

**Area 90 Wyoming Newsletter**

January 2026

[www.wyoming-al-anon.org](http://www.wyoming-al-anon.org)

the  
**LINK**

**Wyoming Area  
Al-Anon Alateen  
Newsletter**

# JANUARY '26

Experience | Strength | Hope

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## Participation is the Key...

*When* I first came to Al-Anon, I wanted to participate in everyone else's issues but my own. More accurately, I wasn't even aware of a lot of the issues on my own side of the street because I was too focused on everyone else's. By trying to cure the alcoholic, I was projecting the idea that I knew what was best for them. In a way, I was playing God in their lives and pushing Him out of mine.

I see now how much I struggled while trying to make them understand they had a problem, without considering that they might not have been aware of it themselves. They can't fix a problem they don't believe exists. Once I accepted that, I stopped trying to change what I couldn't control and started focusing on myself.

My loved one must be an active participant in their recovery just as I must be in mine. If someone approached me the way I approached them, I wouldn't take it well either. It's the old lesson: you can lead a horse to water, but you can't make it drink.

I can have the best intentions, but they must be receptive on their own time. Until then, I have to trust that my alcoholic has a Higher Power and know that it isn't me. I believe that my Higher Power has a plan for me, and theirs does too. When I step out of the way, I give them the dignity to learn from their own choices. Active participation in my own program is the only key I've found to harmony. Just as our groups participate in the worldwide fellowship, I must participate in my own story and allow others to do the same.

**-Anonymous Al-Anon Member**

## Step 4

My Sponsee and I are preparing to work on STEP FOUR: Made a searching and fearless moral inventory of ourselves. So many people dread this step. I see it as a warm and welcoming invitation for self-reflection. Reaching for Personal Freedom states:

Although Step Four fills many of us with fear, completing a “searching and fearless moral inventory of ourselves” empowers us to move forward in the recovery process. With guidance from a Higher Power, sponsorship, and loving support from other members of Al-Anon, we have the opportunity to live a full, rewarding life.

Before asking us to examine our liabilities, we are asked to examine our assets and reflect on the journey we are about to take. The Paths to Recovery Workbook poses the following questions to be addressed as one works STEP FOUR:

- Do I understand the spiritual principle of an inventory?
- What do “searching” and “fearless” mean to me?
- What does a “moral inventory” mean?
- Am I open to another’s point of view?
- How am I honest? Do I tell the whole truth? If not, what stops me from telling the truth?
- How am I trustworthy?
- How am I respectful?
- How am I generous?
- In what ways do I look for the good in others?
- How do I open myself up to others?

*Blueprint for Progress* lays out the purpose of STEP FOUR:

The Fourth Step can be an essential tool for personal growth. Many of us have been so obsessed with the behavior of an alcoholic that we developed a limited sense of ourselves. We may have lost sight of our personal goals, neglected our potential, and become too concerned

with our attempts to change someone else. Often our good qualities lay hidden behind frustration and fear.... Our goal is to learn as much as we can about ourselves, both the good and the not-so-good.

With the wonderful tools of Al-Anon, I embrace working STEP FOUR with my Sponsee.

**Ann, R., Casper**



## Gratitude

*The sun has been adding minutes to its daily appearance for several days now, and I am SO very grateful for that. I don't know that I actually have Seasonally Affected Disorder, but I do know that winter brings a darkness to my being, and I welcome the light this time of year. Over 50 years ago I was 8 months pregnant and truly concentrated with joy on that life within me. These days, I look at this child of mine*

*and marvel that this child survived me in the dark years of living with active alcoholism. I came to Al-Anon over 35 years ago and found a new way to live and love, because someone was at the information*

*meeting I had heard about, and then steered me to a registered group to continue attending meetings, and learning about the disease that raged within our home. These days I have to be aware of the effects of my own dis-ease, of how I contribute and perhaps continue to display symptoms of the family disease, and proceed to try to use the tools of the program to be restored to sanity. And serenity. One of these tools is the act of making a Gratitude List. It never fails to work.*

*Grateful to be where I am.*

**-Jenny H., Casper**

## 2026 Budget

### Income-analysis 2023-2025

- Raffles-goal adjusted due to less face-to-face meetings
  - ✦ Proposed 2025 adjusted down to \$1500-keep the same for 2026
- ✦ Donations
  - Districts-goal increased to \$1500 in 2024=easily achieved
  - Groups-goal set at \$2500-based on \$200/mon. Easily achieved in 2023 and 2024. May need to decrease in 2027 if 2025 monthly trends continue
  - Area 90 BD special appeal-amounts have decreased
- ✦ Conference costs or gains-only 1 in 3 Conferences resulted in gains to the Area

### Expenses analysis 2023-2025

- Cost of World Service Conference
  - ✦ Equalized expense has increased to \$1700-\$2500-these used to be cost of full
  - ✦ expense
  - ✦ No information on 2026 costs yet
- AFG Donation
  - ✦ Doubled this year
  - ✦ Could consider adjusting yearly if group donations change
  - ✦ Delegate and Alt Delegate costs
  - ✦ Vary greatly depending on NWRD meeting attendance and location
  - ✦ Could be very costly if located on west coast/Alaska
  - ✦ Could be very costly if both Delegate and Alt Delegate attend
- Officer and Coordinator Travel
  - ✦ Cost of travel is increasing greatly-although varied costs now are equal to the

- ♦ costs of 4 face to face meetings
  - ♦ Varies some depending on who submits expenses
  - ♦ 2-3 people do not submit expenses on average
  - ♦ May add alternate costs if positions filled
  - Archive Storage
    - ♦ Smaller unit will decrease annual costs considerably
    - ♦ Need to consider if digitalizing materials would help/who would do, etc
  - Event costs
    - ♦ Sensitive topic-Since we have tried to be more self-supporting-it costs us more.
- Open to discussion

**The Zoom Info for Saturday's Meeting**

**Go to: [wyoming-al-anon.org](http://wyoming-al-anon.org)**

**Go to: "Events" in the upper right hand corner**

**Scroll down to "Zoom Link for Assembly".  
Right above the 7 Feb event.**

**It will take you right to the event. If you  
want to manually add the information, here  
it is:**

**838 567 4716  
serenity**

## ***2026 Spring Conference***

*Our* next Planning Meeting will be February 8, the day AFTER our Zoom Assembly on February 7. Topics we are discussing involve funding the conference, potential speakers, workshops, and perhaps a separate flyer. So far we are still planning on having a Hospitality Room for members to have a place to visit while the Assembly is in a meeting, where literature and raffle items may be displayed. Attending the AA Planning Meetings has been fun and informative. In order to delineate the responsibilities between the two programs, a Memorandum of Understanding was created. Keeping in touch with the Area members has certainly been an important part of the planning process, and I appreciate those members who respond and help us out!

In service,

**-Jenny H., Conference Chair**

**Casper**



## Tips for GR's as FORUM Representatives

1. Announce at meetings that the *Forum* as a concept, is considered Conference-Approved Literature (CAL)
2. Suggest the use of Round Table Topics as meeting topics.
3. Encourage groups and individual members to subscribe (regular and gift subscriptions). Have Forum envelopes and *Forum* order blanks available for this.
4. Inform members that the *Forum* provides:
  - A meeting in my pocket
  - WSO news at a glance
  - Alateen sharing and questions
  - Calendar of events in U.S. and Canada
  - Reflections for personal use and meeting topics
  - *Forum* flap offering new material
5. Make the *Forum* part of your groups lending library.
6. Encourage use of step stories at beginners meetings.
7. Distribute writing guidelines at meetings and encourage members to submit their sharing to the *Forum* (service and personal).
8. Remind the members that *Forum* favorites Vols. 1-3 are made up of members favorite articles.
9. Inform members that the *Forum* is available in braille and large print. (Contact WSO for availability.)
10. Pass on Forums to professionals, libraries, etc. as part of P.I., CPC, and institutions work.



## Reports:

*The* monthly reading schedule for the coming year for the Wednesday Night Bookclub over Zoom:

**The 1st and 2nd week:** Steps - using How Al-Anon Works and the workbook Reaching for Personal Freedom

**The 3rd week:** Slogans - How Al-Anon Works and daily readers ODAT and A Little Time for Myself

**The 4th and 5th week:** Topic from ODAT and A Little Time for Myself

Blessings and Happy New Year to all,

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**Buffalo** is still meeting twice a week. Our 8:30 Saturday meeting is a topic meeting. A member signs up to chair a meeting, picks a topic, finds readings that correlate with the topic and presents to the group. Our attendance at Saturday mornings hasn't been what we had hoped for but hoping for better results in the future.

Our 7:30 Monday evening attendance has been much better. We usually have between 8-10 people. Our format is as follows:

**1st Monday-** book study (currently How Al-Anon Works)

**2nd Monday-** discussion of daily readers

**3rd Monday-** Step 4 meeting(Blueprint for Progress)

**4th Monday-** birthday celebrations and/or daily readers.

Our meetings are held at the Congregational Union Church at 122 E. Bennett Street.

In service, **Cleo O., GR**

### Available Area Coordinator Positions:

- Public Outreach Coordinator

### Important Dates:

#### Winter Business Assembly

February 7th, 2026 - ZOOM

#### Spring AWSC

May 29-31, 2026 - Casper

#### Summer Business Assembly

Aug 21-23, 2026 - Sheridan

### ***Monday Noon Brownbaggers***

continue to meet on Mondays at noon at St. Mark's Episcopal Church.

Attendance is steady at 7-8, but sometimes reaches up to 10. Barb is GR. Dennis is Assistant GR. Ann is Treasurer. Patti is literature. Quarterly contributions are made to St. Mark's Episcopal Church for use of their guild room, District VI, Area 90, and WSO. Meetings are held on Mondays at noon in the St. Mark's Church guild room. -**Ann R., Treasurer**

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### **District 6**

Time for some changing of the guard for the next 3 years in District 6. Dennis H is the new District Rep; Ula D Alternate DR; Leah M, secretary, Lisa L, treasurer, LDC Russett C, Forum Rosemary W. No one yet for Institutions. Mark your calendars for Saturday, April 18, 2026, for our annual Chili Supper.

Hope to see everyone on Zoom Feb 7 2026.

In Service,

-**Ula D., Alt. GR**

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On Tuesday nights at the 300 Club in Cheyenne Wyoming, the **Serenity No. 1 AFG** meets at 7pm. Members sign up to chair weekly and share from a variety of topics using various Al-Anon CAL. The meeting topics are as follows:

**1st Week:** Open Meeting

**2nd Week:** Open Meeting

**3rd Week:** Al-Anon Birthday Sharing Meeting

**4th Week:** Step, Tradition, or Concept of the corresponding month (Ex: Step one for Jan.)

We have a core group of 9-12 regular attendees and welcome new comers with fellowship and sharing our experience, strength, and hope.

-**Molly G., GR**

### **SOS Al-Anon Family Group**

meets Monday at noon at the Laramie County Library. I am the new GR and I would like to thank Linda B. and Carol M. as well as others that have worked to keep this meeting going when it was on the brink of being disbanded. We are seeing 7-8 regulars now and enjoy newcomers and open sharing.

LIS

**-Shirley T., GR**

### **Stepping Stones To Recovery**

We meet at the First United Methodist Church, Room 207, 302 E 2nd, Casper Wy; every Wednesday 7-8 PM, follow the posted signs. We currently have two Zoom members, 1-4 face to face members. We continue to keep the doors open for all who need a meeting. We are working on adjusting our meeting format to benefit some suggested changes. Everyone are welcome.

In Service,

**-Ula D. Group Member**

*The electronic version of the 2026-2029 Al-Anon/Alateen Service Manual in English, French and Spanish on [al-anon.org](http://al-anon.org) is now available. -Pat H., Literature Coordinator*



I am pleased to serve in this capacity. I have already attended two training sessions and a five-part Welcome video. The first order of business will be to re-certify our current four Al-Anon Members Involved In Alateen Service (AMIAS). I would like to thank Cathy H. for keeping in touch and forwarding the information she had. More will be revealed!

LIS

**-Shirley T., Area Alateen Coordinator/  
Area Alateen Process Person (AAC/  
AAPP)**

## Winter Business Assembly Agenda

February 7, 2026, Zoom

Optional Sharing Meeting - Sat. 7:45am - 8:45am

9:00am - Open with a Moment of Silence, Serenity Prayer, Traditions, Concepts and Warranties

Zoom meeting protocol: Please stay on Mute unless you are speaking.

**Roll Call:** Roll call of Group Representatives.

A full Area Assembly is comprised of the Delegate, Area officers and Coordinators, DRs and GRs. (Service manual p.157)

Introduction of Delegate, Area officers, Coordinators, District Representatives, Past Delegates and all attendees.

**Minutes:** Approval of August 23, 2025 Riverton Business Assembly (*Please review minutes from the LINK prior to meeting.*) (*A motion can be made by a GR to waive the reading of the minutes and accept or make changes to those published in the LINK.*)

**Treasurer's Report:** Cathy H.

**Delegate's Report:** Ron G.

Donna has a skit about WSOs new group name policy and how to choose a new group name. Also information about choosing Regional and At Large Trustee (Conference Committee Trustees). Delegate will help us understand the way these trustees have been selected in the past and the choices we have to consider finding a better way.

### **Officer/Coordinator Reports:**

Alternate Delegate - Sharon B

Archives - Kathy C

Group Records - Barbara G

Literature/Forum - Pat H

Alateen/AAPP - Shirley T

Link Editor - Molly G

Public Outreach - Joyce J/Donna B  
Media/Website - Linda B  
Technology - Lisa L.  
Area Chair - Charlotte H  
Area Secretary - Mary R

**Group Representative Reports** may be read individually or submitted to the LINK to be published.

**Business:**

—Approval of the Proposed Budget for 2026. Proposed and actual income and expenses for 2025 compared to Proposed budget for 2026. See pages 7 and 8 of October LINK.

—Do we need a Budget Committee to assist Treasurer to help set up an audit schedule, proposed budget planning for 2027 Summer Assembly, etc., and how shall those decisions be made? ie. KDBD, Thought Force, Task Force, and Work Force processes?

—Policies and Guidelines are posted on the Area Website and are in the process of being updated.

—Area Chair will read job descriptions of Media/WebsiteCoordinator and Technology Coordinator positions for discussion and approval to publish to Policies and Guidelines.

—Call for volunteers who would like to help shape the next panel's Policies and Guidelines.

—When do we send additional money to WSC? Is it when there is a budget surplus and/or as part of a budget meeting discussion?

—At what point would we decide to send Past Delegates to the NW Regional meetings?

—Announce the filling of our coordinator position for Public Outreach with both Joyce J and an assistant, Donna B. How will expenses be reimbursed if both Joyce and Donna are able to attend an Area meeting?

—GRs please discuss the idea of Officer/Coordinator Assistants. When is it appropriate?

—DR for District 1, Laura B has made the decision to start a new book study group geared toward those of us in Al-Anon service that will read from Reaching For Personal Freedom starting at the pages about the Concepts and Warranties, page 123.

—Jenny H will report what she knows about the Casper AWSC meeting in May.

### **Upcoming Dates:**

Spring AWSC Meeting - Casper, WY - May 29-31, 2026, Best Western

Summer Business Assembly - Sheridan, WY - Aug 21-23m 2026, The HUB (former Senior Center). GRs vote.

Fall AWSC Meeting - Zoom - TBD

Winter Business Assembly - Zoom - TBD

International Convention - Minneapolis, MN - July 20-22, 2028



## Area 90 Business Assembly Riverton - August 23, 2025

Joyce opened the meeting at 0901am with a moment of silence and the Serenity Prayer. Traditions were read by Jenny H., the Concepts and the General Warranties by Kathy C.

**Roll Call: Officers:** Area Delegate – Donna W. (Green River), Alt. Delegate – Mary R. (Sheridan), Area Chair - Joyce J. (Sheridan), Area Secretary - Charlotte H. (Shell), Area Treasurer - Madeline S. (Sheridan)

**Coordinators:** Literature/Forum – Pat H. (Cheyenne); Archives – Kathy C. (Cheyenne); Public Outreach – Steve B. (Powell); Group Records - Linda B. (Cheyenne); Alateen/AAPP - Cathy H. (Greybull); Website/Media Librarian – Barbara G. (Thermopolis)

**PAST DELEGATES:** Shirley T. (Cheyenne), Judy G. (Green River), Madeline S. (Sheridan), Sharon B. (Powell).

**District Reps/Acting DRs:** DR I – Cathy H., DR II - Melba B., DR VI - Ula, DR VIII - Judy G., DR X - Ron G.

### Group Reps/Acting GRs:

DI - Greybull Easy Does It AFG, **Greybull**, Charlotte H.; Serenity AFG, **Powell**, Steve B.; Friends & Family AFG, **Thermopolis**, Barbara G.

DII - Sat. Morning Al-Anon, **Sheridan**, Melba B.; Buffalo Family Group, **Buffalo**, Dale D.; Friday Night AFG, **Story**, Madeline S.

DVI - Brown Baggers AFG, **Casper**, Jennie H.; Stepping Stones to Recovery, **Casper**, Stephen T.; A New Beginning AFG, **Casper**, Rosemary W. ; Saturday Morning New Starts AFG, **Casper**, Lisa L.

DVIII - Tomahawk Al-Anon, **Green River**, Judy G.; Brown Bag Al-Anon, **Rock Springs**, Luz Z.

DX - Wednesday Step Study, **Cheyenne**, Kathy C.; Three Legacies, **Cheyenne**, Ron G.; SOS Al-Anon, **Cheyenne**, Shirley T.; Thank God It's Thursday AFG, **Cheyenne**, Linda B.; Serenity #1 AFG, **Cheyenne**, Pat H.

### 17 Voting Members

Later Dale D., Buffalo, had to leave. **16 Voting Members.**

**Attendees:** Sharon Bailey & Laura Birky from Powell, Jenny Hjelmstad from Casper, Brandie Kesterson & Janey Mayer from Thermopolis

**AREA ELECTIONS** for the 2026-2028 term were held. New officers assume their positions on January 1, 2026. They are: Delegate - Ron G., Alt. Delegate - Sharon B., Area Chairperson - Charlotte H., Area Treasurer - Cathy H., Area Secretary - Mary R.

The 2026-2028 **Coordinators** will be: Literature/Forum - Pat H., Archives - Kathy C., Group Records - Linda B., LINK Editor - Molly G.

**Undecided Coordinators** (available positions) - Public Outreach, Website and Alateen/AAPP.

**MINUTES - Feb. 1, 2025 Zoom from the LINK** pages 14-23.

**MOTION #1** - Melba moved that the Minutes be accepted as printed in the August 2025 LINK. Donna W. Seconded the motion. Minutes accepted unanimously.

**TREASURER'S REPORT -**

A copy of the balance sheet, budget comparison and 2026 budget notes can be obtained from the Area treasurer electronically or via hard copy upon request.

Currently we have about \$18,000. Projected income is \$2000 for the rest of 2025.

Expenses to date have been about \$3700 and will probably be another \$5000 in the months ahead due to WSO travel expenses and the archives yearly payment.

Group donations are down this year by about half of what they have been in the last few years and it seems likely income will continue to be down.

If we continue to bring in only \$2000/year, and we continue to spend \$5000/year, that \$3000 deficit will gradually eat up the \$18,000. For information, our prudent reserve is \$4000.

If your groups and districts are donating at the same levels as they have been, exclude yourselves from this caution. It's hard to know what has caused the downturn in donations. Perhaps we have fewer people attending. Maybe those who attend are feeling cautious. It's a fact that the expense of travel and meals has increased dramatically.

2026 Budget - Income and expense analysis based on the years 2023-2025 were discussed and are itemized on the handout for 2026 Budget.

**OFFICER & COORDINATOR REPORTS -**

**Alternate Delegate** - Mary R. shared that she has learned about this position, sometimes the hard way, but said she encourages those of us in service to learn from both successes and failures and not to take either of them personally.

**Area Chair** - Joyce expressed appreciation for being allowed the learning experience of being Area Chair.

**Area Secretary** - Charlotte has enjoyed her service position and especially loved being with all of you -who attend these Area functions. She is glad to have another job at the Area level.

**Archives** - Kathy C. brought photos of some of the tubs full of WSC books, group records, Area Secretary minutes, Treasurer reports, the Link, newsletters, policies and guidelines, some Delegate reports, skits and workshops, a few area profiles, etc., that comprise the Area Archives. She explained that when she took the job from Margaret in



2021, she rented a 5' x 10' climate controlled storage unit for the price of \$825/year. Earlier this year she received a letter explaining that the rent will increase November 2025 to \$996/year. She got busy making inquiries in an attempt to make the Archives storage more affordable and discovered that there was a 5' x 5' unit available that is climate controlled. She hopes we will approve the move to a smaller, more affordable unit.

She will make a list of the extra books she has in the storage. Ideas were brought up about ways we could best distribute this AI-Anon approved literature ie., helping new groups who are struggling to afford literature, lending libraries at meetings, donating them to city/county libraries, etc.

The quilt made in 1995, at the time of the relocation of WSO to Virginia Beach, was presented to Donna W for safe keeping until it is passed on the the next out-going Wyoming delegate.

**Group Records** - Since groups will have voted in new group representation starting in January 2026, Linda asks that the groups relay that new information to her so that she can update her records with full name, address, email and phone number. Information can be updated in the book, here, at this meeting, by email or a phone call. Linda Brewer - [dadabrew6060@gmail.com](mailto:dadabrew6060@gmail.com) - 307-760-0863.

Linda is thinking she will change from her personal email to an Area Group Records email so that there is continuity when the position changes to a new person. She will send it out through the LINK and also through the Group Records Directory she emails out to folks.

**Public Outreach** - Steve brought some "AI- Anon Faces Alcoholism" and some posters for distribution in your towns.

**Editor/LINK** - Molly sends the LINK to almost 100 email addresses. She requests we continue to send our group and individual reports and is excited to continue to be the Editor of the LINK.

**Literature/Forum** - Pat H encourages us to submit writings to the Forum about sponsorship, traditions and concepts.

**Website Coordinator** - Barbara will finish out the position of Website Coordinator and hopes someone will step up in the interest of rotation of service, to be the new Website Coordinator in 2026.

Thank you to Molly for putting the QR code on the Link. If Officers and Coordinators would like to communicate something on the website about their position, no matter how simple, Barbara is happy to create a page with that information, ie., contact information, job description, requests for help, etc.

At the bottom of the website is “Member Events” where Barbara has posted events when she has been notified. You can contact the Website Coordinator directly through the website or through her personal email.

She has created a draft of a page for Policies and Procedures and will publish them when she receives the approved Policies and Procedures from someone.

**Alateen/AAPP** - Four AAPP members have been re-certified. There are currently no Alateen meetings in Wyoming. The one in Lander ended due to lack of interest among the teens. Cathy continues to attend ad hoc meetings the first Sunday of each month.

**GR Reports** - A New Beginning, 12/24 Club, Casper, Rosemary W. The 12/24 Club has lots of different types of recovery meetings at their location. Rent is 80% of what is taken in at meetings. The remaining 20% is used for literature. Rosemary says they have a lot of newcomers due to all the other recovery meetings, people coming and going and referrals to go to the 12/24 Club.

Powell Serenity, Sharon B talked about how helpful having the hybrid capability has been to their numbers of attendees.

**GRs** - Those of you who prefer, please send your report to the LINK.

—**MOTION #2** - Charlotte H moved that we stay with the pilot program of two Zoom and two in-person Area meetings indefinitely. Melba B seconded. Motion passed unanimously.

**Delegate Report** - Donna W, Panel 63, used a Power Point presentation to accompany her report from the WSO meeting held April 24, 2025. The theme for 2025 was “Investing in Ourselves to Preserve Our Legacy”. Sue Perez, who was the speaker, has been the Associate Director of Group Services for many years and has decided to retire.

Right away, there was a need to clear the air because of some feelings of delegates vs the board of trustees around a couple of items that had been communicated prior to the conference. The communication from the trustees had been about the choosing of new group names not using identifiers. The delegate’s fear was that existing groups with identifiers in their names might be required to change their names sometime in the future. The overall perception was that the policy committee and the board of trustees were making decisions without consulting WSC. The air was cleared was by allowing delegates to speak their minds while the board listened and accepted suggestions made by WSC members.

In 2024, the delegates asked for an opportunity to have more input on the agenda for the WSC. Out of that request came three work groups to help set the agenda each year: Education, Collaboration and Facilitation. Delegates bring agenda items from their memberships, and then the three teams go through all those suggestions, finally coming up with two chosen agenda items for that year’s agenda.

The Service Manual will have some additions including:

- 1) Who can disband the group.
- 2) Meeting list publishing will be added to the "Membership and Group Meetings Conventions" portion of the manual (Pg 85). We will probably need to form a **Thought Force on the Meeting List Publishing Policy** for our Area.
- 3) Choosing a Group Name policy. (Pg 28) The intent of the policy change in 2024 was to ensure that groups based on their names were viewed as accessible to all people. This year, at last count, there were 185 appeals regarding this policy change. Discussion and analysis of the appeals showed that a great many people do not understand how the policy is going to affect their already established group names as well as confusion about how the policy will be implemented. Clarification from WSC: It was never the policy committee's intention to direct WSO staff to enforce this policy on existing groups. The policy was intended to be implemented only for new groups, group registrations and for name changes in existing groups. After a great deal of discussion, it was voted by a narrow 2/3rds majority to put a hold on implementing the policy. WSC hopes that delegates will bring their knowledge and understanding to the Area so that members will have a better idea how this might affect their groups and continue the conversation of implementation of this policy in 2026.
- 4) The Budget information is available on the WSO website under Chairman of the Board letter and also in The Loop. 1. Only 62% of groups make contributions to WSO. 2. The cost to WSO per group \$337.09. 3. Contributions are down this year. 4. Revenue source breakdown. 5. Projects for 2025 include Core Systems Overhaul
- 5) Al-Anon International Convention, Minneapolis, MN, July 20-22, 2028
- 6) World Service Conference Apr 20-24, 2026 **and** Al-Anon's 75th Anniversary celebrated the next day, April 25th at Newport News Marriot Center.
- 7) Next, WSO Road Trip, Omaha, NB, Oct. 25, 2025, 9am - 5pm.
- 8) Donna has results of the survey done every three years.
- 9) WSO wants to come up with a way of choosing Regional and At Large Trustees (Board Members) that will improve access and overcome barriers. They will have some training, but we as an Area will be asked to help make the decisions about how to best choose these Trustees. Donna showed us three options they have talked about. There will be more discussion needed to choose Conference Committee Trustees.

**Area Website Update** - QR code is available on the LINK. If anyone would like to have it for a flier or anything like that, send Barbara an email and she will send it via PDF. Policies and Guidelines from 2022 will be sent to Barbara to be posted on the website. The revisions that Madeline and Joyce have worked on are fairly extensive and will need to be taken up by the new Officers. Linda B has offered to be the Alternate Website Coordinator, so if someone is interested in being the Website Coordinator, they will have an alternate. Barbara will put together a description of her position as Website Coordinator for discussion at the next AWSC meeting in November.

**Technology Task Force** - Jenny H, Judy G, Ula D and Kurt H - The number of surveys returned was only 15-16 total which was almost nothing. They suggest the following action plan in order to assist moving Area 90 forward:

First and foremost, the recommendation is that Area 90 needs to create a new service position of Technology Coordinator, although the description still needs to be written.

Secondly, at least one laptop be purchased for use by the Area Delegate. Also for consideration, a tablet or two for use as needed by the Area Secretary, Area Treasurer and/or other Coordinators.

A list of responsibilities could include:

- 1) Determine purchase of equipment, software and the timing of each, prioritized by the Coordinator.
- 2) Be responsible to determine storage of the equipment as needed.
- 3) Be available for each AWSC and Area Assembly for support. Form a team composed of two or three other members-at-large to assist and provide back-up for support.
- 4) Provide training for other members involved in service at the Area level.
- 5) Subscribe and maintain a Zoom account or similar platform for use by the Area and oversee coordination of its use by Area officers and coordinators.
- 6) Set up email addresses for use by each Area Officer and Coordinator to be passed along following the changes each election term.
- 7) Work with the Website Coordinator as necessary.

**MOTION #3** - Jenny H moved that we accept the report from the Technology Task Force as presented. Judy G seconded. Motion passed unanimously.

There now needs to be a Work Force created that will prioritize and make a process for implementing these recommendations recording in all the necessary places, including Archives, what has been done and what they do. Lisa L, Linda B, Judy G and Sharon B will be on that Task Force. Lisa L agreed to be the Chair of this Work Force.

The Area Chair would like us to vote on whether we want to include the expense of sending Past Delegates to the NW Regional meeting in the budget. After discussion, including the current Treasurer saying she can't support it at this time for several reasons, the decision was made to bring the discussion to the Area Business meetings on an annual basis. It will be on the agenda in November.

**MOTION #4** - Sharon B moves that we vote to change three signatures to two signatures on the Area Checking account. Linda B seconded. Motion passed unanimously.

**PARTY!** - Kathy C brought a cake she made and decorated to celebrate the 70th birthday of the publication of the first hardback Al-Anon book.

The **Policies and Procedures Guidelines** updates are almost finished and were turned over by Madeline S for the next Officers to complete. Joyce and Madeline went through all the Minutes from 2002 to Present making certain that, when a Motion was passed, the Policies and Procedures were updated to reflect those motions. In addition, Madeline re-wrote the Guidelines for Conventions and Conferences and put it in the approved document. They need to be completed and the decision made to tweet them or be done with them. The Electronic Meeting Guidelines will need to be included in case there is an Electronic meeting that wants to be included in Area 90. Job descriptions need to be finished up.

**Area 90 Zoom Sharing Meeting** - continues to be an idea people like but aren't ready to put in place just yet. Perhaps when we have the Technology people in place, it will make more sense.

**Scholarships for Area Conferences** - Budget dependent. Who would administer them? Perhaps Districts could make those offers. District 10 has discussed this possibility considering fund raisers to send GRs from Groups that don't have the money.

**Upcoming:**

Fall AWSC Zoom meeting, Saturday, November 8, 2025. Sharing meeting at 0745. Meeting starts at 0900.

Winter Business Assembly, Zoom, Saturday, February 7, 2026. Sharing 0745. Business 0900. New GRs vote. New Officers and Coordinators attend.

Spring AWSC, Casper

Summer Business Assembly, Sheridan, at The Hub, Saturday, August 21-23, 2026.

**Open Coordinator Positions: Public Outreach, Alateen/AAPP** (must be an AMIAS which requires 2 years of Al-Anon), **Website Coordinator**

Meeting closed at 4pm with the Al-Anon Declaration.

## Letter from the editor:

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*Thank* you everyone for another great edition of The Link! I can't believe that we are already so close to the first meeting of 2026. I would like to thank everyone again for your willingness to participate in The Link and for sending me all of your articles, sharing, reports, and more. With the rotation of service positions recently, I wanted to remind the former position holders to please talk to the new members of service about the Link and get my information to them if they don't have it already. Submitting to the newsletter is voluntary but I encourage all members of service reading this right now to consider sharing something in the next publishing.

I am excited to see where this new term takes the Al-Anon fellowship in Wyoming and to be a part of it.

**In Service,**

**Molly G. Editor of The Link**

The Zoom Info for Saturday's Meeting  
Go to: [wyoming-al-anon.org](http://wyoming-al-anon.org)  
Go to: "Events" in the upper right hand  
corner  
Scroll down to "Zoom Link for Assembly".  
Right above the 7 Feb event.

It will take you right to the event. If you  
want to manually add the information, here  
it is:  
838 567 4716  
serenity

Info for the next Link:

Submission Opening: Friday, May 1st, 2026

Submission Deadline: Friday, May 15th, 2026

Publish Date: Saturday, May 23rd, 2026