

ASK-IT-BASKET QUESTIONS & ANSWERS FALL ASSEMBLY 2015

1. Question; Why does the past Delegate not have voice at the Business Meeting?

Answer; We agree the past delegate probably should have voice. He/she is a valuable resource. We will take this to the next Committee Meeting, March 2016.

2.(a)Question; How do you know where to look up a situation in the Service Book?

Answer; The Table of Contents are at the beginning of each section. You can look for the key word there or in the index. If you are unable to find the answer, look in broader terms or look in another heading. If you are still unable to find the answer, ask your DR or Delegate if they can find the answer for you.

(b)Question; What is a nice way to stop “cross talk” in meetings?

Answer; Service Manual pg 54, paragraphs 2-3. “Al-Anon and Alateen members expect a safe and pleasant environment when they attend a meeting, and when one member causes unrest due to inappropriate or intimidating behavior, the entire group could be affected. Groups are within their autonomy to establish group behavioral guidelines in a manner that reflects their group conscience and abides by the Traditions. When the behavior of any member impacts the group, members apply the Traditions to the problem, and determine how best to approach the individual(s) involved, to ask the member to change the behavior in question. This can be an exercise in applying Al-Anon principles so that the message is not a personal attack, but rather a request based on what is best for the Al-Anon group. Service tools on conflict resolution are available.”

Some groups have found that having a message read at the beginning of the meeting works as a preventive measure to avoid this issue. One example of such a message is:

“Our group is a safe place for voluntary sharing. As such, we have adopted a format that does not allow cross talk. This means we do not interrupt or argue, give advice, criticize anyone, or comment on anyone’s sharing. Please be mindful of the time when sharing, so that everyone in the group gets a chance to speak. If anyone has to leave before the end of the meeting, please feel free to do so.”

In most cases, the nicest way is to pull the individual aside after the meeting. Approach them with two Al-Anon members and explain why “cross talk” is not allowed and what cross talk is. Most of the time when something is explained and fully understood, it stops.

If that doesn’t work, then you may choose to have a group inventory or a group conscience meeting. In some cases, the best way is to step in and support the member being interrupted. It is up to the discretion of the group as to whether it is nicest to deal with immediately or after the meeting.

(c)Question; Hard to find Al-Anon in P.E.I. Is there none there? (Had a hard time finding on the internet.)

Answer;

Choose either the link in top right corner or the tab (find a meeting)

The screenshot shows the Al-Anon Family Groups website. At the top center is the logo, a blue triangle with a white circle inside, above the text "Al-Anon Family Groups" and "Strength and hope for friends and families of problem drinkers". In the top right corner, there are links: "Find an Al-Anon meeting", "Español | Français", and "2018 Int'l Convention". Below these is a search bar with the text "site search". A navigation menu below the search bar includes: Home, About Group Meetings, Find a Meeting, How Al-Anon Works for Me, For Professionals, Alateen—for teens, Media, Al-Anon Literature, and Members' Site. The main content area has three columns: "How do you know if you have been affected by someone's problem drinking?", "How does Al-Anon Work?", and "What do healthcare professionals say about Al-Anon?". At the bottom, there is a banner with the text "Friends and families of problem drinkers find understanding and support at Al-Anon and Alateen meetings." and two links: "Is Al-Anon for you?" and "What if I'm not ready to go to a meeting?".

Click in blank circle to select. You can fill in a specific city if you like. Choose province- click on drop-down arrow. Do not fill in the postal code. It's too specific for the search. Click on Search button.

The screenshot shows the "Find an Al-Anon Meeting Near You" search form. At the top right, it says "or call [1-888-425-2666](tel:1-888-425-2666)". Below this is a row of radio buttons: "United States/Puerto Rico", "Canada", and "Bermuda". The "United States/Puerto Rico" option is selected. Below the radio buttons are three input fields: "City", "Province", and "Postal Code". The "Province" dropdown menu is set to "Prince Edward Island". To the right of the input fields are "Search" and "Clear" buttons.

Your search will generate a list like this partial screen shot.

Find an Al-Anon Meeting Near You


or call **1-888-425-2666**

United States/Puerto Rico
 Canada
 Bermuda

City
 Province
 Postal Code

Day/Time	Location	Notes
Monday 07:30 PM	Palmer Road 516 Thompson Rd. St-Louis PE C0B 1Z0 Map	Handicap Access also open to professionals / students
Monday 08:00 PM	Pei Access Building 48 Mill Rd Wellington Station PE C0B 2E0 Map	right side door
Monday 08:00 PM	Spring Park United Church 65 Kirkwood Dr Charlottetown PE C1A 2V1 Map	trafalgar st. entrance Handicap Access & Fragrance Free
Monday 08:00 PM	St Pius X Church 106 St. Peters Rd Charlottetown PE C1A 5P2 Map	basement Handicap Access
Tuesday 10:00 AM	St Augustines Roman Catholic Church 2190 Church Rd North Rustico PE C0A 1X0 Map	st monica's chapel; side entrance Handicap Access & Fragrance Free
Tuesday 01:30 PM	Trinity United Church Hall 90 Spring St Summerside PE C1N 3E4 Map	basement side door
Tuesday 07:30 PM	St Mary's Hall 66 Main St Souris PE C0A 2B0 Map	back entrance
Tuesday 08:00 PM	St Marys Roman Catholic Church 25 Wood Island Rd Montague PE C0A 1R0	meeting held in church office Handicap Access

I also Googled Prince Edward Island Al-Anon. The following is a snippet of the search page:



[Web](#)
[Images](#)
[News](#)
[Maps](#)
[Videos](#)
[More ▾](#)
[Search tools](#)

About 16,500 results (0.57 seconds)

[Al-Anon Information Services in Prince Edward Island](#)
al-anon.org/al-anon-in-prince-edward-island ▾
 Find an **Al-Anon** meeting ... What can I expect at an **Al-Anon** meeting? What was my first meeting like? ... **Al-Anon** Information Services in **Prince Edward Island** ...
 You've visited this page 3 times. Last visit: 08/11/15

[Al-Anon Maritimes - Webs](#)
www.freewebs.com/alanonmaritimes/ ▾
 Area 91 **Al-Anon** Maritimes is the resource for **Al-Anon** and Alateen recovery support ... **Al-Anon** Maritimes - New Brunswick - Nova Scotia - **Prince Edward Island**
 You visited this page on 07/11/15.

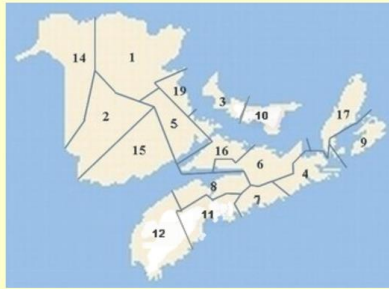
I clicked on the second link and got the following web page. I then clicked on the Area Map link which generated the page below. Each numbered district on the map takes you to a list of meetings in that district. As you can see PEI is split into two districts – 3 and 10. The links for each district below the map takes you to the same information.

Al-Anon Maritimes

Al-Anon Maritimes - New Brunswick - Nova Scotia - Prince Edward Island

[Home](#) | [What is Al-Anon?](#) | [Who Can Join ?](#) | [Area Map - Find a Meeting](#) | [Contact Information](#) | [Links](#) | [Literature](#) | [Calendar](#) | [Area Log](#) | [Member Pages](#)

Find your location # on the map below
Use the appropriate link below the Map



District 1	District 7	District 14
District 2	District 8	District 15

3(a)Question; Our group is wondering if any other groups are still using the newcomer's welcome that WSO sent out a number of years ago. We heard a little while ago that WSO no longer want us to use it, but haven't heard why or if they plan on replacing it. Our group still reads this to newcomers and we wonder if we still should be?

Answer; Service Manual page 23 – Optional Readings. “The selections that follow are offered as suggestions for meeting topics or as optional readings in the group meeting format, as determined by the group conscience.”

The binder, which my home group uses on occasion was sent out from WSO in 1997 and the reading in question is reprinted from the April/May 1990 issue of Inside Al-Anon (submitted by the First Step AFG, Glens Falls, NY).

Our Delegate, Jenny B. sent a letter to Barbara O., Director of Member Services at WSO. This is what she replied in answer to this question:

The Group Services Committee, comprised of Delegates, WSO Volunteers, and staff discussed members' communications about the Newcomer Welcome and decided to remove it from the Group Binder. Comments about the Newcomer Welcome included that it could be interpreted as directive and that it told potential members how they felt, which could be a roadblock for some potential members. The Group Services Committee encouraged groups to discuss how to welcome newcomers and determine their own way of welcoming which could include writing their own welcome, asking members to share about Al-Anon, etc. It is up to the autonomy of the group to decide how to welcome newcomers as long as the group abides by the Traditions. Groups can use the old Newcomer Welcome however I would encourage groups to have a discussion about the purpose of a welcome and consider if

their group's welcome meets that purpose so they can make an informed decision about using it versus just hanging on to something that is familiar. Please also note that at each printing the WSO sends all groups a complimentary copy of *Groups at Work* (P-24) which has the meeting format, opening, closing, Legacies, and optional readings for meetings. The idea of printing P-24 as a separate booklet again was to encourage members to have this inexpensive resource to use at the group meetings so that all would be included. The group binders were discontinued several years ago. Currently three packets are sent to each new group during their first year, the first packet contains P-24.

I hope this information is useful to you, good luck and thanks for your service.

Barbara

(b)Question; One of our members have started to introduce themselves with saying that they are "coda" behind them saying who they are. This is bothering one of our dual members from AA as they say that they do not say they are a member of AA in an AI-Anon meeting and they say they are a member of AI-Anon instead because that's the meeting they are attending. Is it our group autonomy to deal with this? Do any other groups deal with this too and if so how do you address this?

Answer; Service Manual page 11- Following the suggested welcome, "the chairperson may say if the group meeting has a special format, has a specific routine for calling on members, asks members of other anonymous fellowships to remain anonymous and focus on the AI-Anon program..."

Service Manual page 40 (bottom of page under "Sharing in AI-Anon/Alateen Meetings". Refers to Tradition One. "Our common welfare should come first; personal progress for the greatest number depends upon unity." We concentrate on our own feelings and attitudes, rather than on the details of our situation. Members leave other affiliations (such as other Twelve Step programs or professional resources) outside our meeting rooms."

4. Question; If an Alternate GR has been doing and attending most of the GR duties, can they/are they eligible to move to the DR position if no one else is coming forward?

Answer; The answer is found on page 157 of the Service Manual. "The DR is elected from among the incoming, outgoing, or active past GR's in his home district prior to Assembly..."