



Florida North District 8 - Serenity Messenger - February 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 Fiction!

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 5 – 7 N Fla Area Spring Assembly, Altamonte Springs
- May 6 – 7 Area 9 TEAM Event Altamonte Springs FL

MARCH DISTRICT MEETING **SPECIAL GUEST SPEAKER**

Area 9 Archivist, Michael D. will be joining us on March 18 for the district meeting held at 3333 W. Columbus Ave.

in Tampa. Michael will be sharing their process of digitizing Archives during Panel 55 and how that improves availability of materials for all members of Area 9. Everyone is welcome and encouraged to attend.



GET CONNECTED!

Love, Learn and Grow



We cannot undo our past, but we can transform our lives from unmanageable to Higher-Powered!! At our meetings, we come together to share compassion and love with no strings attached. We have learned within the rooms where we meet to practice these principles that it's not even necessary for us to like each other, yet we can still treat each other with respect, offer courtesy, and love each other in a very special way. We build character as we ask for courage to change the things we can and over time, we can learn to love and trust those who have earned it. If we have been neglectful towards our loved ones, we can start by replacing that behavior with loving, focused attention. As we practice reasoning things out with one another, our family and friends may learn they can depend on us without fear that we will use or abuse them. Working the steps is an act of self love, taking the focus off the qualifiers and placing it back on the only person I can truly help: Me. In this way we gain newfound courage and permission to love ourselves as we continue on this incredible journey of self-knowledge.

SERVICE ARMS CALENDAR QUOTATION

English: In my life, as in Al-Anon, I've moved from being a fairly passive and dissatisfied observer to being a participant and an active contributor. Al-Anon service has given me the chance to realize that I have a life, that I have strong opinions, preferences, and values, and that I have the right to say yes to life on a daily basis in whatever way feels appropriate to me. *When I Got Busy, I Got Better* (P-78), page 33. **Española:** En mi vida, así como en Al-Anon, he avanzado de ser un observador bastante pasivo e insatisfecho a ser un participante y un contribuyente activo. El servicio en Al-Anon me ha dado la oportunidad de darme cuenta de que tengo una vida, que tengo opiniones, preferencias y valores firmes, y que tengo el derecho a decirle que sí a la vida diariamente de cualquier modo que yo sienta que es apropiado. *Cuando estoy ocupado me siento mejor* (SP-78), pagina 33

AL-ANON FAMILY GROUP NEWS ~ CARRYING THE MESSAGE

The Three A's: Awareness, Acceptance & Appropriate Action. Am I aware of my thoughts and feelings? Do I accept people, places and things that are beyond my control? Am I willing to take appropriate action after seeking knowledge of God's will for my life and the power to carry that out? Life does not get better by chance; it gets better by change. The principles of the Serenity Prayer work for every situation and circumstance, so get your "A Game" on and Keep Coming Back!

Group Needs Support

The New Tampa Experience, Strength and Hope meeting is requesting attendance support. The group meets on Tuesdays at 7:30 PM in the Sanctuary of the Family of Christ Lutheran Church.

**ALATEEN IS
60 YEARS OLD!**

*The Very First Alateen meeting was held in 1957 and WSO is inviting Al-Anon members to celebrate this special anniversary in 2017: Subscribe to *Alateen Talk* or buy a gift subscription. Like or Share the Alateen WSO page on social media. Chair a meeting using Alateen literature. Find out if there are Alateen activities in your district you can attend or support. Happy Birthday, Alateen!!*



DISTRICT 8 OFFICERS

District Rep

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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

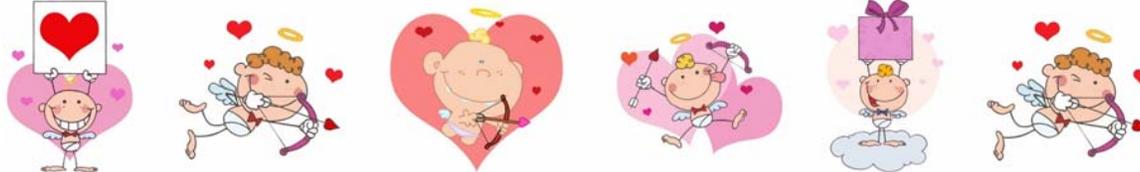
Area: www.afgarea9.org

World: www.al-anon.alateen.org



AFG Structure: Group Representative. The foundation of the Al-Anon Family Groups structure is the membership: Al-Anon and Alateen groups which may consist of two or more persons joining together for mutual aid. The group's operations are the responsibility of a set of officers / leaders who are elected by the members. The Group Representative (GR) is elected for a three-year term as the delegated authority to speak and act on behalf of the group, voicing its concerns and wishes at District and Area meetings. GR's are entrusted with the right of decision to vote on behalf of the group according to their conscience and the good of Al-Anon as a whole. GR's are Trusted Servants who perform their duties in keeping with the Traditions and Concepts of Service, yet they have no authority over the group. An Alternate GR should be elected by each group whenever possible for instances where the GR is unable to temporarily perform the duties which they have been entrusted with by their membership. A group that does not have an active Group Representative denies its members a voice and causes a break in the link of communication.

The Four Primary Ideas. Our program is based on the acceptance of four primary ideas. The first is admitting we are powerless over the cunning and baffling disease of alcoholism. Second, recognizing we have the option of turning our life over to a power greater than we. Third, becoming engaged in the process by changing our actions and attitudes. And finally, living gratitude by sharing the gift of Al-Anon with others who are suffering. *"Hope is a four-letter word."*



Small Groups Support. During the previous Panel 54, a task force was created to identify ways that small groups could be supported. "Small group" was defined as any group with membership of consistently less than 10 members. Two assumptions were made: 1) *Small groups are of value to our members. Some individuals feel more comfortable participating in these settings and the intimacy allowed can aid in recovery;* and 2) *Some small groups may benefit from asking for assistance regarding ideas and resources.* The task force compiled numerous options as possible ideas for support such as serving light refreshments, employing the use of guest speakers, ensuring your meeting place is easy to find, and reviewing the group's choice of closing prayer. For more information on small groups support, contact your District Representative or Alternate DR.

Message from the Treasurer. I have just completed the year-end District 8 Treasurer's Reports (3 pages) and wanted to thank all members for your support of our district. If you put money in your group basket, attended an event, purchased literature from your group, or recently purchased a District 8 calendar, then you have helped to support the many projects that we are involved in. If your Group Representative (GR) does not pass all 3 pages around at your meeting, please ask any Officer or Chair to provide a copy. You will see there where the money comes from and where it goes, in detail. Again, thank you, thank you, thank you! Please contact me if you have any questions: treas@tampabayalanon.org.

AL-ANON INFORMATION SERVICES

Alateen

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Answering Service

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Archives

arch@tampabayalanon.org

CPC (Coop.w/ Prof Community)

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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

ww@tampabayalanon.org

