

***Southern Illinois Al-Anon Family Groups
Area 16
Summer 2015
News-O-Gram***

Area World Service Committee Meeting

Saturday July 11, 2015

9:00 am

Registration at 8:30am

Memorial Medical Center Room 229

Springfield, IL



Area Assembly Meeting

Saturday July 11, 2015

12:30pm

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 you 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.

Officers' Reports:



Delegate's Dialogue 2015

Lyri M., siafgdelegate@gmail.com

The following is a brief synopsis of some of the major themes of the World Service Conference. A more detailed report will be posted on our siafg.org website, Member's Area, Area Officer Updates (password area16), Delegate's Update. *We will have time at our July 11th Area Assembly for your questions regarding the April World Service Conference and our World Service Office.*

 LITERATURE

I was able to get some very useful information regarding the pricing of our literature *and what we can do as an Area to help hold or even decrease the price of our literature.* I will present this information to the Assembly July 11th and will be looking for your ideas on what our groups and districts are able and willing to contribute to the dream of lower-priced literature. Please see my detailed report on our siafg.org website and come prepared to dream big!



PHONE MEETINGS

Electronic Meetings are not part of the standard geographic service structure (group/district/area). The WSO serves as their point of contact and provides service support. The WSO has had and will be continuing regular conference calls with phone meeting contacts to help these meetings apply the Traditions. *Members concerned about the safety and health of phone meetings are encouraged to participate and lead by example.*



NEWCOMER OUTREACH: Practicing Gratitude

See my online report for strategies and resources for attracting, and keeping, new members in our groups, and developments in Public Outreach at the World Service level. *How does your group welcome newcomers?* Please come share your ideas at the July 11th Assembly.



ALATEEN: What Works

We had several sessions at the Conference regarding Alateen and how to develop more viable ways to support our young teen members. *Questions for our Alateens: What is working & not working for you? How can our Area support you?* Bring your answers and ideas to the July 11th Assembly!

2016 Illinois State AFG Convention Update!

Thanks to Barbara S., Cathy B., and Jan T. (with approval of the SIWSC) we have signed a contract to hold our 2016 Convention at Embassy Suites East Hotel & Riverfront Conference Center in East Peoria Illinois, October 28-30!!! Cathy B. (Area Chairperson) and Lyri M. (Area Delegate) will be serving as co-chairpersons; Jim V. (Belleville) has agreed to be our AA Committee Chairperson; Danny H. (District 14) has volunteered to make our flyers; Jane P. and the Fellowship Committee of District 20 have agreed to be our Entertainment Committee; and District 14 has volunteered to be our Program/Speaker Committee.

*There are **many** other service opportunities associated with the Convention.* Each District within our Area will be encouraged to help with some part(s) of the Convention, such as Alateen Program, Banquet, Basket Raffle, Communications, Decorations, Greeters, Hospitality, Quilt Raffle, Registration, and Volunteer Coordinator. We will also need a Treasurer and a Recording Secretary. Think of the talents and enthusiasm of your group(s) and district, and what would be a good fit for your members (and yourself!) and contact either Cathy or Lyri so that we can coordinate our efforts. You can find a detailed description of the various committees on our Area website www.siafg.org under the Member's Area, Area Business (password area16), Illinois State AFG Convention Guidelines.

We are still working out the details of how we will coordinate our meetings (which will likely include email and possibly conference calls), but will certainly be full of fun and enthusiasm. Remember: Many hands make light work!

*We hope to have most or all of the Convention committees in place by our July 11th Assembly. At that meeting we will be asking members to decide on a Convention theme. **Please bring your group members' ideas for an inspiring Convention theme to the July Assembly.** We will also try to finalize our budget at the July SIWSC meeting, so that we can start work on our flyers in order to have copies in hand at the 2015 Convention at Itasca, IL in October.*

From the Chairperson:

So it's true.... Time really does fly with age (and I'm aging gracefully, lol!) and when you're having fun! Well into my second year as your Chairperson, I feel like I'm starting to get to know what you want and what needs to be done. Now, if I can live up to the challenge, we'll all be good to go.

Next on the agenda, is to fill the coordinator position, Public Outreach. I really need your help on this one. Please talk about this position within your districts and your groups. Anyone that comes to mind, or if you are personally interested, please let me know right away. This is an "appointed position" by the Chairperson, so you don't have to go through the embarrassing process of an election. I'm looking for the right person, with love for the AI-Anon program, who wants to share their experience, strength and hope; to connect with the WSO and Area Assembly, which ultimately connects to our districts and all the groups. The Area Assembly would cover all of your expenses, and you will have full autonomy on how you develop this position. Any questions whatsoever, please feel free to call me anytime.

Thanks again so much to our SIAWSC group, for agreeing to the venue for us to host the 2016 IL State AFG Convention! You'll see some of the details in our Delegate's report (in this edition) as to where we are, and you'll definitely hear more during the Area Assembly meeting on July 11th.

As you know, Marian and I attended the Regional Delegates Meeting in Cedar Rapids, IA on March 20-22, 2015. You'll hear from Marian at the Area Assembly meeting as to what we learned that weekend.

I'm also looking forward to hear our Delegate's report after attending the WSC this past April. She is bringing tons of information to us that you can't get anywhere else. So plan to be amazed! For those new in service, or just new to AI-Anon, please come – bring everyone and anyone involved in AI-Anon to these meetings. There will be lots of information to share, and lots to learn from each other. It's a great place to begin thinking a little of what "outside the box" can mean to your district, your group, and to you personally.

Hope to see all of you and more, on July 11th, 2015 for the next SIAWSC and the Area Assembly meetings, at Memorial Medical Center in Springfield, IL. We'll start with registration at 8:30 am.

As always, I will have Mary S. 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 2015!

Your Chairperson,
Cathy Blakey

Group Records: Mary S

SIAFG (Southern Illinois AI-Anon Family Groups) Group Records Report – May 2015

Notify 1. Your District (District Representative and/or Group Records Person)

Notify 2. SIAFG Group Records Secretary –Southern Illinois policy is: all AI-Anon group changes are to go to SIAFG and then the SIAFG Group Records Secretary will change the WSO information.

Keep It Simple

- **SIAFG Group Records Policy:** All Al-Anon group 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 – No changes or changes also go to the SIAFG Group Records Sec.**
- **Use the siafg.org website to find contact information for SIAWSC (Southern Illinois Area World Service Committee) members; Delegate, Officers, Coordinators, District Representatives, SIAFG Board Members and Past Delegates). The SIAFG Group Records Secretary and Alateen Coordinator contact information is there. GR1 (Group Change forms are there also.)**
- **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:

Area Treasurer

May 10, 2015

Spring has arrived in Illinois, although this last week seemed more like summer. With the coming of spring, I think of the changes I can make.

The Seventh Tradition:

Every group ought to be self-supporting, declining outside contributions.

What can I do to insure my group's financial obligations are met?

One, ask my group to do a group conscience to see if we are contributing to the Suggested levels listed in our Service Manual (pages 56-58 Group Finances).

Two, do a meeting on Tradition Seven using these pages or other Cal literature.

Three, "*Let it begin with me*" am I contributing with gratitude enough so my group can be self supporting and help to support the fellowships of Al-Anon and Alateen.

"When anyone reaches out let the hand of Al-Anon and Alateen always be there"

Let it continue with you when the baskets come around.

Serving One Day At A Time

Helen Brewington

GROUPS CONTRIBUTING JANUARY THRU APRIL 2015

GROUP NAME	DIS	GROUP ID	GROUP NAME	DIS	GROUP ID
Al-Anon Sunday/New Focus AFG	10	61609	District 18	18	
District 10	10	99738	Edwardsville Fundamentals of Recovery AFG	18	
Friday Nite Happy Hour AFG	10	61535	Highland AFG	18	25607
Monday AM AFG	10	3493	Monday Morning Open Door AFG	18	3812
Serenity Seekers AFG	10	25455	Monday Night Elm Street AFG	18	003451
Tuesday Fellowship	10	3495	Monday Night Serenity Group	18	26501
Beginners AFG	11	3703	Thursday Night AFG	18	30528380
Mt Zion Born Free	11	3948	Troy Joy	18	63747

Sunday Night Steppers AFG	11	40272
Al-Anon Parent Group Savoy AFG	12	
Monday Morning . AFG	12	24161
Saturday Night Group AFG	12	004040
Step by Step AFG	12	0053628
TGIF Bondville AFG	12	3507
Effingham Co. AFG	13	3741
District 14 AFG	14	
Pickneyville Al-Anon Group	14	
TGIF AFG Belleville	14	29620
New Hope AFG	15	30640141
Bethalto Wed. Morning	18	003491

Wednesday Night Hopeful Serenity Seekers	18	034856
Experience Strength & Hope AFG	19	30564695
H.O.W. AFG	19	004104
Keep It Simple AFG	19	48115
Progress Not Perfection AFG	19	30633415
Wednesday Butterfly AFG	19	0042664
Wednesday Noon Happiness Is AFG	19	04811
A New Beginning AFG	20	004023
District 20	20	
Monday Hilltop Al-Anon	20	0004020
Wednesday Morning Glories	20	0004022

Coordinators' Reports:

Archives: Fern T.

One of the best ways to protect the future of the Al-Anon fellowship in our 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.

Fern read the Preface in the book *First Steps, Al-Anon 35 years of beginnings*, of how founder of AA, Bill W. and his wife, Lois, founded Al-Anon, called *The Stepping Stones*. As it reads, "from small beginnings, created a movement that would reshape the lives of hundreds of thousands." This heritage changed the lives of many people.

Fern reported talking to Mildred L., Northern Area Archives Coordinator, about how they preserve and store their archive material. Mildred suggested that Fern further research on the size and cost of a storage unit for the Southern Area. This would provide a safe, convenient place for future archive coordinators to use. Kathy H., a past delegate, gave Fern a collection of *Tape of the Month* to be placed in our area archives. Any material presented is always very much appreciated.

Fern also reminded everyone to please keep working on the Unit History Checklist for your group. To view a PDF version of the form from the SIAFG website, to use as a pattern, double-click on the following link:

http://www.siafg.org/uploads/1/2/2/2/12228429/group_history_checklist.pdf

or copy the link above and paste it into your browser.

Archives Coordinator
Fern T

Convention Coordinator: position open

The 2015 Illinois State AFG Convention is coming up in October. Please see the flyer for the convention at the end of this News-O-Gram. **JUST GET IN THE CAR!**

Forum/Literature: JoEllyn P.

In these past eleven months, I've experienced fear almost daily. I believe I was full of fear back in my teenage years and in my early twenties. I think about how I barely managed back then in my day-to-day living. I thought what I felt was my normal and certainly didn't talk about it out loud. Today, I recognize my fear, and I don't like how it feels. Thanks to the Al-Anon Program, I've learned different tools to deal with this fear and am grateful I can talk about it out loud in an Al-Anon meeting and with my sponsor. It always brings me comfort. I've also found "The Forum" magazine to be a lifesaver in these past eleven months. I keep one under the seat of my car and one in my lunch box to have when I'm not visiting with someone. I read an article during my lunch period that helped me to remember to live in the moment. That feels more manageable! I'm always reminded of how powerful the disease of alcoholism is and how my way of thinking needs to be influenced by the words of Al-Anon. "The Forum" is easy to carry along with you and pull out for that quick meeting! Enjoy your summer and read on!

Your friend in Al-Anon,

JoEllyn P.

News-O-Gram: Marge E.

Thanks everyone for submitting articles for this issue of the News-O-Gram. The deadline for the fall issue is September 10, 2015. Email articles to siafnog@yahoo.com
Always in gratitude,
Marge

Ways & Means: Kathy H.

For our fundraiser this year, we agreed on coasters. I have ordered 300 of them. The coasters have on them a blue butterfly and the words experience, strength, and hope. They are \$2.00 each and will be available for sale at Area Assembly on July 11, not before.

Thank you to all who brought baked items for the raffle at the March Assembly. No raffle in July – possible 50/50 drawing. November's raffle is 'The Holidays.'

Medallion sales continue to go well at \$2.50 each. Also have silver coins for sale at \$1.00 each.

Kathy H.

District Reports:

District 10

Serenity Day Feb. 28, 2015 was a fun day. This helps support our phone service, public outreach service, and Al-Anon participation in AA events. The chair for the next year is thinking about a later time in the year to avoid weather issues. Thanks to everyone for your support.

District 10 has volunteers who represent Al-Anon at the Chestnut Health Services Family Day. We do this twice a month. This is attraction, not promotion, when family members can hear and see the Al-Anon program working in people's lives.

District 10 is a part of the AA Roundup, May 1, 2, 3, 2015. Our speaker is Joan from Morton. We also help with hospitality and raffle. Flyers available.

District 10 (actually Southern Illinois Area Al-Anon) has been asked to be a part of the AA State Convention, August 28-30, 2015 at the Marriott in Uptown Normal, IL. Southern AA hosts this event once every 10 years. The Al-Anon speaker is Nancy C. from Bloomington, IL. Anyone interested in helping with hospitality, leading a meeting, and/or being on panel discussions, please let Kathy Hoyland know as she is on the committee, as is Paula M.

To see the flyer for The AA State Convention, click on the following link:

<http://www.aadistrict10.org/uploads/documents/uploader/1352015-ISCAA-Final.pdf>

Kathy H.

District 14

District 14 had an amazingly awesome Spring workshop in April with the theme April Showers Bring Higher Powers. The word "Trust" came up a lot during speaker panels and also in a story used for our breakout group work. In the end a beautiful piece of artwork was created!

The joint forces of District 14 and 18 are working on the 3rd annual Funfest slated for October. Stay tuned for more info.....hope many of you can come!

See you all in July,
Cheryl N, DR

District 19

Southern Illinois District 19 Meeting
Sunday March 15, 2015

A discussion was held regarding the "Outreach Financial Picture" which is distributed to the DRs at each District meeting. This spreadsheet breaks down the current balance in the fund with itemized listings of the dates and donation made by each group throughout the year. Groups that did not contribute are listed on the spreadsheet as well, with a notation that \$0.00 was contributed. There was concern that listing a meeting's donation amount (or lack thereof) would be a violation of our Traditions which protects the anonymity of each group in all matters. On the other hand, the current layout and information on the Outreach Financial Picture is vital to keep in its current form so that the treasurer may quickly provide accurate information when an individual group checks to make sure its donation has arrived.

The District voted to keep the Outreach Financial Picture in its current form; however, this document would be *solely* used by the Treasurer and no longer shared with the DRs. Groups may request information within the document but the document itself cannot be shared. Pages 2 and 3 of the District's financial report, which contain monthly cost figures for Yellow Page ads and voicemail, as well as funds received and paid, will continue to be distributed to the DRs to share with their groups. Following

discussion, it was decided that since all groups are aware of the services provided by donations to District 19 and the costs to maintain those services, it is not the District's responsibility to "nudge" groups to contribute funding. Donating to the District, the Area and World Service are the sole choice of each Al-Anon group.

Alateen: Ideas for increasing interest in providing active Alateen groups to District 19 were discussed. The meetings occur at Parkway Church in Springfield each Thursday evening; however, it is rare that more than one person comes to the meeting. In these cases the potential Alateen is invited to join the Al-Anon meeting. *Two* certified Alateen sponsors **must** be at each meeting and we currently have three Alateen sponsors in the district. So that children can be introduced to the Al-Anon Steps and Traditions, we need more trained sponsors in case one of the current sponsors cannot be there. The Thursday night Al-Anon meeting at Memorial reported that children have often been brought there expecting to find an Alateen meeting on site. This may indicate some confusion in Al-Anon sites.

Items for future discussion:

1. Bring in volunteers from the District's Al-Anon groups to setup Outreach Alateen meetings.
2. Make a group purchase of Alateen's version of "one Day at a Time" books for distribution.
3. Add an Alateen "branch" to the District's phone services to provide information on meeting times and places.
4. Request assistance and suggestions from the Area Alateen Coordinator.
5. Look into possibility of holding a local Alateen convention.
6. Find and distribute Alateen literature and cards indicating where Alateen meetings are located. Check into seeing if AA groups would be interested in distributing these informational cards as well.

The meeting adjourned at 4:45pm. The next District 19 meeting is scheduled for May 17, at 3:30pm. Please note time change.

Submitted by:
Charlene V.

Special note from Charlene:

Norma Jean, age 85, died at Symphony Nursing Home in Lincoln May 14. She married Bob in 1972 in Chicago. Visitation was at Vancil-Murphy Funeral Home Monday May 18. Burial was at Camp Butler. Memorials to American Lung Assn.

She brought District 19 together and worked with Assembly and as a Past Delegate. I can still hear her laugh and see her affectionate smile. She was sponsor for many of us.

Charlene



Living Our Dreams

An Exchange of Ideas from the World Service Conference
Delegate Presentation and Small Group Discussion



Conflict Resolution

**How to Set Healthy Boundaries and
Maintain the Integrity of Our Meetings
An Interactive Workshop Using Al-Anon Tools**

Both Workshops are part of Southern Illinois AFG Area Assembly
and free with \$3 Assembly Registration

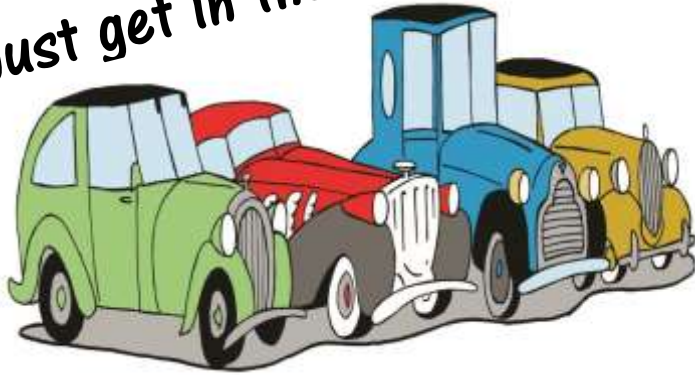
1:00pm Saturday, July 11th Memorial Medical Center,
701 North 1st St., Room D229, Springfield, IL

Open to all Al-Anon Members

Illinois State AFG Convention

Eaglewood Resort 1401 Nordic Rd Itasca, IL 60143
October 23rd - 25th, 2015

Just get in the car!



- * Breakout Meetings * Workshops *
- * AA speaker * Alateen Speaker *
- * Four Al Anon Speakers *
- * Hospitality Room* Basket Raffle *
- * Literature Sales * Quilt Raffle *
- * Banquet & Entertainment *
- * Fun * Fellowship * Recovery *

- Convention registration opens at 3:00 pm Friday, October 23rd at Eaglewood Resort.
- A discounted room rate is available for \$109.00 + tax. For room reservations call 1-877-285-6150. Mention "AFG convention" to receive the discount. Reservation deadline is September 22nd.
- Eaglewood Resort will offer a breakfast buffet for \$12.00 and a lunch special for \$16.00. Show registration badge for discounts.
- **Alateens must bring 2** completed convention permission forms. Forms are available at www.niafg.org under "All about Al Anon", then click "Teenagers" or from an alateen sponsor.
- For more information contact Pattie H @ 815-570-1713 or Darcie F @ 630-408-5668 or visit www.niafg.org



Name _____	\$ _____ Al Anon & AA Registration \$30
Street _____	\$ _____ Registration after Oct 13 th \$35
City/St/Zip _____	\$ _____ Alateen \$5 , after Oct 13 th \$10
Phone _____	\$ _____ Saturday night banquet \$40
Email _____	Choose an entrée Chicken... <input type="checkbox"/> Beef... <input type="checkbox"/> Fish... <input type="checkbox"/> Vegetable... <input type="checkbox"/>
I would like to help <input type="checkbox"/> We will contact you.	\$ _____ Total

I am an: Al Anon AA Alateen

*Banquet seating is first come, first served. **Those who wish to sit together must register together.** Banquet tables seat 8 – 10 people.*

Checks payable to "Illinois State AFG Convention"
Mail Payment and Registration to:
Illinois State AFG Convention
PO Box 315
Sandwich, IL 60548

Save the Date:

MetroEast Funfest – October 3, 2015

10:00-2:00

District 14 and District 18

“Discovering Our Selves”



Watch the Website for more details.

Coming Soon!