

Al-Anews

FLORIDA NORTH, AREA 9, DISTRICT 7 (Pinellas County), PANEL 61

SEP-OCT 2022

Recovery Through Service - Thoughts from your District Treasurer

I want to share some of my experience, strength, and hope related to my current service position as District Treasurer.

When I first came to Al-anon years ago I felt lost and confused. I had reached a place of despair and hopelessness and vowed I would do anything to change the situation I was in. I came to my first meeting and heard that I should attend meetings, read literature, get a sponsor and get involved in service. I got involved early in service and have served in various group service positions over the years. Each position provided me an opportunity to give back to the fellowship as well as learn how to interact with others in healthy ways, build self-esteem, confidence, and trust while reducing fear and isolation.

When I heard that the district needed a District Treasurer. I thought "I can't do *that!*" I felt I wasn't qualified or couldn't possibly handle it. I consulted with my sponsor and my Higher Power and stood for the position. I was reminded that all I really needed was willingness. As with all service work I've done, there have been challenges and rewards along the way. The challenges have provided me the opportunity for growth and place to put my program to work. At one point I had become frustrated and unreasonable trying to force my will. I remembered that we don't do service alone. I re-read the District Service Position Guidelines which strongly recommend getting a service sponsor. While they didn't have experience as treasurer, they had done service in other positions at the district level and reminded me that it is okay to ask for help. I didn't have to solve all these problems myself and I could "Let Go and Let God".

In this role I'm responsible for creating budgets, paying bills, depositing donations, making donations on behalf of the District to the Area and World Service Organization and establishing a "prudent reserve" for the District. This service work has shined the light on some places where I'm not fully healed. Financial insecurity

related to the disease alcoholism is a big part of my story. In my family of origin and in my relationships with alcoholics money was not talked about, often with devastating consequences. In discussions with others in the fellowship I've learned that I'm not alone with these feelings surrounding money. In Al-Anon we learn to trust in our higher power. I've read that in this fellowship we move money to a place where it will do the most good. Knowing that, that place is likely not our bank account. I've also learned that we focus on abundance rather than lack. We maintain an operating fund to cover expenses without holding onto money out of fear.

Participating in service allows me opportunities to do a 12th step by "practicing these principles in all my affairs". My recovery has not been linear. I get better at finding new ways to work things out and then I take back control and attempt to force solutions. I've learned to accept that I'm not perfect and with the help of Al-Anon I know that excellence does not require perfection. My service experience has allowed me a safe place to practice my program. With this experience, I'm able to take my new attitudes and behaviors beyond the walls of the room.

If your group needs help with setting a Prudent Reserve, creating a budget or you have questions about where your group donations can best be put to use, perhaps I can give you some direction on making those decisions. I've learned to listen and to provide advice only when it is requested. There are always service positions available in your groups, at the District and beyond.

Thank you for allowing me this opportunity to be of service and to continue recovery in this way in Al-Anon. *Bob W*

District 7 Information
Line: 727.548.6811



The Strength to Let Go

The most difficult thing a loved one of an alcoholic is asked to do is to let go. For perfectionists and control freaks like myself, it is almost impossible. No mother wants to abandon her child when she feels her child needs her the most. Yet nothing short of letting go would enable me to lead a life as close to “normal” as possible.

My journey was heartbreaking because I incorrectly believed that if my advice was just listened to and taken, my loved one would soon get better. After repeated attempts to “cure” my loved one this way, I finally reached the stage where I realized I was indeed powerless. It is a lesson I continuously learn and one that I have to remember every single day.

The stories I hear in Al-Anon meetings and read in Al-Anon literature where others have learned to let go gives me strength to keep trying. I need to do this, for my loved one’s sake and for my own. Through its literature and meetings, the Al-Anon community is a lifeline and source of encouragement for people like me. Certain feelings and fears can never be shared with family or friends but can be shared in the meetings. Thank you, Al-Anon, for being my guide and strength when I need it the most.

*By Alishiya
The Forum, September 2022*

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ALATEEN FRESH EVENTS

Train to be an AMIAS (Al-Anon Member in Alateen Service)!

In 2023 all training and certification will take place online using Zoom. You do not have to purchase a Zoom account to participate.

Here are the 2023 Recertification Dates:

October 15, 2022	9:00 am - 12:00 pm
November 18, 2022	6:30 pm - 9:30 pm
January 14, 2023	9:00 am - 12:00 pm
February 10, 2023	6:30 pm - 9:30 pm
March 11, 2023	9:00 am - 12:00 pm
April 14, 2023	6:30 pm - 9:30 pm

Please contact Eleanor, our Alateen Coordinator, at Alateen-61@AFGArea9.org to sign up for one of these.



**YOU'RE INVITED TO GOOD MORNING AL-ANON'S
30th ANNIVERSARY**

**SAVE THE DATE
SUNDAY OCTOBER 23, 2022 10.30 am**

**MORE WILL BE REVEALED REGARDING THE EXACT LOCATION
SO PLEASE REFER TO THE AL-ANON EVENTS CALENDAR, d7afg.org,
AS IT GETS CLOSER**

MEETING IS AT 10:30 am, FOLLOWED BY FELLOWSHIP



To be added to the email distribution of Al-Anews, please send an email to alanews@d7afg.org. PLEASE put your email address in the body of the message, because Outlook only shows sender's name, not email address....

MEETING PLACE

SPEAKERS NEEDED FOR OUR SPEAKERS LIST!

If you would like to have your name added or if you have heard a speaker you like, let Shira know at speakerslist@d7afg.org.

Take a look at how your meeting is listed on the website event calendar at d7afg.org and in the When & Where. Is it correct?

Also, have you changed your GR or mail person recently? If anything needs changing, please let the Group Records chair know!

grouprecords@d7afg.org

Women's Gottawanna AFG

13th Anniversary Meeting
September 28 at 7:30 p.m.
Riviera United Methodist Church
175 62nd Avenue North
St. Petersburg, FL 33702

Food, Fun, Fellowship, Speakers
Lots of laughter and smiles
Bring a dish to share.

Your meeting news could be here! Send information to alanews@d7afg.org.

For basic meeting information changes, please contact Group Records at grouprecords@d7afg.org. Any changes in meeting locations or times must first go there before they can be put in the When & Where, Al-Anews or on the website.

AREA ASSEMBLY

Oct 7-9 – GRs, this is for you!!

Concept 1: The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.

How does this happen?

Each Al-Anon family group (AFG) is autonomous. Decisions are generally made by group conscience.

Each AFG can choose a Group Representative (GR). The GR attends District meetings monthly to share experience, strength and hope related to how groups are doing, bringing any questions or issues to discuss and reason things out. GRs also learn about and participate in district-wide (Pinellas County) Al-Anon activities like public outreach, selling CAL, Al-Anews, When & Where and putting on the gratitude lunch. The GRs bring this information back to their groups.

While any member is welcome at District meetings, the GRs are the *only* members who vote — as representatives of their AFGs — when any vote is necessary. This is the first level at which AFGs are responsible for Al-Anon world services.

Similarly, twice a year, GRs gather with others from a larger geographic region - the Area. In our case, that is all of north Florida. Here, too, Al-Anon services' responsibility and authority are discussed, such as area-wide collaboration on outreach and Alateen. And *only* GRs can vote if any votes are necessary. Information flows back to the groups through GRs.

That is why GRs are encouraged to attend Area Assembly twice a year. And their groups should try to support them financially. This is the next level of AFG responsibility and authority.

2022 Fall Assembly - October 7-9 at Hilton Orlando/Altamonte Springs

There is a 3-step process to registering for Assembly found here: <https://www.afgarea9.org/assembly-oct-2022-registration.html>

- a Event registration for attendance (deadline Oct. 3)
- b Purchase of registration and meals (optional, deadline Oct. 2)
- c Room reservation at Hilton (room rate good to **Sep. 15**)

Assembly Documents and Preparation

<https://www.afgarea9.org/assembly-2022-october.htm>

The best part about going to Assembly is the wonderful spiritual fellowship with others serving as GRs or other trusted servants, sharing experience, strength and hope.

At a later date we'll go into additional levels of involvement. *Susan C*

Next District Meeting

(monthly meeting for GRs, District trusted servants and any interested members)

Saturday, November 12, 2022, 9am ET

CENTRAL CHURCH OF CHRIST

Fellowship Hall

1454 Belleair Rd, Clearwater 33756



DISTRICT PAGE



DISTRICT MEETING HIGHLIGHTS

- One of the District's immediate priorities is filling open service positions:
 - We need an AA Liaison, Alateen Coordinator and Spanish Coordinator
 - Don't need to be a GR to serve in these positions!
- The World Service (WSO) Office continues to run a deficit. Groups and individuals are encouraged to consider direct donations. Individuals can contribute directly through the Al-Anon app; groups can respond to the appeal letter or by sending a check. NOTE: This is not the same as contributing to District.
- A small thought force is looking at the issue of organizational status for our service activities like literature sales (activities other than personal recovery services) and how this affects money handling by trusted servants. This question has been unresolved for years; we hope to make some progress toward an acceptable approach. Look for more information at future meetings.
- WSO Board is seeking applications (al-anon.org/for-members/board-of-trustees/wso-volunteers/)
 - Trustee of the Board: At-Large and Regional for 2023
 - ECRPM Executive Committee Real Property Management (3 year term)
 - At-Large member of the Executive Committee (1-3 year term)
- Thought Force on Day of Workshops presented report in September on issues why Workshops has not been held since 2018. This provides growth in service, financial support to District. Wealth of supporting information is available for anyone willing to step up as chair.
- Using WSO discussion materials, the District had a workshop on Spirituality in Money Discussions. Due to effects of alcoholism, many Al-Anon members have fears about financial matters that may carry into service, making it difficult to have discussion about finance. The Workshop focused on spiritual principles helpful in making these discussions easier.

DISTRICT 7 Service Positions

District Representative (DR) Shelly F
dr@d7afg.org

Alternate DR Heather D
alternatedr@d7afg.org

District Secretary*

district_secretary@d7afg.org

District Treasurer Bob W
treasurer@d7afg.org

DISTRICT INFORMATION SERVICE (DIS) Positions

DIS Liaison (DISL) Kimberly H
disl@d7afg.org

DIS Secretary Sharon C
dis_secretary@d7afg.org

AA Liaison*

aaliaison@d7afg.org

Al-Anews Susan C
alanews@d7afg.org

Alateen*

alateen@d7afg.org

Archives Ashley M
archives@d7afg.org

**Cooperating with the Professional
Community (CPC)** Victoria P
cpc@d7afg.org

District Alateen Process Person Jeff
dapp@d7afg.org

Group Records Casey W
grouprecords@d7afg.org

Information Line Donna
informationline@d7afg.org

Institutions*

institutions@d7afg.org

Literature Distribution Center (LDC)
Donna L

literature@d7afg.org

Public Information Gail and Lisa
publicinformation@d7afg.org

Spanish Coordinator*

spanish@d7afg.org

Speakers List Shira P
speakerslist@d7afg.org

Web Site Johanna K
webkeeper@d7afg.org

When & Where Rosemary
whenandwhere@d7afg.org

*Open Position — service opportunity!