

District 20 Al-Anon Newsletter

February 2022

Go to al-anonpeoria.org to see our website

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition 2: For our group purpose there is but one authority - a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants- they do not govern.

Concept 2: The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.

Future Business Meetings for your Calendar

SIAWSC: May 21 and September 17

SIAFG: March 12, July 16 and November 12

District 20: June 5 and October 9



Mary's Musings

I came to Al-Anon because I needed help. I was a mess. In every meeting I attended, I found experience, strength and hope . I felt like I was being wrapped in a warm blanket that sheltered me. The gentle spirit of Al-Anon is what kept me coming back. The ability of members to listen and not judge was a miracle to me.

The facets of the Program are simple, yet global. Don't take things personally. Pause before you speak. We don't have to engage and argue. Let my Higher Power set the stage. Do something nice for yourself every day. Forgive yourself. Don't be so hard on yourself. Live and let live. Be grateful. The only person I can change is me.

If I can only change me, then I want peace and serenity in my life. How do I get that? By shutting my mouth, by pausing before speaking, by being grateful, by loving instead of fearing, and connecting with my Higher Power. Have a loving month of February.

Your trusted servant,
Mary P

Al-Anon Quote

Without this program I could not have appreciated how truly wonderful my life can be in spite of difficult situations.

(CC page 34)

