

District 20 Al-Anon Newsletter

May 2022

Check out our website: al-anonpeoria.org

Step 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Tradition 5: Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

Concept 5: The rights of appeal and petition protect minorities and insure that they be heard.

Upcoming events:

SIAWSC Meeting: May 21, 2022 8:30 sign in
9am-11am -meeting 9-11 meeting

Zoom ID: 876 4133 3859

Zoom Passcode: 785168

District 20 Meeting (In Person)
Sunday, June 5 1-3pm
First English Lutheran Church
725 E. Forest Hill Ave. Peoria

More Upcoming Events

Fellowship meeting on Conflict/Resolution

May 12, 2022 6-8pm Unity Church Avalon Place, Peoria, IL

Bring Reaching for Personal Freedom book if you have it.

There will be speakers and small group interaction. Water, tea and coffee served. Bring deserts to share.

Quilting Bee Fellowship

May 14, 2022 1-3pm

Jane P's house 310 Elizabeth Pointe Drive Germantown Hills

We have the quilt squares, embroidery floss, needles, etc. If you have notions you'd like to use or share, bring them. Come on over!

Mary's Musings

In Al-Anon we talk about motive: Why do I say what I say and do what I do? Fear seems to be my "go to". In any new situation I have fear shuffling around in my brain. It's low key, but can turn high very quickly. As I work my program, I keep coming up against fear. Huh! Fear has been a great motivator in my life. But I'm starting to graduate to the fact that the fear stems from anger, resentment, and bitterness. I would rather think of myself as a fearful, powerless person than an angry, bitter person.

The denial I have in accepting the fact that I have angry, bitter feelings helps to promote my swirling thoughts. Resentment gives me the idea that the other person did not perform correctly and so I can blame that person rather than looking at myself. Fear tells me that I must hide and pretend. Dishonesty pops up when I'm afraid of a person's response, because I am a people pleaser. Jealousy happens when I compare my situation to another and then I piggyback on martyrdom.

Al-Anon teaches me that the denial was a tool that I used to help me through past circumstances. And becoming aware of my denial is my chance to grow. Now that I have become aware of my denial, I can accept it. The peace I find in just admitting I'm angry is worthwhile. The next step is to take action. But what action should I take?

Once again, I look to Al-Anon which tells me that one of my primary responsibilities is to take care of myself. It is not my job to change the past, future or other people. I have choices. Since I

have come to this realization of negative feelings, I thank my Higher Power for helping me to get to this place. I become more aware of the times that I feel the mushy brain set in. When that happens, I ask myself what am I angry about? How can I free myself from this feeling? Can I tell a person I don't agree with him/her? Can I decide I don't have to make everyone happy? Can I let go of the moment where I feel the need to make this other person happy instead of myself? This is definitely the start of a new phase for me. It's taken a long time to get here and I'm up for the challenge. It's going to take inner questioning, being good to myself, meetings and phone calls. The family of Al-Anon is here for me and everyone else. Thank you for being you.

Your trusted servant,
Mary P District Rep

Al-Anon Quote

Each indecision brings its own delays and days are lost lamenting over lost days...What you can do or think you can do, begin it. For boldness has Magic, Power, and Genius in it.

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