

Spring is here?

Living in Colorado I've learned not to wait for the perfect day to enjoy the nature all around me, but instead, to embrace the day that is presented. If it's sunny and warm outside I can choose to have my coffee on my porch and enjoy the heat of the sun on my face. Perhaps the weather is cold and snowing, then I can choose to have my coffee inside my warm and cozy home. Either way, I get to choose if I am grateful for this day and not wish for it to be different. I've recently heard a saying that all suffering comes from my being in a fight with reality. As I've pondered that idea, I believe it to be true in my life ~ hence, acceptance is the answer to all my difficulties, as this wonderful program teaches me!

Part of my acceptance comes from that deep acceptance of myself and that I am doing the best I can with the resources I have at any given time. I have found I need to be reminded of this truth often while serving this fellowship. I have received so much love and support while carrying out my current position as Chair for Colorado, but it is still that inside voice (inner critic) that likes to tell me I could be or do better. This program gives me so many opportunities to grow in my program ~ if I only seek to find the lessons. Today I choose to learn new lessons that are presented to me and love myself through them.

Now on to business. We had a wonderful Area World Service Committee (AWSC) call on May 19. My hope is that we can continue to move the business of the area along between assemblies so we may enjoy more time for fellowship and productive discussions. I appreciate the support of our members contributing to our calls and this effort.

Day In Al-Anon was held in District 3 this past April and I had the opportunity to attend. They put on an amazing event with workshops, food, cake, speakers, fellowship, oh, and did I say *cake*! Thank you for all your hard work District 3! You did the Area proud!

Our Assembly Agenda contains opportunities for District Representatives and Coordinators to give reports. We ask that your reports be 2 minutes in length (approx 300 words). You can provide a full report to our Area Secretary, but ask that you summarize when speaking at Assembly. There are report forms available online for your reference under Members>Area 5 Documents>Assembly Report Form.

<https://al-anon-co.org/members-only-page/area-5-documents/>

Looking forward to seeing you all in July at our Assembly in Grand Junction and, as always, thank you for allowing me to be of service to the Area! Enjoy your Spring in lovely Colorado!

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