

Alternate Delegate Report

August 10, 2024

Dear Al-Anon Family,

I am writing to remind you to please send in your shares for our Ohio Al-A-Notes Newsletter. The deadline for sharing is August 31, 2024.

The topic I chose for this issue is how you have used the Concepts of Service in your Al-Anon Service and if you have used it in your personal life outside of Al-Anon that would be an extra blessing.

I ask myself all the time why I cannot seem to say NO to service even though my life is full beyond capacity at times and the answer comes through loud and clear from my higher power. "I brought you into these rooms because I knew that the program would help transform your mind into an image that radiates peace, joy, and love and most of all forgiveness, so putting service on a shelf is not a healthy option." Of course, I have struggled with having a balance, but I would not need Al-Anon or my higher power if I did everything perfectly, and I am here to say, that will never happen.

If writing on one of the Concepts of Service is not appealing, you are welcome to share on upcoming or past results of district happenings in your area.

We are in this World-Wide Fellowship together and for that I am eternally grateful.

Grateful in Service,

Merri G.

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