

# AL-ANON

## NORTH FLORIDA AREA - DISTRICT 1

### TALLAHASSEE AND THE SURROUNDING AREA

**CONTACT US:**

850-222-2294

[www.tallyalanon.org](http://www.tallyalanon.org)

Tallyalanon@hotmail.com

**MEETINGS:**

*We have at least one meeting every day of the week.*

*Meeting list can be found on*

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**LITERATURE**

*We have books and pamphlets available at each meeting.*

*Or you can contact our Literature Distribution Chairperson:*

**Dist1Literature @ hotmail . com**

**SERVICE WORK**

*We are always looking for members to chair the Newcomer's Meeting or to help answer the phone-line requests for information.*

*To help, send an email to:*

**Tallyalanon @ hotmail . com**

**NEWCOMERS**

*You are welcome to attend any meeting but there is a specially designed meeting for Newcomers on Fridays at 7:00 pm.*

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## Goings On

*Our next District Meeting will be held on April 18 from 4:30 - 6:00 pm at John Wesley Methodist Church on Old St. Augustine Road. All are invited to attend!*

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Speaker Meetings are held on the third Friday of every month at the Friday Night Wonders Group - 8:15 pm at the Senior Center in the 3rd Floor Conference Room.

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**Some New Meetings!**

We have a new meeting on Fridays at midday. The "Friday on Monday" meeting is held at 12:30 pm at the CASA Clubhouse on Monday Road. Be sure to go around to the Casita in the back for Al-Anon!

Sunday afternoons we have the "Happy Hour" group and it meets at 3 pm at the Tallahassee Behavioral Center on Physicians Road behind TMH.

And in Havana we have a new meeting on Thursday evenings at 6:30 pm at the Salem Methodist Church.

If you get a chance let's try to support these new meetings - the more Al-Anon meetings there are, the better chance we have of reaching those who need help.

## ## ## ##

**North Florida Area Assembly**

Al-Anon business at the Area level will be taking place in Ocala the weekend of May 21-23, 2010.

If you've never been to Assembly you may want to consider making the trip! It is a great learning experience, and a wonderful way to really feel the larger context of our Worldwide Fellowship!

North Florida Assembly is held at the Ocala Hilton. Rooms are \$99 per night and all the meetings are held in the same hotel.

Group Representatives have a chance to vote on Area business - much like a large Group Conscience meeting.

And, if your Group does not have a full-time Group Representative, you may send a member who is willing to go to Assembly to act as the GR for that event.

Groups pay the expenses of the Group Representative so that anyone can go if they have a willingness to serve.

During this Assembly our District will be presenting the Red Light/Green Light portion of the program. (See page 2 for more details). That might also be something you'd be interested in helping with.

For more information contact:

District Rep : [Dist1DR@yahoo.com](mailto:Dist1DR@yahoo.com)

Al-Anon Information : [Dist1AISL@hotmail.com](mailto:Dist1AISL@hotmail.com)

or call 850-222-2294 and leave a message.

Be sure to check out the blog: "Using Al-Anon's Steps in Our Personal Lives" ... great sharing and there are also PODCASTS!!

You can find it at:

[www.al-anon.org/members](http://www.al-anon.org/members)

(password is group name and afg)

ANDIE S.

What Is the "sanity" that my Higher Power will restore me to?

My sponsor asked me to write out what "sanity" means to me. That way maybe I could see how my Higher Power was doing in terms of getting me there. At first I wrote about being happy all the time but that didn't ring true. It actually sounded kind of creepy once I wrote it down.

So, on further reflection this is what I came up with.

A sane world to me has to be functioning. That's the word that comes to mind. I would go to sleep at a decent hour to be able to get up on time. I would be able to get things done on time and not procrastinate. I would be happy most of the time and sad some of it but know how to deal with that sadness when it comes.

Most of the people in my life I would like. Although they wouldn't change, but the way I viewed them would change. The way I react to the stupid things they said or did would be different. And if their stupidity is so great that I can't get over it then I would just find other friends.

Another word that comes to mind is I have to be a contributor. A contributor to society, my school, small group etc. If I put my dad's alcoholism aside and not let it control my life then I would be able to live my life. I would be able to share and have a heartfelt conversation with people that aren't affected by the disease of alcoholism.

Living an insane life keeps me from living a life at all. It keeps me from functioning and contributing. It does however make me feel inadequate, depressed and feeling like I'm on the outside looking in. Never able to catch up to where everyone is in life.

## Red Light/Green Light

Our District is responsible for researching one of the Red Light/Green Light topics for Spring Assembly.

The question we have is: "How do we deal with the introduction of non-AI-Anon subjects: 1) Treatment Center Language, 2) Religious Quotes, 3) AA events presented for promotion, 4) other 12 Step Programs and 5) use of "addicts" in the opening?"

This is not a solicitation for opinions on this question. Opinions, Experience, Strength and Hope on this question can and will be shared at Assembly at the microphone. If you have something you want to share please discuss it with your Group and with your Group Representative so that your voice will be heard at Assembly.

What we are responsible for doing is compiling a list of places in our Conference Approved Literature that address, deal with, discuss and explore these issues. If anyone would like to take a part of this question and look it up in the CAL and then get that back to me I would really appreciate it. We will have 5 minutes to present our CAL Findings then the Microphone will be opened for anyone to share there ESH on the issue.

You might also be interested in what the other Red Light/Green Light topics are:

"How do we deal with group apathy manifested by members not wanting to listen to business announcements, people not volunteering for service positions and people pressuring others

to assume service positions?" This will be researched by District #8.

"How do we deal with proposals for fundraising activities such as: 1) showing commercial movies about alcoholism, 2) selling AI-Anon Speaker Tapes, and 3) holding Garage Sales or Parties?" This topic will be researched by District #12.

There has already been some research done on our topic - we had a couple of volunteers who did some great work!

If anyone else is interested in participating please send an email to:

[Dist1AISL@hotmail.com](mailto:Dist1AISL@hotmail.com)

or call:

850-222-2294 and leave a message!

### North Florida Assembly Hotel

**If you are interested in going to Assembly, you will need to make your hotel reservations fairly soon.**

**Assembly is held at:**

**The Ocala Hilton  
3600 SW 36th Avenue  
Ocala, FL**

**Tel: 352.854.1400 • Fax: 352.854.4010  
Toll-Free Reservations: 877-602-4023**

**Tell them you're with NFA.**

## Meeting Attendance May Increase in April

The WSO has received the following information from the producers, Hallmark Hall of Fame, about the broadcast of its television movie about the life of Lois W., Al-Anon's co-founder:

**Date:** Sunday, April 25, 2010

**Channel:** CBS

**Time:** 9 p.m. ET and PT  
8 p.m. CT and MT

The "When Love Is Not Enough" film **is not** a documentary about Al-Anon as an organization.

Instead, this movie focuses upon Lois, her relationship with Bill, how his drinking affected her well-being, the development of the early Family Groups, and Lois's application of the Twelve Steps to her own life.

Although this biographical picture **is not** Al-Anon Conference Approved material, it could be a call to action to viewers who may be or know of families or friends of alcoholics in need of our program to contact Al-Anon.

WSO is not endorsing, nor has it financed or lent its name to, this movie.

However, it is anticipated that people may learn of Al-Anon and perhaps come to a local meeting.

Please have copies of the 2010 Al-Anon Faces Alcoholism available. Make sure you have plenty of pamphlets, newsletters and books on hand.

Consider watching the movie so you can speak to the content and whether it conforms with your experience of Al-Anon today.

We are not a secret society, we maintain anonymity to protect the well-being of our members.

Having the opportunity for the general public to learn about Al-Anon Family Groups is a wonderful opportunity for all of us to open up to newcomers.

## Third Meeting On Wheels Big Success!

A group of Al-Anon members took a third Meeting-On-Wheels to the FSU College of Nursing and had a great time.

This group was a different set of Nursing students - these were certified Nurses returning for extra coursework and continuing education.

We had a group of six and the meeting was on Gratitude. What a great opportunity to share our Experience, Strength and Hope and to focus our attention on how Gratitude has changed our lives.

The questions were interested and sincere. We felt like we were really reaching them. What a great opportunity! If you're interested - send a note to [tallyalanon@hotmail.com](mailto:tallyalanon@hotmail.com) and we'll let you know!

## North Florida Area Convention Ahead!

*The North Florida Area will be having its annual Convention - CRUISIN' ON SERENITY!!*

The Convention will be held in St. Petersburg at the Hilton - Bayfront September 24-26, 2010.

You can get information about the Convention here:

<http://www.al-anon-pinellas.org/2010convention/>

Be sure to check out the website, there are links to use PayPal to register.

It should be a great time!



The theme is 1950's so there will be great music, dancing and lots of fun events!

CREATING AWARENESS - *The Forum* staff would like to invite anyone with PowerPoint skills to create a presentation that could be shown at Area Assemblies, Area Conventions or Forum workshops.

The presentation could include: Why it's important to share recovery, brief overviews of the different departments in the magazine, how to submit a sharing, and how to use sharings in meetings.

"Less is more" so the presentation should be colorful, energetic and brief - no more than five minutes. So if you enjoy working with Power Point and you would like to help create some excitement for "the voice of our fellowship" send your presentation to *The Forum* staff!

wso @ al-anon . org

**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 6<sup>th</sup> 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* – Killlearn 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)

6:30 pm *Just For Today AFG* – Salem United Methodist Church, 202 9<sup>th</sup> Ave East, Havana, FL

**FRIDAY**

12:30 *Friday on Monday* – 2410 Monday Rd., Tallahassee, FL (in the small building behind the main clubhouse)

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

8:15 pm *Friday Night Wonders AFG* – Senior Center 3<sup>rd</sup> Floor, 1400 N. Monroe St., Tallahassee, FL

**SATURDAY**

6:00 pm *Nomads AFG* – John Wesley Methodist Church, 1738 Old St. Augustine Rd., Tallahassee, FL (Aldersgate Room by front parking lot)

**SUNDAY**

3:00 pm – *Sunday Happy Hour AFG* – TMH Behavioral Center, 1616 Physicians Dr., Tallahassee, FL (first floor in the Cafeteria).

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

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