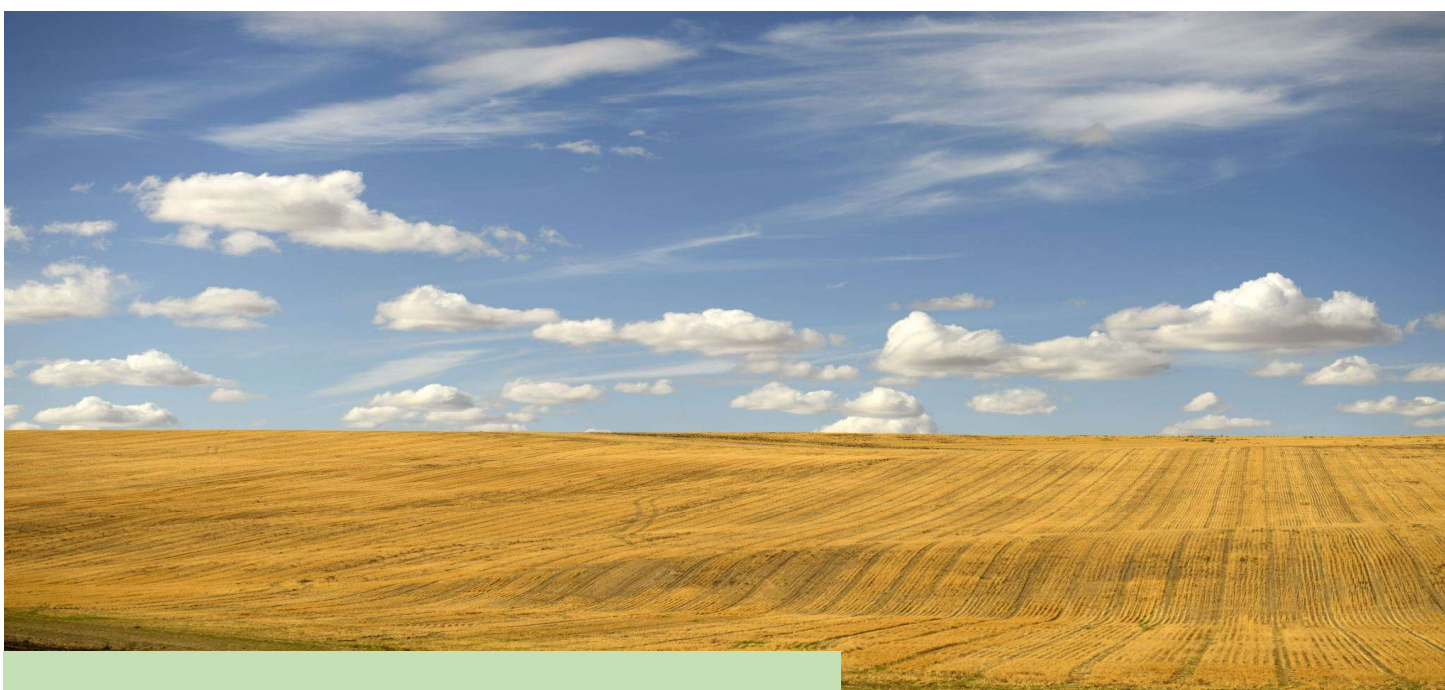


NEW YORK SOUTH AREA

Speak-Easy

NEWSLETTER

WINTER / SPRING 2026 /NY South Assembly online /También disponible en Español



DELEGATE'S CORNER

Greetings From Your New Delegate!

Hello, fellows! My name is Sarah M. and I am honored to have been elected as the Panel 66 Delegate for New York South. I have home groups on the Upper East Side of Manhattan (District 20), in Astoria, Queens (District 13), and online (District 36). I hope I have the opportunity to meet you over the course of my three-year term.

Continued on page 2

TABLE OF CONTENTS

Delegate's Corner	1
Alternate Delegate	3
Chairperson	4
Treasurer	6
Secretary	6
Archivist	8
NYC Intergroup Liaison	8
SENY Liaison	9
Newsletter	11
World Service Conference Structure	
Graphic	12

A little bit about me: I have been attending Al-Anon regularly since 2008 and started in service beyond the group level as a Group Representative (GR) in Illinois-North before moving to New York in 2012. Since then, I have served as a GR, District Representative (DR) of District 33 in Brooklyn, as Area Chairperson, and as Area Website Coordinator. Serving as Area Delegate is my biggest adventure in service yet, and I am excited to learn more about worldwide Al-Anon and to share that information with you

According to our (brand-new) *Service Manual* (p.148), the Area Delegate “is a channel through which information flows. The group conscience of Al-Anon can only work effectively if it is informed.” It goes on to say that the Delegate’s general duties are:

- To bring the Area’s viewpoint on matters affecting the entire fellowship to the [World Service] Conference and to return with a broader perspective on Al-Anon worldwide
- To be the bridge of understanding that links the groups in the Area with world Al-Anon to help them continue to function in unity
- To be the servant of Al-Anon as a whole

My vision for this role is to learn as much as I can about the group conscience in New York South (and if you’re reading this, odds are high your voice is a part of that!), so please don’t hesitate to reach out to me with your questions, concerns and ideas. On the flip side, I’ll also be learning as much as I can about worldwide Al-Anon, not just what’s going on at the World Service Office (which is of course very important), but what’s happening in other Areas, including innovations that might benefit us here.

I’m looking forward to serving alongside you for a wonderful Panel 66! Together We Can Make It, and as a dear fellow likes to say, Onward and Inward!

With gratitude in service,

Sarah M.

Panel 66 Delegate

nys66delegate@gmail.com

Sue V.- Alternate Delegate

Greetings! This is an exciting time as we come together in Al-Anon's 75th Anniversary Year. As Al-Anon members, we have been given an important opportunity to work and grow together in furtherance of the legacy that Lois W. and Anne B. started in 1951. Most importantly, we have a chance to strengthen our own recovery as part of this mighty fellowship which brings us serenity and restores us to sanity! And we are fortunate to have the paths of our Founders and of all those members before us to guide us on our journey.

As your new Alternate Delegate for Panel 66, my first official duty was to organize the annual **Area Audit** of our 2025 finances. This Audit took place on Saturday, February 21, 2026 and the results were reported at the Area World Service Committee (AWSC) meeting in May and again at the June Assembly. Another important role of the Alternate Delegate is to assist groups who are interested in conducting a Group Inventory. **Group Inventories are** a unique way our program provides groups with an opportunity for reflection and discussion as a means of keeping groups healthy. Group Inventories are described in WSO Guidelines (G-8a) and (G- 8b) and are encouraged by World Service. They can be conducted whether your group meets in-person or online. Simply contact me via phone, email or text to learn more.

And finally, I have been blessed with the responsibility of chairing the **Area's Concept Meetings** which occur prior to the Assembly Meeting. Usually the Concept meetings occur on the morning of and directly before the Assembly Meeting (in-person and virtually). Presently we are experimenting with conducting the Concept Meeting, virtually only, during the week or two prior to the Assembly meeting. The Concept Meeting for the first two Assemblies took place on Feb. 15, 2026 and May 31, 2026. Our topics, Concept 1, 2 and 3! Many thanks to all who attended. If you did not receive an email notice for this meeting, please let me know as soon as possible so you can be added to our Area email distribution list.

I look forward to our term together with enthusiasm and hope.

Love in Service,

Sue V.

Alternate Delegate

Panel 66

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Paula F.- Chairperson

Service is a Path to Recovery

Hello to all of my New York South Area fellow Al-Anon members!

This is my first Speak- Easy article as the new Panel 66 Chairperson. What an honor it is to serve all of you, the New York South Area (NYSA), and Al-Anon. I am truly humbled to be in this position, and to be able to serve and support the Area where Al-Anon was born in 1951.

This year is the 75th Anniversary of Al-Anon, and the theme is “75 Years, One Purpose”. There is no better way to capture the essence of Al-Anon and our purpose, than as expressed in this simple message. My message to you in this simple article is that “Service is a Path to Recovery”.

When I was sitting with and waiting for direction from my Higher Power and contemplating to be a trusted servant as the Chairperson , one of the steps to begin this process was to complete and submit a Trusted Servant Profile. As my first communication with all of you, I felt revisiting and sharing parts of my profile was a good place to start. So let us begin with the first question.

Why do you want to serve in this position?

That is an excellent question. What is my WHY? In many ways the “why” is part of my story. Growing up in a family within the generational disease of alcoholism, has shaped me into the person I am today. Being part of Al-Anon, peeling away at the onion of my recovery journey, has led me to embrace being of service in Al-Anon. I have come to understand, after much wrestling and listening to my HP, that service is one of the most important parts of healing from the family disease, and I can do this by giving through service in the New York South Area.

So that is my “why:” Healing through the fellowship of Al-Anon has led me to wanting to offer my service to serve in the Chairperson position. My HP has whispered into my heart that this is where I am ready to be.

The roots of my willingness to serve rests in what I have learned and gained from being in Al-Anon. It rests in the principle of Concept Four: Participation is the Key to Harmony. Our closing message states “Talk to each other, reason things out with someone else, but let there be no gossip or criticism of one other;” and the Al-Anon Declaration says “Let It Begin with Me”. These are the parts of myself and my hope that I humbly bring to this role and the NYSA team.

I want to give back to Al-Anon, for all that it has given to me. Al-Anon gave me my life and helped me grow up. It helps me grow up every day, using the tools of the program and especially service, to become the person my HP wants me to be. I want to continue to share my experience, strength and hope (ESH) with the New York South Area (NYSA) as it continues to evolve and emerge from the recent world-wide pandemic; to provide, with the

ESH of my fellow NYSA trusted servants and colleagues, the hand of a perfectly imperfect, curious fellow member, who's eager to learn and listen, a person recovering from the family disease of alcoholism.

With gratitude and love in service,

Paula F.

Panel 66 Area Chairperson

New York South Area 40

nys66chairperson@proton.me

HAVE YOU CONSIDERED SERVING AT THE AREA TO GIVE YOUR RECOVERY A JOLT?

We have three open Coordinator positions:

Technology Coordinator

Hybrid Tech Coordinator

Translation and Language Services Coordinator

For more information, please contact Paula F. nys66chairperson@proton.me

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New Topic for the Member Blog

How have you used technology as an ally in your recovery from the family disease of alcoholism?
Share your experience, strength, and hope on the Al-Anon Member Blog!

al-anon.org/topic-blog

#AlAnonBlog

Anne J. – Treasurer

These days, everyone is saying how much is going on in the world. I agree, it makes my head spin.

As in all things, Al-Anon gives me words to live by. “One day at a time” and “Keep it simple” guide me when I ask myself, “What do I need to do today?” What are simple actions I can take that are part of self-care and will help me feel grounded?

This is where finances come in. Many days, good orderly direction for me looks like taking time to record my income, to make sure all the bills are paid and up-to-date, and to reconcile my bank balances. It’s like resting or eating well.

Since January, in my new role as Treasurer, I have taken on many actions like these for the Area. I think of it as self-care for the Area. In isolation, each action might not sound so exciting: I have driven to Long Island to pick up file boxes, met at my local TD bank to add new signers to the bank account, updated emails with our vendors, met with a trusted servant to make a hotel reservation, studied the guidelines (and participated in a group conscience) to understand reimbursement for our trusted servants. But, taken together, these day-in and day-out steps help me to slow down and do first things first. I try to take actions where I can and where I need to, and leave the rest up to Higher Power.

Thank you to the Area for entrusting me with the Area finances.

Anne J.

Panel 66 Treasurer

nys66treasurer@gmail.com

Margaret P. – Area Secretary

Coming Home to Serve

Early on in my recovery my sponsor stressed how vital service is to our program. It was a way of giving back to the fellowship that gave us so much, a way to say thank you and help keep the program moving forward. I started doing service in my home group less than two months after I joined, and I stayed in service for many years afterwards – in groups, Westchester/Putnam Al-Anon Information Service (AIS), Districts 25 and 26, and New York South Area (NYSA).

What I don't hear enough is that it is possible for us to burn out in service. When I was doing Al-Anon service with AA, AA members shared their experiences with taking a break from service below the group level. I was astounded, "You can do that?!" It never occurred to me that taking a break from service was a form of self-care. I took a sabbatical from doing any service for over a year, and only signed on for group service over the next two years.

In the back of my mind, I missed NYSA. There are so many wonderful members that I would not have connected with if I hadn't attended Area World Service Committee (AWSC) meetings and assemblies, and I missed the fellowship we shared at these gatherings. By this time, I had a new sponsor who encouraged me to wait to go back to the Area, because it was clear that I wasn't yet ready. Whenever I thought about NYSA, I would pray to my HP for guidance, and the message was always that I needed more time to consider why I wanted to go back – did I just want to be around my Area family, or did I want to serve the fellowship at the Area level? I was not yet ready to commit to service below the group level.

When we are ready, HP lets us know, and mine let me know in the form of a phone call one night, from a fellow I had spoken with at the South East New York (SENY) AA convention about eventually coming back to do service at the Area. She asked me if I would consider submitting a Trusted Servant Profile (TSP) for the next Assembly and stand for an officer position. I immediately called my sponsor to talk about it. He took a deep breath and said, "Ok, let's do this."

"Let's..." a reminder that we do not do this alone.

I submitted my TSP and.... I was not selected for the position I stood for. I thought that was my sign that I wasn't meant to come back yet. But HP is in control, and sent me his message in the form of phone calls and texts from Area members who asked me to stand for another open officer position.

I called my sponsor again...and again he said "Let's do this."

I resubmitted my TSP at the same Assembly, and that afternoon, my Area family brought me back into the fold to serve as Secretary. Just like that, I'm back in service. I truly feel like I am home, and I am so grateful to have our Area members as part of my recovery family.

Margaret P.

Panel 66 Area Secretary

margserverafg@aol.com

Pat G,- Area Archivist

New York South, the birthplace of Al-Anon!

Preserving our New York South (NYS) Area history is top on my list as your new panel 66 Archivist.

One of the ways to contribute to the documentation of our history is have our long-timers fill out the AR-1 form, which asks about their Al-Anon beginnings.

How wonderful would it be if we could read about those in our Area who met Lois, or formed a new group back when Al-Anon was new.

Email me and I will send you the form for yourself or to give to someone you know who has a rich history we can document.

Interested in the history of Al-Anon?

Pat G.

NYS Archivist P/66

nys66archivist@gmail.com

Fred G. – NYC Intergroup Liaison

Intergroup needs board members. There are only 3 at the current time, the minimum amount.

We are also looking for phone answering people. Also someone to head the team. Also we could use a new liaison as I would like to step down by November.

Please contact office@nycalanon.org

Fred G.



2026 SENY CONVENTION

was a great SUCCESS!

We were pleased to welcome several Newcomers and Alateen participation.

Please find the highlights and attendance report for the South East of New York Convention

THREE AL-ANON TABLES: Al-Anon and Alateen English and Spanish Information Tables were staffed with free magazines, pamphlets and bookmarks. Books were also available for purchase.



- Speakers: We featured two wonderful Al-Anon speakers on Friday at 8:00 PM and Saturday during "The Family Afterwards" meeting. Both sessions saw great participation.
- Alateen Participation: the workshops on Saturday included a "Let's Talk about Alateen" open meeting and a closed meeting (Alateens and AMIAS only) .
- Other Workshops: The "Communication in Relationships" meeting at the Tarrytown Ballroom featured a game where people interacted with each other.
- Attendance Summary: Approximately 1,200 participants (pending the final AA report in June)
- Scholarships: 8 scholarships were awarded at \$31.00 each.

2026 Program Attendance - 22 meetings were planned: 12 in English and 10 in Spanish:

- Participation is the key to harmony!

Thank you for all your service, love and dedication!

- Our Friday night Al-Anon speaker (recordings will be available at aaseny.org).
- The NYS and CT members who participated at the SENY Planning meetings
- The Al-Anon members who designed the flyers and program signs.
- Our English and Spanish workshop program chairs.
- Our bilingual secretary for preparing minutes in both languages.
- The Alateens and AMIAS (Al-Anon Member Involved in Alateen Service) who participated.
- NYS Area, NYC Intergroup, and Westchester AIS for providing literature.
- Our Area Webmaster and Tech Coordinator (Panel 63) for their digital support.
- Our Area Treasurer (Panel 66) for managing all payments.
- The members who coordinated transport and storage.
- The volunteers who set up tables, prepared welcome packages, and greeted newcomers.
- The facilitators and speakers who shared their experience, strength, and hope.
- My service sponsors for their guidance since day one.

We hope to see even greater Al-Anon and Alateen participation at the upcoming SENY Convention.

We invite representatives from all districts in our Area to attend. If you are interested in sharing ideas, please join us and invite others; everyone is welcome to serve, including members of both the Al-Anon and AA fellowships.

I wish you a wonderful and relaxing summer break. Please note that the date for our September meeting will be decided by group conscience during the June meeting.

Paula V.

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Judy H. – Newsletter Coordinator

We are back! Welcome to Panel 66's premier issue of The Speak-Easy, the newsletter for our New York South Area (NYSA). Panel 66 began on January 1, 2026 and our three-year term ends on December 31, 2028. We have new Officers, Coordinators, District Representatives and Liaisons and they will be introducing themselves in these pages.

Many of our members are familiar with the happenings of our NYSA. Many of our members are not. If your group does not have a Group Representative (GR) or your district does not have a District Representative (DR), you may not be getting this information. More importantly, our Area is not getting your group's voice and vote. As we all know, Concept 4 states "Participation is the key to harmony".

We have attached the World Service Conference Structure Graphic to the end of this issue. It is a simple explanation of our service structure and is also free and downloadable from the World Service Office's website, al-anon.org. We are also implementing a Question and Answer Column. If you have a specific question, please do not hesitate to ask. You can send it to my email.

Yours in service,

Judy H.

Area Newsletter Coordinator

nys66newsletter@gmail.com

SAVE THE DATES

The next Area World Service Committee (AWSC) Meeting is September 20, 2026.

The next New York South Area Assembly (NYSAA) is October 17, 2026.

More information to come.

The following World Service Conference Structure Graphic Reprinted with permission of Al-Anon Family Group Headquarters, Inc., Virginia Beach, Virginia, USA. It is also available as free and downloadable at al-anon.org

World Service Conference Structure Graphic



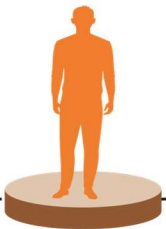
Members in a group elect a **Group Representative (GR)**.



The **GR** is the liaison between the group and the District and the group and the Area Assembly.



The **GRs** in a District elect a **District Representative (DR)**.



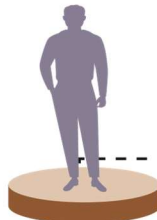
The **DR** represents the District's groups at Area World Service Committee (AWSC) meetings.



The AWSC consists of Assembly Officers, which includes the Chairperson, Delegate, Alternate Delegate, Treasurer, and Secretary; **DRs**; Coordinators (such as Alateen Coordinator and Literature Coordinator); and liaison members (such as Al-Anon Information Service Liaison).



The **GR** attends the Area Assembly to elect the **Area Delegate**, hear reports, and participate in Area service projects.



The **Area Delegate** attends the annual World Service Conference (WSC) and is the link between the groups and the WSC and the groups and the World Service Office (WSO).



World Service Conference

The composition of the WSC includes the **Area Delegates**, Volunteer members of the Board of Trustees and the Executive Committee, and voting members of the WSO administrative Staff.

Ultimate Authority

Delegated Responsibility