



Sincerely Al-Anon

STEP 12 — “Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these

“Let me remind myself that in carrying the message, what I do speaks louder than what I say. Let me not dilute the effectiveness of the help I can give by letting it take the form of giving advice. I know I will never have enough insight into another’s life to tell that person what it is best to do.”

-- The Dilemma of the Alcoholic Marriage, pp.95-96

One definition of a spiritual awaking is some degree of personality changes of the mind and spirit that is sufficient to promote recovery. This step causes me to pause and draw on all my previous step work. One way to have a spiritual awakening is working the steps with a sponsor. The changes in my thinking and behavior come from clearing the wreckage when I identify my character defects. By looking at the root of every issue or behavior I know what needs to be worked on or changed, which makes it easier to keep the focus on me and not be controlling of others. When the psychic change happens, it is easier to work with others and carry the message. As my brother-in-law says, “people are complicated.” It is a nice way to say that there are difficult people (I have been one). I am powerless over people’s behavior because it is what it is. When I’m healthier it is easier to practice these principles in all my affairs and carry the message as I walk into the world with a good attitude and a kind heart. I know that I cannot keep it unless I give it away.

What that means to me is that I must carry the message to others. By sharing at meetings, I try to share a message of hope, not a mess of myself complaining at the meeting. Service work is another way to carry the message to members of my home group about the happenings at the AIS Office, Missouri Districts, Missouri Area, and World Service Organization. Like it says in the Al-Anon Declaration:



As I reach out my hand to give help I must have something in my hand to give. This means I need to work my Al-Anon program to the best of my ability so I can “Always be there.”

“They (Al-Anon Members) helped me get over my terrible loneliness by asking me to reach out to help others who were more lonely than I. I made “Twelfth Step” my middle name. I became involved in Al-Anon service work and traveled through the Area, meeting new friends, developing new interests. What a difference it made in my life.”

*—Living with Sobriety - Another Beginning, p. 22
—Susan C., Friday Night Fellowship*

Published by: Al-Anon Information Service, 14 Sunnen Drive, Suite 144, Maplewood, MO 63143

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: **DECEMBER 1 @ 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 are optional when entering the building. Our hours are:

MONDAY-FRIDAY, 9am-5pm

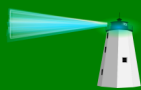
To Order Literature

Call the office to place an order or purchase on-line.



Pick up inside 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!

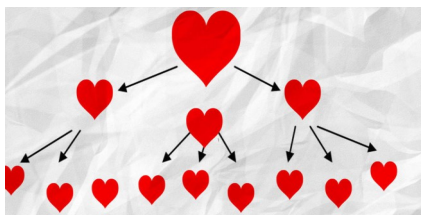
Public Outreach Beacon



...Greetings to all from YOUR PO Team!

Pass It Forward

Remember the relief you found when finally hearing about this program called Al-Anon and attending your first few meetings?



What if you never received the information and recovery never happened?

It is for this reason that we continue to be involved in public outreach events and present new ways to get the word out to those suffering from the effects of the family disease of alcoholism. Often, we have heard conversations with newcomers who express their frustrations from asking others where they might get support and there were no answers. It can be a wonderful relief when a school counselor (or other resource) has their own toolbox of information and says, "I have some information that may be helpful to you, let me give you some brochures about Al-Anon." We want professionals to be informed about our program, including counselors, teachers, community leaders, and community resources centers.

It may be that one brochure that starts recovery when simply passed on to someone suffering, such as a parent searching for support, or others who have been affected by alcoholism in the family. It might even be an individual glimpsing our poster at the library, food pantry, pharmacy or doctor's office. The professional packets included in the public outreach "Back To School Campaign" are a great way to pass it forward and have information available.

Think about your own experience in early recovery; consider helping others find that recovery.

Participate in public outreach and pass it forward!

In Case of Bad Weather. . .



For the safety of our staff & members, in case of inclement weather please call the AIS Office first before visiting. The phone message will state if the AIS Office is open or closed. Please leave a message and your call will be returned. Thank you!

TRADITION 12

"Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities."

"At my meeting I have a chance to express what's inside me. I don't have to feel that I'm in another world, alone in silence, with no one to turn to. Anonymity gives me the confidence to speak up knowing that nobody is going to gossip about what I've said. It's that special kind of "glue" that binds us together in trust."

— Alateen—A Day at a Time, pg. 103

I work very hard not to break another Al-Anon member's anonymity. I remember the saying "Who you see here, what you hear here, let it stay here." What happens at a meeting goes no further.



Not gossiping is another way to keep member's anonymity. I don't tell other Al-Anon members who are at the meetings if they hadn't attended themselves. On a personal level, anonymity also can mean silence. Sometimes just being silent help keeps my EGO (Easing God Out) in check. I can keep quiet and not be a know-it-all. I don't have to tell everybody everything I know. People have a right to their own journey. I believe that sometimes people need to figure things out for themselves. When Al-Anon members have their own awakening or self-realization, the lessons are learned in their hearts. There are so many things we do not have control over, but we do have control over our own recovery. When we are ready to ask the questions or ask for help, we want change and the lesson is learned. That is when we become enlightened to a new way of living. Many times, for me "placing principles above personalities" means it's best to be silent.

To the Care of a God as We Understood Him — Do You Have a Story to Share?

We would really love to hear about your personal experience with the Higher Power of your understanding. Please put your thoughts into a short story (500 words max) and submit by the 15th of each month. I know personally I love to hear God/Higher Power stories from our members. As my sponsor says "Lucky is God's most commonly used nickname."

(cont. from prior page)

My Spiritual foundation is happier when I mind my own business. I work very hard not to rescue, enable and provoke people in my life (program and non-program people). I also remember my sponsor telling me once, "do you want to be happy or right?" I want to be happy so that means to me that I must pause and choose my battles with my sponsor's help.

"It's strange how someone we don't know can say exactly the right thing to help us with a very personal situation. I get the distinct impression, all the time, that through the program God is doing for us what we couldn't do for ourselves-and that no matter who we are, principles are more important than personalities."

—Courage to Be Me —Living With Alcoholism, p. 261

— In Service, Susan C., Friday Night Fellowship

We're Back! District 9 Will Host AFG 17th Annual Winter Workshop



After an agonizing two-year break due to the Covid-19 pandemic, District 9 is again hosting our **ANNUAL WINTER WORKSHOP**. It will be held **Friday, January 6**, and **Saturday, January 7, 2023**.

The location: **Arlington United Methodist**

Church (Fellowship Hall), located at 3770 McKelvey Rd, Bridgeton, MO 63044. Our guest speaker is Aaron J. from Charlotte, NC. He will share his story Friday evening, and on Saturday he will speak on the topic "Unity with the Twelve Traditions."

Friday the doors will open at 6:00 PM for registration and fellowship. The workshop will begin at 7:00 PM. On Saturday morning the doors will open at 8:30 AM with the workshop beginning at 9:00 AM and ending at 1:30 PM. Due to lingering Covid-19 restrictions, we do not have access to the whole building, so we will forego the breakout sessions this year and remain in the main room for the workshop. We will, however, have time for individual sharing on the topic on Saturday.

Another difference this year is that in lieu of the chili/soup luncheon, we will offer **McAlister's box lunches for \$11.00 that should be ordered and paid for in advance with registration**. This will include a sandwich (choice of turkey, ham or veggie), chips, pickle, and cookie. There will not be box lunch purchases available the day of the workshop. Of course, participants can choose to bring their own lunch or go out to pick something up. We will provide coffee, hot tea and bottled water to participants at no charge. We do have access to the gym and will have tables and chairs set up for eating lunch and enjoying fellowship.

Greg from Action Audio will be on hand to record the event, and recordings will be available for purchase. Also, Al-Anon Conference Approved Literature will be available for purchase from the St. Louis AIS Office.

We will also have a 7th Tradition Basket Raffle. If you or your group would like to donate a basket for the raffle, contact Peggy J. at (314) 302-9011. You may also send a monetary contribution to Peggy and she will make a basket. Mail checks payable to **District 9 AFG** and send to **3334 Cavan Drive, St. Ann MO 63074**. Or you can make a basket and Peggy will come pick it up. All basket donations are greatly appreciated!

A link to the workshop registration flyer is at the end of this article. Early registration fee is \$7 for adults and \$2 for Alateens. Registrations made after December 15th or at the door will be \$12 for adults and \$5 for Alateens. Registration forms and checks can be mailed to: **Mary R., Winter Workshop, 2106 Northern Limits Drive, Florissant MO 63031**.

For more information, or to volunteer to help, contact Kris M. at (314) 277-4811, or click the link below to access the flyer. We missed all of you and hope to see you all again at our workshop!

— Betsy M., District 9

[Unity with the Twelve Traditions Flyer](#)

International Convention Registration!



Dear Al-Anon Members,

We are excited to tell you that registration for the 2023 Al-Anon International Convention is open. Please see below for details.

WHEN: June 29 – July 2, 2023

WHERE: Albuquerque NM

While it is possible to register safely and securely using a smart device (smartphone or tablet), the user experience is

not optimal. So, for best results, we recommend using a laptop/desktop computer. We ask that you share this message with other members.

The registration fees are as follows:

- Prior to January 11, 2023 **-\$175**
- Prior to May 10, 2023 **-\$200**
- After May 10, 2023 **-\$225**

This registration includes access to the following events:

- **The Party in the Plaza** (Thursday night)
- **International Big Meeting**, including the Language of Love Parade (Friday morning)
- **Family Big Meeting** (Saturday night)
- **Spiritual Big Meeting** (Sunday morning)

You have a choice of many sessions throughout the event. Following are available add-ons (additional fee):

- **Day of Connecting** (All day Thursday), Speakers and workshops celebrating service, the third leg in our recovery– \$55 includes lunch.
- **Trailblazer's Breakfast on Route 66** (Saturday morning), a Speaker meeting celebrating Trailblazers throughout Al-Anon's history including those still trailblazing today– \$75 includes breakfast.

Al-Anon Room Block:

- The Al-Anon program will be held at the Convention Center, with one evening session occurring at the connected DoubleTree hotel.
- The A.A. program will be held in The Clyde hotel directly across the corner from the Convention Center.
- Al-Anon has negotiated reasonable room rates that are dependent on members reserving housing through the International Convention Housing Room Block, this helps the registration fee remain as low as possible.
- The room rates range from \$124 to \$189 a night.
- Reserve your hotel room early to be close to all the action.

Register Now!

Motion 6: CRITERIA AND PROCEDURES FOR ALLOWING PERMANENT ELECTRONIC GROUPS (PEGs)

Motion Passed at MO Area Assembly-November 2022

Criteria for Permanent Electric Groups (PEGs) to Join the Missouri Area:

- The PEG must be registered with the World Service Office (WSO) and share their meeting information (including time, format, group type, and platform) with the WSO. In turn, the Missouri Area Group Records Coordinator is advised by the WSO.
- If the PEG is currently in an Area other than Missouri, the PEG must have approval from the Area that it is leaving to be considered a Missouri Area PEG.
- The Group Representative (GR) for a PEG must be a GR for only that PEG.
- The GR for a PEG must be willing and able to attend District and Assembly meetings, either in person or virtually, or send an Alternate.
- The suggested duties under the "Group Service Positions" described in the current Service Manual apply to the PEG GR.
- The PEG must maintain a Current Mailing Address (CMA) for the receipt of physically mailed correspondence (i.e., Appeal Letter) from the WSO.
- The PEG may request to join a specific Missouri Area District.



Procedures for Admitting Permanent Electric Groups (PEGs) to the Missouri Area:

- The PEG must inform the Missouri Area Groups Records Coordinator of their intent to be part of the Missouri Area via email, including the reason for requesting to join the Missouri Area.
- If the PEG is leaving another Area, the Missouri Area also requires documentation that the PEG has approval to leave the former Area.

The Missouri Area Group Records Coordinator will:

- Verify the Group's record to ensure it is currently registered with the WSO.
- Contact the WSO to ensure the transfer occurs between Areas, if applicable.
- Notify the District and the Group Representatives.
- The admitted PEG will refer to the Service Manual for structure of the Al-Anon/Alateen Fellowship (Links to Service).

— Information from the MO Area Assembly November Minutes

HAPPY HOLIDAYS



Words of Wisdom. . .

“Do the best you can until you know better. Then when you know better do better.” –Maya Angelou

“Sometimes you have to tell the negative committee that meets inside your head to just sit down and shut up.” –Tobymac#Speaklife

“A hug a day keeps your troubles at bay. A hug a night makes everything right. So I'm sending you a hug to help you cope, to give you some love, and to send you hope.” – Dr. Lin Morel

“If you cannot do great things, do small things in a great way.” – Napoleon Hill

HOLIDAY OFFICE HOURS

Christmas

Closing early (3 p.m.) on Friday DEC 23, closed Monday, DEC 26

New Year

Closing early (3 p.m.) on Friday, DEC 30, closed Monday, JAN 1



OCTOBER 2022 Revenue

District # & Meeting	Contrib.
Dist. 14 Stepping Out	✓
Dist. 14 Fresh Start	✓
Dist. 13 Fully Relying on God	✓
Dist. 09 Courage to Change	✓
Dist. 14 How AFG Works	✓
Dist. 02 Parents Path to Recovery	✓
Dist. 02 Six O'Clock Serenity	✓
Dist. 02 Care & Share	✓
Dist. 18 IL Thursday Night AFG	✓
Dist. 15 Wednesday's Child ACA	✓
Dist. 28 Just for Today	✓
Dist. 15 Sunday Serenity	✓
Dist. 15 Webster Groves Parents	✓
Dist. 15 Women's Serenity Express	✓
Dist. 14 How Al-Anon Works	✓
Dist. 02 Joe's Place	✓
Dist. 18 IL Monday Night Serenity AFG	✓
Dist. 15 Friday Night Fellowship	✓
Dist. 15 Our Gang Men's	✓
Dist. 15 Focus on Solutions	✓
Dist. 13 Hampton WSO	✓
Dist. 14 Banner Online	✓
Dist. 13 Finally Into Serenity & Hope	✓
GROUP CONTRIBUTION TOTAL	\$2,041.21
OTHER REVENUES	
Annual Appeal	50.00
Dollars & Sense	10.33
Journal Sales	60.00
Literature Sales	1,866.85
Misc. Contributions	515.05
Processing Fee Income	85.55
OTHER TOTAL	\$2,607.78
TOTAL REVENUE	\$4,648.99

PEARLS OF WISDOM CALENDARS AVAILABLE NOW

The 2023 calendars are on sale NOW!

Use this link to place your group's order:

<https://2023-pearl-of-wisdom-al-anon-calendar.cheddarup.com>

For details, Ctrl/Click on [District 13 Pearls of Wisdom Calendar](#) to access the informational flyer.

Important Links for Groups with an Electronic Meeting Location

New Al-Anon Group Registration Form Instructions For Groups with an Electronic Meeting Location

[For Groups with an Electronic Meeting Location](#)

Al-Anon Group Record Change Form Instructions For Groups with an Electronic Meeting Location

[Change Form-Electronic Meetings](#)

Al-Anon Electronic Meetings

[Al-Anon Electronic Meetings](#)

You're invited to the Al-Anon Family Groups Office
& Central Service Office!

Holiday Open House

Pot-Luck – Beverages provided- please bring a dish to share.

Where: 14 Sunnen Dr. Suite 144
Maplewood, MO. 63143

When: December 21st

Time: 3:00 – 7:00 pm.





View Al-Anon Event Flyers On-Line

Check out Al-Anon upcoming events. Just click link below:

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

then click **EVENTS** to see the flyers!

December 21, 3-7 pm — HOLIDAY OPEN HOUSE



January 6-7 — District 9 Workshop Unity With the 12 Traditions

February 11 — 2023 Spring Fling Comedy Night

April 21-23 — 2023 Spring Fling Convention

June 29- July 2 — 2023 Al-Anon International Convention

District Meetings

December 3 — District 15 Business Meeting

Newsletters

Sincerely Al-Anon

District 14 Al-Anon Sense

Missouri Round Robin

Al-Anon Fundraisers

Pearls of Wisdom Calendar

My Journey Journal

AIS Office Sustaining Support Campaign

SAVE THE DATE!

MARCH 4, 2023 — 5:00 – 10:00 PM

AL-ANON/AA POTLUCK

Basket Auction: We are asking Groups/Individual for donations

Jewelry Sale: We are seeking used/unwanted jewelry

SHREWSBURY COMMUNITY CENTER
5200 SHREWSBURY AVENUE, ST. LOUIS, MO 63119

Al-Anon & AA Speakers
for more information contact: 314-645-1572