

Southern Illinois Area 16 News-O-Gram—Fall



Southern Illinois Al-Anon Family Groups
Area Assembly Meeting
Sunday Oct. 14, 2012
8am – registration
9am – meeting

Area World Service Committee Meeting
Saturday, October 13, 2012
1pm – meeting

Both at Memorial Medical Center
Room B-149
701 N. 1st Street, Springfield, IL

Delegate—Cathy B

Hello everyone. Welcome to the dog days of summer! Can't wait until Fall actually arrives and we 'might' be able to enjoy a smidgen cooler temperatures, and maybe a rain shower or two. Sorry, wishful thinking!

First, I wanted to say a big THANK YOU to Nicole R. for the SIAFG website. Great Job! I encourage all of you to view it first hand and see the fantastic changes and to be ready to voice your comments at the next AWSC and Assembly meetings on October 13 & 14, 2012.

So much more to update you all from the conference, but only a limited amount of time and space available. But don't despair; I have the Conference Summary's I'll be passing out at

Assembly. Anything and everything you wanted to know about what was discussed at Conference will be in the Summary.

One of the questions asked during our last Assembly meeting was you wanted to know more about delegated authority, the "chain of command" (so to speak), and how it relates to the Group Conscience. Please remember this concept within a culture of trust, and it actually starts with the group members. Here is how it works: Group members share their thoughts and opinions; the Group Representative takes it to the District Representative; a Group Representative and/or District Representative takes it to the AWSC and Area Assembly meeting and shares with the Delegate. The Delegate takes it to the World Service Conference. Delegates share and listen at Conference (from Concept 2: "The group Conscience of Al-Anon could not be heard unless properly chosen Conference members were fully trusted to speak for it in most world service matters."). The World Service Conference takes these matters to the Trustees, who are the legal, financial, worldwide public relations, as well as the guardians of the Twelve Traditions (from Concept 6: "Since our Trustees must function like the directors of any large business corporation, they must have ample authority to manage and conduct Al-Anon's business."). From the Trustee's the information then flows to the Executive Committee, who are assigned the administrative functions and considers input from staff and reviews all projects. They report back to the Trustee's; who report back to the World Service Conference; the Delegate brings back the information to Area Assembly; and the District Representatives and Group Representatives take back to the Groups. And the cycle continues ... back and forth ...

Concept One – The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups. This clearly implies that the groups are to be the final authority, and that our leaders are to be entrusted with delegated responsibilities only. The Al-Anon groups today hold the ultimate responsibility and authority for our world services, those special elements of overall service activity that make it possible for our fellowship to function as a whole.

I encourage you to be vocal about anything and everything going on in your groups. That includes the good with the bad. Not everything needs to be bad news ... share your successes as well. We can all learn and grow from each other through effective communications.

Speaking of communications ... You just learned the path which will be used to carry your group conscience, but how do you achieve that group conscience at each point along the path? Stay tuned! At the next assembly meeting, I plan on expanding on this topic. KBDM – A process to reach an informed group conscience.

Looking forward to seeing you in a few short weeks!

Alternate Delegate —Lyri M Alateen Processing Person

We will be addressing our guidelines for Alateen Sponsors at the next assembly: specifically how to process paperwork when there is no acting District Representative to sign the forms. We will also be taking a look at streamlining the Alateen Coordinator and Area Alateen Paperwork Processing positions at the next AWSC and Assembly meetings.

Our next Assembly Workshop will be an Area Inventory. Please complete the inventory BEFORE the assembly, as we will use our workshop time to process our findings in small groups and then report our group findings to the assembly as a whole. There is also an AWSC inventory, which will be emailed to Area officers, coordinators, and DRs before the Saturday AWSC meeting. *As you complete these inventories, keep in mind the charge our Delegate gave us at the June Assembly to "think outside the box" in terms of how we organize our districts and area.*

Looking forward to hearing what everyone has to say and getting new ideas on how to improve our AWSC and Assembly meetings!

Convention Liaison—Jan T

2012 Illinois State AFG Convention "Bloom in Normal" is coming September 28, 29 & 30, 2012 to the Marriott Hotel and Convention Center in Normal, IL. This will be the 38th year for the convention. Meetings are planned for Al-Anon, Alateen (Saturday only) and AA. For latest convention information check SIAFG Website (www.siafg.org), Members' Area, "Upcoming Events", "2012 Illinois State AFG Convention page". Come and enjoy the fellowship and make some new friends along the way. Hope to see you there! Don't forget your basket for the raffle. **2012 Illinois State AFG Convention Resource Committee (CRC) meeting** will be held December 1, 2012 at Marriott Hotel and Convention Center in Normal, IL. This is the 'business meeting' for the Illinois State AFG Convention that facilitates sharing of information between SIAFG and NIAFG. Agenda for this meeting is similar to any other business meeting and includes such things as: minutes from last meeting, treasurers report, Guideline update, etc. **Al-Anon International Convention** will be held in Vancouver, BC July 5-7, 2013. Registration begins this coming September – information will be mailed to groups and posted on the Members' Web site www.al-anon.org/members at that time. **2012 Illinois State AA Conference** is being held August 24-26, 2012 in Springfield at the Hilton Springfield. **AA International Convention** will be held in Atlanta, GA in 2015.

If anyone is interested in becoming SIAFG's next Convention Liaison please let Alberta or me know. If you have any questions about the position, give me a call.

NOTICE from Paula M

The 2012 State AFG Convention Literature Committee needs the help of each AFG in the area.

The literature committee's plan is to make books and pamphlet available for purchase at this year's IL State AFG Convention in Bloomington - Normal September 28-30, 2012. A limited budget has been identified to purchase major titles of Conference Approved Literature, but we would also like to ask individual groups if they would be willing to donate even one or two books that they already have in their inventory (give us your old, your battered

titles long neglected by your own members) for sale at the convention. An extra copy of a book your group has made a special study of, an old title that a few members found beneficial but that no one locally is buying anymore—these are perfect candidates to donate! One group's castoffs may be another member's treasure.

If you have any items you would like to donate, please call one of the Literature Committee members below. Thanks and we look forward to seeing you at the convention !!
Paula (740) 334 – 8169 Megan (309) 212-4278 Julie (309) 452 – 0477

Chair 2012 Illinois State Al-Anon Convention—Kathy H

Volunteers needed to help the 2012 Illinois State Al-Anon Convention. September 28, 29, 30. Begins at 4pm Fri. Ends 12pm Sun. The program is almost ready. The quilt is at the quilter's.

Hospitality treats will be needed.

Chair a meeting/panel

Registration

Greeters

Donations for the raffle and hospitality room

For more info, call 309-828-9682. I'll be glad to explain in more detail a description of the volunteer duties.

Registration forms are available on the Southern Area Website and our local meetings.

Thanks so much for your willingness to help.

Ways and Means—Kathy H & Ruthanne A Researching ideas for an Area fund-raiser. Raffle for October Assembly is 'An Early Christmas' or 'Let's be Thankful'



Condolences to Ruthanne concerning the death of her husband.

Archives Coordinator—Fern T

"Basket Raffle"

Basket Raffle Co-chairs/Jackie L and Helen B

One of the features and Fund Raisers at our AFG Convention is the Basket Raffle. We ask all the groups to pick a theme to do with our program such as: taking care of ourselves, tools, pampering ourselves, enjoying life, just use your imagination and be creative! Add a piece of literature, a list of contents in your basket and your Group name. If you are unable to attend, maybe someone from your district will bring your basket for you.

It is a lot of fun seeing all the different ideas the groups have created. Then comes the time of selecting the baskets we want to take a chance on winning to take home with us. The basket winners can pick up their baskets right after the speakers on Saturday night.

We look forward to seeing you and your baskets in the Basket Raffle Room at the 2012 Illinois State AFG

Convention. Remember to come "Bloom in Normal", September 28-30, 2012 Thank you in advance for participating!

Treasurer—Rowena A

11	Beginners Al-anon
12	Step by Step AFG
12	Tuesday Al-anon Family Group
12	TGIF Bondville
12	Blues Busters AFG
12	New Lease on Life (Savoy)
14	TGIF Bondville
14	District 14 AFG
16	District 16
17	Wednesday Noon Group
18	Troy Joy
18	Monday Night Serenity Group
18	Thursday Night Al-Anon Edwardsville
18	Monday Night Serenity Group
18	Bethalto Wed. Morning
18	Highland AFG
18	Monday Morning open Door
19	Experience Strength & Hope AFG
19	Wednesday Butterfly Al-Anon
10A	Thursday AMAFG
10A	Wednesday Morning Glories AFG

I want to once again thank everyone for your donations this past three months. I want to report that we have established a reserve fund for SIAFG. We are hoping to grow a reserve fund for the future of our Area. The increase for this fund would come from: 1. Contributions/fundraisers (other monies) earmarked for "Reserve Fund. 2. Transferring from checking account the greater amount of either \$300.00 or 10% of the year end checking balance to a separate reserve fund account. I want to thank everyone who helped in this decision making process. Let's keep up the good work we are doing for our Area 16 AFG. Thank you all

Group Records Secretary—Mary S

Update on changes from WSO (World Service Office) and SIAFG (Southern Illinois Al-Anon Family Groups)

Read-only access for District Representatives. As of March 28 WSO allowed the DR's to access and read only their District Al-Anon Group information. If you find errors please contact Mary S. at siafggrprec@gmail.com. A reminder, SIAFG has a policy now that **ALL** changes go through the SIAFG Group Records Secretary. The DR's should have received an e-mail from e-Communities telling you how to become connected. If you have not been notified contact WSO

at wso@al-anon.org and the staff will help you. Put "Group Records" in the subject line. Only about 1/3 of the District Representatives have accessed e-Communities. Let's try to have all District Representatives in Southern Illinois participate.

WSO electronic contact with CMA's (current mailing address) one of the most important pieces of information for WSO and SIAFG is the current mailing address. WSO is now communicating with the CMA's. If your group has a CMA who does not have an e-mail or the CMA is the group meeting place, the group can create a group e-mail address and have someone do service work by bringing communication from WSO or SIAFG back to the group. We have two groups in District 10A that have a group e-mail address.

District 15 UPDATES- I became aware that the meetings in Quincy and Rushville were inactive. The good news is that both cities have new active meetings; Quincy's meets at Blessing Hospital on Monday at 7:00 PM and Rushville's meets at the Nazarene Church on Thursdays at 7:00 PM. Both Jacksonville meetings are still active. Susan P from Rushville contacted me about starting a meeting in Quincy. District 15 needs to be organized with a District Representative or contact person. Rowena A. and I made a road trip to help start their first meeting. They had 12 people at that meeting. I would like to form an adhoc committee of Cathy S., Rowena A. and Cathy B. to create a list of information to be given to new meetings from SIAFG.

The GR-1 form, the Group Records Change Form, is available on the member's website. www.al-non.alateen.org/members. Please remember that the password is the name of your group followed by "afg". Most group names in Southern Illinois end with AFG.

Annual Update Sheet; when your group receives the Annual Update Sheet, please check the information carefully, especially the CMA (Current mailing address.) If you have no changes please notify me at siafggrprec@gmail.com saying Annual Update Sheet NO Changes. If you have several changes contact me through siafggrprec@gmail.com and I will give you my mailing address. I will update WSO and SIAFG records and notify WSO. **WSO wants to verify information annually.**

Public Outreach Coordinator—Cindy P

Hello fellow members: I know it has been a hot – hot summer. My question to you is how **HOT** is your public outreach in your community? What has your district or group been doing to make Al-Anon visible in your community? Think about this for a minute and reflect on what you do to help carry the message. Here are a few suggestions.

- Do the social services, police and community services departments in your town know about Al-Anon? Do they have a meeting list, so they can refer someone in need to a meeting?
- What about the mental health and medical professionals in your town do they have updated list and literature for their referrals?

- Do the substance abuse treatment centers, women's or family shelters have a contact for Al-Anon? Have you left them copies of the Al-Anon Faces Alcoholism?
- Do the school guidance counselor, nurse, teachers, and administrator know about alcoholism as a family disease when a student confides in them? Do they know about Alateen?
- Have you put a meeting list in your local paper?
- Is the local library well stocked with Al-Anon Faces Alcoholism magazines? Are copies of the books Paths to Recovery-Al-Anon's Steps, Traditions and Concepts (B-24) and How Al-Anon Works for Families and Friends of Alcoholics (B-23) on the shelves for patrons to borrow?

Think about your personal commitment to carrying the message of Al-Anon/Alateen in your town we have excellent information on the web. The Best of Public Outreach, is now on on-line which is a great service tool to help reach out to your community. It is available on the Members Web site www.al-anon.org/members it is a collections of how-to-do-it suggestions. Have you directed people to our wonderful updated website at www.siafg.org ? "Let it Begin with me."

See you all this fall – hopefully things will be a lot **cooler!**

Webmaster—Nicole R

Thank you to all for your support in evaluating and updating the new siafg.org website, which was officially launched in mid-July . . . special thanks to Jan T. for her help in reorganizing the site to make it easier to navigate and her communications with WSO and also to Mary S. for her extensive help in bringing all of the meeting information up-to-date.

Viewers will notice that many of the links on the siafg.org site take you directly to part of the WSO site. This way the information is always current, rather than needing to make updates to our own site anytime WSO makes changes to their site. Much of the information on the siafg.org site was provided for an intended audience of the general public. Within the Members' Area, however, is where you will find important information and updates that are useful to you - we hope that you find the new site to be a valuable source of information.

Any meeting changes/updates should continue to be sent to Mary S. Website information, inquiries, etc. should now be sent to the newly-established e-mail address: webmaster@siafg.org. Thank you! Also, when sending flyers or other information for the website, please send them to webmaster@siafg.org in either Microsoft Word or Publisher format, and I will handle converting them for the web - thanks!

District Reports

Dist. 10A

The District continues to rotate past District Representatives to chair District meetings until this position is filled.

A Garage Sale was held on June 1st & 2nd to raise funds for the "Answering Service". It was a resounding success thanks to hardworking volunteers, generous donations of items, and the location (neighborhood sale). We made \$1394.50! Well worth all of the effort.

Public Outreach coordinator Jane P has been instrumental in establishing an "Open Meeting" option for several meetings in the District. This will address an ongoing problem of local college & nursing students being referred to Al-Anon meetings to (Observe). We now have 5 meetings with an Open Meeting option whenever there is a 5th day on the calendar. Literature (Al-Anon Faces Alcoholism) was ordered & distributed to local colleges & hospitals and 400 more copies of "Al-Anon faces Alcoholism have been approved for purchase and distribution in future outreach contacts

The 33rd Annual Women in recovery has invited Al-Anon participation ... we have a representative at the planning meetings. There will be an AA & Al-Anon speaker and district GR's are being asked to refer names of any member 60 or older and with 20 years in program as they will be given an honor

District 14 Report

Members of District 14 have already selected two co-chairs for the December Al-Anon Day at the annual Alkathon in Belleville, which runs from December 24th through January 1st. We are planning Al-Anon meetings, games, and great food all day, with a speaker meeting and potluck in the evening. The exact times and date still to come.

District 14 will also be hosting the Al-Anon portion of the AA Spring Conference, which will be held again in Fairview Heights, IL March 1-3, 2013. We are going to have panels of speakers for the Al-Anon meetings and would like to have participation from our entire area. Please let me know if you would be interested in participating. The main Al-Anon speaker will be speaking on Saturday afternoon, March 2nd. Save the date!

Our annual Spring Workshop is already in the works. We have one co-chair appointed and are considering moving to a larger and more accessible space. We've outgrown the 623 club thanks to all of you who have supported our district! Date and theme still to come.

Overall, our district is doing well, with a lot of active, enthusiastic members. We recently elected a new district treasurer, and our Wednesday night beginner's meeting has been doing so well, we are registering it with the WSO and will start listing it in our meeting lists as soon as it's official.

District 14 is awesome!!!

Look for Flyers:

- (1) Please Share in Writing
- (2) IL State Convention: "Bloom in Illinois"
- (3) Assembly Workshop Oct 14th
Interactive Workshop and Comedy Review
- (4) Area Inventory: Fill out and bring it with you to Assembly.

Please Share in Writing on **INTIMACY IN ALCOHOLIC RELATIONSHIPS**

(working title)

The 2011 World Service Conference gave conceptual approval for "a new piece of literature on intimacy in general, including sexual intimacy, in alcoholic relationships." The Literature Committee is seeking sharings from Al-Anon/Alateen members for possible use in this piece.

Alcoholism is an illness that warps and seriously damages our ability to form and maintain intimate relationships. In recovery, we find many ways to connect to others, and learn to replace fear of intimacy with a healthy set of boundaries. We hope this piece can reflect the wide variety of experiences our members have faced regarding intimacy, in many different types of relationships. Intimacy takes many forms, including emotional, physical, and spiritual. Sharings do not need to be limited to sexual intimacy. However, we do want this piece to cover issues around sexual intimacy more thoroughly than any other previous Al-Anon literature, without being either too vague or too explicit and offensive. Please share your struggles as well as your successes.

Intimate relationships, or the lack of them, can be connected to feelings of shame, insecurity, fear, and guilt. Other topics that could be covered in this piece include sexual compulsion, abuse, infidelity, and promiscuity, as well as hope, trust, safety, joy, emotional and physical closeness, and a sense of feeling cared for as well as supported.

Some questions to consider:

- ♦ How have the dynamics of the family illness of alcoholism affected my perceptions of all types of intimacy, including sexual?
- ♦ To what extent, if any, do I accept responsibility for the loss of intimacy in my relationships?
- ♦ In what ways have issues of intimacy within an alcoholic relationship affected my other relationships?
- ♦ When, if ever, have I used sex as a substitute for real intimacy? What was the result?
- ♦ How did I feel when someone I cared about tried to use sex to control or manipulate me? How did I feel when I did the same to others?
- ♦ Describe the impact that issues of self-worth or other character defects have had on my intimate relationships with my Higher Power, the alcoholic, family members, friends, or myself.
- ♦ How has building a relationship with my Sponsor and learning to trust helped me expand my capacity for intimacy?
- ♦ What other Al-Anon tools have I used to rebuild trust and intimate relationships?

Please keep the following guidelines in mind:

- ❖ Share personal experience from the heart, focusing on yourself, not the alcoholic or others.
- ❖ Write in the first person singular—"I." Please avoid the use of the pronoun "you."
- ❖ Avoid generalities, outside issues, treatment center language, and religious philosophy or doctrine.
- ❖ Kindly observe Al-Anon's Twelve Traditions when sharing.
- ❖ Share feelings and behaviors rather than discussions of mechanics and specific sexual practices or activities.

Please mail, fax, or e-mail your completed sharing to:

Al-Anon Family Group Headquarters, Inc.
1600 Corporate Landing Parkway, Virginia Beach VA 23454-5617
Attn: Intimacy

Fax: 757-563-1655 • e-mail: wso@al-anon.org (Please put "Intimacy" in the subject line)

In order for us to acknowledge receipt of your sharing, please include your name or pseudonym and postal or e-mail address. If you wish anonymity among WSO staff, consider creating a new e-mail address that is not in the WSO database and does not include your name.

If printed, your sharing will remain anonymous. If your sharing is not used for the piece, it will be forwarded to the Forum Editorial Advisory Committee for their review and possible publication in *The Forum*. You will be notified by letter and a complimentary issue of *The Forum* if it is printed.

You may wish to use the flip side of this sheet for your sharing.

Bloom in Normal

2012 Illinois State AFG Convention

September 28th - 30th, 2012

Marriott Hotel & Convention Center
201 Broadway Street Normal, IL 61761



Reserve your room by calling 1-888-236-2427

- * Must mention "Illinois State AFG Convention" in order to receive the discounted rate
- * \$104 plus tax per room, up to 4 people per room
- * Adjacent parking \$6 per day, overnight guests free
- * Rooms must be reserved by September 7, 2012

Registration form and check must be mailed by August 24, 2012. See fees listed below.

All Alateens will provide a copy of a signed, notarized parental permission/medical care form as part of their registration process. Alateens must bring the original signed, notarized forms to the convention.

For more information contact:

- o Kathy H. at 309-828-9682
- o Shaun H. at 309-726-1381

No refunds after 9/10/12. Refund request must be submitted by mail to: 2012 IL State AFG Convention, PO Box 737, Normal, IL 61761

Friday:

- * 4 pm: Registration Begins
- * 7 pm: Al-Anon speaker - Shaun H, Hudson, IL
AA speaker -

Saturday:

- * 1 pm: AA speaker - Mike F., Bloomington, IL
- * 3pm: Alateen speaker -
- * 6:30 pm: Banquet Buffet
- * 8 pm: Al-Anon speaker - Larcine G.
Los Angeles, CA
Alateen speaker -

Sunday:

- * 10 am: Al-Anon speaker - Liz M.
Arlington Heights, IL

Workshops * Breakout Meetings
Hospitality Room * AA Participation
Basket Raffle * Quilt Raffle

Name: _____	\$ _____ Al-Anon & AA Registration.....\$25.00
Address: _____	\$ _____ Walk-in (after September 10 deadline)....\$30.00
Phone: _____	\$ _____ Alateen.....\$10.00
Email: _____	\$ _____ Saturday Night Banquet.....\$35.00
Special Requests: _____	\$ _____ Total Enclosed - Make checks payable to: 2012 IL State AFG Convention
Al-Anon _____ AA _____ Alateen _____	Mail form to: 2012 IL State AFG Convention PO Box 737, Normal, IL 61761
<input type="checkbox"/> I'd love to volunteer (we will give you a call)	

Searching and Fearless



Taking our Area Inventory

An Interactive Workshop and Comedy Review

**Bring your completed Area Assembly Inventory
and your favorite Al-Anon Jokes!**

WHEN: ~10am, Sunday, October 14th, 2012

WHERE: *Memorial Medical Center*

701 North 1st St., Springfield, IL

Workshop is FREE with \$3 Assembly Registration!

LET'S TAKE OUR AREA ASSEMBLY INVENTORY

Please bring the filled in inventory with you to Assembly

YOUR PERCEPTION OF AREA ASSEMBLY:

Please rate on a scale of 1 - 5 (1 being poor - 5 being very satisfied)

- Are the meetings interesting and productive? 1 2 3 4 5
- Are the basic philosophies of Al-Anon, as described in the 12 Steps, 12 Traditions, and 12 Concepts of service always adhered to? 1 2 3 4 5
- Is everyone encouraged to take part in the discussion? 1 2 3 4 5
- Do some members dominate? Yes No Sometimes
- Are member's opinions heard and responded to in a courteous and appropriate manner? 1 2 3 4 5
- Are Assembly member's expectations of one another realistic? 1 2 3 4 5
- Is the Delegate's report of WSO activities and information timely, informative and useful? 1 2 3 4 5
- Do Assembly officers respond to members needs satisfactorily? 1 2 3 4 5
- Are appropriate Assembly officers kept informed of District problems? 1 2 3 4 5
- Is the response to District problems usually helpful? 1 2 3 4 5
- Do Area Coordinators keep the Assembly sufficiently informed of their activities? 1 2 3 4 5
- Overall, does the Assembly function in the most effective manner possible? 1 2 3 4 5
- Please share your suggestions or comments: _____
-
-

Unity - "The strength of the Al-Anon program comes from recognition of our mutual needs; when we discuss them openly, we help ourselves and others." Al-Anon 12 & 12, pg 88.

YOUR PART IN THE GROUP:

- Do I listen carefully and with an open mind to other Assembly members, treating them with dignity and respect? 1 2 3 4 5
- Do I really take part in meetings or do I merely sit and listen? 1 2 3 4 5
- If I have any complaints, do I discuss them kindly with the appropriate person or at a committee meeting or do I just complain to others privately? 1 2 3 4 5
- Do I feel that what I say is more important than what others say? Yes No Sometimes
- Do I offer ideas to make the meetings more helpful? 1 2 3 4 5

Do I put pressure on the Assembly to accept my ideas?
Sometimes Yes No

Can I listen with an open mind to those things with which I do not agree? 1 2 3 4 5

Can I cheerfully accept the group conscience even when I do not agree with it? 1 2 3 4 5

“Working together requires a willingness to listen to the ideas of others with an open mind, sharing our views with them, accepting what the group’s majority has agreed on and not insisting that our views be accepted. Each of us has, however, the responsibility to express those views.” Al-Anon 12 & 12, pg. 87

Comments or revelations:

LET’S GET PERSONAL:

How do I feel when I leave the Assembly meetings? 1 2 3 4 5

Do I leave meetings early? Yes No Sometimes

Do I leave the Assembly having made a new friend from a District far away from mine? 1 2 3 4 5

Do I criticize but would be unwilling to assume that person’s job? Yes No Sometimes

Am I guilty of politicking? Yes No Sometimes

Do I have a “Service Sponsor”? Yes No

Comments:

“All group decisions are arrived at through a majority agreement, reached after all elements of a problem have been considered. We call this agreement the “group conscience”. Al-Anon 12 & 12, pg 93

*“Our goal is unity. Let’s keep it simple; let’s keep it Al-Anon.”
Al-Anon 12 & 12 pg 121*

Please bring this completed form to the Area Assembly, send it with your District Representative, or mail to the Area Chairperson:

Alberta Woodside
1083 Violet Road
Coulterville, IL 62237