

# Stepping Power Newsletter

*Al-Anon Northern California District 4 Newsletter Winter 2017 -18*

**District 4 officers:** District Representative-Ruth H, Alternate District Representative-Mollie, Secretary-OPEN, Treasurer Nancy, Newsletter-Chris W, Alateen Process Person-Ayisha, Teleservice Coordinator-Marga, Literature Coordinator-Sheila K, Public Outreach-Debbie, Group Records-Joanne

**Winterfest January 26-28, 2018** - There are entry fee scholarships available and you can also contribute to a scholarship. Don't forget to donate to your group for the gift card basket. You can also buy a gift card to donate. Please go to [www.shastawinterfest.com](http://www.shastawinterfest.com) for registration, schedule and hotel accommodations.

**How to open a checking account for your group:** 1. Go to the IRS website and get a tax I D #. 2. Write up your board minutes including discussion about opening a checking account. 3. Find a bank that is willing to open a checking account for a non-profit.

**Alateen** - AMIAS (Alateen members in service) are always needed for Alateen.

**Literature Distribution Center** - The LDC is designed to provide small orders for groups that need literature quickly. It is not designed for big orders. Contact Sheilah @275-3563 or [sheilahk@att.net](mailto:sheilahk@att.net)

**The Forum.** The forum is available on the Barnes and Noble Nook and through WSO.

**Group Records:** To keep group contact info current, complete form A-16 and follow the instructions on the website located at <https://district4.ncwsa.org/groups-make-changes-to-meeting-info/>

**Tradition 7.** Please take care of the financial needs of your group first then send much needed funds to: 1. (WSO) AFG, Inc., 1600 Corporate Landing Pkwy, Virginia Beach, VA 23454-5617, 2. NCWSA Treasurer, P.O. Box 728, Vacaville, CA 95696-0728, 3. Treasurer Dist. 4, P.O. Box 273, Shasta Lake City, CA 96019

**Open Forum:** Share your experience, strength and hope. Please write your story or and send it in to be published in this news letter. Contact Chris W. 243-5663 Send story to [christopher9488@sbcglobal.net](mailto:christopher9488@sbcglobal.net)

**Step Nine** *"Made direct amends to such people, wherever possible, except when to do so would injure them or others."* For the chaos I have caused in life I now must make amends. Never was it my intent to bring harm to my friends. Now that I more clearly see the deeds I carried out, I can more objectively face what it was about.

I call upon my Higher Power to show me the solution; grace me with the courage to fulfill my resolution. Get on with it, I shan't delay, the timing is essential; prudence but not evasion, whether conduct or financial.

Solely mine this daunting task. Yet I am not alone. Inspired by my Higher Power, I see how much I've grown. I also need to make amends, to the friend called "Me." Leave behind my expectations. It's all OK, I'm free. ...Dean L. (March 2017)

**Step Ten** “Continued to take personal inventory, and when we were wrong promptly admitted it.”

In the past I asked myself what got me here from there. Nine steps later, I see how much more I am aware. Self-searching guided me thus far, helped me to get well, Now I turn to self-restraint to keep me where I dwell. Commit-admit, accept-correct; resolve my motivation. If I would keep this life I’ve learned, I must avoid temptation. I implore my Higher Power, to sound what’s right’s alarm if I’m tempted or go astray; steer me from such harm. Anger, envy, jealousy, resentment and hurt pride -- Traits that served me once in life, I can no more abide. I call upon the Universe to keep me in the flow, let truth displace illusion, help me to love -- to grow. ...Dean L. (March 2017)

**Step Eleven** “Sought through prayer and meditation to improve our conscious contact with [God, my Higher Power, the Universe], as we understood [Him/Her/It], praying only for [His/Her/Its] will for us and the power to carry that out.”

Prayer and meditation, Soul’s active interface, uplifting and inspiring, vehicles of grace. Here we have a subject at once controversial. We’re talking now of energy, transcendent and inertial.

“Relax your body,” I was told, first time I meditated. I am more than my body, I have substantiated. As I sat and stilled my form, turning to contemplation, I looked upon my body as though aberration. Then I began to sense emotion, saw more how I felt There was another part of me wherein my feelings dwelt. Next I came to realize this must be in my mind, physical, emotional and mental -- intertwined.

Still I am apart from these, it cannot be just mental. There’s still a higher part of me, some part that’s transcendental. From this place of solitude, I felt some new sensation. It took some time to realize that it was inspiration.

So what of prayer? How do I use it? What do I do it for? Should I just consider it a means used to implore? I know prayer is effective and the answer’s always, “Yes!” Be careful what I pray for, sometimes “Yes” is a mess.

Gradually I’m learning to let Inspiration guide. The grace of this great universe is always on my side. What I need be careful of is how I frame intention. The answer always comes to me, and all times my invention.

I have many friends in spirit, I’ve come to realize, We’re all part of the Universe, we just must synchronize. So when I pray, it’s not “to” God, or “to” some Higher Power, But “from” the consciousness “of” God, and from Its Grace-full shower. ...Dean L. (March 2017)

**Step Twelve** “Having had a spiritual awakening as the result of these steps, we tried to carry this message to [others of similar maladies], and to practice these principles in all our affairs.”

Now that I have worked these steps to the best of my ability I look to take right action, rewarded by stability. As it says, as the result, of practicing these ideologies I look to share all I have learned, a gift without apologies.

Practitioners who use these steps have a wonderful tradition. We share experience, strength and hope as if it were a mission. With a heightened sense of consciousness we assume this undertaking Gladly do we give away our Spiritual awakening.

We all attempt to take right action in all we do each day to put to work these principles, to serve in some kind way. Underlying these step’s principles are unity, service, recovery; all our affairs simply means help others in their discovery.

Now you have my story, my truth have I but sketched. Sometimes I have to pinch myself to be sure it’s not farfetched. This I tell you from my heart, I relate without demanding, Right action and right attitude help make my life outstanding.

...Dean L.