

## Lakeshore District 23

### Groups:

- 19 Al-Anon groups
- 1 Alateen group
  
- 3 groups study CAL (one book cover to cover at a time)
- 2 groups focus on Adult Children
- 2 groups study the 3 Legacies
- 1 group's focus is on Introductory for beginners
- 1 group is an open (speaker) meeting - \* Meetings are put on by all the groups and committees in the district. There are 2 Family Night meetings per year and an Alateen Pizza Night (free pizza and pop).
- The Alateen group has seen up to 11 teenagers in a meeting
  
- 2 groups start in the morning
- 1 group starts at 12:30pm
- 1 group starts at 6:30pm
- 1 group starts at 9pm on Fridays
- most meetings start at 7:30 or 8:00pm
  
- We have meetings every day of the week
- 18 groups participate in interchange meetings. One group will put on the meeting with another group.

Our groups range in an area of 40 kms east to west by 25 kms north to south. The furthest meeting points are 50 kms.

### Committees / Conferences / Round-ups

- Public Outreach
- Lakeshore Conference
- Al-Anon Day
- Spring Round-Up
- Fall Round-Up

**Public Outreach:** It is an ongoing endeavor to encourage all groups to participate by way of having a member of their group attend monthly meetings. Not all groups are able or willing to participate in this committee.

They have their own funds to work with. This committee also has its own treasurer, secretary, and chairperson. Funding for this committee comes from an annual Spaghetti Dinner. Another part of this committee is having a service position in a

literature distribution centre. This area of Public Outreach usually takes literature orders from the groups in our district. Literature also ties in well with Public Outreach by way of supplying pamphlets and purchase of literature to local hospitals, school community events, "Bring a Professional", and other such events. A literature table is usually set-up at AA / Al-Anon conferences in our district as well.

The project that this committee has dedicated themselves to, at this present time, is in purchasing "Courage To Be Me" for each school library in the Durham Region. This particular project has been ongoing for a few years and may likely go on for a few more. The feedback from this project has been positive and well received by most of the schools.

**Lakeshore Conference:** This is an AA Conference with full Al-Anon participation. It is a 3 day event that starts on a Friday evening continuing on all day Saturday with a pot-luck lunch, dinner and dance and finishing off on the Sunday early afternoon. There is a main Al-Anon speaker, usually brought in from the U.S., an Al-Anon countdown (having books donated by the groups). This Conference has a fund that is kept in trust by the District treasury. The past few committees have added a fund-raising initiative, which asks that each group pass around a "Loose-Change" jar at each meeting for several months. This has proven to be quite successful in funding airfare for the main speaker. In 2013 the amount from "The Loose Change" was approximately \$1,100.00. This event is well attended and we are seeing more AA members present at the Al-Anon meetings. This event is held each year in August. This committee has several members taking part.

**Al-Anon Day** - Usually in September every year and is a full day of Al-Anon speakers sharing their experience, strength and hope. This event has a fund that is kept in trust by the District treasury. The committee for this event is made up of several members.

**Spring & Fall Round-Ups** This is a one day conference put on by AA and has an Al-Anon Speaker. This past Spring Round-Up there was an Al-Anon count down with Al-Anon books that were donated by some of the groups in the district. This event is taken on by one Al-Anon member in the role of Chairperson.

### **Issues/Challenges:**

The following is my opinion. Some may agree with part of this report, some may agree with all or none. It is not intended to demand any changes, only to report on what I have come to understand of District 23 by way of doing service at this level.

**OSA website** – updates have not been made in a timely fashion. We have had groups make the appropriate changes with Group Records and have sent several email messages to the website co-ordinator since the fall of 2013. I have sent an email inquiring on the status of these updates and still have not received, to date, any response to my inquiry.

We have also found it difficult to get events posted on the website in a timely manner and in the appropriate section.

**Insurance** - many groups are paying insurance in order to continue their meetings. There is a wide range in fees for insurance, depending on location and building's requirements in regards to insurance.

**District Treasurer:** Our first district treasurer for this term spent the district's money over the course of a few months. We came to this knowledge by way of a group's cheque to the district had not been deposited. Initial inquiry of the status of funds being deposited was answered with assurance that the funds were in the bank. As more time went by and the group again asked why the cheque had still not been deposited, I inquired directly at the bank asking for the account activities from the start of our GR term. At this same time, I was getting no response from the treasurer by phone, email or text messages. After some more searching, I was able to have a meeting with the Treasurer along with two other AI-Anon members, where the treasurer admitted that the funds had been spent. What followed this event were some serious, thoughtful and emotional district meetings. The GR Table asked all the groups to withhold donations to the district until we could sort out the financial records and decide how to proceed with the missing funds. The good news, the treasurer repaid all the funds that were spent and this was done in about two months of the admission.

**Public Outreach** has requested the district to take over responsibility on literature service position issues while keeping it's the authority in the same matters. First time, was in asking the GRs put together a job description for the committee to consider. This process was stopped in mid-stream and handed back to the P.O. committee outlining our position that there was double-headed management being done.

Second time, was recently, with a request to pay insurance for the literature position in keeping an inventory of CAL in their home and in case of injury while a member picks up their literature order. The GRs have decided to pay the insurance.

I have found myself in the minority on this second situation. My view is that the P.O. is not practicing being self-supporting, and that the GRs were quick in wanting to "just pay it, because we have the money" and move on. There was little interest in asking for more information on the details of the insurance. There was also little interest in discussing other possible solutions or options to having insurance. I pointed out Concept 10, which seemed to be dismissed by all but a very few. I am practicing Tradition 2 and trusting that God does have plan and a purpose. I did my part by presenting all the information needed to everyone involved in making the decision. I am grateful for the gift of serenity even in finding myself in a situation that I do not agree with.

**Service Fatigue** - Having some members continually stepping up to do service and others not being able or willing to participate. There are some improvements in seeing more of the newer members getting involved. (This was one area that has been discussed through our District Inventory).

**Dual Membership involved in service**, this has been raised by some AI-Anon members questioning service roles taken on by Dual Members. In particular it was brought up in regards to a dual member chairing the AI-Anon portion of an AA Round-up in our district. This gave us a great opportunity to read our service manuals and to have some discussions concerning Dual Membership and the service roles available for them. I am also grateful to report, that the Dual Member who chaired this event expressed only gratitude for the opportunity to be of service and their appreciation for the AI-Anon program.

**Unconventional Group Format** There were a few members upset by one group that did not follow the usual format of the meetings in our district. It was another opportunity to read our manuals and to have conversations on what is group autonomy means and that the format given in our service manual clearly states that these are merely suggested options in running our meetings.

**Not all our groups are self-supporting.** The district has been giving away funds to groups so they can send their GR to Assembly. There are a few groups who have received funds for every Assembly for the past 5 years, at least.

**Our district has too much money.** The case of P.O. is an example of members seeing so much money in one place. Hearing members say that the funds are given by all groups is not accurate, given that several groups give very little and some are not able to give any at all. Only the district Treasurer keeps an accurate tally on what groups have given and this information does not get shared with all the members in our district.

**Non-Transparency:** The district practice has been to equalize donations between all the groups to WSO & OSA. This is giving inaccurate information to our membership and to WSO and OSA.

#### **District Meetings:**

Attendance is strong by all the groups. GRs that are not able to attend the district meeting usually have another group member represent their group.

The GR Table receives funds from groups for financial support of Lakeshore Conference, AI-Anon Day, Workshops, and a petty cash fund. As a district we also keep funds available to insure groups have financial support for GRs to attend Assembly, if their group cannot afford to send them. Other initiatives include a bulk order for "AI-Anon Faces Alcoholism" magazines for all the groups to participate in public outreach and we have sent financial support to The Trillium Conference in the past. The balance of money is then divided up to send a cheque to WSO and one cheque to OSA on behalf of all the groups.

#### **District Inventory**

We did a 26 question document for all the members in our district to participate in. We are in the process of addressing areas of this document and having further discussions in our groups and at the district meetings to come up with solutions for all to consider. There have been some positive changes made from this process.

## **Workshops**

We did a series of workshops on The WSO Service Manual. The series was divided up per section of the manual. The last workshop was covered by three members going through the Concepts of Service.

## **Note-worthy**

Several groups have given a portion of their Anniversary meeting's 7th Tradition collection to Alateens. One of the groups split the funds between the district's Alateen group and the Area's Alateen Committee.

## **District Representative experience**

My learning and growing process throughout this term has been very rewarding and in ways that I did not expect.

When I first announced to my sponsor the idea of becoming the DR I shared my fear of being criticized. Afterward, I realized that I also was opening up to be encouraged and supported.

I have experienced all these things.

I am so grateful that I have found myself handling the criticism with more grace, maturity, and integrity than I ever have been able to manage before. I have not crumbled with hearing criticism. I have learned through Concept Nine, to listen and then to consider what I heard and then decide for myself what to do or not do.

*One example: I had a situation where a GR insisted on speaking with me after my home group meeting. I told her she could have 15 minutes and then I needed to get going. As I listened, I noticed her body language and her tone of voice. I focused on being relaxed and consciously connected with my Higher Power. When she had finished speaking she asked for me to respond. I said that I would consider all that she had said and that I would respond within a few days. She then responded by saying that I was being un-committal and that was unacceptable. I stood my ground and assured her that I would respond in my time once I could consider all the information she just gave me. I then gave her a hug and thanked her for sharing with me.*

I am grateful that I have been able to receive the encouragement and support with grace and humility better than ever before. I am more aware that the support and encouragement are greater than I realize during challenging situations. In reflection, I can see how, in my past, that I have been so wrapped up in difficulty that I missed the support and encouragement.

*In the situation of the treasurer spending the district's money, I listened to a few members who expressed disbelief, anger and demanded that I press charges against the member. One member suggested that I resign as DR. At this time I listened to most of the members give me encouragement and support. As I reflect on the situation, I see*

*the majority of members being supportive. These members were the ones who were more quiet, more peaceful, they spoke of principles that could be applied to the situation, and they were the ones who asked questions without giving demands or “suggestions”. They said to me that they trusted me. They said that they believed I was doing whatever was necessary.*

*Those that were encouraging and supportive had empathy for the treasurer and myself in the situation. They wanted to help. They showed me love and said I could lead the way.*

I am grateful for the wisdom I have found in Al-Anon. I have grown to be more trusting in my Higher Power's guidance, in doing service on a broader scale and putting myself out there, I am more confident, and more appreciative of my gifts and of my fellow members.

All the members have given me gifts to cherish and to learn from.

By initiating the workshops, I learned better ways to put on workshops. Also, the material I chose, The WSO Service Manual, gave me the perfect opportunity to become more familiar with this resource and its wisdom. It forced me to study the pages in order to present the material in a workshop.

**Conclusion:** I love my district and all the members in my district. My district is not perfect and yet it is perfect for me. If all the districts were thrown into a pile I got to pick one, it would be Lakeshore 23. We are productive, we are active, we are supportive, and we have lots of room for improvement. My purpose is to improve myself, to recover, to practice principles in all my affairs and to encourage the same in others.

**Feedback:** is welcome and I welcome the opportunity to answer any questions regarding this report.

### **St Lawrence District 26**

We have 8 groups and no alateen in our District. Our District has meetings in Smiths Falls, Perth, Portland, Carleton Place, Prescott, Kemptville and 2 in Brockville. We did have an Alateen meeting in Smiths Falls from 2008 until April 2014.

There are meetings every day of the week except Friday. Meeting start times range from 7:30 to 8:30. All meetings are an hour.

The District participates in AA Round Ups the second weekend of April. It is very well attended. We have been lucky to have Alateen speakers from GTA the last two years.

The Alateen group has not had any regular attendance since it started. Our District did have 4 SAM's, we are now down to 2 SAM's. With no Alateens coming the last few years, the district was asked by the Smiths Falls Sam "if the meeting should continue". It was discussed and voted to disband the meeting. We discussed Alateens are always welcome at Al-anon meetings.

We have district meetings every two months, excluding July and August in a central location. Seven of the groups have a Group Rep or contact person that attends the meeting. We have all but Public Outreach positions filled at present.

Each group in our District take turns hosting Al-anon Day. This year it will be held in Kemptville on June 21 2014.

In 2012 the Kemptville group disbanded. No members had attended the meeting in 6 months. That same year they were due to host Al-anon day. The district band together and hosted it. We felt it was important and didn't want to cancel. We managed to plan and have the day within 2 months. It was wonderful to see all the groups come together, we had a great day. The sun always seems to shine on Al-anon day.

Brockville started a new meeting on Thursday morning at 10:30 a.m. They celebrated 1 year. It is well attended and they have their Service position filled. They recently asked the church if they could change their meeting room because of the stairs. Some members have problems. The church has moved them to another room that can be accessed by stairs or an elevator. Always love how our HP works things out.

The other two meetings in Brockville have been struggling with low attendance. They were asked recently to not keep their supplies at the meeting place. The two groups were discussing a resolution when they decided to almagamate and change locations. They are now meeting on Wednesday at 7:30pm

Front Avenue Resource Centre

25 Front Avenue West

Brockville On

K6V 4J2

Westport also went through changes this year. They would meet in Westport during the summer months, then in Portland in the winter time. They have permanently moved to Portland. It is a small group with three core members.

Their new location is:

Medical Clinic

Cove Rd Hwy 15

Portland, ON

Meeting time is 1:30 p.m.

The Kemptville Group started again last year. Most of the members were new to Al-anon. They came to the district meeting within their first month. I attended their first business meeting to answer any questions they had. I explained the Service position, and by the end of that meeting they had all been filled. They have 4 - 5 regular members. I have been to their meetings that have had 10 members. Some for other groups that come to support them.

Prescott is another small group. Generally they have 2 - 4 members. The GR of the group will be stepping down and she is not sure if they will have a GR for the next term.

Perth has 5 - 10 members per week. They have monthly business meetings excluding July and August. The church where they meet has requested that they move to another space for the summer months of July and August. They will have signs posted to direct members to the new space.

Carleton Place has experienced a growth due to people moving from Ottawa. They have their GR position filled. They have many longtime members that attend regularly that share the other duties. Average 10 to 16 members. They hosted Al-anon day last year.

Smiths Falls has 8 - 18 members that attend. They have business meetings every month excluding July and August. They have all their service positions filled. They Celebrated 49<sup>th</sup> anniversary with the AA group that meeting in the same church.

I have included the addresses of the two new meeting locations. They are not updated on the web site.

### **DISTRICT 27 SEAWAY VALLEY**

There are 6 groups in our District: 3 in Cornwall, 1 in Morrisburg, 1 in Lancaster, and 1 in Winchester. Our District meetings were every 2 months except July and August, but it was decided in 2013 to have them every month. We did have an Alateen group, but it was disbanded after only 7 months in operation. We have 3 certified SAMs. District met at each group's location for about 2 years. Since it did not work out for all locations, we decided to put out feelers to see if other organizations could accommodate our monthly meetings. One organization gave us the 1<sup>st</sup> Wednesday of the month for about 8 months, but could not continue due to overtime issues and they wouldn't take any rent or a donation. We are now meeting at the Cornwall Public Library as of May, once a month, on Saturday mornings from 10 am to Noon.

Group representation at District meetings is sketchy at best. One Al-Anon Open Day had to be cancelled due to lack of participation in 2013. We call it an Al-Anon Open Day so that all are welcome. This year the Al-Anon Open Day is Saturday, June 14<sup>th</sup>, 2014 in Winchester from 9 – 3ish.

Public Outreach Coordinator was elected in January 2012, but she moved to Arizona, so GRs decided in early 2014 to have the Alternate Group Reps. be responsible for P.O. for now. We are hoping someone will come forward and

hope and pray for a new Coordinator in the fall elections. Health Fairs and library displays in the area were attended by P.O. committee members.

There were 3 AA Spring Conferences w/Al-Anon participation, but they have been discontinued due to financial difficulties. There has always been an AA Fall Conference w/ Al-Anon participation in early November. It is well received. We decided by vote of GRs that all proceeds from Al-Anon would go to the District at the Conference. 2 out of 3 Al-Anon Open Days occurred during my tenure, and the GRs decided by a vote to give proceeds to the District. These decisions will be re-visited in September 2014. The District did very well at these functions, attendance-wise as well as financially. This is why we were able to give larger donations to Ontario South and W.S.O.

In February of 2012, our District got a bank account. We had been working out of a pencil case for years. The DR and Treasurer each have a Debit card, and 2 signatures are required on all cheques.

Our District Literature Coordinator now purchases literature for all 6 groups. We try to have literature pickups at AWSC, Ontario South Assembly to avoid shipping charges.

Our District was part of a “Thought Force” on the subject of Trillium headed by Carl F. Four people from our District attended Trillium in 2013.

We have “Beginners’ Meeting on Wheels” in some of our groups. It is for 6 weeks which is designed for Al-Anon beginners. Each group rotates.

Telephone charges for our District have come down to about \$44.00/month since 2012, because of “due diligence” by an Al-Anon committee member. We do not have a cell phone for our District.

In 2013, our GRs voted on a Prudent Reserve for our District. This will be re-visited in June 2014.

2015 Ontario South Assembly: Our District has decided to request bids for this event, in Cornwall, Ontario.

## DISTRICT 28

### **COMMUNICATION OF INFO TO MEMBERSHIP**

- DISTRICT CONNECTIONS: monthly newsletter sent to groups and posted on website. Indicates all that is happening in District and Area over next 3 months. Identifies service needs, where the money is going
- DISTRICT CALENDAR: yearly summary of what is happening in District. Gives all D and AIS meetings, group anniversaries and main events as Al-Anon Day and conferences

### **WHO DOES SERVICE IN THE NAME OF AL-ANON**

God's anonymity surfaced in a series of coincidences:

- Another fellowship asking people to speak as an 'Al-Anon' when the person does not attend, outreach service being done where the person considered the service as their Al-Anon meeting, a service being done and assuming a coordinating role when they no longer attend meetings

After seeking direction from WSO and Area and District discussions a group conscience evolved.

- For service work at District we ask for Members ( pg. 40 Service Manual) who: have a home group, attend meeting frequently and do some service.)
- People consider for themselves if they have membership

### **DISTRICT SERVICE PLAN AND BUDGET**

- At the start of the term we created and defined a service plan and budget to support it
- The service plan has 3 clusters: Group 1 are items in our service manual that as a D need to be carried out. Group 2 are Al-Anon District sponsored activities. As example we paid for Alateen rent, provide start-up funds for Al-Anon Day, purchased a book for all Ottawa High Schools. Group 3 are local events where Al-Anon has been asked to participate with AA.
- The service plan is actively discussed in Dec/Jan, in June we make adjustments as needed.

### **DISTRICT MEETING INVENTORY**

- Like any group from time to time there needs to be an inventory of involvement and process
- Our advisor sent me a copy of one used by AWSC. It was modified to suit D needs
- GR's were invited to reflect on the questions and provide on: what is going well and what could be enhanced
- Time was allotted in subsequent meetings to discuss

### **AL-ANON / ALATEEN PARTICIPATION IN AA EVENTS**

- To assist members and groups over the past 3 years we have developed a step by step planning guide for each of events
- The guides summarize the ESH of those who done the service
- Our coordinating groups are encourage to attend D meetings frequently to provide updates

- The coordinating groups are encouraged to attend the AA planning meetings and get clarification on our participation level and do have a voice and vote at the table, clarify if financial support is available for the Al-Anon program

#### **GROUP CONCERNS EXPRESSED**

- As part of our D meeting we have an item titled Experience Strength Hope Sought. GR's are encourage to raise concerns and gather ESH of others
- This is an open forum where a GR discovers they are not alone and hear the wisdom of others
- Some items brought forward: a member taking from the 7<sup>th</sup> Tradition, a member controlling by overstating opinions on all items, an planning group organizing non Al-Anon activities, a person doing service when they are no longer a member, cross talk, a group struggling with members to chair meetings and service tasks

#### **SERVICE COMMITMENTS**

- At the time of writing this we have 20 groups including PO meeting all but 4 groups have a GR and have a member at the D table
- We continue to struggle with all groups sponsoring the open meeting on Sunday. A consequence is that at times the meeting is a discussion or someone with little programs offers to speak. Attendance is down, and funds to support AIS are also down.
- Recently no group or member came forward to coordinate Al-Anon participation in the Spring Conference. The first time in 35 years. Traditions 5/6 significantly impacted.

#### **SERVICE PLAN AND BUDGET**

- Some view the plan as D and not related to the group. Last year a significant number of groups did not make any contribution to D or other service levels.
- Our service manual (57,59) suggests that groups supports Al-Anon at all service levels. Paying for insurance etc should not jeopardize a groups ability to fulfill the spirit of the Traditions and support service arms. Pass the Basket is referred as supporting our trusted servants

#### **DISTRICT 28 GROUPS**

- This past year 2 groups closed and 3 groups remain quite fragile. Two of these groups have never had any participation in D or Area.
- We have no active Alateens

### **District 32**

This has been an exciting term as District Representative for District 32 Kawaratha South, in the Peterborough area. There are seven Al-Anon groups and one Alateen group. We participate in the AA Kawaratha Conference held in June each year.

2011: Voted in as DR at the September District meeting, officially start in January.

2012: The District received donations through our AA intergroup, (we pay for phone answering service) as requested from the funeral of a member. After reading the Service Manual and contacting our Area Executive and the WSO, it was decided to return the donations to the funeral home. Only members are to give donations, not (non Al-Anon) family members.

The District members hosted a Family day, in November, where the theme was the 12 steps as interpreted by program members alternating between Al-Anon and AA speakers.

A December pot luck dinner was hosted and one of the members did entertainment. Ad lib comedy.

Monthly District meetings, except for July and August.

The first AWSC as DR.

First Assembly as DR.

2013: Our PO attended at the local College, and Hospital with a display for their 'what's in the community' themes. We have an Alateen GR attending our District meetings and were able to send that person to Assembly this year. The District helped to cover costs.

Again the Family Day of Recovery with 6 AA and 6 Al-Anon speakers.

I was asked to do a survey about the TRILLIUM CHARTER by the Area Chairperson. The results were sent to the Area Executive.

There was no December pot luck this year.

Monthly District meetings except for December, July and August.

The second AWSC as DR.

Second Assembly as DR.

2014: Hand over year, still looking for someone to take the position of DR.

There are two groups celebrating over 40 years of recovery this year. A new group has been started, just waiting for them to register.

Looking forward to AWSC.

### G.T.A.I.S. (Greater Toronto Al-Anon Information Service.)

We participated in the Ontario Regional Conference of Alcoholics Anonymous in March not only with Al-Anon and Alateen participation but had an Al-Anon/Alateen Hospitality Room Also. The participation in the conference was a success – Attendance was up both in Al-Anon and Alateen.

The G.T.A.I.S. is currently seeking shadows for an Al-Anon Liaison and the Alateen Chair Shadow for the 2016 Ontario Regional Conference of Alcoholics. If anyone is interested please contact me for more information.

We are currently holding a Traditions Study and that too has been successful and rewarding to all who attended. The C.A.L. for this study was the Paths to Recovery and unfortunately it was also to be the new workbook –Reaching for Personal Freedom – due to circumstances beyond our control – on backorder – we were not able to utilize this new C.A.L. literature which was bought through W.S.O. to enable the G.T.A.I.S. to take advantage of discounts in order that we could pass them on to the fellowship participating in the Study and doing service in the G.T.A.I.S.. Hopefully we will be able to utilize the books in future endeavours.

We are currently considering organizing an Al-Anon Day in the fall and Conflict Resolution has been suggested as the theme of the day. With so much more and *new* information available on the subject there should be abundant participation.

The G.T.A.I.S. has also moved its venue due to construction in the area and to the church. The new address is Church of St. Bonaventure, 1300 Leslie Street, where we currently hold the Tradition Study. (Leslie and Lawrence). The room is on the main floor and there is ample parking.

St. Bonaventure is south of Lawrence Avenue - just south of Edwards Gardens. Lots of parking. By TTC - Take Bus 54 or 51 from Eglinton Station or Bus 51 from the Leslie Station.

We also have Public Outreach putting posters in subway stations and going to police stations and going into schools.

### **AIS DISTRICT 28**

#### **Public outreach projects in 2013-14:**

- In 2013-14 we participated in **Service Fairs** held in the community. These events gave us the opportunity to connect with other groups and agencies to spread the word.

- Several members participated in a round table discussion radio program via, with participation from AA.
- **Schools:** We were invited by a local University to participate in an information evening on addiction. An Al-Anon and AA speaker couple attended as well as speakers from other local agencies. Students and student groups happily took away all the literature. A local school board has made space available free of charge for meetings and activities, as well as several other local groups; WSO assured us this did not violate Tradition 7.
- **Bus Ads:** The Crying House bus ads remained up all year; we renewed them again. We also designed and produced a new Alateen bus ad based on a WSO design: as last year. “Scared to go home? If someone’s drinking is affecting your life, Alateen can help”.
- **Police Services:** We have begun a project to reach out to local police services to get the word out. Ottawa is served by Ottawa Police, OPP, RCMP and military police.

## **Finances**

AIS income comes primarily from the 7<sup>th</sup> Tradition from the weekly open speaker meeting. Contributions no longer raise sufficient funds to cover basic operating expenses of AIS. Fortunately, donations from groups and district have more than made up the shortfall.

## **Main Ongoing Activities**

- △ AIS coordinates a weekly “public information” speaker meeting with the assistance of the groups in Ottawa. It is the only weekly speaker meeting in the city and is open to all. Averages of 15-25 people attend weekly, often newcomers, and many regular members as well. It takes place on Sunday mornings, in the same community centre and at the same time as an open AA meeting. AIS developed an alternate format for discussion when no group has offered to host, or when there is no speaker. District coordinates which groups will host. This year groups were asked to commit to four meetings a year which has made it easier to fill the schedule in advance. Our

new practice of selling a limited selection of CAL at the meeting has been working well.

- ⤴ AIS Ottawa membership has declined slightly, with average attendance of 6-8 members. We welcome new members throughout the year, some of whom have taken on service positions. It is suggested that the Alternate Group Rep attend AIS on behalf of their group. A new term will begin in January 2015; elections will be in the fall 2014.
- ⤴ We meet monthly for one hour, except in July, August and December. We are considered using Skype to facilitate broader participation in meetings.
- ⤴ AIS generally reports to District monthly, either verbally or with copies of minutes and other documents. AGRs report back to their home groups.;
- ⤴ Our AIS service positions are: Chairperson, Secretary, Treasurer, Telephone Answering Service coordinator, Literature Coordinator, public information meeting McNabb Coordinator, Website co-ordinator and an AA liaison. A new service position was created Royal Co-ordinator, of a speaker series at the local mental health hospital. This public outreach program had been going on for 30 odd years, but had not been coordinated through AIS or District. We have also discussed having a “new technologies coordinator”.
- ⤴ In addition, one member responds to emails and enquiries sent via the website. These are automatically forwarded to the [ottawaais@yahoo.ca](mailto:ottawaais@yahoo.ca) account. We received and responded to numerous requests from individuals, professionals and organizations during the past year.
- ⤴ In order to help those members who will follow us in the various service positions, we have written descriptions for each of the service positions in AIS, which are available on our local website.
- ⤴ We have a healthy stock of literature and respond to requests that come from outside organizations, as well as provide literature for our weekly open speaker meeting and for local events (eg. Fall Conference, Alkathon, Service Fairs). We printed and distributed an 8 x 12 "Crying House" poster in the same design as our bus ads; and will print and produce a new Alateen poster in the same design as the bus ad.
- ⤴ We have more than a dozen volunteers who answer the local phone line (Telephone Answering Service). Their main task is to give out information on meetings and to direct enquiries for literature, speakers or other topics to the proper person. There is ongoing recruitment for TAS volunteers, and

back-up volunteers to cover for vacations and other absences of regular volunteers. We use a call redirecting service from Bell Canada which directs calls to the volunteer's home or cell number.

- ♣ Once again, AIS was able to send a representative to AWSC and Assembly to give its report at the Area level.

We are grateful for the opportunity to serve and have taken to heart the mission of making “...*honest, humble, straightforward information about Al-Anon available to those who still suffer.*” (Paths to Recovery, p. 230) We have also been guided by the AFG Board of Trustee’s VISION STATEMENT: “*All people affected by someone else’s drinking will find help and recovery in every community.*”