

# Al-Anews

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

OCTOBER 2023

## GRATITUDE LUNCHEON October 28, 2023

12- 3:30pm

St Catherine of Siena, 1955 S Belcher Rd, Clearwater, FL 33764

District 7 is having its first Gratitude Luncheon since Covid shut us down for meeting Face 2 Face with our Fellowship. We have a NEW LOOK. Join us for a fabulous afternoon of fun, food and fellowship. Bring a friend or family member. Open to all. Make sure you give GR of one meeting you attend your head count for the food.

*Sandwiches will be provided by District 7 for lunch (inc.gf and veg)  
Sides, desserts and drinks always gratefully accepted*

*AA speaker and Al-Anon speaker.  
Listen to the journey of their  
recovery.*



### RAFFLE



#### Our Newest Daily Reader Is Here!

A *Little Time for Myself* (B-34) represents the many voices of Al-Anon members today, just as the daily readers before it—including *One Day at a Time in Al-Anon* (B-6) and *Courage to Change* (B-16)—reflected the times in which they were written.

Available from your local Literature Distribution Center or the Al-Anon Online Bookstore at [al-anon.org/shop](http://al-anon.org/shop)

Remember—when you buy from your local Literature Distribution Center, you support local services.

New address for financial donations:

Make checks payable to: District 7 AFG  
4604 49th Street N  
Suite 1294  
St. Petersburg, FL 33709

Bob W, Treasurer

The mission of District 7 is to foster participation in service and interest in the Steps, Traditions, and Concepts; to provide opportunities for groups to associate with other groups; to inform the membership about the activities and services in our district and area; and to maintain representation to and from the Florida North Area.

District 7 Information  
Line: 727.548.6811



# MEETING PLACE



**Send meeting news - anniversaries, speakers, etc. - to [alanews@d7afg.org](mailto:alanews@d7afg.org) by the first of the month. *Please do not include any personally identifiable contact information!***

*Do you want to know about the exciting events and happenings in District 7?*

*email [alanews@d7afg.org](mailto:alanews@d7afg.org)  
put in subject: add to Al-Anews list*

*Al-Anews is no longer being printed by District.*

## DISTRICT 7 AFG, INC. DONATION

When making a donation to the District, please use this form.

Date \_\_\_\_\_ Donation Amount \_\_\_\_\_

Group Name \_\_\_\_\_ Group ID # \_\_\_\_\_

Group Contact Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ FL Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Make check payable to:

District 7 AFG

4604 49th Street N

Suite 1294

St. Petersburg, FL 33709

## ACRONYMS AND SLOGANS...

- HOPE — Hearing Other Peoples' Experiences
- "Keep coming back"
- 3C's We didn't cause it, we can't control it and we certainly can't cure it but how do we contribute?



# MEMBER INFORMATION

## SERVICE

I never thought much about Tradition Seven, which says that every group ought to be fully self-supporting. I thought it referred only to paying the rent. But recently I was involved with a group that maintained itself financially and still was not self-supporting because no one would commit to service. I already held several positions, and when my various terms expired, no one was willing to take my place. I made what felt like the responsible choice for myself and stepped down anyway. The meeting closed. In my opinion, a group that cannot fill its service positions is not fully self-supporting.

*Courage to Change, p.251*

*Do yourself a favor and read our literature about service. It is filled with inspiration and hope in recovery.*

*From "A Little Time for Myself" p.332*

*Today's Reminder - When I take a more active role in the Al-Anon fellowship, I get even more opportunities to grow. "Participation also responds to our spiritual needs. All of us deeply desire to belong" Al-Anon/Alateen Service Manual. How can I become more active in Al-Anon today?*

## GROUPS SHOULD HAVE:

**Group Rep**  
**Alt. Group Rep**  
**Treasurer**  
**Secretary**

**Literature person**

*Each group is autonomous but should at least have GR and Treasurer*

**Required by WSO**

**CMA:**

Current Mailing Address

## ARE YOU A GR?

Did you get this from the Al-Anews Chair in your inbox?

If so, have you made sure recently that other members of your group are on the distribution list for the Al-Anews?

We suggest that every few months you ask your group members if they are getting the Al-Anews. If anyone needs to be added to the distribution list, send their email address to [alanews@d7afg.org](mailto:alanews@d7afg.org)

# DISTRICT PAGE

## DISTRICT SERVICE POSITIONS FOR PANEL 64

District Representative (DR) Heather D

dr@d7afg.org

Alternate DR Victoria P

alternatedr@d7afg.org

District Secretary\* OPEN

district\_secretary@d7afg.org

District Treasurer OPEN

treasurer@d7afg.org

Literature Distribution Center (LDC) Kimberly H

literature@d7afg.org

## DISTRICT INFORMATION SERVICE (DIS) Positions

DIS Secretary OPEN

dis\_secretary@d7afg.org

AA Liaison OPEN

aaliaison@d7afg.org

Al-Anews OPEN

alanews@d7afg.org

Alateen OPEN

alateen@d7afg.org

Archives OPEN

archives@d7afg.org

Cooperating with the Professional Community (CPC) OPEN

cpc@d7afg.org

District Alateen Process Person Sharon C.

dapp@d7afg.org

Group Records OPEN

grouprecords@d7afg.org

Information Line Carolyn L

informationline@d7afg.org

Institutions

institutions@d7afg.org

Public Information Shira

publicinformation@d7afg.org

Spanish Coordinator Fanny D

spanish@d7afg.org

Speakers List speakerslist@d7afg.org

Web Site Ed

webkeeper@d7afg.org

When & Where Donna S

whenandwhere@d7afg.org

## 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 Danielle C

aaliaison@d7afg.org

Al-Anews

alanews@d7afg.org

Alateen Laurie L

alateen@d7afg.org

Archives Ashley M

archives@d7afg.org

Cooperating with the Professional

Community (CPC) Victoria P

cpc@d7afg.org

District Alateen Process Person\*

dapp@d7afg.org

Group Records Casey W

grouprecords@d7afg.org

Information Line Donna

informationline@d7afg.org

Institutions\*

institutions@d7afg.org

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

Rosemarywhenandwhere@d7afg.org

### Next District Meeting

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

Saturday, November 11, 2023, 9am ET

CENTRAL CHURCH OF CHRIST

Fellowship Hall

1454 Belleair Rd, Clearwater 33756

THERE WILL BE NO MEETING IN OCTOBER BECAUSE OF ASSEMBLY.





- Who are alcoholics?
- Why does my father drink too much?
- Why can't my mother stop drinking?
- When will they realize they are alcoholics?
- Is there a cure for this illness?
- Can I get an alcoholic to stop drinking?
- What if the alcoholic never stops drinking?
- What to say when my friends see a drunk family member?
- What can I do if my friends don't want to visit me?
- How can I believe my parents love me when they don't act like they care?
- What can I do if the situation becomes violent?
- If a family member is alcoholic, will I become one, too?
- Why is my non-alcoholic parent so unreasonable?
- Will getting help for myself do any good if the alcoholic refuses to get help?
- Where can an alcoholic find help?
- Is Alateen safe?

Contact [alateen@d7afg.org](mailto:alateen@d7afg.org) for more information

*My father had passed away, yet I still had problems...*

*Interviewer: Hello, Marie. Thank you for your participation. You grew up in an alcoholic home. Can you tell us a little about it?*

*Marie: My father started drinking when I was young. At the age of twelve, I went to Alateen, because my mother was in Al-Anon, and I stayed in Alateen until the age of sixteen.*

*There, I learned that alcoholism was a disease, and that it was not my fault. Then my parents separated, and I thought the problem went away, because my father was no longer at home. But, in fact, twelve years later,*

*I had problems. I went to a therapist, and she told me that I had to attend an Al-Anon meeting if she was to work with me.*

*It was a condition she set for working with me.*

*So I went to an Al-Anon meeting, and I met people who were more or less like me. And that was a surprise, because I thought to myself, my father is dead, he's no longer with me, yet I was still dealing with the same problems they were discussing in that meeting.*

*Interviewer: You thought you were the only one experiencing these problems?*

*Marie: Yes, I thought I was the only one, but, in fact, I met a lot of people who had the same problems as me.*

*Interviewer: Thank you, Marie.*

*Taken from [al-anon.org/blog](https://al-anon.org/blog)*

## **District 7 Alateen Meetings**

**Beacon of Hope Alateen\***

Tuesday 8pm

Christ Lutheran Church

3451 30th Ave N.

St Petersburg, FL 33713

\* AA meeting and Al-Anon meets at same time

**Countryside Friday Night Alateen\***

Friday 7pm

North Presbyterian Church Rm#8

2875 SR-580

Clearwater, FL 33761

\* Al-Anon meets at same time

### **WSO Alateen Resources**

Teen Corner (Alateen) - Al-Anon Family Groups go to <https://al-anon.org/newcomers/teen-corner-alateen/>

Alateen meetings in the Mobile App are for young people aged 13 to 18 who have been affected by someone else's drinking. We are invited to share experience, strength, and hope with other teens.