

District 20 Al-Anon Newsletter

December 2022

Find more on our website Al-Anonpeoria.org

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

Tradition 12: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

Concept 12: The spiritual foundation for Al-Anon's world services is contained in the General Warranties of the Conference, Article 12 of the Charter.

2022 Al-Anon Holiday Dinner
December 5, 2022
Lariat Steakhouse
More info on website

January 14, 2023
SIAWSC Meeting
Zoom ID: 881 0848 1973
Passcode: 154736
8:30am-11:00

Al-Anon Quote

"Easy Does It" and "First Things First" help us to keep moving, but remind us we need only take small steps. (Hope for Today page 193)

Member's Musings

Here is my story: I was struggling with an issue that I had at one point put to rest, dealt with, and I was somewhat surprised it had come back. I thought to myself "I can't believe I am living with this again!". Old feelings of inadequacy came back; How I wasn't really working the program if this issue could come back and cause problems. I was failing because here I was, starting all over again.

Something was different this time. I immediately recognized I felt unmanageable. I knew that word! The 1st Step. Then: Was I powerless over the issue? Yes, I was. But this time I knew, quickly, I had the tools to move forward in a positive way. And this thought came to me: I wasn't **living** with the issue. I was only **visiting** it. Before I came into the program, I lived

the chaotic life of alcoholism, because I didn't know any different. Since accepting the program as a daily part of my life, I live a different, healthier, way.

Now, at meetings, I hear others say they are concerned when they fall back into old patterns of doing things. They say they "are living with it again". And I can share with them there is a difference between **living** that life, and **visiting** it. One simple word changes how we look at our recovery. Today, with the help of CAL, meetings, sponsorship, we **visit** people, places, things. Using these tools, I do not **live** there anymore.

It is a simple way of looking at things, but my words to me are a powerful thing, and I will choose them wisely. If I continue to use this daily program in my life, I will still visit people, places, things, that take effort to deal with. Today, I will not **live** with them. I simply change one word in my sentence. And I am better for it.

Jeanine

Mary's Musing

This is the last newsletter I'll be preparing. I've been District Representative for three years and found these musings helped to ground me. Serving as your DR has been frightening, joyful, confusing, and life changing. I have learned so much about myself and found such grace and good will from all of you. I am a grateful member of Al-Anon and look forward to continuing to grow in the program and support Jane G and the new officers.

Mary P

District Representative

Open Meditation Workshop

January 7, 2023

Unity Church Basement, 3127 N. Avalon Peoria

1pm

Flyer on website