

# THE 2019 VIRGINIA AREA AL-ANON SPRING ASSEMBLY MINUTES

May 4-5, 2019

*“Action is Attraction – There is No Growth in the Comfort Zone”*

## S A T U R D A Y

### OPENING

- Tom S., Area Chair, opened the meeting with the Serenity Prayer, followed by the reading of the Twelve Steps, Twelve Traditions, and Twelve Concepts of Service by Shannon H., Randi M., and Ann G, respectively.
- Introduction of new groups - JC, Group Records Coordinator, introduced 2 new groups - Altavista AFG in the Seven Hills District, and the Meditation Meeting. There is also a new Alateen meeting in Va. Beach, the Alateens of Woodstock Road.
- Introduction of Past Delegates, Trustees and Visitors - Tom S. introduced our very special guest and Spiritual Speaker, Vali F., Executive Director of the World Service Office. Past Delegates Pat M., Don F. and Duane F. were also introduced. Two Alateen GRs in attendance were also welcomed.
- Introduction of Area Officers, Coordinators, Committee and Service Center Chairs.
- Tom thanked the hotel, mentioned that the Assembly documents are posted online, that the literature table is set up in the lobby of the 2<sup>nd</sup> floor, and introduced the idea of the new GR Raffle for this Assembly. He also talked about the purpose of the Assembly and referenced p. 68 of the Service Manual. He entertained us with a few “fun facts”, as well. May 1951 was our first Area Assembly.
- Concept 1 was read by Tom S.
- Recognition of Panel 56 - gifts and cards were presented to Duane F., Val P., and Wendy R., Panel 56 Officers, as a thank you for their years of service as Panel 56.

### ATTENDANCE AND REGISTRATION

- Registration Committee Report - The committee reported that 178 people registered for the Assembly, including 4 Past Delegates. 116 of those registered did so online. 96 people requested e-copies of documents rather than paper.
- Roanoke/Allegheny will handle registration for 2019 Fall Assembly.
- VAWSC members present: Duane F., Don F., Pat M., Terry W., Tom S., Stacy L., Rick A., Laura L., Molly S., Bruce B., Ginny K., Tina E., Sue A., Ann F., Valerie P., Sue V., JC L., Debi H., Barbara M., Stephanie P., Wendy R., Christy B., Phyllis F., Ami S., Lisa E., Joanna C., Mahender D., Kathryn H., Shannon H., David D., Chris

B., Rosemary R., Bob A., Sean M., Ellie F., Debbie P., Jenks H., Cherie R., Ann G., Randi M., Debbie T., Joyce M., Regan K.

- Not Present: Jenna M., Yasi S., Lisanne S., Katherine P., Samantha H., Paula S., Alice J., Becky D., Sheri T., Fran B.

**ASSEMBLY MINUTES:** Laura L.

- Minutes from 2018 Fall Assembly were emailed to the Registration Committee for inclusion in the registration packets.

**MOTION**

Made by: Wendy R.

Second by: Mary Jo B.

That the 2018 Fall Assembly Minutes be approved.

Motion Passed: voice vote

**OFFICER REPORTS**

- Treasurer Report: Bruce B. (report available upon request)
  - Bank balance is \$20,000 higher than first quarter of last year because of Convention funds
  - Income for the first quarter is \$6,000 ahead of the budgeted amount
  - Payments can be made by Paypal now and is being encouraged for all group treasurers
- Budget Discussion:
  - We have \$13,000 surplus funds that need to be spent
  - Foreign language translation equipment is being discussed
  - Website upgrades are also being discussed - this will be our primary public outreach venue
  - We have hired a tax accountant to prepare returns and make suggestions to improve best practices
  - Under consideration is a laptop computer for the office of Treasurer
  - We are obtaining quotes for liability insurance - approximately \$2,500 annually
  - Please let Bruce know about any errors in group donation reporting
  - The Area contributes about \$5,500 to each Assembly outside of

**MOTION**

Made by: Jenks H.  
Second by: Sophie L.

That the Treasurer's report be accepted.

Motion Passed: voice vote

- Alternate Delegate Report – Stacy L. - nothing to report at this time
- Delegate Report – Terry W. (report available upon request)
  - Delegate attends World Service Conference – takes our views and shares them there and brings us the views of the WSC to share
  - Referenced our links of service and referred to chart on p. 171 of the Service Manual
  - The WSC is the largest group conscience of Al-Anon Family Groups worldwide – policy matters are discussed, how can we best serve, where are we going from here?
  - We are lacking a Southeast Regional Trustee – duties and qualifications can be found on the WSO website. See Delegate's Report for more details.
  - Budget deficit projected of \$178,000 for 2019 –no new CAL this year, but more importantly the WSO spends \$292 on each group each year and here in VA each group contributes roughly \$119 to the WSO each year. An additional contribution of \$8.00 per group would cover the \$178,000 deficit.
  - We currently have 214 e-meetings with thousands of members

#### **COORDINATOR REPORTS (most available upon request)**

- Public Outreach – Val P. – Adopt-A-Doc introduced – challenged every group to adopt one doctor. Working on expanding diversity – translation equipment will help – let someone know if you think this would be helpful. Al-Anon calendars are also in the works if the interest exists. Two new PSA's were shown – there are two different versions – one about a spouse concerned about her husband's drinking and the other based on the 20 questions about someone's drinking. They are produced in English, Spanish and French.
- Literature/Forum – Ann F. – Three of her favorites for any question you may have are the Service Manual, Paths to Recovery and Many Voices, One Journey. Proposed a challenge to the membership to read all of our literature in the next year, along with her
- Group Records – JC L. – If you need to change group information, report the change to your DR and your DR will report the information to JC. He can then update the Area and WSO database.
- AAPP – Debi H. – we currently have 17 active Alateen groups, with another in the works, and 154 AMIAS sponsors. Our districts need to be sure our active AMIAS' are meeting the minimum requirement. We are in the process of recertifying and synchronizing the database with the WSO Alateen database
- Alateen – Ginny K. – combined with AAPP
- Archives – Sue A. – if you have Al-Anon items, tapes, etc., from any of our conventions, etc., please consider donating them

- Northern VA Service Center - Phyllis F. - moved from Falls Church to Manassas at the beginning of the year; phone number is the same
- Tidewater Service Center - Ami S. - finished 2018 with a deficit but has a wonderful committee that intends to turn it around
- LRPC - Wendy R. - looking for two at-large members who are interested in joining this committee to brainstorm ideas for the future. What do we want to look like going forward?
- MEAC - Yasi S. - combined with AAPP
- ESAC - Lisa E. - combined with AAPP
- Website Update - Sue V. - Webex Adoption - please let Sue know if your district has an interest in using this. Sue will hold additional training and send out email about when this will be held. Email addresses have been updated. When you use these email address, your personal email address will show. We are interested in forming a content committee to review information submitted for the website for appropriateness. Many improvements to the website in the works. Contact Sue at [webcoordinator@vaalanon.org](mailto:webcoordinator@vaalanon.org).
- Convention - Christy B. - The Convention Committee opened their report with a skit. Registration is almost full and the price goes up June 2. 206 are registered. The budget for the event is \$35,000. A silent auction will be held and groups are encouraged to contribute baskets for the event. The committee is still in need of four volunteers to facilitate workshops.

#### VAWSC Voting Items:

- **Voting Issue: Alt Treasurer/Alt Secretary** - Informed group conscience procedure was summarized by Tom.

#### MOTION

Made by: Tom S.  
Second by: Bruce B.

That the Virginia Area Assembly establish separate Area Alternate Secretary and Area Alternate Treasurer positions to replace the current Area Alternate Secretary/Treasurer position. The Area Alternate Treasurer will assume Convention Treasurer responsibilities after the August 2019 Virginia Area Convention.

Motion Passed: by show of hands, 109 in favor, with 5 opposing and 3 abstaining

- **Discussion Topic: Bylaw Revision** - There are some changes needed for 501(c)(3) status and some just to clean up discrepancies. Current bylaws contain some redundancy with the Service Manual, also, where we can just refer to the Service Manual instead of repeating it.
  - The Assembly consensus was to move forward with the bylaw revision process

## SUNDAY

- Tom opened the second day of Assembly with the Serenity Prayer
- Molly S. will be resigning from her position as Alt. Secretary/Alt. Treasurer later this summer due to a move.
- Our spiritual speaker was introduced by Duane F.

### **SPIRITUAL SPEAKER – Vali F., WSO, Executive Director**

#### **What's Happening at the WSO? – Vali F.**

- Evaluation form – Proactive Trustee Visit – Attendee Evaluation Form - please evaluate her visit
- The WSO takes our ideas and translates them into action plans (P. 198 SM)
- WSO Strategic Plan includes the WSO Purpose and the WSO Mission Statement; it is research validated
- The WSO website contains information on the goals, staff
- Vali presented the WSO staff by power point
- WSO is responsible for international public outreach
- WSO is expanding the role of electronic meetings. There is a staff member responsible since they are international in nature and can't have a GR
- PSA campaign will begin in the fall - each has a different web address and phone number so we can gauge effectiveness.

#### **7<sup>th</sup> Tradition basket and Assembly comments:**

- Can we have a discussion about a transition meeting from Alateen to Al-Anon?
- Add the GR roll call
- Are contributions tax deductible? Group donations are not tax deductible unless the group itself is a non-profit. Donations to the Area may be. Seek the advice of a tax professional
- What is AFG doing for the next generation, 20-35-year olds? Once we get them in the door, how do we keep them?
- Can we have more in-depth discussions about diversity?
- **Delegate Report continued:**
  - Briefly described the International Convention in Baltimore, MD in 2018
  - \$217K made on the Convention
  - Please come to the upcoming Virginia Area Convention in August 2019
  - 2020 AA International Convention is in Detroit, MI - anticipating 50,000-60,000 attendees
  - Next International Al-Anon Convention is June 29-July 2, 2023 in Albuquerque, NM

- There was discussion at the Conference about whether groups that allow a moment of silence for meditation or group meditation meet the qualifications of an Al-Anon group - referenced SM p. 34 and CTC Dec. 3
- Encouraging service - emphasize healthy, strong groups
- Electronic district meetings and business meetings - Virginia is keeping pace here
- 40% of Al-Anon groups are outside of the WSO service structure - see the international outreach efforts being made on the WSO website.

## **CLOSING**

- Tom S. closed the Assembly meeting with the Al-Anon Declaration.

Respectfully submitted,

Laura Lovern  
Area Secretary

Tom Spillman  
Area Chair

**Let it Begin with Me**

## **UPCOMING DATES**

- **June 1, 2019 - Area Officers' Meeting - North Courthouse Road Library, Richmond**
- **August 3, 2019 - VAWSC, (TBA)**
- **August 23-25, 2019 - Virginia AFG Convention - Westfields Marriott, Chantilly, VA**
- **October 19-20, 2019 - Fall Assembly - Doubletree, Midlothian**
- **December 7, 2019 - Area Officers' Meeting - Doubletree, Midlothian**
- **May 16-17, 2020 - Spring Assembly - Doubletree, Midlothian**
- **October 10-11, 2020 - Fall Assembly - Doubletree Midlothian**
- **May 15-16, 2021 - Spring Assembly - Doubletree Midlothian**
- **October 16-17, 2021 - Fall Assembly - Doubletree Midlothian**