



"A Work in Progress"

District 33 Al-Anon Family Groups
Quarterly Newsletter

Issue 111 JUNE 2022

Greetings from District 33



C 2 C, pg. 153

A long—time member says “An expectation is a premeditated resentment”. I take this statement to suggest that when I have a resentment I can look to my expectations for a probable source.

Here’s an example: I have a brother who is less attentive to being prompt than I am. When I make a plan with him that involves meeting at a certain time, I am co-operating in establishing conditions that encourage me to nurse a resentment. On the other hand, when I make a plan with my brother that is based on no expectations on promptness, I feel no resentment.

Today’s reminder:

Con’t.

I have a right to choose my standards of conduct, but I do not have the right or the power to impose those standards on others.

“I have accepted myself and I am willing to accept other people the way they are each day. Now I have fewer resentments.

Living with Sobriety

“OUR COMMOM 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 ebooks 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 ebooks 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 ebooks 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 members 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
8:00 PM
502 Club
IN PERSON

IT'S HERE, IT'S HERE

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

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

apache88@verizon.net Vivian P.

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

LEARNING TO LOVE MYSELF From Chole—An Alateen

When I came to Alateen, I was about to go to my eighth school. It was scary but I was also used to it. That year I was bullied really bad and it turned into stalking. I began to hate myself and felt no self-love. I walked into my weekly meeting crying and I was greeted with open arms. They told me they loved me and that they were going to smother me with love until I learned how to love myself. I was shown unconditional love—how to give it and also how to receive it.

Forum June 2022



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

MEMBERS SHARE

‘OUR OBSESSION or THINK ABOUT IT

- 1) Do you lose time from work due to obsessive thinking?
- 2) Does obsessive thinking make your home life unhappy?
- 3) Has your obsessive thinking affected your reputation?
- 4) Have you ever felt remorse after obsessively thinking?
- 5) Does your obsessive thinking make you careless of your family's welfare?
- 6) Does your ambition cease as a result of obsessive thinking?
- 7) Do you crave thinking at a certain time of day?
- 8) Do you want to think and think again the next morning?
- 9) Does your obsessive thinking cause you to lose sleep?
- 10) Has your efficiency decreased as a result of obsessive thinking jeopardize your job or business?

MEMBERS SHARE:

(con't)

- 11) Do you think obsessively in order to fix worries and problems?
- 12) Do you think obsessively when you are alone?
- 13) Have you ever forgotten an appointment due to obsessive thinking?
- 14) Have you ever been to a hospital or institution as a result of your obsessive thinking?

If you answered YES to two of the questions above, there is a definite warning that you think too much!

RUN don't walk to the nearest Al-Anon meeting.

Submitted by Judy C.

(Paraphrased and taken from AA's "Are You an Alcoholic")

Based on an AA Speaker at AFG/AA Convention in Mar. 2022



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	_____