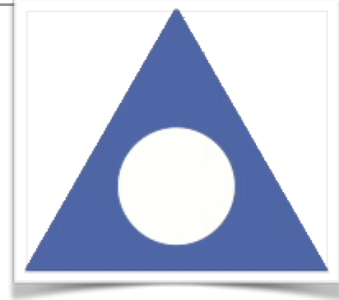


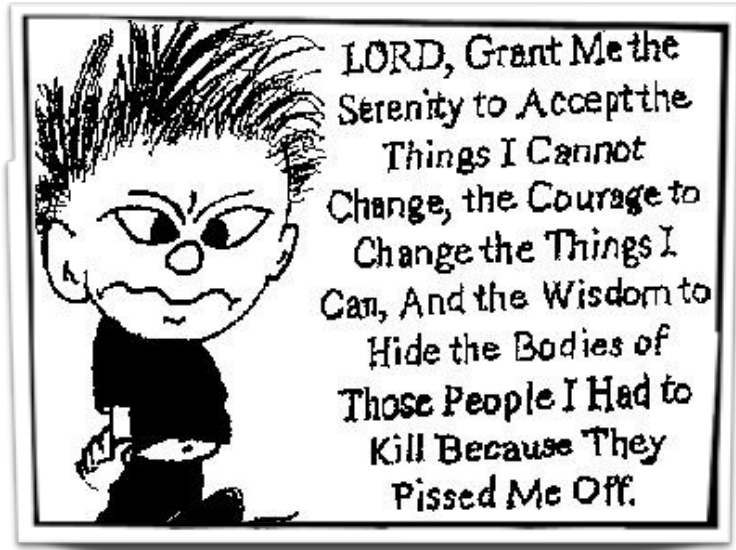
One Day at A Time

Stories of recovery, news, and fun in the Marin County Fellowship



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Woman Broken by Abusive Relationships

Reprinted from the alanon-alateen.org

By Anonymous (Do you "Qualify"?)

I was suffering in a verbally abusive relationship—not my first—when I attempted to join Al-Anon. I'd heard that it could help me with my problems. I went to a meeting and asked a woman afterward if I had to know someone who drank to join. She said I did. Disheartened, I phoned the central office in my Area and asked the same question. I received the same response.

Ten years and two more abusive, obsessive relationships later, I dragged myself to an Al-Anon meeting hoping I finally qualified. The latest relationship disaster was with a man who'd decided to stop drinking 13 years earlier. I didn't know if that meant he was an alcoholic, but I decided that had to be enough to get me through the door. I was desperate.

To my relief, no one asked me for my credentials. The woman I asked to sponsor me didn't ask me if I knew any alcoholics.

Woman continued on p. 3



STRUGGLES WITH A SPONSOR

By Colleen

- I DON'T HAVE TROUBLE WITH MYSELF WHEN I'M BY MYSELF. IT'S ONLY WHEN OTHER PEOPLE ARE AROUND. - UNKNOWN

- One of my favorite things about Al-anon is that, in spite of how hard I continue to work the program, I always seem to make mistakes anyway. But they do get smaller and every time I attend a meeting, I have the opportunity to practice my "people skills". When I make mistakes, or perhaps offend someone, I know I'm forgiven, and still accepted and supported. Hopefully, and with the help of my Higher Power, my growth continues to develop as my Al-Anon sisters and brothers accompany me on their own challenging journeys. - Ann A.

- 'Will' is a bucket. Do I act from overflow or reserve? - Fri. 10:00

- "Doubt is not a pleasant mental state, but certainly a ridiculous one." - Voltaire

Words, Wisdom, Whatever ... inspires you!

Send them to the **Pink Ant's Box**
editors@marinfamilygroups.org
Colleen (415) 328-5413

"What if I do it wrong?"

"What's 'wrong'?"

"I don't know, but that's the whole point. I've never done anything like this before. I have no idea what to do. Let alone how to do it!"

She sits.

I wait. 'Say something already!' the voices scream in my brain. 'Do I have to do all the talking here!?!' She remains quiet and still. I hate the pressure of silence so I yabber on, "People either really like me or they hate me. And there's alot of exposure in this service... I can't do it wrong. Make a fool of myself. Look like an idiot...."

She sits. Waiting patiently for what I do not know. Finally I break and just sob.

She sits.

After a good cry, I take a breath and regain my strength. I am calm but dumbfounded. She hasn't walked away, yelled, put me down, tried to 'fix' me.... She is still sitting. Quiet, but with me. Weird.

"So what if I do it wrong?" I sniffle.

"So what. When I make a mistake I evaluate the situation, apologize if I've done harm, and ask for help when I need it."

I sit - silent.

(Thanks D!)

Woman continued from p.1

Eventually I told her what had happened ten years earlier. She shook her head in dismay and told me that if anyone came to the meetings and related, they needed to be there.

I've attended meetings and worked the Steps for more than five years now, and the program has changed my life. I still don't know if there are any alcoholics in my family, but I suppose I really do qualify because I'm in a wonderful relationship with a man who has been sober in A.A. for eleven years.

Needless to say, I welcome newcomers with open arms, and if they ask me if they belong in Al-Anon I tell them that's up to them to decide. I encourage them to try out different meetings and tell them that if they feel like they belong, they belong.

I know now that I did qualify all those years ago. Every one of those earlier, difficult relationships had been with adult children of alcoholics. Alcoholism had most definitely and profoundly affected my life. I just didn't know it at the time.

*Everything you always wanted to know about those *#&@ letters*

Beginning with the Basics. Service Positions in June.

THIS:	MEANS:	REFERS TO:
AFG	Al-Anon Family Group	A meeting of people recovering from the family disease of alcoholism who follow the 12 Steps, Traditions, and Concepts.
AIS	Al-Anon Information Service	Supports PO activities at tlocal level. It makes conference-approved literature available to local, and coordinates group outreach efforts.
CAL	Conference-Approved Literature	Al-Anon literature which has been developed and approved through a World Service Conference.
LDC	Literature Distribution Center	Local Intergroup or AIS that sells Conference Approved Literature.
NCWSA	Northern California World Service Area	AFG area defined by the Oregon border (north), Nevada border and the western borders of Mono & Inyo Counties (east), Pacific Ocean (west), and the southern borders of Monterey, Kings and Tulare Counties (south).
WSO	World Service Office	AFG Headquarters in Virginia Beach, VA. Links to meetings worldwide, on-line literature, and AFG resources in English, Spanish, and French. Website: http://www.al-anon.alateen.org ; E-mail: wso@al-anon.org ; Tel: 757-563-1600.

News

- ✦ **D-11 MEN'S AL-ANON WKND.**
May 2 – 4, Westminster Woods
 Art B. 408.309.6872
 David S. 415.450.0412
 Tom F. 415.747.9325
tompaulf@gmail.com

- ✦ **HOSPITALS & INSTITUTIONS**
May 2nd, 8:00 – 5:00. Chico
institutions@ncwsa.org
 David B. (831) 275-0684

- ✦ **GROWING TOGETHER!**
May 2-4, Westminster Woods
Moriah_r@hotmail.com

- ✦ **NCWSA ONE-DAY ASSEMBLY!**
May 17, 8:30-5:00. Concord
www.ncwsa.org/events-calendar

- ✦ **AL-ANON, AA, ALATEEN!**
CCCAA – May 16 -18. Fresno
www.ncwsa.org/events/calendar

- ✦ **A DAY IN AL-ANON, D-11**
June 14, San Rafael
 Brenda G. (415) 577-7163

- ✦ **NoCAC BASH!**
 Love. Peace. Program. Fun.
Clear Lake, June 20th – 22.
 Min. age for attendance is 12.
nocacsponsor@ncwsa.org
 Darrell R. at 925-895-5028

- ✦ **EARLY BIRDS...**
New meeting 7:00 am
 Marin Lutheran Church
 649 Meadowsweet Dr., CM

- ✦ Friday 10:00 am Speaker
 Meeting in Corte Madera no
 longer provides childcare.
 Sorry.

Seeking

- ✦ **Marin Al-Anon Website coordinator.** Take a risk!
 Tim B. at (415) 328-6100.



Volunteers are needed!

Contact Brenda G. – (415) 577-7163 to get in on the fun.

