



Al-Anon/Alateen Matters

Washington Metropolitan Area Al-Anon/Alateen Information Service Newsletter

WMAAAIS, 278 Carroll Street NW, Washington, DC 20012 • (202) 635- 2023

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

2010

Sept. 13 — Steering Committee, 7 p.m.
Sept. 23 — WMAAAIS, 7:30 p.m.
Oct. 18 — Steering Committee, 7 p.m.
Oct. 28 — WMAAAIS, 7:30 p.m.
Nov. 6 — Fall Luncheon
Nov. 12-14 — Fall Convention, Rocky Gap, MD
Nov. 15 — Steering Committee, 7 p.m.
Dec. 2 — WMAAAIS, 7:30 p.m.

2011

Jan. 10 — Steering Committee, 7 p.m.
Jan. 27 — WMAAAIS, 7:30 p.m.

PLEASE NOTE:

One change that is being made is to the meeting schedule. The only meetings that are being moved are the Steering Committee meeting, where the agenda is prepared for and recommendations are made to the full WMAAAIS meeting. The Steering Committee meetings will be held on the Mondays 10 days before the WMAAAIS business meetings except when that Monday is a federal holiday, in which case the Steering Committee meeting will be held on the Monday 17 days before the WMAAAIS business meeting.



Inclement Weather Policy re WMAAAIS meetings: If any local school system (DC, Montgomery County, or Prince George's County) is closed, the WMAAAIS meeting is postponed from the scheduled date to the following Thursday. **Inclement Weather Policy re Steering Committee meetings:** Officers and committee chairpersons will be contacted if a Steering Committee meeting needs to be postponed.

Important Meeting Information

Spanish Women's Al-Anon meeting that meets on Monday nights at 7:30 p.m. in Silver Spring, MD is in dire need of support and of people to hold service positions. The meeting is held at St. John the Baptist Catholic Church. One does not need to be fluent in Spanish to attend the meeting. Having even a little grasp of Spanish is enough to attend and support the meeting. Please contact the service center at 202-635-2023.

Holiday changes to meeting times or dates can be posted on the online meeting list. Notify the service center if your meeting schedule will be different for the holidays or for any other reason.

The Public Outreach Committee has voted to put up (see below) a diorama on a Metro platform for one month, possibly in September or October. A diorama is a large, backlit sign, about 5 feet by 4 feet. It will have the WSO main # and website and our local WMAAAS telephone and website. We are waiting to hear about the availability of the line and the station. We picked out 5 stations as possibilities

When you don't know where to turn...
because someone drinks too much...

Al-Anon Family Groups can help.

Learn more by attending a confidential meeting in your community.

888-4AL-ANON
(888-425-2666) M-F, 8 a.m. - 6 p.m., ET.
www.al-anon.alateen.org


Al-Anon Family Groups
Strength and hope for friends and families of problem drinkers

2010 Officers, Chairs and Staff

Officers

Chairperson	Charles L.	202-635-2023	info@al-anon-alateen-dcmd.org
Alternate Chairperson	Melissa H.	202-635-2023	info@al-anon-alateen-dcmd.org
Secretary	Eulalia S.	202-635-2023	info@al-anon-alateen-dcmd.org
Alternate Secretary	Amelia G.	202-635-2023	info@al-anon-alateen-dcmd.org
Treasurer	Martin M.	202-635-2023	info@al-anon-alateen-dcmd.org
Alternate Treasurer	Jill B.	202-635-2023	info@al-anon-alateen-dcmd.org
Service Ctr Coordinator	Earlene H.	202-635-2023	info@al-anon-alateen-dcmd.org
Alternate Service Ctr Coordinator	Laurie E.	202-635-2023	info@al-anon-alateen-dcmd.org

Committee Chairpersons

Alateen	Ruth B.	202-635-2023	info@al-anon-alateen-dcmd.org
Computer/Webmaster	Jane M.	202-635-2023	webmaster@al-anon-alateen-dcmd.org
Directory	Cindy S.	202-635-2023	directory@al-anon-alateen-dcmd.org
Fall Luncheon	Martha B.	202-635-2023	info@al-anon-alateen-dcmd.org
Literature	Willie W.	202-582-6249	info@al-anon-alateen-dcmd.org
Newsletter	Vicki J.	202-635-2023	info@al-anon-alateen-dcmd.org
Public Outreach	Saundra M.	202-635-2023	info@al-anon-alateen-dcmd.org
Spring Workshop	Carol McN.	202-635-2023	info@al-anon-alateen-dcmd.org

Service Center			
Administrative Clerk	Caroline P.	202-635-2023	info@al-anon-alateen-dcmd.org



WMAAAIS wants your email address.

If you are a **Group Representative, Alternate Group Representative** or **Group Contact**, WMAAAIS wants your email address. WMAAAIS is moving toward a system of communicating with groups through email. This not only saves on postage, it also allows for more frequent communication, easier two-way communication, and communication to more than one contact for each group. Of course we will continue to send postal mail to those who request it.

If you are seeing this newsletter in a printed version and you are one of the contact people for a group, WMAAAIS does not have your email address. If you would like to receive the newsletter by email, follow the directions at the end of this article to register your email address with WMAAAIS. If you got the letter in the mail and would like to continue to receive it that way, call or email WMAAAIS and let us know to continue to mail you the newsletter.

If you received this newsletter by email, WMAAAIS has your address. You can still help in our effort to reach out to more people. If the other contact people for your group did not get this newsletter, suggest to them that they provide their information to WMAAAIS or fill out a Group Records Form and send it in. When you go to other groups, ask if they got a copy of the newsletter; if not, suggest that they provide WMAAAIS with their information.

To register your email (or postal mail) address with WMAAAIS email WMAAAIS at info@al-anon-alateen-dcmd.org or call (202) 635-2023 and give us your name, group name, group position, and your email address. A better option is to fill out a Group Records Form (available on the WMAAAIS web site at www.al-anon-alateen-dcmd.org) and send it to WMAAAIS (scanned versions preferred).

‘Still’ New Al-Anon Meeting

Step On In Al-Anon
Mondays at 11:30 A.M.

Breath of Life SDA Church
11310 Fort Washington Road
Fort Washington, MD 20744

Meeting Schedule for District 18

September 18 and November 20 at 10:00 am at the Northeast Branch Library at 300 7th St, NE, Washington, DC. Meetings are subject to change to accommodate more GR's. For further information about District 18, please contact the service center at 202-635-2023 or info@al-anon-alateen-dcmd.org.

CHAIRS' SUMMER LETTER

Since WMAAAIS does not meet in the months of July and August, this seems like a good time to reflect on activities over the last six months. It has been a very productive year.

At the June meeting WMAAAIS discussed and voted on two items that we have been working on for a while. The first resulted in approval of an update to the WMAAAIS bylaws. Last updated 10 years ago, the revised bylaws more accurately reflect the way WMAAAIS currently operates. You can read WMAAAIS bylaws on our website on the calendar page.

The second action was approval of a list of suggested duties for Information Service Representatives (ISRs). WMAAAIS developed and is distributing this list because we have found that many of the group representatives were unclear about their responsibilities. My experience has been that in many cases when I told an ISR what he/she should be doing, he/she was glad to know about it and very willing to perform the duties.

The biggest accomplishment of the year has been the move of the service center and the literature depot to our new location in the Seeker's Church across from the Takoma Park Metro station. Problems with the heating and air conditioning system in our previous office prompted our move, and we hoped very much that finding a comfortable space in a central location very near a Metro stop would lead to increased attendance at WMAAAIS meetings and encourage more groups to purchase literature from the literature depot. Both of these goals have been met. We've been happy to welcome a few more attendees at the WMAAAIS meetings and look forward to having more groups represented at our monthly meetings. Literature sales through July this year have exceeded the total sales for last year, so that is definitely a good thing.

This year we also looked at the issue of the WMAAAIS prudent reserve and agreed to reduce it, following WSO guidelines, to equal our *operating* budget, as opposed to our *total* budget. We will direct the surplus to our Public Outreach efforts and to the Al-Anon Family Groups World Service Office. The new online meeting listings have been very successful, with meeting changes being posted quickly; people particularly appreciate knowing which meetings will be open on a holiday.

I want to remind everyone that WMAAAIS elections are held in December, so there are only two more WMAAAIS meetings before elections. If you are looking for great service opportunities, consider serving as an officer at WMAAAIS! Please plan to attend the (Thursday) September 23rd or (Thursday) October 28th meetings to get a better idea of the duties. All WMAAAIS meetings are at the Seeker's Church at 7:30pm.



NEW OFFICE HOURS AND TIMES FOR LITERATURE SALES

WMAAAIS has new hours, which are Monday through Friday from 2:00 p.m. to 6:00 p.m. and on weekends from 10:00 a.m. to 1:00 p.m. Literature sales are going on during all hours that the office is open, and we encourage you to support your local literature depot when purchasing Conference Approved Literature. We welcome all Al-Anon and Alateen members to stop by to see our new office.

LITERATURE DEPOT HOURS:
SATURDAYS 10:00 A.M. - 1:00 P.M.
WE ALSO SELL LITERATURE:
2:00 - 6:00 P.M. MONDAY - FRIDAY



The Public Outreach Committee participated in 4 events in May and 1 in June. We had tables with pamphlets and contact information, staffed by Al-Anon members who volunteered for several hours each. Most of the events were well attended and volunteers distributed information and answered questions about Al-Anon.

Saturday May 8

Newport Mill Middle School
11311 Newport Mill Road
Kensington, MD 20895

Saturday May 15

Northwestern High School
7000 Adelphi Road
Hyattsville, Maryland 20782

Tuesday May 18

Booker T. Washington Charter School
1346 Florida Avenue, NW
Washington, DC 20009

Tuesday May 25

Montgomery County Executive Office Bldg
101 Monroe Street
Rockville MD 20850

Wednesday June 9

Tyler House
1200 North Capitol St. NW
Washington DC 20002

We are already scheduled for several events in the fall, so keep an eye out for flyers and volunteer to staff a table if you can. Contact Sandra M. at 301-495-2747.

HELP!

WMAAAIS urgently needs volunteers to be home call receivers. We have training materials and people to help explain what to do when taking calls. If you think you may be interested in performing this necessary service, please contact WMAAAIS at (202)635-2023.

FALL LUNCHEON Nov. 6

Plans for the 2010 WMAAAIS Fall Luncheon are in full swing. A reminder that the luncheon, our 43rd, will be held on Saturday, November 6th, from 10:45 a.m. to 3:00 p.m. at the Sheraton Washington North Hotel, 4095 Powder Mill Road, Beltsville, MD. From Interstate I-95, take Exit 29B (Calverton – Rte. 212). Plenty of parking is available.

All three speakers have been chosen:

Nicholas J. of the Pathfinders Group in DC will be our Alateen speaker. Our AA speaker is Chris T. of Kensington, MD. Finally, our Al-Anon speaker is Anne-Lee G. of Bethesda.

If no one in your group is selling tickets, you can contact the service center at 202-635-2023 or info@al-anon-alateen-dcmd.org. Or, you can send your order to:

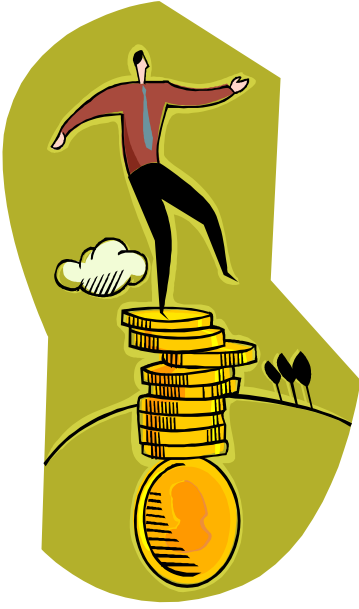
TICKET ORDER, WMAAAIS, c/o Seekers Church Building, 278 Carroll Street, NW, Washington, DC 20012. Enclose your check or money order for \$24 times the number of tickets needed, made payable to WMAAAIS.

Groups are asked to donate a new book to be used as one of the door prizes at the luncheon. For further information, call the service center at 202-635-2023.

This year, for the first time, groups and individual members will have an opportunity to buy program books at the luncheon. In addition, groups who mail, email, or phone in literature orders to WMAAAIS after October 1 can pick up their orders at the luncheon.

The committee hopes for an excellent turn-out at this great opportunity for recovery and fellowship.

Status of the WMAAAIS Budget



At the beginning of the year, we were projecting a deficit of about \$5,000 for the year. We were hoping to make up at least part of that deficit by increased contributions from groups, increased sales of literature by the literature distribution center, and direct contributions to WMAAAIS by members.

The good news is that literature sales so far are already \$1,000 above the total for last year. The bad news is that contributions from groups are running well behind the level for last year, and if contributions continue at this rate they will be a few thousand dollars below the level of last year.

Please check the spreadsheet at the end of the mailed or emailed version of this newsletter, and if your group's contributions seem small, encourage your group members to increase their contributions if they can afford it. You may want to pass around the Break the Buck flyer.

Think about including WMAAAIS in your personal list of annual charitable contributions this year. WMAAAIS is a 501 (c) (3) organization, and personal contributions are tax deductible to the extent allowed by federal tax law.

ALTERNATE GROUP REP/ INFORMATION SERVICE REP DUTIES

The Alternate Group Rep (AGR) serves as the Information Service Rep (ISR) for the group; if there is no AGR then the Group Rep. serves as the ISR. The ISR represents the group locally in the Washington Metropolitan Area Al-Anon/Alateen Information Service (WMAAAIS), at which each group has one vote. He/she serves as the group's communication links, bringing WMAAAIS news to the group and taking the group's ideas, suggestions, and news to WMAAAIS; this includes attending WMAAAIS business meetings, reading mail, reading and responding to email, and talking to WMAAAIS personnel by telephone. Some of the specific duties of the ISR are listed below:

- Be sure that the group contact information is current and gets updated with WMAAAIS and WSO when it changes.
- Check the directory and web listing to be sure the group listing is correct.
- Check group contributions as published in the newsletter.
- Be sure that new treasurers know where and when to send group contributions.
- Circulate the newsletter at meetings and encourage people to read it.
- Encourage individuals to submit short personal sharings and program-related art to the newsletter.
- Encourage the group to buy books and pamphlets from the literature center.
- Send information about group and district events to the WMAAAIS office so it can be put on the web, in the newsletter, and distributed to other groups.
- Remind people at the meetings that meeting schedules, event information, and WMAAAIS announcements are on the web.
- Announce requests for volunteers for public outreach and report the names back to the Public Outreach Committee chair.
- Encourage members to report any potential public outreach opportunities to WMAAAIS.
- Announce requests for volunteers to answer phones at home, and report the names to the Home Calling Committee chair.
- Announce requests for volunteers to work at the service center when the Administrative Clerk is out, and report the names back to the Service Center Committee chair.
- Ask the group for book donations for the spring workshop and fall luncheon.
- Announce requests for volunteers to sell tickets to the fall Luncheon.
- Encourage group members to come to the WMAAAIS business meetings when items of particular interest to the group will be discussed.

WMAAAIS has 9 meetings a year (4th Thursday at 7:30 pm) to which all ISRs are invited.

Electronic Al-Anon Meetings

I was desperate when I tried a telephone meeting. I was on a train returning from an “Al-Anon field trip” to see my qualifier. I had previously printed out WSO’s approved list of electronic meetings, which is accessed through WSO’s web site at the bottom of their “How do I find a meeting ?” page. I knew I really needed a meeting and would not return home in time to attend that night. I looked at the list and found that there was a call-in meeting in just an hour. I called in with my cell phone, then put the access code into the phone, and that was it. It was a meeting!

During the telephone meeting, they read the opening, the 12 Steps, the 12 Traditions and the closing just like face-to-face meetings. Selections from the daily readers were also read, and I followed along with my own books. We were all instructed to mute our phone to eliminate background noise, and they gave us simple instructions on how to mute. I pressed in another code, and learned that there were 58 people on the call. Some of the attendees chose to introduce themselves, and it was amazing that people from California to Maine — and from Canada to Florida — were participating in the meeting.

Al-Anon has a pamphlet called *Fact Sheet for Electronic Meetings*. It’s free. It indicates that Al-Anon thinks that Internet and telephone meetings can be a valuable way to share the Al-Anon message of help and hope. However, the pamphlet cautions that anonymity and confidentiality cannot be guaranteed. *Alateen does not have electronic meetings due to issues of safety.*

The pamphlet also talks about how face-to-face meetings and service are essential to recovery, especially since we as Al-Anon members tend to isolate ourselves. I admit I didn’t feel the same sense of community and fellowship as at a regular meeting, but it was a meeting that gave me good orderly direction and kept me connected with the program.

I have called in to the phone bridge from a hotel room since that first time and have had good experiences. Al-Anon telephone meetings have been a beneficial tool to use for my recovery.

Anonymous

Be Green — Print Your Personal Copy of the WMAAAIS Newsletter

A couple of Information Service Representatives (ISR) have asked why they have to print out the newsletter from an email instead of having WMAAAIS mail them the newsletter to take to their groups. They want to know why they have to pay for it, when in the past WMAAAIS paid for the printing and mailing.

The answer is that the ISR should not be paying for the printing. His/her group should reimburse him/her for the cost of printing. In some groups this is done by informing the group that you are reducing or skipping your contribution for one meeting. Since WMAAAIS is funded by group donations, the group will end up paying for the newsletter even if WMAAAIS mails it to the group.

It is usually cheaper for you to print the newsletter than it is for WMAAAIS to print it and mail it to you. It costs WMAAAIS about 6 cents a page to copy the newsletter. For example, if the newsletter is six pages it costs WMAAAIS 36 cents to print 6 pages on three sheets of paper. It cost 44 cents to mail the three pages, so the total cost to WMAAAIS is about 80 cents. Most home printers cost between 3 and 15 cents to print a page, so the cost to print six pages at home is between 18 and 90 cents. A newsletter that is more than 6 pages costs 61 cents to mail.

A one-page flyer costs WMAAAIS 50 cents to copy and mail, but only costs 3 to 15 cents to print at home. Of course, if you do not have a printer and cannot find someone willing to print the newsletter and other information, WMAAAIS will still mail you these items. Just contact WMAAAIS and let the service center know that your group wants to continue to receive mail rather than, or in addition to, email.