

Sincerely Al-Anon

STEP 9 — “Made a list of all persons we had harmed, and became willing to make amends to them all.”

Things to Think About

“Step eight means accepting myself and wanting to apologize to those I have harmed. In making a list of people I've hurt by things I've done or said, I hope that I can be friends with them again.”

-Courage to Be Me - Living with Alcoholism, p. 89



Here I am at Step Nine. I have been praying for those I resent and for the willingness to be able to make the amends necessary to clean my side of the street. That is what this step is about —clearing the wreckage so I can look people in the eye. It opens me up to the sunlight of the spirit and the gifts offered me by Al-Anon. Why come this far in step work not to experience “real peace of mind” (p. 56, *12 Steps & 12 Traditions*)?

Working with a sponsor is a must for me. I have reviewed my 8th Step with her and discussed who requires an amends and who doesn't. I do not want to hurt anybody with an amends (which would be the opposite of this step). I also have to let go of outcomes when I give the amends. It is none of my business how they perceive the amends. Of course, I want the relationships to be better, but in the end, this step is for my program. Sometimes I have to turn over the amends act and wait for my Higher Power to tell me when.

Here's how one of my amends played out. One day when this person on my list called on the phone (it was a family member). We chatted for a few minutes before they asked to speak with my husband. As I handed him the phone, I heard my HP say “it is time.” I immediately called my sponsor on another line. We discussed how when I make these amends, I want to be alone with the person. We rehearsed what I would say. Afterwards, I was able to go to the person's house, where we were alone. I stated what I did and why I was wrong. I stated how I would do my best to do better. (An event had occurred, and I had not been considerate of this person's feelings and how it would affect them emotionally.) We both started to cry. They told me that they were “trying to change, too.” It was a beautiful experience. We had a wonderful relationship from then on until the day the person passed. When I think of this person, I get choked up because I miss them in my life every day.

Remember the story in my Step 8 article about the person with whom I was so angry I couldn't even say their name in prayer? That was a very rocky relationship my whole life. At times I had to distance myself from this person. But I just wanted to get the amends over with. My behavior as a young person required me to clear my side of the street with this individual. They still blamed me for things which were not all my fault, but I wanted to take care of my part. I went to their work where they happened to be alone.

(cont. on next page)

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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. Next IR meeting is: **SEPTEMBER 1 @ 7:00 pm**

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

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

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

AIS Office Hours & Literature Sales

The office is open. Masks must be worn when entering the building and one person is allowed at the office door at a time. Our hours are:

MONDAY-FRIDAY, 9am-5pm.

To Order Literature

Call the office to place an order or purchase on-line. Pick up inside, curbside, or have your order shipped to you. Credit or debit card payments are accepted by phone. Checks and exact cash are also accepted at the time of pick-up. Visit us soon!



(STEP 9, cont. from prior page)

As I started to share my wrongs done to them, they pushed their chair back away from their desk and put their hands behind their head as if to say, "oh I can't wait to hear THIS." I ignored their body language. It didn't matter; I kept going. In the end, they accepted my amends. I was so happy and relieved that it was over. Check — and check. One more off the list.



Again, I did this all with the help of my sponsor. I now could hold my head up without being ashamed of my past. It was WAY worth it, and if it ever came down to it, I would gladly repeat the process.

Another thing I learned from this step is that I wasn't taught by my parents how to make an amends. Going to Al-Anon meetings and working with a sponsor I have learned how to offer a healthy amends, which is a skill I have taught my children and other Al-Anon members. Now go out there and clean up your side of the street!

Things to Think About

"Being kind, thoughtful, and generous to those people currently in our lives, we could avoid repeating past mistakes. This was a form of amends we could make to those who have gone."

--12 Steps & 12 Traditions, p. 57

—Susan C., Friday Night Fellowship

Making a 7th Tradition Contribution to the AIS Office in your Group's Name?

Would your group like to make a contribution to the AIS Office? That's wonderful! To ensure the contribution is attributed to your specific group, the office will need your group's full name. We've included a meeting list link at the end of this article for you to find your correct group name if you're unsure of it.

- If you contribute **on-line** put your group's name in the "Message" field.
- If you send a **check**, please write your group name on the check or include a note.
- You can also drop by the office **in person** with your group contribution and let the AIS Office know your group name.

With correct group information we can acknowledge your group in our monthly newsletter, Sincerely Al-Anon. If you have any questions, please contact the office at 314-645-1572 Monday-Friday, 9am-5 pm.

Thank you to all of our Al-Anon members/Groups who support the AIS Office!

[Meeting List](#)

Message Regarding Literature Shortages

You may notice some literature is out of stock. We are working closely with our suppliers to replenish our literature as quickly as possible. However, the printing industry is facing significant challenges with paper shortages, staffing issues, and shipping delays.

Normal production times have increased from 10-12 weeks to as long as 26 weeks — and may continue to climb.

We are updating our ordering procedures to accommodate the delays. We thank you for your support and patience as we work through this challenging time.



Conference Approved Literature (CAL)

—Updates from WSO—

Currently out of stock:

- *Courage to Change (B-16)*
- *Lois Remembers (B-7)*
- *Paths to Recovery (B-24)*
- *ODAT (B-6)*
- *Survival to Recovery (B-21)*
- *Al-Anon Faces Alcoholism (AFAM)*

Available only on PDF:

- *New Service Manual*



Public Outreach Beacon



. . . Greetings to all from YOUR PO Team!

Public Outreach Campaign to Schools Update

Public Outreach does not have to be overwhelming or time-consuming if we keep it simple. Public Outreach really is just about getting our information out to the public. Many of the members from District 24 take our AFA booklets/ brochures to doctor offices, community centers, counselors, or treatment centers. With the new public outreach "Al-Anon/Alateen Campaign to Schools" you can be an active part in providing contacts (counselors or teachers or administrators). It can be uncomplicated. Recently, I started making calls to various schools and found a social worker who works with 14 counselors in a high school. Because of that one call there are 15 people who will receive Al-Anon information with professional packets and our cover letter. When counselors pass on Al-Anon information it can reach many more people. All it took was a simple call and getting the packets to that social worker. As a member, you too can help with the campaign by contacting someone you know in the schools. Then simply call the AIS Office and they will mail the packets and the cover letter to that contact. It takes a few simple steps for our message to be disseminated. If you prefer, just give us a call and we can call your contact and get the information to the school for you. Easy and simple. In this way, you can be part of service work and public outreach. What a great feeling it is to help in a simple way.



— Public Outreach Committee

Al-Anon Service Opportunities Are Happening!

Prior to the original Covid outbreak, Al-Anon Public Outreach was sponsoring monthly informational meetings at the Parole Office located near S. Jefferson and Highway 40. Sadly, during Covid, these gatherings were cancelled.

As of July, Al-Anon is back in the room! The July 11th meeting was attended by approximately 9 parolees. Public Outreach Chair, Cathy W., shared on the Al-Anon principles along with her story in a very relaxed classroom setting. According to the volunteer chairperson at the Parole Office, parolees are required to attend a variety of on-site meetings as well as meeting with their parole officer on a regular basis. Although other 12-step programs share on a regular basis at this location, the chairperson felt many of the attendees would benefit from Al-Anon. On 8/8 Mary P. and Cathy W. attended the meeting and it was obvious from the feedback they received that Al-Anon sharing is a good fit at this space.

If you would be interested in doing outreach at the Parole Office on a rotating basis (second Monday of the month) contact the AIS Office. The Parole Office is in a convenient location (great for someone working downtown!) and the meeting begins at 6pm and is over by approximately 6:45pm. The parking space is well lit and the area is secure inside and out. Please consider volunteering and share your story!

—Public Outreach Committee

Check Out These GREAT Opportunities to Serve!

Board Member, Public Outreach Committee, Public Outreach volunteer, Speaker's Bureau, District Representative, Group Representative, and Intergroup Representative — these are just a few service opportunities. . .

Are you being called to service in Al-Anon? Experience the joy of giving back!

Please call the AIS Office at 314-645-1572 for more information on how you might be able to serve.

AIS Office Sustaining Support Campaign



WHAT IS THE AIS OFFICE — AND WHY DOES IT NEED YOUR SUPPORT?

AIS (Al-Anon Information Services Office) is located in Maplewood, MO and was founded in 1965. It was officially incorporated in 1975 and serves the St. Louis Metro area, including parts of Illinois. Services provided by AIS Office include:

1. Answering inquiries from those seeking help (including after hours)
2. Providing public outreach
3. Information exchange hub for all regional groups
4. Maintaining supply of Conference Approved Literature (CAL) for sale
5. Publishing the monthly newsletter *Sincerely Al-Anon*
6. Maintaining www.stl-al-anon.org website with updated list of meetings
7. Maintaining a speakers bureau
8. Staffing office during regular business hours M-F

The pandemic caused a decrease in group donations and a decline in overall literature sales. In addition, there have been no in-person fundraisers. This has caused the office to operate at a deficit. Funds are needed to keep the office going and maintain a prudent reserve.

YOU CAN HELP US KEEP THE AIS OFFICE ACTIVE AND THRIVING BY CONTRIBUTING! HOW?

Send a check from an individual or from your group, payable to AFG-STL (please write **Sustaining Support Campaign** on the check). Mail to:

**Al-Anon Information Services, 14 Sunnen Drive, Suite 144,
Maplewood, MO 63143**

Contribute at a meeting by putting a check or cash in the AIS Sustaining Support Campaign envelope that will be passed around at each meeting.

Log on to the AIS website at www.stl-al-anon.org and click on “Contribute” on the home page. It will then walk you through the steps.



All Contributions Are Tax-Deductible*. Thank you for supporting the AIS Office.

** For contributions of \$20 or more, the AIS Office will email or mail donor a tax receipt.*

PEARLS OF WISDOM CALENDARS ARE BACK FOR 2023



The Pearls of Wisdom calendar is a daily tear-off calendar featuring 365 days of Al-Anon wisdom in a "One Day at a Time" format. The calendar was the brain child of an Al-Anon member in 2012 and has become the main fundraiser for the 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, 2022 — January 31, 2023** on CheddarUp. Ctrl/Click on the following link to place your group's order!

<https://2023-pearls-of-wisdom-al-anon-calendar.cheddarup.com>

For more details, Ctrl/Click on [District 13 Pearls of Wisdom Calendar](#) to access the informational flyer.

Little Wisdoms. . .

"Care about what people think, and you will always be their prisoner."

— Lao Tzu

"The way I see it if you want the rainbow, you gotta put up with the rain."

— Dolly Parton

"Not in doing what you like, but in liking what you do is the secret of happiness."

— J.M. Barrie

"Always be yourself. At the end of the day, that's all you've really got; when you strip everything down, that's all you've got — so always be yourself."

— Al Roker

"Life is like riding a bicycle, To keep your balance, you must keep moving."

— Albert Einstein

KEEP COMING BACK

*To my first Al-Anon meeting I took my nephew
The program and steps would help him, I knew.
Also my chance to do a family rescue.
My entire family, about recovery had not a clue!*

*I was the only one on the 12 step trail.
My direction became clear after a night in jail!
But Al-Anon was for "them" until that day
When I discovered a welcome in a comforting way.*

*Keep Coming Back they chimed in at the end.
Kind of cheerful and supportive not at all a pretend.
And sure enough, I returned and did weekly attend
Starting my years of hope as I began to mend.*

*My nephew returned home and went on with his life
I returned to that meeting weekly and dealt with my strife
It's amazing all these years I've occasionally been strong
I know one reason is that I finally found the place I just belong.*

— Jan, P.O. Committee

Need an Electronic Group Registration Form?

Just Click Below!

[Electronic Group Registration Form](#)

[Registration Form Instructions](#)

If you have any questions please call the AIS Office at 314-645-1572.



TRADITION 9

"Our groups, as such ought never be organized; but we may create service boards or committees directly responsible to those they serve."

"While the groups only require minimal structure, our service arms must be sufficiently organized to work effectively."

—12 Step & 12 Traditions, pp.123-124

Personally, this Tradition helps me stay away from thinking I know what is best for the group. Yes, I have been an Al-Anon member for years, and I do know stuff because of my involvement and studying the Traditions. But everyone has a voice, and I've developed the insight to allow them to express it. Others in the group need to take on service commitments instead of me "doing it all."

The groups need Al-Anon members to step up and keep the meeting running. They need a chairperson to run the meeting, secretary to handle emails and/or the group phone list, treasurer to pay the meeting expenses (rent, literature and sending monies to all the service arms of Al-Anon), and a General Service Representative (GSR) to represent the group at the local district meetings. During a group conscience is when these tasks are volunteered for or voted on. It is also important to remember the spirit of rotation. No one person should hold a position forever. When we get stuck in one position for a long time, a few situations can occur: the Al-Anon member can get either burnt out and resentful, or the opposite—become so controlling that it is "their way or the highway." Neither are healthy for the Al-Anon members or the group.

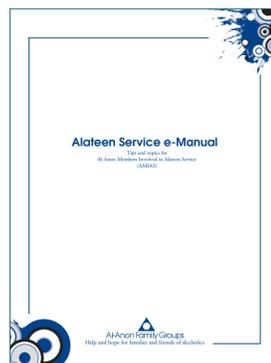
These leadership positions are important for two reasons (in my opinion):

- We maintain a weekly meeting where we can come together and share our experience, strength and hope.
- We are there for the newcomers. Without the newcomers, Al-Anon would eventually fade away.

I know it can be scary to step up for any of these tasks with our old thinking, "what if I can't do this perfectly?" or "I'll surely mess it up." Work with your sponsor and discuss the possibilities of what position might be best for you. There is plenty of Al-Anon literature on all service positions to do your research. Please call the AIS Office for more information at 314-645-1572. Or, you can click on the links below to access the current Al-Anon and Alateen Service Manuals.



[Service Manual](#)



[Alateen Service Manual](#)

I try to remember that I cannot keep it unless I give it away.

"When I was allowed dignity to follow through and complete my task without others looking over my shoulder, I learned to keep my hands off what others do, whether in my personal or professional life."

--Reaching for Personal Freedom, p. 103

— In Service, Susan C. , Friday Night Fellowship

Heard Through the Grapevine

- In fear we keep a tent around our heart.
- Put your troubles in a basket & let angels take them away.
- Don't you see how much you do for others?
- Only the best in you can see the worst in you.
 - Humble enough to fumble.
- Things make sense when they make sense.
 - Three things I can say while listening:
 1. BUMMER. . .
 2. WOW!
 3. OH.
 - I see the 12 steps in you.
 - Team miracle.
 - I was a 911 girl. Today, no more big deals.
- Every time I get on Zoom I'm going to make stranger friends.
 - All should be well.
 - When I'm down to nothing, God's up to something.
 - It's not about the cash & prizes, it's about the gifts.
 - Why me? Why not me?
 - I'm trying not to be Uber emotional, but to get ready.



JULY 2022 Group Contributors

District # & Meeting	Contrib.
Dist. 15 Friday Night Fellowship	✓
Dist. 05 Our Gang Men's	✓
Dist. 15 Help 'N Hope	✓
Dist. 15 Webster Groves Parents	✓
Dist. 28 Just for Today	✓
Dist. 02 One Step at a Time	✓
Dist. 02 Serenity Seekers	✓
Dist. 09 Free to be Me	✓
Dist. 14 Rainbow Connection	✓
Dist. 15 Healing Steps	✓
Dist. 13 Back Door Adult Children	✓
Dist. 15 Women's Serenity Express	✓
Dist. 09 Freedom Friday AFG	✓
Dist. 15 Spiritual Winners	✓
Dist. 14 Banner Group	✓
Dist. 15 Everyday Grace	✓
Dist. 02 Wednesday's Child AFG	✓
Dist. 15 Serenity Sisters	✓
Dist. 18 IL Monday Night Serenity	✓
GROUP CONTRIBUTIONS	\$1,316.91
OTHER	
Dollars & Sense	\$ 47.23
Annual Appeal	\$ 489.00
Literature Sales	\$1,329.85
Journal Sales	\$ 252.00
Misc. Contributions	\$ 796.55
Memorial Contributions	\$ 160.55
Processing Fee Revenue	\$ 67.99

PATHS TO RECOVERY — Meeting Change

Effective, 8/23/22, there is a new ZOOM ID and Passcode:

ID: 876 9342 1371 & Passcode: 906722

YOUR VOICE IS NEEDED!

You, too, can spread the word and message of Al-Anon. There's a spot just waiting for you on the Public Outreach Committee!
 Call the AIS Office at 314 645-1572 for information on how you can participate in this valuable service opportunity.





View Al-Anon Event Flyers from Our Website!

Instead of including pdfs of event flyers in *Sincerely Al-Anon*, please go to

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

and click the EVENTS tab to see flyers for these events:

September 8 – Knowledge Based Decision Making

September 18 —Central Service Picnic with Al-Anon Speaker

September 23-25 — MO Al-Anon & Alateen Convention

September 28 — District 2 Business Meeting

October 1— District 10 Picnic

October 8 — District 15 Holiday Workshop

October 15 — District 25 Serenity Walk

November 5-6 — MO Area Assembly

November 10 — District 14 Business Meeting & Knowledge Based Decision Making Workshop

District 15 — Business Meeting Dates

District 14 — AUG/SEPT Newsletter

NEW Monday Meeting— Monday Meters

NEW Tuesday Men's Meeting — Overcomers AFG

NEW Friday Meeting — Avoidance AFG

Monday Night Serenity in IL — Starts in September

We're Back!! — Dreams to Reality Alateen Meeting