

# The Northern Triangle

Volume 12

MN North Area AFG Newsletter

February 2025

*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. “Participation is the key to harmony” (**Concept 4**). We need your feedback and invite any Al-Anon member to contribute. The next issue will be **May 15, 2025**.

Connie B. Newsletter Coordinator

Assisted by Barb D.

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## SAVE THE DATE

Archives will be open at Cold Springs Alano Club on Saturday March 1 for anyone wishing to stop by from 3-5:30 PM. Location Address: 23805 Co. Rd 2. followed by Potluck at 6 PM and open meetings at 7:30 PM.

Spring Assembly will be in Cohasset on April 5 & 6, 2025.  
Information now available on the MN North Al-Anon website.

Area Assembly: see 2022-2025 Service Manual, pages 140, 160-162, and MN North Policy Manual

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

## 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. 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 the 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 as of January 1, 2025**

#### **November 2024 Northern Triangle Newsletter**

Marcy F. – MN North Area Delegate

Linda H, Incoming Chairperson

Carol M Literature Coordinator

Ed D. Assembly Activities Coordinator

Evelyn F., Area Public Outreach Coordinator

Melody B. Website Coordinator

Julie A. Secretary

#### **ALATEEN Leslie W.**

Hi all - my name is Leslie W, and I am very excited about being the 2025-27 North Area Alateen Coordinator/Area Alateen Process Person (AAPP). HP has been nudging me towards Alateen service for many years and I am grateful now to be retired and have the time and energy to devote to it in North MN.

I began my Al-Anon journey in 2007 in Minneapolis. In 2022, despite my best efforts to Never Ever become romantically involved again, I met this kind, joyful and healthy man who happened to have 4+ decades of AA recovery and lived in Duluth - a place I've always wanted to live (just saying, HP at work once again). In 2023 I moved to Duluth and attended the Wednesday Noon

Downtown Duluth AFG meeting in person (I had been attending virtually for the previous 6 months - thank goodness for Zoom) and became their GR.

I went to my first District meeting in the Fall of 2023, where Linda H was a featured guest, and I tried hard to follow what everyone was saying and doing. In the summer of 2024, I moved even farther north to Makinen with said joyful man. I attended my first Assembly meeting in the Fall of 2024. This is where I learned about the Alateen Coordinator position and was a little shocked but mostly thrilled to be asked to fill it.

Enough about me, let's get Alateen up and running in MN North Area!!!

Hugs all around, Leslie W

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## **ARCHIVES Barb D.**

Hello all, My name is Barb D., former GR for Tuesday Night Step X Step in Baxter, MN. Also, I was the District 6 Treasurer for the last 4-5 years. I am semi-retired and work as a substitute teacher in our local schools. I am looking forward to meeting the members and former Archivists that have worked so hard in the past to organize the storage of the Al-Anon archives. I am not sure if I am a good fit yet for this position (LOL)...as I know it is extremely hard to downsize (so hard to throw treasures away) and am struggling with my own personal "inventory" to downsize. I am hoping to learn a lot (as a lifetime learner) from this assignment, that will transfer into my own personal life. I am open to all ideas and suggestions that are brought before me, as I also believe in the statement, "It takes a village to raise a child," and there are "No dumb questions." I like the vision of the past for this position and hope to move forward with the goals put in place thus far. Feel free to reach out to me at: [barbd.mna@gmail.com](mailto:barbd.mna@gmail.com) with any thoughts, ideas, concerns. If you are interested in joining me and the others committed to continue this adventure, please let me know.

From Helen Keller

"Alone we can do so little; together we can do so much."
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## **TREASURER Fred H.**

Hello Northern Triangle Reader,

For those that do not know me, my name is Fred H., and I was elected as your Treasurer for the years 2025-2027. A little bit about me and my background. I attended my first Al-Anon meeting in October of 1980. I was heavily involved in service beyond the Group level in the years 1982 to 1988. After being my Districts DR, I focused on my family, career, and service at the Group level only. After retiring from my career in 2010, I once again became involved in service beyond the

Group level, being appointed as the Area Website Coordinator in 2013. In 2015 I was elected Alternate Delegate and 2018, Delegate. It has been both an honor and humbling experience to have held these Area positions, and I look forward to the challenge as your Treasurer. I have experience as Treasurer at the Group level and years as Treasurer for the St. Cloud Roundup Committee.

I would like to thank all those I have met and will meet during my service years. You have added to my growth in the program in such a positive way. I will continue to recover in the Al-Anon program as long as I am able and stay involved in active service work as my higher power sees fit.

Oh, and if your Group has not responded to the Appeal Letter you received recently, please do so as it helps the Area to provide your Group with information, services, and a clear path to having your Group Conscience heard at the World Service Office in Virginia. Please feel free to use the “Group Responsibility” form (use the below link). It can help your Group establish a budget if you do not already have one. Finding the form on the internet will also help you to get acquainted with the Area website if you are not already using it. Wishing you a healthy and prosperous year.

Yours In Service,

Fred H.

MNA Treasurer

<https://www.minnesotanorth-al-anon.org/members/wp-content/uploads/2025/01/Group-Responsibility-Form-2025-2027.pdf>

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## **DISTRICT 1&2 REPRESENTATIVE**

Hello Al-Anon friends, my name is Laurie S., a grateful member of Al-Anon and always will be an under graduate of the program. I am grateful for that too.

I am an adult child of an alcoholic so the disorder is deeply ingrained, and I will always need my program. I’m grateful for that as well. Both for the Alcoholics in my life and the program that got this qualifier to a meeting.

I come from generations of Alcoholism including my offspring, whom I really practice my program with, because this Mama has had high exceptions of those offspring and many unique ways of trying to control them.

I am the oldest child in my family and learned how to take charge at a very young age. It has made me the person I am today, which I found has been a shortcoming in my life and a blessing. Shortcoming is the controlling, and the blessing is leadership skills.

I have been attending Al-Anon since February 11, 1987. I kept the seat warm for the first decade, the second decade I started doing service work. I was a secretary for our Tuesday night group in Grand Rapids, and a Group Representative. The third decade, I took a sabbatical more or less I

did read my literature faithfully, but was not really attending meetings regularly. The fourth decade I got busy and got better. We moved to Warroad in 2015. I started attending the Warroad Friday Night AFG. I became a committed member to that group and found that was my home group. I served as secretary, group representative, public outreach and when we had a dark district and we're facing hosting an Assembly for our District the adult child in me came out and volunteered to be district representative. I knew nothing about being a district representative, but I did know that we needed one to organize an Assembly. I didn't know that we could utilize the Area for help at that time. My higher power has a sense of humor. As if being the DR for District 1&2 wasn't enough, after eight months of being a DR. I became the Area Secretary, again I knew nothing about this job except I did know how to type minutes so I figured I could do the job. Now I am serving my district as their DR and I do know what I'm doing, but humbly I always know I'm a work in progress.

I have learned so much and grew so much through this service work that I have done that I encourage anyone and everyone to please step up into service work because when you get busy, you will get better.

Yours in Service and Gratitude, Laurie S.

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## **DISTRICT 3 REPRESENTATIVE**

Hi everyone, my name is Mary H. I am the District Representative for District 3.

I am doing my second panel as district representative and look forward to another great term.

I have been a member of the Saturday Morning Al-Anon family group since August 16, 2017.

I was the Group Representative 2019-2021 and then became the district representative in 2022.

We have 8 groups in our district and have a wonderful group of members involved in service.

Welcome to all Group Representative and members! Thank you for your service!

Respectfully submitted, Mary H. District Representative 29/003

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## **DISTRICT 10 REPRESENTATIVE    Tammy G. District 10**

I am Tammy G., District 10 Representative. I came to Alanon 3.5 years ago. Two months into my program, I inquired about the upcoming Assembly, and I was "tricked" into becoming our Group Representative for Milaca AFG Thursday Night. I am so grateful because it allowed me an opportunity to serve, to grow and to learn. It also gave me the opportunity to meet the most amazing people. I am looking forward to Representing District 10. I see it as another opportunity on a different level to serve and learn and grow and meet even more amazing

people. I am hoping to visit one new (to me) meeting in my district as my schedule permits, if possible, each week and meet even more amazing people on my recovery journey.

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## Delegate Report January 2025

Greetings to everyone in MN North. I fully intended to send this to all of you sooner, however, I'm steadily working through all the emails and doing my best to meet deadlines and participate in all the virtual training sessions and presentations as they occur. I remember my first time as District Representative (1995-1997) it was the big brown envelopes that we received in the mail. Oh my, have times changed.

I have received so much love and support thus far in my new position through phone calls, texts, emails, and cards from MNA members, World Service Conference delegates that I will meet in April at the Conference, and the World Service Office itself.

I hope to provide monthly updates either in this format or during the AWSC meeting, Assembly, Newsletter, and/or the Delegate Report back.

The following was received from Jennifer U., Archivist & Conference Specialist (Spanish) and Suzanne M., Associate Director – Conference 01-15-2025

What is the WSC? Why is it held? "World Service Conference (WSC) Al-Anon's annual business meeting, which is attended by all Delegates from the World Service Conference Structure, representatives from other countries, members of the Board of Trustees and Executive Committee, voting members of the World Service Office (WSO) administrative Staff, and other WSO personnel. The Conference provides guidance to the WSO on service matters that are brought to its attention." **Al-Anon/Alateen Service Manual (P-24/27), "World Service Handbook section page 143**

"The World Service Conference makes the group conscience available and effective for all AlAnon. It is the practical means by which the group conscience can speak; it is the voice of world Al-Anon and the guarantee that our world services shall continue to carry on under all conditions. "

"The Conference protects Al-Anon and Alateen against a service breakdown; it makes for unity and enables our fellowship to act as a whole upon important matters. This makes it the principal guarantor of Al-Anon and Alateen's harmony and survival." **Al-Anon/Alateen Service Manual (P-24/27), "World Service Handbook" section page 164**

Who are the WSC Attendees? Sixty-eight (68) Delegates from the US (including Puerto Rico), Bermuda, Canada, and the Global Electronic Area attend the WSC with voice and vote. The

Board of Trustees, the Executive Committee, and the World Service Conference WSO Staff also have voice and vote. International Representatives are chosen and financially sponsored by their structures and have voice, but no vote. The Director of Finance & Operations and the Chairperson of the Executive Page 2 Committee for Real Property Management attend general sessions with voice limited to their role, but they have no vote.

It may be necessary for certain non-voting participants to attend the WSC at the discretion of the WSO. Seating of these Conference participants and observers is subject to the approval of the members of the CLT who are furnished with names, job descriptions, and rationale. Following the Board's approval of the Seating Motion, all Conference members will also vote on the Seating Motion prior to the Conference convening.

**World Service Conference Attendees** – the following was received from Jennifer U., Archivist & Conference Specialist (Spanish) 01-17-2025 – more condensed version of voting and non-voting members. There are 92 voting members per reference from Suzanne M. 01-25-2025 regarding an Affirmation Process Survey results.

**Voting members of the World Service Conference include:**

- One elected Delegate from each Assembly Area in the WSC Structure
- The Board of Trustees
- The Executive Committee
- Voting members of the World Service Office administrative Staff.

**Non-voting members of the World Service Conference include:**

- The Director of Finance & Operations
- The Executive Committee for Real Property Management Chairperson
- International Representatives from other structures
- Select Staff members who attend as observers

**Love Gifts & Conference Mail at the World Service Conference**

For those of you who may not be familiar with this terminology “Love Gifts,” members and/or districts in the past have created gifts for the delegate to share at the WSC. They are placed on tables for other Area's to take back and our Area delegate would bring back an assortment of these gifts to share at the delegate report back (if in-person) or else at the fall assembly. Love gifts cannot be mailed to the conference location, therefore, the delegate has to carry them in their own luggage. **I do not want to encourage or discourage anyone from making “Love Gifts,”** however, I would ask that if you decided to do so that they are small items and light in weight. I would need to have them delivered to me personally at the Spring assembly in Cohasset, MN or else mailed to my home before I leave for conference which is Wednesday, April 23, 2025. I have already received some to take from our past Delegate, Linda H., and I'm grateful for that.

The following was sent 01-15-2025 to WSC members by Jennifer U. Archivist & Conference Specialist (Spanish)

## **WSC Members: Important Information about Love Gifts & Conference Mail**

### **Love Gifts**

Although Delegates may hand-carry love gifts to Connecticut to share with other Conference members, the WSO will not accept any boxes, packages, or large envelopes of love gifts delivered to the hotel.

Also note that we ask that members and groups refrain from mailing boxes, packages, and large envelopes to the hotel, as the hotel will charge the WSO for acceptance and storage of these items. Conference Mail

The address for those members in your Area who wish to send you cards and letters of support is:

Marcy F, Delegate, MN North (Hold for WSC 4/24–4/27, 2025)  
Marriott Hartford/Windsor Airport Hotel  
28 Day Hill Rd. Windsor, CT 06095

Please plan to have the cards arrive after April 21. Remember to include the trusted servant's name and home address as the return address in case mail delivery is delayed. (See the Area's AWSC listing for full name and address)

### **We ask that you consider and share this message from the WSO:**

*Regarding the use of CAL quotations in/on love gifts-we recognize that the World Service Conference has established a Copyright Policy. However, we also acknowledge that consistently putting this policy into practice regarding love gifts is not only challenging and time-consuming to the members creating love gifts, but also to Staff involved with the reprint approval process. We are also aware that reprint requests submitted for love gifts are few and far between, and yet CAL quotations continue to be included without permission on/in many love gifts.*

Therefore, rather than strong insistence on written reprint permission for love gifts, which could possibly bring more work to Staff than it is able to accommodate, the WSO is providing the following guidance to be considered in the creation of love gifts.

1. Consider using items in public domain, such as one of the 16 slogans, the Serenity Prayer, or Just for Today (M-12).

2. If you do quote from CAL:

o Distribute the love gift only within the fellowship o Keep the quotation brief-from a few words to a couple sentences

o Quote accurately-keep original wording without alterations o Include the title and page number the quote is from

o Limit it to one-time use Page 4

Thank you,

The Conference Leadership Team

**Theme for the 2025 World Service Conference** - Investing in Each Other to Preserve Our Legacy

**Delegate Report Back from the World Service Conference –**

This will be held Virtually on Saturday, May 17, 2025 at 1:00 p.m.

**2025 Delegate Opportunities to Serve –**

I was given the opportunity to participate in a “Opportunity to Serve” survey as a delegate. It was noted that one of the options was to opt out and that not all Delegates will be assigned to serve right away as other opportunities to serve may arise during the year. The options available were:

- Conference Committee on Trustees
- Literature Committee
- Public Outreach Committee
- Applying Tradition Four to Encourage Area Inventories Task Force
- World Service Conference Charter Task Force

You submit your choices in order of priority with (1) being your first choice and (6) being to opt out. I was very excited when I received the notification that I was awarded my first choice, being a part of the Public Outreach Committee.

This entails quarterly Public Outreach Committee meetings, attending the Area Public Outreach Coordinator Meetings as observers (listen only), and two joint meetings of the Public Outreach Committee members and the Area Public Outreach Coordinators for fellowship and sharing. Our first joint fellowship meeting was held on January 13, 2025.

**Spring Assembly at Cohasset Community Center** – hosted by District 9 on April 5th & 6th, 2025. Registration forms and information will be coming out soon.

In Service and Gratitude,

Marcy F.

Delegate, Panel 65, MN North Area 29

Investing in Each Other to Preserve Our Legacy

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## CHAIR REPORT – NEWSLETTER FEB 2025

Welcome to all the new members of the Area World Service Committee (AWSC) and the Minnesota North Area Assembly as we began a new panel on January 1, 2025!

We have a lot of growth and discussion ahead. If you are just beginning service in Al-Anon, I hope you use both your personal sponsor and a service sponsor on your journey. If you have not yet tried service, I found it helped me so much in my recovery from alcohol's affects on my life and my life has become so much better since I started service some 19 years ago.

Minnesota has been given the opportunity to have the Native American Al-Anon Conference (NAAC) from 2026 thru 2029. We are teaming with Minnesota South in this project. 2025 will be the last year that Oregon is in the rotation to host. Any member of Al-Anon or AA or dual members are welcome to join with us. Just reach out to me with your information and I can add you to the e-mail announcements of the monthly meetings. I am currently trying to recruit as many members as possible – there is a place for all.

Our Area World Service Committee meeting is happening virtually on February 23rd. The zoom connection is posted on the MN North Area Website [minnesotanorth-al-anon.org](http://minnesotanorth-al-anon.org) and go to Member Login Tab. Agendas & Meetings/AWSC and under 2025 you will see information like the zoom link to the meeting, the agenda, and reports posted so far. Anyone may attend the AWSC meeting but if you are not on the AWSC, those attendees have no voice or vote.

I'm looking forward to the AWSC and also the Spring 2025 Assembly at the Cohasset Community Center, Cohasset, MN on April 5th and 6th, 2025. All Group Reps are encouraged to attend either in person or virtually. Hope to see you there!

Linda H, Chair

MN North Al-Anon Area

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## COORDINATOR REPORTS

**ALATEEN see meet the members of Panel 65**

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**ARCHIVES see meet the members of Panel 65**

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## NEWSLETTER

A few things to think about for the newsletter. We would like the officers, coordinators, and district representatives to submit articles. This is a way to let the MN North Area know what is going on in each part of the state.

If you, as an Al-Anon member, want to share something in the newsletter please send it in. If it is Al-Anon related someone else might also like to see/hear it.

Any comments or suggestions are always welcome.

Connie B.

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## WEB SITE COORDINATOR

My name is Melody B. I'm the new website coordinator.

I started training with Tom N (Duluth) in December. Tom has been a patient, understanding instructor and has assured me that he's waiting in the wings if I have any questions or burning issues.

In January I took over the position and postings. So far, it's going well.

I'm submitting this information to remind everyone of a few things when sending files.

Save and submit your documents as PDFs. This format streamlines the uploading process and adds an additional layer of security.

A few other things to consider:

- Please PROOF your documents before saving and submitting them.
- Be sure your documents DO NOT contain AFG members' full names. Instead use their first name and initial of their last name — e.g., Melody B. Tradition 12: Anonymity is the spiritual foundation of all our Traditions...

Melody B.

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## DISTRICT REPORTS

**District 001/002 Laurie S. see members of panel 65.**

**District 003 Mary H. see members of panel 65.**

## **District 004 Ed D.**

Hi everyone. District 4 held their regular district meeting January February 15th at Battle Lake Senior center. Four of the seven group representatives were present. Some of the discussions, included our future district meetings will have small workshops at each meeting from now on. Closing prayers for meetings was discussed by the GRS. Guidelines for closing is discussed in the Al-Anon service manual page 18. GRS will go back to their groups and discuss their closings and autonomy will prevail. The groups were disappointed that area was not printing Minnesota North handbook for everyone. It was suggested that the area might consider charging for this service. Some members don't have computers and printers and thought printing 81 Pages was too expensive privately. Next meeting will be on March 22nd at the First Lutheran Church in Fergus falls. Doors will open on the lower-level basement area at 10:30 with potluck following at 11:00. The meeting will begin at 11:30. Everyone is welcome. That's all I have for today. A good time was had by all. Ed D. District 4 rep

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## **District 006 -Doris K.**

January 2025

What an exciting time it is to start a new Panel, but first I want to thank our outgoing Panel. Our last panel was very hard-working, and it will be my pleasure and duty to carry on and continue with some of their hard work and figure out our paths forward.

In District 006 we are discussing the possibility of changing the day and time of District meetings and possibly moving them from area to area. We are considering how this will work to include hybrid meetings and workshops.

In Service

Doris K.

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## **District 007 Roland B.**

Many hands and hours of work went onto the planning and hosting of our Fall 2024 Area Assembly in St. Cloud. I was especially touched by the turnout and sharing in the Al-Anon group meetings on Saturday evening and Sunday morning. We were also very pleased with how the whole Assembly worked out.

We have been pleased that we have had volunteers to fill our officer and coordinator positions in our District. We also have several new Group Representatives. Our District seems to be functioning very well currently.

We have had Al-Anon members from our District sharing their Al-Anon story at an AA with Al-Anon participation event and at individual Al-Anon group meetings. We have a speaker list of people from our District who are willing to share their Al-Anon story at events. If anyone has a need for an Al-Anon speaker at a group meeting or event, let me know.

Roland B.

District 29-007 Representative

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## **District 010 Tammy G.**

We have had one District Meeting since I acquired this service position, we are working through the early stages for planning to host the 2025 Fall Assembly. I am still trying to gather the AFG meeting information in District 10 and the new GR's contact information in an effort to create an electronic address book and submission to the MN North Website. We have successfully established a Zoom Option for our District Meetings – although, to date, no one has attended. We are taking the “build it and they will come approach.”

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### **Member sharing**

Reprinted in this issue as I missed a couple of lines when copying and paste.

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

MN NORTH AREA - TREASURER’S REPORT			
2024 GROUP CONTRIBUTIONS BY DISTRICT			
	# OF GROUPS	% OF GROUPS DONATING	CONTRIBUTIONS
<u>DISTRICT</u>	<u>IN DIST.**</u>	<u>TO AREA</u>	<u>BY DISTRICT</u>
001/002	4	25%	\$50.00
003	8	75%	\$600.00
004	9	67%	\$745.00
005	5	80%	\$375.00
006	19	58%	\$1,077.70
007	11	100%	\$1,115.00
008	8	38%	\$395.00
009	12	58%	\$1,247.70
010	19	47%	\$1,010.00
011	19	74%	\$1,537.51
TOTAL # OF			
GROUPS IN AREA		TOTAL CONTRIBUTIONS	
114		\$8,152.91	
** - Number of Groups in area at start of 2024			