



**News-O-Gram--Winter 2011**  
**(SIAFG) Southern Illinois Al-Anon Family Groups**  
**Hope and Help for Families of Alcoholics**



**AREA 16 NOW HAS MAILING LISTS FOR MEMBERS TO GET  
 AREA INFORMATION USING YOUR EMAIL ADDRESS.**

You need to subscribe to this list **yourself**. It cannot be done for you.  
 Go to [http://siafg.org/mailman/listinfo/newsogram\\_siafg.org](http://siafg.org/mailman/listinfo/newsogram_siafg.org) (CTRL+click to follow link).  
 Go down to the third highlighted title: **Subscribing to Newsogram**. Fill in the necessary information and **SUBMIT**. It worked for me☺. You probably will want to sign up for other mailing lists as well.

**Area Assembly & Area World Service Committee Meeting**  
**March 5 & 6, 2011**

**St. John's Hospital in Springfield**

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

Saturday, Mar.5th--1:00PM  
**Area World Service Committee Meeting**

Sunday, Mar.6th--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 9<sup>th</sup> 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.

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**Delegate's Report—Marcy M  
 Panel 48**

From Your Delegate

My journey as your Delegate has come to an end. I'm grateful for your support during the past 3 years. It was a journey of service that I will always remember.

As I start my new journey I will need to change my direction, but not my destination.  
 Love in Service  
 Marcy M  
 Panel 48 ILS

**Convention Liaison/Jan T**

*2010 IL State AFG Convention* held October 8<sup>th</sup>-10<sup>th</sup> at the President Abraham Lincoln Hotel in Springfield was a great success. Attendance totaled 202 (172 Al-Anon, 3 Alateen, & 27 AA).

*2011 IL State AFG Convention* will be held October 21-23, 2011 at Eaglewood Resort & Spa in Itasca, IL. Watch NIAFG website for information and updates.

*2012 IL State AFG Convention* - SIAFG Chairperson and Convention Liaison are looking for a host.

Please let one of us know if you are interested in hosting the 2012 convention. The President

Abraham Lincoln Hotel has expressed a desire to be our convention site in 2012.

*2013 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 were reviewed at Convention Resource meeting in December 2010. Guidelines are being updated and will be sent to the 2011 & 2012 convention planning committees for their use in planning these conventions.

I have accepted the Convention Liaison position until the guideline review is complete. However, please continue to give thought to becoming SIAFG's next Convention Liaison. Please feel free to contact me if you have any questions about the position.

Jan Tucker – SIAFG Convention Liaison & Past Delegate  
 105 Susan CT  
 East Peoria, IL 61611  
 Ph: 309-208-5897  
[janimtucker@gmail.com](mailto:janimtucker@gmail.com)

Jan's Report Cont.

Check out upcoming events on the following websites:

[www.siafg.org](http://www.siafg.org) (Southern Illinois Al-Anon Family Groups)

[www.niafg.org](http://www.niafg.org) (Northern Illinois Al-Anon Family Groups)

[www.al-anon.alateen.org/members](http://www.al-anon.alateen.org/members) (World Service Office)

[www.aa.sia.org](http://www.aa.sia.org) (Southern Illinois Alcoholics Anonymous)

[www.aa-nia.org](http://www.aa-nia.org) (Northern Illinois Alcoholics Anonymous)

[www.chicagoaa.org](http://www.chicagoaa.org) (Chicago Alcoholics Anonymous)

[www.aa.org](http://www.aa.org) (Alcoholics Anonymous)



### Treasurer / Rowena A

I want to thank everyone who has helped make 2010 a successful year. I am happy to inform you all that I am going to be your treasurer for another 3 years. I also want to thank everyone for being patient with me this past 3 years. It has been 3 years for me learning to work my program and trusting my HP. I am looking forward to another term in office of service to all of you. In service: Rowena A. Treasurer

DISTRICT	GROUP ID NUMBER	GROUP NAME
11	3948	Mt Zion Born Free
11	40272	Sunday Night Steppers
11	3703	Beginners Al-anon
12	30512054	Morning Al-Anon Grp. AFG
12	66486	Weds night/ Hope for Today
12	3507	TGIF Bondville
12	49550	Blues Buster AFG
12	00503901	Savoy Parents of Alcoholics
13	3980	Richland Co.
14	3482	O'Fallon AFG
18	53628	AFG
18	0003451	Monday Nite Elm St
18	26501	Monday Night Serenity Group District 18
18	3451	Mon. Night Elm Street
18	30528380	Thursday Night Al-Anon Edwardsville
18	26399	Alton Wednesday Night Sunshine Group
18	3811	New Life Al-Anon Granite City
18	3491	Bethalto Wed. Morning
18		Highland AFG
18	3812	Monday Morning Open Door
19	42664	Wednesday Butterfly Al-Anon

10A	30160	Sunday Night Hilltop
10A	35525	Thursday AMAFG
10A	0004022	Wednesday Morning Glories
10A	0004020	Monday Hilltop Al-Anon
10A	004023	A New Beginning AFG
10A	24161	Monday Morning Al-Anon Group
10B	99739	District 10B
10B	25455	Serenity Seekers
10B	61609	Al anon Sunday
10B	3493	Monday am AFG



### Forum/Literature Coordinator/

Literature & Forum Report – Mary S.  
Current contact

### FORUM-

Illinois has 477 groups with 846 Forum subscriptions. We have had a 23% increase in subscriptions during the last year. Please poll members of your groups for those who have subscriptions and encourage the others to subscribe.

Please submit articles for *The Forum*. Forms are located on the members Web site or you may submit on the Web site.

### LITERATURE-

**Tracing Our Growth** (working title) – This book explores the recovery lessons of the past 60 years of our fellowships history. It is scheduled to be ready by April's World Service Conference. If on schedule it will be available to the fellowship after the Conference.

**Legacy Workbook** – The book was given conceptual approval at this year's Conference, and will include sharings submitted on the Legacy blogs. You are **encouraged to submit** stories on our Member's Web site ([www.al-anon.alateen.org/members](http://www.al-anon.alateen.org/members)) for your blogs. They hope to have the book ready by July 2013 for the International Convention in Vancouver, British Columbia.

**Al-Anon/Alateen Service Manual** – The group services department has mailed out the 2010-2013 manuals in November.

Please check [siafg.org](http://siafg.org) Web site for new additions to the literature link. You will find two CAL Quizes written in power point and an Al-Anon Bingo game that can be used in meetings.



### **Alternate Delegate/Lyri M**

I am your new Alternate Delegate. One of my responsibilities is to process paperwork for Alateen Groups and Alateen Sponsors. I am still new to these responsibilities, but I do welcome any questions or problems and I will do my best to find the solutions. I can be reached directly at [LyriLee63@netscape.com](mailto:LyriLee63@netscape.com) or 618-235-1254.

I am also facilitating the new workshops at our area assemblies. In July of last year our Group Representatives voted to replace the action committees with workshops, in a move to make our assemblies both more meaningful, fun, and useful to our membership. Our March workshop on Sunday, March 6th “FUNdamentals of Healthy Meetings” will be provided by Brenda F. of District 18. The workshop is free with your \$3 assembly registration. Consider inviting members of your district or group(s) who might be interested in this topic—or bring a sponsee. It is sure to be both delightful and informative. I welcome ideas for future workshop topics and am especially interested in **volunteers** to lead workshops.

### **News-O-Gram Coordinator/Rita**

Alberta has asked if I would be willing to continue in my position as News-O-Gram coordinator for another three-year term. Most of the time I am “willing”, but sometimes I wonder about “able”. We are in the process of having at least one person from every group subscribe to the News-O-Gram list by email. The “how to” is posted on page one of this edition. Come to the Assembly March 6 and hopefully we (Sara) will be able to answer your questions.



### **Ways and Means Coordinator/ Kathy H & Ruthanne A**

We received a free sample of the tote we agreed at area would be our next fundraiser and it looks very nice.

. Our concern is we still have about 225 of the pen/markers to sell. We may have 50 of them sold, but that is not final. I plan on selling some at the Blm-Normal Serenity Day 2/26/2011. We have been



getting feedback about whether we need to have the pen/markers sold before ordering the next item we are working on it and hope to have answers by area in March. Any suggestions you have for me would be greatly appreciated.

### **Public Outreach Coordinator/ Cindy P**

I want to express a Thank-you to the Dr Phil show in December. He had an intervention on his show, and after his show they gave the Al-Anon toll free number for the WSO. In our area I’m pleased to announce that the Highland group did get one phone call from the message he was trying to send to the public. Public outreach does work-- it just take time for the message to get to the people in need. Sometimes we have to hear something several times before the light bulb goes on. Don’t give up if you meetings have been small lately. Keep carrying the message until the newcomer hears you and they keep coming back. We all did. Where would we be if no one had been here when we needed the help? Thanks to all the groups that have ordered and delivered the Al-Anon Faces Alcoholism 2011. The second printing of the 2011 issue can be ordered until February 9, 2011. Keep carrying the message to the public and to professionals.



### **District Reports**

#### **District 10A/Mary S**

The Peoria Alateen groups now have six sponsors. The Monday Alateen Anony”Moose” group had a group conscience and decided to limit the group to High School and Middle School students. They also decided that they wanted the sponsors to attend for a month at a time instead of rotating weekly for maintaining continuity. Attendance has been good.

On October 3<sup>rd</sup> the District elections were held. There are three major positions that still need to be filled, District Representative, Alternate District Representative, and Secretary. I encourage the District 10A Group Representatives to discuss these positions at your meetings and encourage yourself or others in serving at the District level.

We have had two Public Outreach projects. Lynne W. and Rowena A. sent a letter, bookmark, and a copy of *Al-Anon Faces Alcoholism* to fifty physicians. Cindy S. and Mary S. attended Proctor Hospital’s Walk for Recovery and manned a table with the pamphlet *This is Al-Anon*, P32, the new Public Outreach bookmark, M76, and current meeting lists. Those not distributed were given to the Proctor Community Educator.

We also gave her a copy of the Al-Anon poster for each of the counselor's offices.

On Monday, Dec 6<sup>th</sup>, the District had a Holiday Party. Those attending have the opportunity to participate in a raffle. The group will decide how to distribute the moneys collected by buying *Opening Our Hearts and Transforming Our Losses* o eight Public Libraries in the Peoria area. The rest of the moneys were used to purchase free CAL pamphlets and new comer's packet for the Hilltop location. That is the only location that has Conference Approved Literature available to the public.

### **District 11/Jackie L**

District 11 is busy planning a 12 Step Workshop. Our featured speaker will be Kathy H. from Cincinnati, OH. The workshop will be held on Friday night, April 29 and Saturday, April 30.

Friday night, registration will be from 6:30 – 7:00. The first session will be from 7:00 – 9:00. There will be a dessert bar after the session. Registration on Saturday morning will be from 8:00 am – 9:00 am. A continental breakfast and lunch will be served on Saturday. The cost is \$10 to attend Friday night only; \$20 to attend Saturday only; and \$25 to attend both Friday night and Saturday.

Call Betsy C at 217-898-7670 or Jackie L at 217-521-1482 for more information. Contact Jackie L with email questions at [lawtonj01@comcast.net](mailto:lawtonj01@comcast.net)

Send registrations to:

Helen Brewington  
2311 W. Hunt Street  
Decatur, IL 62526

Last fall, 3 members from District 11 spoke to a counseling class at UIS to discuss Al-Anon. We are hopeful that we will be invited back in the future to let prospective counselors know about Al-Anon and how it helps families of alcoholics.

On the third Wednesday of each month we continue to go to the local treatment center's Family Night to talk about Al-

Anon. In the fall, we distributed 100 copies of Al-Anon Faces Alcoholism with District 11 meeting lists in each booklet to agencies in Decatur. We have plans to distribute 200 copies of the next edition.

### **District 14/Lyri M**

District 14 held a yard sale to raise money for scholarships to the Illinois State AFG convention. At our September district meeting, our group representatives voted to award scholarships for registration to all 6 Al-Anon members who requested them. Our district had about 25 people (1/8 of the total attendance at the State Convention).

We also voted in new officers at our July and September meetings.

Our next district meeting will be Tuesday November 16<sup>th</sup>. At that meeting we will begin planning for a spring workshop. Be watching for more information on District 14 Spring Workshop!

### **District 18/Mary Beth S**

Hi everyone, it's been a great past few months. District is doing well with the exception of all groups expressing low attendance, which in turn makes donations smaller. We just want to encourage all groups to do public outreach and when you get a newcomer or visitor, make them welcome, provide what you think they can handle at the time and as a suggestion, appoint someone to each of your meetings to be designated to get that newcomers phone number and make contact with them during the week in case they have questions. All groups have their own autonomy, so please develop a system from your group conscience and make sure all home group members know what your group is doing to attract and keep members.

We initiated a bottle for each group to set out to put spare change in to help keep providing "FREE", yes **your heard correctly "FREE"** subscriptions to the FORUM. Just submit names to the FORUM Coordinator and every time we reach \$11.00 another subscription is sent into our FORUM. It's not on a financial need basis either. Anyone needing or wanting a subscription may apply. For quite some time we were having items donated and just the attendees at District were putting the money in and paying for the subscriptions, but with the bottles, more people within the District get a chance to provide the FREE subscriptions. **DON'T FORGET, THE FORUM NEEDS YOUR SHARINGS.**

Peg B., our Public Outreach Coordinator, brought 150 packets that go to professionals within our

District. The information is sent to those people who can introduce Al-Anon to families in need. Maggie & Val were working on testimonies to go into the newspapers with our meeting schedules.

Our Fall Festival was held on November 13<sup>th</sup> at the St. John's United Church of Christ in Granite City. The room was packed and the God presentation was phenomenal. The God presentation was written by none other than our own Valara S. and many people expressed that they would like to have it presented to their groups. If you've never heard it, it will knock your socks off. It is very powerful and wonderful. Also it leaves you wondering, "*Am I truly praying for God's will or am I just mouthing the Serenity Prayer.*" Everyone enjoyed themselves. We had lots of baskets to raffle off. The 50/50 was won by a newcomer and her family. After expenses, the Fall Festival netted \$400.00 with \$300.00 staying to help us try and reach our prudent reserve. \$50.00 was sent to Area Assembly and WSO.

We decided to hold our Christmas Finger Food Fellowship immediately after the January 16<sup>th</sup>, 2011 meeting at the First Christian Church, 310 S. Main St., Edwardsville, IL 62025; 2-4 PM. We meet every third Sunday, unless switched due to holidays. Come and visit us. We'd be happy to see you.

As a reminder, we will have our Annual Health Fair for the Collinsville Middle School, Tuesday, March 15<sup>th</sup>, 2011 for 950 students.

Also a reminder: Groups start thinking and planning and making "**LOVE TOKENS**" for our Delegate to take with her in April to the World Service Conference in Virginia Beach, VA.

# March Assembly Workshop: **FUNdamentals of Healthy Meetings**



Presented by Brenda F., Edwardsville,



IL

**Sunday, March 6<sup>th</sup>,**

**2011**

**OPEN to ALL Al-Anon Members**

**FREE with Assembly Registration.**

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## **Spring into Recovery** **District 14 Al-Anon Spring Workshop**

**Where: Saturday, April 9, 2011**

**Where: 120 North 3<sup>rd</sup> St., Belleville (623 Club)**

Registration 12:30 p.m.

Workshop 1:00 - 4:00

p.m.

Refreshments provided

Suggested registration \$5



For more information:

**Karen D., 618-806-5939, [kdisckson50@sbcglobal.net](mailto:kdisckson50@sbcglobal.net) or Patti S., 618-567-7025, [pswank@highlandcusd5.org](mailto:pswank@highlandcusd5.org)**

# ATTENTION AL-ANON MEMBERS

## \*\*\*IMPORTANT INFORMATION\*\*\*

The Area Assembly has decided to have a subscription list from which members will receive their **News-O-Gram and SIAFG Minutes via e-mail**. The decision came about due to rising costs of printing and mailing (approx. \$1,000/year). It is important that every group get this information.

### Continue to Receive the Al-Anon Message

Fill out Choice 1 --OR--Choice 2

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#### Choice 1

EMAIL:

**(Preferred Method)**

Email Address: \_\_\_\_\_

**Name,group and telephone #** \_\_\_\_\_

Options: free email (hotmail, gmail, yahoo), an email buddy who will receive a copy and print it for your group, **No computer?—NO PROBLEM—GO TO YOUR PUBLIC LIBRARY.**

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--OR--

#### Choice 2

MAILING ADDRESS: \_\_\_\_\_

**(Not the Preferred Method)**

\_\_\_\_\_  
\_\_\_\_\_

**Name,group and telephone #** \_\_\_\_\_

Thank you for your consideration on this matter.

Send this information to Area Group Records Coordinator: Mary S, 608 W. Teton, Peoria, IL 61614-2047 Phone 309-691-7073. [m-sutton@att.net](mailto:m-sutton@att.net)