

---

*District 18's*  
*Voice of Reason*

*Have you used technology to aid your Al-Anon recovery? If so, how?*

*If not, why not?*

My use of technology has expanded my recovery. I have found that by attending meetings via Zoom, I am able to participate and connect fully with others virtually as well as I can live. I have been blessed to attend meetings when I am ill, when they're held in other areas, states and countries, when the weather is bad, when my calendar is crowded, when I have been exposed to Covid & need to distance, and when meetings have chosen not to return live yet. I can use my computer to log into afg.org and respond to recovery questions, submit sharings for the Forum, order literature, and read the blog. I can use the Al-Anon app to keep in touch with members, find meetings, and share. The God of my understanding can reach across all platforms and methods to reach me and help me to grow.

Nancy T

Technology, namely Zooming to Meetings has helped me to consider coming to a lot more meetings than before. I met many people from different districts that I would otherwise not met. Instead of feeling locked down by the pandemic I actually felt freed up to join into a much larger community of people in recovery. That was and still is very exciting and stimulating for me.

Not having to get in my car saved time to get my work done, all I had to do is go to my room and Zoom to my meetings, very convenient! And safe. I had to get used to seeing myself in the camera which I felt was strange at first but I got used to it and now feel that it's actually become another kind of self-awareness tool. I catch myself at times when I'm slouching. For me it's often a sign that I'm not quite present. I can find out where I went in my head and let it go.

Mary L

I used the electronic/zoom medium purely as a last resort, during the Pandemic. I am a live, hug you and see you with all my senses guy. I love watching spots, concerts on television, but there is nothing like watching the event live!! I love going to the movies and seeing a live play.

---

In live meetings I can concentrate on looking you in the eye, across the room, read your body language as you share. I love holding hands and praying at the end of a meeting. The laughing, joking, hugging, and the meeting after the meeting is so much better to me live.

My experience on Zoom. I never turned off my live video, which a lot did. I developed bad habits of my own. Here are some: balancing my checkbook, watching sports on another IPAD or TV, eating just to name a few. My full attention was not on the meeting.

I thank Al-Anon for giving me the gift of the other side of this, to see why Zoom would be good for some of our members. You can catch some of a meeting on the way home from work, or if you can't get to a live meeting. I have heard statements that you could save money on traveling to assemblies by going on Zoom. All true.

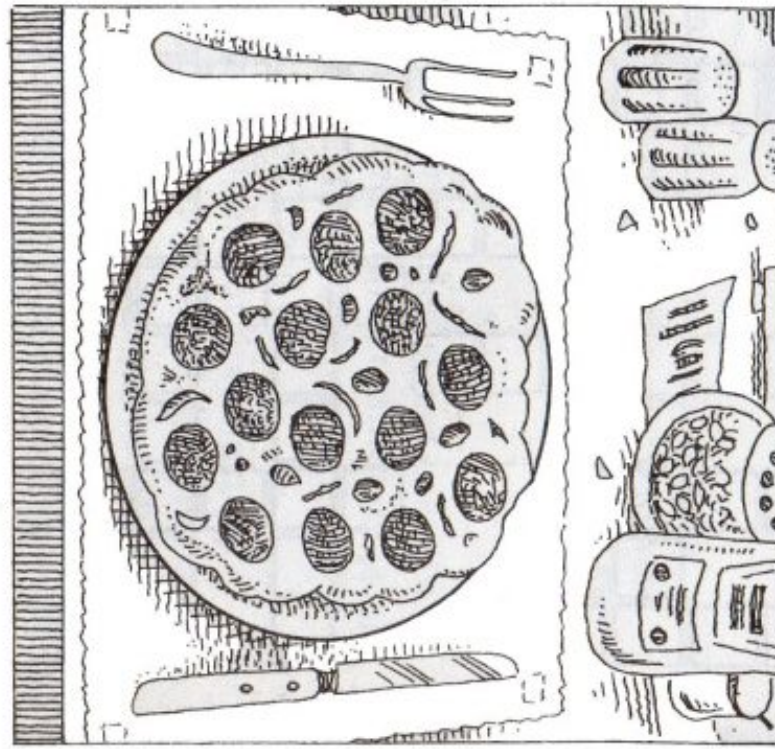
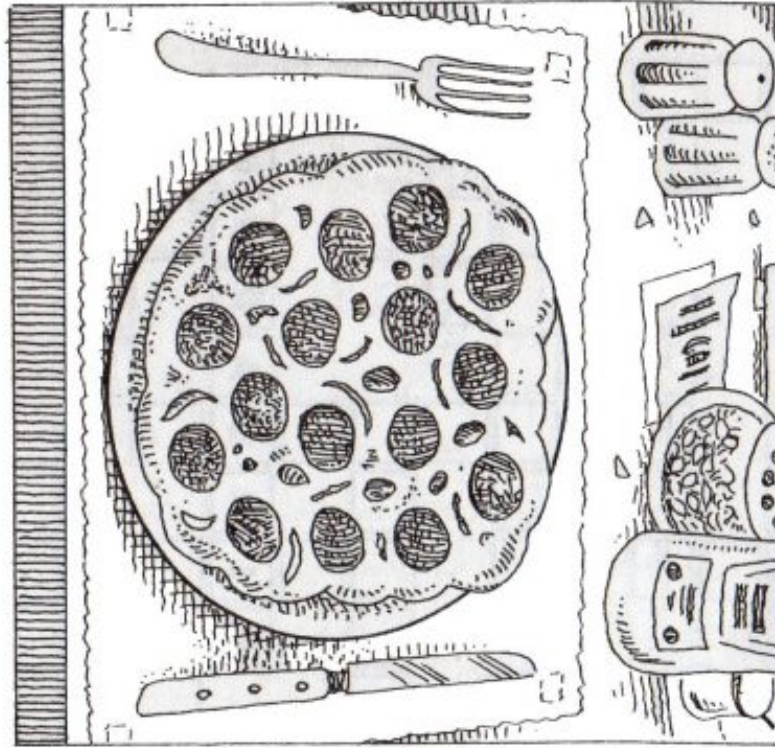
In my early days, half of the fun of assemblies and outside speakers meetings was the road trip itself. A trip to (Westminster) Woods, Yosemite, and Tahoe was the hours in the car. I got to play in the snow at the Squaw Valley Assembly. We got to bond over dinner. For me today there is nothing like live. I love we can express our views on this - not as I am right you are wrong!!! I need to win you over Zoom, or away from Zoom. NO. WE can have an opinion and not manipulate you over to my or your way of thinking

What a concept!

Greg F

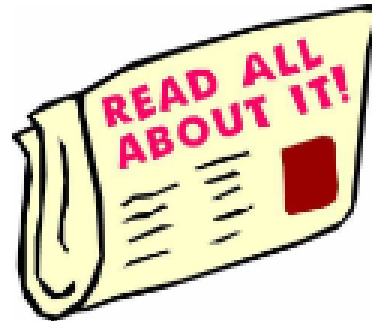
Zoom and online meetings have opened doors for me and others. When I was in need of a meeting and there wasn't one scheduled anytime soon, I logged into the Al-Anon app and looked for one. I love that it gave me the next meeting happening. I had no idea where it was and it didn't matter since it's all about the recovery. I didn't have to worry about converting the time correctly like on the WSO website. The app knew where I was and gave me the times in my time zone. The meeting was exactly what I needed at that time. I do miss getting a hug and giving a hug at meetings. I also love having options.

I have never been to an in person meeting. I was desperate, afraid, alone and hurting when I found a list of world wide Zoom meetings. In those virtual rooms I found help, I found compassion, and I found love. I found hundreds of strangers willing to reach out their virtual hands to listen, to give comfort and to share their stories. I found people who have felt like me, who have thought like me, and who have been where I am. I found laughter. I found tears. I found stories of strength and perseverance; stories of joy after sorrow. I found warmth and hope. In a way I am grateful for the Pandemic for leading me to Al-Anon. I've learned love is a choice and I'm choosing to love myself.



See if you can find the eight differences.

# District 18 Newsletter



## Why should you contribute to the Newsletter?

I see the appeals from WSO for writings / shares for the Forum and specific literature (like the new daily reader coming next year) and I can think of tons of reasons NOT to share. Here are a couple of reasons I might share ~

- Writing for the Newsletter is like sharing in a meeting.
- I never know who might need to read what I share.
- My HP talks to me through others.
- Sharing is service.
- There is no Newsletter without shares. 🗨️

Email yourshare to: [newsletter@alanonsanjoaquinvalley.org](mailto:newsletter@alanonsanjoaquinvalley.org) or put it on paper and mail it to  
D18-Newsletter, PO Box 579491, Modesto, Ca 95357-9491

---

Topics for the next Newsletter **due 12/1/2022**.

- 1. How did your first service experience boost your recovery?
- 2. How did you find your first Sponsor? Why did you choose this person?
- 3. What is your favorite way to relax and / or have fun?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

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



**Patience is  
bitter, but its  
fruit is sweet.**

*Aristotle*

\*Patience ~ I have none! I have a standard on how I should feel and how things should be done. When I don't feel well, I have to live with dirty dishes at times. I have to learn to leave the laundry at times. I have to learn to be patient when people aren't quiet when I want them to be. It's not them. I need to learn to accept things the way they are.

\*Recovery has given me the pause I need.

\*Judging the other person doesn't help either of us.

\*I heard that I should be careful when I pray for patience. If I do pray for it, my HP will give me plenty of opportunity to practice patience!

\*I ask myself how important is it to get upset over someone else's actions? Is it worth fractioning this relationship?

\*Sometimes I am working a program and I can be patient. Somedays I am not. I like to run errands when no one is out doing theirs. I love to go early before everyone gets there. I had to go to the store during a really busy time. I give myself a pep talk on the way that I might have to wait. I might have to walk behind a slow person for a bit and it will be ok. I think of a reason they might be doing what they do so I can find compassion for them.

\*I need to learn how to be patient with the things I can't control. It scares me not to have control. I have a lot of fear in my life. It's a huge trigger. I've been praying. I've been using a time out in my favorite space to take breaks when I need to find serenity and patience.

\*People say that I have tons of patience. I am just good at stuffing it and hiding it deep down. I don't pray for patience and never thought to. I know I will always get chances to practice it. It helps me find compassion when I put myself in another's shoes. I reflect on why I am sensitive to the situation. I have enough trouble standing up for myself in general. With this person it's hard to speak up for myself when she isn't listening. I want to blame her for taking away the progress I have made towards speaking up. She isn't taking it away from me. I'm aware of what her behavior is bringing up for me.

\*My partner is currently freaking out about something while I am on this meeting. There is nothing I can do about what he has going on. I know it's not about the box that was delivered. He probably has other things that he is dealing with. I have learned that in order to have serenity I need to have patience. I'm not willing to give up the serenity I have worked so hard on getting.

\*Patience for me started to come when I worked the Steps and got a sponsor. I saw that I was powerless over alcohol as well as people, places, and things. My 4th step revealed that for me my anger and frustration had to do with you not doing what I wanted. It came back to control again and again. As I continued to work the Steps, Traditions, and Concepts and put the focus on me and not you, I discovered that patience had started to appear in my life.

\*I had none when I got to Al-Anon. I had a plan for you and you were going to do it how, when and where I thought you should. Patience is grown, not given. Seeds are planted, they are watered, sun shines on them, and storms come. Storms make them stronger and better. All are part of the growth process. When I embrace that and I get honest with myself, I realize that they are who they are. I was hard on them and 100x harder on me. I beat myself up all the time. I was never enough. If I achieved a goal I must have made it too low.

\*If I try to beat myself up, the tools keep me in check. I hear things like "I can do hard things" that another member says. All of that is part of the growth of my patience with me. I'm not in pain anymore so it helps me be more patient with you.

\*I was late for the meeting because I was in line at the bank for 45 minutes. I got to practice patience today. I had none when I got to Al-Anon. I can choose to breathe. I am sitting in a car that is mine. I am comfortable and warm. I have all the tools and things in my life that I need and I am grateful for them all.

I have to name it, to claim it, and to ask God to tame it. My emotions are not facts. As long as I kept these emotions hidden and inside of me, my emotions were painful and poisonous secrets. When I let them out, they became an expression of my vitality.

My emotions have tricked me in the past, but you in Al-Anon have given me some valuable tools. I don't have to hide, stuff them or act on them. I have heard of the 24-72 hour cooling off period to get some perspective on what I'm feeling before I act or don't act. This hopefully takes away the immediate react phase which is usually not good.

Journaling, which for me, is pouring out emotions to God, which I love is the best for me. I like to run them by my sponsor and express them at meetings. All of these steps help me to reason these things out with someone else. I have higher confidence that you will not judge me as would the outside world. I trust God will guide me here.

I have found that most of these emotions/feelings when I walk them back to their core as I did in my 4<sup>th</sup> step inventory, all go back to fear, avoidance of pain, and lack of being able to control the situation to my liking. History repeats itself in my disease.

Greg F

"Fear is not an action but can cause in-action"

Please visit the [www.ncwsa.org](http://www.ncwsa.org) calendar for detailed updates to this agenda

**Draft NCWSA Hybrid ASSEMBLY Agenda October 28 - 30, 2022**

Zoom and San Ramon Marriott  
2600 Bishop Drive, San Ramon

<b>FRIDAY, October 28, 2022</b>	
5:30 - 7:00 PM	On-site Registration & Check-In for in-person GRs
5:45 - 7:00 PM	GR Q&A: Agenda items, voting, finances, general assembly
7:00 PM - 8:00 PM	Speaker Meeting: Norm W., N.M.
<b>SATURDAY, October 29, 2022</b>	
<i>Early bird recovery meeting: location, time and platform TBD</i>	
7:00 AM - Afternoon	On-site Registration & Check-In for in-person GRs continues
8:00 - 9:35 AM	MEETING BEGINS: Serenity Prayer, business, voter login
9:35 - 10:00 AM	Consensus vote Approval of October 2021 Minutes Found at: <a href="https://northamericalitominiaal-3non.org/minutes/">https://northamericalitominiaal-3non.org/minutes/</a>
10:00 - 10:15 AM	BREAK
10:15 - 12:00 PM	ELECTIONS: Chairperson and Secretary 2023 Summary Budget Presentation and Q&A
NOON - 1:00 PM	LUNCH (hotel: buffet lunch) <i>lunchtime fun</i>
1:00 - 2:00 PM	Approval of 2023 Budget Approval 12 Stepper Distribution Motion
2:00 - 3:00 PM	WORKSHOP <i>Managing the Transition from Virtual to In-Person Meetings</i>
3:00 - 3:15 PM	BREAK
3:15 - 5:00 PM	REPORTS & BUSINESS and CLOSE

**This Assembly abides by NCWSA's Alateen Safety & Behavior Requirements (B-17)**

**7PM - ?PM on-site (possible virtual) Fun and Fellowship!**



<b>SUNDAY, October 30, 2022</b>	
<i>Early bird recovery meeting: location, time and platform TBD</i>	
<b>7:00 - 8:30 AM</b>	 <b>Continental Breakfast (hotel)</b>
<b>8:30 - 10:00 AM</b>	<b>MEETING CONTINUES: Serenity prayer, readings and reports, voting if needed</b>
<b>10:00 – 10:25 AM</b>	<b>BREAK/Hotel Check-out</b>
<b>10:25 - 10:50 AM</b>	<b>Trusted Servant Reports &amp; BUSINESS</b>
<b>10:50 – 11:30 AM</b>	<b>Spotlight- <i>What's an Intergroup?</i></b>
<b>11:30 – 12:00 PM</b>	<b>Trusted Servant Reports</b>
<b>12:00 – 12:30 PM</b>	<b>Voting (if needed), New Business AI-Anon related Announcements</b>
<b>12:30 PM</b>	<b>Close w/ AI-Anon Declaration</b>
	<b>Ask It Basket Questions and Bell Ringers interspersed on Saturday and Sunday as time permits</b>

**This Assembly abides by NCWSA's Alateen Safety & Behavior Requirements (B-17)**



- **NCWSA Fall Assembly** (see draft agenda pages 8-9) is October 28-30, 2022 in San Ramon. It will be hybrid. Everyone is welcome to attend. Group Representatives have a voice and vote. See the website at [NCWSA](#) for more information.
- **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](#)