

Sincerely Al-Anon

FEBRUARY 2026

STEP TWO

**Came to believe that a power greater than ourselves
could restore us to sanity.**

"The word 'sanity' seems to bother a lot of people. They get the idea that if they have to be restored to sanity, they must be insane. This isn't so. Sanity means wholeness-thinking in a healthy way."

—Alateen Hope for Children of Alcoholics, p. 13



This is my favorite step because the buck stops here. Do I want sanity, or do I want to continue with my insane behavior and thoughts? I choose wholeness one day at a time. This requires me to work my program: have a sponsor, work the steps, attend meetings regularly, work with others, and do service work.

This step brings hope that I can be a healthier person for myself and toward my loved ones. I can look at myself and see where my behavior has been fueled by fear.

When I get frightened, I lash out with angry or insane behavior. I fear losing control or not getting my way and I think I know what is best. The insane or unhealthy thoughts and actions are my defects of character that need to be identified and worked on with the help of a sponsor.

First, I need to look at my concept of my Higher Power. I knew I needed a loving Higher Power. In the beginning, my concept of God (or my misconception of my birth religion God) was punishing. My unhealthy thoughts said "well, since I have already done these bad or sick things, I guess it's a done deal." When I entered Al-Anon, I heard stories of members with a loving Higher Power and how their Higher Power had helped them. Their God was loving and kind, wanting what is best for us. Today I try to keep it simple. God is love. I pause and ask myself these questions: am I performing this action in a loving way? Are these words kind? Am I working my own program and not someone else's?

Today, Step Two gives me a sense of peace, knowing that I do have a way to a saner life with the help of the Al-Anon program and the loving people who attend meetings.

"When I was introduced to Step Two, it gave me hope to know that I didn't have to tackle my life all by myself. A power greater than I am was available and willing to help. All I had to do was believe."

—Living Today in Alateen, p. 313

—Susan C., Friday Night Fellowship

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

aioffice@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:

aioffice@stl-al-anon.org

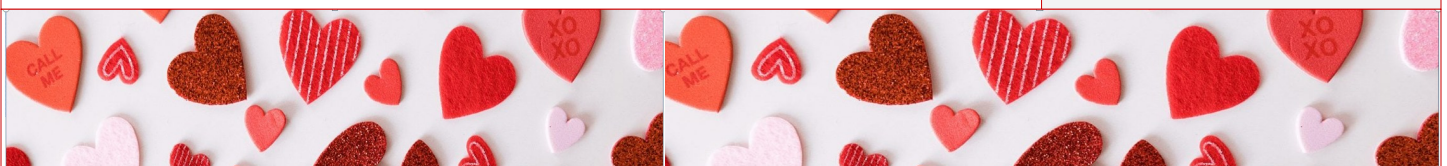
AIS Office Hours & Literature Sale Info

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!



Tradition Two

For our group purpose there is but one authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

"Group problems need group answers. One person can't decide what's best for the group; we all need to get involved. When we all help to solve problems, everybody has a chance to grow. That's the group conscience at work—the way God wants it to be."

— Alateen-a Day at a Time, p. 167

Substantial unanimity means that any decision reached by the meeting will be reflective of the will of the entire

group. I want to have an open mind when listening to others' opinions. To be the healthiest I can be, I need to let go of the thought "my way or the highway", calm my mind and listen without judgement.

The booklet *Al-Anon and Alateen Groups at Work* (P-24) explains on page 51 that "the group conscience is the will of the group" and is based on members' use of the Twelve Traditions and Twelve Concepts of Service as guides, maintaining "principles above personalities" and sharing information as equals.

This is where having a "loving God" is helpful. If I lead with my heart and my Higher Power, then the will of the group will come first and the group will do what is best for the whole. I have to remember that when my meeting has a group conscience all members should have a chance to share. When I chair our group conscience, I call on everyone. If they choose not to share, it becomes their decision, not mine. I know some say this is the political side of Al-Anon. I believe they say that because they fear

conflict. Yes, some of us can be bullies but hopefully the chair can maintain a sense of calm and allow people to take turns and share without being interrupted. Tradition Two also reminds us that no matter how experienced someone is in the program, a leader can only suggest and negotiate to get things done, not make the decisions and command. I have to remember that if I turn my will and life over to a loving God, I can also turn the group conscience over to the same Higher Power. I personally love the idea of a group of people having a healthy discussion. It is very empowering and can carry over to my family and how I deal with issues at home and work. Do I allow my family members or co-workers a voice without judging them? Do I respect their ideas? Do I lead with my heart and my Higher Power at home and work?

The next time your meeting has a group conscience, stay and be an active member of your group. You will be surprised and see "the one authority" in action. My Higher Power speaks through the members of Al-Anon and I don't want to miss what my Higher Power has to tell me.

"We reach this majority through discussion. In Al-Anon, each of us has equally important voice. As members, we have an obligation to express that voice and to vote according to our convictions, even if we are the only ones who believe that idea." —How Al-Anon Works, p. 109

—Susan C., Friday Night Fellowship

Some Thoughts on Tradition Two:

I like knowing that we are all equal in our groups. For so long, I sought everyone's approval and was devastated when I didn't get it. In this group I don't need to impress anyone. I am accepted just as I am. The authority is not the sole responsibility of one person – not even a group of people. God is the only authority. —The Forum

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**THERE
IS BUT
ONE
AUTHORITY**

💎 Gift of Gratitude Campaign 💎

As the winter season settles in and invites us to pause and reflect, it becomes a beautiful time to honor the people who have supported us on our path of recovery. Through the **Gift of Gratitude Campaign**, you can make a monetary gift to the AIS Office in the name of those who have walked beside you on your journey.

💎 Each contribution becomes a heartfelt “thank you” carrying forward the warmth of recovery and service — much like a light glowing through the winter months.



Directions:

- Go to: <https://www.stl-al-anon.org/contribute.html>
- During the check-out process, select: “+ add special instructions to the seller”
- Enter: “**Gift of Gratitude for {Honoree’s First Name}**”, then 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**

Notes:

- 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 warmed our hearts, supported our recovery, and strengthened our fellowship — just like a comforting light in the winter season.

LONG-AWAITED
AL-ANON FAMILY GROUP
eBooks
ARE HERE!

Follow us to know when new ebooks are released!
Find out what's available: al-anon.org/digital-products

Did you know that many of your favorite Conference Approved Literature titles are becoming available as e-books? An e-book—short for electronic book—is a digital version of a printed book that you can read anytime, anywhere on smartphones, tablets, e-readers, or computers.

You can find our e-books on many popular platforms. Visit the Al-Anon Online Bookstore to browse available titles. Check back regularly to see new releases.

[Visit Our Online Bookstore](http://al-anon.org/digital-products)

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:

Holy Spirit Annex Center

Maryland Heights, MO 63043

 **Starting Date: TBA**

 **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 contact:

Karen F., District 9

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



NEW Alateen Meeting in Arnold

A new Alateen group called **Courage to Grow Alateen** began meeting on February 4, 2026. The meeting will be held on **Wednesdays from 7:00-8:00 pm at New Hope United Methodist Church, 3921 Jeffco Boulevard, Arnold, MO 63010**. Teens between the ages of 13-19 are welcome at this meeting.

There is an Al-Anon meeting, **Learn 'N Love AFG**, which meets at the same location and time, so individuals who bring the teen to the Alateen meeting can attend the Al-Anon meeting. Children under the age of 13 are welcome in the Alateen meeting if accompanied by an adult.

Members wishing to help support this new group with start-up costs or purchasing Conference Approved Literature, public outreach supplies, rent, etc., can mail a contribution to:

Treasurer Mickey Sapa, 2710 Willow Ranch Ct.

St. Louis, MO 63129

Questions or request for more information can be sent to: **courage-togrowalateen@gmail.com**.

COURAGE TO GROW ALATEEN MEETINGS



For Teens Ages 13-19

Alateen is a support group for teens affected by someone else's drinking

MEETINGS EVERY WEDNESDAY STARTING FEBRUARY 4, 2026

7:00-8:00 pm



NEW HOPE UNITED METHODIST CHURCH

3921 JEFFCO BOULEVARD, ARNOLD, MO 63010

For more information, email:

courage-togrowalateen@gmail.com or call Al-Anon

Office at 314-645-1572

Service Manuals Are Now Available!

Hello Members, Happy New Year!

Thank you for your patience.

Printed copies of the **2025 World Service Conference Summary** went on sale in January.

The **2026-2029 Service Manual** is posted on-line (click below to access):

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



The print version will be in-house in April.



District 28 is celebrating Lois W.'s Birthday in March —and You're Invited!

District 28, which is the Franklin County Al-Anon groups, will have a birthday party for Lois W. We will have a video from Stepping Stones, a display of Lois' quotes, and pictures from the past.

In addition, we will have an interactive history table where members can write experiences about the history of their groups. A short district meeting will be held first, followed by the celebration. Snacks, cake and coffee will be provided.

We had a fantastic time last year, so come and join us!

March 14th 10:00 a.m.
Zion UCC Church
115 S. Washington Ave.
Union, Mo 63084

If you have any questions, email:
District 28afg@gmail.com



The Annual
ALATEEN
 Recertification

Opens
January 8, 2026!

al-anon.org/ig163



The History of F.R.O.G. (Finally Relying on God) in Recovery AFG

F.R.O.G. In Recovery AFG humbly started as a small group on Friday, April 14, 2006. Some members were feeling the great need of starting a meeting in West County that fully honored the 12 Traditions while embracing "obedience to the unenforceable" of Al-Anon. We felt this was vital to carry the message of Al-Anon to all who walked through the door needing and wanting to recover from the effects of alcoholism — a safe place to share, learning the Al-Anon program and what it has to offer. With lots of God winks along the way we found a very supportive pastor and church who offered us two rooms and fully screened and vetted babysitters!

The church offered these rooms free of charge. However, we had no funds at the time and wanted to honor our Tradition 7. We decided we could meet at members' homes for 6 weeks to raise the funds for rent. The pastor said they would accept whatever our group could afford for rent. Through our first group conscience at the members' homes we named the group F. R.O.G. In Recovery and went through the proper channels to get the small group registered. We moved to the First Baptist Church of Ellisville after 6 weeks to hold the weekly Friday, 10-11 a.m., open, mixed, safe childcare, handicapped, CAL-only (Conference Approved Literature) meeting and secured a checking account. The group grew strong in knowledge and numbers as we applied the Al-Anon ideas and principles. Newcomers as well as long timers get the full benefit of Al-Anon as a result of staying true to the Traditions!

Our Area 31, District 13, April 14, 2006 newly-formed group grew and learned through trials and tribulations with valuable experience, strength, and hope over the years. Now celebrating 20 years strong and growing in West County we've moved locations twice since our humble beginnings. Each time we've needed to move, we have relied on our group conscience to make a decision using the Traditions, and of course members' work of the 12 Steps. We are now located at St. Martin's Episcopal Church in Ellisville. We welcome newcomers, encourage sponsorship, have monthly speakers, fellowship and work the 12 Steps, Traditions and Concepts format. We are committed to using only CAL and speakers are informed and asked to stick to only CAL in their talks. Unfortunately we are no longer able to provide childcare due to liability issues. We do, however, offer a hybrid meeting over Zoom! We contribute monthly to WSO, Area 31, District 13, and the St. Louis AIS. Members have sponsored and supported the Alateen program; we pay the church rent, host an annual potluck with some of the proceeds going to the AIS and donations to Alateen. One of our members chaired the Al-Anon portion of the Fall Classic years ago, encouraging service work and giving back to Al-Anon. We offer a library of free pamphlets and CAL for sale. All group service positions are filled and rotated out as suggested. Everyone brings their spiritual gifts to the meeting with such grace, love, support, and service for Al-Anon and the families of alcoholics. It is a WE program. Our group has gone through adversity, joy, laughter, tears, weddings, births and the death of loved ones. Together we will get through anything life has to offer, One Day At A Time. Please join in with us and share your experience, strength and hope. All are welcome!

SAVE THE DATE!

In the midst of Winter, you may not be thinking about a summer picnic. Or . . . maybe you ARE dreaming about warmer times this summer. Well . . .

— Save the Date —

DISTRICT 14 PICNIC

Sunday June 14, 2026

12:00 to 3:00

Shaw Park, Clayton MO

We will be gathering at the **South Pavilion** for a **POTLUCK Lunch** (main dish provided). We will have speakers, attendance prizes and our usual jewelry sale. More details to follow. Join us for more Al-Anon fellowship.



— Hope to see you there! —



GUIDELINES AND ADDRESSES FOR THE GROUP TREASURER
January 2026

GROUP NAME:	DISTRICT #:	WSO #:	*FOR STL GROUPS: GROUP #											
GROUP EXPENSES:	Varies according to group	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	
Meeting Place Rent														
Conference Approved Literature														
Forum Subscriptions														
GR expenses to Area Assemblies														
DONATIONS and SUBSCRIPTIONS														
DISTRICT Representative/ Treasurer	Write group name on check													
Name:	CHECK PAYABLE TO:													
Address:														
City, State, ZIP														
Phone #:	Or give to the DR at your District Meeting													
MISSOURI AREA TREASURER	• GROUP APPEALS: JAN/JUN/SEP	•						•			•			
*** Carrie Allwardt	*** CHECK PAYABLE TO:													
2424 E. Langston Street	MO Area AFG													
Springfield, MO 65804-2650														
treasurer.panel66@missouri-al-anon.org	Write District # and Group Name on your check													
WORLD SERVICE OFFICE	• PERSONAL APPEALS: FEB/MAY/AUG/NOV		•				•			•			•	
AFG, INC.	CHECK PAYABLE TO:													
1600 CORPORATE LANDING PARKWAY	AFG, INC.													
VIRGINIA BEACH, VA 23454-5617	Write District #, Group Name, and WSO # on your check													
SUBSCRIPTIONS FROM AFG, INC.:														
1. The Forum, \$11.00 a year														
2. Alateen Talk, \$2.50 a year														

GUIDELINES AND ADDRESSES FOR THE GROUP TREASURER - CONTINUED
January 2026

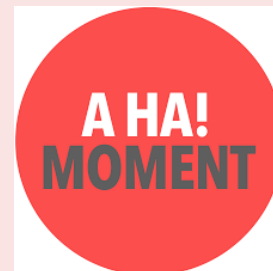
AL-ANON INFORMATION SERVICES (AIS) DONATIONS and LITERATURE DISTRIBUTION CENTERS (LDC) ORDERS													
ST LOUIS AREA													
Al-Anon/Alateen LDC/AIS Center	CHECK PAYABLE TO:												
14 Sunnen Drive, Suite 144	AFG OF GREATER ST LOUIS												
Maplewood, MO 63143	(Write District # and Group Name and # on your check)												
314-645-1572													
MISSOURI AREA LDC													
Sharon Spahn	CHECK PAYABLE TO:												
7431 Foxtrail Dr	MO Area AFG												
Hazelwood, MO 63042-1434	(Write District # and Group Name on your check)												
816-351-6792													
Area31litdepot@gmail.com													
 IMPORTANT INFORMATION – PLEASE READ 													
The group's first responsibility is to take care of itself, that is, rent, literature, etc.													
The group is also responsible for paying its GROUP REPRESENTATIVE'S way to the Area Assemblies in May and November each year													
Pay close attention to the "CHECK PAYABLE TO:" information.													
DO NOT identify Al-Anon/Alateen on the outside of any envelope. You may put AFG on envelopes.													
If you or your Group have any questions regarding Group contributions, contact your District Representative or any Area Officer .													
Literature can be purchased through any of the local Al-Anon Information Services or through the Area Literature Distribution Center.													
*** Subject to change every three (3) years - Next panel will begin in January, 2029.													
The black * marks months of appeals from Missouri Area and WSO.													

DECEMBER 2025 Revenue

District/Meeting	Contrib.
D-28 Together We Can	✓
D-15 Friday Night Fellowship — ZOOM	✓
D-15 Glendale Thursday Morning — ZOOM	✓
D-15 Lifetime	✓
D-15 Everyday Grace	✓
D-17 Reaching for Personal Freedom	✓
D-02 Parents Path to Recovery	✓
D-13 F.R.O.G. Fully Relying on God AFG	✓
D-02 Care & Share	✓
D-02 Learning to Live	✓
D-14 Women in Recovery Adult Children	✓
D-15 Healing Steps	✓
D-13 Daughters With Dignity AC	✓
D-02 Helping Hands	✓
D-15 Focus on Solutions	✓
D-13 Women's Strength in Unity	✓
Group Contribution Total	2,104.87
Fundraising Revenue	24.00
Gifts of Gratitude	775.00
In Memory Of	25.00
District Contributions	361.00
Dollars & Sense	75.91
Unrealized Gain/Loss	-88.42
Literature Sales	1,291.45
Fundraising Revenue	48.00
Misc. Contributions	1,040.00
Interest Income	156.20
Services	39.63
TOTAL REVENUE	\$5,443.64

Heard in Meetings...

- Whenever I'm disturbed, it's a "me" thing, not a "them" thing.
- Recovery is connection.
- I set an intention to let everyone be themselves.
- If I can't have the things I want, I ask for help to love the things I have.
- All of my insights have come from hindsight.
- God is the Ways and Means committee.
- My discomfort is mine. Their discomfort is not mine.
- If I do this wholeheartedly, what's the worst that can happen?



Some Thoughts on Step Two...

Coming to believe that a power greater than myself could restore me to sanity truly saved me. I discovered a God I had never known. One that was kind, gentle, and forgiving. A God that didn't expect perfection. This was a God so different from the one I had been led to believe in. I can trust this God. I can rely on Him for everything knowing that He understands me, forgives me, and won't punish me when I make a mistake. It has relieved me of exhaustion, fear, loneliness, and desperation. He has given me peace, serenity, tranquility, and joy. The weight of guilt, toxic thoughts, and the burden of people-pleasing has been lifted. I feel supported and loved; something I have never experienced before.



God grant me the serenity
To accept the things I cannot change;
Courage to change the things I can;
And wisdom to know the difference.

—Source—<https://al-anon.org/blog/step-two/>

Upcoming Al-Anon Events!

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 6th-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. (Finally Relying on God) AFG Group

20th Birthday Bash & Potluck

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

Flyers TBA



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

COURAGE TO GROW – Starting February 4, 2026 - Wednesday 7pm
3921 Jeffco Boulevard
Arnold, MO. 63010

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