



District 14 Saint Louis, MO Newsletter — February-March 2024

## A CASE FOR LOVE

Recently some friends invited me to join them for a movie and dinner. I didn't even know the name of the movie, but it turned out to be the documentary *A Case for Love*. To make a Case for Love, viewers are challenged to perform daily acts of selflessness and to journal about love for 30 days.

Recently my sponsor encouraged me to start journaling to get in touch with my feelings. Since a lot of my waking hours are devoted to suppressing my feelings, this is an excellent idea. It helped me identify a deep, dark feeling of being unworthy of love. In *Courage to Change*, on p. 340 I read that "If I can't recognize the love that already exists in my life, would I really appreciate more? Let me acknowledge what has already been given to me." So this week I started writing about all the loving kindness I experience every day. I read everything



about love in *Hope for Today*, *Courage to Change*, *Paths to Recovery*, *In All Our Affairs*, and *How Al-Anon Works for Families and Friends of Alcoholics*.

Here's what I learned: In my family, love was something to be earned. I'm a hard worker, so I've always been able to get with the program, but none of the accomplishments filled me up or made me feel good enough. Al-Anon taught me that resentment comes from trying to win or earn love and approval. Al-Anon has also taught me that to break that pattern, I need to learn to love myself.

In *How Al-Anon Works* I read about how taking the 12 Steps is an essential act of self-love. Holding on to blame and resentment hurts us far more than it hurts anyone else because *everyone* deserves love—even those who have treated us badly. This book also taught me that we heal ourselves

*Please turn to page 2, "A Case for Love"*

## A LOOK BACK AT DISTRICT 14 HISTORY by Marge O.

Where Have We Come in 73 Years? This is our theme and the question that we will ponder together on Saturday, August 17, 2024, when Alanon Family Groups in District 14 come together to share stories.

We will begin our afternoon with viewing a DVD about Lois' life. Loretta R. will share a Power Point presentation with us about

the history of District 14. Then we will have time for members from the district's 15 groups to share about their history and experience in their groups.

All District 14 groups are invited to be a part of this event. As the District Representative, I will visit each group during February and March to talk about how your group can participate. I will leave

with each group a list of questions that can be used as you think about what you would like to share with everyone about your group, for example:

- ◆ Describe special moments that you experienced as a group.
- ◆ How has your group helped you to grow in your program?

*Please turn to page 3, "Stories"*

## A CASE FOR LOVE, continued from page 1

through the loving acts of understanding our relatives who have been affected by alcoholism and by welcoming and giving comfort to families of alcoholics (Tradition Five).

A fundamental principle of Al-Anon is that our survival as a fellowship depends on unconditional love. Love with no strings attached is new to me. I noticed that when I led meetings, I stumbled over the suggested meeting closing: “After a while, you’ll discover that though you may not like all of us, you’ll love us in a very special way, the same way we already love you.” These words remind me that I don’t need to do or say anything other than keep showing up to receive the love and support of my home group.

The love and support I’ve received from members is helping me to break some of my old habits. I’m no longer running around trying to hold everything together or feeling like Sisyphus, rolling my boulder to the top of hill every day, only to watch it roll back down. I’m starting to see that when I try to ‘rescue’ people, I disrespect them and take away their autonomy—which is not loving kindness—it’s a fear-based reaction. I also see that when I come from a place of love, I can listen and understand what the situation calls for. I also find that most of the time, people don’t want me to tell them what to do. They only want confirmation or validation that they are doing the right thing, or information they need from me so they can figure out what to do.

The Al-Anon principle of detachment is an important lesson for me. I’ve come to believe that the opposite of love isn’t hate; I think it’s indifference.

Before Al-Anon, I detached from problematic personal interactions with indifference executed with ruthless efficiency and lack of concern for the person I was detaching from. Al-Anon has taught me to detach with love. I have learned that with the help of my higher power, letting go of my preoccupation with another person’s actions allows me to lead a happier and more manageable life and that I can still love a person without liking their behaviors.

Here’s what else I’ve learned: I feel more productive and effective in my work since joining Al-Anon. In *Hope for Today*, p. 65, I read that, “To be loving is to be fully alive. As I grow in love, I worry less about doing something important. Instead, I stretch my abilities as far as they can take me. My action is now the spontaneous expression of a loving heart. I have done more in the past year as a result of working my program than in the previous ten years without it.”

Getting back to the 30-day love challenge: I’ve been journaling the moments of love I feel every day and it feels like a warm hug, like candlelight, like a cool ocean breeze, like serenity. I also feel gratitude for the gift of a strong work ethic that came from trying to earn my parents’ love. That work ethic allows me to get stuff done, so I’ve been able to accomplish a lot and help a lot of people.

In summary, on p. 355 of *Courage to Change*, it says, “Today I will practice compassion. First I will be kind and loving to myself, but I will not stop there. I will extend this compassion to others. I am one among my fellows. When I offer unconditional love, it eventually comes back to me multiplied.”

Laura Mc.

### 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](mailto:wso@al-anon.org) W: [al-anon.org](http://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

#### **Al-Anon Sense** is for your whole group!

To get newsletter, email: [d14afgnewsletter@gmail.com](mailto:d14afgnewsletter@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, Reflections, Announcements, Photos, 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.

**STATEMENT:** *Al-Anon Sense* is published 6 times a year by AFG District 14 in St. Louis, MO. *Al-Anon Sense* is not copyrighted 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

## CHOOSING LOVE

LOVE is in the air, and everywhere, in February. Isn't it? In Al-Anon, we learn that we don't have to wait around for love to *Find* us, we can *Choose* it. We have a great resource in our newest daily

*“I can turn my fear into acceptance and even excitement. I can let go of my need to know or control the outcome and learn to appreciate the moment.”*

reader, *A Little Time for Myself*. While looking for “love” there, I ran across a touching passage that seemed to tell my own story.

On page 44 (February 13) I read: “When I learned I would be a grandma in seven months, I immediately began wondering whether my son was ready to be a daddy. He and his girl are unmarried, and therefore, in my mind, not committed enough to co-parent a new baby. I was choosing fear instead of love, and sucking the joy right out of that wonderful announcement!”

A couple years ago, I was faced with a similar situation when my daughter and her boyfriend were facing an unplanned pregnancy with complications. It was tempting to take on the fear and dread she found herself caught in. With the strength of our program, I was able to Accept, as everything I was worried about melted into one big appreciation of the circumstance *as it is*. Remembering that in Al-Anon we always have choices, I can turn my fear into acceptance and even excitement. I can let go of my need to know or control the outcome and learn to appreciate the moment.

I never thought becoming a grandma was even in the cards for me, and now I feel so blessed with this miraculous gift. As I watch my daughter and her partner become the most incredible parents, I am able to choose love and joy in so many little ways.

Lynn D.  
Hampton Al-Anon Family Group

### STORIES, continued from page 1

- ◆ How did your group manage during the COVID pandemic?
- ◆ How has your group changed in recent years?
- ◆ How does your group connect with the District, Area and World Service Conference?

We have a great history to reflect on. We began as early as 1935 after Lois, having thrown her shoe across the room at her husband, Bill, realized that that moment was a spiritual awakening-

*“Let us anticipate the Diamond Jubilee by gathering our stories now and celebrating our life together as Groups and as a District.”*

for her. She and Annie, Dr. Bob's wife, had already been talking with wives of alcoholics.

However, it was not until a few years later, in 1950, that Bill

suggested to Lois that they do something to provide for these groups. After Bill's remark, they began to organize family groups.

Lois and Annie had a list of 87 “nonalcoholic” individuals or groups who had approached AA to be registered. The two of them consulted with these people and after hearing back from 50 of the 87 on the list, they decided to call themselves Al-Anon Family



Groups. Eventually, Areas and Districts formed, always with the Groups at the center of Al-Anon.

So, let us anticipate the Diamond Jubilee that is to come, by gathering our stories now and celebrating our life together as Groups and as a District.

For more information or to respond to questions, contact District Rep Marge O. at [modistrict14dr@gmail.com](mailto:modistrict14dr@gmail.com)

## OUR DELEGATE REQUESTS YOUR FEEDBACK

Our Missouri Delegate, Sue K., has asked for feedback before she attends the 2024 World Service Conference, where a task force will discuss whether to continue including trips to Stepping Stones in Katonah, NY, as part of the annual Conferences. Stepping Stones is the birthplace of the Al-Anon Clearing House and the home of Bill W. and Lois W., cofounders of Alcoholics Anonymous and Al-Anon Family Groups, respectively. Here is some background on the issue from the World Service Office:

Prior to the World Service Office (WSO) moving from New York City to Virginia Beach, VA, in 1996, Conference members visited Stepping Stones once every three years. Beginning in 1999, the New York Conference site required extensive searches “to find a location that would fit our meeting room space and budgetary needs” (1998 WSC Conference Summary). From 1999 to 2008, Conference was held in Connecticut every three years, and Conference members rode buses from the hotel to visit Stepping Stones. In 2011, Conference was held in Virginia Beach, since it was the 60th anniversary celebration. Panel 49 members had an opportunity to visit Stepping Stones before the Conference convened, then fly down to Virginia Beach for Conference and the celebration. This trip was included as part of the Conference budget and Equalized Expense and was organized by Staff. In 2012, Conference was held in Connecticut, and again Conference members rode buses from the hotel to Stepping Stones for a visit.

Due to the rising cost of holding Conference in the New York City area, in 2015, Conference was held in Virginia with the Conference members having the option of visiting Stepping Stones after Conference. Fourteen of the 67 Delegates opted out of the visit. The optional trip to Stepping Stones was included as part of the Conference budget and Equalized Expense. In 2018 and 2022, Conference was held in Westchester County, NY. Due to the pandemic, the 2021 Conference was held virtually, and the WSO arranged for WSC members to watch a virtual presentation about Stepping Stones presented by its Executive Director.

Holding Conference in New York resulted in a net Conference cost to the WSO operating budget of \$98,962 in 2018 and \$110,708 in 2022. Holding Conference in Virginia Beach resulted in a net Conference cost of \$75,214 in 2019 and \$45,333 in 2023. The net Conference costs each year are paid from the WSO General Fund. The remaining costs are paid by the Areas. The gap between the cost of hosting the event in New York and Virginia is continuing to increase, and initial estimates for 2025 suggest it will do so again.

The Board of Trustees has the right and responsibility to decide upon the WSC location each year. In keeping with its fiduciary responsibilities, the Board presented the question of continuing the triennial trip to Stepping Stones at the 2023 WSC. Much of the feedback from the Delegates at the microphone was in favor of continuing; however, the discussion did not include the financial implications nor ways to cover the additional cost. Seeking to balance its fiduciary responsibilities and the feedback from the Delegates at the 2023 WSC, for 2025, the Board of Trustees decided the Conference will be held in the vicinity of Stepping Stones and the trip to the heritage site will be an “add on” outside of the equalized expense.

The Conference participants (and members) are asked to consider the spiritual principles of balance, responsibility, abundance, and prudence. Reflect as well on Traditions One, Five, Seven, and Ten; Concepts Two, Three, Six, and Seven; and Warranty Three. We will start the conversation at the Conference with these questions:

- **Do the groups in your Area believe it is important for their Delegate to visit Stepping Stones?**
- **If yes, how do they see it helping their Area?**
- **What are the most important elements of the visit to maintain?**
- **How might it be best to cover the additional cost of Stepping Stones and a New York visit?**

*The Missouri Area Delegate, Sue K., has asked the membership to provide feedback on these questions before the March 9 AWSC meeting. Send your feedback to Sue at [delegate.panel63@missouri-al-anon.org](mailto:delegate.panel63@missouri-al-anon.org).*

# HIGHLIGHTS OF THE JANUARY 2024 DISTRICT 14 MEETING

District Representative Marge O. called the meeting to order at 6:30 p.m.

**Treasurer**-The 2023 expenses were \$4,203.62. We are starting the year with available funds of \$702.30.

**Public Outreach**-Laurie K. updated about the library project. Materials need to be checked out to remain in circulation.

**Newsletter**-As new editor, Hilda W. has been supported by previous editor Connie L. with a binder's worth of high quality material about producing the district newsletter. The purpose of this publication was discussed, namely to encourage service work and local involvement; as well as keeping members of the District informed. Hilda encouraged any member of the District to submit personal reflections or news to [d14afgnewsletter@gmail.com](mailto:d14afgnewsletter@gmail.com).

**History Project**-Marge plans to visit groups to solicit information about the history of the District's groups. On August 17, the District plans to hold a His-

tory celebration, including a PowerPoint presentation on the District's history and screening of a film about Lois W. and the founding of the Al-Anon Family Groups.

**All Are Welcome**  
**March 14, 2024**  
**Next District 14 Meeting**  
**6450 S. Kingshighway**

**Spiritual Awakening**- Laurie shared a generous, wise and honest accounting of her journey through the Twelve Steps. (See article on page 6.) Insights that stuck out to me include: the word COULD in Step Two: "Came to believe that a Higher Power could restore us to sanity," which implies that she will have to do something too. It's not a given.

She spoke about the perfectionism that showed up in her Steps Four and Seven work. Laurie also spoke about the unrealistic expectation she held that once she arrived at Step Eleven she

would *always be in touch with her Higher Power*. She characterized Step Twelve in a word: "Surrender!"

Throughout the talk, Laurie shared the evolution of her idea of a Higher Power, which included how she visualizes that Power.

Laurie wrapped up her presentation by asking the attendees: "What are the spiritual principles behind what is going on in your personal life now?"

**Workshops**

Marge presented a list of potential workshops to be presented at the District meetings for the remainder of 2024. Members approved the plans as outlined. See box below for the list of workshops and their dates.

**Closing** - Marge reminded that we're not here to just do business, but to live out these traditions and concepts. A beautiful insight that authority is "the authorship."

*Excerpts from the meeting minutes submitted by*

District 14 Ledger Balance as of 1-11-2024	
Starting Balance as of 1/1/2023	\$ 3,114.98
D14 Receipts	\$ 3,290.94
Expenses, inc. Billboard Expense	\$ (4,203.62)
Ending Checking Balance	\$ 2,202.30
Available Checking Balance	\$ 2,202.30
Ample Reserve Goal \$1500	\$ 1,500.00
Less Available Checking Balance	\$ (2,202.30)
<b>AVAILABLE FUNDS (w/o Ample Reserve)</b>	<b>\$ 702.30</b>

Treasurer Hilda Willman, 5239 Westminster Place  
 St. Louis, MO 63108-1122  
 Venmo: [@Hilda-Willman](https://www.venmo.com/Hilda-Willman)  
 Please write D14 and Group Name on Memo line.  
 For security reasons, don't write 'Treasurer' on envelope.  
 Contact: [d14afgtreasurer@gmail.com](mailto:d14afgtreasurer@gmail.com) or text 314-277-0714

2024 DISTRICT 14 WORKSHOPS		
Mar 14	Spiritual Principles of Concept 12-Warranties	Janie F.
May 9	Public Outreach	Joy W.
Jul 11	Happy, Joyous and Free	Michael C.
Sep 12	Sponsorship	Sue K.
Nov 11	District Inventory	District Members

*"Hey, this prayer stuff really works!"*

-Part of a sharing at a recent meeting in the District

*Laurie K. gave the following talk at the January 2024 District 14 District Meeting.*

I remember hearing that someone mentioned the spiritual part of our program to Lois W., one of our Al-Anon co-founders. Lois's answer was "The program is all spiritual," or words to that effect.

When I came to Al-Anon, I had no Higher Power; I had given up on/copped a resentment toward the God that I knew about. Members in my home group said they would loan their Higher Power to me until I found my own and they clearly demonstrated that they believed in a Higher Power with which they were familiar.

I was reassured when members said that this is a spiritual program rather than a religious one. I just wanted to know that Al-Anon wasn't a religion or that it suggested one. I was careful to repeat that phrase when we had newcomers to our group, thinking they might feel more comfortable if that were true.

It was the sharing in meetings and my reading of our wonderful Conference Approved Literature that I learned how this program regards a personal Higher Power and how members viewed that. It was clear that this meant a lot to them and that they relied on that power.



As I began to take the Steps, I didn't know that some power was helping me to do so, just as I hadn't known in my earlier life that something had been caring for me, helping me, keeping me alive for the awakening.

I think now that one such as me, arrogant, sure I

## The Spiritual Journey

was managing my world and that around me, thinking I was controlling the people and events around me, must have unknowingly had the help of a Higher Power to take that First Step. How else would a person like me be able to say I was powerless over alcohol (or anything else) and that my life was unmanageable? That was definitely out of character but it happened.

Steps Two and Three speak specifically about *God as I understand Him* and because of the example of other members, I did come to believe that some power could restore me to sanity. I love it when one of the members of my home group emphasizes the word "could" in that step. I need to work the program to be restored to sanity. One of the pages of the District 15 calendar for last year says, "There is a spiritual solution to my insanity."

Because of the suggestion that I might just take Step Three for one day, I was able to do so and eventually to take it for longer periods of time. Now I try to repeat to myself those first three steps in the morning, turning my life and my will over to a Power greater than myself.

I could not have taken Step Four without the help of a Higher Power – the person I described above would not have listed any defects without big help! And for me who really hadn't believed there were good traits in me, finding some assets was an even bigger step.

I take seriously the word "moral" in that Fourth Step – to me it means what is right.

Again, a Higher Power's help was the only way I could have done Step Five. To admit to that God what I had learned in my inventory would have been impossible. Telling myself was a big step in honesty, the opposite of the defect I found of lying, blaming, and making excuses for whatever happened. And heaviest of all, telling someone else what I had listed was beyond my small abilities. I was sure that any person I told would reject me but I did it and this is what my sponsor said at

*Please turn to page 7, "The Spiritual Journey"*

## THE SPIRITUAL JOURNEY, continued from page 6

the end, “You aren't all that good at being all that bad.” What a gift!

Steps Six and Seven, dealing with the defects I found – and not knowing how to effectively use the assets I found – meant I was led along by that Higher Power. Somewhere there, I realized that as I encountered each step, I believed that I had to do it. Eventually I saw that the Steps say my Higher Power will “do it.” But I didn't learn from that realization; I had to go through the same process with each step.

In realizing that I had harmed others and sorting out the hurts I thought I had given that were only in my mind in Step Eight took the same reliance on a Higher Power. I don't think I had ever admitted those occasions before.

*“I saw myself as a spiritual being, nowhere near perfect, but living in this program with its principles.”*

And the amount of encouragement I needed to actually make amends for my harms would have taxed anyone but my Higher Power. Only the relief I feel when I

have made amends can empower me enough to do it the next time. Another gift from a Power greater than myself.

I asked for help with each of those Steps and I do so many times a day, “Please help me.” I did that this afternoon when I couldn't find the place I was to go to for the visitation of a deceased friend.

When I take the inventory step, Step Ten, at night – unless I go to sleep first – I first go through some of the things I am grateful to have received and then I try to look at my day. I have such mental blocks – I say I had more blackouts than the alcoholic – but that still happens today. When I am able to remember, I take a big breath and ask for knowledge of His will for me and the Power to carry it out!

When I first heard the Eleventh Step, I thought that it said “constant” rather than “conscious” contact with the God of my understanding. That was what I wanted - perfection, I guess. I will never reach that



place and I am okay with that. I sometimes chide myself that I haven't seemed as aware as I would have liked to be today but I do feel that presence often and recognize the help I am getting.

The Twelfth Step uses that word “spiritual” – and I asked myself, “Have I had a spiritual awakening?” I saw that spirituality had become a part of my life – I did try to practice those principles in my actions and my thoughts. I saw myself as a spiritual being, nowhere near perfect, but living in this program with its principles.

I hope that you will share your spiritual journey with us.

Here is the question I leave you to ask yourself each day:

*“What are the spiritual principles behind what is going on in my personal life today?”*

## AL-ANON EVENTS

### PLEASE CHECK MISSOURI AREA AND STL AIS CALENDARS FOR UPDATES/CANCELLATIONS

**FEB 23-25, Fri-Sun: MO Area SMA-ART Weekend. Supporting MO AMIAS – Annual Recommended Training.** Heit's Point Lutheran Camp, 28345 Heit's Point Ave, Lincoln, MO 65338.

**MAR 1-3, Fri-Sun: SCRDM – South Central Regional Delegates Meeting.** Holiday Inn Express and Suites, 7224 Alcoa Road, Bryant, AR 72015.

**MAR 9, Sat: AWSC – MO Area World Service Committee Meeting.** *Zoom only.*

**MAR 9, Sat: MO Area Alateen Super Sunday Meeting.**

*“Changed attitudes can aid recovery.”*

*From Al-Anon's Preamble to the Twelve Steps, copyright 1996  
by Al-Anon Family Group Headquarters, Inc.*

**MAR 14, Thurs, 6:30-8:00pm: D14 Hybrid Business Meeting & Workshop.** Redeemer Evangelical Church, 6450 S Kingshighway, St. Louis, MO 63116. Speaker Janie F. presents workshop on Spiritual Principles of Concept 12-Warranties. Contact Marge O. at [modistrict14dr@gmail.com](mailto:modistrict14dr@gmail.com)

**APR 12-14, Fri-Sun: CBAT – Come Be a Teen Alateen Camp.** Encounter Grove, 1650 Koehler Dr., Roach, MO.

**APR 18-21, Thurs-Sun: AA Convention with Al-Anon Participation – Spring Fling Convention: Easy Does It.** Hilton St. Louis Airport, 10330 Natural Bridge Road, 63134. [www.springflingstl.com](http://www.springflingstl.com)

**MAY 4-5, Sat-Sun: MO Area Assembly,** Old Kinderhook Golf Resort, 678 Kinderhook Dr., Camdenton, MO

**MAY 9, Thurs, 6:30-8:00pm: D14 Hybrid Business Meeting & Workshop.** Redeemer Evangelical Church, 6450 S Kingshighway, St. Louis, MO 63116. Speaker Joy W. presents workshop on Public Outreach. Contact Marge O. at [modistrict14dr@gmail.com](mailto:modistrict14dr@gmail.com)

**JUN 9, Sun 12 noon-3 pm: District 14 Picnic.** Al-Anon & AA speakers, potluck lunch, jewelry sale, quilt raffle, 7th Tradition basket. Tower Grove Park, Humboldt North Pavilion.

**JUN 22, Sat 10am-4pm: MO Area Day in Service: How Does Your Garden Grow?** Morgan County Library, 600 N Hunter, Versailles, MO.

**JUL 11, Thurs 6:30-8 pm: D14 Hybrid Business Meeting & Workshop.** Redeemer Evangelical Church, 6450 S. Kingshighway, St. Louis, MO 63116. Speaker Michael C. (MO Area Chair) presents workshop entitled “Happy, Joyous and Free.” Contact Marge O. at [modistrict14dr@gmail.com](mailto:modistrict14dr@gmail.com)

**AUG 2-4, Fri-Sun: 74th MO State AA Convention,** Capitol Plaza Hotel, 415 W. McCarty St, Jefferson City, MO

**AUG 17, Sat: District 14 History Celebration,** location and time TBA

**AUG 24, Sat: MO Area World Service Committee Meeting,** location and time TBA.

**AUG 25, Sun: MO Area Alateen Super Sunday Meeting,** location and time TBA.

**SEPT 12, Thurs, 6:30-8 pm: D14 Hybrid Business Meeting & Workshop.** Redeemer Evangelical Church, 6450 S Kingshighway, St. Louis, MO 63116. Speaker Sue K. (MO Delegate) presents workshop on Sponsorship. Contact Marge O. at [modistrict14dr@gmail.com](mailto:modistrict14dr@gmail.com)

**SEPT 27-29, Fri-Sun: MO Area Convention.** Old Kinderhook Resort & Golf Club, 678 Kinderhook Dr, Camdenton, MO

*Many thanks to the members who submitted sharings for this issue and to Ann K. for allowing us to reprint her photos on pages 3 and 7. Thanks also to Connie L., former newsletter editor, for graciously sharing her time and talent to train the new editor. Connie gets all the credit; any errors are solely the responsibility of the new editor. Member sharings welcomed. Please email submissions to [d14afgnewsletter@gmail.com](mailto:d14afgnewsletter@gmail.com).*