



Vol.2 Issue 7

# Al-Anon of Fredericksburg

## Help and Hope

the monthly newsletter



August 2014

This month's topic:

## Let Go and Let God

Recovery has taught me I am a being in a spiritual journey and life is a school in which I learn lessons that guide me along my path.

When I first came into the rooms I had a very myopic vision of my life. I had a strong believe in reason, willpower and cause-effect ideas. I deemed the slogans to be too simple to shed any light into my problems because I was applying non spiritual solutions to a disease that is spiritual in nature. Besides, I was always dwelling on the problem, not the solution.

The slogan Let Go and Let God is what frees me from my self-will and opens the door to the will of the universe in my life. I used to constantly obsess and cling to my problems, identifying with them, becoming them, not realizing that I was selling myself short. Understanding that I am not my problems or circumstances was a huge step for me.

When life happens and I start obsessing about something or somebody, I try to use the tools of the program. Al-anon is a program of action. I need to apply what I learn in my life. Only in this manner will I see changes in me. When I heard in the rooms: detach, let go... I used to think: easy to say. But how do I do it? Then I learned the acronym HOW: honestly, openly and willingly.

I am honest with what is really going on with a situation by sharing with my sponsor or other trusted program members. I remind myself that I am as sick as my secrets and that by talking about the problem

Next month's topic: Transforming Our Losses

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

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## 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 Home Team Grille in Eagle Village next to the University of Mary Washington. 5:00 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 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.

I shed light on it and bring it to a much more measurable and realistic size. Then I open myself to suggestions from people who are healthier than me and that are willing to share their experience, strength and hope. The most crucial part for me is to ask God to give me the willingness to look at the problem, accept it, do whatever footwork I need to and then let it go. This process usually takes the form of prayer. It also helps me to write about it on a piece of paper and put it in my God box.

I remind myself that this slogan has two parts: first I go through the process of letting go by applying the "how" tools. Secondly, I trust God will do what is best for me and the people involved in the situation.

This second step is what really liberates me from the illusion of control and self will and builds up my trust in God and my self esteem.

Over the years, my faith in this process has grown stronger and stronger. If I am honest, open and willing when I let go, God will do for me what I cannot do for myself.

Isabel

A very, very grateful member of the worldwide fellowship of Al-Anon/Alateen.

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## Al-Anon Stories from the Heart

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Please remember, we are always looking for your story of your experience in Al-anon, whether you are a newcomer or have been here for over 20 years.

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## 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.

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### Events:

Northern Virginia Alateen Sponsor Workshop

Saturday September 6, 2014, 10am - 2pm  
Location: Centreville Presbyterian Church, 15450  
Lee Highway, Centreville, VA

This is one of the quarterly Alateen Sponsor Workshops. To renew your certification or to start the process of becoming AMIAS certified, you must attend one of these workshops. Please bring a bag lunch, there will be coffee and snacks provided.

Please see GR for flier

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Eastern Seaboard Alateen Conference (ESAC)

September 19-21  
Location: McKemie Woods, Lanexa, VA

This is the second annual Virginia conference for Alateens. It includes a weekend of fun, fellowship, and support for Alateen members aged 7-19 and their sponsors. Early bird is \$85 postmarked by August 8, 2014. Regular is \$90 by August 26, 2014. Walk-in is \$99, payable by cash or money order. Please see GRs for a registration packet.