

Central District Report, Panel 64

To: Sophie Higgins, Hawaii Area Chair, Panel 64

From: Kirk Caldwell, District Representative, Central District,  
Panel 64

For: Fall Assembly, Kailua, Kona

Date: November 2, 2024

It has been almost a year now since Panel 64 of the Central District has come together. We are meeting regularly and are communicating well with each other.

The Central District is comprised of twelve Groups. All of them are active and meet regularly. Some have a smaller number of members than others. Six groups have GR and six do not. The six groups that do not have GRs do have a contact person to represent the group.

We do not have an Alternate District Representative. Margaret has a strong grip on our finances as our Treasurer. Either she or Peter, the GR for the Hawaii Kai meeting, have been standing in for me when I cannot make it to a meeting.

Kate is our secretary, and she has been doing an awesome job getting our minutes out the same evening as our monthly District Meetings. When she is unavailable, Margaret has been stepping in as the Secretary.

Other positions remain unfilled. We will continue to look for members to fill them.

We have majority participation from most of our twelve groups at our monthly Central District meetings and vigorous discussion on matters.

All in all, things are moving along in the Central District.

Mahalo.

Kirk C. Central District Representative

## DISTRICT 004 LEEWARD-Sandy M

### Leeward District DR Sandy M Report for Fall Assembly 2024

Leeward District is very grateful for the opportunity we had to host the 2024 Spring Assembly. Hosting is a big undertaking and Leeward District members really stepped up to the task. We feel that the experience has bonded us and made us stronger as a district. Many thanks also to all those from other districts who answered the call when we said, "We need help!".

Our district meetings are held once a month via Zoom, usually the first Monday of the month from 7-8pm. We do not have a district Zoom account and had been using a personal Zoom account for meetings but are now on the calendar using the Area Zoom account. The positions of DR, alternate DR, secretary, and treasurer are filled. We have a district Alateen coordinator who attended the recent AMIAS training but do not currently have an active Alateen group. We do not have anyone filling the public outreach coordinator position but have multiple members in service with public outreach through OIS (Oahu Information Service).

We have 5 active groups, 2 of which meet in a park and 3 meeting in church facilities. These are in person meetings, with one group having a hybrid component using Zoom. The park meetings have some challenges with the homeless and weather. They meet via phone using Free Conference Call if the weather is bad. Three groups have GRs, two are without GRs but have a contact person. Most groups are having monthly business meetings.

We appreciated the in person "rock painting" activity that we held prior to Spring Assembly and are talking about ways to enhance the in person fellowship within the district. Ideas include having our postponed financial workshop include a meal and having a craft workshop to make "love gifts" for our Delegate to take to WSC.

One of my goals as DR is to attend all meetings in the District at least once in the next year. I may offer to lead a meeting on "How service has enhanced my AI-Anon recovery", especially for those groups that do not currently have a GR. I am grateful for the growth opportunities that are provided by being in service as Leeward DR.

## DISTRICT 001 WINDWARD - Gayle F

### Windward District DR Gayle F Report for Fall Assembly 2024

Windward District Panel 64 is up and running and we're looking forward to hosting the Spring Assembly this coming May 16-18, 2025, at the St. Anthony Retreat Center in Kalihi on O'ahu. Our district meeting is the fourth Thursday of each month via Zoom from 6:30-7:30 PM. Because the 4th Thursday in November is Thanksgiving, this month's meeting will be held on the 21st and will be hybrid for holiday celebrating and fellowship. Windward District currently has it's own Zoom account that was paid for by the last panel and is covered through the end of this calendar year, December 31, 2024.

Along with a new DR, Windward District also has an Alt DR, Treasurer and Secretary. We are looking for members willing to serve in our open Outreach, Literature, and Alateen AMIAS positions. Windward District currently has no active Alateen groups.

Windward District has 9 active groups and one new group that is in the registration process with the WSO. Once our newest group is registered with the WSO, we will have 3 in-person meetings. We have one hybrid meeting that meets at Kailua Park and online via Zoom, and 6 virtual groups that meet via Zoom. Our virtual meetings at noon on Tuesday, 12:15 on Wednesday and 12:15 on Thursday are looking to grow their fellowships and kindly ask everyone to please spread the word near and far about these meetings. 8 of our groups have a GR and 5 of those groups also have an Alt GR. The remaining two groups have contact persons. At least half of our groups have scheduled monthly business meetings.

Beginning in January, we will start planning for Spring Assembly in earnest. We welcome the experience and service of anyone who can help us host as successful an Assembly as Leeward District hosted this past year. Although I am nervous and a bit stressed out, I am even more grateful, humbled and excited to be representing Windward District this year and during this Panel. There are so many members who are an inspiration because of your service and recovery. I appreciate you all so much. Mahalo

## **Maui, Molokai, Lanai – Panel 64, District 3, Area 12**

Shannon R. - DR Report for Fall Assembly 2024

Wow, can't believe it's been a year since we hosted the Fall Assembly on Maui. This is my first Assembly attending as a District Representative. In July, our Maui District suffered a great loss. Our Beloved Sharon passed away suddenly due to health issues. She has been a longtime member of Al-Anon as well as our AIS for many years. We have named her our Forever Phone Angel. It was such a tragic loss but our district pulled together to support one another. We are still planning a celebration of life sometime soon.

Our district which is made up of Maui, Molokai and Lanai currently has 15 groups. 8 of those groups have a GR, ALT GR or a temporary GR. One of my goals as the DR is for ALL groups to have a group representative. I am using the LOVE method...let others voluntarily evolve. We have a mixture of in person only, zoon only and hybrid meetings.

Our District meets once a month in person and on zoom on the 2<sup>nd</sup> Tuesday of each month, except for November. We decided to move our meeting to the following Tuesday, November 12 so that everyone can go VOTE on election day. All of our executive and service positions are filed except for a Web Coordinator, which we continue to look for members to fill that position. Those who join our meeting in person participate in a potluck style pupus/dinner, which is always appreciated. Our executive officers are: Shannon R. – DR, Jane S. – ALT DR, Jess G. – Secretary and Wiebke D. – Treasurer. We are truly grateful to have the support of past officers that continue to remain active at our meetings.

My Goal over these 3 years of being the District Representative is to attend every meeting, whether in person or on zoom. I am reminding myself that it is Progress over Perfection. I am so proud to represent Maui, Molokai and Lanai and I appreciate all of the support that I have been given from our GR's, members as well as from our Hawaii Area World Service, Panel 64.

Thank you so much for the opportunity to be of service. I am truly grateful for all of you!!!

Mahalo,

Shannon R. – Maui District Representative

## **Aloha mai kakou!**

I am happy to be back at another Assembly as East Hawai'i's grateful, trusted servant! East Hawai'i District has been very busy doing public outreach events including Alateen outreach recently at Waiakea Intermediate School's health classes. We are in the process of designing a District budget, started a Venmo for 7th tradition contributions to District and are excited to bring back our annual Holiday FUNdraiser on December 8th at noon at University Heights in Hilo. We have LOTS of opportunity for service as many of our groups are without a GR/Alt. GR and many of the service positions such as treasurer and secretary.

### **Here is our quick update on our East Hawai'i groups:**

- **Monday Night 4th Step:** small & consistent group, **No GR** Blueprints for progress workbook is restarting where they answer 1-3 questions per meeting.
- **Tues Loving Interchange:** group is good, **No GR** but having Alt GR going to Assembly-Barb!
- **Thurs Steps to Serenity:** slowly going, changing format possibly to an open meeting instead of a book study, will do step, tradition, concept rotation
- **Sun Meditation, Change & Serenity** - no report, **No GR**
- **Super Saturday Ohana AFG:** dozen people each week, online has tapered off, good donations, gonna do a group inventory and design a new script for meeting
- **Serenity on Sunday:** doing a group conscience on conducting a group inventory, they are doing Paypal and looking into Venmo as an option for donations, and they are discussing "how to keep newcomers" in order to help newcomers relate after attending a meeting.

-Respectfully Submitted by a VERY grateful member of Al-Anon,  
Tamera L.

## West Hawaii DR report Fall 2024

Looking back on my first ten months as DR and all the emotions that have played through them, I see that what has dominated the whole experience is the months of planning the 2024 Fall Assembly, Practicing the Pause. As I write this, I reflect that the Assembly theme has helped me through the Assembly planning process. What a gift it is to know that I can pause before responding or taking an action.

It has been an intense few months. As has been said a few times among our planning committee, one of the great things about rotating the assemblies among all the islands is that it provides the opportunity for members of a district to practice our principles while working together on a specific outcome. So many of us were new to the experience of hosting an assembly; it's been very much learning by doing. More than once I have heard in my head the echo: *once you learn how to do a job, it's time to rotate out.*

I am looking forward to the business and fellowship of Assembly, and hope that it will be a positive experience for all our Area members.

In West Hawaii we currently have eleven Al-Anon meetings and one Alateen meeting. The Alateen meeting is in person on Wednesdays at 6:30, with a rotating group of five AMIAS. As time has passed, the teens have taken more ownership of the meeting, and that has been great to see. We started with four, then lost one 18 year old who moved on to military service, and now have six.

Out of the eleven Al-Anon meetings, three are in person only, six are electronic only, and three are in person and electronic. We recently lost an in person meeting that had been on Wednesday at 5:30. The members gave a good effort—and I and a GR were able to visit at one meeting—but I know from experience it is challenging to keep the energy and the spirit going when there are only two or three people who show up for a meeting, week after week.

We have a monthly birthday meeting. Pre-pandemic it was in person; then it morphed into electronic only. Now it has bounced back to be in person in a lovely office space and also to have a large screen for remote attendees.

Our District meeting is electronic only. Pre-pandemic, in previous panels, I attended in person District meetings as a GR and as a member—and I miss the personal contact (and, often—snacks!)—but this mode does make it easier for folks to get together without night driving or longer distances—both of which are not great for some of us.

Out of the eleven meetings, six have GR's. Four meetings without GR's have members who have volunteered to be contact persons. And the one without either still provides me with an e-mail so I can send Agendas, Minutes and other information I would like for the groups to have.

Although I still feel like a beginner as DR, sometimes like a wobbly newborn 4-legged creature finding her legs, I am grateful for the privilege of being able to serve Al-Anon at the Area level. As others have said before me, service accelerates recovery.

Reports for Fall Assembly 2024

### **Kaua'i District 6 Report, Julia DR**

Kaua'i District 6 is eagerly anticipating upcoming Al-Anon events to enhance our opportunities for fellowship.

We have 3 committee members (DR, Secretary and Treasurer) and 3 GRs at our quarterly District meetings.

Saturday, October 12, is our annual fundraiser for the Fall Assembly: Ice Cream Social in Lihue, featuring our Al-Anon speaker, Vanny from Maui, and an AA speaker, too. Tickets are \$5.

Our 6 active meetings are well attended:

1. Kapa'a Sundays at 11am.
2. Detachment Strength and Hope, Tuesdays in Waimea and on zoom.
3. Wednesday Noon, in Lihue and on zoom.
4. Spirituality and Steps, Thursdays in Poipu
5. One Step at a Time, Thursdays in Princeville.
6. And our Electronic meeting on Fridays at noon.

Since becoming DR, I have attended 4 out of 6 of our active meetings on Kauai. I intend to visit Tuesday night in Waimea and Thursday night in Princeville before the end of the year.

I'm feeling stronger in my recovery from the effects of alcoholism in my family since leveling up to the DR service position. There's definitely a difference in my self-care focus this year. I value my time and energy more than ever and I'm able to use Al-Anon tools to help me enforce boundaries to protect my serenity with greater ease. Being in service at this level has changed my attitude for the better. I admire the commitment of all the members in this fellowship, especially our Delegate and the Area Committee, Coordinators, DRs and past Delegates. Thank you!