

SOUTHERN ILLINOIS AL-ANON FAMILY GROUPS AREA 16 NEWS-O-GRAM-----FALL ISSUE



World Service Committee Meeting
Saturday, November 2, 2013
1:00pm
Memorial Medical Center
701 N. 1st Street
Springfield, IL
Meeting Rm 149

Area Assembly Meeting
Sunday, November 3, 2013
9:00am
Memorial Medical Center
701 N. 1st Street
Springfield, IL
Meeting Rm 149

CONGRATULATIONS TO OUR NEW OFFICERS!

Chairperson—Cathy B
Delegate—Lyri M
Alternate Delegate—Jackie L
Treasurer—Helen B
Secretary—MaryBeth S



Coordinators will be announced by Chairperson, Cathy B, at the Assembly Meeting in November.



Delegate-- Cathy B
Hi Everyone

I am writing to you for the last time as your Delegate. It has been such an honor and a privilege to serve you during these past 3 years and I am so grateful for the confidence you have placed in me. I can only hope that my services have led to successful growth not only for our Area, but for you individually as well. I have learned so much from attending the Regional Delegates Meetings, the World Service Conferences, and of course, you all have taught me a great deal as well. I am also incredibly grateful to the new friends I have made along the way. Your friendship means so much to me, more than you can ever imagine.

I feel we have made great strides in accomplishing our goals and objectives in becoming more successful in servicing our groups within Southern Illinois Al-Anon Family Group, Inc. and hopefully our journey is not yet finished. Let us continue on our positive journey by welcoming the new panel of officers beginning their new roles effective January 1, 2014. Speaking of new roles, during the November Area Assembly meeting, the coordinator positions will be either reaffirmed or new members will be appointed into their new positions. Please think about what you would like to do to service our Area. Think about becoming a coordinator or perhaps volunteering to be a part of a committee and/or serving as a member of a Thought Force or Task Force. You *can* make a difference too!

We will have a lot to talk about during the Area Assembly meeting in November, and I'm looking forward to seeing you there. I will have our Group Records Secretary send out my agenda for the Delegates report around the first week of October. Please read it, print it, and take to your groups for input and discussion. I can then answer any questions or concerns you may have during the Assembly meeting. I will also be wrapping up any other loose ends that I may have forgotten about from the July Assembly meeting, and hopefully, I can pass the baton to Lyri with grace and simplicity. Speaking of Lyri, she will be hosting her final workshop, Leadership Skills. This will be an interactive workshop with so many opportunities to learn more about what we do and how we do it. Mark your calendars, talk to your DR's (District Representatives) and GR's (Group Representatives), and encourage them to come and participate. Also, please remember that all members of Al-Anon are welcome to attend both the SIAWSC (Southern Illinois Area World Service Committee) and Area Assembly meetings. You have voice and your ideas and opinions are most certainly welcome. All are welcome and the minority voice is encouraged to speak and share at these meetings as well.

One of the agenda items at both the SIAWSC and Area Assembly meeting that will be up for vote is the proposed budget for 2014. Before coming in November, please visit our website www.siafg.org, and click on the members' area, scroll to the bottom of the page, and click on 'discussion forum'. You will need to enter the password (which you all know). Once it opens, you will see 2 forums, KBDM (Knowledge Based Decision Making) and Proposed Motions. Click on the KBDM forum, and you will see 2 topics. Click on 'Budget Proposal for Regional Delegate's Meeting'. Please read the descriptive narrative and be familiar with the content so that you can ask questions, make comments, etc. when we

review the proposed budget. Please bring an open mind and be willing to share your thoughts and ideas on the best ways we need to be spending your money. Your opinions matter and we want to hear from you.

The Conference Summary books were delivered to my house in late July. Rather than mail them, I will bring them to the SIAWSC and Area Assembly for distribution. These will be given to all the officers, coordinators, board of directors, and the district representatives. All the details of the World Service Conference from April 2013 are in this book. Hopefully, any questions or clarifications that I didn't provide answers for during the July Assembly meeting can be answered for you.

In this edition of the News-O-Gram, you will see a copy of the SIAFG (Southern Illinois Al-Anon Family Group) Policy Guidelines. This is the final draft from the Area Inventory summary, and what was voted on during the March & July 2013 Area Assembly meetings. Please print them, take them to your districts and groups for distribution; talk about them, be familiar with them, and bring them to the Area Assembly meeting in November. Remember, this is a 'working' document and is always subject to evaluation and changes when directed by you (the membership).

And finally, in this edition of the News-O-Gram, you will see a message from the WSO asking for three (3) at-large members to join the literature committee. Please take the time to read this thoroughly. Consider the possibility of becoming a member of the literature committee. Don't be shy and apply!



Alternate Delegate—Lyri M

SIAFG Policy Guidelines

The following guidelines are meant to help our meetings be inclusive of all Al-Anon members, run efficiently, and with transparency. These guidelines are meant to serve as a general template and may evolve over time as the needs of our membership change.

Agenda(s):

Please provide any agenda items to the Chairperson in advance of meetings. For agenda items requiring a vote, please see "Motions" section below. (See Appendix A: Agenda Guidelines).

Coordinator Reports:

Routine coordinator reports that do not include any motions for vote or that are not seeking guidance for action by the Southern Illinois Area World Service Committee (SIAWSC) will be given at the Southern Illinois Al-Anon Family Group (SIAFG) Assembly meeting. In the event that a Coordinator cannot be present, please send your report with another Al-Anon member. Coordinators please submit written reports with any recommendations for action to the recording secretary and to our webmaster to be posted on our Area website under Coordinator Updates section of the Member's Area.

Courtesy Guidelines:

It will be the responsibility of the Area Chairperson to provide copies of the courtesy guidelines at our meetings and to help us adhere to these guidelines during our meetings. (See Appendix B: Courtesy Guidelines).

Motions:

1. Whenever possible, all suggestions for change(s) requiring a vote of the SIAFG Area Assembly (Group Representatives) will first be offered for discussion on our Knowledge-Based Decision Making (KBDM) Discussion Forum on our Area website www.siafg.org. SIAFG officers, past delegates, and other interested Al-Anon members will help explore and clarify the suggestion(s), and, as appropriate, help refine the resulting motion(s) before they are communicated to the SIAFG membership. Any Al-Anon member can propose suggestions for change. Anyone wishing to propose such a suggestion who does not have access to the Discussion Forum on our Area website, may submit suggestion(s) to any SIAFG officer for posting on the (KBDM) Discussion Forum, or may present their suggestion in person at any (SIAWSC) meeting.

2. Whenever possible, any motion(s) requiring a vote of the SIAFG Area Assembly (Group Representatives) will be communicated to the membership by being posted on our Proposed Motions Discussion Forum on our Area website, www.siafg.org, and be sent to the membership at least 45 days before the next meeting with the announcement of the meeting, to ensure that all members, including those without access to our website, will receive the motion(s).

Timekeeper:

The Chairperson will ask for a volunteer timekeeper at the beginning of the meeting who will inform the group when we reach 10 minutes on any given agenda item (by raising his or her hand and announcing the time). At ten minutes and at each five-minute increment thereafter, the chairperson will ask for a simple consensus (yea or nay) to continue the discussion. If the group consensus is to discontinue the discussion, it will be tabled until the next meeting. *For any topic on which the group is unable to reach consensus, a subcommittee (Thought Force or Task Force) may be formed as appropriate to explore the topic between meetings and present relevant findings to the group for further discussion.*

Voice and Vote:

All Al-Anon members have *voice* in SIAWSC and SIAFG Assembly meetings. Only (DRs), District Representatives SIAFG officers and coordinators, and past delegates have *vote* in the SIAWSC meetings. Only elected (GRs) Group Representatives (or Alternate GRs when the GR is not attending) have *vote* in the SIAFG Assembly meetings. Visitors who are not Al-Anon members have neither voice nor vote.

Welcoming New Members:

1. The chairperson will ask for anyone new to the meeting (at the beginning of the meeting during introductions). He or she will then ask each new member if they would like to sit by a resource person in case they have any questions during the meeting. The chairperson will then ask for or appoint resource person(s), ideally from among members who are not currently serving as officers or coordinators (such as past delegates who have experience but will not be distracted by actively reporting during the meeting). In addition to answering questions, explaining acronyms, and mentoring the newcomer(s) the resource person(s) would ideally also make sure the newcomer has someone to sit with at lunch and give them contact information in case they have questions between meetings.
2. New member orientation will include an information packet clarifying the responsibilities of new GRs and DRs, an explanation of acronyms used in our meetings (bookmark), and other pertinent information.

Appendix A Agenda Guidelines

The Southern Illinois Area World Service Committee (SIAWSC) agenda may include:

- five-minute warning before meeting start;
- opening with the Serenity Prayer;
- introductions and identification of new members; offer of resource people for new members; provide orientation packet(s) to new members;
- Housekeeping: explanation of the ask-it-basket, sign-in sheets, that there will be breaks, and location of bathrooms;
- reading the steps, traditions, and concepts;
- explanation of courtesy guidelines; assignment of a timekeeper;
- approval of the minutes;
- treasurer's report;
- District reports and concerns (provide written copy to recording secretary or let him/her know if they need to take notes);
- motions for consideration;
- ask-it-basket questions; ask if anyone heard an acronym they didn't understand;
- announce next SIWSC meeting;
- closing with the Al-Anon Declaration
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The Southern Illinois Al-Anon Family Groups (SIAFG) Assembly agenda may include:

- five-minute warning before meeting start;
- opening with the Serenity Prayer;
- thanking the hosting district(s);
- ntroductions and identification of new members; offer of resource people for new members; provide orientation packet(s) to new members;
- Housekeeping: explanation of the ask-it-basket, of sign-in sheets, there will be breaks, location of cafeteria and other lunch options, and location of bathrooms;
- explanation of raffles (Forum and Ways & Means coordinators);
- discourage use of acronyms (no initials please);
- reading the steps, traditions, and concepts;
- explanation of courtesy guidelines; assignment of a timekeeper;
- Al-Anon birthdays since last meeting;
- reading of the Board of Director minutes;
- approval of the Assembly minutes;
- treasurer's report;
- coordinator reports (provide written copy to recording secretary or let him/her know if they need to take notes);
- workshop and/or delegates report;
- additional business;
- ask-it-basket questions;
- ask if anyone heard an acronym they didn't understand;
- raffles;
- announce next Assembly meeting;
- closing with the Al-Anon Declaration.

At least once every three years, we will conduct an Assembly inventory. Every three years we will hold elections for SIAFG officers.

Appendix B SIAFG Courtesy Guidelines

In keeping with Warranty Three of the Concepts, we will strive to reach our decisions by discussion, vote, and whenever possible, by substantial unanimity. With this goal in mind, and in order to have a productive and efficient meeting, please observe the following courtesy guidelines:

- **PLEASE SILENCE ALL CELL PHONES DURING THE MEETING.**
- **PLEASE RAISE YOUR HAND TO BE CALLED UPON BY THE CHAIRPERSON.**
- **ONCE RECOGNIZED BY THE CHAIRPERSON, PLEASE STAND, BE PREPARED, STAY ON TOPIC, SPEAK TO THE ENTIRE GROUP, AND BE MINDFUL OF THE GROUP TIME YOU ARE USING.**
- **ONLY ONE PERSON WILL SPEAK AT A TIME. PLEASE GIVE THE SPEAKER YOUR COURTEOUS ATTENTION. AVOID SIDE-BAR CONVERSATIONS.**
- **THE CHAIRPERSON WILL TAKE A VOTE TO EXTEND OR TABLE ANY DISCUSSION ON ANY ONE AGENDA ITEM LASTING MORE THAN TEN MINUTES, AND EVERY FIVE MINUTES THEREAFTER IF THE DISCUSSION IS EXTENDED.**

Adopted March, 2013



SIAFG Group Records Report—Mary S

siafggrprec@gmail.com

Group e-news web addresses are on the siafg.org web site. They are available in three languages; English, Spanish, and French. You can find them in the Member's Area under Group Records updates in the March 2013 report. Check with your CMA (Current Mailing Address person) or GR (Group Representative) if you have not heard the information shared with your group.

Current contact information for SIAFG (Southern Illinois Al-Anon Family Groups) Officers, Coordinators and District Representatives is available at siafg.org under Area Business. It is updated after every assembly and will have the contact information for the new Delegate, Officers, Coordinators and District Representatives soon. They will take their positions in January 2014. Please be sure to share this information with your group treasurers so the donations will be sent to the correct person.

SIAFG District Map is available at siafg.org under Meetings and Maps. Are your district boundaries working for your group? WSO is allowing boundary changes when the Districts feel the need. Since March, looking at the map, District 10A has joined District 20. District 10B has become District 10 and District 10A no longer exists. The Macomb groups are requesting to join the district for Galesburg in Northern IL. When this happens the map will be redone. Is there someone who can help with this when needed. My skills don't cover this.

GR-1 Form (registration/change form) is available at www.al-anon.alateen.org/members.

Just a reminder, all changes go through the Southern Illinois Al-Anon Family Groups (SIAFG) Group Records Secretary. The e-mail address is located at siafg.org under the contact information for Group Records.

Area Alateen Coordinator/Area Alateen Process Person Report—Dottie Y

siafg.alateen@gmail.com

A lot of news from Alateen! First, Alateen Groups: We have five active Alateen groups in Southern Illinois. Changes have been made in our Alateen Group information since the last Area Assembly so please be aware of the new details:

District 12: Respectful Alateen (formerly Trustful Alateen) meets on Wednesdays at 6:30 PM, at The Pavilion, 809 W Church St., Champaign 61820. Contact is Kim K. 217-721-7224. This meeting moved from Friday night at the Episcopal Church on University. *Please note the day, time, and location change.* (These changes are not posted on our area website yet.)

District 14: Courage To Be Me Alateen is held on Mondays, 7:00 PM. The location is: St. Matthew United Methodist Church, 1200 Moreland Dr., Belleville 62223. Contact Karen D., 618-806-5939 for information.

District 17: The Higher Power's Team Alateen. They meet on Fridays at 8:00 PM, Pinckneyville Hospital, 101 N Walnut St., Pinckneyville 62274. The contact is Fern T, 618-357-8084.

District 20 (formerly District 10A): *Growing Strong in Alateen*, Thursdays, 7:00 PM. Located at Church of the Brethren, 269 E Chestnut St., Canton 61520. Christina A. is the contact at 309-681-1688. The meeting is on summer hiatus from July 4 until it resumes Aug. 22.

District 20: Top of the Hill Alateen meets Mondays, 8:00 PM, at Hilltop, 115 N Western Ave, Peoria 61604. Contact: Cathy K 309-265-6728.

>> Many of our Alateen meetings are held at the same time and location of an Al-Anon meeting and often an A.A. meeting as well. This has frequently proven to be a key to success in keeping attendance strong, making transportation less of an issue for some teens to be able to attend.

>>Secondly, we would not have all of these wonderful opportunities for recovery for our teenagers, if not for our Al-Anon Members Involved in Alateen Service ("AMIAS"), which include Alateen Group Sponsors. We are so fortunate to have 28 So. IL Area Certified AMIAS providing role models, sharing experience and success using the Twelve Steps & Traditions of Al-Anon.

This year, for the first time, re-certification of AMIAS could be done by paper & US Mail as before or electronically, using the World Service Office ("WSO") Group Records online. We were among the 70% of the Areas who took advantage of this opportunity. I liked it!

Prior to re-certification, Alateen and Group Records staff in WSO held a conference call with AAPP-Area Alateen Process Person(s). They also provided written information by mail. I think these efforts went a long way to assure the comfort level of AAPPs and the eventual success of this year's recertification.

What took me the most time in our Area was verifying all of the e-mail addresses; however, it was well worth having that information up-to-date for everyone. Note: not all of our AMIAS have e-mail addresses; a few have e-mail buddies or share information by mail.

A big thank you to all of our Al-Anon Members Involved in Alateen Service for their courtesy and cooperation in making Recertification 2013 happen so smoothly in Southern Illinois!
>>The next important item is the update and revision of key Al-Anon/Alateen Guidelines. Look for "Starting an Alateen Group" (G-19) and "Alateen Safety Guidelines" (G-34) on the Members' website, www.al-ateen.org/members. Their printer-friendly format is currently ready to download at no cost. There will be samples at the Area Assembly.

>>Another newflash posted in the e-community for Area Alateen Coordinators is that there is a new Members' Web site in the works. The new members' site is planned for a summer launch. It is expected to include a brand new "Alateen Service e-Manual." Keep on the lookout!

>>Update regarding Public Outreach: There was an Alateen Coordinators' Conference Call in June. An important part of the discussion centered on how to attract and maintain membership in Alateen meetings. This is a "hot topic" in our Area. Comments from other Areas included:

(1) One Area made an investment (\$1,200) in literature. They distributed Alateen literature & information to area school districts and police depts. (2) Working with Al-Anon and A.A. groups and "friends of Al-Anon" (counselors), another group made presentations using the *Meeting on Wheels/Open Meeting Guideline* with a panel of Alateen and Al-Anon members: one was focused on professional counselors, another before a principal of a residential school (which did get a meeting started), and a third session was held at a crises center that asked for a meeting to be brought in.(3) There was a question with resulting comments about opening a meeting at a school and maintaining anonymity (no other details).

The Area that invested in literature and made distributions learned that Alateen group members have at least one family member in Al-Anon, A.A., or in counseling. The Area rep. said: **"We are trying to understand why children of Al-Anon members are not going to Alateen meetings."**

This is a vital question that we all need to ask ourselves and our groups when we return from Area Assembly! In my own experience, it is potential Alateen members *who are brought to Alateen meetings by Al-Anon members or A.A. members* who become the most successful, long-time Alateen members. And, of course, successful members maintain an effective group. We are asking for discussions and input from Alateen Group Sponsors/AMIAS, Al-Anon and group representatives. The important question is: "How can we attract *and keep* membership in our Alateen groups?" This must happen for teen members to be able to embrace recovery and for Alateen groups in Southern Illinois—and everywhere—to grow and thrive.

**Motion for vote at SIAFG Assembly,
November 3rd:**

Budget Proposal for Regional Delegate's Meeting



In addition to the \$350 each currently provided to the Delegate and Alternate Delegate to attend the annual Regional Delegate's Meeting, we will reimburse up to \$200 each for Past Delegates to attend.

For further discussion of this motion, please visit the Knowledge-Based Decision Making (KBDM) Discussion Forum on our Area website <http://www.siafg.org/>.

Treasurer—Rowena A

DISTRICT	GROUP ID NUMBER	GROUP NAME
11		District 11
11	3948	Mt Zion Born Free
11	40272	Sunday Night Steppers
11	3703	Beginners AI-A
12	66486	Weds Night/ Hope for Today
12	3507	TGIF Bondville
12	4088	New Lease on Life (Savoy)
14	30600976	Progress Not Perfection
16		District 16
17	61493	Carbondale Weds. Noon Group
18	63747	Troy Joy
18		District 18
18	3451	Mon. Night Elm Street
18	34856	Hopeful Serenity Seekers
18	26501	Monday Night Serenity Group
18	3491	Bethalto Wed. Morning
19	30564695	Experience Strength & Hope AFG
19	42664	Wednesday Butterfly AI-Anon
19	0004104	H.O.W. AI-Anon
20	30160	Sunday Night Hilltop
20	35525	Thursday AMAFG
20	0004022	Wednesday Morning Glories
20	004023	A New Beginning AFG
10	61535	Friday Nite Happy Hour Group
10	3495	Tuesday Fellowship
10		Eureka AFG

Archives—Fern T

A very special overnight case was presented to me from the AI-Anon meeting in DuQuoin IL. The case had a very clear marking on the top—AL-ANON—and inside very valuable archives material dating back to 1972. Paralea R. presented the original computer copy of the Southern Illinois AI-Anon Articles of Incorporation dated 1991. She also presented the hardcover book AI-Anon Faces Alcoholism, Second Edition and the large print hardcover book, One Day at a Time, 1988.

I also wish to remind all District Representatives to keep working on the AI-Anon Group History Checklist. Just fill out the answers to the questions or write out anyway you choose. If you have any questions or need another copy, please call me at (618) 357-8084.

I really appreciate your help keeping our AI-Anon history preserved.

News-O-Gram—Rita C

Thanks to everyone who helped me during the past six years to make the News-O-Gram informative and interesting. Special thanks to our web master Nicole R. and best wishes to the next News-O-Gram Coordinator.



Ways and Means—Kathy H and Ruthanne A

The Touch Led Key Chains in red and blue have all been sold. Emails, phone calls, and personal requests made this happen. The final monies will be given to Area Treasurer Rowena A at Area. Thanks to all of you for helping this be a successful fundraiser for 2013!

Public Outreach—Cindy P

Areas across the USA and Canada are “carrying the message”. Remember to use the wonderful material provided on the members’ website for ideas on Public Outreach. “The Best of Public Outreach” gives you many ideas and ways to do Public Outreach. The Web site is www.al-anon.org/members - (your password to the members site is your group name followed by afg).

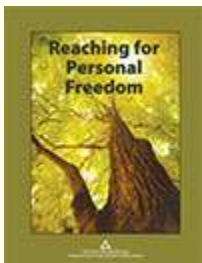
Web Master—Nicole R

District Meeting Lists As of September 14 the District Updates page has been removed, and links to printable meeting lists have been placed in the upper right corner of each District’s maps & meetings page. We have printable meetings lists online for Districts 11, 14, 18, and 20. If your list needs to be included or updated, please email a Word version to webmaster@siafg.org.

Hotel Accommodations – November 2 Homestyle Inns & Suites (across from the hospital) has agreed to give us a block of rooms on Saturday, November 2, at a discounted rate. Rooms with two double beds will be available at the price of \$60 (before taxes). Please complete the Google form that is accessible from the Area Assembly Info page of the website (link from the Members’ Area) **no later than Tuesday, October 15** if you would like to reserve a room. I will call them on October 16 with the final room count. Each individual will pay for rooms upon arrival – all rooms will be booked under one name. I will send an email with full details in late October to all who complete the form.

Literature:

NEW! Reaching for Personal Freedom: Living the Legacies(P-92) \$15.00



A workbook for using Al-Anon’s Twelve Steps, Traditions, and Concepts Group Materials

Product Description

A workbook for using Al-Anon’s Twelve Steps, Traditions, and Concepts of Service in one’s personal life, it provides insightful examples from members and thought-provoking questions. Spiral bound and 8 ½ x 11. Three-hole punched. 176 pages.

District 10—Kathy H

District 10A sent an email to District 10B, letting us know that District 10A (after their meeting and discussion) will become District 20. This means that 10B will now be District 10. There was also discussion if Group Representatives are going to the web site and taking advantage of all the information available to them to be informed at the Area level. Information is also available by US mail and email. Our next meeting is Thursday August 8, 2013.

District 20—Mary S (formerly District 10A)

The District 10A (now District 20) Spring meeting was held on April 28th. A number of items were discussed and decisions were made that will have an impact on our district.

A series of Alateen Sponsorship classes (AMINAS) are being presented in Peoria. This came about partly because of a group in Canton who approached our leadership wanting to start an Alateen group there. There is now an Alateen group in Canton that has been meeting for several months. There is also interest in starting an online Alateen meeting.

The Al-Anon group in Canton, which meets at the same time and place as the Alateen meeting, joined District 10A (now District 20) at the beginning of the year. We welcomed them. It has been suggested that District 10A and District 20 merge. After a lot of discussion, it was decided to pursue that idea with Mary S. contacting the Delegate, Cathy B. The switch was made after they talked. Mary S visited all meetings including two meetings in Macomb to inform them of the change and also reminded each group to support District 20 elections on September 8, 2013. The western boundary of District 20 may change because both Macomb groups feel they should join the Northern Illinois Area and join the district at Galesburg.

In other areas, our Public Outreach chairperson, Jane P., distributed [Al-Anon Faces Alcoholism](#) and other brochures to the police departments in 5 area towns and cities. She asked them to share the information with any families that experience trouble such as domestic violence or abuse. The District voted to order 100 more copies of the 2014 [Al-Anon Faces Alcoholism](#).

There was a garage sale in June that raised approximately \$800.00 to support the Peoria Area Answering Service.

District 18—MaryBeth S

I have received reports from people within our District utilizing the “Phone Bridge Meetings.” These phone meetings were designed to help people with medical and/or distance problems and they were not meant to replace face-to-face meetings. The Bridge Meetings can be found through the Al-Anon web site (www.al-anon.alateen.org) under the section “How to find a Meeting”. Click at on-line meetings which give a list of day, time, phone number and access code to enter these meetings. People attending these bridge meetings are expressing serious problems of “confusion” regarding the use of Conference Approved Guidelines mixed in with “The All Group”/“The All Group Conscience Guidelines”. I have checked out what other members experience while listening to the bridge. “The All Group” appears to be a cult like meeting, dominating and controlling the Group within Al-Anon on the Bridge. Our World Service Office (WSO) via Sharon B., Al-Anon Group Records Department has been made aware of these problems. Sharon B. has informed me and other members that “The All Group/All Group Conscience” is a “NON-ENTITY OF AL-ANON”. However, I have not seen nor heard of any decision or action on the part of WSO to address these problems.

We have been having problems in some of our face-to-face meetings in our area that are displaying these same behaviors.

I personally am looking for guidance from our SIWSC and SIAFG on exactly what we need to do regarding these issues. I am extremely concerned how this is affecting our members.

Our District’s 62nd Al-Anon Birthday Party, which was held on Saturday, May 18, 2013 was a whopping success. We had 63 attendees and made \$600.00+ to support our Public Outreach & our 24-hour Al-Anon Answering Service. At our Fund-Raiser, which is one of two bi-annual fund raisers we have to support our District. We had baskets, 2 Afghans, a Lap Quilt, Al-Anon books, craft items, and flower arrangements. The workshops were on three topics: *Domestic Violence, Working the Steps* and *How to Keep Newcomers to” Keep Coming Back”*.

The Wednesday Morning Bethalto AFG which sponsors *The Oasis Crisis Center* is now giving the paperback book How Al-Anon Works to all women who are utilizing their services. Our District did not order in time to get our 2014 Al-Anon Faces Alcoholism books. We were going to purchase 400. I am appealing to all groups and districts within our Southern Illinois Area to please check your cupboards or wherever you place your “PUBLIC OUTREACH” material. If you have any old years or any current years and are willing to part with them, we’ll purchase them from you up to the amount we need at a reasonable price. Please call MaryBeth S. @ (618) 344-5592 or by e-mail @ lglg_odat_mbs@sbcglobal.net. Thank You in advance for any consideration you and/or your groups may have in helping us to obtain any AFAs.

District 19—Charlene V

- Meeting held on April 30, 2013 at 6:45 pm in Room B115 at Memorial Medical Center. (This gives the Tuesday Discovery Club attendees time to get to this meeting.)
- Recently I was in Lincoln and Atlanta and know where these meetings are located. In Lincoln, coming off 55 onto Woodlawn, turn right onto Union St. and go south and turn left on Pekin St. and Trinity Episcopal just a few blocks at 401 Pekin. Gas is cheaper and Krogers in Lincoln and so worth the drive. In Atlanta, the historical Eminence Building is just a few blocks west of Casey’s. Large two story mansion not hard to find. Atlanta is just ten minutes North Lincoln on I55.
- The first AA & Al-Anon Open Meeting on April 5 was a success. The next one will be the first Friday of the month—May 3 St. Joseph Church located next to the Chatham Public Library at 6:15-7:15pm.
- New meeting schedules (created by Ramona B) have been circulated. I noted that pastoral care have these and AA schedules inside of the chapel. In addition all counselors at MMC, 5A and 5B. The Answering Service also has this information.
- Bring ideas, questions and suggestions to our first District 19 meeting in several years. I hope this will bring our groups closer so we can help each other to become stronger in our mission to carry the message to help others.

Past Delegate—Paralea R

To all Al-Anon groups and Districts in Southern Illinois: There is still a problem of “controlling” or “pyramid” sponsorship going on in Al-Anon groups, including in our Area, as expressed by many at our last Assembly meeting. It, also, is a problem on the “Bridge,” or phone meetings. It’s very dangerous. People are getting hurt. Recently another death has occurred because of these groups and it has caused divorces and many other problems. Like “the elephant in the living room,” that we sometimes refer to in the denial of alcoholism, we must face it, call it what it is and deal with it in a healthy manner. It won’t go away by just ignoring it. The people in these groups mean

no harm, are just doing as they have been taught. But, it **is not right, is doing harm** and **needs to be openly addressed** to prevent more damage. New people coming into Al-Anon can be very vulnerable and are easy prey for these people. Our primary purpose is “to help families of alcoholics.” We must do what we can to stop the spread of this problem.

Our fellowship had to face and find a way to try to prevent harm to teens in Alateen groups. Thus we now have taken measures to screen those wishing to be Alateen sponsors to make it harder for unsafe people to become sponsors. It is my opinion that in time our fellowship will have to take

measures to eliminate from our registered groups any group that practices these controlling behaviors. Until the time the World Service Conference and/or our Board of Directors takes those measures, it is up to our area or district to do so. The problem of these “cult like” groups has been discussed at World Service Conferences for several years, discussing the possibility of “delisting” or “do not refer” as possible ways of dealing with groups that “operate outside our Legacies,” but leaving it up to each area or district to decide their own policies or practices. The 2013 Conference Summary is silent on the issue. **WHY?** So, we need to develop a policy for our districts and our Area. In the meantime, we need to sound the alarm, spread the news to as many groups as possible, to alert them to the problem. I have put together some packets of information

from a past delegate, Conference Summary quotes, Forum articles and lists of these problem behaviors that can be given out to group members, including new members, to prevent their getting involved in these groups, because once in these groups, it is difficult for many to get out. If you want a copy of the packets I have put together, please contact me. Read the information in the packet, talk about it in your groups, warn newcomers, stress loving guidance not control/pressure in sponsorship, help those wanting out of these groups. To get more packets, share information or offer suggestions, contact Paralea R (past delegate) paralea@sbcglobal.net.

PYRAMID SPONSORSHIP WARNING SIGNS

- Members are assigned to a sponsor and told how many and who they may sponsor and how they should sponsor.
- New members are approached and offered a sponsor before they understand their need to choose a sponsor they are comfortable with – and then feel uncomfortable about changing sponsors when the relationship is not healthy or satisfactory.
- Sponsors use high pressure dictatorship rather than gentle guidance, assuming authority over sponsees.
- Members need prior approval to be in a group, permission to attend other Al-Anon meetings and functions, to share their story at speaker meetings, to accept service positions and are told how to vote at group business, district and assembly meetings.
- These groups are very service oriented and have many rules about how to work the program.
- Members are told they can't be helped or will be “fired” if they do not do as told and fear leaving these groups will lead to being alienated, snubbed and ridiculed.
- Members are told who they can talk to, who to stay away from, where to sit and who to sit next to, who they can pick up and take home from meetings.
- Meetings for this “family” are held in members’ homes to study the AA “Big Book,” and it is by invitation only.
- Members are told to use the AA “Big Book” method to work their Step 4 inventory: “I’m resentful at--- The Cause--- Affects my:”
- Step 4 inventories and other confidential information are shared with multiple people (grand-sponsor, great-grand-sponsor, etc,) multiple times.
- Members are told they need prior approval for all decisions and are given specific advice on and pressure to follow that advice on personal decisions(marriage/divorce, job choice, dating, parenting, education). Failure to follow that advice leads to being overtly disowned and snubbed.
- Members are required to recruit new members and to pay due.

Tom Coffey, Associate Director of Communications—Literature

Please invite members from your Area to serve on the Literature Committee!

As you may know, the Literature Committee currently consists of ten Delegate members, five At-Large members (one of whom serves as Chairperson), a Trustee Liaison to the Board, and a staff Liaison.

Because three of the At-Large members are serving in their sixth and final eligible year on the Committee, we are looking to fill these three positions when they become available in May 2014. So that we can have a smooth transition next May, we are beginning our search now. For the sake of geographic diversity, we need members from any of the following Regions: US North Central, US Northeast, US Northwest, US Southeast, US Southwest, Canada East, and Canada West.

We need your help to attract candidates from your Area who have been active in AI-Anon continuously for at least the past five years, and are not also members of A. A. For diversity of service experience, and because we already have Delegates on the Committee, only one of the At-Large members we select can be a Past Delegate. Please invite members to apply who are energetic, dependable, and adept at using e-mail and the Internet. We conduct Committee business via conference calls, e-mail, and e-Communities.

Committee terms run from the first of May until the end of April the following year. However, to get to know the candidates and familiarize them with the type of work the Committee is involved in, we would like to invite them to participate as guests in the conference call meeting of the Committee next February or March (with voice but no vote). Therefore, we ask that they apply by January 1, 2014. The resume form is attached. Please ask applicants to check the eligibility requirements on the form and to limit their information to the first page of the resume/application. Please note that the form has not yet been revised to include removal of the 300 mile requirement. We would not be searching for At-Large members from these Regions if the 300 mile limitation was still in effect. However, the requirement to give up any current AIS or AWSC position remains in effect.

Literature Committee work involves discussing ways to encourage the use of existing literature among members, evaluating suggestions from the membership for new literature or changes to existing material, and providing guidance in the development of pieces given conceptual approval by the World Service Conference. Committee reviews determine whether or not a piece meets CAL criteria—that it is "identifiably AI-Anon in content, responsive to identified needs, factually accurate, timely, and understandable by a broad based reading audience." The value of the Committee members is based on their knowledge of the AI-Anon program, not their awareness of the correct use of the English language. A copy editor will proof manuscripts for any grammar, spelling, or punctuation problems after the Literature Committee's approval.

Thank you very much for your assistance!

COMMITTEES WITH AT-LARGE MEMBERS

- **Alateen Advisory:** addresses the needs of Alateen members, encourages Alateen group sponsorship and supports Alateen Coordinators.
- **Archives Advisory:** suspended for a trial period.
- **Forum Editorial Advisory:** recommends editorial policies for our monthly magazine; considers articles for publication and seeks to place *The Forum* in the hands of every AI-Anon and Alateen member.
- **International Coordination:** aims to maintain worldwide unity; plans a biennial meeting of delegates from structures around the world; coordinates review of CAL translations.
- **Literature Committees (2):** both committees seek to aid recovery by creating new and revised Conference Approved Literature (CAL) and seek ways to encourage members to enhance their recovery through increased awareness and use of our literature and service materials.
- **Outreach to Professionals Advisory:** insures that the WSO remains “friendly with our friends” by cooperating with professionals, government agencies, associations, institutions, and public and private agencies.
- **Public Outreach:** develops policy and program outreach for both the public and professional community; keeps the public informed about AI-Anon through staying attuned to the ever-changing media environment.

REQUIREMENTS FOR AT-LARGE COMMITTEE MEMBERSHIP:

- Continuous active AI-Anon membership for at least the last five (5) years or continuous active Alateen membership for at least the last two (2) years and at least 13 years old. The at-large committee members are appointed to serve one-year terms up to a maximum of six years. These committee members may divide these terms between one or more committees but may serve on only one committee at a time. Trustee or delegate service on these committees does not count towards the maximum. Past WSO staff may serve on committees after three years from the date of termination. However, past staff members may not serve on the same or similar committees nor any committee within the same department in which they worked.
- Family members may not serve on the same committee.
- Members of Alcoholics Anonymous may not serve in these positions.
- The Literature and Public Outreach Committees have delegate members who bring a geographic diversity to their committees; at-large members of these committees will be chosen from the geographic area not to exceed a radius of 300 miles of Virginia Beach.
- The ability to attend meetings four to eight days per year, including weekends.
- Time and ability to work on committee projects throughout the year.
- WSO committee members are required to relinquish information service, literature distribution center, or area world service positions (GRs and alternate DRs may serve provided they do not serve in another area capacity).
- At-large members of all advisory committees may come from anywhere in the United States and Canada.

Mail completed form to:

AFG, Inc. World Service Office
1600 Corporate Landing Parkway
Virginia Beach, VA 23454

Please distribute!



Leadership Skills:

Merry Meetings: Using our Al-Anon principles to conduct efficient and enjoyable Group Conscience, District, and Area meetings

Rousing Reports: How to give entertaining & enthralling reports to your group

An interactive workshop including a fun-filled skit!

WHEN:

~10am, Sunday, November 3rd 2013

WHERE:

Memorial Medical Center
701 North 1st St., Springfield, IL
Open to ALL Al-Anon members

Workshop is FREE with \$3 Assembly Registration!

Bring your Al-Anon friends!