

# District 20 Al-Anon Newsletter

## November 2022

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

**Step 11:** Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

**Tradition 11:** Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.

**Concept 11:** The World Service Office is composed of selected committees, executives and staff members.

Area Meeting (SIAFG)

November 12, 2022

Zoom ID: 823 3010 9572

Zoom Passcode: 309262

8:30a.m. sign in (9-2pm)

### Al-Anon Quote

I will not let my inner peace be disturbed by the confusion around me. I will be gentle and tolerant, while maintaining my right to my individuality. I will listen and appreciate, and not judge the source of what I hear. (ODAT page 342)

## Member's Musings

### "Through the Eyes of My Dog".

Recently, I noticed that my dog somehow knows how Al-Anon works. She reminds me to use the slogans daily. So, recently, I have paid more attention to her and to them, even though I've been coming to Al-Anon for a number of years. I am reminded how the slogans were the first tools I started using when I first came into the program. They are short, simple, and relevant to my daily life. My dog has a way of reminding me to go back to the basics.

For example, she reminds me to put "First Things First." In the morning, my dog comes in and paces around me as if to say, feed me-everything else will wait. I am reminded to take care of the basics first. Have I eaten? Have I taken care of my preparations for the day ahead? Have I brushed my teeth or washed my face yet? What about food to nourish my body and give me strength for the day ahead? My dog gives me that hungry look, and that's all it takes. I can get myself back to the basics and re-start my day. Then I don't have to run around at the last minute to try and get out the door to work or to a meeting on time. Another example is "How Important Is It?" My dog looks at me with those big, brown eyes, with her

head resting on her paws, and heaves a big sigh. Then I am reminded to consider how something that I have no control over does not have to ruin my day. I can take a break, read some Al-Anon literature, or make a phone call, and get my priorities back on track. I can even play fetch or tug of war with my sweet companion. Then we will both be refreshed.

Finally, she helps me consider "Easy Does It." Taking time for the play, nap time, or a few minutes with program material can ease the strains of the day and supply refreshment to my mind and body. My pup loves going out in the yard, exploring, and sitting in the sun or shade. This is usually after some energetic runs or investigations into her territory. She reminds me that I benefit from a break, taking a moment to relax. I can remember that "Easy Does It." Somehow, I get even more accomplished than when I rush around trying to do everything at once when all I end up with then is more stress.

These are only three of our slogans that my pet reinforces for me. All I need to do is have the repertoire of slogans available when I need them and practice them. Somehow life gets better for me and for my sweet dog.

Dottie Y. Wednesday evening meeting

## Election Results

In the next 2 months, these people will be mentored by the person who is currently in this position. By January 1, 2023, the people listed below will be officially working the position, with a backlog of good will and love. Thank you to all!!

District 20 positions for	2023-2025	2020-2022
District Representative:	Jane G	Mary P
Alternate District Rep:	Cathy K	Christy E
Recording Secretary:	Mindy T	Cathy K
Group Records Sec. :	Dana M	Dave Y
Treasurer:	Jeff K	Jeff K

COORDINATORS:	2023-2025	2020-2022
Answering Service:	Mary P	Nina T
Fellowship:	Jane P	Janice B
Forum/Literature:	Donna S	Sue Z
Meeting List:	Toni G	Joan K
Convention/	Rowena A	Rowena A

Public Outreach:	Lisa C	Lisa C
Alateen	?? open	
Archives	?? open	

## Mary's Musings

For the past weeks, I've sent out notes about elections being held in our District. I was overjoyed with the willingness of members to show up at the business meeting on October 9, and also to volunteer for a position. In Al-Anon I find kindness and good will overlooks any negativity. Thank you for making my life better every day. Mary P. District Rep