

Southern Illinois Al-Anon Family Groups Area 16 *** News-O-Gram *** Fall 2015



Area World Service Committee Meeting

Saturday, November 7, 2015
9:00 am Registration at 8:30am
Memorial Medical Center Room 229
Springfield, IL

Area Assembly Meeting

Saturday, November 7, 2015
12:30pm
Memorial Medical Center Room 229
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 you 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.

Officers' Reports

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

A summary of the 2015 World Service Conference, which I attended on behalf of our Area, is now available on the Members' Web site, al-anon.org/members. Under the "Service Structure" tab, click on "Area Resources" then scroll down to Conference Summary. You can read the 2015 summary online. I will bring complimentary printed copies for Area SIWSC members (DRs, officers, coordinators) at our November 7th meeting. I will highlight some pertinent topics (WSO budget pp. 15-18, discussion on Alateen pp. 45-48, ongoing discussion on memorial contributions pp. 54-59, healthy meetings pp. 63-67, retaining newcomers pp. 80-81).

If you get a chance to review the summary, please feel free to contact me with questions or bring your questions to the November Assembly.

As always, I welcome your questions and concerns. If I have not visited your District yet, please consider a way for me to connect with members of your District. I can be reached by email (siafgdelegate@gmail.com) or phone (314-780-1699).

It is truly an honor and a privilege to be able to serve our Area.

Warmly,
Lyri M.

2016 Convention Update:

Our 2016 Convention Committee has been busy putting together a fantastic recovery experience for our members!

Preliminary registration flyers are in the works to distribute at the 2015 Convention in Itasca, as are the quilt-square packets, which will magically come together next summer as another beautiful Al-Anon quilt for the quilt raffle. *If you have colorful fabrics on hand (or old clothes that can be used as fabric), please consider bringing them to the November and/or March Assembly to donate for the quilt.*

Our committee decided by consensus to invite Ric Buchanan, Executive Director of our World Service Office to present a workshop at our Convention on October 29th 2016. Ric will bring to our Area decades of experience as part of our world services. His visit will also give members with questions or concerns about our WSO an opportunity to address him directly.

There are still opportunities available to become part of the 2016 Convention Committee! We are still looking for help with Banquet (coordinate menu and seating), Recording Secretary (to take minutes of our conference call meetings), Volunteers (helps organize volunteers for various committees), and Website (update website and help process online registrations). Please prayerfully consider these opportunities and consider volunteering yourself or asking someone you know to volunteer. Contact our Chairperson Cathy B. (217-377-0140) or Co-Chairperson Lyri M. (314-780-1699) if you or someone you know would like to be part of this exciting event!

Thank you to everyone who is participating in making our 2016 Illinois State AFG Convention a resounding success!

Lyri M., Convention Co-Chair

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

Welcome to Fall/Winter, 2015. This is actually one of my favorite seasons and I'm loving the weather right now. It was a pretty mild summer, albeit a bit wet, but mild nonetheless. Let's hope for a mild winter to go along with that... and snow only, no ice!

Still on the agenda, I'm looking to fill two coordinator positions, Public Outreach and Convention Liaison. These are "appointed positions" by the Chairperson so no embarrassing process of an election. Please talk about these positions within your districts and your groups. Anyone that comes to mind, or if you are personally interested, please let me know. Either position is perfect for the right person, must have love for the Al-Anon program, willing to share your experience, strength and hope; to connect with the WSO and Area Assembly, which ultimately connects to our districts and all the groups. 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 website and read about the position descriptions in more detail.

As plans are getting underway for the 2016 IL State AFG Convention, we still have a long way to go and 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. Also, seriously think about carpooling and sharing a room at the Eagle Creek Resort for the 2015 IL State AFG Convention. There is still time to sign up.

We will be voting for an interim recording secretary during the November 2015 Area Assembly, so please encourage as many group representatives to attend as possible. Their vote counts! The interim recording secretary will take over effective January 1, 2016, and will fulfil the current term

that ends on December 31, 2016. In the meantime, I will be asking for a volunteer to take the minutes on November 7th.

Hope to see you all for the next SIAWSC and the Area Assembly meetings, at Memorial Medical Center in Springfield, IL. 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.

See you in November 2015!

Your Chairperson,
Cathy Blakey

****Group Records Secretary: Mary S.**

SIAFG (Southern Illinois Al-Anon Family Groups)
Group Records Report -
Sept. 2015

GROUPS DO NOT SEND CHANGES TO WSO!!!!

DO YOU KNOW HOW TO MAKE Al-Anon Group Changes?

SIAFG Group Records Policy: "2. SIAFG Group Records policy is that Area 16 (Southern Illinois Al-Anon Family Groups) will send all group record changes and new registrations to the SIAFG Group Records Secretary. He/She will make changes to the Area 16 SIAFG and WSO records. DRs will have read only access and run reports for their specific districts from WSO. If they find needed changes they will contact the SIAFG Group Records Secretary."

I. Al-Anon Group Changes, Register a new meeting, Making a meeting inactive!

*****Use the [siafg.org Quick Link](http://siafg.org) under **Members' Area** to contact the SIAFG Group Records Secretary TO GET STARTED. The Group Records Secretary can send you all documents needed or go to the website following directions below.**

1. **WHAT** do you need? **A. A GR1 form (Group Records Change form) B. Contact information for SIAFG and your district**
2. **WHERE** do you find these? siafg.org website in the Members' Area (Do you know the password? {area16} GR1 form is located at the top of the Group Records Reports. SIAWSC (Southern Illinois Area World Service Committee) members (SIAFG officers, coordinators, delegate, District Representatives, etc.) are located under Area Business.
3. **WHO** can make the changes? Anyone that the group conscience designates (GR, CMA (current mailing address) or any member.
4. **HOW** do you make the changes? **A. Get the GR1 form located at the top of the Group Records Reports. B. Send the GR1 form to your District and the SIAFG Group Records Secretary. If**

changes need to be made to the siafg.org website the SIAFG Group Records Secretary will notify the web master. **REMEMBER THE SIAFG GROUP RECORDS SECRETARY NOTIFIES WSO.**

II. Annual update reports sent out in the fall from WSO – Please send changes or the message of no changes to the SIAFG Group Records Secretary (siafggrpsec@gmail.com). The secretary will notify WSO that it has been submitted and make any changes.

III. Alateen group changes go to the SIAFG Alateen Coordinator, contact information is located on the SIAWSC list or the Quick Link under Member's area.

Why SIAFG Groups DO NOT send changes to WSO!

In 2011 WSO gave the Area Group Records Secretaries (Coordinators) the ability to enter WSO records and make changes directly. Following Tradition 4 each area was given the authority to decide how they wanted group changes done. I contacted the two previous SIAFG Group Records Secretaries for their opinions on what they would recommend. In the spring of 2011 the SIAFG World Service Committee decided to recommend that ALL GROUP CHANGES go through the SIAFG Group Records Secretary. Group changes are not sent to WSO, those changes will be made by the SIAFG Group Records Secretary. The Area Assembly voted on this recommendation and it passed. SIAFG made a temporary change to the SIAFG By-Laws. (It is temporary until SIAFG makes permanent changes with the State of IL.)

If your group has changes, please contact your District and SIAFG. WSO changes will be made the SIAFG Group Records Secretary.

Thank you for your help.

Mary S. SIAFG Group Records Secretary
9/2/2015

****Treasurer: Helen B.**

Area Treasurer's Report

Sept 1, 2015

Summer has come and is about to leave us for this year. I hope everyone has had a good summer and has something or a memory to be grateful for having!

I want to thank all the groups for your contributions; they have helped with Area expenses very much. The groups I have listed are groups I have received a contribution from during the past four months. Some groups may have sent contributions for 6 months or so. In that circumstance you will see your group listed as to when I receive it. This is the easiest way for me to keep track of contributions. If you want to have your group listed in each report be sure to send a contribution during each of the three reports. I apologize if this is a problem for anyone.

Please remember the contribution sheets I return to you. Be sure to mail them to my current address: Helen Brewington, 264 N. State Hwy. 32, Cerro Gordo, IL 61818.

Remember to keep those "attitudes of gratitude" in all you do.

Keep up the good support of the fellowship!!!

Serving One Day At A Time

Helen

GROUS CONTRIBUTING MAY 1, 2015 THRU AUGUST 31, 2015

GROUP NAME	DIST.	GROUP ID	GROUP NAME	DIST.	GROUP ID
District 10	10	99738	District 18	18	
Monday AM AFG	10	3493	Bethalto Wed. Morning AFG	18	003491
Monday Night Fourth Step AFG	10	305959928	Edwardsville Fundamentals of Recovery AFG	18	25607?
Saturday Morning Serenity Seekers AFG	10	25455	Highland AFG	18	25607
District 11	11		Monday Morning Open Door AFG	18	3812
Beginners AFG	11	3703	Monday Night Elm Street AFG	18	003451
How It Works AFG	11	30637506	The Monday Night Serenity AFG	18	26501
Tuesday Night Serenity Seekers AFG	11	3701	Thursday Night Edwardsville AFG	18	30528380
Sunday Night Steppers AFG	11	40272	Troy Joy AFG	18	63747
Monday Morning AFG	12	24161	Wed. Night Hopeful Serenity Seekers AFG	18	034856
Blues Buster AFG	12	49550	Fri. Night Experience Strength & Hope AFG	19	30564695
Saturday Night Group AFG	12	004040	Keep It Simple AFG	19	48115
Serenity Seekers AFG (Mattoon)	12	30568962	Progress Not Perfection AFG	19	30633415
Step by Step AFG	12	0053628	Wednesday Butterfly AFG	19	0042664
Tuesday New Lease on Life (Savoy)	12	004088	Wednesday Noon Happiness Is AFG	19	04811
Progress not Perfection AFG	14	30600976	A New Beginning AFG	20	004023
Mt. Vernon Weds. Night AFG	16	50819	Wednesday Morning Glories AFG	20	0004022

Coordinators' Reports

****Archives: Fern T.**

July 11, 2015

9 a.m. Meeting

A report was given of the research that was done about finding a better location for the Southern Illinois Archives Material. More detail will be given at the Area Assembly.

Fern Turpin
Southern Illinois Area Archives Coordinator

12:30 p.m. Assembly Meeting

A report was given of the different storage units available and the cost for the Southern Illinois Area Archives Material. There were suggestions and discussion of different locations that could possibly be used so that the Archives Material could be better available for filing and removing for others to observe. All the ideas were appreciated and more research will be done.

Fern read from read from ***First Steps - Al-Anon.... 35 Years of Beginnings Book*** explaining how Ruth CG. from San Francisco conceived the idea of starting a magazine, linking newly formed family groups through the San Francisco Family Club Chronicles, later to be called The Family Forum. Fern brought for the Assembly to view: ***The New Forum Is Here! Pamphlet, announcing the new forum,***

dated May 1996. A special group offer was made inside the pamphlet. More material shown was older Forums dated January and September 1977 and November and December 1976.

Samples of the Unit History Checklist were passed around so everyone could see how other groups are writing their Unit History. Please keep working on your Unit History Checklist. To view a PDF version of the Forum for the SIAFG Website to use as a pattern, double click on the following link:

http://www.siafg.org/uploads/1/2/2/2/12228429/group_history_checklist.pdf

or copy the link above and paste it into your browser.

Thank you very much,
Fern T.
Area Archives Coordinator

****Convention Liaison: Position Open**

JUST GET IN THE CAR and come to ***The 2015 Illinois State AFG Convention*** in October. See flyer at the end of this News-O-Gram.

****Forum/Literature: JoEllyn P.**

Hello Al-Anon friends,

I hope everyone has experienced growth from our literature since our last News-O-Gram. I'm continuing to read Many Voices, One Journey. I was reading a sharing about a dual member and how he or she started in AA and thought they had a program. This member described how they would be kind and loving at AA meetings and then go home and yell at their family members. This member was encouraged by his or her sponsor to attend Al-Anon. The member thought that the Al-Anon members would kill him or her because of being an AA member. Despite this thought, this member joined Al-Anon and has been a member for 34 years! This member joined in 1976! I appreciate the diverse members we have in Al-Anon today, but I've also experienced how diverse members have chosen not to follow the Al-Anon principles and how it has affected an Al-Anon meeting. There is a new kit called "Using Al-Anon Principles to Resolve Conflicts". It encourages members to talk to each other to resolve conflicts in Al-Anon. I was never encouraged to talk out conflicts when I was growing up, and I've experienced in my current family, members not wanting to talk to each other to resolve conflict. There continues to be opportunity for me to grow in my recovery with the help of Al-Anon literature.

Yours in service,

JoEllyn Patterson

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

Happy Autumn to all.

Don't forget to come to the **3rd Annual Metro East Al-Anon FunFest** on October 3rd. See flyer at the end of the News-O-Gram.

Thank you to all for sending your articles and reports to me for this issue of the News-O-Gram. Please note that the deadline for the next issue of the News-O-Gram is **JANUARY 10, 2016**. The email address for the News-O-Gram is siafgnog@yahoo.com.

In gratitude to my Al-Anon family,

Marge E.

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

A heart-felt thank you to everyone for their support selling 300 coasters for the Area 2015 fundraiser. The raffle for the November Assembly is "the holidays."

I will have Al-Anon anniversary medallions for sale. I have 1 - 37 years.

Again thanks so much,
Kathy H.
Ways and Means Coordinator

District Reports

****District 14: Cheryl N.**

District 14, along with District 18, is gearing up for the 3rd annual Funfest on October 3. It will be a FUN time, focusing on Discovering Ourselves, so come spend the day with us and see what gems you might find hidden inside!

Several members are volunteering in planning for the 2016 Al-Anon Convention. Mark your calendars for a great time. It will be here before we know it!

And speaking of before we know it.....this year's convention is approaching quickly. Some of us will be attending and so excited to be in Itaska again!

See you all in November
Happy Fall.....
Cheryl N, DR

****District 19: Charlene V.**

Springfield, Lincoln Meeting Sunday May 17, 2015 3:30 pm Parkway Christian Church

Discussion of the lack of interest in Alateen despite efforts to publicize with schools, social services, Triangle, Gateway. Reported with the Southern Illinois Assembly that Springfield closing along with Brighton and Champaign.

Discussion of having a brunch late summer, inviting all the groups in District 19. The topic will be how to promote and strengthen Alateen groups in an effort to bring it back as there is a need in the area as expressed. Also discussion of working with AA on the same issue.

District group reps will go back to their groups to share what was discussed and ask for ideas.

Outreach Financial Picture remains in its current form.

The meeting adjourned at 4:45pm with the next District 19 meeting to be scheduled for late summer at the same location.

Submitted by
Charlene V., DR

Past Delegate Reports

****Past Delegate: Paralea R.**

THE ABC'S OF PYRAMID (CONTROLLING) SPONSORSHIP

ABANDONMENT ADVICE ALIENATION
BIG BOOK STUDIES BREACH-OF-CONFIDENTIALITY
CLIQUES CONFUSION CONTROL CULT-LIKE-BEHAVIOR
DICTATORSHIP DISAPPROVAL DOMINATION
FEAR FORCE
GRAND-SPONSOR GREAT-GRAND-SPONSOR
HUMILIATION
INFLEXIBLE INTIMIDATION
OPPRESSION OSTRACISM-FOR-NONCOMPLIANCE
PRESSURE PUSHY
RIDICULE RIGID RULES
SCOLDING SNUBBING STRICT
UNCOMFORTABLE

Any or all of these behaviors **IS NOT** healthy Al-Anon sponsorship, violates trust and feeds on the defects of character that got us to Al-Anon. It attracts the lonely, desperate newcomers who don't feel wanted or needed by anyone. We need to **talk** and **talk** about this cult type of behavior to let members know this is **WRONG** and **THIS IS NOT AL-ANON!** Read our "Sponsorship What It's All About," pamphlet P-31 and stress loving guidance, not control/pressure in sponsorship.

Packets of information, which contain excerpts from Conference Summaries, FORUM articles, as well as ideas about how to expose and fight the spread of this behavior, are available from past delegate, Paralea Russell at 248 Hickory St., Edwardsville, IL, 62025 or 618-656-1635 or paralea@sbcglobal.net.

Coming – next issue – THE ABC'S OF HEALTHY SPONSORSHIP

Pyramid/Controlling Sponsorship Survey;

- Is there still a problem in your group? district?
- Has there been any improvement in your group? district?
- What are the problems that still exist?
- What steps have you taken that have had a good effect?
- What Traditions/Concepts can we apply to help?

Please respond to me by address, phone or email as above? Thanks Paralea

Articles

Dominance

Our Service Manual (p. 24) names dominance as one of the three obstacles to success in Al-Anon. It states: "No member should direct, assume authority, or give advice." Resisting the urge to question, comment on, critique, or respond directly to what another Al-Anon member shares can be a challenge—especially when we have something we know they need to hear! It can be particularly tempting to offer unsolicited advice to newer members. But when we set ourselves up as “experts” we not only demean and disrespect the member(s) with whom we are sharing our all-knowing expertise, we destroy the equality and unity that are the spiritual basis of Al-Anon as a whole. The principle of anonymity suggests that every Al-Anon member deserves to be treated with respect and courtesy. Warranty Two of our Concepts states that no “member shall be placed in unqualified authority over other members.” Part of practicing these principles is being able to listen respectfully.

Another threat to our unity can come in the form of two or three members speaking back and forth during the meeting, effectively creating a “clique” and excluding the other members of the group who become an audience rather than participants. Concept Four reminds us that “Participation is the Key to Harmony.” There can be no true harmony in a group where a small minority is allowed to dominate.

Ideally, our groups should give every member an opportunity to share without fear of judgment or personal commentary. We demonstrate respect for ourselves and our fellow members when we allow each other the dignity to learn from our own mistakes; when we create an environment where we are all safe to share our struggles as well as our solutions. Regular study of our Traditions, Concepts, and our Service Manual can help us avoid dominance in our groups and within ourselves.

Submitted Anonymously



3rd Annual Metro East

Al-Anon FunFest

sponsored by SIAFG Districts 14 & 18

Saturday, October 3, 2015

Suggested Donation \$10

“Discovering Our Selves”

Program

9:30 am Registration
10:00 am Speaker
11:00 am Mini Meetings
12:00 Lunch
provided by Districts 14 & 18
1:00 pm Skit
1:15 pm Fun Time
1:30 pm Raffle and Closing

Location

First Baptist Church
7110 State Route 162
Maryville, IL 62062

- From St. Louis take 55/70/40 to exit 15B onto 159 North.
- From Northwest take 270 to exit 12 onto 159 South.
- From Northeast take 55/70 to exit 18 onto 162 West.

For more information contact: Tim E. at (217) 851 2970 or
Lyri M. at (314) 780-1699

Illinois State AFG Convention

Eaglewood Resort 1401 Nordic Rd Itasca, IL 60143
October 23rd - 25th, 2015

Just get in the car!



- * Breakout Meetings * Workshops *
- * AA speaker * Alateen Speaker *
- * Four Al Anon Speakers *
- * Hospitality Room * Basket Raffle *
- * Literature Sales * Quilt Raffle *
- * Banquet & Entertainment *
- * Fun * Fellowship * Recovery *

- Convention registration opens at 3:00 pm Friday, October 23rd at Eaglewood Resort.
- A discounted room rate is available for \$109.00 + tax. For room reservations call 1-877-285-6150. Mention "AFG convention" to receive the discount. Reservation deadline is September 22nd.
- Eaglewood Resort will offer a breakfast buffet for \$12.00 and a lunch special for \$16.00. Show registration badge for discounts.
- **Alateens must bring 2** completed convention permission forms. Forms are available at www.niafg.org under "All about Al Anon", then click "Teenagers" or from an alateen sponsor.
- For more information contact Pattie H @ 815-570-1713 or Darcie F @ 630-408-5668 or visit www.niafg.org



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Name _____	\$ _____ Al Anon & AA Registration	\$30
Street _____	\$ _____ Registration after Oct 13 th	\$35
City/St/Zip _____	\$ _____ Alateen \$5 , after Oct 13 th	\$10
Phone _____	\$ _____ Saturday night banquet	\$40
Email _____	Choose an entrée Chicken... <input type="checkbox"/> Beef... <input type="checkbox"/> Fish... <input type="checkbox"/> Vegetable... <input type="checkbox"/>	
I would like to help <input type="checkbox"/> We will contact you.	\$ _____ Total	

I am an: Al Anon AA Alateen

*Banquet seating is first come, first served. **Those who wish to sit together must register together.** Banquet tables seat 8 – 10 people.*

Checks payable to "Illinois State AFG Convention"
Mail Payment and Registration to:
Illinois State AFG Convention
PO Box 315
Sandwich, IL 60548