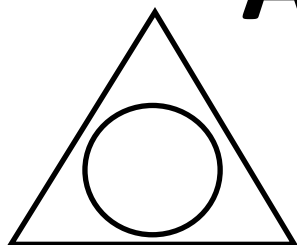

"A Work in Progress"



District 33 Al-Anon Family Groups
Quarterly Newsletter

Issue 112 July 2022

Greetings from District 33



C to C, pg. 182

Many of us have spent far too much time feeling badly about who we are and what we have done. We may have been harshly criticized by others or we simply lost perspective and become overly hard on ourselves. Today we have an opportunity to stop that kind of self-destructive thinking. Isn't it about time we allowed ourselves to feel good about ourselves?

It takes time for old doubts to fade and wounds to heal. Self-confidence comes slowly, but it grows with practice. We can begin by acknowledging that we do have positive qualities. For those of us who have negative, self critical thoughts running through our heads all day long, we can make an extra effort to counteract them with positive thoughts. For every defect we can identify, we can also try to name an asset. Some of find it helpful to list five or ten things about our day before we go to sleep.

Con't.

With practice, we learn to treat ourselves with gentleness and compassion. We all have admirable qualities, and we owe it ourselves to let them shine

"OUR COMMON WELFARE "Notes from the WSO-Can Members Buy Al-Anon Literature from Outside Entities?"

Vitally important to clarify first is that the only place anyone can purchase Al-Anon's e-books and audiobooks is through certain electronic media providers. In return for their royalty fee, these providers handle all set-up processing and digital rights management, which protects our e-books and audiobooks from being pirated. At this time, it would be cost-prohibitive for the World Service Office (WSO) to set up this capability on our own website. Ordering through the links to electronic vendors at al-anon.org/e-cal ensures that you are buying e-books authorized by Al-Anon.

In a related way, when you buy a physical book, a portion of the price you pay covers the printing, which is also handled by an outside vendor. However, the WSO does not contract with outside booksellers for printed books. As a nonprofit organization, the WSO must sell literature to anyone who wants it. While groups and member can buy Al-Anon books wherever they choose, it is important to know that buying printed books from outside booksellers supports outside entities. Purchasing books from local Al-Anon Literature

Distribution Centers or the WSO supports local Al-Anon services and the Al-Anon fellowship worldwide.



DISTRICT 33

NEEDS SUPPORT:

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

THURSDAY —COVINA
7:30 PM new time
502 Club
IN PERSON

WE NEED SUPPORT!!!

FROM ALATEEN MEMBERS:

"Let Go and Let God"

This reminds me I don't have to to everything. When I can "Ket Go and Let God", I feel at peace.

I was obsessing about a fear of mine, when all at once I decided to "Let Go and Let God". To make it tangible, I wrote it down and I put I it in my "God Box". Now, God will do what I could not, in His time.

Anonymous from FL.

"Easy Does It"

Sometimes it's hard to spend time with my father. He constantly berates my sister and me, and when we get upset, he says, "It's a joke". When he does this, I want to yell and argue with him, which never ends well. However, "Easy Does It" helps me to remember that I don't need to yell and that my father is affected by a disease. Arguing with him won't do me any good and it won't help the situation. Detaching, Relaxing and taking care of my self is a much better way to deal with it. "Easing Does It" keeps me grounded and in the moment, instead of being caught up in anger

Brooke S. from MA

Please send submissions by the 10th of the previous month to:

apache88@verizon.net Vivian P.

INTERGROUP MEETING. FRIDAY, JULY 15, 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

"Something for me to Look Forward To"

Before Alateen, I did not have a lot of hope, for me, for my future and others. Alateen has helped me realize that there is something for me to look forward to in my future. The smiles and love I experience in Alateen gives me hope that everything will be okay. I love my Alateen meetings so much and I thank the members for being the family I didn't think I deserved.

From Stevie from IA



DISTRICT 33

District 33 Website and Contact Information

Website - www.al-anonesgv.org

Mail contributions, newsletter articles, and other requests to:

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

MEMBER SHARINGS:

I want to thank everyone who attended, volunteered and spoke (great speakers) at our Alathon this year. As you all know, our Alathons are considered to be a fundraiser for District 33, however, this year, according to one of our long timers, it was more of a funraiser. Our main goal, after a 2-year hiatus, was to “Keep It Simple”, in-person only, with some assurance of safety having you bring your own lunch and temperature taking. We had a nice turnout of approximately 100 people. We had a generous 50/50 winner who donated her portion (\$191.) back to our district—big thanks.

AND looking at all the smiling faces and hugs, it appeared our members were just happy to be together again. Big thanks also to our chairperson, Yolanda W.

Our next 38th 2023 Alathon will be chaired by Katie H.

Congratulations!!

MEMBERS SHARE:

June 4, 2022, I attended the High Desert Convention. The Theme was Sunshine of the Spirit.

I was invited to lead one of the Marathon Meetings. Topic: Be of Service—Wjocj reminds me the gifts that we receive with the 12 Steps—and points to my responsibility to give back by being of service and helping others. I would like to share a few of the things that I shared and by other fellow participants .

1. When I make a service commitment—I’m making a commitment for myself. The basis of the Al-Anon Program is our willingness to share our experiences with others. I support my group when I perform a service . I’m not expected to do the perfectly, only to do the best I can. Each of us has something unique that we can bring. Participation is the key to harmony and to our growth and recovery.
 2. It is in giving that we receive—The experience with being of service for most of us is that we always get more back than what we give.
 3. By reaching out to help others in a healthy way, we move beyond our own problems and learn to give unconditionally.
 4. We can support our groups in many ways, not just when the basket is passed. To give my time and moral support is just as important.
 5. I am not doing a favor to Al-Anon when I get involved and taking active part in the growth of Al-Anon. It’s the opposite, the program is help us..
- Submitted by: Agnes D., Covina

DISTRICT 33

MEMBERS SHARE:

Before I came to Al-Anon, I had a lot of anger but didn't realize that I was angry at people with whom I had no control. My mom and dad were active drinkers and my husband was a daily drinker. I had no idea that alcoholism was a disease. I thought that these alcoholics could quit drinking at any time but chose not to. I did everything I could do to stop them from drinking—pouring out liquor, pleading, sulking, slamming doors and screaming. I had a Higher Power but had no relationship with Him. I was running on self will and anger.

I had no hope. I had no coping skills. I had nothing but despair. I rarely listened and interrupted people constantly. Everything was your fault—if you hadn't done this, I wouldn't have done that. I owned none of my bad behavior, in other words, I was a delight to live with!!

LOL.

Once I found Al-Anon, I got to express my feelings without judgement—just a statement: KEEP COMING BACK. I didn't understand any of the Al-Anon speak-slogans, traditions—you name it. My meetings were a reprieve from my life. It wasn't until I started using a sponsor that I realized that I had a part in everything in my relationships. I had choices. I had people who would go out for lunch after a meeting and I could laugh. I rarely laughed. My sponsor did not reprehend me when I would tell her my crazy behavior. She simply responded by saying “is this the person you want to be?”

MEMBERS SHARE

Con't.

It took a long time to change. I had countless “character defects”. I realized that I could no longer tolerate active drinking in my home. My therapist told me that being around active alcoholism was like getting a sunburn daily—it was too painful for me. I need to determine my needs and wants and verbalize them. Without Al-Anon, I don't know where I'd be today. I can't imagine it. I love District 33 and everything I've learned in it's wonderful and plentiful meetings.

Thank you District 33!

Anonymous

The Importance of Taking care of Myself

I had to learn how to take care of myself and Al-Anon helped me to do that.

By listening to others share and reading Al-Anon literature, I've found the benefits of taking care of myself and the true serenity that it brings to me.

When I'm serene, the outside world is easier to deal with. When I'm serene, I'm more able to appreciate the wonders of this world and the things I am grateful for.

If I can fill myself up with loving care, then I can share that same loving care with those around me.

From Julie J.



**HAPPY JULY
BIRTHDAYS**

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	_____