

District 20 Al-Anon Newsletter

January 2022

Go to al-anonpeoria.org to see website

Step 1: We admitted we were powerless over alcohol-that our lives had become unmanageable.

Tradition 1: Our common welfare should come first; personal progress for the greatest number depends upon unity.

Concept 1: The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.

SIAWSC Meeting
January 8, 2022
Zoom ID: 827 0415 2983
Passcode: 882221
Meeting starts at 9am
Login 8:30-9am

District 20 Meeting
January 23, 2022
Zoom ID: 886 9770 5668
Passcode: kindness
1-3 PM
Login 12:45-1



Convention Planning Committee
January 2, 2022
Zoom ID:229 846 323
Passcode: 191 212
All are welcome



Mary's Musings

January 2022? How can that be? A new year, a new slate- what will I do with it? Make promises that I will toss within days? Forget all that I've learned in the past? I will breathe. I will take it one day at a time, even one minute at a time. I will continue to attend meetings, reach out to others, and read my literature and I'll be grateful for so many people in my life.

Al-Anon has taught me that I can only change myself, that my role in life is to get to know myself, to concentrate on determining why I do what I do. When I feel that emptiness inside, it does not mean I should manipulate someone else. It means I should open my books and focus on "Changing the things I can." And what I can change is my attitude.

Respectfully yours,

Mary P District Rep

Forum News

If you enjoy reading the Forum, you can also share some of your personal insight. Sharings can range from 150-800 words, and Step, Tradition or Concepts sharings range from 200-400 words. Send to: The Forum, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617: or submit to wso@al-anon.org If you want to subscribe to the

Forum, contact al-anon.org/forum

Al-Anon Quote

The Serenity Prayer

**God, grant me the serenity to
Accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference.**