

March 19, 2020

Dear Louisiana Al-Anon

I hope all finds you well and safe!!!

This is just a note to let you know I'm thinking about you and praying for Al-Anon in Our state.

These times of unprecedented events occurring reminds me just how Powerless over events happening in my life that I truly am, I'm learning to Surrender on a much deeper level.

I have learned in Al-Anon it is the way I respond that makes the difference today.

Do I respond out of Fear and Confusion, or do I Let Go and Let God, be present in my life as things unfold around me. Am I able and ready to do the next right thing in my life, can I breathe God in and out .

The WSC has been Canceled due to restrictions on flying and the Virus very growing.

Although I'm Heart broken on not being able to go in person, I still will show up virtually via the web, work and reports are still going on and Al-Anon is still functioning World Wide and in our Area

Please do not mail any love gift. I appreciate all the thoughts and love you were willing to send.

The new norm now days, electronic meeting, on-line meeting, zoom meeting, free conference meeting, face book meetings, Reach out to one another and reason things out, (Your phone that weights 100lb,) the new norm is here be present to your area. Let everyone know that they are not alone at this time. Be ok with not doing things perfectly but adjusting as we go on this new journey

Be willing to use your Service Manuals in these unprecedent times, Be open to learning new things and be willing to change and grow as we adjust to the new norms in life.

Remember this is just one small moment in time and this to shall pass!!!

Let there be no Gossip or Dominance and Let the Love and Peace of the program grow in you one Day at a Time.....

Prayers for all

Tammy Mergist

Panel 60 Delegate

Area 22