Sincerely Al-Anon

OCTOBER 2026

Al-Anon Family Groups

STEP TEN

Continued to take personal inventory and when we are were wrong promptly admitted it.

My first sponsor (who has passed) told me once, "You bite your tongue until there is a callous on it." That sentence has saved me many, many times from making statements that would have hurt others. For which in turn I would have had to make amends. We've all heard the old saying, "sticks and stones will break my bones but words can't ever hurt me." I've learned through working an Al-Anon program that this is not true—whether I'm on the giving or receiving end of the words! Before Al-Anon, I gave too much of my power to others. I allowed words to hurt me deeply. Once something is said, it is out there forever. You can clean your side of street, but you can't ever retract the words.

I made a decision that I DO NOT WANT TO HURT PEOPLE. I was tired of making the same mistake over and over with the difficult people in my life. I use my Al-Anon tools to follow through with that commitment. Yes, there are people in my circle for whom it is hard to honor that commitment. I am not perfect, so this step is the way to admit my wrongs and make the amends. I just keep the focus on myself.

If I am upset over someone's behavior, I need to look at myself. It is usually a character defect that is flaring up. I'll call my sponsor, who inevitably tells me, "Susan, what I think you need here is simply MORE SPIRITUAL DEVELOPMENT." I will take a personal inventory of myself and the situation. With God's help, I am able to let go. When I "Let go and Let God," I have compassion and empathy for others in my life. Also, I may have to set up healthy boundaries, which I also discuss with my Sponsor.

I have a few tricks I use to help me with people, places, things and situations over which I have no control. I ask myself these questions before I speak:

1. IS IT TRUE?
2. IS IT KIND?
3. IS IT NECESSARY?

If I can answer yes to all three, then I can say what I want to say. To this day I haven't answered yes to all three, even with difficult people. Another trick is to stay inside my hula-hoop. If it is out of my hula-hoop, it is none of my business. It is not my job to be everybody's sponsor. People have a right to their own journey-- the good, the bad and the ugly. In the morning I turn over my day, asking my Higher Power to give me the strength to do God's will, not mine. In the evening I reflect on my day, asking myself if I did God's will. If not, where do I need to change? I also need to look at the healthy things I have accomplished, thanking my Higher Power and the Al-Anon program each and every night. With time and patience, Step Ten gets easier. Remember to be easy on yourself and stay connected with your Higher Power, your sponsor, and other Al-Anon members. *--Friday Night Fellowship, Susan C.*

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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!



PEARLS OF WISDOM

Turning Experience Into Light, One Day at a Time

The **Pearls of Wisdom** calendar has become a cherished tradition within Al-Anon — a gentle companion offering daily encouragement, reflection, and hope. More than just a tear-off calendar, it is a year-long journey through the shared **experience, strength, and hope** of the fellowship.

🌞 A Calendar Rooted in Recovery

The Pearls of Wisdom calendar features **365 daily messages**, each written in the familiar *One Day at a Time* spirit that anchors Al-Anon's program. Every page offers a moment of clarity — a reminder to pause, breathe, and reconnect with the principles that guide recovery.

This beloved project began years ago as the creative spark of an Al-Anon member. Today, it has grown into the **main fundraiser for District 13 in Area 31**, supporting service work that helps members and newcomers alike.

The sayings within the calendar come directly from voices around Al-Anon tables: the heartfelt shares, the hard-won insights, and the gentle encouragement that help members navigate life's challenges. Even the cover artwork is created by an Al-Anon member, making each calendar a true expression of fellowship.

💐 Why "Pearls of Wisdom"?

The name is inspired by a Stephan Hoell quote describing how a pearl is formed: a beautiful pearl begins as an injury to an oyster. This metaphor resonates deeply with Al-Anon members. Our struggles, hardships, and emotional wounds — when met with honesty, support, and shared experience — can transform into wisdom. In Al-Anon, we learn to turn life's injuries into pearls by sharing our stories and listening to one another.

🗓️ Availability

Pearls of Wisdom calendars are available for purchase **September 1 through January 20** exclusively on CheddarUp. For members, groups, and gift-givers, this calendar has become a favorite for:

- Al-Anon birthdays, holiday gifts, daily meditation practice, sponsorship exchanges, personal encouragement

💛 FAQs for the Office

- **Holiday Orders** — To ensure delivery before year-end, place holiday orders **before December 10**. Orders received after that date will be mailed the first week of 2026.
- **CheddarUp Sales** — All purchases must be made through CheddarUp. If a member prefers cash or check, they'll need a friend to submit the order online for them. **No exceptions.**
- **Questions** — Email inquiries to **district13calendar@gmail.com**.
- **Group Ordering** — If members belong to a local group, encourage ordering together. It simplifies processing and distribution.
- **Pickup Details** — Pickup instructions will be provided once the order is processed.

🌸 A Final Word of Gratitude

District 13 extends heartfelt thanks for your support of this meaningful project. Each calendar purchased helps sustain service work that brings hope to families and individuals affected by someone else's drinking. Your participation keeps the spirit of Al-Anon alive — one day, one share, one pearl at a time.

Pearls of Wisdom Flyer

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.



Audiobooks, eBooks, and Other Digital Literature Available Now

Six Conference Approved Literature books are available in electronic format and can be purchased from various eBook vendors. Direct links to them can be found at Al-Anon's Online Bookstore.

- *Opening Our Hearts, Transforming Our Losses* (eA-29, eB-29)
- *Hope for Today* (eB-27)
- *Courage to Change: One Day at a Time in Al-Anon II* (eA-16, eB-16)
- *How Al-Anon Works for Families & Friends of Alcoholics* (eA-22, eB-22)
- *Having Had a Spiritual Awakening…* (eB-25)
- *Alateen—Hope for Children of Alcoholics* (eB-3)

Also available in eBook format:

- *The Forum*, Al-Anon's recovery magazine
- *Welcome Newcomer!* (eK-10)

WSO eBooks

Meeting MOMENTS

- I want my defects to be corrected, not protected.
- I've learned to assess my reactions, rather than others' reactions.
- My most valuable lesson has been "shut up and listen."
- I am no longer making pronouncements on possible problems.
- Today I practice being a human, with other humans.
- What do I want? Am I willing?
- Sometimes I love them so much that I'm driving them crazy.
- For life to work, I need three things: accountability, community, and a spiritual framework.
- When I'm going to meetings, I move from "me" to "we". When I stop going to meetings, I move from "we" to "me".
- If I compare the pain to the payoff, I can ask "Is this character defect worth it? Can I get the payoff in a healthy way?"

TRADITION TEN

The Al-Anon family groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.

I try really hard not bring up outside issues at meetings. The meetings are for recovery and helping each other deal with ourselves and the alcoholics in our lives. Bringing up outside issues can cause hurt and upset feelings, which we don't need in our safe meeting space. Yes, I have witnessed this happening at meetings. I pause and say a prayer. If it goes on for a short time I let it go. If it keeps happening talk to your sponsor or someone who attends your meeting who you trust and see if the matter can be dealt with in a kind way. I was chairing a Zoom meeting and someone who hadn't attended our meeting before brought up an outside issue. I let it go for a short time and gently said, "that is an outside issue." Enough people knew about this Tradition and the conversation stopped. For me it is important to be inclusive, not exclusive. Bringing up outside issues is one way for sure to be exclusive. Remember that our one purpose in Tradition is welcoming and giving comfort to families of alcoholics. Another way this Tradition helps is in my family. Some members are know-It-all's. They will keep pushing their point even if it is incorrect. Once I was asked a question about my job. I worked for the St. Louis City Schools. I explained the true situation and this person kept repeating themselves, not believing me even though I was working for the school district. I realized some people just want to believe what they know. In the future when I'm asked a question I say what I want and if they don't listen I excuse myself. It makes my life easier. It is what it is.

Here is another way I use this Tradition. I found out a person I know believes in everything I DO NOT. I mean 150% we are different people. In the past I would hate this person because of their beliefs which I think are exclusive not inclusive. But I paused and prayed asking my Higher Power to help me let this go. I said to myself I'm not going to be a judgmental person. We all have a right to our beliefs. At this point their beliefs do not interfere with my wellbeing. I let it go and the next time I saw them we had a lovely conversation. I have a saying that I try to practice when I'm out in the real world. I call it my M & M. Leave a message, not a mess. Be kind. Don't hurt other people's feelings and stay in my hula hoop. Life can be hard and maybe the people out in the real world are having a bad day and they have unmanageability in their lives with no tools like Al-Anon to help them cope. What if I'm the only Al-Anon member someone may meet? It's best to spread a message than leave a mess as I walk through my life.

--Susan C., Friday Night Fellowship

A Welcoming Space for Support in Tower Grove South

Friday 6:30 pm

A gentle invitation is extended to anyone seeking connection, understanding, or a safe place to land. A local **LGBTQ+ affirming** meeting is open to all who need support, encouragement, or simply a room where they can breathe and be themselves.

Located at **3674 Humphrey St., St. Louis, MO 63116**, this gathering offers a warm, inclusive environment in the heart of **Tower Grove South**. Whether you're exploring recovery, looking for community, or hoping to share your story among people who listen without judgment, you'll find a circle ready to welcome you.

Everyone is invited. Everyone is valued. **Please join us.**

Meeting Flyer

Updating "Al-Anon Faces Alcoholism": A Journey of Renewal

What if one simple magazine could create the moment someone begins to feel hope again—to realize they are not alone? For those of us serving as World Service Office (WSO) staff, this question reflects the heart of our work. Our personal recovery remains closely connected to our daily responsibilities. Whether we are reading member sharings, reviewing professional articles, or revisiting Conference decisions from decades past, we are reminded again and again that Al-Anon's legacies of recovery, unity, and service are deeply intertwined. The literature and outreach materials we steward are voices of experience, strength, and hope that once supported us at the outset of our journeys and continue to support us today.

One such tool is *Al-Anon Faces Alcoholism* (AFAM) our public outreach magazine. *Al-Anon Faces Alcoholism* offers help and hope to people who may not yet know about Al-Anon or the support it provides. To align with the WSO's longstanding tradition of focusing on public outreach in September, as well as to coincide with national and international campaigns that focus on recovery, we are beyond excited to introduce the fully updated and redesigned *Al-Anon Faces Alcoholism* magazine. Working together across departments on this project has given each of us an opportunity to deepen our understanding of the magazine's purpose while strengthening our own personal recovery and commitment to carrying Al-Anon's message to the families and friends of alcoholics.

A Brief History of Al-Anon Faces Alcoholism

As part of our work, we immersed ourselves in the archives, reading original correspondence with professionals and seeing the handwritten notes of Al-Anon's pioneers. This experience reminded us that public outreach has always required courage, care, and cooperation and that our responsibility is to carry that spirit forward.
Originally published in 1965 as a book titled *Al-Anon Faces Alcoholism* (B-1), the publication was created to fulfill a twofold purpose: "to spread knowledge of Al-Anon, and to increase local and national income necessary for Al-Anon's growth" *(1965 World Service Conference Summary* (P-46), p. 14). For decades, the book served as an important introduction to Al-Anon for professionals and the public.

By the mid-1990s, however, Al-Anon recognized the need to reassess. In 1998, following recommendations from the Outreach to Professionals Advisory, Public Outreach, and Literature Committees, the Board of Trustees discontinued the book due to content that was no longer suitable for professional outreach *(1998 World Service Conference Summary,* pp. 60, 66).

From 2000 to 2005, the September issue of The Forum magazine focused on public outreach and included information from professionals. At the 2006 World Service Conference, a new approach emerged and was adopted: a dedicated annual outreach magazine available in English, Spanish, and French (2006 WSC Summary, p. 32).

In September 2020, the Public Outreach and Executive Committees approved a change that came from the fellowship: removing the year from the cover to enhance the magazine's timelessness. The 2021 edition was the first to reflect this update (2020 World Service Office Annual Report, p. 22). During the COVID-19 pandemic, physical distribution was restricted, but an electronic format accessible on the Al-Anon website supported continued sharing and outreach.

Why Al-Anon Faces Alcoholism Matters Today

In 2025, the significance of this publication became increasingly apparent, leading the Board of Trustees to make updating the magazine a priority so that it would remain current and relevant to today's evolving recovery landscape. Families and friends of alcoholics—and the professionals who serve them—continue to ask for accessible, relatable, and trustworthy resources. Al Anon Faces Alcoholism helps meet that need.

A Shared Service Effort

Participation was key to the new edition. The fellowship generously responded to the call for sharings, and professional contacts likewise submitted articles for consideration. Members of the WSO Public Outreach Committee reviewed and scored member sharings, while selected WSO Staff reviewed and scored professional articles. Reviewers shared how meaningful the experience was and how deeply moved they were by the quality, honesty, and compassion reflected in the submissions.

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While we were unable to publish every submission, this process reinforced a recovery principle we personally know well: writing is never wasted. Sharings that are not selected inform the overall message and often find new life elsewhere. Reading members' sharings—published or not—also nourishes our recovery, reminding us how much these principles matter.

From Manuscript to Outreach Tool

This update has truly been a joint effort between Literature and Public Outreach, with essential support from other departments throughout the WSO. It is designed to meet people where they are—offering hope to those just discovering Al-Anon, an opportunity to give back for members, and a trusted, informative resource for professionals seeking to understand and refer to our program.
Although the collection and review process was modeled after those used for Conference Approved Literature (CAL) and *The Forum*, *Al-Anon Faces Alcoholism* differs in purpose and process. Unlike *The Forum*, which is a recovery magazine for members, *Al-Anon Faces Alcoholism* is a service tool developed by staff and committees for public outreach, attracting potential members and introducing professionals to our program.

Because it is a service tool, it follows a specific approval process as described on pages 110-11 of the *2026–2029 Al-Anon/Alateen Service Manual* (P-24/27). This careful process reflects Al-Anon's commitment to unity and responsibility.

Looking Ahead

Through its thoughtful periodic renewal as well as its availability in both print and digital formats, *Al-Anon Faces Alcoholism* will continue to be a key resource for raising awareness of Al-Anon and Alateen while contributing to our self-support. Member and professional contributions enhance its authenticity, reach, and effectiveness.
For us, this project has been a renewing journey in recovery and service. We are grateful to all who contributed to it and to those who help bring its message of hope to others. More than just a magazine, this new edition of *Al-Anon Faces Alcoholism* offers a simple yet powerful way for members to carry the message to those who may not yet know about the Al-Anon or Alateen programs of family recovery.

We encourage members and professionals alike to share it. You can offer copies to local treatment centers, libraries, or schools; provide it to doctors, therapists, and community leaders; leave it in public spaces like coffee shops, salons, buses, and airports; or send the digital version to someone who may need it. With your help, *Al-Anon Faces Alcoholism* will find its way into the hands of those who feel alone and hopeless and let them know that there is help and hope in Al-Anon.

-- Carol C., Assoc. Director—Literature, Heather S., Associate Director—Public Outreach --The Forum, September 2026

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A PRAYER FOR SIGNIFICANT OTHERS

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

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

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

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

The light of God surrounds us. The love of God enfolds us; the presence of God protects us. The presence of God watches over us. Where I am God is. I love you, I bless you, I let you go!

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

Healthy Communication Takes Center Stage at the 21st District 9 AFG Winter Workshop

Event at a glance: Friday, January 8, and Saturday, January 9, 2027; Arlington United Methodist Church Fellowship Hall, 3770 McKelvey Rd., Bridgeton, MO 63044; guest speaker Stephanie B. from Marble Falls, Texas; Topic: Healthy Communication: Listening and Sharing.

District 9 is once again hosting its Annual Winter Workshop, a labor of love made possible by the combined efforts of many. The event will offer recovery, fellowship, and practical guidance for healthy communication. Guest speaker Stephanie B. from Marble Falls, Texas, will join us Friday, January 8, and Saturday, January 9, 2027, at Arlington United Methodist Church Fellowship Hall, 3770 McKelvey Rd., Bridgeton, MO 63044.

On Friday evening, Stephanie B. will share her story. On Saturday, she will lead the workshop on Healthy Communication: Listening and Sharing. On Friday, doors open at 6:00 PM for registration and fellowship, and the workshop begins at 7:00 PM. On Saturday, doors open at 8:30 AM, with the workshop beginning at 9:00 AM and ending at 1:45 PM.

McAlister's box lunches, which include a sandwich, chips, and a cookie, may be pre-ordered and paid for in advance with registration. Box lunches will not be available for purchase on the day of the workshop. Participants may also bring their own lunch or go out to pick something up. Coffee, hot tea, and bottled water will be provided at no charge. The gym will be available with tables and chairs for lunch and fellowship.

After lunch, small-group breakout sessions will be held in the gymnasium so participants can explore the workshop topic together.

Greg, from Action Audio, will be on hand to record the event, and recordings will be available for purchase. Al-Anon Conference Approved Literature will be for sale from the Al-Anon Information Service office on Friday and Saturday.

The 7th Tradition Basket Raffle will return. If you or your group would like to donate a basket for the raffle, contact Peggy J. at (314) 302-9011 or email her at pcj4dpt@sbcglobal.net. You may also send a monetary contribution if you would like Peggy to make a basket, or you can make a basket and bring it with you.

Check the website for an event flyer with information about registering for this special event. Online registration will be available, as well as traditional mail-in registration.

Mark your calendars and join us as we begin a new year of recovery on the right path!



🍂 District 9 Fall Potluck

District 9 invites all members and friends to come together for our **Fall Potluck**, an evening centered on fellowship, recovery, and shared community. These gatherings strengthen our connections, offering a chance to meet members from other groups, share a meal, and hear stories that remind us why we keep coming back.

Event Details

- 🗓️ **When:** Saturday, **October 3, 2026,** at **6:00 p.m.**
- 📍 **Where:** Main Fellowship Hall, **Holy Spirit Parish** 3130 Parkwood Lane, Maryland Heights, MO 63043

Speakers

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

- **Al-Anon Speaker: Sharon S., AA Speaker: Marc F.**

Food & Fellowship

District 9 will provide fried chicken and beverages. Attendees are invited to bring a favorite dish — a side, dessert, or family recipe — to add to the table. Potlucks are a simple but meaningful way to express hospitality and enjoy the diversity of our fellowship.

Sharing a meal and hearing stories helps us build trust, laughter, and connection. Whether you're new to the program or have been attending for years, this potluck offers a chance to feel supported and uplifted.

District 9 Fall Potluck Flyer

🍂 District 17 Fall Picnic – October 4, 2026

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



🍂 District 25 Serenity Walk

District 25 invites all members and friends to join us for a peaceful and uplifting **Serenity Walk** on **Saturday, October 10, 2026**, at beautiful **Cuivre River State Park**. This fall gathering offers a chance to connect with nature, enjoy fellowship, and share recovery in a relaxed outdoor setting.

Event Details

- 🗓️ **Date:** October 10, 2026
- ⏰ **Time:** 1:00 p.m.
- 📍 **Location:** Cuivre River State Park – 678 State Route 147, Troy, MO. 63379, Stone Shelter *(Look for signs once you enter the park to shelter.)*

The Walk

At **1:30 p.m.**, we will begin a **1½-mile walk** along the **Frenchman's Bluff Trail**, a scenic path that leads to a stunning **120-foot bluff overlook**. The trail is considered **relatively easy**, making it accessible for most participants. Surrounded by fall colors and crisp October air, this walk offers a quiet space to breathe, reflect, and enjoy the serenity that nature provides.

Fellowship & Firelight

After returning to the picnic area, we'll gather around a warm fire for:

- **S'mores**
- **Conversation**
- **A recovery meeting**

Sharing together in the glow of the fire brings a special kind of connection — one that reminds us how fellowship strengthens our program and supports our growth.

A Day to Restore the Spirit

This Serenity Walk is an opportunity to slow down, enjoy the outdoors, and spend time with others who understand the journey of recovery. Whether you come for the hike, the meeting, or simply the fellowship, District 25 looks forward to welcoming you for an afternoon of peace, connection, and shared hope.

Serenity Walk Flyer



October 1, 2026
AIS Office
Treasurer Report as of August 31, 2026

	Summary	2026 YTD	2026 Budget	Variance
Total Revenue	4,498.00	46,387.00	71,950.00	(25,563.00)
Annual Appeal	0.00	351.00	500.00	(149.00)
District Contributions	0.00	2,393.00	4,000.00	(1,607.00)
Dollars & Sense	14.00	100.00	150.00	(50.00)
Fundraising-Jewelry	291.00	311.00	500.00	(189.00)
Fundraising-Pens	0.00	44.00	100.00	(56.00)
Fundraising-Journals	0.00	240.00	0.00	240.00
Gift Certificates	0.00	(25.00)	0.00	(25.00)
Gifts of Gratitude	0.00	50.00	0.00	50.00
Group Contributions	1,594.00	19,123.00	28,000.00	(8,877.00)
Interest	121.00	897.00	1,500.00	(603.00)
Literature Sales	2,075.00	17,343.00	28,000.00	(10,657.00)
Miscellaneous Contributions	346.00	4,797.00	8,000.00	(3,203.00)
Miscellaneous Deposit	0.00	311.00	0.00	311.00
Birthday Contributions	0.00	0.00	100.00	(100.00)
Memorial Contributions	0.00	0.00	100.00	(100.00)
Processing Fees	57.00	453.00	1,000.00	(547.00)
Expenses	5,701.00	44,180.00	72,665.00	(28,485.00)
Bank Charges	0.00	1.00	75.00	(74.00)
Business Lic & Permits	0.00	75.00	100.00	(25.00)
Credit Card Fees	56.00	385.00	650.00	(265.00)
Subscriptions (QBO)	185.00	845.00	1,500.00	(655.00)
Insurance	46.00	857.00	1,040.00	(183.00)
Literature Costs	1,832.00	10,690.00	20,000.00	(9,310.00)
PO Donated	0.00	477.00	1,000.00	(523.00)
Miscellaneous Expense	0.00	301.00	500.00	(199.00)
Office Equipment/Repairs	0.00	24.00	0.00	24.00
Office Supplies	0.00	1,152.00	1,500.00	(348.00)
Postage	21.00	347.00	1,000.00	(653.00)
Printing	0.00	0.00	500.00	(500.00)
Professional Fees	0.00	150.00	100.00	50.00
Public Outreach Expense	0.00	100.00	500.00	(400.00)
Rent	418.00	3,435.00	5,000.00	(1,565.00)
Telephone/Internet	159.00	1,181.00	2,000.00	(819.00)
Website Mgmt	0.00	0.00	500.00	(500.00)
Payroll	2,985.00	24,163.00	36,700.00	(12,537.00)
Net Operating Surplus (Deficit)	(1,204.00)	2,207.00	(715.00)	2,922.00
Checking Account	3,284.00			
Savings on hand	3,523.00			
Petty Cash	100.00			
Investments	62,216.00			
Cash on Hand & Investments	69,123.00			

GROUP CONTRIBUTIONS

Dist. 2 -- One Step At A Time

Dist. 2 -- Six O'clock Serenity

Dist.13 --(FISH) Finally Into Serenity & Hope ZOOM

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

Dist. 14 -- Fresh Start ZOOM

Dist. 14 -- How AFG Works (Thurs. Noon)

Dist. 14 -- Womens AFG

Dist. 14 -- Wonderful Possibilities

Dist. 15 -- Friday Night Fellowship ZOOM

Dist. 15 -- Glendale Thursday Morning ZOOM

Dist. 18 -- Troy Joy (IL)

Dist. 28 -- Personal Freedom



The Art of Loving Detachment:

Setting Healthy Boundaries

District 13 AFG Workshop

April 3, 2027

Holy Cross Lutheran Church

13014 Olive Blvd., Creve Coeur, MO 63141

SPEAKER: CAROL W

ILLINOIS SOUTH

Option to order Companion Bakery sack lunch – half sandwich, side dish, and cookie.

Bring money for basket raffle

For more information contact
d13workshop2027@gmail.com

WORKSHOP SCHEDULE

- 8:30 Doors open/Registration
- 9:00 Opening
- 9:15 Carol-Detachment/Boundaries
- 10:15 Break
- 10:30 Breakout session
- 11:15 Report out
- 11:45 Lunch
- 12:45 Panel
- 1:30 Basket raffle
- 2:00 Closing / Workshop Wrap Up

REGISTER: HERE, or with the QR code, or by mail using the form below.

Mail to: **District 13 Workshop 4496 Acacia Rd. Eureka, MO 63025**

Checks should be made out to District 13 AFG. All registrations are nonrefundable.

Name _____

Email address_____

Please check if Alateen ☐

EARLY REGISTRATION (postmarked before March 20) Al-Anon $10 / Alateen $2

REGISTRATION (postmarked after March 20 or at the door) Al-Anon $15 / Alateen $5

Companion Bakery sack lunch Cost $13.75
(Gluten free $1.50 upcharge)

- ☐ Beef/Cheddar on sourdough
- ☐ Turkey/Brie on croissant
- ☐ Vegetarian on ciabatta
- ☐ Gluten-free bread



Events 2026

October 10th Serenity Walk – District 25
Serenity Walk Flyer

October 17th Gratitude Gathering Potluck – District 28
Gratitude Gathering Flyer

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

Save the Date for 2027

January 8 & 9, 2027 -- Winter Workshop District 9
Winter Workshop Flyer

April 3, 2027 -- The Art of Loving Detachment: Setting Healthy Boundaries D-13
Workshop Flyer

June 12th 2027 -- MO Area Day In Service Hosted by District 9
Day In Service Flyer

Future Dates in 2028

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

***All flyers at** www.stl-al-anon.org*

