Welcome Spring

The northwest is an amazing place to live. We hope you have a few minutes to enjoy the many beautiful sights around you in your part of Wash-

AL-ANON for Families and Friends of Alcoholics

WA Wanderings

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"Let It Begin with Me": A Call to Action

To some, these words may sound like a prayer. However, unlike a request for support from a Higher Power, a declaration is a formal statement, often made to assert something purposefully. The Al-Anon Declaration is more than just a statement of hope—it's a pledge and a promise to be there for others so that no one faces this struggle alone.

The 1974 World Service Conference theme, "Let It Begin with Me," resonated deeply with Al-Anon members. It became the foundation for the Declaration, which was introduced and adopted the following year. First printed as a wallet-sized card, the Declaration appeared in Al-Anon literature and early public outreach materials. Since then, members around the world have recited it. It reminds us of our personal commitment to recovery and acts as a call to action to help others.

For me, the Declaration not only reminds me to remain committed to my own recovery, but also invites me to serve others. Reaching out, offering support, and extending a hand to those who are struggling is my way of fulfilling that promise. It's a living, breathing declaration that requires me to act. I must do more than just hope; I must reach out and help those who are still suffering.

One of my first experiences with public outreach was when I spoke at a local treatment center. A fellow Al-Anon member had arranged for the inclusion of Al-Anon in their family orientation

Continued on page 26

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Delegates Report

2025 World Service Conference

April 24-28th
Hartford, Connecticut

Hello, I'm Kimberly H. I have the honor to be serving as your Delegate. As Delegate, I attend the annual World Service Conference (WSC) and I carry your voices just as Group Representative carry their groups voice to Assemblies.

This years theme, "Investing in Each Other to Preserve Our Legacy",

I've gone through several drafts of this report. At first, I was a bit overwhelmed by the enormity of the responsibility of being Delegate. I didn't feel worthy. And I tried to write this report (my first as your Delegate) and I wanted to make it seem as if I knew it all now. But, I don't. At each meeting I attended (many of those, I did not even want to be there, in the beginning), members invested in me. Shared their experiences. Their strength. And their hope. Each Service position I was entrusted to, there were people with me. My sponsor, members that served in that position previously, and others that shared their love and trust. They were investing in me with the Legacy of this fellowship.

Attending and participating at the WSC, I witnessed the principles of this program at work. The many reports, and discussions that happened in those 4 days (4 very long days – on very hard chairs) was accomplished because of those principles we find in the Legacies of this fellowship. I saw members line up at the mic and then sit if the members before them stated their point of view or asked their question. I saw new Delegates, like me, participate and I heard the many voices of the Areas that were represented. I heard the minority voice on many topics. And how that voice is respected and considered. More about that later. Because, as you will see, your voice matters.

I ask you to consider: Who invested in you?

Do you have a sponsor? Are you sponsoring others? Are you encouraging others in service?

As the days progressed, I was continually supported by the many cards and notes of encouragement I received from many of you and from previous Delegates and from many members of the Conference. I was prepared by the Northwest Regional Delegates Meeting where previous Delegates share their experiences at WSC. They told us about what to bring, what to wear, and encouraged us to participate in all of the discussions. New Delegates are assigned a mentor who also helped to prepare us. My mentor was Carol C. from the New York North Area. We met a few times, virtually to discuss all the documents that were being sent to us and answered any questions I had. And she was seated next to me at Conference. I guess my point is, all throughout my recovery and service journey, others invested in me. I was never left to figure things out on my own. I tried that many times with my alcoholic loved one, and, well, I'm here.

I ask you to consider: Who invested in you? Do you have a sponsor? Are you sponsoring others? Are you encouraging others in service?

Ok – enough about me. I have a lot of information to share with you from the Conference. About the Fellowship, the Worldwide Fellowship, the World Service Office (WSO), and it's many functions (and how they support each and every Group). And some interesting projects that are in the works. So, lets get to that.

I'm going to start out with the Finances because it's a lot, but it's important. And because I'm a numbers person and this was the most interesting to me.

Much like our Area, WSO formulates a budget (like we do with the Budget Committee chaired by the Alternate Delegate). A Finance Committee and the Board Of Trustees (BOT) review/approve the budget (The AWSC reviews and approves the Area

Photo of WA Area Delegate Kimberly H and delegate from NY was redacted for anonymity

Carol C. from New York North Area and Kimberly H. our delegate

Delegates Report

proposed budget). It then is presented at the World Service Conference and is reviewed and voted on (just like our members do at Fall Assembly). The Treasurer executes the approved budget, following guidelines in our handbook. And oversight happens when we conduct Audits. The Audit Report for the 2024 fiscal year was completed, and presented to the WSC, and accepted by vote. It was reported to be a clean audit. The final report will be posted on the WSO website as soon as possible.

REPORTED SOURCES OF INCOME INCLUDE:

Literature sales: 39% - Sales of books, pamphlets, bookmarks to members, bookstores and LDC

Contributions: 40% - Include from members, groups, and others in the World Service Structure

Magazines sales: 3% - The Forum, and Al-Anon Faces Alcoholism (AFA)

Other income: 18% - Functional expenses:

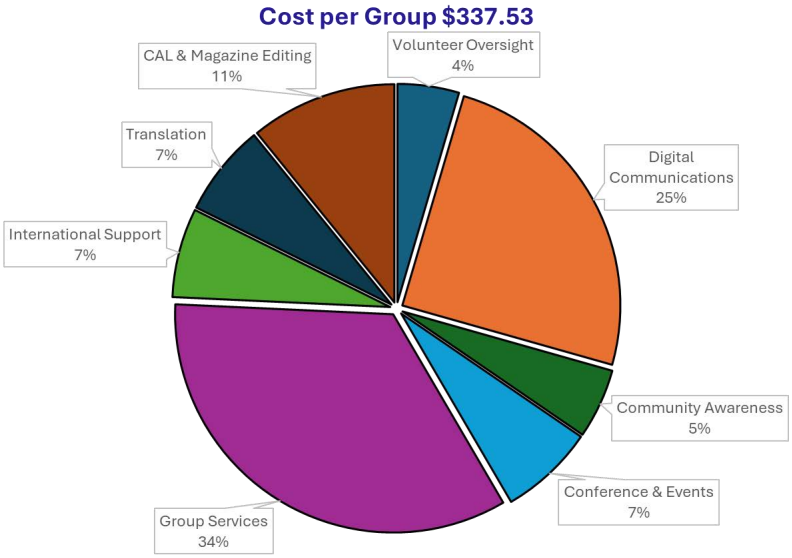
Program Services— activities that fulfill the purpose of our mission

Communications and Community Awareness / AFG Records / International Services / Group Services / Literature / Conference

So – that is a very brief summary of the financials from 2024.

Then – what does the budget for 2025 look like?

BUDGET INPUTS:



Programs: Communications and Community awareness / Literature / Group Services / AFG Records / International / Conference

Finance & Operations: Technology / Customer Service and Warehouse / Finance / Publications

Volunteer Governance: Legal and Trademarks / Human Resources / Administration Budget Discussion: 100% of Groups are using Services. 62% contributed in 2024.

What are some of those services?

- Getting your Group registered
- Reading CAL at meetings
- Finding meetings on the website
- Using the mobile app for electronic meetings
- PSA's that play on your local networks/stations

Cost per Group is calculated at: $337.53 annually. If you break that down, it equates to about **$6.50 per week.**

If each group that contributed in 2024 would contribute $337.53 in 2025, we would achieve 96 percent of the contribution goal for the year.

Continuous giving provides continuous services.

PROJECTS FOR 2025:

(use of Excess Funds)

- Core Systems Overhaul
- / 2025 AA International Convention
- eBooks Globally
- 2026-2029 Al-Anon/Alateen Service Manual (P-24/27
  - Passing it On Strategy
  - Outreach to Professionals
  - Young People Strategy

More on that later.

REPORTED EXPENSES INCLUDE:

Expenses are budgeted at $6,359,795 (7% over 2024 Actuals) Staff focus will be on the major 2025 projects such as:

- Core Systems Overhaul
- 2025 A.A. International Convention
- Progressing Strategies

Most expense line items are consistent with the prior year expenses.

Delegates Report

WHAT'S THE BOTTOM LINE?

2025 Preliminary Budget

Total Estimated Revenue:

$6,495,766

Total Expenses:

$6,359,795

Net Increase (decrease) from Operations

$135,970

THE INTERNATIONAL COORDINATION COMMITTEE, OR ICC

As you know (or maybe you don't), Al-Anon is really a Worldwide Fellowship.

During the COVID pandemic, many Al-Anon members found electronic meetings. The pandemic connected Al-Anon members all over the world.

The International Coordination Committee, or ICC, helps international structures every day.

The ICC was formed in 1978 and provides a multitude of services to connect other Countries to service structures with the International Al-Anon General Services Meeting or IAGSM.

I know – more acronyms.

When we at the World Service Conference consider policy or topics of discussion, we must keep in mind how these decisions affect the Worldwide fellowship. We keep in mind Tradition one "Our common welfare should come first; personal progress for the greatest number depends upon unity."

The IAGSM is held every two years, alternating between another country and Virginia Beach, which allows international Delegates the opportunity to visit the World Service Office. I invite you to find more information on the WSO website. On the members tab, scroll down to the "international" topic and find a world of information.

Today, there are over 14,000 Al-Anon and Alateen groups meeting in **133 countries**. Our *WSO translates literature and resources into Spanish and French.*

INTERNATIONAL COORDINATION COMMITTEE

The World Service Office (WSO) has staff that work with those other countries on the International Coordination Committee. Sarah S. and Tracy had the opportunity to visit 4 countries in 2024. They went to South Korea, Mongolia, China (only virtually), and India.

They conducted workshops about Alateen and on the Steps, Traditions and Concepts. The members of those International communities were truly grateful for the help and support from the WSO.

CHOSEN AGENDA ITEMS:

these are topics that are suggested by the Delegates and we vote and the top two become topics of discussion at WSC

The first was:
Service Participation in the Electronic Ages

Some of the ideas heard at the mic were: Find a balance between in-person and virtual meetings / For those that only meet virtually – plan an outing to meet each other in person – maybe a group lunch or an afternoon at a local park / At Assemblies: turn off the In-Room mic/sound and let the virtual members fellowship, talk amongst themselves – visit / Always be on camera (if appropriate) / Have some activities during breaks: pet show and tell / go find that __(object) / zoom jeopardy.

The second was:
Attracting and Retaining Al-Anon Members in the 20- to 40-year-old range.

Develop our leadership skills / find younger members to get involved in service – invite Alateens to be on Area Thought/Task force committees / Get younger members to create content for social media / Don't treat the Alateens as children but as equals – someone whose life was affected by someone else's drinking / Consider the barriers of younger people to attend? Like childcare? / Start meetings or outreach at local colleges / Did you know that Alateens can serve on At-Large committees with the WSO?

MY VISIT TO STEPPING STONES

We had the opportunity to visit Stepping Stones this year. It's difficult to put into words how that visit affected me. I've heard previous Delegates say what a wonderful and spiritual

Delegates Report

experience it was for them. And, honestly, I didn't think it would be like that for me. I'm not overly sentimental. But as I was waiting for other members of my tour group to get their pictures taken in the kitchen, I lingered in the living room. I looked around and wondered how it was when Lois and Bill were here. I closed my eyes for a moment and a feeling of peace and love came to me. And as in the many meetings I've attended, I was accepted. And again, I belong. So, yeah, it was a spiritual experience for me too.

Did you know you can leave a bequeath in your will to Stepping Stones? It is listed on the National Historic Sites registry. And as such, they must maintain and preserve the house and property, sometimes having to use professional services.

THOUGHT FORCE DISCUSSIONS NEED VOLUNTEERS

I saved these for last because these will be ongoing discussions at Fall Assembly and probably Pre-Con next year. And I've been discussing with Gary, the Area Chairperson, the possibility of getting a couple of thought force committees for these so that we can collect the voices of Washington Area with me to WSC next year. Contact me if you'd like to be on the thought-force. We'll discuss and get the Area's thoughts on: Electronic Alateen Meetings guidelines / AMIAS-E / EASBR hand out / Adopting new WSO policy into our Alateen Guidelines / Does Washington Area want Electronic Alateen Groups in our Service Structure? / If so, could we be ready for a spring 2026 rollout for adopting those procedures and get those meetings registered. For those of you that are already AMIASs, there is additional training that would be necessary to become AMIAS-Es. Contact your district representatives for the handouts.

WSO'S CHOOSING A GROUPS NAME POLICY:

We had several sessions of discussion about this policy and how it was being implemented at WSC. And I have received many e-mails from members across the Area about this policy.

First, I want to share with you a statement from the Policy Committee Chairperson, Debi P.: "As the Policy Committee Chairperson, I want to reinforce that it was never the Policy Committee's intention to one day direct the WSO Staff to enforce this Policy on existing groups – EVER!"

The WSO and Board of Trustees recognizes groups autonomy and would never direct any existing group to change their name.

Photo of Delegate Kimberly H was redacted for anonymity purposes

Kimberly H. at Stepping Stones. Home of Bill and Lois Wilson. Bill W. was cofounder of Alcoholics Anonymous 1935; Louis W. was cofounder of Al-Anon Family groups –1951.

NEXT STEPS:

So where do we go from here? The motion approved by the 2025 WSC called for a temporary suspension of the implementation of the 2024 WSC approved "Choosing a Group's Name" Policy as relates to identifiers in group names. The 2026 WSC will decide how to proceed based on Area feedback. The specific wording of the motion is as follows:

MOTION #7: Allow group names to continue to include identifiers such as those currently listed on page 28 of the 2022-2025 Al-Anon/Alateen Service Manual (P-24/27) v4(a) including "men, women, parents, adult children, young adults, other gender identification/sexual orientation, etc. with the understanding that in keeping with Traditions Three and Five, the groups will welcome anyone affected by someone else's drinking" until the 2026 World Service Conference to allow WSC Structure Areas to discuss the implementation of the 2024 WSC-approved "Choosing a Group's Name" Policy.

I know that was a lot to consider and I look forward to having further discussions with you at AWSC's and Assemblies. The Conference will be discussing this policy and its implementation at the WSC in 2026.

Please contact me to join the thought-force on this topic. delegate@wa-al-anon.org

Respectfully —Kimberly H.

Alternate Delegate's Report

Greetings All,

Here is a brief update of what I've been doing in my position as Alt Delegate since we last chatted.

1. I continue to **support our Delegate,** especially her recent trip to WSC. Thank you to everyone who signed the posters and cards for her at Pre-Con. I was able to send them to her on the East Coast and I know they were appreciated.
2. I **presented 2 workshops at SSA** including Spiritual Finances and Conflict Resolution. They were well attended and we had lively discussions. Handouts can be found on our Area website on the GR Resource page.
3. **GR Circles** continue to happen the first Thursday of every month with a speaker and GR related topic. They are well attended and we continue to receive favorable feedback.
4. **GR Resource page** - we continue to add to our GR Resource page found on wa-al-anon.org. This is a new feature and we encourage folks to view it and send me feedback for what you would like to see on the GR Resource page.

Looking forward:
As **Budget Chair**, we are set to carefully consider and create our 2026 Area Budget Proposal on June 22. We have 4 Area Officers and 2-3 DRs who have elected to serve on this committee. After careful review and focus on a "zero balanced budget", we will provide these numbers to you at Fall Assembly 2025. GR's will have an opportunity to discuss and vote on this proposal at Fall Assembly.

Finally, while I am humbled by my opportunity to serve at Area, I am impressed by the service and participation that I discover on a daily basis by all our Al-anon members. I am grateful for all of you. Thank you for being the special people I have come to know and love. Send your comments to me at any time.

Yours in Service,
—Juliana B.
Alternate Delegate
waaltdelegatepanel65

Area Chair Report

Hello Washington Area Al-Anons and Alateens!

The Officers and Coordinators of Panel 65 have now been serving for almost five months and have helped to coordinate the February Al-Anon World Service Committee (AWSC) in Kent, Pre-Con in Chelan, and Summer Seminar Assembly (SSA) in Warm Beach. While there are plenty more assemblies and meetings ahead of us, it is a huge relief to have survived and thrived through one each of these. I am particularly satisfied that we successfully provided Spanish interpretation at Pre-Con and SSA. We are learning as we go. I hope that our experience thus far will allow us to facilitate the Area business you want to conduct even better in future Assemblies.

Now that we have completed our initiation to these task, I am looking forward to the next phase of our work: Committees to examine the By-Laws, the Budget, Finances, Spanish Interpretation, the Area Handbook Assembly section, and Insurance. We have big issues to address and that the Fellowship needs well-researched information to be able to make decisions. In addition, the website revision is well underway, and I hope that will help us to improve on Assembly registration, 7th Tradition, and information access.

I am humbled by the outpouring of support and grace I have received as Chair. It's not an *easy* position, but it is eminently gratifying. Perhaps it is a bit early to say this, but one of my most fervent hopes for this Panel is that we can encourage others to want to step up for the next Panel when we rotate out of these roles in fall 2027. This is a "we" program: I am overjoyed to have this opportunity to help you pursue our primary purpose, helping the families of alcoholics by fostering a vibrant Fellowship.

Thanks in service,
—Gary H.
Area Chair

Alternate Chair Report

On May 16–18,2025, the WA Area held its very first *hybrid* SSA — and what an exciting milestone it was! It was a joy to bring this vision to life, and I'm already looking forward to next year. A heartfelt thank you to everyone who took the time to complete an evaluation. Your feedback is incredibly valuable and plays a key role in helping us plan for the future.

As a panel, we reviewed an overview of the weekend, and here are some highlights:

Workshops: Participants were overwhelmingly positive about the quality of the worshops, the Spiritual Speaker, and the Delegates' report.

Our view from the beautiful floor to ceiling windows in the main lodge. We had a beautiful weekend even though it rained. The fellowship was amazing!

Connection: There was a strong appreciation for the opportunity to connect, both in person and online.

Venue: Many expressed positive feedback about the space and staff.

Hybrid Format: The hybrid experience was well-received overall.

We also heard some thoughtful critiques:

Sleeping Arrangements: The bunk beds were found to be uncomfortable.

Food Options: Limited vegetarian choices were a concern for some.

Virtual Experience: While appreciated, there is room for improvement in virtual engagement — suggestions include better integration for online attendees, easier access to presentation materials, and more transparent communication.

The most encouraging part *is that we have room to grow.* Thank you again for being a part of this journey — we look forward to building on this year's success and making next year even better. Thank you for allowing me to serve.

Love in service,
—Nena T.
WA Area Alt-Chair

One of our fun and frolic activities was helping to make the tallest marshmallow spaghetti tower. Lots of laughs were had by all and plenty of sticky fingers.

Secretaries Report

For those of you who don't know me, my name is Amber and I'm a grateful member. I've been in Al-Anon for 6.5 years and in service for 5 years now. I've been a key holder, coffee maker, door greeter, sponsor, Group Rep, District Rep, Area Budget Committee member, and now your Area Secretary (& others I can't remember). I am passionate about service because it allows me to grow my program, practice these principles in all my affairs, and build strong & long-lasting relationships with other members.

In my service, I have 3 service sponsors that have all been trusted servants in this position from prior panels. They have helped guide me through the uncomfortable things that come up when serving in this position. This has allowed me to:

▲Work through conflict with others using the traditions.
▲Set boundaries when it's hard to do.
▲Take the necessary time to do my own personal inventory so that I am not negatively affecting others.
▲Using my voice in times that I would have previously been scared to.
▲Grow closer to members who have different personalities than me.

The list of things I've gained from serving in this capacity is long, and we are only a few months into a 3-year term!

As for the secretarial duties, I enjoyed putting together the minutes from the Winter AWSC. It was a lot of work, and it challenged me in unexpected ways. Of course, there is room for improvement, and I have already received valuable feedback that will help me with the minutes moving forward. I'm grateful to be working more closely with our Newsletter Coordinator to improve formatting and prevent future fuzzy versions in the WA Wanderings.

Thank you for this opportunity to serve!

—Grateful in service,
Amber T.
WA Area Secretary

PRECON 2025 Minutes

Pre-Con Assembly in Chelan, WA. Gary H. opened the meeting on April 5th, at 9:00 am with the Serenity Prayer. Volunteer Kathy D read the Steps, Linda M the Traditions, Shelly T the Concepts and General Warranties. Liz S from D5 hosting district gave the housekeeping announcements. Gary H introduced Past Delegates in attendance; Katherine R, Kathy D, Julie P, and Ruth F. Marnie C read the Voting Guidelines; Tabitha J read the Meeting Procedures.

Roll call was taken by Amber T. There were 131 voting members. Substantial unanimity was established at 88.

Minutes from Winter AWSC: Volunteers Tom I, Sherry N, and Cindy R read the Winter AWSC 2025 Draft Minutes. Tom I from D28 moved to approve minutes, Ayme B from D13 seconded. There was one correction to remove the "and $85 from PayPal" from line 131 because that was a registration payment, not 7th tradition. Approved unanimously by voice vote.

Nena T announced that lunch would be in the room, kindly reminded members to reduce side conversations, and shared that there was literature for sale.

Housekeeping Motion: To adopt the 2025 World Service Conference (WSC) Theme as the WA Area AFG theme. Three members read the theme in the English, French and Spanish language. Karen from D12 motioned to approve, Sandra A from D17 seconded. Passed unanimously by voice vote.

Officer Reports *(*full reports found in WA Wanderings*)

Delegate: Kimberly H read her written report and shared her new Panel 65 sash given to her by NW Regional. She gave a brief introduction, discussed what her position entails, shared about things she's learned in service already about the NW Region and announced the date for the 2025 Road Trip! on October 25th, 2025. She also went on to share about WSC having continued conversations about creating a Group's Name Policy; she will have more information after the following WSC. Kimberly gave us a snapshot of WSO's financials for 2024. She will also be attending the conference from April 22nd-29th and provided an address to send items to, as well as a suggested return address in case it arrives outside of those dates. Finally, she shared her excitement to attend and her gratitude in service.

We took a brief dance party break. This occurred three times throughout the assembly. There were smiles, laughs and good moves all around the room and on Zoom.

Alternate Delegate: Julianna B shared about what she does in her position, encouraged members to sign a poster for the upcoming WSC, and talked about the GR Circle. She said that the Budget Committee has set a date to meet for June 22nd to discuss the budget.

Chair: Gary H started his report with giving a shoutout to the tech team for handling the rough start to the meeting. He shared an introduction about his service and favorite parts of service. He talked about the new panel, what he's learned so far in his service position, what his role is as chair, and his priority for members to have a voice. He also shared that he is hoping to start three committees (By-laws, insurance, finance) and encourages interested members to reach out to him.

Discussion - Spiritual Commitment and Money: The Alt Delegate Juliana B led a round table discussion and workshop for creating a budget using our principles. Each table and members online were grouped to work together in a breakout session to create the budget and share

PRECON 2025 Minutes

what they came up with. There were engaging qestions provided, and instructions for filling out the budget sheet provided. There was good GR engagement and a nice representation to show the impact of how many members the GR represents.

There was an announcement that there would be a Q&A time later in the agenda for mission discussions and to answer any questions members might have. Flash cards were passed out for members to write their questions on and get answered at the end of the assembly.

Alternate Chair/SSA: Nena T read the highlights of her written report. To recap, she introduced herself, gave a shoutout to D5 for hosting the assembly, and shared about the Summer Seminar Assembly (SSA) planning, pricing, and registration deadline. She gave details about workshops, cabins, hospitality, and purpose of SSA. She also shared the history about how SSA got started and literature supporting the importance of GR attendance.

Secretary: Amber T read her written report giving an introduction, sharing her service journey, things she's learned since serving as secretary both in her personal recovery and in her service duties. She also added that she finds this a reparative experience working alongside the panel members.

Treasurer: Helen V shared her written report. She gave a brief introduction, shared how much she's learned so far in her position, and that she continues to gain tools for her service journey. She provided printouts of her report for everyone, so she went over the updated numbers for the Operating Budget on the Statement of Financial Position, as well as Income and Expenses on the First Quarter Statement of Activity. The amounts are up to date as of March 31st. Helen shared her goals in terms of financial transparency, that we've transitioned to QuickBooks Desktop, and generating reports more easily moving forward. She mentioned that area has received over $13,000 in donations since January 1st and that the financial gifts are greatly appreciated. Group contribution reports have been shared with District Rep's to pass to groups that have donated. The ample reserve balance is now $17,014.68 after transferring funds for Operating. She shared that our current Operating Funds are designated to cover expenses for Pre-Con and Summer Seminar Assembly. Helen went over her tasks as Treasurer and expressed how she's grown her program through the challenges of her position. There was brief mention of the desire for insurance to cover events and the requested limits from venues. Her hope is to have Venmo set up prior to SSA, though we can receive donations through our area website using PayPal. She provided the area mailing address and reminded members to make checks out to **WA Area AFG** and to include the Group Name, WSO# and District. There were no questions from members. Motion to approve was done after Group Records report (below).

Coordinator Reports *(*full reports found in WA Wanderings)*

Group Records: Cooki P read her written report, letting members know that all changes were up to date as of March 23, 2025. She has attended several meetings with WSO's group records department and shared what she's learned regarding their return rates for update requests, the QR Code flyer, the importance of providing WSO an email for the CMA, and her hope for getting the annual updates completed.

Motion: To approve Treasurer's Report as written. Leann A from D8 moved to approve, Mary M from D10 seconded. There was no discussion or corrections. Approved by voice vote.

PRECON 2025 Minutes

The Seventh Tradition envelope was passed around.

Proposed Motion #4: The motion "Increase the website budget line item from $150 to $700 to support website platform transition and maintenance." was presented by Teresa H. She shared the KBDM about expenses and how we were not paying for it in the past, however we are now paying for it as of January 1st. Previously the website did not include tech help. She shared numbers of pricing for the plans available and let us know that the WSO meeting platform will only work on WordPress and WSO suggests linking their meeting platform to our website. Teresa also shared that she researched all area websites to get as much information for this motion as she could. She reminded everyone that this motion is on website costs, not which website to choose. Jerry B from D25 motioned to approve, Val G from D14 seconded. There was a friendly amendment in writing to "increase budget up to $1,000 for this line item". The amendment was accepted by Teresa H, then moved again by Jerry B to approve, and Val G seconded. Discussion followed. Members shared their opinions and represented their groups. Minority opinions were shared. Members shared their experience, strength, and hope of why the website is so important. Questions about rates changing came up and asked if there are transition costs. It was mentioned that vendors do change their rates, and no transition cost is needed. Gary H called for the vote. There was an overwhelming number of yeses by voice vote, 5-No's. Motion passed.

Newsletter: Monique R gave the highlights of her written report. She shared about how she's grown her program while in service, as well as growing her technical and spiritual tools. She's been able to make improvements to subscriptions and the mailing list, working closely with the Website Coordinator to offer an online subscription option, and her hopes to reduce the cost in the future. Finally, she encouraged members to send her requests for WW suggestions.

Website: Teresa H provided an introduction and talked about her time working with the website committee, which has 6 members with experience, strength, and hope. She shared about how they've created personas and am working toward an audience focus. The hope is to design, and launch based on all the information they discover. She mentioned that the website now offers a page for GR Resources and that events can be added to the website with more ease.

Public Outreach: Katherine R mentioned that she will have a written report in the WA Wanderings, however she gave a verbal report with new details. She started a monthly outreach opportunity "Outreach Radio Hour" on the 4th Sunday of every month, for members to join a round-table discussion about outreach. She shared that the WSO has created a recorded outreach video that can be distributed to professionals regarding Alateen, which will be helpful for outreach. She mentioned there is a conference being held in October in Bellevue hosted by the Association of Addiction Professionals that we have been invited to table at, however tabling may not be possible due to cost, but attendance may be possible and helpful.

Literature: Mary P read her report and made adjustments since she was not able to attend in person. She gave a brief introduction and went on to engage members by asking questions about literature and where members find their literature. She also shared hardcopy lists of literature being available and encourages members to copy and distribute to groups. She requested that members only purchase our conference-approved literature through Al-Anon

PRECON 2025 Minutes

sources, per WSO's request. She mentioned that WSO relies on literature sales, and it makes up 40% of their income. Lastly, she gave members a quiz to identify where a quote from our literature came from and gave away a piece of literature to the person who correctly answered.

Archives: Open position

District Reports (1-14): Districts Reps were invited to share 2 minutes at the mic about how things are going in their districts. There were lots of great reports shared. DR's shared challenges too. We heard from 9 of the districts.

Roll call was taken by Amber T. There were 120 voting members (in person there were 67, online 53). Substantial unanimity was established at 80.

Proposed Motion #3: Motion to approve "WA Area AFG will end the trial period and continue the coordinator position titled Meeting Technology Coordinator." was presented by Gary H. He gave a brief history about the position and how they support the area. Cindy T from D7 moved to approve, Julie P from D20 seconded. Discussion followed, with very little discussion from the members. Gary called for the vote. By voice vote, the motion was approved unanimously.

Pierce County AIS: Amy B provided an update about their Outreach Committee visiting psychologists, rehabs and AA groups in their area; there were more barriers than success.

Great Seattle AIS: Dave M gave an introduction and shared that they have a strong core of volunteers. They cover districts 14-22, have a monthly newsletter they publish, an events page on their website, a Literature Distribution Center, and that they do a birthday celebration. They do an ice cream social to bring members together. He announced that they are looking for a Treasurer, Outreach Coordinator, and Vice Chair; they've also filled new positions.

Meeting Technology: George S thanked everyone for all of the help and support from area and volunteers. He's learning new ways to make things run more smoothly. They support members with things out of tech control such as mic issues, bandwidth, etc. He shared that the preparation for Pre-Con was easier than the last event. He may consider having Zoom information get shared out with registration and is also hoping for a replacement to take over his position soon.

Alateen Safety: Michael S started his report off by sharing his position and that he handles safety. He referenced the Appendix on page 232 of the Service Manual, that shares the requirements about Alateen and the Area Alateen Processing Person's position. He read his written report, which provided an update to the status of his position and duties. He shared how many AMIAS are in our area, and that there will be training sessions in May and June. He gave an update on our area's Alateen groups, the upcoming ASTAR and WAAC events, and thanked everyone for their continued support for our Alateen's. He encouraged members to reach out to him with questions.

Alateen: Elizabeth W shared her written report. She gave a brief introduction, shared her length of time in program and as an AMIAS certified member. She shared her personal experience as to why she is passionate about this position and her hope to see more members step up to support our teens. She shared that there is still room for ASTAR attendees.

PRECON 2025 Minutes

District Reports (15-28, 35): Districts were encouraged to share 2 minutes at the mic to give an update about how their districts are doing. We heard from 12 districts, giving their successes and challenges.

Mission Workshop / Ask-it-Basket: Gary H and Kimberly H facilitated a mission question time by responding to the ask-it-basket questions and reviewing the flash card questions that came in from members. This was a great opportunity for members to get answers to their questions. Some of the topics bought up were about our surplus funds, insurance, area inventory, assembly locations, and unique meeting identifiers.

The Seventh Tradition total collection was $605 cash and $90 PayPal for a total of $695. There was also a total of $115 in merchandise purchased.

FUTURE EVENTS 2025:

ASTAR 2025 – Lazy F Camp in Ellensburg from April 11th-13th

Summer Seminar Assembly (SSA) 2025 – Warm Beach Conference Center in Stanwood from May 16th-18th

WAAC 2025 – Lazy F Camp in Ellensburg from July 18th-20th

Summer AWSC 2025 – August 2nd (seeking hosting district)

Fall Assembly 2025 – October 4th-5th (seeking hosting district)

The business meeting closed on Saturday with the Al-Anon Declaration at 4:30 pm.

Area Treasurer Report

My name is Helen V. and I am honored to be a trusted servant, serving as your Treasurer. Hopefully, you've all been able to read my report from PreCon. My goals remain to provide financial transparency using our Legacies as guidance.

I am hoping that GRs, members, and groups know how we are using the donations you have so generously provided for our Area's health and welfare needed to meet our primary purpose.

WA Area AFG uses QuickBooks. In March, we transitioned from QuickBooks Desktop to QuickBooks online. There are still a couple of items we are working out and I continue to input data. With the hundreds of entries required to provide reports, my goal continues to be that by the end of our 2nd quarter the reports you will receive will be generated by QuickBooks. That quarter ends June 30th and I still believe this is doable.

In February, at the AWSC (Area World Service Committee) members wanted the list of your group donations to be provided to your DRs (district representatives). I have provided DRs with the first quarter listings of donations we have received. If your group has contributed and you don't see it listed, please feel free to reach out to me so we can see if it's been entered incorrectly.

The Ample Reserve account, which had $17,000 after funds were transferred to the Operating Funds account ($1,394.82 December 30, 2024) now has a balance of $17,018.88.

The Operating Funds account, which began with $1,394.82 now has a balance of $38,098.36, which includes the income (registrations) from the Summer Service Assembly (SSA). I know this may sound like a lot to some of you, it is not. We have yet to pay for SSA, which is where the bulk of these

Area Treasurer Report

funds will go.

This is the also account that contains your 7th Tradition donations that support and pays for all of our Area's expenses, including the

costs to support your officers and coordinators in performing their responsibilities to you that we each took on when we agreed to serve in these positions.

While our Alateen Area Process Person (AAPP) and Alateen Coordinator manage all of our Alateen business, their banking resides with me. ASTAR (Alateen Sponsor Training & Recovery Weekend) and WAAC (WA Area Alateen Conference) accounts. After payments for ASTAR were made, that account has $2,253.25. Today, the WAAC account has $2,741.87 although resources are still coming in from SSA.

WA Area can accept donations though our Area website (www.WA-Al-Anon.org) using our **Washington Area AFG** PayPal account (note that WA is spelled out). We also accept 7th Tradition donations from groups and members via our Area mailbox. If you make an individual or group donation via PayPal, please send an email to Treasurer@WA-Al-Anon.org letting me know where to credit the donation to.

Please make checks out to **WA Area AFG** -- not to WA Area AFG Treasurer! Many of us use the same group name so it's extremely useful for you to include your **Group Name/ Number and District** in the memo of your check. May 22, 2025 Treasurer's Report Please note: **NO** other "Area address" you may have is correct – the following is our **only** official address:

WA Area AFG
12128 N Division Street,
1531 Spokane, WA
99218-1905

Please feel free to send an email to Treasurer@WA-Al-Anon.org if you have any questions regarding our Area's finances or have suggestions to make. I can typically respond within 48-hours, if not sooner.

In Grateful Service
– Helen V.
Treasurer

Remembering Al-Anon in Your Will

Did you know you can sustain your legacy by supporting Al-Anon even after you're gone?

In Al-Anon, we often hear members say, "In order to keep it, we have to give it away…" There are many ways to give back the priceless gift of recovery. For many members, one way has been to designate Al-Anon Family Group Headquarters, Inc. (the World Service Office) as a beneficiary in their will, in gratitude for the help given by our fellowship during their lifetime.

By remembering Al-Anon in your will and planning to leave a bequest, you can contribute to the organization's mission to provide help and hope to the families and friends of alcoholics well into the future.

Check out *Remember Al-Anon in Your Will* (S-38) and the "Contributions & Self-Support" web page to find answers to frequently asked questions about how to make contributions to Al-Anon.

In The Loop, April 2025

Reprinted with permission of Al-Anon Family Group Headquarters, Inc., Virginia Beach, Virginia, USA.

First Quarter Statement of Activity (REVISED 4/5/25 12:25 am)

*Per 2022-2024 WA Area Budget Sheets (2-25 AWSC) & 2025 Budget Adopted 2024 FA	2022 Budget	2022 Actual	2023 Budget	2023 Actual	2024 Budget	2024 Actual	2025 Budget ADOPTED	March 31 2025 Actual
700's INCOME (Operating)								
701 Fundraiser Pins	$ 100.00	$ 155.00	$ 500.00	$ 735.00	$ 150.00	$ 225.00	$ 500.00	$ -
702 Group Donations	$ 46,015.00	$ 29,235.77	$ 33,410.00	$ 28,899.80	$ 36,180.00	$ 30,366.90	$ 48,429.00	$ 13,557.99
703 Interest Income	$ 5.00	$ 7.50	$ 10.00		$ 10.00	$ 2.50	$ 10.00	$ 14.68
704 Misc. Fundraiser	$ 1,500.00	$ 346.00	$ 1,000.00	$ 551.21	$ 250.00	$ 1,817.34	$ 500.00	$ 20.00
705 Newsletter	$ 550.00	$ 388.00	$ 550.00	$ 238.00	$ 400.00	$ 263.00	$ 200.00	$ 100.00
706 O/C Advance Returned		$ 1,200.00		$ 1,000.00	$ 5,500.00	$ 4,500.00	$ -	$ -
707 Speakers Conv.	$ 3,000.00	$ 6,720.07	$ 3,000.00	$ 66.24	$ 3,000.00		$ 3,000.00	$ -
708 7th Tradition	$ 2,500.00	$ 4,463.51		$ 3,080.84	$ 2,500.00	$ 3,588.32	$ 2,500.00	$ 481.00
SUBTOTAL	$ 53,670.00	$ 42,515.85	$ 38,470.00	$ 34,571.09	$ 47,990.00	$ 40,763.06	$ 55,139.00	$ 14,173.67
800's INCOME (Meetings)								
801 AWSCs	$ 500.00	$ 739.75	$ 500.00	$ -	$ 1,000.00	$ 300.00	$ 1,000.00	$ -
802 Fall Assembly	$ 15,000.00	$ 7,720.04	$ 15,000.00	$ 7,236.08	$ 12,000.00	$ 11,162.64	$ 10,000.00	$ -
803 Pre-Con	$ 9,000.00	$ 6,909.10	$ 9,000.00	$ 7,886.80	$ 9,000.00	$ 5,694.52	$ 9,000.00	$ 13,850.00
804 SSA	$ 15,000.00	$ 17,104.46	$ 30,000.00	$ 22,975.22	$ 30,000.00	$ 21,346.67	$ 22,000.00	$ 7,578.00
SUBTOTAL	$ 39,500.00	$ 32,473.35	$ 54,500.00	$ 38,098.10	$ 52,000.00	$ 38,503.83	$ 42,000.00	$ 21,428.00
900's Incoming Money								
901 ASTAR				$ 3,583.00	$ -		$ -	$ 1,025.00
902 WAAC				$ 3,332.44	$ -		$ -	$ 75.00
903 Birthday $		$ 360.00		$ 295.69	$ -	$ 611.37	$ -	$ -
SUBTOTAL	$ -	$ 360.00	$ -	$ 7,211.13	$ -	$ 611.37	$ -	$ 1,100.00
Total Income	**$ 93,170.00**	**$ 75,349.20**	**$ 92,970.00**	**$ 79,880.32**	**$ 99,990.00**	**$ 79,878.26**	**$ 97,139.00**	**$ 36,701.67**

***NO changes have been made to figures of any line items. Totals have been corrected to reflect the line items, as presented 2/22/2025.**

Area Treasurer Report

March 31, 2025 Statement of Financial Position *(Revised 4/5/25 12:25 am)*

Date	Description	Amount	
Ample Reserve			
12/30/2024	Transfer from Banner Bank to BECU	$ 18,394.82	
12/30/2024	Transfer to Operating Funds	$ (1,394.82)	
	Interest	$ 14.68	
		$ 17,014.68	**Balance 3/31/2025**
Operating Funds			
12/30/2024	Transfer from Ample Reserve	$ 1,394.82	
	Officer & Coordinators	$ (1,190.47)	
	Office/Coordinator Advances	$ (500.00)	
	Archives Extra Space Storage (6 months)	$ (900.00)	
	Bank (PayPal fees)	$ (6.65)	
	Fundraiser	$ 20.00	
	iPostal - consolidate & ship items	$ (108.31)	
	PayPal undetermined	$ -	
	Pre-Con*	$ 12,801.06	
	QuickBooks	$ (80.00)	
	SSA**	$ 7,412.58	
	Transition	$ (843.64)	
	WA Wanderings	$ 100.00	
	Website - NINJA FORMS	$ (59.40)	
	Zoom	$ (52.23)	
	7th Tradition Donations	$ 14,038.99	
		$ 32,026.75	

* Pre-Con event costs TBD, duplicate registrations and PayPal fees

**SSA event costs TBD, duplicate registrations and PayPal fees

Alateen			
	ASTAR	**$ 2,116.87**	**Balance 3/31/25**
	WAAC	**$ 1,635.24**	**Balance 3/31/2025**

Group Records Report

It has been a busy time since AWSC for Group Records updates. There have been numerous submissions with new GR and CMA updates. As of 03/23/2025, all changes have been processed.

I attended several virtual meetings with the WSO group records department. They stressed the importance of the annual update being completed even if there are no changes and have made it easier than ever. Rather than the paper form that has been sent in the past, which has a 30% return rate, they are emailing flyers with a QR code that will take you to the online site for completing the form. There are separate QR codes for in person/hybrid groups and EGs. Here is the important thing for you to know: you must have a valid email address for your CMA in order to receive the email and flyer. Please go to the WSO site, find your meeting and make sure that your email address is correct. If you need help, email me at group-records@wa-al-anon.org and I will help you. I am hoping for a 100% response rate for WA Area, and we can only accomplish that with your participation.

—*Cooki P.*
Group Records Coordinator

Web Coordinator Report

The Website Committee has been meeting regularly and has made great progress toward the creation of our all new WA Area website. Some of our goals include having a website that is welcoming to those reaching out to Al-Anon; a site that serves our members while focusing on what is particular to WA Area rather than repeating (Concept 10) what is already on the WSO website; and that is easy for non-techie trusted servants to manage going forward.

A big thank you to all Pre-Con attendees who completed our survey. Your input was very helpful. With the exception of content that is already covered on the WSO site, I believe your requests for content will all be accommodated on the new site. Also, thank you for the vote of confidence in raising the website budget line item to $1000. After your feedback, it seems like the programs required to create a site with the features you have asked for will require a good chunk of those funds. And, if we have missed something, this site will not be stagnant. Information can and will always be changed, added or deleted. Please don't hesitate to send in thoughts and ideas at any time. This website belongs to us all. It is OUR website. We want to hear from you.

We are shooting for a launch date before August 1st!

—Love in service,
Teresa H.
webeditor@wa-al-anon.org
WA Area Web Editor

Technology Report

Meeting Technology 2025 Q2 Report Meeeting Technology support for the first hybrid SSA Assembly was a success despite the uncertainties of supporting a hybrid meeting in a new venue. Thanks to volunteers Mike S (remote) and CB and Marcia (in-person) for their wonderful support.

Please email me at meetingtechnologypanel65@gmail.com.

In service,
—George S.
Technology Coordinator

Upcoming Service Opportunities:

- Technology Volunteer Fall Assembly Hybrid
- Technology Volunteer Fall Assembly On-Site
- Become the Meeting Technology Coordinator *later this year*

Literature Report

Hello my Al-Anon family!

My name is Mary P. I am your Literature Coordinator for this panel.
I hail from District 26, Kitsap County, a ferry ride across the Sound from Seattle. My home group is Bainbridge Island Sunday Morning at 10AM. Join us!

Since this is our first assembly of this panel, I thought we might start with some basics:

How many of you are **also** the Literature person for your district or group?

How many of you **have** a Literature person for your group or district?

Where do you get your literature from?

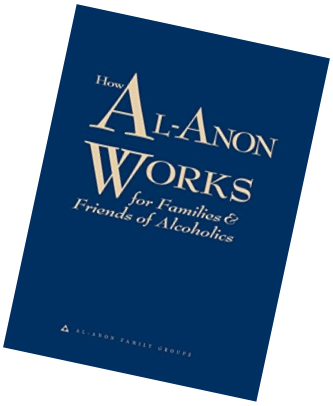
How many of you have been to the **online bookstore at WSO**? (What is WSO's email address? Al-anon.org.)

Once upon a time, when I started in this wonderful program, we actually had hardcopy lists of the available literature with prices. And in honor of that tradition, I have given the DRs a **hardcopy list of all the available literature from WSO plus a bonus of the Guideline** (# 31 if anyone should ask) for ordering, books and pamphlets and all manner of Al-Anon materials! Enjoy! Please make copies and distribute to your groups!

*Please **DO NOT** purchase Al-Anon literature from non-Al-Anon sources, like, oh say, Amazon, or other online used book sources. Why, you may ask?*

WSO depends on 40 % of its money from literature sales.

One request from WSO: Please DO NOT purchase Al-Anon literature from non-Al-Anon sources, like, oh say, Amazon, or other online used book sources. Why, you may ask.



WSO depends on 40 % of its money from literature sales. It is one more way we can support ourselves, each other and this wonderful structure that serves and support us all.

Thank you for letting me serve.
—Mary P.
Literature Coordinator

Alateen Report

***In keeping with Traditions Eleven and Twelve, District 13 Alateen respects the anonymity of all Al-Anon and Alateen members. When any full-face image is presented, the person in the image is not an Al-Anon*

Hello Everyone:

My name is Elizabeth and I'm your Alateen Coordinator. I am from District 26, located on the beautiful Kitsap Peninsula, a 35 minutes ride from Seattle. My home group is the BI Sunday morning AFG. I've been a grateful member of this beautiful fellowship since 2013 and a certified Alateen Sponsor (AMIAS) for 10 years. Specifically, I asked to serve as the Alateen Coordinator because I love kids. As a child of an alcoholic, I needed this program as a teen myself. Also, I witnessed my own child's struggles having been raised without the healthy tools of the Alanon program. I know there is a lot of need out there. The teens of our community deserve to have safe rooms available for them when they need them. I want to encourage all of you to step up for our Alateens, to step up to be AMIASs all! Our teens need us and together we can make it happen!! Thank you so much for your time and support.

Grateful in service,

—Elizabeth G. W.

Alateen Process Report

AMIAS CERTIFICATION: The Al-Anon Member Involved in Alateen Service (AMIAS) Certification renewal window opened on January 15th, 2025 and will remain open through June 15th, 2025. The Area currently has 136 certified AMIAS. Of those 136 AMIAS, 43 still have to renew their certifications through me. AMIAS training sessions will take place on June 7 over Zoom. [Initial training will be offered from 9 AM to noon and recertification training from 1 to 4 PM on each of the above dates.] The Zoom Meeting ID for those training sessions is **89527714898** and the Zoom Meeting passcode is **019990.** These will also be announced on the Area website and on the WA-AMIAS mailing list.

ALATEEN GROUPS: We have twelve active groups in the Area, in addition to the Monday night group hosted in the WSO's mobile app. We welcome the addition of the new Serenity Rocks group in Puyallup. We hope that you will all support these and other Alateen groups in your Districts.

ALATEEN SPONSOR TRAINING AND RECOVERY (ASTAR): We held a very successful face-to-face ASTAR weekend April 11-13, 2025 at the Lazy F Camp in Ellensburg. We look forward to ASTAR 2026, tentatively scheduled for the weekend of April 24-26. Cost to attend is $170 for the weekend. Please see your District folders or contact the Alateen Area Process Person at alateen-safety@wa-al-anon.org for registration materials and other information.

WASHINGTON AREA ALATEEN CONFERENCE (WAAC): The Area is hard at work planning a face-to-face Washington Area Alateen Conference (WAAC) to be held July 18-20 at the Lazy F Camp in Ellensburg. This is a weekend of growth and recovery for our Alateens. The cost to attend is $180 per Alateen and $190 per adult AMIAS. We have room for 20 Alateens and 6 AMIAS. The registration fee includes two nights' lodging, all meals, and lots of Alateen-themed workshops and activities. Please contact Bobbie C or Michael S at alateen-safety@wa-al-anon.org for registration packets. We have a busy, active year planned for Alateen in the Area, and we need everyone's support to help make this work. I remain available if you have further questions or if you do not have a District Alateen Coordinator or District Representative that is readily available.

—Yours in service,
Michael S.
Area Alateen Process Person

Newsletter Editor Report

Happy Spring!

I hope you have been enjoying the outside as much as I have. Spring is a time of renewal and rebirth and a time for us to dust off our program and look at how we can nurture ourselves and those around us. I am a gardener and the magic of digging in the dirt strengthens my program by giving me a shot of meditation while I work. I give HP a chance to cultivate my soul while I cultivate the earth.

The newsletter is giving me a chance to cultivate my technical and my spiritual tools. I have had to learn to QTIP (Quit Taking it Personally). I have had to dig out my humility and ask for help in areas that I am stuck in or just do not want to have to spend more time *figuring it out* than I need to. My sponsee tells me that *figuring it out* is not a slogan in Al-Anon. I have learned that cooperation is a key component of my service and my program.

I continue to improve upon our newsletter and our mailing list. Please look for the latest changes to the Washington Wanderings subscription form on our website. Our lovely and talented website coordinator, Teresa H., will be adding new ways to pay for *Washington Wanderings*.

Although I would like to reduce the cost, I was reminded that we had a motion last panel to increase the price and that I would have to introduce a new motion to reduce it. Our printer, Siegler's Printing, has donated the printing of our first hard copy issue in color. They are giving us a non-profit rate on future issues, for which I am grateful. Future printed issues will be in black and white.

Please contact me with any questions, comments, or suggestions at newsletter@al-anon.org.

In gratitude and joy:
—Monique R.
Newsletter Coordinator

Public Outreach Report

Warmest greetings, my Washington Al-Anon and Alateen friends!

It is my privilege and challenge to be your Public Outreach Coordinator for the next three years. I was not given this opportunity because I was so gifted at outreach, but because I was willing to serve and this position is needed. There are great resources available to help us, and I've been thrilled to be able to participate in quarterly Outreach meetings with the World Service Office Staff and members from across North America.

I'd like to thank our Alternate Delegate, Juliana, for naming the monthly Zoom calls we're having to talk about spreading the news of help and hope. The "Outreach Radio Hour" is an open meeting on the fourth Sunday of every month from 7 to 8 o'clock in the evening. See the flyer on our Washington Area website for log-in details. Each month, we'll have a short reading from our Service Manual about public outreach, a topic for discussion, and a round-table check-in from all attendees.

Are you curious but not sure if you're ready to give this a shot? Just like me, you do not have to know anything special to join the meeting. Just like me, you don't have to have grand plans (yet!) for a big Area-wide outreach project. But just like me, you can bring your interest and heart to let others know about our program. Together we'll develop ideas, plans, and best practices for groups, districts, and our Area.

Tune in on Sunday, June 29 at 7:00 for the next Washington Area Outreach Radio Hour broadcast!

Yours in service, sharing, and having fun along the way,
—Katharine R.

WA Area Al-Anon

GR Circle

First Thursday of Every Month
7:00-8:30 pm PST on Zoom
Meeting ID: 819 7979 4210
Passcode: 599298

Our WA Area Alternate Delegate, Juliana B. will present and discuss various topics relevant to GRs with the intention that you find the help and hope you need in your GR service position. You are welcome to drop-in and/or attend regularly.

June 5
Topic: Navigating the Area Website as a GR
Speaker: Teresa H, WA Area Web Editor

- Navigating our current site
- Find out how the new site will specifically benefit GRs
- Hear suggestions for how you and your group can get the most out of the new website features

Suggested Readings
from the Service Manual: pp 99

Please contact Juliana B
with your suggestions and comments:
waaltdelegatepanel65@gmail.com

WASHINGTON AREA OUTREACH CONVERSATIONS

How did you first hear about Al-Anon or Alateen?

Would you like to share help and hope with others?

Would you like to START doing outreach in your community?

Would you like to EXPAND outreach in your community?

Would you like to PLAN an outreach activity in Washington Area?

JOIN THE MONTHLY **"OUTREACH RADIO HOUR"**

***Not an actual radio show, but a catchy name for an online gathering of Al-Anon/Alateen members who'd like to discuss reaching out with help and hope.**

WHEN ANYONE, ANYWHERE, REACHES OUT FOR HELP...
Let's talk about how we can engage our members in reaching out to those around us who need to hear about Al-Anon and Alateen.
No experience necessary!
Join the call, listen and share, and let's learn together.

FOURTH SUNDAYS, 7-8PM ON ZOOM

MEETING ID: 832 6080 7124
PASSCODE: 640202

Alateen Safety Training (AMIAS)

Choose ONE of the Following Dates:

Zoom
Saturday, February 1, 2025 9am-Noon
Saturday, March 1, 2025 9am-Noon
Saturday, May 3 9am-Noon
Saturday, June 7, 9am-Noon

Meeting ID: 89052418947

Meeting Passcode: 184261

Questions? Email Michael S at:

alateen-safety@wa-al-anon.org

WAAC 2025!
"SERENITY THROUGH TRANSFORMATION"

Washington Area Alateen Conference
Friday, July 18 - Sunday, July 20, 2025

COMPLETED REGISTRATION FORM IS REQUIRED
ALATEEN 18-20 DUE TO YOUR AMIAS BY JUNE 1, 2025
AMIAS DUE BY JUNE 18, 2025
You must have the Lazy F Waiver to participate in Zip Line and or Rock Wall

Registration Fee — ALATEEN - $180.00 AMIAS - $190.00

Lazy F Camp and Retreat Center
16170 Manastash Road
Ellensburg, WA 98926

Please contact your AMIAS or waaapppanel65@gmail.com for registration forms, where to mail your registration, or for any questions you might have.

WAAC 2025!
"SERENITY THROUGH TRANSFORMATION"

Pierce County AIS Chair

I've just returned from SSA and am grateful for the wonderful fellowship that I experienced there. Meeting new people and seeing old friends was exactly what I needed to stay connected to service in our area. I got to experience first-hand how service in Al-Anon has changed lives, including my own.

We are working hard in Districts 12 and 13 to get the word out that Al-Anon and Alateen are active and to make our presence known in the hope of helping more families and friends who are troubled by someone else's drinking.

Pierce County AIS had a table at the Veteran's Fair May 31st from 9:00 to 3:00 at the Tacoma Dome in cooperation with AA.

Pamphlets, meeting schedules, flyers and the "Al-Anon Faces Alcoholism" booklet are being distributed by members throughout Pierce County. If you need information about this outreach project, please contact me or Ayme B.

For information about upcoming events and public outreach projects in Pierce County. Please check the Pierce County AIS website for more information.

In addition, the booklet "When I Got Busy, I Got Better" is a great resource about service work in Al-Anon/Alateen.

Concept Four: "Participation is the key to harmony"

In Service,
Kayleen F. AIS District Chair,
chair@al-anon-pierce-wa.org
Ayme B.
AlanonDistrict13Rep@gmail.com

Jerry S
outreach@al-anon-pierce-wa.org
al-anon-pierce-wa.org.
Pierce Count Alateen Information - PIERCE COUNTY AL-ANON

No Report Submitted **Seattle AIS Chair**

"Let It Begin with Me": A Call to Action

Continued form page 1

program, and I volunteered to share my story. As I spoke, I recalled sitting in the same chairs as those attending, feeling the same overwhelming emotions of anger, confusion, and heartbreak. I shared how Al-Anon had been a balm for my pain, offering hope through the example of others in recovery.

A few weeks later, I ran into a woman at my home group who seemed familiar. She mentioned that she had been at the treatment center and had heard me speak. "You told me to come here," she said with a smile. It was a moment that touched my heart. Knowing that my words had helped her take that first step toward healing reminded me why we do this work. It's not just about sharing our stories; it's about offering hope and showing others they are not alone.

The Al-Anon Declaration reminds me that while recovery is a shared journey, it begins with each of us committing to help. "Let It Begin with Me."

By Heather S.,
Associate Director—Community Relations

The Forum, April 2025

"Inside Al-Anon Family Groups" presents news, policy, and commentary from volunteers, staff and readers sharing experience through service. Please feel free to reprint these articles on your service structure website or newsletter, along with this credit line: Reprinted with permission of Al-Anon Family Group Headquarters, Inc., Virginia Beach, Virginia, USA.

Upcoming Events

Event	Host	From	To	Place
AMIAS Zoom Training Questions: email Michael Alateen-safety@wa-al-anon.org	WA Area	6/7/2025	6/7/2025	Meeting ID: 89052418947 Passcode: 184261
WAAC (WA Area Alateen Conference) 2025	WA Area	7/18/2025	7/20/2025	Lazy F Ranch 6170 Manastash Rd. Ellensburg, WA
AWSC Aug 2025	District 26	8/2/2025	8/2/2025	Silverdale Lutheran Church 11701 Ridgepoint Dr. NW Silverdale, WA
Fall Assembly 2025	**OPEN**	10/3/2025	10/5/2025	
AWSC Feb 2026	**OPEN**	2/7/2026	2/7/2026	
Pre-Con 2026	**OPEN**	3/27/2026	3/28/2026	
ASTAR 2026 (tentative dates)	WA Area	4/24/2026	4/26/2026	
SSA 2026 (tentative dates) **(Summer Service Assembly)**	**OPEN**	5/29/2026	5/31/2026	
AWSC Aug 2026	**OPEN**	8/1/2026	8/1/2026	
Fall Assembly 2026	**OPEN**	10/2/2026	10/4/2026	

WA Wanderings

A Quarterly Publication of Washington Area 59

WA Area AFG, 12128 N. Division St., #1531, Spokane, WA 99218-1905

Editor: Monique R.
newsletter@wa-al-anon.org

WE ARE ONLINE:

WA Area Alanon – Washington Area 59 Al-Anon

AIS Info — Greater Seattle Al-Anon

Pierce County AIS (Al-Anon Information Services) - PIERCE COUNTY AL-ANON

WA AREA CURRENTLY SERVES:

Washington Area has been serving groups in Washington since 1996 and was recognized as a 501C3 in 1998 (non-profit).

In person/hybrid:

- 246 active groups
- 123 inactive
- 11 no mail

Electronic:

- 42 active

Alateen

- 11 active
- 13 inactive

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