

**PLEASE KEEP THIS  
NEWSLETTER IN  
CIRCULATION!**



# Al-Anon/Alateen Matters

Washington Metropolitan Area Al-Anon/Alateen Information Service Newsletter

WMAAAIS, 278 Carroll Street N.W., Washington, D.C. 20012 (202) 635-2023  
[www.al-anon-alateen-dcmd.org](http://www.al-anon-alateen-dcmd.org) / [info@al-anon-alateen-dcmd.org](mailto:info@al-anon-alateen-dcmd.org)



## Circle the Dates: 2012

Sept 10	Steering Committee, 7PM
Sept 20	WMAAAIS, 7 PM
Sept 22	AWSC Meeting, District 13
Oct 6-7	District 13 Spirituality Weekend
Oct 15	Steering Committee, 7 PM
Oct 20	Fall Area Assembly, District 9
Oct 25	WMAAAIS, 7 PM
Nov 3	WMAAAIS Fall Luncheon
Nov 9-11	Fall Convention, TBD
Nov 26	Steering Committee, 7 PM
Dec 7	WMAAAIS Elections, 7 PM

Inclement Weather Policy: If any local school system (DC, Montgomery or Prince George's County) is closed for after school activities, the WMAAAIS



meeting is postponed from the scheduled date to the following Thursday. The Steering Committee meeting is postponed to the following Monday.

## Help Spread the Message

Please encourage the people in your Al-Anon groups to provide WMAAAIS with the names and addresses of those medical personnel, spiritual leaders, human services professionals, social service workers, and other professionals who they believe would be likely to hand out Al-Anon literature to their clients.

Almost half of the people in Al-Anon were referred to the program by those in the helping fields. WMAAAIS decided at the last business meeting to have a public outreach effort to provide materials to individual counselors to make it easier for them to guide people to Al-Anon.

We do not know which professionals are likely to recommend Al-Anon. We are hoping that the current members of Al-Anon can provide us with information about which professionals they feel are likely to appreciate and use Al-Anon literature.

Please pass copies of the enclosed flyer around at your meetings and encourage people to provide us with information about who we should be sending literature to. The literature we will send was chosen with the goal of getting people to their first meeting, where they should receive a newcomer's packet and a warm welcome.

Each professional will receive a brief letter explaining the program, one copy of the *Fact Sheet for Professionals* and ten packets consisting of *Al-Anon Faces Alcoholism*, *Are You Concerned About Someone's Drinking?*, *Troubled by Someone's Drinking?*, *Has Your Life Been Affected by Someone Else's Drinking?*, *Did You Grow Up with a Problem Drinker?* and the *Al-Anon/Alateen Is & Is Not Bookmark*.

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## 2012 Officers, Chairs and Staff



### Officers

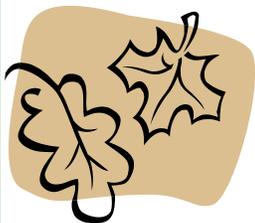
Chairperson	Charles L.	202-635-2023	<a href="mailto:info@al-anon-alateen-dcmd.org">info@al-anon-alateen-dcmd.org</a>
Alternate Chairperson	Vacant		
Secretary	Cindy C.	202-635-2023	<a href="mailto:info@al-anon-alateen-dcmd.org">info@al-anon-alateen-dcmd.org</a>
Alternate Secretary	Vacant		
Treasurer	Martin M.	202-635-2023	<a href="mailto:info@al-anon-alateen-dcmd.org">info@al-anon-alateen-dcmd.org</a>
Alternate Treasurer	Jill B.	202-635-2023	<a href="mailto:info@al-anon-alateen-dcmd.org">info@al-anon-alateen-dcmd.org</a>
Service Ctr Coordinator	Phyliss T.	202-635-2023	<a href="mailto:info@al-anon-alateen-dcmd.org">info@al-anon-alateen-dcmd.org</a>
Alternate Service Ctr Coordinator	Martha B.	202-635-2023	<a href="mailto:info@al-anon-alateen-dcmd.org">info@al-anon-alateen-dcmd.org</a>

### Committee Chairpersons

Alateen (pending)	Samantha W	202-635-2023	<a href="mailto:info@al-anon-alateen-dcmd.org">info@al-anon-alateen-dcmd.org</a>
Computer	Holli J	202-635-2023	<a href="mailto:webmaster@al-anon-alateen-dcmd.org">webmaster@al-anon-alateen-dcmd.org</a>
Directory	Zan K.	202-635-2023	<a href="mailto:directory@al-anon-alateen-dcmd.org">directory@al-anon-alateen-dcmd.org</a>
Fall Luncheon	Lisa C	202-635-2023	<a href="mailto:info@al-anon-alateen-dcmd.org">info@al-anon-alateen-dcmd.org</a>
Literature	Willie W.	202-635-2023	<a href="mailto:info@al-anon-alateen-dcmd.org">info@al-anon-alateen-dcmd.org</a>
Newsletter	Vacant		<a href="mailto:Newsletter@al-anon-alateen-dcmd.org">Newsletter@al-anon-alateen-dcmd.org</a>
Public Outreach	Angela W.	202-635-2023	<a href="mailto:Outreach@al-anon-alateen-dcmd.org">Outreach@al-anon-alateen-dcmd.org</a>
Spring Workshop	Cindy S	202-635-2023	<a href="mailto:info@al-anon-alateen-dcmd.org">info@al-anon-alateen-dcmd.org</a>

### Service Center

Administrative Clerk	Caroline P.	202-635-2023	<a href="mailto:info@al-anon-alateen-dcmd.org">info@al-anon-alateen-dcmd.org</a>
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## YOUR CHAIRPERSON'S FALL LETTER

I am very excited about WMAAIS's new public outreach effort. We are sending literature to professionals who Al-Anon members believe will give the literature to their clients. So far we have 22 names of professionals provided by nine Al-Anon members. I love seeing new people come into Al-Anon and seeing the transformation in them as they begin to "get" the program.

Five of the Al-Anon members who have provided names go to meetings I go to. I am hoping that means that there are a lot of other people who would like to provide names but have not heard about the effort. Please let your meetings know that this is an opportunity for members to get new people into Al-Anon. If people send us names and addresses, we will do the rest.

It is never too early to start thinking about giving back to Al-Anon by doing service work. WMAAIS will be having annual elections at the December 7 meeting. The Steering Committee manual is online on the Newsletter page of the web site, Al-Anon-Alateen-DCMD.org. Take a look at the positions and the associated duties and think about whether you have the time and desire to serve in 2013. The officer positions are open to Information Service Representatives (normally the Alternate Group Representative). The chairperson positions are open to all members of Al-Anon who are not also members of AA.

There are a few immediate openings if you would like to get involved immediately. Come to the September 20 meeting and volunteer to fill out the remaining 2012 term for Alternate Chairperson, Alternate Secretary, or Newsletter Chairperson. For further information, contact WMAAIS at [info@al-anon-alateen-dcmd.org](mailto:info@al-anon-alateen-dcmd.org) or 202-635-2023.

I am finishing my third year as chairperson of WMAAIS. In accordance with the twelfth tradition, I will be observing the principle of rotation of duties and stepping down as chairperson. I would still like to provide service to WMAAIS, so I suspect that I will still be around in some capacity after the December elections. I have learned a lot during these three years and enjoyed working with the wonderful people who have given of their talents and time to support WMAAIS.

All the best,

*Charles L.*

## Fall Luncheon Status

The 2012 WMAAIS Fall Luncheon will be held at the Holiday Inn in Gaithersburg on November 3. Lisa C has stepped up to chair the committee, and they are busy planning for what should be a great luncheon. Al-Anon literature will be available for purchase and books donated by groups to be given as door prizes. The lunch will be buffet style.

The schedule is still being finalized, but there will be an AA, an Al-Anon, and an Alateen speaker. The luncheon will start at 11:00 and end at 3:00.

Tickets will be \$26 per person and go on sale in September. Look for the ticket flyer at meetings.



## Summer Workshop Report

The workshop was put on by district 18 this year. The workshop went very well, in spite of challenges on the morning after a “natural disaster”! So many folks lost power, and there were lots of trees and limbs down and no traffic signals, but people got to Providence anyway. Some of the highlights of the workshop were:

- Providence had power and AC - it was a very cool and comfortable place to be on Saturday.
- We had 9 great workshop leaders who all were able to get to Providence and led great workshops! Thank you to: Sheena, Maya, Peggy, Jennifer, Brenda, Connie, Jan, Betsy, and David!
- Alan was a wonderful speaker - he touched us all with his story of transformation! Thank you, Alan.
- 70 attendees signed in (people came and went during the day so we may not have captured everyone)
- Thanks to Toni who kept us on track and was our mistress of ceremonies!
- We collected \$127.25 in donations to support the workshop.
- We sold \$146.00 in raffle tickets for the 50/50 raffle - \$73 went to the winner and \$73 will support workshop expenses.
- There were 9 CAL books given away as door prizes - thank you to the groups who contributed literature!
- Folks who volunteered to bring bagels, cream cheese and donuts came through and these snacks were enjoyed by all!
- Special thank you to Eulalia and Emogene for coming early to bring coffee and get coffee going and for delivering coffee pots and cash for reimbursing folks.

Thank you to all in District 18 (and beyond) who worked to make this event a success! And finally, thank you to WMAAIS for their financial support and the donation of ticket rolls, name tags, snacks, paper goods, a coffee pot, donations basket and lots of wisdom and guidance.

Cindy S, Chairperson

## ALL THINGS MEETINGS

*Please note:* changes to meetings—names, locations, days, times—are to be registered with the WSO, Area 24, and WMAAAIS. Remember that some newcomers call the WSO to find their first meeting!

### New Meetings

Tuesday 6:00 PM (was Thursday)  
DC Al-Anon Beginner's Group  
Fifteenth St. Presbyterian Church,  
1701 15th St, NW, Washington, DC

Thursday 1:15 PM  
Circle of Hope Al-Anon  
St. Matthew Cathedral, 1725 Rhode Island  
Ave, NW, Washington, DC

Saturday 12:00 PM  
There is Hope  
Kolmac Clinic. 15932-B Shady Grove Rd.  
Rockville, MD 20877



### District Meetings

**Dist 12:** First wednesday of Feb, May, Aug and Nov. 7pm at Unitarian Church, 100 Welsh Park Drive, Rockville.

**Dist 13:** Group Reps third Weds, every other month, as follows: Sept 19, Nov 14. Colesville Presbyterian Church, 12800 New Hampshire Ave., 7:30 pm. Gail K. (202-635-2023)

**Dist 14:** Last Tuesday of the month, next meeting August 30. University Baptist Church, 3515 Campus Dr , College Park, MD, 8:00 Angela W, (202-635-2023)

**Dist 17:** Every other month (except July/ Aug). in Washington DC. Laura A. (202-635-2023)

**Dist 18:** Sept 15, Third Saturday every other month, 10:00am at the Takoma Neighborhood Library, 416 Cedar St. N.W. For further information contact DR Cindy S (202-635-2023).

### New Times

Monday 8:00 (was 8:30)  
Care Givers AFG  
Providence Hospital Lecture Hall  
12th and Allison St, NE, Washington, DC

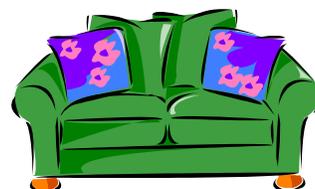
Friday 7:00 PM (was 8:00)  
Colesville Al-Anon  
Colesville Methodist Church  
52 Randolph Rd, Colesville, MD 20904

Saturday 7:00 (was 8:30)  
Saturday Night Gratitude  
Providence Hospital Lecture Hall  
12th and Allison St, NE, Washington, DC

### Disbanded

Monday 8:00  
Montgomery Hills Al-Anon  
Montgomery Hills Baptist Ch.  
Silver Spring, MD

Wednesday 8:30  
Keep It Simple Al-Anon  
Del Ray Club  
Bethesda, MD



### Group Contributions

Group contributions go to pay the rent, maintain a supply of literature, support the district, and support Al-Anon service work. The suggested distribution of any additional funds to support Al-Anon service work is:

70% to WMAAAIS c/o Seekers Church, 278 Carroll St. NW, WDC 20012

20% to AFG MD/DC, P.O. Box 10898, Parkville, MD 21234-0898

10% to AFG, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454

Please include group's name and WSO number on check or money order.

## Discretionary Funds: How To Spend Money?

WMAAIS finds itself in the position many of us would like to be in. We have more money than we need, so we have to decide what to do with the extra. In Al-Anon terms, we have more than our sufficient operating funds (prudent reserve), and need to decide what to do with the discretionary funds.

Many groups have submitted idea, and at the April business meeting the information service representatives in attendance voted on which ideas should be considered first.

There were 26 ideas to consider, and each person voted on his/her choice for the top five. The next step was deciding the details of how we would do each of these items and determining the cost for each. At the June business meeting the information service representatives voted on whether they wanted to actually fund, with time as well as money, the ideas. The ideas that were approved were:

- Mail information to professionals who are recommended by Al-Anon members

- Buy a table banner for use at public outreach events

- Temporarily eliminate the shipping and handling charge of 8% on literature orders

Previously approved proposals are to purchase 100 copies of Al-Anon Faces Alcoholism for public outreach and to provide new groups in 2012 with \$75 worth of literature to get them started.

The goal is to keep the list of things to consider to about 5, so as items are approved or rejected new items will be added to take their place.

The list of items to be voted on is open to new ideas. If you have an idea about how to spread the message of Al-Anon/Alateen and support our family groups, take it to you group and discuss it. Send the result of the discussion to the information service, and we will add it to the list.

Encourage your group's information service representative to attend the next WMAAIS meeting to help with this process. If your group does not have an alternate group representative to act as the information service representative, then the group can elect someone else to the position.

Concept 4 is "Participation is the key to harmony."



## Submission Guidelines

The Al-Anon/Alateen Matters newsletter welcomes submissions. Reflections, reviews, experiences, and poetry are suitable. Submissions are printed as space allows and are accepted year-round.

Send to: [newsletter@al-anon-alateen-dcmd.org](mailto:newsletter@al-anon-alateen-dcmd.org)



## From the WSO

A newly-updated Group Registration/Change Form (GR-1) is now posted on the Al-Anon Members' Web site under the "Group Services" tab. The form is posted in a writeable PDF format. Members can now complete the form on-line and e-mail it to the Area Group Records Coordinator or the WSO. One of the main changes is the elimination of the "group focus" field. The form can also be downloaded and printed as needed.

Also, please make the following announcement in your newsletters:

### Newly revised Group Registration/Change Form (GR-1)

The Group Registration/Update Form (GR-1) has been redesigned and can now be completed on-line and e-mailed to the Area Group Records Coordinator or WSO. One of the main changes is the elimination of the "group focus" field.

"Some relatives and friends of alcoholics find it easier to address their common problems in dealing with the effects of someone else's drinking with those in similar life situations. These members have formed Al-Anon groups for men, women, parents, adult children of alcoholics, and gays and lesbians. The group may include this designation in its group name with the understanding that, as with all Al-Anon groups, membership remains open to any affected by someone else's drinking..."

*"Naming the Group," page 32 in the "Groups at Work" section of the 2010-2013 Al-Anon/Alateen Service Manual (P-24/27)*

"Having an appropriate group name is very important because it is included in local and on-line meeting directories and may be a potential member's first impression of Al-Anon. The group's name should be inviting to all and reflect Al-Anon principles."

*"Choosing a Group Name," page 77 of the "Digest of Al-Anon and Alateen Policies" section of the Service Manual*

The form and instructions of how to fill it in are posted on the Al-Anon Members' Web site [www.al-anon.org/members](http://www.al-anon.org/members) under the "Group Services" tab. It is requested that groups use the new form to register new groups or submit changes. It can also be downloaded and printed as needed and sent to the Area Group Records Coordinator or directly to the WSO by fax or postal mail.

The new Group Records Change form no longer has a place to indicate the Alternate Group Representative. Be sure to let WMAAIS know who the AGR is, or who should receive information if there is no AGR.

Here are the email and street addresses for the groups that you need to send a copy of the form to:

### WMAAIS

Email: [info@al-anon-alateen-dcmd.org](mailto:info@al-anon-alateen-dcmd.org),

WMAAIS

278 Carroll Street, NW

Washington, DC 20012

### Area 24 Al-Anon

Email: [Area24@Marylanddc-alanon.org](mailto:Area24@Marylanddc-alanon.org)

AFG of Maryland and District of Columbia

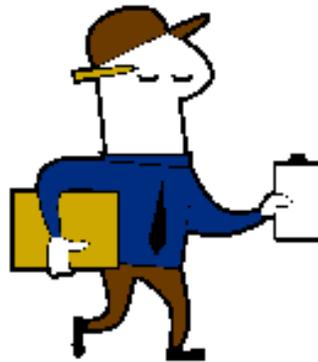
PO Box 10898

Parkville, MD 21234-0898





## Help WMAAIS carry the message!



Washington Metropolitan Area Al-Anon/Alateen Information Service (WMAAIS) has decided to send literature to counselors and others in the helping professions in DC and in Montgomery and Prince George's Counties to try to carry the message to those whose lives have been or are being affected by alcoholism. The literature will consist of ten copies of *Al-Anon Faces Alcoholism* and a few flyers.

Please send WMAAIS the name and mailing address of any doctor, counselor, human services professional, lawyer, spiritual leader, teacher, or other person you have dealt with and who you believe would be interested in helping people find Al-Anon. Of course, we will not use your name.

Email the information to

[Outreach@Al-Anon-Alateen-DCMD.org](mailto:Outreach@Al-Anon-Alateen-DCMD.org) or call 202-635-2023.