OCTOBER 2024

Sincerely Al-Anon

STEP TEN

CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE ARE WERE WRONG PROMPTLY ADMITTED IT.

"At this point in my recovery, I do spot checks on my well-being. Taking a daily inventory with both sincere self-honesty and great compassion helps me focus, not only on my errors and shortcomings, but also on my successes and improvements. Step Ten helps me maintain an attitude of gratitude."

— A Little Time for Myself-A Collection of Al-Anon Personal Experiences, p. 282

My first sponsor (who has passed) told me once, "you bite your tongue until there is a callous on it." That sentence has saved me many, many times from making statements that would have hurt others. Statements for which I would have had to make amends. We've all heard the old saying, "sticks and stones will break my bones but words can't ever hurt me." I've learned through working an Al-Anon program that this is not true—whether I'm on the giving or receiving end of the words! Before Al-Anon, I gave too much of my power to others. I allowed words to hurt me deeply. Once something is said, it is out there forever. You can clean your side of street, but you can't ever retract the words.

I made a decision that I DO NOT WANT TO HURT PEOPLE. I was tired of making the same mistakes over and over with the difficult people in my life. I use my Al-Anon tools to follow through with that commitment. Yes, there are people in my circle for whom it is hard to honor that commitment. I am not perfect, so this step is the way to admit my wrongs and make the amends. I just keep the focus on myself.

If I am upset over someone's behavior, I need to look at myself. It is usually a character defect that is flaring up. I'll call my sponsor, who inevitably tells me "Susan, what I think you need here is simply MORE SPIRITUAL DEVELOPMENT." I will take a personal inventory of myself and the situation. With God's help, I am able to let go. When I "let go and let God," I have compassion and empathy for others in my life. Also, I may have to set up healthy boundaries, which I also discuss with my sponsor.

I have a few tricks I use to help me with people, places, things and situations over which I have no control. I ask myself these questions before I speak:

1. **IS IT TRUE?**
2. **IS IT KIND?**
3. **IS IT NECESSARY?**

If I can answer yes to all three, then I can say what I want to say. To this day I haven't answered yes to all three. Even with difficult people.

Another trick is to stay inside my hula-hoop. If it is out of my hula-hoop, it is none of my business. It is not my job to be everybody's sponsor. People have a right to their own journey, the good, the bad and the ugly.

(cont. on next page)

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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

AIS Office Hours

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

MONDAY-FRIDAY,9am-5pm

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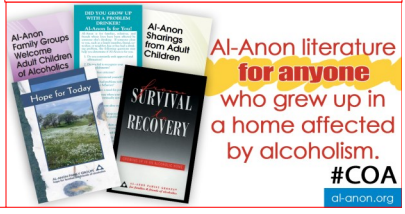
Checks **(made payable to "AFG-St. Louis")** and exact cash are also accepted at the time of pick-up. Stop in and visit us soon!



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In the morning, I turn over my day, asking my Higher Power to give me the strength to do God's will, not mine. In the evening, I reflect on my day, asking myself if I did God's will. If not, I ask myself where do I need to change? I also need to look at the healthy things I have accomplished, thanking my Higher Power and the Al-Anon program each and every night.

"With time and patience, Step Ten gets easier. Remember to be easy on yourself and stay connected with your Higher Power, your sponsor and other Al-Anon members.

We are now ready to learn how to enjoy life more every day and to meet its challenges with humor, the loving support of people like us, and guidance of our Higher Power."

—Survival to Recovery, p. 222

—Friday Night Fellowship, Susan C.

Pearls of Wisdom Desk Calendar 2025 Now Available!

The Pearls of Wisdom calendar is a daily tear-off calendar with 365 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 September 1 through January 1 on CheddarUp. Click on the link below to place your order:

https://2025-pearls-of-wisdom-calendar.cheddarup.com/

If you have any questions, please email:

district13calendar@gmail.com

August 2024 Revenue

D-02 Sunday Night 11th Step Meditation	
D-02 Listening Caring Sharing Alateen	
D-15 Friday Night Fellowship	
D-10 Serenity Sisters AFG	
D-15 Webster Groves Parents	
D-14 Fresh Start	
D-xx Parents Path to Recovery	
D-14 Southside WSO	
D-02 Care & Share	
D-xx Our Gang Men's	
D-04 Focus on Solutions AC	
D-13 Courage to Find Serenity	
D-13 Fully Relying on God (F.R.O.G.)	
D-28 Together We Can	
D-02 Recovery in Relationships	
D-02 Joe's Place	
D-14 Women AFG	
D-13 Choices AFG	
D-14 All Male AFG	
D-17 Hope for Today	
Group Contribution Total	$2,212.92
Dollars & Sense	34.58
Unrealized Gain/Loss	529.80
Literature Sales	1,996.10
Fundraising Revenue	801.00
Misc. Contributions	1,290.20
Interest Income	68.48
Processing Fees	41.77
TOTAL REVENUE	**$6,974.85**

Spring Fling 2025 Wants You!!!

SPRING FLING

Lisa D. is looking for a Co-Chair for the **2025 Spring Fling**, which will take place **April 25-27, 2025**.

This is an AA event with Al-Anon participation. It is fun to be of service and feel "a part of." Please consider stepping up — only your Higher Power knows how much you will learn, the fun you will have and who you will get to meet! Contact Lisa D. at lisa-dalmare@gmail.com for more information.

Step Ten and a Good Night's Sleep

In its chapter on Step Ten, our book "Paths to Recovery" talks about three types of inventories: "a spot-check, a daily check-in, and a periodic long-term check."

I love the idea of a daily check-in. It seems so friendly, like me calling my sponsor or a friend just to, well, check in. I'm usually pretty pooped by the time the day ends, but I do like to take a few minutes (often while I'm brushing my teeth), to reflect back on the past waking hours.


JUST FOR TONIGHT

Just for tonight, I will be grateful. I will give thanks for the past day—its failures as well as its successes, its sadness as well as its joy and its pain as well as its pleasure. I will take comfort in knowing that every event and circumstance that occurred today can be used for my good and the good of others.

Just for tonight, I will accept that I have done the best I could, remembering that my goal is spiritual progress and not perfection. I will let go of any expectation I had for this day, as well as any disappointment, shame or guilt I felt for not being perfect today.

Just for tonight, I will be humble. I will give my shortcomings to a Power greater than myself, trusting that doing so can bring about changes in me that I could not bring about by myself.

Just for tonight, I will not attempt to rectify today's mistakes or solve tomorrow's problems. I will remind myself that I am better able to receive guidance when my mind and body are rested and refreshed.

Just for tonight, I will set aside my fears, frustrations and aspirations and take a few minutes to review the abundance that exists in my life today. I will place my future in the care of a loving God of my own understanding, trusting my needs will be met at a time and in a way that is best for all concerned.

Al-Anon Family Groups
Help and hope for families and friends of alcoholics

I like to start this friendly check-in with myself and my Higher Power by reviewing a few of the items on the Al-Anon bookmark "Just for Tonight." The ideas and reminders on this bookmark are so gentle and kind. Left to my own devices, I'm apt to enumerate my failings and fears and disappointments. I keep a copy of the bookmark in my medicine cabinet (fortunately, it's pretty water-resistant), so I can review them as I'm flossing. Being invited to "set aside my fears, frustrations, and aspirations…to review the abundance" moves my mind into a peaceful place, which really helps me to sleep.

One reminder starts out *"Just for tonight, I will accept that I have done the best I could, remembering that my goal is spiritual progress and not perfection."* As a recovering perfectionist, this lets me take note of what I could have done better without feeling shame or guilt, while celebrating what I did well.

"Paths to Recovery" also has a list of 23 questions at the end of Step Ten, under an item called "In a daily inventory, I can ask myself:" Honestly, I don't look at these questions every day. And when I do look at them, I don't write out answers or even fret too much about them. For a perfectionist, this is growth. I use them more as points to ponder. On the questions that strike a chord or nag at me, I look to see what is touching me about that question, and where I stand on it. Usually if there's an amends I need to make, I'll see in in those questions, if I haven't before.

One thing I don't do is berate myself for mistakes or shortcomings. There's just no point in it. I love to end the daily inventory with forgiveness, of myself and others. I surrender my mistakes and shortcomings to my Higher Power. The bookmark says "I will let go of any expectation I had for this day, as well as any disappointment, shame or guilt I felt for not being perfect today." Surrendering these expectations and shortfalls is a peaceful way to put the day to rest.

As the last reminder in "Just for Tonight" says, "I will remind myself I am both deserving and in need of rest." Step Ten is a sweet opportunity to clear the day and all its foibles out of my mind, so I can relax and sleep in peace.

—Mary D., Grateful Member of Al-Anon


MISSOURI AREA AFG NOVEMBER 2024 ASSEMBLY
SATURDAY, NOV 2 & SUNDAY, NOV 3, 2024
*** REGISTRATION LINK for ALL (IN-PERSON and ZOOM) ATTENDEES ***
https://tinyurl.com/moassembly1124
ZOOM ATTENDEES WILL ALSO BE REQUIRED TO FILL OUT A SEPARATE ZOOM REGISTRATION FORM. THE LINK WILL BE SENT OUT PRIOR TO ASSEMBLY
*** Pre-registration is FREE! Walk-ins will be charged $10 to register ***
You must be registered to be admitted into the Assembly.
IN-PERSON LOCATION
OLD KINDERHOOK RESORT
678 OLD KINDERHOOK DRIVE, CAMDENTON, MO 65020
HOW TO BOOK A ROOM
Call 573-260-1247 or 888-585-0449 ...
or to reserve online, choose "Group Attendee" and enter code 110124MAFG
SPECIAL ROOM RATE - GOOD THROUGH OCTOBER 1, 2024
KING or 2 DOUBLE BEDS - $106.68 NET (per night, including tax, less Resort Fee)
ALATEEN IN-PERSON ATTENDEES
Must be accompanied by 2 AMIAS ... or a Parent or Guardian
Must have 2 copies of Missouri Area Event Permission and notarized Medical Forms.
Group Sponsors must request rooms via the Alateen Coordinator by September 30 @ alateen@missouri-al-anon.org
Alateens must register to attend in-person by October 1, 2024
Only Alateens accompanied by a Parent or Guardian may register as a walk-in

Greetings to the Members of the Missouri Area!

Registration for the **November 2024 Assembly** is now open. Click on this link Flyer for details.

A highlight of this Assembly will be the ratification of our new Missouri Area ASBRs (Alateen Safety and Behavioral Requirements) which received final approval from the WSO (World Service Office) in July. Please let me know if you have questions or comments.

I'll look forward to seeing you at our **Fall Assembly in Camdenton MO November 2-3**!

Serving with Joy and Gratitude, *Michael*

TRADITION 10

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

"Before Al-Anon, I sometimes expressed strong opinions out of fear of admitting I might be confused or uncertain. Since entering the program, I've used the experience of applying Tradition Ten to service in order to realize that I often make better progress when I avoid the distractions of controversy."

—When I Got Busy, I Got Better, p. 52

I try really hard not to bring up outside issues at meetings. The meetings are for recovery and helping each other deal with ourselves and the alcoholics in our lives. Bringing up outside issues can cause hurt and upset feelings, which we don't need in our safe meeting space. Yes, I have witnessed this happen at meetings. When it does, I pause and say a prayer. If it goes on for just a short time, I let it go. If it keeps happening, I talk with my sponsor or someone else who attends the meeting whom I trust. We will discuss how the matter can be addressed in a kind way.

I was chairing a Zoom meeting and someone who hadn't attended our meeting before brought up an outside issue. I let it go for a short time, and then gently said, "That is an outside issue." Enough people knew about the Tradition and the conversation stopped. For me, it is important to be inclusive not exclusive. Bringing up outside issues is one sure way to be exclusive. Remembering that our one primary purpose is (Tradition 5) "…welcoming and giving comfort to families of alcoholics."

Another way Tradition 10 helps is with my family. Some members are know-it-alls. They will keep pushing their point, even if it is incorrect. Once I was asked a question about my job. I worked for the St. Louis City Schools at the time. I explained the true situation, and this person keep repeating themself, not believing me, even though I was working for the school district. I realized some people just want to believe what they believe. Nowadays, if I'm asked a question, I give my answer. If they don't listen or they want to argue, I excuse myself or let what they are saying go in one ear and out the other. It makes my life easier.

Here is another way I use this Tradition—I encountered a person who strongly believes in everything I DO NOT. I mean we are 150% different people. In the past, I would have chosen to hate this person because of their beliefs, which I construe as exclusive not inclusive. But I paused and prayed, asking my Higher Power to help me let this go. I said to myself, I'm not going to be a judgmental so-and-so. We all have a right to our own beliefs. The fact is, this individual's beliefs do not interfere with my well-being. So I let it go, and the next time I saw them, we had a lovely conversation.

I have a saying that I try to practice when I'm out in the real world. I call it my M & M. Leave a *message* not a *mess*. Be kind. Don't hurt other people's feelings, and stay in my own hula hoop. Life can be hard, and maybe the people out in the real world are having a bad day. Perhaps they have unmanageability in their lives with no tools like Al-Anon to help them cope. What if I'm the only Al-Anon member someone may meet? It's best to spread a message rather than leave a mess as I walk through my life.

"Tradition Ten reminds us to stay focused on our own attitudes and actions. The affairs of others are an outside issue to our own recovery. This Tradition frees us from giving unsolicited and unwanted opinions and advice to family members and friends."

—Reaching for Personal Freedom, p. 107

—Susan C., Friday Night Fellowship

A Member's Reflection on Tradition 10. . .

At a meeting the speaker started talking about one political candidate. Well, that candidate doesn't believe that some people I love have the same rights as others do. How could I ever trust that Al-Anon member? How could I invite them to my house? They might say something mean to the person I love. I know we all come to Al-Anon because our lives are not unicorns and rainbows. We are sick. But think about it — trust is a major thing with us. So, when we keep outside issues out, the meetings are a safe place. We need safe places to begin to trust and grow One Day At A Time in Al-Anon.

Quotes to Note. . .

Act as if what you do makes a difference. It does. — William James

One who is patient glows with an inner radiance. — Allan Lokos

Your body hears everything your mind says.

— Naomi Judd

Vision without execution is hallucination.

— Thomas Edison

Every problem has in it the seeds of its own solution. If you don't have any problems, you don't get any seeds. — Norman Vincent Peale

The only thing worse than starting something and failing …is not starting something. — Seth Godin

The mind is not a vessel to be filled, but a fire to be kindled. — Plutarch

Look deep into nature, and then you will understand everything better. — Albert Einstein

Sometimes deeper mental clarity is preceded by great internal storms. — Yung Pueblo

Are You Subscribed to the Official Al-Anon Family Groups Headquarters, Inc. YouTube Channel?

If not, you should check it out!

What are the benefits of subscribing to the WSO's YouTube channel?

- You will be the first to know when new videos are published, allowing you to enjoy some recovery
- Increase your recovery by carrying the message — you can easily share all of our videos to your preferred social media platform

How do you subscribe to our channel?

- Go to:

Al-Anon Family Group Headquarters, Inc. - YouTube

- Subscribe to our channel
- Hit the bell to receive notifications when new videos are published

10th Step Prayers

I pray I may continue: To grow in understanding & effectiveness. To take daily spot check inventories of myself. To correct mistakes when I make them. To take responsibility for my actions. To be ever aware of my negative & self-defeating attitudes and behaviors. To keep my willfulness in check. To always remember I need Your help. To keep love & tolerance of others as my code. And to continue to ask in daily prayer, how I can best serve You, My Higher Power?

"In this moment, I live my life in a new way. As I continue to open my heart and mind, little by little, one day at a time, I reveal my true self, mend my relationships, and touch God." —CoDa

A 10th Step Prayer for Growth and Effectiveness: "God, please help me watch for selfishness, dishonesty, resentment and fear. When these crop up in me, help me to immediately ask you to remove them from me and help me discuss these feelings with someone. Father, help me to quickly make amends if I have harmed anyone and help me to resolutely turn my thoughts to someone I can help. Help me to be loving and tolerant of everyone today. Amen." —*Internet*

Tenth Step Prayer: My Higher Power, my daily prayer is to best serve you, I pray I may continue to grow in understanding & effectiveness. Help me to watch for selfishness, dishonesty, resentment and fear. Help me to be willing to have You remove them at once. I must be willing to discuss them with someone immediately. I will make amends quickly if I have harmed anyone. And then I will turn my thoughts toward helping someone else. Please help me to remember to practice love and tolerance of others. —*Internet*

Tenth Step Amends Prayer: "God, please forgive me for my failings today. I know that because of my failings, I was not able to be as effective as I could have been for you. Please forgive me and help me live thy will better today. I ask you now to show me how to correct the errors I have just outlined. Guide me and direct me. Please remove my arrogance and my fear. Show me how to make my relationships right and grant me the humility and strength to do thy will." —*Internet*

Are You on Step Zero? The Step Before the Steps

step zero

I have been in and out of Al-Anon for at least the last 20 years. My pattern was this: a crisis would arise with one of the alcoholics in my life, and I would show up at a meeting hoping to find new tactics for dealing with the alcoholic's problems. Once the crisis settled down, I would find excuses not to go back, and the cycle would start all over.

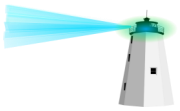
I guess I must have missed what some members call Step Zero: "Keep Coming Back."

For whatever reason, this time feels different. I finally realize that the program is designed to help me change my behaviors, my reactions, and my responses. Period. Maybe my Higher Power has finally given me "the wisdom to know the difference" between what is under my scope of control and what isn't. But one thing is for sure: I can see that my definition of "love" came with a lot of strings and conditions.

The alcoholic I'm primarily concerned about at this point in my life is my adult daughter. I have spent the bulk of her adult life pleading, threatening, and manipulating her to try to get her to listen and adhere to the solutions I had for her life. And being stuck in this cycle of interaction has left me feeling suspicious of whatever she tells me, and left her feeling less than, due to my speeches about how she could straighten out her life by following my road map.

Now, I am trying to detach with love. I have for so long confused enabling with love. I see how this program can help me take a cold, hard look at my own behaviors and intentions, but I now realize it starts with Step Zero. I've got to "Keep Coming Back."

—Leah K., North Carolina, The Forum, September 2023



Have You Considered Serving on Our AIS Board?

Here's a great opportunity!

Public Outreach Chair is Needed

We are still in need of a Public Outreach Chair for the AIS Office.

Please call the office for more information at 314-645-1572.

Click on the links below for detailed information about Public Outreach.

Guidelines for Public Outreach

Outreach to Professionals

Public Outreach Toolkit

Public Outreach

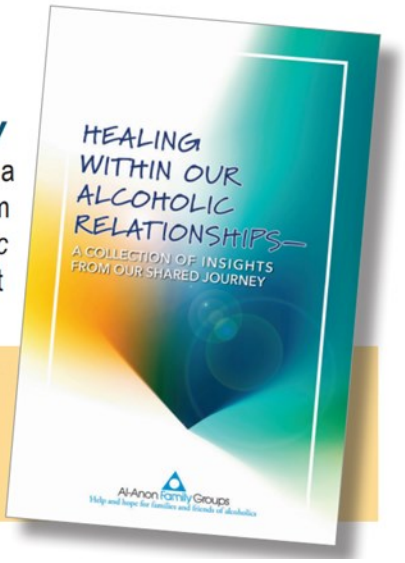
Public Outreach for Groups

New Conference Approved Literature!

Healing within Our Alcoholic Relationships— A Collection of Insights from Our Shared Journey

This 48-page booklet captures the essence of the Al-Anon program in a series of brief but powerful messages of timeless wisdom, adapted from Al-Anon literature on relationships, including *The Dilemma of the Alcoholic Marriage* (B-4). It is perfect for newcomers or anyone needing to "Keep It Simple" and get back to basics. Available in English, Spanish, and French.

"Our program is based on the conviction that most of us have the power to bring about substantial changes in our relationships and living conditions by searching for and surrendering our own shortcomings."
***Healing within Our Alcoholic Relationships* (P-95), p.6**



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

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

October 12th — D-25 Serenity Walk

Serenity Walk Flyer

October 12th — D-9 Potluck Dinner with AA Participation

Potluck Dinner w/AA

October 12th — Recovery on The Road- MO Area Comes to You

Recovery on The Road

October 11– 13th — Illinois State AFG Convention

2024 IL State Convention

October 26th — D-14 Annual Fall Festival

Annual Fall Festival D-14

November 16th — District 15 Holiday Workshop

A Holiday Recovery Workshop-D-15

November 2-3th — MO Area Assembly

MO Area Assembly

February 21-23th — AMIAS – Training

AMIAS Recommended Training

July 3-6th — AA International Convention with Al-Anon Participation

International Convention

August 1-3th —- 75th Annual MO State Convention w/Al-Anon Participation

MO State Convention

DISTRICT MEETINGS: D-02, D-13, D-14, D-15

SEE OUR WEBSITE & SINCERELY AL-ANON

https://www.stl-al-anon.org/