

Area 90 Wyoming Newsletter

August 2026

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the
LINK

**Wyoming Area
Al-Anon Alateen
Newsletter**

AUGUST '26

Experience | Strength | Hope

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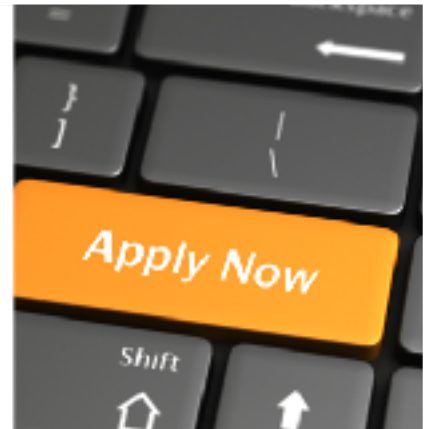
Info for the next Link:

Submission Opening: Sunday,
October 11th, 2026

Submission Deadline:
Wednesday, October 21st, 2026

Publish Date: Saturday,
October 31st, 2026

DUE SOON:
**Applications
to Serve on the
Board of Trustees**
Submit your application by
August 15, 2026
al-anon.org/volunteers-info



So You Want to Be a Trustee...

Or not! I received an email from my AFG Board of Trustees mentor noting our UW Northwest Region is one of four regions without a sitting trustee. If you – or someone you know at the district or group level – meets the qualifications and is interested in applying to serve as a trustee, please share this info. If someone were to apply, our area would have to review their application and approve it to move forward to the next stage by Aug. 15.

More information and trustee qualifications: AFG Board of Trustees Web Page (Must have an AFG Website Login to Access) [Click this Link](#)

Yours in Service,

Ron G., Wyoming Delegate

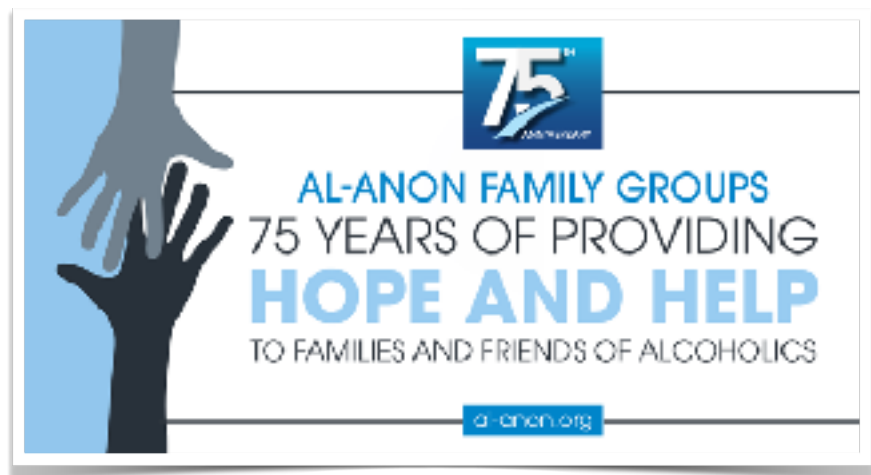
From the Archives:

Since we are celebrating 75 years of Al-Anon, I thought this might be of interest:

May 1951 Lois asked A.A.'s annual General Service Conference for direction on the future of the A.A. family groups. The Conference approved the suggestion for a "Clearing House," separate from A.A., which would provide support to the family groups, but asked that AA's name not be used. Lois invited Anne B. to assist her in opening the office, which later became known as the World Service Office.

Lois and Anne sent letters to the 87 family groups known to them at the time, inviting them to participate in a fellowship of friends and families of alcoholics. They asked the groups to accept the Twelve Steps of Alcoholics Anonymous, with one change. In Step Twelve,

"alcoholics" was changed to "others." The groups were also asked to agree on a single name for the new fellowship. It was the first fellowship-wide group conscience. Articles in the *A.A. Grapevine* and *The Family Forum*, along with other news coverage, helped spread the word about the new organization.



Lois and Anne compiled Al-Anon's first piece of literature, a pamphlet called *Purposes and Suggestions for Al-Anon Family Groups* (P-13). The pamphlet has remained in print throughout Al-Anon's history. *The Clearing House* also sent out *One Wife's Story*, written by Lois and now included in *How Al-Anon Works for Families and Friends of Alcoholics* (B-22)

About 20 members from seven Al-Anon groups in the New York City area formed the Advisory Committee to formulate policy for Al-Anon as a whole. It was a precursor to the World Service Conference, the Policy Committee and other representative voices of group conscience in the Al-Anon Family Groups. About 80 percent of the groups polled by the Clearing House had approved this name.

In Service,

-Kathy C., Area Archives

Caring for the Parent Who Didn't Care for Me:

I didn't realize I was raised in alcoholism. Mine felt like a typical Gen X childhood—latchkey kid, caring for younger siblings, parents who worked hard and partied harder. Only later did I understand the instability and trauma that shaped me. Looking back, I can see that alcoholism ran deep in my mom's family. Chaos was normalized. Safety wasn't.

Today, my mom is 74 and in declining health. My siblings and I are now her caretakers. Through the grace of God and Al-Anon, I worked the Steps, found compassion, and forgave her. I let go of long-held resentment.

But caregiving has stirred feelings I didn't expect. I love my mom and want to be there for her, but old wounds resurface. Boy, is she stubborn! Facing this, I'm learning how to balance compassion with boundaries—how to care for her without abandoning myself. It's a challenge.



Recently, I had a meltdown at a meeting, my first in years. Despite this, I felt safe enough to be honest. Recovery doesn't mean this is easy. Many members understand the powerlessness of caring for a parent who may not drink anymore but still carries the “isms” or the same patterns of behavior.

Forgiveness, I'm discovering, is layered. Caregiving peels back tender places I thought had healed. Al-Anon reminds me that I can show up with dignity. I can love someone and still take care of myself, even as I grieve what I didn't have.

Today, I'm grateful that, thanks to God and my Al-Anon community, I didn't have to fall apart alone.

By Chrissy J., GA

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Reports:

Saturday a.m. **New Starts** in Casper is continuing to see good attendance despite the summer being full of activities. Zoom is also regularly attended by at least a couple folks. Several members have been sharing experience, strength, and hope at Wyoming Recovery's Family Days held every other Friday. - **Lisa, GR**

Monday Noon Brownbaggers continue to meet at noon each Monday at St. Mark's Episcopal Church, Casper. This group actively participated in the Chili Supper fundraiser in the spring and in the State Convention. Attendance remains steady with six to ten regularly attending. - **Anne R**

Al-Anon Works: Jackson, Wyoming

ID #54829 Our meeting times

Fri. 12:00 PM OPEN

Tues. 5:15 PM

First Baptist Church (basement)

90 West Kelly Avenue, Jackson, WY

Contact: Georgi 307-413-9725 leave a message or text.

Thank You,

-**Georgie**

Important Dates:

Summer Business Assembly

Aug 21-23, 2026 - Sheridan

2026 Fall AWSC Meeting

November 7, 2026 - ZOOM

2027 Spring Convention

June 4-6, 2027 - Torrington, WY

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.**

For those folks attending the August Business Meeting in Sheridan, Lisa will be presenting a short informational session on how to use Zoom. If you would like to become more comfortable using Zoom, please bring any device (laptop, cellphone, tablet) you plan on using to attend virtual meetings. We'll troubleshoot any issues and work to make folks feel more comfortable with the technology. - **Lisa L., Area Technology Coordinator**

The **Buffalo AFG** meetings are held at the Union Congregational church at 122 E Bennett St, Buffalo, WY 82834

We have two weekly meetings: Saturday morning at 8:30 am and Monday evenings at 7:30 pm.

Saturday morning is a topic meeting, members take turns sharing and choosing topics from *CAL*.

Monday evening's are usually taken from the daily readings. We also take some time on the last Monday of the month for a Alanon birthday celebrations.

Our meetings typically fluctuate from 4-9 members.

In Service,

-**Cleo O., GR**

District II will be hosting the Summer Area Assembly August 21 - 23 at, 211 Smith Street, Sheridan, WY.

We are excited to celebrate the 75th Anniversary of Al-Anon and have not only cake and ice cream planned, but some other activities, such as Trivia and readings from Lois's Story. We will have our first sharing meeting after registration, Friday at 5:00. There are sharing meetings Sat. and Sun. at 7:45 AM. GRs are encouraged to attend the Assembly meeting Sat at 9:00 am to represent the voting voice of their group.

See you on Friday, August 21st.

-**Joyce J., District II Rep.**

The **Just Today AFG** meets on Wednesday night at 7:00 p.m. at the HUB, 211 Smith St. WY. 8-10 members continue to attend weekly and we continue to have a long time member who calls in from Texas. The first meeting of the month is a Step Meeting and we try to fit a Tradition meeting in also sometime during each month. Each week there is a chairperson who follows an agenda and a Leader who selects the topic for the meeting. We are attempting to put together a library of *CAL* for members to either purchase or check-out.

-**Zena H., GR**

Prompts for the Forum

- ★ What is something unexpected that recently happened to you? How did you use the program in that situation? Did you notice a difference?
- ★ What does *serenity* mean to you? How would you describe it to the pre-program version of yourself?
- ★ When life feels overwhelming, what do you do to cope?
- ★ When was the last time you did something for yourself? How does the program help you practice self-care?
- ★ When you reflect on your time in the program, what do you wish you knew sooner?
- ★ What is your favorite reading or CAL? Why?
- ★ What slogan have you recently implemented in your life? How has it helped?
- ★ What step scared you the most? What did you do to overcome it?
- ★ How has your relationship with your Higher Power changed since you began Al-Anon?
- ★ What are 5 things you would share with a newcomer to encourage them to come back?



I Put Myself First

When I first came to Al-Anon, I never realized how deeply I was affected by growing up in an alcoholic family. However, attending Al-Anon meetings slowly but surely taught me how to take care of myself. For a long time, I never put myself first, but in Al-Anon, I learned that I have choices. I discovered that I can say no, let go of the rope rather than play tug-of-war, and not attend every argument I am invited to. After many years of taking care of everyone and everything, I am finally living my own life. I am so grateful to Al-Anon.

My biggest discovery was learning to pause before reacting. I used to respond impulsively, but now I am gradually learning how to respond thoughtfully.

By Karen D., Maine

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Area 90 Business Assembly Agenda

August 22, 2026

The HUB - Sheridan, 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: February 7, 2026 Zoom Business Assembly as published in the LINK dated January 2026.

Treasurer's Report: Cathy Hightower

Budget Committee progress and plans. (Charlotte, Cathy, Mary and Shirley)

Delegate's Report: Ron Gullberg

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.

Media/Website - Linda B. (can we remove Media from this title?)

Technology - Lisa L.

Technology Work Force Update

Area Chair - Charlotte H.

Area Secretary - Mary R.

GR Reports: Please send these to the LINK.

Report from the committee who are reviewing **Area 90 Policies & Guidelines**.

Proposed Discussion Item for Area Consideration - submitted by Madeline S. - Benefits vs Challenges of using Artificial Intelligence in Al-Anon service work.

Reminder of the Area Concepts study group meeting Sunday 2pm Zoom.

Workshop about using ZOOM platform by Lisa L., Area Technology Coordinator - Bring your devices (phones, tablets, laptops) with the Zoom platform downloaded on them.

Upcoming Dates:

Fall AWSC Meeting - ZOOM - November 7, 2026

Winter Business Assembly - ZOOM - February 20, 2026

Spring AWSC - June 4-6, 2027 - The Rendezvous Center - Torrington, WY

Summer Business Assembly - August 27-29, 2027 - Community Center - Worland, WY

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

Area 90 Winter Business Assembly— February 7, 2026 on Zoom

Meeting opened by Charlotte H. at 9:00 with the Serenity Prayer, Traditions read by Ron G., Concepts

read by Kathy C. and Warranties read by Shirley T.

Roll Call/Members present: Ron G., Delegate; Sharon B., Alternate Delegate, GR; Charlotte H., Area Chair; Mary R., Area Secretary; Shirley T., Alateen/AAPP Coordinator, GR, Past Delegate; Kathy C., Archives Coordinator, GR; Barbara G., Group Records Coordinator; Pat H., Literature/Forum Coordinator; Molly G., Newsletter Editor, GR; Joyce J., Public Outreach Coordinator, DR; Linda B., Website Coordinator, GR, DR; Lisa L., Technology Coordinator, GR; Donna W., Past Delegate, GR; Judy G., Past Delegate, DR; Laura B., DR; Dennis H., DR; Brandie K., GR; Cleo O., GR; Zena H., GR; Melba B., Alt. GR; Barb W., GR; Ula D., GR; Rosemary W., GR; Billie C., GR; and Guests: Tina C., Marlene D., Emma S., Jenny H., Maria B., Steve B.

15 voting members

Minutes: A motion is made by Billie C. and seconded by Shirley T. to waive the reading of the minutes of the August 23, 2025 Business Assembly and approve as printed in the January 2026 LINK. Passes unanimously.

Treasurer's Report: Charlotte H. reports for Cathy H., who is excused. Charlotte presents 2026 Budget information which was printed in the January 2026 LINK, pages 5-6; see attached pages. Charlotte screen shares Proposed Budget Income and Expenses 2026, which was printed in the October 2025 LINK. She also screen shares report on Checking Account for 12-30 through 1-29-26. Discussion regarding the WSO donation. Donna W. informs us that the Equalized Expense for our Delegate attending the World Service Conference(WSC) is \$2183 and has been paid. Motion is made by Shirley T. and seconded by Joyce J. to approve the Proposed Budget for 2026. Lisa spoke to concerns of the need to take money from savings to balance the budget. Further discussion on the history of the Area not spending more than is available. A roll call vote is done. Motion passes unanimously.

Delegate's Report: Past Delegate, Donna W. talks about a skit regarding naming a group; that perhaps it could be done at a face-to-face meeting in the future. She also reports on the complex process for choosing a Regional and At Large Trustee causing a loss in the number of those Trustees. The process may be simplified. Ron G., Delegate reports on how he is doing; receiving lots of emails, a travel app for attending WSC is helpful and he shares that his mentor is a 3rd year Delegate from Toronto. He receives a letter from the Chairman of the Board of Trustees letting

him know what work has been done by the Board. He is asked to write 200 words about what successes and failures we have had at the Area level. **Ron is asking for your input by March 15th.** Please send by email. Ron may not be able to attend the Northwest Regional Delegate's meeting, Sharon B. will attend as our Alt. Delegate. Donna W. and Judy G. plan to attend, weather permitting. Any member may attend. Judy speaks to how important and informative this meeting is, and will bring information back to Ron and the Area.

Love Gifts for our Delegate at the WSC must be items that can be taken by the Delegate (small items). Gifts of money should arrive to the delegate weeks prior to the WSC. Cards may be mailed to the conference, that address and time frame will be published in the Forum magazine.

Alternate Delegate: Sharon B. reports that she will be involved in the planning of the next in-person meeting.

Archives Coordinator: Kathy C. reports material is in the smaller climate controlled storage unit. States she was sent lots of books, with multiple copies of some and offers to bring them to the next conference.

Group Records: Barbara G. has an update for February 2026. Contact her with changes to the group records email or her personal email, blisshill@gmail.com.

Donna W. suggests that changes be sent to our Area Group Records Coordinator rather than directly to WSO.

Literature/Forum Coordinator: Pat informs us the new service manual, in print, for 2026-2029 is available in April. On-line version is currently available. The Forum is asking for sharings from the male perspective.

Alateen/AAPP Coordinator: Shirley T. shares how she was “talked into” this position. We have 5 AMIAS (Al-Anon Members In Alateen Service) in Wyoming. There are currently no Alateen meetings in the state. There are other states without any meetings. Recertification of AMIAS members will take place soon. There are Area Safety and Behavioral Standards. Alateen chat groups—there is a process on how to safely have on-line meetings and how to refer an Alateen to those meetings.

LINK Editor: Molly requests to be notified of new GR's email addresses, so she can put them on the mailing list for the LINK. The deadline for the next LINK is May 15, see the Jan. 2026 issue. The LINK is now on the Wyoming website.

Public Outreach: Joyce is willing to serve as Coordinator, with someone to share the position, in the event she isn't able to do so. Donna B. is willing to do this. Joyce shares that expenses would only be submitted by one person. She plans to continue to bring AFA's (Al-Anon Faces Alcoholism) and posters to Area meetings. Donna B. is willing to share the position and be involved in getting information out. Discussion about the need for a formal arrangement for a backup Coordinator or

others to help on projects. The consensus is that both can work as a committee without a change in policy.

Media/Website: Linda B. reports that she has been able to add items to the website. Regarding posting information specific to each Coordinator on the site, that should come from the coordinator themselves. Linda is willing to help officers/coordinators set up emails for their respective position, ie. secretary@wyoming-al-anon. There is a question about setting up future Zoom meetings.

Technology: Lisa L. reports she is looking at the needs of the Area. The possibility is considered— offering financial support to officers and coordinators toward use of their own equipment, rather than the Area purchasing equipment. She plans to inquire about individual's need for equipment. There is a question about platforms other than Zoom for on-line meetings. Lisa states that the job description for this position is being developed.

Area Chair: Charlotte begins a discussion on how a newcomer finds a meeting. It is believed that the best way is to refer to WSO for meetings in your Area.

Area Secretary: Mary plans to send minutes of the meeting via a group email to all officers, coordinators, delegates, DR's and GR's soon after each meeting.

Group Reports:

New Beginning AFG, Casper—Rosemary reports this group meets on Thursday at 7 pm and Friday noon at the 12-24 Club, where other 12 step meetings are held.

Donna B. shares of difficulty in finding an on-line meeting. She states the website needs to be more user friendly, that WSO “find a meeting” is not helpful. Discussion is held on how to navigate the sites and the challenges.

Business:

Approval of 2026 Budget: see Treasurer's Report

Budget Committee: There is much discussion on the budget. It is suggested that the Treasurer and others could work on the Proposed Budget at an in-person meeting--Summer Assembly. Discussion includes how the committee has operated in past years and the possibility of placing Proposed Budget on the agenda for the AWSC meeting in Casper. There is agreement that a Budget meeting be held at the Business Assembly in Sheridan to prepare the Proposed Budget for 2027 and have it presented for initial approval at the Fall AWSC meeting(on-line).

Policies and Guidelines, Job Descriptions: Job descriptions for Media/Website and Technology Coordinators are available and being revised. No volunteers to work on these, at this time.

Those documents, as well as, the entire Policies and Guidelines for Area 90 will be revised, as needed, by the current panel. Volunteers needed. Additional donation: Discussion is held regarding sending additional money to WSO. Ideas shared are to wait until the Delegate returns from the WSC or to assess in the second half of the calendar year based on finances at that time.

NW Regional Delegates: There is discussion about sending Past Delegates to the North West Regional Delegates meeting. Thoughts are: form a Thought Force, include a line item on the budget, pending on whether there are surplus funds and offering partial reimbursement to the individuals. It is decided to bring this forward by keeping it on the agenda.

DR for District 1: Laura B. planning to start an Area Study meeting. It will be a book study meeting relying on the strength of others' experience, would be a hybrid meeting and meet every week. The hope is to study one Concept every month. There is discussion as to whether it should be a registered group—both pro and con; and will it have its own on-line meeting platform.

Spring Conference in Casper: Jenny reports on the budget for Al-Anon is \$1100. The expenses are: rooms for the speakers, speaker's gifts, the cost of recording speakers, food for the hospitality room, renting the hospitality room. We are unable to bring in food from outside. Al-Anon will have 7th Tradition cans for donations, there is no registration for this meeting. There will be a raffle. Bring raffle items.

A suggestion is made to set a permanent schedule for AWSC and Assembly meetings. Another member states that the chair sets those dates, according to the Service Manual.

Meeting closed at 1 pm with the Serenity Prayer.

Respectfully submitted,

-Mary R., Area Secretary

Upcoming Dates:

Spring AWSC meeting: Casper, May 29-31, 2026 at the Best Western

Summer Business Assembly: Sheridan, August 21-23, 2026 at the HUB

Fall AWSC meeting: Zoom—TBD

Winter Business Assembly: Zoom—TBD

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

Links for the Link:

<https://al-anon.org/for-members/board-of-trustees/wso-volunteers/board-of-trustees/>

<https://connect.al-anon.org/home>

(If you made it this far, send me an email in response to
the one you received this file in with your favorite joke)

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