

AL ANON NEWS

“PARTICIPATION IS THE KEY TO HARMONY”



WORKSHOP

News from your District Rep

Here about the great things from the Winter workshop and other happenings from our District Rep, Karl K on Page 3.

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.

AlAnon: a 12-step program

Working the steps

Hear how one member got a sponsor, busy and got better and Let go and Let God with the Steps of Al-Anon on page 2.



INSPIRATIONAL QUOTE

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us

~Helen Keller

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



DO YOU GROUP CONSCIENCE??

FROM ALANON.ORG

Tradition Two tells us that “for our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.” But what is a group conscience? How can it be achieved?

A group conscience determines in advance who votes and if decisions will be reached by a simple majority, two-thirds of the votes, or three-quarters of the votes. An informed group conscience is obtained when everybody has access to all the information before discussion. If someone disagrees with the decision, Concept Five reminds us that members have the right of appeal and can express their opinion, which members will consider before deciding whether to revote or proceed.

SAVE THE DATE!

MAY 3-5, 2019 AT SHANTY CREEK IN BELLAIRE.

CELEBRATE SUCCESSES! ONLY \$20 FOR THE WEEKEND OR \$25 ON SITE.

WATCH THE NEWSLETTER FOR MORE INFORMATION!

Working towards recovery

Having a partner in a 12-step program of her own, I had heard of the steps and even knew of them. I started going to Al-Anon because I am the child of an alcohol. I have been told over the years that I could not blame my parents for how I was - it was just my fault and the ways things were. So that is what I thought.

I had sat through about four months of meetings when I was told I really needed to get a sponsor if I wanted to get recovery in Al-Anon. The meetings were working, but I was only attending one a week and did not feel like I was getting everything out of them that I should. I approached a member with excellent program and fortunately she took me under her wing. But she made it very clear that if I was going to be her sponsee I had to work for it. I knew I wanted to stop feeling the way I did so I was ready to dig in.

Working the steps with a sponsor helped me realize that I am only in control of myself. I did not cause the alcoholism in my family and I certainly cannot cure it or control it, as hard as I try. My sponsor and the steps made me take a hard, deep and sometimes painful look at myself and my role in recovery.

Recovery is a continual process. Missing meetings, not doing step work and not being in contact with my sponsor all make me slip in my recovery and I fall back into my old patterns. But since I do have recovery, getting back on track is so much easier that it was in the beginning.

Pam G.

A Message from your District Representative

The District workshop on Building Blocks of AI-Anon Recovery was a great success. Thank yous go out to the forty people who attended and brought enough food to feed an army, our kitchen commanders Jackie and Betsy, our presenters Autumn, Jan, Pat, SaraJo, Cindi, Tim, Marti, Pam, and Karl, our greeter Sue, and the planning committee.

The next AWCS (Area World Service Committee) meeting is Saturday, March 9, in St. Louis, Michigan. I plan to attend - let me know if you would like to ride along - (231) 342-0893 or kkeinath@chartermi.net.

The next District 39 meeting is at 10:00 am on Saturday, April 13, at my house - 6351 Cherry Blossom, Traverse City. All GR's (Group Representatives) are encouraged to attend. Agenda topics include officer and coordinator reports, fall district workshop, and the Saturday night Alateen meeting.

The 2019 AI-Anon State Convention is back at Shanty Creek in Belaire on May 3, 4, and 5. This is a great opportunity for powerful AI-Anon recovery close to home. The cost of registration for the three day convention is only \$20.00 - what a bargain! The hotel will cost \$219 for double occupancy for two nights lodging plus three meals on Saturday and breakfast on Sunday. I have applications for the convention registration and the hotel.

Spring Assembly will be on Saturday, June 8, in St. Louis. This is an opportunity for Group Representatives to participate in the business decisions of Area 27 (Michigan) AI-Anon. The cost is \$7.00 and lunch is provided. If your GR is unable to attend, your group can designate an alternate from your group to attend the meeting and vote. I plan to attend the meeting.

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

Job Description for Outreach Coordinator

- Bring information to doctor's offices, women's resource centers and law enforcement offices.
- Coordinate information to public (PSAs to radio and TV) about Monday night open talk, Alateen and AI-Anon meetings.
- Bring information to schools regarding Alateen

Contact Karl K for more information
231-342-0893
kkeinath@chartermi.net



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

Kingsley AFG

Sunday 7:00 PM
United Methodist Church
Blair Street

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