

NEW YORK SOUTH ASSEMBLY AREA (Panel 57)

P.O. Box 30, Radio City Station, New York, NY 10101



Speak-Easy



Winter 2018 / January - March
al-anonny.org



Page 1 of 6

The Officers and Coordinators of Panel 57

Officers

Delegate / Taaj J. – NYS57delegate@aol.com
Alternate Delegate / Emily D-C. – nys57altdelegate@gmail.com
Chairperson / Ellen D. – nys.area.chair@gmail.com
Area Secretary / Sue V. – smv38@msm.com
Area Treasurer / GraceMarie H. – nystreas@gmail.com

Coordinators

Alateen / Gerry L. – nys.57.alateen@gmail.com
Archives / Paula A. – pangi4549@gmail.com
AAPP / VACANT
Discovery 2018 / Dianne F. – nysdiscovery2018@gmail.com
Forum-Literature / Marissa W. – nysS57forumliterature@gmail.com
Group Records / Pat C. – alwaysinservice0209@gmail.com
Newsletter, Speak-Easy / Marlene L. – nyspeakeasy@aol.com
P.O. Box / Arthur S. – ars@optonline.net
Public Outreach / Regina B. –
Website / Marcy E. – mhe711@gmail.com



The Speak-Easy will be published four (4) times a year:

The **Winter** edition (January, February and March), to be ready for the January AWSC, and the February Assembly.

The **Spring** edition (April, May and June), will be ready for the AWSC in March, and the Assembly in April.

The **Summer** edition (July, August and September), will be ready for the May AWSC, and the June Assembly.

The **Fall** edition (October, November and December), and will ready for the September AWSC, and the October Assembly.

Dates for 2018:

AWSC = **Sunday, January 7** / Sunday, March 4 / Sunday, May 8 / Sunday, September 16

Assembly = **Sunday, February 4** / Sunday, April 8 / Sunday, June 10 / Sunday, October 21

**** ABSOLUTE DEADLINE FOR SPRING ISSUE ARTICLES = February 4TH, 2018 ****

**** DISCOVERY 2018 ****

Recovery Through Discovery

Friday, August 24 – Sunday, August 26

Al-Anon's International Convention 2018

Celebrating One Day at a Time

Friday, July 6 – Sunday, July 8, 2018

Thoughts From Our Officers

Area Delegate / Taaj J.

The newest communication from WSO is called 'In the Loop' (Formerly called Group eNews). Go to the Members Site under Group Resources to see the Group eNews.

You are here: [Home](#) / [Groups](#) / [Group Resources](#) / Group e-news

- [Print](#)
- [Email](#)



If your group is not receiving the newsletter, please contact your Area Group Records Coordinator or the WSO Group Records Department with your CMA's e-mail address.

Why Group e-news is sent to groups

Groups have requested current information from the WSO.

Before Group e-news, correspondence sent by postal mailings was the only mode for the WSO to directly communicate with groups. Mailing letters to all groups takes a few weeks and is costly. Electronic communication with groups allows the WSO to share information to groups that they would not ordinarily receive due to the publication process or postal mailing costs.

Since its inception, groups have been notified through Group e-news of opportunities to participate in time-sensitive projects such as surveys, podcasts, and outreach projects. Deadline reminders for *Al-Anon Faces Alcoholism* orders and updates about Al-Anon International Conventions are among the time-sensitive information groups received.

Sharing Group e-news and now In the Loop with your group members.

Groups determine through their group conscience process how information in Group e-news is shared with members of the group. Each group has the autonomy to decide how to share the information. Groups have notified the WSO of the following ways:

The CMA reads the newsletter and prepares a report.

The CMA prints out the newsletter, brings it to the group, and gives a report.

The newsletter is passed around the meeting.

The newsletter is posted on a group bulletin board or clipboard.

The group asks the CMA or another trusted servant to make a copy of the newsletter for each member.

The newsletter is forwarded to group members who have provided an e-mail address for that purpose.

You can sign up to receive 'In The Loop' by going to this link:

<https://al-anon.org/for-members/wso/news-from-the-wso>

Also, info from the Board of Trustee Road trip is in. It was full of fun, information and fellowship. It would be great to bid for our hosting the Board here in New York South!

Also, we are possibly going to bid on getting a TEAM event, which is a partnership between the Area and WSO on a service event. Given all of the new Digital technology at WSO we can focus on carrying the message in This new digital age.

Looking forward to these two possibilities for 2018-19.

Alternate Delegate / Emily D-C.**Service Aids Recovery**

For many years, I resisted the idea of doing service beyond the group level. I was afraid it would be too much—too much time, too much work. But after many years in the program, I knew my recovery needed a boost.

Service Aids Recovery sums up my experience, so far. Service work for me is putting Step Twelve into practice; it centers me in the spiritual practice of gratitude. When I stretch myself by doing service, I don't have as much time to wallow in negative attitudes of resentment or self-pity.

Recently, I was out of town for three weeks. It wasn't possible to find meetings where I was, or to do my usual Al-Anon service work (although, I did stay in touch with sponsees by phone and text.) During this time, there was a death in the family and I traveled to the Midwest for a big holiday meal, a wedding, and a funeral.

When I returned to New York, I needed to quickly pick up several service commitments, which included co-leading a Spiritual Stroll at our District 33 workshop, introducing the main Al-Anon speaker, and traveling to Long Island to facilitate a group inventory for forty group members the following day. After everything I'd just been through, I woke up on Sunday feeling some of my old negative attitudes. Why couldn't I just have one day for ME? But after reaching out to program friends, HP gave me the energy and the willingness to show up for my commitment.

That night, I had a wonderful experience at the Simple Sunday group inventory in Garden City. On Monday, I woke up feeling happier and more serene than I had in weeks.

I'm so grateful for service. It's exactly what I need to be the person I feel good about being.

If your group would like to schedule an inventory, please e-mail me at: nys57altdelegate@gmail.com.

**Area Chairperson / Ellen D.**

2017 has been a remarkable year! I have stepped out of my comfort zone and trusted my Higher Power to show me the way to go. As the year comes to a close I cannot help but reflect upon the lessons and blessings of this past year. I have learned so much about myself, my strengths and the areas where I will continue to grow. There have been moments that I thought, Why am I doing this? Then I can hear the voice of my service sponsor saying that it is only when I am uncomfortable do I change. Al-Anon provides me with an abundance of tools to help me through any challenge and beautiful principles to live by. Thank you to all who give of their time to Al-Anon service. The 12th Step encourages us to carry the message to others and practice these principles in all our affairs. Have a blessed holiday season and a prosperous New Year.

**Area Secretary / Sue V.**

When I got busy, I got better! My journey with Al-Anon service is a true testament to this "slogan." In particular is my experience serving as Area Secretary. I can honestly say, it never occurred to me that this service would be so inspiring and so much fun. To me, accepting this service position is a true example of the importance of turning my will and my life over to the care of God, as I understood Him. You might ask, "Why?" Because I thought I had my hands full just being a district Rep but HP thought otherwise and serving on the Area level has taken my recovery to a whole new level. Something special happens when I give service in Al-Anon. It becomes just as much about being part of a team as it is to be part of something larger than myself. Even better – I love the work! Even when I am 'dog-tired' and all I need is sleep, I still find time for this service. For that I will always be grateful to the member who nominated me for Area Secretary, the courage HP gave me to accept and to the next member who, one day, I will help follow me. But for now, it is my honor and privilege to be a part of keeping our Area 'fully self-supporting.'

Around the Area

P.O. Box Coordinator / Arthur S.:

I continue to collect the mail about once per week and forward it to the Area Treasurer. The mail averages about a dozen pieces per visit on this basis.

At the last Area Assembly there was an interesting discussion about the advisability of such frequent visits, with the attendant budget expense. As I commented in my written report for that meeting, the Treasurer and I have agreed that this is an appropriate interval to avoid the pileup of mail, particularly donations, which become a logistical and administrative burden if allowed to accumulate to excess.

Thanks to NYS for the opportunity to continue to do this service.

Alateen Coordinator / Gerry L.:

Alateen is 61 years old this year. When the fellowship began with a California teen who wanted a program that was geared to kids his age, there were no personal computers let alone smart phones. Kids connected on the telephone...and, ready for it? Actually, they had to call back when they got busy signals. Yup. No call waiting. No voice mail. There weren't even any answering machines. They read books, sent snail mail, went to the rooms. Real rooms, inside real buildings. Church basements most likely. Just like today. But, today, recovery for teens is available via a variety of means. We cannot be too attached to what recovery for today's kids looks like.

The WSO now has a Teen Section on its website, complete with an Alateen Chat Room. While that may seem scary at first to old-timers, fear not, every chat session must be moderated by two certified AMIAS (Al-Anon Member Involved in Alateen Service), Alateen Sponsors. How that works in a nutshell is; each session is overseen by the WSO, must have two adults in the "room". Before a teen's comment is posted, it is reviewed by the AMIAS sponsors who can decide to upload it or not. A great way for kids to remain connected to recovery and share with one another.

The WSO is not being left in the 1957 dust when it comes to social media either. There are Instagram (Alateen WSO) and Twitter (Alateen WSO) pages along with a Facebook page to follow. All three are loaded with content: slogans, hashtags (those funny # signs that take you to somewhere related online,) and hot links to the WSO website, email and telephone number.

All-in-all, it's a great way for today's teens to find and stay connected and begin their road to recovery. So, can't get your teen to a traditional meeting? Try connecting them to these methods. It can make all the difference in the world.

A couple of quick notes on the training front: there were trainings on Long Island in September (Suffolk,) and November (Nassau,) and there will be an NYC training on January 6, 2018, as well as one in March in Westchester/Rockland. Check back on the Intergroup and Area websites for details.

See you all next issue!



District 18-19 / District Representative / Arthur S.:

Districts 18 and 19 in Manhattan continue to meet together regularly at the New York Intergroup office. In November we held a Movie Night – a screening of “When Love is Not Enough” (with popcorn!) followed by a member’s sharing on the topic of service, and fellowship. We hope this is the first of a series of events that combine a few hours of fun and entertainment with a chance to carry the message (could an Al-Anon poetry slam be in the cards??).

The District also has an Anonymity Workshop planned for February 17 at Caron Foundation, 244 East 58th St., Manhattan – details to follow at the next AWSC and Assembly.

We invite any and all Manhattan groups to attend our District Meetings – the next one will be on January 10, 2018, at 7:15 PM at NY Intergroup, 4 West 43rd St., Manhattan.

District 24 / District Representative / Sue V.:

District 24 continues to move forward with our second District Workshop. This workshop was held on Saturday, September 16, 2017, and it was entitled “***The Heart of Our Discovery: What Makes a Group Healthy.***” Forty-two (42) people attended and there were many special moments. In particular, the District included our Alateens in this event and celebrated “60 Years of Alateen” by inviting Alateens from a Brooklyn group to join us in an afternoon of recovery. Also, Joan L. came up from Long Island to speak as our keynote Speaker on the topic of “The Three Obstacles of Success: Outside Fellowships, Gossip and Dominance.” Plus, we had four breakout sessions entitled: [1] What Makes a Meeting Healthy, [2] Our Recovery, Our Service, [3] What is a Loving Interchange? and [4] A Fellowship of Equals. Attendees rotated through the four break-out sessions and we came together as a whole to share out at the end. The workshop culminated when we sang “Happy Birthday to Alateen” and enjoyed a delicious, freshly baked cake. It was a wonderful afternoon and I thank all members of the district who pulled together to make this event a success.

Furthermore, this past week, District 24 had the honor of serving together with our Westchester-Putnam Al-Anon Information Service (AIS) to respond to a public outreach invitation for a literature table at a local community speaker event on December 13, 2017. Our AIS was gracious enough to fund 50% of the cost for literature for this event. We are very grateful for that. Featured at the event was a speaker in recovery who spoke of his journey at an event held at Mercy College in Dobbs Ferry. The students came together to hear the speaker and we served to answer questions and provide Al-Anon literature. Again, many thanks to all who gave service.



The Steps, Traditions, and Concepts

January [1] / February [2] / March [3]

Steps:

1. We admitted we were powerless over alcohol – That our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.

Traditions:

1. Our common welfare should come first, personal progress for the greatest number depends upon unity.
2. For our group purpose there is but one authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants – they do not govern.
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.

Concepts:

1. The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.
2. The Al-Anon Family Groups have delegated complete administrative and operational authority to their conference and its service arms.
3. The right of decision makes effective leadership possible.



The Al-Anon Declaration

Let It Begin with Me.

When anyone, anywhere, reaches out for help,
let the hand of Al-Anon and Alateen
always be there, and -- *Let It begin with Me.*