

Al-Anon Alive Newsletter

Volume 33

Number 3

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. and on Saturdays from 9:00 a.m. till Noon.

An extended commitment is not necessary.

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.

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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.	<i>(Vacant)</i>
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. – Noon	<i>(Vacant)</i>
Thursday:	Noon – 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:	Noon – 10:00 p.m.	<i>(Vacant)</i>

Available Hours

Monday:	7:30 p.m. – 10:00 p.m.
Tuesday:	9:00 a.m. – 10:00 p.m.
Thursday:	9:00 a.m. – 10:00 p.m.
Saturday:	Noon – 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.

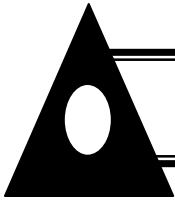
The Monday Night Beginner's Meeting is held at the Service Center located in Summit Place at 6737 W. Washington Avenue, Suite 2135, West Allis. Everyone is invited. *(Will not be open on holidays.)*

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) <i>Vacant</i> (even)	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.

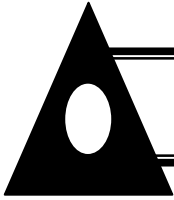
(no smoking, childcare provided)
"Pewaukee Serenity AFG and Alateen"
Galilee Lutheran Church
N24 W26430 Crestview Drive
Pewaukee, WI 53072

**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

**THURSDAY
6:30 P.M.**

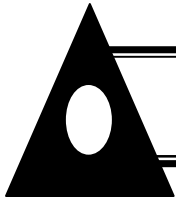
(TIME CHANGE)

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

DISBANDED MEETINGS

“Bookworms CAL Study Group” – Friday 7:30 pm
(Serenity Club, Cudahy)

“Experience, Strength and Hope AFG” – Thursdays 9:30 am
(Alano Club, Racine)



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.

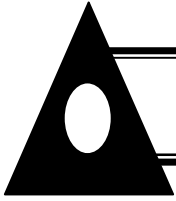
ALANO CLUB

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 #2135 (1st floor)
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).

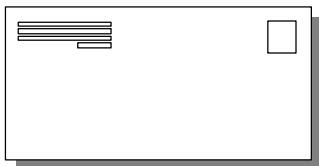
UPCOMING MEETING DATES

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 (2nd floor)
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.

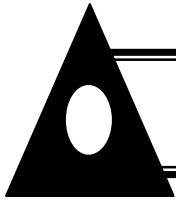
UPCOMING MEETING DATES

April 22, 2010
June 24, 2010
August 26, 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 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 call 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 January Thank you very much.

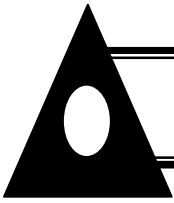
(Indicates these volunteers worked more than once in a given month.)*

Liz S.*
Stephanie D.
Beverly S.
Annie W.*

Mary B.
Cate M.
Ned L.
Dolores W.

Susan K.*
Mary K.
Kathy G.
Carole E.

Pat M.*
Sue H.*
Mary V.V.



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.

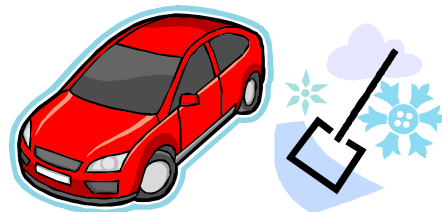
WORKING THE PROGRAM IN ALL KINDS OF WEATHER

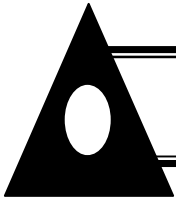
By: Annemarie A. (Area Liaison)

I do not like driving in bad weather. Snowy, slippery streets scare me. I’ve heard people forecasting anywhere from 5-14 inches of snow today. The slogan I apply to a day like today is ‘How important is it?’ If whatever I have scheduled for the day is not essential, I just simply cancel. I stay home. The cool thing is, I then have some newly found free time. Sure, I have to clean the snow from the sidewalks, but aside from that, the rest of the day is mine. I am free to enjoy whatever strikes my fancy. My favorite thing to do on a snowy day is walk in the park. God paints incredible beauty with His white “watercolor.”

Today, however, is Tuesday. My workplace is always open. I am expected to show up, always. I have driven many times to work in near panic. The roads are slippery, the traffic is heavy and there’s always that one driver in a pick up truck, who drives like it’s 70 degrees and cuts in front of me. My heart is now in my throat. Not a pleasant way to start out my day.

At this point in my recovery, if I know about the snow before I go to bed, I do a little foot work. It’s not that hard. I simply set the alarm early. If I have to shovel a bit to get out of the driveway, I have time. Before getting in the car, I invite God in. I should do this every day. The truth is, though, when I’m not struggling, I can forget about God. Once in the car, I play a soothing mediation tape. No, I don’t close my eyes, but God and I take a nice slow granny drive to work. I get to work early, but I don’t have to start working. Again, I have a little unexpected free time. I can read for pleasure, write a letter to a friend or an article for the Al-anon Alive. I am focused on the positive, a great way for me to start my day. Enjoy the winter!





POEM
BY: AUDREY HEPBURN

*This is what Audrey Hepburn wrote when asked about her beauty tips.
It was read at her funeral years later.*

For attractive lips, speak words of kindness.

For lovely eyes, seek out the good in people.

For a slim figure, share your food with the hungry.

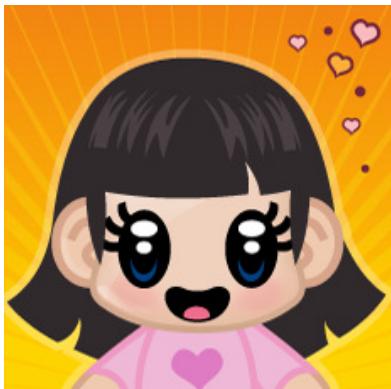
For beautiful hair, let a child run his/her fingers through it
once a day.

For poise, walk with the knowledge that you never walk
alone.

People even more than things have to be restored,
renewed, revived, reclaimed, and redeemed; never throw
out anyone.

Remember if you need a helping hand, you will find one
at the end of each of your arms

As you grow older, you will discover that you have two
hands: one for helping yourself, and the other for helping
others.



CHANGE MY ATTITUDE

BY: ANN M.

“Change my attitude” seems simple enough but it can mean different things to different people at different times in their lives.

In the old days, I figured “change your attitude” meant I was to pretend that all was okay even when it wasn’t. I figured that was the right thing to do, the loving thing to do. Besides, I never had to confront others which before program was terrifying for me to do. I could just turn the other cheek and put on a smile.

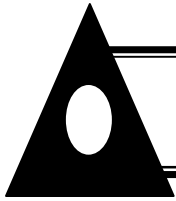
Today, changing my attitude means to look at each situation and determine if I am happy with it or not. If not, check to see if I can change anything. Now that I’m working a program I’m more aware of what is mine to change and what is not. If I can change something, I say go for it, however if I can’t, I learn to accept it as it is. Accepting what is – is a change of attitude.

When my kids were growing up, I felt it was my obligation to point out anything they did wrong – from a misspelled word to the correct way to play a game. Somewhere inside me, I thought I should correct every mistake “so they could be happy.” I think that came from my childhood thinking that if only I could do it the right way, no one would be mad and I would be liked and maybe even perfect. Needless to say, my children felt they were never good enough.

I can’t undo what I did with my children but I can do it different today. I use my new-found program knowledge to do it different with my granddaughter. I’m grateful - better late than never. Now I see all the things that are positive and we talk about them. We laugh if there is a mistake like a misspelled word on a school paper. Who put that there? “It must have been the dog, Scouter” and we laugh.

To begin changing my attitude, I needed to be aware of what I have always done. Once I started recognizing destructive, learned behaviors, I needed to start working on doing them different. Upside - today I have a Higher Power that all I have to do is ask for help and I get it.





SERVICE CENTER HIGHLIGHTS

BY: LINDA D.

March is always a harbinger of spring for me. It also reminds me of how I want to present myself: like a lion or a lamb - probably somewhere in between. In Al-Anon, I have learned that it is not healthy for me to be needy like a lamb would be; conversely it is not healthy for me to roar like a lion. I can choose actions that are right for me. Thank you, Al-Anon for giving me the examples of others in this program to emulate. I can take what I like and leave the rest.



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 Vacant	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 Judy D.	23 Closed	24 10:00 am – 1:00 pm Annie W. 1:00 pm – 4:00 pm Vacant	25 Closed 7:00 pm Intergroup 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"
28 10:00 am – 1:00 pm Vacant. 1:00 pm – 4:00 pm Vacant 4:00 pm – 7:30 pm Vacant.	29 Closed	30 10:00 am – 1:00 pm Vacant 1:00 pm – 4:00 pm Vacant	31 Closed		

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

YOUR SERVICE IS NEEDED

For the past two years, a group of Al-Anon members have worked with teens on the Alateen Program during school hours at the Waterford High School. It has been such a success, that recently Burlington High School has asked for such a program to be established in the fall of 2010 at their school.

In order to launch this program, we are recommending 4 Al-Anon sponsors take on this service commitment. Having 4 people allows at least two to always be present at the meeting which is an Alateen requirement.

In order to qualify you need to be in Al-Anon for at least 2 years and take the alateen training seminar. There are seminars coming up in spring. If you are interested, please contact Jeanne K. at 262.909.7890 for more details.

GROUP DONATIONS & INCOME/EXPENSES

1/1/10 through 1/31/10

BY: FEP.

GROUP DONATIONS:

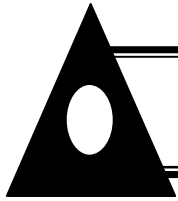
Anonymous	51.56
Back to Basics	75.00
Beginners Meeting Service Center	37.50
Brookfield Courage to Change	119.05
Changed Attitudes	17.00
Enlightenment	25.00
Fox Point Monday Night	70.00
Friends of Lois	38.00
Gratitude Elm Grove	21.69
Greendale Courage to Change	30.00
Hales Corners Open Discussion	100.00
Harbor Family	25.00
Hopefuls	10.00
How to Club	44.25
Just for Today Waukesha	15.00
Key to Serenity	114.23
Let It Begin with Me	50.00
Living in the Solution	33.00
Monday Night Burlington	70.00
New Hope Jackson Park	10.00
Renewal	151.98
River Falls AFG	20.00
Serenity Now	90.00
Slinger Monday Night	80.00
Staying Alive	100.00
Steps of Hope	24.00
Sunday Night Surrender	36.00
Survivor Sunday Night	30.00
Thursday Afternoon Discussion	40.00
Tuesday A.M. Oconomowoc	80.00
Tuesday Night Hales Corners	70.00
Twelve Steppers	196.00
Unknown Group	<u>49.35</u>
TOTAL GROUP DONATION	1,923.61

INCOME

2009 Bucket of Gratitude Income	74.42
2009 Recovery Dinner Income	54.00
2009 Snow Ball Income	2,016.00
Bank Interest	5.27
Coffee and Soda	2.50
Donations	1,923.61
Literature Purchase	9,206.81
Medallions	24.00
Subscriptions	<u>30.00</u>
TOTAL INCOME	13,336.61

EXPENSES

2010 Snow Ball Expense	57.00
Miscellaneous Expense	21.29
Office Supplies	72.64
Payroll	1,406.91
Postage and Delivery	177.67
Printing & Reproduction	991.46
Purchase Literature	5,150.17
Rent-Office	985.26
Repairs	7.46
Tax, Business	225.00
Tax, Payroll	1,267.40
Utilities, Bus	<u>240.22</u>
TOTAL EXPENSES	10,602.48
OVERALL TOTAL	2,734.13



**AREA 75
59TH ANNUAL AA SPRING CONFERENCE
(AL-ANON INCLUDED)**

HOSTED BY DISTRICT 32

APRIL 30, 2010 – MAY 2, 2010

LOCATION

Olympia Resort & Conference Center
1350 Royale Mile Road
Oconomowoc, WI 53066
800.558.9573

SPEAKERS

Al-Anon: Cissy C.
Brocton, AL
AA: Doug R.
Tajunga, CA

PANELS

Al-Anon Panels
AA Panels
Old Timer's Panel

MORE INFORMATION

Call: 262.547.6956 (Bob S.) or 262.542.2884 (Mike A.)
(or)
E-mail: sprconf2010@sbcglobal.net

SPRING FLING

(Proceeds go to the Al-Anon Service Center)

SATURDAY, APRIL 10, 2010

LOCATION

Good Shepherd Church
N88 W17658 Christman Road
Menomonee Falls

DOORS OPEN 6:00 PM

(Enter east side of building)

SPEAKERS AT 7:00 P.M.

Al-Anon: Judy T.
AA: Tim K.



POTLUCK SUPPER & RAFFLES

Bring a Dish to Pass

LAKE BENET SERENITY WEEKEND

“A HIGHER POWERED WAY OF LIFE”

(Based on Al-Anon Book: As We Understood)

APRIL 9 -11, 2010

LOCATION

St. Benedict's Retreat Center
12605 224th Avenue
Benet Lake, WI
(5 minutes north of Antioch, IL)

ACTIVITIES

Al-Anon Speaker Meetings
Break-out Groups
Group Meals
Sunrise walks
Opportunity to Create a God Box

Cost

\$170 for the Weekend
(5 meals & 2 nights lodging)

MORE INFORMATION

Call: 847.707.5078 (Kathy) or 847.414.2949 (Hollie)

ST. PATTY'S DAY DINNER

SATURDAY, MARCH 20, 2010

LOCATION

Pass It on Club
6229 W. Forest Home Avenue
Milwaukee, WI 53220
414.541.6923

SCHEDULE

5:30 p.m. Dinner (\$12)
7:00 p.m. Speakers
Dance to follow (\$5)

SPEAKERS

Al-Anon: Ron G.
AA: Don R.

12 STEPPERS OPEN AL-ANON MEETING

THURSDAY – MARCH 4, 2010

7:00 P.M. – 8:00 P.M.

SPEAKERS

AL-ANON: JIM S.

AA : JOYCE G..

LOCATION

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

Babysitting Available



Fellowship & Refreshments to Follow

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.

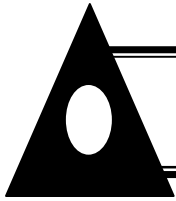
AA: PETE S.

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

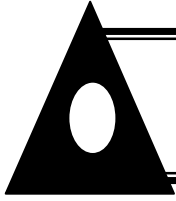
When your District Rep brings the Al-Anon literature, please participate by handing it out to the area institutions, businesses, professional offices, and let us know how you did.

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.



Al-Anon Alive Newsletter

March 2010

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 your 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