

AL ANON NEWS

“PARTICIPATION IS THE KEY TO HARMONY”

“Every day
do something
that will inch you
closer
to a better tomorrow.”



ALATEEN

Are you an Alateen Sponsor?

Visit page 2 to see ways to have Alateen meetings and new Alateen meetings scheduled in District 39.

HAVE SOMETHING TO SHARE?

Send your thoughts!

Share your messages, or experience, strength and hope for the next newsletter to alanon_39@yahoo.com. Include first names only please.

Save the Date!

Fall Workshop

Our Group Sponsors and District Representative are busy working on the Fall Workshop. See page 2 for more information.

INSPIRATIONAL QUOTE

Our greatest glory is not in ever falling, but in rising every time we fall.

~Confucius



Open Speaker Talk

Don't forget to come to the Al-Anon open speaker talk. It is the first Monday of every month at 7 pm at the Presbyterian Church

Speakers wanted! Contact Sheila at 734-604-3917 or Theresa at 231-313-7832



WILL YOU SPONSOR AN ALATEEN?

ALATEEN SPONSORS NEEDED

Alateen sponsors are still needed. Especially men. Right now, most of our teens only have Alateen available during the school year, however any teen is invited to attend an AlAnon meeting. Many topics, however, are not exactly what teens need to hear.

How can we have more Alateen meetings? District 39 is trying to have a Thursday night meeting coordinated with the Thursday Munson meeting, but we need more sponsors. More Alateen meetings can also be scheduled evenings, Saturday mornings or during the school days. If you have a teen or know of a teen that could benefit from a meeting, please contact Marti W at 231-409-6417.

SAVE THE DATE!

October 5, 2019

Universalist Unitarian Church
from 9 am - noon with potluck
lunch to follow.

Keynote speaker: Ann M. Area
27 WSC Delegate

Watch the Newsletter for more
information!

Why We Are Here - The Suggested Preamble to the Twelve Steps

Have you ever wondered why the Suggested Preamble to the Twelve Steps of Al-Anon and Alateen appears in so many pieces of Conference Approved Literature? Does your Al-Anon or Alateen group read it as part of the meeting format? The Preamble explains in a gentle manner how our program unfolds as we allow ourselves to practice the spiritual principles found therein. It carries the message that reminds everyone at the meeting that we are there for one reason only—to recover from the family disease of alcoholism.

Whether your meeting is new or long-standing, the “Suggested Preamble to the Twelve Steps” defines who the members of Al-Anon Family Groups are and why we are here. It serves as a guide for every group as it welcomes new members and provides a solid foundation for those of us who keep coming back.

From alanon.org

A Message from your District Representative

Hello District 39,

1) A big thank you to Cindy R for serving as our district treasurer for the past two years, and we wish her and Jerry well as they move to Montana. Anne W has taken over her IOPE duties, but we still need a new treasurer. Call me! 231-342-0893

2) The District 39 website is being updated by Marie S, and should be available soon.

3) The fall workshop - Al-Anon Serenity-Pieces of the Puzzle - will be held on October 5. The next planning session will be at 10:00 am at Karl's house - 6351 Cherry Blossom, Traverse City. All are welcome to come and help. We need a few more presenters, someone to take charge of snacks the potluck lunch, and other details.

4) Welcome to Jamie K who stepped up to become the Group Representative for the Tuesday night East Bay Group that meets at Unity Church on Five Mile Road.

Enjoy your summer,

Contact me for more information on any of the above items - kkeinath@chartermi.net or (231) 342-0893

Yours in service,

District Representative Karl K

New Al-Anon PSA Campaign!

The WSO is pleased to announce the release of the new 2019–2020 Al-Anon Public Service Announcements (PSAs). The new campaign features two different scenarios that introduce Al-Anon Family Groups to the general public, encouraging people affected by another person's drinking to try Al-Anon for help and hope.

Al-Anon members and groups can take part in this most wide-reaching public outreach project, too! Would you be willing to contact the TV and radio stations in your local area and ask them to play our PSAs?

It only takes a few simple steps:

- Request to speak with the person responsible for PSA programming and ask if they would like to help the families and friends of alcoholics in their audience.
- Write down the contact's name and email address.
- [Submit a request](#) to have the PSAs sent to the contact via email.

Source: <https://al-anon.org/blog/new-al-anon-psa-campaign-is-underway/>

THANK YOU!
Please welcome Anne W. as our
new Outreach Coordinator

Anne will also be helping with the Intensive Outpatient Education (IOPE). The next meeting is on August 13th at 7 pm. If you are interested in sharing your experience, strength and hope about your recovery, please contact Karl K at kkeinath@chartermi.net or 231-342-0893

WHEN YOU KNOW WHAT YOU WANT,
AND WANT IT BAD ENOUGH,
YOU'LL FIND A WAY TO GET IT



Open Door Step Study AFG

Monday 10:00 AM
Bethlehem Lutheran Church
1050 Peninsula Dr, Traverse City
Front door, follow signs to basement meeting room.

Lake Ann Michigan AFG

Monday 5:00 PM
Lake Ann United Methodist Church
6583 1st St, Lake Ann

Leland Serenity AFG

Monday 7:00 PM
Leland Community Methodist Church
106 N 4th St, Leland
Meets on the first floor – Youth room

Cadillac AFG – Al-Anon/Alateen

Monday 8:00 PM
First Presbyterian Church
221 Harris St – use Harris St entrance

Lake City AFG

Tuesday 10 AM
St. Stephans Catholic Church
506 E Union St

Bellaire Beginnings (May-Dec)

Tuesday 12 NOON
Bellaire Community United Methodists Church
401 N. Bridge St
Enter side door towards the back, take stairs to 2nd level to library

East Bay AFG – 3 separate meetings (AA/Alanon/Alateen)

Tuesday 7:00 PM
Unity of Traverse City Church
3600 5 Mile Rd, Traverse City

Suttons Bay AFG

Tuesday 7:00 PM
Immanuel Lutheran Church
203 N. Lincoln St. Suttons Bay

Kalkaska AFG

Tuesday 8:00 PM (except 5th Tuesday)
Senior Center
313 Coral Street, Kalkaska

OPEN Al-Anon/AA Meeting

5th Tuesday of the month 8:00 PM
Senior Center
313 Coral Street, Kalkaska

Frankfort AFG

Tuesday 8:00 PM
St. Ann Catholic Church
508 Crystal Ave, Frankfort

Paths To Recovery AFG

Wednesday 12:00 PM
St. Michael's Lutheran Church
912 S Garfield Ave, Traverse City, MI

Manistee Mending Hearts & Minds AFG

Thursday 7 PM
Al-Anon/Alateen
2953 Shaw Be Quo-Ung (off Donz Rd)
w/handicap access

Friendship AFG

Thursday 7:00 PM
Munson Medical Center
1050 6th St, Traverse City
Doctors dining room in the cafeteria

How AFG Works

Friday 10:00 AM
Bethlehem Lutheran Church
1050 Peninsula Dr, Traverse City
Meeting on lower level. elevator available

Cadillac AFG

Friday 11:00 AM
First Presbyterian Church
221 Harris St (use Harris St entrance)

Torch Lake Township AFG

Friday 8:00 PM
Torch Lake Township Community Bldg
2355 US Highway 31 N, Kewadin, MI,
49648, USA

Community building

Cherry Bowl Al-Anon

Sunday 4PM
Fresh Winds Church – Honor
Next to Cherry Bowl Drive-in

Long Lake Area AFG

Sunday 6:30 PM
Kensington Church
6880 Secor Rd, Traverse City
Use Door Around back of Building

**Know of meetings not listed here? Email
alanon_39@yahoo.com.**