You are invited! Join us at Area Assembly. You do not need to hold a Group, District or Area service position to attend and participate in Area Assembly. You need only be a member of the worldwide fellowship of Al-Anon and Alateen.

NEXT ASSEMBLY
November 16-17, 2013
Holiday Inn: Baton Rouge-South
9940 Airline Hwy.
Baton Rouge, La.
225-924-7021

Make your reservations early and mention Louisiana Area Assembly for a group rate.

Concept Four: Participation is the key to harmony.

Newsletter Editor:
Eric N., Reporters: all Louisiana Al-Anon members.

GRs need voting authorization
Assembly officers will be elected at the November Assembly. Only those Group Representatives or other members to whom the groups have give written authorization to vote will be allowed to do so at the election. Any officer of the group may sign the authorization. See the sample authorization on page 9.

Subscribe to La Treasure Chest
Subscribe online at www.la-al-anon.org and receive your own issue by e-mail.

WSO staff member Tom C. will conduct workshop and tell story
Tom C., WSO Associate Director of Communications—Literature will conduct a workshop at November Assembly focusing on Al-Anon’s history. The workshop begins on Saturday at 12:30 p.m. He will tell his story of recovery Saturday night at 7:30.

Silent Auction at Assembly
Remember to bring new or gently-used items for the silent auction at November Area Assembly. The auction at August Assembly earned $119.

Louisiana AFG Area Assembly, Inc. Mission Statement
The mission of the Louisiana AFG Area Assembly is to foster participation in service and interest in the Steps, Traditions, and Concepts; to provide opportunities for groups to associate with other groups; to inform about the activities and services in our region; and to maintain representation to and from the World Service Conference.

How to make your Louisiana Area Assembly Donations
Send donations to Myrna B., in Covington. Make checks payable to Louisiana AFG. Include group name, number and district number. Do not send cash. Do not put “Treasurer” on the envelope. Thank you for supporting Area Assembly.
**Members respond to WSO call for more Forum focus in newsletters**

*In the Fall 2013 issue of Area Highlights, WSO called on all Area newsletter editors to include more information about the ways that groups and individuals make use of Al-Anon’s monthly magazine The Forum. “Tell us about your successes and challenges. Together we can keep our magazine alive and well!” the WSO writer said. Here, then, are responses to the WSO request from some of our Area members.*

I make use of *The Forum* in my meeting as often as possible so the members become familiar with it. I also give copies away. I really like *The Forum*.

—Emily T., SOS AFG, Dist. 12

I use *The Forum* for meetings. I encourage newcomers to take them. I have left *The Forum* in waiting rooms at the local health unit.

—Anonymous

How does our group use *The Forum*?

- For a meeting topic
- Leave at the health club or doctor’s office
- Give to a group member to take home and return later to be passed around
- Copy an article that hits home for a family member, but don’t show them *The Forum* as they still don’t want Al-Anon literature.
- Read it myself.

—Anonymous

How does your group make use of *The Forum*?

- We use it for topics often
- Give to newcomers to borrow or keep
- Put out on table at meetings
- Announce that it’s “a meeting in your pocket”
- Read it myself and use it to moderate

—Anonymous

Our group usually puts out issues of old *Forums*. We can borrow one but must return it. I really can’t remember any topics taken from the magazine. Personally, I hardly ever borrow one.

—Patti R., Gonzales AFG

Our group moderates with *The Forum*, especially for Concepts. We also send it with newcomers when we have duplicate copies.

—Anonymous

We use *The Forum* always at meetings. I also bought *Forums* for my Sponsees.

—Lucy

I use *The Forum* in the place of a meeting or when I need additional spiritual guidance and support in tough times. My group will make reference to articles in meetings.

—Anonymous

I use *The Forum* to moderate from and/or share at meetings. The group *Forum* is placed with the literature for anyone to take.

—Pamela M., Gateway to Serenity

I carry *The Forum* to read in the checkout line at stores. I read it for solace and inspiration and to keep up with news about WSO, Alateen, and Conference Approved Literature.

—Eric N., Tuesday Noon AFG, Mandeville

Al-Anon Members Web Site: www.al-anon.org/members/  La. Al-Anon Web Site: www.la-al-anon.org
First, I use *The Forum* for topics to moderate on at meetings whenever possible. Second, I promote it at meetings when I get the Group Representative copy monthly and deliver it to the table or the literature box; and third, I have ordered my own subscription so I can make copies of articles to give to newcomers who share their pain about their personal situations, so that they know they are not alone.

—Jeanine, Friday Morning Meeting, Covington

I pass it on to newcomers and use it for meeting topics.

—Cathy H., District 10, Covington, Tuesday Night

Being GR, I attempt to use *The Forum* as a source for our meeting topic. I usually read an article and we go from there. We do this at least once a month.

—Claire, Sunset Serenity

I’ve use *The Forum* to chair a meeting. I have donated my old *Forums* to the Al-Anon literature person to dispense at AA Convention.

—Carolyn L., Metairie

I use it to lead meetings, and members take it to read articles.

Anonymous

I love *The Forum*! I have used it in meetings, especially ones pertaining to my situation. I have shared special articles with others, left copies in waiting rooms and around my house. I read Steps/Traditions pages. *The Forum* has great, short articles that lift me up when I have two minutes.

—Anonymous

Members asked to support SCRDM in 2014

Louisiana is hosting the South Central Regional Delegates Meeting, February 28, March 1 and 2 in Lafayette.

At each SCRDM, past and current delegates from Louisiana, Texas East and West, Arkansas, Oklahoma, Kansas, and Missouri prepare new delegates for their first World Service Conference.

The seven areas take turns hosting the event, and 2014 is Louisiana’s turn.

Clara E. is chairperson for the 2014 SCRDM, and Clif B. is program chairperson. They are asking the groups to help make this event a success by supporting it in a number of ways.

One way is for groups to make “love gifts” to distribute to meeting participants. The gifts could be bookmarks with a special message, a small bag of candy, or any other ideas the groups can think of—something creative but inexpensive.

The due date for submitting group gifts is January 28.

Another way groups and individual members can support SCRDM is by contributing money to help defray the cost of the meeting room and food.

One way to raise that money is for GRs to collect loose change in a piggy bank at their home group meeting.

Some final ways to support the event are by hanging up and setting out the decorations, preparing the hospitality room, and greeting participants.

Members are encouraged to attend SCRDM to meet our past and current delegates and regional trustees, and to learn about the priorities at the World Service Office and what our trustees are doing to strengthen our unity.

The SCRDM venue is the Ramada Inn Lafayette (formerly Holiday Inn), 2032
NE Evangeline Thruway, Lafayette, LA 70505. Phone the hotel at (337) 233-6815 to make a reservation, and ask for the SCRDM special group rate.

Contact Clara E. or Clif B. for further information.

—

Minutes of the Business Meeting of the Membership of the Louisiana AFG Area Assembly Inc., August 25, 2013

A regularly and properly noticed meeting of the membership of the nonprofit corporation, Louisiana AFG Area Assembly, Inc. was held on Sunday, August 25, 2013

Chair opened the meeting with the Serenity Prayer followed by the Mission Statement of the LA AFG, 4 newcomers including one Alateen were acknowledged.

Upcoming 2013 Area Assembly will be held: November 16 & 17. Assembly will be held at the Holiday Inn: Baton Rouge -South Phone: 225-924-7021. Mention Area Assembly for group rates. Tentative 2014 Assembly Dates (subject to change): January 25 & 26, April 12 & 13, August 23 & 24, November 22 & 23.

South Central Region Delegates Meeting is February 28-March 2, 2014 at the Holiday Inn Central in Lafayette. All AFG members are welcome to attend and volunteers will be needed.

Secretary’s Report (Kelli S.): Not present. Clair moved that minutes be accepted as published and GW seconded. The minutes were accepted.

Alternate Delegate Report (Angela A.): We will have a WSO staff member speaking on Saturday at the next Assembly.

Delegate’s Report (Sylvia G.): Conference Summaries are available today at the break. The new workshop is Opening our Hearts, Transforming Our Losses and has already been requested in Faraday, Northshore and Southshore, Lake Charles and Baton Rouge AIS. Looking for greeters for SCRDM. Sylvia is available to answer questions for anyone interested in standing for Delegate. Qualifications and duties for positions are available online and in your service manual. August 18, 2013 Chairman of the Board letter was read. (Letter available online to members at http://al-anon.org/members)

Newcomers Report (Jay P.): At least 25 newcomers, and expecting just as many for the next assembly. Old GRs can bring new GRs.

Convention Report (Becky): Not present, no report.

Group Services (Katie): Goal: To update the pamphlet What Are Assemblies All About or What Am I Doing Here? to reflect Louisiana Assembly. Continuing to reach out to our groups to encourage participation and act as Alternate GR. Goal Met: Our art was displayed at the Convention.

Fellowship Communication (Eric): Goal: promote the use of Conference Approved Literature (CAL). Goals Met: Group assembled 100 bookmarks promoting CAL as only literature to be used in meetings, as suggested in the Service Manual. Bookmarks will be handed out in packets at the November Assembly along with pamphlets Al-Anon
**Spoken Here and Why Conference Approved Literature?**

Membership Outreach (Claire): Goals Met: *Forum* subscriptions were ordered for winners of Name the Convention. GW updating New Orleans AFG website, developing year-long calendar, temporary tent cards promoting WSO visitor will be sent via email. Goals Set: promote WSO Staff Member visit, promote SCRDM as a service opportunity. Members should be mindful of anonymity in online or electronic formats (See publications G-39 & G-40: *Electronic Al-Anon Meeting Guideline and Guideline for Al-Anon Web Sites*).


Cooperation with the Professional Community (CPC): Speakers have been or will speak at Jewish Family Center, TAU Center, St. Christopher’s, and Victory & New Horizons inpatient facilities. *Al-Anon Faces Alcoholism* (AFA) has been or will be available at St. Elizabeth General Hospital, Court Sobriety Picnic, SAMS Substance Abuse Ministry of Slidell, NAMI conference in Covington, NAMI and St. Tammany Suicide Prevention Behavioral Health Fair, North Oaks Hospital.

Public Information: PSA was played on Channel 12 in Shreveport, Channel 8 in Monroe/El Dorado, Channel 6 in New Orleans, Channel 3 in Lafayette and Channel 2 in Baton Rouge. Sending thank you messages to these stations is encouraged. Dear Abby’s column on July 13 referenced Al-Anon, and thank you messages for that are also encouraged. Libraries in Tangipahoa and Baton Rouge will be carrying select CAL pamphlets and AFA.

Al-Anon in AA Conventions: Al-Anon will have a presence at Tri-State Convention in October and Big Deep South Convention in New Orleans.

Hispanic Outreach: First Hispanic Outreach was held in New Orleans.

SCRDM 2013 Report (Clara): Inviting all members to the South Central Region Delegates Meeting, February 28-March 2, 2014 at the Holiday Inn Central in Lafayette. This meeting is primarily for past and present delegates from seven areas: Louisiana, Oklahoma, Texas East, Texas West, Arkansas, Kansas and Missouri. Clara is General Chair, Clif is Program Chair, Gail is Food Chair and Sylvia is Greeter and Decoration Chair. Members are encouraged to donate clerical help, volunteer time, king cakes, sweets, bookmarks, etc., Contact Clara to coordinate donations.

**Unfinished Business:**

Eric N. received great responses for *La Treasure Chest* regarding groups’ having and ample reserve.

Elections are in November. All positions will be available, and qualifications for those positions are in your *Service Manual*. In November, you should bring your new GR with you. Bring letter or authorization from your group allowing you to vote. Consider standing for office if you are or have been a DR. Call Clif with any questions.
Website: Committee met and shared their findings. There was discussion on the floor. A motion was made to activate a new version of the website on Weebly. Motion numbered 13-2 would authorize the activation of a new version of the website. The same information and data will be accessed through an updated page design. Forty-two Group Representatives were present. The motion, submitted by Johnny A. and seconded by GW, passed with 42 yeas, 0 nays and 0 abstentions.

New Business:

Reserve Fund: History was given on why the Reserve Fund exists. It was created 15 years ago. Sylvia suggested that the fund be increased from $2000 to $4000. There was discussion on the floor. Chair suggested that Group Representatives take this issue back to their groups for further discussion and revisit the topic at the next assembly.

Forum/La Treasure Chest Coordinator Name Change: A motion was made to change coordinator name for Forum/La Treasure Chest Coordinator. History was given and there was discussion on the floor. Motion numbered 13-3 would move to change the name “Forum/La Treasure Chest Coordinator” to “Forum Coordinator” and change the name “Newsletter (La Treasure Chest) Editor” to “La Treasure Chest Editor/Coordinator” and update the duties of each accordingly. Forty Group Representatives were present. The motion, submitted by Clara E. and seconded by Cindy D., passed with 40 yeas, 0 nays and 0 abstentions.

Alternate Chair (Sara): This position is mostly logistics. $119 was raised in the silent auction. Total attendance was 74 people, up from 68 last Assembly, with 22 hotel rooms. $370 was received in registration. Members and visitors pay registration. Assignments for November Assembly: Sat. Morning Meeting (8:30-9:30): GW/D10; Saturday Registration: Bill S./D4; Salts: Jan/D6; Sweets: Angela/D13; Night Owl Meeting: Estelle/D7; Sunday Morning Meeting (8-8:30): Lucy/D14; Sunday Registration: Bob/D15; Silent Auction: Gail T./D12. Spirit Stick goes to District 10. Suggest a “Most Improved” award for next set of officers.

There being no further business to come before the committee, the meeting was adjourned. The Chair closed the meeting with the Al-Anon Declaration.

Submitted by Kelli S., Secretary

—

Reminder to bring to Assembly:
• The Service Manual
• Chairperson’s letter, if posted
• GR Voter Authorization Letter
• Silent Auction items
• As many newcomers as possible
Our Legacies: The Spiritual Journey of Changing “Me” to “We”  
By Denise S., Panel 51, Delegate, Nevada

I cannot imagine what my life would be like without Al-Anon. Most of my life was about taking care of others. However, when I began attending Al-Anon meetings, I was told to focus on me.

As the years passed and the Legacies became part of my everyday life, I received the gifts of the program to be part of the “we.” I didn’t intend to be a part of the group. I was just forging ahead and “fixing” what was not being done correctly at the group level. For instance, the literature person was not ordering the correct number of pamphlets and books. My motives were to just straighten things out for the group.

I am grateful my Higher Power has a sense of humor. That opportunity to be of service was the beginning of giving and receiving through the fellowship.

As new service opportunities became available, I stepped up and participated. My spiritual growth in the program was developing, and my understanding moved beyond the Steps to the Traditions.

I realized that while I was giving and doing for others, I actually was carrying the message by practicing the principles in all my affairs. I interacted with members by just being me and not forcing solutions for the group.

In time, I began to participate at the Area level, and my eyes were opened to the worldwide picture of Al-Anon. I enjoyed riding with others to Area Assembly, planning events together, asking for help, and sharing ideas. I began to have confidence in myself and love for what Al-Anon really is.

As my personal life changed, my service to Al-Anon expanded. The business of Al-Anon became an important part of who I am. I’m a hands-on person and learn best by others’ examples, so I followed and became a part of the “we” at the Area level.

I interacted with members I only saw twice a year. I listened and learned. It was not all about me and my idea of what was right for Al-Anon.

I must admit that being Delegate was not in my plan. A friend sent me a message stating ten reasons I should submit a résumé for Delegate. As I look back on that list, I laugh to myself. I guess she was nudging “me” into the “we.”

Here I am today, participating in the third year of my service to the worldwide fellowship of Al-Anon Family Groups, and all I can say is thank you to everyone for being a part of my journey of change.

Reprinted with permission from Area Highlights, Fall 2013 edition.
<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>WHO ATTENDS</th>
<th>LOCATION</th>
<th>DISTRICT</th>
<th>CHAIR</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 am</td>
<td>Officers Meeting</td>
<td>Senior Officers; AA Officers</td>
<td>Mesquite</td>
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<td>Clif B.</td>
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<td>9:30 am</td>
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<tr>
<td>8:30 am</td>
<td>Al-Anon/Alateen Meeting</td>
<td>Everyone</td>
<td>Sedona 3</td>
<td>District 10</td>
<td>GW</td>
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<tr>
<td>9:00 am</td>
<td>Registration - $5.00</td>
<td>Everyone</td>
<td>Sedona 3</td>
<td>District 4</td>
<td>Bill S.</td>
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<tr>
<td>10:00 am</td>
<td>Newcomers Meeting</td>
<td>New GRs, Alt.GRs First time Attendees</td>
<td>MESSA 1 Room</td>
<td>Coordinator</td>
<td>Jay P.</td>
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<td>11:00 am</td>
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<tr>
<td>10:00 am</td>
<td>Area World Service Committee (AWSC) Meeting</td>
<td>Area Officers, Area Coordinators, DRs and Alt. DRs, Past Delegates, AIS/Intergrup Liaisons, Special Comm. Chair</td>
<td>Sedona 3</td>
<td>Assembly Chair</td>
<td>Clif B.</td>
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<td>11:45 am</td>
<td>Hospitality Room</td>
<td>Everyone 200 people</td>
<td>Dist. 6 Jan = salts Dist. 13 Angela=sweets</td>
<td>We will host again Second Assembly in 2014.</td>
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<tr>
<td>12:30 pm</td>
<td>Workshop by Tom C., WSO Associate Director of Communications—Literature</td>
<td>Everyone</td>
<td>Sedona 3</td>
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<td>Brea k</td>
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<tr>
<td>1:45 pm</td>
<td>Workshop, continued</td>
<td>Everyone</td>
<td>Sedona 3</td>
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<td>2:45 pm</td>
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<td>2:45 pm</td>
<td>Break</td>
<td>Everyone</td>
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<td>3:00 pm</td>
<td>Chairs</td>
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<td>1.- Budget &amp; Fin Coord.</td>
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<td>2.- Newsletter Coord.</td>
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<td>3.- Public Outreach Coord.</td>
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<td>4.- Group Record Coord.</td>
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<td>Action Committee Meetings:</td>
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<td>1.- Membership Outreach</td>
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<td>3:00 pm</td>
<td>2.- Fellowship Communication</td>
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<td>3.- Public Outreach</td>
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<td>4.- Group Services</td>
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<td>1.- Sedona 3</td>
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<td>3:00 pm</td>
<td>2.- Sierra 3</td>
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<td>3.- Mesquite</td>
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<td>Districts:</td>
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<td>3:00 pm</td>
<td>1.- Districts; 3,4,7,10, 16</td>
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<td>3:00 pm</td>
<td>2.- Districts; 1,5,14,18, 19</td>
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<td>3:00 pm</td>
<td>3.- Districts; 2,8,9,15,17</td>
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<td>3:00 pm</td>
<td>4.- District : 6,11,12,13</td>
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<tr>
<td>4:20 pm</td>
<td>DR Meeting</td>
<td>DRs and Alt. DRs</td>
<td>Sedona 3</td>
<td>Alt. Chair.</td>
<td>Sara F.</td>
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<td>4:45 pm</td>
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<tr>
<td>4:20 pm</td>
<td>GR Meeting</td>
<td>Forum Coord. and GRs</td>
<td>Sedona 3 rear</td>
<td>Forum Coordinator</td>
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<td>4:45 pm</td>
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<tr>
<td>7:30 pm</td>
<td>Al-Anon speaker: Tom C.</td>
<td>Everyone</td>
<td>Sedona 3</td>
<td>Dist. 7</td>
<td>Estelle</td>
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<tr>
<td>8:30 pm</td>
<td>Directly following speaker</td>
<td>Everyone</td>
<td>Sedona 3</td>
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Al-Anon Members Web Site: www.al-anon.org/members/,  La. Al-Anon Web Site: www.la-al-anon.org
**Al-Anon Faces Alcoholism 2014—just what the doctor ordered**

By Pat Q., Associate Director of Communications—Media, reprinted with permission from *Area Highlights*

 Volunteers who planned ahead managed to order sufficient copies of *Al-Anon Faces Alcoholism* to replenish supplies in local lobbies and waiting rooms.

Professionals have expressed their gratitude for this public outreach service. Professionals have also expressed appreciation for Al-Anon members who placed copies of AFA for their clients’ families in the first place, and contacted WSO to request more copies.

The Associate Director of Communications—Professionals has relayed such requests to Area Public Outreach Coordinators, but not all local service arms have had enough extra copies on hand to meet the demand. Once the public takes the initial supply of magazines and meeting schedules home with them, many opportunities for more families and friends of alcoholics to find Al-Anon are gone.

Will you revisit some of the places where you placed copies of AFA to see if they need more? According to the 2012 Membership Survey, 46 percent of Al-Anon members came to their first meeting as a result of a professional referral.

Families and friends of alcoholics are naturally interested in their loved one’s recovery, so the idea of going to an Al-Anon meeting is something they have been willing to consider. All they need is convenient access to information from professionals and Al-Anon members.

*Al-Anon Faces Alcoholism* and local meeting schedules are just what the doctor ordered, but the doctor needs a little help from Al-Anon members.

For more suggestions about local public outreach projects, see *The Best of Public Outreach* under the Public Outreach tab on the Members’ Web site at [www.al-anon.alateen.org/members](http://www.al-anon.alateen.org/members), and contact your Area Public Outreach Coordinator. Thank you for everything you are willing to do for the families and friends of alcoholics.

---

**LOUISIANA AREA ASSEMBLY VOTER AUTHORIZATION**

This letter authorizes ________________________________ to vote at the November 2013 Area Assembly for Al-Anon Group __________________________________________ Group # _______

Assembly for Al-Anon Group ________________________________ Group # _______

Signed:_________________________________________

(Group officer, member, or DR)

Al-Anon Members Web Site: [www.al-anon.org/members/](http://www.al-anon.org/members/)  La. Al-Anon Web Site: [www.la-al-anon.org](http://www.la-al-anon.org)
# LOUISIANA AREA ASSEMBLY ACTION COMMITTEES

<table>
<thead>
<tr>
<th>FELLOWSHIP COMMUNICATIONS</th>
<th>GROUP SERVICES</th>
<th>MEMBERSHIP OUTREACH</th>
<th>PUBLIC OUTREACH</th>
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<tr>
<td><strong>Newsletter Editor</strong></td>
<td><strong>Group Records Coordinator</strong></td>
<td><strong>Budget and Finance Coordinator</strong></td>
<td><strong>Public Outreach Coordinator</strong></td>
</tr>
<tr>
<td>Literature Coordinator</td>
<td>Archives Coordinator</td>
<td>Convention Coordinator</td>
<td>Assistant Public Outreach Coordinator</td>
</tr>
<tr>
<td><em>Forum Coordinator</em></td>
<td><em>Alateen Coordinator</em></td>
<td><em>Assembly Alternate Delegate</em></td>
<td><em>Web site Coordinator</em></td>
</tr>
<tr>
<td>Assembly Chair</td>
<td>Assembly Treasurer</td>
<td>Assembly Alternate Chair</td>
<td>Assembly Secretary</td>
</tr>
<tr>
<td>District &amp; Group Representatives, and group members from Districts 1, 5, 14, 18, 19</td>
<td>District &amp; Group Representatives, and group members from Districts 6, 11, 12, 13</td>
<td>District &amp; Group Representatives, and group members from Districts 3, 4, 7, 10, 16</td>
<td>District &amp; Group Representatives, and group members from Districts 2, 8, 9, 15, 17</td>
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<tr>
<td>SIERRA 3</td>
<td>SEDONA 3</td>
<td>MESA 1</td>
<td>MESQUITE</td>
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</table>

*These Coordinators serve as Action Committee chairmen and are responsible for the following:
1. Read Action Committee reports at the Assembly business meeting.
2. Submit a written report to the Newsletter Coordinator in a timely manner.
3. Maintain a summary page of the Action Committee goals and objectives and publish it in *La Treasure Chest*

## ACTION COMMITTEE GOALS AND OBJECTIVES

**Fellowship Communications Committee**
Encourage the use of Conference Approved Literature (CAL) and *The Forum*, encourage member response to need for new literature, and provide guidance on the use of CAL and *The Forum* in group meetings and all Al-Anon functions.

**Group Services Committee**
Strengthen connection between the Assembly and existing groups, encourage each group to have a GR attend the Assembly, reach out to newly registered groups to invite participation, keep mailing list current and record history of the group.

**Membership Outreach Committee**
Find ways to communicate within the fellowship about Al-Anon and Alateen activities, plan cooperation and information sharing for Al-Anon and Alateen participation in Area conventions and workshops, and reach out to members to invite unity and participation.

**Public Outreach Committee**
Carry out our primary purpose through outreach to the public and professional community, help reach the goal that every person will know that Al-Anon and Alateen are the best source of help for families and friends of alcoholics, and make getting in touch with Al-Anon and Alateen easier in Louisiana.