

District 20 Al-Anon Newsletter

July 2022

Check out our website at al-anonpeoria.org

Step 7: Humbly asked Him to remove our shortcomings.

Tradition 7: Every group ought to be fully self-supporting, declining outside contributions.

Concept 7: The Trustees have legal rights while the rights of the Conference are traditional.

Area Meeting July 16,2022
8:30 am log in
9am-2pm Zoom
Zoom ID: 867 9481 1574
Zoom Passcode: 419746

AFG Convention October 14-16
Wyndham Springfield City Centre
700 E. Adams St
Springfield, IL 62701
Register for Conference at:
al-anonpeoria.org Click Save the Date on
main page announcements

AL-Anon Quote

When my thoughts are centered on learning to live, I will be less tempted to involve my mind with the thoughts of how others live. (ODAT page 215)

Mary's Musings

I am a summer person. I love the warmer weather, and yes, even the hot weather. I love seeing life come back to the gray landscape of winter. To see my flowers popping up, surprising me, multiplying from year to year, is lovely. In summer when I want to feel blessed, or change my attitude, or just feel full in my heart, I “walk my yard”. It puts me in touch with my Higher Power and fills me with peace.

When I look back at my life, my most depressing days take place in cold, dark winter. These are the days that I obsess about my faults. These are the days I get stuck in negative thinking. I get to the place where I think nothing is good. My life is awful. I’ll never be happy again. Along with those negative thoughts, I continue with the obsession of fixing. How can I fix him, her, life in general? What Al-Anon is teaching me is that obsession is not a fix. Obsession is a character defect that brings chaos and not peace. But how do I banish it?

I contemplated the feelings I get in nature and realize that I can FEEL “letting go” my worries. It’s like taking off a coat that has weighed me down; all those feelings of inadequacy, fear, and anxiety. In nature they melt. So when I conclude that I am letting go, I can have an intention that I can use in winter and gray days. I can ask that my sad, inadequate feelings be taken away - just for a minute, just for an hour. That relief, that feeling I get in nature is what I’m after. That feeling of release is something I know in my bones. And I know that if it was summer and I was feeling all of these thoughts that haunt me in the cold, I would walk the yard and feel lighter. I would feel serenity. That is what I’m after. I now have a plan, using Al-Anon that will help me over the hard spots.

This sounds so simple to many of you, but for me, it was an awakening. I prayed, but didn’t really know what to pray for. When I have that intention and know what it feels like when I do let go, it makes sense to me. I knew my obsessions didn’t work, but wasn’t sure how to let them go. Relating to the wonderful feeling I get in nature, I know what I’m after. Now I have intentional prayer. And I know that it is possible because my connection to my Higher Power has proved it to me time after time.

This is not a denial of hard times in my life. It is a lifting of my heart so that I can find the next right step in my life. I need to be able to let it go, even for a minute, because that gives me the grace to breathe. It gives me time to be grateful.

Changing habits is not an overnight feat. And life will always challenge me in certain ways. It will take time, patience and prayer. Al-Anon is that miracle that is giving me clues and support to better living. The tools in the program continue to pop up: the meetings, the slogans, the sponsors, the readings. It goes on and on. One mantra I will continue to whisper to myself is: I’M NOT IN CHARGE! As

always, I'm so grateful to all of you in Al-Anon, for sharing at meetings, for being who you are.

Your Trusted Servant,
Mary P District Rep

Learn the Website - It's fun! al-anonpeoria.org

1. The first page is an introduction of who Al-Anon is . In that explanation is a blue question that can be clicked on. It has a quiz that helps newcomers decide if this is the right place for him/her. At the end of the first introduction is a note that says: Learn More About Al-Anon. You can click on that for more information.
2. Also on this page is a scrolling notice in blue that has current announcements.
3. Now, let's go back to the picture at the top. Underneath that picture are words that can be clicked on. Home, Meeting list, Resources, Calendar, Contact us.
4. Click on any of these to find a new page on the website. When you want to go back to the first page you were on, click on Home below the picture.
5. The calendar has events listed. For more info on those events, hover your cursor over the event. It will give you more details.
6. The newsletters are on the resource page.

If you need any help navigating this website, contact Jane G at janemgumm@yahoo.com or me at mepirtle@yahoo.com We'd be happy to help. The website is becoming our information station.