



Photos—Janet R

Al-Anon Sense

D14 Saint Louis, MO Newsletter — Dec. 2022/Jan. 2023 

NOVEMBER ASSEMBLY COMPLETES PANEL 60

They say it takes a village . . . Well it takes Al-Anon members from throughout the state to fill the service positions for the Missouri Area. At our Area Assembly, November 5-6, 2022, over twenty generous Al-Anon members stood for 18 Area positions. Sixteen were elected to fill them. Here is the list of our new trusted servants for Panel 63 (January 2023-December 2026).

PANEL 63 OFFICERS AND COORDINATORS

OFFICERS

Delegate Sue K.
Alternate Delegate Diane S.
Area Chair Michael C.
Secretary Ruth R.
Treasurer Mary L.

ALATEEN

Alateen Coordinator Lisa G.
Alateen Intern *vacant*
Area Alateen Process Person (AAPP) Elaine M.
Serenity Patrol Coordinator Sharon G.

EVENT COORDINATORS

Convention Coordinator Debbie G.
Program Coordinator Diane L.
Registrar Robin Q.

OPERATIONS COORDINATORS

Technology Coordinator Tina D.
Communications Coordinator Kim W.
Archives Sarah M. (serving for the time being)
Group Records Coordinator Kathy G.
Forum/Literature Coordinator Diana F.
Public Outreach Coordinator Joy W.

A FULL AGENDA

The Agenda for the weekend was filled with Area Business. We had eleven motions to vote on. Here is a summary of a few of the motions that may interest you. All motions can be viewed on the Missouri Area website. They can be accessed at: www.missouri-al-anon.org, click on For Members, click on Area Information, give the passcode, click on Area Reports, click on Minutes from Assembly.

(Contact your GR or DR for the passcode.)

REVISED MISSOURI AREA AL-ANON/ALATEEN SERVICE DIGEST

The Procedures Digest Committee submitted a revised Digest. The name was changed to reflect what is included in the document: procedures, policies and guidelines. The intent of the original Digest was honored as the Committee addressed issues of duplication and worked for consistent wording. The final Digest was created to be user-friendly and reflect our Traditions, Concepts and principles. The sections were reorganized to better align with the Al-Anon/Alateen Service Manual provided by the World Service Office. The Expense Matrix has also been reviewed and updated.

The document can be reviewed on the Missouri Al-Anon Website here:

<https://www.missouri-alanon.org/draft-documents.html>

The Committee is an on-going committee that will continue to update the Digest in collaboration with the Members of the Missouri Area.

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MISSOURI PERMANENT ELECTRONIC GROUPS

Voting members of the Assembly approved a motion allowing Missouri to welcome Permanent Electronic Groups (PEGs) into the Area. A group must be registered with the World Service Office as a PEG and elect a Group Representative who will attend District and Assembly meetings and maintain a Current Mailing Address. Criteria about how to implement this can be found in the Service Digest or the November Assembly Minutes. See above to access these documents.

MARCH AWSC COMMITTEE MEETINGS

The Assembly decided to hold the March Area World Service Committee (AWSC) Meetings virtually during the second and third years of each panel. The first AWSC Meeting of each panel will be held as an In-Person with an Electronic Component (IPWEC) event. The second and third March AWSC Meetings of each panel will be held as entire virtual events.

With the first AWSC meeting in each Panel being an in-person event with an electronic component, the newly elected District Representatives (DRs) and other AWSC members would have the opportunity to meet and get to know one another. The Alternate Delegate would be able to meet and train the new DRs.

In the second and third years, the March meeting will be a virtual only event to avoid the possibility of winter weather hazards. In addition, the Area could save monies that could be used to support Trusted Servants in other ways.

REDEFINING SUBSTANTIAL UNANIMITY

At the 2022 World Service Conference, the attendees reviewed the topic of abstentions and their effect on substantial unanimity. A new policy was adopted by the WSC to reflect the fact that abstentions do not count as votes. Therefore, the WSC subtracts abstentions from the total number of voting members.

The Missouri Area adopted a motion to comply with the WSC policy: "All motions and important decisions will be reached by discussion, vote, and substantial unanimity. Substantial unanimity will be 2/3 vote of eligible votes cast, not including abstentions."

PERSONAL REFLECTION

Even though the Assembly had a full agenda with a number of complex issues to discuss and make decisions about, members came prepared and worked efficiently on each item and we were able to finish early.

I find it inspiring to see how Al-Anon members can come together to support our common purpose and make good decisions with a commitment to unity and the service of the whole. Your Trusted Servants time and time again demonstrate that they are in touch with the concerns of the groups they represent and the welfare of Al-Anon as a whole.

I am proud to be a part of this awesome fellowship.

--Respectfully submitted, Marge O., D14 DR

Contact Al-Anon Family Groups

AFG WSO – World Service Office

Meeting Information: **1-888-4AL-ANON (1-888-425-2666)**

Al-Anon Family Group Headquarters, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617

T: (757) 563-1600 F: (757) 563-1656 E: wso@al-anon.org W: al-anon.org

Missouri Area— <https://www.missouri-al-anon.org/> (Round Robin newsletter, MO Area event calendar, Area info)

Al-Anon Family Groups of Greater St. Louis—Al-Anon Information Service

14 Sunnen Dr., #144, Maplewood, MO 63143 T: **314-645-1572** E: aisoffice@stl-al-anon.org W: www.stl-al-anon.org

Illinois Area: District 18: N. Metro East Meetings: www.siafg.org or call **618-463-2429** **District 14:** Southern IL, call **618-398-9470**

Al-Anon Sense is for your whole group!

To get newsletter, email: modistrict14news@gmail.com
Please make copies for group members. If your group can't afford to print copies, contact us with your Group Name, a mailing address, and number of copies needed. District 14 will pay printing and mailing costs.

An *Invitation to share your experience, strength, and hope* with *Al-Anon Sense* readers – please send 200-400 word articles about:

Event News, Reviews, or Announcements, Photos, Articles, Artwork – anything Al-Anon related.

'Anonymous' bylines for submissions: please supply first name and phone number or email in case we need to contact you.

SUBMISSION DEADLINE—Friday, January 10, 2023
Errata: *If you notice any factual errors or omissions, please email us at: modistrict14news@gmail.com*

STATEMENT: *Al-Anon Sense* is published 6 times a year by AFG District 14 in St. Louis, MO. *Al-Anon Sense* is not copy-righted or Conference Approved Literature. We reserve the right to edit or not publish submitted materials due to content or length. *"Anybody can start something, but carrying it out is the real challenge. And all the rest of you are doing that job. You're all founders in your own right, carrying the message."* -- Lois W, 1987 WSC

Oldest D14 Meeting Goes Electronic

As the rotation of leadership took place in the Friends of Al-Anon Family Group for the next Panel, I decided to step up as Group Representative. We have not had a GR for quite some time, and as we all weathered the pandemic, our group decided to remain completely electronic.

Some members returned to our location for a few meetings and attempted to get a virtual portion set up for the group. It was not successful, and as things changed at our meeting place, the room that was available did not have accessible Wi-Fi. None of us are tech savvy enough to try to solve those issues. Also, we have several members who are located out of the area, but they can still join us virtually.

We were grateful to have a good group of members who are keeping the program alive through Zoom. The group is the oldest Al-Anon Family Group in the City of St. Louis. Part of the reason I volunteered to be GR is to make sure our group can remain in District 14 of the Missouri Area. Those details were finally worked out at the Fall Assembly. We are now registered with the WSO as a PEG (Permanent Electronic Group) and will remain in Missouri Area District 14.

Occasionally a new member will join us, sometimes referred by another member. Now that our Zoom information is on record, we just might see more new faces.

We miss the face-to-face meeting but keeping in touch with one another through the electronic meeting is the next best thing!

—Janet R.

GR Reflects on First In-Person Assembly

I attended my first Area Assembly in person in November, though I have been a Group Rep throughout Panel 60 and have not missed an Assembly. I have been a dutiful Zoom attendee for the first five Area Assemblies of the Panel, listening in to the discussions and taking part in every roll-call vote.

I wanted to attend at least one Area Assembly in person before the end of my term as GR. I signed up to attend the last Assembly of the Panel and reserved a room at Old Kinderhook Resort.

As luck would have it, I ended up sharing the room with Loretta R., a long-time member of the fellowship. I say luck, as Loretta was the perfect roommate—helping me navigate Old Kinderhook's curvy pathways and the ways of the fellowship when it meets in Assembly. We stayed up very late sharing stories and generally having a grand time.

I also met several other members from around the state, and they shared new insights and experiences with me and gave great hugs, to boot. Even the drive with Loretta and Marge O., our District 14 District Rep, was an opportunity to learn and grow.

Participating in the decision-making process was inspiring. I watched the Area Chair, Michael C., solicit input from everyone there, both in person and online. I appreciated the grace with which members offered to serve the fellowship in new roles in the next Panel. And I enjoyed seeing the passionate Alateen group at the back of the room advocating for more members to become AMIASes (Al-Anon Members Involved in Alateen Service).

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(Continued from page 3, In-Person)

I know that finances and personal and family circumstances dictate that many members attend the Assembly via Zoom. I appreciate the convenience of the electronic meeting format. But for those who can travel, I encourage a trip in person to an Area Assembly. I benefited from traveling to Camdenton, meeting fellow members in person, sharing meals and stories, and getting inspired to continue my service and my recovery in Al-Anon. I hope to return to Camdenton and the service work of members from all around Missouri.

-Hilda W., Hampton Group DR, District 14

Participation is the Key to Harmony. – Concept 4 D14 Panel 63 Has a Place for You

Any Al-Anon member can stand for most open positions, including AFG members also in many other 12 Step programs such as OA, GA, NA, CODA, etc. AA members, sometimes referred to as 'dual members', are not eligible for voting positions.

D14 meets 6 times a year, the 2nd Thursday of odd months. Currently we have hybrid meetings. The in-person meeting is at Redeemer Evangelical Church, 6450 S Kingshighway, St. Louis, MO 63116. Meetings are from 6:30-8:00pm. Some committees may meet between regular business meetings to plan events and projects.

WE NEED AFG BODIES AND HEARTS

These vacant positions will be voted on at the January 12, 2023 D14 Hybrid Business Meeting. Listed are *some* of the responsibilities for those positions.

TREASURER – collects and deposits receipts, reimburses district expenses, pays bills, provides a report for the district meeting and newsletter.

CO-TREASURER – Serves as a second signatory on bank accounts. Backs up treasurer duties.

ALATEEN COORDINATOR – Acts as a liaison between the area Alateen and D14. Although we don't have an active Alateen meeting within our district, we try to involve them in our events, stay informed of Area Alateen activities, and support MO Area Alateen however we can.

PUBLIC OUTREACH COORDINATOR— Coordinates D14 Public Outreach events: Serves as a point of contact for PO opportunities, presents PO requests to D14 members and groups, asks for volunteers, distributes event info, looks for PO opportunities.

EVENT CHAIR(S)—Coordinates one or more of our District events. Serves as a point of contact for the event(s).

PICNIC 2023 CHAIR – Coordinates annual summer picnic, usually held in late June.

FALL FESTIVAL 2023 CHAIR— Coordinates annual Fall Festival, usually held in October.

Please join us at the
January 12, 2023, D14
Business Meeting if you are
interested in or curious
about service in your District.

Do I have to have a 'perfect' program to do service?

In a word – No. There are many stories in our literature that tell of a New Comer taking up service right away because it was needed and because it was a way to learn and practice the program in all their affairs. Program is about taking our recovery on the road, taking it with us, whatever we do, wherever we go. It's progress, not perfection. And then it might be our own insecurities that are whispering to us that "I'm not ready yet."

Things to do and think about:

--Talk it over with your sponsor or Al-Anon friend.

--Do you have the time?

--Can you travel if necessary? (For GRs, DRs, PO)

--Am I willing to learn something new?

--Work Step 11 – pray, meditate, ask for help and listen for the answer.



Photos by Janet R.

D14 MEETING HIGHLIGHTS 11/10/2022

TREASURER - Donations to D14 were down this year. While attendees were generous with Seventh Tradition donations at the picnic and Fall Festival, those events cost money to produce, so those donations do not flow to the bottom line. In past years, D14 was able to donate \$1,000.00 to other service arms but cannot do that this year [without dipping into our reserve fund.]

PUBLIC OUTREACH – Cathy is the Public Outreach person for the Intergroup. The committee has begun a poster and flyer campaign to doctors' offices, health clinics and other public spaces. Copies of the poster are available at the AIS office. Literature prices have been raised by the WSO.

The office has rolling suitcases for groups to take to public outreach events which include 10 pieces of literature, flyers, and a tablecloth. The cost of the suitcases remains \$75.00. Groups are encouraged to customize the suitcase with additional literature and My Journey Journals that they would purchase separately. Groups signing out the suitcases are given a survey to complete noting how many people attended the event; what worked and what could be done differently.

The PO committee has completed a professional packet aimed at secondary and college counselors and teachers. They contain seven sheets and cost \$1.50 per packet. The cost to mail each packet is \$0.80-\$1.00. More than 85 packets have been mailed to date; groups are encouraged to mail them out to contacts in their areas.

The PO committee produced the vinyl billboards last year that DDI Media placed in three locations in St. Louis County designated for non-profit use. The cost to place a non-profit billboard in the City of St. Louis is now \$1,200.00 for 4 weeks. The billboard may get moved during the 4 weeks, though DDI will try to keep it within the city limits. Location placement is not guaranteed.

D14 will not have to pay to create the billboard vinyl as last year's is still usable. It contains the Al-Anon.org website and WSO 800 number, per WSO guidelines.

The Intergroup Public Outreach committee offered \$300.00 to D14 in unused funds to help pay for the City billboard. Cathy and Laurie will sign the contract and work with DDI Media to place the billboard, most likely in first quarter of 2023.

Laurie said she is going to reach out to local health fairs to book additional appearances by D14 PO volunteers.

FALL FESTIVAL – Meeting attendees concluded that the event was successful for the 30 or so people who attended. The jewelry sale, Seventh Tradition donations and raffles of baskets, table decorations and a quilt were very successful. Speakers were interesting and stayed within their time slots. The food was delicious. The location in south St. Louis may be contributing to a lower turnout as is competition with other events and obligations.

DISTRICT ELECTIONS

DR – Marge O.
Alternate DR – Meagan
Secretary – Hilda W.
Treasurer – *vacant*
PO Chair – *vacant*

Events – *vacant*

Newsletter – Connie L until 11/2023
Hilda W. after 11/ 2023

Archives – Marge wants to write a history of the district and the groups. She talked to the Area Archivist, and she has a form to gather information from groups.

D14 GROUPS - One group that disbanded is meeting again on Friday evenings at Samuel United Church of Christ in Clayton; they will be listed with the AIS office soon.

D14 INFO PACKETS – Marge emailed a draft of the D14 information packet to members before the meeting. Lauren from Wonderful Possibilities created the packet. It lists all the meetings in the district, resources available to individuals and groups, the structure of the fellowship, a listing of services provided by D14 and opportunities to be involved in the district, and a list of group service opportunities.

The packets are printed on colored paper and can be scanned and distributed electronically. By the January 2023 meeting, the packets will be printed and ready to distribute.

GR ORIENTATION DISCUSSION – Marge has the PowerPoint presentation from the November Area Assembly regarding orientation for GRs. Meagan and Marge will work on revising it to give to new Group Reps.

--Excerpts from District 14 Secretary,
Hilda W.'s report

NEXT MEETING January 12, 2023

AFG Tool Box

Let others do their part.

It's not selfish to take care of ourselves.

I have a choice about my attitude.

Breathe.

TRADITION 12: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

TRADITION 1: Our common welfare should come first; personal progress for the greatest number depends upon unity.

CONCEPT 12: The spiritual foundation for Al-Anon's world service is contained in the General Warranties of the Conference, Article 12 of the Charter.

GENERAL WARRANTIES:

In all proceedings the World Service Conference of Al-Anon shall observe the spirit of the Traditions:

1. that only sufficient operating funds, including an ample reserve, be its prudent financial principle;
2. that no Conference members shall be placed in unqualified authority over other members;
3. that all decisions be reached by discussion vote and whenever possible by unanimity;
4. that no Conference action ever be personally punitive or an incitement to public controversy;
5. that though the Conference serves Al-Anon it shall never perform any act of government; and that like the fellowship of Al-Anon Family Groups which it serves, it shall always remain democratic in thought and action.

CONCEPT 1: The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.

Ledger Balance	
Starting Balance as of 1/1/2022	1,529.86
D14 Receipts	1,790.28
STL Billboard Donations	1,325.00
Expenses	(1,530.16)
Ending Checking Balance	3,114.98
Less Future Expenses	-
Less STL Billboard Donations	(1,325.00)
Available Checking Balance as of 12/18/2022	1,789.98
Ample Reserve Goal \$1500	1,500.00
Less Available Checking Balance	(1,789.98)
AVAILABLE FUNDS (w/o Ample Reserve) 12/18/22	289.98

Please Mail 7th Tradition donations to:
 Connie Lakey, 5702 Chippewa St., St. Louis, MO 63109
 Please make checks payable to: MO District 14 AFG

2023 Area AFG Events

PLEASE CHECK THE MISSOURI AREA & STL AIS CALENDARS FOR UPDATES AND CANCELLATIONS

JAN 6-7, Fri-Sat: D9 AFG 17th Annual Winter Workshop "Unity with the Twelve Traditions". Arlington United Methodist Church, 3770 McKelvey Rd, Bridgeton, MO 63044. Speaker – Aaron J., Charlotte, NC. CAL Sales, Workshop Recordings, Basket Raffle. Coffee, hot tea & bottled water provided. Seating limited to 225; Pre- registration strongly encouraged. For more info contact Kris M. at 314-277-4811. See flyer. **MOA**

JAN 12, Thur, 6:30-8:00pm: D14 Hybrid Business Meeting & New GR Orientation. Redeemer Evangelical Church, Fellowship Hall, 6450 S. Kingshighway, St. Louis, MO 63116 (at Gravois & Kingshighway). Enter through red ground level door, walk down a few steps, turn right. Parking available in adjacent school parking lot. **MOA**

FEB 17-19, Fri-Sat: SMA-ART Weekend. Heit's Point, 28345 Heit's Point Ave, Lincoln, MO 65338.

MAR 3-5, Fri-Sat: SCRDM – South Central Regional Delegates Meeting. Embassy Suites, Tulsa, OK 74145. **MOA**

MAR 11, Sat: AWSC – Area World Service Committee. Old Kinderhook Golf Resort, 678 Old Kinderhook Dr., Camdenton, MO 65020.

MAR 12, Sun: Alateen Super Sunday. Old Kinderhook Golf Resort, 678 Old Kinderhook Dr., Camdenton, MO 65020.

APR 19-24, Wed-Mon: World Service Conference. The Founders Inn, 5641 Indian River Rd, Virginia Beach, VA 23464.

APR 21-23, Fri-Sun: CBAT (Come be a Teen-Alateen Camp). Encounter Cove, Roach, MO.

MAY 6-7, Sat-Sun: MO Area Assembly. Old Kinderhook Golf Resort, 678 Old Kinderhook Dr., Camdenton, MO 65020.

D14 STL Metro Billboard Project
 We exceeded our \$1000 goal!
 Thank you!

\$1325