

Sincerely Al-Anon

CONCEPT FOUR

Participation is the key to harmony.

“Concept Four addresses a deep spiritual need—belonging. When we participate within a group of people bound by a common goal, we may discover that we can be connected to others, rather than be isolated and alone.”

—Reaching for Personal Freedom, page 166

I love the words in Concept 4. Ringing true with serenity, it brings me a sense of well-being, and that all is right with the world. I know I must do my part to achieve harmony in my life, both in and out of Al-Anon meetings.

Harmony has many connotations, but the one I believe works perfectly for Al-Anon is:

Harmonious—a consistent, orderly, or pleasing arrangement of parts in a relationship. Participation is the action or state of taking in part of something. The definition of “key” is of paramount or crucial importance.

To me, Concept 4 says that it is crucial to be harmonious while working with other Al-Anon members. When I’m at a meeting, am I listening to others’ shares with a kind heart? Am I realizing we are not all in the same place and that we each have our own journey? Do I participate in a group conscience without being overbearing? Do I participate in group tasks at my home group? This concept can be used in all areas of our life.

Am I kind to others while I’m out in the world? I call it my M & M. I want to leave a **message** not a **mess** when I’m out in my everyday life. Am I kind to the cashier at the grocery store, even though she/he may be slow or makes a mistake? Do I demand things be my way or get upset when they are not? Do I afford them the same courtesy/harmony I do with my fellow Al-Anon members?

It is easy to be harmonious at an Al-Anon meeting; but in the real world, it can be harder. Or maybe I do try to impose “my way or the highway,” even at an Al-Anon meeting. Do I participate in an Al-Anon meeting without being judgmental? Am I the key to harmony? When I look back to my early days of attending Al-Anon meetings, I see how much I did not realize how sick I really was.

When I see the women from that meeting today, we can laugh at ourselves because we learned to look at things so much differently. Our Higher Power took care of us when we couldn’t take care of ourselves. We had some great times, hanging out with each other and our children after the meeting at McDonalds. In 2022, I made a New Year’s resolution that whenever I thought or said the word “hate,” I would pause and really look at why I’m saying/thinking that word. It helped enormously with my outlook on life. I was able to stay in the moment and have a more positive attitude. In 2023, I’m asking myself three questions before I speak or share. They are:

1. IS IT TRUE?

2. IS IT KIND?

3. IS IT NECESSARY?

(cont. on page 3)

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. Next IR meeting: **April 6 @ 7pm**

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 and masks are optional when entering the building. Our hours are:

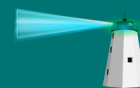
MONDAY-FRIDAY, 9am-5pm

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!



Public Outreach Beacon



. . .Greetings to all from YOUR PO Team!

Have an Idea for Al-Anon Outreach? We'd Love to Hear It!

One of the agenda items in the monthly Public Outreach Committee meeting is sharing ways to increase our outreach to others. This could be a project that a group has taken on as a whole or perhaps how an individual member does simple outreach as their time permits and within their own comfort range. Ideas for outreach are endless and don't have to be elaborate but simply sharing with others the Al-Anon gifts we have received.

Below are a few PO ideas shared at our March meeting. Perhaps they might encourage you in your own outreach.



Suggestions:

- Staple the AIS business card to the front of a FORUM and leave it at a doctors' office or treatment center. (Don't forget to ask for permission to post or leave any CAL info!)
- Place an Al-Anon poster at your local library. And while there, see if your library has Al-Anon books for their patrons. If not, perhaps your group could make a book donation to the library?
- Donate basic Al-Anon literature to your local police station. One group does this so the police will have Al-Anon info to share on their neighborhood calls.
- Encourage your sponsee to do PO! One sponsee found that Al-Anon wasn't listed in their community booklet of helpful information and numbers. This member then emailed the publisher of the booklet and shared the AIS business card. This outreach was very simple and done from the comfort of home!
- Is your home group sponsoring an event? Call the AIS office to get a copy of the most recent flyer used in outreach to pantries and doctors' offices. Be sure to ask for a few copies of the SA newsletter to place next to the flyer.

Do you have an idea that you would like to pursue as a group or individual? The PO committee is always willing to help with your idea whether it be acting as a sounding board, making calls to implement your idea (if you prefer to remain anonymous), or by donating basic literature to kick off your idea. We are here to help!

As one member routinely shares, "this is a WE program." So..... have an idea? WE would love for you to share it with the Public Outreach committee so WE can share your ideas with other districts!

Contact the AIS office and a PO member will be glad to assist you in the development of your idea.



Subscribe to In The Loop

[Subscribe to In The Loop](#)

Our Al-Anon Declaration

Let It Begin With Me

When anyone, anywhere, reaches out for help
let the hand of Al-Anon and Alateen
always be there, and—Let it Begin With Me.



(CONCEPT FOUR cont. from page 1)

As I am writing this article, it occurs to me the word harmony would be a good one to remember in my everyday life. I could remind myself when speaking, "Say what you mean, mean what you say, but don't say it mean." With that frame of mind, I am being harmonious, and it is easier to be a part of the world.

As the Delegates gather for the annual conference in April, it is very comforting to know that they practice this Concept while they are in session. The Delegates work together to do what is best for the whole and the greater good of Al-Anon as a whole.

My life is better when I am the key to harmony.

"The Principle of Participation has been built in to our whole service structure. If all authority were to be assigned to one group and virtually all responsibility to another, we would seriously handicap efficiency of operation and real harmony."

— New Service Manual, page 188

— In service, Susan C., Friday Night Fellowship

DISTRICT 2 Public Outreach Event in Brynes Mill

District 2 provided an Al-Anon public outreach table at a **Parents Seminar on Juvenile Drug and Alcohol Abuse** in Brynes Mill, MO on March 6th. The event was co-hosted by Chief Frank Selvaggio of the Brynes Mill Police Department and Pastor David Stain, police department chaplain and pastor of Spring Hills Presbyterian Church.

There were approximately 15 organizations represented with public outreach tables and there was a presentation by Missouri DEA. Following the presentation, each group had the opportunity to give a brief description of what service their organization provides.

Four Al-Anon members talked with approximately 25 parents and grandparents who stopped by to inquire about Al-Anon and pick up a business card and literature. In addition to reaching out to parents and grandparents, it was an excellent chance to network with the professionals in other organizations.

—Submitted by: Mary Kay Helldoerfer, District 2 District Rep.



REACHING OUT

2023 Love Gifts

It's the time of the year when we as individuals, groups, or districts are thinking of how we can support our Area Delegate at the 2023 World Service Conference (WSC). In the past love gifts were comprised of homemade items, lip balms, bookmarks, etc.

The hotel will not be accepting packages addressed to the delegates as they did in the past. Also, there will not be a designated hospitality room for the attendees as provided in years before.

To help reduce hardship on the hotel and area delegates attending, the Conference Leadership Team is discouraging sending these items. Here are the new recommendations for love gifts.



1. Letters of support! The hotel will accept and distribute them to the delegates.
2. Consider making a contribution to AFG, Inc.
3. Send an encouraging email to: delegate.panel63@missouri-al-anon.org

Here is some important information for those who wish to send a card and/or letter of support:

MAILING ADDRESS:

Delegate Name
(Hold for WSC 4/20-4/23, 2023)
The Founders Inn and Spa
5641 Indian River Rd.
Virginia Beach, VA 23464

RETURN ADDRESS:

Sue Kieffer
415 W. Jefferson Ave. #102
Kirkwood, MO 63122

Please plan to have your cards arrive **after April 15th**. Including the return address on your envelope will help in the event that mail delivery is delayed.

Thank you in advance for cooperating with the Conference Leadership Team in making this year's conference a warm and little less stressful welcome to our Area Delegate!

GRIEF

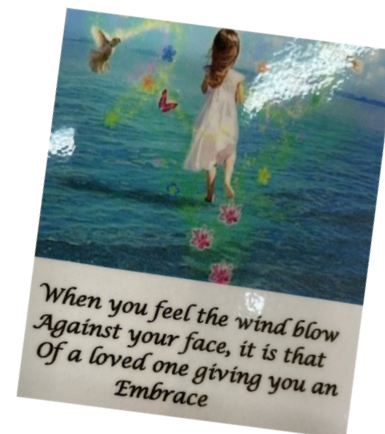
We can get by with a little (LOT) of help from our Al-Anon friends. . .

"The Alateens in my group have become some of my greatest friends. I can always turn to them for help. They help me deal with my grief and with the other problems created by the alcoholics in my life. Now I know I'm not alone."

—Living Today in Alateen, page 267

I spoke at a meeting where the group had just lost a beloved member the day before. This person was a regular member of the meeting. I could tell she was a huge part of their meeting. With her passing there is going to be a void that's hard to fill. They shared many words of wisdom about their friend, which they will have forever. There were many tears. These people who we attend meetings with penetrate our heart in ways which is unexplainable. They have seen us at our worst and our best. People who do not attend meetings just don't get it. But that is the magic of attending 12 step meetings. We are given a gift of love and understanding of others. They love us into recovery before we can love ourselves.

They give us encouraging words when we are down. They celebrate our accomplishments. Group members know when we are in need. Our Groups teach us to be a part of and how to function in today's world. When we are grieving my beloved Sponsor told me to "Ride out the feelings. Do not stuff them." How many times I have heard people apologize for crying at a meeting. We are human and humans have emotions. Some of us are taught not to feel or show any kind of emotion. In the program we begin to feel and we need to work through the feelings. My Sponsor also told me "Grief is like a pendulum — it is going to swing." One moment you are doing fine, maybe sweeping the floor, and the next minute you start crying. IT IS OK!! We never know when grief is going to hit us. Just ride it out. Feel those feelings. In my life I have lost many people. One way to memorialize them is doing acts of kindness in their name. Also, I pray for their families because they are hurting too. When I think of the families my grief is put into perspective. We all hurt because of a loss of a loved one. I have to remember that I'm grateful that I had that loved one in my life and remember how they were a part of my life.



"Pain and loss are a part of life. No matter what I do, I will not be able to change that fact. But with the fellowship to support me and the Steps to guide me, I will be able to face, and grow through, anything that comes my way."

—Courage to Change, page 349

—Susan C., Friday Night Fellowship

QUOTES ON THE TOPIC OF GRIEF. . .

"Grief is the price we pay for love." --Queen Elizabeth

"Things we lose have a way of coming back to us in the end, if not always in the way we expect." --J. K. Rowling, Harry Potter and the Order of the Phoenix

"Only time and tears take away grief; that is what they are for." --Terry Pratchett, I Shall Wear Midnight

"I keep myself busy with things to do, but each time I pause, I think of you." --Unknown

"Grief is like the ocean—it comes in waves ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim." --Vicki Harrison

International Convention Registration!



Dear Al-Anon Members,

We are excited to tell you that registration for the 2023 Al-Anon International Convention is still open. Please see below for details.

WHEN: **June 29 – July 2, 2023**

WHERE: **Albuquerque NM**

While it is possible to register safely and securely using a smart device (smartphone or tablet), the user experience is not optimal. So, for best results, we recommend using a laptop/desktop computer. We ask that you share this message with other members.

The registration fees are as follows:

- Prior to May 10, 2023 – **\$200**
- After May 10, 2023 – **\$225**

SPECIAL ANNOUNCEMENT:
New Al-Anon daily reader to debut at the convention!

This registration includes access to the following events:

- **The Party in the Plaza** (Thursday night)
- **International Big Meeting**, including the Language of Love Parade (Friday morning)
- **Family Big Meeting** (Saturday night)
- **Spiritual Big Meeting** (Sunday morning)

You have a choice of many sessions throughout the event. Following are available add-ons (additional fee):

- **Day of Connecting** (All day Thursday), Speakers and workshops celebrating service, the third leg in our recovery– \$55 includes lunch.
- **Trailblazer's Breakfast on Route 66** (Saturday morning), a Speaker meeting celebrating Trailblazers throughout Al-Anon's history including those still trailblazing today– \$75 includes breakfast.

Al-Anon Room Block:

- The Al-Anon program will be held at the Convention Center, with one evening session occurring at the connected DoubleTree hotel.
- The A.A. program will be held in The Clyde hotel directly across the corner from the Convention Center.
- Al-Anon has negotiated reasonable room rates that are dependent on members reserving housing through the International Convention Housing Room Block, this helps the registration fee remain as low as possible.
- The room rates range from \$124 to \$189 a night.
- Reserve your hotel room early to be close to all the action.

In Case You're Curious,
Here's How the AI-Anon
Service Structure Works...

World Service Conference Structure Graphic



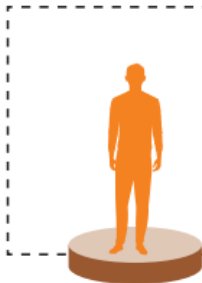
Members in a group elect a **Group Representative (GR)**.



The **GR** is the liaison between the group and the District and the group and the Area Assembly.



The **GRs** in a District elect a **District Representative (DR)**.



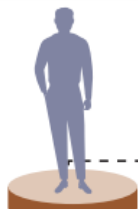
The **DR** represents the District's groups at Area World Service Committee (AWSC) meetings.



The AWSC consists of Assembly Officers, which includes the Chairperson, Delegate, Alternate Delegate, Treasurer, and Secretary; **DRs**; Coordinators (such as Alateen Coordinator and Literature Coordinator); and liaison members (such as AI-Anon Information Service Liaison).



The **GR** attends the Area Assembly to elect the **Area Delegate**, hear reports, and participate in Area service projects.



The **Area Delegate** attends the annual World Service Conference (WSC) and is the link between the groups and the WSC and the groups and the World Service Office (WSO).



The composition of the WSC includes the **Area Delegates**, Volunteer members of the Board of Trustees and the Executive Committee, and voting members of the WSO administrative Staff.

Ultimate Authority

Delegated Responsibility

GUIDELINES AND ADDRESSES FOR THE GROUP TREASURER

GROUP NAME:	DISTRICT #:	WSO #:	*FOR STL GROUPS: GROUP #											
GROUP EXPENSES:	Varies according to group	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	
Meeting Place Rent														
Conference Approved Literature														
Round Robin Subscriptions														
Forum Subscriptions														
GR expenses to Area Assemblies														
DONATIONS and SUBSCRIPTIONS														
DISTRICT Representative/ Treasurer	Write group name on check													
Name:	CHECK PAYABLE TO:													
Address:														
City, State, ZIP	Or give to the DR at your District Meeting													
Phone #:														
MISSOURI AREA TREASURER	• GROUP APPEALS: JAN/JUN/SEP	•					•				•			
*** Mary Loftin	*** CHECK PAYABLE TO:													
828 NW 69th Street	MO Area AFG													
Kansas City, 64118	Write District # and Group Name on your check													
treasurer.panel63@missouri-al-anon.org														
816-456-4086														
WORLD SERVICE OFFICE	• PERSONAL APPEALS: FEB/MAY/AUG/NOV		•				•				•		•	
AFG, INC.	CHECK PAYABLE TO:													
1600 CORPORATE LANDING PARKWAY	AFG, INC.													
VIRGINIA BEACH, VA 23454-5617	Write District #, Group Name, and WSO # on your check													
SUBSCRIPTIONS FROM AFG, INC.:														
1. The Forum, \$11.00 a year														
2. Alateen Talk, \$2.50 a year														
NEWSLETTER EDITOR/COMMUNICATION COORDINATOR- Round Robin														
Newsletter is available on Area Website: www.missouri-al-anon.org ; Subscriptions of \$10.00 per year (mailing of hard copies) should be sent to the Area Treasurer														
*** Mary Loftin	*** CHECK PAYABLE TO:													
828 NW 69th Street	MO Area AFG													
Kansas City, 64118	Write District # and Group Name on your check													
treasurer.panel63@missouri-al-anon.org														
Phone #: 816-456-4086														
AL-ANON INFORMATION SERVICES (AIS) DONATIONS and LITERATURE DISTRIBUTION CENTERS (LDC) ORDERS														
ST LOUIS AREA														
Al-Anon/Alateen LDC/AIS Center	CHECK PAYABLE TO:													
14 Sunnen Drive, Suite 144	AFG OF GREATER ST LOUIS													
Maplewood, MO 63143	(Write District # and Group Name and # on your check)													
314-645-1572														
MISSOURI AREA LDC														
Linda Barrozo	CHECK PAYABLE TO:													
2010 Village Drive, Bldg C, Apt #202	MO Area AFG													
St. Joseph, MO 64506	(Write District # and Group Name on your check)													
816-351-6792														
Area31litdepot@gmail.com														
IMPORTANT INFORMATION – PLEASE READ														
<ul style="list-style-type: none"> ■ The group's first responsibility is to take care of itself, that is, rent, literature, etc. ■ The group is also responsible for paying its GROUP REPRESENTATIVE'S way to the Area Assemblies in May and November each year. ■ Pay close attention to the "CHECK PAYABLE TO" information. ■ DO NOT identify Al-Anon/Alateen on the outside of any envelope; you may put AFG on envelopes. ■ Round Robin subscriptions are \$10.00 a year (mailing of hard copies) for individuals and groups and should be sent to the Area Treasurer. ■ Round Robin Newsletter is available on Area Website: www.missouri-al-anon.org; Copies can be downloaded or print for group distribution. ■ If you or your Group have any questions regarding Group contributions, contact your District Representative or any Area Officer. ■ Literature can be purchased through any of the local Al-Anon Information Services or through the Area Literature Distribution Center. 														
<p>*** Subject to change every three (3) years - Next panel will begin in January, 2023.</p> <p>The black * marks months of appeals from Missouri Area and WSO.</p>														



Look What's Coming This Summer!

Al-Anon's next daily reader, "A Little Time for Myself --A Collection of Al-Anon Personal Experiences" (B-34), will be making its debut at the 2023 Al-Anon International Convention in Albuquerque, New Mexico, from June 29–July 2, 2023! Just as our earlier daily readers reflected the times in which they were written, this book will represent the personal experiences and many voices of the Al-Anon fellowship as it is today.



Al-Anon's new daily reader
It's Coming Soon!

As mentioned prior to the AFG Connects community, approximately two months prior to the International Convention the WSO will post a pre-order

form for LDCs to fill out and mail or fax to the WSO. A second PDF order form will be included that LDCs can use as a template for taking orders from local groups and members.

The WSO will begin filling the LDC priority orders once the Convention begins. Books won't be available to order through the Al-Anon Online Bookstore until after the Convention ends.

February 2023 Revenue

District # & Meeting	Contrib.
Dist. 15 Friday Night Fellowship	✓
Dist. 15 Webster Groves Parents	✓
Dist. 28 Just for Today	✓
Dist. 02 One Step at a Time	✓
Dist. 15 Women's Saturday Steppers	✓
Dist. 14 Men's Feelings	✓
Dist. 15 Healing Steps	✓
Dist. 02 Care and Share	✓
Dist. 13 Choices	✓
Dist. 18 Thurs. Night Al-Anon SO IL	✓
Dist. 14 How AFG Works	✓
Dist. 15 Serenity Sisters AFG	✓
Dist. 02 Parents Path to Recovery	✓
Dist. 15 Healing Steps	✓
Dist. 09 North County Parents	✓
Dist. 15 Grateful Everyday	✓
Dist. 17 Climbing Higher	✓
Dist. 14 Women in Recovery A.C.	✓
Dist. 02 Serenity Seekers	✓
GROUP CONTRIBUTION TOTAL	\$2,357.81
Annual Appeal	20.00
Birthday Donations	53.00
Dollars & Sense	21.50
Journal Sales	120.00
Literature Sales	1,419.22
Misc. Contributions	331.50
Services (shipping, etc.)	79.61
TOTAL REVENUE	\$4,402.64



WE NEED YOU!!!! HERE ARE MEETINGS THAT NEED SUPPORT

Please click links below to see Meeting Flyers.

[The Eleventh Steppers](#)

[Two Open Hands](#)

[Monday Night Serenity IL AFG](#)

[Wednesday's Serenity AFG](#)

The **Monday Meters** Al-Anon meeting in Pacific at 6:30 p.m. is asking for help with participation. The meeting consists of reading from the Al-Anon daily readers, topics selected by the chair, reading from *How Al-Anon Works*, and soon will have guest speakers. Please consider attending and bringing sponsees or friends to support this meeting. Thanks!

["Monday Meters"](#)





View Al-Anon Event Flyers On-Line

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

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

April 15th — District 15 Workshop

April 15th — District 17 Workshop

April 21st-23rd — Spring Fling Convention

April 29th — Breakfast Potluck

April 29th — Fall Classic 5K

May 21st — District 14 Picnic

****June 4th — Central Service AA/Al-Anon Picnic****

June 9-11 Trillium Convention — Ontario South (Two STL Speakers)

June 10th — District 15 Picnic

June 10th — Fall Classic Trivia Night

June 9-11 — 50th Annual Kansas Al-Anon & Alateen Conference

July 28th-30th — AA MO. State Convention with Al-Anon participation

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

Sept. 29-Oct. 1st — Fall Classic Convention

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

To

Have Any Jewelry in Need of a New Home?

Used or Unwanted

Jewelry

Drop off at AIS Office

14 Sunnen Dr. Suite 144 Maplewood, MO 63143

Sell at Central Service Picnic

June 4th 2023 at Deer Creek Park

To benefit the AIS Office



CENTRAL SERVICES

8th ANNUAL PICNIC



June 4, 2023

Sunday 11 am – 3 pm

Deer Creek Park “Rocket Park”

3200 Laclede Station Rd.

Maplewood, MO 63143

**Just down the street from Central Services*

**Meat & Drinks Provided
Bring Your Favorite Dish**

Lunch at Noon

Rod H. AA & Carrie B. Al-Anon Speakers at 1:00 pm

Activities for Children



**Raffle/Silent Auctions
To benefit the Office**

Al-Anon Jewelry Sale



FUN & FELLOWSHIP