

NEW YORK SOUTH ASSEMBLY AREA (Panel 57)

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



Speak-Easy



Fall 2018 / October - December
nysaafg.org



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The Officers and Coordinators of Panel 57

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

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

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.

Dates for 2018:

AWSC = Sunday, January 7 / Sunday, March 4 / Sunday, May 6 / **Sunday, September 16**

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

ABSOLUTE DEADLINE FOR WINTER ISSUE ARTICLES = DECEMBER 1st, 2018

Our Condolences

Paula A., our NYS Area Archivist passed away this past June.

Please take a moment to remember her and her contribution to our Area.

Life is a fragile affair, remember to live yours to the fullest.

Thoughts From Our Officers

Area Delegate / Taaj J.

This season we have a lot to look forward to. To kick it off, we have had a wonderful Area Convention in Westchester August 24-26 (members can always see details on the area website NYSAAFG.org) with an expanded look at keynote speakers. Around the country, delegates have been traveling near and far to speak at other Area's Conventions and we were encouraged to do the same! And so, we did. The convention was very exciting this year.

We have a new book, B-33, called **INTIMACY IN ALCOHOLIC RELATIONSHIPS**, which was announced at last year's conference and has now been mailed. It is a great pathway into many other subjects.

Hopefully more of the groups and members are growing their interest in having more Forum subscribers as well.

I also hope members are considering a trip to Stepping Stones. The 2018 WSC was privileged to visit and the magic still lingers in my mind.

I am working on a task force for next year's conference in Virginia Beach now, and bringing some of the conversations to the Area from last year, 2018.

We have completed the literature project with Puerto Rico, Area 62, with beginner literature, AFAs in Spanish, and Paths to Recovery books and workbooks. They have expressed immeasurable gratitude for us to have done 12th step work in their area at a time of tragedy.

Also, going forward, more discussions will center around expanding our membership reach and, spirituality in money matters, two subjects that took center stage at the 2018 World Service Conference.

Hope even more members will visit at the Area Assembly October 21, all are welcome, whether you are a GR or not. Please encourage your groups to fill your service positions, in particular GR and Alternate GR. Everyone has a voice!

As a footnote, our service manual, (which all GRs can order on the WSO website, Al-Anon.org) will also be available in Spanish by year's end.



Alternate Delegate / Emily D-C.

Notes from the July 6-8th, 2018 International Al-Anon Convention in Baltimore. This was my first Al-Anon International Convention and it was awesome! Usually, I prefer smaller gatherings, but somehow this four-thousand-person convention felt intimate. And that was fitting, since a major focus of the Convention was intimacy, along with the release of our newest Al-Anon book, **Intimacy in Alcoholic Relationships** (B-33).

The minute I arrived at the Convention Center, I ran into several Area 40 friends, who encouraged me to buy **One Day at a Time in Al-Anon 50th Anniversary** (B6-50) and turn it into a special memory book for the convention. And what a great idea! By asking people to sign the end pages I was given an added benefit: reaching out to all the people I knew, and to everyone I did service with at the Convention or heard speak, helped me overcome shyness and practice intimacy. After all, "I wonder if you'd sign my book," is a very intimate thing to ask!

My husband and I stayed across from the Baltimore Harbor. After all the festivities were over in the evenings, we walked along the waterfront and watched the water taxi pick up passengers and also enjoyed the sight of sea serpent paddle boats and electric pirate ships plying the inky waters. After a morning meeting, we visited the Walters Museum and the first Washington Monument. Between the meetings, the inspired speakers, and Baltimore, itself, we had such a good time that I've already marked my calendar for the 2023 International Al-Anon Convention in Albuquerque, NM!

Maybe you will, too!



Area Chairperson / Ellen D.

Summer is quickly winding down and I am once again reminded how fast time passes. Completion of year two of my service commitment to the New York South Area is also on the horizon! I am experiencing the Twelve Concepts of Service in a new and powerful way, I find myself searching for which concept applies to a particular situation on a daily basis. The principles they embody have been reliable and trustworthy, unlike my personal opinions.

Service has pushed me into the forefront of my recovery. What I have noticed is that when I am isolated, my life is just as I like it, no conflict, I am in control. However, I am asked in Al-Anon to change my attitude and actions, refrain from gossip/criticism and avoid dominance. I have learned that it is in the successful resolution of those uncomfortable moments of conflict that my HP is most evident in my life. For this I am forever grateful!

Thank you for allowing me to grow and change as your trusted servant. I hope that each of you will consider stepping up for service in the coming election cycle in October 2019. Let's keep New York South healthy and strong.

Around the Area



Discovery Coordinator 2018 / Dianne F.

Hello everyone, another Discovery Convention has come and gone, **Recovery Through Discovery**.

It was a great experience being your coordinator and I learned a lot doing this commitment. It has taught me to be a better listener, and how to have more compassion for other people especially working on a committee.

I learned even more about team work, and I bring all those tools into my workplace where I do customer service.

Working on a convention for me is very rewarding and challenging. It teaches me to step outside myself. To face my fears, and when I face my fears, I remember I have my Higher Power in my life to help and guide me on my journey.

If you have never served on a convention committee, I truly recommend that you sign up and be part of the committee. It's hard work, but very rewarding and the friends you make along the way are awesome. Especially, to see from beginning to end how it all comes about and comes together.

I don't know what I will do now, but I know that I will do some kind of service, because *When I Get Busy, I Get Better*, and I learn to keep the focus on Dianne and not everyone else.

Take care and thank you again for the rewarding experience.



**P.O. Box Coordinator / Arthur S.:**

Due to work conflicts I am visiting the mailbox only about every other week but I hope to resume weekly visits soon.

**Area Secretary / Sue V.**

I write to you filled with gratitude for the opportunity to serve as Area Secretary. As a “We” program, it is wonderful to know that I am surrounded by the tremendous experience, strength and hope of all of you each time I perform my duties. It is also wonderful to know that my minutes contribute to the history of the program in our Area. I encourage all of you to consider this service position. What better way to practice our slogan, “Listen and Learn.” In fact, it is amazing how much I learn when taking the minutes! This service also gives me hands-on experience with our Traditions and Concepts which is always beneficial. What a wonderful way to record and preserve the happenings at our meetings for generations to come!

I thank each and every one of you for the opportunity to serve you. Please stop by the dais, and say hello at our next AWSC and/or Assembly meeting. A warm smile goes a long way!

**Website Coordinator / Marcy E.:**

Now that our new website is up and running, we posted information about the Al-Anon International Convention which was recently held in Baltimore, Maryland along with the most up to date information about our own Discovery Convention in West Harrison, New York in August of this year.

There is also a downloadable PDF of the registration form for Discovery on the site. Next year we hope to have the security features in place that will allow people to register and pay for Discovery online.

The details of all Area Assemblies and Area World Service Committee meetings are posted on the Calendar feature, and you’ll also find event information from other Al-Anon Areas as that information becomes available.

Due to technical problems with the old URL ,we are still in the process of redirecting that site to www.nysaafg.org and hope to have completed that process by the next report. The Website committee is interested in adding members with technical expertise in running a website.

Please contact me at nysaweb57@gmail.com for more information.



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

District 18 continues to meet every 2-3 months. Our next meeting is October 10 at Intergroup Headquarters. If you attend meetings in Manhattan and are interested in service, please get in touch with me at ARS23@OPTONLINE.NET or 917-450-7044.

**District 24 / District Representative / Sue V.:**

It was great to see so many members from District 24 at the Discovery Convention this summer. As you know, the Convention was held at the Renaissance Westchester Hotel in West Harrison which happens to be located in District 24. I heard many wonderful things about the Convention from our members. As for myself, I not only attended but also stayed at the hotel for Friday and Saturday night. What a wonderful way to enjoy the event. Congratulations to the entire Discovery Committee who did a splendid job!

District 24 has been quite busy! In March we had an AMIAS training in our District at St. Vincent's Hospital. We thank our Alateen Coordinator, Gerry, for making the trip here from Long Island.

Also, at St. Vincent's, District 24 hosts a monthly Informational Al-Anon meeting for friends and family members visiting their loved ones. Each month a different group from our District volunteers to bring 2-3 members to run the meeting and share their experience, strength and hope. We try to get volunteers from different Al-Anon perspectives to participate and carry their message.

District 24 also received a request to start an institutional meeting for the women inmates at a correctional facility in northern Westchester. Since the prison is outside of our District we are collaborating with the Westchester-Putnam AIS to explore how members from Westchester, Putnam and Dutchess counties could work together to make this happen.

District 24 is also trying to address our dark groups to encourage them to elect GRs. Our group conscience led me to draft a letter to the dark groups to encourage them. In doing so, we hope to give these groups an opportunity to connect to the worldwide fellowship of Al-Anon while also inviting them to give service at the District level.

Another development in District 24 is that we are reaching out to our Spanish groups. With the help of a Spanish-speaking member, I attended a Spanish meeting in Mt. Vernon this past spring. There were a small but steady group of Spanish-speaking members attending the meeting weekly. With the help of translators, I was able to encourage them to attend our District meetings.

This Fall, District 24 will begin planning another District Workshop. A member who is new to service at the District level has volunteered to be Chairperson! Our Committee will work together diligently to bring this event to our District before the end of the year and we hope to see you there. More information to follow!

Also, this Fall is the Westchester A.A. Share-A-Day with Al-Anon participation. This event will be held on Sunday, October 6, 2018 at the Highland Middle School in White Plains. We hope you can make it.

Finally, District 24 continues to spread the word about our District bank account and Post Office Box. Slowly we are starting to get contributions from groups which will greatly help our District be fully self-supporting. Groups make checks payable to **District 24 AFG** and mail them to: **District 24 AFG, P.O. Box 441, Bronxville, NY 10708.**

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The Steps, Traditions, and Concepts

October [10] / November [11] / December [12]

Steps:

- 10 Continued to take inventory and when we were wrong promptly admitted it.
- 11 Sought through prayer and meditation to improve our conscious contact with God as *we understand Him*, praying only for knowledge of His will for us and the power to carry that out.
- 12 Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

Traditions:

- 10 The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.
- 11 Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.
- 12 Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

Concepts:

- 10 Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.
- 11 The World Service Office is composed of selected committees, executives and staff members.
- 12 The spiritual foundation for Al-Anon's world services is contained in the General Warranties of the Conference, Article 12 of the Charter.

General Warranties of the Conference

In all proceedings the World Service Conference of Al-Anon shall observe the spirit of the Traditions:

1. that only sufficient operating funds, including an ample reserve, be its prudent financial principle;
2. that no Conference member shall be placed in unqualified authority over the members;
3. that all decisions be reached by discussion, vote and whenever possible by unanimity;
4. that no Conference action ever be personally punitive or an incitement to public controversy;
5. that though the Conference serves Al-Anon it shall never perform any act of government; and that like the fellowship of Al-Anon Family Groups which it serves, it shall always remain democratic in thought and action.



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!