

# Sincerely Al-Anon

## STEP TWO

### *CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.*

**“I don’t need to solve all my problems at one time. I just need to ‘Let Go Let God’ and enjoy this moment. How does my connection to a Higher Power help me let go my imagined control?”**

—A Little Time for Myself-A Collection of Al-Anon Personal Experiences, p. 299

This is my favorite step because the buck stops here. Do I want sanity, or do I want to continue with my insane behavior and thoughts? I choose sanity. This requires me to work my program: have a sponsor, work the steps, attend meetings regularly, work with others and do service work.



This step brings hope that I can be a healthier person for myself and toward my loved ones. I can look at myself and see where my behavior has been fueled by fear. When I get frightened, I lash out with angry or insane behavior. I fear losing control or not getting my way and I think I know what is best. The insane thoughts and actions are my defects of character that need to be identified and worked on with the help of a sponsor.

First, I need to look at my concept of my Higher Power. I knew I needed a loving Higher Power. In the beginning, my concept of God (or my misconception of my birth religion God) was punishing. My insane thoughts said “Well, since I have already done these bad or sick things, I guess it’s a done deal.” When I entered Al-Anon, I heard stories of members with a loving Higher Power and how their Higher Power had helped them. Their God was loving and kind, wanting what is best for us. Today I try to keep it simple. God is love. I pause and ask myself these questions: Am I performing this action in a loving way? Are these words kind? Am I working my own program and not someone else’s?

Today, Step Two gives me a sense of peace, knowing that I do have a way to a saner life with the help of the Al-Anon program and the loving people who attend meetings.

**“Where do I find hope today?”**

—A Little Time for Myself-A Collection of Al-Anon Personal Experiences, p. 30

—Susan C., Friday Night Fellowship



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**To Contact:** Call 314-645-1572 or email us at: [aisoffice@stl-al-anon.org](mailto:aisoffice@stl-al-anon.org)

**Website:** [www.stl-al-anon.org](http://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](mailto: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!

**MO Al-Anon Website:** <https://www.missouri-al-anon.org>

**WSO Website:** <https://al-anon.org>

## TRADITION TWO

***FOR OUR GROUP PURPOSE THERE IS BUT ONE AUTHORITY – A LOVING GOD AS HE MAY EXPRESS HIMSELF IN OUR GROUP CONSCIENCE. OUR LEADERS ARE BUT TRUSTED SERVANTS; THEY DO NOT GOVERN.***

***“To keep my serenity, I must admit I am powerless over others, including their opinions of me. Remembering I can look to my Higher Power for guidance gives me greater peace of mind.”***

—A Little Time for Myself-A Collection of Al-Anon Personal Experiences, p. 46

Substantial unanimity means that any decision reached by the meeting be reflective of the will of the entire group. I want to have an open mind when listening to others' opinions. To be the healthiest I can be, I need to let go of the thought “my way or the highway,” calm my mind, and listen without judgement. The booklet *Al-Anon and Alateen Groups at Work* (P-24) explains on page 51 that “the group conscience is the will of the group” and is based on members' use of the Twelve Traditions and Twelve Concepts of Service as guides, maintaining “principles above personalities,” and sharing information as equals.

This is where having a “loving God” is helpful. If I lead with my heart and my Higher Power, then the will of the group will come first and the group will do what is best for the whole. I have to remember that when my meeting has a group conscience all members should have a chance to share. When I chair our group conscience, I call on everyone. If they choose not to share, it becomes their decision, not mine. I know some say this is the political side of Al-Anon. I believe they say that because they fear conflict. Yes, some of us can be bullies but hopefully the chair can maintain a sense of calm and allow people to take turns and share without being interrupted. Tradition Two also reminds us that no matter how experienced someone is in the program, a leader can only suggest and negotiate to get things done, not make the decisions and command. I have to remember that if I turn my will and life over to a loving God, I can also turn the group conscience over to the same Higher Power. I personally love the idea of a group of people having a healthy discussion. It is very empowering and can carry over to my family and how I deal with issues at home and work. Do I allow my family members or co-workers a voice without judging them? Do I respect their ideas? Do I lead with my heart and my Higher Power at home and work?

The next time your meeting has a group conscience, stay and be an active member of your group. You will be surprised and see “the one authority” in action. My Higher Power speaks through the members of Al-Anon and I don't want to miss what my Higher Power has to tell me.

***“Applying this Tradition to my life has helped me when I slip back into thinking negatively. I can pause and ask, “is this thought from a loving God expressing Himself in my consciousness? Or is this a habitual thought from past conditioning?” Tradition Two reminds me that my diseased thinking need not have any authority over me.”***

—A Little Time for Myself -A Collection of Al-Anon Personal Experiences, p. 192

—Susan C., Friday Night Fellowship

### IS YOUR GROUP ACCESSIBLE?



Accessible  
Entrance

Does your group meet in a community center, hospital, or church that is fully accessible to persons with disabilities? If you meet on the second floor, is there an elevator available? The family disease of alcoholism doesn't exempt

people with disabilities, and they need access to recovery too.

If your meeting location is accessible, please contact the AIS Office at [aisoffice@stl-al-anon.org](mailto:aisoffice@stl-al-anon.org) and let them know so that people with disabilities can access Al-Anon recovery meetings also.

### Inspiring Sharings on Gratitude in Conference Approved Literature (CAL)

- Courage to Change (B-16), pp. 264, 282, 304, 340
- Discovering Choices—Recovery in Relationships (B-30), pp. 58-59, 257
- Hope for Today (B-27), pp. 23, 151, 247
- How Al-Anon Works for Families & Friends of Alcoholics (B-32), “Gratitude,” pp. 78-79
- ...In All Our Affairs (B-15), pp. 232-233, 235
- Just for Tonight Bookmark (M-81)
- Living with Sobriety (P-49), pp. 44-45
- One Day at a Time in Al-Anon (B-6), pp. 46, 126, 319, 345
- Opening Our Hearts, Transforming Our Losses (B-29), “Gratitude,” pp. 170-172
- When I Got Busy, I Got Better (P-78), pp. 33-34

## Public Outreach Beacon



. . .Greetings to all from YOUR PO Team!

### Public Outreach – District 2



I presented an opportunity at the latest District 2 meeting for outreach at Hyland Behavioral Health in South County. They are excited to support this outreach that could potentially reach a large population of families, adolescents, and anyone that the disease of alcoholism is affecting or has affected.

This outreach includes working with the educational coordinator and the Hyland Behavioral Health Center to provide educator packets to 13 case managers that cover the District 2 area (from South County down through Jefferson County). Educator packets include *Fact Sheet for Professionals*, many Al-Anon pamphlets for families and adolescents that cover both Al-Anon and Alateen programs, the most recent campaign posters, and business cards for the Al-Anon central service office.

These packets also include information for the new Alateen group in Jefferson County at the United Methodist Church, which is a part of District 2. These case managers work with the inpatients (which include adults and adolescents) and their families throughout the course of care provided at Hyland Behavioral Health Center and the IOP program located in Jefferson County.

Another element of this outreach includes providing Al-Anon and Alateen pamphlets in the waiting area at Hyland Behavioral Health Center to also help extend the hand of Al-Anon and Alateen to anyone that may not be aware of these recovery programs. They are graciously allowing us to set up a pamphlet display and to stock it with any of the various pamphlets we have available.

I will also be carrying the message of Al-Anon to some of the inpatients once a month during a visit as a part of this outreach opportunity. The facility allows members of AA to bring informational meetings into the facility on Tuesday and Thursday evenings to the inpatients and welcome Al-Anon as well to be a part of this.

We have also offered to provide an Al-Anon speaker for their upcoming employee staff training Lunch & Learn program at Hyland Behavioral Health. We are looking forward to lending the hand of Al-Anon and Alateen to help carry the message of hope to as many families as possible.

—Diane T., Grateful Member of Al-Anon, District 2

### Public Service Announcements



Al-Anon public service announcements (PSAs) reach hundreds of millions of people every year throughout the US and Canada, thanks to the generous commitment of TV and radio stations to offer free airplay.

While the faces and voices featured in the PSAs are those of actors, the scripts are exclusively Al-Anon in content and carry the Al-Anon message of help and hope to the public.

Members can participate by sharing the PSAs from YouTube or *al-anon.org* to their social media networks. Please remember to protect your anonymity on social media by not making comments that would reveal your Al-Anon membership.

[Public Outreach Toolkit from WSO](#)

## Accepting the Gift of Desperation

My husband and I had been to family counseling as well as spiritual counseling and were told I needed to go to Al-Anon and he needed A.A. Of course, I thought it was all his problem and if he would just stop drinking, we would not be in this situation. My husband had been in and out of A.A., and he asked me to just try Al-Anon. But I said no, "just stop drinking!"

### GIFT OF DESPERATION

He borrowed some literature from a neighbor for me to read. I immediately returned it to her. However, I happened to find *Alcoholism, A Merry Go Round Named Denial* (P-3) lying on the desk, and I finally decided to read it. The section about the roles of family members in the disease brought me out of my denial, and a seed was planted for the possibility of attending Al-Anon.

Soon after this, my husband was charged with a DWI, and he chose family counseling through the local recovery center rather than jail. I had no choice but to go to counseling with him. The counselor's assignment for us was (again) for him to attend A.A. and me to attend Al-Anon—and there were meetings that night. Finally, I was miserable enough to be willing to accept the gift of desperation. When I walked through the door of that meeting, I knew those people had something I wanted and needed. I heard the three Cs: I didn't cause my husband's drinking, I can't control it, and I can't cure it. I also heard "Keep Coming Back." They told me it is okay to love an alcoholic and not love his actions. I desperately needed to hear that.

The May 4th reading in *One Day at a Time in Al-Anon* (B-6) states, "In a sense, everything that happens to me is a gift from God....these can be considered gifts of enlightenment." I could not see that until I accepted the gift of desperation that first night. Then I realized there were many more gifts out there waiting for me.

—By Joyce Y., Texas, *The Forum*, December 2023

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## Al-Anon Service Terminology

**Group Representative** – an Al-Anon member that is not also a member of A.A. who attends district meetings and assemblies. This person is a communication link between the district and the group and the group and the area assembly and delegate. A GR represents their group at assemblies and district meetings.

**District Representative** – an Al-Anon member that is not also an A.A. member that calls district meetings and represents the district at an AWSC meeting. The DR is the hub within the district. The DR visits the meetings in the district.

**AWSC** – Area World Service Committee – This consists of Area Officers, Area Coordinators, District Representatives and the most current past Delegate. They all have a vote at an AWSC meeting. There are two AWSC meetings a year. The Area Treasurer, Alternate Delegate, the Delegate Coordinators and the District Reps give reports. A Liaison report is given but the Liaison does not have to be present.

**Assembly** – an Area business meeting. All Area Officers, Coordinators, District Reps, Liaisons to AIS Offices, and Group Reps attend two assemblies a year. Only Group Reps have a vote. Everyone has a voice. Coordinators, District Reps and Liaisons give reports.

**Area Officers** – Consists of one Secretary, Treasurer, Chairperson, Alt. Delegate and Delegate.

**Term** – The length of a term is three years for all Area Officers, Coordinators, District Reps and Group Reps.

**Panel** – This refers to a three year term. Currently we are in Panel 51. In January 2024 the Panel will become Panel 54. Example: Your current Officers are Panel 51 Officers.

**District Meeting** – is a meeting set by the DR. The DR, all GRs and anyone else holding a district position attends along with any interested member of your district or invited guests. GRs have a vote at a district meeting. Group Reps may report on how their meeting is doing and ideally a time slot is allotted for any group problems and solutions.

## Check This Out! Free Downloads from WSO

Since its founding in 1951, Al-Anon Family Groups published more than 100 books and pamphlets that share Al-Anon's single purpose: to help family and friends recover from the effects of someone else's drinking. This literature supplements the face-to-face meetings where Al-Anon members share their insights and experiences with each other.

Listed below is some of the literature that can be downloaded for members. You may use the links below or go to the *al-anon.org* website to view.

- [Are You Troubled by Someone's Drinking? \(S-17\)](#)
- [Detachment \(S-19\)](#)
- [Has Your Life Been Affected by Someone Else's Drinking? \(S-20\)](#)
- [Did You grow Up with a Problem Drinker? \(S-25\)](#)
- [Links of Service \(S-28\)](#)
- [Fact Sheet for Professionals \(S-37E\)](#)
- [Joy Of Service \(S-57\)](#)
- [Information for Educators \(S-64\)](#)
- [Alcoholics, Their Families, and the Judicial System \(S-65\)](#)
- [Al-Anon Family Groups Welcomes Native Americans/Aboriginals \(S-67\)](#)
- [Al-Anon Family Groups Welcomes All People of Color \(S-68\)](#)
- [Al-Anon Family Groups Welcomes Adult Children of Alcoholics \(S-69\)](#)
- [Why Conference Approved Literature? \(P-35\)](#)
- [Al-Anon's Cofounders \(P-87\)](#)
- [Resolution of Gratitude to Alcoholics Anonymous](#)
- [Welcoming Checklist](#)
- [Al-Anon Faces Alcoholism](#)
- [Al-Anon Then and Now \(AR-2\)](#)

Ctrl/Click on this link to access literature online: [Free Downloads From WSO](#)

You can view these documents on the WSO website.

- [Service Manual](#)
- [Groups At Work](#)
- [Al-Anon Guidelines](#)
- [Alateen Service E-Manual](#)

Ctrl/Click on this link to access literature online: [Manuals and Guidelines from WSO](#)

## Area World Service Committee (AWSC) Assembly Coming in March!

**March 9, 2024— ZOOM ONLY**

*Go to [missouri-al-anon.org](http://missouri-al-anon.org) for Zoom Information*

Areas are comprised of groups and Districts in a specific geographical space, usually an entire state or province. Missouri (Area 31) has 26 districts, our newest District is called District 28, but Districts 6 and 16 have each been merged into neighboring districts because of lack of participation/District Representatives. Every group in the Area has a voice and a vote in the Area business meetings known as Assemblies.

### **What is the Area World Service Committee (AWSC)?**

#### **What happens and why attend?**

There is discussion about future AWSC meetings, updates and input on task force work, planning the Assembly agenda, and more.

The primary function of the Area World Service Committee (AWSC) is to plan for general improvements of both the Assembly and the Groups. In between Assemblies, AWSC meetings are held. At these meetings, the Assembly agenda is planned, information and reports are conveyed, and decisions may be made that cannot wait until the next Assembly (2018-2021 v2, Al-Anon/Alateen Service Manual). When the AWSC makes a decision about something that cannot wait, the action is still reported at the next Assembly. The Group Representatives (GRs) are asked to ratify the decision even though the action has already been taken. In effect, they get a chance to "slap the wrists" of the AWSC if they do not like the decision they made. This serves as guidance for future emergencies.

When the AWSC suggests an action to be taken it needs to be approved at the next Area Assembly. In short, the AWSC is an advisory body, they can and do suggest actions to be taken, but until the GRs approve those motions at Assembly, they are only suggestions. AWSC meetings are held twice a year in Missouri -- in March and August.

#### **Who attends?**

With a voice & vote: Officers, Coordinators, and District Representatives (DRs). Thought Force and Task Force leaders will also attend and give progress reports. With a voice: any other Missouri Al-Anon member.

### **MO Area Assembly — May 4-5, 2024**

#### **What is the Area Assembly?**

The Area Assembly is the business meeting where the groups send their representatives to express a voice and vote on behalf of the group. During an Assembly, the delegate reports the activities of the World Service Conference. Assembly can meet one or two times a year, or a minimum of once every three years. (Some Areas actually meet more often.) Missouri Area holds Assembly twice a year, in May and November.

All Al-Anon members may attend the Area Assembly. Voting members are the GRs, Officers, Coordinators, and DRs. Thought and Task Force leaders give reports so the GRs can be informed about what is going on in the Area and at the World Service level. The chairman of Al-Anon activities at an A.A. area convention (In Missouri, that's our Alternate Delegate) or chairman of Area Al-Anon and Alateen conventions (called Convention Coordinator) should participate in AWSC meetings and give reports at Assembly.

Concept One says, "The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon Groups." That is why Assemblies are so important. The Delegate reports what they learned at Conference and listens to discussion from the groups through their GRs. They then take that information back to Conference to help in making decisions there. *Anonymous*

***For more information, see the Al-Anon/Alateen Service Manual World Service Handbook (pp. 24/27). Or visit Missouri Al-Anon & Alateen Family Groups at [www.missouri-al-anon.org](http://www.missouri-al-anon.org).***

## February Quotes

- Calmness of mind is one of the beautiful jewels of wisdom. —James Allen
- It doesn't matter if I don't succeed in something. What matters is if I learn from my mistakes. —Linda Evans
- Where you spend your attention is where you spend your life. —James Clear
- Don't judge each day by the harvest you reap but by the seeds that you plant. —Robert Louis Stevenson
- I have decided to stick with love. Hate is too great a burden to bear. —Martin Luther King Jr.
- If you can't fly, then run, if you can't run, then walk, if you can't walk, crawl. But whatever you do, keep moving. —Martin Luther King Jr.
- Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only LOVE can do that. —Martin Luther King Jr.

## MO Al-Anon Area Contacts

**Delegate Sue K.** — [delegate.panel63@missouri-al-anon.org](mailto:delegate.panel63@missouri-al-anon.org)

**Alt. Delegate Diane S.** — [altdelegate.panel63@missouri-al-anon.org](mailto:altdelegate.panel63@missouri-al-anon.org)

**Area Chair Michael C.** — [Chair.panel63@missouri-al-anon.org](mailto:Chair.panel63@missouri-al-anon.org)

## World Service Office Contact

**Group Services** — [groupservices@al-anon.org](mailto:groupservices@al-anon.org)

**Literature** — [literature@al-anon.org](mailto:literature@al-anon.org)

**Customer Service** — [custerv@al-anon.org](mailto:custerv@al-anon.org)

**AFG Records** — [AFGRecords@al-anon.org](mailto:AFGRecords@al-anon.org)

**WSO** — [wso@al-anon.org](mailto:wso@al-anon.org)

## December 2023 Revenue

| District/Meeting                      | Contrib.          |
|---------------------------------------|-------------------|
| Dist. 15 Glendale Thursday Morning    | ✓                 |
| Dist. 15 Friday Night Fellowship      | ✓                 |
| Dist. 17 Solutions of Harvester       | ✓                 |
| Dist. 15 Wymyn in Recovery            | ✓                 |
| Dist. 15 Everyday Grace               | ✓                 |
| Dist. 14 How AFG Works                | ✓                 |
| Dist. 14 Southside WSO                | ✓                 |
| Dist. 15 Our Gang Mens                | ✓                 |
| Dist. 02 Joe's Place                  | ✓                 |
| Dist. 28 Just for Today               | ✓                 |
| Dist. 14 How Al-Anon Works            | ✓                 |
| Dist. 14 Stepping Out                 | ✓                 |
| Dist. 02 Care & Share                 | ✓                 |
| Dist. 14 Easy Does It                 | ✓                 |
| Dist. 02 Parents Path to Recovery     | ✓                 |
| Dist. 18 Thursday Night Al-Anon SO IL | ✓                 |
| Dist. 13 Choices                      | ✓                 |
| Dist. 15 Serenity Sisters             | ✓                 |
| Dist. 28 Monday Meters                | ✓                 |
| Dist. 09 Steps to a New Life          | ✓                 |
| Group Contributions                   | 1,336.36          |
| Literature Sales                      | 2,315.15          |
| Journal Sales                         | 84.00             |
| Memorial Contributions                | 221.00            |
| Dollars & Sense                       | 43.66             |
| Misc. Contributions                   | 2,467.80          |
| Processing Fee Income                 | 60.00             |
| <b>TOTAL</b>                          | <b>\$6,527.97</b> |

## Al-Anon Slogans

"Unlike some of Al-Anon's practices and principles that take a while to learn and apply, the Al-Anon slogans are easy to learn and remember.

You may have heard some of these slogans hundreds of times before without ever taking them seriously or trying to put them to work. After all, they are clichés, and easy to disregard. But it is their very simplicity that makes them so powerful."

—How Al-Anon Works for Families & Friends of Alcoholics (B-32), p.65

[The Al-Anon Slogans from WSO](#)



## **Now Available to Download!** **World Service Conference Summary (P-46)**



This comprehensive summary features reports and recovery stories from Al-Anon's Annual Conference, which is held to ensure worldwide service and unity in Al-Anon. It includes the World Service Office Annual Report.

CURRENT EDITION.

[Click here for free download](#)





## 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

February 16-17 — 2024 Five Corners Convention with Al-Anon Participation

February 23-25 — 2024 MO Area SMA-ART Weekend

March 9 — 2024 MO Area (AWSC) Zoom Only

April 19-21 — 2024 Spring Fling

June 22 — 2024 MO Area Day in Service

July 28-30 — 2024 MO State Convention with Al-Anon participation

### 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

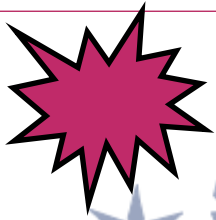
Missouri Round Robin

### AL-ANON FUNDRAISERS

My Journey Journal

AIS Office Sustaining Support Campaign

Pearls of Wisdom Calendar



# **WE NEED YOUR UNWANTED JEWELRY**

**FOR OUR JEWELRY SALE at the Annual  
AA/AI-Anon Picnic – June 2024**

**You can drop it off at the AIS Office Monday – Friday 9-5 pm**

**THANK YOU FOR SUPPORTING THE AI-Anon Family Groups of  
Greater St. Louis.**

**Any questions? Please call the AIS Office at 314-645-1572.**

