
District 18's

Voice of Reason

Thoughts and shares about the Assembly in Oct 2022~

This weekend I attended Assembly for the first time in-person as a Group Representative. I am so grateful for the experience. I was able to see how events, such as this one, unite all of our groups. I was able to see how things we have learned in a much smaller group setting can apply and make a large group meeting run successfully, such as, 'No crosstalk' and 'No dominance.' It was very impressive how so many people came together to make such a huge event a success! Although some things undoubtedly went over my head I soaked in a lot this weekend and I am walking away understanding way more than I walked in with. I was especially grateful for the opportunity to fellowship. I met new and very fun people and got to know people I already knew from my district even better. I even got to meet two friends in person from a different district who I have only seen virtually. I am so grateful to be connected to so many amazing people and look forward to more events in the future.

Shawnelle

What an experience it was to attend in person the NCWSA Assembly. It felt more personal, especially the abundance of hugs we shared. I met new people, spent time with my District 18 pals, and learned much.

There is a difference between Virtual, Hybrid, and In person. With Virtual and hybrid, I didn't get to rub elbows with my neighbors. In person, I enjoyed meeting old friends for the first time in person, to laugh with, talk to, and have comradeship. Virtual attendees don't get to attend the fun and fellowship portion of the assembly, Karaoke, games, play. I didn't go, I needed to recharge: have quiet alone time, and an early bedtime,

I don't handle crowds well. We weren't crowded, but being surrounded by so many people is hard for me. Did I enjoy the experience? Yes! Did I learn from the experience? Yes! Virtual appeals to my desire to isolate, in person appeals to my desire to connect at a deeper level. Given a similar choice, I'll go in person, barring any pandemic.

Pat W

My Assembly 2022 Experience in Gratitude.

This was the first 3-day Assembly in two years and the preparation prior to attending was a bit overwhelming, but I felt prepared and ready to do my job.

Upon my arrival the fellowship began with hugs and the joy of seeing members that I had missed for years. Visiting on the elevators or in the hallways. Being with team members that I have only seen on Zoom for the past 2 years. I was reminded that “Service is Gratitude in Action” and I was grateful to be here.

We came together to do the business of NCWSA Al-Anon and it was so exciting that about 14 District 18 members were there: GRs (Group Representatives), AGRs (Alternate Group Representatives), DR (District Representative) and ADR (Alternate District Representative). I asked them all to stand with me when I got up to give the DR report and our holler. “The Message is Simple, Recovery is Keen, Everyone is Welcome, In District 18”. We were only allotted 3 minutes to report, so I talked fast. There was so much I wanted to say about all our District Officers and Coordinators, but I kept it simple and covered our successes. We did a mighty fine job with Events and Public Outreach. Both revolved around our purpose, caring the Message to those that still suffer, Tradition 5.

The agenda was extremely full and challenging at times. I found myself getting up a lot due to the Assembly Evaluation task that I needed to complete and sitting for long periods of time was exhausting. This is when I get the opportunity to practice self-care and take a break, walk, and breathe.

Experiencing the Traditions and Concepts in action was refreshing and reminded me as to how blessed I am to have these principles. I get a lot of practice in Service to use the principles to curb my character defects. Especially when I’m tired and overwhelmed. I start to judge how things should be done. There’s that “should” word, me thinking that I know better how to get things done. I tried to be open to address issues, hear opinions and be a part of the solution, not the problem. It is the perfect opportunity for me to practice Tradition 12 “Principal over Personalities”, instead of reacting to the personality, I can listen to what that person is saying and keep an open mind. Most of the time I just need to be willing to listen and learn.

There are so many tools that come in handy when participating in such a fast paced, intense business meeting. There is so much information and it is overwhelming to keep up with it all. By the end of Saturday, I was exhausted and ready to go home when we ended Sunday at noon. I couldn’t get in the car fast enough, but I really enjoyed my hugs and goodbyes on the way out.

Upon my arrival at home, I was overwhelmed reflecting back on the weekend. I wondered how I got here and what is my HP’s plan moving forward. My first reaction was I can’t do this, it’s just too much,

was being a District Representative (DR) my will or my HP will? I asked many questions and waited for the answers. The following Monday, in my morning meditation, my HP assured me that I was right where I'm supposed to be, and this is the plan. I smiled and felt peace. I can do this, and it won't be perfect, but I don't need to be perfect, just willing. I am here to grow in my recovery and let go of the personalities and outcomes and practice the principals. Today, I feel so grateful and blessed to have this opportunity to Serve and grow in our Al-Anon fellowship that has given me such a wonderful life.

Grateful to be of Service, Diana C.

YES! When I Got Busy, I Got Better!!!

In January of 2020, I made a commitment to perform 1 job related to District 18, that of Alternate District Representative. Thus, I have a job to do. What this means for me is that I do not battle with myself regarding whether I have the time, the energy, the skills, the willingness or whatever reason/excuse my inner voice may tell me regarding my discomfort to do service work. For this, I am grateful! Today, I know when I get busy, I get better! Service work is vital to my personal recovery.

I attended, in person, our Area (NCWSA – Northern California World Service Area) 3-Day Assembly in October. This was our first hybrid 3-Day Assembly. It was so good to be back with people face to face. How I had missed the fellowship that happens at our Assemblies. It is important for me and my recovery to be with members of Al-Anon and Alateen. To see Al-Anon and Alateen members. To talk with Al-Anon and Alateen members. To laugh with Al-Anon and Alateen members. To share experience, strength and hope with Al-Anon and Alateen members. It did not take me long to remember what I had been missing.

Being in person at the 3-Day Assembly was just like riding a bike again! It was that comforting and familiar. I saw so many familiar faces, members I knew but had not seen for a couple of years and I saw so many new faces, members I met for the first time. Service opens my world.

The assembly was not without personal challenges for me – practicing Step One, exercising patience, utilizing detachment, with love...of course, staying where my feet were, remembering slogans – This Too Shall Pass, How Important Is It, First Things First, Let Go Let God, to name just a few! My Higher Power presented me with this opportunity to practice my program, to practice the principles of Al-Anon and to grow! How grateful I am!

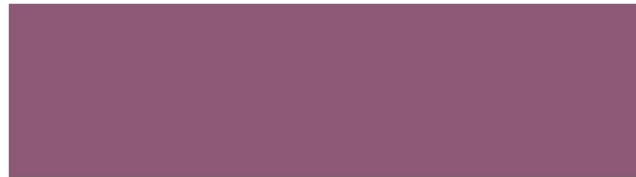
While I understood and appreciated how Al-Anon quickly found a workable solution to the fellowship not being able to meet in person, that being the electronic platform(s), I found the “cyber world” not conducive to my recovery. In person, is where my recovery and I thrive.

I cannot begin to explain how big of an impact participating in service has had on my recovery. When I entered the rooms of Al-Anon, I embraced the suggestions given to me: attend a minimum of 1 meeting a week, find a home group, get a sponsor, work the steps and PARTICIPATE IN SERVICE.

SERVICE is how I return something of what I have been freely given.

Al-Anon service is Gratitude in Action.

April M.

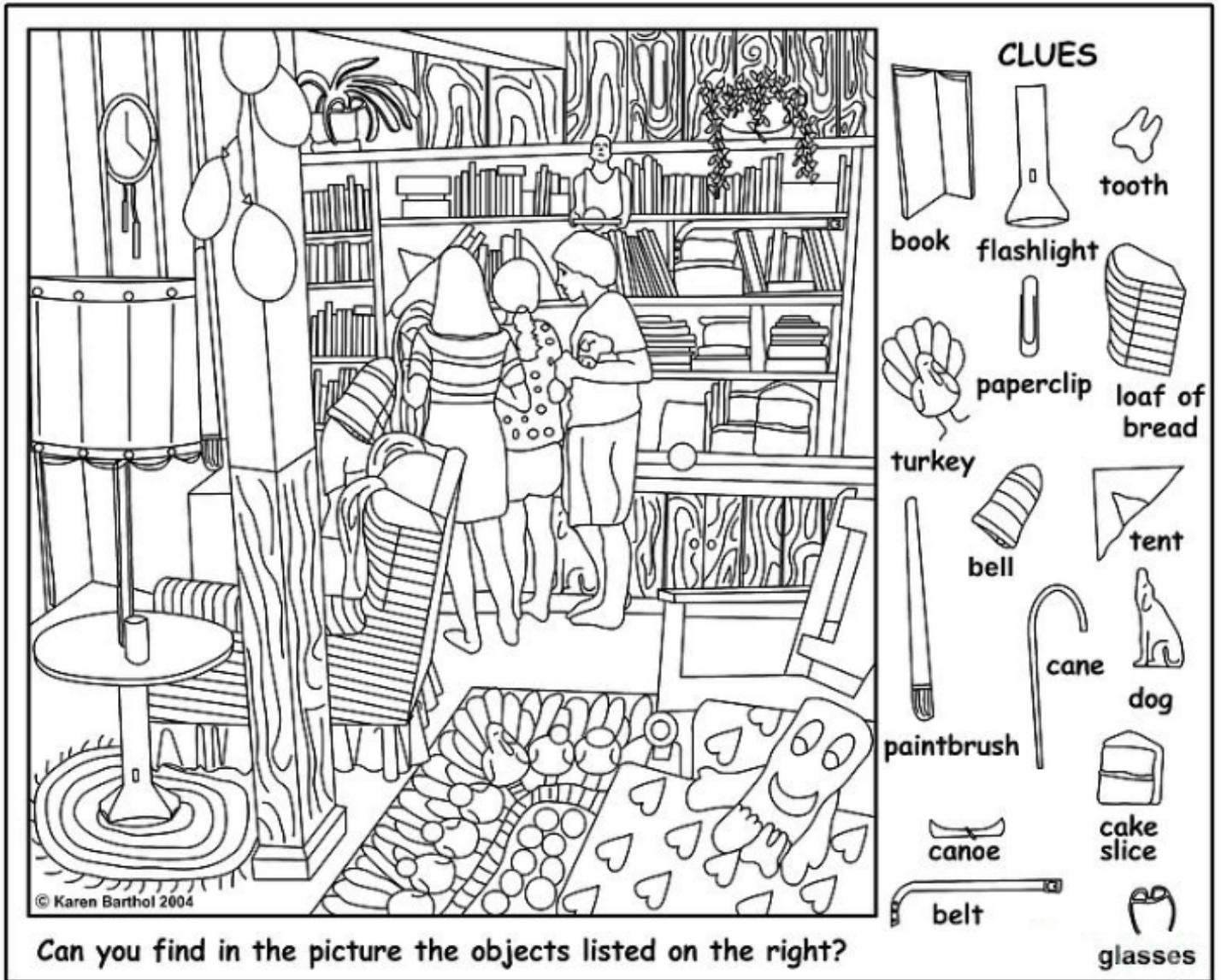


I thought: Just one step.
One step at a time. You
don't have to do them
all at once.

Jennifer Niven

PICTUREQUOTES.COM







The 7th International Al-Anon Convention Albuquerque, New Mexico June 29, 2023 - July 2, 2023

Registration has opened!

The registration fees are as follows:

- Prior to January 11, 2023 \$175 US
- Prior to May 10, 2023 \$200 US
- After May 10, 2023 \$225 US

This registration includes access to the following events:

- **The Party in the Plaza** (Thursday night)
- **International Big Meeting**, including the Language of Love Parade (Friday morning)
- **Family Big Meeting** (Saturday night)
- **Spiritual Big Meeting** (Sunday morning)
- **Your choice of many sessions throughout the event**

Al-Anon has negotiated reasonable room rates that are dependent on members reserving housing through the International Convention Housing Room Block. This helps the registration fee remain as low as possible. Information on rooms is provided at registration.

Check the event page al-anon.org/international for more information

SPECIAL EVENTS

March 5th will be the District Spring event. More information to come!

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

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](#)