Area 90 Wyoming Newsletter
November 2026
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the LINK

Wyoming Area
Al-Anon Alateen
Newsletter

NOV. '26

Experience | Strength | Hope

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Info for the next Link:

Submission Opening: Saturday, January 23rd, 2027

Submission Deadline: Saturday, February 6th, 2027

Publish Date: Saturday, February 13th, 2027



Has Service Enriched Your Recovery?

Please read this, share it, and pass it on!

Over the years, members have recognized the important connection between recovery and service, how service deepens their understanding of Al-Anon principles, and how knowledge gained through service is passed from one generation of trusted servants to the next. To help preserve and share these experiences, the Board of Trustees created the Growing Future Volunteer Leaders Task Force, which introduced the *Passing It On* Project at the 2025 World Service Conference.

The goal of *Passing It On* is to create a service tool that will explore the spiritual principles that support service while providing practical information and resources to help strengthen and preserve Al-Anon service wisdom worldwide. To develop this service tool, the Task Force is seeking members willing to share the experience and knowledge they have gained through service.

The Passing It On Content Developer application is now open! If you have grown spiritually through Al-Anon service and would like to help preserve and share what you have learned, we invite you to **apply to become a volunteer content developer**. If you know someone else who might be interested, we encourage you to tap them on the shoulder **and share this opportunity**. Applications will be accepted from **October 1 through November 15, 2026**.

Why Consider This Opportunity?

Many members discover that service not only supports the fellowship but also strengthens their own recovery. Through service, we learn to practice principles, experience spiritual growth, and develop deeper connections with one another. By sharing those experiences, we can encourage, guide, and inspire future members as they explore opportunities to serve.

How Can I Share What I have Learned?

Content developers will collaborate with other selected members to document and pass on wisdom gained through service by:

- Reviewing existing Al-Anon resources.
- Drafting service materials using a framework developed by the Task Force.
- Participating in review and revision discussions.
- Collaborating with fellow content developers and the Task Force throughout the project.

All content developed for the project must reflect the Al-Anon perspective and will become the property of Al-Anon Family Group Headquarters, Inc.

Who Should Apply?

Any English-speaking Al-Anon member who meets the qualifications is welcome to apply, including those serving within international Al-Anon/Alateen structures. Members with active or previous service experience at any level are encouraged to apply. Qualifications include current, consistent Al-Anon membership; meaningful service experience, demonstrated writing ability; and fluency in written and spoken English. If selected, members may continue serving in their current Al-Anon service role(s) while participating in the project.

What Commitment Is Involved?

The content-development phase of the project is projected to run from **January 15, 2027 through June 15, 2027**.

Selected content developers will be expected to participate throughout this period. Content developers will participate in online collaborative sessions, complete individual writing assignments between meetings, and engage with fellow content developers and the *Passing It On* Task Force throughout the project's duration. No travel is required.

How Can I Apply?

Go to al-anon.org/passing-it-on to access the **Content Developer application**, which includes details about qualifications, responsibilities, timelines, and the application process.

Questions about the project or application process?

Please contact dirprog@al-anon.org and include "Passing It On" in the subject line.

Apply by November 15, 2026

Please consider this service opportunity as a way to strengthen your own recovery while giving back what has been so freely shared with you through Al-Anon/Alateen. If service has enriched your recovery, we invite you to visit **al-anon.org/passing-it-on** to review the Information page and submit your application by **November 15, 2026.**

We also encourage you to **share this invitation** with your fellow Al-Anon/Alateen members who may be interested in participating. When sharing this invitation, please be sure to include the link to the application: **al-anon.org/passing-it-on**

With gratitude,

***Passing It On* Task Force**

Al-Anon Family Group Headquarters, Inc

Reports:

The **Just Today AFG** meets on Wednesday night at 7:00 p.m. at the Hub, 211 Smith St., in Sheridan. 8-10 members continue to attend weekly and we occasionally have a newcomer. The first meeting of the month is generally a Step Meeting and we have a chairperson who selects a topic for each week for the remainder of the month. If we do not have a chairperson for the week, we select a topic the group decides upon or we read from our *CAL* daily readers and a topic usually arises for discussion. We continue to have a long time member who joins our meeting via phone from Texas.

-Zena H., GR

District VI meets every 3rd Saturday of the month at the 12/24 club. At our last business meeting on Sept 19, 3026, we had 6 individuals and worked through our agenda with good discussions.

We had our October workshop- 10-17-26, with 3 members. We are working on a letter and materials to be sent out to professionals to help increase the awareness of what is available for individuals with addictions in our community.

In Service

-Ula D., DR

Search Out Serenity (SOS) AFG meets at noon on Monday at the Laramie County Library. Currently we are revisiting the *How It Works* book by reading it aloud in meetings and sharing our thoughts and feelings. We all enjoy it, especially the newcomers. Please join us if you are in town.

-Shirley T., GR

Easy Does It Greybull AFG: We have 5-6 regular attendees. We were studying the book *How Al-anon Works*. We are now using *One Dat At a Time, Courage To Change, Hope For Today,* and *A Little Time For Myself.*
-Cathy H.

Saturday AM New Starts: Meetings are consistently attended by several folks. Several members also participate in service by attending *Wyoming Recovery's Family Day*. Every other Friday, three volunteers take about fifteen minutes out of their day to meet at the facility to talk about their experience, strength, and hope with the family members of those attending the program. Family members are from all over the state. While we only hand out meeting lists for the Casper area, we also notify them that they can use the Al-Anon website to find meetings local to them or hybrid meetings.

-Lisa L.

Wednesday Step Study, Cheyenne, meets via ZOOM at 7pm with attendance of 6 to 8. We focus each month on a step. The 1st week, we use *A Little Time for Myself* and the *ODAT* book along with *How Al-Anon Works,* and *Reaching for Personal Freedom* is used the 2nd week. The topic for the 3rd week is a slogan and the 4th and 5th weeks are open meetings. We will have a group conscience to decide on our format for 2027 in November. All are welcome to ZOOM anytime.

The Link is: Here

Meeting ID: 830 9639 4091 Passcode: 82001

-Kathy C., GR

Monday Noon Brownbaggers continue to meet at noon on Mondays at St. Mark's Episcopal Church. We have finished reading and sharing on the book, *Transforming Our Losses*. We continue to start the meetings with readings from some/all of the daily readers. 6 to 10 will attend the meetings.

We are looking forward to the return of Dennis H., our group rep. Barb W. led the group while Dennis visited family over the summer and fall months.

-Ann R., Treasurer

District VI: Nothing of concern to report. All quarterly donations to WSO and Area 90 have been made for 2026. We will be reaching out to the new director of the 12/24 Club to make sure arrangements are mutually satisfactory regarding kitties. Also of note, the massive Hilltop Banking hack did not affect our banking account. While it was frozen for a while, no money was missing after accounts went back online.

-Lisa L., Treasurer

Stepping Stones To Recovery in Casper, WY meets Wednesday's at the First Methodist Church, 332 E 2nd St, Casper Wy, 7-8, room 207. Sign on door for instructions. We have 1-2 zoom, 1-4 face to face individuals. Meeting subjects vary and have very informative discussions. All are welcome.
In Service

-Ula D.

IT was able to write some code for Google Sheets to generate a concise report for group information sent from WSO to Barbara in an Excel format, in an attempt to move away from subscription-based products (Microsoft). IT is also (fingers crossed) hoping to attend the November meeting using new hardware purchased for the Area.

Thanks!

-Lisa L., Technology Coordinator

Are the meetings you attend listed correctly on the al-anon.org website? It's good to check once in a while because sometimes decisions are made at group business meetings that cause changes that do not get reported to others. I am your contact between group meetings and our World Service Office (WSO) and would like to remind everyone that current group records are important so that we can contact each other and so that the WSO will send Al-Anon members and prospective members to the right meeting place at the right time. I personally have had the experience of being away from home, looking for a meeting on the al-anon.org website and been directed to a meeting place where no one showed up. No fun when it happens to me but I think it would be much more disappointing for a younger newcomer who has finally mustered up the courage to attend a meeting, arranged for a babysitter, and end up standing outside a building that no one comes to open!

Please help me keep our Wyoming Area Group Records up-to-date by sending me group changes. Feel free to email me at grouprecords@wyoming-al-anon.org
And thank you!

-Barbara G., Group Records

The Buffalo AFG meetings are held at the Union Congregational Church at 122 E. Bennett St. We have two weekly meetings: Saturday morning at 8:30 and Monday evenings at 7:30.

On the 1st Monday evening meeting of each month we do a book study. Currently we are reading, How Al-Anon Works.
The rest of the Monday meetings are from our daily readers. We also have a birthday celebration on the last Monday. Our Saturday morning meetings are topic meetings. We sign up to chair these meetings.

In Service,
-Cleo O., GR

The Serenity No 1 AFG meets in Cheyenne at the 300 Club at 300 Derr Ave. every Tuesday night at 7pm. Soon we will have the annual gratitude meeting by candle light in November. This meeting is put on by the district but held at the Tuesday night every year. It is personally one of my favorite meetings of the year that I look forward to. Our typical format will continue after this event where we go through the CAL and choose topics based off readings, celebrating Alanon birthdays on the third Tuesday of the month, and going over the traditions, steps, or concepts on the 4th Tuesday nights.

-Molly G., GR

Important Dates:

2026 Fall AWSC Meeting

November 7, 2026 - ZOOM

Winter Business Assembly

February 20, 2027 - ZOOM

2027 Spring Convention

June 4-6, 2027 - Torrington, WY

A summary of **District 2's** meeting on September 5, 2026: Joyce J. does a wonderful job of bringing information from the Area and encouraging us to get P.O. materials distributed. Tina, in Buffalo, also is a champ in putting AFG posters in remote locations in Johnson County. Some of the groups have seen an increase in membership and attendance, welcoming newcomers; others have seen a decline. Interest in having an Alateen meeting in Sheridan was discussed. Discussion about District 2 having its own Zoom account took place, and was not acted upon.
-Mary R., District Secretary

May 2026 Spring Conference

Hi all! I wanted to send out a great big thank you to all who were able to attend the conference in Casper the last weekend of May. Many of us in Casper felt it ended up going very well, and many from around the state indicated they felt the same. Financially, we were able to cover all of our costs – yay! – and the Conference Committee felt that it was prudent to send all of the money collected in the 7 th Tradition cans to the Area to assist with the costs of the 2027 Spring Conference in Torrington. There is a link for all of the speakers, quite lengthy, so please let me know if you are interested, and I can email it to you.

If I am able to attend the Assembly in Sheridan, I will certainly be there, and hope to see you as well.

-Jenny H., Casper



As Area Public Outreach Coordinator, I have been looking for ways to reach out to communities. First of all, our Buffalo group outreach member set up a table at the Johnson County Health Fair. We set out literature, gave away bookmarks, and answered questions about Al-Anon. It was rewarding to see how many people thanked us for being a part of the community. Before I can give out suggestions on how to reach out to our communities, I want to try different approaches while getting suggestions from groups, districts, and the Area. Buffalo Al-Anon reached out to our local Ministerial Association and asked if we could be put on one of their meeting agendas to share Al-Anon experience, strength, and hope. Dale D. and I meet with them on October 8th. We put together individual folders that contained a copy of *Al-Anon Faces Alcoholism*, a *Newcomer Packet*, *The Guide for the Family of the Alcoholic*, and the *Al-Anon Is* bookmark. Dale shared Al-Anon's primary purpose, its benefits, who can attend, a list of meetings in District II, and how Al-Anon can complement pastoral care and serve as a resource of hope. We ended by answering their questions. It took about 30 minutes, and we felt it was a worthwhile experience for all of us. We also shared the WSO website. We are now discussing how we can approach the counselors of our community while remembering attraction rather than promotion.

Yours in service,

-Joyce J., Public Outreach Coordinator

Gratitude Shining



Through Candlelight

Tuesday November 10th, 2026

At the 300 Club @ 300 Derr Ave, Cheyenne,WY, 82007

7:00PM - 8:30PM

Al-Anon and Alateen Gratitude Sharing Meeting by Candlelight

Tea and coffee available

Bottled Water $0.50 - Soda $1.00

We're asking each group to bring a snack to share

This meeting will also be available via Zoom, if you plan to attend on zoom please light a candle with us!

Zoom Meeting I.D: 830 9639 4091

Passcode: 82001

"By practicing an attitude of gratitude, I can come to appreciate all the benefits I've gained through Al-Anon, as well as the difficulties I no longer experience."

A Little Time for Myself - pg.316

THE WSO RELOCATION QUILT

This quilt was made by Panel 33 Officers and Coordinators 1993-1995. It was displayed at the 1995 Fall Convention in Green River. As a fund raiser, it was raffled only to Al-Anon members attending the meeting. The "quilt raffle" raised $625, which was sent to WSO. Over the last 31 years, the quilt has been rotated to the most recent past Delegate, who has had the opportunity to cherish the quilt.

Al-Anon members of Panel 33

1992-1995

Robert J.	Delegate
Pam C.	Alt. Delegate
Judy D.	Chair
Jeri P.	Secretary
Joyce J.	Treasurer
Sandy S.	Newsletter
Terri J.	Literature
Lisa B.	CPC
Helen J.	Archives
Maxine R.	Institutions
Barb M.	Public Inform
Ed W.	Tape Library



Celebrating CAL Milestone Anniversaries

As the Al-Anon fellowship celebrates our 75th anniversary throughout 2026, we also celebrate significant anniversaries of several pieces of Al-Anon Conference Approved Literature (CAL).

75 Years:

- *Purpose and Suggestions* (P-13): Although revised over the years, Al-Anon's first pamphlet, written by Lois W. and Anne B., remains in print today.
- "One Wife's Story," written in 1951, is now published as "Lois's Story" in Part II of *How Al-Anon Works for Families & Friends of Alcoholics* (B-32).

65 Years:

- *The Forum* and *Purpose and Suggestions* were translated into French.
- *The Al-Anon Family Groups* (B-5), Al-Anon's first book, was translated into Spanish.

50 Years:

- *Blueprint for Progress: 4th Step Inventory* (P-5) (original booklet version)
- *Just for Today,* Alateen Bookmark (M-13)

30 Years:

- *Courage to Be Me* (B-23)

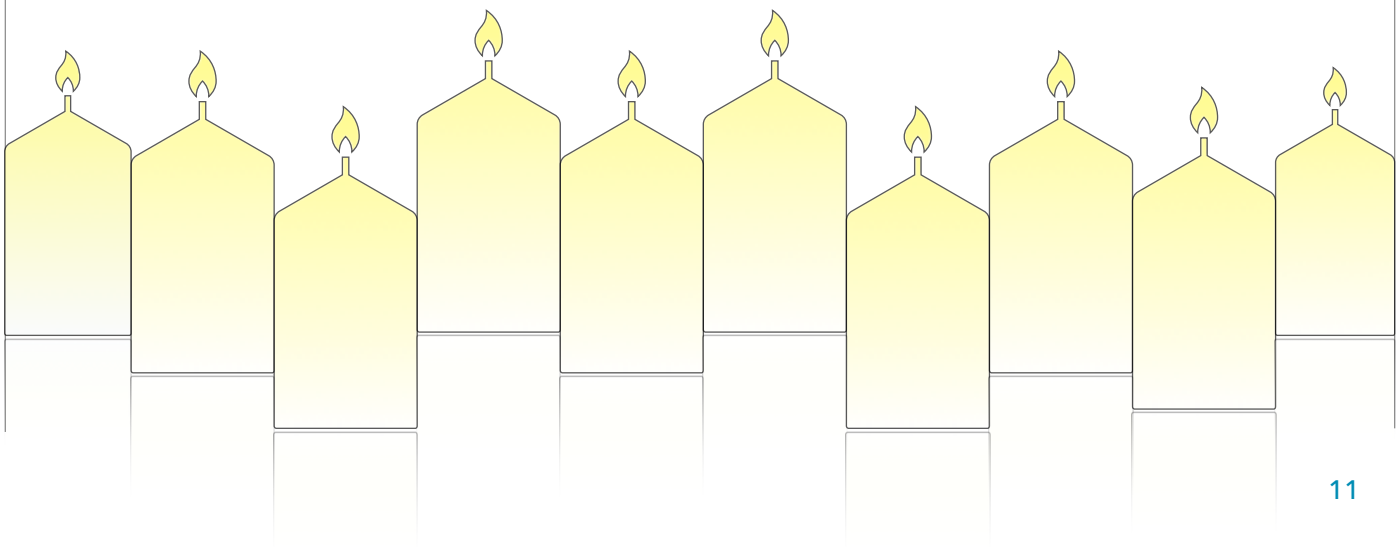
25 Years:

- *Living Today in Alateen* (B-26)

15 years:

- *Many Voices, One Journey* (B-31)
- *How Al-Anon Works for Families & Friends of Alcoholics*, softcover edition (B-32)

Visit our Online Store to find these titles and more at: Click Here



Form: Proposed Topic for Area Consideration

1. Create a title for your topic. It can be a question or a statement that needs clarification or a brand new topic to consider.

Topic for discussion:

_____

_____

2. Summarize why you brought this question/topic forward to the Area. Relevance and Context. If this is a new topic, why do you feel this topic is important for the Area to consider?

Summary:

_____

_____

_____

_____

3. Include any available background information on the topic. Sources could include, but are not limited to, WSO, AWSC, Group Records, CAL (Conference Approved Literature), our Al-Anon/Alateen Service Manual or past Area/AWSC minutes, which may include relevant past motions or discussions related to the topic.

Historical Background Information:

_____

_____

_____

_____

_____

Do you think a Thought Force or Task Force is needed? Yes ☐ No ☐

PLEASE COMPLETE AND RETURN TO CHAIRPERSON ***DATE SUBMITTED*** _____

CONTACT INFORMATION: _____

Area 90 World Service Committee meeting (AWSC)
AGENDA
November 7, 2026
ZOOM

Opening: with a Moment of Silence followed by the Serenity Prayer.
Volunteers to read Traditions, Concepts and Warranties

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

Minutes: AWSC minutes from May 30, 2026, Best Western Casper, as published in the May 2026 LINK can be read or waived.

Delegate Report: Ron G. will share what he has for us right away. He has a conflict due to WSO Board of Trustees, chairman of the board letter virtual meeting 12noon-2pm.

Treasurer's Report and Proposed Budget: Cathy Hightower

District Representative's Reports: Can be read at this meeting or submitted to the next LINK.
DR1 - Laura B.; DR2 - Joyce J.; DR6 - Ula D.; DR8 - Judy G.; DR 10 - Linda B.

Officer/Coordinator Reports:

Delegate - Ron G.	Alternate Delegate- Sharon B.
Area Chair - Charlotte H.	Area Secretary - Mary R.
Area Treasurer - Cathy H.	Archives - Kathy C.
Group Records - Barbara G.	Public Outreach - Joyce J.
Alateen/AAPP - Shirley T.	Literature/FORUM - Pat H.
LINK Editor - Molly G.	Website - Linda B.
Technology - Lisa L.	

BUSINESS:

1. Progress on the revised/updated Policies and Guidelines.

2. Further discussion on whether to add Past Delegate expenses to attend the NW Regional meeting to our budget?

3. Did people learn what they needed to learn at the Zoom workshop in Sheridan? Do we need more opportunities to get questions about Zoom answered?

4. Update from Lisa about the purchase of Chromebook and other hardware needed for Hybrid meetings.

5. Discussion about subscription to Zoom. District 1 provides that subscription for their groups and has been allowing the Area to use their account. There have been generous 7th Tradition contributions from folks who attend the Sunday Area 90 Concept meeting to District 1.

6. Discussion about whether to make Area Face to Face meetings also hybrid.

7. Ask Sharon (Alternate Delegate) about plans for the Spring AWSC in Torrington, The Rendezvous Center, June 2028.

8. Is there a need for a Training Workshop about Knowledge Based Decision Making (KBDM) at a future AWSC? Ron is polishing up his skills and willing to give us a workshop in Torrington.

9. Reminder there is a form in the November '26 LINK for proposed topics folks would like to see addressed at Area level. Consider making it available at your meetings for input.

Closing: Declaration. "When anyone, anywhere, reaches out for help, let the hand of AlAnon and Alateen always be there and let it begin with me."

Known Upcoming Dates

2027

Winter Business Assembly on Zoom, February 20, 2027

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

Summer Business Assembly, Aug 27-29, 2027 at the Worland Community Center

Fall AWSC on Zoom , Nov. 6, 2027

2028

Winter Business Assembly on Zoom, Feb. 19, 2028

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

Area AWSC Meeting, Casper WY
May 30, 2026

Meeting opened with a Moment of Silence followed by the Serenity Prayer. Traditions read by Joyce, Concepts and Warranties read by Linda B.

Present: Ron G.,Delegate(on Zoom); Sharon B., Alt. Delegate; Charlotte H., Area Chair; Mary R., Area Secretary; Cathy H., Area Treasurer; Pat H., Literature/Forum Coordinator; Kathy C., Archives Coordinator; Joyce J., Public Outreach Coordinator; Shirley T., Alateen Coordinator/AAPP; Linda B., Website/Media Coordinator; Lisa L., Technology Coordinator; Laura B., DR I; Ula D., DR VI; Judy G., DR X; Cleo O., GR Buffalo; Marlene D., Member; Zena H., GR Sheridan; Rosemary W., GR Casper; Barbara W., GR Casper.

Roll call taken: 12 voting members. Past Delegates: Shirley, Judy and Sharon acknowledged.

Motion to approve the minutes of the November 8, 2025 AWSC Meeting as printed in the LINK made by Linda B. and seconded by Joyce J. Vote is unanimous.

Delegate's Report: Ron G., joining on Zoom states he will give his full report in August at the Assembly. Audio is interrupted by loud rock music and much laughter.
Ron thanks the Area for this "tremendous opportunity" to serve as Delegate and attend the WSC on Al-Anon's 75th Anniversary. He shares about upcoming training for Alateen Coordinators and Delegates on Alateen Electronic meetings. Dates/times for those meetings: August 3, 4-7 PM, August 12, 4-7 PM or August 15, noon-3 PM.
He tells of "Passing It On", a program to be created, to help outgoing service members pass on what they have learned, to the new person in that position. Ron highlights the WSC Motions; this is where Delegates get to work with the WSO, the Board of Trustees and the Executive Committee. Motion #4 is Choosing a Group's Name Policy, it allows identifiers to be in the group's name. For example: women's group, young adult, gender identification.
Ron is thanked for his service and his report with a standing ovation.

Treasurer's Report: Clarification on only one signer needed on checks. Discussion about separate accounts(checking and savings). Members recall that the savings account is for the Prudent Reserve. Discussion on Proposed Budget and forming a Budget Committee. Cathy H. reports a Beginning Balance of $12,039.15; income for the period of 1-29-26 is $1,435.20 and expenses of $323.00. Ending Balance is $13,151.35 and $6,286.10 in Savings. Total is $19,438.10. Motion to accept Treasurer's Update as presented, subject to audit is made by Shirley T., seconded by Sharon. Passes unanimously.
Officer/Coordinator Reports:
Mary reads Barbara G's Group Records Report(see attached). Charlotte will ask Barbara to send updated Group Records Directory in email to Officers, Coordinators and DR's.
Pat reports on a new piece of literature on Sponsorship and Service Sponsorship. The deadline for submissions to the WSO is June 30, 2026.

Shirley reports that she has been attending ad hoc Alateen meetings and mentions the WSC Motions that Ron presented earlier. There are 5 electronic Alateen chat room meetings available. To attend requires the Al-Anon mobile app and a QR Code; they are for teens only and one must show their face. Questions about the virtual training for Alateen groups —are AMIAS included in the training? This is not known at this time.
Kathy C. has included copies of early letters to WSO from forming groups in Wyoming in the archived binders. Please bring or send electronically to Kathy; materials on recent Thought Forces, Task Forces and Work Forces.
Joyce references this afternoon's Public Outreach workshop.
Linda B. states she is still learning about the WEB site and that she is uncertain whether meeting time and places should be listed on the site.

Technology Work Force: Lisa reports on early findings from the Work Force on equipment for the Area and costs of each. There is discussion on what equipment is needed, Google vs. Apple products and availability of Wi-fi at various locations. Also discussed is whether the Area should have it's own Zoom account. The consensus is that the current use of a District's account is adequate. It is mentioned that there are other platforms for digital meetings. Judy points out that there is a Work Force still active on these matters.

Budget Committee: Charlotte asks for volunteers to serve on a Budget Committee. Charlotte, Cathy H., Mary and Shirley will meet in person at the Sheridan Assembly.

Guidelines and Policies review: Volunteers to serve on this are Charlotte, Joyce, Mary and Shirley.

Charlotte shares that the Chairperson is allowed to set dates for upcoming meetings. The fall AWSC meeting will be held on the first Saturday in November 2026 and the winter Business Assembly will be held on the third Saturday in February 2027.

Charlotte reports that a form: Proposed Topic for Area Consideration, borrowed from Colorado is available for our consideration. We do have permission to use the form.

Laura B. reports on the Sunday 2PM Concepts of Service meeting. It is only on Zoom and is open to all Al-Anon members. She reports that they have already made some changes, using the Service Manual, as the resource and are studying Concept 4. Attendees are excited about the Concepts.
Joyce reports on the Summer Business Assembly to be in Sheridan at the HUB. She states there is a block of rooms at motels and listing of restaurants will be in the flyer. She reports that there will probably not be a registration fee, and the raffle may be themed baskets, as done at the Casper Convention.

Sharon and Judy share about their experience at the Northwest regional Delegate's Meeting. Lots of experience at those meetings!

Meeting adjourned. Closed with the Al-Anon Declaration.

Respectfully submitted,
Mary R., Area Secretary

Upcoming Dates:
Summer Business Assembly in Sheridan, WY at the HUB, 211 Smith St, Sheridan.
August 21-23, 2026. GR's vote.

Road Trip, October 24, 2026
Chicago-O'Hare Rosemont
5500 North River Road, Rosemont, Illinois

Fall AWSC Meeting on Zoom, November 7, 2026

Winter Business Assembly on Zoom, February 20, 2027

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