

NEW YORK SOUTH ASSEMBLY AREA

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



Speak-Easy

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Summer 2019 / July - September
nysaafg.org



The Officers and Coordinators of Panel 57

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Speak-Easy is 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 2019:

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

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

DEADLINE FOR FALL ISSUE ARTICLES = AUGUST 10th, 2019



**** DISCOVERY 2019 ****

Miracles of Discovery
Friday, July 19 – Sunday, July 21



**** TEAM Event 2019 ****

Sunday, June 2



Thoughts From Our Officers



Alternate Delegate / Emily D-C.

To the Next Alternate Delegate:

Are you considering standing for Alternate Delegate in Panel 60? Do you have questions about this service? Please read the NY South Area Guidelines for Alternate Delegate and things should become clearer. But here are some of my own experiences to flesh things out.

How serving as Alternate Delegate has benefited me:

Two years ago, I wrote in this newsletter:

Concept Ten states: *Service responsibility is balanced by carefully defined service authority and double-headed management is avoided...* Concept Ten reminds me to focus on my own tasks and not step over another person's service authority..."

In the last thirty months, I've practiced focusing on my own job and letting others do theirs. If I had questions about the lines of service authority, I'd talk to my personal sponsor, service sponsor, Area leadership team, or put in a call to the World Service office. By talking it over and reasoning things out, I gained clarity, serenity, and *Good Orderly Direction*.

Service as an Aid to Recovery

The Alternate Delegate position has a number of elements. Through cooperation with other Area officers, Coordinators, DRs, GRs and group members, and through "conscious contact" with my Higher Power, there is always something to learn and new ways to grow. I haven't had time to sink into the doldrums!

What spiritual gifts of the program have I gained through this service?

- Acceptance of other's opinions and approaches (*How Important Is It?*)
- Tolerance of differences (*Live and Let Live*)
- Generosity and Abundance –giving and receiving (*Pass It On*)
- Humility (*We Are All Equals*).
- Patience (*This is a gentle program.*)

What have been my favorite parts of this service?

In facilitating group, district, and AIS inventories, I've experienced the many delicious "flavors" within our fellowship. I've loved getting to know the Spanish members and watching them grow in confidence as they've taken on leadership roles within the Area. I've also appreciated the intimacy of the pre-Assembly Concepts meetings. In short, by working with others my heart has expanded and I've made many new and wonderful friends!

Practical Considerations:

- Group inventories happen any day of the week, morning, noon, or night. Can't make a particular meeting? You might ask another DR or Area Coordinator to facilitate it for you.
- You don't need a car for this service. I've traveled on trains, buses, subways, and shared rides to group inventories.
- All travel and meal expenses are reimbursed. Money will never be an obstacle to doing service.
- I'm available to service sponsor the next Alternate Delegate if you're elected.

Please get in touch with me if you have questions: nys57altdelegate@gmail.com

Area Secretary / Sue V.

I firmly believe that the key to ‘success’ for my own recovery has been service. Service expands my knowledge of the program while also helping me *practice these principles in all my affairs*. The beauty of service is that it is a two-way street and as long as I keep on giving, the gifts keep coming. Even during periods of overload, I have found the strength to fulfill my service commitments. I am ever grateful to our Delegate for nominating me for the position of Area Secretary. I am also grateful to my Higher Power and my Sponsor for encouraging me to do it! Serving as an Officer of Panel 57 is an honor and a privilege. This service has really strengthened my recovery and lifted my spirits. I truly hope that you, too, find the courage to step beyond your comfort zone and try something new – how about serving at the Area level? I’d be happy to talk to you more about it.

Around the Area**Discovery Coordinator 2019 / Terry L.**

The Registration Chair, Charlie, advised me that as of Friday, April 5th, we had 24 registrations for the convention. No Spanish registrations as of then.

We have 14 regular banquets and 2 kosher banquets so far. We have 7 people who purchased Saturday breakfasts and 7 people who purchased Sunday breakfasts.

I would hope that Al-Anon members have been talking up our convention at every one of their meetings.

All the mailings have gone out and our Communication Chair, Tracey, will be doing email blasts.

We still need a Publicity chair. If anyone knows of anyone who would like to be on our committee can reach out to me at nysddiscovery2019@yahoo.com or contact me at 917-541-6166.

TEAM EVENT 2019 / Tracey S.

Together Empowering Al-Anon Member's / Sunday June 2, 2019

8:00am - 8:45am light breakfast & registration / 9:00am TEAM Event start – LUNCH included - 4:30pm Close

Location: **Westchester Marriott**, 670 White Plains Road, Tarrytown NY 10591

TEAM - Together Empowering Al-Anon Member's is a very special event, it is being organized in partnership with World Service Office staff (WSO), World Service Conference Trustees (WSC) and members of NY South Area Al-Anon. Our Area had the honor of being selected to host TEAM, as 1 of only 9 TEAM events held annually across NA. Come join us in celebrating and demystifying Al-Anon service work done by staff and volunteers at all levels of this wonderful organization. In selecting workshop topics, our goal is to spread seeds that will ultimately take root through deeper study and discussion at future workshops in our local districts and groups. We hope that by participating in the TEAM event you will find inspiration and enthusiasm for integrating further growth & service into your Al-Anon program of Recovery.

TEAM is a very special event, the time to attend is NOW!

REGISTER ONLINE AT www.nysaafg.org; click on CALENDAR & EVENTS and scroll down to “TEAM EVENT” or print off registration form and mail.

- Sessions at TEAM:

Service as a Recovery Tool

Giving – Our Spiritual Link to Gratitude: Al-Anon World Services in Action.

Spirituality in Money Matters

Inclusivity in Expanding Our Membership

Trustee Search

Teamwork as a Recovery Tool

Check your email for updates about the event.

**- There will be an Assembly meeting on Saturday June 1st 2019**

- Hotel Rooms available, DRs/GRs encouraged to attend, there is a small block of rooms.
- Sponsorship to be encouraged from Districts/Groups for DR's & GR's to attend TEAM & stay overnight if needed.

Around the Area – Continued



Archives 2019 / Tracey S.

Archives has moved

- Space has been acquired in Cube Smart, White Plains, a ten-minute ride from St Vincent's.
- Easier access for AWSC meetings & Discovery, also longer access hours.

Spring clean-up was on May 4th 2019

- Following the guidelines G30 from WSO a spring clean is planned in the near future.
- Some volunteers have offered to spend some time at the storage unit to reduce the unwanted papers and begin to organize the current items, please let me know if you can help.
- It is hoped the size of the space can be reduced with better organization.
- Create smaller lighter/boxes & store items on shelves to reduce storage area, then cost.

Projects for 2019

- Display of Achieve items at TEAM Event & Discovery is planned.

Future possibilities

- Digitalize - preserve on iCloud storage.
- Adding memorabilia to web site - there is a tab.
- Provide flash drives containing memorabilia for groups to share at workshops.

In *Paths to Recovery* - Concept 8, there's a quote from *Louis Remembers* (p. 303): Lois W., Al-Anon founder, wrote:

“We believed that Al-Anon leadership should initiate ideas, offer choices and perhaps emphasize aspects but leave it up to the fellowship to make the decisions”.

A detached, clear-headed ability to respond with courage and creativity is a quiet strength we seek in our leaders and in ourselves.

Can You Help?

- NYSAA Needs Support In Documenting Reports, Images & Items. Reducing & Organizing Storage Area.
- A Task Force Is Needed To Help Reduce and Organize Current Items Stored
- If You Are Interested In Doing Service In This Area
- Please Email Me: nys.area.archives@gmail.com



P.O. Box 2019 / Arthur S.:

I've been able to get back on a more regular schedule of picking up the mail almost weekly. I use my visits to the post office to attend a meeting nearby.

Around the Area – Continued**Area Forum-Literature Coordinator 2019 / Margaret C.**
girlmargaret@aol.com

I am so grateful for the opportunity to grow in service in our Area! I have found a lot of value in our conference-approved literature and have used it as a recovery tool since my first day in program – from pamphlets in my newcomer packet to books that I have borrowed from other members and purchased for myself. There are a lot of ways to share CAL with our other members, and one idea to consider is starting a lending library in your group. It's a great opportunity to share literature with new members who are just learning about our program, and with long-time members who may discover something new. A group subscription to The Forum can be another addition to a lending library, and issues make a wonderful gift to a new member. Thank you for asking me to serve in this position and I look forward to exploring and sharing about CAL with you!

**District 18 & 19 / District Representative / Arthur S.**

With District 21 as lead, all Manhattan districts sponsored a very successful Share-A-Day on the Upper West Side this past March 24. The topic was passages from "As We Understood...", read from the stage in 3 acts, followed by shares from the floor. Recovery, fellowship, and food were all in plentiful supply! We hope to collaborate with the other Manhattan districts on similar events in the future.

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

Lots of wonderful things have been happening in District 24 these past couple of months. We are proud to let you know our March 9, 2019 workshop entitled "Expect A Miracle" was a great success! We had 45 people attend from 5 different counties in our Area: Brooklyn, Staten Island, Bronx, Rockland and Westchester. The workshop included 2 sets of meetings plus our keynote A.A. and Al-Anon speakers who were wonderful! The greatest success was the coming together of numerous volunteers to make this event possible. Thank you to our Chairperson-Theresa G. and Hospitality Chair-Charmaine as well as countless others. A special thanks to the Lincoln Park Group where the workshop was held.

Additionally, on Saturday, March 30, 2019, District 24 hosted an AMIAS training at St. Vincent's Hospital in Harrison, NY. The training was facilitated by our Area Alateen Coordinator, Gerry L. We had 22 members attend from near and far. Of these, there were 20 Recertifications and 2 New Certifications. A special thank you to Gerry for giving up his time in providing this vital service for our members; Al-Anon and Alateen alike!

Also, we continue our search for one more member to co-facilitate an Al-Anon meeting at the Bedford Hills Women's Correctional Facility. One member from District 24 has stepped up to chair the meeting but we still need one more person. Won't you consider this noble and all-important service? Please let me know if you are interested.

Finally, this is the last year of my rotation as District Rep. Please consider giving service above the group level. In my 20 years of recovery, District 24 has always had a District Rep. Let's keep it going!

The Steps, Traditions, and Concepts

July [7] / August [8] / September [9]

Steps:

- 7 Humbly asked Him to remove our shortcomings.
- 8 Made a list of all persons we had harmed, and became willing to make amends to them all.
- 9 Made direct amends to such people wherever possible, except when to do so would injure them or others.

Traditions:

- 7 Every group ought to be fully self-supporting, declining outside contributions.
- 8 Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.
- 9 Our groups as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Concepts:

- 7 The Trustees have legal rights while the rights of the Conference are traditional.
- 8 The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.
- 9 Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership.

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.

