

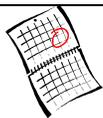
**PLEASE KEEP THIS  
NEWSLETTER IN  
CIRCULATION!**



# 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: 2013

Feb 11	Steering Committee, 7PM
Feb 28	WMAAAIS, 7 PM
March 16	AWSC Meeting, District 8
March 18	Steering Committee, 7 PM
March 28	WMAAAIS, 7 PM
April 15	Steering Committee, 7 PM
April 20	WMAAAIS Spring Workshop
April 25	WMAAAIS, 7 PM
May 18	Spring Area Assembly, District 17
June 7-9	Spring Convention, Chestertown, MD
July 5-7	2013 International, Vancouver

Incllement 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. Since July 2012 WMAAAIS has sent packets to 60 professionals.

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*.

This is a chance for you to help people find Al-Anon.

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## 2012 Officers, Chairs and Staff



### Officers

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

### Committee Chairpersons

Alateen	Samantha W.	202-635-2023	<a href="mailto:info@al-anon-alateen-dcmd.org">info@al-anon-alateen-dcmd.org</a>
Computer	Joe P.	202-635-2023	<a href="mailto:info@al-anon-alateen-dcmd.org">info@al-anon-alateen-dcmd.org</a>
Directory	Zan K.	301-518-0714	<a href="mailto:directory@al-anon-alateen-dcmd.org">directory@al-anon-alateen-dcmd.org</a>
Fall Luncheon	Vacant		
Literature	Willie W.	202-582-6249	<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	Charles L.	301-341-5809	<a href="mailto:Outreach@al-anon-alateen-dcmd.org">Outreach@al-anon-alateen-dcmd.org</a>
Spring Workshop	Betsy R.	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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## Election Results/Volunteers Needed

There are over 100 groups in the Washington DC Metropolitan area that are eligible to vote in WMAAAIS elections. Representatives of 15 of those groups met on December 6 to elect new officers for 2013. There were three offices filled, and four people who could not make the meeting expressed an interest in serving. That means that there were nine positions without anyone willing to serve. Two people volunteered at the January WMAAAIS meeting, reducing the number of vacancies to seven.

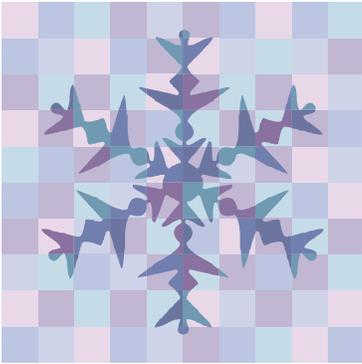


There are eight WMAAAIS officer positions. The positions are chair, treasurer, service center coordinator, secretary, and the alternates for those positions. Martha B was elected chair, Phylliss S was elected service center coordinator. Since the meeting Jill B has said that she might be willing to step up from alternate treasurer to serve as treasurer. The other five officer positions are vacant

The newly elected officers appointed Betsy R as chairperson for the Spring Workshop. Three of the 2012 committee chairpersons expressed a willingness to continue to serve, but were not able to make the meeting: Samantha W as Alateen chairperson, Zan K as directory chairperson, and Willie W as literature distribution center chairperson. Joe P was appointed as computer chair and Charles L as public outreach chair at the January WMAAAIS meeting. There were no volunteers any of the vacant officer positions or for fall luncheon chairperson or newsletter chairperson.

The committee chair positions can be filled at the steering committee meeting or a WMAAAIS meeting while the elections for the officer positions must happen at a full WMAAAIS meeting. The next steering committee meeting is February 11 and the next WMAAAIS meeting is February 28. The meetings are held at 7:00 at the service center, 278 Carroll Street, NW, Washington, DC 20012 in the Seekers Church building.

## YOUR CHAIRPERSON'S WINTER LETTER



First, may I introduce myself as the newly elected Chair of the Washington Metropolitan Area Al- Anon/Alateen Information Service, (WMAAAIS) I first joined Al-Anon in 1996 as the parent of a recovering alcoholic and addict, who is, thanks to God and AA, still clean and sober. My service with WMAAAIS has included two terms as Treasurer, two terms as Literature Depot Chair, one term as Alternate Chair, and one term as Public Outreach Chair. In 2010 I was Chair of the Fall Luncheon. Most recently, I have served as Alternate Service Center Coordinator.

The operative word here is Service, which is our organization's reason for being, to serve groups in Washington, DC, Montgomery County, Prince Georges County, and Southern Maryland. During the coming year, we will continue to

- (1) maintain an office with a telephone and computer connection, in the Seekers Church building, 278 Carroll Street, NW, Washington, DC 20012. Our hours are from 2:00 to 6:00 p.m. week days and 10:00 a.m. to 2:00 p.m. on Saturdays.
- (2) keep an adequate supply of Al-Anon Conference Approved Literature on hand for sale to groups and individuals.
- (3) maintain a web site, [www.al-anon-alateen-dcmd.org](http://www.al-anon-alateen-dcmd.org), including an up-to-date listing of all current Al-Anon and Alateen meetings served by WMAAAIS We need a volunteer web master/Computer Chair so we can continue to provide this service.
- (4) publish a newsletter several times a year to keep groups abreast of activities sponsored by our local groups and by those in other parts of Maryland. A volunteer editor is currently working on the next issue, but we need a permanent Chairperson for this position.

We are always open to suggestions of other ways in which we can provide service to our groups. I would like to continue the practice initiated by Sandra M. when she was WMAAAIS Chair of holding our meetings at locations other than our headquarters office in Takoma, DC. Since people are used to having our regular meetings on Thursday evenings, would any groups that meet on Thursdays be willing to host one of our meetings? And, if there is sufficient interest, we could arrange a light supper for those who come to meetings directly from work, or help arrange car pools for anyone who would like an alternative to solo driving. For those who usually travel by public transportation, the office is directly across Carroll Street from the Takoma Metro Station on the Red Line.

We still have openings for service positions - Treasurer, Alternate Chair, Newsletter Editor, Alternate Service Center Coordinator, Computer Chair, and Fall Luncheon Chair. Your help is needed to spread the word to members interested in any of these important volunteer opportunities. I can testify that service is an excellent way to aid recovery in the Program. It's helped me deal with the two major character defects that I brought in with me - fear and low self-esteem, but I'm still, basically, a shy person. Someday, I hope to have the courage to say to people who thank me for my service, "Don't thank me, please join me!"

Martha B.

## ALL THINGS MEETINGS

Changes to meetings—names, locations, days, times—are to be registered with Area 24 and WMAAAIS. Area 24 will notify the WSO. Remember that some newcomers call the WSO to find their first meeting!

### New Meetings

Sunday, 6:30 PM

All But The First Sunday Takoma Parents Seekers Church, 276 Carroll St. NW  
Washington DC

Monday, 11:30 AM

Fort Washington Women Step Study AFG  
Grace Lutheran Church, 10928 Indian  
Head Hwy, Fort Washington, MD

Thursday, 7:15 PM

11th Step Conscious Contact  
Dupont Circle Club, 1623 Connecticut Ave  
NW, 2nd Floor, Washington, D.C.

### New Location

Monday, 8:00 PM

Let It Begin With Me Al-Anon  
Seekers Church, 276 Carroll St.  
Washington, DC 20012

Wednesday, 11:30 AM

Clinton Daytime Al-Anon  
Regional Health Center, Blue Room  
9314 Piscataway Road, Clinton, MD 20735

### New Name

Monday, 1:00 PM

Gracefield Rd. Al-Anon  
(was Riderwood Village Al-Anon)  
3120 Gracefield Rd, Silver Spring, MD

### New Times

Saturday, 1:30 PM (was 2:00)

Pathfinders Al-Anon  
Calvary Episcopal Church, 820 6th St, NE (6th & I Sts)  
Washington, D.C.

Tuesday, 7:00 PM (was 6:00)

New Beginnings (was DC Al-Anon Beginner's)  
Fifteenth St. Presbyterian Church, 1701 15th St.  
Washington, D.C. 20009

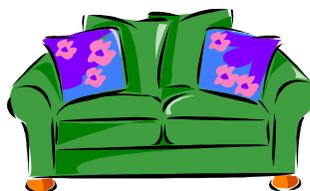
### Disbanded

Tuesday, 11:00 AM

Paths to Recovery  
Christ Episcopal Church, 8710 Old Branch Avenue  
Clinton, MD

Wednesday, 8:30PM

White Oak ACOA Beginners Welcome  
St. John Baptist Catholic Church 12319 New Hampshire  
Ave. White Oak, 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.



## “Other Meetings” Directory Changes

WMAAAIS has decided to no longer list all the meetings in Calvert, Charles, and St. Mary’s Counties in the Prince George’s and Other Counties directory. We will also no longer list them on our web site. We have decided to add some meetings in Crofton and Davidsonville in Anne Arundel County and in Columbia in Howard County.

For years WMAAAIS has listed the meetings in Calvert, Charles, and St. Mary’s Counties in the Prince George’s and Other Counties directory. This started because these southern Maryland counties did not have their own directory. When updating the directory this summer we realized that they now have their own directory and web site (accessible from the area 24 Maryland/DC web site). Checking our listings against the ones on their web site we realized that ours were way out of date. We updated ours based on their web site.

After a couple of attempts to contact the DR for district 22, the WMAAAIS meeting voted to no longer include all the meetings in district 22 in our directory or on our web site.

Newcomers to meetings in Bowie, Upper Marlboro, and Laurel ask where there are other meetings close by. The closest meetings are often in Crofton, Columbia, or Davidsonville. Since we now have room in the directory, we decided to list the meetings in Maryland that were close to the Washington Metropolitan area, including meetings in Anne Arundel, Howard, and Frederick Counties in addition to those in Calvert, Charles, and St. Mary’s Counties.

The Prince George’s and Other Counties directory has been renamed Prince George’s and Nearby Meetings in Other Counties. It now lists the Maryland/DC area 24 web site as the place to find meetings in other Maryland counties and the WSO web site as a place to find meetings in other states.

### District Meetings

**Dist 12:** First wednesday of Feb, May, Aug and Nov. at 7 pm 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.

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

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

**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 Cindy S.

**Dist 19:** No regularly scheduled meetings. Charles L.

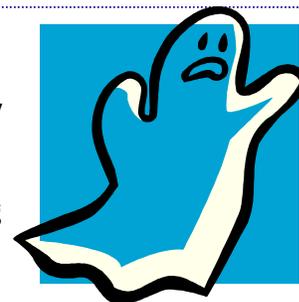


### Submission Guidelines

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)

## Ghost Meetings



I just came back from driving 30 minutes to an Al-Anon meeting listed in the directory and on our web site. I found the kitchen door, went in, and went down the stairs. The large room at the bottom was obviously set up for a thrift sale. There were four women there, arranging the merchandise, so I asked them where the Al-Anon meeting was. They said that the meeting had not been there for over a year.

As I was leaving another women came in. She asked me where the Al-Anon meeting was. I told her it had closed. She said "But it is listed on the web"! I told her about the meeting the next day about a half mile away, and she said that maybe she would try to get to that one.

How do we end up with ghost meetings? Whose job is it to let WMAAAIS and the WSO know when a meeting closes?

The group representative should notify WMAAAIS and the WSO, but by the time a group closes it provably has not had a group rep for a while. Then the job should fall to the district representative. But this district has not had a district rep for a long time.

That leaves the task of letting WMAAAIS and the WSO know that the meeting has disbanded to the last person out the door. If the group has a key to the building, than the person who turns in the key is that last person. If there is no key, it may be that no one is sure they are the last person. I may decide not to go any more, but I may not be sure that no one else is going.

It is bad when a new person finds a meeting to go to, shows up, and there is no one there. Instead of a warm greeting and an overview of what Al-Anon is and what it can do for him or her, they leave wondering how strong this Al-Anon program can be if no one shows up to the meetings.

Please help keep the directory listing up to date. If you know of a meeting that has closed, or that you think may have closed, please let WMAAAIS know. We will try to determine if the meeting is really closed. If we cannot find out for sure it is open, we will take it out of the directory and off the web. If it is really open, we can always put it back in the directory and on the web.

## Is Alateen Dying?

Alateen sponsors are desperately needed. If there are no Alateen meetings left in the Washington metropolitan area soon it will be because there are not enough Alateen sponsors. The only meeting in DC has had to close because there are not two certified sponsors for the meeting. There is only one Alateen meeting in Montgomery County and one in Prince George's County. The one in Prince George's County only has two certified sponsors. If one of the sponsors is sick or cannot make the meeting for some other reason then the meeting cannot meet.

Alateen has been struggling for a number of years. Most meetings only had a few children attending, with occasional periods where the number would get up above 5. And most meetings had one sponsor, who would often serve for years.

World Service had to change the rules a couple years ago. Now all Alateen meetings must have two sponsors in the room in order to meet. All Alateen sponsors must be certified, which involves getting a background check, references, and going through periodic training.

There are only four Alateen meetings currently meeting in Maryland and none in DC. There are people working at the area and the local level to find ways to attract the children of AA and Al-Anon members to Alateen. But there have to be Alateen meetings for them to go to.

It takes time to go through the background check, collect recommendations, and take the training to become or remain an Alateen sponsor. But without certified Alateen sponsors, there will be no Alateen meetings left. Please consider whether you can help.



## Discretionary Funds Status

WMAAIS started 2012 with about \$18,000 of funds over and above what were required for the prudent reserve. These discretionary funds were the result of lowering the level of the prudent reserve.

In 2012 WMAAIS spent less than \$2000 of the discretionary funds to pay for proposals to support Al-Anon in the Metropolitan Washington, DC, area. That is why WMAAIS decided to send \$10,000 to WSO. There are still enough discretionary funds to support proposals in 2013.

The main problem with spending the funds is finding someone willing to do the research and work involved. For instance, running PSAs on local TV and radio stations was unanimously approved by the WMAAIS meeting as a concept, but until someone steps up to do the work of determining how to do that and how much it would cost, nothing will actually be done.

During 2012 the groups were asked to suggest ideas for using the funds. The WMAAIS meeting voted on which of these ideas they wanted to evaluate. If someone researched the funding required for an idea, then WMAAIS voted on whether to fund the proposal.

There were 29 ideas submitted by the groups. WMAAIS voted to evaluate 12 of them and 3 were rejected. The other 14 could still be voted on in 2013. Groups can still suggest new items for the money which will be considered by WMAAIS.

The ideas that were evaluated and funded were:

- Contribute \$10,000 to WSO. Spent \$10,000.
- Replace the office copier and PC, \$2000. Spent \$992.
- Do not pass through to the groups the shipping and handling charge for literature in 2012, about \$1,200.
- Donate \$75 of literature to new groups that started in 2012, up to \$750. Spent \$75.
- Send mailings of literature for them to give to their clients to professionals recommended by AL-Anon members, \$460. Spent \$330 (also used existing public outreach literature).
- Buy banners for public outreach events, up to \$400. Spent \$85.
- Provide a bonus to the clerk, \$500. Spent \$500.
- Purchase 100 copies of Al-Anon Faces Alcoholism, \$40. Spent \$40.

The ideas that were approved but not evaluated were:

- Run PSAs on radio and TV.
- Buy ads on radio.
- Coordinate with local schools to provide Alateen literature to school counselors.
- Provide funding to districts that would like to conduct public outreach efforts but are too small to afford the money.



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



# Alateen Needs Your Support

Many of us have shared that if only we had had Alateen in our Alcoholic homes growing up, we might have experienced the much needed safety and love Al-Anon provides to us today. Others have lamented our children's inability to attend. Washington DC, PG and Montgomery Counties together only have 2 meetings. The call to service is strong: Alateen sponsors are desperately needed.

Tradition 5 states that "Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by welcoming and giving comfort to families of alcoholics." But in the WMAAIS district we are failing to provide welcoming and comforting environments to Alateens. "Participation is the key to harmony" and many of us have experienced the joy of service. Work your program harder by helping create a space for our younger counterparts to work theirs.

The only meeting in DC has had to close because there are not two certified sponsors for the meeting. There is only one Alateen meeting in Montgomery County and one in Prince George's County. All meetings struggle to appropriately staff with sponsors. WSO had mandated that all Alateen meetings have two certified sponsors in the room to meet, in order to protect the children's wellbeing and the liability of sponsors themselves. All Alateen sponsors must be certified, which involves getting regular background checks, references, and going through periodic training. For the DC meeting, if a sponsor can be found, it might revive. For the others, it is important to have multiple sponsors so that individuals are not overburdened with service. A meeting simply cannot meet if one sponsor is unavailable for any reason.

Alateen has been struggling for a number of years. Attendance is not high. At various levels of Al-Anon, outreach for Alateens is a priority. However a major obstacle to outreach is having active meetings to refer teens to.

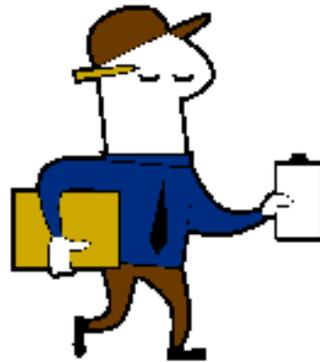
As in all service positions, the challenge is not easy. The certification process can take some time. Gaining credibility with the teens and having a healthy meeting is an on-going process that has many rewards and challenges. Please express any interest to me at [manthamaria@gmail.com](mailto:manthamaria@gmail.com). I am happy to discuss the service opportunity with interested parties. If we all do a part, we each have less to do and more teens can be welcomed and comforted in Alateen/Al-Anon. Please consider whether you can help.

Samantha W, Alateen Chairperson





## 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.