District 20 Al-Anon Newsletter
April 2022

Go to al-anonpeoria.org to see our website

Step 4: Made a searching and fearless moral inventory of ourselves.

Tradition 4: Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.

Concept 4: Participation is the key to harmony.

Upcoming events:

SIAWSC Meeting: May 21, 2022 8:30 sign in 9am-11am
Zoom ID: 876 4133 3859 Zoom Passcode: 785168

Conflict/Resolution Meeting: May 12, 2022 6pm
In Person at Unity Church Basement
3117 Avalon Place, Peoria
Bring Deserts; water and tea will be served.
Contact Janice B for more info at jjb3329@aol.com

Some Business Notes

Al-Anon's core is it's weekly meetings. To continue to have healthy meetings, there is a business side that connects us to the World Service, the Area Al-Anon, and the local District. We want to continue to follow the steps, traditions and concepts and keep in touch. In order to do this at the local District level, we have officers: **District Representative, Alternate District Representative, Recording Secretary, Group Records Secretary, and Treasurer**. They meet three times a year. Every weekly meeting has a **Group Representative** that attends those three

meetings in order to inform their home group. Along with officers, there are coordinators. This includes: **Archives, Alateen, Answering Service, Fellowship, Forum/Literature, Meeting List, and Public Outreach.**
This year of 2022 is Election Year. That means that in January 2023 the people holding these positions will change over. It is time to pray about service and how you can help out. Every volunteer in Al-Anon is just that - a volunteer. We do what we can and are not professionals. We help each other form a healthy Al-Anon District so that responsibility flows. It is not just one person's responsibility. Join in the service and grow.

Mary's Musings

Conflict in my life has been a source of fear and avoidance. I hate it. Arguments, yelling, bullying can send me straight to my fear stage. I want to hide. I want the conflict to go away. I freeze up. Then I decide to placate the person who is the source. In the end, I resent that person for "making me feel this way". I have a long history of this character defect and have not been fully successful in understanding and modifying my reaction to it.

Reading through some of my Al-Anon literature, I see some light. I've read that others go through the "freeze" state like I do. One reading mentioned that the fear might be tied to lack of confidence. Wow! That struck me. I have a long history of feeling "not good enough" or "smart enough". I found in that reading that I was not the only one ever to feel this way. That reading also let me know that the source of fear was ME. Conflict will happen in every human's life. Does everyone react the way I do? Absolutely not. I know many who thrive in conflict and I know others that are calm throughout conflict and can state their opinions. I strive to be like those calm people.

As I've been coming to terms with this part of my life, my Higher Power must have been listening. I got notice that Al-Anon is setting up an in person meeting about Conflict/Resolution. This meeting is to talk about using the steps and traditions to help a person get through a conflicting time in a new way. I'm blessed to be in Al-Anon and to know so many of you. I hope to see you on May 12. Thank you for being you.
Your Trusted Servant, Mary P, District Rep