

Al-Anon Alive Newsletter

Volume 32

Number 11

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.

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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.	Laura S.
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.

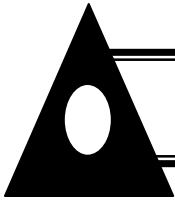
Monday Night Beginner's Meeting 7:30 p.m.

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	Nancy D. – "Franklin Serenity"	414.764.5897 414.378.2955
2 nd Monday	Mary N. – "Waukesha 12 & 12"	262.860.1326
3 rd Monday	Melissa F. & on 11/16/09 Mary P.	414.353.2114 (Melissa F.)
4 th Monday	Chris S (even) "Franklin Serenity" Chris D. (odd) "Brookfield Courage to Change"	414.329.9310 262.522.6567
5 th Monday	Ann W. "Back to Basics" (11/30/09)	262.893.6729

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.

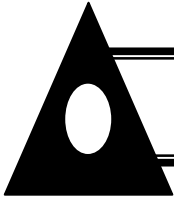
(no smoking, childcare provided)
"Pewaukee Serenity AFG and Alateen"
Galilee Lutheran Church
N24 W26430 Crestview Drive
Pewaukee, WI 53072

**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
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

**MONDAYS
6:30 P.M.**

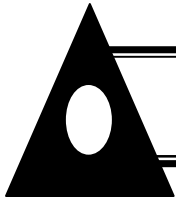
(NEW GROUP)

“Third Step AFG”
Immanuel Lutheran Church
1229 Park Row
Lake Geneva, WI 53147

**THURSDAY
6:15 P.M.**

(TIME CHANGE- HAD BEEN 6:30 P.M.)

“Sharing & Caring AFG”
Wheaton Franciscan Center
9301 W. Washington Avenue
Racine, WI 53406



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.

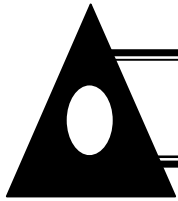
ALANO CLUB

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



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).

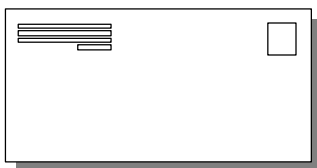
UPCOMING MEETING DATES

November 19, 2009 (3rd Thursday)
January 28, 2010
March 25, 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.

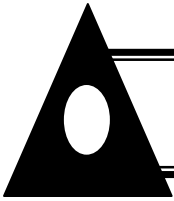
UPCOMING MEETING DATES

December 17, 2009 (3rd Thursday)
February 25, 2010
April 22, 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:	(vacant)	

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

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. 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 September. Thank you, Thank you!

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

Karen P.
Stephanie D.*
Pat M.

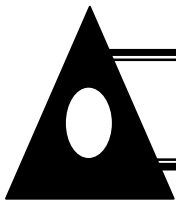
Susan K*
Cate M.
Judy D.

Ruth H.
Carole E.
Dolores W.

Erika S.
Beverly S.

Pat M.
Jean G*

If you would be interested in taking calls from newcomers at your home, please call Linda at 414.257.2415.



ALATEEN SPONSORSHIP TRAINING

JANUARY 23, 2010

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.

VOLUNTEERS NEEDED

*With love in service, Tracy A. - Office Volunteer Coordinator
(Taken from an e-mail sent by Tracy A. to the intergroup.)*

We have discussed many times the benefit we as the Intergroup - AFG of Southeastern Wisconsin, have in being able to support a Service Center and Literature Distribution Center (LDC). Without our "home" we could not offer support to Newcomers, literature to members, and it would also be much more challenging to host such fellowship events as the Snow Ball and the Recovery Dinner. We would also be challenged to provide a Website and the "Alive" newsletter.

I'm sure you know where I'm going with this...we have been struggling to maintain a level of coverage in the office and at the beginners meeting. We have staff that covers three day shifts, but we rely heavily on our volunteers to supplement evenings and Saturday, as well as leading the "Beginner Meeting," which staff can not support.

Our most important need is:

Service Center Volunteers

Mondays

4:00 pm - 7:30 pm

&

Saturdays (2nd & 4th Saturdays)

9:00 am - 12:00 pm

Monday Night Beginner Meeting Lead

7:30 pm - 8:30 pm

(Suggestion - groups support by providing two members once per month.)

There are other days/times open, but these are the MOST in need!

We greatly appreciate the volunteers that we consider our core team and those that consistently fill-in when asked! We couldn't do it without them. Unfortunately, as we continue to grow and support a larger population of those in need, like any business, we need more help. While we serve more, we don't necessarily have the means to support more staff, so we need our volunteers...and we need more of them!

Having volunteered both in the office and as a Beginner Meeting Lead, I can tell you that the rewards outweigh the time spent. I realize that we are all very busy living our lives as well as we can, supporting ourselves, our families, and sometimes our extended families. If you can afford to give a little of your time, we would be grateful!

Please call me at 414-704-0769 or email me at tracyanello@yahoo.com or contact the Service Center directly at 414-257-2415 or email at alanon@alanonwi.org to make arrangements to volunteer.

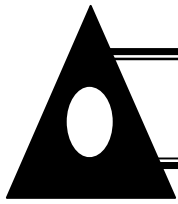


"AL-ANON ALIVE" NEEDS YOUR ARTICLES

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 your article 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 get the articles to Ann.



CONCERNS ABOUT KEEPING AL-ANON 'PURE'

BY: KAREN H.

As a long time member of our fellowship, I am concerned about influences that are taking place that endanger keeping Al-Anon 'pure'. I am very grateful to those who came before me, such as my sponsors, who stressed the importance of the Traditions.

Traditions Six stresses the importance of not promoting any outside programs, therapies, or other Twelve Step programs. It states Al-Anon can cooperate with but not promote Alcoholic Anonymous.

I have seen the promotion of A.A. meetings/activities on our website and at meetings. Our Service Manual clearly states: "Further, the Sixth Tradition suggests that there be no promotion or endorsement of any outside therapies.

At an Al-Anon/Alateen meeting, in keeping with the Al-Anon/Alateen focus, the groups do not announce or discuss activities of other anonymous Twelve Step programs. Al-Anon/Alateen Area newsletters and local bulletins may publicize activities of Al-Anon/Alateen groups and those A.A. activities with Al-Anon participation. Publicizing other organizations' activities creates an appearance of affiliation."

I have also seen the promotion of a retreat at the Al-Anon office, at meetings, and on our website. The Service Manual again clearly states: "**Al-Anon/Alateen Spiritual Meetings.**" It has been suggested that the name 'retreat' often has religious connotations and could imply affiliation if used in connection with an Al-Anon/Alateen event." It further states: "**Area Newsletter or local Al-Anon/Alateen Bulletins**" should not be used as a means of promoting or announcing retreats of any kind to the Al-Anon/Alateen membership, nor should retreats be promoted before, during, or after Al-Anon/Alateen meetings by use of leaflets or announcements."

My desire for the future of Al-Anon/Alateen is that it remains 'pure!' I can as an individual attend a retreat, just as I can seek any type of additional help. But, that does not mean it is Al-Anon.

Newcomers don't need these above mentioned influences to confuse or dilute the Al-Anon message of hope!

ANOTHER OPINION ON THE 6TH TRADITION

BY: ANN M.

One of the wonderful things about this program is that I get to take what I want and leave the rest. I remember hearing that said at my first Al-Anon meeting. It felt good, it felt right. All my life I had been told what to think, what to believe, how to do it, how not to do it, and now for the first time in my life this program was offering me the right to take what I wanted from a meeting and leave the rest.

The traditions are in place as guidelines for working our program, meetings, and life in general.

The sixth tradition reads: "Our family groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always cooperate with Alcoholics Anonymous."

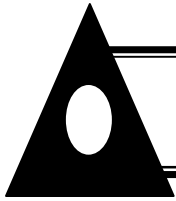
Over the years, I have heard various interpretations of the 12 steps and 12 traditions. Each person has their own take on them. How I saw the steps/traditions a year ago is very different from how I see them today.

Some people feel that at an Al-Anon meeting any upcoming events that are not Al-Anon should not be mentioned. For me, I go to four Al-Anon meetings a week. Each of these meetings do mention other upcoming events This is done in the beginning of the meeting when the secretary asks, "Are there any non Al-Anon announcements?"

From what I understand, this question was added to the secretary's meeting notes because the group had a group conscience and had approved to add this question to the secretary's notes. I believe this is the program at work.

More recently in the "Al-Anon Alive" newsletter, an Al-Anon Group was sponsoring a woman's retreat. I suppose they could have called it an Al-Anon spiritual conference or an Al-Anon 2-day spiritual meeting. There are any number of things they could of called it but it came down to the same thing.

I have yet to speak with a newcomer who felt confused due to some non Al-Anon announcement. My guess is I never will. However, if a newcomer ever is confused about anything in a meeting, I will be happy to share my insights.



SERVICE CENTER HIGHLIGHTS

BY: LINDA D.

A few months ago, I was the recipient of graciousness that I did not expect to receive. What happened was that an error had been made on the part of a company that the Service Center does business with. I didn't catch the error until it was too late to correct; consequently I felt guilty and was concerned that I would be held responsible for not catching the mistake. Much to my relief when I reported the mistake to the person in charge of that area of our business, that person did not point the finger of blame at me, and graciously said that she didn't think I should have caught the error in the first place! I was awed by her gracious and loving remarks. I hope I can remember to be like her when I am tempted to blame someone for something that goes wrong. Thank you, Al-Anon, for putting loving and kind people such as her in my life.


Happy Thanksgiving!

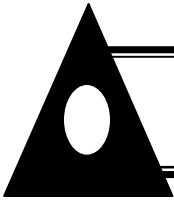
VOLUNTEER CORNER

The Service Center is blessed with many willing and flexible office volunteers. Our calendar lists the scheduled volunteers each month, but as with life, there are usually circumstances that prevent them from volunteering as scheduled. When that happens, the VIVs (Very Important Volunteers) usually are able to switch with someone or reschedule for another time slot. We are so grateful for the volunteer help we receive and wish you all a Happy Thanksgiving.

The calendar has several vacancies. Volunteers are especially needed Mondays 4:00 pm – 7:30 pm and Saturdays 9:00 am – 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
2 10:00 am – 1:00 pm Kathy G. 1:00 pm – 4:00 pm Vacant 4:00 pm – 7:30 pm Stephanie D.	3 Closed	4 10:00 am – 1:00 pm Beverly S. 1:00 pm – 4:00 pm Susan K.	5 Closed	6 10:00 am – 1:00 pm Vacant 1:00 pm – 4:00 pm Erika S.	7 9:00 am – noon Mary B.K.
9 10:00 am – 1:00 pm Vacant 1:00 pm – 4:00 pm Vacant 4:00 pm – 7:30 pm Vacant	10 Closed	11 10:00 am – 1:00 pm Mary K. 1:00 pm – 4:00 pm Vacant	12 Closed	13 10:00 am – 1:00 pm Ruth H. 1:00 pm – 4:00 pm Erika S.	14 9:00 am – noon Liz S.
16 10:00 am – 1:00 pm Jean G. 1:00 pm – 4:00 pm Vacant 4:00 pm – 7:30 pm Liz S.	17 Closed	18 10:00 am – 1:00 pm Carole E. 1:00 pm – 4:00 pm Susan K.	19 Closed 7:00 p.m. Intergroup Meeting	20 10:00 am – 1:00 pm Vacant 1:00 pm – 4:00 pm Pat M.	21 9:00 am – noon Cate M.
23 10:00 am – 1:00 pm Vacant 1:00 pm – 4:00 pm Dolores W. 4:00 pm – 7:30 pm Judy D.	24 Closed	25 10:00 am – 1:00 pm Annie W. 1:00 pm – 4:00 pm Vacant	26 Closed Happy Thanksgiving 	27 10:00 am – 1:00 pm Vacant 1:00 pm – 4:00 pm Pat M.	28 9:00 am – noon Vacant "Call to Verify Hours"
30 10:00 am – 1:00 pm Jean G. 1:00 pm – 4:00 pm Vacant 4:00 pm – 7:30 pm Vacant					



NUMBERS FROM THE RECOVERY DINNER

BY: CHRIS B. - WAYS & MEANS
(Taken from an e-mail sent by Chris B. to the Service Board.)

Hello all, the rough numbers from the Recovery Dinner look very good. We had an income of \$2,165.30, with expenses of \$440, leaving us with a net income of \$1,725.30. Thank you all for being there, without your love, help, and support, we would not have seen these results. I will have a break down of the money in my Service Board Report. Thank you again.

WILLINGNESS

BY: ANN M.

Here is a list of "willingness to" items from the "Paths to Recovery" on page 46.

- I needed the willingness to face things – some things that have haunted me from the past and other thing about myself that I may discover that I don't like.
- I need the willingness to take back my power.
- I needed the willingness to experience long-frozen emotions, whatever they might be.
- I needed to be willing to try a new way.
- I also needed the openness to see myself differently to drop my roles and to look at alcoholism as a disease that has affected my life.

When I first started in the program, I thought that by going to meetings and doing the readings I would get what I needed from the program. Well I did, I learned I needed to "work" the program.

I remember starting each meeting by telling others how I had been wronged by the significant others in my life. These weren't lies; they were the truth; but what did those things have to do with my recovery. You see I was talking about what others did - not what I was doing. Okay - they did this or they did that but I needed to look at the choices I was making. I needed to be willing to take back my power. I needed to take responsibility for my choices.

As a child, I remember always feeling afraid, terrified if someone was angry. I decided at a very young age to please others so they wouldn't be upset with me. If something would go wrong, I decided to take the blame and to do whatever I could to remedy the situation. As a child, taking the blame felt safe and at the same time powerful. I continued playing that role into my adult life.

In recovery, I've had to become willing to look at the lie I was living. I needed to become real. I needed to say my truth even if others wouldn't like it and I needed to take responsibility for only the things that were mine.

The first time I consciously said no to someone's request, I got an instant migraine. I realized later that what I had feared all my life was that if I disagreed with others, no one would like me, no one would keep me, and I would probably die. Realistically is this true? – No. But fears are not always logical. This taught me I had to be willing to try a new way.

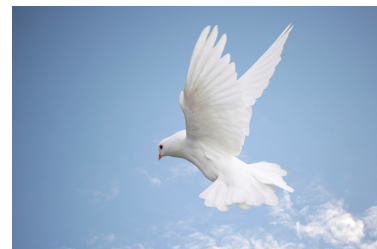
SERENITY PRAYER

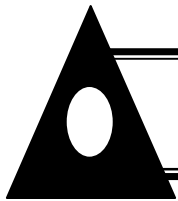
Renhold Neibuhr, 1926

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

9/1/09 through 9/30/09

BY: FE P.

GROUP DONATIONS:

Anonymous	3.00
Brookfield Courage To Change	62.93
Eastside Monday Night	84.13
Fox Point Monday Night	70.00
Franklin Serenity	200.00
Friday Night Couples	50.00
Ginne's Just For Today	60.00
Group 94 1-2	155.00
Helping Hand	10.00
Hopefuls	10.00
Intergroup	52.00
Monday Morning Burlington	20.00
Monday Night Comfort	100.00
Monona Serenity	20.00
New Attitude Monday Morning	48.34
Serenity Seekers	300.00
Slinger Monday Night	40.00
Steps of Hope	16.00
Sunday Night Surrender	63.00
Survivor Sunday Night	50.00
Tuesday A.M. Oconomowoc	40.00
Twelve Steppers	84.00
Unknown Group	42.00
Wales Hope and Serenity	200.00
TOTAL GROUP DONATION	1,780.40

INCOME

2009 Bucket of Gratitude Income	37.50
2009 Recover Dinner Income	108.00
Coffee and Soda	4.00
Donations	1,780.40
Literature Purchase	5,024.39
Medallions	6.00
Subscriptions	27.00
TOTAL INCOME	6,987.29

EXPENSES

Coffee for Meeting	28.00
Computer Expenses	90.00
Office Supplies	4.60
Payroll	1,326.61
Postage and Delivery	397.55
Printing and Reproduction	307.25
Purchase Literature	6,626.16
Rent-Office	961.23
Utilities, Bus	237.67
TOTAL EXPENSES	9,979.07

OVERALL TOTAL -2,991.78

14TH ANNIVERSARY FUNDRAISER DINNER

TRADITIONAL THANKSGIVING DINNER

NOVEMBER 7, 2009

SATURDAY

Sponsored by: "Easy Does It" Friday Night Al-Anon Group

LOCATION

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

SCHEDULE

DINNER SERVED: 5:30 P.M.

Thanksgiving Dinner: roasted turkey, Dan's famous homemade stuffing, gravy, mashed potatoes, green bean casserole, corn muffins, sweet potatoes, cranberry sauce, coffee, pumpkin pie, and cake

OPEN MEETING: 7:00 P.M.

"Voices of Recovery"

SPEAKERS

Al-Anon: Rhonda P.
AA: Ann A.
CA: Dane T.

50/50 Raffle: After Speakers

DINNER TICKET

(Sold only at the Pass It On Club)

Members: \$13

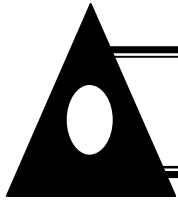
Non-Members: \$15

Children 11 years and younger: \$6

No tickets sold after **NOVEMBER 4th**
No tickets held for pick-up, if not paid for.



In the past, this open dinner meeting has between 100 – 140 attendees. The basket donations go to cover rent of the room with the remainder (about 1/2 the basket) used towards WSO, Area, District, and Service Center.



**12 STEPPERS
OPEN AL-ANON MEETING**

**NOVEMBER 5, 2009
THURSDAY**

7:00 – 8:00 P.M.

LOCATION

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

SPEAKERS

Al-Anon: Lynn K.
AA: Gary C.

Babysitting Available

Snacks & Fellowship to Follow

**OPEN MEETING
THURSDAY AFTERNOON DISCUSSION
GROUP**

**DECEMBER 10, 2009
THURSDAY**

12:30 P.M.

Pot Luck Lunch
Bring a dish to pass.

Al-Anon Speaker: Cheryl A.

LOCATION

Gloria Dei Lutheran Church
(Rear entrance)
W180 N7863 Town Hall Road
Menomonee Falls, WI

**BROOKFIELD COURAGE TO CHANGE
OPEN AL-ANON MEETING**

**NOVEMBER 16, 2009
MONDAY**

6:30 – 7:30 P.M.

LOCATION

St. John Vianney Church
Gebhardt & Calhoun
Brookfield, WI

Al-Anon Speaker: Judy Th
&
Two Surprise 10-Minute Speakers

**OPEN MEETING
HOW TO CLUB**

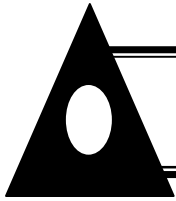
**NOVEMBER 21, 2009
SATURDAY**

8:00 P.M.

Al-Anon Speaker: Rebecca T (Bayview)
AA Speaker: TBA

LOCATION

How to Club
Corner of 89th and National Avenue
West Allis, WI



**PEWAUKEE SERENITY
OPEN AL-ANON MEETING**

**NOVEMBER 29, 2009
SUNDAY**

7:00 – 8:00 P.M.

LOCATION
Galilee Lutheran Church
Hwy G (1.4 Miles North of Hwy 94)
Pewaukee, WI

SPEAKERS
Al-Anon: Bridget C.
&
Two Surprise 10-Minute Speakers

Babysitting Available

**ANNUAL OPEN MEETING
&
POTLUCK**

**NOVEMBER 29, 2009
SUNDAY**

6:00 P.M.

LOCATION
All Saints Cathedral
816 E. Juneau
Milwaukee, WI

SPEAKERS
Al-Anon: Meghan K.
AA: TBA

HOSTS
AA Group 94
Al-Anon Group 94½

Fellowship, Fund, & Refreshments

FOR MORE INFORMATION, CALL LINDA B. 414.465.0622.

**EASTSIDE MONDAY NITE
OPEN AL-ANON MEETING**

**NOVEMBER 30, 2009
MONDAY**

6:30 P.M.

LOCATION
North Shore Presbyterian Church
4048 N. Bartlett Avenue
Milwaukee, WI

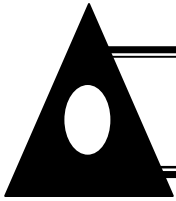
SPEAKERS
Al-Anon: Gary H.
&
AA: Emily H.

THE TWELVE PROMISES OF AL-ANON

"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: _____

- 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 handwrite you articles and mail or drop them off at the Al-Anon Service Center at 6737 W. Washington Street, Suite 2125, West Allis, WI 53214. 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 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.