

Fall has arrived ~ my personal favorite season of the year! I love the chilled weather, turning of leaves, and the feeling of preparing for holidays with family and friends. This is not something I would have said when I first came to Al-Anon. In fact, perhaps just the opposite. Gathering with family seemed to be full of stress, arguments, unpredictably ~ anything but joyous. Today, with the help of Al-Anon and this wonderful fellowship my holidays look very different. I actually look forward to them and have learned to keep it simple ~ letting go of expectations was helpful too!

This fellowship is where I found my Higher Power, my sponsor, my serenity, my self-esteem, my friends, and love for myself. What a blessing!

In working on Assembly agendas it's helpful to have feedback on what we are doing well and what we could improve upon. One of the tools we are using is a post-Assembly feedback survey. These will be sent out after each Assembly to see where we can continue to improve and keep what is working! Please continue looking for these online surveys to fill out. Through our links of service, DRs can forward these to our GRs for their participation. The results of the Summer Assembly and AWSC surveys will be shared at our Winter Assembly and I will work on getting links on the website for your viewing pleasure!

We had our AWSC Budget Meeting last Saturday, hosted by District 22. They did an amazing job providing a wonderful facility and amazing barbeque ~ not to mention all the desserts and snacks. Thank you for your support District 22! It made for an enjoyable day.

As a reminder to all Group Representatives, we will be voting at the Winter Assembly on the following items:

- 2020 Budget, presented by Alt Delegate, Kari M.
- Weekend In Al-Anon 2020 Chair Affirmation and electing a 2020 Co-Chair
- Spanish Translation Coordinator Position Task Force - TBD

Please contact your District Representative if you have any questions about these topics. Our Alternate Delegate will be doing a brief presentation of the Budget and what to expect at the Assembly Friday Night GR Connection ~ so please plan to attend and bring your questions!

Looking forward to seeing you all soon!

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