

May 2019



# Sincerely Al-Anon



## *A Season of Renewal*

I was recently re-elected to the Board in April to serve the remainder of another member's term until this October. Some of you may remember that I was on the AIS Board from June 2016 until October 2018. So, naturally, one question becomes why? Why did I agree to serve again?

First, the St. Louis AIS office has a great group of current Board members. I missed working with them. Did you know that AIS Board meetings can be effective, functional and fun? They can, and they are.

Second, I also missed the IR meetings and the IRs and was actually planning on attending a few this summer voluntarily. However my Higher Power's plan for 2019 had a slightly different design, and now I'll be there through October.

Third, I was born a people-pleasing codependent and am still working on saying NO to totally legitimate and worthwhile service opportunities. I've said it a few times in the past year. When I was asked if I was willing to come back to the Board, I actually thought about it, prayed about it, and slept on it. The answer was YES.

Which brings me to the real reason I came back. One of my favorite daily readings is the August reading in Courage to Change about the town with the billboard advertising the fountain of knowledge being located there and the writer sharing how sometimes he drinks, sometimes he gargles, and sometimes he stubs his toe. But, the fountain of knowledge is available to all. For me, the AIS office and the Board are akin to the pipes and pumps hidden behind the scenes that make an actual fountain (if there actually was one) work. We are part of the background structure and support for all of the metro St. Louis area Al-Anon groups. The groups are the sources of knowledge - the combined experience, strength and hope of the members present - that are available to all who choose to walk through the doors into a meeting. We help the groups share their knowledge through the CAL literature the office stocks and sells, the information we provide on our website, our monthly IR meetings, and in other ways as well.

Service on the AIS Board is a wonderful way for me to give back to a recovery program that has enabled me to change my life for the better, to help carry the message. I am grateful to be back.

*- Yours in service, Marc B*

### **Published by:**

Al-Anon Information Service,  
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**Website:** [www.stl-al-anon.org](http://www.stl-al-anon.org)

### **Office Hours:**

Mon-Fri: 9am - 3:30pm

First Thurs of month: 9am- 7:00pm  
(prior to 7pm start of IR meeting)

### **Speakers Bureau:**

Call 314-645-1572 for speakers

### **Public Outreach Coordinator:**

Mary B., 314-807-8862

### **Meeting Change Notices:**

Please send to our Area Group  
Records Coordinator. E-mail to:

[panel57grouprecords@gmail.com](mailto:panel57grouprecords@gmail.com)

### **Does your group have an Intergroup Representative (IR)?**

For more information about this  
service role, call or email the AIS  
office

### **Intergroup Rep Meetings:**

First Thursday of each month at  
7pm, 14 Sunnen Dr., Suite 144,  
Maplewood, 63143. We wel-  
come visitors. Upcoming meet-  
ings: **6/6/19, 7/11/19, 8/1/19**

### **To Receive Sincerely Al-Anon via email:**

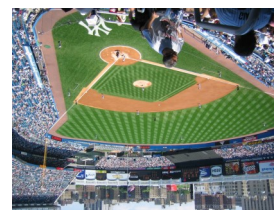
Please email us at:  
[aisoffice@stl-al-anon.org](mailto:aisoffice@stl-al-anon.org)

## SUBMISSION GUIDELINES & DEADLINE

We reserve the right to publish or not publish any submitted material due to content and/or length, and in accordance with the Three Legacies and the principles of Al-Anon. All submissions will be reviewed for typographical and/or grammatical errors prior to publication. Please limit articles to **300 words or less**, and submit to the AIS office by the **15th of the month at noon**.

## Public Outreach Beacon...Greetings to all from YOUR PO Team!

There's a famous quote from the film, **Field of Dreams**, "If you build it, he will come." For many years, I've said it as, "If you build it, **they** will come." Public Outreach is being built by individual groups, districts, and at the metro-St. Louis area. There have been many "events", large and small, since our last update. Thanks to Miss Linda in District 25, Al-Anon was represented at the community health fair event in Lincoln County in March. After staffing an information table at the "Drowning in Addiction" workshop in Pacific, Joy W., the Outreach coordinator in District 28, has made several contacts for events in April and May, including contact with the Division of Family Services in Franklin County. This agency was thrilled to hear about the free support Al-Anon has to offer to family members of those struggling with addiction.



In May, District 28 will have an information table at the CRUSH summit in Washington, MO, the first of its kind in Franklin County. The summit will be geared to teens, an age-group that is so vulnerable and so difficult to reach. The "Midwest Justice for Children Conference" was held in Chesterfield in early April, and District 13 made sure the Al-Anon information table was staffed with volunteers and materials for the two required days. District 17 organized and handled the Al-Anon table at the St. Charles Community College Health and Wellness Fair. Members of the AFG-St. Louis Public Outreach team have provided speakers and materials to university classes on both sides of the river, ministers in the St. Louis area and high school counselors and social workers. As we build Al-Anon public outreach, "they" just keep coming!

**The Public Outreach Committee meets the 1st Monday of the month at the Al-Anon Office at 6:30. Join us !**

### *Taking Care of the Garden*



I am not a gardener, but I love a beautiful garden. I moved into my new home in late October. The previous owner was a prolific gardener and had left a list of all of his plantings with a map of their locations. It was overwhelming and exciting at the same time. I called a professional gardener to help me distinguish the garden plants from the weeds and to help prepare the beds for winter. Now, the plants are coming up, trees are budding and shrubs are flowering. I cannot admire all of this from afar; I have to take action in order to keep all of this regrowth healthy, and I have to remove the weeds and any old, dead debris that will interfere with the new growth. I have again been in contact with the gardener to get support and advice. After all, I'm new to this, and I need to be willing to ask for help.

May is the 5th month of the year, and Al-Anon's 5th Step has us sharing with God and another human being the exact nature of wrongs. Many members of Al-Anon share, not just our wrongs, but our 4th Step inventory with their sponsor. Sharing our inventory with another allows us to see our strengths and those behaviors that have caused harm to ourselves or others. All of our experiences, traits and behaviors have made us who we are, but we are ready to accept and admit those parts of ourselves that are interfering with our spiritual growth. Sharing our wrongs with a sponsor gives us clarity about what we need removed with the help of our Higher Power. With the help and support from another person that Step Five provides, we can begin to be ready to ask for help removing our "debris" in Step Six. - Mary B.

## Meeting Changes

### MONDAY

Manchester/Ballwin: New Meeting: There is A Solution, 7pm, Notre Dame House –Lower Level, 526 St. Joseph Lane, enter rear. Speaker/Discussion

St. Charles: New Open Meeting: Seeking Serenity & Hope, 7pm, St. Charles Christian Church & Youth Center, Sanctuary, 3337 Rue Royale, St. Charles, 63301

### WEDNESDAY

Ladue: Start Time Change: from 5:45pm to 6pm, Just AFG, St. Peters Episcopal, 110 N, Warson

Sappington: Location Instructions: Wednesday Child Adult Child AFG, address update: Hyland Education & Training Center on Mercy South, 10020 Kennerly Road, Sappington, 63128. Enter side of building by blue flashing emergency white post sign, room 2021

Troy: Active Status Renewed: There is Hope AFG, 7pm, Lincoln County Health Dept., 5 Health Department Drive, Troy, 63379

### THURSDAY

Dardenne Prairie: Change location instructions: Hope for Today, Dardenne Presbyterian Church, 7400 Hwy N, Dardenne Prairie, 63368.

Enter through Adam Lamb Pie School entrance. In basement.

Maryland Heights: Extra Instructions-Open mtg. 5th Thursday of month. Courage to Change AFG Holy Spirit Annex, 3111 Parkwood Lane

### FRIDAY

Kirkwood: Babysitting offered: Wymyn in Recovery AFG, Friday, 9:30am, Eliot Unitarian Chapel, 216 Argonne & Taylor, Kirkwood, 63122

### SATURDAY

St. Peters: Special Instructions.: Blueprint for Progress AFG, 4th Step Study using book. Enter through middle doors of church, at the Adam Lamb preschool, take stairs to basement.

## Save the Date

### MAY

**May 4**  
Trivia Night—The Fall Classic Committee  
Doors open @ 5pm, AA/Al-Anon Speakers @ 6pm, Trivia @ 6:30pm  
Crestwood Community Center, 9245 Whitecliff Park Ln. 63126. Questions: contact Rachel K. @314-783-7641 or [info@fall-classic.com](mailto:info@fall-classic.com)

**May 4-5**  
Missouri Area Assembly  
Capitol Plaza Hotel

Contact info:  
[medwards50\\_@ymail.com](mailto:medwards50_@ymail.com)  
or  
[area31register@gmail.com](mailto:area31register@gmail.com)

**May 9, 6:30pm-8pm**  
District 14 Business Mtg.  
St. Mark's Episcopal Church, 4714 Clifton Avenue, St. Louis, 63109

**May 18, 9:30 am-11:30 am**  
District 15 Business Mtg.  
Kirkwood UCC,  
1603 Dougherty Ferry Rd.  
Kirkwood, MO 63122

**May 18, 11:30am-1 pm**  
District 13 Business Mtg.  
St. Timothy's Episcopal  
808 Mason Rd., 63141

### JUNE

**June 9, Noon-6pm**  
District 28 Potluck Picnic, "Celebrating Friendship" at the Washington, MO Riverfront Pavilion, Speakers from Al-Anon and AA start at 2pm. Meat, chips and soft drinks provided. Please bring a side.

**June 22, Registration @ 9am, Event begins @ 10am,** 2019 Area-wide Day in Service, Southminster Presbyterian Church, 2245 S. Holland Ave, Springfield, MO 65807. Continental breakfast and lunch provided. Sponsored by Dist. 4

**June 28 -June 30,** MO area's SMA-ART Weekend (Supporting MO AMIAS - Annual Recommended Training), Heit's Point Lutheran Camp, 28345 Heit's Point Avenue, Lincoln, MO 65338 .  
For questions, call: 816-987-0246 or email: [area31aapp57@gmail.com](mailto:area31aapp57@gmail.com)

### SEPTEMBER

**September 21, 5:30,** Doors open at 5:30 pm- AFG AIS Trivia Night, Webster Groves Christian Church, Tickets: \$12/each or \$80/table. Non-alcoholic beverages provided. Alcohol-free event. Send registration and payment to AIS Office. Questions: call the AIS Office @ 314-645-1572

**September 27-29-**MO Area Al-Anon/Alateen 2019 Convention, University Plaza Hotel, Springfield, MO 65806



## Al-Anon Family Group's Tradition of the Month

### Tradition 5

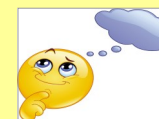
Each Al-Anon Group has but one purpose: to help families of alcoholics. We do this by practicing the 12 steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

## March 2019 Contributions and Dollars & Cents

Dist.	Group	\$ & Cents	Donation	Total
2	AFG of MO-District 2	0	75.00	75.00
2	Care and Share	47.60	50.00	97.60
2	Joe's Place	0	21.00	21.00
9	Courage to Change		50.00	50.00
9	Free to Be Me	13.65	0	13.65
13	Choices and Change	0	69.00	69.00
13	Spiritual Awakening	0	188.34	188.34
13	There is a Solution	0	.45	.45
13	Men's Path to Serenity	0	200.00	200.00
13	Back Door AC	32.00	39.00	71.00
14	AFG of MO-District 14	0	150.00	150.00
14	Southside	0	90.74	90.74
14	Friends in AFG	0	30.00	30.00
14	Stepping Out	0	50.00	50.00
14	Banner	82.52	69.51	152.03
15	Sanctuary	0	50.00	50.00
15	Free At Last	0	100.00	100.00
15	Lifeline	16.09	27.26	43.35
15	Women's Path to Recovery	0	87.60	87.60
17	Hope for Today	0	25.00	25.00
181L	Monday Night Serenity	0	5.00	5.00
28	First Day	0	15.00	15.00
28	New Beginnings	0	49.00	49.00
<b>TOTALS</b>		<b>\$233.62</b>	<b>\$1441.90</b>	<b>\$1675.52</b>

## SURVEY

### Tell Us What You Think!



We have an important question for our Al-Anon members to answer. Please send the AIS office an email with your **YES** or **NO** response to this question:

**“Would you go to the AIS office during the week between 3:30pm -- 5pm?”**

(Currently the office is closed at this time.)

Thank you,

*The AFG of Greater St. Louis Board*

## Brand New at the AIS Office!

We now have the new “Just for Tonight” Bookmark! Based on the popular article in The Forum magazine, this new bookmark is a companion piece to the original Just for Today bookmark.



It offers thoughts on Al-Anon principles to help us pause, reflect and prepare for our night.

This is perfect to tuck in a daily reader or your favorite CAL -- and costs only 10 cents! Stop in and get yours today!

THANK  
YOU

The Intergroup is 100%  
Member Supported

Thank you for your support!

God, grant me the serenity...