

**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 6

Were entirely ready to have God remove all these defects of character.

Tradition 6

Our Al-Anon 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.

Concept 6

The Conference acknowledges the primary administrative responsibility of the Trustees.

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

Upcoming Events AL-ANON and ALATEEN

June 14	District 18 monthly meeting 5:30 pm	AIS Service Center
June 14	District 3 monthly meeting 6:00 pm	United Methodist Church, Baldwinsville
June 24-26	19th Trillium Convention: Celebrating 60 Years The Spirit of Lois	Doubletree International Plaza Hotel 655 Dixon Rd., Toronto, Ontario, CA
July 15-17	Vermont Area Convention Catch the Wave: Celebrating 60 Years of Recovery	Sheraton Convention Center Burlington, VT
August 7	District 18 Annual Picnic: 10:30 am to 2:30 p.m. Spirituality Panel at 12:30. Barbeque after.	Ryder Park in Dewitt Everyone is urged to bring a dish to pass

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

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

District 3 Day of Sharing

District 3 held its 3rd Annual Day of Sharing, “Bloom in Al-Anon: Progress Not Perfection” on Saturday, May 7th at the Baldwinsville Public Library. Thirty-eight enthusiastic attendees enjoyed a game of Family Feud (Al-Anon style), raffles, great food, inspiring speakers and a *Forum* writing workshop in which members wrote about their experience, strength and hope in Al-Anon. If they chose, their sharing would be submitted to the *Forum* for possible publication. Fifteen submissions were sent in.

Debbie S., who attended the Day of Sharing, was willing to share her submission with Syracuse AIS readers here:

“My favorite thing I learned in Al-Anon was I had a ‘choice’ not to ‘react’ like the crazy person I used to be. I can walk away, change the subject or agree to disagree. I don’t always do this perfectly but I now am aware when these feelings come up. In the old days before Al-Anon if I was confronted by friends or family in an unkind manner, I would automatically verbally attack them, blaming them and screaming and yelling with not a good ending! By the grace of God I came through the doors of Al-Anon and life is so much better for me and for those around me.”

Thank you Debbie and thank you District 3 for a lovely day of sharing.

Information about submissions can be found in the *Forum* and in the “Members” area of www.al-anon.alateen.org under “Publications.” You will need your group’s password to access that area of the Web site.

Save the Dates: AIS Meetings in 2011

June 27, September 19*, October 24, December 5

* Meeting will be held in Oswego at 6:30 p.m.

News from Our LDC Coordinator

Together we can reach out to those who are still suffering. Our public outreach magazine, *Al-Anon Faces Alcoholism 2012*, can help the friends and families of alcoholics understand that when they are ready, we're here to provide the support our fellowship can offer.



Imagine how many people could find their way to their first meeting if every member, in every group, leaves just one copy of *Al-Anon Faces Alcoholism*

2012 in a place where someone in their community could find it.

Reach out—let go. This fellowship-wide outreach project offers an opportunity for every member—at every level of recovery—to participate in Twelfth Step service by carrying our message of hope and recovery.

Syracuse AIS has copies of this important outreach tool in stock for groups or members to purchase. The cost is .50 each.

We also have *Many Voices, One Journey* available for \$16. Al-Anon Family Groups' latest book is the story of



growth and recovery of the fellowship and its members over the past 60 years. The book is divided into short segments that can be read aloud at a meeting. Many of

these segments are followed by questions for group discussion or personal reflection. By sharing from archival papers, official documents, published articles, and personal recollections, *Many Voices, One Journey* gives readers an opportunity to experience change, growth, and recovery first-hand—not only of Al-Anon's members, but of Al-Anon itself.



How Al-Anon Works for Families & Friends of Alcoholics (B-32), Al-Anon's basic book, is now available in paperback, making it ideal for sharing widely

with newcomers. Its size and format make it convenient to bring multiple copies for group study or for use at beginners' meetings. As a new opportunity to extend the helping hand of Al-Anon, members are encouraged to share this edition with anyone who is looking for a clear and easy-to-understand introduction to the Al-Anon program. The cost is \$5 each.

Al-Anon Family Groups' newest video (DVD), *Al-Anon and Alateen's Role in Family Recovery*, offers ten-minute, stand-alone presentations to three primary audiences—adults, teens, and professionals:

- Professionals and anonymous Al-Anon members address adults who might benefit from Al-Anon.
- Professionals and anonymous Alateen members address young people who might benefit from Alateen.
- Professionals address other professionals who might refer clients to Al-Anon and Alateen.

The DVDs are available at AIS for \$5.

Do you have a "burning desire" to be an AMIAS? It's simple.

The first step:

Every AMIAS (Al-Anon Member Involved In Alateen Service) must:

- be an Al-Anon member regularly attending Al-Anon meetings.
- be at least 21 years old.
- have at least 2 years in Al-Anon, in addition to any time spent in Alateen.
- comply with New York North Al-Anon Family Groups' guidelines for Alateen service. For details visit: www.nynafg.com/pdf/NYN-alatGd.pdf

Steps 2-6 will appear in the next issue.

Thank you to all those who are already being of service to Alateen by becoming AMIASs.
—Helen H.

Aimee

My parents were both sober and active in the program when I was born. As I got older, they stopped going to meetings and became "dry drunks." My home life was awful and I became a very angry teenager. My dad relapsed when I was twelve and went into a treatment center. A few months later, my mom took me to my first Alateen meeting. I didn't say anything, but I paid attention to everything that was said or read. Something stuck and I kept coming back. Slowly, my anger and resentments seemed to go away. Today, I thank Alateen for my sanity and my ability to love unconditionally.

—An excerpt from *Alateen Talk, The quarterly publication from Al-Anon Family Group's younger members worldwide, Volume 47.*

AIS WEB SITE: Syracuse AIS is fortunate to have a wonderful web site (www.syracuseais.org). Check it often for late breaking news, announcements, and service opportunities, or to post your group's announcements or share about recent service projects.

Contact: Kathi D.

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Officers and Coordinators

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