

Ontario South Assembly

Area World Service Committee Meeting

May 29th - May 31, 2015

Coordinators, LDC & DR Reports for Website Posting

World Service Conference: **Living Our Spiritual Principles Expanding our Vision**

2015 AWSC Forum Report

The Forum

The Forum ...is “The Voice of the Fellowship,” a forum where individual members and groups can be heard. ...It also offers meeting ideas and materials for use in group discussions. The Forum can be used, and is encouraged to be used, by all members and groups for meetings. The Forum, as a concept, is Conference Approved, but it is not possible for each issue to follow the full procedure for Conference Approved Literature. ...The Forum is available by subscription. (AI-Anon /Alateen Service Manual 2014-2017)

District Meetings

...At regular intervals, meetings scheduled and chaired by the DR are held to talk over such matters as:

- Sharing with the fellowship worldwide by submitting articles or items of general interest to The Forum.
- Encouraging members to subscribe to The Forum, either singly or through bulk group orders. (When a group pays for multiple subscriptions, a small profit is realized on the sale of single copies at meetings.)

(AI-Anon /Alateen Service Manual 2014-2017)

District Forum Coordinator

Does your District have a Forum Coordinator? (Refer to G-32) If you do, please have these members contact me.

Forum Workshop

If your District wishes to participate in a Forum Workshop I would gladly assist.

Coordinators' Corner – Forum

All Area Coordinators have an opportunity to share information with the Area members on the Coordinators' Corner.

The Coordinators' Corner can be found on the top left hand corner of the Ontario South Assembly Website.

Our previous Area Forum Coordinator compiled excellent resources, regarding the Forum, for interested members.

District Representative Check List

- Do you have a Forum Coordinator in your District?
- Do you personally subscribe to the Forum magazine?

- How many Group Representatives, in your district, know they are the Forum Representative for their group? (Refer to G-11)
- How many Group Representatives, in your district, have sent in an article or photograph to the Forum?
- Has your District ever participated in a Forum workshop?
- Have you ever read the Forum Coordinator's Corner?

My Goals, this first year, as your Area Forum Coordinator

1. Encourage District and Group Representatives to: Acquaint members with the Forum's usefulness.

Ontario South Area Alateen Coordinator's Report AWSC MAY 2015

I do not have a lot of news except that Alateen attendance seems to be low. Hopefully through public outreach we can get the attendance up

Finances:

Our AAPP is back in Canada and sent me an email in April while I was on holidays and now that I'm back we will set up a time to switch everything over. I can open a bank account. This will be done before AWSC and the money should be transferred also before AWSC. I will be able to give a more detailed report in my verbal report at AWSC.

Area Alateen Advisory Committee

There is no Area Alateen Advisory Committee as of yet. There was no interest at ORC for anyone to step up from the Alateens. I did get up and speak with them and gave my email out. There was no interest. I am going to think of a plan to see I can stir up some interest. Hopefully, I will have more to report on this at AWSC.

Unity

I have still not been contacted about a 2015 Unity. I received some information regarding Unity 2014. I did get a chance to talk to some SAMS at ORC about asking their groups about hosting unity. I don't think there will be a Unity this year unless we get more interest. I will talk about this more in my verbal report at AWSC.

SAMS

There has been some frustration expressed from some SAMS that they show up and there is either no attendance or only one Alateen in attendance. They are not sure how to get the word out and increase alateen participation.

New Alateen Groups

A new Alateen Group has opened in Cambridge and is held Friday at 8pm - St. Andrew's Presbyterian Church - 73 Queen St. East.

Love in Service

Ontario South Alateen Coordinator

OSAAC - Position not filled at this time.

AWSC REPORT - **AAPP COORDINATOR**

Well....It's been a very interesting 2015!

I have been receiving SAM renewals but there are still some who have not returned the form. I am able to accept the forms by email for recertification. We will require original forms with the original Police Records check next year.

We are now able to process new SAM applications online with World Service. The AAPP person will be responsible for retaining the original forms.

I am challenged with learning my new responsibilities as well as many changes in my personal life and appreciate the patience and understanding of the members.

In service,

Ontario South Area Alateen Process Person

Archives Coordinator Report – AWSC MAY 2015

I have had a chance to put all of the boxes I received from my predecessor in a room in my house. There are a lot of boxes. I have received a few inquiries right before I went on vacation to Germany. The boxes I received are labelled very well so I believe it will be easy to look into filling these requests. I have started going through the boxes individually to get an idea of what areas/districts have archived. I am starting to become familiarized with my position and I am not so overwhelmed. I do not have a lot to report in my written report because I want to be able to save something for my verbal report. I find it a great privilege to be of service to an amazing program that has helped me in my recovery and I am very grateful to have this experience.

Yours in Service,

Ontario South Archives Coordinator

GROUP RECORDS COORDINATOR

I am a very supportive and grateful member of the “New Hope” AFG in Morrisburg, ON, in the Seaway Valley - District 27. We are also hosting the 2015 Ontario South Assembly in Cornwall, Oct. 23, 24, & 25, 2015.

Welcome to your first AWSC for the new 3-year term. I am having a confused start to 2015, but I’m sure that a lot of you are in the same boat. I’m just beginning to understand more in my position. I had some changes to the Microsoft Access site with the kind assistance of members and computer savvy people who knew what they were doing, before I did.

I want to stress the importance of inputting your WSO Group I.D. number on all of your correspondence to me. As long as I have that number, I can find you. If you are sending in Group changes, please make sure that your Group I.D is there. Even if you are sending me an email, please refer to the group I.D. number as well. If you don’t have this number, your changes could be delayed.

On a lighter note, I am so happy to be a part of the Ontario South experience, and I trust and believe that my Higher Power will guide me in the right direction. He always does.

Blessings in service,
O.S. Group Records Coordinator

Literature Coordinator Report

May 19, 2015

I participated in a conference call on March 25th, 2015 with other Area Literature Coordinators and Associate Director of Communications—Literature at Al-Anon’s World Service Office.

We discussed the responsibilities of the Literature Coordinator’s role. This encouraged us to think of what we would like to do during our term.

Next, we discussed writing workshops. Some coordinators shared their experience in what had worked well for them. We heard some great ideas in getting started and in encouraging members to write out their own stories in recovery.

Electronic versions of CAL: Because there are members are not familiar with electronic literature, some Coordinators are working to help them feel more comfortable. The Associate Director of Communications—Literature shared that because e-book sales have been low, the Board has not authorized production of more e-literature until there is greater demand. Coordinators were asked to remind people about the electronic literature that is available.

Daily Reader Project: As of March 2015, there have been 216 sharings submitted.

WSO hopes to have the daily reader ready for the 2018 International Convention, so Coordinators are asked to continue thinking of additional ways to reach out to our diverse fellowship and encourage these members to write. Some ideas include asking members to share a more descriptive writing about themselves like whether they are male, female, a parent, grandparent, their age, whether they are gay, lesbian, or bilingual, anything that may help readers to identify with the sharings. The goal of this piece of literature is to have sharings that represent the inclusiveness of our program.

The other topic we covered was the use of e-communities. The importance of keeping informed and of participating within the discussion boards.

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Literature Office Manager spoke with me about updating the display board with current pamphlets. This is something I am hoping to go over with her at AWSC.

Ontario South Literature Coordinator

Open Lines Coordinator Report— No Report submitted.

Public Outreach Report

I have really struggled with writing this report. I have been trying to think of what members will want to know. So I sought out some members and asked what do you want to know about public outreach at the area level? This is the feedback I received. They wanted to know the truth... what have I done, what do we plan to do, what do I see being accomplished and how can we work together? That seemed like a tall order. So this is what I have today.

I will share with you initially I felt like I had done very little. That is when I contacted my Sponsor and my Service Sponsor and both helped me work through my feelings and take a look at the reality of what I have accomplished.

I have read your district public outreach minutes that are being sent to me. Thank you so much for sending them. I would love to be reading more so I would encourage other districts to PLEASE send me their public outreach minutes. So far I find many similarities in what we are doing to carry the message of Al-Anon - Alateen. You are all working hard.

I have had some technical difficulties with both receiving and sending emails. That continues to be a work in progress. But I am progressing. I have been invited to share information with some of you and I am happy to do so. I have contacted World Service for direction and assistance.

These are all accomplishments and by reaching out I am reminded that I am not alone. My Higher Power has lead me to this and will lead me through it. With your help and your participation I really do see Area 86 growing and thriving.

The one concern that brings us together as one time and again is Alateen. We all seem to be struggling with low numbers and that is a concern. However, when we seek the guidance of our Higher Power, accept the things we cannot change and we ask for courage to change what we can and the wisdom to know the difference...then together we can take action.

Awareness - Acceptance and the part I look forward to - ACTION.

Yours in Service

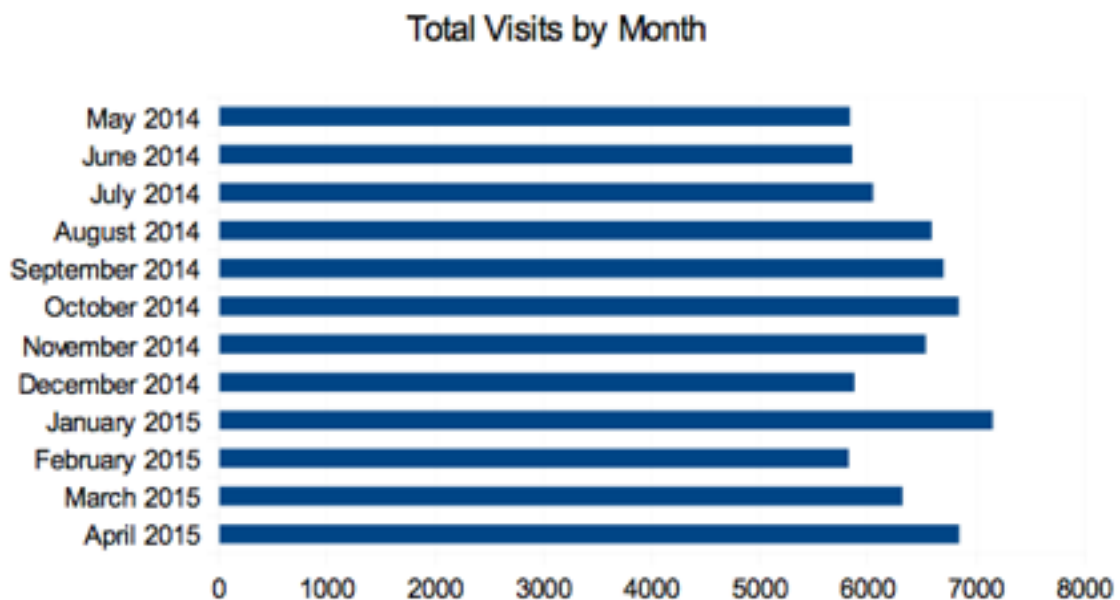
Area 86 Public Outreach Coordinator

Website co-ordinator's report to AWSC – May 2015

I'm your website co-ordinator since January 2015.

The past two months have been another couple of busy ones for our Area website; a typical month sees between about 5,800 and 6,100 visits per month. In March and April of 2015, our website received 6,318 and 6,842 visits, respectively.

The term “visits” refers to the number of times someone went to our website but not the number of different people, or “unique visitors.” The same person viewing the website four different times would equal four “visits.” Below is a chart showing the number of visits over the past twelve months.



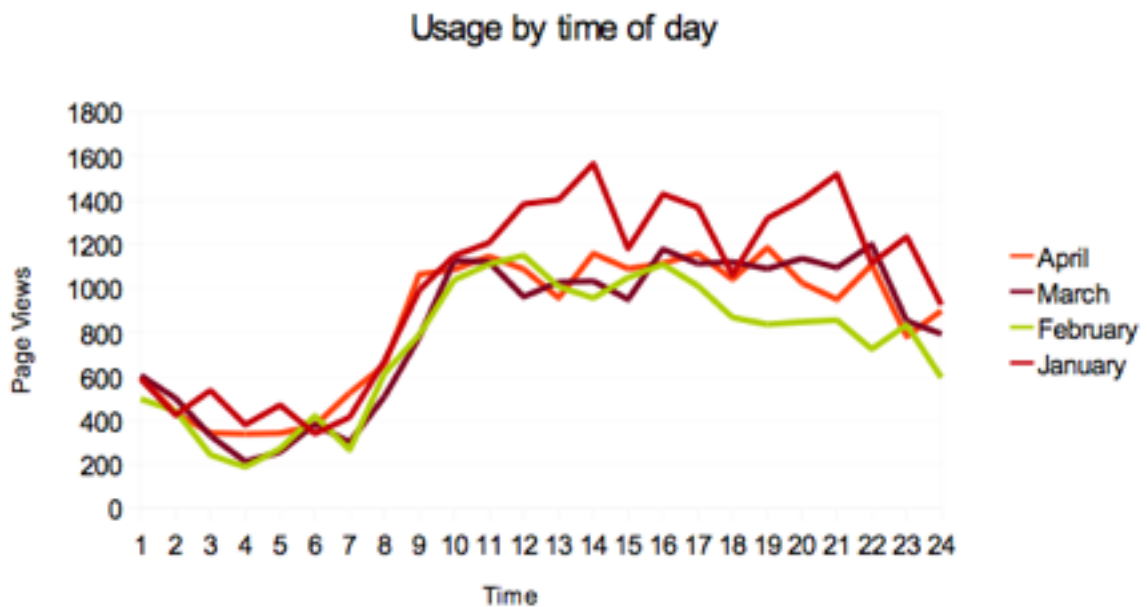
The three most common things people view on our website are:

1. Meeting lists
2. Events list
3. Literature page

Thank you to everyone who's been checking their group and district meeting listings and updating myself via Group Records with the necessary changes of locations, times, etc. It's the area that has required the most attention and work from me over the past four months but clearly, this is the information people want most from our website.

Most of the traffic to our website is direct traffic, which is people typing the address into their browsers or clicking on a link from an e-mail (sent to them by one of their friends in the program, for example). The second-most frequent method for people to arrive on our website is through a Google search and after that, by following a link from our WSO website.

The busiest traffic periods for our website are during the workday, with a decrease in traffic around the noon hour. Page views drop off around suppertime, with a slight rebound in the evenings (between 8 and 11 p.m.). This is a typical traffic pattern for many websites. The time-of-day usage for the first four months of this year is displayed below:



The Area website is YOUR website; what do you want it to do? In what ways could the site better serve our fellowship and those in Ontario South who still suffer from the effects of someone else's drinking? I'm happy to hear your constructive feedback; please e-mail me at ontariosouthwebsitecoordinator@outlook.com.

Yours in Service,
Ontario South Website Co-ordinator

Literature Distribution Centre (LDC)

The LDC operates to supply literature to all the groups in Ontario South as well as some treatment centres and AA intergroups in a timely manner. By doing this, the Al-Anon Family Groups office sends out bulk orders to one Literature Distribution Centre rather than to over 350 individual groups. Thus, the literature costs are minimized by reduced operating costs. Thank you for supporting out local LDC.

Enclosed are the financial statements as of March 31, 2015 and the end of 2015 Income Statement.

Financial: As you will note ended with a shortfall, this resulted in price increases for a few items and increased shipping costs.

Sales as of March 31st were \$24,733.64, an increase of 8.8% compared to 2014. The U.S. exchange rate averaged 26.07% compared to 11.62% in 2014. As a result, the net income for the period is \$1,026.36, down 47.7% compared to 2014.

Consignments: There were 2 consignment orders until March 31 2015. Districts use consignment orders for Round ups and Al-Anon days. For more information, please contact the office

Office Staff and Volunteers: Currently the office is open 9-3 Monday to Friday. At this time I am fortunate to have a volunteer who comes in normally once a week.

Literature: If a new piece of literature is mentioned in the Forum, or on a flyer, the LDC has the piece of literature available for the members. Please remember the cost quoted is in U.S. currency.

Al-Anon Faces Alcoholism: Currently I am taking orders until July 4th for the 2016 version. The delivery date is the beginning of September.

Speaker List: The office tries to maintain a current list of speakers willing to share their experience, strength and hope. If there are gifted members in your district willing to share, please have them fill out a speaker form.

I encourage groups to take advantage of ordering *One Day at a Time* and *Courage to Change* as a combination B-18. This results in a saving of \$1.90 per set. The same happens for the large print readers see item B-19. There are 9 districts that are now ordering literature in bulk for all their groups. This results in saving on shipping costs and districts are able to take advantage of a 15% discount on 24 or more of one book title purchased.

In closing, I would like to thank the Literature Office Committee for their trust in me and express my gratitude for your support and patience in me at the Ontario South LDC.

Gratefully yours in Al-Anon-Literature Office Manager

Advisor- Chair of Literature Office Committee. New committee for this term had their first meeting last night. Discussions regarding processes of how to make things happen. Decided on literature office closure dates. Approved new literature order costs. Look at how our books are priced and explain how our prices are built-so that we can explain costs of Canada vs US and do a dummy run and break it down. Hope to have this by assembly (hoping only)

Contributing factor is strongly based on the Canadian dollar value of the day.

AIS Ottawa Report

Since our last report at AWSC, AIS Ottawa's project has been to renew the Al-Anon Crying House Bus poster, and have paid for an Alateen poster to be created and displayed as well. The Alateen poster is an updated version of an old Alateen poster about being afraid to go home because of someone's drinking. AIS Ottawa is also talking about modifying our name to help make it clear to the fellowship just who we are and what we do.

From the start of 2015, AIS Ottawa has been struggling with getting members to the table. We had a strong representation of Alternate GR's in the fall, but then membership died off to a core of 4 people. We kept reaching out to the fellowship and asking members to consider participating at the table. We had a Literature Coordinator, a Telephone Answering Service Coordinator and a Web coordinator. No Treasurer, no Secretary and no Chairperson. So to be creative we rotated the secretary and chairperson duties, and our past chairperson filled the treasurer's necessary duties as well as some of her past chairs duties. Suffice to say things were looking dismal and we were considering what to do next. Closing down AIS Ottawa was one of the possibilities.

And yet things have a way of working out, sometimes at the last minute. A member stepped forward to fill the Treasurer position. After a bumpy start of a month or so the money part is falling in to place. We have put together a budget for 2015 and will have just reviewed it last week.

At our April meeting we had a 100% increase in attendance.

Woo! Hoo! From that meeting we now have a Secretary and a Chairperson and are excited about moving forward. Some of our members are also going to be returning to the table as their personal commitments have finished.

We are looking forward with optimism and renewed enthusiasm to the coming year and all the challenges that it has to offer.

Hugs in Service
AIS Ottawa Chairperson

DR's

What's Up in District 23

District 23 covers approximately 2500sq/km and consists of twenty Al-Anon groups and one Alateen.

Our membership continues to thrive, as the four new groups since 2012 can attest. Al-Anon has a very loyal following in District 23 and this translates into loyalty to and pride in our home groups and in turn our district. This sense of loyalty and pride tends to keep people coming back.

You will find a meeting to go to every day in our district, with start times ranging from as early as 9am on a Monday to as late as 9pm on a Friday. Our Saturday Night Open meeting is put on by a different group or committee each week and many newcomers have kept coming back after attending and hearing a heartfelt story just like theirs.

We also have book study meetings, adult child meetings and even one meeting that gives out medallions.

With the district being split between farmland and cityscape, we have a very diverse membership and our district conferences have a very laid back and welcoming feel to them.

To ensure our membership keeps growing our groups welcome newcomers with either a special newcomer's meeting or just by opening with the newcomer's format. Most groups offer a newcomers package and a temporary sponsor's phone number as well.

One member shared that she tried to get her home group to agree to give out a copy of 'How Al-Anon Works' to newcomers who had completed all 6 newcomer's meetings. The idea was shot down by her group due to lack of funds.

This did not deter her one bit and she has since made it her personal mandate to ensure every newcomer who finishes all 6 meetings receives a copy of that book. So far she has given three away, one which she personally purchased and two that she received at countdowns. Now that's step 12 in action!

One area we do seem to be lacking is in long time members still willing to be active in service. In the last few years unfortunately, we have lost some of our very active long time members and most of the sponsorship and service work they had been doing has fallen to the few left, still willing to serve.

As a near fledgling myself, with only 7 years in program, I personally look to these long time members to learn 'what I don't know yet but think I do' and hope the district's needs will continue to be met by these awesome members until others feel prepared to step up and fill their shoes.

Members in our district seem to like living on the edge as well, because just when it seems we might have to decline from participating in a conference because a service position stays open for a long time, someone steps up, just in time.

In the end it takes on a domino effect, one person steps up and then the rest of the membership rallies together to participate. Whether it's our district Al-Anon Day, Alateen family or pizza night, the yearly spaghetti dinner, the spring or fall AA Roundup or even the district AA Conference each August, our needs are always met.

My role as DR in chairing the meetings, keeping everyone on track and not having an opinion has given me a whole new understanding and respect for how Al-Anon is run. Not without leaders, but without governing. What a concept!

At the suggestion of my service sponsor, I also opened the second district meeting by having the GR's discuss their thoughts on Tradition 1 as it applies to their role at the meetings.

This went over so well that we continue to study a different tradition at home and then discuss what the tradition means to us at the beginning of each meeting. It is our hope to run our meetings while actively applying these guidelines.

To deter 'crosstalk' a gentle reminder that everyone has a right to have their opinions heard at our meetings without interruption or comment, regardless of the popularity of their communications, is also part of our opening.

We have found that by communicating our expectations prior to beginning our meetings it seems to keep us all in check emotionally, thus promoting more active listening with a greater possibility of growth for us all. It is our hope that with a better understanding through our discussions and by practicing the traditions at our district meet-

ings, we then become better able to pass along some of that knowledge by example, at our home groups.

It is important to me to know that I am carrying out my service role to the best of my ability and not misleading anyone with my own agenda. To that end we agreed to change our group conscience sharing's at the end of our meetings, from talking solely about how the groups are doing, to include commentary on how our district meeting is doing as well. So far the feedback has been awesome!

One member shared, "The application of the Al-Anon traditions and concepts at our monthly GR meetings to achieve group conscience decisions is an amazing experience. The organization, participation, respectfulness and trust shown at our district meetings, clearly demonstrates that in Al-Anon, 'the sum of its parts is truly greater than the whole'. We all learn at our own pace on our journey and a group conscience driven meeting helps us internalize and reflect on the value and benefit of this level of service."

My personality also dictates that I have fun no matter what I am doing, so it has been my personal mandate to ensure everyone wants to come to the meetings. I try to keep things light, joke around when appropriate and I bring chocolate to share at every meeting.

So far so good, they keep coming back. I'm just not sure if it's for what they learn at the meetings or for the chocolate and quite honestly, I don't care as long as they "keep coming back!"

Yours in service,
DR District 23

Report for District 26, St. Lawrence district

I am privileged to be the District rep. for district 26. Our district is small but we are working hard at being mighty.

We have 7 groups at the present time in our district. One group is considering the possibility of closing due to the location and ages of the members. They are beginning to see driving as a challenge especially in the winter months and despite the relocation last year of it, it may still be too difficult to keep it going.

We had two other groups that were having a problem with the place they used and attendance and so they banded together last year and formed a single group which seems to be working well.

Sadly we discontinued our Alateen meeting last year as after 4 years we had no members and we were down to one SAM in the area.

Our public outreach rep is going full tilt to get the message out to others via willing members. Her energy and enthusiasm for the position we feel will serve our district well.

We had our local Al-Anon day which turned out to be on a lovely day. We had a member come and do the conflict resolution workshop and continued with food, fellowship and an AA an AL-Anon speaker to end off the day.

We also hosted a panel at the local AA roundup with some speakers from out of town.

I would like to express that it has been so nice to see so many of our seven groups represented at the district table. I know we are just beginning this new stretch of the journey together but with this start I am hopeful we will see much growth in our members and our district this term.

Yours in service

DR-District 26

DISTRICT 27 SEAWAY VALLEY REPORT FOR AWSC 2015 (revised)

Hi, I am the new appointed District Representative of District 27 - Seaway Valley. I have held this position previously, many twenty four hours ago, but there have been a lot of changes since then. I am in the process of relearning once again! Change, I must!

District 27 covers a large area, but is very small in numbers. We have six groups - one in Lancaster, one in Morrisburg, one in Winchester and three in Cornwall. The Al-Anon attendance for all groups in total is approximately 85 members. There are a lot of new members coming in and members with lots of 24 hours - but not too many members in between. New members seem to fear taking the risk of taking on service positions.

As DR, taking over this position from our previous district representative, was somewhat easy. Her organization skills helped me to continue to fulfill her shoes to the best of my ability. Like her, I continued to have our district meetings at the same venue every last Saturday of every month, to the exception of this month because I am attending this AWSC and July and August - all depending on the needs for a meeting. Since our district is small in numbers, as many of the members in our district, I wear many hats in this program and therefore can only do what I can and so can they. Attendance at the district meeting varies - some months more attendance than others. A 7th tradition is passed at the district meeting for the district to pay the rent of \$15 per month at this location.

In addition to continuing having monthly district meetings, our district has public outreach in full force and our Literature Coordinator continues to buy literature for the six groups. We also save monies by ordering literature from the LDC and picking the literature at AWSC and the Ontario South Assembly. In regards to Public Outreach, since our district covers a large territory, three members volunteered to divide the workload as coordinator in their own living area and then other members pitch in to help. Public Outreach is now a going-concern. In regards to voting, the three coordinators decided that the voting proxy would rotate from year to year. The term of the Public Outreach Coordinator being a three year term, the first year, one coordinator votes at the district table, the next year, the next coordinator votes and then the third year, the other coordinator votes. Our district also has an Al-Anon phone line which incoming calls from various venues vary from month to month.

In our district, there is a future plan of restarting Alateen once again. We had tried in the past with no success, but lately we have a few Alateen members coming to Al-anon. A few members have re-certified and another member is in the process of becoming a SAM. At the beginning, the site for the Alateen group will be at the same location as one of our groups and then maybe later will expand to other venues if needed.

Our district has been pretty quiet since the beginning of the year and therefore, I don't have too much else to report. Except for Public Outreach and Alateen plans, it has not changed too much. But in a few months, it will be extremely buzzing. As you all know, District 27 is hosting the Ontario South Assembly this year on October 23rd, 24th and the 25th and then to be followed two weeks later by the AA 68th conference - "We are not alone!" with Al-Anon participation. There was a lot of discussions in the district in regards to participating this year to the AA Fall Conference due to the hosting of the Ontario South Assembly. Our members are so few in numbers with only a handful of members who are willing to volunteer their services, and the two events being just two weeks apart, it was hard to decide if the district would participate to the AA Fall Conference. The traditions and the concepts were studied and each GR's brought back the decision to their groups for the members to vote on the Al-Anon participation to the AA Fall Conference. It was a majority vote that Al-Anon be part of the conference.

In regards to the financial status of our district -, even though we are small in numbers, thanks to our Higher Power - we are self-supporting, but we are not rich. We also work out of a bank account needing two signatures for cheque withdrawals. We are presently working with funds just above our prudent reserve. We hope that by participating at the AA Fall conference, our income will increase enough that it will permit our district to support financially the Ontario South Assembly and the World Service Conference than it is presently.

With Assembly 2015, the Ontario South Assembly Host person was busy assembling her volunteers for the sub-committees and visiting District 26 and District 28 whose members are extending a helping hand as much as they can. Members are getting on board to help...one at a time. Everything is falling into place. As the saying goes - "We may not get what we want, but we'll get what we need". Due to the site's restrictions or limitations, the district has barriers in regards to the hospitality room and therefore, we are asking that the members RE-FRAIN from bringing in any type of food or drinks for the "Hospitality Room". If you need more information, please feel free to contact me at district_27@cogeco.ca Thank you.

Sincerely yours,
District 27 DR - Seaway Valley

DISTRICT 28 REPORT TO AWSC - 2015

District 28 is comprised of the city of Ottawa as well as areas far to the west and east. Our District starts in northern Frontenac County in the west, and stretches east through parts of Lanark County, the City of Ottawa and the United Counties of Prescott and Russell to the Quebec border. It also includes the English-speaking meetings in Gatineau, Quebec. Formerly two Districts, 28 & 29 were amalgamated in the mid-2000s.

There are 20 Al-Anon groups and one Alateen group in District 28. There are morning, afternoon and evening meetings in our District, with at least one meeting every day of the week. Groups meet in the city as well as in outlying areas like Arnprior, Richmond and Metcalfe. We also have a weekly open meeting, which is an outreach project by our local AIS. Groups in the District take turns hosting this Sunday morning meeting.

District 28 has a website and a telephone answering service to help newcomers find our meetings.

One of the challenges in our District is filling service positions. Our local AIS was, until recently, without a chairperson. While a member has now stepped forward to chair this committee, we still struggle to get groups active in our AIS. Many GRs say it is hard to find members willing to be of service. Many groups have not yet elected alternate group representatives this term, which severely reduces participation in our local AIS. We recently had a topic on service sponsorship at a District meeting, using copies of the CAL pamphlet on service sponsorship, to try to address this issue and encourage members to invite others to join them on their journey in service.

Another challenge in our District has been growing Alateen. We are very fortunate in that we have a group that meets regularly and has committed Alateen Sponsors. There are a couple of members who have been regularly attending this group but, as one member recently shared, in a city of nearly one million people it is hard to believe that there are only two teenagers affected by someone else's drinking.

Our District holds an annual Al-Anon Day, hosted by a group in the District. The theme of our most-recent Al-Anon Day was "Healing Our Relationships." There were breakout sessions on healing relationships with our partners, with our parents and with our children. There was also an Alateen meeting as part of the day's program. Our Delegate, was our main speaker.

District 28 is a busy District. We actively participate in four annual AA events: the Spring Conference, the Fall Conference, the Vanier Roundup and the Alkathon, which is a series of meetings Christmas Eve into Christmas Day and New Year's Eve into New Year's Day. We are rarely without an Al-Anon member who will step forward to co-ordinate a program for these events. We also regularly have speakers at an addictions unit at the local mental health facility (The Royal).

The District maintains a speakers list, which two GRs take care of. It provides names and contacts of members to groups in our District who are looking for a speaker(s).

District 28 is, at the moment, financially healthy. We have an annual budget and service plan, which prioritizes our District's service commitments (with the use of the Service Manual) and allocates funds for each. This helps groups see where their contributions go and the amount of money required to meet the year's commitments. We have funds set aside in our budget to assist our smaller, more fragile groups in attending Assembly.

Our District table is large and well-populated. More than 70 per cent of our groups regularly send representatives to our 10 District meetings per year. We have a DR, an Alternate DR, a Secretary and a Treasurer.

Overall, this is an exciting time in our District. I look forward to seeing you at one of our many Al-Anon-sponsored events in the near future.

Yours in Service,
District 28 Representative

District 30

I am the brand new DR of District 30 and am quite nervous about giving this report.

Our District was without a DR for a year, but now we have righted ourselves and are learning all together. We have a new District Secretary and a new District Treasurer.

We also have two new GR's out of the six groups that are in our area. District 30 covers a lot of geographical space and most of our groups range from 5 to 15 members. One group has sort of disappeared from the screen.

With a lot of us new, we decided to have our Al-Anon day permanently on the last Saturday of April. It was a good success. We also decided to have our District Meetings on Saturday mornings in the same central location to avoid night and bad weather driving as much as possible. We even used a telephone at one meeting to solve an issue.

Quite a few of our groups have had anniversary celebrations and they have been well attended.

The home group I belong to has had a combined Al-Anon /AA celebration every year.

*Thanks
DR for District 30*

Loyalist District 31 Kingston Area

Statistics:

Ø 11 Al-Anon groups comprising about 150 active members:

- o Monday: 1 evening meeting concurrent with 1 Alateen meeting
- o Tuesday: 1 afternoon and 1 evening meeting
- o Wednesday: 1 morning and 2 evening meetings
- o Thursday: 2 evening meetings
- o Friday: 1 evening meeting
- o Sunday: 1 morning meeting

Ø 1 group has speaker meetings every month in which there are 5 meetings

Ø 1 group is going through Paths to Recovery in a "meeting after the meeting"

Ø Attendance ranges from about 4 for small groups to about 40 for a large one

Ø District 31 is 105 km West-East, and 76 km North-South. Rural portions are much less serviced

than the core around Kingston and.

Committees, Conferences, Roundups Public Outreach

The Committee is very active and committed. They now have about 10 members, and their own budget. While it is difficult to have the AGR from each group attend, we are grateful for all who do.

There is a new telephone system in which one person holds a cell phone to answer calls. All persons who take the phone have been trained in what to say and what not to say. Callers can leave a message for call-back if they wish, but call display is disabled. District pays for this part of PO, while group contributions pay for literature distribution to schools, churches, doctors, and libraries. PO sets up a table at the Day of Al-Anon and at AA events to which we are invited. PO also presents a panel at the Day of Al-Anon to encourage members to engage in Al-Anon service.

There is a sub-committee who is trying to attract young people to Alateen.

Most groups have a special container for individual contributions to PO.

Day of Al-Anon

This annual event is held currently at Crossroads United Church in Kingston, usually on the first Saturday of October. Three or four groups take primary responsibility for panels, but all groups contribute specific food items as requested for the potluck meals. Usually we have a main speaker in the afternoon who is from out of town. This is a wonderful example of how many hands make light work. Funds from this event go to District for its necessary expenses.

Founders Day and other AA functions

We work closely with Public Information of AA in getting information into schools. We send literature people to each other's roundups and functions.

English Montreal Al-Anon Convention

I mention this only because six of our members went to EMAC 2015, a counterpoint to our Trillium Convention. Several people from Ontario South attended, and several spoke very effectively. We had a great spiritual weekend, and most of us who attended this year are planning to attend the Convention in 2016.

Summer Fun Day

This event was organized by a few members in 2014, and was very well received. Members, partners, children, and even dogs attended and had a wonderful time. It may well become an annual event.

Issues and Challenges

Positive Feeling About the First Year of Service at a New Level

The GR's in District 31 and on the Public Outreach Committee are pleased that the new people in positions of responsibility are so willing to co-operate with others in service positions. We all

seem to understand that the first year is confusing, so we all practice “Progress Not Perfection”.

Insurance

Our groups make “donations” to their meeting places to avoid the legal concept of “rent” and the necessity for insurance. The Sunday morning meeting is held in a Federal Government property which does not accept even a donation, so this group makes a donation to another agency in order to comply with the 7th Tradition. Public Outreach does something similar.

Banking

District and PO both have a dual-signature system to ensure that funds are handled properly, and have had no issues. Treasurers ALWAYS ask for a receipt, and larger expenses must be approved.

Use of the Service Manual

I have had to read through the Service Manual cover to cover several times to inform myself because of questions raised by members. This has been a very positive experience.

District Meetings

We hold District Meetings about six times a year, usually at the same venue. This may be affected by renovations at this church, so we will have to play it by ear this year. All officers are strong members and very capable of doing their duties. Most of the groups send the GR or AGR. District funding comes from individual groups and the Day of Al-Anon. Individual groups send donations to the WSO and OSA, as well as District making a donation.

Assembly Voting Procedures

In 2014, as well as in preceding years, the GR’s from District 31 have commented on the lack of organization of voting procedures. It should not be rocket science to add up the number of DR’s and voting members, and set up the chairs in an appropriate way, rather than shuffling the rows of chairs around at the last minute and holding up the voting portion of Assembly.

District Representative Experience (so far!)

- Ø I am grateful for the opportunity to serve Al-Anon, and for my HP making it possible.
- Ø I love my District and everyone in it in a way that would not be possible in the past.
- Ø I see how everyone in Service is giving so much, and this inspires me to do more.
- Ø I try to attend every meeting in my District periodically, especially Anniversaries and Business Meetings. This helps me to learn how to do my duty better and to foster the growth of all groups.
- Ø I am grateful to be representing District 31 here at AWSC. It is a great opportunity for growth.

District 32 - Kawartha South

Includes: Ennismore, Norwood and Peterborough

As incoming DR I apologize that I am not able to attend AWSC .

In the past year we have had one Al-Anon group close due to low attendance. The district currently has 6 Al-Anon groups and 1 Alateen group.

Our district meetings are held approximately 9 times a year. Meetings usually include 5 voting members as 2 groups have chosen not to attend. To date the district positions we have filled include; DR, ADR, Treasurer, Secretary and Liaison with AA Intergroup. We are canvassing to fill the Public Outreach position. To a varying degree 5 Al-Anon groups are able to financially support the district as attendance is low for some groups. Alateen attendance averages 3 teens. We have sufficient SAMs as recertification for 2015 is in progress for 5 people and 3 new applications have been submitted to AAPP.

Earlier this year our district participated in a day long health fair at our local Fleming College. We were provided with a table in the main entrance area of the college. Two Al-Anon displays were set up with an assortment of Al-Anon pamphlets. 6 Al-Anon members worked in two shifts to talk to those interested students and answer questions about the Al-Anon program.

The district maintains excellent cooperation with AA in Peterborough and there is Al-Anon participation in the annual AA Kawartha Conference.

Al-Anon members are on the call list for AA Intergroup to direct communication to callers who could benefit from the Al-Anon program.

Thank you for your experience, strength and hope,
District 32 Representative
Growth through service.