

Serenity Messenger

Florida North District 8 – Panel 64

June 2024

2024 FLORIDA NORTH AFG CONVENTION

September 6-8, 2024

Sailing Towards Serenity

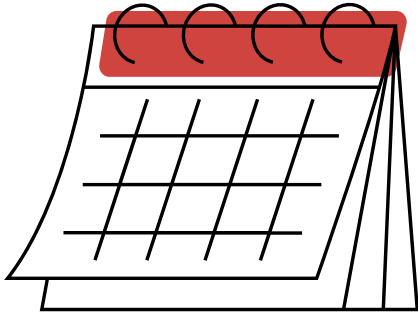
Hilton Daytona Beach Resort

Get your reservations in!

Hilton Daytona Beach Oceanfront Resort

Registration and Volunteer information can
be found:

www.afgarea9.org



Sail Away to the 34th Annual North Florida AFG Convention
Stroll along the Atlantic Beach and enjoy the beautiful Hilton Daytona Beach
Oceanfront Resort.

Upcoming Events **COMING SOON**

AWSC ZOOM MEETING
**Sat Jul 20th 8:00am -
6:00pm**

[https://www.afgarea9.org/
alendar.html](https://www.afgarea9.org/calendar.html)

October 11-13, 2024

Area 9 Florida North Fall Assembly

TBD-Holiday Party *

TBD-Day of Workshops*

July 27 10:00 am-Speakers Marathon –

Carrollwood Thursday AFG

Grace Lutheran Church

TBD- Gratitude Dinner- Country Serenity AFG

October 5, 2024 - Area Picnic - Hosted by

Lutz Experience Strength and Hope

Location TBD

***In Need of Group Volunteer**

Let's hear from A GEM!

ATTENDING MAY 2024 ASSEMBLY AS A GEM!

I was given the opportunity to attend the May Assembly as a GEM... Growth Enhancement Member. I still consider myself a beginner as an Alanon member and did not know what I was getting into or where to begin to prepare, but after encouragement from several others I packed my suitcase and hitched a ride over with two very kind Alanon members I had never met! Off to a great adventure of putting myself out there to meet all new people doing jobs I had never heard of before in a hotel near where I pretty much grew up... Altamonte Springs! It was a great experience! First, I learned there are no strangers at Alanon meetings! And, as I have been learning at the local level, there is no one person in charge of directing everyone else what to do! Everyone there has a service position and as I learned what those positions were I was more and more comfortable asking for direction and getting answers!

The first thing I would recommend, if you have not attended a larger gathering of Alanon members other than your local group... is when/if they offer to reserve meals in advance..... **do it!** I was late registering for the Assembly so didn't think to ask for the meals. It is optional, but as I found out most of the attendees do sign up for the meals and enjoy them as a large group.

If you are the GR of your group, your hotel accommodations should be paid for by money put in the basket during your weekly meetings. This is in line with the Alanon traditions that each group is self sustaining. During the Assembly I found out how important this really is... Each group is independently organized and should be following the principles of Alanon. Because there is not a traditional structure of information flow from the top down, It is very important for your GR to attend these meetings to get the information that is shared there back to your group. Also, the GR's attending the Assembly are the ones that represent your group when it comes time to vote for items on the agenda.

During Assembly, important updates are shared by Alanon members who are elected to service positions for their district and the area in which we meet. Again, what really stood out to me at Assembly is how organized everything is when everyone who is serving does their job, but yet no one person is truly in charge!

There were opportunities to attend a traditional meeting during the Assembly. But most of all, there was the opportunity to meet new people who will certainly enrich my life going forward and become a big part of my recovery in Alanon!

As a GEM, my attendance at the Assembly was paid for by the district. So, I would recommend when this is offered, take them up on it! The role of the GEM, in return, is to be of service to your district in whatever capacity they have been assigned. In our case, we were to do the Fun Shop! It took me a few conversations to find out that this is not, in fact, a "Shop", but a skit performed by volunteers (in service) from our district! And they did a great one!

Reassessing Responsibility

What I do or don't do does not make another person an alcoholic.

What I do or don't do does not make another person sober.

What I do or don't do does not make another person stay sober.

What I do or don't do makes me who I am and I have a primary responsibility to myself: to make myself into the best person I can possibly be. Then, and only then, will I have something worthwhile to share.

Excerpt from Living With Sobriety, Another Beginning

SLOGANS
June

Let Go and Let God

Or

Let God and Let Go!

Love with detachment is not simply a way to interact with an alcoholic but also a solid basis for any relationship when each of us becomes responsible for our own choices, happiness and health.