

Southern Illinois Al-Anon Family Groups (Area 16)

News-O-Gram

May 2014



Area World Service

Committee Meeting

Saturday, July 12, 2014

9:00am Room D229

Registration 8:30am

Memorial Medical Center

701 N. 1st Street, Springfield, IL

Area Assembly Meeting

Saturday, July 12, 2014

12:00pm Room D229

Memorial Medical Center

701 N. 1st Street, Springfield, IL

Southern Illinois Al-Anon Family Groups



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 Dialogue - Lyri M

Thank you to everyone who sent me cards and well wishes during my trip to the World Service Conference. Having spent most of my life feeling isolated and lonely, your outpouring of love and support touched me very deeply. My gratitude is beyond words.

I will be sharing some exciting and useful ideas I learned at the Conference at our next area assembly on July 12th in Springfield. The theme of the Conference was "Our Spiritual Principles in Action." Highlights include:

- Welcoming Dual Members: our current service policy on participation of Al-Anon members also in AA
- Attraction not Promotion: inspiring and supporting service participation
- Banning Bossy Boots: using conflict resolution tools to deal with domineering members
- No Place Like Home: developing healthy, vibrant, and "wildly successful" home groups
- When Trusted Servants are Untrustworthy: guidelines for members not fulfilling their responsibilities
- As the World Service Turns: how to make your World Service work for you

Watch for a more detailed report on our area website www.siafg.org (Member's Area, Area Officer and Coordinator Updates, Delegate). I will ask Mary S. our Group Records Coordinator to mail it to groups who do not have email access. If you have specific questions about my report that you would like answered at the July 12th assembly, please let me know so I can prepare in advance (siafgdelegate@gmail.com or 314-780-1699).

Delegate Roadshow:

It is part of my "duties" as your delegate to try to make personal contact with as many of our groups and members as possible. Please create an opportunity for me to visit your district (or cluster of groups). You name the road and I'll bring the show! We can: (1) discuss any aspect of my report you want to learn more about, (2) do a question and answer session, (3) work together on putting "our spiritual principles into action" on any difficulties you may be having in your group(s) or district, and/or (4) any other mutually agreeable topic. Thank you in advance for your help and I look forward to meeting with you in person!

Questions for you: please discuss the following questions with your groups and plan to share your group's ideas at the July 12th assembly:

1. What support does your group need to be healthy, vibrant, and "wildly successful"?
2. How does your group welcome Al-Anon members who are also part of A.A. into Al-Anon service?
3. Does your group feel part of your district, area, and World Service? If not, what would encourage your connection with your larger Al-Anon community?

It is truly an honor and a privilege to be your delegate.

In service,

Lyri M.



Chairperson's report - Cathy B

From the Chairperson:

Thanks everyone for allowing me to be your Chairperson for SIAFG, Inc. This will be a new adventure in my service career, as I haven't done this before. As surely as you know me, I'm not unfamiliar with speaking to a group, but I don't believe I've actually run a meeting from the beginning to the end. So thank you in advance for your patience.

If you noticed the 'chair' I brought to the meetings in March, the H.P. written on the sticky note attached to it stands for 'Higher Power.' I want to be sure to include our H.P. in all of our meetings. As I know all of us have the wellbeing of our Al-Anon program within our hearts, perhaps a little reminder will help us keep that in mind. I plan to bring that with me for every meeting that I chair going forward.

Thanks to the workshop during the March Assembly meeting, I now know the difference between good & bad meetings, and will definitely take the advice into our SIAWSC & Area Assembly meetings. Hopefully the July one-day meeting date will be just as successful.

I think this was the first time that we actually rejected minutes from the SIAWSC meeting, and chose to have them rescinded, revised, and resent to the committee members for vote during the July SIAWSC meeting. So I guess we should probably talk about it in a little more detail at the next meeting. Maybe it's not such a good idea to post the minutes on our website until after they've been approved? Your thoughts on that idea?

One last thing, I promise to send the meeting agenda about two weeks before the start of the meetings, so if there is something you want me to include in the agenda, please let me know. You can call me or send a text: 217-377-0140, or email:

cathy.blakey@yahoo.com.

See you in July 2014!

Your Chairperson,

Cathy Blakey



SIAFG Group Records Report - Mary S

March 2014

Group Changes – Any change in group information is to be sent to the SIAFG Group Records Secretary as stated in the SIAFG (Southern Illinois Al-Anon Family Groups) By-Laws. Contact information for SIAFG Group Records Secretary is available at the siafg.org website under “Member’s Area”. It is on a list of the SIWSC (Southern Illinois World Service Committee) Members; Delegate, Alternate Delegate, Officers, Coordinators, District Representatives/contacts and Past Delegates. Contact the Webmaster for the password. If a group is becoming inactive you also notify the SIAFG Group Records Secretary. The SIAFG Group Records Secretary will update WSO records. (Give the password for those that would like it.)

The **2014-2017 Al-Anon/Alateen Service Manual** states that GR’s (p. 147) and DR’s (p. 148) are to immediately notify the Area Group Records Secretary as they start their service position. I would also suggest that you make sure your District Group Records (Where & When) Sec. or Coordinator be notified.

The **GR1 change form** is available at www.al-anon.alateen.org/members or by contacting the Area Group Records Secretary. It can be filled out on the computer and then forwarded to the Area and District Group Records people.

CMA (Current Mailing Address) All groups must have a current CMA for their group. If allowed to lapse your group will be added to the “No Mail” status at WSO. If not corrected in two years your group will be dropped.

CMA’s may be;

1. GR’s
2. Dual members (members of Al-Anon and AA)
3. Meeting address

Groups are encouraged to have an **e-mail contact**. This can be done by using someone personal e-mail, a group e-mail, or an e-buddy e-mail for someone without Internet connection. Group-e-News is WSO’s way of keeping groups updated. This information is not sent to group any other way.

Duties of the CMA are listed in the *2014-2017 Al-Anon/Alateen Service Manual* on page 34.

Group Records Coordinator
Mary S.



Treasurer Report - Helen B

SOUTHERN ILLINOIS AREA 16 ASSEMBLY TREASURER'S REPORT January thru March 2014

| | | |
|---------------------------------|------------|------------|
| <u>BEGINNING BALANCE</u> | | \$4,492.42 |
| RECEIPTS: | | |
| Group Contributions | \$1,191.17 | |
| Birthday Contributions | \$20.00 | |
| World Service Committee Basket | \$37.00 | |
| Assembly Registration | \$63.00 | |
| Assembly Basket | \$51.00 | |
| Ways & Means - Sales | \$47.00 | |
| - Raffle | \$123.00 | |
| Fundraiser--2014 | | |

MISCELLANEOUS RECEIPTS:

| | |
|----------------------------------|----------|
| Forum Raffle | \$22.00 |
| 2013 Il. State Convention Profit | \$862.13 |
| Serenity Days 10B | \$100.00 |
| Domain name contribution | |
| AA. State conference | |
| Special donation (Memorial) | \$50.00 |
| Sponsorship Workshop | |

TOTAL RECEIPTS **\$2,566.30** **\$7,058.72**

DISBURSMENTS:

| | |
|---|----------|
| Mileage | \$490.24 |
| Motel | \$273.12 |
| Parking | |
| Office Supplies | \$18.37 |
| Printing/Copying | \$95.55 |
| Postage | \$57.83 |
| Secretary of State | \$10.00 |
| North Central Regional Delegates Meeting | \$350.00 |
| North Central Regional Delegates Meeting Alt. | \$490.63 |
| Delegates Pocket Money | \$500.00 |
| World Service Conference Equalized Expense | |
| Donations for Assembly Meeting Rooms | \$50.00 |
| Forum Subscriptions | \$22.00 |

MISCELLANEOUS DISBURSMENTS:

| | |
|------------------------------|----------|
| Ways and Means misc. expense | |
| Group Records misc. expense | |
| Bank expense | \$33.90 |
| World Service Donation | |
| Fund Raiser Expenses | |
| Web Page Expenses | |
| Miscellaneous expense | |
| Background check | \$112.00 |
| 2014 reserve fd. Savings | |

TOTAL DISBURSMENTS **\$2,503.64**

ENDING BALANCE (Total cash on hand): **3/31/14** **\$4,555.08**

#####

SAVINGS/RESERVE FUND BEGINNING BALANCE: **\$2,274.67**

RECEIPTS (Birthday \$12)+(Interest \$0.05) **\$12.05**

ENDING BALANCE SAVINGS/RESERVE FUND: **3/31/14** **\$2,286.72**

Submitted
H Brewington
May 1, 2014

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 [PH (217) 519-3978]
2311 W Hunt St.,
Decatur, IL 62526



Alateen Coordinator - Becky R

Spring 2014 Area 16 Alateen Report:

I am so excited to introduce myself! I am Becky Ropp and in the last few months I've taken over the Alateen Coordinator responsibilities for Dottie Yaeger. First let me say a HUGE THANK YOU to Dottie for all her work for Area 16 Alateen and all her continued help and patience with me as I figure out my way. Dottie is a great example of Service in Al-anon and I can't thank her enough!

Area 16 AMIAS Qualifications Changes:

I am very happy to announce that at the recent Area Assembly it was voted upon favorably to change the AMIAS (Al-Anon Members Involved in Alateen Service) requirements from 3 years down to 2 years of consecutive involvement in Al-Anon before becoming an AMIAS. They are still required to meet the qualifications of being 23 years of age. This keeps us with similar requirements to the WSO. A new form will be posted on the website for usage.

Recertification:

It is now time for the Annual AMIAS recertification process. I have sent the forms as well as a self-addressed/stamped envelope to each registered AMIAS. Each AMIAS is welcome to send them back to me in the US Mail or via email. I just asked them to be returned by June 1, 2014 if at all possible so I can complete the process with WSO in a timely manner.

Workshops:

Also FYI, I am pleased to announce I have quite a few new AMIAS coming on in the Edwardsville, IL, District 18. I implemented an introduction workshop for them on Saturday, May 24. (A BIG shout out to their new District Alateen Coordinator for all her enthusiasm in lighting District 18 on fire for Alateen!)

If any district would like to have a workshop, whether it be a refresher or otherwise, I have materials from WSO and would be happy to put one on. I do have the ability to try one via Webinar if that interests anyone.

I believe that's all the business I have for now. Please feel free to contact me if you have ANY questions, challenges or concerns. Thank you all for your patience as I learn my new role as well.

Have a great summer!



Archives Coordinator – Fern T

One of the best ways to protect the future of the AI-Anon fellowship in an area is to look to the past.

Of course, our primary purpose remains to carry the message of hope to the families and friends of alcoholics.

I received a special greeting from the World Service Office. There were a few questions for New Archives Coordinators and one important question was, where can I learn about AI-Anon history? The list consisted of Many Voices, One Journey (B - 31) - Entire text. AI-Anon /Alateen Service Manual 2014 - 2017 (P 24/27), pp. 28-29 Available at www.ai-anon.org. Alateen - Hope for Children of Alcoholics (B - 3), pages 103 - 114. How AI-Anon Works for Families and Friends of Alcoholics (B - 22) pp, 141 -149 and "Lois' Story, " p. 152. The AI-Anon Family Groups - Classic Edition (B - 5), page 12 and entire text. Lois Remembers (B - 7,entire text and timeline on pp. 197 - 204. AI-Anon's Cofounders (p - 87). Lois' Story - Videocassette (AV-1) - Rental Only. Lois We and the Pioneers - Videocassette (AV-24) - Rental Only. AI-Anon :Then and Now (A brief history AR - 2), Also I brought the book First Steps published in 1986, AI-Anon's 35th Anniversary. World Service Office also mentioned the Forums teach us about AI-Anon's history:

The Forum, March, 2011, p. 16 As I grew in AI-Anon, I began to understand that the Twelve Traditions were more than peer customs developed by the groups. They were AI-Anon's heritage of established practices based on the wisdom of our pioneers, Lois and Anne,

The Forum, May, 2011, p. 18 Celebrating 60 years of AI-Anon Family Groups. Growth cannot occur without change, and our history as a fellowship is a long continued series of changes....our history has also taught me that change need not be painful and that as long as I hold on to those spiritual principles that are most clearly part of my essential identity, I can continue to change, grow and transform without fear of losing myself or my way.

The Forum, December, 2011, p. 19, The World Service Office does have legal responsibility to preserve and protect the AI-Anon/Alateen name and it legacies. "It is willingness to reach out that will expand our community of hope long after all of us reading this article are gone."

Again, a reminder for all groups to continue working on the AI-Anon Group History Checklist form. For new District Representatives and all others, information was given that the Checklist form can be found on AI-Anon's website: siafg.org. If there are any questions about how to complete this form, please call Fern T at 618-357-8084. When completed it can be sent to: Fern Turpin 706 Taffee St. Pinckneyville, IL 62274 or given to her at the Area Assembly Meeting.

Thank you very much
Fern Turpin
Archives Coordinator



Convention Coordinator – Betsy C

I'm sorry I missed Assembly in March but I will see you all in July. I want to keep you abreast of the activities for the 2014 AFG State Convention 10/17-10/19. This is going to be a great convention! We have awesome Speakers lined up, AI-Anon as well as AA. You won't want to miss any of it. We will be bringing the signup sheets to Assembly in July, so bring your calendars with you. We would also like to let you know the Saturday night banquet is going to be a buffet, so that's why there isn't a meat selection on the flyer. The menu is out of this world (just my opinion).

- Tossed Garden Salad
- Fresh Cut Fruit
- Assorted Artisan Breads & Rolls
- Chicken Saltimbocca
- Braised Short Ribs
- Garlic Mashed Potatoes
- Green Beans
- Select Desserts
- Coffee/Iced Tea/Water

Don't forget the Quilt and Basket raffles! The quilt will be unbelievably gorgeous this year so you will want to buy a lot of tickets for the Quilt as well as the Baskets! If you have a basket and can't attend the convention, send it with someone or bring it to Assembly and/or let me know and we will get it to Convention.

We are also asking for donations for the literature room. New or gently used books will be accepted.

See you in July

Betsy C.

Convention Liaison

Past Delegate



News-O-Gram Coordinator – Marge E

I am so grateful for Rita's help and encouragement as I seek to become comfortable in this service position as News-O-Gram Coordinator. The deadline for the Fall Issue of the News-O-Gram is September 10, 2014.



Ways and Means Coordinator - Kathy H

All but 21 highlighters have been sold. I will bring them to Area in July. I am holding orders from several districts. A few orders have been sent in the mail. Please call 309-828-9682 or use my new email address to let me know if you would like a highlighter held for you until July.

Thanks for the wonderful support of this fundraiser.

July's Area fundraiser is a bake sale. Please bring your goodies:)

Thanks,

Kathy



District Reports



District 14 Report – Cheryl N

District 14 had a great Al-anon day held on Saturday, March 23 during the 2014 AA Spring Conference in Fairview Heights. The day was full of outstanding panels and sharing.

April 12th brought the 4th annual Spring Workshop held in Belleville with 43 people in attendance. It was another fantastic recovery day consisting of a panel on Fears, speakers on Sponsorship and a skit on both involving many members.

Our Outreach Coordinator has, in honor of Lois's birthday this month, distributed old Forums labeled with our Area website to members. All are free to leave these in doctor's offices, hospitals or wherever they may see fit.

We also have a member updating the Area map boundary lines to include Pinckneyville and Nashville as part of District 14 and deleting the line between District 10A and District 20.

And finally, it's with heavy heart we bid farewell to our District Rep, Don A. We wish him well as he relocates closer to family and say big thanks for all his service at the group and area level.

Our new District Rep is Cheryl N. We will be electing an Alt DR at the next district meeting.



District 19 Report – Charlene V

At the previous meeting, a motion was made to have our Southern Area Past Delegate and now Area Chair Person come to speak with us to help guide us in forming District 19.

Previous meetings had been held at MMC with discussion of the website for our area: spi-alanon.weebly.com. Travis Y. is keeping the site current daily for Al-Anon and Alateen. Outreach is so important with communication and available information for newcomers. Phone book, Internet, and the local newspaper have been maintained. Previously, clients had had difficulty finding help.

Also what officers are necessary to get a district started. So with this Cathy B. graciously traveled over to meet with us. This meeting was held Tues. May 6, 2014 at 6:30pm in the Cain Room at Unity Church, 417 Cordelia St. in Spfd.

Group members present:

Ramona B. –Came to Believe AFG-Discovery Club Tues. night

Dawn C. and Jane F. –Wed. night Butterfly AFG

Vickie Y. – It's an Inside Job AFG- St. Joe's Chatham Thurs. eve.

Travis Y. – Progress not Perfection AFG- Thurs. night Parkway Christian –Al-Anon and Alateen

Jan R. –Experience Strength Hope AFG- Friday night, St. Joe Chatham

Special guest-Cathy B. - Southern Area Chair Person, Past Delegate, from District 12 –Champaign

Cathy shared how their District was formed and has grown. Resources such as ecommunities have been helpful. WSO supports groups=channel of communication, districts have issues, which are taken to Area Assembly (next one meets July 12, Saturday at MMC D229). Then the delegate, Lyri M., takes the issue to WSO and the answer is funneled back down.

Suggestion to take Appeal Letter to all groups explaining intent and descriptions of District Rep, Alternate Rep, Treasurer and Outreach Coordinator. With this KBDM (Knowledge Based Decision Making) the next meeting will be to elect officers. Dual members cannot serve as GR, which leads to the delegate position. Southern Area Bylaws incorporate duties of the officers defining the roles. Bylaws will be sent to all groups with description of offices.

Discussion of how each group handles their contributions. Cathy shared banking /treasurer issues, obtaining checking account without interest-not for profit, and the IRS.GOV website for EIN numbers.

Next district meeting in July, after Area Assembly- July 12, as a Potluck at Unity Church to elect our officers for District 19.

Share at meetings to bring ideas, questions, and suggestions for officers.

Respectfully submitted,

Charlene V.

The Serenity Prayer
God, grant me the serenity
To accept the things I cannot change,
Courage to change the things I can,
And the Wisdom to know the difference.

See you at the Convention
In Normal, IL
Oct. 17-19, 2014

BASKETS WANTED!

2014 Basket Raffle

One of the exciting features and a Fund Raiser at our IL State AFG Convention is the Basket Raffle. If you want to donate a basket, we ask that you pick a theme such as: taking care of ourselves, tools, pampering ourselves, enjoying life, just use your imagination and be creative!

Each basket needs to have 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.

Make sure to come by and see all the baskets and put your name in for the one you want! The Basket winners can pick up their baskets between 5pm and 6pm Saturday!!!

We look forward to seeing you and your baskets in the Basket Raffle Room at the 2014 Illinois State AFG Convention.

Thank you in advance for participation and helping out with the basket raffle!

Be sure to bring your extra address labels to put on the raffle tickets you purchase. It will save you time to enjoy more of the convention.

Katie S

2014 Illinois State AFG Convention October 17-19, 2014



Marriott Hotel & Convention Center
201 Broadway Street | Normal, IL 61761
Reserve your room by calling 309-862-9000
or by going online to www.marriott.com

- Must mention "Illinois State AFG Convention" in order to receive the discounted rate
- \$134 plus tax per room, up to 4 people per room
- Adjacent parking \$6 per day, free for overnight guests
- Rooms must be reserved by September 26, 2014
- Registration form and check must be mailed by September 15, 2014. See fees listed below.
- The hotel will offer a breakfast and lunch buffet for \$10.00 for anyone with a conference name badge.
- Alateens must bring a completed Convention Permission Slip available from Alateen Meetings or Sponsors
- If you have leftover or old CAL, consider bringing it and donating it to the literature room.
- Plan now to attend for a fun-filled recovery weekend!
- For more information contact:
Betsy C. at 217-878-7670
Denise B. at 217-972-4165

Friday:

4 pm: Registration Begins
7 pm: Opening Session
AA speaker Chris L. - Decatur, IL
AFG speaker - Kathleen A. - Decatur, IL

Saturday:

1 pm: Second Session
Alateen speaker
AA Speaker - Tara M. - Champaign, IL
6:00 pm: Banquet Buffet
7:30 pm: Third Session
AFG speaker - Stephanie B. Texas

Sunday:

10 am: Closing Session
AFG speaker - Barbara W. Ohio

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

Name: _____
Address: _____
Phone: _____
Email: _____
Special Requests: _____

I am an: Al-anon ___ AA ___ Alateen ___
_____ I'd love to volunteer (we will give you a call)

\$ ___ Al-Anon & AA Registration.....\$30.00
\$ ___ Walk-in (after September 15 deadline)...\$35.00
\$ ___ Alateen..... Free
\$ ___ Saturday Night Banquet.....\$45.00
I would like the vegetarian option ___
\$ ___ Total Enclosed - Make checks payable to:
2014 IL State AFG Convention

Mail form to: 2014 IL State AFG Convention PO Box 3223,
Decatur, IL 62526

The High Power's Team

ALATEEN

For young People affected by Alcholism

Alateen, part of the Alanon, is a fellowship of young people whos lives have been affected by alcholism in a family member or close friend. We help each other by sharing our experience, strenght and hope.



Place: Pinckneyville Hospital

Located in the north room of basement

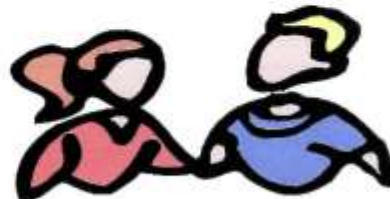


101 n. walnut street

Pinckneyville, IL

8:00pm to 9:00pm

Every Friday night



Any questions call:

Fern (618) 357-8084 or Alberta (618) 317-1586



Has Your Life Been Affected by Someone Else's Drinking?

Alateen is here to help

No Fees ... No Membership ... No Obligation
Completely Confidential ... Safe Environment

ATTEND
AN
ALATEEN
MEETING

Every Thursday, 7-8 pm beginning June 19, 2014 Ages 12-19
First Christian Church ... 310 South Main Street ... Edwardsville, IL

Al-Anon & AA meetings are held at the same time, each in private meeting spaces at the church.

Alateen is for young people whose lives have been affected by someone else's drinking. Many young adults have received help from Alateen.



These questions may help you decide if Alateen is for you . . .

1. Are you afraid or embarrassed to bring your friends home?
2. Do you or your family have money problems because of someone else's drinking?
3. Are you scared to ride in a car with the drinker?
4. Have you considered calling the police because of abusive behavior?
5. Do you think your problems would be solved if the drinking stopped?

There is Hope at Alateen - You are not alone.

Answering Service Hotline: 618-463-2429 www.siafg.org or www.al-anon.alateen.org

The Thursday **OPEN** **Night**
Al-Anon **Family Group**

Cordially invites you to their 5th Thursday
Speaker Meeting

May 29th, 2014, 7:00 pm to 8:00

Bill R. (AA), Edwardsville
Marianne W. (Al-Anon)

First Christian Church
310 S. Main St., Edwardsville, IL.
Rear parking lot entrance

Followed by Refreshments