

Sincerely Al-Anon

CONCEPT NINE

GOOD PERSONAL LEADERSHIP AT ALL SERVICE LEVELS IS A NECESSITY. IN THE FIELD OF WORLD SERVICE, THE BOARD OF TRUSTEES ASSUMES THE PRIMARY LEADERSHIP.

“Participating in Al-Anon as a trusted servant gives me the opportunity to learn and develop good personal leadership skills, which can be used outside of Al-Anon too.”

—A Little Time for Myself-A Collection of Al-Anon Personal Experiences, p. 278



Growing up in a dysfunctional family, it was either do things my mother's way or she made your life miserable. Every time my mother got mad at me, I would hear, “I resent you...” She was the only one who could exhibit any emotions, and it was only anger that ever came out. My sisters and I were not allowed to be ourselves and learn how to get along in this world. My mother was completely focused on what others would think about her through us, which is a very common symptom of a dysfunctional family. We all pretended to be ok to the outside world.

The main factor in this story is that my father passed at a very young age. I now understand my mother's extreme behavior stemmed from fear and sadness.

Now, here I am in Al-Anon. I came here worried about what others thought of me, with low self-esteem and no self-worth. At first, I took on small service commitments—chairing a meeting, talking to newcomers, making coffee etc. I see how others are acting in these positions. Some are controlling and some go with the flow. If my code is love and tolerance for others, I need to practice that in all of my affairs.

Concept 9 gives us directions on how to work with others. Both a leader and worker bees are needed. As a leader, I am willing to do any task no matter how big or small. Once I have delegated an assignment to someone else, I must trust the volunteer will do the job. I must trust their Higher Power and my Higher Power will help get it done. I have learned in the end things always gets completed in God's time. Trusting people to do the task helps build their self-worth and confidence.

The Al-Anon program has taught me leadership skills to empower myself and other individuals. Today I am open to new ideas and suggestions. In the end we do what is best for the greater good, so we have unity and harmony. My way may not be the best way—which is okay with me today.

“In my family of origin and my marriage, the alcoholic was the leader-it was his way or the highway. In Al-Anon I learned that good leadership knows that a fine plan or idea can come from anyone, anywhere.”

—A Little Time for Myself-A Collection of Al-Anon Personal Experiences, p. 266

—Susan C., Friday Night Fellowship

MO Al-Anon Website: <https://www.missouri-al-anon.org>

WSO Website: <https://al-anon.org>

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.

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


AIS Office Hours & Literature Sales

The office is open and masks are optional. 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!



Al-Anon literature for anyone who grew up in a home affected by alcoholism.

#COA
al-anon.org

Public Outreach Beacon



. . .Greetings to all from YOUR PO Team!

HAVE YOU FINISHED READING YOUR COPY OF *THE FORUM* YET?

If so, please pass it on! The Public Outreach Committee would be very grateful to recycle your recent copies!

The Public Outreach Committee shares copies of The Forum at doctors' offices, health fairs, counselors' offices, schools, and Al-Anon sponsored events. Usually, an AIS business card is attached to the front of the magazine so readers will have contact information at their fingertips. Also, if you have a special idea for sharing your copies, please let the Public Outreach Committee know.

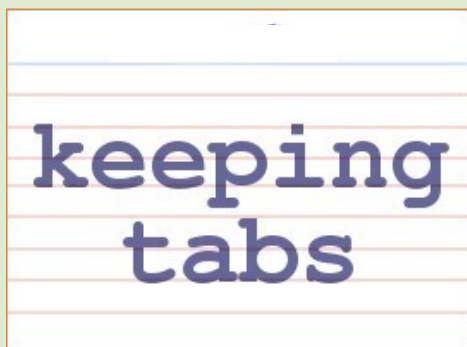
Drop off your Forum magazines to the AIS Office during business hours and our committee will gladly pass on these wisdom-filled magazines. What a wonderful way to spread the message of Al-Anon to those who need to hear it!

For more information, contact the AIS office at 314-645-1572.



Keeping TABs (Thoughts, Attitudes, Behaviors) on Myself

A friend shared recently at a meeting that the "courage to change the things I can" in the Serenity Prayer applies to changing myself, while the first line, "accept the things I cannot change" applies to everything outside my "hula hoop." She went on to say, "the only things I can courageously change are my **t**houghts, my **a**ttitudes, and my **b**ehaviors. Nothing else."



Always a fan of acronyms, this reminds me that I can only keep "TABs" on myself. Like the admonition to "stay in my lane," I become aware of my thinking and the attitudes and actions that follow those thoughts.

Just as it's easier to pull a weed before it grows into a sprawling mess, it's easier to notice the first stinking thought and deliberately think of something else, whether it's a flower or the ocean or my silly orange cats. An even quicker route to a happier frame of mind is to think of what I could be grateful for, and then become willing to feel the gratitude.

It's not always easy to catch that first thought. Sometimes I'm several thoughts down the road before I notice. But once I have awareness, then I have the choice to accept and to take action by thinking differently. It's a choice that's well worth making.

—Mary D., *How Al-Anon Works*

LET GO AND LET GOD



September QUOTES

Health is a state of body. Wellness is a state of being. *-J. Stanford*

Healing comes from gathering wisdom from past actions and letting go of the pain that created them. *-Caroline Myss*

Nobody can bring you peace but yourself. *-Ralph Waldo Emerson*

Most so-called failures are only temporary defects. *-Napoleon Hill*

A person who never made a mistake never tried anything new. *-Albert Einstein*

The morning was full of sunlight and hope. *-Kate Chopin*

Every action you take is a vote for the person you wish to become. *-James Clear*

We do not learn from experience...we learn from reflecting on experience. *-Unknown*

If you have the ability to love, love yourself first. *-Charles Bukowski*

Happiness is not a possession to be prized; it is a quality of thought, a state of mind. *-Daphne Du Maurier*

You must be the change you wish to see in the world. *-Mahatma Gandhi*

Spread love everywhere you go. Let no one ever come to you without leaving happier. *-Mother Teresa*

The only thing we have to fear is fear itself. *-Franklin D. Roosevelt*

Darkness cannot drive out darkness-only light can do that. Hate cannot drive out hate-only love can do that. *-Martin Luther King Jr.*

Al-Anon Co-Founder Anne B's Favorite Poem (from the AIS Office Archives)

One spoke a kindly word today
 When my need was sore.
 He had no way of knowing quite
 The heavy weight I bore.
 But at his understanding word
 A candle's lifted spark.
 Flared warm and goldenly to light
 My way across the dark.
 Dear God, so vital was that word
 I, too, would seek them out.
 Who wander lonely though the night
 Of fear and grief and doubt.
 Speak through me, Lord, that I may say
 The word to free and bless.
 A gentle word, a word to light
 The road to happiness.
 —Grace Noll Crowell

NOTE: Lois W. with her friend Anne B. (Nov. 9, 1899—Feb. 24, 1984) organized and registered early groups and contacts. They also named the organization "Al-Anon" in 1951-52.

NEW Al-Anon MEETING!

Grace Al-Anon Family Group in Sullivan MO

St. Matthew Lutheran Church
528 Church Street, Sullivan MO
Thursday Night — 6:30-7:30pm

Please come and join us! The meeting room is located at the back of the church through the double doors. Our group format is:

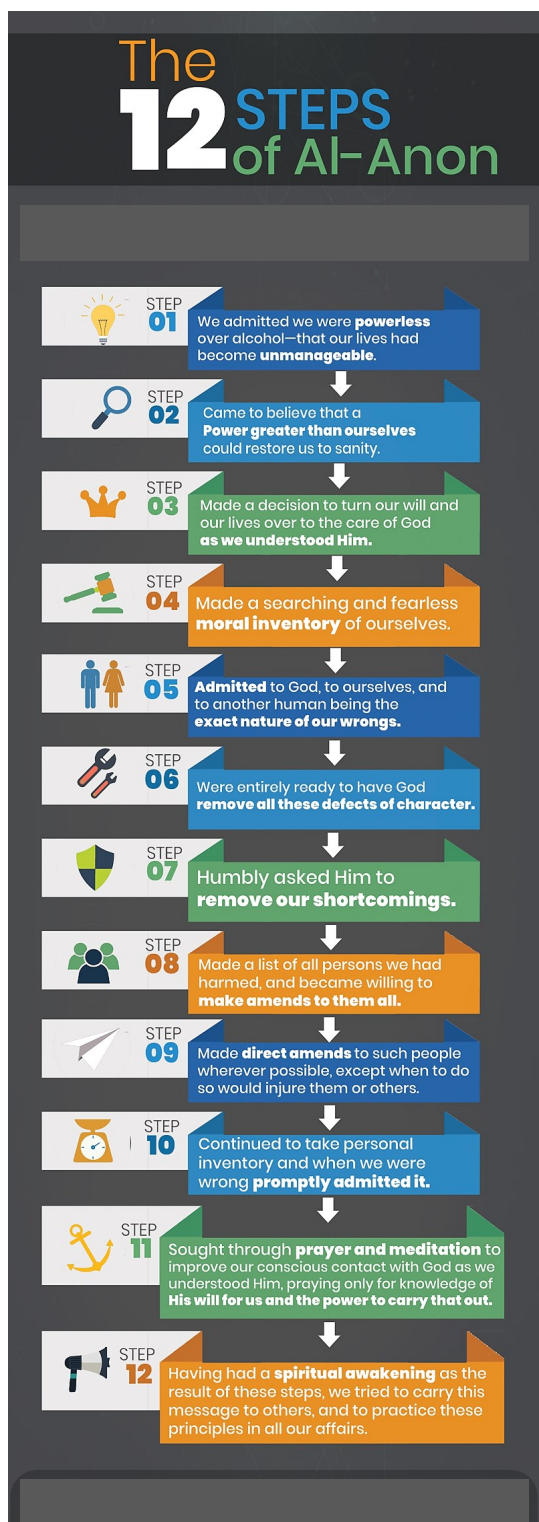
- WEEK 1: Step meeting (step of the month)
- WEEK 2: Open topic
- WEEK 3: Tradition
- WEEK 4: Speaker or topic
- WEEK 5: Open discussion/topic

We would love to have you visit. This is an easy drive down I-44, and a great service opportunity to support a new group. We look forward to seeing you on Thursday night!

ARE YOU LOOKING FOR A SERVICE COMMITMENT?

The **Answering Service Coordinator** role is open and needs to be filled. If you are looking for a service commitment, please call the AIS office at **314 645-1572** for more information.

The AI ANON WAY . . .



I found myself in a bottomless pit, of sorrow, of woe and despair when a ray of light revealed to me the steps of a winding stair.

In vain I tried to reach those steps, of myself it could not be done. When I cried for help, a voice replied, "you are standing on Step One."

Whose voice it was I could not tell, and I asked, "just who are you? Please don't go away, you are helping me." He said, "you are standing on Step Two."

I had found a friend who could help me out, I knew he could set me free. I trusted in Him, whoever he was, and he led me to Step Three.

I sat on this step and thought of myself as I never had thought before. Of my wasted life, and the harm I had done. He showed me to Step Four.

Then I said to this friend, "whoever you are, I would be better dead than alive. For I am a cheat, a liar and thief." He said "you are standing on Step Five."

"With you as a friend, a helper and a guide, I can rise from this terrible fix, I'll do as you say, if you'll lead the way." He said, "you are now on Step Six."

"I know I am not worth the help you are giving, to me it's like manna from Heaven. I'll do my best to mend my ways." He replied "you are standing on Step Seven."

"I harmed my husband, my children, my friends, but will amend before it's too late." Then the voice by my side, so gently replied, "you are standing on Step Eight."

"I will make amends wherever I can, when the power to do so is mine." Again, came the voice, more clear than before, "you are on Step Number Nine."

"I'll admit I've been wrong, but want to go right, and stand as a man among men." Again came the voice of the man of my choice, "you are now on Step Number Ten."

Then lo and behold, I had reached the top, the day was bright and fair. Then I thought of those I had left behind, in that bottomless pit of despair.

The ray of light, which came to me, and revealed the winding stair, came from a torch in the hand of a friend. I must throw my light in there.

This torch is a guide to show the way, I must see that it's always lit. With-

out this light I can easily fall, to the depths of the bottomless pit.

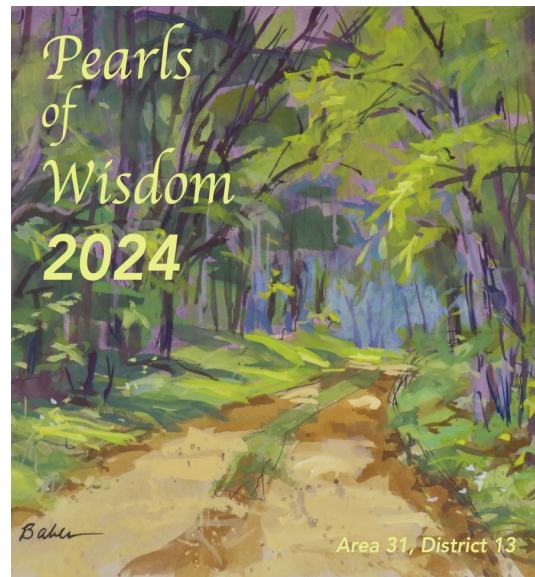
I must never forget this wonderful friend in whose joy I can now delve. He is with me each day and I hear him say, "you are now on Step Number Twelve."

— AIS Office Archives

PEARLS OF WISDOM

The Pearls of Wisdom calendar is a daily tear-off calendar. The calendar has 366 days of Al-Anon Wisdom in a "One Day at a Time" format. The calendar was the brainchild of an Al-Anon member many years ago and has become the main fundraiser for District 13 Area 31. The calendar sayings are sourced from the experience, strength, and hope spoken around the tables of Al-Anon.

The calendar cover is artwork from an Al-Anon member. The name of the calendar, Pearls of Wisdom, is derived from a Stephan Hoell quote describing how a beautiful pearl is produced from an injury to an oyster. Our experiences and injuries in life shape our character. In Al-Anon, we choose to turn these injuries into pearls by sharing our experience, strength, and hope. The calendars are available for purchase September 1 through January 31 on CheddarUp. If you live in St. Louis, please order through your calendar contact member or BE the one to offer this service.



[2024 Pearls of Wisdom calendar - Cheddar Up](#)

For questions, please email district13calendar@gmail.com

Recovery Is Possible



It wasn't easy learning to take care of myself when I first started attending Al-Anon meetings. Many tears were shed in the beginning. I was mentally and physically weak, and at times I didn't think a better life was possible. I just wanted to give up, to not exist any longer.

But Al-Anon was a big factor in my work to better myself. I attended meetings for four months before I openly shared. Scared and shaking, I broke out and spoke, and that began to occur more and more often. I got a Sponsor, which was the biggest thing that helped me get better, learn to detach with love, and start rebuilding my life. My Sponsor has been there, no matter what time of day, and has been loving, genuine, honest, caring, and nonjudgmental.

I do service in my group but have also had to learn not to over-commit. It's okay to say no and not feel guilty. I continue to help encourage new attendees and show them that recovery is possible. It requires an open, willing heart and mind and a lot of patience. "God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

—By Jeffrey C., Florida

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NEW LOCATION

All are Welcome!!! Wonderful in-person meeting.

Progress in Recovery AFG

16296 Westwood Business Park Ellisville, MO 63021

6:45 - 7:45 pm Wednesdays

Enter the building in the rear after driving down a small hill in the parking lot. Looking forward to meeting some new faces.

—In Service, Patty S.

HOW WE CAN HELP OUR FELLOW MEMBERS IN MAUI

The WSO is receiving calls asking what they can do to support Al-Anon members here in Hawaii who lost meeting space or literature. So, they are coordinating with the Hawaii Area to share where cards of support or supplies of literature can be sent to replace what has been lost. The local AFG address on Maui is:

Maui AFG, PO Box 1322, Wailuku, HI 96793.

Hope this is helpful.

Kind regards,

Jennifer S. Ullman | Archivist & Conference Specialist (Spanish)
 Al-Anon Family Group Headquarters, Inc.
 Main: 757.563.1600 ext. 1661 or ext. 1667 (Archives)
 Direct Dial: 757.689.4074, E-mail: jenniferu@al-anon.org
 al-anon.org

HOW AL-ANON WORKS Meeting in Alton



**How Al-Anon Works Meeting
 Thursday 10:00-11:15am**

**OSF Saint Anthony's Health Center
 1 Saint Anthony's Way
 Alton, Illinois 62002**

- 3 West Training Room-3rd Floor
- Free parking in the hospital lot
- Valet services Monday-Friday 7:30am-5pm
- Use the main entrance, elevator #3-Third Floor
- The meeting room is to the immediate right

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."

July 2023 Revenue

District/Meeting	Contrib.
Dist. 15 Healing Steps	✓
Dist. 25 Wednesday Tranquility	✓
Dist. 09 Banner Online AFG	✓
Dist. 14 Stepping Out	✓
Dist. 15 Friday Night Fellowship	✓
Dist. 14 Easy Does It	✓
Dist. 09 North County Parents	✓
Dist. 14 Women in Recovery ACA	✓
Dist. 17 District 17 AFG	✓
Dist. 15 Serenity Sisters AFG	✓
Dist. 18 Monday Serenity Group (Illinois)	✓
Dist. 14 Hampton WSO	✓
Dist. 13 Fully Relying on God (F.R.O.G.)	✓
Dist. 15 Women's Serenity Express	✓
Dist. 15 Hope & Fellowship	✓
Dist. 15 Wednesday Child	✓
Dist. 02 Joe's Place	✓
Dist. 14 Grace in AFG	✓
Dist. 09 Freedom AFG	✓
Dist. 15 Everyday Grace	✓
Dist. 15 Our Gang Men's	✓
Dist. 14 Southside	✓
Dist. 15 Serenity Rising Women AFG	✓
Dist. 15 Webster Groves Parents	✓
Dist. 13 Solution Finders AFG	✓
Dist. 28 District 28 AFG	✓
Dist. 18 Thursday Night Alateen	✓
Group Contributions	\$2,631.91
Annual Appeal	\$100.00
Dollars & Sense	\$9.40
TOTAL	\$2,741.31

WE NEED YOU!

Would you be willing to be on our Speaker Bureau?

Read the information below and see if this is a service you would be willing to provide.

Remember we cannot keep it unless we give it away.



Guidelines for Members Interested in Speaking (G-1)

Volunteer Form



View Al-Anon Event Flyers On-Line

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

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

EVENTS

September 14 — District 14 AFG International Convention Experience

September 16 — Fall Classic BBQ with Al-Anon Participation

September 17 — District 17 Potluck Picnic

September 22-24 — MO Area AFG Al-Anon/Alateen Convention with AA Participation

September 29-October 1 — Fall Classic Convention

October 7 — District 28, Gratitude Gathering

October 8 — District 14, Annual Fall Festival

October 14 — District 25, Serenity Walk

November 9 — District 14, Speaker Sue K., MO Area Delegate

November 15 — District 15, Holiday Recovery Workshop

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

Save The Date!

Missouri District 15 AFG presents
its First Post-Covid

Holiday Recovery Workshop

Saturday, November 11, 2023
10:00 a.m. to 12:00 noon

Webster Groves Christian Church
1320 West Lockwood, St. Louis, MO 63122

Lunch Provided

Speakers TBA