

Alternate Delegate's report

AWSC August 21-22, 2009

(By the time you read this some of the information will be old but this is the full report.)

Hello, North Florida! I can't believe another AWSC is here. It seems like spring assembly was only yesterday. And yet, it seems like it was a long time ago.

My wife has been recovering from a back problem, so I haven't been able to get out and about, as I'd planned. In fact I had to cancel one trip. She can now stay alone so if you'd like me to come to your district for a function, please let me know. I'll do my best to make it.

I'm glad you all are carrying the word about the Forum. I know people in my district are making sure everyone knows it's an available and valuable tool for our recovery. I received this information from Julie Miller at World Service: "Subscriptions have increased by a little over a 1,000 since July! Members are responding to the article in the July *Forum* and we're getting emails from people who have heard their Delegate and Forum Coordinators talking about the magazine. Keep up the good work! *It's making a difference* but we have a long way to go before we can safely say that the fellowship wants to support *The Forum*."

The September *Forum* has information on the 2009 Membership Survey. It's important that as many members respond as possible, so WSO can better serve us.

The article "I was trying to work the Al-Anon program on my own" illustrates the importance of recognizing when help is needed and reaching out for it through a Sponsor.

The Instant Meeting is on "Making Amends." We've used the Instant Meeting in meetings I've attended, when the Chair wasn't able to attend. And amends is a grate topic. I know I'll be reading about it.

And quoting Julie Miller again, "September CAL Corner focuses on *Opening Our Hearts, Transforming Our Losses* (B-29). The two sharings featured remind us that in order to regain our emotional well-being, we need to acknowledge our feelings of loss and grief brought on by the disease of alcoholism."

Here's an Idea that I've been kicking around in my head. Could a copy of the *Forum* be included with the beginners packets that we give to all new comers? It might not be practical at all meetings, but some meetings might find the idea useful.

...And yet another Idea. This one isn't from me. This is from a chairperson in my home group. She passed around questions, then (after we'd answered them) we arranged the answers into a group conscious on the topic.

So be creative. And if you have something published -- a picture, an article -- let people know, encourage them to do the same! We often forget that the people who submit to the *Forum* are just like us.

Now, the moment you've all been waiting for. The answer to spring assembly's puzzler: What did our co-founder, Lois W., believe was the highest function of the human being? The answer is on page 196 in Lois Remembers, "I used to believe *thinking* was the highest function of human beings. The AA experience changed me. I know realize *loving* is our supreme function. The heart precedes the mind."

Today's question: What was our name before we became known as "Al-Anon?"

(It was a great Area World Service Conference. I came tired and left feeling renewed. Thanks to everyone. Especially those minority members who are willing to stand for what they believe. That's what makes Al-Anon so great. I hope to see you soon!)

Terry K.

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