

# Southern Illinois Al-Anon Family Groups Area 16 - News-O-Gram - Winter 2016

## Area World Service Committee Meeting

Saturday, March 5, 2016 9:00am

Registration at 8:30am

## Area Assembly Meeting

Saturday, March 5, 2016 12:30pm

Both meetings are held at  
Memorial Medical Center Room 229,  
701 North First Street, Springfield, IL 62781

## Directions to room D229

Park as you have been doing in the Doctors' lot (remember not to park in the ER/OB GYN spot; other spaces are okay). Take the elevators on the north side to first floor; get off and walk through walkway into hospital. Coming in you will see the Garden elevators; go up to 2nd floor. Getting off the elevator, turn right and go into the north D section, which is SIU offices. Room D228 and D229 will be on the right.



## 2016 IL STATE AFG CONVENTION NEWS AND UPDATES

### Southern Illinois Al-Anon Family Groups Area 16 is hosting the 2016 IL State AFG Convention.

See the convention flyer at the end of the News-O-Gram

**From Cathy B. (Convention Chair):** The 2016 IL State AFG Convention plans are well underway, but we still need volunteers to help. My co-chair, Lyri M. will share with you during the Area Assembly the progress we've made and where your talents and ideas are most welcome. We have flyers available, and still have quilt squares to hand out. It's not too early to make your reservations for the convention....

### From Lyri M. (Convention Co-chair):

- Remember that Early Bird registration (\$50 registration + banquet) expires March 5<sup>th</sup>.
- We need a volunteer coordinator: candidate needs access to email and Internet. We also need a recording sec. for conference calls. Please contact Cathy B. or Lyri M. ASAP
- Please bring colorful material for the quilt to the March Assembly; we will distribute quilt squares and raffle tickets.

**From Jane P. (Convention Entertainment Chair):** Mark your calendars!! Our 2016 Illinois State AFG Convention is coming this October 28-30! Keep an eye out for more information. We have a wonderful Convention planned and you won't want to miss out!!

**From Marge E. (Website):** Brian B (niafg) and I are currently working together on setting up **online registration** on the convention website. I am grateful that Brian has agreed to work with me on the website. Also, we plan to add a page to the website to make it more clear how to **reserve a room** for the convention at The Embassy Suites Hotel and Conference Center using the **AFG** discount code for our special reduced rate.



## **Officers' Reports**

### **\*\*Delegate's Dialogue: Lyri. M**

**I know of two items from last year's World Service Conference that will likely be discussed again this year:**

1. Text changes to Concept 11 in the Service Manual including charging the Finance Committee to "set literature pricing in a way that adequately supports the needs of the service structure."
2. Discussion of changing our current policy on memorial contributions to include contributions from non-members on behalf of a deceased Al-Anon member. The Conference has been wrestling with this issue in some form since 1962. In 1984 it was decided that accepting money from nonmembers was a violation of Tradition 7. In 2011 the Policy Committee suggested changing the policy to allow contributions by family members of deceased Al-Anon members citing Tradition 5. The WSO gets about a dozen requests year for contributions by nonmembers.

**If you or any members of your groups have any guidance on these topics, I would be very grateful if you would share them with me.**

**The Policy section of the Service Manual (pages 79-125) is currently being reviewed for revision by the Policy Committee. I encourage anyone interested in the policies that shape our fellowship to review this section.** You can send suggestions for modifications to me or directly to the Policy Committee c/o the World Service Office.

I am your conduit to the World Service Office. Please feel free to contact me at any time with any questions or concerns.

Your Delegate,

Lyri M.

[siafgdelegate@gmail.com](mailto:siafgdelegate@gmail.com)

314-780-1699

### **\*\* From the Chairperson: Cathy B.**

Happy New Year! So no winter weather for Christmas, but at least I could stop mowing the grass by then. Hopefully the cold, wind and snow will not be as bad as we've seen in the past couple of seasons. Winter is still one of my all-time favorite seasons but at the same time, I'm looking forward to the renewal of God's creation in Spring 2016.

Still on the agenda, I'm looking to fill two coordinator positions, Public Outreach and Convention Liaison. If you think you might be interested, or know of someone who might be good for the job, please contact me and let me know. Or perhaps you might want to just try it on for size (so-to-speak), how about trying it for at least the balance of 2016 on an interim basis? Then if it feels pretty good, you can ask to be appointed by the Chairperson at the November 2016 Area Assembly meeting. All of your expenses would be covered by the Area Assembly, and you will have full autonomy on how you develop the position. Any questions whatsoever, please feel free to call me anytime, or you can visit [www.siafg.org](http://www.siafg.org) website and read about the position descriptions in more detail.

Hope to see you all for the next SIAWSC and the Area Assembly meetings, at Memorial Medical Center in Springfield, IL on Saturday, March 5th. We'll start with registration at 8:30 am

As always, I will have Mary S. send the meeting agenda about two weeks before the start of the meetings, so if there is something you want me to include in the agenda, please let me know. You can call me or send a text: 217-377-0140, or email: [cathy.blakey@yahoo.com](mailto:cathy.blakey@yahoo.com).

See you in March 2016!

Your Chairperson,  
Cathy Blakey

**\*\*SIAFG (Southern Illinois Al-Anon Family Groups) Group Records: Mary S.**

January 2016

The SIAFG Group Records policy is that **groups do NOT send changes to WSO**. The SIAFG Group Records Secretary has access to WSO records. Go to [siafg.org](http://siafg.org) website, Members Area, **Quick Links**. This will connect you to the SIAFG Group Records Secretary and needed forms will be sent to you. An explanation about the SIAFG policy is under Officer and Coordinator updates. (Group Records)

The boundaries of several districts have changed and will be discussed at the March Assembly meeting. Any district and/or group that has been effected by these changes has had group consciences and agreed to the changes.

Mary S. SIAFG Group Records Secretary

**\*\*Area Treasurer's Report: Helen B.**

January 4, 2016

Here we are in a new year. 2015 was a good year for Southern Illinois Al-Anon Groups financially. Thanks to the many groups who were able to contribute to our area.

Our area started a Prudent Reserve Account in 2012. The account is to cover Area 16 expenses should we have a year when our contributions fall below our expenses. The account is funded by donations marked "Reserve Fund" and by a percentage of our year-end balance.

This year we have almost reached 50% of the amount needed in the fund.

**Great Job Al-Anon Family!!!!**

I want to encourage you to attend the 2016 II State AFG Convention in October. It is being hosted by SIAFG and will be held in East Peoria. There are some wonderful speakers scheduled. Come have fun, relax, and enjoy the serenity and fellowship!

Serving one day at a time.

Helen

**GROUPS CONTRIBUTING FROM SEPTEMBER 1, 2015 THRU DECEMBER 31, 2015**

| GROUP NAME                         | DIST | GROUP ID     | GROUP NAME                                  | DIST | GROUP ID     |
|------------------------------------|------|--------------|---|------|--------------|
| Eureka AFG                         | 10   | 65543        | Highland Friday Night AFG                   | 18   | 25607        |
| Friday Nite Happy Hour AFG         | 10   | 61535        | Monday Morning Open Door AFG                | 18   | 3812         |
| Tuesday Afternoon AFG              | 10   | 3495         | The Monday Night Serenity AFG               | 18   | 26501        |
| Beginners AFG                      | 11   | 3703         | Troy Joy AFG                                | 18   | 63747        |
| District 11                        | 11   |              | Hopeful Serenity Seekers AFG                | 18   | 034856       |
| Mt Zion Born Free AFG              | 11   | 3948         | District 19 AFG                             | 19   |              |
| Sunday Night Steppers AFG          | 11   | 40272        | Fri. Night Experience Strength & Hope AFG   | 19   | 3056469<br>5 |
| Tuesday Night Serenity Seekers AFG | 11   | 3701         | H.O.W. AFG                                  | 19   | 004104       |
| Champaign Thursday Morning AFG     | 12   | 3051205<br>4 | Keep It Simple AFG                          | 19   | 48115        |
| Monday Morning AFG                 | 12   | 24161        | Spfld Thur Nite Progress Not Perfection AFG | 19   | 30633415     |
| Discovering Freedom AFG            | 14   |              | Wednesday Noon Happiness Is AFG             | 19   | 04811        |
| District 14 AFG                    | 14   | 3060097<br>6 | A New Beginning AFG                         | 20   | 004023       |

|   |    |        |                               |    |          |
|---|----|--------|-------------------------------|----|----------|
| Mt. Vernon Weds. Night AFG                | 16 | 50819  | Friday Morning AFG            | 20 | 30790    |
| AFG District 18                           | 18 |        | Monday Hilltop Al-Anon        | 20 | 0004020  |
| Bethalto Wed. Morning AFG                 | 18 | 003491 | New Hope AFG                  | 20 | 30640141 |
| Edwardsville Fundamentals of Recovery AFG | 18 | 25607? | Wednesday Morning Glories AFG | 20 | 0004022  |



### **Coordinators' Reports**

**Convention Coordinator** - This position is open, if interested in serving in this capacity please contact Cathy B, Area Chairperson at [cathy.blakey@yahoo.com](mailto:cathy.blakey@yahoo.com) or speak with her at Area Assembly on March 5.

#### **Forum/Literature Coordinator – JoEllen P**

Hello Al-Anon friends,

In the last 2 months at least, I've struggled with my relationship with my husband. I don't believe my husband struggles with compulsive drinking, however, my eyes are always opened regarding the effects of alcoholism. I decided to read The Dilemma of The Alcoholic Marriage. I finished the section "What Manner of Communications Are These". I was reminded again that I need to look at my attitude and change myself. The poor communication is my responsibility too. I'm critical of him, not remembering that he is sick due to the effects of alcoholism too. I don't say what I mean because of fear of fights or trouble. Not letting my husband know what I think and feel is dishonest. I need to say what I really mean. What do my actions and attitude communicate? How do I release my anger constructively and not hold on to resentments? I liked the 5 guides to communication: Discuss, don't attack, keep the voice low and pleasant, stick to the subject, listen to his or her complaints, and don't make demands. Lastly, am I courteous to my husband or other loved ones in my family? I'm more courteous to others than those that I live with. Again, I have an opportunity to grow in love and service to others. Will you join me?

A grateful member of Al-Anon,  
JoEllyn

#### **News-O-Gram Coordinator: Marge E.**

The deadline for the Summer Issue of the News-O-Gram is May 10. Please send reports and news to me at [siafngog@yahoo.com](mailto:siafngog@yahoo.com)

Also The 2016 IL State AFG Convention website is can be viewed at: <http://ilstateafgconv.org/>

Gratitude always,  
Marge E.  
[siafngog@yahoo.com](mailto:siafngog@yahoo.com)

#### **Ways and Means Coordinator: Kathy H.**

I will be ordering the pen/high-liters soon so they will be available for \$2 a piece at the March Assembly. I am not able to order more coasters.

Branders no longer has that coaster, but will work with me to find another style, same art work. If the pen/high-liters sell out quickly, I may ask if we want to order more of them if a replacement coaster isn't possible.

Thanks so much,  
Kathy Hoyland  
Ways and Means



**DISTRICT REPORTS AND NEWS:**

**District 14 DR Report**

District 14 has settled in for the winter.....a couple of fellowship get-togethers coming up while preparing for the annual Spring Workshop on Saturday, April 16<sup>th</sup>. Save the Date and come have some fun and fellowship! Flyers to come.....

Many members are busy planning for the State Convention. I'm sure it will be awesome, hope everyone takes advantage of the early bird special!

Until March,  
Cheryl N, DR

**District 19 DR Report**

SPRINGFIELD/LINCOLN and Area

Sunday, January 24, 2016 at 3:30pm

**AGENDA:**

Introduction and sharing from each group

District 19 Treasury Report

Discussion of an Al-anon Sponsored Event

Special invite to District 15-Jacksonville

Meeting location: Parkway Christian Church 2700 Lindbergh Blvd.

SW corner of Veteran's Parkway/ Lindbergh ---across from Wal-Mart/Target Shopping Center

Questions: Charlene 891-2981

Share at your meeting and bring another al-anon friend along.

**District 20 News**

This October District 20 will be holding elections for our District Officers and Coordinators. We are encouraging ALL members to take a moment to think about their service work, and perhaps volunteer for a position at the District level. Our District is better served when we have a rotation of members participating. If you have any interest, or desire to help your District - please think about attending the next District meeting (February 7th 1:00 - 3:00pm at the Unity Church Basement). We need your help. We want your ideas! Your experience, strength and hope could be just the thing that our District needs. There are many coordinator positions, as well as District officer positions to fill. Talk to your sponsor, or talk to a current District trusted servant - pray about your decision to serve at a District level... and give it a try!

Jane P., Fellowship Coordinator in District 20



**PAST DELEGATES REPORTS AND NEWS:**

**THE ABC'S OF HEALTHY SPONSORSHIP**

ACCEPTANCE ANONYMITY ATTENTIVE  
AVAILABLE  
CARING COMFORTING COMMITMENT  
COMPASSION CONFIDENTIALITY CONSIDERATION  
DEDICATED DEPENDABLE  
ENCOURAGEMENT EQUALITY

FLEXIBILITY FREEDOM FRIENDSHIP  
GENTLENESS GRATITUDE GUIDANCE  
HAPPINESS HELPFUL HONESTY HOPE  
INSPIRING  
JOY  
KINDNESS

LISTENS LOVE  
MUTUAL-RESPECT  
OPENMINDEDNESS  
PATIENCE PRIDE  
RAPPORT RELIEF RESPONSIBILITY

SECURITY SENSITIVITY SERENITY SHARING  
SUGGESTIONS SUPPORT  
TRUST  
UNDERSTANDING UNITY USE-CAL  
WILLINGNESS

These characteristics of healthy Al-Anon sponsorship were taken from our pamphlet, "Sponsorship What It's All About," P-31, and the section on sponsorship in Chapter 7 in How Al-Anon Works, B-22. "There are no musts in Al-Anon/Alateen. Sponsorship is not required, but experience shows that sponsorship is a valuable aid to personal understanding and use of the Al-Anon program of recovery." (from above pamphlet P-31 page 3)

There have been no responses to the Pyramid/Controlling Sponsorship Survey in the last News-O-Gram. Sponsorship is such a precious aspect of our program that it is important to keep it as healthy as possible. Any member, new or long time, has the right and responsibility to speak up when encountering problems that could be damaging to members or our fellowship. Packets of information which contain ideas about how to expose and fight the spread of controlling sponsorship are available from past delegate, Paralea Russell, 248 Hickory St., Edwardsville Il, 62025 or [paralea@sbcglobal.net](mailto:paralea@sbcglobal.net)



### **ANNOUNCEMENTS:**

**From Jan T.:**



Patricia Rettig

**SIAFG's Past Delegate Pat Rettig** passed away Saturday, December 5, 2015. Pat lived in Mt Vernon. She served as our Delegate on panel 42 from 2002-2004.

Pat served as librarian at Lincoln School in Mt. Vernon for 10 years. She was a charter member of SSM Heath Good Samaritan Hospital Auxiliary and was a hospice volunteer of SSM Good Samaritan Hospice and for Mobile Meals. She was a member of Al-anon Family Groups, was an avid bridge player and a member of the Saint Mary Immaculate Conception Catholic Church Renew Program. She was a very devoted mother, grandmother and great-grandmother.

**From Tim E. :**

**March 5<sup>th</sup> Area Assembly Workshop will be The Job Fair.** Basically, each SIAFG position will hold a brief discussion group for anyone interested in learning about that position and they will can pick the two that they are most interested in and spend about 10 minutes in each group. Learn about service positions at the Area level.

**The Al-Anon portion of the AA Spring Conference (Mar. 11-12)**

will begin Sat. 8:30am with 3 panel meetings ending 12:00pm and ending with an Al-Anon Speaker starting at 1:30pm.

The rest of the Al-Anon details will be published on FaceBook page SIAFG (this is an page is open to the public) Any questions call/text Tim Elliott 217-851-2970 or Email [mrtimbo@consolidated.net](mailto:mrtimbo@consolidated.net)

Gateway Convention Center

#1 Gateway Drive, Collinsville IL 62234

**From Jane P. :** This **April is Al-Anon's 65th Anniversary.** There is information on the members page of the Al-Anon website ([www.alanon.org/members](http://www.alanon.org/members)) about the celebration that will be held in Virginia Beach. However, if you can't make it to Virginia Beach - think about celebrating in your Groups or Districts! Perhaps honor our legacy by having a meeting about the history of Al-Anon, a special speaker meeting, a potluck, or a fund raiser for your District or Area, or the Convention. We have come a long way. Let's celebrate!!

Copied From [www.alanon.org/members](http://www.alanon.org/members):

Please join Al-Anon members and their guests in celebration of the extraordinary work started by two ordinary women! In recognition

of 65 years of Al-Anon Family Groups and the beginnings of the Clearing House, the World Service Office (WSO) will host an Open

House followed by a banquet at the Wyndham Virginia Beach Oceanfront Hotel on Saturday, April 16, 2016.

The **Open House**, free of charge, will have tours from 1:00 – 3:00 pm at the World Service Office (WSO), 1600 Corporate Landing

Parkway, Virginia Beach, Virginia 23454. The office will close at 4:00 pm.

The **Banquet**, a ticketed event, will be from 6:00 – 10:00 pm at the Wyndham Virginia Beach Oceanfront Hotel, 5700 Atlantic Avenue, Virginia Beach, Virginia 23451.



**Please scroll down to see flyers for upcoming events.**

# Serenity Day 2016

Saturday, February 13<sup>th</sup>

8:30am – 3:00pm

*Evangelical Free Church 2910 E. Lincoln Street Bloomington IL*  
Hosted by Bloomington-Normal Al-Anon with AA participation

## Tentative Schedule

|                                    |                           |
|------------------------------------|---------------------------|
| 8:30 Registration, coffee & donuts | 12:00 CATERED LUNCH       |
| 9:00 Intro & Meditation            | 1:00 Al-Anon Speaker- TBA |
| 10:00 AA Speaker- Bob H.           | 2:00 Al-Anon Bingo        |
| 11:00 Breakout Al-Anon Meetings    | 2:30 Raffle Drawings      |

**Cost to attend is \$5.00 pre-registered OR \$6.00 at the door**

\$7.00 BBQ lunch with choice of Pulled Pork or Pulled Chicken  
Includes Coleslaw, Chips & Pickle  
Water, Tea & Coffee

Please complete this form & return with your payment to your group rep or mail  
to Ann Clem 2510 Bunn St. Bloomington, IL 61704



Name \_\_\_\_\_ Phone \_\_\_\_\_

Enclosed is my registration fee of \$ \_\_\_\_\_ Enclosed is the cost of Lunch \$ \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_



# Al-Anon District 11 Spring Workshop

## With AA Participation



**Speaker:** Stephanie B. - Texas  
**When:** April 1 & 2, 2016  
**Where:** First Church of the Nazarene  
1177 W Hickory Point Rd, Decatur IL  
62526

### Friday, April 1

6:30 pm Registration  
7:00 pm Speaker  
8:00 pm Dessert Bar and Fellowship

### Saturday, April 2

8:00 am Registration and Continental Breakfast  
11:30 am Lunch Provided  
2:00 pm Raffles and Conclusion

For more information contact: Theresa B. at 217-620-2349 or Suzanne D. at 217-433-3671  
See back for directions and hotels.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

AFG     AA

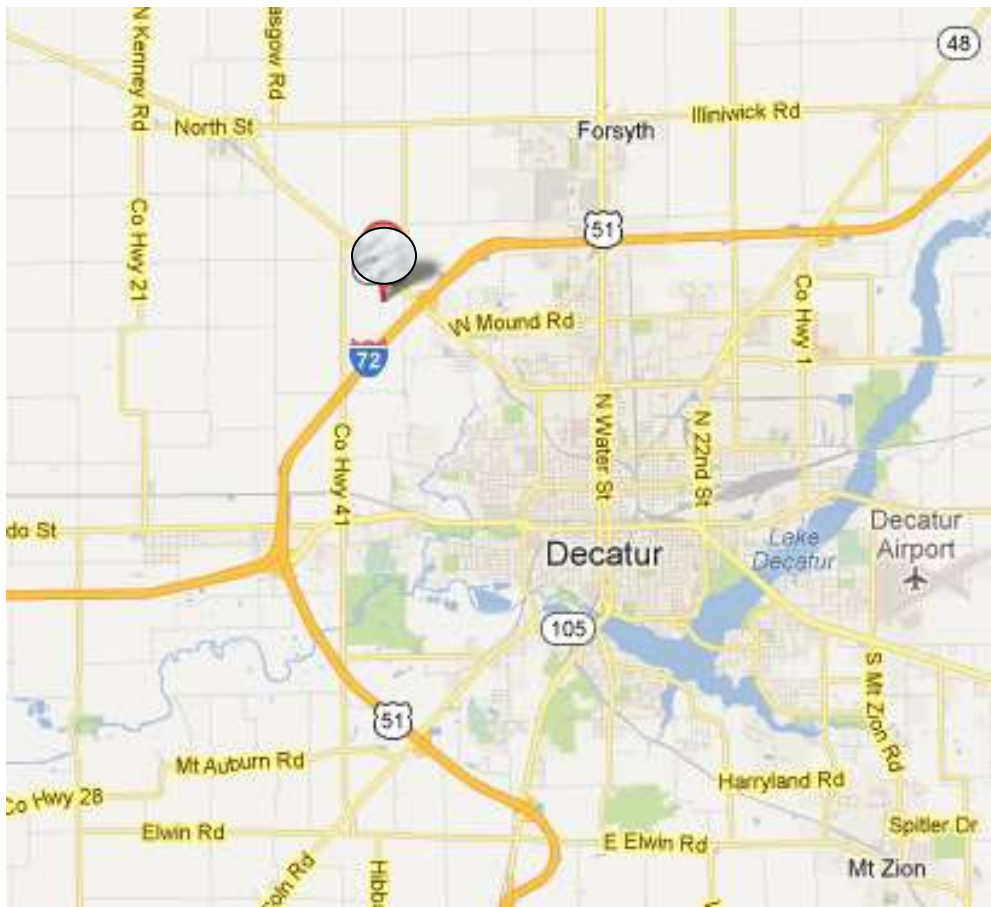
Friday Night Only \$10 \_\_\_\_\_

Saturday Only \$15 \_\_\_\_\_

Complete Workshop \$20 \_\_\_\_\_

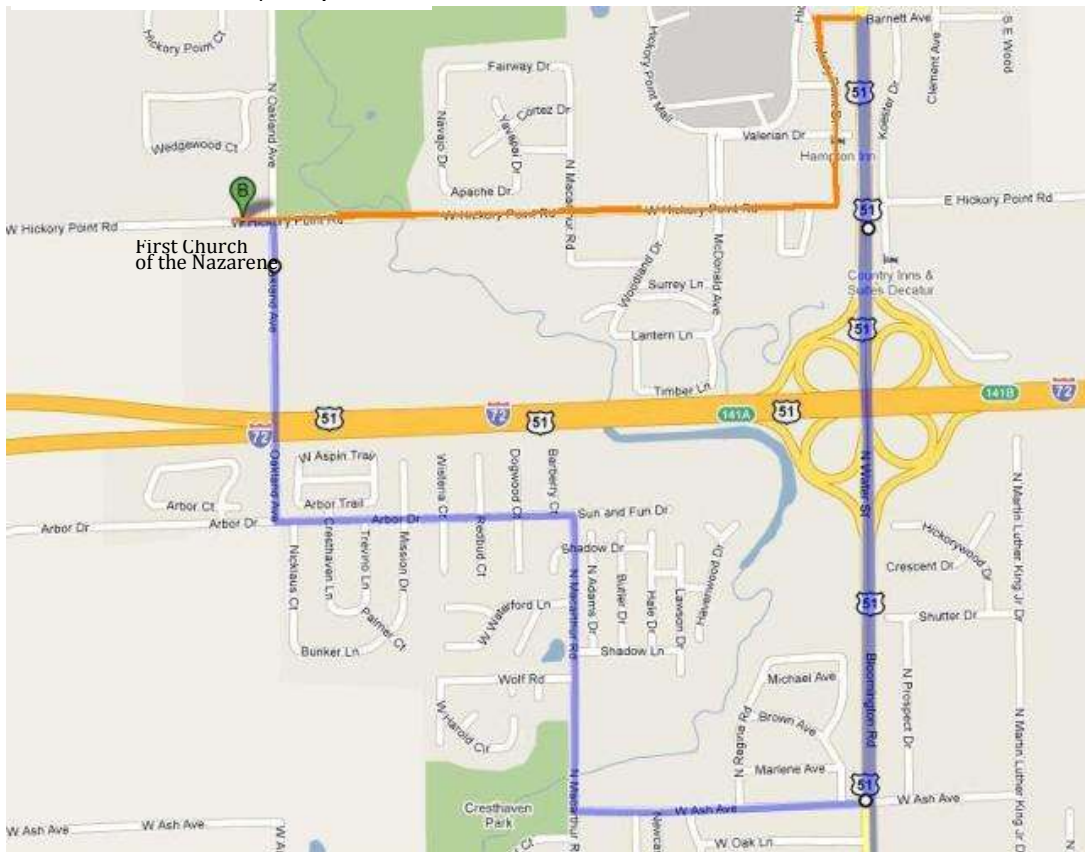
Mail form to: AFG District 11 - Spring Workshop

PO Box 2332



**Hotel Information**  
 Fairfield Inn 217-875-3337  
 Hampton Inn 217-877-5577  
 Both are located on W Hickory Point Rd.

Insert for the City map



Coming from US51 South you can turn left on Ash Ave (Walgreens & Walmart on the right)

Coming from US51 North you can turn right onto Barnett Ave (Cheddars and Applebee's are on the right) Make a left turn behind Cheddars onto W Hickory Point Rd

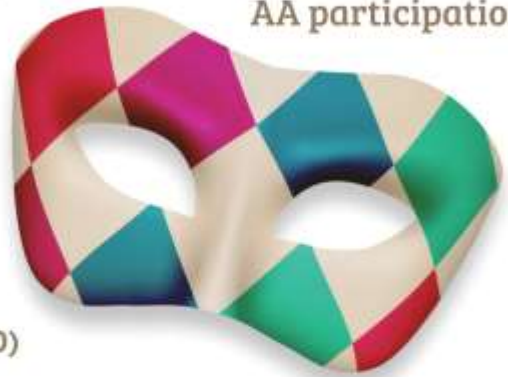
Coming from I72 East or West take the Exit for North US51 Turn Left onto Barnett Ave (Cheddars and Applebee's are on the left) Make a left turn behind Cheddars onto W Hickory Point Rd

# 2016 Illinois State AFG Convention

## Unmasking Our True Selves

An Al-Anon event with AA participation

October 28-30, 2016



### Convention Lineup

Friday 7:00 pm

Saturday 8:30 am

Saturday 11:00 am

Saturday 1:30 pm

Saturday 3:00 pm

Saturday 7:00 pm

Sunday 10:00 am

**Kathy H. Cincinnati, OH**

**Ric B. Virginia Beach, VA (WSO)**

**Rich S. St. Louis, MO (AA)**

**Alateen Speaker Panel**

**Al-Anon/AA Speaker Panel**

**Pauline W. Newport, KY**

**Jim P. Warrenton, MO**

*The weekend will feature Al-Anon, Alateen, and AA workshops, a hospitality room, basket and quilt raffles, a banquet, and more!*

### Embassy Suites East Hotel & Riverfront Conference Center

100 Conference Center Drive, East Peoria, IL 61611

**Hotel Registration:** 1-800-EMBASSY or [embassysuiteseastpeoria.com](http://embassysuiteseastpeoria.com). A discounted room rate of \$109.00 + tax is available November 1, 2015 - October 7, 2016 when you use discount code AFG. Rate is up to 4 person occupancy; microwave, fridge, and cooked-to-order breakfast included. Parking is free.

Mail checks and completed forms to: **2016 IL State AFG Convention**  
(Make checks payable to *District 14*) **PO Box 142**  
**Hillsboro, IL 62049-0142**

Visit [ilstateafgconv.org](http://ilstateafgconv.org) for updated information and online registration.

### Registration form **One registration form per person** All attendees must register

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Dietary or other special needs \_\_\_\_\_

Yes! I would love to help volunteer

#### Prices

Al-Anon  AA \$25 (before Oct. 7)

\$30 (after Oct. 7)

Banquet \$30

Alateen Free<sup>1</sup>

**Early Bird Special \$50 Reg+Banquet**  
postmarked by Mar. 5th

In keeping with our spiritual Legacies, each member is responsible for their own well-being and that of their dependents, and shall not hold SIAFG, Inc. or its agents liable for any personal injury or loss of property during this event.

<sup>1</sup>All Alateen members must include a signed/notarized Convention Parental Permission/Medical Care Form with mail-in registration or bring the completed form to the convention for walk-in registration. Forms available on [ilstateafgconv.org](http://ilstateafgconv.org) website.