



Florida North District 8 - Serenity Messenger - August 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

Aug 25 – 27 N Florida Area AFG Convention, Tampa FL
Oct 6 – 8 N Florida Fall Assembly Altamonte Springs FL
November 4 Gratitude Luncheon Seminole, FL (District 7)
December 16 District 8 Holiday Party, 3333 W Columbus Avenue
July 6 – 8, 2018 International Convention, Baltimore MD

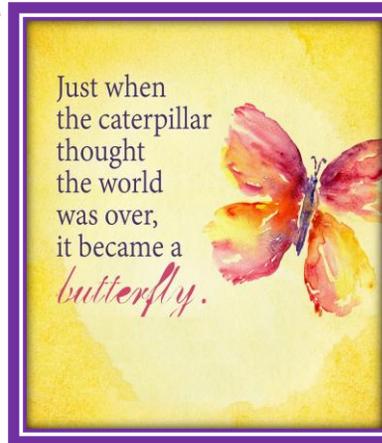
2018 ALATEEN CONFERENCE **AREA 9 NORTH FLORIDA**

We are excited to announce that District 10 will be hosting the 2018 Alateen Conference. Nick R. has stepped up to chair the event, and they need additional committee members to serve in crafting the event. If you'd like to volunteer for this service opportunity, or have questions, please contact Nick at AlateenCon2018@AFGarea9.org



I Didn't Know How to Love Myself

When I shared that I was feeling lonely and unloved in my marriage, it was suggested that I needed to love myself first. (I would always try to smile when I heard that, because it helped to suppress my gag reflex.) I absolutely hated what I perceived to be an over-simplified and corny approach to my serious problems. My bigger problem was this: I didn't know how to love myself. Having had alcoholic parents, my role models didn't know how to love themselves either. Had they known, I'm pretty sure they would have been able to express love, rather than leave us out in orbit the way they did. I'm pretty sure I chose an abusive, alcoholic husband because he also treated me that way. It was all very familiar to my childhood. Unfortunately, none of them could give away something they just didn't have themselves. Eventually in Al-Anon, I "came to believe" that I already have everything I will ever need, right within me. I don't ever need to go searching for it elsewhere. Whenever I forget that, I start walking around with my old reliance on others to bring me happiness and be my salvation. That fearful thought has made for some profoundly lonely and unhappy days for me. Al-Anon taught me that I have a disease of perception, and that I don't have to sit around and wait for love. I can change the things I can, right where I am. When I am feeling lonely and unloved, I am probably lonely for myself, and probably not doing enough to take care of my own mind, body, and spirit. I can take action to change that. My Sponsor taught me to "Let It Begin with Me" by making a list of the things that I love to do, to list all the things that make me feel good and bring me more joy. She told me to regularly do those things, and to regularly acknowledge to myself that I am choosing to do them. My list looks like this: daily meditation, outdoor photography, walking, gardening, putting my feet up and reading, playing the piano, and baking pumpkin or banana bread. With my Sponsor's help, I discovered that if I want more love in my life, I have to practice "First Things First." When I do the things I love to do, I feel happy, and I have faith that everything else will continue to fall into place. **Reprinted with permission of The Forum, Al-Anon Family Group Hdqts., Inc., Virginia Beach, VA**



Group News. The group formerly known as Apollo Beach AFG has changed its name to Friday Night Freedom. The meeting time is 7 PM at the United Methodist Church in Ruskin, and there's an AA meeting at the same time and place © The New Tampa Experience, Strength & Hope group needs support with member attendance. This group meets at 7:30 PM on Tuesdays at the Family of Christ Lutheran Church in Tampa © The Serenity Night AFG group, which meets at the Marge Porter Resource Center in Tampa at 7 PM on Fridays, is an important pass-through for newcomers. They're requesting member attendance to support purchase of additional newcomer packets.

SERVICE ARMS

CALENDAR QUOTATION

English "Easy Does It" is a gentle reminder that we accomplish more by not forcing issues. Improving our own attitudes, and our own state of mind, takes time. Haste and impatience can only defeat our purposes. *This Is Al-Anon* (P-32), page 9

Española: "Hazlo con calma" nos recuerda suavemente que lograremos más si no forzamos las situaciones.

Lleva tiempo mejorar nuestra propia actitud y estado de ánimo. La prisa y la impaciencia sólo pueden frustrar nuestros propósitos.

¿Que es Al-Anon?
(SP-32), página 9

RECOVERY RODEO 2017

Join us for the 28th Annual North Fla Area Convention at The Grand Hyatt Tampa Bay, August 25 – 27, hosted by District 5. Click [here](#) for registration and particulars on this weekend full of fun and fellowship. Thank you for supporting Al-Anon Family Groups.

DISTRICT 8 OFFICERS

District Rep

dr@tampabayalanon.org

Alt Dist. Rep

adr@tampabayalanon.org

Secretary

sec@tampabayalanon.org

Treasurer

treas@tampabayalanon.org

AIS Liaison

aisl@tampabayalanon.org



CONTRIBUTION ADDRESSES:

(Include FL-N District 8 & Group#)

District 8

District 8 AFG
PO Box 2123
Valrico, FL 33595-2123

Area 9 Florida North

NFA AFG
9200 NW 39th Ave.
Suite 130-51
Gainesville, FL 32606

World Service (WSO AFG)

1600 Corp Landing Pkwy
Virginia Beach, VA 23454-5617

WEB SITES:

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

Welcome New Comfort Liaison Chair. Please join me in welcoming our new Comfort Liaison Chair, Jackie G., who stepped up at the June district meeting. We are grateful for the service provided by all of our district level Officers and Chairs, Group Representatives and Officers, and Committee Heads for their service. These members play a vital role in keeping our local Al-Anon family active and connected.



Public Outreach. The current service structure for District 8 has three separate Chairs which comprise the Public Outreach team: Public Information, Institutions, and Cooperating with the Professional Community. The District has made it known for the past several months that all three of these Chairs were open, but no member has volunteered to any of the positions. At the June District meeting, one of our Trusted Servants noted that WSO and Area 9 have eliminated the three separate positions and replaced them with a single *Public Outreach Chair*. It was suggested that District 8 consider changing its structure to fit this model, and there will be further discussion at the upcoming monthly meetings. All attending GR's will have an opportunity to vote on issues presented at district meetings, and every member of Al-Anon is encouraged to get involved.

Can Newcomers Find Your Meeting? Several ideas were put forth at the June monthly meeting in regards to making Al-Anon meetings in District 8 easier to find. One suggestion was to make the address of the meeting location easy to identify, and ensure the information listed on the W&W is correct, complete, updated and meaningful. Another idea was to have signs posted on the outside of the building with directions to the room to help newcomers know they have found the right meeting location. If your group would like to include more specific details about the location or meeting in the "Notes" section of the W&W, please contact the D8 Chair with that information.

District 8 Participates in 2017 Back to School Health Fairs. At the June District meeting, one of our Trusted Servants shared the 2017 Back to School Health Fairs flyer from the School Coalition of Hillsborough County. During the months of July and August, six separate events were scheduled at elementary, middle and high schools across the County – what a great opportunity for carrying Al-Anon's message to others. Two members present at the district meeting volunteered to broadcast this opportunity to District 8, handle registration for the events, and coordinate our participation. Subsequently, a third volunteer came forward to spearhead the committee, and there was such a positive response from our membership that we'll be participating in all six health fairs!! If you'd like to be involved, please contact any officer or chair.

Panel 58 Elections for District 8. Active Al-Anon members who are not current or former members of Alcoholics Anonymous qualify to stand for a position. Members should be willing to attend all district meetings held during their three year term, be aware of the service position description, and be willing and able to serve in that capacity. Candidates cannot have previously served a full three-year term in the capacity for which they are standing. District elections will be held in September.



DISTRICT 8 CHAIRS

Comfort Liaison

comfort@tampabayalanon.org

Events

event@tampabayalanon.org

SPANISH INTERGROUP COORDINATOR

spanish@afgarea9.org

AL-ANON INFORMATION SERVICES

Alateen

at@tampabayalanon.org

Answering Service

ans@tampabayalanon.org

Archives

arch@tampabayalanon.org

CPC (Coop.w/ Prof Community)

cpc@tampabayalanon.org

Group Records

rcds@tampabayalanon.org

Institutions

inst@tampabayalanon.org

LDC (Literature Distrib Ctr)

ldc@tampabayalanon.org

Public Information

pi@tampabayalanon.org

Serenity Messenger

ser@tampabayalanon.org

Speakers Bureau

spkr@tampabayalanon.org

Webmaster

web@tampabayalanon.org

Where & When

www.tampabayalanon.org