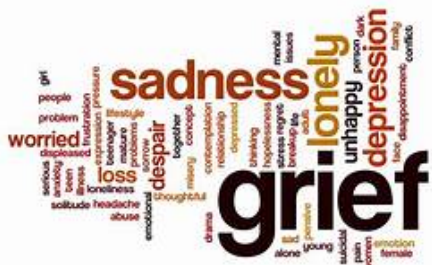


## District 18's Voice of Reason

Each time I sat down to start this newsletter, I got stuck. I had something I wanted to share, but can I? Would I be “breaking” Al-Anon Traditions and Concepts? Probably. Maybe? I **don't** know! The internal debate kept me busy for a while. I know how to talk to others and reason things out, but still .....

So I decided to ask you - the members of our district. Since I came to Al-Anon there have been deaths. Sometimes I hear about them and sometimes I don't. I know death is unavoidable. I think the topic is an outside issue (Tradition 6). Tradition 12 is about anonymity and equality for all: what we do for one, we do for all. We didn't have a newsletter for awhile so I can't look back to see if any member's passing was included. I saw an email on the loss of the Area's Chairperson (and longtime District 18 member). It mentioned that *not* sharing information for those who want more information on an outside issue would be insensitive at this time of loss. So back to my question / struggle ~ would you like to see information about a passing and / or services? A section acknowledging someone passed? Please let me know your thoughts. You can email me at: [Newsletter Coordinator](#) or talk to me after a meeting. 💜



*Vicki B*

Newsletter Coordinator

- Grief is what got me here. I had no idea what to do about it at that time. I just knew I was in pain and nothing was going to be the same. I had no idea how to deal with the emotions that were swirling around. I did what everyone in the program suggested: I got a sponsor and I worked the steps. The pain started to slowly fade. Recently I lost my former mother-in-law and a friend. Both my former father-in-law and step-dad have had health scares one right after the other where they were hospitalized. I relied on my program friends immediately. I cried when I needed to be. I was sad when I needed to be. I talked to them and shared about it in meetings trying to process it. I also learned that grief isn't just for death. When I changed careers I had a dream job I wanted. After interviewing this time, I realized that the reason I wouldn't get to work there was something I could not change. The loss of that dream between the deaths and medical emergencies brought me lower with each loss. I know that this too shall pass and that I am not the only one dealing with grief today.
- Just for today I will try to live through this day only, and not tackle all my problems at once.
- I was afraid of my feelings. I finally realized I wanted to feel them, all of them.
- Each time I let myself feel, I am not as raw.
- I have to practice feeling my feelings because I am learning. It's OK to feel sad and cry.
- Feelings aren't good or bad. The ones that I considered bad have made me look at things.
- Feelings might be uncomfortable, but they are important because they are mine.
- How long do I get to feel the feelings?
- What I think and feel is right for me.

## Welcoming Newcomers!

The World Service Office is delighted to announce the launch of a web page for newcomers to Al-Anon! This replaces the one-time email new members received when signing up, which included core information about Al-Anon. The new link is:

[al-anon.org/welcome](http://al-anon.org/welcome)



## Mis•take

*/mə'stāk/noun*

1. an action or judgment that is misguided or wrong.

Heard at a meeting:

- There are no mistakes - only lessons & choices. I can ask my HP for help if I didn't “get” a lesson. I can ask HP to help me hear it another way or through another person.
- Mistakes = vulnerability. I learned that I can't be vulnerable growing up in an alcoholic family.
- When I try to explain my reasons, I need to back up and look at what is going on.
- When I make a mistake or say something, I can look back and reflect. I can ask myself how important was it? After the fact it normally isn't as important as I thought at the time.
- QTIP - Quit Taking It Personally
- Mistakes aren't bad things. It's an opportunity.
- In a surprise or emergency I don't know how I will react. I do the best I can and then sort things out later when things calm down.
- A mistake in my opinion may be a brilliant idea to another.
- Making mistakes simply means you are learning faster. - Weston H. Agor:  
Don't carry your mistakes around with you. Instead, place them under your feet and use them as stepping stones.

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## Step 3

Heard at a meeting:

- Thank heaven there are 2 steps before the 3rd one. I had to listen to others share about their Higher Power to understand mine. My sponsor pointed out the word "care" in this step. It's easier to turn my will over now that I see that.
- I use a God Box. When I put something in it I check it in about 6 months. I can see how things were taken care of once I let them go.
- I need to work the steps. I can't think my way through relationships. I need to write it down which helps me let it go. When I look later at what I wrote, it helps me have a balanced perspective.
- Meetings remind me that I did make the decision. I only needed to make it once.
- Another person in the program shared that she doesn't use a God Box. She turns things over by throwing them in the fireplace. Once it's in there, it's gone and she can't take it back.
- I visualize a tree, a very large tree. I hang all the things I need to let go from the tree branches like people and things.
- Google doesn't have all the answers; Higher Power does!
- I've given my Higher Power a million reasons not to love me but none have changed his love. He lets me make choices and change my mind.
- I came to Al-Anon & I was told about a new Higher Power. I didn't want one! I need something tangible.
- There's no such thing as coincidence. When I pay attention I can see it, hear it, feel it.
- When I worked this step the 1st time I thought I needed to do them perfectly. I don't have to. I don't have to define my Higher Power. I can just leave it as something bigger than me.
- I survey people to ask who and what their God was. How We Understood helped me make it my own Higher Power.
- I write God letters. I tell him all my thoughts, worries, and joys. He writes me back and helps me work things out.

- My mind set of what my Higher Power was when I grew up isn't what I need for a mindset for today.

## Step 6

Heard at a meeting:

- Were entirely ready to have God remove all those defects of character. How can I become entirely ready to have God remove all my character defects? I look at my personality and analyze the way I treat others. Am I Thoughtful, Honest, Intelligent, is what I say Necessary and Kind? What a tall order I think to myself. How can I, on a daily basis, do all these things? Aha, there it is, I have seen my problem and the only solution is I can't, but God can.

This is a very difficult step for me, and I am working on it daily one step at a time. These past weeks I have relied on my faith and not tangible things to prove God's will for me. His will is far better than I could ever imagine. I will continue to trust the journey as I ask God to help change the things I can. I am learning to love who I am, perfectly imperfect

Marnye

- In Courage To Change there is a page on becoming swiss cheese when I have defects removed. I heard someone share that "remove" means to "re-move" or move again. I see it like a pendulum that swings back and forth. Sometimes I am in the middle where I want to be...sometimes I swing right past it. In the middle are traits like good follow-up skills and being very organized instead of being a control freak. When the pendulum swings to one side I want to run everything so that the people I love are safe and happy - according to me. The other side is when I am being a doormat and not caring because it's too much work.

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## Have You Heard the News!?

Congratulations to the newly formed *Global Electronic Area*, and welcome to the 62nd World Service Conference!

During the first Assembly for the electronic groups which formed part of a non-panel WSC Area, the Group Representatives elected an Area Delegate, Chairperson, Secretary, and Treasurer. As set forth in the World Service Handbook section of the [2022–2025 Al-Anon/Alateen Service Manual \(P-24/27\) v1](#), the Area then notified the World Service Office of its intention to send a Delegate to the 2022 World Service Conference. At Conference, the Delegate was enthusiastically welcomed with a unanimous vote and seated with a warm round of applause. For some background and discussion about the evolution of work that brought this goal to fruition, see pages 33–36 and page 78 of the [2021 World Service Conference Summary](#).

Congratulations to all who participated in the achievement of this exciting milestone for groups meeting electronically and for our fellowship as a whole!

### **What does this mean to my meeting?**

Once NCWSA has a policy to accept electronic groups, the delegate notifies the WSO. Physical groups will be able to register as an electronic group and retain their current Group ID & district affiliation. The Area policy needs to clearly accept electronic groups & outlines the District assignment. In the past, an electronic meeting was NOT part of a district or area. They were a separate group that did not participate in WSC (World Service Conference) either.

NOTE: CA North has not yet developed or approved a policy to accept electronic groups.

## Can Members Buy Al-Anon Literature from Outside Entities?

Vitally important to clarify first is that the *only* place anyone can purchase Al-Anon's *ebooks* and *audiobooks* is through certain electronic media providers. In return for their royalty fee, these providers handle all set-up, processing, and digital rights management, which protects our ebooks and audiobooks from being pirated. At this time, it would be cost-prohibitive for the World Service Office (WSO) to set up this capability on our own website. Ordering through the links to electronic vendors on the [Online Bookstore](#) ensures that you are buying ebooks authorized by Al-Anon.

In a related way, when you buy a physical book, a portion of the price you pay covers the printing, which is also handled by an outside vendor. However, the WSO does not contract with outside booksellers for printed books. As a nonprofit organization, the WSO must sell literature to anyone who wants it. While groups and members can buy Al-Anon books wherever they choose, it is important to know that buying printed books from outside booksellers supports outside entities. Purchasing books from local Al-Anon Literature Distribution Centers or the WSO supports local Al-Anon services and the Al-Anon fellowship worldwide.

*The Forum*, June 2022

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Topics for the next Newsletter **due 9/1/2022.**

- 1. How have you used technology to aid your Al-Anon recovery?
- 2. If you haven't used technology to aid your Al-Anon recovery, why not?

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You can type your response in an email to [Newsletter Coordinator](#), [click on this link for a form](#), email a picture of this page filled out, or print and mail it to: D18-Newsletter, PO Box 579491, Modesto, Ca 95357-9491



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## *Humor!*

I saw an ad that said "radio for sale \$2, volume stuck on full".  
I thought to myself "I can't turn that down".

Someone glued my deck of cards together.  
I don't know how to deal with it.

I tripped over my wifes bra.  
It appeared to be a booby trap.

For my birthday my children gave me an alarm clock that swore at me instead of  
buzzing.  
It was quite a rude awakening

Did you hear about the kidnapping at school? It's fine, he woke up.

A furniture store keeps calling me. All I wanted was one night stand.

I used to work in a shoe recycling shop. It was sole destroying.

I can always tell if someone is lying just by looking at them,  
I can also tell if they are standing.

It's a 5 minute walk from my house to the pub. It's a 35 minute walk from the pub to my  
house.  
The difference is staggering.

What do you call cheese that isn't yours? Nacho Cheese.

People don't like having to bend over to get their drinks. We really need to raise the bar.



- **District 18 Fall event: FAMILY FUN DAY!!!** Coming **Sept 17, 2022 from 11-3**. We are asking that groups put together baskets that revolve around the title! The next planning committee meetings: 8/6, 8/30 at 12:00 at Davis Park, 2701 College Ave., (on the corner of Rumble and College Ave.). Please come help with the planning. Positions are still open. The chair is Nicole B 209-985-6930.
- **AA Conference with Al-Anon participation Oct 7-9, 2022.** Tony and Sandi have stepped up to be our Chair and Co-Chair. The 1st committee meeting will be at Davis Park, 2701 College Ave., (on the corner of Rumble and College Ave.) on August 6th at 1pm.
- **The 7th International Al-Anon Convention** is in Albuquerque, New Mexico **June 29, 2023 - July 2, 2023**. Registration opens **Nov 1st!** Check the event page [al-anon.org/international](http://al-anon.org/international) for more information.

Check the calendar on the District 18 website for more events including speaker meetings:

<http://alanonsanjoaquinvalley.org/events.htm>

Check the NCWSA calendar for events in other districts:

<https://northerncaliforniaal-anon.org/calendar/>

**Want to subscribe to the newsletter?** Send me an email using the email below. It's free!

[newsletter@alanonsanjoaquinvalley.org](mailto:newsletter@alanonsanjoaquinvalley.org)

#### **District Meetings:**

**When:** The 1st Sunday of every month from 1:30-3:30

**Where:** New Beginnings: 1425 Standiford Ave, Modesto (behind Fleet Feet store)

**Who:** Open to everyone!

#### **In The Loop News from the WSO**

To sign up to receive the monthly emails from the WSO, click on the link below, fill in the following fields and click on Submit. [In the Loop Sign-Up](#)

Did you know that the WSO has a blog where you can share on the current topic? Here is the website:

[Member's Blog](#).

Young Al-Anon Members Meeting list: [Young People Focus Meeting List](#)