



Florida North District 8 - Serenity Messenger - July 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

ANNUAL RECOVERY WEEKEND UPDATE

The first annual District 8 Recovery Weekend at the Bethany Center in Lutz was held in 2014. The format included discussion meetings, open time for personal reflection and meditation, workshops, and entertainment. The weekend was financially viable during the first few years; however, attendance began to drop and the 2017 registration totaled only 16 members. This was not sufficient to cover the conference center expenses, and the decision was made to cancel this year's event. Al-Anon events are designed to provide a fellowship time where members can gather to share experience, strength and hope, and to raise funds necessary for our Public Outreach efforts. Supporting Al-Anon events and getting involved in service are vital to our own personal recovery and to the continued viability of our beloved fellowship.



EYES OPEN When I came to Al-Anon, I was pretty sure I had a big problem with myself. I just couldn't think or function anymore. I had two small children and I was frightened that somehow I was going to die. I had no choice. I had to do something. I was ready to be powerless. At my first meeting, I learned that all those things I wasted my time on were beyond my control, so 1,000 pounds immediately came off my back. I began working the Steps because I felt so much better at the meetings. I had more than enough time to work on the Steps, now that I wasn't wasting so much of it on troubles. When my mental and physical health began to improve, life got better very quickly. I think God knew I wouldn't have survived very long if it didn't. Beginning with that first meeting, I've learned that Al-Anon is a program of love and caring. I'm learning how to receive and give love, even though it's difficult because I'm so stubborn. In an awkward way, I'm learning how to walk through life with my eyes open now. I was used to doing it the hard way, with my eyes closed. I still stumble all the time, but I get back up. I have help and I have to get up because I'm too scared to go back where I was. I love Al-Anon. Even when I'm not working my program, I know it's there so I try to get myself back on track. Eventually I do. It's a much more worthy goal than trying to change someone else. Today I can work on loving my family instead of trying to change them. I can work on the positives instead of the negatives. I feel so much better. **Reprinted with permission of The Forum, Al-Anon Family Group Hdqts., Inc., Virginia Beach, VA**

Where & When Meeting Codes. AA: Alcoholics Anonymous meeting same time and place. AT: Alateen meeting same time and place. SP: Spanish speaking meeting. NH: meeting not held on holidays. WC: Wheelchair accessible. C: Closed meeting, limited to members and prospective members only. O: Open meeting, anyone interested in learning about Al-Anon may attend.

Recovery Rodeo 2017. Join us for the 28th Annual North Florida Area Convention in beautiful Tampa, Florida at The Grand Hyatt Tampa Bay. The event takes place August 25 – 27, 2017 and is hosted by District 5. Enjoy a weekend full of fun and fellowship! There will be Al-Anon Workshops with Alateen and AA Workshops too! Plus you'll get to hear great speakers share their stories! There will also be a Boutique, Raffle Baskets, Souvenirs and a CAL Bookstore. Registration is \$35. Click [here](#) for registration and particulars on this great event. Thank you for supporting Al-Anon Family Groups.



English Al-Anon gave me the freedom to be me and taught me that my happiness depends only on me and not on my family. I have a choice, and I choose this way of life. It is so great!
Al-Anon Sharings from Adult Children (P-47), page 13

Española: Al-Anon me dio la libertad de ser yo y me enseñó que mi felicidad depende de mí y no de mi familia. Como puedo escoger, escojo esta forma de vivir. ¡Y cómo me gusta!
Relatos de Al-Anon de hijos adultos (SP-47), pagina 13-4

International Convention 2018
July 6 – 8 Baltimore, MD
Celebrating One Day at a Time
Let's Celebrate Our Recovery Together.
Al-Anon, Alateen & Daytime AA Meetings. Information will be available in The Forum, Group Mailings, Electronic Newsletters and AFG Connects.

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



Q&A. Is Al-Anon a Religious Program? Al-Anon is a spiritual fellowship, not a religious one. Members of any faith, or none at all, are welcome and we make it a point to avoid discussion of specific beliefs during meetings. The Al-Anon program is based on the spiritual idea that we can depend on a "Power greater than ourselves" for help in solving our problems and achieving peace of mind. We are free to define that power in our own terms and in our own way. **Who is**

Responsible for the Group? We all are. In giving service to Al-Anon as part of our recovery program, members volunteer to hold Chair positions, lead meetings, set up the room, display the literature and fill other group needs. **Who are the members and why do they attend meetings?** Members are all kinds of people from all walks of life: wives, husbands, lovers, sisters, brothers, children and parents of alcoholics. No matter what our relationship has been with a problem drinker, we share a common bond: we feel our lives have been deeply affected by another person's drinking, and we meet together to share our experience, strength and hope.

Anonymous Member Share About Spring Assembly. My First Assembly: an example of Concept Five In action...and let it begin with me! We held hands in the largest circle I've ever been a part of, first praying the Serenity Prayer, and then saying the Al-Anon Declaration. The Power when our hundreds of voices combined was palpable. I got goosebumps! What I learned at Assembly is the importance of Concept Five: "The rights of appeal and petition protect minorities and insure they be heard." I saw firsthand how everyone had a voice when a topic was presented. No one felt it necessary to have a discussion; everyone just had an option to ask their question and make their comment. Instead of discussing their point of view, I just considered what they said, and then voted my conscience. In this way, the collective Higher Power of the group – the group conscience – brought thought into action. This Assembly was also combined with the TEAM event, which featured visitors from WSO. Their presentation on Abundant Gratitude and the 12th Step really got me thinking: how am I giving back what Al-Anon has given me? Giving back and carrying Al-Anon's message of hope is more than just financial, but the financial component helps us keep the lights on! Am I giving to Al-Anon as my charitable giving? Am I giving of my time, talents, and abilities? Do I put the same amount in the basket every time without considering if it's the best I can give? I was left with lots of questions to contemplate and evaluate how I am contributing to spreading Al-Anon's message of hope worldwide. Leaving my first Assembly, I was full- full of hope, full of purpose, and full of the love and fellowship of our program. Service work in Al-Anon completes the program I am working. I can't be the best version of myself without being involved in service. But it also gives me gifts: learning experiences, fellowship, and a new way of thinking about the business side of our program. Today, I'm bringing those gifts to share with my group. "Abundant thinking allows us to build on what we have and stop giving voice to what we don't." – World Service Conference 2010

Let it Begin With Me. When anyone, anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there, and Let It Begin With Me.

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