

District 20 Al-Anon Newsletter

June 2022

Check out our website: al-anonpeoria.org

Step 6: Were entirely ready to have God remove all these defects of character.

Tradition 6: Our family groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.

Concept 6: The Conference acknowledges the primary administrative responsibility of the Trustees.



District 20 Meeting

June 5, 2022

1-3pm

1st English Lutheran Church

725 E. Forest Hill Ave.

In person meeting, Church asks us to please wear masks. Park in front parking lot. Signs will guide you to meeting room.

Mary's Musings

People pleasing and peace making was my task growing up. In a family with 6 siblings, someone was always upset. I found a way to fix that. I hated conflict, so I took it in my hands to make everybody feel good. Doing this helped me distract myself from own feelings. Consequently I had to look to others for approval.

This way of living grows old. Relying on others to tell me I was worthy gets exhausting. I thought I was filling a hole in my heart, but those good feelings didn't last. Constantly taking actions in order to feel approval was taking away any serenity I had. I was also giving away my power; in essence I was living as if every human in my life was my Higher Power, giving away my own spiritual life.

Al-Anon is such a miracle in my life. I learned that I had to find myself, take care of myself, get to know who I am. I also learned that being a people pleaser isn't all bad. It's just when I take it to the extreme, I end up harming myself. Changing habits of a lifetime will not happen

overnight. But working the program, I have become aware. I'm able to accept and take action. Now I am more focused on myself and my spiritual life. With the help of my meetings, my sponsor, every member I meet, I will keep working my program one day at a time.

Your trusted servant,

Mary P

District Rep

Al-Anon Quote

"Your vision will become clear only when you can look into your own heart. (CC Pg. 9)

Area Meeting

July 16, 2022

8:30-2

Zoom ID will be announced at later date.