

Al-Anon Sense

D14 Saint Louis, MO Newsletter — Oct/Nov 2022



New Horizons, New You in 2022 Convention Highlights

Last month, I was able to attend the first in-person convention since 2020. It was a fabulous weekend filled with recovery stories and workshops that enabled the participants to reflect and share experience, strength, and hope.

It began Friday night with Al-Anon speaker Debbie G., who with a remarkable service record, told the crowd that being a member of Al-Anon is the most important thing you can be. A seasoned member for over 40 years, Debbie left her listeners with many gems of wisdom.

Get in the car.
You'll know when you know.
Live truthfully and be honest.
God, AA and Al-Anon come first.
It will be what it is supposed to be.
Take a hand and listen.

Juanita U. spoke on Saturday morning telling everyone what was said to her when her husband was in treatment: "He cannot go home to an old idea." That inspired her to attend Al-Anon where she discovered she carried around an old idea—she only knew how to live in chaos. Before Al-Anon she talked to her husband a lot—but only in her head. Otherwise, she threw silence at him. When she began to change, she realized that the opposite of faith is certainty—when she was certain about things, there was no room for God in her life. She realized there is no standing still and that she was blessed with the gift of desperation. Now she sees herself as a seasoned beginner.

Steve V. was the Alateen AMIAS speaker. He came to Al-Anon because of failed relationships. He has

learned that if someone does not recover, that person repeats the same mistakes. He advised everyone to pause, pray and proceed.

Margaret O. emphasized the importance of sharing her story. She told those attending the convention that there is no greater agony than bearing an untold story. She has learned to live in the spaces between back then and not yet. And sees the present as the place to be.

Paula B. ended her sharing by telling her story using book titles from Conference Approved Literature. What a challenge it would be for those who heard her and those who read this newsletter to do the same. Here are some titles that Al-Anon Sense readers could use to put together a paragraph describing their recovery:

How Al-Anon Works
One Day at a Time
Reaching for Freedom
Courage to Change
Hope for Today
Lois Remembers
Discovering Choices
Opening our Hearts
Transforming our Loses

Take the Al-Anon Sense challenge and submit your reflections based on these and other CAL book titles. Your District 14 will reward the first five story tellers with a prize!!!

[Submit to modistrict14news@gmail.com by Friday, December 9, 2022.]

--Respectfully submitted, Marge O., D14 DR

District 14 Groups in Flux

COVID-19 continues to affect our D14 groups. Some groups have decided to meet in person, some meet with an electronic component (hybrid). Some are Zoom only groups. Some are on hold until they decide how to meet again. A few groups have switched their in-person meetings to new locations. Check the Al-Anon Family Groups of Greater St. Louis, Inc, (AIS) website for up-to-date information on groups. (www.st-al-anon.org)

I would like to mention two groups in our area, one is a new group and the other is returning from a hiatus.

Avoidance AFG, was featured in our last newsletter (Aug/Sept 2022). They began meeting in early July. It meets in person on Friday evenings at 6:00pm, the Steps Alano Club, 3974 Humphrey, 2nd floor, room 3.

The Sunshine AFG group was not meeting for a while and is now back, welcoming newcomers and old timers as well. It meets in person on Wednesday at 12:00pm and Saturday at 1:00pm, Lindell Club (sunroom), 4522 Lindell Blvd., St. Louis, 63108.

Let us support our new and renewing groups. If you need another meeting to attend, check out Avoidance AFG and/or Sunshine AFG.

—Marge O, D14 DR

AWSC REPORT TO D14

PROCEDURES DIGEST COMMITTEE REPORT

The focus of the Procedures Digest Committee has been to update the MO Area Al-Anon/Alateen Procedures Digest. A draft was presented so that the committee could receive input prior to presenting it to the Area Assembly.

The Service Digest draft has been created to be user-friendly and reflective of our traditions, concepts, and principles. The proposed name change is rooted in our review of what is included in the document – not just procedures, but also policies and guidelines - and how it is used. This digest has been reorganized to better align with the Al-Anon/Alateen Service Manual published by the AFG World Service Office (WSO). A Change Tracker was developed to document changes and explain why they were made.

These documents will be updated from suggestions made by the AWSC and then sent out to the GRs to review before November when they will have an opportunity to discuss and vote on the Service Digest.

ALATEEN SAFETY AND BEHAVIORAL REQUIREMENTS TASK FORCE REPORT

The Alateen Safety and Behavioral Requirements Task Force has completed a draft of the new Requirements. They have been approved by our lawyer and are now being reviewed by the AFG WSO. We went through each section at the AWSC, the Alateens discussed it at Super Sunday, and we will also review it at the November Assembly. The draft Requirements are available for your review on the MO Area website, and the Task Force would love to hear your questions and thoughts as we continue to revise it in anticipation of voting to approve it as policy in 2023.

(AWSC continued on page 6)

Contact Al-Anon Family Groups

AFG WSO – World Service Office

Meeting Information: **1-888-4AL-ANON (1-888-425-2666)**

Al-Anon Family Group Headquarters, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617

T: (757) 563-1600 F: (757) 563-1656 E: wso@al-anon.org W: al-anon.org

Missouri Area— <https://www.missouri-al-anon.org/> (Round Robin newsletter, MO Area event calendar, Area info)

Al-Anon Family Groups of Greater St. Louis—Al-Anon Information Service

14 Sunnen Dr., #144, Maplewood, MO 63143 T: **314-645-1572** E: aisoffice@stl-al-anon.org W: www.stl-al-anon.org

Illinois Area: District 18: N. Metro East Meetings: www.siafg.org or call **618-463-2429** **District 14:** Southern IL, call **618-398-9470**

Al-Anon Sense is for your whole group!

To get newsletter, email: modistrict14news@gmail.com
Please make copies for group members. If your group can't afford to print copies, contact us with your Group Name, a mailing address, and number of copies needed. District 14 will pay printing and mailing costs.

An *Invitation to share your experience, strength, and hope* with *Al-Anon Sense* readers – please send 200-400 word articles about:

Event News, Reviews, or Announcements, Photos, Articles, Artwork – anything Al-Anon related.

'Anonymous' bylines for submissions: please supply first name and phone number or email in case we need to contact you.

SUBMISSION DEADLINE—Friday, December 9, 2022

Errata: *If you notice any factual errors or omissions, please email us at: modistrict14news@gmail.com*

STATEMENT: *Al-Anon Sense* is published 6 times a year by AFG District 14 in St. Louis, MO. *Al-Anon Sense* is not copy-righted or Conference Approved Literature. We reserve the right to edit or not publish submitted materials due to content or length. *"Anybody can start something, but carrying it out is the real challenge. And all the rest of you are doing that job. You're all founders in your own right, carrying the message."* -- Lois W, 1987 WSC

D14 Fall Festival—Helping Hands

For me, the D14 Fall Festival, was an enjoyable event. Especially since it was the first in-person D14 festival since the pandemic. I think other members felt the same; I heard lots of laughter and saw lots of hugs.

I realized sitting in the Al Anon meeting that a NA meeting would be going on during the time slot we were to meet. I called Rodney and he confirmed the meeting was scheduled. Now what do I do? That evening the Deacon approached me after church services and asked if that was my fellowship using the Parish Center on Sunday. He offered to help if I needed him. Yes I did!

After the 8 o'clock Saturday services, Dana unloaded my trunk, I only carried the bag of plastic table coverings. He showed me how the microphone works, set up six more tables along the sides for desserts, baskets, CAL books, jewelry, and the PO display. Dana stopped by again on Sunday to see if I needed any more help. Yes, we needed someone to blow up about six balloons. He only popped one! I was grateful for his thoughtfulness and help. I sent him a thank you note.

There is a lot of work done behind the scenes to put on even a small event. I am most grateful for all the helping hands of our members who came early to help setup. About twenty tables were covered with table clothes and decorated with fall decorations.

Baskets displayed, CAL books set out for attendance prizes, jewelry displayed, and PO (Public Outreach) display set up. Coffee perking and water iced up, along with coffee cups and cold drink cups for tea. Salads, meatballs, and two kinds of pastas being brought in and set up. This was all done in forty-five minutes. We are now ready for guests to arrive!

After a brief fellowship, we ate a delicious pot luck lunch, followed by our two speakers. Jim from AA, and Chris G., a D14 member, were great speakers. Our committee agreed to show our appreciation by giving them a Starbucks gift card.

Members enjoyed the CAL attendance prize raffle, basket raffle, Pumpkin Set table decoration raffle, Stepping into Pumpkin Patch quilt raffle, and visiting the jewelry table.

After our goodbyes, members stayed to help. I especially want to thank my strong man, John, who I asked to help put away the extra tables we had used. He did everything I asked him to do. My appreciation also goes to the members who loaded up the trunk of my car with two coffee pots, two plastic containers, etc. They made sure I didn't go down the few steps carrying anything, but my hand bag and the parish center keys.

I was filled with much gratitude on my way home.
—Love 'n service, Loretta R.



Let Go, Let Squirrel!

I like to buy pumpkins in the fall to decorate my front porch. However, every year the squirrels like to claim the pumpkins as theirs for the taking. I thought I'd try again this year and even had the thought I could outsmart the squirrels using Google to determine what would keep them away. After all, they didn't seem interested in any of my neighbors pumpkins. So after doing my research, I decided to try putting petroleum jelly on the outside of the pumpkins. Squirrels aren't supposed to like that because of the "stickiness." I'm sorry to say that it didn't last 24 hours. I was frustrated and disappointed. I guess I was trying to control the situation/outcome. Sound familiar?!

The point was only reinforced to me when I pulled up in front of my house and caught the squirrel in the process of enjoying my pumpkin! I decided it was time to let go. My higher power was showing me yet one more thing where I have no control, despite my best efforts!



God, grant me the serenity to accept the things I cannot change (squirrels), courage to change the things I can (stop buying pumpkins) and wisdom to know the difference (time to let go).

—Christine B.

Help Wanted: Group

Representatives

The new Panel 63 will be elected at the MO Area Assembly, November 5-6, 2022. It is now time for D14 groups to elect/reelect GRs. Having elections before November could enable your group to send the new GR with the outgoing GR to the Assembly. The experienced GR could mentor the new GR, explaining how Area elections and business meetings work.

GRs are "a vital link in the continuing function, growth and unity of worldwide Al-Anon." GRs are the ones to elect new officers and coordinators for the new panel.

These Al-Anon members are the link between the groups, districts, area, and the World Service Conference.

REQUIREMENTS FOR BEING A GR:

- ◆ Willingness to represent the group at the district and Area Assembly In order to carry the message of Al-Anon's group conscience
- ◆ Is not a member of AA

BENEFITS OF BECOMING A GR:

- ◆ Gain self-confidence, spiritual growth, and improved self-esteem
- ◆ Connect in service with people who have experienced recovery at another level
- ◆ Your fears will diminish, you will reap the benefits of giving to others
- ◆ You will learn to place our common welfare first

- ◆ You will receive more than you give

For anyone who serves, there is always someone there to answer your questions or who is willing to find out the answers for and with you. In the Missouri Area we all help each other succeed.

Information for this article is from: Al-Anon Guidelines: The Shared Experience of Al-Anon and Alateen Members. Item number G11. Available to download and print from the World Service Office website: <https://al-anon.org>; →click members; →click member resources; →click manuals and guidelines; →click guidelines; →click group representatives G-11; →click PDF button. View, download and print.

—Marge O., D14 DR

D14 MEETING HIGHLIGHTS

9/8/2022

TREASURER - D14 had a starting balance of \$1,529.86 on January 1, 2022, with receipts year to date to the district of \$1,130.28. Those funds comprise donations from groups, members, and picnic proceeds. The district received \$816.00 in billboard donations year to date and has incurred expenses of \$897.39. There are \$150.00 in anticipated expenses for rental of St. John's Parish Hall for the Fall Festival. After subtracting our \$1500.00 ample reserve and the anticipated expenses, there is a balance of \$112.75 in available funds.

PUBLIC OUTREACH – Laurie raised the issue of what to do if contributions to the billboard campaign exceed \$1,000.00. She offered to ask the AIS PO Committee and the MO Area to contribute to the billboard campaign. The group consensus is that if funds exceed the first month's cost of \$1,000, the district would keep the billboard up longer than one month. Laurie will investigate the cost of additional months.

D14 will do public outreach at two events: The International Brotherhood of Electrical Workers' Health Fair on October 1 and the National Night Out celebration in Beckett Park on October 4. D14 members volunteered to staff these events.

The Missouri Probation and Parole Office is seeking volunteers to share their Al-Anon story and engage parolees in conversation at their meetings held at 6 p.m., second Monday of each month at 220 S. Jefferson Avenue, St. Louis, MO 63103.

Loretta noted the district is getting a lot of Public Outreach calls for members to staff events—a first

since the start of the Covid-19 pandemic.

ELECTIONS & NEW PANEL -- Marge encouraged groups to hold GR elections before the November Area Assembly so both GRs can attend. It will help with orienting new GRs to their role at the Assembly and ensure a smooth transition to the new Panel. There is an orientation session before each Assembly for new attendees. There are job descriptions on the WSO website for Group Reps and District Reps.

Discussion was held regarding training for new GRs at the District level. Marge is interested in compiling a handbook of "what did you wish you knew as a new GR?" with input from the current GRs. Geri recommended experienced members serve as service sponsors to new GRs to support them in their service roles.

KBDM WORKSHOP – Meagan M. presented the AFG WSO workshop on Knowledge Based Decision Making. The purpose of the process is to give us an informed group conscience when making decisions. The goal is to make the quality of the decision more important than who makes it.

KBDM is grounded in the Al-Anon Legacies. All voices are heard. The process includes full discussion of the issue and ultimately, a vote, and where possible, unanimity. A key principle of KBDM is that all decision makers have access to all information. We have a culture of trust.

In situations in which a thought force and a task force are established to address an issue, the thought force gathers background, history, and context of the issue by answering the six KBDM questions. The thought force prepares a framing presentation and presents it to the task force charged with continuing the process. The task force holds open discussion of the issue. No motions are made at this time. The task force considers

possible options/solutions. Once everyone is ready, a motion is written, seconded, and ultimately, presented to the Area Assembly for voting.

KBDM doesn't replace Robert's Rules of Order. It lays the groundwork for using Robert's Rules (motions made, seconded, voted, etc.) later in the process.

Thorough discussion is held before motions are entertained so that once a motion is made, everyone is comfortable with the motion as written. This is not to say there are never amendments or discussion after a motion is presented, but many of those issues are ironed out before the motion process begins.

THE SIX QUESTIONS OF KBDM ARE:

1. What do we know about our members' needs, wants, and preferences that relate to this issue?
2. What do we know about our resources that relate to this issue?
3. What do we know about our "culture" or "environment" that relates to this issue?
4. What are the implications of our choices? (pros and cons)
5. What do we not know about this issue that we wish we knew?
6. How do Al-Anon's legacies apply to this issue?

KBDM can be used for any decision in which stakeholders hold differing opinions about the about the issue. It can be used in work, home, and group situations.

KBDM can allow for big issues to be discussed without worrying about what the end will/should be. Thought forces and task forces keep presenting information until decision makers feel prepared to make a decision.

--Excerpts from District 14 Secretary, Hilda W.'s report

NEXT MEETING November 10, 2022

AFG Tool Box

**Don't just do something,
Sit there.**

It'll shine when it shines.

**If I am always reacting,
I am never free.**

**“As long as you live,
Keep learning how to live.
—Seneca**

TRADITION 10: The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.

TRADITION 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.

CONCEPT 10: Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.

CONCEPT 11: The World Service Office is composed of selected committees, executives and staff members.

Ledger Balance	
Starting Balance as of 1/1/2022	1,529.86
D14 Receipts	1,690.28
STL Billboard Donations	1,025.00
Expenses	(1,200.72)
Ending Checking Balance	3,044.42
Less Future Expenses	-
Less STL Billboard Donations	(1,025.00)
Available Checking Balance as of 10/11/2022	2,019.42
Ample Reserve Goal \$1500	1,500.00
Less Available Checking Balance	(2,019.42)
AVAILABLE FUNDS (w/o Ample Reserve) 10/11/22	519.42

Please Mail 7th Tradition donations to:
Connie Lakey, 5702 Chippewa St., St. Louis, MO 63109
Please make checks payable to: MO District 14 AFG

★2022 Area AFG Events★

**PLEASE CHECK THE MISSOURI AREA & STL AIS
CALENDARS FOR UPDATES AND CANCELLATIONS**

OCT 15, Sat. 1-4pm: D25 Serenity Walk. Cuivre River State Park Stone Shelter, 678 State Route 147, Troy, MO 63379. 1 ½ mile walk on Frenchman's Bluff Trail – relatively easy to hike. S'mores and meeting by the fire after the hike. **MOA**

NOV 5-6, Sat-Sun: MO Area Al-Anon/Alateen November Panel 63 Election Assembly – Hybrid. Old Kinderhook Golf Resort, 678 Old Kinderhook Dr, Camdenton, MO 65020. See flyer for details & registration. **MOA**

NOV 10, Thurs, 6:30-8:00pm – D14 Business Meeting. Hybrid or Zoom Only – watch for updates. Redeemer Evangelical Church, 6450 S Kingshighway, St. Louis, MO 63116.
Contact Marge O. at modistrict14dr@gmail.com. **MOA**

JAN 6-7, Fri-Sat: D9 AFG 17th Annual Winter Workshop “Unity with the Twelve Traditions”. Arlington United Methodist Church, 3770 McKelvey Rd, Bridgeton, MO 63044. Speaker – Aaron J., Charlotte, NC. CAL Sales, Workshop Recordings, Basket Raffle. Coffee, hot tea & bottled water provided. Seating limited to 225; Pre-registration strongly encouraged. For more info contact Kris M. at 314-277-4811. See flyer. **MOA**

(AWSC continued from page 2)

We thank all of you for your time in ensuring that we have good policy based in principles for our Alateens and AMIAS!

LITERATURE DEPOT TASK FORCE REPORT

The Literature Depot Task Force was tasked with determining whether the position was viable to the Area. Their conclusion, after surveying the Area members, was yes. They recommend changing the position from Coordinator to Chair. This would remove the necessity of that person voting at AWSC meetings so a dual member could serve. Also, it would allow for the Chair to form a committee to care for the literature as a team, if desired, so that one person would not have the sole responsibility of the role. There will be a motion at the November MO Area Assembly asking to make this change.

ELECTRONIC GROUPS TASK FORCE KBDM

Task force members reported on the different scenarios that have come up in specific questions and the survey from the Missouri Area Groups/members.

The Task Force will suggest permanent electronic groups become part of an existing district within the MO Area at this time. In the future, the procedure may be amended to create an Electronic District within the Missouri service structure. GRs of permanent electronic groups would be able to attend Missouri Assemblies electronically. GRs (or alternates) may be required to attend district meetings in person if the receiving district is unable to provide electronic access to the district meeting. More to come at the Missouri Area assembly in November.

Participation is the Key to Harmony. ~ Concept 4 D14 Panel 63 Elections

Any Al-Anon member can stand for most open positions, including AFG members also in many other 12 Step programs such as OA, GA, NA, CODA, etc. AA members, sometimes referred to as 'dual members', are not eligible for voting positions.

"Al-Anon's policy is that members who are also members of AA, do not serve as Group Rep, District Rep, Area Delegate, World Service Conference member, alternate to any of these service positions or any committee of the WSO. They do not hold Al-Anon service positions that vote in matters affecting another group or Al-Anon or AA as a whole."

(Al-Anon/Alateen Service Manual 2018-2021 pg. 87.)

Any AFG member can attend any District meeting and participate whether or not you are a GR. We all have a voice. GRs have the votes.

D14 meets 6 times a year, the 2nd Thursday of odd months. Currently we have hybrid meetings. The in-person meeting is at Redeemer Evangelical Church, 6450 S Kingshighway, St. Louis, MO 63116. Meetings are from 6:30-8:00pm. Some committees may meet between regular business meetings to plan events and projects.

WE NEED AFG BODIES AND HEARTS

These positions will be voted on at the November 10 D14 Hybrid Business Meeting. Listed are *some* of the responsibilities for each position.

District Representative (DR) – Leads district business meetings, attends the AWSC and MO Area Assemblies, meets with district groups, and other duties outlined in the AFG Service Manual and MO Area Service Digest.
ALTERNATE DR – Fills in for DR when needed. Participates in district and area events.

SECRETARY – Takes minutes at the district meetings, emails them to district members, revises and distributes drafts. Keeps attendance list and member contact info, distributes list with minutes.

TREASURER – collects and deposits receipts, reimburses district expenses, pays bills, provides a report for the district meeting and newsletter.

CO-TREASURER – Serves as a second signatory on bank accounts. Backs up treasurer duties.

NEWSLETTER EDITOR—Creates, edits, and distributes Al-Anon Sense, our D14 bi-monthly newsletter. Published in the even months between D14 Business meetings. Keeps our newsletter/event email contact lists up to date.

ALATEEN COORDINATOR – Acts as a liaison between the area Alateen and D14. Although we don't have an active Alateen meeting within our district, we try to involve them in our events, stay informed of Area Alateen activities, and support MO Area Alateen however we can.

PUBLIC OUTREACH COORDINATOR—Coordinates D14 Public Outreach events: Serves as a point of contact for PO opportunities, presents PO requests to D14 members and groups, ask for volunteers, distributes event info, looks for PO opportunities.

EVENT CHAIR(S)—Coordinates one or more of our District events. Serves as a point of contact for the event(s).

PICNIC 2023 CHAIR – Coordinates annual summer picnic, usually held in late June.

FALL FESTIVAL 2023 CHAIR—Coordinates annual Fall Festival, usually held in October.

Please join us at the
November 10, 2022, D14
Business Meeting if you are
interested in or curious about
service in your District.

Do I have to have a 'perfect' program to do service?

In a word – No. There are many stories in our literature that tell of a New Comer taking up service right away because it was needed and because it was a way to learn and practice the program in all their affairs. Program is about taking our recovery on the road, taking it with us, whatever we do, wherever we go. It's progress, not perfection. And then it might be our own insecurities that are whispering to us that "I'm not ready yet."

Things to do and think about:

- Talk it over with your sponsor or Al-Anon friend.
- Do you have the time?
- Can you travel if necessary? (For GRs, DRs, PO)
- Am I willing to learn something new?
- Work Step 11 – pray, meditate, ask for help and listen for the answer.



D14 PO



D14 PO OPPORTUNITY — PAROLE BOARD AT JEFFERSON & 64/40

Every second Tuesday of each month, Al-Anon members attend an Information meeting at the Parole Board on Jefferson and 64/40.

Cathy W, Chris G, and I attended this meeting on September 12th. The meeting began at 6:00pm and lasted about 45 minutes. An AA member introduced us asking us to share briefly how we came into the program and how it helped us. We each spoke about 10 minutes how the 12 Step program helped us recover from the family disease of alcoholism. About 8 parolees attended. Three or four members commented or asked questions. At the close of the meeting, they thanked us for coming. We offered a few pieces of literature for them.

If interested in participating, contact Cathy W. at the AIS office. 314-645-1572 asking for the Public Outreach program.

—Love 'n Service, Loretta R.

October PO Events

IBEW HEALTH FAIR

District 14 participated in two Public Outreach events during the first week of October. The International Brotherhood of Electrical Workers sponsored a health fair Saturday, October 1st. The fair was held at their Local No. 1, Union Hall, 5850 Elizabeth Avenue.

The theme for was “Ride the Wellness Wave” and featured tie-dye colors. This is an annual event that provides resources to their plan participants and their families.

Two volunteers from D14, Chris G. and Loretta R. staffed the Al-Anon booth, giving out flyers and pamphlets to interested passers-by.

The Al-Anon table was one of many tables promoting a healthy and serene lifestyle. The day had a celebratory feel about it and ended with a Barbeque lunch.

NATIONAL NIGHT OUT

Throughout the nation, people gathered in their neighborhoods to celebrate National Night Out on October 4th this year. Here in St. Louis, the Fountain Park Lewis Place neighborhood celebrated in Becket Park. This festive evening event featured a magician and a bounce house for the children and music—R&B, Blues, Gospel and Hip Hop — for teens and adults. Hamburgers and hot dogs were available for everyone.

Several health-related booths were available as well as self help resources. Laurie K., Geri W., and Marge O. offered Al-Anon literature from a table set up along the sidewalk on Taylor at Page.

Local politicians, police officers and the Fire Department Captain were among the 150-200 people in attendance, mingling with the crowd and strolling by the booths.

Public Outreach events like this are a good way to make Al-Anon more widely known. As Geri stated at the end of the evening,

“We may have planted seeds in those who stopped and took literature, maybe [they] just walked by and saw the sign.”

—Marge O., D14 DR

Thanks D14!

A word of gratitude: **thank you** District 14 for stepping outside your comfort zone to try a Writing for *The Forum* workshop [July 14, 2022].

I am grateful for your attendance to allow *The Forum*/ Literature Coordinator and her alternate to present some ideas to you all for writing for *The Forum*. I hope some of you may see your words in print someday.

Remember that is how we get the experience, strength and hope found in *The Forum* magazine--from members like you who share from the heart. Your newsletter is always filled with so much information. I wanted to let you know your kindness has not been forgotten.

In service,
Marilynn M., and Lynn C-R.