

AL-ANON FAMILY GROUPS

October/November 2009

CONTACT us here in North Florida Area District 1:

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Local Web:
www.tallyalanon.org

North Florida Area Web:
www.northfloridaal-anon.org

World Service Web:
www.al-anon.org/members

District Representative:
Dist1DR@yahoo.com

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Dist1AISL@hotmail.com

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Dist1literature@hotmail.com

Gratitude Dinner - 10/24/09

*Jackson Lodge - 2818 Apalachee Parkway, Tallahassee, FL
5:45 pm - 8:15 pm All Are Welcome! Bring a covered dish to share!*

Our 2009 Gratitude Dinner will be held Saturday October 24, 2009 from 5:45 pm - 8:15 pm.

This is a great chance to have some fun and fellowship with members of Al-Anon from around the District, and also a wonderful way for Newcomers to see another aspect of our program.

Gratitude is essential to progress in the Al-Anon program of recovery! Most of us have found that learning to focus on the things we are grateful for actually changes our attitudes about the things that have caused us worry and fear.

This year we are lucky to have a former Delegate from our North Florida Area to be here and tell us her story! Lucy R. is from the Tampa area, and she has been in Al-Anon and in service to the fellowship for many years.

Her experience, strength and hope will be shared after we eat our wonderfully eclectic surprise covered dish buffet! It's amazing how we always have just the right amount of food and in plenty of categories so that everyone is offered something tasty that is on their list of food choices!

Bring something to share!

We'll be setting things up around 5:00 and hope to start serving just before 6:00. Lucy will share her story starting at 7:00 and we'll be cleaning up by 8:00 or so.

We will also have a Literature Table set up with pamphlets and books. So if you've been meaning to get one of those daily readers - or a 4th Step Blueprint for Progress, or any of our other wonderful Conference Approved Literature you'll have the chance to do so at the Gratitude Dinner.

See you there!

SHARE YOUR EXPERIENCE, STRENGTH AND HOPE - WRITE YOUR STORY!

In trying to put together a Newsletter that is both informative and interesting it is very helpful to include stories from Al-Anon members who are working the program, going to meetings, and seeing the positive effects of Al-Anon working in their lives.

If you have a story to tell (and who doesn't?) Please send it in to your local Newsletter Editor at tallyalanon@hotmail.com and tell us about something Al-Anon has done for you.

The World Service Office is looking for Volunteers to serve on a Thought Force (brainstorming ideas) Committee on the subject of NEWCOMER MEETINGS!

If you're interested in participating please email the District Representative at Dist1DR@yahoo.com. This Thought Force will be forming before December 1 and will complete its business by February 1. Business will be done by email and conference call.

All Al-Anon members are welcome to submit their names!

North Florida Area Service Workshop

The Communication Pipeline

February 13, 2010

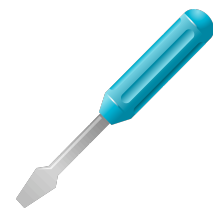
Jacksonville, FL

Bring your tools to District 3 and together we'll work on The Communication Pipeline!

This includes Knowledge, Information, Sharing, Alateen Sponsor Training, Raffle, a Speaker and Breakfast AND Lunch!

Will be held at:

Arlington United Methodist
1400 University Blvd., N.
Jacksonville FL



Cost is \$10 Contact the District Representative!

Meeting List for Tallahassee and surrounding area.

Al-Anon Family Group (AFG) Meeting List for District 1

MONDAY

12:30 pm Monday on Monday AFG – CASA Club House, 2410 Monday Rd., Tallahassee, FL (in the small building behind main clubhouse)

5:30 pm Apalachicola AFG – Trinity Episcopal Church, 79 6th Street, Apalachicola, FL

8:00 pm Unity Adult Children AFG – St. Francis Episcopal Church, 3413 Old Bainbridge Road, Tallahassee, FL (in the Fellowship Hall behind the church)

8:00 pm Monticello AFG – Christ Episcopal Church, Monticello, FL (in the rectory)

TUESDAY

12:00 noon Crawfordville AFG – 54 Ochlockonee St., Crawfordville, FL

1:00 pm Serenity AFG – Veteran's Out Patient Clinic, 1607 St. James Ct., Tallahassee, FL

7:30 pm Northside AFG – Killearn United Methodist Church, 2800 Shamrock South, Tallahassee, FL (east end of Killarney Way, in room 406 – The Library)

WEDNESDAY

7:15 pm Tallahassee AFG – Senior Citizen Center, 1400 N. Monroe St., Tallahassee, FL

THURSDAY

12:00 noon Hope For Today AFG – St. Stephen Lutheran Church, 2198 N. Meridian Rd., Tallahassee, FL

6:00 pm Crawfordville AFG – 54 Ochlockonee St., Crawfordville, FL

6:15 pm CASA AFG – CASA Clubhouse, 2410 Monday Rd., Tallahassee, FL (in the small building behind the main clubhouse)

FRIDAY

7:00 pm NEWCOMER'S Meeting – Senior Center 3rd Floor, 1400 N. Monroe St., Tallahassee, FL

8:15 pm Tallahassee AFG – Senior Center 3rd Floor, 1400 N. Monroe St., Tallahassee, FL

SATURDAY

6:00 pm Nomads AFG – John Wesley Methodist Church, 1738 Old St. Augustine Rd., Tallahassee, FL (in back building near playground)

SUNDAY No Al-Anon Meetings currently held on Sunday (but we are currently discussing this possibility!!)

ALATEEN No Alateen meetings currently held. All are welcome at all Al-Anon Family Group Meetings regardless of age.

If you are interested in finding meetings in the Northwest Florida Panhandle (Panama City over to Pensacola) please log on to the website for Alabama-NW Florida Al-Anon at www.alnwfl-al-anon.org

They don't show up.
They let us down.
They twist our words
And thoughts around.

Brother, mother, sister, son,
Daughter, husband – anyone.
We love them deep, yet not at all.
We fear trouble when they call.

The silent siren in our dreams
Screams death is closer than it seems.
Will we wake to flashing lights?
Worry pierces peaceful nights.

Saints we're not,
Yet some say so.
(Martyrs maybe –
Pain we know.)

What was it that our hearts held dear
Before we spiraled down in fear?
Prizes close, but hard to find –
Serenity and peace of mind,

Understanding we are small.
Someone bigger loves us all.

Kathleen T.
Northside AFG

Is your Group doing an outreach project?

If so, be sure to create a
"Helping Hand" for our Area
"Hands Across North Florida"
Public Outreach Project.

You can contact the Area
Information Services Liaison
for more information at:

Dist1AISL @ hotmail.com



Ever heard of KBDM?

It means Knowledge Based Decision Making - and this is the kind of decision making process that fits in with our Al-Anon Traditions and Concepts.

There are Four Tenets of KBDM and they are:

1. Open communication between leadership and members.
2. Dialogue before deliberation.
3. Everyone has access to all information.
4. In Al-Anon we operate in a culture of trust.

At NFA Fall Assembly our Delegate, Terry F., discussed four structures that WSO uses to facilitate Knowledge Based Decision Making:

1. Committees - working through tasks
2. Work Groups - gathering information
3. Thought Forces - brainstorming ideas
4. Task Forces - brainstorming actions

None of these are Decision Making bodies, but rather groups of trusted servants working together to help members utilize an Informed Group Conscience.

This goes along with the 2010 World Service Conference theme: We Trust Our Higher Power Through Our Informed Group Conscience.

The more we all practice these principles, the more our Al-Anon affairs will be guided by them.

Come to District Meetings and learn more!

PUBLIC OUTREACH NEEDS YOU!! The World Service Office has distributed copies of our new Public Service Announcements. If you have a connection to or are able to personally visit a local Radio or TV station to drop off one of our Public Service Announcements please contact our Area Information Services Liaison at Dist1AISL@hotmail.com ... studies have shown that if there is a personal connection it is more likely these valuable announcements will get made!

Also, Hands Across North Florida is a BIG SUCCESS - check it out at our Gratitude Dinner on OCTOBER 24, 2009!!!!

The Al-Anon World Service Office website is currently hosting two member surveys. These are demographic in nature, helping the WSO find out how best to serve the members of our world wide fellowship. If you could take a few moments, visit the website and complete the surveys they would much appreciate it! WWW.al-anon.org/members -- there is a user-friendly reminder about passwords on the site. Thank you for taking the time to help out!

Red Light/Green Light questions discussed at North Florida Area Assembly in October.

1. "Why must we use "God / Him" to describe the spiritual entity in our program? Why can't we change everything to Higher Power?"

Research by District 5 revealed information:

- * Al-Anon Service Manual, History of Al-Anon
- * Hope for Today readings for May 25, Oct 14 and Oct 23
- * Al-Anon Faces Alcoholism 2009

2. How do you encourage service?

Research by District 10 revealed information:

- * Paths to Recovery, p. 121, p. 339
- * Concepts Pamphlet, p. 11
- * How Al-Anon Works, p. 102
- * 2004 World Service Conference Summary, p. 36
- * When I Got Busy, I Got Better, p. 56
- * Hope For Today, p. 101

3. Explain what government by principle means as stated in the 12 Traditions as referred to on page 203 of ONE DAY IN A TIME IN ALINON.

Research by District 11 revealed information:

- * Paths to Recovery, p. XI
- * Al-Anon Family Groups, p. 3, p. 37, p. 66
- * Many readings in Courage to Change about letting go of our need to control.

You may find many other references in our Conference Approved Literature, and hopefully this will spark you on a hunt for more information!

Ideas for newsletter items, information or anything else you'd like to see can be sent by email to tallyalanon@hotmail.com or you can call 222-2294 and leave a message on the answering machine. Thank you for your help and your efforts on behalf of Al-Anon Family Groups!

Concept Four - Participation is the Key to Harmony. "Participation also responds to our spiritual needs. All of us deeply desire to belong. The Al-Anon ideal of a working partnership could never regard any member as second class. This is perhaps the main reason we have struggled to achieve participation at every level. The Right of Participation encourages us who serve Al-Anon to accept the necessary disciplines that our various tasks require. It assures us that we are truly the "trusted servants" in Al-Anon's Tradition Two." from Al-Anon Alateen Service Manual, p. 176

Next District Meeting:

January 10, 2010

4:30 - 6:00 pm

John Wesley Methodist Church
1738 Old St. Augustine Road



HOSPITALITY Help Needed!

We must provide the Hospitality Room at the March Area World Service Meeting in Ocala.

We need two Growth Investment Persons who are willing to come to Ocala on a Friday and stay till Sunday and provide coverage of the Hospitality Room.

Contact the DR for more info.