

Al-Anon Alive Newsletter

Volume 32

Number 8

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

Closed September 5th & 7th
for Labor Day.
No beginner's meeting at the
Service Center on September 7th

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 Chanel 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 or 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.

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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. <i>(Except 9:30 a.m. – 11:30 a.m.)</i>	Laura S.
Sunday:	9:30 a.m. – 11:30 a.m.	Susan R.
Sunday:	6:00 p.m. – 10:00 p.m.	Beth C.
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.	Laura S.
Wednesday:	4:00 p.m. – 10:00 p.m.	<i>(Vacant)</i>
Thursday:	9:00 a.m. – 12:00 p.m.	Tracy C.
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:	9:00 a.m. – 10:00 p.m.	<i>(Vacant)</i>

Available Hours

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

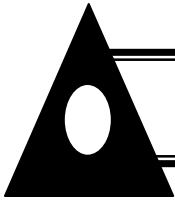
Monday Night Beginner's Meeting 7:30 p.m.

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	Facilitator	Facilitator Contact #	E-mail
1 st Monday	Nancy D. – "Franklin Serenity"	414.764.5897 414.378.2955	daisydu@wi.rr.com
2 nd Monday	JoJo D. – "Waukesha 12x12"	262.732.9586	jojoufo@yahoo.com
3 rd Monday	Karen H.- "Friends of Lois"	414.475.7694	Karen.hess@att.net
4 th Monday	Chris S (even) Chris D. (odd) "Brookfield Courage to Change"	414.329.9310 262.522.6567	stenglein@opd.wi.gov n/a
5 th Monday	Mary N. – "Back to Basics"	262.894.5111	neuensmn@sva.com

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.

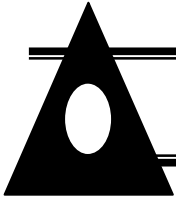
(no smoking, childcare provided)
"Pewaukee Serenity AFG and Alateen"
Galilee Lutheran Church
N24 W26430 Crestview Drive
Pewaukee, WI 53072

**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
6:00 .PM. & 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
10:00 A.M.**

“Into Action AFG”
Lawrence Center
3011 Saylesville Road
Waukesha, WI 5389

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

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

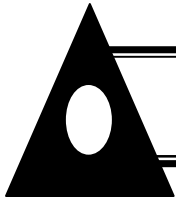
**FRIDAYS
12:00 P.M. (NOON)**

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

**FRIDAYS
8:00 P.M.**

“No Saints AFG”
All Saint Lutheran Church
9131 S. Howell Avenue
Oak Creek, WI 53154





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.

SPANISH SPOKEN MEETINGS

**MONDAYS
6:00 P.M.**

**THURSDAYS
6:00 P.M.**

**SATURDAYS
10:00 A.M.**

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

**WEDNESDAYS
10:00 A.M.**

**THURSDAYS
6:00 P.M.**

**SATURDAYS
10:00 A.M.**

“Solo Por Hoy AFG”
Ascension Lutheran Church Steam Chapel
1300 Layton Boulevard
(27th Street)
Milwaukee, WI 53215

**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.

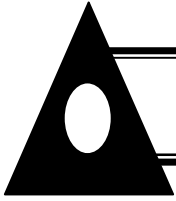
ALANO CLUB

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



DIRECTORY CHANGES

MONDAYS

(NEW MEETING LOCATION)

9:30 A.M. – 11:00 A.M.

“Monday Morning Burlington AFG”
St. John’s Church

216 E. Chandler Boulevard
(On the triangle of Chandler, Edward and Perkins)
(No smoking)

Burlington, WI 53105

TUESDAYS

(NEW TIME)

7:00 P.M.

“Land of Oz Alateen”
Advent Lutheran Church
W63 N642 Washington St.

Cedarburg, WI 53012

TUESDAYS

(NEW TIME)

7:00 P.M.

“Land of Oz Alateen”
Advent Lutheran Church
W63 N642 Washington St.

Cedarburg, WI 53012

TUESDAYS

(NO LONGER MEETING)

7:30 P.M.

“Lend An Ear AFG”
Pass It On Club
6229 W. Forest Home Avenue
Milwaukee, WI 53220

WEDNESDAY

(NO LONGER MEETING)

11:00 A.M.

“Freedom AFG”
Pass It On Club
6229 W. Forest Home Avenue
Milwaukee, WI 53220

THURSDAY

(NEW TIME)

6:00 P.M.

“Gratitude Cudahy Thursday AFG”
Nativity of the Lord Church
33658 E. Plankinton Avenue
Cudahy, WI

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

August 27, 2009
October 22, 2009

SERVICE BOARD MEMBERS

Chairman:	Laura Q.	262.790.0144
Assistant Chair:	Sandy G.	262.370.3161
Secretary:	Mary D.	414.444.2365
AA Liaison:	Amy P.	262.751.6963
“Al-Anon Alive” Editor:	Ann M.	414.771.3166
Alateen Coordinator:	Pat S.	414.529.5086
Alateen Liaison:	(vacant)	
Area Liaison:	Annemarie A.	414.571.0135
Institutions:	Steve G.	262.594.2114
Literature:	Ellen T.	414.861.6382
Public Information:	(vacant)	
Treasurer:	Carol L.	262.650.1720
Volunteer Coordinator:	Tracy A.	414.704.0769
Ways & Means:	Chris B.	414.355.4568
Web Coordinator:	(vacant)	

If you are interested in filling an opening, or have questions about the Service Board, you may leave a message at 414.257.2415.

INTERGROUP MEETINGS

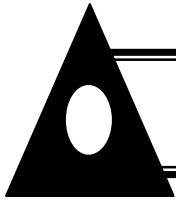
4TH THURSDAY OF EVERY ODD-NUMBERED MONTH
(Except November they meet on the 3rd Thursday)
7:00 P.M.

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

UPCOMING MEETING DATES

September 24, 2009
November 19, 2009

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).



“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

TRINITY UNITED METHODIST CHURCH

308 Oneida Street
Beaver Dam, WI 53916
Call Pastor Mark S. at 920.887.7211

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 etc.

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

Here is the Very Important Volunteers (VIV) list. There was an error in the July newsletter. We failed to include some volunteers so we are listing the volunteers for the past two months. We want to recognize everyone and thank you very much for supporting the Service Center. The Service Center could not operate without your assistance.

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

Erika S.*
Stephanie D.
Denise M.
Mary B.K.

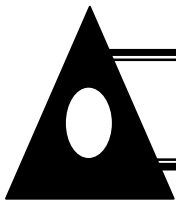
Mary K.
Karen V.
Kathy G.
Pat M.*

Chris B.
Cate M.
Beverly S.
Judy D.

Susan K.*
Carole E.
Karen H.
Karen P.

Marcy A.
Tim G.
Jean G..
Dolores W.

Terry H.
Annie W.
Ruth H.



ANTICIPATING FATHER'S DAY

BY: ANNE MARIE A.

Anticipating Father's Day used to be extremely stressful for me. I never had a great relationship with my dad. Buying a card was agony. I certainly couldn't send a sappy card because I didn't feel the least bit sappy. I didn't want to send an offensive card either. That seemed kind of mean. What to do?

Shortly after coming to Al-Anon, I became aware of how I was contributing to the problems between us. I started to see things that I had been unaware of previously. I was never able to see what was on "my side of the fence." Suddenly, all my bad behavior was readily apparent to me. It was none too pretty. Judgment, lack of tolerance, lack of acceptance of my father as he is, all played a major role in our discord.

You people taught me little by little what it means to act like a kind and loving daughter. I had no idea what that would look like with regards to my father. I figured that I could start by holding back the snotty comments, which I used to feel compelled to say. I was moving with baby steps, but at least I was moving forward.

Since that time, early in my recovery, our relationship has grown. I've had a chance to make amends to my dad. What an amazing and beautiful experience that was. I told him how truly sorry I was for my bad attitude, my snotty comments and my lack of respect. I was completely amazed when he answered, "That's OK, there were times when I got a little out of hand too." Boy, was he right about that! But the cool thing was that when I was making my amends with him, I was so totally concentrating on "my side of the street" that I had forgotten all about his side. I knew, at that moment, that the anger and resentment I had felt for my dad all those years had healed. This absolutely would not have been possible without you people. Without you, I know for a fact, that I would have the same crappy relationship with him that I had always had. If I keep doing what I've always done, I will continue to get what I have always gotten. That's a guarantee.

Is my dad the "dream dad" that I had always fantasized about? Well no. My dad doesn't do "feelings" or "warm fuzzy." He simply is not capable. Today I can appreciate what my dad does have to offer. He shows he loves me in the ways he can. I accept him as is. Hey, I'm sure that

I'm not his "dream daughter." We're both just two humans trying to do the best we can.

Looking forward to this past Father's Day, I felt no stress. I was just absorbed in trying to think of an idea for a cute card to make him. Buying a card just doesn't seem personal enough anymore. For the past few years, making these cards has actually been fun. What a change!

I spent the Father's Day weekend with both my parents. I ended up having to do a 10th step with my mother (no, not father this time) before the weekend's close. I felt bad about it. My sponsor assured me, it just proved my humanness. What a relief that was. I try my best to be a kind and loving daughter and when I fall short, I'm not expected to be perfect. I just need to address it and try harder in the future not to continue the same behavior.

Thanks to all of you. You always lead me by loving example.

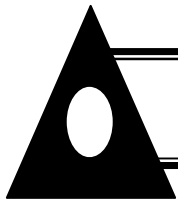
LETTER FROM THE PAST BOARD CHAIRMAN

Hi Al-Anon members,

As of the July 23rd ISR meeting, my term as Chairperson was handed over to Sandy G. the past Assistant Chair. As I write this, I'm feeling grateful for being given the opportunity to serve in this position. In the past, I would have never taken such a service position - although it had been offered at church, PTA, and in my career. I always turned it down thinking I was unqualified or afraid of failure. I have learned that if I don't try how do I know I will fail? Maybe I won't and maybe, just maybe, I'll enjoy it and learn something new about myself. I have made many great new friends. I learned a lot about the Service Center and gained new confidence through all the loving help. Mostly I learned the power of listening and giving my best efforts where I can and knowing someone will always help.

The next time someone asks you to join the Service Board think about it, pray, talk to your sponsor, and say yes. We will help you and you just might grow from it.

Grateful in service,
Laura Q.



ALATEENS AND ALATEEN SPONSORS

BY: MARY

Here are some thoughts from others and myself about carrying the message to Alateens. Tom T. says he memorized the 12 steps and that the teens want to do the same. They were impressed by his memory and the fact he didn't have to read from a sheet. Tom says he asks them questions like; "How do you cope with things at home?"

In my group, we've gone around the table and shared our highs and lows for the week and then whatever is the step or topic for the evening, we focus on that or whatever someone needs to talk about. Teens need direction but mostly from each other.

I think sometimes we have to do what our H.P. tells us to do and talk to help reason it out. I think George said it best, "we as sponsors need to remember that Alateen groups belong to the teens and we have to ask them what they would like to do and let them decide.

I pray to God for guidance for our Wednesday night Alateen group. When I am calm and silent I can hear God, my sponsor, and other message's more clearly. I have Alateens who call me once in a while. I am a sponsor ready to carry my message to any Alateen who may need a meeting. I keep books and literature available to those who need it. What does it take to peak interest in getting a piece of "Magic" that the other teens talk about? How can we create that same magic within our home groups?

I really believe we need to carry the message of hope to Alateens who still suffer from the disease. If anyone is willing to participate, I am willing to ask the Club I belong to about using the hall to have an open panel discussion with Alateen sponsors and Alateens. We could pick an afternoon, morning, or evening, We have the 1st, 3rd, and 5th Saturdays to choose from. Our primary focus is to carry the message of hope to our Alateens.



TRADITION EIGHT

Tradition eight: Al-Anon Twelfth-step work should remain forever nonprofessional, but our service centers may employ special workers.

BY: LAURA Q.

There is a place in life for professionals - doctors, counselors, therapists and psychiatrists. They are important, caring people with much knowledge and information, but sometimes just a simple conversation with a caring individual who has gone through the same experience can do more for me.

When I was the newcomer, I was able to connect with many of the members who shared their experience, strength and hope with me. Their honesty and kindness amazed me. It was honesty; I had never heard before and have grown to love. How grateful I am for their sharing. Over time and with continued work with my sponsor and the steps, I have come to a place where I can feel comfortable sharing my experience, strength and hope with a newcomer. Talking as a person affected by alcoholism to another keeps the message alive and keeps my program alive.

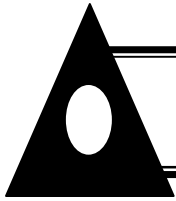
Our service Center is a perfect example of needing paid employees. Without Linda, Judy and Joan, we wouldn't have the consistency and order we have that keeps the service center running as smoothly as it does. We also need and love our volunteers. The staff makes sure bills are paid, inventory is on the shelf, and phones are answered when the newcomer calls. It is important to keep a balance between business and our primary purpose of sharing the message.

ALATEEN SPONSORSHIP TRAINING

OCTOBER 10, 2009

10:00 A.M. – 11:00 A.M.

For more details, call Pat S., Alateen Coordinator, at 414.529.5086 or e-mail her at: patschroeder1948@yahoo.com



“AL-ANON FACES ALCOHOLISM”

BY: ELLEN T.

Sometimes I swear everyone around me is in desperate need of an Al-Anon program. I've learned from embarrassing experience that dragging a coworker to a meeting (and he NEEDED at least one) may not be an effective way to “carry the message. On good days, I try to keep in mind the first statement of Tradition 11: “Our public relation policy is based on attraction rather than promotion,” and allow my actions to reflect the success of Al-Anon in my life. On the days I am feeling especially enlightened and evangelical, there is an outlet for my fervor: *Al-Anon Faces Alcoholism*.

Al-Anon Faces Alcoholism is an outreach magazine focused on people who may not hear about the Al-Anon program as they go about their usual routines. The magazine is a compilation of articles written by members and professional, witnessing the positive change a twelve-step program can have an effect on someone's life. The material is updated every year and speaks to the newcomer, including basic information about Al-Anon and how to find a meeting. *Al-Anon Faces Alcoholism* can be left in doctors' offices, police stations, libraries, or any place someone who may need help would be. I like to leave copies on the benches at shopping malls Maybe it's just me, but I see many there who would benefit from a meeting, particularly around the holidays.

Al-Anon Faces Alcoholism 2010 will be available from the Service Center in September. Another option is to obtain copies directly from the Al-Anon Family Group Headquarters, either online at www.al-anon.org or using hardcopy forms. Orders for the second printing will be taken until February 10, 2010 and will be shipped before April 1, 2010. Larger orders will reduce the price per copy. The magazine is published in English, Spanish and French. Extra 2008 and 2009 copies can be donated to the Institutions and Outreach Committees. Please contact the Service Center or Ellen T, Literature Chair for more information. Ellen can be reached at 414.861.6382.

OLD BEHAVIORS DIE HARD

BY: ANN M.

I'm feeling afraid and I want to stop feeling that way. I decide to put my energy into changing the things and people around me. If things around me are in order, then maybe I'll feel more in order. What's wrong with wanting to change the way I feel?

Makes sense -No it doesn't. You see, that's my problem. Changing other things or others is not “really” going to change how I feel. Al-Anon tells me feelings are an inside job. That sounds like it should be easier than trying to change others but actually I'm more of a doer and I find more comfort frantically working to change others. While doing that, I don't have to think about my stuff and I certainly don't have time to feel.

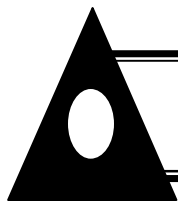
My insanity is to keep trying to change something that I can't change . . . other people, places and things. The only thing I can change is me and that is the last thing I want to look at.

In Al-Anon, no one tells me what to do. I can keep doing exactly what I have always done . . . or I can do it different. I'm scared. If only I didn't feel so afraid, I could maybe make some changes in me.

I also know that if I'm waiting to suddenly wake up one day and find I'm not afraid anymore, I'll be waiting until hell freezes and pigs fly - Forever. It doesn't leave me with many options. Somewhere deep inside, I know I need to feel afraid and do what I need to do anyway. The words “courage to change” imply that it is something difficult (not easy) but that I can choose to be brave and do it anyway. Al-Anon also reminds me that I don't have to do it all alone. I have my Higher Power who I choose to call God, my Al-Anon friends, the steps and traditions, and the Al-Anon literature.

It's a journey. I get to choose what I'll do and at what pace.





SERVICE CENTER HIGHLIGHTS

BY: LINDA D.

August signals the last month of summer, Labor Day, harvest, back to school, the holidays coming soon, and that means I will have to go shopping, decorate, cook, etc., etc., etc. OH WAIT! I am projecting into the future, stressing about things to come, not focusing on the beauty of today. I am so grateful for the Al-Anon principle "One Day at a Time." If I make the most of today, I will feel calm and serene. It's still summer!

Thanks, Al-Anon.



VOLUNTEER CORNER

The Service Center has been blessed with many willing volunteers! Thank you all for continuing to share your time and talents at the Service Center.

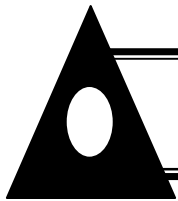
Welcome to Terry H., our newest office volunteer and welcome back to Karen P. Thank you for volunteering!

The volunteer calendar listed below shows several vacancies. We are especially in need of volunteers for:

Mondays
4:00 p.m. - 7:30 p.m.

Please consider volunteering for these important time slots at the Service Center. If no one fills the slots, the Service Center will be closed at those times. Please 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
3 10:00 am – 1:00 pm Kathy G. 1:00 pm – 4:00 pm Vacant 4:00 pm – 7:30 pm Vacant	4 Closed	5 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 Vacant 1:00 pm – 4:00 pm Erika S.	8 9:00 am – noon Mary B.K.
10 10:00 am – 1:00 pm Vacant 1:00 pm – 4:00 pm Vacant 4:00 pm – 7:30 pm Tim G.	11 Closed	12 10:00 am – 1:00 pm Mary K. 1:00 pm – 4:00 pm Vacant	13 Closed	14 10:00 am – 1:00 pm Vacant 1:00 pm – 4:00 pm Erika S.	15 9:00 am – noon Marcy A.
17 10:00 am – 1:00 pm Jean G. 1:00 pm – 4:00 pm Vacant 4:00 pm – 7:30 pm Vacant	18 Closed	19 10:00 am – 1:00 pm Carole E. 1:00 pm – 4:00 pm Susan K.	20 Closed	21 10:00 am – 1:00 pm Vacant 1:00 pm – 4:00 pm Pat M.	22 9:00 am – noon Cate M.
24 10:00 am – 1:00 pm Vacant 1:00 pm – 4:00 pm Dolores W. 4:00 pm – 7:30 pm Judy D.	25 Closed	26 10:00 am – 1:00 pm Annie W. 1:00 pm – 4:00 pm Vacant	27 Closed 6:30 pm Service Board Meeting	28 10:00 am – 1:00 pm Vacant 1:00 pm – 4:00 pm Pat M.	29 9:00 am – noon Stephanie
31 10:00 am – 1:00 pm Kathy G. 1:00 pm – 4:00 pm Vacant 4:00 pm – 7:30 pm Vacant					



SUMMARY OF GROUP DONATIONS

BY: CAROL L.

6/1/09 through 6/30/09

A New Beginning	100.00
Anonymous	2.50
Brookfield Courage to Change	85.51
Eastside Monday Night	67.93
Easy Does It	69.70
Falls No Smoking Friday Night	40.00
Fox Point Monday Night	35.00
Friday Night Couples	50.00
Ginne's Just for Today	60.00
Greendale Courage to Change	37.00
Intergroup	34.50
Just for Today Waukesha	30.00
New Attitude Monday Morning	92.80
New Hope Jackson Park	20.00
No Saints	26.25
Northside AFG	150.00
Serenity Today	50.00
Slinger Monday Night	40.00
Steps of Hope	18.00
Sunday Morning Sunlight	100.00
Sunday Night New Hope	50.00
Thursday Afternoon Discussion	36.00
Thursday Night Big Book Step Study	23.00
Together We Can Make It	33.90
Tuesday A.M. Oconomowoc	40.00
Tuesday Night Hales Corners	26.50
Twelve Steppers	85.00
Vernon Courage to Change	50.00
Wales Hope and Serenity	200.00

OVERALL TOTAL \$1,653.59

INCOME/EXPENSE

BY: CAROL L.

6/1/09 through 6/30/09

INCOME

2009 Bucket of Gratitude Income	613.78
Bank Interest	5.09
Coffee and Soda	2.75
Donations	1,653.59
Literature Purchase	4,817.92
Medallions	8.00
Miscellaneous Income	76.11
Subscriptions	57.00
TOTAL INCOME	7,234.24

EXPENSES

Uncategorized	76.70
2009 Recovery Dinner Expense	400.00
Bank Debit	22.00
Bank Fee	9.00
Office Supplies	28.15
Payroll	1,239.81
Postage and Delivery	266.97
Previous Fiscal Year	348.46
Purchase Literature	2,116.90
Rent-Office	961.23
Utilities, Bus	236.92
TOTAL EXPENSES	5,706.14

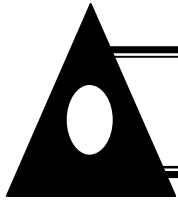
OVERALL TOTAL 1,528.10

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.





12 STEPPERS OPEN AL-ANON MEETING

THURSDAY, AUGUST 6, 2009

7:00 P.M. – 8:00 P.M.

Brookfield Presbyterian Church
(Lower Level)
1485 N. Brookfield Road
(Corner of Brookfield Road and Bennington)
Brookfield, WI

Al-Anon speaker: Amy P.
AA Speaker: Robin S.

Please join us for snacks & fellowship afterward.
(Babysitting Available)

AL-ANON OPEN MEETING

TUESDAY, AUGUST 25, 2009

7:00 P.M.

Hales Corners Lutheran Church
(Lower level Fellowship Hall/ enter East doors of church)
12300 W. Jamesville Road
Hales Corners, WI

Al-Anon Speaker: Kathryn D.
AA Speaker: Gene P.

LIVING IN THE SOLUTION OPENING MEETING

SUNDAY, AUGUST 30, 2009

6:30 P.M.

Hales Corners Lutheran Church
(Lower level Fellowship Hall/ enter East doors of church)
12300 W. Jamesville Road
Hales Corners, WI

Al-Anon Speaker: Danielle R.
AA Speaker: Gerry M.

(Babysitting Available)

AREA 61 FALL ASSEMBLY

SEPTEMBER 25 - 27, 2009

Hosted by: District 2 and District 6

LOCATION
Hotel Mead
451 E. Grand Avenue
Wisconsin Rapids, WI
800.843.6323

THEME
Embracing the Legacies
Our Spiritual Bridge to Expand the Future
(AL-ANON, ALATEEN, AA, AND SPANISH SPEAKING PANELS)

FLYERS AVAILABLE
Visit the website: <http://www.alanon-wi.org>
(UNDER THE EVENTS TAB FIND A COPY OF THE FLYER.)

AL-ANON INFORMATION
888.425.2666

**DISTRICT 2
FREE WORKSHOP**

OCTOBER 24, 2009

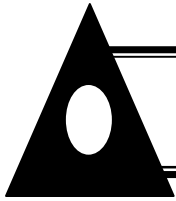
9:00 A.M. – 2:30 P.M.

**“DISCOVERING CHOICES”
ALCOHOLISM & RELATIONSHIPS**

LOCATION
Summit Place
6737 W. Washington Avenue
(1st floor conference room)
West Allis, WI 53214

Pot Luck Lunch
Bring a dish to pass.

For flyer: www.alanon-wi.org
(Under event tab)



**FIRST ANNUAL
FRIENDS OF LOIS WILSON
WOMAN'S RETREAT**

OCTOBER 2-4, 2009

"Principled Relationships"

LOCATION

Camp Whitcomb
W294 N8436 Camp Whitcomb Road
Hartland, WI 53029

262.538.1190

\$115. Includes:

- 2 night stay
- Friday Pizza Dinner
- Saturday Breakfast, Lunch & Dinner
- Sunday Breakfast
- Ice Cream Social
- Snacks
- Coffee, Water & Soda
- Spiritual Surprises

Payment Due: September 1, 2009

Checks payable to: FLWWR
Send to: Judy Ti (Co-Chair & Treasurer)
2176 N 66th Street
Wauwatosa, WI 53213

Judy Th: 414.559.8786
Judy Ti: 414.899.3549

AL-ANON RECOVERY DINNER

SATURDAY, OCTOBER 17, 2009

Fund-Raiser
SE Wisconsin Al-Anon Service Office
Help keep the doors open.
414.257.2415

LOCATION

St Mary's Parish
225 S. Hartwell Avenue
Waukesha, WI

Evening Schedule

- Door Opens: 4:30 p.m.
- Dinner: 5:00 p.m.
- Speakers: 7:00 p.m.
- Drawings: all evening

Speakers

Al-Anon: Susanne M. (Madison)
AA: Jon C. (Madison)
Alateen: TBA

(Babysitting available during the speakers)

DINNER:

SPAGHETTI PLUS THE FIX'ENS
\$5.00

(DINNER TICKETS AVAILABLE UNTIL OCTOBER 1, 2009)



ALATEEN AWARENESS

POTLUCK, OPEN MEETING & HALLOWEEN DANCE

Evening Schedule

- Potluck Dinner: 6:00 p.m.
Bring a dish to pass
- Open Speaker Meeting: 7:00 p.m.
Alateens & Alateen Sponsors
- Dance: 9:30 p.m.
Dance: \$5.00

**SATURDAY, OCTOBER 24, 2009
6:00 P.M.**

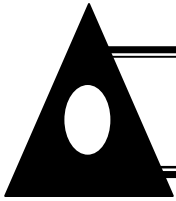
CONTACT INFORMATION

MARY V.V: 262.567.7306

Location

Lake Area Club
N60 W35878 Lake Drive
Oconomowoc, WI 53066

From Milwaukee, Hwy 16 West to Hwy
P North, Right on Hwy Z (Lake Drive)



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: _____

- Individual Subscription
- Group Subscription
Group name: _____
- New Subscription
- Renewing Subscription

- \$15.00 (1 Year Subscription)
- \$27.00 (2 Year Subscription)
- \$27.00 (1 Year Subscription with 2 copies)

Make checks payable to: AFG of S.E. Wisconsin
Mail or drop off at: Al-Anon Service Center, 6737 W. Washington Avenue, Ste. 2125, West Allis, WI 53214

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 hand write you article on paper and mail or drop it off at the Al-Anon Service Center at 6737 W. Washington Street, Suite 2125, West Allis, WI 53214. The Service Center will then mail the articles to Ann.

Call Ann at 414.771.3166 with anv questions.

AL-ANON GROUP DONATION FORM

Support your Al-Anon Family Group (AFG) of S.E. Wisconsin Service Center

Group Name: _____

Donation Amount: _____

Make checks payable to: AFG of S.E. Wisconsin
Mail or drop off at: Al-Anon Service Center, 6737 W. Washington Avenue, Suite 2125, West Allis, WI 53214.