



Serenity Messenger



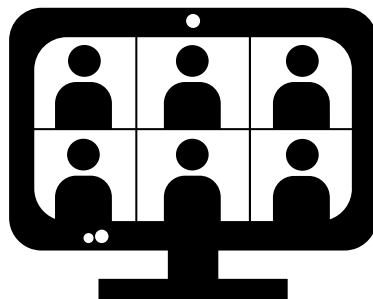
Florida North District 8 – Panel 64

November 2024

AFG Area 9 Assembly **ZOOM** November 1-2

When faced with a challenge (2 hurricanes within 2 weeks?) our area service chairperson and area service representatives, came up with an alternate solution to hold the Fall Assembly via ZOOM! And it worked! I was able to attend as an AGR in District 8. I'm sure it was challenging to host 125+ participants in a Zoom Conference, but as a participant, I was informed and entertained and felt it was worth my time to attend! The resources for the Fall Assembly can be found here www.afgarea9.org Thank you to everyone who helped organize this Assembly and Ray, our area Technology Coordinator!

I'm still somewhat new to Alanon, so being able to sleep in my own bed and attend the meeting was a plus! Those of you who have been around longer, I'm sure missed spending time catching up with your many friends made through the years! Gives everyone that much more reason to attend Convention 2025 in Orlando! Right?



WSO Update from Delegate Rep

If you were not able to attend the Assembly there are many resources available on the AFGArea website. One of the reports I enjoyed hearing was the Delegates report who was able to attend the WSC. Her slides can be found on the Resources tab!

www.afgarea9.org

This delegate did a great job opening my eyes to the bigger picture of how Alanon works around the world! For me, Alanon is the family I didnt know I had and didnt know how much I needed until I found them. We can support that vision by participating in local and area events.

2025 Florida North AFG Convention August 29 - 31, 2025
Caribe Royale Orlando

District 8 is hosting the 2025 AFG Convention in 2025! Lots of hard work has already begun to plan for this convention and with the location being right up the road from us in Orlando, lets' make it a priority to attend!

The link to get all of the information you need to register is here!

www.afgarea9.org/convention2025



The Forum!

"The Forum is an international monthly publication of Al-Anon Family Groups, a fellowship that offers help and hope for the families and friends of alcoholics. This magazine features timely sharings from Al-Anon and Alateen members, much in the way that they contribute when attending Al-Anon or Alateen meetings. The magazine also includes suggested meeting topics (!) as well as news and information from Al-Anon's World Service Conference and World Service Office." (Copied from October 2024 "The Forum")

You can get an online subscription emailed to you or you can order a monthly copy mailed to you by going to www.al-anon.org/forum

***Steps=Recovery *Traditions=Unity**
***Concepts=Service**

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 8 REPRESENTATIVES

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dr@tampabayalanon.org

ALT DIST. REP -CINDY

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SECRETARY -LYNN

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TREASURER – TRICIA

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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

comfort@tampabayalanon.org

EVENTS- HOWIE

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GROUP RECORDS - THALIA

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INSTITUTIONS - DIANE M.

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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

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TECHNOLOGY CHAIR –(OPEN)

technology@tampabayalanon.org

WHERE & WHEN – VICTORIA

whereandwhen@tampabayalanon.org