



Florida North District 8 - Serenity Messenger - September 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

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

DISTRICT 8 AL-ANON NEWS

There will be **no District meeting in October** due to North Florida Fall Assembly October 6 – 8.

Meeting Needs Support! Un Dia a La Vez meets every Tuesday at 8:15 PM at 3333 Columbus Avenue, Tampa FL. This is a spanish-speaking meeting, open to everyone. Please lend your support in attending!!

Events Participation Survey. If you have not already done so, please complete the survey to aid your Trustsed Servants in tailoring future events to better suit the needs and desires of our membership. Thank you!!

Saturday Morning Serenity group has volunteered to host the **Gratitude Dinner**. Stay tuned for more details!!



Today I Have a Sense of Who I Am

I was raised in an emotionally, physically, and sexually abusive alocholic family. As a result of major traumas in my life, I learned to operate in a perpetual state of fear and shame at the core of my being. I based all my decisions in my adult life on these two foundations. I had no self esteem. I didn't even think of myself as having a self. I had completely shut down feeling any emotion other than anger. After joining Al-anon in my 60s, I came to believe in a Higher Power. Al-Anon has given me my identity as a person. I am no longer living life as a victim but as a functioning human being. I have devoured the literature, worked the Steps with my Sponsor, and given back through service on the group and district levels. I have my own set of values now that I live by, especially in my relationships. Recovery in Al-Anon has helped me understand my needs as a person. I now know how it feels to be valued as a person, to be spoken to with kindness and respect, to have freedom of expression and emotional support, and to have my spirit lifted with love, joy, and laughter. In Al-Anon I've learned that it is okay to feel my feelings and to set boundaires with people. Today, I feel safe to tell my secrets. I can get rid of the painful memories and the habits I developed to protect myself growing up within the disease of alcoholism. My mental focus is no longer on being loved by others or receiving approval from others in order to feel good about myself. I no longer need to be a people pleaser in fear of rejection or someone else's anger, or put aside my own values in order to connect to someone else in a relationship or friendship. Today, I am no longer running on empty. I have a true sense of who I am as a person. Al-Anon has been and continues to be a wonderful adventure of discovery. I will continue to surround myself with other Al-Anon friends who will hep me to grow, and I will protect myself from those who hamper my progress. With a gratefu lheart, I thank Al-Anon for being there all these years, and will do my part to keep it going for years to come. Reprinted with permission of The Forum, Al-Anon Family Group Hdqts., Inc., Virginia Beach, VA

Launch of New WSO Website! The WSO is pleased to announce the recent launch of a new website on July 31, 2017 <https://al-anon.org/> The website has been optimized for viewing on mobile devices, and we've simplified our meeting pages into Face to Face meetings and Virtual meetings which include online and phone. And we've combined all AIS, Area and GSO contact information into a single page. Our initial focus has been migrating the Public Outreach website therefore, the website has been designed with the potential member in mind with lots of member sharings hand-picked for their newcomer appeal. Additionally, readers can now leave comments on the sharings making it interactive which then creates more personal sharings available for the next visitor. The Members' website is still password protected and will migrate to the new platform later this year. *It's an exciting time to be a member of Al-Anon: Spread the Good News!!!*



English: Working Step Seven is ongoing, as character defects are revealed to me. In maintaining rigorous honesty about how I was affected by the disease growing up, new life experiences reveal underlying character defects that still play out in my adult relationships. Reaching for Personal Freedom (P-92), page 42

Español: La práctica del Séptimo Paso es continua a medida que se revelan mis defectos de carácter. Al ser totalmente sincera en cuanto a la forma en que me vi afectada por la enfermedad cuando me criaba, se presentan nuevas experiencias de la vida que revelan defectos de carácter subyacentes que todavía interfieren en mis relaciones adultas. En busca de la libertad personal (SP-92), página 42

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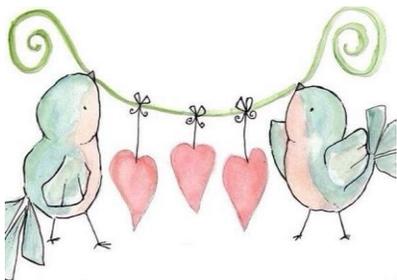
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SOLO POR HOY
se agradecido

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7th Tradition in Action. Self-Supporting doesn't just mean financial support; it also means giving of our time, talents, and resources! Many members in District 8 came together to represent Al-Anon at the

six Back-To-School Health Fairs held over three weekends in July and August. What a wonderful experience donating a few hours' time to spread our message of hope to so many people. At the Leto High School event on August 5th we had a table set up with both Spanish and English materials! We even had the opportunity to give brochures to many schools who were represented at the fairs, so that their counselors and administrators know where they can send students who have been affected by someone else's drinking! This was a real example of how our program works: one Al-Anon member had an idea, another volunteered to coordinate, and then many other members volunteered to serve. Each one gave of their particular talents and resources to make this a successful community outreach. This is also a great representation of the Concept Four: Participation is the key to harmony! Without the help and support of each volunteer, none of this would have been possible! Thank you for continuing to support Al-Anon.

My Trip to the Georgia Alateen Conference. Being a proud Alateen member for almost 74 years now, I can safely say that the highlight of my membership is the Alateen Conference which is hosted every summer. Alateens from all over Florida gather together and share their experience, strength, and hope through games, activities, workshops, personal time and, of course, meetings. It is truly one the best experiences making friends that feel just like you. Prior to this year, I had only been to two Alateen conferences. My first was at a hotel in Miami, and my second was at a camp within Lake Placid. When I was told that there wasn't going to be a conference this year, I was disappointed. In fact, everyone was. We felt defeated and decided there was no use pining over it, until the Georgia Alateen conference was brought to light. Everyone agreed to attend, and we started registering and making arrangements. I remember when we got there, we all wanted to go home. We didn't know anyone, and we weren't grouped together. We were angry and upset, and didn't even consider keeping an open mind. The day started at 7:30 am with mediation; we had breakfast and a variety of different activities, then lunch, more activities, workshops, meetings, then dinner. Lights out was at midnight, but we had to be in our cabins at 11pm. After the beginning of our first day, we began to feel better and kind of fit in as we started to make friends and get to know people. Everyone was so sweet and welcoming that we felt right at home! The meals were delicious and we did super cool things like night hikes, bonfires, swimming, canoeing, and team building exercises that led me to meeting one of my now closest friends, Grace. The scenery was beautiful, and there were TONS of fireflies which was awesome since it was the first time I'd ever seen them. When our AMIAS's came to get us, we were all begging to come back next year. I have now officially been to three Alateen conferences, and my experience with the Georgia Alateens will forever hold a special place in my heart. *Contributed by Jill C.*



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