

**DELEGATE'S REPORT    July 23, 2005**  
**ENERGIZE AL-ANON - EXPAND, EXPLORE, EXPERIENCE**

Another delegate shared this: "Being delegate is like trying to describe the ocean to someone who's never seen it." It is such a true statement.

I am so honored to have been selected by the GRs of Colorado and my Higher Power to be your trusted servant delegate for these three years. As with most all of this program, I've found it's a simple job but not always easy. My job as delegate is to be a liaison between our area and the WSO. It's also to represent the worldwide fellowship as a whole. Sometimes balancing is the challenge. But, the personal growth I get to experience in doing this job is the reward. As delegate I am given every opportunity to be 'fully informed' (I get mounds of information in large brown envelopes as well as masses of emails with attachments) so the group conscience of the fellowship can be heard at Conference.

This year's World Service Conference was held in mid April at Stamford, CT. I joined up with my conference sponsor of last year at LaGuardia airport to share the shuttle to Stamford. The Conference is a week long flurry of meetings, beginning in the morning at 7:30 and generally ending between 9-10 p.m. We have all our meals together. The delight of the week is going to the hospitality room at midday and seeing what was put in our mailbox and what wonderful love-gifts are on the tables. The many, many cards you sent meant more than I can say! And, if you haven't found them yet, I brought love-gifts from all over the US, Canada, and Mexico to share with you. Please help yourself. I've also done a photo display for you to see and to add to the archives. I've also given Peggy the speaker tapes.

Today, my report will be but a brief overview of all that occurred during the week. There may be items of interest to you that I will miss. Therefore, I encourage you to thoroughly read the Conference Summary when it becomes available in August.

#### Chosen Agenda Items

You may recall that at the November assembly your committees came up with some timely topics for me to submit for the Conference. All Conference members are invited to submit questions for the Chosen Agenda Items. Four of all the questions submitted are chosen by the members by vote for open discussions. I also submitted them for topics at the Southwest Regional Delegates Meeting in March. I am pleased to tell you that your work paid off! (*show overhead*) They promoted a healthy discussion with many, many viewpoints expressed. During a breakout session called "Talking with the Delegates" I was able to present our Ask-It Basket question regarding having the books on audio format and gained a lot of support for the idea. My hope is someday to have all our books on audio. I had learned at the SWRDM that the coming *Courage To Change* on CD is in visual format - you can put it in your computer and read it there.

#### SWRDM

In March I attended the annual Southwest Regional Delegates Meeting on behalf of our area. One thing in particular that I asked other delegates about was Action Committees. Many of their areas are ahead of us in the process of learning to work with this new structure. I also talked with many other delegates at WSC as well about this issue. I believe that the most effective and successful structures are those that have been modified to three instead of four

committees with designated sub committees. The Action Committees are: Business Services, Public Outreach Services, and Member Services. The sub committees, consisting of 3-7 members or so, work together by telephone, traditional mail, or email between assemblies. At assembly the sub committees may spend a brief time together, they also inform the full committee of their work, and recommend any motions that might need to go to the Assembly. They may make a short presentation to the assembly (not all at every assembly). The best part is that all work of the assembly is done by these sub committees. There is no need for ad hoc committees to be created.

### Service Manual

As a result of at least 3 years of planning, discussing and rewriting, there should be a new Service Manual out later this year! The work on the Handbook was accomplished by the Admissions and Handbook Committee. The discussion and close scrutiny of the revision work was completed in little chunks throughout the week. One of the most controversial topics centered on the removal of the statement: *This is not a book of rules. There are no rules in Al-Anon.* After a great deal of research, it was discovered that these words were never voted on by the conference to be part of the Handbook. And, certainly in light of the recent Alateen motion, there are, in fact, "rules". Finally, it was decided to approve the text as written with only minor revisions. After all, more change can be made for the next printing. Nothing is forever in Al-Anon!

### Concept 11

Changes to the descriptive text following Concept 11 was another topic that required a lot of "talk to each other and reason things out". It too was taken in small bits throughout the week. These changes are also reflective of the new service structure. Several "titles" have been consolidated and others more defined. Historic text will be moved to the Appendix at the end of the Manual.

### What We Learned

These two issues taught us, again, a big lesson. When we have trusted servants we've asked to do a job (the Handbook Committee, the Policy Committee, the Board of Trustees etc.) it is then our job to trust our trusted servants to do that job. All of us cannot do all the jobs and get it done!

### Alateen

This very important issue again drew our attention. We had discussions regarding where we've been, where we are today, and where we are going in regards to Alateen Safety. No one disagrees that we want our youths to be safe. And, it seems to me that more of us are coming together on how that needs to look. We voted to hear a minority opinion letter from Vermont. No action was taken on it. With love, respect for one-another, trust of a power greater than all of us, and diligence we will conquer this challenge.

### Audit & Budget (Overhead)

The Conference voted to accept the audit report and the budget. I am not going to go over the numbers with you in the short time we have but I would encourage you to review the entire Audit, the Audit notes, and Budget notes at our Member's Web site. < **www.al-anon.alateen.org/members** > When it asks for the password, simply put your home

group name, followed by AFG. This year's budget has been boosted nicely by a large legacy donation. What we do know for sure is that we members and our HP always provide!

### Open Policy Meeting

Conference members observed the Policy Committee in action. The discussion addressed the question: *Should the WSO Policy Committee ask the World Service Conference to readdress staff appearances (full face, full name, and organizational position title) in the media?* The discussion generated many interesting perspectives. The depth of the discussion indicated that more dialogue is needed before a group conscience can be reached. So, I don't know if this is an issue that will be on next year's agenda or not. The Policy Committee is also preparing information regarding on-line Al-Anon for the next issue of the Service Manual.

### Website

I encourage you to visit the WSO website often because more and more is being added all the time. Besides the audit and budget, you can now find the current Service Manual and soon (if not already) the past three years' tax returns, and this year's Conference Summary will be there too. The WSO website is now in English, French & Spanish.

< [www.al-anon.alateen.org/members](http://www.al-anon.alateen.org/members) >

### Literature

I believe you've heard the latest news from Linda so I won't readdress what she's already told you. Please, keep sending in your personal shares for new literature.

### Public Outreach

International: Last year our budget was stretched in a good way in that we were invited on outreach trips to foreign countries. Most of those were not pre-planned. AA tries to include us whenever they are invited to large medical conferences and we are certainly grateful for the opportunity. It seems we aren't as worldwidely known as they are. Visits we made last year: Greece and Turkey; Ghana, Togo, and Cameroon; as well as Singapore, India, South Africa, and Cuba for outreach to evolving group and support for those with a service structure in place. (*Show 12<sup>th</sup> International GS Meeting info*) USA: I think you've already heard about our outreach for the US: "Prescription Al-Anon" and "Leave Hope" (Lois' birthday March 4, 2006), September *Forum*. (*Show "Feelings" Video*)

### Regional Trustee Process and Nominations

Regional Trustee nominations for four regions were held this year. The Southwest Region was one of those. Our nominating group consisted of the delegates of the region (8), three out-of-region Delegates, and three Trustees. The Regional Trustee Plan (the process for conducting the nominations) was under review and some changes were made for this years nominations. As a result, there were some surprises for those of us participating. The Southwest Region as well as the other three regions selected highly qualified candidates. The candidate names were presented to the full Conference for affirmation. All but the US Southwest nominee were affirmed. The Board of Trustees elected the affirmed nominees and discussed options regarding the US Southwest Regional Trustee position at two open Board Meetings observed by the delegates. The outcome is that the position will be left vacant this year and the US Southwest areas will be submitting candidates to fill the unexpired term at next year's Conference. I do have those forms as well as forms for other positions (Trustee

at Large and various Advisory Committees). We will again elect a candidate at the November assembly to fill out the two years remaining on the Regional Trustee term. (*Handout*)

#### AA International with Al-Anon Participation

The International was held recently in Toronto. I didn't go but I heard some wonderful reports from it. Who went? (stand) Talk to them to hear all about it. The next AA International will be in 2010 in San Antonio, TX.

#### Al-Anon International with AA Participation

And, don't forget, the Al-Anon International is in Pittsburgh, PA in 2008. I hear the facilities are fabulous and plans are moving along as expected.

#### Regional Service Seminars

August 19-21: Cleveland, Ohio (info and flyers on the WSO website)

And, if course:

September 16-18: Honolulu, Hawaii. I have made plans and have a roommate. I'm looking forward to the fun, information and excitement that will all be part of this event. I'm still hoping many of you will plan to attend. I know the members in Hawaii are beside themselves with excitement, this being their first opportunity to host this once every three years event! I've signed up for the extra events - including a very early morning hike on Diamond Head. (please pray for this athletically challenged woman!) (*song with Susie*)

#### Stepping Stones

A personal highlight for me was our visit to Stepping Stones, home of Lois and Bill. Once every three years the Conference is in Stamford so each delegate has the opportunity to visit once. We were met and given a wonderful history lesson by Eileen G. who has been with the Stepping Stones Board for 15 years, most of it as Executive Director. This woman had the most wonderful stories to tell of the history of both fellowships as well as stories of visitors past. It was a very moving time because we were to be her last group. We were the only visitors there and were free to roam about at will. We were told it was as Lois left it. There were her handwritten notes in the lift that was installed when it was too hard for her to continue to climb the stairs; there was her sweet little kitchen that reminded me of a generation passed (she had a tea pot like one I used to have). Upstairs there was her office - I sat at her desk and I was overwhelmed with the spirit of her presence. I know many hands have touched that desk since she left it - but the ambiance was still there. I loved that her office was so cluttered - much like my own. And, there on the wall was "*The Shoe*" and I too have a "naughty weapon shoe" in my closet. And, I thought about the fact that we were brought together in this fellowship by the same reason - and we found our recovery with the same Steps. I was overwhelmed with the clear knowledge that I am charged with being part of the solution and it is my responsibility to continue to practice the 12<sup>th</sup> Step - to carry the message and to practice the principles of this program in all my affairs. It is my responsibility to guard the Traditions and to pass on this program as our founders designed it. The best part is - I never have to be alone in this disease again. Thank God those women decided to stop making the cookies and coffee and find their own recovery.

#### What's Next?

I encourage the GRs here to get a Conference Summary for their meetings. I encourage each of you to read the Summary thoroughly. It will help your group and you be connected

to the worldwide fellowship. If you see anything you wish to have discussed further, please let me know before the November assembly. Next year the Conference will be back in Virginia Beach from April 24-28. The exciting news is that we will have a 55<sup>th</sup> Anniversary celebration, which will be held on Saturday, April 29 at the Virginia Beach Convention Center. Watch for more news!

### Closing Thoughts

The Directors' Presentation this year was "Creating a Culture of Trust". It was a great presentation and it got me thinking. I came into this program with a huge weight of baggage on my back - I suspect like many of you. I had lost trust in my fellow human beings. I wasn't willing to trust just then and yet I wondered how I would survive if I were never able to trust again. Along the way a wise program person said, "I've learned to love people and trust God." You taught me how to do that. So, today in this program, I've learned to love the people we've chosen to do service work for us, even if we're not always in agreement. I've learned that none of us is perfect and it's a program of *progress not perfection*. And today, I give all my trust to the Higher Power and know that it is the HP, not us lowly servants, that makes the decisions for us. I hope you too will look in your bag and see where trust is.

Today's review of the Assembly Inventory you completed in March also got me thinking. In Al-Anon it has been my experience that when we utilize an inventory it is always introspective - a look at oneself. Some of this review tells me there was some looking at others. I encourage you to look at your own participation at assembly rather than looking at how others participate. If you believe others could do better - you might ask yourself, "what am I doing to help them be successful?" Remember Concept 4: Participation is the Key to Harmony.

May the understanding, love and peace of the program grow in you one day at a time as you continue on your service journey.

Thank you for listening.  
Carol C.  
Delegate, Panel 44  
Area 5 Colorado