

**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 (all)	10:00 AM – 12:00 PM
Monday 1st & 3rd	1:00 PM – 4:00 PM
Tuesday	10:30 AM – 4:30 PM
Wednesday	1:00 AM – 5:00 PM
Thursday	10:00 AM – 12:00 PM and 2:00 PM to 4:00 P.M.
Friday	10:00 AM – 12:00 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 20th of the month preceding the edition: March 20 for the April/May edition etc.

Step 3

Made a decision to turn our will and our lives over to the care of God as we understood Him.

Tradition 3

The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.

Concept 3

The right of decision makes effective leadership possible.

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

Upcoming Events

 AL-ANON and ALATEEN

February 16	You are invited to participate in "Harvesting the Fruits of Recovery" at the 2013 Fall Assembly Planning Committee Meeting	12 p.m., Onondaga Valley Presbyterian Church, W. Seneca Turnpike (Rt. 173) and Academy Green (between Valley Dr. and Midland Ave.). Help wanted with hospitality, favors and decorations, raffle items, signs, and announcements.
March 2	Growing Circle Speaker Meeting	10:30 a.m., Onondaga Valley Presbyterian Church (see above for address).
March 2	District 21 Celebration of Lois's 122nd birthday	11 a.m. to 1 p.m. at All Saints Church in Fulton, following the 10 a.m. Al-Anon Legacy Study meeting. This will also include a public outreach project where <i>Packets for Professionals</i> will be made available for attendees to hand deliver to a professional of their choice. The packets include area schedules and other AFG-related information.
March 12	District 18 Meeting	5:00 p.m.
May 10-12, 2013	NYN Spring Convention 2013 Save the Date	Crowne Plaza Resort and Golf Club Lake Placid, NY
Ongoing	These Meetings Could Use Support:	
	One in Thirty-One — 10:30 a.m. Wednesdays at Open House, 1947 W. Fayette St., Syracuse. This is a step-study group starting a new cycle with the 12 steps from the book <i>How Al-Anon Works</i> . Books available for \$5 at AIS Literature Center or can be ordered at the meeting.	
	Westenders — 8 p.m. Wednesdays at Open House, 1947 W. Fayette St., Syracuse	
	Live and Let Live Group — 10:30 a.m., Thursdays at Open House, 1947 W. Fayette St., Syracuse	
	Thursday Evening Serenity Group — 5:30 to 6:30 p.m., NSEA Building, 210 S. Main St., North Syracuse.	
	Works in Progress and Liverpool Alateen — 7:00 p.m., Thursdays, St. Joseph the Worker School, Tulip St. and Sixth St. (behind the church)	

Volunteers Needed for AIS Public Outreach Opportunity on March 21

- Who:** Pepsi Annual Wellness Fair
What: Hand out Public Outreach information at AIS table
Where: Pepsi Plant on Tarbell Road, Syracuse
When: 9:00 a.m. – 6 p.m. on Thursday, March 21

For more information contact Nancy P.

Email: po@syracuseais.org

What can your Al-Anon Group do to promote Alateen?

Over the past several years, a large number of Alateen groups have closed across Upstate New York. Several of our active Alateen groups have only four or five teens attending the meetings. This raised a major concern for me and several other Alateen sponsors in Syracuse. We have been meeting on a bi-monthly basis in an effort to increase Alateen Public Outreach within the Syracuse AIS area. Back in the early Fall we sent out Alateen tent cards to the Group Representatives of all registered Al-Anon groups asking them to please display the tent card on their groups' meeting table. Several Alateen sponsors have noticed that the tent cards are not being displayed as requested. If your group does not have this card please contact the AIS office and we will make certain that a card is sent out.

How can your Al-Anon group help to get out the message about Alateen?

1. Ask an Alateen to come speak at your meeting or anniversary celebration. Listen to their stories and hear how they

New Pre-teen Alateen Group

There's Always Tomorrow Alateen group will be starting a new pre-teen group for children 8 to 11 years of age. The meeting begins Friday, February 15 at 7:30 at St. Michael's Lutheran Church, West Genesee and Hinsdale, Camillus. This meeting will be conducted separately from the regular Alateen Group. There will be two registered Alateen Sponsors overseeing the meeting each week.

work their program. You'll be surprised by what you learn.

2. Display Alateen literature on your literature table.
3. Many groups read from the daily readers at the beginning of their meetings, why not do a reading from one of Alateens daily readers. *One Day at a Time in Alateen* or *Living Today in Alateen*. Many times when I do a reading from these books, the reading ends up becoming a topic. Keep in mind that many Al-Anon members grew up in alcoholic homes.
4. When a newcomer attends your meeting for the first time, make sure that you make them aware that Alateen is available for their children, grandchildren or teenage relatives.
5. When handing out meeting schedules please use schedules that list Alateen meetings.

Your program is worth it to you, the Alateen program is worth it to teens.

Submitted by
Walt S.
AIS Alateen Co-coordinator

From www.al-anon.alateen.org

"IN ALATEEN MEETINGS, young people share their own experiences—everyone in the meeting has been affected by someone else's drinking. Some currently live with a problem drinker, others do not. Alateens share their feelings, encourage each other, and share how the Alateen program has helped them. The adults in the meetings are the Alateen Group Sponsors, who help the teens to stay focused on the Alateen program.

Alateens share that they have come to understand that alcoholism is a disease and that:

- They are not the cause of anyone else's drinking or behavior.
- They cannot change or control anyone but themselves.
- They can detach themselves emotionally from the drinker's problems while continuing to love the person.
- They can build satisfying and rewarding life experiences for themselves, whether the alcoholic still drinks or not."

Announcements and Reminders

VOLUNTEERS NEEDED: The AIS Center has a pressing need for volunteers to staff the center, answering phones etc. If you are looking for an opportunity to be of service to Al-Anon and/or Alateen please consider volunteering on a regular basis or as a "sub." It is suggested that volunteers have a year of Al-Anon participation.

Contact: Sue M.

e-mail: contact@syracuseais.org

phone: 315-471-0191

LITERATURE: The AIS Center is often short of one dollar bills to make change for literature purchases. If you plan to visit the center to purchase literature with cash, please try to bring correct change or something close to it. Dollar bills appreciated. Thank you.

Contact: Pete L.

e-mail: literature@syracuseais.org

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

Contact: Kathi D.

e-mail: contact@syracuseais.org

Officers and Coordinators

Chairperson:	Vacant chair@syracuseais.org
Alt. Chair:	Vacant alternate@syracuseais.org
Secretary:	Vacant secretary@syracuseais.org
Treasurer:	Jerry H. treasurer@syracuseais.org
Literature:	Pete L. literature@syracuseais.org
Alateen:	Helen H. and Walt S. alateen@syracuseais.org
Website:	Kathi D. contact@syracuseais.org
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