

Archives Coordinator Report for September 2021 Newsletter

Hello to my fellow Al-Anon Trusted Servants and Members,

I am happy to report that the new Capital District Al-Anon Website is now up and running: <https://www.al-anon-8ny.org/>

Please hop on when you have a moment and feel free to fill out our Feedback form if you have any comments, suggestions, etc. It was a huge undertaking, and our Website Committee worked many months on it. Now that it is published on the Web, I hope to be able to follow-up with the kind trusted servants who contacted me with Archives comments, suggestions, etc.

On the topic of "Meditation", I would like to offer that this is something I have struggled with since I became an Al-Anon member in the last millennium. Whenever I get on a roll with doing some type of meditation, something always seems to throw me out of that routine and then I am back to Square One. What I am currently doing now is trying to work in meditation either before or after my daily workout. I also have a book where I record my workouts, and I have added a "Meditation" column for me to check off. In addition to meditation being a critical part of Step 11, I have read of its health benefits, and I certainly feel more serene when I am actively practicing sitting quietly and/or following a guided meditation. If anyone has any experience, strength and hope with their meditation practice, I am all ears. Thanks.

Respectfully submitted,

Maria S.