

# Al-Anon Newsletter

North Florida District 1

June/July/August 2010

**Contact us: (850) 222-2294**

**Email: [tallyalanon@hotmail.com](mailto:tallyalanon@hotmail.com) Website: [www.tallyalanon.org](http://www.tallyalanon.org)**

Meeting List available on the website, or call for an automated listing on our answering service.

Newcomer Meeting: Friday 7:00 pm, Tallahassee Senior Center, 3rd Floor Conference Room

## *Message from your District Representative:*

Thank you for allowing me to serve you as your district representative at the last spring assembly of the North Florida Area.

In that capacity I enjoyed listening to two different speakers share their stories of recovery and growth in service that were very inspiring.

I laughed heartily during a skit on the sixth tradition in which a celebrity tennis player was hired to serve as a spokesperson for Al-Anon. I endured a very long business meeting that reminded me of why my eleventh step work is so important to me.

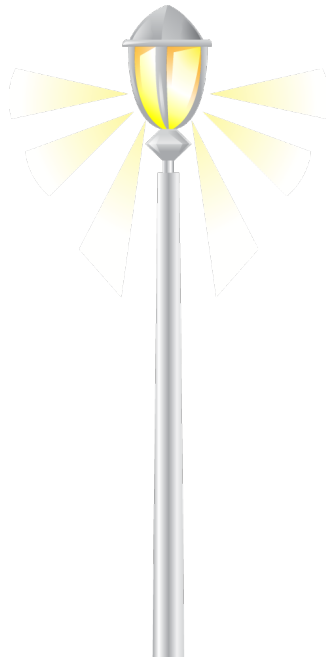
And my favorite, I enjoyed a late Saturday evening supper on a quiet outdoor patio with the rest of the district 1 delegation. In spite of the long day and our weariness from the business meeting we

enjoyed each other's company so much that we lost track of the time and ended up getting to bed somewhat late.

Like the rest of life Al-Anon service is challenging at times and immensely gratifying at others.

Thanks again for your trust in me.

George G.



## HIGHLIGHTS FROM SPRING ASSEMBLY

\* **Al-Anon tries to use Knowledge Based Decision Making (KBDM)** which consists of four basic elements:

1. Open communication between leadership & membership
2. Dialogue before deliberation
3. All decision makers have common access to full information
4. We exist in a "Culture of Trust."

\* **Al-Anon World Service has instituted a "Thought Force" on integrating Alateen into Al-Anon.** Some of the ideas generated include:

- Create guidelines for Al-Anon groups so that they feel comfortable welcoming young people.
  - Educate members that teens are members of Al-Anon too, and that this should be a multi-level program.
  - Utilize Area Alateen guidelines to help members feel comfortable about issues that pertain to teens (rides, personal sponsorship, etc).
  - Suggestion to WSO that they create a training program for this aspect of the Al-Anon program.
  - Have a conversation about discontinuing the term Alateen; call all members Al-Anon members.
- \* **TEAM Event in the works - Together Empowering Al-Anon Members.** To be planned by North Florida in cooperation with South Florida, and held in Orlando in the spring of 2011. Service oriented education and workshop. More details forthcoming!
- \* **New Book!!** Tracing Our Growth - which will be available in 2011 and will be a compilation of sharings on the history of Al-Anon and how it has helped in members' lives.



## Red Light/Green Light

We had a great time at Assembly presenting our work on the Red Light/Green Light topic at hand. Since the question was a multi-part query about how to deal with the introduction of material and ideas into our Al-Anon Meetings the majority of our research led us to two books:

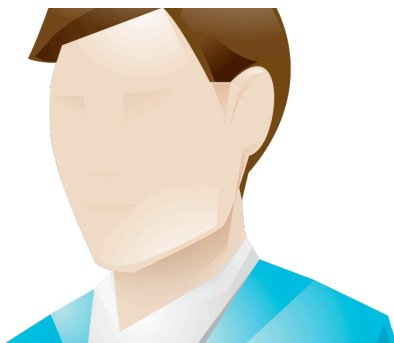
The Al-Anon/Alateen Service Manual and Paths to Recovery.

In the Service Manual check out page: 107 where it discusses Dilution of the Program; page 108 where it discusses Focus; page 106 where it discusses Religion/Philosophies and page 13 where it discusses relating to other 12-Step Program.

There are also pamphlets: “Why Conference Approved Literature?” (p-35), “Al-Anon Spoken Here” (p-53), “Attracting and Cooperating” (s-40) and “The Twelve Steps and Twelve Traditions (p-17)

See if you can find more references in CAL!

## Speaker's Meeting



Speaker's Meetings are wonderful ways to hear about how the Al-Anon program works in the actual life of an actual person.

While most of us in Al-Anon understand that “the program” is really an informal use of the spiritual principles, it is hard to get away from the notion that there are theories, abstracts, formulas and “a right way” to work the program.

Listening to an Al-Anon member tell his or her story invites us in to the true way the program works - one day at a time, in the life of a family that is affected by someone's drinking.

Friday Night Wonders, the Al-Anon group that meets at the Senior Center on Friday nights at 8:15 pm, has designated one meeting a month as a Speaker's Meeting.

Think about going and hearing how the program works. And also, think about speaking yourself (GASP!) and telling others how it works in your life.

We are progress not perfection - hearing how it works for others helps me!

## Sharing Your Story



Speaking of sharing your story, if you haven't thought about this yet - give it a moment.

The Forum, which is the monthly magazine of the Al-Anon fellowship is a collection of short sharings from members around the world.

Perhaps you have had an insight, an “aha moment” or some particular experience at a meeting that you would like to share.

Either online or by snail mail, you can submit these stories - and bring the message to someone who may need to hear exactly what you have to say! Check it out at:

<http://www.al-anon.org/members/forumss.php> (use your group name followed by AFG as the password)

## Newcomer's Meeting



Friday nights at 7:00 there is a dynamic meeting going on at the Senior Citizen's Center in Tallahassee!

We follow the WSO Guidelines about Newcomer Meetings, with access to Conference Approved Literature, and there are often many members to share their Experience, Strength and Hope.

This is a wonderful opportunity to ask questions, to find out what Al-Anon has to offer, and to reach out to a new comer.

If you'd like to chair a Newcomer Meeting call 222-2294, or email: [tallalanon@hotmail.com](mailto:tallalanon@hotmail.com)

## **Sponsorship**

Sponsorship is one of those tools of the Al-Anon program that can be confusing and a little bit difficult to understand.

Rest assured that it is not complicated and it is not something that has to be done in a certain way, with a certain effect nor will it be “graded” or analyzed.

In fact, Sponsorship is a one-on-one relationship between two members and it can take any shape that the two members work out.

It is a way for one member to help guide another through the spiritual principles and Legacies of our program.

Helpful literature on this topic include: “Sponsorship: What Its All About” (P-31), and our Sponsorship Bookmark (M-78).

Both of these give simple, straightforward guidelines and tips on how to find a sponsor, how to be a sponsor, and how to change sponsors if necessary.

Take some time to read the Service Manual as well. There is nothing to be afraid of, and there is no one certain way to use this tool.

And, as with all Al-Anon tools it is not required to use it! It has just been helpful to many Al-Anon members through the years!

## **Service - At the group, and beyond**

At the recent Spring Assembly there was much discussion of Service: what it is, how it works, who does it, and how?

Many of the Area Officers and Coordinators were forthcoming about what it takes to do the jobs they are currently doing for our fellowship: whether that is bringing information about Literature, carefully dealing with the Group Records information, being a good fiscal steward of our contributions (Treasurer) and other positions that make up the Area panel.

But there are other ways that Al-Anon members can participate in Service.

One is chairing a meeting. This is a foundation block in our program - to have regularly scheduled meetings with chairs ready to make the meeting happen. Most groups follow the Guidelines and use Conference Approved Literature. It’s not hard!

Having a position within the group, such as Literature, Treasurer or being a key-holder. Making sure that the chairs are ready, and that literature is available. Opening the door of a locked facility. These are necessary and while they seem small, they are vital to keeping Al-Anon available.

Making a call to another member, returning the call of a newcomer, sharing your story in The Forum... there are many ways to be of Service.

And, in Al-Anon Service is not about duty and obligation, it’s about how we help ourselves.

## **Literature**

If you haven’t taken a look at some of our Conference Approved Literature in a while, maybe you would consider logging on to the Al-Anon World Service Website and browsing through the catalogue.

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

Discovering Choices is a book filled with sharing about how Al-Anon has helped in relationships of all kinds.

Opening Our Hearts, Transforming Our Losses is a book about the various kinds of grief we all experience, and how Al-Anon has helped many members through and beyond.

Paths To Recovery gives a detailed look at our three Legacies: The Steps, The Traditions and The Concepts. There are reflections questions that can be helpful personally or at the Group level.

How Al-Anon Works is a great overview of the Program and how it works in our lives. All of these can be ordered by emailing:

[Dist1Literature@hotmail.com](mailto:Dist1Literature@hotmail.com)

**Al-Anon Meetings in and around the Tallahassee area**

**June/July/August 2010**

**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* – 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)

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.**

**CONTACT US: 850-222-2294 or on the web at [www.tallyalanon.org](http://www.tallyalanon.org)**