

This month's topic:

LOVING YOURSELF FIRST

As mothers and wives, many role models from our childhood instilled in us the value of giving up everything for children and husbands. Often, that often meant putting our needs on the back burner while focusing, first and foremost, on the needs of everyone else. The Al-Anon Program has enabled me to take an in depth look at myself...strengths and weaknesses. At times I am so focused on my weaknesses, I can't see a single strength. That is insanity. The program has helped me understand the statement "Courage to change the things I can." Since, I am the only person I can change, I am focusing less and less on everyone else and more on myself. Although I have accepted my weaknesses, now I believe my strengths outweigh them. By following the program's steps, I am learning to "Love Myself, First." The Al-Anon Program and the people in it have shown me how to live a more fulfilled and serene life.

Pat

Length in Program: 20 months

Next month's topic: The Journey of Grief

Al-Anon Stories from the Heart

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

Events:

Healthy Relationships Workshop

Saturday, February 15, 2014 9am - 4pm

Location: Physician's Conference Center, INOVA Fairfax Hospital Falls Church is holding their annual Healthy Relationships Workshop. They will provide beverages. Please bring a snack or finger food to share. You can bring a bag lunch or eat in the hospital cafeteria. For more information, please see your GR for a flier.

Spring Pot Luck and Speaker

Saturday, March 22, 2014, 4pm - 7pm

Location: Lake of the Woods Church, 1 Church Lane, Locust Grove, VA Save the date for our bi-annual pot luck dinner. Our Spring 2014 pot luck dinner will feature a speaker, chinese auction, 50/50 raffle to benefit the Alateens, and of course, the pot luck dinner. The district will provide coffee, tea, water, plates, and utensils. Please come with a hungry belly and ready to have a good time.

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. 5:00 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 Two:

Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition Two:

For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.

Concept Two:

The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.