

Serenity Messenger

Florida North District 8 – Panel 64 August 2026



TRADITION #8

Our Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.

Tradition 8 reminds us that Al-Anon's message of hope is shared freely by members who have experienced recovery themselves—not by paid counselors or professional therapists. We help one another because we have "been there." While Al-Anon service offices may hire employees to handle administrative work, the spiritual support offered in meetings is always given voluntarily.

How I Can Practice Tradition 8

I practice Tradition 8 by remembering that my greatest qualification is my own experience, strength, and hope—not my education or professional background. I avoid giving advice or acting as an expert. Instead, I listen with compassion, share what has worked for me, and trust others to find their own path with the help of their Higher Power. When I volunteer to serve my group, I do so with a spirit of gratitude rather than for recognition or reward.

Al-Anon Conference Approved Literature (CAL)

These official Al-Anon resources provide guidance on Tradition 8:

- Paths to Recovery – The primary Al-Anon resource for studying Tradition 8. It includes explanations, personal stories, and questions for reflection.
- How Al-Anon Works for Families & Friends of Alcoholics – Explains the purpose and application of all Twelve Traditions.
- The Al-Anon/Alateen Service Manual – Describes how Tradition 8 is applied throughout Al-Anon service.

Reflection Questions

- Am I sharing my experience, or am I trying to solve someone else's problem?
- Do I trust that my personal recovery is enough to help another member?
- How can I serve my group with humility rather than seeking recognition?
- Do I remember that every member's experience is valuable, regardless of background or profession?

Spiritual Principle

Humility and Service

Tradition 8 teaches that recovery is shared heart-to-heart. Our willingness to listen, care, and share honestly is far more valuable than professional expertise. By serving without expectation of payment or prestige, we preserve the spirit of equality and mutual support that makes Al-Anon unique.

I Found My Voice

Growing up, the alcoholism in my family was kept a secret. Both my parents were alcoholics, though that's not to say they weren't great parents. I have many memories of snuggling up with them after coming in from playing in the snow and having dance parties in the basement. Since I was a baby, my father's drinking was out of control. Sometimes, he would have periods of sobriety. One lasted four years.

In second grade, I had a teacher who was a strong and caring woman. When she learned of my home situation—my dad losing his job and my mom ending their relationship—she reassured me and told me everything and everyone would be okay. She would say, "One Day at a Time." At that age, I didn't know what that meant. I really looked up to her and hope she's watching over me to see how much I've grown.

My mother would tell me to watch what my dad drank and take note when he became angry and never tell anyone if he'd lost his job or was going to rehab. That was the shame and secrecy of living with an alcoholic. While my dad was in and out of rehab, my mom was drinking just as heavily, but the focus was always on my dad.

The summer before my first year of high school, I started Alateen. It was a place where I felt welcomed. Before Alateen, I kept all my emotions inside, believing no one could relate to my situation. I've been in this program a year now, and I'm still learning. I still struggle with detaching with love, but with the help of the Al-Anon Member Involved in Alateen Service (AMIAS) supporting my group, I am getting there.

My father has since lost his job, his home, and all his money. I have cut all ties with him out of anger and resentment. My mother has been sober for five years now. An Alateen member told me, "Just focus on 'One Day at a Time.'" That has stuck with me. "One Day at a Time" helps me remember that I'm not alone and to focus on what I can do today. I can't predict what the alcoholic will do; I can only control myself and what I want to do. I still love my father. I know he's sick. He didn't choose to affect me with his drinking, and neither did my mom. Alcoholism is hard, but I'll always have hope. Alateen has helped me see there is a future. I can't control the past or future, so I live in the present. I hope the alcoholics in my life get sober and live a wonderful life. I hope other kids in my situation find Alateen.

By Lucy

The Forum, July 2026

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2026 Florida North AFG Convention

August 28 – 30, 2026

Radisson Resort at the Port



Workshops

Speakers

Literature

Raffle

Boutique

Spanish

Alateen

Entertainment

Banquet

AA

Participation

Convention Registration

Regular At The
Door

\$40 \$50

Meals:

Saturday Buffet Lunch \$36

Saturday Night Banquet \$58

Sunday Breakfast Buffet \$36

T-shirts:

Short-sleeved \$22

Long-sleeved \$25

Patches \$ 6

Register for Convention online at:

[AFGArea9.org/convention 2026](https://AFGArea9.org/convention%2026)



Hotel:

**Radisson Resort at the Port
8701 Astronaut Blvd.**

**Cape Canaveral, FL 32920
(321) 784-0000**

\$169/night (occupancy 1 – 4)

Dear District and Group Representatives,

We wanted to reach out with a quick but important clarification regarding the 2026 Convention group registration code.

We've received a few questions about the code, specifically around one character that can be easy to misread. Please use the following code when registering your group:

K I 2 3 E 6

To help avoid any confusion:

- The second character is the LETTER "I" — as in INDIGO — not the number one (1).

Using the phonetic alphabet as your guide:

Kilo · Indigo · Two · Three · Echo · Six

If you have already attempted to register and received an error, please try again using the letter I (Indigo) in the second position.

Thank you for your patience, and we look forward to seeing you at Recovery and Beyond — August 28, 2026, at the Radisson Resort at the Port!

In service,

Margo M

2026 Convention – Publicity Chair
Space Coast Al-Anon

Recovery and Beyond Al-Anon 2026 Convention

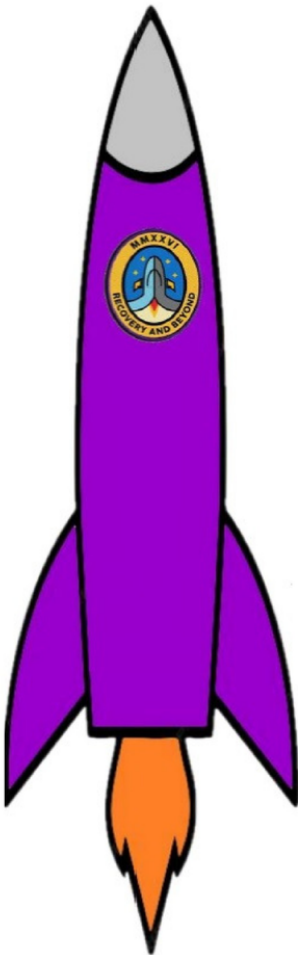
THEMED RAFFLE BASKETS

Launch a Raffle Basket at the Convention

Blast off your supply baskets for astronauts of the Al-Anon 2026 Convention. Schedule to launch a basket and bring it to the convention. It is great fun and easy to do!

Please:

- Wrap basket in clear wraps ('dollar' stores have them).
- Attach your District # and Group Name to the basket.
- Attach an item list of the items in the basket.
- Have fun with themes, colors, coffee/tea, literature, locale, use your imagination and be as creative as you like.
- Bring the Raffle Basket with you to the Convention!



50/50 Raffle is cash only.



Contact Raffle Chairperson: landis.denisem@gmail.com



We are in need of Volunteers!

There are groups in our district who have sponsored these events in the past and are willing to work with your group to help you! Let's share this service to our district and sign up!

It is customary in District 8 for groups to host District Events. 2026 is here and we are looking for group sponsors for the following events:

Gratitude Luncheon 2026- Open

Speaker's Marathon 2026-Open

Day of Workshops 2027-Open

Holiday Party 2026 - Open

District Picnic 2026 - Completed

Please discuss these opportunities with your groups and know that 2 or 3 groups can work together to host an event. If you are not sure where to begin or how to organize a particular event, we have records from previous events describing the planning process, location suggestions (free or very low cost), etc. Previous records are located on our webpage in the Member section. The District Treasure can assist you with funds to offset starting costs. We have some supplies in storage. Our Speaker Seeker can assist you with finding an AI-Anon Speaker.

Interested?

Step One: Contact Howie by email: events@tampabayalanon.org

Step Two: Contact the Speaker Seeker by email: speakers@tampabayalanon.org



Open District 8 Positions...

Groups are encouraged to begin identifying willing trusted servants for District elections.

Suggested timeline:

- October – Home Group GR elections
- November – District Elections
- January – New Panel begins

If you would like to receive the Serenity Messenger

Please email

D8news+subscribe@tampabayalanon.org

AL-ANON COMMONLY USED ABBREVIATIONS

ADR - Assistant District Representative

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 to Area 9
AFG

DISL - District Information Service
Liaison

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 TO REMEMBER

How Important Is it?

Easy Does It

Keep an Open Mind

Think

Progress not Perfection

Keep Coming Back

But for the Grace of God

One Day at a Time

Listen and Learn

Together We Can Make It

Keep it Simple

First Things First

Let it Begin with Me

Just for Today

Let Go and Let God

Live and Let Live

WSO - AFG Website Slogans

DISTRICT 8 REPRESENTATIVES

DISTRICT REP – HEATH C.

dr@tampabayalanon.org

ALT DIST. REP - OPEN

adr@tampabayalanon.org

SECRETARY -NICOLE

secretary@tampabayalanon.org

TREASURER – TRICIA

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DISTRICT INFO SERVICES LIASON- LYNNE A.

disl@tampabayalanon.org

Contribution Addresses

*Send Contributions w/ Group Name &
WSO ID#*

District 8 Treasurer @

District 8 AFG,

PO Box 954

Odessa, FL 33556

Area 9 Treasurer@

Treasurer -64 @ AFGarea9.org

NFA AFG, Inc.

1767 Lakewood Ranch Blvd.

PMB 249

Bradenton, FL 34211

World Service Office (WSO AFG)

1600 Corp Landing Pkwy

Virginia Beach, VA 23454-5617

1-757-563-1600

Area Information

Spanish Coordinator

Spanish-64@afgarea9.org

AL-ANON INFORMATION SERVICES

ALATEEN - HOLLY

alateen@tampabayalanon.org

ANSWERING SERVICE-FADIA

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CPC - AMY

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COMFORT LIAISON -MELINDA

comfort@tampabayalanon.org

EVENTS- HOWIE

events@tampabayalanon.org

GROUP RECORDS - SHELLEY

grouprecords@tampabayalanon.org

LITERATURE - GAIL

literature@tampabayalanon.org

PUBLIC OUTREACH -JOE

publicinfo@tampabayalanon.org

SERENITY MESSENGER - DIANE

serenitymessenger@tampabayalanon.org

SPANISH CHAIR- ANA MARIA

spanish@tampabayalanon.org

SPEAKER SEEKER - BECCA

speakers@tampabayalanon.org

TECHNOLOGY CHAIR - ROBBIE

technology@tampabayalanon.org

WHERE & WHEN -CINDY

whereandwhen@tampabayalanon.org

Website Addresses

District: www.tampabayalanon.org

Area: www.afgarea9.org

WSO: www.al-anon.org