

Spring Assembly 2025
Investing in Each Other to Preserve Our Legacy
Kanab Center, Kanab UT
March 22, 2025

AMIAS training was held, starting at 8:30 AM and ending at 9:19 AM. Ked K. led a training session for Al-Anon Members In Alateen Service (AMIAS), emphasizing the importance of following our Utah Area Safety and Behavioral Requirements for Alateen. He reminded us how Alateen has the same steps, the same traditions, the same spiritual principles, and the same need for anonymity in the group. He clarified that recertification is a legal requirement that must be completed every year. This includes fingerprints and background checks which are required every 3 years. Ked is working, together with Crystal H., the Area Alateen Process Person (AAPP), District AAPPs and District Representatives, to ensure the World Service Office of Al-Anon will have the necessary information for recertification by the end of May.

Please get with Ked, Crystal, or your District Rep during this assembly weekend to answer the following 3 questions:

1. Do you want to continue in your service as an Al-Anon Member Involved in Alateen Service?
2. Are you regularly and consistently attending your Al-Anon meetings?
3. Have you even been convicted of a felony or charged with child abuse or any other inappropriate sexual behavior or demonstrated emotional problems?

Business Meeting:

Heather M. rang the bell at 9:30 AM. We then formally began the business meeting with a moment of silence followed by the recitation of the Serenity Prayer.

Kim C. made a tech announcement: Zoom is working all weekend. Please wait for a microphone to speak. All documents needed during Spring Assembly including the agenda, and the officer and coordinator reports are posted on the Utah Area website under Events on the Spring Assembly page.

Crystal H. read the Concepts of Service. Dave B. read the Etiquette of the Conference.

Mary Y. led roll call. At 10 AM, there were 31 Group Representatives (GRs) in the room and 3 on Zoom for a total of 34. 23 makes a 2/3 majority. An additional GR arrived at the meeting at 10:30 AM. An additional GR joined online at 11 AM for a total of 36. All GRs physically present were given blue voting flags. **With 36 GRs, 24 is the updated 2/3 majority.**

There is a list of current active Al-Anon groups in our Area in the Group Records Secretary Report available on the Utah Area website.

Announcements:

Jeff K. let the assembly know that there was an opportunity to own a beautiful quilt with a small donation to UTAC. What is UTAC? A weekend camp in the Ogden Valley for Alateen and it is taking place in June. There is a flyer on the Utah Al-Anon website with more information. The quilt is a fundraiser for this event. Please see him for tickets to put your name into the drawing. Beverly J. has a Venmo for donations.

Everyone needs to see Dave, John or Roma for a microphone. Please stand when you speak, give us your name, and use a microphone so everyone, especially those on Zoom, can hear. Announcements were made by the host committee, Leslie and Sheri, regarding the locations of the bathrooms. Lunch is on your own. Dinner is at 5:30 PM and there is a Speaker meeting at 6:30. See Leslie later to check if there are any additional dinners available for purchase.

Please do not charge your phone in any of the back outlets.

A **motion (1)** was made to allow the Secretary to record the meeting for the purpose of assisting with taking minutes of today's business meeting. The vote was unanimous at 34.

A **motion (2)** was made to accept the 2024 Fall Assembly minutes as presented. The vote was unanimous at 34.

A special election vote was held for the open Area Public Outreach Coordinator position. Nick spoke on behalf of Joey H. as to his qualifications and desire to stand for Public Outreach coordinator. (Joey was unable to attend the assembly this weekend due to work.) A full vote of confidence was given to Joey in his absence.

Delegates Report –

Our current Utah Delegate, Dave B., spoke about a discussion that occurred at the Southwest Regional Delegates Meeting (SWRDM) about the concept of pyramid sponsorship. They defined pyramid sponsorship as an unhealthy sponsorship structure that involves directive or controlling advice. It works like a hierarchy of cliques, using peer pressure and preying on members' vulnerabilities.

Dave suggested that we refer to Al-Anon Conference Approved Literature for information and support – such as pg. 45 in the Service Manual, pamphlet P31 on Sponsorship, What It's About, and the bookmark on sponsorship. He shared what he has learned in Al-Anon about how we learned about making our own decisions and taking personal responsibility for our lives. We need to learn that we need help, to reach out, and we need to find that for ourselves.

What follows is some of the discussion that occurred in our Area about healthy sponsorship:

Pat D. mentioned the difference between AA and Alanon sponsors and how we keep anonymity.

Sheldon clarified that Al-Anon is not a pyramid. He asked, "How should we present this to our group without giving advice?" Dave suggested that we continue to use our personal experience, strength, and hope to share what is a healthy sponsor relationship. He mentioned that there are Sponsor workshops available on the Delegates page of our Area website.

Betsy suggested using Sponsorship as a topic for a group meeting.

Dave commented that some groups offer a list of people willing to be a sponsor.

Nick shared his own personal experience with sponsorship.

Ked mentioned that our program is suggestive only, not judgmental, and he appreciates this discussion.

Dave is currently serving as our Utah Delegate on Panel 63. He will be sharing his final remarks at the World Service Conference (WSC) in April. They have asked him to give a 3-minute talk, sharing about what he has received during his term as delegate and linking it to the Conference theme, "Investing in Each Other to Preserve Our Legacy." His full talk is posted on the website in his Delegate's report.

The motto for Panel 63 is "Service is the Key." This upcoming Fall Assembly, our GRs will be electing a new Delegate to represent our Area at the World Service Conference. What are the qualifications to serve as delegate? Utah has amended the guidelines so that you do not have to have been a past or current District Representative to stand for delegate. Anyone who has served on the Area World Service Committee (AWSC) as an officer or coordinator is eligible to stand. Speak with Dave directly during a break if you want more information about this service position.

Please see the Delegate's full report and additional information available on the website.

SWDRM attendees shared their experiences at the Southwest Regional Delegates Meeting – Crystal was nervous and was prepared to sit through long boring meetings. She was so excited to meet so many people from other places. She loved seeing how the delegates have so much support. She was on the recent thought force SWDRM funding committee for Utah. She enjoyed being there for Dave’s last year and hearing everyone sharing their experience, strength, and hope. SWDRM helps delegates so they know what to expect at WSC to be prepared. Delegates learn spiritual principles and solutions for disagreements and challenges that come up.

Betsy went as an interested Al-Anon member. She has found that each time she goes to a conference, the first time is always scary for her as she doesn’t know what to expect, she is planting seeds, and it always helps her at a personal level with this level of discussion. She enjoyed the spiritual toolbox workshop on how to prepare to attend the World Service Conference. These tools work for every decision in her life, things like connecting with your Higher Power, calling a friend or sponsor, getting support. Across the entire Al-Anon program, I find the same unconditional love, and the same growth opportunities.

ARCHIVES – Jeff K. began a discussion by saying that 3 years ago at the election assembly when this position came up, he was inspired to stand because the silence was speaking to him, and no other hands went up. He did not understand what needed to be done. During his service term, he has just been storing our archives. They were taking up half of his storage unit. The area has reimbursed him for the financial expenses he has incurred, and Norma D. has volunteered to assist with storing the archives now. Jeff brought 5 tubs of some physical archival documents and a scanner to work on digitizing some items during assembly. He is just one person, and this is too much for one person to do. Norma is working with someone from St George to see what we can get scanned in and whittle it away during the weekend. He posed the question of whether the area might consider an Archive Custodian to store and preserve the Utah Area Archives and how to have them accessible to our members. Does this need to be approved by the membership? A

Many things are redundant within our Archives as they are available on the cloud through WSO or our own Dropbox storage. The Archives Coordinator would add and subtract from the physical and digital Archives storage with the help of an Archives committee.

Kim C. asked, “What is actual available in the archives?” Jeff shared the inventory of all 23 totes. Jeff commented that Districts should be responsible for their own archives. He also stated that there have been no inquiries to access the archives during his term. Do we as an Area even know that we have archives? How easy is it to access these archives? Nick knows tech and he is willing to help. Heather has used the archives. Lynnette has accessed them through the website, and she could link Dropbox. Kim C. suggested creating events to help the Archives committee. We will discuss a new Archives thought force during our voting later today.

Break and return at 1115 / Heather rang the bell at 1115

Reminder – please no side conversations, please take them outside.

Coordinator Reports:

Website -

Lynnette Y. asked everyone to please review your page on the website to be sure it is as you want it to be. You can contact her on the Utah Al-Anon website. You can also share her contact information with group members.

Questions from the assembly:

Melody O. asked for a member who wants to donate to area. Contact Pat directly at (801) 673-7699 to make donations via PayPal, Zelle, or Venmo. It is listed on the website.

Lynnette will work a functional PayPal link on the website.

Roma asked about inactive meetings still listed on the website. You must have a Current Mailing Address (CMA) listed with the WSO to be considered an active meeting by WSO. That is a District Representative (DR) responsibility. Do we want to list them as Inactive or remove them from the website? Your DR is the first point of contact and then contact Mary, the Group Records Secretary. Lynnette will not make any changes to meeting lists without it coming through Mary.

Please see her full report available on the Utah Area website.

Alanews -

Rachel talked about what the Alanews is. She let us know that the latest issue is coming out soon. She would appreciate you sharing your stories and experience. It can be just a sentence or a paragraph. There are currently 245 subscriptions to the Alanews. You can be added to the subscription list by contacting at (801) 380-4302 and giving her your email. There is also a link on the website to sign up. Please see her full report available on the website.

Public Outreach –

The new coordinator was not in attendance to give a report. There is no report on the website.

Literature –

Lori G. thanked everyone for their support. She gave a shout-out to Chrissy, our contract employee who heads up the Area Al-Anon Information Service (AAIS). She discussed the upcoming Service Manual for 2026. She has sold all the copies of the new booklet, “Healing within Our Alcoholic Relationships” that she brought with her to assembly. Please get your copy at the AAIS. Her full report is available on the Utah Area website.

Upcoming Events:

USAW – Utah Social Al-Anon Weekend

Kim P. shared a slideshow and talked about witches’ hats, the sunrise hike at fairyland point, the workshops on fear and so much more. This year, USAW is happening Aug 22 - 24, 2025 and there will be contra dancing. They are looking for volunteers to assist with hospitality and registration. The event is already listed on the website with option to pay for registration with Venmo. They have hotel rooms and RV campsites at a discounted rate for attendees. Be sure to plan on coming next year as well because they have reserved same weekend in 2026.

UTAC – Utah Alateen Convention

Jeff K. let us know that the event is open to all Al-Anon and Alateen members. It is held within District 1 physical boundaries and there is a lot of District 3 participation. Alateens are deeply affected by alcoholism, and there is small attendance at the weekly or monthly Alateen meetings. We always try to make the conference as fun as possible. The camp is in a beautiful setting in Ogden valley. The Alateens sleep in cabins with 2 AMIAS sponsors in each cabin. We usually have 2 cabins for the girls and 1 for

boys. They are fed well. They have sharing meetings. It costs \$100 per child, and your donations help to sponsor kids at a reduced \$50 rate. In District 1, they have groups passing a separate basket to collect donations for UTAC. We are also raising money with our quilt fundraiser. You have been so generous in the past and it is appreciated,

Tarea asked, "How early would you like to receive donations?" Camp is from June 13 to 15. So as soon as possible. Another fundraising event will be required if they don't have enough funds.

Lee O. commented that AA has been a great supporter in the past. Julie asked, "How many Alateens attend?" Typically, we have 20 to 30 kids who come to enjoy the weekend.

Guidelines –

Sheri H. reminded the GRS that we will be voting on some of the things she is talking about. As the Guidelines Coordinator, she is the chair of the guidelines committee. There are a lot of things occurring at once with guidelines. She went over changes made to Hosting Assemblies Guidelines first. She then went over the changes to the Budget and Reimbursement Guidelines. Sheri wants your input on Election hybrid meeting voting procedures as they are creating new guidelines to discuss that. We do not have one yet for Zoom attendees.

The updated guidelines and her full report are all available on the Utah Area website.

Announcement:

Lunch is on your own at noon. Lunch style snacks are available at hospitality. Be back at 1.

Coordinator / Officer Reports continued:

Alateen –

Ked K. offered a big Thank You to all Al-Anon Members Involved in Alateen Service (AMIAS). He is so appreciative of those willing to step up. Our job is to be available and ready when needed. The only "musts" in Al-Anon refer to Alateen to keep them safe.

See his full report on the website.

Area Alateen Process Person (AAPP) –

Crystal reminded us that there is a May 30th deadline by WSO so please help her to get the recertification requirements completed by the end of April. To complete recertification, there are three required questions that need to be answered. Please get your answers to Crystal or Ked or your District AAPP or your District Representative. There will be 24 people who need to get their fingerprints next year. You can do it early.

For current numbers, please see her full report on the website.

Treasurers Report

Pat D. talked about the financial items we will be voting on later today – a donation to the World Service Office, our 2025 Area budget, and changing the accounting year back to a calendar year. She also spoke about our Utah Area AFG insurance policy. We have insurance to cover Area events and our tech equipment. No, individual meetings cannot be covered under our policy any more. She is required to submit a certificate for each Area event. AAIS shares a portion of the insurance as they are the only physical location for Utah Area Al-Anon. They pay a percentage of the premium. Pat reviewed the proposed budget, which includes a 10% increase in income and adjustments to expenses based on past spending. Pat has found "pivot tables" challenging and Mary said that she would help Pat with them.

Please see the Utah Area website for the full Treasurers Report including Budget, Donations, Income and Expense sheet, and Final Accounting.

Skit – Amazing Al-Anon Literature

An infomercial for Al-Anon Conference Approved Literature (CAL)

The skit is available on the Spring Assembly page of the website.

Archives Thought Force –

Heather M. requested that a thought force be formed to discuss the path forward for the Utah Area Archives. Patrick M. is willing to chair. The Area is putting Patrick up as the chair. A thought force was formed with the following interested Al-Anon members volunteering: Chair – Patrick M., Kevin B., Kim C., Pat D., Jeff K., Denise L., Dawn M., and Lynnette Y.

Charge: Using Al-Anon KBDM and the Utah Area Archives Guidelines, discuss and report, and possibly make recommendations, about the path of the Utah Area Archives both physical and digital.

Things to consider: Should Utah have an Archives Coordinator and an Archives Custodian (splitting physical and digital)? Should Utah Area pay for a storage facility? How should the digital archives be stored (stay with Dropbox or switch to a different platform)? Do not limit the discussions/recommendations to these questions.

The goal(s) of the Thought Force should be to explore ways to simplify adding to the archives and maintenance of the archives. Although changes and/or edits to the Utah Area Archives Guidelines may be recommended, it should not be the focus of the Thought Force.

Voting:

Motion 3 – To accept as presented the changes to the Utah Area Guideline on Hosting Assemblies.

Kevin B. moved. Kim C. seconded. Motion **passed** with 35 Yea votes and 1 Void.

Motion 4 – To accept as presented the changes to the Utah Area Guideline – Budget and Reimbursement.

Kim P. moved. Cory seconded. Motion **passed** with 33 Yea votes and 3 Void.

Motion 5 – To send an annual donation to the World Service Office of Al-Anon Family Groups Inc. of 25% of excess monies over \$6500 as of December 31 of the calendar year, as calculated after all the year's expenses have been accounted for.

Discussion: Mary Y. asked a question regarding donations from the District 3 fundraiser being applied to the following year's donation. Pat D. clarified that approximately \$875 was donated last year

Darla moved. Denise seconded. The motion **passed** with 35 Yea votes and 1 void.

Motion 6 – To accept the Utah Area Al-Anon 2025 budget as presented.

Kevin B. moved. Kim P. seconded. Motion **passed** with 35 Yea votes and 1 void.

Technology –

Kim C. shared her report with the assembly. It is available on the Utah Area website. She then opened a discussion regarding our **Area Zoom account**. One question was we need to have a secret ballot for the election assembly; how do we do that on Zoom? Another question posed to the assembly was regarding conflicts with Area Zoom meetings overlapping or occurring at the same time; how do we want to use our Area Zoom account? Who is allowed access to that? Nick made suggestion to start from scratch by changing the password to get back on track. Darla has been using the Area Zoom account for fall fellowship planning meetings. Kim P says her home group uses the District 8 Zoom account. Leslie said all

groups in District 8 can use the District 8 Zoom account. Groups use it when they need to use it. The District has one administrator, and she has a list of meetings to ensure no overlap. Sheri H. uses the area Zoom account as a coordinator for committee meetings. She had a frustrating experience with someone else using the Area account when she was scheduled. Kevin B asked for clarification as to why is fall fellowship using an Area account when they are not part of the Utah area? Nick commented on how Zoom works with setting up Zoom meeting rooms. Lynnette wondered if there are groups currently using the Zoom account that will be shut out when you make changes. Sheldon asked why are any non-area entities using area Zoom? John mentioned that District 3 is self-sufficient in using their own Zoom account. Then the question was asked if there is space available for more meetings to use Zoom because embracing Zoom in this modern age is a way to encourage attendance and growth in our meetings. Dave B. said we need Zoom for our Area business, and only the Area should use the Utah Area Zoom account. Denise L., District 3 Representative said the groups that use the Zoom account should contribute financially to be “self-supporting.” Jeff K, District 1 Representative, says they use a free Zoom account. Zoom gives us 40 minutes for free. They then take a 5-minute break and go to a second Zoom meeting to finish up district business. Darla commented that fall fellowship is a joint activity with AA, Al-Anon, and Alateen participation. Sheldon reminded us that the cost to the Area is not just financial. Our tech coordinator’s time and service are also part of the “cost” with using the Zoom account. Kim C. thought that Zoom was just for assemblies, AWSC and committee meetings within the Area. Do we have the bandwidth to allow individual meetings to use this? Kevin B. spoke about how individual meetings were added to help during Covid. He also mentioned that Fellowship of the Spirit is an outside entity, not an area sponsored event. Ked K. offered the perspective – Is this an Area Service tool? Or an Area Recovery tool? He stated, “If we are able to have unlimited meetings, then fine.” Betsy proposed we start with the knowns regarding the decision if we want to open to other meetings when not regularly scheduled. She reminded us that Zoom encourages communication across the miles. Lee O. suggested we keep it simple; each District should have its own account. Dawn reminded the assembly that Area thought and task forces also require use of the Area Zoom account. Heather thanked us for the discussion. She asked the GRs to please take this back to your group and ask their thoughts, take this to your District meetings and then bring it back to the area. She brought the discussion back to how to handle elections at the Fall Assembly. Ked commented that there is a polling option on Zoom. Someone responded that each poll must be written and that it is time-consuming. Rachel offered that you could write polls ahead of time, and Slido is another polling option. Kevin suggested Survey Monkey. Dave B shared that WSO does all voting through a particular application and it is anonymous. He will find out what they use.

15- minute Break

District Reports

District 3

Denise L. shared that she was amazed at how generous everyone was at the annual District Holiday Boutique in December. She shared that the District has held many fun events including going to a Bees game, having pizza in the park, and attending a hockey game. Her full report is available on the website.

District 9

Jan started by saying Thank You for the opportunity to zoom in as she was unable to attend in person this time. She shared that District 9 offers an introduction to Al-Anon on the first Saturday of the month. Moab meets once per week on Wednesday at 6:30. It’s a hybrid meeting so come and join them on Zoom. She has questions about sponsorship in rural areas and wants insight on an electronic sponsor.

She mentioned that her district also has interest in starting an Alateen meeting. There is additional information in her report available online.

District 1

Jeff K. shared that the District has 3 active Alateen meetings, not 2. The one in Clearfield is two meetings together. Mary asked about the Ogden Regional Speaker Meeting and if it is still active. She would like to mark it as inactive.

District 8

Leslie shared that District 8 has one active Alateen meeting that has 3 or 4 regular attendees. She then recognized her committee for their hard work over the past six months – Jim, Rhonda, Gail, Betsy, Sheri, Cory, Joyce, Diane, and Kelly (who is currently assisting Norma with archiving). Her full report is available on the website.

District 6

Melody O., the District Secretary, gave us an update on Al-Anon meetings in their District. They lost the Spanish speaking meeting but have gained 1 electronic meeting and 1 physical meeting. She is looking forward to seeing us in the fall as District 6 is hosting the election assembly.

Area Al-Anon Information Service (AAIS)

Jeff explained that the AAIS is both a phone center and a bookstore. Cheers to Chrissy, the paid contract employee, for all she does to keep the place running. Jeff asked that we be sure to have a contact name and number listed for your group at the AAIS. He loves our literature, and he believes that there is most likely a piece of literature that will answer your every question about Al-Anon. The AAIS can always use volunteers to man the office. It's a great service opportunity for newcomers; suggest it to your sponsees as their first service position. Lee and Chrissy will provide the training. Just a reminder, AAIS money is separate from the Utah Area. You can find his full report on the Utah Area website.

Forum

Lee O. explained that the Forum offers personal sharings from members all over the world. It's the same CAL in the same Al-Anon format and language. Lee read the titles of the sharings in the current edition of the Forum. WSO is always looking for sharings of experience, strength, and hope, so put your Al-Anon story down on paper and send it in. She has been visiting meetings around the valley. She has visited meetings in other districts on Zoom. She even took a translator with her when she attended the Spanish meetings. Thank you to those who already have a Forum subscription. Be sure to get a group copy. She has extra copies of the Forum available on the literature table if you'd like to take one back to your group. Her full report is available on the Utah Area website.

Upcoming Events

UTAC is happening from June 13th to the 15th.

Delegate's Day is occurring on June 28th from 10 am to 5 pm in Richfield.

USAW is being held from August 22nd to the 24th.

Fall Assembly 2025, our election assembly, is slated for September 19th to the 21st in Utah County. They are currently finalizing the venue, and it looks like it will be in Spanish Fork. Amy J is the Chair for Fall Assembly.

District 9 and District 8 both offered to host our Spring Assembly in 2026. It was noted that the tech system is better in Kanab. The members present voted for Spring Assembly 2026 to be held in Moab.

Tarea had a question on the logistics of using Venmo for donations to Alateen, UTAC, and purchasing tickets for the drawing for the UTAC fundraising quilt. Beverly and Jeff will resolve issues with Venmo.

Drawing for the Utah Area Quilt drawing

The names of all GRs present were placed in a pink Hefty cup. Dawn drew the name of Colleen P. from District 1. District 1 will now create the next square on our quilt.

Discussion: What is holding you back from standing for service in Area?

Teresa wasn't sure what the service positions are available, and what the responsibilities entail.

Heather talked about the reports given by each coordinator today and what that tells you about the positions. The Alanews has featured "Spotlights" on area positions in Alanews. District Representatives (DRs) will be making available guidelines for all positions at the Area World Service Conference (AWSC). There is an outside support structure for most positions through AFG Connects. The Area often hosts a Passing the Torch event. It is also a good idea to have a service sponsor.

Our current Alateen Coordinator, Ked shared that he has fulfilled most every position. He said it has gotten him around the state meeting people, someone asked him for help, maybe he needs to make room for other people to do service, that is why he didn't raise his hand, service allows him to give and get back, everyone can do it.

The Area needs you and Al-Anon needs you and you are all amazing. It has done so much for Heather.

Announcements:

DRs please discuss the Zoom issue and bring that back to the Area.

Lee mentioned that AI is going to be a topic in the future, It will be hard, but it will be worth it.

Please bring the flags back to Mary at the close of the meeting.

Dinner is at 5:30 in the room next door. Speakers follow at 6:30 in the meeting room.

Skit will be posted on website – Jeff found it.

Over \$300 has already been collected for the UTAC quilt. The drawing will be held after speakers.

Special Group Representative (GR) Session: What information will you be taking back to your group? It will last for approximately 15 to 20 minutes at the conclusion of the business meeting. Please stay.

The business meeting ended at 3:55 PM with the Al-Anon declaration, Let it begin with me.