

Southern Illinois Al-Anon Family Groups (Area 16)

News-O-Gram

Winter



Southern Illinois
Al-Anon Family Groups
Area Assembly Meeting

Sunday, March 2, 2014

9:00am Room D229

Memorial Medical Center

701 N. 1st Street, Springfield, IL

Area World Service Committee Meeting

Saturday, March 1, 2014 at 1:00pm

Memorial Medical Center Room D229

701 N. 1st Street, Springfield, IL



Directions to meeting room D229

Park as you have been in Doctor's lot (remember not to park in the ER/OB GYN spot) other spaces are okay. Take the elevators on the north side instead. Take it to first floor and get off and walk through walkway into hospital -as you are coming in will see the Garden elevators. Go up to 2nd floor. Getting off turn right and go into the north D section which is SIU offices and the room D228 and D229 will be right on the right.



Delegate Report - Lyri M

Questions from your Delegate

"Our leaders are there to serve us" (Paths to Recovery, p. 250)

As your newly-elected Delegate, I am seeking your guidance so that I can truly serve our fellowship. How can I serve you? Your district? Your group? And how are you being served by our area and world service? Are your needs being met? If not, what changes would you propose?

Concept One states that **"the ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups."** As explained in *Paths to Recovery*, this means that each group **"is responsible for becoming informed, discussing the matters at hand, and relaying its decisions through its representatives."** And as Tradition Two reminds us, it is through our group conscience that our collective Higher Power guides our trusted servants. I would like to ask each of you reading this to ask for a group conscience to discuss how our area and world service are (and are not) serving your group—and please let me know what you discover.

One of the main functions of the WSO (World Service Office) is providing our membership with literature. Is the WSO providing the literature you need? Is the pricing fair? Would you like more electronic literature and if so, which books and what would be a reasonable fee? How does it affect your group when the WSO makes revisions with each printing (such as How AI-Anon Works)?

Please send your responses directly to me, or bring them to the Spring Assembly meeting March 2nd. Thanks for your help! (And thank you to those groups who have already sent in their responses—much appreciated!)

Lyri M
siafgdelegate@gmail.com
205 South Virginia
Belleville, IL 62220



Discussion Forum on the siafg website

Have you visited the Discussion Forum on the siafg website? No? Well, now's a good time to check it out. It's easy to get there.

1. Go to <http://www.siafg.org>
2. Click on "Members' Area"
3. Scroll down and click on "Discussion Forum"
4. Enter password "area16" to login
5. Then click on the Forum you would like to read, such as KBDM (Knowledge-Based Decision Making), then the topic you are interested in such as "Open Discussion on SIAFG Policy Guidelines." You may read any Forum you choose.
6. If, however, you want to reply to a discussion, you will be required to Login using your Facebook, Google or Yahoo account.
7. Enjoy!!!



Motions to vote on March 2, 2014

1. Amending SIAFG By-Laws for Dual Member Participation:

Make a temporary change to SIAFG, Inc. by-laws Article V, Section 3 to read:

All SIWSC members must be active Southern Illinois AI-Anon or Alateen members. Those who are also members of Alcoholics Anonymous may serve as Coordinators, provided that no more than 25% of the voting members of the SIWSC are also members of AA.

2. The number of active, consecutive years of membership in AI-Anon that is required to become Southern Illinois Area Alateen Group Sponsors (or AMIAS: AI-Anon Members Involved in Alateen Service).

Motion to vote on: Change the number of active, consecutive years of AI-Anon membership that are required of So. IL Area Alateen Group Sponsors (or AMIAS) from three (3) years to two (2) years.

Please Note: A discussion of these topics is available on the Knowledge-Based Decision Making (KBDM) Forum of our area website <http://www.siafg.org> (on the member's page, Discussion Forum.)



SIAFG Group Records Report – Mary S

November 2013 - SIAFG Group Records Report
siafggprec@gmail.com

Annual Update Sheets – I would like to thank all the groups that have sent me their Annual Updates. A reminder, SIAFG (Southern Illinois Al-Anon Family Groups) group records policy is to have all updates, changes, registrations and making a group inactive are done by the SIAFG Group Records Secretary. If there are no changes for your group please let me know also and I'll update the verification date that I keep.

Macomb meetings – The Macomb meetings (SIAFG District 20) have been connected to NIAFG's District 20. It was decided not to redo the maps until we see if this arrangement is successful.

Al-Anon Group Delisting vs Inactivating of groups- This is from WSO

One of the following criteria must be met to "inactivate" a group:

- The group has notified the Area (SIAFG) or WSO that it is no longer meeting
- A trusted servant has verified that the group is no longer meeting
- The group has notified the Area or WSO that it is no longer an Al-Anon group

Note that the status of Al-Anon groups in "no mail" will be changed to "inactive" if the Area or WSO does not receive a new address for the group after (2) two years of being in "no mail" status. (It is important that you keep the CMA (Current Mailing Address) for your group updated.

Information about "delisting" a group

What the district, AIS (Al-Anon Information Service) or Area Can Do

The area and local service arms have the autonomy to set criteria for listing meetings in local Al-Anon meeting directories. Such criteria usually include abiding by Al-Anon Traditions and policies. When a district, AIS, or Area decides to remove or "delist" a meeting from their local schedules, the group is notified of the reason(s) for removal, and the actions the group can take to be reinstated on the list.

- If the group decides that they no longer wish to be considered an Al-Anon group, the group or service arms would notify the Area Group Records Secretary so the group's status can be changed to "inactive".
- If the group still wants to be an Al-Anon group, and even if it is taken off the meeting schedule, the group will continue to participate in district and Area service meetings, pending changes that would meet the criteria for being reinstated on the meeting schedule. The group remains in "active" status.



Treasurer – Helen B

I would like to introduce myself as your treasurer. My name is Helen B, I have been in Al-anon for 16 ½ years. I previously served as Area 16 Treasurer from 2002 thru 2007. I look forward to serving you for the next 3 years. If there is any way I can help you with your contributions please let me know.

Our Seventh Tradition says, "Every group should be fully self-supporting, declining outside contributions" reminding us that our Area depends on all of our group contributions. When the basket comes around remember what Al-Anon has done for you. Through your generous donations you can help to keep the program active for others yet to seek recovery.

Below is a contribution form for you to use when contributing to area. Be sure to make your checks payable to **SIAFG**.

I thank you in advance for help with your contributions.
Serving One Day at a Time,
Helen

SOUTHERN ILLINOIS AREA CONTRIBUTION FORM

Group Name _____	Group ID # _____
Contact Person _____	
Street Address _____	District _____
City and State _____	
Zip Code _____	Amount _____
Phone Number _____	
(if applicable) _____	Check # _____

Please Make Check or Money Order to:
SIAFG

Send to: Helen B
2311 W Hunt St
Decatur, IL 62526
(217) 519-3978



Rowena A. - Outgoing Treasurer

2014: As your outgoing treasurer I want to thank everyone for your generous giving this past year.

I feel we are starting this new year and new officers in a very good place. I pray you all will keep up the good work for our new treasurer, Helen B.

I also want to say that it has been a very good learning and growing process for me. Thank you to everyone who has helped me this past six years.

In Service,
Rowena A.

<u>District</u>	<u>Group ID Number</u>	<u>Group Name</u>
11	3948	Mt Zion Born Free
11	40272	Sunday Night Steppers
11	3703	Beginners Al-anon
12	66486	Weds night/ Hope for Today
12	3507	TGIF Bondville
13	3980	Richland Co.
14	503171	Discovering Freedom AFG

16	50819	Mt. Vernon Weds. Night AFG
18	53628	AFG
18	63747	Troy Joy
18	30528380	Thursday Night Al-Anon Edwardsville
18	34856	Hopeful Serenity Seekers
18	26501	Monday Night Serenity Group
18	3491	Bethalto Wed. Morning
19	30564695	Experience Strength & Hope AFG
19	48115	Keep It Simple AFG
19	4103	Happiness Is
19	42664	Wednesday Butterfly Al-Anon
20	30160	Sunday Night Hilltop
20	35525	Thursday AMAFG
20	0004022	Wednesday Morning Glories
20	004023	A New Beginning AFG
20	24161	Monday Morning Al-Anon Group
10B	61609	Al- Anon Sunday/New Focus AFG
10B	3495	Tuesday Fellowship



Forum/Literature Coordinator – JoEllyn P

Hi Everyone. I hope everyone's holiday season brought peace and love. I know Al-Anon has helped me with this. The audio version of [How Al-Anon Works](#) in MP3 format is available as a down loadable file through audible.com, and Amazon.com. It should be available through iTunes and the Apple Store also. The e-book version of [How Al-Anon Works](#) (eB-22) is available from Apple iTunes Store. It can be read on apple computers and iPhones. It is \$14.99.

[Reaching for Personal Freedom](#) workbook has already sold over 20,000 copies in English since July. The Spanish translation has sold 1,178 copies and the French translation has sold 947 copies. We have sold 6,246 copies of the hardcover [How Al-Anon Works](#) so far this year, and 49,211 copies of the soft cover edition.

[Many Voices, One Journey](#) has only sold 1,591 copies, so please encourage members to read this book. The December "Cal Corner" in The Forum was about [Many Voices One Journey](#). I wonder if members are only looking at it as a history of Al-Anon. It is so much more. It has become one of my favorite books because it is creating such hope for me in addition to challenging me to take a new spiritual journey!

The sharings needed for "Cal Corner" are articles about [Blueprint for Progress](#), [When I Got Busy, I Got Better](#), [Reaching for Personal Freedom](#) and [Many Voices, One Journey](#). Come on you writers!

Work is being done for a Parents/Grandparents pamphlet. I encourage parents and grandparents of young problem drinkers to write. There have been 10 submissions so far.

I was reading The Forum from July 20112 the article in the CAL Corner on [How Al-Anon Works](#). What struck me was the writer stating her sponsor asked her to read two pages of CAL every day. I thought about how I can get away from reading CAL literature because of complacency or business. I've have begun doing this for myself and what a treat I have discovered again. Merry Christmas and Happy New Year to me! I encourage you all to give yourselves this present!

JoEllyn P



News-O-Gram Coordinator – Marge E

As a way of introduction, my name is Marge E and I have been a member of the Al-Anon Family Groups for just over 5 years now. What a gift the program has been for me! Al-Anon has become a way of life for me and as a result, I know greater joy than ever before. I spent my life trying to find where I belong in this world and now I know. I belong in Al-Anon. I found acceptance, love, comfort, patience and understanding. I learned that I am good enough just the way I am at any point on my journey. I am a happy camper!

I look forward to the Area Assembly in March so that I can put faces with the names I've seen as I worked on the current issue of the News-O-Gram. Please help me out by bringing to my attention any errors you come across and any suggestions of what you might like to see in the next issue of the News-O-Gram. This is your newsletter and I am here to serve you!

Marge E
1209 Bossler Lane
O'Fallon, IL 62269
marge.evans@me.com
618-530-3137



Ways and Means Coordinator – Kathy H

The theme for the March raffle is 'spring cleaning', July raffle is a bake sale, and November will be the holidays. A reminder: Ways and Means has anniversary medallions for sale at \$2.50 ea. If it is agreed to have a 2014 fundraiser, I will be asking for suggestions of items to sell.

Thanks,
Kathy H.
Ways and Means Coordinator



District Reports



District 10 Report – Kathy H

We will be having our first meeting for 2014 in January. Serenity Day is Feb. 15, 2014. Joan from Peoria is the Al-Anon speaker and Morgan from Bloomington is the AA speaker. Donations help support the phone service for the district.

Thanks so much,
Kathy H.
DR district 10



District 14 Report – Don A

Southern Illinois World Service Committee, November 3, 2013

District 14 partnered with District 18 on a metro-east Al-Anon “FUNFest” workshop. The workshop was held Saturday, September 21st at First Baptist Church, 7110 State Rte 162, Maryville, IL 62062. Al-Anon action hero characters emerged at the workshop and we had great speakers, great food, and a delightful skit with Serverella and her Wicked Service Sponsor. Truly a fun and educational event that took people out of their comfort zones and into recovery!

Our new Alateen meeting has been meeting regularly on Monday nights at 7:00 pm at St. Matthew’s United Methodist Church on the west side of Belleville. Attendance is still small, but our Outreach Coordinator, Karen D. is planning to start outreach through the local newspaper.

As discussed during the last SIWSC meeting, two groups/meetings from District 17 affiliated with District 14. Marge E. updated the meeting list to include Pickneyville and Nashville in District 14. The next project is to update the map in the SIAFG website.

District 14 hosted a very successful Spring Workshop on 20 April 2013. It was held at the Coldwell Banker Real Estate building in Belleville, Illinois. There were 58 people in attendance from different districts in Southern Illinois. The Recovery Skit performed at the District 14 Spring workshop was exported to the Spring Fling Convention in St. Louis during the Memorial Day weekend.

District 14 sponsored the Al-Anon evening during the Alkathon on December 30, 2013. All the groups contributed toward purchase of breakfast, lunch and dinner that day. Also, we got donations of books/Conference Approved Literature for raffle. It was a very successful event that gave volunteers an opportunity to serve during the holidays.

Respectfully submitted,
Don A., D.R. District 14



District 19 Report – Charlene V

District 19 has started Alateen on Thurs. night at 7pm at Memorial -Rm. 124. Dot Yeager worked with us and our area is certified. Travis Y. helped greatly with this and several are certified to assist. Questions, he can be reached at 825young@gmail.com

We have new meeting lists that share more meetings now in Chatham, Lincoln, and Springfield. These are on the website www.siafg.org

Daily postings in State Journal Register under Who, What, When, Where.

We have circulated these with our treatment programs here: Gateway House, Triangle Center (Family Solutions), and Montvale - Il. Institute for Addiction Recovery -now with Unity Point Health-Methodist and Proctor in Peoria merge. Also with all of the care agencies, Sangamon County Public Health, Clinics, hospitals-addiction counselors, and brochures to school counselors (Alateen). .

Combined AA and Al-Anon open meetings are now going well -First Friday of month from 6:15-7:15pm at St. Joseph Church, 700 E. Spruce in Chatham, IL 62629 that is next to the Chatham Public Library.

For many years Al anon was at St. John's so has been important to spread the word that there are five meetings being held at Memorial Medical Center and also the quarterly Assembly and World Service meetings are held centrally at MMC. Memorial has been a convenient, comfortable place for meetings.

Presently District 19 is looking at the phone Outreach possibilities and cost and asking each group to have group conscience to

discern if able to consider \$1-\$5 monthly for several options. Purpose to allow public to be able to find Al-Anon/Alateen when in need.

We also have a website www.spi-alanon.org

District 15 to the west of Springfield. has a website now and lists their meetings there in Jacksonville. www.jacksonvilleaa.org or 371-0638 Wells treatment center is at 1300 Lincoln Ave. in J'ville.

Respectfully submitted,
Charlene V., DR for District 19



District 20 Report – Mary S

District 20 Report – November 2013

District Elections were held September 8, 2013.

- Following position filled, Recording Sec. and Group Records Secretary.
- Following officer positions still open; District Representative, Alternate District Representative, and Treasurer.
- Coordinator positions filled; Answering Service, Meeting List, Alateen, and Archives.
- Following coordinator positions to be filled. Public Outreach, Conventions/Conferences, Literature & Forum

Public Outreach; the following organizations were contacted and information was dispersed to: The Children's Home and New Leaf/White Oaks. 100 copies of *2014 Al-Anon Faces Alcoholism* have been purchased and will be distributed. District 20 members manned a table at the "Recovery Walk" at Proctor Hospital. Members will participate in a Summit of Hope for community outreach on November 5th with Al-Anon information.

Several members have organized activities for Al-Anon members:

- Extravaganza Potluck – approximately 30 members attended and a panel of 4 shared "Why Al-Anon is Important to them" including service and sponsorship. We had six member step up to do service positions (3 new Alateen Sponsors).
- Duck in a Bottle workshop - about 18 members met at Jane P's home to make 100 "Duck in a Bottle" with the story of how to get Serenity attached. 50 will be sent as love tokens to our Delegate, Lyri M. at WSC in April 2014. The other 50 were sold and paid for materials and made \$50.00 to be donated to the Alateen group.
- Movie Day – On Sunday November 10th members will watch the movie "When Love is not Enough, The Lois W. Story"
- Al-Anon Holiday Party – will be held Dec. 2nd with a gift and basket raffle. The group decided to disperse the raffle money to the following projects; Hilltop Literature (brochures that are available to the public), District 20 Public Outreach, Al-Anon books for the Peoria area Public Libraries, Help with rent for Friday Night AFG and Tuesday Night AFG.
- Peoria Gratitude Night- AA, Al-Anon and Alateen will meet at Hilltop for a dessert potluck and then have a panel on Gratitude on the Wednesday night before Thanksgiving.
- TBA – District 20 Elections will be at the February 9th District meeting.
- Beach Ball Party Potluck on Tues. January 14th. Members are encouraged to join the groups for fellowship. The Alateens will present games.



PYRAMID OR CONTROLLING SPONSORSHIP is a concern for some members.

WHAT CAN WE DO ABOUT THIS? (from Past Delegate, Betsy C)

1. Be willing to greet that newcomer and spend the time needed for them to talk, talk, talk.
2. Be willing to sponsor a meeting on sponsorship, using the sponsorship pamphlet and other Conference Approved Literature.

3. Write about your own sponsorship experience in our newsletters.
4. Hold a workshop on sponsorship.
5. Chair a meeting on service sponsorship.
6. Encourage members to serve above the group level, and/or attend other meetings than the one they are attending.
7. Make copies or refer members to the Jan. 2006 Forum article, "I Felt Abandoned" with follow-up responses in the May, 2006 Forum and pass out at your meetings.
8. Be willing to talk and educate about what sponsorship is and is NOT.
9. Invite a speaker to your home group, round-up or convention who works the Steps with CAL.
10. Remember to use only Conference Approved Literature at our meetings. The AA Big Book is a great book, but it is for Alcoholics Anonymous and was written for alcoholics NOT Al-Anons.
11. Remember to educate and discuss.
12. Consider including the sponsorship bookmark (M-78) and/or "Sponsorship What It's All About" P-31 in Newcomers' Packets (suggested at Assembly.)

For Pyramid Sponsorship Warning Signs go to the archives and open up the Fall News-O-Gram 2013.

See Paralea for more information at Paralea@sbcglobal.net or (618) 656-1636. She has assembled packets for those interested.



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

*District 14 Al-Anon
4th Annual Spring Workshop*

Saturday, April 12, 2014
Coldwell Banker Bldg., 1928 Lebanon Avenue,
Belleville, IL 62221
Please follow signs to parking in back
\$5.00 Suggested Donation



STEPPING INTO SOLUTIONS



Caring for Ourselves... physically, emotionally, spiritually

- | | |
|----------|---------------------------|
| 9:30 am | REGISTRATION |
| 10:00 am | PANEL DISCUSSION - FEAR |
| 11:30 am | POTLUCK LUNCH |
| 12:30 pm | SPONSORSHIP – SPEAKER TBD |
| 1:15 pm | SKIT |
| 1:30 pm | BREAKOUT GROUPS |
| 2:30 pm | RECONVENE / WRAP-UP |
| 3:00 pm | WORKSHOP CONCLUDES |

Questions?

Matt: fishinpole4@att.net or (618) 979-7007

Heidi: Heidi@fauxacademy.com

Cindy: mchambers7859@charter.net or (314) 249-9841