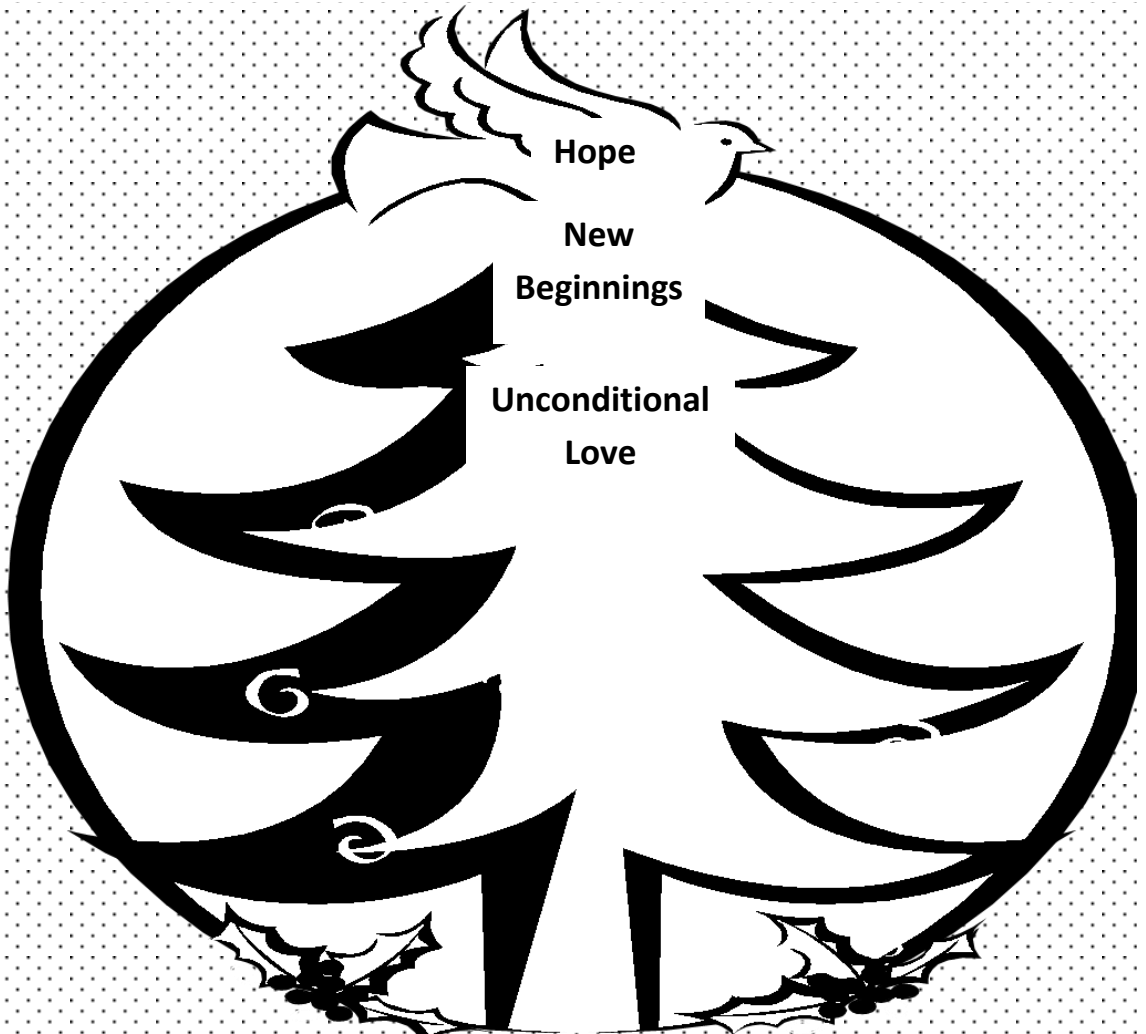


December - February, 2010

KANSAS STEPFINDER





Kansas AFG Area 20 Calendar of Events

- * November 6 2010 : KS Area Assembly Salina, KS
- * November 13-14: Hugoton's 34th AA Round Robin, AA with Al-Anon participation
- * November 26-28 2010: AMAC Econolodge Lawrence KS
- * February 5-6 2011: AWSC meeting Salina, KS
- * March 19-20 2011: Alateen Sponsor Getaway Living Waters Ranch
- * April 11-15: WSC Virginia Beach, VA
- * April 16 : Al-Anon 60th Anniversary banquet & open house, WSO Virginia Beach VA
- * May 7, 2011: KS Area Assembly Salina, KS
- * June 17-19 2011: 39th Annual Kansas Al-Anon Conference, Great Bend KS
- * September 10-11 2011: AWSC meeting Salina, KS
- * September 16-18: Kansas AA Conference Hays Ks, AA with Al-Anon participation
- * November 5, 2011: KS Area Assembly Salina, KS
- * February 4-5 2012: AWSC meeting Salina, KS
- * May 5, 2012: KS Area Assembly Salina, KS
- * September 8-9 2012: AWSC meeting Salina, KS
- * November 3, 2012: KS Area Assembly Salina, KS

Please note Area Assembly is held at the Heart of America Best Western & AWSC meeting is held at the Mid America Best Western. These are the dates contracted with the hotels through 2012

FROM THE EDITOR

It's hard to believe another year has passed. It's the Holiday Season As I was thinking of a theme for this issue, I thought of all the gifts I have received from Al-non. There are too many to put on the cover! So I broke it down to: "*Hope*" for the month of December; "*New Beginnings*" for the month of January; and "*Unconditional Love*" for the month of February.



The month of December brings Christmas. When I think of Christmas, I think of *Hope*. The only sense of Hope I felt before Al-Anon, if I felt it at all, was just an illusion. It was only what others had. It was totally beyond my grasp. The "if only's" were my only hope. My growth and recovery in Al-Anon has brought me to a new understanding of what hope really is. Hope is the SERENITY I feel sitting on the sofa looking at the lights on the tree. Hope is a smile on my face that no matter what happens in my life, I will be okay. Hope is that my Higher Power, whom I choose to call God, has a plan for me. All I need to do is choose to let go and let God. I feel hope for myself as well for for all those I love, whether they be in recovery or not.

January brings a new year. A new year brings *New Beginnings*. I no longer dwell in the past with sorrow, regret, and self-hatred. Rather, I look back at the year gone by and reflect on the growth I have received from this beautiful program. I look forward to continuing with my journey in recovery with anticipation and excitement of what is to come.

February brings Valentines Day. Valentines Day represents love.....not the conditional love I had lived with all my life before Al-Anon. The love that told me, I will love you if you do what I want you to do; if you feel what I want you to feel; if you love me the way I think you should...if you are what I want you to be. I learned to love others the same way in return. Al-Anon has taught me how to give and receive *Unconditional Love*. What a sense of freedom this has brought to my life. It tells me I can and will love you just because you are you...just as you are; with no expectations..with no conditions. I, in turn, know that I am deserving of the same love in return. It's so simple. I don't have to try to change anyone.; nor do I have to change myself just to please someone else. I am able to love me just as I am.

Being involved in Service has only strengthened my sense of *Hope*, *New Beginnings* and *Unconditional Love*. Thank you for allowing me to serve!

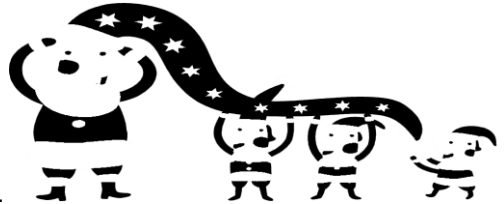
-Stevie W.-, *Stepfinder Editor*

Assembly Report November 6, 2010 Kansas Area 20 Delegate

**“Developing our leadership
qualities helps our fellowship
thrive”**

-Paths To Recovery-, p. 302

Hello everyone – this Fall Assembly is so extra special because it’s



our 50 birthday.

My happy birthday greetings to all of us especially those who were our Assembly pioneers. We thank you for your vision and hard work. Please read the current issue of the STEPFINDER to learn about the Chief of Police. Other good stuff in it also, but . . . if you don’t subscribe you can find it on the www.kansas-al-anon.org web site. The new Service Manual is on it’s way. Every registered group will be receiving a copy later this month. Remember – it belongs to the group. If you are the GR or contact person and it arrives in your mailbox, take it to the group - you can purchase your own copy at either the Wichita or Kansas City Literature Centers as well as the Area’s Literature Center. One more quick note – if you are registered as a Spanish speaking group, yours is being translated right now and you won’t receive it until late January. The *Groups At Work* booklet has been updated too and will be sent along with the Service Manual. This is a terrific resource for knowing about the basics for your meetings, the officers and their responsibilities, sponsorship, group business – that is a group inventory, group conscience, and so on, the opening and closing. In a sense, it’s like the cliff notes for the Service Manual. It is for the group also – but you can purchase or download your own copy. Read it – there is a lot of information that you need to know. The *Conference Summary* tells you everything that went on at the Conference last April – explains the various committees, thought forces and task forces – what they did; all the financials from the previous year; the new budget; general discussions on a variety of topics; a few tidbits on some of the workshops; reports from WSO staff and Trustees on trips abroad and in the back – a listing of all who attended the Conference. Many of our long-timers look forward to reading this every year but if you are new, may I suggest that you start by reading the table of contents then going to the back section and reading the personal sharings from all of the outgoing Delegates. Laurel’s sharing was printed two years ago and mine will be in the next one. A special awareness that you might get when reading it is how big Al-Anon really is – we are more than 2 million members strong in more than 130 countries. A year from now, our newly-elected Group Representatives will be coming to Assembly with you. I want you to start thinking about someone in your group or someone you sponsor – start encouraging them to think about standing for GR of your group and praying about it. And then I want you GR’s to pray about standing for the position of District Representative. At the next fall’s Assembly we will be having elections for all of our Coordinators and Officers. Anyone can be a Coordinator – but an Officer has to have been a DR first and I know that everyone of you has the potential to be a fabulous DR – on the road to being the Delegate. I’ve had so much fun and have enjoyed being your Delegate so much that I want you to want to be Delegate. Last July’s issue of the FORUM has a wonderful article entitled

“How Al-Anon Service Fueled My Personal Growth.” Read it – pray about it – you deserve it. It’s up to each of us to encourage others to become involved in the joys of service. The more you are involved, the deeper and richer your life becomes – your recovery, your growth, your program. It’s somewhat like a watercolor painting. When you dip your paint brush into water and then dab at the bright red paint and brush it onto the paper, it is pink. It becomes darker; and if you do it enough you will end up with a bright, rich, red color. So when we do more than just attend meetings, we are dabbing into the bright red paint and everything we do only enhances and deepens..., and we are the better for it. You deserve it. Have a great holiday season. I will see you in the Spring.

Much love and appreciation of you all,
-Charla C.-, Delegate

Alternate Delegate/Forum Coordinator November 6, 2010 Assembly



Hello Everyone! I am Claudine W, your Alternate Delegate and *Forum* Coordinator. Great news! If you looked closely, you saw a picture sent in my Jayme T., from Kansas, in the August edition of “*The Forum*”. Suzie T., from Kansas, also sent in a sharing entitled, “*Adventures in Reading*”. There is a “*Forum*” Committee that selects sharings to print. Out of about 250 sharings, 137 may be rejected. Other sharings may be submitted to other CAL; and still others may be printed years after being submitted.

“Forum History”: Did you know....*The “Forum”* began in the early 1950’s as a simple newsletter originally written by Lois W.

The “Forum” as a concept is Conference Approved Literature. All sharings are written by members, for members. The primary purpose of the “Forum” was, and still is, a venue for members to share with one another and to pass on information of interest to the fellowship.

Love In Service,
-Claudine W., Alternate Delegate



“When you are ready to go over the edge remember that God, in His wisdom and mercy, made the world round!” (-The Forum, July 1994-)



TREASURERS REPORT NOVEMBER 2010 ASSEMBLY



As of 10-31-10, we have \$13,216.50 in our checking account. That is \$1,522.07 less than last year at this time. Our beginning balance on 1-1-10 was \$12625.95. We had an income of \$8238.35 and expenses were \$7647.80. Our reserve fund balance is \$11,897.57 + \$142.39 in interest = \$12,039.96. Our total income was down by \$2529.67 from this time last year. Contributions from Kansas Al-Anon groups were up by \$68.24 from this time last year. Contributions from Kansas Al-Anon groups, districts, personal, B-Day and Memorials were up by \$1299.44 from this time last year. We have received contributions from 74 of our groups. That's about 50%. Thank you. It breaks down like this: 74 Al-Anon \$4557.63, 1 Alateen group \$5.00, 4 Districts \$1278.72, 6 personal \$145.00, 2 Birthday \$84.00, 4 memorials \$110.00, 2 district memorials \$121.00 and 1 group memorial \$20.00 = \$6321.35. According to my figures, 73 groups have not contributed yet this year. Our actual expenses so far this year was \$7647.80 that is \$262.84 more than last year at this time. I estimate our outstanding 2010 expenses to be about \$4100.00. This includes paying the full amount of \$1966.00 to send our Delegate to Conference next year and \$1000.00 that will be sent to the World Service Office in December of this year. That should put us about \$600.00 under budget. I will not be sending another Appeal Letter until April of next year. Please don't forget about sending the Area contributions over the long winter.

I do have the Memorial Book available for your viewing. I do have Memorial Cards for Memorial contributions and I do have Birthday Cards available. Please send all contributions to me at: Kansas Area AFG PO Box 281 Leavenworth, Ks. 66048.

If you or your groups have any questions, suggestions, comments or concerns, please, email: treasurer@kansas-al-anon.org. I will do my best to answer your questions.

Your trusted servant, *-Cindy H-, Area Treasurer*

GROUP RECORDS REPORT, November 6, 2010



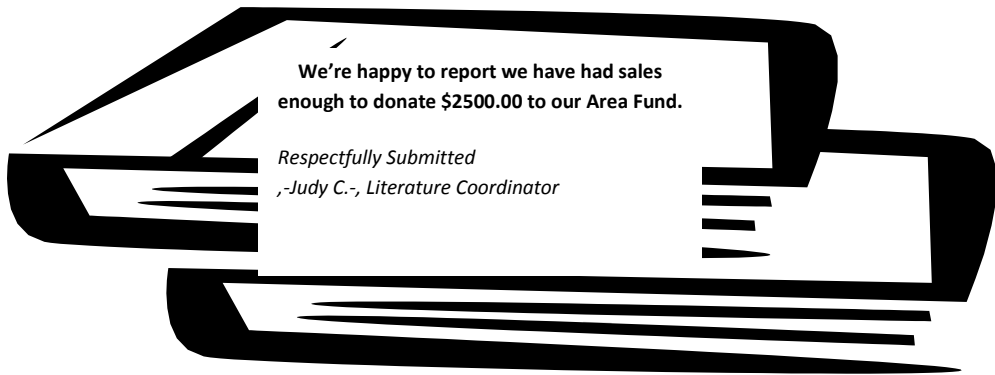
Keeping the group records current is a lot like folding fitted sheets – you can never do it quite like your mom did it! I just got notification from WSO that I can now make changes directly on their database, rather than submitting forms for them to make the changes. This will make things so much easier! I also this week got a whole stack of update sheets from WSO. I was pleased to find that most of them had no changes. That means you are getting the changes to me and we have mostly accurate information. Since we met in May, we have had 4 new Al-Anon groups and one new Alateen group. These are: Jackson St AFG in Hutchinson, Choices AFG in Salina, Serenity AFG in Overland Park, and “MS” Mantlenlo Simple in Shawnee, a new Spanish group. In addition Newton Alateen started in Newton. Unfortunately there were 2 groups in District 22 (Tuesday Nite in Pittsburg and Serenity in Coffeyville), 1 group in District 21 (Awakenings in Augusta) and two groups in District 18 (Anthony and Medicine Lodge) that were all listed as INACTIVE. Also we found at our last meeting that two Alateen groups, Emporia and Dodge City, had disbanded. Currently we have 142 Al-Anon groups, which includes 2 institutional groups and 6 Spanish groups, and 13 Alateen groups as well as 2 Literature Distribution Centers/Information Services. There have been a few groups in No Mail Status – this is when mail is returned to WSO; they then list the group as in No Mail Status and let me know so I get to play detective and find out why it is in No Mail Status. Oftentimes it is because the PO Box was not paid! So please remember to stay on top of those PO Boxes. I am very excited to introduce an Electronic Group Registration/Change Form. This is a form I created to use here in the Kansas Area. You can download the form, save it on your computer, fill it out, and attach it to an email to me. It gives me all the information I need to fill out the WSO form and make the changes necessary in my records. Please use it and give me feedback on it. Please fill it out completely, even if only one thing has changed. It allows me to check my records for all the information. Please remember – if you have changes, send them to ME, not WSO! I will make the changes and let the necessary people, such as WSO, the area secretary, and the area webmaster know. You will need to inform your local directory person yourself. As always, you can contact me at my Area address group-records@kansas-al-anon.org. I also take phone calls, snail mail, or just show up at my meeting!! As for Alateen, all changes must be sent to our Area Alateen Process Person, Janet Mc. Thank you so much for allowing me to serve the Kansas Area.

-Terry R.-, Group Records Coordinator

“Saying Yes to service in the program has helped me learn to say yes to the rest of my life” *(When I Got Busy I Got Better, p.32)*

KANSAS AREA LITERATURE DISTRIBUTION

July 1, 2010 thru September 30, 2010



AREA PUBLIC OUTREACH COORDINATOR

November 2010 Assembly

Thanks again to the Al-Anon members that continue to share ideas and projects with “*Taking Action in Al-Anon with Public Outreach*”. The groups throughout Wichita organized the Al-Anon display at the “*Annual School Nurses Convention*” in Wichita during July. I received positive feedback from the Conference. Many groups and districts have also shared about distributing copies of the AFA (*Al-Anon Faces Alcoholism*) and other CAL (Conference Approved Literature) throughout their community. I still have a few copies of the 2010 *Al-Anon Faces Alcoholism*, if your group or district needs any more copies. I would also like to announce a “Public Outreach” project for 2011. We (as an Area) are going to design a poster that would be approved by the Area along with WSO that will be distributed to all the active groups within Kansas. This mornings’ Public Outreach break-out session developed ideas to be utilized for this project. The final posters will be revealed at the May 2011 Assembly. I participated in a conference call with the WSO on September 18, 2010 in which

Coordinators discussed ways to reach out to newcomers during the Holiday Season. I encourage everyone to share their Holiday Season public outreach ideas. Please email or call me with your public outreach ideas and projects. Let's continue to "Take Action in Al-Anon with Outreach"!

Love & Service,

-Janell G., Public Outreach Coordinator

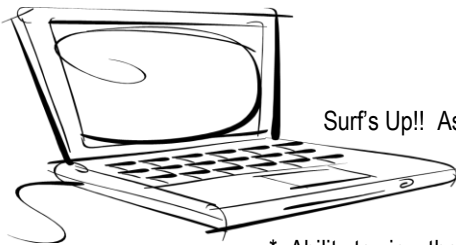


"One fascinating and stimulating part of Al-Anon work is that you can bring new life and HOPE to someone in trouble or despair without even realizing it"

-Forum Favorites, Vol. 2, p. 178



KANSAS AREA AI-ANON WEBMASTER REPORT Area Assembly November 6, 2010



Surf's Up!! As I reported at the May Assembly, the website team and I have been revamping the Area's website. Some of the changes that we have made since May are:

* Ability to view the site in Spanish by clicking on the Espanol tab.

* When clicking on the Area Assembly or Area World Service Committee meetings on the calendar, it will automatically open the secure login window. By logging in, you can download the meeting agendas and minutes.

* A forms page has been added so all the forms can be found in one place. You can download useful forms, such as: Alateen medical and permission forms, group expense form, literature form, group registration/change forms, etc.

I am hoping to get input soon from the Alateens regarding their page on the web site. Stay tuned! What is published 4 times a year and contains information from Area officers and coordinators, as well as member sharings and calendar events? The *Stepfinder* magazine! Where can you find this wonderful publication to download and print? On the Kansas Area Website! www.kansas-al-anon.org. It is located on the Kansas Area website under the Resources tab for members to easily access. Please feel free to print these out and distribute to your group, Remember to send me flyers and information via email or snail mail to post for special events. As always, I am available to come do a workshop on using the website. Thanks again for allowing me to serve the Area.

–Candy M.- Kansas Area Webmaster

Kansas STEPFINDER REPORT November 2010 Assembly



To date there are 23 hard copy subscriptions and five email subscriptions to the *Kansas Stepfinder*. The subscriptions have continually increased since I began serving as *Stepfinder Editor*. I am very excited by this! I appreciate all the personal sharings I have received. Keep them coming! I always include a personal sharing in each issue. If I don't get one from the Kansas Area, I find one from other Al-Anon literature. I think, however, it is great to have sharings from the Kansas Area.

There is a sample of the *Stepfinder* on the back table that you can take a look at; along with subscription forms if anyone would like a subscription individually or for your group.

I thank you for allowing me to serve as *Kansas Stepfinder Editor*; and for all the encouragement I have received. I HAVE GROWN SO MUCH IN MY RECOVERY AS A RESULT!

Love in Service,

–Stevie W.-, *Kansas Stepfinder Editor*

Alateen Coordinator/Assistant Alateen Coordinator Report

November 6, 2010

Jessica and I have been busy since the last time we met in May. Our report in September mentions many of the things we were involved with over the Summer so I am not going to repeat many of those for you. Shanna has had several people share with her how Cody touched their lives through his experience, strength and hope when he shared his story at the Al-Anon/Alateen Conference in June. Shanna has had the opportunity to be part of a thought force at the World Service Office. This task force has been charged with the duty of putting together criteria for evaluating the Alateen Advisory Committee. We had our first conference call last week and should wrap up our work within 6 to 8 weeks. The Annual Midwestern Alateen Conference is just around the corner. It will be held November 26, 27, & 28 2010 in Lawrence KS. The theme is "AMAC Is The Time Of Our Life" and the theme song "Time Of Our Life" by Greenday. Candy has been in contact with Shanna regarding information on the Alateen web page. I am working with the Alateen groups around the state to put together a Question and Answer section. Jessica and I will also be working together for information that can be posted. Jessica and I thank you for the opportunity to serve Kansas Alateen. Love you all.

Shanna G., Alateen Coordinator; Jessica A., Asst. Alateen Coordinato

**"Alateen is here to
help us find hope and
love"**

Alateen Talk, Fall 2010



Area Alateen Process Report

November 2010 Assembly

Hi, everyone! I'm Janet Mc, your Area 20 Alateen Process Person. My job is to make sure Alateen groups in Kansas are keeping within the Safety and Behavior Guidelines for OUR Area and to communicate with WSO any changes for Alateen groups, sponsors, or AMIAS. I have copies of the Area 20 Safety and Behavior Guidelines, as well as the various forms needed to participate in Alateen sponsorship and events (AMIAS, Group Registration/Change, Permission, etc.). There are two Al-Anon Guidelines that pretty much explain what my service position is about-G-34 and G-19- though we do tailor them slightly for our particular Area. You can download them at www.al-anon.org/members. Currently area 20 Alateen has **14 Alateen active groups; 65 registered Al-Anon Members involved in Alateen Service (AMIAS) – 42 of which are certified Sponsors**. This is up from a year ago (+4 sponsors and +16 AMIAS). YAY! I have a current list of the active Alateen groups and their respective Sponsors/AMIAS (helpers) for the Districts in Area 20. **People should not be helping with Alateen unless they are on this list.** I have forms with me if you would like to do service work by helping with the Alateens occasionally OR, you can find the necessary paperwork on our Area website www.kansas-al-anon.org in the Alateen section. I also would like to remind everyone that **ANY** Alateen changes, whether it is regarding the group meeting time or place, adding a new sponsor or AMIAS, sponsor retiring, etc. **MUST** fill out the appropriate form and send it to me (Janet Mc). WSO will only accept Alateen group changes from the Area Alateen Process Person (which is me, Janet Mc). When a GR, Alt. GR, or DR signs an AMIAS form, you are telling me that person is meeting the requirements for our Area (in accordance with the Area 20 Safety and Behavioral Requirements). If you have any questions or comments, I can be reached at aapp@kansas-al-anon.org. If anyone you know is interested in becoming an Alateen Sponsor or AMIAS, OR are interested in starting an Alateen group, please have them contact me and I will send them information.

Love in Service,

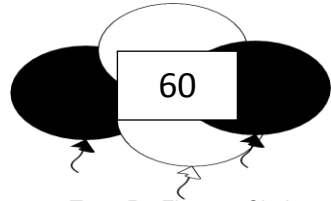
Janet Mc., Area 20 Alateen Process Person

SERVICE

“I have been an Alateen Group Sponsor for about two years now.....I was afraid at first and I didn't think I had anything to offer.....Today, I trust that my Higher Power knows where I am needed and where I need to be.”

(Alateen Talk, Fall 2010)

2011 CONFERENCE COMMITTEE November 2010 Assembly



Your new Committee is working hard to bring you another exciting weekend ; and are hoping to see all of you there.

we

The Committee members are: General Chairperson -Myself, Judy W: Co-Chairperson – Terry R: Finance Chairperson – Lori R; Publicity Chairperson – Joyce H: Program Chairperson – Phil G: Registration Chairperson – Selia C: Hospitality – Lucy C: Alateen Coordinator – Shanna G: Asst. Alateen Coordinator – Jessica A: Advisor – Jayme T: AA Liaison – Dee Y

Our Theme is “60 Years of Transforming Lives” in keeping with Al-Anon’s 60th Anniversary next year. What an honor to be serving our Area at this special time. I cannot think of any way of celebrating it more than by serving on the Conference Committee. Wouldn’t it be terrific if attendance skyrocketed, just for our Anniversary’s sake?



year.

Our Conference will be the weekend of June 17-19, 2011 at the Highland Convention Center in Great Bend, KS. Preregistration is \$18.00, at the door is \$20.00 and Alateen is \$8.00. Cut off date for preregistration is June 3, 2011. Remember, to preregister your check needs to be included with it. The hotel rate is \$68. plus taxes for 1 to 4 persons in the room. When you call ask for the Al-Anon/Alateen Conference block. Cut off date is June 3, 2011. The Registration Form has a toll-free number which is the front counter of the Center itself. The Banquet is the Western Buffet, includes choice of the BBQ ribs, BBQ chicken or BBQ brisket; served with Potatoes Au Gratin, Baked Beans, Green Beans, dessert is pie or cobbler. Price is \$20.00 a plate, and will be poolside. Vegetarian and diabetic plates are available so don’t forget to mark that on the Registration Form before you turn it in if that is what you need. The weekend includes Karaoke, Crazy Bingo, Workshop titled “Let’s Play Group Feud” by our Delegate Charla, Early Bird Meeting, Candlelight Meeting and God of Your Understanding Meeting, **all are open to everyone**, the Lucky Chance Drawing, and this year there will be an Experience, Strength and Hope Panel. Sounds like a lot of fun, doesn’t it? Our Speakers are **Zelda R.** from Lincoln, NE., but who grew up here in Salina, **Becky D.** from Topeka, KS, **Bo T.** and his wife is the AA Speaker, **Shirley T.**, both from Brockton, AL, and our Alateen Speakers. We plan to present two Alateen speakers, double the excitement. As always, we need your help and are asking if your District, or Group would want to help us with: Items for the Lucky Chance Drawing; Books for the Give-Away; Decoration for the Speaker tables (2); Decorations for the Banquet tables; Love Gifts for the Registration table. If your group or District could help us with this, please let me know. You can email me at heyjude132@msn.com, or send a snail mail to 831 S. Ohio, Salina, KS 67401, or your DR can let me know at AWSC in February. We are really excited about the coming Conference and hope that you will be too. We are working hard to present what we hope you would want to attend.

Your humble servant, -Judy W.-

MY FRIST ASSEMBLY

“WOW”! Friday night began with a sharing meeting. As I listened to members sharing their "leaf reading's" quotes from various Al-Anon books written on paper leaves. I heard experience, strength and hope from everyone who shared. Saturday started out bright and early with a Newcomers meeting. very valuable meeting with a lot of information about the structure and acronyms of Al-Anon. This small group focus with Assembly Newcomers immediately made feel more comfortable. It was like I went to a pep rally and I was ready for the big league as I entered the Assembly meeting. I was very moved by roll call. The representation was amazing and as each District was called, the District Representative responded followed by their Group Representatives. As I reflect on Assembly one thing keeps coming back to me “The Traditions”. I witnessed the application of “The Traditions” throughout the entire weekend – a tribute to Kansas Area. Celebrating our 60th Assembly with special guests Loraine B., and Doris W., Regional Trustee, pioneers of Al-Anon’s amazing history and fellowship that continues to offer hope to families and friends of alcoholics. I wanted to share my “leaf reading” that Friday night, but fear took over. I would like to share with you now –



A

–

“My name is Cindy – ‘It was recognition that a spiritual being of some force was at work in my life’ – (As We Understood). I didn’t recognize changes in my behavior. I still looked for and depended upon others to tell me how well or how bad I was doing. As friends acknowledged my changed attitude and actions, I began to believe – I am changing. Finding the courage to face the affects of alcoholism on my life is a gift from my Higher Power. Today, because of my relationship with my Higher Power, I can look at myself and recognize my changed behaviors.”

Thank you for a wonderful experience and I hope to see you again soon.

Cindy T., Hope For Today AFG, Topeka

“I needn’t fear the challenge of the future, because I know that today, with the guidance of my Higher Power and with the strength and knowledge I have gained from Al-Anon, I am capable of facing anything life brings me”

(Courage To Change, p. 332)

DISTRICT REPORTS



“Participation is the key to harmony”



District 5: This summer members in the District had a garage sale. The proceeds were donated to the District to be applied to our Answering Service. It gave District 5 5 more months of phone service. Our District now has an email address. We did this so in case we lose our phone service, potential members will still have a means of reaching us. It is printed in the paper on the first Sunday of each month, along with the information on all the groups. One of our members did a lot of public outreach work. She fixed up packets that included: *Al-Anon Faces Alcoholism*; Pamphlets entitled, *Al-Anon is for Adult Children of Alcoholics*; *Are You Troubled by Someone’s Drinking*; and *Are You in a Correctional Facility* as well as *Fact Sheet For Professionals*; a list of Online meetings and Web sites. She included a letter with her phone number and email address. She gave a packet to the Chairperson of Pastoral Studies, Lawyer Studies and Social Services at Bethany College in Lindsborg; as well as the Chairperson of Pastoral Studies and Lawyer Studies at Kansas Wesleyan University in Salina. *Judy W., DR*

District 8: District 8 in and around Topeka is celebrating a wonderful year. We have seventeen active Al-Anon groups and one active Alateen group. We have practiced and lived by “participation is the key to harmony” in all of our activities and actions this year which kept us grounded and helped minimize any fears that we could not be successful. We have found real joy and enthusiasm in attending monthly District meetings where we find laughter and progress moving plans forward.

During the summer we began making a conscience decision to practice a form of *Knowledge Based Decision Making*, which is working well for us. We discuss ideas and opportunities at the District Meeting; then take that back to our groups before we make decisions. We have most of our group representatives attending Area Assemblies and reporting information back to our groups, which in turn prepares us to know how our groups feel about decisions that need to be made at the Area level. We are currently planning for our Al-Anon/Alateen Day 2011. Because of the popularity of this annual event, we have realized a need to move to a larger facility than the church, which has been our home for this event for many years. We will make the decision about where we are moving to by the end of 2010, as we are looking at three different churches. Part of our decision is being based on ease to find the church for our many guests who join us from outside the District.

We invite you now to make plans to join us on March 26, 2011 for our annual Al-Anon/Alateen Day which will carry the theme "Around the World in 60 Years". The theme is our way of celebrating the growth of Al-Anon and Alateen as the program turns 60 years old. The pot luck lunch will feature foods from all over the world, including some American traditional foods for those who are less adventurous. Shanna G., from Manhattan, will be our Al-Anon speaker. Jessica A., from Paola, will be our Alateen speaker. We will have several workshops to choose from as well. If you have been with us in the past, we welcome you back; and if you have never joined us before, we encourage you to consider starting a new tradition.

In Grateful Service, Phil G., District Representative

District 12: District 12 has 3 groups. Paths to Recovery which is in Larned that meets once a week. The Great Bend AFG group has two meeting times in Great Bend. The Grapevine group which meets once a week also in Great Bend. We were planning on having a workshop (The Meat and Potatoes of Al-Anon). We were to have our Area Delegate to give the workshop, but as things happen in our lives she was not able to be there due to her treatment schedule. After holding a District meeting it was decided that we would go ahead with the workshop. 3 members from the Paths to Recovery group in Larned step up and agreed to put on the workshop with the help from Charla's outline of her workshop. Each member took 3 steps to present and then they each took one of the last 3 steps to present. It was fabulous, they each went over their step then opened the floor for experience, strength and hope. I believe that it was a learning experience for all who attended. I would like to thank Susan, Kevan, & LeAnne for stepping up and helping us all enjoy a wonderful day. On October 2nd we had our 12 Step Workshop in Larned at Camp Pawnee. We had 15 members join us at the workshop. We had 11 members of Al-Anon and 4 members of AA. The Workshop was

wonderful. Each person attending shared about what the steps meant to them and how they work the steps. Great fellowship and knowledge was had by all. We had such Dodge City on September 11. Very informative! It was about communication and representation out here in the rural areas. (Several people from the other side of the State commented, they now realized how far it was across our state to attend a meeting.) The District has subscribed to the Kansas Stepfinder for a one year subscription for each group in our District. The purpose being to get the information to these groups in a manner that they will pick up on. There is so much good information in there that the groups can use. I know two of the groups have received the latest issue. I hope this communicates to the groups how important it is to stay in contact with other Al-Anons outside our own groups I do now have an e-mail address for at least one member in each group, which makes communicating with them much easier and less expensive.

Selia C., – DR Judy T.,– Alt DR

District 22: *District 22 held a meeting October 9, 2010 at Sunflower AFG in Riverton, KS. There are six active groups. Four of these groups have eleven people in attendance. Bob W. reported that group contributions were good. Information covering CAL literature and suggestions for meeting topics were given by Andrea S. Gloria and Andrea S. reported that they attended the 38th Kansas Al-Anon/Alateen Conference, June 18, 2010, in Great Bend, KS. It was wonderful with great speakers and workshops. Gloria then handed out flyers for the 39th Conference. Mary Beth J. came and shared her story along with a workshop about CAL literature. This was fun; and really made us think where things are in our books. The group asked for a workshop at the March meeting since we learned so much from Mary Beth. The groups are involved in taking Al-Anon Faces Alcoholism 2010 to public places and we ordered some Al-Anon Faces Alcoholism 2011. We also distributed CAL literature at the library, Alateen pamphlets to high schools, and the meeting dates and locations were updated at four community professional offices. We keep busy in District 22 after 50 years of life-learning fellowship in our AFG.*

*Thanks for the opportunity to serve,
Gloria P., DR*



NEW BEGINNINGS

Things To Remember

Kansas Stepfinder: FREE online at <http://www.kansas-al-anon.org>

Forum Subscriptions: \$11 – 1 year; \$22 – 2 years; \$24 – 3 years

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