

District 20 Al-Anon Newsletter

August 2022

Find more info on our website: al-anonpeoria.org

Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

Tradition 8: Al-Anon twelfth Step work should remain forever non-professional, but our service centers may employ special workers.

Concept 8: The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.

Going to the Convention???

October 14-16, 2022

Wyndham Springfield City Centre

700 E. Adams Street

217-789-1530

Registration fees are \$30 from August 1-Sept. 30

Fees will be \$35 from October 1-at the door

To Register go to: al-anonpeoria.org

On the main page, click on [Register](#), which is scrolling under the picture. If you need help, contact your Group Rep or me at mpirtle@yahoo.com

Al-Anon Quote: The beginning of love is to let those we love be perfectly themselves and not to twist them to fit our own image. (CC 244)

Mary's Musings

I have enjoyed sharing many of my musings over the past months. It has helped me work my program and process my thoughts. I find writing it down helps me. Here is another Member's Musings.

Member's Musings Step Eight Thoughts

As I come to the eighth step I realize it tells me that everyone matters. I remember the slogan "...but for the grace of my Higher Power, there go I." I know nothing about what each person faces each day or what they have gone through.

Each step in the program has brought me to this one. Now it's time for me to look at my part in my 'unmanageable life'? As I write each name on my list, I write my part in the incident. Resentments, hurts, blame, shame can all be erased as I acknowledge how my actions have done harm to others. Also I decide

what changes I want to make in my behavior and reactions.

Step 8 tells me I am not alone in my character defects and there is a way to remove them. By admitting and naming my part in the harm I've done, I open myself to my Higher Power's healing. Jan C

The next District meeting is scheduled for October 9, 2022. It will be in person at the 1st English Lutheran Church at 725 E. Forrest Hill, Peoria. This is the Friday morning location. We will attempt to make it hybrid. It's an exciting time. Rotation of Service is coming up. After a 3 year term, members can step down and allow new people to serve. I'll be sending more information out soon. Put Oct. 9 on your calendar.

Your trusted servant,

Mary P

District Rep