Sincerely Al-Anon

SEPTEMBER 2026

STEP NINE

Made direct amends to such people wherever possible, except when to do so would injure them or others.

"The steps help me learn who I am, and how to take responsibility for my actions, or in some cases, lack of action. . .when I see my part in the pattern, I can choose a response other than suffering." —A Little Time for Myself …p. 258

Here I am at Step Nine. I have been praying for those I resent and to have willingness to be able to make the amends necessary to clean my side of the street. That is what this step is about —clearing the wreckage so I can look people in the eye. It opens me up to the sunlight of the spirit and the gifts offered me by Al-Anon. Why come this far in step work not to experience "real peace of mind"? (p. 56, 12 Steps & 12 Traditions)?

Working with a sponsor is a must for me. I have reviewed my 8th Step with her and discussed who requires an amends and who doesn't. I do not want to hurt anybody with an amends (which would be the opposite of what this step intends). I also have to let go of outcomes when I give the amends. It is none of my business how they perceive the amends. Of course, I want the relationships to be better, but in the end, this step is for my program. Sometimes I have to turn over the amends act and wait for my Higher Power to tell me when.

Here's how one of my amends played out. One day when this person on my list called on the phone (it was a family member), we chatted for a few minutes before they asked to speak with my husband. As I handed him the phone, I heard my Higher Power say "It is time." I immediately called my sponsor on another line. We discussed how when I made these amends, I wanted to be alone with the person. We rehearsed what I would say. Afterwards, I was able to go to the person's house, where we were alone. I stated what I did and why I was wrong. I stated how I would do my best to do better. (An event had occurred, and I had not been considerate of this person's feelings and how it would affect them emotionally.) We both started to cry. They told me that they were "trying to change, too." It was a beautiful experience. We had a wonderful relationship from then on until the day the person passed. When I think of this person, I get choked up because I miss them in my life every day.

Remember the story in my Step 8 article about the person with whom I was so angry I couldn't even say their name in prayer? That was a very rocky relationship my whole life. At times I had to distance myself from this person. But I just wanted to get the amends over with. My behavior as a young person required me to clear my side of the street with this individual. They still blamed me for things which were not all my fault, but I wanted to take care of my part. I went to their work where they happened to be alone. As I started to share my wrongs done to them, they pushed their chair back away from their desk and put their hands behind their head as if to say, "oh I can't wait to hear THIS." I ignored their body

(cont. on next page)

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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!

(cont. from prior page)

language, It didn't matter; I kept going. In the end, they accepted my amends. I was so happy and relieved that it was over. Check and check. One more off the list. Again, I did this all with the help of my sponsor. I now could hold my head up without being ashamed of my past. It was WAY worth it, and if it ever came down to it, I would gladly repeat the process.

Another thing I learned from this step is that I wasn't taught by my parents how to make an amends. Going to Al-Anon meetings and working with a sponsor, I have learned how to offer a healthy amends which is a skill I have taught my children and other Al-Anon members. Now go out there and clean your side of the street!

"During a meeting on Step Nine I realized the futility of trying to predict conversations. A member was struggling with what to say if someone didn't react well when she made amends. Someone else shared, "it has been my experience that God will give you the words when the time comes; we don't get the words in advance."

— A Little Time for Myself, p. 122

—Susan C., Friday Night Fellowship

GRATITUDE GATHERING POTLUCK

A Celebration of Fellowship and Service

As autumn leaves begin to turn and the air fills with the spirit of gratitude, **Al-Anon District 28** invites members and friends to come together for a heartfelt evening of fellowship at the annual **Gratitude Gathering Potluck**.

Date: October 17 **Doors Open:** 5:30 PM **Dinner:** 6:00 PM

Location: Zion UCC, 115 S. Washington Ave., Union, MO 63084

This cherished event brings together **Al-Anon and AA speakers**, offering reflections on recovery, gratitude, and the power of shared experience. It's a time to reconnect, listen, and celebrate the progress made through mutual support. Main dishes will be provided, and guests are encouraged to contribute to the feast:

- **A–L attendees**: please bring a side dish
- **L–Z attendees**: please bring a dessert

Adding to the evening's joy, there will be a **50/50 raffle**, **basket raffle**, and **jewelry sale**, all supporting local Al-Anon service efforts. These activities not only raise funds but also strengthen the bonds of community and gratitude that define the fellowship.

The **Gratitude Gathering** is more than a meal—it's a reminder that recovery thrives in connection, compassion, and shared purpose. Whether you're a long-time member or attending for the first time, this event offers a welcoming space to celebrate the gifts of the program and the people who make it possible.

See the flyer on our website www.stl-al-anon.org for information.

Tradition Nine

Our groups, as such ought never be organized; but we may create service boards or committees directly responsible to those they serve.

"Being highly organized can be beneficial as long as I'm only as organized as I need to be, and I don't try to organize anyone else. . . I won't find fault with anything, nor try to improve or regulate anybody but myself." *— A Little Time for Myself…p. 199*

Personally, this Tradition helps me stay away from thinking I know what is best for the group. Yes, I have been an Al-Anon member for years, and I do know stuff because of my involvement and studying the Traditions. But everyone has a voice, and I've developed the insight to allow them to express it. Others in the group need to take on service commitments instead of me "doing it all."

The groups need Al-Anon members to step up and keep the meeting running. They need a chairperson to run the meeting, secretary to handle emails and/or the group phone list, treasurer to pay the meeting expenses (rent, literature & sending monies to the all the service arms of Al-Anon) and a General Service Representative (GSR) to represent the group at the local district meetings. During a group conscience is where these tasks are volunteered for or voted on. It is also important to remember the spirit of rotation. No one person should hold a position forever. When we get stuck in one position for a long time, a few situations can occur: the Al-Anon member can get either burnt out and resentful, or the opposite—become so controlling that it is "their way or the highway." Neither are healthy for the Al-Anon members or the group.

These leadership positions are important for two reasons (in my opinion):

1. *We maintain a weekly meeting where we can come together and share our experience, strength and hope.*
2. *We are there for the newcomers. Without the newcomers, Al-Anon would eventually fade away.*

I know it can be scary to step up for any of these tasks with our old thinking, "what if I can't do this perfectly?" or "I'll surely mess it up." Work with your sponsor and discuss the possibilities of what position might be best for you. There is plenty of Al-Anon literature on all service positions to do your research. Please call the AIS Office for more information at 314-645-1572. Or, you can look it up in the most current Service Manual using the link provided below.

Service Manual

I try to remember that I can not keep it unless I give it away.

"When our group needs something done, individuals volunteer. When we want to do something bigger, more of us volunteer. For me, this is the heart of Tradition Nine: "you're not the boss of me, I'm not the boss of you, but we can work together to get things done."

Ice Cream Social Kudos

The 12-Step community came together in a beautiful way for our **Ice Cream Social**, and I want to extend heartfelt gratitude to everyone who made the day so special. We enjoyed delicious ice cream, easy laughter, and the kind of conversations that remind us why fellowship matters.

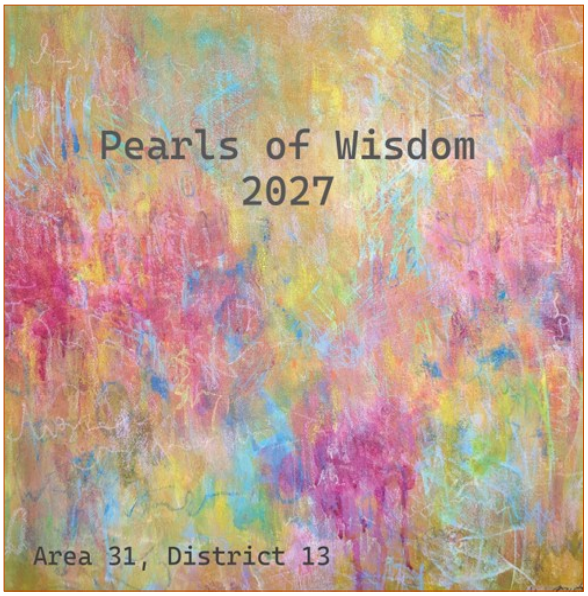
Our jewelry sale was a hit—many members found treasures to take home, and the joy around that table was contagious.

A very special thank you goes to all the volunteers who helped prepare, organize, and support the event. Your service is what makes gatherings like this possible and your generosity was felt in every detail. We also want to recognize **Carl,** our **EAMO Archivist**, for his spectacular presentation on how **Bill W. and Dr. Bob met**. His storytelling brought history to life and added depth and inspiration to the day.

Thank you, each and every one of you, for showing up, sharing your spirit, and helping create a memorable Ice Cream Social. Our community shines because of you. *—In Service, Susan C.*

PEARLS OF WISDOM

The Pearls of Wisdom calendar is a daily tear-off calendar. The calendar has 365 days of Al-Anon Wisdom in a "One Day at a Time" format. The calendar was the brainchild of an Al-Anon member many years ago and has become the main fundraiser for District 13 in Area 31. The Pearls of Wisdom calendar sayings are sourced from the experience, strength, and hope spoken around the tables of Al-Anon. On its cover is artwork from an Al-Anon member. The name of the calendar is derived from a Stephan Hoell quote describing how a beautiful pearl is produced from an injury to an oyster. Our experiences and injuries in life shape our character. In Al-Anon, we choose to turn these injuries into pearls by sharing our experience, strength, and hope. The calendars are ***available for purchase September 1, 2026 through January 20, 2027 on CheddarUp***.



Important Information

- If you're ordering for the holidays, get those orders in prior to December 10 as we definitely can't guarantee delivery by end of year after that date. Calendars ordered after December 10 will be mailed the first week of 2027.
- Sales must go through Cheddar Up. I know this is a pain for some members, but it keeps everything seamless and easy to account for. If they insist upon cash/check, they need to find a friend to do Cheddar Up for them and give them the money. NO EXCEPTIONS
- Any questions can be directed to district13calendar@gmail.com
- If someone belongs to a local group, please suggest they order with their group. It makes things easier. They will receive the information regarding where to pick up calendars once we process their order.

Last of all, thanks for your support on this project!

Pearls of Wisdom Flyer

Reaching Out to My Daughter with Kindness

When life throws me another curveball, like my alcoholic daughter having a baby, I start obsessing about how to fix her before the baby is born. To break out of this pattern of thinking, I go to Al-Anon meetings, read program literature, talk to my sponsor, and pray. Finally, I began practicing detachment with love by giving my daughter a baby shower. Only with a Higher Power and the Al-Anon program can I reach out to her with kindness. Her alcoholism has taken her away from the family for many years.

My grandchild has now been born and my daughter has been drinking. I pray for her and her child daily. I am powerless over my daughter's alcoholism and what kind of a parent she is. Compassion fills my heart as I see once again how powerless I am. My daughter has many assets, and I try to focus on those. Having a grandchild is both a joy and an opportunity to practice acceptance. —*Anonymous, The Forum*, December 2022

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

ACRONYMS (a.k.a. AL-ANON'S ALPHABET SOUP)

AAPP:	*Area Alateen Process Person*
AIS:	*Al-Anon Information Service (sometimes called "Intergroup")*
AISL:	*Al-Anon Information Service Liaison*
AFA:	*Al-Anon Faces Alcoholism*
AFG:	*Al-Anon Family Groups*
AGRC:	*Area Group Records Coordinator*
AMAC:	*Annual Midwest Alateen Conference*
AMIAS:	*Al-Anon Member Involved In Alateen Service*
AT:	*Alateen*
AWSC:	*Area World Service Committee*
BOT:	*Board of Trustees*
CAL:	*Conference Approved Literature*
CBAT:	*Come Be A Teen (Missouri Area Alateen Conference)*
CCT:	*Conference Committee on Trustees*
CMA:	*Current Mailing Address*
CPC:	*Cooperating with the Professional Community*
DIS:	*Day In Service (a Missouri Area event)*
DR:	*District Representative*
GR:	*Group Representative*
GSO:	*General Service Office*
IAGSM:	*International Al-Anon General Services Meeting*
ICC:	*International Coordination Committee*
IR:	*Intergroup Representative*
ISR:	*Information Service Representative*
KBDM for an IGC:	*Knowledge Based Decision Making for an Informed Group Conscience (often referred to as KBDM)*
LDC:	*Literature Distribution Center*
PD:	*Procedures Digest*
PI:	*Public Information*
PO:	*Public Outreach*
PSA:	*Public Service Announcement*
RR:	*Round Robin (or Missouri Round Robin)*
RSS:	*Regional Service Seminar*
SM:	*Service Manual*
TEAM:	*Together Empowering Al-Anon Members*
WSO:	*World Service Office*

District Nine warmly invites all members and friends to gather for our Fall Potluck — an evening filled with connection, recovery, and shared experience.

Events like these strengthen our fellowship, offering a chance to meet members from other groups, enjoy a meal together, and hear stories that remind us why we keep coming back.

We are grateful to welcome two members who will share their experience, strength, and hope:

- **Al-Anon Speaker: Sharon S.** — offering insights from her journey in recovery
- **AA Speaker: Marc F.** — sharing his story of transformation and growth

Their sharings promise to bring encouragement and perspective to all who attend.

District 9 will provide fried chicken for the main course along with beverages. Attendees are invited to bring a favorite dish to share — whether it's a family recipe, a simple side, or a dessert that brings joy. Potlucks are a wonderful way to express hospitality and enjoy the diversity of our fellowship.

Gatherings like this remind us that recovery is not only about meetings — it's also about community. Sharing a meal, hearing stories, and spending time together helps us build trust, laughter, and connection. Whether you're new to the program or have been attending for years, this potluck is a chance to feel supported and uplifted.

District 9 Fall Potluck Flyer

Save the Date for District 17 Fall Picnic!

Autumn is the perfect time to gather in fellowship and gratitude! District 17 invites all members of Al-Anon and AA to join us for our Fall Picnic on SUNDAY, OCTOBER 4, 2026, from 12–3 PM at Wapelhorst Park, Shelter 3 (1875 Muegge Rd, St. Charles, MO 63303).

We'll begin with **lunch at noon**, followed by **program speakers at 1:00 PM** representing both Al-Anon and AA. Chicken will be provided—please bring a favorite dish to share and enjoy the spirit of community that makes our fellowship so special.

There will be **attendance prizes** and a **50/50 raffle**, so come ready for fun, laughter, and connection. Whether you're new to the program or a long-time member, this picnic is a wonderful opportunity to celebrate recovery, friendship, and service. Let's make this fall gathering a day to remember—filled with warmth, hope, and shared stories under the crisp October sky.

Picnic Flyer

This fall, District 14 invites all members, newcomers, and friends to gather in gratitude as we celebrate 75 years of one purpose: offering hope and help to families and friends of alcoholics.

Our festival theme, **"Walking in Lois's Shoes,"** honors the courage, compassion, and vision of Lois W., whose willingness to take the next loving step continues to guide our fellowship today.

The event features **Al-Anon & AA speakers**, sharing experience, strength, and hope. A **main dish is provided**, and everyone is invited to bring a **side dish or dessert** to help fill the table.

We'll also enjoy attendance prizes, a basket raffle, and a jewelry sale — all adding fun and fellowship to the day.

Join us as we celebrate recovery, community, and the footsteps that continue to guide us forward.

Fall Festival flyer

What is AIS?

"Why should I contribute to the Al-Anon Information Service? What does the AIS office do for my group?"

First and foremost, AIS answers inquiries from those seeking help: new members, existing members, groups, professionals, and the general public.

We also:

- Carry our message of hope to schools, social workers, health fairs, churches, doctors, and more, via our public outreach volunteers.
- Promote unity of purpose and encourage the growth of Al-Anon in the St. Louis area via our Intergroup.
- Act as an information exchange for all St. Louis metro Al-Anon meetings.
- Offer Conference Approved Literature for sale to all who are interested in the effects of alcoholism on family and friends.
- Publish a monthly e-newsletter, Sincerely Al-Anon.
- Maintain and update a directory of local meetings.
- Maintain an after-hours answering service.
- Maintain a Speakers Bureau - a list of volunteers willing to speak at meetings, public outreach events, conferences, and more.
- Host an informational website at www.stl-al-anon.org
- Cooperate closely with the WSO, AA, the professional community, and other institutions.

To contribute to the work of the St. Louis AIS office,
visit www.stl-al-anon.org
or mail a check made out to AFG St. Louis to
14 Sunnen Dr., Suite 144
Maplewood, MO 63143

TRIVIA Night

Al-Anon/Alateen

COME JOIN US FOR A GREAT NIGHT OF FUN & FELLOWSHIP!

District 2 will be hosting a *Trivia Night* on Saturday evening, **October 17**, at **St. Paul U.C.C., 5508 Telegraph Road, 62129**. Doors will open at 6:00 p.m., with questions beginning at 7:00 p.m.

Table reservations can be made by email to: district2modr@gmail.com and payment can be made on the night of the event. Reservations are not required. $120 Per Table with 8 max per table. Individuals will have table spaces for $15 each.

If you or your group would like to donate a basket, please email: district2modr@gmail.com

Drinks will be provided through our Alateen groups.

Bring all the snacks and treats you'd like to enjoy at your table.

Alcohol Free Event 50/50 Raffle Basket Raffle

Proceeds to benefit Service Arms. Fun Guaranteed!

Trivia Night Flyer

Why I Stayed. . .

There are many reasons, but I think the initial one was the connection I made with people who opened their hearts by sharing their trials and struggles past and present. When I first came to Al-Anon, I didn't know what to expect, but I quickly found something I hadn't experienced before. Second, I was finally listened to without being shut down. And third, I felt safe.

The hurt and pain I felt were not unique to me. There were others who suffered from living with the effects of this disease, yet they seemed to be able to smile in spite of it. I envied what they had, and I wanted to have that too. I tried to find happiness despite my ex's drinking, but what I really wanted was for him to stop. In Al-Anon, I learned that my peace did not have to depend on someone else's choices. As I kept coming back, I began to find more peace. Sticking with Al-Anon brought me healing, connection, and a community. This sense of belonging and purpose is why I continue to stay and grow.

—Linda C., The Forum, September 2026

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Group Contributions — July 2026

Dist. 2 Helping Hands - WSO 8394

Dist. 2 Parents Paths To Recovery - WSO 62640

Dist. 9 Banner Online AFG - ZOOM

Dist. 9 Making New Choices AFG-WSO 30874477

Dist. 9 Steps To A New Life - WSO 8180

Dist. 13 Eureka Sunday Sanctuary - WSO 30624877

Dist. 13 F.R.O.G. Fully Relying On God in Recovery - WSO 503633

Dist. 13 Men's Path to Serenity - WSO 30521787

Dist. 13 Solution Finders AC - WSO 51166

Dist. 13 Spiritual Awakening -ZOOM- WSO 53497

IL Dist. 14 Powerless Rangers AFG WSO 60839

Dist. 14 Easy Does It - WSO 27405

Dist. 14 Friends in AFG ZOOM - WSO 8388

Dist.14 Hampton Group - WSO 8392

Dist. 14 How AFG Works (Thurs. Noon) WSO 30855349

Dist. 14 How AFG Works ZOOM Monday 6 pm- WSO 30503628

Dist. 14 Stepping Out - WSO 29414

Dist. 14 Women In Recovery Adult Children - WSO 32010

Dist. 15 Friday Night Fellowship -ZOOM WSO 30622164

Dist. 15 Spiritual Winners - WSO 30526922

Dist. 15 Webster Groves Parents - WSO 8473

Dist. 15 Wednesday's Child Adult Children - WSO-30475

Dist. 17 Hope For Today - WSO 66522

Dist. 17 Reaching For Personal Freedom - WSO 30624306

IL Dist. 18 Monday Night Serenity AFG WSO 26501

AIS Office Total Revenue — July 31, 2026

Annual Appeal	0.00
District Contributions	50.00
Dollars & Sense	1.00
Fundraising-Jewelry	20.00
Fundraising-Pens	5.00
Fundraising-Journals	0.00
Gift Certificates	0.00
Gifts of Gratitude	30.00
Group Contributions	3,526.00
Interest	111.00
Literature Sales	2,179.00
Miscellaneous Contributions	516.00
Miscellaneous Deposit	4.00
Birthday Contributions	0.00
Memorial Contributions	0.00
Processing Fees	46.00
TOTAL REVENUE	**$6,488.00**

Heard in Meetings...

- I'm good enough, and it's good enough.
- Just walk by the circus— don't go in.
- It's not going to kill me to make amends.
- "No" is a complete sentence.
- WAIT— Why am I talking?
- I need to check my motives before I open my mouth.
- Life isn't happening to me— It's just happening.
- I learned to put myself at the top of the list, and not feel guilty.
- I can do first things first, one thing at a time.
- I try to speak my truth in a way that is respectful for us both.

UPCOMING AL-ANON EVENTS!

September 13th – District 13 Ice Cream Social

Flyer

September 25th– 27th– A Little Time for Ourselves in 2026 MO Al-Anon Convention with AA Participation

Flyer Registration Form

October 3rd District 9 Fall Potluck

Potluck Flyer

October 4th District 17 Fall Picnic

Picnic Flyer

October 24th District 14 Fall Festival - Walking in Lois's Shoes

Fall Festival Flyer

FUTURE DATES IN 2028

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