

Sincerely Al-Anon

CONCEPT EIGHT

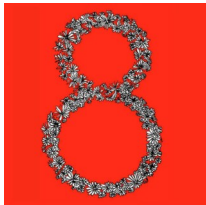
THE BOARD OF TRUSTEES DELEGATES FULL AUTHORITY FOR ROUTINE MANAGEMENT OF AL-ANON HEADQUARTERS TO ITS EXECUTIVE COMMITTEES.

“Delegating and trusting others gives me more time to work on my recovery.”
“Concept Eight gives us a further reminder that there is an easier way, but it requires us to let go of some of our control.”

“What am I willing to delegate today?”

—A Little Time for Myself-A Collection of Al-Anon Personal Experiences, p. 273

This is very comforting—knowing that the delegates have full authority. The delegate is voted in by the Group Representatives (GRs) at the Area Assembly. Each Al-Anon group can send a GR to the Area. The everyday operation of the World Service Office was too much for the Board and they decided to assign functions over to an eight-member Executive Committee, which carries out the legal powers of the Board of Trustees. The committee considers all project proposals and project approvals from committee and staff (Service Manual, p. 197). When the Board let go, they delegated and trusted that the daily operations will get completed.



When I read this Concept, I think, “What control can I give up?” I am not the only one in my family or social circle. In my past, my brain told me I had to take care of everything. In other words, “just let me do it” so it will get done correctly! Through the program, I learned that people have their own journeys, and if “I do everything,” they will not learn to do for themselves.

My headquarters is my Higher Power. My headquarters is doing God's will, not mine. My headquarters is going to meetings and working the steps so I can better “Let Go and Let God.” My headquarters is learning how to delegate and let go of the outcome. My headquarters is simpler when I can take care of my own business. When I regularly turn my life over to a Higher Power of my understanding, I can see life's simple pleasures. I enjoy being in the here and now.

“Delegation is another way I practice letting go.”

“It was no longer important that others read from the script that my expectations had written.”

“How do I let go of outcomes I have delegated to others?”

—A Little Time for Myself-A Collection of Al-Anon Personal Experiences, p. 253

—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

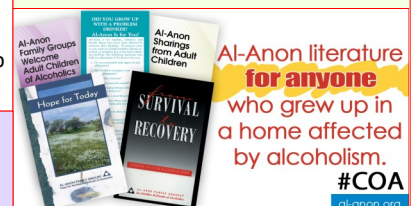
AIS Office Hours & Literature Sales

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!



Our NEW Daily Reader — A Little Time for Myself A Collection of AI-Anon Personal Experiences



Ever since One Day at a Time in AI-Anon (B-6) was first introduced 55 years ago, AI-Anon members have considered our daily readers among their favorite pieces of Conference Approved Literature. Whether first thing in the morning, last thing at night, or somewhere in between, members have found it helpful to take a little time to absorb the thought-provoking meditations found in these books.

Our newest daily reader is A Little Time for Myself—A Collection of AI-Anon Personal Experiences (B-34). Gath-

ered from over 2,000 sharings from the fellowship, it was introduced at the 2023 AI-Anon International Convention in Albuquerque, New Mexico. It is now available at local Literature Distribution Centers and on the AI-Anon Online Bookstore for \$17.

As fundamental as our daily readers have been to my own recovery, one of their greatest assets for me personally was that I wasn't limited to reading only the page of the day. Anytime I needed instant relief, I could flip through the index in the back and find the topic I needed. Through the years, I've found that comparing the index of each new reader to those that preceded it gave me evidence that just as I continue to grow, so does our program and the literature that describes it. However, I was quite surprised, in comparing A Little Time for Myself to our five other AI-Anon and Alateen daily readers, that its index includes 95 topics not found in the others!

From "Acting as if," "All-or-nothing thinking," "Anticipation," and "Avoidance" to "'Us versus them mentality,'" "Vulnerability," "Welcoming others," and "Worthiness," an abundance of helpful ideas and perspectives appear in this book. And it's also the first of our daily readers to include sharings about all 16 slogans, all Twelve Concepts of Service, and all five General Warranties of the Conference, as well as all Twelve Steps and Twelve Traditions.

Here's a brief excerpt from page 186 of our new reader:

"Little by little, I added self-care to the top of the list. I took time to think about what I needed. Starting my day with prayer, meditation, and time to write created so much more ease and peace in my whole day."

—by Tom C., Associate Director—Literature, The Forum, July 2023

A Little Time for Myself – A Glimpse into Our New Reader

To give you a sense of what our new Al-Anon daily reader, *A Little Time for Myself*, offers, here are some questions you'll find in there:

- What can help me keep my mind free of judgment? — Page 25
- How has Al-Anon helped me accept the reality of my relationships today? — Page 45
- Which slogans are the most appropriate for me to focus on today? — Page 65
- What choices can I make today to support my own recovery? — Page 183
- How do I let go of outcomes I have delegated to others? — Page 235
- How can I "Let It Begin with Me" today? — Page 277
- How does understanding alcoholism as a disease help me practice loving detachment today? —Page 283
- How does listening and sharing in meetings help me today? —Page 335
- How do I determine whether the problem I'm having is about a principle or personality? —Page 350



And there's so much more! The reader is available now for \$17.

YOU'RE ALL INVITED! WEBSTER GROVES ADULT CHILDREN MEETING

Welcome to our meeting! We are an Al-Anon – ACA 9 a.m. Saturday speaker meeting on Zoom. We would love to have you join us!

Here is the Zoom information: **ID: 819-336-21859, PW: 291168.**

"We who have lived in anguish for so long have discovered a way to live in serenity, one day at a time, and our greatest joy is to share this way of life with others."

-- As We Understood, p. 231

NEW Al-Anon MEETING!

For Family & Friends of Alcoholics

SULLIVAN AL-ANON FAMILY GROUP

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

Contacts: Evette (636 725-5769, Joy (314 401-7803)

DISTRICT 14 BUSINESS MEETINGS — FEATURED SPEAKERS

September 14, 2023

Janet R. & Marge O. share their AFG 2023 International Convention experience.

November 9, 2023

MO Area AFG Delegate Sue K. will share about her delegate experience.

Replacing “I’M SORRY” With “Thank You”



“I’m sorry I’m late.”

Thank you for waiting for me.

“I’m sorry I’ve been so needy lately.”

Thank you for being there for me.

“I’m sorry to ask you for another favor.”

Thank you for helping me out.

“I’m sorry I made a mistake.”

Thank you for pointing out my mistake.

“I’m sorry but I can’t make it tonight.”

Thank you for inviting me.

“I’m sorry for being emotional.”

Thank you for loving me.

“I’m sorry that I’ve been distant.”

Thank you for being understanding.

—From a Dear Friend

A Very Special Public Outreach Vehicle — The Sunshine Bus!

During the winter of 2022/2023, our group was talking about how to reach out to members who’ve been absent a while to let them know that we are thinking of them. We decided to start the Sunshine Bus committee. At first, it



was the Sunshine committee, but we decided that all of us can be on the “struggle bus” and sometimes that leads to missing several meetings in a row. So, we renamed it the Sunshine Bus committee as an antithesis to the “struggle bus”.

This committee uses attendance records and member requests to form a list of folks to contact. Then we split up the list and each contact a few people via text or phone. It is a very simple act. It is just a quick chat, voicemail or text to say, “Hey, we are thinking about you!”

So far, the Sunshine Bus has had great success. We have reached members who are no longer able to attend and provided a connection to our meeting. We have had some nice chats and everyone is glad to hear from us. One member texted back, “I’m doing fine. Thanks for checking on me. Hoping to be back soon!”

Our purpose is to send out a connection, some love. We are not here to “should” on anyone. If members return, great. If members do not return, that is ok too. We just want them to know we love them.

If you see the Sunshine Bus drive past you, give us a wave. “You’ll love us in a very special way—the same way we already love you.” Beep Beep!

— Mary K. and Michelle P.

2023 WSC Summary Coming in September

Due to the Staff resources that were allocated to the 2023 International Convention, the compilation of the 2023 Conference Summary is behind schedule. We anticipate the Summary will be posted in early September with the printed version available for purchase about six weeks later.

Contributions from Attendees

District 14 Sponsor Workshop 6/14/14, Al-Anon Northern CA

SPONSOR TOOLS

What is a phrase or slogan that your sponsor has shared with you?

My Sponsor points me to God and prayer.

Let us love you until you can learn how to love yourself.

When in doubt, don't.

Let Go and Let God.

THINK- Thoughtful Honest Intelligent Necessary Kind.

God has my back.

You can't change him, but you can pray to his Higher Power to keep him in his care.

Don't say yes when you mean no.

Be nice to my friend! (...meaning me)

Live and let live.

How is that working for you?

That's none of your business!

Awareness, Acceptance, Action.

Easy does it.

Take it one day at a time.

Keep your head and your butt in the same place.

Hmmm...sounds like your Higher Power is giving you a step (whatever one you're on...field work!)

Quit belittling yourself or you're going to start believing it.

A prayer – bless (her), change me.

What do you want to do?

For fun and for free.

Guilt over resentment.

Let it begin with me.

When I am working the steps she always says "And then?"

Contributions from Attendees

District 14 Sponsor Workshop 6/14/14, Al-Anon Northern CA

SPONSOR TOOLS

What is a phrase or slogan that your sponsor has shared with you? (cont.)

WAIT – Why Am I Talking?

More will be revealed.

Be your true self! I am one with God. Be in the Now! Your ego is not your friend.

LOVE – Letting Others/Ourselves Voluntarily Evolve.

Do's and Don'ts of Sponsorship:

- *Do practice patience.*
- *Do get in touch with yourself before speaking.*
- *Do model boundaries – how to set and hold them.*
- *Do listen and love.*
- *Do share your experience, strength and hope.*
- *Do share your embarrassing mistakes & how you grew from them.*
- *Do use literature.*
- *Don't give advice.*
- *Don't tell anyone what to do but yourself.*
- *Don't try to be perfect.*
- *Don't judge.*

What is an assignment your sponsor has given you?

Create a God box.

Work through the steps.

Write a daily gratitude list.

Read literature on the topic of my concern.

Make a list for a week of every thing you are powerless over.

Write my own third step prayer.

Write 30 days of gratitudes.

Contributions from Attendees

District 14 Sponsor Workshop 6/14/14, Al-Anon Northern CA

SPONSOR TOOLS

What is an assignment your sponsor has given you? (cont.)

Write the pros and cons of my situation when making a decision.

Read the first part of "How Al-Anon Works" three times and then we'll talk.

Pray and meditate, go to meetings, keep a daily journal and trust God.

Reading and writing are always good.

Ask for help and accept every bit of help you are given.

Go to two meetings a week, call me twice a week, meet me once a week & read Al-Anon literature daily.

Attend at least one meeting a week, get a service commitment and be constantly in service.

Find another member to take turns with calling and reading from a daily reader every day.

Do not miss meetings, even when ill.

Go to meetings.

Write a daily gratitude list and write what you did well in your journal.

Call another Al-Anon member.

When I did not (couldn't) write she brought me a notebook & had me write down what I said when we met.

Call me every day (I struggle with this, even all my years working the program).

Rewrite that letter again and again.

Write a list of positive qualities, one for each letter of my first name.

Love and trust myself.

Make a classified ad requesting a Higher Power and list of qualities I want in a HP.

To look at myself in the mirror and say "I love you [my name]."

Make a list of every time I take the focus off myself and focus on someone else.

Make a list of people I have resentments toward and make amends to them.

Write down what characteristics I want in my Higher Power.

How do you show care and concern for your sponsee?

I pray for my sponsee.

I take the time to listen to my sponsee, but keep bringing it back to them.

Contributions from Attendees

District 14 Sponsor Workshop 6/14/14, Al-Anon Northern CA

SPONSOR TOOLS

How do you show care and concern for your sponsee? (cont.)

I listen intently when she shares.

I am available when she needs me.

When she calls, I always answer. If I cannot, I call her back when I can.

Listen. Really listen.

Make time.

Remind them that I am not their loved one's sponsor – tell me about you and your life.

What are some of the tools of Sponsorship?

“Paths to Recovery”

“How Al-Anon Works”

The pamphlet “Merry-Go-Round of Alcoholism”

Workshops and Roundups

Service

“Survival to Recovery”

Our daily readers

Sponsorship bookmark

Meetings

Call another member.

Journaling

List gratitudes and “did wells.”

Daily reading and literature

Check in regularly.

Work the 12 steps, Traditions & Concepts.

Fellowship

My sponsor

Alateen 4th Step

Prayer & meditation

Go to AA meetings

Members Share Their Experience, Strength & Hope on Step 8

Step 8 *"Made a list of all persons we had harmed, and became willing to make amends to them all."*

"A helpful suggestion I heard in a meeting was to write three lists of amends I needed to make: a "yes I can" list, a "maybe" list and a "heck no, never!" list. Then start with the "yes" list and work from there as my Higher Power leads. Making amends always seemed impossible because the first people who always came to mind were the "heck no!" people. I learned that I can start at whatever level I feel ready and take all the time I need. I don't have to start with the impossible! One thing that surprised me when I started making amends was the intensity of the feelings that came up. I thought it would just be a matter of having the conversation and receiving the other person's reaction. I found that I had to work through some of those feelings around the incident I was making amends for all over again. It hurt, but it was totally worth it for the freedom I now feel. I still have a long way to go, but I'm so grateful to my Higher Power and to the program for making this possible."

— A Grateful Member

"I reflect on how my past self-sabotage and neglect hurt me; and consider how I have harmed others in doing so.

Though I no longer self-sabotage, the temptation is still there to demean myself through harsh self-criticism. At the top of my list of those I've harmed is ME. Others harmed me due to their addictive illness or ignorance. Over the years, I've come to forgive them. I've harmed addicts by giving them license to harm me when I remained attracted to these emotionally unavailable, unhealthy individuals in my life. I take responsibility for not guarding myself with self-care and not committing myself to "fixing me" not trying to "fix" them! A sick part of me found those individuals appealing at some level and I didn't avoid them even though I was warned to do so.

"I cannot allow past hurts to smolder and destroy today." – Courage to Change, p. 216.

"We cannot change the fact that others have harmed us. We have only the power to change this present day. . . we mustn't let it hold us back from living here and now. I will not get so bogged down in dealing with old wounds that I forget about new growth." – Courage to Change, p. 99.

— A Grateful Member

Source: <https://al-anon.org/blog/step-eight/>

COME JOIN US!!

Central Services is having an **Ice Cream Social with Al-Anon Office participation**. The event will be held at the office on **Sunday August 20th, 2023, 1- 4 pm**. We will be serving Ted Drewe's custard and toppings. MO Area Al-Anon History displays will be in the Al-Anon Information Service office.

Eastern Area of MO Archives will be presenting the St. Louis debut of "Akron-New York-Chicago Meanwhile in St. Louis a bankrupt electrician, an ex-con, and a Jesuit Priest walk into a hotel.... The story of Father Ed Dowling and the men and women who brought A.A. to St. Louis and the Eastern Area of MO". There are

two showings — 1:30 pm and 3:00 pm. If you are looking for a service opportunity, please email or call the AIS Office with your name and phone number. Susan C. will contact you to follow up. See you there!!



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](#)

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.

Grace Al-Anon Family Group

Looking for a centrally located meeting in St. Louis?

Grace AFG is once again meeting in person and invites you to join them. This group meets on **Thursdays from 12-1pm at Grace United Methodist Church, 6199 Waterman Blvd, St Louis, MO 63112** (corner of Waterman and Skinker Blvd.).

ALL ARE WELCOME!!

The group uses designated reading materials for each week of the month, with the choice of daily readers at each meeting. "Reaching for Personal Freedom" --steps and traditions—is used on the 1st and 2nd Thursday of the month. On the 3rd Thursday, they use readings from "In All Our Affairs," and on the 4th Thursday, readings from "Discovering Choices." When there is a 5th Thursday, the group's chair for the day chooses a topic and associated reading.

For the Newcomers. . .

HOW WILL AL-ANON HELP ME?



Many who come to Al-Anon/Alateen are in despair, feeling hopeless, unable to believe that things can ever change.

We want our lives to be different, but nothing we have done has brought about change. We all come to Al-Anon because we want and need help.

In Al-Anon and Alateen, members share their own experience, strength, and hope with each other. You will meet others who share your feelings and frustrations, if not your exact situation. We come together to learn a better way of life, to find happiness whether the alcoholic is still drinking or not.

—Source: <https://al-anon.org/newcomers/faq/>

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."

June 2023 Revenue

District/Meeting	Contrib.
Dist. 02 One Step at a Time	✓
Dist. 09 Free to be Me	✓
Dist. 02 Care & Share	✓
Dist. 13 Male Stumbling Blocks	✓
Dist. 13 Eureka Sunday Sanctuary	✓
Dist. 02 Six O'Clock Serenity	✓
Dist. 09 North County Parents	✓
Dist. 15 Wymyn in Recovery	✓
Dist. 15 Wednesday Winners	✓
Dist. 14 Wonderful Possibilities	✓
Dist. 14 Friends in AFG	✓
Dist. 02 Serenity Seekers	✓
Dist. 13 Fully Relying on God (F.R.O.G.)	✓
Dist. 09 Steps to a New Life	✓

Group Contribution Total	\$1,676.18
Misc. Contributions	846.85
Dollars & Sense	13.51
Literature Sales	1,915.55
Fundraising Revenue—Jewelry	496.00
Fundraising Revenue—Pens	5.00
Fundraising Revenue—Journals	72.00
Processing Fee Income	105.13
TOTAL REVENUE	\$5,130.22



God knows I'm not what I should be,
And God I know I'm not what I could
be.

But thank you God I'm not what I
used to be.

—A Prayer from a Friend



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

August 13 — District 13 Ice Cream Social

August 19 — Trivia Night for Fall Classic

August 20 — Central Services Ice Cream Social with Al-Anon Participation

August 26 — Area World Service Committee (AWSC) Meeting

August 27— Alateen Super Sunday Business Meeting
(You must be an Alateen member or AMIAS to attend.)

September 14 — District 14 AFG International Convention Experience

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

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

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

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

Ice Cream Social!

Enjoy an ice cream sundae while learning about the beginnings of AA and Al-Anon in St. Louis!

Sunday, August 20, 2023

1 pm – 4 pm

**Central Services Office
14 Sunnen Dr., Suite 144
Maplewood, MO 63144**

"A bankrupt electrician, an ex-con and a Jesuit priest walk into a hotel ..."

The story of Father Ed Dowling and the men and women who brought AA to St. Louis and the Eastern Area of Missouri.



Gibson Hotel – St. Louis



Ted Drewes Frozen Custard and Toppings *

**Video presentations by
Eastern Area of Missouri
Archives at
1:30 pm and 3:00 pm**

**Al-Anon Missouri Area
History Display**

*while supplies last