

AFG - District 19  
District Meeting on Zoom  
Saturday, January 14, 2023  
1:00pm - 3:00pm



- 1) Open with the Serenity Prayer (1 min)
- 2) Read Steps, Traditions, and Concepts in English and Spanish If applicable (10 min)
- 3) Volunteer to be timekeeper (1 min)
- 4) Thought for Today (2 min)
- 5) Roll call of voting GR'S (4 Min)

#### **Old Business**

- 6) Practice vote and vote to approve November 2022 business meeting minutes (5 min)
- 7) Standing for District Positions with voting (10 min) or longer as needed
- 8) Thought Force/ Task Force District 19 finances/budget in motion (10 min)
- 9) Service Manual (Groups at Work) update (5 min)

#### **SELF CARE BREAK (12 min)**

#### **New Business**

- 10) Area questionnaire for Permanent Electronic Meetings KBDM task force (30 min)
- 11) Coordinator and GR announcements (30 min) ( 3 shares )
- 12) Close with Al-Anon Declaration

Reminder GR's vote all have a voice. All members are welcome to attend.

Zoom Meeting ID: 923 6005 7391

Passcode: 582487

One tap mobile

+16699006833,,92360057391#,,,,\*582487# US (San Jose)

+13462487799,,92360057391#,,,,\*582487# US (Houston)

\*\*\*\*\*Any suggestions/ comments/ ideas/ please: please contact your District Rep at:  
Rep@southvalleyalanon.org

Thank You everyone and see you on the 10th for some virtual hugs!  
In Humble, Grateful, Loving Service Mary O District 19 Rep

**Want to be part of our Dist. 19 T.E.A.M. (Together Empowering Al-Anon Members) at a Dist. level and a Link of Service? We are looking to fill the following positions:**

Outreach Coordinator  
Special Events Coordinator  
Web Coordinator

Alternate Positions:

Web

Diversity

Outreach

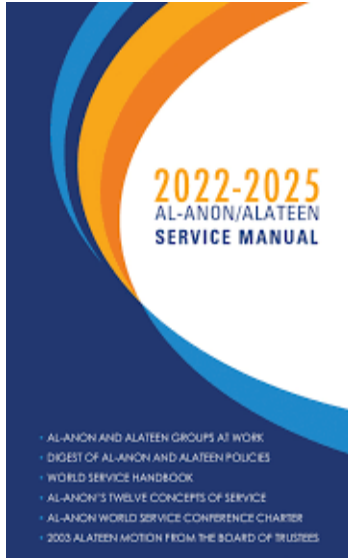
Institutions

Special Events

For a description of these positions please find them on our members tab at ([southvallenalanon.org](http://southvallenalanon.org)) Web page using the navigation bar. Titled D 19 Guidelines-Handbook. And as Always we don't have to do it alone.

In Service

Mary O Dist 19 Rep



## The Answer Is in the “Service Manual”

Growing up in the family disease of alcoholism affected how I communicated my needs and wants. In Al-Anon, I’ve learned to talk to other members and reason things out with them. What a novel idea! But how do I do this? How can I participate?

Participation in Al-Anon group business meetings gives me the chance to practice the principle of engaging in a “loving interchange among members”—a discussion. As a member, I have resources at my fingertips to answer almost any Al-Anon group-related question that begins with “how,” “what,” “where,” “when,” or “why.” The answer can almost always be found in the *Al-Anon/Alateen Service Manual* (P-24/27)!

The current [2022-2025 Al-Anon/Alateen Service Manual \(P-24/27\)](#) is available on [al-anon.org](http://al-anon.org) as a free download! While there, use the search feature to find what you’re looking for. Be informed! Have fun using Al-Anon tools!

*By Sue P., Associate Director—Group Services*