



Vol.I Issue 5

Al-Anon of Fredericksburg

Help and Hope



November 2013

the monthly newsletter

This month's topic:

THE SERENITY PRAYER

The Serenity Prayer was something I heard for the first time when I came to Al-Anon. It threw me off at first because it immediately made me think I was stepping into yet ANOTHER religious thing. After a while in the program, I've realized that the saying the serenity prayer, and actually paying attention to the words, can really calm my emotions. Courage to change the things I can - there's only one in the world, me..

Peter M.

Length in Program: 5 1/2 years

When I first started in Al-Anon the Serenity Prayer is one of those prayers I held on to. When there were days I didn't think I could get through I would recite this over and over again. It also helped me to break it down "Accept the things I cannot change".....wow, that was so powerful and it took such a long time to realize there are things I had no control over; such as, my husband's drinking. Then "Courage to change the things I can".....I finally realized that meant the only thing I could change was "me", and that is what I learned in Al-Anon. Then "Wisdom to know the difference".....it took a while to also get the wisdom to know what I could and could not change. I am so thankful for having Al-Anon in my life and also for knowing how I can use the Serenity Prayer daily to help me live a fuller life.

Diane B.

Length in Program: 7 years

The Serenity Prayer has changed my life. Growing up in an alcoholic home left me with the untrue belief that I wasn't good enough so I became a people-pleasing perfectionist. Learning the Serenity Prayer, the entire Serenity Prayer, saying it often and whenever I found myself reacting, helped me, in time, to begin living the Serenity Prayer and now it is living in me. It helped me understand what I couldn't change and, with time and help from a Higher Power, helped me gain acceptance of the ca-zillion things I cannot change. What I could change was all about me, if I am willing. The mistakes I have made have helped me to learn the difference in what I can change and what I cannot change. "Trusting that He will make all things right if I surrender to His will" gives me peace to believe that I am right where I need to be and I am becoming the person I was intended to be.

Ann G.

Length in Program: 20+ years

Next month's topic: Gratitude

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 Eleven:

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Tradition Eleven:

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.

Concept Eleven:

The World Service Office is composed of selected committees, executives and staff members.

What Can I Expect at an Alanon Meeting

Here are a few things to keep in mind at your first meeting:

Al-Anon is a mutual support group. Everyone at the meeting shares as an equal. No one is in a position to give advice or direction to anyone else. Everyone at the meeting has experienced a problem with someone else's drinking.

You are free to ask questions or to talk about your situation at your first meeting. If you'd rather just listen, you can say "I pass," or explain that you'd just like to listen.

Every meeting is different. Each meeting has the autonomy to be run as its members choose, within guidelines designed to promote Al-Anon unity. Al-Anon recommends that you try at least six different meetings before you decide if Al-Anon will be helpful to you.

Al-Anon is not a religious program. Even when the meeting is held in a religious center, the local Al-Anon group pays rent to that center and is not affiliated in any way with any religious group. Your religious beliefs—or lack of them—are not a subject for discussion at Al-Anon meetings, which focus solely on coping with the effects of someone's drinking. Here's how one Al-Anon member found the "Higher Power" of his own understanding.

It will take some time to fully understand the significance of anonymity to the Al-Anon program. But at its simplest level, anonymity means that the people in the room will respect the confidentiality of what you say and won't approach you outside the room in a way that compromises your privacy or the privacy of anyone who attended an Al-Anon meeting.

<http://www.al-anon.alateen.org/what-can-i-expect>

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:

New Market's annual Holiday Getaway.
Dec 6-8

"Miracles of Recovery" workshop
Located at the Quality Inn in Staunton, Virginia
Speaker meetings, workshops, meetings, crafts
and games, raffles, fellowship and fun
Please see your GR for a flier