

Serenity Sentinel

SUMMER 2020

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Issue: #10



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 _____

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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.

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

See our Trusted Servants list inside for contact information for these services.



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

Use additional pages if necessary ☺

Name: _____

Phone: _____

City/State: _____

E-mail: _____

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

Oct 10th **Mi AFG Fall Assembly**

Nov 14th **AWSC Committee Mtg**



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

As someone who has known over forty people who have survived COVID-19 and 4 who have died, I know your sadness and powerlessness. We have found ways to continue our meetings. We have a Higher Power. We have sponsors. Although separated by six feet or staying home, we know we are not alone. We also know the gift of reaching out to others.

Have you been to the MI AFG.org website lately? Our newest Website Coordinator, Marie S, has done a fantastic job. Marie has also been in the background for both the Day of Recovery and Spring Assembly. If you might be interested in participating on her tech team, let her know.

Spring Assembly was well attended. There were many new Group Reps. Prior to Spring Assembly, we had two times to practice voting on Zoom as well as Orientation. There are Group Reps who do not have a District Rep in their neck of the woods. If you are interested in being a District Rep, I promise, you will have the assistance of myself and Kristine, the Alternate Delegate. Did you see the skit done by the host committee? What a hoot!

Attention all members in the Grand Rapids area!! I plan to attend your district meeting Aug 2nd meeting, at 2 PM, on Zoom. Hope to see you then!!

Are you interested in a second Day of Recovery? If you are, please reach out to me. If enough people are interested, we can have another Day of Recovery this summer. At the Aug AWSC, whether we meet in person in St. Louis, MI, or on Zoom, we will be using Poll Everywhere to vote. I have been using it with young people for eight years to get their input. It is accessible by texting your answer and by going to the website to select your answer. If you are someone who does not text or does not use the internet, please think about how you would vote. Al-Anon members are very clever and creative. I know you can figure out a way to vote. Surely, practice voting will be made available in early Aug. and details will be made available in early August and details will be coming soon.

I look forward to when we can be together and hug.

With a Grateful Heart I am,

Ann M

Alternate Delegate Report Kristine G.

Spring Assembly June 13, 2020

Hello All,

Your trusted servants at MIAFG have been busy learning emerging technology to help us all stay connected during these unforeseen times. Below are some of the many things I'm grateful for:

1. Attending meetings all over the USA and Canada.

2. Reconnecting with Al-Anon members I haven't seen in years.

3. Learning from others "How to put on a Zoom Al-Anon Day of Recovery."

4. Establishing Zoom video Al-Anon Breakout Rooms

5. You all 😊

We had 15 New Group Representatives attend the GR Orientations on Thursday June 11, 2020

Here's what I've had the privilege of working on since we met last.

Currently, I continue serving as the Guideline Task Force Committee Chair. We've been meeting via Zoom.us bi-weekly, working on the MIAFG Event Guidelines, which was presented at Spring Assembly. If you don't know the process for the approval of a new or updated Event Guideline, here's what I've learned.

1. The Task Force discusses any updates/changes, agrees upon them, and makes necessary alterations to the guideline.

2. The Task Force takes the updated guideline to the Policy Committee for approval. Once they receive the approval.

3. The Policy Committee takes the Guideline to Area World Service Committee Meeting (AWSC) to ask for a recommendation to present it to Assembly. Once they receive the recommendation.

4. The Guideline is then presented at Assembly for discussion and vote of approval.

MIAFG Service Position Guidelines are fluid/ever-changing guidance for our trusted servants. They are not set in stone and therefore do not need to be voted upon. We added to the Alternate Delegate's Guideline "Maintains and updates MIAFG Guidelines." You will be able to find MIAFG's Event and Service Position Guidelines on the MIAFG Google Drive/General Information/Event and Service Positions. I've also been working with the Convention Feasibility/Viability Though Force. Mission – to hear from MIAFG members, their preferences for the future of the Annual State Convention. A brief presentation was given at our Spring Assembly with a full report and recommendations at the August 8, 2020 AWSC meeting. 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 the Al-Anon Concepts. If anyone is interested please contact me. There is no cost to join this meeting as 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 at miafgalternatedelegate@gmail.com or 248-361-8550.

Grateful to give back,

Kristine G.

MIAFG Alternate Delegate Panel 58



Treasurer's Report – Renee F

Hope everyone is having a beautiful summer here in Michigan. Though a little late, the Spring Appeal

letter has gone out, both via email and snail mail. This goes out to the Current Mailing Address (CMA) for your group. So be on the look-out for it.

Here is the report that was presented at Spring Assembly:

Our account balances as of May 31, 2020 are:

Checking \$ 20,984.65

Prudent Reserve \$ 16,739.09

Convention \$ 3,818.21

Total \$ 41,541.95

Our total income for 2020 to date is \$6,548.45 and expenses to date are \$2,281.12. This leaves us with net income of \$4,267.33 to date. A big thank you for all Group donations through May 31, 2019 totaling \$6,546.23. During the same period last year, our group donations were \$6,059.94. Thank you very much to all the groups who included their WSO number and Group name on their check, this assures that your donation will be correctly documented.

Our Day of Recovery, held in lieu of our State Convention, was a great day. We received \$525.00 individual donations, including a few that have been designated as monthly donations. A donation of \$250 was made in June to Amot Audio, who recorded the panels and main speaker. Please continue to utilize the PayPal option on our website for future donations or mail to:

MI AFG Inc.

PO Box 980174

Ypsilanti, MI 48198-0174

Major expenses so far have been for 2 editions of the Serenity Sentinel (Winter and Spring) and the purchase of a new laptop for our Website Coordinator.

Thank you to all our members for keeping MI AFG alive and healthy, especially during these trying times, so we can continue to carry the Al-Anon message.

Stay safe and healthy.

Yours in Service,

Renee Farley

MI AFG Treasurer

miafgtreasurer@gmail.com

"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"

Area Records Coordinator – Sandy C

It is extremely important that groups keep their group information update to date! This is the only way the both MIAFG & WSO can keep future members and existing members information of the meetings in your local area and the only way at they and as well as the rest of us can find peace, serenity and recovery through the program! As well as share information from MIAFG.

Many groups have chosen to become online meetings; I have given the list of these meeting that I have to our Web Coordinator so that she can share this information with others that visit the MIAFG Website. I have not heard from any meetings that are doing face to face again, so if you are going to visit a meeting please contact that group first.

Currently there are:

410 registered groups in Michigan

115 Inactive groups – after 3yrs of inactivity these groups will be deleted by WSO; numerous meeting have already been deleted by WSO for 2020.

Sandy C

MIAFG Records Coordinator

LDC/Forum Coordinator- Janet O

Hello Friends,

Hope you are all staying healthy and safe. I haven't much to report about the LDC. Things have been slow because of all the cancellations and the Virus. Thank God for zoom. But, I do miss seeing my Al-Anon family face to face. I've been busy working on rewriting the Guidelines with other great members. It has been a great learning experience. (another Zoom project)

We're getting close to elections, my position will be available as LDC/Forum Coordinator. If you want to get your feet wet in service this is a fun, easy job. I'm willing to help you out any way I can. Stay safe my friends.

Janet O



Three Obstacles to Success in Al-Anon (and Alateen)

This topic was discussed at a breakout session at a recent AWSC... here's some comments.

“All Al-Anon discussions should be constructive, helpful, loving, and understanding. In striving toward these ideals, we avoid topics that can lead to dissension and distract us from our goals.”

(The contents of this page were taken from the Al-Anon/Alateen Service Manual 2018-2021, p22)

Discussions of Religion

Al-Anon is not allied with any sect or denomination. It is a spiritual program, based on no particular form of religion. Everyone is welcome, no matter what affiliation or none. Let us not defeat our purpose by entering into discussions concerning specific religious beliefs.

As a District Rep, how has this matter been handled?

DR Responses;

Response #1 Chairperson kindly remind the group of traditions 2 & 6. Once a month our discussion is focused on the Traditions to keep them at the forefront of our minds. If discussion continues to involve religious affiliation, a member speaks with the member after the meeting.

Response #2 Myself and the Group Rep discuss this after the meeting with the person or persons referring to the above paragraph and the 6th Tradition.

Response #3 This is a spiritual, not religious meeting. Refer to the 12 Steps.

Gossip

We meet to help ourselves and others learn and use the Al-Anon philosophy. In such groups, gossip can have no part. We do not discuss members or others, and particularly not the alcoholic. Our dedication to anonymity gives people confidence in Al-Anon. Careless repeating of matters heard at meetings can defeat the very purposes for which we are joined together.

As a District Rep, how has this matter been handled?

DR Responses;

Response #1 Discussion of Tradition Two

Response #2 The above paragraph and the Al-Anon closing about no gossip or criticism of one another is discussed with the person or group.

Response #3 Al-Anon Closing – Let there be no Gossip or Criticism of one another... Instead...

Dominance

Our leaders are trusted servants; they do not govern. No member of Al-Anon should direct, assume authority or give advice. Our program is based on suggestion, interchange of experience, and rotation of leadership. We progress in our own way and pace. Any attempt to manage or direct is likely to have disastrous consequences for group harmony.”

As a District Rep, how has this matter been handled?

DR Responses;

Response #1 Regular group conscience focusing on Tradition 2.

Response #2 The Group, or person is reminded how many people at the meeting who lose their sharing time and everyone has a chance to share. All these discussions are done in a caring and respectful way.

Response #3 Rotation of Service is necessary.

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](tel:1600Landing), Virginia Beach, VA 23464-5617 On-line sign-up at al-anon.org or, via fax (757-563-1655) and pay with Visa, MasterCard, Discover or American Express credit card

CAL Corner “Hope for Today”, page 189

‘It isn’t always easy. Sometimes I need to ask God to grant me courage to ask for help rather than to wallow in self-pity and fear. I can ask myself what I need and then do whatever is necessary to get my needs met. I don’t have to worry about what everyone else is doing; they have their own Higher Power who cares for them. I can ask for courage to change the things I can and for serenity to accept the things I can’t. Reminding myself that I always have choices gives me hope and courage to leave fear and passivity behind. I am always held in the care of my Higher Power, who gives me security and inspiration to act boldly by changing the one thing I can – myself.

Thought for the Day

Acting like a victim is a choice, not a destiny.’