



Florida North District 8 ~ Serenity Messenger ~ April 2017



District Meeting 3rd Saturday each month ~ 9:00 AM Al-Anon Information Services, 9:30 AM Group Representatives, 3333 W. Columbus Drive, Tampa ~ Come See our Legacies in Action!

Calendar

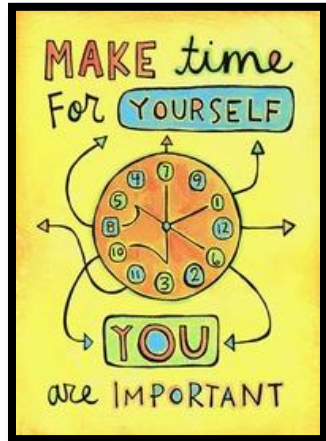
April 7 – 9 Recovery Weekend,
The Bethany Center, Lutz FL
May 5 – 6 N Fla Area Spring
Assembly, Altamonte Springs
May 6 – 7 Area 9 TEAM Event
Altamonte Springs FL

EVENTS UPDATE

At the February district meeting, two GR's volunteered their group to host events for this year: Sunday Morning Serenity has the Picnic, and Road to Recovery has the Speaker Marathon. Our annual events are fundraisers for District 8 and these monies are essential to keeping our 2017 budget in balance. We still need groups to host the **Day of Workshops, Gratitude Dinner** and **Holiday Party**. Please consider volunteering your group or collaborating with other groups to host one of these events. Please contact event@tampabayalanon.org for more information.



Today, I'm doing more of what makes me happy



"Don't make me stop this car!" The bold quote on the travel mug sitting on the shop shelf caught my eye. I laughed out loud. *How many times had I said that to my daughter?* I bought the mug. That was six years ago. Today, I grimace when I think how I blamed my youngest for my crazy behavior. No one can make me act a certain way; only I can control my emotions and conduct. Today, I don't even like the travel mug that once made me giggle. But I keep it to remind me how far I've come. When I feel my anger surging, I no longer blame others, but look within to find my part in it. Recently, I bought another mug that makes me smile. It says "Do more of what makes you happy." It took some reflection and investigation to rediscover what makes me happy. I was so busy working on my career and being a wife and mother that I felt I had no time to make myself happy. I thought back

to high school and remembered I enjoyed arts and crafts. I searched for classes and studios I could join. Each day, I try to do something nourishing. Sometimes, it's something small, like picking up a new library book. My transformation began when I heard at a meeting how the flight attendant always instructs passengers to place the oxygen mask on them first, before turning to help anyone else. I had flown and heard this before, but this was the first time I accepted it as my responsibility for my self-care. It's not selfish. It's logical. How can I help the person or child next to me if I can't breathe? When I'm happy, it's easier to think calmly. Through Conference Approved Literature, listening at meetings, and sharing honestly with trusted friends, I've learned that I have choices and what my choices are. I can change. I can learn to take care of and control myself. I've altered my attitude and it's transformed my life. "Keep Coming Back." **Reprinted with permission of The Forum, Al-Anon Family Group Hdqts., Inc., Virginia Beach, VA**

AL-ANON FAMILY GROUP NEWS

Sharings Needed for The Forum Magazine. Each month, The Forum magazine needs sharings on the Step, Tradition, and Concept of the Month. The WSO receives very few Legacy writings. Particularly helpful would be sharings focused on Steps Five, Six, and Eight, or on any of the Twelve Traditions or Twelve Concepts of Service, since we have an extreme shortage of these. Please send your personal recovery experience with our Legacies to The Forum, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617; or Attention "The Forum" at wso@al-anon.org.

Area 9 TEAM Event, May 6 - 7, Hilton Orlando, Altamonte Springs. The Umbrella of the Serenity Prayer: Putting the Serenity Prayer to Work in Service. TEAM Events are an opportunity for Al-Anon and Alateen members to learn more about service and our program. Registration is \$20.

SERVICE ARMS CALENDAR QUOTATION



English: Our first breakthrough came with our decision to reach out for help at group meetings where we found people just like us, people with the same pains and the same hopes. As we attended more meetings we saw and heard those who had found a way to change their lives to find serenity and joy—feelings we had long forgotten. Often it was this sense of hope that led us to trust once again in others. *Sponsorship, What It's All About (P-31)*

Española: Dimos nuestro primer paso cuando decidimos buscar ayuda en las reuniones de grupo donde encontramos gente como nosotros, con los mismos sufrimientos y las mismas esperanzas. A medida que asistimos a más reuniones, vimos y escuchamos a aquellos que habían descubierto una manera de cambiar sus vidas para encontrar serenidad y alegría — sentimientos que habíamos olvidado hacía muchísimo tiempo—. A menudo este sentimiento de esperanza era lo que nos llevaba a confiar de nuevo en otras personas. *Todo acerca del Padrinazgo (SP-31), página 2*

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Area: www.afgarea9.org
World: www.al-anon.alateen.org

Elections for Panel 58. By August 2017, the GR's for Panel 58 will need to be in place. Elections for Panel 58 Officers and Chairs will take place in September 2017, and the new panel will begin service in January 2018. Position descriptions are available on our website at the Members Only page. If you'd like more information, please contact any current Officer or Chair. Doing service work at the district level provides an opportunity to become familiar with the Al-Anon way of conducting business; an invaluable skill which can be applied to every area of our lives. The Al-Anon program helps us recover from the effects of living with this baffling disease of alcoholism. It's up to us members to sustain its viability and ensure Al-Anon recovery is available to future generations. Please consult with your Higher Power and your Sponsor on becoming a Trusted Servant. For most positions, the only requirement is willingness.

Al-Anon Newcomer Packets Now Available in Booklet Form. In the January 2017 issue of *The Forum*, it was announced that the general Newcomer Packet (K-10) would soon become available in booklet form. WSO has confirmed that the contents of the Newcomer Booklet remain the same as the previous Newcomer Packet; same product code (K-10) and same price of \$1.40 each. They also confirmed there are no plans at the current time to offer other Newcomer packets* in booklet form. *Other available newcomer packets are: K-18 for Alateen; K-21, Al-Anon Adult Children of Alcoholics; K-23 for Men; K-24 for Parents; and K-30 for Professionals.

CAL Workshop: On August 26, from 10:15-11:00am, our Area 9 Literature Chair will be presenting a workshop on literature at the 2017 Convention and it will be an entirely new way to look at CAL! If you haven't registered for the Convention yet, click on this link: [Saddlin' Up to Serenity](#).

Area 9 Website ~ Literature Page Update. Our Area 9 Literature Chair has announced that the Literature page on the Area website is now up and running. It features three sections of "Frequently Asked Questions" as well as quick links to three of her literature projects. The page can be found by clicking here: <http://www.afgarea9.org/literature.html> or by going to the main North FL Area website, navigating to the "Members" tab and then choosing "Literature".



Did You Take The Legacy Coordinator and Newsletter Survey? Area 9 has had a newsletter editor as a coordinator position since 1985; this position was titled *Legacy Coordinator*. Technology has changed over time, and the position has changed as well. The Legacy Coordinator position has been vacant for more than a year, and no Legacy newsletter has been published since October 2015. In early March, our Area 9 webmaster published a survey to find out how the group members wish to move forward on this issue. Feedback collected by April 1 will be tabulated and included in the forthcoming Legacy Task Force Report. The Legacy has been a tradition that provides a written record of the history of Area 9 meetings, successes and activities. It has provided a printed newsletter for those who may not have access to a computer or do not use the website, and it has become a compilation of coordinator and district reports. Previous publications of The Legacy can be found at this [link](#).



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Don't forget
to have FUN!!!!

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