

Oct Assembly 2023 Delegate report

Welcome to our Fall Assembly in Dubuque, Iowa! It is great to see you all.

I attended the previous Chairperson of the Board meeting that shared some highlights from the Board of Trustees' Quarterly meeting. Today, I will be sharing with you some of those highlights.

Finance Overview: *Our June 2023 contributions exceeded our budgeted expectations by eight percent. Our literature sales were only one percent below our budget for the month. The literature sales did not include the 2023 International Convention sales. More about that later in my sharings.*

The Board approved the 2023 Revised Budget as presented. We anticipate a net income of \$64,770 for 2023.

Audit Committee: *A motion was passed to engage a different company for audit services for the fiscal year ending December 31, 2023, and the following four consecutive years, with retention review to be completed annually by the Audit Committee.*

The Road Trip! *You and Your Board Connect Work Group have been working on the agenda and revising the interactive workshop. All Trustee, Executive, and Staff assignments have been finalized. This event is being hosted by California South (CA-S) on October 28, 2023. I am curious how many from Iowa are going? Given the 2023 Al-Anon International Convention (IC2023) workload, the Board has agreed to postpone the trial of Road Trip! as a hybrid event scheduled for 2023 until next year. Isn't that exciting?! I think having hybrid would be exciting and advantageous for new locations.*

2023 International Convention Highlights: *Book sales at IC2023 were amazing. Members purchased 8,015 units of A Little Time for Myself—A Collection of Al-Anon Personal Experiences (B-34), our new daily reader, in English, 584 in Spanish, and 29 in French. The four-day sales figure was \$152,421.*

The IC2023 member registration totals were: 3,387 Al-Anon, 42 Alateen, 293 A.A., and 54 guests (3,776 total in-person participants) plus 741 virtual registrants. A new record was set at 4,517 registrants! Seven professionals attended as well. This is the first time the total registrants had been over 4,000.

Board Development: *The Board, Executive Committee, and the WSO Conference Staff participated in the Annual WSO Al-Anon Member Involved in Alateen Service Training conducted by Group Services.*

The Envisioned Future Work Group brought to the Board a generative discussion about common "Team Norms" that could be developed. What are Team Norms? They are a bridge between

principles and rules. They are centered around group thinking and behaviors. These “norms” are guidelines for the Board, yet they don’t provide the “how” to do it. The Board discovered that it has “hidden norms” that could be documented to assist new Trustees joining the Board.

The Board continued a generative discussion on Diversity, Equity, and Inclusion (DEI) by reflecting on the Trustees’ participation in the 21 Day Challenge, a program of various resources to gain insight into Trustees as individuals and our biases. The program focuses on the following actions: read, listen, watch, notice, connect, and engage. We are committed to continuing these conversations. We made several suggestions for next steps for our October Board Meeting.

Alateen: *An update on the Alateen Feasibility Strategic Plan Strategy was presented. A motion passed to approve the Strategic Leadership Team (SLT) identifying next steps for a project to create an Electronic Alateen Safety & Behavioral Requirement (EASBR) for Areas within the WSC Structure and an intentional EASBR for international structures.*

Also, the companion piece to Alateen’s Just for Today and Al-Anon’s Just for Tonight bookmarks offers Alateen members ideas to help them prepare for a peaceful, restful night. It’s available at your local Literature Distribution Center or the Al-Anon Online Bookstore for \$0.25 US.

Guest Speaker: *A guest speaker presented their Ph.D. dissertation topic, titled “Does It Work If You Work It? The Therapeutic Elements of Al-Anon Participation.” Their research relied upon data from Al-Anon’s 2018 Membership Survey. The speaker focused on what other professionals would need to know about Al-Anon Family Groups. They discussed in their research that longevity in Al-Anon was a key component of better mental health. The presentation ended with a Model of Effective Al-Anon Participation:*

- 1. Attending Meetings*
- 2. Spiritually Motivated*
- 3. Working with a Sponsor*
- 4. Engaging in Service*
- 5. Serving as a Sponsor*

This presentation was well-received by the Board. We hope to see them at the 2028 Al-Anon International Convention with A.A. participation as one of our professional speakers.

Isn’t that interesting, longevity in Al-Anon was a key component of better mental health, along with the other 5 suggestions of course! What a concept!

As always, please ask me if you have any questions regarding my report. I am available to answer any question and if I don’t know the answer, we will find it together!

*Life is good,
Becky V.*

IA Delegate/Panel 63

