

MINUTES OF DISTRICT 4 AFG
BUSINESS MEETING
Saturday August 18 10:30 a.m. - 12:35 p.m.

Cassandra Alt DR chair, Serenity Prayer, Minutes recorded
by Marti

GR REPORTS

1. Saturday Morning (Shasta Lake City), Carol P: "Still hybrid, more peopleMa
Unsure if GR Chris W. will go to Assembly in October in person or zoom
2. Monday morning (Yreka) Mary S., two newcomers, 6 people/week still at Lutheran Church, Mary S
will attend Assembly on Zoom
3. Monday night (Susanville) GR Kathy H. not present. They sent in a 7th Tradition check on group
account
4. Monday night (Redding) Zoom, GR Nancy H. "10-14 people. Unsure re assembly; likely on Zoom
different members volunteer to secretary, lots of children.. Treasurer has Venmo. Dee "Terry L.,
treasurer, has a Venmo account. She set it up uses individual's name
5. Tuesday morning (Mt. Shasta) GR Marga, 10-12 in person, 1-2 on Zoom. We read step/tradition
monthly; we have no secretary; key is placed on table, someone picks up weekly. Vic A speaker on
September 7th Weed. Marga unknown if going to assembly
6. Tuesday Noon Redding G.R. Robert W. gone July and August. Cassandra: "We have at least 15-20
people at this only in person meeting-Treasury good shape. Cassandra will talk to GR re attending
Assembly. Going to Assembly is really 1 of the best first steps in recovery; lots of fun meeting of peo-
ple, sharing fellowship we have been missing during pandemic
7. Tuesday Evening (Redding) Zoom only. GR Eric "continuing along small group; good meeting
consistent attendance GR is going to Assembly in person
8. Tuesday Eve (Alturas) GR: ____ -0- news. When last time we went-no report
9. Wednesday Eve. (Scott Valley) GR Julie W. "Good number, 12-15 mostly in person, few on phone
10. Wednesday Eve Women (Redding) GR Cathy A. We are hybrid, 2-3 weekly on zoom, in person 12-
13, Group has aa treasurer, secretary, literature
person, (unaware if treasuere has Venmo),
11. Thursday 11:30 a.m. (Redding) GR DeDe absent. Phoebe, Treasurer, summarized: 20 people con-
sistently, all positions filled, several in District service, Treasury good, We've increased contributions.
Attending October Assembly: unsure; Cassandra "Make sure somebody attends. If GR
can't go, group can send another as lodng as he knows what to vote for, can't be a dual program mem-
ber
12. Thursday Night (Yreka) GR Pat F. "10-13
- 13.. Thursday 6:00 p.m. (Anderson) GR Gina, reporting for Gina Linda: "Stable, 10-15 people, new-
comers, Gina will attend Assembly in person. Rita, Treasurer, in attendance
14. Red Bluff Sunday 6:00 p.m. at Coyne Center, GR Molly "Meeting began in January. 6-7 attending,
charge -0- for rent; we have a donation for them. Average attendance 5, Finances in great shape; this is
a merging of 3 groups. Volunteers are needed to table at Free event -Sept 21st 10 a.m. to 1 pm Recovery
Happens 20th anniversary on lawn in front of Tehama County Health Service. We have lit. and a tab H
15. Thursday noon to 1 p.m. (Weaverville) Trinity Congr Church, haven't heard from Christina,

believe attendance 3-4 people, unknown re attending Oct Assembly

OFFICER REPORTS

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1. **D.R. Report:** Cassandra stepped in now as D.R. Ayisha was unanimously voted in (none opposed) to be Alateen Coordinator. Cassandra asked TAKE TO GROUPS; A NEW ALTERNATE DISTRICT REPRESENTATIVE IS NEEDED. Service position described: just make sure the groups are doing well; you visit the meetings. You get Groups IO. If you are sponsoring anyone, encourage them to consider it. Requirement for Alternate D.R>: been in Al-anon two years, been a GR for at least a year, regularly attend Al-anon, not a dual member.

Cathy A. question: are they talking about it at World Service? Carol "There is a d

qual member thought force in our area, not at World Service.

2.**PUBLIC OUTREACH** Report by Toby:

Wanting a committee so that each volunteer just focuses on a few places .

Cathy and Lisa are interested. Shasta Community Health Clinic, meeting lists to Library by Carol, Shasta County Mental Health, Simpson College; spoke to cohort of therapy students re What Al-anon is, I will take Al-Anon literature to Mercy Hospital Oncology Department. I want to do ad spots through PBS, sut talk to Chris. I'm working on compiling a list of places to which we distribute.

PLEASE ANNOUNCE TO YOUR GROUPS; TOBY is looking for an Alternate Coordinator

Question for Sheila: Toby has outdated meeting lists. Sheila has pens, outreach bookmarks.

3.WINTERFEST (Jan. 24,25,26, 2015 at Holiday Inn) REPORT by DEE, Chair of Winterfest

Suzie from Sunday night Double Winners meeting volunteered to be Co-chair . Possible workshop, speakers Maria from L.A. and KathyH. Cincinnati, feasibility study re: possibly changing venue to Anderson Fairgrounds. Concern fro how to keep Aas involved for afternoon: fill that time by bringing in a dual speaker team (one AA,another Al-anon). Coffee big issue; to have it provided by venue expensive. A lot of coffee was donated. Co-chair opposed to change in venue as large group housing and food is needed, and cozy, warm is needed. No flyer yet.

Heather inquired whether mentioning Winterfest ok in newsletter. Ayisha "We need a quarter sheet save the date paper. Cathy A "We've also done bookmarks to save the date.

D.R. Cassandra report continued: we have low funds at the District level. Carol will present a treasurer's report for Gina.

Assembly area inventory—how encourage more service at area level? John M., past Delegate, reported at all levels there is less service, there's no DR's, 5 out of 27 districts are not represented by a D.R.,

We have less Grs, less meetings, we will have an inventory of the area at the October Assembly. John went to Minnesota to see their situation. Cassandra “big question that reoccurred: Should we do assemblies in person, are we kaing good leaders by just ZOOMING?

3 STEP plan: step 1.. all Group Representatives take 30 minutes at the start of October Assembly, take on-line inventory of all Al-anon gropus, 2. Review results at May, 2025 Assembly. Step 3. The Area Inventory forat is from the Annual WSO Service. Before the pandemic, there was no hybrid or zoom service.

Nice plans, but they must be updated for our current realities.

Carol P. “The band width at Assembly often freezes, very hard to connect on cell phone/laptop. Its much more convivial in person. Dee “ you don't volunteer for D.R. unless you commit to being there. Question: Is the hybrid world is diluting Al-anon?

Ayisha “Are we really getting the program? At NCWSA (Northern Calif World Service) they are afraid because of hybrid Al-anon, that Al-anon might die on their watch.

TREASURER'S REPORT (Carol P for Gina)

Checkbook balance 6/15 was \$3,968. On 8/17, balance is \$4,407.77, actual balance is \$3,535. There's an outstanding book order needs to be reimbursed to Sheila K.

zero upfront costs for DIA.

Ayisha: “There will be a big expense for R&R. Carol: “for next meeting ask Gina to compare to budget; at last meeting DR was saying more funds are needed group contributions. We're assuming Literature and DIA are self-supporting. Group donation of \$205/year (3,080 divided by 15 groups equals \$205 per year per group.)

To meet our budgeted expenses, only 7 out of 15 groups contributed. If every group contributed, they'd each have \$86 in their treasury to do a 60/30/10 split. Heather requested Gina make a one page sheet describing what our District recommends each group contribute..

Carol “Historically the DIA has really been a good fundraiser. Last year's total net profit for DIA was \$1,277.

WEBSITE REPORT (Phoebe) Its challenging to get people to go to our website to learn of announcements, information. It saves paper; not printed out. Keep reminding people the website is like a bulletin board. Email is the avenue.

Ayisha “Please make an area on our website for AREA REPORTS.

Cathy: “To get people to sign up , how about putting in the 7th tradition basket a little announcement “Get on the mailing list”.

ALATEEN REPORT (Ayisha)

First meet at church, then library, now need help to start Al-anon meeting Monday night alongside Alateen meeting. In Scott Valley, 4 women Amias middle school; school requires a M.O.U. ; on hold, Marta newest one in Mt. Shasta.. We have 11 Amias through Mid 2025. Carol: Enterprise High in Redding a meeting has been approved, adults must get fingerprinted, trying to hold it at Lunch Club meeting parent's don't have to know of their participation

GROUP RECORDS REPORT (Linda) A list of Grs in on website for District 4 . Cassandra: make sure records are up-to-date. Mary D. Area Group Records Coordinator, emails the DR, never a pdf.

NEWSLETTER REPORT (Heather) we're still inquiring re contributions via payment apps.

LITERATURE REPORT (Sheila K.) There is a case (24 books) of ONE DAY AT A TIME Anniversary Issue hard-bound books (purple)..ideas were offered how to disperse them.

TELECOMMUNICATIONS REPORT -There is no report. De De was alternate for Vicky, who had to step away and is replaced by Susan now. We have no one doing telecommunications now. Ayisha called for a volunteer willing to call or text the message phone number once a month. If no one calls Google Number for so many days in a row, it gets shut off. Carol P. volunteered to call for one month.