



GLOBAL ELECTRONIC AREA DISTRICT 53

MONTHLY BUSINESS MEETING

Date : May 17, 2025
Time : 9:00 AM Pacific Daylight Time

MINUTES

The D53 meeting online included;

Angel B, (chair)
Jerry M (alternate, for 3 legs)
Lynn (many voices one journey)
Audrey (hope for today)
Kathleen (A Serenity Place)
Catherine S, (Cyberserenity)
Martina N. (3 legs)

Reflections on Tradition and Concept:

Catherine S. arrived later, and offered her reflection on Tradition 5, to be included in the minutes.

Tradition 5

Each Al-Anon family. group has but one purpose: to help families of alcoholics. We do this by practicing the 12 steps of AA ourselves., by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

Keeping the focus on the helpful tools the program offers me has helped me grow a better perspective in helping my addictive family members, instead of judging their behavior--the solutions rather than the problems. Knowing that the tools have helped millions of others to deal sensibly with similar issues has helped me feel less alone and victimized by the disease. The tools and shares of others have given me courage and hope to find higher ground when things got dicey, and I wanted to get judgey.

I qualify for ACA, Al-Anon, and CODA. I was spared the substance genes by the grace of HP.

Learning to be comforted by others has been a grace for me. It seems HP's way is showing us how comfort works by learning to offer it to others so we

can "taste" it. I had to learn to receive compassion, unfamiliar as it was, before I could practice it with others. Slowly I learned how nourishing it felt so I wanted to share it with others. Al-Anon tools and shares are rich in perspective--the "been there done that" makes my hula hoop feel full of wise company and even priceless serenity ,just knowing you all know this beat and have wisdom to offer me.

A wonderfully nurturing atmosphere is created when people help other people by sharing their own experiences. I will contribute to this interchange today.

We meet as equals and help one another, not because some are experts and others are learners, but because we all have needs and strengths.

Thanks for being here for yourself and for all of us.

In loving fellowship,

Cat

Concept 5

The rights of appeal and petition protect minorities and insure that they be heard.

"Concept Five contains the spiritual principle that all opinions must be heard in order to have an informed group conscience. It tells us that even though we might not have unanimity at all times, we agree to listen to everyone's opinion respectfully—especially when there is a minority of only one or a few. It assures us that we have a right to voice our opinions, even if it's the minority opinion. In return, members with a minority viewpoint agree that, having been heard respectfully, they agree to respectfully accept the decision of the group conscience and let go. Concept Five ensures harmony through full participation, building on the wisdom of Concept Four. It is not intended to justify bitter debate that never ends."

From Reaching for Personal Freedom

note: The importance of minority opinions, and respectful listening are emphasized in this Concept.

Martina

Etiquette, read by Martina

GLOBAL ELECTRONIC AREA DISTRICT 53

BUSINESS MEETING 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.

Serenity Prayer and Declaration of Unity.

April 2025 minutes accepted

Angel B gave the DR report:

Burt, our GEA area rep, will report on the April meeting at the next big **GEA Assembly meeting on June 21.**

Because it is the same day as our meeting would be, a vote was taken and unanimously passed, to skip the June meeting for our district, as we all will be at the Area Assembly.

Voting by GRs will be vital, so we all will try to be present.

Angel will send the Area assembly information.

Important news was that they will not enforce policy on group names, and hold a moratorium on this question until 2026.

WSO is planning an electronic ALATEEN meeting, more to be announced in July. Big Al-Anon International meeting in Minnesota, July 22

Jerry has offered to go to as many of the phone meetings as possible, which may not be active, and do not have GRs. This is a big gift to us.

E-books for CAL are coming, but for now they have books for sale, and don't want to undercut the book sales of developing AL-Anon programs, so are waiting to see when it will be appropriate to introduce them.

AL-ANON'S 75TH anniversary is next year, 2026.

A new service manual will be forthcoming.

Treasurer's Report

Was sent as an email by Steve R. We all had read it. We now have \$514.88 in our District53 bank account.

There is a nice Tradition 7 invitation on the website.

Structure and time questions—

Audrey asked about time limit for the meeting (1hr) and for the shares (3 minutes). We will try to learn how to clock it. We had an overlong meeting last time because we were discussing the bank issue, among other things.

Check-ins:

Angel again asked for "rose, bud, thorn" as the structure of 3-minute checkins;

No big changes. for our groups

Kathleen is new GR for A Serenity Place

#!— Big question for today is whether to move our webpage to Esosoft, as recommended by Steve R. our treasurer. He was unable to attend today. We re-read Steve's letter, about this and the pros and cons. We mentioned the existence of groups.io, and that WSO initially recommended them, and it is free. We don't know enough technologically for have good KDBM about this decision, so we are going to wait to July to discuss with Steve R. and try to find out more. The cost for Esosoft would be \$89 per year, and \$8.90 per month. We do have adequate funds for it.

Everyone is reminded to please go to the **GEA Assembly on June 21**, to be able to vote!

Next meeting of the D53 is 3rd Saturday in July, 19th at 9 am Pacific Daylight Time.

Respectfully submitted,
Martina N.

Zoom id: 872 7863 5783

PW: 214963

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