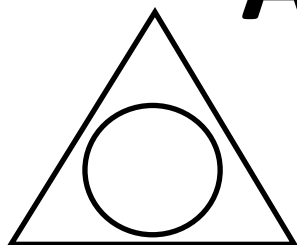


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# "A Work in Progress"



District 33 Al-Anon Family Groups  
Quarterly Newsletter

Issue 114 SEPTEMBER 2022

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## Greetings from District 33



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### ODAAT, pg. 252

We who have chosen our life partners from the ranks of alcoholics often feel our lives are especially difficult and complicated. And they often are. We come to believe, quite mistakenly, that we're the only people in the world with real trouble! Let us recognize that the alcoholic - - insecure, lonely and often too sensitive to life's realities—has many endearing qualities to be grateful for. Indeed, many of us wouldn't want to exchange him for a less interesting, if more dependable partner.

Yet matters may have reached the point of desperation and we are completely hopeless. What to do?

### *Today's reminder*

In Al-Anon I discover myself the power to throw a new light on a seemingly hopeless situation. I learn I must use this power,

Con't. not to change the alcoholic over whom I am powerless, but to overcome my own distorted ideas and attitudes. If I can bring sunshine into our home, it cannot fail to affect those in it.

“Help me to use the gifts You have given me. I want to use them to help others through making my own world better and brighter.

\*\*\*\*\*

### A Mind Opening Experience

Sobriety came and went in our home for several years. I had a brief encounter with Al-Anon at the suggestion of a mental health counselor at one point but I didn't stay, due to fear that my alcoholic would disapprove. Several years later, when he had again decided to try A.A., I realized that I was still miserable I could no longer blame the drinking. I decided to give Al-Anon another try.

I went with a closed mind, not understanding how it could help me now that he was sober. But I was desperate. At that first meeting, they were using a booklet called Living with Sobriety, (P-49). I needed something specific to my situation to open my mind. And it did! I left that meeting and cried all the way home, finally realizing how I had been affected by this disease and that I needed help. I finally understood why I wasn't happy, even with a sober alcoholic.

I'm grateful that my Higher Power supplied me with the “lightning Bolt” I needed to finally see that Al-Anon was where I needed to be. Submitted by Ann S.

# 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!!!

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FROM ALATEEN MEMBERS:

#### Everything is a Lesson

Forgiving others is not easy. I know this—  
-especially when it is something big. I  
learned to forgive a loved one after some  
time.

At first, I was sad because I trusted her  
very much, but after some time, I realized  
that instead of seeing this as a betrayal, I  
could learn to see it as a lesson. I now do  
this in my daily life every time something  
happens that upsets me.

I choose to see it as a lesson and consider  
how I can learn from this or how I can  
find something new that I did not know  
before. This is what Alateen has shown  
me.

Submitted by Natalie

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#### Forgiving my Dad

I used to be very mad at my dad. Let me  
explain. My dad's in jail. Why, you may  
ask. Well, it's called Alcohol. I thought I  
hated him and grew up thinking he was  
never there for me and he wasn't. But it's  
not just his fault— he is an alcoholic, and  
alcoholism is a disease. When I started  
going to Alateen I realized that. Now I for-  
give him.

Submitted by Jillian

\*\*\*\*\*

Please send submissions by the 10th of the pre-  
vious month to:

apache88@verizon.net Vivian P.

Mail: 855 Orrington Ave.

La Puente, CA 91744

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## INTERGROUP MEETING. FRIDAY,

Sept. 16, 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)

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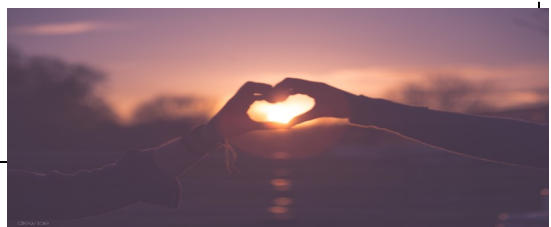
## Help for Children Living with the Family Disease of Alcoholism

How I wish that there had been something and  
someplace for me to go as a teen struggling  
with life in a home filled with chaos. Although  
I found my way into the rooms of Al-Anon as  
an adult (and I am grateful for finding Al-  
Anon), how I would have benefited from  
Alateen will forever remain unknown.

What I do know is that, regardless of what I  
may have missed out on, a program exists for  
children living with the family disease of alco-  
holism. As a member of Al-Anon today I can  
support Alateen meetings, sharing about the  
programs of Al-Anon and Alateen when appro-  
priate.

I may not choose to be an Alateen Group  
Sponsor but I can still actively support the  
Alateen program by being open and welcom-  
ing.

Submitted by Anonymous



## 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 4623

Covina, CA 91723-9998

### MEMBER SHARINGS: “BLESSINGS”

If you have been in program for awhile, it is easy to take things in our lives for granted. I know I tend to do this at times. All one has to do is think back prior to the Al-Anon program, how lonely, sad and confused we were when engulfed by the disease of alcoholism. I had no idea I married an alcoholic. The misery and unhappiness came to a head about the second year of the marriage. My love had turned into hate and I wanted out of the marriage. My Higher Power intervened and my husband went to rehab on his own, because he hit his bottom, Richard went to AA and because of him and my counselor I found Al-Anon. We both started our respective programs. It takes work and commitment to live the program. It did not happen over night. He immersed himself in AA and I in Al-Anon. We attended many meetings,

### MEMBERS SHARE:

I learned about the disease and practiced the principals in all our affairs of the program. Because I found a wonderful sponsor I learned to be of service in the program. I realize today the many blessings my Higher Power gave me. He saved our marriage. I got to do some growing up and matured. I found a loving Higher Power, I choose to call God. I found myself and self esteem which I treasure today. Today with the use of the program and it's tools I live life on life's terms as best I can. My God works with me daily as I ask Him for His help. I have a good life today and most days, as long as I stay in touch with my God daily and live the program the best I can. What a blessing. I have been blessed beyond measure.

Love in service,  
Lucy C.  
Dist. 33



# DISTRICT 33

## MEMBERS SHARE:

### FROM THE ALATEENS

#### **The Best Feeling**

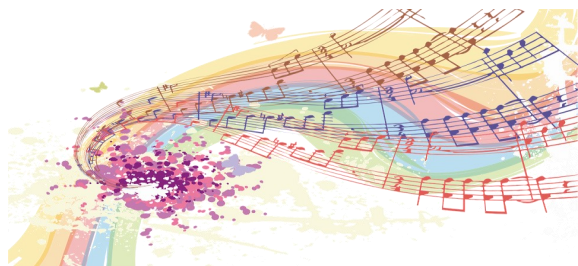
Alateen is a big part of my life. I have been going for a little over two years and it has already helped me so much. I look forward to every meeting, and I have made so many friends. The relationships that I make here are my closest ones. Alateen has helped me find my voice and learned to be myself. I've also learned I can't control my parents, but I can still love them. The unconditional love I feel when I walk through the meeting room door or run into the arms of an Alateen member I haven't seen in a while is the best feeling, and I don't feel that with anyone else.

By Anonymous

#### **Learning to Love Myself**

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.

By Chole



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## MEMBERS SHARE

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#### **A Precious Gift**

I recently received a letter from my oldest stepdaughter. I was very surprised by her heart felt thoughts and feelings about our relationship over the years. She was eight years old when I married her father. She has a younger brother and sister who were five and four years old, respectively. I had no idea their father was an alcoholic when we married but it soon became evident that his drinking was out of control. Having grown up in a violent chaotic, alcoholic home, I had decided that my home was going to be loving, caring and filled with all the childhood activities I had missed. One of my fondest memories is of baking cookies at Christmas with my stepchildren and having a grand time. My kitchen was filled with laughter, singing and happiness. I had no idea what a profound effect it would have on my stepchildren all those years later.

My husband and I found our respective programs of A.A. and Al-Anon. We were open about our recovery, and soon my oldest stepdaughter joined me in my Al-Anon meetings. We continued to do fun activities as she grew older, and our bond became very strong. I became her confidante and our hearts have been locked together for eternity. She now has two stepchildren of her own and we speak frequently about the challenges and rewards of being a stepmother.

Her letter brought me to tears and we cried together when I called to thank her. We live several hours from each other, so we always cry and hug when we get to spend time together. Our special relationship is just one of the many blessings I have received as a result of working an Al-Anon program and taking it home to my family. I count my special, intimate relationship with my stepdaughter as a precious gift from my Higher Power. By Sue W., California



## MEMBERS SHARE

ODAAT, pg. 216

I can change nothing but myself. Do I need changing? If things are going wrong—or seem to be—maybe it's because of the way I am reacting to them.

“My happiness cannot possibly depend on my forcing changes on somebody else. Nor does my misery come from anyone but myself”.

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Am I being used? Or am I being useful.

\*\*\*\*\*

Rigid. Responsible and Right

\*\*\*\*\*

I love myself enough to love you.

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If I am looking at your program, I am not working on my recovery.

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Continued from pg. 3

### **A Treasure Discovered**

Flipping through additional pages, I quickly realized what a treasure I was holding. Eventually I read the book cover to cover and was astounded by the Experience, Strength and Hope I gleaned. More than a Who, What, Where, When, Why and How, *‘Many Voices, One Journey’* tells the unique story of Al-Anon as a Spiritual Fellowship of recovery and dynamic organization that serves it. I am grateful that Lois let go and trusted members like to carry on our primary purpose to help the families and friends of alcoholics.

By Frances I., MA

### **Weakening the Impact of Alcoholism**

Growing up in a home with active alcoholism permanently stained my soul. But in Al-Anon, I've learned that even though I can't change my past, I'm not hopeless. Maybe because tea is my favorite beverage, this image helps me understand that the impact of alcoholism can be diminished.

Once I put a teabag into a cup of hot water, nothing is going to get the tea out of the water again. However, If I put that tea into a bigger container—a bathtub, for instance—and then fill the tub with clean water, the tea will still be in the water, but the effects of the tea will be greatly weakened. The more fresh water I add, the weaker the tea-like characteristics become. Every time I go to a meeting, read my Al-Anon literature, talk to a program friend or connect with the God of my understanding, I'm adding fresh water to my tea-stained heart and soul. The impact of alcoholism will never be completely gone, but it's power to color my life

continues to fade as I “Keep Coming Back”

By BJ, New Jersey



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**AUGUST**

# 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	_____