

# The Northern Triangle

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Volume 11

MN North Area AFG Newsletter

November 2024

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

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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 Al-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 3 months. The next issue will be **February 15, 2025**.

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

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## SAVE THE DATES

**Orientation Meeting** (formerly Turnover) Walker, MN January 11, 2025 (per chair)

Area Officers, Coordinators, DRs, incoming/outgoing

Provides orientation and fellowship for the new panel with outgoing panel members. The current officers and coordinators will pass along information to the new members starting their positions in 2025 in Walker, MN at the Calvary church. This is an in-person only event so physical files and data can be transferred to the new delegates and so the current Corporate Officers of Al-Anon AFG Inc can resign from their positions and the new Corporate Officers can be

recorded at that time. The date will be January 11, 2025. An invitation to the AWSC members will be sent out when it's closer.

**Area World Service Committee (AWSC):**

**Spring AWSC** Area Officers, Coordinators, DRs, Past Delegates Virtual On-line Zoom Meeting February 22, 2025. See 2022-2025 Service Manual, page 67, 140, 159; and MN North Policy Manual, page 3-4.

**Reference notes:** All meetings are open to any Al-Anon member.

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 (CAL) book Lois Remembers.

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**LINKS OF SERVICE**

Member + Member = Group

Group + Group = **District**

District + District = *Assembly*

*Assembly* + *Assembly* = **Conference**

(Al-Anon Guidelines G-15 Revised 2021)

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**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. 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 Manuals and Guidelines. When the various results are shown click on Guidelines and find the whole list of guidelines currently available.

\*Other places to find information on service positions: The Service Manual and the MN North Area Policy Manual on the MN North Area Website.



## MEET MEMBERS OF PANEL 65

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Greetings from your new MN North Area Delegate, effective January 1, 2025. First off, I want to express a huge thanks to everyone that has been encouraging me for the last three years to let my name stand for elections at the fall 2024 assembly for the position of Delegate. I've received emails, texts, and many in-person hugs and expressions of congratulations from my dear friends in MN North. Everyone keeps saying you have got this and will do a good job!

Sometimes, it only seems like yesterday when the women of my home group said you are coming with us on Saturday to a District meeting and it will be fun. I wasn't given a choice. I had no position or responsibility at that time. I was just able to sit back and observe. What a wonderful way to be introduced into service without knowing it!

I am anxious, nervous, and excited all at the same time about this new service journey. What I do know that will help keep me grounded is that we never have to do anything alone in this program. Also, I am very proud to be a member of our MN North Area as we have a wealth of dedicated and knowledgeable trusted servants who choose to remain active.

Please do not hesitate to reach out to me once I become your Delegate. I will do my best to provide answers and/or directions.

Marcy F. – MN North Area Delegate – Panel 65 – my contact information will be on the new Area World Service Committee list effective January 1st., 2025.

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Incoming Chairperson for the 2025-2027 Panel

Hi! My name is Linda H. I was elected to the position of Area Chairperson for our incoming panel beginning on January 1, 2025.

I decided to forward my name for this position so I can learn the discipline it takes to listen and not always speak – to watch the clock and be organized for purposes of keeping our meetings on track and timely – and hope to be able to serve the Area in this capacity to the best of my ability.

A reminder to me is to read my job description routinely so I can make sure I'm not forgetting anything. As I read that job description now – I see one of my responsibilities is to assist AWSC members in their understanding of position responsibilities, so I welcome the input of all AWSC members if there are questions and asking everyone to not take offense if I contact members to ask if all responsibilities for these positions are being completed. I also welcome you – all AWSC members – to remind me of something I've missed or need to attend to as the panel progresses.

Together – we can have a very active and involved panel – we will have fun with it too and learn from each other. Thank you for this new opportunity to serve. My recovery has grown by leaps and bounds as I have involved myself in service.

Wishing us all much success in the new panel, Linda H., Future Chair, MN North Area

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Carol M Literature Coordinator

I am excited to learn a new position! This opportunity will be one that will teach me more about our CAL and how to order and distribute it. I have an excellent mentor in Kathy K and am not afraid to tackle this position as I know we never walk alone. I am looking forward to serving you as Literature Coordinator and

hope to be visiting with you soon!!

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Hello to everyone in area North. My name is Ed D., and I am the new assembly activities coordinator. I have been in Al-Anon for 16 years. I am very grateful to have the opportunity to serve in an area position. I have been a GR and a DR in my years at Al-Anon. I can't tell you how much service work has contributed to my overall recovery. Can't wait to meet you all at the next assembly.

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hey there! I'm Evelyn F., Panel 65 Area Public Outreach Coordinator.

My home group is Grand Rapids Wednesday Noon in District 9. I'm wildly excited to serve the Area for the next three years and do what I can to help groups and districts spread the message of Al-Anon's experience, strength and hope.

Because I am who I am, I have a bunch of ideas going into this service position. Because of Al-Anon, I know that YOUR ideas are the priority, so let's get together to talk about why public outreach is important and how to effectively spend members' time (and group and district money). The goal of public outreach is to attract family and friends of alcoholics who are looking for our message but haven't yet come into our rooms. The result of us collectively reaching that goal is to grow our groups, share our messages, and preserve Al-Anon's strength for future generations. Wouldn't it be great if we could double attendance at our AFG meetings?

Contact me anytime to tell me your ideas, goals, and dreams. I would love to meet with you individually, at a group meeting, or at a district meeting in-person or via Zoom. Together, we can accomplish great things.

#### Website Coordinator

My name is Melody B. I've accepted the position of Website Coordinator. I've been in Al-Anon for 6 years. My home group is Nisswa at Noon where I serve as Group Representative.

I'm looking forward to bringing my past career experience in graphics and digital design to the website coordinator position. Things change quickly in technology so I'm excited to learn new things. I'll be meeting with Tom, the outgoing coordinator, over the next few months.

Melody B

#### Julie Alley – Bio for Northern Triangle Newsletter

I am looking forward to serving as Secretary for our Area along with the other Panel 65 members. I fully expect to be humbled, learn a lot, and grow as a result over the next three years. My Al-Anon journey in 2017 when I was still living in Texas. My first couple of meetings were there, then my family moved to Pennsylvania for a year, where I really dug into Al-Anon and attended at least two different home groups each week as well as a couple of open AA meetings a week. It was in Pennsylvania that I got my Sponsor and was introduced to the rigors of working my program under a strict but very loving sponsor. I had to read all sorts of CAL books, but also was assigned the entire AA "Big Book." Along with all the reading came writing—not just my own thoughts and feelings, but also word

studies (which at the time I thought were just so lame), answers to questions at the end of book chapters, and other assignments.

I am so thankful for my immersive experience in Al-Anon recovery that first year. It upheld me in my stressful move to Minnesota. Everyone in Pennsylvania kept asking why we were moving here, the move itself had lots of problems, and my loved one experienced a relapse within months after we arrived. This pruning enabled real growth to occur from the roots established in that beginning year of Al-Anon. My program became very vital to my sanity and serenity in a much deeper way than before as I continued working on my program by attending local meetings here and telephoning and video-calling my Sponsor. I serve in Al-Anon as a way to keep Al-Anon the organization healthy and available to others who need it. I gain so much from service, and I still have a warm glow from the love I experienced at our last Assembly. I am looking forward to being a part of Panel 65 and will do my best to keep your trust.

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### **Outgoing Delegate from the 2022-2024 Panel**

Hi everyone! I am the outgoing delegate of our current panel and want to thank each and every one of you for all the love and support I received from our current panel. This was a wonderful and humbling experience for me. As I've said before, you all have shown more confidence in me than I had in myself. I met knew people who I now call my friends – I participated in service at a level I never thought I would be capable of and learned more about Al-Anon as a whole than I thought possible. Perhaps the biggest thing I gained from this experience was learning how every voice counts – and the voice of our Area – our concerns – our growth – flows to the World Service Conference as a whole thru the voice of the Delegate and all voices count! We grow as we do service, and I can tell you more miracles have come to me in my personal life AS I stood for service. My life has just gotten better and better!

Wishing you much love, Linda H, Delegate, Panel 62 (It Started With a Shoe), MN North

## **Delegate Report**

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### **Delegate Report for Newsletter – November 2024**

I hope you are all as excited as I am about the new panel that will begin in January 2025. Let's all support each other as our Delegate Marcy heads to the World Service Conference (WSC) in April 2025, as a member of Panel 65.

A reminder about Chosen Agenda Items:

In planning for the 2025 World Service Conference (WSC or Conference), the Conference Leadership Team (CLT) agreed to:

- Invite Conference members to submit up to two Chosen Agenda Items (CAI) beginning in September 2024 and ending February 17, 2025, which allows outgoing as well as incoming Delegates to submit topics.
- Create a task force that includes the Conference Chairperson, Conference Co-Chairperson, and three Delegates to combine like/similar CAI topics.
- Provide the voting results for all CAIs when announcing the two CAI topics that received the most votes.
- Discuss two CAIs for 45 minutes each in the General Session.

Submitting CAI topics for discussion has been an important tradition of the Conference for many years. The purpose of the CAIs is to give all Conference

members (Delegates, members of the Board of Trustees and Executive Committee, and voting members of the WSO administrative Staff) an opportunity to submit and select topics and issues of concern that affect Al-Anon groups and members worldwide.

#### TOPIC CONSIDERATIONS:

As you think about topics, please consider whether the topic merits an in-depth discussion that could benefit Al-Anon groups and members worldwide.

#### TOPIC SUBMISSION CRITERIA:

The CLT is inviting all Conference members to submit one or two topics. Each CAI submission has a limit of 100 words. Name the CAI topic in 25 words or less. Provide the rationale, an explanation of why you think this CAI is important, in 75 words or less.

The deadline for our delegate to submit your topic(s) through the survey is Monday, February 17, 2025. Please consider and submit your ideas to Marcy as soon as possible so she can pick two to submit for Minnesota North. Notice that the deadline is before our spring assembly at which time Marcy will have received a full list from all areas and once again you will be asked to vote on the ones you feel are most important – and Marcy will submit them to the CLT.

HOW to reach Marcy with your submission? In the interest of anonymity, her contact information is not contained in this article – but please contact your District Representative for the contact information you need – I will make sure the districts have that information to forward to you.

It has been my honor to represent you as your delegate – it's an experience I will never forget! Your love has been felt all the way from here to Virginia Beach!

I love you all! Linda H., Delegate, Panel 62, MN North Area

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Carol M Alt Delegate

Thank you for allowing me to be your Alternate Delegate for the past three years. I have had so much fun and learned so much. Service work will be something I always do as it keeps me rooted in my program. Our panel had laughs as well as strong discussions. We were able to apply the Traditions and Concepts to maneuver policy and business. I have grown in the past three years and will miss being an officer but will continue as our Literature Coordinator. Working to grow our area and myself will always be a priority for me.

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Dear Friends in MNA (Minnesota North Area) Al-Anon, it has been my privilege to serve you these last three years, as your Area Secretary. The shoes I was left to fill with were bigger than mine. However, I was never left alone to figure things out, there was always somebody there I could count on to help me out when needed. My service work did not start out easy with this secretary job. My first month of service, my grandson passed away and the next year my son. It would have been extremely easy to give up and let somebody else take over. I am glad my higher power did not allow me to quit. Our MNA Delegate (Linda) showed up at my grandson's funeral. Which showed me that somebody has my back. The support I have felt is overwhelming. It is true when they say, "When I got busy, I got better" that is exactly what happened to me. I strongly encourage each one of you to continue with service work. I will always do some sort of service work until I cannot anymore. My next venture in service work is District Representative for District 1&2. Kudos to all that stepped up and were willing to take a position. I want to personally Thank and Congratulate Julie A. as our new Area Secretary. She

will be a wonderful addition to the new Panel. Congratulations to all of Panel 65 and thank you for your service. New MNA Positions for 2025-2027 Delegate- Marcy F. Group Records Coordinator- Tom N. Alternate Delegate- Tracie B. Literature/Forum Coordinator-Carol M. Chair- Linda H. Newsletter Coordinator- Connie B. Secretary- Julie A. Public Outreach Coordinator- Evelyn F. Treasurer- Fred H. Website Coordinator- Melody B. Alateen Coordinator- Leslie W. Technology Coordinator- Sean Z. Archives Coordinator- Peggy K. Assembly Activities Coordinator- Ed D. With Sincere Gratitude - Laurie S/Area Secretary until December 31st, 2024

**DISTRICT REPORTS**

District 29/003

District 29/003 has had some exciting changes at the Fall Assembly:  
Marcy F. from our district will be the Panel 63 Delegate  
Julie A. will be the Area Secretary  
Our Moorhead Afternoon AFG had a birthday celebration with AA and Al-Anon speakers.  
We had a wonderful summer picnic in July.  
We welcomed Marjorie M. to our district as a new GR for the Moorhead Courage to Change AFG group.  
Two of our groups are working on getting bank accounts.  
Respectfully submitted,  
Mary H. District Representative 29/003  
October 31, 2024

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District 29-006

In July our district approved changes to our policy manual and job descriptions to align with our district while still aligning with the World Service Office/Manual.  
In September we held a social potluck instead of a meeting. We had 14 people who attended. 7 groups of the 18 groups in our district were represented.  
On November 20 we will be holding our next district meeting where elections will be held for the next panel.  
I have enjoyed serving as your district representative. It has been a learning experience for me as I started my Al-Anon journey in North Dakota.  
Connie B.

**COORDINATOR REPORTS**

**ALATEEN**

MN North Alateen recertification is still in progress. Doris K, Linda H, and I have met to work on it several times.  
We will continue working with MNS legal counsel to determine if the new MN law regarding mandatory reporting applies to Alateen's service. If it does, we must mention in our Alateen forms that certified AMIAS are mandatory reporters and how that information will be shared during training. We will keep you updated with any new information.

There are still no active Minnesota North Al-Anon Alateen meetings in the area.

Here are two options available to children and teens:

- A variety of ages can attend regular Al-Anon meetings.
- Visit the World Service Office website at <https://al-anon.org/newcomers/teen-corner-alateen/>.

In Service, Sue M

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## WEB SITE COORDINATOR

I had sent a question to Tom regarding access to our newsletter.

Good morning, Connie,

The newsletter is accessed on the public site, not the members side.

Most recent Newsletter -

Minnesota North Area Al-Anon

Family Groups

[minnesotanorth-al-anon.org](https://minnesotanorth-al-anon.org)



The tab is on the main page of the site. One click and you have it!

There is no need to log in to the members' side to view the newsletter.

Tom

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## PUBLIC OUTREACH

Minnesota North Area Assembly Public Outreach Coordinator Peggy K. 2022-2024 Term End Report October 2024

Hello Al-Anon friends,

The old saying, time flies when you're having fun! I am so grateful and humbled by my experience as "Public Outreach Coordinator" for the last 3 years. The stories, memories, lessons learned, and insight gained is amazing.

My journey has been a busy one. As I say in all my letters, I would like to continue to state with sincere gratitude and a special thank you to Lois W. The Cofounder of Al-Anon Family Group Inc. and the wife of Bill W. The Co-founder of Alcoholics Anonymous. Lois was a dedicated trusted servant representing the AlAnon Family Groups.

Purpose of Public Outreach is to share the message to those who suffer from alcoholism, provide information about Who Al-Anon is, what we do, where we are located and how we can reach out to our communities, areas and districts, Minnesota, and worldwide.

Throughout the last 3 years I have been busy attending groups across the district to talk about Public Outreach and support projects. The Assembly presentations were inspiring, educational, and wonderful. I was able to meet all of you, by Zoom or in person. WSO has been helpful in setting up billboards and answering questions, brainstorming, and supporting our Mn. North Area. I attend WSO sponsored zoom meetings monthly and quarterly which have been very helpful with great networking opportunities.

All the districts have been working hard to distribute literature and provide public outreach for their areas. They have been busy handing out packets, giving away books and literature at open meetings with their table displays. Printing stickers with groups meeting information to put on Help and Hope Pamphlets has been a big hit in the communities. Bookmarks with beautiful tassels, decorated beginner packets and pretty baskets at meetings helped generate enthusiasm. One Districts

distributed bookmarks with tassels at the Iron- Range-Get Together, it was very well received. QR Codes with links to groups and Mn North web page are very helpful and easy to use. They work as a wonderful resource for literature distribution and community outreach. Some districts were able to donate money from their budget to help new groups in their area with literature purchases to start a literature and outreach library. Drop off Public Outreach Literature and Alanon pamphlets at churches, libraries, treatment centers, mental health facilities, neighborhood small libraries, emergency services agencies, police stations, colleges, and schools. Contacting professionals in person at all agencies has been resourceful and helpful in developing contact lists. Group purchase of daily reader books to give away to newcomers at meetings has been a way to help the newcomer become familiar with conference approved literature and Al-Anon's purpose of sharing Step 12. Printing posters from WSO website (the green bottle posters, and new al-anon poster work well to reprint. Stickers with group location and QR codes are helpful for small communities. Some districts provided speakers to go to treatment centers and behavioral health/mental health centers on a quarterly or monthly basis. Billboard and poster projects "Not Everyone Trapped by Alcohol is an Alcoholic" was presented 2 times in 2023/ 2024. Active participation in Community Connect with a table of literature. Resources fair at a local college community provided an outreach project table presentation. One group contacted a Minnesota college to offer Al-Anon speakers to come to classrooms to present. Mental health center participation in community resource planning, outreach projects and literature distribution with monthly meetings and speakers. Distribution of literature to schools including meeting lists with location and contact information. Literature drop off in library boxes, St. John's College. St Ben's College. St. Cloud State University, and about 6 new churches in the district. Also left literature in Home Care agency and local clinics and food shelf. more clinics and food shelves.

I appreciate your service dedication, commitment, and endurance. We are all part of the group learning experience. Al-Anon has taught us to be patient, kind, and gentle with our members. We learn through cooperation, collaboration, and communication. Today we celebrate the opportunity to get together again as we know the worldwide fellowship of Al-Anon continues to be alive, growing again, and thriving. We are all trusted servants committed to helping our family members, friends, and community members who are affected by alcoholism.

The last 3 years have been a real pleasure meeting new friends, Al-Anon members, new groups, new service members and community members across our Mn. North Area.

term. I encourage you to volunteer for service work, as this experience with enhance your Al-Anon journey. If you need a mentor, feel free to let me know. All Please feel free to contact me for help, questions, information that I have used this materials, reports and PowerPoint presentations are on the Mn. North Website. Northern MN Al-Anon Family Groups - Minnesota Alcohol Anonymous North (minnesotanorth-al-anon.org)

Grateful for Service, blessings, and love to you all, help yourself to have a butterscotch candy at the Public Outreach Table. "Sunshine love, Share the message."

Peggy K. MN. North Public Outreach Coordinator 2022-2024

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Fall Assembly Report October 2024

District 001/002 Edie W. No report.

District 003 Previous report information. Mary H. District Representative reports

their area is working on the QR code currently. Then they will work on literature distribution and group and community outreach.

District 004 Previous report information. Ed D. At the recent March meeting of District 4, a motion was passed to spend up to \$150 for outreach materials for a new group which is starting in Glenwood Minnesota. Also, a discussion was started on a proposal to create a budget and create a position for an outreach person. District 004 rep will bring information to the June 9th meeting.

District 005 No Public Outreach Coordinator at this time. Rachelle C. Contact District 006 Connie B. No new information at this time.

District 007 Laural I. The Public Outreach Coordinator All books have price in front cover. Pamphlets have been free or see price marked on them. Only one flyer per person and not for groups to take a pile for their groups since they should buy their own. I have our Round Up coming in November where I need literature for also. All I have is in the boxes. Report from Roland B. Laura has continued to put out Al-Anon literature at churches, treatment centers, libraries, and other public places. She has had Al-Anon literature tables at AA events with Al-Anon participation. One member of Al-Anon from our District gave a talk on Al-Anon at a treatment center this summer.

District 008 Julie B. No new information at this time.

District 009 Jan M.

February 2024: District 9 was contacted by Kiesler Wellness Center in Grand Rapids inquiring if we were interested in participating in a Community Resources meeting there. They seek to help providers and community members learn about support in our area that seeks to keep us safe and healthy. It is open to the public and they usually have between 20-40 people attend from all walks of life. Two of our members attended. This was a onetime outreach, though Kiesler House may contact us again in the future.

Literature Mailing: In early 2024, District 9 did a public outreach project distributing Al-Anon literature to schools, professionals, and libraries in District 9. Groups worked together in each category to order literature and send the mailings. The district approved each group to spend up to \$150 on their outreach project.

May-June 2024: Hibbing Monday Night distributed over 100 “Just for Today” bookmarks that they added colorful silk tassels to. Distributed at Iron Range Get-Together and anywhere else members distributed. Very well received by recipients of the bookmarks.

- May 2024: District 9 distributed literature at the Iron Range Get-Together on May 3 and 4, 2024 at a table set up for distribution. Two to four Al-Anon members participated in this outreach.

- April-July 2024; ongoing: Partners in Recovery in Hibbing: District 9 is now doing outreach at this treatment center – we are on a set schedule of every other month.

Several District 9 Al-Anon members did outreach at Partners in April and again in July and September. Outreach is to members in the treatment center. Question and Answer time at the end; and literature is distributed. Very well received.

September 2024: 09/11/24: Resources Fair at the Good Life event held at MN North College in Grand Rapids; approximately 400-500 people attended (mostly students, but public could attend as well); literature distributed; two Al-Anon members sat at our Al-Anon table; inquiries made. Well, received. District 9 public outreach was contacted by a local recovery center, so this is good that “our” name is out there.

Community Connect in Grand Rapids: On 9/11, two members participated in this outreach event that is a community resources event for the community. A table was set up with Al-Anon literature; literature distributed, and any information provided as inquiries were made by attendees. September: An Al-Anon member reached out

to MN North College in Hibbing offering Al-Anon to come into their classrooms as we have in the past. No response from the college at this time. By: Jan M.

District 9 Public Outreach Coordinator

District 010 Previous report information. Rozann B. District Representative reports there is no coordinator currently. She is recruiting.

District 011 Ann McK. and Ellie reported Since last spring Public Outreach for District 11 has accomplished the following: Dropped Forums, posters with QR code links to group schedules in our district, pamphlets, and schedules at 10 mental health facilities in St. Louis and Pine Counties. Dropped Forums, posters with QR code links to group schedules in our district, pamphlets, and schedules at 13 substance abuse treatment centers and identified a contact person in each treatment center. Provided Al-Anon speakers for Tagwii Recovery in Cloquet, CARE in Carlton, WebMed Recovery in Cloquet and WebMed Recovery in Duluth. Staffed a tabletop display for the first time at the Mino Bimaadiziwin Health Fair at Black Bear Casino .... with an excellent response from participants. Provided Forums, posters, and schedules to 3 area colleges, UMD, College of St. Scholastica, and UW-Superior. UMD requested electronic versions of the posters so that they could be accessed by students on the Student Health services website. Provided literature, pamphlets, etc. for an Al-Anon table at the Duluth Roundup in September.

Dropped lit at 2 shelters, one for children and one for teens and young adults. Obtained contact names and numbers. Signed up for an Al-Anon booth at the upcoming HHS conference and set up 6 pairs of volunteers to man our table on October 9 and 10. Proposed a workshop at the conference focusing on 12 step groups in general called Hope and Long-Term Support in 12-Step Groups which will include sharing's from AA, Al-Anon, NA and OA. The workshop was accepted and will occur on October 10 from 10:30-noon. Secured approval for additional funding from our district for literature and posters. Used that money to replenish pamphlets purchased from the WSO and to print 75 posters on 9X5 cardstock for distribution. Maintained communication with the individual who expressed interest in taking over this volunteer work in January. Created an Excel file with all agencies, addresses, contact info and dates of interaction to help manage lots of details and then pass this info to the next volunteer. Of note, most treatment centers now do not focus primarily on the 12 steps. During the pandemic, many connections were lost, and treatment centers changed their focus and new ones cropped up. Some disappeared. Lots of change! This year was a year of re-connection and energizing folks in our Al-Anon groups to help with that process. Other than interacting with a parish nurse group, we did not connect directly with churches. Neither did we connect with the judicial system. I did not travel north past Duluth or south past Cloquet. We did not connect with the high schools. There is still a lot to do!

**These resources are helpful with Public Outreach** AFG Connects and WSO "In the Loop" are wonderful resources for electronic information <https://al-anon.org> website.

WSO In the Loop has been important in carrying the message of Al-Anon and keeping trusted seventh's informed. The new design of the website literature portal and other changes all contribute to positive image updates that help Al-Anon's image even more relevant in Public Outreach Activities.

Keep it Simple for Professionals, Institutions, and Public Information Media...uses the QR code as one simple tool to make it easier for the pic to find Al-Anon Information. Introducing these outreach codes to the districts helps public outreach in districts by putting them on printed materials, posters, and special event announcements. They can be easily downloaded and used in electronic communication to reach those who could refer their clients or patients to Al-Anon. Think beyond the box, beyond our outlined geographical areas, and consider regionally focused collaboration efforts. Public Outreach Toolkit helps to inspire

Public Outreach Projects. Please use the resource to share with WSO the projects you are working on in each area. Mediakit, News releases, Interview requests, resources for professionals, and membership surveys are helpful resources. The internet, web pages, and media resources are helpful at the current time. Billboards, electronic billboards, media ads, radio announcements.

**Please contact MN North Area Public Outreach Coordinator for WSO compliance guidelines.**

Thank you for your service in Al-Anon I am always grateful and blessed, Peggy K.

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### Member sharing

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It Only Takes a Moment  
By Sue M.

It only takes a moment  
To say a word of cheer  
It only takes a moment  
To dry a falling tear

It only takes a moment  
To lend a helping hand  
It only takes a moment  
To try and understand

It only takes a moment  
To make and keep a friend  
It only takes a moment  
A broken heart to mend

It only takes a moment  
To pray...  
It only takes a moment  
Before it goes away