>\$ 680.66</b>
INCOME:		
Group Income	\$ 715.00	
Alavine	20.00	
<b>Income since October 1, 2009</b>		<b>\$ 735.00</b>
<b>Total Income</b>		<b>\$1,415.66</b>
EXPENSES:		
ND Website:		
Domain (2010-2012)	48.00	
Webmaster	96.00	
<b>Total Expenses since October 1, 2009</b>		<b>\$ 144.00</b>
<b>Ending Balance January 31, 2010</b>		<b>\$ 1,271.66</b>

Respectfully Submitted,

Barbara S., Outgoing Treasurer

## A P P E A L L E T T E R—February 1, 2010

Did you ever think that you would have another Appeal Letter from me? I didn't. . .but the weather hasn't cooperated with passing the books on . . .so here goes.

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

<b>Spring Assembly Expenses:</b>	
--Delegate/Chairman	\$ 600
--Coordinators/Other Officers	360
Alavine (Spring '10)	100
Delegates Token to WSC	350
Love Gifts (for WSC)	40
WSC Donation**	40 (?)
Alavine (Summer '10)	100
Spring Assembly Room	100
Action Committees	<u>100</u>
<b>Total Expenses</b>	<b>\$1,790</b>

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

If the roads and weather cooperate in the next few weeks, our new Area Treasurer, Lora P. will have the treasurer's books. Please send your donations for Area 43 and for the Alavine to her.

**Lora P.**  
**817 5<sup>th</sup> Avenue NE**  
**Devils Lake, ND 58301**  
[Ldp2son@gondtc.com](mailto:Ldp2son@gondtc.com)

I know she'll do a great job as treasurer.

I feel honored to have been your Area 43 Treasurer these last eight years. It was a neat way to grow through service.

Respectfully submitted,

Barb S, Outgoing Treasurer

## Delegate's Report – Connie B.

Talk about a high....being your panel 50 delegate. Thank you to all who had faith that I could represent ND Area 43 as your delegate for the next three years.

Also I want to thank all of you for the opportunity to serve as your area chairman for the past three years.

This will be a great learning and growing experience for me. Some of the time it can be very overwhelming when I think of all the people who have been delegate before me and the awesome job they have done. Then I remember we are all different with different strengths and we all do the best we can. This brings me back to earth.

Remember I am your delegate so if you have concerns, questions or comments please let me know and I will try to answer them the best I can or find the answers.

The amount of emails that I have been receiving is unbelievable – talk about the knowledge that is shared by all who are on the delegate online web site.

On the personal side of my life – things have been a little crazy since first of January. My parents are now in the nursing home in Minot. Mom had been hospitalized New Years Day with breathing problems (which she has had for quite some time) and the doctors had said she would be going to the nursing home for a couple of weeks to get her strength back. The next thing I knew from my brother was that Dad was also going into the nursing home and it would be a permanent move for both of them. Thanks to the program and some soul searching I realized that this is where they both need to be. Due to the weather I was unable to help my brother and sister with clearing out the apartment. If the weather cooperates, my oldest son and I will go up for a weekend. If not I will see them in March when in Minot for assembly.

My daughter-in-law is still the same with her scleroderma (short version is arthritis of the skin/and or organs). Duane and Dee are at the Mayo Clinic once or twice a month for checkups/surgery if needed.

On a more positive note by the time you read this my daughter Renee should have had her baby (due date is February 8<sup>th</sup>). The ultrasound indicates that it is a girl. She already has two sons who are anxious to be big brothers.

Barb S. and I are flying out of Fargo April 9<sup>th</sup> to Norfolk, VA. Where her daughter Lisa will pick her up and I will go to Virginia Beach for the conference. On Friday the 16<sup>th</sup>, Barb and Lisa will pick me up and then we will spend a few days sightseeing, visiting or resting up. We will be back in Fargo on April 21<sup>st</sup>.

I would love to hear from you while I am at conference.

The address is: Connie B. (Hold for WSC 4/11-4/15, 2010)  
Wyndham Virginia Beach Oceanfront  
5700 Atlantic Avenue  
Virginia Beach, Virginia 23451

For the return address please use my home address of:

1931 52<sup>nd</sup> St S  
Fargo, ND 58103

In Al-Anon Service  
Connie, B.  
Panel 50 Delegate

## Area Chairman's Report

Darcy A- Incoming Area Chair panel 50

### **What do I think my new job is all about and how do I hope to grow while doing it?**

Plan an agenda and conduct meetings in an orderly manner. Communicate and cooperate with others. The Chairman calls and conducts Assemblies and Area committee meetings during the 3-year term of office. Assemblies are held at regularly scheduled intervals. Area Al-Anon/Alateen groups should be notified through an effective method such as Alavine and e-mail notices. If an officer resigns, the Chairman is responsible for finding a temporary DR to fill the office temporarily. Before the end of the Delegate's three-year term of office, the Chairman calls the Assembly for the election of a Delegate and other officers. (summarized from the Al-Anon Service Manual p. 145)

I hope to grow with my Higher Power and embrace the Assembly experience. Be willing and ready to serve.

### **What do I hope to accomplish in the coming months with the help of my Higher Power and other trusted servants?**

I would like to see communication be examined to make our information become timely and motivate members to make better use of the available technology. I would like to keep the Knowledge Based Decision Making process moving forward as we present our service work at Assembly. I would like to explore new processes and ideas in keeping Al-Anon alive. Make sure the coordinators are able to use e-communities and network with the world service organizations. I would like for us to be successful in bringing Al-Anon Recovery to those who are ready to receive it.

### **What has been going on with my District/Area position lately?**

I've prepped the Area tentative Agendas and completed my notices for AWSC members and Alavine. There is an Area Chair on-line resource that has information on issues of interest. The Minot District Representative has been e-mailing me with lots of ideas as host. I am excited to attend the Northwest Delegates Meeting in Anchorage, Alaska prior to our Minot March Assembly. Hope to see you there!

## Incoming Treasurer's Report

Hi everyone! My name is Lora P. I am the newly elected treasurer for Area 43. Thank you for the opportunity to serve you in this capacity. I look forward to working with the other officers, coordinators and district representatives. I believe this job will give me the opportunity to meet new people and develop new friendships in Al Anon. I hope to gain a better understanding of how our area interconnects with the national organization as well as the local ones.

Here is a little information about me and how I came to be the new treasurer. I live in Devils Lake with my three cats: Alex, Daisy and Morgan. I have two grown daughters; one lives in Minnesota, the other lives in Ohio. I am gainfully employed as a tax preparer's assistant. As you might guess, from January through April I am extremely busy! During the rest of the year, however, my time is quite manageable. AARP classifies me as a "senior". I am a very private person and like to stay behind the scenes and under the radar.

I love attending our Area Assemblies in March and September. I get to visit other areas of the state and renew acquaintances with the many Al Anon members I have met throughout my six years in Al Anon. Our program has so much collective knowledge and experience that is available for the asking!! It is awesome!!

I attended last September's Area Assembly as GR of my home group Lake Region Al Anon. My Higher Power must have been working overtime because I surprised myself by volunteering for service as treasurer. I still don't know exactly what I will need to do to fulfill all the duties of this position, but I work in accounting every day so I have a basic understanding of the duties. I know that with the help of my home group, our outgoing Treasurer, Barb S., and my higher power I will be able to meet the challenge. Please feel free to contact me if you have questions or need assistance.

**Lora P.**  
**817 5<sup>th</sup> Avenue NE**  
**Devils Lake, ND 58301**  
[Ldp2son@gondtc.com](mailto:Ldp2son@gondtc.com)

## District Reports

### **District 1 Report:**

No report at this time.

### **District 2 Report:**

No report at this time.

### **District 3 Report:**

Greetings from District 3

We had our last District 3 Al-Anon meeting on January 16, 2010 at the 700 Club. We are busy planning for the Spring Assembly to be held in Minot on March 12-14, 2010 and also for the Spring Fling to be held on March 20, 2010. Both of these events will be held at the First Presbyterian Church. We will also continue working on the Fall Roundup to be held in Minot at the Grand International Inn on September 17-19, 2010. We will be meeting on February 3, 2010 to work on two different workshops for Spring Fling and also for the Spring Assembly if there is time. This may be the first of several meetings to get ready for the workshops. Sometimes they come together very quickly and sometimes we need to think about them and then meet again. We are planning to use our book "From Survival to Recovery" for one of the workshops and use several books for "Working Toward Solutions" for the other workshop.

We are asking for help from everyone that attends with the potluck lunch during the Spring Assembly on Saturday March 13, 2010. If everyone just brings one thing for lunch or snacks it won't be so much work for anyone and will sure be less expensive than eating out. We usually have enough food so can also have supper there if people want to. As has happened in many areas we are having fewer and fewer people attending our district meetings and getting involved in service work. With three big things to plan for this year your help will be greatly appreciated.

On Sunday March 14, 2010 we will have our Spiritual Meeting at the 700 Club using our book "As We Understood". This is always such a nice way to end our Spring Assembly meetings.

We discussed the 12 Step Fellowship Potluck that we held December 4, 2009. We had lots of positive feedback and were all pleasantly surprised at how many people came from not only Al-Anon but also AA and Narcotics Anonymous. This was the first time that we have tried this and it was all pulled together very quickly. Carla L. was our speaker and we all enjoyed our raffle and "White Elephant Gift Exchange". The raffle helped us to raise \$171.00 that really helped our district to be able to make some donations.

Our next District 3 meeting will be on Saturday February 20, 2010 at the 700 Club. We will have a potluck lunch starting at 11:30 a.m. followed by our district meeting and then our Step Meeting at 1:00 p.m. We are going to try a new format for our Step Meeting and try a District Legacy Meeting where we will look at the step, tradition, and concept for the month in which we meet. We are hoping to instill something new and get more people to attend.

In Al-Anon Service,

Donna J.

**District 4 Report:**

District Representative position open. No report at this time.

**District 5 Report:**

No report at this time.

**District 6 and 8 Report:**

No report at this time.

**District 7 Report:**

Our district has ordered Al-Anon Faces Alcoholism 2010 for distribution to medical clinic patient waiting areas. Shirley J is still organizing a Concept meeting every 3rd Sunday of the month. The Concept for February 21st, 2010 will be Concept 7 - Balance - The Trustees have legal rights while the rights of the conference are traditional. I have gained alot of experience, strength and hope by attending these Concept meetings.

Diane D, Marion W. and Peggy K. gave an Al-Anon workshop called Awareness, Acceptance and Action at the AA Roundup in Grand Forks, ND in November. They did it on index cards and put categories on one side of the card and thought questions on the other side. The Blueprint for Progress Book was used for gathering thoughts and questions for the workshop. Pamphlets and meeting lists were provided by District 7 at the Roundup.

At one of our District Meetings we discussed "If I Am Aware, I am Responsible". That means that at our weekly meetings the focus should be on our recovery not on the alcoholic. Al-Anon meetings are not dumping grounds they are filling stations.

I am looking forward to seeing all of you at the Spring Assembly in Minot on March 12-14, 2010.

Meralee G., Jan. 31, 2010, District 7

## Coordinator Reports

**Forum Report**

No report at this time.

**Alateen Report**

No report at this time.

**Group Services – Action Committee Report:**

No report at this time.

### **Archives Report:**

No report at this time.

### **Group Records Report:**

Group Records Report—For February 2010 Alavine

Hi everyone! I want you to know I missed seeing everyone in Medora last Fall. Being sick is for the birds. What a bummer. . .

Our Group Records shows a decrease in North Dakota Al-Anon Groups this year. We have 44 active groups in Area 43—North Dakota.

Four groups have disbanded this past year. They are as follows:

District 4: Linton AFG (Linton, ND) and Tuesday Morning AFG (Bismarck) have both disbanded. However, they do have contacts for Linton (See the ND Meeting list).

District 5 and District 8 each have a group that no longer is meeting (Rolla and “Free To Be Me” – Fargo).

Keeping up with the change in meetings, addresses, and group representatives is an interesting project. I appreciate getting those updates from each of your groups. Please help keep the Group Records for ND up to date so newcomers and members can find us. Thank you for your help.

Hope to see you all in Minot for Spring Assembly!

In Al-Anon Service,

Barb

### **Public Outreach Report:**

I just received a message from the World Service Office inviting me to take part in a conference call to find out more about Public Outreach. This call will not be until Saturday February 6, 2010 so will be too late for the February 1, 2010 deadline for the "Alavine" but I hope to have some more information to share with all of you at the Spring Assembly in Minot on March 12-14, 2010.

Our district is looking at ordering "Al-Anon Faces Alcoholism 2010" but just got the message from World Service that the deadline for ordering is February 10, 2010 so we will be doing some quick calling to get this done.

I hope to see a lot of you in Minot for the Spring Assembly.

In Al-Anon Service,

Donna J.

### **Literature Report:**

Hi, my name is Judy S.

I am totally new to the position of Literature Coordinator. I am doing this report on my own, but if anyone has a helpful hint, please feel free to contact me. I did a little research and it looks like the latest CAL (Conference Approved Literature) books are Opening Our Hearts, Transforming our Losses published in

2007, and Discovering Choices published in 2008.

Opening Our Hearts, Transforming Our Losses focuses on how grief and loss affect almost every aspect of living--or having lived--with alcoholism. Members share how they have learned to acknowledge and accept these losses with the help of Al-Anon Family Groups. I have been in meetings where this book was used and they were wonderful. I use this book as one of my daily readers and am on my 2nd go-round with it. It is very helpful to see how the losses I suffer in my life can be healed by Al-Anon.

I also use Discovering Choices frequently. Recovery in relationships affected by alcoholism is explored in-depth as members share how they have improved a wide variety of relationships by using the program's tools. I find that I am continuously surprised by what I find in this helpful book. It is a good choice to use at meetings, too, as it initiates meaningful sharing among members.

As a reminder, all of our Al-Anon Conference Approved Literature including our daily readings, other books, booklets, pamphlets, bookmarks and also The Forum have a lot of wisdom from member sharings that I think we can all benefit from. In my meeting and other Minot meetings, we have been using the guide for conducting meetings, Al-Anon and Alateen Groups at Work, for a couple of years and find them to be very helpful. If your groups are not using these guides, I would suggest trying them. They are only \$1, easy to read and use and can keep our meetings healthy.

The Forum is inviting more members to send more sharings to The Forum to make it a stronger voice of Al-Anon in today's world. To submit a sharing, mail it to World Service Office, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617 or go online at:

[wso@al-anon.org](mailto:wso@al-anon.org) or [www.alanon.alateen.org/members](http://www.alanon.alateen.org/members).

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

No report at this time.

### **Alavine Report**

Hello All,

Thank you for the contributions that have been made in terms of personal sharings, photos, and recovery thoughts that help enrich the Al-Anon communication in our state. The Alavine is one of several ways in which we can stay in touch with one another and find out what is going on in all parts of our Area. Please send your submissions for the Alavine to: [nd\\_alavine@yahoo.com](mailto:nd_alavine@yahoo.com). Let's work together to keep the recovery wheels turning so that Al-Anon in North Dakota stays strong for ourselves and the friends and family members who still suffer.

Peace in service,

Diane D.

**North Dakota Al-Anon &  
Alateen Family Group Meetings  
Updated 2.7.10**

**Williston Area – District 1**

**Tioga**

Tioga Al-Anon Family Group  
Stewart Chiropractic Center  
16 NW 2<sup>nd</sup> Street  
Monday: 7:00 p.m.

**Ray**

Ray Al-Anon Family Group  
Credit Union  
Wednesday: 8:00 p.m.

**Watford City**

24-Hour Al-Anon Family Group  
City Library—Sanford Room  
112 2<sup>nd</sup> Avenue NE  
Wednesday: 8:00 p.m.

**Williston**

Williston Al-Anon Family Group  
St. Peter's Episcopal Church  
111 East 14<sup>th</sup> St.  
Monday: 8:00 p.m.

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**Dickinson Area – District 2**

**Dickinson**

Wednesday Night Al-Anon Family Group  
St. John's Episcopal Church  
822 5<sup>th</sup> Ave. W.  
Wednesday: 8:00 p.m.

**Bowman**

Bowman Al-Anon Family Group  
1002 2<sup>nd</sup> St. NW  
Monday: 8:00 p.m.

**Minot Area – District 3**

**Minot**

\* Minot 515 Al-Anon Family Group  
515 5<sup>th</sup> Ave. NW  
Tuesday 8:00 p.m.

\* Minot 700 Al-Anon Family Group

700 Club -700 16<sup>th</sup> Ave. SW (Handicap Access)  
Tuesday: Noon  
Thursday: 8:00 p.m.

\* Monday Nite Newcomer's Meeting

First Presbyterian Church (Handicap Access)  
1000 3<sup>rd</sup> St. NE  
Monday: 8:00 p.m.

\* Saturday Morning Al-Anon Family Group

First Presbyterian Church (Handicap Access)  
1000 3<sup>rd</sup> St. NE  
Saturday: 10:00 a.m.

\* Saturday Step Meeting

700 Club -700 16<sup>th</sup> Ave. SW  
Every 3<sup>rd</sup> Saturday: 1:00 p.m.

*For update of District 3 meeting  
times & places call (701) 838-2737*

**Bottineau**

Bottineau Al-Anon Family Group  
A.A. Building – 124 Sinclair  
Thursday: 8:00 p.m.

**Kenmare**

Kenmare Al-Anon Family Group  
Kenmare Community Hospital  
317 1<sup>st</sup> Ave. NW  
Thursday: 7:00 p.m.

**Bismarck Area – District 4**

**Bismarck**

Monday Night Al-Anon Family Group  
McCabe United Methodist Church  
1030 6<sup>th</sup> St. N. (Handicap Access – West Door)  
Monday: 7:30 p.m.

North City Al-Anon Family Group

Trinity Lutheran Church  
502 N. 4<sup>th</sup> St.  
Thursday: 8:00 p.m.

Saturday Morning Al-Anon Family Group

Good Shepherd Church  
Washington & Divide  
(Handicap Access – South Door)  
Saturday: 9:30 a.m.

**Mandan**

West River Al-Anon Family Group

First Lutheran Church  
408 9<sup>th</sup> St. NW (Handicap Access – North Door)  
Tuesday: 8:00 p.m.

**Hazen**

Knife River Al-Anon Family Group

Masonic Temple (Basement)  
Sunday 7:30 p.m. (Mountain Time)

**Linton**

No scheduled meetings - For information Call:

Rose S. (701) 254-4405 or  
Nina L. (701) 269 1809

\*\*\*\*\*

**North Dakota Al-Anon Website**

**www.ndal-anon.com**

## Deville Lake Area – District 5

### Deville Lake

#### Lake Region Al-Anon Family Group

St. Olaf Lutheran Church

601 6<sup>th</sup> St. NE

Tuesday: 8:00 p.m.

#### Serenity Al-Anon Family Group

St. Olaf Lutheran Church

601 6<sup>th</sup> St. NE

Friday: 7:30 p.m. Newcomers

Friday: 8:00 p.m. Regular

### McVilleville

#### Sheyenne Valley Al-Anon Family Group

McVilleville City Auditorium

Thursday: 8:00 p.m.

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## Jamestown Area – District 6

### Jamestown

#### James River Al-Anon Family Group

A.A. Building – 518 10<sup>th</sup> Ave. SE

Tuesday: 8:00 p.m.

### Napoleon

#### Napoleon Al-Anon Family Group

St. Philip's School – 110 Ave. C East

Thursday: 8:30 p.m. Summer

Thursday: 8:00 p.m. Winter

## Grand Forks Area – District 7

### Grand Forks

Antenna Building - 401 N. 7<sup>th</sup> St.

#### Brown Bag Al-Anon Family Group

Monday: Noon

#### T.G.I.F. Al-Anon Family Group

Friday: 8:00 p.m.

#### Sharon Lutheran Church – 1720 S. 20<sup>th</sup> St.

##### Hope Al-Anon Family Group

Monday: 8:00 p.m.

##### Primary Purpose Al-Anon Family Group

Tuesday: 7:00 p.m.

*Open Al-Anon Meeting*

*Antenna Building - 401 N. 7<sup>th</sup> St.*

*Grand Forks*

*3<sup>rd</sup> Sunday of each month*

*Potluck @ 5:30 / Meeting @ 6 p.m.*

### Grafton

#### Amity Al-Anon Family Group

98 East 5<sup>th</sup> St.

Monday / Wednesday: 8:00 p.m.

Tuesday: Noon

(Open Meeting 3<sup>rd</sup> Friday of each month; 8PM)

### Park River

#### New Horizons Al-Anon Family Group

3<sup>rd</sup> St. off Briggs Ave. (Lorac Hall)

Friday: 8:00 p.m.

Sunday: 7:00 p.m.

### Thompson

#### Happiness Al-Anon Family Group

St. Jude's Catholic Church (North Entrance)

305 Broadway

Monday: 8:00 p.m.

## Fargo Area – District 8

### Fargo

#### Serenity Al-Anon

Hope Lutheran Church – South Campus

3636 25<sup>th</sup> Street South – Room 101

Monday: 1:00 p.m. (Free Babysitting)

#### North Fargo Monday Night Al-Anon

Peace Lutheran Church - 1011 12<sup>th</sup> Ave. N.

Monday: 7:00 p.m.

#### South Fargo Tuesday Night Al-Anon

Bethlehem Lutheran Church - 613 16<sup>th</sup> St. S.

Tuesday: 7:00 p.m.

#### Easy Does It Al-Anon

Olivet Lutheran Church – 1330 S. University Dr.

Tuesday: 6:30 p.m.

#### Wednesday Afternoon Al-Anon

Pontoppidan Lutheran Church – 309 4<sup>th</sup> St. N.

Wednesday: 1:15 p.m.

#### Thursday Night Clubhouse Al-Anon

Fargo Clubhouse - 1112 3<sup>rd</sup> Ave. S.

Thursday: 8:00 p.m.

#### Keep It Simple Al-Anon Family Group

Fargo Clubhouse – 1112 3<sup>rd</sup> Ave. S.

Thursday: 6:00 p.m.

#### Friday Feeling Al-Anon Family Group

First Lutheran Church, 619 N. Broadway

Friday: 6:30 p.m.

#### West Fargo West Fargo Monday Night

Faith Lutheran Church – 127 2<sup>nd</sup> Ave. E.

Monday: 8:00 p.m.

#### Lisbon Lisbon Al-Anon Family Group

Trinity Lutheran Church – 418 5<sup>th</sup> Ave. W.

Monday: 8:00 p.m.

#### Valley City Valley City Al-Anon

Fellowship Corner - 320 2<sup>nd</sup> Ave. SE

Saturday: 8:00 p.m.

#### Wahpeton Wahpeton Family Group

Neuman Center – 701 N. 7<sup>th</sup> St.

Tuesday: 8:00 p.m.

**MINOT MOTELS AS OF 1/22/2010**

DAYS INN  
2100 4<sup>TH</sup> ST SW  
701-852-3646

BEST WESTERN KELLY INN  
1510 26<sup>TH</sup> Ave SW  
701-852-4300

COMFORT INN  
1515 22<sup>ND</sup> AVE SW  
701-852-2201

DAKOTA INN  
2401 ELK DR  
701-838-2700

FAIRFIELD  
900 24<sup>TH</sup> AVE SW  
701-838-2424

FAIRVIEW LODGE  
1900 BURDICK EXPRESSWAY E  
701-852-4488

GRAND INTERNATIONAL  
1505 NORTH BROADWAY  
701-852-3161

GUEST LODGE  
1937 NORTH BROADWAY  
701-852-5600

HILLCREST MOTEL  
1416 S BROADWAY  
701-852-1214

HOLIDAY INN  
2200 BURDICK EXPRESSWAY  
701-852-2504

HOLIDAY INN EXPRESS  
300 37<sup>TH</sup> AVE SW  
701-837-1200

HOLIDAY SPOT MOTEL  
1901 SOUTH BROADWAY  
701-838-4840

RIVERSIDE MOTEL  
701-852-2580

SELECT INN  
225 22<sup>ND</sup> AVE NW  
701-852-3411

SLEEP INN  
2400 10<sup>TH</sup> ST SW  
701-837-3100

SUPER 8  
1315 NORTH BROADWAY  
701-852-1817

VEGAS MOTEL  
2315 NORTH BROADWAY  
701-839-3000

## Personal Sharings from Al-Anon Members/Groups

Here are just some of “Things I’ve learned” (from Shirley J., District 7)

- I’ve learned that an act of love, no matter how great or small, is always appreciated.
- I’ve learned that the prayer I say most often is, “Lord, please keep your arm around my shoulder and your hand over my mouth.”
- I’ve learned that perspective is everything. To a worm, digging in the hard ground is more relaxing than going fishing.
- I’ve learned that some people can spend years putting off a ten-minute job.
- I’ve learned that the easiest way to find happiness is to quit complaining.
- I’ve learned that when you are too busy for your friends, you’re too busy.
- I’ve learned that I can’t choose how I feel, but I can choose what I do about it.

## Upcoming Local and Regional Events

**When Love Is Not Enough:**

**The Lois Wilson Story**

*A Hallmark Hall of Fame* Presentation

Starring Winona Ryder (Lois) and Barry Pepper (Bill)

**Sunday, April 25<sup>th</sup>, 2010 at 9:00 pm EST on CBS**

**When Love Is Not Enough**, which is based on the biography by William G. Borchert, is about the trials and ultimate triumph for co-founder of Al-Anon, whose alcoholic husband, Bill Wilson, was a co-founder of Alcoholics Anonymous (A.A.), spans more than 30 years.

A college-educated young woman from an affluent family, Lois Burnham spent her winters in New York and summers in Vermont, where she began her deliriously happy courtship with Bill Wilson, a slightly younger man of modest means. She married Bill in 1918, and, after his return from duty at the end of WWI, the two set out to build a life together in New York City. While Lois worked as an occupational therapist at Bellevue Hospital, Bill struggled to find his niche. Lois strongly believed, however, that Bill was destined for greatness, and despite noticing an increase in his drinking habits, she showered him with love and support. Eventually, Lois persuaded a friend's husband to hire Bill at his financial firm. By 1927, Bill was a lucrative securities analyst on Wall Street and the couple was living a luxurious lifestyle. Despite Lois' countless efforts to control his drinking, Bill's addiction to alcohol spiraled further and further out of control until his job, their lifestyle and dreams were gone.

In 1935, after years of unsuccessfully struggling to cover for Bill and manage his disease, Lois finally saw him take control of his alcoholism; however, his sobriety was not the result of Lois's help, rather it came through the support of a fellow recovering alcoholic, Dr. Bob Smith. As Bill and Bob attained lasting sobriety and co-founded Alcoholics Anonymous, Lois began to question the value she had in her own marriage. After devoting 17 years to healing her sick husband, Lois felt isolated and resentful that he was sober without her help. Lois eventually discovered that she was not alone. She slowly engaged the wives of the men in Bill's program and came to realize that while Bill was addicted to alcohol, she was addicted to him - and that the family and friends of alcoholics are, in some ways, as sick as their loved ones. Lois gained the necessary understanding needed to repair her fractured relationship and to help millions of others do the same. She co-founded Al-Anon in 1951.

**You don't have to drink to suffer from alcoholism.**

## THE ALAVINE 2010 SUBSCRIPTION ORDER FORM

The Alavine will be available only in electronic form starting Spring, Summer and Fall for 2010. **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 2010 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!

**PLEASE CHECK ONE..... GROUP COPY** \_\_\_\_\_

**PERSONAL COPY** \_\_\_\_\_

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**Alavine subscriptions are \$10 per year (Jan. 1 to Dec. 31)**

Please type or print.

AMOUNT ENCLOSED \_\_\_\_\_

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CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

PHONE: \_\_\_\_\_ DISTRICT \_\_\_\_\_

MAIL CHECKS TO: LORA P.  
817 5<sup>th</sup> AVE. NE  
DEVILS LAKE, ND 58301

QUESTIONS ABOUT THE ALAVINE? CONTACT: Diane D. at [nd\\_alavine@yahoo.com](mailto:nd_alavine@yahoo.com)  
Carla K. at [sister\\_ck@yahoo.com](mailto:sister_ck@yahoo.com)