

Hawaii Area Fall Assembly 2022

Hawaii Area World Service Committee Panel 61 VISION:

All people of Hawai'i have access to welcoming and vibrant Al-Anon Family Groups in their neighborhood and online

Hawaii Area World Service Committee Panel 61 MISSION:

Reach inward to our ohana membership, reach outward to people still suffering, and broaden our communication bandwidth.

Hawaii Area World Service Committee Panel 61 GOALS:

- 1. Strengthen Hawaii fellowship by providing the information and resources needed for all Al-Anon members to thrive, grow, and increase capacity to best reach out to all people who are affected by someone else's drinking.*
- 2. Define our evolving communication needs through informed group conscience*
- 3. Encourage the districts to create plans, working with individual members and public outreach coordinators, to attract diverse populations.*
- 4. Use technology to attract new members to Al-Anon and to encourage service.*
- 5. Assure that Panel 61 members will become skilled practitioners of KDBM – Knowledge-Based-Decision-Making.*
- 6. Grow our Alateen program, enhance support for AMIAS, and engage Alateens in our Area service.*

Reunited in Love and Service

Hui hou ia no ka lawelawe 'ana me ke aloha

MINUTES

Hawaii Area World Service Fall Assembly 2022

Hilo Hawaiian Hotel – 71 Banyan Drive, Hilo, HI 96720

November 19 – 20, 2022

Hosted by East Hawaii District

Saturday, November 19, 2022

- 7:30 **HOSPITALITY BREAKFAST** Hosted by East Hawaii District
- 8:00 Registration Opens
- 8:30 Assembly Orientation: GRs & Alt GRs — *Kelsey, Area Alt Delegate*
OR... Renewal Orientation: DRs & Alt DRs — *Patti, Area Secretary*

Opening & Welcome

Serenity Prayer — *Akemi in Japanese, Penni in English*

Literature Reading — *Dianna, Area Literature Coordinator*

Announcements

Penni acknowledges East Hawaii District and thanks everyone for their service in putting together this Assembly. Many thanks to Tamera, who stepped in as interim DR and chaired the Assembly committee. Everyone, well done! Applause

Housekeeping: meals, restrooms, photo — *Cheryl*

Literature Table —

Brooke lets us know that she has brought everything she has available, plus a donation

from Kelsey of her collection of Forums. Brooke urges us to place orders through HALC so we can keep the distribution center open.

Fundraising Table — *Ethel, Past Delegate*

Ethel explains the craft fundraiser she has been managing for several years. It was initially intended to be for TEAM (Together Empowering AI-Anon Members) events, but TEAM has been discontinued, she would like to see this fund rolled over into an Area Scholarship fund. Currently we have about \$2,200 in the fund. Come by and make a purchase to support Area Scholarships.

Ask-it-basket, Evaluation link, Report-Back Volunteers — *Kelsey*

7th Tradition — *Akemi*

Introductions — Officers; Coordinators; DRs introduce GRs & Chants

In-Person Assembly Etiquette — *Penni*

Area Business Meeting

Open with Tradition #2 — *Penni*

Read 12 Concepts of Service and Warranties — *Candice*

Roll Call (voice answer) — *Patti, Area Secretary*: 36 GRs present, substantial majority=24

Voting Procedures — *Ethel, Past Delegate*

Old Business

Approve Consent Agenda: Unanimous acceptance of Consent Agenda

2022 Spring Assembly Minutes

DR & Coordinator Reports

Treasurer's and Financial Committee Reports

New Business

Budget Presentation — *Akemi (Finance Committee: Kelsey, Akemi, Brooke, Barb)*

The proposed budget is included in the 2022 Fall Assembly Minutes packet. Akemi walks us through the budget line by line, explaining the reasoning behind each recommendation.

Members raised the following questions:

Line A1 – Equalized expense: How much is the equalized expense? And what is the reasoning for paying the full actual amount? Akemi reports that she does not have the actual figure today, it is around \$1,800. The committee felt that as we have the funds to be able to be fully self-supporting that we would elect to do so. There is discussion about our history of only paying the equalized amount and a vote will taken to decide whether to pay the actual or equalized amount.

Line U – Annual Website expense, is it really \$1,200 per year? Some discussion, about the actual costs. Mana reports that the website design and construction cost was \$4,920.

Now we have to cover the annual cost of hosting and domain name maintenance. Akemi will determine the actual amount and amend the budget to reflect. David asks if the final decision on the website contract was properly voted on. We will research and return to this question.

Composition of the Budget Committee, isn't there supposed to be a past delegate? Kelsey reads from the Hawaii Area Policies and Procedures: "Budget Committee, shall consist of treasurer, immediate past treasurer and two additional members who have served on the area committee and remained involved in area activities."

Carolyn **moves that we return to our usual practice of paying the equalized amount.** Second by Tom.

Discussion: What is equalized amount? The cost to travel to the World Service Conference varies because of the distance that must be traveled by the delegate to the conference. Some can drive a relatively short distance, most must fly, delegates from the west coast, Hawaii and Alaska have substantially higher air fare costs. The total cost of the Conference travel is divided, and an average is suggested as the equalized amount. Not all areas pay the full equalized amount, several areas pay the full actual amount. We have traditionally paid the equalized amount. It is pointed out that our regular meeting expenses are higher than other areas because we need to fly between islands to meet, additionally, we have a very small population to support our financial needs.

Roll call is taken, 36 GRs =24 for substantial majority. The vote is 5 abstentions, taking total votes needed down to 31, a majority would be 21. Of the remaining 31 votes, 9 no, 22 yes. The motion passes.

Lunch Break

We resume after lunch with the vote count:

Section 1 – 28 yes, 2 no

Section 2 – 35 yes, 0 no

Section 3 – 32 yes, 1 no

Section 4 – 31 yes, 1 no

A total of 8 abstaining votes were reported

The proposed budget for 2023 is passed by a substantial majority.

A copy of the revised approved budget will be attached to these minutes. Additionally, the Equalized Expense Letter from WSO will also be attached.

We note that, as of this time, we are substantially behind on the day's agenda. We will skip the Coordinator Reports after lunch to try to catch up.

Permanent Electronic Groups Presentation — *PEG Work Group*

This issue arose out of COVID and also as part of the ongoing work to help the already existing electronic meetings to develop a service structure and to become part of the AI-Anon Family Groups World Service Conference.

As more and more areas have asked for guidance on how to incorporate groups that wish to remain virtual into our area service structure, how to deal with groups that want to have both electronic and in-person simultaneously, and those that want to be in-person only. After much research and work over the past two years, the decision has been made to have two classifications, Electronic and In-Person. There are two options for an electronic group, to be registered in a specific area or to be registered as part of the Global Electronic Area (having no geographic location) or if their area permits, to register as an electronic group in their Area.

There are many issues that we will have to address if we are to have electronic groups in our area, but first we must decide whether we want to make it possible to have electronic groups in Hawaii. If we choose to go this route, we will then form a task force to research how other areas are addressing the issue and to make recommendations to our area on a policy for Hawaii Area electronic groups.

The PEG (Permanent Electronic Group) survey has been circulated among our membership for the past couple of months, the information will be made available on the website.

Alice C moves that we accept permanent electronic groups into the Hawaii AI-Anon structure.
Second by Dana C.

Discussion follows:

- groups that are electronic with members from beyond our own island or Hawaii, still want to be located in Hawaii.
- It is important to be able to have the option to register in Hawaii
- Important to develop policy to address, how to select GR, seventh tradition, district membership,
- Will this require that we hold hybrid assemblies?
- If a group has a hybrid option, they will register as “In-Person” with instructions on how to access the two formats.
- etc.

The vote is taken, unanimous vote of yes.

Penni shares that we have just made a historic decision.

Candidates for Area Chair

Thanks to Miranda and Kay for serving as Chairpersons this panel. Penni, as Delegate, has stepped in to chair in this interim since Kay had to resign. It is time for the Assembly to elect a chairperson for the remainder of this Panel (12 months).

Penni asks all members of the Assembly who have been a DR or Area Coordinator and who are not also members of Alcoholics Anonymous to please stand. A substantial number of the Assembly participants stand. We are asked to reflect, to silently say the Serenity Prayer, to prayerfully ask if this is the time we should stand for the position of area chair. If you are not willing to stand for Area Chair, will you please sit down.

David D is the only remaining member standing. We ask David to leave the room.

The membership shares their experience, strength, and hope. Will we need to have a new person step up to be Alateen Coordinator? Yes. David is asked to return to the room to read his resume to the membership. Kelsey reads a summary of the job description. David leaves the room again.

We vote: 34 voting GRs, David is elected by a substantial majority. His term will begin Jan 1, 2023.

End of Business Meeting*How Do You Hybrid?" Workshop — Eugene (Goal # 4)*

The workshop addressed the following topics:

Breakout Group #1

AI-Anon Meetings – In person, electronic, or both: How have AI-Anon Meetings Changed in Hawaii and Why?

1. Life changed for many people in the AI-Anon fellowship in March 2020 when we all were required to isolate and not meet in person for several months.
2. In order to have a meeting, many people in AI-Anon learned to meet electronically on screens or cell phones from their homes, vehicles, or other locations.
3. Many people no longer attended meetings. Many tried to meet electronically, and it did not meet their needs.
4. Many meetings have now combined the two formats. They returned to their previous physical locations, meet in person, and have continued electronic participation.
5. Many groups returned to in person meetings and no longer offer meetings electronically.
6. Many groups only offer electronic meetings and no longer offer meetings in person.
7. What is your experience?

Breakout Group #2

What is needed to conduct a Hybrid Meeting?

1. Willingness
2. Internet
3. Electronic platform (Zoom, Webex, other)
4. Monitor/Computer
5. Camera
6. Microphone
7. Speaker

Breakout Group #3

1. Do you believe in-person meetings with an electronic component (Hybrid) should be encouraged?
2. Do you believe conducting in person meetings with an electronic component (Hybrid) are worth the extra time and effort?
3. Do you believe in person meetings with an electronic component (Hybrid) are a useful tool in your recovery?
4. What do you like about Hybrid Meetings?
5. What don't you like about Hybrid Meetings, what are the barriers?

Self-Supporting with Time & Money” Workshop — Akemi (Goal #1)

Akemi and team present a skit on how the groups in a fictional district treat their Seventh Tradition suggestion that they should be fully self-supporting. Oscar level performances!.

The Assembly breaks into five groups to consider “Being fully self-supporting” in our groups, District and Area, and personally in our lives and families. (Workshop handout is attached with these minutes).

Saturday Evening Speaker — David D.

Night Owl Al-Anon Meeting — for all AFG members.

Sunday, November 20, 2022

AFG Meeting — for all AFG members

9:00 Open and Welcome — Penni

Serenity Prayer, Japanese – Akemi, English - Penni

Twelve Traditions — *Tamera, Acting DR, Host*

Announcements — *Kelsey*

7th Tradition — *Akemi*

Countdown – We introduce a practice from the “other program”. We ask all members to stand. Starting with 55 years, we ask members to sit down as we announce the number of years in recovery. Our “Longest” member is Penni with 45 years, and our “Shortest” member with 5 months is Lorie C. Penni inscribes a copy of O.D.A.T. and gives it to Lorie.

Spiritual Speaker - Kelsey

Delegate’s Report — Penni

A copy of the Delegate’s report is attached.

Penni opens with a conversation about the Assembly Theme: Reunited in Love and Service. This is what we are experiencing here this weekend. This is the way we work together in Al-Anon.

Love acronym that came from Conference: Listen, Observe, Value, Encourage.

Penni explains the love gifts, some from Panel 58, why we make them, why we share them.

Al-Anon service has taught me a different way to be in the world. It has healed me as a human being, to actually practice the principles of the traditions in all my affairs and to be effective at a different level. The Traditions and Concepts are a transformative tool of this program.

How Goes It Session #2: District Representative Reports

The District Reports are included in the Consent Agenda and will be attached to these minutes. Some DRs will give a brief report on things that are not included in their report.

Kauai – Eugene

On Thanksgiving Kauai will be hosting a Thank-A-Thon. On December 1st a meeting that has been on zoom since COVID started will re-open in person. A new meeting is opening in Princeville.

Leeward Oahu – Kauai

Five of our groups have GRs. We held our first District meeting on November 5th, Penni and Patti joined in. We met by Google Meet, it worked well. Kauai reported she stepped up because she wanted to get involved, especially as our Permanent Electronic Groups are born, she wanted Leeward to have a voice.

Windward Oahu – Eileen.

Reports she was in Kauai's position three years ago and she has learned a lot. Windward has lost one group and gained one. *Eileen, Windward. I was in Kauai's position three years ago. Have learned a lot. Did lose one group and gained one.*

11:30–11:45 Spring 2023 Assembly Update —*Concept #6 Skit'* — Mary, Central DR, Central District AFG Members

12:00 – 12:55 LUNCH

1:00 – 1:10 Group Photo

1:15–2:15 Alateen in Hawaii Workshop — Ruby (Goal #6)

Hi, I'm Ruby. I'm here to talk to you about Alateen my knowledge, experience, and observations regarding it, and why it's important. Growing up with an alcoholic parent is really difficult and scary. For me. It's been happening for as long as I can remember, what was happening wasn't hidden from me. But I didn't know or understand what was going on. Due to this, I felt hurt, abandoned, angry and afraid. But there was never a loss of love between me and my mom.

After attending Al Anon meetings and being aware that I didn't cause it, I can't control it, and I can't cure it. I now don't blame her. I know that this is because she has a disease and is trying to recover which is an extremely difficult process. One of the main differences between Al Anon and Alateen is the Alateens are younger than 19. We don't have the life experience and knowledge that you all have. Due to that fact, I'm primarily reacting to what is happening around me. I don't know how to respond, cope healthily, process or deal with the experiences I'm growing through. But that's why we're here.

The first Alateen meeting I went to was in 2015, I was 11. Alateen is important for me to have access to so that I can learn I'm not to blame or the source. I'm not the only person in the world going through this pain. The 12 Steps teach us how to accept process and move forward and grow from the effects of the disease of alcoholism. The meetings allow me to share my experiences, worries and fears. One of the most important things I have learned through both Al Anon and Alateen is communication, how to communicate with other members and newcomers myself and the alcoholic. I know for some of the kids, they think the disease is only affecting the alcoholic and not them. There are also kids who don't know the existence of Al Anon or Alateen who are struggling.

Another major factor of Alateen is to get young people introduced and comfortable with the program so they continue to Al-Anon and take up leadership positions not only for others but for themselves bringing the program into the future for everyone through the next generations.

Al Anon and Alateen has caused such a big change that I'm going forward for my senior project as a senior at King K., I'm making a pamphlet of basic information on Al Anon and Alateen and I know that this won't have time to get conference approved before I graduate however, I think it'll really help potential Allah teens to hear it from someone who's of their own age and gone through experience with the program. I would like to include the Serenity Prayer 12 steps, the 12 concepts, the 12 traditions, some statistics, and a rundown on what an Al Anon and Alateen meeting would look like. And I would love your guys' advice and suggestions.

Ruby talks about what makes up a good Alateen meeting, and conversely, a not-so-good.

Ruby closes with her favorite quote from the Invictus poem by William Ernest Henley: "I'm the master of my fate I'm the captain of my soul".

Penni and AMIAS members share on how to bring Alateen programs into our Area and Districts. Penni reports that how to reach out to Alateens is one of the major topics of concern in Al-Anon worldwide.

Can we make these resources available on our website? Yes. Alateen literature, sample letters to school counselors, reports from other Areas. Etc. Ruby and the AMIAS respond to questions. Ruby has a page of links to various Alateen resources and videos. This will be attached to these minutes.

Alternate Delegate's Time — Kelsey

Ask-it-Basket Questions:

1. Have any other Areas chosen to go the Global Electronic Area rout rather than allowing PEGs to join their area? *Not yet.*
2. There are people in my home group who are very concerned about "crosstalk". What are good ideas and aways to address this issue. What is another word for crosstalk? *He Al-Anon term for crosstalk is "loving interchange" The term "crosstalk" is from the therapeutic universe and is not an Al-Anon term. Penni sites an article in the 1989 Forum called "Crosstalk or Loving Interchange" In the article it talks about the difference between being a newcomer and showing up at a meeting and not knowing the rules yet. And if you're greeted with someone that says, That's cross talk, please come back. But don't ever break that rule again. As*

opposed to with a loving interchange, being able to pull that newcomer aside after a meeting and say, just want to tell you there's really not a question answer part to the meeting. Let people know we listen, without interrupting to allow every person share. We've seen words like qualifier, dysfunctional, codependent. And crosstalk, and they all come from therapy, you won't find any of those words in Al-Anon literature. So just mindfully remembering that and bringing it to the group so that we just remember that it's not about what we don't do. It's what we do, bring that to the group conscience and say, you know, let's talk about that. How can we express that?

3. Why didn't we receive the agenda before Assembly? To be able to represent our groups, we need to know what we will be voting on. My recollection is that we received the agenda 2 weeks before the Assembly in the past. *You are right. Penni apologizes for her error in believing that she had sent it out and found it still needed to be sent when she returned to Hawaii. You should be able to download the agenda from the website at least 2 weeks in advance of the Assembly.*
4. How was the decision made to change "trustees" to "volunteer members"? *I don't know the reason (Penni), they (WSO) have consistently for this year, referred to the Trustees as Volunteers. I think just to emphasize the fact that your board members are volunteers and to take away the mystique of the word Trustees. Patti reports the term "Volunteers" was used during Panel 58 as well.*
5. Still a little confused as to how the money gets split up – 7th Tradition vs. WSO vs. quarterly. *Each Group, District, and Area is autonomous and must determine the percentages of their Seventh Tradition receipts that they want to send on to support the Al-Anon Family Groups at the Group, District, Area, and World Service levels. They may change these percentages to suit the current needs of their group, district, area, or World Service. Each entity should budget the amount of funds it needs to keep on hand to meet their own expenses (self-supporting) and the balance should be split between District, Area, and World Service. (Warranty 1, Al-Anon Concepts of Service: "that only sufficient operating funds, including an ample reserve, be its prudent financial principle")*
6. Are the Quarterly Collections that we give at in-person meetings, does that go to the WSO? *The intention of the WSO Quarterly Appeal letter is to raise funds for WSO. Groups and Districts have the autonomy to decide how they want to divide up contributions.*
7. Is there a way to read consent agenda items on the Area website, then click on a box to consent (similar to consent forms, acknowledgement, and acceptance of terms on other websites). *Yes, you can read the Consent Agenda items on the website, to the second part, we can consider the possibility at our upcoming HAWSC meetings.*
8. For clarification, now that we have decided to allow Permanent Electronic Groups in Hawaii, what should the unified message from the GRs to the groups be about the next step? *There are several next steps. The permanent electronic groups were approved by the Assembly. The Hawaii Area Committee will create a Task Force to define policies and procedures. This Task Force will work with groups, GRs, and DRs from the Areas and they will be sending this information to the Policy Committee. Those recommendations will come back to the Assembly for approval by the GRs.*

9. If we decide to have hybrid meetings, can we ask that the people that come on video have to keep their cameras on? And to remain present, active, listening as a “video etiquette”? *You can try, there are many reasons why people choose not to have their video on, some having to do with bandwidth.*

Open Mic: Reflections, Appreciations, & Gratitudes

- I’m Edo, I wanted to especially thank Kelsey for bringing up to spiritual books, two that are no longer published. Perhaps we could ask our Delegate to encourage the publication of more spiritual books.
- I’m Renee, and I’ve been in AI Anon, for about a year and a half. I do small jobs like running meetings or put away chairs or things that don’t seem too hard. I’m a little bit afraid of overdoing volunteering. But when the subject of needing a substitute GR for our group came up, I thought it would be a good way to do some service and just a finite amount of time. So, I did it. And I’m glad I did, because I’m really getting a really good idea of how AI-Anon works by coming into this meeting. And the topics of the Seventh Tradition and the electronic meeting topics are very timely, because it’s something I’m very passionate about, and especially online meetings. It was very rewarding to be able to participate in workshops on these topics. And now I have a much better understanding of how AI-Anon works, the structure of AI Anon, which is kind of hard sometimes to nail down. And as soon as we start talking about some of the stuff, I just sort of glaze over. So, it felt great to do service. It’s great to see how much everybody does and really appreciate the Panel and the website, because I can appreciate how much time goes into all of this and really appreciate it. One thing I did see is that there is a core group that’s really devoted. And I think some of the technical issues like the microphones not working could be delegated to maybe some of the participants who come in so that the main people aren’t having to take care of every little aspect. I don’t know, maybe whatever. Anyway, so thanks, everybody really enjoyed my time looking forward to participating more and more on different levels as time goes by.
- Hi, I’m Ginelle. I was hoping for this opportunity to share, I’ll just say that I am nearing the end of my three-year term as a GR for Super Saturday. It has not always been an easy sojourn, but I wouldn’t trade it for the world. Because when they say do service, it advances your recovery, it does exactly that. And as I shared with someone, we don’t come into these rooms, because we’re wanting someone else to tell us what to do. We think we’re coming in to tell everybody else how to do it. And then we find out. So, I just want to say that I believe that having this in person assembly has brought together our meeting members. They have really pulled together; I am so proud of every single person from Super Saturday. They stepped up almost to a person to help bring this assembly off. And it’s also I believe, has brought together our East Hawaii District, you know, all the way from Wyoming down to Kea’au and points south, So when I first I heard about this assembly and I thought, Oh, we’re gonna have this COVID thing and whatnot. And I don’t know if I want to be there and blah, blah, blah. And the story. This has been not only inspiring, but it has been instrumental, I believe in furthering not only my recovery, recover every person in this room.
- Hi, Kauai again, I just want to, first of all, thank the East Hawaii district for such a wonderful welcoming, warm assembly this fall. I also want to thank our Hawaii Area officers, who I can see put a lot of work and effort into meeting all of our needs here and doing their best in answering all of our questions. That is a hard job. I appreciate all of you. The question that says, What are you excited about? And, you know, this whole issue about the permanent electronic groups is something

I was nervous about, because I am not the most techie person at all. But I believe that learning is lifelong. And I'm excited to be part of the discussion about how we're going to move forward with this. So, thank you all. Thank you so much.

- Aloha, I'm Eugene from Kauai. And this has really been a great experience to see most of you without your mask, I was able to recognize you, maybe for the first time. And also, when you know, when I see you on Zoom, you know, I don't know if you're shorter, tall, or big or small. I was also to see you as you really are. And I want to thank the Hawaii Area committee and our hosts for this wonderful venue. I think everything went well, the check-in and the food. There were a couple hotel staff that were here I that made it made it very comfortable, maybe they just resupplied the water or the coffee or just made it safe on the floor. That was an extra. And I guess what I'll be taking home is this was just a very welcoming event. And that's something that I would like to do again. And I'm excited that we did approve the electronic meetings today. Of course, you know, we'd all like it to happen. at a faster pace than Al-Anon we take our time to make right decisions and to listen and that's all I have.
- Aloha, I'm Cecily with the Leeward district and my home group is the Makakilo Al-Anon Family Group. I haven't been to an assembly about 12 years, but I'll tell you what I'm gonna take home from you all is the love that you expressed what you learned I had been to the emergency room last night. And that is what is so beautiful about our program is the love and the support and the encouragement we share with one another. I'm really touched, and I thank all of you for your concern your prayers and well wishes. And I think considering it's been a while since we've had an assembly, we did pretty damn good. Thanks.
- Hi, I'm Mary, the DR For Central District. And for those of you who have who have just a little bit of experience as GRs or maybe you're not in service yet, you're just members who are attending, I just want to share that I think it was four years ago, was my first time here in Hilo, and I bumped into a couple of people who I haven't seen since then. And they have expressed to me how much at peace, and how much they've seen me grow in this program. And it's because of service, it's because of all of you. And my higher power, and I just encourage anybody who might be struggling in their program or thinking "I'm not good enough, or I could never do that". Probably a year ago, I was thinking of stopping being DR and then we had this spring assembly planning meeting in person in Kona. And I got to actually be physically with these folks and the other DRs in this room and ignited in me that I'm not that bad. And I came back to district with a different perspective, because I spent physical time and after we've been locked on in little boxes, Hollywood Squares, as Penny calls it for so long, and it just gave me a breath of fresh air. So, what did I learn? And what am I excited about? It's that I learned that I've grown because you guys have acknowledged that to me. And I'm excited that we're all here. And we all get to do that too. Yes, it is about me. But it's also about each one of you, we all get to grow together. I'm so grateful for this part.
- I'm Anna from Kauai. It's my first Assembly and I really loved it. I've from now on when I got on off the plane, the person who came and picked me up was really sweet. And I got to see a waterfall. It was wow, we're gonna take me around everywhere. It was really neat. So just from the beginning, even from stepping into my first meeting, it's really about the people and the groups and, and a lot that I've learned is really just having the support from one another. We get to like bounce ideas off each other. I got to listen and become a good listener, really just taking in what I'm hearing has helped me tremendously. And the wisdom that is shared is like wow. impactful. And thank you and all the ladies up here, Kelsey and Akemi, and Patti You guys are so fun see what you guys come up with and your humor is something that I love like I want to take on and you're like my spirit animal we're glad you're here. Thank you so much for a great weekend. Appreciate it and see the volcano in the glow. I've never seen a volcano before!

- I'm Sharon. First of all, the thing I am most excited about from this assembly is that I got to hug people. My gosh you know I dreaded the online assemblies. I know people put a lot of work into it. But it's hard to get online all day long. More than a day and a half, probably. So, this was just amazing. And the second thing I want to say is everybody has so given so much, so many thanks to both our Area officers and committee members and also to East Hawaii, but I hope everybody knows how much these people put into it. There's so much, you know, particularly in the area. I know, you know, there's so much behind the scenes, time and effort and work that these volunteers, but and for each and every one of us. And I just am so grateful for all of you. But you know, I don't know that everyone remembers that that you're all volunteers and that you're all human, as I think Penny has said a lot of them, so huge, huge thank you to all of you.
- My name is Akemi, I'm, I'm your Area Treasurer. My home group is central district Kupa'a Step Study. I'm so grateful for the East Hawaii District. They it's so amazing from the pickup. Somebody mentioned curbside of Hilo airport. So warm and welcoming. And I came to this assembly in Hilo four years ago. It's the same feelings of nice, a little "country" compared to Honolulu, where I live. And all I those nature noises, rain in the mornings and evenings and birds and frogs. I appreciate for maybe a couple days. And then I really want to congratulate and thank you for all the GRs and Alternate GRs who showed up and voted. And I'm the one who I talked about it in the workshop sevens tradition workshop. But it was my really own story. I was a GR before and my first assembly I was hooked. And this assembly I wanted to come back every time and I became Dr. And I became treasurer. Somebody said all I know you do it for yourself. But you get you get more than what you give financially, or your time in service. And I really believe me that if you are hesitating to step up more to service positions. Okay. So much tradition we corrected in two days. Saturday \$642. Sunday \$412, total Seventh Tradition: \$1,054. I think I think this is the most amount in my experience in nine years in Hawaii. And AFG meetings \$20, and Alateen box \$535. Everything's going to go to one bank account, but this Alateen fund is gonna be on the other team reserve fund, and then it's gonna show up on financial statement. And Ethel's craft table for a scholarship fund collected \$391. It will go into scholarship reserve fund. Very generous. Thank you so much for your participation and service.
- I'm Jan from West Hawaii. I want to thank everyone for being human. Because I was sitting there and realizing this is what makes it possible for any of us to do service. We get to see people do things, and not do it perfectly, and make amends or to be able to clarify, this is what happened. And this is why. It gives us an opportunity to say, "Well, that's good. I'm not perfect, so maybe I can do something too". And I often think, yes, we're perfectionist that's part of our craziness, but we also hesitate because we have such high expectations for ourselves. And I think what was reiterated again, and again is it is not me alone, it is everybody that's making this happen. So yesterday, admittedly, I was tired, I was cranky. I wasn't as positive. But you know what, I have an opportunity to do a little bit of service. And turn my attitude around. And today, I just, I'm just thoroughly delighted with the wonderful people I met and thank you so much. And yes, I'm encouraged to do Service now.
- I'm Jess. I want to thank you and echo all of the sentiments of the previous shares. I also was cranky yesterday from parties. It was such a thing to behold, particularly during the business meeting to see how you can, Penni particularly, how you navigate navigated it, like how you conduct yourself, all of us in a way that demonstrates our own humanity, you know, compassion for humanity. And the witnessing of making an amends, like these are things that are so needed in our world. And I think it's just an amazing thing to actually witness that and to physically be with all of you. This is my first assembly, as well. And my first service as a GR, because someone else dropped out, and if you all trust me, then I'll do my best. I was inspired by Ruby, of course. And what did I learn? I learned more about how the structure works, I

learned how to piece the information together. So maybe I can help Tom, in particular, because I'm from the Maui contingent, to help new GRs welcome people into service. It doesn't seem so overwhelming because they can with all the information. I'm taking home a lot of inspiration and energy around it, because I've realized, I'm a busy person. And you know, if I commit myself to this work, and you know, I've already committed to myself to do this recovery work. And trusting that it will manifest, and things will manifest, and I will be able to pay attention and just see God's will for me, and differentiate between my will and the will my higher power. And I'm excited to explore becoming an AMIAS, supporting Alateen and learning more about it because I have twin boys who are eight, and my husband is in recovery. I want to understand how to incorporate them into this life of recovery into our Al Anon family groups. And I care deeply about all children. I think it was just that extra inspiration I needed to hear from Ruby. Thank you all, thank you to the Hawaii Area, to all the GRS, all the people that have helped. I was put to work immediately when I got here. I love that so much. I appreciate you all. Thank you.

- Aloha, I'm Kirk. My homegroup is Church of the Crossroads Thursday at noon. This is my first full assembly and first time as a GR. A couple of things, figuratively speaking, Penni, you've got big ____s. Yesterday you ran a difficult meeting, and you've had to make decisions. And then I saw you make amends today. And it taught me a lesson about what true leadership is: being a servant. As we read in the Steps, live, and in real time, and I just that is worth the trip for me as a person. So, thank you for that. And then watching the speaker this morning, Kelsey, on spirituality. Kelsey, I've given tons of speeches, I've listened to tons of speeches, I never saw someone come up and say I'm gonna give this speech and I'm going to let my higher power speak for me in real time. I've gotta see this. And it was like I could see the cloud above and the higher power giving you things to say, and you were in real in the moment. And yet you took us on a journey that had a beginning, a middle and a conclusion. That was just awesome. And real the whole way. So, I just those watching Penny watching you gave me great valuable lessons. And then just like many have said, this pandemic separated us, and I think us and Al-Anon at times feel very isolated and alone. And we thrive on each other and hugs and human contact. And that was evident this weekend. And I do think there's something special about Hilo, it's my hometown, the water. Like I said, the Coqui, the myna birds, and the rain. It's cleansing, cleaning, refreshing, and powerful to our spirits. I just want to thank the East Hawaii folks for what you did. And just thank everyone for the love and aloha. Thank you.
- I'm Alice from West Hawaii. . First, I want to thank East Hawaii for the wonderful arrangements. Just making this all happen. And the Committee for putting together the agenda and making that happen. Yesterday during the business meeting, I got to see how allowing dissenting opinions to be expressed, and the old me would have gotten kind of frustrated with that. But I was able to recognize that that was what was going on. And that that was what we knew. And it was good to see Penni model that. And yeah, it made the meeting a lot longer. But it was a good thing. Minority Opinion. That's just the fellowship in the room is always inspiring to be in assembly. People I see now once every few years, but we recognize each other, and we have common language and we each bring our higher power into the room, which is just a really powerful feeling. And it's always an enriching experience for me to be at assembly, and I thank you again for letting me participate and be enriched.
- I'm Brooke. So, I just wanted to share I wish there was more people here still, you guys bought over \$900 in literature! And as my sponsor always told me, she laughs at me because I hate crying, but she always laughs what I cry, and she laughs and says good. And then I stopped crying. And that's not working here today. So, I love you all. This isn't one of my safe spaces, and you guys are my safe space. And I just love you guys. And I'm so glad I got to come this year and I'm so happy. So now that we're back in

person. And please order more literature!

- I'm Dana, West Hawaii. And I, I wasn't going to get up here and say anything. And I was remembering my very first assembly I went to I did not get out of my chair, even though the chairperson was looking at me in the eye and saying, come on up, Belmont, new. Speaking very difficult for me. But this time, I just want to echo everything everybody said, love what you said, because I'm totally with you on that. And I'm used to why all of those things. But what's different for me this time, two things. One is I now have a chosen an agenda item that I want to suggest, and I've never had one before all 20 years and Al-Anon. I also have gathered Alateen information, a lot of it. And I'd like to see my grandchildren at Christmas time. And if I can just get them aside, speak to them, show them something I will have done something that I've never done them before. Thank you so much.
- I'm Nick, Member, East Hawaii. And as my first assembly. Public speaking isn't something that I'm really good at any little icebreaker here just for myself. So alright, so hello, everybody on the left side, far left side. On the middle, left side, middle, right side. Right side. Quick moment, to, of course, our panel on the front. A very central presence to this whole assembly that I want to call out. Thank you so much structural column! This is my first assembly and I have learned so much about Al-Anon, just all the inner workings and just the organization and the structure. And to me this is huge, when I first started going to Al-Anon for a couple of years, about 15 years ago, I just pictured a support group, which we are like you see like movies and television, a group of maybe 12 to 20 people sitting in a circle together and they're just there and there's like one leader and that's it. But now wow, this is a worldwide thing. This goes deep because you guys are so organized. You guys are so structured, Tradition Nine says you shall never be organized. Are you kidding me? General Motors can really learn something from you ! I learned so much about all the inner workings and Alateen as well. I gotta give it up for Ruby, Wow powerful young person. What has this taught me, what has this given to me at this moment, it is giving me energy, and this was so important because for months, maybe even a year and a half, or a couple years now, I just feel like I just been drained and just having all of you basically just the support of this is great. So, thank you so much.
- I'm Dianna. East Hawaii just did such a fabulous job, and everyone that stepped up, the people that pulled it together and helped you. And that's what it's about. It's people stepping up, people, not one person doing it alone. And we certainly saw that you guys are fun. I loved you break stuff and really enjoyed that. And the money that we collected is just, it's amazing. I mean, it was like, the first day, I think we broke the record, so you're just really generous and giving. And I think some of the things that we've talked about in the past, and the things that are important to me is helping people understand the value of this, this program, and this organization, and what it's what it means to keep supporting it, and how we support it. Talking about money has always been so uncomfortable. And we can talk about uncomfortable things here. And that's what Al-Anon is about, alcoholism, and that's not the most popular topic at a party for sure. And, and you guys are the ones that I can sing in front of it. And it's okay. I've been singing for years. And I really just appreciate the open arms and loving and accepting. And the Alateen that was here. Oh my gosh, she's so well spoken, I would have never ever been able to get up in front of somebody, a group of people like this and speak as well as she did. It was a well-rounded Assembly this year, and it's been so amazing to be back in person and feel warm bodies around my arms. Thank you so much.

Final Seventh Tradition Report – Akemi

Saturday	\$642.00
Sunday	\$412.00
AFG Meetings	\$20.00
Alateen Donations	\$535.00
Scholarship Fund	<u>\$391.00</u>
Total	\$2,000.00

3:30 Closing - *Penni*

Looking Ahead:

Mar 10 - 12, 2023 – Southwest Regional Delegates’ Meeting SWRDM in Salt Lake City, UT Apr 17 -

24, 2023 – World Service Conference WSC in Virginia Beach, VA

Apr 28 - 30, 2023 - Big Island Bash, Kona, HI May,

or June 2023 - Mauifest on Maui

May 19 - 21, 2023 – Spring Assembly on Oahu

June 29 - July 2, 2023 – Al-Anon International Convention in Albuquerque, NM Oct, or

Nov 2023 - Fall Assembly on Maui