

District 20 Al-Anon Newsletter

November 2021

Area Meeting November 6

8:30-9 login

Group Reps vote

Everyone has voice

Zoom ID: 862 9500 9451

Zoom Password: 918228

Convention Meeting November 7

4pm-5pm

Zoom ID: 229 846 323

Zoom Password: 191 212

Everyone welcome

Try our website at: district20al-anon.org

Step11: 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.

Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films. We need guard with special care the anonymity of all AA members.

Concept 11: The World Service Office is composed of selected committees, executives, and staff members.

Al-Anon Quote

It really adds up to this: that we're not satisfied with ourselves, and we can certainly do something about that. (ODAT page 309)



Mary's Musings

November is a month of gratitude. When I came to Al-Anon and heard people talking about being grateful, I thought they sounded like "Pollyanna". My understanding was as long as I refuse to think of the troubles I have, I can be grateful. But as I work the program, I see it has more to do with focus. My old habits were to focus on the bad and try to "fix" it. That meant I was trying to manipulate people to do things my way. That didn't work out too well for me. Although it may have given me brief moments of "success", it did not give me a consistent feeling of good will. What I learned in these rooms was that I need to look at the big picture.... and I'm not in charge!! I need to be grateful for all the little things and people in my life and acknowledge them. That sets me on a positive note. When I can turn it over to my Higher Power, I can then focus on what I can change or control - me. It sounds so simple, doesn't it? It's simple, but not easy because I continue to fall back into my old habits and ways. I'm grateful every day for the fellowship and program I have found in Al-Anon. Thank you all for being who you are.

