

District 20 Al-Anon Newsletter December 2021

SIAWSC Meeting
January 8, 2022
Zoom ID: 827 0415 2983
Passcode: 882221
Meeting starts at 9am

District Meeting
January 23, 2022
Zoom ID: 886 9770 5668
Passcode: kindness

Convention Planning Committee
All are welcome
December 5, 2021
4pm-5pm
Zoom ID: 229 846 323
Passcode: 191 212

Try our website at: al-anonpeoria.org

Step 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.

Tradition 12: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

Concept 12: The spiritual foundation for Al-Anon's world services is contained in the General Warranties of the Conference, Article 12 of the Charter.



Al-Anon Quote

"With the serenity I find in Al-Anon many of my difficulties solve themselves without my help" (ODAT page 356)

Mary's Musings

This is the time of year I often get together with family or at least think of my family. I think of my relationships from a young age. Where did I get those attitudes? Those unspoken rules? The ones that can push some siblings aside and draw others closer. The attitudes that paint one with irritation and another with no wrongs. Did I gang up on a sibling to make myself feel better? Do I want to continue that behavior? The attitudes I grew up with feel like they're in my bones. They put

me in my comfort zone. But does that mean I want to keep them? Now that I'm an adult, can I decipher my immediate reaction to a sibling and decide if it's true? Al-Anon has given me the gift of pausing and listening. I do not have to engage with a family member if I feel it is detrimental to my serenity. I don't have to replay my old interactions. I learned certain opinions in my youth. Do I want to react in the same way I used to?

After attending the Gratitude meeting, I have so many additions to my thinking. Although I can't change my past, I can "transform my way of thinking." When I'm unsure about action, I can do the "next right thing". "Thankfulness takes the sting out of adversity." I will "Practice these principles in all my affairs and if I can't, I will limit my affairs."

My Al-Anon program has gifted me a new relationship with my Higher Power, family and friends. I am grateful for all of you in this holiday season and look forward to a peaceful December.

Mary

Zoom meetings have been a saving grace for many of us. And because the pandemic is so volatile, some members have not gone back to person to person meetings. If you'd like to donate to your zoom meeting, be sure to ask at your next meeting where you can send that donation. There will be an answer for you. On the following page, some are listed. Thank you.