

Sincerely Al-Anon ▲

STEP ONE — We admitted we were powerless over alcohol -- that our lives had become unmanageable.

By taking Step One we acknowledged that we had no power to make another person stop drinking. Threats, pleas and the determined use of our will were equally futile.

—page 7, *Al-Anon's Twelve Steps & Twelve Traditions*

The above is a powerful statement. Admitting I cannot help the alcoholic stop drinking or get them healthier can be a hard pill to swallow. I can't do it for them, but I can learn how to make myself healthier by working the steps. So now, time to focus on my own recovery.

I always like to start with a disclaimer. If I say something that rubs you the wrong way, please call your sponsor, and if you don't have a sponsor, please do yourself a favor and get one. Sponsors are the people who help you walk through the steps. In my experience and belief, the steps cannot be done alone. I work the steps with my sponsor. I like what she says during meetings and how she lives her life.

I add to the step that I am powerless not only over alcohol but also people, places, and things. When I am overly concerned about other people, places and things is when I'm not staying in my own hula hoop. When I believe or think I know better than another, I am superseding my trust in my Higher Power. People have their own Higher Power that will take care of them. I am powerless over their actions and behavior. Sometimes their unmanageable actions and behaviors produce consequences which are not favorable. They have a right to their actions whether I agree or not. To trust a Higher Power and stay in my hula hoop, I use the tools of Al-Anon. Calling my sponsor, going to a meeting, reading my Al-Anon books, and reaching out to the newcomer help me get out of myself. I also pray. One simple prayer is "God bless (insert name)." At times, I need to pray for willingness for the other person. One of my go-to prayers is "I will be ok no matter what!" The feeling of staying in my hula hoop can be uncomfortable because it's new! I know that my Higher Power will take care of me and my fellow human beings.

There are plenty of Al-Anon books to help you learn more about the Steps. Daily readers include **One Day At A Time In Al-Anon**, **Courage to Change**, and **Hope for Today**. **Twelve Steps & Twelve Traditions**, **Paths to Recovery**, **How Al-Anon Works**, **Reaching for Personal Freedom**, **Discovering Choices**, **From Survival to Recovery**, **In all Our Affairs**, **As We Understood**, **The Dilemma of the Alcoholic Marriage**, **Living with Sobriety**, **Intimacy in Alcoholic Relationships**, and **Opening our Hearts Transforming our Losses** are also excellent resources.

I started slowly to understand that I could no longer be God. The job was too hard and the hours too long. Whenever I had tried to change people or things and failed, I lost more of my self-esteem. In order to get out of this job I had to let go.

—page 41, *As We Understood*

—Submitted by Susan C., *Friday Night Fellowship*

In the event of inclement weather, please call the office at 314-645-1572 before visiting our location. You'll hear a message stating if the AIS office is open or closed. If

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: 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: **JAN 6 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

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!



Happy New Year from Our New Board President

Happy New Year and I am hoping you are off to a joy-filled 2022! It is my honor to serve as your St. Louis Al-Anon Family Groups President for the next 2 years. As a collective organization we are blessed to have the support, love, and encouragement from so many of our peers that have a common need to share the experience, strength, and hope we find through one another in Al-Anon.

As a member of Al-Anon for a number of years, I personally identified that “giving back” was going to be key to my recovery as a parent of an alcoholic. All of us have our own unique talents, skills, and abilities within the Al-Anon community, including leadership, organization, empathy, service, patience, listening, and more. Those talents, collectively, are the reason Al-Anon has been so successful for all of us. I personally thank the entire Al-Anon community for the service each and every one of you have selflessly given in the past, and will continue to give in the future.

A few personal thoughts for the upcoming Al-Anon year: I believe that a core tenet of Al-Anon is to ensure that as many people as possible who need the healing power of Al-Anon are able to become aware of the program and have the ability to attend a meeting within their respective community, either in-person or on-line. An ongoing goal for 2022 is to continue our focus on public outreach in underserved areas of Al-Anon. I welcome any new and/or innovative ideas in this area. If you have any, please share with your respective group’s IR. Knowing that public outreach requires resources, people and money to be successful, a second focus will be on fundraising. And while we will continue to strongly adhere to our Al-Anon traditions, specifically around anonymity, outside contributions, and groups being fully self-supporting, I welcome fundraising ideas that align with our traditions but allow friends and relatives of members who want to contribute to Al-Anon to have that ability if desired. I welcome your input and ideas in other areas you believe your Al-Anon Board can serve our local groups and I am looking forward to a great year.

In Service,

—Blake R. – Board President, St. Louis Al-Anon Family Groups

TRADITION ONE:

Our common welfare should come first; personal progress for the greatest number depends upon unity.

Thought for the Day: As Al-Anon leads me to peace and serenity I increasingly become an example to struggling members that such a life is possible. --Hope for Today, p. 31

“Reaching out....gave me a new perspective on our common welfare.” --When I Got Busy, I Got Better, p. 38

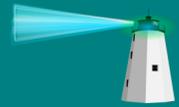


The definition of unity is “the state of being united or joined as a whole.” When I read this it brings to mind the first step begins with “We.” I cannot or do not want to do this recovery alone. My way hasn’t been working. I attend meetings to learn how to live a life of serenity. Common welfare in Tradition One gives us guidelines on how to keep our fellowship healthy. It can be a fine line between what is best for me or for the whole. I have to be careful not to push “my way or the highway” on others — I need to listen to them with an open mind. The group has given me a new way of thinking and a life of peace. I regularly ask myself:

- Have I been a team player?
- Do I share about Conference Approved Literature?
- Do I respect members’ anonymity?
- Have I taken a turn in service work positions — chairing a meeting, serving as a treasurer, secretary, Intergroup Representatives (IR), Group Representatives (GR), attending District meetings and Area Assemblies?

(Continued on page 4.)

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



We on the Public Outreach Committee extend to you, our fellowship, a heartfelt thanks for making it possible to get the good news of Al-Anon out to our hurting local communities in 2021.

If all the faces of the kids, parents, grandparents and wounded young people could fill this newsletter the pages would be endless. So, thank you. The spirit of this season is

surely in you and comes through you.

— Abby S. & PO Committee Members



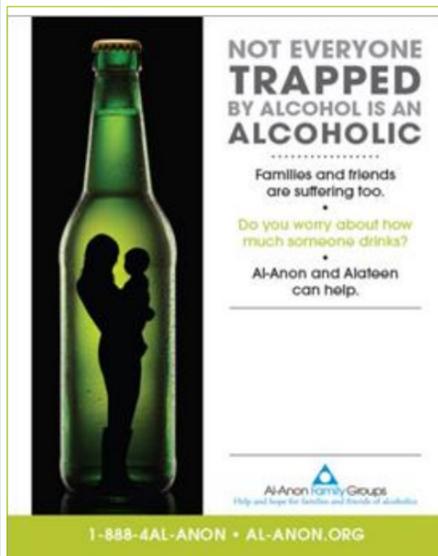
Public Outreach – Building Relationships

From the Group Representative for Wonderful Possibilities which meets at 2pm Mondays in Clayton.

Our group had just begun the fourth decade of meeting in the same space when everything shut down due to COVID-19. Like all in-person groups, we struggled to meet everyone's needs and eventually transitioned to Zoom. As public health guidelines came into focus later in 2020, we realized that the room in which we had been meeting was never going to accommodate members who regularly attend and allow six feet between persons. Equally bad, there would not be enough room for newcomers or visitors.

As the saying goes "necessity is the mother of invention." We met in a near-by park in a socially distanced circle during the nice weather months, but we needed a new home. Again, necessity provided the motivation, and we moved to Samuel United Church of Christ on North Forsyth in June. We have been warmly welcomed by the church and are thrilled to be in a spacious room with high ceilings.

Wanting to get the word out about our new space, we welcomed the four-color posters designed by the World Service Organization. We have been able to post a number of these quickly but also realized that we needed to build relationships with persons who could help us spread the word now and in the future.



The local police chief has been very receptive and commented that he could use more *Al-Anon Faces Alcoholism* brochures. Perhaps, he said, it might be helpful for officers to take a few for their glove compartments. This experience has helped us to understand the benefit of building relationships with persons who can help get the word out about a new meeting place. Because our previous meeting space had been within walking distance of two universities, one student or a small group of students would sometimes attend a meeting or two. To meet this need, we have begun to contact persons at those institutions who are charged with student health and welfare. Many of these administrators are familiar with 12-Step programs, such as Al-Anon, and understand that there is help to cope with potentially overwhelming events by using the tools of recovery – living in the present, letting go of control, being part of the fellowship, and keeping the focus on oneself.

Wonderful Possibilities has made progress with our Public Outreach by building relationships that have the potential of continuing. It is also important to remember that individual efforts can be equally powerful. Susan C. recently told the story of a woman who picked up a book at the Buder Library in District 14. Inside the book, someone had placed a short note. As a result of seeing the note, the woman contacted the local AIS office and is now attending meetings. Because of a single member's quiet and individual effort, a life is beginning to change for the better.

—Ann R.

(Continued from page 2.)

These bits make the whole of Al-Anon. Without unity there would be no Al-Anon. I can also use Tradition One in all areas of my life (home and work).

- Do I listen to my co-workers and my family with an open mind?
- Do I show kindness when I don't get my way?
- When I get frustrated do I pause and try to listen without judgement?
- With kindness do I say what I mean and mean what I say but don't say it mean? (This can be difficult to do but with time and practice it does get easier.)

I remember that I'm human and it is ok to make mistakes. One of my personal favorite learning aides is the workbook **Reaching for Personal Freedom** (P-92). It goes through the steps, traditions and concepts not just dealing with meetings but looking at home and work life. I was at a plateau in my program and this book and working with my sponsor gave me the jump start I needed.

We have the opportunity to grow and achieve personal progress when we strive for unity in situations involving family, friends, co-workers, and various other relationships. – Reaching for Personal Freedom, p. 68

—Susan C., Friday Night Fellowship

Speakers Needed for State Parole Office Class

Al-Anon has been asked to speak on the second Monday night each month from 6-7pm at a 12-Step Principles Class at the main State Parole Office, Jefferson & Hwy 40. This is an important population that almost never hears the Al Anon message.

It is common for people to take charges and prison time for other people. I can't think of anything more codependent than going to prison for your qualifier. We had two sessions before Covid shut us down and the response was very positive so we'd like to ask the Public Outreach speakers to volunteer for this important outreach. The first three class dates are:

- **Monday, January 10**
- **Monday, February 14**
- **Monday, March 14**

We are required to have at least two people so I have asked a group to take over escorting speakers as a Third Legacy Activity. Please contact me as needed. It would be best if someone who knows everyone help pick the speakers. We could use a volunteer here.

It is my opinion from being in both spheres that people caught up in the criminal justice system need to hear the Al-Anon message more than any other 12-step message. Thanks.

—Rush McAllister, 314 795-0988

Nov 2021 Group Contributors

District & Meeting	Contributed
02: Joe's Place	✓
17: Solutions of Harvester	✓
14: How AFG Works	✓
15: Women's Saturday Steppers	✓
15: Our Gang Men's	✓
02: Parents Path to Recovery	✓
14: Grace in AFG	✓
14: Friends in AFG	✓
31: Serenity Rising Women AFG	✓
14: Rainbow Connection	✓
10: Serenity Seekers	✓
13: Women's Strength in Unity	✓
28: First Day	✓
14: All Male AFG	✓
17: Journey to Recovery	✓
02: Learning to Live	✓
15: Friday Night Fellowship	✓
28: Just for Today	✓
28: District 28	✓
AIS Office Dollars & Sense	✓
TOTAL CONTRIBUTIONS	\$1,165.37

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 Group Representative?

The **Group Representative (GR)** is a vital link in the continuing function, growth and unity of worldwide Al-Anon. GRs should be members with experience, stability, and an understanding of the Al-Anon Traditions and how they work as applied in the Al-Anon/Alateen Service Manual (G-11, pages 24-27).

Requirements:

- **Member is elected by the group conscience and generally serves for three years.**

Duties:

- **Attends District and Area meetings. Can vote on behalf of the group.**
- **Can bring group's viewpoints to the attention of the District Representative (DR).**
- **Keeps members informed about the District, Area Assembly, Area Delegate, World Service Conference (WSC), and the World Service Office (WSO).**
- **Has a current mailing address (CMA) for each group member to share the monthly newsletter.**
- **Encourages members to sign up for emails and submit articles for *The Forum*, Al-Anon's monthly magazine.**
- **Suggests participation in Public Outreach and Alateen services.**
- **Informs members of the need for Alateen Sponsors. Familiarizes themselves with Alateen sponsor certification process.**
- **Keeps the Alternate GR informed of all business.**
- **Assists the Alternate GR in serving as the Al-Anon Information Service Representative (IR).**
- **Explains the need for self-support of the Al-Anon program.**
- **Understands the Seventh Tradition which says that each Group, District, Area, AIS Office and the World Service Office are fully self-supporting.**
- **Consults with a Service sponsor or other trusted servants.**



You don't have to have all the answers, but you can help the group look at the Traditions, the Concepts of Service and the Al-Anon/Alateen Service Manual for guidance.

For more information about the GR role please review the Al-Anon Guidelines available on the al-anon.org website or call the AIS Office at 314-645-1572.

A Message From Our Missouri Delegate



Groups or members with questions regarding electronic meetings (Zoom, etc.) are asked to contact the Missouri Area Delegate, Lori Hassler, at:

delegatepanel60missouri@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

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



Friday, Jan 21

7:00p AA - Clif G., OKC, OK
 10:00p AA - Matt C., Austin, TX

Saturday, Jan 22

9:30a GSO - TB A., New York, NY
 11:00a Alateen - TB A., HTX, TX
 11:15a Al-Anon - Lori G., OKC, OK
 1:30p CFC - Dan K., College Station, TX
 3:00p Spanish - TB A., HTX, TX
 8:00p AA - Jennifer H-K., Plano, TX

Sunday, Jan 23

10:30a AA - Johnny H., Long Beach, CA

Houston CityPlace Marriott
 1200 Lake Plaza Dr.
 Spring, TX 77389

Event
 Registration



Hotel
 Registration



SETA
 Website



Pre-registration fee is \$15 for AA / Al-Anon - setaconvention.org
 Hotel rate is \$115/night, book by Dec 29 @ (281) 350-4000

Full Name(s): _____
 Badge Name: _____
 Circle one: AA. Al-Anon Alateen
 Home Group: _____
 Address: _____
 City/ST/Zip: _____
 Phone: _____
 Email: _____

SETA Convention
 3012 State Hwy 30
 Suite 101, Box #168
 Huntsville, TX. 77340
 Alateens are required to
 have Permission Slips
 After Dec 30
 Registrations will
 increase to \$20

Quantity	Type	Price	Est. Cost
_____	AA / Early Registration	\$15	\$ _____
_____	Al-Anon / Early Registration	\$15	\$ _____
_____	Alateen / Child	FREE	\$ _____
_____	Coffee Tag	\$5	\$ _____
_____	Scholarship Donation		\$ _____
Total Due:			\$ _____



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!!!!

SAVE THE DATE



AA Convention with Al-Anon Participation

14th 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 Mgmt
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

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

Registration Chair – Kiersten J. 636-212-4281

springflingconvention@yahoo.com

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

FREE PARKING

PLEASE REGISTER EARLY!!!

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

SAVE THE DATE



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 _____



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 or (816) 835-6575 BY FEBRUARY 9, 2022



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

