

# Sincerely Al-Anon

## STEP THREE

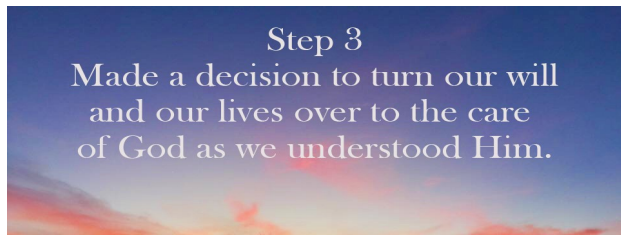
**MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTAND HIM.**

***"In the care of my Higher Power, I can make the most of my life and enjoy it, leaving everything else to a Power greater than myself."***

***"Letting go is easier when I remember that my Higher Power cares about me."***

***"In what ways do I experience my Higher Power's care?"***

*—A Little Time for Myself-A Collection of Al-Anon Personal Experiences, p. 68*



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 an exclusive program. My sponsor told me the "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.

***"What are some ways I can turn my life over to a Higher Power's guidance today?"***

*—A Little Time for Myself-A Collection of Al-Anon Personal Experiences, p. 79*

*—Susan C., Friday Night Fellowship*

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

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

**Speakers Bureau:** Call 314-645-1572

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

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

**To be Added to our Contact List** and receive *Sincerely Al-Anon* as well as meeting & event updates, please email your name and email address to: [aisoffice@stl-al-anon.org](mailto:aisoffice@stl-al-anon.org)

### AIS Office Hours & Literature Sales

The office is open and masks are optional. Our hours are:

**MONDAY-FRIDAY, 9am-5pm**

#### To Order Literature

Call the office to place an order or purchase on-line. Pick up inside or have your order shipped to you. Credit or debit card payments are accepted by phone.

Checks (**made payable to "AFG-St. Louis"**) and exact cash are also accepted at the time of pick-up. Stop in and visit us soon!

**God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.**



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

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

## TOOLS OF RECOVERY – ONE DAY AT A TIME

Before Al-Anon my life was filled with “What if’s” and “I should have’s.” My thinking was off. I was always worried about “What will everyone think of me because of .....” or “How could they do that to me?” When I heard the slogan One Day At A Time, I thought, what? How can I do this? How can I think in only 24 hour increments? How can I stay in what I now call my hula hoop?

My sponsor told me to do the next right thing. I can break my day up into small parts... wake up, get dressed, make my lunch, get the supplies I need for work, etc. If you are retired or a stay home parent, you have a routine that can be broken down into small bits. As I am getting ready, thinking only of the task at hand helps keep me in real time (the moment). When my thinking starts to wander to the past or future, I call someone, pray or make a gratitude list. Calling another Al-Anon member and asking, “How is your day going?” really helps me get outside myself. I have to listen and not talk about myself unless asked because sometimes people just need to be heard and sometimes, we just need to listen.

Working the steps has increased my self-esteem. The more I accept that I am powerless over people, places, and things, and that I cannot control, change or cause anybody to do anything, the easier it is to stay in the present. If I ask my Higher Power for his will and the power to carry it out, my day goes better. I can, at any time of the day, pause and say, “Your will, not mine.”

This doesn't happen overnight. For me it took time by practicing one moment at a time to Let It Go! When I go to Al-Anon meetings it helps me to focus on others' recovery to see what I can use in my life. My Higher Power speaks through program people. As a good friend said many times to me “We are his God with skin faces.” When I stay in the moment and by clearing the wreckage, I am open to grace and gifts of my Higher Power and the Al-Anon program.

—Grateful Member of the Worldwide Fellowship of Al-Anon



### Want to Step Up Your Service Commitment and Meet Some Great People, Too?

#### SEEKING VOLUNTEERS FOR THE SPRING FLING CONVENTION APRIL 19-20 AT AIRPORT HILTON

We need volunteers to help with a variety of tasks for this annual convention for 1-2 hour increments on Friday, April 19 and Saturday, April 20. Any help you can give is appreciated.

The Al-Anon luncheon speaker is Catherine K. from Dallas TX. You will love her! I was so blown away by her talk at the International Al-Anon convention last summer that I just had to invite her to Saint Louis. We need volunteers to man the literature table, collect luncheon tickets, and chair a meeting. Please call, text or email us if you are interested.

Yours in service,

**Gina G., Chair, 314-504-5163, gillard.gina@gmail.com**

**Lisa V., Co-Chair, 636-544-9264, vaughanlisa66@yahoo.com**

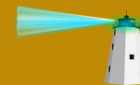
### First Annual Spring Al-Anon Serenity Walk

After attending District 25's fall Serenity Walk, District 13 now invites you to attend a spring Serenity Walk at Robertsville State Park on **Saturday April 13**. We'll gather at 1:00 pm at Shelter A with the 2 1/2-mile hike beginning at 1:30 pm. Reviews on All Trails indicate it is a moderately easy hike that will take about 60-90 minutes to complete. If you want to sit back at the shelter that works too. Bring your water bottle and join us for s'mores and fellowship after the hike. —Cathy W.

For more information see this flyer:

[District 13 Serenity Walk](#)

## Public Outreach Beacon

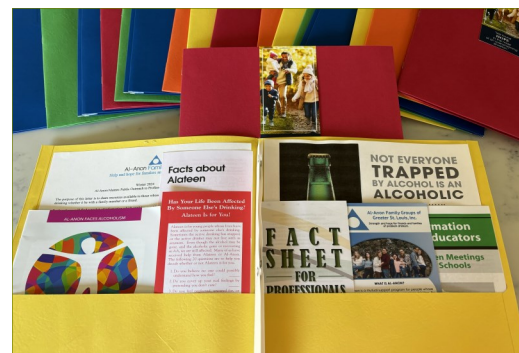


...Greetings to all from YOUR PO Team!

### District 2 is Flying High with the Eagles at Lindbergh School District

Lindbergh School District had their district-wide counseling meeting on February 8, which included 28 school counselors and social workers throughout the district. Prior, I was able to get in contact with a counselor at the high school to see if they would like information on Alateen and Al-Anon for their meeting. The social worker was very excited about receiving this information and approval to provide the materials was given by school administration. The feedback was very positive, and the employees were grateful to be provided with the information on Alateen and Al-Anon.

At right is the beautiful rainbow of folders (provided by District 2) that were handed out at the February 8 meeting. I just wanted to share this exciting opportunity that we were able to be a part of! The AIS Office welcomes information about your District Public Outreach stories/events. Please send to: [aisoffice@stl-al-anon.org](mailto:aisoffice@stl-al-anon.org). Wishing you a beautiful day!



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

### Things We Cannot Change. . .



District 14 and Missouri Al-Anon lost two trusted servants lately, Elaine H., member of Southside Al-Anon Family group in St. Louis, and Sarah B., a member in Jefferson City, Missouri.

Elaine's home group was Southside for 35 years. She served as group treasurer, setting up a good and efficient pattern for that position, and as Group Representative. She participated fully in her home group and typed the mimeograph stencils almost without mistake for the Round Robin when Laurie was the editor and the group worked to put the newsletter together. She was the person who took the mail bags to the downtown post office and negotiated with the officials there so that the newsletter got out on time.

She loved to go to Assemblies, especially election assemblies, saying that it was there that she saw Al-Anon's principles acted out. We met at the Buder Branch City Public Library and when the library was closed, we met at Elaine's house, enjoying her hospitality, admiring her Christmas tree, sharing good fellowship. She initiated the annual holiday buffet that our group loved, passing that on to Loretta – for 18 years, she says.

Elaine also edited the St. Louis AIS Office's newsletter, Sincerely Al-Anon, and advised other editors with her sure knowledge of computer publishing. Laurie says she was blessed to be able to give Elaine a ride to meetings for 18 years. Elaine never learned to drive. Loretta was her driver when she was older and lived in a senior citizen complex.

Sarah B. was active in Al-Anon in her groups, District 8, and the Missouri Area, serving as District Representative and arranging for our Area meetings and Assemblies at the Charles Still Hospital in Jefferson City, where we could have a banquet after our Saturday Assembly meetings. She also served for several years as our Convention Coordinator, chairing our Conventions capably.

Both will be remembered by the members who had fellowship and served with them over the years.

—Submitted by Grateful Members of Al-Anon

**Ctrl/Click this link for information about Al-Anon events!**

[FLYERS & EVENTS](#)

**Ctrl/Click this link for a current list of meetings in the St. Louis metro area**

[Find A Meeting - ST. LOUIS AL-ANON \(stl-al-anon.org\)](#)

## STARTING AN ALATEEN GROUP

If you have lived with active addiction to alcohol or drugs you know it usually causes chaos, anxiety, confusion, emotional and financial damage. Alateen is a program that brings young people together who have been affected by addiction in a relative or friend. They find other teens who are experiencing similar problems and learn they are not alone. That is where the healing begins. There is a great need for more Alateen groups, yet only a few exist. The question is, why?

First, starting an Alateen group is very daunting. To do so you must have at least two Al-Anon members who have been in the program for at least two years and are actively attending at least three meetings a month. Those members must also take the time to get certified. Our lives, especially if we are living with active alcoholism, are very chaotic in their own way and to get involved with young people going through so much can be an intimidating task. What if we say the wrong thing? How will I make the time?

The first time I became an AMIAS, (Al-Anon Member Involved in Alateen Service), I lived in Arkansas and a wonderful group of women eagerly wanted to start an Alateen group. We met once a week for about two months taking on the tasks necessary to get the Alateen group started. We knew the more people we had to lead and help, the less stress it would be on each of us. There ended up being five of us. We got certified, made business cards, found a place to meet, contacted all the AA and Al-Anon groups in the area and told them what we wanted to do.

We contacted every school and talked to the counselors, reached out to the courts, churches, mental health providers, physicians and ran ads in the local paper and on the radio station. Kids came. Some stayed and a couple didn't. Healing happened. It was the most rewarding and emotionally difficult at the same time. Seeing teens struggle with living conditions and lack of essentials for daily life takes its toll on you. However, seeing them grow and help each other made it all worthwhile.

Today, the Listening, Caring and Sharing Alateen Group is in existence because eight women answered the call to donate a lot of time for several months to start it. There are many others who contributed time and money to help. We applied the same principles that the Arkansas Group applied years prior. We got our certifications, had fliers and business cards made, and petitioned the local AA and Al-Anon groups in Jefferson County. Each group got a visit from one of our team members sharing our plans and asking for support.

Despite the fact we were locked out of the schools because of the Jefferson County School District policy, we remained diligent and focused. Someone contacted the radio station. Another contacted the newspaper. One of our members worked in the court system and she contacted them advising them of our plans. We attended every event, spoke to every entity, and used every opportunity for public outreach. Our team took the ancient proverb "it takes a village..." to heart.

Anyone embarking upon the goal of starting an Alateen group should consider having a team that will help avoid burn out, point out pitfalls, share the responsibility, and share the joys and sorrows that only someone who has been there can appreciate. Being a team of eight strong, we no longer have to spend much time outside of the meetings. If you take the challenge to help a young person live with the effects of addiction you will grow more than you can imagine. I believe those kids have taught me more than I could ever teach them. They simply need someone to give them a place to share each other's experiences and feel safe. These kids did not ask to be in this situation and do not have the ability or resources to change it. They don't talk about it with their peers very often because they don't feel anyone will understand. Quite often they can't participate in school activities because they have little or no support from home. Coming to Alateen lets them find other kids who are experiencing some of the same problems they are having.

As an AMIAS I cannot change their home life but I can be there to help them learn ways to take care of themselves and give them a safe place to share with kids who are going through similar situations. As an AMIAS it is not my job to run their meeting but to empower them to be responsible for their own recovery. It is not my job to give them advice but to point out tools of the program so they can make their own decisions. It is my job to be there so they can meet

*(cont. on next page)*

*(cont. from prior page)* and help each other. They are not able to get the help they need without an adult just being there keeping them true to the principles, traditions, steps and concepts of the Al-Anon/Alateen program.

The reason there is not an Alateen group in every city where there is an Al-Anon group is there aren't enough Al-Anon members willing to step up to the plate. There are only four Alateen groups in the entire St. Louis area. I understand how hard it is to find the time and energy to add another thing to your already hectic schedule but think how hard daily life is for these kids. You could be the person who gives them the tools they desperately need to learn to lead healthy productive lives and realize what they are going through now is temporary and a wonderful future is out there waiting for them. There are many ways to be of help in the Alateen program, like helping with some of the leg work, finding a place for them to meet or doing public outreach. If you become certified you could do Serenity Patrol when they attend events, help with the transportation to and from events, or fill in for an absent AMIAS during a meeting (to meet the requirement for two AMIAS in a meeting). In my opinion, to tackle starting an Alateen group is well worth the time it takes.

Listening, Caring and Sharing had their first meeting in September 2023 and now have around eight young people in attendance. They run their own meeting and will be electing a secretary, treasurer and group rep at their first business meeting. Two are looking forward to going to CBAT (Come Be A Teen). They are also considering helping at the potluck. Please prayerfully consider how you could be of service in your area. —Submitted by: Carole W., Serenity Seekers, Festus

## Upcoming Area Meetings

### Area World Service Committee (AWSC) Meeting Assembly — March 9, 2024

**ZOOM ONLY — Registration Link For All Attendees:**

<https://tinyurl.com/moawsc0324>

\*\*\*The ZOOM link will be sent to ALL registrants the week before the meeting\*\*\*

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

Areas are comprised of groups and Districts in a specific geographical space, usually an entire state or province. Missouri (Area 31) is the entire state. Every group in the Area has a voice and a vote in the Area business meetings known as Assemblies.

### MO Area Assembly — May 4-5, 2024

#### What is the Area Assembly?

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

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

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

—Anonymous

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



## 2024 District Business Meetings

### District 2

Hybrid Meeting every other month – third Wednesday at 6:30 pm - 8:30pm. 2024 Dates: March 20, May 15, July 15, September 18, November 20. St Paul's United Church of Christ, 5508 Telegraph Rd., Saint Louis, 63129. Adult Lounge: rear entrance by small play area. Zoom ID: 865 8553 6855, Passcode: 072722

### District 13

Holds meetings every third Saturday of the year, except for the months of July and December. The meeting's physical location is at Holy Cross Lutheran Church, 13014 Olive, Creve Coeur.

For information on Zoom please email:

[district13business@gmail.com](mailto:district13business@gmail.com)

### District 14

Holds meetings on the second Thursday of odd numbered months. It is an in-person meeting with an electronic component. Zoom ID: 816-821-7954, Passcode: 7594

Redeemer Evangelical Church, 6450 S. Kingshighway

March 14 – May 9 – July 11 -- September 12 – November 14  
6:30 pm - 8:00pm.

For more information email [modistrict14dr@gmail.com](mailto:modistrict14dr@gmail.com)

### District 15

On Zoom - Saturday March 23, July 20, October 5 & December 7 from 9:30–11:30 am.

Zoom ID: 884 2614 2383, Passcode: 910615

Email [modist15dr@gamil.com](mailto:modist15dr@gamil.com) for more information.

**See flyers on AIS website for more details.**

### “Let’s Percolate on Sponsorship”



District 15 is sponsoring a Sponsorship Workshop on Saturday, March 16, from 10 am — 12 pm at Concordia Lutheran located at 505 South Kirkwood Rd, Kirkwood MO 63122. Following our speaker, there will be an opportunity for all participants to share their experience,

strength, and hope on sponsorship. Coffee, water, and bagels will be provided.

[Sponsorship Workshop Flyer](#)

## January 2024 Revenue

District/Meeting	Contrib.
Dist. 14 Women in Recovery Adult Children	✓
Dist. 15 Friday Night Fellowship	✓
Dist. 17 One Purpose AFG	✓
Dist. 14 Grace in AFG	✓
Dist. 14 How AFG Works	✓
Dist. 28 Monday Serenity Group So. IL	✓
Dist. 15 Our Gang Men's	✓
Dist. 13 Fully Relying on Gog—F.R.O.G.	✓
Dist. 02 Learn 'N Love	✓
Dist. 14 Wonderful Possibilities	✓
Dist. 14 Stepping Out	✓
Dist. 09 Freedom Friday AFG	✓
Dist. 15 Webster Groves Parents	✓
Dist. 02 Parents Path to Recovery	✓
Dist. 15 Wed. Winners Double Winners	✓
Dist. 15 Women's Serenity Express	✓
Dist. 15 Serenity Sisters	✓
Dist. 14 Men's Feelings	✓
Dist. 15 Healing Steps	✓
Dist. 13 Eureka Sunday Sanctuary	✓
Dist. 17 Hope for Today	✓
Dist. 28 AFG	✓
Dist. 13 FISH—Finally into Serenity & Hope	✓
Dist. 13 Male Stumbling Blocks	✓
Dist. 13 Solution Finders AFG	✓
Dist. 02 Wed. Child Adult Children	✓
Group Contributions	4,360.41
Annual Appeal	50.00
Literature Sales	2,738.95
Journal Sales	96.00
Misc. Contributions	416.65
Dollars & Sense	9.02
Miscellaneous	50.00
Processing Fee Income	90.69
<b>TOTAL</b>	<b>\$7,811.72</b>





## 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

March 9 — 2024 MO Area (AWSC) Zoom Only

March 9 — Spring Potluck

March 8-9 — Great River Roundup

March 16 — D-15 Sponsorship Workshop

April 13 — D-17 Workshop & Potluck

April 13 — D-13 Serenity Walk

April 19-21 — 2024 Spring Fling

April 27 — D-2 Potluck

June 1 — D-15 Potluck Picnic

June 22 — 2024 MO Area Day in Service

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

October 12 — D-25 Serenity Walk

### DISTRICT MEETINGS

District 02, 13, 14, 15

### NEWSLETTERS

Sincerely Al-Anon

District 14 Al-Anon Sense

Missouri Round Robin

### AL-ANON FUNDRAISERS

My Journey Journal

AIS Office Sustaining Support Campaign

Pearls of Wisdom Calendar



# **WE NEED YOUR UNWANTED JEWELRY**

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

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

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

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

