



# The Butterfly

Spring 2025

Colorado Area  
Al-Anon Family Groups of Colorado  
P.O. Box 31808 Aurora CO 80041-0808  
[al-anon-co.org](http://al-anon-co.org)

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## From Our Area Chair

Greetings to Panel 65 and all the Colorado AFG members,

My service journey continues following the footsteps of our Area 5 trusted servants and I am honored to be your new Area 5 Chair. I would like to express my gratitude to Nancy R., our past Chair, for her help and positive support in passing along information and getting me ready for this position. Area 5 has had such a great spirit of cooperation, and I hope to keep the business of Al-Anon/Alateen moving forward.

Service has always been part of my fifteen-year journey in Al-Anon. My first position was the Public Outreach Coordinator for District 20, Fort Collins. I then served as GR, DR, the Website Coordinator, Beginners' Meeting Coordinator and Alateen Coordinator. The first Area service position I held was the Website Coordinator and then I did the IT/Media Coordinator. I've participated in Assemblies, thought and task forces along with various committees. I attended Assemblies even when I didn't have a position at the Area or District level just for the fellowship and learning new principles from our members.

One of my roles as your Area Chair is to plan the agendas for our assemblies and the AWSC (Area World Service Committee) meetings. The time and tasks will be listed in the agendas, but the thoughts will come from you, our fellowship. I will ask for your cooperation and participation, and I want to hear your voice. The hope is to keep our spiritual principles in our line of sight with a vision toward the future, trying never to lose sight of our legacies that allow us to carry on with our affairs in harmony in all that we do.

At our spring assembly, we will have our conversation with our Delegate, TMF, as he prepares to go to the World Service Conference in April. We will ask our Area to stand for two positions, WIA (Weekend in Al-Anon) Chair and Co-chair. We are putting together a workshop and we will hear reports from the Officers, Area Coordinators, and the District Representatives.

The task force for the implementation of hybrid assemblies will continue their work and let us know how it is proceeding. We will be forming a thought force to review the viability of in person Assemblies and participation from Al-Anon with AA in Area 10. We will continue the work with the possible topics: Updating our Area Guidelines; discussions on Past Delegates having vote not just voice in the AWSC; the role of Past Delegates; conflict resolution workshops; GR mentoring; AFG Principles and Guidelines; Online GR education; and more.

Please contact me by email at any time to share any ideas or questions you may have. I am willing, ready, and excited to welcome you all to the Spring Assembly. Thank you for letting me continue my spiritual journey in service.

In Loving Service  
Linda C.  
Colorado Area Chair  
[chair@al-anon-co.org](mailto:chair@al-anon-co.org)

*"Our hearts do not need logic. They can love and forgive and accept that which our minds cannot comprehend. Hearts understand in ways minds cannot." Lois W.*

**From Our  
Delegate -  
Butterfly Spring  
2025**

Greetings with gratitude to the Colorado Area!

I'm starting into my new role as Delegate and have more questions than answers at this point as I learn more about what Al-Anon means at a worldwide level. The last few months since my election have been filled with meetings, emails, and reading the service manual. I keep wondering, "what did I sign myself up for?" as I jump into new service opportunities and links of service.

I'll have more to report on what the Worldwide portion of Al-Anon has to say at the Spring Assembly in Fort Collins, as that will be after the COB meetings (Chairman of the Board) and SWRDM (Southwest Regional Delegates Meeting). For anyone who hasn't gone to SWRDM before, it will be in Westminster the weekend prior to the Spring Assembly and all members are welcome! The primary purpose of SWRDM is to prepare the Delegates for WSC so I'm sure I'll be running around confused and overwhelmed but if you are there, please say hello! If not, looking forward to seeing each and every one of you at the Spring Assembly.

On a personal note, I'm entering my final semester at CSU (Colorado State University), so these next few months will be extra busy for me as I juggle school, work, service, and family. I appreciate your patience and understanding during this first half of the year. Once I graduate, I hope to be able to travel and attend events and meetings across our great state to share my ESH if asked. Please reach out to me at the Area Delegate email if you have any questions or need anything and I'll do my best to respond within the week. Still trying to find the balance between how much time to monitor the email and having a life because I am not kidding, going through delegate emails could be a full-time job!

As I reflect on how I even got here, I'm celebrating my 11th year in service to Al-Anon and I'm amazed how a young man, who was ready to give up on the world, found the strength to not only keep on living, but to be of service to others...in a room full of older women on a random Wednesday night no less. Truly could not do anything without the support of the wonderful members in my home District, D20, very grateful to each and every one of them and looking forward to continuing to serve alongside so many others in the state and getting to know even more!

For now, I'll leave you with one of my favorite quotes as a man in Al-Anon..."Al-Anon - hey isn't that A.A. for the ladies?" - A little time for myself Oct 13th (pg.287)

TMF Freeman  
Delegate - Colorado - Panel 65  
[delegate@al-anon-co.org](mailto:delegate@al-anon-co.org)

**From Our  
Alternate  
Delegate**

Hello fellow members of Al-Anon!

I am extremely grateful that my higher power has chosen me to be Colorado Area 5's Alternate Delegate. After meeting with Tom (past Alternate Delegate) I discovered that there were a few more things to the job than I remembered and anticipated but I am not daunted by a little hard work. My goals for this year and my term in this position are to be as transparent, available, and informative as possible without overwhelming anyone. Including myself! But I am up for the challenge. I am sure as time goes by it will get easier. Be prepared to see some small yet positive changes to finances and the budget. Money is never an easy subject, and I hope to make it just a little bit easier to understand what Colorado's finances look like. Thank you for your support!

In service,  
Grete M.  
Alternate Delegate  
Panel 65

**From Our Area  
Treasurer**

**Donations to the Colorado Area**

Colorado AFG  
c/o Janice Z 2606 E.  
148th Drive  
Thornton, CO 80602

**Make checks payable to Colorado AFG**

**Include group WSO# in the memo section of the check.**



**From Our Website  
Coordinator**

Hello Colorado Area Al-Anon fellows.

Phew! For me this has been an exciting and somewhat frantic start to Panel 65 and the new year. Some of you may have realized that our Colorado Area website was down the second weekend in January. I appreciate the help and support I received from members, past website coordinators, and experts at our website hosting organization. I'm relieved to say we are back up and running.

Aside from maintaining the website, another aspect of my job is to switch access to email accounts as the new officers, coordinators, and district representatives start their 3-year terms on Panel 65. If you weren't able to reset your password yet, shoot me an email and I'll send you another password reset notification.

I appreciate the opportunity to give back to the fellowship, expand my skill base, and further my recovery through service. In the past few weeks, I've had to remember to ask for help, put "First Things First", and that humor is a spiritual principle.

Please contact me via email (see below) if you have questions or concerns about our Colorado Area website or notice anything that doesn't seem to be working as it should.

Thank you for your patience and understanding!

Sheila A  
Panel 65 website coordinator  
email: [website@al-anon-co.org](mailto:website@al-anon-co.org)

<https://al-anon-co.org>



**From Our  
Butterfly  
Coordinator**

Greetings Al-Anon Members,

As Higher Power nudged me to stand for service for the Butterfly Coordinator, I was wondering what I might be thinking. I do have a great deal of experience writing newsletters, making flyers, and brochures for different organizations. Certainly, I could create three newsletters throughout the year. Well, on January 9th I realized I knew little about Colorado Area service and how to start my job. Okay, truth, I started to panic. Just a bit .

Over the years in Al-Anon, I have learned there is always support, so I was not surprised to find all those I reached out to willing to help. They told me what they knew, what they had done in the past, and how to "take it easy."

So here I am, on my way to better understanding my new service position. Go Butterfly!

**Subscribe to the  
Butterfly  
Newsletter**

The Butterfly is a free subscription provided by email. So, if you would like to stay informed on the current events of the Colorado Area, please follow the "keep it simple" instructions to receive a PDF copy of the Butterfly Newsletter:

- Email [butterfly@al-anon-co.org](mailto:butterfly@al-anon-co.org)
- Subject Line: Subscription to the Butterfly

**Articles for the  
Butterfly  
Newsletter**

Articles in English or Spanish for the Butterfly Newsletter can be submitted up to the submission deadline. Usually January 15th, May 15th, and September 15th. Colorado officers, coordinators, district representatives, thought and task force updates are shared with the Al-Anon fellowship. Al-Anon members are welcome and encouraged to submit their poetry, photography, and articles for publication as well.

To Submit Articles:

- Email [butterfly@al-anon-co.org](mailto:butterfly@al-anon-co.org)
- Subject Line: Butterfly Submission
- Your article, poetry, or photo can be signed First Name, Last Initial or Anonymous
- Photographs should be sent in the smallest format
- Looking forward to your submissions!

Sue W.

Butterfly Coordinator – Panel 65

email: [butterfly@al-anon-co.org](mailto:butterfly@al-anon-co.org)



*Photo by Sue W*

2017 The monarchs come to Colorado.

**Report from Task Force to Implement Hybrid Assemblies**

**Greetings**

We are actively preparing for the next step of the trial for implementing hybrid assemblies. We received great feedback from the members that did participate in the November 2024 assembly via Zoom. The members that were on the zoom at assembly were able to participate, ask questions, and one member even stood for a position. Very Exciting!

**Please Note**

We always encourage members to come in person to the assembly when possible. The next step will be opening the zoom to voting members (GRs) of the Saturday Assembly March 22, 2025. We will have the zoom open for the luncheon speaker. Unfortunately, it will not be available for the evening speaker or the Friday night GR Connection. The pre-registration will be sent to the AWSC and forwarded to the groups, with information.

We are a Task Force, and it takes many of us to prepare and execute the zoom live. Members of this Task Force have all volunteered to continue. We will be looking for others as we start to refine some of the duties. We are taking it step by step with almost no cost to the area at this point.

More to come!

In gratitude,  
Hybrid Task Force

**Area 10  
Colorado AA**

**SPRING ASSEMBLY 2025**  
March 21-23, 2025

**FORT COLLINS**

**Hilton Hotel**  
425 W Prospect Rd  
Fort Collins, CO 80526  
(970) 482-2626

Hotel rooms with a Friday arrival are available at the block rate of \$129 per night. Book your room at <https://www.hilton.com/en/attend-my-event/2025-colorado-aa-area-assembly/>

Or call 800-768-0605 and ask for the 2025 Colorado AA Area Assembly with the booking code **903**. Parking is free for hotel guests. Non-guests pay a \$15.00 parking fee

**Open Meetings:**  
Friday night 9pm  
Saturday Morning 7am  
Sunday Morning 7am

**Saturday Evening Speakers**  
AI-Anon Speaker at 7pm  
AA Speaker at 8pm

**Lunch Taco Bar**  
**Ice Cream Social**

Saturday Noon \$25  
Saturday Night \$15

Coffee will be available for purchase  
Cash and Venmo payments will be accepted on site

Hosted by District 21 Contact Haley Mead [mmead@sandiego.edu](mailto:mmead@sandiego.edu)

Click to access link: <https://coloradoaa.org/assemblies/>

DRAFT

Agenda

**\*\*DRAFT\*\***

March 21 - 23, 2025 – Fort Collins, Colorado

Agenda

**FRIDAY, March 21, 2025**

- 4:00 PM **Registration Opens**-Sign in, pick up your chip, meet and visit with Area Coordinators  
7:00 PM **Group Representative Connection** – Room TBD  
(All Group Representatives & Alternate GRs attend - **bring your Service Manual**)  
**Area World Service Committee (AWSC) Meeting** – Room TBD  
(Officers, Coordinators, DRs, Liaisons, Event Chairs, Past-Delegates attend)  
9:00 PM **Night Owl Meeting** – Room TBD

**SATURDAY, March 22, 2025**

- 7:00 AM **Early Bird Meeting** – Room TBD  
9:00 AM **Assembly Opening** - *please be prompt* - Room TBD  
**Purpose & Welcome Past Delegates**  
**Host Announcements** - District 20  
**Assembly Rules** – Past Delegate - TBD  
**Roll Call** – Hannah E., Secretary (*all members please be present*)  
**Approval of Minutes** from November 2024 Assembly (GRs VOTE)  
9:40 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)  
10:00 AM **Old Business:**  
● Task Force: Implementation of a Hybrid Assembly – Teri M.  
10:15 AM **Time with our Delegate:** - **SWRDM & WSC** – TMF F.  
11:15 AM **Area Coordinator Reports** -  
Alateen / Archives / Area Alateen Process Person / Butterfly Literature & Forum / IT-Media / Records /Spanish - Translation / Website / Public Outreach / DIA / WIA / AA/Al-Anon State Convention / Service Center Liaisons.  
12:00 PM **Lunch**  
12:30 PM **Lunchtime Speaker:** Room & Speaker TBD  
1:30 PM **Assembly Resumes** - Serenity Prayer  
**Host Announcements** - District 20  
1:40 PM **District Representative Reports** - (2 min each)  
2:00 PM **Financial recap 2024/2025 Budget** - Alt. Delegate-Grete B  
2:30 PM **Workshop (TBD)**  
3:30 PM **New Business** –  
● Affirm Day-In-Al-Anon (DIA) – Wendy M.- DR2  
● Elect WIA Chair and Co-Chair for 2025  
● New Business from the floor to be brought forward for next Assembly  
4:00 PM **GRs Speak** - *What's on your Mind?*  
4:30 PM **Awarding of the Banner** – District 20  
● **Invitation to Summer Assembly** - District Host TBD  
5:00 PM **Assembly Adjourns**  
7:00 PM **AA & Al-Anon Speaker Meeting** (Al-Anon Speaker TBD)  
**Ice Cream Social (hosted by AA Area 10)**  
9:00 PM **Night Owl Meeting** - Room TBD

## SUNDAY, March 23, 2025

- 7:00 AM **Early Bird Meeting** - Room TBD  
9:00 AM **Assembly Opening:** - Room TBD  
**Ask-it-Basket Questions Answered** – Past Delegates  
**7th Tradition Report** – Janice Z., Treasurer
- 9:20 AM **Breakouts** - (Rooms to be announced)
- District Representatives - (w/Alt Delegate, Grete M.)
  - Coordinators - (w/Delegate, TMF F.)
  - Group Representatives - (w/Area Chair, Linda C.)
- 10:45 AM **Assembly Closing**

### Assembly Dates:

#### Summer Assembly-July 18 -20, 2025

DoubleTree, Grand Junction, CO  
Host District - TBD

#### Winter Assembly - November 1-3, 2025

Chamonix Casino and Hotel  
201 E Bennett Ave  
Cripple Creek, CO 80813  
Host District - TBD

### Events

**Day In Al-Anon** – 4/5/2025,  
Grand Junction

**World Service Conference**, 4/24– 4/27/25  
Windsor, CT

**Colorado State Convention**, 8/29 – 8/31  
Embassy Suites  
Loveland, CO

# Colorado Spring Events

Bloom Where You're Planted:

Growing Your Program

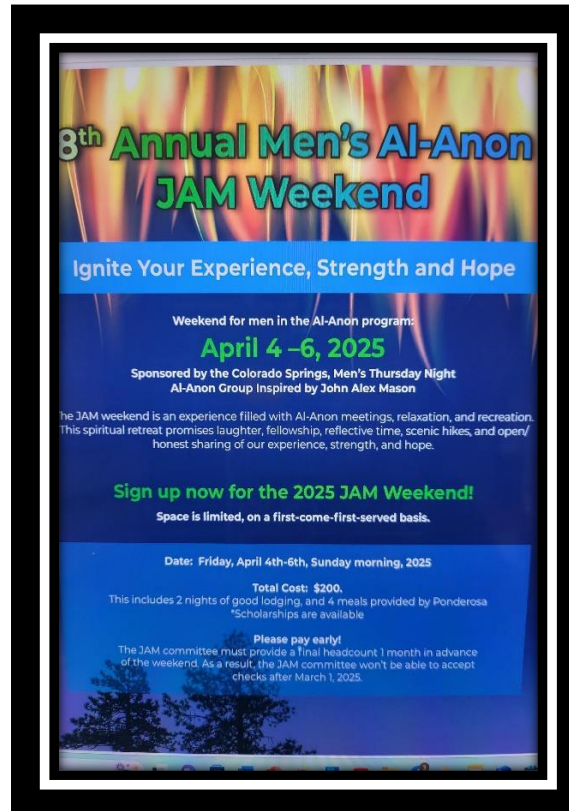
Day In Al-Anon  
April 5, 2025  
9am-2pm  
Roca Eterna Iglesia  
1333 N 23rd Street  
Grand Junction, CO 81501



Sereni-Tea February 22, 2025



8th Annual Men's Al-Anon Jam Weekend



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## Let's Celebrate Our Recovery at the A.A. 2025 International Convention with Al-Anon Participation

**July 3-6, 2025**

Al-Anon will be participating in A.A.'s 2025 International Convention in Vancouver, British Columbia, Canada, July 3-6 to help celebrate A.A.'s 90th Anniversary!

There will be Al-Anon daytime sessions on Friday and Saturday at the Hyatt Regency Vancouver Hotel. The sessions will include speaker meetings, service workshops, book studies, and panels on various topics.

We hope you will join the 4,000 Al-Anon attendees, including members of Alateen, whom we are expecting along with 50,000 A.A. members to celebrate recovery in beautiful Vancouver. Have you ever heard that many people say the Serenity Prayer together? It is unforgettable.

Registration is now open online at <https://www.aa.org/international-convention>. Arrive early or stay late; see what the city of Vancouver has to offer by visiting <https://destinationvancouver.com>.

What is the International Convention an Al-Anon member might ask? When you click the registration link there is information about the historical significance of the International Convention. Check it out!

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### The AFG Mobile App: Breaking Barriers in Al-Anon



**Where will you be in July  
2025? We hope to see you  
there!**

The *Al-Anon Family Groups Mobile App* carries our message in new ways. This digital tool offers a safe, virtual space for recovery, embodying our commitment to barrier-free meetings. Members can find serenity anywhere, overcoming geographic limitations. The app's simplicity ensures easy navigation for newcomers and longtime members alike. As we share new Al-Anon tools, we widen our circle of hope to include all those still suffering from the family disease of alcoholism. Download the app to experience Al-Anon support at your fingertips.

[Download the app](#)

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## The Forum

Interested in getting experience, strength and hope throughout the year. This publication is inspirational and full of experience, strength, and hope and only for \$11 for a 1 year subscription! One of my favorite sections, is that each month has an article on the step, tradition, and concept of that month. When I'm scheduled to chair a meeting, I can use the forum for a current reading.

Order the forum: (<https://ecomm.al-anon.org/forum#vaff>).

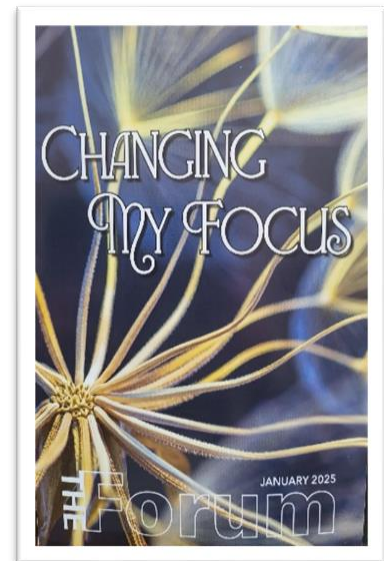
### **Welcoming Newcomers in the New Year!**

The Forum, January 2025

Although the family disease of alcoholism never takes a vacation, the post-holiday season is a time when many individuals suffering from the family disease of alcoholism seek comfort in Al-Anon. Here are some things to think about as your group prepares to welcome newcomers for the new year:


- Is your meeting information on the local meeting list, local and Area websites, and at the WSO up to date?
- Are signs placed in easy-to-spot places to direct people to the meeting room, or specific location instructions (or, for groups meeting electronically, login and password information) included in your group record?
- Do you have a greeter to welcome anyone new to the meeting?

A [Welcoming Checklist](https://al-anon.org/pdf/Welcoming-checklist.pdf) (<https://al-anon.org/pdf/Welcoming-checklist.pdf>) is also available as a free download to help you plan. Keep in mind that you can submit Al-Anon group changes online (<https://al-anon.org/for-members/group-resources/group-records/>) any time throughout the year.



## SWRDM is Coming to Colorado

*SWRDM is Coming to Colorado!*  
*March 14th - 16th, 2025*



**The 50th Annual Southwest Regional Delegates Meeting (SWRDM)**  
 will be held at the beautiful Drury Hotel in Westminster, CO!

SWRDM moves to a different Area each year in the Southwest Region. Those Areas include: Arizona, Calif. North, Calif. South, Colorado, Hawaii, Nevada, New Mexico/El Paso, Utah and the Global Electronic Area (GEA). It has been 8 years since SWRDM was held in Colorado! SWRDM is designed to help prepare our current Southwest Delegates & Trustees for the April World Service Conference (WSC) in Virginia Beach.


Have you ever wondered what happens at the WSC? This is your chance! Al-Anon members can sit in on the SWRDM meetings and listen. Guests have "no voice, no vote", however they have the great opportunity to absorb the Delegates' & Trustees' "experience, strength and hope!"

**There is no registration/badge fee for Al-Anon volunteers/guests to attend. Onsite registration is welcome!** There are opportunities to join the SWRDM members for meals at the hotel. The special prepaid meals must be secured ahead of time by completing a guest registration form. **Cut off date for meal registration is February 21, 2025.**

You can also stay at the Drury Hotel during SWRDM for the low rate of **\$135/night** (plus tax/fees). Use the Group Code of **10110441** when making your hotel reservation to receive the fabulous rate! See the registration form for more complete information.

*We need Al-Anon volunteers for Registration and Greeters.*  
*Do you have questions or want to volunteer?*

**Questions:** Kari O., SWRDM Site Chair. [Panel62@al-anon-co.org](mailto:Panel62@al-anon-co.org)  
**Volunteers:** Kara E., SWRDM Welcome Chair [DR11@al-anon-co.org](mailto:DR11@al-anon-co.org)



## 2025 Colorado State Convention


<https://convention.coloradoaa.org/>

**2025 Colorado State Convention**  
 Presented by Area 10 Alcoholics Anonymous in Cooperation with  
 Area 5 Al-Anon Family Groups  
 Embassy Suites Loveland, CO ~ August 29th, 30th, and 31st, 2025

**Speakers & Events:**  
 Friday Night AA Speaker: Stephanie B, Oklahoma City  
 Friday Night Ice Cream Social  
 Saturday Al-Anon Luncheon Speaker: TBD  
 Saturday Evening Banquet Dinner  
 Saturday Night Al-Anon Speaker: TBD  
 Saturday Night AA Speaker: Troy B, Houston  
 Sunday Morning AA Speaker: Sarah M, Boulder

**Workshops, Continuous Meetings & Fellowship**  
 All Weekend Long

**PLEASE JOIN US!**  
 The convention runs from 3pm Friday to 12pm Sunday



For Updated information, Lodging and Preliminary Program  
 Go Online: <https://convention.coloradoaa.org/> or  
 Email Registration Chair at [25stateconvention@gmail.com](mailto:25stateconvention@gmail.com)

**Embassy Suites**  
 4795 Clydesdale Parkway  
 Loveland, Colorado 80538  
 1-800-362-2779

Use code A10 to book lodging in the room block  
 Questions: Aaron R (720) 878-3234  
[25stateconvention@gmail.com](mailto:25stateconvention@gmail.com)

Register online at <https://www.convention.coloradoaa.org>  
 or send completed form with payment and **MAKE CHECKS PAYABLE TO: Area 10 Convention**  
 Mail To: Area 10 Convention | PO Box 26092 | Denver, CO 80236-0092 *One person per form, please.*

<input type="checkbox"/> AA <input type="checkbox"/> Al-Anon <input type="checkbox"/> Alateen <input type="checkbox"/> Other <input type="checkbox"/> Registration \$35.00 <input type="checkbox"/> Friday Night Ice Cream Social \$20.00 <input type="checkbox"/> Saturday Al-Anon Luncheon \$40.00 <input type="checkbox"/> Saturday Evening Banquet Dinner \$65.00 <input type="checkbox"/> Saturday Night Entertainment \$5.00 <input type="checkbox"/> Bottomless Coffee Mug \$30.00 <input type="checkbox"/> Discounted Full Package Price \$175.00 (\$20 Savings Limited Quantity Available) Total Enclosed \$ _____	<b>Member Registration Information:</b> Name on Badge _____ Home Group _____ Name _____ Address _____ City _____ State _____ Zip Code _____ Phone (____) _____ Email _____ <input type="checkbox"/> I'd like to volunteer! For accessibility needs, please email Aaron R: <a href="mailto:25stateconvention@gmail.com">25stateconvention@gmail.com</a> Every effort will be made to accommodate requests.
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On-site registration will be open from 3pm to 9pm on Friday, August 29th  
 and from 8am to 8pm on Saturday, August 30th, 2025