
DISTRICT 1 MINUTES FOR SEPTEMBER
September 1, 2016 at the Roy Baptist Church

Reading of the traditions and concepts: Jeff read the traditions; John the concepts.

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

Group Reports

Alateen – Sunday – Courage to Be Me – Robert: They only had one teen last week so she chose to join the Al-Anon meeting.

Alateen – Monday- Wisdom Kids & Teens in Action – Michelle or Sheldon or Cory: None were present. Steffani said her kids attended and had a great time.

Sunday: Detach with Love – Dora: Three members the past 3 weeks: The GR, alternate, and now a literature person. They are self-sufficient. She took the other two to the AIC and taught them how purchasing literature works. (This is a great idea for the other GRs to do with their newbies.)

Sunday: Serenity Hour- Logan –Pam (new GR) for Lisa: Around 32 attendees last weekend...awesome! Some members bring produce and goodies to share. It's a good group, self-sufficient. They meet socially on off days at a restaurant and are discussing starting a book club to work the steps, traditions and concepts before the regular meeting.

Sunday: Sunday 4 Serenity – Beth: Beth was absent but Joanne and Janet attended recently and reported for her. They said there were around 8 attendees and the meeting had a good feel, no issues.

Monday: Courage to Change – Pat: Doing well, no issues, self-sufficient. They are becoming a big group lately.

Tuesday: Live & Let Live – Matt for Nathan: They are working on "amazing" status. They have lots of newcomers and have some that are becoming regulars. They are self-sufficient. He introduced Steffani as their new alternate GR.

Wednesday: Hope at High Noon – Teresa P.: They are self-sufficient, have around 15 regulars. She introduced Jane, their new GR.

Wednesday: Serenity Here We Are – Sherri: Good group, 10 to 12, no newcomers nor newcomer chair.

Wednesday: Letting Go-Logan – Robert: "We're good." Robert introduced John, their new GR. They are self-sufficient. They recently had a business meeting about the archives thought force, which we will discuss in the district reports.

Friday: Staying Alive – Jeff: Good group, incoming GR is Kevi though he hasn't see her since the elections. The meeting is usually full. They had a good meeting with the public outreach ladies. They are self-sufficient with no issues.

Friday: Grupo Rampiendo cadenas – Rocio: No one has heard from Rocio nor seen her at the Wednesday meeting lately.

Saturday CALM – Janet V.: Big group with lots of newcomers. Sheldon is the new GR but couldn't make the meeting tonight as he has a conflict with his current position in Bountiful. Meg and Christina will share the literature/treasurer position and they are hoping someone will feel moved to take the alternate GR position.

Saturday: Tri-C's – Chris C: Chris introduced Jeannie, who will be the new GR. Jeannie isn't exactly new as she has been GR before. They have a small group and so they keep trading the GR and treasurer positions.

Saturday Combined Speaker Meeting – Cory: Not present. Chris reported that the meetings have been doing well and the extra income from the basket (see the treasurer's report) is welcome. Last month was spiritual as

the AA speaker failed to show. But Chris asked if anyone else would be willing and a young man new to the program stood up and spoke. He was well received. Pretty cool!

District Reports:

Secretary & Pretend DR – Chris: It is important that each GR of each group (or their alternate) attend the assembly, especially since this is an election assembly. You are doing a disservice to your group if you don't represent them. ARCHIVES THOUGHT FORCE: The archives thought force paper is in the packets. Please read it and talk it over with your group, getting the group conscience on how they would like to see the area proceed on this issue. Robert says it's important for him to take his group's opinion, not his own. John added to this that most groups want to give their opinion on the issues and not just hear about them after the fact. Be informed and be prepared for fall assembly. If you don't feel you can present properly or would like some help, contact Chris for assistance.

Fall Assembly – Patrick M (Delegate): International Convention. As it turns out, Patrick was not lost but thought our meeting was Friday night. He gave Chris his handout materials, which she will post on the web ASAP. Basically, there will be a discussion as to whether our Area should submit a bid to the World Service Office to host the 2023 Al-Anon International Convention in Salt Lake City. This is a huge event for Al-Anon and we would need to make a big commitment to service. Please read the materials and talk them over with your group, getting their opinion on this item too.

Treasurer – Trish: Trish was not present but emailed the treasurer sheet, which was passed out. Lisa asked about monies that were sent in during the cusp of December/January and credited to the wrong month. She will ask Trish about this.

Public Outreach – The J-mazing Duo:

1. Status of new public outreach campaign – They have two more meetings to attend and so far they have been well received. They are passing out Al-Anon Faces Alcoholism pamphlets with a schedule and asking members to leave them in waiting rooms throughout the valley.
2. GRs, please get a public outreach contact person for your group. Give the name, number and email to Janet and Joanne so they can keep of list to use for sharing the latest in public outreach information with your group.
3. Procedures for doing service work at fairs and treatment centers – This is not difficult. Service is usually in 2-hour increments and you have a service buddy that you sit with so you're not alone. You answer questions that people ask when they visit the table at fairs. At treatment centers you tell a short description of your story and how Al-Anon helped your family find help. You also answer questions from the families. The treatment center gig usually take an hour or less. .
4. Green can fund raising – Some people have more money than time to donate to public outreach. So we discussed creating "the green can", which can be passed at each meeting for those who would like to donate for buying literature and pamphlets and paying for fair booth fees and such.
5. Anything else –
 - a. When working the fairs, try using "Al-Anon Family Groups" instead of "Al-Anon" so that people don't mistake us for AA.
 - b. Old Forums: Ask members to donate their old issues of The Forum. These can be used as a public outreach tools as well.
 - c. Lisa suggested that folks volunteer to go to another community when working a fair where they are not known so they don't need to worry about blowing their anonymity.

Alateen – Michelle: Not present

Information Center – Connie:

- a. They made up newcomer packets but forgot to write "welcome" on them so some people didn't realize they were welcome packets. Chris and Pat asked that they not seal the packets from now on as some groups like to add stuff to the packet or periodically change out the schedule with a new one.
- b. They have a meeting the 3rd Thursday of each month and alternate GRs should be attending.
- c. Write problems on the clipboard on the desk, like when there are no welcome packets or you can't find any more M-1 pamphlets and need more.
- d. The winter fund raiser will be December 10th. It will be spicy this year.
- e. Their elections will be held at the October meeting.

Spring Assembly Planning Committee – Chris for Kayla (Chair): The spring assembly planning committee is well underway and Kayla is our chair though she couldn't be with us tonight. If you'd like to help on the committee, the next meeting is 5:30 on September 11, 2016 in Logan. Save the date flyers are in your packets so you can start getting the word out to your groups.

New Business:

1. **District Guidelines and the Motion Book:** As promised, Chris looked into district guidelines and motion books. There is only one district guideline, which refers to financial issues such as: our prudent reserve is \$350, we will give \$100 a year each to WSO, AIS and AIC and some payment stuff for sending the DR and Alateen Coordinator to area functions, but that needs to be retooled. Otherwise, Norma tells me that the district followed the guidelines in place by the area. There was also no motion book but Chris started one when she took the secretary position in 2014 and she will pass that to Lisa. It is available for review whenever needed.
2. **Email Addresses for Groups:** With the new website provider, we are able to have email addresses that end with @utah-alanon.org. The district has an email address now that forwards to Chris. It is district1@utah-alanon.org. A list of the group email addresses and instructions will be provided at the meeting. If you need help setting yours up, please contact her.

Upcoming Events:

1. September 5th – Tomato Days in Hooper
2. September 10th – Recovery Days in Ogden
3. September 17th – Combined Speaker Meeting in Ogden. Tiffany M from SLC is the speaker.
4. Weekend of September 24th – Fall Assembly – Sons of the Utah Pioneers in Salt Lake City – AREA ELECTIONS...BE THERE TO VOTE!!!
5. October 4th – Hooper City Health Fair
6. October 7th – 9th – Fellowship of the Spirit Weekend, Park City
7. October 20th – 6:30 PM – Ogden Information Center Elections
8. October 28th – 30th – Fall Fellowship Weekend, Ogden

Next meeting will be October 6th