

# Hello, Higher Power Speaking.



Experience  
Strength  
Hope

God grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
wisdom to know the difference  
and wisdom to know the difference

District 14 Al-Anon Newsletter #1

May, 2007

## Here are your stories. Here is our experience, hope and strength.

**When I am in denial**, by definition, I don't know it. I work my program by attending meetings, working with a sponsor, doing the steps, sharing at meetings, and writing. These things are part of the process of coming to be aware that I am in denial. I am not seeing some aspect of my life as it really is. I feel that sometimes I have to just sit with this fact. I have to bring that knowledge from my head to my heart. Only then do I reach a place of acceptance.

Acceptance then brings with it different feelings. For a long time, I had a wall between me and my feelings. I have enough recovery now to finally recognize that I do indeed have feelings and some of them are not pleasant. I need to stay with these feelings until I understand them for what they really are. This allows me to move to an action.

My first action is to pray. With my Higher Power's guidance, I have learned to respond, not react. I also find it is good to talk to people who I trust about what I'm going through. I get another perspective from others. My Higher Power often uses other people to show me the way to proceed.

Al-Anon has taught me to take better care of myself; I've come to understand more about why I am the way that I am and to love myself because my Higher Power and my Al-Anon family love me.

Linda W.

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### "Live in the solution, not the problem."

That was the very first thing I heard when I began in Al-Anon. That phrase was the foundation for my recovery. Immediately, I knew that there were solutions to my pain.

Of course, in the beginning, I wanted the solutions for how to get my alcoholic sober. I never did find those solutions in Al-Anon, but I did learn some solutions to my own problems:

- \* Attitude is everything - change my attitude and the world changes around me

- \* Act my way into right thinking rather than think my way into right acting
- \* Alcoholics drink - that is what they do; it is not personal
- \* Take care of myself; that is personal and a full time job
- \* Find God

These solutions to my problems were wonderful. I soon realized that my best thinking got to me into Al-Anon. Since my thinking wasn't helping me, it seemed only logical to try out solutions that seemed to work for others.

My favorite memory is from an Al-Anon meeting I attended when I was out of town. I was scared to continue on and to go home to my alcoholic. A member hugged me and whispered in my ear, "Take God's hand and walk the path of life with him. You will never be alone, and everything will be OK."

God and I have been on that journey ever since!

Ally G.

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### Legends of Recovery

Once upon a time in the Land of Recovery, there was a little frog that lived on a lily pad. He sat there as the rain, the wind, the snow, and the hot sun came and went. He was weary and lonely all by himself.

One day, he heard a voice.

"Why so sad, little man?"

The little frog looked beside him and saw a beautiful butterfly.

"I don't know. I wish I could swim. I wish I could live, laugh and have friends. I feel so alone."

"Why don't you swim to shore?" the butterfly asked.

"Oh, no, I love my lily pad. It is all I have. I can't leave. What if I don't know how to swim? Or..."

"Remember, we have only Twelve Steps in our kingdom. Try to look at the Third Step and make a decision. What is it that you would really want out of your life?"

And with that question, the butterfly flew away, leav-

ing little froggy deep in thought.

The next day, the butterfly saw the little froggy still sitting on his lily pad.

"Still here?" the butterfly asked. "Did you think about Step Three?"

"Why, yes!" said the little frog. "I want to live life. I want to swim to shore. So I made a decision. But now what do I do?"

"You fully rely on God and take action, my little one." The butterfly smiled and flitted away.

So the froggy said a little prayer, asking God to find the ability to swim, took a deep breath, and dove in.

He discovered he had a natural talent for swimming, and by the time he reached shore, he felt confident, light, and full of excitement. As he climbed out, he saw a beautiful girl sitting in the sun and gazing at the pond. Looking at the girl, he felt hopeful about his life.

"Hi there, little one. What is your name?" she asked.

"I am a frog. I Fully Rely On God. What's yours?"

"Hope", she said.

"What does your name mean?"

"It means that when I am Hearing Other People's Experiences, I hear solutions and miracles. I hear hope. I learn and pass on my experience, strength, and hope to other people as our Twelfth Step suggests."

Legend has it that the frog taught a lot of people to

Fully Rely On God through sharing his story the way Hope had showed him.

**Yvonne D.**

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#### Fourth Step Prayer

Dear God, it is I who has made my life a mess.

I have done it, and I cannot undo it.

My mistakes are mine, and I will begin a searching and fearless moral inventory.

I will write down my wrongs, but I will also include that which is good.

I pray for the strength to complete the task.

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When I am disturbed by the conduct of others, God, help me to show this person the same tolerance, faith, and patience that I would grant a sick friend. This is a sick person, how can I be helpful to him? God, save me from being angry. Thy Will Be Done.

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#### Ongoing Calendar Events for 2007

**District 14 Speaker Meeting.** 4th Saturday, 7:30 PM., Refreshments & Birthday Chips. Walnut Creek Kaiser, Medical Office Building, 1515 Newell, 3rd Floor Oak Conference Room.

**District 6 Birthday-Speaker Meeting.** Last Friday, 7:00 p.m. – 8:15 p.m. Kaiser Hospital (3rd floor Rooms C & D) Vaca-Valley Parkway, Vacaville Ca. 95678 Contact: Carl S. 707-864-1193 or carlsil@msn.com

**District 15 Fellowship Event.** Last Saturday. Pot Luck and Speaker Meeting 6:30 to 9:30 PM, AA, Alateen and Al-Anon Speakers, Broadmoor Community Church, 301 Dowling Blvd., San Leandro

**District 16 Speaker Meeting.** 2nd Saturday, 8:00 p.m. St. Clares Episcopal Church, 3350 Hopyard Rd, Pleasanton. Contact: Rashel. rashelandmike@yahoo.com

**District 17 Birthday Speaker Meeting.** 3rd Friday, 8:00 p.m. Cedar Blvd Neighborhood Church 38325 Cedar Blvd, fellowship hall downstairs, Newark, CA 94560, Contact: Jonathan G. (510) 366 – 5935, email: jjg89@sbcglobal.net

**District 26 Open Speaker Meeting.** First Saturday, 6:30 to 8:00 PM at Northbrae Community Church, 941 The Alameda (near

Solano Ave), Berkeley. Gallery Room, upstairs from rear parking lot.

#### One-Time Calendar Events for 2007

Check web site for a complete listing: [http://www.ncwsa.org/cal-2007\\_Events.html](http://www.ncwsa.org/cal-2007_Events.html)

**25th Annual Growing Together Weekend** May 18, 19 & 20, 2007

Westminster Woods Conference Center  
Occidental, CA

*This event meets the NCWSA Requirements For Alateen Member Safety.* Contact: Pleas S., 209-271-0092

#### **Monterey Bay Area Roundup (MBAR)**

An A.A. and Al-Anon Special Event. Labor Day Weekend: August 31 – September 2, 2007. Speakers; Marathon Meetings Golf Tournament; Ice Cream Social; Dance Drawing and more! \$20.00 Pre-Registration Post Marked by July 31, 2007 \$25.00 Registration at the Door. Flyer and Registration Form at the website. Monterey Conference Center, 1 Portola Plaza, Monterey, CA. A.A. General Info: Roger M. 831/521-9360 Al-Anon General Info: Melissa H. 831/224-0600

#### **NCWSA Assembly Meeting**

September 14-16. Red Lion Hotel, 1401 Arden Way, Sacramento, CA. Reservations

need to be made by August 14 to get our special room rates of \$84 single and doubles, triples are \$94 and quads are \$104, roll aways are \$15. All rooms will have local taxes applied. Free parking. Check in is 4 PM and checkout is Noon. Cancellations must be made at least 24 hours in advance of the date booked. Use "NCWSA Al-Anon Assembly" for our code. Rooms may be booked on [www.redlion.com](http://www.redlion.com) or call 916-922-8041. **Every group must send their GR to the Assembly.**

Please share your own stories by emailing them to:  
**district14newsletter@yahoo.com**

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Please send any comments, questions, requests for submission guidelines or excess serenity to your editors: Scott L. and David L. at:

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