

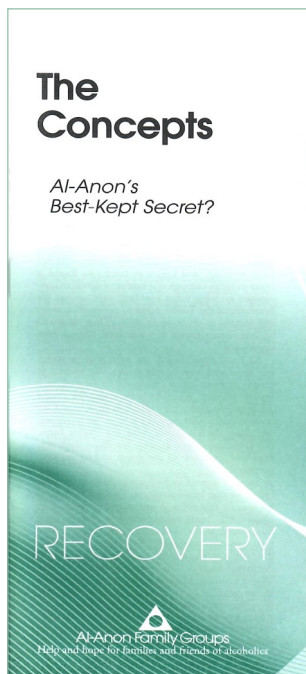
Sincerely Al-Anon

CONCEPT FIVE

THE RIGHTS OF APPEAL AND PETITION PROTECT MINORITIES AND INSURE THAT THEY BE HEARD.

"The Right of Appeal and Petition aim to protect and make the best possible use of minority feeling and opinion."

—Service Manual, page 190



When I first read this concept, I thought to myself, "I have a voice. I have a safe place to express my opinion." Where in the world outside 12-step programs does the minority get a voice? In Al-Anon, we want all of our members to be heard.

A huge program lesson for me has been learning to listen. Over the years, my listening skills at meetings have improved dramatically. Meetings are a safe place to discover how not to prejudge people.

When my sense of self-righteous indignation arises because I don't like how others are behaving, trouble for me quickly follows in the form of resentment and frustration. This concept reminds me that it's okay for a multitude of opinions/perspectives to exist. As human beings we are all in different places in our journeys. Each of us has our own path—that is just a fact of life. If we were all in the same place, how would we learn from each other's experience, strength and hope?

In April, when our Delegates are gathered together at conference, it is comforting to know that the Right of Appeal applies to Conference Members, Executive Committee, Trustees and WSO staff alike. Everyone is free to employ this concept to express their opinions—whether they be minority or majority. When decisions are being discussed and votes being made, we need to hear from all persons involved. Each individual brings their own experience, strength, and hope to the topics at hand.

Shifting to personal experience, Concept 5 has taught me to listen to my family members and friends. I can take my turn without dominating the conversation. At times, talking to people who do not work a 12-step program can be trying. They don't have the same communication tools I've been given. Here, sometimes I find it best to just listen and not say a word. I have a choice to "be right or be happy." I choose to be happy.

"When I get stuck in the box of my own thinking and can't get out, I am usually being petty or impatient. I may be hungry, angry, lonely, or tired. That's when I believe God speaks to me through the voice of someone expressing a minority opinion, regardless of what I think other people would prefer to hear."

—Reaching for Personal Freedom, page 192

—Susan C., Friday Night Fellowship

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: 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

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 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!

Public Outreach Beacon



...Greetings to all from YOUR PO Team!

Taking Public Outreach to the Streets!

Recently a program friend shared she was relying on a certain type of transportation service (that begins with the letter "U") as she has been unable to drive her older model car due to its unreliability. This type of service was new to her and after learning how to use the car riding app, she reports she actually enjoys being picked up and taken to her appointments or the grocery store.



You may ask, what does this have to do with public outreach? Or how would someone share the program with a total stranger? It's best to preface this story with the fact that this member is a very open and sharing individual. She can strike up a conversation with anyone.

My friend explained to me that she lives alone and enjoys conversing with the "U" drivers. She relates, "even though we start the ride as strangers I realize the drivers are people like me as they don't have a perfect life either. They deal with the same emotions I do such as loneliness, sadness, joy and fear." She feels it's important to pay close attention to the conversation and in doing so is able to share about how her life is better (to herself she thinks.....it's the program working)! If it feels appropriate, sometimes she gently weaves into the conversation a hint or two about Al-Anon. On a few occasions she has even shared the AIS office contact info and basic info about the Al-Anon program.

Be open to sharing the wonders of the program with someone! You may never know the effect your sharing will have on someone else. And remember, your sharing might just begin in the backseat of a "U" driver's car!



New Ideas for OUTREACH — Can you Help?

The Public Outreach committee is in the planning stages of their next outreach endeavor. Some members have suggested targeting hospital emergency rooms and walk-in medical clinics with Al-Anon literature. The hope is that employees of these various institutions would be able to share our information, as they deem appropriate, to patients and their families or visitors.

If you have a connection at any of these types of facilities OR if you are a physician, nurse, social worker, CNA, or any employee associated with these types of

facilities, please contact the PO committee through the AIS office. The committee is willing to assist you in contacting ER's and clinics in order to share our literature.

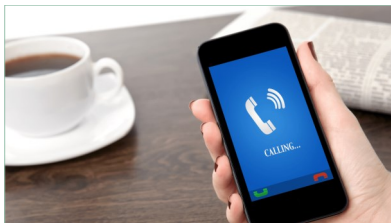
DISTRICT 2 HOLDS ALATEEN TRAINING WORKSHOP

Lisa G., Missouri Area Alateen Coordinator, presented a Training Workshop on March 25th to members in District 2 who have recently been certified as an Al-Anon Member in Alateen Service (AMIAS), who are pending certification and who may be interested in becoming an AMIAS. There were 9 members in attendance in addition to three Alateen Sponsors: Steve V., Cindy S. and Linda K. The sponsors shared their experiences as Alateen Sponsors and how important it is to be a recovery resource for teens who have an alcoholic family member or friend.

The workshop was especially helpful to members from Serenity Seekers who are planning to start a new Alateen group in Festus sometime in the next few months. Once details are firmed up and they are registered with WSO, members will focus on public outreach to the Jefferson County schools, churches and other locations. There are currently only three Alateen groups in the St. Louis Area but attendance is beginning to increase. Members are encouraged to share Alateen literature with teenagers who may benefit from Alateen and can find meeting information on the St. Louis website: <https://www.stl-al-anon.org/find-a-meeting.html>. Al-Anon members interested in Alateen Service can find information on the Missouri Area website: <http://www.missouri-al-anon.org/alateen.html>. --Submitted by District 2

Are You Being Called to Service?

WHAT IS THE AL-ANON AFG ST. LOUIS ANSWERING SERVICE?



These are the wonderful volunteers who respond to after hours calls made to the AIS Office. The Answering Service Coordinator coordinates the service and the volunteers talk to people

who have questions about Al-Anon, asking for meeting information, support, etc. Volunteers have a current Al-Anon Meeting Directory, or access to the St Louis Area website (www.stl-al-anon.org) and Missouri Al-Anon website (www.missouri-al-anon.org). These sites have the most up to date information. The Answering Service shifts are:

- **Monday-Friday: 5:00-9:00pm**
- **Saturday: 9am-1pm, 1pm-5pm, 5pm-9pm**
- **Sunday: 9am-1pm, 1pm-5pm, 5pm-9pm**

WHAT DUTIES ARE INVOLVED?

- The Coordinator ensures there are volunteers available to cover each shift.
- Trains new volunteers.
- Ensures there is holiday coverage when the office is closed.
- Is available if a volunteer may have a unique situation and needs to consult about how to handle it.
- Is the liaison with office staff to communicate about phone service issues or changes the volunteers need to be aware of (e.g., office hours change).
- Offers suggestions to the office for the daily or holiday greeting messages, as those messages apply to after hours availability.
- Provides a monthly accounting of the number of calls received, the nature of calls, and disposition by the volunteers who contacted the caller.
- Updates the volunteers regarding any changes or special requests.

This group of volunteers are all so loyal, long term and self-sufficient. Because we have pretty low activity there is not a lot of interaction. They are faithfully available to cover the shifts and when they do have activity, it is often a good 12- step call and an opportunity to pass on our message. While the numbers of calls have significantly dwindled I still feel the service is valuable.

—Respectfully Submitted, Peggy B.

If you would like to talk to Peggy about service opportunities in this area, please call the AIS Office Monday-Friday, 9am-5 pm.

Thank you!

A.A.'s Debt of Gratitude to Al-Anon

The following resolution of gratitude to the Fellowship of the Al-Anon Family Groups was unanimously approved by the 1969 General Service Conference of Alcoholics Anonymous.

The delegates of this, the 19th General Service conference of Alcoholics Anonymous, meeting in New York City, this 25th day of April, 1969 do hereby declare:

WHEREAS, it is the further desire of this Conference to acknowledge A.A.'s debt of gratitude of the Al-Anon Family Groups, therefore,

BE IT RESOLVED, that Alcoholics Anonymous recognizes the special relationship which it enjoys with the Al-Anon Family Groups, a separate but similar fellowship. And be it further resolved that Alcoholics Anonymous wishes to recognize, and hereby does recognize, the great contribution which the Al-Anon Family Groups have made and are making in assisting the families of alcoholics everywhere.

—A.A. Guidelines, Relationship Between A.A. and Al-Anon.

Some Thoughts on "Helping"

Al-Anon saved my life. I truly believe if I had not found this program, I would have died. Yet here I am, able to find happiness and joy, even though my life's circumstances aren't perfect. My program really came alive for me when I felt I had no choice but to kick my underage son out of the house. While it was one of the most painful things I had ever done, letting him stay in our home was even more painful. To help me get through the hard times, I would meditate on the following ideas.

It's happening to him; it's not happening to me. *Oh, what a good empathizer I was. I would imagine my poor son—he must be so hungry and cold and lonely and sad and tired. I would become stricken with imagined grief, as if I were in his shoes. Yet, my son was out there living his life. In Al-Anon, I learned how to live my life fully and not project my wild imagination onto what he might be going through.*

"Helping" him is not helping him. *When I gave handouts to my son, it just prolonged his disease. I really just wanted to make myself feel better, and while I might feel some temporary relief, I would eventually come to regret my offers of assistance. Also, each time I rescued him, it gave him the message that someone would always take care of him. I had to learn to say no every single time he asked for something. . .*

In Al-Anon, I've found many tools that I can rely on to help me get through challenging times. If I think I want to give something to the alcoholic or help him in some way, I will seek my Higher Power's wisdom before deciding. I can always do it tomorrow. —Ellen S., The Forum, May 2023

Reprinted with permission of The Forum, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.

ONE WOMAN'S JOURNEY IN RECOVERY



In the AIS Office we sometimes receive meeting supplies (literature, meeting handouts, etc.) after a meeting ceases to meet. In some of these materials I found a very loved and worn Al-Anon book. It was apparent that it had been read and studied for many years. Inside were these wonderful quotes which I want to share with you:

"The silent treatment shows an inability to express anger appropriately."

"God does for me what I cannot do for myself."

"Coincidence is God's way of staying anonymous."

"If the horse is dead it is time to dismount."

"You have to protect your peace."

"The reason why Al-Anon works is that we are not all crazy on the same day."

"His comprehension of reality was different from mine."

"If we weren't all crazy, we'd all go insane." -Jimmy Buffet

"You have to Let Go or be dragged."

"Breathe God's power in, breathe fear, problems and negative thoughts out."

"Be still, God is there!"

"Stop. Breathe. Observe."

"Stop. Look. Listen."

"God loves me, God loves him, God guides him, God guides me, God bless him, and God bless me."

"Before making amends, let go of the outcome. Let God take care of it."

"I regret what happened between us. What can I do to make it up to you?"

"Twelve step work reinforces and enhances our own recovery and the understanding of how the program works."

"My God is beyond all human understanding."

"I will have a centered, peaceful, feeling inside."

"Defects block me from God and His will — dignity, peace and right thinking."

"The pessimist complains about the wind, the optimist waits for it to change. The realist adjusts the sail!"

"Thank you, God. Thank you, Al-Anon."



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."

An Al-Anon Poem

There is little you can do to make everyone like you.

Some people will see the real you, straight away. The you with the worries, the fears, the kind heart.

Others will only see what you have that is not theirs. Or who you have. Or a life that sparkles a tad too brightly for their liking.

In some people's story you're an angel, in others you're the villain.

And that is pretty much that.

If you are spending any time worrying how others see you, or whether they think you are a good person or not, you are wasting precious time my friend.

Precious time that is much needed elsewhere.

It is a universal truth that you cannot please all of the people all of the time.

That in fact, the best way to get even close to this goal, is to stop trying and to just be your authentic self, with kindness.

Always with kindness.

So, if you have been hurt by an unjust representation of you in someone's story, take comfort in the fact that it is not the truth. And that the right people will see that.

Keep your sparkly little light shining and your people will find you.

And they will stay.

And you will never have to convince them of who you are.

--By Donna Ashworth

--From A Zoom Al-Anon Friend

JOIN THE LIVELY LINKS OF SERVICE!

Please mark your calendar for a fun-filled day learning about how we can be of "service." Join us on **June 3, 2023 at the Holy Cross Lutheran Church, 13014 Olive Blvd., Creve Coeur, MO**; as District 13 and District 28 are hosting this MO Area event.

Check-in will be at 8:30am and the program will start 9:30am. This will be an in-person event with an electronic component. Ctrl/click the flyer link on the left below for details. Ctrl/click the right-side link to register. There is no cost for participation, so no worries there! Registration will help us better prepare for lunch and seating. Spread the news to your groups.

Service does connect us all in Unity! So, get in the car, bring a friend and be welcomed by District 13 and District 28.

--Diane S., Panel 63 MO Area Alt. Delegate

[Day in Service Flyer](#)

[To Register, Click link](#)

May Quotes

"Be positive in your thoughts, passionate in your words and purposeful in your actions. Clean thoughts, Cool words and Clear actions are the impressions that appeal to success."

— *Israelmore Ayivor*

"Your true love for God is demonstrated through your ability to hold onto your faithfulness in the midst of Prosperity and Poverty, Happiness and Hardships, Sickness and Success; in whatever is Appealing or Appalling!"

— *Israelmore Ayivor*

"No work or love will flourish out of guilt, fear, or hollowness of heart, just as no valid plans for the future can be made by those who have no capacity for living now."

— *Alan Watts*

"How do I let go of guilt? How to free yourself and let go of regrets:

- **Acceptance.** *Acknowledge that you are a human, and know that every human makes mistakes. ...*
- **Learn from mistakes.** *Try to learn from your mistakes. ...*
- **Take risks.** *Be willing to take risks. ...*
- **Visualize the future.** *Picture yourself free from guilt, regret, and self-condemnation.*

Guilt is one of the heaviest emotions that we can have. It taps into our sense of morality, as we make a judgment of what's "right" and what's "wrong." It also taps into our human drive for social connection, as we often feel guilty in response to situations involving other people."

— *Zencare.com*



This series of podcasts is a wonderful resource for those who want to know more about Al-Anon. It will shed light on questions such as:

How does an Al-Anon meeting work? How can we participate? How do we know if Al-Anon has anything to offer us?

This series is a quick "Introduction to Al-Anon Meetings." Please ctrl/click on the link at right to access. [PODCASTS LINK](#)

March 2023 Revenue

District # & Meeting	Contrib.
Dist. 15 Friday Night Fellowship	✓
Dist. 13 AFG	✓
Dist. 28 Just for Today	✓
Dist. 02 IL Monday Night Serenity	✓
Dist. 13 Spiritual Awakening	✓
Dist. 15 Focus on Solutions Adult Child.	✓
Dist. 15 Healing Steps	✓
Dist. 14 Easy Does It	✓
Dist. 13 Choices	✓
Dist. 14 Stepping Out	✓
Dist. 02 Men's Night Out	✓
Dist. 15 Serenity Sisters AFG	✓
Dist. 13 Women's Strength in Unity	✓
Dist. 15 Healing Steps	✓
Dist. 17 Solutions of Harvester	✓
Dist. 13 Fully Relying on God	✓
Dist. 13 Finally Into Serenity and Hope	✓
Dist. 14 Women in Recovery A.C.	✓
Dist. 02 Serenity Seekers	✓
Dist. 14 Women's AFG	✓

GROUP CONTRIBUTION TOTAL	\$2,990.88
Annual Appeal	160.00
Dollars & Sense	16.40
Journal Sales	252.00
Literature Sales	3,268.60
Misc. Contributions	948.00
Services (shipping, etc.)	99.24
TOTAL REVENUE	\$7,735.12

GOD
Grant
ME THE
Serenity
TO ACCEPT THE
Things
I CANNOT CHANGE
Courage
TO CHANGE
AND
The Things
I CAN
Wisdom
To Know The
DIFFERENCE

Ctrl/Click at right for Al-Anon Guidelines: [GUIDELINES](#)



View Al-Anon Event Flyers On-Line

Check out Al-Anon upcoming events. Just ctrl/click link below:

<https://www.stl-al-anon.org/> then click **EVENTS** to see the flyers!

May 6th & 7th — MO Area Assembly

May 21st — District 14 Picnic

June 3rd — MO Area Day in Service

****June 4th — Central Service AA/Al-Anon Picnic****

June 9-11 Trillium Convention — Ontario South (Two STL Speakers)

June 10th — District 15 Picnic

June 10th — Fall Classic Trivia Night

June 9-11 — 50th Annual Kansas Al-Anon & Alateen Conference

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

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

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

CENTRAL SERVICES

8th ANNUAL PICNIC



June 4, 2023

Sunday 11 am – 3 pm

Deer Creek Park “Rocket Park”

3200 Laclede Station Rd.

Maplewood, MO 63143

**Just down the street from Central Services*

**Meat & Drinks Provided
Bring Your Favorite Dish**

Lunch at Noon

Rod H. AA & Carrie B. Al-Anon Speakers at 1:00 pm

Activities for Children



**Raffle/Silent Auctions
To benefit the Office**

Al-Anon Jewelry Sale



FUN & FELLOWSHIP

Have Any Jewelry in Need of a New Home?

Used or Unwanted

Jewelry

Drop off at AIS Office

14 Sunnen Dr. Suite 144 Maplewood, MO 63143

Sell at Central Service Picnic

June 4th 2023 at Deer Creek Park

To benefit the AIS Office



GRATEFUL EVERYDAY AFG

**BABYSITTING HAS
RESUMED**

FRIDAY 7:30 PM

Webster Groves Christian Church

1320 W. Lockwood

Webster Groves, MO. 63122