Hello, friends.

Our worlds have all been turned upside down in these past months. I’m grateful we’ve all been able to adjust so quickly to everything happening around us and we’ve really reasoned things out with each other. At first, I thought temporary would be a couple of weeks, but that is clearly not the case as most meetings are still meeting through other means. I appreciate all of the time and effort you’ve all played in keeping as many meetings going in a variety of platforms. I sure do miss seeing your faces though and receiving those hugs.

As your Panel 60 Nevada Delegate, I was able to be a part of Al-Anon history by attending the first virtual World Service Conference in April all while in the comfort of my pajamas! Just kidding, I still dressed for the conference as if I were still physically there. They pulled the conference together in mere weeks and it went really well.

I think one of the most “wow” moments for me was when we were presented with the Electronic Meeting Work Group Report. Hard to believe they’ve been having discussions about the currently registered electronic meetings and how that would apply to our temporary electronic meetings we are holding in place of our face-to-face meetings. It was certainly a fitting topic at Conference. The Task Force presentation on Reaching and Unifying Rural and Large Geographic populations fits into the conversation of electronic meetings, as well. Just think of all the possibilities we have in front of us using technology to reach areas in Nevada that are “quiet” or “dark” as some call it. Maybe some people that can’t attend certain meetings can now do so using technology. I look forward to further conversations at upcoming assemblies.

“I think one of the most ‘wow’ moments for me was when we were presented with the Electronic Meeting Work Group Report.”

FROM OUR AREA CHAIR

Hello Nevada Area Al-Anon Members!

Taking on this new service commitment in these unpredictable times has been challenging and a little scary. I have been thinking a lot about our co-founders, Lois and Anne, how they did not have a sketchbook or a script to follow when they began. They just had an idea and they followed their hearts and higher power. My experience so far as your Area Chair has not been what I was expecting, however, my experience in Al-Anon has taught me that the most unexpected situations bring the most extraordinary results.

We will be having our Fall Assembly in September remotely, via ZOOM. The AWSC is working out details! I have heard it said in Al-Anon that change is inevitable and suffering is optional. I am looking forward to this next adventure, I just know that together we will accomplish amazing things.

Love in service,

Tracy B., NEVADA AREA CHAIR
FROM OUR AREA DELEGATE
Continued from page 1

I appreciate all of you who were able to attend the Delegate’s Report in June. It was my first time and I was very nervous. As I look back on it, I can see where it will benefit me to condense my report in some areas. I’m still a work in progress. I used to struggle to make commitments to myself, but my commitments to Al-Anon and Nevada certainly keep me coming back and continue to help me evolve as a person.

I can’t see exactly what’s going to happen in our immediate future. My Higher Power can see around the corners I cannot. I look forward to the next time I see you all whether face-to-face or through another platform.

Love in service,

Robin P., NEVADA AREA DELEGATE, PANEL 60

CONCEPT ONE: The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.

See page 8 for share(s) on the topic.
FROM OUR AREA SECRETARY

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January 2020 — December 2022

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CURRENT SOUTHWEST REGIONAL TRUSTEE
Cindy M.

As of July 17, 2020

Denise S.
NEVADA AREA SECRETARY
Why Donate?

Yeah, yeah, yeah—my group needs money—and we don’t accept outside contributions. So should I donate? Right?

No.

Let me give you the bottom line up front—I donate as a spiritual expression of my gratitude.

When I showed up for my first meeting, I didn’t have a clue as to all of the behind the scenes work that had already happened to provide for that meeting to be there. I believe my Higher Power (whom I call God) knew what I needed was Al-Anon and He led me there. I believe that God had also been the ultimate authority that had orchestrated all of the trusted servants’ activities that had that meeting right where I would show up. All of that happened without any input from me. I believe God did it all.

Now, many years later, my Higher Power continues to direct my life and will (when I get out of His way and let him).

Am I grateful that my Higher Power instituted this program of recovery? What actions do I do to express this gratitude?

First, I show up. I have my committed meeting in which I regularly participate. I share my experience, strength, and hope with others so that they can benefit how God has worked in my recovery.

Second, I regularly attend my groups’ business meetings. I share my thoughts and opinions. Sometimes it is in tune with the general consensus; sometimes it isn’t. In a group conscience it helps the group if all opinions are expressed.

Third, I perform service. Initially, my service was for the group. Later I took on other service roles. I have seen the hand of God working in every position I’ve accepted. I’ve come to realize that every time I’ve said “yes” to service, that God has used that as an opportunity to percolate up the next character defect of mine that He is ready for me to look at.

Lastly, I express my gratitude to my Higher Power by my monetary contribution. As I’ve grown in my recovery I’ve come to realize that a contribution isn’t one of “dues” but one of gratitude. I’m giving back to Al-Anon by my presence, my participation, my service, and by my money.

In the section on “Passing the Basket” the Service Manual says, “We contribute in gratitude for what we have received from Al-Anon.” (p.19 Al-Anon/Alateen Service Manual 2018-2021 v2 P-24/27)

How much should I give? That’s between me and my Higher Power. But I gratefully give because of what the Al-Anon program has given me.

That’s why I donate.

Patrick B.
NEVADA AREA TREASURER

CHECK IT OUT!

The 2019 World Service Office Annual Report has been posted simultaneously in English, French, and Spanish to the website. We hope you will enjoy reading about the work of the WSO. To view, go to al-anon.org and click on the Members tab, WSO, then Annual Report.

FROM OUR AREA GROUP RECORDS COORDINATOR/ALTERNATE DELEGATE

Current Group Records April 15 – July 15, 2020

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Our common goal is to provide anyone seeking Al-Anon meeting information with up-to-date meeting information. Please make sure your group has a CMA (current mailing address) so that your group can be contacted by newcomers and the World Service Office (WSO). CMA can be updated online [https://al-anon.org/for-members/group-resources/group-records/changes-existing-al-anon-group/](https://al-anon.org/for-members/group-resources/group-records/changes-existing-al-anon-group/) or by a Group Records Change form available at [https://al-anon.org/pdf/Group-Records-Change-EN.pdf](https://al-anon.org/pdf/Group-Records-Change-EN.pdf). Please keep your group information current to ensure newcomers can find your group and that your group is not mistakenly listed as inactive.

Temporary Al-Anon Electronic Meeting Change

A temporary electronic meeting information change form is available during the COVID-19 Pandemic.

These temporary electronic meetings are set up at the same time and day of the face-to-face meetings. This temporary information will be updated with your group meeting listing on the WSO meeting search. Please complete any electronic meeting changes at the following link: [https://al-anon.org/for-members/group-resources/group-records/](https://al-anon.org/for-members/group-resources/group-records/)

Questions?

Please contact me at nvareagrouprecords.altdelegate@gmail.com; 775 846-7693. Thank you.

Lisa S.

FROM OUR AREA LITERATURE COORDINATOR

Hello dear members of our Al-Anon fellowship. Through this newsletter, I am sending you warm greetings and good wishes for serenity and health—always, and especially at this time. I am grateful for the March 2 reading in Courage to Change (B-16) that prompts us to remember the value of our Conference Approved Literature (CAL).

“One of the most helpful tools I’ve found in Al-Anon is Conference Approved Literature. It took me a long time to be willing to open up to other people, but from my first meeting, this wonderful literature has helped me learn to replace a long-established, negative way of thinking with a new, healthier, more positive approach to live and to love.”

CONTINUED ON PAGE 6
Currently I am reading the new CAL *Intimacy in Alcoholic Relationships* (B-33). I was a little intimidated by the title and have heard a few others mention the same trepidation. I can now say that the book is easy to read in small pieces and then put down for a bit of contemplation or journaling. It is truly a way to get intimate with myself—which is the only way I can ever hope to become more intimate with others—family, friends and spouse.

Here’s the latest update of literature news. Please feel free to pass this information on via e-mail to District Representatives, Information Services/Intergroups, and Website Coordinators.

**NEW DAILY READER (working title):** Many thanks for getting out the word about our last call for sharings for this project. Al-Anon Family Groups (AFG) had many responses and now has plenty of sharings to choose from, so is no longer accepting additional sharings. Please do not forget that AFG will always gladly accept sharings for *The Forum* and *Al-Anon Faces Alcoholism*.

**Members Blog:** Please encourage members to read and write on the Member Blog at: al-anon.org/member-blog. Each month there are new topics added, so today we have choices! You can also share about the Steps, Traditions, and Concepts of Service!

**“CAL Corner” Topics:** This department is featured each month in *The Forum* magazine. It contains members’ sharings on how a particular piece of our literature has enhanced their recovery. July’s articles are about *As We Understood...* (B-11). August’s focus is on celebrating the 50th anniversary of *Three Views of Al-Anon* (P-15), and September’s will be on *Hope for Today* (B-27). Sharings needed for “CAL Corner”: We always need more sharings about how CAL has helped members with their recovery. Please urge members to write about *Opening Our Hearts, Transforming Our Losses* (B-29), *Courage to Be Me* (B-23), *Intimacy in Alcoholic Relationships* (B-33), and *Reaching for Personal Freedom* (P-93). Please see the writing guideline for “CAL Corner” in the Guidelines and Procedures folder under the “Library” folders in the Literature Coordinator community of AFG Connects or at: al-anon.org/pdf/CALcornerSharingRevised%202018.pdf.

This information was received by me, your Area Literature Coordinator, from Tom C. who is the Associate Director—Literature at AFG.

Jan R.

NEVADA AREA LITERATURE COORDINATOR

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**FROM OUR AREA ASSEMBLY COMMITTEE COORDINATOR**

Hello all,

It’s Anne J. again, your Area Assembly Committee Coordinator. I hope to get a chance to meet everyone (virtually) at the Fall Assembly. I’m bummed I won’t get to meet everyone in person but I’m grateful to be on the task force to help put together our first virtual Assembly. Please pre-register for Fall Assembly. The registration form will be found on the website under the “Assembly” tab. I hope to have more information on registration soon. I look forward to seeing all of you. I’m grateful to be a part of Al-Anon’s links of service, bringing group representatives together so that we may practice Concept one: “The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.”

Thank you for letting me be of service.

Anne J.

NEVADA AREA ASSEMBLY COMMITTEE COORDINATOR
DISTRICT 5

For those not familiar with District 5 we are located in the south by the west side of Las Vegas. District 5 goes north all the way to Tonopah while straddling the Nevada side of California/Nevada border. Other towns included in the district are Pahrump, Beatty and Goldfield. We usually have our district meeting on odd numbered months at the Lakes Lutheran Church on West Sahara Ave. in Las Vegas on a Saturday at 10:15 am but due to the virus we have been meeting on Zoom. Our next district meeting will be on July 25. I don't have the meeting number yet.

To say that the first half of the year was crazy would be an understatement. Due to the pandemic most of the Las Vegas groups are meeting on Zoom. The four Pahrump groups had closed for a few months but are all meeting currently, although three of the groups meet at the AA meeting hall on Loop Road and the Thursday morning group is meeting at the park at Rte. 160 and Basin at 9:00 am. Except for the Thursday evening group all other groups will eventually move back to their original churches and hospital. We have a new group that just started in Beatty. Beatty is a town of about 1000 residents and is located about 70 miles north of Pahrump on Rte 95. The Beatty group started in late February and has been physically meeting throughout the pandemic.

The four Pahrump groups held a speaker meeting on February 29. There were 30 people in attendance and they had two speakers. The speaker meeting was a success and we had plenty of food leftover. The Summerlin Nooners had a speaker meeting and workshop on April 17 & 18 on Zoom. I heard the speaker meeting and workshop went very well.

On the negative side we lost three Group Representatives, Mike, Lisa and Kate. In addition, Bethany, our treasurer, has also left us. I wish them all luck in the future and thanks for your service! I will miss them all.

We have three open positions in District 5: Public Outreach Liaison to Al-Anon Information Services, Alateen Liaison and District Treasurer. If anyone is interested please contact me.

Ira W.
DISTRICT 5 REPRESENTATIVE

DISTRICT 4

Recently I have heard the phrase “interesting times” a lot. I am sure it is different and interesting times especially when compared to the beginning of Al-Anon 69 years ago. We don’t know when there will be face to face meetings again but know from Al-Anon we live in the present moment. We can let go and let our Higher Power be in charge.

With the geographical size of District 4 the digital meeting place has been a blessing. The only fly in the ointment is me. I am still working mastering the technology. But by working together with the support of the district’s Group Representatives and others, it’s getting better. This new venue gives new ways for members to get involved.

In service,

Fred H.
DISTRICT 4 REPRESENTATIVE
CONCEPT ONE: “The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.”

“This concept lays out just who has authority over the world services and it is the groups. No one individual or group has the say over how things work in Al-Anon. This is important for us to all feel a part of the decisions that are made for our worldwide fellowship.

Concept One also helps me see that I have no responsibility over other people, places or things. I lived my life for a long time taking care of the responsibilities of others. I thought I was being helpful, after all they wanted me to take over their responsibilities. But what I have learned in Al-Anon is that I need to keep my hands off what doesn’t belong to me. I am only responsible for myself and my actions and reactions. This frees me from feeling guilty about things which do not belong to me. I used to feel embarrassed by what my alcoholic did in public. Al-Anon taught me that what they did was on them, not me. I was not a reflection of the alcoholic.

The ultimate authority in my home does not belong to me, we are a group and need to make decisions as that group, not with one dictator. Serenity depends on my understanding this.

Karen S.
DISTRICT 1 REPRESENTATIVE

REMINDER

The next edition of the Al-Anon Times will be published on November 1, 2020. Please note that the submission deadline is October 15th.

Thank you!