



News-O-Gram
February 2012
(SIAFG) Southern Illinois
Al-Anon Family Groups
Hope and Help for
Families of Alcoholics



Area Assembly & Area
World Service Committee
Meetings
March 3rd & 4th, 2012
Memorial Medical Center
701 North First Street
Springfield, IL
ROOM B-149
Area World Assembly –
Saturday March 3rd 1:00PM
Area Assembly—Sunday
March 4th 9:00 AM

Directions: I-55 to Clearlake Ave.
 Stay on Clearlake heading west,
 turn right onto 9th
 Street. Go north past St. John's to
 Carpenter Street. Turn left (heading
 west) to First
 Street—Hospital on your right.
 Lodging:
 Exit 98B President Lincoln Hotel,
 701 East Adams, 866-788-1860
 Exit 98B Best Western, 217-525-
 7420
 Exit 94 Hampton Inn, 217-739-7670
 Exit 96B Red Roof Inn, 217-753-
 4302
 --And many more via internet--
 Springfield lodging
 Any Questions: call Alberta W. at
 618-317-1586



Delegate's Report—
Cathy B

Hello everyone, and welcome to
 Winter (really?). Personally, if it
 stays warm I think I might have to
 mow my grass! Ha ha ... It's green
 and it actually looks like it's starting
 to grow again. Seriously, despite
 the unexpected but welcome
 weather, I hope everyone's
 Christmas was a merry one and
 celebrating the New Year was all it

was meant to be. Mine was
 'different' and I'll share more about
 that at our March Assembly
 meeting.

I was struggling a bit as to what
 information I really wanted to share
 with you this time, and I came to the
 conclusion that it's time to get real
 about Al-Anon and where we stand
 in this fellowship. Over the years
 we've all seen a decline in members
 attending Al-Anon meetings;
 closing more meetings than starting
 new ones; and especially a serious
 decline in our Alateen members.

As Al-Anon members, we know
 from personal experience how much
 the Al-Anon program can help
 friends and families of alcoholics.
 Yet we don't understand why
 sometimes non-members won't
 reach out to Al-Anon for help. Is it
 because they are not ready for our
 help? Or is it because we are not as
 visible to them as we 'think' we
 are?

Our 12th Step challenge is to find
 a way to extend the hand of Al-
 Anon by reaching out to those in
 need. This means we need to take
 some action. There are many ways
 to participate in public outreach.
 Individually, or as a group, or as a
 district, or as an area, the
 responsibility of getting the message
 of Al-Anon out there is ours. I may
 be stirring a hornet's nest by what
 I'm about to share, but frankly, I
 think it's a topic that cannot be
 ignored any longer.

Some of the group
 representatives may have been
 contacted by WSO asking if you
 would like to participate in a
 research project, called the "Family
 Health Project." It's a survey for
 newcomers (only) intended to
 examine why newcomers begin
 attending Al-Anon. This is a
 research project and the goal is to
 increase the credibility of the Al-
 Anon program with therapists and
 other professionals who are in a
 position to recommend Al-Anon to
 their patients and clients. The
 questions asked are directly related
 to the newcomer's experience with
 another's drinking problems and the
 effect it has had on their lives.

Participation is strictly

voluntary and the WSO is neither
 endorsing nor affiliating with this
 research project nor is it spending
 money or earning money on project.
 The only role the WSO plays is to
 protect your group's confidentiality.
 Your group's contact information
 has not been provided to the
 researchers. Instead the project
 researchers mailed the packets to the
 WSO and then the WSO office staff
 addressed the initial interest packet
 and mailed it to you. If your group
 has no interest in the project, then
 don't participate.

I would like to encourage
 you to take a group conscience and
 decide if your group will participate
 or not. The decision is entirely
 yours. But while you're pondering,
 please keep in mind that we're
 trying to reach the people who are
 suffering from the disease of
 alcoholism and don't know about
 Al-Anon. It's in our nature to
 protect our newcomers, but at the
 same time think about the
 possibility to extend the hand of Al-
 Anon and to give them the
 opportunity to learn about Al-Anon.
 Either way, let's take on the
 challenge to make our fellowship
 more visible to those who need us.
*"When anyone anywhere reaches
 out for help, let the hand of Al-Anon
 and Alateen always be there, and let
 it begin with me!"*

Love in Service,
 Cathy B

Alternate Delegate's
Report—Lyri M

We had another fun-filled
 workshop at our November
 Assembly. Susan R. from District
 18 presented a workshop on the
 Traditions—complete with singing!
 Her workshop was very well
 received. Our March workshop will
 be on Sponsorship (look for the
 flyer in this newsletter to distribute
 to your groups), and promises to be
 highly informative. Remember:
 these workshops are open to all Al-
 Anon members regardless of
 whether or not they are in a service
 position—so encourage all to
 attend!!!

Part of the Alternate Delegate's responsibilities are to process the paperwork of Alateen Sponsors. Please keep in mind that new sponsor paperwork, once completed, needs to be *reviewed and verified by the District Representative* before I can start the area-level processing. I have been getting forms that haven't been signed by the D.R., which greatly delays the whole procedure. We will review this procedure at March Assembly. See you there!
In service,
Lyri M.

Alateen Coordinator— Dottie Y

ALATEEN IS PARTICIPATING
IN SEPTEMBER
CONFERENCE!

Exciting news from your Area Alateen Coordinator and local Alateen members in So. IL:

WE ARE IN!

Plans are forming for Alateen participation—both teens and adult sponsors—in the upcoming 2012 Conference. Don't miss out!

We are currently planning breakout sessions, panels, activities, and social events for Alateens and their Sponsors. We want *and need* your ideas and involvement early on; that means **Now!**

Please send your ideas and requests to me, Dottie Y., at jacksoram@hotmail.com.
Thanks!

Group Record's Coordinator-- Mary S

Southern Illinois Group Records Policy
siafggprec@gmail.com
SIAFG Group Records policy is that Area 16 (Southern Illinois Al-Anon Family Groups) will send all group record changes and new registrations to the SIAFG Group Records Secretary. He/She will make changes to the area and WSO records. District Representatives will have a read only access and run reports for their specific districts from WSO. If they find needed changes they will contact the SIAFG Group Records Secretary.

Adopted by SIAFG Assembly on Nov. 6, 2011

Literature/Forum— Joellyn P

Happy New Year Alanon friends. When a new year comes around and I listen to others talk about new year resolutions, I think about my Al-Anon program and how it helps me look at myself all year round. What better way to do that than by using our literature. Before the new year, I pulled out the books that belong to the area. I was reminded of how rich we are to have so many members sharing their experience, strength and hope through their writings. Amazing!

In the January Forum, there is an article on tradition one by Jane G. I like how she shares about a group conscience where people have different opinions and that what the majority is "God's will" for all of us. For true unity, being respectful is important. I also like how Jane G. said that we each have a responsibility to express what we are thinking. Otherwise, a true group conscience is not reached. Growing up affected by alcoholism, I felt more safe not speaking up, but reading about tradition one this way makes one think.

Many pieces of literature I read were the many Al-Anon Guidelines. I don't ever remember seeing these. There are guides on being a speaker, cooperation between Al-Anon and AA, what my job is as an area literature coordinator, suggested programs for meetings, and district meetings to name a few. I would like to challenge the districts to have these guidelines on hand to offer to members who are interested in service work. I believe they could help with the fear that I have worked on in my recovery!

Convention Liaison Jan T

2011 IL State AFG
Convention was held October 21-23, 2011 at Eaglewood Resort & Spa in Itasca, IL. Total attendance was 554 (449 Al-Anon [312 pre registered, 137 walk-ins]), 31 Alateen [6 pre registered, 31 walk-ins], and 74 AA [49 pre registered, 25 walk-ins]. Jan T. from Illinois South won the quilt.

2012 IL State AFG
Convention will be held in Normal at the Marriott Hotel & Conference Center September 28-30, 2012. Theme of the convention is: Bloom in Normal. Planning meetings are being held bi-monthly at the Marriott Hotel & Conference Center. If you have any questions or would like to volunteer, contact the convention chairperson Kathy Hoyland on 309-828-9682; email katwoos@frontier.com; or US mail 505 Kreitzer, Bloomington, IL 61701.

2011 IL State AFG
Convention Resource Committee (CRC) meeting was held December 3, 2011 at Marriott Hotel & Conference Center in Normal. There was a great turn out for this meeting. Many ideas were passed from the 2011 convention to the 2012 convention. Any suggested guideline changes are to be sent to SIAFG convention liaison for presentation to CRC. Next CRC meeting is scheduled for December 1, 2012.

Al-Anon International Convention will be held in Vancouver, BC July 5-7, 2013. Registration and housing information will be available in the fall of 2012.

2012 Illinois State AA Conference will be held August 24-26 in Springfield at the Hilton Hotel. The chairman has contacted me requesting assistance with the Al-Anon portion of the program. More information will be forthcoming.

AA International Convention will be held in Atlanta, GA in 2015.

If anyone is interested in becoming SIAFG's next Convention Liaison please let Alberta or me know. Please feel free to contact me if you have any questions about the position.

Jan Tucker – SIAFG
Convention Liaison & Past Delegate
105 Susan CT
East Peoria, IL 61611
Ph: 309-208-5897
janimtucker@gmail.com

Check out upcoming events on the following websites:

www.siafg.org (Southern Illinois Al-Anon Family Groups)

www.niafg.org (Northern Illinois Al-Anon Family Groups)

www.al-anon.alateen.org/members
(World Service Office)

www.aa.sia.org (Southern Illinois Alcoholics Anonymous)

www.aa-nia.org (Northern Illinois Alcoholics Anonymous)

www.chicagoaa.org (Chicago Alcoholics Anonymous)

www.aa.org (Alcoholics Anonymous)

Public Outreach—

Cindy P

Greetings! Hope everyone had a wonderful Holiday and looking forward to a new 2012. I want to share with you information from WSO on the 2011 Al-Anon PSA Campaign. Al-Anon's Public Service Announcements on television and radio reached a broadcast audience of more than 600 million across the U.S. and Canada. The wonderful news is that in Illinois South, Al-Anon's TV and radio PSAs reached a combined audience of more than 2.5 million. Al-Anon's "Sketches IV" TV PSA campaign was broadcast a total of 71 times in the Quincy market, reaching an estimate of 1,420,000 viewers. All of these broadcasts were on station KHQA – TV, channel 7.

I will bring a report of all the stations in the Southern Area that got a copy of the PSA from WSO. Please remember to call the station when you hear a PSA announcement and thank them. As an Al-Anon member we want to help carry the message and we want the

stations to continue their announcements for us. See you this spring with more information.

News-O-Gram Coordinator—

Rita

Thanks to all who sent in a report for this issue of the News-O-Gram. I especially enjoyed Joellyn's report because she gave us a personal flavor along with a challenge to others that they become active in service.

Talking about a challenge...At my age whenever the time comes to create this newsletter, it's like I've never done it before and I have to learn all over again. As you can see, I am presently stuck in the three column mode.

Again I say this newsletter is what you make it...I only stumble along to put it together. See you in March.



Ways And Means—

Kathy H

There are about 175 totes remaining to be sold at \$2 each.

We have medallions for sale at \$2.50 each. Make a list of the years you need and see Ruthanne or Kathy H. at the Area Assembly.

Treasurer Report— Rowena A

I want to thank all of the groups who have been so faithful in donating to Area. As I reported in the last assembly, we were low on funds. You have all been very generous in your giving; we need all groups to be as generous and faithful. **I want to appeal to all of the groups who have not been donating to consider SIAFG in your budget to challenge yourselves into making a point of supporting your local Area.** If we are able to continue on the path that the donations have come in this quarter, we will, hopefully, be able to make our proposed budget for southern area. This all depends on whether the groups donate. So, please send those group donations in so your group can do their service for your Al-Anon recovery!!!

DISTRICT	GROUP ID NUMBER	GROUP NAME
11		District 11
11	3948	Mt Zion Born Free
11	40272	Sunday Night Steppers
11	3703	Beginners Al-anon
12	66486	Weds night/ Hope for Today
12	3909	Tuesday Al-anon Family Group
12	3307	TGIF Bondville
12	4088	New Lease on Life (Savoy)
12	49350	Blues Buster AFG
13	3980	Richland Co.
14	29620	TGIF Bondville
14		District 14 AFG
17	61493	Carbondale Weds. Noon Group
17		Mt. Vernon Weds. Night AFG
18	33628	AFG
18	26301	Monday Night Serenity Group
18		District 18
18	3451	Mon. Night Elm Street
18	30528380	Thursday Night Al-Anon Edwardsville
18	34836	Hopeful Serenity Seekers
18	3811	New Life Al-Anon Granite City
18	25607	Highland AFG
18	3812	Monday Morning open Door
19	42664	Wednesday Butterfly Al-Anon
19	0004104	H.O.W. Al-Anon
10A		District 10A
10A	30160	Sunday Night Hilltop
10A	35525	Thursday AMAFG
10A	0004022	Wednesday Morning Glories
10A	0004020	Monday Hilltop Al-Anon
10A	004023	A New Beginning AFG
10A	24161	Monday Morning Al-Anon Group
10B	99739	District 10B
10B	61335	Friday Nite Happy Hour Group
10B	25433	Serenity Seekers
10B	3495	Tuesday Fellowship

Call for 2012 Quilt Squares

Can you help? We need quilt squares for the 2012 Bloom in Normal Al-Anon State AFG Convention. It is time to start working on your square for the next raffle quilt. If you have a muslin square left over from last year or the year before, go ahead and use it. If you haven't seen a muslin square yet and would like to help with this year's quilt, let me know and I will mail one out to you. My email is RLA1247@aol.com or write to: Quilt Squares, 1113 N. Elmwood, Peoria, IL 61606



By-Laws Coordinator Cathy S

Did you know that you may qualify for a position at Area?

All (SIWSC) Southern Illinois World Service Committee members must be active members Southern Illinois Al-Anon or Alateen members, who are not members of AA.

Officers: "Any Al-Anon or Alateen member who is serving or who has served as a District Representative is eligible to serve as an officer. In the event no past or present DR is willing to serve, any member of SIAFG may serve."

Coordinators are appointed by the SIAFG Chairman. Any Al-Anon or Alateen member may serve as a coordinator, and the By-Laws and Insurance Coordinator must be well versed in Al-Anon policy, preferably the Delegate or a Past Delegate.

Come join us at Area Assembly and see what good things happen here!!!

Addition to group records report: Yearly WSO sends meeting information to the groups to have the group check for accuracy. Any changes to these forms are to be sent to the **SIAFG Group Records Secretary NOT back to WSO.** Please remember ALL group record business is NOW done at the Southern Illinois Area level. SIAFG Group Records' e-mail siafggrpsec@gmail.com. This e-mail will travel with the position when new people take this position. Mary S., SIAFG Group Records Secretary

District Reports



District 10A –Mary S. Past District Representative

District 10A held their meeting on October 2, 2011. Jane P., Public Outreach Coordinator, held a discussion about the need for open Al-Anon meetings in the Peoria area. She pointed out that we have four nursing schools and two colleges with addition programs creating a need for open meetings. She contacted each group and requested that they have a group conscience to discuss the possibility of becoming an open meeting or have one meeting a month, possibly when there is a fifth week, as open.

We also discussed our Al-Anon Information Service and have tabled any decision until our Feb. meeting.

The Al-Anon Holiday Party was held Mon., Dec. 5th. The raffle monies from the party were divided equally between SIAFG's prudent reserve fund, Dist 10A's Public Outreach programs, Hilltop's Literature Fund for free literature set out for the public, and groups that indicated to us that they were not meeting their rent. A smaller amount was designated for the Alateen group. Jan T. will chair the next meeting on Feb. 5th, 2012.

REPORT FROM WORKSHOP IN NOVEMBER 2011

Tradition 6

"Our Family Groups ought never endorse, finance, or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous."

Our primary spiritual aim is to be committed to **OUR** recovery.

Don't bring personal projects to the meetings.

The slogan that helps us follow this tradition is "Keep It Simple." One purpose.

We practice this tradition by cooperating with all family members,

Don't lend money.

Tradition 12

"Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principle above personalities."

Who you see here, what you hear here, and what you say here, let it stay here.

The slogan that helps is "Live and Let Live".

Our unity as a family comes before each individual family member.

Keep anonymity at work unless an opportunity arises to share our recovery one on one



District 14—Lyri M

District 14 had a fantastic turn out for Al-Anon day at the 2011 Alkathon in Belleville on December 27th with Al-Anon members from all over the district pitching in to help. We had fabulous food and fellowship, with Al-Anon meetings at 3 and 7pm. Overall attendance was in the neighborhood of 150 people.

Our next event will be our Spring Workshop, entitle *Put a Little Spring in Your Steps*, scheduled for Saturday, April 21st, 1-4pm, at the 623 Alano Club on 120 North 3rd Street in Belleville. Please mark your calendars! We would really appreciate your support.

Our beginner's meetings this fall were such a success, we have decided to have a permanent beginner's meeting on Wednesday nights, 7:30-8:30pm at the O-Fallon Trailer, 108 Carbon Hill Road, O'Fallon, IL. We will be rotating through set topics every three months.

Our final news is that Metro East meetings (Districts 14 and 18) are now being listed in the St. Louis Al-Anon information Service (AIS) meeting list. We hope this cooperation will help newcomers in the greater St. Louis area find meetings more easily.

COMING SOON
TO AN AL-ANON LOCATION NEAR YOU!!!



PUT a Little
"Spring"
in Your
STEPS!

When: April 21, 2012
Time: 1-4 P.M.

Where: 623 Club, 120 N. 3rd St.
Belleville, IL

(make copies and distribute)

Please distribute!



Sponsorship:

A Special Recovery Tool

An interactive workshop by Val B., District 18

WHEN:

~10am, Sunday, March 4th, 2012

WHERE:

Memorial Medical Center
701 North 1st St., Springfield, IL

Workshop is FREE with \$3 Assembly Registration!

Invite all of your friends!

