

## Serenity Prayer



# District 18

## Voice of Reason

Hello District 18.

Welcome to District 18's newsletter. My name is Teri G and I am honored to be of service to District 18 as the newsletter coordinator. With so many ideas in my head and not knowing where to start, it was difficult to zone into one topic. Reading through the archived newsletters, I will be taking a few ideas from my predecessor, Vicki B. I choose this newsletter to be about newcomers.

I have longed to search to be a part of something, something that was beyond myself and those around me. I found that in Al Alon. I came to Al Alon on my darkest day. I can still remember the day on my way to the Newcomers Meeting. Having no idea what to expect but knowing at that point I would do anything to not feel the way I was feeling anymore. At the newcomers meeting the gentleman who told me why he was at Al Alon shared his story, I was amazed at some of the things he shared where so similar to mine! The same thoughts, ideas, pain and chaos! When he asked if I wanted to share why I was here, I shared I was lost and did not like the individual I had become and trying to cope with my alcoholic. I went to the meeting after the newcomers meeting and was scared out of my mind to sit around these individuals who were strong, courageous, spiritual, and had wisdom. I listened to their stories and what I heard in that meeting was they were not talking about their alcoholic; they were talking about their feelings! Whoa!! What a minute!! I played a part in my life turning to chaos – absolutely not it was all the alcoholic. As I continued to go to meetings, I came to realize my life had become unmanageable and I was powerless over alcohol. As I continued to go to meetings, got a sponsor and started working on the 12-steps did I realize... yes! I played a part in my life being unmanageable. I no longer feel alone, I feel a part of something greater than me! I always look forward to a meeting.

Thank you, Teri G.

Please e-mail me if you have any ideas or thoughts for the next newsletter, please send them to me at [newsletter@alanonsanjoaquinvalley.org](mailto:newsletter@alanonsanjoaquinvalley.org).



# WELCOME NEWCOMERS

## **Has Your Life Been Affected by Someone Else's Drinking?**

The following questions are designed to help you decide whether or not you need Al-Anon:

1. Do you worry about how much someone drinks?
2. Do you have money problems because of someone else's drinking?
3. Do you tell lies to cover up for someone else's drinking?
4. Do you feel that if the drinker cared about you, he or she would stop drinking to please you?
5. Do you blame the drinker's behavior on his or her companions?
6. Are plans frequently upset or canceled or meals delayed because of the drinker?
7. Do you make threats, such as, "If you don't stop drinking, I'll leave you"?
8. Do you secretly try to smell the drinker's breath?
9. Are you afraid to upset someone for fear it will set off a drinking bout?
10. Have you been hurt or embarrassed by a drinker's behavior?
11. Are holidays and gatherings spoiled because of drinking?
12. Have you considered calling the police for help in fear of abuse?

13. Do you search for hidden alcohol?
14. Do you ever ride in a car with a driver who has been drinking?
15. Have you refused social invitations out of fear or anxiety?
16. Do you feel like a failure because you can't control the drinking?
17. Do you think that if the drinker stopped drinking, your other problems would be solved?
18. Do you ever threaten to hurt yourself to scare the drinker?
19. Do you feel angry, confused, or depressed most of the time?
20. Do you feel there is no one who understands your problems?

If you have answered "Yes" to any of these questions, Al-Anon may be able to help.

~From Al Anon Website:

<https://al-anon.org/newcomers/self-quiz/adult-quiz/>

Find a meeting by clicking on the link below.

<https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>

Al-Anon Family Groups is an important source of help for anyone affected by someone else's drinking. Al-Anon groups are made up of family members and friends of alcoholics who share their experience, strength, and hope with each other.

By regularly attending and participating in Al-Anon meetings you will find healthy, positive ways of dealing with the difficulties that result from another's alcoholism.

Even if the alcoholic continues to drink, his or her relatives and friends can achieve serenity as a result of Al-Anon.

Look for the "Al-Anon" listing in your local telephone directory, or online at al-anon.org, and call to find a meeting near you.

~Welcome Newcomer Pamphlet

After a meeting, one of the members recommended this bookmark that is in the Newcomers pamphlet. I read this every morning or in times I need a spiritual connection.

# JUST FOR TODAY

**Just for today** I will try to live through this day only, and not tackle all my problems at once. I can do something for 12 hours that would appall me if I felt that I had to keep it up for a lifetime.

**Just for today** I will be happy. This assumes to be true what Abraham Lincoln said, that “Most folks are as happy as they make up their minds to be.”

**Just for today** I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my “luck” as it comes, and fit myself to it.

**Just for today** I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

**Just for today** I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count. I will do at least two things I don't want to do — just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

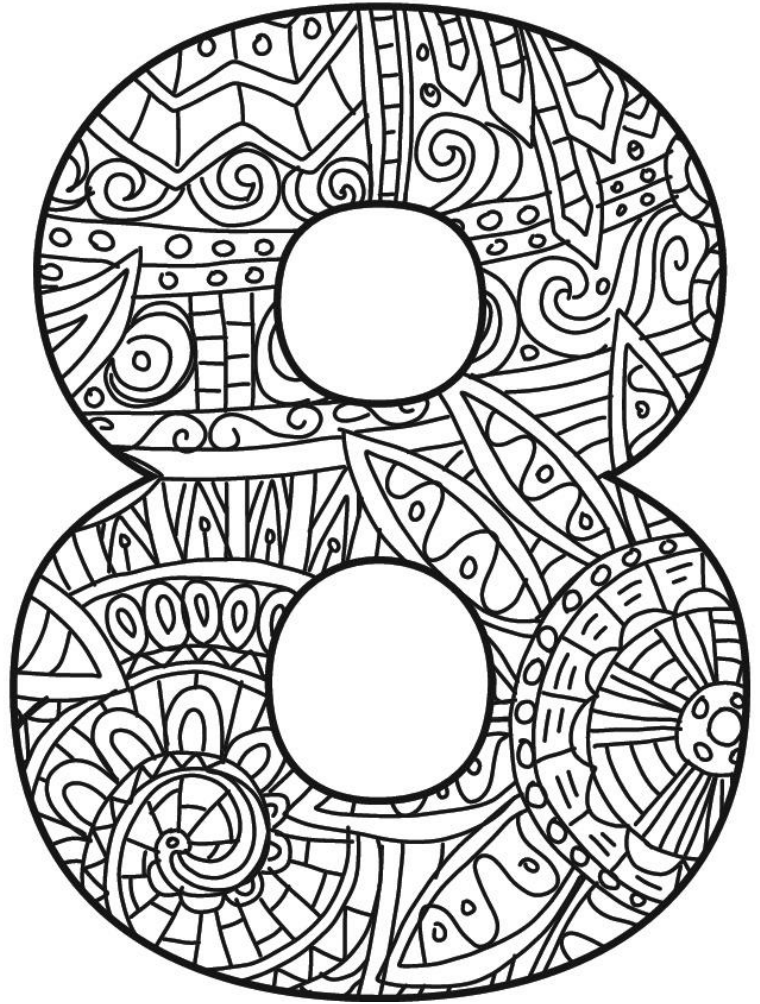
**Just for today** I will be agreeable. I will look as well as I can, dress becomingly, keep my voice low, be courteous, criticize not one bit. I won't find fault with anything, nor try to improve or regulate anybody but myself.

## Coloring Page and Announcements.

Please enjoy the coloring page in honor of district 18.

I have included some announcements, and I apologize in advance for not having them all.







**Wednesday, August 28<sup>th</sup>**

**5:45 PM**

**Path to Serenity AFG**

St. Joseph's Catholic Church - 1815 Oakdale Road – St. John Paul II Center, Room 10 - Modesto

**Please Join Us to Hear:**

**Nancy T.**

**From Ceres, California**

**Share Her Experience, Strength and Hope**



## DISTRICT 36 UNITY DAY

I AM RESPONSIBLE

Hamburgers &  
Hotdogs Provided.  
Potluck Sides & Des-  
serts

*Free Admission when you  
mention you're with the  
group at Veteran's Cove*

10:00 AM	Social Hour
11:00 AM	Invocation
11:30 AM	Lunch
12:00 PM	7th Tradition
12:30 PM	Opening Speaker—Phil M.
1:00 PM	Al-anon Speaker—Dave O.
1:45 PM	Sobriety Countdown
2:00 PM	Main Speaker—Claudio B.
3:00 PM	Silent Auction Closes
3:15 PM	Silent Auction Winners
3:30 PM	50/50 Drawing
3:45 PM	Serenity Prayer

**WHEN:** September 22nd, 2024  
10:00 AM—4:00 PM

**WHERE:** Yosemite Lake, Veteran's Cove  
5714 Lake Rd., Merced, CA





## 3rd Annual Men's Speaker Meeting BBQ

Featuring  
**Frank D.**

from Corte Madera mens group sharing his experience, strength & hope

September 28, 2024 at 4pm

Hamburgers, hot dogs & beverages provided. Feel free to bring a side dish and join us for dinner with speaker meeting immediately following. **All are welcome** to this fun & tasty night hosted by the men!

1600 N Carpenter Rd e1, Modesto, CA 95351  
(complete rear of the building complex)