

New York North AFG Report

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Position: NYN Delegate

Report Prepared For: Summer AWSC

Maui Relief

The WSO has been receiving calls asking what they can do to support Al-Anon members in Hawaii who lost meeting space or literature. The Delegate from Hawaii provided mailing information for Al-Anon members to send cards of support or supplies of literature to replace what has been lost.

The local AFG address on Maui is: Maui AFG, PO Box 1322, Wailuku, HI 96793.

Additionally, Hawaiian Delegate provided WSO with a list of other organizations that individuals may consider donating. If you would like to see the list, please send an email to me directly at betterwithservice@gmail.com.

Upcoming Fall Election

During the upcoming Assembly, a new panel of officers and coordinators will be elected. The service positions and their duties are posted on the [NYN Area website](#). Take the time to review, reflect, and seek your Higher Power's guidance prior to the Assembly.

This is an opportune time to review the following Al-Anon Policy:

Service Participation by Members of Al-Anon Family Groups Who Are Also Members of Alcoholics Anonymous

Al-Anon Family Groups and Alcoholics Anonymous (A.A.) share a common spiritual legacy in A.A.'s Twelve Steps and Twelve Traditions. Before Al-Anon was founded, family groups met with, and beside, A.A. groups. In 1951, various family groups banded together and agreed to organize Al-Anon Family Groups, a program dedicated to helping the friends and families of alcoholics. Over the years, Al-Anon developed its own service structure, based on the model provided by A.A.'s experience and guided by the Twelve Traditions.

Tradition Five defines Al-Anon's single purpose. Tradition Six encourages cooperation with Alcoholics Anonymous, maintaining that Al-Anon is a separate entity that ought never affiliate or

create the appearance of affiliation with any outside enterprise. Putting these principles into practice maintains a separation between the service structures of Al-Anon and A.A. This separation helps avoid the appearance of a conflict of interest and safeguards Al-Anon's singleness of purpose. Accordingly, Al-Anon's policy is that members who are also members of A.A. do not serve as Group Representative (GR), District Representative (DR), Area Delegate, World Service Conference member, alternate to any of these service positions, or on any committee of the World Service Office.

Filling service positions is a matter of District and Area autonomy within this policy and the spiritual principles that form its basis. Tradition Four grants autonomy to local service arms, except in matters affecting Al-Anon or A.A. as a whole. Al-Anon members who are also members of A.A. participate fully in all group activities, including group conscience decisions. However, they do not hold Al-Anon service positions that vote in matters affecting another group or Al-Anon or A.A. as a whole.

Participating in Al-Anon service is integral to recovery for every member. Step Twelve, carrying our message to others, is a very important part of Al-Anon service. Members of Al-Anon who are also members of A.A. are often in a position to carry our message to those who are not aware of the benefits of attending Al-Anon Family Groups. Members of Al-Anon who are also members of A.A. may serve Al-Anon in ways that include being an Alateen Group Sponsor (see the "Alateen" Policy) or they may be invited by local/Area service arms, the Board of Trustees, or the World Service Office to participate in projects, in keeping with the spirit of this policy.

This policy on service participation by members of Al-Anon who are also A.A. members, protects Al-Anon's viability as a program dedicated to helping the families and friends of alcoholics. It ensures that Al-Anon's service structure represents the unique perspective of families and friends of alcoholics, recognizing that the alcoholic's perspective is represented in A.A.'s service structure. Members honor this policy out of respect for Al-Anon unity and the group conscience process, in accordance with Tradition One and Tradition Two.

Page 86 – 87 in the "Digest of Al-Anon and Alateen Policies" section of the 2022 – 2025 Al-Anon/Alateen Service Manual (P-24/27) v2

Meditation Meetings

A recent question was posted in AFG Connects WSC community concerning meditation meetings. This topic came up during the 2014 World Service Conference. Below is the response:

As part of the "Delegate's Recurring Questions" series, the following explanation regarding meditation meetings was reissued in 2014: "Is it within the Traditions for a group to set a specific period of time for meditation during the meeting?"

Designation of a period of time for the purpose of group meditation is not appropriate at an Al-Anon meeting. Groups spending time during the meeting to meditate is not within

the Traditions as doing so could be interpreted as a religious activity, affiliation with an outside entity, or an endorsement of a particular practice or style of meditation. A meeting format that requires members to meditate in any form is not appropriate.

The practice of prayer and meditation is not specific to Al-Anon and would not be considered an Al-Anon activity. Individual members are free to practice any form of meditation they choose to and at any time but not as an Al-Anon group activity. There may be groups of people who practice meditation, but they do so as individuals and not as Al-Anon members. Such a group would not be called Al-Anon even if most or all of its participants are Al-Anon members. Otherwise there could be a misunderstanding of Al-Anon's purpose.

Group discussions that focus on the Eleventh Step spend meeting time sharing their experience, strength, and hope on the topic of working the Step and the personal benefits of doing so. Just as members would not actually do a Fifth Step at a group meeting, they would not practice meditation in a meeting. In both cases members might share on a question from Blueprint for Progress or Paths to Recovery, sharing how they worked the Step or perhaps the difficulty they are having while working on it.

Step Eleven encompasses so much more than just the act of meditation. Prayer is another important component to "improving our conscience contact with God as we understood Him," yet members would not conduct a prayer service at an Al-Anon meeting as it would obviously imply a religious affiliation. Holding group prayer services and practicing group meditation at Al-Anon meetings implies endorsement of an outside activities that are not specific to Al-Anon. Tradition Three clarifies that "The relatives and friends of alcoholics may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation..."

I'm unaware of any meditation meetings within NYN. However, I want you to be aware of this possibility. Should this be occurring within your District and you need the Area assistance, please reach out to me.

WSO Updates

Al-Anon International Convention

The 2023 Al-Anon International Convention was held in Albuquerque, New Mexico from June 29 - July 2. Some fun convention facts. Albuquerque was the highest elevation for an Al-Anon International Convention at 4,967 feet. The first time that there was a virtual component. It had the highest number of registered attendees - 4,517. That's nearly one person for every foot of elevation!

2024 Meet your Board Road Trip

The 2023 Road Trip! You and Your Board Connect is being hosted by the California South Area. It will be held on Saturday, October 28th in Los Angeles. I won't be making the trip this year. However, we have the opportunity to submit an application to bring next year's event to New York North. The application is due no later than September 22, 2023. The location is selected at random from the pool of applications that met the stated requirements.

2024 World Service Conference Equalized Expense

The Finance Committee and Board of Trustees reviewed the costs of the 2024 World Service Conference (WSC). With the inclusion of both French and Spanish simultaneous interpretation per Motion 10 of the 2020 WSC, and after careful consideration, the Equalized Expense amount for the 2024 WSC has been set at \$1,769.00 (US). The Full Amount for a Delegate to attend the 2024 WSC has been set at \$2,527.68 (US). Last year, some Areas gave amounts greater than the Full Amount; many Areas contributed the Full Amount; some Areas contributed amounts between the Equalized Expense and the Full Amount; and other Areas gave the Equalized Expense to send their Delegate to the Conference. Payment is due by the end of this year.

Monthly Delegate Chats

I continue to host monthly opportunities to chat with any NYN AI-Anon member. They are held on the first Sunday from 1 - 1:30pm and first Thursday from 7 -7:30pm each month. The meeting information is on the NYN website's [Events Calendar](#).