

DISTRICT 18

NEWS

Shakespeare Anyone?

From ODAT August 22

"Though hast not half the power to do me harm, as I have to be hurt."

-William Shakespeare *Othello*

Next Topic

Fear: an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain or a threat

- our fears are often unspoken or even unknown to us
- worrying zaps today of it's energy & never solves tomorrow's problems
- fear can rule our lives until we face it
- your story may help others overcome their fears... please share and send your submission to:

district18.newsletters@gmail.com



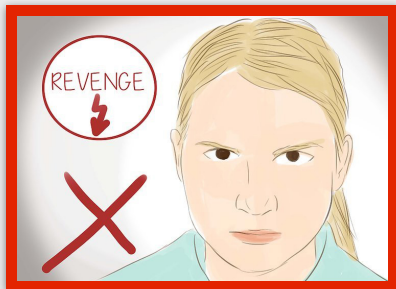
Resentment

Editor's Note

Resentment: bitter indignation at having been treated unfairly

I was on vacation in a beautiful spot and, yet, I was spinning in frustration and anger, struggling with my resentment. Even the blue, serene Caribbean couldn't seem to calm my frayed nerves. I decided to work on the newsletter as a way of "having a meeting" all by myself. It was like being with friends even though I looked around and I was sitting by myself! Reading member submissions about Resentment, I felt myself relax a bit, breathe a little deeper and my heart rate went down. I wasn't alone in struggling with boundaries and the resultant resentment that comes from not

From ODAT May 28



The great danger of admitting resentment into our minds and hearts is that it often leads to retaliation.

We feel justified in "evening the score".

District News

NCWSA Convention

- See additional info at both of this newsletter
- Doubletree Hotel 1150 9th Street, Modesto, CA
- March 23-25, 2018
- Great speakers, Spanish & AA participation, food, fun fellowship
- Doors open 1pm March 23
- Register @ door \$35; online at www.ncwsa.org for \$25
- For more info: contact convention chair: Rhonda D. 408.605.3542

knowing how to set effective boundaries. I could forgive myself for not doing it perfectly or even well. I am learning. Little by slowly, I am getting it. Over the miles, I felt other Al-Anon members reaching out and telling me tenderly...."It's okay - let it go."

I love doing the newsletter for many reasons; one of them being the privilege I feel at reading and sharing member submissions. One person starts with "God remove my fear..." So much said in just a few words!! I learn so much by reading what others have written and I feel honored to be sharing their stories, struggles, and triumphs.

Resentment comes to us all at one time or another. It's part of the human condition. I chose this topic because I have begun to realize in the past few months how trapped in resentments I had become and I wanted to be free. I found these bits of wisdom in my research and so I pass them on to you with my gratitude for your sharing with me vis a vis the newsletter.

Forgiveness doesn't mean what happened was okay, and it doesn't mean that person should still be welcome in your life. Forgiveness just means that you've made peace with the pain and you are ready to let it go.

Forgiveness is not something we do for others - it's something we do for ourselves. Not forgiving someone is the equivalent of staying trapped in a jail cell of bitterness, serving time for someone else's crime. You make the choice to either dwell on the pain caused by others, or, you want to forgive and move on. One of the member submissions below compares resentment to replaying or re-feeling old hurts over and over again. It's a wonderful picture of what we do to ourselves needlessly. For myself, I have realized that the replaying and hanging on to resentments were, I wrongly thought, a protection from future hurts. If only I could make "the other person" get what I was driving at, I would be spared. It wasn't working





AFG News

Saturday of Serenity Mens

- Hear David D. of Dublin share his experience, strength & hope
- Saturday, February 24 at 4pm
- Alateen & AA speaker
- Donation draw & potluck (bring a dish to share)
- For info contact: Greg F. 209.614.4167

Ceres AFG Birthday Speakers Meeting

- Hear Kathy M. of Ceres AFG share her experience, strength & hope
- Monday, March 12 at 7pm
- Potluck & drawing - bring a dish to share or a prize for drawing
- Harvest Presbyterian 1813 Moffett Road, Ceres

but I hung on and got deeper into resentment. Here's a few things I've learned in the last few month:

Gandhi once said, "The weak can never forgive. Forgiveness is the attribute of the strong." it takes a strong person to face pain head-on, forgive and release it.

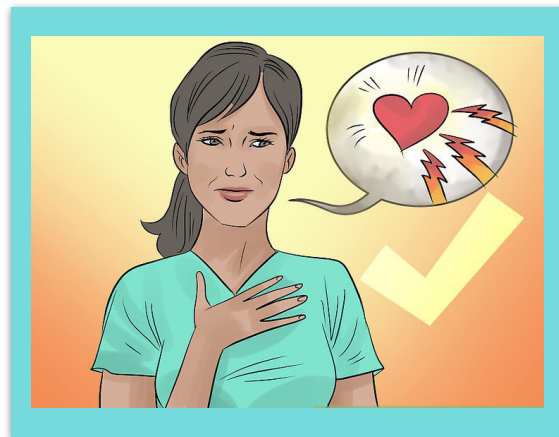
Forgiveness isn't always about others - it's also about forgiving yourself. Guilt never makes anyone feel better. So always remember to forgive yourself and move on.

To forgive someone is the highest, most beautiful form of love. You might just find that you get a sense of peace and happiness in return.

If none of the above appeals to you, then you might want to take the advice of Oscar Wilde:

"Always forgive your enemies. Nothing annoys them so much."

-Newsletter Kate



At some point you must let go of what you wanted to happen....and accept what is.

Al-Anon Forum Reprint

Today, I love my son with no resentments

Soon after my son turned 18, he announced that he was moving out. I knew by the look on his face not to challenge his decision. That was 28 years ago, and with the exception of three or four

“Without forgiveness
life is governed
by... an endless
cycle of resentment
and retaliation.”

Roberto Assagioli

Announcements

Alateen Training

- DOCTORS Medical Center
Conference Center
1441 Florida Ave., Modesto
- Sunday, March 4,
3pm-4:30pm
- Dede W. our NCWSA
Alateen Coordinator will
conduct the training
- AMIAS able to complete
annual recertification
- Anyone interested in
becoming AMIAS (Al-Anon
Member Involved in
Alateen Service) welcome
to attend
- For more info contact:
Carol S. 209.604.2331

Answering Service Opportunity

- Receive real time calls from
people inquiring about Al-
Anon
- Call Marty F. 209.602.7935
for more info

brief times, he has not wanted to be a part of my life. During his brief pop-ins, he would wreak havoc, and just like that, be gone again. I didn't have Al-Anon then, and so I got caught up in the doubts, fears, and shame. It was agony. There is a hook in being a mom, and Al-Anon is where I found the courage, strength, and wisdom to unhook myself from my son's unacceptable behavior.

Miraculously, I was led to Al-Anon where, ever so slowly, I began working the program with a Sponsor. The more I learned, the more I wanted, and that kept me coming back. As a result, I've been given guidelines for living a healthy life, and a toolbox filled to overflowing with every possible tool I would ever need to keep me out of the problem and in the solution.

Two weeks ago, after seven years, I heard from my son via e-mail. Although cool in tone, his words conveyed that he wanted us to have a relationship. Being cautiously optimistic, I responded simply and affirmatively. His third e-mail, however, showed his colors, and as a direct result of living the Steps, I was able to stand in my own truth. I was happy to learn that he was well, and I was looking forward to building a healthy relationship, but after receiving that e-mail, which was riddled with assumptions and conditions, I truly did not see how this would be possible.

Today, because of the Al-Anon principles, I am able to love him right where he is now, with no resentments. I have also been given the clarity to acknowledge the risks to my well-being. Today, with my Higher Power's help, I am willing to **do the next right thing.**

Lo and behold, by trusting my Higher Power and knowing that more is always revealed, several days later I received a response that was warmer in tone and included an apology. This is a first, and a miracle in the making.

By Rosemary B., Arizona
The Forum, August 2016

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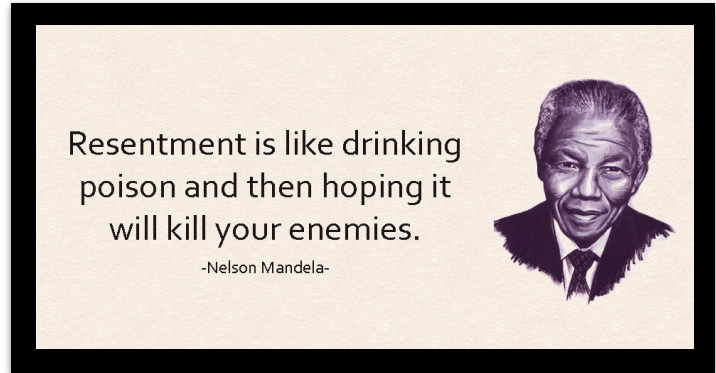
Member Submissions

My name is PB and I have been sober in AA for

over 26 years. I stumbled into an Al-Anon meeting today looking for an AA meeting, but the topic was on resentment and I am right where God needs me to be. I'm resentful at my husband because he has not undergone chemo and radiation treatment for tongue cancer and yet he has returned to his diet of junk food immediately. His daily cancer treatments were so hard on me. I ended up with two gastric ulcers and high blood pressure. I feel like our 33 year long marriage

meant nothing to him. I want him to make healthy choices but really just need to think about the choices I make for myself. My health is poor at this point as I allowed myself to get out of the routines I need for self-care...walking, reading, AA meetings, eating healthy and seeing friends. He will never really need what I need and will be able to get along without other people, support, group meetings, exercise or a healthy diet. I feel like I'm riding a sinking ship into an oncoming storm. I need more help in our home but then I nick-say the help I get as imperfect. Truly, my lifelong stance of perfectionism is killing only me. He has given me 33 years of his life too. He is a great guy, but very easily made happy with the television on all day and computer games. I need to lovingly find out how to be happy and stop blaming my poor health on him. I make choices to eat self-destructively (I call it my F- CK IT Eating!) because he's just going to die and I'll be all alone. so I make our present state miserable by fearing what hasn't happened yet. I never really reach out for what I want and need. I just react to my fears. I need to count my blessing, get a friend/confidant, and continue life.

Submitted by PB



They caused the first wound, but you are causing the rest;

this is what not forgiving does.

They got it started, but you keep it going.

Forgive and let it go, or it will eat you alive.

You think they made you feel this way, but when you won't forgive, you are the one inflicting the pain on yourself.

- BRYANT MCGILL

I have resented my mother for a very long time, through

my growing up years. She divorced my father when I was 3, started a new family with my stepdad and I felt I had lost my Mom; lost out on being doted on because she had 2 daughters, both beautiful and I always felt I was obviously not significant and important enough for her to really care, to really be interested in me. This injury to my ego made me feel always "less than" and I resented being overlooked and abandoned. I wasn't until I came to work the Al-Anon program that I realized that I needed to step out of feeling sorry for myself. It just created bad, unattractive energy. No wonder I didn't have a lot of friends! Secretly, I always felt jealous or envious of others. That isn't attractive. Once I became aware of it, I could see how holding resentments

made me feel like a victim, and I got that I had to change my thinking if I ever was going to feel any lasting happiness. At times, when I am tired or stressed, I find myself flashing on something that was “done” to me. Going over it in my mind I can now see that I allowed certain things to happen to me. Today, I have learned to ask myself...”what is in my best interest?” I ask my Higher Power to help me find the words to state what it is I want or don't want anymore. I have been so grateful seeing that listening to my inner cues really works wonders. I can stand up for myself. I can escape the terrible resentment poison!

Submitted by Mary



God, remove my fear and help me write.

I have been burdened with resentment these last few weeks more than I have in years. It affects the choices I need to make clearly to get through each day. Food choices, activity choices, emotional and spiritual choices. it is like “drinking poison and expecting someone else to die”. I appears that the people or things I am resenting are doing just fine. I'm the one stress eating or with stomach issues.

Remembering that I am the common denominator in all of my relationships, and turning my thoughts to what I bring to the party, helps tremendously in finding a solution. Whether it's giving myself a break, forgiving myself or remembering again people don't have to do things my way. I need to practice acceptance, unconditional love and master the art of setting boundaries to keep my nose out of their business and keep my unacceptable behavior at bay. One day at a time...I can do this. Learning to take care of myself without throwing them under the bus is an art I will continue to work on. I'm worth it!

Submitted by Anonymous

“Nothing on earth consumes a man more completely than the passion of resentment.”

-Friedrich Nietzsche

Resentments are poison to my recovery. It's the serenity killer to me in my reaction to challenges with people, or my alcoholic's drunk or sober, places and things. For me, resentment, by and large is me getting frustrated with peoples' actions or things not going my way. Anger is a natural emotion. I want to deal with and not stuff it. I will have anger. I am human. I don't have to let it go to resentment. I can work these resentments through the Steps with my sponsor. I will ask, "how much of this resentment is my unrealistic expectation? What is my part in this and what am I getting out of this resentment...sympathy or attention?" I want to get out of the problem and into the solution. I can use the Serenity Prayer.

I can't control the alcoholic's drinking, thinking, or actions. As far as resenting my alcoholic's lack of getting sober through my efforts, I love to go the founder of AA - Bill Wilson. He said "Only one drunk can help another drunk." I have no power with alcoholism, therefore I can turn that negative resentment energy into positive service to help others in my Al-Anon family.

Submitted by Greg F.



Resentments were eating me alive before I found my way into the rooms of Al-Anon. Instead of documenting the hurts and disappointments in my life, I am now documenting my gratitude and recovery. It does my heart good to write my hopes for the coming year at the beginning of the year and then to look back at my hopes and dreams because I find golden nuggets in the wishes granted and those not fulfilled. I am grateful that I have been able to relieve myself of the burdens of hanging on to pain. It has freed me to live, laugh, and love in the moment. I know that if I use all of the tools of the program I will be able to make it through difficult situations without losing myself. I no longer have to revisit old hurts in order to gird myself to deal with new hurts. I am confident that "together we can make it."

Submitted by Anonymous

I recently heard a definition of resentment to mean to “refeel”. I continue to run the replay of what happened in my mind like a sporting event replayed. Every time I run the replay I make myself look better and better and eventually make myself a complete victim, having had no part in whatever happened, and the other person totally at fault. I am halfway through a resentment 4th Step and it is helping me to see my part in many of my resentments. It was incredible when a sponsor helped me to look at myself objectively without judgment...to look at just what happened. Just the facts, not my opinions. How I viewed myself and my part was completely warped and distorted.

Submitted by Anonymous

Resentment is focusing on ME and **what isn't right.**
Gratitude is focusing on ME and **what is right.**

Gratitude is one tool to rid myself of resentment. Talking with my sponsor about it and sharing my feelings of anger and hurt at meetings helps me. Finishing the Step are the #1 way I rid myself of resentments for One Day At A Time.

Submitted by Dave O.



Resentment and my Demise

For my whole life, I had never established any boundaries in any of my relationships for myself, nor had I informed others in my life what my limitations should be. It was easier for me to just be quiet when someone or something offended me. I would stuff the offense, become quiet and withdrawn, and sit there seething in resentment. My offender would be oblivious to the offense, or just didn't care and would repeat it because there was no accountability for their actions. I did hear about my bad attitude and demeanor following the incident. One of her family would show up and see my feelings written all over

my face and would pipe up and say "Like, what his problem?!!" My bad behavior was brought to the front and then the gloves came off, and the battle began. Sides were chosen and I would be outnumbered as I was only one among many.

My health suffered from living in the stress that I had allowed in my life. *I had become spiritually, emotionally, and physically ill. I believe resentment had raised its ugly head.* I had to make a choice. I had learned about establishing boundaries for myself in Al-Anon. I started to make my boundaries apparent in my life and they were met with extreme opposition. There was very little peace, so I stayed away from the source of the stress as much as I could, but it was still too much for me to deal with. Suicide was not an option, but it did cross my mind. I was finally forced to make a decision when they found I had cancer. I give a lot of credit to resentment causing the cancer. I had to make a decision. Should I stay in a situation that I believed was killing me, or should I leave and try to recover my health? Two weeks before my surgery I moved out, set myself up in an apartment and prepared for my recovery following the surgery.

The surgery has seemed to take care of my physical health. Being away from most of the stress has allowed me to get off of the blood pressure medication I had been on for thirty years. An Al-Anon meeting almost every day for the first seven months provided new friends, service work, testimonies, and new ideas for how to break that bondage of resentment. Rather than being angry, bitter and resentful, I can now pray for my offender. I am constantly working on my relationship with God as I know this is too big for me to overcome on my own. Along with my physical health improving, my emotional and spiritual health are also improving. I am not there as of yet. I still have days where I have to go back to Step One. Those days are not happening as often as they were fourteen months ago, so there is a *work in progress*. I thought recovery would be a six month class in Al-Anon. Little did I know when I started the class that it would be a lifetime commitment.

Submitted by Larry S.



We forgive, we mortify our resentment; a week later some chain of thought carries us back to the original offence and we discover the old resentment blazing away as if nothing had been done about it at all. We need to forgive our brother seventy times seven, not only for the 490 offences, but for one offence.

- C.S. Lewis