

DISTRICT 12 - NIAGARA REGION UPDATE

DISTRICT GROUPS

- There are 6 groups: 2 in Port Colbourne, 2 in Welland, 1 in Dunnville, and 1 in Ridgeway (Fort Erie).
- Each group varies in its membership, but most groups are around 10-12 per meeting, with one group only having 2-3 per meeting. One group is hybrid.
- All groups except one have very active GRs. That group has a liaison person, but is not interested in the other GR activities such as district meetings.
- One group follows a discussion format and the other groups follow traditional AI Anon procedural rules with no cross walk permitted or limited to the final portion of the meeting.
- Most GRs are in their third year of term except for one group which has had turnover and one group who has not had a GR in 3 years.

DISTRICT MEETINGS

- Meetings are held about 5 times a year around preparation for 2 major events:
 - 1) Spring Roundup with Alcoholics Anonymous
 - 2) an AI -Anon Day
- Attendance at District meetings is about half in person and half over zoom

AN ALTERNATE DISTRICT REPRESENTATIVE

- At the beginning of the 3 year term an Alternate District Rep was elected from the group of GRs.
- This has been found to be immensely valuable and is recommended as a best practice.
- The DR had a family emergency that lasted 6 months and the Alt DR was invaluable in keeping District activities going.
- As well it led to more streamlined activities as the DR and Alt DR met in between District meetings to put into action the sanctioned District activities, to plan meeting agendas and just to brainstorm around the 2 major events detailed below.
- In addition, the DR duties were divided so that the DR was responsible for planning AI Anon Day and the Alt DR liaising with AA on a monthly basis for planning the joint Spring Roundup.

OUTREACH ACTIVITIES

- There is a joint Outreach Committee with District 13 which handles printing of materials, brochures, posters and business cards
- As well there is a phone which is answered year round.
- There is a display board for fairs and events
- Difficulty is that most members of groups do not have time for outreach in addition to attending meetings, and preparing for the few annual events as they are juggling their recovery, and family commitments.

ALCOHOLICS ANONYMOUS (AA) AND AL ANON SPRING ROUNDUP - ANNUAL

- The Alternate District Representative sits on the AA Planning Cttee from the Fall onwards
- The AA Planning Cttee meets monthly
- Al Anon organizes a bake sale for the event which is a major fundraiser (\$1,500 average) and a 50/50 raffle (\$400 average)
- As well, there are 2 Al Anon speakers of 30 minutes each over the lunch hour
- Many Al Anon members attend for the full day (approximately 20 -25) and find hearing from the AA speakers enlightening.

AL - ANON DAY - ANNUAL IN THE FALL

- These usually follow a format which is a mix between speakers and discussion groups.
- Being held on a Saturday, the time is limited to ¾ of the day as members are often challenged to find the time out of their weekend to attend.
- Themes vary from strengthening family relationships to working the Steps. The theme this year will be how to use the 12 Traditions in key relationships- not just group work.
- Attendance is usually around 35-50

STEP WORKSHOPS

- There are several informal step workshops. One is done once a week online by the GR.
- Another group meets once a week after meetings

SERVICE BEYOND THE GROUP LEVEL

- Most of the groups have no difficulty finding people to perform duties for their specific group including: Position of GR, Treasurer, Literature Coordinator, Chairing meetings, preparing coffee and buying supplies.
- However, activities such as possible district representative work, are all seen as too time demanding, and especially the need to dedicate full weekends to attending 2 Conferences per year.
- As stated earlier most members are stretched as it is. They are juggling working on their own recovery, family commitments, and often for older members, taking care of grandchildren, as their own children face addiction issues.

DISTRICT 20 AWSC REPORT

We have 9 groups, 2 of which are hybrid (Zoom and in-person). We are also happy to share that we have a new Alateen group in our district. A couple of groups have been in periods of transition, so the GR positions are not filled at the moment, though they have had temporary GRs attend when needed. We generally have good, active attendance from each group for the majority of our district meetings.

Group Updates:

- **Downsview:** Wednesday 8:00 –
Etobicoke: Monday 1:00 – (No permanent GR)
- **Kingsway:** Monday 7:30
- **Markland Woods:** Tuesday 8:00 – (No permanent GR)
- **Parkdale:** Sunday 1:30 at Masaryk-Cowan Centre
- **Roncesvalles:** Thursday 8:00 at Roncesvalles United
- **T.G.I.F.:** Friday 8:00 at St. Philip's Parish Hall
- **Wednesday Morning:** 10:30 at Our Lady of Sorrows Church
- **York West:** Monday 1:30 at Lawrence and Weston Road
- **Alateen (Together We Can Make It):** The group is still fairly new, so they don't have a GR yet.

District Highlights:

The groups in our district are active in events like Trillium and Saturday Night Open. One of our GRs has been keeping a list of events—such as anniversary meetings, gratitude meetings, and Al-Anon potlucks—which is shared regularly. This has been a great way to keep open communication and fellowship going among the groups.

Our district meetings also provide a chance for GRs to ask questions about how to address issues coming up in their groups. It has been a very positive and supportive space, with each group sharing how they practice the Steps, Traditions, and Concepts at the group level.

Group Update:

As I ([REDACTED]) have been in the role of DR, I must admit I haven't been able to keep up with all the responsibilities of the role in the last year. I've been very fortunate to have past DRs and current members to lean on and ask questions. I've had to accept that I will be unable to finish my term as DR due to changes in my work life. We are currently in a transition to find a permanent DR. This has been a great learning experience for me, and I am grateful to have been given this opportunity by the Al-Anon program.

In fellowship, [REDACTED]

Hello my name is [REDACTED] I am the Representative for District 11 located in the Caledonia/Brantford/Simcoe/Port Dover area.

Brantford hosts the oldest group in our District. It meets twice a week and is our only hybrid group. They have a male GR, which is kind of rare it seems, in our fellowship. He is someone I'm grateful for.

Our Simcoe group started next and is going steady. It is a smaller group of regular, mostly new attendees to Alanon. One of our new members has taken on the role of Group Rep. Yay!

Caledonia is our largest group with many attendees having previously benefited from the Hamilton/Burlington District Alanon recovery programs. Thankyou. It is a very active group, often hosting speakers and supporting members going out to speak at Alanon and AA mtgs and events.

Port Dover is our newest group which started about 20 months ago. It is still quite small with 4 members (one away for basic training). We had to navigate some rough waters recently, dealing with members having outside affiliations and bringing that to bear on our group. It caused confusion and even interference during our meetings. But, we responded by: reading the program literature, discussing the issues in light of what we read, voting and then setting healthy boundaries. Our meeting and our peace survived.

As far as my role as DR:

I have re-establish quarterly District meetings. They are well attended by all group Reps and I believe we have grown in our love, respect and appreciation of one another.

I have emphasized equal representation and participation from all groups, no matter their size, with all groups having an equal say and responsibility. Most of our District service was

being done by one group. I tried to discourage this because dominance can occur inadvertently, simply from a lack of participation. It is easy to get comfortable with a small number of people making all the decisions and doing all the work. But, as we know, this hinders growth for the greatest number. I'm hoping we are less comfortable with that mindset. I have strongly encouraged rotation of leadership on all levels. Hopefully no more 6 yr DR terms. I know I will not participate in that.

I re-established independent contributions by groups to the Area and WSO vs groups sending money to the District to be re-distributed to service arms. Fully self-supporting groups means giving independently.

I have emphasized that group members are to be informed and to vote on AWSC/ Assembly discussion topics and for Group Reps to bring that vote to our District mtg to

be forwarded on to AWSC, because we are a bottom up fellowship. Group Reps and District Reps simply represent members at District and Area levels. We do not govern. I have addressed an issue with rotation of names on our District bank account as people rotate in and out of District service positions vs people staying on the accounts after their service ended.

I have learned a lot, but it is just a little. I have felt the challenge of bringing change. But, I have tried to keep the focus on practicing the program, putting principles above personalities. I appreciate being in a position where I have to get involved. And sometimes I don't appreciate it and I have to remind myself that, when I do service work without self pity or resentment, it helps me to recover from the affects of alcoholism.

I thank all our groups in District 11 for trusting me and supporting me to serve them.

Sincerely,



District 17 Report for AWSC

The District

Our district consists of 9 Al-Anon groups and one Alateen group.

All groups have either a GR or a contact person.

7 GR's/contacts attend district meetings and contribute financially to the district.

District meetings are face-to-face in the fall and spring and on Zoom in winter months.

We celebrated the 75th anniversary of Al-Anon with a viewing of the movie *Love Is Not Enough - The Lois Wilson Story*. Milton hosted the event in April.

We have 6 AMIAS serving one Alateen group.

We are financially healthy.

Public Outreach

Our public outreach position remains unfilled.

We had a booth at an AA Roundup in November.

We are in the process of having a vertical banner made to use at events.

We contribute to GTAIS.

Recovery

We participated in a joint Al-Anon/AA recovery day in Brampton in February.

Milton held A Day in the Steps in April.

Al-Anon and Alateen members were involved in the ORC. One AMIAS was Chair of the AMIAS program. Another was Shadow Chair. One of our Alateens was Chair for the Alateen program. One of our Alateens spoke at ORC.

We are planning a book study in the fall with the Literature Coordinator.

Challenges

Rotation of leadership -The DR and secretary have served more than one term and are stepping down. Replacements are needed.

We have no GTAIS rep.

District 18 Report to AWSC 2026

District 18 and some of the Groups within it are facing challenges filling Service Positions. One Group has formally closed. A new Group, We Are Enough AFG, opened in Queensville on Mondays at 7:00 pm. We have permission to hold an Alateen group at the same location on Wednesday evenings, but do not yet have enough members who are certified AMIAs.