

Area 90 Wyoming Newsletter

May 2026

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the

LINK

Wyoming Area

Al-Anon Alateen

Newsletter

MAY '26

Experience | Strength | Hope

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From Quicksand to Peace

Many years ago, I heard in a meeting, “You don’t have to go to every fight you’re invited to.” As a visual person, I always pictured a fancy invitation offered to me on a silver platter. Some days, I decline gracefully; other days, I scoop it up and react without thinking.

Recently, when I was thinking about and praying for assistance from my Higher Power not to react or respond, a different visual came to mind. It was the image of quicksand. After my husband says something that triggers me, I see a patch of quicksand appear in front of me. Just as with the invitation, I have the choice to walk around the quicksand or jump in. This time, I chose to jump in. The more I talked, explained, defended, or refuted, the deeper I sank into the quicksand. No matter how hard I tried, I could not free myself and get out. Before I knew it, the conversation’s focus and the point I was trying to make were completely lost. I, too, was completely lost, swallowed by the quicksand. Meanwhile, my husband just carried on with his day.

Today, when I struggle to not react, I try to keep the image of quicksand in mind along with the choice of whether to jump in. The greatest challenge is pausing for five seconds to think before I speak. Something inside of me urges me to rush in because I just need to defend myself, make my point, clarify something, or set the record straight. In other words, I either need to be heard or be right. But “How Important Is It?”

With my Higher Power’s help, I hope and pray that I can choose serenity, avoid the quicksand, stay quiet, and move on with my day in peace.

By Maureen B., Massachusetts

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My Disease

Before Al-Anon, I knew little outside of grief. My relationship with the addicted members of my family had transformed from frustration to obsession. Without realizing it, I had built a prison in my mind, where I was convinced that I was trapped and nothing would ever change.

My mother, who has been in the program for 30 years, listened to me complain, even as it ate into our time together. Finally, she said, “You sound like an addict.” Only then did I see how my addiction to control, judgment, self-pity, anger, and dependence mimicked the signs of addiction to alcohol.

I found a meeting and have been going ever since. From the start, I knew it was where I needed to be. Without Al-Anon, my life would be terrible and completely unmanageable. Today I am someone who shares regularly in meetings and sponsors others. I now carry a sense of calm I haven’t felt in decades!

By Helena J., Illinois

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Friday, May 29th **AL-ANON AREA 90 SPRING CONVENTION**
“Highway to Humility”

2:30 pm	Registration and Hospitality Room open
4:30 - 6:00 pm	Dinner on your own
6:00 - 9:00 pm	<i>Jackson Rooms: Convention Opening / Speakers</i>
6:30 pm	Al-Anon: Anne B., Casper**
7:45 pm	AA Speakers: Steve M., Gillette**
9:00 - 10:00 pm	AA Ice Cream Social - <i>Sheridan Room</i>

Saturday, May 30th **Hospitality Room – *Sbosboni R.***
Meetings and Workshops – *Cheyenne Room*

7:30 am	Hospitality Room open
7:45 - 8:45 am	Sharing Meeting
9:00 am - 12:00 pm	AWSC Meeting
12:00 - 1:30 pm	Lunch on your own
1:30 - 2:00 pm	What IS a GR to Do?!?!
2:15 - 3:00 pm	How DO we “Carry the message through Public Outreach?”
3:30 - 4:45 pm	AA\ Al-Anon Joint Workshop
5:15 - 5:30 pm	AA Sobriety Countdown

Saturday, May 30th **Remaining Saturday Events will be in *Jackson Rooms A&B***

5:30 - 6:30 pm	Banquet
6:30 - 7:00 pm	Raffle
7:00 - 8:00 pm	Al-Anon Speaker: Tracy P., Beulah CO.**
8:00 - 8:15 pm	Break
8:15 - 9:15 pm	AA Speaker: Brooke C., Sheridan WY. **

Saturday, May 31st

7:30 - 8:15 am	Sharing Meeting: <i>Cheyenne Room</i>
8:30 - 9:30 pm	<i>Jackson Rooms</i> Al-Anon Speaker: Charlotte H., Shell WY. **
9:30 - 9:45 am	Break
9:45 - 10:45 am	AA Speaker: Diane P., Jackson, WY. **
10: 45 am	Convention Closing
11:00 am	Passing the AA 3-Legged Stool (to Torrington)

** Call-in to hear speakers (605) 313-9651 Access Code: 202676

Reports:

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**

Our Teton Valley Al-Anon Family Group meets on Sunday 4-5 at **St Francis Church in Alta, WY.** There are 2 old timers who conduct a meeting for whomever may stop by i.e. tourists skiers, locals etc. We use STEPS TRADITIONS SERVICE and welcome NEWCOMERS. It has been my delight to serve for 20 plus years and I have practiced the principles in all my affairs!

Thank You,

-MaryCarol S.

Our Thermopolis Al-Anon meeting has moved!

We now meet on Mondays at 5:30 PM.
Bighorn Federal building, 643 Broadway St., Thermopolis, WY 82443.

We are a hybrid meeting and use the District 1 sign on information:

ID number 838-567-4716

Please join us if you can!

In Service,

-Barbara G.

Delegate's Notes

New Al-Anon Group Forms in Evanston

Alanon Family Groups Records confirmed on May 13 it has verified and registered a new Al-Anon group in Evanston, Wyoming!

The Tuesday AFG Newcomers group meets from 7-8 p.m. each week at the Evanston Alano Club. Families, friends and observers are welcome.

I called group representative James S. (he prefers Jim) on May 13 and welcomed him to the Area 90 family.

Jim said his wife and him are long-time Al-Anon members who recently moved to the area. After attending a few meetings in Park City, Utah (a 45-minute drive one way), they decided to register an Evanston meeting.

Jim and his wife were the only attendees at their first two meetings. However, six people showed up for their most recent meeting!

Jim's number is 805-558-8391 if anyone would like to give him a call and extend him a welcome and some encouragement.

I let Jim know about the May Spring Convention in Casper and the August Area Assembly in Sheridan. He hopes to make it to Sheridan.

I also gave his email address to Molly G. so he can begin receiving The Link.

World Service Office Hiring

Al-Anon Family Groups Headquarters, Inc. is looking for a Member Services Specialist to join its international team. The World Service Office is in Virginia Beach, Va., but WSO Director of Programs Sarah Smith told area delegates during last month's World Service Conference the position may be considered for hybrid or remote work.

In this position, the WSO staff member will provide services to and resolve concerns from trusted servants in international structures, coordinate with the legal team on international structure needs, participate in regular structure meetings and global gatherings, and write articles for WSO publications.

The application window for the Member Services Specialist – International position will close at the end of the day on **May 25, 2026**.

Additional information about the position, including the full job description, is available at the following link: [employment-at-al-anon](#).

I look forward to providing Spring Convention participants with a few highlights and notables from the April WSC, then a full-blown report at the Summer Assembly.

-Ron G., WSC Panel 66, Area 90

From Area Archives

After the World Service Conference in April 2026, A-Anon Family Groups celebrated 75 Years, One Purpose. Wyoming is not far behind; Al-Anon information was requested from Cheyenne, Laramie, Casper and Lovell. I will bring the Archive Books with the letters to the Spring Convention in May. We are truly Blessed that our initial members saved all the communications with and from WSO for us to enjoy. -**Kathy C.**

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**

Peace is not found in the absence of chaos, but in the way I respond to it

Al-Anon

The Just Today AFG meets on Wednesday night, 7:00 pm at the HUB, 211 Smith St., Sheridan, WY. There is a core membership group consisting of 8-12 members. We have one member from Texas who attends via phone. The first meeting of the month is a Step Meeting. We also plan for a Tradition meeting some time during the month time permitting. The meetings are lead by a Group Leader who selects a topic. We have a Chair Person for each meeting who follows an agenda. Our group has recently decided to have a business meeting each quarter on the first Wednesday of the new quarter.

-**Zena H., GR**

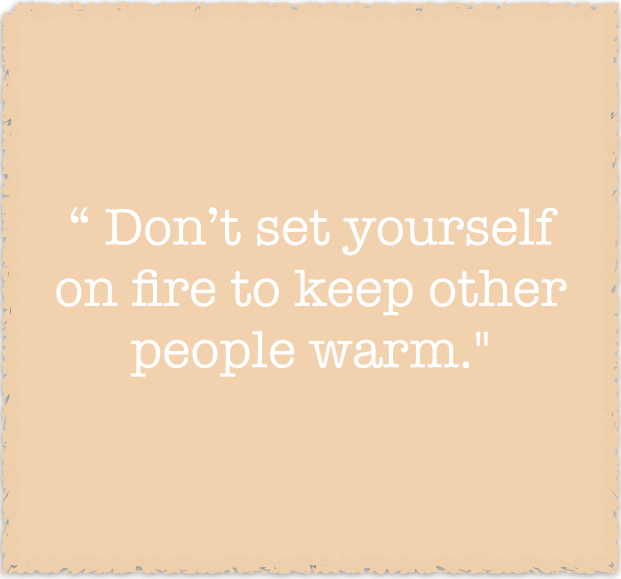
Sheridan's Saturday morning group continues to meet at 9:30 located at **Trinity Lutheran Church.** Typically around 8-12 people in attendance. Our members are actively dispensing flyers with meeting information to local establishments. Also, the ongoing contributions from our members to the area's meetings and assemblies. Quarterly Business meetings are well attended with our next meeting set for June 20th at 8:30.

Thank you,

-**Diane W., Sheridan**

Casper's Saturday am **New Starts** meets every Saturday at 10:00 am at the Shepherd of the Hills Presbyterian Church. The group continues to have a strong attendance at meetings. Being a hybrid meeting, Zoom continues to be used by two to three folks to connect. A few members have continued to be of service, volunteering time to help with the annual chili supper fundraiser and the upcoming convention.

- **Lisa L., GR**



“ Don’t set yourself on fire to keep other people warm.”

We recently held our annual **District Fundraiser, the Casper Chili Supper**. The turn-out was larger than we expected - we were forced to set up additional tables and chairs once folks began to show up! We also ran out of bowls for chili so for a short period of time towards the end, we were serving chili in cups, haha! The speakers did a wonderful job - special shout-out to Dale D. from Buffalo for sharing your experience, strength, and hope!
-**Lisa L. District VI Treasurer**

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

Important Dates:

Spring AWSC

May 29-31, 2026 - Casper

Summer Business Assembly

Aug 21-23, 2026 - Sheridan

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**

Self Care Summer Checklist!

- ★ Get some fresh air by relaxing outdoors!
- ★ Take walks or go on some hikes.
- ★ Go to farmers markets, craft shows, and vendor fairs!
- ★ Work in the garden.
- ★ Take on small projects like cleaning one drawer or shelf to freshen up your space!
- ★ Find some new music or podcasts to listen to.
- ★ Take yourself out on a date, like going on a picnic, to a concert, on a walk in the park, or something else you've been wanting to do!
- ★ Try something new!
- ★ Get in touch with your community.
- ★ Journaling!
- ★ Reach out to someone you have been meaning to talk to.
- ★ Give yourself a spa day! Either at home or treat yourself to the real deal!
- ★ Explore your interests or new hobbies!
- ★ Assess your needs, what's something that you can do for yourself to improve your life?

Monday Noon Brownbaggers lost one of its long timers, Inge. Her gentle presence is missed.

Monday Noon Brownbaggers showed how to lovingly work a group conscience. The group started reading "*Opening Our Hearts: Transforming Our Losses.*" After reading from the early sections, some voiced that they found the book "triggering". On the other hand, one said she was coming to the Monday meetings because the book had profoundly positively impacted her and she wanted to re-read it. One said, it should be read by a sponsor and sponsee, not a group. Another said, she was benefiting from the group comment on the readings. After discussion, the group was divided.

The meeting adjourned with all willing to reflect on the comments of the group. It was made clear that this was not a decision that would be made by taking a vote with the majority winning. When the group reconvened, there was a consensus that all opinions were respected. We said we'd proceed with reading it as a group but if someone said a specific part was too difficult, we could address that, respect the source, and decide to possibly skip portions.

Taking time to reflect clearly helped. Listening clearly helped. Respect for all comments clearly helped.

The group actively participated in the success of the Chili Supper. Shout out to **Monday Noon Brownbaggers.**

-Ann R., Treasurer

**Area 90 World Service Committee meeting
(AWSC) Agenda**

May 30, 2026

Best Western, Casper, WY

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

Roll Call: Area Officers, Past Delegates, Area Coordinators, District Representatives, Group Representatives, Guests

Minutes: November 8, 2025, AWSC, Zoom as published in the LINK dated May 2026.

Treasurer's Report: Cathy Hightower

Delegate's Report: Ron Gullberg via Zoom

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

Report from Technology Work Force on recommendations for Technology needs.

Ask for volunteers to be on a Budget committee.

Schedule a budget planning meeting for the Business Assembly in Sheridan.

A brief report of highlights by past delegates who attended the Northwest Regional Delegate's meeting in Billings, March 28th. (5-10 mins each, please)

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

Permission for me as Chairperson to set dates for all the meetings of my term. See "Upcoming Dates" below.

Introduce everyone to the "Form: Proposed Topic for Area Consideration" form I borrowed from Colorado Area Chairperson who gave us permission to use if we would like. Would we like?

Report from Laura B. about the Sunday 2pm Concepts of Service sharing meeting.

Report by either Madeline or Joyce (both on the committee) about Summer Business Assembly in Sheridan, Aug. 21-23, 2026.

Please check the Group Records or talk to Barbara to make sure all the information about your Groups and service people is accurate. Notice that the info is published in more than one area of the document.

Items to be included on the August 22, 2026 Business Assembly in Sheridan, WY:

Upcoming Dates:

Summer Business Assembly - Sheridan, WY - Aug 21-23, 2026. The HUB. (Former Senior Center). GRs VOTE.

Fall AWSC Meeting - Zoom - Tentatively scheduled for 1st Saturday in November 2026, (11-7-2026)

Winter Business Assembly - Zoom - Tentatively scheduled for 3rd Saturday in February 2027. (2/20/2027)

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

**Fall AWSC
ZOOM
November 8, 2025**

Mary R. opened the meeting at 0900 with the Serenity Prayer.
Traditions were read by Ron G., Concepts and Warranties by Barbara G.

ROLL CALL: Officers: Area Delegate - Donna W. (Green River), Alternate Delegate - Mary R. (Sheridan), Area Secretary - Charlotte H. (Shell), Joyce J., Area Chair, excused absence, Madeline S., Area Treasurer, excused absence.

Coordinators: Literature/Forum - Pat H. (Cheyenne), Group Records - Linda B. (Cheyenne), Media/Website - Barbara G.(Thermopolis), Newsletter Editor - Molly G. (Cheyenne), Archives - Kathy C. (Cheyenne), Technology Coordinator - Lisa L. (Casper)

Past Delegate: Shirley T. Panel 42 (Cheyenne), Judy G. Panel 48 (Green River)

District Representatives/Acting DRs: DRI - Charlotte H. (Shell), DRII - Melba B. (Sheridan), DRIV - Georgi S. (Jackson), DRVI - Jenny H. (Casper), DRVIII - Judy G. (Green River), DRX - Ron G. (Cheyenne)

Guests: Emma S. (Green River), Stephen T., (Guernsey)

14 Voting Members present

MINUTES - Fall AWSC Cody meeting May 17, 2025

—**Motion #1** - Melba moved that we wave the reading of the minutes from May 17, Cody AWSC. Donna seconded. Vote unanimously to accept.

—**Motion #2** - Jenny H. moved that we accept the minutes of May 17 as printed in the October 2025 LINK. Shirley seconded. Vote unanimously to accept.

TREASURER'S REPORT -

The address for donations to Area 90 starting January 1, 2026 is:

Catherine Hightower
424 1st Ave. North
Greybull, WY 82426

Area Treasurer's reports were published on pages 5-10 of the October 2025 LINK.

Mary read through the information about account balances, income and expenses for the period of August 12 through October 24, 2025 on page 5.

On page 7 there is a comparison between the proposed budget and actual spending in 2025 to date.

On page 9 there is the Treasurer's analysis of Income and Expenses from 2023-2025.

In February the GRs will vote on the line by line proposed budget for 2026. It is printed on page 8 of the LINK.

DR Reports:

Delegate Report: Donna has a quick skit she would like to offer us maybe at the next Business Assembly on choosing a group name policy and go over the information she has about choosing the Regional Trustee. They will be put on the Agenda.

Alateen/AAPP: Mary R. read Cathy H's report: "Shirley from Cheyenne has stepped up to fill the Alateen Coordinator for the state. Hopefully we can meet at the Spring Convention where I can give her all the materials I have. Thank you, Cathy H."

Archives: Kathy C. expressed her appreciation for the go ahead to rent the smaller 5x5, climate controlled space for archives. She purchased some shelving and everything goes in that space just fine. It will be good for our budget.

Group Records: Linda asks that folks send her their updated GRs and DRs for the new panels starting in 2026. You can contact her through a link on the webpage or the LINK has her information as well.

Literature/FORUM: Pat congratulates Molly and Donna for their being published in the October FORUM. Also, the FORUM needs the male perspective for the magazine.

LINK Newsletter Editor: Molly appreciates all the reports and sharings. She officially has 95 people on the subscription list of people who want to receive the LINK in their email inbox.

Website: Barbara posted in the LINK, page 13, the **Area 90 Website Coordinator Guidelines**. She has created Area email addresses for all of the Area 90 Officers and Coordinators since the hosting service seemed to require those addresses be created by the Administrator of the account in order for the email addresses be free. Lisa L., the Technology Coordinator has been given all the rights to the website through the hosting service. Barbara has sent each of the Officers and Coordinators an email with their new anonymous email addresses. If you want access to your email address you may call her for help with that access. Some of you may not want to bother with it since you will be changing jobs January 1st. The accounts can be set up so that you can both receive and send anonymously, from Hostinger or they can be set up to automatically forward the anonymous email to your private email account. A third option is to do both.

Technology: Lisa L. is starting to better understand what we want to accomplish. She will be reaching out to people in either the form of a survey, email or phone call to find out what will be helpful to us and what we are looking for.

The Technology Task Force document presented at the Riverton Assembly in August was printed on page 12 of the October 2025 LINK.

There has been a change in the Incoming Coordinator positions. Barbara G. will assume Group Records and Linda B will take on the Website Coordinator.

A complete list of **elected officers** includes:

Delegate - Ron G.

Alternate Delegate - Sharon B.

Area Chair - Charlotte H.

Area Treasurer - Cathy H.

Area Secretary - Mary R.

Our Area **Coordinators (appointed positions)** follow:

Group Records - Barbara G.

Alateen/AAPP - Shirley T.

LINK - Molly G.

Technology - Lisa L.

Archives - Kathy C.

Public Outreach - Vacant - This position needs to be filled. Talk to your group members.

Literature/Forum - Pat H.

Website - Linda B.

Thanks to all of you for your willing service to Area Al Anon.

Discussion about Area 90's Website. Instead of a separate Members Only login, we now have at the bottom of the first page a sentence, "**Information for Area 90 Service Members: [here](#)**". By clicking the word "here", you will be taken to three documents that are available to read or download. Currently those documents are "Area 90 Policies and Service Guidelines", frequently used acronyms and an updated Expense Form.

The Area 90 Policies and Service Guidelines will be reviewed in the next Panel (3 year term) so we will have to incorporate the guidelines for each of the new positions that were created. Those job descriptions will become officially part of the guidelines when the whole document is reviewed and updated. They will be available on the website.

FYI - In Riverton we passed: Motion #1. We will have two signatures on record on our Area checking account. (Not two signatures on checks.) Motion #2. We will have two Zoom meetings and two face-to-face meeting a year.

Items to be included in the Agenda for February Business Zoom meeting:

- A.** Should we ask the Website Coordinator to put those job descriptions and other general information about the new jobs on the website for future participants to easily read?
- B.** GRs please discuss the idea of Officer/Coordinator Assistants.
- C.** Can we make Zoom meetings work better? Could we do Zoom workshops? What about Zoom etiquette? Idea sharing appreciated.
- D.** When do we send additional money to WSO? When there is a budget surplus? As part of a budget meeting? Discussion?
- E.** When would we decide to send Past Delegates to the NW Regional meetings?
- F.** Do we need a Budget Committee to work with the Treasurer to help set up an audit schedule, proposed budget planning for 2027 Summer assembly, etc. and how shall those decisions be made, ie. KBDM, Thought Force, Task Force, and Work Force process.
- G.** Approval of the Proposed Budget for 2026.
- H.** Progress report from Technology Task Force concerning recommendations that were approved in Riverton. Lisa plans to consult with other folks on the Task Force who will help her understand what hardware, software and other information she needs to be aware of.
- I.** Officers will soon finish updating Area 90 Policies and Service Guidelines that were part of the last panel's review. (See Draft sent as an attachment with the last LINK).
- J.** The next panel will work to include Officer/Coordinator job descriptions as well as other modifications and corrections. Would anyone else like to volunteer to be involved in this new effort to update the Area 90 Policies and Service Guidelines?
- K.** Proposed job description of Website Coordinator is available to consider on page 13 of the LINK. Ready for discussion.
- L.** Proposed job description of Technology Coordinator is also something we will need to develop when that feels possible.

- M.** We need further discussion to determine the best way to choose Regional and At Large Trustees (Conference Committee Trustees). Donna will help us understand the way these trustees have been selected in the past and the choices we have to consider a better way.
- N.** Donna has a skit about World Service's new group name policy and how to choose a new group name.
- O.** Jenny H. gave us a report about the upcoming Casper AWSC meeting scheduled for May 29-31, 2026, page 17 of the October LINK. The big news from that report is that AA has indicated there will not be a registration fee for attendance. Al-Anon will have it's own planning meeting soon. They know that there will be an Al-Anon speaker Saturday evening and sharing meetings, possibly another Al-Anon speaker. There will be both an Al-Anon room and a hospitality room due to the small size of the rooms. There will be a memorandum of understanding about who pays for what. There is a limited amount of time scheduled for an auction so the number of raffle items may be limited to 30 items. The proposed budget for the AWSC shows \$900 proposed cost and a \$900 projected income. We will not be allowed to bring food into the hospitality room. It will be where the literature and the raffle items will be set up. The hope is for generous 7th Tradition contributions.

UPCOMING EVENTS:

Winter Business Assembly - Zoom - Feb 7, 2026 Sharing meeting 0745, Business meeting 0900 (GRs vote).

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

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

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

Closed with the Al-Anon Declaration.

Letter from the editor:

Thank you everyone for another great edition of The Link! I would like to once again thank everyone for your willingness to participate in The Link and for sending me all of your articles, sharing, reports, and more. 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 the Al-Anon fellowship in Wyoming grow and to be a part of it.

In Service,

Molly G. Editor of The Link

Info for the next Link:

Submission Opening: Friday, July 25th, 2026

Submission Deadline: Friday, August 1st, 2026

Publish Date: Saturday, August 8th, 2026