



Vol.I Issue 3

Al-Anon of Fredericksburg

Help and Hope

the monthly newsletter



September 2013

This month's topic:

SELF-LOVE

Self-love sounds so easy....taking care of yourself. Isn't that what we are all supposed to be doing? But, for me I was more interested in taking care of others, especially my Husband, Son, other family members. But, the more I focused on them and didn't focus on me I somewhere lost myself. In Alanon I learned to ask myself what is it "I want or need right now". I try to remember that especially when focusing on others. The more I focus on me, take care of me, do what I need to do for me, then I really don't have time to focus so much on others. That right there helps me tremendously! I only learned that from coming to Alanon.

Diane B.

Length in Program: Almost 7 years

For the longest time, I had a hard time with the notion of self-love. If anything, I had the exact opposite of self-love; if it was self-love, it was a very messed-up version of it. Through the help of the program, I have learned what self-love really is, and how to care for myself in a way that really is self-loving.

Gabby

Length in Program: 5 years

Before Al-Anon, I thought self-love was just plain selfish. I had low self-esteem and I didn't even know it. When I started attending meetings regularly, I slowly began to realize the difference. When I made a commitment to work the Al-Anon program, I was on an exciting and sometimes painful journey to discover myself. That was my first real act of self-love. Today, after a while in Al-Anon, I have the self-esteem I was lacking and I actually like myself and those around me. Working the 12 Steps of Al-Anon gave me a sense of self, a more positive attitude and so much more. It took that original continuing commitment and the unconditional loving support of the Al-Anon community for me to become the loving person I am today. And for that I am truly grateful.

Ann

Length in Program: 20+ years

Before I came into the program, my self-worth was very little. Now I can take pride in my work and be happy with myself without EGO. The one area I still struggle with is taking compliments. I've heard that not simply saying "Thank you" when receiving a compliment is similarly calling the other person a liar.

Peter

Length in Program: 5 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.

Step, Tradition, and Concept of the Month

Step Nine:

Made direct amends to such people wherever possible, except when to do so would injure them or others

Tradition Nine:

Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Concept Nine:

Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership.

Share: Self-Love...what a difficult concept for me to grasp. Even after six plus years in the program this is the hardest. To have my heart and head catch up with each other...I know what I am suppose to do...have compassion for myself, know I did the best I could at the time...the logical brain vs the heart. I struggle with loving myself for who I am, where I am at this moment in time, accepting myself. I still look to others for who I am and look at myself through their eyes and not my own. So I hope in another 6 years, I can be further in my recovery journey and my heart and head can be in sync.

Allyson

Length in Program: 6.5 years

Anniversary: May

Next month's topic: One Day at a Time

Events:

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.

Alateen Sponsor Workshop

Saturday, September 14, 2013

This is the Northern VA Alateen Sponsor Workshop. It is mandatory for new sponsors and for re-certification. It will be held in Manassass, VA from 10-2. You can go to the workshop and still make it to our potluck, what luck!

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.

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.

Just for today

I will try to live through this day only, and not tackle all my problems at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.

Just for today: I will be happy. This assume to be true what Abraham Lincoln said, *Most folks are as happy as they make up their minds to be.*

Just for today: I will adjust myself to what is, and not try to adjust everything to my own desires. I will Take my *luck* as it comes, and fit myself into it

Just for today: I will try to strengthen my mind. I will study. I will not be a mental loafer. I will read something that requires effort. Thought and concentration.

Just for today: I will exercise my soul in three ways: it will do somebody a good turn and not get found out; if anybody know of it, it will not count. I will do at least two things I don't want to do— just for exercise. I will not show anyone that my feelings are hurt: they may be hurt but today I will not show it.

Just for today: I will be agreeable. I will look as well as I can, dress becomingly, keep my voice low, be courteous, criticize not one bit. I won't find fault with anything, nor try to improve or regulate anybody else but myself.

Just for today: I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests: Hurry and Indecision's.

Just for today: I will have a quiet half hour all by myself, and relax. During this half hour, sometime I will try to get a better perspective of my life.

Just for today: I will be un-afraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give back to me.