

Sincerely Al-Anon

STEP 11 — “Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”

“A period of meditation, every day, is necessary to spiritual development. I control these “thinking times.” If I meditate on what is good in my life, it will increase day by day and crowd out the self-pity and resentment over what I lack and what is hurting me. I will find myself able to use God’s help in managing my life in order and serenity.”
-One Day at a Time, p.126

My very first Sponsor told me early on “prayer is talking to our Higher Power and meditation is listening to our Higher Power.” Meditating can be hard for me with a mind that is flowing with a river of dysfunction. Sitting still for a period of time is frightening at first. After listening to other members and doing my own research I came to realize that, like living one day at a time, I can meditate one moment at a time.

I found an app that is for meditations. It states that it is ok when your mind wanders – just stop and bring it back to what you were doing. I also can get distracted by noises. Instead of getting upset, I listen to the noise, find the cadence and meditate to the sounds. Listening to quiet music or sounds of nature like rain, ocean waves, or walking in the snow have helped me stop my mind from going to places it does not need to go.

I start with five minutes and set a timer. I can do anything for five minutes. Some days I am better with my meditation and some days I forget to do it entirely. I must remember that it is baby steps. I am human and it is OK not to be perfect. When we were shut down from the pandemic I consistently started to meditate daily. I was told that if you meditate for six weeks a physical change happens in the brain. After the six weeks I could tell I was better. My Sponsor said she saw the change in me. I was more at peace with my surroundings.

There are many different meditation types. The following is a Centering Prayer Meditation that a friend uses:

1. Choose a sacred word that is one or two syllables (examples: faith, trust, peace, silence, ocean, love).
2. Turn off all interruptions (phone, TV, computer).
3. Set a timer with a gentle alarm for 10-20 minutes. Start out with 10 minutes and then increase to 20 minutes and eventually 30 minutes, if you would like a longer meditation.
4. Sit comfortably with your feet on the floor, close your eyes, and be still.
5. Begin by saying your sacred word to yourself and then just sit with your thoughts.
6. Do not judge any thoughts or try to stop thinking; just observe your thoughts and let them pass through your mind.

(cont. on next page)

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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: **NOVEMBER 3 @ 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 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!



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7. When you become aware of repetitive thoughts, painful feelings, or uncomfortable images or associations, simply return to your sacred word, which is your anchor.
8. Remember that this is not an exercise in concentrating or focusing your attention on something such as a prayer or a mantra.
9. When the timer goes off, say a favorite prayer, such as the Serenity Prayer, to end your meditation.

Make a commitment one day at a time to meditate for five minutes. We can all take five minutes for ourselves a day. You are worth it.

Today's Reminder

"Troubles grow bigger as we spend more and more time thinking about them. I will interrupt such thoughts with a meditation whenever their weight is too much for me. It will calm my thinking and put my difficulty into proper focus."

---One Day at a Time, page 315

—Susan C., Friday Night Fellowship

District 15 Holiday Workshop Recap

District 15 held their annual Holiday Workshop on October 8, 2022, on a beautiful day at Emmenegger Park in Kirkwood. The topic was "Conflict Resolution" and Lori H., our Area Delegate, gave a wonderful talk on resolving conflicts over the holidays (see pgs. 5-6 for her handout). We were reminded of indispensable Al-Anon tools to help handle conflicts, such as the Serenity Prayer, setting boundaries, active listening, and remembering that conflict is a normal part of relationships.... it's how the conflict is handled that makes the difference.

After Lori H.'s lead, everyone attending shared their experience, strength, and hope and received a copy of the Al-Anon pamphlet (S-71) entitled "Loving Interchange to Resolve Conflict." Some of those attending added to the fun by dressing up in a holiday costume. We are grateful to all who attended and participated to make this event a success.



In Case of Bad Weather. . .

For the safety of our staff & 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.

Al-Anon Now Has an App!

The Al-Anon mobile app marks the next evolution in Al-Anon recovery. Now, with just a couple taps in the app, English, Spanish, and French-speaking Al-Anon members and newcomers from around the world will be able to come together for Al-Anon recovery.



What it is:

- A social app for Al-Anon members to connect with one another to share our experience, strength, and hope
- A new platform for electronic meetings
- A way to connect with your Al-Anon family in private chats
- A place to create and update a digital Al-Anon Journal
- A place to stay informed on the latest information from the World Service Office (WSO)

What it is not:

- It's not a face-to-face meeting list

Just click the link below for info on this great tool!

[AL-ANON MOBILE APP](#)

Conference Approved Literature (CAL) Update

Currently out of stock:

- *Courage to Change* (B-17 large)
- *Lois Remembers* (B-7)
- *Paths to Recovery* (B-24)
- *ODAT* (B-6)
- *Survival to Recovery* (B-21)
- *Alateen Detachment* (P-73)
- *Alateen Slogans* (P-70)
- *Al-Anon/Alateen Groups at Work* (P-24)
- *Why Anonymity in Al-Anon* (P-33)

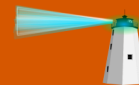
Available only as PDF:

- *New Service Manual*

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

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

Public Outreach Beacon



. . .Greetings to all from YOUR PO Team!

You're Invited to Attend a Very Special Outreach Meeting!



Every second Monday of the month, one or two Al-Anon members attend an information **meeting at the Parole Board** on Jefferson Ave. and Highway 64/40. Cathy W., Chris G., and myself attended this meeting on September 12. We met at 6 p.m. and the meeting lasted about forty-five minutes. An AA member introduced us and we each shared for about ten minutes how the Al-Anon program helped us recover from the family disease of alcoholism. About eight parolees attended. They were attentive and seemed to relate by nodding their heads. Three or four made comments and asked questions.

At the close of the meeting a small variety of literature was offered to them. They expressed their gratitude for sharing. If you're interested and willing to participate in this worthwhile meeting, contact Cathy W. through the AIS Office at 314 645-1572 and ask for the public outreach program. Love 'n service, Loretta R. — Public Outreach Committee

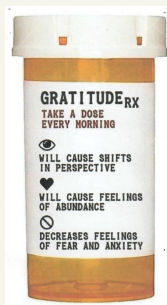
District 14 is Busy with Two Public Outreach Events!

The International Brotherhood of Electrical Workers sponsored a **Health Fair** on the morning of Saturday, October 1. This annual event provides resources for their plan participants and families. The theme for the event was "Ride the Wellness Wave." Two volunteers from the District, Chris G. and Loretta R., staffed the Al-Anon booth, giving out flyers and pamphlets to interested passers-by. The day had a celebratory feel about it and ended with a barbeque lunch.



Throughout the nation, people gathered in their neighborhoods to celebrate **National Night Out** on October 4th this year. Here in St. Louis, the Fountain Park Lewis Place neighborhood had approximately 150 to 200 people celebrating this special night in Becket Park. The festive evening event featured a magician and a bounce house for the children and music --R&B, blues, gospel and hip-hop for teens and adults. Several health-related booths were available as well as self help resources. Laurie K., Geri W., and Marge O. offered Al-Anon literature from a table set up along the sidewalk on Taylor at Page. Geri W. commented at the end of the evening, "We may have planted seeds in those who stopped and took literature, or maybe just walked by and saw the sign."

Breakfast, Coffee & Gratitude - Saturday November 12



The past couple of years have changed life in many different ways- the way we meet; the way we fellowship; the way we seek recovery for ourselves, but it seems that slowly, things are getting back to "normal." There are more in-person Al-Anon meetings happening all the time, there are more opportunities to fellowship with our fellow friends in Al-Anon (including the recent Al-Anon Convention that took place in person and via Zoom), proving that we are always looking for ways to be accessible for all.

What better time than now to let go of what may not be going how we would like and look at all that is going right? Before the craziness of the holiday season starts, take a morning and spend some time with some tasty food and a family of friends and pause to focus on all that we have to be grateful for.

The Blueprint for Progress Saturday Morning Meeting would like to invite you to join us to "break bread" and listen to a speaker share thoughts about gratitude on Saturday, November 12. I can't think of a better way to begin the end of the year than in a spirit of thankfulness. Bring a dish to share, we will provide coffee and juice. We will be so grateful to spend time with you! Please click the link below for more information.

— In Service, Val S.

[Breakfast, Coffee & Gratitude](#)

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), located 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 are 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 if you would like 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

THE "GOD BOX" BURNING MEETING

The One Step at a Time group that meets at St. Paul's U.C. C. on Tuesday evenings in Oakville passes around a "God Box" each week for members to write personal notes about things that are troubling them or to express gratitude for things for which they are grateful and then place the note in the God Box. In doing this, it represents "giving it up to their Higher Power" and releasing the worry from their minds. The box is never opened and when the box is full, it is burned by a member. Last fall and again on October 4th, the group held an outdoor meeting at the church's fire pit. During the meeting, the God Box that was filled to the brim with notes from members "Giving It Up" was burned. A member who was the speaker that night shared about the symbolism and asked members to reflect back over the past year as they watched their concerns, worries, thanks, etc., disappearing in the fire and being lifted up to their Higher Power.

—Mary Kay H., on behalf of One Step at a Time Group

Conflict Resolution for the Holidays — Just Pause. . .

From October 5, One Day at a Time:

- Saying the Serenity Prayer — there are elements in my life that I cannot change. My own serenity depends on me accepting them. The more I fight them, the more they will torment me. The Courage to Change gives me unlimited freedom to work on those elements which are of my concern.



Boundaries help with resolving conflict:

- Often times we think of conflict being with others. Mostly our conflict begins within ourselves.
- When I am hungry, angry, lonely, tired I become irritable, maybe without knowing it. I need to always look at my own needs before trying to resolve problems for others.
- Reminders of things not to do especially around the holidays:
 - I cannot heal others.
 - I cannot please everyone.
 - I don't have to continually compromise; sometimes I need to stand my ground.
 - I don't have to walk on eggshells around others; I can live my own life and fulfill my own needs.
 - I don't have to change everything about myself to please others. Real questions to ask myself are: am I happy with myself? What do I need to change? What are my likes and dislikes?

Reminders of things TO DO, especially around the holidays:

- Heal myself; continue my recovery. Go to meetings, talk to others, talk to my sponsor, do service work.
- Respect myself and my time.
- Be true to my authentic self.
- Set healthy boundaries. Do I attend events with the alcoholic trying to please them and then regret going?
- Give myself permission to leave a situation when I'm not valued. Am I able to detach emotionally if I cannot detach physically?
- Say no- and mean it and don't take it back.
- Say yes when required. I hold my commitments but can also change my mind if the situation changes for the negative.

Conflict: a disagreement where parties perceive a threat to their needs, interests, or concerns (from Loving Interchange to Resolve Conflict, S-71):

- Acceptance of the idea that conflict is a normal part of any relationship. It's how the conflict is handled that makes the difference.
 - No personal attacks.
 - Listening is an important tool. Just as we like to be heard — if the other person's thought is opposite ours, we should take time to listen.
 - Sometimes the answer to a situation may be a combination of both thoughts.
 - Seek constructive ways to solve the problem- take a break, think it out, write it out, and allow our Higher Power to enter the situation.
 - Avoid destructive methods like win/lose. Try not to dominate but to seek compromise. Be careful not to punish the other person if we do not get our way.

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- Negative ways to deal with conflict:
 - Avoid it.
 - Attack the other person.
 - Minimize the difficulty/conflict.
 - Make threats.
- Positive ways to deal with conflict:
 - Active listening.
 - Stay on topic.
 - Maintain a pleasant tone of voice and demeanor.

Communication is a huge part of conflict resolution:

Communication involves what we say and what we do not say. Our body language (facial expressions, posture, attentiveness, eye contact) can say a lot even without spoken words. Our tone of voice can make a difference and also our attitudes (from *How Al-Anon Works B-32, page 98*).

The following are five guides to communication (from *Dilemma of the Alcoholic Marriage (B-4), pages 30-32*).

1. Discuss. Don't attack.
2. Keep your voice low and pleasant.
3. Stick to the subject.
4. Listen to the other person's complaints — no need to take them personally. They are an opinion.
5. Don't make demands.

Communication during a conflict involves active listening. Here are examples of active listening:

- Stop talking.
- Show your interest in what the other person has to say. Lean in when speaking. Practice eye contact with them.
- Give the other person as much time as they need to express themselves. Do not interrupt.
- Don't mind-wander and start formulating your response while the other person is still talking.
- If you notice a resentment creeping in, be honest. Communicate that and ask for a pause to work through your resentment. Sometimes voicing your resentment (without being punitive) can help resolve the conflict.
- Take a break if you or the other person seems overwhelmed.
- Bring the slogan "Listen and Learn" with you.
- Remember to "bring your mind where your body is" (*Hope for Today, page 158*).

Concept Five: "The rights of appeal and petition protect minorities and ensure they be heard." Here are some reminders (from *Paths to Recovery, page 278*):

- Listen with consideration to everyone.
- Everyone may state their views.
- Maintain unity by respecting their views.
- Incorporating minority opinions into our discussion helps us avoid mistakes caused when we are angry, hasty, misinformed, or rigid.
- Listening to a minority voice may bring about a solution we had never thought about.
- Resolution is a solution to the disagreement --we come to a new understanding; we can agree to a new path forward; we can agree to disagree; we may find that the conflict is unable to be resolved and that's ok.

ARE WE HUMBLE ENOUGH TO GET OURSELVES OUT OF THE WAY AND LET OUR HIGHER POWER INTO A CONFLICT OR PERCEIVED CONFLICT?

What are some reminders to use to resolve conflict with yourself and others?

Words of Wisdom. . .

I haven't failed. I've just found 10,000 ways that won't work. -Thomas Edison

Happiness is not something ready-made. It comes from your own actions. -Dalai Lama

If you have a garden and a library, you have everything you need. -Cicero

Sometimes people let the same problem make them miserable for years when they could just say, so what? -Andy Warhol

It's easy to see the solution to someone else's problem, however, when one is tending to another's garden, who is tending their own? -Kip

Be yourself; everyone else is already taken. -Oscar Wilde

The difference between hope and despair is a different way of telling stories from the same facts. -Alain Botton



Thanksgiving

Closed Thursday and Friday (NOV 24 & 25)

Christmas

Closing early (3 p.m.) on Friday DEC 23, closed Monday, DEC 26

New Year

Closing early (3 p.m.) on Friday, DEC 30, closed Monday, JAN 1

SEPTEMBER 2022 Revenue

District # & Meeting	Contrib.
Dist. 13 Backdoor AFG	✓
Dist. 18 Troy Joy	✓
Dist. 13 Fully Relying on God	✓
Dist. 15 Everyday Grace	✓
Dist. 14 All Make AFG	✓
Dist. 02 Parents Path to Recovery	✓
Dist. 14 Sunshine Family Group	✓
Dist. 10 Living Hope	✓
Dist. 13 Male Stumbling Blocks	✓
Dist. 17 Journey to Recovery	✓
Dist. 28 Just for Today	✓
Dist. — Monday Serenity Group	✓
Dist. 13 Choices	✓
Dist. 14 Wonderful Possibilities	✓
Dist. 15 Spiritual Winners	✓
Dist. 09 North County Parents	✓
Dist. 14 Friends in AFG	✓
Dist. 15 Healing Steps	✓
Dist. 15 Our Gang Men's	✓
Dist. 02 Serenity Seekers	✓
CAF	✓
GROUP CONTRIBUTION TOTAL	\$2,195.60
Annual Appeal	253.00
Dollars & Sense	59.00
Journal Sales	115.00
Literature Sales	2,585.20
Misc. Contributions	622.00
Memorial Contributions	45.00
Services (shipping, etc.)	112.00
TOTAL REVENUE	\$5,986.80

— 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

TRADITION 11

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members."

"A few bad examples can give people the wrong impression about what Alateen really is. It's surprising how hard it is to change their minds. Alateen means a lot to me and I want to do what I can to attract people to it. If I take the program seriously and show what it's done for me, the message of the program will come through loud and clear and people just might like what they see and hear."

— Alateen—A Day at a Time, page 138.



When I first got into Al-Anon I wanted to yell it from the roof tops, because I was feeling so good. I knew that others would benefit from Al-Anon like I did. I called it the "Moses Syndrome." Lucky for me I didn't offend too many people before I heard at a meeting about "attraction rather than promotion." It is best that non-Al-Anon members see the change in you and ask "why or how have you changed?" When people ask a question, they are ready for the answer. That is the best time to share about our program. When we start preaching most people will turn you off. Then you are just promoting. Another way to look at it is that you may be the only person they come into contact with who attends Al-Anon. I would hate to have someone I meet in the world see me behaving badly and then they walk into a meeting and recognize me. This happened to me a very long time ago. I was at an intersection, waiting to make a left turn into oncoming traffic. To this day I don't know what I did (maybe I was too far out in the intersection?), but as the car made a left turn in front of me the driver gave me the finger. I saw that the person was a member of Al-Anon. It was a good reminder that I do have a responsibility to be kind out in the world. I never saw this person again but it made a lasting impression on me and my future behavior. I held no anger towards this person. I knew they must be having a bad day.

Another way to look at anonymity is that it keeps my EGO (Easing God Out) in check. When I have the need to overpower the conversation instead of waiting for my turn to share, or I'm talking way too much and not allowing others to be a part of the conversation, that is my EGO being loud. When I'm listening, my EGO is quiet. When my EGO is quiet I'm able to hear my Higher Power. When I'm sharing with another member and then the next thing I know the conversation turns to them, I know they are just into themselves and do not realize that I need to be heard. Sometimes people just need to be heard, without any comments from you or about your life. I always go back to the idea that we all have our own journey and it is what it is. That behavior just reminds me that we are human and we all, including me, make mistakes. That is another reason why I'm so grateful to the Al-Anon program which gives me the tools to do better.

It is pretty cut and dried for me not to break others' anonymity. Once when I was at the grocery store and saw a member who didn't acknowledge me, I just let it go. Whatever their reason was, I respected their privacy. I could tell by the way they avoided me once they saw me that I shouldn't say anything. Another time I was at a funeral of a parent I met at my children's school. When I arrived at the funeral parlor one of her college friends I saw was a member of the program. When we saw each other she ignored me. I wasn't upset. My friend introduced us and I acted like I had never met her before. With my personal anonymity I have to remember that if I listen to my Higher Power, and I have this feeling that it is the right thing to do, then I share about the Al-Anon program. I go back to my 10th Step trick — "is it kind? Is it necessary? It is true?" I have learned to apply the tradition to my personal life, not just at Al-Anon meetings. It has made me a better person and helped me to look at the world with a more loving and kinder heart.

"Tradition Eleven reminds me that I can share how I received help, but only when I'm asked. It also reminds me of the importance of respecting everyone's right to privacy. At our family meetings, I have been confronted about sharing too much about us with others. It's hard to hear, but I am learning to keep the focus on myself."

—Discovering Choices, page 280 (please also read pgs. 263, 268, and 273)

— In Service, Susan C., Friday Night Fellowship


 A graphic with a yellow brick background. A black speech bubble contains the word 'UPCOMING' in white. Below it, the word 'EVENTS' is written in large, bold, yellow letters on a white speech bubble.

View Al-Anon Event Flyers from Our Website

Instead of including pdfs of event flyers in *Sincerely Al-Anon*, you can access them via this link:

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

then click **EVENTS** to see the flyers!

November 5-6 — MO Area Assembly (Hybrid)

November 10 — District 14 Business Meeting & Knowledge Based Decision Making Workshop

November 12 — Breakfast Potluck & Al-Anon Speaker, Gratitude Theme

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

February 11 — 2023 Spring Fling Comedy Night

April 21-23 — 2023 Spring Fling Convention

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

District Meetings

November 10 — District 14 Meeting & Workshop

November 16 — District 2 Meeting

December 3 — District 15 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

PEARLS OF WISDOM CALENDARS ARE BACK FOR 2023



The calendars are **available for purchase through January 31, 2023** on CheddarUp. Ctrl/Click on the following link to place your group's order!

<https://2023-pearls-of-wisdom-al-anon-calendar.cheddarup.com>

For more details, Ctrl/Click on District 13 Pearls of Wisdom Calendar to access the informational flyer.