

Serenity Sentinel

SPRING 2022

Volume: Panel 61

Set your GPS for
St. Louis, Michigan!
(In case you forgot
how to get there)



Issue: #5

DONATION ADDRESS

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

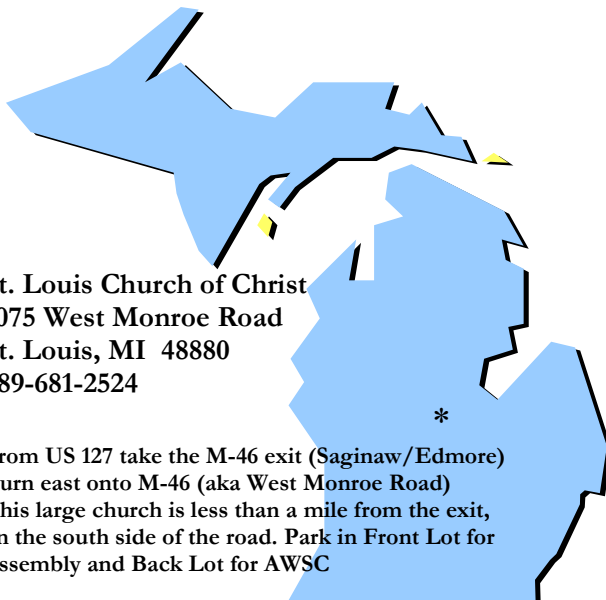
MICHIGAN AFG, INC.
PO BOX 980174
YPSILANTI, MI 48198-0174
or PayPal Option at www.miafg.org

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 (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 Opens * 9:40AM New Rep Orientation
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

- | | |
|---------------------------|---|
| May 14 | 50th Annual MIAFG State Convention
(8:45 a.m.)
<i>Via Zoom (see page 153 for details)</i> |
| June 11 | Spring Assembly
St. Louis, MI |
| July 22 – 24 | KOMIAC
Terre Haute, IN |
| August 13 | AWSC
St. Louis, MI |
| October 8 | Fall Assembly
St. Louis, MI |
| October 29 | Road Trip to Cleveland (meet with the
Board of Trustees)
Details when available to be shared on
www.miafg.org |
| November 12 | AWSC
St. Louis, MI |
| December 16 –
18 | Michigan AA State Convention
Auburn Hills, MI |
| May 2023 | 51st Annual MIAFG State Convention
<i>Bay City, MI</i> |
| June 29 –
July 2, 2023 | Al-Anon International Convention
<i>Albuquerque, NM</i> |

Send Al-Anon event information to miafgnewsletter@gmail.com.

Letter from the Editor

Take What You Like...

Two years after COVID paid an unexpected and unwanted visit to our world, we are starting to embark on a new normal leaving some of our Zoom rooms and easing back into more face-to-face activities.

I attended March Roundup (AA Area 33 event with Al-Anon participation) at the Motor City Casino Hotel along with more than 1,400 other people in recovery. The response to the event was overwhelmingly positive not only, I think, because of the outstanding speakers, but also because of the in-person fellowship.

During 2020 and 2021, all MIAFG's events were virtual, and our May 14 50th Annual State Convention will be conducted via Zoom as well. In the meantime, however, our Delegate Kristine G will be participating in the April 26 – 30 World Service Conference (WSC) in person. MIAFG plans to conduct the remaining 2022 business meetings, including the June 12 Assembly, in person at St. Louis Church of Christ in St. Louis ("The Middle of the Mitten").

Deciding if and how to return to in-person meetings or activities is not an easy decision to make as many Al-Anon groups have come to learn. Many members enjoy the benefits of virtual meetings and, as always, there is still uncertainty about what tomorrow will bring. Through group conscious discussions, members are working hard at determining what is best for the group.

As we learned in Al-Anon, there is no such thing as a perfect decision. We do the best that we can with the information we have. We can't see the future but, by using the tools of Al-Anon and leaning on our Higher Power, we will be able to respond to whatever challenge comes our way.

Looking forward to seeing you online and/or in person.

Wendy S

...and Leave the Rest

2021 WSO Al-Anon Membership Survey Results

From June to July 2021, 16,486 Al-Anon members responded to the survey, which has been conducted every three years.

<https://al-anon.org/for-members/wso/research-and-surveys/>



Did you know...?

Did you know that it is customary for a skit to be presented at each AWSC and Assembly meeting? Skits help to bring moments of laughter and lightness to business meetings that can sometimes run long and cover dense topics.

The MIAFG Archives contains a file of many of the skits developed by MIAFG members over the years. For example, a skit entitled "Snow Plight and the Seven Woes" was developed by the convention committee (year unknown). The skit opens with the following line: "Once upon a time in the land of codependency ..."



The skit plays out the drama between the king, who is always at the bar, the queen, who talks into a mirror (and no one ever asks why), and Snow Plight, who finds a cottage in the woods and cleans it up without being asked to. At the cottage, Snow Plight meets the Seven Woes. Their names are Control, Resentment, Fear, Self-Pity, Rage, Jealousy and Depression. When the Seven Woes return home from work, they discover Snow Plight who asks if she can stay with them and "they, having low self-esteem and virtually no ability to say "no" said yes" and agree to let her stay.

Snow Plight is eventually kissed by Prince Uncharming even though she smelled alcohol on his breath. Naturally, they fell in love and lived unhappily until they discovered Al-Anon. At their first meeting they also met the seven Woes again who had been in Al-Anon long enough to turn their shortcomings into assets: "Control learned letting go as an answer to her problems, Resentment learned forgiveness, Fear learned faith, Self-pity learned acceptance, Rage learned serenity, Jealousy learned trust and Depression learned joy."

All continued to attend Al-Anon and Snow Plight learned that "she was responsible for her own happiness and while life would not always be the way she wanted; she would live happily ever after on her own terms."

The skits developed by members of Michigan Al-Anon show the wisdom these members have attained in the program and their ability to change their perspective on the family disease in ways that assist their recovery.

Do you know which year this skit was developed? Do you have a copy of any MIAFG skits you would like to donate to the Archives? If so, please contact Kate A at miafgarchives@gmail.com

March 12, 2022, AWSC Reports

DELEGATE

Spring is around the corner with all its beauty and new beginnings. With it comes my second World Service Conference (WSC), which I can't believe is approaching so quickly. From April 25 thru May 1, I am lucky enough to travel to Tarrytown, NY to attend in person, including a visit to Stepping Stones, to represent MIAFG. Love Gifts will not be accepted at the hotel. Please refer to our secretary's previous email for details. My home group has generously volunteered to make and mail love gifts to each Delegate's home from MIAFG. Thank you, *Share the Gift AFG*.

Things I've been up to:

- Participating in monthly Panel 61 Delegate Zoom Meetings for fellowship, to ask questions, and to discuss Al-Anon-related topics.
- Visiting six Michigan Al-Anon Family Groups District Meetings (via Zoom). If I have not visited your district yet, I would love the opportunity to join you at your next District Meeting. Please contact me at miafgdelegate@gmail.com.
- Working on a WSO Task Force to make recommendations to WSO regarding Website and Technical Coordinator Guidelines. These are the only trusted servant positions that WSO does not have a guideline to help support the Areas. The committee includes two (2) Staff Members and four (4) Delegates.
- Attending the Chairman of the Board Presentation
- Loving that I just finished reading *Many Voices, One Journey*, and found it interesting that Al-Anon today is talking about issues that we have been discussing for many years. It was full of great information, and I encourage you all to read this Al-Anon history book.

Other WSO News

- The 2021 Membership Survey results have been posted on www.al-anon.org.
- Chairman of the Board Letter presented, Saturday, February 12, 2022 <https://al-anon.org/pdf/Jan22-letter.pdf>

WSO 2021 Financial Report

	2021 Actuals	2021 Budget
Revenue		
Literature Sales - Net	\$1,906,750	\$1,993,007
Contributions	\$2,623,242	\$2,543,540
Other Income	\$643,616	\$563,600
Total Revenue	\$5,173,608	\$5,100,147
Total Expenses	\$5,249,674	\$5,333,900
Net Increase/Decrease	(\$76,066)	(\$233,753)

2021 WSO Al-Anon Membership Survey Results

The average Al-Anon member's age is 62.5 years old. On average, members reported attending their first meeting at 44.1 years old.

- WSO continues to monitor all expenses and reduce them wherever possible.
- The WSO wants to say, "Well done!" While we ended with a loss for the year, we were expecting a larger loss, so, "Bravo!" Thanks to the fellowship for continuous contributions and literature purchases, even with the current industry challenges of paper shortages, staffing issues, and shipping delays!
- As we move into 2022 with continued uncertainty, please remind your groups of these planned expenses: holding our annual WSC in New York and visiting Stepping Stones, attending the International Al-Anon General Services Meeting (IAGSM) in London, England, printing our new Service Manual, and employing a full staff at the WSO to support the fellowship. Therefore, the expenses for 2022 will increase.
- Let's continue to think abundantly and act prudently, so we can continue to focus on "Enhancing Our Recovery through Abundance, Unity, and Understanding!"



Make Your Voice Heard! Chosen Agenda Items

What is a Chosen Agenda Item? These are questions that come from the membership that cannot be answered in the *Al-Anon/Alateen Service Manual* or by WSO Staff Members and are discussed at the WSC by the Delegates, Trustees, Board Members and WSO Staff. Chosen Agenda Items have been part of the WSC since 1976. Their purpose is to give members a chance to select topics for discussion.

At AWSC on March 12, 2022, MIAFG members were placed in breakout rooms (approx. six (6) members per room) to discuss question(s) they would like to have brought to this year's WSC as the Chosen Agenda Item.

Below are the two (2) questions I have submitted to WSC: Each question can only be 25 words or 160 characters each.

Question #1

Given today's Alateens, their specific struggles, including the shortage of AMIASs and active Alateen meetings, what would WSO's 1999s Operation Alateen look like now?

Rational

In 1999, the WSO recognized the need for and implemented Operation Alateen. What would this program look like now; how would it be implemented nearly thirty years later given today's Alateens and their specific needs/struggles, including the dramatic shortage of both registered AMIAS's and active Alateen meetings?

March 12, 2022, AWSC Reports

DELEGATE (continued)

Question #2

How do we address the loss of in-person fellowship, the lack of interpersonal and group relationship opportunities, which can all accompany electronic meetings?

Rational

Electronic meetings have been both a blessing and a curse. How do we address the loss of in-person fellowship, the lack of interpersonal relationship opportunities, their effects upon group relations and potentially upon Al-Anon elections, all of which accompany electronic meetings?

Next Steps:

- Each WSC member (Delegates) can submit only two (2) questions.
- Delegates receive a survey with approximately 40 questions; they choose two (2) questions that they would like to see discussed at Conference.
- I will email the above-mentioned survey to the Area memberships to help me make my selection. The two (2) questions with the most votes become the Chosen Agenda Items for World Service Conference.

Road Trip - You and your Board Connect

When: Saturday, October 29, 2022

Where: The Westin Cleveland Downtown, Cleveland, OH

Why: To meet and interact with the members of the Board of Trustees and the Executive Committee
We can't wait to see you in Cleveland, Ohio!

Embracing Hope,
Kristine G

Delegate, Panel 61, Michigan

ALTERNATE DELEGATE

The second year as your Alternate Delegate is underway. The first year? Holy Cow! But we all learned a lot. We will have a lot more to learn as we embrace all the new technology the events of the last two years brought to the forefront. So, for a lot of my Al-Anon experience, this second year will be my first year. Not to say I haven't gleaned any knowledge, I have. I just look forward to embracing that part of the fellowship of Al-Anon we have been missing the last two years.

Since my last report I can state that we have gotten our Alateen Safety and Behavior Guidelines completed and the document is now at the World Service Office (WSO) waiting for a final review and approval. Once complete we will be able to move on to other things.

I was invited to speak at District 20's First Friday Speaker Meeting on March 4 via Zoom. I believe I did well. I saw no virtual tomatoes or eggs being thrown. Thank you, Melanie, Amanda, and Michelle for extending the invitation.

On March 18, I will be heading down to Indianapolis for the weekend with our Delegate Kristine and past Delegate Ann to attend my first United States North Central Regional Delegate's Meeting (USNCRDM). Last year's meeting was virtual. I learned some things at last year's meeting but know this year's face-to-face meeting will have a much different dynamic to it. I am looking forward to attending and meeting new people and reacquainting with the few I already know.

I enjoy being of service and welcome communication with whoever has questions or comments. We, the board members of this Panel (Panel 61), as with all Panels, were voted in by the membership, move the MIAFG, Inc., forward the best way possible. We have an excellent group of Coordinators also. If any of us can be of assistance, please reach out.

In Service,
Ross F

Alternate Delegate, Panel 61, Michigan

2021 WSO Al-Anon Membership Survey Results
Of those completing the survey, 90% identified as white. The remaining 10% includes Hispanic/Latino/Spanish origin, Black/African American, Asian, American Indian/Alaska Native/First Nation, Native Hawaiian/Pacific Islander, and mixed race. (16,020 responded)

TREASURER

Hopefully Spring will be in full bloom when this newsletter arrives. The following information was provided at the March AWSC.

Our account balances, based on bank statements, as of February 28, 2022, are:

Checking	\$ 36,810.10
Prudent Reserve	\$ 20,001.92
Convention	\$ 3,918.84
Total	\$ 60,730.86

Our primary income this year has been from member and group donations. We have received **\$2,585**, which is slightly higher than a year ago (**\$2,350**). We also had two (2) ***Serenity Sentinel*** subscriptions and we had to refund **\$80** for the State Convention, so our Total Income is \$2,514. Our expenses in 2022 are also higher this year compared to last year. Expenses are **\$1,676** so far with the largest amount (**\$570**) paid for our Past Delegate, Delegate, and Alternate Delegate to attend NCRDM – North Central Regional Delegates Meeting. This event will be in person this year in Indiana. Our **net income is \$838**, which is lower than a year ago.

March 12, 2022, AWSC Reports

TREASURER (continued)

During the first 2 months of 2022 I have been working on gathering all year end reports and documentation for 2021 for both our Financial Reviewer and for tax preparation. At the end of 2021, we had a couple of major expenses which were approved at Fall Assembly – **\$5,000** donation to WSO and full payment of **\$3,053** for our Delegate to attend WSC (World Service Conference) in April in person.

Donations for 2021 totaled **\$17,533**. We had **\$2,976** from individuals and **\$14,557** from groups. Our budget for the year was **\$21,550**. Expenses for 2021 were **\$10,711** and our budget was **\$23,360**. We were under budget in both areas and our net income was **\$7,345**.

Thank you to all members, groups, districts, and AIS offices that have sent in donations. The past two years have been unique. 2022 looks like it will be a bit closer to previous years in relation to expenses. We would not be in the good shape that we currently are in without your generous donations.

Please carefully check over the 2021 group donations listed in this newsletter. (See pages 10 and 11.) If you have any questions, send me an email or call. Remember to include as much information as possible, especially WSO number, Meeting Location, Zip Code and Group Name, on any donation to ensure your group is credited properly. There are many groups with similar names within Michigan. 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 *Serenity Sentinel* subscriptions should be sent to:

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

Remember, all reports should be available on the Google Drive. There should be a link from our website. For this meeting of AWSC, there will be reports for the 2021 yearend and 2022 as of February 28th.

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.

Renee F
Treasurer, Panel 61, Michigan

2021 WSO Al-Anon Membership Survey Results
Members identified as female (86.8%), male (12.6%), and neither male nor female (0.6%).
(16,414 responded)

The 2022-2025 Al-Anon/Alateen Service Manual (P-24/27) v1 is available electronically now!



Al-Anon and Alateen members are encouraged to use and study this **Manual**. It gives a clear and concise picture of the Al-Anon fellowship, its purpose and functions, and how it helps us to resolve group problems and maintain unity.

The printed version will be available in late summer.

<https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/>

SECRETARY

With the flash of my brother's name across my cell phone, my world changed forever. On Thursday, December 30, 2021, at 11:26 a.m., I saw Ricky's name. He never calls me. I knew what it had to be. Panicked, I didn't want to hear him say it; I didn't want it to be real. Without preamble, my nearly hysterical brother blurted out that our mother, Janice Theresa Baxter Priest, had died in the house she had refused to leave, in the house her father and maternal uncles had built in 1935.

Through tears and multiple calls to my sponsor, my husband and I packed our bags and began our drive down to Louisiana, where we'd both grown up. Naturally, as flights were being cancelled all over, there wasn't a vacant hotel room to be found anywhere during our drive. As a result, we drove all night on our eighteen-hour straight through journey to Shreveport, Louisiana.

Following my trip down south, I brought back more than a broken heart. While there, I contracted COVID from my nephew, J. C. After arriving back in Michigan, I spent the next three plus weeks beyond sick with COVID and pneumonia. That was tons of fun . . . NOT!

I apologize for any emails that have been slow in being returned and minutes being tweaked/neatened as I have struggled to get back to "the old Theresa." Currently, I am attending two different grief groups and am working diligently with my sponsor. Please be patient with me as I'm working on me.

Recently, Kristine G shared with me another area's Motion Log, which is much easier to utilize than ours. I have spent the last few days transferring our 2012 – 2022 MIAFG Motion information onto this new style Log. Upon completion, I will post this new Motion Log on MIAFG's Google Drive. Of course, I'll have to reach out for help for that as I always seem to struggle with our Drive!

Thank you for allowing me to serve.

Choosing JOY!
Theresa S
Secretary, Panel 61, Michigan

March 12, 2022, AWSC Reports

RECORDS COORDINATOR

As of 3/11/22, following is the Area 27 meeting status

- 385 active meetings
- 22 meetings listed as active, but currently not meeting due to COVID (these meetings are included in the active meetings count as well).
- 76 temporary electronic and/or face-to-face with electronic component meetings due to COVID (these meetings are included in the active meetings count as well).
- 0 reported not meeting.
- 152 inactive meetings.
- 2 meetings listed as inactive but noted as currently not meeting due to COVID (these meetings are included in the inactive meetings count as well).
- 0 reported no mail status.
- 28 meetings with no email address associated with it.

Please contact me (miafgrecords@gmail.com) with any group updates or questions.

Laureen C
Records Coordinator, Panel 61, Michigan

NEWSLETTER

I have started working on Issue #5 of Panel 61's *Serenity Sentinel*. My hope is to complete it for distribution by early April so that it can highlight and promote the following activities: Kristine G's attendance at the WSC, the May 14 State Convention and the June 11 Assembly.

I would like to include a survey (or a link to a survey) in a future issue so that I can receive some feedback on how the newsletter can best serve the membership.

The weekend of March 4 – 6, I was the Al-Anon Chair (with Patti T) for AA Area 33's March Roundup, which was at Detroit's Motor City Casino Hotel. The event was well attended, and the venue well received. Al-Anon's participation included: three panels, a Main Speaker (Aaron J of Charlotte, NC), literature sales table, and an "Introduction to Al-Anon" Meeting. Alateen had a fundraiser table and a hospitality suite.

I will soon be thinking about the 2023 State Convention, which I will be chairing.

Yours in Service,
Wendy S
Newsletter Editor, Panel 61, Michigan

2021 WSO Al-Anon Membership Survey Results
30% of members also consider or have considered themselves a member of other recovery programs, including AA.

2021 WSO Al-Anon Membership Survey Results

49% of members surveyed came to Al-Anon because of a romantic partner's alcoholism/addiction, 14% due to a parent's, and 19% due to a child's.

ARCHIVES

Due to personal hobbies, travel, and the holidays I haven't done much work this quarter with the Archives.

However, two volunteers from my home group have helped with organizing and recording all of the issues of *The Forum*. Our earliest issue is from 1968; and there are multiple copies of many of the issues. We are fortunate to have copies of the 50th Al-Anon Anniversary issue (Nov. 2001) and the 50th *Forum* Anniversary issue (May 2002). The next step will be to identify all issues that include submissions from Michigan Al-Anon members.

I received another request for information about a convention speaker. An Al-Anon member from District 33 was asking for the name of a speaker at the 2017 Kalamazoo convention (45th). I was able to identify the speaker by name but did not have any contact information.

Repeated requests for this kind of information leads me to plan to organize all our convention materials before working on other areas. I will be doing some of this anyway to prepare my presentation for this May's convention.

Very good archival policy information continues to appear on *AFG Connects*. I am collecting all of it and organizing it into a draft policy statement.

The sheer volume of materials in the Archives continues to impress me with how much work has been done by those who have gone before me to help MIAFG thrive in its mission of helping families and friends of alcoholics.

Gratefully exploring our history,
Kate A
Archives Coordinator, Panel 61, Michigan

Is your group meeting virtually?

Help members and newcomers find your meeting by completing the Temporary Al-Anon Electronic Meeting Change online form that is available during the Pandemic.

<https://form.jotform.com/201006291804141>

These *temporary* electronic meetings are set up at the same time and day of the face-to-face meetings. This temporary information will be updated in your Group meeting listing on the WSO meeting search.

March 12, 2022, AWSC Reports

LITERATURE/FORUM COORDINATOR

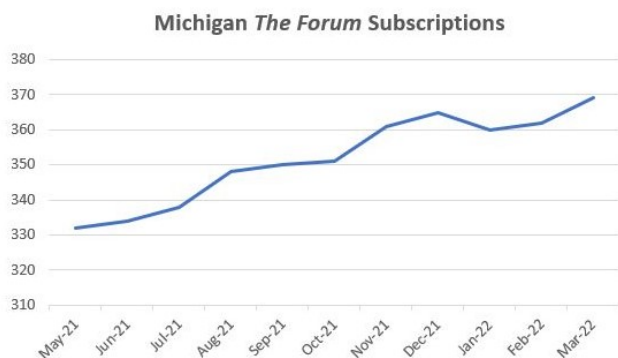
It's been a great start to 2022 full of new experiences and challenges. I have met some of the goals set for my second year as the Literature/ *Forum* Coordinator.

- I attended my second WSO web conference meeting for all *Forum* Coordinators on January 22, 2022.
- I submitted my first *Forum* submission at the end of December 2021.
- I hosted my first *Forum* Writing Workshop on February 5, 2022. There were 22 attendees!
- A new tab has been added to the MIAFG website for Literature Spotlight. Check it out! Thanks to our Web Coordinator, Marie S!

Forum Subscription Sales for MI

Month	Total	
	Subscriptions	Copies
November	361	383
December	365	387
January	360	378
February	362	380
March	369	388

We are slowly gaining ground with Sales. Keep it going!



At the *Forum* Writing Workshop, we talked about the many ways you can write for *The Forum*. From a personal story or sharing about the Legacies, to a slogan, sponsorship, detachment, serenity, ... The possibilities are endless! As the Magazine Editor Carol C says, "Any recovery-related topic is welcome at any time." Here are Carol's responses (edited for space) to questions that came up at the Workshop:

How far in advance are the themes/titles for *The Forum* known?

The WSO Communications team comes up with monthly themes based on questions received and needs expressed by the fellowship about a year to a year-and-a-half in advance. The generality of the themes allows for a variety of member sharings to be used while at the same time focusing the *Inside Al-Anon* articles and *Notes from the WSO* on concerns that are relevant to the fellowship. Titles are created based on the sharings themselves.

When sharings come in, it takes 30 to 60 days for them to be evaluated by the *Forum* Editorial Advisory Committee (FEAC) before they come to me. Then I categorize and save them in a database for future use. Meanwhile, I prepare the manuscript for each issue of *The Forum* three to six months in advance, depending on the section. It is simpler to ask members to share about whatever is happening in their recovery and save the sharings in our database than to ask for thematic sharings. Having a stockpile of sharings also allows for flexibility and responsiveness to changes or special needs on short notice.

The Forum Writing Guideline (F-1) offers numerous suggestions for topics to write on or to base a writing workshop on. Additionally, we are always in need of sharings on how members apply one or another of the Three Legacies to their personal lives, especially the Concepts of Service. The most useful sharings are those that focus on one Step, Tradition, or Concept per submission.

If a sharing is submitted to *The Forum* and is not selected for publication, can it be used in other Al-Anon publications besides *The Forum*? If so, would the member be notified if this is done?

Yes. As it says on *The Forum Writing Guideline*, "All sharings become the property of Al-Anon Family Group Headquarters, Inc., and may be used in whole or in part to develop Al-Anon/Alateen printed or electronic material." Many of the sharings submitted for but not selected to be used in the development of Al-Anon books end up being published in *The Forum*. Sometimes a sharing submitted to *The Forum* may be more suitable for *Al-Anon Faces Alcoholism*, our public outreach magazine. Sometimes a sharing will remain in our database for several years before publication, at which time the member is notified.

The long and short of the matter, though, is that member sharings are desperately needed. They are the essence of Al-Anon recovery in print, and we need all the sharings we can get, at any time, on any recovery-related topic.

Upcoming "CAL Corner" Topics for *The Forum*:

March: *Lois Remembers* (B-7)

April: *Opening Our Hearts, Transforming Our Losses* (B-29)

Other CAL coming up: *When I Got Busy, I Got Better* (P-78), *Living with Sobriety* (P49), *Reaching for Personal Freedom* (P-92), *The Al-Anon Focus* (P-45), and *From Survival to Recovery* (B-21)

Literature News

There continues to be backorders of some CAL due to paper shortages, staffing challenges and shipping delays. For availability, LDCs can get updates from *AFG Connects*, and groups and individuals can check the Al-Anon Online Store. The new Service Manual will be available in electronic form in the Spring and printed copies in the Summer of this year.

March 12, 2022, AWSC Reports

LITERATURE/FORUM COORDINATOR

(continued)

Supporting Area Literature Distribution Centers (LDCs) Supports Al-Anon WSO

There were questions that came up regarding **Guideline - Cooperation between Al-Anon and AA** (G-3) re: Al-Anon literature. Namely, 1) whether there is anything that prevents AA offices/intergroup from selling Al-Anon literature; and 2) whether it violates any Al-Anon Traditions to list the locations of AA offices that sell Al-Anon literature. Here is Tom C's (WSO Associate Director – Literature) response (edited for space):

- 1) As a non-profit, AFG, Inc., must sell literature to anyone who wants to purchase it. Anyone can resell something that they legally purchased. Whether AA offices can sell non-AA literature is up to AA. Al-Anon's Seventh Tradition states that every group ought to be fully self-supporting. Purchasing from outside entities supports the WSO in that the outside entity purchased from the WSO, but it does not support local Al-Anon service arms or LDCs. It is up to individual members to determine whether personal convenience supersedes the practice of Al-Anon principles.
- 2) It would be a violation of Al-Anon Traditions to list the locations of any outside entity that sells CAL.
- 3) Al-Anon LDCs public listings should contain only public phone numbers and addresses. Some LDCs are operated out of members' homes. It would be a violation of their anonymity to publicly publish their personal phone number or home address.

"Copyright Information and Reprint Permission"

All CAL and *The Forum* is copyrighted. Information about copyrights and reprint requests can be found in the **2022-2025 Al-Anon/Alateen Service Manual** (pages 116-118).

In addition to the statement in the **Al-Anon Service Arm Websites Guideline** (G-40), further information is found in the **Newsletter Editors Guideline** (G-21), found at al-anon.org/pdf/G21.pdf, where it states the following:

The World Service Office (WSO) can only grant permission for limited excerpts (one paragraph or less) of CAL or The Forum in Al-Anon service arm newsletters in the World Service Conference Structure. Such use must be requested in advance, using the "Request Permission to Reprint for Use by Al-Anon Service Arms" form available at al-anon.org/reprint. Newsletters of other structures may, upon informing the WSO, use material from CAL or The Forum if they give a proper credit line in their publication. The WSO is unable to give permission to post excerpts from CAL online. Therefore, if your newsletter is posted on a publicly accessible (non-password protected) service arm website, it cannot include reprints from CAL."

Literature Trivia Questions & Winners

The winners of the last Literature Trivia and a free one-year *Forum* subscription are Debbie D, District 12 and Kate A. Here are the questions and answers:

- What was the first year that Conference Approved Literature was discussed? 1961 in *Many Voices*, p. 98.
- What pieces of CAL celebrated its 60th Anniversary? *Twelve Steps and Traditions* (P-17) and *Alcoholism, the Family Disease* (P-4)

Grateful to serve,

Gloria V

Literature/ *Forum* Coordinator, Panel 61, Michigan

2021 WSO Al-Anon Membership Survey Results

83% of members report improvement in their mental health within the first year. 93% of members with 4 or more years of Al-Anon involvement indicate improved mental health, with about two out of three indicating significant improvement.

MIAFG News

PANEL 61'S VISION, GOALS AND MISSION

Vision Statement

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

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.

2021 WSO Al-Anon Membership Survey Results

94% have attended face-to-face/in-person meetings, 76% online meetings, 26% phone meetings, and 12% participated in meetings on the Al-Anon Family Groups Mobile App.

Spotlight on...



“Zoom Bombers” (and how to handle them)

We in Al-Anon are grateful that meeting virtually has been an option during the pandemic. Unfortunately, the serenity we enjoy at our meetings has sometimes been interrupted by “bombers” – individuals who join the meeting solely to disrupt the proceedings.

At the March 12 AWSC, our Tech Coordinator Denise S shared these tips to help groups handle unwanted guests.

- Manage screen sharing to avoid random people sharing unwanted content with the group. You can restrict this before and during the meeting in the host control bar.
- Lock the meeting after a given amount of time, say 20 minutes, so no new participants can join, even if they have the ID and passcode. Click the Security icon at the bottom of your Zoom window and select Lock Meeting.
- Remove unwanted or disruptive participants by using the Security Icon or Participants menu. On the Participants menu, you can mouse over a participant’s name and several options will appear, including Remove. Click that to kick someone out of the meeting.
- Disable video to block unwanted, distracting, or inappropriate gestures on video.
- Mute participants to block unwanted, distracting, or inappropriate noise. Hosts can mute/unmute individual participants or all at once. You can also enable “Mute Upon Entry” in your settings.
- Suspend participant activities: Hosts and co-hosts can pause the meeting to remove an offending party and prevent further disruption. Click the Security icon and select “Suspend Participant Activities” to temporarily halt all video, audio, in-meeting chat, annotation, screen sharing, Breakout Rooms, etc. You can resume the meeting by re-enabling the individual features.
- Turn off file transfer to keep the chat from getting bombarded with unsolicited pics, GIFs, memes, etc.
- Disable private chat to cut back on distractions. Click “Chat” in the meeting controls, then at the bottom of the in-meeting Zoom Group Chat window click the three dots.
- Enable the Waiting Room, which is a virtual staging area that stops your guests from joining until you’re ready for them. Meeting hosts can customize Waiting Room settings and even personalize the message people see when they hit the Waiting Room so they know they’re in the right spot. This message is really a great spot to post any rules/guidelines for your event, like who it’s intended for.

Before Al-Anon...



Tradition 12: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

Sending an email to Al-Anon group members? Put the distribution list in the *BCC* rather than *To* field so the email addresses are not visible to the recipients.

To

CC

BCC

Meeting Information

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 you wish for it to be signed “Anonymous.”

Please note that if your share is published, it 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).

Classifieds

Desperately Seeking

A copy of *How Al-Anon Works*. Will pay with *Just for Tonight Bookmarks*

Missing Out?

Send your and/or your Group’s email address to miafgrecords@gmail.com to make sure you receive MIAFG news and updates

Thank You

Send best wishes to our Delegate Kristine G as she attends WSC April 26 - 30. miafgdelegate@gmail.com.

Hot in Cleveland

Mark October 29 on your calendar for Road Trip to Cleveland to meet with the Board of Trustees. More will be revealed

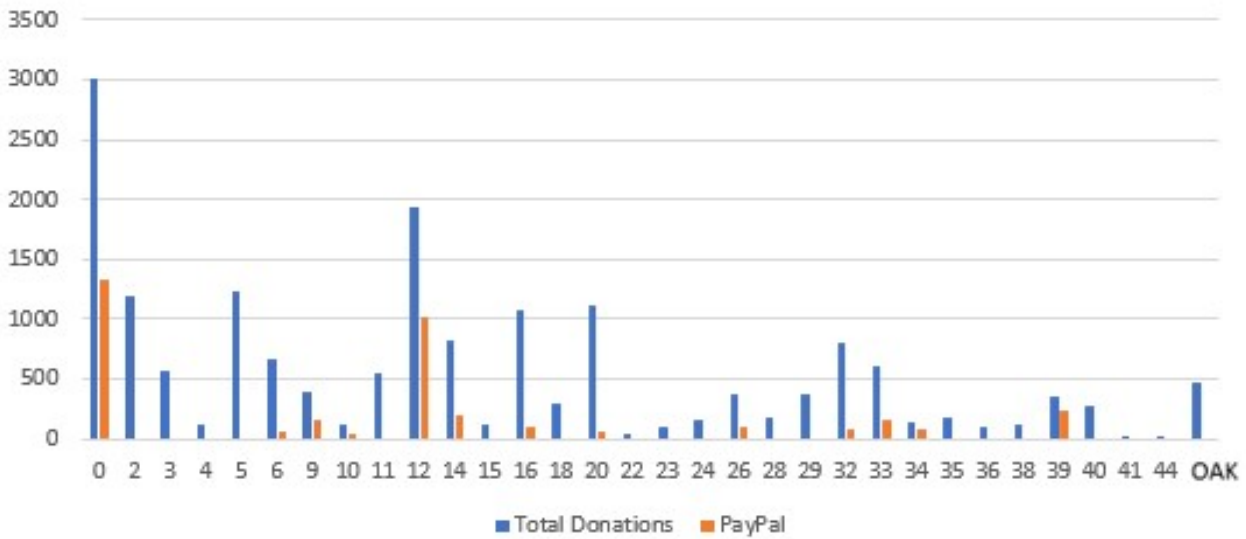
MIAFG DONATIONS FOR 2021

Name	WSO #	Zip Code	District	Name	WSO #	Zip Code	District
12 Steps And 12 Traditions AFG	45591	48047-2106	26	Help Yourself AFG	7002	48314-3502	11
12 Steps Study Group Paths to Recovery AFG	30615184	48640-8549	29	Highland Hour of Power AFG	6763	48356-2824	14
12 Steps to Self AFG	30679264	48213-2868	9	Holly AFG	26227	48442-1645	22
A Family Affair AFG	30526085	48313-2686	11	Hope And Freedom AFG	30673783	48864-1637	16
A Peace of Serenity AFG	63967	48304-3400	12	Hope And Sharing AFG	6619	48423-2034	24
AFG 12 Steps and 12 Traditions	30651078	49423-4534	18	How It Works AFG	66550	48360-1755	14
Alanooners AFG	53890	49002-1740	2	Irish Hills AFG	30564044	49230-9201	3
All In the Family AFG	6813	48906-4807	16	Irish Hills Alateen	30684743	49230-9201	3
Amazing Grace AFG	63799	48382-2201	14	It Works AFG	42003	48334-3335	12
Anchor By the Bay AFG	66563	48706-4777	29	Just For Today AFG	27796	48239	9
Bay Area AFG	30650769	48001-1345	26	Kalamazoo Westside AFG	6801	49006-4437	2
Belding Caring and Sharing AFG	6555	48809	20	Kalkaska Tuesday AFG	44356	49646-7957	39
Bellaire Beginnings AFG	30571281	49615-9591	39	Keego AFG	7051	48324	14
Berrien County AFG	7004	49127-8302	2	Keep Coming Back AFG	30677697	48858-3257	34
Beyond The Steps AFG	30526928	48301-1647	12	Keep It Simple AFG	47922	48197-2522	5
Blueprint For Progress AFG	6734	49503-1121	20	Kinross AFG	45835	49788-1506	44
Cal's Pals AFG	503499	48356-2971	14	Lakewood AFG	30554511	48849-9207	20
Canton Courage To Change AFG	54282	48187-2753	6	Learning To Live AFG	49553	48067-2125	12
Changing Directions AFG	65448	48197-7067	5	Leland Serenity AFG	30539360	49654	39
Clover Friday AFG	6828	48446-1349	24	Let It Begin with Me AFG	30518198	48223-2405	9
Courage To Change AFG	6736	49503-1121	20	Let The Tears Flow AFG	42499	49548-1050	20
Courage To Change Crew AFG	63357	48422-1315	26	Listen and Learn AFG	6773	48843-1440	15
Dearborn Heights AFG	6628	48124-2805	6	Ludington AFG	6840	49431-1723	33
Denial No More AFG	501769	49428	20	Maple West AFG	50182	48009-1298	12
District 16		48917	16	Mending Hearts and Minds AFG	30597782	49660	33
District 2		49001	2	Mid-Day Serenity AFG	67138	48326-3245	14
District 5		48106	5	Miracles Of Hope AFG	67318	48183-2008	4
Downtown Saturday PM AFG	6864	48640-5139	29	Mon Wed Fri Lunchtime AFG	41711	49548-1050	20
Early Birds AFG	62084	48170-1565	6	Monday Afternoon AFG	30625800	49677-8251	34
East Bay AFG	43011	49686-8158	39	Monday Night AFG	6718	49417-1455	32
Fenton Wed AM AFG	6677	48430-2322	22	Monday Night AFG	6921	49006-2707	2
First Things First AFG	30606416	48183-2231	4	Monday Night AFG	7034	48768-1148	28
Flushing AFG	44495	48433-1551	23	Monday Night Journey AFG	30532717	48062-1347	26
Friday Nooners AFG	54036	48118	5	Monday Night Miracles AFG	30533346	48072-1229	12
Friends In Need AFG	54557	49445-3040	32	Monday Nite AFG	6699	48623-2543	29
Getting Better AFG	29248	48093-8445	10	New Beginnings AFG	39341	48304-2725	12
Harbor Springs Friday Noon AFG	30705	49740-9395	40	New Beginnings AFG	62436	49735-1637	41
Harbor Springs Sunday PM AFG	30537371	49740	40	New Directions AFG	29920	48197-6609	5
Harmony Hunters AFG	6854	48744-9669	28	New Hope AFG	30685626	49230-8979	3
Hart AFG	30681331	49420	33	Niles Steps to Serenity AFG	30569555	49120-2708	2
				Novi Noon AFG	30532022	48374	12
				Oakland County AIS/LDC	2104314	48328	12,14
				One Day at A Timers AFG	41352	49601-2124	38
				Open Door AFG	6647	48152-3461	6
				Open Door Step Study AFG	45543	49686-2777	39
				Orchard Lake AFG	6906	48324-1611	14

Name	WSO #	Zip Code	District	Name	WSO #	Zip Code	District
Oshtemon Wednesday Night AFG	46528	49009-2018	2	Sunday Serenity AFG	51321	49503-1121	20
Over The Horizon AFG	29457	48823-2602	16	Sunday Serenity AFG	503494	48304-3029	12
Paths To Recovery Saturday AFG	30570564	49423-5158	18	Suttons Bay AFG	7010	49682-5107	39
Peace AFG	6568	48116-1824	15	SW Michigan AIS	1050336	49001	2
Peace At the End of The Road AFG	32286	48334-4614	12	Tawas Tuesday Night AFG	6667	48730-1130	36
People Helping People AFG	30667224	48036-2583	11	Territorial Road AFG	30555489	49015-1721	2
Plainfield Beacon of Hope AFG	30628253	49525-1612	20	TGIF AFG	6514	49221-1313	3
Portland Area AFG	30629029	48875-1440	16	The Chosen Family AFG	30713518	48886	20
Positive Thinkers AFG	62088	48650-8469	35	The Seekers AFG	6627	48126-3229	6
Power Lunch Wednesday Noon AFG	62298	48840-8415	16	The Steps Forward AFG	502360	49007-3736	2
Romeo Monday Night AFG	6943	48065-4605	11	The Tuesday Night AFG	30515218	48060-4476	26
Royal Oak Tuesday Morning AFG	6955	48073-2301	12	Thursday Keep It Simple AFG	31745	48103-2835	5
Saginaw Monday Morning AFG	6960	48602-2149	29	Thursday Night AFG	502980	48072-1229	12
Saturday Morning AFG	45419	48912	16	Tri Cities AFG	61413	49417-1233	32
Saturday Morning AFG	30715193	49505	20	Tuesday And Friday Morning Serenity AFG	45375	48104-6829	5
Saturday Noon Hope for Children of Alcoholics Alateen	30673132	49503	20	Tuesday Morning AFG	30571070	49651	38
Scottville AFG	6986	49454-9609	33	Tuesday Morning Topic AFG	30667926	48910	16
Second Chance AFG	38746	48505-1921	23	Tuesday Night AFG	6796	49426-8609	20
Serenity 2 AFG	30727326	48162	2	Tuesday Night Serenity AFG	6870	48166	4
Serenity AFG	54576	49456-2142	32	Tuesday Night Twelve and Twelve AFG	49115	49221-9109	3
Serenity Monday Noon AFG	6535	48103-2835	5	Tuesday Petoskey Night AFG	30508899	49740	40
Serenity Now AFG	503386	48381	14	Tuesday PM AFG	40599	48640	29
Serenity Now AFG	30705215	49221	3	Tuesday PM AFG	60392	49441	32
Serenity Seekers AFG	6795	49201-1908	3	Unity of Livonia AFG	6837	48154-3824	6
Serenity Support AFG	30546301	49525	20	Wednesday Afternoon Serenity AFG	6927	48060-2840	26
Serenity Through Recovery AFG	53156	48111-2618	5	Wednesday C I P Continue Improve Practice AFG	30685256	49720-1314	40
Share The Gift AFG	66172	48315-2620	11	Wednesday Night AFG	6966	48603-3739	29
Sharing Our Strength and Serenity AFG	31619	48082-1586	10	Wednesday Night AFG	24393	49286	3
Southend AFG	6615	49315-9470	20	Wednesday Nite Clare AFG	6601	48617-1415	34
Sparta Monday Night AFG	6997	49345-1551	20	White Lake AFG	6876	49437-1516	32
Stepping Out AFG	52910	48346-1402	14	Zoom - No Name			5
Stepping Stones AFG	54727	49503-1121	20	Zoom - Seeking Serenity Through AFG			33
Steps To Serenity AFG	52162	48235-3248	9				
Sticking To Basics AFG	63613	48192	4				
Striving For Serenity AFG	61776	48081-1324	10				
Sunday Afternoon AFG	30537369	49221	3				
Sunday Night Alateen	66518	48040	26				
Sunday Night Stepping Stones AFG	26975	48040-1220	26				

2021 WSO Al-Anon Membership Survey Results
On average, 67 out of 100 members reported being affected by alcoholism spanning two or more generations. Results by demographics (i.e., age, gender, language, income, sexual orientation, or race) remained consistently between 60 to 70 out of 100.

2021 Year End Donations MIAFG



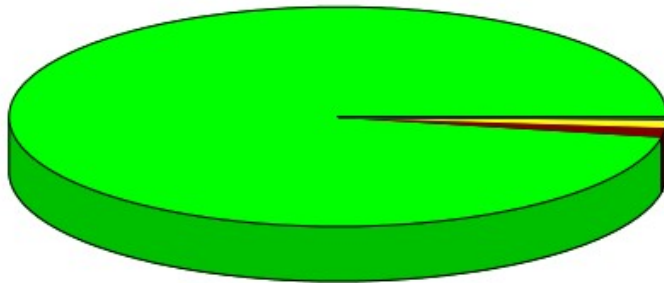
Total Donations: \$17,533.33

- Total PayPal: \$3,603.25
- Total Non-PayPal: \$13,930.08

District 0: Individual Donations (not affiliated with a Group or District)

OAK: Oakland County AIS/LDC

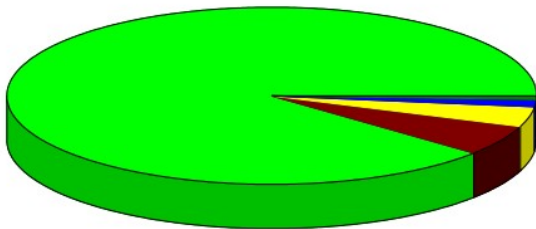
Income Summary January through December 2021



Group Donations	97.10%
Inkind donations	1.45
State Convention	1.16
Newsletter Subscriptions	0.27
Interest Income	0.02
Total	\$18,056.40

By Account

Expense Summary January through December 2021



OPERATING EXPENSES	88.85%
GROUP SERVICES	5.71
ALATEEN	3.68
BUSINESS SERVICES	1.35
FELLOWSHIP COMMUNICATIONS	0.41
Total	\$10,710.91

By Account

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		miafctreasurer@gmail.com miafgwebcoordinator@gmail.com
Al-Anon's World Service Office	Website: www.al-anon.alateen.org Members Website: www.al-anon.org/members	Virginia Beach, VA 23456	757-563-1600 Fax: 757-563-1656	wso@al-anon.org
AFG, Inc.	Meeting Info: 1-888-4ALANON	www.al-anon.info/MeetingSearch		

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.grafg.org
SW Michigan AIS	Answering System	c/o Alano Club, 933 S. Burdick St	Kalamazoo, MI 49001	269-993-0589	swmichiganal-anon@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
Al-Anon/Alateen



Michigan Al-Anon/Alateen 50th Annual State Convention ...with AA Participation

You're worth it!

Virtual Convention

Saturday, May 14, 2022

8:45am – 4:00pm

Keynote Speakers

Panel - Recovery, You're worth it

Main Speaker - Cassi B. New Orleans, Louisiana

AMIAS Panel regarding Alateen

Presentation - Michigan's 50 Years of Recovery - Kate A.

AA Speaker - Jesse P. Flint, Michigan

Zoom link

<https://us02web.zoom.us/j/87122808866>

ID: 871 2280 8866

No passcode, waiting rooms will be used

This is a FREE event

Donations are appreciated
Mail to: Michigan AFG, Inc.
P.O. Box 980174
Ypsilanti, MI 48198-0174
or
www.miafg.org

 For Information
www.miafg.org
miafgconvention2022@gmail.com
313-312-5001