

March – May, 2012

Kansas Stepfinder



“Let’s Put Some ‘Spring’ in Our Steps!!”

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2012-2013-2014

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Kansas Area 20 Calendar February 2012



- * February 4-5 2012 AWSC meeting: Roadway Inn, Salina KS
- * March 2-4 2012 South Central Regional Delegates meeting:
St. Louis, MO
- * April 14 2012 Al-Anon/Alateen Days: Topeka KS
- * April 15-19 2012 World Service Conference:
Stamford, Connecticut
- * April 27 -28 2012 The Week That Was AA Anniversary with Al-Anon Participation:
First United Methodist Church, Manhattan KS
- * May 5th 2012 KS Area Assembly: location to be determined
- * June 8-10 2012 40th Annual Kansas Al-Anon/Alateen Conference:
Holiday Inn Holidome, Topeka KS
- * July 27-29 2012 Kansas Alateen Round-Up: Rock Springs Ranch, Junction City, KS
- * September 8-9 2012 AWSC meeting: Roadway Inn, Salina, KS
- * September 14-16 2012 Kansas Area 25 AA Conference:
Holiday Inn Holidome, Topeka KS
- * November 3rd 2012 KS Area Assembly: location to be determined
- * November 23-25 2012 Area Midwestern Alateen Conference:
location to be determined.

FROM THE EDITOR
AWSC – February, 2012



As the winter comes to an end, I am reminded of my AI-Anon program. During the winter months I just want to stay warm and comfortable. I sit in my easy chair, watch TV, drink hot chocolate and stay inside as much as possible! After a while I notice that I am becoming rather lazy. I tend to isolate myself and get complacent.

There have been times I have felt the same way about my AI-Anon program; specifically on continually working the Twelve Steps. It may be a meeting night where I am comfortable just sitting in my easy chair, watching TV and staying home. “I can skip a meeting”, I tell myself. “After all, I have been in AI-Anon quite a while now; I have worked my Steps; I know the Traditions and the Concepts; I do service work, so why not?” I get complacent. I forget that I never STOP working the Steps. I forget that I continually need to “get back to the basics,” sort of speak, by working the Steps over and over again.

As Spring time approaches, however, it reminds me of my AI- Anon program in a different way. The weather gets warmer, the flowers start blooming, the birds start chirping, and it lifts my spirits. I no longer want to sit in my chair and watch TV. I have renewed energy. I want to get active. I want to go outside and enjoy the fresh air and all that comes with Spring time.

The same goes for my AI-Anon program. I get re-energized in service; I can’t wait to go to my meetings; I want to go to as many AI-Anon events as possible; and I want to enjoy the fellowship with my AI-Anon family and friends. Most importantly, I am reminded that I need to continuously work on the Twelve Steps. I have a renewed energy, vitality and most of all, willingness to keep growing by using the tools of the program.

“Our three legacies - Recovery through the Steps, Unity through the Traditions and Service through the Concepts are all necessary in order complete our growth in the program. However, recovery through the Steps is the very basis of the AI-Anon program without which we cannot move forward” (-Paths to Recovery-)

So let’s get motivated and “Put some ‘Spring’ in our Steps”!!!

Stevie W., Stepfinder Editor

***“STUDY of the Twelve Steps is essential to progress in the AI-Anon program...In AI-Anon, we strive for an ever-deeper understanding of these Steps, and pray for the wisdom to apply them to our lives”
(Paths to Recovery, p. 3)***

DELEGATE'S REPORT

February 2012 AWSC



I am Judy Wahaus, Panel 52, proud to serve as your Delegate and will do my very best for our Area 20. I am also a very grateful member of the Al-Anon Fellowship. Wow! I never imagined someday I would be saying the word "Panel" after my name. I've always heard our Past

Delegate's say their Panel number so proudly and now I know why.

The 2012 WSC will be held at the Stamford Marriott Hotel, at 243 Tresser Boulevard, Stamford, CT 06901, Sunday April 15 through Thursday April 19. All Conference Members will visit Stepping Stones.

The day before Conference officially begins all current Delegates will have an opportunity to participate in a session called Sharing Area Highlights (SAH). The goals for the session are to:

- *Share Area successes, projects, highlights, issues and/or concerns since the 2011 WSC*
- *Share how the Conference team has been instrumental in the growth of our Area*
- *Share how the Conference theme has been instrumental in the growth of our Area*

This will give us an opportunity to learn from each other about a wide variety of creative

ideas and creative solutions from other Areas. We Delegates are asked to prepare a written presentation on one success and one concern/challenge from our Area. In the event that there is time for one or two Chosen Agenda Items (AIS) to be presented and discussed at Conference, members were asked to vote for two Topics. I voted for:

1. *How can we get districts, without DRs and few GRs, to become a part of and participate in the Al-Anon service structure?*
2. *How could the Conference support plans for creation or expansion of service that involved interpretation or application of the Traditions, regarding collaboration with outside researches, while maintaining trust and averting controversy within the fellowship?*

I received an Opportunity To Serve Form to fill out and return, with choices of Committees, Thought or Task Forces I would like to serve on, we were instructed to number our choices 1-8 and my first three choices were:

1. *Thought Force on Strategies to Strengthen Personal Connections*
2. *Task Force on Tool Kit on Service and Personal Growth*
3. *Task Force on Workshop on Importance of CAL in Meetings*

I wanted to choose from those that I thought would best serve our Area. On this form we were also asked our different skills, what we are willing to learn more about and what committees we had served on in our Area. The conference Leadership Team (CLT) is offering Skill-Building, Shared Leadership Sessions at Conference. There will be three concurrent training sessions offered on two different days for one hour each and we were asked to choose two. The session topics were based on responses to the Chairperson of the Board's question in her July 2011 letter, "What skill-building topics do you suggest for the Leadership Workshops during the 2012 WSC?" The two Skill-Building, Shared Leadership Sessions I asked to attend are:

1. *Communication: How to deal with difficult situations?*
2. *Communication: How to overcome fear and build self-confidence empowering oneself to be a success as a leader/trusted servant?*
3. *(which I did not choose) Communication: How to engage audiences using multiple strategies and techniques?*

I'd like to remind everyone here of that which Charla shared in her report to the Assembly in November. That is that there are discussion sites for almost every Coordinator and Officer position. You will only have access to the site for your service position, not any others, and it gives you the opportunity to share and for others serving in the same position to share

with you. It's a great opportunity to find help if you need it, suggestions, ideas, and to do the same for others. Now they have a site for the Group Representatives, so if WSO has your Group Representative's email addresses, that is how they will communicate with them rather than by snail mail. Those with no email address will continue receiving information by snail mail. The information was in the last WSO Appeal Letter, with the turnover of new GR's they may need to know this. And of course this is why we have to keep Terry current with our email addresses, if you or your GR's make a change be sure to let her know the new address. Officers and Coordinators, I am responsible to make your changes with WSO so don't forget to include me in any of your changes, whether its your name, addresses, snail and email, or your phone numbers. Most of you are new to your positions, and I'm new to my position, and we probably are very confused and feeling like we're out in left field, but together we will be great. This is a learning process for all of us. I will never forget a remark I heard years ago, at an Assembly before I even thought I would be serving at District level, much less at Area level. But one of our Past Delegates said "About the time you figure out what your job is, your term is up". She gave me courage and hope. Did you know March 4 was Lois' birthday? *I love you all, Judy Wahaus, Kansas Panel 49 Delegate*

"You don't get ready to be a trusted servant; you get to be a trusted servant and then the Higher Power gets you ready" (*Joy of Service Pamphlet*)

ALTERNATE DELEGATE REPORT February 2012 AWSC



As your *Forum* coordinator, I have some interesting things to tell you about. First, did you know that you can read the entire *Al-Anon Faces Alcoholism 2012* online? This is our public outreach

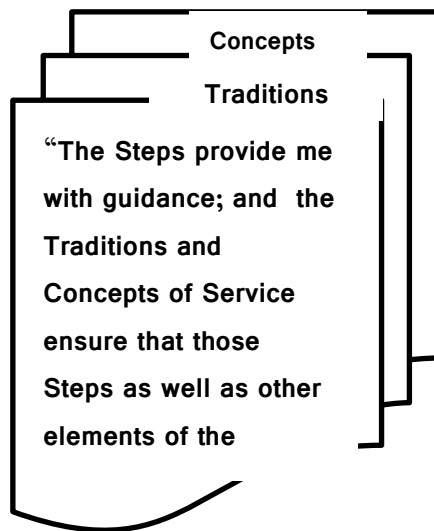
publication that “points clients to Al-Anon Family Groups”. You’ll find it at <http://al-anon.org/pdf/afa2012.pdf>. The order blank has been in the latest *Forum* issues, but you can also order it at <http://al-anon.org/members/outreachpro.php>. You can get 18 copies for \$25, on up to 400 copies for \$140. These can be used however you wish—leave them in doctors’ offices, dentists’ offices, therapists’ offices, etc. I like to leave a bunch in the lobby of the public library. A dozen usually disappear in about 2 weeks. Also online, you can find out everything you wanted to know about the monthly *Forum* magazine. Each month, the Al-Anon website posts 3 chapters from the current *Forum*. At <http://al-anon.org/members/forum.php> there are sharings on the use of the Lord’s Prayer in meetings, controlling sponsorship, crosstalk. Each month 3 stories from the latest *Forum* are posted online. If you’re hunting for a particular topic, you can access indexes of *Forums* back to 2006. You can also find an order form, instructions on “How to Read Your *Forum* Subscription Label”, and how to submit a personal sharing to the magazine. My second job is to be the Thought and Task Force coordinator. I will be keeping track of

the different Forces as to who is doing what. I will also be in charge of making sure that deadlines are met, or extended if necessary. In addition, I’d like to suggest a Thought Force concerning a policy about money donated to the Area.

For my third job, I am going to be a Concepts Pusher. You may thank my daughter for getting me interested in using the Concepts in my daily life. I have written a Concepts soap opera. I plan to present two skits at each Assembly, each one dealing with one Concept. The second one will end with the narrator saying, for example, “Will the Concepts help the Cept family deal with the challenges of their family vacation? Come to the November Assembly for the next exciting episodes of ‘Days of Our Al-Anon Lives—The Concepts at Work.’” Also, I am making myself available for presenting on the Concepts.

Service work helps me grow. Thank you all so much for giving me this opportunity.

Betty Ruhlen, Kansas Panel 49 Alternate Delegate



GROUP RECORDS REPORT February 1012 AWSC



I would like to thank the Kansas Area and the AWSC for allowing me to serve as Group Records Coordinator for another term. I did a lot of soul searching and praying before standing for this position again, because of our principal of rotation. However, there are some things I wanted to do with this position and this second term will allow me to do them. I am looking forward to the next three years and hope to do a better job than before. I have changed the format a little and I think it is organized a little clearer and a little easier to read. The groups are listed in alphabetical order, by city first, then by group name. The inactive groups are in blue in the electronic group records book. I count on the District Representatives to assist me in getting current information from the groups in their districts. Group Records is really **CONCEPT 10 IN ACTION!!!!** If one person has the most current information and everyone knows who to come to for the most accurate information, double-headed management is avoided, as well as missing mail! The change forms are located on our Kansas Area website, kansas-al-anon.org, under Member Information. However, any method of letting me know any changes works for me; I'll contact you if I have more questions (and I often do). Currently in Kansas, we have 143 Al-Anon groups, 8 of which are Spanish speaking. We have 12 Alateen groups and two information services/literature centers. We have had two new groups since our last assembly: Hand-Up AFG in Protection, KS, in District 18 and Dighton

Serenity in Dighton, KS, in District 11. We have had two groups go inactive, including the Three in One AFG in Garden City, KS, District 16, and Bethel AFG in Kansas City, District 9. Remember to send changes for your group, whether address, meeting time or day, phone numbers, any changes, to me rather than to WSO. You can contact me at my Area address group-records@kansas-al-anon.org or my home email address rogers2849@sbcglobal.net. As for Alateen, all changes must be sent to our Area Alateen Process Person, Elaine. *Terry Rogers, Group Records*

TREASURES REPORT FEBRUARY 2012 AWSC

The ending balance for 2011 was \$15,522.62. Our total contributions for 2011 from Groups, Districts Memorials B-Day & personal were \$6827.35. That was \$677.76 less than last year. Al-Anon group contributions were \$17.96 more than 2010, Alateen was \$60.00 more, District contributions were \$664.72 less, Memorials were \$60.00 more, B-Day contributions were \$71.00 less, and personal contributions were \$50.00 less. We received contributions from 83 out of 147 groups. That is 56%. Our total income for 2011 was \$7418.06. That was \$2376.91 more than 2010. Our Literature Distribution Center gave a generous contribution again for 2011. Our expenses were \$1723.28 less than 2010. So, we were \$1724.69 under budget.



Our Reserve fund balance is \$11,897.57. The total interest earned for 2011 was \$129.61 that plus .36 earned on our Savings was transferred to the WSO with our contribution to them.

Our beginning balance for January 2012 was \$15522.62. We had income of \$590.63 and expense of \$19.95 leaving a balance of \$16,093.30.

The 2011 Area Financial report will be on the Area secure web site.

Please send all Area contributions to me at: Kansas State AFG PO Box 290 Augusta, Ks. 67010.

Lucy Clifton, Area Treasurer

AREA ALATEEN PROCESS COORDINATOR February 2012 AWSC



Greetings from your new
Area Alateen Process
Person!

My name is Elaine Wright, I have been privileged to be involved with Alateen in Kansas for 18 years. My role as the Area Alateen Process Person is to make sure that all Alateen groups in Kansas are keeping with the Safety and Behavior Guidelines and that all AI-Anon Members that do or wish to assist with Alateen meet the Area requirements and have the proper forms in place. As a major volunteer organization, it is critical that we follow our Area Guidelines to protect our children and the adults that are

responsible for them during meetings and events. All required forms are run through me first then I communicate any changes to our Area Alateen Coordinator, Group Records Coordinator and to the WSO. WSO will not accept forms from anyone other than each Area's approved contact – In Kansas this is the AAPP. This includes requests such as a new Alateen Group, group changes, AI-Anon members wishing to become certified to work with the Alateens, and to request the Background checks for an AI-Anon member to become a group Sponsor.

According to the information passed to me, Kansas currently has 13 Alateen groups but one has pending paperwork to be inactive. We have 38 Sponsors and an additional 16 AMIAS for a total of 54 adults involved in Alateen service! I would like to strongly encourage each of our new DRs to become A.M.I.A.S. so you can attend a group meeting if needed and to show your support for the teens and Sponsors as well! I have some copies of our Area Guidelines as well as the A.M.I.A.S. forms. These forms are also posted on our web site (www.kansas-al-anon.org). I would like to remind everyone that the GR, Alt DR or DR signature on the AMIAS form says that you acknowledge the person on that form meets our Area Requirements.

All AI-Anon Members Involved in Alateen Service (A.M.I.A.S.) must re-certify on an annual basis. I will be participating in a conference call on Feb 11th regarding this process that will be happening in the next couple months. The WSO will be sending me a printout with our current certified AMIAS people in February. I recently participated on a WSO conference call for AAPP to welcome us and go over our service position, forms and

resources. I asked how long we should be keeping records and they advised each Area should have it's own process. I thought I would ask Group Records for some direction on this and may possibly bring this topic up at a future AWSC meeting for approval. The exception is the Background Checks. These are confidential and the requestor is given the option of receiving the printed form or having it shredded, these documents are not kept once the results are conveyed. Thank you for your love and support of Kansas Alateen! If you have any questions or comments I can be reached at 913-302-7907 or ewright91@hotmail.com. If anyone you know is interested in helping with Alateen, becoming a Sponsor or starting an Alateen group, please have them contact me and I will send them information.

*With love in Service,
Elaine Wright – Area 20 Alateen Process Person*

**ALATEEN & ASSISTANT ALATEEN
COORDINATOR REPORT
February 2012 AWSC**



We want to thank you all for the opportunity to serve the Area and the Alateens as your coordinators. I am sorry I cannot be there this weekend-it also sadness me, I'll miss you all. I know Aaryn can give our report and do a great job. Plans are under way for KARU 2012. The dates are July 27th -29th, 2012 at Rock Springs Ranch, Junction City, KS. More information will be available by May Assembly and a reminder to DR-May Assembly will also be where we will vote on the best t-shirt design

for KARU. The Alateen Sponsor's Getaway (SGAW) will be March 17th & 18th @ Living Water Ranch, Olsburg, KS. Deadline for registration is March 9th. The cost is \$45 per person and for more information on the SGAW calls Valerie L (913) 244-2475 or email valerielopez@kc.rr.com . You can also call me at (620)214-2389 or email dmelies1958@yahoo.com. Contact me if you would like a flier to the SGAW.

We are looking at possible have AMAC (Annual Midwestern Alateen Conference in Wichita, KS.

Aaryn will share about 2011 AMAC.

*Love in Service,
Donna Melies, Alateen Coordinator
Aaryn, Assistant Alateen Coordinator*

"AI-Anon works. All I need to do is surrender my ego, act in faith, and follow the wisdom of the Steps. My Higher Power does the rest"

(Having Had a Spiritual Awakening, p.94)

**PUBLIC OUTREACH COORDINATOR
February 2012 AWSC**



Hello all! My name is Jayme Turner and I am your new Public Outreach Coordinator. I'm very nervous and excited about this service position and hope to be able to learn and grow as we all go through this year together.

First I would like to start with some old business, our last coordinator was working on a poster project. I believe this a great project and would like to finish it out. The last time this project was brought up to the AWSC they requested that we check into having a poster made up from our bookmark "When you don't know where to turn". So at this time we have gotten some figures and will be discussing with the AWSC on this project. If all things go well we will hopefully have this poster or another poster that is decided on by the May Assembly...

Now on with the new business: On January 14th 2012 we had our first conference call with WSO. That was very exciting and interesting call, being on the phone with people from the United States, Canada, and Mexico. The first thing they discussed was the AFA (Al-Anon Faces Alcoholism), the 2nd printing will be ending soon. They must receive your order by February 8, 2012 at 5:00 PM ET, this dateline set by WSO. Remember that Al-Anon Faces Alcoholism is only printed twice a year. So get your orders in now, this is a very helpful tool to use for Public Outreach. Mark your calendars and let your groups know this is your last chance to order for 2012. WSO is already working on the 2013 Al-Anon faces Alcoholism.

They also reported that we will be going a new "Best of Public Outreach" P-90 in the next few weeks that will be on the WSO member website.

Last but maybe the most important is about our PSA (Public Service Announcements). We have received a report for last year. Kansas has 14 English TV Stations that received a copy of the PSA from WSO. On our Kansas TV PSA Play Report we had 6 stations that had

airings, with KFJX Channel 14 Pittsburg showing 483 airings, KOAM channel 7 also Pittsburg 98 airings."Way to go Pittsburg", Topeka showing 27 airing on station WIBW channel 13 and 15 airing on KTWU channel 11, Wichita showing 1 airing on channel 43 station KCTU. If you live around this area Please contact your TV station and thank them for airing these PSA. We also received a listing of all the radio stations that WSO sent PSA to, and will be getting a report or airing on them in a few weeks. If you hear the PSA on a radio please make a note of this and thank them for airing them. I have sent this report to our webmaster to put on our Area Website under the members page then under Kansas Public Service Announcement Packet. Hopefully you will be able to check out the TV and Radio Stations that WSO sent the PSA to and which TV & Radio stations have aired them.

At this time WSO believes that over 600 Million people will be able to see our PSA's. With that being said we had a new PSA that come out in the middle of December. They have it done but it is not at broadcasting quality yet, but it will be very soon. So if WSO has not sent a PSA to your area that has a TV or Radio Station maybe your group or district would be able to purchase a PSA and get it to your TV or Radio Station. So what did I learn from the call?

- *Al-Anon Faces Alcoholism 2012 dateline for ordering is February 8, 2012 5:00 pm ET*
- *P-90 "Best of Public Outreach will be out in a few weeks on the WSO member website*
- *PSA (Public Service Announcements) is a very helpful Outreach tool and we ask our*

members around the area that they are aired to the Thank the Stations.

- Our area website has a Public Outreach section and I am inviting you to check this out for Ideas.

If you have any question for Public Outreach or you want to pass on ideas for Public Outreach there is a place where you can email me by using the Public Outreach Coordinator email. I hope to hear from you soon. "Now an Idea" While going through the boxes for Public Outreach I found an old idea for a member, a group, or a district. The idea is to give a gift subscription to a professional, such as Doctor, Nurse, Treatment Centers, Lawyers, Court Services, Churches, ECT. This is a very inexpensive way to share the message.

Jayme Turner, Public Outreach Coordinator

"The first time I ever heard the Twelve Steps read at a meeting, I became very still. I felt I was not breathing...I was just listening with my whole being...I knew deep within me that I was home"

(-As We Understood-)

STEPFINDER EDITOR REPORT February 2012 AWSC



I am honored and privileged to serve as Stepfinder Editor for another 3 years! I so appreciate all the encouragement, love and support I have received.

There are presently 27 hard copy

subscriptions and 5 email subscriptions for the Kansas Stepfinder. I welcome any sharings for the Stepfinder! Sharings can be personal sharings ; sharings about how service work has enriched your AI-Anon journey; sharings on the Steps, Traditions and Concepts...any at all! I would like to remind you that any sharings I receive will be put in the Stepfinder and you will receive a free copy of the issue in which your sharing is included. Thank you for allowing me to serve!

Love in Service, Stevie W., Stepfinder Editor

Kansas Area AI-Anon/Alateen Webmaster Report February 2012 AWSC



As the new Webmaster for our Area, I hope to be able to serve you with the same commitment and compassion of my predecessor, Candy M.

Over the past few months, she has been patient, available and encouraging, assisting me with this transition.

The goal of the KS AFG Website (www.kansas-al-anon.org) is to provide updated, relevant information to those in Kansas seeking meetings and information about AI-Anon and Alateen, and to be a touch point and resource for those requesting additional information and assistance.

In order for me to take on these responsibilities, Candy was gracious and intrepid enough to completely rebuild Web site, literally from the ground floor up. In the current Content Management System she has

chosen (Weebly.com), we will be able to keep information current, expand site functions when required, present a consistent “face” to the site, and most importantly, easily manage the site.

I have been making changes to the site, under Candy’s watchful eye, for a little less than a month. Terry is now routing group change information to me, and I am responding to inquiries through the site by answering questions, and/or routing these questions to appropriate District Reps or Committee members.

We are working on some additional functionality to improve communications across the Area 20 leadership team, including email accounts based on the position, and centralized communication capabilities via email to all group members via a single email address. We will be working on these capabilities, and demonstrating them during this weekend’s meeting, as well as in the future.

I am available for questions as you have need. Thank you for your vote of confidence to serve the Kansas Area AFGs.

Butch C. , Kansas AFG Area Webmaster
webmaster@Kansas-al-anon.org

“When I read a Step, and think about it deeply, I find it opens the door to new insights. When I read that same Step again, it again reveals new spiritual ideas. They seem to dig into our consciousness and unearth for us the wonderful potential for good in all our relationships with life”



2012 Al-Anon Alateen Conference Report AWSC February 4, 2012



The 2012 Kansas Al-Anon/ Alateen conference theme is

“12, 12, 12 in 2012” and will be held June 8 - 10, 2012 at the Holiday Inn Holidome in Topeka. Room rates are \$84.00 per room up to four people in the room. This rate is good until May 18th.

Registration fees will be \$20.00 until May 18th and \$22.00 after that and onsite for Al-Anon, AA and guests. Alateens will be \$8.00. There will be no banquet this year, but a group dinner will be scheduled for those who choose to attend at the Coyote Canyon with each person paying at the restaurant. This is a buffet with salad bar, hot food bar, steak grill and dessert bar. Drinks are included in the price which is around \$10.00 per person. We will have the party room for all to sit together. Registration forms will be posted to the website and sent to the districts within a couple of weeks. We apologize for not having them ready for the AWSC meeting, but due to some late developments and finalizing of some details, there just has not been time to get them completed at this time.

Speakers will be Bev A. from Imperial, Nebraska (Al-Anon Friday night), Larry L. from Amarillo, TX (Al-Anon Saturday night), Nancy S. from Topeka (Al-Anon Sunday morning) and Mike S. from Topeka (AA Saturday afternoon). The Alateen speaker will be determined at a later date.

There will be an Al-Anon meeting held each day. One meeting will be on the Steps, one on

the Traditions and one on the Concepts. There will be a workshop led by the Area Delegate, Judy W. on Saturday morning along with an AA meeting at the same time. the Saturday afternoon workshop will be led by Shanna and Scott G. with the topic of "Practicing the Principle in Relationships". The Alateens will host their annual candlelight meeting on Friday night.

All the usual fun fellowship activities of Crazy Bingo, Karaoke and lucky chance will be a part of the great weekend as well as book give aways at each speaker meeting. the Area Literature Coordinator will have literature available throughout the weekend and Garry Peak (our recorder) will have speaker CDs available.

We are planning a great weekend, but we also want to be sure practice "participation is the key to harmony" so we need your help. We need books for the book give away, decorations for the head table in the main meeting room and gifts for the lucky chance drawings. Please let me know if you are willing to volunteer your district or group to help meet these needs. Everyone is being asked to bring Crazy Bingo prizes in brown paper bags and snacks to share in the hospitality lounge. Most of all, we want to see as many members present and asked that share the enthusiasm in your district and groups.

Respectfully,

Phil Griffin, 2012 Conference Chair

2011 AA Conference Liaison Report February 2012 AWSC

The 54th Area 25 Kansas State AA Conference was held September 16-18, 2011 in Hays, KS.

Charla C., our delegate, had a workshop in the morning. It started out small but people kept coming in all through the workshop and ended up being very big. She also held a District meeting for districts in Western Kansas and two new district representatives were elected. Kelly C. from Shawnee, OK was the Al-Anon speaker and her talk was well attended by AA and Al-Anon members. There were some scheduling problems and technical problems during the Alateen speaker, Aimee S. from Bucklin. She was scheduled in a small room and her talk started before the Oldtimers meeting was done so many came to her talk late and the constant door opening was very distracting for many. There were several AA and Al-Anon members who gave feedback to the committee about this situation. Overall, the conference was successful. Thank you for allowing me to serve as your liaison. *Maggie Rogers, AA Conference Liaison*

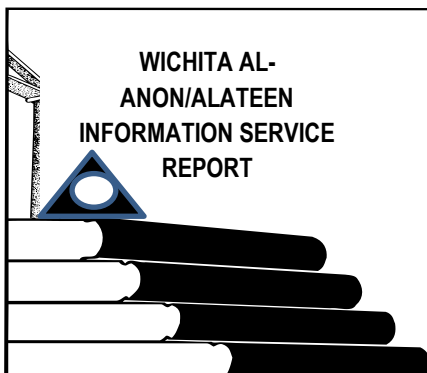
2012 AA Conference LIAISON REPORT February 2012 AWSC

It has been my privilege to serve as the Al Anon Liaison for the AA 55th Annual Kansas Area 25 Conference held on September 14-15-16. This will be held at Holiday Inn Holidome in Topeka. We have been meeting for 7 months and progress is being made.

All speakers have been set and I am very happy to tell you that Phil G. our past District Representative and current Chairperson is going to be the Al Anon speaker on Saturday at 3pm. I hope many of you will come to hear Phil's story. Judy W. our Delegate will be providing a workshop on Saturday morning at 10 am. There will be an Alateen Workshop presented by Donna M. our Alateen

Coordinator from 12:00 p.m. to 6:00 p.m. in Boardroom on Saturday.
Information for the hotel is provided on the flyers. There will be a hospitality room available to everyone also. I have provided Phil with flyers and if you need any additional flyers you can contact me through the Literature Distribution Center.

Love in Service, Becky Dahlstrom, Al-Anon Liaison for 2012 AA Conference



February 2012 AWSC

Our new Literature Distribution Center is in the Senior Center at 200 S. Walnut in Wichita. It is a wonderful hub where literature is sold and outreach reigns. Our hours remain Mondays and Wednesdays from 10:00 a.m. to 3:00 p.m. We have four regular volunteers and two substitutes. We invite you to visit our LDC when you are in Wichita. Special visits are available by appointment! The Wichita Information Service Committee completed a distribution of the Al-Anon Faces

Alcoholism 2011 to all Family Practice Doctors in Wichita and surrounding towns. The project involved giving or mailing envelopes with a letter, the AFA, a sample of the Al-Anon Referral form, and our WSO bookmark to 278 physicians in the area. We are currently working on a follow-up mailing to 40 Family Practice clinics which will include a new business card designed especially for outreach.

Our outreach coordinators are: Phone answering line, treatment center speakers, quarterly mailing to professionals, website, and Catholic charities.

Our regular outreach activities include:

* Phone answering line – covered every day by different volunteers;

* *Speaking at two treatment centers on Family night every month; different groups sign up to go;*

* *Quarterly mailing of letter, meeting directory, and information to over 100 doctors, mental health facilities, etc.*

* *Wichita Website with current meeting information as well as information for the newcomer.*

We had twenty people attend our WIS meeting on January 28th. We are excited about public outreach.

Submitted by: Joyce Haivala, WIS chair

DISTRICT REPORTS February 2012 AWSC



“Participation is the key to harmony”

District 5: I am looking forward to serving as District Representative. It will be an opportunity for personal growth, working on my fear and character defects. Applying the principals of the program to service work will be my challenge. It will be exciting to see what God will do in the next three years! Serenity for Women, Concordia KS, hosted a potluck/speaker meeting on Feb. 2. Judy W. was the speaker. An enjoyable evening for all, with lots of good food. I plan to visit all of our group meetings in the coming months.

Sally Downing, DR

District 8: District 8 continues with healthy AL Anon, having 17 active groups and 1 Alateen group. We are also continuing our monthly sharing's at 2 area Recovery Centers. As a District we have re-affirmed our commitment to our growing Alateen group. Plans are being made for our annual AL Anon Day celebration to be held April 14 at First Baptist Church here in Topeka. Our newest group in Holton reports an average of 6-9 people attending per week, ranging in age from 18-70 years of age, 3 men and 4-6 women. They are a balanced and functional group. Southwest AFG continues to 24 or more every Thursday night and has met continuously since 1971! Last year they

hosted a potluck in celebration of 40 years. A large crowd gathered to honor Fran A. our founding member, and ---enjoyed hearing from Kansas Delegate Charla C. our featured AL Anon speaker, and Mark W., the AA speaker. SWAFG was randomly selected to participate in a research project. The AL Anon WSO encouraged participation, but of course, group autonomy required a group conscience. The research project involves providing newcomers (anyone who has attended 6 or fewer meetings) with a survey. Of course the newcomer may choose not to accept the survey and remains free to determine the extent to which the survey is completed. Concerns about the impact a survey will have on newcomers continue to be addressed at their business meetings.

Changed Attitudes Changed Lives has 3-7 members.

Just for Today has 6 or so attending. One new member has joined the group of mostly old-timers. Freedom has 3-10 attending with an average of 5 per meeting. They have recently decided to have a separate 7th Tradition can to support the Alateens. Monday night Alateen has 21 attending. They continue to grow! They divide into 2 groups during the topic and then come back together for sharing and closing.

In Service, Jan H. DR

District 11: There are presently three active groups: One in Scott City and two in Dighton. We plan to get together with other Districts to hold combined District meetings. This District is small now, we only have two towns with groups. I can remember when we had five different towns with active groups. We hope to take meetings to surrounding groups, in hopes they will reciprocate. We have been doing PI in Scott City, pamphlets and books to

offices around town to LEC, AMH, clinic, eye doctor, and other offices. Thank you for allowing me to be of service to Kansas Al-Anon! I am honored!

Love & Hugs, Rhonda Hudson, DR

District 12: District 12 has three registered groups. Two are in Great Bend and one in Larned. Grapevine AFG in Great Bend meets at 7:00 on Tuesday evenings with a Step meeting following at 8:00. Great Bend AFG has three meetings a week: Wednesday at 12:00pm, Thursday at 8:00pm and Saturday at 9:00am. Paths to Recovery group in Larned meets Wednesday at 6:00pm with a Step meeting and a regular meeting following at 7:00pm. District elections were held and newly elected members have been excited to learn about their new roles in service. Attendance at meetings tends to ebb and flow, but all groups seem to be holding steady. *Susan Aistrup, DR*

District 18: District 18 will host a potluck @ 223 North Pearl in Pratt this Saturday, February 11th @ 12:30 PM. After this time of fellowship, district business meeting will be held. Items of discussion will, of course, include my report from Area World Service Committee Meeting held this past weekend, February 4-5 at Salina. Other items of discussion will be to set goals for 2012-2015. At this time, there are five groups in District 18: Protection Hand-Up AFG, Pratt Serenity Seekers AFG, Pratt New Hope AFG, Kiowa AFG and Pratt Keep It Simple Alateen. *Peggy Frederick, DR*

District 22: Our next meeting will be March 3, 2012. We will have a speaker, along with reports from each group. Gloria will

share notes from the AWSC meeting held February 4-5.

Ten Al-Anon members attended Mary Beth's Memorial in Coffeyville, KS with sadness. The family let us open the sent a contribution to her club. The *Thank You* card we received said it went to a buy a new door where the Al-Anons had meetings. (*Don't you know who is standing by that door on meeting night...*) Mary Beth will be missed and will live on in our hearts. Jayme T., Public Outreach Coordinator, called a radio station in Pittsburg, KS. I let that group know, and they sent *Thank you* cards. Again, these groups bring so much to my life. I give thanks to them.

Grateful and Growing, Gloria P., DR

“The spiritual awakening that came to me through the Al-Anon Steps shows me how to find and use that unseen force in every area of my life, One Day at a Time”

(As We Understood, p. 104)

**The Recovery Groups of Goodland
Present**

The Joy of Living

12 Steps To Freedom Roundup
Kansas & Arcade
Goodland, Kansas

Saturday, April 14: Meet the Speakers
Barbeque

Sunday, April 15: 8:00 am to 4:00 pm:

Breakfast & Lunch—Raffles-- AA
Speaker-- Al-Anon Speaker-- NA
Speaker—Al-Anon Speaker

SHARING



I watched my mother endure my father's rage without showing any emotion. She showed no response to his outrageous behavior. We, the children had no protection from our father's anger. I realized at an early age that we were beaten not because of what we had done, but because of bill collectors, money problems, and unpleasant phone calls.

At age nine, I watched my mother walk out of our house on a dark, rainy evening. She didn't say she was leaving. She didn't say why she was leaving or how long she would be gone or even if she'd ever be back. I watched her come home several months later and still not say a word about why she left or whether she would ever leave again. I learned not to trust others or myself.

Later, when I became a mom and found myself struggling with the disease of alcoholism, I didn't understand what was wrong in my marriage. I saw myself as a victim.

I allowed my mother to rescue me over and over. She took me away on vacations and bought me wonderful career clothes. I couldn't even say I liked something without getting it within days. By then, I had been in and out of Al-Anon like a revolving door. I never saw it as the solution to the hell I was experiencing. I didn't listen. I didn't attend regularly. I just came when I was hurting and expected everyone else to fix me.

Consequently, when my mother remarried and moved away, I felt the same abandonment at age 44 as I felt at age nine. Before she remarried, my mother had been my lifeline out of hell. Now she didn't want to be away from her husband. She didn't even talk to me about what was going on in her life. I lost the mother I had depended on to rescue me.

Then I started attending Al-Anon regularly. A loving member gently told me that maybe now I was ready to start working the program. I got a Sponsor who began working through the Steps with me. I started attending multiple meetings each week. I have become involved in service and am learning to be one among others.

I have learned that my parents were devastated by the effects of my grandfather's alcoholism. I did not cause my father's rage, I couldn't cure my mother's pain, and I couldn't control the disease ravaging our home. My mother does the very best she can. Retreating emotionally when she is in pain is just one of her survival tactics.

I choose to live today. I know that in order for me to live, I have to practice the Twelve Steps in my life, to share with my Sponsor, and to be willing and open to do things differently. I practice keeping my life in the shape of the Al-Anon triangle---recovery, unity, and service. (*Discovering Choices*, pp. 27-28)

(A Sharing Taken from -Many Voices, One Journey – Al-Anon Family Groups-)

“...Al-Anon cofounder, Anne B., first met Lois late in 1942, shortly after a doctor suggested that Anne find some help for her husband. Anne was 43 years old, and had been married for more than 20 years. After several years, Anne came to understand that she could also benefit from A.A.’s Twelve Steps:”

“My husband and I were married ten years before he started drinking; and while it was only very mild social drinking at first, it rapidly formed an alcoholic pattern. No need to tell what followed, until the A.A. idea was introduced to me by our very dear friend, the late Dr. Robinson. He didn’t know it was A.A., but merely said: “You just better go so see this person and he’ll tell you about a meeting of a bunch of drunks. I don’t know what they do. It’s just an ‘old drunks’ meeting.” I didn’t know the man he suggested, although I knew of him and his excessive drinking. So I got up my courage and immediately contacted him.

It all worked out very well. Next day my husband, of his own accord, came to me tearfully---he had been on a binge---and, mentioning it for the first time, said: “I don’t know what I am going to do about this drinking.” I feel that it was fate---that I had been told what to do just the day before.

We were in A.A. several years, but all that while I thought it was just for my husband. I didn’t pay any attention to the Twelve Steps for myself. I thought they were wonderful; and when I read the book [Alcoholics Anonymous], I could see every pattern of his drinking. Then I began to understand why he drank. But I just couldn’t see that the program was for me, too, and felt that things just weren’t right.

So the time came when I decided I’d better do something about it. Subsequently, I did take the First Step and did accept the fact that I was powerless over alcohol. As time went on, I didn’t pay too much attention to the other Steps. In fact, it was several years before I got to the Fourth Step.

The First Step is the “Step of acceptance”. The Fourth is that of conversion. I decided to take my own moral inventory every day. I sat with a pencil and paper in the morning for over two years. I thought there would never be an end to it. I discovered that it wasn’t alcohol that made me the person I was. It just intensified the problems in my home and intensified all the defects I had. So I went ‘way back to the time when I was a little child---as far back as I could remember. With it came the realization of what was the matter with me. I had been the most fearful person; afraid of everything---afraid of animals, the dark, thunderstorms, and people. As I grew older, people were my greatest fear. Even approaching the program, I still was fearful. I’d go to A.A. meetings but still really was afraid of meeting people. I was very shy; I was the greatest introvert on record.

The time came when I attended an A.A. meeting in New York and heard an A.A. girl give her first talk. After the meeting, she said to me, “I wish there were groups for non-alcoholics, because my husband doesn’t understand why I have to go to meetings, why I have this problem; and he won’t go to A.A. meetings himself”. At home I stayed awake all night wondering why there couldn’t be that type of meeting. I didn’t know then that there were family group meetings, because they weren’t called that.

Eventually, with the help of Lois, a Westchester Family Group was formed...After I entered into family group activities, had taken the Step of acceptance, then of conversion, the Third Step came along---the Step of dedication. Then I began to progress, because I was helping others; trying to give them something I had experienced. If it was no more than just giving out literature, a book to read, or a word or encouragement, it was a part of the Twelve Step work. Possibly my experience wasn’t enough to help some; but that I was able to help at all was a step to progression, and I feel now that I’ll never stop progressing.

I still have to take a moral inventory every day; and my last thoughts before drifting off to sleep concern what I did and said during the day---hoping to recapture the spirit, praying to do better the next day. I always pray, too, that I constantly will be worthy of my returned faith and the privilege of working with

Al-Anon. It surely was, and is, the most wonderful thing that ever came to me.
(Anne B., Al-Anon Co-founder- 1942, pp. 19-21)

For Discussion: Anne B. said she was “the greatest introvert on record”, and yet she went on to be a Chairman of the Board for Al-Anon. She believed that Al-Anon service played a very important role in her recovery.

What part has Al-Anon played in my own recovery?

(Many Voices, One Journey, p. 21)

SPRING INTO ACTION

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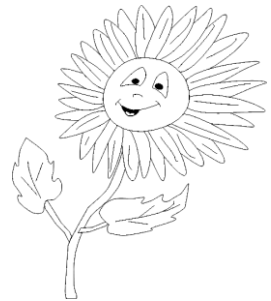
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