

Sincerely Al-Anon

CONCEPT THREE

The Right of Decision Makes Effective Leadership Possible

“For all levels of Al-Anon service, from the group to the Conference, the authority and ability to make decision for the good of Al-Anon as a whole is found in Concept Three.”

—*Paths to Recovery, page 263*

This concept is needed for messages from the groups to get to Conference through the delegate. We have one delegate that represents MO Area 31, which encompasses the whole state. Members' participation in group consciences is important because that is how their voices get heard.

When an issue or agenda item from the World Service Office (WSO) is going to be discussed at the next World Conference, each of us has the ability to discuss it and vote on it at the group level. The group representative takes the outcome of our group conscience to the Area Assembly, where the issue is again discussed and voted on. In this way, the delegate knows how to vote for his or her area.

Once the delegate goes to Conference, she or he is a delegate of all of Al-Anon, not just MO Area 31. This is where Concept Three comes to fruition. I personally believe our Trusted Servant will do what is best for Al-Anon as a whole. Even though they came with a particular vote in mind based on the Area Assembly discussions, the delegate may get new information at Conference which wasn't discussed or brought to light at the group/area level. I know that delegates will lead with their Higher Power and do what God wants.

One of my favorite sayings is, “Trust God and trust the fellowship of Al-Anon.”

I use my Higher Power to step out in faith to trust others. My Higher Power has brought me this far, and I know my Higher Power will continually be serving my best interests. Left to my own devices—not so pretty! On a personal level, this concept helps me be open to others' points of view. When I'm at a meeting, I try to listen to the similarities and not the differences so I don't have that judgmental “I know best” attitude. I love the concepts and have learned to apply them to my everyday living. My Higher Power is included in ALL areas of my life.

“I must trust that the group has the responsibility to voice its collective opinion. The group must trust its leaders to exercise good judgement at Al-Anon business meetings. As stated in Concept Three, “We trust God, we trust Al-Anon, and we trust one another.”

—*Paths to Recovery, page 268*

To learn more about Concept Three please see the following:

- [Reaching for Personal Freedom, P-92](#)
- [Paths to Recovery, B-24](#)
- [Paths to Recovery Workbook, P-93](#)
- [How Al-Anon Works, B-32](#)
- [From Survival to Recovery, B-21](#)

—*Susan C., Friday Night Fellowship*

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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: **MARCH 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

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

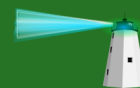
To Order Literature

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!



Public Outreach Beacon



. . .Greetings to all from YOUR PO Team!

Share the Message — Using PSA's in Public Outreach

Are you aware of the Al-Anon public service announcements (PSAs) that are available for us to use? These videos are educational and contain basic Al-Anon information. This wonderful resource is at our disposal and we can use it to help spread the healing message of Al-Anon. You can find the videos by searching for "PSA" on the Al-Anon Family Groups website (www.al-anon-org) and on YouTube. If possible, share PSAs to your social media. Just follow the guidelines shown below (from the AFG website):

Al-Anon PSAs reach hundreds of millions of people every year throughout the US and Canada, thanks to the generous commitment of TV and radio stations to offer free airplay.

While the faces and voices featured in the PSAs are those of actors, the scripts are exclusively Al-Anon in content and carry the Al-Anon message of help and hope to the public.

Members can participate by sharing the PSAs, from YouTube or al-anon.org, to their social media network. Please remember to protect your anonymity on social media by not making comments that would reveal your Al-Anon membership.



ATTENTION: Volunteer Opportunity Available at the St. Louis City Parole Office!

The Public Outreach Committee is looking for volunteers to share **monthly** at the Parole Office located near Highway 64/40 and Jefferson Ave on the **second Monday of the month at 6:00pm**.

The parolees are required to attend weekly meetings for AA and NA and now Al-Anon has been added to the rotation. You would be paired with another Al-Anon member who would act as the chairperson. The parking lot is secure and well-lit and staff employees are nearby during the meeting.

Please consider sharing your Al-Anon story and the reason you keep coming back! Call the AIS Office for more details about this important service opportunity.



[Subscribe to In The Loop](#)

Unity Prayer

I put my hand in yours, and together we can do what we could never alone.

No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower.

We are all together now, reaching out our hands for power and strength greater than our own,

and as we join hands, we find love and understanding beyond our wildest dreams.

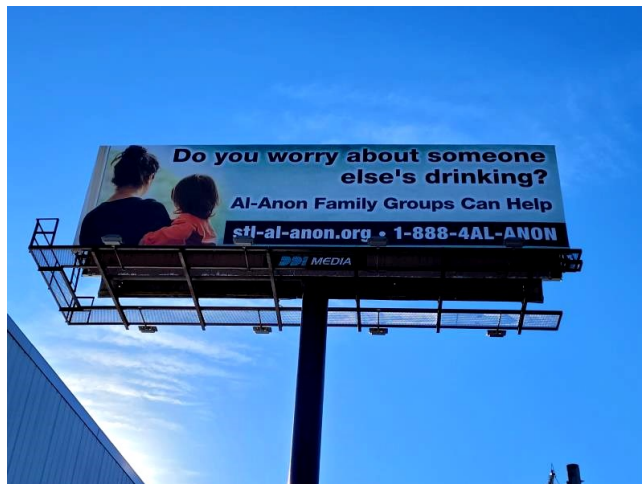
My home group closes with this prayer.

YOU CAN'T MISS THIS MESSAGE! District 14 Places Billboard in the City of St. Louis

It's UP! District 14 has successfully placed a billboard bearing an Al-Anon message of hope in the City of St. Louis. This billboard is located on highway I-70, 0.2 miles west of Salisbury/McKinley Bridge exit (1S). You can go to see it anytime!

After a year of seeking advice, planning, and fundraising, the district was able to make this happen.

The district only asks the groups therein to contribute \$12 each year for maintaining itself but when we have a special project in Public Outreach or Alateen, we ask the groups for a special donation. When asked to donate early in 2022, donations came piling in from groups and individuals.



A billboard in the city costs approximately \$1200. To raise the additional funds we needed, a paper airplane game was held at the Fall Festival and we encouraged those present to make a pledge for the billboard. More funds were raised and the \$1200 we needed was gathered. The St. Louis Intergroup considered helping us — but in the end, that was not needed.

Relying on the St. Louis Information Center's past experience in placing Al-Anon billboards in St. Louis County, a contract was signed and we are operating on faith. The billboard company chose the location and still could move our image to a more obscure place. For now, the location is a good one in a well-traveled area. It could stay in place longer than the contracted one month if no customer chooses our location. To share a bit of billboard history, a few years ago District 14 helped District 28 (Franklin County) and The Missouri Area placed a billboard on I-44 which stayed up for some years.

Thanks to all those groups and members who contributed, and to our Higher Power. Hopefully, the billboard will attract the interest of people driving by and spread the word about our wonderful program. And perhaps it will help to add members to the St. Louis fellowship!

— Laurie K., Public Outreach Chairperson D-14

STEP
3

Surrender



Made a decision to turn our will and our lives over to the care of God as we understood God

I didn't CAUSE it

I can't CONTROL it

& I can't CURE it

Making a 7th Tradition Contribution to the AIS Office in Your Group's Name

To ensure your group is acknowledged for making a contribution, the AIS Office needs the correct name of your group. Please check our meeting list to make sure you have the correct name. Here is a link to our meeting list:

<https://www.stl-al-anon.org/meetings.html>

There are three convenient options to contribute money:

Online

Go to www.stl-al-anon.org. Please use the space labeled "Message" to list your group's name.

By Check

Please write the group name on the check or include a note with the group name. Include your phone number in case we have any questions.

In Person

Just stop in at the office, and we will be happy to take your group contribution by cash or check.



If we have your group's name we will acknowledge it in our monthly newsletter, *Sincerely Al-Anon*. If the wrong name is given it causes extra work and unnecessary confusion, and your group won't get the acknowledgement it deserves.

If you have any questions, please contact the AIS Office at 314-645-1572 on Monday-Friday 9am -5pm.

Thank you to all our Al-Anon members/Groups who support the AIS Office!

STEP FOUR PRAYER

Dear God,

Please guide my pen, who or what is bothering me? What is the cause and what is the effect? What is my part and what is the solution?

—Heard at an Al-Anon meeting.

2022 World Service Conference Summaries Are Available

CONTACT INFORMATION:

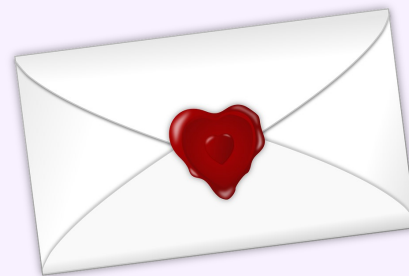
Linda Barrozo
Missouri Area 31
Literature Depot Chair
area31litdepot@gmail.com

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

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 15th**. 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!

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.

THE LANGUAGE OF LOVE PARADE

The ultimate celebration of the worldwide fellowship of Al-Anon Family Groups.

Sign-ups to participate begin mid-May 2023.

2023 Al-Anon International Convention
Albuquerque, New Mexico, USA

JUNE 29 - JULY 2, 2023



#ALANONINTERNATIONAL

al-anon.org/inter-convention

JANUARY 2023 Revenue

District # & Meeting	Contrib.
Dist. 15 Friday Night Fellowship	✓
Dist. 15 Webster Groves Parents	✓
Dist. 13 Fully Relying on God	✓
Dist. 15 Our Gang Mens	✓
Dist. 15 Focus on Solutions Adult Child.	✓
Dist. 02 Six O'Clock Serenity	✓
Dist. 13 Alanooners	✓
Dist. 17 Blueprint for Progress	✓
Dist. 15 Everyday Grace	✓
Dist. 18 Thurs. Night Al-Anon SO IL	✓
Dist. 13 Women's Strength in Unity	✓
Dist. 15 Serenity Sisters AFG	✓
Dist. 14 Wonderful Possibilities	✓
Dist. 15 Spiritual Winners	✓
Dist. 13 Spiritual Awakening	✓
Dist. 15 Lifeline	✓
Dist. 09 Banner Online AFG	✓
Dist. 14 Powerless Rangers IL	✓
Dist. 09 Freedom Friday AFG	✓
Dist. 02 Joe's Place	✓
Dist. 15 Womens Serenity Express	✓
Dist. 18 Monday Night Elm St. IL	✓
Dist. 15 Hope and Fellowship	
Dist. 28 First Day Al-Anon Group	
Dist. 14 How Al-Anon Works	
Dist. 14 Hampton WSO	
Dist. 15 Women's Path to Recovery	
Dist. 2 Serenity Seekers	
Dist. 13 Male Stumbling Blocks	
Dist. 13 Solution Finders Adult Children	
Dist. 13 Men's Path to Serenity	
GROUP CONTRIBUTION TOTAL	\$3,456.00
Annual Appeal	80.00
Dollars & Sense	3.00
Journal Sales	108.00
Literature Sales	2,084.00
Misc. Contributions	1,624.00
Services (shipping, etc.)	85.00
TOTAL REVENUE	\$7,440.00

One of the highlights of every Al-Anon International Convention is the Language of Love Parade. Whether you are marching or observing, the Parade is the ultimate celebration of the worldwide fellowship of Al-Anon Family Groups.

The Language of Love Parade will kick off the 2023 Al-Anon International Convention on Friday morning, June 30, with music, displays, and costumes.

Registration to participate in the Parade will open mid-May 2023. Be sure to register for the Convention prior to that time to be notified when parade registration opens.

[Register Now!](#)

Look What's Coming This Summer!

Al-Anon's next daily reader, "A Little Time for Myself --A Collection of Al-Anon Personal Experiences" (B-34), will be making its debut at the 2023 Al-Anon International Convention in Albuquerque, New Mexico, from June 29–July 2, 2023! Just as our earlier daily readers reflected the times in which they were written, this book will represent the personal experiences and many voices of the Al-Anon fellowship as it is today.

As mentioned prior to the AFG Connects community, approximately two months prior to the International Convention the WSO will post a pre-order form for LDCs to fill out and mail or fax to the WSO. A second PDF order form will be included that LDCs can use as a template for taking orders from local groups and members.

The WSO will begin filling the LDC priority orders once the Convention begins.

Books won't be available to order through the Al-Anon Online Bookstore until after the Convention ends.





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!

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

My Journey Journal

AIS Office Sustaining Support Campaign



March 4th Event has a new date

Sunday June 4th

AIS Office is wanting used or unwanted jewelry
To sell at the June 4th 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"](#)