

NEW YORK SOUTH ASSEMBLY AREA (Panel 57)

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



Speak-Easy



Winter 2019 / January - March
al-anonny.org



Page 1 of 6

The Officers and Coordinators of Panel 57

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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 2019:

AWSC = Sunday, January 6 / Sunday, March 3 / Sunday, May 19 / Sunday, September 8

Assembly = Sunday, February 10 / Sunday, April 7 / Sunday, June 1 / Sunday, October 6

**** ABSOLUTE DEADLINE FOR SPRING ISSUE ARTICLES = February 10TH, 2018 ****



**** DISCOVERY 2019 ****

Miracles of Discovery

Friday, July 19 – Sunday, July 21



Thoughts From Our Officers



Area Delegate / Taaj J.

Autumn has been active with the initial planning for our next Discovery Convention, July 19 – July 21. Also, we began work on our June 2nd TEAM (Together Empowering Al-Anon Members) event. Our Committee is coming together, as well as the WSO (World Service Office) assignments. We have been given the trustee and WSO attendee list, and will soon announce it. The hotel is in place. We are on track for both events.

Assignments for the World Service Conference are well underway, and this year will be my final year so my work load is elevated dramatically. I've worked on two (2) projects of consequence and am beginning to work on the biggest one now. Meanwhile the information has begun to trickle in for the conference and will be flooding soon.

The Area World Service Committee inventory will take place in January and a NERD (North East Regional Delegate) neighbor will conduct the sponsorship of it. It should be really expansive for all of us. There is no growth in the comfort zone!

The Chairman of the Board letter has been published, and has begun the process of addressing the need for translation and interpretations at the WSC, as well as the need for Safety Guidelines for Areas who so chose to write them. New York South has elected to do so.

Alternate Delegate / Emily D-C.

Using Steps Three and Eleven in Al-Anon Service



We often hear that service is an aid to recovery. At the July 2018 International Al-Anon Convention, a spiritual speaker who has done many forms of service said that at this point in his journey of recovery, he asks his Higher Power to direct him to the position that will offer him the most growth.

I see him practicing Steps Three and Eleven:

Step Three: “Made a decision to turn our will and our lives over to the care of God *as we understood Him.*”

Step Eleven: “Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.”

As we enter our third and final year of Panel 57, I want to practice Steps Three and Eleven in my Area service work, and allow my Higher Power (and my sponsors) to direct me to my next service opportunity—the one that will offer me the most growth.

I invite you to do the same.

Thoughts From Our Officers (Continued)

Area Chairperson / Ellen D.

As we approach the close of 2018, I reflect upon my many service adventures this past year. Having the opportunity to accompany our Delegate, as a guest, to the closing dinner of the 2018 World Service Conference was truly a highlight. The energy that I felt in the room with so many committed Al-Anon service workers, all under one roof, took my breath away. I felt I was witnessing the power of our beautiful program - service in action! I have heard and believe to be true, that this program is miraculous, not magical. The commitment of all involved from the individual groups down to the World Service Conference, and World Service Office, this upside down service triangle enables Al-Anon to thrive one day at a time. As it is said in our literature - Together we can make it! The coming year will offer all of us a multiplicity of opportunities to spread the message of Al-Anon to those in need, and in so doing, ensure the continuance of Al-Anon for us all. Thank you for being instrumental in my Al-Anon recovery. I wish you all a blessed and peaceful holiday season.

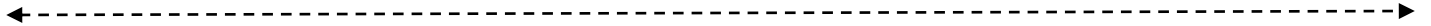


Area Secretary / Sue V.

As we approach the end of another year, I realize that Panel 57 is entering our last year of service. I encourage any and all Al-Anon members interested in advancing your recovery to consider serving on the Area level, in particular, as the Area Secretary. Here are the top ten reasons to serve!

1. You can help to preserve Al-Anon history in the New York South Area as you memorialize the minutes of the AWSC and Assembly meetings.
2. Your listening skills will improve - as our slogan says: *Listen and Learn*.
3. You will become part of a dynamic team of Area Officers, all interested in reaching new heights in their recovery.
4. You will have an opportunity to get a Service Sponsor.
5. Your attention to detail will improve as your drive for perfection is satisfied!!
6. You will have the benefit of knowing you can always reach out to myself (or someone else who has formerly served as Area Secretary) for help, if needed.
7. You will get to experience the guidance of your HP on a whole new level as with any service position.
8. You will have the opportunity to become an active participant in the legacies of the program.
9. You will become a power of example to all Area members through your service.
10. You will strengthen and advance your own recovery while helping others – *to keep it, you have to give it away!!!*

I thank each and everyone of you for the opportunity to serve as your Area Secretary. Please stop by and say hello at our next AWSC meeting on January 6th and at our next Assembly meeting on February 10th. A warm smile goes a long way!



Around the Area

District 24 / District Representative / Sue V.:

It is hard to believe we are approaching the end of 2018! District 24 is working hard to put together our next District Workshop. Lots of enthusiasm and ideas are already circulating but pinning down the location has been a challenge. Our Workshop Chairperson, Theresa, is working hard on this. We will keep you posted.

In the meantime, the District has scheduled an AMIAS training with our Area Alateen Coordinator, Gerry L. The training will take place at St. Vincent’s Hospital in Harrison, NY on Saturday, March 30, 2018. The times are 11:00 a.m. – 1:00 p.m. for Recertifications, and 2:00 p.m. – 4:00 p.m. for new Certifications. We are grateful to Gerry L. for his time and his service. All are welcome.

District 24 hosts a monthly Al-Anon Informational meeting at St. Vincent’s Hospital for the friends and family members visiting their loved ones in their rehab unit. Each month a different group in the District signs up and then asks 2-3 members of the group to attend and chair the meeting. In doing so, we strive to get volunteers from different Al-Anon perspectives to attend the meeting such as one person who is the spouse of an alcoholic and another member who is the parent of an alcoholic, etc., so those in attendance can better relate.

We are also getting closer to participating in the county’s first institutional meeting for women inmates at a correctional facility in northern Westchester (District 25). Since the prison is outside of our District, we have been collaborating with the Westchester-Putnam AIS to explore how members of other districts/counties can work together to make this happen. So far, two members in District 24 are making good progress to get it started.

Archives / Tracey S.:

NYSAA – Archives / What has been discovered!

- Need muscles!!
- Don’t have your nails done before you go!
- Take a torch - the lights keep going out!
- A bigger car!!
- Have plenty of water on a hot day!
- Be prepared to get dusty!

Various items have been kept in a storage unit to preserve the history of Al-Anon in the NYSAA.

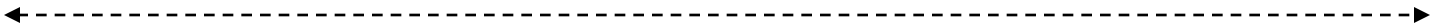
On arrival a number of boxes were stored on the floor, from the top of the boxes to the ceiling the space was unused

Some boxes were numbered and items listed in a folder.

Discovery banners are stored in plastic tubs.

A considerable amount of perishable items are also stored along with numerous paper goods.





- Over head Projector and screen.
- Various signs
- Coffee/Tea/Water Urns & electrical cables.



FINDS

- Al-Anon Speaks for Itself - reel to reel tape
- Shared with WSO
- Option to pass onto Archives at WSO projects
- Bookmark designed for Discovery
- Discovery Memories Book created
- Display of Archive items at Discovery
- Reduce paperwork/perishables/paper-goods
- Create smaller lighter/boxes
- Shelving installed



FUTURE POSSIBILITES

- Remembrance Book
- Digitalize - preserve on iCloud storage
- Adding memorabilia to web site
- Provide flash drives of memorabilia for groups to share at workshops.
- Reducing size of storage to minimize costs
- Form a committee

CAN YOU HELP?

- NYSAA NEEDS SUPPORT IN DOCUMENTING REPORTS, IMAGES & ITEMS
- IF YOU ARE INTERESTED IN DOING SERVICE IN THIS AREA PLEASE EMAIL nys.area.archives@gmail.com



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.*