

News & Views

Maritime Assembly Area 91 Newsletter – February 2021

Statement of Purpose

News & Views is published in **February, April, July, September & November**. The newsletter contains service related news and information for Al-Anon Family Groups in Area 91. **Send submissions to:**

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Phone: 902-479-3852 Email: **NEWS.VIEWSA91@gmail.com**

All items for the April, 2021 Newsletter

MUST be sent to Dolores McCormick at the above address, by 1st of the subscription month

Chairperson's Corner: We have successfully held three Virtual Workshops now with attendance between 30-40 each time. The next one will be held Feb 27 on Finances in Al-Anon. March will be a repeat of the KBDM workshop on Mar 27. Check the Workshop page on the website for more info and the Zoom link.

After having an Officer's meeting on Zoom January 28th to review Assembly's situation, we will be having our **Assembly Virtually on Zoom again this year**. This is due to several factors: Currently our provincial borders are closed, travel is discouraged, and gathering limits are lower than we need for having an in-person Assembly; Most attending would not have been vaccinated by June; Many are not comfortable with large gatherings; Mt Allison University can not host conferences when "Red", and have a max # of 50 when "Orange" or "Yellow". Costs are also a factor as Registration amounts collected may not cover all our expenses if we hold a Hybrid Assembly, rather than a completely Virtual Assembly with minimal expense. Although we missed the hugs, Assembly Evaluations from last year were positive for a Virtual Assembly, especially liking no travel, sleeping in our own beds, eating our own food and not taking us away from our families for 3 days, so this was felt to be the best option given the uncertainties COVID presents for the next few months.

What will be different for our Virtual Assembly June 4-6 is the time frames. As this is Election year, there will be sessions Fri-Sat-Sun, with the time frames Sat-Sun being shorter than last year's full day. More information will be coming in the April News & Views, on the website, and from your District Reps. Stay tuned!

Our Assembly theme "***Moving Forward with Unity, Courage and Perseverance***" is very appropriate for our Election year. The COVID-19 pandemic did not change the business of our Area to attend to, but it has changed the way we get the business done. We have found ways to meet throughout, in our groups, districts and Area, kept our Unity, Persevered learning these new methods and it took Courage for us to do that. Now I need you to think about stretching yourselves a little more. We will be electing Officers, Coordinators, District and Group Reps this year. Have you considered allowing your name to stand for a position to serve Al-Anon? Any member who has served a full three-year term as a District Rep in the past, or will finish a full three-year term by Dec 31st is eligible to allow your name to stand for an Officer position. Past and present Group Reps are eligible to allow your name to stand for District Rep. Any active member, who is also not an AA member, is eligible to allow your name to stand for Group Rep. And any active member may stand for a Coordinator position. One thing I can say from serving Al-Anon is that you will grow and learn from the experience, and are never alone. There are many past and present trusted servants who can assist you, answer your questions, and support you. Please think about it, and reach out if you have questions.

I hope everyone is staying safe and well. As always, any questions, concerns, or comments, send to Mickie Zinck, 224 Nadia Drive, Dartmouth, NS, B3A 0A9, 902-407-9041, marvymickiez@eastlink.ca
Love in Service & Hugs, Area Chair, Mickie

Secretary's Report:

Happy New Year to all my Al-Anon Friends

I hope you are all enjoying good health and staying safe.

March 15th is the deadline for getting your recommendations in. There is 1 recommendation which came from the AWSC meeting. Mickie, as she has already explained to the DR's, Officers and Coordinators, has the right to see if a recommendation is to be handled this year .

Hugs to all

Theresa K. Area Secretary

Delegates Report: :

Well, we can say that 2020 was an exceptional year and as an Al-Anon organization, we have had so many firsts that they are now hard to count them all. From face-to-face meetings to telephone conferencing and zoom. Groups have even tested the hybrid meeting where some were in person and others at the other end of a telephone or a computer. As an Area, you have done a marvelous job of staying connected to each other, groups, district and the area and I thank each and everyone for their participation this past year. All of these were huge accomplishments, which we did not even dream we would be doing. The World Service Conference in April of 2020 was virtual. Our Maritime Assembly and the AWSC meetings were also virtual, well-done Area 91. We can achieve and can overcome huge obstacles when we must.

The World Service Office sent out a summary of the current financial outlook in December, which is unusual, but due to the financial restraints placed upon the organization by covid-19 and the call for member support, it was deemed necessary to post the financial status early. Two items in this letter from the Treasurer, first a huge thank you to the membership who came through in amazing fashion and have provided the monetary support to the World Service Office that with contributions to come in over the month of December and second; our financial ledger is expected to be in the black for 2020. Thank you all.

I have been advised that many groups continue to support the WSO from their savings of not paying rent. That is great news. I want you to be aware that we must continue to support our districts and area as well. When we do this well enough, all our service arms benefit from our contributions.

The World Service Conference scheduled in New York this coming April 11 – 17, 2021 has been cancelled and will be conducted virtually. The Delegates are already working on reports, finalizing thought forces, task forces, and other committee functions we have been working on in committees. Most of these must be completed for the Board meeting review in February, then the translation into all three languages, French, Spanish and English. As much as I will miss meeting all the folks at Conference and this year was to be the visit to Stepping Stones, this just means that we will have to do this another time on our own. With the amount of Covid-19 still around and the airlines reducing flights, I am OK with staying in Nova Scotia. Zoom meetings have been good to us.

We are all hoping that this pandemic will ease up and we can get back to some sense of normalcy. If anyone has a crystal ball, would you advise when this may be?

Here is the theme for 2020, Moving Forward with Unity, Courage, and Perseverance

Allons de l'avant avec unité, courage et persévérance

Avancemos con unidad, valor y perseverancia

Try out the theme as a meeting topic, you may be surprised.

One last item. This is voting year at Maritime Assembly. All positions that have been filled by the same individual for two terms will be open. Those positions filled by an individual with one term, may apply for a second, these still must be filled by vote. The Delegate's term is a three-year term, and a new individual will be selected in June along with all the others. The only position that does not have a defined term is the Literature Depot Coordinator/Manager. Now is the time to plant the seed of a service position in someone's mind that you believe would do a good job for the Maritime Provinces Assembly.

Thank you for your continued support and for all you do for the Al-Anon /Alateen program, for without you, we would have nothing, but with you, we have it all. Have a great day. Hugs and Peace in the program.

Service with Gratitude, Your Delegate – Wally Chivers MP, Area 91, Panel 59
25 Ellenvale Ave., Dartmouth, NS B2W 2W6 902-434-7789 wallychivers@ns.sympatico.ca

Treasurer's Report:

Hi Everyone – Mid-February by the time you are reading this. NB has not been doing as well as NS and PEI Covid-wise. At time of writing, various parts of our Province are in various stages of shutdown. Practicing the Steps and Traditions on Covid can improve our well-being, so not all is lost. Face-to-face meetings and real “hugs” will be welcomed when this is over.

Insurance: Just a gentle reminder that insurance payments are due - \$30 per group. I would love to receive these during March and April to enable a good accounting for reporting to Assembly in June. Districts can submit one payment for all their groups and then collect from the groups if they wish. This makes it easier (especially for me – Ha! Ha!), and ensures everyone is accounted for.

E-transfers: E-transfers save trips to the bank, trips to the post office, and cost of stamps and envelopes. Maybe you would like to try it..... Everything is done on line through whatever bank you use. You simply do an e-transfer to the e-mail address, which was set up specifically for our Assembly bank account. The e-mail is maritimeassembly@gmail.com. When you do this you get an immediate receipt and I get the e-mail message that you send with the e-transfer saying what it is for (insurance/contribution) and who it is from (group/district names and numbers). The money will be deposited automatically into our Maritime Assembly Fund account instantaneously. If you forget the e-mail address, Mickie has posted it on the website.

Sending Cheques: If you are sending your money by cheque, please, please be sure to make the cheque payable to “**Maritime Assembly Fund**” (not Area 91) and remember we are in **2021**.

WSO/Area Funds: WSO are not billing for our Delegate's attendance at the virtual Conference this year, but welcome our contributions. Thank you to all who continue with their 7th Tradition so that groups/districts can continue to support our Area. We have not been receiving any transfers from the Literature Depot due to their lower-than-normal revenues, so your donations are appreciated even more.

Officers' and Coordinators' Expenses: Expense accounts normally submitted at Assembly; will have to be emailed or mailed. Please prepare your expense sheet in the normal way, sign it, scan it and any receipts, and forward to me by e-mail at blgraham@nbnet.nb.ca

Book Balance October 28, 2020 (November 2020 N&V) \$19,011.16

Income:

Donations from Groups	720.00	720.00
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Expenses:

Officers/Coordinators	00.00	
Insurance (net).....	476.31	
AFG Inc. Donation	00.00	
Service Charge (Oct/Nov/Dec) @ 3.95	11.85	488.16

Book Balance January 28, 2021..... \$19,243.00

Bank Balance as at January 28, 2021.....\$20,055.31

Reconciliation: \$20,055.31-948.00 cheque not cashed +135.69 not received from NL.

Hugs in Al-Anon,
Brenda Graham,
Treasurer, Maritime Assembly (506 433-5028)

Maritime Literature Depot:

Maritime Literature Depot -. Orders are starting to pick up after a lull, but we are getting busy with individual and group orders. Please continue to support your depot, so the Depot can support the Assembly Area. Thank you!

We are planning a literature workshop in April, so stay tuned! Mickie will send out more information later. Stay Safe! Doreen, Coordinator, MLD.

News and Views Report:

This is District 11's last year of publishing your newsletter. During our two terms, we have experienced many changes in the delivery. We have gone from paper and email publications to email only. We have gone from paid subscription to free. Because of these changes, the workload of the News and Views coordinator has diminished greatly. We no longer collect subscription dues, maintain financial records, make trips to the bank, have hard copies printed, picked up, enveloped and mailed, nor maintain a mail out list.

It now involves a call for articles 5 times a year, from Officers, Coordinators and District Representatives and organizing them in the newsletter and emailing it to subscribers, maintaining an email contact list of subscribers, and preparing a report and attending Assembly and AWSC.

We encourage all interested Districts to put their name in for News and Views Coordinator.

It is a rewarding position and bonus you get to be first to read the news.

Yours in service by Dolores M, News and Views Coordinator.

Alateen and AMIAS Report:

The Alateen Chat Line is no longer in existence. The moderators of the former chat room are now moderating the online Alateen meetings on cell phones or other mobile devices. The meetings are held on Monday evenings. The standard PC is no longer useful for this. All Al-Anon members, especially the Alateen Moderators, are asked to download the new app onto their devices and attend several Al-Anon meetings online to get some practice before going to moderate the online Alateen meetings.

It is very much a learning curve for some of the Moderators to get used to these online meetings as some are a bit technologically challenged. It still requires a lot of practice to get used to it. There have been the anticipated bumps and curves along the way, but everyone is becoming accustomed to this new format (using cell phones and other mobile devices). The new format of the Alateen online meeting is Zoom-powered - **not a Zoom meeting** - which uses the same format as a Zoom meeting.

One AMIAS has decided to retire from being an AMIAS. To that person, Bev G., on behalf of the Area I would like to thank you for all your years of service as an AMIAS and for all the time you volunteered as a Moderator

Moderators with Apple devices are not able to screen share information that they have been asked to download onto their devices. It would appear that android devices are more adaptable to sharing printed matter for the teens to read during the meetings. This is something WSO technicians are working on to allow those with iPhones or iPads to do some of the more technical work.

The online Alateen meetings in which I participated were slow at the start, but recently there have been more teens attending and they have been asked to chair their meetings, allowing much more participation by the teens, with the Moderators watching for safety and confidentiality of information given at the meetings and for the teens.

AMIAS

1) More Al-Anon members are needed to become AMIAS sponsors to help the current sponsors to moderate the online Alateen meetings on Monday evenings @ 7:00 p.m. You would need to get a Criminal Record Check and a Vulnerable Sector Check done and send it to me. I, in turn, will notify WSO of your cooperation so that you can be properly registered with them.

2) All current AMIAS will be required to get a Vulnerable Sector Check and Criminal Record Check later this year. For those who **do not** live in Districts 7 & 11, please go to the Area website and download the generic permission letter to be taken to your local policing jurisdiction. For those who **do** live in Districts 7 & 11, please print off the letter with Mickie Z.'s signature on it.

Respectfully Submitted; Mark McGillivray, AAPP, Area 91, Maritime Provinces

Forum Coordinators Report:

Greetings everyone. Just wanted to remind you that the WSO has a web site. The Forum may be purchased on line by clicking on the store on the web page then click Forum. If you do not have a username and password, then create one for yourself. It is that easy. From-then on every time you enter the store all your information pops up. Forum renewals are 23.00 US dollars. Perhaps now would be a great time to treat yourself to a subscription.

Just a few problems since my last report and some difficulty reaching the folks at WSO but there has been staff changes.

Congratulations to Shirley A, New Brunswick whose sharing appeared in the January 2021 Forum page 22 article "A New Life". Please send in your sharings.

Bye for now. Nancy L Forum Coordinator

Group Records Report:

Hello everyone, welcome to 2021. Just a little note to new DRs and GRs of Districts. If there are changes to your group; these are the things I need to know:

- 1 Change of contact person.
- 2 Change of meeting place or time of meeting.
- 3 Is meeting Family & Friends only. (Means closed)
Is meeting Family, Friends & Observers. (Means open)
- 4 Current Mailing Address.
- 5 New GR information.
- 6 Any instructions about the meeting place.
- 7 Change of phone numbers & email address of Contact person
Current mailing Address, poophone number and enail address of GR

You can fill out the forum from the Maritime web page sent to WSO or directly to me. My address is

Alvina Kearny Howie

3539 Pellett Ave.,

New Waterford NS B1H 1T1.

Either way WSO or I can update the group record page.

Please stay safe and healthy. Alvina KH GRC Area 91.

Public Outreach Coordinator: It has been a year since Canada announced the first confirmed case of COVID-19 on 1/25/2020. A few weeks later, on March 22nd, a state of emergency was declared here in Nova Scotia. We are still under that same state of emergency. The restrictions have been

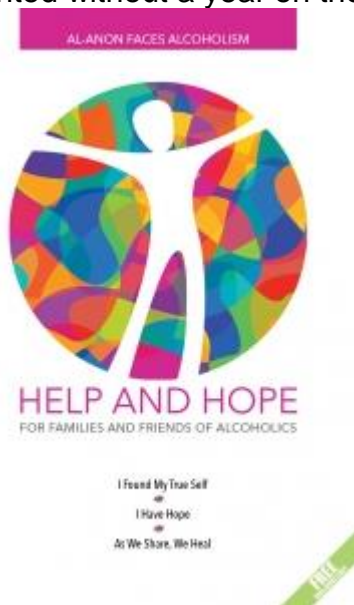
difficult for us all, but for those who live alone, or those in long-term care, they have been particularly isolating. Vaccinations are on the horizon, but with supply delays, we may not see them until late fall

When I asked to be your Public Outreach Co-ordinator two years ago, I never imagined we would be faced with such rules, regulations, and restrictions. It has certainly been a learning experience for me. I am so grateful to all of you who have risen to the challenge and continue to make a difference in the Lives of those families struggling with the effects of Alcoholism.

WSO took over the distribution of Al-Anon's Public Service Announcements. In November 2020, they confirmed that members' involvement in the PSA Public Outreach Project was to be limited to maintaining existing media relationships and outreach to other non-media outlets such as movie theaters, schools, and institutions, or sharing the PSAs with their social media networks.

If you have members who already have commitments from stations to play our PSAs have them email the WSO at media@al-anon.org They will make sure the new vendor connects with them to ensure they are able to access the spots.

The new issue of Al-Anon Faces Alcoholism, formally known as AFA 2021, will be the first issue printed without a year on the cover. The new issue is available to be downloaded



<https://al-anon.org/pdf/AFA2021.pdf>

We will post the link to the downloaded copy on the Al-Anon Maritime Website , so you can access it easily from there as well.

In these times when we can not hand out literature, and until the New Newcomer's package is available On-Line, these words of Help & Hope are perfect to give any Newcomers to your meeting.

Per Scot Powers from WSO:

"It is the Public Outreach magazine. One way we distribute them is to give copies to professionals to handout to their clients/patients. They are also left in places where literature or information can be freely exchanged such as library or civic buildings. The goal is to get the AFA magazine into the hands of newcomers and potential newcomers by any means necessary.

The Forum is not a very newcomer friendly magazine, since there are only 3 articles in the entire magazine chosen with the newcomer in mind, whereas in the AFA all the articles with the exception of the 3 professional articles were chosen with the newcomer in mind.

What is more important, the AFA is a free download, which makes it a great resource for new members.”

The new Normal for Public Outreach

- Cannot drop off literature – mail only
- No meetings larger than 25 people – all socially distant (dependant on room size)
- No physical conventions; school fairs; health fairs
- People working from home- not in offices
- Doctors and other professionals not available in their offices
- Use Telephone or Digital tools

There is going to be a Public Outreach Conference Call on February 21,2021 for all the Area Public Outreach Co-Ordinators with WSO. I am hoping to be able to share with you what takes place on that call Via a Zoom meeting in March. Possibly the March 27th Area workshop . I will be in touch !

Yours in Service

Barbe M

Technology Report:

Hello, everyone! Hope the holidays and the winter so far have treated you all kindly. The website statistics for December and January were as follows: total page hits, 4768; total visits, 2372; first-time visits, 1431; and returning visits, 941. Topping the individual pages again is the Area Map/Find a Meeting page, followed by the homepage and the District 11 page. It is good to see more and more groups embracing Zoom and Fongo to bring members together - while neither will entirely match the power or warmth of an in-person meeting, they nonetheless create a wonderful opportunity to help Al-Anon restore sanity to families and friends of alcoholics, in the midst of the extraordinary challenge the pandemic has presented. If you have any events or group meeting changes to add to the website, please email the website team at area_91@hotmail.com.

Sincerely, Kelly V, Area 91 Website/Technology Coordinator

District 2:

Prior to the Pandemic, our District had six AFGs that were meeting on a weekly basis. One group closed due to lack of attendance and the remaining groups moved forward and continued with Fongo and Facebook Messenger meetings. Today we are experiencing increased attendance in our remaining five groups and our Newcomers are returning.

Our Telephone Answering Service (506-455-3094) has seen an increase in inquiries in recent months and as a result, our groups have welcomed many Newcomers. Thanks to the many volunteers who make this service available.

We are looking for a Public Outreach Coordinator to complete this term and are looking forward to working with them.

Members are anticipating a time when we can meet face to face again but in the meantime are working diligently to continue providing access to this beautiful program. Members are sharing experiences today that we did not know were possible a year ago and have stepped up to make it all possible, One Day at a Time. Dist#2.DR.LO

District 6:

District 6 is blessed to be able to meet both in person and through Zoom giving our members choices. We also have been doing a book study on "How Al-anon Works", Monday nights at 7. There is no need to have the book. Members take turns reading a few paragraphs and then discussion follows. This one-hour book study has great sharings of our combined Experience, Strength and Hope.

Tatamagouche Al-Anon offers an in person meeting Tuesday evenings at 7:30. In the spirit of our founder Lois Wilson, Brenda R offers a welcoming space in the comfort of her home in her large kitchen. There is plenty of room for social distancing. She can host nine members and requires masks to be worn. The address is 1327 Upper River John Road, Tatamagouche. You can contact Brenda at 902-897-8604 for more details.

Cobiquid Al-anon continues in person meetings with an average attendance of 4 to 5 members. Occasionally numbers hit 10 members. One meeting per month is dedicated to Service. This can be switched to Step 1 if a newcomer attends that night. A few new members and a few regulars make up the mix.

Just for Today Stellarton continues to have meetings via Zoom, 12-14 in attendance. They have a strong membership base with newcomers joining from time to time.

Truro Al-anon is able to have in person meetings with an average of 4 to 5 members attending. They are experiencing low numbers, which has been making it difficult to keep up with the monthly rent. Hopefully when Spring arrives, more members will venture out.

Survival to Recovery Adult Children meetings continue on Zoom with 12-16 in attendance. Many of our members are able to attend both the Pictou and Stellarton Zoom meetings weekly as there is no travel time. Zoom has become a popular way to meet among District 6 members.

Our meeting ID is the same for all of our Zoom meetings. (Book Study, Pictou and Stellarton) Zoom ID 945 144 379 Password: 047354W Yours in Service, Tara M

District 7:

Happy New Year, Area 91 ☺

District 7 currently has three groups meeting via Fongo, 1 group meeting via Zoom, 2 groups are back to in-person meetings, with one of those groups including Fongo, as well as 3 groups not meeting at this time.

Our monthly district meetings continue through Zoom every 3rd Tuesday of the month. Many thanks to the GRs for their continued support and their amazing dedication to their groups and Area 91. Heading into this new year, we in District 7 are "gearing up" to get our groups back into sharing Al-Anon's message of experience, strength, and hope, through our Public Outreach activities. Although this may look different to us now, I know, together we will come up with some creative and unique ways to help spread the message.

Members are looking forward to the upcoming AA Mid-Winter Roundup (with Al-Anon participation) being held virtually for the very first time! District 7 will host a few of the Al-Anon meetings throughout the weekend. Thank you to Christine, our roundup rep this year, for all her hard work and commitment. Our district along with district 11 participate in this event each year and are looking forward to some great meetings, fellowship, fun and maybe even some "living room dancing"!! Enjoy! ((HUGS)) Dana L. District 7 Representative.

District 8: The Groups of District 8 have experimented with virtual, face-to-face, hybrid and FONGO. What a diverse bunch.

All methods are suiting the membership and autonomy reigns. District Meetings are happening, and decisions are rolling into play. One of the latest decisions of the District was to take up the offer of Pat L and Christine S to hold workshops on ZOOM for the District on the 12 Concepts. "Reaching For Personal Freedom" is the chosen text. Every 2nd and 4th Mondays from 7-8.30 pm is the time slot. The first workshop will be on February 8 on CONCEPT 12.

Posters are being dusted off and improved to circulate in the District. It is the hope of the PO People that every classroom of Grade 6 and up will have a small poster about Alateen with the new App on it. Exciting.

Crosbie House, the local Treatment Centre is back on the radar with a masked face-to-face, introductory presentation on Al-Anon. It is a protocol that only one member can go. Which is working just fine.

In support of the West Hants, Cobequid, Uniacke agency committee, which numbers 103 agencies, Al-Anon is represented and always shares at scheduled meetings, about what Al-Anon is doing in the community.

A second agency meeting with members from Annapolis to Windsor is also a place for Al-Anon to share. This meeting under the acronym of CAP - Community Partners in Alcohol, centers its work on youth and alcohol. 35-40 different agencies are represented from the RCMP to the Annapolis Valley School Board, Acadia University, the Military Resource Centre, Greenwood and many more who hear about Al-Anon's involvement with Alateen and other projects in District 8.

Like other areas, District 8 has met newcomers, mainly coming to Al-Anon through the Maritimes Website and emailing the District on the email address on the website. Often the newcomer will visit a number of the AFGs and most keep coming back.

In other instances, some of the existing members have not been attending at all in District 8. Therefore, overall our numbers are down.

It is the hope of District 8 that you all stay safe and sound and above all do not forget to get the Al-Anon books out and take this opportunity to catch up on the history, laughable moments, and even a Conference Report. Much love Christine DR 🙏🙏

District 10:

Hi All! Seven of our eight groups are back to in person. We have one meeting using hybrid format with FONGO. Another group considering FONGO hybrid as the meeting space only allows 8. Theirs is a first come first serve in person meeting. One of our eight groups is currently shopping for a new venue as the church changed its protocol. Another group has immune compromised members who are not joining the in person meeting. We held our first in person district meeting a few days ago! One church is not charging rent, some churches are charging a cleanup fee and members are chipping in to cover it. Groups with excess funds are planning to support our District, Area and WSO. Path to Recovery AFG in Montague is planning an in person anniversary meeting on Sunday, February 21st at 2pm at St. Mary's RC Church Hall which has a current meeting capacity of 50. It is a blessing to be able to continue to see and share with new members and old timers alike in our district. Much love from District 10 - Charlottetown area and Eastern PEI. Dagny Maicher

District 15:

Portland AFG had hoped to be back in its regular meeting room beginning early in January after it had been redecorated. Thanks to the pandemic stage here, such was not the case.

Portland AFG has been having Zoom meetings on Sunday and Thursday evenings @ 7:00 p.m. with some members from different groups joining in these virtual meetings by phone or by visiting another member whose safety is not compromised. We have had members visit virtually from District 7 on a regular basis as well as have several newcomers participate in these meetings.

No groups had their meetings around Christmas & New Year's. To the best of my knowledge, the groups are not meeting due to the pandemic.

It is hoped that our pandemic stage improves to the point where we are able to have face-to-face meetings while observing the provincial pandemic protocols as we did last summer for several weeks.

There is not much new to report other than we hope to hold our District Executive elections in February. Please stay safe and get your vaccinations when they become available.

Respectfully Submitted, Mark McGillivray, Secretary, District 15