The Northern Triangle

Volume 17 **MN North Area AFG Newsletter** **August 2026**

Our mission is to provide information and inspiration and to encourage service by keeping us connected to each other between assemblies.

Welcome to this issue of The Northern Triangle Newsletter for panel 65.
Concept 4 - Participation is the key to harmony.
We need your feedback and invite any Al-Anon member to contribute. The next issue will be **November 1, 2026**.

Connie B. Newsletter Coordinator
Assisted by Barb D.

TABLE OF CONTENTS

Ask-It-Basket April 2026	7-10
Chair Report	4
Coordinator Repots	6
Delegate Report	3
District Reports	5-6
Important Links	2
Links of Service	2
Save the Dates	1-2
Sharings	6-8

SAVE THE DATE

FALL AWSC MEETING AUGUST 29, 2026

Hope Lutheran Church 305 10th St S. Walker, MN

FALL 2026 ASSEMBLY October 3rd and 4th at the RiverPlace in Warroad.

Please see the MN North Area Website for more information.

LINKS OF SERVICE

Member + Member = Group
Group + Group = District
District + District = Assembly
Assembly + Assembly = Conference
(Al-Anon Guidelines G-15 Revised 2021)

IMPORTANT LINKS

World Service Office: **https://al-anon.org/for-members**

MN North Al-Anon*: https://minnesotanorth-al-anon.org

*This is a public site with limited information for the viewing public.
*To access member info, you must set up a profile including a username and password and be approved to access all other content. As a member, you will be able to log-in to access as allowed, such as: Assembly info, Newsletters, District Reports, Delegate Reports and much, much more.
*If you want more information on any article, please look under the MN North Al-Anon link and then assembly.
*The WSO has updated some of the Area Guidelines on their website. The WSO website can be located at Al-Anon Family Groups and in the search bar on the upper right enter 2 Manuals and Guidelines. When the various results are shown click on the Guidelines and find the whole list of guidelines currently available. *Other places to find information on service positions: The Service Manual and the MNA Service Manual on the MN North Area Website.

Delegate Report for MN North Area AFG Newsletter August 2026

Good afternoon, everyone,

I've been procrastinating, which I am really good at, on sending this note out as I have never liked being the center of attention. Then I realized the importance of maintaining communication with all of you.

On July 9th, our family flew to Seattle for my oldest brothers-in-law's funeral. I was able to attend his internment at Tahoma National Cemetery that afternoon. Shortly after returning to the Vrbo the same day, I missed a step going to the lower level of the Vrbo and broke my left Tibia/Fibula bones in my ankle as well as fractured my humerus bone.

I was taken to the hospital via ambulance; they reset my ankle that night and did emergency surgery the following afternoon. I spent two nights in the hospital, two nights at the Vrbo, two nights at my sister's house, and flew back home on Wednesday 7/15. I watched his funeral virtually from the hospital and that's okay.

My family, neighbors, friends, church family, and Al-Anon members that already know have been amazing. I graduated from a non-weight bearing cast to a non-weight bearing boot through 8/24 for sure. My wheelchair and hemi walker have become my best friends. For those of you who have had similar injuries, you already know how humbling it is to have help each and every time that you have to go to the bathroom.

In-home PT and OT started this past week and what a blessing. Those dollars that I've paid into Medicare are being utilized. The great news is that I do not have to have shoulder surgery as they feel the humerus bone fracture will heal on its own. However, it's being suggested that I limit the time on the computer each day.

My plan as of now is to do the AWSC meeting on 8/29 virtually and work very hard towards healing so that I can attend the fall assembly in Warroad in person. I have and/or will be reaching out to some of you for some assistance in the meantime.

Please continue to reach out to me if there is anything that I can assist you with either via phone call or email. Thanks as always for your continued support for me as your Delegate.

In Service and Gratitude,
Marcy F., Delegate, MN North Area 29, P65, "Keeping Our Legacies Alive"
WSC Theme for 2026 - 75 Years, One Purpose

Chair Report

Clarifying the rooms in the block are $173.00 plus tax PER NIGHT - I had an error in my original post.

On Sunday, August 2, 2026, at 03:21:28 PM CDT, Linda Heikkila <ralfmarie@yahoo.com> wrote:
Hi Everyone!

Inadvertently, I have passed along to many of you a message that the room block at the Hampton Inn in Warroad was full and that no more rooms are available at the quoted price of $173.00 per night plus tax.

Marcy did a double check yesterday when she called the hotel and as of 8/1/2026, she spoke to a very nice gentleman (whose name was "Sharkie"). As of 8/1/2026 @ 12:12 p.m. **there are still 26 rooms left under the room block**. The price on the blocked rooms is $173.00 per one night for two queens. He was not sure why there had been confusion. The room block on 47 rooms will not expire until 9-20-2026. The long and short of it was he said to tell people to get their reservations in. I know the Patch Hotel is less expensive at $150.00 and is also very close in location to the RIVERPLACE venue where the Assembly will be held. Also, I have it on good authority from a member that the Patch is a very nice hotel.

NOW, the important thing is to spread the word. **Please will all DR's forward this information to the Group Reps or anyone planning to attend Fall Assembly in Warroad. Mention MN North Area Assembly when you book your room. If you have already booked at a higher price, you may want to call the hotel again at the phone number on the flyer (218)386-4900) and ask for your room to be moved to the blocked room rate of $173 plus tax per night.**

Please reach out to all attendees with this information. My apologies for this confusion and thank you for helping us all by spreading the word.

Thank you for your help!

In Love & Service
Linda H., Chair
MN North Arewa

DISTRICT REPORTS

District 29-003

District 29/003 signed a contract with the YMCA Retreat Center (Camp) in Lake Park, MN, for Fall 2027 Assembly.

Our Thursday Noon-Keep It Simple group printed 20 Alateen posters, distributed several around Detroit Lakes and is coordinating with a school social worker to provide additional posters in September for teen access to online Alateen meetings.

We had a picnic in July; it was a fun social event with wonderful weather.

I have been working on the Assembly Guidelines Task Force; there has been a lot of involvement and great progress made this summer.

Our focus now is to continue outreach and planning for the 2027 Fall Assembly.

Respectfully submitted,

Mary H. District Representative 29/003

July 21, 2026

****

District 29-006

In District 006 of our 13 active groups, we have a solid core of 10 people showing up and participating in our District Meetings, all of whom have a voice and a vote. We are still without a treasurer, so when a position is empty, the District Representative gets to do the job. I have a wonderful co-pilot that helps me every month to put together a very nice treasurer's report. We do have a wonderful team of members in our District; when the call for help goes out, we have many volunteers step forward. In September, we are going to work on our 2027 budget and then start looking over our Policies. **Doris K**.

****

District 29-010

Prepared by Tammy G.

July 27, 2026

District 10 has had an uneventful summer. We do not have District Meetings in July. Our next meeting is on September 12th, 2026. All positions are filled except Secretary, and we rotate taking turns at each District Meeting.

JoAnne H. hosted a table at the Princeton Festival for Outreach in June.

A new group will start this Tuesday, July 28, 2026. Rozann B. and I plan to attend and complete the required forms for submission to Group Records and the WSO.

COORDINATOR REPORTS

Newsletter

I want to thank everyone who submitted articles to be printed in this issue. We have added the Ask-It-Basket questions from Spring Assembly. Any questions or concerns please let me know.

Connie B.

SHARINGS

It may answer some questions as to why we end our meetings with The Lord's Prayer Hugs Johni

In a December 1963 Forum there is an article called "The Lord's Prayer" which contains many of the 12 Steps. This is also contained in a book called Forum Favorites #2 on page 215.
"The Lord's Prayer

It's a good thing Al-Anon and AA don't have to choose between the two prayers most closely associated with them--the Lord's Prayer and the Serenity Prayer. Each contains fundamentals of the program.
Just as we close each meeting with the Lord's Prayer, it seems very appropriate that we close the FORUM year with a consideration of how it fits into our program.
AA took its program in bits and pieces from here, there and everywhere. Al-Anon, in turn, took its program from AA, unashamedly borrowing, adapting where necessary which was not often, and went forward from there.
The unity of Al-Anon is well expressed where we all acknowledge a common Father. The concept of His power is indicated when we place Him in heaven, well above our mortal effort. Our goal of being restored to sanity is in the words "Thy kingdom come" because the mess we once made of our lives was surely not to His liking.
We express the Third Step in almost the same words when we say "'Thy will be done on earth as it is in Heaven." And asking for our daily bread--not food for a whole lifetime, not for next year nor next month, but for our daily bread--couldn't be closer to the 24 hour program, Then we can hardly ask forgiveness for trespasses we don't acknowledge as wrongs, so the moral inventory is implied here.
Finally, the Eleventh Step is certainly close to our petition that we are not led into temptation but delivered from evil, because we know His will for us could not be that of continued wrongdoing.
In one way or another, a tremendous part of our program is contained in the Lord's Prayer. One can hear and feel a special pea when it is said together in meetings. Any prayer is a good prayer but this one, peculiarly adapted to our needs, is our best one."
There is no name as to the author. This does explain as to how The Lord's Prayer fits our program.
****

Ask-It Basket Q & A

From the MNA 2026 Spring Assembly

Every year at Assembly an "Ask-It Basket" is provided for attendees to anonymously slip in questions that they would like to have addressed. This is not a formal part of the Assembly but often provides useful information and clarification to attendees. The following is an informal report on the Spring 2026 Ask-It Basket Session. It should be noted that this report is not an official part of the actual Assembly minutes.

Q#1 Is it possible to use AA's 3rd Step Prayer to close a group meeting?

A #1 *That is not for the Area Assembly to decide. Groups have the authority and autonomy to decide how they want to open and close meetings, by taking a group conscience.*

Q #2 The Fall 2025 Assembly returned over $2,500 to the Area in overage from hosting Assembly. Was this due to them claiming tax-exempt status?

A#2 *No, the extra money was returned to the Area was simply because the host District had budgeted extra money for having to pay a venue fee that ended up not being used. The hotel's policy was that if enough rooms were rented, they would waive the venue fee. The host District ended up booking the entire hotel, so the venue was free; therefore, the unused funds were returned to the Area.*

It was noted that all hosting Districts can use the tax-exempt status when paying for Assembly expenses as long as the benefits from using the tax-exempt status are available to all other nonprofit organizations, and not just Al-Anon. We want to be fully self-supporting and not rely on handouts" from businesses. Also, we do not try to make a profit from Assembly; it is not a money-making venture, and any overages are returned to the Area as soon as all Assembly expenses are paid. Our MNA Service Manual explains this all in the section on hosting Assembly. That is a great resource for planning Assembly, as is our Area Activities Coordinator, Ed D, who is available to help host Districts plan for Assembly. He encourages starting to plan and budget for Assembly expenses two years in advance. He can provide the paperwork stating exact costs of Assemblies for three years prior to the hosting District to assist them in planning and budgeting.

Q#3 Several online participants thanked our current Technology Coordinator, Sean Z, for doing a great job and noted that each year the virtual experience of attending Assembly gets better and better. They

asked for more online accommodations such as the same hand-outs that are available to in-person attendees being made available online, to involve virtual attendees in the fun prize giveaways, and to possibly have a "virtual host" or "emcee" to support the Tech Coordinator.

A #3 *The online attendees were encouraged to send Linda H, Policy Committee Chair, and Connie B, Assembly/Activities Guidelines Chair, emails detailing their suggestions and these will be taken into consideration.*

Q #4 A member asked MNA to be clearly explained and the change from "Assembly."

A #4 *Members were referred to p. 67 of the World Service Office manual on what Areas are and what Assemblies are. (Note: Possibly this member was asking why some of the wording in the updated service manual was being changed from "Assembly" to "MNA" and that was to clarify and simplify things. "MNA" stands for "Minnesota North Area" which is the proper name of our particular Area. "Assembly" is simply the name if the business meeting that we have twice a year.*

Q #6 A definition and discussion of crosstalk was requested.

A #6 *An official World Service Conference Summary, a publication put out after each WSC is held, was referred to that addressed crosstalk. Even World Service Conferences have Ask-It Basket sessions, and crosstalk was discussed at one of them. It was shared that crosstalk is not even an Al-Anon term. It is a professional term or label that comes from treatment and/or counseling centers and was brought into the fellowship by members who had attended such places. Nowhere in our CAL or in our service manuals will you find this word.*

Al-Anon members could stop using the term and instead focus on what works for us: loving communication and sharing what has worked for us. We do not give advice; we encourage one another. There are no Al-Anon police who check up on us to see if we're using crosstalk. Each group is autonomous and

can decide for itself how it wants to handle discussions and sharing. It's a group decision and the bottom line is to not discourage others in your group.

Q #6 A request for examples of double-headed management was made.

A #6 *The World Service Office manual was referred to once again, this time on pp. 203-207 for the reading on Concept Ten: "Service responsibility is balanced by carefully defined service authority and double-headed management is avoided." Members were encouraged to read this to glean helpful information. It was noted that District Representatives do not tell each group in their District what to do; the links of service start with the groups having autonomy to make decisions for themselves.*