



**Southern Illinois Al-Anon Family Groups - Area 16**  
**News-O-Gram**  
**Fall 2017**

**Area World Service Committee (SIAWSC)  
Meeting**

Saturday November 4, 2017 – 9:00am  
Registration at 8:30am

**Both meetings are held at:**

Memorial Medical Center  
Rooms 228 & 229  
701 North First Street  
Springfield, IL 62781

**Area Assembly (SIAFG) Meeting**

Saturday November 4, 2017 – 12:30p

**Directions to meeting rooms**

Park in Doctor's lot (no parking in the ER/OB GYN spots) other spaces are okay. Take the elevators on the north side to first floor. Get off and walk through walkway into hospital. As you are coming in will see the Garden elevators. Take Garden elevator up to 2<sup>nd</sup> floor. Get off, turn right and go into the north D section which is SIU offices. Rooms D228 and D229 on the right.

**OFFICER AND COORDINATOR REPORTS**

**Chairperson – Rowena A.**

I am excited to share with you all that we now have a date, place and Co-Chairpersons for the 2018 Illinois State AFG Convention. My thanks go out to all who have stepped up. The convention will be held October 12-14, 2018 at Embassy Suites in East Peoria. The theme is "Serenity Along the River". Convention Co-Chairs are Donna S. and Jan T. (See more information about 2018 Illinois State AFG Convention located under *Illinois State AFG Convention* heading later in this publication.)

Don't forget that the 2017 Illinois State AFG Convention is October 20-22 at the Hyatt Regency in Schaumburg, IL. The theme is "Our Members: Our Hope for the Future".

I am looking forward to seeing you all on November 4, 2017. Message or call me with any agenda items so I can work on the agenda.

In Service,  
Rowena Altic – [roclean1@sbcglobal.net](mailto:roclean1@sbcglobal.net)

**Treasurers Report – Carol W.**

Hello, I have received donations from the below groups. Please use the contribution form at the bottom of the donation table. In order to keep complete records, I need to know **Group Name, District Number, and WSO ID Number**. In addition, it will help if you print the name of the person sending the donation, because I cannot always read the signatures.

The donations include amounts given to Area’s general fund and reserve fund.

On behalf of our Area Assembly, I thank you for your contributions. It is because of your support we can continue to carry the message to others. I look forward to seeing all of at November’s Area meeting.

Yours in Recovery,

Carol W., Area Treasurer



Groups Donating May - August 2017						
GROUP NAME	DISTRICT	WSO ID		GROUP NAME	DISTRICT	WSO ID
A New Beginning AFG	20	4023		Monday Morning AFG	10B	3493
Al Anon District 19	19			New Lease on Life		4088
Alanon Elm Street		3451		Olney Group	13	3980
Beginners AFG	11	3707		Open Door		3812
Bethalto Wed. AM	18	3491		Powerless Rangers	14	60839
Blues Busters	12	49550		Progress not Perfection	14	30600976
Born Free	11			Progress Not Perfection	19	30633415
Butterfly Al-Anon				Saturday Morning Serenity Seeker	10B	25455
Carbondale Wed. Noon AFG	17			Sunday Alanon New Focus	10B	61609
District 10	10			Sunday Night Hilltop	20	30160
District 11	11			Sunday Night Steppers	11	40272
District 18	18			TGIF	12	3507
Edwardsville Fundamentals of Recovery	18	30584718		The Monday Night Serenity Group		26501
Fourth Step AFG	10B	30595928		Thursday Night Group	18	30528380
Fri. Night Exp, Srength & Hope	19	30564695		Troy Joy	18	63747
Happiness Is		4811		Tuesday Night Serenity Seekers	11	3701
Keep It Simple	19	48115		Wed. Nite Hopeful Serenity Seekers	18	34856
Monday Elm Street Alton IL		3451		Wednesday Morning Glories	20	4022
Monday Morning AFG	20	24161		Your Cause - Electronic		

**SOUTHERN ILLINOIS AREA CONTRIBUTION FORM**

Group Name \_\_\_\_\_  
 Contact Person \_\_\_\_\_  
 Street Address \_\_\_\_\_  
 City and State \_\_\_\_\_  
 Zip Code \_\_\_\_\_  
 Phone Number \_\_\_\_\_  
 (if applicable) \_\_\_\_\_

Group ID# \_\_\_\_\_  
 District \_\_\_\_\_  
 Amount \_\_\_\_\_  
 Check # \_\_\_\_\_

Please Make Check or Money Order to: **SIAFG**

Send to: **Carol Wielgus**  
**1000 Bethel Mine Rd.**  
**Caseyville, IL 62232**

**(618) 304-4672**

## **Archives Coordinator – Fern T.**

One way to keep our past preserved is by collecting the history of each group. We do this by writing a Group History that is done by following a Group History Checklist. Although the Group History Checklist is found on the web site, some call me and can't find it and want me to send one to them. So, I passed out the Checklist for those who have not written a Group History. The Checklist looks detailed, but it is just an outline. Just like our Al-Anon Program, keep it simple. Compile it like you want. Thank you to all who have written a Group History and given it to me. Also, a reminder to all of us, was read from the Archives Guidelines on "How to Identify Material". As we add items to the Area Archives, everything has to be dated.

Thank you for your co-operation. If you have any questions, please call me.

Fern Turpin – Southern Illinois Area Archives Co-Ordinator – 618.571.1772

## **Forum/Literature Coordinator – Marge E.**

At the July Assembly, I encouraged Al-Anon members to consider submitting sharing's to the Forum. So, I decided to challenge myself to do that very thing. At the moment, my sharing is just about ready to go.

On another subject:

In Al-Anon we have some remarkable Conference Approved Literature. One book that a friend recommended to me after my mother's death in 2011 was *Opening Our Hearts, Transforming Our Losses*. I found it to be most helpful and have recommended it to others. Recently, in District 14, several members decided to start a new meeting on Friday nights. We met to determine the format of our meeting and decided as a group to do a book study on *Opening Our Hearts, Transforming Our Losses*. So far, the meeting is going quite well. I used to think that a loss referred to a death of a loved one. Reading *Opening Our Hearts, Transforming Our Losses*, I came to realize that we experience loss in many ways. I didn't have the happy childhood I wanted. As an adult, I experienced the heartache of watching our child struggle with alcoholism and drug abuse. Growing up in a dysfunctional home, I didn't learn about grief and how to experience grief. I learned to pretend things didn't happen, and just move on. Now, I am learning about the losses in my life, how to grieve those losses, and how to move forward.

In gratitude,

Marge

## **News-O-Gram Coordinator – Jan T.**

Thanks for the opportunity to serve as *News-O-Gram* Coordinator and to all who sent information for inclusion in the Fall 2017 *News-O-Gram*.

As a follow-up to March 4, 2017 SIAFG meetings regarding determining and clarifying appropriate articles in *News-O-Gram*. Suggestions have been made by Ad Hoc Committee.

The following how-to-proceed suggestions were presented at July 8, 2017 Area Assembly meeting

1. Include personal and business sharing's; *News O-Gram* editor review sharing to determine if it is personal or business sharing and request assistance from SIAFG Area Chairperson as necessary. (Motion "Do we want to include personal and business sharing in the *News-O-Gram* using the definitions in #2" was made, second, and unanimously approved.)
2. *News-O-Gram* editor to review: *Al-Anon Guideline for Newsletter Editors (G-21)*, Area AIMS Newsletter Editor document, SIAFG *News-O-Gram* Coordinator bylaw information, and SIAFG website Area Officer and Coordinator job descriptions; create a SIAFG specific *News-O-Gram* Guideline supplement to *Al-Anon Guideline for Newsletter Editors (G21)*; and present *Guideline Supplement to SIAFG* for review, discussion, and vote. (Motion was made, seconded and unanimously passed to "Give *News-O-Gram* Editor whatever assistance she/he requires to create a supplement for *Guidelines for Newsletter Editors (G21)*")

Deadline for next *News-O-Gram* is January 10, 2018. Please submit *News-O-Gram* information to [siafgnog@gmail.com](mailto:siafgnog@gmail.com).

Yours in Service.

Jan Tucker – *News-O-Gram* Coordinator and Past Delegate, Panel 30 (309-208-5897)

## **Ways and Means – Theresa B.**

Tote bags (blue bags with Let It Begin with Me in white letters) will be available for sale at November 4, 2018 SIAFG meetings. Cost per bag is \$3.00. Come prepared to pay for bag(s) you wish to take with you.

Theresa B – Ways and Means Coordinator

## **DISTRICT REPORTS**

### **District 11 –**

Al-Anon District 11 Spring 2018 Workshop being held April 6-7, 2018 in Decatur. Flyer is included at end of this publication.

### **District 14 & 18 –**

5<sup>th</sup> Annual Fun Fest is being held September 30, 2017. Flyer is included at end of this publication.

### **District 20 – Tory K.**

1. Members of the district created a 'District 20 Al-Anon Family Groups (AFG) Handbook' which outlines all of the responsibilities for Representatives, Officers, and Coordinators. Handbook (designed to assist members in understanding what roles and responsibilities are held by members) is now in place. All District 20 members have access to the handbook and are encouraged to become familiar with it. Handbook can be changed as needed.
2. Numerous AFG members anonymously participated in a garage sale. Members were pleased with results. Proceeds from this sale were donated to District Answering service.
3. Our Alateen meeting successfully transitioned from Monday night to Sunday night. We currently have 12 sponsors, with 1 currently taking a break. Currently experiencing dwindling number of teens attending meeting and are trying to come up with ways to increase teen attendance.
4. We currently have several positions open in our district, but members are stepping up to help out when needed.

Respectfully Submitted,

Tory K. – District 20 Representative

## **Illinois State AFG Convention -**

2017 Illinois State AFG Convention is being held October 20-22, 2017 at Hyatt Regency in Schaumburg, IL. There will also be a basket raffle at the convention. A convention and basket raffle flyer is included in this publication. More and updated information can be found on [www.ilstateafgconv.org](http://www.ilstateafgconv.org) website.

2018 Illinois State AFG Convention will be located in southern Illinois and will be held October 12-14, 2017 at Embassy Suites Hotel in East Peoria, IL. Donna S. and Jan T. are the Convention Co-Chairs. The planning committee had a meeting August 27<sup>th</sup> at which the theme 'Serenity Along the River' was chosen. Thank you to the many members who have volunteered to for Secretary, Treasurer, and Committee Chairpersons. However, the following committees are still in need of a chairperson: Alateen, Communications, Entertainment, Literature, Program/Speaker, and Website. Please contact: Donna Spencer, [ddspencer2@comcast.net](mailto:ddspencer2@comcast.net), or 309.253.8547 or Jan Tucker, [janimtucker@gmail.com](mailto:janimtucker@gmail.com) or 309.208.5897 if you have an interest in any of these committees.

## **July 8, 2017 SIAWSC and SIAFG meeting highlights – Jan T.**

### **Meeting Attendance**

- SIAWSC – 23 members (19 voting)
- SIAFG – 26 members (13 voting)

### **Treasury – 2017 Balances**

- Checking (Operating) balance = \$8,223.77
- Savings (Reserve Fund) = \$5,072.58

### **Motions / Consensus**

- SIAWSC
  - Motions
    - Approved March 4, 2017 SIAWSC meeting minutes
- SIAFG
  - Motions
    - Approved March 4, 2017 SIAFG meeting minutes
    - Approved proceeding with signing contract at East Peoria Embassy Suites for October 12-14, 2018 and reserving a block of 60 sleeping rooms for Friday and Saturday at \$119 (1-2 people)
    - Approved purchase of blue tote bags imprinted in white with “Let it Begin with Me”
    - Approved including business and personal sharing’s in *News-O-Gram*
    - Approved granting *News-O-Gram* Editor permission to create a SIAFG specific supplement to *Guidelines for Newsletter Editors (G21)*

### **Save the Date -**

Next Al-Anon/Alateen International Convention will be July 6-8, 2018 in Baltimore, Maryland. Follow this link <https://al-anon.org/al-anon-international-conventions/> for the latest information on this event.

**Please be sure to use email address [siafgnog.org@gmail.com](mailto:siafgnog.org@gmail.com) for all *News-O-Gram* correspondence.**



# *Save the Date*

*April 6-7, 2018*

## *Al-Anon District 17 Spring 2018 Workshop*

*(with AA participation)*

Location: First Church of the Nazarene – Decatur, IL



*Al-Anon Guest Speaker -Larcine G. of California*

*Don't miss out on the fellowship of Al-Anon, AA and Alateen*

*Friday: dessert bar*

*Saturday: light breakfast and lunch provided*

# 5th Annual Fun Fest



September 30, 2017  
First Baptist Church  
7110 State Rt. 162  
Maryville, IL  
9 am - 2 pm



## "Growing Your Wings in ALANON"

**FUN  
FELLOWSHIP  
FREEDOM TO FLY  
COME JOIN US!!!!**

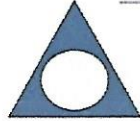
Registration 9:00 - 9:30 am  
\$5.00 Donation at the door  
Pot Luck Bring a finger food to share  
Skit

Panel of Speakers  
Main Speaker  
Basket Raffle  
50/50 drawing

Hosted by SIAFG Dist. 14 and 18



**OUR MEMBERS:  
OUR HOPE FOR THE FUTURE  
OCTOBER 20-22, 2017**



**2017 Illinois State AFG Convention**

**Hyatt Regency Schaumburg  
1800 E. Golf Road, Schaumburg 60173**

\*Breakout Meetings \*Workshops \*Al-Anon, Alateen and AA Speakers \*Basket Raffle \*Quilt Raffle  
\*Literature \*Hospitality \*Banquet \*Entertainment \*Al-Anonathon \*Alcathon \*Fun \*Fellowship \*Recovery

**SPEAKERS:**

Friday – Jan T., Peoria, IL, Al-Anon and Dan S., Elgin, IL, AA, TBA Alateen  
Saturday – Sue D., Las Vegas, NV, Al-Anon and Susan L., Elgin, IL, AA  
Sunday – TBA Al-Anon

- Convention registration opens at 3:00 p.m. on Friday, October 20<sup>th</sup> at Hyatt Regency, Schaumburg.
- A discounted room rate is available for \$ 105.00 + tax. For room reservations, call 800-233-1234. Mention “AFG convention” for discount. Deadline September 29, 2017. Parking is free.
- Limited availability for banquet walk-in registration. Banquet is open seating on a first come, first serve basis.
- Visit [ilstateafgconv.org](http://ilstateafgconv.org) for updated information and online registration.



**REGISTRATION FORM** One registration form per person All attendees must register

Name _____	<input type="checkbox"/> Al-Anon <input type="checkbox"/> AA (before October 6 <sup>th</sup> )	<b>\$25</b>
Street _____		(after October 6 <sup>th</sup> ) <b>\$30</b>
City/St/Zip _____	<input type="checkbox"/> Alateen* before Oct 6 <b>\$5</b> ; after Oct 6 <sup>th</sup>	<b>\$10</b>
Phone _____	<input type="checkbox"/> Saturday night banquet	<b>\$40</b>
Email _____	<b>(choose from entrees below)</b>	

**Entrée: All served with garden salad, red skin mashed potatoes, broccolini, and roasted tomato.**

**Dessert: Chocolate Mousse with Whipped Cream and Mixed Berry Sauce**

- Broiled Salmon, Wilted Spinach, Lemon Caper Sauce
- Oven Roasted Pork Loin, Honey Dijon Sauce
- Four Cheese Ravioli, Marinara, Parmesan (vegetarian)

\*All Alateens 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.

I would like to help volunteer!  We will contact you! I am: Al-Anon  AA  Alateen

**Checks payable to: 2017 Illinois State AFG Convention**

**Mail Payment and Registration to:**

2017 Illinois State AFG Convention  
611 S. 8<sup>th</sup> Street, PO Box 802, West Dundee, IL 60118





## \*\*\* GIFT BASKET RAFFLE \*\*\*



2017 Illinois State AFG Convention

October 20-22, 2017

Hyatt Regency

1800 E. Golf Road

Schaumburg, IL 60173

We need volunteer groups to create gift baskets to raffle off at this year's convention.



How your group can help:

**Choose a theme.** Be creative, remember, *the only requirement is to include Al-Anon or Alateen conference approved literature (pamphlets, books, bookmarks, book covers) in the gift basket.*

Theme Ideas:

- Spa/relaxation (candles, lotions, bath salts)
- Pets (dog, cat, etc)
- Cooking (cookbook, recipes, spices, utensils)
- One for the guys
- Chocolate lovers
- Sports (general or a specific sport or team)
- Tea/Coffee Drinkers
- Halloween (since it is that time of the year)

**Collect Items** for your basket. Perhaps bring a basket to your meetings and ask members to donate items. Remember to KEEP IT SIMPLE! No extravagant items. Be creative – re-gifting is a great way to donate.

**Assemble your basket.** Again reuse! Consider using a previously owned basket or large attractive container. Please wrap the entire basket and contents in cellophane.

### What to do when you are finished:

Please bring the completed basket to the convention registration table on Friday Oct 20<sup>th</sup> or early on Saturday Oct 21<sup>st</sup>. The baskets will be raffled off immediately following the quilt raffle Saturday evening.

If you have any questions, please feel free to contact:

Maria Kavanagh: Basket Raffle Chairperson

At [maria.kavanagh@comcast.net](mailto:maria.kavanagh@comcast.net) or cell 708-227-0051