



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

Events Calendar

- March 10 – 12 Housecleaning Retreat, Lake Yale FL
- March 17 - 19 Soberstock 2017 Scout World, Odessa, FL
- April 7 – 9 Recovery Weekend, The Bethany Center, Lutz FL
- May 6 – 7 Area 9 TEAM Event Altamonte Springs FL

2017 Budget and Calendar

for District 8 were Approved at the November meeting. Get the details from your Group Representative.



Answer Line

Coverage for 2017

We need groups to volunteer for all 12 months.

Please contact ans@tampabayalanon.org.

Comfort Liaison Chair is Open

Would you be willing to serve the remaining one year for Panel 55? Please contact any officer or chair for more information.

*A New Year is on the Way,
And the Possibilities are Endless*

We came to Al-Anon seeking change. In Step One, we admitted we were powerless over alcohol and acknowledged our lives had become unmanageable. As the result of working the steps, we learned to accept the reality of our situation and stop contributing to the chaos. Instead, we could focus our efforts on taking care of our own needs and start making rational decisions to improve our own lives. No longer would we make excuses for our loved ones or accept their unacceptable behavior. Putting ourselves first may seem strange at first, even selfish, if we've devoted our attentions to pleasing others and gaining their approval. Detaching with love does not mean we are disinterested. It's a healthy approach to relationships in which we are each held accountable for our own actions. No one else is responsible for my life. I'm free to follow the path laid out before me as I continue to seek conscious contact with my Higher Power through prayer and meditation.



SERVICE ARMS CALENDAR QUOTATION

English: Being clear about what is acceptable to me is a tool I use to take care of myself. It falls under the category of changing the things I can, as stated in the Serenity Prayer. To set reasonable and effective boundaries, it's important that I discern the difference between my responsibilities and someone else's. The Serenity Prayer can help me with this, too. Then I can make choices about what action I will or will not take. I am free to take care of myself in any way I deem necessary, whether or not anyone else likes my choices. Hope for Today (B-27), page 199. **Española:** Dejar en claro lo que es aceptable para mí es un instrumento que uso para ocuparme de mí. Esto lo coloco en la categoría de cambiar las cosas que puedo, como dice la Oración de la Serenidad. Para fijar límites sensatos y efectivos, es importante discernir entre mis responsabilidades y las ajenas. La Oración de la Serenidad también puede ayudarme en este sentido. Luego puedo tomar una decisión sobre las acciones que concretaré o no. Soy libre de ocuparme de mí como lo considere necesario, le gusten o no mis decisiones a la gente. Esperanza para hoy (SB-27), página 199.

Al-Anon Family Group News ~ Carrying the Message

District 8 Events Available for Hosting in 2017: Spring Picnic, Day of Workshops, Speakers Marathon, Gratitude Dinner, and Holiday Party. Contact event@tampabayalanon.org for more information. *Many Hands Make Light Work and Nothing is Impossible to a Willing Heart.*

Can You Serve on Panel 56?

A new panel of officers, GRs and DRs is elected once every three years and our current Panel 55 has served two years of its term. In the Fall of 2017, District 8 will hold elections in which the incoming GRs will vote for a panel of officers who will begin their service in January 2018 as Panel 56. Service work provides a myriad of opportunities to build skills and relationships, and enhances our recovery.

Together
We Can Make it!!!

**PLEASE JOIN ME IN
WELCOMING OUR NEW
AIS LIAISON,
MICHELLE S.**



District 8's #1 Priority is Public Outreach. The 2017 Calendar Fundraiser will support this vital work and your support is greatly appreciated.

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

DISTRICT 8 CHAIRS

Comfort Liaison *Open*

comfort@tampabayalanon.org

Events

event@tampabayalanon.org

SPANISH INTERGROUP COORDINATOR

spanish@afgarea9.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

Public Information Chair Report. In November 2016, District 8 participated in the NOPE (Narcotics Overdose Prevention and Education) annual vigil. This is a National day of observance commemorating those lost due to drug overdose, and Alateen was invited to attend the local event this year. Four members volunteered for this very somber event; many families and friends of victims were there to grieve the loss of a loved one. Next steps for Public Outreach includes a potential opportunity with Joshua House and charities that interact with the foster care system.

The Al-Anon Focus Pamphlet. Al-Anon members who are recovering alcoholics describe how focusing on the Al-Anon approach has helped them face the effects of someone else's drinking. Overheard at a meeting: "AA got me sober and better; Al-Anon taught me how to live my life."

New Meeting in the Making: Hyde Park Methodist Church, The Portico Campus. If you're interested in partnering with other Al-Anon members in the formation of a new meeting, please contact Michelle S. at aisl@tampabayalanon.org. We anticipate the meetings will be held on Wednesday or Thursday evenings; the location is The Portico Campus on Florida Avenue in downtown Tampa. This will be a book study focusing on the Steps, Traditions and Concepts. Thank you for your ongoing support in carrying the Al-Anon message to our community.

New Literature! A new workbook based on *Paths to Recovery* (B-24) will be released in January 2017. It will be priced at \$10 and will be the same size as the spiral bound *Blueprint for Progress* (P-91). The new workbook will be offered as a set with the *Paths to Recovery* book (B-24) for \$25.

Alateen Chair Report. We now have 17 AMAIS and 2 Alateen meetings within District 8. Ongoing support for our Alateens is vital and can be provided in numerous ways. Ask teens in your family to attend meetings and commit to taking them. Start an Alateen group to coincide with your regular Al-Anon meeting, especially at facilities holding an AA meeting at the same time. Ongoing contributions to "Change for Change" in which funds are set aside specifically for literature, meeting support and attendance at events for Alateen members. Alateen is a fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking.



Al-Anon's Sixth International Convention, July 5-8, 2018 in Baltimore, Maryland!

Al-Anon International Conventions are a great way to celebrate recovery, meet old friends, and make new ones. An International Convention is where members from Canada, the U.S., and many other countries gather together to speak the same language – the language of the heart. Now it the best time to start planning your budget to attend. More details will be shared as they become available.



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)

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Public Information

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Serenity Messenger

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Speakers Bureau

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Webmaster

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Where & When

www@tampabayalanon.org