



News-O-Gram--Summer 2010
(SIAFG) Southern Illinois Al-Anon Family Groups
Hope and Help for Families of Alcoholics

Thanks for finding a computer buddy and getting the "News-O-Gram" for your group online. The News-O-Gram is now on-line at our website www.siafg.org and available FREE to all members by email. If you received this via the postal service please consider sending me an email address for the next issue. Send your email address to: ritamcox@att.net. Getting your News-O-Gram via internet is making a significant savings to your Area. **All Groups Representatives need to make sure that someone in your group gets the News-O-Gram online if you cannot.**



Area Assembly & Area World Service Committee Meeting
July 10 & 11, 2010
St. John's Hospital in Springfield

(All meetings and events in Room R & S in the Carol Jo Vecchie Center)

Saturday, Jul.10--1:00PM
Area World Service Committee Meeting

Sunday, Jul. 11--9:00 AM
Area Assembly
 Registration begins @ 8:00 AM

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". Parking garage on your right. Carol Jo Vecchie Center is straight across from parking garage. Lodging: **Exit 94:** Hampton I217 -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@osfhelathcare.org

Delegate's Report—Marcy M



Panel 48

From the Delegate:

I'm back from Virginia Beach and what a great Conference it was. It was a great joy just being there, but it was hard to say goodbye to everyone that I got to work with the past 3 years.

Thanks for all the "Love Gifts". It felt so good to see so many of them laid out on the table and to hear comments from the Delegates as they picked them up.

Also thanks for all the cards and prayers that kept my spirit up. It was great to get back to my room open the card, read them, then set them all up on the desk that was in my room and just meditate for a couple minutes.

I'm so grateful that I got to serve as your Delegate and I will share with you all the information that we discussed at the Conference. See you all in July at the Assembly and don't forget we need you all there.

Love In Service
 Marcy Myers
 Panel 48 ILS



Convention Liaison/Jan T

Please visit SIAFG's website (www.siafg.org) for information (flier, registration form, speakers, banquet menu, etc) on the **2010 IL State AFG Convention which is being held October 8th-10th at the President Abraham Lincoln Hotel in Springfield. The theme of the convention is Gifts of Hope.** Please contact Ruthanne on 309-674-7887 if you still have a quilt square to submit

or have any questions regarding the baskets for the basket raffle.

Al-Anon International Convention will be held in Vancouver, BC July 5-7, 2013. Watch for more information to come.

IL State AFG Convention Guidelines review has begun. The guideline review will be completed this spring after which the guidelines will be updated and sent to the Convention Resource Committee for review. Goal is to have the new guidelines accepted at the December 2010 Convention Resource meeting.

2010 International Convention of Alcoholics Anonymous is being held July 1st-4th in San Antonio, TX with a theme "A Vision for You". AA's 75th year will be celebrated at this event.

AA's *2010 Illinois State Conference* will be held August 20th-22nd in Lisle, IL at the Wyndham Lisle Chicago Hotel. Visit www.aa-nia-dist11.org for more information. Have a Great Summer,
 Jan Tucker –

Chairperson/Betsy C

Hi Everyone,

- **Get ready; your opportunity for service work is coming up!**
- **Elections are being held at our July Assembly!**

The following positions up for elections are:

Delegate	Alt. Delegate
Chairperson	Recording Secretary
Group Records Secretary	Treasurer

It is **very** important for all Group Reps (or Alt GR if the GR cannot attend) to attend the July Assembly because Group Reps are the ones that vote.

There are also 8 Coordinator positions to be filled. These positions are appointed by the Chairperson. If you are interested in one of these positions, please read the duties required as written in the By-Laws and/or contact me.

Alateen Coordinator
Ways & Means Coordinator
Public Outreach Coordinator
Archives Coordinator
By-Laws Coordinator
Literature & Forum Coordinator
Convention Liaison
News-O-Gram Coordinator

I hope to see you all in July!

Betsy

News-O-Gram Coordinator/Rita

My goal for this final year of service as News-O-Gram editor has been to organize information as it comes to me from area officers, coordinators, districts representatives and groups; and to get that information to the fellowship of Area 16. I will continue to work toward total email delivery. Many have sent me their email addresses to cut costs of printing and mailing. I continue to ask for email addresses, and to encourage you to find a member in your group to be your **"email buddy"** to get this information to you and your group using his/her email address if you do not have access to the internet.

Thank you District Representatives for deciding to contact each of your Group Representatives and secure an email address for the purpose of News-O-Gram delivery. If you forgot, get it to me for the next issue. Thanks

Ways and Means Coordinator/Cindy S

- 2010 Fundraiser is here—twist ink pen with orange highlighter on the end---\$2.00 each.
- 2009 Fundraiser is closed and was successful. We profited \$664.00.
- I was asked to check into coin holder necklaces. I have not found any place that is cheaper than \$23.00. If you would like me to order—you need to prepay me and see me for details.
- We had a spring related raffle at Assembly...2 tickets for \$1.00.

- You can also support the Area Assembly and buy coins, bracelets, lapel pins, bookmarks and bumper stickers.
- Since this is my last year (6) I would like to present our 2011 Fundraiser before the end of the year. Any thoughts?

Treasurer / Rowena A

I want to thank all of the groups for your faithfulness in giving to Southern Illinois Area. It has been a joy being your treasurer. In Service Rowena

First term 2010 contributions

DISTR	GROUP ID	GROUP NAME
11	3948	Mt Zion Born Free
11	40272	Sunday Night Steppers
11	3703	Beginners Al-anon
11		Tuesday night Serenity Seekers
12	3909	Tuesday Al-anon Family Group
12	3507	TGIF Bondville
13	3741	Effingham Co. Al anon Group
14		O'Fallon AFG
14		District 14 AFG
18	26501	Monday Night Serenity Group
18	3451	Mon. Night Elm Street
18	34856	Hopeful Serenity Seekers
18	3811	New Life Al-Anon Granite City
18	3491	Bethalto Wed. Morning
	305283	Thursday Night Al-Anon
18	80	Edwardsville
18	3812	Monday Morning open Door
19	42664	Wednesday Butterfly Al-Anon
10A	30160	Sunday Night Hilltop
10A	35525	Thursday AMAFG
	000402	
10A	2	Wednesday Morning Glories
10A	004023	A New Beginning AFG
		Monday Morning Al-Anon
10A	24161	Group
10B	99739	District 10B
10B	25455	Serenity Seekers

Group Records Secretary/Cathy S

Happy Spring To All!!! Wow! 2010 is almost half over already... time just speeds by. As I communicated in our last News-O-Gram, my goal when I accepted this position was to provide the best possible information to all of you in the most expedient way. I continue to strive to meet that goal, One Day At A Time; and I am so appreciative to all of you who have communicated with either myself, Rita or

Sara in getting us your District and Group information (changes and corrections), but, I have heard a couple of stories that have me concerned that we still aren't getting the message out there. One especially was of a newcomer that attempted to attend a meeting that was no longer there. Please, help me not let that happen again! Please keep in contact with me, Sara or Rita about any changes you may know about for meetings in your District and pass the word on to others. **The better the information I have, the easier it will be for those that need us to find us!**
I look forward to seeing you in July.

Forum/Literature Coordinator/Mary S

● **The Forum**

Subscriptions to the Forum have increased by 15% this year. There are only three states that have two subscriptions per group. Let's help make Illinois one of those states by having a subscription ourselves and encouraging members to subscribe. Encourage the groups that you attend to use the complimentary copy in their meetings.

The December issue CAL (Conference Approved Literature) corner has articles on the bookmark *Just for Today*. There is an article listing some of the 55 year history of the book mark. The **January and March issues** CAL corner has articles on the book *As We Understood* (B11), which celebrates its 25th anniversary in July. *The Forum* plans to celebrate in the July issue. They would like sharing about how this book had helped you. **The February issue** CAL corner is about *Alateen-Hope for Children of Alcoholics* (B3).

● **Literature**

Share the Steps online. They started with Step One in January and are on Step Three in March.

CAL Sample Chapter—Each quarter a Sample Chapter for Conference Approved Literature is posted on the Public Outreach site, www.al-anon.org and the Members' site www.al-anon.org/members. Through March the chapter is from *Alateen-Hope for Children of Alcoholics* (B-3) and the topic is "Letting Go of Blame". You'll also find a list of where to find this topic in other CAL. The Sample Chapter on the Members' site also includes an opportunity to share on this topic, as well as quotations, meeting topics, and discussion questions from the quarter's book that were submitted by groups and members.

WSO (World Service Office) needs help **building a Workshop and Skit Collection**. We are encouraged to develop and write workshop and skits on a variety of CAL books and pamphlets and then share them with WSO.

Our **two newest books** *Opening Our Hearts* (B29) and *Discovering Choices* (B30) have fallen in sales. Since alcoholism is a family illness of relationships, and it includes loss of some kind in every stage, both of these books apply to anyone affected by alcoholism. Help make members aware of these books.

If you have any questions or concerns about CAL please give them to me and I'll bring them to WSO's attention.



Action Committees Reports

Public Outreach Committee Report/Cindy P Chairperson

Old Business: Public Outreach minutes from last Area meeting, read and discussed. A picture of the Alateen poster was emailed to WSO, with no response yet. Cindy will email it again.

New Business: Flyer for "Dinner & a Movie" passed out. The Movie is Lois' story titled, "*When Love Is Not Enough*." Airing on April 25, 2010. Per letter read from WSO, this is an event to get together and or tape and use as a personal recovery. It is not CAL approved & cannot be used in a meeting. Take back to your groups and see what they think of "Dinner and a Movie. WSO would like to know if we participate and our response. **"Have Fun with this."** Also see if local public service stations will run date and time. Call your local answering services to say they may have an influx of more calls after the showing of this movie.

Goals:

Brainstorming: (suggestions for WSO)

- AA meetings are packed.
- Why not AI-Anon Meetings?
- Get Literature to AA meetings.
- Support smaller AI-Anon groups till they are stronger.
- Literature to self-help groups, shelter, police departments, hospitals, etc.
- Displays at treatment centers.

Health Fairs:

- How to get more involved?
- Where are the Health Fairs?
- Who do we talk to?
- How do we find them?
- How do we get invited?
- Using the \$100.00 per year:

Cindy will purchase \$40.00 worth of posters from literature before next area meeting to give to all the Groups at Area. Respectfully submitted

Susan R, Secretary



Fellowship/Communication Committee Report/Cindy S Chairperson

Members present: Cindy S., Doris. Janice, Jan T., Norma, Emily, Kathy H.

We discussed doing something as a group on Saturday nights after the Area World Service Committee Meeting. Some ideas we came up with:

1. Al-Anon meetings on Saturday night. (Everyone seems to miss the fellowship that we used to share several years ago).
2. Possibly having a speaker on Saturday night.
3. Play a game or two like bingo, etc.
4. Have a few members share their story

In July we will be giving an item to each person at the registration table when they come in. Each member will put their item into 6 baskets and those 6 baskets will be given away.

Norma from Springfield has agreed to be our first speaker. She'll share her story at 7:00 p.m. in our meeting room. Please join us. It should prove to be fun evening.



Group Services Committee Report/

Lyri M. Chairperson

GROUP SERVICES COMMITTEE:

Attending Area Assembly means so much in so many different ways to all who attend. As Rowena A states: "I feel my recovery has been enhanced by coming to Area assembly. It has enabled me to grow beyond my own belief of myself. By coming to meetings and taking on service positions, I have learned to stretch my thinking. I have learned to listen to others and view their opinion as important as my own. I have also learned to work with others, for the good of the group. By doing these things, I have learned to follow the Traditions and Concepts of this program. I also like the fellowship with all of the others who come to the meetings; I have been blessed with many good friends in this program."

If you haven't been to Area before, come and see what Ro is talking about and experience it for yourself. If you've been in the past, we would love to see you again.

Mark the date...July 11TH, 2010.



District Reports

District 10A/MaryS

District 10A had a holiday party with a raffle raising about \$400.00. It was divided between the Peoria Area Answering Service, Alateen and Hilltop Literature. Hilltop is the only location that has free pamphlets available to the public.

The Peoria Area Answering Service is planning another garage sale in June because group donations were not supporting the service.

It was announced that District officers and Coordinators positions will be open at the October meeting and members were encouraged to consider service positions.

District 10B/Kathy H

Serenity Day Feb 27, 2010 was very well attended and \$780 was raised. A portion of the proceeds will go to support our answering service. Sally V. has agreed to be the secretary and Betty H. treasurer for district 10B. The Tuesday night meeting at 7:00pm has moved to the Advocate Broman Medical Building Suite 3300 Virginia Ave, Normal. The book club continues to meet the first Monday of each month. They are discussing Opening Our Hearts, Transforming Our Losses in room 205 at Chestnut Health Systems 702 W Chestnut Balm. Mary S. from Peoria has been invited to be the Al-Anon speaker at 1:00pm at the BNAA Roundup in Balm at the Holiday Inn on Route 9. BNAA Roundup is April 23, 24, and 25.

District 11/Jackie L

District 11 has started a new Web site that is in the VERY beginning stages. The URL is www.decaturlanon.org We are hosting a sponsorship workshop in Decatur at the First Nazarene Church on May 15.

We have a public outreach committee that is meeting separately from our district meeting. We have been doing things like contacting universities in the area to see about providing speakers to their students in the helping professions.

We go to our local treatment center once a month on Family Night to provide information and answer questions about Al-Anon.

We are planning a party for the April 25 movie about Lois W. We have also contacted our local CBS station about the possibility of having public service announcements about area Al-Anon meetings and hotline numbers.

District 12/Cathy B

The district has a new website: district12afg.org, hosted by namecheap.com. Fees are \$19.38 for 2 years to host the web address and \$69.00 for 2 years to store files needed for the website. Currently working with AA district to have a direct link on their website to our site for Al-Anon information. This will help keep information up to date and accurate.

We now have ads in the local phone book listing our district's telecourier phone number in the yellow pages, in the Community Service (self-help) Section, and in the business pages under Al-Anon. Cost only \$20.00/month.

Our funds are low and we live month to month on about \$135/month. Between the telecourier and website, we spend about \$100/monthly, so not much left over for public outreach projects. We will be talking about this again at our next meeting.

We have a new Al-Anon group in Watseka. It meets at 8:00PM on Thursdays at Calvary Lutheran Church. We now have 18 Al-Anon Groups and 1 Alateen group in our district.

Next District meeting is Feb 19th in Charleston at the First Presbyterian Church at 6:30PM. If inclement weather, the make up date is Feb. 26th (same time and place).

District 14/Lyri M

We had our last district meeting on Nov. 9th, hosted by The Powerless Rangers AFG of Belleville. We had a lengthy discussion and voted to list only meetings that are in accordance with Al-Anon traditions (at least 2 members) in our meeting lists and our answering service.

We have initiated listing meeting information in the Belleville News Democrat and distributing meeting lists at several treatment facilities in our district.

We hosted a successful Al-Anon "day" at the annual alcathon in Belleville on Monday 12/28 with many donations of wonderful food and an evening speaker meeting.

Our next district meeting was Friday March 1

District 18/MaryBeth S

Hi everyone, I want you to know District #18 has just currently sent out in October the Al-Anon Faces Alcoholism and Where & When's to all professionals within our District.

We had an ad-hoc committee to review how our Answering Service was performing and all names were updated and everything is running smoothly as far as I know. Jayne S. is our current Answering Service Coordinator and she have diligently worked with the Answering Service to tweak any kind of problems that may arise.

Our Alateens had their 7th Birthday. They hosted an open frog meeting on February 2, 2010. We recently reviewed our Prudent Reserve and changed it to \$600.00 instead of the previous \$300.00 due to the cost of everything rising. Getting to our prudent reserve will be the next challenge we have.

Our Books/Literature sales continue, Joyce continues to do a great job.

The Monday Night Serenity Group hosted District 18's Annual Al-Anon birthday celebration on Saturday, April 24. The event was titled "59 Reasons to Celebrate" in keeping with the 59th year of Al-Anon. The evening was filled with food, refreshment, the traditional cake walk, a new game,

"the 3 Legacies Dart game", several Al-Anon speakers speaking on freedom, joy and belonging, an Al-Anon balloon activity and many raffles. The grand prize a MP3 Player pre-loaded with Al-Anon and AA speakers and the 2nd prize, a forum subscription with a hot chocolate set, were won by members not at the event, but the 1st prize, a homemade quilt, was won by a member present. A good time was had by all ages who attended.

Our FORUM give-a-way at our District meeting is currently going well. Individuals continue to bring something to raffle and those attending buy raffle tickets to win the prize and as we get \$11.00 per prescription, then the names that our FORUM coordinator she submits them for free subscriptions. We continue to encourage groups to do something along this line to continue to increase our FORUM subscriptions so that we do not loose such a valuable service from our WSO.

We have had many new Group Representatives and Alternate Representatives and I thank them all for their 12th Step work. It is greatly appreciated



Don't Be Left Out!

Fun! Fellowship! Free Refreshments!

Convention Scholarship Drawing*

Surprise Icebreaker Game

Raffles (gifts and 50/50)

Delegate Presentation & "Love Tokens"

Area Officer Elections

This Assembly is NOT TO BE MISSED!!

When: 9:00 a.m. July 11, 2010

Where: Carol Jo Vecchie Children's Ctr.,
N. Ninth St., St. John's Hospital, 800 E. Carpenter,
Springfield, IL, 62769



Speaker Meeting Saturday, July 10th at 7:00 p.m. (same location)

All events open to ALL Al-Anon Members

*Drawing will be held for a full scholarship to IL State SFG Convention (October 8-10) for anyone who has never attended an Illinois State Convention before. Must be present to win.

Gifts of Hope

36th Illinois State AFG Convention

October 8-10, 2010 Columbus Day Weekend Springfield, IL



Featured Events:

Friday

4:00 PM Registration begins
7:00 PM Speaker Meeting:
Dylan W., Alateen Belleville, IL
Ellen K., AA Springfield, IL
Linda B., AFG Springfield, IL

Saturday

1:00 PM Speaker Meeting:
Burns B., AA Louisville, KY
6:30 PM Banquet Buffet
8:00 PM Speaker Meeting:
Ellie H., AFG
Minneapolis, MN

Sunday

10:00 AM Spiritual Meeting:
Judy K., AFG Reno, NV

HOTEL INFORMATION:

President Abraham Lincoln Hotel & Conference Center

701 East Adams, Springfield, IL 62701
Phone: 866-788-1860
www.presidentabrahamlincolnhotel.com

Lincoln Museum, historic sites, and many
restaurants all within walking distance

Mention "AFG Convention" for discount rate:
\$80 plus tax per room (up to 4 people)
Last day to register at discount price: 9/17/10
Adjacent parking \$7

Registration hours:

Friday 4:00 PM -10:00 PM,
Saturday 7:00 AM - 8:00 PM

For more information contact:

Marcy M. (573) 979-2121 or
Cathy B. (217) 377-0141

For information updates please visit our website at www.siafg.org

CONVENTION REGISTRATION FORM *Please Print Clearly (One registration form per person)*

YES, I WOULD LIKE TO VOLUNTEER!

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____

EMAIL (for online updates): _____

SPECIAL REQUESTS: _____

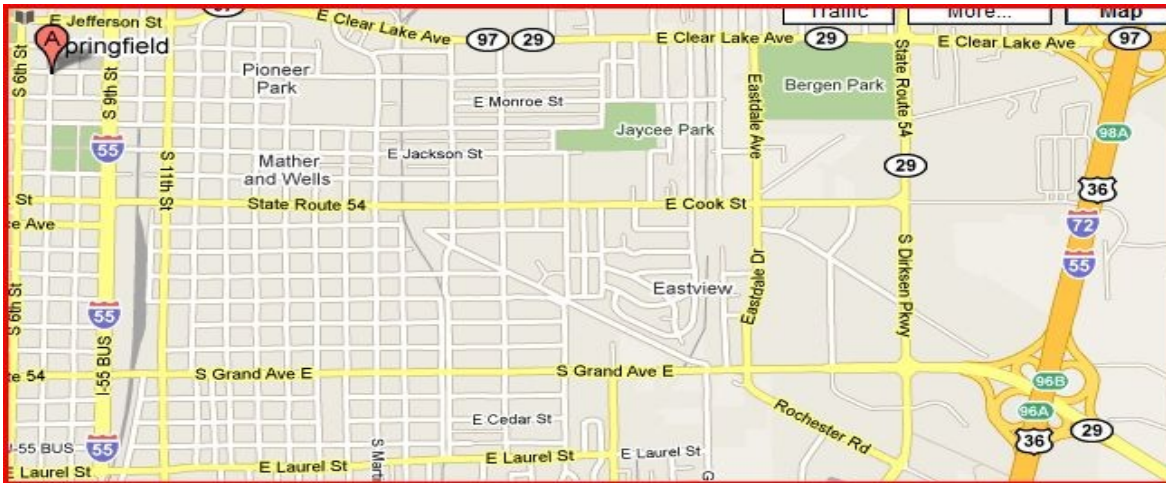
*Alateens must bring completed Convention Permission Slip available from Alateen Meetings or Sponsors

To sit together, register together Banquet seating 8 per table No refunds after 9/17/10

Mail checks and registration forms to: 2010 AFG Convention, P.O. Box 1743, Mt. Vernon, IL 62864

REGISTRATION	<input type="checkbox"/> AFG	<input type="checkbox"/> AA
<i>Postmarked by 9/17/10</i>	\$25.00	_____
<i>After 9/17/10 & at the door</i>	\$30.00	_____
ALATEEN*	\$10.00	_____
BANQUET BUFFET	\$34.00	_____
<input type="checkbox"/> VEGETARIAN		
TOTAL ENCLOSED		\$ _____

DIRECTIONS to 2010 Illinois State AFG Convention:



From Chicago and points North:

Take I-55 South (toward St. Louis) 195 miles
Exit 98B IL-97/Clear Lake Ave.
Merge Right (West) onto East Clear Lake Ave, 2.4 miles.
Turn Left (South) onto Business 55/N 9th St. Go 2 blocks.
Turn Right (West) onto East Adams.
Hotel is on the end of the block on your Right.

From Quincy, IL and points West:

Take 172 South toward Hannibal 3 miles.
Merge onto 72 East, 92 miles.
Exit 97B North onto Business 55 /6th Street.
Follow Bs. 55 4.5 miles north (turns Right at Myrtle, left at 9th).
Turn Left (West) on East Adams.
Hotel is on the end of the block on your Right.

From St. Louis, MO and points South:

Take I55 North toward Chicago 89 miles.
Take Business 55/6th Street at exit 92 A-B (on the left at 72 West).
Follow Business 55 4.5 miles north (turns Right at Myrtle, left at 9th).
Turn Left (West) on East Adams.
Hotel is on the end of the block on your Right.

From Indianapolis, IN and points East:

Take I74 West toward Peoria IL 115 miles.
At Exit 235B, take I72 West toward Springfield, IL 79 miles.
Merge onto Clear Lake Road (at I55). Follow 2.5 miles.
Turn Left (South) onto Business 55/N 9th St. Go 2 blocks.
Turn Right (West) onto East Adams.
Hotel is on the end of the block on your Right.
