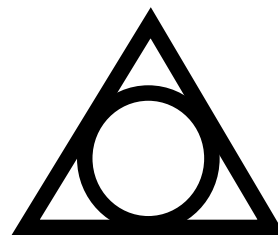


# The Intergroup Scoop

## Ventura County Al-Anon Information Services Newsletter



Published by the Ventura County Al-ANON/Alateen Family groups

January – February 2021

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### MESSAGE FROM YOUR CHAIR

I write this at the end of an unprecedented year that has challenged me not only to embrace courage but also to reconsider what courage can look like at any given moment. On some days getting dressed has been courage enough. Other times it feels like optimism, a willingness to entertain the possibility that the world isn't too far gone, that it can be reclaimed by faith and fellowship, and that I can let that begin with me.

Courage to live by one's own lights, I find, can be a lonely affair. In this year of un-becoming, of more inner facing than interfacing, there has been precious little extrinsic reward for growth and self-awareness no matter how hard won. The largely unpleasant gears of the world still turn in their distorted, mesmerizing directions; no one out there cares that my program enables me to remain cordial with loved ones and strangers whose views or habits I abhor, or that I can and do choose to look at the sky, or at a dappled tree, instead of giving my attention to diseased voices and disordered thinking.

I care, though. I know how I want to show up in the world, regardless of how the world shows up for me. There is courage in that thinking, in that daring to be free from knee-jerk responses and the inevitable blow-black those responses can cause me.

As your AIS Chair, I also wish to express my admiration for you, our Ventura County Al-Anon members, and for *your* courage. For hosting and publicizing Zoom meetings, for attending them, for maintaining communication on our web site and on social media, for figuring out Seventh Tradition solutions. For all the ways you have navigated recovery in this year of living differently in the midst of great uncertainty. If that's not courage, I don't know what is. You are ALL #inspo!

Love in Service,  
Your Chair, Dani F.

### Your 2021 Service Board

Chair	Dani F.
Co-Chair	Newt G.
Secretary	OPEN
Treasurer	John H.
Spanish Liaison	OPEN
Public Info	Brian B.
District 12 Rep	Nancy W.
Round Robin	Lalena
C.P.C.	Christina R.
Past Chair	Julie H..



LDC Chairperson	Julie B.
Archivist	Toni R.
Alateen Coordinator	Jimalee
Alateen Rep	OPEN
Web Site	Jessica B.
<a href="http://www.alanonventura.org">www.alanonventura.org</a>	
VenturaAlanon@gmail.com	
Scoop Editor	Lila B.
VCScoop@gmail.com	
Institutions	Linda D.

## Stories of Courage



### SERENITY PRAYER

**GOD GRANT ME THE SERENITY  
TO ACCEPT THE THINGS I CANNOT CHANGE  
THE COURAGE TO CHANGE THE THINGS I CAN  
AND WISDOM TO KNOW THE DIFFERENCE**



*I really made a decision to turn my will and my life over to the care of God as I understood Him and began to pray for knowledge of His will for me rather than a list of things I thought were my due after years of hardship and misery. It was only then that I began to feel the serenity and COURAGE mentioned in the Serenity Prayer.*

*Even though the problems in our home multiplied as my husband's alcoholism progressed, I had really come to believe that a Power greater than myself could restore me to sanity. Each time I felt I had reached the limit of my endurance and told my Higher Power, "That's it, I'm at the end of my tether!" Relief came. Either the general situation improved, or I suddenly found myself with a new surge of COURAGE and serenity. At first, I was overwhelmed by what seemed a miracle, but gradually it dawned on me that this was what the Al-Anon program and philosophy were all about.*

*Instead of questioning why things happened as they did, I was able to accept them as part of my destiny, an opportunity for growth offered by my Higher Power. I still have the will to decide what I will do about them, and with the help of the Al-Anon program and its world-wide fellowship, I often make the right decision – Anonymous – As We Understood pp 47-48*

### Not Cowardice, but Courage

*When my spouse retired, his behavior changed. I couldn't understand what was happening, especially when he became verbally aggressive toward me for trivial matters. I found an online story from someone describing what she termed a dry drunk. The behaviors she listed matched those of my spouse, and she suggested Al-Anon. My first meeting was difficult. I arrived early and sat in my car, terrified of entering. I was so ashamed of being unable to handle this situation on my own. I almost went home, but something deep inside gave me the courage I needed to stay.*

*The group was welcoming and gentle; however, I soon realized the members of this meeting were not a good fit for me. Armed with a list of alternate meetings in our area, I started trying others out. It still took a lot of effort to go to my second meeting place, but it was so much easier than the first. I was beginning to see that it wasn't an act of cowardice to attend meetings, but an act of bravery. I now know I'm not alone and each person's sharing is helping me discover strands of strength within me. By Mary, British Columbia, The Forum, April 2019*

**Reprinted with permission of The Forum, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.**

### **Courage to Live Life with an Alcoholic**

*"Nobody" said an Alanon member "seems to give us credit for the courage it takes to live with an alcoholic."*

*Of course, it takes courage, just as it takes courage to face life under any circumstances.*

*We need courage to believe that no situation is hopeless, to keep cheerful when we have cause for despair, to resist the impulse to complain to others about our sorry lot. It takes a lot of courage to resist the temptation to take over the alcoholic's responsibilities, until we accept the fact that we are only hindering his recovery by doing so.*

*Above all it takes courage not to appear courageous as so many do, hoping for sympathy from relatives, friends and neighbors. 'Poor little brave woman' may be food for the self-pitying ego, but it weakens character and destroys dignity.*

**Today's Reminder....** *Do I lack the confidence and the courage to do the things that will improve my situation? Am I afraid to let go of another person's obligations? Can I refrain from doing what hinders improvement? I may not have the necessary strength and confidence, but I can find them by turning to God and asking Him for guidance.*

*"Prayers for courage and guidance never go unanswered. But I must be ready to act on that guidance."*

One Day at a Time in Al-Anon, pg. 157

### **Alateen**

*Courage is to be brave and not to be fearful about a lot of things in life. I realized I had courage when I learned I could speak up when something wasn't right, when I was able to stand up for something I believed in at the time, when I wasn't so fearful for what was going to happen in those situations.*

*It was hard for me to talk to someone about my problems when I wasn't okay. I didn't know how others would react to my story if I tell them. I wouldn't want them to think bad of me or give me sympathy because of my past.*

*Alateen has given me the courage to be able to help others, to look someone in their eyes and let them know everything will be okay in the end, to be brave and not be afraid for what lies ahead of me, to think about me before others. By Katelin Alateen Talk, Spring 2017*

**Reprinted with permission of Alateen Talk, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.**

## Ventura County Al-Anon 24 hrs.

**(805) 253-7188**

Ventura County Al-Anon Family Groups

PO Box 728

Camarillo, CA, 93011-0728

**email:** [venturaalanon@gmail.com](mailto:venturaalanon@gmail.com)

24 Hour Information line. Call or share these numbers with someone who may need them!

### How WSO Serves Your Groups and Your Programs Conference

- Coordinates and staffs World Service Conference
- Prepares World Service Conference Summary
- Provides leadership and support for District Representatives and Delegates
- Responds to all communications regarding Delegate and Conference concerns
- Develops service tools to educate the membership on structure

### Other Program Services

- Coordinates and staffs TEAM Events
- Prepares and distributes *Area Highlights*
- Maintains AFG Connects
- Translates and distributes *Le Lien and en Accion*
- Prepares and distributes Group *e-News*
- Translates literature and other written pieces
- Hosts Anniversary celebrations
- Coordinates and staffs International Convention

## SEVENTH TRADITION –

*“Every group ought to be fully self-supporting, declining outside contributions.”*

While contributions cover each group's rent and other expenses, the Seventh Tradition is essential at every level of Al-Anon service. It is both a privilege and a responsibility for groups and members to ensure that not only their group, but all service levels remain self-supporting. This keeps Al-Anon free of outside influences that might divert us from our primary purpose of supporting families and friends of alcoholics.

In keeping with Al-Anon's Tradition Seven, Al-Anon is self-supporting, accepting contributions only from Al-Anon members and declining outside contributions.

Please continue to support your local meeting, Ventura County Al-Anon Family Groups by monetary donations or purchasing Conference Approved literature.

<https://www.alanonventura.org/service-calendar>

Also Please continue to generously support Al-Anon Family Groups and World Service Organization (WSO).

**Mail:** Checks or money orders made payable to AFG Inc to:

AFG Inc.  
1600 Corporate Landing Parkway  
Virginia Beach, VA 23454 or online at

<https://al-anon.org/contributions/member/>





## Step One

*For over five years, I had thought Step One was easy: “We admitted we were powerless over alcohol—that our lives had become unmanageable.” I certainly felt powerless, and I wasn’t managing my life very well. Then one day, in yet another attempt to help my alcoholic daughter, I had an epiphany.*

*On this particular day, my helpfulness involved finding a book in my library that I was sure my daughter would find relevant. Only instead of finding that particular book, I found a journal I had written nearly a decade ago, before finding Al-Anon. I re-read entries about my daughter’s addictions and was shocked and saddened to realize that nothing had changed.*

*That day, I started over with Step One. I had never really admitted I was powerless over alcohol. I had continually tried to influence, manipulate, and change my alcoholic daughter’s behavior, rather than my own.”*

*First, I knew now that I had never really admitted I was powerless over alcohol. I had continually tried to influence, manipulate, and change my alcoholic daughter’s behavior, rather than my own. The search for a book for my daughter was just one example of this. In trying to influence my daughter, I had been clinging to an illusion of power. For the first time, I truly understood that I am powerless, and that the only behavior I can change is my own.*

*Second, my life had become unmanageable. In truth, I hadn’t been managing my own life for a long time. I vowed to get a life and began to work with my Sponsor to identify what that would mean. I made a list of the things that bring me joy. Music, travel, yoga, spending time with my grandchildren, and Al-Anon service work topped my list. With so much to do, I don’t have time to manage anyone but me!*

*I am a work in progress, of course. I catch myself hoping that my new understanding of the First Step will have a positive effect on others. Then I remember that this time, it’s all about me. I am powerless over alcohol. My life had become unmanageable. Knowing this, really knowing it, is my First Step toward serenity.*

**By Kathy H., Nebraska  
The Forum, February 2014**

Reprinted with permission of *The Forum*, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA.

*This edition of the Scoop also highlights*

## ***Steps One and Two***

**Step One:** We admitted we were powerless over alcohol – that our lives had become unmanageable.

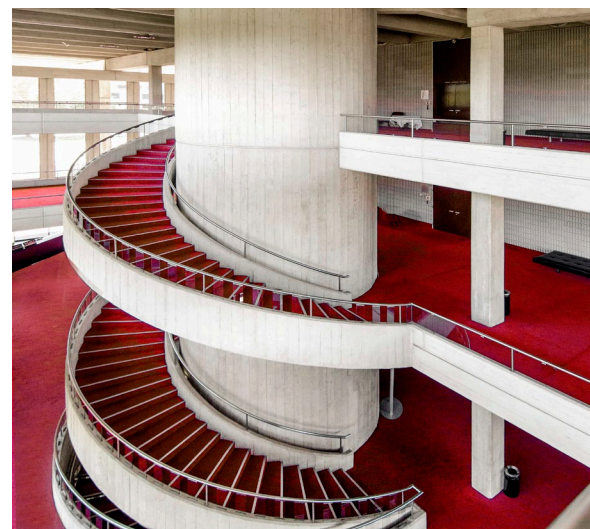
**Step Two:** Came to believe that a Power greater than ourselves could restore us to sanity.



## ***Step Two***

“My Higher Power can restore to me what I once believed to be irrevocably lost – my sanity and serenity. I am not promised that my loved ones will find sobriety. What I *am* offered, however, is the gift waiting for me in the form of the Al-Anon program, which fills the void carved into my mind and heart by the disease of alcoholism.”

*Hope for Today, p.12*



**GOD**  
For with  
NOTHING  
shall be  
**IMPOSSIBLE.**  
Luke 1:37

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# News & Announcements

## January/February 2021

### District 12

Agoura Hills/ Camarillo/ Fillmore/ Newbury Park/ Oak View/ Ojai/  
Oxnard/ Santa Paula/ Simi Valley/ Thousand Oaks/ Ventura/ Westlake  
Village

**EMAIL: [District12DR@gmail.com](mailto:District12DR@gmail.com)**

We look forward to Nancy W, our District 12 representative's strength, hope and experience to help fill this section, along with upcoming events and announcements. Thank you for your service Nancy W!



### CALLING ALANON VOLUNTEERS WITH A HEART FOR SERVICE

Your Ventura County Al-Anon Intergroup Services are seeking a few volunteers as follows:

**Secretary** -The Secretary shall: Record all minutes of all Service Board and AIS general Meetings with a copy submitted to the Chairperson; Be responsible for all notices and correspondence to members of AIS and Service Board members; a copy submitted to the Chairperson; record attendance at general AIS and Service Board meetings; be aware of all commitments and obligations of position and follow through appropriately

**Spanish Liaison** - The Spanish Coordinator shall: Cooperate with the Literature and Archive Coordinator to introduce Spanish literature to ISRs at general meetings; Encourage Spanish meetings to participate in AIS activities; be aware of commitments and obligations of position and follow through appropriately.

**Alateen Representative** - Attends district meetings and Area Assemblies and reports back to the group; votes on behalf of the group. • Can bring the group's viewpoint on any situation or problem to the attention of the District Representative (DR).

Please contact Dani F. at [dani1264@aol.com](mailto:dani1264@aol.com) for further details.

Have some NEWS you want to share about your meeting?

- Did you have a new zoom ID or password?
- Do you need more attendance?
- Did something cool happen??? (That isn't breaking anyone's anonymity, of course.)

Take a group conscience and, if the answer is yes,  
Send us a blurb!

Email for Scoop submissions  
[VCScoop@gmail.com](mailto:VCScoop@gmail.com)



The 44th Annual Southern California  
Al-Anon Family Groups Convention

# "ARE WE HAVING FUN YET?"

## Holiday Series Fundraiser Speakers on Zoom

<b>Halloween</b>	Oct 31, 2020	Al-Anon Speaker AA Speaker	Jayme C - 40 yrs Johnny H - 59 yrs
<b>Thanksgiving</b>	Nov 26, 2020	Al-Anon Speaker AA Speaker	Gordon A - 26 yrs Bob R - 53 yrs
<b>Christmas</b>	Dec 25, 2020	Al-Anon Speaker AA Speaker	Eva G - 39 yrs Steve L - 24 yrs
<b>New Years'</b>	Jan 1, 2021	Al-Anon Speaker AA Speaker	Kay B - 45 yrs Verlette F - 32 yrs
<b>Valentines'</b>	Feb 6, 2021	Al-Anon Speaker AA Speaker	Susie S - 50 yrs Tom K - 47 yrs

### Holiday Series Format For Each Holiday

6:00 pm - 7:30 pm Al-Anon Meeting • 7:30 pm - 8:30 pm Al-Anon Speaker • 8:30 pm - 9:30 pm AA Speaker

### Who To Contact?

Chair - Diane P. (562) 916-5813  
Co-Chair - Kathy G. (626) 482-3763  
Co-Chair - Jayme C. (714) 349-5171

Co-Chair - Mindy C. (661) 406-6860  
Co-Chair - Patty B. (909) 896-9375  
Co-Chair - Steve F. (949) 307-4483

To Register, go to: [www.afgconvention.org](http://www.afgconvention.org)



Registration for each separate HOLIDAY is a nonrefundable \$10.00 donation as we are self supporting through our own voluntary contribution.







*Sharing of Service*

# WORKSHOP

**Saturday, January 16, 2021**

**Hours: 9 am - 3:30 pm** (Pacific Time)

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**9:00 am - 12:00 pm**

**"Using the Concepts in Our Personal Lives" Concepts 1-6**

*Ric B., Fort Lauderdale, Florida (With Audience Participation)*

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**12:00 pm - 12:30 pm LUNCH**

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**12:30 pm - 1:15 pm** *Spanish*

**Jud L., Past Delegate, New Mexico/El Paso**

**1:30 pm - 3:30 pm**

**"Using the Concepts in Our Personal Lives" Concepts 7-12**

*Ric B., Fort Lauderdale, Florida (With Audience Participation)*

## FREE ZOOM EVENT!

*Para Audiencia en Español*

Codigo de Sesión: 930 6503 4920

Contraseña : 886041

Comunicarse Con: Brissa M.

Telefono Celular: 805-813-6127

Correo Electronico: [Spanish@scws-al-anon.org](mailto:Spanish@scws-al-anon.org)

*English Speaking Information*

Meeting ID: 928 2635 9560

Passcode: 219770

Contact Jayme C., Past Delegate

Cell: 714-349-5171

Email: [jayme1127@aol.com](mailto:jayme1127@aol.com)



# January/February 2021

## Al-Anon and Alateen Birthdays



# Happy Birthday!

Note: The Birthday list was last updated in 2019, so please be patient as the list is updated going forward. Thank you, Lila B. Scoop Editor. Please send your corrections to VCScoop@gmail.com

### January Al-Anon Birthdays

Who's Birthday	Years Celebrating
Bette C	24
Barbara C	35
Debbie A	22
Donna L	10
Elizabeth I	14
Linda	11
Lynne	20
Michael John	21
Mary M	19
Melva V	4
Mike M	19
Mike P	19
Rafaella M	20
Rita V	9
Sherry C	38
Sisi M	19
Steph D	23
Stephanie C	22
Susan D	25
Susie S	21
Terry F	27

### January Alateen Birthdays

Who's Birthday	Years Celebrating
Danny G	16
Miles	12
Mitchell	12
Trent	12
AnnMarie	12

### January Alateen Continued

Who's Birthday	Years Celebrating
Sara	12
Elise	12
Alix	12
Alekzander	12

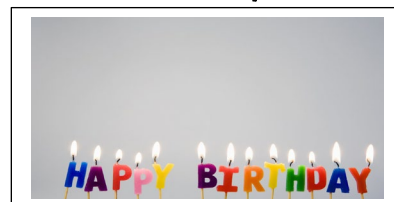
### February Al-Anon Birthdays

Who's Birthday	Years Celebrating
Adriana	18
Cory F	
Dawn M	18
Karel L	18
Nellie S	24
Ronald	19
Terry K	18

### February Alateen Birthdays

Who's Birthday	Years Celebrating
Bobby E	21

Send us your  
Al-Anon Birthday or  
corrections so we can add or  
update your info on the  
birthday list!



# January/February 2021

## Calendar

Al-Anon Buzz  
Words

Courage  
Service  
Zoom  
Joy

Teamwork  
Gratitude  
Forgiveness  
Prayer  
Meetings  
Patience  
Serenity  
Anonymity  
Support  
Change  
Hope  
Happiness  
Freedom  
Choices  
Attitude  
Honesty  
Truth  
Higher  
Power  
Detachment

With the Worldwide Pandemic, we all know that Alanon Calendar events are limited everywhere as are in-person meetings. Let's support our local Al-Anon groups and send in appropriate local calendar items for the March and April Scoop Newsletter. Please send in calendar items to [VCScoop@gmail.com](mailto:VCScoop@gmail.com) by February 15.

For additional Events and Info, go to:

[www.scws-al-anon.org](http://www.scws-al-anon.org)  
Or <http://alanonventura.org/>



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## ALANON

V U K Y J H V N J D S F D H Y R O T N E V N I O  
L H R E T C A R A H C I O S D R A J J V K T A L  
L V V C I I U Y A S A T B R K G E H P B K U N R  
Y R L L Q V M U M G E O W X P C R L V G E Q I E  
Z G J J T M E E P N H U N D E R S T A N D I N G  
D B L A R P M D S I C Z C O Z C S K T A O P R M  
W P C F Z W B Y C T M W S N N P X O E Y Z S K U  
T Y G U Y W E L K E N X M K G N X X G I B T K S  
R T A F T T R I L E S D S F O O Y R E J I P G X  
O I T T I E S A A M I G F S D Z R K D Y D E R C  
F N T T M Z Y D U Q R W Q R C G R O U P S C E S  
M E I I Y Y J W T K G Y E Z F Q Q T A M O N D N  
O R T M N Q E D I Q S E L P I C N I R P Y O R O  
C E U L O X J K R Z R A J D Y N L M B G Z C D I  
M S D G N P U W I C L L A V S P Q P K F S D E T  
B V E G A C U O P M E L B O R P S K K X M P C U  
S F S L N Z J F S E V T L Z Y R E V O C E R I B  
A Y S E I T I L I B I S N O P S E R O X Z X S I  
B R U H G Y J N P S N O T C A R T T A G G B I R  
H X X W C G P J U T O W N Y S T J Y H S T S O T  
K S N O I T A D N U O F U F C F E R N C T D N N  
K K W R U E S P O R U P D K E O R B N L D K S O  
S A N I T Y C E W F Y K R B F W I S D O M R I C  
X I M T T U W N B G F J W Z U F I H C E U O D I

WISDOM	UNDERSTANDING	SPIRITUAL	SERENITY
SANITY	RESPONSIBILITIES	RECOVERY	PURPOSE
PROBLEM	PRINCIPLES	MEMBERS	MEETINGS
INVENTORY	GROUPS	GOD	FOUNDATIONS
DECISIONS	DAILY	CONTRIBUTIONS	CONCEPTS
COMFORT	CHARACTER	ATTRACTONS	ATTITUDES
ANONYMITY			

## Alateen News

\*\*\*\*\* ALATEENS / SPONSORS \*\*\*\*\*

**This is your new page! Please submit articles. Your experience, strength and hope. An "Aha" moment that you have had! Your voice matters! [VCScoop@gmail.com](mailto:VCScoop@gmail.com)**

"My thoughts and feelings are like a cake mix, the ingredients can be great, but they aren't much good until they're blended together and have a shape to them to be poured into. I can have lots of good thoughts and feelings, but if my actions don't tell the same story, they're wasted. I chose what kind of shape I give my thoughts and feelings by the way I act each day. When I try to manage things by myself, I end up in sad shape. Some days I think I can control situations in my life, but really, I can't. Step Three has a better way. Turning my will (my thoughts and feelings) and my life (my actions) over to the care of God as I understand Him, gives me a stronger healthier life. When my thoughts and feelings and my actions work together in harmony, "the recipe" has a better chance for success."

ALATEEN – A Day At A Time Pg. 18



### What is Alateen?

Alateen is a part of Al-Anon, it is a program of recovery for young people whose lives have been affected by someone else's drinking. Younger family members have suffered as we have and are desperately in need of a Twelve Step recovery in Alateen.

Alateen cannot Exist without Alateen Sponsors. Each Alateen group needs Sponsors, active adult members of Al-anon being of service. Are you looking for service work that's rewarding, loving and exciting? You must be 21 years of age and an active member of Al-Anon for 2 years and receive AMIAS (Al-Anon Member in Service to Alateen) training.

If you are interested in Alateen sponsorship, please contact our Ventura County Alateen Coordinator, Jimalee. [Jimalee13@gmail.com](mailto:Jimalee13@gmail.com) or for information to read visit <https://www.scws-al-anon.org/alateen/be-of-service-to-alateen>

**The Ventura County AIS Board is looking for an eager and qualified Alateen Representatives to serve on the Board. Please contact Jimalee at [Jimalee13@gmail.com](mailto:Jimalee13@gmail.com) or Dani F. at [dani1264@aol.com](mailto:dani1264@aol.com) for**

# LDC News

## VENTURA COUNTY AL-ANON LITERATURE DISTRIBUTION CENTER

The Center is currently closed for in person pickup...but delivery arrangements can be made by ordering on the Ventura Al-anon Family Group website

<https://www.alanonventura.org/literature>

Email: [venturaalanonldc@gmail.com](mailto:venturaalanonldc@gmail.com)

When you buy from your local LDC - you support other local Al-Anon services



## As We Understood

If you are looking for a lovely little book to add to your Recovery collection, "As We Understood" is a beautiful collection of spiritual insights written by Alateen and Al-Anon members.

Reading this collection of sharings on spiritual growth is a unique opportunity to gather insight from those who have traveled our similar paths. There are sharings from how Al-Anon changed a life based on individual experiences to how it gave someone the desire to live again and to face difficult situations.

This little book would make a lovely gift to yourself or someone else and is available at the LDC for \$13 plus tax.

\*\*\*\*\*

### *Reminder about Directories!*

Please **replace** the directories often to keep meeting schedules current especially in newcomer's packages.

And remember to **shred** any old directories as you replace them, so that Al-Anon member information is kept confidential.

#### The Forum Magazine

Al-Anon's monthly magazine, *The Forum*, contains many personal stories of inspiration, some of which are made available each month on the Internet by authorization of Al-Anon Family Group Headquarters, Inc. [www.al-anon.alateen.org/the-forum-magazine](http://www.al-anon.alateen.org/the-forum-magazine)



Email your literature request to:

[venturaalanonldc@gmail.com](mailto:venturaalanonldc@gmail.com)

***Please include your NAME, CITY for delivery, PHONE NUMBER, and EMAIL ADDRESS in your message.***

**An LDC Representative will contact you about your order. Please note, at this time we are only accepting Checks and Money Orders.**

**Thank you for supporting  
VENTURA COUNTY LDC**

## TRIED & TRUE BOOKS-



## Want to be of service?

### LDC NEEDS volunteers !!!

To Volunteer call Julie B, the LDC Chair at

**(805) 825-8644**

or email the LDC at

[venturaalanonldc@gmail.com](mailto:venturaalanonldc@gmail.com)



### Came to Believe

I had very little problem with the Came to believe part of this step. I consider myself Christian - a follower of Jesus. Though I do not always behave that way I do believe that my relationship with God is the center of my recovery. But now, about being restored to sanity; Somehow my idea of being restored to sanity was" God is going to snap His fingers once I read all the Al-Anon and AA readings on Step 2 and bang I am restored to sanity.... LOL

In reality, being restored to sanity means that I had to take a look at my life, I had to feel the unresolved anger, sadness, hurt, pain, revenge that I've been so scared of admitting. Being restored to sanity is inviting God into every area of my life, big or small and accepting His guidance, even if we don't understand it. Being restored to sanity does not happen overnight, it is a lifelong process. We see our progress as we start using the tools given to us by our sponsor, our Al-Anon family and by other members in meetings who have been through similar experiences. Serenity and peace come back into our life as we choose a better way to live our life.

Being restore to sanity for me at least was hard work, daily work, sometimes it meant to do nothing and sometimes it meant to do everything in my power to stay under my HP guidance, support and love.

Angel, Dec 2020 Alanon Family Blog

"By improving my conscious contact with God, I find that emotional balance and inner peace can be a part of my daily life."

**Hope for Today** pg. 194

### From your editor...

First let me pay tribute to the last Editor, Dawn M. Dawn, you did an Awesome job on the Scoop and you turned over the reins on a well-organized endeavor. You set the bar on a beautiful newsletter production model. On my part, I had a huge lesson to learn as my ego (I know everything) and lack of knowledge of Alanon and MS text boxes got in the way.

Microsoft text boxes were challenging (just as Dawn warned) and had a mind of their own, five tutorials later I am still in the weeds. After letting go and letting God and Microsoft several times, I realized the difficulty was not so much in my knowledge of newsletters, but was in my overpowering fear of failure, need for acceptance and my unholy drive for perfection.

I came to Al-non a broken and desperate human being. My confidence was gone, I could not control the alcoholic and my life was spiraling out of control as I struggled for domination of everything in my life. Through the shared experience, strength and hope of my Alanon groups and friends, I am getting better, one day at a time.

So, this newsletter was done with a lot of tears, some blood, and a load of excuses. In the end, my Higher Power told me the Scoop newsletter was a work in progress, just like me. Progress not perfection and as an Al-Anon friend, Wendy B., once said..." you can't get fired in Alanon". My thanks to Jay and Jessica (Web Wonders) who waited patiently for the final copy!

Yours in Service Lila B. Editor

## Write for the Scoop!

Share your personal experience, strength and hope  
***Remember, your experience may help someone in crisis!***

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The next topic for **March - April**



## Twelve Steps

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.