

# NEW YORK SOUTH ASSEMBLY AREA

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



Page 1 of 4

# Speak-Easy



Spring 2017 / April - June  
al-anonny.org



## The Officers and Coordinators of Panel 57

### Officers

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Alternate Delegate / Emily D-C. - [nys57altdelegate@gmail.com](mailto:nys57altdelegate@gmail.com)  
Chairperson / Ellen D. - [NYS.area.chair@gmail.com](mailto:NYS.area.chair@gmail.com)  
Area Secretary / Sue V.  
Area Treasurer / GraceMarie H. - [nystreas@gmail.com](mailto:nystreas@gmail.com)



### Coordinators

#### **Alateen / VACANT**

Archives / Paula A.  
AAPP / Lyna M.  
Discovery 2017 / Sabrina H. - [nysdiscoveryconvention@gmail.com](mailto:nysdiscoveryconvention@gmail.com)  
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### The Speak-Easy will be published four (4) times a year:

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 be 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.

### Dates for 2017:

**AWSC** = Sunday, January 8 / **Sunday, March 5** / Sunday, May 21 / Sunday, September 10

**Assembly** = Sunday, February 19 / **Saturday, April 1** / Sunday, June 11 / Saturday, October 21

**ABSOLUTE DEADLINE FOR ARTICLES = MAY 1<sup>ST</sup>, 2017**

## Discovery 2017: It Takes A Fellowship

### Registration Dates:

Super Early Bird = April 15<sup>th</sup>

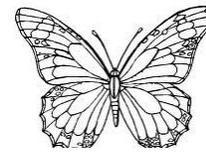
Early Bird = May 31<sup>st</sup>

Regular = July 1<sup>st</sup>





## Who we Are ...



### Alternate Delegate / Emily D-C.

Do you know when you hear a whisper from Higher Power to share in a meeting or put your hand up for service? That's what happened to me at the January 2017 AWSC\* meeting. When my term as District Rep (District 33, Brooklyn) ended in December, I decided to scale back and focus on being a service sponsor and Alternate DR for 2017. But when still-vacant Area positions were being discussed at the AWSC meeting, I felt an unexpected and palpable "nudge" from my Higher Power. My hand inched up and I found myself saying I wanted to stand for Alternate Delegate. I guess the "service bug" had bitten me!

Although I'd been an active Al-Anon member for many years, it wasn't until 2014 that I realized I was missing out on some gifts of the program—gifts our literature says comes from service. When the GR in my home group unexpectedly stepped down, I felt the same "nudge" from my Higher Power and raised my hand. Since then, I've acted as GR, AMIAS, District Rep, and Alternate DR. Through service work my spiritual recovery has deepened. Not only have I made new friends but I've found an awesome sponsor and service sponsor to support me in this amazing journey of discovery. All this happened because I trusted the quiet voice of my Higher Power.

*\*AWSC stands for Area World Service Committee, where District Reps and Area Coordinators and Officers set the agenda for each Area Assembly.*

### Area Secretary / Sue V.

My program teaches me: When asked to give service – always say, "Yes!" With that, let me tell you about how I was nominated at this month's Area World Service Committee (AWSC) meeting to be Area Secretary. I immediately accepted the nomination and one vote later, the rest is history! I took scrupulous notes at the AWSC meeting and to assure accuracy, I went home and typed them out that night. I never thought I would get so much out of recording the minutes and transcribing them but it was amazing how much I learned! I am truly grateful for the opportunity to serve our Area as Secretary. It is an honor and a privilege. Thank you all!

### Discovery Coordinator / Sabrina H.

Six months into the program I went to my first Al-Anon Convention. There I met a woman who invited me to her home group. Upon walking in those doors that Friday night I heard another woman sharing MY story. Raised in a home with much volatility but no alcohol, she learned it was best to act like wallpaper. She stayed out of the way because her lone voice did not matter. She too loved and married an alcoholic. Through her share I knew I had found a new home. That was 15 years ago.

Through Al-Anon I've gained a voice and learned that a leader does not need to be the loudest person in the room. As the Discovery Chair with the help of a Power greater than myself, I hope to bring to the Area three days of needed healing and fellowship for the whole family. My husband died of the disease last June at age 53. Doing this service is a labor of love and an opportunity to give back to a program that has given so much to me. I hope to see you this summer. "It Takes a Fellowship..."

## Around the Area



### P.O. Box / Arthur S.:

Checking the mailbox and forwarding the mail has become one of the most pleasant tasks of my work week. I've developed a close working relationship with the Area Treasurer and have been sending her a package more or less weekly. I'm grateful for this service opportunity.



### *Around the Area*

#### Area Delegate / Taaj J.

As the delegate I have been in touch with the Board of Trustees, and I am seeing what Concept 9 looks like in action! Good personal leadership includes courtesy and it is a pleasure to see it displayed in those who walk before me.

I am engaged in conversations with the other delegates and that has been eye opening. Many of the considerations that they ponder are issues which we, in New York South, have struggled with, and as such, it is interesting to see how others have approached it.

It is intriguing to me how, as my service proceeds, my recovery has been boosted in a sometimes painful, always growth-producing manner. The awareness on a day to day basis, of the spiritual aspect of the program, and in particular, around boundaries and honoring the service I bring as valuable, is something that has permeated my workplace. While there is a strength that the service has provided me with, it also gives me the capacity to walk away from unhealthy circumstances and is giving me a greater capacity to detach.



#### Forum-Literature / Marissa W.

This year we celebrate Alateen's 60<sup>th</sup> Anniversary! In 1957, the World Service Office (WSO) registered the first Alateen group, and within a year, there were 45 groups registered. Today there are almost 900 Alateen groups in the World Service Conference (WSC) Structure, which includes US, Puerto Rico, Bermuda and Canada. There are also approximately 700 Alateen groups in other countries.

I invite you to celebrate Alateen's 60<sup>th</sup> Anniversary by taking time to read some of the Alateen literature. There are several options to choose from. *Alateen-a day at a time*, *Courage to Be Me – Living with Alcoholism*, *Living Today in Alateen*, are a few titles to choose from. I am blessed to have the Alateen program in my home with our children and my husband and I have had the opportunity to read some of the literature. In my experience, I have found the Alateen literature to be easy to relate to and quite impactful. The collection of sharings from the teens in our program is a beautiful gift for all of us to benefit from. I can see my experiences and myself on the pages of these books. Our children often want to share what they have read in their daily readers. In fact, our son woke up this morning, read his daily reader to himself, and was eager to share it with our family. We sat down at the kitchen table together as he read the following passage from *Living TODAY in Alateen*:

#### **February 18 – pg. 49**

*"Before I came to Alateen, I never understood love. I was a caretaker and an enabler. If you loved me and gave me some attention, I'd do whatever you wanted. I didn't care how much I hurt myself or anyone else as long as you promised to love me. I caused myself pain and got into tons of trouble, but it just didn't matter.*

*Since I've been in the program, I've learned that love has no requirements. If you really love me, you will love me for who and what I am. I don't have to try to be someone else or please anyone but me. The better I feel about myself, the less I will need to depend on the opinions of other people.*

*Things to Think About: My Alateen experience has meaning throughout my whole life: it helps me feel welcome and it helps me love life!"*

It has taken me almost 40 years to realize that I didn't understand love until I walked into the rooms of Al-Anon. I could clearly see myself in that passage and also see my children's struggle with seeking attention in all the wrong ways and places. The fact that our son saw this defect in himself this morning at the age of 8 was mind blowing to me. Our program is working for my 8 year old; we are working to break the cycle of the effects of Alcoholism in our home. Alateen literature is helping our family tremendously!

I encourage you to order one of the Alateen daily readers. You can order it for yourself, for your group or certainly for a child/teen in your life that is suffering from the effects of Alcoholism. You don't need a teenager to get the benefit of the experience shared in the pages of these books.

Happy Anniversary Alateen!



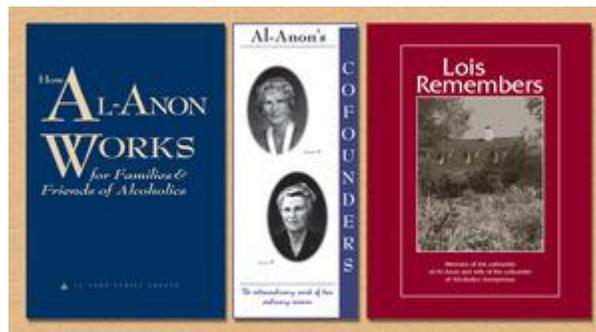
## What's New At the WSO...

### Acknowledging our cofounders

The March 4<sup>th</sup> birthday of Al-Anon's cofounder, Lois W., can be a reminder to express gratitude for her and her friend, and fellow cofounder, Anne B. The Al-Anon program exists today because of their "footwork" in the 1950s. Their recovery stories seem familiar because they, too, were affected by someone else's drinking.

To learn more about our cofounders, refer to:

- "Lois's Story" chapter in *How Al-Anon Works for Families and Friends of Alcoholics* (print edition B-22 and B-32, or audio book EB-22)
- *Al-Anon's Cofounders* pamphlet (P-87)
- *Lois Remembers* (B-7)



### How to greatly increase your chances of being published in *The Forum*

The WSO receives many sharings each month to be considered for printing in *The Forum* magazine. However, very few are submissions about the Steps, Traditions, and Concepts of Service (our three Legacies). Each issue includes articles about the Legacies of the month, so there is a constant need for these sharings. Write about one of the Steps, Traditions, or Concepts and you might improve your chances to see your words in print! Send your sharings to *The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617; or Attention "The Forum" at [wso@al-anon.org](mailto:wso@al-anon.org). You can also submit your sharing online by taking the following steps:

- Go to [al-anon.org](http://al-anon.org).
- Click on "Members' Site" on the right side of the screen.
- From the menu, select "Send your sharing."
- Enter your group name, followed by AFG as your password. (Example: Easy Does It AFG or mondayafg).

### Another tool for recovery

The cover story of the March issue of *The Forum* describes the value of writing an inventory of one's understanding of the Steps, Traditions, and Concepts of Service. The *Paths to Recovery Workbook* (P-93) makes this easy to do. This spiral-bound, three-hole punched workbook, a companion to *Paths to Recovery* (B-24), contains all the questions from that book with space to write answers.

**Available for \$10 US—or buy the book [(B-24) \$19 US] and the workbook for only \$25 US**