



Vol.I Issue 4

Al-Anon of Fredericksburg

Help and Hope

the monthly newsletter



October 2013

This month's topic:

ONE DAY AT A TIME

I am so glad I learned in Al-Anon that I didn't have to project. I can take things one day at a time, sometimes even one hour or minute. I was always projecting "what if", with constant worry about what might happen. But, in Al-Anon I learned and experienced that most of the time things I worried about never even happened. Then that was wasted time worrying that I could have been using on myself. My life runs more smoothly if I let things go and just let my Higher Power take charge One Day At A Time.

Diane B.

Length in Program: Almost 7 years

One day at a time (ODAT): I used to worry excessively about future possibilities, and so the idea of living one day at a time simply did not occur to me. How could I think about today when all these terrible things were going to happen or might happen tomorrow, next week, next month, 10 or 20 years from today? Sometimes I'd be thinking about all of those times at the same time! I was a racquetball in a four-sided court. It was hard to live in today when I was giving the disease absolute power over my every move and thought. Al Anon taught me to quit being the racquetball. It taught me to slow down, calm down, and breathe. In. Out. Then think about only today, and only about my responsibilities.

Patty B.

Length in Program: 4 years

Thinking back on things, I was always told to live for the moment but it was never really called "One day at a time." It was always, make the most of today, many different things people tell me in a way to advise me to make sure I live life to its fullest potential.

Through the ups and downs of yesterdays, I have learned that I understand more than anything that tomorrow will always be here, and will always come. Because of this, I have come to appreciate today more, and have learned to live in the moment, and as they say "one day at a time".

Stephanie

Length in Program: 1 1/2 years

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 Ten:

Continued to take personal inventory and when we were wrong, promptly admitted it

Tradition Ten:

The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.

Concept Ten:

Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.

When I first came to Al-Anon, I was full of fear, anxiety, and despair. I truly did not believe that there was a solution to "my" problem - that there was an alcoholic/addict in my family. Because I had another family member pass away from this disease, I did not feel any hope, nor did I feel that my situation could improve. When I began really listening, I began to understand that the others in the rooms might not have the exact same story, but that they had all been places that I had been, in my head, and there certainly was hope.

The slogan One Day at a Time was so important to me at that time, and still is, when I become overwhelmed. It actually becomes one minute at a time for me. If I consider life in that way, I realize that I will be able to get through anything, and I will be not just okay, but I will be able to come out on the other side stronger and wiser. One day at a time reminds me that I can do it, with the help of my higher power. It reminds me to keep in constant contact with my higher power, for without that grounding process, I am once again lost. It also reminds me to try, each and every day, to be the best person I can be, to continue to grow spiritually, and to make amends if I have done something that might harm someone else. This slogan helps me stay on track.

Holly M.

Length in Program: 2 1/2 years

Next month's topic: The Serenity Prayer

A special submission:

I was looking for some information, and noticed that you list Al-Anon (al-anon.alateen.org), along with a few other great sites on:
<http://www.al-anonfredericksburg.org/ANlinks.php>

Honestly, thank you for mentioning them. I really can't say enough positive things about their organization.

It may be worthwhile to mention <http://www.withdrawal.org> either above or below them. The signs and symptoms of withdrawal are very serious. Unfortunately, the community does not discuss these dangers often enough, and most webpages offering information are commercial with an interest in client acquisition.

Withdrawal.org is part of the USA Addiction Treatment Partnership, a Florida registered non-profit. This way you can point visitors somewhere without having to trust a commercial site.

Let me know if you have any questions. Thank you again, and keep up the great work.

Take care.
Mari

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.

Yesterday is history
Tomorrow a mystery
Today is a gift,
That is why it is called the present

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

Events:

VA Area Fall Assembly
October 12-13, 2013

This is Virginia Area's bi-annual business assembly. Groups should vote on whether they wish to send their GR. Cost is \$91 + gas.