

Serenity Sentinel

SUMMER 2021

Volume: Panel 61

See inside for our Delegate's report on the April 2021 WSC

Issue: #2



DONATION ADDRESS

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

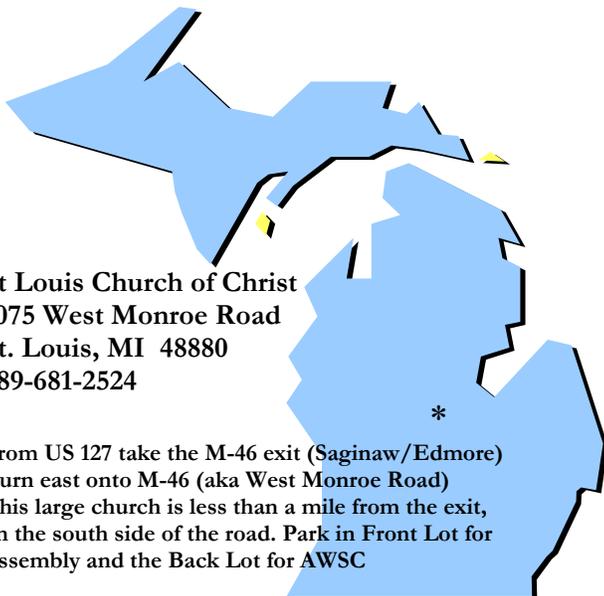
MICHIGAN AFG, INC.
PO BOX 980174
YPSILANTI, MI 48198-0174
or PayPal Option at www.miafg.org

The *Serenity Sentinel*, a quarterly publication, is the voice of the Michigan (Area 27) Assembly. The newsletter is now available electronically to all AFG members via www.miafg.org. Paper copies are available to members who wish to subscribe.

To receive notification when a new *Serenity Sentinel* is available or to direct any comments or questions regarding the newsletter, please email the Editor at miafgnewsletter@gmail.com.

MIAFG AWSC and Assembly Location Directions

Check www.miafg.org to confirm if meetings are in person or virtual!



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. Park in Front Lot for
Assembly and the Back Lot for AWSC

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

Serenity Sentinel Subscriptions

Individual paper subscriptions are available for **\$4.00** per year. To receive this Michigan AFG quarterly publication, please complete this form and send with your check or money order (currently \$4.00 per subscription) made payable to Michigan AFG, Inc., to:

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Ypsilanti, MI 48198-0174

Name _____

Address _____

Apt # _____ City _____

State _____ Zip Code _____

Order gift subscriptions for your program friends! Please list additional subscription information on a separate page.

2021 Schedule of Events

- July 10 **Al-Anon's 70th Birthday Celebration**
- July 27 **Membership Survey Deadline**
- August 14 **AWSC**
9 a.m.
Virtual via Zoom
<https://us02web.zoom.us/j/83688182873>
Meeting ID: 836 8818 2873 (no password; waiting room will be used)
- October 9 **Fall Assembly**
- October 23 **Road Trip to Cleveland (meet with the Board of Trustees)**
More will be revealed. Details when available to be shared on www.miafg.org
- November 13 **AWSC**
- May 14, 2022 **50th Annual MIAFG State Convention**
Bay City, MI
- June 29 – July 2, 2023 **Al-Anon International Convention**
Albuquerque, NM

If you have a District event that you would like to add to the calendar, please email miafgnewsletter@gmail.com

Letter from the Editor

Take What You Like...

Things are happening very quickly (quickly for Al-Anon that is) regarding the status of electronic meetings.

As you may know from Kristine G's April 24 email to Area 27 members and her Delegate's report at the June 12 Assembly, electronic or virtual meetings now have a place in Al-Anon's "Links of Service." At the April 12 – 16 World Service Conference (WSC), it was announced that permanent electronic meetings (not to be confused with "in-person" groups that are meeting virtually *temporarily*) will have their own Group Reps and will belong to electronic Districts as well as an electronic Area.

As always, more will be revealed as details are worked out for this significant change. While virtual (including phone) meetings have been around for some time, their usage increased dramatically during the pandemic. Many members (including me) were at first skeptical about the effectiveness of virtual meetings, conferences, assemblies but, with typical resilience, Al-Anon members made it work and even enjoyed the benefits of meeting remotely. Without having to travel, we were able to "meet" with members from other cities, states and even countries.

While electronic meetings are here to stay (hence the plans for an Al-Anon electronic Area), there is still much to appreciate about in-person meetings. There are many members who will be grateful to once again share experience, strength, and hope (and hugs) with others in a "real" room. The opportunity to make small talk, pass the basket or have fellowship before or after a meeting cannot be matched by a Zoom meeting. The same with the pre and post meetings that take place when members carpool.

As I started work on Issue #2 of *Serenity Sentinel*, I tried to think about ways in which a print newsletter can differentiate itself from other modes of communication. Meaning, what can the *Serenity Sentinel* provide or do that a Zoom meeting, text, email, QR code, etc., cannot? My answer in this issue is on Page 11 where you will find a "fold-in," reminiscent of the regular feature in *Mad Magazine*. Enjoy, and if you don't have access to a printer, email me (miafgnewsletter@gmail.com) and I will snail mail you your own *Serenity Sentinel* "fold-in."

Grateful for today's technology, but also thankful for yesterday's best practices we continue to use.

Yours in Service,
Wendy S

...and Leave the Rest

2021 marks the 70th Anniversary of Al-Anon. It was officially co-founded in 1951 by Anne B and Lois W.

Welcome to the new Group Reps (see the Alternate Delegate's Report on Page 3). Thank You for your service!

Just a reminder that the current (and downloadable) Service Manual can be found online.



Did you know...?

Did you know Al-Anon members have a great sense of humor?

The MIAFG Archives contain a recipe for Resentment Cake created by member "M.A.B."

from Port Huron. The recipe is handwritten on a piece of note paper – a very special piece of archival material. The recipe was submitted to the WSO in 1960 for inclusion in *The Forum*, with this note:

*Here is a little something different in the way of overcoming resentments, which has worked for me. And I know it will work for others. You might at some future date find a small space in **The Forum** for it.*

If you would like to try your hand at your own cake making skills, here is the recipe:

- 2 cups self-inventory*
- 1 cup truth & honesty*
- 1 tsp of understanding*
- 2 cups of friendship & love*

Mix upper ingredients with a handful of faith. Put in heart shaped pan. Bake at Higher Power temperature.

If your cake does not turn out, go over your recipe very carefully. You will find you left out one of the very important ingredients. This recipe makes one small individual cake. Or one large group cake.



If you recall seeing this recipe in *The Forum* and know which issue it appeared in, please contact Kate A at miafgarchives@gmail.com.

June 12, 2021 AWSC Reports

DELEGATE

After having completed my first World Service Conference (WSC), I now truly understand, as Concept One says, the ultimate responsibility and authority for Al-Anon World Services belongs to the Al-Anon Groups. I am struck by the humble dedication with which the World Service Office (WSO) and the Board of Trustees serve Al-Anon groups and members from around the world. What an inspiration it is to see trusted servants at all service levels placing principles above personalities.

On Saturday, June 12, 2021, I shared my Delegates Report at MIAFG's Spring Assembly. Below is the link to my PowerPoint Presentation with notes that is posted on the Michigan Al-Anon Family Groups Google Drive.

<https://drive.google.com/file/d/1nk54OnM3Ok9007AEi3Du66KxPHNouroS/view?usp=sharing>



Please feel free to use all or part of this presentation when presenting to your groups. Four of our Panel 61 Coordinators helped me share this information with you at Assembly. Thank you, Jules (Alateen Coordinator), Gloria (Literature / Forum Coordinator), Joy (Public Outreach Coordinator) and Lauren (Group Records Coordinator) for saying, "Yes" to Al-Anon service work, even before you knew exactly what you were getting into.

World Service Conference topics presented at Spring Assembly included: Strategic Planning, WSO Financials, Alateen, Literature, Public Outreach, Membership Survey, Electronic Meetings, Electronic Groups, New Electronic Area, Policy Motions, World Service Conference Interpretation, WSO Trustees, Workshops to share and WSO Upcoming Events.

Embracing hope,
Kristine G
Delegate, Panel 61, Area 27

Want to make sure you receive important announcements regarding Area 27? Email your request to be added to the distribution list to Lauren C, MIAFG's Group Records Coordinator at miafgrecords@gmail.com.

The World Service Office (WSO) reported that the cost of services it provides to each group is approximately \$263.33. In 2020, 48% of the MIAFG groups donated a total of \$31,131 (averages \$89.27 per group) to the WSO.

ALTERNATE DELEGATE

I thought I had a fair idea of the Alternate Delegate role when I stood for election at the 2020 Fall Assembly – hah! That's actually a good "hah!" Busy? True some of the time. I feel comfortable in this position as the one thing I hear a lot is "don't worry about it, we've got your back." Ann, Kristine, Theresa, Renee, and the Coordinators I have worked with so far have all been exceptional in doing what is needed as it is needed. I thank all of you!

I have tried to immerse myself in Al-Anon related functions to learn as much as I can: The Panel 61 kick-off meeting, AWSC DR Orientation meeting, AWSC, NCRDM, the MIAFG Al-Anon/Alateen Convention planning meetings and Convention, multiple Board Meetings, general discussion meetings with other Board members. Two things really strike me as this adventure progresses: 1) Participation is the key to Harmony – we discuss, argue, and come to an agreement we can all live with every time. 2) Transparency – we strive to be as transparent as possible. Being transparent is akin to telling the truth. There is less to remember.

Part of my function as your Alternate Delegate is to Chair the DR and GR Orientation meetings prior to AWSC and Assembly. Last March we welcomed Nancy B as a new DR for District 5. This past Thursday, June 10 we welcomed seven new GRs. One, Janet N, is a GR for a virtual meeting which will not be part of Michigan, Area 27 – more news will be forthcoming regarding Virtual meetings. The other six people are Sharelle B, Kathy M, Ashley C, Elaine W, Shari G, and Alisha M. We welcome all of you! So, these two Orientation meetings are firsts for me and of course they were virtual via Zoom. As I collected my thoughts and kind of reviewed how I felt the meetings went a little light flickered in my mind. In person-to-person meetings (at St. Louis), Orientation meetings are held twenty minutes before the regular meeting starts. Hmm, my virtual meetings averaged 45 minutes. Progress not perfection!

In Service,
Ross F
Alternate Delegate, Panel 61, Area 27

Welcome MIAFG's new Technical Coordinator Denise S! Her report can be found on Page 5. Thank you for your service, Denise!

June 12, 2021 AWSC Reports (continued)

SECRETARY

Moving Al-Anon meetings to Zoom has come with its own unique set of difficulties. I have found that taking minutes now requires two computers! One for Zoom and one for taking minutes. I use my personal laptop for Zoom, which necessitates my emailing the important MIAFG documents I need to screenshare to my personal laptop. While Ann was presenting the June Assembly Etiquette PowerPoint, I remembered that I had forgotten to email the last Assembly's minutes to my personal laptop. Talk about panic!! I had to rush so that I would have the document to share in time after Ann's presentation without anyone being the wiser. Whew! I made it just in time. That was way too close for my comfort!

I know many of you have had trouble finding the October 2020 Assembly minutes on Google Drive. This was my year to get the new Al-Anon computer, and I am still learning to utilize it. I set up the new June 12, 2021, folder in the Assembly folder, just as I did the others. Unfortunately, it did not connect on the drive as the others did. Now I'm attempting to get my "old man" to help me out. Hopefully, by the time you read this, all will be fine, and you can access the minutes and reports off the drive. I apologize for any inconvenience this may have caused any of you.

Choosing Joy!
Theresa S
Secretary, Panel 61, Area 27

TREASURER

Our account balances as of May 28, 2021 are:

Checking	\$ 38,066.46
Prudent Reserve	\$ 16,742.37
Convention	\$ 3,818.57
Total	\$ 58,627.40

Our total income for 2021 to date is \$6,250.50 and expenses to date are \$-250.98. This leaves us with net income of \$6,501.48 to date.

Why do we have *negative* expenses to date? Because the WSC that our Delegate attended this year switched to a virtual event, and we were refunded \$2,382. We actually have incurred approximately \$2,000 in expenses this year.

Major expenses have been for the printing and distribution of two (2) editions (Winter and Spring) of the ***Serenity Sentinel*** and the purchase of a laptop for our Secretary.

Our State Convention was held virtually this year. We received \$225 in individual donations that were posted as of May 28. Another \$135 was posted after that.

A big thank you for Group donations through May 28 totaling \$5,938.79. During the same period last year, our group donations were \$5,588.79. Thank you to groups who include their WSO number and Group name on their checks; this assures that donations will be correctly documented. When contributing via our website, you can use PayPal or a Credit/Debit card. Both options allow you to add special instructions to the payment. This is where you can note your group information or anything else that is relevant to the donation.

If you choose to mail, please send to:

MIAFG Inc.
PO Box 980174
Ypsilanti, MI 48198-0174

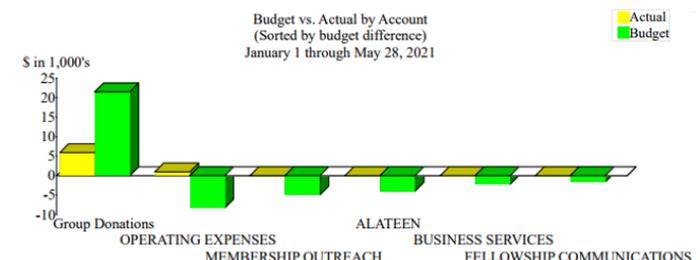
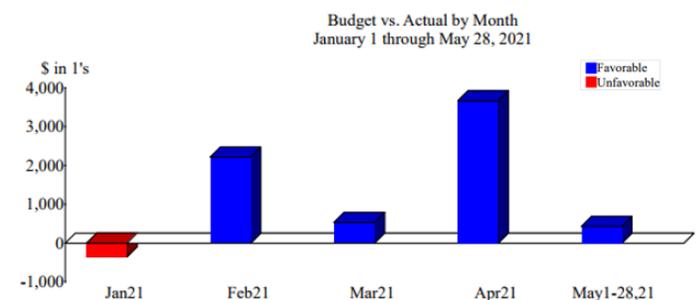
2020 Financial Records were provided to Yeo and Yeo for tax preparation and to our internal financial reviewer. Federal taxes were filed in mid-May. Our internal review will be presented to AWSC in August.

Final 2020 Group Donations were \$19,398.99, Total Income \$20,969.12, and Total Expenses \$6,382.26, which gave us a Net Income of \$14,586.86.

2020 Budget v Actual Report, 2020 Donation List & Graphs, 2021 Budget v Actual, 2021 Donation List, 2021 Profit & Loss, 2021 Balance Sheet are available for review on the Google Drive.

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

Yours in Service,
Renee F
Treasurer, Panel 61, Area 27



June 12, 2021 AWSC Reports (continued)

RECORDS COORDINATOR

As of 3/6/21, below is the Area 27 meeting status.

- 390 Active meetings
- 77 Temporary Electronic and/or Hybrid (electronic and in person) meetings due to COVID (these meetings are included in the Active meetings count as well)
- 0 Reported Not Meeting
- 137 Inactive meetings
- 0 Reported No Mail Status
- 33 Meetings with no email address associated with it.

Please contact me (miafgrecords@gmail.com) with any group updates or questions.

Lauren C

Records Coordinator, Panel 61, Area 27

TECH COORDINATOR

I appreciate the opportunity to be of service. I am so grateful for the opportunity to continue to grow and apply the principles of the program by learning more about the technology used by MIAFG, attending area service meetings, keeping a list of computers used, and by setting up and using projection equipment.

As the book *When I Got Busy, I Get Better* states, service work allows me to apply the Traditions and Concepts of Service in my program. What a blessing it has been to grow through service and practice the Traditions and Concepts of Service.

As the Steps help my personal recovery, the Traditions help all the groups I attend to function in a healthy way. The Concepts of Service help the business area of the program to function in a healthy way.

By using the Traditions and Concepts I have learned the spiritual principles of unity, focus, obedience to the unenforceable, interdependence, minding my own business, anonymity, balance of responsibility and authority, equality and justice, accountability, respect, consideration, courtesy, tolerance, stability, and flexibility. I can use all these spiritual principles in my daily work and family life.

If you are interested and willing to help with Zoom technology at the area business meetings, please let me know by emailing miafgtechcoordinator@gmail.com.

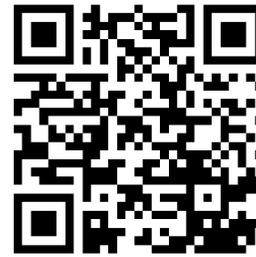
In Service,

Denise S

Tech Coordinator, Panel 61, Area 27

Attention District Reps! The next AWSC is Saturday, August 14, 9 a.m.

**<https://us02web.zoom.us/j/83688182873>
Meeting ID: 836 8818 2873 (no password;
waiting room will be used)**



LITERATURE/FORUM COORDINATOR

I would like to announce the winners of the Literature Trivia contest from the March 13 AWSC Meeting. Both were awarded (or gifted) a one-year *The Forum* subscription!

- Debbie D, Group Rep, District 12 & Alateen Sponsor
- Deneen E, Group Rep, District 3 & Alateen Sponsor

Here are the trivia questions (and answers):

- What year did *The Forum* begin as a monthly newsletter titled *Al-Anon Family Groups Forum*? (1954)
- What year was Alateen's newsletter first published? (1964)

The Forum: Encourages the membership to purchase subscriptions of The Forum.

- **Findings:** According to the June *The Forum* Sales report:
In Michigan, there was a slight increase in Group Subscriptions, Other Subscriptions (includes individual) and Total Subscriptions and copies. Yay! Progress!
- **Goals:** There's plenty of time to reach our goal of increasing total *The Forum* subscriptions by 10 percent per year starting in 2021. As we know, progress doesn't happen overnight --- "awareness" comes before "action."
- **Action Plan:** I appreciate the help of District Reps, LDC Coordinators, and AISs to increase the awareness of using *The Forum* and encouraging subscriptions.

Save the Date!



**Al-Anon
International Convention**

June 29 – July 2, 2023

Albuquerque, NM

June 12, 2021 AWSC Reports (continued)

Literature: Encourages local AFG to explore CAL literature.

WSO Literature News – based on WSO - April 2021

Literature Coordinator Update:

- NEW Electronic **Welcome, Newcomer** (eK-10) is coming soon. Cost: \$1.49. Please note that groups will not be able to buy in bulk.
 - Don't forget to use the URL for electronic meetings (or hybrid). al-anon.org/welcome.
 - This is also a great tool to use for Al-Anon inquiries within your groups, districts, AIS and area LDCs.
- Three New Literature Motions from the 2021 World Service Conference (WSC) based on recommendations from the Literature Committee:
 - Development of a **new Alateen bookmark** based on the **Just for Tonight** Al-Anon Bookmark (M-81). Like the **Just for Today** Alateen Bookmark (M-13), its contents will come from the teens themselves.
 - Add a **new preface** to **The Dilemma of the Alcoholic Marriage** (B-4) that would place it in historical perspective and to develop a booklet made up of "gems" from the original, possibly including some new material.
 - Create a **new introduction** to our first daily reader, **One Day at a Time in Al-Anon** (B-6) from 1968. This will provide an historical perspective on the book, and at the same time emphasize the timeless nature of Al-Anon's spiritual principles that the book so wonderfully exemplifies.
- Other Book News:
 - **Many Voices, One Journey** (B-31): Celebrate Al-Anon's 70th Anniversary and learn about our rich history by purchasing this book at the reduced price of \$8.00 plus shipping, through June 30, 2021. Find it on our website at www.al-anon.org/onlinestore.



- **NEW DAILY READER** (working title): The deadline for submissions was June 2020. The volunteer Literature Committee has just completed review of the near final draft. Much more work lies ahead so that the book can be ready for what we hope will be its debut in English, French, and Spanish at the 2023 Al-Anon International Convention in New Mexico.

- Share your Experience, Strength, and Hope in WRITING:
 - **Members Blog:** Have you read or written a sharing for the Member Blog? Have you encouraged other members to do so? Please check it out at al-anon.org/member-blog. Each month there are new topics added, including the Steps, Traditions, and Concepts of Service.
 - **"CAL Corner" Topics:** This department is featured each month in **The Forum**. It contains members' sharings on how a particular piece of CAL has enhanced their recovery. June's topic is on the 60th anniversary of **Alcoholism, the Family Disease** (P-4).
 - **Writing about CAL for Area Newsletters:** Please use your Area newsletter to share how local members are spreading the word about CAL or to publish their reviews of various CAL. Submit these to miafgnewsletter@gmail.com.
- CAL Quotations – Recently, 20 quotations were sent out from WSO and can be used by Al-Anon service arms in 2022 calendars *without* completing the reprint permission request form. The only stipulation is that you include the attribution to the quotation immediately following it, and that somewhere in the body of the calendar you include the following credit line: **"All Al-Anon Conference Approved Literature copyright by Al-Anon Family Group Headquarters, Inc. Reprinted with permission for one-time use by Al-Anon Family Group Headquarters, Inc."**
- Local LDCs activity:
 - The MI Thumb area AIS/LDC reported sales are still down, but groups have been returning to face-to-face meetings. **How Al-Anon Works** has been sold and used most. The LDC will be distributing CAL at an outreach event in October.

Last, but not Least, here are the results of the Literature Trivia Questions at the June 12 Spring Assembly:

- Name the one authored book that is CAL. (**Lois Remembers** by Lois W)
- The CAL book **Hope for Today** B-27 was published in 2002. It is a daily reader based on sharings from? (Adult children of alcoholics)

We received multiple replies! The first two responders, who will be given a year subscription to **The Forum**, are:

- Melanie F, District 20 Rep
- Laureen C, MIAFG Group Records Coordinator

**Remember ... There's POWER in the PAGES.
Keep it Simple ... Keep it Al-Anon ... Keep it CAL.
When you buy from your local Literature Distribution Center, you support your local services.**

Yours in Service,
Gloria V

Literature/Forum Coordinator, Panel 61, Area 27

Spotlight On...



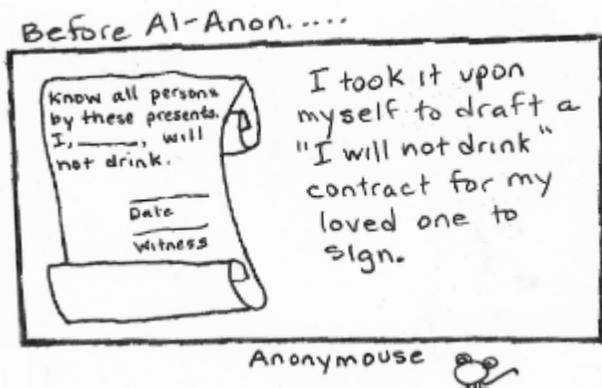
SW Michigan AIS

During the midst of the pandemic, what was previously known as the Kalamazoo Area AIS “rebranded” itself to reflect the membership it now serves as the result of the redistricting that took place a couple of years ago. Now known as SW Michigan AIS, this office provides services to the members and 28 groups in District 2.

According to the SW Michigan AIS Chair, Karen S, the first course of action for the renamed group was to design and launch a new website (www.swmichiganal-anon.org/) to more effectively reach those who are affected by the family disease of alcoholism. A core group of members designed the website, and another group handled the proofreading before it went live. The AIS was grateful that everyone who was asked to help said “yes.”

There is always a need, however, for more volunteers. Some of the groups need Group Reps and the AIS could use some help with the services it provides to the local members. Additionally, the SW Michigan AIS has ambitious plans for public outreach (especially now that things are opening up after the pandemic). The office has purchased **Al-Anon Faces Alcoholism** pamphlets and will include a flier with the local website information to reach potential newcomers. Help is needed to distribute this material to professionals, churches, institutions, etc.

If you would like to learn more about what the SW Michigan AIS is doing or would like to volunteer, please email swmichiganalanon@gmail.com or call 269-993-0589.



MIAFG (Area 27) News

PANEL 61'S VISION, GOALS AND MISSION

Panel 61 Board Members and Coordinators developed the below Vision Statement, Board Goals and Mission Statement to guide them during the next three years as Area 27's trusted servants.

Vision Statement

Anyone in Michigan, Area 27, affected by someone else's drinking can find help and recovery in Al-Anon and Alateen

Board Goals

Unity – increase our use of emerging technology to improve communication and transparency (sharing process, content, and information)

Education – provide education and familiarization to Districts as to how Michigan AFG works

Participation – increase participation at our Assemblies, AWSCs, and Conventions

Alateen – support Alateen Coordinator to increase participation.

Mission Statement

To help families and friends affected by someone else's drinking, to connect and support each other by creating an atmosphere of unity, harmony, and spirituality within MIAFG, using our three Legacies in all our affairs.

WSO's TRIENNIAL MEMBERSHIP SURVEY

As reported by Laureen C at the June 12 Assembly, WSO will be conducting its triennial survey this summer. The online survey, conducted every three years since 1985, is **available June 16 through July 27, 2021**, to all Al-Anon members (ages 18+) regardless of time in the program. The mobile-friendly and brief (should not take more than 15 minutes) survey is available in English, Spanish, and French.

English: visit al-anon.org/membersurvey

Spanish: visit al-anon.org/encuestamiembros

French: visit al-anon.org/sondagemembres



MIAFG 49TH ANNUAL CONVENTION

During the June 12 Assembly, Karl K, Convention Chair for the April 30 and May 1 virtual State Convention gave a report. While Karl said he would have liked to have seen more attendees (approximately 120 people were online at one time), he and the rest of the committee were pleased with the program itself. Karl thanked team members for their hard work in lining up and organizing speakers, organizing the details and, during the event, overseeing or assisting with the Zoom meeting logistics.

MIAFG DONATIONS FOR 2020

GROUP DONATIONS (ADDENDUM)

The below groups were inadvertently left off the 2020 MIAFG Donation list published in the Spring issue of *Serenity Sentinel*. Again, thanks to all for practicing the Seventh Tradition.

Name	Zip Code	WSO #
12 Step Study Group Paths to Recovery AFG	48640-8549	30615814
Changing Directions AFG	48198-7067	00047922
East Bay AFG	49686-8158	00043011
Fenton Wed AM AFG	48430-2322	00006677
Flushing AFG	48433-1551	00044495
Hope Strength and Courage AFG	48108-1005	00045029
It Works AFG	48334-3335	00042003
Kinross AFG	49788-1506	00045835
Mon Wed Fri Lunchtime AFG	49548-1050	00041711
Northville AFG	48167-1680	00040591
One Day at a Timers AFG	49601-2124	00041352
Open Door Step Study AFG	49686-2777	00045543
Oshtemo Wednesday Night AFG	49009-2018	00046528
Renewed Hope AFG	48183-2419	00052355
Saturday Morning AFG	48912	00045419
Step This Way AFG	48744-9669	00046112
Steps To Serenity AFG	48235-3248	00052162
Tuesday and Friday Morning Serenity AFG	48104-6829	00045375
Tuesday Night Twelve and Twelve AFG	49221	00049115

Classifieds

<p>Help Wanted</p> <p>Group Rep: Check with your Group to see if the position needs to be filled. No experience necessary. Contact your District Rep or miafgalternatedelegate@gmail.com for more information about this key service position.</p>	<p>Help Wanted</p> <p>Sponsors: Guide others in their recovery journey as a Sponsor or "Recovery Friend." Indicate at meetings or on phone lists that you are willing to be a sponsor or reach out to newcomers with your contact information. "Let it Begin with Me."</p>
<p>For Sale</p> <p>Conference Approved Literature (CAL): Available at any MIAFG Literature Distribution Center (LDC). Support your local LDC while adding to your collection of recovery tools.</p>	<p>Limited Space</p> <p>October 23 Road Trip to Cleveland, Ohio for a meet and greet with Al-Anon's Board of Trustees. For more information about this special activity, please contact miafgdelegate@gmail.com</p>

A Share from *The Forum*

"The Difference a Year Makes"

This time last year, my life was unmanageable despite my alcoholic relative having almost two years of sobriety and being active in recovery. I was filled with anger, resentment, and confusion. I tried at all costs to bring about outcomes that I thought were best. I was operating on *Jonathan's* power.

As I've heard, "our best thinking" gets us to Al-Anon, and that was true for me. My low point was when I imagined receiving the family newsletter from my son's treatment program; there would be pictures of families and stories of family recovery. I didn't have that. If anything, I was trying to tell everyone else how to live their lives. In the end, I couldn't stand to be with myself anymore. That's when I felt led to Al-Anon.

At my first meeting, all I could think about was how I could get the people in my life to do what I wanted, and that included getting my son to return home. I thought to myself, "If these people really knew what I was thinking, they would ask me to leave."

After the meeting, someone reached out to me. I unloaded about all my troubles— "People aren't listening to me," I complained, and "Why can't my son come home?" This person—who is my Sponsor today—asked me what my motivation was for my son to come home. I had no answer. He explained that Al-Anon is about *my* disease and *my* recovery.

Fast forward a year, and I am now grateful for the community of Al-Anon. I have a Sponsor, a home group, and I am working the Steps. This program is truly a gift. It hasn't always been easy, but I can tell you it's been worth it. I have learned and grown so much. Most importantly, I have learned that I am not alone, and I have learned how to love the alcoholics in my life.

By *Jonathan M., South Carolina*
The Forum, June 2021

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Let it Begin with Me...

Share your experience, strength and hope in the *Serenity Sentinel*. Email your share to miafgnewsletter@gmail.com and indicate if your first name and last initial should be used or if you wish for it to be signed "Anonymous." Please note that if your share is published, it will be available on the Internet and will be shared with Al-Anon Family Group Headquarters, Inc.

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MICHIGAN (AREA 27) CONTACT AND 7TH TRADITION INFORMATION

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Michigan AFG, Inc.	Contributions: PO Box 980174 Website: www.miafg.org	Ypsilanti, MI 48198-0174		miafgtreasurer@gmail.com
Al-Anon's World Service Office	1600 Corporate Landing Pkwy. Website: www.al-anon.alateen.org	Virginia Beach, VA 23456	757-563-1600	wso@al-anon.org
AFG, Inc.	Members Website: www.al-anon.org/members Meeting Info: 1-888-4ALANON (Toll free) OR http://www.al-anon.info/MeetingSearch		Fax: 757-563-1656	
AREA 27 INFORMATION SERVICES / LITERATURE DISTRIBUTION CENTER SERVICE ARMS				
Central Michigan AIS/LDC	Automated Service PO Box 615	Dimondale, MI 48821	517-484-1977	centralmiafgldc@aol.com
Detroit Metro AIS/LDC	Varies 26150 Five Mile Rd. Suite #19	Redford, MI 48239	313-242-0300	info@al-anon-semi.org
Genesee/Lapeer AIS	Automated Service PO Box 454	Linden, MI 48451-0454	810-234-1460	geneseeareaais@gmail.com
Grand Rapids AIS/LDC	Varies PO Box 1428	Grand Rapids, MI 49501-1428	616-222-0632	info@aisgr.org
			Website www.gratfg.org	
SW Michigan AIS*	Answering System	c/o Alano Club, 933 S. Burdick	269-993-0589	swmichiganalanon@gmail.com
			Website www.swmichiganal-anon.org/	
MI Thumb Area AFG Info/LDC	Varies	% Cakima 3800 Lee Hill Rd Mayville, MI 48744	989-912-5478	MIThumbAreaAFG@yahoo.com
Oakland Co. AIS/LDC	Varies PO Box 155	Keego Harbor, MI 48320-0320	248-706-1020	info@oaklandafg.org
District 39 AIS	Answering System PO Box 5132	Traverse City, MI 49696	231-938-7399	alanond39@gmail.com
			Website https://alanon-439.org/	
Northwestern Michigan AIS	Answering System PO Box 224	Boyne City, MI 49712	231-675-7044	n/a
Washtenaw Co. AIS/LDC	Answering System PO Box 1861	Ann Arbor, MI 48106	734-995-4949	AIS@atfgDistrict5.org
				Literature@atfgDistrict5.org
Looking for the current Al-Anon/Alateen Service Manual?				
Go to: https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/				
* See Page 7 for an update on this AIS!				

MICHIGAN TRUSTED SERVANTS 2021-2023 AND OTHER CONTACT INFORMATION

POSITION/CONTACT

NAME

E-MAIL

PANEL 61

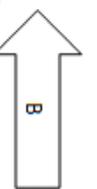
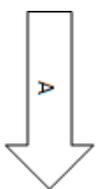
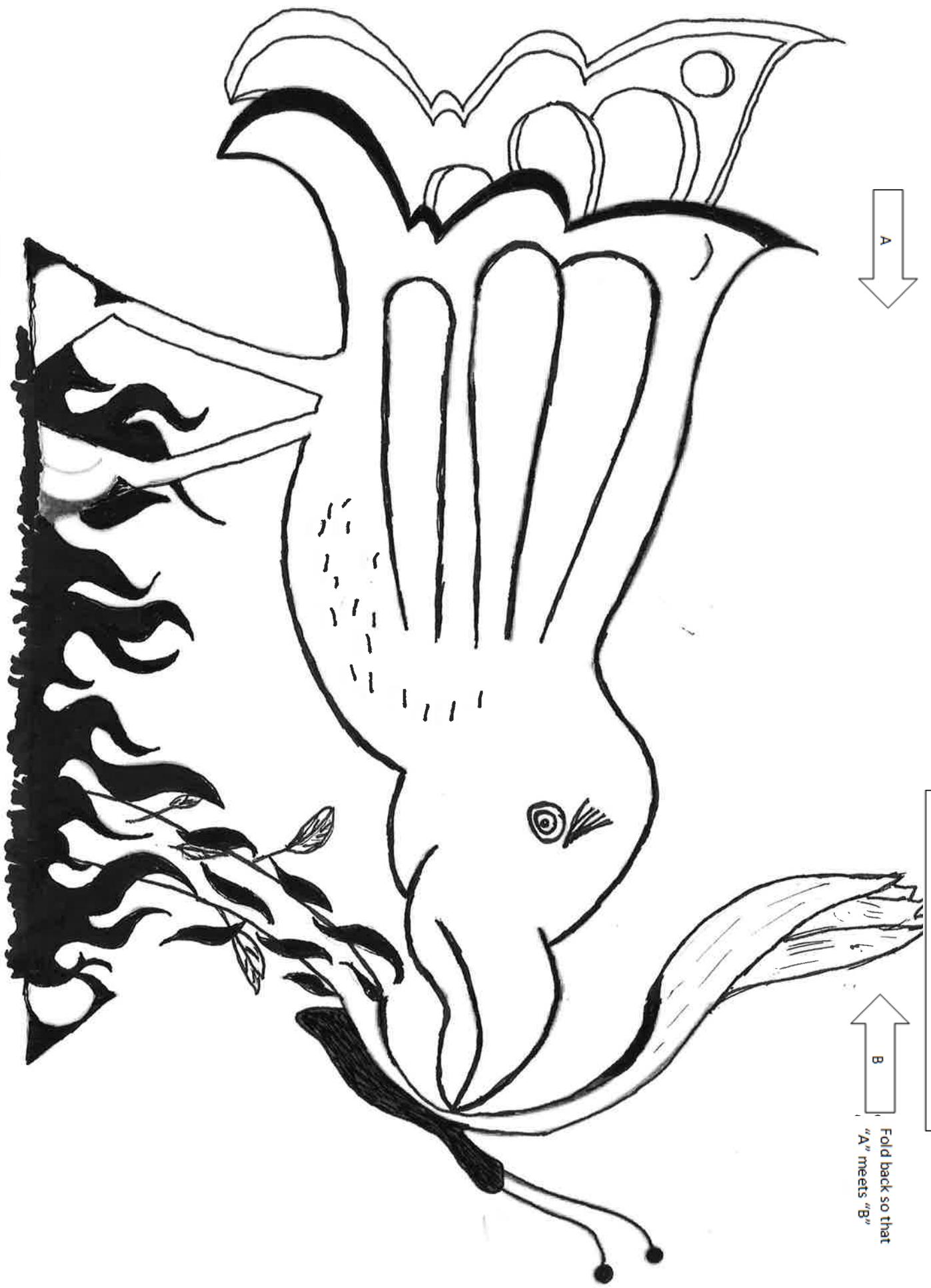
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Serenity Sentinel	Wendy S	miatgnewsletter@gmail.com	Fellowship Communication

Previous World Service Delegates (Partial List)

2018-2020 (Panel 58)	Ann M	missmurph@mindspring.com	Deceased
2015-2017 (Panel 55)	Mike D	Deceased	Deceased
2012-2014 (Panel 52)	Liz P	Deceased	Deceased
2009-201 (Panel 49)	Debbie K		
2006-2008 (Panel 46)	Mike B	mikesuebarry@yahoo.com	
2003-2005 (Panel 43)	Sue B	suelongdrive@yahoo.com	
2000-2002 (Panel 40)	Bev S	tml68595@comcast.net	
1997-1999 (Panel 37)	Geri H	gericarlh@aol.com	
1994-1996 (Panel 34)	Michelle L	myl583@yahoo.com	
1994-1996* (Panel 34)	Helen P	Deceased	Deceased
1991-1993 (Panel 31)	Bill L	Deceased	Deceased
1991-1993* (Panel 31)	Connie C	connysusiec@aol.com	
1988-1990 (Panel 28)	Skeet J	coretataleffreys@gmail.com	
1985-1987 (Panel 25)	Connie B	Deceased	Deceased
1982-1984 (Panel 22)	Shirley W	Deceased	Deceased
1979-1981 (Panel 29)	Mary J	Deceased	Deceased
1976-1978 (Panel 16)	Anne S	Deceased	Deceased

* Alt - served part

Please honor our Traditions and maintain the anonymity of all persons listed on this page.



Fold back so that
"A" meets "B"

"What the caterpillar calls
the end of the world,
the master calls a butterfly"
- Richard Bach