

# Sincerely Al-Anon

## Movement of the Hand

At one of my Al-Anon meetings, the speaker was talking about powerlessness in Step One. She said, "Just the movement of the hand." This sentence hit me as so simple, yet so profound all at once. It got me thinking how I move my hands all day long in my daily life and how the movement of my hands can aid in my recovery. By moving my hands, I can utilize the tools of recovery. My recovery is in the power of my hands. Yes, I need help and guidance to learn a new way of thinking and acting. I am learning how to move my hands towards recovery.

A home group member told me a story from her early recovery. She was fearful, but it manifested as anger. While attending a speaker meeting, she was judging the speaker harshly, and her judgment came out when she shared during the meeting. After the meeting was over, knowing my friend was a newcomer, the speaker approached her, lightly touch her elbow and said, "Please come back." That touch of a hand melted her fears and opened up her willingness for recovery. Who knew that movement of the hand so gentle would change her life forever.

Now this can be a hard one—using my hand to pick up that 500-pound phone and call my sponsor. If I can't reach my sponsor, I have been instructed to call someone else. Over time, that phone has gotten lighter and lighter. Today I enjoy speaking with my sponsor and other Al-Anon members. When I share my burdens, they are cut in half. When I share my blessings, they are doubled.

I use my hands to drive or get on a Zoom meeting. Meetings are where I hear that I am not alone. I learn how other members deal with "life-on-life's-terms."



I use my hands to pick up Al-Anon books where I discover how to work the Steps for personal changes. I learn to apply Traditions and Concepts on how to get along with other members in a group setting, and I also use them in my everyday life.

I raise my hand at a meeting when I find out there's a group task needing to be done such as chairing a meeting; volunteering to be a reader; helping set up and clean up; speaking when asked; sharing at a meeting; accepting group positions such as treasurer, secretary, group representative (GR) or intergroup representative (IR)—all of these actions bind my commitment to the group and to my recovery.

I welcome newcomers with a kind handshake or touch of the elbow. Without newcomers Al-Anon would shrivel and die. We need newcomers to keep the program fresh and new. When I help newcomers, I am paying forward what was given to me so freely.

— cont. on page 3

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**Website:** [www.stl-al-anon.org](http://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: **FEBRUARY 2 @ 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](mailto: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 and 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!



## CONCEPT TWO

*“The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.”*

*“I have learned that I gain trust by letting go of some responsibility, and giving it to someone else.”*

— *Reaching for Personal Freedom*, page 128

Each group has a Group Representative (GR) who is trusted to take decisions from the group and also make decisions when they are at the Area Assemblies. The group gives them the authority to carry out the decisions of the group. When we trust our GRs we are trusting that they will be led by their Higher Power. The other part of the service is the Delegate. They carry the message from the Area Assemblies to the World Conference. We trust the Delegate to be guided by their Higher Power and the Higher Power of the whole Conference. When the Delegates come together they are not just a Delegate for their Area but the whole of Al-Anon. We elected the Delegate because of their knowledge of the Steps, Traditions and Concepts. We trust they will make good judgments with their Higher Power and the Conference as a whole. This allows that no one person is in control. The Delegate will speak for his or her Area. In the end the Delegate who is led by their Higher Power must do what is best for the greater good of Al-Anon.

So how do I use this concept in my daily life? This shows that I do not have to do it all. It is ok to trust family and friends to carry out tasks without my interference. I trust they will get the job done, maybe not in the way I would do, but in the end all that matters is that it is completed. When I want to control I rely on my Higher Power for help. I pray for that feeling of “I can do it better” to be removed. I also use my Al-Anon tools: calling my sponsor, going to a meeting, reaching out to other members and pausing to look at myself and ask “why” or “what is the real motive behind my behavior?” By using my tools, I can get a balance in my life.



It's OK to let go and let others do and be where they are in their lives. I am working in the book *Reaching for Personal Freedom* with my sponsor and the readings and questions on the Concepts have been helpful to me in better understanding how they work. I was at a plateau a few years back and my sponsor suggested we start working in the book. Since working together in *Reaching for Personal Freedom* it has jump started my program.

***“We believe our fellowship is a spiritual society characterized by enough enlightenment, responsibility, and love for God and man to ensure that our democracy of world service will work under all conditions. We rely confidently on Tradition Two, our group conscience and our trusted servants.”***

—*Service Manual 2018-2021*, page 181

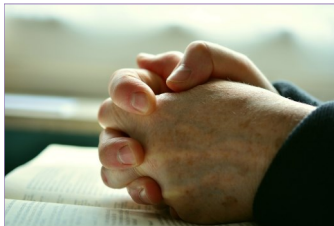
To learn more about Concept Two please see the following:

- [Reaching for Personal Freedom, pages 127-131](#)
- [Paths to Recovery, pages 255-261](#)
- [Paths to Recovery Workbook, pages 88-90](#)
- [Discovering Choices, page 263](#)
- [Hope for Today, pages 29 & 203](#)
- [How Al-Anon Works, pages 130-131](#)
- [ALATEEN A Day at a Time, Concepts of Service, page 372](#)
- [Al-Anon Service Manual 2022-2025](#)

—Susan C., *Friday Night Fellowship*

— cont. from page 1 (*Movement of the Hands*)

We all pray in different ways. Placing my hands together or on my heart helps me connect with my Higher Power. I am a visual person, so when I pray I visualize two hands holding my problems or those of the people I'm praying for. As I place the problems in God's hands, I relinquish them completely—letting go and letting God do for me for what I cannot do for myself.



Using my hands in prayer helps me to slow down, pause, and think of someone else and their burdens—which put my problems in perspective. Reflecting on my hands reminds me of the times when I hold my two toddler grandsons' hands as we walk together. With my hands of recovery, I can be in the moment with them not worrying about the outcome or what other people are thinking. Just holding hands with people I love.

Al-Anon held my hand until I could hold God's hand and let others hold mine. Thank you, God. Thank you, Al-Anon.

—In Service, Susan C., Friday Night Fellowship

## Our 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.



## In Case of Bad Weather

For the safety of our staff and 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 — and be safe!**



## 2023 Love Gifts

It's the time of the year when we as individuals, groups, or districts are thinking of how we can support our Area Delegate at the 2023 World Service Conference (WSC). In the past love gifts were comprised of homemade items, lip balms, bookmarks, etc.

The hotel will not be accepting packages addressed to the delegates as they did in the past. Also, there will not be a designated hospitality room for the attendees as provided in years before.

To help reduce hardship on the hotel and area delegates attending, the Conference Leadership Team is discouraging sending these items. Here are the new recommendations for love gifts.



1. Letters of support! The hotel will accept and distribute them to the delegates.
2. Consider making a contribution to AFG, Inc.
3. Send an encouraging email to:  
[delegate.panel63@missouri-al-anon.org](mailto:delegate.panel63@missouri-al-anon.org)

Here is some Important information for those who wish to send a card and/or letter of support:

MAILING ADDRESS:

**Delegate Name**  
**(Hold for WSC 4/20-4/23, 2023)**  
**The Founders Inn and Spa**  
**5641 Indian River Rd.**  
**Virginia Beach, VA 23464**

RETURN ADDRESS:

**Sue Kieffer**  
**415 W. Jefferson Ave. #102**  
**Kirkwood, MO 63122**

Please plan to have your cards arrive **after April 15<sup>th</sup>**. Including the return address on your envelope will help in the event that mail delivery is delayed.

Thank you in advance for cooperating with the Conference Leadership Team in making this year's conference a warm and little less stressful welcome to our Area Delegate!

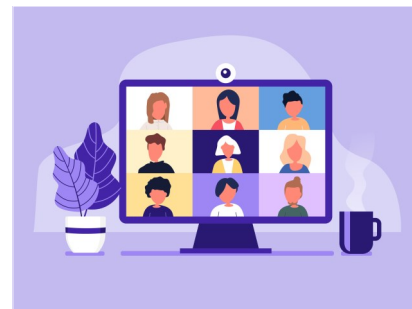
## Process For ELECTRONIC GROUPS

### Process for a group that is moving from a physical location to an electronic one:

Members submit the [Al-Anon Group Record Change Form for Groups with an Electronic Location](#) on [al-anon.org](http://al-anon.org).

AFG Records staff:

- enters the electronic meeting location in the WSO database
- notifies the AGRC of meeting location changes via the Weekly Change Report



### Process for new electronic Al-Anon group registrations:

Members submit the [New Al-Anon Group Registration Form for Groups with an Electronic Location](#) on [al-anon.org](http://al-anon.org). Only GEA and geographic Areas who have completed the process for accepting Electronic Groups are listed on the form.

AFG Records staff:

- enters and verifies the new electronic Al-Anon group registration information in the WSO database and notifies the AGRC that the registration was submitted by a member directly to the WSO
- AGRCs review the registration in read-only format on the Online Group Records application and submit any changes via email at [AFGRecords@al-anon.org](mailto:AFGRecords@al-anon.org)

AFG Records staff:

- updates the registration record and registers the new group
- notifies the Area Delegate, AGRC and DR that the group is registered
- sends a group welcome email to the CMA

### Please Note:

- WSO is not able to display electronic Al-Anon groups connected to a geographic Area at this time
- We are still working on finding the best way to adapt the current meeting search to pin the electronic Al-Anon meeting information to a geographic location
- Meanwhile, Areas can list the meetings on the Area and local websites, so newcomers and members alike can find these meetings

## ATTENTION ALL: WE ARE SEEKING VOLUNTEERS FOR THE SPRING FLING CONVENTION on APRIL 21-23.

Before we know it the Spring Fling Convention will be here and we could use your help! Volunteers are needed to help with a variety of tasks for this important annual event. **Working 1-2 hour increments on Saturday April 22** would be very much appreciated. We need help working the literature table, collecting luncheon tickets and chairing a meeting. Please call, text or email us if you are interested. Yours in service,

**Gina G., Chair 314-504-5163 [gillardi.gina@gmail.com](mailto:gillardi.gina@gmail.com)**     **Lisa V., Co-Chair 636-544-9264 [vaughanlisa66@yahoo.com](mailto:vaughanlisa66@yahoo.com)**

[Spring Fling 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**

**SPECIAL ANNOUNCEMENT:**  
New Al-Anon daily reader to debut at the convention!

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.

[2023 Al-Anon International Convention](#)

## WORDS OF WISDOM. . .

*If you see the moon, you will see the beauty of God. If you see the sun, you will see the power of God. If you see a mirror, you will see God's best creation. So believe it.*

*We are all tourists. God is our travel agent who has already identified our routes, bookings and destinations...trust Him and enjoy life. Life is just a journey! Therefore, live today! Tomorrow may not be!*  
— Charlie Chaplin

*You are never too small to make a difference.*

— Greta Thunberg

*Sometimes the most productive thing you can do is relax.*

— Mark Black

*We may encounter many defeats, but we must not be defeated.*

— Maya Angelou

*Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.*

— Marie Curie

*Our greatest glory is not in never falling, but in rising every time we fall.*

— Confucius

*Keep your face always toward the sunshine, and shadows will fall behind you*

— Walt Whitman

## DECEMBER 2022 Revenue

District # & Meeting	Contrib.
Dist. 15 Friday Night Fellowship	✓
Dist. 02 Helping Hands	✓
Dist. 13 Fully Relying on God	✓
Dist. 15 Our Gang Mens	✓
Dist. 15 Focus on Solutions Adult Child.	✓
Dist. 25 Wednesday Tranquility	✓
Dist. 15 Grateful Everyday	✓
Dist. 09 Steps to a New Life	✓
Dist. 14 Grace in AFG	✓
Dist. 09 Free to be Me	✓
Dist. 13 Women's Strength in Unity	✓
Dist. 02 Care and Share	✓
Dist. 14 Avoidance AFG	✓
Dist. 11 Sunday Night 11th Step Med.	✓
Distr. 13 Creve Coeur WSO	✓
Dist. 17 Reaching for Personal Freedom	✓
Dist. 18 IL Mon. Night Serenity	✓
Dist. 14 Southside	✓
Dist. 14 Stepping Out	✓
Dist. 28 Just for Today	✓
Dist. 09 Steps to a New Life	✓
Dist. 15 District 15	✓
<b>GROUP CONTRIBUTION TOTAL</b>	<b>\$2,366.75</b>
Annual Appeal	409.00
Dollars & Sense	84.00
Journal Sales	84.00
Literature Sales	1,926.90
Misc. Contributions	329.83
Services (shipping, etc.)	128.84
<b>TOTAL REVENUE</b>	<b>\$5,329.32</b>

### ATTENTION — NOTE REGARDING ELECTRONIC GROUP MEETINGS

IF YOUR ELECTRONIC GROUP WANTS TO BE A PART OF THE MISSOURI AREA AL-ANON/ALATEEN SERVICE STRUCTURE. PLEASE CALL THE AIS OFFICE BEFORE YOU REGISTER YOUR ELECTRONIC/ZOOM MEETING.

SPEAK WITH SUSAN (WHO WORKS TUESDAY & THURSDAY) AT 314-645-1572.

**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](#)



## 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!

February 11 — 2023 Spring Fling Comedy Night

February 17-19 — SMA-ART Weekend

March 3-5 — South Central Regional Delegates Meeting

March 10-11 — Great River Roundup with Al-Anon

April 21-23 — 2023 Spring Fling Convention

April 21-23 — CBAT (Come Be A Teen Alateen Camp), Encounter Cove, Roach MO

June 4 — Central Service AA/Al-Anon Picnic

June 9-11 — 50th Annual Kansas Al-Anon & Alateen Conference

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

### 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



March 4<sup>th</sup> Event has a new date

# Sunday June 4th

AIS Office is wanting used or unwanted jewelry  
To sell at the June 4<sup>th</sup> AA/Al-Anon Picnic

Please drop off jewelry at the  
AIS Office 14 Sunnen Dr. Suite 144- 63143



## WE NEED YOU!!!! HERE ARE MEETINGS THAT NEED SUPPORT

Please click links below to see Meeting Flyers.

[The Eleventh Steppers](#)

[Two Open Hands](#)

[Monday Night Serenity IL AFG](#)

[Wednesday's Serenity AFG](#)

The **Monday Meters** Al-Anon meeting in Pacific at 6:30p.m. is asking for help with participation. The meeting consists of reading from the Al-Anon daily readers, topics selected by the chair, reading from *How Al-Anon Works*, and soon will have guest speakers. Please consider attending and bringing sponsees or friends to support this meeting. Thanks!

["Monday Meters"](#)