

AL ANON NEWS

“PARTICIPATION IS THE KEY TO HARMONY”

When you release
expectations, you are
free to enjoy things
for what they are
instead of what you
think they should be.

Mandy Hale

WWW.LIVELIFEHAPPY.COM

Does COVID-19 have you missing hugs?

Message from WSO

With COVID-19, WSO makes recommendations on how to keep up on your recovery. See page 4.

HAVE SOMETHING TO SHARE?

Send your thoughts!

Share your messages, or experience, strength and hope for the next newsletter to alanon_39@yahoo.com. Include first names only please.

Save the Date!

Lots of Recovery this Year!

From AA International Convention to District 39 Gratitude dinner, See page 2 for more information.



INSPIRATIONAL QUOTE

No one can make you feel inferior without your consent.

~Eleanor Roosevelt

Open Speaker Talk

Due to COVID-19, the Open Speaker Talk has been canceled indefinitely. It will be replaced by another 7pm meeting in the same room.



2020 INTERNATIONAL CONVENTION

COME TO DETROIT!

A.A. members and guests from around the world will celebrate A.A.'s 85th year at this event with big meetings on Friday night, Saturday night, and Sunday morning in the Ford Field Stadium.

Advanced registration for the Convention is available through April 15, 2020 for \$115.00 US per attendee. Registration after April 15, 2020 will be \$140.00 US per attendee.

Al-Anon participation will include a variety of sessions held during the day on Friday and Saturday. Al-Anon members are also welcomed to attend the A.A. big meetings. (Source: The Loop)

Go to <https://al-anon.org/blog/see-you-in-detroit/> for more information.

DISTRICT 39 HOSTING STATE CONVENTION 2021

District 39 will be hosting the Al-Anon State Convention at Great Wolf Lodge April 30-May 2, 2021. The planning committee is busy finding speakers, but needs your help!

If you or your group is willing to volunteer, please contact Karl at kkeinath@chartermi.net or 231-342-0893 for more details!

Hi Everyone,

Soon we are hoping to have an Alateen meeting functioning on Saturday nights at the Covell Cancer Center on Munson's campus at the same time and place as the Open AA speaker meeting. We have two plus Alateen Sponsors (AMIAS) willing to substitute if needed so we are excited! Most probably we will host a meeting in a Traverse City School next fall.

If you are an AMISA or become certified, you can host a meeting in conjunction with an Al-Anon group or in a school. There are many more school settings to explore and other venues as well. Please consider serving the teens. Current AMIAS please send you certification paperwork to Jodi as soon as possible. If you did not receive communication about this, please let me know.

Editor note: There was a certification workshop scheduled at the state convention this year, however since it has been canceled, you are still responsible for attending a workshop once every three years.

If you have any questions about this, please do connect with me. These teens need our support and I'm thrilled we are making progress in establishing more meetings for them.

Thank you to all AMIA who are serving and willing to serve! You do make a difference in the lives of these teens!

Yours in Service,

Marti W (231 409 6417 text or call)

A Message from your District Representative

Hello District 39,

Wow! What a difference a week makes. A week ago I was still working, hanging drywall and installing base trim. Today I am sheltering in place at home. On Friday, my wife and I visited our daughter and grandsons in Cadillac. On Saturday, we learned that Wexford County reported its first case of COVID-19 sickness. It is an understatement to say that we are living in stressful times.

Most of the meetings in District 39 have switched to a conference call format. I attended the Monday and Tuesday night meetings. I was surprised at how well I could hear what people were saying and how orderly the meeting was. Using a roster and having people speak/share in order worked very well. Keep in mind that you can join most District meetings with the same numbers - dial 415-634-6763, PIN 196587. Thank you Marie S for setting up this opportunity for us.

Other District news: Pam G - (231-675-8212 or pam_graves73@yahoo.com) - is now doing our email blast, and continues to put together the District newsletter. Marie S. is now updating the meeting list, and continues to maintain our District website. Thank you Pam and Marie for your service to District 39.

I also want to thank the three women they replaced for their years of service: Tammie M - email blast, Sue N - website, and Tina - meeting list.

The 2020 State Convention has been cancelled. I feel sorry for the planning committee members who have been working for over a year. Our Area 27 Delegate Ann M says that maybe they will host the 2022 or 2023 Convention. The 2021 Convention Committee (District 39) met at the Great Wolf Lodge on March 7th. We have several speakers booked and are working on a meal plan. We plan to meet next on May 9th, but that may be a conference call meeting. We still need a chair for the Convention Decorations Committee.

We are planning to have an AI-Anon Potluck Gratitude Luncheon with AA participation in the fall. It will be at the Unitarian Universalist Church on Saturday, October 3, at 12:00 noon. We will have AI-Anon and AA speakers (and maybe an Alateen speaker), and another awesome AI-Anon potluck.

Yours in service,

District Representative Karl K

You can't control everything. Sometimes you just need to relax & have faith that things will work out. Let go a little & just let life happen.



Yesterday's the past,
tomorrow's the future,
but today is a gift.
That's why it's called
the present.

Bil Keane

When anyone, anywhere, reaches out for help, let the hand of Alanon and Alateen always be there and let it begin with me.

Keep coming back – it works when you work it!

COVID-19

The World Service Office (WSO) has received many queries from members regarding how groups, Districts, and Areas should function considering the novel coronavirus COVID-19. As a clearinghouse of information for the AI-Anon Family Groups, the WSO has no informed guidance to offer on health matters. As in every challenging situation though, our experience, strength, and hope encourage us to rely on the principles found in the Twelve Traditions and Twelve Concepts of Service to guide us. In this situation particularly, we recognize the wisdom expressed in Tradition Two which urges the WSO, Areas, Districts, and groups to rely upon “one authority—a loving God as He may express Himself in our group conscience.” To ensure our group conscience decisions regarding Staff safety and wellbeing at the WSO are informed and thoughtful, we monitor reliable local, national, and global health authority advisories daily to understand the ever-evolving situation. Based on current information from the Governor of Virginia, the Centers for Disease Control and Prevention (CDC), and the World Health Organization (WHO), the WSO is continuing business operations in the office as usual, while encouraging Staff who are ill, or are in direct contact with others who are ill, to stay at home until fully recovered. We have also implemented the proactive measures recommended to minimize the spread of the flu and COVID19. As of today, we are continuing with plans to hold our annual World Service Conference in Virginia Beach in April. If conditions change, the Board of Trustees will reevaluate and take an informed group conscience decision at that time, communicating the results to all who might be impacted. Similarly, in making informed decisions, we suggest groups, Districts, and Areas access national and local health authorities to gain the knowledge necessary to talk to each other and reason things out. In accordance with Tradition Four, we encourage groups to be flexible in considering alternatives that limit personal contact—anything from linking arms at the closing to temporarily holding the meeting electronically. Groups that choose this latter alternative need not register with the WSO as an Electronic Meeting unless the electronic platform becomes the group’s permanent format. Of utmost importance is providing an environment which allows AI-Anon newcomers and members the opportunity to feel safe and maintains the unity of the group. If your group is impacted and members are not able to meet in the scheduled location, please notify your local service arms. As a suggestion, group members may want to consider attending one of the many registered Electronic Meetings found on the [Meetings tab at al-anon.org](#). Thank you for allowing us to continue to be of service to our AI-Anon Family Groups.

Source: <https://al-anon.org/for-members/wso/news-from-the-wso/update-on-covid-19-coronavirus/>