

# Sincerely Al-Anon

## Step Two — Came to believe that a power greater than ourselves could restore us to sanity.

***“The very idea that we might not be sane usually brought heated denial.”***

— *Al-Anon Twelve Steps & Twelve Traditions*, page 13

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 towards 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 them. 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 have a way to a more sane life with the help of the Al-Anon program and the loving people who attend meetings.

***“Step Two immediately sounds the ringing note of hope. It assures us that help is at hand, the help of a Power beyond anything we can understand or imagine.”***

— *One Day At A Time*, page 168

— *Susan C., Friday Night Fellowship*



**In case of inclement weather and for the safety of our staff and members, please call the office before visiting our location. The outgoing message will state if the AIS Office is open or closed. Please leave a message and somebody will return your call until 9 pm each night.**

**Thank you!**

**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](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:** Abby S., 314-540-9583

**IR (Intergroup Rep) Meeting:** Held the first Thursday of each month. All members are welcome to attend. Virtual meeting information will be shared the week of the meeting. Next IR meeting is: **FEB 3 at 7:00 pm**

**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)

**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. Masks must be worn when entering the building; one person is allowed at the office door at a time. We are open: **MON-FRI, 9am-5pm.**

#### To Order Literature

Call the office to place an order or purchase on-line. Pick up inside, curb-side, 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!



## 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.**

***“In Al-Anon, no member is given a position of authority over another member. Decisions are based on substantial unanimity, after all sides of an issue have been considered.”***

— *Reaching for Personal Freedom, page 72*

# 2

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 thinking it's "my way or the highway" — then calm my mind, and listen without judgment.

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 that 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.

***“Practicing it in my group as well as in my daily life will help me on my way to confidence and serenity.”***

— *Al-Anon's Twelve Steps Twelve Traditions, page 93*

— *Susan C., Friday Night Fellowship*

## We are Looking for Volunteers

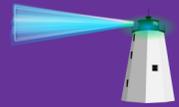


My name is Helga H. and along with Gina G. we are the Al-Anon chairs for the **2022 Spring Fling Convention**, which is an AA event with Al-Anon participation. This is our second year in this position and we both look forward to being of service, seeing friends, hearing wonderful speakers share their experience, strength, and hope, and feeling "a part of a part." The convention is **April 22-24** at the **Hilton St. Louis Airport**. Ellen C. from Addison, Texas is the Al-Anon luncheon speaker. She has an amazing story, filled with hope and humor. I know I am looking forward to welcoming her to St. Louis and seeing her experience Al-Anon in the Show Me State. Please consider attending the convention and especially the Al-Anon luncheon to give Ellen C. an enthusiastic welcome and support.

If you would like to feel a "part of" we are looking for volunteers. If interested, please contact me at [chhintze@att.net](mailto:chhintze@att.net) or Gina at [gillardi.gina@gmail.com](mailto:gillardi.gina@gmail.com). Please see flyer on page 10 or go to [www.springflingstl.com](http://www.springflingstl.com) for convention information and registration. Don't miss out — we hope to see you there!

— *Helga H., Spring Fling Al-Anon Chair*

## Public Outreach Beacon . . . Greetings to all from YOUR PO Team!



### Celebrating SUCCESS in Public Outreach

The helping hand of Al-Anon has provided wonderful successes the past year. The Public Outreach Committee wants to thank all the Al-Anon members who helped with service and support this year in outreach programs.

We had a successful **BILLBOARD** campaign that extended our ability to provide information to more families suffering in the disease of alcoholism. The billboards were made possible thanks to all the people involved and who contributed to the *Happy Birthday Lois Campaign*. Currently, we are looking at a new billboard location in North St. Louis near the city/county border.

The **POSTER CAMPAIGN** was a success. In fact, due to the posters we have more visual information out there than ever before. Groups have made copies of the posters and have gone far beyond our expectations for the number of posters displayed in various areas. This campaign continues as members find new locations for the posters. If you have any questions about the posters, please call the AIS Office.

**NEW MEETINGS**---There is now a new meeting in Ferguson called "Keep It Simple" which meets on Thursdays at 6:30pm. This is our first meeting in District 10! The meeting has had from 2-10 people in attendance, and everyone is happy to have a local meeting in place. Another new meeting called "Monday Meters" is in Pacific, MO in District 28 at 6:30 p.m. on Mondays. It is also growing with an average of 5 people. We continue to put up posters for the area and let people know these new meetings are available. Please check the meeting time and locations on the AIS website, which also lists Zoom Al-Anon meetings available to members.

We have Al-Anon **SPEAKERS** working with various universities, professionals, and treatment facilities. Public Outreach has speakers for classes at Maryville University and UMSL. Speakers are also involved at Harris House and on Zoom Al-Anon informational meetings at the Sana Lake facility. If your Al-Anon group is providing public outreach at other facilities, please let us know so we can share this information.

So much has been going on in Public Outreach even without in-person health fairs or gatherings. Help us continue to strengthen this effort by letting us know if you need speakers, or would like someone available at functions. Or, even better, join the Public Outreach Committee. We meet on Zoom once a month and love new input. Just call the AIS Office at 314-645-1572 for more information.

— The Public Outreach Committee

### DISTRICT 17 OUTREACH NEWS

As the District 17 Outreach Chair I am tasked with helping to find volunteers to speak with family members of residents of the Harris House Treatment Center. At present these meetings are being done via Zoom on Saturday mornings. I have volunteered myself and so I have first-hand knowledge of what the meetings involve. Our part is simply to tell a bit of our own story and how Al-Anon has worked in our lives. Typically they ask that we speak for 15 to 30 minutes and then answer some questions about the Al-Anon program. I personally found it quite rewarding to be of some small comfort to those who are still suffering, after all that is what our program is all about. If you are interested we can have up to two volunteers on each date. Below are the upcoming Saturday Al-Anon speaker dates.

**2/5/22 4/9/22 6/11/22 8/13/22 10/15/22 12/17/22**

— Kim W., Grateful Member of Al-Anon, 636-541-1798 (call or text), or email  
kimpossible3912@gmail.com.

### Will You Share Your Words of Wisdom?

We'd like to hear about your experience with the God of your understanding. Something you say might help someone — that's the way it works! We invite you to submit your story (of 300 words or less) by the 15th of the month. As my sponsor says "Lucky is God's most commonly used nickname." Thank you!

—A Grateful Member of Al-Anon

## What is a District Meeting?

A District is a geographical segment containing a number of Groups located relatively close to one another. The District is the link in the service chain that connects the Groups within a geographical boundary with Worldwide Al-Anon. One of the primary means of communication from Group to Group is the District meeting. Good District meetings can improve the health of the Groups within their boundaries and lead to the growth of Al-Anon and Alateen as a whole. Each Group in the District is represented by a Group Representative (GR) at the District meeting. The GRs are the communication link between their Group and the District. The District Representative (DR) is the trusted servant who calls and chairs the District meetings.

### What Happens at a District Meeting?

- Uniting Groups within the District
- Informing Groups of news from the Area World Service Committee (AWSC), Area Assembly, and the World Service Office (WSO)
- Encouraging members to become involved in service
- Planning program-related events for fun, fellowship, and sometimes fundraising
- Coordinating service and Public Outreach projects

For more information please read **Al-Anon Guidelines (G-15)** at [www.al-anon.org](http://www.al-anon.org). See the "World Service Handbook" section of the **Al-Anon/Alateen Service Manual** for the description of "District Meeting" — or visit the Missouri Al-Anon & Alateen Family Groups website at [www.missouri-al-anon.org](http://www.missouri-al-anon.org).

### Links of Service

Member + Member = Group  
 Group + Group = District  
 District + District = Assembly  
 Assembly + Assembly = Conference

## Al-Anon Participation in AA event

On January 7, 2022 Al-Anon was part of the annual **Missouri State Conference of Young People in Alcoholics Anonymous (MOSCYPAA)**.

**John Y.** from Al-Anon (a member of the Al-Anon Board and the Public Outreach committee) was welcomed with open arms to speak on relationships and how Al-Anon has changed him. He talked about partners, children, workmates, friends and how the Fourth Step keeps the focus on him. There were a number of questions about how and where to get information about Al-Anon.

Thank you, John, for your service!

## DEC 2021 Group Contributors

District & Meeting	Contributed
02: 6 O'Clock Serenity	✓
14: Friends in AFG	✓
15: Friday Night Fellowship	✓
15: Sunday Serenity	✓
15: Our Gang Men's	✓
02: Parents Path to Recovery	✓
02: One Step at a Time	✓
14: Courage to Change	✓
02: Care & Share	✓
14: Fresh Start	✓
14: Wonderful Possibilities	✓
13: Stumbling Blocks	✓
09: North County Parents	✓
13: Fully Relying on God (F.R.O.G.)	✓
15: Day By Day	✓
18: Thursday Night Al-Anon	✓
14: Stepping Out	✓
15: Spiritual Winners	✓
14: How Al-Anon Works	✓
02: Men's Night Out	✓
14: Southside	✓
15: Wymyn in Recovery	✓
<b>TOTAL CONTRIBUTIONS</b>	<b>\$2,191.45</b>

## We Would Love to Have You Write Something for Sincerely Al-Anon — Will You Consider?

You just never know who might benefit from reading what you have to share. Guidelines are:

- We reserve the right to publish or not publish submitted material due to content and/or length, and in accordance with the Three Legacies & the Principles of Al-Anon.
- All submissions will be reviewed for typos and/or grammatical errors.
- Articles should be 300 words or less; deadline is the 15th of the month at noon.

## What is a District Representative?

The District Representative (DR) is an important link between the Groups and the Area Assembly. The District is a geographical segment containing a number of Groups, located close to one another. The DR represents the District at the Area World Service Committee (AWSC) meetings and conveys information back to the Groups. The DR chairs regular District meetings for Groups in the District (G-37).

Any incoming, outgoing, or active past Al-Anon or Alateen Group Representative (GR) who is willing to serve the District at the AWSC meeting and Area Assembly meetings and who is not also in A.A. is eligible to serve as DR. The DR should have knowledge of the Al-Anon & Alateen Traditions, Concepts of Service, and how to apply them in the links of service.

DRs are elected for a three year term. Elections generally take place in the fall before a new term (G-37).

### Some of the Do's for District Representatives

- Encourage members to attend District meetings and participate in service.
- Help Groups understand the Al-Anon structure of their Assembly and World Service Office.
- Encourage GRs to visit the Al-Anon website.
- Visit Groups in their District and schedule District meetings.
- Invite GRs to Area Assembly and AWSC.
- Be loving and patient with other members, as well as themselves — we are all at different stages of recovery.
- Remember to have fun!

For more information, see ***District Meetings Guidelines (G-37)*** or visit Missouri Al-Anon & Alateen Family Groups at [www.missouri-al-anon.org](http://www.missouri-al-anon.org).

## Area Meetings: Area World Service Committee (AWSC) Assembly

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. 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?

- Discussion about future AWSC meetings.
- Updates and input on task force work.
- Planning Assembly agenda and more.

The primary function of the Area World Service Committee 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 V. 2 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 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 Group Representatives approve those motions at Assembly, they are only suggestions. AWSC meetings are held twice a year in Missouri -- in March and August. The next AWSC is **March 12, 2022** (please see flyer on page 9 for details).

(cont. on next page)

**Area Meetings, cont. from prior page**

**Who attends?**

- With a Voice & Vote: Officers, Coordinators, and District Representatives. Thought Force and Task Force leaders will also attend and give progress reports.
- With a Voice: Any other Missouri Al-Anon member.

**What is the Area Assembly?**

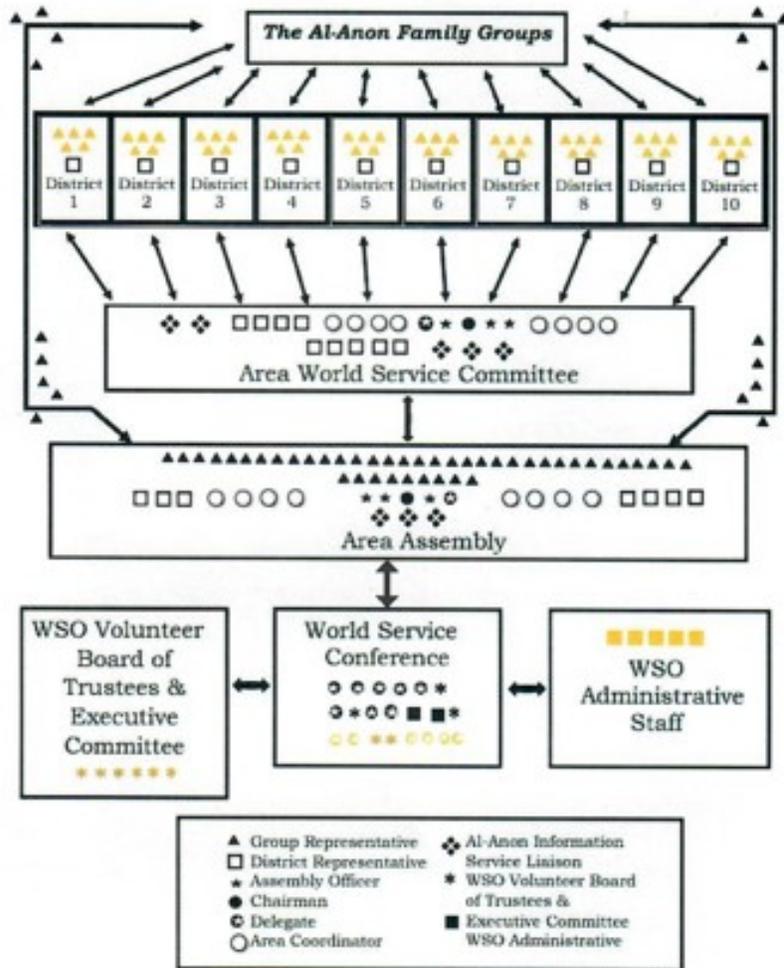
The Area Assembly is the business meeting where the Groups send their representatives to express a voice and vote on behalf of the Group. During an Assembly, the delegate reports the activities of the World Service Conference.

The Area 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, The Officers, Coordinators, DRs, and Thought and Task Force leaders who 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 is our Alternate Delegate) or Chairman of Area Al-Anon and Alateen conventions (called the Convention Coordinator) should participate in AWSC meetings and give reports at Assembly.

**Chart: World Service Conference Structure**



The Area World Service Committee may also include Coordinators of special services such as Alateen, Archives, Public Outreach (PI, CPC, and Institutions), Newsletter Editors, *The Forum*, etc., and liaison members (from local Information Service centers or Intergroups).

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 Delegates report what they learned at Conference and listen to discussion from the Groups through their GRs. The GRs take that information back to Conference to help in making decisions there. For more information see the **Al-Anon/Alateen Service Manual-World Service Handbook (P-24/27)**. Or visit Missouri Al-Anon & Alateen Family Groups at [www.missouri-al-anon.org](http://www.missouri-al-anon.org).

## 2022 Pearls of Wisdom Calendars

(District 13 Fundraiser)

*365 days of Al-Anon Wisdom*

\$8.00 each for St. Louis Area porch pickup only

\$10.00 each for out of town orders shipped through USPS

Pay through APP Cheddar Up using the following Link:

<https://2022-pearls-of-wisdom-al-anon-calendar-78557.cheddarup.com>

or scan this QR code:



**Calendars will be available through your home group/meeting.**

### **Local Group Purchasing Directions:**

1. All local orders need to be consolidated into home group orders. Each home group will decide how many calendars they would like to purchase.
2. The home group may decide to collect money ahead of time for calendars OR may choose to use their group funds to buy the calendars, then payback their group funds as they collect money from their members.
3. The home group uses CheddarUp to order and pay for their home group's calendar order.
4. The home group should designate a group calendar distributor who will pick up the calendars, collect money and distribute calendars.
5. I will contact the group calendar distributor in November with instructions on how to pick up their calendars.

ie

For Questions, please email: [district13calendar@gmail.com](mailto:district13calendar@gmail.com)



# Spring Fling Convention

SAVE THE DATE



Presents

## COMEDY NIGHT & POTLUCK

A Night of Fun, Fellowship, & Laughter

### Saturday, February 12, 2022

Crestwood Community Center

9245 Whitecliff Ln, St. Louis, MO 63126

6:00 PM - Potluck – *Bring your favorite dish. Meat & Drinks Provided*

7:00 PM - *Al-Anon Carrie B.*

7:20 PM – *AA YP Becca C.*

8:00 PM- *LET THE COMEDY & LAUGHTER BEGIN*



### Tickets are ONLY \$20

**ALL PROCEEDS WILL HELP SUPPORT THE SPRING FLING CONVENTION**

An AA Convention with Al-Anon participation

**TO PURCHASE TICKETS:**

**DAVE B. 314-546-4279    LISA H. 618-567-2347**

TICKETS ARE ALSO BEING SOLD BY SPRINGFLING BOARD MEMBERS

**BUY YOUR TICKETS EARLY!!! SEATING IS LIMITED Tickets sell out very quickly!!!!**



## Area World Service Committee (AWSC) HYBRID MEETING

**SATURDAY MARCH 12, 2022, 9:00AM-4:00PM**

### IN-PERSON LOCATION

Old Kinderhook Golf Resort  
678 OLD KINDERHOOK DRIVE, CAMDENTON, MO 65020

IF ATTENDING IN PERSON PLEASE REGISTER VIA GOOGLE DOCS BY MARCH 10TH

<https://forms.gle/zv2nfxRktRxzmwro8>

IF ATTENDING VIA ZOOM PLEASE REGISTER TO RECEIVE THE LINK TO THE ZOOM MEETING

<https://us02web.zoom.us/join/zoom/register/tZwude2vqjgpGtdwYfxZpVYTsmgyiqNkijZw>

### WHO ATTENDS?

#### WITH VOICE & VOTE

- OFFICERS
- COORDINATORS
- DISTRICT REPRESENTATIVES (DR)

#### WITH VOICE

- ALTERNATE DRs & COORDINATORS
- GRs & ALTERNATE GRs
- ANY MISSOURI AREA AFG MEMBER

### WHAT HAPPENS AND WHY ATTEND?

- Discussion about Future AWSC Meetings
- Updates and Input on Task Force Work
- Planning Assembly Agenda and More.

The primary function of the AWSC is to plan for general improvements of both the Assembly and the Groups. In between Assemblies, Area World Service Committee (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)

## **COMING IN FRIDAY NIGHT? STAYING OVER SATURDAY NIGHT? TO GUARANTEE YOU RECEIVE THE SPECIAL RATE BOOK BY FEBRUARY 9, 2022**

### HOW TO BOOK A ROOM

PHONE: 1-888-346-4949 or 1-573-317-4314

Or click here: [The Lodge at Old Kinderhook \(travelclick.com\)](http://travelclick.com)

*Under Add Code-Select "Group Attendee" code 031222AWSC*

**SPECIAL ROOM RATE: KING/2 DOUBLE BEDS \*\$ 95.00** (per night)

Check in at 4:00 pm- Check out at 11:00 am

9.48 (tax)

15.82 (Resort fee will be credited upon check-out)

BOOKING TOTAL \$120.30

FINAL TOTAL \$104.42

## **SUPER SUNDAY HYBRID MEETING (AREA ALATEEN BUSINESS MEETING) SUN., MARCH 13-IN PERSON LOCATION OLD KINDERHOOK**

TO BRING TEENS TO STAY OVERNIGHT ON SAT. CONTACT -- Audrey J. [alateencoordinator60@gmail.com](mailto:alateencoordinator60@gmail.com) or (816) 835-6575 BY FEBRUARY 9, 2022

SAVE THE DATE



AA Convention with Al-Anon Participation

# 14<sup>th</sup> ANNUAL SPRING FLING CONVENTION



"It Works If You  
Work It"

## April 22 - 24, 2022

### ACTIVITIES

#### FRIDAY

BBQ & Washer Games  
Young People's Meeting  
Ice Cream Social  
Games

#### SATURDAY

Banquet  
Table Manners  
Speaker Panel  
Speaker Workshop  
Games  
DJ & Dancing

### **Hilton St. Louis Airport**

Special Room Rate \$95

Mention Spring Fling code: SPR

Reserve before 3/23/22 for reduced room rate

10330 Natural Bridge Rd

St. Louis, MO 63134

314-426-5500

[www.springflingstl.com](http://www.springflingstl.com)

Spring Fling Chair – Dave B. 314-346-4279

Registration Chair – Kiersten J. 636-212-4281

[springflingconvention@yahoo.com](mailto:springflingconvention@yahoo.com)

**Merchandising &  
Marathon Meetings &  
Activities Room Open  
All weekend long**

## FREE PARKING

**PLEASE REGISTER EARLY!!!**

[www.springflingstl.com](http://www.springflingstl.com) for Credit Card or Venmo

- Friday 4:30 p.m. Al-Anon Meeting**
- Friday 6:00 p.m. BBQ & Washers**
- Friday 8:00 p.m.**  
🏠 Chris R. – Ingram, TX
- Friday 10:00 p.m. Young Persons**  
🏠 Carrie B. – Bend, OR
- Saturday 8:30 a.m. Al-Anon Meeting**
- Saturday 10:00 a.m. Speaker Panel**
- Saturday 12:00 p.m. Al-Anon Luncheon**
- Saturday 1:00 p.m. Al-Anon Speaker**  
🏠 Ellen C. – Addison, TX
- Saturday 3:00 p.m. Speaker Workshop**
- Saturday 6:30 p.m. BANQUET**
- Saturday 8:00 p.m.**  
🏠 Earl H. – Cartersville, GA
- Saturday 9:30 p.m. Activity**
- Saturday 10:15 p.m. DJ & Dancing**
- Sunday 9:00 a.m. Breakfast**
- Sunday 10:00 a.m.**  
🏠 Judith R. – Bismark, N. Dakota



See next page for Convention Registration Form



# SPRING FLING CONVENTION

## CONVENTION REGISTRATION FORM

-  Please complete and mail to Spring Fling Convention, PO Box 22002, St. Louis, MO 63126
-  Complete a separate form for each additional registration, which is REQUIRED FOR ADMITTANCE.
-  Make checks/money orders payable to Spring Fling Convention
-  To sit together, please submit together – 10 people per table

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ AA  Al-Anon

Entering information below gives permission to receive mailings and/or newsletters from the Spring Fling Only.

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City State Zip

Pre-Registration or PayPal \$15 \_\_\_\_\_

Door Registration \$20 \_\_\_\_\_

Friday Night BBQ \$9 \_\_\_\_\_

Please list any special needs here: \_\_\_\_\_

Friday Night Ice Cream Social \$7 \_\_\_\_\_

Al-Anon Luncheon Saturday \$25 \_\_\_\_\_

Banquet Saturday Night \$35 \_\_\_\_\_

Sunday Breakfast Buffet \$15 \_\_\_\_\_

Hospitality / Scholarship Donation \_\_\_\_\_

Total Amount to be Paid \_\_\_\_\_



# Missouri Area Day in Service

Hosted by District 14

Saturday, June 11, 2022



## Mining for Hidden Treasure

Discovering the Gifts Within Us

Bethel Lutheran Church

7001 Forsyth Blvd.

Clayton MO 63105

More Details To Come!

[www.missouri-al-anon.org](http://www.missouri-al-anon.org)



mostateconvention.org

# Unified in Recovery and Fellowship July 29<sup>th</sup>–31<sup>st</sup> 2022

With AFG Participation

## Friday

Erin G.— Peculiar, MO - AFG  
Ashley O.— Des Moines, IA

## Saturday

Doug R. - Tujunga, CA  
Michael C.— Pineville, MO - AFG  
Carla R. - Tujunga, CA

## Sunday

Doug O.— Des Moines, IA



**LOWER PRICES !!**  
MOVIES  
PRISON GHOST TOUR  
A TIME IN AA HISTORY  
AND MORE !!!

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JEFFERSON CITY, MO

800-338-8088  
USE CODE

MISSOURI STATE CONVENTION  
ROOM RATE-\$97 + TAX PER NIGHT



register online at [MOSTATECONVENTION.ORG](http://MOSTATECONVENTION.ORG)

or complete this form and mail to

**MOSC Registration ~ PO Box 407 ~ Columbia MO 65205**

Complete one form per registration. Make checks/money orders payable to MOSC

Email \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ AA  AFG

Name on badge if other than first name last initial \_\_\_\_\_

I am staying at the hotel for \_\_\_\_\_ nights

I would like to volunteer to help at the convention

**Early Registration** \$20

**Before June 30th**

Registration \$25

July 1st and after

Saturday Night Banquet \$31

or Vegetarian Option

Friday Night Ice Cream \$ 5

Saturday Night Ice Cream \$ 5

Additional Contribution \$ \_\_\_\_\_

### Hotel Restaurant

Discounted price  
if included with registration

Friday Evening Buffet \$16.50

Saturday Breakfast \$10.50

Saturday Lunch \$11.50

Sunday Breakfast \$10.50

Total included \$ \_\_\_\_\_

# **New Horizons, New You In 2022**

**SAVE THE DATE**

**54<sup>th</sup> Annual  
MISSOURI AREA AL-ANON/ALATEEN  
HYBRID CONVENTION**  
*With AA Participation*  
**SEPTEMBER 23-25 2022**

## **SAVE THE DATE**

FOR THIS  
AMAZING RECOVERY EVENT  
Al-Anon & Alateen  
Speakers & Mini Meetings  
AA Speaker  
Banquet and More!!!

**IN PERSON LOCATION  
OLD KINDERHOOK GOLF RESORT  
678 Old Kinderhook Drive  
Camdenton, MO 65020**

**DETAILS & REGISTRATION COMING SOON!**