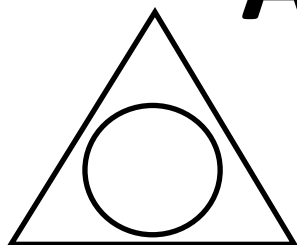

"A Work in Progress"



District 33 Al-Anon Family Groups
Quarterly Newsletter

Issue 115 October 2022

Greetings from District 33



Hope For Today, pg. 31

Tradition 1 took on new meaning me when another member shared her interpretation that unity included coming to meetings even when life was going well for her. Her insight helped me look at meeting attendance as both an act of unity with other members and a commitment to my own growth and well being.

In the beginning unity of purpose meant I could come to a room full of people who accepted my irritational thinking. They offered an encouraging hug rather than telling me to shape up. Instead of rejecting me for being different, they showed me how alike we all are by sharing their experience, strength and hope. Through these types of healthy encounters, I began to feel a bond with other

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members. I felt united with them through common experience. As I worked my program, I became more united in my own mind, body and spirit.

Now unity of purpose means it's time for me to attend meetings not just for what I need, but for what I can offer. How else will newcomers know there's an end to their suffering if I and other members in recovery don't show up when things are going well? How will they learn that they, too, can smile again if they don't see our smiles? What about the long time members who slip and forget the help available until we offer it? I might need this type of prompting sometime myself. When I come to meetings during my good times, others are reminded that whatever their problems, there is help and hope in Al-Anon.

Thought for the Day

As Al-Anon leads me to peace and serenity, I increasingly become an example to struggling members that such a life is possible.

"Reaching out...gave me a new perspective on our common welfare

"When I Got Busy, I Got Better, pg. 38"



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!!!

In Alateen, I Got a Handle on my Expectations

I heard in a meeting that expectations are a premeditated resentment ... I thought it was ridiculous to say, in so many words, that expectations were a bad thing.

I was raised with expectations. I didn't think I made them or that the bar was set very high. I don't think my parents thought I was the sharpest kid.

I thought of how many times people let me down because of my expectations—expectations that I never communicated to them. But I thought if they loved me and were of any intelligence, they would know of what my expectations were and how hurt and angry I was.

Then after all these memories of how expectations have worked in my life, I get it! These expectations didn't pay off in any positive ways towards myself and others.

Today, I practice acceptance, 'One Day at a Time.'



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

apache88@verizon.net Vivian P.

Mail: 855 Orrington Ave.

La Puente, CA 91744

INTERGROUP MEETING. FRIDAY, Nov. 18, 2022 Time: 8:00 to 9:30 pm

New Intergroup Reps. 7:30 pm

Meetings are on Zoom & in person

Meetings are every odd month, third Friday.

Information is emailed and also posted on the website.

Street address: 1st Methodist Church

134 N. Kenwood

St.

Glendale, CA

91206

Website: www.alanonla.org



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 learned to 'Let Go and Let God' do the rest

I don't always sit still long enough to listen to my Higher Power, sometimes, it is necessary for Him to get my attention in other ways. One morning, on my way to my Al-Anon meeting, my Higher Power sent me a bird.

Yes, sitting in the driveway was a rather large, very young bird with a long neck, obviously wounded in some way. I walked very slowly towards it, when it suddenly raised its head. A nasty-looking, black hair-tie was wrapped tightly around its beak. This bird was looking me straight in the eye. After quite a struggle, I was able to carefully remove the tie.

Now what do I do to fix this little, very weak creature? After much lamenting, I realized that I had done what I could, and now I have to

MEMBERS SHARE:

Con't.

"Let Go and Let God" do the rest.

It's the same with the people in my life who have struggled with the disease of alcoholism. I realize, thanks to God and Al-Anon, that it is not in my power to fix someone. I can only do my best, and then I have to let it go, I am so grateful for the continued lessons of life!

By Carole M., Florida

It's much more liberating to aspire to be honest with myself than to try to be perfect.

By Carolyn J., PA

Freedom happens when I trust that everything is unfolding exactly as it should.

By Barbara P., BC

When I ask for guidance, I'm admitting that I don't know it all. I'm coming from a place of humility. Anonymous

Arrogance is concerned with "who" is right. Humility is concerned with "what" is right.

By Pamela L., CA



DISTRICT 33

MEMBERS SHARE:

FROM THE ALATEENS

**ALATEEN — A COMMON BOND
WITH AL-ANON**

At the age of 15, I was living in a world turned upside down by the disease of alcoholism. Hardly a day would go by without arguments, tears, and a whole lot of tension. It was not a happy time for me. In addition to all the other problems of adolescence, alcoholism brought much pain into my life.

Night after night, my father would stagger home from work, the smell of liquor thick on his breath. As he tried to greet us, his children, with his unintelligible mumbling, we shrank back in fear and disgust. And I, after years of adoring my father, began to feel my world falling apart. Here was the man whom I had put on a pedestal throughout my childhood years. How could he do this? How could he act like such an imbecile and hurt us? I looked for reasons. I looked to blame someone.

My mother became the obvious target. She's too nasty to him, I thought. She's driving him to drink. We're too loud, too noisy, not doing well enough in school, not doing anything good at home— no wonder he drinks. Eventually, I laid the blame, perhaps hardest of all, on myself.

My own way of reacting to my father's behavior was to withdraw and bury myself in my books. However, my brothers and sisters reacted in many different ways, some in anger and even violence. With the situation getting out of hand, my mother began threatening my father

MEMBERS SHARE

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with separation. She loved him dearly when he was sober, as I'm sure we all did, but could not cope with his drunkenness. Yet she never followed through with her threats.

Then one day someone suggested Al-Anon. She went to a few meetings and knew that Al-Anon was the place for her family. We were encouraged to go to Alateen meetings and at the age of 15, a new world opened up before me. The shy, frightened and hurt person inside of me began to change. Unfortunately it wasn't long before the Alateen group I belonged to began to disband. It had become somewhat of a baby-sitting service for parents attending A.A. and Al-anon meetings. Most of us teenagers just weren't interested in a roomful of noisy kids. I felt empty again, but not for long. My older sister and mother were going to Al-Anon meetings and I began to go along with them. It's funny, but after a while I didn't have much trouble communicating with the older people at these meetings and their ages didn't really bother me. I saw them as individuals and although we came from different situations they were married to an alcoholic. I was the daughter of one, we shared a common bond.

We had all experienced the hurt, the hate, the anger that comes along with the package of pain known as alcoholism. We could identify with each other's feelings and if we worked at changing ourselves, it didn't really matter if the alcoholic was a husband, wife, father or mother. Our one goal was to help ourselves.

Well I've come a long way since then and I cannot thank Al-Anon and Alateen enough.

Continued on next page

MEMBERS SHARE

Continued from previous page.

With the help and support of the groups, and through reading the literature, I've become a different person. I've learned to change the things I can and let go of the things I couldn't change. No longer shy or frightened, I am able reach out to others in need.

In this program I've had wonderful experiences with some very special people whom I love. They helped me to grow and become the person I am today. I hope I am passing on my experiences to those I meet. There are many hurdles yet left to jump in my life and , of course, I have my shortcomings to work on too.. Still, I know that with the serenity, courage, wisdom, strength and love that this program and the people involved with it have brought into y life, I'll make it.

FINDING FAITH ...The Forum

Courage to Change, One Day At A Time in Al-Anon II (B-16) has been very significant to me. I recently saw a physician for a minor complaint and had some tests. He came into the office and told me they had "found something". He explained that there was a large mass in my pelvis that warranted further as soon as possible. I immediately found myself becoming alarmed, since I am a three year breast cancer survivor. The doctor ordered more tests

Cont'd.

and referred me to my gynecologist.

I was scheduled to see my Sponsor the next day. I called here and told her about my dilemma .I met with her and she suggested that we both look up "faith" in the index of *Courage to Change*. We each took turns reading. We discussed what we read and how important it was to trust our High Power, whom I choose to call God. At the conclusion of our visit, a feeling of calmness settled over me.

Throughout the two week ordeal that followed, I kept my serenity. When people commented on my serenity, I told them, "It is what it is, and I have placed it in God's Hands". After the removal of the tumor and a report that it was benign, I am on the mend. Thank God for Al-Anon, my dear, wise Sponsor and Conference Approved Literature!

OCTOBER BIRTHDAYS

