



News-O-Gram Fall 2010
(SIAFG) Southern Illinois Al-Anon Family Groups
Hope and Help for Families of Alcoholics

Area Assembly Nov.7th, 2011

Area World Service Committee Meeting Nov.6th

St. John's Hospital in Springfield

(All meetings and events in Room R & S in the Carol Jo Vecchie Center)

Directions to St. John's Hospital: I-55 to Clearlake Ave exit (98B). Stay on Clearlake heading west; turn right onto 9th street (heading north). Turn left in between buildings at large RED sign "EMERGENCY, CHEST PAIN CENTER". Park in garage on your right. Carol Jo Vecchie Center is straight across from parking garage. Lodging: **Exit 94:** Hampton Inn 217-793-7670; Pear Tree Inn 217-529-9100 **Exit 96B:** Red Roof Inn 217-753-4302

Exit 98B: Best Western 217-525-7420 and many more via internet – Springfield lodging

Any questions: Contact Betsy @ 217-898-7670 or betsy.crang@osfelathcare.org

Delegates Report—Marcy M Panel 48

The 2010 World Service Conference theme "Celebrate Embrace the Group Conscience to Expand our Circle of Hope" - 50 years of the World Service Conference.

At the opening dinner, Conference members celebrated the fifty years of the World Service Conference with the hotel staff bringing out a cake and we all joined in singing Happy Birthday!

New Delegates (Panel 50) were welcome and received their pins from their Conference Mentors. Guests from New Zealand, Mexico and The Southwest Regional Trustee from Alcoholic Anonymous were introduced. Our spiritual speaker of the evening was Claire Ricewasser, Associate Director of Communications –Professional. She had attended the 25th WSC and shared her memories of past Conferences with us.

The Conference began on Monday morning with an orientation and the three Conference goals were reviewed along with the roles of various Conference members. We were reminded to pray for the guidance of our Higher Power as we seek to practice the Al-Anon principles in an ever changing environment.

Following the orientation, John Colon, an Academic Lecturer from Stony Brook University in New York, was our speaker on Cultural Diversity. He talked about learning our culture from our families and the

need to adapt to our common language. A few of the topics brought before the World Service Conference: We reviewed the four essential elements of the Knowledge Based Decision Making (KBDM) process to an informed group conscience. As a result of topics that were discussed at the 2009 WSC, four Thought Forces and two Task Forces were formed. These groups of Conference members worked throughout the year and presented their ideas, strategies, how to guides, and workshops to the Conference. Requests for the TEAM (Together – Empowering –Al-Anon – Members) events began to arrive at the WSO.



This year we had several Policy Motions to discuss, some of which were lengthy, but with projecting the motions on overhead screens Conference members were able to suggest and make changes that were agreed upon. One of the motions that was approved was the new Alateen section in the: Policy Digest Section" of the Service Manual and we can expect to see this section included in the new Service Manual when it is printed in the fall of this year.

Three great Leadership workshops that were held: Diversity – Understanding Ourselves and Others. - Responsibility as a Conference Member to Expand our Circle of

Hope. – Embrace the Group Conscience. We had two Chosen Agenda items that I will report on at the Nov Assembly. When the Finance Chairman gave the Budget Report, he reminded us that the goal this year for contributions is \$1,500,000 and that we can attain this goal if each member gives \$1.80 more than they did last year. A dialogue between the Property Ownership Task Force members was held as a way to present additional information and to answer any remaining questions that had been submitted. Prior to the end of the conference, a motion was brought forward to end the trial and to retain ownership of the property. After much discussion some Delegates wanted to take this back to their Areas for more discussion. The motion was tabled and referred to the Board of Trustees for further development of a motion to be presented in 2011. The informed group conscience prevailed. Our Higher Power was truly with us that week. The 2010 Conference Summaries will be available sometime in August.

Again I would like to thank you all for the cards, and "Love Gifts that I received. Just remember that your "Love Gifts" will be enjoyed all over the United States, Canada, and Mexico & New Zealand.



Group Records Secretary/Cathy S

Welcome to Fall!

Well, this will be my last News-O-Gram article as Group Records Secretary. I can't believe 3 years has gone by so fast!

I want to thank all of you who have communicated with Rita, Sara, or myself in getting us your District and Group information (changes and corrections). It's made our "job" so much easier. Over the past three years Area has made tremendous changes in an effort to make information more available to all groups and to

Convention Liaison/Jan T

2010 IL State AFG Convention is being held October 8th-10th at the President Abraham Lincoln Hotel in Springfield. The theme of the convention is Gifts of Hope. The quilt and tote bags have been put together, they are beautiful (hope you got your tickets!). There will be gift baskets raffled at the Convention (tickets sold at convention). Visit the SIAFG website and click on 2010 IL State Convention Info link for convention information (registration form, quilt pictures, basket raffle flyer, banquet menu, etc.).

2011 IL State AFG Convention will be hosted by NIAFG. Information will be passed on when it is available.

2012 IL State AFG Convention - SIAFG Chairperson and Convention Liaison are looking for a host. Please let one of us know if you are interested.



Al-Anon International Convention will be held in Vancouver, BC July 5-7, 2013. Watch for more information to come.

make the lines of communication more accessible for all. I can't wait to see the strides we'll see in the next three years!

I want to express my thanks, love and gratitude to all the Officers and Co-Coordiators who have served our Area the past 3 years. You all did a magnificent job! Thank you for being of service.

I also wish to send my Best Wishes and Support to the incoming officers, Alberta, Cathy B., Lyri, Rowena, Marty, and Mary S and to all the new Coordinators!!! I know you will continue to give Mary S. as the new Group Records Secretary all the cooperation, understanding, sharing and love that you have given me.

At this time, I don't know what the future holds for me, but, be forewarned (☺), that I won't be fading from the Area scene. I have met so many wonderful people at the Area level and our meetings and time together has fed my soul and helped me grow in my personal program so much that I can't see not showing up – even as a non-voting visitor. I am inviting others who don't normally come to Area to come in the future and keep me company!

IL State AFG Convention Guidelines review is entering final stages. Once review has been completed, guidelines will be updated and sent to the Convention Resource Committee for review. Goal is to have the new guidelines accepted at the December 2010 Convention Resource meeting.

Please give thought to becoming SIAFG's next Convention Liaison. I have learned so much about IL State AFG Convention by being your representative. However, it is time for me to step aside to allow another member the opportunity to serve. Please feel free to contact me if you have any questions about the position.

Thanks for the opportunity to serve as Convention Liaison. See you at the IL State AFG Convention or the November SIAFG meetings.

Check out upcoming events on the following websites:

- www.siafg.org (Southern Illinois Al-Anon Family Groups)
- www.niafg.org (Northern Illinois Al-Anon Family Groups)
- www.al-anon.alateen.org/members (World Service Office)
- www.aa.sia.org (Southern Illinois Alcoholics Anonymous)
- www.aa-nia.org (Northern Illinois Alcoholics Anonymous)
- www.chicagoaa.org (Chicago Alcoholics Anonymous)
- www.aa.org (Alcoholics Anonymous)

Treasurer Report/ Rowena A

Thank you to everyone who gave this past quarter. You all have been generous with you gifts to SIAFG. Thank you all for your help in making this past 3 years a success in reaching our budget. I am excited to again be of service as your treasurer for the upcoming three years. I will do my best to serve you well.



DISTRICT	GROUP ID NUMBER	GROUP NAME
11	3948	Mt Zion Born Free
11	40272	Sunday Night Steppers
11	3703	Beginners Al-anon
11	3701	Tuesday night Serenity Seekers
12	66486	Weds night/ Hope for Today
12	3507	TGIF Bondville
12	4088	New Lease on Life (Savoy)
12	49550	Blues Buster AFG
13	3741	Effingham Co. Al anon Group
14	3482	O'Fallon AFG
14	60839	Powerless Rangers
17	61493	Carbondale Weds. Noon Group
18	26501	Monday Night Serenity Group
18	3451	Mon. Night Elm Street
18	30528380	Thursday Night Al-Anon Edwardsville
18	34856	Hopeful Serenity Seekers
18	3811	New Life Al-Anon Granite City
18	3491	Bethalto Wed. Morning
18		Highland AFG
18	3812	Monday Morning open Door
19	42664	Wednesday Butterfly Al-Anon
19	0004104	H.O.W. Al-Anon
10A		District 10A
10A	35525	Thursday AMAFG
10A	30790	Friday Morning Al-Anon
10A	0004022	Wednesday Morning Glories
10A	0004020	Monday Hilltop Al-Anon
10A	004023	A New Beginning AFG
10A	24161	Monday Morning Al-Anon Group
10B	99739	District 10B
10B	61535	Friday Nite Happy Hour Group
10B	25455	Serenity Seekers
10B	61609	Al anon Sunday
10B		Tuesday Fellowship

(Table of most recent meetings that have supported Area 16)



Archives/Alberta W

I am happy to be Area 16's **new Chairperson**. My AA member is deceased but I come to the Area meetings for the fellowship and fun. I have been a member in Al-Anon since 1986. I have been active in service since 1995 serving at the area level as Ways and Means Coordinator for 6 years and Archives Coordinator for 6 years. In addition, I have served as Group Representative for quite a number of years and presently I am District Representative for District 17.

Webmaster Coordinator/Sara R

When was the last time you've visited our website, www.siafg.org? If not recently, you will find that a number of webpages have been created as resources and references for Al-Anon information. To name a few

- The 2010 Illinois State AFG Convention webpage has all the general information (general, registration, hotel), requests for volunteers, banquet menu, events, quilt raffle, and basket raffle.
- The News'O'Gram has a page where the current and past versions can be downloaded for viewing or printing.
- The Forum Archive, where select Forum articles can be read at your convenience!
- Alateen information can be found on the Alateen webpage, including Alateen purposes, sponsorship information, Area 16 Alateen meetings, and Alateen Literature.
- Resources for literature, workshops and submitting your writings can be found on the Literature page.

These pages and more are updated as information is received. Please let me know if you have any information to be posted on the website, questions regarding existing content. I would LOVE to hear ideas from the groups and districts in the area about ideas for new content!

Ways and Means/Cindy S



OUR FELLOWSHIP IS SELF SUPPORTING YOU CAN HELP

2010 fundraiser twist pens w/ orange highlighter -\$2.00 each or 2 pens for \$3.50. I have 461 pens left.

We need to move these pens so that we can go on to the fundraiser for the coming year. Pens will be available at the Assembly in November. If you want to purchase a number of pens sooner, send me a check written out to SIFAG—just add postage (\$1.39 for 15 or more pens)

Cindy S con't . . . Yearly anniversary coins are available as well as lapel pins. Both are great to put inside a card “just because” or to give to your sponsor/sponsee. Lapel pins have your favorite slogans on them so display them on purses or jackets. Like tradition 11 says “... Our public relations policy is based of attraction rather than promotion...”

November is my last area assembly as your Ways & Means Coordinator. I have enjoyed my 2 terms (6yrs) of service. I hope you enjoyed the yearly fundraisers. It is true that when you get busy you get better. As a single mom, Al-Anon has been a life-saver for me. My sponsor is my service sponsor too and I encourage all members to get a sponsor as soon as possible. After all, it's your recovery and nothing changes if nothing changes! Perhaps the most used tradition for me during my 6yr term is tradition 12 “... ever reminding us to place principles above personalities.” Please support your next Ways & Means Coordinator and donate items, buy fundraiser items and purchase items for sale. Bring fundraising ideas for next year to me. I'll bring ideas in November to vote on.

Public Outreach/Cindy P

Hello Fellow Members:

September was National Recovery Month. I hope that your district did something to help celebrate Recovery Month. Did you have a special open meeting, inviting the professionals in your community? If you didn't you still can at any time. I hope you did do something to help your own personal recovery.

We're all in outreach together. The purpose of Public Outreach is to help more families and friends of alcoholics. The WSO hosts five conference calls per year to give Area Public Outreach Coordinators the opportunity to share there activities with each other. Coordinators exchange ideas and communicate with WSO Public Outreach Staff. It is very interesting to share and hear what other areas are doing for Public Outreach. We have a conference call coming up next week and I'm looking forward to it. I will fill you in at the November Assembly as to what was discussed.

Have a wonderful **Fall**, and See you November.



News-O-Gram/Rita

It seems as though technology has come about too quickly for some and not quickly enough for others. The fellowship has discussed and has finally decided that **the News-O-Gram will be presented to members primarily as an email and website document.** It is important to get information out to the fellowship in the least expensive and most efficient manner. Not only do District Representatives and Group Representatives have an opportunity to get the info (even if by soliciting the help of a friend or fellow member with computer access), but also, any number of members in your groups *may have their own personal copy!*

The News-O-Gram will be mailed to District Representatives and Group Representatives only if they have no other Al-Anon friend or family member to be their email buddy. If you are reading this News-O-Gram via email or website—Kudos!

If all avenues fail, just send your name, Al-Anon office and address to me. I will see that your group does not go without. Rita Cox 751 4th Street, Carlyle, IL 62231 Or ritamcox@att.net

I hope you enjoyed receiving the News-O-Gram for the past 3 years. If you like to play around on your computer to create some fun for yourself and others, consider letting the new officers know that you would be willing to support the membership by accepting the position of News-O-Gram Coordinator if asked.

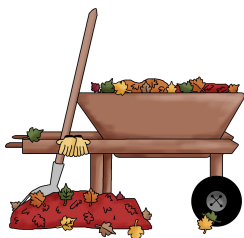
Forum & Literature/Mary S

Forum- Since the World Service Conference last year, the number of subscribers to *The Forum* has increased by 4,618- an increase of 26%. As of April there are 1.6 *Forum* subscriptions per group. There are now ten states, provinces, and territories with an average number of subscriptions per group greater than two. Illinois is not one of them. Group Representatives and District Representatives; please encourage subscribing to *The Forum* and using it in meetings. *The Forum's* highest purpose is to strengthen the fellowship from within. That purpose can only be served when members share their recovery in the pages of *The Forum* and then share *The Forum* with each other. On SIAFG.org Web site you can find the forms "*The Forum* sharing sheet" and "CAL Corner sharing sheet". Each month in the "CAL Corner" *The Forum* feature sharings on how a particular piece of literature has enhanced their recovery. The April article featured ...*In All Our Affairs* (B-15); May's article is about *From Survival to Recovery* (B-21) and June's article focuses on *Al-Anon's Twelve Steps & Twelve Traditions* (B-8).

You will find a survey enclosed in your July *The Forum*. This gives us a voice, please complete it and return it.

Al-Anon Faces Alcoholism 2011 is having a second printing. They must receive your order by 5:00pm ET, Wednesday, February 9, 2011. Orders will be shipped by AFG, Inc. before April 1, 2011. I have one order form. The order form in the July *The Forum* has the old dates. I'm assuming they will honor that form as long as you have it to them by the deadline.

Literature – The 25th Anniversary of *As We Understood* (B-11) is this July. In honor of the book's 25th Anniversary *The Forum* has included a "CAL Corner" cover feature about the book, including members' sharings and some interesting facts about the book. I have a few copies of the facts for those without subscriptions. Members' are encouraged to use *As We Understood* in our meetings in July.



2010 World Service Conference: In April, the World Service Conference approved two motions from the Literature Committee-one for major revision of *Why Anonymity in Al-Anon?* (P-33), and the other for a Legacy Workbook, utilizing sharings that have been posted on the Steps, Traditions, and Concepts of Service blogs found on our Members' Web site(www.al.non.org/members). Members may submit sharings for the workbook simply by posting a comment on any of the three blogs. Conference members also voted unanimously to clarify wording on pages 92-93 under the "Use of Material" section of the "Digest of Al-Anon and Alateen Policies" section of the *2006-2009 Al-Anon/Alateen Service Manual (P-24/27)*. Marcy, our Delegate will have more information about it. It is also the subject of an "Inside Al-Anon Family Groups" article in the July issue of *The Forum*.

There is a **NEW Alateen table card (M-80) @\$10** for Al-Anon meetings that have Alateen meetings in their district. It states that an Alateen meeting is available with time and place. I encourage every district with Alateen meetings to purchase them and distribute them to the Al-Anon meetings.

Book Display discussion: It was decided that all the CAL book literature will not be displayed at the Southern Illinois Assembly. New publications will be available and one book may be highlighted. They notebooks holding current copies of the pamphlets and booklets will be available.

Materials available on the table:

Interesting facts about *As We Understood*
Literature order forms
The Forum subscription forms
Ten Questions about Conference Approved Literature
CAL Corner sharing sheets



District Reports



District 10A/ Mary S

The Peoria Area Answering Service had a very successful garage sale on June 11-12 raising approximately \$1,294.75. Twenty-eight people worked on those two days and many more contributed items to the sale.

Alateen-The "Monday Night Alateen Anonymous" group has divided into two groups with a younger age and older age group. Thursday Night Beginner's group requested Alateen information to be available to the families attending from Proctor Hospital Family Program. The Alateen sponsors have filled out the recertification forms and submitted them to SIAFG. A new letter will be sent to the schools at the beginning of the school year announcing the three available Alateen meetings.

Public Outreach-Lynne W. and Rowena A. are creating a letter to accompany copies of *Al-Anon Faces Alcoholism 2011* that will be distributed to professionals in the area.

Election of officers and Coordinators will take place on Sunday, October 3, 2010. They will take their positions at the February 2011 District 10A meeting.



District 10B/Kathy H

Groups are busy putting together raffle baskets for the State Convention. I'm always impressed with the generous nature and clever ideas from each group. I don't think it is too early to announce another Serenity Day for February 26, 2011. We have a new Goup Representative for the Monday AM Al-Anon group, Jean F.



District 11/Jackie L

Attendance in District 11 has been steady, with a slight decrease over the summer as people have vacations and summer softball leagues. This past spring we held a Sponsorship workshop. Our Al-Anon speaker was Barbara W. from Cincinnati, Ohio. We had 2 panels including Al-Anon and AA members. We concluded the day with an AA speaker, Kevin L, from Decatur. All who attended indicated they thoroughly enjoyed the day. Two people complained about the price.

Next spring, April 29 & 30 2011, we have planned a 12 Step Workshop. We have confirmed Kathy H. from Cincinnati, Ohio to be our speaker. We will use a similar format as our sponsorship workshop, except that we will start on Friday night. We have secured the church, but have not yet started planning.

We have \$55 donation to assembly from the proceeds of our Sponsorship Workshop.



District 12/Janice R

Cathy B is the new Alternate District Representative for District 12, making a full complement of officers for District 12.

A new meeting has been added on Thursday mornings at 10:30. Marsha W is Group Representative and Saleema Y is co-contact. They have 8-13 people at each meeting.

The Tuscola group is struggling with 3 members. Despite efforts at our outreach in newspapers and flyers, occasional new members do not attend consistently. They are asking for suggestions to expand their group.

The Charleston Group is asking to remove the listing of Alateen Group in their area. They are having difficulty keeping teens interested in attending as well as committed Group Representatives. If they have interested teens, they will have an Alateen meeting for them and consider starting up the group, but at this time are closing the Alateen Group. We will be discussing the lack of Alateen in our district and brainstorm on ideas at our next district meeting.

Mark C, the Group Representative for the Friday night group in Bondville died suddenly. He was at the last area assembly and had 29 years in the Al-Anon program. He was excited when he went to San Antonio and was asked to host a meeting there. It was Men in Al-Anon. His wisdom and inspiration will be greatly missed.



District 14/Lyri M

Our last district meeting was held Friday, March 19th, hosted by the TFIG meeting in Belleville, IL. At that meeting we agreed to authorize monies for refreshments for the July Assembly and for literature for the 2011 Spring Conference in Fairview Heights, IL.

We also agreed to have a yard sale fund-raiser to raise monies for the above and scholarships for the State Convention in October. This yard sale was cancelled due to extensive street construction. We will discuss alternate fund-raising options at our next meeting on Monday, July 19 hosted by The Hope AFG in Belleville.



District 18/MaryBeth S

Hi everyone, I want everyone to know that District 18 is running O.K. at this time. The Al-Anon birthday celebration turned out to be fabulous for those able to attend. Inclement weather kept some from coming. Thank you Susan and Joyce for making literature and books available. Thanks CathyJo for your archives display.

District 18 holds a raffle at each district meeting with money going toward individual subscriptions to *The Forum*. Interested individuals need only place their name on the list. Talk to your Group Representative for more information.

District 18 will be having their Fall Festival on November 13, 2010 at St. John's United Church of Christ, 2901 Nameoki Road, Granite City, IL more information to follow as it becomes available.

Peg B., our Public Outreach Coordinator, was having the *Alton Telegraph* publish our Where and When information in their annual outreach guide. In addition, we were contacted by someone who works for the local papers looking for Al-Anon meeting schedules.

If you are willing to speak at Al-Anon meetings and special events please contact me as I am in the process of writing up a speaker list for District 18.

Thanks to Maggie and Barbara for manning the Annual Middle School Health Fair in Collinsville.

Thanks to all who made love tokens which were taken to The World Service Conference by our delegate Marcy M. And Just for Today, I want to thank every person within our District, in our meetings, and at Area Assembly. Without you we wouldn't receive valuable information that we need.

AL-ANON DECLARATION:



Let It Begin with Me

**When anyone, anywhere, reaches out for help,
Let the hand of Al-Anon and Alateen
Always be there, and—*Let It Begin with Me.***

Illinois State AFG Convention...October 8-10, 2010...Springfield, IL...

****Gift Basket Raffle** Convention Theme: "Gifts of Hope"**

How your group can help: Think of a theme for your basket to tie it all together. For example:
Spa.relaxation (candles, lotion, bath salts);

Pets (dog, cat, etc); Cooking (cookbook, recipies, spices, utensils

One for the guys; Sports (general or a specific team);

Autumn (pumkins/apples/Halloween);

Book lovers;

Chocolate/coffee/tea lovers

Collect items, assemble your basket and wrap the whole basket in cellophane to keep items from falling out. **Please include one Al-Anon program item, such as a book or an issue of The Forum and identify the group who created the basket**—the winner will be pleased to know.

Please bring the completed baskets with you to the convention registration table on Friday Oct 8th or early on Saturday Oct 9th. Winners will be announced after the quilt raffle on Saturday night.

Next News-O-Gram deadline January 10th, 2011