

# 2021 \*\* MAY Bulletin \*\*

AFG of Mass / Literature Distribution Center

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Mon - Fri 9am-4pm

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Directions to Westborough office: From Mass Turnpike and Rt 495 Mass Pike exit 11 A to 495 North. Then take Exit 23 B which is Rt. 9 West go 1.3 miles to Rt. 30 West and circle under Rt 9. Go 1.3 miles to 57 East Main St (Downtown Crossing) on your left. It is across from CVS. Enter the lobby under the clock tower – office is at left of elevator. Alternate route from Rt 9: If heading east, turn right on to Lyman St. or, if heading west, turn left on to Lyman St. At end of Lyman St, turn right on to Rt 30 which is East Main St [How to visit office during Covid-19.](#)

NOTE: Our MA meeting list and events are listed on our website [alanonMA.org](http://alanonMA.org).

Group and individual member donations to MA Al-Anon and Alateen can be made online at [alanonMA.org/contribute/](http://alanonMA.org/contribute/)

Other helpful links can be found on the World Service Website: [Al-Anon.org](http://Al-Anon.org)

Be sure this bulletin is available for all members to review at each meeting.

**Area World Service Committee** meetings for all District Reps, Coordinators, Area officers & interested members. Have your *Al-Anon/Alateen Service Manual*, Area 25 documents i.e.: By Laws etc & minutes from the last meeting, etc

**Meeting dates: 2021 5/2, 6/6, 9/12, 11/7, 12/5 from 1-4pm – held virtually**

Information will be emailed to AWSC the week before meeting and will include Zoom information. All members welcome. Please call the Area Office at (508) 366-0556 – Mon-Fri (9am to 4pm) if you would like to attend meeting and do not have zoom information

## Area 25 - Panel 59 Coordinators

Alateen Coordinator: Liz W. 508-942-0698  
[Area25alateen@ma-al-anon-alateen.org](mailto:Area25alateen@ma-al-anon-alateen.org)  
Alternate Alateen Coordinator: Terry C. 508-842-5187  
[Area25altalateen@ma-al-anon-alateen.org](mailto:Area25altalateen@ma-al-anon-alateen.org)  
Archives Coordinator:  
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Institutions Coordinator  
Literature Coordinator: Sandy F. 413-786-3390  
[Area25literature@ma-al-anon-alateen.org](mailto:Area25literature@ma-al-anon-alateen.org)  
Public Information Coordinator: Mark L. 413-519-4401  
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Ways & Means Coordinator:  
Website Coordinator: Terry S. 978-808-7688  
[website@alanonMA.org](mailto:website@alanonMA.org)  
Liaison to AA Coordinator: John D. 781-910-7652  
[Area25liaisontoAA@ma-al-anon-alateen.org](mailto:Area25liaisontoAA@ma-al-anon-alateen.org)

## Area 25 - Panel 59 Officers & Other AWSC members

Area Delegate Irene T. 413-454-2216  
[Area25delegate@ma-al-anon-alateen.org](mailto:Area25delegate@ma-al-anon-alateen.org)  
Area Alt Delegate Pauline E. 774-251-8253  
[Area25altdelegate@ma-al-anon-alateen.org](mailto:Area25altdelegate@ma-al-anon-alateen.org)  
Area Chair Richard M. 617-547-5431  
[Area25chair@ma-al-anon-alateen.org](mailto:Area25chair@ma-al-anon-alateen.org)  
Area Secretary Sue P. 508-274-5102  
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Area Treasurer Jane P. 617-759-5711  
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Convention 2021 Luisa F. 978-618-1692  
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MAC 2021 Johanna L. 774-291-2641  
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**From your Area Delegate** - Okay... in all honesty I'm exhausted. Don't get me wrong, this is a good exhausted but I'm really tired, nonetheless. T.S. Elliot said, "April is the cruelest month" and I have to say that in my personal life there has been a bit of truth in that description. In 2006, I got divorced, had hernia surgery, and lost my father all in the same week in April which made me believe that April truly /was not nice! But in Al-Anon I have learned that things do not seem as they appear. Yes... things happen that are/can be challenging, hard, cruel and seem insurmountable but they also can be opportunities if we choose to look at them differently with "Al-Anon" eyes. April 2021 was one of the most challenging April's of my life and I can say without a doubt I would not have gotten through to May 2021 without this program and the amazing and loving members who make up this program in Area 25, Massachusetts. I am truly blessed.

First... there are not enough words to express how truly proud I am of all of those who made our first virtual convention happen and for those who know how much I talk I am sure you're stunned! I simply don't have the words. YOU ALL MADE IT HAPPEN! So many people from across the nation and the world attended and got what they needed BECAUSE OF YOU! You folks put into action our primary purpose and we are all the better for it... thank you, thank you, thank you, thank you...

From the convention, literally three hours after its end, I began the 61<sup>st</sup> Annual World Service Conference. For five (5) days I attended meetings for approximately ten (10) hours per day with very few breaks. I was very honored to represent you all. Exhausted? Yeah, just a bit! What kept me going was YOU! I got so many cards, emails, voicemails and more letting me know how much my service is appreciated and to remember that I am never alone in any of this. I am (still) overwhelmed by the support and the love. You trusted me to represent you and to be your voice. It is the most sacred of responsibilities and one I have never taken lightly. I hope I've done you proud... So much happened! So much to share! So much to do! Please join us on Saturday, May 15<sup>th</sup> to hear what's going on, where we're going and how you can be a part of it all!

I am forever grateful for the honor of being your delegate... see you soon!

Irene T. Area Delegate

**From your Area Chair** - It's finally getting warmer and our Spring Assembly is upon us. Our Delegate will report on the World Service Conference and we hear from our coordinators, convention chairs, and area officers. Then all important decisions are discussed and votes are cast by each group representative. Together, guided by our Second Tradition, they form our Area's Group Conscience.

"Participation is the key to harmony." Please support your GR/Alternate GR to attend. And provide time in your meeting for a report back. Although only GRs vote at Assembly, anyone can attend and because it's virtual it's easy to drop in – just ask your GR for the links.

Richard M Area Chair

**From your Area Treasurer** - Dear Al-Anon/Alateen Family,

Oh, spring is here and it's all bursting with life, joy and spectacular colors. I am back seeing my dear, sweet grandchildren and I am such a happy Mimi. Because of our beautiful program, I am able to be there for these little ones in ways I simply could only have dreamed of, before working on my recovery. I feel better about myself, which I transmit to them (please, it doesn't mean I'm perfect-NOT) and our connection is such a gift.

Speaking of gifts, you all continue to send them with your love and support. Personal donations continue to stream in and although we are a little below what we budgeted, understand that we DOUBLED the line item for these donations, so we are hanging right in there. THANK YOU.

**Year-to-date: \$9,919.00 (\$3,412.00 below what we hoped for).**

Literature sales are robust but mostly individual sales:.

**Year-to-date: \$14,037.00 (\$9,300.00 less than we hoped for).**

**Expenses are way down so we are, on 4/15/21, \$4,040.00 behind.** This is where we thought we'd be when we did the budget: not a disaster, but we're in the red currently, and we all need to keep an eye on this. This is our fellowship and OUR budget and OUR finances.

These numbers are just that, numbers. Area 25 is thriving in so many important and spiritual ways and I am so grateful every day to be a part of this life-saving program.

PLEASE KEEP SENDING YOUR DONATIONS remembering that you all, each and every one of you, give to this program every day by your mere presence. We continue to need your help financially, if you can, each and every month. I am sending love and serenity to you all,

Jane P. Area Treasurer

**From your 2021 Al-Anon/Alateen Convention Chair** We had a tremendous Convention this past month. We had 833 registrations (10-new members, 10 Alateens, 93 AA members, 721 Al-Anon Members) from 4 countries, 34 states with 144 Volunteers – This is truly AMAZING!

“...These reactions to alcoholism affect my relationships and the quality of my life, but as I learn to recognize them and to accept that I have been affected by a disease, I begin to heal. In time, I discover feelings of self-worth, love, and spiritual connectedness that help me to counteract the old responses. No matter how severely I have been affected, Al-Anon can help restore me to sanity.” *Courage to Change* (B-16, pg 91)

We paid our dues to get here. Let's walk with grace, accepting life in its own terms and still find beauty and gifts. Thank you for supporting and attending YOUR convention.

Luisa F, 2021 Al-Anon Convention Chair

**From your Area Website Coordinator** - Greetings from the Website Committee!

**Additions to the website coming soon:**

- **New menu tab - SERVICE (coming soon)** – Are you a GR, DR, in another Area service position, or just interested in how the “Links of Service” works in our Area? This new tab will include a pdf of the Al-Anon Service Manual with a clickable table of contents, area job descriptions, and a list of service opportunities.
- **More outside-of-MA Al-Anon events** will be included on our Calendar- to give our website visitors more virtual workshops and conventions they can attend. View these at <https://alanonma.org/events/>

**Can you help?**

- **Help us find missing MA meetings!** We are still missing information for the website on many meetings. If an active (or suspended) group is not listed on the MA website list <https://alanonma.org/meetings/>, and you'd like to add it, go to <https://alanonma.org/request-meeting-list-change/> to find out how. Any questions - contact [website@alanonMA.org](mailto:website@alanonMA.org).
- **Is your group a Hybrid meeting (both in-person and online)?** There is a lot of interest in how to set up a hybrid meeting. If you are willing to share your experience on our website, please send a description of how you set it up, and how it is working, to the website coordinator at [website@alanonMA.org](mailto:website@alanonMA.org).

**Thank you** for sending us calendar events (continue to use the “ADD EVENT” button above the calendar), and for continuing to send updated meeting information.  
Terry S Website Coordinator & Website Committee

**From your Area Literature Coordinator** Dear Fellow Members, Welcome to May! How did we get here so fast? I’m thinking vacation! I can make plans and make decisions today because I know I have **Choices**. Before Al-Anon I felt trapped and stuck. I didn’t realize I had **choices** in any situation I found myself in. I really like this quote from the bottom of page 79 in *Discovering Choices—Our Recovery in Relationships* (B-30). “In Al-Anon I learned that I don’t need to react. I can wait, think things over, and make a decision that is best for me.” I see myself in many of the sharing’s throughout this book. At the end of each chapter are questions for thought and discussion. I’ve gotten greater insight into myself from the study of this wonderful book.

Copies of this book and many others can now be purchased right on our Massachusetts Al-Anon website, [www.alanonma.org](http://www.alanonma.org). Your purchase supports our Area Office.

In gratitude and service, Sandy F., Area Literature Coordinator

**From your Public Information Coordinator** Of my many motivations and incentives for outreach to the public with the message of Al-Anon spoken of in Step 12, I find Tradition 5 to be the most powerful; EACH AL-ANON FAMILY GROUP HAS BUT ONE PURPOSE: TO HELP FAMILIES OF ALCOHOLICS. We do this by...welcoming and giving comfort to families of alcoholics. This is probably as important for each one of us as it is for the newcomer to our fellowship. *Reaching for Personal Freedom* (P-92) reiterates that idea on page 88 by saying this: “After living in a small town for 39 years, my spouse and I moved to a large city...At my first Al-Anon meeting in the city, I saw people I knew from Area Al-Anon activities. It felt good to see them and receive their hugs. I was on the receiving end of Tradition Five. I needed the understanding, comfort, and support of these Al-Anon members. They helped me through another day. Now, I can use this experience to help others, just as I was helped.”  
Mark L. Public Information Coordinator

### Special Notices

Sat (Apr 24-May31) – Leominster “Saturday Serenity AFG” – will be meeting in person at Allencrest Community Center, 138 Viscoloid Ave

### May 2021 Events are all Virtual

Events and login information can be viewed on our website’s Calendar of Events at [alanonMA.org/events/](http://alanonMA.org/events/)

To add your group or district event to our website calendar go to [alanonMA.org/add-event/](http://alanonMA.org/add-event/)

**Thu 13 – Lancaster (moved from Clinton)** “Better Late Than Never AFG” 7:30 pm (login starts at 7:00pm) will celebrate their 58<sup>th</sup> Anniversary on Zoom ...Zoom ID: 827 9976 8889 Zoom passcode: 031684 dial in 1-646-558-8656

**Fri 14 – Westboro** - “Wednesday Twelver Steppers AFG” & “Joy of Living AFG” combined group anniversaries on Zoom, Log-in at 7:00pm for 7:30pm meeting..Zoom Meeting ID: 85412242394, Passcode: 973177, by phone: 1-646-558-8656

**May 15, Area 25 Spring Assembly** – Virtual – Registration starts at 8:45am (9:00-12:00pm, 1:00-3:00pm)... hop on and hear our Delegate, Irene T. give her report of the 2021 World Service Conference

#### **Zoom for Main Meeting**

Meeting ID: 893 7583 0229 Password: 775523

<https://us02web.zoom.us/j/89375830229?pwd=QmJ2Tk1CWC9iZEhxTWNRSWJmY3phdz09>

To Telephone, call using this long number:

19292056099,,89375830229#

Or call: 1 929 205 6099 and enter ID & PW

**Tue 18 – Chelmsford** “Search For Serenity AFG” 7:00 pm will celebrate their 47<sup>th</sup> Anniversary on Zoom ...Zoom ID: 844 5752 7477 Zoom passcode: 606593 dial in 301-715-8592

### Upcoming events

**June 19 – District 20** “When I Got Busy I Got Better” event 6:30pm-8:00pm on Zoom. Speakers, breakout rooms, trivia contest and fellowship. Zoom information will be provided in June bulletin. Please save the date.

### Thought for the month

“Listening, hearing, thinking, and reading about a spiritual awakening are fine, but if I really want this gift, there is something I can *do* about it: I can get involved.”

*Courage To Change (B-16) p. 336*

## New Face to Face Meetings & Virtual Meeting changes as of 4/29/21 (COVID 19 safety precautions in place)

Wed	Change	Northampton	OD	The Northampton Recovery Center, 25 Armory St. (still on zoom/new address when physical meeting starts back)
Thu	Change	Winchester	OD	St. Eulalia's (now meets at 8:00pm)

There are meeting changes on the website weekly. Please check that your meeting is listed currently at [alanonMA.org/meets/](http://alanonMA.org/meets/)  
To request a meeting list change, go to [alanonMA.org/request-meeting-list-change/](http://alanonMA.org/request-meeting-list-change/)

### Next District meeting for all Group Reps, Alt Group Reps and interested members

To add your District Meeting to the website calendar, go to [alanonMA.org/add-event/](http://alanonMA.org/add-event/)  
This will be included in the monthly bulletin if received by the 15<sup>th</sup> of the prior month.

District	Date	Time	Virtual Login information	Contact
1	June 1	7:00pm	Mtg on Zoom Meeting ID: 880 647 8474 Passcode: ODAT	Anne M. 508-954-2412
4	June 13	9:00am	Mtg on Zoom – please contact Maggie D. for specific Zoom information	Maggie D. 508-367-6716
10	June 10	7:00pm	Mtg on Zoom – please contact Wendy M. for specific Zoom information	Wendy M. 857-928-7761
11	May 10	7:30pm	Mtg on Zoom Meeting ID: 824 7001 2468 Passcode: 282305	Michele R. 978-460-1677
12	June 22	7:00pm	Mtg on Zoom Meeting ID: 663 322 4175 Dial In: 301-715-8592, 6633224175# US (Washington DC)	Stephanie S. 617-365-9469
13	May 8	9:30am	Meeting on Zoom Meeting ID: 862 663 266 Passcode: 1951 Dial In: 301-715-8592	Liz F. 978-500-3036
22	May 11	7:00pm	Mtg on Zoom – please contact Paul G for specific zoom information	Paul G. 408-963-1597

### AIS/LDC News from your Area office in Westboro

**YES.....WE ARE OPEN! Mon-Fri 9:00am - 4:00pm**

△ Our AIS/LDC office is continuing to follow COVID 19 guidelines. Employees have been fully vaccinated. We ask visitors to wear a mask, knock on office door upon arrival and we will greet you, asking COVID related questions, provide hand sanitizer & will ask for first name and a contact number in case contact tracing is needed. If you prefer to not enter the office, please call ahead (508-366-0556) and we will take the order over the phone, confirm amount owed and will swap packed order & receipt with payment at office door.

△ CHECK OUT OUR NEW ONLINE LITERATURE STORE at [alanonMA.org/literature-store/](http://alanonMA.org/literature-store/)

At this time the following books are "out of stock" at WSO, (can still be ordered, but will be on backorder & sent when available);

B-4 - *Dilemma of the Alcoholic Marriage*

B-21 - *From Survival To Recovery*

B-29 *Opening Our Hearts, Transforming Our Losses*

B-32 *How Al-Anon Works*

### THE 2021 AL-ANON MEMBERSHIP SURVEY

Calling all Al-Anon members with one day to 70 years in the program!

Concept Four states, "Participation is the key to harmony." Your participation is needed to provide data-supported information to mental health professionals so that they might consider referring their clients to Al-Anon for support.

#### The Survey Is:

- Conducted every three years since 1985.
- **Open from June 16, 2021 to July 27, 2021.**
- Available to all Al-Anon members, ages 18+ years-regardless of time in the program.
- Available in English, Spanish, and French.
- Short enough to be taken in 15 minutes.
- Mobile friendly.

#### The Survey Is Not:

- Collecting personal information.
- Breaking your anonymity by taking part in it.

Members will be able to visit [al-anon.org/member-survey](http://al-anon.org/member-survey) to participate!