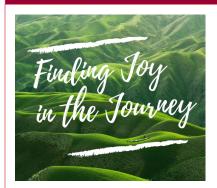


Sincerely Al-Anon

December 2025

HOLIDAY GREETINGS FROM OUR BELOVED LOIS!



Dear Friends in Al-Anon,

At this happy season, I greet you and wish you all the joys of the holidays and fulfillment in growth during the New Year.

I have been considering what Al-Anon means to me after all these years. It is easy to appraise what Al-Anon can mean to a newcomer; it may mean life itself.

Buy why do we long-timer members need Al-Anon?

Most of us have no drinking problem to contend with, and some of us, not even a partner with whom to adjust in working out our daily problems.

Al-Anon gives me many things. It gives me the inspiration to try to do God's will each day and keeps me from slumping back into careless spiritual practice.

It gives me the warmth and love of many friends wherever I go in Al-Anon, no matter how far from home or whether I have ever met these friends before. And in spite of distress and confusion in this troubled world, it helps me find joy in living and in loving my fellow man and my God.

Gratefully,

—Lois Wilson, Forum December 1975

Reprinted with permission of *The Forum*, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.

Tradition Twelve

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

"At my meeting I have a chance to express what's inside me. I don't have to feel that I'm in another world, alone in silence, with no one to turn to. Anonymity gives me the confidence to speak up knowing that nobody is going to gossip about what I've said.

It's that special kind of "glue" that binds us together in trust."

—Alateen –A Day at a Time, pg. 103

I work very hard not to break another Al-Anon member's anonymity. I remember the saying "Who you see here, what you hear here, let it stay here." What happens at a meeting goes no further. Not gossiping is another way to keep member's anonymity. I don't tell other Al-Anon members who are at the meetings if they hadn't attended themselves. On a personal level, anonymity also can mean silence. Sometimes just being silent help keeps my EGO (Easing God Out) in check. I can keep quiet and not be a know-it-all. I don't have to tell everybody everything I know. People have a right to their own journey; I believe that sometimes people need to figure things out for themselves. When Al-Anon members have their own awakenings or self-realizations, the lessons are learned in their hearts. (cont. on next page)

Published by: Al-Anon Information Service, 14 Sunnen Drive, Suite 144, Maplewood, MO 63143

To Contact: Call 314 645-1572 or email us at:

aisoffice@stl-al-anon.org

Website: www.stl-al-anon.org

Speakers Bureau: Call 314-645-1572

Public Outreach: 314-645-1572

IR (Intergroup Rep) Meeting:
Held the first Thursday of each
month. All members are welcome. Virtual meeting information will be shared the
week of the meeting.

To be Added to our Contact

List and receive Sincerely Al-Anon as well as meeting & event updates, please email your name and email address to:

aisoffice@stl-al-anon.org

AIS Office Hours & Literature Sale Info

The office is open and masks are optional. Our hours are:

MONDAY-FRIDAY 9am-5pm To Order Literature

Call the office to place an order or purchase on-line. Pick up inside or have your order shipped to you. Credit or debit card payments are accepted by phone. Checks (made payable to "AFG-St. Louis") and exact cash are also accepted at the time of pick-up. Stop in and visit us soon!



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(cont. from prior page)

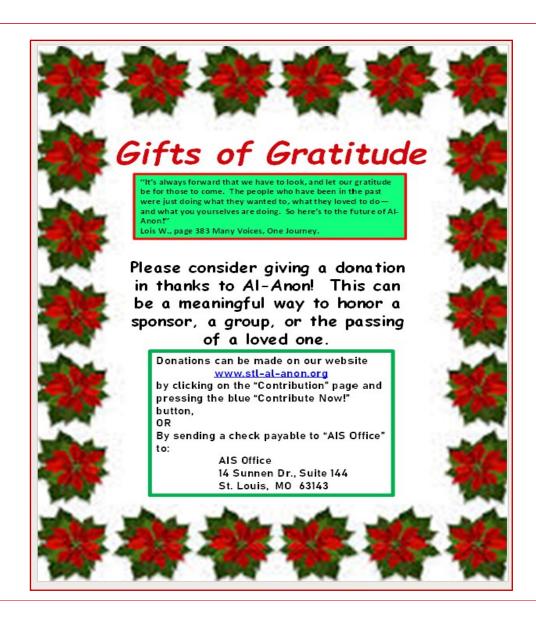
There are so many things we do not have control over — but we do have control over our own recovery. When we are ready to ask the questions or ask for help, we want change and the lesson can be learned. That is when we become enlightened to a new way of living. Many times for me "placing principles above personalities" means it's best to be **silent.**

My Spiritual foundation is happier when I mind my own business. I work very hard not to rescue, enable and provoke people in my life (program and non-program people). I also remember my sponsor telling me once, "do you want to be happy, or right?." I want to be happy so that means to me that I must pause and choose my battles with my sponsor's help.

"It's strange how someone we don't know can say exactly the right thing to help us with a very personal situation. I get the distinct impression, all the time, that through the program God is doing for us what we couldn't do for ourselves -- and that no matter who we are, principles are more important than personalities.

—Courage To Be Me-Living with Alcoholism, p. 261

—Susan C., Friday Night Fellowship



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December is a time to reflect, remember, and honor the people who have supported us on our path of recovery. Through the **Gift of Gratitude Campaign**, you have the opportunity to make a monetary gift to the AIS Office in the name of those who have helped you along your journey.

☼ Each gift is a way to say thank you and to carry forward the spirit of recovery and service.

Directions:

- During the check-out process, select: "+ add special instructions to the seller" prompt:
 - Enter: "Gift of Gratitude for {Honoree's First Name}"
- · Add "SA" if you wish the name(s) of those you honor to be included in the Sincerely Al-Anon Newsletter.

Example:

To include in SA: Gift of Gratitude for Nancy—SA

To NOT include in SA: Gift of Gratitude for Nancy

Only first names will be used, in keeping with our tradition of anonymity.

Including a name is optional — your gratitude shines through whether or not it is listed.

★ Together, let's celebrate the people who have made a difference in our lives and continue to strengthen our fellowship through gratitude.

The Missouri Area invites You to Attend the South Central Regional Delegate's Meeting

The South-Central Regional Delegate's Meeting only comes to Missouri every 7 years — and you're invited!

When: March 6-8, 2026

Where: Crowne Plaza St. Louis Airport Hotel, 11228 Lone Eagle Drive, Bridgeton, MO 64044

Why: The purpose of the gathering is to bring together the Delegates of the South-Central Region to pre-

pare the new Delegates for the World Service Conference and bring closer communication and under-

standing to our Region.

Who: Attendance is open to any Al-Anon member interested in service.

How: A registration form will be available on the AIS website, or you can find it here at:

https://www.missouri-al-anon.org/uploads/1/1/6/7/116772009/2026 us scrdm registration flyer.pdf

The Missouri Area is part of the South-Central Region along with Arkansas, Kansas, Oklahoma, Louisiana, Texas East and Texas West. The Areas in the region take turns hosting this event and 2026 is Missouri's turn.

As stated above, the meeting is designed to prepare the newly elected Delegates. This year the newly elected Delegates are from Missouri, Arkansas and Louisiana. On Friday night they will introduce themselves to the Region. In addition, past Delegates from the Region present a program to prepare the new Delegates for the World Service Conference. The Regional Trustee is usually present to report on the latest news from the WSO. A workshop on the Conference Theme which this year is <u>75 Years-One Purpose</u> will be presented as well as discussion of Chosen Agenda Items submitted by the past Delegates attending. All this and more will happen at this event, plus you will meet members from all over the South-Central Region, expand your knowledge of our service arms, and see how our third legacy of service can enhance your recovery. The other purpose is to bring closer communication and understanding to our Region. What better way to accomplish this than to get together to fellowship, learn and reason things out together? This is an opportunity extended to our membership every year, but this year it is here in your hometown. We hope you will be there!

—Sue K. SCRDM-Program Chair, Panel 63 Missouri Delegate

For more information or to ask questions, contact 2026scrdm@gmail.com or delegate.panel63@missouri-al-anon.org

Link to Flyer

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My Circle of Friends and Family



As the holidays near, I am reminded that my home and life were never of the holiday -greeting-card-TV-movie variety. While I was growing up, alcoholism always lingered, waiting to rear its head as family and friends gathered around tables of food, laughter, and plenty of mixed alcoholic drinks.

Fast-forward to having my own gatherings of family, friends, laughter, food, and of course, plenty of alcohol, and the holidays continued to become even more tarnished. Broken promises and dishes, no-shows to parties or events due to embarrassment, no longer being invited to events because of rude, loud, falling-down-drunk

episodes—these all took a turn in how I anticipated the holidays. Add in the deaths of family members and a spouse whose birthday was right before the holidays, and it was a recipe for disaster. I thank God every day that I was introduced to the program and the members of Al-Anon Family Groups. I still don't have a greeting-card-movie-kind-of-home, but today there is laughter, there is gratitude for what I do have, and there is love and kindness shown by those in my circle of friends and family.

What's the difference? I have choices today that I did not know I had before Al-Anon. I no longer have to show up at, or participate in, events where there is the potential for drunken episodes. I am more accepting of myself, people, and events. They will be exactly the way they will be. Today, I welcome the parts of the holidays that I enjoy—the beautiful decorations, the lights, the great holiday music of my childhood, and the gathering of friends and family without alcohol. Giving of my time, lending a hand, receiving hugs, and sharing smiles are gifts worth more than anything I could find in a retail store. Today, I welcome the holidays with the new attitude I found in Al-Anon.

—Cathy A., CA, The Forum, Dec. 2020

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Carrying the Message: A Gift of Serenity

... One of my favorite passages in <u>From Survival to Recovery (B-21)</u> says: "If we willingly surrender ourselves to the spiritual discipline of the Twelve Steps, our lives can be transformed. We can become mature, responsible individuals with a great capacity for joy, fulfillment, and wonder." (p. 267).

Though I'll never be perfect, I strive for spiritual progress. Practicing these principles in all my affairs helps me navigate relationships—with myself, with others, and with my Higher Power. Just for today, "I will be unafraid... to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me." Sharing the gifts I've received from Al-Anon brings indescribable joy. It reinforces my own recovery and deepens my sense of connection. Carrying the message is not just a responsibility, it's a privilege.

Step Twelve invites us to continue our spiritual journey by living the Al-Anon principles and sharing the message of hope: You belong. You're welcome. You have something to contribute. And that is enough.

—Heather S., Associate Director—Public Outreach, The Forum, December 2025

This excerpted article is reprinted with permission of The Forum, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.

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Holiday Preparations – Setting Boundaries & Expectations

The holidays can present a number of unhappy situations for the family members of alcoholics. Just as the type and severity of the situations vary, so do the options family members have for responding to those situations. One option for anyone affected by someone else's alcoholism are Al-Anon meetings. There are local and virtual meetings available across the globe in many languages. Generally, groups still meet during the holidays. If you want to try a meeting but want to verify that they are still meeting locally, you can call the Al-Anon World Service Office,_+1 (888) 425-2666, or you can visit the World-wide Al-Anon Contact page to look up a local Al-Anon Information Service.

View link below:

Holidays Preparations - Setting boundaries & expectations

Holidays & Family

Janie, **Ernie**, and **Frances**, all active Al-Anon members are with us today to talk about how Al-Anon helped them deal with drinking during the holidays.

"First Steps to Al-Anon Recovery" from Al-Anon Family Groups is a series of podcasts to discuss some common concerns for people who have been affected by someone else's drinking.

Help during the Holidays Podcast

St Louis Meetings

How to Stay Connected to Al-Anon

Al-Anon Information Service (AIS Office) 14 Sunnen Dr. Suite 144 Maplewood, MO. 63143

314-645-1572 – aisoffice@stl-al-anon.org

Al-Anon Intergroup Information—if you would like to be an IR (Intergroup Rep), please call the office. IR meetings are generally the first Thursday of the month at 7:00 pm.

ID: 827-4417-1250 PW: 5400266

- Sign Up for Emails
- Calendar of Events

Missouri Area Al-Anon & Alateen Family Groups

- MO Al-Anon Website
- Calendar of Events

Al-Anon Family Groups World Service Office (WSO)

- Subscribe to "In The Loop"
- Service Manual
- Al-Anon Guidelines
- Public Outreach
- World Service Conferences (WSC)

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New Alateen Meeting in District 9

Hello friends,

My name is Karen F., AMIAS from H.O.W. Alateen AFG, District 9.

We are excited to announce a **new Alateen meeting** starting **Sunday nights at 7:00 PM** at:



P Holy Spirit Annex Center Maryland Heights, MO 63043

@ Seeking AMIAS Support

We are looking for **3 or more AMIAS** to rotate in helping support this new meeting. Your service will make a huge difference in providing a safe and welcoming space for Alateen members.

Outreach Update

Great news! One of our local schools has approved distributing Alateen handouts and meeting information. With the existing Tuesday Night meeting in District 9, we believe adding a weekend option will be both beneficial and needed for our young members.

₫ Contact

If you are willing to serve or would like more information, please reach out: **Karen F., District 9**

HOW: Honest Open Willing Alateen AFG at: karen1013jff@gmail.com

Missouri Area's SMA-ART Weekend (Supporting Missouri AMIAS-Annual Required Training)

February 27th – March 1st 2026



To maintain AMIAS status, all Al-Anon members involved in Alateen Service must be recertified annually according to the timeline established by the WSO.

All AMIAS must adhere to specific requirements set by the Area in which the

AMIAS serves (2022-2025 Service Manual).

Link to SMA-ART Weekend Flyer

Meetings that Need Support

Courage To Change AFG

ZOOM log in: 895 2385 7612

Password: 584896

Thursday, 7;00 pm, ZOOM only format: step, tradition, slogan, open topic (rotates

weekly)



REVIVED ALATEEN MEETING in Dardenne Prairie

Thursdays 7:00 pm 7400 Highway N.

Dardenne Prairie, MO 63368

Ages 13-18 welcome. AA and Al-Anon meetings meet at the same time and place.

For more information: alateen63368@gmail.com

EXPERIENCE, STRENGTH & HOPE AFG

Group Name: The Eleventh Steppers Sundays at 6:00 pm St. John's Evangelical U.C.C. 11333 St. John's Church Road St. Louis, MO. 63123

STUDY THE 12 STEPS AT THE HY-HOPE AFG MEETINGS

Wednesdays 7:00pm to 8:00pm St. John's Evangelical U.C.C. 11333 St. John Church Road, St. Louis, MO. 63123

Conference Approved Literature Meeting at Grace In AFG

Thursdays 12:00 noon Grace United Methodist Church 6199 Waterman St. St. Louis, MO. 63112

Free @ Last — Group 138

ZOOM log in: 877-771-118 Password: 037095 Wednesday, 6:00 pm ZOOM only format: conference approved literature



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District 9 AFG Winter Workshop

20th Anniversary Celebration

III January 9-10, 2026

Arlington United Methodist Church, 3770 McKelvey Rd, Bridgeton, MO 63044

Overview

District 9 is proud to celebrate **two decades** of recovery and fellowship through its <u>Annual Winter Workshop</u>. This milestone event will be especially memorable, featuring guest speaker **Kathy H. from Cincinnati**, **OH**.

1 Event Details

- Friday, January 9, 2026
 - ♦ Doors open: 6:00 PM (registration & fellowship)
 - ♦ Workshop: 7:00 PM Kathy H. shares her personal story
- Saturday, January 10, 2026
 - ♦ Doors open: 8:30 AM
 - ♦ Workshop: 9:00 AM 1:45 PM

Kathy H. leads a session on "Sponsorship"

Food & Refreshments

- Friday evening: Light snacks provided
- Saturday lunch:
 - ♦ Pre-order **McAlister's Box Lunches** with registration (no same-day sales)
 - ♦ Or bring your own/go out for lunch
 - ♦ Complimentary **coffee**, **hot tea**, **and water** available

Lunch seating & fellowship in the gym (tables & chairs provided)

Breakout Sessions

 After lunch on Saturday, participants will join small group breakout sessions in the gymnasium to explore the workshop topic together

Recordings & Literature

- Greg from Action Audio will record the event; recordings available for purchase
- Al-Anon Conference Approved Literature for sale Friday & Saturday

†† 7th Tradition Basket Raffle

- The beloved Basket Raffle returns!
- To donate a basket, contact Peggy J. at (314) 302-9011
- Monetary contributions welcome Peggy can create a basket for you, or you may bring one yourself

Registration

- Flyer with registration details will be posted on the website
- Online and mail-in registration options available

 Mark your calendars and help us celebrate 20 years of recovery and fellowship at the District 9 AFG Winter Workshop.

D-9 Winter Workshop Flyer

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What a SUCCESSFUL Trivia Night!

District 2 held its first Trivia Night on Saturday, November 8th with proceeds exceeding **\$2,000** going to support the St. Louis Al-Anon Information Services Office. Approximately 120 members from Al-Anon, A.A., Alateen and friends of members were in attendance. There were 16 baskets donated by groups and individual members which brought in \$869. The 50/50 raffle revenue was \$209 after awarding three lucky winners, and table reservations revenue was \$1,420.

The Listening, Caring and Sharing Alateen group from Festus and an Alateen from Sullivan were extremely helpful throughout the evening. They distributed question sheets to all the tables, and then quickly picked up all answers to deliver to the judges, Joe W. and Sue B. The Alateen group had a raffle basket and provided bottled water and soda with proceeds of \$424 for the Alateen Step 11 Fundraiser. Another raffle basket's proceeds of \$89 will be used to support the group's goal to rent a van to attend the April Come Be A Teen camp in April.

A HUGE thanks goes to Denise B., Group Representative for *Helping Hands AFG*, who came up with this idea, organized and chaired Trivia Night; Beth A. and Jim A. who provided the technology needed to display the scores; Judy S. and Phyllis who sold basket raffle tickets; Annette K. who sold 50/50 raffle tickets; and many others who showed up to help with set-up and clean up. And, last but not least, the emcee for the evening, thanks to Pete M.

Thanks to the members who donated their winnings to Alateen and the AlS Office. District 2 is grateful for the support of many members and friends who made Trivia Night a huge success!

Al-Anon's 75th Anniversary Celebration

"75 Years, One Purpose"



You are invited to a special celebration marking Al-Anon Family Groups' 75th Anniversary!

From its early beginnings as the Clearing House founded by Lois W. and Anne B. in 1951, to its formal incorporation as a nonprofit under the name Al-Anon Family Group Headquarters Inc. in 1954, the World Service Office (WSO) has been the heart of Al-Anon service for over 75 years!

Join us in commemorating this remarkable milestone with a special day of celebration, beginning with a heartfelt welcome at our World Service Office!

WSO Open House — Saturday, April 25th 2026 1600 Corporate Landing Parkway Virgina Beach, VA USA

75th Anniversary Gala Banquet

75th Celebration Link

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The Upcoming New Year Would be a Great Time to Commit to Al-Anon Service!

LOIS W WANTS YOU!



Al-Anon Family Groups of Greater STL needs YOU to serve on our Board of Directors!

Service is what keeps the program going. As a Board Member you will help guide the future of Al Anon in the STL area. You will also make friends, learn more about Al-Anon and discover a new level of personal recovery. Be of service and spread the message!

Call or email the AIS office for more information - immediate openings available.

(314) 645-1572 aisoffice@stl-al-anon.org

A PRAYER FOR SIGNIFICANT OTHERS

I free you from my anxiety, from my personal idea of what constitutes happiness for you.

I trust the sprit of God in you, to guide you, to show you the way that is right for you, your highest good, the way that means happiness and success for you.

I place you lovingly in the hands of the Father. I stand by in faith. I refrain from imposing my will on you. As close as I am to you; as much as I love you, I cannot live your life for you. Your destiny, your place, your fulfillment is between you and God.

I know that we are one in God and that if I trust
God in my life, and trust Him in yours, all will
be well!

The light of God surrounds us.

The love of God enfolds us; the presence of God
protects us.

The presence of God watches over us..

Where I am God is.

I love you, I bless you, I let you go!

This prayer was found in an old meeting binder donated to the AIS Office. Take what you like and leave the rest.

The AIS Office Holiday Hours

- Christmas Eve closing at 1 pm
- Christmas Day closed
- New Year's Eve closing at 1 pm
- New Year's Day closed

Make a Note. . .

- 2026-2029 New Service Manual and Groups at Work will be available online in January 2026
- Available in print February 2026
- No IR meeting in January due to New Year's Day Holiday



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OCTOBER 2025 Revenue	
District/Meeting	Contrib.
D-14 Women in Recovery AC	✓
D-28 Together We Can	✓
D-17 Solutions of Harvester	\checkmark
D-18 Monday Night Serenity AFG IL	✓
D-09 Steps to a New Life	✓
D-15 Webster Groves Parents	✓
D-02 Listening, Caring & Sharing	✓
D-02 Parents Path to Recovery	✓
D-02 Serenity Seekers	✓
D-13 Fully Relying on God (F.R.O.G.)	✓
D-22 River City Freedom	✓
D-28 Personal Freedom AFG	✓
D-09 Banner Online AFG — ZOOM	✓
D-14 Stepping Out	✓
Group 148	✓
D-15 Friday Night Fellowship ZOOM	✓
D-13 Choices AFG ZOOM	✓
D-13 Glendale Thursday Morning ZOOM	✓
D-14 Easy Does It	✓
D-15 Grateful Everyday	✓
D-02 Two Open Hands	\checkmark
D-18 Thursday Night Glen Carbon IL	✓
D-09 Courage to Change ZOOM	✓
D-15 Journey to Serenity AC	\checkmark
D-18 Troy Joy IL	✓
D-14 Hampton Group	\checkmark
D-2 Recovery in Relationships ZOOM	✓
D-14 How AFG Works	\checkmark
Group Contribution Total	2,321.25
Fundraising Revenue	71.00
Annual Appeal	111.00
District Contributions	361.00
Dollars & Sense	2.25
Unrealized Gain/Loss	138.75
Literature Sales	2,18135
Fundraising Revenue	48.00
Misc. Contributions	315.00
Interest Income	165.48
Services	59.69
TOTAL REVENUE	\$6,311.509

Heard in Meetings...

 I try to stay in the moment. I try to stay in gratitude.



 I always want to be that hand reaching out.

- We teach people how to treat us.
- When we're off, can we be willing to get gently back on the beam?
- I've learned to sit with uncertainty and wait.
- What if I just borrowed my Higher Power's courage?
- Today, I give simple thanks for simple gifts.
- I have learned to let go when I'm praying.
- You can't get an "A" in Al-Anon, but you also can't fail



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Upcoming Al-Anon Events!

New Year's Eve 1950 Sock Hop - December 31st

St. Luke's UMC, 2761 Telegraph Rd.

Sock Hop Flyer

JANUARY 9-10, 2026 - District 9 AFG Winter Workshop 20th Anniversary Celebration!

Registration is open on line

Link to D-9 Workshop Flyer

Spring Fling Western Bingo Nite w/Al-Anon - Feb. 21st

Link to Flyer

MO Area's SMAR-ART Weekend (Training for AMIAS)

Feb 27th - March 1st

Link to Flyer

FEBRUARY 27-MARCH 1, 2026 — Area 64 Alabama Al-Anon Convention

Area 64 Convention Flyer

US South Central Regional Al-Anon Delegates Meeting

March 6^{th-8th. Bridgeton, MO}

Link to Flyer

APRIL 24-26, 2026 — Spring Fling Convention w/ Al-Anon Participation

Spring Fling Flyer

MO Area Al-Anon/Alateen Convention w/AA September 25th-27th Springfield, MO

Link to Flyer

Save The Date

April 25th 2026 — F.R.O.G. Group 20th Birthday Bash & Potluck

July 20—22, 2028 — Al-Anon International Convention, Minneapolis, MN

Flyers TBA

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Alateen Meetings

DREAMS BECOME TRUE -SUNDAY 6:30 PM –
KIRKWOOD UNITED METHODIST CHURCH 201 W. ADAMS AVE KIRKWOOD,
MO 63122

DREAMS TO REALITY AFG -TUESDAY 7PM
ARLINGTON METHODIST CHURCH 3770 McKelvey RD.
ROOM 105 -BRIDGETON, Mo 63044

TRUE PATH TO FREEDOM AFG -THURSDAY 7PM — DARDENNE PRESBYTERIAN CHURCH 7400 HIGHWAY N

DARDENNE PRAIRIE, MO. 63368

LISTENING, CAREING & SHARING AFG-TUESDAY 7PM
FIRST UNITED METHODIST CHURCH 113 GRAND AVE, FESTUS, MO 63028

•

SULLIVAN AFG -THURSDAY 6:30PM ST. MATTHEW LUTHERAN CHURCH 528 n. CENTRAL ST. SULLIVAN, MO. 63080

Starting January 3rd, 2026, Sunday at 7:00 pm H.O.W Alateen AFG Holy Spirit Catholic Church (Annex Center) 3130 Parkwood Ln. Maryland Heights, MO. 63043