

Southern Illinois Al-Anon Family Groups Area 16 Fall News- O-Gram

Area World Service Committee Meeting

Saturday November 1, 2014

9:00 am

Registration at 8:30am

Memorial Medical Center Room 229
Springfield, IL

Area Assembly Meeting

Saturday November 1, 2014

12:00pm

Memorial Medical Center Room 229
Springfield, IL

Directions to meeting room D229

Park as you have been in Doctor's lot (remember not to park in the ER/OB GYN spot) other spaces are okay. Take the elevators on the north side instead. Take it to first floor and get off and walk through walkway into hospital -as you are coming in will see the Garden elevators. Go up to 2nd floor. Getting off turn right and go into the north D section which is SIU offices and the room D228 and D229 will be right on the right.



Delegate's Report – Lyri M.

Alternate Delegate Position

When we took an Area inventory in 2012, we expressed a commitment to having a one-hour workshop as part of our Assembly meetings to help make our meetings both enjoyable and informative. The workshops were organized or delegated by our Alternate Delegate. We are currently without an Alternate Delegate.

Question: Whom would you like to see as a candidate for this position? Would you be willing to serve as Alternate Delegate for the remaining 2+ year term? What skills or talents might your Higher Power help you develop in this position?

Applying Our Traditions

One of the discussions we will be having at the World Service Conference in 2015 is on whether or not to accept memorial contributions from individuals who are not members of Al-Anon on behalf of a deceased Al-Anon member. A discussion of how our Traditions might apply to this topic is posted on the Delegate's update of the member's page of our Area website (www.siafg.org).

Please review this discussion, share it with your groups, and be prepared to discuss it at our November Assembly on 11/1/14.

New Daily Reader Discussion

At the 2014 World Service Conference, the Conference carried a motion to give conceptual approval to develop a new daily reader that would share diverse experiences of the fellowship, as it is today— a daily reader for all members. Delegates were asked to go back to their Areas and foster a discussion about how to get sharings that voice various perspectives, and encourage members to reveal, where appropriate, their differences as well as what we have in common. The idea is get to principle-based discussion in the Areas and let the Areas come up with ways to get writings that mirror the inclusiveness of the program.

For more details of the Conference discussion on this topic, please see pages 23-25 of the *2014 World Service Conference Summary* (P-46), which is on the Members' site at

http://al-anon.org/members/pdf/summary/summary_2014.pdf

Question: Does your group have any ideas on how to encourage member contributions for the new daily reader?

Job Opening at the WSO

There is an employment opportunity at the Al-Anon World Service Office in Virginia Beach, VA. Seven years active Al-Anon membership and Al-Anon Area leadership experience are required.

The position description for the Associate Director of Member Services—Groups is on the Members' Web site in the "WSO" navigation tab on the "Inside the WSO" page, or by clicking

http://www.al-anon.org/members/pdf/AssocDirectorMS_Groups.pdf.

I want to thank those districts that have helped arrange a visit time for me. If I have not yet visited your district, I hope that we'll be able to arrange something in the future. I am finding that getting to meet our members and sharing my experience, strength, and hope is my favorite part of this service position. Please don't hesitate to contact me if you have any questions or concerns regarding our Area and the WSO.

Fondly,

Lyri M., Delegate



Chairperson's Comments – Cathy B.

Welcome everyone to Winter! My how time flies! Can't believe that there is a good chance of cold & possible snowy weather the next time we meet on November 1st. Bundle up and keep warm and car pool - can't wait to see you all in a couple of months.

As you know, we are trying out the one-day meetings and our first seemed to be successful. Being the great Al-Anon's we are, we are trying it again on Saturday, November 1st, and hoping for the same success (and not a different result). Ha Ha!

One thing that is really pressing on my mind is the lack of an Alternate Delegate for our Area. Please talk about this issue within your districts and groups, and let me know if you feel you might be interested in this position. The term would be from now until December 31, 2016. AND, it does not necessarily mean you will automatically be the Delegate beginning in 2017. Although that is something to think about.... If you have any questions regarding the responsibilities, capabilities, skills required, etc. please feel free to call me or Lyri M. to talk about it. We would be happy to assist in any way we can.

I'm thinking of another fun little game we can play when we do our introductions next time, so be thinking of what that could be. Bring as many DR's, GR's, and many other members as you can, the more the merrier. Even if you don't know what to expect, I promise it will be fun and not boring.

Again, I will send the meeting agenda out to the membership about two weeks prior to the meetings. So if you have something you would like me to include in the agenda, please let me know. You can call or send a text: 217-377-0140, or email: cathy.blakey@yahoo.com.

See you on Saturday, November 1, 2014!

Love you all!!

Cathy B.



SIAFG Group Records Report – Mary S.

Keep It Simple-SIAFG (Southern Illinois Al-Anon Family Groups) group records policy:

- All Al-Anon changes go through the SIAFG Group Records Sec. That includes new registrations and making a group inactive. (Alateen group changes go to the Alateen Coordinator.)
- Annual update reports – changes also go to the SIAFG Group Records Sec.
- Group Records contact information and is on the siafg.org website under Members' Area. You will find an updated list of SIAWSC (Southern Illinois Area World Service Committee) giving you address, phone number and e-mail for the SIAFG Group Records Secretary. Contact the SIAFG Group Records Secretary for the GR1 form (group records form).

Why is it necessary for an e-mail address for each group? It allows your group to have timely information from WSO in the monthly e-Group Newsletter.



Treasurer's News – Helen B.

September 2014

As this first year of my term progresses, things are getting more organized “progress not perfection”. This report from me was not in the last News-O-Gram. Since that time I have moved so the Contribution form has yet another address. Several groups did not have the correct mailing address. Hopefully all groups are receiving the Contribution Forms below for future use. Thank you, Rowena for forwarding the contributions you received.

A note about the contribution form you send to me. The contact information needs to be where I can send your receipt. I also had one person who requested I send their receipt via e-mail. That is something I can do and it saves postage. Let me know if there is anything I can do to make this easier.

Below is a list of the groups who contributed to our area treasury from January thru July. Many of you sent multiple contributions. There were some who mailed donations but they did not reach me by the end of our deadlines. Any contributions received after that date will appear in the next report.

Thank you to all the groups supporting our fellowship!

Serving you, Helen Brewington

GROUP NAME	DISTRICT	WSO ID	GROUP NAME	DISTRICT	WSO ID
A New Beginning AFG	20	004023	Monday Night Fourth Step AFG	10	305959928
Al-Anon Sunday./New Focus AFG	10	61609	Monday Night Serenity AFG	18	26501
Beginners AFG	11	3703	Mt Zion Born Free	11	3948
Bethalto Wed. Morning	18	3491	Olney AFG	13	3980
Blues Buster AFG	12	49550	Open Door AFG	18	3812
District 10	10	99738	Progress not Perfection	14	30600976
District 14 AFG	14		Saturday Night Group	12	004040
District 18	18		Step by Step AFG	12	0053628
Effingham AFG	13	3741	Sunday Night Steppers AFG	11	40272
Experience, Strength & Hope AFG	19	30564695	TGIF Belleville	14	29620
Fourth Step AFG	10	30595928	TGIF Bondville	12	3507
Friday Morning Al-Anon	20	30790	Thursday AM Hope AFG	20	35525
Friday Nite Happy Hour AFG	10	61535	Thursday Night AFG Edwardsville	18	30528380
H.O.W. AFG	19	4104	Troy Joy	18	63747
Happiness Is	19	4103	Tuesday Fellowship	10	3495
Highland AFG	18	25607	Tuesday Night Serenity Seekers	11	3701
Keep It Simple AFG	19	48115	Wednesday Morning Glories	20	0004022
Monday am AFG	10	3493	Wed Night Hopeful Serenity Seekers	18	034856
Monday Morning AFG	12	30512054	Wednesday Noon Happiness Is	19	04811
Monday Morning AFG	20	24161	Wednesday Night/ Hope for Today	12	66486
Monday Morning open Door	18	3812	Willisville AFG	14	
Monday Night Elm Street	18	3451			

SOUTHERN ILLINOIS AREA CONTRIBUTION FORM

Group Name _____	Group ID # _____
Contact Person _____	
Street Address _____	District _____
City and State _____	
Zip Code _____	Amount _____
Phone Number (If applicable) _____	Check # _____

Please Make Check or Money Order to:
SIAFG

Send to: Helen Brewington
264 N State Hwy 32
Cerro Gordo, IL 61818
(217) 519-3978



Alateen Coordinator – Becky R.

July 1 was the recertification deadline for the Annual Alateen AMIAS recertification. Thank you to all who got their recertification paperwork in to me in a timely manner. We have 33 AMIAS recertified AMIAS in our Area. VERY EXCITING NEWS!!! We have had 9 new AMIAS applicants since December. I still have a couple of those applicants I am finishing certification details. Thank you so much for stepping up to service!!!

We have 3 new Alateen meetings started and starting in our Area. District 19 in Springfield has a new meeting. District 18 is ON FIRE for Alateen and they have 2 new meetings. One started in Edwardsville and one starting in Gillespie.

I was pleased to do an Alateen Workshop on May 24 in Edwardsville, IL. We had about 10 AMIAS and pending AMIAS come to join in the learning and discussion. I'd like to say a big thank you to Fern T. and Albert W. for coming and sharing their wealth of experience as AMIAS.

Unfortunately we have had one meeting inactivated. The Canton meeting is now inactive.

One final note, I would like to send a big thank you and kudos to Petie H. from Edwardsville, IL. She has taken on the responsibility and carried the Alateen torch to get a HUGE ground swell started for Alateen in District 18. I realize it takes a lot of willing Al-Anons to help her, yet her enthusiasm and persistence has been inspiring as she has worked very hard.

Thank you for the opportunity to serve as your Area 16 Alateen Coordinator. It's been a steep learning curve and you all have been patient as I learn. Thank you!



Convention Coordinator – Betsy C.

**SIAFG 2014 State Convention - 10/17-10/19 - Marriott Hotel, Normal, IL
BE THERE OR BE SQUARE!**

HAVE YOU REGISTERED YET!

*******IT ISN'T TOO LATE TO REGISTER! IT ISN'T TOO LATE TO SIGN UP TO VOLUNTEER!*******

Just mail in your registration and then go to the website (siafg.org) to sign up to volunteer. It's very simple, just click on VolunteerSpot. You can always do it the old fashioned way too by checking the box on the bottom of your registration form that says 'I'd love to volunteer' and we will assign you to help where you are needed.

Wait until you see the quilt! It's GORGEOUS! You will want to buy extra tickets for more chances to win this one!

We don't want to forget the basket raffle. We will be accepting donated baskets until 12:00 on Saturday. Don't forget to include something program related in the basket (like literature)

Don't miss the fellowship and fun! I hope to see you all there!

Betsy C

Convention Liaison, Past Delegate Panel 45



Forum/Literature Coordinator – JoEllyn P.

Happy fall Al-Anon members! This autumn brings for me changes and reminds me of how grateful I am to be an Al-Anon member. A short time ago, my father passed away. I think my father was the greatest man ever and the comments that people have been saying about him ever remind me so. My heart grieves, and with my program, I give it permission to. Before Al-Anon, I could not recognize my emotions, but I'm learning. I recently picked up the book Discovering Choices and realized how different my life is because of choices Al-Anon has taught me. I think the wonderful thing about our literature is that you can choose to read small portions of it and still gain so much. I read the chapter on "In Care of a Higher Power" because it jumped out at me. I was feeling fear at the time and needed to be reminded of my Higher Power's care. Al-Anon has opened up a world of choices and I can recognize those now. I can choose to live in the moment when I'm feeling fear, and remind myself that what I fear often is the future. Discovering Choices focuses on relationships and that is exactly what I choose to work on in Al-Anon; my relationship with myself, my Higher Power, and the people in my life.



News-O-Gram Coordinator – Marge E.

A reminder that the **deadline** for the winter issue of the News-O-Gram is **JANUARY 10, 2015**. The email address for sending reports to the News-O-Gram is siafgnog@yahoo.com.

I thank you all for your patience as I become familiar with job of putting together the News-O-Gram. Thanks to Mary S. for her guidance in preparing the no-frills version of the News-O-Gram to be mailed to those without Internet access. No-frills means no pictures or flyers, simply compacted to save on postage. The news is the same though.



Ways and Means Coordinator – Kathy H.

Please remember the raffle theme for Area is 'The Holidays'.

Thanks, Kathy H.



District Reports


District 10 – Kathy H., District Rep

District 10 is hosting the Area Assembly in November. Also Al-Anon bingo will be offered. There will be prizes!

District 14 – Cheryl N., District Rep

After a quick summer, District 14 is gearing up for the 2nd annual Funfest on October 11 in conjunction with District 18. The topic is Healthy Relationships - using the traditions. Sounds like there will be lots other Districts can come....the more, the merrier and the more recovery, the better!

Zachary H., District 14, who attends The Higher Power's Team **Alateen** meeting in Pinckneyville will be speaking at the Al-Anon State Convention in October.

Keeping it Simple....

District 19 – Charlene V., District Rep

The District Meeting was held Sunday afternoon at 4pm Aug. 17 in the Cain Room at Unity Church 417 Cordelia St. in Springfield. Lyri M. and Cheryl N. were guests from District 14. Lyri is our Area Delegate and has graciously offered to come to Districts and share and meet all. District 19 was honored to have her help us get redirected toward bringing our District back together.

After a Moment of Silence and the Serenity Prayer, introductions were made: Dawn C. of Wed. night Butterfly AFG, Sue W. , Jean F., Toni B. , Charlene V., and Cindy A. of Monday night HOW, Jan R. and Hilary of Friday night Experience, Strength and Hope, Travis Y. of the Al-Anon/Alateen group on Thurs.- Progress not Perfection, and Ramona B. of Tues. Night Came to Believe.

Travis Y. was elected Treasurer, which will help in directing the Al-Anon groups to send monies for the phone and web service that is provided to help newcomers as well as old timers with information. Duties can now be divvied up so not just one person is doing all of the work and thereby sharing participation. We can consider a volunteer facility coordinator, a volunteer to notify and remind folks of the meetings, and a volunteer meeting chair to facilitate and help keep the meeting focused. This helps more people feel a part of the district.

We plan to hold District Meetings after Area Assembly at Memorial Medical Center. The next District Meeting will be on Saturday, November 1, after the one-day Area Assembly. We will have information then to share and pass to the groups as well as our own business. As Lyri suggested, bringing our calendars to help set dates for meetings can help with organization. Travis will bring a spreadsheet of information to share.

Since Area Assembly meets 3 times yearly at Memorial Medical Center, District 19 members should be attending these meetings as is very convenient travel for us located here in Springfield.

As Lyri shared, starting from scratch and keep it simple and studying the Traditions and Concepts with a service sponsor is very helpful. How Al Anon Works has great readings-revised edition. The Service Manual has information on the Concepts and a great essay on leadership in Concept 9. [Paths to Recovery](#) is also a great study guide.

To other Districts, invite Lyri to come. You will enjoy and she can rev up your Districts with her input!



Paralea R., Past Delegate

What is “pyramid” or controlling sponsorship? (from Past Delegate, Betsy C.)

1. Members belong to a sponsorship “family” with sponsors, grand sponsors and great grand sponsors – sometimes even tracing sponsorship family to an out-of-town AFG member. (Sometimes attendance at out-of-town special meetings is required.)
2. Meetings for this “family” are held in the members’ homes to study the Big Book and it is by invitation only.
3. Members are asked to put away all CAL and study only the Big Book “for now.”
4. Members are assigned to a sponsor and told how many they may sponsor.
5. Members are told that if they don’t do what is “suggested,” they will be fired.
6. Members are told how to vote at group business meetings, district and assembly meetings.
7. 4th step inventory must be done by the Big Book method and be shared with multiple people multiple times.
8. Members must get permission to participate in AFG functions such as speaker meetings.
9. Members are ostracized if they do not do what they are told or try to leave these groups.

Any or all of these behaviors **IS NOT** healthy sponsorship, violates trust and feeds on the defects of character that got us to Al-Anon. It attracts the lonely, desperate newcomers who don’t feel wanted or needed by anyone! Our best defense is to **educate** and **educate** and **educate**. We need to **talk** and **talk** about this cult type of behavior to let members know this is WRONG and THIS IS NOT AL-ANON!

This information is included in some packets that contain FORUM articles and excerpts from Conference summaries about this problem, as well as ideas about how to expose and fight the spread of this behavior. **It is important for all GR’s to share this information with all members of your groups**, especially newcomers who are vulnerable and desperate for direction. Anyone wanting to get out from under this controlling sponsorship will need lots of support. The packets will be available at the next Assembly meeting or by contacting past delegate, Paralea R. at 618-656-1635 or paralea@sbcglobal.net. Read our “Sponsorship What It’s All About” pamphlet P-31 and stress loving guidance, not control/pressure in sponsorship.



NOTE: To view a contact list for officers, coordinators, and district representatives, please go to the Members’ section on the Area Website by clicking on the link below. Once you are at the Members’ section, click on Area Business. This is a password protected part of the website. If you don’t know the password, you may contact the Webmaster.

<http://www.siafg.org/members-area.html>



NOTE: To get information about Upcoming Events, click on the link below. Then click on the event of interest to you.

<http://www.siafg.org/calendar-of-events.html>