



Southern Illinois Al-Anon Family Groups - Area 16

News-O-Gram

Winter 2018 / Spring 2019

Area World Service Committee (SIAWSC) Meeting

Saturday, March 2, 2019 – 9:00am
Registration at 8:30am

Both meetings are held at:

Memorial Medical Center
Rooms D229
701 North First Street
Springfield, IL 62781

Area Assembly (SIAFG) Meeting

Saturday, March 2, 2019 – 12:30pm

Directions to meeting rooms

Park in Doctor's lot (no parking in the ER/OB GYN spots) other spaces are okay. Take the elevators on the north side to first floor. Get off and walk through walkway into hospital. As you are coming in will see the Garden elevators. Take Garden elevator up to 2nd floor. Get off, turn right and go into the north D section which is SIU offices. Rooms D229 on the right.

OFFICER AND COORDINATOR REPORTS

Chairperson – Rowena A.

Here it is the last day of 2018. First, I want to thank everyone for all of your help in the events happening in 2018. Then, I want to wish all of my friends and coworkers in Southern Illinois AFG a Very Happy New Year. May the best come your way.

I want to encourage everyone to come to the March meeting District Representatives, Coordinators, Officers, and Group Representatives. We are having a guest speaker in our afternoon meeting. Bring a friend.

Thank you all again for your service in SIAFG, I could not do my job without all of you.

In Service your Chairperson,
Rowena Altic – roclean1@sbcglobal.net

Treasurers Report – Carol W.

Southern Illinois Area Treasurer's Report (January 2019) and Southern Illinois Area Contribution Form follow on the next 2 pages.

Southern Illinois Area Treasurer's Report

January 2019

Hello, the table below shows group donations from September–December 2018. When sending a donation, please use the contribution form that I return with your donation receipt. The donation form is also available on SIAFG website and is listed below, after the contribution table. In order to keep complete records, I need to know **Group Name, District Number, and WSO ID number**. In addition, it helps if you print the name and address of the person sending the donation, because I cannot always read the signatures. The below donations were given to Area's general fund.

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. I look forward to seeing all of you at the next Area Assembly. Hope your new year is off to a healthy start.

Yours in Recovery,



Carol W., Area Treasurer

| | | | | | |
|---|----|----------|------------------------------|----|----------|
| A New Beginning AFG | 20 | 4023 | Monday Hilltop Al-Anon Group | 20 | 4020 |
| Beginners AFG | 11 | 3703 | Monday Morning AFG | 20 | 24161 |
| Beginners Group | 14 | 30604577 | Monday Night AFG | 15 | 30597857 |
| Bethalto Wed. Morning AFG | 18 | 3491 | Monday Step By Step AFG | 12 | 53628 |
| Birthday Donation-Personal | | | Powerless Rangers | 14 | 60839 |
| CMA Friday Morning AFG | 20 | 30790 | Progress not Perfection | 14 | 30600976 |
| | | | Saturday Morning Serenity | | |
| CMA-Hope AFG | 20 | 35525 | Seeker | 10 | 25455 |
| Discovering Freedom | 14 | 503171 | Serenity Seekers | 14 | 3482 |
| District 10 | 10 | | Stepping Stones AFG | 17 | 30673249 |
| District 14 AFG | 14 | | Sunday Night Hilltop | 20 | 30160 |
| Edwardsville Fundamentals of Recovery | 18 | 30584718 | Sunday Night Steppers AFG | 11 | 30540272 |
| | | | The Monday Night Serenity | | |
| Friday Night Happy Hour | 10 | 61535 | Group | 18 | 26501 |
| Happiness Is | 19 | 4811 | Thursday Night Group | 18 | 30528380 |
| Hope for Today AFG | 12 | 66486 | Troy Joy | 18 | 63747 |
| Hopeful Serenity Seekers Adult Children | | | | | |
| AFG | 18 | 34856 | Tuesday Afternoon Al-Anon | 10 | 3495 |
| Keep Coming Back | 14 | 4025 | Twelve Step AFG | 16 | 50819 |
| Keep It Simple | 19 | 48115 | Wednesday Morning Glories | 20 | 4022 |
| Litchfield Al-Anon Group | 18 | 50020 | Your Cause | | |
| Monday AM | 10 | 3493 | | | |

SOUTHERN ILLINOIS AREA CONTRIBUTION FORM

PLEASE PRINT

Group Name _____

Group ID# _____

Contact Person _____

District _____

Street Address _____

Amount _____

City and State _____

Check # _____

Zip Code _____

Phone Number _____

Send to: Carol Wielgus

Please Make Check or

1000 Bethel Mine Road

Money Order to:

Caseyville, IL 62232

SIAFG

(618) 304-4672

COORDINATORS REPORTS

Alateen Coordinator – Becky R.

This fall Alateen has been fairly busy in a very good way. In September I traveled to Pinkneyville, IL for a lovely evening training current and potential AMIAS for their district. We had about 8 individuals at the training for 90 minutes and we had a great discussion.

New Meetings:

I'm very excited that we have 2 meetings started up this fall. Bloomington Normal Alateen started on September 8. We have 2 AMIAS certified and 5 more AMIAS in the certification process. Each week we seem to have 8-10 teens all in the 14-17 age range and they are getting into very good discussions and learning well from each other.

I am also excited to announce that the Springfield area has worked to organize an Alateen meeting. They have about 4 teens consistently traveling to Peoria for their Alateen meeting so they are working to start their own. I've been informed they have about 3 Al-Anon members in the Certification process and they are also trying to start a new Al-Anon meeting at the same time.

Finally, I presented a 50 minutes workshop at the Illinois State Al-Anon Convention. It was primarily background information on Alateen as well as sharing from current AMIAS on ideas, challenges and functions of their Alateen groups. It was a very well attended workshop and we had a very good mix of Southern Illinois and Northern Illinois AMIAS with lots of ideas shared.

Respectfully Submitted, Becky Ropp – SIAFG Area Alateen Coordinator

Archives Coordinator – Fern T.

Fern reports it is important to share various archive material at the Area Assembly. She read a quote found in the World Series Archives, "Our founders worked hard, not for themselves, but for those who will join us in the future. The fruit of their labors is not merely a few pages of policies; it's who and what we have become in Al-Anon." From Loretta L., Chairperson of the Regional Trustee Committee, 1975 World Service Conference, page seven.

Also, an article was shared about the history of the daily reader, "One Day At A Time" which was written by on woman, Alice B., Chairman (age 72) of the Literature Committee. She was a self-taught writer. Everyday for one year in 1967, she would sit in a cubby hole with an old typewriter. She just wrote whatever inspired her. It was published in 1968 and went on to sell millions of copies and be translated into several languages.

A folder of the Master Index of Archive Material of each box was displayed for everyone to view. Fern mentioned that a dark circle represents a person or group who has donated material to the So. Il. Area Archives.

Would appreciate any group, who hasn't written a Group History, please try to complete one. If you need a Group History Checklist, which is a helpful outline plan to use, please call me at 618-571-1772 or if you have any questions, I'll help you in any way I can.

Thank you very much for all your help.

Fern Turpin - So. Il. Area Archivist – 618-571-1772

Literature / Forum Coordinator – Kathy H.

There is a new pamphlet, P-94, "Hope & Understanding for Parents and Grandparents". Tim E. mentioned it in his July report and I mentioned it in District 10. One group bought a lot of it and has already sold out – it is \$.75 each. I bought some samples and they went quickly.

Thanks to everyone for supporting the Forum raffle.

Also, WSO will be selling the bookmark "Just for Tonight".

Kathy H.

News-O-Gram Coordinator – Jan T.

Thanks to all who sent information for inclusion in the Winter 2018 / Spring 2019 *News-O-Gram*.

Deadline for next News-O-Gram is May 10, 2019.

Reminder – This is SIAFG member's publication, editors job is to organize submitted articles. Ask yourself if there is anything you can contribute for next publication. (Remember personal articles are limited to 75 words or less.)

Please submit *News-O-Gram* information to siafgnog.org@gmail.com.

Yours in Service.

Jan Tucker – News-O-Gram Coordinator and Past Delegate, Panel 30 (309-208-5897)

DISTRICT REPORTS

District 10 – Kathy H. (DR)

An Alateen meeting started on September 6, 2018 thanks to Becky R. and Megan D. A newsletter for October 2018 was given to District 10 groups thanks to Cindy S. The phone service is still getting calls and requests so it will continue as part of District 10 outreach. Again, thanks to Cindy S. for helping with this service

District 18 – JoEllyn P. (DR)

District 18 was able to provide two scholarships for two members in the district who haven't attended a State Convention the opportunity to go.

Public outreach was provided at two health fairs in October.

The answering service coordinator provided a thank you for all the Group Representatives to read in their group for Al-Anon members that volunteer their service by being on the answering service call list.

The Alateen Group meeting on Thursday evening continues to be consistent with anywhere from 2 to 5 teens attending regularly.

Monday Night Serenity facilitated "Key to Harmony" service workshop on September 29, 2018.

Paralea R. celebrated 47 years in Al-Anon by being of service to Al-Anon members sharing her story in the Bethalto Wednesday Morning Group.

District 19 – Charlene V. (DR)

District 19 has a new Alateen meeting in Springfield. See information flyer at the end of the newsletter.

District 20 – Jan T. (Past DR)

Our DR Tory has relocated to a different state. Mary S. will be leading our next district meeting at which time a new DR will be elected.

November 3, 2018 SIAWSC and SIAFG meeting highlights – Jan T.

Meeting Attendance

- SIAWSC – 22 members (13 voting)
- SIAFG – 27 members (13 voting)

Treasury – Ending Balances

- Checking (Operating) balance = \$13,625.38
- Savings (Reserve Fund) = \$6,010.35

Motions / Consensus

- SIAWSC
 - Motions
 - Approved corrected July 14, 2018 SIAWSC meeting minutes
 - Approved paying full amount (\$1,972) to WSO for Delegates expense to attend 2019 World Service Conference
 - Consensus
 - 2019 Budget
 - Discuss raising North Central Regional Delegates Meeting expense allowance in SIAFG Area meeting
 - Discuss SIAFG hosting 2020 North Central Regional Delegates Meeting in SIAFG Area meeting

November 3, 2018 SIAWSC and SIAFG meeting highlights (continued)

- SIAFG
 - Motions
 - Approved corrected July 14, 2018 SIAFG meeting minutes
 - 2019 Budget
 - Approved increasing North Central Regional Delegate Meeting expense from \$1,000 to \$2,500
 - Approved accepting 2019 budget of \$8,438.00
 - Consensus
 - Agreed with SIAWSC to send full amount (\$1,972) to WSO for Delegates expense to attend 2019 World Service Conference

2019 SIAFG Meetings: March 2nd, July 13th, and November 2rd at Memorial Medical Center in Springfield.

Coming Up at March 2, 2019 SIAFG meetings

See *SIAFG Assembly – Energize Your Program!* flyer included in this newsletter

Proposal for discussion -

We will consider a motion to make temporary changes to our B-Laws to bring our SIAFG Assembly meeting in line with the guidelines of our Service Manual. The suggested topics our Service Manual lists for Area Assemblies include: "Approval of Assembly minutes; Delegate's report; Secretary's report; Treasurer's report; District reports; GR time for ideas, opinions, and questions; Workshops and Group discussions; Reports from Coordinators, Reports from any other committees" (p. 156-157). The proposal is to include these topics during the Assembly *only* [and take them off the SIAWSC agenda].

A more detailed outline of the proposal under consideration will be sent out by our Group Records Secretary prior to the March 2nd meeting.

Respectfully submitted,

Lyri M., Website Coordinator, Past Delegate

Upcoming Events –

Illinois State AFG Convention

October 11-13, 2019

Hyatt Regency Schaumburg

Please be sure to use email address siafgnog.org@gmail.com for all *News-O-Gram* correspondence.

What is Alateen (Al-Anon)?

Alateen, a part of Al-Anon Family Groups, is a fellowship of young people (mostly teenagers) whose lives have been affected by someone else's drinking (or drug use) whether they are in your life using or not. By attending **Alateen**, teenagers meet other teenagers with similar situations and share their experiences to find solutions to difficult circumstances. **Alateen** is not a religious program and there are no fees or dues to belong to it.

Al-Anon is for adults and is a mutual support program for people whose lives have been affected by someone else's drinking (or substance abuse). By sharing common experiences and applying the **Al-Anon** principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help.

How Can I Help My Problem Drinker Quit Drinking?

Visit: [www.anon.org/newcomers/
how-can-i-help-my](http://www.anon.org/newcomers/how-can-i-help-my)

National website: www.al-anon.org

Springfield Area Site: www.spi-alanon.weebly.com

Meeting info on the reverse side of this page.

ALATEEN & AL-ANON

Meetings in Springfield, Illinois

Two separate group meetings, take placing at the same time and location, but in different rooms.

WEEKLY on SUNDAY nights @ 6:30pm

Springfield Alateen
&
Sunday Night Serenity Al-Anon

LOCATION:

**Real Life Church
2450 Hermitage Road**

(Turn up the main drive – off of Taylor Avenue. On the immediate left is the north campus Real Life Church building. Go through the double-glass entrance doors. Read the signs to find your meeting.)

*What is Alateen (Al-Anon) and
how can it help you?*

Read more on the reverse side of this page.

SIAFG Assembly

Energize Your Program!



ASSEMBLY TOPICS

Our goal is to energize you with a loaded agenda— with something for everyone. Join us for an afternoon that's sure to be full of FUN, INFORMATION and INSPIRATION.

- Area Happenings
- 2019—What's in store for SIAFG?
- Watch your email prior to 3/2 for the full agenda

SPECIAL GUEST SPEAKER

Sandy W., Past Delegate from Algonquin, IL will join us and speak on the topic:

Using Al-Anon's Spiritual Principles to Grow Your Program

Sandy was a keynote speaker at the 2018 Illinois State Al-Anon Convention. She speaks with humor and honesty about working the Al-Anon program. The topic is a special presentation, just for the members of SIAFG. Please come and listen and see if something she shares will recharge your program!

GET READY TO RECHARGE!

What?

Join us for our first Assembly in 2019. We've got an informative agenda for you with a special speaker that's sure to inspire and energize you.

Who?

- ➔ All Group Representatives
- ➔ All Coordinators & Officers
- ➔ **All Al-Anon/Alateen Members** interested in recharging their program are invited to attend!

Where?

Memorial Medical Center
701 North First Street | Springfield, IL
Meeting Rooms D228 & D229

When?

1:00 PM
Registration starts at 12:30

Cost?

Free! Refreshments included.



Need more info? Contact Rowena A., SIAFG Chairperson— Phone 309-231-2872