

Southern Illinois Al-Anon Family Group  
News-O-Gram  
Spring 2021

Next SIAFG Area Assembly Meeting  
Saturday, March 6, 2021, 8:30 AM via Zoom.

Zoom Meeting Information:

Zoom Meeting: From a mobile device or an internet enabled computer click on this link:  
<https://us02web.zoom.us/j/84251810446?pwd=UK5HaHJjWmtpWVkraHNRMHhtY2Nidz09>

OR... From Zoom website "Join a Meeting": Meeting ID: 842 5181 0446 Password: 324673

If you cannot join via computer or mobile device you can join via phone: 312-626-6799

One tap mobile: +13126266799,,84251810446#,,,,\*324673# US (Chicago)

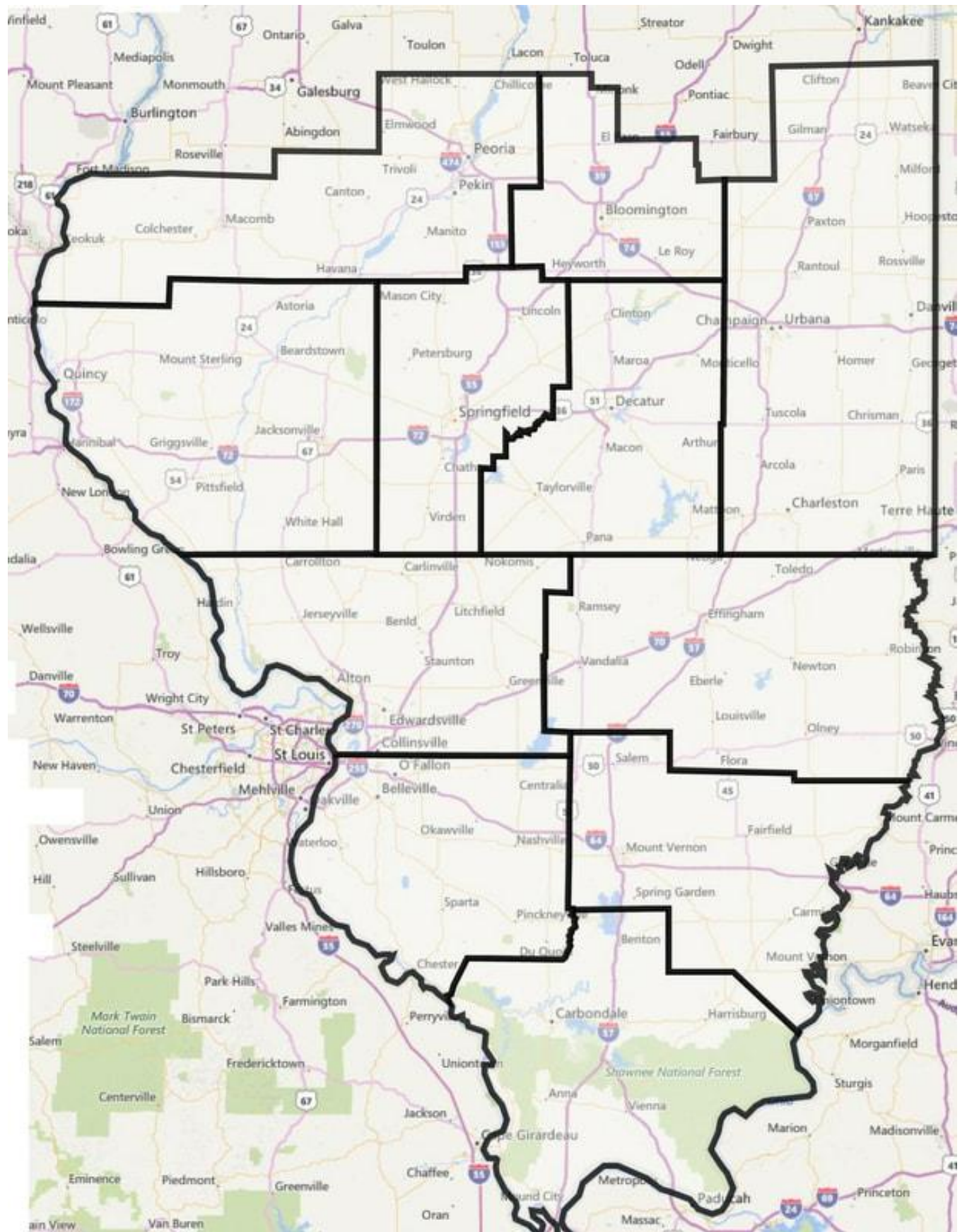
Find your local number: <https://us02web.zoom.us/j/84251810446?pwd=UK5HaHJjWmtpWVkraHNRMHhtY2Nidz09>

**Southern Illinois World Service Committee Meeting  
will immediately follow the Assembly**

**Both meetings are open to all Al-Anon members. *Please join us!***

If you have any changes to group meeting times, date, contact person, etc., please contact the Group Records Secretary at [siafg.group.records@gmail.com](mailto:siafg.group.records@gmail.com).

*The 2021 Illinois State AFG Convention  
is virtually scheduled for  
September 24 – 25, 2021*



Can you name the District numbers?  
Check it out on the [SIAFG.org](http://SIAFG.org) website.

## **An Al-Anon Adult Child Finds Her Way**

From: In the Loop. February 2021

*Reprinted with permission*

I didn't know when I walked into my first Al-Anon meeting what was wrong with me. I felt hopeless—not from my inability to solve an alcoholic's problem, but from failing to solve my own problems. I was in a perpetual loop of bad relationship patterns. Serial monogamy was my modus operandi—having one on the plate and another on deck ensured that I never risked being alone.

I came to Al-Anon somewhat on the recommendation of my counselor. I imagine that after several years of listening to me talk about my harmful behavior without changing it, she was growing a little frustrated. With increasing directness, she urged me to find a “support system” other than those with whom I was involved. She did not mention alcoholism or Al-Anon. In fact, I am not even certain if she understood how my behavior patterns matched those of others who had grown up in the family disease of alcoholism.

I eventually followed her direction. I found my first meeting, thanks to the efforts of the local Al-Anon Information Service to create a fledgling website, which displayed the 20 questions from *Did You Grow Up with a Problem Drinker? (S-25)*. At the meeting, I heard members share feelings that helped me realize I was not alone. My counselor's guidance, those members' commitment to public outreach, and that meeting saved my life. Finally, I felt hope that I could change my destructive patterns.

Al-Anon has many tools available today to share with professionals about the impact of growing up in the family disease. *Al-Anon Faces Alcoholism* magazine and member sharings on [al-anon.org](http://al-anon.org) offer our stories, and the [Membership Survey](#) data provides evidence of Al-Anon's effectiveness. We each have an opportunity to make a difference when we share these tools with a professional whom we know. Thank you for your efforts—they certainly made all the difference for me.

*By Vali F., Executive Director*

*This is an example of how we can all share our  
experience, strength and hope.  
Send your personal share to  
[Carol53115@Yahoo.com](mailto:Carol53115@Yahoo.com) if you would like it  
included in the next News-O-Gram.*

**AREA OFFICERS REPORTS**  
**MARCH 6, 2021**  
**Southern Illinois Al-Anon Family Groups, Inc.**  
**Area Assembly Meeting Agenda**

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<https://us02web.zoom.us/j/84251810446?pwd=Uk5HaHJjWmtpWVkraHNRMHhtY2Nidz09>

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Find your local number: <https://us02web.zoom.us/u/kWXigjU5U>

**Saturday, March 6, 2021**  
**8:30 am Sign On and Get "Settled"**  
**9:00 am Meeting Starts (Meeting typically lasts until 2-3 pm)**

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Opening - Moment of Silence & Serenity Prayer (please remain muted and say it privately)

Welcome/Intro

- Establish if there are newcomers and establish a person as resource to newcomers. Use private chat function to provide support and answer questions to newcomer
- Al-Anon Birthdays (who wish to be recognized) since last meeting in November 2020
- Need a volunteer to be our ALL CHAT monitor for today's meeting
- Need a volunteer to be our timekeeper for today's meeting (10 min for discussions)
- Explain ask-it-chat, Brief description of meeting & voting procedures, establish protocols for break time & lunch time
- Please be sure to put your name in the available identifier on

Courtesy Rules:

- READ ALL materials PRIOR to March 6 so you are prepared to participate appropriately.
  - March 6, 2021 Agenda
  - Minutes of November 7 meeting
  - Treasure Materials
  - Winter 2021 News O Gram
- Stay muted when not speaking.
- Request to be called upon in the chat function of zoom if possible or raise your hand. Then you will be recognized by the chairperson to speak – stay on topic, speak for only 2-3 minutes if possible.
- Anyone presenting, while you are speaking if you can please have your video on and your face as clearly as you can in the camera.
- All Al-Anon members have voice; only Group Reps (GRs) or Alternate GRs (when GR is not present) have vote
- The recording secretary may ask for a written/email copy from your discussion presented today to be used to help summarize, for clearer and concise statements to be included in the minutes. You can email these reports to Mary P: [mepirtle@yahoo.com](mailto:mepirtle@yahoo.com)
- When making a motion or a second please say your name, district and then the motion or second. This will help our recording secretary minutes.

Read – 12 Steps, 12 Traditions, 12 Concepts of service with Warranties

Read Board of Director's Meeting minutes (no vote required)

Recording Secretary Report – Mary P.

- Minutes – Area Assembly (November 7, 2020) will not be read as they will be emailed out ahead of time and available in the meeting room. Vote Required.

Treasurer’s Report – Carol W.

- Spring 2021 Treasurer’s Report
- 2021 equalized expense for 2021 WSC

Group Records Secretary Report – Jane F.

District Reports & Group Concerns/Successes –

- Present District by District for reports and show the map of that district on the screen. Chair will call on districts by numbers shown on the screen over Zoom. **NOTE** this is not in numeric order so don’t be concerned if it seems they are out of order. The chairperson will get to every district. We show the map so others may understand the district number that corresponds to the territory and cities in that district.
- Chair will call on the DR to present first followed immediately by any of the GRs from that district for their group concerns/successes
- At the end, if any DRs or GRs have additional information to share they can do so at that time. This is still a new format. Feedback is always welcomed.

Coordinator Reports -

• Alateen Coordinator	• News-O-Gram
• Alateen Area Process Person	• Public Outreach (NEEDED)
• Archives (NEEDED)	• By-Laws
• Convention (NEEDED)	• Ways & Means
• Forum/Literature	• Webmaster

Delegate Report – JoEllyn P.

Guest Speaker: WSO

Old Business –

- Open Coordinator Positions
- Excess Funds
- Web and Email Contact Update
- Area Inventory
- Distance Meeting Check In – Area Assembly via Zoom – Is it working okay?

New Business –

- Reminder: SIAWSC Meeting set for Saturday, May 22, 2021

Wrap up -

**Next Meetings – July 10 & November 6 2021**

Adjournment/Close with Al-Anon Declaration

(Please remain muted and say it in your private space)

*“Let It Begin With Me. When anyone, anywhere, reaches out for help - let the hand of Al-Anon and Alateen always be there, and Let It Begin With Me.”*

Best Wishes!

Becky Ropp

SIFAG Area Chairperson

[rropp@growmark.com](mailto:rropp@growmark.com)

Cell: 217/369-8164



## Southern Illinois Area Treasurer's Report - January-21

Hello, I hope everyone had wonderful holidays and are looking forward to a new year. The last 9 months have been challenging, and so grateful to Al-Anon and all of you as we maneuver through this pandemic.

The table below shows district and group donations from August-September 2020. 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 on zoom at the next Area Assembly in March.

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Yours in Recovery,  
Carol W.  
Area Treasurer



District or Group Name	District Number	Group Number	District or Group Name	District Number	Group Number
Beginners AFG	11	3703	New Hope AFG	15	30640141
Bethalto Wed. Morning AFG	18	3491	Open Door AFG	18	3812
CMA Friday Morning AFG	20	30790	Personal Donation	19	
CMA Hope AFG	20	35525	Stepping Stones AFG	17	30673249
District 14 AFG	14		The Monday Night Serenity Group	18	26501
District 18	18		Thursday Morning AFG	12	30512054
Edwardsville Fundamentals of Recovery	18	30584718	Thursday Night AFG	18	30528380
Happiness Is	19	4811	Tuesday Morning AFG	20	30722841
Hopeful Serenity Seekers Adult Children AFG	18	34856	Tuesday Night Serenity Seekers	11	3701
Monday Morning AFG	20	24161	Wednesday Morning Glories	20	4022

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Date: \_\_\_\_\_

### SOUTHERN ILLINOIS AREA CONTRIBUTION FORM

PLEASE PRINT

Group Name \_\_\_\_\_  
 Contact Person \_\_\_\_\_  
 Street Address \_\_\_\_\_  
 City and State \_\_\_\_\_

Group ID# \_\_\_\_\_  
 District \_\_\_\_\_  
 Amount \_\_\_\_\_  
 Check # \_\_\_\_\_

- *Area Archivist - Position Open*

### *News-O-Gram Coordinator*

This media forum is meant to include personal and business sharing, including personal-sharing by Al-Anon/Alateen members of their experience, strength and hope. It is also an opportunity for Business sharing by principally concerned members pertaining to Al-Anon/Alateen business, organization or procedures (sharing must include references to Al-Anon Conference Approved Literature).

Please share your thoughts and concerns with Carol Holterman, 3321 West William Street, Champaign, Illinois 61821; text/call 262-729-0946 or email to [Carol53115@Yahoo.com](mailto:Carol53115@Yahoo.com).

Service is truly the key to personal growth, and I appreciate the opportunity to continue my journey.

Peace,  
Carol H.

### **Alateen Coordinator**

Our new Alateen Coordinator is Debbie McCoy ([217-622-3096](tel:217-622-3096). [debbiemccoy67@comcast.net](mailto:debbiemccoy67@comcast.net)).

Debbie states:

“I've been in AL-ANON for 11 years, in District 19, Springfield, with Wednesday night Butterfly Group as my home group. I was convention chairperson for the 2020 convention that was cancelled due to COVID and will be chairperson for 2022 as well.

I am working with the NIAFG Convention Planning Committee to assist with their Fall Convention with the Alateen portion. I am learning my role for our SIAFG Alateens and hope to share more information at the March meeting. I am grateful for the tools I have learned in Al-Anon and BLESSED to be a member of this fellowship.”

Hugs and appreciation to Debbie for stepping up.

## DISTRICT REPRESENTATIVES REPORTS

### **District 11 Report**

Our meetings are still small due to Covid 19. All the meetings are meeting in person as of now. We have had requests to try a hybrid meeting on Tuesday night but still trying to find out if the church's Wifi will accommodate. Most people attend in masks but we leave that as optional. We are not planning any workshops in the near future until we get the go ahead for larger groups.

I am turning the reins of District Rep over to Suzanne D. I have held this position for several years and it's time for a change. Suzanne is active in in our Sunday night meeting as well as started a new meeting in Illiopolis last year. Let's give her a big welcome at our Area Assembly in March.

Stay well!

Theresa M.

### **District 12 News**

District 12 – Cathy B. The district held its last meeting on Sunday, January 21, 2021 via Zoom. There were 12 members in attendance (7 GRs/Alt.GRs), and we had a guest speaker for the first 10 minutes. Debbie M., our newly appointed Alateen Coordinator for SIAFG, introduced herself and shared with us her contact information. She discussed options for Alateen meetings and the need for AMIAS'.

Of our 14 registered Al-Anon group meetings, 8 meetings are still utilizing Zoom; 4 meetings are continuing to meet F2F; 1 meeting is on conference call as well as meeting F2F; and 1 meeting has been meeting via text, email, phone calls. Our Tuesday 7:00 pm Serenity Seekers AFG (Mattoon) has 2 members sit in the meeting place and then opens the conference call. So, for those who want to attend in person can do so, and those still not comfortable with meeting F2F can conference in. They actually have increased the average number of attendees by meeting this way. And our Tuesday 7:30 pm New Lease on Life (Savoy) are wanting to meet F2F again and are currently discussing when that will happen. Our district's tri-fold meeting list and Covid-19 meeting list are updated and on the siafg.org website. Of course, both are working documents and will be updated as soon as changes occur. Our financial health is still stable; and budget looks good. Public Outreach is adapting to the pandemic.

Elisabeth J., our public outreach coordinator, has been busy with tweaking our district website ([www.centralillinoisalanon.weebly.com](http://www.centralillinoisalanon.weebly.com)); she has added a link for Twitter users; and everything is designed to attract newcomers. There are links to both siafg.org and WSO's websites. There is also a 'Contact Us' section for questions. Elisabeth has also been successful with having Champaign County IL Relief & Recovery (<https://champaigncountyil.recovers.org>) include an ad about finding Al-Anon within our district's area and the ad is within the Traditions and WSO guidelines. They are a networking organization that aids in helping bring resources and needs together during the COVID-19 pandemic. Our next district meeting will be March 21, 2021. We will be discussing options to possibly host a virtual event, such as a workshop or panel speakers, to be held TBD.



**District 14:**

Our Webpage is up and running. It is listed on the SIAFG Website on the Meetings by District page. We will be promoting this resource for up to date meeting information as changes happen in response to Covid-19 guidelines from the state.

We will be having our next District meeting February 3<sup>rd</sup> via Zoom.

Submitted by:

Katie G., DR

**News from District 19**

District 19 in mid central part of state started and continues since March 2020 with Zoom meetings as well as some hybrid and one has been able to have in person meetings.

For several groups going back to their home location will not happen until next year so Zoom can continue.

Travis Y. keeps our website current so visit the site for information on meetings.

[www.spi-alanon.weebly.com](http://www.spi-alanon.weebly.com)

Plans for District 19 business meeting after March 6. Date not set.

Alateen hopefully will become more active as our schools are opening up. As noted this has been seen in other parts of country. We have some active AMIAS for our program.

Charlene Vollmer  
78 Cottonwood Drive  
Chatham, IL. 62629  
217-891-2981

**District 20 News**

District 20 has succeeded in creating 3 Zoom meetings for our members. At this time, we are using personal accounts. A committee was formed to look into purchasing a District Zoom account, and possibly a website. The committee will report at our January District Meeting.

Our Outreach Coordinator has had to adapt to the Covid reality. Rather than meeting in person and donating Al-Anon books, she has purchased pamphlets which can be dropped off at offices or sent through the mail.

Our fellowship coordinator hosted a Zoom Sponsorship meeting with a panel explaining their history as a sponsor and sponsee. After the sharing, there was time for questions from the audience. This meeting was held in October and met with wide approval. She followed it up with a fellowship meeting in January concerning service. Once again there was a panel explaining their history with service and new opportunities. It also was well attended and appreciated. We expect to continue to use Zoom to reach members.

Along with the Zoom meetings, twelve groups are meeting in person using masks and social distancing. The District has held two District meetings via Zoom. There has been a good turnout for these meetings.

Mary Pirtle  
District Representative