We need your shares for our Spring 2011 Recovery Bulletin on

One Day at a Time

"Many of us had to remind ourselves of the hazard of discouragement. We had a tendency to slip back into old habits and familiar faults. But we had only to look back to our beginnings in Al-Anon to reassure ourselves. We never gave up, and we continue to review, one day at a time, our striving to improve our lives by repeated practice of the Steps and all they imply. This is truly living the program."

- *Al-Anon's Twelve Steps & Twelve Traditions*, page 78

Let your Al-Anon community know your thoughts on "One Day at a Time"

Please return this completed form by **February 11, 2010** via email: newsletter@alanonmidpeninsula.org or post to: Newsletter Editor, 650 12th Ave, Menlo Park, CA 94025

Let us know if you want to use your first name or be anonymous when we publish your share. Some editing may occur. We regret that due to limited space we are unable to use all of the shares, although we may keep them for future use. Thank you!