

Al-Anon District 1 Meeting. Tallahassee, Florida. May 20, 2018.

Grace Lutheran Church. 2919 Miccosukee Road.

4:35 p.m. to 6:02 p.m.

In attendance: **Adrienne A.**, District Representative; **Erik R.**, District Treasurer and acting as Secretary; **Susan R.**, Public Outreach Chair; **Jim V.**, GR Tallahassee AFG; **Jacque L.**, GR Hope For Today AFG; **Katy M.**, GR, First Things First AFG; **Cindy R.**, Alt. GR, Serenity AFG; **Kelsey**, GR, One Day At A Time AFG; **Susie** and **Ginny**, New Co-Event Coordinator for District 1; **Eileen**, Member, One Day At A Time AFG; **Hayley**, GR, Adult Children AFG. (12 people present)

The meeting opened with the reading of the Serenity Prayer followed by the 12 Traditions, and 12 Concepts of Service/General Warranties of the Conference.

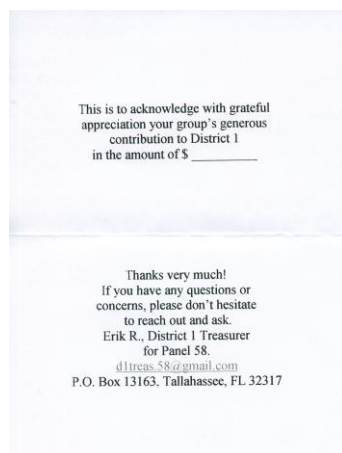
OFFICER REPORTS:

Acting Secretary (Erik R):

- Minutes of the last meeting were approved.

Treasurer (Erik R):

- Budget Summary and Income & Expense Ledger were approved.
- The contribution checks from Serenity AFG (\$30) and from Hope For Today AFG (\$50) have been mislaid by the Treasurer. My apologies. Erik requested that the treasurer for each of those AFGs confirm that their checks have not been cashed and when confirmed, please write and send another check to replace the missing one. If the original should surface they will be documented and shredded.
- Erik presented his reimbursement request to the District Representative who accepted it and signed a check for \$196.88
- Erik presented a sample of a Thank You card that is modeled after Llew E., Area Treasurer. It will serve as both an acknowledgement of contributions from the AFGs to the District and as a confirmation that the donation was received.



Budget Summary 03-05-2018

District Income

Groups	80.00
District Meetings	7.00
Individual Donations	
Other Income	
Total Income	87.00

District Expense

	Budget	Y-T-D
Public Outreach	600.00	48.00
Travel	800.00	196.88
Office Expense	320.00	120.00
Miscellaneous	300.00	
Total Expenses	2,020.00	364.88
Difference		-277.88
Savings	25.00	

2017/12/6 Checking Balance	2,102.09
3/5/2018 Checking Balance	2,182.09
2018/05-20 Checking Balance	1,817.21
Difference	-277.88

GR Reports

- Katy M. GR: The Sunday First Things First AFG, meeting on Sunday afternoons at TMH Behavioral Health Center reported that she attended the Area 9 Assembly and it was "awesome." She noted that Erik R., whose home group is 1st Things 1st, who was present as a GEM, stepped temporarily into the position of Alt-DR and made introductions, attended DR-related and other sessions on behalf of Adrienne, our DR who was in the hospital over that weekend. The AFG is working well, welcoming newcomers at many of its meetings. Members have stepped up to take group service positions.

- Jim V. GR: Tallahassee AFG, meeting on Wednesday evenings at the Senior Center, reports that he also attended Area 9 Assembly and also found it “awesome,” with answers to many questions he had about Al-Anon service. He was especially interested to note the use of timers for members who made presentations and who stepped up to the microphone to contribute their experience, strength, and hope on the topics presented during the weekend. He plans to introduce the idea into his AFG as a way of encouraging brevity when needed. He likes the idea of a 2-minute bell followed by a 1-minute bell, if needed, as a means of encouragement to conclude a sharing. He does not intend for the bells to cut off contributions but only to make people aware of the need to share the available time.
- Kelsey, GR: One Day At A Time AFG, meeting on Thursday evenings at Tallahassee Heights United Methodist Church, also attended Assembly and found the 3-day experience “awesome.” She especially liked the break-out sessions that addressed non-conference approved literature being shared at group meetings, the use of Knowledge Based Decision Making, and the survey sheet that was passed out, titled: *Facing Our Biases*. She also appreciated the use of the timers at the Area 9 Assembly and Jim’s suggestion to use the technique as a signal rather than as a rule. She noted that District 1 now has 3 trained and qualified AMIAs to work with Alateens if a group can start up in our District. She pointed out that we can recommend to teens the on-line service, Alateen Chat, and that Alateen will have an Area Convention in July at which we can volunteer to serve. She reminded us that her AFG studies Conference Approved Literature at their regular meetings
- Jacque L., GR: Hope For Today AFG, meeting on Thursdays at noon at St. Stephens Lutheran Church, reported that this group gets a lot of newcomers and returning newcomers currently.
- Cindy R, serving as Alt. GR for Nancy R: Serenity AFG, meeting Tuesdays at noon at Immanuel Baptist Church reported that Nancy had also attended the Area 9 Assembly and found her experience there to be “awesome.” Cindy noted that her group gets attendance from newcomers most weeks.
- Hayley, GR: Adult Children AFG, meeting Monday evenings at St. Louis Catholic Church also attended the Area 9 Assembly and received “a lot” of information from the weekend. Her AFG attendance has a lot of members some weeks and a smaller attendance other weeks.

DISTRICT REPRESENTATIVE REPORT

Adrienne noted that she is assigning all the District GRs the **homework assignment** to read the first 40 pages of the new 2018-2021 Service Manual, for discussion at our next District Meeting. Please get started on this reading as soon as conveniently possible.

She then passed around a draft of our EZ-Contact list and asked everyone present to make sure their information was correct.

Adrienne announced that Cindy J., the Area 9 Delegate to the World Service Organization, had received a lot of “love gifts” at her recent WSO meeting and Cindy is sharing some of them with each District. We were invited to come up after the meeting and take something for our groups.

She brought up the subject of Literature Orders, asking the GRs to get in communication with one another to combine and coordinate literature orders. Someone suggested the GRs share the Literature Distribution Center information that comes from the WSO so the Groups can talk about it and decide for themselves how to go about coordinating literature orders.

Adrienne noted that at the Fall Assembly, District 1 is assigned to produce and present a Skit based on Tradition 3:

The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.

PUBLIC OUTREACH REPORT

Susan R. announced that the Committee is acquiring Conference Approved Literature to donate to the public libraries in the 8 Florida counties that comprise District 1. She showed us 3 hardback copies of *From Survival to Recovery* that will be offered to 3 libraries that currently do not have copies of this book. She will look to acquire hardback copies of *How Al-Anon Works* for further donations.

She also suggested that the District determine how best to provide CAL brochures at the libraries.

Susan related that the Area Spanish Coordinator will be invited to be in Tallahassee next year at the St. Louis Catholic Church here when the church holds

its Spanish festival. We wish to connect Spanish language churches with Al-Anon groups and literature and she will be most helpful in achieving that.

A member suggested that the Public Outreach team contact Dr. Liz Holifield of the WFSU-FM radio show, *411 Teen* to go on the show and talk about Al-Anon and Alateen in our area. The show airs every Sunday afternoon from 2 to 3 pm on 88.9 FM.

WEBSITE CHAIR

Website Chair (Al A.): Al was not present and no report was submitted.

NEW EVENT COORDINATOR POSITION

Susie and Ginny have agreed to be co-chairpersons for Panel 58. They will help our District create amazingly attractive raffle baskets to contribute to District and Area events. They will hold a workshop to train member in how to create and wrap these “WOW Raffle Baskets” on Saturday, July 14, 2018 from 1-4 p.m. at a location to be determined (but quite possibly at Grace Lutheran Church’s Fellowship Hall, where this District meeting regularly takes place). Those attending are asked to bring sack "lunch" and District will provide the beverages, paper plates, cups, and napkins. Snacks will be available during Crafts time.

Event Coordinators may also be called on to help create and produce a District-wide Speaker Meeting that could include Al-Anon, Alcoholics Anonymous, and Alateen speakers. It will include food and drinks and be scheduled for some time between September and December of this year. Some members present suggested a date in early to mid-October as being a good time to hold such an event.

NEXT MEETING

We agreed to meet next on Sunday, **August 26, 2018** at 4:30 p.m. at Grace Lutheran Church, Fellowship Hall, our regular meeting place. The Speaker Meeting will be discussed.

Other upcoming meetings are:

August 18 and 19, 2018: AWSC, Altamonte Springs Hilton

September 14 to 16, 2018: Area 9 Al-Anon Convention, “What’s Your Emoji?”
Renaissance Orlando at SeaWorld

October 5 to 7, 2018: Area 9 Assembly, Altamonte Springs Hilton (District 1 will create and perform a skit based on Tradition 3)

We passed the basket and finished the meeting with the Al-Anon Declaration at 6:02 p.m.

After the meeting most of the members present participated in a service event held to help Public Outreach committee members stuff and address envelopes that announce Al-Anon resources to attorneys with offices in the District and to churches in the District. We ate pizza and sub sandwiches, had water, iced tea, coffee, and soda along with our service work and fellowship. The event finished at 7:20 p.m. with over 200 finished envelopes that Susan can mail. Thank you to all who provided refreshments and helped with the envelopes!