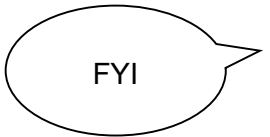


# Serenity Sentinel

## FALL 2022



Volume: Panel 61

Issue: #7

### DONATION ADDRESS

Seventh Tradition donations, meaning all contributions from individual members, groups, districts, and AIS offices should be sent to:

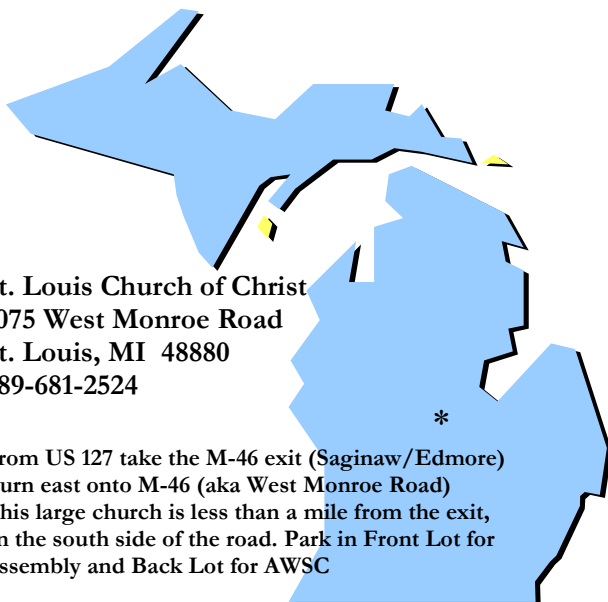
**MICHIGAN AFG, INC.**  
**PO BOX 980174**  
**YPSILANTI, MI 48198-0174**  
or PayPal Option at [www.miafg.org](http://www.miafg.org)

The *Serenity Sentinel*, a quarterly publication, is the voice of the Michigan Area Assembly. The newsletter is now available electronically to all MIAFG members via [www.miafg.org](http://www.miafg.org). Paper copies are available to members who wish to subscribe.

To receive notification when a new *Serenity Sentinel* is available or to direct any comments or questions regarding the newsletter, please email the Editor at [miafgnewsletter@gmail.com](mailto:miafgnewsletter@gmail.com).

### MIAFG AWSC and Assembly Location Directions

Check [www.miafg.org](http://www.miafg.org) to confirm if meetings are in person or virtual!



**St. Louis Church of Christ**  
**1075 West Monroe Road**  
**St. Louis, MI 48880**  
**989-681-2524**

From US 127 take the M-46 exit (Saginaw/Edmore)  
Turn east onto M-46 (aka West Monroe Road)  
This large church is less than a mile from the exit,  
on the south side of the road. Park in Front Lot for  
Assembly and Back Lot for AWSC

9AM Registration Opens \* 9:40AM New Rep Orientation  
10AM Assembly/Meeting Begins

### Serenity Sentinel Subscriptions

Individual paper subscriptions are available for **\$4.00** per year. To receive this Michigan AFG quarterly publication, please complete this form and send with your check or money order (currently \$4.00 per subscription) made payable to Michigan AFG, Inc., to:

*Serenity Sentinel*  
c/o Michigan AFG, Inc.  
PO Box 980174  
Ypsilanti, MI 48198-0174

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Apt # \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip Code \_\_\_\_\_

Order gift subscriptions for your program friends! Please list additional subscription information on a separate page.

### Schedule of Events

- October 8 **Fall Assembly**  
*St. Louis, MI*  
In person only (no virtual option)
- October 27 **AIS of Grand Rapids Fall Banquet**  
*Grand Rapids, MI*  
Visit [www.AISGR.org](http://www.AISGR.org) for details
- October 29 **Road Trip to Cleveland (meet with the Board of Trustees)**  
*Cleveland, OH*
- November 12 **AWSC**  
*St. Louis, MI*
- December 16 – 18 **Michigan AA State Convention**  
*Auburn Hills, MI*
- May 6, 2023 **51st Annual MIAFG State Convention**  
*Bay City, MI*
- June 29 – July 2, 2023 **AI-Anon International Convention**  
*Albuquerque, NM*

Send AI-Anon event information to [miafgnewsletter@gmail.com](mailto:miafgnewsletter@gmail.com) and [miafgwebcoordinator@gmail.com](mailto:miafgwebcoordinator@gmail.com).

**Due to poor internet connectivity at our meeting location, a hybrid AWSC or Assembly is currently not feasible.**

## Letter from the Editor

*Take What You Like...*

When I first started attending Metro Detroit AFG's Intergroup Meetings, the Service Board used a "swear jar" for people to contribute to when they used an acronym (for example, WSO) instead of the phrase (World Service Office). The practice was started to help members (especially newcomers) better follow the meeting discussion and understand the links of service. It didn't take long, as people mentioned such things as AWSC (Area World Service Committee) and AIS (Area Information Service) for the collection of quarters to grow.

I recall being confused by one acronym in particular early in my recovery. After I had shared with another member how confused and worried I was feeling, she asked me if I was working with my HP. I wondered, "What does my problem have to do with the Hewlett-Packard printer at my office?"

Fortunately, I am a little more familiar today with my Higher Power (who is much more dependable than my printer). But that anecdote and other learning experiences serve to remind me that we all start at the beginning.

While some acronyms (like MIAFG or CAL) may not have much meaning to individuals attending their first Al-Anon meeting, other acronyms are great building blocks along with the Steps and slogans. The Three Cs and HALT are two that come to mind. When feeling overwhelmed and confused, using these tools can help put things in perspective and back on track.

Whether you're learning to FROG (Fully Rely on God) or filling a new service role as an AMIAS (Al-Anon Member Involved in Alateen Service), we're glad you're here!

*...and Leave the Rest*

To fulfill our primary purpose of helping families and friends of alcoholics, an understanding of our past can enlighten our direction and strengthen our sense of purpose.

The MIAFG Archives consists of 17 large cartons of many different types of materials that reflect the work of our family groups. The archives contains audio tapes, photo albums, posters, and video tapes in addition to documents. The work of the AWSC and Assemblies is recorded in minutes, motion logs, reports, directories, service manuals, legal documents such as contracts and tax information, and our newsletter, the *Serenity Sentinel*. The work of the family groups across Michigan is recorded in group histories, long-time member interviews, program and event flyers, group WSO registration records, and early local publications. The breadth and depth of these materials is a testament to the loving work performed by the hundreds of Al-Anon members from our past to carry our message of hope to others.

Documents in the MIAFG Archives state that the first family groups were established in Michigan in 1952. For 70 years, Michigan Al-Anon members have been sharing their experience, strength and hope. The past seven decades of the work of Michigan Al-Anon members contained in the archives demonstrates not only the tireless efforts of those who have gone before us but the ongoing need for this fellowship.



Do you have any Michigan Al-Anon documents or mementos that you would like to donate to the Archives? If so, please contact Kate A at [miafgarchives@gmail.com](mailto:miafgarchives@gmail.com).

### F. E. A. R.

False. Evidence. Appearing. Real.



#### Did you know...?

Did you know that the purpose of the MIAFG Archives is to preserve the work, activity, and life of our fellowship from the beginning of the Al-Anon movement in Michigan?

Understanding our past helps to protect our future. As stated in the Al-Anon Guideline for Area Archives (G-30), "The collection and preservation of our past renews our sense of purpose and serves as the thread that links the generation of stories that are to follow."

#### Let it Begin with Me...

Share your experience, strength and hope in the *Serenity Sentinel*. Email your share to [miafgnewsletter@gmail.com](mailto:miafgnewsletter@gmail.com) and indicate if your first name and last initial should be used or if it should be signed "Anonymous."

Please note that if published, your share will be available on the Internet and will be shared with Al-Anon Family Group Headquarters, Inc.

All submissions become the property of MIAFG and/or Al-Anon Family Group Headquarters, Inc., and may be used in whole or in part to develop Al-Anon/Alateen material. (Electronic submission constitutes your agreement).

## August 13, 2022, Assembly Reports

### DELEGATE

I was not able to attend AWSC in person due to health issues. The following is my report that Ross F, MIAFG Alternate Delegate, presented for me.

### WSO Chairperson of the Board Letter Presentation

I attended the WSO Chairperson of the Board Letter Presentation on Webex on August 6th. Here is some of the information I learned at this meeting.

### WSO Financial Report

The following update is based on the unaudited financial statements for the period that ended June 30, 2022. July brought a review of the World Service Office (WSO) finances, and while not significantly different, WSO did need to present a Revised Budget.

	YTD Actuals	YTD Budget	Total Budget	Revised Budget
• Literature Sales—net	\$1,025,141	\$1,005,215	\$2,057,461	\$2,156,210
• Contributions	\$1,324,217	\$1,390,939	\$2,850,000	\$2,917,980
• Other Income	\$192,996	\$276,300	\$552,600	\$546,600
<b>Total Revenue (see above)</b>	<b>\$2,542,354</b>	<b>\$2,672,454</b>	<b>\$5,460,061</b>	<b>5,620,790</b>
<b>Total Expenses</b>	<b>\$2,897,203</b>	<b>\$2,906,588</b>	<b>\$5,813,175</b>	<b>\$5,953,520</b>
<b>Net Increase/(Decrease)</b>	<b>(\$354,849)</b>	<b>(\$234,134)</b>	<b>(\$353,114)</b>	<b>(\$332,730)</b>

**Revenue (Income):** Revenue consists mainly of literature sales and contributions. Other revenue includes magazine sales and investment gains. Literature sales for June were \$176,684. Contributions for June were \$373,444.

**Expenses:** The largest categories of expenses consist of WSO Staff salaries and benefits, technology support, Conference costs (including interpretation), and postage. Expenses for June were \$533,547. WSO continues to monitor all expenses and reduce them wherever possible.

**Net Increase/(Decrease):** Change in net assets resulted in a net decrease of \$354,849 which reflects the decrease in total income.

As WSO continues to focus on “Enhancing Our Recovery through Abundance, Unity, and Understanding,” know that your contributions (including purchasing literature) are what allows the WSO to continue serving all the groups worldwide. Remember, the WSO is here to serve the fellowship and can only do so if the fellowship supports the WSO. As Tradition Seven states, “Every group ought to be fully self-supporting, declining outside contributions.” Please share with fellow members the different ways to support the WSO: signing up for automatic contributions, and/or buying/gifting a book or magazine to a sponsee or newcomer.

WSO is grateful for your continued and consistent contributions!

**H. O. P. E**  
Happy. Our. Program. Exists.

### Strategic Plan

The Strategic Leadership Team (SLT) presented updates on the 2022 Strategies to the Board. Additionally, SLT voiced that they had identified, after thorough and thoughtful discussion, the need to either postpone or reduce the scope of the current Strategies. The adjustments are being made based on capacity of WSO Staff and resources.

The following Strategies will be reduced in scope:

- CAL Globally in All Languages
- Updated and Translated Guidelines
- Alateen Electronic Meetings
- Animations/Cartoons via Social Media

The following Strategies will be postponed:

- Electronic Payments from Al-Anon Family Groups
- Member Guidance Regarding Bequests
- Phase 2 of the Online Store Upgrade

In addition to their regular responsibilities, here are some of the special projects WSO Staff are working on:

- New Daily Reader (including translation)
- Translation of the Service Manual
- Electronic Meeting Transformation
- 2023 International Convention
- 2022 Road Trip!
- IAGSM (International Al-Anon General Services Meeting) in London, England
- First Longitudinal Study

It is amazing how much work is done by the WSO Staff. The back of each Quarterly Appeal Letter is a great place to see a more inclusive list of services provided by the WSO. Another resource is the Annual Report, which is the yearly update on what happens.

The 2022 World Service Conference Summary is now available.

<https://al-anon.org/pdf/Highlights-of-the-2022-World-Service-Conference.pdf>

The 2021 World Service Office Annual Report is also available.

<https://al-anon.org/pdf/2021-World-Service-Office-Annual-.pdf>

**L. O. V. E.**  
Let. Others. Voluntarily. Evolve.

## August 13, 2022, Assembly Reports

### DELEGATE (continued)

#### MIAFG Information

##### Digital Coordinator and Technical Coordinator

MIAFG has created a new service position, Digital Coordinator, which was voted on and passed at Spring Assembly 2022. Our current Technical Coordinator has requested to serve MIAFG as the NEW DIGITAL COORDINATOR. Thank you, Denise S.

This leaves us with a service position opening. Calling all willing Area Al-Anon Members to consider this Area Service Role. Concept Four allows me to be grateful for what everyone brings to the table because participation really is the key to harmony. When roles are carefully defined, as outlined in Concept Ten, it helps everyone to understand their part to play and their value to the team. We now have potential guidelines for both positions to help with clarity and understanding. **Update:** Karl K of District 39 has agreed to serve as MIAFG's Tech Coordinator for the remainder of Panel 61. Thank you, Karl.

##### AWSC District Representative Update

As your Delegate I maintain the District contact information for WSO. When a new District Rep is elected, please contact me with their district #, name, mailing address, telephone numbers, and email address. In preparation for this meeting, I reached out to all DR's and Coordinators. I was surprised to find out that there have been many changes.

Here is some of the information I need to update:

New DR information for Districts 4, 9, 10, 12, 14, 26, and 39. No working phone numbers for Districts 15, 18, and 29. If you know this information or have a contact person I could reach to update this information, please call or email me. Thank you for your help.

##### District Visits

A personal goal of mine is to visit all the districts in our Area!! So far, I have connected with Districts 2, 3, 5, 12, 16, 18, 20, and 39. I would love to visit your group or district, please invite me. I'm willing to attend virtually or in person.

##### **WSO Guest at Fall Assembly (October 8)**

Suzanne M is the Associate Director of Conference at the World Service Office. She will be sharing her personal story and leading a workshop. Please invite your group members to join us at Fall Assembly on Saturday, October 8, 2022, in St. Louis, MI. Everyone is welcome to attend Area Assemblies and Area World Service Committee Meetings.

**T. H. I. N. K.**

**Thoughtful. Honest. Intelligent. Necessary. Kind.**

### Road Trip

After two years of Road Trip being cancelled, we are pleased to announce that this year's event will be held on Saturday, October 29 in Cleveland, OH.

Registration opened on August 1. I'm registered!!!!

### Al-Anon International Convention

Let's go to the International Convention in Albuquerque, NM! The dates are June 29 – July 2, 2023! You'll be able to get the new daily reader *A Little Time for Myself*.



Please take this back to your group. This is not a service event; this is a fellowship event. It's an experience like no other! I plan to be there!

“Let the understanding, love and peace of the program grow in you one day at a time” (*How Al-Anon Works* pg. 396)

Embracing Hope,  
Kristine G  
Delegate, Panel 61, Michigan

#### WSO Welcomes You Back!

After a 2 plus year hiatus, the World Service Office is once again opening its doors for guests. We have really missed seeing you and on Monday, September 19, 2022, the wait is over.

But to ensure the safety of everyone we felt it necessary to make some changes!

- Tours will need to be scheduled on our online booking platform at [al-anon.org/tourwso](http://al-anon.org/tourwso) at least 24 hours prior to your desired tour time

- Tours are available:

- Tuesday morning and afternoon
- Wednesday morning and afternoon
- Thursday morning and afternoon
- Friday morning only

- In an effort to increase Staff satisfaction, productivity, and comfort the dress code has been changed from business casual to casual. Staff will be wearing comfortable clothing which includes jeans.

We hope to see you the next time you are in the neighborhood!!

#### *Serenity Sentinel*/Pop Quiz (Page 11) Answers:

District 2: New Buffalo, 3: Brooklyn, 4: Wyandotte, 5: Ypsilanti, 6: Wayne, 9: Detroit, 10: Grosse Pointe, 11: Sterling Heights, 12: Berkley, 14: Rochester, 15: Brighton, 16: Lansing, 18: Zeeland, 20: Jenison, 22: Fenton, 23: Montrose, 24: Imlay City, 26: Algonac, 28: Vassar, 29: Freeland, 32: Grand Haven, 33: Hart, 34: Ewart, 35: Gladwin, 36: Mikado, 38: Cadillac, 39: Traverse City, 40: Petoskey, 41: Onaway, 44: Kinross (See left column this page for Districts visited by Kristine)



## August 13, 2022, Assembly Reports

### TREASURER

Special thanks to Jodi B who presented the report and 2023 budget at AWSC in my absence.

Our account balances, based on bank statements, as of July 29, 2022, are

Checking	\$40,086.57
Prudent Reserve	\$20,003.54
Convention	<u>\$ 3,918.99</u>
Total	\$ 64,009.10

Our primary source of income this year continues to come from member and group donations. We have received **\$11,613** which is higher than a year ago (**\$9,032**). Our In-Kind donations doubled from 2021, mostly because we have had an increase in expenses and those receiving reimbursements donate some of their costs. The State Convention shows a **\$20** profit, however, there is about **\$100** of expenses not included yet, so we will probably have a negative amount. This year we paid the church in St. Louis for the meeting rooms (**\$650**). This AWSC meeting is the first one so far that we have used the facility.

Expenses increased this year, including the legal review of the Alateen Policy document, the bus transportation for the Alateens, and the Regional Delegates Meeting in Indiana. Our Total Income is **\$11,693** which is up **24%** and Total Expenses are **\$7,211** which is up **648.2%**. The Net Ordinary Income is **\$4,483** compared to **\$8,465** in 2021, reflecting a change of **-47.1%**. This information can be found on the Profit & Loss Report.

Today we will also look at the proposed 2023 budget. You should have received the draft copy along with a brief explanation of any changes.

Thank you to all members, groups, districts, and AIS offices that have sent in donations. 2022 looks like it will be a bit closer to previous years in relation to expenses. Without your donations, we would not be in the good shape that we currently are in. Please carefully check over the group donations reports and inform me of any discrepancies. Remind your groups to include as much information as possible, especially their WSO number, Meeting Location Zip Code and Group Name on their check, as this ensures correct documentation. We continue to accept *PayPal donations via our website ([www.miafg.org](http://www.miafg.org))*. Please use the Note area to indicate group information.

Snail mail for MIAFG donations and *Serenity Sentinel* subscriptions should be sent to:

**MIAFG, Inc.**  
**PO Box 980174**  
**Ypsilanti, MI 48198-0174**

Remember, all reports will be available on the Google drive.

Thank you to all our members for keeping MIAFG alive and healthy so we all can continue to carry the Al-Anon message. Grateful for this program and MIAFG members.

Yours in Service,  
Renee F  
Treasurer, Panel 61, Michigan

**N. U. T. S.**  
**Not. Using. The. Steps.**

### RECORDS COORDINATOR

As of 8/4/22, following is the Area 27 meeting status

- 375 active meetings.
- 16 meetings listed as active, but currently not meeting due to COVID (these meetings are included in the active meetings count as well).
- 72 temporary electronic and/or face to face with electronic component meetings due to COVID (these meetings are included in the active meetings count as well).
- 108 inactive meetings.
- 0 inactive meetings marked for deletion (55 previously).
- 0 reported not meeting.
- 0 reported no mail status.
- 22 meetings with no email address associated with it.

Please contact me ([miafgrecords@gmail.com](mailto:miafgrecords@gmail.com)) with any group updates.

Laureen C  
Records Coordinator, Panel 61, Michigan

### NEWSLETTER

The summer *Serenity Sentinel* was published last month. With this being the sixth issue for Panel 61, we are now halfway through the number of issues for this Panel.

This recent issue focused on the April World Service Conference and the World Service Office – its services and the opportunities to help it maintain its operations.

I'm tentatively planning on focusing on Area fall events in Issue #7. As always, I welcome feedback or contributions, including shares, group or district event notices, drawings, or photos. Please send inquiries or submissions to [miafgnewsletter@gmail.com](mailto:miafgnewsletter@gmail.com).

Wendy S  
Newsletter Coordinator, Panel 61, Michigan

# August 13, 2022, Assembly Reports

## ARCHIVES

1. Progress with the Archives
  - All loose documents (previously not organized) have been sorted into categories.
  - Convention, Assembly, AWSC, and MIAFG files are fully organized (not fully indexed) and moved into archival storage folders.
2. Update on Previous Reports
  - **Forums** are in chronological order and a catalogue has been created. Remaining to do: note issues with Michigan entries; deaccession duplicates and non-Michigan issues.
  - I have not actively recruited members to serve on an Archives Committee. In preparation for this, I have written a statement of the purposes and activities of the Archives Committee. I will be tapping people on the shoulder and asking them to volunteer for this committee.
3. Budget
 

Spent \$248.84 on acid-free file folders, acid-free storage boxes for the **Sentinel** and **Forums**, acid-free cartons for storing files, acid-free interleaving tissue and paper, bone folder, mending tape, cotton gloves.
4. Research Requests
  - In April Kristine needed the name of the Delegate from Panel 1 to give to a Trustee at WSC. I found the information in the MIAFG-related documents and was able to provide it to Kristine. This is an excellent example of the usefulness and value of the archives.
5. New Business
  - Created the first Catalog records to post on Google drive - for conventions, **Serenity Sentinels**, **Forums**.
  - Created the first layer of storage for electronic files.
  - **Serenity Sentinels** are organized and catalogued, and placed in acid-free storage.
  - In an effort to continue to raise awareness about the Archives I submitted two pieces to the **Sentinel**: 1) asking for donations of any Michigan related materials, and 2) asking for donations of back issues of the **Sentinel** that are missing from the Archives.
  - Created the first draft of the Archives Collection Policy and a statement of purpose for the Archives Committee and sent them to Ann (Chair). The Collections Policy is to be reviewed and approved by the Policy Committee.
  - Made a preliminary draft of an Archives Preservation Policy, Disaster Management Plan and Archives Coordinator Operations Manual which includes instructions on operational procedures for the Archives such as how to handle and catalogue various types of items.

- Drafted an archives procedures document for Group and District archives.
  - Spoke at 50th anniversary convention on recovery through conventions highlighting archives material
  - Made a presentation on June 4 to the District 2 committee on collecting and preserving records for group and District archives.
  - Drafted guidelines for ensuring documents are titled so that they are identifiable in the Archives.
6. Fun Discoveries
    - Copy of **Lois Remembers** with her original signature on the end leaf.
    - Letter from Lois from the Clearinghouse to Al-Anon in Dearborn.
    - **Cooking with Serenity** – a cookbook from a Montague group
    - 2 issues of the Newsletter from 1954 (before it was re-named **The Forum**); the December issue includes several illustrations by Lois.

Having a blast studying the past,  
 Kate A  
 Archives Coordinator, Panel 61, Michigan

## LITERATURE/FORUM COORDINATOR

I am happy to report the following new activities in my role as Area Literature/**Forum** Coordinator since the March AWSC Meeting:

- I attended my 3rd WSO web conference meetings for all **Forum** Coordinators on April 20th
- My first **Forum** sharing was published in the June 2022 issue. Actually, there were a few submissions from Area 27 Michigan in this issue!
- I arranged to have the Central MI LDC to be present at the October Fall Assembly.
- The quarterly Literature Spotlight highlighted **Hope for Today**. This piece of CAL celebrates its 20th anniversary.

**Forum Subscription Sales:** **Forum** sales continue to grow over the last couple of months.

Month	Total	
	Subscriptions	Copies
March	369	388
April	379	396
May	379	392
June	394	408
July	389	405
August	388	405



## August 13, 2022, Assembly Reports

### LITERATURE/FORUM COORDINATOR

(continued)

#### Ways to Increase *The Forum* Sales - How about Give-Aways at Area or District Events?

- Groups can donate subscriptions as door prizes.
- Al-Anon members with the most (and the least) years of recovery can be awarded a year subscription.
- New GRs who attend the pre-Spring Assembly Orientation received a free subscription.
- Groups can give subscription to new members, or sponsors can give subscriptions to their sponsees.

#### Group Subscription Copies

Q: How does a Group receive their *Forum* subscription?

A: If the group is receiving *The Forum*, the copy will go to the current CMA. If a group's CMA changes, make sure the AFG Records Team or the Area Group Records Coordinator is notified so the group's record is updated.

#### Literature Updates from WSO

- **Literature Shortage Status:** The message regarding literature shortages remains on the *al-anon.org* website online store. Per Tom C, WSO is doing their best to fill orders and provide literature as soon as possible; however, literature is still being depleted almost as soon as it arrives at the warehouse.
- **Print version of the 2022-2025 Service Manual:** Because it will include the latest changes that were approved at April's World Service Conference, the printed version of the Manual will likely not be available until at least the end of this year, depending of course on supply chain issues. The online version is currently available.
- **Literature Price Increase:** Prices on some literature will increase effective Monday, August 1, 2022. This primarily affected books at an increase of \$2 each. Also, the printed copy of the 2022-2025 Service Manual is \$11. There are no longer pamphlets/supplementary materials less than 25 cents. Literature prices have not been raised since 2013, even though the cost of paper has increased significantly over that time, even more so since the pandemic. New order forms (S-16) are now available.
- **BIG NEWS! WSO approved that all remaining CAL sold as printed books be offered as e-books!** Work will begin in August and will take several months to complete.

Just Announced! ***Opening Our Hearts, Transforming Our Losses*** (B-29) is now available as an audio book. \$19.95

#### Attention Writing Warriors: Sharings needed for "CAL Corner"

Please continue to urge members to share in writing about how CAL has helped them with their recovery. We could use sharings about any of the following:

- ***Many Voices, One Journey*** (B-31) – To be featured in August issue
- ***Living with Sobriety*** (P-46) – To be featured in September issue
- ***Reaching for Personal Freedom*** (P-92) – To be featured in October issue
- Others:
  - ***From Survival to Recovery*** (B-21)
  - ***Intimacy in Alcoholic Relationships*** (B-33)
  - ***Lois Remembers*** (B-7)
  - ***Blueprint for Progress*** (P-5 or P-91)
  - ***Having Had a Spiritual Awakening*** (eB-25)
  - ***When I Got Busy, I Got Better*** (P-78)
  - ***Discovering Choices-Recovery in Relationships*** (B-30)

Send sharings to *The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attention: "CAL Corner"; to [wso@al-anon.org](mailto:wso@al-anon.org) with "CAL Corner" in the subject line; or submit online at [al-anon.org/forumshare](http://al-anon.org/forumshare)

#### Group Reps as *Forum* Representatives

District Reps: Let your new Group Reps know that when they attend their new Group Rep Orientation in October, they will receive a one-year subscription to *The Forum*.

#### Upcoming Area Literature/Forum Coordinator Plans

- To host a 2<sup>nd</sup> *Forum* Writing Workshop – tentatively February 2023
- To continue doing Literature Spotlights – quarterly on the MIAFG website.

Grateful to serve,

Gloria V

Literature/ *Forum* Coordinator, Panel 61, Michigan

#### MIAFG News

##### 51<sup>st</sup> State Convention in Bay City (May 6)

MIAFG will once again be holding its state convention in person! The event will be on Saturday, May 6, 2023, at the Doubletree by Hilton in Bay City. Based on feedback from a 2019 survey, this ***One Day at a Time into the Future*** convention will be one day only. See page 11 to learn how to register and join us for "Gathering Together with Gratitude Now and with Enthusiasm for Tomorrow."

As details are confirmed, more will be revealed.

For more information, to volunteer or to express your opinion, please email [miafgconvention2023@gmail.com](mailto:miafgconvention2023@gmail.com).

## SHARE

One of my favorite pieces of CAL is *How Al-Anon Works*. Sadly, I did not read this book when I first entered the program. I did not discover it until quite a few 24-hours later. It has become one of my go-to books. When I get stuck in a problem, I go to this book. I often look up topics in the index and study each page to get better insight on an issue.

This happened recently when my sober alcoholic husband and I could not resolve a conflict. I looked up “conflict,” and “anger,” in the index and read all the pages. Two sentences stood out for me. One said, “My husband has been violent most of his life.” This made me realize in a new way that I was not going to change my husband. The other line said, “Listen as if you were at a meeting, without interrupting.” Other reading had led me to write a short list of things to try the next time we got into an argument. One was to leave the room, one was to count to ten, and the third was to listen without interrupting.

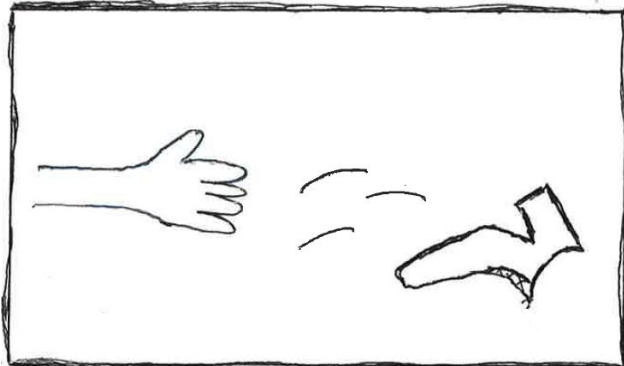
During our next argument on the unresolved issue, I couldn’t remember the other two tricks, but I did remember to listen to my husband as if I were at a meeting. So, I sat down and listened without interrupting then thanked him for sharing. A little while later, he came to me and thanked me for listening to him, he said he just wanted to be heard. Things changed for us after that. The unresolved conflict went away, and we began to communicate more clearly. In that heated moment when I needed to reach for a tool, my HP prompted me to do the very thing that my husband needed. After endless hours in the program, it is humbling to go back to basics. That’s what *How Al-Anon Works* does for me. It re-orientates me to the basics, and amazing things happen. It works when you work it!

Kate A  
Michigan

## Classifieds

<p><b>Volunteer</b> Michigan AA State Convention December 16 - 18, 2022 at Auburn Hills Marriott Pontiac. Email <a href="mailto:missmurph@mindspring.com">missmurph@mindspring.com</a></p>	<p><b>Public Outreach</b> <i>Al-Anon Faces Alcoholism</i> now available for purchase all year! Visit <a href="http://www.al-anon.org">www.al-anon.org</a> and its online store</p>
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Before Al-Anon...



Anonymouse

## Spotlight On...



## Grand Rapids

The Al-Anon and Alateen Information Services of Grand Rapids Area (AISGR) provides service to Districts 18, 20, 32 and surrounding areas.

District 20 conducts “First Friday Speaker Meeting” the first Friday of every month at 7 p.m., at UM Health West Conference Center (2225 Main Street SW, Wyoming). This event can also be attended virtually via Zoom (Meeting ID 836 5554 9882, Password 305615).

A Fall Banquet, “Slogan Life,” is planned for Thursday, October 27 at The Alano Club of Kent County (1020 College Ave NE, Grand Rapids). Hosted by Courage to Change AFG (Wednesdays, 9 a.m.), the event begins at 6 p.m., with a Social, followed by Dinner and then speakers Erica E and Colleen S.

For more information, contact the AISGR at 616-222-0632 or [info@aisgr.org](mailto:info@aisgr.org) or visit [www.AISGR.org](http://www.AISGR.org)

## Serenity Sentinel Pop Quiz: MIAFG Districts

Match the City with the MIAFG District that it belongs to. Extra points for identifying the eight Districts that have hosted our Delegate Kristine G. Answers on Page 4

District 2	Berkley
District 3	Jenison
District 4	Grand Haven
District 5	Imlay City
District 6	Cadillac
District 9	Gross Pointe
District 10	Zeeland
District 11	Algonac
District 12	Brighton
District 14	Fenton
District 15	New Buffalo
District 16	Rochester
District 18	Gladwin
District 20	Charming Community of Wyandotte
District 22	Mikado
District 23	Detroit
District 24	Vassar
District 26	Brooklyn
District 28	Onaway
District 29	Ypsilanti
District 32	Kinross
District 33	Petoskey
District 34	Lansing
District 35	Traverse City
District 36	Freeland
District 38	Ewart
District 39	Sterling Heights
District 40	Montrose
District 41	Wayne
District 44	Hart



**MICHIGAN AFG CONTACT AND 7TH TRADITION INFORMATION**

<b>NAME</b>	<b>ADDRESS</b>	<b>CITY, STATE, ZIP</b>	<b>PHONE</b>	<b>E-MAIL</b>
Michigan AFG, Inc.	Contributions: PO Box 980174 Website: <a href="http://www.miafg.org">www.miafg.org</a>	Ypsilanti, MI 48198-0174		<a href="mailto:miafgtreasurer@gmail.com">miafgtreasurer@gmail.com</a> <a href="mailto:miafgwebcoordinator@gmail.com">miafgwebcoordinator@gmail.com</a>
Al-Anon's World Service Office AFG, Inc.	1600 Corporate Landing Pkwy. Website: <a href="http://www.al-anon.alateen.org">www.al-anon.alateen.org</a> Members Website: <a href="http://www.al-anon.org/members">www.al-anon.org/members</a> Meeting Info: 1-888-4ALANON	Virginia Beach, VA 23456	757-563-1600 Fax: 757-563-1656	<a href="mailto:wso@al-anon.org">wso@al-anon.org</a> <a href="http://www.al-anon.info/MeetingSearch">www.al-anon.info/MeetingSearch</a>

**AREA INFORMATION SERVICES (AIS) / LITERATURE DISTRIBUTION CENTER (LDC) SERVICE ARMS**

Central Michigan AIS/LDC	Automated Service	PO Box 615	Dimondale, MI 48821	517-484-1977	<a href="mailto:centralmiafgldc@aol.com">centralmiafgldc@aol.com</a>
Detroit Metro AIS/LDC	Varies	26150 Five Mile Rd. Suite #19	Redford, MI 48239	313-242-0300	<a href="mailto:detroitalanonoffice@gmail.com">detroitalanonoffice@gmail.com</a>
Genesee/Lapeer AIS	Automated Service	PO Box 454	Linden, MI 48451-0454	810-234-1460	<a href="mailto:geneseeareaais@gmail.com">geneseeareaais@gmail.com</a>
Grand Rapids AIS	Varies	PO Box 1428	Grand Rapids, MI 49501-1428	616-222-0632	<a href="mailto:info@aisgr.org">info@aisgr.org</a> Website <a href="http://www.aisgr.org">www.aisgr.org</a>
SW Michigan AIS	Answering System	c/o Alano Club, 933 S. Burdick St	Kalamazoo, MI 49001	269-993-0589	<a href="mailto:swmichiganalanon@gmail.com">swmichiganalanon@gmail.com</a> Website <a href="http://www.swmichiganal-anon.org/">www.swmichiganal-anon.org/</a>
MI Thumb Area AFG Info/LDC	Varies	% Cakima 3800 Lee Hill Rd	Mayville, MI 48744	989-912-5478	<a href="mailto:MIThumbAreaAFG@yahoo.com">MIThumbAreaAFG@yahoo.com</a>
Oakland Co. AIS/LDC	Varies	PO Box 155	Keego Harbor, MI 48320-0320	248-706-1020	<a href="mailto:info@oaklandafg.org">info@oaklandafg.org</a> Website <a href="http://www.oaklandafg.org">www.oaklandafg.org</a>
District 39 AIS	Answering System	PO Box 5132	Traverse City, MI 49696	231-938-7399	<a href="mailto:alanond39@gmail.com">alanond39@gmail.com</a> Website <a href="https://alanon-d39.org/">https://alanon-d39.org/</a>
Northwestern Michigan AIS	Answering System	PO Box 224	Boyne City, MI 49712	231-675-7044	n/a
Washtenaw Co. AIS	Answering System	PO Box 1861	Ann Arbor, MI 48106	734-995-4949	<a href="mailto:AIS@afgDistrict5.org">AIS@afgDistrict5.org</a>

**MICHIGAN TRUSTED SERVANTS 2021-2023 AND OTHER CONTACT INFORMATION**

<b>POSITION/CONTACT</b>	<b>NAME2</b>	<b>E-MAIL</b>	
<b>PANEL 61</b>			
World Service Delegate	Kristine G	<a href="mailto:miatgdelegate@gmail.com">miatgdelegate@gmail.com</a>	Membership Outreach
Alternate Delegate	Ross F	<a href="mailto:miatgaternaldelegate@gmail.com">miatgaternaldelegate@gmail.com</a>	Membership Outreach
Chairperson	Ann M	<a href="mailto:missmurph@mindspring.com">missmurph@mindspring.com</a>	Membership Outreach
Secretary	Theresa S	<a href="mailto:miatgsecretary@gmail.com">miatgsecretary@gmail.com</a>	Business Services / Finance
Treasurer	Renee F	<a href="mailto:miatgftreasurer@gmail.com">miatgftreasurer@gmail.com</a>	Business Services / Finance
Digital Coordinator	Denise S	<a href="mailto:miatgdigitalcoordinator@gmail.com">miatgdigitalcoordinator@gmail.com</a>	Business Services / Finance
Tech Coordinator	Karl K	<a href="mailto:miatgtechcoordinator@gmail.com">miatgtechcoordinator@gmail.com</a>	Business Services / Finance
Archives	Kate A	<a href="mailto:miatgarchives@gmail.com">miatgarchives@gmail.com</a>	Group Services
Area Records	Lauren C	<a href="mailto:miatgrecords@gmail.com">miatgrecords@gmail.com</a>	Group Services
Alateen Coordinator	Julie "Jules" E	<a href="mailto:miatgalateen@gmail.com">miatgalateen@gmail.com</a>	Alateen
Alateen Process Person	Maggie S	<a href="mailto:miatgaapp@gmail.com">miatgaapp@gmail.com</a>	Alateen
Alateen Representative			Alateen
Alt. Alateen Representative			Alateen
Public Outreach Coordinator	Joy Mc	<a href="mailto:miatgpublicoutreach@gmail.com">miatgpublicoutreach@gmail.com</a>	Public Outreach
Web Coordinator	Marie S	<a href="mailto:miatgwebcoordinator@gmail.com">miatgwebcoordinator@gmail.com</a>	Public Outreach
Literature / Forum	Gloria V	<a href="mailto:miatgliterature@gmail.com">miatgliterature@gmail.com</a>	Fellowship Communication
Serenity Sentinel	Wendy S	<a href="mailto:miatgnewsletter@gmail.com">miatgnewsletter@gmail.com</a>	Fellowship Communication
<b>Previous World Service Delegates (Partial List)</b>			
2018-2020 (Panel 58)	Ann M	<a href="mailto:missmurph@mindspring.com">missmurph@mindspring.com</a>	
2015-2017 (Panel 55)	Mike D	Deceased	
2012-2014 (Panel 52)	Liz P	Deceased	
2009-2011 (Panel 49)	Debbie K		
2006-2008 (Panel 46)	Mike B	<a href="mailto:mikesuebarry@yahoo.com">mikesuebarry@yahoo.com</a>	
2003-2005 (Panel 43)	Sue B	<a href="mailto:suelongdrive@yahoo.com">suelongdrive@yahoo.com</a>	
2000-2002 (Panel 40)	Bev S	<a href="mailto:tmle8595@comcast.net">tmle8595@comcast.net</a>	
1997-1999 (Panel 37)	Geri H	Deceased	
1994-1996 (Panel 34)	Michelle L	<a href="mailto:myl583@yahoo.com">myl583@yahoo.com</a>	
1994-1996* (Panel 34)	Helen P	Deceased	
1991-1993 (Panel 31)	Bill L	Deceased	
1991-1993* (Panel 31)	Connie C	<a href="mailto:connysusiec@aol.com">connysusiec@aol.com</a>	
1988-1990 (Panel 28)	Skeet J		
1985-1987 (Panel 25)	Connie B	Deceased	
1982-1984 (Panel 22)	Shirley W	Deceased	
1979-1981 (Panel 29)	Mary J	Deceased	
1976-1978 (Panel 16)	Anne S		

\* Alt - served part

Please honor our

# Michigan Al-Anon and Alateen Family Groups 51<sup>st</sup> Annual State Convention

With AA Participation

Saturday, May 6, 2023

8 a.m. – Registration begins / 9 a.m. – Convention begins / 3:30 p.m. – Convention ends

Doubletree by Hilton Bay City

One Wenonah Park Place, Bay City, MI 48708

989-891-9680

[www.hilton.com/en/hotels/mbsbcdt-doubletree-bay-city-riverfront](http://www.hilton.com/en/hotels/mbsbcdt-doubletree-bay-city-riverfront)

## One Day at a Time *into the Future*

Gathering **Together** with Gratitude **Now** and with Enthusiasm for *Tomorrow*

### Featuring

Open Talks by Al-Anon, Alateen and AA Speakers  
Fellowship Activities  
Recovery Topics for Today  
Ideas and Plans for Tomorrow  
Sharing with Old and New Recovery Friends

### Lunch (\$20)

Plated Sandwich or Plated Salad (see choices below)

**More will be Revealed**

### For More Information or to Volunteer:

[MIAFGConvention2023@gmail.com](mailto:MIAFGConvention2023@gmail.com)  
248-457-5120

### Registration and Payment

Registration Fee through April 1, 2023.....\$20  
Registration Fee after April 1, 2023.....\$25  
Registration Fee for Alateen.....\$5

**No refunds after April 1, 2023**

Please make checks payable to: **Michigan AFG, Inc.**  
Mail registration to: **PO Box 725152, Berkley, MI 48072**

### Overnight Accommodations at Doubletree

For members who wish to stay Friday and/or Saturday evening, Doubletree is offering a rate of \$109 plus tax. Room block and special rate will be held until April 13, 2023. To make a reservation, please call the Doubletree at 989-891-9680 (ask for Michigan AFG rate).

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### 51<sup>st</sup> MIAFG Convention Registration Form (one for each participant)

Name \_\_\_\_\_

Registration Fee (see above for pricing) \$ \_\_\_\_\_

Name for Name Badge \_\_\_\_\_

\$20 Lunch (circle one below) \$ \_\_\_\_\_

Address \_\_\_\_\_

Total \$ \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

**No Refunds after April 1, 2023**

Zip \_\_\_\_\_ Phone \_\_\_\_\_

#### Plated Sandwich

Email \_\_\_\_\_

Roast Beef      Dearborn Ham      Smoked Turkey

Circle One    Al-Anon    Alateen    AA    Guest

Chicken Salad      Charcuterie      Vegetarian

Check for ADA accommodations or special needs  
(someone will follow up with you)

#### Plated Salad

Chicken Caesar Salad      Michigan Salad

Mail with check or money order to:  
Michigan AFG, Inc., PO Box 725152, Berkley, MI 48072

Cobb Salad      Asian Chicken