

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

**Area World Service Committee Meeting**

Saturday March 7, 2015

9:00 am

Registration at 8:30am

Memorial Medical Center Room 229

Springfield, IL

**Area Assembly Meeting**

Saturday March 7, 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 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.**

1. According to the World Service Conference Summary (p. 27), only a small percentage of Al-Anon members participate in our service structure nationwide, and the messages of our World Service Office “are not heard by 80 to 90 percent of the fellowship.” In Southern Illinois, only 20 to 25 percent of our groups participate in a given Area Assembly. Therefore at least 75 to 80 percent of our members are not heard at our Area group conscience and have no voice at the World Service Conference. Al-Anon membership is fluid and flexible in nature, and not all members will be able to participate in the service structure. Not all groups will be able to send a Group Representative to Area meetings.

*Given this reality, how can we be inclusive of all Al-Anon members and groups in our Area group conscience, whether or not they are participating in the service structure?*

2. At the next World Service Conference (April 2015), I will be asked to discuss a proposal to allow one-time memorial contributions from family members and friends (who are not Al-Anon members) on behalf of a deceased Al-Anon member. A discussion on how the Traditions might apply to this issue has been started on the KDBM section of the Discussion Forum of the SIAFG website (siafg.org, Member's Area, Discussion Forum (password area16, logon with any email account). *Please give me guidance on your opinion(s) on this issue.*

3. The World Service Office (WSO), the business arm of Al-Anon, provides us with our literature, does national public outreach, and services our groups. *How well are you being served? What do you like about the WSO that you want to see continue? What would you like to see improved?*

4. About 30% of the WSO annual budget comes from contributions. The majority of WSO funds come from literature and Forum sales. As print literature continues to decline in relevance, this model may become unworkable. Already our pricing on print and electronic literature may be prohibitive for some members.

*Please share your thoughts with me on how we might help the WSO remain solvent while meeting our membership's needs.*

Please feel free to contact me via email ([siafgdelegate@gmail.com](mailto:siafgdelegate@gmail.com)) or postal mail (205 South Virginia, Belleville, IL 62220) with your responses to these questions or any other questions or comments you may have.

**Thank you!** Lyri M., SIAFG delegate

**PLEASE NOTE:** At the March Area Assembly the "Guidelines for Supporting Success for the SIAFG Area World Service Committee Members" will be voted on. Those presenting the motion would like input on the [siafg.org](http://siafg.org) Discussion Forum in the Members Area. It is located under motions. With your help the Assembly can make an informed voting decision.

## **Chairperson's Report – Cathy B.**

So now that we have a full year under our belt ... we've got this figured out, right? Well, to tell you the truth, I'm still learning more and more about what it means to be your Chairperson for SIAFG, Inc. If you find you would like a different format or a different order to the way the meetings are going, please let me know. After all, I'm just a work-in-progress and can always use some inspiration.

Thanks again so much to Marian M. for stepping up to becoming our Alternate Delegate! Marian, you are in good hands! You have a lot of support and many shoulders to lean on during your incredible journey. Just so you know, I will be attending the Regional Delegates Meeting in Cedar Rapids, IA on March 20-22, 2015, with Marian, and we will be there to help represent Illinois South to its fullest potential.

I'm looking forward to seeing you all on March 7<sup>th</sup>, for the next SIAWSC and the Area Assembly meetings, at Memorial Medical Center in Springfield, IL. We'll do it again (one day) for both meetings, and hope this will be a success. For those new in service, or just new to Al-Anon, please come – bring everyone and anyone involved in Al-Anon to these meetings. There is 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 you and your group.

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](mailto:cathy.blakey@yahoo.com).

See you in March 2015!

Your Chairperson,  
Cathy Blakey

## **Group Records Report – Mary S.**

### **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](http://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.)

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.

Submitted by Mary S.

# Treasurer's Report – Helen B.

January 2015

## Southern Illinois Area Treasurers Report

Happy New Year to all the Al-Anon Groups and Members!

As the new year starts let's focus on having a healthy and prosperous healing year. Al-Anon has provided me with so much growth in my personal life. Doing service work has provided growth in my spiritual life, I encourage all of you to get involved. Ask yourself what has Al-Anon given to me and what can I give back to the program to assure it will be there for others.

Thank you to all the members who put money in the basket as it was passed. There are a lot of expenses to keep this program available to us who need it so desperately. Our districts, our meetings, our area, and the World Service Office depend on membership support.

I thank you for any donations you may have been able to contribute. If you couldn't financially contribute then I thank you for talking to a newcomer, putting out literature, sharing in the meetings etc. Serving as your Area Treasurer,  
Helen Brewington

### GROUPS DONATING AUGUST THRU DECEMBER

GROUP NAME	DIST.	GROUP ID	GROUP NAME	DIST.	GROUP ID
Al-Anon Sunday/New Focus AFG	10	61609	Progress not Perfection	14	30600976
District 10	10		Wednesday Night AFG	16	50819
Eureka AFG	10	99738	Bethalto Wed. Morning	18	3491
Friday Nite Happy Hour AFG	10	61535	District 18	18	
Hope Thursday AM AFG	10	0035525	Highland Friday Night AFG	18	25607
Monday Night Fourth Step AFG	10	305959928	Monday Morning Open Door AFG	18	3812
Monday AM AFG	10	3493	Monday Night Serenity AFG	18	26501
Serenity Seekers AFG	10	25455	Thursday Night Al-Anon Edwardsville	18	30528380
Tuesday Fellowship	10	3495	Wed. Night Hopeful Serenity Seekers	18	034856
Beginners AFG	11	3703	Experience Strength & Hope AFG	19	30564695
District 11	11		Keep It Simple AFG	19	48115
Mt Zion Born Free	11	3948	Wednesday Butterfly AFG	19	0042664
Sunday Night Steppers AFG	11	40272	Wednesday Noon Happiness Is	19	04811
Tuesday Night Serenity Seekers	11	3701	A New Beginning AFG	20	004023
Blues Buster AFG	12	49550	Monday Morning AFG	20	24161
New Lease on Life (Savoy)	12	4088	Wednesday Morning Glories	20	0004022
Step by Step AFG	12	0053628	Nashville AFG		30598622
District 14 AFG	14				

### SOUTHERN ILLINOIS AREA CONTRIBUTION FORM

Group Name \_\_\_\_\_ Group ID # \_\_\_\_\_  
Person To send \_\_\_\_\_  
Receipt \_\_\_\_\_ District # \_\_\_\_\_  
Street Address \_\_\_\_\_ Amount \_\_\_\_\_  
City State Zip \_\_\_\_\_ Check # \_\_\_\_\_

Please Make Check or Money Order to  
**SIAFG**

**Send to** Helen Brewington\*  
264 N State Highway 32  
Cerro Gordo IL 61818  
(217) 519-3978

**PLEASE GIVE A COPY TO YOUR TREASURER**

**\*NOTE NEW ADDRESS**

## **Alateen Coordinator's Report – Becky R.**

SHEW!! What a first year to be your Area Alateen Coordinator and Paperwork Process Person!

For the 2014 year we have:

- 13 New Certified AMIAS (Most of them from District 18)
- 3 more AMIAS paperwork in process right now and about 6 other applications being worked on by potentials - most of those from District 10
- 4 new Alateen meetings started; Springfield, Edwardsville, Gillespie and Brighton
- 2 meetings inactive; Canton and Belleville

### **Recertification:**

July 1 was the recertification deadline for the Annual Alateen AMIAS recertification. Thank you to all who got your recertification paperwork in to me in a timely manner. We have 33 AMIAS recertified AMIAS in our Area.

### **Workshops:**

On May 24 in Edwardsville, IL, we had about 10 AMIAS and pending AMIAS join in the learning and discussion. I'd like to say a big thank you Petie H. for organizing it and to Fern T. and Albert W. for coming and sharing their wealth of experience as AMIAS.

At the 2014 IL State AI-Anon Convention I held an AMIAS workshop/info meeting. I should say, I facilitated the meeting because there was such a WEALTH of knowledge and experience in the room on Alateen meetings that I just facilitated the discussion. One item that was decided by the group was to hold an Alateen Workshop after the first of the year to have an extended version/conversation of the discussion we had at the Convention. My suggestion for the next convention is to have a MUCH longer timeframe for an AMIAS facilitated discussion. It was VERY valuable time spent for those in attendance.

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!  
Becky R.

## **Archives Coordinator Report – 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.

Fern reported to the group that she has examined the 7 boxes of the Area Archives. She wrote what is stored in each box and noted how heavy they were to handle plus the inconvenience of the storage area. Charlene gave Fern the name of a Media Library Coordinator in Moline, Illinois to contact for ideas how Northern Illinois store and file their Archives material.

Fern displayed a picture album, which Debbie Helm arranged dated 1999 entitled *What is Stepping Stones, the home of Bill and Lois Wilson*. Another picture album consisted of the 1999 World Service Conference with a beautiful 8x10 picture of Lois on the front page. There were also two, small 2002 KISS Journals with these words written inside: "To all Alateen, AI-Anon and AA members; Upon writing in this book you are consenting for your writing to be used at "WSO" and the "Forum." Please sign your 1st name and last initial. Also there was a program

booklet "40 years of AI-ANON in Area 16" describing AI-Anon in the beginning and each Delegate from the U.S. International from the year 1961- 2003 writing an article of their experience as a Delegate.

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 can be found on AI-Anon's website: [siafg.org](http://siafg.org). If there are any questions on how to complete this form, please call Fern Turpin at 618-357-8084.

When completed, it can be sent to:

Fern Turpin  
706 Taffee St.  
Pinckneyville, ILL 62274

or give to her at the Area Assembly Meeting.

Thank you very much,  
Fern Turpin  
Archives Coordinator

### **Forum/Literature Coordinator – JoEllen P.**

This past fall I participated in an AI-Anon Festival with a panel that shared on how to incorporate the AI-Anon 12 traditions into ones personal life. I was inspired by those who shared and decided I wanted to grow in this area. In this past year I finished reading Paths to Recovery, AI-Anon's Steps, Traditions, and Concepts. I discovered that the sharing's in this book helped me to think about the traditions and concepts in a new light. I've struggled with how to apply the traditions and decided to work with my sponsor to explore them more deeply. In the Epilogue of Paths to Recovery, AI-Anon's Steps, Traditions, and Concepts a sharing stood out for me. It said that a person's sponsor led them to try to approach the steps, traditions, and concepts that made all of them relevant in his or her life. This sponsor had the AI-Anon member learn them horizontally rather than vertically. I like that and encourage us all to think about this way of sharing our experience, strength, and hope.

A grateful member of AI-Anon,  
JoEllyn P.

#### **Importance of anonymity:**

On more than one occasion, I have heard AI-Anon members describe how their lives were devastated when their anonymity was broken by another AI-Anon member. These members lost jobs, friendships, or their marriages ended due to the indiscretion of AI-Anon members who did not honor our tradition of anonymity.

If you and your group have not recently reviewed the section on **Sharing in AI-Anon Meetings** in our *Service Manual* (pp. 40-41), I encourage you to do so. It states in part: "Our discussions center on solutions for our own difficulties. We try not to tell other people's stories or repeat what we see or hear, always protecting one another's anonymity, and the anonymity of AI-Anon, Alateen, and A.A. members as well. We concentrate on our own feelings and attitudes, rather than on the details of the situation. Members leave other affiliations (such as other Twelve Step programs or professional resources) outside our meeting rooms."

Another useful resource in our *Service Manual* is the section on **Three Obstacles to Success in AI-Anon** (p.24). It states in part: "We do not discuss members or others, and particularly not the alcoholic. Our dedication to anonymity gives people confidence in AI-Anon. Careless repeating of matters heard at meetings can defeat the very purposes for which we are joined together."

One of the most important ways we can strengthen our meetings, and AI-Anon as a whole, is to honor the principle of anonymity. As Tradition Twelve so eloquently states: *Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.*

## **DISTRICT REPORTS**

### **District 14 - Cheryl N., DR**

October brought a fantastic Fall FunFest! Hosted by District 14 and District 18, there was a great turnout. Sharings on Healthy Relationships highlighted the day and a skit provided lots of laughter.

Zachary H from The Higher Power's team Alateen meeting in Pinckneyville did a great job speaking at the State Convention.

Lastly Al-Anon day during the annual AA Alkathon brought about good food and speakers at night, with a meeting, games and fellowship during the day - including line dance lessons!

We are now planning for the Spring Workshop.....April 25th in Belleville, 9:30-3:00. Hope to see some of you there.

### **District 19 – Charlene Vollmer, DR**

The Next meeting will be held on November 16, 2014 from 4-6 pm.  
Unity Church  
407 Cordelia Street, Springfield, IL 62703

All interested Al-Anon and Alateen may attend, but especially the GR's of our groups in the Central Illinois region need to attend. Please share this at meetings with this FYI and save the date.

Agenda will be provided and all are asked to bring their calendars so a date can be set for the next meeting.

Business will be electing an official secretary to take the minutes of the meetings and a DR for correspondence purposes with Area and WSO. Travis Y. will share the current District 19 Treasury Report.

Lyri, the Southern Area Delegate, shared that duties of the District can be "divvied" up among several people. She shared that studying the Traditions and Concepts was a great help for their District 14.

At the last meeting outstanding business was discussed.

Item 1: The outstanding issue of EIN for the purpose of having a District Bank Account for outreach expenses.

Item 2: Motion made, seconded and passed, to elect Travis Y at the District 19 Treasurer.

Item 3: Motion made to elect Sue W. as the co-signer on the District Bank Account, once an EIN number was procured. Sue volunteered and was elected.

Item 4: Election of a permanent District Rep was discussed and tabled till the 11/16 meeting. Charlene V. is serving as ad hoc meeting facilitator for District 19 as well as the Are Assembly meetings, which are held 3 times a year at Memorial Medical Center Room D229.

At adjournment from the last meeting, attendees were asked to go back to their groups and reframe the current donations being sent in for the phone and yellow pages listings. It was proposed to ask individual groups to consider simply making consistent donations to District 19 for all outreach and other necessary and /or prudent expenses for the benefit of the district.

I hope all can attend the Southern Area Assembly, Saturday, November 1, 2014 at MMC D229 from 9am to 3 pm. Come for all or part, The World Service is in the morning and at 12 noon the Southern Are, which is our interest, will begin. The Decatur Group/District 11 will provide food and drink.

Respectfully submitted, Charlene V., ad hoc meeting facilitator. 217-891-2981

### **District 20 - Ron R., DR** (sorry I was not there)

“Fellowship” events are going well. We had a picnic in July, a weenie roast in August, Extravaganza in October (with Lyri our delegate visiting) and Christmas party open event planned for 12/8/14.

Our Alateen coordinator took Alateens to State Convention and there were 2 Alateen speakers. Our Alateens were excited to attend.

Lyri our delegate asked for feedback to questions in the Fall News-o-gram. GR’s are asked for members to respond. We have a Friday night meeting with poor attendance, sometimes only one. We ask for help and guidance to help keep the meeting open. Possibly need a new day or time.

Our district has many new officers and coordinators. We are forming an Ad Hoc committee to help members new to service. Establishing written lists of position tasks.

### **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. 4<sup>th</sup> 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](mailto:paralea@sbcglobal.net). Read our “Sponsorship What It’s All About” pamphlet P-31 and stress loving guidance, not control/pressure in sponsorship.

# Return To



**Father Tom W. Oakland, CA**

**District 11 Spring Workshop**

**April 10 & 11, 2015**

**AI-Anon with AA Participation**

**First Church of the Nazarene**

**1177 W Hickory Point Rd. Decatur IL**

Friday, April 10  
6:30pm Registration  
7:00pm Speaker  
8:00pm Desert Bar and Fellowship

Saturday, April 11  
8:00 Registration and Continental  
Breakfast  
Lunch Provided  
3:00 Raffles and Conclusion

For more information contact  
Betsy C. at 217-898-7670  
Theresa B. at 217-620-9250

See back for Directions and Hotels

Name: \_\_\_\_\_

Friday Night Only \$10 \_\_\_\_\_

Address: \_\_\_\_\_

Saturday Only \$20 \_\_\_\_\_

Phone: \_\_\_\_\_

Complete Workshop \$25 \_\_\_\_\_

E-mail: \_\_\_\_\_

Mail form to: District 11 AFG

AFG     AA

Spring Workshop  
PO Box 3223  
Decatur, IL 62526





### Hotel Information

Fairfield Inn 217-875-3337

Hampton Inn 217-877-5577

Both are located on W  
Hickory Point Rd.

Insert for the City map above.



Coming from US51 South  
you can turn left on Ash  
Ave (Walgreens &  
Walmart on the right)

Coming from US51 North  
you can turn right onto  
Barnett Ave (Cheddars  
and Applebee's are on  
the right) Make a left  
turn behind Cheddars  
onto W Hickory Point Rd

Coming from I72 East or  
West take the Exit for North  
US51 Turn Left onto Barnett  
Ave (Cheddars and  
Applebee's are on the left)  
Make a left turn behind  
Cheddars onto W Hickory  
Point Rd



April 25th  
save the  
date!

APRIL  
SHOWERS  
BRING

fun

food

fellowship

HIGHER  
POWERS

How to trust a  
Higher Power in recovery

**what** District 14 AFG  
5th Annual Spring Workshop

**when** Saturday, April 25th 2015  
9:30 am - 3:00 pm

**where** Coldwell Banker  
1928 Lebanon Ave  
Belleville, IL

**contact** Barbara S. (917) 497-7306

*Suggested donation \$5*

**9:30 am** Registration

**10:00 am** Morning session  
(1st speaker panel and breakout groups)

**11:30 am** Potluck lunch

**12:30 am** Skit

**1:00 pm** Afternoon session  
(2nd speaker panel and breakout groups)

**2:30 pm** Raffle and wrap-up

**3:00 pm** Closing circle