

# Serenity Sentinel

## SPRING 2020

Volume: Panel 58

Issue: #9



### DONATION ADDRESS

ALL Seventh Tradition donations, meaning all contributions from individual members, groups, districts, and AIS offices should now be sent to:

**MICHIGAN AFG INC.**

**P O BOX 980174**

**YPSILANTI, MI 48198-0174**

or PayPal Option at MIAFG.org

**Please share this information with your group treasurer and your district and groups.**

*The Serenity Sentinel*, a quarterly publication, is the voice of the Michigan Area Assembly. A complimentary subscription is issued to all AFG groups registered with the Michigan Assembly, District Representatives, Assembly Officers, and Coordinators. Please direct any comments or questions regarding the *Serenity Sentinel* to the Editor. Please send all **group information changes to our MIAFG Area Group Records Coordinator.**

Is this issue your personal copy? Renewal date is found on address label, so verify when it will expire. Also, be sure your group is receiving their free copy of the *Serenity Sentinel*.

### AWSC Meetings and Assembly Location Directions

\*St. Louis is nicknamed "the Middle of the Mitten"

**St Louis Church of Christ  
1075 West Monroe Road  
St. Louis, MI 48880**

**989-681-2524 \***

**From US 127 take the M-46 exit (Saginaw/Edmore)  
Turn east onto M-46 (aka West Monroe Road)  
This large church is less than a mile from the exit,  
on the south side of the road**

9AM-Registration Opens \* 9:40AM-New Rep Orientation  
10AM Assembly/Meeting Begins

ASSEMBLY and AWSC: park in FRONT lot

Don't Forget to purchase CAL from the hosting LDC

*"Let it begin with me. When Anyone, Anywhere reaches out for help, Let the hand of Al-Anon and Alateen always be there, and Let It Begin With Me"*

### Serenity Sentinel Subscriptions

Individual subscriptions are available for just **\$4.00** per year. To receive this Michigan AFG quarterly publication, please complete the form below: Include it with your check or money order (\$4.00 per each subscription) made payable to Michigan AFG, Inc. and send it to the **NEW** address listed below:

**Serenity Sentinel  
c/o Michigan AFG Inc.  
PO Box 980174  
Ypsilanti, MI 48198-0174**

Name \_\_\_\_\_

Address \_\_\_\_\_

Apt # \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

You are welcome also to order GIFT SUBSCRIPTIONS for your sponsor, those people whom you sponsor, or any other program friends! Please list additional subscription information on a separate page.

### Due to the Covid 19 Pandemic the following have been cancelled.

**World Service Conference**, April 2020, ( there will be an abbreviated virtual Conference pertaining only to critical Board matters). In lieu of sending "Love Gifts" to our delegate please consider a donation to the WSO instead.

**MIAFG 48<sup>th</sup> Convention**, Bay City Michigan, May 1 – 3

**AA International Convention**, Detroit, Mich., July 3 – 5

These are the activities that have been cancelled at time of printing this edition. **Please check with MIAFG for updates regarding activities before making plans to attend any event.**

*May the Love and Peace of the program help to guide you through these troubled times.*



# PLEASE SUBMIT SHARINGS FOR YOUR Serenity Sentinel

## Deadline Schedule for submissions:

March 15 – June 15 – September 15 – December 15

Send your shares to the Serenity Sentinel Editor:

Editor: Jeannette Gill

E-mail: miafgnewsletter@gmail.com

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Use additional pages if necessary ☺

Name: \_\_\_\_\_  
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**Please indicate your permission on your share as follows:**

If published, you have my permission to use this article on the Internet and share it with the Al-Anon Family Group Headquarters, Inc.  Please use my first name & last initial, city-state-province-country for credit.

Please sign me "Anonymous".

I am an Al-Anon member       I am an Alateen member

All "sharings" become the property of MI AFG and/or Al-Anon Family Group Headquarters, Inc. and may be used in whole or in part to develop Al-Anon / Alateen material. (Electronic submission constitutes your agreement).



## Calendar of Events

- May 1 – 3 **CANCELLED.....**  
48<sup>th</sup> MIAFG Convention, Bay City, Mi .Host  
Dist. 20 Denise
- May 2 **MIAFG Day of Recovery** – Zoom meeting
- June 13<sup>th</sup> **Spring Assembly/AWSC** – Host District 3 & 4
- July 3-5 **CANCELLED.....**  
**AA International Convention**, Detroit, Mi.
- Aug 8<sup>th</sup> **AWSC St Louis, Mi** Host: Jeannette G, Newsletter  
District 40
- Oct 10<sup>th</sup> **Fall Assembly** Host Needed
- Nov 14<sup>th</sup> **AWSC** Host: Janette District 20
- April 30 – May 1 **49<sup>th</sup> MIAFG Convention, Traverse City, Mi**  
Host: District 39 Karl

## MIAFG Convention Survey....

We are asking for your participation in a survey to help to understand MIAFG members preferences regarding The future of the Annual State Convention.

<https://tinyurl.com/miafgconvention>



**Gratitudes & Greetings**  
 Feel free to send **your** gratitudes to the *Serenity Sentinel*.  
 Please put **AFG** or **Serenity Sentinel** in the **subject line** & send to:  
 miafgnewsletter@gmail.com

## Delegate's Report – Ann M

Dear MI AFG Members,

My family's thoughts and prayers are with you and your family during this time of uncertainty.

Let's start with what I am certain of... First, the cancellations of the March AWSC, the North Central Regional Delegates Meeting, and the Al-Anon/Alateen State Convention in Bay City. If you booked a room at the Bay City Doubletree, the hotel requests you cancel your own room reservation.

While your home group may not be meeting, face-to-face, you might want to try something new.

1. You can go to WSO's website and find an online meeting. They are saving a seat for you in their virtual rooms.
2. You can start your own. One idea is to create a free account on freeconference.com. You will get a phone number and a pin number. Tell your home group to call at the same time and enter the pin. They introduce themselves when they enter the virtual room. The Chair start the meeting as if you were in your regular meeting place. The Chair will call on people to share so people aren't talking over each other. You keep your phone on mute until you are called on. The meeting ends as you usually do.
3. You can get on Zoom.us. The Zoom meetings are a video conferencing format. The host gives you a Meeting ID#. When you get on, you immediately turn on the microphone and start video. It doesn't record, however, it allows you to see others and be seen by them.
4. This is a great time to reach out to fellow Al-Anons and Alateens. Pick up the phone and call them! It is just as easy to send a text, an email, and snail mail.

I hope to see you in June for Spring Assembly. A few things will be added to the agenda because of the cancellation of March AWSC.

Talk to each other, reason things out, but let there be no gossip or criticism of one another, instead, let the understanding, love, and peace of the program grow in you.....

Grateful to serve you,

Ann M

Panel 58

Michigan

## Alternate Delegate's Report – Kristine G

Serving on Panel 58 has been an honor, and I continue to learn something new about Al-Anon and myself every day. Our 4<sup>th</sup> grandchild Eleanora (Nora) Marie arrived on Friday March 13<sup>th</sup>, weighing 8 lbs. Mom and baby are both doing well.

I'm very grateful that my HP introduced Zoom Video Conference Calling into my life six months ago when FloAnn (past MIAFG Secretary) moved to Arizona. Since then, I've had the privilege of hosting my home group and District 11 meetings on my Zoom Account. For me, the next best thing to a face-to-face meeting is a video-to-video meeting. There is something about seeing my fellow Al-Anon members as they share. We even had our eldest/longtime member on the District call; his grandson set it up for him. As a District, we talked about how we reach out to the Newcomer while we are all sequestered in our homes. My home group has a member posting both contact and Zoom meeting information on the door of the church a couple hours before our scheduled meetings.

Here are a few things I've had the privilege of working on since we last met in November.

**Zoom Video Conference Calling** has become a tool I use to serve MIAFG multiple times a week. If you haven't experienced this application for communication, contact me and let's try it together.

Your **Guidelines Task Force** continues to meet via Zoom biweekly. Four Event Guidelines are ready to present at Spring Assembly for approval. Currently, MIAFG has 15 Service Position Guidelines. We have updated nine of them, and they are available on MIAFG's Google Drive. The Convention Guideline has been written, and we are working as a committee, with hopes of presenting it to you by August AWSC, to finalize this document.

Your **Convention Feasibility/Viability Thought Force** has also been meeting biweekly via Zoom. The committee has a MIAFG Annual State Convention Survey ready for our members to share their thoughts on the future of MIAFG Annual State Convention. Please take the survey at: <https://tinyurl.com/miafgconvention>

During the past two years, I've been working with my Service Sponsor on the study of our 12 Concepts. I would like to start a monthly Zoom call to **study these Concepts**. If anyone is interested, please contact me. There is no cost to join this meeting, I have a yearly Zoom subscription.

If you have any questions or concerns that I might be able to help you with, please do not hesitate to contact me.

[miafgalternatedelegate@gmail.com](mailto:miafgalternatedelegate@gmail.com) or 248-361-8550

Grateful to give back,

Kristine G.

MIAFG Alternate Delegate Panel 58



### Treasure's Report – Renee F

What an interesting year 2020 has been so far. I don't know what the outcome will be, but I hope that I learn from this experience and make changes for the better. Right now, I am grateful for warmer weather and Zoom meetings. I have also been working with my grandson on his 3<sup>rd</sup> grade schoolwork and appreciating teachers more and more. Life is everchanging. Thank goodness for slogans to remind me that it is one day at a time and this too shall past.

It is tax season and I have been busy preparing documents to send to our accountants. The data should be ready to send this week. Financially, we had a decent year. We were below our numbers from 2018 regarding income, but fortunately, our expenses were also down.

Thank you to all the groups that sent in donations. Our total for 2019 was \$23,238. Without your generous support, MIAFG would not be able to continue our work.

With meetings not happening face-to-face, we are all being impacted financially. A Spring Appeal letter will be coming out soon. Please remind your groups that the 7<sup>th</sup> Tradition still holds true and that groups, districts, state, and WSO need support. You can use our PayPal link on the MIAFG website or snail mail for MIAFG donations and Sentinel Subscriptions should be sent to:

**Michigan AFG  
PO Box 980174  
Ypsilanti, MI 48198-0174**

Thank you to all our members for keeping MIAFG alive and healthy so we can continue to carry the Al-Anon message.

Grateful for this program and MIAFG, Inc,

Renee F, MIAFG Treasurer  
miafgtreasurer@gmail.com

**Forum subscriptions reminder**  
To order the Forum, send a check payable to AFG, Inc., for \$11 to start or renew a Forum Magazine subscription. [1600 Landing Parkway, Virginia Beach, VA 23464-5617](http://1600LandingParkway.com) On-line sign-up at [al-anon.org](http://al-anon.org) or, via fax (757-563-1655) and pay with Visa, MasterCard, Discover or American Express credit card

### Secretaries Report – Theresa S

Hi All!

Taking on the job of Panel 58 Secretary has been such an enlightening, educational, humbling experience. It is an honor to serve in this capacity and as the District 11/8 District Representative.

During this time of 'self-sequestration,' I believe Zoom has been a life-saving gift from my HP to everyone in a 12-step program! I feel most grateful to have Zoom as a tool in my Al-Anon recovery box. Currently, my home group is utilizing Zoom instead of face to face meetings.

Thankfully, we have a member volunteering to go to the church each Saturday to post both member contact and zoom usage information prior to our 8:30 A.M. start time. It never ceases to amaze me the lengths one Al-Anon will go to in service of others.

As the District 11/8 District Rep., I facilitated a group conscience with the District 11/8 Officers, where we decided for the safety of our members we would also hold the District meeting via Zoom. During this meeting our primary focus was Public Outreach. Two special interests under that umbrella include: 1) how to reach Newcomers and 2) emailing District 11/8 Group Reps. with suggestions for holding meetings during this difficult time.

Biweekly, I've met with my fellow Guidelines Task Force members. We have all been working very hard on these guidelines. As a former high school English Teacher, one of my roles, one in which I am very comfortable, has been as grammar editor. Rest assured, our task force will continue working diligently to complete our task.

If there is anything I can do to be of service to you, please let me know.

Yours in service,

Theresa S  
MIAFG Secretary  
[miafgsecretary@gmail.com](mailto:miafgsecretary@gmail.com)  
260.249.9168



### Literature/Forum Coordinator – Janet O

Hello Friends,

Looks like winter is in our review mirror. I love Spring.

Be sure to pick up the literature you haven't used in a meeting in a while. Lets all spread our knowledge with

various Pamphlets and Books that some members don't know exist. Also don't forget your 2<sup>nd</sup> edition of the 2018-2021 Al-Anon/ Alateen Service manual. Buy one for your group or a spouse to learn the process of Al-Anon.

The Forum needs our help: Please submit your sharing's about our three legacies (Steps, Traditions and Concepts of Service) Let others benefit from your experiences with these staples of your Al-Anon recovery.

The New PO Bookmark (M76) is now available it has the same message as the current PSA's "We found HOPE in the midst of an overwhelming situation.

May is the anniversary of when Lois W. and Anne B first reached out to the existing family groups and asked them to join in unity as what would be named "Al-Anon Family Groups". To honor this event, In Mays issue, The Forum will focus on the book The Al-Anon Family Groups - Classic Edition (B5).

Janet O



### Area Records Coordinator – Sandy C

I hope you are all doing well with the ever-changing state of the Covid 19! Now we are all quarantined!

This is a great opportunity for me and all of us to put the principles of our program to good use! I know for myself I not only do "One Day at a Time" it is "one minute at a time"!

It saddens me that we need to cancel our State Convention: BUT I know that a lot of thought went into this decision and it was for the good of MIAFG Al-Anon/Alateen.

Thank you for your fellowship and support!

Sandy C



### Tech Coordinator – Ross F

#### 2021 Calendar Quotations

The WSO has released the '2021 Calendar Quotations for Service Arm Calendars'. There are 20 quotations from Conference Approved Literature that you can choose from. They are only available at the AFG Connects – Announcements website. Your District Representative has access to the site and can supply them to you. The upper portion of the document has an explanation how to

include the proper attributions and credits. The first twelve of the Quotations are based on the twelve traditions. The remaining eight are on a variety of topics.

Ross F



### Newsletter Editor – Jeannette G

This has been an especially challenging newsletter. So many changes, cancellations, and challenging times for each and every one of us. Conference calls, Zoom meetings etc., are helping us to get through these challenging times but it certainly does not compare to the face to face, hug to hug meetings we are used to.

As always, I am looking forward to all of your shares for our upcoming issues. It is in sharing our experience, strength and hope that we help one another to deal with life on life's terms.

Jeannette G

miafgnewsletter@gmail.com

## Members Share Experience, Strength and Hope.

### Anonymous Share –

I'm especially finding my Al-Anon toolbox of slogans, fellow members and the Al-Anon Declaration so very helpful during some recent life challenges, including the current Covid-19 Pandemic.

Living '**One Day at a Time**' is critically comforting in allowing me permission to do the things I need to, for this one day only. Staying home is a huge challenge, as is missing face-to-face connections and meetings, preventing my seeing fellow recovering members, but how wonderful to have Zoom phone/computer meetings during this time! '**Let It Begin with Me**' in using email, texting and phone calling as other lifesavers for my recovery program!

I have to implement '**Easy Does It**' and '**First Things First**' during this time and in other aspects of life stuff! Recent kitchen water damage started a cycle of assessing, tearing out, selecting flooring, cabinets, countertops, lighting fixtures and who should do it. These slogans were a huge help, to not panic, but thoughtfully consider all angles of how to begin, do the work we could and adjust as needed. It was and is imperative to '**Take Care of**

*"Let it begin with me. When Anyone, Anywhere reaches out for help, Let the hand of Al-Anon and Alateen always be there, and Let It Begin With Me"*

**Myself**, also with good food, rest and staying in touch with others.

**'Think'** goes nicely with the other slogans above. Studying booklets of kitchen options, determining what my 'dream kitchen' could look like and taking the steps to make it happen were important aspects to achieving the peaceful blue painted walls, to complement the gray cabinets and wood-look tile flooring. Adding, and even re-positioning, some electrical outlets was needed, so getting all the materials (hadn't heard of many of them before this!) to make that happen required discussion with my spouse and our son who helped in so many ways too numerous to list here, and to not witness ANY ARGUING, just **'Live and Let Live'** and mutual respect.

Other primary slogans used, **'How Important Is It?'** was crucial to keep arguments to a minimum, so as to 'be happy, rather than be right'. Didn't always keep my serenity but caught the backslides early enough to regain it fairly quickly. The remodeling is almost done, just some trim work to finish up, but it was a lengthy arduous and challenging time in which my Al-Anon Program proved so necessary, so I think I'll **'Keep Coming Back'** to it.

Praying in 'Gratitude' for all the essential workers, including the awesome healthcare professionals doing their jobs to stop the virus spread as much as possible.

Anonymous



One of my brothers lives in Marne and has some cows. Eight or nine were pregnant, and all but one has delivered their calves. Tom said that it is very unusual to have twins. Another had triplets, but one died. He will probably write a news story with pictures to Cows Today,, or some agriculture publication. A few years back, he named one of the cows "ANN". I chose to thank him, instead of being offended.

Ann M



All of us have been impacted by the Covid 19 Coronavirus Pandemic of 2020. One thing we need to keep in mind is group donations to our Districts, MIAFG, and the WSO will be down! I would ask that each of us consider making a personal donation in support of Al-Anon.

Ross F

Hi All,

I'm home on the lockdown living the dream as many of you, my husband's health is definitely considered compromised. So, what to do during this difficult time? We have been doing some baking for the less fortunate in our close knot neighborhood. We both have been busy catching up on some reading and having our own meetings together. I truly believe this is the God of my understandings way of teaching us all Kindness, Compassion and Acceptance of one another. There are many others who have it worse than me. Practicing the first three steps helps me to 'Keep it Simple', 'One Day at a Time'. Be safe my friends and Stay Healthy. If you don't have to go out STAY HOME and be grateful for what you have.

Janet O



While we are all wondering what to do during this health crisis I remind myself that I have a Higher Power to share my burdens with. Even though I may need to be by myself I can pray to my HP. I was standing in a long line at Meijer waiting to check out so I just said prayers to myself. It was a little free time so I filled it with prayer. I told the cashier she was doing a good job, because she was. I think we need to support each other.

Cheryl B



**If you are looking for an Al-Anon meeting, please contact one of the Literature Distribution Centers or an Al-Anon Information Services (below) for the most accurate list of conference meetings and Zoom meetings.**

Ann Arbor Area (Washtenaw Co)	AIS/LDC -
<a href="http://www.afgdistrict5.org">www.afgdistrict5.org</a>	734.995.4949
Detroit Metro AIS/LDC (AFG of Detroit Area, Inc	-
<a href="http://www.al-anon-semi.org">www.al-anon-semi.org</a> )	313.242.0300
Genesee Area (Flint)	AIS -
<a href="mailto:geneseeareaais@gmail.com">geneseeareaais@gmail.com</a>	810.234.1460
Grand Rapids Area AIS -	<a href="http://www.grafg.org">www.grafg.org</a>
Kalamazoo Area AIS	- 269.343.4328
Lansing Area (Central Michigan AFG)	AIS/LDC -
<a href="mailto:centralmiafgldc@aol.com">centralmiafgldc@aol.com</a>	517.484.1977
Oakland County Area	AIS/LDC -
<a href="http://www.oaklandafg.org">www.oaklandafg.org</a>	248.706.1020
MI Thumb Area	AIS/LDC -
<a href="mailto:mithumbareaafg@yahoo.com">mithumbareaafg@yahoo.com</a>	989.912.5478
Traverse City Area (District 39)	AIS Information
<a href="http://www.alanon-d39.org">www.alanon-d39.org</a>	231.938.7399
Northwestern Michigan AIS	231.675.7044
Upper Peninsula (west of Engadine) is part of Area	
61/Wisconsin -	<a href="http://www.area61afg.org">www.area61afg.org</a>

A few 'Calendar Quotations' ~ See Tech Coordinator Report above for further information.



“When we finally surrendered, we realized that we were only giving up our futile struggle against an incurable disease. Then we were free to focus on what we could do something about, rather than trying to change what we couldn’t.”

*From – How Al-Anon Works for Friends and Families of Alcoholics (B32), page 17*

“Faith has been likened to being in a dark tunnel and seeing no glimmer of light, but still crawling forward as if we did. Though our circumstances may seem dark indeed, when we turn to a Higher Power rather than stubborn wills, we have already begun to move toward the light.

*From - In All Our Affairs; Making Crises Work for You (B-15), page 106*

“Learning to detach from other people with love allows us to place a healthy emotional distance between ourselves and our loved ones without abandoning them. In the simplest terms, we find out where we leave off and others begin.”

*From - Survival to Recovery; Growing up in an Alcoholic Home, page 144.*



## I let go – and my husband’s temper cooled off

~The Forum, August 2011

My husband moved back into our home following an 18 – month separation. We are slowly mending our marriage.

For the most part, we attend our respective meetings, and socialize with our respective friends, but we do very little together. I have refused to travel with my alcoholic husband because I was not able to tolerate his abusive language.

We are planning a week – long trip together this coming summer to celebrate my father’s 90<sup>th</sup> birthday, so I decided to begin with short trips, to practice detachment. We headed to a town that was about an 80 – minute drive from home, to do some antique shopping.

For the first 15 minutes in the car, I noticed that my husband was driving 10 miles under the speed limit, fidgeting nervously, and making critical remarks about other drivers. I found myself staring at the speedometer and

thinking, “I’ll be a nervous wreck if I don’t stop focusing on him!”

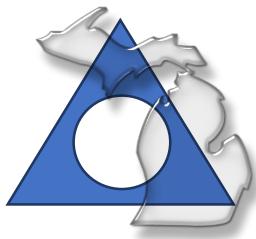
I forced myself to watch the scenery, and began to talk briefly about pleasant things, allowing silences, if he wanted to respond. If he didn’t respond, I mentally quoted a slogan or recalled a bit of a Step or Tradition and allowed my mind to quiet. I ran through some repetitions of the Serenity Prayer, and found that I was relaxing, feeling connected to my Higher Power and so was my husband. He even joined in with some humorous conversation, which was rare for him.

When we got to our destination, we walked around and looked. I talked to some of the antique dealers about their merchandise. At first, my husband waited outside – disinterested. However, when I took time to listen to his recollections about an old toy or car, he began to engage in the spirit of the day, maybe finding a treasure. The town was dotted with small cafes and diners; we stopped at one and ordered lunch. When the food came to our table, it was the wrong order. “Oh, boy! Her it comes,” I thought. But because of the relaxed atmosphere and nice time we were having, my husband didn’t fly into a rage. He suggested that if we tried the food we had been served; we might like it! On the drive home, he was even more talkative about the town, the food, and what a great day we had. Before Al-Anon, a day like this was impossible. I felt I had to monitor my husband’s driving, make sure he went the right speed, turned at the right place, etc. – ad nauseam. I got upset if we didn’t have conversation. I got upset if we didn’t have conversation that was not pleasant. I had so many rules in my mind about what constituted a “good Time” that a good time was impossible. I’ve thanked my husband many times for the lovely day we had, and he just about burst with happiness. I suspect that, over the years, he has wanted to give me many lovely days – but couldn’t, because I wouldn’t let him. I’m going to keep practicing detachment, stay in my own hula hoop, and maybe – just maybe – we can have a nice vacation together this summer. This is why I keep coming back to meetings – you all teaching me how to work this wonderful program. Thank you. I have my treasure.

*Reprinted with permission of the Forum, Al-Anon Family Group Hdqts., Ind, Virginia Beach VA*



*“Let it begin with me. When Anyone, Anywhere reaches out for help, Let the hand of Al-Anon and Alateen always be there, and Let It Begin With Me”*



The Shared Experience of Michigan  
Al-Anon and Alateen Members

# Michigan AFG Day of Recovery

Michigan  
Al-Anon



**Saturday May 2, 2020**  
**9:30am – 3:00pm EDT**

**Zoom ID: 313 770 3505 Password: Grateful1**

- 9:30am - 9:40am** Welcome & Opening
- 9:45am - 10:45am** Step One Panel
- 10:45am - 11:45am** Step Two Panel
- 11:45am - 12:45pm** Step Three Panel
- 12:45pm - 1:30pm** Working Lunch with updates from Area Coordinators  
Three minutes each (written reports -200 words)
- 1:30pm - 2:15pm** Main Speaker **Judy K. from Reno, NV**
- 2:15pm - 2:25pm** Donation Drive “We are Self Supporting” [www.miafg.org](http://www.miafg.org),  
[www.al-anon.org](http://www.al-anon.org)
- 2:25pm - 2:55pm** Open Mic (using Zoom Reaction Hand)  
“How can we, as a membership, reach out to Newcomers and/or Members who do not have Internet or Zoom access?”  
If we run out of time, please send your sharing to the Area Newsletter, Serenity Sentinel. [miafgnewsletter@gmail.com](mailto:miafgnewsletter@gmail.com)
- 2:55pm** Closing with the Al-Anon Declaration “Let it Begin with Me”



## STRENGTH IN NUMBERS



## THE POWER OF THE FELLOWSHIP

### MICHIGAN AFG SPRING ASSEMBLY

**When:** Saturday, June 13, 2020

**Where:** St. Louis Church of Christ  
1075 West Monroe Road  
St. Louis, MI 48880

**Cost:** \$7 per Al-Anon registration  
Alateens attend free

**Times:** 9:00 am Registration opens  
*Coffee & rolls provided*  
9:40 am New Group Rep Orientation  
10:00 am Assembly begins  
*Buffet lunch provided*

**Hosted by:** *Districts 3 & 4*  
*with LIVE Entertainment (Skit)!!!*

***Participation is the key to harmony***

**All Al-Anon and Alateen members are invited to attend!**

If your Group Rep or Alternate Rep can't make it, please designate someone from your group to attend so your group's voice can be heard.

**Directions:** Use front entrance ♦ barrier free entry ♦ smoke-free facility

From **US-127** – take M46 exit (Saginaw/Edmore) – turn East onto M46 exit (West Monroe Rd).

From **I-75** take the M46 exit (Saginaw), turn West.