

# The Northern Triangle

Volume 8

MN North Area AFG Newsletter

March 2024

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*Our mission is to provide information and inspiration and to encourage service by keeping us connected to each other between assemblies.*

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Welcome to this issue of *The Northern Triangle* Newsletter for panel 62. “Participation is the key to harmony” (Concept 4). We need your feedback and invite any Al-Anon member to contribute. Per the MN North policy book the newsletter is to be published in November and May. We are hoping to publish every 2 months. The next issue will be May 1, 2024.

As we go forward, any suggestions would be greatly appreciated.  
Connie B. Newsletter Coordinator  
Assisted by Barb D.

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## SAVE THE DATES

**Spring Assembly 2024:** Hampton Inn and Conference Center in Bemidji, MN.

April 6-7, 2024.

Every Panel chooses a slogan for their 3-year term. Panel 62 has chosen,  
“It started with a shoe.” The story can be found in our

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### LINKS OF SERVICE

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Member + Member = Group

Group + Group = **District**

**District + District = *Assembly***

*Assembly + Assembly = **Conference***

(Al-Anon Guidelines G-15 Revised 2021)

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### IMPORTANT LINKS

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World Service Office: <https://al-anon.org/for-members>

MN North Al-Anon\*: <https://minnesotanorth-al-anon.org>

\* This is a public sight with limited information for the viewing public. In order to access member info, you must set up a profile including a username and password and be approved to access all other content. As a member, you will be able to log-in to access as allowed, such as: Assembly info, Newsletters, District Reports, Delegate Reports and much, much, more.

If you want more information on any article please look under the MN North Al-Anon link and then assembly.

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#### Delegate Report

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#### Service – What do I feel called to do?

At the fall assembly in St. Cloud, we will have elections for Area positions. The districts and groups will have elections and next year we will hopefully have many new people in service, from Group Reps – to District reps, officer, coordinators – and a full group of Area coordinators and officers.

I thought I was doing service because someone did it for me – so this program was alive when I needed it. But more than that, I now know that I really didn't start growing until I started doing service. I met more people and the more I met – the more I learned from them. My program is vastly different today than 18 years ago when I started a service journey. It has opened my mind and heart to new thoughts, a willingness to look at others' ideas, an appreciation of my own journey and that of many others that I never thought I'd have! I didn't know it needed to happen – but it did for me and it's another way I can be grateful.

Please consider asking your district for the job descriptions they have available – even if you are in an electronic group! Some jobs can actually be done remotely in districts and in the Area.

Area job descriptions are on the MN North Website and so are Service Interest Forms.

I know I can't quit service now – I would miss people!

I hope you all feel the same way. Looking forward to seeing all of you in Bemidji the first weekend of May.

Carol and Tracie and I are off to the North Central Regional Delegates Meeting (NCRDM) in Bloomington, IL this weekend – representatives will be there from Ohio, Michigan, Wisconsin/UP, Illinois North, Illinois South, Indiana, Iowa, Minnesota South and of course Minnesota North. It's a practice run for the new delegates who will be going to conference for the first time, and we will be supporting them toward their first conference in April 2024.

In Love and Service!

Linda H, Delegate, MN North, Panel 62 (It Started with a Shoe!

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**DISTRICT REPORTS**

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**DISTRICT 29-003-Mary H.**

Our district has completed our Budget and calendar for 2024. Our calendar includes AWSC meetings and Delegate report back, to replace that month's normal meeting. It has already been a success, I had three GR's visit the AWSC meeting with me in February.

We would like to thank Linda again for visiting our March District meeting; it was very helpful having her with us.

We used district funds to print WSO public outreach posters and stickers with a QR code directing individuals to the MN North website. These were distributed to all the groups at our March District meeting.

We have a new GR for our Monday Afternoon AFG group. It is exciting to have another group active in our district; thank you Steph.

We have had 3 members from our district join events in the area as Al-Anon speakers. A big thank you to Eileen, Julie, and Marcy.

Respectfully submitted,

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**DISTRICT 29-006-Connie B.**

Our district held its last meeting on January 17 at the Alano Club in Baxter/Brainerd at 6pm and via zoom. We had 7 attending in person and 4 via zoom.

Announcements:

Two new meetings: Little Falls, Thursday night, lower level, and Crosslake, Thursday noon, at Immaculate Catholic Church

Connie shared how the name Al-Anon came to be, taken from Lois Remembers. On January 9, 1952, the name was developed based on the 1st syllable of each: Alcoholics and Anonymous.

Melanie shared that in the Serenity Prayer, there is no "the" before Courage and Wisdom.

Policy Committee is working on modifying the job applications for District 6. Elections will be in October at the fall assembly. New GR's should attend that Assembly.

We discussed setting up a budget for the district so we know what expenses will be upcoming in the future and the new officers.

Per Diana D. (who is the public outreach chairperson for the district) she has talked to Jennie at Focus Unit – Have okay to speak at Focus Unit, Tuesdays or Thursdays, 6:00 or 7:00 and 2nd Saturday of the month. Only for those in treatment. Asks that each group volunteer twice per year to have speaker. Stepping Stones in New York described by Connie and Doris as they have been there.

Our district will be holding another workshop in April. Watch for updates.

**FLYER ATTACHED**

Respectfully submitted

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### COORDINATOR REPORTS

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#### FORUM/LITERATURE-KATHY K.

Introduction One Day at a Time in Al-Anon, Al-Anon’s fourth book and first daily reader, was introduced in September 1968. Compiled by the Chairperson of the Literature Committee with input from many other members, its page-a-day format provided practical applications of Al-Anon’s spiritual principles. The “ODAT” quickly became one of our fellowship’s most beloved books.

The family disease of alcoholism is as challenging today as ever, and the principles that helped our pioneer members still remain relevant. However, much has changed since 1968. At that time, most members were wives of alcoholic husbands. Some attitudes and customs prevalent then may seem outdated or non-inclusive by today’s standards. Therefore, it may help to consider this book in the context of its time and, as we say in Al-Anon, “take what you liked and leave the rest.”

The sharings in this book were often reinforced by quotations. Because very little Al-Anon literature existed at the time, outside sources were also used. Quotations were selected for their consistency with Al-Anon principles and implied no endorsement of the person or volume quoted. Al-Anon has always been a spiritual program for people of any religious belief or of none.

From as early as 1978, the World Service Conference expressed concern that if changes were made to One Day at a Time in Al-Anon, each alteration could separate us further from the collective wisdom of our earliest members. Over the years, the Conference has instead approved additional daily readers that reflect the growth of our fellowship.

Al-Anon’s Twelve Steps encourage us to better understand who we have been so we can become who we want to be. As we read these pages, may the words of our early members help us to better understand who we were, who we are, and who we can be?

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Rachelle C, Mary H. and Bruce S. have had articles in the Forum following the forum writing workshop.

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Dear Literature Coordinators,

Here's the latest bimonthly update of literature news. Please pass this information on at Assemblies and via e-mail to District Representatives, Information Services/Intergroups, Website Coordinators, and Newsletter Editors. Creating an e-

mail list of these members/service arms makes it easy to inform them.

**Welcome to New Literature Coordinators:** We are so glad you've taken on this service role! If you haven't reviewed the *Area Literature Coordinators* (G-6) Guideline yet, please click here: [al-anon.org/pdf/G6.pdf](http://al-anon.org/pdf/G6.pdf). If you have any questions or comments for your fellow Coordinators, please post them here on the Literature Coordinator community of AFG Connects. If you have any questions regarding this community of AFG Connects, please contact Annette Shorter at [Annette@al-anon.org](mailto:Annette@al-anon.org). If you have any questions about your role as a Literature Coordinator or about Conference Approved Literature, please contact the Associate Director-Literature, currently Tom Coffey at [Tom@al-anon.org](mailto:Tom@al-anon.org). For those whose Areas have combined the positions of Literature and *Forum* Coordinator, please know that you should also be connected by now to the *Forum* Coordinator community of AFG Connects, where you will receive information specific to *The Forum*. For those whose Areas have also given you responsibility regarding the Literature Distribution Center(s) in your Area, please be sure to check the LDC community of AFG Connects.

**Your Role as Literature Coordinator Is Very Important:** Please know how much we appreciate your service and how necessary you are in connecting the members of your Area to the powerful help found in our literature. There are still many groups that only read from one of the daily readers. Please continue to find ways to encourage groups to use a wide variety of CAL in meetings. In doing so, they remind or inform other members of this valuable recovery resource.

**A Sincere Thank You from Tom:** To those who responded to the earlier announcement on this community about my retirement at the end of next month, as well as all those I have participated with on this journey, I extend my gratitude. Serving this beloved fellowship as the Associate Director-Literature for almost 23 years has been my extreme pleasure. It's been a true joy to share my love of CAL with you, and to have you share your love of CAL with me. With your continued help, I know that our literature is in good hands. With much love, Tom.

**Did You Know?:** AlAnon members often have a lot of questions about AlAnon literature. Here are some past articles from "Inside AlAnon Family Groups" that can help provide some answers.

- CAL Process: [al-anon.org/blog/the-cal-process-al-anons-group-conscience-in-action/](http://al-anon.org/blog/the-cal-process-al-anons-group-conscience-in-action/)
- Revising CAL: [al-anon.org/blog/who-changes-our-literature-and-why/](http://al-anon.org/blog/who-changes-our-literature-and-why/)
- Discontinued CAL: [al-anon.org/blog/can-we-use-discontinued-literature-in-meetings/](http://al-anon.org/blog/can-we-use-discontinued-literature-in-meetings/)
- Copyright and Reprint Permission: [al-anon.org/blog/worthy-of-protecting/](http://al-anon.org/blog/worthy-of-protecting/)
- Buying CAL from Outside Bookstores: [al-anon.org/blog/can-members-buy-al-anon-literature-from-outside-entities/](http://al-anon.org/blog/can-members-buy-al-anon-literature-from-outside-entities/)
- New Intros to *ODAT* and *Dilemma*: [<http://al-anon.org/blog/new-introductions-are-here/>] [al-anon.org/blog/new-introductions-are-here/](http://al-anon.org/blog/new-introductions-are-here/) and a more detailed description of why at [al-anon.org/blog/learning-to-relate-rather-than-compare/](http://al-anon.org/blog/learning-to-relate-rather-than-compare/)
- History of CAL: [al-anon.org/blog/celebrating-60-years-of-conference-approved-literature/](http://al-anon.org/blog/celebrating-60-years-of-conference-approved-literature/)
- Hidden Gems in CAL: [al-anon.org/blog/where-to-find-hidden-gems-in-al-anons-pamphlets/](http://al-anon.org/blog/where-to-find-hidden-gems-in-al-anons-pamphlets/)
- AlAnon Promises?: [al-anon.org/blog/does-al-anon-have-promises/](http://al-anon.org/blog/does-al-anon-have-promises/)
- Alateen CAL: [al-anon.org/blog/alateen-literature-is-conference-approved-literature/](http://al-anon.org/blog/alateen-literature-is-conference-approved-literature/)
- Giving Writing Workshops: [al-anon.org/blog/how-to-hold-a-writing-](http://al-anon.org/blog/how-to-hold-a-writing-)

[meeting-or-workshop/](#)

- Preamble: [al-anon.org/blog/learning-from-al-anons-example-to-grow-at-my-own-speed/](#)
- What "Conceptual Approval" Means: [al-anon.org/blog/lets-talk-terms/](#)

***A Little Time for Myself (B-34)***: The third printing of this new daily reader is currently in stock and available as we write this. Because we have received many questions from the fellowship regarding when the book will be available in large print or ebook format, please allow us to share with you the responses we have given:

Additional formatting options for the book, including large print and ebook versions, have not been determined at this time, as there are still several factors to consider. However, please know that before the editing of the book even began, test studies were done with AlAnon volunteers to determine what font style, font size, amount of white space, and word count on each page would be most appropriate for comfortable reading. This was followed through in the development of the drafts and the design of the book.

If "A Little Time for Myself" becomes available as an ebook, it will be found at [al-anon.org/e-cal](#). For more information on the production of additional AlAnon ebooks, please see page 88 of the *2023 World Conference Summary* (P-46), found here: [al-anon.org/pdf/P46-2023-web.pdf](#)

**"CAL Corner" Topics**: This department, featured each month in *The Forum* magazine, includes members' sharings on how a particular piece of our literature has enhanced their recovery. January's topic is *A Little Time for Myself* (B-33), which fortunately is back in stock. February will focus on *AlAnon Sharings from Adult Children* (P-47), and March's will be *Lois Remembers* (B-7), in honor of our Cofounder's birthday on March 4th.

**Sharings needed for "CAL Corner"**: Please continue to urge members to share in writing about how any piece of CAL has helped them with their recovery. We could especially use sharings about any of the following: *A Little Time for Myself* (B-34), *Many Voices, One Journey* (B-31), *Alcoholism, a Merry-Go-Round Named Denial* (P-3), and the *Just for Tonight* Alateen Bookmark. See the writing guideline at [al-anon.org/pdf/CALcornerSharingRevised%202018.pdf](#). If you are announcing this verbally or in print form, rather than electronically, the URL to use will be [al-anon.org/sharing](#).

**Writing about CAL for Area Newsletters**: We'd love you to use your Area newsletter to publish your Assembly reports, include members' reviews of various CAL, or sharings on how local members are encouraging the use of CAL at their groups. In keeping with AlAnon's copyright and reprint policies on pages 116-18 of the *2022-2025 AlAnon/Alateen Service Manual v2* (found here: [al-anon.org/pdf/P2427.pdf](#)), if you plan to quote from CAL, please remember to request and receive reprint permission prior to publication. Also please note that only limited quotations of a paragraph or less can be approved, and permission only applies to print publication, not online.

Because your Assembly or Area World Service Committee meetings might not coincide with these postings on AFG Connects, please know that you can contact the WSO anytime you need more information or have questions about literature content. The email is [wso@al-anon.org](mailto:wso@al-anon.org), with Literature in the subject line. Thank you again for all you do to encourage your Area members to use CAL.

Yours in gratitude and service,  
Tom Coffey  
Associate Director-Literature

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Indeed there is a new booklet coming out this fall! The product code is actually (P-95).

Here is the information: *Healing within Our Alcoholic Relationships--A Collection of Insights from Our Shared Journey* (P-95) is a 48-page booklet that provides brief but powerful messages of timeless wisdom. It's perfect for newcomers as well as anyone who may need to "Keep It Simple" and get back to basics. Currently being designed and translated, it will be available this fall in English, French, and Spanish for \$4.00 US.

I hope that's helpful.

Warm regards,

Carol

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Carol C.

Associate Director-Literature

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I just want to clarify that the "Newcomer's Welcome" referred to was never included in Conference Approved Literature and never went through the CAL process. It had its origins as a "Welcome Letter" that the First Step AFG in Glens Falls, NY gave to newcomers. Their Group Representative sent a copy to the WSO, and it was shared in the April/May 1990 issue of *Inside Al-Anon* (which at that time was a separate newsletter, independent from *The Forum*).

In 1997, when the WSO developed the Group Binder (M-59) service tool, this welcome was included as an example of meeting insertions that some groups used. It was included in the Binder until 2003.

In 2003, the Group Services Committee recommended, and the Policy Committee affirmed, that Al-Anon has only one official "Suggested Al-Anon/ Alateen Welcome," which is the welcome that appears in *Al-Anon and Alateen Groups at Work* (P-24) and the *Al-Anon/Alateen Service Manual* (P-24/27). That decision led to the deletion of the "Newcomer's Welcome" from the Group Binder. The Group Binder was discontinued in 2007. The "Newcomer's Welcome" has never been included in *Al-Anon and Alateen Groups at Work*.

I hope this information is helpful. Thanks for all you do for Al-Anon, and best wishes for continued peace and serenity in the Al-Anon program.

Yours in Service,

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Tom Coffey

Associate Director--Literature ssion/new-cal-b-92

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**NEWSLETTER COORDINATOR-Connie B.**

I am so grateful to have this opportunity to work on this newsletter for the Minnesota North Area. Thanks to all who have submitted articles for this issue.

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**MEMBER SHARINGS**

**The Road to Serenity**

Years ago, a friend in Alcoholics Anonymous (A.A.) shared the Twelve Steps with me and recommended I go to AlAnon. He recognized how ill I was and understood why. I knew only that I lived in anger and despair. I didn't know I was desperately ill.

Upon reading the [Twelve Steps](#), I was instantly stunned, as they expressed a way of life so different from the way I'd lived up to that point at age 46. At that time, I feared for my life, but I believed if I could learn to live in accordance with these Steps, my life would be saved. I did not realize then that alcoholism was even present in my life. I later learned I had been surrounded by it from birth.

What people said in meetings was foreign to me at first, but after a while I began to relate. In time, it became evident to me that I'd adopted many character defects as my way of dealing with life. Most, if not all, of these defects resulted in anger, which had then grown into rage. I persisted in attending my meetings even though self-knowledge came slowly and often painfully.

In time, my crippling thinking was replaced by what I call AlAnon thinking. I was on the long road to serenity, though I didn't know it in the beginning. My blind, dumb persistence eventually led me to serenity, although it took quite a few years. It has been well worth the time and the work in AlAnon.

*By Bruce S., Minnesota*

*The Forum, March 2024*

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