

Serenity Sentinel

SUMMER 2022

Volume: Panel 61

Remember the WSO
when practicing
Tradition 7



Issue: #6

DONATION ADDRESS

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

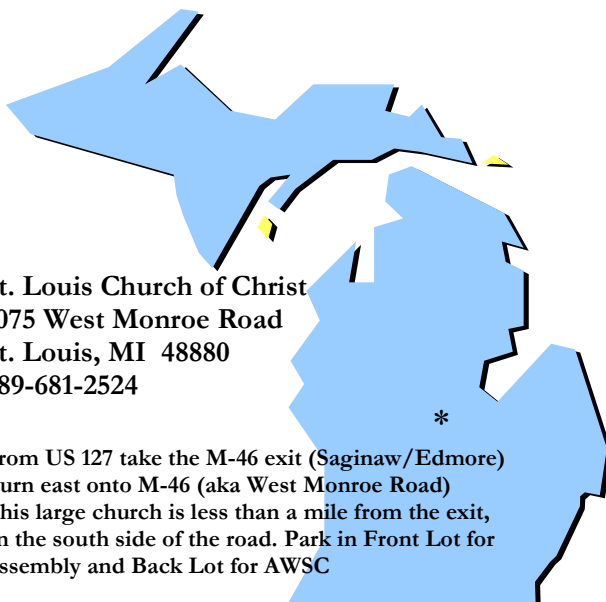
MICHIGAN AFG, INC.
PO BOX 980174
YPSILANTI, MI 48198-0174
or PayPal Option at www.miafg.org

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. 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.

MIAFG AWSC and Assembly Location Directions

Check 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 _____

Schedule of Events

- July 22 – 24 **KOMIAC**
Terre Haute, IN
- August 13 **AWSC**
St. Louis, MI
- October 8 **Fall Assembly**
St. Louis, MI
In person only (no virtual option)
- October 29 **Road Trip to Cleveland (meet with the Board of Trustees)**
Details when available to be shared on www.miafg.org
- 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 **Al-Anon International Convention**
Albuquerque, NM

Send Al-Anon event information to miafgnewsletter@gmail.com and 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...

If the WSO were a restaurant, I would be washing dishes for not paying the tab for my meal.

When I first entered the rooms of Al-Anon, my Al-Anon experience was pretty much limited to, well, the rooms. The group, especially my home group, was my Al-Anon world.

When it came to Tradition 7, I figured our group's primary concern was taking care of our rent and purchasing literature and coffee. When we discussed appeal letters from the AIS, MIAFG or WSO, I thought we were doing these service arms a *favor* by contributing – if we had the funds.

When I agreed to serve as a Group Rep, I started to gain an understanding of Al-Anon beyond the Group level. Later, as a member of the Detroit AIS/LDC Service Board, I was writing those appeal letters. My idea of what Tradition 7 should mean to groups was changing.

At the June 11 Assembly, a report was given on the WSO's finances, including how Michigan measures up to other Areas when it comes to contributions. In recent years, Michigan has been below average and well below what the WSO spends per group. (See chart on page 4.) Reviewing this information, I realized that my understanding (and practice) of Tradition 7 had not yet expanded to support of the WSO. Sending contributions to the WSO should not be an afterthought or considered a favor; it's doing what you can to pull your own weight and make Al-Anon available for others who suffer from the family disease of alcoholism.

I'm sure much more will be revealed to me as I grow in Al-Anon. In the meantime, I appreciate the patience of others who love me (in a very special way) when I'm slow to catch on to an Al-Anon principle.

Wendy S

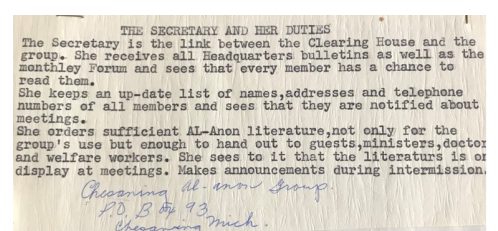
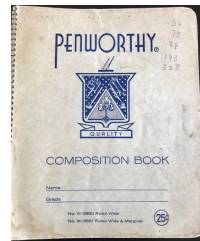
...and Leave the Rest



Did you know...?

Did you know that one of the earliest pieces of Michigan Al-Anon history in the MIAFG Archives is a small composition notebook containing the group minutes of the Chesaning Al-Anon group?

The opening entry is dated August 10, 1959. It records the names of the Chairman, Secretary and Treasurer and records brief minutes of the meeting including the topic (“first 3 steps”) and the closing prayer.



The notebook lovingly records the activities of the group's meetings including literature purchases and refreshment costs. The November 23, 1959, entry records “cash on hand \$3.38.” In August 1983 the treasury recorded \$10.80. The journal also records the following:

- “Paid \$1.00 Lights for Health Center” – leaving a balance of .70
- “Sent 4.00 for Spring dues to Headq.”
- “Meeting opened in the usual manner with Aims & Purposes”
- “Motion made & seconded that we might host the Flint Area Al-Anon Council in October”
- “Tonight a new member joined the group. The reading was on how people change their attitudes on the alcoholic problem.”
- Starting in 1961 the meeting was held in different locations – “Meeting held at Velma C's” and “Meeting held at Kate R.”
- Several pages constitute a ‘lending library’ list of books going out and being returned

It is interesting to note how often newcomers are recorded in this record book. Even before the internet, Michigan family groups were carrying the message effectively so that newcomers heard about meetings.

Meetings are recorded irregularly from 1959 to 1963. For unknown reasons, the records then skip forward to 1980. The final entry of the notebook records the meeting for June 11, 1984. A typed sheet entitled “The Secretary and Her Duties” is stapled onto the last sheet of the notebook. Inside the back cover is the group's phone list.

The notebook shows water damage on a few pages, is somewhat soiled, and has acid deterioration throughout. Nonetheless it is a beautiful memento of our important early history. It is a fascinating glimpse of the workings of an Al-Anon group, physical evidence of the commitment of members to keep the group growing and thriving.

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.

Concept One

The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.

June 11, 2022, Assembly Reports

DELEGATE

After my first in-person World Service Conference (WSC), I have much to share with you!! First, thank you for the cards, love gifts, texts and emails before and during WSC. You were all in my thoughts and heart during the week.

Our theme for this WSC (which was in Tarrytown, NY the week of April 25) was *Enhancing our Recovery through Abundance, Unity and Understanding*. Since it was a trilingual conference, the theme was also in French and Spanish.

Attendees at WSC included: Delegates from the United States and Canada; the Board of Trustees; the Executive Committee which includes some At-Large members; and World Service Office (WSO) personnel – both voting and nonvoting members. There were 87 voting members.

During this busy week we:

- voted on several motions after discussions
- talked with all outgoing Panel 60 delegates
- saw presentations by the WSO, the Policy Committee, some delegates, and some task and thought forces
- discussed Chosen Agenda Items and other issues
- went to Stepping Stones
- had the chance to attend Al-Anon meetings at 6 a.m. and 8:45 p.m. every day
- connected with other delegates, board members and staff during meals and breaks

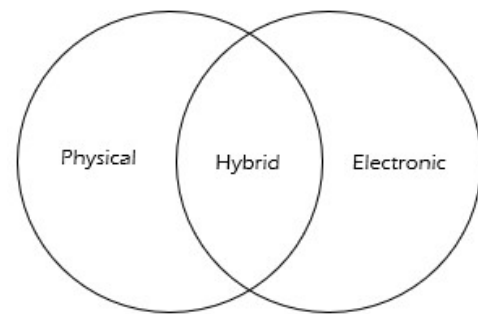
Some of the highlights I wish to share with you:

The Global Electronic Area

- Our first motion was to admit into our WSC structure a new Area – the Global Electronic Area. The last time a new Area was admitted was in 1987 (Alaska). The Global Electronic Area delegate, Ozzie, waited outside the room while we discussed, amended, and voted on this motion. The motion passed. When Ozzie returned to the room, he was greeted with a standing ovation!
- Electronic meetings have been around for more than 15 years; because of our motion, they are now Electronic Groups (EG) and are represented in our Structure. There were 674 EGs as of March 2022.
- After a new EG registers with WSO, they will decide if they want to be in the Global Electronic Area or a Geographic Area (like MIAFG). If they want to be a part of the Geographic Area, that Area must have a process in place and let WSO know they are ready and willing to accept EGs.
- A group can NOT have a physical location and an electronic location, meaning a physical meeting – face-to-face – one day and an electronic meeting another day. A group can only have one location.

- A physical group CAN have, however, a face-to-face meeting with an electronic component – a hybrid. WSO is working on updating their database to include EG, PG and Hybrid Groups in one database (currently hybrid info is entered in the meeting information spot).
- Electronic Groups no longer need to request permission to quote CAL.
- What does this mean for MIAFG? We need to get a process in place so that we can receive Electronic Groups that request to join us.

Al-Anon Groups



WSO Finances

- The independent audit of the WSO finances achieved the desired clean opinion.
- According to the Statement of Financial Position for 2021, WSO's revenue was \$5,173,609 with Literature sales at \$1,906,751 (still less than the pre-pandemic year's \$2.9M in 2019). Contributions were \$2,623,242.
- Expenses were \$5,249,675 resulting in a deficit of \$76,066 – better than originally predicted and largely due to level of contributions, and cost cutting at WSO.
- Our reserve fund NET value was \$3.6M, which covers 8.5 months of operating expenses.
- The WSO staff is working hard to provide the services we expect as well as forging ahead to provide future needed services. They have been working 150% at less than 100% capacity.
- ALL Al-Anon Family Groups use WSO's services (CAL, registration, website, PSA, etc.), but only 52% of all groups contributed to WSO in 2021.
- While the WSO spends approximately \$280 per group, the average contribution per group is \$175. Michigan's average of \$95 is the lowest of all areas. All groups are encouraged to do what they can when practicing gratitude and Tradition 7.

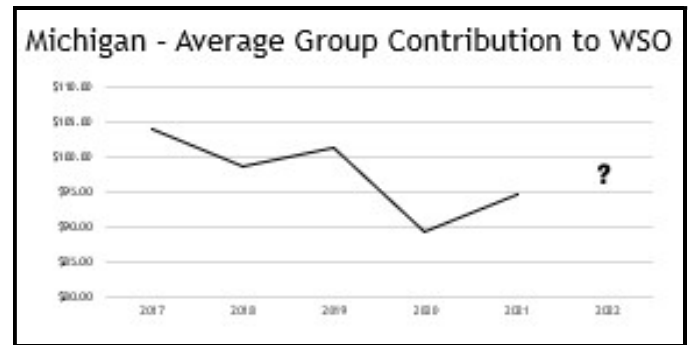
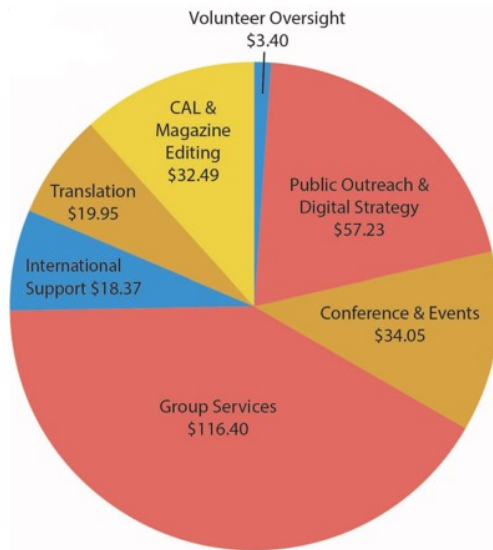
Concept Eight

The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.

June 11, 2022, Assembly Reports

DELEGATE (continued)

WSO Cost Per Group (\$281.89)



Chosen Agenda Items

The following Chosen Agenda Items (both also selected by MIAFG via the March survey) were discussed at WSC.

- Helping Members Recognize that Service Participation is Vital to Personal Recovery and to the Future Availability of Al-Anon to Family and Friends of Alcoholics:** Historically, many members attend Al-Anon meetings for relief, rather than recovery, not recognizing that service is an integral component of this program. Two years of limited access to seeing service in action presents us with a unique opportunity to re-emphasize the necessity of participating in service for healthy personal recovery and to provide for the long-term stability of Al-Anon Family Groups as an organization. How can we see Concept 9 come to life?
- Rebuilding Alateen Meetings after the Pandemic and Alateen's 5th Tradition:** Alateen attendance decreased dramatically during the pandemic. The absence of seasoned members creates a void for new members who are lacking recovery experience. How can we support Alateen as it rebuilds after the pandemic in keeping with Alateen's 5th Tradition? Each Alateen Group has but one purpose: to help other teenagers of alcoholics. We do this by practicing the Twelve Steps of AA ourselves and by encouraging and understanding the members of our immediate families.

Concept Two

The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.

Annual Report and Updates

- The Annual Report will be available soon at <https://al-anon.org/for-members/wso/annual-report/>
- Besides summarizing all of the activities within the last year, the report also contains the updated Strategic Plan. As Vali F, the WSO Executive Director, stated, "Think of this plan not as a road map but more of a GPS; it's dynamic and changes as we go along – 're-calculating!'"
- Sarah S of Missouri has joined the WSO as Director of Programs.
- There is an opening for Associate Director – International.
- WSO is continuing to update the guidelines and is exploring other payment and contribution options
- They have made significant changes to the database, receiving criticism, constructive and destructive (at times, the spirit of Al-Anon kindness was missing).

Concept Eleven

The World Service Office is composed of selected committees, executives and staff members.

Alateen

There were three different sessions regarding Alateen.

- Chosen Agenda Item** about rebuilding Alateen. (See "Chosen Agenda Items.")
- Presentation by Alateen Electronic Group Feasibility Work Group.** There are six (6) members, and this work is ongoing. It is no small matter to figure out how to keep Alateens safe, especially when laws are different across states and provinces. For now, Alateen is not included in the Global Electronic Area.
- Group Services update on the Alateen Recertification Process.** Last year, 11 areas missed the recertification deadline. As a result, they were decertified and could no longer use the Alateen name, conduct Alateen meetings or have Alateens at events. Those areas then had to start from scratch, develop Behavioral and Safety Guidelines for approval by legal counsel and by WSO – a very laborious and challenging process. Again, some members were less than kind – some even hateful – toward the WSO staff. What a sad commentary.

June 11, 2022, Assembly Reports

DELEGATE (continued)

Trustees

- The **Mega Issue** discussed at WSC was Trustees – these are the volunteer members who serve on the Board and are the guardians of the Traditions. We have Regional Trustees and Trustees-at-Large. There are several vacancies. There are just not enough people submitting resumes for these positions! While you do not have to have been a delegate to be a Trustee, it is still a rather rigorous application process.
- We discussed whether a skill-based description for the trustee role would be more helpful than the current resume application.
- The Board Chosen Agenda Item was to discuss the advantages and disadvantages to having Regional Trustees AND Trustees at Large.
- Here in our North Central Region, Jean L was affirmed for a second, three-year term as the Regional Trustee.
- If this is a service position you are interested in, please contact me, and I can help you start the process.

Miscellaneous from WSC

- The Task Force on **Encourage Service Participation** developed a Service Inventory.
- The **Diversity Today Thought Force** presented a skit that brought up many questions to think about.
- The **Maintaining a Sustainable Future** Thought Force presented ways to practice the Seventh Tradition with spiritual principles.
- Three Delegates were asked to present their experience on giving last year's workshops, including one on clarifying Social Media in the Service Manual.
- We passed a motion on updating the Conference Charter, found on page 224 in the Service Manual, regarding the new Global Electronic Area.
- Thursday morning, April 28, we all boarded buses and traveled to where Al-Anon started – Stepping Stones. You can explore it yourself at steppingstones.org

Final Thoughts

- My goal is to visit all the districts in our Area! So far, I have connected with Districts 2, 3, 12, 16, 18, 20 and 39. I would love to visit your group or district, so please invite me! I'm willing to attend virtually or in person.
- Ask Your Delegate Zoom event will be held on June 23.
- Mark your calendars for the October 8 Fall Assembly in St. Louis (Suzanne M, WSO Associate Director, will be the guest speaker) and the October 29 Road Trip to Cleveland to meet the Board.

Embracing Hope,
Kristine G
Delegate, Panel 61, Michigan



ALTERNATE DELEGATE

I thought I had a fair idea of the Alternate Delegate role when I stood for election at the 2020 Fall Assembly – hah! That's actually a good "hah!" Busy? True some of the time. I feel comfortable in this position as the one thing I hear a lot is "don't worry about it, we've got your back". Ann, Kristine, Theresa, Renee, and the Coordinators I have worked with so far have all been exceptional in doing what is needed as it is needed. I thank all of you!

I have tried to immerse myself in Al-Anon related functions to learn as much as I can; The Panel 61 kick-off meeting, AWSC DR Orientation meeting, AWSC, North Central Regional Delegate's Meeting (NCRDM), The MIAFG Al-Anon/Alateen Convention planning meetings and Convention, multiple Board Meetings, general discussion meetings with other Board members. Two things really strike me as this adventure progresses: 1) Participation is the key to Harmony – We discuss, argue, and come to an agreement we can all live with every time. 2) Transparency – We strive to be as transparent as possible. Being transparent is akin to telling the truth. There is less to remember. Part of my function as your Alternate Delegate is to Chair the DR and GR Orientation meetings prior to AWSC and Assembly. Last March, we welcomed Nancy B as a new DR for District 5. This past Thursday, June 10, we welcomed seven new GRs. One, Janet N, is a GR for a virtual meeting which will not be part of Michigan, Area 27 – more news will be forthcoming regarding Virtual meetings. The other six people are Sharelle B, Kathy M, Ashley C, Elaine W, Shari G, and Alisha M. We welcome all of you! So, these two Orientation meetings are firsts for me and of course they were virtual via Zoom. As I collected my thoughts and kind of reviewed how I felt the meeting went a little light flickered in my mind. In person-to-person meetings (at St. Louis) Orientation meetings are held twenty minutes before the regular meeting starts. Hmm, my virtual meetings averaged 45 minutes. Progress not perfection!

In Service,
Ross F
Alternate Delegate, Panel 61, Michigan

June 11, 2022, Assembly Reports

TREASURER

Happy Summer, Everyone! The following information was provided at the Spring Assembly meeting on June 11.

Our account balances as of May 31, 2022, are:

Checking	\$ 39,677.10
Prudent Reserve	\$ 20,002.91
Convention	<u>\$ 3,918.93</u>
Total	\$ 63,598.94

Our total income for 2022 to date is **\$8,986.05** and expenses to date are **\$4,858.52**. This leaves us with net income of **\$4,127.53** to date. We are slightly ahead compared to 2021 related to our income. Our donations are better than this time last year. However, our expenses compared to last year are higher. Therefore, our net income is currently lower than last year. This year we participated in the NCRDM that was in Indiana. This was an expense that we have not incurred for the past two years.

Our State Convention was held virtually again this year. We received 3 individual donations totaling **\$80.00** that were posted as of the 31st of May. If you made a donation but did not note that it was for the Convention, please let me know. It would have been counted in the general donations.

A big thank you for all Group donations through May 31 totaling **\$8,986.05**. During the same period last year, our group donations were **\$6,747.64**. Thank you very much to all the groups who included their WSO number and Group name on their check, this assures that your donation will be correctly documented. When using our website, you can either use PayPal or a Credit/Debit card. Both options have the ability for you to add special instructions to the payment. This is where you can put your group information or anything else that is relevant to the donation.

If you choose to mail, please send to:

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

Major expenses so far have been for 2 editions of the *Serenity Sentinel* (Winter and Spring), 2021 tax filing, payment for rental of the church facilities for the year, along with the cost of the NCRDM trip for our delegate, alternate delegate, and immediate past delegate. 2021 Financial Records were provided to Yeo and Yeo for tax preparation and to our internal financial reviewer. Federal taxes were filed in March.

Final 2021 Group Donations were **\$17,533.33**, Total Income **\$18,056.40**, and Total Expenses **\$10,710.91**, which gave us a Net Income of **\$7,345.49**.

2021 Budget v Actual Report, 2021 Donation List & Graphs, 2022 Budget v Actual, 2022 Donation List, 2022 Profit & Loss, 2022 Balance Sheet along with the reports presented at Assembly are available for review on the Google drive. If you can't find a copy, please let me know. A list of all groups that donated was provided in the Spring *Serenity Sentinel*.

Thank you to all our members for keeping MIAFG alive and healthy, especially during these trying times, so we can continue to carry the Al-Anon message.

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

WSC Discussion on Chosen Agenda Item:

Helping Members Recognize that Service Participation is Vital to Personal Recovery and to the Future Availability of Al-Anon to Family and Friends of Alcoholics:

Our Delegate's Notes:

- It's recovery, service & unity that gets us to recovery
- Just get in the car
- One way to learn about service is to have a sponsor
- Let's educate, let's communicate, if you want to feel better go to a meeting, if you want to get better do service
- Newsletter Article, "How will service help you get better?"
- Talk about what service has done for me in other places, not just Area meetings because that's like preaching to the choir
- Creating opportunities to lead, by piggy backing on AA events, and asking to participate
- Sponsorship, how do you sponsor? We keep coming back to this same issue. When I sponsor, I require my sponsees to hold service positions
- What questions am I not asking about service and why people keep coming or no one stands for an Area position
- Let it Begin with Me, recite two times, second time facing outwards for those not in the room yet. What does this declaration say to us?

Share this Link with Newcomers

<https://al-anon.org/series/welcome-newcomers/>

June 11, 2022, Assembly Reports

LITERATURE/FORUM COORDINATOR

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

Literature Updates from WSO

- Alateen **Just for Tonight** Bookmark: The Literature Committee is starting to develop the bookmark based on 125 sharings submitted by Alateen members.
- New Introductions to ODAT and Dilemma: New introductions have been written and approved for **One Day at a Time in Al-Anon** (B-6) and **The Dilemma of the Alcoholic Marriage** (B-4). These historical perspectives will be included in the next printings.
- We finally have a TITLE!! The new Daily Reader due out in 2023 will be titled **A Little Time for Myself**.
- 2022-2025 Al-Anon/Alateen Service Manual:** Check out the new Service Manual (available in electronic form), which has new graphics of the World Service Conference (WSC) Structure on pp 176-177.
- Quotations for 2022 Service Arm Calendars: Did you know that every year the WSO publishes Quotations for Service Arm Calendars? These quotations (in English, Spanish, and French) from CAL can be used by Al-Anon service arms in 2022 calendars without completing the reprint permission request form. If you are interested in this list, email the Literature/Forum Coordinator: miafgliterature@gmail.com.

Literature Shortage (Suggestions from Tom C, WSO Associate Director, Literature):

As you know, since the Covid 19 pandemic began, there have been many challenges in ordering Conference Approved Literature from the World Service Office and from local Literature Distribution Centers. The WSO recently received the following suggestion that provides something members can possibly do to help:

- When groups stopped meeting in person due to pandemic concerns, many groups still had supplies of CAL stored at their meeting sites. These boxes, bins, and cupboards full of CAL became unavailable to those who really needed them.*
- Let's begin a discussion about the CAL we left behind. By retrieving stored CAL and getting it to those who need it – including newcomers – we carry the message of hope. This is the Twelfth Step in action, and we can do our part to distribute this "lost" literature to help alleviate supply problems.*

Attention: Writing Warriors

Sharings for WSO's publications (digital or print) can be submitted online at www.al-anon.org/forumshare, to **The Forum**, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617; or to wso@al-anon.org.

Group Reps as Forum Representatives

- On Thursday, June 9, MIAFG held the new Group Rep Orientation via Zoom. To welcome these members into their new service positions, each of the six attendees were given a free one-year subscription of **The Forum**.
- WSO's publication, F-2: **Information and Tips for GRs as Forum Representatives**, outlines ways to encourage **The Forum** use, subscriptions and writing by their group members. I would love to hear about how groups use **The Forum** at their meetings!

March 2022 Literature Trivia Questions

Unfortunately, there were no responders to the last Literature Trivia at the March 12 AWSC meeting.

- What was the first piece of CAL to include the 12 Concepts of Service? **Al-Anon's 12 Steps and 12 Traditions** (B-8). From **Many Voices, One Journey** (B-31) p. 283
- In which piece of CAL do we learn about unconditional love? **How Al-Anon Works** (B-32), *Service: Putting Love into Action*

Grateful to serve,

Gloria V

Literature/Forum Coordinator, Panel 61, Michigan

WSC Discussion on Chosen Agenda Item:

Rebuilding Alateen Meetings after the Pandemic and Alateen's 5th Tradition:

Our Delegate's Notes:

- start talking to the AA and Al-Anon groups about rebuilding Alateen
- AMIAS Zoom meeting to start an Operation Alateen program – let's start some new Alateen meetings and Public Outreach for the Alateens. "AMAIS Summit"
- F2F and getting the Al-Anon's back into the rooms so they bring our teens
- Al-Anon Newcomer Packets, put the "Do you have a teen at home" pamphlet in them
- Meetings in schools
- Al-Anon meetings that start babysitting, lead to Alateen meetings and members
- Organizing an Alateen/Al-Anon meeting for those that aged out during the pandemic
- Let it begin with me
- Have an Alateen reunion

AA STATE CONVENTION

Plans are underway for Al-Anon participation in the AA Michigan State Convention, which will be at the Auburn Hills Marriott Pontiac (north of Detroit) December 16 – 18. The Al-Anon speaker will be our Delegate Kristine G. She will share her phenomenal message of experience, strength and hope on Saturday afternoon, December 17.

Ann M, MIAFG's Chairperson, is looking for Al-Anon members who are attending the Convention to chair a panel or workshop, conduct an Al-Anon meeting, or plan a meal or outing together, etc. The theme of the convention is "United in Love and Service." Time slots for the convention program are under construction.

Treat yourself to a fun weekend by applying ALL of the spiritual principles of our wonderful Al-Anon program and fellowship. For more information and/or to volunteer, please contact Ann at missmurph@mindspring.com.

Concept Four

Participation is the key to harmony.

SHARE

There are times when I'm struggling that talking on the phone or picking up some literature is not possible. The phone is not my first choice for redirecting myself to the program; I have always found it awkward. Growing up in an alcoholic family I learned to read facial expressions as a way of gaging upcoming behavior so I could protect myself. When I'm talking on the phone, I can't see the other person's face and it makes me feel vulnerable. Also, I may be waiting in a doctor's office when I start to feel fear, and I can't easily make a phone call, or I don't have any CAL in my purse. So, I hit on the idea of texting my higher power. I have entered a generic number in my contacts list, one I know is not a real phone number. So, when I need a quick spiritual boost, I text my HP. Even something as simple as "I'm feeling vulnerable" or "HP, please watch over me" helps to relieve my anxiety.

Kate A
Michigan

Let it Begin with Me...

Share your experience, strength and hope in the *Serenity Sentinel*. Email your share to 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).

Spotlight On...



WSO

Since its humble beginnings in 1951 as the Clearing House, the World Service Organization has dedicated itself to serving the Al-Anon Family Groups.

Here is just a partial list of what the WSO does for Al-Anon groups and members:

- Registering groups and maintaining records
- Translating literature
- Designing and maintaining mobile app
- Creating Public Service Announcements
- Supporting international structures
- Producing *The Forum, Alateen Talk, Al-Anon Faces Alcoholism*
- Planning and facilitating the World Service Conference
- Overseeing Alateen recertification and approving Area Alateen Safety and Behavioral Requirements
- Maintaining the website
- Conducting (and analyzing the results of) the membership survey
- Protecting the Al-Anon name
- Supporting Al-Anon Information Service Centers (AIS)
- Sending complimentary materials to professionals
- Maintaining the Archives
- Creating content for and managing blogs, podcasts, and social media pages
- Providing leadership and support for Delegates, Area Chairpersons, and District Representatives and the *AFG Connects* communities

Major projects for the coming year include:

- Complete the new daily reader *A Little Time for Myself*
- Transform the Electronic Group database
- Begin First Longitudinal study
- Conduct Meet the Board Event in Cleveland
- Conduct International Al-Anon General Service Meeting (IAGSM) in London in October

Want to make sure that the WSO can continue to provide these much-needed services to you and others affected by the family disease of alcoholism? Please support by purchasing literature, subscribing to *The Forum*, making a financial contribution, or participating in Area activities.

Concept Nine

Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership.

MICHIGAN AFG CONTACT AND 7TH TRADITION INFORMATION

NAME	ADDRESS	CITY, STATE, ZIP	PHONE	E-MAIL
Michigan AFG, Inc.	Contributions: PO Box 980174 Website: www.miafg.org	Ypsilanti, MI 48198-0174		miafgtreasurer@gmail.com miafgwebcoordinator@gmail.com
Al-Anon's World Service Office	Website: www.al-anon.alateen.org Members Website: www.al-anon.org/members	Virginia Beach, VA 23456	757-563-1600 Fax: 757-563-1656	wso@al-anon.org
AFG, Inc.	Meeting Info: 1-888-4ALANON	www.al-anon.info/MeetingSearch		
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 centralmiafgldc@aol.com
Detroit Metro AIS/LDC	Varies	26150 Five Mile Rd. Suite #19	Redford, MI 48239	313-242-0300 detroitalanonoffice@gmail.com
Genesee/Lapeer AIS	Automated Service	PO Box 454	Linden, MI 48451-0454	810-234-1460 geneseeareais@gmail.com
Grand Rapids AIS	Varies	PO Box 1428	Grand Rapids, MI 49501-1428	616-222-0632 info@aisgr.org Website www.grafg.org
SW Michigan AIS	Answering System	c/o Alano Club, 933 S. Burdick St	Kalamazoo, MI 49001	269-993-0589 Website www.swmichiganal-anon.org/
MI Thumb Area AFG Info/LDC	Varies	% Cakima 3800 Lee Hill Rd	Mayville, MI 48744	989-912-5478 MIThumbAreaAFG@yahoo.com
Oakland Co. AIS/LDC	Varies	PO Box 155	Keego Harbor, MI 48320-0320	248-706-1020 Website www.oaklandafg.org
District 39 AIS	Answering System	PO Box 5132	Traverse City, MI 49696	231-938-7399 Website alanond39@gmail.com https://alanon-d39.org/
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 AIS@afgDistrict5.org

MICHIGAN TRUSTED SERVANTS 2021-2023 AND OTHER CONTACT INFORMATION

POSITION/CONTACT	NAME	E-MAIL
PANEL 61		
World Service Delegate	Kristine G	miafgdelegate@gmail.com
Alternate Delegate	Ross F	miafgalternatedelegate@gmail.com
Chairperson	Ann M	missmurph@mindspring.com
Secretary	Theresa S	miafgsecretary@gmail.com
Treasurer	Renee F	miafgtreasurer@gmail.com
Tech Coordinator	Denise S	miafgtechcoordinator@gmail.com
Archives	Kate A	miafgarchives@gmail.com
Area Records	Laureen C	miafgrecords@gmail.com
Alateen Coordinator	Julie "Jules" E	miafgalateen@gmail.com
Alateen Process Person	Sandy C	miafgaapp@gmail.com
Alateen Representative		
Alt. Alateen Representative		
Public Outreach Coordinator	Joy Mc	miafgpublicoutreach@gmail.com
Web Coordinator	Marie S	miafgwebcoordinator@gmail.com
Literature / Forum	Gloria V	miafgliterature@gmail.com
Serenity Sentinel	Wendy S	miafgnewsletter@gmail.com
Previous World Service Delegates (Partial List)		
2018-2020 (Panel 58)	Ann M	missmurph@mindspring.com
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	mikesuebarry@yahoo.com
2003-2005 (Panel 43)	Sue B	suelongdrive@yahoo.com
2000-2002 (Panel 40)	Bev S	tml8595@comcast.net
1997-1999 (Panel 37)	Geri H	Deceased
1994-1996 (Panel 34)	Michelle L	myl583@yahoo.com
1994-1996* (Panel 34)	Helen P	Deceased
1991-1993 (Panel 31)	Bill L	Deceased
1991-1993* (Panel 31)	Connie C	connysustec@aol.com
1988-1990 (Panel 28)	Skeet J	coretajeffreys@gmail.com
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 Traditions and maintain the anonymity of all persons listed on this page.

MIAFG Districts

Listing of cities where meetings take place

District 2: Battle Creek, Berrien Center, Centreville, Coldwater, Kalamazoo, Marcellus, New Buffalo, Niles, Otsego, Paw Paw, Portage, Richland, Stevensville, Sturgis;
District 3: Adrian, Brooklyn, Hillsdale, Jackson, Marshall; Tecumseh; **District 4:** Allen Park, Monroe, Petersburg, Riverview, Southgate, Temperance, Trenton, Wyandotte;
District 5: Ann Arbor, Belleville, Chelsea, Saline, Ypsilanti;
District 6: Canton, Dearborn, Livonia, Northville, Plymouth, Wayne, Westland; **District 9:** Detroit, Hamtramck, Redford;
District 10: Eastpointe, Grosse Pointe, Grosse Pointe Farms, Grosse Pointe Park, St. Clair Shores, Warren; **District 11:** Bruce Twp., Clinton Township, Mt. Clemens, Romeo, Shelby Township, St. Clair Shores, Sterling Heights; **District 12:** Berkley, Birmingham, Bloomfield Hills, Farmington Hills, Ferndale, Novi, Royal Oak, Southfield, Troy; **District 14:** Auburn Hills, Clarkston, Commerce, Highland, Lake Orion, Milford, Orchard Lake, Rochester, Rochester Hills, Waterford, West Bloomfield, White Lake; **District 15:** Brighton, Howell, Pinckney, South Lyon, Whitmore Lake; **District 16:** Bellevue, Charlotte, Corunna, Dewitt, East Lansing, Grand Ledge, Haslett, Hastings, Lansing, Mason, Okemos, Owosso, Portland; **District 18:** Holland, Saugatuck, Zeeland
District 20: Belding, Byron Center, Caledonia, Grand Rapids, Grandville, Greenville, Hudsonville, Jenison, Lake Odessa, Lowell, Sparta, Wyoming; **District 22:** Fenton, Grand Blanc, Holly; **District 23:** Clio, Flint-West, Flushing, Montrose, Swartz Creek; **District 24:** Davison, Flint-East, Imlay City, Lapeer; **District 26:** Algonac, Crosswell, Lexington, Marine City, Marysville, Mussey, New Baltimore, Port Huron, Richmond, Saint Clair; **District 28:** Harbor Beach, Mayville, Minden City, Pigeon, Port Hope, Sandusky, Mayville, Vassar; **District 29:** Auburn, Bay City, Freeland, Midland, Saginaw; **District 32:** Grand Haven, Montague, Muskegon, Spring Lake, Whitehall; **District 33:** Fremont, Hart, Ludington, Manistee, Scottsville; **District 34:** Alma, Big Rapids, Clare, Evart, Harrison, Mt. Pleasant, Reed City; **District 35:** Gladwin, Pinconning; **District 36:** East Tawas, Mikado, West Branch; **District 38:** Cadillac, Houghton Lake, Lake City; **District 39:** Bellaire, Honor, Kewadin, Lake Ann, Leland, Traverse City; **District 40:** Beaver Island, Charlevoix, Harbor Springs, Pellston, Petoskey; **District 41:** Alpena, Cheboygan, Gaylord, Onaway; **District 44:** Brimley, Kinross, Sault St. Marie

Classifieds

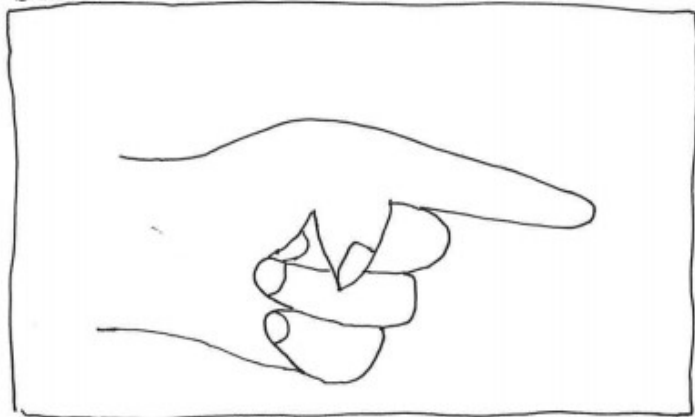
<p>Save the Date Michigan Al-Anon State Convention on May 6, 2023 in Bay City. Contact miafgnewsletter@gmail.com</p>	<p>Volunteers Needed Michigan Al-Anon State Convention on May 6, 2023 in Bay City. Contact miafgnewsletter@gmail.com.</p>
<p>Available Invite Michigan's Delegate to your District or Group meeting. To schedule, contact miafgdelegate@gmail.com</p>	<p>Critical Shortage Check your group's bins, cupboards, and shelves for unused and forgotten CAL to make available to newcomers and others.</p>


MISSING

The Archives is missing copies of the following **Serenity Sentinel** issues. If you have any of these issues and would like to donate them to the Archives, we would greatly appreciate your contribution to helping fill out the history of MIAFG. Please contact Kate at miafgarchives@gmail.com

Year	Issues needed	"Vol." - as it appears on the masthead
1969	all	
1970	all	
1971	3	
1972	all	
1973	2, 3, 4	
1974	1	
1975	1	II
1977	4	IV
1979	4	VI
1980	1, 4	VII
1981	3, 4	VIII
1982	2, 3, 4	IX
1983	1, 2	X
1984	1, 2, 3, 4	XI
1985	3, 4	XII
1986	1, 2, 3, 4	XIII
1987	2, 3, 4	XIV
1988	3	XV
1989	1	XV
1990	1, 4	XV
1991	1, 3, 4	XV
1992	3	
1993	1, 3, 4	
1994	1, 2	
1995	3, 4	
1996	1, 2, 4	
1997	1, 2, 4	
1998	4	
1999	1	
2000	2, 3	1
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2003	1	
2004	4	
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2008	1, 3	
2009	3	Panel 49
2010	1	Panel 49
2011	2, 4	Panel 49
2012	2, 3	Panel 52
2013	1, 3, 4	Panel 52
2014	4	Panel 52
2015	1, 2	Panel 55
2020	3, 4	Panel 58

Before Al-Anon...

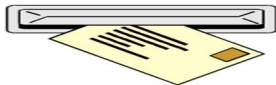


Anonymouse 

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HOWELL, MI 48844-0083

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What's Going on with the WSO
Our Delegate's Report on the April WSC
