



Vol. I Issue I

# Al-Anon of Fredericksburg

## Help and Hope

the monthly newsletter



July 2013

This month's topic:

## FEAR

I have heard in Alanon that FEAR stood for "False Evidence Appearing Real", it actually took me a little bit to completely understand this. But, now I see that so many things I feared really were never to be; which meant false evidence appearing real. I wish I had known this many years ago. I look back now and see the amount of time I wasted on worry and fear, but that is what I knew to do. I thought if I worried or obsessed constantly maybe it would make things better or make them go away completely. I learned in Alanon that I don't have to do that anymore. What is meant to happen will happen without me being so fearful. I have learned in Alanon to just stay in the day, take it one day at a time, and not project into the future. I am so very thankful for this program and the many people in it that help me continue to learn and grow.

Diane

Length in Program: 6 1/2 years

When I was growing up, fear was something I knew well. The fear of what would happen, the fear of myself even, but most of all the fear of family. These fears from my past have carried into my present leading to fears of commitment and a fear of being not good enough. However, my time in Al-anon has helped me approach these fears and confront them so that I may hopefully soon work past these fears. My biggest fear growing up, that noone would love someone like me, has already been shown untrue to me by the caring and loving members of Al-anon who love me just the way I am.

Stephanie

Length in Program: 13 months

Fear was an emotion I felt showed weakness. I would much rather you think I was an angry, mean, controlling or even shy and aloof person as opposed to "fearful". My ego got in the way of my recovery. Once Al-Anon taught me to be honest with myself and trust others, I was able to recognize and label the true undercurrent emotions, I was able to release them for what they really were: My own fears of what people would think of me.

Kelly

When I am in a state of fear, I am usually projecting about what I think will happen. Almost always it never does happen, but because I see False Evidence Appearing Real, I get anxious and start obsessive thinking about what probably won't happen. When this is the case, it's best for me to call a program friend and talk, or go to a meeting, to get what's in my head out.

Peter

Length in Program: 5 years

Next month's topic: Powerlessness

## 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.

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## Step, Tradition, and Concept of the Month

Step Seven:

Humbly asked Him to remove our shortcomings.

Tradition Seven:

Every group ought to be fully self-supporting, declining outside contributions.

Concept Seven:

The Trustees have legal rights while the rights of the Conference are traditional.