



Vol. I Issue 2

# Al-Anon of Fredericksburg

## Help and Hope

the monthly newsletter



August 2013

This month's topic:

## POWERLESSNESS

Sometimes it is really hard for me to accept that fact that I am both powerless over my husband and his disease. I think that if I try hard enough I can fix him. But, as I continue in this program I have learned it is not my job to do that. This is up to him and his Higher Power. Also, by accepting that I am powerless that takes so much pressure off of me. I can then focus on me and not him. It is not easy though, especially when you love someone so much. I continue to go back to Step 1- We admitted we were powerless over alcohol- that our lives had become unmanageable. When I focus on him... I am not focusing on me, which is where I should be.

Diane

Length in Program: 6 1/2 years

Next month's topic: Self-love

## Events:

Virginia Area World Service Conference (VAWSC) Meeting  
Saturday, August 3, 2013

This is the bi-annual meeting for the VAWSC and DRs to prepare for the Assembly. Discussion of voting issues at Assembly, how the Virginia Area is doing, and so on. It is also a time for DRs to bring up concerns from their District members to the Area level for addressing, as needed

Fall Potluck Dinner  
Saturday, September 14, 2013

This is our bi-annual Potluck Dinner. Please bring a dish to share, with something palatable in it. Tickets are \$5/person or \$20 for a family of four or more. We will have a 50/50 raffle and bake sale benefiting the Alateens, and the Chinese auctions and tickets sales will benefit the district. Peter M. will be speaking.

Eastern Seaboard Alateen Conference (ESAC)  
September 20-22, 2013

This VA Area's annual Alateen Conference focusing on Group Unity. Located in Lanexa, VA. It's a great weekend for all Alateens and Alateen Sponsors. Cost is \$90 by August 26. \$100 walk-in.

## Announcements:

New Beginnings Group (Fridays 7pm) needs a Treasurer. There is no requirement of time in Al-Anon, only that you be committed to the group. Duties: Collect and deposit donations, buy books as needed, pay rent and other bills as needed, be able to reconcile a very simple statement.

College Heights Group (Mondays 8pm) needs a Treasurer. There is no requirement of time in Al-Anon, only that you be committed to the group. Duties: Collect and deposit donations, buy books as needed, pay rent and other bills as needed, be able to reconcile a very simple statement.

Our district donated literature to the Central Rappahannock Regional Library (CRRL) last year as part of a public outreach effort. You can find these books by using the catalog on their website; then, if you have a library card, you can check-out the books for two weeks. We donated a lot more than just daily readers, so please take a look if interested.

NOTE: Area 57, District 19, Al-Anon Family Groups, and Al-Anon as a whole is not affiliated with, neither do we endorse nor oppose the CRRL. The donated books are property of the library.

We are always looking for Alateen sponsors. The only requirements are that you be at least 23 years of age, have at least 2 years in the Al-anon program, and attend 1 Al-Anon meeting a week in addition to the sponsored meeting.

## Step, Tradition, and Concept of the Month

Step Eight:

Made a list of all persons we had harmed, and became willing to make amends to them all

Tradition Eight:

Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.

Concept Eight:

The Board of Trustees delegates full authority for routine management of Al Anon Headquarters to its executive committees.