



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 – 6 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



## *Getting off the Roller Coaster of Control*



*My husband's alcoholism and my son's rebellion were the proverbial last straw that brought me to Al-Anon. There, I met several compassionate, strong, wise, and accepting people who shared their experiences and listened to mine without judging or using it against me. About two years ago, my life had become totally unmanageable. I blamed my husband and son for the chaos created in my life and in my mind. After joining Al-Anon, I came to realize that my tendency to try to control events and people around me, along with my resistance to accept change, were the major contributors to my insanity. For many years, I spent my energy*

*trying to fight forces that I couldn't control, such as parents quarreling, family scattering because of revolution and war in my home country, and being cutt off from my homeland. I married someone who was culturally different from me, and found myself facing my husband's alcoholism while raising a child. Now, I am finally ready to stop fighting the things that are out of my control. I am ready to strengthen my ability to pick my battles wisely, and even not engaging in them. I am ready to take a deep breath, consider my options, discuss them with my Sponsor, and if necessary, act without remorse or regret. I am getting off the rollercoaster and adjusting my expectations. I have stopped forcing a rigid direction for my life. I will take life "One Day at a Time." I accept that I am powerless over alcohol, as well as many other events around me. I ask my Higher Power to help me cherish and appreciate my newfound serenity – "Just for Today." Reprinted with permission of The Forum, Al-Anon Family Group Hdqts., Inc., Virginia Beach, VA*

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

**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)