

# Sincerely Al-Anon

## CONCEPT ELEVEN

**THE WORLD SERVICE OFFICE IS COMPOSED OF SELECTED COMMITTEES, EXECUTIVES AND STAFF MEMBERS.**

*"I thought the only purpose of Concept Eleven, 'The World Service Office is composed of selected committees, executives and staff members' was to explain how WSO was organized. It wasn't until I took a closer look that I realized Concept Eleven could provide guidance in my personal life."*

—"A Little Time for Myself-A Collection of Al-Anon Personal Experiences." p. 327



Before I attended Al-Anon meetings I thought I had to do everything for my family. I thought I was being helpful, but in reality, **I wanted it done my way.** If I do all things then I have a chance not to get upset and then I don't have to deal with my emotions. Growing up in a dysfunctional family I was taught not to show emotions — don't think, don't feel and do not tell. We had to present this image to the outside world. What images I do not know.

Now I think of Concept Eleven and how the World Service Office has different committees because one person or group cannot do it all. Now in my family life I can split tasks with my family members. I have been able to detach and let them do the task the way they want to do it without me interfering. In other words—stay in my own hula-a-hoop.

Concept Eleven has softened me into thinking that other people are just as capable to complete tasks in their way and open myself to others' viewpoints. Concept Eleven allows me to let other people's Higher Power take care of them. When I am open to my Higher Power's presence I can see more clearly and know that the task will get done in my Higher Power's time, not my time. This is one reason why I am so grateful for Al-Anon. It has taught me that I never have to be alone again. I can change with the help of my sponsors, the help of attending meetings and my Higher Power. For more information on Concept Eleven, please see:

- 2022-2025 Al-Anon/Alateen Service Manual, p. 207.
- Reaching for Personal Freedom, p.164.
- Path to Recovery, p. 316.

***"By incorporating concept Eleven into our daily activities, we can be organized without being inflexible. We can plan without controlling every detail. We can treat others with respect and dignity, and reap the benefits of working together to accomplish a common goal."***

—Reaching for Personal Freedom, p. 164  
—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.

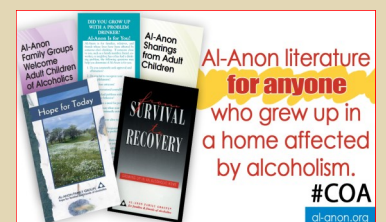
**To be Added to our Contact List** and receive *Sincerely Al-Anon* as well as meeting & event updates, please email your name and email address to: [aisoffice@stl-al-anon.org](mailto:aisoffice@stl-al-anon.org)

### 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!



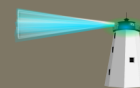
**Al-Anon literature for anyone** who grew up in a home affected by alcoholism.

#COA  
[al-anon.org](http://al-anon.org)

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

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

## Public Outreach Beacon



. . .Greetings to all from YOUR PO Team!

### ***We Can All Spread the Word!***

Recently, Public Outreach was asked to participate in the Arnold Senior Expo Fair at the Arnold Eagles facility. Previous to the Expo date, Sue B, who is the PO coordinator for District 2, was able to submit an Al-Anon informational ad to a supplement publication for the community newspaper, the Leader. This weekly newspaper serves Jefferson County and the surrounding areas. The ad was approximately 2"x4" and contained basic Al-Anon information including the Al-Anon website and contact info.

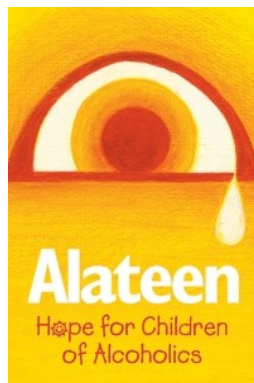
Obviously, It's not known the number of lives touched by an individual seeing a single ad for an event or if they attended the event in person. However, the Senior Expo Fair had approximately 1,000 attendees and many likely saw the Al-Anon ad in the special Leader insert! Now that's wonderful outreach!

Perhaps you know of a community newspaper, booklet, or resource guide that publicizes information on organizations, self-help information or local events and happenings in the area? If so, please let us know.

Al-Anon Public Outreach doesn't have to be difficult! On your next visit to the grocery or drug store, check out the free publications which are usually located near the entrance of a store. Is Al-Anon information listed? If possible, do a little research to see if any of these publications would be able to post information on Al-Anon.

The AIS office or Public Outreach Committee is available to suggest appropriate Al-Anon type wording for submission to any publication and often this can be done online without a cost.

—P.O. Committee



### **NEW ALATEEN GROUP IN JEFFERSON COUNTY**

Members from two Jefferson County Family Al-Anon Groups, which are part of District 2, are pleased to announce a new Alateen meeting. "Listening, Caring, and Sharing" which opened its doors September 18. Currently, this is the only Alateen group in Jefferson County. So many of our youth are living with and affected by alcoholics in their homes and among their peers. Research says that these students struggle at school and have high suicide rates. We feel as a group that our teens are hurting and need this program in their lives.

The purpose of Alateen is where young people come together to:

- Share experiences, strength, and hope with each other.
- Discuss their difficulties.
- Learn effective ways to cope with their problems.
- Encourage one another.
- Help each other understand the principles of the Al-Anon program.

**Meeting began Sept. 18th, 2023**

**7:00 – 8:00 p.m. every Tuesday**

**United Methodist Church in Festus**

**113 Grand Ave., Festus, MO 63028**

We hope you find this information helpful and hope that you will pass this information along to those whose lives have been affected by alcohol and drugs. OUR HEARTS ARE VESTED IN THIS PROGRAM. If you would like further information, please call one of the contacts listed below. Thank you!

**636.364.8845 & 636.364.8855**

**alateen63012@gmail.com**

## “Making Crisis Work for You” 2024 District 9 AFG 18th Annual Winter Workshop January 5-6, 2024



We are pleased to announce our **18th Annual Winter Workshop**. It will be held **Friday, January 5th**, and **Saturday, January 6th, 2024**. The location is the same as in the past: Arlington United Methodist Church (Fellowship Hall), located at 3770 McKelvey Rd., Bridgeton MO 63044.

Our guest speaker this year is Juanita U. from Santa Fe, NM. She will share her story Friday evening, and on Saturday will speak and lead the workshop on the topic “Making Crisis Work for You”. We are grateful she will be sharing her experience, strength and hope with us.

- The doors open Friday at 6:00 PM for registration and fellowship, and the workshop begins at 7:00 PM.
- On Saturday morning, the doors will open at 8:30 AM with the workshop beginning at 9:00 AM and ending at 1:30 PM.
- We will not have break-out sessions, but there will be time for audience participation/sharing on Saturday.

We will break for lunch on Saturday. Attendees may pre-order and pre-pay \$11 for a box lunch from McAlister’s along with their registration. No box lunch purchases will be available the day of the workshop. The lunch will include a sandwich (choice of turkey, ham or veggie), chips, pickle, and a cookie. We will provide coffee, hot tea and bottled water to participants at no charge. Of course, participants can choose to bring their own lunch or go out to pick something up. We do have access to the gym and will have tables and chairs set up for eating lunch and enjoying fellowship.

Greg from Action Audio will be on hand to record the event, and recordings will be available for purchase. Also, a table with Al-Anon Conference Approved Literature will be available to purchase.

We will also have a 7th Tradition Basket Raffle. If you or your group would like to donate a basket for the raffle, contact Peggy J. at (314) 302-9011. Or you may send a monetary contribution to Peggy, and she will make a basket. Mail checks payable to:

**District 9 AFG, 3334 Cavan Dr., St Ann, MO 63074.** All Basket donations are greatly appreciated!

Early registration fee is \$7 for adults and \$2 for Alateens. Registrations made after December 15th or at the door will be \$12 for adults and \$5 for Alateens. Registration forms and checks can be mailed to:

**Teresa K., Winter Workshop, 2327 Kenosha Ave., St. Louis, MO 63114**

For more information, or to volunteer to help, contact Kris M. at (314) 277-4811.

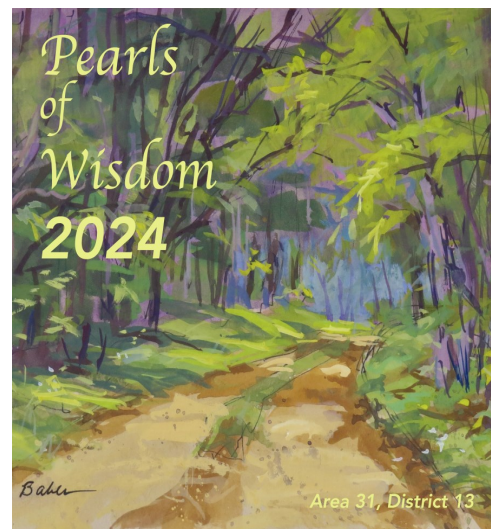
***We are so happy to host this outstanding event of recovery and fellowship again, and truly hope to see you all there!***

*—Betsy M., District 9*

## PEARLS OF WISDOM CALENDARS AVAILABLE THROUGH JAN 2024

The Pearls of Wisdom calendar is a daily tear-off calendar with 366 days of Al-Anon Wisdom in a "One Day at a Time" format. The calendar was the brainchild of an Al-Anon member many years ago and has become the main fundraiser for District 13 in Area 31. The calendar sayings are sourced from the experience, strength, and hope spoken around the tables of Al-Anon.

The calendar cover is artwork from an Al-Anon member. The name of the calendar, Pearls of Wisdom, is derived from a Stephan Hoell quote describing how a beautiful pearl is produced from an injury to an oyster. Our experiences and injuries in life shape our character. In Al-Anon, we choose to turn these injuries into pearls by sharing our experience, strength, and hope. The calendars are available for purchase through January 31, 2024 on CheddarUp. If you live in St. Louis, please order through your calendar contact member or be the one to offer this service.



[2024 Pearls of Wisdom calendar - Cheddar Up](#)

For questions, please email [district13calendar@gmail.com](mailto:district13calendar@gmail.com)

### Meeting in Edwardsville Looking for Support

Dear AFG Members,

The Edwardsville Hope for Today AFG is requesting your support. Al-Anon members are needed to attend a series of "How Al-Anon Works" Introductory Outreach Meetings. According to the 2022-2025 Al-Anon/Alateen Service Manual (page 88). Introductory meetings can be held at institutions such as hospitals, treatment centers, and shelters or any other location families and friends of alcoholics gather. Attendance changes frequently. Such a meeting is not considered an Al-Anon Group and does not have its own Group Representative. Experienced Al-Anon members share the responsibility for conducting introductory meetings and inviting those in attendance to try regular Al-Anon/Alateen meetings. Al-Anon groups directly or through their District are encouraged to help with costs of literature and other expenses for introductory meetings. Members must comply with security requirements of the meeting location.

The meetings take place at OSF Saint Anthony's Health Center in Alton, Illinois on Thursdays from 10:00am to 11:15am. The meetings have attracted 6 newcomers, 3 of which have returned a second time and 1 newcomer has returned 3 times. We have had 6 Al-Anon-Members participate with 2-4 members attending each meeting. Contact Cherie or Paralea for additional information.

Cherie E., Hope for Today AFG, Outreach Coordinator [Eye4four-got@gmail.com](mailto:Eye4four-got@gmail.com), Paralea R., Hope for Today AFG, CMA (618) 656-1635 [paralea@sbcglobal.net](mailto:paralea@sbcglobal.net)

### Quotes for November

*"The ability to observe without evaluating is the highest form of intelligence."*

—Jiddu Krishnamurti

*"Breath is the finest gift of nature. Be grateful for this wonderful gift."* —Amit Ray

*"Self-care is giving the world the best of you instead of what's left of you."* —Katie Reed

*"You can't wake a person who is pretending to be asleep."*

—Navajo Proverb

*"Slow down. Calm down. Don't worry. Don't hurry. Trust the process."*

—Alexandra Stoddard

*"Faith is taking the first step even when you don't see the whole staircase."*

—Martin Luther King Jr.

*"Challenges are the way to growth."*

—Carol S. Dweck

## HOW WE CAN HELP OUR FELLOW MEMBERS IN MAUI

The WSO is receiving calls asking what they can do to support Al-Anon members here in Hawaii who lost meeting space or literature. So, they are coordinating with the Hawaii Area to share where cards of support or supplies of literature can be sent to replace what has been lost. The local AFG address on Maui is:

**Maui AFG, PO Box 1322, Wailuku, HI 96793.**

Hope this is helpful.

Kind regards,

**Jennifer S. Ullman** | Archivist & Conference Specialist (Spanish)  
 Al-Anon Family Group Headquarters, Inc.  
 Main: 757.563.1600 ext. 1661 or ext. 1667 (Archives)  
 Direct Dial: 757.689.4074, E-mail: [jenniferu@al-anon.org](mailto:jenniferu@al-anon.org)  
[al-anon.org](http://al-anon.org)

### Check Out These Important Links from the WSO Website!

[FREQUENTLY ASKED QUESTIONS ABOUT AL-ANON](#)

[Are You Living With an Alcoholic Spouse or Partner?](#)

[Frequently Asked Questions by Teens](#)

[There Is Hope- Alateen](#)

[Tools To Start a Meeting](#)

### Pacific Facility is Having A Holiday Pot Luck Dinner and Speaker Meeting

A.A. & Al-Anon Speakers  
 December 10, 2023  
 202 North Columbus  
 Pacific MO.

We will supply the chicken and ham. Please bring a side dish.

### 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."

## September 2023 Revenue

| District/Meeting                        | Contrib.          |
|---|-------------------|
| Dist. 17 Blueprint for Progress         | ✓                 |
| Dist. 14 Southside WSO                  | ✓                 |
| Dist. 15 Wymyn in Recovery              | ✓                 |
| Dist. 13 Creve Coeur                    | ✓                 |
| Dist. 15 Friday Night Fellowship        | ✓                 |
| Dist. 15 Serenity Sisters AFG           | ✓                 |
| Dist. 14 How AFG Works                  | ✓                 |
| Dist. 10 Living Hope                    | ✓                 |
| Dist. 14 Friends in AFG                 | ✓                 |
| Dist. 25 Warrenton 12 and 12            | ✓                 |
| Dist. 15 Our Gang Mens                  | ✓                 |
| Dist. 14 Stay in the Moment             | ✓                 |
| Dist. 15 Focus on Solutions Adult Child | ✓                 |
| Dist. 14 Stepping Out                   | ✓                 |
| Dist. 24 Courage to Change              | ✓                 |
| Dist. 13 Choices                        | ✓                 |
| Dist. 13 Solution Finders AC-AFG        | ✓                 |
| Dist. 14 How Al-Anon Works              | ✓                 |
| Dist. 09 Steps to a New Life            | ✓                 |
| Dist. 13 Men's Path to Serenity         | ✓                 |
| Dist. 14 Courage to Change IL           | ✓                 |
| Group Contributions                     | \$1995.87         |
| Annual Appeal                           | \$40.00           |
| Dollars & Sense                         | \$22.85           |
| <b>TOTAL</b>                            | <b>\$2,058.72</b> |

### THE NEW READERS HAVE ARRIVED!!!!

**A Little Time for Myself—  
 A Collection of Al-Anon  
 Personal Experiences**



Cost for the reader is \$17. Just call 314 645-1572 to order or stop in the AIS Office to get yours. No holds unless paid for in advance.

### ARE YOU READY?

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](#)



# UPCOMING EVENTS

## 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

November 4-5 — MO Area Assembly

November 9 — District 14, Speaker Sue K., MO Area Delegate

November 11— District 15 Holiday Recovery Workshop

November 11 — Gratitude Potluck- Blueprint for Progress

November 15 — District 2 Business Meeting

November 16 — “Gratitude Meeting” with Cookies

November 18 — District 10 Chili/Chowder & Soup Supper

### **2024**

January 5 & 6 — Winter Workshop D-9

### 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

Pearls of Wisdom Calendar

