

The Butterfly

Colorado Area • Al-Anon Family Groups of Colorado

Spring 2023



From our Area Chair

Looking forward to another year in Service!

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Happy Spring; it's a new year and our first Assembly of 2023. One thing that seems to always be on my mental burners is the simmering pot of Service in Al-Anon. Reading about service from articles in the Forum magazines and our daily readers has been illuminating. I used to skim those service articles, as I was looking at how to deal with my family or myself, more relevant to the day-to-day personal challenges. I'm beginning to understand what a boost service is to my entire recovery for myself and my

finding our way together is inspiring when we embody, or just remember, these simple ideas of values and spiritual principles.

I am humbled by the concept of 'shared leadership'; I realize that we are all brave souls that stand up in our leadership roles, day after day, meeting after meeting. We meet each other on this field of Al-Anon to do what we can do and practice these principles in our organization. It is refreshing to learn functional skills, including saying no, giving and taking criticism with grace, and asking for help. All of

“Service infuses all of recovery.”

relationships. Service infuses all of recovery. Carrying the principles learned in everyday recovery are the same ones we use in service. When I read service-focused articles now, I see that it doesn't matter what the group is. It can be any group, large or small; the principles apply everywhere, in all situations.

To be able to share these recovery principles with others in leadership is an awesome opportunity! These include kindness, equanimity, humor, tolerance, willingness, honesty, consideration, open-mindedness, thoughtfulness, humility, emotional sobriety, and obedience to the unenforceable, to name a few. Others like acceptance, detachment, listening, learning, and understanding are key players in many situations. Struggling and

this helps us to heal.

If you are a new incoming GR for a Group — welcome! Our Assembly schedule and agenda are in this newsletter. Please bring your Al-Anon Service manual. There is a new edition (2022-2025) of the Service manual that you can order online. It is also available as a free downloadable document from the WSO (al-anon.org).

I write this in honor of Ernie D, for reminding me of 'point of order' (repeatedly) at my first Assembly as Chair in March of 2021. You are forever in my mind and heart, especially at an Assembly, and will always be remembered.

Nancy Rao
Colorado Area Chair

Colorado Area
Al-Anon Family Groups
of Colorado
PO Box 31808
Aurora, CO 80041-0808
al-anon-co.org

From our Delegate

Happy New Year! Wow, did 2022 go fast, and we are already gearing up for 2023!

2022 was full of miracles, some big, some small, some very well disguised. I am grateful for my Higher Power who has not left me, even when I wonder sometimes in the moment if He knows what He's doing. History shows He always come through. I have every reason to believe 2023 will be the same.

Preparing for Newcomers

The November Forum had a great article written by Sue P, our Associate Director of Group Services, on dilution of the Al-Anon program concerning "lingo." I found myself reflecting on a conversation I had with a member of another anonymous twelve step program. He was attending an Al-Anon meeting and heard the word "qualifier", which labeled him and left him with more guilt and shame than he already had for the effects of alcoholism in his home. It left him not wanting to return to Al-Anon. As I further reflected on that conversation, based on that label, how many people did I qualify, not by my drinking, but based on my own behavior?

Page 105 of "How Al-Anon Works" talks specifically about why we honor our Traditions. Al-Anon relies on adherence to our Traditions for our very survival.

Tradition Five is about welcoming, comforting, and encouraging. As we prepare to welcome newcomers in the new year, how do we ensure Al-Anon stays Al-Anon? Our pamphlet "Al-Anon Spoken Here" is a great start. As our Declaration says, it begins with me.

- Do I read the steps as written so as not to confuse a newcomer? (Tradition 1: Unity - Personal progress for the greatest number; Tradition 2: Trust & Faith - God is at the center of the decision of the Group Conscience; Tradition 4: Harmony - How does my decision affect others, i.e. Al-Anon as a whole?; Concept 2: Cooperation - Am I cooperating with the decision of the worldwide Group Conscience?)

- Do I use labels? The policy section of our Service Manual (P24/27, p. 135) describes labels as dilution of the Al-Anon program. For instance, the word "qualifier" is a label and is not an Al-Anon word (2019 Conference Summary (P46-2019), p. 39 - 40). Have I considered how that, or other loosely-used terms, may affect others in my meeting?

- Do I use other non-Al-Anon words like "crosstalk", which might be confusing? In Al-Anon, we talk about "loving interchange". (2007 Conference Summary (P46-2007), p. 36)

Preparing for World Service Conference

As we prepare for the World Service Conference (WSC) in April, the call has been made for Conference Agenda Items (CAI). Each year, Delegates are asked to submit up to two CAI per Area for discussion on the floor of the WSC. What topics are on your mind that affect Al-Anon as a whole that you would like for the WSC to discuss? Please submit them to me in email at Delegate@Al-anon-co.org.

Love gifts for 2023 WSC! From the World Service Office (WSO):

We will accept and distribute cards and letters of support!

Conference members who wish to share love gifts with other attendees will be limited to what they can carry with them to and from Conference, i.e., we will not accept any physical packages of love gifts at the hotel for distribution.

In lieu of love gifts, you, your group, District, and/or Area might consider a contribution to AFG, Inc.

Board Letter & Contributions

The most recent Board letter is now available on the WSO website (al-anon.org). <https://al-anon.org/for-members/board-of-trustees/>.

The Finance Update letter included a

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From our Secretary

Hello Al-Anon friends! I hope your 2023 is off to a positive start. Of course, we all know we can "restart" our day at any time, and I think that is also true with our year. It has become my tradition (along with another Al-Anon friend, who helps keep me honest) to pick a special word at the beginning of the year to focus on, like a theme, or something to work on. As usual, my Higher Power (HP) helped me pick the word; actually, this year my HP had full control. I tried to negotiate, but it was non-negotiable. This year's word is OPENNESS! Okay, so then I tried to "figure it out" (a.k.a. force solutions) and decide what that will look like or think about what I will be open about. The internal tension luckily only stuck around for a minute or so because then my HP just told me to "Let it go". It's surprising how many times I need to be reminded to do that. So, I will be open to the openness and I'm excited to see what will come my way and what opportunities that may bring.

As a reminder for the 2023 Spring Assembly, if you are giving any sort of report, please forward them to me at secretary@al-anon-co.org, preferably before the Assembly, or at least let me know it will be coming my way. It helps me tremendously to be present with all of you and to record the days accurately.

Thank you, and I hope you can find the benefit of a new perspective for a new year too!

Yours in Service,
Kara E.

Colorado Area Secretary

From the Denver Area Service Center

The Denver Area Service Center is busy. We have most Conference Approved Literature (CAL) in stock and get more as it becomes available from World Service Office (WSO). Stop in our office at 2133 S. Bellaire St. in Denver to check it out. We answer a great many phone calls every day – many of them from people looking for their first meeting.

Our two biggest challenges are:

Phone volunteers. We have 16 phone shifts a week – each 3 hours long. Presently, we only

have a few volunteers for those shifts. The work is both easy and rewarding. Stay home, answer the phone, and talk program!

Each May we elect new board members for DASC. This year we need the following: Chair, Co-Chair, Secretary, Treasurer, Volunteer Coordinator, Liaison to Area 5, and Member at Large. Please call (303) 321-8895 if you are interested in serving or knowing more.

Chuck N
DASC Liaison

From our Treasurer

It has been a pleasure and a learning experience to get to serve as the Area Treasurer this year.

I just finished closing out the books for 2022. The total Area income for 2022 was \$43,924.46, and the total Area expenses for 2022 were \$43,423.21. This means the Area spent within \$500 of the donations. While this does not raise any cause for concern, I will note that in 2022 we budgeted to receive \$25,000 in group donations. Group donations were approximately \$5,000 less than budgeted. The Assembly budgeted \$25,000 for group donations in 2023 as well. It remains important that groups consider supporting the Area as we move into 2023.

Please note, the address for donations has recently changed, so please check the area website at <https://al-anon-co.org/treasurer/> to make sure you mail checks to the correct address. I greatly appreciate if you include the group number on checks.

Kellie F.
Colorado Area Treasurer

Delegate's Report

> Continued from page 2

big thank you to everyone who contributed, including the Special Appeal letter that helped get the donations budget back on track. Literature sales are still behind budget. An idea: can we help prepare for newcomers by having additional literature on hand?

Thank you for all of your support over the past year. I am truly grateful to be part of such a loving and supportive area!

With love and gratitude,
Kari
Colorado Area Delegate

From our Literature Coordinator

CAL Updates:

Hopefully, by the time you read this, the printed 2022-2025 Service Manual will be in circulation. As of this moment, they're being shipped from the vendor to the World Service Office (WSO).

The new daily reader, A Little Time for Myself, is being introduced at the Al-Anon International Convention in Albuquerque this June!

The Forum

This living, breathing, continual source of fresh experience, strength, and hope continues thanks to the written shares of members like you. Just as Al-Anon relies on our financial contributions to provide services to all, the Forum relies on our willingness to share our stories.

The Forum team's most urgent request is contributions for the Conference Approved Literature (CAL) Corner. This is your opportunity to share how a specific piece of CAL has helped with your recovery. You can write about any piece of CAL, but right now the team is hoping to feature sharing about the most recent book, Intimacy in Alcoholic Relationships (B-33). If you participated in the workshop focused on this book at the 2022 State Convention, this would

be a great opportunity to share what you've learned!

There is also a need for sharing about Many Voices, One Journey (B-31), Having Had a Spiritual Awakening (eB-25), When I Got Busy, I Got Better (P-78), Discovering Choices-Recovery in Relationships (B-30), and As We Understood... (B-11).

Go to <https://al-anon.org/for-members/members-resources/literature/literature-resources/>, or choose Literature Resources from the Members > Literature menu at al-anon.org for details, including writing guidelines and instructions to submit your share by mail or directly through the web page! Once you've reviewed the page, click the "SEND YOUR SHARING" button to submit your share.

To experience the voice of Al-Anon, subscribe to The Forum (if you haven't already). It's only \$11 a year to have the monthly issue delivered. Subscribe online at al-anon.org/forum. Individual issues are available as eBooks through Amazon for \$1.99 each, for those of us who prefer the digital realm.

Thank you for allowing me to serve
Marcia S
Colorado Area Literature Coordinator

From our Records Coordinator

As Area Group Records Coordinator, my primary task is maintaining the Area Group's records. During my first year I have learned a lot about the groups and their challenges. The record changes I make are from the efforts of anyone that decides that a change in the people, places, and things about a group should be brought to my attention. An unreported very small change given enough time, can become a big deal. A Big Thank You to all who keep me informed of their Group's changes.

In December, a Workshop was held on Zoom to help GRs with how to make changes to their group records and addressing Electronic meetings and their place within the Area's Service Structure. Additionally, Task Force work is determining the future policies, procedures, and practices associated with Electronic meetings in the Colorado Area. I have the link to the Workshop, if anyone is interested in watching the video of it. Please email me at Records@al-anon-co.org and ask for the link to the Zoom Workshop.

Since the last Butterfly submission, I standardized the Active Group's Meeting type. A meeting is described as Face-to-face, Face-to-face EX, or an Electronic Only meeting. A

Face-to-face meeting is a physical, in-person meeting. The standard Al-Anon meeting for 60+ years. The Face-to-face EX meeting has a physical, in-person meeting segment and an electronic meeting segment that EXtends the reach of the Face-to-face meeting discussion. They always meet on the same day and time. Electronic Only meetings originated with Face-to-face meetings, but have become their own individual meeting. Either having been a Group that registered with the WSO as a Temporary Electronic Meeting (TEM) during the COVID-19 lock down, or having been an Electronic meeting segment of a Face-to-face EX meeting that voted to go independent. The Electronic Only meetings meet at any day and time the meeting agrees to. The TEM are recognized by the WSO with all the rights and responsibilities of any Face-to-face meeting. The 'independent' Electronic meetings do not have any rights at this time.

Please consider creating a Group email address for your meeting, if it doesn't already have one yet. Here's to a great 2023. Regards.

With much Gratitude,
Willard F. Deveneau
Colorado Area Records Coordinator

Alateen Updates

From our Area Alateen Process Person

It's that time of year again! Time for all current Alateen Groups and Al-Anon Members in Alateen Service (AMIAS) to recertify with your Area Alateen Process Person (AAPP) by March 31, 2023. It happens every year for every current AMIAS and every active Alateen group. If you are a current AMIAS, you have hopefully received two emails from me with detailed instructions. World Service Office (WSO) records indicate we have 38 current AMIAS and 5 active Alateen Groups. The paperwork is quick and easy, and I am here to answer questions and help in any way I can. All paperwork must be completed and scanned to be emailed (or snail-mailed) back to me by March 31, 2023. I look forward to receiving the paperwork soon so I can update the WSO records and keep our Alateen meetings active and in good standing. And remember, new AMIAS applications or new Alateen

group registrations can be submitted at ANY time during the year! We had over 60 AMIAS registered in 2021 and several more active Alateen groups... COVID took its toll. Let's make 2023 the year we grow our Alateen groups and sponsors so we can be there for the teens who would benefit so much from our life-changing program. I can help if you have questions about the paperwork for forming new groups or becoming an AMIAS. Thank you!

Suzanne Bassinger
Colorado Area AAPP

From our Alateen Coordinator

Hello Colorado Area! The Winter Assembly 2022 voted in favor of the recommended three year trial period for AMAIS training. We are officially underway with training. Training started in November and we have had the second training in December. AMIAS (Al-Anon Members involved in Alateen service) who have participated, up to this point, have been very grateful for the

training. There has been positive feedback for continued annual training. Training also provides a time for sharing experience, strength, and hope with one another.

The training will be available on Zoom, for now. Training takes approximately three hours. Please note that we are still in a trial period and we are also working out logistics. The purpose of this training is safety for AMIAS and Alateen, to be prudent and take care of our fellowship as members in Al-Anon and Alateen, and to help the families of alcoholics.

Thank you for allowing me to be of service to our Colorado Area and Al-Anon family. I am enjoying training! Five training sessions will be completed by March Assembly and I will have more to report at the Spring Assembly in Greeley.

Love in service, Karis Holveck
Colorado Area Alateen Coordinator

Butterfly Submissions

The Butterfly welcomes member submissions sharing their experience, strength and hope, as well as submissions from the Colorado Area Officers, Coordinators, Area Event Coordinators, and Liaisons.

If you would like to submit a story, photo or other image to *The Butterfly*, please email butterfly@al-anon-co.org.

Note, we do not have room to include Group events. District events will not be incorporated into the newsletter, but may be sent as an additional attachment when *The Butterfly* is distributed. If submitting a District event, remove any personal contact information from the flyer.

Butterfly Submission deadlines:

January 15 for Spring Assembly
May 15 for Summer Assembly
September 15 for Winter Assembly

Submission guidelines.

1. Submit in simple paragraph form within the body of your email. No PDFs, outlines or other formats can be accepted as they require additional time to re-format and translate into Spanish.
2. Keep your submission to no more than 400 words.
3. If submitting images, artwork, poetry, etc., you must verify you are the owner of the content and have the right to allow distribution. JPEG format only for images. Please no quotes pulled from Conference Approved Literature (CAL) - these require review from the World Service Office (WSO) and due to time constraints we cannot facilitate requesting their approval.
4. Email your submissions with the subject: BUTTERFLY SUBMISSION.
5. Always include your name and service position: ie: Jane D., Area Newsletter Coordinator

We do not guarantee your submission will be accepted and published. Submissions may be edited for space.



COLORADO AREA AL-ANON/ALATEEN ASSEMBLY

SPRING AGENDA 2023—March 24 - 26, 2023

421 N. 15th Ave, Island Grove Park Event Center, Greeley, CO

FRIDAY, March 24, 2023

- 4:00 PM **Registration Opens** (Event Center Conference Rooms-Hallway)
- 7:00 PM **Welcome** - (Conference Room A)
- 7:10 PM **Group Representative Connection** - (Room B)
(All Group Representatives & Alternate GRs attend - *bring your Service Manual*)
Area World Service Committee (AWSC) Meeting - (Room A)
(Officers, Coordinators, DRs, Liaisons, Event Chairs, Past-Delegates attend)
- 9:00 PM **Night Owl Meeting** - (Room B)

SATURDAY, March 25, 2023

- 7:00 AM **Early Bird Meeting** - (Room A/B)
- 9:00 AM **Assembly Opening** - *please be prompt* - (Room A/B)
Purpose & Welcome Past Delegates
Host Announcements - District 7
Assembly Rules
Roll Call - Kara E., Secretary (*all members please be present*)
Approval of Minutes from November 2022 Assembly (**VOTE**)
Motion: to accept the Colorado Area November 2022 Assembly Minutes as presented (or amended)
- 9:20 AM **Officer's Reports** - 2 min each, unless otherwise noted
Chair / Alt. Delegate / Secretary / Treasurer / Delegate
Area Banner - DRs count how many GRs present and provide to the host committee.
Ask-it-Basket - Past Delegate (TBD) - *Will be answered Sunday a.m.*
- 9:30 AM **Old Business:**
- Task Force: Selling of Literature at Area Events - Chuck N.
 - Thought Force: Moving one In-person Assembly to Virtual per Year - Debbe P.
 - Task Force: Procedures for E-Meetings in our Area - Mike R.
- 10:40 AM **Coordinator Reports** - Alateen / Archives / AAPP / Literature & Forum / IT / Records / Convention / Website / Public Outreach / DIA / WIA / Service Center Liaisons / Butterfly.
- 11:00 AM **Time with our Delegate: The Wider World of Al-Anon** - Kari O.
- 12:00 PM **Lunch**
- 12:30 PM **Lunchtime Speaker:** Janice Z., DR 11 (Room A/B)

- 1:30 PM **Assembly Resumes** - Serenity Prayer
Host Announcements - District 7
- 1:45 PM **Area Events:** DIA, International Al-Anon Convention, Colorado AA/Al-Anon Convention, WIA
- 2:00 PM **New Business:** Financial recap/2023 Budget - Alt. Delegate - Tom B.
- 2:30 PM **“Where do I find that in the Service Manual?”**
Workshop - “Obedience to the Unenforceable” - Keeping Al-Anon, Al-Anon.
- 4:00 PM **District Representative Reports** - (2 min each)
- 4:15 PM **GRs Speak** - *What’s on your Mind?* - GRs to the mic
- 4:45 PM **Awarding of the Banner**
Invitation to Summer Assembly - District Host TBD
- 5:00 PM **Assembly Adjourns**
- 7:00 PM **AA & Al-Anon Speaker Meetings** (*all welcome*)- Al-Anon Speaker: Mike C., DR 11, Loveland, AA Speaker: Barb M., Greeley - 8:00 PM (Exhibition Hall next door)
Ice Cream Social - 9:30pm - (Exhibition Hall)
- 9:00 PM **Night Owl Meeting** - (Room A/B)

SUNDAY, March 26, 2023

- 7:00 AM **Early Bird Meeting** - (Room A/B)
- 9:00 AM **Assembly Opening:** - (Room A/B)
Ask-it-Basket Questions Answered
7th Tradition Report - Kellie F., Treasurer
- 9:20 AM **Breakouts** - (Rooms to be announced)
 - District Representatives - (w/Alt Delegate, Tom B.)
 - Coordinators - (w/Delegate, Kari O.)
 - Group Representatives - (w/Area Chair, Nancy R.) *Bring your Service Manual*
- 10:45 AM **Assembly Closing**

Assembly Dates:

Summer Assembly - July 7-9, 2023
DoubleTree, Greenwood Village, CO
Host District - TBD

Winter Assembly - November 17-19, 2023
DoubleTree - Greenwood Village, CO
Host District - 12

Events: (See flyers at: al-anon-co.org)

Day in Al-Anon - April 1, 2023, CO Springs
2023 Al-Anon International Convention - 6/30-7/2/2023 - Albuquerque, NM

AA/Al-Anon Convention - September 1-3, 2023, Greeley, CO

Weekend in Al-Anon - October 6-8, 2023