

Utah Area Fall Assembly Minutes
September 28, 2024
Sons of the Utah Pioneers, Salt Lake City

At 9:30 am, Heather rang the bell. She allowed a few minutes for AMIAS training to finish. At 9:33 am, Heather called the meeting to order with a moment of silence followed by the Serenity Prayer.

Jeff J. read the 12 Concepts.

Sheri H. presented the Conference Etiquette.

Mary Y. led the Roll Call and Introductions beginning with District 1 Group Representatives (GRs) and then District 3 GRs. Discovering Choices was represented by Jamie who was online. District 6 had only 1 GR in attendance. There were no GRs present from District 7. Next were the GRs from District 8. District 9 also had only 1 GR in attendance. There are no active meetings in District 10. The final count was 25 GRs present in the room and 1 online for a total of 26 GRs. For voting purposes, a 2/3 majority is 18.

A vote was taken regarding the recording of this meeting for the purpose of taking minutes and it was okay by all.

An announcement was made that Miriam is stepping down as Public Outreach Coordinator. It was suggested that those who might be interested in serving in this position talk with Miriam during breaks and confer with their Higher Power. There will be an opportunity later in the meeting to formally express your interest.

Heather announced the procedures presented to the World Service Office (WSO) by the Committee for Alateen Safety and Behavior Requirements (ASBR) were all authorized by WSO. There is a QR code available to scan to find the documents online.

Denise, as the Assembly Committee Co-chair, made a few announcements. Lunch today is upstairs with AA and the lunch speaker will be speaking downstairs so you can bring your lunch box down to eat if you want. AA will be having dinner upstairs and then at 6:30 pm, they will be having a recovery/sobriety countdown to celebrate the amount of time we have all spent in recovery. The evening speaker begins at 7pm followed by pie and ice cream.

The Spring Assembly minutes were presented to the GRs for their approval. They were accepted as presented with a vote of 25 Yes and 1 abstained.

Bell Ringer 1: Dave T. gave us an introduction to the AAIS board members and gave a personal sharing on the conference theme, Our Path Toward Grace, Unity and Understanding.

Delegate's Report –

Dave B: The theme of the World Service Conference (WSC) was Our Path Toward Grace, Unity, and Understanding. Slides are available on the Utah Al-Anon website of what he is presenting today, including some pictures of the location where the conference was held.

Dave B. is a member of the literature committee as part of his Utah Delegate service position. He spoke about the newest piece of Conference Approved literature the WSO just published. It is called "Healing within our Alcoholic Relationships – A Collection of Insights from Our Shared Journey." He also mentioned that some new literature about sponsorship is coming soon.

Another topic of discussion at WSC will be group meeting names. They want to be sure that the name of the meeting is inviting to everyone. They ask that meeting names no longer include Al-Anon but use AFG instead to maintain our principle of anonymity.

Additional topics at the conference included:

It is important to include delegates in planning the agenda for conferences and there is currently an active task force working on this. After the most recent WSO audit, it was determined that they spent \$330.09 per Al-Anon group and if your group wishes to be self-supporting, that is the amount to send as your group donation.

WSO has approved five (5) purely electronic Alateen groups in the mobile app.

How can we be more welcoming to everyone in our meetings, not just newcomers?

There was a presentation on AFG records.

Hybrid groups (those that meet both in person and on a virtual platform such as Zoom) will be labeled as hybrid online for ease of recognition.

Sponsorship information is available online on the delegate's page.

Most delegates agreed that attendance at Stepping Stones should continue while the discussion is ongoing. There is currently a thought force at work, and a vote will occur at WSC in 2026.

WSO is currently looking for an international specialist to work with the Al-Anon international community. This employment position works at the WSO in Virginia Beach. The position opened this week. To apply, you must have 5 + years of higher-level service with Al-Anon beyond the group level.

The annual report is available on the WSO website.

Ask Dave if you have any questions regarding updates to the WSO budget information,

Dave spoke about Concept 6. He read from Paths to Recovery – who are the Board of Trustees? The trustees are the chief service arm and the guardian of traditions. He suggested that those who want to learn more about the trustees talk to Penny.

Cathy had a question about outreach and literature: Has WSO talked about podcasts? WSO offers a mobile app that lists electronic meetings. Ked suggested going on the Al-Anon website and finding the publication “Alateen Talk.”

Dave B. then did an imaginative activity with us:

How do we get more young people involved in Al-Anon? Let us predict the future together.

3 X most likely to be thinking about the future –

Predict the Past, Hard Empathy, Remember the Future

X – What you love to do (Al-Anon activity)

Y – Person you care about (under 30)

Z – Favorite place you have been (meeting place)

Imagine it, see it, feel it, taste it, enjoy it. Picture that it is happening.

How did you arrive at that future? What logical turn of events did you have to face to get there? What steps did you take? What was needed to change? How was it done? What was familiar? What doubts did you have when you started and how did you overcome them?

Members then shared what they imagined:

Pat D. pictured fellowship activities and outdoor adventures while at assembly.

Cathy imagined a game night up at Snowbird.

Kim C. saw herself at an international convention sharing a house with her stepdaughters in a new place.

Joey thought about Al-Anons in AA wondering if they are allowed to be there camping in the woods. He talked about forming committees and doing public outreach to get us there.

Jane was at USAW and then at HSAW in Hawaii on the big island in Kona with a big luau making puka shell necklaces. She saw an Al-Anon Social Weekend happening in every state for all those who are younger and “young at heart.”

Denise saw that no one was alone.

Joe was seeing his granddaughter experiencing the miracle that is Al-Anon and Alateen.

Miriam was having a BBQ and a swim with the kids and then taking them out on a day of service to think of other people.

See how you can put these visions into practice, into action.

Dave then shared with us some Upcoming Events:

The AA International is in Vancouver BC in July 2025 and registration is now open.

The Al-Anon International is happening in July 2028.

Dave B. expressed his GRATITUDE for this opportunity to be of service to our fellowship and our Area.

He asked if we have anything that is important to us that we want him to submit as a suggested agenda item for the next World Service Conference, could we please bring our ideas to him this weekend?

He gave us a handout titled My Service Inventory / My Service Journal. He has also provided additional reports and documents on his delegate's page on the Utah Area Al-Anon website.

Bell Ringer 2 – Lori G., Area Literature Coordinator, offered some recognition to Hilary for a ride today since Lori had a flat tire. She expressed her gratitude to Dave and well wishes to Patrick who originally brought the idea of bell ringers to the Area assembly. She let us know that the Conference Summary is available on the WSO website. There is a new Service Manual for 2026. She brought 5 copies of them, and they have already sold. That leaves 4 more at the AAIS office for purchase, and there are more copies on order. She then gave her Literature report. She shared a reading from Alcoholism, the Family Disease – the checklist for maturity on p. 27. Copies of this pamphlet are available for purchase at \$1.50 each. Her full report as literature coordinator is available on the website.

Utah's new policy regarding the South West Regional Delegates Meeting – Who is attending in 2025? A random member of the Area World Service Committee will be chosen by drawing a name from the hat. This is an opportunity for an interested member to

experience what it means to be a delegate and part of WSC. We have also set aside some money to allow for past delegates to attend and offer their experience, strength, and hope. SWRDM 2025 is happening in the Denver area. Dave drew Crystal's name from the hat to be the random member. Jane drew Denise as an alternate, should someone be unable to attend.

Coordinator Reports:

Website: Lynnette was not present to give her report. Her report is available on the website.

Alanews: Rachel B. shared a digital copy of the Alanews.

Archives: Jeff K. brought 2 displays from the archives – one with mugs and another with literature. He asked a long-time trailblazing member to share their Al-Anon service stories. He appreciated last night's workshop because he has raised his hands for too many positions. There has been a hiccup in the process of doing digital downloads. He has been safely storing the Archives.

Public Outreach: Miriam expressed her thanks to those who have been supporting her in this position. It is with sadness that she must decline this position at this time. Miriam got married and she is moving. She and her husband are also having some health issues. Public Outreach events were held at Juneteenth celebration and Latin American celebration. Outreach has been done at Job Corp to reach the youth. Libraries and health fairs are great outreach opportunities. There is an upcoming event on October 21.

USAW (Utah Social Al-Anon Weekend) will be happening during the last weekend in October at Ruby's Inn. They are offering a discount on lodgings through October 1 so get your room soon.

UTAC (Utah Alateen Conference) is an Area event for Alateens. The location is at a camp in the Liberty / Eden area. It offers many activities for the kids with AMIAS (Al-Anon Member in Alateen Service) participation such as hikes, crafts, sharing meetings, and a fire pit meeting. About 40 kids usually participate. Unfortunately, last year was cancelled due to flooding at the camp. UTAC will be held this year from June 13 -15, 2025. Financial donations for UTAC will be appreciated beginning in January. Your donations sponsor kids that may not be able to financially attend the event. Those that would like to volunteer, please see Jeff K. after the meeting.

Bell Ringer #3 - Jeff J, AAIS Coordinator, the other Jeff, and the other grandfather, shared a reading from the Three Views pamphlet. The open letter from the alcoholic was written by Bill W. with the understanding that alcoholism is indeed a family disease. We are united with AA in combatting this disease.

Guidelines:

Sheri H. has read all the guidelines and believes they have great foundations. Each Area service position should have a guideline on the website. Please check and review your own guidelines and let her know if you have any suggestions or updates. She and her committee are updating them all. The other big discussion revolves around area boundaries and guidelines for GRs and AMIAS in terms of geography. The thought force that she has chaired had lots of questions. Could a GR live outside the area borders? The group needs to be geographically located in Area 55. Could they be AMIAS within Utah if they live outside our boundaries? There is no need to realign our boundaries. These are all just thoughts so there is no need for a task force. She reminded us that "Things take time." Her full report is available on the website.

AAPP:

Crystal gave us the latest Alateen numbers, letting us know that there are currently 29 registered AMIAS in our area and 5 active Alateen meetings – District 1 has 11 AMIAS and 2 Alateen meetings. District 3 has 8 AMIAS and 2 active Alateen meetings (with 1 or 2 more possible). District 6 has 1 AMIAS member. District 8 has 9 AMIAS and 1 active Alateen meeting.

Crystal then reviewed the path to become AMIAS – Complete a 4-page application and turn it into your District Processing Person. After it is approved, the District forwards it to Crystal. All fingerprints are done electronically. Once approved by BCI, she gets the report which she forwards to WSO. To be in compliance with our guidelines, AMIAS recertification is required every year. That process includes AMIAS training every 12 months and background checks are done every 3 years.

Alateen:

Ked K. offered AMIAS training this morning. This training takes about 40 minutes. This training is a requirement. He will gratefully go anywhere he is invited to do this. Remember his job is support for Alateen and he will get you any information needed. His full report is available on the website.

Lunch break and Speaker meeting:

2 Speakers – John and Pennie, trustee

Pennie shared about her service journey. Her first service position was as an Alateen sponsor 17 years ago. She then served as a GR for her home group. When she was GR, the regional trustee was Judy from WY, and she made her want to dive deeper into service. She served as her District Rep and eventually Area Chair. She served as Delegate from 2007 to 2009 and when she attended her first

North West Regional Delegates Meeting (NWRDM), she thought these are my people. When she arrived at her first World Service Conference, she thought these are my people. She has not stopped serving Al-Anon ever since. She will be leading a Q and A session later during the business meeting.

Treasurer:

Pat D. is working with the Budget Committee and the Guidelines Committee to rewrite the Budget and Reimbursement Guidelines. One change is there is no longer any requirement for receipts for gas purchases. Meals at events will be included in reimbursement. Pat had some interesting conversations with Pennie regarding the WSO does their budget. She wants to go back to a calendar year for budgeting purposes and she shared how that would best serve us as an Area. We will now be doing our budget voting at the Spring Assembly each year. She shared that her reporting numbers were as of 9/11 and how that skews the actual numbers. She went over her report with us thus far. The insurance is due in January. The insurance will no longer cover individual groups. She mentioned how payments made through Zelle are traceable. She suggested we make a donation to WSO and consider opening a 9-month or 1-year CD. Both suggestions are under the purview of her position as treasurer, and we offered her our confidence as our trusted servant. Her full report and proposed budget are available for review on the website.

Bell Ringer #4 – Hilary, AAIS Board Member, talked about Unity. Unity is part of our Al-Anon logo which has 3 sides for the 3 legacies - the Steps, the Traditions, and the Concepts. It is said "Unity through the Traditions." She asked us all to visualize when we have experienced unity. She felt isolated when she first came to Al-Anon as if she had been shipwrecked on an island. She remembered her journey from isolation to the feeling of being connected and a part of the unity of the fellowship. It happened first at her home group, then she became GR and then at District 3 meetings. She brought back the traditions to her home group as the GR. Unity expands as we progress in Al-Anon and it is a value that she has come to appreciate. She asked us to imagine where it can go next. She also made a pitch for AAIS Volunteers. It only requires 2 hours per month, but you can always serve more if you would like.

Skit: Service Sponsorship

Alateen Safety and Behavior Requirements (ASBR):

Heather mentioned that there was a misunderstanding with the process of approval by WSO. Crystal and Ked are both grateful for the revisions made. They have been abiding by these guidelines since 2021. This is our legal responsibility and Ked approves of this guideline.

Heather reminded us that the Public Outreach Coordinator position is currently open. There is a guideline for the position available on the website as well as information available in the Al-Anon service manual. She had us say the Serenity Prayer to regroup.

Voting:

A motion was presented to resubmit to WSO the amended Utah Area Alateen Safety and Behavioral Requirements. The motion was passed unanimously with 25 "yes" votes and 1 void vote as a GR left early.

Darla made the motion to send the Full Amount to the WSO for the delegate to attend the World Service Conference. Ked seconded the motion. Clarification was made that a "yes" vote means that \$3617.71 will be sent. A "no" vote means to send the equalized expense of \$2532.00. The motion was passed unanimously with 25 "yes" votes and 1 void vote.

District Reports

District 1:

Jeff K. shared that District 1 is having a Holiday Party with their traditional ornament exchange on November 2nd. He said there are 4 groups in the district without a GR. His full report is available on the website.

District 3:

Denise L. says District 3 has an active Alateen meeting in Midway and a new one in Sandy. Denise has been attending meetings within District 3 to see why the GRs are not attending the monthly district meeting. She reminded everyone about the annual district fundraiser, the Holiday Boutique. It will be on December 7th at the Alano Club in Murray. Her full report is available on the website.

District 6:

No one is representing District 6 today, but the secretary has provided a full report available on the website.

District 8:

Leslie T. told us that her district includes Cedar City, Hurricane, Kanab, and St. George. She says they are holding a holiday party at the same venue that will be hosting the Spring Assembly in Kanab. Spring Assembly will be on March 21 -23. They have one healthy active Alateen meeting. Her full report is available on the website.

District 9:

Jan R. shared that her district has 2 groups. The Wednesday meeting is a hybrid meeting, and they have 6 to 12 people attending. The district meeting is also run as a hybrid meeting. 2 to 5 people call in. Jan moved to Utah 3 years ago, she was active in Al-Anon service previously and so she asked to be DR for her district. Her full report is available on the website.

Bell Ringer #5

Guy introduced the new piece of literature titled "Healing Within Our Alcoholic Relationships." He reminded us of the slogans Keep it Simple and Easy Does It. He shared that he believes our literature fulfills the purpose to provide us with "instant Al-Anon." The pamphlet is divided into 4 parts – Learning to Live the Legacies (Steps, Traditions, and Concepts) and how to apply them to our relationships. The pamphlet includes questions that could be a great beginning workbook to introduce the framework of recovery. Relationships are challenging. He highly recommends this new piece of Conference Approved Literature.

Break

AAIS:

Jeff J. explained the AAIS is both an Al-Anon Information Service (AIS), answering questions by phone and a Literature Distribution Center (LDC) providing books and other literature. The office is managed by our paid contract employee, Chrissy. The AAIS is very financially sound due to your support. He expressed his gratitude to Lori for organizing the bell ringers today. He reminded us that volunteering at the AAIS is a long-standing tradition. They provide the training and the support. You choose whether to work a two-hour or 4-hour shift. You receive a tote as a gift for your service and you will associate with wonderful Al-Anon people as you take "A Little Time for Myself." The only qualifications for volunteer service at the AAIS office are your willingness to serve, and the ability to get to Murray. He let us know that the Spring Fundraiser will be occurring again with soup, chili, and the infamous dessert auction. He ended with the AAIS slogan which is, "Have Literature, Will Travel." His full report is available on the website.

Technology:

Kim C. purchased about \$1200 in equipment for the area which included a Dell 15" touchscreen computer, keyboard, mouse, 2 – 25-foot cables to keep speakers farther apart, a digital recording device, a webcam (that is going back), cases to carry the new equipment and 2 cordless handheld mics. She has a current inventory of all tech equipment. She has learned a lot. She has a great tub to carry everything in and an upgrade to the duct tape that does not leave a sticky residue when she needs to tape down the cables and cords. Her full report is available on the website.

Forum:

Lee O. wants to know who all has a forum subscription. She passed out some issues of the Forum. She visits groups and encourages them to subscribe. Everything is written by Al-Anon people. She attempted to read from an issue without her glasses on. She called the Forum "the little meeting in my pocket." She brings them with her when she travels. They make great gifts for sponsees. There is really great information from the WSO, too. It is printed in French, Spanish, and English. You can leave copies that you have already read in places you go such as the doctor's office, library, school and be sure to include schedules of the Al-Anon meetings in your area as a Step 12 Public Outreach opportunity. The Forum has been around for 70 years.

Upcoming Events:

Fall Fellowship is October 18 – 20. USAW will be held October 25 -27. As mentioned previously, Spring Assembly will be in Kanab. The Fall Assembly 2025 will be an election assembly. AA is meeting in Salt Lake in Fall 2025. Do we want to hold our assembly in District 6? Dawn made the motion. Darla seconded. The tally was 22 yes, 1 no, and 3 void for a total of 26 GR votes.

Bell Ringer #6

Lee O. spoke about understanding. Personal understanding means I get to work the steps in the way that works for me. Group understanding provides a healthy safe environment with principles like we do not interrupt. Service understanding helps us in getting things done with people who do not know how to say no yet. World service understanding helps us to realize why the "rules" are in place like only using Conference Approved Literature. I get to go to meetings around the world when I travel in Asia. They open and close Al-Anon meetings the same way. The steps and the traditions are our guidelines, and we get to choose how to work within them.

Heather held the drawing for the opportunity to a new square to the Al-Anon Area Quilt. The name selected was Angel, acting GR for Friday Night Serenity in District. They will be adding a new square to the quilt.

Q and A session with Pennie:

What is a Regional Trustee? What is a Trustee at Large? Why are there two different kinds of trustees? All trustees were in New York in the beginning. When more trustees were needed, regional trustees were added.

Pennie asked the question: Why can't the Big Book of AA be CAL? It was not written by Al-Anon members. It was written by alcoholics for alcoholics.

Heather asked if there are any plans for new Alateen literature. Why is there always new Al-Anon literature? Dave spoke about how suggestions for literature become new literature. When WSO receives requests from the membership and 2 or more people are interested in a similar type of literature, then the literature committee votes to see if it goes further, then finally it goes to WSC for approval to move forward. The membership and Alateens may not know that they can ask.

A question was posed by someone in the audience. Will there be more literature available for People with disabilities – accessible audio books?

Someone asked, "Do regional trustees represent their region?" They are representing Al-Anon as a whole.

How do you apply for a trustee position? An applicant submits a resume to WSO before August 15. Applications are reviewed by October and the candidates are notified in November. The top 2 names that were put forward to be considered for the position will be interviewed in January.

What is your position? She was on policy committee. At first, they met every 2 weeks and then met quarterly for 4 hours. They would send their recommendations to the World Service conference.

She is currently serving as the audit committee chair. They meet in June and February with company auditors. They look at the books. She is a numbers girl but not so much auditing.

Things that the trustees are looking at in the future - 501-3c, what does Artificial Intelligence (AI) mean for Al-Anon? They are holding a "Meet the Board" event in October in Columbia SC.

Once they are trustees, they take a personality test to determine placement in their committees – working geniuses. Invention and Galvanizing is where she scored highest. The trustees recognize that they are each a cog in the wheel that keeps the business of Al-Anon going.

There is currently another Longitudinal Survey going on the Al-Anon website and your input is appreciated. What does WSO do with that information? This is one of the ways they know how to meet our needs and how to keep Al-Anon membership strong in the future.

Announcements:

Heather: The budget will be voted on at the Spring Assembly. There will also be new guidelines to vote on at that time. The Public Outreach Coordinator position will also be voted on then. There is a special Group Representative session happening immediately following. Please take a short break and join us at the far side of the room, sitting in the circle of chairs.

Denise: Dinner tonight will be held upstairs. The spiritual sharing meeting tomorrow will be for 90 minutes downstairs. AA is having a speaker meeting upstairs following our sharing meeting at 11 AM.

Closing with the Al-Anon Declaration.

Special Session with the GRs: What information will you be taking back to your group?