



Vol.I Issue 6

Al-Anon of Fredericksburg

Help and Hope

the monthly newsletter



December 2013

This month's topic:

GRATITUDE

I am a grateful member of Alanon. I am thankful for the people, the slogans/literature, and the sharings. Although it has taken me a long time, I am truly thankful for the alcoholics in my life. Because of them, I entered these rooms. Misguided at first, I thought I was here to help them. Now I know it was to improve my life, and my relationship with my HP. Each day I learn how to grow closer to my HP, to live a more serene life, and enjoy all that has been given to me. Thanks to my HP, my sponsor, and many friends in the program I have met along the way. I can see my life changing for the better. :)

Judy

Length in Program: 12 years

When I first came into the program, I wasn't sure what to make of it. Now that I have been in recovery for some time, I know what "healthy" feels like, and I know when I don't have it. Without the program, I would have kept doing the same thing, expecting different results (insanity). Thanks to Al-Anon AND Alateen I can now recognize when I am participating in an unhealthy relationship. Once I realize that, I know I have choices with how to proceed. Thank you to our Alateen sponsors (and Alateens!) who made sure there was a meeting available when I first needed to step through those doors to a new, healthier way of life. Thank you to the Al-Anon members for making my transition to Al-Anon very easy.

Peter M.

Length in Program: 5 1/2 years

I had a hard time with gratitude and still do in some ways. I recall early in program...what be grateful, find the same things...well what about when he did...what about ... I kept focusing on the negative and it bared the gratitude from my life, I thought if I was grateful then it meant I forgot. Today, after six years, I can now find balance and realize I can indeed be grateful. I now see the birds, the clouds, leaves and all things around me instead of being so involved in trying to remember the things that were done to me. My sponsor and others in the program would mention a gratitude list...list each letter of the alphabet and write items you are grateful for.

I have gratitude in my life today and when I am stressed and out of sorts, I know its time to switch my attitude to one of gratitude.

Allyson M.

Length in Program: 6 1/2 years

Next month's topic: A new beginning

Announcements:

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.

Our district meeting is on the second monday of every month at the Green Turtle behind Spotsylvania Towne Centre. 5:30 if you would like to eat with us, 6:00 to discuss business. All are welcome to come.

The Alateens are no longer meeting on Friday evenings. Right now they are just meeting on Wednesday evenings. We are looking at adding an additional time.

Step, Tradition, and Concept of the Month

Step Twelve:

Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

Tradition Twelve:

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

Concept Twelve:

The spiritual foundation for Al-Anon's world services is contained in the General Warranties of the Conference, Article 12 of the Charter.

What is Al-Anon/Alateen?

Al-Anon is a mutual support group of peers who share their experience in applying the Al-Anon principles to problems related to the effects of a problem drinker in their lives. It is not group therapy and is not led by a counselor or therapist; This support network complements and supports professional treatment.

Alateen is a peer support group for teens who are struggling with the effects of someone else's problem drinking. Many Alateen groups meet at the same time and location as an Al-Anon group. Alateen meetings are open only to teenagers.

No advance notification or written referral is necessary to attend an Al-Anon or Alateen meeting. Anyone affected by someone else's drinking is welcome to attend.

There are no dues or fees. Groups are self-supporting, and usually pass a basket around for a voluntary contribution to pay for rent or Al-Anon literature.

<http://www.al-anon.alateen.org/for-professionals/al-anon-at-a-glance>

We have reached the end of Volume 1! Any changes you would like to see in Volume 2 of the newsletters, feel free to tell your GR or email at the address below.

One change that will be occurring with the newsletter is that along with the shorter, 1-paragraph shares, we will publish a longer share of 4-5 paragraphs. These longer shares can sum up your experience in Al-Anon, your experience as a newcomer, or maybe even a longer share on a topic. You can choose to treat it like a speaker essay and tell your story of how you came to Al-Anon.

While only one will be published a month, they will be published in the order they come in so that no favoritism or selectivity will be applied.

To submit your share on our monthly topic, or tell how Al-Anon has affected you, please go to al-anonfredericksburg.org/submitShare.php

The Serenity Prayer

God grant me the serenity
To accept the things I cannot change;
Courage to change the things I can;
And wisdom to know the difference.

Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
As it is, not as I would have it;
Trusting that He will make all things right
If I surrender to His Will;
So that I may be reasonably happy in this life
And supremely happy with Him
Forever and ever in the next.
Amen.

Just remember, you cannot
change yesterday, but you
can change today.

Events:

Springfield/Annadale Districts Hug and a Cookie
December 13, 2013 7pm-9pm
The Springfield/Annadale District is hosting their annual Spirituality Workshop, aka "Hug and a Cookie". It will be held at St. Barnabas Church and Food, Drinks, Cookies, and Hugs are provided. Please see your GR for a flier

Alc-a-thon
December 24, 2013 -> December 26, 2013 4pm
The local AA district is hosting their annual Alc-a-thon in partnership with our Al-Anon/Alateen district. ALL AA, Al-Anon, and Alateen members are invited. The price of admission is a dish (with something edible in it) to share with everyone. On December 26, from 12p - 3p Al-Anon/Alateen is responsible for helping things run smoothly. At 1:15pm on December 26, Gretchen R will be the Al-Anon speaker. Please see your GR for a flier.