

Dear NYN Friends,

By the time you read this the New York State Fair will be over. I am sure it will have been a very successful event for all who took part. I will have a final report at the Fall Assembly.

This month's theme is "Why we keep coming back". For me there are a few reasons.

I always try to remember what I was like when I first came into Al-Anon. My life was a mess, nothing was going right. All the plates I had kept spinning for so long came crashing down at the same time.

When I went to my second meeting I went back thinking I might find out how to be happy again. That you all would give me the secret. You did! You taught me how to let go, that I had to work on myself, that the Steps would show me the way. With a lot of work, a really good sponsor and everyone in the meetings I have found how to be happy no matter what is happening.

I know that if I don't go to meetings I slip back. I get a little crazy, beginning to think I might have control. I make sure I then play it all through. What I was like, what I thought I could do before Al-Anon. I know then I cannot miss meetings, they are what keeps me grounded and keeps me happy.

The other reason I keep coming back is all the people who are part of my life because of Al-Anon. You all are very important to me. I need you in my life. I have no plans not to keep coming back.

Gratefully in Service,
Ruth S.