

Sincerely Al-Anon

CONCEPT SEVEN

THE TRUSTEES HAVE LEGAL RIGHTS WHILE THE RIGHTS OF CONFERENCE ARE TRADITIONAL.

"I reminded myself that Al-Anon is a set of principles with a spiritual base. I cannot grasp the written words through study, using my head and my limited comprehension. It is imperative that I use the spiritual principles and acknowledge that they highlight and weave through all the words."

—Paths to Recovery, page 291



In my head, this is how I see Concept Seven. The Trustees have the legal authority to protect Al-Anon Family Groups. The World Service Conference (WSC) of delegates (by group conscience) have traditional authority over the Trustees—which means that after their discussions and vote, the Trustees follow directions from the World Service Conference (delegates). The delegates adhere to the traditions, the concepts and the group conscience of the Al-Anon Family Groups. They are trusted servants and know that a Higher Power (as expressed through the groups) has ultimate authority.

In my family, when our children were under age, as parents we had a legal responsibility for their wellness. Sometimes in our dysfunctional families, the lines get blurry. We are controlling and want it our way. We are more concerned with what the outside world would think of our family, or worse yet, teach our children not to feel or tell what is going on in the family. We are as sick as our secrets.

As our children mature and become adults, we may continue to think we know what is best for them. We can also extend this kind of thinking to other relatives or friends. It's easy to do.

Thinking in Concept Seven, I'm not always someone's legal guardian; and I have no legal right over their lives. Just as the delegates use Tradition Two at the conference, I can trust that a loving Higher Power will take care of the people in my life. I am not their God. I have to trust that their Higher Power is in charge. Concept Seven helps me to remember to stay in my own lane.

"Experience shows that this balance of powers between the Trustees and the WSC is thoroughly workable. The balance can be maintained indefinitely, because the one is protected by tradition and the other by law."

—2022-2025 Al-Anon/Alateen Service Manual, page 195

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

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

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To Contact: Call 314-645-1572 or email us at: aioffice@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: aioffice@stl-al-anon.org

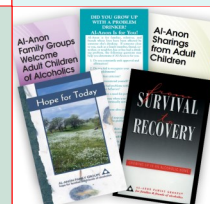
AIS Office Hours & Literature Sales

The office is open and masks are optional when entering the building. Our hours are:

MONDAY-FRIDAY, 9am-5pm

To Order Literature

Call the office to place an order or purchase on-line. Pick up inside or have your order shipped to you. Credit or debit card payments are accepted by phone. Checks (**made payable to "AFG-St. Louis"**) and exact cash are also accepted at the time of pick-up. Stop in and visit us soon!



Al-Anon literature for anyone who grew up in a home affected by alcoholism.

#COA
al-anon.org

Public Outreach Beacon



. . .Greetings to all from YOUR PO Team!

Sharing Our Experience, Strength & Hope!

Carry the message? You may ask HOW? The ones we feel can use this information don't seem to listen. Can we perhaps root for change, maybe even happiness for them? Clean up their chaos? We are told NO, as we are "a program of attraction not promotion." We can continue our own personal recovery and harbor vast amounts of positive determination to change the world and reach out with the hand of Al-Anon.

Where can we put this Al-Anon enthusiasm? Put it to work for Al-Anon! Remember Public Outreach? We are a committee that meets monthly to talk about recovery to those who will listen. Many individuals are in the throes of fear and agony that we personally have lived in for years. What could be more gratifying than carrying the Al-Anon message? That's exactly what Public Outreach does.

Our PO Committee needs you, your group and your sponsees to join us in finding events and places where we can share information and hopefully assist in addressing the issues of living with an alcoholic. If your group or district is sponsoring an Al-Anon event, the AIS office has program information available for you to share. Simply contact the AIS office (314-645-1572) and ask the staff for suggestions of literature for your event. Also, consider joining the PO Committee for their monthly ZOOM meeting — and you can help carry the Al-Anon message to others!



District 15 Picnic Wrap-up — It's All About Gratitude!



District 15's 3rd annual "Gratitude in Recovery" picnic at Emmenegger Nature Park in Kirkwood was held on June 10th and overflowed with gratitude. The AA speaker (Mike P.) and the Al-Anon speaker (Marge P.) shared wonderful examples of how gratitude touches them in their recovery. And so many contributions from fellow members made the potluck picnic enjoyable for all! We thank those who provided delicious dishes and desserts for sharing; we thank those groups and individuals who donated their creative and generous baskets for the basket raffle; we thank those who volunteered their service to the picnic, i.e., planning, setup, cleanup, etc. Many hands make light work! And we thank our Higher Power for the beautiful picnic weather. All in all, it was a wonderful afternoon of fellowship filled with gratitude.

District 15 — our next Business Meeting is July 22, 2023. For more information please email Jenny K. at modist15dr@gmail.com.

MISSOURI DELEGATE SUE KIEFFER WILL BE GUEST SPEAKER AT JULY 19TH DISTRICT 2 BUSINESS MEETING

District 2 has invited Missouri Area Delegate, Sue Kieffer, to be the guest speaker at the July Business Meeting and welcomes all members to attend this meeting. The hybrid meeting will be held on **Wednesday, July 19th, from 6:30-8:00 p.m. at St. Paul's United Church of Christ, 5508 Telegraph Road, St. Louis, MO 63129.**

Sue will give a brief snippet of her story, her recent experience at the World Service Conference, the arms of service, and the importance of groups in Districts being connected.

The Zoom link is: <https://us02web.zoom.us/j/86585536855?pwd=S2xTeU1DZkY4K1R5eEh0UjdySHRjdz09>

Ctrl/Click on the flyer link below for location details and Zoom Meeting ID and Password.

[District 2 Flyer](#)

July Quotes of Note...

My mistake have been my greatest mentors.

—Steve Maraboli

Rarely, if ever, are any of us healed in isolation. Healing is an act of communion.

—Bell Hooks

To forgive is to set a prisoner free and discover that the prisoner was you.

—Lewis B. Smedes

Peace cannot be kept by force; it can only be achieved by understanding.

—Albert Einstein

Shared joy is double joy; shared sorrow is half a sorrow.

—Swedish Proverb

Open the window of your mind. Allow the fresh air, new lights and new truths to enter.

—Amit Ray

Much of spiritual life is self-acceptance, maybe all of it.

—Jack Kornfield

REMEMBERING AL-ANON SERVICE ARMS FOR MEMORIALS, BIRTHDAYS AND MORE

Recently a long-time Al-Anon member passed and I commemorated her life with a memorial contribution to the local AIS Office. Earlier this year, I had my 11 year anniversary as an Al-Anon member and celebrated it with another contribution to Al-Anon. And through the years, I occasionally send in a contribution to the District, Area, and World Service Office.

Many members, who are able, will contribute \$1 or more as the Seventh Tradition basket is passed in a meeting. Yet, I wonder how many members think about the other opportunities to give back.

The 2022-2025 Al-Anon/Alateen Service Manual (P-24/27) under Financial Matters (pages 102-105) describes the spiritual principles of Al-Anon's self-support. Direct Contributions, the Birthday Plan, Memorial Contributions, Workplace Combined Giving Campaigns, Quarterly Appeal and Bequests are ways that individual members can support Al-Anon.

It is the generous contributions from members that allow Al-Anon to serve us all and provide outreach to those who have not found their way into an Al-Anon meeting yet.

I challenge each member to consider sending in \$1 for each year they've been in Al-Anon to the AIS Office, District, Area and/or WSO! And, please don't forget to remember a loved one by making a memorial contribution to an Al-Anon service arm. —Anonymous

A Little Time for Myself (B-34)



Al-Anon's latest daily reader shares the personal experiences and many voices of the Al-Anon fellowship today, illustrating that Al-Anon is indeed for anyone affected by someone else's drinking.

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. The reader is indexed, and is 384 pages long.

This wonderful new reader is **NOW available at the AIS Office** for a cost of \$17.

Tools of Recovery—Service Work

“Albert Schweitzer said, I don’t know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve.”

—When I Got Busy, I Got Better” page 36-37

These two words (Service Work) can make people run for the hills. When I hear “I don’t like service work it is too political.” I believe that it comes from the fear of confrontation. Our past, the way we were raised, our crazy home life has installed no trust, no feelings, or “my way or the highway”. As a young person it was frightening. We were not taught how to express ourselves in a healthy way. My house nobody could have any feeling and the only one expressed was angry by a parent and that fear of not knowing what will happen next.

Now in Al-Anon I began to feel better about myself. Working the steps and taking the suggestions of Al-Anon, I am able to navigate in this world with confidence and a understanding of others. My sponsor as told me that “You can’t keep it unless you give it away.” Which mean that I need to give back what was so freely given to me. If I use my tools of Al-Anon, service work can be a wonderful and rewarding experience. Thing I have experienced:

1. Life long friends.
2. Learning healthy ways to interact with people.
3. Seeing others’ points of view.
4. Seeing my Higher Power work in others.
5. Learning about the Traditions and Concepts.
6. Patience, acceptance, and compassion for others.

The Al-Anon booklet “When I Got Busy, I Got Better”, gives wonderful examples of how members got out of themselves. After each story there are thought provoking questions Examples: I ask myself: What abilities have I learned to trust in Al-Anon? page 30, I ask myself: Do I say yes to the program? Page 33, I ask myself: How have I made a difference today? Page 35, and I ask myself: How have I grown in service? Page 36.

I was drawn to service because I did have the time, I was ready to give back. Service is another tool in my toolbox of recovery. Yes, there can be strong personalities who are also involved in service work. If I remember that we are all here to help and pass along the principals of Al-Anon. Use my tools I learned in Al-Anon and work with my sponsor, service work can be very rewarding. I have many ideas, but I must be willing to do the work, if nobody else steps up. Suggesting ideas and not willing to do any of the work to me it is like giving advice or being a know it all. Which isn't the Al-Anon way. I try to lead with my heart and Higher Power. Soften my Ego and go into each situation thinking what is best for the greater good or the whole.

Ways to be of service:

Chair a meeting, Group Treasure, group secretary, make the coffee at your homegroup, set out Al-Anon literature, set-up and clean up at a meeting, read the suggest welcome at the start of a meeting, speak at a meeting, welcome newcomers, become a sponsor, become a Intergroup Representative or Group Representative, be a good listener, write an article for Sincerely Al-Anon or Round Robin, attend a new meeting, attend an Area Assembly.

Please pray and ask your Higher Power if you are ready for service work.

“Part of the self-caring involves understanding that love is not lessened when given away. In fact, the more love we offer, the more love we will find within ourselves. Thus, whenever we truly give of ourselves, almost magically we find that there is more of our selves to give.”

—How Al-Anon Works page 100-101

—A Grateful Member of Al-Anon

BLUEPRINT FOR PROGRESS Meeting is Celebrating 25 Years of Experience, Strength & Hope — *with a Potluck!*

What do you get when you have two determined women in recovery that are excited to share the experience, strength and hope they received through Al-Anon literature and meetings and want to start a new meeting centered around the Blueprint for Progress Workbook? You get the Blueprint for Progress Meeting that started meeting on Saturday mornings at 11 AM 25 years ago in St. Peters, Mo.

The Blueprint for Progress meeting was the first Al-Anon meeting I attended on a rainy, October morning almost four years ago (well, the first meeting the third time I tried Al-Anon). I thought it would be overwhelming to work through the Blueprint for Progress workbook because it is about the fourth step, and I didn't even know there were steps that I HAD to work through (spoiler alert-I wasn't the alcoholic). But what I noticed is that by showing up every week and going through the questions of the book one at a time, I learned about who I was; who I am; and who God meant me to be. I sit in this meeting almost every Saturday morning (it's my home group) with newcomers and with people who have been in recovery for a long time and I learn from both of them. It has been interesting to see what my answers were when I first started attending this meeting and the answers I give today after time on my recovery journey. The amazing thing is that through answering these questions I have finally figured out who I AM.

I'm grateful for the Blueprint meeting. Our group is excited to be celebrating 25 (and ½) years of working through the Blueprint for Progress Workbook and we would love for you to join us for a Potluck on Saturday, July 22 (see flyer for more information) as we celebrate where we have been and we look forward to sharing recovery with others. Margaret O., one of the determined women to get this meeting started, will be the speaker for the Potluck and along with sharing a little history about the meeting, she will also share her experience in the Al-Anon program.

Blueprint for Progress meets every Saturday mornings at 11 AM at Gateway Church, 250 Salt Lick Road, St. Peters, Mo 63376. HOWEVER, on Saturday, July 22-the Potluck will start at 10:30 AM- with the Speaker speaking at 11. We will supply coffee & juice, bring a dish to share and join us. We hope to see you there. Here is a link to the flyer with more information.

—Val S.

[Blueprint for Progress Potluck Flyer](#)

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 Drew'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?

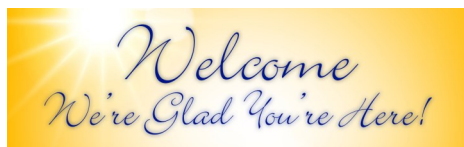
Grace AFG is once again meeting in person and invites you to join them. This group meets on **Thursdays from 12-1pm at Grace United Methodist Church, 6199 Waterman Blvd, St Louis, MO 63112** (corner of Waterman and Skinner Blvd.).

ALL ARE WELCOME!!

The group uses designated reading materials for each week of the month, with 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 reading 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."

May 2023 Revenue

District/Meeting	Contrib.
Dist. 02 Recovery in Relationships	✓
Dist. 13 Spiritual Awakening	✓
Dist. 13 Reaching for Personal Freedom	✓
Dist. 15 Glendale Thursday Morning	✓
Dist. 15 Our Gang's Mens	✓
Dist. 17 Solutions of Harvester	✓
Dist. 15 Healing Steps	✓
Dist. 15 Focus on Solutions AC	✓
Dist. 15 Lifeline	✓
Dist. 02 Learning to Live	✓
Dist. 17 Monday Serenity Group	✓
Dist. 10 Serenity Seekers	✓
Dist. 13 Fully Relying on God (F.R.O.G.)	✓
Dist. 15 Healing Steps	✓
Dist. 13 There Is a Solution	✓
Dist. 28 AFG	✓
Dist. 14 Fresh Start	✓
Dist. 15 Sunday Serenity	✓
Dist. 02 Serenity Seekers	✓
Dist. 09 Banner AFG	✓
Dist. 14 AFG Southern Illinois	✓
Dist. 15 Focus on Solutions AC	✓
Dist. 09 Building Relationships	✓
Dist. 09 Freedom AFG	✓
Dist. 02 Learn 'N Love	✓
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Group Contribution Total	\$1,774.57
Annual Appeal	102.00
Dollars & Sense	76.12
Journal Sales	109.00
Literature Sales	3,328.85
Misc. Contributions	2090.50
Gift Certificates	40.00
Birthday Contributions	23.00
Services (shipping, etc.)	57.53
TOTAL REVENUE	\$7,601.57





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

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

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

August 13 — District 13 Ice Cream Social

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.)

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

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

DISTRICT MEETINGS

District 02

District 14

District 15

(If you want your District meeting listed please call the AIS Office.)

NEWSLETTERS

Sincerely Al-Anon

District 14 Al-Anon Sense

Missouri Round Robin

AL-ANON FUNDRAISERS

My Journey Journal

AIS Office Sustaining Support Campaign

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