



Serenity Messenger

Florida North District 8 – Panel 64

October 2024

AFG Area 9 Assembly Postponed to November 1-2

Hello everyone,

If you registered for the October 2024 Assembly, which was scheduled for Oct. 11-13 at the Hilton Altamonte Springs. Due to the growing threat of Hurricane Milton and after discussing it with my fellow officers, I am postponing this weekend's Assembly. The next Assembly will be held virtually via Zoom Nov. 1-2.

All registration, hotel, meal tickets, and offsets paid for the October Assembly will be refunded beginning this evening. We will open a new online registration on Oct. 13, which will remain open until 5 p.m. on Sunday, Oct. 27. Everyone planning to attend the November Assembly will need to register again.

I was truly looking forward to seeing you all in person again this weekend, and I hope every one of you can join us in November. I'm sure everyone on our Panel will do our best to make it engaging, educational, and fun.

Lastly, while preparing for the Assembly today, I found this tag I made in a workshop at the 2023 Convention. It was a perfectly timed message from my higher power. It also reminded me of how grateful I am for all the support, patience, flexibility, and kindness you have shown me during this year's challenging times. Thank you again. I hope you and your families - both birth and chosen - remain safe, and I look forward to seeing you all in November!

In Love and Service,

Mark F.

Chairperson, Panel 64

AFG Area 9, Florida North



Important Message from our District Representative

Al-Anon Friends,

Dear Al-Anon Family,

Within the past week, I've become increasingly aware of the impact that Hurricane Helene has had and how much impact Hurricane Milton may have on our district members.

I wanted to take a moment to reach out with a message of comfort and support. In challenging times, it's important to remember that none of us are alone on this journey. Whether you're struggling, feeling unsure, or simply need a reminder that others care, know that this community is here for you.

We are all connected by a common thread, and together we can find strength, hope, and serenity. Please take care of yourselves, lean on each other, and reach out to me directly if you need help.

I will do my best to work with the fellowship to find members who are willing and able to support.

With care and in unity,

Heath C. (pronouns: he/him)

District Representative

District 8 - Panel 64

dr@tampabayalanon.org

***Steps=Recovery *Traditions=Unity**

***Concepts=Service**

Thank
you!

TO OUR ALANON GROUPS WHO
SPONSORED OUR EVENTS IN
OCTOBER!

FALL INTO SERENITY GRATITUDE BRUNCH

The VERY successful “Fall Into Serenity Gratitude Brunch” was held on Saturday, September 28, sponsored by Country Serenity and Serenity at Seven, with approximately 65 in attendance. I personally attended and enjoyed seeing longtime friends from meetings years ago. (of course no one has aged!) The time flew as we played trivia, shared much laughter and the tables were overflowing with generous side dishes and desserts.

I sometimes go to such events thinking it won't make much of an impact in our day or life. However, one of the two speakers greatly affected me in an unexpected way. This person shared my early family life's story and I had been struggling with a decision about an uncomfortable situation I was currently facing. I was reminded as he said, “I no longer have to be in a situation or around a person that is not safe for me”.

This was an “Ah ha!” moment for me and I immediately knew the solution, I needed to set a boundary for my situation by stepping away. Serenity and peace came back to my week of emotional struggle. How do I forget some of these tools so easily?

Thank you to all who worked so hard to provide wisdom and fellowship to so many! I am grateful for these great events and will use another slogan going forward, “Keep Coming Back!

*Thank
you!*

To the sponsors of the
Family Fall Picnic at Lake Park!

The Fall Picnic sponsored by Tuesday Experience, Strength and Hope was a fun afternoon of grilled hotdogs and hamburgers, delicious covered dishes shared, and drinks provided for donations by our local Alateens! We had a warm day, free from rain, sandwiched in between two hurricanes! An event we will not forget! Thanks to everyone who came to hang out with us at the park! We enjoyed meeting new friends and reacquainting ourselves with our "Old" friends in a relaxed atmosphere by the lake!

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D8 “TampaBayAlanon” Website Survey

Scan the QR code to
go to our website to complete
the survey online OR fill out
the form below.



Our D8 Taskforce is asking for your participation in an area survey to collect information for our current website www.tampabayalanon.org
Please take just a few minutes to answer the six questions on this survey!

1. How often do you visit www.tampabayalanon.org? (Mark only one.)

- Daily
- Several times a week
- Few times a month
- Once a month
- Once every few months
- Rarely
- Other _____

2. Why do you visit the Tampa Bay Alanon website? (Check all that apply.)

- Find a meeting
- Find an event
- Serenity Messenger
- Where and When Contacts
- Other _____

3. What do you like about the Tampa Bay Alanon website?

4. What do you NOT like about the Tampa Bay Alanon website?

5. What changes/improvements would you like to see made to the Tampa Bay Alanon website?

6. Are you familiar with website design and, if so, willing to help with the redesign of our website?

NO YES. (Please provide your name and best way to contact you.)

This survey can be photographed/scanned and emailed to DR@tampabayalanon.org
or mailed to:

D8 Survey, 5401 Boca Grande Circle, Dover, Florida 33527

ACRONYMS AND INITIALS USED IN AL-ANON

AFG - Al-Anon Family Groups
AIS - Al-Anon Information Services
AMIAS - Al-Anon Member Involved in Alateen Service
AWSC - Area World Service Committee
CAL - Conference Approved Literature
DAL - District Alateen Liaison
DR - District Representative

GR - Group Representative
IR/ISR - Intergroup/Information Service Rep
PI - Public Information
PO - Public Outreach
PSA - Public Service Announcement
WS - World Service
WSO - World Service Organization

SLOGANS AND MEMBER SUGGESTED ACRONYMS

RESOURCES FOR RECOVERY

- **DENIAL** - Don't Even Notice I am Lying
- **DETACH** - Don't Even Think About Changing Him/Her/Them
- **FEAR** - False Evidence Appearing Real
- **FOUR** Unwanted M's - Martyrdom, Managing, Manipulating, Mothering
- **FINE** - Feelings Inside Not Expressed
- **HALT** - Am I - Hungry, Angry, Lonely, Tired?
- **HOPE** - Happy Our Program Exists
- **HOW** - Honest, Open, Willing
- **LOVE** - Let Others Voluntarily Evolve
- **NUTS** - Not Using the Steps
- **QTIP** - Quit Taking It Personally
- **STEPS** - Solutions To Every Problem
- **3 A's** - Awareness, Acceptance, Action
- **3 C's** - I didn't Cause it, I can't Control it, I can't Cure it
- **3 G's** - Get off their back, Get out of their way, Get on with your own life
- **5 G's** - Same as 3 G's + Give them to God, Get to Meeting
- **3 Unwanted P's** - Perfection, Procrastination, Paralysis
- **THINK** - (Before speaking...) Is it Thoughtful, Honest, Intelligent, Necessary, Kind?
- **WAIT** - Why Am I Talking?
- **WILLING** - When I Live Life I Need God

District Contacts

DISTRICT 8 REPRESENTATIVES

DISTRICT REP – HEATH H.

dr@tampabayalanon.org

ALT DIST. REP -CINDY

adr@tampabayalanon.org

SECRETARY -LYNN

secretary@tampabayalanon.org

TREASURER – TRICIA

treasurer@tampabayalanon.org

DISTRICT INFO SERVICES LIAISON -

(OPEN)

disl@tampabayalanon.org

Area Information

Spanish Coordinator

spanish-64@afgarea9.org

Contribution Addresses

(Include FL-N Dist. 8 Group#)

District 8 AFG,

PO Box 954

Odessa, FL 33556

Area 9 FL N

NFA AFG, Inc.

1700 N. Monroe St., #11-184

Tallahassee, FL 32303

World Service (WSO AFG)

1600 Corp Landing Pkwy

Virginia Beach, VA 23454-5617

Website Addresses

Local: www.tampabayalanon.org

Area: www.afgarea9.org

WSO: www.al-anon.org

AL-ANON INFORMATION SERVICES

ALATEEN - (OPEN)

alateen@tampabayalanon.org

ANSWERING SERVICE-FADIA

answeringservice@tampabayalanon.org

ARCHIVES-SHIRLEY

archives@tampabayalanon.org

CPC -SHELLEY AND NANCY

cpc@tampabayalanon.org

COMFORT LIAISON -MELINDA

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EVENTS- HOWIE

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GROUP RECORDS - THALIA

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LITERATURE – GAIL

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PUBLIC INFORMATION - (OPEN)

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SERENITY MESSENGER – DIANE B.

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SPANISH CHAIR- ANA MARIA

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SPEAKER SEEKER - BECCA

speakers@tampabayalanon.org

TECHNOLOGY CHAIR –(OPEN)

technology@tampabayalanon.org

WHERE & WHEN – VICTORIA

whereandwhen@tampabayalanon.org