

Al-Anon Alive Newsletter

Volume 33

Number 1

AL-ANON FAMILY GROUP (AFG) OF SOUTHEASTERN WISCONSIN SERVICE CENTER

Located in Summit Place
6737 W. Washington Street, Suite 2125
West Allis, WI 53214-5655
414.257.2415
www.alanon-wi.org
e-mail: alanon@alanon-wi-org

SERVICE CENTER HOURS

Monday: 10:00 a.m. – 7:30 p.m.
Wednesday: 10:00 a.m. – 4:00 p.m.
Friday: 10:00 a.m. – 4:00 p.m.
Saturday 9:00 a.m. – 12:00 p.m.

Call ahead to verify the Service Center hours for Mondays after 4:00 p.m. and for Saturdays.

(Weather-related closures of the Service center will be posted on WTMJ Channel 4, WITI Channel 6, and WISN Channel 12 TV.)

SERVICE CENTER PARKING

Parking is available to the East of Summit Place. If you leave before 10:00 p.m. on a weekday obtain a "voucher" from the Service Center to give to the guard for a token. The token is used to exit the East visitor parking lot.

The front door of Summit Place is handicap accessible, but is not open after 6:00 p.m. on weekdays and not open on weekends. Use the door by the East visitor parking lot. There is handicap parking to the West of Summit Place.

Parking is also available in the parking structure and in the city lot at the east end of Washington Street.

SERVICE CENTER VOLUNTEERS NEEDED

Service Center volunteers are needed on Mondays, Wednesdays, and Fridays from 10:00 a.m. to 4:00 p.m. and on Monday evenings 4:00 p.m. to 7:30 pm.

An extended commitment is not necessary.

The Service Center will not be open on Thursday evenings due to a shortage of volunteers.

For details on how you can volunteer for the Service Center, call Tracy A., Coordinator of Office Volunteers, 414.704.0769 or contact Linda D. at 414.257.2415.

No experience is needed. A short training session will be provided.

| | |
|---|------------|
| Hotline | Page 2 |
| New to Al-Anon? | |
| Beginners Meetings | Page 2 |
| Al-Anon Open Speaker Meetings | Page 3 |
| Meetings Offering Childcare | Page 4 |
| Meeting Changes | Page 4 |
| Open Discussion Meeting | Page 5 |
| Spanish Spoken Meetings | Page 5 |
| Wanted Al-Anon/Alateen Meetings | Page 5 |
| Fragrance Free Al-Anon Meetings | Page 5 |
| Intergroup Meetings | Page 6 |
| Group Mailing Address | Page 12 |
| Service Board Meetings | Page 6 |
| Electronic Meetings | Page 7 |
| Meeting Space Available | Page 7 |
| Al-Anon Books, Pamphlets, Medallions etc. | Page 7 |
| Volunteer Corner | Page 7 |
| Alateen Sponsorship Training | Page 8 |
| "Al-Anon Alive" Needs Your Articles | Page 8 |
| "Caretaking" | Page 8 |
| Quotes | Page 8 |
| "When I'm Ticked Off" | Page 9 |
| "It's Not My Fault" | Page 9 |
| Service Center Highlights | Page 10 |
| Volunteer Calendar | Page 10 |
| Help Needed! | Page 11 |
| "Serenity Prayer" | Page 11 |
| Monthly Group Donations & Income/Expense Report | Page 11 |
| Upcoming Events | Page 12-14 |
| Twelve Promises | Page 14 |
| Newsletter Subscriptions and Article Guidelines | Page 15 |

HOTLINE

When the Service Center is closed, we now have the ability to transfer the Service Center calls to an individual's home phone. We are looking for volunteers. The process is simple and you can choose the hours you are willing to accept calls.

Hotline Schedule

| | | |
|------------|-------------------------|-----------------|
| Sunday: | 9:00 a.m. – 6:00 p.m. | Laura S. |
| Sunday: | 6:00 p.m. – 10:00 p.m. | Beth K. |
| Monday: | 7:30 p.m. – 10:00 p.m. | <i>(Vacant)</i> |
| Tuesday: | 9:00 a.m. – 4:00 p.m. | Tracy C. |
| Tuesday: | 4:00 p.m. – 10:00 p.m. | <i>(Vacant)</i> |
| Wednesday: | 4:00 p.m. – 10:00 p.m. | Judy S. |
| Thursday: | 9:00 a.m. – 12:00 p.m. | <i>(Vacant)</i> |
| Thursday: | 12:00 p.m. – 4:00 p.m. | <i>(Vacant)</i> |
| Thursday: | 7:00 p.m. – 10:00 p.m. | <i>(Vacant)</i> |
| Friday: | 4:00 p.m. – 8:00 p.m. | Laura S. |
| Saturday: | 12:00 p.m. – 10:00 p.m. | <i>(Vacant)</i> |

Available Hours

| | |
|-----------|-------------------------|
| Monday: | 7:30 p.m. – 10:00 p.m. |
| Tuesday: | 9:00 a.m. – 4:00 p.m. |
| Thursday: | 9:00 a.m. – 10:00 p.m. |
| Saturday: | 12:00 p.m. – 10:00 p.m. |

The above available hours can be split into smaller increments according to the time you would be available to volunteer. Call Linda D. at 257.2415 for details.

NEW TO AL-ANON?

Sunday Night Pewaukee Beginner's Meeting 6:00 p.m.

The Sunday Night Pewaukee Beginner's Meeting is held at Galilee Lutheran Church at N24 W26430 Crestview Drive (off Hwy G), Pewaukee, WI.

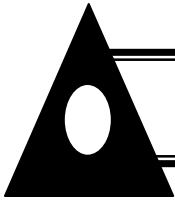
Monday Night Beginner's Meeting 7:30 p.m.

The Monday Night Beginner's Meeting is held at the Service Center located in Summit Place at 6737 W. Washington Avenue, Suite 2135, West Allis. Everyone is invited. *(Will not be open on holidays.)*

| Meeting Night | Contact Person | Contact # |
|------------------------|---|--------------|
| 1 st Monday | Sue S. – "Franklin Serenity" | 414.329.9686 |
| 2 nd Monday | Jan S. – "Waukesha 12 & 12" | 262.542.5122 |
| 3 rd Monday | Melissa F. | 414.353.2114 |
| 4 th Monday | Sarah N. (odd) "Brookfield Courage to Change" <i>Vacant (even)</i> | 262.821.0140 |
| 5 th Monday | Mike K. – "Key to Serenity" | 414.975.7252 |

Wednesday Night Beginner's Meeting 7:00 p.m.

The Wednesday Night Beginner's Meeting is held at Calvary Memorial Church at 4001 Washington Avenue, Racine, WI. Go to the back of the church, use the 1st door on the eastside, walk up the steps, and turn right to the Al-Anon room. Everyone is invited.



AL-ANON OPEN SPEAKER MEETINGS

If you know of any regularly scheduled Al-Anon Open Speaker Meetings not listed below, please contact the Al-Anon Service Center at (414) 257-2415 so we can list them.

1ST WEEK OF THE MONTH

**1ST TUESDAY OF MARCH, JUNE, SEPTEMBER, DECEMBER
6:30 P.M.**

(no smoking, childcare provided)
"Franklin Serenity AFG"
Faith Presbyterian Church
3800 W. Rawson Avenue
Franklin, WI 53132

**1ST WEDNESDAY OF EACH MONTH
8:00 P.M.**

(no smoking)
"Helping Hands AFG"
Nativity Lutheran Church
(side door, upstairs)
6905 W. Bluemound Road
Milwaukee, WI 53213

**1ST THURSDAY OF EACH MONTH
7:00 P.M.**

(no smoking, childcare provided)
"12 Steppers AFG"
Brookfield Presbyterian Church
1485 N. Brookfield Road
Brookfield, WI 53045

2ND WEEK OF THE MONTH

**2ND MONDAY OF EVEN-NUMBERED MONTH
7:00 P.M.**

(no smoking)
"Stepping Stones—Milwaukee AFG"
Mother of Good Council Church
6924 W. Lisbon
(enter on Lisbon)
Milwaukee, WI 53210

3RD WEEK OF THE MONTH

**3RD MONDAY OF MONTHS WITH 5 MONDAYS
6:30 P.M.**

(no smoking)
"Brookfield Courage to Change AFG"
St. John Vianney Church
1755 N. Calhoun Road
(at Gebhardt – use parish center door)
Brookfield, WI 53005

**3RD WEDNESDAY OF MONTHS WITH 5 Wednesdays
7:00 P.M.**

(no smoking, childcare provided)
"Wales Hope and Serenity AFG"
Bethlehem Lutheran Church
470 N. Oak Crest Drive
Wales, WI 53183

4TH WEEK OF THE MONTH

**4TH THURSDAY OF JANUARY, APRIL, JULY & OCTOBER
8:30 P.M.**

(no smoking)
"Tosa Thursday Night AFG"
Underwood Baptist Church
1916 Wauwatosa Avenue
Wauwatosa, WI 53213

5TH WEEK OF THE MONTH

**5TH SUNDAY OF EACH MONTH
6:30 P.M.**

(no smoking, childcare provided)
"Living in the Solution AFG"
Unity Church
1717 N. 73rd Street
Milwaukee, WI 53213

7:00 P.M.

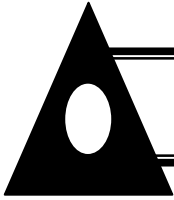
(no smoking, childcare provided)
"Pewaukee Serenity AFG and Alateen"
Galilee Lutheran Church
N24 W26430 Crestview Drive
Pewaukee, WI 53072

**5TH MONDAY OF THE MONTH
9:45 A.M.**

(no smoking, childcare provided)
"New Attitudes AFG"
Ascension Lutheran Church
1415 Dopp. Street
Waukesha, WI 53188

6:30 P.M.

(no smoking)
"Eastside Monday Night AFG"
North Shore Presbyterian Church
4048 Bartlett Avenue
Milwaukee, WI 53211



MEETINGS OFFERING CHILDCARE

**SUNDAYS
6:30 P.M.**

“Living in the Solution AFG”
Unity Church
1717 N. 73rd Street
Milwaukee, WI 53213



**SUNDAYS
6:30 P.M.**

“Sunday Night Surrender AFG”
St. Johns Lutheran Church
20275 Davidson Road
Brookfield, WI 53045

**SUNDAYS
7:00 P.M.**

“Pewaukee Serenity AFG and Alateen”
Galilee Lutheran Church
N24 W26430 Crestview Drive
Pewaukee, WI 53072

**MONDAYS
9:30 A.M.**

“New Attitudes AFG”
Ascension Lutheran Church
1415 Dopp. Street
Waukesha, WI 53188

**TUESDAYS
6:30 P.M.**

“Franklin Serenity AFG”
Faith Presbyterian Church
3800 W. Rawson Avenue
Franklin, WI 53132

**WEDNESDAYS
7:00 P.M.**

“Waukesha 12x12 AFG”
Good Shepherd Lutheran Church
601 N. University Street
Waukesha, WI 53188

**WEDNESDAYS
7:00 P.M.**

“Wales Hope and Serenity AFG”
Bethlehem Lutheran Church
470 N. Oak Crest Drive
Wales, WI 53183

**THURSDAYS
7:00 P.M.**

“12 Steppers AFG”
Brookfield Presbyterian Church
1485 N. Brookfield Road
Brookfield, WI 53045

**FRIDAYS
12:00 P.M. (NOON)**

“Back to Basics AFG”
Calvary Lutheran Church
1750 N. Calhoun Road
Brookfield, WI 53005

MEETING CHANGES

**WEDNESDAY
8:00 P.M.**

(STILL MEETING)

“Wednesday Newcomer’s AFG”
The Grove Club
1037 Grove Avenue
Racine, WI 53405

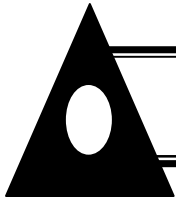
**WEDNESDAY
7:00 P.M.**

(NEW LOCATION)

“Waukesha 12 x 12 AFG”
St. Matthias Church
111 E. Main Street
Waukesha, WI 53187

DISBANDED MEETINGS

- “Experience, Strength and Hope AFG”– Thursdays 9:30 am
(Alano Club, Racine)
- “Let’s Start AFG” – Mondays 11:00 am
(Greater Philadelphia COGIC, Milwaukee)
- “Wednesday Night Delavan AFG” – Wednesday 7:00 pm
(Christ Episcopal Church, Delavan)
- “Gratitude Cudahy AFG” – Thursday 6:00 pm
(Nativity of the Lord Church, Cudahy)
- “Person Places and Things AFG” – Thursday 4:00 pm
(Beniamin House, Franksville)



OPEN DISCUSSION MEETINGS

**SUNDAYS
7:00 P.M.**

Hales Corners Open Discussion
(Al-Anon with AA participation)
Emanuel Church
10627 W. Forest Home Avenue
Hales Corners, WI 53130

Al-Anon guidelines suggest if combined meetings are held, they should be used as supplements to regular Al-Anon meetings.

New

SPANISH SPOKEN MEETINGS

MONDAY 6:00 P.M. WEDNESDAY 6:00 P.M. FRIDAY 6:00 P.M. SATURDAYS 10:00 A.M.

“Renacer AFG”
Nativity Jesuit Middle School
1515 S. 29th Street
Milwaukee, WI 53215

WEDNESDAY 10:00 A.M. THURSDAY 6:00 P.M. SATURDAYS 10:00 A.M.

“Solo Por Hoy AFG”
Ascension Lutheran Church Steam Chapel
1236 S. 27th Blvd. (27th Street)
Milwaukee, WI 53215

**FRIDAYS
5:00 – 6:30 P.M.**

“Serenidad AFG”
Prince of Peace Church
1138 S. 25th Street
Milwaukee, WI 53204

**SATURDAYS
10:30 A.M.**

“Morning Solutions Alateen”
Bilingual Spanish and English
Nativity Jesuit Middle School
1515 S. 29th Street
Milwaukee, WI 53215

WANTED AL-ANON/ALATEEN MEETINGS

**COLUMBIA ST. MARY’S HOSPITAL
MEQUON WI**

Anyone interested in starting an Al-Anon meeting at the hospital, call the Service Center at 414.257.2415.

**HOUSE OF HOPE
WAUKESHA WOMEN’S SHELTER**

Anyone interested in starting an Al-Anon meeting at the shelter, call Denise Marisch at 414.688.6884 or e-mail: Denise.A.Marisch@fnis.com

Second Friday of the month from 6:00 pm to 7:00 p.m.
Al-Anon men are welcome.

**SOUTH MILWAUKEE/CUDAHY/
OAK CREEK/FRANKLIN AREA**

Anyone interested in starting a daytime (between 10:00 a.m. & 4:00 p.m.) Al-Anon meeting with childcare in the area, call Sally at 414.762.9712.

SOUTH MILWAUKEE HIGH SCHOOL

Anyone interested in starting an Alateen meeting, call Victor M. at 414.766.5815.

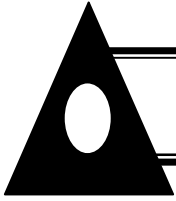
ALANO CLUB

Anyone interested in starting an Alateen meeting at the club, call the Service Center at 414.257.2415.

FRAGRANCE FREE AL-ANON MEETINGS

Please avoid using scented products before coming to this meeting, including:

- Perfume, cologne or aftershave
- Scented deodorants, soaps or body wash
- Scented shampoos, hair conditions/spays
- Scented fabric softeners
- Body fragrance, fragranced body/hand lotions
- Other scented personal care products



INTERGROUP MEETINGS

4TH THURSDAY OF EVERY ODD-NUMBERED MONTH
(Except November they meet on the 3rd Thursday)
7:00 P.M.

Al-Anon Service Center at Summit Place
Conference Room #2218
6737 W. Washington St.
West Allis, WI 53214

All Intergroup Service representatives (ISRs) and their alternates need to register with the Service Center to have voting privileges for their group. Call the Service Center at 414.257.2415 or e-mail: alanon@alanon-wi.org to register. Give your group's name, your full name, mailing address, and phone number (e-mail is optional).

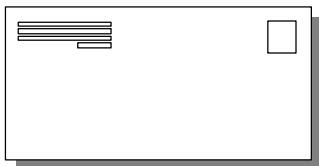
UPCOMING MEETING DATES

March 25, 2010
May 27, 2010
July 22, 2010

GROUP MAILING ADDRESS

Is your group getting mail from the World Service Office (WSO), Area 61, and Service Center? Check with your group's secretary and determine if WSO has your group's mailing address. To notify WSO of a new group or of changes (location, time etc,) to an existing group, call WSO at 757.563.1600 or go to: www.al-anon.alateen.org and download a Group Records Change Form (GR-1).

To notify the Service Center, call 414.257.2415 or e-mail: alanon@alanon-wi.org. During each group's anniversary month, the Service Center sends the group an Annual Registration Packet. The packet helps keep the group's meeting information current for newcomers and helps the group receive important Al-Anon information.



SERVICE BOARD MEETINGS

4TH THURSDAY OF EVERY EVEN-NUMBERED MONTH
6:30 P.M.

Al-Anon Service Center at Summit Place
Conference Room #2218
6737 W. Washington St.
West Allis, WI 53214

The chair and assistant chair positions are for one year. However, after serving the one year assistant chair position that person automatically serves the following year as chair. The other board positions are for two-year terms. The prerequisites for becoming a Service Board member is to either have one year as an ISR or two years in Al-Anon with services at the group level.

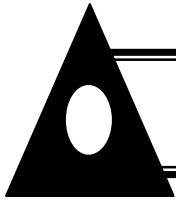
UPCOMING MEETING DATES

February 25, 2010
April 22, 2010
June 24, 2010

SERVICE BOARD MEMBERS

| | | |
|-------------------------|--------------|--------------|
| Chairman: | Sandy G. | 262.370.3161 |
| Assistant Chair: | Robert C. | 262.706.3000 |
| Secretary: | Mary D. | 414.444.2365 |
| AA Liaison: | Amy P. | 262.751.6963 |
| "Al-Anon Alive" Editor: | Ann M. | 414.771.3166 |
| Alateen Coordinator: | (vacant) | |
| Alateen Liaison: | (vacant) | |
| Area Liaison: | Annemarie A. | 414.571.0135 |
| Institutions: | (vacant) | |
| Literature: | Susan K. | 262.695.7554 |
| Public Information: | (vacant) | |
| Treasurer: | Fe P. | 262.650.1670 |
| Volunteer Coordinator: | Tracy A. | 414.704.0769 |
| Ways & Means: | Chris B. | 414.355.4568 |
| Web Coordinator: | Amy H. | 262.549.0769 |

If you are interested in filling a Board opening or have questions about the Service Board, please call 414.257.2415 and leave a message. Someone will be calling you back. Hope to hear from you.



"ELECTRONIC" MEETINGS

ON-LINE MEETINGS

Current list of registered electronic meetings is available at:

www.al-anon.alateen.org/meetings/meetings.html

Click: Link at bottom of page & enter your e-mail address

- You'll receive another link to the list.
- Please use WSO list to be sure the meetings are registered

TELEPHONE MEETINGS

Phone: 1.712.432.8733

(Access Code: 52639#)

www.geocities.com/alanonphonemeetings

Spanish Speaking Al-Anon Phone

1.218.486.8700

(Access Code: 32106#)

MEETING SPACE AVAILABLE

COMMUNITY RECOVERY CENTER

N87 W17313 Main Street

Menomonee Falls, WI 53051

Call Barb D. at 262.257.4770

ALANO CLUB

1521 N. Prospect Avenue

Milwaukee, WI 53202

Call Mark at 414.287.9102

LOVE OF GOD CATHEDRAL

818 W. St. Paul Street

Waukesha, WI 53188

Call Craig at 414.430.0888

AL-ANON BOOKS, PAMPHLETS, BOOK COVERS, MEDALLIONS ETC.

The Al-Anon Service Center at 6737 W. Washington Street, Suite 2125, West Allis, WI 53214 has available for purchase the various Al-Anon books, pamphlets, book covers, and medallions. The updated "pink" meeting directory is also available at the Service Center for \$.75.

The new butterfly, serenity prayer, bronze medallions are now available at the Service Center for \$2.00. The Al-Anon anniversary medallions from one month to 30 years are also available for \$2.00.

Book covers are available for the small daily readers for \$2.00 and book covers for the larger size books are \$2.50. Please all the Service Center at 414.257.2415 with any questions.

Fabric is available, if you would be interested making book covers.

VOLUNTEER CORNER

The Service Center could not operate without our VIVs (Very Important Volunteers). Listed below are the volunteers who shared their time and talent in December.

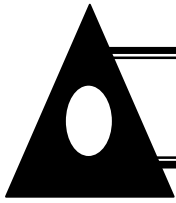
(* Indicates these volunteers worked more than once in a given month.)

Liz S.*
Stephanie D.
Beverly S.
Jean G.*

Terry H.
Cate M.
Judy D.
Dolores W.

Ruth H.
Mary B.K.
Kathy G.
Carole E.

Erika S.
Sue H.*
Tim G.



ALATEEN SPONSORSHIP TRAINING

APRIL 24, 2010
JULY 24, 2010

The Alateen Sponsorship Training sessions will be held as scheduled. Jaye R. has offered to assist with the training sessions until a new Alateen Coordinator is appointed. Big thanks to Jaye for volunteering her service.

The April 24th Alateen sponsor training will be held from 10:00 a.m. – 11:00 a.m. at Summit Place, 6737 W. Washington Street, Suite 2218 on the 2nd Floor, West Allis WI 43215-5655.



“AL-ANON ALIVE” NEEDS YOUR ARTICLES

In the past the newsletter printed only Al-Anon service articles. Today “Al-Anon Alive” prints all Al-Anon related articles.

Submit your article by the 15th of the month to appear in the following month’s newsletter. If received after the 15th, it will still appear in a newsletter but it may be the following newsletter. The article can be e-mailed to Ann alive_editor@yahoo.com

If you don’t have access to a computer, hand write you article and mail or drop it off at the AFG of Southeastern Wisconsin Service Center at 6737 W. Washington Street, Suite 2125, West Allis, WI 53214-5655. The Service Center will get the articles to Ann.

CARETAKING

by Ann M.

As a caretaker, I received a lot of self esteem – “see they need me.” It gave purpose to my life and most importantly, it didn’t allow me time to look at myself.

Since Al-anon, I understand a little more that the only responsibility I have is to take care of myself. I am powerless over other people, places, and things. I need to look at myself and why I do what I choose to do. I need to take time to review my habitual reactions and determine if I still want to do them. Are they for my good and good of all concerned? Anything I do that is harmful to me or to another is insanity

QUOTES

taken from

“FORUM FAVORITES / VOLUME 2”

LET GO & LET GOD

When I did let go and let God, I didn’t give up anything which belonged to me – I relinquished something I should never have taken over, I returned it to the proper hands.

GETTING FIT TO LIVE

Bill, co-founder of AA, frequently quoted from a 1904 questionnaire filled out by William James, an author.

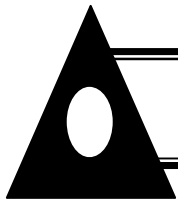
Q. Do you believe in personal immortality?

A. Never keenly but more strongly as I grow older.

Q. If so why?

A. Because I am just getting fit to live

(At the time, William James was 62 years old.)



WHEN I'M TICKED OFF

BY: ANNEMARIE, AREA LIAISON

I remember my now ex-husband saying to me as we were getting divorced, "You never really know your partner until you're breaking up." He was referring to the fact that though our marriage was ending, we continued to treat each other with respect. I thought about what he said, it is most certainly the truth. When a relationship is new and exciting, both people are on their best behavior. How hard is it to be wonderful at that stage? When you want to squeeze his neck and you refrain from this behavior, a measure of maturity and principle is required.

It's easy for me to "work my program" when things are going as I wish them to. It's becomes a bit more challenging when they don't. When people say things that tick me off, I get a strong urge to inform them of their bad behavior. After all, I'm a great judge of when people are out of line. Right? Or at least I'm a judge with a lot of years of experience and practice.

I've learned through the years, that when I'm ticked off, I'm probably either afraid or hurt or both. I don't want to deal with these feelings, so anger is a place of refuge for me. Do I have to tell you that when I'm angry, it is probably not the best time to call up the person who is ticking me off? I most especially should not call them immediately. The best person to call is, of course, my sponsor. She's not invested in the situation, so she can offer me a degree of objectivity. When she makes a suggestion, her ego is not involved, as is mine. She's a lot more rational than I am when my emotions are dominating my thinking. Invariably, as we talk, we end up laughing at some point. If the anger, hurt or fear isn't gone by the end of the phone call, at least it's been diminished to some extent. This cooling off period is essential. It may mean the difference between me confronting that person or me saying a prayer for them instead. The confrontation will likely require me to do a 10th step with them afterwards. A prayer involves no 10th step! A prayer for them, especially when I don't feel like saying one, brings me just a little bit closer to peace of mind-a little bit closer to God.

IT'S NOT MY FAULT

BY: ANN M.

Most of my life – as a child and then as a wife and mother, I took blame for things that I wasn't even remotely involved with. For me, taking blame was a safety valve.

If I took the blame for something going wrong in the home, everyone seemed to calm down because now there was someone to blame and it was up to that person to fix it. Taking blame also made me powerful. It was now up to me to make it all work out. Others did not need to take responsibility for what they chose to do.

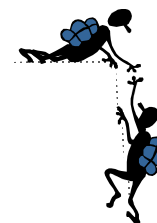
It started out just being a way to keep my fear level down but as time went on it became more and more difficult for me to distinguish what was really mine and what was not.

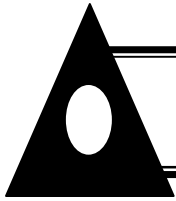
When I first got into recovery, I remember putting a sticky note on my work computer that said, "It's not my fault" and "Did you want my help?"

My reaction to fix was so automatic. I would take responsibility for things before I even totally realized it. In the work setting, if something went wrong, the copier wouldn't work, something was lost; I would immediately take responsibility for solving the problem. I did this partly out of fear because people were upset and then partly out of a desperate need to be needed.

Having that note on my desk was the beginning of me changing my automatic reaction to rescue. It reminded me to wait for someone to ask for my help and then if they did ask for my help, I could think it over and decide if I wanted to help or not.

I no longer have that note at my work station. I've slowed down and most of the time I am able to wait to be asked for my assistance.





SERVICE CENTER HIGHLIGHTS

BY: LINDA D.

Hearts, flowers, kisses and hugs! We see plenty of those things in February in honor of Valentine's Day. But if we are not in a "romantic" mood, it might not seem so wonderful. At festive times like that I remind myself that I can be a giver of positive, even loving, thoughts and gifts to myself. I am worthy of nice thoughts, loving gestures, kindness. I can even smile at myself in the mirror. I have learned in Al-Anon to treat myself as I would like others to treat me. It makes my day go so much better and I feel good about myself.



VOLUNTEER CORNER

The Al-Anon Service Center phone line and customer service is handled by many volunteers every week. The business end is handled by 3 part-time employees. We are very grateful for all the support we get from ALL the volunteers who share their time and talent with the Service Center. The Service Center is yours, mine, and ours. It is as good as we all make it. Thank you for giving us the benefit of your service!

We are especially in need of volunteers for the following time slots: **Mondays from 4:00 p.m. – 7:30 p.m. & Saturdays from 9:00 a.m. - noon**

Consider volunteering for these important time slots. If no one fills them, the Service Center will be closed during those times. Call Tracy A. at (414) 704-0769 or Linda at (414) 257-2415 for information on volunteering at the Service Center. The times are flexible and no experience is required. Training will be provided, and no set commitment is necessary. We are grateful for any help you can give the Service Center.

| Mon | Tues | Wed | Thurs | Fri | Sat |
|--|--------------|--|--|--|--|
| 1 10:00 am – 1:00 pm Kathy G. 1:00 pm – 4:00 pm Vacant 4:00 pm – 7:30 pm Stephanie D. | 2 Closed | 3 10:00 am – 1:00 pm Beverly S. 1:00 pm – 4:00 pm Susan K. | 4 Closed | 5 10:00 am – 1:00 pm Sue H. 1:00 pm – 4:00 pm Erika S. | 6 9:00 am – noon Mary B.K. |
| 8 10:00 am – 1:00 pm Vacant 1:00 pm – 4:00 pm Vacant 4:00 pm – 7:30 pm Tim G. | 9 Closed | 10 10:00 am – 1:00 pm Mary K. 1:00 pm – 4:00 pm Vacant | 11 Closed | 12 10:00 am – 1:00 pm Sue H. 1:00 pm – 4:00 pm Pat M. | 13 9:00 am – noon Liz S. |
| 15 10:00 am – 1:00 pm Vacant 1:00 pm – 4:00 pm Vacant 4:00 pm – 7:30 pm Liz S. | 16 Closed | 17 10:00 am – 1:00 pm Carole E. 1:00 pm – 4:00 pm Susan K. | 18 Closed | 19 10:00 am – 1:00 pm Ruth H. 1:00 pm – 4:00 pm Pat M. | 20 9:00 am – noon Cate M. |
| 22 10:00 am – 1:00 pm Vacant. 1:00 pm – 4:00 pm Dolores W. 4:00 pm – 7:30 pm Judith D. | 23 Closed | 24 10:00 am – 1:00 pm Annie W. 1:00 pm – 4:00 pm Vacant | 25 Closed 6:30 pm Service Bd. Meeting | 26 10:00 am – 1:00 pm Ned L. 1:00 pm – 4:00 pm Pat M. | 27 9:00 am – noon "Call to Verify Hours" |

HELP NEEDED!

STARTING AN AL-ANON MEETING

WHERE: House of Correction
Franklin, WI

WHEN: Beginning of 2010
2nd & 4th Monday of the Month

ADDITIONAL INFORMATION

- Rotate 2 women at each meeting
- Clearance process is required for each volunteer
(Once cleared - no need go through the process again.)
- Call Denise M. at 414.688.6884 for more information

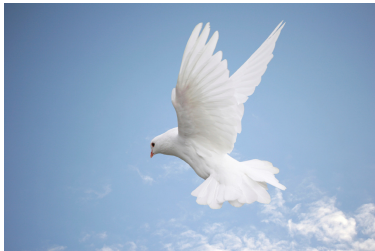
SERENITY PRAYER

Renhold Neibuhr, 1926

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.

Living one day at a time, accepting hardships as the pathway to peace, taking as He did this world as it is, not as I would have it.

Trusting that He will make all things right if I surrender to His will, that I may be reasonably happy in this life, and supremely happy with Him, forever in the next.



GROUP DONATIONS & INCOME/EXPENSES

12/1/09 through 12/31/09

BY: FEP.

GROUP DONATIONS:

| | |
|-------------------------------|-----------------|
| 2009 Midlake | 30.00 |
| Anonymous | 105.50 |
| Back to Basics | 259.59 |
| Brookfield Courage To Change | 111.20 |
| Calumet Tuesday Night AFG | 74.00 |
| District 9 | 50.00 |
| Eastside Monday Night | 75.46 |
| Franklin Serenity | 100.00 |
| Friday Night Couples | 50.00 |
| Friends of Lois | 59.00 |
| Ginne's Just for Today | 12.00 |
| Greendale Courage to Change | 30.00 |
| Hope for Today - Kenosha | 30.00 |
| How It Works Wauwatosa | 48.00 |
| Hugs | 25.00 |
| Intergroup | 39.25 |
| Into Action | 100.00 |
| Monday Night Rhinelander | 3.79 |
| New Attitude Monday Morning | 85.00 |
| New Hope Jackson Park | 15.00 |
| Pewaukee Serenity | 50.00 |
| Sheboygan AFG | 30.00 |
| Slinger Monday Night | 40.00 |
| St. Croix Falls | 15.00 |
| Thursday Afternoon Discussion | 30.00 |
| Unknown Group | <u>291.20</u> |
| TOTAL GROUP DONATION | 1,758.99 |

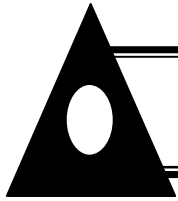
INCOME

| | |
|----------------------------|-----------------|
| 2009 Recover Dinner Income | 204.38 |
| 2009 Snow Ball Income | 150.00 |
| Bank Interest | 5.27 |
| Coffee and Soda | 7.00 |
| Donations | 1,758.99 |
| Literature Purchase | 3,805.48 |
| Medallions | 6.00 |
| Miscellaneous Income | 448.49 |
| Subscriptions | <u>27.00</u> |
| TOTAL INCOME | 6,412.61 |

EXPENSES

| | |
|-------------------------|-----------------|
| 2010 Snow Ball Expense | 537.80 |
| Coffee for Meeting | 28.00 |
| Office Supplies | 448.47 |
| Payroll | 1,955.31 |
| Postage and Delivery | 397.54 |
| Printing & Reproduction | 310.50 |
| Purchase Literature | 2,183.36 |
| Purchase Medallions | 24.70 |
| Rent-Office | 961.23 |
| Utilities, Bus | <u>245.06</u> |
| TOTAL EXPENSES | 7,091.97 |

OVERALL TOTAL -679.36



**32ND ANNUAL SNOW BALL
WORKSHOP, DINNER, SPEAKERS, DANCE**

**FEBRUARY 27, 2010
SATURDAY**

LOCATION

Serb Hall
5101 W. Oklahoma Avenue
Milwaukee, WI 53219
414.545.6030

SCHEDULE

WORKSHOP: 2:30 p.m. – 4:00 p.m.
(No Ticket Needed)

DINNER: 5:00 p.m. – 6:00 p.m.
(Ticket needed – Collected at buffet line – good for speaker and dance)

SPEAKERS: 7:00 p.m. – 9:00 p.m.
(Ticket needed – Collected when entering for the speakers)

DANCE: 9:30 p.m. – Midnight
(Ticket needed – collected when entering for speaker and dance)

SPEAKERS

AL-ANON: Mary Pearl T., Little Rock, AR

AA: JD T., Little Rock, AR

ALATEEN: Jess T., Racine WI

Due to the size of Serb hall and the expected demand for the Snow Ball speakers, it has been decided tickets will be needed for all portions of the Snow Ball event including access to the “free” speakers. Using tickets for all parts of the event will enable us to keep a headcount so as not to exceed the hall’s 850 maximum allowance.

TICKETS

DINNER TICKET: \$25 (allows entrance to entire event)
*(Also includes one basket drawing ticket.)
Dinner Ticket will be sold only through February 1, 2010*

SPEAKER TICKET: FREE (allows entrance to speakers only)

DANCE TICKET: \$10 (allows entrance to speakers & dance)

LARGE DRAWING TICKET (Handmade quilt): \$2 ea. (3 tickets for \$5)
(Do not need to be present to win drawing.)

BASKET DRAWING TICKET: 1.00 ea. (6 tickets for \$5)
(Do not need to be present to win drawing.)

While tickets last, all of the above tickets can be obtained from the Service Center or from your Inter-group Service Rep (ISR).

**FRIDAY NIGHT COUPLES
AL-ANON & AA MEETING**

OPEN MEETING

**FEBRUARY 12, 2010
FRIDAY**

SCHEDULE

7:00 p.m. – 7:30 p.m.
Fellowship with Coffee & Refreshments

7:30 p.m. – 8:45 p.m.
Speakers

Al-Anon: Tara R.

AA: Pone R.

LOCATION

St. Pius Church
2520 N. Wauwatosa Avenue (76th Street)
(North of North Avenue)
(Enter the building on Wauwatosa Avenue, turn left & go up the steps.)
Milwaukee, WI

← SNOW BALL DRAWINGS

2 BIG DRAWINGS



SNOW BALL QUILT

(Created by Luanne S. on behalf of the Slinger Monday Night)

&

“A TRIP TO THE BALL PARK”

(\$200 worth of gift certificates to Miller Park)

\$2.00 per ticket or \$5.00 for 3 tickets

(Can be purchased in advance of the event)

BASKET DRAWINGS

*Bring baskets to the event and wrap them in clear cellophane
Ask your group, to sponsor an Al-Anon or Alateen basket.*

\$1.00 per ticket or \$5.00 for 6 tickets

FRIDAY NIGHT BOOKWORM, AFG

Reading

“THE AL-ANON FAMILY GROUPS, CLASSIC EDITION”
(The first book written for Al-Anon)

FRIDAY NIGHTS
7:30 P.M.

LOCATION
 The Serenity Club
 3677 East Pulaski Avenue
 Cudahy, WI 53110
 414.483.8308

You can purchase a copy of the book at the Serenity Club or at the AFG of Southeastern Wisconsin Service Center.

Note: You do not need to purchase a book to attend the meetings. (We have loaners.)

12 STEPPERS OPEN AL-ANON MEETING

THURSDAY - FEBRUARY 4, 2010

7:00 P.M. – 8:00 P.M.

Babysitting Available

SPEAKERS
 AL-ANON: RANDY
 AA : RUTH G.

Fellowship & Refreshments to Follow

LOCATION
 Brookfield Presbyterian Church *(lower level)*
(Located on the corner of Brookfield Rd. & Bennington)
 1485 N. Brookfield Road
 Brookfield, WI

WAUKESHA 12 X 12 MEETING

7:00 PM - WEDNESDAYS

MOVING TO NEW LOCATION
BEGINNING FEBRUARY 3, 2010

ST. MATTHIAS
 111 E. MAIN STREET
 WAUKESHA, WI 53187

EASTSIDE MONDAY NITE AL-ANON OPEN MEETING

MONDAY, MARCH 29, 2010
6:30 P.M. – 7:30 P.M.

LOCATION
 North Shore Presbyterian Church *(use south door)*
(1 block west of Oakland Ave, 1 block north of Capitol Dr.)
 4048 N. Bartlett Avenue
 Milwaukee, WI

Speakers
 Al-Anon: Andrea N.
 AA: Dick S.

Fellowship & Refreshments to Follow

SERENITY NOW TUESDAY NITE AL-ANON 2ND ANNUAL OPEN MEETING

SATURDAY, APRIL 24, 2010

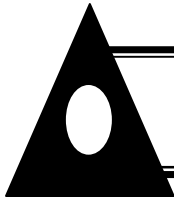
7:00 P.M.
(DOORS OPEN AT 6:30 P.M.)

SPEAKERS
 AL-ANON: MARY A.
 AA: PETE S.

LOCATION
 St. James Episcopal Church
(Parking in back/enter thru back/red doors/go downstairs)
(Corner of 8th & Walnut)
 148 S. 8th Avenue
 West Bend, WI

Fellowship & Refreshments to Follow





**22ND ANNUAL
AL-ANON ADULT CHILDREN
WORKSHOP & FESTIVAL**

**DISCOVERING MY CHOICES
DISCOVERING MYSELF**

APRIL 30, 2010 – MAY 2, 2010

More information Call: 800.843.5492 (or) visit: www.acafg.com

LOCATION

Green Lake Conference Center
W2511 State Hwy 23
Green Lake, WI 54941

SPEAKERS

Marge K., Pleasant Prairie, WI
Tim B., Chicago, IL
Pat Q., Al-Anon World Service Office
Panel: 4 mini-stories by adult children

WORKSHOP & FESTIVAL REGISTRATION

(Make checks payable: Illinois ACAFG Workshop)

Mail to:

Illinois ACAFG Workshop
P.O. Box 883
Wheaton, IL 60187-0883

- \$30 Registration postmarked on or before March 15, 2010
- \$45 Registration postmarked after March 15, 2010
- \$45 Walk-in Registration

- Price is per person - includes speakers, meetings, and social events
- Cancellation less than 30 days before event – there would be no refund
- Everyone is responsible for their own transportation, lodging & meals

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

E-mail: _____

Emergency Contact: _____

- I am willing to help
- I need a scholarship in order to attend
- Special needs: _____

**Lodging & Meal Registration
(Separate from workshop & festival)**

Lodging & Meals Reservations: 920.294.3323
(For best results, make prior to March 15, 2010)

DISTRICT 2 – “HAS A MISSION”

DURING MARCH 2010

**DISTRIBUTE
300 PIECES**

OF LITERATURE IN 30 DAYS

-TO-

INSTITUTIONS, BUSINESSES, PROFESSIONAL OFFICES

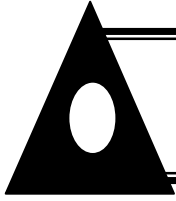
When your District Rep brings the Al-Anon literature, please participate by handing it out to the area institutions, businesses, professional offices, and let us know how you did.

THE TWELVE “PROMISES” GIFTS

“FROM SURVIVAL TO RECOVERY” PAGES 269-270

If we willingly surrender ourselves to the spiritual discipline of the twelve steps, our lives will be transformed.

1. We will become mature, responsible individuals with the great capacity for joy, fulfillment, and wonder.
2. Though we may never be perfect, continued spiritual progress will reveal to us our enormous potential.
3. We will discover that we are both worthy of love and loving. We will love others without losing ourselves and will learn to accept love in return.
4. Our sight, once clouded, confused, will clear and we will be able to perceive reality and recognize truth.
5. Courage and fellowship will replace fear. We will be able to risk failure to develop new, hidden talents.
6. Our lives, no matter how battered and degraded, will yield hope to share with others
7. We will begin to feel and will come to know the vastness of our emotions but we will not be slaves to them.
8. Our secrets will no longer bind us in shame. As we gain the ability to forgive ourselves, our families, and the world, our choices will expand.
9. With dignity we will stand for ourselves, but not against our fellows.
10. Serenity and peace will have meaning for us as we allow our lives and the lives of those we love to flow day by day with God’s ease, balance, and grace.
11. No longer terrified, we will discover we are free to delight in life’s paradox, mystery, and we will laugh more.
12. Fear will be replaced by faith and gratitude will come naturally as we realize that our High Power is doing for us what we cannot do for ourselves.



SUBSCRIBE TO THE "AL-ANON ALIVE NEWSLETTER"

Keep in touch with the 9-county service area by reading the newsletter every month.

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Make checks payable to: AFG of Southeastern Wisconsin

Mail or drop off at: AFG of Southeastern Wisconsin Service Center
6737 W. Washington Street, Ste. 2125
West Allis, WI 53214-5655

- Individual Subscription
- Group Subscription
Group name: _____
- New (or) Renewing Subscription
- \$30.60 (1 Year Subscription)
- \$61.20 (2 Year Subscription)
- \$61.20 (1 Year Subscription with 2 copies)
- \$2.55 (1 individual newsletter)

← "Free"
Copies

OBTAIN "FREE" COPIES
of
"Al-Anon Alive Newsletter"

Visit the Al-Anon website at www.alanon-wi.org and download a copy.
(or)
Stop at the Service Center and a copy will be printed for you while you wait.

"Free"
← Copies

SUBMITTING ARTICLES TO THE AL-ANON ALIVE NEWSLETTER"

All articles should be submitted by the 15th of the month in order to appear in the following month's newsletter. Articles should be in Word document format. The article can be e-mailed to Ann at: alive_editor@yahoo.com

If you don't have access to a computer, please feel free to handwrite you articles and mail or drop them off at the AFG of Southeastern Wisconsin Service Center at 6737 W. Washington Street, Suite 2125, West Allis, WI 53214-5655. The Service Center will get the articles to Ann.

Call Ann at 414.771.3166 with any questions.

AL-ANON GROUP DONATION FORM

Support your Al-Anon Family Groups (AFG) of Southeastern Wisconsin

Group Name: _____

Donation Amount: _____

Make checks payable to: AFG of Southeastern Wisconsin

Mail or drop off at:

AFG of Southeastern Wisconsin Service Center, 6737 W. Washington Street, Suite 2125, West Allis, WI 53214-5655