

# Sincerely Al-Anon

May 2026

## STEP FIVE

**Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**

*"I don't have the power to change the past. Acknowledging it and accepting it better serves my recovery. . .how can honestly accepting my past help my recovery?"*

*—A Little Time for Myself—A Collection of Al-Anon Personal Experiences, p. 129*

I have to tell someone everything?! My fears, resentments and wrongs done to others?! Everything I vowed never to tell anybody?

Stop! Pause. Look at the positive side. You have a loving Higher Power and a trusted sponsor. You have already told them most of your story. You have practiced letting it go (Step 3). You have seen how God has worked in your life and your fellow Al-Anon members' lives.

Now just get it out and remove that wreckage. Only then can you feel the sunlight of the spirit that you deserve and have worked so hard to achieve. Sometimes I just need to put on my big girl pants and do it!!

Talk to your sponsor and pick a time and a place to share. I have given fifth steps in a park or at my sponsor's house. I like a quiet and secluded safe space. You can choose to share your fifth step with a member of the clergy or a counselor. For me, my sponsor is always my choice because they know me.

The first time I did a fifth step with my newest sponsor, I was SO nervous. We were at her house and she was dog-sitting two standard poodles. As I sat on the couch one of the poodles kept coming up to me. When the dog approached me, we were eye to eye because of its size. I kept gently pushing it away. Don't ask me why, because I love dogs. Finally, my sponsor said, "just pet the dog!" As I started petting the dog, my fifth step just flowed out of my mouth. I believe the dog was there to help me. It was a beautiful experience.

My two sponsors who have passed were both very kind and loving. They were great listeners and gave me solutions for my situations. At times, we were able to laugh at ourselves and our crazy behavior. To me, it's healthy when I have learned not to take myself so darn seriously. I heard this at a meeting, Have A Laugh Today, HALT.

The other side of the fifth step is listening to someone share one. I have heard many fifth steps, and I can tell you that as a sponsor we do not remember anything. It goes in one ear and out the other. I know God removes it from me because it isn't my fifth step. Generally, it's not my lesson. I can tell you how I know

(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](mailto:aisoffice@stl-al-anon.org)

**Website:** [www.stl-al-anon.org](http://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](mailto: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  
May



(cont. from prior page)

this to be true. I was at a meeting and sharing about my fifth step and the dog. My sponsor said, "I don't remember that happening." I told her it was because it was my spiritual experience not hers. My sponsor's instruction for me to pet the dog had a direct impact in my awaking.

That is the beauty of the fifth step. You build trust with your sponsor and your Higher Power. When I think back on my fifth step with the dog, it brings me joy. I cleared the wreckage and had a spiritual awakening. I was ready for change. The fifth step helps me manifest peace and understand the true meaning of serenity.

***"Honesty makes Step Five work the way it does. I stop pretending and I admit the truth to God, to myself, and to another person. I get rid of the things I'd like to believe about myself and the things I want others to believe about me, and I focus on what's really true. When I look deep inside of myself and ask why, I find the real answers I need to work out my defects of character."***

—ALATEEN – a Day at a Time, p. 131

—Susan C., Friday Night Fellowship

## Tradition Five

*Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.*

***"I am learning in Al-Anon that I can't help anyone else until I take care of myself. . .am I one of my top priorities today?"***

—A Little Time for Myself-A Collection of Al-Anon Personal Experiences, p. 136

Yes, when I attended my first meeting of Al-Anon I had a need for change. I wanted help. I was sick and tired of being sick and tired. Going for help with like-minded people is what I wanted and needed even though I didn't know it at the time. I'm so happy that there were active members in Al-Anon who were willing to help by (cont. next column)

(cont. from column 1)

answering questions and just listening to the newcomer. They knew the primary purpose of Al-Anon and shared what they have learned. Walking into a room not knowing anybody and being greeted with a smile from an Al-Anon member was priceless. The longer I was in Al-Anon I realized that this tradition reminds me of what a seasoned member shared once at a meeting; "you can't keep it unless you give it away." I also was reminded that I need to work my own program to be able to give it away and have a comfortable working understanding of the steps and how I use them in my everyday life. The Twelve Steps are the way I was able to reinvent myself into the person I love today. The more I feel comfortable with myself the more I can share of myself with others in a healthy way. Please take the time to read about all the Traditions in the following Al-Anon literature:

- **Paths to Recovery (B-24)**
- **How Al-Anon Works (B-22)**
- **ODAT (B-6)**
- **Discovering Choices (B-30)**
- **From Survival to Recovery (B-21)**
- **When I Got Busy I Got Better (P-78)**
- **...In All Our Affairs (B-15)**
- **12 & 12 (B-8)**
- **Reaching for Personal Freedom (P-92)**
- **ALATEEN – a day at a time (B-10)**
- **Living TODAY in Alateen (B-26)**
- **Courage To Be Me —Living with Alcoholism (B-23)**
- **Alateen Hope for Children of Alcoholics (B-3)**
- **Many Voices One Journey (B-31)**

***"Tradition Five states that Al-Anon Family Groups have purpose-to help the families of alcoholics. That has helped me learn that I wasn't the cause of my wife's drinking and that I couldn't control it. Other members shared their experience, strength, and hope with me. My hurt and anger gradually gave way to a sense of peace I hadn't experienced in years."***

—Discovering Choices, p.32



## TOOLS OF RECOVERY — A Personal Reflection

# my Tools

I find The Forum especially helpful when I need a quick lift — whether I'm waiting for an appointment, taking a short break, or stepping outside to read a story or two in a quiet spot. The experiences shared by members remind me that I'm not alone and that recovery continues one day, one insight, one act of willingness at a time.

This publication also makes a thoughtful gift for Al-Anon birthdays or simply as a treat for yourself. At just \$11.00 per year, it's an accessible way to stay connected to the program's message of hope.

- Subscriptions and additional information can be found at [Forum Subscription](#)
- Writing Guidelines for the Forum (F-1) [Writing Guidelines](#)
- Information and tips for Forum Representatives (F-2) [Forum Representatives](#)

### From Pain to Purpose

*When I first came to Al-Anon, I had no idea how profoundly my life would change. Five years into the program, I lost my husband to alcoholism. Along with the pain of bereavement came a deep fear that I might no longer belong in the Al-Anon rooms, which had become my safe haven.*

*However, I was wrong! The love of my Sponsor and fellow members remained steadfast. They let me cry and grieve, then gently welcomed me back to these rooms. I continued working the [Steps](#) and [Traditions](#). My Sponsor encouraged me to carry on with the service commitments I had made, which became my saving grace. Through service, I began to heal. It gave me a purpose and a connection to the world when my own world felt empty. Over time, I learned to ask, "How may I help?" and then listen for the answers.*

*When I accepted my current service role at the General Service Office (GSO), my Sponsor reminded me to look beyond my group, my city, and my area. In India, we began welcoming [electronic meetings](#) and facilitating translations of [Conference Approved Literature \(CAL\)](#) for our multilingual fellowship. The joy of service inspired us to find ways to carry the message of Al-Anon to remote areas.*

*During the pandemic, I attended the [International Al-Anon General Services Meeting \(IAGSM\)](#) online with representatives from other GSOs. This connection with trusted servants around the world often appears on my gratitude list! Through service, I meet members who have turned their pain into peace by supporting others affected by a loved one's alcoholism. In Europe, despite the language barrier, strangers became friends, and I was welcomed with the same warmth I had known among members back home. While in Australia, I met fellow Al-Anon members who seemed to be living the [Legacies](#) with quiet grace.*

*The recent visit of the World Service Office (WSO) representatives to GSO India gave me another glimpse of how this worldwide fellowship is built on love, humility, and a shared purpose. Those friendships continue to grow as we share our experience, strength, and hope across continents. This continues to make me a grateful member of the worldwide fellowship of Al-Anon and Alateen, deeply connected by the same principles that saved our lives. I want to keep walking hand in hand with many others on this road to recovery, carrying the message of help and hope.*

—Upvinder K., GSO India, *The Forum*, April 2026

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

## Letting Go

*To let go doesn't mean to stop caring; it means I can't do it for someone else.*

*To let go is not to cut myself off; it is the realization that I can't control another.*

*To let go is not to enable, but to allow learning from natural consequences. To let go is to admit powerlessness, which means the outcome is not in my hands.*

*To let go is not to try to change or blame another;*

*I can only change myself.*

*To let go is not to care for, but to care about. To let go is not to fix, but to be supportive.*

*To let go is not to judge, but to allow another to be a human being.*

*To let go is not to be in the middle arranging outcomes, but to allow others to affect their own outcomes. To let go is not to be protective; it is to permit another to face reality.*

*To let go is not to deny, but to accept.*

*To let go is not to nag, scold, or argue, but to search out my own shortcomings and to correct them*

*To let go is not to adjust everything to my desires, but to take each day as it comes and to cherish the moment.*

*To let go is not to criticize and regulate anyone, but to try to become what I dream I can be. To let go is not to regret the past, but to grow and live for the future.*

*To let go is to fear less and love more.*

---Author Unknown

## Notice of Meeting Change – Hy-Hopes AI-Anon Step Group

This note is to advise everyone that the **Hy-Hopes AI-Anon Step Group**, which currently meets on Wednesday evenings at 7:00 pm at St. John's Evangelical United Church of Christ, will be moving to a new day, time, and location beginning **May 14, 2026**.

**New Meeting Details:** Hy-Hopes AI-Anon Step Group Thursday evenings, 7:00–8:00 p.m., The Collective Recovery Center, 924 Jeffco Executive Drive Imperial, Missouri.

### **Transition Schedule:**

- Last meeting at St. John's Evangelical United Church of Christ took place on Wednesday, April 29, 2026 at 7:00 pm
- There will be no meeting on Wednesday, May 7, 2026
- First meeting at The Collective Recovery Center is Thursday, May 14, 2026 at 7:00 pm.

We hope this change will improve attendance and better serve our members.

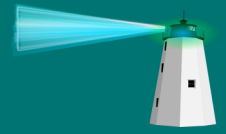
—Thank you, Judy S., Hy-Hopes Chairperson



meeting  
time  
change!

## Public Outreach Beacon

...Greetings to all from YOUR PO Team!



### How Public Outreach Has Enhanced My Life

I love this quote from How Al-Anon Works. It is speaking to the 11th tradition, and says, "It is important that those who need what Al-Anon offers have the opportunity to hear about us... it is important that we remain visible and available...." (p. 120).

I learned of Al-Anon as a new psych nurse. A fellow RN overheard me complaining about patients whose drinking was interfering not only with their mental health recovery, but in general messing up their lives, and they wouldn't stop the drinking. She took me aside and told me about both the disease of alcoholism and the family disease as well. She gave me literature to read, answered my questions and invited me to a meeting. She was the one who opened the door of my life to being different and better.

It took a while before my denial broke through and I realized that some of my anger at my patients was because I couldn't make family members stop drinking, either. After another year of trying to fix them, I was ready to walk through that door she had opened for me.

There are so many ways to do public outreach, and I believe that we each have a way that is best for us. My favorite way is health fairs, mental health agencies, and probation and parole. I especially see these venues as a way I can pay my recovery forward. It is in these places that I found Al-Anon and I, too, want to be a person that shows others Al-Anon's door, so that they too can receive the priceless gift of serenity.

-- Marilyn Sue, Sincerely Al-Anon January 2018, p. 3



## AIS Office Spring PO Project: Carrying the Message to AA Facilities

As part of the AIS Office Spring PO Project, we reached out to 24 AA facilities and intergroups and two Spanish Speaking Facilities by sending them Al-Anon and Alateen Conference Approved Literature (CAL). We know from experience that family members often arrive at AA locations seeking help—not only for their loved ones, but for themselves. Making sure these facilities have Al-Anon and Alateen materials available is a meaningful way to ensure that when someone reaches out, the hand of our fellowship is there.

Just as AA has a primary purpose, so do we: **to offer help and understanding to the family members and friends of alcoholics.** This project allowed us to fulfill that purpose in a new and proactive way.

Each facility received a letter along with the following items:

- **Al-Anon Family Groups Bookmark (M-44)**
- **Facts About Alateen (P-41)**
- **AIS Office Business Cards**

These simple tools can make a profound difference. A bookmark or business card placed in the right hands may be the first moment of hope a family member has felt in a long time. By equipping AA groups with CAL material, we help ensure that anyone seeking support—whether alcoholic or affected by someone else's drinking—can be guided toward the help they need.

This project reflects the spirit of cooperation and service that defines our fellowship. When the hand of Al-Anon or Alateen reaches out, our AIS Office and our members want to be there.

—AIS Staff & Board Members

## **Wanted: Webmaster for St. Louis AI-Anon Website**

*Monitoring and maintenance on an “on-call” or “as needed” basis.*

### Key Responsibilities

- Uptime Monitoring: Use automated tools to ensure the site is live 24/7 and responding immediately to server crashes or hosting outages. **We have not needed any maintenance regarding this responsibility to date.**
- Security Surveillance: Scan for malware, managing firewalls, and ensuring SSL certificates are valid to protect data. **We have not needed any maintenance regarding this responsibility to date.**
- Broken Link & Error Sweeps: Run audits to find 404 errors, broken images, or failed form submissions that frustrate users. **The tech person has spent around an hour fixing errors over the last couple of months.**
- Content Deployment: Upload and format new pages while maintaining brand consistency. **The office can copy, add, edit, and delete from the “PAGES” mode of the website where the format is already established or built. If we wanted to change or add a new format, we would need a web tech's help to create in the “BUILD” mode.**
- Performance Tracking: Monitor page load speeds and "Core Web Vitals" to ensure the site doesn't become slow or unresponsive over time. **We have not needed any maintenance as the website has had good response time.**
- Integration Health: Checking that the connection between the website and the donation platform (e.g., Visa, PayPal) remains active and error-free. **We have not needed any maintenance as the connections have remained active and working.**
- Bug Regression: Testing the website across different browsers (Chrome, Safari, Firefox) and mobile devices after any system updates to ensure nothing is broken. **We have not needed any maintenance to date as all the browsers and mobile devices have been working fine.**

***If you are interested in this volunteer position, please call the office at 314-645-1572 and ask for Peggy.***

## Al-Anon Public Outreach at the “There’s Hope” Conference

On Friday, April 17th, four Al-Anon volunteers—Mary, Roberta, Tina, and Dani N.—hosted an information table at the “There’s Hope” conference held at the St. Louis County Library. The event ran from 3:30 to 5:30 p.m. and drew an estimated 200 attendees, including a notable number of teens. The conference brought together about 20 organizations serving the sobriety and recovery community, with speaker meetings taking place in nearby rooms.

Throughout the afternoon, the Al-Anon team greeted attendees with a simple question: “Do you know about Al-Anon and Alateen?” While many were familiar with Al-Anon, several stopped to learn more about Alateen. A recurring misconception surfaced—that Al-Anon and Alateen are programs for alcoholics themselves. Volunteers clarified that both fellowships are specifically for families and friends affected by someone else’s drinking.

The event also opened doors for new community connections. The team spoke with a Lincoln County public school educator interested in bringing Al-Anon and Alateen groups into a new facility in Wentzville. Additional contacts included representatives from The Next Step, which offers scholarships to 12-Step members, and organizers of a start-up sober high school. These conversations highlighted the growing network of support and innovation within the St. Louis sobriety community.

The “There’s Hope” conference proved to be a meaningful opportunity to share Al-Anon’s message, correct misconceptions, and strengthen partnerships with others dedicated to healing and recovery.

--Submitted by Dani N.

**The AIS Office Staff & Board thank you all for your service to future members of Alateen & Al-Anon.**

## District 13 – Detaching with Love Workshop Announcement

Because the calendar is already filling with Al-Anon and group events, we wanted to get our information into the queue as early as possible.

### Detaching with Love Workshop is scheduled for April 3, 2027

**Event Details Date:** April 3, 2027

**Time:** 8:30 AM – 3:30 PM

**Location:** Holy Cross Lutheran Church

**Address:** 13014 Olive Blvd, St. Louis, MO 63141

As planning continues, we are seeking **speaker recommendations**. Specifically, we are looking for Al-Anon members or sponsors who have strong experience with:

- Detachment with love
- Boundary-setting
- Supporting members through difficult relational dynamics

If you know someone in the bi-state area—preferably outside the immediate St. Louis region—who fits this description, please pass along their contact information. Your suggestions will help us create a meaningful and supportive workshop for our members.

Thank you for your continued service and for helping us strengthen recovery in District 13.

For any questions, thoughts, or recommendations please email: [District13business@gmail.com](mailto:District13business@gmail.com)

—Sincerely, Cathy W.

## Are Parent Meetings for You?

### Reasons to Attend. . .

- Generational patterns matter. Growing up in homes where feelings were unsafe or ignored shapes how we respond when our own children struggle. You're naming that openly, which is powerful.
- Fear is a universal starting point. Especially for parents of someone with the disease of alcoholism. The fear of "what if something happens?" can be paralyzing.
- Al-Anon gives tools, not magic. Meetings, sponsors, steps, CAL — none of it fixes life overnight, but it gives you a way to live with life instead of fighting it.
- Parent meetings offer something unique. A room full of people who understand the specific ache of loving a child with this disease. That kind of understanding is rare and grounding.
- Trusting a Higher Power is a process. You didn't sugarcoat it. You worked for that trust, and it shows.
- You've moved from fear to connection, from secrecy to honesty, from isolation to community. And you're showing other parents that they don't have to pretend everything is fine or carry the burden alone.

In St. Louis, we have four Parent Meetings each week, and the people there are incredibly kind and supportive. It's comforting to know I never have to face things alone — they truly understand what I'm going through, and that sense of connection means a lot to me.

### Literature Quotes I have Found Comforting

*"For most of my life, I lived with a veneer of "normality" covering fear, guilt and profound depression. Al-Anon has been a miracle in my life. It led me to a Power greater than myself, who gives me the strength to release sadness, gain serenity, and understand how truly loving and truly loved I am. My wife and I are closer than ever."* —Hope & Understand for Parents & Grandparents, p. 5

*"One of the more serious failures in approaching the alcoholic is the inability to understand the meaning of love. A family member has no more right to state, "if you loved me, you would not drink," than to say, "if you loved me, you would not have diabetes." Excessive drinking is a symptom of the disease. It is a condition, not an act."* —A Guide for the Family of the Alcoholic, p. 6

#### Sunday 7 pm

Zoom & In Person

North County Parents AFG

Holy Spirit Annex

3111 Parkwood Ln.

Maryland Heights, MO 63043

Zoom Information:

ID 838-4857-1951, Passcode 462279

Please email [tuesdayparentsgroup@gmail.com](mailto:tuesdayparentsgroup@gmail.com) to get Zoom Information

#### Wednesday 7pm

In Person

Parents Courage to Change AFG

Salem United Methodist Church

1200 S. Lindbergh

St. Louis, MO 63131

#### Tuesday 7 pm

Zoom & In Person

Webster Groves Parent Group

1st Cong. Church of Webster Groves

10 W. Lockwood, Webster Groves MO 63119

#### Thursday 7 pm

In Person

Parents Paths to Recovery AFG

St. Luke's Methodist Church

2761 Telegraph Rd.

## Al-Anon Day of Service Set for June 27, 2026 in Jefferson City

Members of the Al-Anon community across Missouri are invited to gather for a meaningful and uplifting **Day of Service** on **June 27, 2026**, hosted at **Aging Best**, located at **2027 Christy Drive, Jefferson City, MO 65101**. The event will run from **10:00 a.m. to 3:00 p.m.**, with **registration beginning at 9:00 a.m.**

This annual gathering is designed to celebrate the spirit of service, strengthen fellowship, and provide opportunities for members to share their experience, strength, and hope. With the theme “**Show Me Your Service**,” the day will highlight the many ways service enriches recovery and supports the wider Al-Anon community.

### What Attendees Can Expect

Participants will enjoy a full day of connection, learning, and inspiration. A complimentary **lunch will be provided**, offering time for fellowship and conversation. In keeping with Al-Anon's **Seventh Tradition**, a **donation basket** will be available for those who wish to contribute.

Adding to the fun, the event will feature **raffle tickets for themed baskets**, giving attendees a chance to take home something special while supporting the event's mission.

### Registration Information

To register, attendees can scan the event's **QR code on the flyer** or visit the link below:

[Link to Registration](#)

Early registration is encouraged to help organizers prepare for lunch and materials.

### A Day Rooted in Service

The Day of Service is more than an event—it's an opportunity to deepen one's connection to recovery and to others walking a similar path. Whether you're new to service or have been involved for years, this gathering offers a welcoming space to learn, share, and grow.

[Al-Anon Day of Service Flyer](#)

## District 15 Celebration



What a milestone — **75 years of Al-Anon** is something worth celebrating with real gratitude and pride! The program has quietly changed millions of lives by giving families and friends of people with alcoholism something they often didn't have before: **Kindness, Courage, & Hope** — **75 Years Strong**.

Lois W. and Anne B. were the two women who founded Al-Anon after supporting their alcoholic husbands and realizing that families also needed help. Lois brought leadership and vision, while Anne contributed practical organization. Their friendship, shared struggles, and steady perseverance united scattered family groups into a cohesive fellowship that now supports millions worldwide. Together, in 1951 they laid the foundation for Al-Anon's enduring principles and service through their willingness to help others and their belief that recovery for families is both possible and powerful.

***Please save the date August 1<sup>st</sup> 2026 — and celebrate with District 15!***

[Flyer](#)

## Registration is OPEN! 2026 MO Area Al-Anon/Alateen Convention

### A Little Time for Ourselves

*September 25-27, 2026*

Springfield, MO., University Plaza Hotel  
333 South John Q. Hammons Pkwy.  
417-864-7333

Join us for our annual Al-Anon/Alateen Convention—A Little Time for Ourselves—a weekend of connection, recovery, and fun.

Register online: <https://2026-moafg-convention.cheddarup.com>

Or print and mail the registration form attached to this newsletter.

#### **Key deadlines & costs**

- Early Bird registration: **\$35** (postmarked by **8/25/2026**). After 8/25/2026 and at the door: **\$50**.
- Banquet ticket: **\$51** (deadline **8/25/2026**). Italian Classics Buffet. Banquet tickets help Missouri Area meet the hotel's food-and-beverage minimum.
- **Hotel:** Reserve by **8/25/2026** for the convention rate: **\$125 + tax** per night. (Current block: double & queen rooms—grab an Al-Anon friend and book early.)

#### **Alateen note**

- Alateen registration: **\$1**.
- Hotel registrations must be submitted by the group sponsor to the Alateen Coordinator by **8/17/2026**.
- Any teenager may attend with a parent—see the registration form for details.

**Mini meetings** are a convention favorite—want to lead one? Check the box on the registration form or email [program@missouri-al-anon.org](mailto:program@missouri-al-anon.org).

#### **Weekend highlights**

- Kickoff: Friday afternoon Early Bird Meeting (about 4:30 PM)
- Friday speaker meeting: about 7:00 PM
- Saturday: speakers, mini meetings, and the banquet
- Sunday: mini meetings + spiritual speaker
- Convention ends at noon
- **Raffle baskets:** Members, groups, and districts are welcome to contribute.

Final schedule coming soon—check here for updates:

<https://www.missouri-al-anon.org/calendar-of-events.html>

***Don't miss it! Missouri's only Al-Anon/Alateen recovery weekend—created by Al-Anon members for Al-Anon members—with AA as our guest.***

## Spring Fling Recap

Hello, I want to share about the wonderful weekend I just experienced at the 18th Annual Spring Fling Convention at the Airport Hilton Hotel. Although it is an AA event, it includes Al-Anon and it is always such a joy to attend. Conventions give me the chance to reconnect with members I don't get to see regularly, and that sense of fellowship is something I treasure.

I was privileged to hear several powerful speakers share their experience, strength, and hope—including Val S., the Al-Anon main speaker. She spoke straight from the heart and expressed beautifully how Al-Anon has changed her life, one day at a time.

Friday night, AA's young people hosted Music Bingo, which was an absolute blast. In the hospitality room, there were games, puzzles, and coloring available—simple ways to relax, visit, and enjoy a cup of coffee and a snack.

I have been fortunate to serve with Spring Fling and it has truly enriched my recovery. If you're looking to "ramp up" your program by giving back, getting involved, and feeling more connected, we would love to have you join us. Our next committee meeting is **Sunday, May 31st at 1:00 PM** at **Central Service**.

We are currently in need of an Al-Anon Chair and Co-Chair. In addition to the annual convention, Spring Fling also hosts two fundraiser events each year: a Trivia Night and a Bingo Night.

If you have questions or would like more information, please feel free to reach out to me.

—In Service, Helga H., 314-607-3604

## District Meetings

If you would like your district listed in the Sincerely Al-Anon newsletter and on our bulletin board in the office, please email the office with your information.

**District 2 Hybrid Meeting 6:30-8:00 p.m.** Dates: June 1<sup>st</sup>, July 27<sup>th</sup>, September 28<sup>th</sup>, November 23<sup>rd</sup>,

St Paul's United Church of Christ – 5508 Telegraph Rd. – St. Louis, MO 63129

Email to [district2modr@gmail.com](mailto:district2modr@gmail.com) for Zoom log-in Information.

**District 9 - Zoom Meeting 6:00 p.m.**

Third Wednesday of January, March, May, July, September, November.

Please email [modistrict9@gmail.com](mailto:modistrict9@gmail.com) for Zoom log-in information.

**District 13 – Hybrid Meeting Third Saturday 11:30 a.m.** of the following months:

February, April, June, August, October and November

Holy Cross Lutheran Church – 3014 Olive – Creve Coeur, MO. 63141

Email [district13business@gmail.com](mailto:district13business@gmail.com) for Zoom log-in information.

**District 15 Zoom Meetings Saturday 9:30 a.m.**

cbr3stark@gmail.com

**District 25 - Zoom Meeting 3rd Saturday 10:00 a.m.,**

in the following months: January, March, May, July, September, November.

Email [higherpower1st@gmail.com](mailto:higherpower1st@gmail.com) for Zoom log-in information.

## March 2026 Revenue

District/Meeting	Contrib.
Dist. 2 Care & Share	✓
Dist. 2 One Step At A Time	✓
Dist. 2 Wednesday's Serenity	✓
Dist. 9 Living Hope	✓
Dist. 13 Backdoor AC	✓
Dist. 13 Male Stumbling Blocks	✓
Dist. 14 How AFG Works (Thurs. Noon)	✓
Dist. 14 How AFG Works ZOOM	✓
Dist. 14 Southside ZOOM	✓
Dist. 14 Stepping Out	✓
Dist. 14 Women In Recovery Adult Children	✓
Dist. 15 Focus On Solutions Adult Children	✓
Dist. 15 Friday Night Fellowship ZOOM	✓
Dist. 15 Parents Courage to Change	✓
Dist. 15 Webster Groves Men's	✓
Dist. 17 Reaching For Personal Freedom	✓

Dollars & Sense	22.00
Fundraising Revenue	12.00
Gifts of Gratitude	20.00
Group Contributions	1,420.40
Interest Income	130.60
Literature Sales	2,134.15
Misc. Contributions	173.50
Services	62.29
Unrealized Gain/Loss	-1,523.66
<b>Total for Revenue</b>	<b>\$2,451.28</b>

NEW Meeting

MONDAY NIGHT MIRACLE AFG

**When:** Every Monday 6 to 7 p.m.

**Where:** Life Community Church, 626 West Bottom Ave., Columbia, IL

**Park:** Upper Parking Lot

**Contact:**  
mondaynightmiracleafg@gmail.com

## Heard in Meetings...

- I'm tired of giving my peace of mind away to other people, so they're okay, but I'm not.
  - Love yourself for who you are and love others where they're at.
  - Being self-supporting applies to all my affairs.
  - I learned to take responsibility for how my time and energy gets spent.
  - In service work, we step up, and we step down.
  - Sometimes people don't pray because they're afraid it might work.
  - No matter how much I bring to the program, I always get more back.
  - Because I am responsible, I have choices.
  - We seek safety, but safety is not freedom.



## From Quicksand to Peace

Many years ago, I heard in a meeting, "you don't have to go to every fight you're invited to." As a visual person, I always pictured a fancy invitation offered to me on a silver platter. Some days, I decline gracefully; other days, I scoop it up and react without thinking. Recently, when I was thinking about and praying for assistance from my Higher Power not to react or respond, a different visual came to mind. . . I saw a patch of quicksand appear in front of me.

Today, when I struggle to not react, I try to keep the image of quicksand in mind along with the choice of whether to jump in. The greatest challenge is pausing for five seconds to think before I speak. Something inside of me urges me to rush in because I just need to defend myself, make my point, clarify something, or set the record straight. In other words, I either need to be heard or be right. But "How Important Is It?" With my Higher Power's help, I hope and pray that I can choose serenity, avoid the quicksand, stay quiet, and move on with my day in peace. —Maureen B., *The Forum*, May 2026

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

## Upcoming Al-Anon Events!

June 14<sup>th</sup> District 14 Picnic Shaw Park

[Flyer](#)

June 27<sup>th</sup> in Jefferson City — Day of Service

[Al-Anon Day of Service Flyer](#)

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

[Flyer](#)

August 1<sup>st</sup> District 15 Kindness, Courage, & Hope – 75 Years Strong Celebration!

[Save the Date Flyer](#)

August 30<sup>th</sup> Alateen Super Sunday — Springfield MO

(Flyer coming soon)

August 14<sup>th</sup> – 16<sup>th</sup> Summertime in the Ozarks — Eureka Springs AR

(Flyer coming soon)

September 25<sup>th</sup> – 27<sup>th</sup> MO Area Al—Anon/Alateen Convention with AA Participation

[Flyer](#)

### Dates in 2028

July 20<sup>th</sup> – 22<sup>nd</sup> 2028 — Al-Anon International Convention

All flyers at [www.stl-al-anon.org](http://www.stl-al-anon.org)