



# ALA-TALK

Area 30 ([www.msafg.org](http://www.msafg.org))

Spring 2020

## From the Delagate's Desk

As I write this article, I have just learned SERDGT (Southeast Regional Delegate Get Together) and our Area Assembly have been cancelled so I won't be travelling to Puerto Rico or Hattiesburg. As you all know thousands of events around the country are experiencing the same fate. In addition to mass gatherings being cancelled, many of you may already be self-isolating depending on your health and the outbreaks in your community. Even if it hasn't reached your town it is easy to be fearful just watching the news or going to the grocery store and seeing empty toilet paper shelves. I am especially grateful in times like these that I have Al-Anon. One suggestion I received from a trusted Al-Anon friend while living in the chaos of active alcoholism was "you may want to have a Plan B". This past week I found Plan B essential to maintaining my peace and serenity. My plan started with loading up on extra time in prayer and meditation to seek guidance from my Higher Power rather than hysterical people. It continued with detachment—I have learned I can detach from anything out of my control, not just an alcoholic. It was strengthened by using the long list of resources available to me through our wonderful World Service Office: stories of experience, strength and hope found in our daily readers, in the Forum, on the website blog, and even in last year's World Conference summary(also available on the website); online meetings; other books and pamphlets (some of which I downloaded free from the website). I can now see that I was too busy to look at some of these resources before!

Finally, while government officials are calling for "social distancing" my program gives me options for doing this without isolating. Every day I can call my sponsor and other Al-Anon friends. I now have a network of program friends through my service work that includes fellow local members, as well as Area friends, and other delegates and Trustees throughout the country.

Al-Anon has taught me to look for the unexpected gifts my Higher Power puts in my path. I am looking at the new-found time as a gift. One thing I can use this time for is reflection which gave me the idea of sharing with all of you the visioning exercise we had planned to do at Assembly. It reinforces the theme of this year's World Service Conference, "Dreaming Big with 2020 Vision".

### SPRING ASSEMBLY CANCELLED

Please go to the **Area 30 Website**  
[www.msafg.org](http://www.msafg.org) for the latest  
updates about meetings and other  
information

The following four questions are for your reflection and my hope is that many of us will meet later this year at Assembly to share our answers. Even if you aren't involved in service, I believe you can substitute the word "program" for service work and find it useful as a personal reflection.

1. What AI-Anon slogan, saying, spiritual principle, or legacy sums up my hope for our Area & guides me in my service work this year?
2. What specific goals do I have for my service position(s)?
3. Dreaming Big with 20/20 Vision: What is my vision or dream for our Area this year?
4. What can I do to help realize my vision?

Lastly, while Assembly is cancelled, I am encouraged that Mississippi AI-Anon is stronger than ever. Every coordinator position for the Area is now filled. Every District in our state currently has a District Representative. Fall Assembly was well attended. New meetings are starting. This crisis will pass, and we will continue to move forward.

In the meantime, I urge each group to discuss your routines and practices. Groups and individuals are autonomous, but Tradition 4 is also in play, because a headline that local Coronavirus exposure began at one of our meetings could affect other groups and potentially the entire fellowship. You may also need to consider alternative locations if your meeting facility closes.

Some suggestions from other states regarding meeting protocol include refraining from physical contact, and members standing in place instead of circling at the close of the meeting. Immune suppressed members always have the option to stay home and access an online meeting. Some members may need to self-quarantine. As always, we must make decisions based on what is best for our recovery and for the greatest number.

Gratefully saying the serenity prayer while washing my hands....one day at a time.

Jennifer Magee

Delegate

### **Do you need a meeting?**

During this time as we physically isolate amid the spread of COVID-19, you can connect with others through online AI-Anon meetings at home.

# Fall 2019 Assembly Report

## Minutes Summary (Draft)

- Assembly opened by the designated Chairperson Leigh R. on September 14, 2019
- In Attendance: Leigh (designated chairman/GR), Patty B.(secretary/GR/DR#6), Butch M. (treasurer), Candice D. (GR), Betty O. (GR), Mary B. (GR), Shane H. (GR), Steve P. (GR), Laura P. (GR), Betty S. (GR), Hedy H. (GR), Diane R. (GR), Charlotte W. (LDC District 4/GR), Bettie C. (GR), Karen S. (GR), Sharyn H. (GR), Mollie R. (GR), Mary M. (GR), Larissa A. (DR#2/GR), Heidi Z. (DR#1/GR), Selinda (GC LDC), Jennifer M. (DR#4/GR), Daphne F. (GR), Jean K.(DR#7/GR), Jill W. (member), GW (member), Dot B. (member)
- District 6 hosted the Assembly.
- Minutes from the spring assembly were read.
- The “ASK IT BASKET” was used for submitting questions and concerns for the delegate to take to WSO.
- Butch M. gave the Treasurer’s Report. He requested funds to be sent to the treasurer at: 1158 Ferncrest Dr. Jackson, MS 39211 with checks being made out to MSAFG with group number on the check. The 2020 budget was given out to be discussed during new business. Group contributions are flat. Out of 55 groups, only ten have donated to the area to date.
- Old Business included Delegate’s Report read by Leigh R. for Jennifer M. who was unable to attend. Mollie R. gave the closeout convention report. There were 83 attendees. It was proposed that a larger suggested donation be made to cover the cost of lunch. The silent auction made up for the shortfall to cover food at this convention. The 2020 convention procedes replaced seed money and generated revenue.
- Projected Schedule for future assemblies and conventions was distributed. A copy is in the green motions book for future reference.
- District Reports were received from 1,2,3,4,5,6, and 7.
- Coordinators Reports were given.
- Daphne F. gave a 15-minute discussion on assembly dates. She spoke of the transition from the two day assembly format to one day assembly. She discussed how the meeting date range has been determined from past motions and special events.

## Be a Contributor!

The ALA-TALK would like to include your stories or quotes. Please submit a story of up to 150-200 words or a favorite quote. Email submissions to:

[alatak@msafg.org](mailto:alatak@msafg.org)

\*\*\*\*\*

## World Service Office (WSO)

Find out what’s happening in the newsletter *In The Loop*

[www.AI-anon.org](http://www.AI-anon.org)

\*\*\*\*\*

## MSAFG

Check out all our Mississippi

AI-Anon webpage for information about our program in the state.

[www.msafg.org](http://www.msafg.org)

### **Minutes continued...**

- New Business included approval of the Spring Assembly 2019 minutes with one correction to include Larissa as an attendee. The treasurer presented the proposed budget for 2020. Each line item increase was voted on individually so that robust discussion could occur on only one line item at a time. The results of that discussion were that each increase passed individually. The overall proposed budget was motioned by Jennifer M., seconded by Laura P., and passed unanimously by the 17 members who were present. Two questions were posed in the "ASK IT BASKET" so both were given to the delegate for submission to WSO.
- No new business was presented from the floor.
- Name tags, posters of the steps, tradition, and concepts of service were given to the District #6 DR for Spring Assembly. \$75.00 was donated by the Area to cover expenses.
- District 1 will host the Fall Assembly.
- Meeting adjourned at 3:15 and closed with the Alanon declaration.

### **DISTRICT REPORTS from Fall 2020 Assembly**

**District 1:** Report by DR. Alateen meeting is meeting again in the district. The group voted to take off for the summer since the kids are out of school. Also, the Gulf Coast LDC is open and has scheduled hours. The district meets every other even month and is planning the 71st anniversary dinner on 23 November from 12:30 to 4:30. The flyers are out and circulating. The men's September meeting is a quarterly speaker meeting. A new meeting started in August in Long Beach. Daphne is the public outreach coordinator for the district.

**District 2:** Report by DR. There are six active meetings in this district at this time. All is updated with WSO and MSAFG website. Columbia group has moved to Chapel of Cross United Methodist Church in Columbia.

**District 3:** Report by Betty O. Susan is the DR and is active. All groups in the district have been visited by me since the last assembly. All groups are active. The new treasurer has also visited or written all groups and funds have been coming in. I also have been in contact with several groups in district seven and they now have a DR.

## **Please Mail**

### **Area Contributions**

**To:**

**MSAFG**

**1158 Ferncrest Drive**

**Jackson, MS 39211**

**Make checks payable to:**

**MSAFG**

**Include your Group Name and**

**Group # on the Check**



### **Group Record Change**

**Form To:**

**AFG**

**146 Pittman Road**

**Ocean Springs, MS 39564**

**AFG Headquarters**

**1600 Corporate Landing Pkwy**

**Virginia Beach, VA 23454**

**Form on page 11**

### ***DISTRICT REPORTS from Fall 2020 Assembly continued***

**District 4:** Report by DR. The district is starting a new group in Madison with Alateen also as a possibility. They have new officers in the district and support the WSO. They have poor GR participation, but DR is going to try to build the district back up. There is a new meeting in the metro Jackson area (Madison). Christmas party plans are underway. Several GRs attended the convention.

**District 5:** Report by DR. District transferred the checking account from Greenville to Cleveland for ease of use. Our account is listed as a non-profit and we have an id number. District five has a meeting in Greenville at St. James Episcopal church on Mondays at 6 p.m., in Leland at Leland Presbyterian church Wednesdays at 7 p.m., and in Cleveland at Rebos Thursdays at 7 p.m. and Fridays at 6 p.m.

**District 6:** Report by DR. There have been three district meetings since spring assembly. Final preparations for hosting this assembly was most of the focus of the meetings. Most of the district GRs attended the convention in June so the June district meeting was moved to accommodate the convention dates. Outreach continues to be the focus of the district and "Alanon Faces Alcoholism" pamphlets will be sent out next month to doctors' offices etc. The seven groups in the district have been supportive of all the outreach activities with donations of literature and time. All distributed literature has the local Al-Anon phone number and the Mississippi AFG website on it. We hope to increase participation with this continued outreach.

**District 7:** Excited to report that Jean K. is the DR for District 7 and reported that she will be making great effort to correct the records with WSO for the district. Area secretary will update the AWSC information to the WSO.

### ***COORDINATORS REPORTS from Fall 2020 Assembly***

Gulf coast Al-Anon Information Service (AIS) & Literature Distribution Center (LDC): Meeting six times a year on the odd months of each year. The AIS is still passing the cell phone around groups between District 1 and 6 to get callers to an Al-Anon Meeting. The LDC has a new co-coordinator, Selinda. The LDC is operating two days a month for a couple hours per day and has been filling orders and satisfying members since it opened in April. A special thanks to Karen S. for doing such a great service to the area in the past as the LDC coordinator.

## **"Dream Big with 20/20 Vision" Public Outreach Workshop**

April 25, 2020  
10:00 till 11:30  
7301 Oakmont  
Clubhouse

Oakmont Parkway  
Ridgeland, Ms.

Coming together to form  
committees,  
Share New Ideas

If you have any  
questions:  
Contact Beth S.  
601-720-2899

When anyone reaches out  
for help, let the hand of Al-  
Anon and Alateen be there,  
and let it begin with me.



## **COORDINATORS REPORTS from Fall 2020 Assembly cont.**

District 4 LDC Coordinator: Charolette W. reported that the LDC is doing good and has given each assembly participant a copy of the booklet, "When I got busy I got better". District 7 has no DR or GRs.

Group Records: Secretary read a letter from Tammy W. as she was unable to attend the assembly. Highlights are that there are only 55 active groups in the area. For all groups, please use the Group Change Form (included in the Ala-talk) or update your group information online at <https://al-anon.org/for-members/group-resources/group-records/changes-existing-al-anon-group/>. I am here to assist if you have any questions. Send your phone number to Tammy W. at [fifitam@bellsouth.net](mailto:fifitam@bellsouth.net) and I will get with you.

Alateen Coordinator: Jennifer M. (from District 4) shared that participation is very poor with only one group meeting in the whole state. There are 12 adults certified to be sponsors but no groups and no kids. The COLA (Conference Of Loving Alateens) may be in its last years as only 33 folks are signed up and most are adults.

Public Outreach Coordinator: The position has now filled by Beth S.....Congratulations!! She plans to be very assertive with outreach.

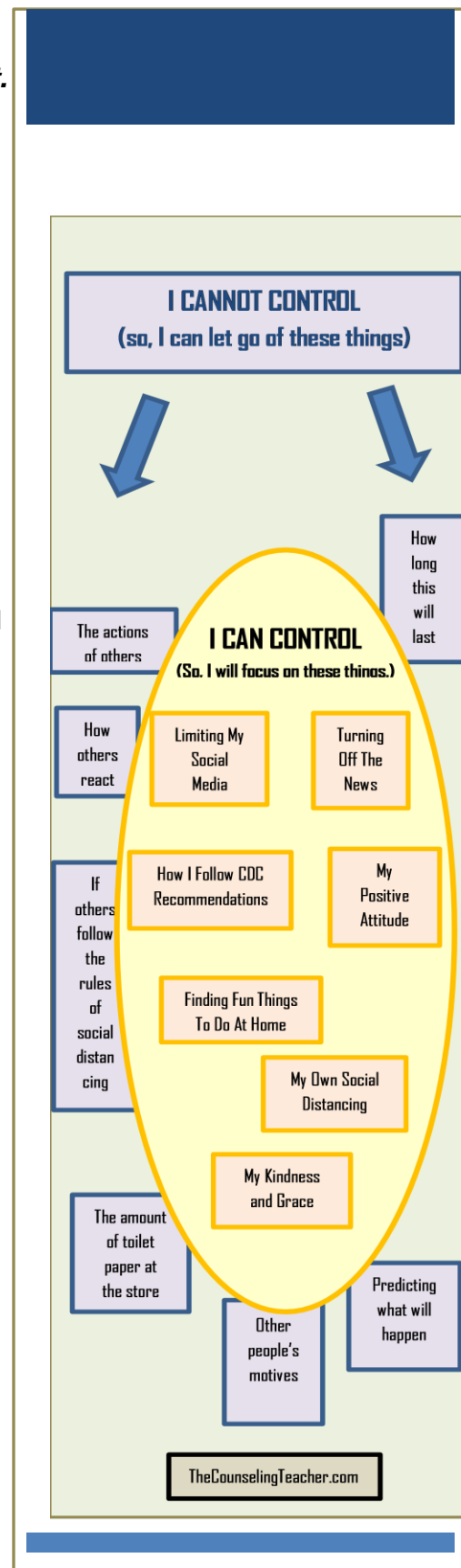
Archives Coordinator: unfilled at the time of the assembly

Webmaster: Tammy R. requested all updates to the districts meeting schedules etc. be sent to her. Website activity: 2019 Visitors to date: 31477; 2018 total visitors—42701; Avg. Monthly visitors--3601.

Newsletter Coordinator: Betty S. has agreed to be the newsletter coordinator and plans to publish the ALA-TALK twice annually...before each assembly. Please send any articles or flyers as applicable to her and she will include them in the newsletter.

Al-Anon Adult Children Coordinator: Candice D. agreed to be coordinator ...congratulations!!!

Literature and Forum Coordinator: Betty O. reported that the next forum has the 2020 catalog. It is great to have group meeting on the steps, traditions, and concepts of the month. It also announces important events. Also, the new "just for tonight" bookmark is excellent, and the hosting district put one in each of your bags when you registered.



# ALA-TALK News

## SPRING ASSEMBLY CANCELLED!

Go to [www.msafg.org](http://www.msafg.org) for the latest news and information.

### MSAFG AI-Anon Assembly

#### Proposed AGENDA for the next Assembly

#### Date To Be Determined

**Location: Open Door Community Church HATTIESBURG, MS.**

- 10:00 Call to Order - Chairperson
- 10:15 Roll call – Chairperson
- 10:30 Reading of Steps/Traditions  
Reading of Fall Assembly Minutes - Secretary
- 10:45 Treasurer’s Report - Treasurer
- 10:55 Break/Raffle – Host District 1
- 11:00 Delegates Report – Delegate
- 11:30 Workshop I–*Dreaming Big with 2020 Vision*– Delegate
- 12:00 Lunch (Suggested donation of \$7.00)
- 12:30 Raffle – Host District 1
- 12:40 Group Report on Workshop I – notes to secretary
- 1:00 Group Representative Reports – copy to secretary
- 1:20 District Representatives Reports – copy to secretary
- 1:40 Area Coordinators Reports – copy to secretary
- 2:00 Old Business
  - All positions filled
  - Dist. 2 resignation and temporarily filled
- 2:10 New Business
  - Approve minutes from fall assembly - Secretary
  - Appeal letter - Treasurer
  - Open for new business from the floor - Chairperson
- 2:30 Break/ Raffle (final)
- 2:45 Workshop II – Traditions – Host District 1
- 3:25 Report on Workshop II – notes to secretary
- 3:45 Ask It Basket
- 4:00 Expense Reports – Treasurer
- 4:20 Evaluations – Chairperson
- 4:30 Pass Basket
- Closing Prayer and Declaration
- Adjournment

**JUST FOR TONIGHT** Bookmarks  
and all Conference approved  
literature is available for  
purchase.

## JUST FOR TONIGHT

**Just for tonight**, I will be grateful. I will give thanks for the past day—its failures as well as its successes, its sadness as well as its joy and its pain as well as its pleasure. I will take comfort in knowing that every event and circumstance that occurred today can be used for my good and the good of others.

**Just for tonight**, I will accept that I have done the best I could, remembering that my goal is spiritual progress and not perfection. I will let go of any expectation I had for this day, as well as any disappointment, shame or guilt I felt for not being perfect today.

**Just for tonight**, I will be humble. I will give my shortcomings to a Power greater than myself, trusting that doing so can bring about changes in me that I could not bring about by myself.

Contact Charlotte

[Cwood311@comcast.net](mailto:Cwood311@comcast.net)

Literature & Forum Coordinator



Go to [www.msafg.org](http://www.msafg.org) to get the latest updates on meeting times and locations

## Area 30 Groups By District

GroupName	District	MeetingCity
Bay Saint Louis Rebirth AFG	0001	Bay Saint Louis
AFG Diamondhead	0001	Diamondhead
Nugent AFG	0001	Gulfport
Gulf Coast Mens AFG	0001	Gulfport
Bayou View Serenity AFG	0001	Gulfport
Gulf Coast Parents AFG	0001	Long Beach
Wed Morning Courage To Change AFG	0001	Long Beach
Pass Christian AFG	0001	Long Beach
Picayune AFG	0001	Picayune
Columbia Serenity AFG	0002	Columbia
The Hope Group AFG	0002	Hattiesburg
Progress Not Perfection AFG	0002	Hattiesburg
Hattiesburg Monday Nite AFG	0002	Hattiesburg
Fellowship AFG	0002	Laurel
Serenity AFG	0002	Meridian
Aberdeen AFG	0003	Aberdeen
Amory Encouragers AFG	0003	Amory
Discovering Hope AFG	0003	Caledonia
Happy Hour AFG	0003	Columbus
Thursday AFG	0003	Columbus
Canton-Madison County AFG	0004	Canton
Crossroads AFG	0004	Clinton
Living Sober AFG	0004	Jackson
Monday And Thursday Noon AFG	0004	Jackson
Seekers Of Serenity AFG	0004	Jackson
Sharing AFG	0004	Jackson
Courage To Change AFG	0004	Madison
Today's Hope AFG	0004	Madison
Pike County AFG	0004	McComb
Keep It Simple AFG	0004	Natchez
Summit AFG	0004	Summit
Hope And Healing AFG	0004	Vicksburg
Serenity AFG	0004	Vicksburg
Vicksburg AFG	0004	Vicksburg
Woodville's Renewed Hope AFG	0004	Woodville
Batesville AFG	0005	Batesville
Cleveland AFG	0005	Cleveland
Monday Nite Study AFG	0005	Greenville
Tuesday Night AFG	0005	Greenwood
Courage To Change AFG	0005	Grenada
Leland Newcomers AFG	0005	Leland
North Carrollton AFG	0005	North Carrollton
Hope For New Beginnings AFG	0006	Biloxi
Sunset AFG	0006	Biloxi
Ocean Springs Step By Step AFG	0006	Ocean Springs
Keep It Simple AFG	0006	Ocean Springs
Ocean Springs AFG	0006	Ocean Springs
Pascagoula AFG	0006	Pascagoula
Tuesday Night AFG	0007	Booneville
Corinth AFG	0007	Corinth
New Albany AFG	0007	New Albany
Just For Today AFG	0007	Oxford
Oxford University AFG	0007	Oxford
Cornerstone AFG	0007	Tupelo
Peace Seekers AFG	0007	Tupelo

### ARCHIVE YOUR ACTIVITIES!

Anniversary Dinners, Speakers, Workshops or Activities

Please submit a copy of our flyers to Leigh at

[leighrobertsonpt@aol.com](mailto:leighrobertsonpt@aol.com)

Archive Coordinator





## AWSC Spring 2020 Recap

Meeting was held on Feb. 29, 2020 in Brandon, MS. The meeting opened with Serenity Prayer and Concepts

12 people present: Jennifer M. Delegate; Cindy H., Chairman; Patty B. DR#6& secretary; Jean K. DR#7; Candice D. Alanon ACOA coordinator; Beth S. outreach coordinator; Deb S. previous Archivist; Leigh R. Archivist; Kathy E. previous delegate; Daphne F. alt. Delegate; Butch M. Treasurer; Heidi Z. DR #1 and host of the spring assembly.

Minutes were read and approved unanimously.

### Old Business:

- Chairman reported that all AWSC positions are now filled. Chairman will serve as DR for D2 until a replacement can be found.
- Treasurer's report given in preparation for the assembly.
- Appeal letter motion made to send out an appeal letter prior to the next assembly and passed unanimously.

- The group discussed putting a request on the agenda for the assembly to regularly send out appeal letters and put more money in the treasurer's line item to do it.

### New Business

- 2021 convention discussed
- No Reports from district Reps and coordinators were requested.
- Fall Assembly scheduled for D7 to host
- Spring assy 2021 is district 4 and fall assy 2021 is district 3.
- Convention 2021 is shared between district 1 and district 6.
- Delegate shared the new service manual changes.
- Secretary needs to correct the AWSC paperwork to the WSO.

AWSC meeting ended with the Suggested Closing at approximately 1:10 pm.

Respectfully Submitted,  
Patty B. secretary

To receive ALA-TALK for FREE, email [AlaTalk@msafg.org](mailto:AlaTalk@msafg.org)

Printed copies are available. Cost of printed ALA-TALK is \$5.00 (2 issues) per year. Complete this form and make checks payable to MSAFG. Mail form and check to ALA-TALK, 155 Castle Circle, Madison, MS 39110

ALA-TALK SUBSCRIPTION

Date \_\_\_\_\_

Name of Subscriber/Group \_\_\_\_\_

District # \_\_\_\_\_

C/O \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Enclosed: Cash \$ \_\_\_\_\_ Check # \_\_\_\_\_

\_\_\_\_\_ New \_\_\_\_\_ Renewal \_\_\_\_\_ Address Change

## AI-Anon Group Records Change Form

Please submit this form through your Area Group Records Process or the WSO

### 1. Group Record

WSO I.D. Number \_\_\_\_\_

District Number \_\_\_\_\_

Area Name (Abbreviation) \_\_\_\_\_

### 2. Status

Change

Inactive

### 3. Changes

Group Name

GR

Meeting Place

Current Mailing Address (CMA)

Meeting Time

Phone Contact for the Public

Meeting Day

### 4. Group Registration Overview

Group Name\* \_\_\_\_\_

\* Reflects AI-Anon principles and is inviting to all. See instructions to fill out the form. Please note that group names not in compliance with the AI-Anon policy will delay processing of the registration. Contact your Area Group Records Coordinator or the WSO for further information.

Mailing Language \_\_\_\_\_

### Location

Meeting Place \_\_\_\_\_

Meeting Address \_\_\_\_\_

City \_\_\_\_\_ State/Province \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_ Country \_\_\_\_\_

Group email \_\_\_\_\_

### Phone Contact for the Public

First Name \_\_\_\_\_ Phone Number \_\_\_\_\_

First Name \_\_\_\_\_ Phone Number \_\_\_\_\_

### 5. Meeting Details

Day \_\_\_\_\_ Time \_\_\_\_\_  AM  PM

Meeting Attendees:  Families, Friends and Observers welcome  
 Families and Friends only

Spoken Language \_\_\_\_\_ Member Count \_\_\_\_\_

Beginners\*  Introductory\*\*  Limited Access\*\*\*  
 Handicap Access  Child Care  Fragrance Free  
 Smoking Permitted  Sign Language

Location Instructions \_\_\_\_\_

### Additional Meeting

Day \_\_\_\_\_ Time \_\_\_\_\_  AM  PM

Meeting Attendees:  Families, Friends and Observers welcome  
 Families and Friends only

Spoken Language \_\_\_\_\_ Member Count \_\_\_\_\_

Beginners\*  Introductory\*\*  Limited Access\*\*\*  
 Handicap Access  Child Care  Fragrance Free  
 Smoking Permitted  Sign Language

Location Instructions \_\_\_\_\_

\*held in conjunction with a regular AI-Anon group meeting, not considered an AI-Anon group. Provide newcomers a simple introduction to AI-Anon.

\*\* Attendance changes frequently; not considered an AI-Anon group. Attendees are invited to go to regular AI-Anon meetings.

\*\*\* Meeting access is limited due to the facility's entry restrictions. These groups meet at sites such as military bases, institutions, industrial plants, or schools.

### 6. Current Mailing Address (WSO mail for the group is sent to the postal and email addresses)

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Street/PO Box \_\_\_\_\_ City \_\_\_\_\_

State/Province \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_ Country \_\_\_\_\_

Phone Number \_\_\_\_\_ Email \_\_\_\_\_

CMA email address is entered here. Please enter Group email address in section #4 (See instructions for more information)

### 7. For Area Use

Group Rep  Other \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Street/PO Box \_\_\_\_\_ City \_\_\_\_\_

State/Province \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_ Country \_\_\_\_\_

Phone Number \_\_\_\_\_ Email \_\_\_\_\_

The WSO will register any group designating itself as an AI-Anon Family Group with the understanding that it will abide by the Traditions and that meetings will be open to any AI-Anon members. AI-Anon/Alateen Service Manual (P24/27), "Digest of AI-Anon and Alateen Policies"

Submitted by: \_\_\_\_\_ Date: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_