

Sincerely Al-Anon

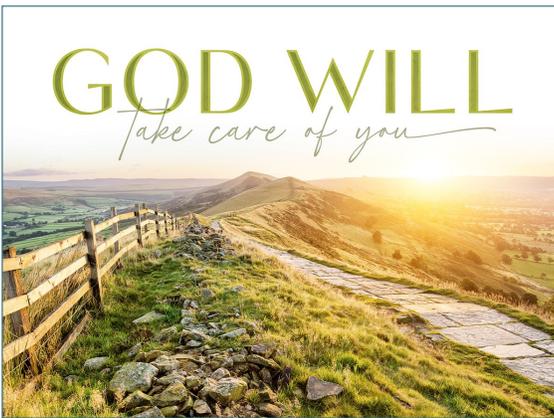
MARCH 2026

STEP THREE

Made a decision to turn our will and our lives over to the care of God as we understood Him.

"Will I strive to express my Higher Power's will in all my actions and words towards all others, including the alcoholics in my life, whose suffering I cannot understand or share?"

—Healing Within our Alcoholic Relationships, p. 20



The steps came from A.A. — how powerful, and what foresight to say **God as we understand Him**. Those few words open the Al-Anon program to many people from all different walks of life. You can have a Higher Power of your own choice and/or understanding — **as WE understand Him**. That statement makes Al-Anon an inclusive, not exclusive, program. My sponsor told me **our will** is my thoughts and **our**

lives is my action. To keep it simple, I can turn my thoughts and actions over to my Higher Power. So how do I take those actions?

I took the leap of faith and ask my loving Higher Power to "Help Me!" each morning and "Thank You!" at the end of day. As I would go through my day I could feel myself trying to enforce my way of living "my life" on other people. I am not in charge. I know today I can make a decision to start over my day at any time needed by *Letting Go and Letting God*. God helps me to stay in the moment and let others' Higher Power take care of them.

Many years ago I was regularly attending an Al-Anon meeting. There was one person who I let them drive me crazy. I sat there silently judging. Then I remembered "my thoughts." I paused and realized I was enforcing my will on them. At that moment I started to really listen to this member. I heard what a struggle their life is today. A lifetime of tragedies, some of their own doing and some from others, which were out of their control. I heard their pain and I started to pray for them by sending them love and light while they shared. I turned my silently judging them into love and compassion. I felt God's love for them and me. We are all here at Al-Anon to get better and learn new ways to deal with life on life terms.

"I have done my best on my own, and yet it isn't enough. Now I know I need the help of a Power greater than myself. I know that help is waiting only for my acceptance. In everything I do, I will strive to reflect the light and the wisdom that will come to me through my surrender to my Higher Power."

—Healing Within our Alcoholic Relationships, p. 20, Susan C., Friday Night Fellowship

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!

HAPPY BIRTHDAY

LOIS

March 4



Tradition Three

The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.

"With Tradition Three I am encouraged to find a sense of belonging in each of my relationships. Everyone in my life deserves the same respect, cooperation, and dignity that I would like to receive."

—*Healing within our Alcoholic Relationships, p. 28*



Tradition Three allows me to be a part of the whole. I know when I attend meetings that I am going to a safe place where we have a common bond. When I'm ready, I know that when I share my burdens they are less because I'm part of the whole that wants to understand me and my actions towards the alcoholic. I am learning from other Al-Anon members how to live comfortably in the alcoholic's life (in recovery or not in recovery). Also, knowing the only requirement for membership is there be an alcoholic in my life is an equalizer. We all come together with that in mind, not worrying about outside influences such as: where you live, what your job is, or your educational level, etc. It simply does not matter what my background is. For the newcomer this is imperative because they need to know they will be accepted no matter what. At one time we were all newcomers and we remember the feelings of how confused and scared we were of the unknown. Tradition Three reminds me to have compassion for all the members who attend Al-Anon. For Al-Anon to remain healthy and true to the program, it is best not to have any outside affiliation discussed at meetings. Examples of outside affiliations include suggesting a therapist, telling a member the alcoholic can only get sober if they go to treatment first, sharing certain dogma or creeds, or that you must leave the alcoholic. My personal pet peeve is commenting on someone else's share or giving advice. We do not want members to feel out of place. Members have a right to their own recovery in God's time. The Al-Anon program is inclusive, not exclusive.

"Do I feel that I am fully part of any group in which I participate?"

—*Healing within our Alcoholic relationships, p. 28*

—*Susan C., Friday Night Fellowship*



In Lois' Words . . .

"Anybody can start something but carrying it out is the real challenge. And all the rest of you are doing that job. You're all founders in your own right, carrying the message."

—*Lois W., 1987 World Service Conference, Many Voices, One Journey, p. 1*

"We speak of the Traditions as guides. They are only that. They are not laws, rules, regulations, or any other sort of compulsion. To those who are familiar with business or government, such lack

of management control may be unthinkable...

(Al-Anon) holds together by means of a loving understanding among its members. Al-Anon is united —without organization, without management, without a chain of command or a set of rules — by its members' willingness,"

—*Lois W., Many Voices, One Journey, p. 2*

Gift of Gratitude Campaign

As the new spring season approaches, 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 life-giving spirit of recovery and service — much like the new life that comes into bloom during spring..

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**
- 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 brought new life to our hearts, supported our recovery, and strengthened our precious fellowship!



JUNE 1985

A Greeting From Lois

A GREAT EVENT is occurring in 1985. Alcoholics Anonymous will be fifty years old. Think of it--half a century! And I believe we can be proud of the progress AA has made. It is helping people in many countries, spreading nearly around the whole world. AA has been so successful that other fellowships are calling themselves this or that "anonymous": Gamblers Anonymous, Overeaters Anonymous, and others.

It is ironic that that which makes AA such a success is humility. And AA will continue to prosper just as long as its members keep their humility.

With all good wishes for the Grapevine to continue to grow. I look forward to seeing some of you at the great event in Montreal in 1985. Love to you all.

Recovery Speakers

Preserving every voice of recovery – past and present – so hope lives on for generations.

Recovery Speakers

They made recordings of Lois Wilson—she has the sweetest voice, and a wonderful sense of humor. Talks about the shoe throwing incident!! LOL!

Lois W. at San Luis Obispo, CA.

Lois W. at San Luis Obispo, CA, 7-26-75.

Lois W. 4-21-1969

Lois Wilson, Al-Anon 19th World Service Conference, 4-21-69.

NYC 1958

Workshop, Astor Hotel, NYC, 1958. From Lois W., "I thought that If I loved him enough, I could save him. I had a romantic, not a realistic ideal of love. I was going to do the job for him."

JUNE 1959

Lois Looks Back On Early Days With Bill

BY: LOIS W., DECEMBER 1944

As the wife of an early AA, some of our experiences and my reactions to my husband's changed life may be interesting to other wives. Bill was an alcoholic, I believe, from the first drink he ever took, just a few months before our marriage. From then on, for seventeen years I did everything I could think of to keep him away from liquor.

I will tell a little of our life before AA to help explain some of my later emotions. Bill and I had no children, so I soon felt that my job in life was to help Bill straighten himself out. As time went on, he earnestly tried to stop drinking. He was always very remorseful and perplexed the morning-after. We would then resolve to lick this liquor situation together, launching off on some new tack.



As his drinking got worse, all decisions and responsibility had to be taken on by me. It was lucky that we were companionable, for gradually as our social contacts were broken we were thrust back on each other for company. In order to get away from alcohol over the weekends, I used to engineer some sort of outing, as we both loved the outdoors. If our pocket-book was flat, we might take the subway to the Dyckman Street ferry and hike along the Palisades to some scenic spot where we would nibble our sandwiches and gaze at the view. Or we might ferry to Staten Island, and walk there; perhaps broiling a steak over a campfire. We have hired a rowboat at Yonkers and, using a bath towel as a sail, floated up the Hudson to a spit of land near Nyack, where we camped and tried to sleep. We once went so far to get away from alcohol that we both gave up our jobs and took a whole year off. This we spent motorcycling and camping over half the United States. These trips, although good for Bill's health, did nothing towards

his permanent sobriety. In fact, his alcoholism grew steadily more serious. He lost job after job until I became entirely hopeless about him.

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And then suddenly and finally Bill straightened out through the help of an old friend. At once I was convinced of his complete change and was of course extremely happy. Bill began to go to religious meetings and to work feverishly with alcoholics. I would go to meetings too and would try to share his newfound enthusiasms. He always had some drunk in tow and would work all night or get up in the middle of the night to go to the suburbs if one called him. We had drunks all over the house; sometimes as many as five lived there at one time.

One drunk committed suicide in the house after having sold about 700 dollars worth of our clothes and luggage. Another slid down the coal chute from the street to the cellar when we refused him the front door. Two others took to fighting, and one chased the other all around the house with a carving knife. The intended victim was saved by a third drunk, who delivered the knife-minded one a knockout blow. An alcoholic who was living in the basement was invited up for a pancake breakfast. After eating his share, he suddenly put on his hat and started out of the door remarking that he was going to Childs' for PLENTY of pancakes.

Bill had found himself a job about this time; it used to take him away from home a great deal and I was left with one or more alcoholics to look after. Once one of these boys lay in the vestibule all night and screamed invectives at me because I would not let him in. He was so loud the passers-by all stopped, looked and listened. Another time it was four a.m. before I succeeded in towing a drunk home. He was anxious to be at his job the next morning and we had gone out around midnight to look for a doctor, having been unable to get one to come to the house at that hour. I helped his shaky steps up and down stoops, lit his cigarettes for him and finally, when we could not rouse a doctor, held a drink to his lips in a bar. When I asked him how he then felt he said, "Well, a bird can't fly on one wing." After a few more drinks I managed to get him home, but he did not get to his job the next morning. I was once suddenly taken sick, and when my sister arrived to nurse me she found five men milling around in the living room, one of them muttering, "One woman can look after five drunks but five drunks cannot look after one woman."

"To my own surprise as well as his I burst forth with, "Damn all your meetings," and threw my shoe at him as hard as I could."

Now to describe my reactions to it all. When Bill first sobered up I was terribly happy, but soon without my realizing it, I began to resent the fact that Bill and I never spent any time together any more. I stayed at home while he went off somewhere scouting up new drunks or working with old ones. My life's job of sobering up Bill with all its former responsibilities was suddenly taken away from me. I had not yet found anything to fill the void. And, there was the feeling of being on the outside of a very tight little clique of alcoholics into which no mere wife could possibly enter. I did not understand what was going on within myself until one Sunday Bill asked me to go with him to a meeting. To my own surprise as well as his I burst forth with, "Damn all your meetings," and threw my shoe at him as hard as I could. This bad display of temper woke me up. I realized that I had been wallowing in self pity; that Bill's change was simply miraculous; that his feverish activity with alcoholics was absolutely necessary to his sobriety; and that if I did not want to be left way behind I had better jump on the bandwagon, too!

When Did AA Begin?

...it might have been the time... I too needed spiritual development

By Lois W.

It is hard to say just when Alcoholics Anonymous began. It may have been at the time a friend came to see my husband, Bill. Or it may have been at the moment of Bill's spiritual experience. Most AA's feel it is the time six months later when he met Dr. Bob in Akron and, together, they started to help other alcoholics who wanted to be rid of their addiction.

But for me it was the day I first saw the released expression on my husband's face. We had been married 17 years, and were compatible and companionable. Our interests were similar and we both deeply desired and strove for the other's welfare. The only, but considerable block to our happiness was Bill's uncontrolled drinking. In early years he said that he could stop when he wanted and I thought I'd soon be able to make life so complete for him that he would wish to quit drinking

entirely. Much later when he really did want to stop, he was absolutely unable to do so, and we both then became terribly confused and frustrated. Oddly enough, he had been in other matters a person of strong willpower, but his will seemed to melt away where alcohol was concerned. In his remorse and disappointment he was a tragic and heartbreaking figure. I too felt myself a failure, for despite every endeavor, I had not been able to help him in time, nor could I aid him in the least in his final struggle for freedom.

Today I can talk and write about these intimate details of our life together. While Bill was drinking, I dared not even speak to my family about it and tried to hide the fact of his alcoholism in every way possible. Now that I have learned that Bill was actually a very sick man, that awful feeling of disgrace has left me. I have also learned how much help the telling of such experiences can be to those who are going through similar ones. After fifteen years in AA the old trying times are so far away and foreign to Bill's and my present way of life that it seems like the experience of someone else.

After Bill left the hospital for the last time, he began to think of the thousands of alcoholics who wanted to be rid of their malady. If they could be made to feel desperate enough, they might have a releasing experience just like his. He would hold before them the medical verdict that alcoholism was hopeless. So tirelessly, day and night, we worked. Our home was filled with alcoholics in various stages of sobriety. As many as five of them lived with us at one time. But none of them stayed sober for long. That started a long process of trial and error — certain ideas were retained, but many discarded.

It was in June 1935 that Bill went to Akron, Ohio on a business trip. The venture failed. He finally contacted Dr. Bob, an Akron surgeon soon to become cofounder of Alcoholics Anonymous. Bob too wanted above all to stop drinking. He and his wife, Anne, had done everything they could. Something passed between these two men. There was real mutuality this

time. By example they showed how it worked. Thus AA spread like a chain letter.

Bill had learned a great deal. At first he had tried to put every alcoholic he met in the way of a spiritual experience just like his own. As AA grew, he realized that what had come to him in a few dramatic minutes usually dawned on others in months or years.

Sometimes the alcoholic himself does not even realize his own development, though his words and actions soon speak for him, for he is doing now what, of himself, he was unable to do before. He is staying sober and helping other people as never before. He is gaining a serenity, a joy in living.

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SPIRITUAL DEVELOPMENT

Watching Bill and the other men at the meetings, I noticed many of them had begun to grow by leaps and bounds. This made me look at myself. I had been given a sound religious upbringing and felt I had done for Bill all a good wife could do, although this was strangely mixed with a sense of failure. At first it never occurred to me that I too needed spiritual development. I did not realize that by living such an abnormal life I might have become twisted, losing a sense of true values. After awhile I saw that unless I jumped on the bandwagon too, I would be left way behind. The AA Program I found could be most helpful to the non-alcoholic as well, a fact thousands of alcoholics' relatives and friends now apply to their own lives. Those Clinton Street days are full of memories. Some of them are humorous, some tragic. But most of them bring back a warm glow of hope and courage, of friendship and rebirth. For the fellowship in AA is unique. Ties are made overnight that it would take years to develop elsewhere. No one needs a false front. All barriers are down. Some who have felt outcasts all their lives now know they really belong. From feeling as if they were dragging an anchor through life, they suddenly sail free before the wind. For now they can be of tremendous and peculiar use to others having a dire need like their own. © February 1950 AA Grapevine

Lois on “Letting Go” in Al-Anon Service

As the end of 2021 approaches, I am reflecting on my recovery over the past year. One of the lessons I've resisted the most is letting go of dominance in my marriage. Because I've been affected by the disease of alcoholism, I fall into thinking that I'm the only one who cares, who knows how, who takes responsibility, who will do a good job—on and on it goes. But when I let go of this distorted thinking—in any area of my life—others get the chance to step up, and I gain respect for their dignity. Love flows back into my heart.

Following is a letter from our Cofounder, Lois W., from the October 1968 issue of the *Al-Anon Family Groups Forum*. Her wisdom and experience remind me that, whether it's in my family or in Al-Anon service, letting go is hard but necessary—for my personal growth and for the good of my fellows.

—Carol C., Magazine Editor, *The Forum*, December 2021

Dear Long Timers in Al-Anon,

We older members of Al-Anon play a very important role in our groups. By our attitudes and general bearing, we can prove to the new members that Al-Anon really works. What we are affects the group for good or bad much more than what we say. Whether we like it or not, newcomers will judge Al-Anon by what it has done for us.

If we have achieved even a degree of serenity, tolerance, and understanding, newer members will aim to acquire these qualities also.

On the other hand, if we try to dominate and do not give the newer members a chance to develop, we are stunting our groups and keeping newcomers away. From a place on the sidelines, old-timers can give the group purpose and continuity, but not management—unless asked to fill a special function. We are always willing to help where we can, but the active leadership of the group should be in newer hands. Our passive but inspirational leadership is much more important than the active direction of a group.

If at one time we held the active leadership of our group, it may be particularly hard to “let go.” It is so easy to believe that because we have been in Al-Anon for years, we must be qualified to tell others what to do, but our “actions speak louder than words.”

When taking an inventory, we long timers need to constantly remind ourselves of this point and ask ourselves if for some personal reason (thoughtlessness, egotism, a desire to dominate) we are still telling others what to do and how to do it. I had to learn this lesson myself and want to pass it on to all you other long timers. . .

Yours in longtime Al-Anon, Lois

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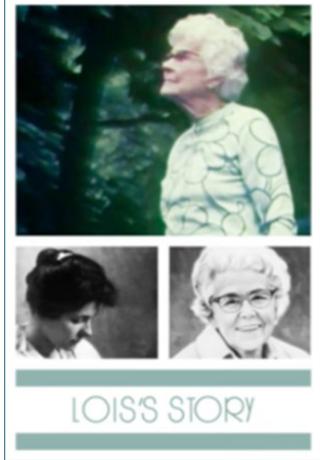
Lois's Story and Lois W. & the Pioneers Are Now Streaming

Lois' Story is a truly beautiful and moving film that every Al-Anon member should see.

It tells about the early days of AA and Al-Anon — how Lois and Bill W., against tremendous odds, built the two fellowships that now bring strength and hope to alcoholics and their friends and families throughout the world.

This is the exciting story of the frustrations and triumphs of two people who paved the way to a better life for millions of others. The film was produced at the recommendation of the 1971 *Al-Anon World Service Conference*. The generous contributions of many groups helped make this project possible.

In **Lois W. & the Pioneers** Al-Anon's cofounder, Lois W., met with Henrietta S., first General Secretary of the Al-Anon Family Group Headquarters, and Margaret D., first Editor of *The Forum*, in June 1982. Their recollections rekindle the spirit of commitment of our pioneer members in Al-Anon's formative days.



LOIS W. & THE PIONEERS

Lois, Henrietta, and Margaret share on a variety of subjects, including Bill W.'s support and encouragement; how Al-Anon got its name; humorous anecdotes about the working conditions at Al-Anon's early offices; helping newcomers find meetings; *The Forum*; the formation of Alateen; the growth of Al-Anon internationally; and the establishment of the World Service Conference. There is a timeless message for newcomers and longtime members alike about love and service.

Contact WSO at al-anon.org for more information about the film.

Happy
Birthday,
Lois!

March 4, 1891
Brooklyn, New York



Lois W. and the Pioneers Audio Interview

In June 1982, Lois W., Al-Anon's cofounder, met with Henrietta S., the first General Secretary of the Al-Anon Family Group Headquarters, and Margaret D., the first Editor of *The Forum*. They shared their recollections of Al-Anon's early years in an interview that was later excerpted in the *Lois W. & Pioneers* DVD (AV-24). At a running time of 110 minutes, the recording is far more extensive and detailed than the 22-minute DVD version, and is presented here in two parts.

- **91-year old Lois talks about her early life and the eventful years that led to Al-Anon's beginnings.**
[Part I \(56 min.\)](#)
- **Lois, Henrietta, and Margaret describe the early days of the WSO Clearing House.**
[Part II \(54 min.\)](#)



District 28 is celebrating Lois W.'s Birthday in March

District 28, 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



Remembering Lois Wilson

REGION

Lois Burnham Wilson, 97, a founder of the Al-Anon Family Groups, support organizations for relatives and friends of alcoholics, died Wednesday in a hospital in Mt. Kisco, N.Y. Mrs. Wilson, who lived in Bedford Hills, was known as "the first lady of Al-Anon." Her late husband, William, was an alcoholic in the 1930s. He stopped drinking and in 1935 became a co-founder of Alcoholics Anonymous, now an international organization with more than 1.5 million members. Mrs. Wilson said she became discontented with the amount of time her husband was spending with A.A. She began to apply similar self-help principles to her own situation, sharing her experience with other relatives of alcoholics and holding informal meetings. "We did not discuss our alcoholic relatives, but tried to straighten out our own lives," she said. "This attitude became basic to Al-Anon." Al-Anon, which is similar to but separate from Alcoholics Anonymous, now has 30,000 groups in operation, including several thousand specifically for teenage children of alcoholics, with worldwide membership at about 500,000. Mrs. Wilson, who remained active in Al-Anon into the 1980s, left no immediate survivors.

Stepping Stones – Home to Lois & Bill Wilson



On April 11, 1941 Bill and Lois Wilson moved into the first home of their own. They named it "Bill-Los Break" then later renamed it "Stepping Stones" as it became central to the history of world-wide recovery from alcoholism. For forty years, the home, writing studio, and archives of the Wilsons have been preserved by the Stepping Stones Foundation, which shares the legacy of this unique couple and their home, where they lived and worked from 1941 until their deaths in 1971 and 1988.

[Stepping Stones](#)

Control/Click on the above link to access the Stepping Stones website where you may view videos, sign up for emails, listen to interviews, view the events page, and learn about the *Hybrid 75th Annual Stepping Stones Lois' Family Group Picnic* on June 6th with speakers and more!

The Stepping Stones website is a wonderful tool where you may learn more about our beloved Lois Wilson and all that she did for Al-Anon.



Join on Facebook!



Stepping Stones, the historic home of Bill and Lois Wilson, has a Facebook page that inspires recovery and preserves and shares the historic home, archive and legacy of Bill & Lois Wilson. Be sure to visit!

SAVE THE DATE!

While still dealing with winter weather 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 pm to 3:00 pm
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! —



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 a 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 requests for more information can be sent to: couragetogrowalateen@gmail.com.

Snapshots of Lois' Life



JANUARY 2026 Revenue

Heard in Meetings...

District/Meeting	Contrib.
D-15 Friday Night Fellowship — ZOOM	✓
D-13 Men's Path to Serenity	✓
D-14 Women in Recovery Adult Children	✓
D-15 Webster Groves Parents	✓
D-15 Women's Serenity Express	✓
D-02 Serenity Seekers	✓
D-02 Two Open Hands	✓
D-09 Freedom AFG —ZOOM	✓
D-09 Banner AFG — ZOOM	✓
D-14 How AFG Works	✓
D-14 Easy Does It	✓
D-18 Monday Night Serenity AFG IL	✓
D-15 Our Gang Men's	✓
D-15 Glendale Thursday Morning — ZOOM	✓
D-14 Grace in AFG	✓
D-17 Morning Serenity	✓
D-18 Troy Joy IL	✓
D-02 Joe's Place	✓
D-28 Personal Freedom AFG	✓
D-09 Steps to a New Life	✓
D-14 Fresh Start — ZOOM	✓
D-14 Hampton Group	✓
D-14 Rainbow Connection	✓
D-13 FISH Finally Into Serenity and Hope — ZOOM	✓
D-09 North County Parents	✓
Group 148	✓
Group Contributions	3,088.84
Unrealized Gain/Loss	537.56
Direct Contributions	841.25
Literature Sales	2,343.70
Dollars & Sense	2.28
Gift Certificates	-25
Fundraising Revenue	174.00
Misc. Contributions	1,678.50
Interest Income	83.37
Services	66.38
TOTAL REVENUE	\$8,791.18

- 
- My fear and guilt hurt me, and didn't help her one bit.
 - By making choices about my thoughts, I make choices about my attitude.
 - Avoid that first indulgence.
 - If I have a problem with someone, maybe I need to look at Tradition Twelve.
 - We all deserve respect. I choose not to gossip.
 - Acceptance is the answer to life on life's terms.
 - I learned to disconnect my happiness from their results.

My Quiet Half-Hour

"Just for today I will have a quiet half hour all by myself and relax." I had somehow lost track of this wonderful suggestion from Al-Anon's [Just for Today bookmark \(M-12\)](#). It's not that I don't have quiet half hours; I live alone. Rather, I had lost sight of the message, "During this half hour, sometime, I will try to get a better perspective of my life."

I hadn't even noticed that it only needed to be "sometime," not the whole time. Isn't that our beautiful Al-Anon way of doing things? I can try too hard, forgetting that the half hour is meant for relaxation rather than the (possible) hard work of getting a better perspective. Even if the "sometime" is meant to occur during that half hour, obviously I don't have to spend those full 30 minutes working out my perspective on life.

Now, I feel forgiven for what I considered my back-sliding. Most of my quiet time can be devoted to "Easy Does It." While I practice "Easy Does It," my perspective on life will change for the better without any additional effort on my part. Thank you, Al-Anon. —Beryl S., *The Forum*, March 2026

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GRATITUDE

Upcoming Al-Anon Events!

March 6th – 8th South Central Regional Delegates Meeting

[Flyer](#)

March 14th District 28 - Happy Birthday Lois!

[Flyer](#)

April 24th – 26th Spring Fling Convention

[Flyer](#)

April 25th F.R.O.G. Al-Anon Group 20th Birthday Bash & Potluck to benefit AIS Office

[Flyer](#)

May 2nd Fall Classic Run & Walk with AA Participation

[Flyer](#)

June 14th District 14 Picnic Shaw Park

[Flyer](#)

July 20th – 22nd 2028 Al-Anon International Convention

Flyer Coming Soon

July 31st — August 2nd MO State Convention Save the Date with Al-Anon Participation

[Flyer](#)

September 25th – 27th Mo Area Al-Anon/Alateen Convention with AA Participation

[Flyer](#)

August 1st District 15 Happy Birthday Al-Anon 75 years Strong — SAVE THE DATE

Flyer Coming Soon