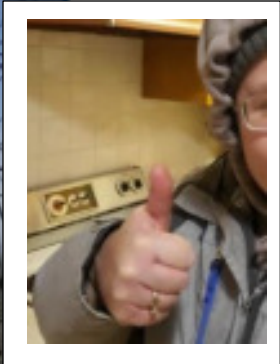


- Change of Face -

Finding balance
in the full as well
as the frosty days



One Day at a Time in Al-Anon (B-6), p. 342

January 2022

Erie, Pennsylvania

Lori F. | Panel 61 | Pennsylvania Area 48



delegate61@pa-al-anon.org

Greetings!! I am glad we were able to get together again for the business of PA Al-Anon as we enter the second year of our term and Panel. Thank you for the opportunity to serve and grow as Pennsylvania's Delegate. My hope is that, like me, you are finding balance in serving Al-Anon. If you are new to PA AWSC, *welcome* and I am glad you are joining us along this journey as we all are –

"Embracing the future in unity and courage"

"Abrazar el futuro en unidad y valor"

PA AWSC Panel 61 Theme

Please find included in this report the following:

1. *2022 World Service Conference*
2. *The Al-Anon Fellowship and the Al-Anon Organization*
3. *Chosen Agenda Items (CAIs)*
4. *AFG Connects*
5. *Next Al-Anon/Alateen Service Manual*
6. *New Non-geographical Area*
7. *2021 Membership Survey*
8. *2023 Al-Anon International*
9. *Concepts Workshop*
10. *Timely Topics*
11. *Delegate's Corner & other Area News*
12. *Thanks – doing this together!*

Hope you enjoy this report and your Al-Anon service journey! Let me know if you need additional information on these topics or others. **Thanks!**

2022 Word Service Conference is coming up!

This spring will be my second World Service Conference as Delegate! Last year the WSC was virtual and this year it will be in person in New York. Next year it will be held in Virginia Beach, VA. I am super excited to attend in person and experience the conference in a fuller way. The trip is 450 miles for me and it looks like about a 7 hour drive. Good thing I love road trips! I will leave Sunday, April 24th and make the trip home Sunday, May 1st. And no, I wont be riding the motorcycle, even though that would be so awesome. I think I'll make this trip on four wheels.



WHY THE WORLD SERVICE CONFERENCE?

The World Service Conference (WSC) is the annual business meeting of the WSC members with is the Delegates, Board of Trustees, Executive Committees, and selected WSO staff members.

Our *Service Manual* tells us that “Our WSC is the active voice and the effective group conscience of our society in world affairs.”

Concept Two states: The Al-Anon Family Groups have delegate complete administrative and operational authority to their conference and its service arms.

Al-Anon's **Tradition Two** states: "For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern."

The World Service Conference makes the group conscience available and effective for all Al-Anon. It is the practical means by which the group conscience can speak; it is the voice of world Al-Anon and the guarantee that our world services shall continue to carry on under all conditions.

The Conference protects Al-Anon and Alateen against a service breakdown; it makes for unity and enables our fellowship to act as a whole upon important matters. This makes it the principal guarantor of Al-Anon and Alateen's harmony and survival.

DATES AND THEME

The 2022 WSC will be held April 26-30, 2022, at the Westchester Marriott in Tarrytown, New York. There will be a visit to Stepping Stones during the 2022 WSC. The theme for the next WSC is –

Enhancing Our Recovery through Abundance, Unity, and Understanding
Enriquecer nuestra recuperación a través de la abundancia, unidad y comprensión
Enrichir notre rétablissement par l'abondance, l'unité et la compréhension

At this year's WSC, the Conference Leadership Team (CLT) is hopeful to welcome the new Delegate from the non-geographic, non-panel Area to an historic World Service Conference—our first new Area since Alaska was admitted to the World Service Conference in 1987.

I did want to inform you that the non-geographic Area did elect a delegate at their first Area Assembly on January 22, 2022. The next steps include this non-Panel Area submitting a request to the Conference Leadership Team (CLT) to join the World Service Conference Structure. From there, the CLT will consider the request, followed by a recommendation in the form of a motion by the Conference Chairperson to the Conference, which will be posted to AFG Connects. Members of the 2022 Conference will vote on the motion the first morning of the Conference. Following approval by the Conference to admit the Area into the WSC

Structure, the new Panel 62 Delegate will become a voting member of the 2022 Conference.

LOVE GIFTS

Love Gifts will be handled differently than a typical in person WSC due to the pandemic and safety guidelines that are in place. Cards and packages will not be distributed to delegates during the conference at the hotel. Mail can be sent to me prior to the conference. Also, I would welcome texts/calls and emails (delegate61@pa-al-anon.org) during the conference to help me along the way! If your group as Love Gifts that they would like to give to the other Delegates, they can be sent to me and I will mail them along. Also, groups or individuals could consider making a contribution to the WSO as an alternative form of a *Love Gift*. Thank you for all the love and support! It means the world to me and others!

WHO ATTENDS THE CONFERENCE, AND WHY?

In the [2021 WSC Summary](#), p.6 there is a great description of all the people who attend the WSC and what their role is. Concept Four is our guide! The Conference is attended by 62 Delegates (from USA, Canada, Puerto Rico, Bermuda), WSO Volunteers, our Board of Trustees, WSO Volunteers, our Executive Committee, Voting members of WSO Staff, our Service Workers, Non-Voting WSO Staff Members, Chairperson of the Executive Committee for Real Property Management (ECRPM), Conference Recorders, International Representatives, and Interpreters.

The members of the WSC bring different knowledge and perceptions on matters affecting Al-Anon as a whole. So together the Conference as access to spiritual



guidance from its collective wisdom. Each members listens and participates in discussions and votes on these matters.

A little more about the Delegate: “Besides listening, participating, and voting on matters affecting Al-Anon as a whole, Delegates bring the viewpoint of their Areas on matters affecting Al-Anon as a whole. They also return to their Areas to share a broader perspective of Al-Anon worldwide. Delegates are the bridge of understanding that links the groups in the Area with world Al-Anon. They are the trusted servants of Al-Anon as a whole.” – 2021 WSC Summary. pg. 6.

You can learn more about the Delegate in Concept Two and Three (The right of decision makes effective leadership possible) as well as the World Service Handbook part of the *Service Manual*. Here is an excerpt from the *2018-2021 Al-Anon/Alateen Service Manual* version two (2), p. 163-164.

HOW IT WORKS

“A majority vote of the Conference constitutes only a suggestion to the Board of Trustees and our WSO; a two-thirds vote is binding upon them, subject to the provisions of Concept Seven (“The Trustees have legal rights while the rights of the Conference are traditional”).

On overall policy matters, the Conference makes final decisions. The Board of Trustees and the World Service Office are service arms of the Conference, a part of the whole fellowship. The Conference is empowered to pass resolutions, make recommendations to the WSO, direct committees to further study or refuse to act at all in a given situation. It cannot, however, mandate or govern the Al-Anon fellowship, which it serves. The Conference represents the Al-Anon membership, but does not rule it.

Prior to the Conference, all Delegates are invited to serve on a thought force, task force, or one of the Delegate Member committees. Upon arrival at the Conference, newly elected Delegates become acquainted with second- and third-year Delegates, as well as with members of the Board, members of the Executive Committee, and Staff.

The following are typical Conference activities in addition to those outlined in Article 11 of the Al-Anon World Service Conference Charter:

- Conference members—Delegates, WSO Staff, Board of Trustees, and Executive Committee members—interact and discuss matters affecting Al-Anon as a whole.
- Conference members of thought forces, task forces, and work groups make relevant presentations.
- Delegates have an opportunity to discuss successes and concerns with each others.”

Al-Anon the Fellowship and Al-Anon the Organization

I always love thumbing through my new issue of *The Forum* when it arrives and looking at all the people around our worldwide fellowship who wrote articles. And it is always a heartwarming treat when the author of one of the submissions is a familiar name. I wanted to share the article wrote by Anne P., Group Services Specialist, in the February 2022 Forum. Anne is a very special friend of mine and of many of us. Her insight from being where we are to where she is inside the doors of the WSO is a beautiful sharing that brought me to tears.

I long to visit WSO again as well as hug my dear friend! Here is a link to the article that can be found on the WSO website, Literature, Magazine tabs: <https://al-anon.org/blog/al-anon-the-fellowship-and-al-anon-the-organization/> Feel free to reprint this article on your service arm website or newsletter, along with this credit line: Reprinted with permission of *The Forum*, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.

Chosen Agenda Items

Chosen Agenda Item (CAI) discussions have been taking place at Al-Anon’s Annual World Service Conferences since 1976. The purpose of the CAIs is to give all Conference members (Delegates, members of the Board of Trustees and Executive Committee, and voting members of the World Service Office administrative Staff) an opportunity to submit and select topics and issues of concern that affect Al-Anon groups and members worldwide for discussion at Conference.

There is an updated Index of the Chosen Agenda Items on the WSO website! Hover over the "Members" tab, then hover over "World Service Conference," then click on "Chosen Agenda Items." The Index of Chosen Agenda Items is a dynamic, user-friendly resource for all of our members. Please share the news with members in your District. For more information, follow this link: [Index of Chosen Agenda Items](#). Please note that because changes will occur to the Index as it is kept up to date, as well as any corrections that may need to be made, the WSO asks that links of service websites include a link on their website to the Index on the al-anon.org website.

At our February AWSC meeting we will discuss what Chosen Agenda Items (we can submit one or two) we would like to submit for consideration for the 2022 WSC. The deadline for Delegates to submit topics is March 25, 2022.

AFG Connects

Are you connected to your service community on AFG Connects? If you need help logging on, please reach out for help to a fellow Panel member or myself. It is searchable by topics and you can post your own questions or topics. DRs, your Districts group records are at your fingertips, 24/7 and you can link to the online change form from the online group records! Your username and password follows you through your service positions. You are not alone on your service journey!

New Al-Anon/Alateen Service Manual 2022-2025

I would like to offer an update to my Nov. AWSC Delegate's Report that noted a January release date for the new Service Manual. Please note, the electronic version of the 2022-2025 *Al-Anon/Alateen Service Manual* version one (1) [P-24/27] is actually scheduled to be posted in English, French, and Spanish to al-anon.org by mid-April 2022. As a result of the various supply chain issues pertaining to paper and shipping, the print version will follow and is scheduled to be available in late summer. I am very much looking forward to the next Service Manual since I recall being part of the policy updates at the 2021 WSC. That was exciting and be assured that the updated language will help clarify topics around the workings of Electronic groups and non-geographical service structures.

Updates to the Manual will be noted with the use of vertical lines in the outer margins. In the meantime, let us navigate through this historical time in Al-Anon with grace and unity and please don't hesitate to reach out if you have questions or need help reasoning things out.

“Every Al-Anon and Alateen member is encouraged to actively use and study this Manual. It gives a clear and concise picture of the Al-Anon fellowship, its purpose and functions, and how it helps us to resolve group problems and maintain unity.” [2018-2021 Al-Anon/Alateen Service Manual version two (2), page one]

New Non-geographical Area

I could 'feel it' at the 2021 WSC that I was voting on something historic when we voted to recognize permanent electronic meetings as Al-Anon Family Groups and we created a new Area for them to be part of in the Al-Anon structure. It has been even more impactful to follow and hear how these Permanent Electronic Groups (AFGWME) are having countless business meetings to elect their various service positions for the first time! I am truly grateful and awe struck by all the work and dedication that the World Office staff put into helping this new Area prepare to hold their first Assembly in January 2022! Our fellowship is growing and this new Area has over 600 groups and counting! And yes, more will be revealed as we progress through the first part of the new year. At our February AWSC meeting, our PA Area's Electronic Work Group (AEGWG) will have more insight to offer and we look forward to moving forward in Pennsylvania with our own discussions and decisions.

Maybe your home group or groups in your District too are working on navigating this time and deciding for themselves how their group wants to meet? I would like to offer the reminder that as long as we are in a pandemic, groups can continue to meet temporarily in what manner they deem safe and necessary. In group records we can list the temporary status of our meetings so others can find us. As always, please keep the newcomer in mind as we all work to assure our meetings are accurately represented on our meeting searches at the local, Area, and world level. Thank you for all your diligent work on this!! And thank you for working at applying our principles to each new situation and day that we find ourselves! Let

us keep our principle of love at the helm as it guides us each step of the way under the care of God.

2021 Membership Survey results are in!

Since 1984, the Al-Anon Family Groups' World Service Office (WSO) has conducted a membership survey every three years. Findings from the survey are provided as an aid to professionals, researchers, students, the media, or anyone seeking information about Al-Anon Family Groups.

The survey also documents the benefits of Al-Anon from the perspective of members who have seen the quality of their lives improve after participating in the Al-Anon program.

Specific objectives for the study are to:

- Determine the demographic and sociographic profile of Al-Anon Family Group members.
- Identify the relationship between the Al-Anon member and the alcoholic.
- Measure the impact that an alcoholic has had on the Al-Anon members' lives.
- Determine the impact of the Al-Anon Family Groups program on the quality of life of the members.



The 2021 Membership Survey responses from a record-breaking 16,486 Al-Anon members have been tallied. Here are the links for find the final reports, [in color](#) for sharing electronically and [in black and white](#)

for low-cost printing. We are grateful to the Al-Anon members who took the time to complete our fellowship's 13th membership survey.

As you review the results, please consider:

- A survey is a snapshot or environmental scan of its participants over a specific period of time (in this case, June – July 2021).

- In some cases clinical terms were used, as this report is to help professionals better understand Al-Anon Family Groups. These terms include:
 - Adverse Childhood Experiences (ACEs); Concerned Others
- The report is designed to inform the public and professional about:
 - who we are,
 - who we are affected by,
 - the positive effects of recovery in Al-Anon Family Groups,
 - the impact alcoholism has on children,
 - how Al-Anon complements professional treatment, and
 - ways a professional can share this information with their clients and patients.

Achievements:

- Twenty-three percent more members completed this survey than in 2018.
- While the majority of those surveyed speak English, we saw increases in all languages, with the number of Spanish-speaking members completing the survey nearly tripling that of 2018.



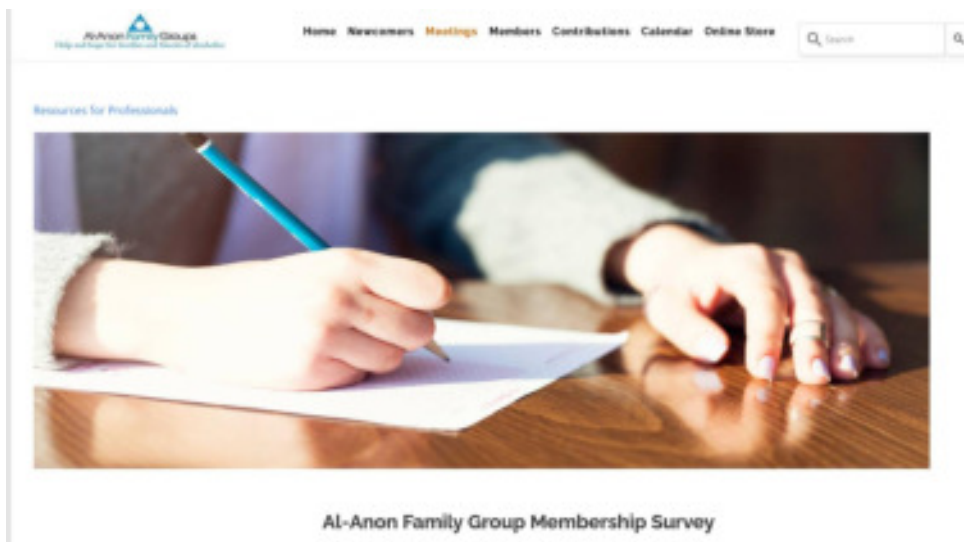
Survey results indicated that 94% of members have attended face to face/in-person meetings, 76% online meetings, 26% phone meetings, and 12% participated in meetings on the Al-Anon Family Groups Mobile App.

- Over the past several Membership Surveys, we have seen the average age increase by nearly three years – the same interval as the triennial membership survey – but this year the increase was only one and a half years, which suggests that we have done a better job attracting younger members to participate in the survey.

Key Insights:

- Sixty-seven percent of members indicated being affected by alcoholism in two or more generations.
- Eighty-two percent of members first came to Al-Anon because of a significant other, a parent, or a child.
- Ninety-three percent of members with at least four years in the program indicate improved or significantly improved mental health.
- Children of alcoholics are four times more likely to report four or more Adverse Childhood Experiences than those not affected by a parent.
- Forty-one percent of members who received professional treatment prior to attending Al-Anon noted they were referred by a professional.
- Combining professional treatment with Al-Anon recovery led to a 14 percent greater improvement in mental health.
- Seventy-six percent of members indicated attending online meetings.

The 2021 Membership Survey results were posted on al-anon.org on Monday, January 31st, and members can quickly access it by visiting al-anon.org/surveyresults.



2023 Al-Anon International

Are you up for a serious road trip? Or plane trip? Or Motorcycle ride? **It's not too early to start planning for our next Al-Anon International.** It will be in Albuquerque, New Mexico from June 29 through July 2, 2023 to celebrate Al-Anon's Seventh International Convention!



International Conventions are fabulous combinations of fun, fellowship, and recovery, as well as opportunities to meet new friends, explore new attractions, and vacation in new locales. Albuquerque is a wonderful, cozy community, perfectly suited for Al-Anon

Family Groups to meet and connect with our fellow members and share our message of help and hope with new members.

Our friends in A.A. will join us by holding daytime A.A. meetings on Friday and Saturday, and Al-Anon's daytime offerings will include Book Studies, Next Picks, Panel and Speaker meetings, Table Topics, and Workshops. The daytime options will be in addition to our Big Meetings on Friday and Saturday nights and Sunday morning where we'll hear family stories, talks from members who live outside the World Service Conference Structure, and spiritual sharings.

Members from the New Mexico/El Paso Area will be on hand to welcome Al-Anon, Alateen, and A.A. members, and guests from all throughout the World Service Conference Structure and from all over the world! We are excited to report that we will be using an event planning resource for the first time to help us create an unforgettable experience in New Mexico—stay tuned for more details as the summer of 2023 approaches. We are learning from A.A. and using experts to plan the logistics of the Convention. WSO Staff will continue to plan the program.

Wow, saying the Serenity Prayer with 5,000 people! Now that you've heard more, who is planning to be in Albuquerque June 29 through July 2, 2023 to celebrate recovery at Al-Anon's Seventh International Convention?

Mark your calendar!

Concepts Workshop from the WSC

At the 2021 WSC there are Task Forces and Thought Forces that present topics, workshops, and presentations for our Area and members to use where they find helpful. One of the presentations developed was on the Concepts. I found it to be very good and I wanted to let you know it is available for your use where you deem necessary at District meetings, workshops, events, Assembly, etc. I hope you find it fun and engaging!

Concept Nine

Each player can find a successful position on the field!



- What qualities of leadership have I developed in service?
- How has a growing spirituality led me to the right roles in service?
- How do I act as a leader in my personal life?
- Do I know when to allow others to assume the primary leadership?

[Concept Camp PowerPoint](#)

[Cooking with the Concepts PowerPoint](#)

[Concepts Scavenger Hunt Service Manual](#)

[Concepts Scavenger Hunt Variety CAL](#)

Concept Five

- How do I encourage others to voice their opinions?
- How willing am I to speak up if I am in the minority?
- How willing am I to listen to my family or co-workers?
- How can I keep an open mind to different ideas?



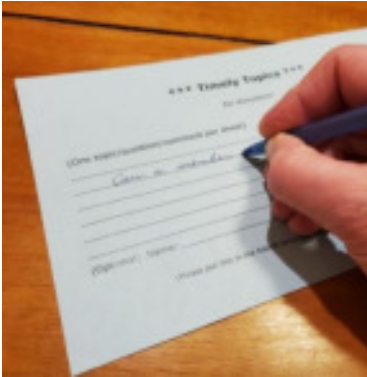
Cooking with the Concepts

Engaging Recipes for groups, individuals, and assemblies to enhance appreciation and understanding of Al-Anon's Concepts of Service; applying the Concepts in our personal, home, and professional lives; and enhancing our understanding of these essential Legacies.

Multiple Choice Scavenger Hunt: Concept Stew



Timely Topics



Now accepting Timely Topics! As we did at our in-person AWSC and Assemblies, we are continuing this opportunity for information exchange. As many of you know, Timely Topics is where members in service submit their current questions to the Delegate for answers, guidance, or clarification. We do have segments at our AWSC set aside on Sunday for answering these types of questions. **You can submit Timely Topics electronically two weeks prior to and after this virtual AWSC, as well as during the entire AWSC weekend.**

You can email me at delegate61@pa-al-anon.org with a Timely Topic or submit your question using this google form: [Timely Topic Submission Form](#). The link to the electronic form can also be found on our February AWSC meeting webpage <https://pa-al-anon.org/awsc61feb2022/> We are interested in your timely topics. Ralph H., Alt. Delegate, and I will strive to help in your areas of concern. We will respond to topics either by email or as part of the AWSC agenda. A summary of all the Timely Topics answered at and outside of our AWSC meeting will be posted on the meeting's webpage. We ask for your contact info to offer replies but that is optional. All answers will be presented and summarized anonymously.

Delegate's Corner



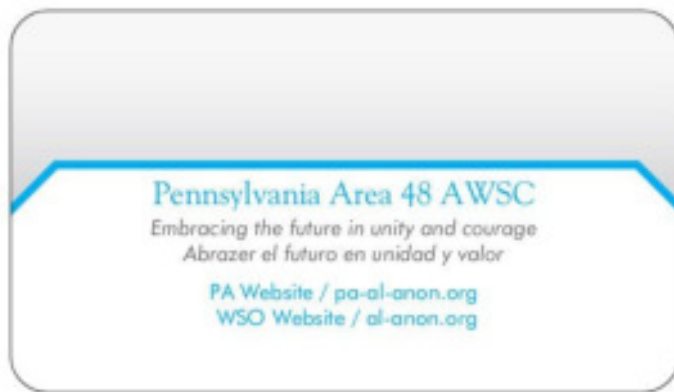
Did you know there is a [Delegate's Corner](#) , [Alt. Delegate's Corner](#), and [Other Area News & Corners](#) on our PA Al-Anon website? Check back now and then for new articles. We do posts of information and stories for our Panel as well as to our General Membership. Thank you, Ruth H., website coordinator, and

her committee and Ralph H., Alt. Delegate, for your help with getting this up and rolling and its future management. And a special thank you to Donna A. for her prompt, professional, and welcoming work as she gets the posts up and accessible to our members on the corners!

Thank you & let's take it one step at a time together!

Thank you for reading this report and for being of service to your District, our Area and our fellowship. Your support and prayers mean much to me. And be assured of my prayers for you. Let me know your thoughts and any other information you would like and how I can be of service. I value and welcome your feedback and comments. Wishing you the growth that comes from experiencing service! Enjoy the journey and have fun along the way! Take it one day at a time and change the pace when you need to. ☺

Please don't hesitate to call me or email me at delegate61@pa-al-anon.org.



“Focus on what you can do then do it with all your heart.” – Lois W.

