Al-Anon DISTRICT 5 BUSINESS MEETING (Virtual)

June 4, 2024, 7:00 – 8:30pm

Officers: **District Rep: Liz J.** **Alt. District Rep: Paula H.**

Treasurer: Margaret **Secretary: Pam D.**

Corrected Minutes Approved July 2, 2024

Meeting Facilitator: Liz J.

7 PM: Opened with Serenity Prayer and readings of Tradition 6 and Concept 6. Next month's readings will be Marcy S. for Tradition 7 and Lynn B. for Concept 7.

- Roll Call/Visitors**:** Pam D. captured meeting attendance (1 visitor, 20 GRs, and 13 Officers/Coordinators, including 5 who are also GRs)
- May meeting minutes: An additional edit to the minutes was made during review of the corrections submitted before the meeting; then the Revised D5 May Meeting Minutes were approved with unanimity.
- District Treasurer's Report: Before reviewing the May report, Margaret noted that she is having trouble recording payments in the correct month.
    - Margaret highlighted key sections of the May 2024 D5 Financial Report, except for the Literature Treasury that Glenna covered (see below). She will be talking with the Officers about doing a budget for the 2nd half of the year and then a budget for 2025 in November.
- Literature Treasurer's Report: Glenna reviewed the Literature Treasury portion of the May 2024 Financial report (see link above). They try to keep an operating balance of $3K; we're just below that number.
- GR/Coordinators announcements/questions:
    - Paula H. is asking for support for the Sat evening SR Adult Children meeting
    - Gabi: Thurs Bilingual meeting is changing to Zoom only
    - Crystal: Sunday afternoon SR group is growing, and group wants to make a contribution to the Area and WSO—needs the address for where to send the contributions.
        - For NCWSA, see Donations - Northern California World Service Area (northerncaliforniaal-anon.org) and AlAnon WSO see Al-Anon Member - Al-Anon Family Groups; links to these sites are also accessible via our D5 website Donations - Sonoma Napa County Al-Anon (sonapal-anon.org) Suggested distribution of funds is in the June ADR Report.
    - Alex R.: Friday 4:30 pm Healdsburg meeting needs support; there is a speaker on the last Friday of the month--otherwise it's a book study.
    - Chris D: GR for Sun SR 11th Step Study meeting—also looking for support (similar to other groups, attendance has dropped since pandemic)
    - Sam: now attending as the GR for the Friday 9 AM Sebastopol meeting
    - Bob, CPC Coordinator: Bob introduced his role: he reaches out to professionals so that they know what Al-Anon is and can make referrals. Has made a couple of presentations recently.

        - He needs some help: if you know any professionals who you think would like to know something about Al-Anon, let Bob know via his D5 email address (cpccoordinator@sonapal-anon.org). Would also like to have a list of groups (e.g., Associations) that he can regularly email. Would look forward to any help in his outreach efforts.
    - Question about how to make Alateen donations in the District--From Margaret P., D5 Treasurer: if sending a check for a D5 Alateen donation, you just need to note that the donation is for Alateen. If you are writing ONE check for a donation to the District and want to allocate a portion of it for D5 Alateen, just note how to split it.
        - Please note that checks should be made out to **District 5 AFG** and send the donation along with the name/time/day of the meeting and the group's WSO number.
- DR Report: Liz J.
    - Liz introduced a Zoom bombing security document for the District. GRs of hybrid and electronic meetings should share this information with their groups: Important Zoom Bombing Security Info for D5 This doc is also posted on our D5 website here: Safety in Meetings - Sonoma Napa County Al-Anon (sonapal-anon.org) Gabi asked if this document could be translated into Spanish. Cindy translated the document with Gabi's assistance.
        - Links to a WSO doc on meeting safety are also now posted on our D5 website—one in English Safety-in-Al-Anon-meetings.pdf and one in Spanish La-seguridad-dentro-de-las-reuniones-de-Al-Anon.pdf
        - Lynn B. shared an experience with a virtual meeting she participates in that is located in NC. They were "bombed" by someone who was not wearing any clothing. Someone complained to WSO, and WSO wrote to the meeting that the meeting would be delisted until they had the necessary safety procedures in place.
            - Paula noted that if anyone calls WSO to complain about a meeting, they will delist the meeting until the issue is addressed.
        - Pattie R. talked about long ago having to deal with in-person encounters like this, now just more technical with Zoom.
    - Plan now for our next Assembly, which is a three-day event (Oct 18-20); it will be a hybrid meeting. The in-person portion of the Assembly will take place in Pleasanton.
    - GR Contact List: Liz highlighted what was communicated in the Sunday email from Pam D. about creating a D5 GR contact list. Participation is completely optional, and we would mark the list as "confidential" and ask that the list **not** be shared.
        - Let Pam D. know if you would like to be on the list.
        - Pam D. reinforced the deadline--Sat., June 22--and also to let her know if you would like your email and/or your phone number to be included along with any guidance on best way/times to contact you.
- ADR Report: Paula H. (see her ADR Report for more details)
    - Snail mail: To help you identify your group's mail, please note that WSO does put the WSO number of each meeting on the envelope. Please ensure that your current mailing address that WSO has includes enough details to be able to distinguish it from other meetings in the District that are scheduled on the same day.

- **Action Item for GRs**: Paula is proposing that this month's Snail Mail Pick-up take place on **Sat, June 22** due to the timing of the BASH event. Nancy O. will see if Pleas or someone can sit in for her that day since she will be unavailable. GRs can also pick up t-shirts from Assembly, and any new GRs can also pick up a packet that day.

- Alanon Membership Survey (June 20-July 31): It should take 10-15 minutes or less to complete. The survey is for ALL members. Our participation helps WSO when answering questions from professionals. It is anonymous; asks about our experience, strength and hope.

- Old Business:

1. **Open Positions/Elections**: *Coordinators:* Alateen, Email, By-Laws/Insurance, Public Information (Outreach), Alternate Support Line (Spanish) - Alagram Editor
    - If someone is interested in one of these roles, Liz recommends writing to her at districtrep@sonapal-anon.org or attend the next District meeting.
2. **Literature Storage Rent Increase Request**
    - Glenna**:** Clarification from last month's minutes: 10 ft by 10 ft is the actual size of the literature storage unit, which includes space for a table and storage shelves. They are asking D5 to underwrite the rent storage costs while they assess the literature sales they anticipate coming out of Covid. Would take a lot of effort to reconfigure if they moved to a smaller storage unit.
        - **Action Item for GRs**: Please take this request back to your groups, and we will take a vote on this in the next business meeting.
    - Terry H**:** apologized for a communication breakdown with the GRs due to some confusion with gmail. Folks can also meet her at the Wed 6 PM Kenwood meeting.
3. **Hybrid D5 Meeting Thought Force Update** – Cindy
    - The thought force group is looking into the risks and benefits of having a hybrid D5 monthly meeting. They are researching using the Knowledge-Based Decision Making questions (see KBDM Questions)
    - Decided to gather what they learned from the hybrid experience at the Assembly.
    - The group was wondering about GR participation. Who's not coming and why?
        - Decided to do a survey of the current Panel 64 and the past Panel 61
        - The survey is due to be completed by June 14. Please be sure to press submit. Also asking a few questions about Special Events.
    - Also want to look at the costs, which will be impacted by who will be in person and who will be online.
    - The thought force group will compile a report so that the current D5 Panel can make an informed decision.
4. **Conducting the D5 business meeting on Zoom**: more time is needed for the decision about the business meeting format, so a vote was taken and approved to extend having the meeting on Zoom through September.

- New Business:

1. **Alagram and the Website –** Cindy *(had to skip this agenda item due to lack of time)*
2. **Bash Planning Committee Update –** Paula:
    - Please review the NEW event flyer: Updated BASH event flyer. If anyone is willing to host Eric, one of our speakers from the East Bay, he would love a place to stay.
    - Baskets: see the Basket flyer for details about where to drop off baskets and other specifics. June 23 is the last day to provide the basket.
        a. Is it ok to put cash in some type of container as a "basket"? Yes!
        b. Is there a theme for the baskets? There is a theme for the BASH, but no theme for the baskets. It's up to your group.
3. **Special Event in September –** *Ronni*
    - The Events Committee is proposing a picnic on Sept 15 with an AA and Al-Anon speaker.
        a. **Action Item for GRs**: The Events Committee is looking for feedback on the proposed timing of the picnic.

8:30 PM: Closed with the Al-Anon Declaration: "And Let it Begin with me…"

Next D5 Business Meeting: Tuesday, July 2 at 7 PM on Zoom

- Zoom ID: 861 8461 4348 Passcode: 817221 Phone: +1 669 900 6833

Upcoming Events:

- June 29, 2024: BASH event @ Fairgrounds – Volunteers & Baskets needed

Corrected Meeting Minutes prepared by Pam D., District 5 Secretary, June 28, 2024