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# "A Work in Progress"

District 33 Al-Anon Family Groups  
Quarterly Newsletter

Issue 110 MAY 2022

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## Greetings from District 33

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Hope for Today, pg, 122

Today I know I was the perfect enabler. My autocratic behavior deprived my husband of responsibility. I tried in vain to control him, to keep him “dry”. Eventually I felt only hate and disgust toward my husband and alcohol. My life felt totally worthless and I felt deprived of a shoulder to lean against, a safe place to cry.

Then I was lead to Al-Anon where I learned to do something just for me—recover. I learned I wasn’t responsible for my husband’s actions, so I didn’t have to feel ashamed. I learned that I couldn’t save him, but I could save myself. This was my chance to jump off the merry-go-round called denial before I slipped under it and was crushed.

I especially learned that my way of helping was not really helping. I had to do something differently. At Al-Anon meetings in my country they call detachment “letting off in love”. I felt unable to let him off in love. However, I decided to let him fall gently.

That’s what I did, and slowly my life started to feel worthwhile again. I began to take care of myself. (con’t)

I practice thinking positively by using the Steps and slogans. Prayer and meditation help me become balanced and content. I cry on my sponsor’s shoulder when I need comfort, and then we talk about which program tools can help my present situation. My husband’s illness has enriched my life by leading me to Al-Anon. With the help of like-minded friends, I have fortunate to realize my mistakes and learn from them. This, to me, is the key to real happiness.

Thought for the Day

*Can I “let off” the alcoholic in love or at least let him or her fall gently!*

*‘Get off his back. Get out of the way. Get onto yourself. Get to meetings. Give him to God*

*Forum Favorites, vol. 4, pg. 142*

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## DISTRICT 33

### NEEDS SUPPORT:

SATURDAY—COVINA  
10:30 a.m.  
502 Club  
LITERATURE MEETING  
IN PERSON

THURSDAY —COVINA  
8:00 PM  
502 Club  
IN PERSON

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COMING SOON! MARK YOUR CAL-  
ENDARS.

JUNE 11,2022  
Sanctuary for Spiritual Living  
5446 N. Citrus Ave.—Covina  
10:00 a.m. to 4:00 p.m.  
Theme: "KEEP IT SIMPLE"

Temperatures will be taken at the door.  
Masks will be optional.  
Bring your own lunch. Water and coffee will be provided.

\*OUTSTANDING SPEAKERS\*  
Sharing throughout the day.  
7TH Tradition hourly.

Opportunity Drawing at end of day

More info or to be on the panel,  
please contact:

Yolanda W. 626-664-4859 or  
Kathy H. 909-256-4522

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Please send submissions by the 5th of the month to:

apache88@verizon.net Vivian P.

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INTERGROUP MEETING. FRIDAY, MAY 20, 2022 Time: 8:00 to 9:30 pm  
New Intergroup Reps. 7:30 pm  
Meetings are on Zoom until further notice.  
Meetings are every odd month, third Friday.  
Information is emailed and also posted on the website.

Website: [www.alanonla.org](http://www.alanonla.org)

Versatile: A or not A, I'm cool either way.



## DISTRICT 33

### District 33 Website and Contact Information

Website - [www.al-anonesgv.org](http://www.al-anonesgv.org)

Mail contributions, newsletter articles, and other requests to:

District 33 P.O. Box 4576  
Covina, CA 91723-9998

### MEMBERS SHARE

Dear Al-Anon friends: I just got back from the 45th AFG Convention and feel compelled to say thanks to the many persons who made it happen. Because of the pandemic we didn't have it in 2019 or 2020. We had it on Zoom in 2021. But this year we were able to see each other face to face and even without a face mask restriction. It was a fabulous weekend.

I volunteered to be a Marathon Meeting Leader—My topic was POWERLESSNESS. The Al-Anon recovery program relies on the 12 steps.

**Step 1**—"We admitted we are **powerless** over alcohol, that our lives had become unmanageable". Unfortunately, for most of us it takes time to really grasp the meaning of it. But it is proven by countless members that it can be done. And I'm one of those grateful members. If we keep attending to meetings we also

### MEMBERS SHARE:

(con't)

Hear -

**"The program works if you work it"** - which means, we must change our ways. **"Letting go and letting God"** is one of the slogans that refer to powerlessness. When I recognize that the alcoholics have his/her own Higher Power and I choose to place my trust in that Higher Power, that I call God. The result—my life became more manageable when I realize that I can't stop the alcoholic from drinking.. But I can change my behavior and stop contributing to the problem.

**Steps 1, 2 and 3 sums it up I didn't cause it, I can't control it and I can't cure it.** Another example for powerlessness. Our past experiences have proven that engaging in arguments, defending ourselves is fruitless. Need to learn not to react to the provocation of the alcoholic. Stop taking it as a personal attack.

**Solution**—go to meetings, talk to my sponsor and ask my Higher Power to protect me. And **trust** that the Loving God will step in and help me to sort things out. So I pray **"Let not my will but Your will be done"**

Respectfully submitted by Agnes D.





# DISTRICT 33

## HEARD AT MEETINGS

“I came to work out my defects — and I learned I am NOT a defect”.

“say what you mean, mean what you say but don’t say it mean”

“Religiosity is for those who fear going to Hell, Spirituality is for those who have been to Hell and came out of it”

“Al-Anon is God’s apology for the family we get”.

“3 A’s, Awareness, Acceptance and Action”

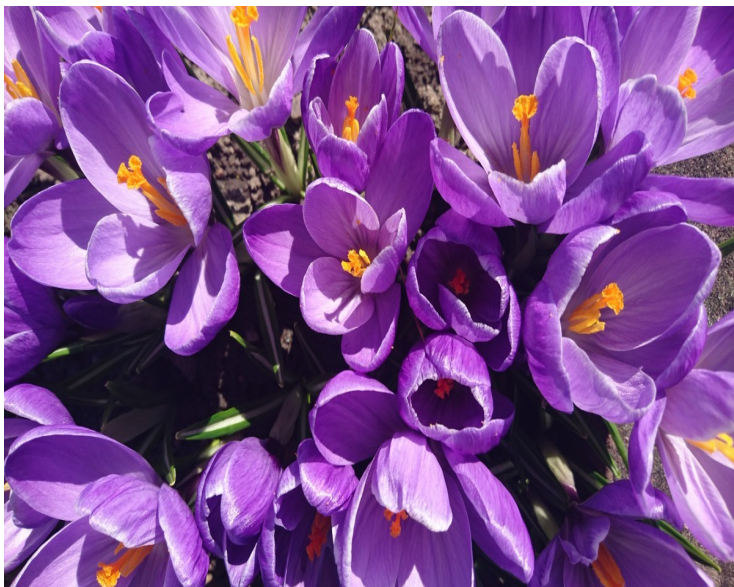
“EGO” Edging God Out

THINK “Is it Thoughtful, Honest, Intelligent, Necessary, Kind ?

H.O.W. “Honest Open & Willing”

“REFLECT, RETHINK, & RELEASE”

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## MEMBERS SHARE

### *ACCEPTANCE BEFORE ACTION*

Being an Alateen Group Sponsor has shown me that I can open up more. Opening up means being vulnerable and letting go of my ego. I find the Alateens can quickly go to the heart of the topics, whatever it might be—letting go and letting God, detaching with love, and finding awareness and acceptance before taking action.

Accepting my feelings, especially the negative ones, was not something I was doing. I had become aware of feelings of anger, envy, loneliness and self pity and just wanted to be rid of them. I was asking God to remove these feelings before I had accepted them. I think it has been so helpful to hear the teens talk about their feelings. It has helped me to accept mine. Acceptance comes before action.

By Jeanni B, NY



## *MEMBERS SHARE*

# New 2010-2013 Service Manual

## *Group Representatives*

## ***District Meetings***



ALATEEN

## Members Share

## *Al-Anon Family Groups Website*

# District 33 Archives

## DISTRICT 33 MEETING LIST

821	Monday 8 PM – Newcomer Orientation – Covina 91790	December, 1984
825	Wednesday 12 noon – Covina Up-Front – Covina, 91733	October 1980
30085	Sunday 11 AM – 502 Club - Covina 91723	March, 1981
35662	Tuesday 10 AM – Step Study - Covina 91724	March, 1987
40529	Wednesday 7 PM – Step Study - Covina 91724	January, 1974
54521	Monday 6:30 PM – Aurora (Charter Oak) – Covina 91724	August, 1986
43146(64577)	Tuesday 7:30 PM - - Diamond Bar, 91765	September, '86/'88?
979	Monday 7:30 PM - - Glendora 91740	September 1978
1824	Tuesday 1:30 PM - West Covina 91740	November 1966
54450(61503)	Tuesday 6:30 PM – Book Study West Covina, 91791 (Same time, same place – Alatot/Alateen Meeting)	February 1997
50119	Thursday 6:30 PM – Girls Night out – Glendora 91740	April, 2004
65666	Thursday 8 PM – Young at Heart - Covina 91790	May, 1983
501501	Tuesday 7 PM – Candlelight— Monrovia	September, 2004
30517649	Saturday 6:30 PM - Glendora	July, 2007
30527674	Thursday 7 PM – Hope to Share - Monrovia	November, 2008

### Missing from the list-Meeting start dates

819(500806)	Friday 10 AM - Living in the Solution – Covina 91740	_____
823	Friday 7:30 PM – Thank God it's Friday – Covina, 91722	still active ??
827	Saturday 10 AM – Question and Answer – Covina 91790	_____
47132	Sunday 7:30 PM - West Covina	_____
60494	Saturday 9 AM – Spanish Meeting - La Puente	_____
60035	Saturday 10:30 AM – Literature Study – Covina 91723	_____