



**News-O-Gram Winter 2009
(SIAFG) Southern Illinois Al-Anon Family Groups
Hope and Help for Families of Alcoholics**

The News-O-Gram is now on-line at our website www.siafg.org and available FREE to all members by email. Just send your email address to: ritamcox@att.net. Getting your News-O-Gram via internet will be a very significant savings to the fellowship. If you received this issue by email, pick up a copy of the list of Officers and Coordinators at Area Assembly in March. We will continue to mail copies to those who do not have access to email.



**Area Assembly & Area World Service Committee Meeting
March 7th & 8th 2009
St. John's Hospital in Springfield
(All meetings and events in Room Q in the Carol Jo Vecchie Center)**

Sunday, March 8th--9:00 AM
Area Assembly
Registration begins @ 8:00 AM - \$3.00

Saturday, March 7th--1:00PM
Area World Service Committee Meeting

Directions to St. John's Hospital: I-55 to Clearlake Ave exit (98B). Stay on Clearlake heading west; turn right onto 9th street (heading north). Turn left in between buildings at large RED sign "EMERGENCY, CHEST PAIN CENTER". Park in garage on your right. Carol Jo Vecchie Center is straight across from parking garage.

Lodging: **Exit 94:** Hampton Inn 217-793-7670; Pear Tree Inn 217-529-9100 **Exit 96B:** Red Roof Inn 217-753-4302

Exit 98B: Best Western 217-525-7420 and many more via internet – Springfield lodging

Any questions: Contact Betsy @ 217-898-7670 or betsy.crang@osfelathcare.org

Delegates Report—Marcy M



I would like to extend a big hand to work they put into making the 21008 know that they all worked long hours



District 10A for the great job and all the hard State Convention in Morton a great success. I to make it happen. Again a great big "THANK YOU –GREAT JOB" The service reward is greater than you can express in words.

As I attend my first World Service Conference, I was so overwhelmed, yet so excited to be serving as your Delegate and the service reward again is greater than I can express.

As I prepare myself for the 2009 World Service Conference, I will be attending the North Central Regional Delegates Meeting March 27th to 29th in Des Moines Iowa. The 2009 theme is "Embracing the Legacies: Our Spiritual Bridges to Expand the Future."

The new bridges that I have begun to build with new relationships, new service tools and experiences with service work at a greater level is Energizing My Spiritual Quest. How about joining me in this spiritual journey and getting involved in your groups, in your district, in your area. Some day you could cross that bridges and experience the journey as Delegate. I hope you will join me in this journey. Don't forget the "Love Gifts" that I will take to the World Service Conference in April 2009.



WANTED
"Love Gifts"
For the 2009 World Service Conference
April 19th to 23rd



Create about 75 gifts and bring them to next Assembly Meeting in March

Members Share Experience Strength and Hope



November—Fall Assembly

I really enjoy **service work** and continue to learn and grow in this life-giving fellowship. Even though what I have to offer is far from perfect, I am amazed how well I am able to perform, thanks to the guidance of those who preceded me in the position and the enthusiasm of others who are working to keep our fellowship alive and well. Although there is a lot of "business" that goes on at these business meetings, there is plenty of fun too. The last meeting (Nov 1-2) was hosted by the Area and it was **Sooo... Cool**. After the meeting on Saturday afternoon, I had a small window of time to get in my regular department store shopping spree, thanks to a couple of helpful Al-Anon super-shopper guides. Then at six o'clock we stepped into the *Monster Mash Party* by way of a mat that made spooky noises and songs of the season playing in the background. The tables were covered in Halloween decor. It was like a little kid's party and I got to be the kid! Our hostess, Brenda F., presented us with a black or orange balloon, onto which we were instructed to write one of our character defects. The balloon was pinned on our backs for all to see.

After a dinner of chili and hotdogs we played musical chairs. As people lost their seats one-by-one we had to tell the gathering about our character defect and what we are doing to work on it. When we finished, we **POPPED** the balloon, and one more day we *Let go and let God*. After dessert and attendance prizes, we went back to our motel for a good night's sleep in order to be ready for the Assembly meeting on Sunday. Those attending the Assembly meeting on Sunday were given lots of information from all of the presenters and also treated to lunch with pizza! A forum subscription was raffled off and many gift wrapped items were raffled off as well. I hope Area continues to host this fall meeting.

I look forward to the March meeting where we will meet again to do our "business" and have some fun.

Rita/ Dist.18



Thanksgiving in Al-Anon

I am so grateful for the gift of Al-Anon in my life! It has made my holidays and every day filled with learning how to simplify my life, providing a balance in my home and on the job, opportunities to ask for help, learning how to let go of things that I can not change, minding my own business, guided me to prayer, provided awesome friendships, and sponsoring others to help them solve their own problems. The simple tools that have been provided truly have provided my life with miracles and I hope to continue to grow one day at a time in the program!

Blessings to such wonderful gifts that are so freeing!
Janet W/Dist.18



Christmas Al-cathon

I promised Rita I would write something for the News-O-Gram, so here it is. I am grateful to all the Al-Anon members who took the time to help out, stop in, bring a dish, share their time at the Al-cathon on 12-29-08 at Cathedral Grade School in Belleville. This is a yearly event put on by AA during the Christmas holidays and District 14 Al-Anon is asked to participate by chairing one of the days which means buying and preparing the food for 3 meals, getting speakers for the Al-Anon meeting that evening and chairing the meeting. Thanks to Jean R. for being the chairperson for that day. I enjoyed assisting her that day and meeting all the people who stopped in to lend a hand. There was Peggy and Bob who started the day off by bringing hot biscuits and sausage gravy, lovingly prepared by Peggy. They stayed long enough for Peggy to finish cooking the hamburger and noodles for the mostaciolli to be eaten at the dinner meal. At lunch time, Bob brought back some freshly prepared cornbread (from guess who?) to go with the ham and beans soup that Jean had prepared. It was delightful seeing friends Sherry, Margie J., Marilyn G., Nita, Jane, Vicki, Diane E. and others who came by to help. One of our special guests that evening was Marcy, our delegate. I also shared the evening meal with Valara S., Marie, Estella, and Lyri M.. Thanks to Brenda F. and Mario L. who were the speakers for the evening meeting. Their talks were heartwarming and helped pass on the message of hope for those in either program. It was a great day and I was glad to be a part of it. Thanks again, Al-Anon!

Janis M/Dist 14

New Year for Alateen



Recent growth spurt of Alateen groups in Area 6. . .

District 10A has had a group reinstated
 District 17 reports on having an Alateen group in the works
 District 18 has a new Alateen group in Maryville and Jerseyville

Area 16 News-O-Gram “Words taken from current issue”

alateen	alcoholism
annual	assembly
chairman	committee
conference	contribution
convention	coordinators
decorations	delegate
diversity	forum
gift	incorporated
openers	pen
perspectives	raffle
reports	service
Spanish	vigilant

d e t a r o p r o c n i s n c
 s s y v l k r p m d w n e o s
 e e k l t c e e i u o p n t r
 t r v y b n o v p i r t a t o
 a v n i e m e h t o r o n w t
 g i n r t r e a o i r a f c a
 e c s e s c r s b l l t a o n
 l e q i e o e u s i i n s n i
 e g t g c t t p g a n s u f d
 d y v e g i a i s u y v m e r
 o n d s o z v l a r c j l r o
 h s i n a p s l a f e f t e o
 c o n v e n t i o n f p f n c
 e e t t i m m o c a l r i c r
 c h a i r m a n r m s d g e v

Check this out: Take the word **ATTITUDE**. Assign a number to each letter ex. a=1,b=2,etc. Now add up the numbers and see what percentage your attitude can affect your life.

Betsy C./Chairperson

I sure hope you all had a great holiday. I am very blessed to have my family and friends close to me for love and support. I am also very grateful for this wonderful program because I can to use it in all aspects of my life. I would like to thank all the Officers and Coordinators for all their hard work this past year! You have done a GREAT JOB!

Sometimes we all need to remember to use this program in our own lives and practice principles above personalities. Sometimes Area Assembly can be stressful for various reasons. We all come to Assembly for the same reason and that reason is to come together as a whole for the greatest good for Al-Anon. If someone is having a problem that Assembly, the Delegate or the Chairperson can help with, we will do our best to help. Sometimes issues cannot or should not be handled at the Assembly level and would be best handled through a Group Conscience or Group Inventory at their home Group/District. Sometimes issues are best discussed member to member. ‘Let’s talk things over, reason things out with someone else, but let there be no gossip or criticism of one another’.

‘We aren’t perfect.’ and ‘you’ll discover that though you may not like us all, you’ll love us in a very special way - the same way we already love you’. Let’s remember our 3 Legacies and the reasons we come to Area Assembly. I personally love coming to Assembly because that is the only time I get to see some of you great people!

We are in need of an Alateen Coordinator again. After some deep soul searching, Dottie must stand down from the position due to family commitments. She said we will still be seeing her at Assembly though. Please look into your heart to see if you or someone you know might be interested in the position.



Here it is, my first year as your treasurer is just about up. **Thank you** to all the groups who have **faithfully** given to SIAFG. As you all know, expenses have gone up this past year, so we all need to be **vigilant** about **giving** to our Area so we can stay in the black with our new budget. Thank you again for letting me be of service to you all.

In Service,
Rowena/Treasurer

10A	35525	Thursday AMAFG
10A	0004022	Wednesday Morning Glories
10A	0004020	Monday Hilltop AI-Anon
10A	24161	Monday Morning AI-Anon Group
10B	61535	Friday Nite Happy Hour Group
10B	25455	Serenity Seekers
12	003708	Friday Night KISS
12	3507	TGIF Bondville
12	4088	New Lease on Life (Savoy)
12	00503901	Savoy Parents of Alcoholics
13	003709	Friday Night KISS
14	25607	Highland Butterflies Are Free
14		Powerless Rangers
17		District 17
17	060530	Anna New Beginnings AFG
18	0003451	Monday Nite Elm St
18	26501	Monday Night Serenity Group
18	0003810	Granite City Tuesday Night "Hope" Group
18		District 18
18	3811	New Life AI-Anon Granite City
18	3491	Bethalto Wed. Morning
18	3812	Monday Morning open Door
18	30511851	Harrisburg AFG
19	42664	Wednesday Butterfly AI-Anon

SOUTHERN ILLINOIS AREA CONTRIBUTION

Group Name _____ Group ID # _____

Contact Person _____ District _____

Street Address _____ Amount _____

City and State _____ Check # _____

Zip Code _____ Phone (if applicable) _____

Please Make Checks or Money Orders to: **SIAFG** Send to: **Rowena Altic**
2020 Conn Road
Hanna City, IL 61536
309-565-7259



Recovery for Men in Area 16

I have been a male member of Al-Anon for the last twenty one years plus. I was advised by a psychiatrist to start attending after I was divorced and immediately started dating an alcoholic. I started in Mount Vernon at the Wednesday morning group. I soon realized the value of attending Al-Anon right at my first meeting. I saw the value of working the program on my important relationships.

Through the years, I have met many male members who attended and continue to attend meetings. I do believe that this has added a valuable element to the program. I do realize that Al-Anon is predominantly female, and I have realized the benefit of this by the level of understanding I have gained in relating to my family. Several family members and offspring are alcoholics.

I have been active in service work through the years in Al-Anon. I am currently planning on an active role in the 2010 Illinois State Convention. This will entail a cooperative effort with other members. I hope my working the program, steps, traditions and concepts will facilitate a successful 2010 Al-Anon State Convention. I am very grateful for the serenity experience sisters in Al-Anon, and hope I have successfully passed it on to
(Looking forward to Mario's Progress Report)

HOW DIVERSITY CAN BENEFIT AL-ANON

During the 48th World Service Conference we were told that in 2006 we learned that speaking only one language does not have to limit our ability to perform outreach activities to members who speak other languages. Members were given Passports in 2007 noting the different languages spoken in their Area and were encouraged to communicate with those groups. Bilingual Trustee helped the Conference members practice simple phrases to say "hello" and introduce themselves in Spanish and French. This year the focus was on how diversity can benefit Al-Anon. I know one person in our area that has been helping a Spanish group get started. If there are other groups that need help just let us know. There is literature and information available at World Service Office. We need to invite these diverse groups into our special events and make them feel welcome. It just takes one person to start, but we need the whole area to keep it going. Take the following questions back to your groups for discussion

"How do we increase awareness within fellowship that diversity is an asset?"

"How do we make members from different cultural background feel valued?"

"What difficulties has your Area encountered with reaching out to diverse populations and how were they resolved?"

"What success has your Area had with reaching out to diverse populations?"

"How can we build bridges to meet the needs of our diverse current and future membership and strengthen the Al-Anon Family Groups' foundation of unity?"

Marcy/Delegate



Ser

er

logans

756 ordered

Selling at \$2.00 each

Prepay your group representative.

Available at March Assembly

(Thanks to Cindy S/Ways and Means Coordinator)

Each ink pen rotates 4 times with the Serenity Prayer. Each click gives you 1 rotation. The ink is black and barrel of the pen is purple & white with black writing.

1. God, Grant Me the Serenity
2. to Accept the Things I cannot Change,
3. Courage to Change the Things I can, and Wisdom to Know the Difference.

***Please do not bring raffle items to March 2009 area assembly meeting. Raffle to be announced and tickets will be sold 2 for \$1.00.

New items will be for sale on the Ways & Means table!!!

Letter Openers
still available
for \$2.50
(blue only)



A personal story on the Forum:

For years, I subscribed to the Forum but never read it. I wasn't attending meetings regularly but somehow seeing those magazines come every month was a comfort. Then in 2004 I started attending meetings again regularly and had all those stacks of magazines. I sorted them by month and started reading, for example, all the Decembers at once, etc., and got all those perspectives on Step 12 & Tradition 12. I really learned to appreciate the magazine and could see improvement all the time in the illustrations and graphics. The magazine just got better and better each year. We have a lot to be proud of with this magazine! All this for only \$11 per year! In District 18, we have a program where we raffle various items to raise money to give subscriptions to this magazine for those who may not have the funds to do so themselves. So far this year, we have given away four subscriptions! I am very glad our District helps members in this way. **Ruth M./District 18**

World Service Office distributed 1,000 Public Service Announcements to "top television markets" throughout the USA, Canada, Bermuda, and Puerto Rico. Al-Anon Groups or their representatives may purchase copies to distribute to any additional television stations their district or group might select. Illinois stations are listed in the November Area Assembly minutes.

Al-Anon Family Groups is in the process of creating new, updated posters that will be available when printed.

Best Practice seems to be providing AL-ANON FACES ALCOHOLISM or a *Forum* with a meeting schedule.

DottieY./Public Outreach

Thanks

"I would like to thank all District 10A members who supported the Illinois AFG State Convention by

chairing committees, volunteering to work at the convention, vase contributions for the table decorations and contribution of food items for the Hospitality room."

Mary S./Dist 10A

Why is SIAFG (Southern Illinois Al-Anon Family Groups) incorporated?

In 1989 The Southern Illinois World Service Committee (SIWSC) began looking into incorporation to enable SIAFG to gain tax exempt status.



Here is a little history:

March 1990—Assembly voted to proceed with the process of incorporation with the name "Southern Illinois Al-Anon/Alateen Family Groups".

May 1990—SIWSC decided to delete "Alateen" from official name since Alateen is included in our family and to follow the precedent of AFG, Inc.

May 1990—Articles of Incorporation were submitted to and approved by the State of IL.

October 1990—SIWSC voted to amend Articles of Incorporation to comply with wording required to obtain tax exempt status.

December 1990—By-Laws and Amendment to Articles of Incorporation were approved.

February 1991—Amendment to Articles of Incorporation was submitted and approved by the Sate of IL.

June 1991—IRS tax exemption mailed.

August 1991—Received our Federal Employer Identification Number

September 1991—Approval of tax exemption from IRS received.

March 1992—Applied to the State of Illinois for tax exemption and received Illinois State Sales Tax Exemption.

Brenda F./ Bylaws and Ins Coordinator

MARK YOUR CALENDAR FOR 2009



Southern Illinois Al-Anon Family Groups Assemblies, SIAFG

(All members welcome/Group Representatives, Alternate Group Representatives, Area Officers and Coordinators of Southern Illinois attend)

Southern Illinois World Service Committee Meetings, SIWSC (All members welcome/District Representatives, Alternate District Representatives, Area Officers and Coordinators of Southern Illinois attend)

SIWSC

SIAFG

March 7th*

July 11th

November 7th

March 8th*

July 12th

November 8th

*Place and time on front page

2009 World Service Conference held in Virginia Beach April 18th-23rd attended by Delegate (Marcy M) Bring your “gifts” to Assembly March 8th



WRITE TO YOUR DELEGATE AT CONFERENCE

Address for sending mail/notes to your Delegate while she's at the World Service Conference:

**Marcy Myers (hold for WSC 4/19-4/23, 2009)
Wyndham Virginia Beach Oceanfront
5700 Atlantic Ave.
Virginia Beach, VA 23451**

Please have cards arrive after April 15th.
Place Marcy's home address as the return,
in case the mail does not get to her in time.
Marcy's home address is: 21695 Cypress Drive,
Olive Branch, IL 62969

35th Al-Anon Illinois State Convention

“Tools & Treats” with Alateen & AA participation.

October 23rd-25th

Begins: 4:00 p.m. Friday, at Crowne Plaza Chicago O'Hare Hotel, 5440 North River Road, Rosemont, IL 60018.

“Although a separate entity, we should always cooperate with Alcoholics Anonymous.”

(AA) **Annual Winter Event—Do You Know Your AA History?**

February 21st : 8:30am-4:30pm, Carpenters Local Union No. 63, 2002 Fox Creek Road, Bloomington.
More information: Sue (309) 826-0078

(AA) **2009 Southern Illinois Area 21 Spring Conference**

April 3rd-5th : I-Hotel and Conference Center, 1900 South First Street, Champaign. Registration \$21; Registration and Banquet \$40. Make checks payable to 2009 SIA Spring Conference, PO Box 222, Champaign, IL 618-24-0222 Deadline for Mail-in Registration and Banquet: March 2, 2009