

# The Northern Triangle

Volume 13

MN North Area AFG Newsletter

May 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 **August 15, 2025**.

Connie B. Newsletter Coordinator

Assisted by Barb D.

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## SAVE THE DATE

The next AWSC meeting is August 23, 2025 at the Calvary Church in Walker.

The **Fall 2025** Assembly will be held at McQuoid's Resort in Isle, Minnesota on October 4 & 5, 2025.

**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 MNA Policy Manual on the MN North Area Website.**

## DELEGATE REPORT

### SEE FULL REPORT ON THE MN AL-ANON SITE

Good afternoon,

This is what I found out regarding the two questions asked on Saturday during my Delegate Report:

***Fred asked about the \$ 96,201.00 credit card fees on the financial report Statement of Functional Expenses ending 12-31-2024 page 7.***

The WSO reply was:

On 2025-05-21 08:41, afg wrote:

Good morning,

Thank you for reaching out to the World Service Office. We have banking relationships and also accept credit card payments for our online bookstore which over 85% of our literature sales are generated. Credit card fees are the costs of doing business and being to accept those payments.

Respectfully,  
Al-Anon Family Groups Headquarters, Inc.

1600 Corporate Landing Parkway  
Virginia Beach, VA 23454

Phone: 757.563.1600

***Evelyn asked what the number of Staff (Full Time and Part Time) and Volunteers at the WSO were.***

The WSO reply was:

On 2025-05-21 08:41, afg wrote:

Good Morning,

Thank you for reaching out to the World Service Office. There are 46 full-time staff here at the WSO. There are no part-time staff. Volunteers are the Board of Trustees and Committees, but there are no volunteers working at the WSO.

Respectfully,

Al-Anon Family Groups Headquarters, Inc.

1600 Corporate Landing Parkway  
Virginia Beach, VA 23454

Phone: 757.563.1600

Thank you. I will get my delegate report presentation (updated - photo's removed) and to Melody as soon as I am able for posting on the MNA website.

In Service and Gratitude,

*Marcy F., Delegate Panel 65, MN North Area 29*

## **CHAIR REPORT – NEWSLETTER MAY 2025**

It was exciting to see you all at our April 2025 Spring Assembly in Cohasset, MN. The assembly accomplished quite a bit, and the motions proposed were passed.

I hope many were able to attend the Saturday, May 17th Report Back from the Delegate? The links of communication are important so the Area, the Districts, and the Groups learn all about what happened at Conference in April, 2025.

All Al-Anon members are welcome to attend the Area World Service Committee (AWSC) meetings and Assemblies – whether they hold a position as a Group Rep or not. Why do we do service? Because someone did it for us!

The next AWSC meeting is August 23, 2025 at the Calvary Church in Walker.

The next Assembly will be held on October 4-5, 2025 in Isle, MN hosted by District 10.

Our work continues with further review of the MN North Area Service manual and soon the policy committee will begin meetings to discuss the changes. It's our goal to incorporate changes to our service manual as new policies are voted on and the secretary will post changes that have been made to policies on the MN North Area website in an ongoing basis. We will only print the Area Service Manual at the end of each 3-year panel.

The last Native American Al-Anon Conference (NAAC) in Oregon was held on the last weekend of April, 2025 and now it's up to Minnesota. Some Al-Anon members from both MN North and MN South travelled to the event in Oregon and soon we must start our own planning meetings for the event in Minnesota held annually from 2026 thru 2029. Will you volunteer to help us? This is an Al-Anon event with AA participation, and we welcome all members to participate. We particularly welcome our Native American members from both programs (including members of both AA and Al-Anon) to show us the way and teach us the customs and traditions of Native Americans.

We are especially blessed in Minnesota to have been awarded the opportunity to host the 2028 Al-Anon International in the summer of 2028. The conference will be held in Minneapolis. This is an opportunity for all of us to see what an International is like in our own back yard! The planning for this event is done by the World Service Office and we will be asked to reach out to our members in Minnesota and all the Areas in

our Conference across the U.S. and Canada (including Puerto Rico and Bermuda) to sign up for a few hours of volunteer service at the event. .

Please watch our Minnesota North Website for more information as the plans for both the NAAC (annually from 2026 thru 2029) and the 2028 International come together.

Linda H, Chair

MN North Al-Anon Area

## COORDINATOR REPORTS

### ALATEEN

MN North Area May 2025 Newsletter Alateen Report Alateen Coordinator/Area Alateen Process Person, Leslie W The MN North Alateen recertification continues to await the outcome of the MN South Alateen recertification process. The MN South effort involves an opinion from a MN attorney as to the need (or not) to comply with a 2023 MN mandatory reporter law in order to finalize the Alateen Behavioral and Safety Requirements (ASBR). The thought has been that MN South and MN North Areas may be able to collaborate on the ASBR drafting, with each Area producing their own document relying on MN South's attorney's opinion of MN law. I've begun exploring the idea of MN North securing the opinion of an attorney locally, ideally performed pro bono, to draft MN North's ASBR. My hope is that this strategy might better help MN North finalize the process that has left the Area without Alateen for far too long. The finalized ASBR must then be submitted to the WSO for approval. Once approval is obtained, we can proceed with the steps necessary to establish MN North Area Alateen groups. In the meantime, teens of all ages can attend regular Al-Anon meetings and teens age 13-18 can also try the Alateen Electronic Meetings in the Al-Anon Groups Family Mobile App <https://al-anon.org/newcomers/teen-corner/alateen-electronic-meeting/> In service, Leslie

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### NEWSLETTER

Thank you to all who have submitted reports/articles for this edition of the newsletter. I do apologize for being so late. My life got in my way. The next deadline will be August 15, 2025. Connie B.

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## **PUBLIC OUTREACH**

### **Results from May 5, 2025 Public Outreach Virtual Workshops**

Ten people attended total, and both time slots had a balanced numbers of attendees. Thank you to the District 3 Representative for inviting several folks from her groups.

We discussed Public Outreach that's happened across the Area: Conversations and presentations at emergency rooms, mental health facilities and treatment centers; distributing bookmarks, posters, CAL and Help and Hope at libraries, little free libraries, businesses, and health professionals' offices; meeting announcements in local newspapers; tabling at county fairs and community and college health fairs.

We also discussed how to do an "Area-Wide Public Outreach Project" that could involve all AFG groups and districts in Minnesota North who'd like to participate. More details on this idea later in the year.

Our struggles to do Public Outreach include lack of time to implement all the good ideas; lack of enthusiasm to partner up to do public outreach; runarounds at bigger organizations to get our materials into the facilities; barriers in law enforcement and the courts; lack of money to get materials together; no easy way to do follow up so things don't slip through the cracks; fewer and smaller AFG groups in most places. An interesting observation from several attendees was that treatment centers eliminated or cut down on family days during the pandemic and haven't restarted those opportunities.

QR codes are becoming important, and if your group would like more information about QR codes contact Evelyn by email.

There will be public outreach workshops after our October Assembly, so please attend and keep in touch with your district representative to find out when those get scheduled.

Thank you to all AFG members who share their experience, strength and hope with individuals and the general public!

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## WEB SITE COORDINATOR

I've been posting several events on the website. I hope you will take time to visit the events page to see what is coming. There are several popular events that are coming up in June. The Split Pitch, June 5th, in Walker is a wonderful event. If you haven't attended this Potluck and Open Meeting, it is worthwhile to do so.

Another event you won't want to miss is the 5th Sunday Potluck and Open Meeting in Brainerd on Sunday, June 30th! Two local people will be the speakers. Natalie (A-Anon) and her husband Dave (AA). Both recently shared their stories in the April 30 edition of the Pine and Lakes Journal. The paper did the story because April is Alcohol Awareness Month.

There may be other events in your area that may be of interest. Please visit the website events page at:

<https://www.minnesotanorth-al-anon.org/al-anon-events/>

Most seem to be proofing and saving their submissions as PDFs as requested. This is a big help!

In closing, I am still VERY interested in getting your District's Meeting list posted on line so those who visit our website can find meetings. This is a great Public Outreach tool so let's get those meetings posted.

Thanks to everyone for submitting information.

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Melody B., Website Coordinator

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## DISTRICT REPORTS

### District 001/002

April 2025 Our District Meeting was held on April 10th 2025 in Thief River, Mn. We had a small group of five, however those five made a powerful and successful meeting. It is truly and honor to be representing this fabulous group of people. We have a Secretary, Treasurer, Alternate District Rep, and Public Outreach person, besides me the District Rep. There were two group Representatives at the meeting. I made Swag bags for them (Purple of course) with their name on it, in the bag ; the replacement pages for the World Service office service manual, service at the



group level handouts public outreach bookmarks to pass out in their towns, 12 steps and 12 traditions and How Al-Anon Works along with the bookmarker with the serenity prayer on it and a print out from WSO of the job description for a Group Representative, which also included a reimbursement form from their group for expenses. We also discussed the 2026 fall assembly that our district will be hosting. In that discussion we talked about a speaker meeting and fundraiser to be held this fall. We are in the initial stages of discussion, So I do not have a lot of information yet. I will keep you posted. We are having a zoom meeting on September 29th at 6:30 to plan hosting the speaker meeting on October 25th 2025. We plan to have a workshop with MNA Public Outreach Coordinator in August 2025 at our District Meeting. The date is pending for the 2nd . We are working to get a group started in Crookston, Mn. I am grateful for our small but mighty two groups in our District and I am hopeful we can grow beyond those two by next year. Yours in Service and Gratitude, Laurie S. District Representative 29-001&00

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#### **DISTRICT 4**

1. District 4 met Saturday March 22 in Fergus Falls Minnesota. 6 people attended. 4 Districts were represented. We discussed the 3 topics to be voted on at spring assembly. Also WSO recommended opening and closing statements. GRs will discuss them with their groups and have a group conscious about them. Each group is reminded that they are autonomous.

A mini worksop on sponsorship was well received. Great individual ideas of what attributes to good and effective sponsorship and how some sponsors use CAL literature. The next meeting will be on April 10 in Alexandria Mn. All are welcome. For details call Ed at 952 913 3645. See you at spring assembly. Ed D.

2. District four held their district meeting on May tenth. Seven people attended with three groups being represented by their GRs. The meeting started with a great potluck lunch. New business consisted of notifying everyone in their groups about Marcy Fs delegate report next saturday. A short workshop on the topic of" What constitutes a good meeting". A great discussion was had. The members at the meeting shared their view on what a good meeting should be like. Structure, leadership, and kindness to new members, we're the most talked about items. A new district treasurer, and new district secretary we're elected. All the district positions are now filled. The next district meeting will be in Battle Lake at the senior citizen center on September twentieth. Everyone is welcome to come. For details, please feel free to call me Ed D. at 952 913 3645.

