

Sincerely Al-Anon

Start the New Year Off With One New Al-Anon Contact!

How many times have we given a group phone list to newcomers and encouraged them to call for information or support? Maybe you are the “Newcomer Greeter” at a meeting and share your group’s special information and phone list after the meeting. Or in chatting with a newcomer, you share how to access other meetings in the area or how to find log-on info for Zoom meetings. These are all ways of doing Al-Anon public outreach.

Recently I shared a group phone list with a few newcomers and encouraged them to call members on the list. I explained that the names on the list were there for a reason - these were people willing to take program phone calls. My experience with the phone list has been that it’s rare for a newcomer to call within 24 hours of their first meeting. They may be reluctant to reach out and make that first contact. Maybe they’re embarrassed or afraid. Or feeling they are a burden to others if they call to share what’s going on in their life. They may simply think they are taking too much of our time and talk themselves out of making the call. The reasons could be endless.

Imagine my surprise when I received a text later that evening from a newcomer I had given a list to. This person was looking for assistance as they were feeling anxious. I was able to offer support and suggest a reading from the book they had purchased at our meeting as well as encourage attendance at other meetings by checking out the local Al-Anon website.

It made me feel good the newcomer had the courage to text me. I’m not certain the

newcomer was able to connect my phone number with my face, especially since this was their first meeting. But it doesn’t really matter as I was able to make that one special connection and share information about our wonderful Al-Anon program. Being open to one contact was all it took to share the program and help make someone’s day better!

—Public Outreach

“OUR COMMON WELFARE”—NOTES FROM THE WSO

WELCOMING NEWCOMERS IN THE NEW YEAR!

Although the family disease of alcoholism never takes a vacation, the post-holiday season is a time when many individuals suffering from the family disease of alcoholism seek comfort in Al-Anon. Here are some things to think about as your group prepares to welcome newcomers for the new year...

- Is your meeting information on the local meeting list, local and Area websites, and at the WSO up to date? Is the group’s temporary electronic meeting information removed from your group record if you’re back to meeting in person? Is it current, if not?
Go to al-anon.org/temp-elc-mtg-change-form to update.
- Are signs placed in easy-to-spot places to direct people to the meeting room or specific location instructions (or, for groups meeting electronically, login and password information) included in your group record?
- Do you have a greeter to welcome anyone new to the meeting?

A welcoming checklist is also available as a free download at al-anon.org/welcomingchecklist to help you plan. Keep in mind that you can submit Al-Anon group changes at al-anon.org/update any time throughout the year.

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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: **JANUARY 5 @ 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 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!



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), lo-

cated 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](#)

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!**



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

We would 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 the month. I know I love to hear God/Higher Power stories from our members. As my sponsor says **"Lucky is God's most commonly used nickname."**

A Special Invitation for YOU!

Will You Consider Becoming an AMIAS (Al-Anon Members Involved in Alateen Service)?



Happy New Year! Time for fresh starts, and 2023 is the beginning of a new Al-Anon Panel – Panel 63 – for officers and coordinators in the Missouri Area. I'm honored to be serving as Alateen Coordinator for Panel 63. Elaine M. is the new AAPP (Area Alateen Process Person), and Sharon G. is our new Serenity Patrol Coordinator.



Missouri can't have an Alateen program without AMIAS (Al-Anon Members Involved in Alateen Service). **So, I am extending an invitation to you all to consider becoming an AMIAS.** There are several ways to serve in that capacity. Group Sponsors are actively involved in helping Alateens organize and conduct meetings. An Alateen group CMA (Current Mailing Address) sends and receives correspondence for the Alateen group. AMIAS can take turns being available for Alateen meetings. Some AMIAS provide transportation to meetings and events. Some participate in Serenity Patrol so Alateens can attend Area Al-Anon and Alateen events. (As an AMIAS, you won't be a personal sponsor for an Alateen; they sponsor each other.) For more Alateen information, navigate to <https://www.missouri-al-anon.org/about-al-anon.html>, and see the 2022-2025 Al-Anon/Alateen Service Manual (P-24/27).

The pandemic brought many challenges for all of us, and our Alateen program in Missouri has had its share of them. Participation has declined in terms of numbers of teens, AMIAS and Alateen meetings. I believe these challenges can be met, and the members of Missouri Al-Anon, of which Alateen is a part, can revitalize Missouri's Alateen program.

Here is what we need to start:

- **More AMIAS – two AMIAS should be present for each Alateen meeting. Additionally, other AMIAS are needed to help out with each Alateen group so that service does not overwhelm anyone.**
- **Alateen meetings in every district, hopefully offered at the same time as Al-Anon or AA meetings.**
- **Alateen members – a natural place to start is by reaching out to the teens you know who are affected by alcoholism. Your district may have outreach planned, so contact your DR. Of course, you can also contact Joy, our Panel 63 Public Outreach Coordinator.**

Please consider Alateen service. Send your questions to me at alateen@missouri-al-anon.org. Or, text me at 636-219-4549 with suggestions for the best time to call you and I will be happy to answer your questions.

Thank you for considering Alateen,

—Lisa G., Panel 63 Missouri Area Alateen Coordinator

What Was Discussed in the October 2022 Board of Trustees Meeting?

In the Loop—News From Your WSO
WSO@al-anon.org

[October 2022 Chairperson of the Board Letter](#)

[October 2022 Policy Committee Update](#)

[October 2022 Finance Update](#)

[October 2022 Conference Leadership Team \(CLT\) Update](#)

All Are Welcome!!!! Spring Fling Comedy Night & Potluck February 11, 2023

Join us for a night full of Fellowship, Food, and Fun!!
DON'T WAIT TO PURCHASE TICKETS! THIS EVENT SELLS OUT FAST!

Visit www.springflingsll.com to purchase your tickets.
For more information, please contact
Emily S. at 314-760-7151 or Michele S. at 314-239-3939.

SHARE THE LAUGHTER!!

[Comedy Night Flyer](#)

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).

A BLAST FROM THE AIS PAST — DECEMBER 2, 1971

Part of the beauty of our amazing Al-Anon program is that no matter where we are or when we go, we have continuity and we know what to expect. Take a look at a IR meeting report from over 50 years ago. There is great comfort in knowing that Al-Anon — will always be Al-Anon!



In attendance — 26 (including 20 IRs).

Edith C. opened the December Intergroup meeting with the Serenity Prayer and all present joined with her.

Each member in attendance introduced themselves and there were several new members in attendance.

Mary B. read the minutes of the November 11 meeting which were approved as read.

The treasurer reported a balance of \$265.77 as of November 30, 1971.

New groups include Saturday Night Cross Roads Discussion Group at St. Paul's Church in Des Peres. 1st and 3rd Saturday — Al-Anon. 2nd and 4th — Open AA.

Kirkwood AM Group is going to change their name to Glendale Al-Anon.

County Hospital Groups call on all Al-Anons to give them moral support. They meet on Tuesday night at 8 PM in building 3, Room 246. Why not get up a group and visit them?

There was also a request for Al-Anon support for the Tri-City group at Herculaneum. This group meets at our Lady of the Assumption Church Sunday nights at 6.

Lutheran Hospital Alateen has changed their meeting time to 7 PM.

Edith C. was very pleased that 18 Alateen and 6 adults are going to the Alateen Round-Up in Gatlinburg, TN tomorrow.

Jackie T. will be checking the "Where and When" for any corrections, additions or deletions which should be made before submitting to the printer. Edith will call Jackie on the bid from Jerry on the printing of the Where and When.

AL-ANON'S ACRONYMS (aka AL-ANON'S ALPHABET SOUP)

AAPP:	Area Alateen Process Person
AIS:	Al-Anon Information Service (sometimes called "intergroup")
AISL:	Al-Anon Information Service Liaison
AFA:	Al-Anon Faces Alcoholism
AFG:	Al-Anon Family Groups
AGRC:	Area Group Records Coordinator
AMAC:	Annual Midwest Alateen Conference
AMIAS:	Al-Anon Member Involved In Alateen Service
AT:	Alateen
AWSC:	Area World Service Committee
BOT:	Board of Trustees
CAL:	Conference Approved Literature
CBAT:	Come Be A Teen (MO Area Alateen Conference)
CCT:	Conference Committee on Trustees
CMA:	Current Mailing Address
CPC:	Cooperating with the Professional Community
DIS:	Day In Service (a Missouri Area event)
DR:	District Representative
GR:	Group Representative
GSO:	General Service Office
IAGSM:	International Al-Anon General Services Mtg.
ICC:	International Coordination Committee
IR:	Intergroup Representative
ISR:	Information Service Representative
KBDM:	Knowledge Based Decision Making (for an Informed Group Conscience)
LDC:	Literature Distribution Center
PD:	Procedures Digest
PI:	Public Information
PO:	Public Outreach
PSA:	Public Service Announcement
RR:	Round Robin (or Missouri Round Robin)
RSS:	Regional Service Seminar
SM:	Service Manual
TEAM:	Together Empowering Al-Anon Members
WSO:	World Service Office
WSC:	World Service Conference

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.

Register Now!

WORDS OF WISDOM. . .

When thinking about life remember this: no amount of guilt can solve the past and no amount of anxiety can change the future.
—Womenworking.com

Trust the wait. Embrace the uncertainty. Enjoy the beauty of becoming.
—Mandy Hale

The things that make me different are the things that make me.
—A.A. Milne

Today, I will choose kindness over anger.

—Unknown

Focus on the step in front of you, not the whole staircase.

—Unknown

PEARLS OF WISDOM CALENDARS ARE STILL AVAILABLE — A GREAT WAY TO START 2023



The 2023 calendars are on sale — get yours soon!

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.

NOVEMBER 2022 Revenue

District # & Meeting	Contrib.
Dist. 15 Friday Night Fellowship	✓
Dist. 14 Southside AFG	✓
Dist. 13 Fully Relying on God	✓
Dist. 15 Everyday Grace	✓
Dist. 15 Focus on Solutions Adult Child.	✓
Dist. 13 West County Club Alateen	✓
Dist. 14 How Al-Anon Works	✓
Dist. 17 Hope for Today	✓
Dist. 28 Just for Today	✓
Dist. 18 Monday Serenity Group	✓
Dist. 15 Healing Steps	✓
Dist. 02 Serenity Seekers	✓
CAF	✓
GROUP CONTRIBUTION TOTAL	\$867.75
Annual Appeal	50.00
Dollars & Sense	50.77
Journal Sales	312.00
Literature Sales	1,659.20
Misc. Contributions	1,551.00
Memorial Contributions	.00
Services (shipping, etc.)	61.93
TOTAL REVENUE	\$4,552.65



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!

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

February 11 — 2023 Spring Fling Comedy Night

February 17-19 — SMA-ART Weekend

March 12 — Alateen Super Sunday

April 21-23 — 2023 Spring Fling Convention

May 6-7 — May Assembly

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

District Meetings

January 12 — District 14 Business Meeting / Intro to Being a GR

January 18 — District 2 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