



Al-Anon Family Groups

Orange County Intergroup
12391 Lewis, Suite 102
Garden Grove, CA 92840

Intergroup Meeting Agenda October 21, 2015

- 7:38p • Call to Order and Serenity Prayer - Julie S.
- Silence cell phones
- Twelve Traditions (read by a volunteer) Irene

- Secretary : Mary Lou L. Shelly Karen
- Review and Approve Minutes of the last Intergroup Meeting August 2015
- Review business of previous Service Board Meeting Sept 2015

*3:30 pm
Dinner
Bobbie*

Reports

- Treasurer : Ada G. *TY for coming in*
suggested donation from IR \$5 + mileage if group apps
neg because of Lit purchase. payroll ↑ - 3* payroll sessions
- 7th Tradition *Karen - lower contr Aug to Sept. ↓
Oct = good bk of fundraising*

Office Coordinator : Julia T
Director deadline Nov 13

Chairperson : Julie S *order via email to pick up lit @ IR mtg.*
Anniversary Cake - sign / Anniversary Party

Service Manual 635 } will be available @ IR mtgs
Groups @ Work 150 }
Ex-Officio : Steve F / Cianna / Julia

Anniversary Party - service + fellowship, 140+
more than \$700 for OC service office

Cake - Donate to Decorate to celebrate 40 yrs of
service office

TY Refreshment / sign up sheet.

- Motion to Close
 - Serenity Prayer
- Carol M Flavin 2nd

see "Many Voices, One Journey"
for history

Jayne C. ~~Cham~~ • educate
DUAL MEMBERS

Paths to Rec
pg 164

printed Jan 2013
WS Conf Mar 2013
- new policy on Dual
members.

DM- cannot serve as IRs
Bill W- protect identities of both entities
not policy change but clarification

new language
not Dual member or Double Member

~~XXXXXXXXXX~~

[Alanon Fam group - Apr 1-3, 2016
(see flyer) only conv. that is Alanon all year Cathleen

[Carol g. (see orange flyer) Dec 5

[Bob Alathon 50-50 drawing - Dec 2 mtg
- offer
- call Bob
- to Alathon.

[Roger - Fri 730 Orange -
30th

[Toni C - 30th yr anniversary - dana pt tomorrow
night

{ - ^{this} Wed 44 yrs celeb - Fullerton St Marys -
Carmichael

Secretary – October 21, 2015 Intergroup Meeting

MINUTES APPROVAL

Minutes Approval of Intergroup Meeting of **August 19, 2015**

Motion to accept as read: *Shelby*

Seconded: *Karen*

Motion carried. The minutes are accepted as amended/presented.

SECRETARY'S REPORT

As Secretary, it is my responsibility to report a summary of all unfinished business, new Business and any motions that were passed at the September 16, 2015 Service Board Meeting.

Unfinished Business: None

New Business: None

Motions:

None.

REMINDER: All Intergroup Reps please make sure that group contacts are updated, especially the IR's email. The Service Board would like to send reminder emails to the IRs between meetings to keep the groups informed.

Thank you for allowing me to be of service.

Mary Lou Ledgerwood, OC Intergroup Secretary

Financial Report For September, 2015

Fiscal Year July 1, 2015 - June 30, 2016

INCOME	AUGUST	SEPTEMBER	YEAR to DATE CURRENT
Literature	9,180.15	7,568.90	25,704.54
Sales Tax	734.40	605.47	2,056.29
Contributions	5,823.14	4,108.25	14,442.87
Orange Blossom	56.95	53.50	196.25
Interest MIQ	3.86	3.73	11.45
fundraising	-	-	-
Miscellaneous	-	2.49	18.53
	15,798.50	# 12,342.34	42,429.93
Total Income			
EXPENSES			
Payroll	2,855.57	3,447.62	10,562.64
Health Ins.	412.25	210.00	832.25
Office Expenses	63.35	180.53	345.60
Phone/Internet MIQ	111.40	112.42	334.49
Literature (Purchased)	4,972.26	9,131.73	16,399.31
Literature (Use)	-	-	766.00
Directory	200.00	-	200.00
Rent	1,476.30	1,476.30	4,428.90
Orange Blossom	227.50	227.50	1,055.00
Service Brd Exp	50.00	-	1,064.00
Sales Tax	-	-	1,489.00
Payroll Taxes MIQ	272.37	340.87	1,013.53
Miscellaneous	355.90	141.49	763.69
	10,996.90	# 15,268.46	39,254.41
TOTAL EXPENSES			
CASH FLOW	4,801.60	# (2,926.12)	\$ 3,175.52

MONTHEND SUMMARY

Office COH	100.00	100.00	-
Service Board COH	50.00	50.00	-
Checking	71,838.18	67,666.85	
Money Market	45,378.32	45,446.50	
CD	41,208.27	41,208.27	-
	158,574.77	# 154,471.62	-
TOTALS			

MEMORANDUM

TO: Intergroup Representatives and Alternates
FROM: Julia, Office Coordinator
DATE: October 21, 2015
RE: Orange County Al-Anon Office

Fall Directories: Deadline for updates will be Friday November the 13th . Please fill out the officer's form and mail to the office no later than the above date.

Note: Even if your meeting has no updates, fill out the form anyway. A self-stamp envelope is provided for your convenience to mail the form to the office.

Thank you for your cooperation helping the office updated its records. Your service is well appreciated

Date _____

Group ID # _____

ORANGE COUNTY GROUP OFFICER FORM

MEETING INFORMATION

City _____

Address _____

Day _____ Time _____

Intergroup Rep (IR)

Group Secretary

NAME _____

NAME _____

ADDRESS _____

ADDRESS _____

CITY & ZIP _____

CITY & ZIP _____

PHONE _____

PHONE _____

Email _____

Email _____

Alternate Intergroup Rep

Group Treasurer

NAME _____

NAME _____

ADDRESS _____

ADDRESS _____

CITY & ZIP _____

CITY & ZIP _____

PHONE _____

PHONE _____

World Service Rep (GR)

Other Group Officers

NAME _____

POSITION _____

ADDRESS _____

NAME _____

CITY & ZIP _____

PHONE _____

PHONE _____

POSITION _____

Alternate World Service Rep

NAME _____

NAME _____

PHONE _____

PHONE _____



Al-Anon Family Groups

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12391 Lewis, Suite 102
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10/21/2015

Chair Report
Julie Smith

Welcome to the October Orange County Greater Long Beach Intergroup Meeting. Thank you to everyone for taking the time to be of service here. You are doing a great service to Al-Anon by keeping the information and knowledge of our program fresh and current. We are all vital parts of the program.

Tonight I would like to give a special thank you to Steve F our ex-officio and Cianna C our chair-elect for doing such a fantastic job on our Anniversary Party for the Service office. They both worked long and hard to organize and put on a fantastic celebration. We have brought the Anniversary Cake to give everyone an opportunity to sign it and make a mark in history.

We are also providing an opportunity to purchase the Al-Anon Service Manual and the Al-Anon Groups At Work Book to bring this wonderful resource into your program and back to your meetings.

Thank You & LIS

Julie S.



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The 40th Anniversary Fundraiser was a huge success, and I was honored to be a part of it. From the event we raised over \$700 for the Orange County Service Office.

Last opportunity to Donate to Decorate. You may add name and years in Program to immense cake. A great thanks to Julie for her expertise in building the immense cake.

Another huge thanks to Julie and Steve who were amazing examples of service in this program making all of this possible.

In service,

Cianna C.



Al-Anon Public Information

October – December 2015

Al-Anon and Alateen Groups at Work: reference pages 14, 40, 60

October Red Ribbon Fair – Oct 28th 11:00 am – 2:00 pm
Volunteers Needed

November TBA

December TBA

Contacts: Will (949) 981-0926 or Sandy (714) 514-0410

- Orange County Fair Report – Gwen/Ralph

Keeping Our Meetings Healthy and Growing

- *What is Cross Talk?*
- *How does your Home Group address situations when cross talk is present?*
- *How can we maintain a loving interchange?*

Al-Anon Declaration

When anyone, anywhere, reaches out for help, let the hand of Al-Anon and Alateen always be there, and – *Let It Begin with Me.*



Al-Anon Public Information

Step Twelve – Having had a spiritual awakening as a result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

If you are interested in an opportunity to be of service with public outreach, please let us know by giving us your contact information.

Feel free to contact us directly:

Will (949) 981-0926

Sandy (714) 514-0410

EMAIL: p_i@orangecountyalanon.org

Name: _____ Phone: _____ Email: _____

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Name: _____ Phone: _____ Email: _____

Thank you for your support and thank you for being of service!!!!

CROSSTALK VS. SHARING

CROSSTALK

“Crosstalk occurs when one member monopolizes the meeting with one-to-one responses to another member (advice giving). This includes the chairperson, who feels the need to comment on each sharing (coming off as an expert)”

-1991 WSO Conference definition

SHARING

“Many members say they consider loving interchange as the spiritual phenomenon which takes place when one member shares a particular problem or painful situation. Other members, in an effort to give comfort, share their personal experiences on how they handled similar circumstances and how they found solutions through the Al-Anon program.”

-Inside Al-Anon WSO Highlights 12/91

CROSSTALK

The (Place Name of meeting here)meeting discourages cross talk:

Talking out of turn

Advice giving

Questioning the person who is sharing

Holding private conversations

Having an individual comment on everyone's sharing

And being discourteous and intimidating

If you want to speak on what you hear, speak of your own recovery only, addressing a topic with "I" instead of "you".

From Inside Al-Anon

December/January 1988-89, Volume 12, No. 1

October 2015



OC/GLB Intergroup

Alateen update

(AMIAS = Al-Anon Member Involved in Alateen Service)

In order to be eligible for recertification on May 31, 2016 every AMIAS must attend one of the designated Area sponsored AMIAS Recertification Workshops. You must be in attendance for the entire workshop and participate in order to receive the Certification of Attendance. There is no registration fee. All workshops are FREE and open to ALL Al-Anon & Alateen members.

The AMIAS Recertification Workshops scheduled through May 2015 near/in Orange County:

<u>Date:</u>	<u>Time:</u>	<u>Host:</u>	<u>Contact:</u>	<u>Email to Register:</u>
1. Oct 10	10a-3p (lunch hr) 2015	66	Gordon A.	gordon.g.alexander@gmail.com
2. Feb 6	10am - 2 pm	63	Heidi S.	selleck1122@yahoo.com
3. Mar 5	10 am - 2 pm	OCIG	Brandi S.	bepeaceful@gmail.com

L includes Spanish speaking - first time ever

*The district/group hosting the workshop will distribute flyers with location details.
Email the contact person to RSVP or ask any questions you may have.*

2014-2015 Workshop includes:

- Travel & Treatment Authorization Form
- Alateen Ecent Plan Form
- Role of the Group/Event Sponsor
- Dealing with Behavioral Problems
- Dealing with Conflicts
- Interacting with Parents
- Alateens in Difficult Situations
- Mandatory Reporting in California

Note: Any AMIAS who does not attend a Recertification Workshop through May 2016 will loose their certification effective July 1, 2015, and must begin the Certification Process as though he/she were applying for the first time. Alateen meetings without an appropriate certified Group Sponsor will be transferred to "inactive" status effective July 1, 2016.

SCWS Alateen Information: <http://www.scws-al-anon.org>. Click on "Alateen Sponsorship" tab on left side of home page.
Revised SCWS Area Alateen Safety & Behavioral Requirements (effective June 1, 2013)

District 64 is working on a Spanish Language Certification Training & Recertification Workshop, Dates to come.

The new Thursday meeting is doing well, they are getting a very good response.

Alateen Events Coming Up:

Always available at the <http://www.scws-al-anon.org> website, Alateen's can get the password from their home meeting.
Site is password protected for the protection of our Alateens.

Please remember that the safety of our children is our highest concern and so when producing flyers and announcing activities or events that involve the Alateen Groups, we need to make sure that they are cleared through the correct channels. Please reach out to a Board member if you have any questions.

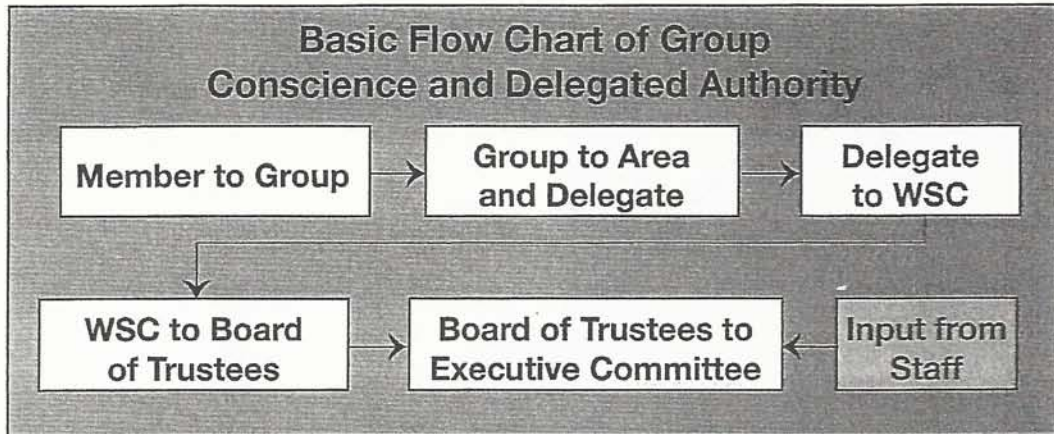
Orange Blossom

SUBMISSION REQUIREMENTS

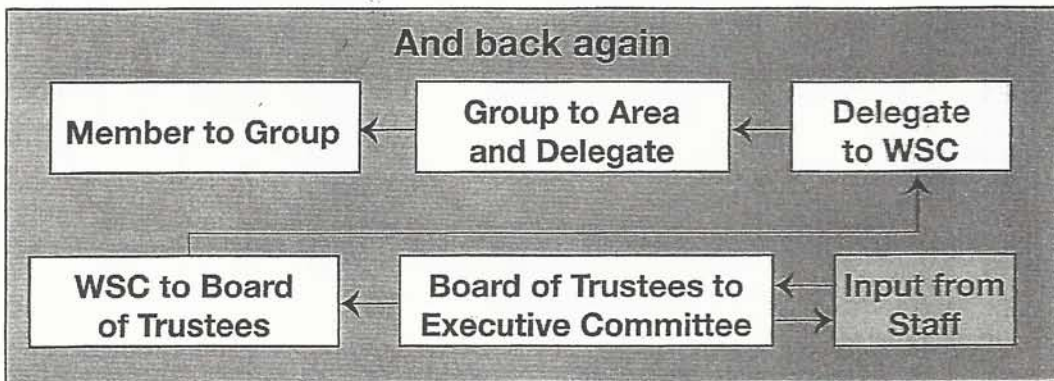
PLEASE ADD THIS TO YOUR MEETING'S BOOK

The Orange Blossom is a wonderful way to communicate and learn about Al-Anon in Orange County and the neighboring cities. It is a great tool to let people know about special events, Speaker meetings, contributions office stats and many other items important to Al-Anon. Take advantage of it. Use it, read it and publish your events in it. It is your Newsletter. Just follow the few simple guidelines below.

- All flyer submissions are to be in PDF format.
- We are in living color now so please take advantage of that. Make it in color!
- Remember that the largest flyer on a page would be about 3.5" x 5" when shrunk down to fit. Keep your font size one that will reduce and still be readable.
- Check your documents for errors in spelling and that it looks good .
- If you want to submit an event, with an Alateen, you need to contact the World Service Alateen Sponsor Coordinator via the World Service web site to make sure you have all the current rules place.
<http://www.scws-al-anon.org/contact.php>
- The deadline for submission is the 5th day of the month prior to the month of publication. Those events will also be added to the monthly online calendar. Events can be added to the web calendar after the deadline. Just contact the webmaster via the website.
<http://www.ocalanon.org>
- Please include your meetings registration number in the email. Only registered meetings and events are eligible for publication.
- Submissions should go to the Orange Blossom Editor via the contacts page at: <http://www.ocalanon.org>.

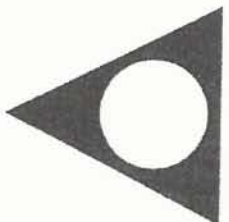
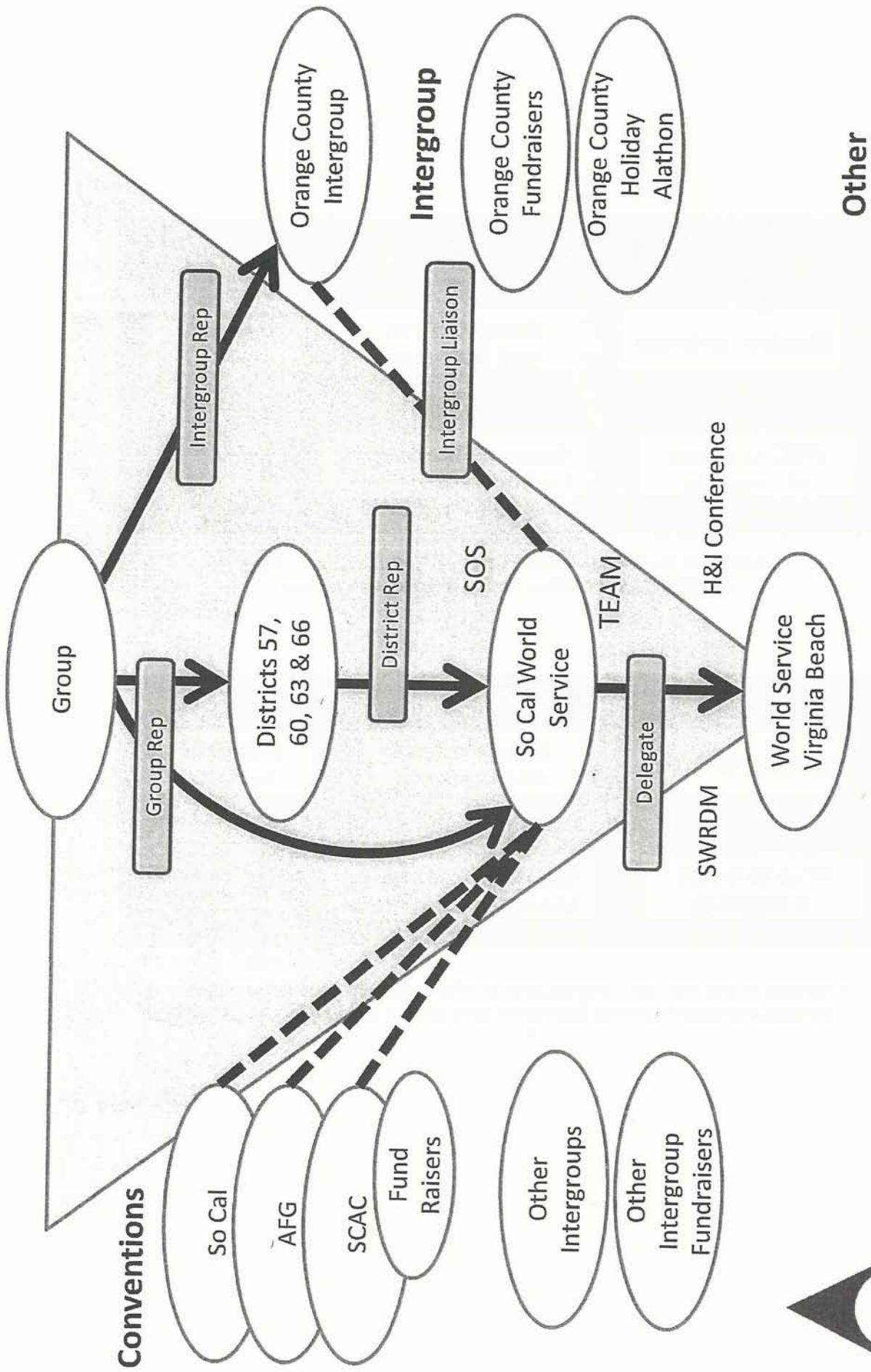


Note that the Executive Committee often receives input from the World Service Office staff as it works with projects.



This chart shows how both delegated authority and group conscience goes back through the same channels. Communication is what makes the process work.

Al-Anon Service Arms



other outside enterprise even if the name is associated with its location—e.g., the ___ Church AFG or the ___ Hospital AFG.

To help avoid confusion with other entities it is suggested that groups spell out their full name and include the letters AFG for Al-Anon Family Group.

The WSO will review proposed group names for adherence to Al-Anon principles. (See "Naming the Group" in "Groups at Work.")

Assembly Representation

Each Al-Anon/Alateen group elects a Group Representative (GR). (See "World Service Handbook.") Assembly Areas should encourage the attendance of Alateen GRs at district and Assembly meetings.

Multiple Group Membership and Office-Holding

Al-Anon members who attend several groups *regularly* and *participate fully* in all of them may consider themselves members of all those groups. Most members, however, consider one group their home group.

Membership entitles a person to vote and hold office. Whether members may hold office in more than one group is a matter of group autonomy, although it does deprive other members of the privilege of serving and growing. No member may, however, be Group Representative (GR) of more than one group at the same time.

Service Participation by Members of Al-Anon Family Groups Who Are also Members of Alcoholics Anonymous

Al-Anon Family Groups and Alcoholics Anonymous (A.A.) share a common spiritual legacy in A.A.'s Twelve Steps and Twelve Traditions. Before Al-Anon was founded, family groups met with and beside A.A. groups. In 1951, various family groups banded together and agreed to organize Al-Anon Family Groups, a program dedicated to helping the friends and families of alcoholics. Over the years, Al-Anon developed its own service structure, based on the model provided by A.A.'s experience and guided by the Twelve Traditions.

Tradition Five defines Al-Anon's single purpose. Tradition Six encourages cooperation with Alcoholics Anonymous, maintaining that Al-Anon is a separate entity that ought never affiliate or create the appearance of affiliation with any outside enterprise. Putting these principles into practice maintains a separation between the service structures of Al-Anon and A.A. This separation helps avoid

continued on page 126

Group Problems

Any group or service arm within a Conference Area that fails to resolve its disputes or misunderstandings by application of the Traditions and Concepts of Service should seek guidance from its district or Area Assembly. If further guidance is needed, the matter can then be referred to the WSO or the respective national General Service Office (GSO). The WSO or GSO can only offer suggestions by relating the shared experiences of other groups or by providing the appropriate references in existing service material.

Meetings

Locating Meetings

Al-Anon and Alateen meeting information can be obtained by contacting Al-Anon Information Services listed in local telephone directories and on the WSO Web Site, www.al-anon.alateen.org. The WSO toll-free meeting line number, 1-888-4 AL-ANON (888-425-2666), is available between 8 a.m. and 6 p.m., Eastern Time.

A printed list of Al-Anon Information Services and offices worldwide is found in *Getting in Touch with Al-Anon/Alateen* (S-23). Many Areas and Information Services post meeting information on their local Web sites, which are listed on the WSO site. (See *Getting in Touch with Al-Anon/Alateen*, and "World Directories of Al-Anon Family Groups.")

Open/Closed Meetings

Closed meetings are for all Al-Anon members, anyone whose personal life is or has been deeply affected by close contact with a problem drinker. Open meetings may be attended by anyone interested in Al-Anon/Alateen.

Introductory Meetings

Introductory meetings can be held at institutions, such as hospitals, treatment centers, and shelters, or any other location where families and friends of alcoholics gather. Attendance changes frequently. Such a meeting is not considered an Al-Anon group and does not have its own Group Representative. Experienced Al-Anon members share the responsibilities for conducting introductory meetings and for inviting those in attendance to try a regular Al-Anon/Alateen meeting. Al-Anon groups, directly or through

the appearance of a conflict of interest and safeguards Al-Anon's singleness of purpose. Accordingly, Al-Anon's policy is that members who are also members of A.A. do not serve as Group Representative (GR), District Representative (DR), Area Delegate, World Service Conference member, alternate to any of these service positions, or on any committee of the World Service Office.

Filling service positions is a matter of district and Area autonomy, within this policy and the spiritual principles that form its basis. Tradition Four grants autonomy to local service arms, except in matters affecting Al-Anon or A.A. as a whole. Al-Anon members who are also members of A.A. participate fully in all group activities, including group conscience decisions. However, they do not hold Al-Anon service positions that vote in matters affecting another group or Al-Anon or A.A. as a whole.

Participating in Al-Anon service is integral to recovery for every member. Step Twelve, carrying our message to others, is a very important part of Al-Anon service. Members of Al-Anon who are also members of A.A. are often in a position to carry our message to those who are not aware of the benefits of attending Al-Anon Family Groups. Members of Al-Anon who are also members of A.A. may serve Al-Anon in ways that include being an Alateen Group Sponsor (see "Alateen Policy") or they may be invited by local/Area service arms, the Board of Trustees, or the World Service Office to participate in projects, in keeping with the spirit of this policy.

This policy on service participation by members of Al-Anon who are also A.A. members protects Al-Anon's viability as a program dedicated to helping the families and friends of alcoholics. It ensures that Al-Anon's service structure represents the unique perspective of families and friends of alcoholics, recognizing that the alcoholic's perspective is represented in A.A.'s service structure. Members honor this policy out of respect for Al-Anon unity and the group conscience process, in accordance with Tradition One and Tradition Two.