

**PLEASE KEEP THIS
NEWSLETTER IN
CIRCULATION!**



Al-Anon/Alateen Matters

Washington Metropolitan Area Al-Anon/Alateen Information Service Newsletter

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www.al-anon-alateen-dcmd.org / info@al-anon-alateen-dcmd.org



Too Much Money?

Is it possible to have too much money? Maybe not if you are a person, but if you are a group or an Al-Anon Information Service it is. Concept twelve, Warranty 1, is “that only sufficient operating funds, including an ample reserve, be its prudent financial principle”.

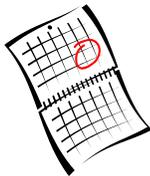
The World Service Office guideline G-41, Reserve Fund Guideline, does not directly address the reserve for an Information Service, but the guidelines that are the most applicable are those for an area. These guidelines suggest we “Set a goal of six months’ to one year’s operating expenses”.

In 2010 WMAAAIS decided to have a prudent reserve of one year’s operating expenses. Operating expenses is the money we expect to spend for the year (the budget) excluding literature purchases and the cost of the fall luncheon. We make a profit from literature sales and we break even on the fall luncheon, so it did not seem reasonable to include them in the operating budget.

WMAAAIS decided to temporarily maintain the old level of the prudent reserve, which was based on including literature purchases and the cost of the fall luncheon, even though it was more than one year’s worth of operating expenses, because we were running a deficit. Now that we are at the point that we can expect to break even, we need to decide what to do with the excess funds. The WSO guidelines suggestions include the following: “Excess funds from the reserve may be used to fund special projects such as a Public Outreach project that will carry the message to those suffering from the effects of living with a problem drinker”.

WMAAAIS is currently revisiting the question of the level of the prudent reserve. Some people feel that one year’s expenses is too high a level, and that we should have a smaller prudent reserve. Suggestions for the excess funds include updating the old office equipment, funding public outreach projects, and sending money to WSO.

If you have an opinion about what the level of the prudent reserve should be or what should be done with any excess funds, talk to your group’s information service representative. Let him or her know how you feel and encourage him or her to go to the WMAAAIS meetings.



Circle the Dates: 2012

March 12	Steering Committee, 7PM
March 12	AWSC Meeting, District 2
March 22	WMAAAIS, 7 PM
March 24	District 13 Dance, 7
April 16	Steering Committee, 7 PM
April 26	WMAAAIS, 7 PM
May 19	Spring Area Assembly, District 14
June 1-3	Spring Convention, Chestertown

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.

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2012 Officers, Chairs and Staff



Officers

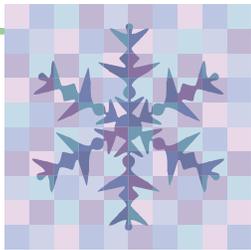
Chairperson	Charles L.	202-635-2023	info@al-anon-alateen-dcmd.org
Alternate Chairperson	Vacant		
Secretary	Cindy C.	202-635-2023	info@al-anon-alateen-dcmd.org
Alternate Secretary	Vacant		
Treasurer	Martin M.	202-635-2023	Treasurer@al-anon-alateen-dcmd.org
Alternate Treasurer	Jill B.	202-635-2023	info@al-anon-alateen-dcmd.org
Service Ctr Coordinator	Phyllis T.	202-635-2023	info@al-anon-alateen-dcmd.org
Alternate Service Ctr Coordinator	Martha B.	202-635-2023	info@al-anon-alateen-dcmd.org

Committee Chairpersons

Alateen	Vacant		
Computer	Vacant	202-635-2023	webmaster@al-anon-alateen-dcmd.org
Directory	Zan K.	202-635-2023	directory@al-anon-alateen-dcmd.org
Fall Luncheon	Vacant		
Literature	Willie W.	202-635-2023	Literature@al-anon-alateen-dcmd.org
Newsletter	Hannah G	202-635-2023	Newsletter@al-anon-alateen-dcmd.org
Public Outreach	Angela W.	202-635-2023	Outreach@al-anon-alateen-dcmd.org
Spring Workshop	Vacant		

Service Center

Administrative Clerk	Caroline P.	202-635-2023	info@al-anon-alateen-dcmd.org
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YOUR CHAIRPERSON'S WINTER LETTER

As I start my third year as chairperson of WMAAIS, I am happy to report that we are in much better financial shape than we have been in the last two years. Much of this year's surplus is the result of the clerk having been out for personal reasons and volunteers having covered the office without being paid. But even without that we would have had a small surplus for the year. Contributions and literature sales have both been at record levels, so I want to give a special thanks to all the groups that have supported WMAAIS by giving contributions and by purchasing their Al-Anon literature through the literature distribution center.

There are still some openings on the steering committee for those looking for an opportunity to grow through service. All the positions are important not only for the specific job but also because the officers and chairpersons help guide WMAAIS in its service to the Al-Anon groups. We need an alternate chairperson, and I am hoping that someone will take the position who would like to become chairperson in 2013. We need an alternate secretary to record the actions of the steering committee at its Monday night meetings.

The role of the Alateen chairperson is to help the spread of Alateen in the Washington Metropolitan area. There are only three Alateen meetings left. We need to get the word out to build up the attendance at those meetings and start new meetings. Some people are reluctant to become an Alateen sponsor because of the new requirements for training and a personal background check. The Alateen chairperson can help people understand what is actually involved. Many people are interested in the growth of Alateen, but they need to be told how they can help.

We need chairpersons for both event committees: spring workshop and fall luncheon. While those events may seem a long way off, the work of finding the sites should start soon so that we have the flexibility to find good locations at affordable prices. This year the luncheon will be held in Montgomery County, though the chairperson does not have to be from Montgomery County. The spring workshop can be held anywhere in the area.

All the best,
Charles L.

Fall Luncheon Report

The 2011 Fall Luncheon was held at the Navy Yard on November 5. Over 150 attendees were treated to excellent speakers: Beth Ann for Alateen, Debbie T for Al-Anon and Tom A for AA. Al-Anon literature was available for purchase and a large number of books donated by groups were given as door prizes. The menu was varied and the food well-prepared. Our thanks go to the committee for their hard efforts in producing this event.



Shannon K, who chaired the committee, shared her observations with me. For her the best part of this experience was getting to know the committee members and learning about the structure and functions of the WMAAIS. Shannon relied on the past experience of her committee members. She saw the program principles, such as unity, willingness, acceptance and letting go of perfectionism put into practice. Shannon described the luncheon itself as “a powerful event” due to the speakers’ messages and the atmosphere of an Al-Anon Family reunion.

Luncheon Chairperson Opportunity

Afraid to volunteer to chair the 2012 WMAAIS Fall Luncheon? Don’t be. It’s a great way to give back to the Program that’s done so much to help you achieve serenity. And, it can also be fun. Take it from me, a former luncheon chair and veteran of five luncheon committees.

This year it’s Montgomery’s turn to host, but the Chair doesn’t have to be from Montgomery.

Start by looking at the members of your Home Group; can any of them be tapped to join your committee? Committee members with certain skill sets are an important plus, such as a treasurer, a graphic person for the flyers and program, a speaker-finder, a ticket-sales coordinator, and people to help on the day of the luncheon. Past experience is that if you ask people, you will get plenty of volunteers.

The first priority is to find a place. Recent luncheons have been held at hotels, but the luncheon could also be catered or held at a restaurant. The location should hold at least 200. A big factor is cost. Remember, the luncheon isn’t supposed to be a fund-raiser, just a great social event, and all you need to do is break even. It would be wonderful if we didn’t have to charge more than \$25 per person this year.

People seem to prefer to buy tickets from sellers in their local groups, though some order tickets through the WMAAIS office. Past sellers, including committee members, have been asked to take ten tickets; (just don’t assume that all will be sold!) It also helps to have one or two names and contact info on the flyers; more than 50 tickets were sold via this method in 2010.

The WMAAIS office has a file of past Fall Luncheon reports. Feel free to consult these and to make copies of relevant documents. Just call (202) 635-2023 to arrange a visit or ask questions.

I’d be happy to answer your questions as best I can and/or refer you to other members with relevant knowledge about how to run a Fall Luncheon. Also, I can provide the names of potential ticket sellers after I’ve secured their permission to pass on their contact information.

Yours in Service,

Martha B.

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 Room

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



New Times

Monday 8:00 (was 8:30)
Chevy Chase Al-Anon
Ingleside Retirement Home
3050 Military Rd, NW, Washington, DC

Thursday 7:30 (was 8:30)
Wheaton Family Group
Resurrection Lutheran Church,
3101 University Blvd, W, Wheaton, MD

Disbanded

Monday 11:30
Just for Monday Adult Children
Step On Into Al-Anon, Breath of Life SDA Church
11301 Ft. Washington Rd, Fort Washington, MD

Thursday 7:00
Laurel Recovery
368 Main St, Laurel, MD



Thursday 8:30
Underground Alateen
Neelsville Presbyterian Church,
20701 Frederick Rd, Germantown, MD

District Meetings

Dist 13: Group Reps third Weds, every other month, as follows: March 21, May 16, July 18, Sept 19, Nov 14. Colesville Presbyterian Church, 12800 New Hampshire Ave., 7:30 pm. Gail K. (240-418-0797)

Dist 14: Last Tuesday of the month, next meeting Feb 24. University Baptist Church, 3515 Campus Dr, College Park, MD, 8:00 Angela W, (301-219-3538)

Dist 17: Every other month (except July/Aug). Next meeting April 15, 4:00 p.m., Soho Tea and Coffee at 2150 P ST. NW DC Laura A. (202-674-1876)

Dist 18: Usually on the third Saturday every other month @ 10:00am at the Northeast Neighborhood Library, 330 7th St, N.E., Washington, DC. For further information contact DR Cindy S (202-362-1512).

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.

Letter from the Editor

Dear members,

This is the very first time I have helped in publishing the newsletter. I had no idea what I was doing when I started, so I talked with my sponsor (more like wailed to her), prayed, and put the idea of working on the newsletter in my God Box. The idea came to me to ask for help. The program tells me that I don't have to do anything alone. So with a great deal of assistance from another member, this newsletter came to be.

In asking for help, I was using the slogans "Let Go and Let God" and "First Things First." I worked on transforming a copy of a previous newsletter to be ready for new articles. When I could get no further, I asked for help.

Although I was ready to quit before I even got started, I now see working on the newsletter as a process and realize that I will learn more as I go along. This exemplifies the slogan "It's a process, not an event," as well as "Listen and Learn". For this situation, I amended the latter slogan to "Stop, look within, then listen and learn".

Following up on the idea of not working on this alone, I am asking any member to work with me. Although I have ideas for the newsletter, I need someone who either has the computer and layout skills or is willing to learn with me, "One day at a time." "Together we can make it!"

Yours in service,
Hannah
Editor

PUBLIC OUTREACH



The first public outreach event of 2012 was the annual NBC-4 Health Expo. It was held at the Washington Convention Center on Saturday, January 14, and Sunday, January 15. WMAAIS had a table there on both days from 9:00 to 5:00. Volunteers staffed the table in pairs for two hour shifts. We had two racks of literature, one in English and one in Spanish. We also had a large number of copies of Al-Anon Faces Alcoholism this year and were able to give out over 75.

Once again this year we were not put in the best location. We were in a small group of tables between the volley ball and the climbing wall. We seemed to have a slow but steady stream of people stopping by the table to get pamphlets and ask questions. And, of course, a few people who, as soon as they figured out what Al-Anon was, hurried away. We got fewer members of the "other" program stopping by this year.

All the volunteers I talked to were glad they had given up a couple hours on a nice weekend to do some public outreach work. Public Outreach chairperson Angela W is exploring other possible venues for outreach, including advertising in the Washington Post, signs for Metro stations, and public service announcements for radio stations. If you missed this chance there will be more opportunities coming up later in the year.

SERVICE IS GIVING BACK

When I first came to Al-Anon the word “service” scared me. I thought about the fact that I had been ‘serving’ people my entire life without any thanks. These folks included my significant other, my relatives, friends, co-workers and members of professional and religious organizations. In fact, I had often put my own wishes, favored activities, and peace of mind on hold in order to devote all my time, energy, and finances toward making the ‘other’ become fulfilled. Therefore, I had absolutely no interest in providing any additional ‘service’.

One day a group member asked me if I would help move the chairs after the meeting. Of course I answered that I would. Some of the meetings had pots of hot water for instant drinks, and when I noticed that there was no tea of the variety that I liked, I asked someone (who seemed to know) if I could bring some other kinds of tea. She said that was fine and that the group would reimburse me. After I had been attending the meetings for about a year, a member asked me to lead the discussion next week. When I told her that I did not know what to talk about, she advised me to just talk about what was on my mind and to say if coming to the meetings was helping me.

As I carried out these duties, I felt a sense of belonging. Moving the chairs and setting out the tea were a way for me to express myself without words. After my first time leading, members came up to me and told me what a good meeting this was, and how much they received from listening to me. Some of them gave me hugs. Did I ever feel special!

As I continued to stay around the rooms, I slowly came to see that the various local and statewide events, as well as the maintenance of the meetings, were arranged by members. The active members informed me they “gave back” to the program that had helped them, so that Al-Anon would continue to be here for others who want it. I saw that my small efforts were part of giving back. So that’s what service is! It was nothing like trying to care for relatives and lovers who did not appreciate me; here I was accepted, loved and appreciated for what I did, no matter how small. Also, giving back did not require me to do things that I was unable to do, and had built-in learning opportunities.

Presently I am involved at the district and area level and I love every minute of it. In addition to the self esteem that I received from my first efforts at giving back, I have gained confidence in speaking to a large number of people, learned how to use a microphone, lost my fear of asking a question in a gathering, become comfortable sharing my humor, overcome a negative body self-image, and come to recognize that my opinions and suggestions matter. Further, I have met so many members from other areas, heard different opinions, strengthened current friendships and made new ones, and learned new ways of solving long time challenges. Sometimes a remark made at a business meeting sparks my brain to view it as applied to a personal recovery issue. Recently, I decided to drop the word service and call it what it really is: giving back. That is why I sign my emails and letters “Love in Giving Back.”

Marya

Submission Guidelines

The quarterly newsletter welcomes submissions. Reflections, reviews, experiences, and poetry are suitable. Submissions are printed as space allows (see representative samples in this issue) and are accepted year-round.

Send to: newsletter@al-anon-alateen-dcmd.org



Al-Anon District 13 Dance



Saturday March 24, 2012

“A Night At the Movies”

Meeting 7-8pm

Dance 8-11pm

Longwood Rec Center

19300 Georgia Avenue
Brookeville, Maryland 20833



Pot luck – bring a dish to share
Beverages provided

Dancing, food, games, contests!

Stay tuned for more info!

Contact for questions or volunteering:
Angela D @301 603 0120 or amorton1958@comcast.net