

Al-Anon Family Groups

North Florida Area - District 1

SEPTEMBER/OCTOBER 2010

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**Next District Meeting - Sunday October 10, 4:30 - 6:00 pm
John Wesley Church**

NORTH FLORIDA CONVENTION 9/24-9/26

North Florida Area Convention is coming right up! It will be held in St. Petersburg, FL at the Hilton Hotel Bayfront. You can make reservations online at their website: www.stpetehilton.com and there are still rooms left!

The Convention starts with workshops on Friday afternoon and goes until noon on Sunday.

Lots of joy, lots of recovery, lots of fellowship - think about coming!!



The theme of the Convention is "Cruisin' on Serenity" and there is a whole 1950's aura about it. There will

be a sock hop, ice cream socials and lots of opportunity for fun.



Many members from our District will be attending, and also participating as workshop presenters. So, talk to others at the meetings this week, and see if it can fit into your schedule!

Should be fun!



From the Literature

Alateen Talk

"Service is really good for recovery. For example, calling people on your home group phone list to help at an AlAnon/ Alateen event is service. Reaching out to someone new helps not only the newcomer but also helps me on my road to recovery."

Discovering Choices

"At meetings we find people who have discovered that happiness is a choice they can make at any moment." p. 24

Al-Anon Service Manual

"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."

p. 176

Opening Our Hearts, Transforming Our Losses

"If we could only find the right words at the right time, relayed in just the right tone of voice, then maybe we could get the alcoholic to see things our way." p. 23

USEFUL AL-ANON INFORMATION

Speaker Meeting

The third Friday of every month the Friday Night Wonders Group will offer a Speaker Meeting.

Put it on your calendar and join us to listen to the stories that we all share.



Opening Our Hearts: Transforming Our Losses.

This is a wonderful book of sharing from fellow Al-Anon members about the kinds of losses we all experience. And yet we don't have to live our lives in despair.

Check it out - email Sarah, our Literature Chairperson at:
Dist1literature@hotmail.com



World Service Conference Summary

A wonderful compilation of our annual worldwide Group Conscience!

There are details of all the sessions and many of the breakout groups. Also there are sharings from many partners from around the world.

You can order it from our Literature Chairperson, or see it for free online at the Al-Anon WSO website.

TEAM Florida:

Coming Together in a Culture of Trust.



North Florida and South Florida are coming together to present a TEAM Workshop! Together Empowering Al-Anon Members, this brings in people from our World Service Organization to share information about the Fellowship, How Al-Anon Works, and how we can better carry the message.

Mark the date: May 20/21 in Orlando - and keep your eyes out for more info!

Tallahassee Day of Workshops

November 13, 2010

9 am - 12 noon at John Wesley Church on Old St. Augustine Road.

We'll have members of the North Florida Area Panel come to help us study our Steps, Traditions and Concepts!



What you'll find at meetings

Each meeting has a different way of working the Al-Anon Program, here is just a sampling:

Step Meetings

Northside AFG

Nomads AFG

Adult Children

Unity AFG

Open Discussion

CASA, Monday On Monday, Friday on Monday

Hope For Today

First Things First

Tallahassee AFG

Friday Night Wonders AFG

Newcomer Meeting

This meeting is on Friday nights at 7:00 pm and is a more open format than the others. You are free to ask questions and come as often as you like to find out if Al-Anon is for you.

You are welcome to come to any meeting - there is no need to call ahead or to attend in any order.

Please feel free to join us!

Sharing from around our fellowship....

Thanks for letting me serve.

My experience in Al-anon has been a blessing since the first day I walked into my first meeting. I have been in Al-anon for about 1 1/2 years. With my first visit I immediately knew that I wanted to give Al-Anon a try. I started with regularly attending meetings and reading brochures. I quickly bought a daily reader and the 12 Step book - Paths to Recovery.

Then, I got a sponsor and started working the 12 steps one-on-one with my her. I saw immediate changes in myself - my attitude improved as I focused more on myself and turned to my Higher Power.

I also began to appreciate the 12 Traditions to Al-Anon and to my life. Tradition 7 stresses the importance of groups being fully self supporting. As I began to move into service work with Al-anon, I saw how important that can be to the success of a Group and District.

I was blessed with being able to attend the last Assembly as our Districts "Growth Investment Person" (GIP). Through your giving at each meeting our District is able to offer to pay for an interested person's attendance at Assembly as the GIP.

Through this gift I was able to get a glimpse of what it takes to keep an organization as wonderful as Al-Anon working. In addition, it solidified my commitment to Al-

Anon. Service work is both a blessing to Al-Anon and to the individual.

Thank you for your giving.
Lori S.



This, too, shall pass.

In a moment of clarity I made this my computer password - "This too shall pass." It is part of my Al-Anon program that has come to mean a lot to me. I have used it with my family, with physical pain, and with times of confusion and difficulty. Since we have to change our passwords at work, it seemed like a good opportunity to insert some recovery program into my day.

I realized that the "good" things pass just as the "bad" things do, and that is just part of the ebb and flow of life. It doesn't mean something is "wrong". It simply means things have changed. Having to change my password is a change I have to get used to. Losing a loved one is a change I have to get used to. Getting older is a change I have to get used to. Things that are good and things that are bad all pass. Life is change.

Using this slogan paid off today at work. My boss has criticized me in the past for not taking the details of travel and training into consideration. Our viewpoints are different - I think someone else's job is not my job, she wants me to be involved in all these details. But today she got upset that I had been involved in the details because, as she said, it was not my job to be in that part of the task!

I could have really gotten worked up, trying to justify, defend or explain myself.
My little reminder of "this to shall

pass" reassured me "the sky isn't falling"... it just got cloudy. This doesn't have to be "a problem" or an ongoing issue between me and my boss. I don't have to figure out which side of this she really wants me to be on.

Having the slogan in my work computer allows me to take a breath and remember that I don't have to change the circumstances to keep my serenity. I can acknowledge the frustration and know that "this, too, shall pass."

Anne R.

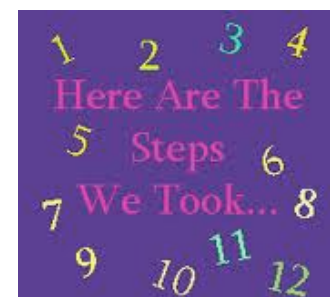


Upcoming at Fall Assembly.

Anyone giving a report at the microphone will have to say at the end of their report: "You may not know this but part of my job description is _____." This may be something we could do in our Groups and District meetings to let people know what we, as Trusted Servants, do in Al-Anon!

WSO Trustee to attend our Assembly! We're not sure who it is, but we do know their Experience, Strength and Hope will be invaluable! Hopefully your Group will send a Representative!

If anyone would like to do some Public Outreach work there are some great ideas coming from North Florida Area. Please contact Cindy at: Dist1AISL@hotmail.com



Red Light/Green Light Questions for Fall Assembly :
Think about them, talk about them, share them at Assembly.

#1 “Our 7th Tradition states “Each Group is fully self-supporting, declining outside contributions.” Please define “Outside” -- the group? the district? the fellowship? If a District gives money to a new group is the District violating the 7th Tradition?”



#2 “How do we deal with professional counselors, therapists, those trained in addiction recovery, etc who come into the Al-Anon rooms and reveal their occupations and professional opinions?”



#3 “This is about members who have more than one Service Position at a time -- when is 2 too many?”

So these questions will be researched by three different Districts who will present information from our Conference Approved Literature then open up discussion for anyone who is at Assembly.

Traditionally this is a wonderful time to learn about how different groups and different Districts do things!

Red Light/Green Light is on Sunday mornings.



Don't forget to read about our slogans. They can be a helpful program idea to hang on to when things get crazy or chaotic in our lives.

Do you have a favorite slogan? How about sending in a sharing on it -- send it by email to: tallyalanon@hotmail.com

We're all in this together!!

Al-Anon Family Group Meeting List

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,

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 - 12:30 pm *Friday on Monday AFG* - CASA Clubhouse, 2410 Monday Road, Tallahassee, FL (in the small building behind the main clubhouse)

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 Aldersgate Room, by front parking lot)

SUNDAY - 3:00 pm *Sunday Happy Hour AFG* - TMH Behavioral Center, 1616 Physician's Drive, Tallahassee, FL (first floor in the Cafeteria)