

## District 19 Newsletter Writing Guidelines

- Write/reflect on your personal experiences! We want to know about how you have used/thought about this principle/ topic in *your* life.
- The ideal size is 1-5 paragraphs, but if it's longer, I'll try to make it fit.
- Send all writing samples to me by the 21<sup>st</sup> of the month before.
- E-mail writing samples to: [afgdistrict19newsletter@gmail.com](mailto:afgdistrict19newsletter@gmail.com) or send them to Rose Villalobos, 9511 Whiteheart Dr., Fredericksburg, VA 22407
- I may edit your piece for space or clarity, but my intent is to keep it as true to the original as possible.
- Feel free to contact me with any questions or concerns at 562-972-5088 or [villalobos.rose@gmail.com](mailto:villalobos.rose@gmail.com)

Many have found that writing for a newsletter or CAL publication is a big boost to their recovery. I hope that is true for you, too! Thanks so much for your service!

Rose Villalobos  
District 19 Newsletter Editor

### ***Suggested Writing Topics***

Step of the Month	Working the Steps	Discovering Choices
	Letting Go and Letting God	Sadness
Tradition of the Month	Feeling Your Feelings	Wanting to Control
	Keep Coming Back	Creativity
Concept of the Month	Forcing Solutions	God As You Understand Him
	Changed Attitudes	Making Decisions
Keep it Simple	Live and Let Live	Fear of Failure
Let It Begin With Me	Powerlessness	Conscious Contact
Asking for Help		Detachment
	How Important Is It?	Honesty
One of the General Warrantees of the Conference (from Concept 12)	Forgiveness	The Steps
	Becoming Entirely Ready	Surrender
	Just for Today	Came to Believe
Gratitude	Isolation	Principles Above Personalities
Prayer and Meditation	Anger	One Day at a Time
The Three Cs (Didn't Cause It, Can't	Spiritual Awakening	Acceptance
	Sponsorship	Think
Control It, Can't Cure It)	Anonymity	Taking Other People's Inventories
Easy Does It	What Al-Anon Has Done for You	Intimacy In Relationships
		Worrying

Progress Not Perfection

First Things First

Keep An Open Mind

Perfectionism

Self Love/Self Care Service

Guilt and Shame

Joy/Learning How to Have Fun

Setting Boundaries

Minding My Own Business

***Any Other Al-Anon Related Topic***