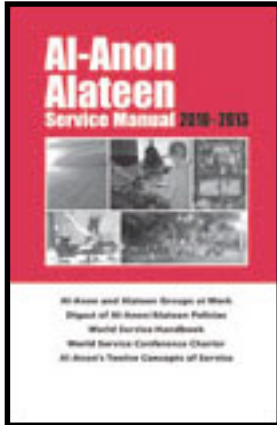


Al-Anon Newsletter

Happy Summer! Let It Begin With Me -

When anyone, anywhere reaches out for help let the hands of Al-Anon and Alateen always be there. And let it begin with me.



New Al-Anon/Alateen Service Manual

Be sure your group has the latest information and the most recent Manual!

Check with our District Literature Chair today:

Dist1Literature@hotmail.com

Contact Us:

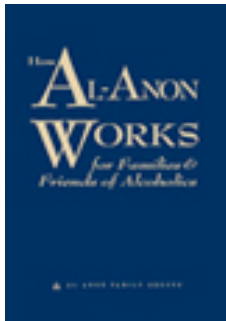
Phone: 850-222-2294

Web: www.tallyalanon.org

(Schedule of weekly meetings can be found on our website.)

Email: tallyalanon@hotmail.com

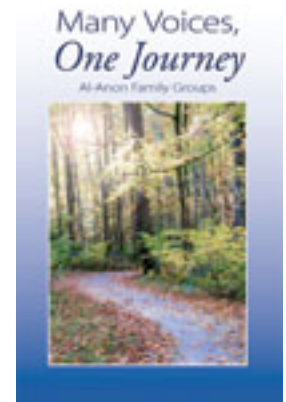
Al-Anon World Service Website:
www.al-anon.org/members



Al-Anon Faces Alcoholism 2011

Our annual public outreach magazine helps potential newcomers understand the benefits of Al-Anon.

[download orderform](#) [PDF of magazine](#) [order on-line](#)



Al-Anon Literature comes in a wide variety of types and focus. From books on specific ways to practice these principles, to pamphlets and booklets designed to share with newcomers, to reports and manuals detailing our many service arms ... there is something for everyone!



North Florida Area Convention 2011 will be in Orlando this year – September 23–25, 2011. You can see the Convention Website here: <http://www.alanon-orlando.com/2011convention.html> From this site you can make hotel reservations as well as register for the Convention itself. Many of your fellow members from District 1 are already registered – and some will be presenting workshops! Check out your meeting for printed materials -- encourage your sponsees to go! What a great way to feel a part of the fellowship!

SPRING ASSEMBLY - MAY 14-16, 2011

Four members of District 1 (the Tallahassee region) attended the Spring Assembly of North Florida Area in Ocala in mid-May.

At this meeting we take care of the business of Al-Anon a level greater than our own personal geographic space.

We get together with members of Al-Anon from Tallahassee to Jacksonville to Orlando to Tampa to Sarasota to Melbourne. And all the spaces in between.

We share our experience, strength and hope and we learn from each other. We find we're not alone.

This year we were focusing on Service and on ways we can reach out to the public.

We were able to see a new DVD that has three vignettes explaining what Al-Anon is that can be shown to professionals, to schools and to prospective members. Reaching out and letting people know we are here is so important to our own recovery!

We also focused on service at the Area level, breaking up into smaller groups to learn from the Area Coordinators and Officers what they do and how someone who is interested might become a trusted servant in that way. Look for sharing from participants to see what they learned.

We learned about a new book: called "Many Voices, One Journey." This is an amazing book - filled with stories submitted from our membership and organized according to the years of Al-Anon's existence. So it is a history of our fellowship, told through the experiences of our members.

Our Area Literature Coordinator also announced that one of our more popular books: "How Al-Anon Works" is now available in paperback for just \$5!

And finally we look forward to elections at the Fall Assembly. Be sure your Group has a Representative at that Assembly!

TEAM:FLORIDA

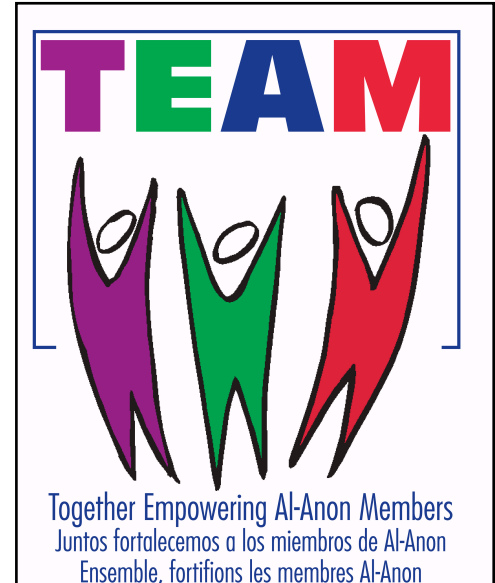
Our Area, in cooperation with South Florida Area and the World Service Office put on a dynamic new kind of Service Seminar - a TEAM event. TEAM is an acronym that stands for:

Together Empowering Al-Anon Members.

The event took place on May 20-21, 2011 in Orlando. We had nearly 100 attendees over the course of the two days. There were numerous presentations, skits and workshops. The topics were a wide variety of issues that pertain to Al-Anon such as serving at the worldwide level, giving as a spiritual connection, diversity, leadership, conflict resolution and more.

We had presentations on various types of sponsorship. And for the first time in North Florida we had full translation of the entire event into Spanish for our spanish-speaking members!

It was a wonderful event, and if you find yourself able to attend one in the future GO!!



A member shares:

"For me, Step Six has been a lesson in patience—progress, not perfection. It's about my practicing gratitude, giving thanks for my life as it is and accepting help so I can improve. Growing up in a home with untreated substance abuse and mental health issues, I was like a little soldier—self-sufficient to a fault. It's very hard for me to ask for help. Maybe, I have to try to remove my defects on my own (and fail) before being entirely ready to accept God's help. There are limits to what I can achieve without assistance. Amazingly, by accepting my limitations and asking for help, I open my life up to receive unlimited possibilities." Elizabeth W.

In August we will be rotating Service Positions. Its not too early to begin thinking about how you may want to give back to Al-Anon. Here are the positions we utilize in our District ... pray, meditate, talk to your Sponsor or one of the Trusted Servants currently in the position for more information.

District Service Positions

Group Representative: Elected by each Group. Represents the Group at District and Area events. Provides vital communication link between members and the Service arms of Al-Anon. Must have Internet access. Cannot be a member of AA. If a Group does not have a Group Representative, they may elect a temporary Group Rep to attend District Meetings and Area Assembly.

District Representative: Calls and chairs District meetings regularly; passes information along from the Area to the Groups regarding Group health, Service, Al-Anon Traditions and Concepts; stays in touch with GRs to pass along problems or concerns to the area; assists the Groups with applying and understanding the traditions; attend the Area World Service Committee (AWSC) and Assembly at the Area Level. These are paid for by the District. Must have Internet Access.

Al-Anon Information Service Liaison: Provides an information pipeline from Members and Groups to District and on to Area, then brings information back from Area to District for Groups and Members. Oversees Public Outreach, Membership Information, Group Records and is a point of contact for the Public when they are seeking information about Al-Anon. Attends four Area Meetings a year (2 AWSC, 2 Assembly) paid for by the District. Submits information from District to Area and WSO. Must have Internet Access.

Public Outreach: Works with the community to bring Al-Anon information to the public, and is a point of contact for the Public whenever they need to contact Al-Anon in our District. Can have a committee to help with actual projects. Oversees publication of a District Newsletter. Should have Internet Access. Keeps list of Al-Anon members willing to be Speakers.

District Group Records/Membership Services: Oversees Phone List and Meeting list, making sure both are up to date and published in the Newsletter and on the Website. Coordinates with Group Reps to make sure information is current. Keeps a list of Members willing to make 12th Step calls to people calling in for Al-Anon information. Must have Internet Access.

District Treasurer: Maintains a record of income and expenses for the district; reports to the district meetings the status of the checking account; makes deposits and writes checks. Should have Internet Access.

District Secretary: Attends all District Meetings, takes notes and creates a document for distribution to the District. Corresponds with Area Group Records Coordinator to make sure all Group contact information is current. Must have Internet Access.

District Webmaster: Creates and maintains the district website; ensures that domain name stays registered; ensures that website host payments are current. Updates information in a timely manner, and communicates with all District officers. Must have Internet Access.

Newcomer Meeting Liaison: Maintains a calendar of volunteers to chair the newcomer meeting; acts as contact with the Senior Center regarding room availability; works with the Friday Night Wonders group to facilitate scheduling when the Senior Center is closed. Maintains literature, contact information, supplies and schedule as well as being a point of contact for people with inquiries regarding Newcomer Meeting. Should have Internet Access.

Literature Coordinator: Coordinates ordering and distribution of Literature. Maintains funds and makes reports at District Meetings. Works with Groups and District Panel to provide literature to members. Must have Internet Access.

AA Liaison: Works with the local AA groups to coordinate activities that are shared. Must be willing to have name and phone number given to AA Intergroup and Area groups. Should have Internet Access.

Our next District Meeting is June 26, 2011

4:30 - 6:00 pm

at

John Wesley Methodist Church

My Home Group Is My:



DISTRICT 1 AFG MEETINGS

MONDAY

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

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 9th Ave East, Havana, FL

FRIDAY

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

7:15 pm *NEWCOMER’S Meeting* – Senior Center 3rd Floor, 1400 N. Monroe St., Tallahassee, FL

7:15 pm *Friday Night Wonders AFG* – Senior Center, Conf. Rm. 1A, 1st Floor, 1400 N. Monroe St., Tallahassee, FL

SATURDAY

No meetings on Saturday at this time. Nomads meeting closed as of June 1, 2011.

SUNDAY

3:00 pm – *First Things First 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.

Friday Night Wonders - Book Study on the 3rd Friday of the month.

Currently working through “Discovering Choices” - this is the Al-Anon book all about relationships.

So if you’re interested in that book, or just curious, come and see what it’s all about.

Unity Adult Children AFG -

Will be starting a new 4th Step section of their meeting!

Beginning Labor Day Monday we will take 1/2 hour (9:00 - 9:30 pm) after our regular meeting, to work on the Blueprint For Progress!

Bring your Blueprint and join us

•••••
• Don’t forget our monthly magazine
• The Forum
• Check out our online resources at
• www.al-anon.org/members where you can
• order copies, a subscription and also
• submit a sharing.
•••••

