
DISTRICT 1 MINUTES FOR NOVEMBER
November 3, 2016 at the Roy Baptist Church

Reading of the traditions and concepts: Lisa read the traditions, Janet the concepts, and John the warranties.

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

Group Reports

Alateen – Sunday – Courage to Be Me – Robert: They have had one Alateen the last couple weeks. It's difficult to have a meeting with 1 teen but they're making it work.

Alateen – Monday- Wisdom Kids & Teens in Action – Sheldon: The younger group has had 6 to 7 and a couple in the older group. Four of the 12-year-olds "graduated" themselves to the big kids meeting. ☺

Sunday: Detach with Love – Heather: They have 4 to 6, sometimes 10, regulars. They are doing well. They voted to support a District 1 Google Voice support number.

Sunday: Serenity Hour- Logan – Lisa: Awesome! They have 23 or so people with lots of newcomers, some returning. They are self-supporting and have no issues.

Sunday: Sunday 4 Serenity – Beth: Great!

Monday: Courage to Change – Pat: Doing well, self-supporting, and no issues. They have a lot of newcomers lately and most don't stay. But at least they got some information and the seed is planted.

Tuesday: Live & Let Live – Matt: Doing well. They have around 6 or more regulars now. The phone support person returned after being gone for a long time but she has been answering the phones for Tuesday the entire time. The group is self-sufficient with no issues. (Note: This group gets the "award" for most GRs present. Nathan, the current GR, plus Matt and Steffani, who are the new GR and alternate GR, were in attendance.)

Wednesday: Hope at High Noon – Jane: Doing well. They have 15 to 20 regulars and usually 1 or 2 newcomers. They have an issue with crosstalk (see district reports section for discussion of this topic.)

Wednesday: Serenity Here We Are – Sherri: Doing well. They have newcomers every week and about 10 regulars. Sherri volunteered to be the public outreach contact for their group.

Wednesday: Letting Go-Logan – John: Usually 5 attendees with sometimes 10 to 12 and lots of newcomers. They voted to support a District 1 Google Voice support number.

Friday: Staying Alive – Jeff: Good. They had a business meeting and decided to only disperse funds once a year instead of quarterly like most of the groups. They have no GR but Janey will be the alternate GR. They are having a combined speaker meeting tomorrow night at 8 PM and Jeff will be the AI-Anon speaker. Jeff volunteered to be the public outreach contact for their group.

Saturday CALM – Janet V.: Doing great. They are usually good sized with newcomers every week and many coming back. They have started passing a can for The Forum subscriptions.

Saturday: Tri-C's – Chris C: They have 3 or 4 regulars but not many newcomers this past month. They have no AMIAS among their members. They voted to support a District 1 Google Voice support number. (Alternate GR, Jeannie, was in attendance too.)

Saturday Combined Speaker Meeting – Chris for Cory: She has speakers lined up for January, February, April and November but needs to fill the rest of the year. As the line goes in Alexander Hamilton, "Who Tells Your Story?" This is a good meeting to start with as you only need to speak at most for 20 minutes. If you're willing to speak, please give Cory a call.

District Reports:

Public Outreach – The J-mazing Duo:

1. They are making information packets in preparation for visiting 4 schools.
2. They have 2 Forum subscriptions that will be going to the Westside Medical Center. If you know of a medical center that would be interested in having a subscription, please contact them.
3. Next year they plan on taking public outreach to the police stations. If you know anyone in the police circles, please contact them.
4. Jan is the speaker at the Brighton Recovery Center public outreach meeting, which is held the last Saturday of each month. If you would like a short service opportunity here, please contact them.

DR – Robert

1. GR responsibilities: Does everyone have the WSO guideline for being a GR? He asked Chris to send out a copy with the minutes and to post a link on our website.
2. Crosstalk: To assist Jane with her group's crosstalk issue, Robert invited attendees to share their experience, strength and hope on this topic:
 - a. Jeannie speaks up at the first opportunity, reminding people that they are crosstalking.
 - b. Kayla mentioned that there was crosstalk at the Alateen meetings held at Fall Fellowship Weekend and Sheldon handled it by explaining what crosstalk is and why we don't do it. Sheldon added that sometimes you have to make a choice of not hurting feelings versus viability of the group. It's about safety. Members must feel safe to share and crosstalk can make some feel threatened. Also, he said it is not the GR's job to stop it. We all have a responsibility.
 - c. Robert referred us to page 54 of the service manual.
 - d. Heather stated that she learned to "listen to hear, not to respond" at meetings.
 - e. Jane asked if having a meeting on crosstalk would be appropriate and everything thought that was a great idea.

Secretary – Chris:

1. New GR forms: Chris passed out GR-1 forms for all the groups and asked them to update them with new GR contact information and anything else that is appropriate. Please send them to her or bring them to the December meeting. She and Kayla, our new secretary, will get them processed for the start of 2017. In January a new contact list will be handed out at the district meeting.
2. District 1 on the web: Did you know that our district has its own page on the Utah-Al-Anon.org website? It currently has all the district minutes for 2016 and some information for your treasurer. She recently added an announcement section at the top for such things as notifying everyone of one-time meeting changes like when the church is being used for some other activity so you can't use it for your meeting on a particular date. This page is limited only by our imaginations. If you'd like to see other stuff out there, please contact her.

Treasurer – Trish: Finance report – Trish wasn't present but sent her finance report, which is in the packets that were handed out.

Alateen – Sheldon: He is currently the Alateen Process Person, the one who processes AMIAS paperwork. He will be leaving that position in January and taking up the position of Area Alateen Coordinator. The District 1 Alateen Coordinator position, currently held by Michelle, will be empty come January. It is an important position and hopefully someone will stand for it.

Information Center – Connie: Results of their elections are: Paul – chair, Connie – alternate chair, Chris C. – secretary, Norma – treasurer, Jaime – literature chair, and the fundraising chair is OPEN. Joanne mentioned that she called the AIC phone line to hear the auto message. It lists a bunch of people to call and their phone numbers, one of which was Michael, who passed away this year. She can understand why there are a lot of hang-ups because there is no way to repeat the message and it is too fast to write down all the information the first time. It also doesn't mention Utah-Al-Anon.org. If it did, that would probably take care of many of the calls we currently get for schedules. **ACTION ITEM for Connie: Please take this information back to the AIC group and ask them to update the message.**

New Business:

1. Training workshop for new GRs, alternate GRs, and treasurers: **MOTION: Nathan made a motion that the workshop be held on January 21st, 2017 with the 28th as a backup date, depending on when they**

can find a place available. Connie seconded. The vote was unanimous. Robert will find a suitable venue. Clearfield Church was mentioned as a possible selection.

2. Proposed budget for 2017 – Trish went back over the comparative charts for the past few years and her suggested budget is below. The income varies so much that whatever budget the committee comes up with will need to be somewhat fluid. Robert asked that everyone review this and come ready to talk about it at the December meeting.

District Meeting Rent - \$120
Info Center Coins - \$80
Donations - \$300 (WSO, Info Center, Area)
Printing Expenses - \$100
Public Outreach - \$150
Dist. Rep. Expenses - \$200
Workshops - \$300

Total \$1250

Upcoming Events:

1. November 19th – Combined Speaker Meeting, 8 PM at the Ogden Regional Medical Center in Ogden. Jeannie O., the incoming GR for Tri-C AFG, is the speaker.
2. December 3rd – District 3 Holiday Boutique, 10 AM to 2 PM at the Alano Club in Murray (5056 S 300 W). Santa will visit from 11 AM to 1 PM.
3. December 10th – AIC Winter Party
4. March 17th – 19th of 2017 – Area Spring Assembly in Logan

Next meeting will be December 1st