



Florida North District 8 – Panel 61

Serenity Messenger October/November, 2023



Now LIVE! @ 3333 W. Columbus Drive, Tampa

2023 Calendar

TBD – Holiday Party

DISTRICT 8 OFFICERS

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Events – Shelly and Teresa
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Spanish Chair: *Verdina*
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Al-Anon Members Gather for Growth and Fellowship

There were two great events held during the past month in our District. Both events were well attended and provided members with ways to continue their personal recovery.

Day of Workshops – Saturday, October 7th

Our second event of the year was the Day of Workshops hosted by the Wed Noon Twelve Steppers Group at the Grace Lutheran Church in North Tampa from 10 am to 3pm.



The theme “Fall into Step” used fall decorations and the workshops focused on the 12 Steps. Lots of great covered dish items were brought with meat and drinks provided. Lots of lucky winners went home happy with Raffle Baskets and \$ form the 50/50 Cash Chance

Speakers Marathon – Saturday, Oct 21st

The Happy Joyous Free group hosted the Hybrid Speaker Marathon from 10:00 am to 2pm at The Club on Columbus Dr. There were four fabulous speakers sharing their Experience, Strength and Hope (ESH) with small breaks for fellowship between the sessions.

Group NEWS

Monday Motivation – Mondays @ Noon. Please join your Al-Anon friends on Mondays for a weekly dose of recovery motivation. This new meeting is a women’s meeting . It started in early October and needs support. The location is The Sister’s House 3006 N Perry Ave (next to the Franciscan Center).

Principle Corner

In Al-Anon we practice these Principles in all our affairs. This is another month of sharing a view of some members of the Traditions.

TRADITION TEN:

- Equality
- Responsibility
- Awareness
- Trust
- Balance

TRADITION ELEVEN:

- Integrity
- Security
- Self-Reliance

Alateen FRESH Events

New AMIAS are always welcome to join us - and can train and certify at any time! Upcoming events are available :

- Nov 18, 2023 – 9am – 12:00 pm
- Jan 12, 2024 – 6:30-9:00 pm**
- Feb 10, 2024 – 9am – 12:00 pm**
- Mar 8, 2024 – 6:30-9:00 pm**
- Apr 6, 2024 – 9am – 12:00 pm**

**may change pending new Alateen Coordinator

AREA INFORMATION

Spanish Coordinator

Betty R

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CONTRIBUTION ADDRESSES

(Include FL-N Dist. 8 & Group#)

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Public Outreach – Newsprint Offers Hope through Al-Anon

Throughout the years there have been numerous articles in print media about the disease of alcoholism and the help that can be found for family and friends. There were two articles published this year by the “Dear Abby” section of the Washington Post: On June, 24th an article regarding two sons battling each other and the disease of alcoholism; on Nov 5th a wife is “hopeless” because her husband is abusive. Although “Dear Abby” does not always suggest Al-Anon, in these two instances she did print an Al-Anon recommendaton. If possible, please reach out to this writer and thank her for her support and request she continue to stress attendance at Al-Anon meetings.

Meeting Idea :The General Warranties of the Conference

The spiritual foundations in the General Warranties have a central theme of prudence, which is described as a middle ground between fear and recklessness. Prudence creates a climate of harmony, effectiveness and consistent priritual progress by thinking about the future based on lessons of the past. How do each of these Warranties guard against needless errors?

- Warranty One: that only sufficient operating funds, including an ample reserve, be its prudent financial principle;
- Warranty Two: that no Conference member shall be placed in unqualified authority over other members;
- Warranty Three: that all decisions be reached by discussion, vote and, whenever possible, by unanimity;
- Warranty Four: that no Conference action ever be personally punitive or an incitement to public controversy;
- Warranty Five: that though the Conference serves Al-Anon, it shall never perform any act of government, and that, like the fellowship of Al-Anon Family Groups which it serves, it shall always remain democratic in thought and action.



AlAnonFamily



GroupsWSOAlAnon_WSO



alanon_wso

Web Sites: Local: www.tampabayalanon.org Area: www.afgarea9.org WSO: www.al-anon.org

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