



**News-O-Gram**

**Fall 2011**

**(SIAFG) Southern Illinois Al-Anon Family Groups  
Hope and Help for Families of Alcoholics**

**Area Assembly & Area World Service Committee Meetings**

**NEW LOCATIONS FOR NOVEMBER**

**Area World Service Committee Meeting**

**1:00 pm, Saturday, Nov. 5<sup>th</sup> 2011**

**Holiday Inn, 222 Potomac Blvd., Mt. Vernon, IL 62864**

Directions: from I-64 East/I-57 South, take exit 95 IL-15 toward Mt. Vernon/Ashley; turn Right on IL-15/Broadway, first Right is Potomac.



**Area Assembly Meeting**

**9:00 am, Sunday, November 6<sup>th</sup>, 2011**

**St. Mary's Good Samaritan Regional Health Center**

**605 North 12th Street, Mt. Vernon, IL 62864**

Directions: from I-64 East/I-57 South, take exit 95 IL-15 toward Mt. Vernon/Ashley; turn Left on IL-15/Broadway; turn Left on North 12<sup>th</sup>. Hospital is on your Left.

**Lodging:**

Holiday Inn, 222 Potomac Blvd., 800-243-7171 or 618-244-7100

Hampton Inn, 221 Potomac Blvd., 618-244-23223

Fairfield Inn & Suites, 217 Potomac Blvd, 866-204-7533 or 618-244-2300

Drury Inn, 145 N. 44<sup>th</sup>, 618-244-4550

--And more via internet—Mt. Vernon lodging

Room number information TBA

Any Questions: call Alberta W. at 618-317-1586



## Delegate's Report—Cathy B

First, I want to thank everyone for your participation at the Area Assembly meeting in July 2011. Lot's to say and do but so little time! So I just want to clarify some information that I passed along during the meeting.

Let's start with expanding on exactly what AFG (Al-Anon Family Groups) is. There is a difference between Al-Anon, the organization, which Lois incorporated as Al-Anon Family Group Headquarters, Inc. in 1954; and Al-Anon Family Groups, the fellowship.

Al-Anon Family Group Headquarters, Inc. the organization.

- Exists in the eyes of the law – the Board of Trustees is legally responsible for AFG, Inc.
- Has tax exempt status.
- Is the legal arm – protects our logo, our copyrights, our trademarks (name).
- Conducts the business of Al-Anon.
- Has a governance document the By-Laws of the corporation, which is amended by the Board of Trustees.
- Recognizes the World Service Conference as the ultimate traditional authority.

Al-Anon Family Groups, the fellowship

- Doesn't exist in the eyes of the law.
- Doesn't have tax exempt status.
- Is the traditional arm – provides meetings and service structure.
- Provides support for individual members.
- Has a governance document, the World Service Conference Charter, which is amended by the World Service Conference.
- Recognizes the Board of Trustees as the chief service arm of the Conference.

I also want to clarify my statements regarding dual members in service work. Tradition Six specifically states that Al-Anon is a separate entity. Therefore, in keeping with this Tradition, there can be no combining, joining, or uniting, which would result in



## Alternate Delegate's Report—Lyri M

Thank you to everyone who attended our second assembly workshop: the Colorful Concepts. Comments were very positive regarding our colorful speaker, Joe O. of St. Louis, MO and the concepts handout. I had planned some interactive games to give everyone a chance to participate, but unfortunately we ran out of time. Maybe we can play the games if we revisit the concepts in a future workshop.

One of the suggestions was to hold the workshop earlier in the day, to give us all some positive tools to use during our meeting. We are going to move the November workshop up in the agenda to about **10:00 am**.

loss of identity for either fellowship. Al-Anon acknowledges with gratitude the spiritual cooperation between Al-Anon and A.A. The current policy, from the *2010-2013 Al-Anon/Alateen Service Manual*, "Digest of Al-Anon and Alateen Policies" section, "Dual Membership in Al-Anon/Alateen and A.A.," pgs. 78-79, defines this relationship. There has been a lot of misunderstanding and confusion regarding the policy. There are members who believe that dual members cannot hold any service position in Al-Anon. The Thought Force concentrated on ways that dual members can serve Al-Anon. Dual members can:

- Serve on event committees in the Area, district, group, and AIS based on Area/local policies.
- Assist in Public Outreach service at the Area, district, group, and AIS.
- Support fellowship communications via service arm Web sites and newsletters.
- Attend to the technology needs of the Area, district, group, and AIS.
- Become certified as an Al-Anon Member Involved in Alateen Service (AMIAS). This means they must meet the Area's guidelines in order to become certified.
- Submit sharings for WSO publications, including *The Forum*.
- Support strategic planning in the Area, district, group, and AIS by serving on Thought Forces / Task Forces, or other committees.
- Serve as liaison to the local A.A. fellowship.

Bottom line: Dual members cannot hold any position that could lead to membership in the World Service Conference (WSC).

If you have any questions, anytime, please, feel free to contact me by email or by phone. My email address is: [cathy.blakey@yahoo.com](mailto:cathy.blakey@yahoo.com), and my cell phone number is: 217-377-0140.

Our November workshop will be on **Loving the Traditions and Applying Their Principles in Our Recovery**. If you've never been to a traditions workshop (or even if you have), I highly recommend planning to attend this workshop. The traditions are extremely useful tools in all of our relationships (home, work, play), not just within our meetings. Susan is planning a fun, interactive workshop that will give us all a chance to participate. She promises it will be a **great time**--so plan to bring your friends and sponsees--and please get the word out to all of your meetings. The workshop will be (around) **10:00 am, Sunday, November 6th, at the St. Mary's Good Samaritan Regional Health Center in Mt. Vernon, IL.**

Rumor has it our Spring workshop will be on Sponsorship . . . more to come!



### **Ways and Means—Kathy H/Ruthanne A**

All “Think” pen/markers have been sold!

The “Serenity” totes are available and sell for \$2.00.

So far 100 have been sold. (*Photo compliments of Lyri.*)



### **Alateen Coordinator Report—Dottie Y**

\*AV-31 Al-Anon and Alateen’s Role in Family Recovery\*

<http://chat.alateen.net>

<http://www.niafg.org/Doc-Other/Alateen-SponsorESH.pdf>

Since March, I have returned two emails and one phone call from individuals with questions about Alateen: (1) who can be an Alateen Sponsor?; (2) who can attend Alateen meetings? Both questions centered on the involvement of Dual Members (AA & Al-Alateen) service, teenaged AA members attending Alateen meetings; and “teenaged AA members being dropped as a group at an Alateen meeting.”

First, AA members who are active Al-Anon members (p78-79) and meet Area criteria may serve as Alateen Sponsors or Al-Anon Members involved in Alateen service (AMIAS p.66). Emphasis remains on Al-Anon.

Second, Alateen meetings are closed meetings (p.36). Only Alateen certified Sponsors and Alateen members or prospective members may attend (p85). Alateen Tradition 3; Anyone who believes their life has been affected by someone

else’s drinking; and meets the Alateen group’s guideline (like for age).

Alateen Policy section in the Al-Anon/Alateen Service Manual 2010-2013 pp75-94). The 2003 Alateen Motion is a legal resolution of the Board of Trustees of AFG Inc. and cannot be changed by a WSC motion.

Alateen Tradition 3: The only requirement for membership is that there be a problem of alcoholism in a relative or friend. The teenage relative of alcoholics, when gathered together for mutual aid, may call themselves an Alateen Group provided that, as a group, they have no other affiliation.



### **Archives Coordinator—Fern T**

Reported as a reminder from the *Area Highlights* that as we celebrate Al-Anon 60<sup>th</sup> Anniversary and have Area groups document any local celebrations and send all related information to the Area Archives Coordinator.

Also remember how important it is for all groups to take pictures of long time members to be remembered and be a part of our Al-Anon history.



## Treasurer Report—Rowena A

Here it is another four months has past us by. I want to thank all of the groups and districts who have been so faithful in their giving of donation to SIAFG. We really need all groups to be as diligent so we can meet our 2011 budget. I would really like to challenge all groups to participate. Thanks again for letting me be of service to you all.

### Groups Who gave Second Term

| DISTRIC | GROUP   |           |                                  |
|---------|---------|-----------|----------------------------------|
|         | T       | ID NUMBER | GROUP NAME                       |
| 11      | 3948    |           | Mt Zion Born Free                |
| 11      | 40272   |           | Sunday Night Steppers            |
| 11      | 3703    |           | Beginners Al-anon                |
| 12      | 3909    |           | Tuesday Al-anon Family Group     |
| 13      | 3741    |           | Effingham Co. Al anon Group      |
| 14      | 503171  |           | Discovering Freedom AFG          |
| 14      | 60839   |           | Powerless Rangers                |
| 14      |         |           | District 14 AFG                  |
| 18      | 26501   |           | Monday Night Serenity Group      |
| 18      |         |           | District 18                      |
| 18      | 3451    |           | Mon. Night Elm Street            |
| 18      | 3811    |           | New Life Al-Anon Granite City    |
| 18      | 26501   |           | Monday Night Serenity Group      |
| 18      | 3491    |           | Bethalto Wed. Morning            |
| 18      | 3812    |           | Monday Morning open Door         |
| 19      | 42664   |           | Wednesday Butterfly Al-Anon      |
| 10A     | 35525   |           | Thursday AMAFG                   |
| 10A     | 0004022 |           | Wednesday Morning Glories        |
| 10A     | 0004020 |           | Monday Hilltop Al-Anon           |
| 10A     | 004023  |           | A New Beginning AFG              |
| 10B     | 99739   |           | District 10B                     |
| 10B     | 3495    |           | Tuesday Fellowship               |
| 10B     | 3493    |           | Monday am AFG                    |
|         | 3050890 |           |                                  |
| 10B     | 5       |           | Thursday Afternoon Sanctuary AFG |



## Group Records Secretary—Mary S

I would like to thank all of the District Representatives, Group Representatives and contact people who have help coordinate the WSO (World Service Office), SIAFG (Southern Illinois Al-Anon Family Groups), and District records. I'm not done and with the continued help by these people we can now check for errors on my part and those missed. I'm still working with WSO trying to get name

spellings, and CMA's (Current Mailing Addresses) corrected. My next project is to update the SIAFG website.

World Service Office is requesting that we use AFG (Al-Anon Family Groups) in the names of our meetings. Two reasons for this change: 1. It will be a uniform identification for those looking for an Al-Anon meeting; 2. To protect the anonymity of the person or group listed in the CMA (Current Mailing Address). WSO has changed a lot of the names with Al-Anon to AFG. When creating a new name the system will not allow Al-Anon to be included, only AFG.

District 20 is a work in progress. I have leads and contacts for a group in Macomb and Canton. Nothing final yet but am closer than I was in March. I will continue to work on this.

GR1 Form – Please note that the CMA (Current Mailing Address) and GR may be different. The CMA is very important for WSO to send information and *The Forum* to the groups. When mail is returned the group goes on a NO MAIL list until corrected. If it is different from the GR, the GR must get the information from the CMA.

After discussing an e-mail address for (Southern Illinois Al-Anon Family Groups) SIAFG Group Records Secretary, it was decided that after Mary S. checks the terms and conditions for a free e-mail account she has the authority to create an account. Rationale: This would be a constant address and as people rotate the Group Records Secretary position, districts and groups would have continued contact with the Group Records Secretary. The e-mail created is [siafggrprec@gmail.com](mailto:siafggrprec@gmail.com).

### KEEPING IT SIMPLE

**Any and all changes to a group's record** (ex. new group representative, new current mailing address, change in location or time of meeting etc.) **will be taken care of at the AREA LEVEL.**

Send changes to  
[siafggrprec@gmail.com](mailto:siafggrprec@gmail.com)

or

Mary Sutton  
608 W. Teton Dr.  
Peoria, IL 61616-2047  
phone: H 309-691-7073 C 309-635-3867

This e-mail is new.  
[m.sutton608@yahoo.com](mailto:m.sutton608@yahoo.com)

**DO NOT SEND CHANGES TO  
WSO IN NORFOLK VA.**



## Forum/Literature Coordinator—JoEllyn P Literature

Hi Al-Anon friends. I am your new Forum/Literature Coordinator person. When I first came into Al-Anon, I read all the literature I could get my hands on. It slowed way down when I had my children. Now my oldest son is an adult and my youngest is only two years away. It takes me longer to read the Al-Anon literature. I tend not to stay awake very long when I sit down to read, but I keep at it. I have loved reading the new book Many Voices One Journey. I love learning about the history of Al-Anon. It has helped me identify choices that the early members made that are good choices for me. The first chapter on alcoholism and isolation 1925-1950 really made me think. The questions after each section are great meeting topics. I have felt isolated for as long as I can remember until I came into Al-Anon. I still struggle with it. I really liked how Lois shared how she and the early members used to travel long distances to go to other meetings. I've made a decision to widen my circle, so my isolation will continue to decrease. Happy reading!

### Forum

In the new book Many Voices One Journey it shares about the history of our Forum. Did you know the A.A's monthly magazine, the A.A. Grapevine, had 38 articles about family recovery between 1945 and 1950? Different family members shared their experiences of family recovery. It even had thoughts from children of what A.A meant to them. "The San Francisco Family Club Chronicle" was founded and edited by Ruth G. and met a need for Al-Anon family group members as a national magazine. The magazine was renamed "The Family Forum" in 1951. It was instrumental in uniting families in recovery. Connecting with Al-Anon members is what attracted me to Al-Anon. Our magazine, "The Forum", is what has connected family members world wide and still does!

## News-O-Gram Coordinator—Rita

I have tried keeping the snail mail version of the News-O-Gram condensed so that we could do the mailings without having to pay extra postage. Use of clipart was also limited. We have the Convention Registration Form and the Workshop Flyer which we are asked to distribute at our meetings.

It would be nice to have more district reports so that we can learn from one another. Personal writings about how Al-Anon works for you would also be nice. As I always say, "The News-O-Gram is only as good as the material you send me." Don't get me

wrong, I am very pleased with this issue. Just offering a few suggestions to make it better.

If you are curious enough to check out the News-O-Gram on-line, you will see the issue in all its colorful glory and at the same time you will find out how easy it is to get on the computer and make the News-O-Gram available to your meeting.

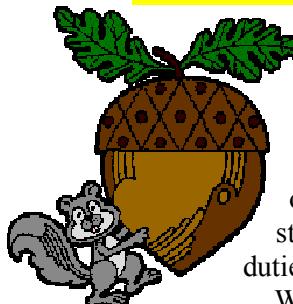
## Public Outreach Coordinator—Cindy P

The holiday season is almost here. This can be a very difficult for families affected by a problem drinker. This is the time when we at Al-Anon have the opportunity to let those who need us know how to find us.

- Has your district or group updated contact information in local newspapers?
- Is your list of answering service phone contacts update and ready for calls over the Holidays?
- Have the groups in your district or on an individual basis decided how to handle meeting during the holidays? If a meeting is cancelled, will the information be posted on our Area Website?
- Has your district or group ordered the Alcoholism Faces Al-Anon 2012? This tool can help the professional community to direct someone in need to Al-Anon.

The purpose of Public Outreach is to carry the Al-Anon message to the public and to professionals. Carrying the message is essential to attracting new members. "Let it begin with me."

## District Reports



### District 10A Report – Ruthanne A

As the acting Dist 10A Rep, our June meeting was held on the 6<sup>th</sup>. Shawna R. has stepped forward to take on the duties of the Recording Secretary.

We still have open positions for the District Rep and the Alternate District Rep. Jan T. will lead our Oct. meeting.

Our Alateen group is doing very well. There are 6 sponsors available to rotate service and attendance is the highest it has been for quite a few years with as many as 18 teens taking part in meetings over the last few months. They have a policy that if a teen attends 5 meetings they will receive a free program book.

Our new Public Outreach volunteer as plans to distribute the 2012 Al-Anon Faces Alcoholism to a number of hospitals and other treatment centers, as well as schools. She has also had a request for copies of the daily readers for a hospital library.

A new meeting has started in Washington, IL. It meets at the Washington Christian Church at 1020 Main Street on Tuesdays at 1:00PM. They have decided to be a book study meeting starting with How Al-Anon Works. We are promoting this meeting throughout the District.

### **District 10B Report—Kathy H**

We had a meeting on August 25, 2011. Group Rep Paula M. is also our Community Outreach person and is doing an excellent job of getting CAL out to various sources. The soft cover "How Al-Anon Works" is a fast seller.

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### **District 14 Report—Lyri M**

District 14 will be conducting a 6-week series of beginner's meetings at &:30 pm Wednesdays from September 14th through October 19th. The meetings will be held at the O'Fallon Trailer, 108 Carbon Hill Road, O'Fallon, IL All Al-anon members are welcome and encouraged to attend. The district voted to use some funds donated by Marcy M. to purchase the new \$5 paperback books *How Al-Anon Works* for the beginner's meeting. We are planning to put a label in memory of Marcy in each book. We are hoping that this beginner's meeting will be successful enough to become an ongoing series.

At our September District meeting we will have a brunch hosted by the TGIF and Progress Not Perfection groups. We will discuss our participation in the annual AA Alkathon held between Christmas Eve and New Year's Day in Belleville, and our second annual spring workshop.

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### **District 18 Report—Marybeth G.S.**

Hi everyone,

District #18 recently hosted a 60<sup>th</sup> An-Anon Birthday Celebration for our annual Spring/Summer fund raiser. Susan R. chaired along with Maggie R. as co-chair. Attendance was high and we all enjoyed ourselves. Joyce N. spoke about how she has been serving as literature person and Cathy Jo H. explained her service position as archive coordinator. Both positions along with answering service position are open at this time. We had an Al-Anon Birthday Hat Contest with approximately 12 entries. Paralea R. was asked to head up the contest. She made an elaborate Birthday Cake Hat with a slogan, tool, or excerpt from an Al-Anon pamphlet or book written on all sixty candles. She requested that her hat be excluded from the contest. Everyone participating told the group why they designed/decorated their hat the way they did. All in attendance voted for the hat they liked best. Thanks go to Susan for heading the festivities and to all who helped in a variety of capacities, donated items, brought food for the potluck, beautiful baskets for the raffle, and supported the 50/50 drawing. We received lots of donated items and a good amount of money was made for the District. The money helps keep our District running including our Answering Service. Thank you everyone for your support of District #18.

In July, Joyce reported that we had an all time high of \$1,000.00 of books and literature that was sold. Continue to call and e-mail Joyce for your literature and book(s) that you need for your group. District defrays the postage to sell everything at purchased price. Reminder to everyone of the paperback book, How Al-Anon Works, which is considered as Al-Anon's "Big Book" is still available for \$5.00, so get them while they are available.

As summer ends and fall begins we are looking for a group and or groups or an individual who would want to chair our Fall Festival which is our Fall/Winter fund raiser. Any takers contact District Representative, MaryBeth G. S. (618) 344-5592 or [lgd\\_odat\\_mbs@sbcglobal.net](mailto:lgd_odat_mbs@sbcglobal.net).

Thanks to everyone in our District for your continual service work.

I'd like to also say Thank You to our World Service Office (WSO) for making our basic text in How Al-Anon Works available at such a reduced cost so that people can grow from the experience, strength and hope of those who contributed to the book and for the WSO for their continued support to all of us as recovering individuals.

We have a new group forming who are using How Al-Anon Works as a book study group. It meets on Wednesdays, 7:30-8:30 p.m. and it's called "The Fundamentals of Recovery AFG" in Edwardsville, Illinois.

### **The Al-Anon Declaration**

**When anyone anywhere reaches out for help,  
Let the hand of Al-Anon and Alateen always be there.  
And Let it begin with me.**

*Please distribute!*



# Loving the Traditions

*Applying Their Principles in Recovery*

An interactive workshop by Susan R., District  
18

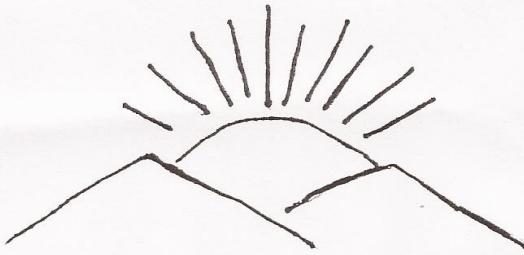
**WHEN:** ~10am, Sunday, Nov. 6<sup>th</sup>, 2011

**WHERE:** Good Samaritan  
Regional Health Center,  
605 N. 12<sup>th</sup>, Mt. Vernon, IL 62864

*Workshop is FREE with \$3*

*Assembly Registration*

**Invite all of your friends!**



**ALATEEN**  
**for young people affected by alcoholism**  
**is now meeting weekly in Carbondale**  
**every Sunday at 7 pm**

**Newcomers are always welcome.**

- Have you been hurt or embarrassed by a drinker's behavior?
- Do you make excuses or cover up for problems caused by the drinking?
- Do you think that if the drinker stopped drinking, your other problems would be okay?

If your answer to any of these questions is yes, Alateen may be able to help you. Alateen, part of the Al-Anon Family Groups, is a fellowship of young people whose lives have been affected by alcoholism in a family member or close friend. You are welcome to join us.

**ALATEEN Meeting**  
**St. Francis Xavier Church**  
**corner of Walnut and Poplar**  
**Annex Building off the Walnut Street parking lot**

**Sundays, 7:00-8:00 pm**  
**Al-Anon meeting next door (Room A) at same time**

For more information, call Steve: 618-457-7984

# The Harvest of Serenity



To reserve your room  
call 877-285-6150 today!

- Mention "Illinois AFG State Convention" for discount rate
- \$99 plus tax per room (up to 4 people per room)
- Deposit not required - payment due upon check out

**Discount room rate only available until 9/30/11**

Eaglewood Resort & Spa  
1401 Nordic Road  
Itasca, IL 60143  
[www.eaglewoodresort.com](http://www.eaglewoodresort.com)

## CONVENTION WARE



Convention mugs, t-shirts and bags are available to pre-order – go to [nialfg.org](http://nialfg.org) and click on the Harvest tree logo.

## 2011 Illinois AFG State Convention

October 21-23, 2011  
Eaglewood Resort & Spa, Itasca, IL

Great Fun • Great Fellowship • Great Speakers  
Al-Anonathons • Alcathons • Alateen Meetings  
Al-Anon and AA Panels • Polish Meetings  
Banquet • Countdown • Dancing

### Speakers

Al-Anon  
Friday: Aaron J., Charlotte, NC  
Saturday: Rick J., Oakville, Ontario  
Sunday: Dawn C., Chicago, IL  
  
AA  
Friday: Hugh K., Mt. Prospect, IL  
Saturday: Bob B., Minneapolis, MN  
  
Alateen  
Friday: Kelsey J., Algonquin, IL

### Meeting Topics

Newcomers: Planting the Seeds  
Digging in and Working the Steps  
Seasons of Change  
Meditation: Weeding Out Anxiety  
Intertwining Traditions and Relationships  
Harvesting Serenity

Visit our website for updates:  
Go to [nialfg.org](http://nialfg.org) and click on the Harvest tree logo!

### REGISTER EARLY AND SAVE!

|                                    |                 |
|------------------------------------|-----------------|
| Early Registration                 | \$20 per person |
| After 9/21/11                      | \$25 per person |
| Banquet                            | \$33 per person |
| Alateen Registration & Pizza Party | Free*           |

\*Alateens must register for the Convention and bring a signed, notarized Parental Consent form. Forms are available from Alateen Sponsors or on the Convention website.

## 2011 Illinois AFG State Convention Registration Form

One registration form per person (Please print clearly)

Name: \_\_\_\_\_

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

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email (for online updates): \_\_\_\_\_

Special Requests: \_\_\_\_\_

- Hearing impaired, request a signer.  
 YES, I WILL HELP OUT AT THE CONVENTION!  
 I AM WILLING TO LEAD A MEETING.

### Registration

AFG    AA    ALATEEN (Alateens are Free Admission) \*

Early Registration      \$20.00 \_\_\_\_\_

After 9/21/11 (& at the door)      \$25.00 \_\_\_\_\_

Alateen (Includes Pizza Party Sat. Night) \*      FREE \_\_\_\_\_

Banquet Buffet (Deadline: 10/12/11) \*\*      \$33.00 \_\_\_\_\_

Beef    Chicken

Fish    Special dietary needs \_\_\_\_\_

TOTAL ENCLOSED      \$ \_\_\_\_\_

Mail registration forms & checks to:

2011 IL AFG  
State Convention,  
PO Box 68806,  
Schaumburg, IL 60168

Make checks payable to:  
2011 IL AFG  
State Convention

\*\* If you wish to sit together at the banquet, please mail your registration forms in the same envelope. Tables seat 10.