

Sincerely Al-Anon

STEP 8 — “Made a list of all persons we had harmed, and became willing to make amends to them all.”

Things to Think About

“Step eight means accepting myself and wanting to apologize to those I have harmed. In making a list of people I’ve hurt by things I’ve done or said, I hope that I can be friends with them again.”

-Courage to Be Me - Living with Alcoholism, p. 89

I got my eighth step list from my fourth step of wrongs done to others. Not all my wrongs done to others necessarily need to be on the list. For that reason, I believe it is crucial to work this step with a sponsor.

In the past, I tended to be overly concerned with what others thought of me. I frequently apologized when it wasn't necessary. I had a situation where some on my list (sisters) were still children. One evening, I got my sponsor's daughter on the phone, who happens to be in the program. She told me that her definition of an amends was “making the relationship better.” I could do that. I could be a good big sister and treat them with love and respect. As they grew up, there have been bumps in the road at times; but today I have a great relationship with my sisters. All adults now, we go on sister trips which would have never happened if I wasn't working an Al-Anon program and listening to my sponsor and/or her daughter.

Now, that “WILLING” part of this step was harder. When I made the list, I had people with whom I wasn't yet willing. My sponsor knew of the resentments from my previous step work. She suggested I start praying for the willingness. I had such a resentment against one person that I couldn't even say their full name. I only could say their initials. Over time, I was able to finally say their name and say, “God Bless___.”

Also, this step has taught me to slow down and think before I blindly say yes. It is okay to give myself permission to take care of myself.

The key to this step is just to make that list, then talk it over with your sponsor. DO NOT THINK ABOUT STEP NINE. Stay in the moment, keep going to meetings, and listen to others and your Higher Power. Remember that you are not alone. You know my favorite saying, “I will be okay NO MATTER WHAT!”

Things to Think About

“So, I made amends to myself. I forgave myself for forgetting to enjoy God's blessings. I forgave myself for acting as if I were being held hostage. I forgave myself for dwelling in despair and self-pity...then I was able to make amends to others.”

--As We Understood, p. 58

—In Service, Susan C., Friday Night Fellowship

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To Contact: Call 314-645-1572 or email us at: aisoffice@stl-al-anon.org

Website: www.stl-al-anon.org

Speakers Bureau: Call 314-645-1572

Public Outreach Coordinator: Cathy W., 314-645-1572

IR (Intergroup Rep) Meeting: Held the first Thursday of each month. All members are welcome. Virtual meeting information will be shared the week of the meeting. Next IR meeting is: **AUGUST 4 @ 7:00 pm**

To be Added to our Contact List and receive *Sincerely Al-Anon* as well as meeting & event updates, please email your name and email address to: aisoffice@stl-al-anon.org

MO Al-Anon Website: <https://www.missouri-al-anon.org>

WSO Website: <https://al-anon.org>

AIS Office Hours & Literature Sales

The office is open. Masks must be worn when entering the building and one person is allowed at the office door at a time. Our hours are:

MONDAY-FRIDAY, 9am-5pm.

To Order Literature

Call the office to place an order or purchase on-line. Pick up inside, curbside, or have your order shipped to you. Credit or debit card payments are accepted by phone. Checks and exact cash are also accepted at the time of pick-up. Visit us soon!



(STEP 8, cont. from prior pg.)

Things to Think About

"I pray to trust the decisions of my Higher Power, who knows which of my shortcomings need to be removed and when. We learn to trust God's way and pace as we go about our business."

—Hope for Today, p. 170

—Susan C., Friday Night Fellowship

District 15 Second Annual Picnic "Gratitude in Recovery"

Please join us at District 15's **Second Annual Picnic on August 13th at Emmenegger Park** in Kirkwood from 5 pm–until sunset.

Our theme this year is "Gratitude in Recovery." Dinner and fellowship will start at 5 pm and there will be an AA speaker and Al-Anon speaker starting at 6 pm. There will also be attendance prizes and a basket raffle. District 15 will provide water and dessert, but we are asking participants to bring their own food and beverages plus lawn chairs/blankets (because of the limited number of picnic tables at the pavilion).

For more details please go to www.al-anon.org.com and check out our flyer. Or, email Jenny K. at panel60area31dist15@gmail.com.

We hope to see you there!



D14 Hosts 2022 MO Area Day in Service

On Saturday, June 11th, District 14 hosted the 2022 Day in Service with the Missouri Area. The D14 committee, Geri W., Janet R., Laurie K., Meagan M., and Marge O., joined forces with Sue K., the MO Area Alternate Delegate, to plan this event during the past year.

The day began with singers from *Easy Does It AFG* (Mary C., Tim D., and Lisa S.) under the direction of Meagan M., Alternate DR, who led everyone in a parody of "Heigh-Ho," the Seven Dwarfs song from the movie *Snow White*. This was followed by a skit written by Sue K. about the Seven Trusted Servants. The theme of the day continued using the mining image that the Seven Dwarfs symbolized. All the presentations/workshops also reflected the theme: "Mining for Hidden Treasure: Discovering the Gifts Within Us."

Our keynote speaker was Judy K. from Nevada, who has served Al-Anon as Past Delegate and Trustee. She shared stories of her experience, strength, and hope from being a long time Al-Anon member in service. She told us she learned to trust her Higher Power and the group conscience when standing for a trusted servant position. A motto that served her well was "bring your own shoes: don't fill anyone else's."

The day included six workshops. The first was on "Service Sponsorship" given by Laurie K, Karen G., and Loretta R. Participants chose gems attached to Al-Anon Principles that guide us as sponsors and sponsees. This was followed by concurrent workshops. The first was "Perils or Pearls: Facing Our Fears about Service." Sue K. led us in a service inventory, asking questions like "Am I afraid of making mistakes? Or afraid of success? Do I fear the commitment it might entail? Or am I afraid of the technology that would be required to serve?" The other workshop in this time slot was "Knowledge Based Decision Making and Using It to Decide Where to Serve in Panel 63." Meagan M. led the group in applying the principles of KBDM (communication, dialogue, access to information and trust) to personal deliberation, especially as it is applied to standing for an area service position.

After a generous and healthy lunch, Marge O. led the participants in playing a card game she called "Al-Anon Principles." Everyone was asked to choose a principle from one of our legacies and apply it to a question such as, "how can I offer my growth in recovery to be of service" or "what further opportunities for growth would service provide for me?" An open mic session allowed those present to talk about the treasures they have found in service. Then Lori H., MO Area Delegate, led us in considering what characteristics we have from the program that we can use in service — what leadership skills are required, and how we can use conflict resolution, communication, and listening skills in service. She invited us to write down our key learning on a bookmark she gave us that had a tiny key attached to it.

The last workshop was "The Treasures of the Traditions and Concepts" presented by the Area Secretary Kathy G., and Diane L., District 13 DR. They explained how the Steps, Traditions, and Concepts make a triangle that provides stability for our Fellowship. They related these three legacies to the Serenity Prayer—the Steps are about acceptance and experience; the Traditions, about courage and strength; the Concepts, about wisdom and hope. Their PowerPoint presentation aided participants in reflecting on each of our Twelve Concepts. *(cont. on next page)*

(District 14. . . , cont. from prior pg.)

The day wrapped up with not one, but two raffles! They were made and donated by members—a Compass Pattern quilted lap throw and a quilted table runner embroidered with AFG slogans. The day was informative, participative, inspiring, and thought-provoking.

Many thanks to all who planned, presented workshops, provided support services, and attended. This event fulfilled the purposes of a Day in Service—to bring together Al-Anon and Alateen members to learn about our Third Legacy -- Service, to encourage members to utilize this area of growth in recovery, to introduce members to the joy of service, and to encourage all members to participate in service in a fun, interactive manner. — "MO Area Al-Anon/ Alateen Procedures Digest", rev. 12-18-21, p. 9.

—Marge O., District 14 DR

THANK YOU FOR THE MEMORIES!

The Fall Classic, held Labor Day weekend at the Airport Hilton, has decided that this year's convention will be its last.

Come help send off 37+ years of tradition.



MO Area — Day in Service Reflections

The willingness to serve and the gifts of serving the Al-Anon fellowship were themes of keynote speaker Judy K. of Reno, NV, at the recent Missouri Area Day in Service. "It's not your decision whether you will be elected. All you have to do is be willing to serve," she said. "You never run – that's political. You stand – that's spiritual. You don't solicit votes. Our Higher Power decides who will serve." Sometimes, finding someone willing to serve is as simple as asking everyone you meet "are you willing to serve?" A corollary to that point, Judy learned, is that she couldn't tell anyone they should do service. "If someone isn't called from within, it won't work," she said, citing an example from her experience as a District Rep. She has found "fun, friendship and freedom" through service, she said. She discovered skills of organization, writing abilities, and the ability to get things done. "Service has given me my voice. It's given me certainty about my personal values—the Concepts of Service." "I learned to show up and cooperate and my path has been opened for me." She reassured the Day in Service attendees that it doesn't matter if you make mistakes in service. She remembered taking a wrong turn on the way to her first AWSC meeting and arriving late. "Nobody cared." "Bring your own shoes! Don't try to fill someone else's. Walk your own path," she said.

Following the keynote speaker, members shared the gifts they have received from service. Some of the sharings that struck me:

- Sue K. said she's received the gifts of flexibility, participation, to ask for help when she needs it, and to trust the process. Trusting the process means sitting with the issue, reasoning it out, accepting the decision, waiting to see what your Higher Power has in store for you as a result of the decision.
- Meagan M. said she learned she can make mistakes and still laugh at herself.
- Flo W. said she's gotten to know people and gotten unconditional love from people all over the Area. She's seen how Area trusted servants do Area business with a sense of fun.
- Diane L. said she's learned to never give up hope!

—Submitted by Hilda W. D14

What a Great Opportunity to Serve!

Board Member, Public Outreach Committee, Public Outreach volunteer, Speaker's Bureau, District Representative, Group Representative, and Intergroup Representative — these are just few service opportunities. . .

Are you being called to service in Al-Anon? Experience the joy of giving back! Please call the AIS Office at 314-645-1572 for more information on how you might be able to serve.

Guidelines Relevant to Groups

The shared experiences of Al-Anon and Alateen members on various topics have been compiled and published by the World Service Office (WSO) and can be found by clicking on this link: [Al-Anon Guidelines](#)

A Grateful Member of Al-Anon Shares. . . Letting Go of Defects

At a recent meeting, the speaker shared about being born the oldest into a family affected by alcoholism, saying she had an innate need to control. I grew up in a similar situation, and her statement really struck a chord with me!

So many of my character defects do feel like they've been with me from birth. These include the urge to figure it all out, the urge to control and manage every uncomfortable situation, the urge to say yes to make others happy even at my own expense, the urge to obsess with guilt and worry, and the urge to run or become invisible and fly under the radar.

The July 20 ODAT reading talks about understanding our motives instead of trying to figure out the alcoholic's motives — putting the focus on ourselves and what makes us tick, and then trying different actions. When I work to understand myself, becoming aware of one of my urges or defects readying to rear its ugly head, I can take a breath and consider what my other behavior options are. When I do, I'm happier with myself and my actions, and usually the relationship is happier too.

For me, new behavior is made possible through the steps. With the steps, I can humbly ask my Higher Power to remove my defects, and then act like they have been removed, remembering progress and not perfection. I can feel the urges to control, obsess, or run, then pause to look at the situation to see what is bringing that urge up, and choose my best response.

Sometimes my response is still to manage something, because that's what's best for me. But, it's no longer a knee-jerk reaction. Instead, it's a choice. And now, quite often, I choose to not interfere, to let go and let God take care of the situation, to get busy with my own life, and to detach with love.

Often in a heated situation, I feel the urge to suppress my words, and sometimes I still do. Sometimes that's what is best for me in the situation. Thanks to the Al-Anon program, it's a choice instead of a compulsion to keep my mouth shut and hide. And usually, I share those feelings and thoughts when the heat of the moment has passed, as the other person and I are regrouping.

With the steps, I can accept and love myself, even with the defects and urges, understanding that those will likely be the first things to pop up when I'm confronted with a stressful situation.

Today, by the grace of my Higher Power and the steps, I can acknowledge the urge to act on a defect, and then make a choice on whether to act on the urge, or do something differently.

MEETING IN ST. PETERS RETURNS

True Path to Freedom Alateen is returning August 7.

- Sunday 6:30 – 7:30 pm
- Chapel of the Cross Lutheran Church, 907 Jungerman Rd., St. Peters, MO. 63376

Please enter in the rear. For more information, contact Amy N. at beginwith-me2008@gmail.com. Thank you!

NEED AN ELECTRONIC GROUP REGISTRATION FORM? JUST CLICK HERE

[Electronic Group Registration Form](#)

[Registration Form Instructions](#)

If you have any questions please call the AIS Office at 314-645-1572.

ATTENTION! New Meeting Starts August 7

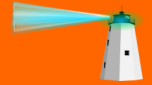
Hi! We are excited about a new in-person meeting that is starting on the first Friday in August. *Avoidance AFG* will be from 6-7pm at the Steps Alano Club. We will meet on the 2nd floor, Room B, which is located at the top of the stairs, to the right.

A five-minute meditation has been built into the format. Personally, this helps me reflect on the reading of the day. Each month, we'll read preselected pages from a wide range of Conference Approved Literature (CAL) for three weeks, and have a speaker in the fourth week. As a friend in recovery used to say, "my head can be a dangerous neighborhood and I should not be there alone." That is what I am hoping *Avoidance AFG* will be for me — a place to get out of my head and be with emotionally safe people.

For more information see the flyer at www.stl-al-anon.org.

—Heidi M., 314-471-7717

Public Outreach Beacon



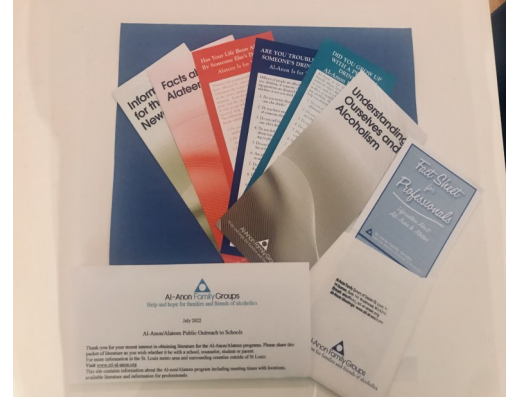
. . . Greetings to all from YOUR PO Team!

Public Outreach Campaign to Schools Update

Help the PO Committee with the "Al-Anon/Alateen Campaign to Schools" and get the word out about the program! Possible contact suggestions are:

- School principals
- Counselors
- Teachers
- Resource persons
- Parents

Share your school related contact info with the AIS Office and they will mail a packet of Al-Anon information to the individual or school. The packet also contains an introductory letter explaining Al-Anon resources and specific websites to access for more program information. If preferred, you may hand deliver the packet.



Remember, "let the hand of Al-Anon and Alateen always be there — and let it begin with me."



YOUR VOICE IS NEEDED!

You, too, can spread the word and message of Al-Anon.

**There's a spot just waiting for you on the
Public Outreach Committee!**

**Call the AIS Office at 314 645-1572 for information
on how you can participate
in this valuable service opportunity.**

SOME SPECIAL WORDS FOR YOU. . .

Do your dear friends know?
Surely it's beginning to show
You have a new glow
To all those meetings and people you owe.

A new clearer life you view
Amazing changes out of the blue
Comfort, safety, freedom, it's true
Are appearing daily despite your zoo.

Where can you take this joy, maybe teach?
You've always loved how we do not preach
But you can make a very dramatic speech!!

The answer is Public Outreach!!

— Jan, PO Committee

TRADITION 8

"Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers."

"Tradition eight is a simple one. It provides for maintaining the body of Al-Anon so that the spirit of love can thrive. Tradition eight guides us on how to carry the message of Al-Anon to others."

—Hope for Today, p. 179

The retail business I worked at for five years was closing. The building and property had been sold, and I worked the last day we were open to the public and until the building was cleared out. My husband had a job, which allowed me to wait until after the winter holidays to look for another job. I was able to take my time and work on a few projects I wanted to complete before my new adventure. Which is what I did.

I can't remember why I was in the city, but I was at the corner of Hampton and Chippewa. I saw a group of people with disabilities and their service workers walking across the street. At that moment, I knew I wanted to do something that would help others as my next job. I had previously worked for the St. Louis City Public School District for 13 years as a teacher's assistant and spent many of those years in a special education classroom. My sister worked for the Special School District and I called her to see if she knew of any job opportunities that might fit my qualifications. She told me about a company that works with people with disabilities, helping them on job sites. The position was titled, "Job Coach." I knew I could do that, and so I called the agency. They gave me an interview, and I got the job. The only hiccup was the summer program only lasted six weeks, and no full-time positions were available. "Oh well," I thought. At least I'll get my foot in the door.

This whole time, I was still working my program by Letting Go and Letting God and consistently attending my Al-Anon home group, *Glendale Thursday Morning AFG*. This is where I met Pat D. who was then working at the AIS Office part-time.

I stopped into the office one day because I wanted to purchase a workbook (my favorite!), *Reaching for Personal Freedom (P-92)*. Pat was working, and while we sat in the office chatting, she asked if I needed a job. They were looking for a part-time person. I said I would be interested. Even though they knew I could only work until summer, I had an interview with two now-former Board Members. I got the job.

One thing about the interview stands out to me even today. One of the interviewers asked me, "are you working an active Al-Anon program?" I responded, "yes, I have a home group and a sponsor. We are working together in the book *Reaching for Personal Freedom*."

I was trained by two wonderful co-workers, Mary B. and Pat D. Life was good. As time went on, I did work the summer job, and Mary B. would cover me during the hours I was needed as the Job Coach.

Sometime during the summer job, the Board Liaison asked if I wanted the AIS Office job permanently on Tuesday and Thursday. I responded that I was really looking for a full-time job, but I would talk to my husband about it and turn it over to my Higher Power, which I did.

In Al-Anon, I have learned not be God's sponsor (I heard that in a meeting). When I turn something over, I try to stay out of the way. Meanwhile, my daughter had given birth to our first grandchildren, identical twin boys (Harvey & Howard). I am not exaggerating when I tell you that within 24 hours after talking to my husband, my daughter called and asked if I could be a nanny for pay when needed on Monday, Wednesday & Friday. There you have it! I got my answer from my Higher Power.

As it turns out, I don't watch the grandsons every Monday, Wednesday, and Friday. which is ok. I trusted my H.P. I have cleared the wreckage and was able to wait and listen for an answer without worry. I have now worked for three different Board Presidents. The AIS Board members are VERY supportive of the office staff. Any AIS staff questions or concerns are addressed through the Board Liaison. So there is no double-headed management; this a two-way street. The other Board members communicate with us through the Board Liaison.

The Al-Anon members are so appreciative, and the office staff is so grateful for the members. It is a very rewarding job.

(cont. on next page)

(cont. from prior pg.)

In the beginning there was quite a learning curve for me, but wonderful co-workers and friends helped me along the way. I had to learn and use the traditions in my job which already benefitted my personal life. When I go to work, I remember that it is God's way not my way, and I try to be a team player. I am here to help the members who attend meetings as well as the future member who may call the office. I have met so many wonderful people I never would have encountered without this job. I am one lucky person to be a part of the St. Louis recovery family. I love my job.

Things to Think About

"...By simply working the program, I am qualified to assume any service position in it. I don't need special training, just a willingness to carry the message. As always in Al-Anon, I have found that I'm not alone. Many experienced members have helped me learn unfamiliar tasks."

--When I Got Busy I Got Better, p. 48

— In Service, Susan C. , Friday Night Fellowship

Heard Through the Grapevine

If you found your way here, stay here.

It's ok to give yourself permission to take care of yourself.

The (OV) Original Victim, not anymore!

I do not want to be left to the mercy of my character defects.

Happiness is an inside job.

Is it odd or is it God?

Happiness is a state of mind; focus on the positives.

Talk about what you are doing wrong, not others. Keep the focus on you.

Normal everyday joys.

Fear is the dark room where we go to develop our negatives.

I no longer service people, places, and things.

W.A.I.T- Why I Am I talking?

What we feel we heal.

Listen with 9th Step ears.

Why ask why?

It gets better and I'm the IT!

God makes the person I'm supposed to be No Matter What!

My actions were so loud I couldn't hear a thing.

Working is not letting my "ism" get on other people.

N.U.T.S.- Not Using the Steps.

If you know better, do better.



JUNE 2022 Group Contributors

District # & Meeting	Contrib.
Dist. 15 Friday Night Fellowship	✓
Dist. 15 Women's Saturday Steppers	✓
Dist. 14 Friends in AFG	✓
Dist. 18 Troy Joy	✓
Dist. 15 Webster Groves Men's Meeting	✓
Dist. 15 Grateful Everyday	✓
Dist. 02 Serenity Seekers	✓
Dist. 09 Free to be Me	✓
Dist. 02 Parents Path to Recovery	✓
Dist. 02 Joe's Place	✓
Dist. 13 Back Door Adult Children	✓
Dist. 15 Women's Path to Recovery	✓
Dist. 28 Just for Today	✓
Dist. 13 Choices and Change	✓
Dist. 02 Learn and Love	✓
Dist. 13 Choices	✓
Dist. 15 Focus on Solution Adult Children	✓
Dist. 09 Courage to Change	✓
Dist. 02 Care & Share	✓
Dist. 09 Steps to a New Life	✓
Dist. 15 Serenity Sisters	✓
Dist. 02 Care & Share	✓
Dist. 09 Steps to a New Life	✓
Dist. 15 Serenity Sisters	✓
Dist. 15 Journey to Serenity Adult Children	✓
Dist. 18 IL Monday Night Serenity	✓
Dist. 18 Thursday Night Al-Anon SO IL	✓
Dist. 14 Friends in AFG	✓
Dist. 14 Stepping Out	✓
Dist. 13 Fully Relying on God (F.R.O.G.)	✓
Dist. 14 How Al-Anon Works	✓
Dist. 15 Women's Saturday Steppers	✓
Dist. 15 Lifeline	✓
Dist. 02 Two Open Hands	✓
Guest	✓
GROUP CONTRIBUTIONS	\$2,646.82
OTHER	
Dollars & Sense	\$ 2.56
Annual Appeal	\$ 637.00
Literature Sales	\$1,505.25
Journal Sales	\$ 446.00
Misc. Contributions	\$ 809.42

District 2 Groups Are Reunited!



Eleven members representing 8 of the 15 Al-Anon groups from District 2 met on Wednesday, July 27th, at St. Paul's United Church of Christ in Oakville. Prior to that date, several members from the Festus "Serenity Seekers" attended the Missouri Area Day in Service and expressed interest in resuming District meetings. They connected with other members in District 2 groups and all agreed to host a meeting to "Reunite District 2 Groups."

A concentrated effort was made by several members to reach out with a personal visit or Zoom visit and obtain a contact name, email address and phone number from at least one member from each group. The result was a collection of 40 names of individuals interested in bringing back District 2

meeting information to their home groups. An invitation flyer was posted to the St. Louis and Missouri Area Al-Anon websites. Each group's contact person was emailed the flyer containing a Zoom link, an agenda, and multiple documents regarding WSO Guidelines, upcoming Missouri Area meetings, and more to share with their group.

Thanks to the "One Step at a Time" group providing access to their webcam, the meeting was held as a hybrid. Area Delegate Lori Hassler attended via Zoom and was very instrumental in providing guidance, responding to questions, and assisted with the election process for an Interim District Representative (DR). Mary Kay H. from "One Step at a Time" offered to act as DR and was elected by those in attendance. The next District 2 meeting will be held hybrid on Wednesday, September 28, at 6:30 pm at St. Paul's United Church of Christ in Oakville. One topic at the meeting will be to fulfill the district service positions of Alternate DR, Secretary, Treasurer, Public Outreach, and possibly Alateen service. All members are welcomed to attend. Please check Al-Anon website calendars for the meeting flyer.

In Case You're Wondering . . . Can Members Buy Al-Anon Literature from Outside Entities?

It is vitally important to clarify first that the **only** place anyone can purchase Al-Anon's ebooks and audiobooks is through certain electronic media providers. In return for their royalty fee, these providers handle all set-up, processing, and digital rights management, which protects our ebooks and audiobooks from being pirated. At this time, it would be cost-prohibitive for the World Service Office (WSO) to set up this capability on our own website.

Ordering through the links to electronic vendors on the online bookstore ensures that you are buying ebooks authorized by Al-Anon.

In a related way, when you buy a physical book, a portion of the price you pay covers the printing, which is also handled by an outside vendor. However, the WSO does not contract with outside booksellers for printed books. As a nonprofit organization, the WSO must sell literature to anyone who wants it. While groups and members can buy Al-Anon books wherever they choose, it is important to know that buying printed books from outside booksellers supports outside entities. Purchasing books from local Al-Anon Literature Distribution Centers or the WSO supports local Al-Anon services and the Al-Anon fellowship worldwide. —*The Forum*, June 2022

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Conference Approved Literature (CAL)

—Updates from WSO—

Currently out of stock:

- *Courage to Change (B-16)*
- *Lois Remembers (B-7)*
- *Newcomers Packets (K-10)*
- *Survival to Recovery (B-21)*

Available only on PDF:

- *New Service Manual*

Low Inventory:

- *Paths to Recovery (B-24) — 5 copies remaining*



View Al-Anon Event Flyers from Our Website!

Instead of including pdfs of event flyers in *Sincerely Al-Anon*, please go to

<https://www.stl-al-anon.org/>

and click the EVENTS tab to see flyers for these events:

August 13 – District 15 Recovery Picnic

August 13 — AA & Al-Anon Anniversary Meeting, St. Charles, MO

August 20 — Spring Fling Trivia Night

August 19 -21 — Summertime in the Ozarks Convention

August 21- Ice Cream & Serenity Event, District 13

August 27 — Area World Service Committee (AWSC) Meeting Agenda

August 27-28 — AWSC Registration & Alateen Business Meeting

August 28 — District 17 Float Trip

September 8 – Knowledge Based Decision Making

September 18 —Central Service Picnic with Al-Anon Speaker

September 23-25 — MO Al-Anon & Alateen Convention

October 1— District 10 Picnic

October 8 — District 15 Holiday Workshop

October 15 — District 25 Serenity Walk

November 10 — District 14 Business Meeting & Workshop TBA

District 15 — Business Meeting Dates

District 14 — June/July Newsletter

New Friday Meeting — Avoidance AFG

New Monday Meeting— Monday Meters

We're Back!!- Dreams to Reality- Alateen Meeting

August 7 — Sunday Alateen Meeting Returns