



Serenity Messenger

Florida North District 8 – Panel 64

February 2025

February is Step 2!

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.

Today, I Will Dance

I am powerless over having two adult children directly affected by alcoholism. I am powerless over the fear I have related to this disease. However, Al-Anon has taught me that I am not powerless over my responses to that fear or how I relate to my adult children. “Just for Today,” I have been honest about my fear that one of my loved ones may harm himself. I talked with my Sponsor, who listened and validated my feelings. She reminded me that I can go into the past or I can go into the future, but if I do, I will be by myself, because God is only in the present. She reminded me to keep the focus on myself and suggested I use a God box, write my feelings and fears on slips of paper, and place them in this box. This is an action that can help me let go. Since doing this, I’ve not dwelled on those fears. Another suggestion was to not nurture the fears and instead nurture myself. I nurture myself by doing something I love. I love to dance. Tonight, I will do that. The last thing I do is to make a list of all that I am grateful for. At the top of my list will be Al-Anon!

By Barbara A.

The Forum, February 2025

District Service Opportunities...Panel 64

On the last page of this newsletter you will find the many service positions that help keep Alanon functioning in District 8. If you are relatively new to Alanon... congratulations! You found us! If you are a long timer... thank you very much for your continued service and participation in your local groups! It is because of you and the experience, hope, and serenity that you share with our members that we find hope for today, one day at a time and gain the courage to change!

If you browse the many service positions you will see that we are still in need of four key positions! This month I want to focus on three positions that could effectively work together to help our district in following Traditions 5 and 11...

T5: Each Al-Anon Family Group has but one purpose: to help families of alcoholics.

T11: Our public relations policy is based on attraction rather than promotion; we need always to maintain personal anonymity at the level of press, radio, films and TV. We need guard with special care the anonymity of all AA members.

It's one thing to maintain personal anonymity... but, if you have my experience, you understand that finding Al-Anon is not easy! These open service positions are what we need to help spread the Al-Anon message to key areas in our district.

CPC (Cooperating with Professional Community), **Institutions** and **Public Information** all look for opportunities to share the Al-Anon message. How?

- Public announcements on the radio or t.v. (WSO should have resources for these.)
- Contact Sheriff's Department/Detox/ReHab sources and give presentations a couple of times a year. (Our District Representative has access to a Power Point presentation for your use!)

These are just suggestions...we need help getting the message out. The positions do have a budget allocated and you will find serving to be a great way to refocus your attention! (We all need that!)

Think you are too new to serve? I was here less than a year and volunteered to do the Serenity Messenger! I love doing this and have been wonderfully blessed by meeting people from all over the district who are very supportive and grateful to serve with me!

“AFA”—A New Pathway to Hope

There are many families of alcoholics who only know despair. They are unaware that Al-Anon meetings are available to help them recover from the effects of the alcoholic's drinking.

Receiving a copy of the Al-Anon Faces Alcoholism (AFA) magazine from a professional or picking up a copy from an information rack at a public library can open a new pathway to hope. The stories shared by members and the articles written by professionals give the families of alcoholics the encouragement they need to attend Al-Anon meetings.

Delivering AFA magazines to locations in your community gives each member the opportunity to carry the Al-Anon message of hope to others. Alcoholism takes its toll on the families and friends of alcoholics regardless of the season; it doesn't take vacations or time off for the holidays.

<https://al-anon.org/blog/afa-a-new-pathway-to-hope/>



Make Your Heart Happy

Convention Flash Sale

48 hr sale Feb 13-14

Register to attend the 2025 Convention, Purchase a Tote and Receive a Free T-shirt a \$20.00 (or \$22.00 for long sleeve) value Take advantage of this special FLASH SALE offer and save \$20.00 on a short sleeve or \$22.00 on a long sleeve Tee. Already have one - it will make an awesome gift, or you never know when you will need a back up, or want to do a craft with it for another ALAnon event

SPECIAL FOR THE CONVENTION 2025

BEING HELD AT THE
CARIBE ROYALE ORLANDO
8101 World Center Drive, Orlando, Fl 32821
August 29-31-2025

Register at www.afgarea9.org/convention2025

District 9 Hosts
a Writing Workshop

INK-SPIRING
CHANGE

Sharing Your Story to Inspire Others

March 1st, 2025 9am-3pm

🌟 Bok Tower Gardens ~ 1151 Tower Blvd Lake Wales, FL 33853

🌟 Lead by: Mary W. ~ Alternate Delegate

🌟 \$65 includes general admission, catered box lunch, & a gift bag that includes writing pad, pens, along with a few things to make your day feel special.

🌟 Registration deadline: February 1st, 2025

🌟 Alateens welcome!



Registration Form:

Name: _____

Phone: _____

Email: _____

Boxed Lunch Sandwich:

Turkey Club

Chicken Salad

Side:

Pasta

Potato Salad

All lunches come with chips, cookie & pickle spear.

Dietary options are available upon request.

Please make check or money order payable to: AFG District 9

Mail this completed form along with registration payment by February 1st to:

Ray H. 334 Oak Avenue Sebring, FL 33870

To pay online (\$67 total which includes \$2 merchant service fee), visit:

<https://www.paypal.com/ncp/payment/H8DEXJ6DVD62J>

Contact: afgdistrict9events@gmail.com

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
- Blame, Shame, Complain and Criticize!
- **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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DISTRICT INFO SERVICES LIAISON -

LYNNE A.

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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

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WHERE & WHEN – VICTORIA

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