

Sincerely Al-Anon

Step Three — Made a decision to turn our will and our lives over to the care of God as we understand Him.

"...we had many changes to make, and we began by learning how to use the help of a Higher Power. — Al-Anon Twelve Steps & Twelve Traditions, page 19

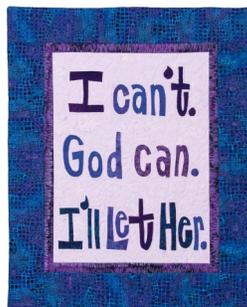
Those few words, "God as we understand Him" open the Al-Anon program to people from all different walks of life. You can have a Higher Power of your own choice and understanding. You can use what's best for you. That statement makes Al-Anon an Inclusive, not exclusive, program. My sponsor told me that "our will" is my thoughts and "our lives" are my actions. To keep it simple I can turn my thoughts and actions over to my Higher Power. So how do I take those actions?

I take the leap of faith and ask my loving Higher Power to "Help Me!" each morning and say "Thank You!" at the end of the day.

As I go through my day, if I feel myself trying to force my way of living (my life) on other people, I realize that I am not in charge. I know today that I can make a decision to start my day over at any time needed. By "Letting Go and Letting God" God helps me stay in the moment and lets others' Higher Power take care of them.

Many years ago I was regularly attending an Al-Anon meeting that had one member who got on my nerves. I sat there silently judging. Then I remembered "my thoughts." I paused, realizing I was forcing my will on them. At that moment I started to really listen to this member. I heard what a struggle their life was at that time. I heard their pain and I started to pray for them by sending them love and light while they shared. I turned my silent judgement into love and compassion. I felt God's love for them and me. We are all here at Al-Anon to get better and learn new ways to deal with life on life's terms.

"...for a long time I had wanted to do my will and I had been beating myself against a wall. I had been injuring myself with my own stubbornness. It was liberating to give my life and will to the care of a Higher Power." — Reaching for Personal Freedom, page 24
— Susan C., Friday Night Fellowship



Message Regarding Literature Shortages

You may notice some literature is out of stock. We are working closely with our suppliers to replenish our literature as quickly as possible. However, the printing industry is facing significant challenges with paper shortages, staffing issues, and shipping delays. Normal production times have increased from 10-12 weeks to as long as 26 weeks and may

continue to climb. We are updating our ordering procedures to accommodate the delays. We thank you for your support and patience as we work through this challenging time. Currently these World Service Office books are out of stock: *How Al-Anon works* (B-32), and *Courage to Change* (large print).

At the AIS Office, we currently have plenty of *As We Understood* (B-11), we have 2 *Lois Remembers* (B-7), and *Hope for Today* is now back in stock! Thank you again for your patience.



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

Website: www.stl-al-anon.org

Speakers Bureau: Call 314-645-1572

Public Outreach Coordinator: Cathy W., 314-645-1572

IR (Intergroup Rep) Meeting: Held the first Thursday of each month. All members are welcome. Virtual meeting information will be shared the week of the meeting. Next IR meeting is: **MARCH 3 @ 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!



The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.

"My experience with this Tradition leads me to conclude that, while this program is inclusive, it has limits. It does not seek, and cannot manage, to be all things to all people. Within its focus, however, it includes all races, religions, and nationalities, all people without regard to external circumstances." — When I got Busy, I Got Better, page 41

Tradition Three allows me to be a part of the whole. I know when I attend meetings that I am going to a safe place where we have a common bond. When I'm ready I know that when I share my burdens they are less, because I'm part of the whole that wants to understand me and my actions towards the alcoholic. I am learning from other Al-Anon members how to live comfortably in the alcoholic's life in recovery or not in recovery. Also knowing the only requirement for membership is there be an alcoholic in my life is an equalizer. We all come together with that in mind, not worrying about outside influences such as where you live, what your job is, or your educational level, etc. It simply does not matter what my background is.



For the newcomer this is imperative because they need to know they will be accepted no matter what. At one time we were all newcomers and we remember the feelings of confusion and being scared of the unknown. Tradition Three reminds me to have compassion for all the members who attend Al-Anon. For Al-Anon to remain healthy and true to the program, it is best not to have any outside affiliation discussed at meetings. Examples of outside affiliations include:

- suggesting a therapist
- telling a member the alcoholic can only get sober if they go to treatment first
- sharing certain dogma or creeds
- telling them they must leave the alcoholic

My personal pet peeve is commenting on someone else's share or giving advice. We do not want members to feel out of place. Members have a right to their own recovery in God's time. The Al-Anon program is inclusive, not exclusive.

"We are free to decide what other organizations we may join or where else we may seek help in solving our problems or searching for spiritual comfort. We are asked, however, not to dilute the Al-Anon program by discussing this outside help at our meetings." — Al-Anon's Twelve Steps & Twelve Traditions, page 98

— Susan C., Friday Night Fellowship

We are Looking for Volunteers!



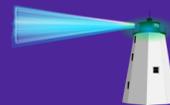
My name is Helga H. and along with Gina G. we are the Al-Anon chairs for the **2022 Spring Fling Convention**, which is an AA event with Al-Anon participation. This is our second year in this position and we both look forward to being of service, seeing friends, hearing wonderful speakers share their experience, strength, and hope, and feeling a part of. 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 or Gina at gillard.gina@gmail.com. For convention information and registration go to www.springflingsll.com. 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!



Look Up! Help is Always There!

On Tuesday, February 1st a new Al-Anon billboard was installed in District 10 on the east side of I-170, just north of Natural Bridge. The billboard company, DDI Media, wanted the board up and functioning before the snowstorm hit the St. Louis area — and it happened! After checking out many potential locations, this billboard site was chosen as it was not only a great location but the committee wanted to increase awareness of Al-Anon in District 10 (which is the location of one of our new meetings, *Keep It Simple*).

The committee chose to work with DDI Media once again (as previously in 2021). We had contracted for several billboards with them and the same vinyl covering was able to be repurposed from one of the billboards in District 28.



The District 10 billboard will be in place and viewable for three months to those driving south on I-170. The hope is that this new billboard will bring awareness about our wonderful program and the realization that helpful information is only a phone call away, or as simple as accessing the Al-Anon website. As you drive by and notice the billboard, smile (or honk!) and remember that “Al-Anon Family Groups Can Help” those who are troubled by someone’s drinking.

— The Public Outreach Committee

What’s Happening in Various Districts

Districts have enthusiastically conducted public outreach. Here’s what’s been happening:

District #9 has continued placing posters to reach out to newcomers, supported public outreach through donations to AIS Public Outreach, and hopes to start doing meetings at Bridgeway which had been discontinued with the pandemic.

District #14 will be having a *Writing for the FORUM Workshop* in July. How fun that will be!! This district placed numerous posters in their area, including the police stations. At their past District meetings, they have had speakers such as Michaela M. (Area Public Outreach Coordinator), and Cathy W. (PO committee member), talk about ways to conduct Public Outreach. These talks helped inspire the members to continue with Public Outreach endeavors.

District #4 downloaded the free posters, distributed them and continued to place them in areas for Public Outreach, which is so important.

District #28 activities included Cathy C., who talked about starting new meetings. In 2003 she helped start a meeting on Saturday night. Many times, there were only two members; but with patience they persevered. For many months there were only two or three members, but they kept showing up and claiming their seats, knowing they were doing service work. Sometimes 6-12 people attended — and even 20 later on. That meeting is still active. In November 2021, Cathy started the Pacific MO meeting. Sometimes there are only three people, but sometimes there are at least 10 people — it ebbs and flows. From past experience, she knows that it can take a year or more for a meeting to grow. She says, “don’t give up until the miracle happens.”

Is your district mentioned here? If not, send your district’s Public Outreach goings-on to the AIS Public Outreach Committee and we will feature your group. We all love to hear what is going on in Al-Anon! — AIS Public Outreach Committee

Posters are at the AIS Office courtesy of the PO Committee. Get the word out and pick up some for your groups or call the AIS Office at 314 645-1572 to have them mailed to you.

TRADITION 7 —

Every group ought to be fully self-supporting, declining outside contributions.

- “When I contribute my part to keep my meeting self-supporting, I contribute to my own recovery.” -- Hope for Today, page 332
- “To think of Tradition Seven as a protection for my spiritual growth is humbling and freeing.” -- Hope for Today, page 332
- “I feel good about my life because I know I am doing my part. The Seventh Tradition has taught me to be a giver instead of a taker.” -- Paths to Recovery, page 200
- “Our spiritual fellowship is based on equality and, though we may not all contribute exactly the same amount, by spreading responsibility widely, we assure ourselves of mutuality of our self-help. When we did not contribute to the group, we found our participation was lessened, and in time, our own recovery was threatened. Tradition Seven keeps us self-sustaining.” -- Paths to Recovery, page 196

You'll find more information on the 7th Tradition in this Al-Anon literature:

[Seventh Tradition](#) pamphlet (S-27)

[Al-Anon Twelve Traditions](#) illustrated pamphlet (P-60)

[The Twelve Steps & Traditions](#) pamphlet (P-17)

[How Al-Anon Works for Families & Friends of Alcoholics](#) book (pages 115-117)

[Paths to Recovery](#) book (pages vii, 67, 72-75, 79-80, 110, 115-116)

[Reaching for Personal Freedom](#) book (pages 95-98)

Choosing Grace Over Drama

“Serenity and peace will have meaning for us as we allow our lives and the lives of those we love to flow day by day with God's ease, balance, and grace.” -- From Survival to Recovery, pages 269-270



This is one of my favorites out of all the GODs (Good Orderly Direction). It is simple. I ask myself this question “do I want to create **Grace** or **Drama**?” This makes me think, “what outcome do I want for myself? Do I want to be happy or right?” Yes, there are times when I am right but if I keep pushing the point it will turn into a provoking action. My EGO (**E**asing **G**od **O**ut) takes over and there is no way **Grace** can occur. **Grace** is simple elegance or to be kind. I can act in a healthy way by leading with my heart and my Higher Power. I realize that some people I meet do not work a 12-step program. They do not have the tools I have to deal with my difficulties. This leads me to have compassion and understanding for

them and love them where they are in their life. The Al-Anon program teaches me we are equals and we have a right to live life the way we want. Yes, some of their choices may conflict with us but we are given tools to set boundaries. Boundaries, once in place, give me the **Grace** to stay in the moment and not be a **Drama** queen. The next time you are in a complicated situation ask yourself, “do I want to create **Grace** or **Drama**?” When I create drama, I lose the Grace to have a happy life. I take back the control or “my way or the highway” mode of thinking, which is my EGO (and in most cases, it leads to unrest, uneasiness and gets me into conflict with others). I pause, think through the situation, call somebody, remove myself from the conflict, pray for direction, go to a meeting, or read Al-Anon literature. When I am in a state of mind of Grace, I can help others and freely give away what was given to me.

“Today my anger and rage are melting into grace and human dignity.” -- From Survival to Recovery

“We learn good communication skills, without the drama. Through the support of the Al-Anon fellowships we continue to give a voice. . .” -- Discovering Choices

Our "Pearl of Great Price"

For most of us, Al-Anon is the "pearl of great price" in our lives, as we begin or continue our recovery from the effects of alcoholism. We all are grateful for the convenient availability of Conference Approved Literature (CAL), knowledge of meetings, public outreach, the hot line and many other benefits provided by this remarkable fellowship.



Many of us may not be aware that our St. Louis Al-Anon Information Services Office (the "AIS Office") has a modest annual overhead to keep it running. The COVID epidemic has caused the AIS Office to run at about a 10% budget deficit over the past 12 months. This deficit has reduced

our prudent reserves which should be equal to one year's budget.

When an unexpected financial shortfall occurs, having prudent reserves to tap can help a non-profit sustain itself throughout the shortfall. The World Service Office (WSO) Service Manual strongly recommends that prudent reserves of one year's budget be maintained, a recommendation common to all well-run non-profits. It would be good to increase our giving by at least \$8,000 in 2022 to maintain our prudent reserves.

We can accomplish this if our Al-Anon groups and individuals make a conscious decision to simply give more to support the AIS Office. Donations by individuals are tax deductible and may be made as a one-time event or by monthly programmed giving. Please join me in stepping up to sustain the AIS Office which is so crucial to all of us! Send a check payable to **AFG-STL** and mail to *Al-Anon Information Services, 14 Sunnen Drive, Suite 144, Maplewood, MO 63143* or make a donation by going to stl-al-anon.org and simply clicking on "Contribute."

--Barry R., Treasurer

NEW AREA WEB DOMAIN AND EMAIL ADDRESS!

The Missouri Area has used our existing web domain, *missouri-al-anon.org*, to secure a FREE Google Work Space! Accordingly, in late February we began to send out test messages to Area members from a new email address, **communications@missouri-al-anon.org**. Further details will be forthcoming, but for now we are asking that you add this email address to your electronic address books so that important messages from the Area will be delivered to your inbox and not be diverted to your spam folder. Within the next few months, this new email address will replace the old *MissouriAreaAFGEvents@gmail.com* address which we've been using for the past several years. It's the initial phase of a new communications structure that is still being developed. More information to come!

JANUARY 2022 Group Contributors

District # & Meeting	Contrib.
# 2 Joe's Place	✓
# 2 Care & Share	✓
# 2 Sun. Night 11 th Step Meditation	✓
# 9-North County Parents	✓
# 9 Steps To A New Life	✓
# 9 Freedom Friday	✓
# 9	✓
# 10 Serenity Seekers	✓
# 13 AlAnooners	✓
# 13 Choices	✓
#13 Eureka Sunday Sanctuary	✓
# 13	✓
# 13 Fully Relying On God (F.R.O.G.)	✓
# 14 Women in Recov. Adult Child.	✓
# 14 Friends in AFG	✓
# 14 Easy Does It	✓
# 14 All Male AFG	✓
# 14 Hampton AFG	✓
# 28 Just For Today Group	✓
# 15 Sunday Serenity	✓
# 15 Webster Groves Parents	✓
# 15 Friday Night Fellowship	✓
# 15 Women Serenity Express	✓
# 15 Women's Path to Recovery	✓
# 15	✓
# 15 Everyday Grace	✓
# 17 Journey To Recovery	✓
# 18 IL Mon. Night Serenity AFG	✓
TOTAL CONTRIBUTIONS	\$4338.05

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.

WSO and Missouri Guidelines for New Electronic Meetings



Lori Hassler, Missouri Area Delegate, attended the February Intergroup Representative (IR) meeting to inform the Board and IRs about current discussion and guidelines regarding Electronic Meetings. This is a summary of her report:

The Missouri Area is working to establish guidelines to accept Electronic Groups, with guidance from WSO, into the Area. One issue is how to accept International members if they are part of an Electronic Group. Missouri has not yet determined what District the Electronic Groups will be in. The Task Force is working on the Electronic Meeting Guidelines.

In the future, the WSO Group Records plans to expand the database to show more than one meeting type (for example, Face-to-Face and Electronic). This update depends on the budget when contributions and literature sales improve. She recommended continuing to update WSO Group Records with any meeting changes.

Groups that meet 100% Electronically and are NOT Registered with a WSO ID:

They will be put into the Electronic Area and can petition the Electronic Delegate to be moved into their local Area. For example, the Electronic Delegate will discuss with the Missouri Area Delegate.

Groups that meet 100% Electronically and ARE Registered with a WSO ID:

They do not have to make any changes.

Groups that have split into meeting separately at the SAME TIME and ARE Registered with a WSO ID:

They do not have to make any changes.

Groups that have split into meeting separately, meet at DIFFERENT TIMES, and ARE Registered with a WSO ID:

The Electronic Group will need to register as a separate group, with a different name and register for a new WSO ID. The other group will keep the WSO ID.

The definition of a Hybrid meeting is:

Both the Face-to-Face and the Electronic versions of the meeting meet at the SAME TIME to remain as one group with one WSO ID.

You Can Now Link Directly to Al-Anon Event Flyers from this Newsletter!

Instead of including .pdfs of the event flyers in *Sincerely Al-Anon*, you can now link to them directly from right here! Just click on the link below, scroll down, and you'll see a list of flyers above the calendar.

[MARCH FLYERS](#)

Or, go directly to the flyer you're looking for by clicking on one of the links below:

- [March 10 - WSC Conflict Resolution Presentation](#)
- [March 12 - AWSC \(Agenda\)](#)
- [April 22-24 - Spring Fling Convention](#)
- [April 26-30 - Love Gifts For Our Delegates](#)
- [May 12 - Cooking with the Concepts & Concepts Camp](#)
- [June 11 - Day in Service \(Raffle\)](#)
- [July 14 - Writing Workshop](#)
- [July 29-31 - Mo State Convention](#)
- [September 8 - Knowledge Based Decision Making](#)
- [September 23-25 - MO Al-Anon & Alateen Convention](#)
- [November 10 - TBA](#)
- [New Meeting: Monday Meters](#)