

Sincerely Al-Anon

CONCEPT TEN

SERVICE RESPONSIBILITY IS BALANCED BY CAREFULLY DEFINED SERVICE AUTHORITY AND DOUBLE-HEADED MANAGEMENT IS AVOIDED.

“Authority can never be divided into equal halves- ‘double-headed management.’ When there is confusion in definition, if two people are trying to do the same job, when there is no communication, or if the person in charge is unwilling to delegate suitable authority, then personal clashes result and nothing gets done.”

—The Concepts (P-57), p. 22



Before attending Al-Anon meetings, I thought I could cause it, control it, and cure it. I wanted everything to be my way. Attending Al-Anon meetings and working with my sponsors has taught me that I had no control over anybody. I can only take care of myself and trust my Higher Power. I trust that my loved ones' Higher Power will take care of them. Not in my time, but Higher Power's time. If I am doing for my loved ones what they should be doing for themselves, then I am in complete authority. Which is taking the place of their Higher Power—or double-headed management. It goes back to my thinking I can control people, places

and things.

I am a special worker for the AIS Office. There is an AIS Board with all the normal officer positions. Except the AIS Board has one position that I have never seen on any other board. Office Liaison is a board member whose job is to act as intermediary between the office staff and the board.

As a staff member, if I have an idea, question or policy suggestion I go to the Office Liaison and they ask the AIS Board on my behalf. If the board has a task assignment or changes in office policy the Office Liaison communicates this information to the staff. It is comforting to know that as a staff member, we do have a voice through our Office Liaison.

I feel very supported by the board. The board has the best interests of the AIS Office and staff in mind. Just think how crazy it would be if staff members were getting different requests from all the board members. Nothing would get finished. The left hand would not know what the right hand is doing. Thank you Concept Ten.

“The Wisdom in the Twelve Concepts of Service is not just for Al-Anon service -it can also help me greatly in my personal and work life.

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

—A Little Time for Myself-A Collection of Al-Anon Personal Experiences, p. 296

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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

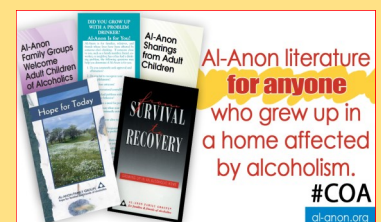
AIS Office Hours & Literature Sales

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!



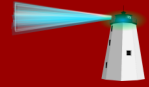
Al-Anon literature for anyone who grew up in a home affected by alcoholism.

#COA
al-anon.org

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!

Let's Keep Getting the Word Out!

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.



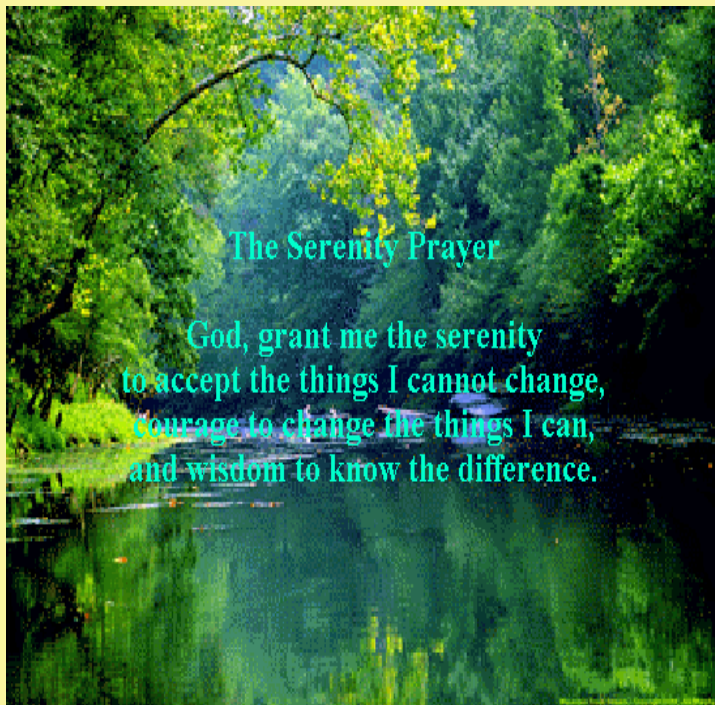
Obviously, It's not known the number of lives touched by an individual seeing a single ad for an event or if they attended the event in person. However, the Senior Expo Fair had approximately 1,000 attendees and many likely saw the Al-Anon ad in the special Leader insert! Now that's wonderful outreach!

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 READER ARRIVAL IS DELAYED

You'll need to hold on just a bit longer if you're interested in purchasing Al-Anon's brand new reader. Please read this recent update from AFG Connects:



"We just found out this week from the printers that they had an equipment breakdown, which will delay the arrival at the WSO of the next printing of **A Little Time for Myself** (B-34). They have yet to give us a revised estimated time of arrival."

We will let you know when this amazing new resource will be available to buy. Thanks for your patience!

October QUOTES

"Life shrinks or expands in proportion to one's courage." —Anais Nin

"Yesterday is history, tomorrow is a mystery, today is a gift, which is why we call it the present." —Bill Keane

"We cannot grow when we are in shame, and we can't use shame to change ourselves or others." —Brene Brown

"Personal growth is not a matter of learning new information but of unlearning old limits." —Alan Cohen

"Don't let anyone define you. You define yourself." —Billie Jean King

"You may not control all the events that happen to you, but you can decide not to be reduced by them." —Maya Angelou

"Nothing is so fatiguing as the eternal hanging on of an uncompleted task."
—William James

"The only impossible journey is the one you never begin." —Tony Robbins

"You can't always control what goes on outside. But you can always control what goes on inside." —Wayne Dyer

"Smile, breathe, and go slowly." —Thích Nhất Hạnh

"We cannot direct the wind, but we can adjust the sails." —Dolly Parton

"You have your own life, why waste it on focusing on others." —Nitin Nandoo

"You wouldn't worry so much about what others think of you if you realized how seldom they do." —Eleanor Roosevelt

Alternatives to "How are You?"

What's shakin'?

What's the vibe today?

What are two emotions you're feeling right now?

What's one thing you're looking forward to?

What are you feeling in this moment?

What's top of mind for you right now?

What made you smile lately?

How did you take care of yourself today?

What have you been listening to?

What did you do today?

It's good to hear your voice!

Been thinking about you — what have you been up to since we last talked?

It's been a while! What's new with you?

Hi there — what's been happening lately?

What's been going on in your world?

NEW AI-Anon MEETING!

Grace AI-Anon Family Group in Sullivan MO

St. Matthew Lutheran Church
528 Church Street, Sullivan MO
Thursday Night — 6:30-7:30pm

Please come and join us! The meeting room is located at the back of the church through the double doors. Our group format is:

- WEEK 1: Step meeting (step of the month)
- WEEK 2: Open topic
- WEEK 3: Tradition
- WEEK 4: Speaker or topic
- WEEK 5: Open discussion/topic

We would love to have you visit. This is an easy drive down I-44, and a great service opportunity to support a new group. We look forward to seeing you on Thursday night!

I Can't. God Can.
I'll Let Him.

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Alateen — Just a Teen's Reach Away



I have been drawn to Alateen service ever since recognizing that my own struggles throughout my teen years were actually the effects of living with the disease of alcoholism. My struggle to claim my independence in the face of obstacles seemed at the time like some cruel joke of nature—obstacles like the inability to earn my own money, drive a car, move into my own home, etc. The strained relationships, the sibling rivalry, the inconsistent—or even nonexistent—rules, which were all so normal for me, turned

out not to be so normal for everyone else.

It all made sense when I entered Al-Anon and began to learn more about the effects of alcoholism on my life. When I started serving Alateen, my heart swelled with gratitude knowing that these young people were getting gifts of the program that would make their days so much more manageable and which they could carry throughout their lives. But there weren't many teens showing up to meetings, so our links of service set out to find them.

My children attended Alateen and were excited to carry the message to their friends (it was no surprise that most of their friends were also affected by the family disease of alcoholism). They posted announcements on the school walls and wherever else they thought practical. Our Area trusted servants suggested that we “go where the teens are,” since, as in my own experience, driving anywhere was likely an obstacle for them.

Our more successful attempts at attracting teens involved holding meetings at easily accessible recovery clubs and any meeting place that had concurrent Alcoholics Anonymous (A.A.) and Al-Anon meetings. Several guidelines related to Alateen outreach and service offer even more ideas. These compilations of wisdom reflect the experience of trusted servants from all over.

Likewise, Area Alateen Coordinators have access to the Alateen Coordinator community on *AFG Connects*, a password-protected website where Coordinators share an abundance of service experience. Ideas for activities, celebrations, skits, and workshops can be found in the library feature, along with an extensive history of discussion posts. Recordings of past conference calls (confidential to the community participants) address getting started in Alateen service, rotation of service, and annual Area recertification.

If you are an Area Alateen Coordinator, be sure to access the *AFG Connects* community to see what's there and to share your own experience, strength, and hope! And don't forget to pass these valuable resources along the links of service to Alateen Group Sponsors. Group Sponsors and anyone interested in Alateen outreach and service can contact their Area Alateen Coordinator for more information.

— By Christa A., Senior Group Services Specialist, *The Forum*, September 2023

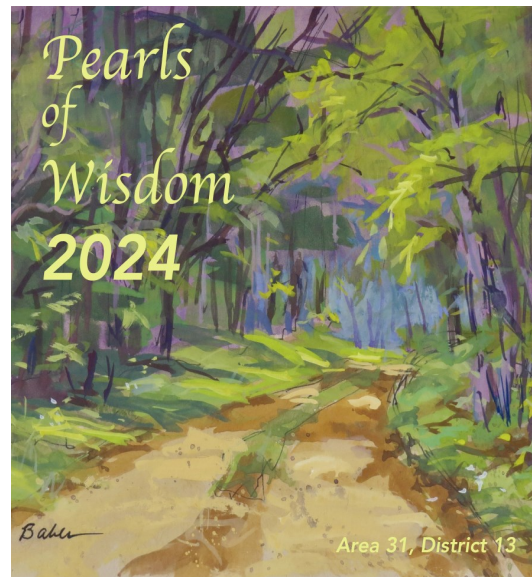
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PEARLS OF WISDOM

The Pearls of Wisdom calendar is a daily tear-off calendar. It has 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 September 1 through January 31 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

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 responsibly 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. The meetings have attracted 6 Newcomers. Three of which have returned a second time and one Newcomer has returned three times. We have had 6 Al-Anon-Members participate with 2-4 members attending each meeting. Contact Cherie or Paralea for additional information.

Cherie England, Hope for Today AFG, Outreach Coordinator

(618) 792-1307 Eye4fourgot@gmail.com

Paralea Russel, Hope for Today AFG, CMA (618) 656-1635
paralea@sbcglobal.net

Where can I Learn More About the History of Al-Anon in Our Conference Approved Literature?

Our Conference Approved Literature (CAL) provides many valuable resources to help us learn about the amazing "story" of Al-Anon and the people who started it all.

- *Al-Anon/Alateen Service Manual* (P-24/27)
- *Alateen—Hope for Children of Alcoholics* (B-3), pages 105-116
- *How Al-Anon Works for Families & Friends of Alcoholics* (B-22), pages 141-149, and "Lois's Story," page 152
- *The Al-Anon Family Groups—Classic Edition* (B-5), page 12 and entire text
- *Lois Remembers* (B-7), entire text and timeline on page 197
- *Al-Anon's Cofounders* (P-87)
- *Anne's Story: Cofounder of Al-Anon Family Groups* (P-66)
- *Lois' Story – Videocassette* (AV-1) – Rental Only
- *Lois W. and the Pioneers – Videocassette* (AV-24) – Rental Only

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
 al-anon.org



Come and join us

MEETING NEEDS SUPPORT

We invite you to please join our weekly meeting.

"TWO OPEN HANDS AFG"

Live in-person

Monday at 6:30 pm

St John's Evangelical UCC

11333 St. John's Church Road

St. Louis Mo. 63121

Entrance last door on left far west closest to cemetery.

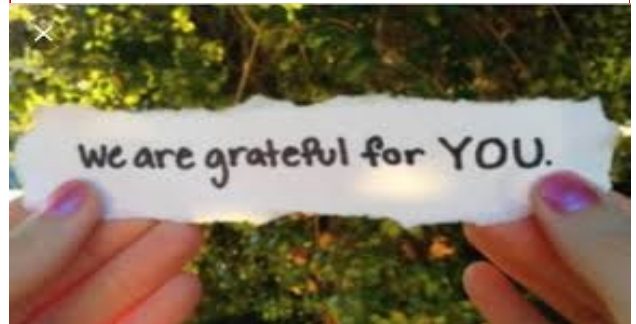
We would love to hear from our members about your personal experience with the God of your understanding.

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."

August 2023 Revenue

District/Meeting	Contrib.
Dist. 25 Just for Today	✓
Dist. 02 Learn 'n Love	✓
Dist. 13 Eureka Sunday Sanctuary	✓
Dist. 13 Choices & Change	✓
Dist. 15 Friday Night Fellowship	✓
Dist. 15 Serenity Sisters AFG	✓
Dist. 14 Avoidance AFG	✓
Dist. 02 Serenity Seekers	✓
Dist. 218 Monday Night Meters	✓
Dist. 13 Finally Into Serenity & Hope	✓
Dist. 02 Hy Hopes	✓
Dist. 15 Everyday Grace	✓
Dist. 15 Focus on Solutions Adult Child.	✓
Group Contributions \$587.53	
Literature Sales \$3,160.03	
Misc. Contributions \$1,343.89	
Memorial Contributions \$70.00	
Processing Fee Income \$187.48	
Fundraising Revenue \$95.00	
Annual Appeal \$20.00	
Dollars & Sense \$24.73	
TOTAL \$5,488.66	



ARE YOU READY TO SERVE?

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



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

- October 6 — 8th IL State AFG Convention
- October 7 — District 28, Gratitude Gathering
- October 8 — District 14, Annual Fall Festival
- October 14 — District 25, Serenity Walk
- November 4-5 — MO Area Assembly
- November 9 — District 14, Speaker Sue K., MO Area Delegate
- November 11— District 15 Holiday Recovery Workshop
- November 15 — District 2 Business Meeting
- November 16 — “Gratitude Meeting” with Cookies
- November 18 — District 10 Chili/Chowder & Soup Supper

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

Save The Date!

Missouri District 15 AFG presents
its First Post-Covid

Holiday Recovery Workshop

Saturday, November 11, 2023
10:00 a.m. to 12:00 noon

Webster Groves Christian Church
1320 West Lockwood, St. Louis, MO 63122

Lunch Provided

Speakers TBA

DISTRICT 2 BUSINESS MEETING

When: Wednesday, November 15, 2023

Time: 6:30-8:00 p.m.

Where: St. Paul's United Church of Christ, in the Adult Lounge West Room, 5508 Telegraph Road, St. Louis, MO 63129. Enter parking lot at stoplight and park in rear near the small play area. A sign will be on the door and go up steps; meeting room will be directly ahead. There is a wheelchair lift available at another entrance; call Mary Kay if that is needed. **Questions:** Contact Mary Kay H. at 314-803-5549

Zoom: Meeting ID: 865 8553 6855 Passcode: 072722

All members are welcome. We hope to have one representative from each group in District 2 attend in person or via Zoom.



2024 Meetings: January 17, March 20, May 15, July 17, September 18, and November 20

* **SNOW POLICY** – Meeting will be cancelled if the Mehlville school District has closed due to inclement weather.