

# *Kansas Stepfinder*

*October 2008*

*One Day At a Time . . .*

## From the Editor

*I am like the turtle I see each day when I take my breaks in the zoo. He swims in a circle around the edge of the tank, attempting to break out of his prison with its high walls. Day after day he swims, but nothing changes. The walls are too high, but he does not learn or accept that .*

*Al-Anon has taught me acceptance. I may not like my circumstances, but when I accept them, and my attitude changes, life becomes much easier. What I once viewed as a prison, can now become a learning experience.*

*Life is never easy. Al-Anon teaches us that taking one day at time allows us to handle problems we thought we could never face. By working the twelve steps, by meditation, by going to meetings, we can change our beliefs about our problems until they are not insurmountable. We work on ourselves, seek help when we need it through our higher power, Al-Anon friends, and reading our literature.*

*Karen L*

## DELEGATES REPORT

### 2009 WSC:

The Finance Committee and Board of Trustees reviewed the projected costs of the 2009 World Service Conference (WSC). After careful consideration, the equalized expense amount for the 2009 WSC is \$1,250.00 (U.S.). The entire cost to send a Delegate to the WSC is \$1,890.00 (U.S.). Last year three Areas gave amounts that were greater than the equalized expense, but less than the entire cost; 32 Areas contributed the entire cost to send their Delegate to the Conference, and one Area sent in more than the entire cost.

### Motion 5:

At the 2008 WSC, the Delegates were asked to discuss with their Areas the Process for Managing Excess Bequest Funds and to return that information to the WSO by December 15, 2008. In order to allow more time to evaluate the information,

Your answer to these questions will help the Finance Committee as they plan for the 2009 WSC.

At the 2009 World Service Conference Motion 5 will be addressed and our Panel 49 Delegate will be involved in the conversation and voting on the outcome, in the present we are asking for your input, questions, and concerns. Please let me know as I need to submit this to our World Service Office before December 15, 2008.

### Background

**5. MOTION to recommend that the 2008 World Service Conference adopt the procedure for managing excess bequest funds in the event that the Conference approves the revised policy on Bequests in Motion 4.**

### Background

The 2008 World Service Conference approved Motion 4, a procedure is needed to outline how the Board, the Conference, and the World Service Office will work together to implement the new policy on excess bequests. The *Digest of Al-Anon and Alateen Policies* includes the policy on bequests, but the procedure to implement that policy is not itself a policy and would therefore not be included in the *Policy Digest*.

It is intended that the World Service Conference will authorize the use of this money for special projects that support the Strategic Plan, rather than to fund normal business operations. The procedure mandates the distribution of a minimum percentage of the fund each year so as to avoid the accumulation of large sums.

The Finance Committee submitted the following procedure for managing excess Bequest Funds, along with suggestions of the types of projects that could be funded.

The Finance Committee recommends that spending an annual minimum of 25 percent of the money in the Excess Bequest Fund is reasonable.

The following plan establishes a clear flow and timeliness of information:

By September 30 of any given year, Conference members will be notified of the amount of money in the excess bequest fund to date.

By October 31, Conference members will be asked to submit projects that support the Strategic Plan, using the amount of excess funds available as a guideline.

Prior to the January Board meeting, the Finance Committee will research the costs associated with the proposed projects.

The Finance Committee's findings will be presented at the January Finance Committee and Board meetings respectively.

In February, the information will be sent to all Conference members.

In April, the Conference members will prioritize the proposed projects on the floor of the World Service Conference.

After the Conference prioritizes the projects, projects will follow the normal process of staff implementation and volunteer oversight.

The following suggest types of projects that may be submitted:

A mailing of the publication *Al-Anon Faces Alcoholism (AFA)* after articles are featured by columnists such as Dear Abby

Grants to help Areas send meeting lists along with copies of AFA

AFA printed and distributed without charge WSO matches Area funds spent on Public Outreach projects

Reduce costs for Regional Forums and Public Outreach Seminars

The creation of an Al-Anon/Alateen sponsor training video

Use of web casts to connect Areas to special events

The Policy Committee approved this procedure on January 25, 2008.

#### **International:**

I received a thank you from WSO for Kansas Participation in the Parade at our International in Pittsburgh July 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup>. 7 Kansas Al-Anon and Alateen members walked in the Parade in costume using the wizard of oz theme.

There is a blog on the Members Web site which those who attended can share their experience of different aspects at International, the next International is in Vancouver, BC, Canada July 5-7, 2013, Start saving now and enjoy the experience!

#### **Literature Committee:**

The Literature Committee is now accepting resumes for at-Large members from anywhere in the U. S. and Canada. This change allows members to serve who have constraints on time and distance. The ability to use the Internet and attend conference calls is desired.

#### **RSS future:**

An RSS Task Force formed in July met to develop some of the ideas generated from last year's RSS Thought Force. We are striving to develop a plan for an innovative RSS that could be presented at the 2009 WSC.

#### **Service Manual changes:**

Changes in the Policy Digest resulting from the 2008 World Service Conference can be found on the members web site in a printable version to update your Service Manual, click on "Publications", "Service Manual", "Changes".

## TREASURER'S REPORT

As of 8-31-08, we have \$12075.98 in our checking account. That is \$4591.78 more than last year at this time. Our beginning balance on 1-1-08 was \$8798.72. We had an income of \$9522.20 and expenses were \$6244.94. As of 8-31-08 our reserve fund balance was \$10897.57 + \$297.61 interest = \$11195.18. The interest will be given to the World Service Office along with our contribution as agreed. Our total income is up by \$1332.09 from this time last year. That is because of the generous contributions made by our Literature Distribution Center and the District 19 & 20 Cookbook Fundraiser. So far this year, the Literature Distribution Center has given \$3000.00 and the cookbook fundraiser has netted \$1200.00. Our Area Fundraiser at Conference netted \$195.00.

Thank you for all your hard work. I think this shows great progress in diversifying our contributions. Contributions from Kansas Al-Anon groups are down by \$851.63 from this time last year. We got contributions from 73 of our groups. That's 48%. This is up from the last couple of years. Thank you. July was a great month; contributions from groups in July totaled \$727.68. It breaks down like this for this year to date: 73 Al-Anon \$3412.71, 1 Alateen group \$25.00, 5 Districts-\$445.00(up by \$235.00), 10 Memorials- \$717.50(up by \$592.50), 2 B-Days- \$95.00, 2 personal contributions-\$45.00 = \$4740.21. According to my figures, 77 groups have not contributed yet this year. We had 1 new group that contributed this year, we had 11 groups that have not contributed in a while (maybe years), 11 groups contributed the same amount as last year, 15 groups gave more, 2 gave significantly more, 20 gave less than last year, 3 gave significantly less and 10 groups that contributed last year have not yet contributed this year. Our expenses so far this year are \$6244.94; that is up by \$1519.92 from last year at this time, but that is mainly because we put \$1500.00 into our reserve fund. I estimate our outstanding 2008 expenses to be \$5790.00 which means we should be under the budget by about \$115.00. This includes paying the full amount of \$1890.00 to send our Delegate to Conference next year.

My last Appeal Letter of the year will be sent out with the Agenda for the November Assembly. I do have a correction to make on my last Appeal Letter that I sent in June; I inadvertently listed the dates of contributions from your groups as January thru June when it should have been January thru May. Sorry for any confusion this may have caused. I do have the Memorial Book available for your viewing and I do have Birthday Cards available. Please send all contributions to me at: Kansas Area AFG PO Box 281 Leavenworth, Ks. 66048. If you or your groups have any questions, suggestions, comments or concerns, please call me at 913-682-7839, email: treasurer@kansas-al-anon.org or write. I will do my best to answer your questions.

*Cindy H*

## *The 37th Annual AL - Anon / Alateen Conference*

*June 26,27,28 2009  
Highland Convention Center  
Great Bend, KS*

*Let it begin with me. . .*

*Enjoy. . .*

*\*a weekend of spiritual renewal nurturing your soul.*

**ALTERNATE DELEGATE  
REPORT**

## **ALTERNATE DELEGATE REPORT**

Charla shared that Mike S could not be here this weekend or November Assembly and so had offered his resignation. However, Charla did not accept it because that would imply we needed to replace him and since World Service Conference is over for the year, the alternate delegate position does not need to be filled.

### **2008 CONFERENCE COMMITTEE REPORT**

The 36<sup>th</sup> Annual Kansas Al-Anon/Alateen Conference, "Willingness-Our Future", was well attended.

Along with our Area members, we welcomed guests from Florida and from New Zealand; it was a very special treat getting to meet and know these ladies and how Al-Anon works at their homelands. If you weren't there, I'm sorry you missed them. Also our terrific speakers shared their awesome experiences, strength and hope with us. The Conference was attended by 104 Al-Anon members, 18 Alateen members, 17 AA members which includes our Speaker and Recorder, and 2 guests, making it a total of 141 attending. By picking most of our Speakers closer to home we were able to make money, and on June 15 our Finance Chairman gave the Area Treasurer a check for \$195.00. The Hospitality Room was well used, thank you to everyone who brought food; it was outstanding and there was lots of it. It was estimated that Saturday noon there were 100 people who enjoyed the Hospitality Room. Our Early Bird Meetings and the Candlelight Meeting were all well attended and the feedback on them was inspiring. Thank you to all who donated our Lucky Chance items, this is always such a hit with everyone. We read and discussed at length the feedback we received in the Comment Box. We tried a suggestion made last year to sell literature and found it was not worth the time or the labor; basically all we sold were some Beginner's Packets. So our suggestion would be to stick to order blanks in the future. But we did try it. May I suggest everyone try hard to attend the 2009 Conference; it will be closer to those in western Kansas. I do hope our groups to the west can take advantage of this opportunity to support that Conference and its Committee; let's show the Area you all know how to do just that.

*Judy W*

### **2009 CONFERENCE COMMITTEE REPORT**

We had our first early meeting on August 24, 2008 at the Highland Hotel in Great Bend with 5 out of 10 Committee members attending. Conference dates for the 2009 are June 26-27-28, 2009. The price of the rooms will be \$75.54 with tax (2 dbl or King) at the Highland Hotel in Great Bend. Registration will be same as 2008 (\$17.00 preregistered, \$19.00 Al-Anon/AA at the door, \$8.00 Alateen) and Sunday will be free. We are planning on having Crazy Bingo and Karaoke again this year at the conference. We are planning on having the early Bird Meetings again. We would like to look at speakers from out of state.

We would like to have a fundraiser for the Area again. If approved, we need donations for the fund raiser. We request volunteers to make Love Gifts, Banquet decorations (Alateens volunteered for this), and speaker table decorations. We always need book donations for the book give away. The colors will be peach and teal and the theme is Let it Begin with Me. The conference committee has asked AWSC if the conference committee members' registration can be paid for by the conference account.

*Jayme T*

## **\ ARCHIVES REPORT**

I have completed the Area 20 job description and sent it to Candy. One other comment I will add about the job description is the archivist might expect to receive materials when long time members pass away. I have found this to be true during my term as archivist. I plan to share the job description I have prepared for the Kansas area with

WSO. This will add clarity to the Area Archives position with the job description. With this hope I see future archivists enjoying the wealth of knowledge contained in our area archives as well as giving future members a clear perspective on what is involved when one accepts this service opportunity. I consider service as an opportunity for growth. I held an archives workshop on Saturday June 7, which I called an archives treasure hunt. The focus of the workshop was sorting through material donated from our late past delegate, Betty B. It turned out to be a one on one workshop.

I would like to thank Terry R. from Miami County AFG for helping me sort materials. She even volunteered to take material home with her to sort & categorize. I believe we did uncover a treasure of program wisdom, as well as a feeling for the dedication Betty had for the Al-Anon program. We found items such as a copy of Betty's personal story she had prepared before a speaking engagement. We also found a questionnaire inquiring about Betty's Al-Anon history. I also turned up a practical guide for handling archival material. That could come in very handy. There is still more work to do, but we made a good start. The recurring theme that kept surfacing during the workshop was made evident by multiple copies of the same issue of the Forum turning up. This is what it said on the back cover of the January 2002 copy of the Forum. "I have faith that all things are working together for good." This is something I always want to remember!

I have a personal story I want to include in my report that adds meaning & importance to the preservation of archival material. The story is of my experience of a tour of Dr. Bob's home in Akron, OH while I was in Pittsburgh for the International convention. When I first checked on this tour it was sold out. Then an 8 am tour was added to the schedule which I booked. (This was kind of a challenge. I'm not a morning person.) This was one of the most memorable parts of my trip. I know Al-Anon is a separate entity from AA, but our roots are very closely intertwined. Seeing the home where AA was born, along with all the archival material was very moving. This trip reinforced my awareness of the importance of preserving our history by preserving our archives. I am asking members for copies of the Forum for 2006, 2007 & 2008. I have the goal of saving my personal copies of 2008, but I need 2 sets of Forums. I do not have the list of needed copies right now. I will have an updated list of the needed copies by the November assembly. If there is anyone who is willing to donate their copies to archives please let me know. I also need Conference & KARU programs from 2006 & 2007. Wisdom from the archives. (This month's report's quotes are from Betty's collection. February 1974 Forum )

"My prayer on a twelfth step call is: 'God, you take care of this person & if I can help you, let me know.' Ralph J., Ozona TX

"Loving for free means no strings; it does not mean no responsibility." John DeF., Abilene TX

"Some women ask their husbands a question, answer it themselves, and go away mad!" Gert B.

*Ruth Ann T*

## **2008 AA CONFERENCE LIAISON**

Beverly B from Lewisville, TX, the Saturday Al-Anon speaker, will be arriving Friday in Wichita and Terry R., her host, will pick her up at the airport and bring her to Salina. Terry's daughter, Maggie, has agreed to be the Alateen speaker for Saturday. Laurel will have a panel of Al-Anon members to share on the theme of "Putting It Together" for the Saturday morning workshop. Keo O. will replace Charla C. as the emcee for the Al-Anon speaker as Charla had another commitment. I have readers lined up for the Al-Anon speaker meeting and the Alateen speaker meeting readers will be announced at the  
you are planning on attending and haven't filled out a registration form yet, please fill it out. Hope to see you there and thank you for giving me this wonderful service opportunity this year! *In February we will need to vote a new liaison for the following year.*

*Lori R*

## **KANSAS CITY INFORMATION SERVICE REPORT**

Sales have been brisk. We have already sold two cases of the new book, *Discovering Choices*. The program of offering to deliver books or take books to meetings is going well. The Literature Depot is currently self-supporting with book sales. The Depot recently donated:

- several brochures to a health fair
- previous editions of the Alateen 4th Step workbook to Alateen groups in our districts
- several brochures to the Outreach coordinators.

A group that no longer meets donated back to the Depot several brochures and some books. These were put into inventory if new, donated to groups and outreach if not in new condition.

*Betty R*

## **ASSEMBLY INVENTORY DISCUSSION**

We discussed some of the changes implemented at our last assembly. We decided the newcomer workshop and greeters would not be necessary this next assembly as it is the end of the three year term but both should be implemented next May. The Sunflower Room did work much better for the Newcomer workshop. Roll call with the added district reports was a little too loud; we will move the district reports to directly following roll call rather than a part of it.

*Charla C*

## **GROUP RECORDS REPORT**

We have 149 Al-Anon groups, 1 Institutions group, 15 Alateen groups, 2 Local LDC's and 2 Information Centers for a total of 169 groups. Letter from Barbara O., Director of Member Services at WSO, now says database at WSO can allow each group to register 3 meeting days and times instead of 1 day and time. All meetings must be at the same location and have the same CMA, contacts, etc. and benefits are limited, such as 1 Service Manual, 1 Forum subscription and 1 vote at Area Assemblies, among other things. Judy read over the procedure WSO uses before a group becomes "Inactive" and eventually "Purged" from their records, due to returned mailings from a nonworking mailing address. There are a couple of "trouble" groups in the district that we can not get contact numbers or addresses for or who do not want to receive any information.

*Judy W*

## **AFG LITERATURE DISTRIBUTION REPORT**

The first 8 months of 2008 have not been as brisk as last year. Total sales were \$7,965.22 for 2008 and \$14,807.10 for the same time period in 2007. The contribution to the Kansas Area AFG will be \$1500 this period. The new book Discovering Choices was released at the Al-Anon Family Groups International Convention over the 4th of July. I asked a member of a group I attend to read, review and comment on it. He had raving reviews and chaired a meeting with a topic from it. I have several copies on hand. I was a bit better prepared for the rush than I was last year with the new book release but in all fairness, this one has not sold half as fast as the last one. A great big "Thank You" to those of you who help sell literature during the breaks and for packing and unpacking. I appreciate your assistance and hope that you will consider being literature coordinator for the next period.

We ordered 800 copies of the 2008 Al-Anon Faces Alcoholism. However, less than 100 of them sold this year. There is a State Wide Health fair coming up soon that I will be asking the AWSC to donate them to the cause. They are dated and not doing any good sitting in storage. I did not get any of the 2009 special issue ordered for the 1st shipment. I will also ask to donate the majority of the prescription pads we've had for more than 2 years as well. A limited amount of literature was available for sale at the Al-Anon State Conference this year. More than \$1000 of literature was available while less than \$150 was sold. My recommendation is to discontinue having the literature there. There are many ways to reach me to place an order. The literature is located at 301 SW Gage, Suite 101, Topeka, KS 66606. Mailing your request there is great. If you do not have a current order blank, one can be found on the Kansas AFG web-site at [www.kansas-al-anon.org](http://www.kansas-al-anon.org). My email is [literature@kansas-al-anon.org](mailto:literature@kansas-al-anon.org). My cell phone is probably the best way to insure I get the message. That number is 785-224-9310. If that isn't enough, you

can fax me at 866-444-6163. If your order is not received within two weeks, please notify me immediately. I've had on occasion an order I needed to ask for clarification without any contact phone number. So, as a rule of thumb, you can expect to receive your order in 2 weeks or less. So call, email or somehow let me know if your order is not received or is incorrect. .

*Nancy S*

## **STEPFINDER REPORT**

This will be my last Stepfinder. I have enjoyed my tenure as Stepfinder editor. I have been stretched in many ways, but I currently am working two jobs and no longer have the time. Thank you for this opportunity.

We currently have 14 subscriptions to the Stepfinder. Paper copies are \$10 and email copies are \$5. I'd like to request that DRs and coordinators do NOT use last names in their reports to me. Occasionally I miss one.

*Karen L*

## **PUBLIC OUTREACH REPORT**

What a great job you all have done. "Al-Anon Faces Alcoholism 2008" was put to good use by many of you. Don't forget to order it for 2009. It is a very easy way to reach out. Re-check radio and TV stations to make sure they have PSA's. Also be sure to thank stations for broadcasting them. Al-Anon was at Kansas Association of Court Services Officers Conference and Kansas School Nurses Conference held in Wichita, Health Fair (Cross-Lines Community Outreach) in Kansas City and the Kansas Public Health Association, Inc., in Topeka. You all have taken panels into treatment centers and schools, hung posters, left hope, manned help lines, placed Al-Anon in newspaper and phone books, mailed out information to schools, and lots more. A large thank you to the Public Outreach committee for your hard work, all your ideas and your commitment to Public Outreach.

*Gayla B*

## **WEBMASTERS REPORT**

I have switched host providers as I informed you in my last report. This new host supports asp.net which is what I am going to use to make it possible to search for meetings in a database. This will allow visitors to our website to do a search by city, district, zip code, etc. I was hoping to get it done this summer, but the arrival of my new granddaughter took precedence. Remember, by clicking on Members' Page, you can get all kinds of great information, such as meeting minutes and agenda for the Area World Service Committee meetings and Area Assemblies. You can download a group expense form, an Alateen AMIAS form, as well as reports and info from our delegate and WSO. The Kansas Area website is an excellent way to share information and have easy access to that information at any time. Remember to send me flyers and information to post for special events. I invite any suggestions for ways to use the web site. Thanks again for allowing me to serve the area.

*Candy M*

## **AREA ALATEEN PROCESS PERSON REPORT**

As you hopefully know by now, I make sure the Alateen groups in Kansas are keeping within the Safety and Behavior Guidelines for OUR area Alateens that we set forth the end of 2004. I have several of copies of the Area 20 Safety and Behavior Guidelines, as well as the various forms needed (AMIAS, Group Registration/Change, Permission, etc). There are two Al-Anon Guidelines that pretty much explain what my service

*Lyn C*

## ALATEEN and AST. ALATEEN COORDINATORS REPORT

The past three years have been quite a journey. In 2006 I went as far as we can make it, last year I slid into Recovery and this past summer I was raised higher. Working with the Alateens for KARU has been a joy. Since our last report we had 2 Alateen speakers at the Al-Anon/Alateen Conference, Richard R, Wichita, and Jessica A, Paolo, KS. The Friday night candlelight meeting and the new event "God of Our Understanding" Sunday morning were great. Thank you all for supporting Kansas Alateens. July 2008 KARU went well. We had 20 more Alateens participating this year. Their theme was "YOU RAISE ME UP" with the song by Josh Grobin. I want to thank the assembly for loaning us money for the down payment. Today we have a check for the loan. We will be asking this committee and the assembly to raise KARU registration \$5.00 making it \$90. 2009 theme is One Day At A Time with theme song "Everyday" by Rascal Flatts. Dates will be July 24th, 25th, & 26th, 2009. Next weekend at the AA Conference, Maggie R, KS Area Assistant Alateen Coordinator will be our Alateen speaker. She went to the Al-Anon/Alateen International Conference in Pittsburg, PA in July and was asked to be one of the facilitators for one of the workshops. We, the AMAC Board, are still working on details for AMAC; as soon as we get details we will get fliers out.

*Donna M and Maggie R*

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# District Reports

## District 5

Unfortunately, due to lack of participation and reduction of group sizes, the district meetings scheduled up until the end of the year have been cancelled. There have been only two groups represented at the district meetings for the past 3 years. Other than a couple district meetings there have only been 3 persons attending the meetings...(i.e., the DR, The District Secretary and the District Treasurer. One other group has contributed financially. The two groups that have been represented have participated in scheduled events such as the workshops; and have contributed individually financially. As of now all district business will be discussed at the end of the Serenity Group Business meetings. Hopefully, a new DR will be elected in November as well as a new District Secretary. The current District Treasurer is willing to serve another term. Minutes will be taken regarding district business and mailed out to all groups within the District.

I have been both humbled and grateful to serve as DR these past four years. I have learned a lot and grown a lot. One important thing I have learned is that it's not all about me. This is not MY district; rather it is OUR district. This is one of those "Let Go and Let God" moments. Our Higher Power is in charge; and it will all work out okay.

*Stevie W*

## District 6

District 6 held its most recent meeting on Saturday, July 19, 2008 in Manhattan, KS. Our host group was Sunday Nite Steppers.

## Group Reports:

Serenity has been having some newcomers recently. They are hoping for some that "Keep coming back."

Hope AFG in Junction City has been gotten some newcomers in the last year. They seem to be bonding well with the other members.

Caring Friends in Clay Center is back down to 1 or 2 members at each meeting. They are disappointed because they had grown to 6 to 8 members that were attending regularly for quite a long time.

Clay Center Alateen still has only one consistent member. She will turn 18 soon. There have been a few visitors, but none that come back on a consistent basis.

Sunday Nite Steppers generally has 8 to 10 members in attendance on a regular basis. They frequently have newcomers. The group will hold their annual group conscience at the end of July. This process has helped the group to have a chance to discuss issues affecting the group and come to some decisions. Since the group's regular meeting time is 7:30 p.m., the group conscience is being held beginning at 5:00 p.m. Everyone is asked to bring a potluck dish to share. The regular group meeting will follow.

HUG is staying small but steady with 1 to 4 members regularly attending. This group has also had a few newcomers recently and hope they will return to stay.

Think Alateen continues to remain small but determined. They have had a few visitors recently. The two current members both attended KARU.

Following the business portion of the meeting, the group discussed the coming elections and reviewed District positions that will be available. Readings from the Service Manual were used for discussion.

*Aileen C*

## **District 8**

### District Overall

District #8 has a great opportunity to participate in a public outreach activity in Topeka, on September 17. We have agreed to setup an Al-Anon booth with literature and materials at the Kansas Public Health Outreach Fall Conference that will be attended by health officials from across Kansas.

Gayla B., the Area Public Outreach Coordinator, contacted us regarding this opportunity, and generously offered to pay the booth display registration, if we would provide the literature and supplies. Nancy S., the Kansas Area Literature Coordinator, offered to support this endeavor by providing 500 of the "Al-Anon Faces Alcoholism 2008, along with 500 Al-Anon prescription pads.

District #8 has scheduled the election of offices to be held October 15, 2008. The current officers have been spreading the news of the elections, and encouraging others to stand up for service.

## **Individual Group Reports:**

### **Southwest AFG**

The group reports that SWAFG continues healthy and strong. There are usually 24 members at the 7:00 pm Group meeting, while the 5:45 pm book study is much smaller with few who attend both meetings. In order to better facilitate communication, the business meeting now takes place the first Thursday of each month, between the two weekly scheduled meetings. This makes for a short meeting, but everyone is more easily able to participate and they have found that it works to continue business the next Thursday, when necessary. The example of members applying the principles of this program to challenges (they have had trouble keeping track of two keys necessary to assure building is open on time, and locked up tight when closing the second meeting) has been awesome.

### **Young at Heart**

The group is holding steady with an average of eight to fifteen members in attendance weekly. They meet Thursday mornings 10:00 am to 11:00 am at McCrite Plaza, 1308E SW 36<sup>th</sup> St; enter through the north door. Various meeting topics are shared. This meeting extends a big welcome to all who need serenity, happy hearts, and the wisdom of others..plus many hugs..Come join us!

### **Friendship Al-Anon**

The **Friendship Al-anon Group's** attendance has averaged about 8-10 members this summer. The group has almost completed its study of the book, *Pathways to Recovery*. Current study of the Concepts has been very enlightening and has generated great discussion by all members. Elections for group offices will be conducted early October

### **Topeka #1 Al-Anon**

This Al-Anon Family Group meets on Monday evenings at 7:00 pm, while the Alateen Group meets next door. The number varies in size, up to as many as twenty members participating in the weekly meetings. Typically, the meeting opens with the opening statement, readings from the daily readers, followed with the weekly program. The first Monday of the month, is a speaker meeting with an Al-Anon or AA speaker, sometimes both. Most months, there is a monthly step meeting. The programs are generally topics chosen from the index of the daily readers, or from one of the CAL books. Occasionally, programs are taken from the Forum.

The Together We Can Make It Alateen Group averages seven to 12 members per week. Six members attended KARU this past summer. Ashley S. will be the speaker for The Sunflower AA Event in Olathe in February 2009. The Group is looking forward to providing a speaker and fundraising beverage sales for the Topeka AA Banquet in October. The members are looking forward to attending AMAC in November.

#### **Peace & Serenity AFG**

The District's newest group is steadily growing in numbers. Participation remains strong with 10 to 15 members attending the weekly Monday meeting. There are several old timers that regularly attend, and share their strength and hope with others. The group is enjoying the sharing and building of a new group.

*Susan P*

#### **District 10**

Joint Districts 9 and 10 met at Lawrence Al-Anon Day at Clinton Lake, on June 28. We had a short business meeting, then participated in 2 workshops, one by Lyn C., the other by Peggy M., and heard Lissa B. and Manda B. tell their stories. Everyone enjoyed the activities and the food, even those who got a little bit lost on the way to Bloomington Beach.

District 10 will be electing new officers at the regularly scheduled meeting on September 20.

Joint Districts 9 and 10 will be having their next meeting on October 18 in Shawnee, at the Joint District Al-Anon Day celebration.

*Betty R*

#### **District 12**

District 12 has 3 groups one in Larned and two that are in Great Bend. The Great Bend Groups have two meeting times one Wed at Noon and the other on Thursday evening at 8:00. Path to Recovery group in Larned meets on Wednesday evening at 7:00 pm. The Grape vine Group in Great Bend has changed there meeting time to Tuesday at 7:00 PM. These groups are going strong.

At our last District Meeting held June 20<sup>th</sup> in Great Bend the attendance was low. We did not have a GR from every group attend. We went over the minutes from AWSC meeting. The District was quite excited to hear that Great Bend had been chosen for the next three years for the Conference. We discussed the upcoming election and had some positive thoughts.

*Jayme T*

#### **District 12**

We're having a District meeting on Oct 11 at Newton, Kansas at the AA.at 11:00 SE 14th. Linda C is bringing the brisket with everyone else to bring a side dish.

*Loretta B*

#### **District 15**

District 15 met at Linn Valley on August 23, 2008. Sally F. and Susan B. hosted the meeting.

Eight groups were represented, one group was Alateen with two members attending. Minutes were read by Lissa B. and approved.

Kim D. led a discussion about our Web Page and an agreement was made to reinstate it. Amanda B. will be in charge of keeping it updated with the supervision of her Al-Anon sponsor, Kim D. As of this date August 25, 2008, our website is up and running. The address is [www.ksal-anon.com](http://www.ksal-anon.com)

Lissa B. was able to attend the Al-Anon/Alateen International Convention in Pittsburgh, PA. She shared her experience and enjoyment. She told us about the workshops and meetings she was able to attend. Also she was able to participate in the parade and that was a lot of fun for her.

GR reports were given: all groups are maintaining their scheduled meetings, even though some of the groups are very small. They are all self supporting and still able to help support our District, State and WSO.

And last we had a discussion about our next DR. At this time we do not have one ready for that position. We will have another meeting in October and hopefully at that time we will be able to select a new DR.

*Laverne G*

### **District 18**

We have 5 groups in the district that are active on the District/Area level. Serenity Seekers AFG in Pratt has fairly low attendance although New Hope AFG in Pratt is enjoying growing members with as many as 20 attending. The Keep It Simple Alateen is doing very well. They had 5 members (plus 2 sponsors) go to KARU thanks to the many fund raisers they have held.

On July 19, we held a District meeting in the New Hope AFG meeting room and had 6 attending from 2 Pratt groups. We discussed the importance of rotation in service opportunities and not just sitting back and letting "George" do it. We also did a District inventory looking for ways to improve our District.

The next meeting will be our election meeting with new officers starting Jan. 01, 2009. It will be held Oct. 11 in Kiowa.

I've enjoyed being the District Representative and meeting the Al-Anons in the groups. Someone else new now needs to have this joy.

*Dean W*

### **District 19-20**

District 19 and District 20, both in Wichita, continue to meet jointly once a month, except for Assembly months and one break in the summer. Since the last Assembly, we had a district meeting in June, August, and September. We do have a new treasurer for District 19. We have three active Spanish groups in Wichita and recently they have started an intergroup. We have had several public outreach activities, including speaking at a WSU class about Al-Anon and staffing the Kansas School Nurse Conference in July. In addition, volunteers from both districts shared about Al-Anon and Alateen at an in-service for Wichita Public School counselors and gave out more than 80 posters to hang in the hallways of all high schools and middle schools in Wichita. These posters had meeting information about both Wichita Alateen groups. They were well received by the counselors. We continue to go to Parallax once a month but have had some difficulty staffing our monthly speaker appointments at Halstead Valley Hope. We are looking at other options for Halstead. In September, the Alateens hosted a Day-O-Fun to raise money for AMAC.

We are gearing up to have our District elections in October. The Kansas Area Cookbooks that District 19 and 20 produced as a fundraiser for the Kansas Area are still available; we have around 75 more to sell. To date, we have been able to give \$1200.00 to the Area. The cookbooks are paid for so all the money from the sale of the remaining books will go to the Area.

Our two districts were saddened when one of our District Representatives, Gail, lost her son in a tragic accident and we offered her support in a variety of ways. Then a month later, we were all struck with the loss of one of our longtime and beloved members, Margaret M. Wichita Al-Anon owes much to this lady and we will always hold her memory in our hearts.

*Terry R*