

Sincerely Al-Anon

CONCEPT 6

THE CONFERENCE ACKNOWLEDGES THE PRIMARY ADMINISTRATIVE RESPONSIBILITY OF THE TRUSTEES.

“The Right of Appeal and Petition aim to protect and make the best possible use of minority feeling and opinion.”

—Reaching for Personal Freedom, page 145

When I first read this concept, I thought this was way over my head. I broke it down into parts. Why can't I do everything?! In many of our lives we have been the responsible one. We thought we were doing good but in reality, we were rescuing, enabling, and provoking. We were not allowing sick people in our life to be responsible for their own actions. The Al-Anon program allows us to give them the dignity to make mistakes. I have to admit that most of the time when I was rescuing, enabling and provoking, I was doing it because I was afraid of what people would think of me and our family. It was my EGO. My sponsor told me that stands for Easing God Out.

As the delegates at conference share their voices (representing Al-Anon members), discuss, and make decisions, they know that once the decision has been voted on it is the responsibility of the Trustees to be the primary administrators of the decision of the delegates. We trust the delegates to be our voice and now we trust the Trustees to follow through with said decision by the delegates.

Concept Six teaches us to share the work responsibilities. I can use this system at work by letting co-workers do their jobs. We all have our own tasks and my job is not doing their job. I have enough to do without doing for others. This also applies to my home life. I worked really hard to not criticize my children when they did not do what I thought was best. They have their own journey. My children are now grown, but many times while they were growing up, I would call my Sponsor. She would say, “you bite that tongue until you get a callous on it.” That one statement has saved me from having to make many amends and having hurt feelings between myself and my children.

Concept Six teaches me to trust others. I have my own Higher Power and I have to trust others' Higher Power will do their job. I do not have to know everything everyone is doing. When I focus on myself and not what others are doing, I am living in the present. When I'm in the moment I am able to feel the sunlight of the spirit. I am open to hearing my Higher Power. When I'm caught in others' drama, I can't hear my Higher Power which is not a healthy way to live. Al-Anon gives me the tools to be a healthier person to navigate this crazy world of ours. Thank you, Al-Anon, Thank you Higher Power.

“With the practice of Concept Six, I have freed myself of many things that weighed me down. I wanted to know everything and do everything. I did not trust in the abilities of others. At times, due to my pettiness, I didn't ask for help. When things didn't turn out the way that I thought they should, I was frustrated.”

—Reaching for Personal Freedom, page 148

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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.

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

Public Outreach Beacon



...Greetings to all from YOUR PO Team!

Health Fair at Collinsville Middle School Was A Success!

On April 29th, members of the Al-Anon Groups of Edwardsville IL and Glen Carbon IL participated in a Health Fair at Collinsville Middle School, home to approximately 1000 students. This was the first year the fair was held post-Covid and twenty community service groups were in attendance as well as Al-Anon!

Groups of 120-130 students, ages ranging from 11 to 14 yrs. old, rotated through the school gymnasium to view the informational tables. After exploring the tables, students were encouraged to ask questions of the vendors about the products or services offered.

Members from the Thursday Night Al-Anon Family Group and Monday Night Serenity Group helped distribute several types of pamphlets, bookmarks (some of which had the QR code for access to the Teen website), as well as leaflets and wallet cards. Professional packets were given to the school nurse and staff.

The Health Fair was a success and clearly was a great example of our Third Legacy which encourages service by members in spreading the word of Al-Anon.

—Excerpted from "After Action Report" from D18L



The Missouri Area Al-Anon/Alateen Convention with AA Participation – Register NOW!

Greetings All!

Has your Higher Power given you a topic that has been on your mind and heart? Is it helping with your personal recovery? Certainly, there are many who need to hear the same message. The Missouri Area is offering you an opportunity! A chance to use your voice to share your experience, strength, and hope because that is how we help one another in Al-Anon.

The Missouri Al-Anon/Alateen Convention with AA participation will be held at Old Kinderhook in Camdenton, MO on September 22-24. It is an in-person meeting with an electronic component. As Program Coordinator, I'm asking for faithful servants to register and sign up to lead a mini-meeting.

What is a mini-meeting? Simple. If you have ever chaired a meeting in your home group, you can lead a mini-meeting. It's just like the words imply. The only difference is that you will probably get to the topic earlier because you only have 45 minutes. What is important is that *you be you*. The theme of the Convention is: COURAGE TO BE ME! So that is what you'll be doing!

Are you planning on attending on Zoom? We've got you! On Saturday, there will be 6 sessions available to host.

Other opportunities to serve are available. You can serve as a reader of steps, traditions, and concepts. You may also want to use your talents in helping in the hospitality room, at the registration table, or selling raffle tickets. If you happen to be an AMIAS, Serenity Patrol is where you'll fit very nicely. Anyone and EVERYONE can enlist themselves as greeters. The sound of "many voices, one journey" at the Convention means friendship. It's exciting and encouraging.

If you are willing to read or host mini-meetings, please email me as soon as possible so that I can schedule you and your topic before the brochures need to be printed. **Be Courageous! Step up and Serve!**

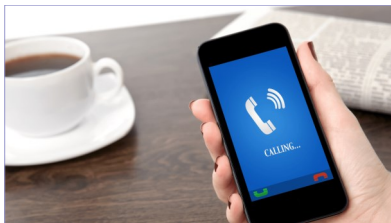
—Diane Lehr, Program Coordinator, program@missouri-al-anon.org

To register online use this link: <http://2023-courage-to-be-me.cheddarup.com>

Questions? Contact: convention@missouri-al-anon.org

Are You Being Called to Service?

ANSWERING SERVICE COORDINATOR ROLE



The Answering Service Coordinator coordinates the service and the wonderful volunteers who respond to after hours calls made to the AIS Office. They talk to people who have questions

about Al-Anon, ask for meeting information, need support, etc. Volunteers have a current Al-Anon Meeting Directory, or access to the St Louis Area website (www.stl-al-anon.org) and Missouri Al-Anon website (www.missouri-al-anon.org). These sites have the most up to date information. The Answering Service shifts are:

- **Monday-Friday: 5:00-9:00pm**
- **Saturday: 9am-1pm, 1pm-5pm, 5pm-9pm**
- **Sunday: 9am-1pm, 1pm-5pm, 5pm-9pm**

WHAT DUTIES ARE INVOLVED?

- The Coordinator ensures there are volunteers available to cover each shift.
- Trains new volunteers.
- Ensures there is holiday coverage when the office is closed.
- Is available if a volunteer may have a unique situation and needs to consult about how to handle it.
- Is the liaison with AIS Office staff to communicate about phone service issues or changes the volunteers need to be aware of (e.g., office hours change).
- Offers suggestions to the office for the daily or holiday greeting messages, as those messages apply to after hours availability.
- Provides a monthly accounting of the number of calls received, the nature of calls, and disposition by the volunteers who contacted the caller.
- Updates the volunteers regarding any changes or special requests.

This group of volunteers are all so loyal, long term and self-sufficient. Because we have pretty low activity there is not a lot of interaction. They are faithfully available to cover the shifts and when they do have activity, it is often a good 12- step call and an opportunity to pass on our message. While the numbers of calls have significantly dwindled I still feel the service is valuable.

—Respectfully Submitted, Peggy B.

If you would like to talk to Peggy about service opportunities in this area, please call the AIS Office Monday-Friday, 9am-5 pm.

Thank you!

Wise Words. . .

“Love says ‘I am everything.’ Wisdom says ‘I am nothing.’ Between the two, my life flows.”

—Sri Nisargadatta Maharu

“Until you make the unconscious conscious, it will direct your life, and you will call it fate.”

—Carl Jung

“Enlightenment is when a wave realizes that it is the ocean.”

—Thich Nhat Hanh

“The garden of the world has no limits, except in your mind.”

—Rumi

“It’s a form of human love to accept our complicated, messy humanity and not run away from it.”

—Martha Nussbaum

“Your past is just a story. And once you realize this, it has no power over you.”

—Chuck Palahniuk

“To see, we must forget the name of the thing we are looking at.”

—Claude Monet

“Give yourself a gift, the present moment.”

—Marcus Aurelius

“When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one which has been opened for us.”

—Helen Keller

“Let God’s promises shine on your problems.”

—Corrie ten Boom

“If we learn to open our hearts, anyone, including the people who drive us crazy, can be our teacher.”

—Pema Chödrön

“God whispers to us in our pleasures, speaks in our consciences, but shouts in our pains. It is his megaphone to rouse a deaf world.”

—C.S. Lewis, *The Problem of Pain*

A Million Surrenders

Recently, I heard it said by someone very well respected and involved for many decades in AA and Al-Anon, that this is a program of a million surrenders. That struck a chord with me.

The word surrender for me had a negative connotation. Growing up in New Jersey with four loving, caring, smart, talented, and very competitive brothers—surrender wasn't something done easily. And certainly NEVER without a struggle.

However, over the past four years of my involvement with Al-Anon and attending open AA meetings, I have come to understand and define surrender differently.

Webster defines "surrender":

- **To yield to the power, control, or possession of another upon compulsion or demand.**
- **To give up completely or agree to forego in favor of another.**
- **To give oneself up into the power of another, especially as a prisoner.**

Step 6 - Were entirely ready to have God remove all these defects of character.

Surrender is being ready—different for each of us, including my loved one and myself. Each of us has to decide when the time is right.

Step 3 - Made a decision to turn our will and our lives over to the care of God, as we understood him.

We can be prisoners of this disease, from either perspective—as the alcoholic or as the one being affected by our loved one's disease.

From *Courage To Change*, page 59:

“Turning over my will and my life to the care of a Higher Power (the Third Step) is an ongoing process. At first, I surrendered only the big problems. I felt I had no choice--I was clearly powerless, and my best efforts had let me down. There was nowhere left to turn except to a Power greater than myself who could accomplish what I could not.

As my recovery progressed, I came to trust this Higher Power. Today, I am pushing a deeper relationship by improving my conscious contact with my Higher Power. When I face a decision, whether it involves dealing with an alcoholic, accepting a job offer, or making plans for the evening, I ask for guidance. When I pick up the phone to speak with an Al-Anon friend, I ask that I might serve as a channel for my Higher Power's will; but I can seek greater spiritual awareness everyday by becoming willing to receive guidance.”

Today's Reminder

“Faith takes practice. I will include my Higher Power in more of my actions and decisions today.

Step Three suggests I teach myself, from this moment on, to be receptive, to open myself to help from my Higher Power.”

To give oneself over to something is an influence or course of action.

This surrender is healthy. Al-Anon can be a slow program; but it is a program of action, even if it is slow, deliberate action, including pausing and waiting to act--THAT can be the action!!

Step 11 - Praying for knowledge of his will for us and the power to carry that out. (His will NOT mine.)

From *Courage To Change*, page 269:

“Is there an area in my life that I treat as though it were too important to turn over to a Higher Power? Are my efforts to control that area making my life better and more manageable? Are they doing any good at all? I can hold on to my will until the situation becomes so painful that I am forced to submit, or I can put my energy where it can do me some good right now, and surrender to my Higher Power's care.”

"I have held many things in my hands, and I have lost them all; but whatever I have placed in God's hands, that I still possess." --Martin Luther

As I surrender my will... my pride...my desire to control things around me that are outside of my hula-hoop...my thoughts that my way is necessarily the RIGHT way—I will find PEACE AND RELIEF. Before Al-Anon and learning more about the disease, I thought that if our loved one wanted to stop drinking ...she could. Like the Nike commercial...just do it!! Easier said than done....

I have grown in my compassion and understanding. Al-Anon, my sponsor, and each of you have helped my progress on this journey.

I will continue to work on surrendering old ideas and to be open to learning and growth in facing this disease and the pain it has caused. THEN...tenderness can fill the open gaps. Healing and peace begin with surrender.

The SALVE of SURRENDER

Salve is an ointment to promote healing...something that is soothing or consoling for wounded feelings or an uneasy conscience. SALVE heals guilt.

BUT... I surrender not to the unknown, which could be frightening and uneasy. Instead, I surrender into the known...into the deep, loving embrace of my Higher Power, whom I call God. Thousands of times each day, day in and day out, small surrenders.

- Surrender the need to be right.
- Surrender doing things NOW, on my timetable.
- Surrender feeling the need to express an opinion or express the opinion NOW!! Or for it to be me who expresses it!!
- Surrender EXPECTATIONS—they create disappointment and hurt.
- Surrender a tone that can be heard as annoyed, angry, controlling or condescending.
- In short...surrender my will to HIS will...this is STEP 3!!

This leads to more and more serenity. May each of you be covered with the Salve of Surrender.

I Surrender

By Stefanie Brian

I will seek peace and start healing.

I will not hinder my own growth.

I will let go and let God in. I will keep reaching forward.

This is a celebration of return.

A white flag and a ticket home.



—cont. on next page

—cont. from prior page

Sweet Surrender

by Cheung-Ling Wong

How beautiful is your peace! So sweet, your gentle rest.

Such tranquility, such bliss! Such rapture, captured in sleep! That, not even a babe cradled, compares.

Not a monk in deepest reflection matches your countenance of silence and epic repose.

How sublime you've become!

That, no effigy of you suffice to that of Death's render.

And to its muse, surrender.

-- By Laurie M., Friday Night Fellowship

April 2023 Revenue

District # & Meeting	Contrib.
Dist. 15 Friday Night Fellowship	✓
Dist. 02 One Step at a Time	✓
Dist. 28 Just for Today	✓
Dist. 14 Men's Feelings AFG	✓
Dist. 18 Thurs. Night Edwardsville SO IL	✓
Dist. 02 Care and Share	✓
Dist. 15 Healing Steps	✓
Dist. 13 Choices	✓
Dist. 14 How AFG Works	✓
Dist. 02 Parents Path to Recovery	✓
Dist. 15 Webster Groves Parents	✓
Dist. 15 Serenity Sisters AFG	✓
Dist. 09 North County Parents	✓
Dist. 15 Healing Steps	✓
Dist. 15 Grateful Everyday	✓
Dist. 28 Just for Today	✓
Dist. 17 Climbing Higher	✓
Dist. 14 Women in Recovery A.C.	✓
Dist. 02 Serenity Seekers	✓
Dist. 15 Women's Sat. Steppers	✓

GROUP CONTRIBUTION TOTAL	\$3,221.87
Annual Appeal	240.00
Dollars & Sense	23.88
Journal Sales	86.00
Literature Sales	1,639.90
Misc. Contributions	715.15
Memorial Contributions	100.00
Birthday Contributions	11.00
Services (shipping, etc.)	48.35
TOTAL REVENUE	\$6,086.50

First Steps to Al-Anon Recovery



This series of podcasts is a wonderful resource for those who want to know more about Al-Anon. It will shed light on questions such as:

How does an Al-Anon meeting work? How can we participate? How do we know if Al-Anon has anything to offer us?

This series is a quick "Introduction to Al-Anon Meetings." Please ctrl/click on the link at right to access. [PODCASTS LINK](#)

Ctrl/Click at right for Al-Anon Guidelines: [GUIDELINES](#)

We would love to hear from our members about your personal experience with the God of your understanding.



Please submit your short story (max of 300 words) by the 20th of each month. I know personally I love to hear God Stories from our members.

As my sponsor says, "Lucky is God's most commonly used nickname."





View Al-Anon Event Flyers On-Line

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

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

June 10th — District 15 Picnic

June 10th — Fall Classic Trivia Night

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

July 28th-30th — AA MO. State Convention with Al-Anon participation

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

Sept. 29-Oct. 1st — Fall Classic Convention

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

GRATEFUL EVERYDAY AFG

**BABYSITTING HAS
RESUMED**

FRIDAY 7:30 PM

Webster Groves Christian Church

1320 W. Lockwood

Webster Groves, MO. 63122