

The Northern Triangle

Volume 3

MN North Area AFG Newsletter

May 2023

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 62. “Participation is the key to harmony” (Concept 4). We need your feedback and invite any AI-Anon member to contribute. Per the MN North policy book the newsletter is to be published in November and May. We are hoping to publish every 2 months. The next issue will be July 1.

As we go forward any suggestions would be greatly appreciated.
Connie B. Newsletter Coordinator
Assisted by Barb D.

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LOVE, LAUGH, AND GROW TOGETHER
AIMER, RIRE ET GRANDIR ENSEMBLE
AMAR, REÍR Y CRECER JUNTOS



Did You Know?

Every Panel chooses a slogan for their 3 year term. Panel 62 has chosen, "It started with a shoe." The story can be found in our Conference Approved Literature book Lois Remembers.

SAVE THE DATES

International Convention: June 29-July 2, 2023

Anybody who is interested in attending can still register. Find more information at events@al-anon.org or by calling 7575631600.

Delegate Report Back: via zoom May 20, 2023 1:30-4:30 pm

Area World Service Committee: August 24, 2024

Fall 2023 Assembly: Thumper Pond Resort in Ottertail. The Assembly will be October 7th and 8th 2023.

Spring Assembly 2024: Hampton Inn and Conference Center in Bemidji, MN. April 6-7, 2024

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 sight with limited information for the viewing public.

In order 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.

DELEGATE REPORT

Just back from Conference at Virginia Beach Hi to MN North Area! I just returned a little over a week ago from the World Service Conference in Virginia Beach. Talk about a difference in weather! We enjoyed 60- and 70-degree weather for several days before it dropped to the 50's but compared to home it was so nice! A week later they had a small tornado in Virginia Beach but word from the World Service Office is everyone there is safe and well! PLEASE mark your calendars for May 20th from 1:30 to 4:30 (and I don't think it will take that long – honest) to hear Report Back from the Delegate. This event will be virtual and a link to it will be sent to all AWSC members and the District Reps who will forward this on to the groups. IF you want your individual e-mail account to receive the zoom link, please send your e-mail address to me and identify yourself so I can send it out to you (ralfmarie@yahoo.com)! Just a reminder, all Group Representatives and members of the Area World Service Committee are required to attend. After the meeting, my report will be posted on our MN North website but you will miss the pictures and stories that go along with the report – plus our time together for comments and questions. Thank you SO much for your faith in me to be the delegate. I maintain it has been the biggest growth experience of my life. Our days started with an Al-Anon meeting at 6:00 a.m. followed by breakfast and the conference started each day promptly at 8:00 a.m. and went on until 8:30 or 9:00 p.m. followed by an Al-Anon meeting so back to my hotel room at 9:45 or 10 p.m. It's quite a busy schedule. The early and late Al-Anon meetings are not mandatory but for me, it was a time to center myself before the day started and a time to relax from the schedule at the end of the day. I slept great! Not long – but great! Four of

us even attended a local Virginia Beach meeting the night before conference started! We doubled the size of their group that night! For those of you heading to the International, the New Mexico area is looking for some volunteers AND you get a free T Shirt for helping! Please see the following to volunteer: They are looking for about 120 more people. The contact e-mail for the person recording the volunteers is listed here with their permission: Volunteers needed for the Al-Anon International Convention! Additional volunteers are needed for one 2-3 hour shift, which will still give you plenty of time to attend the Convention. Jobs include airport and hotel greeters, info booth staff, hospitality, language services, etc. You need to be registered for the Convention in order to be a volunteer. If you or someone you know is interested in volunteering and haven't already signed up, please send your first and last name, phone number, email address, languages you speak, t-shirt size, any special needs and town you live in to Jud Little at littlejud2008@yahoo.com. I look forward to "seeing" you at the Report back zoom meeting on May 20th in the afternoon.
Love in Service Linda H. Delegate, Panel 62, Minnesota North Area Panel 62 "Panel 62 It started with a Shoe."

DISTRICT REPORTS

Respectfully submitted, Mary H. District Representative 29/003 May 1, 2023

We had a meeting relocate due to construction happening at the original site, during relocation change they also changed their meeting to 7 pm instead of 7:30

I have working with Tom the area Web Site Coordinator; we were able to get a few updates to the MN North website and I am trying to help when he needs me with all the request coming in especially around the Spring Assembly.

Marcy our Alternate DR and District Secretary has spent time with a Fargo Al-Anon member helping her through the steps of getting a new meeting started up. They are now registered with the WSO as an official meeting.

Our March District meeting had to be changed to a zoom instead of in person due to our wonderful winter weather that was still hanging around. We had Assembly in April and plan our next district meeting on May 11, 2023.

District 29-005 Rachelle C.

Nothing new to report for the district. Shared her article that was published in the March 2023 issue of **The Forum**. See last page.

District 29/006 Connie B.

We have been working on updating the district 6 policy manual and job descriptions. We have finished the policy manual and will be voting on this at the next district meeting.

We have voted to not continue sending **The Forum** to the jails as we had been doing. We learned that the jails have to remove the staples as inmates use them to harm

themselves/others.

Our district has decided to purchase 100 copies of **Al-Anon Faces Alcoholism** to distribute as our Public Outreach project.

Our next district meeting will be May 17, 2023 at the Alano Club in Brainerd/Baxter at 6:00 pm.

FORUM COORDINATOR

Kathi K. received from World Service Office

I hope you have all received your April issue of *The Forum* by now. If you or members in your Area are experiencing delays, please continue to document the dates received and send that information to me directly via email.

As a reminder, please consider checking with your local Post Office to see if it is the source of delays and request that mail handlers prioritize delivery of your magazine.

Meanwhile, the WSO is continuing to gather information and research the possible reasons for delayed delivery so that we can do whatever is in our power to ensure that *Forum* subscriptions are received in a timely manner.

***The Forum* will celebrate its official 70th anniversary in 2024!** While for many it seems like 2024 is still a long way off, WSO Staff are already beginning to plan communications for next year. One of the things I am planning for is acknowledging and celebrating the official 70th anniversary of *The Forum*.

Here's some interesting background. In July of 1950, Ruth G., a member in San Francisco, published the first issue of the *San Francisco Family Club Chronicle*, which she was soon mailing to groups throughout the United States and Canada and as far away as South Africa. In May of 1951, she renamed the 12-page newsletter *The Family Forum*. Because "its subscription list was the most extensive list of family groups nationwide," it was the closest thing to a clearinghouse that the early family groups had. In fact, Lois W. said that without Ruth G., "early Al-Anon could never have gained the impetus it did." Describing the newsletter, Lois continues, "Ruth spent much time and thought on the magazine. Its pumpkin-colored sheets were filled with editorials, correspondence from families of alcoholics, appropriate quotations . . . [and] some cleverly drawn cartoons." (*Many Voices, One Journey*, p.34)

But in February 1953, Ruth wrote to Lois to explain why she could not continue to publish *The Family Forum*. Not only had it become more work than she could manage alone, but she believed "that it is time for a paper published by an individual to fade from the scene." While it had been to that point a "friendly monthly personal letter," Ruth felt the time had come when "an impersonal medium for exchange of ideas would be more fitting and would, in the long run, be of very much more use. That is a job for others." In that same letter, she gave permission for Al-Anon Family Groups to use the title. (*Many Voices, One Journey*, p. 57)

In June 1954, Margaret D. became the editor of Al-Anon's newsletter, which officially adopted the name *Family Group Forum* in September of that same year. It later transitioned to *Al-Anon Family Groups Forum*. Margaret remained the editor for 20 years and 229 monthly editions.

In May 1978, the monthly newsletter became a magazine, and the title was shortened to *The Forum*.

Reviewing this history reminds me just how foundational *The Forum* has been, and continues to be, to Al-Anon's unity. (And also, what a fascinating book *Many Voices, One Journey* is!) What a legacy we are entrusted with to spread Al-Anon's message of hope and to share how we as groups and service arms can conduct our affairs in unity through the pages of *The Forum*!

If anyone has ideas or suggestions for celebrating this important milestone, either within *The Forum* or in sharing about it with members, please share them in a reply to this post.

A request for help. We really need more sharings on the Concepts of Service. We receive more sharings on Concepts Three, Four, Nine, and Ten than on the others, so, if you would consider writing about one of the less "popular" ones, I would be most appreciative. But of course, any sharing on any of the Concepts, or other Legacies for that matter, will be received with deepest gratitude. If you aren't able to write one yourself, consider spreading the word through the links of service that sharings on the Concepts are very much needed. Sharings that focus on just one Concept are the most helpful, and including some application to one's personal life is a bonus. Thank you!!! Submit your sharings online here: [Send Your Sharing](#)

Published sharings in April and May The April issue featured sharings from Alaska, Alberta (2!), Australia, California (3!), Colorado, Georgia, Illinois, Massachusetts, Mississippi, Montana, New Mexico, Ohio (2!), Oklahoma, Pennsylvania, Texas, and six unnamed locations. Photos come courtesy of members in Arizona, Florida, Ontario, and one unnamed location.

The May issue boasts sharings from Arizona, California (4!), Illinois, Louisiana, Massachusetts (2!), Minnesota, Missouri, New York, North Dakota, Oklahoma, Ontario, Oregon (2!), Saskatchewan, Texas (2!), and four unnamed locations. Member photos come from Minnesota, Ohio, South Carolina, and the United Kingdom! Congrats to California for the most sharings published from the state (I know, it's two different Areas, and I don't know which each is from.)

Sneak Peek for May Look forward in the May issue to an Instant Meeting on grieving unfulfilled hopes and dreams, how learning to love himself was, for this member, like climbing Mount Everest, how a member was able to come full circle by bringing meetings to women in nursing homes who had been influential in her early recovery, how a member recognized gossip as a character defect and applied slogans to circumvent her negative behavior, how the evolution of Al-Anon's Preamble and Welcome provide an example of growth over time, some pithy thoughts a mother considers before "helping" her alcoholic son, what surprising and practical insights a couple of members have gotten from reading *Many Voices, One Journey*, how the new listing of People of Color meetings on the Al-Anon meeting search has positively impacted one member's recovery, and much, much more.

As Always... Because your Assembly or Area World Service Committee meetings might not coincide with my postings on *AFG Connects*, please contact me anytime you need more information or have questions about *The Forum*. My email address is carolcn@al-anon.org, and my telephone number is (757) 563-1600, ext. 1668.

Feel free to share this information with your AWSC, as well as at Assemblies and via email to District Representatives, Information Services/Intergroups, Website Coordinators, and Newsletter Editors. Some Coordinators have found it helpful to set up an email list of these members and service arms in order to easily forward this information on a regular basis.

Thank you all for your service as *Forum* Coordinators!

Carol C.
Magazine Editor
The Forum
carolcn@al-anon.org

NEWSLETTER COORDINATOR

Connie B. With gratitude

I want to thank everyone who has contributed to this issue of The Northern Triangle. I have set a tentative schedule of sharings I would like to see in the coming issues. As always personal sharings are welcome and encouraged.

July – Delegate, Alternate Delegate, all DR's, Archives, Public Outreach

Aug – Delegate, Past Delegates, All DR's, Activities, Group Records, Newsletter,

Nov – Delegate, all DR's, Forum/Literature, Technology, Secretary
All Coordinators can contribute every issue if they wish to but I would definitely like to see them in these issues.
COORDINATOR SHARINGS ON WHAT YOUR POSITION CONSISTS OF AND ANY OTHER INFORMATION YOU CARE TO SHARE.
If you have questions regarding the MN North Al-Anon Area please submit them and they will be answered.

PUBLIC OUTREACH

Peggy K.

Al-Anon Traditions State

- Our Public Relations Policy is based on Attraction rather than Promotion
- Primary Purpose is to Continue to Grow
- To Reach Millions who need our help who are not yet aware of the fellowship

SHARING THE MESSAGE Al-Anon is Attracting and Cooperating.....

AL-ANONS PHILOSOPHY AND SPIRITUAL PRINCIPLES

Members and groups carry the message Outreach is based on Attraction rather than Promotion Promote unity within the fellowship and awareness & hope outside the fellowship

Personal anonymity is maintained at the level of press, radio, films, TV, and the internet
Cooperation and goodwill strengthen public outreach

TRADITION ELEVEN

Reminds us to adhere to Tradition Eleven when sharing the message about Al-Anon

Directions for Group Workshop Exercise

Directions for Zoom Audience • Participants take a piece of paper and use slide “List Public Outreach Suggestion, Ideas and Projects” as a guideline

- Give 5 minutes for each person complete the task, open discussion follows Workshops with live audiences and each group will complete a list
- Have members count off, to make 5 groups to represent each area of public outreach
- Complete the task within 10 minutes. Ask a volunteer to take notes & write on posterboard to post.
- Use your creative Ideas to help demonstrate the concept. Example: pie shaped posters to have groups write on and post in a circle when done. Make poster of a sun to represent warmth & happiness of sharing the message Share discussion and open dialogue information from participants with other members, groups, districts and assembly members.

-List Public Outreach Suggestions, Projects and Ideas at a Personal Individual Level

-List Public Outreach Suggestions, Projects and Ideas at a Group Level

-List Public Outreach Suggestions, Projects and Ideas at the Local Community Level

-List Public Outreach Suggestions, Projects and Ideas at a District and MN North Assembly Level

-List Public Outreach Suggestions, Projects and Ideas at the National/ World-Wide Level

Districts and other service arms can.....

- Host public meetings, inviting members of the professional community.
- Meeting schedules and contact information on the websites of Area and local service arms should contain current and accurate information.
- The public will have direct and ready access to information, furthering Al-Anon/Alateen's reputation as a credible local resource.
- Personal sharing with professionals is one way to carry the message of hope to others.
- Members may have established relationships with doctors, nurses, members of the clergy, therapists, educators, or other professionals.
- Every Al-Anon member is encouraged to share the benefits of Al-Anon with members of the professional community with whom they come into contact, divulging their Al-

Anon membership whenever they are comfortable doing so.

- These one-on-one relationships provide the professional with credible evidence of the benefits of Al-Anon's program of recovery and may encourage them to learn more about Al-Anon and perhaps recommend the Al-Anon program to others.
 - Al-Anon does not endorse any outside enterprise
 - Professionals may endorse the Al-Anon program without violating the Traditions, provided that they do not reveal Al-Anon membership
- National and International Public Outreach: Roles and Responsibilities**
- Al-Anon members carry the message of Al-Anon, it is the World Service Office (WSO) that is solely responsible for creating public outreach messages beyond the local level.
 - This ensures that there is consistency in media messages throughout the world. The World Service Conference has designated the WSO as the sole publishing agent for the fellowship and sole producer of public service announcements (PSAs).
 - The WSO is responsible for production and distribution of all multi-Area, national, and worldwide communications including those on the internet.
 - **National and International Public Outreach: Roles and Responsibilities** Although Al-Anon members carry the message of Al-Anon, it is the World Service Office (WSO) that is solely responsible for creating public outreach messages beyond the local level.
 - This ensures that there is consistency in media messages throughout the world. The World Service Conference has designated the WSO as the sole publishing agent for the fellowship and sole producer of public service announcements (PSAs).
 - See Al-Anon/Alateen Service Manual for more information
- Al-Anon Service Manual Information**

Resources for Public Outreach

- 2022-2025 AL-ANON/ALATEEN Service Manual
- Al-Anon's Guidelines Area Public Outreach Coordinator G-38 • AL-ANON/ALATEEN Guidelines Public Outreach Service Public Media G-10
- Al-Anon's Guidelines Outreach to Professionals G-29
- Al-Anon's Public Outreach to Institutions G-9
- Al-Anon's Public Outreach to Correctional Facilities G-14
- <https://al-anon.org> The Loop Public Information Materials, Materials to post online, Media Kit, Professional Are you troubled by someone's drinking? Al-Anon is for you S-17 Did you grow up with a problem drinker? S-25 The Best of Public Outreach P-90 Attracting and Cooperating S-40 www.al-anon.alateen.org www.al-anon.org/members/public-outreach/

Ask it Basket questions;

Q Bring lunch to Assembly. A Tracie B. mentioned there is no lunch break at Assembly since it really doesn't start until noon and snacks are usually provided.

Q Decide how to vote ahead of time. A Tracie B. read the policy book and every Assembly voting has to be voted on by the GR's at the Assembly so that could not be done ahead of the Assembly.

Q Can a spouse join an Assembly? A Tracie B. said, yes and pay for the meal for that guest. Fred H. is adding another yes box to meal on the registration.

Q Would Assembly run smoother without hybrid? A Fred H. stated the hybrid was already voted on and approved at the Fall 2021 Assembly and if that were to be changed it would need to be voted on.

Q It would be better if last names could be used for roll call to help us facilitate proper communication with having last name initials. A Rachelle C. said on page 101 2021 Service Manual the last names can be used at Assembly when in service she said the last name can't be put on the website but is encourage in approved in the policy book is fine to use last names. Char H. said she really likes to use the last names at this level of service. There has been conflict with same first names and same last initial.

Tracie B. talked about the value of a dollar in 1951 there was a flyer out that showed a dollar could by then compared to now and it's almost nothing so putting a dollar in our basket at our meeting doesn't go as far. Fred H. googled that and found a dollar now compared to 1951 is worth \$11.00. Not saying one must put in that amount, but even \$25 per month could go a long way.

What Changed My Life

"I was holding on by my fingertips until the next crisis came along"

I was first introduced to Al Anon when I was in my early 30s and my husband entered treatment. "Introduced" might not be the right word. The family counsellor at the treatment center gave me a One Day at a Time in Al Anon (B-14) daily reader and told me in no uncertain terms that I needed Al-Anon.

I would have done anything to help my husband get well, so I went. I soon found out Al-Anon was not for getting my husband sober, but for finding myself. For the next ten years, I survived with the love, fellowship, and wisdom I found in the program. My husband had periods of sobriety followed by relapse and despair. I thought I was working a program, but actually, I was just showing up to meetings. I did use the slogans and followed basic Al-Anon guidance, but I was holding on by my fingertips until the next crisis came along.

What happened next changed my life and unlocked the door to true peace and serenity. Three things occurred within a week of each other. First, my husband found A.A. and started working a strong program. For the first time in our marriage, he seemed to be healthier than me, and I wanted what he had found in A.A. Second, I heard a great Al-Anon speaker talking about how working the Steps with a Sponsor, in addition to attending meetings, was key to her recovery. I did not have a Sponsor and had never worked the Steps outside the meetings. I wanted what she had found in Al-Anon.

The third thing that happened was that a woman I knew who was really suffering asked me to be her Al-Anon Sponsor and walk her through the Steps. I knew I wanted her to find relief, peace, and serenity through the program, but I did not know how to help her do something I had not done. So, with these three nudges from my Higher Power, I found a new group that worked the Steps with Sponsors. My Al-Anon program and my life began to change as the miracle of recovery unfolded for me through living the Steps and practicing the principles of Al-Anon outside my meetings.

My wish for anyone who hasn't already done it is that you would ask someone to be your Sponsor and walk with you through the Twelve Steps of Al-Anon. And when you reach Step Twelve, I hope you will share this message with others by offering to be a Sponsor and walk with others through the Steps. That is what has made all the difference for me!

By Rachelle C., Minnesota

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The Forum, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.*

Al-Anon-Cer / March 2023

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Sponsorship

Newcomers to Al-Anon often have questions about sponsorship. An Al-Anon Sponsor is a member that works one-on-one with another member. Information about sponsorship in Al-Anon can be found throughout our literature. A couple examples are:

- ◆ "Sponsorship—Working Together to Recover Bookmark" (M-78)
- ◆ "Sponsorship, What It's All About" (P-31)
- ◆ "Service Sponsorship: Working Smarter, Not Harder" (P-88)
- ◆ "Discovering Choices—Recovery in Relationships" (B-30), "Learning by Example" pages 133-147
- ◆ "How Al-Anon Works for Families & Friends of Alcoholics" (B-32), "Sponsorship," pages 36-38

Please comment on what sponsorship means to you? Personal and/or service. If you wish to remain anonymous I will not use any names.

Thank you.