

AL ANON NEWS

“PARTICIPATION IS THE KEY TO HARMONY”

**EXPECT
NOTHING
AND YOU
WILL NEVER
BE DISSAPOINTED**

Get More Out of Your
Recovery

Did you know...

Al-Anon members can attend ANY open AA meetings? If you have not been to one - consider it to understand our alcoholic friends and relatives in their recovery. See pg 2!

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!

**2020 International
Convention**

Come to the biggest recovery meeting every in Detroit next year! See page 2 for more information.



INSPIRATIONAL QUOTE

No one can make you feel inferior without your consent.

~Eleanor Roosevelt

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



2020 INTERNATIONAL CONVENTION

COME TO DETROIT!

A.A. members and guests from around the world will celebrate A.A.'s 85th year at this event with big meetings on Friday night, Saturday night, and Sunday morning in the Ford Field Stadium.

Advanced registration for the Convention is available through April 15, 2020 for \$115.00 US per attendee. Registration after April 15, 2020 will be \$140.00 US per attendee.

Al-Anon participation will include a variety of sessions held during the day on Friday and Saturday. Al-Anon members are also welcomed to attend the A.A. big meetings. (Source: The Loop)

Go to <https://al-anon.org/blog/see-you-in-detroit/> for more information.

OPEN AA OPEN TO YOU

Any AA meeting listed as OPEN is open to anyone - alcoholic or not. These can be beneficial for all of us to attend, not only for our own recovery, but to understand the recovery of our alcoholic friends and relatives

AA District 11 has listings for meetings in the TC area.

Using of Drug Addiction in Public Outreach Materials

When developing and implementing Public Outreach activities, members are urged to keep Al-Anon's Twelve Traditions in mind, this includes reviewing the words of the Traditions in their entirety. This summary of applicable Traditions may assist your communication efforts with members, newcomers, professionals, and the media.

- Tradition Three states "The only requirement for Al-Anon Membership is that there be a problem of alcoholism in a relative or friend."
- Tradition Four tells us that "Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole."
- Tradition Five defines that our singleness of purpose is to help families of alcoholics.
- Tradition Ten tells us that "The Al-Anon Family Groups has no opinion on outside issues..."

According to a statement on page 131 in Al-Anon's Conference Approved Digest of Al-Anon and Alateen Policy "... our responsibility is to ensure Al-Anon's survival as a resource for families and friends of alcoholics. By focusing on these drug-related problems, we risk being diverted from Al-Anon's primary aim. ~Val F, Executive Director, Al-Anon.

A Message from your District Representative

Hello District 39,

- 1) The Al-Anon fall workshop - Al-Anon Recovery - Pieces of the Puzzle - was a great success. We heard from our Area 27 delegate to the World Service Conference, had six interesting presentations, raffled off art, books, and a bench, and enjoyed a delicious potluck lunch. Thank you to all who made it a success.
- 2) Thank you to Ray from the Thursday night group for stepping up to become our new District Treasurer.
- 3) Registration forms are available for the 2020 Al-Anon State Convention at the Doubletree Hotel in Bay City on May 1, 2, and 3. I am encouraging everyone to go for a great shot of Al-Anon recovery.
- 4) Committee Chairs
Committee chairs
 1. Chair - Karl K
 2. Co-chair - Max S
 3. Treasurer - Sue W
 4. Registration - Cathy C
 5. Program - Marie S
 6. Hospitality - open
 7. Decorations - Jacque D
 8. Entertainment - open
 9. AA Liaison - Anne W
 10. Alateen - Marti W
 11. State Officer Liaison - Ann M
 12. Float 1 - Pam G
 13. Float 2 - open

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/>

District 39 is Hosting the 2021 Al-Anon State Convention!

We are still in need of volunteers to help. The next meeting will be in December (possibly the 14th?)

Please contact Karl K at kkeinath@chartermi.net or 231-342-0893 for more details!

IT WORKS WHEN YOU WORK IT!



**“Today you are You,
that is truer than true.
There is no one alive
who is Youer than
You.” - Dr. Seuss**

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)

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

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.**