

# Southern Illinois Al-Anon Family Groups Area 16 - News-O-Gram - Summer 2016

## Area World Service Committee Meeting

Saturday, July 9, 2016 9:00am  
Registration: 8:30am

## Area Assembly Meeting

Saturday, July 9, 2016 12:30pm

Both meetings are held at  
Memorial Medical Center Room 229,  
701 North First Street, Springfield, IL 62781

## Directions to room D229

Park as you have been doing in the Doctors' lot (remember not to park in the ER/OB GYN spot; other spaces are okay). Take the elevators on the north side to first floor; get off and walk through walkway into hospital. Coming in you will see the Garden elevators; go up to 2nd floor. Getting off the elevator, turn right and go into the north D section, which is SIU offices. Room D228 and D229 will be on the right.



## **2016 IL STATE AFG CONVENTION NEWS AND UPDATES**

**Southern Illinois Al-Anon Family Groups Area 16 is hosting the 2016 IL State AFG Convention October 28-30.**

Mark your calendars! The Illinois State Al-Anon Convention is a key event to celebrate recovery in the Al-Anon/Alateen fellowship. The convention is a yearly event for Al-Anon, Alateen and AA members. Families, friends or those wishing to learn more about these programs are welcome to attend as well.

So far we have 49 registrations for the convention and the banquet and 4 for the convention only!!! This means that there are only 31 more registrations available for the convention/banquet.

### Registration by Mail:

For the convention only is now \$25. (After October 7<sup>th</sup> registration is \$30.)

For the convention and banquet is now \$55. (After October 7<sup>th</sup> registration and banquet, if available, is \$60.)

### Online Registration:

The costs for registering online are:

For the convention only: \$27.37 (\$25. + \$2.37 processing fee)

For the convention/banquet: \$59.02 (\$55. + \$4.02 processing fee)

Ric B is no longer affiliated with the WSO and will not be speaking at the convention.

If you would like to volunteer for Al-Anon service work at the convention please email the **Volunteer Coordinator**, Cindy P at: [cindyprice2016@gmail.com](mailto:cindyprice2016@gmail.com)



## Officers' Reports

### \*\*\* *Delegate's Dialogue: Lyri. M*

I will be giving my final report as your delegate to the World Service Conference at our July Assembly meeting in Springfield. I would appreciate your support. Also please be prayerfully considering what service position(s) you would be interested in for 2017 as we will be electing new officers, including WSC Delegate at our July meeting.

### **WSO in Transition**

Ric B. is no longer affiliated with the WSO. Our Board of trustees appointed Mary Gregory as Interim Executive Director and will be looking to fill the positions of Executive Director and Director of Business Services.

### **Literature Committee**

We had a passionate discussion on the recommendation to remove the prayer from the *Just For Today* bookmark. Themes included personal attachment to the prayer; that we should be a spiritual program, not a religious one; that we should be welcoming to all members of any religious affiliation or none; the importance of preserving our history; the importance of positioning ourselves for the future. No consensus was reached and no action was taken. *Members are encouraged to review and respond to the Discussion Forum on the Member's Page of our Area SIAFG website.*

### **Concept 11**

The amended text was approved. The text on literature pricing addresses policy of Al-Anon structures worldwide, including General Service Offices in other countries, some of which have been selling literature at less than cost in an effort to make books available to their members, creating a precarious financial situation. It was noted that we can presume goodwill and assume our WSO Finance Committee will not make our literature unaffordable to our membership.

### **Memorial Contributions**

The original policy (which allowed one-time contributions from non-members on behalf of a deceased Al-Anon member) was changed in 1986 to eliminate all contributions from non-members (in keeping with Tradition 7). Six years ago, a new conversation began to again allow these memorial contributions based on "giving comfort" to family and friends of an alcoholic (in keeping with Tradition 5). The motion passed after some final revision to clarify the wording.

### **Finances**

Net Assets decreased by \$966,045 in 2015; most of which was a \$426,800 loss in investment income; Literature sales also declined (by \$237,249). The deficit was met by using the Reserve Fund. Delegates expressed concern and asked for a strategic plan to address the deficit in the 2016 projected budget (\$184,000). As there is currently no process in place to maintain the Reserve Fund balance, delegates also requested that a process to maintain the Reserve Fund be included in the strategic plan.

**Other Topics** addressed at the 2016 WSC: Alateen, Outreach, Attracting New Members, Anonymity, Unhealthy Meetings, The Forum. These will also be highlighted during my report at the July Assembly

**\*\*\* From the Chairperson: Cathy B.**

So sorry I didn't have my "Chair" at our last Area Assembly meeting! I had so much stuff in my arms when trying to load up the car and head out, that was still sitting by the door when I got back home. It's almost as if when our H.P. isn't invited to attend our meetings, then the whole day I feel like I'm flailing.

One major subject on the agenda for our July meeting (besides our Delegates report from attending the WSC in April) will be our election of officers. Remember the election will take place in July; the transition meeting will be in November; and the new officer term officially starts January 1, 2017, ending December 31, 2019. So with that said, if any position is still open after the July meeting, don't panic, we still have time to elect that position during the November meeting.

If you are interested in running for an officer position, the duties for each of the position(s) can be found on our website: [www.siafg.org](http://www.siafg.org), in the members section. There is also some additional information included in our SIAFG, Inc. by-laws and in the Service Manual. Note that just because there is a 'list' of status-quo duties, doesn't mean you can't put your own personal touch into the mix. As a matter of fact, that would be encouraged as we are an ever evolving community for servicing the world wide fellowship of Al-Anon and Alateen. Any tweaking, updating, personalizing is always welcome.

I encourage you to do your research, to pray about it, talk to your service sponsor, or talk to any current officer with any questions and/or if interested in running for any of these positions. Prior to voting, each candidate will have an opportunity to share their experience, strength & hope, as to why they are interested in running for the position, and to share their qualifications and expectations for that position. Any other questions that come up during these discussions will hopefully be answered as well.

The Coordinator positions will be appointed by the new Chairperson (if elected in July) during the November Assembly meeting, or actually, can be appointed at any time. Again, these positions are appointed not elected, and you don't have to be a D.R. or past D.R. to hold a coordinator position. Any member of Al-Anon, even dual member (involved in A.A.), can be an SIAFG Inc. coordinator. Those position duties / responsibilities are also on the website. I encourage you to think about a different opportunity if you don't think you're ready for an officer position ... baby steps are welcome too!

The 2016 IL State AFG Convention plans are well underway, and our first face-to-face committee meeting was held on May 14th at the East Peoria hotel. I will share with you during the Area Assembly the progress we've made and what's happening next. This will probably be the last report / update you'll get before the convention, so keep your ears perked up to hear the latest & greatest. And yes, there will still be time for you to register and attend the convention.

Hope to see you all for the next SIAWSC and the Area Assembly meetings, at Memorial Medical Center in Springfield, IL on Saturday, July 9th. We'll start with registration at 8:30 am that Saturday morning.

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 July 2016!

Your Chairperson,  
Cathy Blakey

**\*\*\*\* SIAFG (Southern Illinois Al-Anon Family Groups) Group Records: Mary S.**

May 2016

The SIAFG Group Records policy is that **groups do NOT send changes to WSO**. The SIAFG Group Records Secretary has access to WSO records. Go to [siafg.org](http://siafg.org) website, Members Area, **Quick Links**. This will connect you to the SIAFG Group Records Secretary and needed forms will be sent to you. An explanation about the SIAFG policy is under Officer and Coordinator updates. (Group Records)

The boundaries of several districts have changed and were discussed at the March Assembly meeting. Any district and/or group that has been effected by these changes has had group consciences and agreed to the changes.

Mary S. SIAFG Group Records Secretary

**\*\*\*\* Area Treasurer's Report: Helen B.**

April 2016

We will be busy at the July Area Assembly. I will be presenting a 2017 Area Budget for you to take to your groups. I will try to answer any questions you may have so you can discuss it in your groups. Keep in mind your vote is your groups voice at the Area level. You will be voting on the final 2017 budget at the November Assembly. Come prepared to ask questions!

We will also be electing officers for 2017-2019. It is a great opportunity for serving the Al-Anon/Alateen program and growing in your recovery.

Once again, on behalf of our Area Assembly, I thank you for your contributions. It is because of your support we can continue to carry the message to others.

Looking forward to seeing you at Area Assembly.

Your Grateful Area Treasurer,

Helen Brewington

Group Name	Dist.	Group ID
Monday AM AFG	10	3493
New Focus AFG	10	61609
Saturday Morning Serenity Seekers AFG	10	25455
Tuesday Afternoon AFG	10	3495
Beginners AFG	11	3703
District 11	11	
Mt Zion Born Free AFG	11	3948
Sunday Night Steppers AFG	11	40272
Tuesday Night Serenity Seekers AFG	11	3701
Blues Buster AFG	12	49550
Monday Morning AFG	12	24161
Serenity Seekers AFG (Mattoon)	12	30568962
T.I.G.F.Bondville AFG	12	3507
Weds night/ Hope for Today	12	066486
Effingham County AFG	13	3741
District 14 AFG	14	
Progress not Perfection AFG	14	30600976
Sparta Happy Hour AFG	14	30637849

Group Name	Dist.	Group ID
AFG District 18	18	
Bethalto Wed. Morning AFG	18	003491
Edwardsville Fundamentals of Recovery AFG	18	30584718
Highland Friday Night AFG	18	25607
The Monday Night Serenity AFG	18	26501
Thursday Night Edwardsville AFG	18	30528380
Troy Joy AFG	18	63747
Wed. Night Hopeful Serenity Seekers AFG	18	034856
Fri. Night Experience Strength & Hope AFG	19	30564695
H.O.W. AFG	19	004104
Keep It Simple AFG	19	48115
Spfld Thur Nite 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	
Wednesday Morning Glories AFG	20	0004022



## **Coordinators' Reports**

### **\*\*\*\* Archives Coordinator: Fern T**

A more detailed report was given about a new location for the archive boxes. Fern purchased extra protective totes which made them easier to carry. As it was my decision, no reimbursement is necessary for the totes, unless the decision is made to keep them to be used by future Archive Coordinators.

Duplicate Forums were found in the Archive boxes and the suggestion to contact WSO first to ask if they need them and then possibly other districts could use them.

Copies of the Group History Checklist Group History from New Athens were passed around to those who wished to take one and observe a finished Group History. This is one way to keep our history alive.

A book, Al-Anon Faces Alcoholism, 2<sup>nd</sup> Edition, 1984, was shown and passed around. Any questions, anytime, please call 618-571-1772.

Thank you very much,  
Fern T., Archives Coordinator.

### **\*\*\*\* Convention Coordinator -**

**This position is open, if interested in serving in this capacity please contact Cathy B, Area Chairperson at [cathy.blakey@yahoo.com](mailto:cathy.blakey@yahoo.com) or speak with her at Area Assembly on July 9.**

### **\*\*\*\* Forum/Literature Coordinator: JoEllen P.**

I'm always amazed of how quickly fear creeps into my life. When I started in Al-Anon, I spent much time reading the One Day At A Time daily reader and highlighted so many pages on that helped me. I did this by using the index in the back of the book. This is a great way to chair a meeting. Many of Al-Anon's literature have an index and can be used for a topic. I also like the idea of putting the names (or pictures from our Catalog) of all our books and pamphlets in a box. At the end of each meeting, pick the name of a book or pamphlet. Ask the members who have that book or pamphlet to bring it the following week, and the next week's Chairperson will use a topic taken from the book or pamphlet. Read on Al-Anon friends.

Your friend in Al-Anon  
JoEllyn

### **\*\*\*\* News-O-Gram Coordinator: Marge E.**

Thanks to everyone for sending reports and articles to me for this issue of the News-O-Gram. The deadline for the fall issue is Sept. 10, 2016. Email address for the News-O-Gram is: [siafgnog@yahoo.com](mailto:siafgnog@yahoo.com)

### **\*\*\*\* Ways and Means Coordinator: Kathy H.**

Branders replaced the pen/highlighters. So I will have about 24 of them to sell in July. I have tested them! I will offer a 50/50 drawing rather than a raffle. I will also have medallions and coins for sale. See you in July.



## **District Reports:**

### **\*\*\*\* District 14 Report: Cheryl, DR**

District 14 has had a lot of fun since the last NOG. We had a quilt square coloring party (with food of course!) in February which resulted in many beautiful squares for the Convention Quilt.

April brought about our 6th Annual Spring Workshop, Twelve Step Dance to Recovery. There was good music, hilarious skits, and awesome recovery as members rotated breakout groups to share about experiences using the steps with the topics of Resentment, Fear, Control, Gratitude, Self Worth, and Patience. Alberta brought along the quilt - it's coming along nicely. You'll all want to see this!

Wishing everyone a Happy Spring and see you in July.....and/or at the convention!

### **\*\*\*\* District 19 Report: Charlene Vollmer, DR**

The district wide event for April 30 has been postponed. The questionnaire sent out shared consensus for afternoon, 3hour meeting with Al-anon and AA speaker and topics shared of:

Accepting Dysfunction in People, Places, Things  
Boundaries and How to set them  
Prayer, Meditation, and Feeling Your Higher Power  
Facing the Fear of Letting Go of Control  
Working the Program When You Aren't at Meetings  
Minding My Own Business When Others Struggle

A new date will be announced in the fall of 2016 for our District 19 Community event.

Our next Assembly meeting July 9 will be in B229 at MMC and will be all remodeled for us so all will enjoy a new conference room detail.

Parkway Christian Church has invited us to use their facility which is located off Veteran's Parkway on west side of Springfield.



## **Past Delegates Reports:**

**\*\*\*\* Past Delegate, Paralea Russell, Panel 27** 248 Hickory St., Edwardsville, IL, 62025 or [paralea@sbcglobal.net](mailto:paralea@sbcglobal.net)

WHAT ABOUT THAT WORD "CROSSTALK"?

From WSO: The word "crosstalk" has crept into our Al-Anon vocabulary, but there is no standard definition of the word within our fellowship. Serenity is gained through a "loving interchange" of help among members in An-Anon Family Group meetings. What is important in each group is that we maintain a loving and welcoming environment for those who attend our meetings.

"The LOVING INTERCHANGE of help among members -- makes us ready to receive the priceless gift of serenity." from our suggested Welcome.

The following are quotes from our Service Manual:

"Our discussions center on solutions for our own difficulties. page 40

"The Chairperson or leader presents an Al-Anon or Alateen topic to help members focus on their thoughts and discuss the subject as it applies to them." page 43

"One or more of the slogans may serve as the basis of a discussion of their value in daily living." page 44

"Members present are invited to write and submit questions -- to a panel of two or three members -- to share their experiences in handling these situation. This may also open informal discussion by the entire group." page 44

"Many groups allot one meeting a month to a discussion of a particularly interesting subject from the current issue of THE FORUM, a Conference approved publication for use in meetings, presenting topics and personal stories for group discussions." page 44

"Some beginners' meeting topics might be discussion of one of the first three Steps --." page 45

In addition, many of the pages in our books describe meetings in which the groups are discussing topics/issues and responding to each other IN meetings.

ODAT pages 45, 111, 236, 263, 298, 316 are good examples.

The Dilemma of the Alcoholic Marriage chapter 5 on communication contains a group discussion about issues.

The definition of "discuss" is: to argue or consider carefully by presenting the various sides, to talk about, to discourse about in order to reach conclusions, to exchange views about something in order to arrive at the truth, to reason out, to talk over.

Rigid rules against "crosstalk" can make the atmosphere of our meetings unfriendly to newcomers as well as less supportive to our members. Let's not lose our "loving interchange" by caring more about the rule against crosstalk than about giving each other emotional support.



### **Announcements:**

#### **\*\*\* District 14 Summer Picnic:**

On Sunday July 17, 2016 from 1-3pm, District 14 is hosting a summer (bug free, air-conditioned) Picnic at Coldwell Banker, 1928 Lebanon Ave, Belleville, IL 62221. There will be an Al-Anon and an AA speaker. Raffle for scholarships to the Convention.

#### **\*\*\* NEW MEETING IN DISTRICT 18:**

The new Al-Anon meeting in our district, Women's Journey to Serenity, focuses on living with the effects of alcoholism since childhood (Adult Children.) However, all women affected by someone else's drinking, however long, are welcome to attend. It is a safe place to share

concerns, questions, and the desire to lead a better life with other women on a similar journey.

This type of meeting may be "new" to our district, yet such meetings take place all over the country. Al-Anon serves those who may find it easier to address their common problems with those in similar life situations. Such groups include men, women, parents, adult children, gays & lesbians, and teens (Alateen.) In this way, the hand of Al-Anon is always there for anyone who reaches out for help.

We invite you to join us!

**Where:**

Troy United Methodist Church  
207 Edwardsville Rd  
Troy, IL.

**When:**

Sunday evenings at 6PM

Debbie A.

**\*\*\* Photo and Poem by Susan G., Washington, IL**



*Listening to sounds  
Of waterfalls at the park  
Blue skies overhead  
Beauty all around  
Peace, serenity  
Abound in this oasis  
A place of light and comfort!*

Photo: Luthy Botanical Gardens and  
Conservatory in Peoria,



# **Monday Night Serenity** **Al-Anon Family Group** **Speaker Meeting**

## **When**

**May 30, 2015 at 7 pm**

## **Speakers**

**Cassandra K. (Al-Anon)**  
**Edwardsville, IL.**

**Matt P. (AA)**  
**Pontoon Beach, IL.**

## **Where**

**First Christian Church**  
**310 S. Main Street**  
**Edwardsville, IL. 62025**  
**Parking in the rear**

***Followed by Refreshments***

**The** **OPEN** **Night**  
**Thursday**  
**Al-Anon Family Group**  
Cordially invites you to their 5<sup>th</sup> Thursday  
**Speaker Meeting**

**When**

June 30, 2016 from 7 to 8 pm

**Speakers**

**Ed C. (AA)**

**Mary G. (Al-Anon)**

**Where**

First Christian Church  
310 S. Main Street, Edwardsville, IL 2025  
Parking in rear parking lot

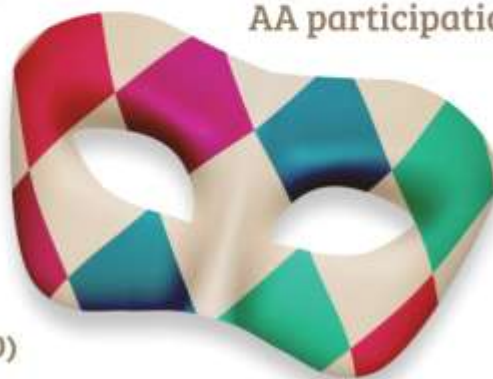
Followed by Refreshments

# 2016 Illinois State AFG Convention

## Unmasking Our True Selves

An Al-Anon event with AA participation

October 28-30, 2016



### Convention Lineup

Friday 7:00 pm

Saturday 8:30 am

Saturday 11:00 am

Saturday 1:30 pm

Saturday 3:00 pm

Saturday 7:00 pm

Sunday 10:00 am

**Kathy H. Cincinnati, OH**

**Ric B. Virginia Beach, VA (WSO)**

**Rich S. St. Louis, MO (AA)**

**Alateen Speaker Panel**

**Al-Anon/AA Speaker Panel**

**Pauline W. Newport, KY**

**Jim P. Warrenton, MO**

*The weekend will feature Al-Anon, Alateen, and AA workshops, a hospitality room, basket and quilt raffles, a banquet, and more!*

### Embassy Suites East Hotel & Riverfront Conference Center

100 Conference Center Drive, East Peoria, IL 61611

**Hotel Registration:** 1-800-EMBASSY or [embassysuiteseastpeoria.com](http://embassysuiteseastpeoria.com). A discounted room rate of \$109.00 + tax is available November 1, 2015 - October 7, 2016 when you use discount code AFG. Rate is up to 4 person occupancy; microwave, fridge, and cooked-to-order breakfast included. Parking is free.

Mail checks and completed forms to: **2016 IL State AFG Convention**  
(Make checks payable to *District 14*) **PO Box 142**  
**Hillsboro, IL 62049-0142**

Visit [ilstateafgconv.org](http://ilstateafgconv.org) for updated information and online registration.

### Registration form **One registration form per person** All attendees must register

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Dietary or other special needs \_\_\_\_\_

Yes! I would love to help volunteer

#### Prices

Al-Anon  AA \$25 (before Oct. 7)

\$30 (after Oct. 7)

Banquet \$30

Alateen Free<sup>1</sup>

**Early Bird Special \$50 Reg+Banquet**  
postmarked by Mar. 5th

In keeping with our spiritual Legacies, each member is responsible for their own well-being and that of their dependents, and shall not hold SIAFG, Inc. or its agents liable for any personal injury or loss of property during this event.

<sup>1</sup>All Alateen members must include a signed/notarized Convention Parental Permission/Medical Care Form with mail-in registration or bring the completed form to the convention for walk-in registration. Forms available on [ilstateafgconv.org](http://ilstateafgconv.org) website.