



May 2015: Address for Area 24: AFG of MD/DC INC. PO Box 878 Olney, Maryland 20832

Dear Information Service Rep. / Alternate Group Rep. / Group Rep:

AIS-DCSMD Meetings for 2015

278 Carroll Street NW
Washington, DC 20012

Steering Committee

Thursdays

7:00 p.m.

June 18th

September 17th

October 15th

November 19th

AIS-DCSMD

Thursdays

7:00 p.m.

June 25th

September 24th

October 22nd

December 3 - elections

Al-Anon Information Service Inventory

As individual Al-Anon members we learn to look at ourselves with the help of our higher power. In addition to looking at our daily actions we also look at our long term goals and whether we are on a path that will lead to where we want to be. Groups do this same thing with group inventories, and now the information service (WMAAAIS) has decided that it is time for it to do an inventory again.

Representatives from the groups voted at the March 26 WMAAAIS business meeting to have a group inventory of the Al-Anon Information Service (AIS) and Literature Distribution Center (LDC). The inventory will be on June 25 from 7:00 until 8:30 or 9:00.

One part of the inventory will cover the structure of the AIS and the roles of the volunteer officers, chairpersons, and the staff member. A second part of the inventory will look at the functioning of the steering committee meetings and the AIS business meetings.

The inventory will be guided by the World Service guidelines and the World Service Manual. These are available at the AFG, Inc. member's web site, Al-Anon.org/member. Guideline G04 is for Al-Anon Information Services and G18 is for Literature Distribution Centers. Page 64 of the WS Manual also addresses AIS's. For the functioning of the inventory G08a and G08b will be used as starting points.

In June groups will have an opportunity to suggest topics that they would like to see addressed by the inventory. The AIS and LDC were formed by the groups and are responsible to the groups. A past chair of the Baltimore AIS will moderate the inventory, and she may have some suggestions from Baltimore that we might use.

The last inventory was done about 6 years ago. The focus of that inventory was how to increase attendance and participation at the meetings. This is still an issue. There are over 100 groups in DC, Prince George's and Montgomery counties, but only about 10 to 15 groups are represented at the business meetings.

Some of the issues that have been suggested so far are:

- How to increase group representation at the business meetings.
- How to find volunteers to fill all the service positions.
- Review of the structure of the AIS and Literature Distribution Center.
- Setting priorities for effort and money among the areas of the AIS.
- How to improve the communication between the AIS and the groups.
- Discussion of the right of decision for offices and chairpersons.
- The role of the office clerk in supporting the officers and chairpersons.

Every group that has chosen to be a part of the AIS should be represented at the inventory. If your group does not have an alternate group representative to represent it then the group can select someone to be its representative. We are looking for new ideas. This inventory should not be done by a handful of people. Participation is the key to harmony

PUBLIC OUTREACH UPDATE

Nine members have volunteered to assemble English and Spanish Al-Anon Outreach Bookmarks for distribution during Late March – April. Ten members met after the 1 pm Thursday Montgomery Hills Al-Anon meeting and assembled more than 700 bookmarks for distribution at the March 26th WMAAAIS meeting to the attending Alternate Group representatives. They are also available at the May 2nd WMAAAIS Spring Workshop and will be provided to those attending the next scheduled District meetings in the WMAAAIS Service area. The Al-Anon World Service Office provides them at no charge except postage. This idea was inspired by a similar Baltimore AIS effort last year. Members can post them on bulletin boards in locations such as supermarkets, community bulletin boards, church bulletin boards, etc. It is a simple method for spreading the word about Al-Anon to potential members.

Thank you to all who volunteered for this project...we had fun as we cut and taped the bookmarks with the WMAAIS telephone number and website information. Each work session was just one hour after the meeting!

Two health fairs in Gaithersburg were staffed Al-Anon members recently.

Sunday April 26th, 2015 was the date for the first Health Fair Presented by American Diversity at the Rainbow Adult Day Care in Gaithersburg. Federal, state and county agencies participated along with many health related service organizations. The event was also celebrating National Minority Health Month by providing screening tests and health related information. It was geared to support the under-insured or uninsured and provided and educated the attendees as well had fun activities for children. The sponsors were excited and pleased to have us participate in their event. Thanks to the member who volunteered and shared staffing the table with the coordinator. We made contact with health fair attendees and health professionals from some of the participating organizations!

The 7th Annual Active Aging Expo presented by Adventist Healthcare and City of Gaithersburg will have an Al-Anon table staffed by members on Monday May 4th. It will be at the Activity Center at Bohrer Park in Gaithersburg and to date three members volunteering to share Al-Anon and provide Al-Anon Outreach pamphlets to the attendees.

Laurel Main Street Festival had Al-Anon participation for the first time on Saturday May 9th. This annual event was held rain or shine annually, so a member volunteered to loan us a tent/canopy for this occasion. Eight members volunteered to staff the Al-Anon booth and provide handouts of Al-Anon Outreach materials to the attendees. Organizers have predicted a large turnout for this event based on past years attendance.

Since the Laurel area includes Anne Arundel and Howard Counties, we obtained directories of Al-Anon meetings from the Anne Arundel AIS and the Baltimore AIS (which includes Howard County) so that attendees would have meeting information for this overlapping AIS meeting area.

EVERYTHING OLD IS NEW AGAIN!!!

Help Carry the Message" WMAAIS Public Outreach Member Packet Request Distribution Effort Continues!

Public Outreach is continuing the past coordinator's Public Outreach project which provided many packets of Al-Anon literature to professionals. This effort is a way for us to work both Step 12 and Tradition 8!

A flyer will soon be distributed to all groups with the message to "consider a hand delivery of a package of English or Spanish Al-Anon literature to a professional, ex. Doctor, Spiritual Leader, Teacher, School Counselor, Human Resources professional, Social Worker, Nurse, etc.". Members may also choose to request that Public Outreach mail the package to the professional.

Each packet provides a pamphlet about Al-Anon for the professional and literature for them to use with their clients whose lives have been affected by a problem drinker. Watch for the flyer and contact Maureen M at Outreach@Al-Anon-alateen-DCMD.org for more information.

Maureen M

A Phone Bridge to Al-Anon

At <http://www.al-anon.alateen.org/pdf/ENGLISHforWEB.pdf>, there is a list of all of Al-Anon's electronic and phone bridge meetings. After listening to the sharings on my first phone meeting, I was hooked! I benefit so much by being able to get to a meeting nearly every day—no matter what the weather is like. Meetings are held throughout the day and evening, making it very convenient to get to a meeting before or after work.

And I appreciate the fact that Al-Anon Conference Approved Literature is the backbone of the meetings. You can find a meeting on nearly any book: the Blueprint for Progress, How It Works, Paths to Recovery, the daily readers—even the new book, Reaching for Personal Freedom (<http://al-anon.org/P92.html>), is the subject of a meeting held every night, at midnight! I've made a lot more progress on my fourth step inventory by participating in the Blueprint for Progress meetings.

I have also benefitted from more chances to do service work for Al-Anon, since the phone meetings often need people to read things like the opening, the closing, the steps, and the page of the day from one of the readers. I've even been able to jump in and lead phone meetings when needed; it's easy because the scripts for the meetings are available online. "You only have to read it to lead it" is mentioned often during phone meetings.

The phone bridge meetings have brought new people into my life, including a new friend from Michigan who inspires me as she copes with the challenges of being homebound due to illness. I was connected with my Michigan friend when I led a phone meeting. She asked me for my phone number afterward. Another new friend lives in New Jersey and attends the phone meetings because she has a visual disability that prevents her from driving to face-to-face meetings. I have shared Al-Anon tapes that I purchased at our conventions with her, so she is getting to "meet" Al-Anon members who have spoken at our conventions at the Wisp resort in Deep Creek Lake and in Chestertown, Maryland. It is very gratifying to help and connect with other members.

I really feel the power of our worldwide fellowship when the meeting leader says, "Let's go around the globe and introduce ourselves by first name and state or country." As worldwide members, we recite the declaration and Serenity Prayer together, and hearing the number of voices—with slight delays that tell me people from far away are recovering together with my local friends—makes me want to hang in there and continue to work my program. I love both my face-to-face and my phone meetings! Debra S.

Pitstop Al-Anon

needs support in the form of increased attendance. Please join us on Sundays at 8:30 p.m. at St. Francis DeSales Catholic Church, 2021 Rhode Island Avenue, NE, Washington, DC 20018. There is a parking lot on St. Francis DeSales Place. We meets in the School House and there is an AA meeting at the same time in a different room.

ATTENTION – MARK YOUR CALENDAR NOW FOR
25th Fall Convention - Free and Serene in 2015

After the glow of the Spring Convention (you are attending, aren't you?), you will want to anticipate the next time you can stew in all that fellowship and recovery. Mark your calendars for the Fall Convention to be held November 6 - 8, 2015. Plans are well under way, and an intriguing array of workshops awaits you.

This year we will be offering a new option for registration. We will be accepting registrations online. (Those who register online will pay a small service fee. Early bird registration is \$96, but online it will be \$98.88.) Of course you can still print out a registration form and mail it in as before if you prefer. Information on how to do either method will be on the Fall Convention flyer.

If a small voice in you is saying "How can I help with the fall convention?" please contact Denise M at dmornini@gmail.com the Fall convention Chair and we can find a good use for your kind intentions.



SAVE THE DATE!
Mark your calendars
for the ...



25th Annual AFG of MD & DC Fall Convention

with Alateen and AA participation

Free &
Serene
in
2015



November 6-8, 2015

Hager Hall Conference & Event Center
901 Dual Highway
Hagerstown, MD 21740

Adjacent to the Clarion Hotel

New this year
Electronic Registration!

Visit us at
<http://tinyurl.com/AFG24FC>
for up-to-date information as well as
a simple link to register on-line*

*(There is a \$2.88 additional charge
for online registration)

*It's simple, safe and secure –
your information will not be shared.*

Or if you prefer, you can
do it the old fashioned way –
mail a completed registration form
along with your payment.



*Registration continues
to be a great value!
Once again, there is
no increase in cost!*





“MANTEN UN CRITERIO ABIERTO, ESCUCHA Y APRENDE”

SOLO POR HOY

Horario: Domingo 7:30-8:30 pm

5030 Nicholson Lane, Rockville, MD 20852

***** Del lado izquierdo de la plaza en la parte atrás.*****

Contacto: Alison (301) 801-3308