

2021 ** JAN Bulletin **

AFG of Mass / Literature Distribution Center

57 East Main St Suite 109 Westborough, MA 01581-1457

Mon - Fri 9am-4pm

Tel: 508-366-0556

www.ma-al-anon-alateen.org



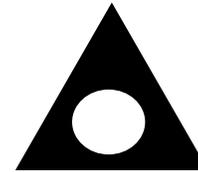
Fax: 508-366-2571

e-mail: afgofma@aol.com

LDC: 508-366-4663 with voice mail

Worldwide meeting information: 1-888-4Al-Anon

WSO members only site: www.al-anon.alateen.org/members



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

NOTE: The events section & meeting list booklet changes are posted each month on www.ma-al-anon-alateen.org under News & Events – Group events. No personal information is listed. 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 & any 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 Dates 1/10, 2/7, 3/7, 6/6 from 1-4pm – held virtually

Information will be emailed to AWSC 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
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Alternate Alateen Coordinator Terry C. 508-842-5187
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Budget Coordinator Margot S. 508-881-3649
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Institutions Coordinator
Literature Coordinator Sandy F. 413-786-3390
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Public Information Coordinator Mark L. 413-519-4401
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Ways & Means Coordinator
Website Coordinator Terry S. 978-808-7688
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Area 25 - Panel 59 Officers & Other AWSC

members
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Area Delegate Irene T. 413-454-2216
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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 - HAPPY NEW YEAR! 2021 IS HERE! (Okay...Now what?)

I have always found the approach of the new year with hope and cautious optimism. Before program, I always said the same silent declaration: ***“This year will be better than the last one was”***... Then the new year would begin with promise, excitement, parties and resolutions. By February, I was once again living the film “Groundhog Day”... faced with the same issues, the same disagreements, bigger disappointments and greater grief, anger and helplessness. This was my life growing up in an alcoholic household, the Merry-Go-Round that goes round and round and round. And it was the home I created on my own.

Many of us had tremendous hopes riding on the year 2020. The year just lent itself to the idea of seeing things clearer (20/20 vision after all) and that we would “see” improvements in our lives and the world. We pinned on our hopes on a medical expression (20/20 vision) and we just knew 2020 was going to be OUR year! In reality? Not so much. Or... was it? Upon reflection, I would say that 2020 DID give many of us a new vision of our lives, our priorities and our program. We have an expression in Al-Anon that when we show up for meetings (especially when we didn’t want to go) in the end, we find ourselves satisfied in “getting the meeting we needed”. For me, 2020 was the year-long meeting I truly needed.

Now, don’t get me wrong, I had plans, goals, desires and things I was really looking forward to in 2020. 2019 had been a year of surprises (hello new area delegate service!); seeing my family for the first time in years (and we all got along!) and all in all things went okay. But... “2020 was going to be better than 2019”.

Well... 2020 was packed full of challenges, countless “C’mon! You’ve got to be kidding!” moments; an international pandemic that rivals all others in modern history; widespread economic disaster and all that goes with it (job loss, homelessness and the loss of the basic needs of day-to-day living) and a national reckoning regarding race in this country. Are these Al-Anon issues? **Tradition Ten** says: **“The Al-Anon**

Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy” so no. BUT... I maintain that had it not been for the Al-Anon program; I would not have survived 2020.

Living my program all of these years, brought me the invaluable tools that made 2020 bearable. By working my program, I attended all of those meetings, read CAL, actively listened to countless sharings of experience, strength and hope and by doing service; I had created an incredible toolbox with implements that allowed me to create a world where I knew I could face whatever the day brought to challenge me. No, they weren't new tools, they were ones I have worked hard to own and worked even harder to learn to use effectively. One reading in particular truly resonated with me this year is found in *From Survival to Recovery: Growing Up In An Alcoholic Home*, (B-21), pp 269-270. Best of all... I was reminded over and over again that I wasn't living alone in 2020. You all were there with me and for that I am truly grateful.

I envision 2021 being a year of recovery from 2020 for all of us and those we love. I am excited by what possibilities we will discover in 2021 and for the goals we set as an area. Change is coming as we begin the last year of our panel and we as an area are more than up for the challenges that lie ahead. How do I know this? Looking BACK at 2020, I see the amazing accomplishments of this area, the creative and dynamic ways members found and utilized to meet and exceeded goals for what seemed (at times) insurmountable. I saw over and over again the amazing dedication of all of those in service and leadership. With all of those images, how could I not believe that we will make 2021 as good a year as we can? Remembering what **Step Eleven** says: *Sought through prayer and meditation to improve our conscious contact with God as we understood him, praying only for knowledge of His will for us and the power to carry that out.* This is one of those essential tools I will need to move forward.

Last year felt to me like the longest year ever and who knows what 2021 will bring. For me in 2021, I will: 1) Never forget I have a program; 2) Remember that I have my own personal toolbox and use its contents and 3) Be aware and grateful that I have an Al-Anon family right there beside me, step-by-step, one day at a time. Happy New Year! Stay well and be safe. Blessing one and all.

With Love and Gratitude...

Irene T. Area Delegate

From your Area Chair As we welcome in the new year we look to you to help choose and support our Area goals for this year. We look back and see despite a very difficult year, much good was accomplished that we can build upon. We are renewing our website, we have established a group to welcome and support diversity in our Area meetings, we will hold our Annual Convention again, groups will change, and we will continue to find our way using this wonderful program. Remember to reach out to each other and “Together we can make it.”

Richard M. Area Chairperson

From your Area Treasurer Hello dear fellowship! Whew...2020 in the rear view mirror and yet there are miracles and silver linings that came through this most difficult year. And one of those miracles and silver linings is YOU! We ended our year:

Personal Donations:	\$48,900	2019: \$18,400
Group Donations:	\$40,000	2019: \$60,200
Other Donations:	\$6,800	2019: \$12,800
Literature Sales:	\$38,800	2019: \$128,900

As you can see, personal donations have carried the Area and we have all lived the 7th Tradition by sending in what we can, when we could.

My gratitude is enormous for your support of our Area. It is my honor to serve you and to have an up front seat watching how you all are standing by Al-Anon and how we are all standing by each other. I/we are so blessed.

I look forward to seeing some of you as we continue on Zoom and some hybrid meetings.

Sending love,

Jane P. Area Treasurer

From your Public Information Coordinator As I embark on the third year of growth in my recovery through service, I wanted to pass along some of the wisdom and encouragement found in the pages of our literature. From *Al-Anon/Alateen Service Manual 2018-2021* (P-24/27) pages 22 & 118: “We keep Al-Anon’s gifts by sharing them with others. This sharing makes Al-Anon the vital, forward-reaching fellowship it is. Our great obligation is to those still in need. Leading another person from despair to hope and love brings comfort to both the giver and receiver.” Public outreach is based on following spiritual principles that promote unity and clarity within the fellowship as well as awareness and hope outside the fellowship. And from *One Day At A Time* (B-6) page 122: “We simply accept the idea that there is a Power which is more important than our own individuality. We believe we cannot thrive without reliance on a Higher Power, and we must follow the ethical standards of behavior basic in every spiritual philosophy. We can find peace of mind and real fulfillment only through devotion to something above and beyond ourselves.”

Mark L, Public Information Coordinator

From your 2021 Al-Anon/Alateen Convention Committee Our 44th Annual Massachusetts 2021 Al-Anon/Alateen Convention with AA Participation will be virtual. Save the dates: Friday, April 9 from 7:30 pm – 9:00 pm – Friday, April 10 from 8:30 am – 9:00 pm and Sunday, April 11 from 9 am to 12 noon. Please check the website for updates.

From your Area Website Coordinator - Greetings and a Happy New Year from your website committee!

About our Website Meeting List: Many thanks to the DRs, GRs, and members who continue to send us updated meeting information. Your efforts are helping many people easily access meetings every day; there were 6,588 visits to our website Meeting List last month!

About our Website Calendar of Events: Visit our Calendar, which now includes Area & District meetings, workshops, Al-Anon-A-Thons, conventions, and special group events like anniversary meetings. If you click on a virtual event and scroll down the page, you will find a link for easy virtual access. To add your group or district event, just click the 'ADD EVENT' button at the top of the Calendar and fill in the electronic form.

On a personal note: I am grateful for the hard-working, collaborative, and insightful members of the Website Committee and the Westboro Office. Along with the feedback from groups and districts, you have made these website improvements possible.

Look for more website improvements in the New Year!

Yours in Service,

Terry S., Area Website Coordinator
The Website Committee welcomes your feedback.

From your Area Literature Coordinator The Literature Committee is almost finished with the first draft of the New Daily Reader. When it is finalized it will be translated into French and Spanish and all three editions will be released at the same time. A thank you goes out to all members who sent in sharings for this new book. Over 1600 sharings were received. Any sharings not included in the New Daily Reader will be submitted to the Forum Editorial Committee to be considered for *The Forum* magazine.

There is a Member Blog on the WSO website. Check it out at www.al-anon.org/members-blog, there are new topics each month. You can share on the blog or read what other members have shared.

Sharings are needed for "CAL Corner." Members can share in writing how a piece of CAL has helped them. The WSO is currently looking for sharings about *Opening Our Hearts, Transforming Our Losses* (B-29); *Many Voices, One Journey* (B-31); *Alcoholism the Family Disease* (P-4); and *Hope & Understanding for Parents & Grandparents* (P-94). Sharings can be sent to *the Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attention: "CAL Corner"; at wso@al-anon.org with "CAL Corner" in the subject line, or at al-anon.org/forumshare.

Don't forget the Holiday Special - *The Al-Anon Family Groups—Gratitude Bundle* (K-71) available from the World Service Office for just \$25.00 and free shipping. Check it out on the WSO website (www.al-anon.org). This is a gift of gratitude for yourself or another member.

A piece of Conference Approved Literature makes a great gift. Please support our Area Literature Distribution Center with an order for CAL. Al-Anon Conference Approved Literature (CAL) can be purchased from our Area Literature Distribution Center in Westborough. An order form can be found on the Area website www.ma-al-anon-alateen.org. Shipping only costs \$6.00 for orders of \$60.00 or less and 10% of the total order over \$60.00.



Wishing you a Holiday Season filled with peace, serenity, joy and love. Sandy F. Area Literature Coordinator

Jan 2021 - All Virtual

Upcoming events

Jan 1 Westboro – Westboro Office Closed

Jan 1 Watertown – "Beginners Waltz AFG" Holiday Al-Anon-A-Thon – 10am – 5pm. 50 minute meetings begin on the hour. Last meeting begins at 4pm EST via [Zoom & Teleconference](#)/ Connect via ZOOM:<https://tinyurl.com/y5huy8xb> Zoom Meeting ID: 859 1293 2941
Passcode: Serenity / Dial in: 929 436 2866

Jan 18 Westboro – Westboro Office Closed

Jan 19 Norwell - "Tuesday Serenity AFG" 15th Anniversary 10:00am via Zoom / ID 7959002261 Password 2021 Phone access 646-876-9923, use same ID

April 9-11, 2021 – 44th Massachusetts Al-Anon/Alateen Convention – will be held VIRTUALLY. Details

Details to follow

Thought for the month

"While we may have been driven to Al-Anon by the effects of someone else's drinking, we soon come to know that our own thinking has to change before we can make a new and successful approach to living. It is in Al-Anon that we learn to deal with our obsession, our anxiety, our anger, our denial, and our feelings of guilt. It is through the fellowship that we ease our emotional burdens by sharing our experience, strength, and hope with others."

Understanding Ourselves and Alcoholism (p-48) p. 4

New Face to Face Meetings & Virtual Meeting changes as of 12/29/20 (COVID 19 safety precautions in place)

Sun Change Dorchester OD 12:30pm IBEW (Electrical Hall) Hugh Hall, 256 Freeport St (used to meet at 1:00pm)
 Sun Change Wilbraham OD 5:00pm Wilbraham United Church (virtually mtg/used to meet at 6:00pm)
 Wed Change Quincy OD 9:30am New Way Recovery Center, 85 Quincy Ave. (used to meet at 8:30am at Fort Sq Presby.)

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

Note: dates will be included each month if we receive written notice at the Area Office by the 15th of the prior month –

DISTRICT	Date	Time	Zoom mtg	Contact
2	Jan 17	12:15pm	Osterville Public Library, 43 Wianno Ave (following Covid protocols)	Sandy S. 508-326-2839
11	Jan 11	7:30pm	Join Zoom Meeting https://us02web.zoom.us/j/82470012468?pwd=Sk5PZENhaW1VVFllWVFDcm1QMTIydz09 Meeting ID: 824 7001 2468 Passcode: 282305 One tap mobile +13017158592,,82470012468#,,,,,0#,,282305# Dial by your location 301-715-8592 Meeting ID: 824 7001 2468 Passcode: 282305	Michelle 978-460-1677
16	Jan 22	7:00pm	<input type="checkbox"/> Virtual Meeting ID 727 139 3369 <input type="checkbox"/> Password (if no waiting room) 654321 <input type="checkbox"/> Link with embedded password https://massmed.zoom.us/j/7271393369?pwd=UERoTDIiUXZhc2ZlQj9ML0ZOeEIOdz09 <input type="checkbox"/> Dial-in # 929 436 2866	Lisa R. 978-760-1355
22	Jan 12	7:00pm	Please reach out to DR (Paul) for Zoom information	Paul G 408-963-1597

AIS/LDC News from your Area office in Westboro

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

- △ Our AIS/LDC office is following COVID 19 guidelines. 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.
- △ To support and show gratitude to AFG of Mass Inc., please be sure to note on your check - **"personal donation from member"**. Reminder: As a 501 (c) (3) organization, AFG of Mass. Inc is the only local service arm that is eligible to issue receipts to individual members for personal donations. Speak with your tax preparer to see if these can be deductible on your tax return. Please refer to AFG of Ma, Inc By-Laws for limits for personal donations and bequests. Donations can also be made using **PAYPAL** on the Massachusetts Al-Anon/Alateen website at www.ma-al-anon-alateen.org and go to "contribute" tab.
- △ *Bulletin* personal subscriptions will be extended for 7 months due to COVID. (bulletin not sent April-Oct 2020)