



Vol.2 Issue 4

Al-Anon of Fredericksburg

Help and Hope

the monthly newsletter



May 2014

This month's topic:

WHAT KEEPS ME COMING BACK

As I'm coming upon my 2 year anniversary in Al-anon, I pause and take a minute to look back at the events that brought me here. For many related to me, it was a family member that brought them to the program. But for me, it was more. There were others in my life that were alcoholics. I remember stepping into that room the first time, not 2 years ago, but coming to a noon meeting with a family member almost 7 years ago. That was my very first Al-anon meeting. I didn't know what to make of it, what to take from it, or what I should even do, so I didn't come back. I wasn't ready at the time, despite how others had often pushed me. It had gotten to the point where others were pushing so much that it forced me to look at Al-anon as a cult that everyone was joining. However, 2 years ago, I found myself in the meeting room again. It may have been the events that I was going through, and the stress that I felt laid down upon me, but I needed somewhere where I could talk. As I keep coming back to these rooms, trying new meetings, coming back to old familiar environments, I find a certain sense of relief in not only talking but also listening. Listening to others has helped me tremendously. Sometimes, when coming to a meeting, I'll sit down and just listen to everyone else talk. Take in their words, their thoughts, and resonate upon what they've said. I look at how much they've learned, how far they've come, and it inspires me to try and better myself with the help of Al-anon. For me, this is what keeps me coming back.

Stephanie

Length in Program: 2 years

I first came to Alateen at the suggestion of my mom. At my first meeting they closed early for a group conscious, which made me uncomfortable, and I didn't come back for a month. Now, I have 6 years in Alateen and Al-Anon, and I would not be able to live without my program. I keep coming back, because even though my alcoholic doesn't drink right now, Al-Anon helps me in my daily life. Al-Anon helps me to realize that most things are not direct attacks to me, and that blowing things out of proportion does me no good. I just need to keep it simple, and live and let live.

Peter

Length in Program: 6 years

Next month's topic: Accepting your alcoholic
(what you've gone through, what you've faced)

continued on back

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.

We are looking for a new public outreach coordinator to help out Al-anon. This is a district position. Please talk to Diane or your GR for more information.

Step, Tradition, and Concept of the Month

Step Five:

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Tradition Five:

Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

Concept Five:

The rights of appeal and petition protect minorities and insure that they be heard.

Events:

6th Annual Alateen Picnic

Saturday, May 24th, 2014, 12am - 4pm, food begins @ 1pm
Location: Loriella Park, 10910 Leavells Rd, Fredericksburg, VA
22407

This is our annual Alateen Picnic. The district will provide meat, buns, condiments, and water. When you come, please bring a dish to share, with something edible in it. If you would like to drink something other than water, please bring that for yourself and your family. There will be lawn games, and there will be an open Alateen meeting from 3-4pm to conclude the picnic. Donations to the Alateens are always accepted.

Please see your GR for a flier

Virginia Area Recovery Day

Saturday, June 14th, 2014, 9am - 4pm
Location: Double Tree by Hilton, Richmond-Midlothian, VA
23235

This is Virginia Area's Annual Convention condensed to one day. There will be three workshops and a speaker. There will also be a 50/50 raffle, silent auction, and literature sales. The cost is \$49, which includes lunch and a gift if pre-paid. If you pay at the door, it does not include lunch, and the gift is subject to availability. Flier here Overnight hotel rooms are available for \$93 + 13.3% tax, by booking before May 22 and mentioning VA Area AFG group.

Al-Anon Stories from the Heart

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.

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:

Mid Eastern Alateen Conference (MEAC)

Friday July 18, 2014 - Sunday July 20, 2014
Location: Virginia 4-H Center, Front Royal,
VA

This is one of the two annual Virginia Alateen Conferences. It is a fun-filled, exciting weekend for teens aged 7-19 and their Alateen Sponsors.

Early-bird registration (due May 31) is \$90. Regular Registration (due June 30) is \$100, and walk-ins are \$110. The price includes lodging, food, and a good time. MEAC does have money available for scholarships.

Please see your GR for a flier.