

DECEMBER 2023



Sincerely Al-Anon ▲

STEP TWELVE

HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO OTHERS, AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS.

“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, p. 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 (one of which I have also been). 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, MO Districts, MO Area, and World Service. Like it says in the Al-Anon Declaration:

***LET IT BEGIN WITH ME
When anyone, anywhere, reaches out for help,
Let the hand of Al-Anon and Alateen
Always be there, and Let It Begin with me.***

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

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

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

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.

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

AIS Office Hours & Literature Sales

The office is open and masks are optional. 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 (**made payable to “AFG-St. Louis”**) and exact cash are also accepted at the time of pick-up. Stop in and visit us soon!

— Holiday Schedule —

The AIS Office will be closed on Monday, **December 25** and Monday, **January 1**. We wish you peace, hope, and serenity this holiday season!

TRADITION TWELVE

ANONYMITY IS THE SPIRITUAL FOUNDATION OF ALL OF THE 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

12

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 some times people need to figure things out for themselves. When Al-Anon members have their own awakening or self-realization, the lessons are learned to their heart.

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.

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

—Susan C., Friday Night Fellowship

Is Your Group Set to Welcome Newcomers in the New Year?

It is not unusual to see new faces in Al-Anon meetings after the holidays have passed, as many individuals who are suffering from the family disease of alcoholism seek comfort and hope in the rooms of Al-Anon.

Is your group set to welcome new members in the New Year? Here is some food for thought ...

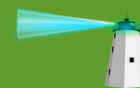
- Is your meeting information up to date on the local meeting list, local and Area websites, and at the WSO?
- Can newcomers easily find your meeting in the building? Have you considered placing signs in easy-to-spot places to direct people to the meeting room?
- Does your group have an ample supply of local meeting lists and Newcomer Packets (K-10) to distribute?
- Do you have a member to greet anyone new to the meeting?



Adding specific location instructions on your group record can be helpful as well. You can submit Al-Anon group changes online throughout the year at al-anon.org. We were all newcomers at one time and know how hard it is to take that first step into a meeting. Simple tips like these can help those who still suffer find us and feel welcome.

Public Outreach Beacon

. . . Greetings to all from YOUR PO Team!



Want To Try Public Outreach? District 2 Did It!

An Al-Anon group member wanted to bring Al-Anon and Alateen information to a nearby treatment center and IOP (Intensive Outpatient Program) in District 2. This member, Diane T., organized folders containing basic Al-Anon (photo, top right) and Alateen (photo, bottom right) information. Note: this literature is all available at our AIS office.

The folders were shared with approximately 16 case managers at the two facilities who work with recovery clients. Now these case managers will have a better understanding of alcoholism and how it affects individuals and families of the population they serve.

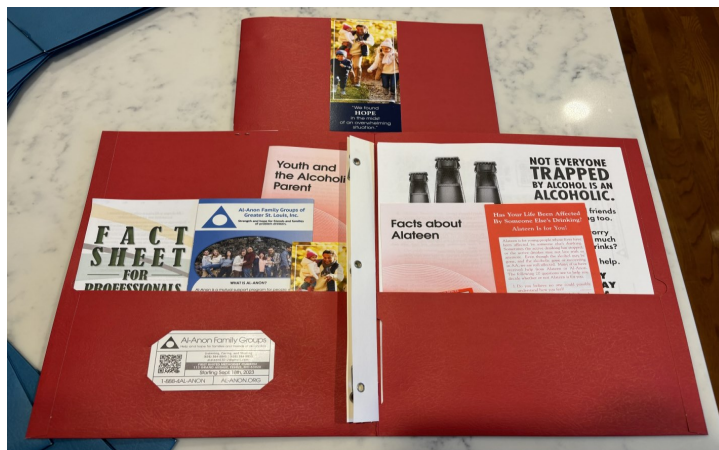
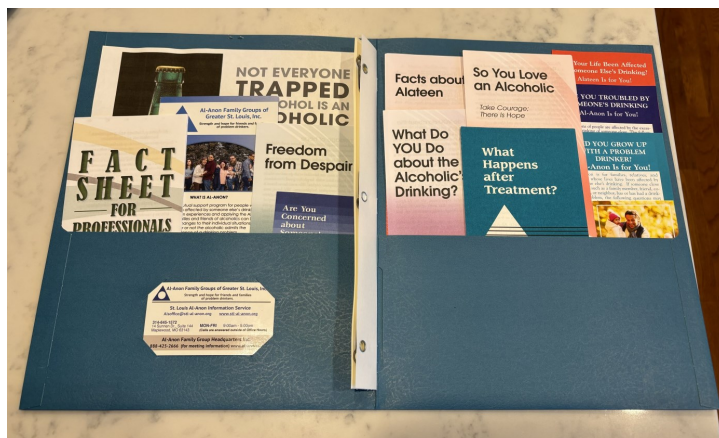
District 2's outreach has also increased the number of literature displays in the waiting area of one of the treatment facilities. This contact has inspired regular Al-Anon and Alateen informational meetings complementing the AA inpatient informational meetings held at the facility. In the future, District 2 plans to participate in "Lunch and Learn" gatherings for the staff by providing guest speakers.

The AIS Public Outreach Committee partially funded the purchase of literature used in the folders for the case managers at the treatment facility. Is there a treatment facility in your District? Perhaps your group can provide literature at a facility? If interested, the Public Outreach can help your District develop a plan.

Doing outreach is gratifying and exciting! Be a part of Public Outreach Committee and you too will know the excitement of sharing the message of Al-Anon!

Call the AIS office (314-645-1572) for contact information and *"let the hand of Al-Anon/Alateen always be there — and let it begin with me!"*

— PO Committee



Al-Anon Display at Fall Classic Helps Spread the Word

Take a look at the amazing Al-Anon table (at left) which was on display at the recent Fall Classic. Along with selected pamphlets (CAL), copies of the The Forum and other useful handouts were available to everyone who stopped by. In addition, a storyboard detailing the history and growth of Al-Anon drew a lot of interest.

Thanks to all of our outstanding Al-Anon volunteers who put in their time and energy to make this possible. This is an example of Public Outreach at its best!

“Making Crisis Work for You” 2024 District 9 AFG 18th Annual Winter Workshop January 5-6, 2024



We are pleased to announce our **18th Annual Winter Workshop**. It will be held **Friday, January 5th**, and **Saturday, January 6th, 2024**. The location is the same as in the past: Arlington United Methodist Church (Fellowship Hall), located at 3770 McKelvey Rd., Bridgeton MO 63044.

Our guest speaker this year is Juanita U. from Santa Fe, NM. She will share her story Friday evening, and on Saturday will speak and lead the workshop on the topic “Making Crisis Work for You”. We are grateful she will be sharing her experience, strength and hope with us.

- The doors open Friday at 6:00 PM for registration and fellowship, and the workshop begins 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.
- We will not have break-out sessions, but there will be time for audience participation/sharing on Saturday.

We will break for lunch on Saturday. Attendees may pre-order and pre-pay \$11 for a box lunch from McAlister’s along with their registration. No box lunch purchases will be available the day of the workshop. The lunch will include a sandwich (choice of turkey, ham or veggie), chips, pickle, and a cookie. We will provide coffee, hot tea and bottled water to participants at no charge. Of course, participants can choose to bring their own lunch or go out to pick something up. 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, a table with Al-Anon Conference Approved Literature will be available to purchase.

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. Or you may send a monetary contribution to Peggy, and she will make a basket. Mail checks payable to:

District 9 AFG, 3334 Cavan Dr., St Ann, MO 63074. All Basket donations are greatly appreciated!


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:

Teresa K., Winter Workshop, 2327 Kenosha Ave., St. Louis, MO 63114

For more information, or to volunteer to help, contact Kris M. at (314) 277-4811.

We are so happy to host this outstanding event of recovery and fellowship again, and truly hope to see you all there!


—Betsy M., District 9



District 9 Al-Anon Family Groups (AFG)
18th Annual Winter Workshop
January 5 & 6, 2024

Making Crisis Work for You

Speaker: Juanita U.
from Santa Fe, NM



Saturday: McAlister's Box Lunch includes: Sandwich, chips, pickle, and cookie (must pre-order & pre-pay by 12/15!) Or Bring your own lunch

Coffee, Hot Tea & Bottled Water Provided

Arlington United Methodist Church Fellowship Hall
 3770 McKelvey Road
 Bridgeton, MO 63044
Accessible Facility

7th Tradition Basket Raffle!
 Contact Peggy J at (314) 302-9011
 or pcj4dpt@sbcglobal.net to donate a basket or to make a donation

AIS Al-Anon Literature Sales!
 Workshop Recordings by Action Audio!

Friday, January 5, 2024
 6:00 PM- Registration & Fellowship
 7:00 PM- Speaker: Juanita U.- Her Story

Seating is limited to 225.
 Pre-registration is strongly encouraged!

Saturday, January 6, 2024
 8:30 AM- Registration & Fellowship
 9:00 AM- 1:30 PM- Workshop

For more information, contact Kris M. at (314) 277-4811

To register for workshop and to order lunch, please complete the form below. **Make checks payable to: District 9 AFG**
 and mail to: Teresa K., Winter Workshop, 2327 Kenosha Ave, St. Louis, MO 63114

Workshop and Lunch Registration		Qty	Cost Before 12/15	Cost After 12/15	Total
If ordering a McAlister's box lunch, indicate choice below by checking T (Turkey) <input type="checkbox"/> H (Ham) <input type="checkbox"/> or V (Veggie) <input type="checkbox"/> <i>Saturday Box Lunch- Must Pre-Order & Pre-Pay by 12/15/23</i> <i>Make checks payable to District 9 AFG</i>					
Name: _____ Ph # _____ Adult: ____ Email: _____ Al-Ateen ____ Box Lunch? Yes <input type="checkbox"/> Choice: Turkey <input type="checkbox"/> Ham <input type="checkbox"/> Veggie <input type="checkbox"/> No lunch <input type="checkbox"/> <i>Box lunch must be ordered and pre-paid by 12/15.</i>	—	—	\$7	\$12	—
	—	—	\$2	\$5	—
	—	—	\$11	N/A	—
Name: _____ Ph # _____ Adult: ____ Email: _____ Al-Ateen ____ Box Lunch? Yes <input type="checkbox"/> Choice: Turkey <input type="checkbox"/> Ham <input type="checkbox"/> Veggie <input type="checkbox"/> No lunch <input type="checkbox"/> <i>Box lunch must be ordered and pre-paid by 12/15.</i>	—	—	\$7	\$12	—
	—	—	\$2	\$5	—
	—	—	\$11	N/A	—
Name: _____ Ph # _____ Adult: ____ Email: _____ Al-Ateen ____ Box Lunch? Yes <input type="checkbox"/> Choice: Turkey <input type="checkbox"/> Ham <input type="checkbox"/> Veggie <input type="checkbox"/> No lunch <input type="checkbox"/> <i>Box lunch must be ordered and pre-paid by 12/15.</i>	—	—	\$7	\$12	—
	—	—	\$2	\$5	—
	—	—	\$11	N/A	—
Total Amount Paid					

Quotes for December

Your mind will answer most questions if you learn to relax and wait for the answer. —William S. Burroughs

Life is 10% what happens to us and 90% how we react to it. —Charles R. Swindoll

Wellness is a connection of paths: knowledge and action. —Joshua Welch

Trust in your deepest strength of all: to be present, to be wakeful. —Jon Kabat-Zinn

The soul should always stand ajar, ready to welcome the ecstatic experience. —Emily Dickinson

Now is no time to think of what you do not have. Think of what you can do with what there is. —Ernest Hemingway

An opinion should be the result of thought, not a substitute for it. —Jeff Mallet

October 2023 Revenue

District/Meeting	Contrib.
Dist. 14 Women in Recovery AC	✓
Dist. 09 District 09	✓
Dist. 15 Lifeline	✓
Dist. 15 Wednesday Winners	✓
Dist. 15 Friday Night Fellowship	✓
Dist. 15 Spiritual Winners	✓
Dist. 14 Wonderful Possibilities	✓
Dist. 15 Webster Groves Parents	✓
Dist. 02 Care & Share	✓
Dist. 18 IL Monday Night Serenity	✓
Dist. 15 Our Gang Mens	✓
Dist. 13 Eureka Sunday Sanctuary	✓
Dist. 14 Easy Does It	✓
Dist. 15 Women's Serenity Express	✓
Dist. 13 Male Stumbling Blocks	✓
Dist. 02 Parents Path to Recovery	✓
Dist. 13 Fully Relying on God (F.R.O.G.)	✓
Dist. 15 Healing Steps	✓
Dist. 09 Steps to a New Life	✓
Dist. 13 Women's Strength in Unity	✓
Dist. 17 Reaching for Personal Freedom	✓
Dist. 14 Hampton WSO	✓
Dist. 09 Banner Online	✓
Dist. 02 Six O'Clock Serenity	✓
Dist. 17 Hope for Today	✓
Dist. 15 Webster Groves Adult Children	✓
Dist. 13 Backdoor AFG	✓
<i>Group Contributions</i>	3,896.78
<i>Literature Sales</i>	2,648.49
<i>Journal Sales</i>	132.00
<i>Annual Appeal</i>	75.00
<i>Dollars & Sense</i>	26.54
<i>Misc. Contributions</i>	349.13
<i>Processing Fee Income</i>	145.98
TOTAL	\$7,273.91

Al-Anon Meeting in Edwardsville is Looking for Support

Dear AFG Members,

The Edwardsville Hope for Today AFG is requesting your support. Al-Anon members are needed to attend a series of "How Al-Anon Works" Introductory Outreach Meetings. According to the 2022-2025 Al-Anon/Alateen Service Manual (page 88), introductory meetings can be held at institutions such as hospitals, treatment centers, and shelters or any other location families and friends of alcoholics gather. Attendance changes frequently. Such a meeting is not considered an Al-Anon Group and does not have its own Group Representative. Experienced Al-Anon members share the responsibility for conducting introductory meetings and inviting those in attendance to try regular Al-Anon/Alateen meetings. Al-Anon groups directly or through their District are encouraged to help with costs of literature and other expenses for introductory meetings. Members must comply with security requirements of the meeting location.

The meetings take place at OSF Saint Anthony's Health Center in Alton, Illinois on Thursdays from 10:00am to 11:15am. Contact Cherie or Paralea for additional information.

Cherie E., Hope for Today AFG, Outreach Coordinator Eye4four-got@gmail.com, Paralea R., Hope for Today AFG, CMA (618) 656-1635 paralea@sbcglobal.net



The Forum subscription order form

The voice of Al-Anon recovery—today
 Al-Anon's monthly magazine features timely sharings from Al-Anon and Alateen members, suggested meeting topics, and the latest information on worldwide Al-Anon recovery. Experience and insight you won't find anywhere else!



Digital version available for purchase through your electronic media provider. Contact WSO for details.

One Year Subscription Price	Number of subscriptions per month	Number of years per subscription	Total amount enclosed
<input type="checkbox"/> U.S., Bermuda, Puerto Rico \$11 US	x _____	x _____	= \$ _____
<input type="checkbox"/> Canada, Other Countries \$23 US	x _____	x _____	= \$ _____

This subscription is: new renewal

Send this subscription to: (for Group subscriptions see below)

Name _____ Street _____

City, State/Province, Zip _____ Country _____

The above is a gift. Please send me a gift card at:

Name _____ Street _____

City, State/Province, Zip _____ Country _____

Group subscription: All Group subscriptions are mailed to the CMA address on record.

Group # _____ City, State/Province _____
 if you don't know your group # fill out the following

Meeting Place & Time _____

Payment Method: **DO NOT SEND CASH • NO C.O.D. ORDERS.**

Checks, Visa, MasterCard, Discover, and American Express accepted.
 Canadian subscription payments may be made in Canadian funds at the U.S. dollar equivalent.

Checks payable to: AFG, Inc. **Fax order:** (757) 563-1655 **On-line:** al-anon.org/forum

Mail order: AFG, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617

When using a credit card, please provide us with the following information.

Visa MC Disc Amex Phone # _____

Card Number _____ Security Code _____

Signature _____ Exp. Date _____

Please allow six to eight weeks for delivery. No refunds for subscription cancellation.

Date	Amount	Type	Order No.



View Al-Anon Event Flyers On-Line

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

<https://www.stl-al-anon.org/> then click **EVENTS** to see the flyers.

EVENTS

December 10 — Pacific Facility Holiday Potluck

2024

January 5 & 6 — Winter Workshop D-9

January 6 — Comedy Night & Potluck

April 19-21 — 2024 Spring Fling

DISTRICT MEETINGS

District 02

District 14

District 15

(If you want your District meeting listed please call the AIS Office.)

NEWSLETTERS

Sincerely Al-Anon

District 14 Al-Anon Sense

Missouri Round Robin


AL-ANON FUNDRAISERS

My Journey Journal

AIS Office Sustaining Support Campaign

Pearls of Wisdom Calendar





AA Central Services,
the EAMO Archives, and the
Al-Anon Information Office
Cordially invite you to our

ANNUAL HOLIDAY OPEN HOUSE

Saturday 12/16
2:00 P.M. TO 8:00 P.M.

14 Sunnen Drive
#144
St. Louis, MO 63143



NEW YEAR'S EVE BASH! RING IN 2024 THE AA WAY!



Join us December 31st 2023
for a great New Year's Eve gathering

- * *Pot Luck Dinner!*
- * *AA/Al-Anon Speakers!*
- * *DJ & Dancing!*
- * *Great Fellowship!*

Location: St. Luke's UMC
2761 Telegraph Rd
Mehlville, MO 63125

6:30 pm: Doors open for fellowship.

7:00 pm: Potluck Dinner (main course provided) Last name initial please bring:
A-H veggies/salad; I-Q side dish; R-Z deserts.

8:00 pm: Sobriety Countdown,
AA Speaker, Al-Anon Speaker

9:00 pm: Music & dancing in the gym
... or ... AA Alcathon in fellowship hall;
AA/Al-Anon speakers will go from 9 to
11:30 pm.

11:55 pm: Everyone be in the gym to
help ring in the New Year!

This is a 7th Tradition event. No entry fee, but a \$5 voluntary donation is greatly appreciated.



For questions or to sign up to volunteer, contact:

Tim S.: 314-403-4440
Terry S.: 314-403-9409