

Newsletter Coordinator Report AWSC August 2012

Hello NYN,

It has been a busy summer and the combined issues of July/August allowed just enough breathing space in my schedule to keep me sane (however sane I am in my journey from insanity).

I like the topic for September's issue, "Choosing Happiness." Just to know that I have a choice in the matter, that it is really up to me whether I am happy or not, whatever the circumstances in my life, is a gift from Al-anon. **One way that helps me to choose happiness is by saying YES to whatever presents itself in whatever form it appears.** This could be something I would normally think of as negative (such as fleas in my house) or as a growth opportunity I am unsure of, such as taking on the service position of Newsletter Coordinator. When I say YES, I am opening myself to seeing the positive in the situation. In the case of the fleas, I was motivated to remove all of the old carpets upstairs and sort through and clear out many unnecessary household items. I found myself smiling instead of crying over the fleas. Saying YES to the position of Newsletter Coordinator was not my original plan. Now I am finding I enjoy the challenge and the opportunity for growth. By opening myself to the possibilities instead of focusing on the impossibilities, I can bring happiness to my life. How powerful is that?!

The newsletter delivery method is being studied and discussed at length and more will be revealed as we open ourselves to the possibilities.

The latest Invoice for sorting and mailing the July/August newsletter is \$308.17.

Yours in service,

Gwenne R.