

Al-Anon Family Groups - District 1 Newsletter Summer 2009



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Current Meeting List

MONDAY

12:30 pm Monday on Monday AFG – CASA Clubhouse, 2410 Monday Road, Tallahassee

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

8:00 pm Unity AFG – St. Francis Episcopal Church, 3413 Old Bainbridge Rd, Tallahassee

TUESDAY

12:00 pm Crawfordville AFG – Senior Center, 54 Ochlockonee St, Crawfordville

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

7:30 pm Northside AFG – Killlearn United Methodist Church, 2800 Shamrock South, Tallahassee (room 407)

WEDNESDAY

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

THURSDAY

12:00 pm Hope For Today AFG – St. Stephens Lutheran Church, 2198 N. Meridian Rd., Tallahassee

6:15 pm CASA AFG – CASA Clubhouse, 2410 Monday Rd., Tallahassee

FRIDAY

7:00 pm Newcomer's Meeting – Tallahassee Senior Center, 1400 N. Monroe St., Tallahassee (3rd Floor)

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

SATURDAY

6:00 pm Nomads AFG – John Wesley Methodist Church, 1738 Old St. Augustine Rd., Tallahassee

Currently there are no meetings on Sunday and there are no Alateen Meetings in this District.

NEED AL-ANON LITERATURE?

Send an email to Dist1Literature@hotmail.com and make sure your group has plenty of pamphlets, books and Blueprints!

INTERESTED IN ALATEEN?

If you are a teen (13 – 18 years old) and you feel you are affected by someone else' drinking (friends or parents) then there is a Program of recovery designed especially for you.

We'd love to help you start a group here in District 1 so if you're interested send an email to : Tallyalanon@hotmail.com

All inquiries are confidential!

Be sure to visit our Website at:

www.tallyalanon.org

We have useful information, links to World Service Office and Area Assembly Information and other Al-Anon and AA recovery events in the area.

Confidential, anonymous email is also available.

Members Share Their Experience, Strength & Hope

This is a new column and we will be including writing from our members. If you would like to share a part of your recovery story, send it by email to Tallyalanon@hotmail.com

Starting Point by Anne R.

Once in a while, well maybe more frequently than that, I decide I'm cured and can make my own decisions -without the guidance of my Higher Power. I fall back into the faulty thinking that previously ended in an insane and unmanageable life.

Recently, I got in one of those situations. I examined a relationship I had with another person and decided I wanted it to be different. I asked to talk things over with this person. Much to my surprise the person said yes and then did not follow through. I felt slighted. I was sure this person knew how I felt, what I wanted to talk over, and was rejecting me and my desire for our relationship to be different.

After a little while, I started having the conversation with that person, all be it an imaginary conversation in my head. I thought well at least if I express my feelings I will be ok. Unfortunately, my imaginary conversation started expanding itself into the many possible responses this person would surely have to my thoughts. I started obsessing and strangely started resenting this person. How dare this person disappoint me!

I turned to my program, and discovered that I was the person disappointing me. I quickly began to resent myself. To beat myself up for slipping again, seemingly to throw away my program whenever it wasn't convenient for me.

I then turned to my Higher Power. Through prayer and meditation I discovered the answer which was for the taking. I just had to be willing to allow my Higher Power to return me to sanity. That is always my starting point and I can make that decision as many times as I want or need to do.

Make a note: Serenity AFG (which meets on Tuesdays at 1 pm) had a group conscience on May 12 and decided that the last meeting of each month will be an open meeting. The other meetings will be closed.

Don't forget that Tallahassee AFG will have a Speaker Meeting one Friday evening per quarter and will be announced in meetings and on the website. If you are interested in being a Speaker for one of these meetings send an email to: Dist1AISL@hotmail.com



IMPORTANT DATES :

Area World Service Conference (AWSC) in Ocala - 8/21-23/09

Will be held at The Hilton and your DR and AISL will be attending.

North Florida Area Convention - September 18, 19 and 20 In St. Petersburg. Check out the web page and all the fun stuff at:

<http://www.northfloridaal-anon.org/> and click on EVENTS.

North Florida Area Fall Assembly - October 9-11 will be held at The Hilton and hopefully each group will have a representative!

A Group Representative Shares on Red Light/Green Light from Spring Assembly 2009:

“Open” and “Closed” Al-Anon Meetings

The Al-Anon Service Manual points out that “All Al-Anon Family Group meetings welcome anyone who believes that their life has been affected by someone else’s drinking, either today or in the past.” These meetings are considered “**closed**” because they only allow for the participation of family and friends of alcoholics.

An “**open**” meeting allows attendance by persons who are not families and friends of alcoholics but who are interested in learning about Al-Anon Family Groups. In most cases this probably would be students and professionals who may make referrals to Al-Anon.

Generally, Al-Anon group meetings are “**closed**”. This gives members the freedom to share on a confidential and anonymous basis.

The value of having an “**open**” Al-Anon meeting or event is that it provides the opportunity for outreach that can increase the knowledge of and participation in Al-Anon Family Groups.

It is important that the request be made in all open meetings that those present respect the anonymity of all Al-Anon members. The Serenity AFG recently had a group conscience and decided to follow an approach mentioned in the service manual. The group decided to remain a “**closed**” meeting but make one of its monthly meetings “**open**” to the public.

The afternoon meeting on the last Tuesday of each month is now designated an “**open**” meeting.

Walter T., GR for Serenity AFG

MORE MEMBER SHARING ... Experience, Strength and Hope One Day at a Time in Al-Anon!

“Since coming to Al-Anon three years ago, I’m learning how to live the Al-Anon Program, One Day at a Time. The tools of the program, the 12 Steps and 12 Traditions, are my guides to better relationships with everyone in my life. I now realize that I can only take care of me! I can only be responsible for my feelings, my thoughts, and my actions. I am not responsible for everyone else!”

Last night I had a success! My husband arrived home from work very angry and out of sorts. I just listened to him as I’ve been taught to listen to others in meetings. I practiced detaching with love (not anger) by not responding or interrupting him with my comments, suggestions or ideas about how he should feel, react or think. When he finished venting, I responded with, “Yeah, I understand your frustrations.” I then left the room to check on laundry in the dryer.

I put the laundry away and sat in my recliner taking slow deep breaths and reading more about detachment in my Courage to Change book. I know this is Al-Anon in action! My experience and strength of this program gives me the hope I need to realize that with my Higher Power in control and not me I can and will face any situation life throws at me. Thanks Al-Anon for saving my life!”

Kathy J.

Al-Anon Public Outreach – each year our World Service Office prints an outreach magazine called “Al-Anon Faces Alcoholism” and it is especially designed for professionals, community and education resources to spread the word of recovery for families and friends who are affected by someone else’s drinking.

District 1 has many copies of “Al-Anon Faces Alcoholism 2009” and you may find copies on your group’s literature table. PLEASE take a few copies and spread them around – doctor’s offices, schools, lawyer’s offices, businesses of all kinds!

Contact Dist1literature@hotmail.com if you need more copies – they are free!

Notes from the District Representative:

I would like to share some of my experiences at the North Florida Area Assembly earlier this month. It was a great pleasure to share time with two of our Group Representatives and to get to know them better. Since it was their first assembly I was able to practice my program by detaching from whether or not they were enjoying it and focus on my own experience.

Detachment helped immediately when we arrived and learned that our funshop/skit would be one of the first things on the agenda. We had gone to Chili’s for dinner beforehand and discussed it while waiting for a dinner that never arrived. We hurried back to the assembly and arrived just as things were starting.

Being small in number with a skit that has a larger number of parts we decided to invite members of the assembly to participate. We asked anyone new to assembly to stand up and come forward and all had a wonderful time including the representative of an Alateen group that later shared her story Sunday morning. A special note of thanks to Anne R. for writing the skit, very well done.

I was positively overwhelmed by the number of “hands” on the wall. Kathy H., our North Florida Area Public Outreach Coordinator brought two banners, each 2’ wide by 8’ long for our hands.

DR (cont.)

By the end of the weekend people were creating their own banners and posters and there were enough to cover four or five banners. Kathy shared about how she had been blessed with a growing awareness of her hands in a variety of ways as the idea for this gradually came together

in her mind. It was wonderful to read about 12th step outreach in so many places and in so many ways. I think this is a wonderful example of how Al-Anon can work from the bottom up when we have the courage to share new ideas.

I wouldn’t be surprised to see this idea spread throughout the country if not farther.

If you would like to participate in the “Hands Across North Florida” project please send an email to Tallyalanon@hotmail.com or Dist1AISL@hotmail.com and we’ll make sure you get instructions and a template!

