



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

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

## AL-ANON ANSWER LINE

The following groups are serving District 8 via Answering Service coverage and we still need volunteers for July and September 2017. Thank You!!

January – Courage to Change  
February – Just For Today  
March – Happy, Joyous & Free  
April – Riverview AFG  
May – Monday AM Discussion  
June – Come As You Are  
**July – OPEN**  
August – Un Dia al Vez  
**September – OPEN**  
October – 12 Steppers  
November – Apollo Beach AFG  
December – Gandy AFG



## *March is the Month of Expectation*



*Celebrated American poet, Emily Dickinson, wrote several poems about the month of March, expressing joyful expectation for the promise of what is to come. Interestingly enough, Ms. Dickinson was considered an eccentric and lived much of her life as a recluse in her bedroom at the family estate. Fewer than a dozen of her nearly 1,800 poems were published during her lifetime, and it was only after her death that the breadth of her work became apparent to the public.*

*Without recovery, the life experience of an Al-Anon could be very similar to this description of Ms. Dickinson's existence. Although we are brilliant, creative and capable individuals, we may tend to isolate and devalue ourselves, limiting our potential due to unreasonable fears and insane thinking. The Gift of Desperation brings us to the rooms of Al-Anon and we keep coming back, even as we are changed by the circumstances we encounter, for what is once learned is quickly forgotten without continued renewal, practice and support. The love and acceptance we receive from working the program open us up to a whole new way of living. From this healthier perspective, we are gratefully able to enjoy the gifts of Spring and appreciate the beauty that surrounds us.*

## **AL-ANON FAMILY GROUP NEWS**

**Work It!!** The dictionary defines work as: exertion or effort directed to produce or accomplish something. Al-Anon is a program of ACTION and changed attitudes are a major component of recovery. Making the effort to attend meetings, do service work, read literature, and reason things out with a recovery partner regularly are some of the actions we can take to enhance our growth in the program. Taking positive action to care for ourselves and spend time doing things we enjoy are healthy alternatives to interfering where we do not belong, and trying to fix situations that are none of our business. Work the Program and Work the Steps – it Works if You Work it.

**We Tried to Carry this Message to Others...** Any willing and active member of Al-Anon or Alateen who has an understanding of the Twelve Steps and Twelve Traditions can do Public Outreach. Being "the hands of Al-Anon and Alateen" aids us as individuals and groups to grow in recovery. Distributing supplies of literature and meeting lists to public places, with the permission of the facility, is one very simple way of performing outreach. The Outreach Bookmark M-76 is a free and effective tool for sharing the Al-Anon message in libraries, waiting rooms or other public places. The purpose of public outreach is to build awareness in the community and to place the information directly into the hands of those who may wish to try our way of living. District 8 has three chairs conducting our Public Outreach activities: Cooperating with the Professional Community, Institutions, and Public Information; district services are coordinated by the AISL.



**English:** Gratitude enables us to savor the unrecognized good that surrounds us, no matter what the circumstances. As we become accustomed to noticing the positive aspects of our lives, we begin to recognize small, subtle gifts and cloaked opportunities when they appear in our day-to-day experience. Eventually, as we continue to practice, we actually do find something to be grateful for, even in painful or difficult situations. *How Al-Anon Works for Friends and Families of Alcoholics* (B-22), page 78.

**Española:** La gratitud nos permite probar el bien no reconocido que nos rodea, sean cuales fueren las circunstancias. Al acostumbrarnos a observar los aspectos positivos de nuestras vidas, comenzamos a reconocer dones pequeños y sutiles, y oportunidades ocultas cuando aparecen en la experiencia diaria. Al final, al continuar practicando, realmente descubrimos cosas por las cuales estar agradecidos, aún en situaciones penosas o difíciles. *Cómo ayuda Al-Anon a los familiares y amigos de los alcohólicos* (SB-22), página 78.

## DISTRICT 8 OFFICERS

### District Rep

[dr@tampabayalanon.org](mailto:dr@tampabayalanon.org)

### Alt Dist. Rep

[adr@tampabayalanon.org](mailto:adr@tampabayalanon.org)

### Secretary

[sec@tampabayalanon.org](mailto:sec@tampabayalanon.org)

### Treasurer

[treas@tampabayalanon.org](mailto:treas@tampabayalanon.org)

### AIS Liaison

[aisl@tampabayalanon.org](mailto: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

## Fund Raising as a Means of Supporting Our Program.

As members of Al-Anon, we have voluntarily accepted responsibility for making contributions to ensure our program's continued availability and independence. One way to accomplish this is participation in fundraising events. The 2017 calendar fundraiser was a huge success, netting \$478 back to the district coffers after expenses. In order to meet our projected income for 2017 we need to raise an additional \$417, and one of our members has graciously agreed to host a garage sale at her home on October 21 to bring in more funds for the district. Acceptable items for donation include small electronics and appliances, holiday decorations, cookware and utensils, china, glassware, decorative and fun bric-a-brac, wall hangings, linens, toys, bicycles, shoes, purses, jewelry, tools and sports equipment. Donations will be accepted from August 1 to October 14, and volunteers will be needed to help with set up and sales. The Al-Anon name will not be publicly associated with this fundraiser in order to maintain our group's anonymity. **Save the Date and Save Your Stuff!!** For more information, please email [jowen004@yahoo.com](mailto:jowen004@yahoo.com) and write "garage sale" in the subject line.



**Survey Says!** In 2013, Al-Anon Family Group Headquarters released the results of the "Readiness for Step Twelve Work" survey. More than 1,800 members took the survey which revealed some interesting data. The category with the most participation overall was Group Coordination, and the category with least participation overall was Public Outreach. Slightly more than half the respondents indicated they have been involved in service activities, and the top concern for participating in service was time constraints. The huge majority indicated they believe Twelfth Step work is a very important part of their recovery, and member involvement in Service Work increased as length of membership increased. This survey was developed to measure member level of participation in service work, as well as motivations and fears in doing so. The #1 goal of the Board of Trustees Strategic Plan for Communication Services is to *increase* member willingness to participate in Twelfth Step Work. "In order to keep the program, we must give it away."

**AlAnon\_WSO – now reaching out on Instagram!** The WSO has launched the official Al-Anon Family Groups Instagram account. Would you consider joining us in this Public Outreach effort? Become a "follower." By liking and sharing AlAnon\_WSO Instagram posts, you can help carry the Al-Anon message of hope to many people, including young adults, affected by someone else's drinking that may not have heard about the support that Al-Anon offers. Find us on Instagram by searching for "AlAnon\_WSO," or by clicking on the Al-Anon\_WSO Instagram icon located on the WSO Public Outreach website, [www.al-anon.org](http://www.al-anon.org). Please remember to protect your anonymity on social media by not making comments that would reveal your Al-Anon membership.



**Additional Online Resources for Support and Outreach:** [Al-Anon WSO](#) & [Alateen WSO](#) on Facebook. [Alateen WSO](#) on Instagram. [Al-Anon Family Groups](#) on YouTube.

## DISTRICT 8 CHAIRS

### Comfort Liaison Open

[comfort@tampabayalanon.org](mailto:comfort@tampabayalanon.org)

### Events

[event@tampabayalanon.org](mailto:event@tampabayalanon.org)

## SPANISH INTERGROUP COORDINATOR

[spanish@afgarea9.org](mailto:spanish@afgarea9.org)

## AL-ANON INFORMATION SERVICES

### Alateen

[at@tampabayalanon.org](mailto:at@tampabayalanon.org)

### Answering Service

[ans@tampabayalanon.org](mailto:ans@tampabayalanon.org)

### Archives

[arch@tampabayalanon.org](mailto:arch@tampabayalanon.org)

### CPC (Coop.w/ Prof Community)

[cpc@tampabayalanon.org](mailto:cpc@tampabayalanon.org)

### Group Records

[rcds@tampabayalanon.org](mailto:rcds@tampabayalanon.org)

### Institutions

[inst@tampabayalanon.org](mailto:inst@tampabayalanon.org)

### LDC (Literature Distrib Ctr)

[ldc@tampabayalanon.org](mailto:ldc@tampabayalanon.org)

### Public Information

[pi@tampabayalanon.org](mailto:pi@tampabayalanon.org)

### Serenity Messenger

[ser@tampabayalanon.org](mailto:ser@tampabayalanon.org)

### Speakers Bureau

[spkr@tampabayalanon.org](mailto:spkr@tampabayalanon.org)

### Webmaster

[web@tampabayalanon.org](mailto:web@tampabayalanon.org)

### Where & When

[www@tampabayalanon.org](mailto:www@tampabayalanon.org)

## WEB SITES:

Local: [www.tampabayalanon.org](http://www.tampabayalanon.org)

Area: [www.afgarea9.org](http://www.afgarea9.org)

World: [www.al-anon.alateen.org](http://www.al-anon.alateen.org)