

**Syracuse Al-Anon Information Service**

1118A Court St. Room 11 | Syracuse, NY 13208

For information call: 315-471-0191 (24/7)

News and Events

Service Center Hours

Monday 1st & 3rd 1:00 PM – 4:00 PM

Monday 2nd & 4th 3:00 PM – 6:00 PM

Tuesday 11:00 AM – 2:00 PM

Wednesday 10:00 AM – 2:00 PM

Thursday 10:00 AM – 12:00 PM

Friday 10:30 AM – 12:30 PM

Additionally: 1st Friday of every month

3:00 PM – 6:00 PM

For Meeting Information Call:

1-888-425-2666

Visit Our Website at:

www.syracuseais.org

Visit the World Service**Office (WSO) Website at:**

www.al-anon.alateen.org

Newsletter Submissions:

Send announcements and story suggestions to newsletter@syracuseais.org by the 15th of the month preceding the edition: March 15 for April/May edition, May 15 for the June/July edition, July 15 for the August/September edition etc.

Step 4

Made a searching and fearless inventory of ourselves.

Tradition 4

Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.

Concept 4

Participation is the key to harmony.

A Newsletter Serving Al-Anon/Alateen Groups in Districts 3, 15, 18, 21, 28

Upcoming Events

 AL-ANON and ALATEEN

April 16	Growing Circle 13th Anniversary 10:30 a.m., two speakers	Onondaga Valley Presbyterian Church 275 W. Seneca TrnPk. Enter on Academy
May 7	District 3 Day of Sharing "Bloom in Al-Anon—Progress Not Perfection" 9:30 a.m. to 3:30 p.m., \$3	Baldwinsville Public Library 33 E. Genesee Street, Baldwinsville Light breakfast provided. Potluck lunch.
May 10	District 18 Meeting	5:30 at AIS Service Center
May 20-22	NYN 2011 AFG Spring Assembly/Convention Hosted by District 24: www.al-anon-8ny.org	Holiday Inn, 308 North Comrie Ave. Johnstown, NY 12078

Please submit event announcements for the June/July edition by May 15, 2011.

E-mail to newsletter@syracuseais.org or call 315-427-5307.

From the Chairperson

As you read this newsletter, I hope that Spring has finally arrived in Central New York and the last signs of Winter are the snow piles in Wegman's parking lot ... which should melt sometime in late June! As the earth comes back to life each year I inevitably, break into "Spring Cleaning" mode. This is also the time in my life when I take a long look at how much I have accomplished and what I need to do to reach that ever-elusive goal of "Serenity". I seem to have more time on my hands this time of year... shoveling has ended and it's not nice enough yet to get outside. I usually get a bad case of the "what if's", and as Al-Anon has taught me, these can be traced back to projecting my expectations on other people. Therefore, a few extra meetings, some daily readings, and some good old fashion service will generally combine to give me the relief I need to combat this chronic insanity. Many have heard me say, my favorite quote is that of Mark Twain when he said, "I've been through some terrible things in my life...and some of them actually happened".

We have a lot going on this year at the AIS Center. We are moving towards improving our computer usage in the office and establishing email as a resource for people to order literature and get information they need about local Al-Anon meetings and activities. Volunteers are always a priority at the center as we strive to increase our hours of operation and "be there" when someone needs us as we needed someone back when. If you can help call us at the Center. Have a great spring!

Your humble servant,
Pat M.

Save the Dates: AIS Meetings in 2011

April 25, May 16*, June 27, July 26, August 23, September 26*, October 24, November 22, December 5 * Meeting will be held in Oswego 6:30 p.m. on these dates

Group Inventory: WSO Resources

Is your group planning a group inventory in the near future? Just as we continue to take personal inventories ourselves, our home groups can do the same. The WSO (Work Service Organization) member web site has many thought-provoking articles and references to help keep groups healthy and available to the newcomer. One example is at www.al-anon.org/members/pdf/guidelines/G08.pdf. It is Al-anon's guidelines for taking a group inventory. Here are a few of the questions.

- Is there a chairperson each week?
- Are our meetings interesting and helpful?
- Do we refrain from giving advice?
- Do we make good use of our Conference Approved Literature and *The Forum* for themes and subjects of meetings?
- Are our meeting topics Al-Anon related?

The guidelines suggest that a periodic inventory helps keep a group healthy and unified by addressing minor concerns before they become major and by identifying new service opportunities. The guidelines offer suggestions as to how a group might do an inventory stressing that it is up to the group how the inventory be conducted. A member recently shared, "Our group used the full Group Inventory as our guide. The Process was long (took two months at Business Meetings to review the results) but the rewards were that we found our strengths and weaknesses. We found our group was a healthy meeting and continues to be so as a result of this process."

The questions are divided into three groups: "My Part As a Member Of the Group," "My View of the Group," and "My View of Our Weekly Meetings."

Here are a couple of questions for members to ask themselves:

- Do I attend steering or business meetings and offer ideas for improvement?
- Am I understanding when personal circumstances compel some members to limit their group service?
- Do I read Al-Anon/Alateen literature every day, and apply the principles to my daily life? Do I let the group know which pieces of Conference Approved Literature (CAL) are particularly helpful as part of my sharing at meetings?

Other helpful information at the WSO web site includes:

- Suggestions for Beginners' Meetings (G-2)
- Al-Ateen Meetings in Schools (G-5)
- Group Representative (G-11)
- Electronic Al-Anon Meeting Guideline (G-39)

On The Road Again

On Saturday March 26, 10 members of the Circle of Hope (COH) Group "headed out" to a District 26 Day of Sharing in Massena, NY. We left Syracuse early and drove for three hours, but were excited to spend the day with people from the North Country and Canada who had traveled to attend this special day.

How did we know about this and why did we go? The District 26 chairperson responsible for programming attended the Round-Up this year and heard members of COH share about the importance of sponsorship and the 12 steps.

One of our members was asked to come and share on the topics. Because COH is very active in service and supports its members who speak at events, we soon had a caravan "ready to roll" and a panel to participate.

The theme for the Day of Sharing was *Sponsorship: You Can't Do It Alone*. The day started with breakfast followed by two panels titled *How and Why it Works*, and *The Beginning*. A skit titled *The Sponsoring* was performed by four women and two men. After a great potluck lunch the COH group lead a panel titled *Sponsorship and The Steps*. The main speaker for the day was from Cornwall, Ontario, Canada. She spoke on *Pay it Forward*.

The group arrived home later that night full of gratitude. We had fun on the way, met new people and enjoyed the fellowship. But most of all we were grateful for the opportunity to enrich our personal growth by reaching out and participating in such a fulfilling event.

I hope this sharing inspires more of us to "get on the road again" and enjoy such meaningful events both local and regional.

—Diane C., Circle of Hope AFG

ALATEEN: An Alateen Member Involved in Alateen Service (AMIAS) is an Al-Anon Member who is directly responsible for Alateens while being of service to Alateen. "Instant" or backup Alateen Group Sponsors must have completed the New York North Area Alateen certification process. Any potential Alateen Group Sponsor must go through the Area's certification process prior to visiting an Alateen group. Al-Anon members who are also members of A. A. may be certified as an AMIAS and serve as a Alateen Group Sponsor by virtue of their Al-Anon membership in accordance with the New York North Area's Alateen Guidelines and Requirements. Emphasis should be placed on the Al-Anon interpretation of the program at all times.

Officers and Coordinators

Chairperson:	Pat M. chair@syracuseais.org
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