

Serenity Sentinel

FALL 2023

Volume: Panel 61

What's the
Tea on
Alateens?

Issue: #11



DONATION ADDRESS

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

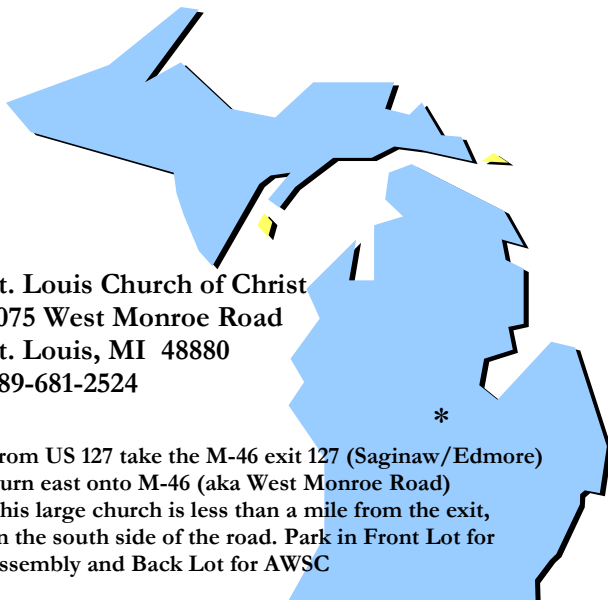
MICHIGAN AFG, INC.
PO BOX 980174
YPSILANTI, MI 48198-0174
or PayPal Option at www.miafg.org

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 127 (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
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

- | | |
|------------------|---|
| November 9 | New District Rep Orientation
<i>Via Zoom: Meeting ID: 851 6150 3804</i>
Password: 776084 (6:30 p.m.) |
| November 11 | AWSC
<i>St. Louis, MI</i> |
| November 24 – 26 | 44th Annual MCYPAA
<i>Detroit, MI</i> |
| January 2024 | Panel 64 begins |
| March 9, 2024 | AWSC
<i>St. Louis, MI</i> |
| May 4, 2024 | 52nd Annual MIAFG State Convention
<i>Bay City, MI</i> |
| June 7 – 9, 2024 | 71st Annual AA State Convention
<i>Grand Rapids, MI</i> |
| June 15, 2024 | Spring Assembly
<i>St. Louis, MI</i> |
| August 10, 2024 | AWSC
<i>St. Louis, MI</i> |

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...

My introduction to Alateen was at AA Area 33's 2010 March Roundup where I listened to young people talking about how they handled being around people whose drinking bothered them. At the time, I was new to Al-Anon and still thought my story was "an epic, technicolor movie" that could be topped by no one else; I was humbled, then, when I heard the Alateen panel. While I had grown up in a relatively stable home environment and, as an adult, had many options regarding my situation, here were individuals who, through no choice of their own, had been thrust into the dynamic of living with an alcoholic and did not have the autonomy to make decisions about all aspects of their lives. They did, however, know that they had control over what goes on in their minds, and I knew that I was learning from the best of those who practice Recovery.

If you attended the State Convention in Bay City this past May, you were able to appreciate the wisdom of young people in recovery during the Alateen/MCYPAA Panel.

Like many other things, Alateen was affected by the Pandemic. Through the efforts of Al-Anon, Alateen sponsors and, of course, the Alateens themselves, the program is working on getting its footing back. If you are looking (or have ideas) for ways to bring young people to Alateen, please email miafgalateen@gmail.com.

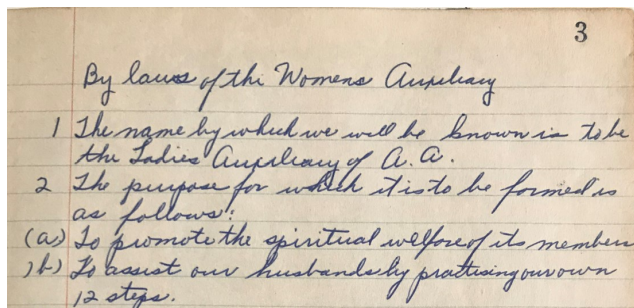
...and Leave the Rest



Did you know...?

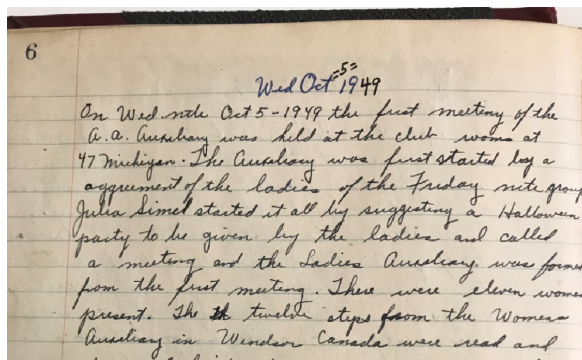
Did you know that the earliest Al-Anon groups had names like Women's AA Auxiliary, Wives Meetings of AA, AA Family Club, and even Non-Alcoholics Anonymous (NAA)? The MIAFG

Archives contains the meeting notebook of one such group. The by-laws written on the first page of the notebook state: "1. The name by which we will be known is to be the Ladies Auxiliary of A.A." The notebook opens with the line, "On Wed. the Oct 5-1949 the first meeting of the A.A. Auxiliary was held at the club rooms at 47 Michigan." The last entry is dated "Jan 12-1955."



References to Division Street, a label on the inside front cover showing that the notebook was sold by an office supply company in Grand Rapids, and a notation about "our bus trip to Muskegon" indicate that this was a Grand Rapids group.

The entries describe the topics discussed, the mention of new members present at the meetings, treasury reports, the name of the hostess for each meeting, election of service positions, and numerous events such as picnics, dinners, dances, parties and regional gatherings the group was involved in.



Several features of this group show how Al-Anon has grown and changed since the emergence of the first groups. A note in the by-laws of this group states, "Any help the AlAno Club need for any affairs have been agreed to be helped by the ladies of the Al-Anon who are willing to work for them." Further by-laws state, "Dues to be 50c ..." and "All members to be notified by mail of the coming meetings." In other entries, the secretary records details of a "hospital project" undertaken by the group, and mention is made of using selections from the Big Book for topics. There are references to a "Central Committee," apparently an AA committee, and descriptions of the various tasks undertaken by the group for the benefit of the Central Committee. For example, "Central Committee let us know that the Women's Auxiliary should sponsor the Halloween Dance."

This notebook records the frequent efforts this group was involved in to assist in the formation of other groups and to participate in fellowship with members across West Michigan. It is an important document recording the early development of Al-Anon by members who endeavored "To assist our husbands by practicing our own 12 Steps" (item 2.b. from the By-Laws).

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.

From the Alateens:

Michigan currently has Alateen groups in the following areas:

- Grand Rapids
- Ludington
- St. Clair Shores
- Royal Oak
- Waterford
- West Bloomfield

Reports

DELEGATE

Hello Michigan Al-Anon Members,

Life has been exciting and busy, preparing for Fall Assembly (Elections), answering your emails, texts and phone calls, enjoying my retiring husband, camping in the wilderness of Minnesota and Northern Ontario, and motorcycling around Lake Michigan.

Panel 61 Coordinators

I would like to thank this hard working, dedicated team of Al-Anon members, for helping to keep MIAFG active and connected to its membership.

• Alateen	Sheryl SR	District 10
• Archives	Kate A	District 32
• AAPP	Maggie S	District 5
• Digital	Denise S	District 20
• Literature/Forum	Gloria V	District 3
• Newsletter	Wendy S	District 12
• Public Outreach	Joy M	District 23
• Records	Laureen C	District 34
• Technical	Karl K	District 39
• Website	Marie S	District 39

Michigan Donations

Donations to WSO from Michigan groups, January 1 thru June 30, 2023, was **\$12,681.36**. With 365 active groups in our area, this averages out to **\$35 per group**. You may remember the presentation at Spring Assembly about our 7th Tradition for each group to be Self-Supporting. The amount was \$300 per year, per group donation to WSO.

WSO Chairperson of the Board Letter Presentation

I watched the WSO Chairperson of the Board Letter Presentation on Webex on August 20. The live presentation was on August 12, during our AWSC Meeting. Here is some of the information I learned from this meeting recording.

Year to Date (YTD) June 2023	YTD Actuals	YTD Budget
Revenue		
Literature Sales-Net	\$1,381,119	\$1,078,613
Contributions	\$1,407,775	\$1,183,436
Other Income	\$364,755	\$279,300
Total Revenue	\$3,153,649	\$2,541,349
Total Expenses	\$2,828,928	\$2,930,215
Net Increase/(Decrease)	\$324,721	(\$388,866)

The following update is based on the unaudited financial statements for the period that ended 6/30/2023.

Revenues (Income)

Revenue consists mainly of literature sales and contributions. Other revenue sources include magazine sales and investment gains or losses.

Expenses

WSO continues to monitor all expenses and reduces them wherever possible. The largest categories of expenses consist of WSO Staff salaries and benefits, technology support, Conference costs (including interpretation), and postage.

Net Increase/(Decrease)

A change in net assets resulted in a net increase of \$324,721, which is higher than the projected budget.

What a Great Start to the Year!

- The Mobile App subscriptions remain very close to budget.
- Our contributions, literature and magazine sales are all coming in above budget.
- WSO is on track to exceed the Literature sales budget even before the daily reader was introduced at the 2023 International Convention!
- On page 145 of *Reaching for Personal Freedom* (P-92), it says, "It takes the commitment of each individual working together to achieve the desired goal." We need to continue to encourage the members to keep up their support of the efforts of the World Service Office through their contributions and purchase of Conference Approved Literature (CAL).

The 2024 WSC will be held in person, Thursday, April 18 through Sunday, April 21, 2024, at The Founders Inn in Virginia Beach, Virginia. As previously reported, the Board approved a three-year trial to determine if shorter weeks would attract more world service participation by decreasing the amount of time off required to be a Delegate or Trustee. This will be the second year of the three-year trial. It is WSO's intention to have a discussion at WSC regarding the four-day conference. Delegates are scheduled to arrive on Wednesday, April 17 and depart April 22.

In 2023, World Service Conference (WSC) members began a conversation about the financial feasibility of holding the WSC in New York every third year, a tradition established to allow each panel to visit Stepping Stones. Since the WSC is "the effective group conscience of our society in world affairs," members were asked to weigh concerns about the financial feasibility of our world services with the benefits of this link to Al-Anon history.

Congratulations Panel 64!

Delegate: Theresa S
Alternate Delegate: Michelle D
Chair: Ross F
Secretary: Wendy S
Treasurer: To be Revealed!

Reports

DELEGATE (Continued)

The Board decided to host the 2025 WSC in New York or a surrounding area and, as a trial, invite Delegates who would be attending to form a Delegate team. This team's charge will be to organize, coordinate registration, and handle all logistics for one optional add-on visit to Stepping Stones, arranged to occur either immediately before or after WSC, for all interested Conference members.

The Board, Executive Committee, and the WSO Conference Staff participated in the Annual WSO Al-Anon Member Involved in **Alateen Service Training** conducted by Group Services.

Alateen Feasibility Update: An update on the Alateen Feasibility Strategic Plan Strategy was presented. A motion passed to approve the Strategic Leadership Team (SLT) identifying next steps for a project to create an Electronic Alateen Safety & Behavioral Requirement (EASBR) for Areas within the WSC Structure and an international EASBR for international structures.

Audit Committee: A motion was passed to engage a different company for audit services for the fiscal year ending December 31, 2023, and the following four consecutive years, with retention review to be completed annually by the Audit Committee.

The Board continued a generative discussion on **Diversity, Equity, and Inclusion (DEI)** by reflecting on the Trustees' participation in the 21 Day Challenge, a program of various resources to gain insight into Trustees as individuals and our biases. The program focuses on the following actions: read, listen, watch, notice, connect, and engage. They are committed to continuing these conversations. They made several suggestions for next steps for the October Board Meeting.

The Policy Committee discussed a question from the membership: **"Is the gendered language in the Steps and Traditions in alignment with Al-Anon's Legacies?"** The fellowship has been discussing similar questions for many years. This one was worded in a way that supported starting a Policy Committee conversation. The discussion was spiritual, robust, and powerful. We looked at this question through the eyes of our Legacies and the spiritual principles that are woven within them. Engaging in this conversation does not alter the boundaries established in the Al-Anon World Service Conference Charter. The conversation will continue in the future.

From the Alateens:

What is the one word that describes the 2023 KOMIAC?

- | | |
|---------------|----------------|
| • Awesome | • Healing |
| • Chaotic | • Okay |
| • Extravagant | • Togetherness |

2022-23 PSA Campaign

WSO has a vendor who is paid to make these contacts for us, they email all the stations in US and Canada with links to our PSAs a few times a year. Because of this, **we ask that members limit their outreach to stations which are not included in this distribution.**

Stations we do not distribute to include:

- College and University stations
- Religious stations
- Community Cable channels

Our PSAs are available in the following lengths:

- English - :60, :30, and :15 seconds
- Spanish - :60 and :30 seconds
- French - :60 and :30 seconds

If you have a contact who would like a version of our PSAs, please send the version needed with the station contact information to media@al-anon.org and WSO will send it to them directly.

All other stations, even the small rural radio stations, are on our distribution list and unless the member already has a connection at the station, we ask that they only seek to make new contacts with the types of stations listed above. You can find the PSAs on the Al-Anon You Tube channel at YouTube channel.

The 2023 World Service Conference Summary

Unfortunately, the 2023 WSC Summary is behind schedule as staff resources were allocated to the 2023 International Convention. WSO anticipates it will be posted in late October, and the printed version will be available six weeks later.



The 2022 World Service Office Annual Report is available.

<https://www.al-anon.org/pdf/World-Service-Office-Annual-Report-2022.pdf>

International Convention Recap – Albuquerque, NM June 29 – July 2, 2023

New Hopes, New Friends, Renewed Recovery

- Attendance: Al-Anon 3,387; Alateen 42; AA 293; Guest 54; 3,776 total in person
- 21 International countries were in person.
- 741 virtual registrants, which included members from 13 additional countries that were not represented in person.
- 46 countries celebrated "Renewed Recovery" together.
- This was the highest ever registrants for the Al-Anon International Convention.
- Book sales – 8,015 units of a *Little Time for Myself* (B34)

Reports

DELEGATE (Continued)

Road Trip: You and Your Board Connect

Saturday, October 28, 2023, in Los Angeles, California.

This will not be a hybrid event. WSO will take this into consideration when planning the 2024 Road Trip Event

As we move toward the closing of Panel 61, may we continue to “Love, Laugh, and Grow Together!” As Lois said in her welcome to the 1983 World Service Conference, “Al-Anon is a program of love, and love is the primary motive in all our activities.” (p 230 *Many Voices, One Journey* [B-31])

Embracing Hope,
Kristine G
Delegate, Panel 61, Michigan

From the Alateens:

What was your favorite thing at KOMIAC?

- Being accepted for exactly as I am by people who, despite not having met me, know me so well because we are all the same
- Making new friendships
- The Hugging at Unconditional love
- Meeting new people and not feeling alone
- Unconditional love

ALTERNATE DELEGATE

Wow! Three years in service as the Panel 61 Alternate Delegate for MIAFG, Inc., is all but done. I cannot express how much I feel I have changed [for the better] during this Panel. I truly enjoy service work.

So, a little synopsis of the last three years (+/- a year):

January 2020 was the start of the last year of Panel 58 and our introduction to COVID. Our world was changed. The Area World Service Committee meeting for March 14, 2020, was cancelled as was the 2020 Michigan Al-Anon / Alateen State Convention. Spring Assembly was done virtually – our first of many Zoom Meetings. Panel 61 began in January 2021 and still a virtual world. We were all learning how to cope and how to use Zoom.

The 2021 Michigan Al-Anon / Alateen Convention at Great Wolf Lodge in Traverse City was to be the last three-day Convention MIAFG was to have before converting to the one-day format as mandated by our membership. Again, due to COVID it was cancelled. We had a one-day virtual convention via Zoom. All the meetings MIAFG held in 2021 were virtual. We continued with virtual meetings until the August 13, 2022, AWSC meeting which was in person. Since that time, we have used the virtual meeting platform for most meetings other than Assemblies or AWSC meetings, i.e., budget, board updates, DR and GR orientations.

We as Al-Anon have embraced and adopted procedures to allow Electronic and Hybrid meetings to exist and function. My concern is and will be losing the fellowship of the Al-Anon program.

The United States North Central Regional Delegate’s Meeting (USNCRDM) held in March every year was a virtual meeting in 2021. In 2022 it was an in-person meeting held in Indianapolis, Indiana and the 2023 in-person meeting was held in Bloomington, Minnesota. I was astounded at the impact the physical meeting was to me. While I learned some things from the 2021 virtual meeting, I learned an amazing amount of information from the 2022 and 2023 physical meetings. Not just from the meeting itself but from all the conversations at breaks and meals with people from the surrounding States. Fellowship.

Participating in the operation of Michigan AFG, Inc., has been challenging and fun. I feel I have done the best job I knew how to do and can’t think of any regrets due to failings on my part. Did I make mistakes? Absolutely. Progress not perfection. There is always more to do and I feel good about doing my part.

I can’t possibly thank everyone who helped me in my service position; fellow Board members, Coordinators, District Reps, Group Reps, my Service Sponsor, and people from the general membership willing to help as needed. Have I mentioned fellowship?

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

TREASURER

Our account balances, based on bank statements, as of July 31, 2023 are:

Checking	\$ 35,113.49
Reserve	\$ 20,007.17
Convention	\$ 9,128.70
Total	\$ 64,249.36

Our primary income so far this year continues to be from member and group donations. We have received **\$10,141**, however that is lower than a year ago (**\$11,593**). To supplement our income, we have had *Serenity Sentinel* subscriptions, State Convention, In-Kind donations from our officers and coordinators, and love basket donations at both March AWSC and Spring Assembly. Our Total Income is **\$12,859**, which is almost **10%** higher than 2022. Our expenses in 2023 continue to increase as we are now meeting in person and other events are back on the calendar. Expenses are **\$10,403** and that is an increase of over 44%. The Net Ordinary Income is **\$2,457** compared to **\$4,483** in 2022, reflecting a change of **-45.2%**. This information is in the Profit Loss Report.

Reports

TREASURER (Continued)

Today we will also look at the proposed 2024 budget. The current year Budget v Actual report is also available for reference.

Thank you to all members, groups, districts, and AIS offices that have sent in donations. Without your donations, we would not be in the good shape that we currently are in. The latest group donations report will be available in the next week. Remind your groups to include as much information as possible, especially their WSO number, Meeting Location Zip Code and Group Name on their check, as this ensures correct documentation. We continue to accept *PayPal* donations via our website (www.miafg.org). Please use the Note area to indicate group information.

Snail mail for MIAFG donations and *Sentinel* Subscriptions should be sent to:

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

Remember, all reports will be available on the Google drive.

Thank you to all our members for keeping MIAFG alive and healthy so we all can continue to carry the Al-Anon message. Grateful for this program and MIAFG members.

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

From the Alateens:

"When the disease of alcoholism gets into your family, it rips it apart, but you're given Alateen: which is a needle. The people in Alateen are the thread and you slowly get to see your family sewn back together."

Alix

SECRETARY

Wow! I can't believe it's already been three years!

By the time I have finally figured out how to successfully do the Secretary thing, it's time for me to hand this over to someone else. While sharing my ideas and tricks, I'll wish her well, and willingly say, "When it comes to my figuring's, take what you like and leave the rest as this job is yours now. Do with it what you will; although, remember, I'll be just a text, email, or phone call away should you have a question or concern." Those are just two of the many wonderful lessons I've learned through service in Al-Anon.

To prepare for the October 14, 2023, Assembly, I pulled up the previous election Assembly's minutes (October 10, 2020), which would help me organize the election section of the current Assembly minutes prior to our meeting. Sadly, during the 2023 Assembly, I was taken aback at how differently the two elections were run.

I am looking forward with both excitement and sadness to November's AWSC. It will be my final Area Meeting as MIAFG Secretary, and my last opportunity to create 55 pages of minutes! I am so privileged to have held this position, and I look forward with honor, excitement, and a case of healthy nerves to January 1, 2024, when I begin my next service position. Thank you all for entrusting me to work on your behalf.

Choosing Joy!
Theresa Sistrunk
Secretary, Panel 61, Michigan

RECORDS COORDINATOR

As of 9/24/23, following is the Area 27 meeting status:

- 360 active meetings.
- 12 meetings listed as active, but currently not meeting due to COVID (physical groups – these are included in the active meeting count as well)
- 67 temporary electronic and/or face to face with electronic component meetings due to COVID.*
- 2 reported not meeting.
- 4 reported no mail status.
- 22 meetings with no email address associated with it.
- 116 inactive meetings.

Electronic Groups

- 5 active groups – Bloomfield Hills, Redford, Riverview, Wyandotte (District 99), Lansing (District 16)

The WSO mailed the 2023 Al-Anon Annual Update Sheet for the North and South Central regions on Friday, September 22. The groups have an opportunity to verify the information the WSO has on file and update their information if needed.

Thank you for all you do for the families and friends of alcoholics. Please don't hesitate to contact me if you have any questions or concerns.

Laureen C
Records Coordinator, Panel 61, Michigan

ARCHIVES COORDINATOR

1. Progress with the archives
 - Indexed the AWSC and Assembly minutes
 - Created research aid – list of all Board members and Coordinators
 - Integrated electronic files into the catalogue

Reports

ARCHIVES COORDINATOR (Continued)

2. Update on previous reports – My focus was on physical materials the past two years. Now I am addressing electronic records. This will be the biggest area of growth for the archives going forward.
3. Money spent – none
4. Research requests – Kristine G wanted to know when the UP split from MIAFG to join Wisconsin. I could not find the answer in AWSC or Assembly reports for 1974-1976, though 4 sets of AWSC minutes are missing. The answer was provided by the WSO Archives.
5. Additions to the collections – the banner and sign carried by MIAFG members in the Love Parade at the International Convention in Albuquerque. Also, one of the tee-shirts designed by MIAFG members and worn during the parade.
6. New Business
 - Formed the Archives Committee – in February the newly-formed Archives Committee met for the first time. The Committee consists of 5 members: Kate A, Chair and Archives Coordinator, Hugh W (former Archives Coordinator), Marte D (former Alateen Coordinator), and Lynn Q and Linnea O (District 32 members). The Committee met weekly in February and March to work on writing a collecting policy. Joe T, WSO Archivist, attended one of the meetings to discuss archiving electronic documents. The Collecting Policy draft was finalized in May and sent to the Policy Committee for review.
 - Archiving electronic documents has presented questions of process and protocol that have not been fully solved. Denise S, Digital Coordinator, and I had several conversations to figure out carefully defined service authority on this issue and came to the conclusion that a Thought Force would be needed to address all the issues of moving the Archives from the physical age into the digital age.
7. Fun Discoveries
 - A report mailed from the clearinghouse in 1958 to Al-Anon members titled: *Report to the Groups Concerning Al-Anon Activities During the AA Conference in New York, April 23-27, 1958*. It puts forth the idea of Al-Anon holding its own stand-alone conference in the future. Our copy was mailed to Carroll R in Williamston, MI. There is a 1-cent stamp on it and a post office stamp stating that 2 cents is due on the postage.

The materials in the Archives continue to enlighten me about the growth of MIAFG by the hundreds of trusted servants who have carried the message of hope in Michigan. The selfless service evident in the work of these Al-Anon members is inspiring, and I am grateful to be able to witness, in retrospect, the natural growth of the love and help that shape our program.

With gratitude,

Kate A

Archives Coordinator, Panel 61, Michigan

LITERATURE/FORUM COORDINATOR

Since the Al-Anon International Convention, everyone is talking about the new daily reader, *A Little Time for Myself* (B-34). Have you ordered your copy?

- The July 2023 issue of *The Forum* provides more information about this book (at <https://al-anon.org/blog/discovering-a-little-time-for-myself>)
- All Area Literature Coordinators were given a complimentary copy of the new daily reader to get acquainted with this book and encourage Area members to use it as a tool for further growth and recovery.
- **Did you know ...**
Before the editing of the book even began, test studies were done with Al-Anon volunteers to determine what font style, font size, amount of white space, and word count on each page would be most appropriate for comfortable reading. This was followed through in the development of the drafts and the design of the result. When compared to the regular print editions of our previous daily readers, there is a noticeable difference.

Other Literature News (Source: Tom C, Associate Director-Literature):

- WSC approved the Literature Committee's recommendation to develop a comprehensive piece on **sponsorship and service sponsorship** using personal stories from Al-Anon members. The Literature Committee is now creating a writing guideline to help encourage members to write for this piece. More information will be sent regarding when members can start submitting personal shares.
- Reminder: Al-Anon's copyright and reprint policies are on pages 116-118 of the *2022-2025 Al-Anon /Alateen Service Manual*.
 - Please remember to request and receive reprint permission prior to publication. Also please note that only limited quotations of a paragraph or less can be approved, and CAL quotations cannot be posted online.
 - Copies of quotations approved for use in 2024 were distributed at the AWSC meeting.

Forum Subscription Sales – Since our March AWSC meeting, total subscriptions and copies of *The Forum* were on the rise until July then reached a plateau in August.

Reports

LITERATURE/FORUM COORDINATOR

(Continued)

Month	Total	
	Subscriptions	Copies
March	413	429
April	411	424
May	422	436
June	424	437
July	435	447
August	433	444

The Forum Updates

- Copies of the **NEW Guidelines** for submitting photographs to Al-Anon magazines were available at the August AWSC meeting. Please take this back to your district meetings.
- **Writing Warriors:** Please continue to submit sharings to *The Forum*.
 - “*CAL Corner*” – Please consider sharing in writing about how a piece of CAL has helped with your recovery. Specifically, they are looking for sharings (200-400 words) about any of the following **no later than September 1:**
 - *Al-Anon Sharings from Adult Children* (P-47)
 - *Lois Remembers* (B-7)
 - *Alateen 4th Step Inventory* (P-64)
 - *The Al-Anon Family Groups-Classic Edition* (B-5)
 - *Moving On! From Alateen to Al-Anon* (P-59)
 - *A Little Time for Myself* (B-34)
 - *Alcoholism, a Merry-Go-Round Named Denial* (P-3):

Send sharings to *The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617, Attention: "CAL Corner," to wso@alanon.org with "CAL Corner" in the subject line; or submit online at alanon.org/forumshare

The Forum Subscription Give-Aways

Ten (10) new Group Representatives were recognized at the Spring Assembly and gifted with a one-year subscription to *The Forum*!

Remember --- Group Reps serve as *The Forum* Representatives. Please encourage the use of *The Forum* at your meetings and even suggest a group subscription.

Top Five Reasons for Your Group to Subscribe to *The Forum* (Reprinted with permission of Al-Anon Family Group Headquarters Inc., Virginia Beach, VA)

- *The Forum* is one of Al-Anon's best-kept secrets. Some members don't know about it, and even some Group Representatives don't know that, in addition to the other services they perform, they serve as local representatives of the magazine to their groups. Encouraging a group subscription helps members learn about this valuable recovery tool.
- *The Forum* offers great meeting topics. Whether members read articles aloud at random or choose one and discuss the ideas within, a lively and helpful discussion is likely to ensue.
- Each issue includes articles from a wide range of perspectives—from adult children, spouses, friends, grandparents, and more. There is something relatable for everyone.
- *The Forum* is a great resource for newcomers. Whereas *Al-Anon Faces Alcoholism* is aimed at reaching people who have never been to a meeting, *The Forum* can give newcomers a meeting between meetings.
- At \$11 US per year (including shipping), a *Forum* subscription is the best gift your group can give itself.

Grateful to serve,

Gloria V

Literature/*Forum* Coordinator, Panel 61, Michigan

AREA ALATEEN PROCESS PERSON (AAPP)

Summertime AAPP (Area Alateen Process Person) work was rather light, but as Panel 61 wraps up, there is more to do to transfer to my successor.

I delivered the certified AMIAS cards to all those in attendance at AWSC (8/12/23) and mailed the rest out. They are effective through June 30, 2024.

Area 27 of Michigan has 9 active Alateen meetings, with one in the West Bloomfield area nearing completion of their registration form. There are fifty-eight active AMIAS who serve Alateens in our area 27 of Michigan. Many thanks for all you do!!

In grateful service to MIAFG Inc,

Maggie S

Area Alateen Process Person, Panel 61, Michigan

From the Alateens:

Friends on the Shores Alateen invites you to an **ALATEEN FALL LOCK-IN** on Saturday, November 4. For more information, email miafgalateen@gmail.com

Spotlight On...



Alateen

Fourteen Michigan Alateens attended KOMIAC (Kentucky Ohio Michigan Indiana Alateen Conference) at Northern Kentucky University in Highland Heights, Kentucky July 21 – 23, 2023.

Michigan will be hosting KOMIAC 49 next year. According to MIAFG Alateen Coordinator Sheryl SR, the contract still needs to be signed, but it looks like the conference will be held at Southwest Community College in Niles the last weekend in July 2024.

What's the best way to help Alateens? Sheryl thinks Public Outreach is key and says that, in addition to having meetings in conjunction with other 12 Step Meetings (those attendees are usually from Recovery families), initiating meetings at schools is also important.

Sheryl also urges Al-Anon members to be mindful about welcoming and encouraging young people to attend Al-Anon meetings. In her words:

DIFFICULT TRANSITION

In my short experience with Alateen, I have noticed that the transition from Alateen to Al-Anon seems difficult.

SHARING EXPERIENCE

So, I shared this thought with a long-time Al-Anon member about the transition from Alateen to Al-Anon, and SHE shared her experience first attending Al-Anon meetings in her twenties:

"The problem was," she said, "that I felt like I was sitting across from my mother and father. But," she went on to say, "I kept on coming back and I started to see the common ground with the people at the table, regardless of our age or time in life."

TRUST

So, I am choosing to TRUST that our Alateen members will keep their programs in their heart as they make that difficult transition to adulthood.

HOPE

I HOPE that they remember that Al-Anon meetings are a place where they can continue to find serenity.

EXPERIENCE

And my experience has taught me that I just have to SHOW UP to see the Al-Anon/Alateen magic work.

For more information about KOMIAC, the November Lock-in or meetings, please email Sheryl SR at miafgalateen@gmail.com.

From the Alateens:

Telling this story about 1,000 times never makes it any easier. I find myself struggling to find the words to best explain my background because I have suppressed many traumatic events in the past. But that is something I have been working on relentlessly. Here's my backstory.

My mother was a functioning alcoholic for around 15+ years and addicted to pills and opiates for around 5+ years. I lived through many disturbing scenarios: Witnessing my mom not being able to leave her bed for days to worrying my teachers because "mom wouldn't wake up again today" to take us to school on time, I took on the role of parent by having to raise my little sister starting at the age of 10. My family didn't have money for food, clothes, or for our house because finances were primarily focused on fueling my mother's addiction.

I felt lost and didn't know where to turn. Parents are supposed to be a role model to their children and while my mom was struggling with addiction, I didn't see her in that light. So I started going to Alateen when I was 14. I didn't know what it was or what it was about, but after one meeting, I knew it was the place for me. It helped put my problems into perspective and made me realize I wasn't the only one affected by this horrible disease. It also gave me an outlet for my emotions, tools to properly handle living with an alcoholic and ways to move forward with the change in the family dynamic as a whole due to her illness.

Fast forward to today, I am 23. Since graduating, I haven't always attended consecutive Al-Anon meetings, but I have continued to work the program. I found the teachings relevant in multiple aspects of my life. The trauma of the past seems to come up in unexpected ways when you least expect it. It is crucial that you continue to work the Al-Anon program, regardless if the alcoholic is drinking or not. You may never know how the addiction has shaped every aspect of your life, even into your adulthood.

I am thankful every day that I have this outlet and this opportunity to help others the way this program helped me when I needed it the most.

Tyler

PANEL 61'S VISION, GOALS AND MISSION

Panel 61 Board Members and Coordinators developed the below Vision Statement, Board Goals and Mission Statement to guide them as Area 27's trusted servants.

Vision Statement (talks about our future)

Anyone in Michigan, Area 27, affected by someone else's drinking can find help and recovery in Al-Anon and Alateen

Board Goals

Unity – increase our use of emerging technology to improve communication and transparency (sharing process, content, and information)

Education – provide education and familiarization to Districts as to how Michigan AFG works

Participation – increase participation at our Assemblies, AWSCs, and Conventions

Alateen – support Alateen Coordinator to increase participation

Mission Statement (talks about the present leading to this future)

To help families and friends affected by someone else's drinking, to connect and support each other by creating an atmosphere of unity, harmony, and spirituality within MIAFG, using our three Legacies in all our affairs.

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).

VERIFICATION OF ATTENDANCE

Sue P, WSO Associate Director – Group Services, sent Kristine G an email discussing information regarding Verification of Attendance. Recently, WSO has received multiple contacts requesting signed proof they had participated in a specific Al-Anon meeting. Reasons included requirements for school assignments and legal purposes. WSO explained that it cannot provide such verification as it may come only from the individual group visited.

These requests are relatively new to Al-Anon, whereas in AA they are more common. WSO does understand that members may wish to remain anonymous and choose not to sign their full names on any legal forms, nor are they expected to do so. However, according to Sue, "In the spirit of cooperation and attraction, consider these ideas to support observers and potential members requiring this proof of attendance:

- Create a group email address that can be used to send to the participant. The email can contain a standard message created by the group and then sent by the trusted servant who manages the group email inbox.
- Consider designating regular members of the group to sign any sheets that may be presented. Discuss as a group how those papers will be signed.
- Consider creating a self-inking pad that has the name, address, WSO ID number, and blank line to add in a date for attendance. This idea was shared by a group and appears to be working well. Any member of the group can use the stamp to provide as the signature."

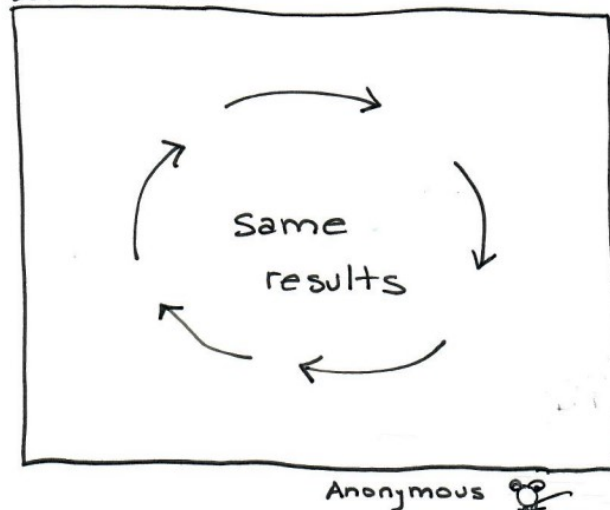
WSO's information and suggestions give our groups much to ponder and then discuss at Group Consciences. GRs, this is something to seriously consider bringing to your group's attention. As each group is autonomous, it is free to handle this situation as its Group Conscience decides.

In closing, Sue invited everyone to share their group's ideas so that all could continue to grow in Al-Anon's work supporting families and friends of alcoholics.

Classifieds

<p>Legacies Want to learn more about Traditions and Concepts? Attend Legacies AFG Meeting on Thursdays, 8PM EST. Zoom ID 86728511315 Password: 2468 Contact ThursdayLegaciesAFG@gmail.com</p>	<p>IN SEARCH OF Book Al-Anon Faces Alcoholism (B-1), Booklet What's Next?, and Book First Steps: Al-Anon 35 Years of Beginnings. Contact miafgalternatedelegate@gmail.com</p>
<p>Speaker Mtg Every 3rd Thursday, 7:30PM EST, New Song Church (back entrance), 5211 S Occidental Hwy, Tecumseh Contact district.rep.miafg@gmail.com</p>	<p>Survey To help WSO gauge member awareness of certain pieces of Conference Approved Literature (CAL), please complete survey by October 31, 2023. al-anon.org/cal-survey</p>

Before Al-Anon



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 AFG, Inc.	1600 Corporate Landing Pkwy. Website: www.al-anon.alateen.org Members Website: www.al-anon.org/members Meeting Info: 1-888-4ALANON	Virginia Beach, VA 23454	757-563-1600 Fax: 757-563-1656	wso@al-anon.org https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/

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.aisgr.org
SW Michigan AIS	Answering System	c/o Alano Club, 933 S. Burdick St	Kalamazoo, MI 49001	269-993-0589	swmichiganalanon@gmail.com 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	info@oaklandafg.org Website www.oaklandafg.org
District 39 AIS	Answering System	PO Box 5132	Traverse City, MI 49696	231-938-7399	alanond39@gmail.com Website 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 (PANEL 61)

POSITION	NAME	E-MAIL	SERVICE
World Service Delegate	Kristine G	miafgdelegate@gmail.com	Membership Outreach
Alternate Delegate	Ross F	miafgalternatedelegate@gmail.com	Membership Outreach
Chairperson	Ann M	missmurph@mindspring.com	Membership Outreach
Secretary	Theresa S	miafgsecretary@gmail.com	Business Services / Finance
Treasurer	Renee F	miafgtreasurer@gmail.com	Business Services / Finance
Digital Coordinator	Denise S	miafgdigitalcoordinator@gmail.com	Business Services / Finance
Tech Coordinator	Karl K	miafgtechcoordinator@gmail.com	Business Services / Finance
Archives	Kate A	miafgarchives@gmail.com	Group Services
Area Records	Laureen C	miafgrecords@gmail.com	Group Services
Alateen Coordinator	Sheryl S-R	miafgalateen@gmail.com	Alateen
Alateen Process Person	Maggie S	miafgaapp@gmail.com	Alateen
Public Outreach Coordinator	Joy Mc	miafgpublicoutreach@gmail.com	Public Outreach
Web Coordinator	Marie S	miafgwebcoordinator@gmail.com	Public Outreach
Literature / Forum	Gloria V	miafgliterature@gmail.com	Fellowship Communication
<i>Serenity Sentinel</i>	Wendy S	miafgnewsletter@gmail.com	Fellowship Communication
PREVIOUS DELEGATES			
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	tmle8595@comcast.net	
1997-1999 (Panel 37)	Geri H	Deceased	
1994-1996 (Panel 34)	Michelle L	my583@yahoo.com	
1994-1996* (Panel 34)	Helen P	Deceased	
1991-1993 (Panel 31)	Bill L	Deceased	
1991-1993* (Panel 31)	Connie C	connysusiec@aol.com	
1988-1990 (Panel 28)	Skeet J	Deceased	
1985-1987 (Panel 25)	Connie B	Deceased	
1982-1984 (Panel 22)	Shirley W	Deceased	
1979-1981 (Panel 19)	Mary J	Deceased	
1976-1978 (Panel 16)	Anne S		
1973-1975 (Panel 13)	Ellen P		
1970-1972 (Panel 10)	Estelle D		
1967-1969 (Panel 7)	Dorothea B	Deceased	
1964-1966* (Panel 4)	Dorothea B	Deceased	
1964-1966 (Panel 4)	Edgar D	Deceased	
1961-1963* (Panel 1)	Irene T		
1961-1963 (Panel 1)	Ruth G		


* Alt - served part
Please honor our Traditions and maintain the anonymity of all persons listed on this page.

Michigan Area Treasurer (A Message from Theresa S, our Panel 64 Delegate)

Unfortunately, during the October 14, 2023, Assembly, no one stood for the office of Michigan Area Treasurer, which makes me sad. I'm hoping that it's because Renee F. did such a fantastic job that no one wants to try to fill her shoes. However, if that's the case, don't let that stop you. Renee will only be a text, email, or phone call away. I can promise you that the incoming board will always be there for you as well.

According to the MIAFG Guidelines, first preference for this position goes to any member who is or has previously been a District Rep. If no current/ former District Rep is interested in the position, then the opportunity goes to any current/former Group Rep.

I have shrunk the Michigan Area Treasurer Guidelines for your assistance when researching this position. Remember, the most important qualifications involve commitments to a Higher Power, the 12 Steps, 12 Traditions, and the 12 Concepts. With this, you can do anything! Thanks for your consideration!



Service Position Guidelines

Area Treasurer

MIAFG – SP004

The Treasurer is voted in at the Election Assembly to a three-year panel. The position should have District Representative (DR) or Alternate District Representative (ADR) experience.

Basic skill requirements:

- Knowledge and experience using the Twelve Traditions, Twelve Concepts, and the Service Manual
- Proficient computer skills including but not limited to QuickBooks, Word, Excel, presentation software, Internet and e-mail accessibility
- Effective math and accounting skills
- Effective written skills
- Oral and electronic communication skills
- Ability to multi-task
- Good time management and organizational skills

Responsibilities:

- Attends Assemblies, AWSCs, Executive, Policy, and Budget Committee Meetings and conference call meetings as needed
- Opens a P.O. Box at the beginning of his/her panel in a convenient location for MIAFG donations

- Attends Local Al-Anon/Alateen events when invited by local Group, District or AIS. Expenses are paid by inviting party except when they are not able, then expenses are paid through the Treasurer's Budget
- Works closely with the Delegate, Alternate Delegate and Area Chairperson
- Submits a written report for each AWSC and Assembly meeting. Often, this same report is submitted to the newsletter coordinator
- Prepares and presents detailed financial reports for AWSC and Assembly
- Handles all Assembly and AWSC collections and expenditures
- Prepares Fall and Spring Appeal letters seeking membership contributions to support MIAFG
- Collects and records donations
- Prepares documents for annual tax filing
- Prepares, submits and confirms completion of MIAFG Inc 501 (c)(3) tax-exempt status document each September
- Supports the annual financial review
- Maintains contact with the Chairperson and Delegate
- Creates annual budget for review and acceptance by members

- Pays all bills for approved expenditures; checks require two authorized signatures; debit card payments require at least two authorized concurrences via email
- Ensures a completed MIAFG reimbursement form is submitted before any payment is made to a member of MIAFG. Original/Electronic receipts are to be attached to this form for all purchases except for mileage reimbursement, which is paid at the current published IRS reimbursable rate.
- Reconciles monthly bank statements against internal accounting documents
- Retains all documents related to donations and payments per Federal Tax Laws
- Supports MIAFG Convention Host Committee with seed money and final reconciliation of convention
- Stays current with the AFG Connects website
- Service Position Email Address: miafqtreasurer@gmail.com
Please contact the Tech Coordinator to access this email address

Resources:

- WSO Guidelines (G-41) Reserve Fund Guidelines
- Current Al-Anon/Alateen Service Manual
- Current Michigan AFG, Inc. Al-Anon and Alateen Policy Handbook

Michigan Al-Anon / Alateen Family Groups 52nd Annual State Convention With AA Participation

Saturday, May 4, 2024

8 a.m. – Registration begins / 9 a.m. – Convention begins / 3:30 p.m. – Convention ends

Doubletree by Hilton Bay City
One Wenonah Park Place, Bay City, MI 48708 (989-891-6000)
www.hilton.com/en/hotels/mbsbcdt-doubletree-bay-city-riverfront

Keep it Simple

Life can be complicated. Al-Anon is a simple program.

- Open Talks by Al-Anon, Alateen and AA Speakers
- Panels and Interactive Workshops
- Fellowship with Recovery Friends

More will be revealed. For updates visit

<https://MichiganAFG52ndStateConvention.eventbrite.com>

Overnight Accommodations at Doubletree

For those who wish to stay Friday and/or Saturday evening, Doubletree is offering a rate of \$114 plus tax. Rooms and special rate will be held until April 15, 2024.

To make a reservation, please call the Doubletree at 989-891-6000 (ask for Michigan AFG rate) or visit

<https://book.passkey.com/go/MIAFGConv>

For More Information or to Volunteer:

MIAFGStateConvention@gmail.com,
248-457-5120 or visit

<https://MichiganAFG52ndStateConvention.eventbrite.com>

Registration and Payment

- Registration Fee through April 1, 2024 \$20
- Registration Fee after April 1, 2024 \$25
- Registration Fee for Alateen \$5

No refunds after April 1, 2024

Lunch\$20

Choice of Plated Michigan or Cobb Salad or Ham Sandwich

Please note that outside food cannot be brought into the hotel.

For catering information, please visit

<https://MichiganAFG52ndStateConvention.eventbrite.com>

To Register and Pay Online:

<https://MichiganAFG52ndStateConvention.eventbrite.com>

Registrants responsible for convenience fees

To Register and Pay by Mail:

Please make checks payable to: **Michigan AFG, Inc.**

Mail registration to: **PO Box 725152, Berkley, MI 48072**

52nd MIAFG Convention Registration Form (one for each participant)

Name _____
City _____ State _____
Phone _____
Email _____

Registration Fee (see above for pricing) \$ _____
\$20 Lunch (check one item below) \$ _____
Total \$ _____

No Refunds after April 1, 2024

Circle One Al-Anon Alateen AA Guest

Check for ADA accommodations or special dietary needs (someone will follow up with you)

Plated Lunch Choices

Dearborn Ham Sandwich (Ham, Baby Swiss, Russian Mayo, Iceberg Lettuce on a Pretzel Roll)

Michigan Salad (Spring Mix, Grilled Chicken Breast, Dried Cherries, Walnuts, Apples, White Cheddar, Tomatoes with House Vinaigrette)

Cobb Salad (Mixed Greens, Smoked Turkey, Bacon, Tomatoes, Avocado, Cheddar Cheese, Egg, Cucumbers, Ranch & Italian Dressing)

Mail with check or money order to:
Michigan AFG, Inc., PO Box 725152, Berkley, MI 48072

Al-Anon District 11

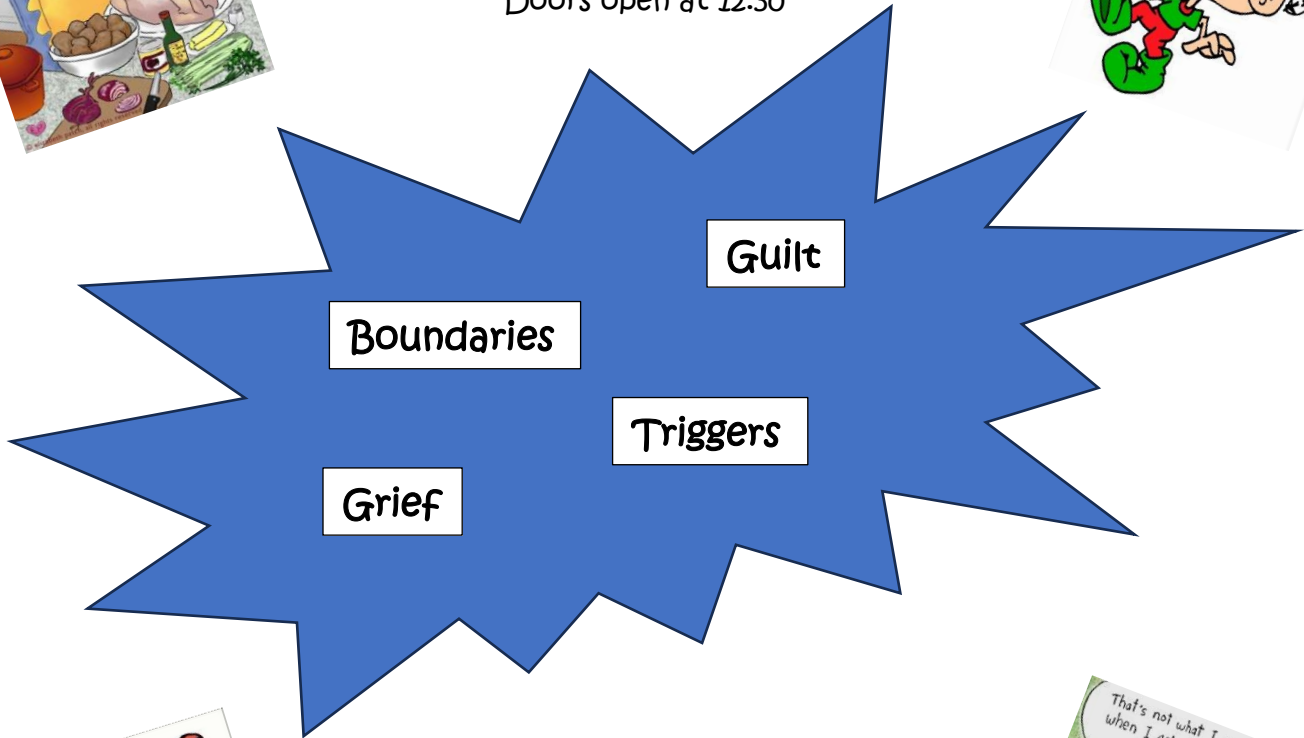
Surviving Holiday Stress Using the Traditions

Saturday, November 4, 2023



St. Isidore Catholic Church
18201 23 Mile Rd., Macomb MI 48042

1:00 – 3:00 p.m.
Doors open at 12:30



Panelist: Shirley B.
Kristine G.
Sue K.
Sarah W.

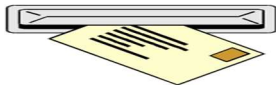


Bring your favorite holiday treat to share!

MICHIGAN AFG INC.
P O BOX 83
HOWELL, MI 48844-0083

The above address is
ONLY for OUTGOING mail.
Please see inside for the current
PO Box you should use.

Important mail for the mailbox of:



Thank you for your subscription for this paper copy. Complimentary copies are now available electronically to all members. To learn about subscribing for both types of newsletters, please see inside for order details.

See Inside
Upcoming Events
October 14 Assembly: Panel 64 Election Results
