

The Northern Triangle

Volume 4

MN North Area AFG Newsletter

July 2023

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

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 September 1.

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

Area World Service Committee: August 24, 2024 Walker MN

Fall 2023 Assembly: Thumper Pond Resort in Ottertail. The Assembly will be October 7th and 8th 2023.

Spring Assembly 2024: Hampton Inn and Conference Center in Bemidji, MN. April 6-7, 2024

Did You Know?



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 Conference Approved Literature book Lois Remembers.



LINKS OF SERVICE

Member + Member = Group

Group + Group = **District**

District + District = *Assembly*

Assembly + *Assembly* = **Conference**

(AI-Anon Guidelines G-15 Revised 2021)

IMPORTANT LINKS:

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

MN North AI-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 AI-Anon link and then assembly.

DELEGATE REPORT

A Word From Your Delegate - NOT

Hi to MN North Area! Anyone who knows me – and YOU DO – knows that I have a very hard time saying something in A word. I’m an AI-Anon member that go On-And-On-And-On.

By the time you get this newsletter, many of us will just have returned from the AI-Anon International in Albuquerque New Mexico. These are held every five years in various locations and are a lot of fun plus a lot of love. I know all of us can’t attend and this year there was a virtual attendance option for a lot less cost which might make it possible to attend though not in person. This one is my second and because I’m now on fixed income I might not be able to do it again – but I can highly recommend it for those who can. There is a charged spirit in the air that is unmistakable from beginning to end – that spirit is the love in the room. In Baltimore five years ago when we walked thru the convention hall doors – there were greeters that HUGGED at the bottom of the Escalators – WOW! SO, I’m signing up to be a greeter for a 2 hour shift this time – because I like to hug! And that was just the START of the conference. As of now, 4,315 have registered to attend this event in 2023.

Minnesota members from North and South joined together for the Language of Love Parade, and our own Doris K will wear an inflatable Snow Man Suit while the rest of us don winter type apparel – in New Mexico – in the summer. We are handing out (they won’t allow us to throw them) snowballs that say “Love from Minnesota” on them. It will be fun!

If you were not at Report Back on May 20th, the delegate report in Power Point slide formation is available on the website. Please feel free to ask questions. One big piece of information I thought was interesting is around the WSC structure contributions. The detail of the % of groups that contribute is in my report. For 2022, the World Service Office noted it cost \$321.25 to support each group in the conference (U.S., Canada, Puerto Rico, and Bermuda make up the conference). The cost was higher in 2022 because the delegates went to Stepping Stones, so the conference was held in Tarrytown NY instead of Virginia Beach, VA and it cost more. Yet I hope every future Delegate from every area gets to see Stepping Stones? In MN North, 73% of our MN North groups donated to AFG, Inc. in 2022 and the average group contribution from our area was \$168.55 per group. We have about 113 groups in MN North. We donated better than many areas percentage wise, but it was still less than the cost of \$321.25 per group. Do our groups set a budget each year considering our group expenses and the contributions we wish to make to the other service arms? Do our groups hold a high balance in their checking accounts “just in case” rather than trusting the money will be there when it is needed? Are we putting our dollars to work for the fellowship? From the 2022 World Service Conference: Do we practice abundant thinking when we consider contributions to all levels of service (Groups, Districts, Area, and WSO)? When we think abundantly, we get back more than we give. Trust, faith, gratitude, and serenity are our reward. Contributions are just another form of passing unconditional love forward to people and friends we haven’t even met yet – those still suffering from the family disease of alcoholism. When we practice the spiritual principle of thoughtful consideration, we excel, and the structure and purpose of Al-Anon stays strong and allows us to continue to carry the message.

The New Daily Reader – *“A Little Time for Myself – a Collection of Al-Anon Personal Experiences”* will be available to order (B-34 at a cost of \$17 each) from the WSO after the end of the International Convention (July 2, 2023).


When you place your orders for the new book, why not consider purchasing the new 2022-2025 Al-Anon/Alateen Service Manual? Our Regional Trustee, Jean L., will be our guest at the Fall 2023 Assembly at Thumper Pond and her workshop in the afternoon will be on the Service Manual. Have you gotten yours?

Jean will be the speaker at our Fall Assembly too and share her personal and service story.

Looking forward to seeing you all this coming October!

Love in Service

Linda H., Delegate, Panel 62, Minnesota North Area

Panel 62 “Panel 62 It started with a Shoe  “

DISTRICT REPORTS

District 29/003 Mary H. District Representative

Our July meeting is going to be a fun picnic meet and greet event. We are encouraging members from all our groups to just come out, eat, have fun and meet other members as well as the members that are working at the district level.

We completed our 2023 Budget and can now share comparisons with 2022 and 2023 budgets and actuals.

Our Monday Night AFG group was invited and attended an event held at the church where they meet. The church wanted to be able to share with the congregation information about things going on at their facility. The members put together a display table of Al-Anon literature.

For the Spring Assembly in April, three members drove together and shared one room; it was a wonderful opportunity to get to know each other and we are all so grateful. We would like to add an additional thank you to District 8 for all their hard work and hosting the event. Great Job!

Respectfully submitted,
June 27, 2023

District 29-006 Connie B. District Representative

Nothing new to report since May. Our next district meeting is July 19th at the Alano Club in Brainerd/Baxter. Please bring a sack dinner to eat at the meeting so we can have some socializing and meeting.

FORUM COORDINATOR

2024 marks The Forum's official 70th Anniversary!

Here's some interesting background. In July of 1950, Ruth G., a member in San Francisco, published the first issue of the *San Francisco Family Club Chronicle*, which she was soon mailing to groups throughout the United States and Canada and as far away as South Africa. In May of 1951, she renamed the 12-page newsletter *The Family Forum*.

Because "its subscription list was the most extensive list of family groups nationwide," it was the closest thing to a clearinghouse that the early family groups had. In fact, Lois W. said that without Ruth G., "early Al-Anon could never have gained the impetus it did." Describing the newsletter, Lois continues, "Ruth spent much time and thought on the magazine. Its pumpkin-colored sheets were filled with editorials, correspondence from families of alcoholics, appropriate quotations . . . [and] some cleverly drawn cartoons." (*Many Voices, One Journey*, p.34)

But in February 1953, Ruth wrote to Lois to explain why she could not continue to publish *The Family Forum*. Not only had it become more work than she could manage alone, but she believed "that it is time for a paper published by an individual to fade from the scene." While it had been to that point a "friendly monthly personal letter," Ruth felt the time had come when "an impersonal medium for exchange of ideas would be more fitting and would, in the long run, be of very much more use. That is a job for others." In that same letter, she gave permission for Al-Anon Family Groups to use the title. (*Many Voices, One Journey*, p. 57)

In June 1954, Margaret D. became the editor of Al-Anon's newsletter, which officially adopted the name *Family Group Forum* in September of that same year. It later transitioned to *Al-Anon Family Groups Forum*. Margaret remained the editor for 20 years and 229 monthly editions.

NEWSLETTER COORDINATOR

Connie B. With gratitude

I want to **thank everyone** who has contributed to the issues of The Northern Triangle. I would like to hear from those who have not shared what they are looking for in a newsletter.

I have set a tentative schedule of sharings I would like to see in the coming issues. As always personal sharings are welcome and encouraged.

July – Delegate, Alternate Delegate, all DR's, Archives, Public Outreach

Sep – Delegate, Past Delegates, All DR's, Activities, Group Records, Newsletter,

Nov – Delegate, all DR's, Forum/Literature, Technology, Secretary
All Coordinators can contribute every issue if they wish to but I would definitely like to see them in these issues.
COORDINATOR SHARINGS ON WHAT YOUR POSITION CONSISTS OF AND ANY OTHER INFORMATION YOU CARE TO SHARE.
If you have questions regarding the MN North Al-Anon Area please submit them and they will be answered.

SPONSORSHIP

Newcomers to Al-Anon often have questions about sponsorship. An Al-Anon Sponsor is a member that works one-on-one with another member. Information about sponsorship in Al-Anon can be found throughout our literature. A couple examples are:

- ◆ “Sponsorship—Working Together to Recover Bookmark” (M-78)
- ◆ “Sponsorship, What It’s All About” (P-31)
- ◆ “Service Sponsorship: Working Smarter, Not Harder” (P-88)
- ◆ “Discovering Choices—Recovery in Relationships” (B-30), “Learning by Example” pages 133-147
- ◆ “How Al-Anon Works for Families & Friends of Alcoholics” (B-32), “Sponsorship,” pages 36-38

Please comment on what sponsorship means to you? Personal and/or service. If you wish to remain anonymous I will not use any names.
Thank you.