

04/20/2024

District 4 Al Anon Family Group Business Meeting Minutes

Taken by Gina Ricketts

1. Serenity Prayer
2. Roll call by Cassandra
3. Group Reports
 - a. Sat Morning (Shasta Lake City) Chris is GR he was unavailable – Heather a member of the group spoke about 6-7 people not sure if anyone is going to assembly
 - b. Sat Night (Yreka) not active
 - c. Monday Morning (Yreka) Mary S, she is going to assembly zoom, and added her phone and address they have about 7-12 people in regular attendance
 - d. Monday Night (Susanville) No Response given
 - e. Monday Night (Redding) No Response given
 - f. Tuesday Morning (Mt Shasta) Marga a member of the group – working on getting a new GR
 - g. Tuesday Noon (Redding) Robert is going to Assembly Via Zoom
 - h. Tuesday Evening (Redding) Eric is GR and going Via Zoom
 - i. Tuesday (Alturas) Hellen is representing the group, working on a group rep Robin is CMA
 - j. Wednesday Evening (Scott Valley) Julie she announced the Rouge Roundup (Oregon) May 4th
 - k. Wednesday Evening (Redding) Cathy A
 - l. Thursday Morning (Redding) DeDe she will be going Zoom Phoebe spoke for the meeting
 - m. Thursday Night (Yreka) Pat F GR
 - n. Thursday Night (Anderson) Gina , she is going to assembly, the meeting has 10-15 people in attendance
 - o. Friday Evening (Alturas) Has gone Inactive
 - p. Sunday Evening (Red Bluff) Mollie is GR they have about 6-7 in attendance
 - q. New Meeting Weaverville Trinity Congregation this was announced

4. Heather (website volunteer) asked a question if Website group (Heather and Phoebe) should reach out to group records (Linda) or the opposite. The question was answered below.
 - a. Group records (Linda) will take the change work with WSO tricking down to the Area, and then notify the district Website (Heather and Phoebe)
5. DR Report Ayisha
 - a. Linda will stand for group records for the district – she spoke on why this was the position for her (she is a strong record keeper) Linda was voted in
 - b. We have a News Letter Coordinator position Open Heather stood up for this position and was voted in. Phoebe will be her editor.
 - c. The new Alateen processor is Carol
 - d. We are still looking for an Alateen Coordinator this person would be the go between for district and area level.
 - e. We needed a district email coordinator and Phoebe has stepped up and was voted in.
6. Secretary Report
 - a. Secretary reached out unable to be here. Prior minutes were passed
7. Treasury Report
 - a. Gina went over the Financial Statement
 - b. Gina asked if people are interested in setting up donations what would be most popular with the groups. Venmo, Cash App, paypal or Zelle, or are they just good with sending checks to the PO Box
 - i. Venmo and Cash app are phone only
 - ii. Zelle is bank to bank
 - iii. Paypal is email based
8. Website Report
 - a. Phoebe talked about how the new website has been launched and reminded us it is a living breathing site, things can be changed.
 - b. The great thing about the program is we don't have to know everything we work together.
 - c. Tobi has been reaching out with outreach items
 - d. Website group (Heather and Phoebe) will stay up with the meeting changes
 - e. There is a flyer for the meetings that will stay up to date and it is printable
 - f. She also asked if we could let her know of anything needing to be added
9. Heather created a few Icon Logo's there was a vote and we selected the one for the website

10. Winterfest – Nothing to report at this time. Dee is the chair and is looking for a Co-chair
 - a. They attend 1 meeting a month and they coordinate getting an Al-Anon speaker etc.
11. Al-Ateen (Ayisha spoke about)
 - a. Monday night 7-8 at the All Saints Episcopal church off Benton in Redding
 - b. Right now they have two people 12 and 13
 - c. They were able to run the meeting with assistance
 - d. We are looking for more students
 - e. We are trying to get set up with Enterprise High School
12. GR (Linda)
 - a. Linda has experimented changing a group Tuesday night group it worked well.
 - i. By experimenting she said she changed the group Tuesday night successfully
 - b. She has worked with Mary D and the district
 - c. She did enjoy it and is open for suggestion.
13. Heather asked about the newsletter
 - a. Where do we want it? Answer on the website.
 - b. Should she print copies? Answer a few and she will bring copies to district meeting
 - c. When do you want it done by? Answer It is up to her but generally before the next district meeting
14. Phoebe let us know that the Area stuff can be added to our district website.
15. Literature Report- Sheila District Depot
 - a. Sheila handed out her address, phone number for Text which she prefers, if only option you can call.
 - b. Sheila talked about she will be making a book order soon
 - c. Phoebe asked if they wanted a form on the website for orders, the one we have may have old pricing so Sheila is going to think about it and look it over. Maybe come up with a new one. If they put the WSO form it would take them to that location we want to keep our income here in our district to support local.
 - d. Ayisha asked is there any word on Alanon Service Manuals? Not at this time.
 - e. Ayisha stated Monday night wanted to donate their books to Yreka meeting and Red Bluff. Brief discussion the district has given Yreka new meeting books from the district.
16. Next meeting if you have any extra Al-Anon faces alcoholism can you bring to the next meeting to share.

17. Casandra asked does Sheila have a backup for the Literature Depot

- a. Cathy A is her backup, she does have another backup, I did not hear the second person's name.

18. Telecommunications

- a. Vickie and Susan will be doing this service they will reach out as they need help
- b. There was some confusion as to when this position started. Sounds like we are on the same page now.

19. Public outreach Tobi

- a. Tobi was not available but it was mentioned he has an email set up outreachdistrict4@gmail.com for questions or ideas

20. The 12 stepper is available on the website

21. It was reminded please remember we are here for families of alcoholics

22. May 4th is the 1 day assembly, Carol and Gina will be attending if anyone would like to ride along.

23. June 15th is our next district meeting

24. They are still looking for a co-chair for winter fest

- a. This would be one meeting a month
- b. This entails looking for the Al-Anon speakers
- c. The thought is you would learn and be the chair for the following year