

Sincerely Al-Anon

STEP 7 — “Humbly asked Him to remove our shortcomings.”

Things to Think About

“Getting rid of layers and layers of bad feelings isn’t an overnight job. But with the help of my Higher Power, it is possible. All I have to do is ask Him. Step Seven gives me the chance to do just that.”

—Alateen a Day at a Time, p. 42

I have my list of shortcomings from my fifth step. I know that I am a fallible human being, and I will always make mistakes. One way I have accepted this is that I believe only God and Nature are perfect. My list increases awareness of my character defects, which helps me to work on them.

In some of our pasts, shortcomings were there to protect us so we wouldn’t get hurt. Or, perhaps the opposite was true—we were overly concerned about our friends and/or families, doing too much for them. We often utilized this behavior to get the focus off ourselves.

Blaming others for not doing what we wanted them to do comprised our whole basis of reality, and we failed to see it was all just our attempt to control and manipulate. These old methods block us, creating a wall against the Sunlight of the Spirit and sense of peace available to us when we work the Al-Anon program. I wanted to do things differently, which is why I came to Al-Anon. This step is an action step, inviting an awakening to new life. It can be frightening, but our gain in self-awareness is well worth the effort.

Today, I recognize warning signs that I have identified over the years in Al-Anon. When one of these crops up, it usually means a character defect/shortcoming is rearing its ugly head (or about to):

1. I feel the hair on my neck start to tingle or raise up.
2. I feel a knot in my gut (fear).
3. I start to get anxious (worry).
4. My heart beats a little fast (fear and worry).
5. H.A.L.T. I recognize I’m hungry, angry, lonely or tired.

I call these my yellow flags of warning. They remind me to PAUSE, pray and think about what is really going on with me.

First, I always look at H.A.L.T. When any of these things are out of whack, my yellow warning signals flare big time. Sometimes I need to call my sponsor or another trusted Al-Anon friend. This can help me avoid reacting with shortcomings.

Most times, I know what’s happening. The bottom line for me always seems to be that you are not doing what I think you should be doing, and I’m trying to impose on you what I think is best for you.

By employing the “one day at a time” concept, I can take my shortcomings one at a time or deal with one situation at a time. My sponsor told me once, “just when you think you mastered a character defect—in reality it just goes to the back of the line as you begin working on the next one.” Which means to me this is a lifelong learning process. Trust your Higher Power and trust the fellowship. And by diligently working the seventh step, your life does get steadily better!

(cont. on next page)

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 is: **JULY 7 @ 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 7, 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).

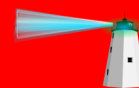
For more details please go to www.al-anon.org.com and check out our flyer. Or, email Jenny K. at panel60area31dist15@gmail.com.

We hope to see you there!



Public Outreach Beacon

. . .Greetings to all from YOUR PO Team!



Share Your Contacts to Support Public Outreach to Schools!



The Public Outreach Committee is asking for your help. As you know, our group's primary purpose is to spread the word about our program of experience, strength, and hope. In the past year, the Committee has concentrated on sharing Al-Anon/Alateen information with food pantries, clinics, doctors' offices, Community Resource Centers, libraries, and basically any site where groups of individuals seek services.

At the June PO Committee meeting, the group decided to concentrate on public outreach within schools, whether it be at the college, high school, or grade school level. For the upcoming 2022-2023 school year, the committee plans to kick-off an **Al-Anon/Alateen "Public Outreach Campaign to Schools."** Over the years, Al-Anon has developed a working relationship with a few schools at the college level where members share program details. An example of this is the social work program at a nearby college where a panel of members discuss the Al-Anon program with the students in a basic question and answer format.



Together We Can Make It

Perhaps you have contacts you would be willing to share from your place of employment or locations where you might volunteer, whether it be at a college or high school? Would you have a connection to someone who works in the counseling department at one of the nearby local schools? Do you have a link with a counselor or school group at your child's school? Maybe the school you attend has a space where we could place our popular Al-Anon poster and AFA's that are used at our local libraries and food pantries? Would you ask a school organization you are familiar with if they would like a speaker at a school function? Remember, the AIS Office always has a list of speakers who are willing to volunteer for tasks such as this.

If you feel comfortable, please share your suggestions for contacts, or make the contact yourself. Or, if you would like one of our committee members to make the initial contact, please call the AIS Office with the contact information.

Once the AIS office receives your contact information, the office staff is able to mail a sampling of informational literature appropriate for your contact. A committee member would be able to follow-up or answer specific questions.

Students at any level are learners. Wouldn't it be wonderful to share the basics of the program with them? The contact you share has the potential to influence someone's life. Consider sharing a contact and help kick off our Public Outreach Campaign to Schools. The AIS Office lines are open and waiting for your call. Thank you!

“What a Great Opportunity to Serve!”

Board Member, Public Outreach Committee, Public Outreach volunteer, Speaker's Bureau, District Representative, Group Representative, and Intergroup Representative...just to name a few



I celebrated my 10 year Al-Anon birthday on May 29 — and I do mean celebrated! Looking back 10 years helps me realize how much I've grown both emotionally and spiritually. Like many members, I was a mess when I walked into the meeting room after my son's rehab counselor suggested I attend Al-Anon. I had no idea then how my life would change! I would attend the meeting and then run out the door immediately after, hoping that no one would stop me....but I kept going back because they said "keep coming back!" Then I heard that I should get a sponsor and study the 12 Steps, so I did. Within a few years, my sponsor encouraged me to become a sponsor. I felt encouraged as I watched my sponsees embrace the Al-Anon program, too. Through the years, I became more committed to sponsoring, calling newcomers, and helping with public outreach. I even worked in the AIS Office for a while! Once again, my first sponsor encouraged me to "pray about" serving on the Board. Who me? What could I contribute?

Have you ever heard in Al-Anon that when you are asked to serve you should pray about it? And, if you are able, don't say no. I am just guessing that's because if someone believes in you, then you should believe in yourself. Two years ago I said yes when asked to serve on the Al-Anon Family Groups of Greater St. Louis Board of Directors as Secretary. I learned that my voice did matter and that others on the Board welcomed my ideas. Not every idea is acted upon and that's OK. That helps me grow and I "feel a part of" the fellowship. A bonus is that I have become acquainted with many more members outside of the groups I attend and that truly is a blessing.

Even though my son's addictions escalated in the past 10 years and he lost his life in 2021, I have been upheld by the support of the Al-Anon fellowship. I am convinced that being an Al-Anon servant has enhanced my recovery. I want to encourage anyone hesitating to serve, because you think you don't matter, that YOU do matter! Step out of your comfort zone and serve. Then some day you, too, will "celebrate" your Al-Anon birthday. If you have any questions about service please call the office at 314-645-1572.

—Mary Kay H.

A Little Collection of Wise Words. . .

Money has never made man
happy, nor will it, there is
nothing in its nature to produce
happiness. The more of it one
has the more one wants.

--Benjamin Franklin

Life goes by fast.
Enjoy it. Calm
down. It's all funny.

--Joan Rivers

You must love in such
a way that the person
you love feels free.

--Thich Nhat Hanh

Life is not meant to be easy,
my child; but take courage:
it can be delightful.

--George Bernard Shaw

Adopt the pace of nature:
her secret is patience.

--Ralph Waldo Emerson

Joy is that kind of
happiness that
does not depend on
what happens.

--David Steindl-Rast

AIS OFFICE ANNUAL APPEAL - 2022

What is the AIS Office and why does it need your support?

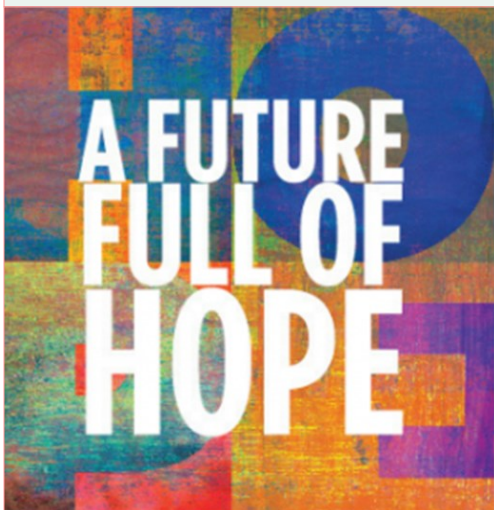
- AIS (Al-Anon Information Services Office) located in Maplewood, MO - founded in 1965 and officially incorporated in 1975 - serves St. Louis metro area including parts of Illinois.
- Services provided by AIS Office include:
 - 1) Answers inquiries from those seeking help (including after hours)
 - 2) Provides public outreach
 - 3) Information exchange hub for all regional groups
 - 4) Maintains supply of Conference Approved Literature (CAL) for sale
 - 5) Publishes monthly newsletter *Sincerely Al-Anon*
 - 6) Maintains website: www.stl-al-anon.org with updated list of meetings
 - 7) Maintains a speakers bureau
 - 8) Staffs office with regular business hours M-F
- The pandemic has caused a decrease in group contributions and a decline in overall literature sales. In addition, there have been no in-person fundraisers. This has caused the office to operate at a deficit. Funds are needed to keep the office going and maintain a prudent reserve.

YOU CAN HELP US KEEP THE AIS OFFICE ACTIVE AND THRIVING BY CONTRIBUTING! HOW?

- 1) Send a check (individual or from your group payable to AFG-STL (write Annual Appeal on the check) and mail to: Al-Anon Information Services, 14 Sunnen Drive, Suite 144, Maplewood, MO 63143
- 2) Contribute at a meeting by putting a check or cash in the AIS Annual Appeal envelope that will be passed around at each meeting.
- 3) Log on to the AIS website: www.stl-al-anon.org and click "Contribute" on the home page - it will walk you through the steps.

All Contributions Are Tax-Deductible*. Thank you for supporting the AIS Office.

**For contributions of \$20 or more, the AIS Office will email or mail donor a tax receipt.*



Would You Like to Receive the Latest WSO News?

You can learn answers to important Al-Anon related questions like:

What did the April 2022 Board of Trustees Meeting Discuss?

It's easy! Just sign up for the WSO (World Service Office) newsletter!

Click the link below and it will take you to the sign up screen.

Now you can stay in The LOOP and get the latest WSO news delivered directly to your inbox!

[In The Loop](#)



TRADITION 7

"Every group ought to be fully self-supporting, declining outside contributions."

"If you have received help, and you no doubt have, why not give to further the cause for the peace and serenity of future members."

—Anne B. Co-Founder of Al-Anon, 1958, from *Seventh Tradition Pamphlet (S-21)*

The Al-Anon program has given me a life I never dreamed I could have. So many people have helped me along the way to a path of serenity. I am truly grateful for those gifts. Remembering that without the membership and meetings, I wouldn't have been able to receive the gift of Al-Anon recovery, so I know how important it is for me to give back.

I have learned that these gifts have both a spiritual and a financial component. My spiritual component is that I volunteer my time. My parents always taught my sisters and me that if you don't have the money, give your time. This is one perspective that motivates me to be a part of service.

Here are some ways members can give time (spiritual component):

- Chair meetings
- Read at a meeting
- Greet newcomers
- Set up and clean up before/after meetings
- Be a sponsor
- Volunteer for a service position such as Intergroup Representative (IR), Group Representative (GR), or District Representative (DR)
- Help with a District event

You can also offer to give time at the MO Area and their Assembly. People who volunteer for service at the Missouri Area come from all over the state. It's a great way to meet people you would not have met otherwise and make new friends.

One of the easiest ways to be a part of service is just GO to the events. My experience with service is priceless for my recovery. I have matured emotionally by learning how to work with people and their personalities. I have become a better listener by practicing these principles in all of my affairs. By listening to others, I have learned more about the service structure of Al-Anon and how to better live my life. It is a win-win situation—simply by giving back what was so freely given to me.

The financial component is that these acts of kindness just don't magically happen. The groups need to pay for rent, literature, and an assortment of other supplies necessary to keep meetings operating smoothly. Many groups give the literature away for free, which is a fabulous way to make newcomers feel welcomed and "a part of." Contributions from the groups help with the four service entities for Al-Anon—World Service Office (WSO), MO Area, local Districts, and the Al-Anon Information Service Office (AIS Office).

When I attend in-person meetings, I try to always put a contribution in the basket. Sometimes I forget to bring cash or simply don't have it. If that happens, I just put in a little more the next time I attend that meeting. My home group meets on Zoom, and we don't have a means to donate directly to the group. Since the pandemic, I have made monthly contributions to AIS office in my group's name. As I was writing this article I realized with the District, MO Area, and WSO I need to do better. I want Al-Anon and all the service areas to continue, not just for me but for future members of Al-Anon. (UPDATE: I just donated online to the WSO and wrote checks to District 15 and to the Missouri Area in my group's name!)

When I donate to any of the Service Arms, I always put it under a group name. If you want information on how you can give a contribution, please call the AIS Office at 314-645-1572. The office staff can tell you what district your meeting belongs to and who to contact for donations.

(cont. on next page)

(cont. from prior pg.)

To contribute to MO Area, make checks or money orders payable to MO Area AFG and send to the MO Area Treasurer, Geneva Dawson (address is 3811 Patton Road, Moscow Mills, MO 63362). You may donate to WSO online at al-anon.org. You will need to include your WSO number with your contribution for your group to get credit. Ask your group's treasurer for the group's WSO number or call the AIS office. If you are attending an in-person or a Zoom meeting that collects money, ask the group's treasurer how the contributions are divided up. For more information on the Group Treasurer, see page 58 of the New Alateen/Al-Anon Service Manual.

There are many other ways to exercise the 7th Tradition, too numerous to list, including all sorts of service position opportunities. The more you lean into service, the more ways you will discover to contribute. To learn more about the 7th Tradition please read:

- Seventh Tradition (S-21)
- The Twelve Steps and Traditions (P-17)
- Twelve Steps and Twelve Traditions Alateen (P-18)
- 12 & 12 (B-8)
- How Al-Anon Works (B-32)
- Paths to Recovery (B-24)
- Reaching for Personal Freedom (P-92)

These readings offer insight into the 7th Tradition. I remind myself everyday to lead with my heart and my Higher Power. I do not want my actions or words to exclude or hurt anyone in Al-Anon or my fellow human beings.

Things to Think About

“To think of Tradition Seven as a protection for my spiritual growth is humbling and freeing. ...I now know that not only do I get to give my money and service, but I also get to receive miracles in abundance.” --Paths to Recovery, pp. 198-99

— Susan C. , Friday Night Fellowship

From A Grateful Al-Anon Member: What They Heard Through the Grapevine

- **WAIT -Why Am I Talking?**
- **Seeds of Hope**
- **Stress is thinking it needs to be done RIGHT now.**
- **Dear God, I place my trust in you!**
- **Take what you like and store the rest.**
- **Go to a meeting! Go to a meeting! Go to a meeting!**
- **Do not pick up the rope.**
- **Acceptance is not an argument.**
- **How can I start off with goodness?**
- **We carry the message not deliver it.**
- **Instead of seeing black & white I want to see in kaleidoscope vision.**

MAY 2022 Group Contributors

District # & Meeting	Contrib.
Dist. 15 Our Gang Men's	✓
Dist. 13 Fully Relying on God (F.R.O.G.)	✓
Dist. 15 Women's Serenity Express	✓
Dist. 15 Webster Groves Adult Children	✓
Dist. 15 Serenity Sisters AFG	✓
Dist. 02 One Step at a Time	✓
Dist. 13 Male Stumbling Blocks	✓
Dist. 13 Back Door Adult Children	✓
Dist. 02 Serenity Seekers	✓
Dist. 13 Spiritual Awakening	✓
Dist. 17 Go With God	✓
Dist. 14 Friends in AFG	✓
Dist. 13 Al-Anooners	✓
Dist. 15 Friday Night Fellowship	✓
Dist. 17 Climbing Higher	✓
Dist. 13 Daughters With Dignity	✓
Dist. 15 Healing Steps	✓
Dist. 10 Living Hope	✓
Dist. 18 Illinois Monday Night Serenity	✓
Dist. 28 Just for Today	✓
AIS Office Dollars & Sense	✓
Guest	✓
TOTAL CONTRIBUTIONS	\$1,615.91

OTHER

May Annual Appeal	\$ 60.00
Literature Sales	\$1,649.50
Journal Sales	\$ 228.00
Misc. Contributions	\$ 803.30

Would You Like to Write Something for Sincerely Al-Anon?

Guidelines are: we reserve the right to publish or not publish submitted material due to content and/or length, and in accordance with the Three Legacies & the Principles of Al-Anon, all submissions will be reviewed for typos and/or grammatical errors, articles should be 300 words or less; deadline is the 15th of the month at noon.

My Service Inventory/My Service Journey

"Service and recovery...are not independent of each other. Both are part of the spiritual awakening that continues to guide us. The more willing we become to practice all of this program, the more progress we can make in recovering from the effects of another's alcoholism and in living our lives more fully."

— *When I Got Busy, I Got Better [P-78], p. 2*



The information in this article is from a worksheet that was designed to guide you through your thinking process as you consider what's next on your service journey. Participating in a service role helps with recovery and improves relationships (from Missouri Area Day In Service, June 11, 2022).

Service Participation Inventory (answer questions that apply to you):

- What is service in Al-Anon?
- Have I been involved in service without knowing it at the time?
- What Al-Anon service positions have I held so far?
- What do I know about myself that led me to take these positions?
- Did another Al-Anon member/Sponsor encourage me?
- Did I know everything about fulfilling the position when I started? If not, how did I gather information?
- Where do I see myself next on my service journey?
- What do I know about myself that might lead me to take on these positions?
- What do I know about these service positions?
- What life experiences could assist me in my Al-Anon service?
- How do I achieve balance while being of service?
- Am I willing to rotate out of service positions to allow others to participate?
- How do I prevent myself from becoming dominant in service?
- Can I ask for help when I need help in service?
- What do I see as the pros and cons about these positions? (Write the service position name and a list of pros and cons.)

Questions to Consider Before Standing for the Position:

- Have I consulted my Higher Power?
- Have I consulted my Sponsor and/or Service Sponsor?
- Do I need to consult my family before making a decision?
- Do I need to consult my employer?
- Do I understand the duties of the position I'm interested in standing for? Do I know who to ask or what resources/references are available to increase my understanding of these duties?
- Am I ready to make an informed decision?
- Am I ready to make a commitment to this service position to the best of my ability?

Finding Ourselves Through Service:

Sometimes doing the right thing feels uncomfortable. Service gives us the opportunity to practice the principles of the Al-Anon program as an Al-Anon family. We learn to work through our fears and move out of isolation.

(cont. on next page)

(cont. from prior pg.)

- What fears do I have about taking on a service position? Who can I discuss my fears with? Some examples of fears might include: fear of success, fear of taking on responsibility, fear of criticism, fear of rejection
- How can service work decrease isolation?
- Do I understand that I am not alone in any service role?
- How can service work increase my understanding of the Al-Anon tools?
- How can we play and have fun while doing service?
- Am I able to trust that service will be a positive growth experience for me?
- Do I realize that I do not have to be perfect in the service position?
- What positive qualities do I contribute when I interact with others?
- What can I learn about myself from a point of view that differs from mine in service?
- How do I practice prudence of time and energy?
- Do I allow people to become comfortable in service in their own time?
- Am I reliable and trustworthy?
- Am I able to presume goodwill when participating in service?
- Do I take responsibility for my own feelings?
- How can I apply the spiritual principles of the program during conflict resolution?
- How do I fulfill my "primary spiritual aim" through service work?
- Am I flexible and open-minded in service interactions?
- What does "common welfare" mean to me?

Group, District, AIS/LDC or AWSC Service Inventory:

"Good personal leadership at all service levels is a necessity..." —Concept Nine

Are the current service positions meeting the needs of the group, District, Al-Anon Information Service (AIS), Area World Service Committee (AWSC), or Assembly? If not, do they need to be re-evaluated?

- Are some service positions easier to fill than others? Why?
- Is there a new service position or structure we need to envision?
- How are we evolving in the way that we are thinking about service?
- Are we willing to change current term limits for positions?
- Are we sharing experience with groups, AWSCs, Districts, other Areas, and Coordinators?
- How are service positions filled? Do we encourage members to stand for positions?
- Have we established a system for mentoring/supporting members in service?
- How often do we review service position descriptions and requirements? Are they clear?
- Are Groups, Districts, AIS Offices, and Areas conducting inventories regularly?
- What are the consequences of unfilled service positions?
- Am I willing to share this with God, myself, and another Al-Anon member in service?

— 2022 WSC Encourage Service Participation Task Force

For additional information about service, please click on the links below:

[Alateen Service e-Manual](#)

[2022-2025 Service Manual](#)



You Can View Al-Anon Event Flyers from Our Website!

Instead of including pdfs of the event flyers in *Sincerely Al-Anon*, please go to
<https://www.http://www.stl-al-anon.org>
 to see flyers for these events:

- July 9 — District 25 Workshop
- July 16 — Coffee Talk Breakfast Potluck-Blueprint for Progress AFG
- July 14 — Writing Workshop
- July 29–31 — MO State Convention
- July 29–31 — Stepping Stones at MO State Convention
- 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 Ozark Convention
- August 21 — Ice Cream & Serenity Event, District 13
- August 27 — Area World Service Committee Meeting Agenda
- August 27 — 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 15 — District 25 Serenity Walk
- November 10 — District 14 Business Meeting & Workshop
- District 15 — Business Meeting Dates
- District 14 — June/July Newsletter
- New Meeting — “Monday Meters”
- We're Back!! — “Dreams to Reality” Alateen Meeting