

# District 20 Al-Anon Newsletter

## October 2022

Find more on our website [Al-Anonpeoria.org](http://Al-Anonpeoria.org)

**Step 10:** Continued to take personal inventory and when we were wrong promptly admitted it.

**Tradition 10:** The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.

**Concept 10:** Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.

District Elections- October 9, 2022

Hybrid Meeting

1st English Lutheran Church

725 E. Forrest Hill Ave, Peoria

1-3 pm

Zoom ID: 886 9770 5668 ( This is same code as Monday Morning)

Zoom Passcode: kindness

### Al-Anon Quote

"Let us spend one day as deliberately as Nature, and not be thrown off the track by every nutshell and mosquito's wing that falls on the rails. (CC 318)

Please consider writing about one of the Twelve Steps, Twelve Traditions, or Twelve Concepts of Service, as your World Service Office receives very few sharings about them. Submissions should range from about 200 to 400 words. Send your articles to *The Forum*, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617; to [wso@al-anon.org](mailto:wso@al-anon.org); or submit online.

Convention is here!!!

October 14-16

Wyndham Springfield City Centre

700 E. Adams Street - Springfield

If you haven't registered yet, you still can. Go to [al-anonpeoria.org](http://al-anonpeoria.org) and find the scrolling notes. One will say Register!! Illinois AFG 2022 convention. You can also walk in and register.

### Mary's Musings

If you've ever noticed "AFG" on Al-Anon books or pamphlets, it stands for Al-Anon Family Groups. How appropriate! When I walk into any Al-Anon meeting, I feel like I'm with family - a family of love and support. It's taken me years to comprehend that

little abbreviation I've seen but never thought about. Thank you for being my family support.  
Mary P. District Rep

## Member's Musings "Seeking Serenity"

As soon as I rolled the kayak over it became apparent that I was an uninvited guest to the party that was going on inside. As I pulled the boat along the grass and into the shallow water at the edge of the lake, some of the revelers began to make their exit. The mosquitos rose up in a cloud. The daddy long legs scurried about in the bottom of the boat and tried to climb the slippery sides. I picked them up gently, one by one, and dropped them into the grass. A lone toad hopped about nervously, not able to escape, but not interested in my help either. So I decided to accept her company and take her along on my morning ride.

As I pushed the kayak into the water and jumped in, the feeling of embrace was immediate. The water surrounded me and serenity offered her blessing. The surface of the lake was smooth and clear, and I looked down into its depths hoping to catch a glimpse of a fish or a turtle. Even the ballet of the underwater sea weed soothed me.

Paddling close to the shoreline, I spotted a blue heron ahead of me. I tried to float silently closer, hoping for a chance to capture it with my camera. But the heron had other plans. He waited until I was almost near enough, and then he unfurled his wings and lifted his body effortlessly up and over the lake, landing a little further away on the bank. We played this game for a while, until I finally gave up on a photo and decided to just enjoy him, to let go. That's when I saw it, the gift of one beautiful blue-gray feather floating on the surface of the water where he had last stood. I offered a silent prayer of gratitude for the feather, the lake, the heron, and for the serenity.

Nature is filled with gifts if we just open our hearts and eyes. For me, it's always been a place to feel closer to my Higher Power. Spending time in nature can teach me, and lead me to many of the same goals and gifts that Al-Anon offers, goals like acceptance, letting go, and the special gift of Serenity. Unfortunately, I can't float aimlessly on a serene lake every day. Some days the chaos and craziness of living in a world that challenges me can seem like too much to endure. On those difficult days, I have to actively search for my serenity. Al-Anon shows me how, like the blue heron. I remember the shimmer of that floating feather. I remember how I thought I needed to capture the whole bird, but I finally accepted that one feather would do.

Jan P

## District Meeting Elections

Although the weekly meetings are the core for Al-Anon, we need a business side to coordinate with Al-Anon in our state and even the world. We meet 3 times a year to help keep our groups healthy and cohesive. Please attend our District meeting October 9, 1-3 pm. You'll find us at 1st English Lutheran Church, 725 E. Forrest Hill Ave, Peoria. We will also be on Zoom at 886 9770 5668 and the passcode kindness. Service is a great way to grow.