

Southern Illinois Al-Anon Family Groups (Area 16)
News-O-Gram---Winter



Southern Illinois
Al-Anon Family Groups
Area Assembly Meeting
Sunday, March 10, 2013
9:00am
Memorial Medical Center
701 N. 1st Street, Springfield, IL

Area World Service Committee Meeting

Saturday, March 9, 2013 at 1:00pm
Memorial Medical Center
701 N. 1st Street, Springfield, IL

Hello everyone. Hope you are enjoying the Summer-like weather we're having this Fall season. I'm noticing that the grass is still really green and almost thinking I might have to mow grass one more time in December for the year! Interesting how the year 2012 unfolded, let's see if we're lucky or unlucky in 2013.

I want to get your brains thinking in more detail about the Conference Structure changes as proposed by WSO that I talked about during our last Area Assembly meeting. Have you talked to your groups and discussed during your district meetings? Again, the main objectives are to ensure each group has ample representation at the Area level, to promote opening channels of communication, and to encourage more participation at the Area level. Think 'outside the box' and be creative in your thinking. It's encouraged to try different things. Status quo doesn't have to rule. Remember, there are no musts in Al-Anon. Talk it over between yourselves, with other groups, with other districts. Let's see if we can put some real life back into the Al-Anon program and become more visible to those who really need us. Please, seriously think and talk about this and let's talk more about it at our next Assembly meeting in March 2013.

I also want to hear your thoughts about KBDM. Wasn't the skit fun? I hope it got your creative juices flowing and encouraged you to talk about the KBDM process within your groups and at your district meetings. Again, the focus here is to be 'thinkers' through thorough research and discussions before becoming 'doers' and to allow others involvement to help make the right decisions before taking the action.

There has been something brought to my attention since our last meeting that I'd like to share with you. It's the importance of using CAL during your group meetings. Conference Approved Literature is a must and should be encouraged and used during every group meeting. The service manual, pages 99-101 has a lot of information that I recommend you read for yourselves. It clearly states its importance in keeping the focus on Al-Anon and how it provides a unified view of our program to members, professionals, other individuals, and outside agencies. Our groups are the meat & potatoes of our program and I want to do everything possible to help our groups flourish. If you have any questions or concerns about using CAL during your meetings, please give me a call or send a text or an email. I would be more than happy to talk with you in more detail.

That's it for now. Hope you have a very wonderful Christmas holiday and even better New Year!
With Love in Service, your **Delegate Panel 51**,
Cathy B.



ALATEEN UPDATE

The Alateen Presence Is Growing in Southern Illinois!



In Shiloh, IL, in **District 14**, a new group has just been registered in December, 2012. *Courage to Be Me Alateen* meets on Mondays at 7:00 PM at St Matthew's United Methodist Church, 1200 Moreland Dr., in Belleville, IL. We have two certified Alateen Members Involved in Alateen Service (AMIAS) and four new sponsor candidates in the process of becoming certified in District 14. Potential

Alateen members, ages 12-17, go to the lower level of the church, room 5, to find *Courage To Be Me Alateen*.

As of October, we have a new group, *Friday Night Alateen*, in **District 12**, in Champaign, Illinois. There are already three certified Alateen Sponsors/AMIAS in District 12. One new Alateen sponsor candidate is on the last step of becoming a certified sponsor, pending final approval from WSO (Our Al-Anon Alateen World Service Office). *Friday Night Alateen* invites new and potential Alateen members ages 8-18 to visit them at Emmanuel Episcopal Church, 208 W. University Ave., in Champaign. The meeting is at 8:00 PM. Use the back entrance near the parking lot.

Carbondale Alateen is alive and active in **District 17**. There are five active and certified Alateen Sponsors in District 17. *Carbondale Alateen* meets on Sunday at 7:00 PM in the St. Francis Xavier Hall Library, 303 S. Poplar, in Carbondale. This group started last year and is currently reaching out and inviting new and potential Alateen members in nearby communities to join them in Carbondale.

Our Area's four year old group in **District 10A** has eight certified Alateen Sponsors/AMIAS.

Alateen Group members are in the process of updating the group name, reorganizing the group format, and have a new Alateen Group Representative. They hold an annual (anniversary date) Group Inventory which guides the group's decision making. Group members have been involved in public outreach in the community. Meetings are Monday night, 8:00, at 115 S. Western Ave., Peoria. Go down the stairs to the conference room if you are a

potential member in Junior or Senior High School.

Earlier in December, several of us in Alateen service visited two of our local district high schools where there is interest in developing Alateen meetings on their site. These visits have been very inspirational and encouraging. Also, WSO has had contact from other community service organizations or institutions where interest in Alateen has been expressed. Individual Al-Anon, AA, and Alateen members can carry the word that Alateen is active and growing in our area.

For information about starting an Alateen group or becoming a sponsor, contact your Group Representative, District Representative, District Alateen Coordinator, or Area Alateen Coordinator. And anyone can view our area website for current information about our area at: www.siafg.org. *Let It Begin With YOU!*

Southern Illinois Area Alateen Coordinator/AAPP siafg.alateen@gmail.com
(309-360-0032)
Dottie Y.

IS YOUR HOME GROUP USING THE MOST RECENT FASTER WAY OF GETTING COMMUNICATION FROM WSO? Your groups' CMA (Current Mailing Address) has the opportunity to receive the most recent group news from WSO if you have given the SIAFG Group Records Secretary an e-mail address to receive Al-Anon information electronically. **Group e-news** is the newest fastest way for WSO to keep your group informed. If your group is receiving this information an e-mail address was submitted to SIAFG and/or WSO as an electronic contact. The group CMA is responsible for getting this information to the group by bringing and discussing the information at your meetings and/or forwarding this information to group members. This means of communication speeds up the connection from WSO to the groups. If your group **isn't connected**, please have a group conscience about joining *Group e-news*. You can have an E-buddy for the CMA (Current Mailing Address). The E-Buddy would download the information and bring it to the Group Representative or group. Please send the new CMA information to siafggprec@gmail.com or to Mary S

Convention Information

2012 Illinois State AFG Convention

“Bloom in Normal” held September 28, 29 & 30, 2012 at the Marriott Hotel and Convention Center in Normal, IL was a great success. Thanks to the committee for their dedicated hard work and to all who attended, you all made this convention a wonderful experience.

Attendance totaled 243 (211 Al-Anon, 8 Alateen, and 24 AA). Jane P. from Peoria won the quilt. **2013 Illinois State AFG Convention** will be held October 25-27, 2013 at Eaglewood Resort in Itasca, IL. Pre-Registration form is available on SIAFG website www.siafg.org.

2014 Illinois State AFG Convention will be held in Bloomington/Normal area and will be hosted by District 11. **2012 Illinois State AFG Convention Resource Committee (CRC) meeting** was held December 8, 2012 at Holy Trinity Parish in Bloomington, IL. Highlights of meeting: Committee agreed that proceeds (money realized after all expenses for 2012 convention were paid) will be divided per Convention Guidelines; Guideline update suggestions were discussed and voted on, updated guidelines will be distributed per guidelines; Alateen Ad Hoc committee has been formed to review entire Alateen section of guidelines, their suggestions will be presented at 2013 CRC meeting. NIAFG will be host 2013 CRC meeting that will be held December 7, 2013 in Bloomington/Normal area. **Al-Anon International Convention** will be held in Vancouver, BC July 5-7, 2013. Registration has begun. Registration forms have been mailed to groups. Convention information is also available by clicking on the ‘Al-Anon International Convention’ at WSO website (www.al-anon.org/members).

AA International Convention will be held in Atlanta, GA in 2015.

Congratulations to Betsy C who is SIAFG’s new Convention Liaison Coordinator.

Would like to extend a big THANK’S to all of you for your support during my time as your Convention Liaison Coordinator, it has been my privilege to serve you.

Love in Service,

Jan T– Past SIAFG Convention

Liaison & Past Delegate – 105 Susan Ct.

– East Peoria, IL 61611 – 309-208-5897

– janimtucker@gmail.com



A BIG THANKS TO YOU JAN FOR A MOST OUTSTANDING JOB SERVING AS CONVENTION COORDINATOR FOR TWO CONSECUTIVE THREE YEAR TERMS!

Jan has been a loyal and trusted servant who has been instrumental to the growth of Southern Illinois Al-Anon Family Groups and ultimately An-Anon as a whole. She has been and is a model to all Al-Anon members who know her.

Treasurer's Report

To everyone in SIAFG, I want to thank you all for a very good year.

I feel we came out with a very successful ending to the year 2012.

Thank you all for your faithfulness in giving of your time and resources. Here is hoping for another good year in 2013. See you all at the next area Assembly meeting.

In Service, Your
Treasurer, Rowena A.

DISTRICT	GROUP NAME
10A	District 10A
10A	Sunday Night Hilltop
10A	Thursday AMAFG
10A	Wednesday Morning Glories
10A	Monday Hilltop Al-Anon
10A	A New Beginning AFG
10B	District 10B
10B	Friday Nite Happy Hour Group
10B	Serenity Seekers
10B	Tuesday Fellowship
10B	Monday am AFG
10B	Fourth Step AFG
11	Mt Zion Born Free
11	Sunday Night Steppers
11	Beginners Al-anon
11	Tuesday night Serenity Seekers
12	Weds night/ Hope for Today
12	Tuesday Al-anon Family Group
12	Blues Buster AFG
13	Effingham Co. Al anon Group
13	Richland Co.
14	Discovering Freedom AFG
14	District 14 AFG
16	Mt. Vernon Weds. Night AFG

17	Carbondale Weds. Noon Group
18	Tuesday night Litchfield AFG
18	Troy Joy
18	Monday Night Serenity Group
18	District 18
18	Mon. Night Elm Street
18	Thursday Night Al-Anon Edwardsville
18	Hopeful Serenity Seekers
18	Monday Night Serenity Group
18	Bethalto Wed. Morning
18	Monday Morning open Door
19	Experience Strength & Hope AFG
19	Wednesday Butterfly Al-Anon
19	H.O.W. Al-Anon
20	Keep It Simple AFG

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



Area Job Fair!



Putting Love into Action

An interactive workshop exploring unconditional love, skill-building, and leadership in Al-Anon

WHEN: ~10am, Sunday, March 10th, 2013

WHERE: *Memorial Medical Center*

701 North 1st St., Springfield, IL

Workshop is FREE with \$3 Assembly Registration!

Homework: Study chapter 14 on Service in *How Al-Anon Works for Families and Friends of Alcoholics*

Extra Credit: Read “When I Got Busy, I Got Better” booklet

Area World Service Committee (AWSC) Inventory Results (10/13/12)

Our **problem areas** according to the survey results (in descending order of severity) are: **#10** we do not do a good job of orienting new officers or coordinators; and a tie on **#2** we do not conduct our meetings well and **#8** we do not encourage DRs to bring District concerns to our meetings. The results for the individual questions pertaining to the AWSC meeting are summarized on the member's page of our website at www.siafg.org.

In our group discussion of this inventory, we decided to try to:

1. communicate motions and other business requiring AWSC approval electronically before the next meeting (to be distributed to all members by the group records secretary);
2. focus our meeting on only those items needing AWSC approval or guidance;
3. have coordinator reports only at the Sunday Assembly meeting (unless they have a motion to offer under item #1)
4. give District representatives an opportunity to bring up their concerns immediately after the secretary's and treasurer's reports.

Area Assembly Inventory Results (10/14/12)

Summary of individual survey results:

Members were **most satisfied** with our Delegate's report (46% were very satisfied that the Delegate's report is timely, informative, and useful) and the way Area Coordinators keep us informed (43% were very satisfied that they keep the Assembly sufficiently informed of their activities). Member comments and results for each question are available on the member's page of our website www.siafg.org.

Our **problem areas** according to the individual survey results were:

1. We do not function in the most effective manner possible (only 24% of respondents felt very satisfied with the effectiveness of our assembly and 16% rated our effectiveness as poor).
2. Many of us are not feeling satisfied when we leave Area Assembly (only 15% of respondents felt very satisfied when they leave Assembly and 15% ranked their feeling as poor).
3. We are not connecting with new friends (no one felt very satisfied leaving Assembly having made a new friend from a far away District).
4. Our meetings are not as interesting and productive as they could be (only 19% of our members felt very satisfied with our meetings and 23% rated our meetings as poor).

Summary of workshop discussion group discussions:

Items listed below were suggested by multiple groups; additional group results are available on the member's page of our website www.siafg.org.

Our workshop discussion groups highlighted the following **strengths**:

- The Delegate and Coordinator reports are informative and easy to take back to the groups
- the fellowship and the opportunity to meet people from other Districts
- the synergy and being able to share information; networking
- our Assembly workshops

Workshop groups noted to following **problem areas:**

- Repetition; poor time management; meetings drag on too long
- Not following the agenda; Lack of preparation
- **Con't. results of workshop discussion**
- Not enough streamlining of information; belaboring a point
- Too many people talking at once; Crosstalk
- Need true rotation of leadership

Workshop groups proposed the following **solutions:**

- Start and end on time; time limits on discussions & agenda items
- Stand to speak, one person at a time
- Use courtesy guidelines
- Discuss only recommendations at meetings (do not read reports)
- Provide agenda in advance; Post recommendations to the website ahead of time
- Stick to the agenda; Stay on topic
- Encourage new blood in service positions



Hello Al-Anon Members:

I hope everyone enjoyed the Holidays. Hard to believe 2012 is over and it is time for a new year and a new start. Times are really changing. Finding ways to help carry the message of the Al-Anon program has been changing over the past years. I did have a phone conference call in December. It was discussion of the changes in society and how to help during the Holidays. One of the things in the discussion was the use of the social media and the internet. As you all know we have great Podcast on the computer. I found this information in the Fall Area Highlights you might want to share with your groups.

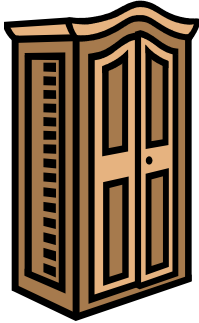
Did You Also Know?

Al-Anon Faces Alcoholism, our annual public outreach magazine, is written and designed to help *potential newcomers* overcome the obstacles many of us face before we're ready to reach out for help. On the other hand, *The Forum* is an ideal recovery tool for the newcomers who have found their way into a meeting. The PDF version, available on the Public Outreach Web site, can be downloaded to an electronic reader without cost.

Hope to see you all in March.

Cindy P

Public Outreach Coordinator



From the Archives

(Area 16's Contributions to the 50th Anniversary Gratitude Book)

"Thank you Al-Anon for the gift of a Higher Power and the ability to laugh again." Kris T

"Al-Anon helps me to accept my family just the way they are (Warts and all). Madeline

"I will be forever be grateful to the Al-Anon program for saving my life."
Cathy T

"I am grateful for Al-Anon showing me how to 'live and let live', that I count and I have an opinion." Rowena A

Webmaster's Report

- Each of the area officers and coordinators now has an updates page available on the siafg.org website. This is a password-protected area under the Members' Area page: Area Officer and Coordinator Updates. It is also available with the few quick links now listed in the new footer (shown below) at the bottom of each web page.

<p>Website Links</p> <p>SIAFG Meetings Alateen Al-Anon's Official Site</p>	<p>For Members</p> <p>Upcoming Events Officer & Coordinator Updates Area Assembly Info</p>	<p><small>Type any term in the search box below to search the siafg.org site.</small></p> <div style="border: 1px solid #ccc; padding: 2px; display: inline-block;"> <input style="width: 100%;" type="text" value="Search"/> </div>
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- As you prepare your updates for upcoming News-O-Grams (or as you have other updates available throughout the year), please send them to webmaster@siafg.org to be included on these pages.
- The District Updates page (also available under the Members' Area) has also had many recent updates made. Please check to see that a printable copy of your District's meeting list is available there. If not, please send a copy (preferably in Word or Publisher format) to Nicole at webmaster@siafg.org.
- District events are also being posted in this area. Please send any relevant documents (preferably in Word or Publisher format) to webmaster@siafg.org.
- The following line has been added to each District's main page to inform web visitors of these updates: **Visit the District Updates page for printable meeting lists, as well as upcoming event information.** There is also a quick link to Upcoming Events (with a link to District Updates) in the footer of each page.
- At the March Assembly meetings we will discuss / present options for a possible discussion forum to be included on the website.

District 10A Report –Mary S.

Peoria Al-Anon Information Service

The Peoria Al-Anon Information service has been disbanded. It was felt that because our District 10A Answering Service and SIAFG website fulfilled the need for contact, the district would not continue the expense of a Post Office Box.

Alateen

- The Friday Morning Holiday Alateen meeting has been put in an inactive status due to no attendance this summer. It will be reactivated if a need is brought to the district's attention.
- The Monday night Alateen meeting had a group conscience and will be changing their name and selected a new GR.

Public Outreach

- Al-Anon information was sent to the Bradley University counseling center.
- Delivered school Alateen packets to two local high schools. Met with counselors at one of them.
- Other high schools requested to be contacted after school starts.
- Al-Anon/Alateen brochures were given to an area high school that had a special Parents informational meeting about drugs and alcohol. The seed was planted about having an Alateen meeting in the high school.
- Received 400 copies of *Al-Anon Faces Alcoholism 2013*. Will arrange for distribution to local agencies.
- Participated in the "Recovery Walk" at Proctor Hospital. We had an Al-Anon information table. Four *How Al-Anon Works* books were donated to give away. One person who received the book is attending Al-Anon on a regular basis now.

Canton meeting

- The Thursday night 7:00 PM Canton meeting has joined District 10A. We welcome Canton's participation at the District level.

Al-Anon members were invited and attended the Women in Recovery Banquet on Oct. 13, 2013 at Alexander's Steak House. Woman from AA and Al-Anon participated.

Holiday Party Raffle- The monies raised by the raffle from gifts and baskets was divided by SIAFG's prudent reserve, Alateen, free literature for Hilltop, and rent for a group that is struggling to meet that obligation.

District Report from Patricia E.

The Wednesday night meeting in Mt. Vernon is growing slowly but steadily.

AL-ANON District 14

3rd Annual Spring Workshop

SPRING INTO ACTION

WHAT

- 4th Step Workshop.....Ways to work it ...and more
- Speakers....Discussion...Fellowship...Food...Raffle

WHEN

- April 20, 2013 1 - 4 PM
- Registration begins at 12:30 PM \$5.00
- Lunch at 1:00 PM

WHERE

- Coldwell Bankers
- 1928 Lebanon Ave., Belleville, IL 62221
- Please follow the directional signs to park and
- enter building from the back



Questions?

Cheryl (618) 210-1325
Marge (618) 530-3137
Don (904) 568-2096