

Changed Attitudes



**CO-ANON
FAMILY GROUPS®**

Co-Anon Family Groups
World Service Organization

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CO-ATEEN CORNER

Let me tell you about "World". This is what happened on the 1st day. I found Brandi from Austin. We went to "WEOLympics" & played the games. We went swimming and met lots of friends from Colorado, Arizona, Chicago & even some from England. We went on a scavenger hunt, walked around, met more friends & went to a PJ party. I also went to some Co-anon meetings during the weekend. The World convention was a lot of fun!



EMeeting Cyber-Hugs

On every post that is sent to the EMeeting, the online meeting of Co-Anon Family Groups, there's a rotating header that says, "Face-to-face meeting at the conventions!" That exclamation point serves to underscore the importance of the personal connection we value so much at our annual World Service Conventions! Especially for those of us in the EMeeting, who may not have any Co-Anon meetings nearby, the opportunity to share smiles, greetings, hugs, and heart-to-heart conversations is just SO FINE! For some of us, it's that once-a-year chance to see our sponsors -- to deepen a relationship only connected by email or phone calls throughout the rest of the year. For others, it's a four-day immersion in recovery like we've never known it before.

Our EMeeting serves a wonderful purpose. We're available 24/7 to anyone who wants to chat, share ES&H, and learn all about this wonderful process we call "recovery." Today, I'm grateful for online friends, and I was thrilled to get and give a real hug to those at the 2011 Convention in Phoenix, AZ.
EMeeting member

When I first found out that the convention was going to be held in Phoenix AZ, (I live in Tucson) I got so excited that I was going to meet with others who took the time to share there experience, hope and strength with me four yrs ago when I joined the Emeeting as I only knew them by name from the Emeeting. I got to attend the convention one day (5/28) due to my work schedule. The first person I called when I arrived was Pilar R, because it seemed I called her for everything! I attended the Co-Anon workshop and that is where I met most of the Emeeting members. Linda, Barbara, Michelle, Sue and Marie. I felt so welcomed and loved. I know how important daily reading is for me and I want to make sure the ODAAT gets out to others through the Emeeting who are or have been struggling with a loved one suffering from this disease called addiction. Co-Anon is a way to a better life. It is my way of life. Change your thoughts and you change your world! *EMeeting member*

Thoughts on "Letting Go" by a Co-anon Member.

The slogan "Letting go, letting God" is meaningful to me. I come back to it over and over and over. Partly because my concept of a Higher Power is not always a certainty, I struggle greatly with it. Lately, though, I realized something important. The blessings I receive when I "let go" don't come in huge thunderbolts from the sky--new cars deposited on my yard; my ex-husband, an addict cured; my mother made perfect and whole; abuse from my past halted. Instead, the blessings I receive come in small spurts--a new friend who appears on the scene just when I need her; a dog who comes up and licks me on my nose in the middle of painful thought; a new assistant with pains and issues similar to mine who helps me see how far I've come and how blessed the gift of passing on what I have learned to her is; a share at a meeting or online said at just the right time; and the blessed realization made in a silent moment of clarity that I am a whole beautiful person made in this fashion by ALL my troubled and happy times along the way. I also look back and see how the troubles occurred despite all my fighting, protesting--the "why me's", the "how-could-you's", the "this shouldn't be happening to me's", and the million other ways I showed I believed single-handedly and without anyone's assistance, I could and was controlling everything that was happening around me. At stressful times, I now try to remember to pause and give thanks to my Higher Power for the lesson of the moment. I also pause to give thanks to my Higher Power for the Co-Anon program and the many friends I have found in the rooms. This pause, I think, allows me to let go of the problem and focus instead on gratitude. Now it's your turn. How has God (or the HP of your choosing) changed you, lifted you up, taken you down, by big or little blessings. FOCUS on the positive, if you can, that occurs during the storms. Find those HP moments. and share them with a friend.

NEWS AND ANNOUNCEMENTS:



* Look for the NEW READER CORNER in this issue and future issues. All are welcome to submit original work, anonymous quotes, etc. to be included in our future READER. Our new READER title was voted on and approved at the 2010 World Conference in Milwaukee. The title is SHARING DAILY HOPE AND PERSONAL RECOVERY IN CO-ANON. Be careful of copyright infringements.

* *The Election Committee is accepting resumes for the open World Service Board positions. All interested members may email the Election Chair, Pilar R., at pilara1@attg.net to receive a resume template and more information.*



Upcoming Events with Co-Anon Participation:

May 24th-28th, 2012

18th CA World Conference and Convention
Birmingham, England

120 miles from London, 1 hr 20 mins by train
Birmingham Hilton Metropole Hotel
<http://www.hilton.co.uk/birminghammet>

tel: +44-121-780-4242

Packages include breakfast, dinner Sat., Banquet Sun.,
and Brunch Monday

4 night package example double room, dbl occupancy
per person per night from 66 pounds (\$108.00).

Look for future information on the Southwest Regional
Convention in Oklahoma on October 14-16, 2011.

Also the South Central Texas Area Convention is
coming to San Antonio, Texas in November 2011.

World Service Board Members:

World Chair	Marie V.	Austin, Texas
World Vice-Chair	Pilar R.	Tucson, Arizona
World Secretary	vacant.	
World Treasurer	Cindy G.	Austin, Texas
Literature Chair	vacant	
Public Relations/Outreach	Barbara R.	Bedford, Virginia
Co-Ateen Chair	vacant	
New Meetings Chair	Linda M.	Maryland
Elder Trustee	Jackie B.	Flint, Michigan.

The literature committee requests your contributions to be submitted and collected. They will go toward the Co-Anon Daily Reader Book. Please share with us your experience, strength and hope.
Send in your submission TODAY!!

Sharing Daily Hope & Personal Recovery in Co-Anon
New Reader Corner

Thoughtfulness means two things to me. It means thinking through the impact words and actions will have, and it means putting the happiness and comfort of others into the formulae as I decide on what words and actions to put into play. One of our slogans is "Think." If I can do that rather than reacting through my lizard brain to any given crisis or opportunity, I will certainly improve the outcome.

Reaching Out

The Public Relations / Outreach Committee met during the World Service Convention this past Memorial Day weekend in Phoenix, AZ. Our goals this year are simple – we want to “carry the message” to those who still suffer from the effects of the family disease of addiction. How do we make others aware of our fellowship? How can we support existing meetings? How can we start new meetings in areas where there is no Co-Anon Family Groups presence? These are questions that our Public Relations / Outreach Committee will be working on throughout the coming year. Interested in being of service to CFG? Join our standing committee by contacting our World Service Public Relations / Outreach Chair Barbara R beraintree17@hotmail.com.

Treasurer's Corner:

From the beginning, the World Service Board adopted the 70/30 plan as a suggested guideline for making 7th Tradition contributions to Co-Anon. This concept is a simple one. Each Group or District should keep only enough money in its treasury as to provide 2-3 months of operating expenses. This amount is called a “prudent reserve”. Using the suggested 70/30 plan as a guide, (70% goes to World), each Group and district provides regular contributions on a monthly, bi-monthly or quarterly basis.

Contribution	Group
\$100.00 6-12-11	Austin District
\$100.00 6-10-11	EMeeting

Our World Convention and Conference brought in \$1,323.00 this year. Many thanks go to the Convention Committee from Off The Rollercoaster in Tempe, Arizona! We appreciate your hard work all year preparing for the Convention.

We would love to hear from you. Please send your work to the Editor cgrooms@austin.rr.com

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