

Area Budget and Spiritual Finances Round Table PreCon 2025

“Gratitude in Action”

Intro: As Alternate Delegate I am tasked with chairing the Area Budget Committee. We begin by gathering a group of panel members including the Chair, the Treasurer, and current DRs. We convene once a year to “closely scrutinize” each expense and income line item in our Annual Budget with the goal of “solvency”. The final step is to apply spiritual principles to balance our budget. Once completed, we present a “zero balanced budget” to (AWSC and then) GR’s at Fall Assembly for your final approval each year.

We would like you, our Area membership, to know a little bit more about how we create an Area budget with spiritual guidance. We hope that this round table exercise helps you to understand and put into practice how to create a budget using our Al-Anon legacies. You might be inspired to practice this “in all our affairs”.

Please keep in mind the following questions while you engage in creating your budget:

1. How and Why is a group conscience a spiritual commitment by each member?
2. Who is responsible for making Income Projections a reality? Officers? Members?
3. What is expected from members when a financial motion is passed?
4. Lois quote: “ We are obedient to the unenforceable” Does this imply that members have a spiritual commitment to follow through on financial motions?

INSTRUCTIONS

Breakout session duration is 10 minutes. Gather in tables or breakout zoom rooms.

Identify a note taker and use HANDOUTS provided or online: wa-al-anon.org GR Resources.

Review rules of Round Table discussion: one person talks at a time, go around the table in order or raise hands; state your point briefly; do not dominate the conversation; do not interrupt; avoid repeating what another person has said; comment on ideas and principles not persons or personalities; stay on time; end on time; be open and willing to listen to ideas that are dissimilar to yours; be kind.

NOTE: how you choose to participate is entirely up to you; self-reflect, if necessary, on how you are engaging; Consider Steps 1,2,3 and/or Steps 10,11,12; etc.

Keep an eye on the time and move on if you feel like you are stuck. You can always come back later with more information.

1. Choose a mock budget scenario for your group. Example: Starting a new Alanon group; other. Mock Budget Scenario: _____

2. Identify top 3 most common Fears and/or Barriers that may be experienced in your group about budgets; Take a moment to be specific about Fears and Barriers. If Fear is being experienced, elaborate into Fear of what? What Barrier is perceived? Is it a limiting belief, e.g. it can't be done; I don't have enough resources, etc. The Groups top 3 Fears/Barriers:

a. “

b. “

c. “

3, Address the top 3 Fears/Barriers experienced with a slogan, CAL or step/tradition/concept that will best transform your top Fear/Barrier into a spiritual action.

a. 1st Fear/Barrier =Slogan/CAL/Legacy:

b. 2nd Fear/Barrier = Slogan/CAL/Legacy:

c. 3rd Fear/Barrier = Slogan/CAL/Legacy:

4, Next identify Expenses encountered in your mock budget and estimate the cost of 3 items.

EXPENSES (needs and wants)

1. Item _____ Cost = \$ _____

2. Item _____ Cost = \$ _____

3. Item _____ Cost = \$ _____

4. TOTAL = \$ _____

5. Discuss ways of generating Income to cover your expenses, such as fundraising events (bake sales, spaghetti feeds, speaker meetings) etc. including member contributions and appeal letters.

INCOME PROJECTIONS:

a. Activity _____; projected Income = \$ _____

b. Activity _____; projected Income = \$ _____

c. Activity _____; projected Income = \$ _____

d. TOTAL = \$ _____

6. Finalize a Zero Balanced Budget where your Income Projections balance your Predetermined Expenses. Work your Income Projects until your budget gets as close as you can to Zero. Consider how you might “inspire” members to give back in service or financial contributions for the Al-anon gifts that they have received. (Service Manual, p 102)

Predetermined Expenses \$_____ minus Projected Income \$_____ equals \$ ZERO

END of 10 minutes Breakout session

7. At the end of the breakout session, present your groups **Zero Balanced Budget** at microphone and identify the 1) chosen budget project; 2) A Top Fear/Barrier experienced by your group, 3) the spiritual principle(s) used to restore our sanity 4) Did you achieve a Zero Balance Budget? 5) How might you inspire your members to perform Gratitude in Action?

8. Ask those present if they would vote for your Zero Balance Budget?

Summary: I hope this round table discussion has helped you understand more about creating Al-Anon budgets and spiritual money. Our spiritual commitment to financial motions does not end with a “Yay” or Nay” vote. A group conscience may be a responsibility for members and the group to contribute to that Projected Income. In this way we work towards our common welfare and return the gifts we have received in Al-non through service and/or financial contributions.

Al-Anon Declaration: When anyone, anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there. And, let it begin with me.

**presented by Juliana B, Alternate Delegate, Area59/Panel65,
Pre-Con2025**