

## Alternate Delegate & Forum Coordinator Report - March 2024 AWSC

The **Spring 2024 Conference** will be held in **Sioux Center, IA at Dordt University** on **June 14-16, 2024**. There are flyers available online that contain the needed registration information regarding the Assembly, lodging (dorm rooms and local hotels) and food. The Saturday Luncheon AI-Anon speaker will be Christine W from Lansing, IL. Barb U from Sioux City will be the Sunday morning spiritual speaker. The Alateen speaker is still yet to be determined.

Unfortunately, I will not be able to attend this Assembly. Virginia and Connie were kind enough to road trip to Dordt for a facilities walk through for me. Thanks to both of you. Things to note – there will be a fair amount of walking, depending on where your dorm is located, but the facility is handicapped accessible. Also, when mailing in your reservations, send to Sharla Gradert's attention. If her name is not included, the University does not know what to do with your registration. Some District 2 members are willing to assist during this Assembly of which I am grateful for so that I can spend time with family that weekend (wedding shower, graduation, family reunion – just to name a few events going on for me that weekend).

The **Fall 2024 Conference** will be held in **Sioux City** on **October 11-13, 2024**. By the time of the AWSC meeting, the flyer should be on the Iowa website. Save the date and mark your calendars and get your hotel reservations! The Saturday Luncheon AI-Anon speaker will be Jean L (Regional Trustee) from Dubuque IA. The Sunday morning spiritual and Alateen speakers are yet to be determined. I am currently collaborating with the committee regarding specifics. Katy P will be assisting with this facility walk through in early March due to distance for me – thank you Katy. I will attend via FaceTime. We have never been to this facility before but it looks great on-line.

I am part of the Inventory Committee and we are continuing to work on the survey that will be provided to members online and by paper copy at the Spring Assembly. A compilation of the results of the survey will be presented by the Inventory Committee at the Fall Assembly. Take the survey and let us know your thoughts and opinions.

### ***The Forum Report:***

The continuation of the 70<sup>th</sup> Anniversary celebration continues. Each month archived AI-Anon and Alateen sharings are reprinted and are very interesting. There also are some historical tidbits to check out.

I have attached a copy of the Forum Writing Guidelines that may be helpful to you personally. Or possibly your group or district can hold a writing workshop. Articles can then be submitted to WSO.

***The Forum*** sales for February continued to stay consistent. Remember to renew your personal and your group subscriptions.

Sharings can be submitted online at [al-anon.org/sharing](http://al-anon.org/sharing), emailed to [wso@al-anon.org](mailto:wso@al-anon.org) with *The Forum* sharings or CAL Corner in the subject line, or mailed to AI-Anon Family Group Headquarters, Inc. at 1600 Corporate Landing Parkway, Virginia Beach, VA 23454.

Let me know if you have any questions.

As Always – Willing to grow in service ---  
Linda A. – Alternate Delegate and Forum Coordinator



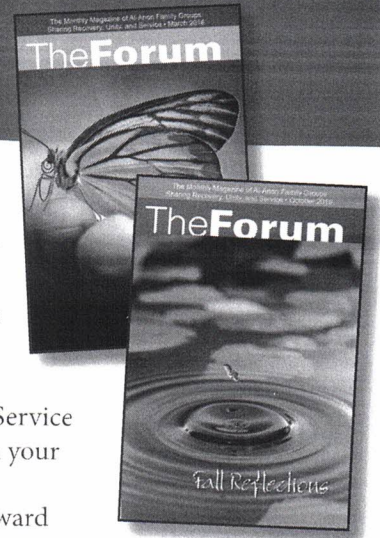
# The Forum

## Writing Guideline (F-1)

Everyone has something to share about the Al-Anon program, whether you are a newcomer or longtime member. Al-Anon helps us to recover from the effects of someone else's drinking, to improve and live happier lives. There are tears, fears, joys and laughter. We're able to address and respond to the sorrows, miracles, and setbacks, as well as take steps forward that are part of life. Recovery is a journey.

You don't have to have all the answers, and your story doesn't have to be perfect. The World Service Office staff will edit for grammar, punctuation and spelling. All you need to do is to share from your heart.

It takes courage to write with complete honesty, but finding that courage is a step forward toward recovery for you and those who read your sharing.



### Word count for *Forum* features:

- Standard sharing—300 to 400 words
- "Our Three Legacies" sharing (a Step, a Tradition or a Concept of Service)—300 to 400 words
- "My Story"—1,200 words
- "Zip 23454"—50 to 200 words
- "One Quote at a Time"—25 to 50 words

### Topics ideas are as limitless as your imagination:

- The Legacies (select a Step, Tradition or Concept of Service). How does one specifically help you?
- Slogans, e.g. "Easy Does It," "Keep It Simple," "Listen and Learn," "One Day at a Time," etc. (See index of Al-Anon and Alateen books for additional slogans.)
- Detachment or detach with love.

- Having or being a Sponsor, asking a member to be your Sponsor, having to change Sponsors.
- Keeping the focus on myself.
- Living in sobriety.
- Resolving conflicts.

### Here are some suggestions to keep in mind when you write your recovery story for *The Forum*.

- Write in the first person singular (I, me or my) from your own experience. Focus on yourself, not someone else.
- Keep your topic related to Al-Anon. Avoid generalities, outside issues, treatment center or therapeutic language, religious philosophies and other Twelve Step programs.
- Observe Al-Anon's Twelve Traditions when sharing.

Please complete this form, including your name and address so we can acknowledge your submission. If your quote or story is published, we will send you a complimentary copy of the issue in which your sharing appears.

**Note:** All sharings become the property of Al-Anon Family Group Headquarters, Inc., and may be used in whole or in part to develop Al-Anon/Alateen printed or electronic material.

### Check one:

Please use my first name, last initial and state for credit    Please sign me "Anonymous"    Please use my pseudonym

Name: \_\_\_\_\_

Address: \_\_\_\_\_

State/Province: \_\_\_\_\_ Country: \_\_\_\_\_

Zip/Postal code: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

(Members can photocopy and share this form with other members.)

Please submit your sharing and this form to the following address:

**AFG, Inc., Attn: *The Forum***

1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617

Fax: 757-563-1656 • E-mail: [wso@al-anon.org](mailto:wso@al-anon.org)

Members website: [al-anon.org/members/the-forum](http://al-anon.org/members/the-forum) (Go to "Submit a Forum Personal Sharing")