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***DISTRICT 1 MINUTES FOR AUGUST***  
***August 4, 2016 at the Roy Baptist Church***

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Reading of the traditions and concepts: Robert read the traditions; Kayla the concepts.

Approval of Minutes: Lisa moved for approval of the minutes; Pat seconded. The vote was unanimous.

**Group Reports**

Alateen – Sunday – Courage to Be Me – Robert: Still no teens...yet.

Alateen – Monday- Wisdom Kids & Teens in Action – Michelle: Smallish, about 6 or so but having good meetings.

Sunday: Detach with Love – Dora: They have been holding meetings at their new venue, the Brigham City Alano Club, on their new date (Sunday) for 3 weeks now. The first meeting had 10 people in attendance. They are self-supporting so far. They did not hold elections but Heather B stepped forward to be the alternate GR. Dora is the GR and treasurer.

Sunday: Serenity Hour- Logan –Lisa: Meetings are consistently good (about 20), self-supporting. Results of their elections: Pam – GR, Daniel – Alternate GR, Secretary – Adrienne, and Kayla – Treasurer. Kayla was already the treasurer for our group and Adrienne is already the secretary. Those positions will be held until Dec 2017 because they haven't held the position for that long and we devices to stagger our elections.

Sunday: Sunday 4 Serenity – Beth: All is good. They are self-supporting with no problems. Attendance is down a bit because of summer.

Monday: Courage to Change – Pat: They are in good shape. The numbers vary and they have lots of newcomers that seldom come back. Attendance is about 15 to 20 regulars.

Tuesday: Live & Let Live – Matt: Their attendance is up and the meeting is finally taking off. They are self-supporting and have lots of newcomers. They held elections and the results are: Matt – GR, Steffani – Alternate GR, and Nathan – Treasurer.

Wednesday: Hope at High Noon – Teresa P.: Their treasurer has mailed \$100 each to the suggested entities. They are self-supporting, no problems. They have 10 to 15 people regularly and 1-2 newcomers the last few meetings.

Wednesday: Serenity Here We Are – Sherri: Doing well. They are self-supporting, have about 15-25 members, and plenty of newcomers. They will have elections soon and if no one stands for GR, she will take it for another term as she came into this one mid-term.

Wednesday: Letting Go-Logan – Robert: "We're good." Results of their elections: No one stood for GR or alternate so those positions will be empty in January unless someone steps up. Jason will be treasurer and Cindy will be Secretary. They are self-supporting.

Friday: Staying Alive – Teresa: They are doing well, seem to be self-supporting and have 10 – 15 people.

Friday: Grupo Rampiendo cadenas – Rocio: Not present

Saturday CALM – Janet V.: Great! Working to reclaim their "Ammaaazing!" title. Results of their election: Sheldon – GR, no Alternate GR though Meg is thinking about it, Treasurer/Literature – Christina and Meg.

Saturday: Tri-C's – Chris C: Their group is so small that only 2 are eligible to be GR. They traded places so Jeannie O will be GR and Chris will be treasurer. Alternate GR is open in case anyone is shopping for a new home group with some service opportunities

## New Business:

1. **Elections** were interesting with the kids from Logan sweeping up most of the positions. Teresa was our counter with Cory marking the winners on the whiteboard and singing Patsy Kline tunes to the candidates in the hallway during the voting. Please congratulate the new folks when you see them. If anyone wishes to stand for the two empty positions please contact Chris C. And the winners are (drum roll)...

DR – Robert D  
Alternate DR – EMPTY  
Secretary – Kayla O  
Treasurer – Lisa K  
Alateen Coordinator – EMPTY  
Public Outreach – Janet V and Joanne S

2. **District 1 Guidelines:** During the elections it became clear that District 1 should have its own guidelines for such things as elections procedure, qualifications for positions, and length of term in office. Trish remembers guidelines but we don't know who has them and they weren't in archives. **ACTION ITEM:** Chris will add guidelines discussion to the "new business".
3. **Treasurer report:** Trish passed out the treasurer report for this month. Some groups are starting to send in some money.
4. **AMIAS Workshop:** It is quickly becoming clear that the finances for the district are grim and that was not taken into consideration when we voted to hold an AMIAS workshop to be held later this year. Added to that, there is some question as to what would really need to be included in such a workshop. **MOTION:** Chris made a motion that the workshop be reconsidered and that we table this event until after more information becomes available. Robert seconded. The vote was unanimous.
5. **Email Addresses for Groups:** With the new website provider, we are able to have email addresses that end with @utah-alanon.org. If your group would like to have an email address, please contact Chris C. to get one set up and for instructions on how to add it to your phone so you get the email sent to you. This will help with anonymity so you won't have to give out your personal email address. This is especially important when your personal email address includes your last name. The district has an email address now that forwards to Chris. It is district1@utah-alanon.org.

## Old Business:

1. **Public Outreach status:** Joanne and Janet gave a report on the results of the public outreach brainstorm meeting held July 28<sup>th</sup>.
  - a. Joanne had collected old *Al-Anon Faces Alcoholism* pamphlets and put "FREE" stickers over the old dates so we can re-use them. They were passed out for GRs to take to their groups and ask members to start dropping them off at places they go like anywhere that has a waiting room.
  - b. Janet talked about a meeting where the topic was "What Does Al-Anon Mean to You?" This is an excellent thing to ponder and share with your groups. Joanne asked that you talk to your groups about assigning a member to be your Public Outreach Coordinator. This would be a person responsible for spreading the word on public outreach.
  - c. Chris showed a flyer she made for her group using graphics available on the Al-Anon.org website for doing public outreach. They intend to pin them on bulletin boards in the neighborhood at places like grocery stores and laundromats. Perhaps your groups could come up with their own.
  - d. Joanne and Janet talked about how important it is to carry our message to recover centers to help the parents and spouses of those in treatment (12<sup>th</sup> step at its finest!). Cory talked about a recent visit to Brighton Recovery Center in Ogden, where she and Chris told a bit of their story then described the Al-Anon and Alateen program and how it can help. They also passed out schedules, welcome packets and *Al-Anon Faces Alcoholism* pamphlets. It was so successful that we have been invited back on the last Saturday of each month at 9 AM. Janet asked for

volunteers for this event and she will make a roster like we have for speakers at the combined speaker meeting.

- e. Joanne passed out a sign-up sheet to take back to the groups. These sheets are not for any particular public outreach event. Those who are willing to help with public outreach can sign up and they will use that to call people as opportunities arise. If the person is busy they can pass on that event. So it mostly gives them a pool of contacts of the willing.
- f. Janet told us that there are two events coming soon: Tomato Days in Clinton will be held September 5<sup>th</sup> and Recovery Days in Ogden is September 10<sup>th</sup>. If you are willing to help man the tables, please contact her or Joanne.
- g. On August 25<sup>th</sup>, the Area Outreach Coordinator, Nancy W, will be holding a workshop in Eden at 6:30. Let's carpool and save some gas! It's really pretty up there and should be a nice evening.

2. **Spring Assembly in 2017:** Chris and Cory will research and pick out a venue. Everyone agreed that the Marriott in Layton (Fall Assembly 2015) was okay and the Comfort Suites, where Fall Fellowship is held might be okay too. Everyone seemed to really like the venue for last assembly in Logan. Chris will talk to Kayla about that and include that in the places to research. Now we need some volunteers for other responsibilities. If you would be willing to be the treasurer, please contact Chris. If no one volunteers, Susan from Logan said she would do it again. Lisa volunteered to help with whatever was needed.

3. **Group elections** continue. Here is the current list with a few more needing more time. As the groups decide, we will update this table:

**District 1 Group Election Table**

Group Name	Frequency	Next GR	Next Alt GR	Next TrSec	And the winners are:
Serenity Hour	2 yrs	2016	2016	2017	Pam L – GR, Daniel – alt GR, Kayla O - Treasurer
Sunday 4 Serenity	3 yrs	2017	2017	2017	No elections until next year
Courage to Change	2 yrs	11Jul2016	Jul2016	Jul2016	Jeff – GR, Valerie – alt GR, Pat – Treasurer
Live & Let Live	2 yrs	12Jul2016	Jul2016	Jul2016	Matt – GR, Steffani – alt GR, Nathan – Treasurer
Hope @ High Noon		Jul2016			GR - Jane, alt GR – Teresa P., Treasurer – Connie W.
Serenity Here We Are					
Letting Go in Logan		Jul2016	Jul2016	Jul2016	GR - <open>, alt GR - <open>, Treasurer – Jason, Secretary – Cindy
Detach with Love					Dora – GR, Heather – alt GR, Treasurer – Dora
Staying Alive		May2016	May2016	May2016	Kevi – GR, Janie – alt GR, Melanie - Treasurer
Rampiendo Cadenas					
CALM					Sheldon – GR, alt GR - <open>, Treasurer/Literature – Meg and Christina
Tri-C	3 yrs	Jul2016		Jul2016	Jeannie – GR, alt GR - <open>, Chris – Treasurer

**Upcoming Events:**

1. August 25<sup>th</sup> – 6:30 to 8 PM – Public Outreach Workshop - Wolf Creek Utah, Huntsville
2. Weekend of September 24<sup>th</sup> – Fall Assembly – Sons of the Utah Pioneers in Salt Lake City –  
AREA ELECTIONS...BE THERE TO VOTE!!!
3. October 7<sup>th</sup> – 9<sup>th</sup> – Fellowship of the Spirit Weekend, Park City
4. October 20<sup>th</sup> – 6:30 PM – Ogden Information Center Elections
5. October 28<sup>th</sup> – 30<sup>th</sup> – Fall Fellowship Weekend, Ogden

**Next meeting and elections will be September 1st**