

District 20 Al-Anon Newsletter

September 2022

Find more info on our website: Al-Anonpeoria.org

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition 9: Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Concept 9: Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership.

Going to the Convention???

October 14-16, 2022

Wyndham Springfield City Centre

700 E. Adams Street- Springfield

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: Even the darkest of moments can be faced with a grateful heart, if not for the crisis itself, at least for the growth it can evoke with the help of our Higher Power.(CC pg. 282)

Member's Musing

I am sharing a musing from a local member, Joan K, who wrote an article for the Forum in February, 2022. The Forum, Al-Anon Family Group Headquarters Inc. has given permission to reprint.

The Color of Hope

Looking out the window one frigid February day, the scene before me was dull and colorless. Snow was flying, the ground covered in white, and gray, naked trees blew forlornly in the wind. I had just ended a phone call with my alcoholic son because one of my comments sent him into a rage. I felt bewildered, but I used my Al-Anon tools to decide it was best not to engage. I know I don't have to participate in hurtful behavior. I received dozens of text messages and phone calls from him after we hung up, and I finally made the choice to silence my phone.

When I looked out the window again, I was reminded by my Higher Power that prayer, Al-Anon meetings, and literature could help me see that under the snow and dirt are flower bulbs that will soon break through with vibrant colors. "This too shall pass." I can trust that green grass, leaves, and colorful blossoms will come.

Earlier that morning, I had attended an electronic Al-Anon meeting. One of the readings was from page 85 of

Courage to Change (B-16), which gave me a healthier perspective on my phone call with my son. It clarified who I am responsible to and what I am responsible for (myself) and who and what I am not (my alcoholic son). That one page was full of truths and fruitful wisdom that refreshed me in the midst of my loved one's insanity. I am grateful to Al-Anon for giving me the perspective to see a brighter color scheme for my life. Today, I will bloom where I am planted, knowing there's help and hope in Al-Anon.

By Joan K, Illinois

District 20 Elections Coming Up

Al-Anon's meetings are important for our growth. In order to keep meetings going and healthy, we need a business side that keeps us involved with WSO, Southern District, new literature and such. Al-Anon believes in rotation of service with 3 year terms. Many of the positions take little time, but need to be done for coordination. Here are the officer positions and coordinator positions. Please attend the October District meeting to view the business side and serve.

Officers: District Rep, Alternate District Rep, Recording Secretary, Treasurer, Group Records Secretary

Coordinators: Alateen, Answering Service, Archives, Fellowship, Forum/Literature, Meeting List, Public Outreach, Website/media

Talk with others, ask questions about this service, contact me if you have more questions. We need members willing to serve.

Mary P. mepirtle@yahoo.com

Join us at the District 20 meeting to be held October 9, 2022 from 1pm-3pm at the 1st English Lutheran church, 725 E. Forrest Hill Ave. Peoria. The hybrid portion will be sent out later.

SIAWSC Meeting

Southern Illinois Area World Service Committee

Saturday, September 17, 2022.

Zoom ID: 897 2917 0322

Passcode: 237756

9am-11am

8:30-login