



GLOBAL ELECTRONIC AREA DISTRICT 53

MONTHLY BUSINESS MEETING

Date : April 19, 2025

Time : 9 am Pacific Daylight Time

MINUTES

In attendance:

Angel B., our District Rep, from Many Voices One Journey, in South Africa
Steve R., our Treasurer, GR from A Serenity place, from rural Washington state
Martina N., secretary, GR for 3 legacies, from Santa Cruz, Ca
Kate P., Key to Harmony, from Austraila, North Queensland,
Catherine S., Cyberserenity GR, from France
Arlene B., Key to Harmony GR, from Oregon
Audrey, Hope for Today GR, from Santa Barbara Ca

Angel B. opened the meeting with the Al-Anon declaration and Serenity Prayer.

Angel also read the Al-Anon Etiquette:

Adherence to our District 53 Meeting Etiquette at our monthly District meetings helps us follow our spiritual principles.

- **Starting and stopping on time** demonstrates **integrity**.
- **Stick to the Agenda**. The spiritual principle of **perseverance**, while conducting business in the best interest of all Al-Anon, preserves recovery at all levels.
- **Three minutes at the microphone**. During discussions, limiting our time at the microphone embodies the spiritual principles of **humility** and **trust**.
- **Stay on topic**. The spiritual principle of **simplicity**, while we stay on topic, will help us reach our primary goal to help families and friends of alcoholics.
- **Please raise your hand should you wish to say something. If someone before you says what you were going to say ... sit down**. Spiritual principles: **efficient leadership** and **awareness**.
- **No clapping, cheering, or booing, when opinions are shared** demonstrates **mutual respect** and creates an atmosphere of **harmony**.
- **No side conversations**. The spiritual principle of **courtesy** is shown when we actively listen and form our own conclusions, leaving out reactions, opinions, and judgments.
- **No miscellaneous distractions**. Show **discipline** and **respect** for the service commitments of those who have prepared for the District Meeting.
- **Keeping our cell phones off** demonstrates **consideration** for those around us as we focus on our District.

- **If you are unable to attend a session, notify the District Representative or alternatively the District Secretary.** Our spiritual principles of **selflessness** and **dedication** are evident when we do the right thing and are **responsible** to those we serve. Keeping an accurate count of members present at our District meeting is essential during voting.
- **Practice spiritual principles and presume goodwill.** By practicing **humility, harmony,** and **unity**, we can reach our ideals.

Jeri MW has been appointed Area Treasurer. She was previously the Area secretary.

Kate P. gave a wonderful and detailed reflection on Tradition 4 and Concept 4.

Treasurer's report, from Steve R.

We now have a bank account which is for our District, at First Fed in his town. There is also an EIN number, so it is legitimate with the authorities.

The address for sending checks is:

District 53 GEA AFG
PO Box 1672
Sequim, WA 98283-4328

He will next endeavor to set up a paypal account so donations can be sent through them.

The next agenda will be for us to determine which amount we would want to send to the WSO, when our district is making regular contributions. Steve's group divides their donated money into 60% for the group, 30% for the district and GEA, and 10% for the WSO.

Steve's group is the most organized, and they had already set aside a 7th tradition donation, and it has been deposited. So we now have \$514.85 in the treasury.

This is posted on the website for our district 53, also.

For the rest of us, we may need to let our groups know the bank address, and we may want to bring it up at a business meeting, that there is now a way to donate to the District and Area, as face-to-face groups do.

Group Check-in

Catherine S, Cyberserenity: no changes except an outpouring of response to Judy, a long time member saying she is feeling like she is burnt-out and wants to leave. Many members have stepped up to say they want to keep the group going, and to thank Judy for all the love and time she has put into the group.

Arlene B, Key to Harmony: no changes, will announce to her group our new bank address. She put an ad in the local paper, also, and is hoping to help attract new members.

Steve R. A Serenity Place: He again gave us an overview of the structure of their meeting. It has been going for 3 decades, and has a very clear infrastructure we can learn from. Steve provided our website and our treasury for the District, for which we are truly grateful! The ASP group has a new GR joining us next month, named Kathleen. He will continue to participate in our district meetings as an alternate GR and also Treasurer. There are 200 members, quarterly business meetings which last a month, and a member at large, for 6-month cycles. The other positions are for 3 years. The main infrastructure person is called the List Administrator. They have daily posts online. He is overjoyed that they are about to have a new panel of officers, and volunteers actually came forward to take on these positions.

Martina N, 3 Legacies: no change. We have a small group of active members, about 10-12. We are an email group, with weekly study questions we each answer, about the legacies, the STEPS, TRADITIONS, and CONCEPTS. We don't take up collections yet, because we did not have any real expenses, as we are an email group. It is aimed at people who really want to do writing about their understanding of the legacies, in greater depth. Now that there is a treasury at the district level, I will bring up the question of donations. Many of us were donating individually to the WSO, but we have wanted to participate more fully in funding the GEA, once it is fully functional.

Audrey, Hope for Today, the group posts 365 days a year, and the geographical area they belong in is very active. SO they have many events and shared information.

We all participated in a discussion of the structure of Al-Anon: and why the GEA exists (to give a voice to groups without a geographical connection to Al-Anon). We admitted our frustration with the lack of understanding of many people as to what the GEA is, and who belongs to what district. This confusion is partly due to being a newly added internet and phone and text expansion of what was geographically determined before. We again voiced our thanks to Steve R, for setting up a district website for us, and also a bank account. These are the two vital first steps for anchoring our district.

Our district rep, Angel B reports to the AWSC. The Al-Anon World Service Center is also expanding, through efforts all over the world.

Angel B spoke for Lynn, who was absent due to a convention in her area. Many Voices One Journey: This group originated in the Covid pandemic, and people joined from all over the world. The group is 5 years old now. There are about 385 members and daily postings, through WhatsApp and Zoom.

Angel also gave us an important bit of information about the group. When they started they were called The Lotus Room. When she tried to register, the WSO responded that the name did not seem to be about Al-Anon, and might connect people with some other interest. So, she changed the name to Many Voices, One Journey, which fits nicely with who they are. The WSO duly registered them.

Kate P., Key to Harmony: since 1998, when she was living in a tent, she has been an avid member of Al-Anon. The area of North Queensland Australia is immense, and there are 4 groups. It is hard to attract new members, and most people feel the need for face-to-face meetings. Online groups also have not been able to bring in donations/money for new projects and expansion.

Steve gave a short reflection on the way we DO Al-Anon meetings and business. It provides us each with an opportunity for growth. We each apply the Steps, Traditions and Concepts to MY OWN behavior, and MY OWN decision-making. Even if the other person or group members are not living by Al-Anon rules, we try to do so. We share our experience, strength and hope. We ask for help, and we try to humbly be of service.

Discussion of Names:

In Al-Anon there are some groups which may focus too intently on their special interest, as a subtitle or Al-Anon focus. This is a delicate balance, because there are many differences among us, but we want to concentrate on UNITY, which is what brings us together: living with the family disease of alcoholism. In some special interest groups, it can seem that this is a clique, and outsiders are not wanted. It is a clear principle of Al-Anon that everyone is welcome. So, we want to cautiously continue to make that basic principle evident in how we conduct our meetings.

Discussion of How Meetings are listed:

Because we exist in cyberspace, it matters how we can help people find us. Previously the names were listed alphabetically, but now they are listed by geographical area, time and day. As the GEA

becomes more coherent and better-known and understood, it is hoped that people will find it easier to find us. Each group has its own flavor.

(I also want to say that once some money is put into the GEA system, it will help groups who need to make a website, or get a bank account, to be able to do it. It also will allow increase of projects of outreach and expansion over social media tools.)

Our next meeting is May 17th, 9 am Pacific Time

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We closed with the Al-Anon Declaration and the Serenity Prayer.

Respectfully Submitted,
Martina N

Our next meeting is April 19, Saturday at 9 am Pacific Daylight Time

Zoom id: 872 7863 5783

PW: 214963

<https://us02web.zoom.us/j/87278635783?pwd=0m9s5mqOVrcmNJbXltNXB8bApSaZrq.1>