

## **District 10 Minutes**

8-17-2025

Opened the meeting with the Serenity Prayer

**Introductions**, Kelly G, Tammy O, Karen K, Bonnie W, Emily H, Robbie, Orlin J, Carolyn M, Amanda W, Linda M, Pam H, John H, Karen G

**Concept 4** was ready by Kelly G

**Minutes Of Last Meeting** from 5-4-2025 were went over. No questions. A motion was made by Karen K to approve the minutes. It was seconded by Tammy O. The motion passed.

**Treasurer's Report.** Debbie wasn't able to be present. But Karen G handed out the report. And went through the deposits and checks that went out. Karen G asked if there were any questions. Pam asked about the Saturday morning group. Which group was it the zoom or in person group. Olin said that the \$30 was the online group. Karen asked Olin what the name of the online group was. Olin said it was Saturday Morning group. Pam asked for clarity that the Saturday morning meetings specify each group individually by group name their donations to the district. Karen asked if there are any other questions on the treasures report. Kelly asked if the district sponsored a basket for the Sponsorship AA rally. Karen said yes the district was asked to donate a basket. A motion was made to accept the Treasurer's Report and approve the report. John made the motion to accept the Treasurer's Report. It was seconded by Karen K. The motion passed.

DISTRICT 10 AFG			
TREASURER'S REPORT			
May 5, 2025 to August 17, 2025			
<b>Beginning Balance</b>			\$ 9,831.74
Total Deposits			\$ 285.00
Total Expenses			\$ 285.35
Ending Balance			\$ 9,831.39
One Year Ample Reserve			\$ (1,500.00)
T.E.A.M Reserve 4/11/2011			\$ (555.04)
Ending Working Balance			\$ 7,776.35
<b>Deposits</b>			
	<i>Source of Deposit</i>		
5/2/2025	Saturday Morning AFG Contribution		\$ 15.00
5/8/2025	Saturday Morning	Zoom Account	\$ 15.00
5/3/2025	Discovering Choices Contribution		\$ 50.00
5/12/2025	BG Friendship AFG #5178		\$ 50.00
8/11/2025	Discovering Choices Contribution		\$ 50.00
8/11/2025	Lebanon AFG 5235 ( 2nd Quarter )		\$ 25.00
8/12/2025	BG Friendship AFG #5178		\$ 50.00
8/12/2025	Saturday Morning AFG Contribution		\$ 30.00
	TOTAL DEPOSITS		\$ 285.00
<b>Expenses</b>			
<i>Date</i>	<i>Check Number</i>	<i>Payee</i>	
5/4/2025	1039	Central KY LDC ( for Lit )	\$ 35.35
5/4/2025	1040	Good Shepherd Catholic Church ( rent distr. meeting)	\$ 50.00
5/16/2025	975002	KY Area 21	\$ 50.00
5/20/2025	975001	AFG WSO	\$ 50.00
6/9/2025	1041	Mary Jo Leake ( Reimb. For supplies - Basket	
		Sponsorship Rally )	\$ 100.00
	Total Expenses		\$ 285.35
		No Outstanding Transactions	
		Bank Balance as of 8/11/2025	
		PLUS Outstanding Deposits	
		Sub Total	
		LESS Outstanding Checks	
		Reconciled Checking Account Balance	

**Old Business.**

## 8/17/25 Public Outreach Report

### 1. Public Outreach Project [Final Update](#)

- This project was designed to last for four quarters from August 2024 - August 2025
- You can click the link above to see the entire year.

Here is a snapshot of our final totals:

Timestamp	ENTER YOUR FIRST NAME	Number of items you left	OPTIONAL QUESTION	ENTER YOUR HOME
7/30/2025 15:46:51	Chris R	3	This N That	Bgfg
7/30/2025 16:12:03	Chris R	1	Aspen Dental BG	BGFG
7/30/2025 16:45:32	CHRIS R	1	Half Price Books - Bg	BGFG
8/5/2025 16:57:04	Chris R	1	St Teresa Thrift Store- Fairview Plaza	bgfg
8/16/2025	Reported by Pam	300	Pamphlets and Display Racks for Marc and Clubhouse plus they printed meeting directories	BGFG
		364		
First Quarter		240		
Second Quarter		118		
Third Quarter		843		
Fourth Quarter		364		
TOTAL 2024 -2025		1565 Pieces of Literature		
		1293 Bowling Green Friendship Group		

### 2. Park Place Speaker Update

- We have had seven speakers speak at Park Place from August 2024 - August 2025

Please click on [link](#) to sign up to speak at Park Place.

Please note that the speaker meeting has changed to 6:30.

Speak for 30-40 minutes.

Please ask your members to volunteer and thank you!

### 3. Public Outreach Ideas for 2025 -2026

- I am taking ideas from everyone about what you would like to see happen for public outreach this year.

- We can reboot this competition, and I am happy to track the numbers for another year.
- I would like to host four writing workshops this year as my main focus if the district thinks this is a good idea. I would like to organize these with the help of an action team. I would like to have these in four separate meeting locations, working with four different home groups.

**Thank you for a wonderful first year in Public Outreach!**

Yours in Service,

Tammy O

It was asked if it would be easier for members to sign up if there was a QR code for speakers for Park Place. Tammy said that she would be willing to have one. And Bonnie would put it on the website. Kelly asked if anyone that had already spoken to take someone with them. Tammy and John both said they would be willing.

**Fellowship Focus.** Karen said that would anyone volunteer to coordinate the Make it Bake it. Linda M said she was willing to coordinate. And she would get someone to help her.

### **Education Focus.**

Buddy System update. Olin said that it just started As We Understood book study. A member needed the book, and Olin told them that they needed to get with his buddy Pam H. to get the book. She is the literature coordinator. Jamie met Pam in person and was able to get her the book.

### **New Business**

Karen said that Pam H had made a request about the finances of the Back-to-Basics workshop and how it functioned with District 10 and how it relates to money. Pam stated that the LDC is an example of how they are in the District but separate. And the chair of the LDC attends all the district meetings and presents a financial report. So finances are available for the district to review. Also, Alateen is another example of how they could separate the finances. Also, the Host Committee is another example of how it could work. Pam said she just wanted to discuss the idea of this. Bonnie said because it's a one-time event. It would only be active only 3 months of the year. A new person in charge each time and have to go change the names on the account at the bank. Bonnie did say that whoever coordinates the Back-to-Basics workshop should have a budget and still report at the meetings. Pam asked when a motion was made that District 10 would forever host and be financially responsible for the Back-to-Basics workshop from this day forward. Tammy O said from her relocation that she doesn't know that District 10 ever did that. She said that she thought District 8 was not able to do it anymore and so District 10 said that they

did not want it to go away. And so, District 10 did it that year. She also said that District 10 could decide the same thing and not want to host the workshop as well. Pam said that something needs to be in place so that down the road that if the workshop has a surplus or a deficit, that guidelines need to be in place. It may be uncomfortable. And if it's a deficit it may not be too much of an issue. But if there is a \$500 or \$1000 surplus then can we use this for public outreach or some other District project. Carolyn said she wasn't aware that the District had taken on the Back-to-Basics workshop. Carolyn said when she came into this District that the balance of the district was only \$4. I agree with Pam that we need separation whether we keep doing Back to Basics or not. Kelly asked the question about the Make it Bake it and no separate bank account for that event. I guess I see the workshop the same way. It's a workshop that the District is putting on for now. And it's our District's money that puts it on and if we have a shortage then the district absorbs that and if it has a surplus then the district can funnel that money as the members see fit. Carolyn said that Make it Bake it was just a thing to do at Christmas. And then it was decided that the money raised would go to the district. Originally it was the group that got the money. Karen said that having a separate account and if the banks charge a monthly fee, then any profits made would quickly be taken away by the fees. Pam said that we could at least have a line item in the budget. Kelly said that she thought it was a budget line item. Bonnie looked at the budget and found in the 2025-line items for the expense and the income from the registrations. Kelly stated that the retreat is more about public outreach vs about making money. Amanada said that the Back to Basics was one of the things that got her into Al-Anon. She was thrown into doing a skit that got her out of her comfort zone but was rewarding as well. To me it's really important. Karen always said the goal was to break it even. Last year the reason for the deficit was the number of people who attended. Karen suggested that within the line item for Back to Basics and then further break down of that line item for expenses for food entertainment etc. Karen said that for the new year when the Treasurer is here, we can discuss the budget to include these things discussed. Karen said we have a budget now through December. But we want some discussion of what we want to do with line items. Karen said we need to have someone be a point person for the Back-to-Basics workshop so that they will know what they can do within the budgeting process. Karen suggested we go to our groups to get volunteers to head up the Back-to-Basics workshop even if it's a group of members too. Amanda asked about putting the deposit down for the workshop. And it was discussed how to reserve the campground. Amanda said the estimate was different than when she visited. Amanda and Tammy reviewed the proposal, and they included items we did not want. We took a 10-minute break. Karen identified the most important things for today. A break out budget, need information about a deposit, and the amount. Tammy stated the errors. Facility use per person per day they could knock at least one of those off if not two of those off. They also

added the zip line and swing. Also, the room number was 14 and there should be 10 rooms for each night. So, the estimate as stated now is about \$4900 and with these changes it should be about \$3200 divided by 25 people and it would be about \$128 per person. Karen said that the deposit should be done before November. But not comfortable with the contract. Get a new contract. Then over email get a consensus to send the deposit. Amanada asked if that was necessary if the deposit was less than \$850. Karen said no that would not be necessary. Kelly also asked if approved by the district to be the events coordinator. Tammy made the motion to elect Kelly as the events coordinator. Motion was seconded by John. Motion passed. Linda asked if she would be over the Make it Bake it. She said yes.

## **Group Reports**

### **Bowling Green Friendship AFG John H**

Bowling Green Friendship group meets on Tuesdays and Thursdays at 6pm and on Wednesdays at 10am at First Baptist Church. We consistently have 5 to 8 members attend the meetings. On Tuesdays we started the book study Reaching For Personal Freedom. Our group has begun this month conducting a group inventory. We have had a few new comers come to the meeting and at the last group conscience the group decided that we wanted to ensure that we have healthy and healing meetings. We celebrated our 57<sup>th</sup> Anniversary and had a great turn out approximately 50 in attendance and heard great experience strength and hope from the speakers. The taco bar was a great hit and everyone enjoyed the event.

### **Bowling Green Step by Step AFG Karen K**

Step by Step AFG Report We are meeting at the 13th Street Clubhouse on Mondays at 7:30 pm. And Fridays at 6:00 pm. Attendance varies from 6 -12. On July 19th, we hosted a fundraising Painting Party. We had 17 participants and raised \$390.00. Many of the participants donated their art pieces to decorate our newly painted meeting room, which was greatly appreciated. At our Group Conscience in July, we decided to make a "Self-Care" basket to be raffled off at the 2025 Kentucky Al-Anon Convention. Our next Group Conscience will be Monday, September 15, at 7:00 pm. Yours in Service, Karen K

### **Discovering Choices AFG Tammy O**

Our group is doing well and we lots of newcomers on Monday night. Friday can fluctuate. We continue to have a step meeting on the last Monday of the month. And we are about to schedule a group conscious meeting and some of the topics want to do a fund raiser for the convention. Maybe bingo and pizza.

### **Glasgow Monday Night AFG Carolyn M**

Glasgow meets on Monday night at 6. We have low attendance but are surviving. We have made some pretty good collections for the upcoming convention. Our members are excited about the convention. And they are doing some donations. We have 3 to 4 attends. They have a system that someone will show up.

### **Lebanon AFG open**

Karen said she has an update on them. That Phyllis is not the GR any longer. That group has a lot of double winners. And has been in communication with Carla and she is the contact for the group. At one point they thought about converting to the Elizabethtown district but liked what district 10 is doing so that won't happen. They are aware. Some of the members that are not double winners are not interested in taking over the GR position at this point.

### **Monroe County AFG Dyshe T**

Karen said she also has an update from this group as well. They have very limited participation. Karen asked if there was anything that the district could do to help. In Tompkinsville there is a Hope in recovery rally. And asked if someone from the district might set up a table for Al-Anon for the event or talk about Al-Anon for a few minutes. Its September 6<sup>th</sup>. And asked if anyone would be interested. Pam asked to send the information to her that she might be interested. And Tammy asked for it too.

### **Russell County AFG Vickie R**

Karen said that this group has ended.

### **Saturday Morning AFG Olin J**

Saturday morning continues as a book study. AS we Understood is the book we are studying. The only exception is that on the first Saturday of the month we do the step that corresponds to the month. We have 5 regulars that attend. It's a good meeting where

everyone can share and like the size of it. The big news is that my wife and I are going to be moving to Missouri in a couple of months. Our daughter needs us there to help with it. The beauty of doing an online meeting I do not have to live in the area where the meeting is. I asked the group if they were okay with me not being here and the group said yes oh please. And he will remain for the rest of his term. So he will see us online for future meetings.

### **Stepping Into Freedom AFG Emily H**

We meet Saturday mornings at 11 and we have anywhere from 5 to 11 attend the meeting. We also had a new member attend that was in another program. Self-care basket was donated for the convention. We keep doing the jar for the convention as well.

### **Thursday Night Serenity Seekers AFG Angie M**

### **Turning Point AFG Sean S**

Report was read by John H

Greetings!

Turning Point attendance has been about the same. We average three people a meeting. Since the last update, we had three new attendees. We continue to be financially self sufficient. Thanks for all the announcements and pointing attention to the opportunity for men to meet and discuss Al-anon.

All the best,

Sean Smith

Emily asked how much a good amount was to donate to the district. Karen said that to determine how much it takes to run and use to spend the GR to Area Assembly. Any amount would be good. It might be good to evaluate annually. Kelly said there some guidelines for new groups and how to budget for an ample reserve.

Kelly asked wasn't there something in the area about specific meeting designated for men. Karen said that she has something on that in a little bit.

Karen then said let's go back to Alateen Inventory. Karen suggested that we look at inventory with their group. Talking about supporting Alateen. Even if not at your facility. Karen to have a group discussion. Pam said that you have 2 years according to the guideline and be concurrent with the Al-Anon meeting. Tammy said that our group meet and voted on having a concurrent Alateen meeting and even went to the church to see their requirements. She said the only hold up is having sponsors. One thing occurred to me that



if the old group had literature if they could have some of it to distribute at their group. Kelly said that the literature was never returned, and the Friendship group does not have it. She did say that we do have earmarked the funds that Alateen did have and the group has discussed if Alateen did start up that the group would vote to see if we would pass it to the new Alateen group. Pam said that the LDC has plenty of Alateen literature if you want to order.

## **Reports From Officers and Coordinators**

### **District Representative Karen G**

#### **DR Report**

I brought love tokens that came back from World Service Conference by Pauline.

District 10 will help get things out of storage and put them back for Area Assembly March 2026. We often will go with the group in October 2025 to put things back so we know where to go, what codes to use and where to put everything. I will plan to be at Area Assembly in person in October and would appreciate it if one or two others could be there so we can learn what we need to do.

Kentucky has six Alateen meetings. District 10 has no Alateen meetings, but there has been interest expressed. You are encouraged to spend some time working on an Alateen inventory at a group level.

WSO has a preference to avoid names that specifically designate groups for certain types of people. At the WSO level, it was noted that some of the specifically designated groups have turned people away from meetings. There is a desire for Al-Anon to be available to all who are seeking help. Area Assembly is expected to discuss group names at the October Assembly.

### **Alternate District Representative Amanda W**

#### **No Report**

### **Alateen Coordinator Kelly**

#### **District Alateen Coordinator Report**

**8/17/25**

Hello District 10! Not much new to report on. There have been no new AMIAS sponsors come forward this quarter. There has been no additional participants in the Alateen interest survey as

well. And, unfortunately I still have not received any inquiries from parents or teens regarding meetings. AMIAS trainings are still being scheduled and made available. The next training session is set for **October 18, 2025 at 10:00 AM EST via Zoom**. While these opportunities remain open, I have not received any new expressions of interest in training or certification from potential volunteers.

I recently attempted to reach out to individual members one on one for more direct approach to engage people in AMIAS service. Unfortunately, I have not had any luck in securing sponsors for a meeting. I continue to encourage groups to talk about Alateen, and the need, and to have groups direct any Alateen interest my way. I remain hopeful and committed as I know Alateen is a vital part of the recovery family groups.

Love in service,

Kelly G – Alateen Coordinator

**Archives Coordinator Emily H**

No Report

**Literature and Forum Coordinator Amanda W**

Take these back to your group. *Opening Our Hearts, Transforming Our Losses*. Is a book to help members cope with grief, change and emotional loss. This is not limited to death, but also includes the loss of dreams, expectations, relationships, stability, etc. The disease of alcoholism is a disease of losses. This book shares experience, strength, and hope about coping with grief, dealing with our feelings and taking care of ourselves. It also makes a great book study for groups.

## LDC Coordinator Pam H

Central Kentucky Literature Distribution Center (LDC) Report to District Ten AFG  
August 17, 2025

Conference Approved Literature (CAL) sales remain steady and the LDC is well stocked. Since our last District Ten Meeting the LDC set up a literature table at the Annual AA Sponsorship Rally in Bowling Green during Memorial Day weekend. The LDC also provided an Alateen focused literature table at the 57th Anniversary of the Bowling Green Friendship AFG. Members from both fellowships visited the table and one book B-3 Alateen Hope for Children of Alcoholics was taken, hopefully a seed of hope was planted.

Per the motions that came out of the LDC Committee meeting in April, the LDC has completed these four projects. CAL to new groups in District Ten (Turning Point Men's Meeting in BG), Alateen CAL to a group event in District Ten that has a focus on Alateen (BGF AFG), Every group received a Public Outreach poster + 10 Bookmarks M-44 Al-Anon Is: Al-Anon Is Not, Each group also received a copy of P-95 Healing Within Our Alcoholic Relationships. Please let our District's Public Outreach Coordinator, Tammy O. and Literature Coordinator, Amanda W. know how your groups have used these resources within your groups and communities.

Available and free today for your group's Public Outreach projects are bookmarks M-76. Please let Tammy O. know how your group and or members use these.

Our History .....

I have not done work on the LDC's history this summer, it is my hope to have a display board at the December Make It Bake It/Auction/Fellowship Meal District Ten Meeting.

### Financial Report

Beginning Balance on 04/30/25	5,455.71
Total Deposits: CAL Sales 1,142.95 S & H Reimbursements 27.23	1,170.18
Total Expenses: CAL 1,330.46, 3 months rent 150.00, S & H 27.23	1,507.69
Ending Balance on 08/17/25	5,118.20
TRUIST Bank Statement on 08/17/25 (Available Upon Request)	5,118.20

Much Gratitude & Fun in Service,

Pam Howard, Central KY LDC Coordinator

## Public Outreach Coordinator Tammy O

Nothing else to report

## Website Coordinator Bonnie W

WEBSITE COORDINATOR REPORT  
AUGUST 17, 2025

I hope you have been using [skyal-anon.org](http://skyal-anon.org). Since our last meeting, we have added resources to the website.

Under the Members tab, you will find a tab for GR Resources, and we have added WSO Guidelines for taking a group inventory. Also under the Members tab, we have added a link that will take you to the booklet “Groups at Work.” This book includes the Al-Anon opening and closing, as well as the steps and traditions, so it can be helpful for conducting meetings. It also gives guidelines and resources for healthy group meetings and group business meetings.

The annual convention is coming up in September, and you can register online by visiting the link under our Events tab.

Every month, we update the articles under the Member Experiences tab. These articles are taken directly from The Forum. They can be a convenient way to come up with a topic for a meeting. Your group members can get out their phones and read along – and this will give your members a chance to get used to visiting our website.

As always, if you have any events that you would like to be posted or if you have ideas for additions to the website, please let me know.

Submitted by,  
Bonnie W.  
Website Coordinator

#### **Event Coordinator Kelly K**

I am thinking about an Alateen event. But nothing else.

Kelly asked a public outreach section on the website. That would direct people to where they could volunteer or have ideas for public outreach. Bonnie said that she would think how to put that on the website as a form to fill out. Bonnie said opportunities to serve might be a tab. Tammy said something on sponsorship for education. I am going to have a meeting on sponsorship. And that the district could have a topic on sponsorship.

Tammy wanted to recognize Chris that she consistently handed out fliers.

## **Convention Chair John H**

### **2026 Host Committee Report for District 10 8-17-2025**

The host committee continues to meet monthly, and the committee is on track with all the tasks that have to be completed on the timeline. I would like to continue to encourage every group in District 10 to continue to have events, raising money for the convention. I appreciate all the events that have happened so far. And I look forward to future events as well. I plan on attending the 2025 Convention to kick off and announce the 2026 convention. Hopefully encouraging those attending that convention to attend our convention in 2026. I would also ask each of you when you go back to your groups meetings and encourage your members to support the 2025 Convention. We can't expect them to attend our convention in 2026 if we don't support their convention this year. Our last Host Committee meeting was held at my house for a combination of a cookout, convention meeting and pool party. So we got our belly's full, work done for the convention, and unfortunately, I can't reveal the pool party....what you see and hear at the pool stays at the pool.

Carolyn talked about an idea for a fundraiser. Passed out butterflies. 9 in a pack. You can mention a former sponsor or member that you can remember them. We will post them at the convention as well. Put your groups name on the bag. They are \$5 a butterfly. You can thank Pam for the idea. And a member had donated the butterflies. Pam has brought book covers as well. My intention is to go the Area Assembly and sell some of these then And the plants as well and sell them. Another item has been donated as well. A butterfly quilt that we will raffle as well. And I will have another item as well later.

## **Closing with the Al-Anon Declaration**