



Delegate's Update

AWSC 2026

Jason W., Ontario South Delegate

Good morning! I hope you all slept well and are leaving this weekend excited and inspired about service.

I also hope that you have at least one moment of joy or positive experience this weekend that you can take home to your Districts and share with your members, to help increase enthusiasm about service – both service in your District and at the Area level.

This is the Delegate's Update and I have an update to share after yesterday's motion on electronic Alateen, and details on what comes next.



In Ontario South, the Delegate invites co-ordinators to serve. This is the precedent your Executive has followed when setting up Thought Forces and Task Forces. The list of invitees has already been set by the Area World Service Committee. I will send those members an invitation letter, which will include links to relevant resources and offer support in its task.

I will prepare updated background information for our Assembly package this summer.

As Ontario South's link to the World Service Conference, I will continue receiving any updates on electronic Alateen and will share those with the Area and the Thought Force.

What your Delegate's been up to

Spoke at Stepping Stones AFG, Scarborough

Attended Ontario Regional Conference

Attended first Canadian Regional Delegates (CARD) meeting

Spoke at District 5's Al-Anon Day, Mitchell

Attended District 26's Al-Anon Day, Kemptville

In addition to the usual duties of getting to be a Delegate, I've also been able to be present at different events in Ontario South.

A member I've known for a long time asked me to speak at her home group's hybrid meeting in Scarborough back in December.

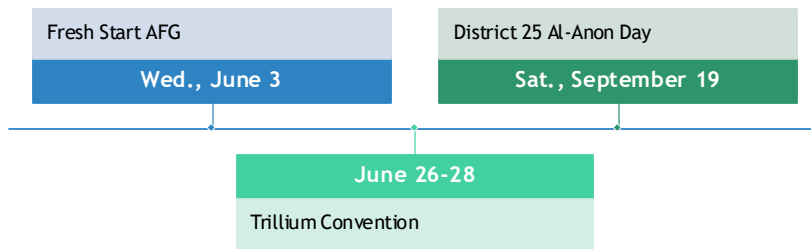
I attended the Ontario Regional Conference in Toronto as a member this past March. I got to reunite with a past Delegate who was the main Al-Anon speaker.

I also got to participate in the first Canadian Regional Delegates meeting. U-S regions have in-person and hybrid weekend-long get-togethers of past and current Delegates to prepare the new Delegates for their first World Service Conference. Canadian Delegates have had virtual meetings for the last few years in between Conferences but this was our first afternoon-long virtual event with extended time for fellowship, sharing experience and hearing updates from our Canadian trustees.

Then shortly before Conference I spoke at an Alateen-themed Al-Anon Day in District 5.

I was also able to attend and support District 26's Al-Anon Day in Kemptville.

Upcoming Events



My calendar's a bit lighter this year than it was last year – so far.

If you're looking for a meeting in downtown Toronto on Wednesday, I will be speaking at Fresh Start AFG.

Coming up, I will be attending and supporting the Trillium Convention next month.

I have been asked to speak at District 25's Al-Anon Day in September.

One other District has tentatively asked me to be available on a Saturday in October but that's still to be confirmed.



Please invite me places!

- ▶ Al-Anon Days
- ▶ District meetings
- ▶ Anniversaries
- ▶ Workshops
- ▶ Conventions/
Round-ups/Box
Socials!

I think it's really important for the Delegate to be out in the Area as much as possible. I think it helps our members feel a part of, rather than apart from. I think it helps reduce the us vs. Them mentality that sometimes comes up in service at the Area level. It's also an opportunity for members to ask questions they've had but for whatever reason haven't put in an e-mail or reached out by phone to ask. If you have an event coming up that you'd like me to be a part of, please contact me! This could include a workshop, a service-oriented event or your District's Al-Anon Day.

I rarely work weekends any more and I love roadtrips. I'd love to try to arrange something with you.



District Minutes

- ▶ District meeting minutes help keep the Delegate informed;
- ▶ Please have your secretary send minutes to OntarioSouthDelegate@hotmail.com
- ▶ If you already do -- thank you!

I'm not nosy but I do like to keep up to date on how things are going in our Area. District minutes can be a great way for me to become aware of issues and concerns. Please don't copy me on every single e-mail going around the District table, but the minutes are very helpful.

Please ask your District's secretaries to send the minutes of your meetings to the Delegate e-mail – that way, our next Delegate will already be receiving them as soon as she or he is elected.



Waffle House!

One of my things whenever I've been in the U-S is to partake of food and restaurants they have that we don't.

Some of you will remember my story from two years ago about how I risked my life for Waffle House. Twice.

This time was much safer!

A group of delegates arrived a day early and were planning to go to Colonial Williamsburg for the day, but with a stop at Waffle House for breakfast.

I did not do the Colonial Williamsburg trip but I did join them for breakfast. Waffle House with friends was much nicer than Waffle House alone.

There were a few of us who wanted to do breakfast but not Williamsburg, so we carpoled and then hit up a store to get snacks and other supplies for the week ahead at Conference.



World Service Office tour

Once every three years, Delegates get to tour our World Service Office. This is the building in Virginia Beach where our staff work from.

Al-Anon's headquarters currently employs 45 people. On Wednesday of Conference week, a bus brought us from the Conference hotel in Newport News to the office, where the staff and Trustees line up in front of the building to hug the Delegates as they arrive and say, "welcome home."



This banner welcomed us in the foyer when you first come in the front door of the World Service Office.

And these are my panel-mates – all of the other third-year Delegates. Together we are Panel 64, because we started our service at the 64th World Service Conference. Each Panel picks a slogan: ours is "Panel 64 – In Service, We Soar!"

I love these guys. It has been such a pleasure getting to work with them and getting to know them better.

Even though our term is coming to an end, we plan to continue meeting and staying in touch with regular meetings.



The foyer is triangle-shaped and this is the ceiling. Look familiar?

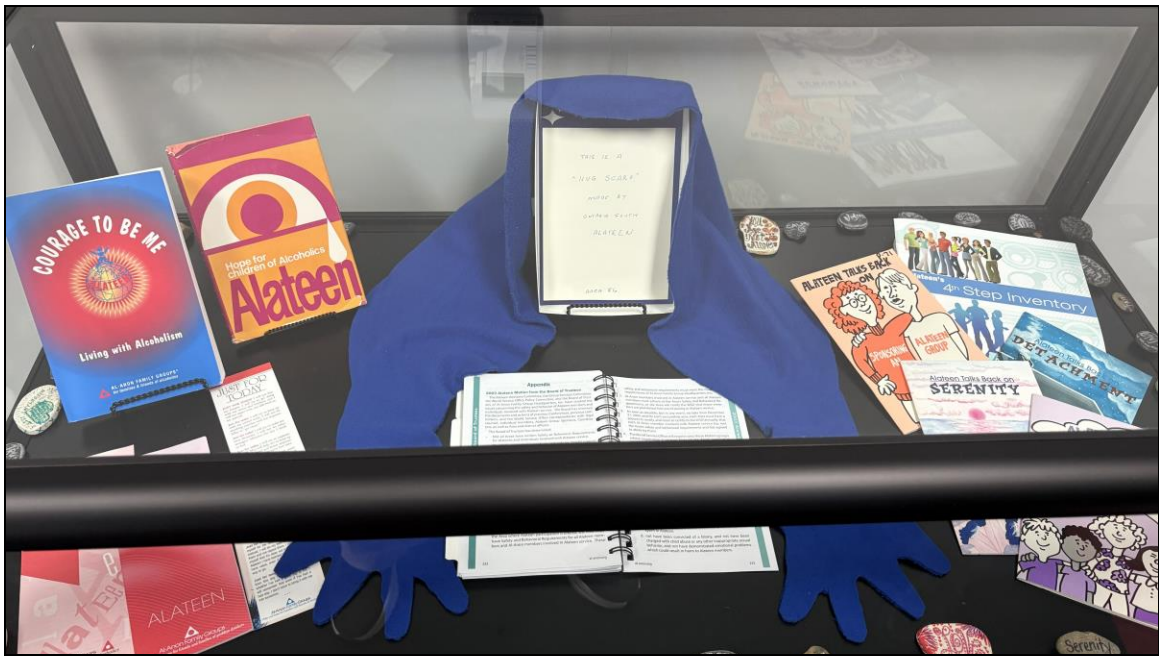


These portraits of our co-founders, Anne and Lois, hang in the foyer. There are also displays of pieces of our literature, and this display contains various artifacts from the first clearinghouse and our office over the years.

There are two pieces of Ontario South's history on display in our World Service Office. Does anyone know what they are?



This is one piece of Ontario South's history. This photo of our 50th anniversary quilt hangs in one of the meeting rooms at the World Service Office. This is the current Trustee from Canada Central, Debbie P., and myself posing in front of it.



This is the other!

In the foyer there is a display of Alateen literature and in the middle is an Alateen hug scarf. The sign in the middle says "This is a hug scarf made by Ontario South Alateen." This display is in the foyer of the World Service Office along with other displays of artifacts and literature.



This giant shoe is in the main boardroom at the World Service Office. How many of us know the story of Lois and the shoe?

As Bill got sober and became very busy with AA, he became just as busy and just as absent from home out helping other alcoholics as he used to be when he was out drinking.

His wife, and later Al-Anon's co-founder, Lois got so mad she yelled, "damn you and your old meetings!" as she threw a shoe at him.



Part of the World Service Office includes a warehouse and shipping area for our literature. These are boxes and crates of literature that will be sent to various Literature Distribution Centres around Canada, the U-S and Bermuda.

General Service Offices in other parts of the world print and distribute their own literature in their own languages.

This is a big cool looking warehouse, but it does not have a lot of staff. The entire time I was there in the middle of the day on a Wednesday, I saw one person.

Our World Service Office does not want our groups ordering directly from the World Service Office. They want us maintaining and supporting our local Literature Distribution Centres.

The World Service Office ships out big crates for the LDCs first. Your group's order of a few pamphlets and a couple of books is going to take lower priority.

So please write this down and tell your groups: please do not order literature directly from the World Service Office. It will take much longer to receive and our World Service Office has asked us to support our local Literature Distribution Centres.



This is a display of our literature in an assortment of different languages that was on display by the international services employees' desks. It was a good reminder for me about the global, worldwide reach of our program of recovery.



This stood out for me because I'm a geek for gadgets and equipment. This is a studio area the staff have set up inside the World Service Office. It can be used for things like podcasts and other media production as a way to help carry our message of recovery.



This is the Canadian Delegates tree. It's a species of dogwood. It's planted out on the grounds of the property behind the building, near a small lake known as "Lois' pond." Not far from this tree, our visit included an outdoor Al-Anon discussion meeting. The meeting's topic was "What are you doing to be a spiritual clearinghouse?"



These are the Canadian Delegates and Trustees, in front of the Canadian Delegates tree.

This year's World Service Conference marked the end of my one-year term as chair of the Canadian Delegates.



75th Anniversary Gala

Conference closed on Friday evening, and the following day was Al-Anon's 75th anniversary gala. The day included an open house for members at the World Service Office. That evening, we had a gala celebration with multiple longtime members sharing their stories.

We also watched interview clips of Lois and Henrietta, one of the fellowship's founding members and one of the first employees at the clearinghouse.

My heart was full at getting to be present for this moment. I would not have been there if I was not currently your Delegate and I am incredibly grateful at getting to be present.

What is your District doing to mark Al-Anon's 75th anniversary? What a great opportunity to celebrate Al-Anon's history but also our local histories.

Perhaps it could be a theme or a panel topic at your local Al-Anon Day, or other recovery event. Have you talked to our Archives Co-ordinator about your District's history



The organizers had set up a spot outside the gala hall with a photo opportunity for members who wanted to commemorate the occasion with a picture. These are most of the Canadian delegates.



This is me with my mentee, Ron from Wyoming.



“There's more respect here when we disagree than in most other places when they're in agreement.”

One of the things that the World Service Conference did at the end of each day was “Spiritual Takeaways.”

On the last day of Conference, I was struck by this spiritual takeaway shared by another Delegate.

“There's more respect here when we disagree than in most other places when they're in agreement.”

Over my last three Conferences I've thought a lot about the spiritual tone of the discussions, even when things get contentious and we disagree.

It's been one of the things I've most appreciated about my World Service Conference experience.

Three-Minute Talk

- ▶ Third-year Delegates get to address the World Service Conference for three minutes;
- ▶ Delegates this year were asked to consider the Conference theme: 75 Years, One Purpose.

Each year, the third-year Delegates get to address the World Service Conference for three minutes in a segment titled "Sharing Ourselves." These can be personal reflections about our journeys as Delegates.

This year, Delegates were asked to reflect on this year's Conference theme, which was "75 Years, One Purpose."

I thought about it and did some research on our Area's beginnings, then reflected back on my own journey in this program and as your Delegate. And this was my sharing to the Conference:

In May 1944, a woman named Pearl hosted Anne S. and four other women at her home in Toronto. All six were married to members of Alcoholics Anonymous. This gathering was the beginning of Al-Anon in Ontario.

A second group of AA wives was formed in 1947. The following year, Bill and Lois W. came to Toronto. Bill spoke with the members of AA while Lois spoke with the wives – about 200 of them. That gathering sparked interest and many more groups were formed.

In the early days, my entire province was one Area – all 416-thousand square miles, from Niagara Falls all the way up to the icy waters of Hudson Bay. Our first Assembly was in 1961 in Burlington, a suburb between Toronto and Hamilton. There, we

elected our first delegate: Edythe Dolan, Panel 1, Ontario.

Our theme for this year's World Service Conference – 75 Years, One Purpose – has me thinking about our shared history and the part I've been fortunate enough to play.

For 75 years, members have showed up early to unlock the doors, make the coffee and put out the chairs, so others can find the same hope, peace and serenity we have.

For 75 years, members have extended a hand to others in the same despair and hopelessness we once felt. We invited them to join us, we gave them rides to meetings, we said yes when they asked us to be their sponsor.

For most of those 75 years, Al-Anon members have been kind and generous with their time to provide a space for our teenagers to recover from the effects of the family disease of alcoholism.

Because of all of that, these programs – Al-Anon and Alateen – were here when I was ready, after sobbing with utter despair one summer evening in 1997, when my parents had a screaming match in the middle of the street.

After I attended my first Alateen meeting, for the first time in a long time, I no longer felt alone.

This fall, my Area's Assembly will return to where it began – Burlington. I will deliver my final Delegate's Report at the same hotel where I attended my first Assembly, back in 1999.

My heart is full. I write and talk for a living but words cannot express the vast gratitude I feel at being a part of this Conference, this fellowship, and its next 75 years.

Thank you.

Homework:

- Encourage another member to serve next term.
- Tell them the reasons why you think they'd be good at that service role.
- Consider what your next service adventure might be.

So I'm not a teacher and I can't make you do anything, but I would like to strongly encourage a couple of things.

This is an election year. We've spent some time this weekend talking about transitions from one term to the next.

I would like to ask you to think about the members in your group and in your Districts. You've noticed someone who you think is ready to begin service to Al-Anon, or someone who has the skills and talents to take the next step in their service journey.


My request is that you tell that person. Find a moment to chat one-on-one and tell them the things you like about their recovery and the gifts you see in them. Page 268 of From Survival to Recovery talks about how sometimes we don't notice changes in ourselves right away. Sometimes we need to learn about them from our fellow members.

I was not planning to run for District Rep. I was not planning to run for Chairperson. I was certainly not planning to run for Delegate. But I ran for those positions because different members told me why they thought I was ready.

Please invite other members to join you on your journey in service and share with them all the gifts you've received.

And, consider what you might like to do next. Our next Delegate will be looking for a

new slate of co-ordinators, so take some time to ask our current co-ordinators about what they do and think about whether that might be something for your next chapter in service.



“Al-Anon is a program of love, and love is the primary motive in all our activities.”

- Lois W.

I'd like to end my report today the same way I began my first Delegate's report two years ago.

This is a quote from one of Al-Anon's founders, Lois W. You can read it on page 230 of "Many Voices One Journey."

“Al-Anon is a program of love, and love is the primary motive in all our activities.” I do service in Al-Anon because I love this program and I love the life I get to live today because of it.

For me, service is putting love and gratitude into action.

I hope you feel similarly, and I look forward to seeing how you decide to put that love and gratitude into action, next.

Thank you!

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If you have questions, comments or concerns, you can reach me through the information on the screen.

E-mail is my preferred method of contact and we can use it to set up a phone chat at a time that works for both of us.

And thank you for entrusting me to be your voice and your vote at the World Service Conference. This role keeps me busy but this service truly has been a joy. I am excited for whoever gets to go on this adventure next!

Thank you.