

# AL ANON News

“The participation is the key to harmony”



## OUTREACH NEEDED!

Be of service...

Are you interested in sharing the message of Al-Anon? District 39 needs an Outreach Coordinator. If you are interested in helping spread the message please email Karl K at [kkeinath@chartermi.net](mailto:kkeinath@chartermi.net)

## HAVE SOMETHING TO SHARE?

Send your thoughts!

Share your messages, or experience strength and hope for the next newsletter to [alanon\\_39@yahoo.com](mailto:alanon_39@yahoo.com). Include first names only please.

## SOCIAL MEDIA

Can you be anonymous?

You can carry the message of Al Anon and still maintain your anonymity in Al Anon on social media. See page 2 to find out how.



## Daily quote

What can you do to promote world peace?  
Go home and love your family. ~Mother  
Theresa

## 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***



### *Being anonymous on social media*

You can easily carry the message on social media without violating any anonymity. Some easy ways are:

- 1) Write comments in third person
- 2) Use hashtags to insert your shared message (ie #Alanon provides support for the #Familydisease of #alcoholism)
- 3) Avoid referring to your direct experiences in Al-Anon in first person
- 4) Create a social page but do not use Al-Anon or Alateen

~from Al-anon.org

### 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!

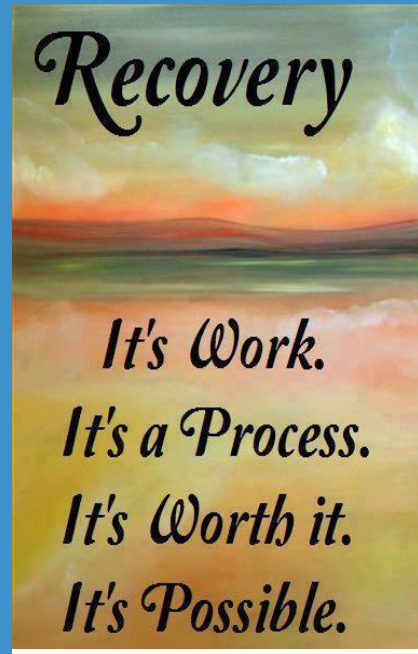
### *Alateen Sponsors still needed!*

What better way to practice Step 12 than to offer service to kids affected by alcoholism. An Alateen training session will be offered in November (TBA) for those with at least 2 years of Al-Anon practice who are interested in servicing. Male sponsors are in particular need.

If you know someone who could benefit from Alateen, please contact Karl K at 231-342-0893 or visit [www.alanon.org](http://www.alanon.org) and click on the Members tab. Information on Alateen is listed under Al-Anon meetings. If you cannot find a meeting in your area, teens are always welcome at Al-Anon meetings as well.

#### *Remember*

***Not all meetings are listed on the Al-Anon website! Be sure to ask your Group Representative for more information about Alateen meeting locations!***



“For no matter how weak or uncertain we may feel, tremendous power is available to us when we turn to the source of unlimited Power. With such spiritual help, we can accomplish previously unimaginable goals, even the goal of living happy and gratifying lives.”

~How Al-Anon Works for Families and Friends of Alcoholics. P 62

## A Message from Your District Representative

Hello District 39,

I met with Holly (social worker) and Lance (principal) at Traverse City High School this week. We agreed to establish an Alateen meeting there and will have our first meeting October 17. Betsy and I will be the sponsors. We hope to re-establish the Saturday night Alateen meeting at Munson Hospital later this year or maybe next year. We need a few more Alateen sponsors, especially MEN. I will try to schedule a training session for Alateen sponsors (and Al-Anon members interested in becoming Alateen sponsors) in November.

Our next District meeting will be at 6:00 pm on Wednesday, October 24, at my house - 6351 Cherry Blossom, Traverse City 49685. You can come at 5:30 for fellowship and cookies. The main agenda items are outreach, Alateen sponsor training, and planning a winter district workshop. We will try to be finished by 7:00. No potluck this time.

Opportunities for service: We need a district outreach coordinator and a few more Alateen sponsors. You can reach me at 231-342-0893 or kkeinath@chartermi.net to volunteer.

DR Karl K

**Open Door Step Study AFG**

Monday 10:00 AM  
 Bethlehem Lutheran Church  
 1050 Peninsula Dr, Traverse City, MI, 49686, USA  
 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, MI, 49650, USA

**Leland Serenity AFG**

Monday 7:00 PM  
 LELAND COMMUNITY METHODIST CHURCH  
 106 N 4TH ST, LELAND, MI, 49654, USA

**East Bay AFG**

Tuesday 7:00 PM  
 Unity of Traverse City Church  
 3600 5 Mile Rd, Traverse City, MI, 49686, USA

**Suttons Bay AFG**

Tuesday 7:00 PM  
 Immanuel Lutheran Church  
 203 N. Lincoln St. Suttons Bay, MI 49682

**Paths To Recovery AFG**

Wednesday 12:00 PM  
 St. Michael's Lutheran Church  
 912 S Garfield Ave, Traverse City, MI, 49686, USA

**Friendship AFG**

Thursday 7:00 PM  
 Munson Medical Center  
 1050 6th St, Traverse City, MI, 49684, USA  
 Doctors dining room in the cafeteria

**How AFG Works**

Friday 10:00 AM  
 Bethlehem Lutheran Church  
 1050 Peninsula Dr, Traverse City, MI,  
 49686, USA  
 Meeting on lower level. elevator available

**Eastport Group AFG**

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

**Long Lake Area AFG**

Sunday 6:30 PM  
 Kensington Church  
 6880 Secor Rd, Traverse City, MI, 49685,  
 USA  
 Use Door Around back of Building

**Know of meetings not listed here?**

**Email [alanon\\_39@yahoo.com](mailto:alanon_39@yahoo.com).**