

# District 7 AL-ANEWS

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

NOVEMBER 2023

## DISTRICT 7 SERVICE POSTIONS

### *Panel Positions*

*These are elected positions.*

**District Rep**  
Heather D.

**Alt. District Rep**  
Victoria

**District Secretary**  
Take notes at District Meetings once a month.

**District Treasurer**  
Manage District financial affairs.

**District LDC**  
Manage CAL distribution for District groups.

## DISTRICT 7 CHAIRPERSON POSTIONS INFORMATION SERVICES

### *Chair Positions*

*Names are picked from a bag.*

**AA Liason**  
Works with AA

**Alanews**  
Produces Newsletter

**Alateen**  
Works with AMIAS's  
Finds new locations

**Archives**  
Digitally saves all District reports and important information

**CPC**  
Cooperates with Professional Community doing outreach

**DAPP**  
Sharon

**DIS Secretary**  
Takes notes at DIS meetings. Sends to GR's for vote.

**GRC**  
Keeps digital records of all Group information

**Info Line**  
Carolyn

**Institutions**  
Conducts public outreach with incarceration facilities

**Public Info.**  
Shira

**Spanish**  
Fanny

**Speaker List**  
Listens to speakers and maintains a list of those willing to share

**Website**  
Maintains technical integrated with District website

**When&Where**  
Publishes a list of District meetings quarterly

### **ALL GROUPS SHOULD HAVE:**

Group Rep  
Alt. Group Rep  
Treasurer  
Secretary  
Literature person

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

### **EACH GROUP MUST HAVE CMA\* -**

Current Mailing Address  
\*This is **Required by WSO**

### **WANT TO RECEIVE AL-ANEWS NEWSLETTER EACH MONTH?**

**IT WILL COME DIRECTLY TO YOUR EMAIL**

**INBOX SCAN AND FOLLOW DIRECTIONS**



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

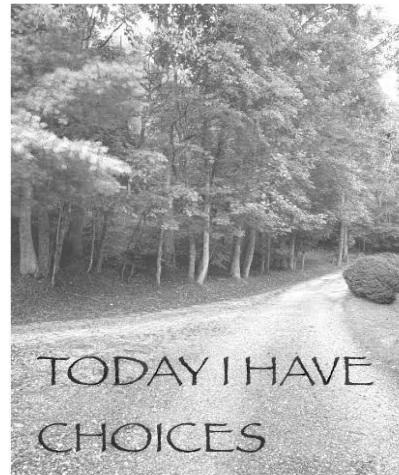


Speaker Event with light refreshments

TUESDAY | DEC. 19<sup>TH</sup> | 6:30 PM

THE WAREHOUSE CLUB OF DUNEDIN  
(SOFA ROOM – RIGHT SIDE)

2024 MAIN STREET  
DUNEDIN, FL 34698



## Gottawanna Weekend Workshop

Presented by Women's Gottawanna AFG

February 2-4, 2024

Where: Cedarkirk Camp and Conference Center, 1920 Streetman Drive, Lithia, FL 33547

<https://cedarkirk.org/>

Double Occupancy \$175.00—2 nights, 5 meals (Vegetarian and Gluten-free options), Weekend of enriching, renewing recovery, Campfire & Labyrinth & Canoe Trip on Alafia River on Sunday

Registration Deadlines: -\$30 deposit by December 15, 2023

-Full amount due by January 15, 2024

Name:		
Email:		Phone:
Address:	City	Zip
# of Years in Al-Anon Amount : \$	Vegetarian, Gluten-free?	

Please make checks payable to: Carolyn Lambert  
Mail to: 2654 64th Pl North, St. Petersburg, FL 33702— C/O Carolyn L., 727-303-6619

Venmo: [gottawanna2021@gmail.com](mailto:gottawanna2021@gmail.com)



For a  
**Giving & Receiving Meeting**  
Hosted by Women's Gottawanna AFG

**When** Wednesday, December 6, 2023 7:30pm – 8:45pm  
**Where** Riviera United Methodist Church,  
175 62nd Ave. N.,  
St. Petersburg, FL 33702



Come and join us for a meeting to celebrate the spirit of giving and receiving.

Bring 20 copies of an Al-Anon Quote to share with others and go home with much more. There will be food, fellowship and fun. If you have a favorite dish, please bring that too!

All are welcome.



Do you want to know about the exciting events and happenings



Al-Anews is no longer being printed by District.

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.

## Sayings and Anachronisms:

Pain is inevitable, suffering is optional.  
No amount of worrying will change the outcome.

LOVE: Let Others Voluntarily Evolve

HOPE: Hearing Other People's Experiences.

DETACH: Don't Even Think of Changing Him/Her

THINK: Thank Heaven I Now Know

## NEW DAILY READER:

"A Little Time for Myself"

Now in stock!!

order at [literature@d7afg.org](mailto:literature@d7afg.org)

Member to Member is a Group Meeting  
Group to Group is District / Meeting  
District to District is Area 9 (Assembly) meeting  
Area to Area is World Service Office

# Meeting

## ARE YOU A GR??

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

From "Courage to Change" p.276

*Today's Reminder* - The AI-anon program was there for me when I needed it. I will do what I can to ensure that it continues to thrive. I know that any service I offer will strengthen my own recovery.

*How can I become more active in AI-Anon today?*

Get involved with Service at the District Level.

You won't regret it.



Trivia from our Area 9 Archivist (Tina M)

What year did Florida area split into North Florida (NFA) and South Florida (SFA)?

Who many meetings were in North Florida at that time?

Theme of 1977 Convention?

What is 12th Step Down?

When was Legacy Newsletter first written

What is PMA?

submit your answers or request for answers to  
[alanews@d7afg.org](mailto:alanews@d7afg.org)

**NEXT DISTRICT MEETING**

**DEC. 9, 2023**

**CENTRAL CHURCH OF CHRIST**

**1454 Belleair Road Clearwater 33756**

*Frequently Asked Questions by Teens*  
from <https://al-anon.org/teen-corner-alateen/teen-faq>



### Who are alcoholics?

All kinds of people are alcoholics—people from all walks of life. Only a small percentage of alcoholics fit the stereotype of “derelict” or “bum” panhandling on the street. Most alcoholics appear to be functioning fairly well, but their drinking affects some part of their lives. Their family life, their social life, or their work may suffer. It might be all three. Alcoholics are people whose drinking causes a continuing and growing problem in any area of their lives. \*

\* From *Alateen—Hope for Children of Alcoholics* (B-3).

### When will they realize they are alcoholics?

Perhaps they do realize there is something wrong with the way they drink, but are ashamed or not ready to admit it. Perhaps they are in denial. This means they cannot see that there is a problem. They may have tried to overcome their drinking and failed. Many alcoholics give up hope for sobriety because of this.

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

## 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

## Amazing People with Big Hearts

When I went to Alateen the first time, I was anxious and afraid. *What if I say the wrong thing? What if they don't like me? What if they think I have it easy? What if I freeze up while talking?* When I walked in, though, I was greeted with wide open arms by caring people. By my third meeting it felt like I had found a second family. I had a place I felt welcome and truly heard for the first time.

Last night at our Al-Anon/Alateen Convention, I had a minor PTSD attack. It mixed with my anxiety and caused me to have a tic attack. I was scared and embarrassed. So I went to my Al-Anon Member Involved in Alateen Service (AMIAS). He grabbed an AMIAS from another group, and we went outside to talk. They helped me calm down and stop the tics. They didn't judge me; they just wanted to help. That doesn't happen often at home—especially the not judging part. Having them there to help made me so happy.

Today, I'm communicating what I need when the need arises and sharing how I'm feeling. I know that here in Alateen I'm not just listened to, I'm heard. It is one of the best things to happen to me in life. Not only are the Group Sponsors amazing, but so are the teens. It's always been hard for me to make friends, but in Alateen, I've made amazing ones. They are amazing people with such big hearts. I haven't even been in Alateen that long, but I want to be able to help other people the same way these amazing people have helped me. I want to get more active and be the same kind of person that my friends were to me when I first started. Alateen has been a godsend for me.

*By Emily*  
*The Forum, July 2023*

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# 2024 Convention Registration Form



Sailing Toward Serenity  
2024 Florida North AFG Convention  
September 6-8, 2024  
Hilton Daytona Beach Oceanfront Resort

## CONTACT INFORMATION

Complete one (1) Registration Form per person.

Email: \_\_\_\_\_

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Attending as: Al-Anon \_\_\_\_ AA \_\_\_\_ Other:

## REGISTRATION FEES

Advance: (thru August 30, 2024).....\$40

At the Door.....\$50

## MEALS

Saturday Lunch Cookout & Workshop..... \$38

Saturday Banquet Buffet & Entertainment..... \$65

Sunday Breakfast Buffet:.....\$37

**PLEASE NOTE THAT SELECTING THESE MEALS HELPS OFFSET CONVENTION EXPENSES.**

## CONVENTION T-SHIRTS

### Short sleeve

Small \_\_\_\_ Medium \_\_\_\_ Large \_\_\_\_ X-Large \_\_\_\_ \$20

2X-Large \_\_\_\_ 3X-Large \_\_\_\_ \$22

### Long Sleeve

Small \_\_\_\_ Medium \_\_\_\_ Large \_\_\_\_ X-Large \_\_\_\_ \$22

2X-Large \_\_\_\_ 3X-Large \_\_\_\_ \$25

**TOTAL PURCHASE:**

## REGISTER ONLINE

Go to <https://www.afgarea9.org/convention2024.html>



Or scan QR code:



Order online and pick up your registration packet at Convention

## DONATION OPPORTUNITIES

### 7<sup>th</sup> Tradition:

\$5 \_\_ \$10 \_\_ \$15 \_\_ \$20 \_\_ \$25 \_\_ \$30 \_\_ \$50

### Alateen:

\$5 \_\_ \$10 \_\_ \$15 \_\_ \$20 \_\_ \$25 \_\_ \$30 \_\_ \$50

### Hospitality Room:

\$5 \_\_ \$10 \_\_ \$15 \_\_ \$20 \_\_ \$25 \_\_ \$30 \_\_ \$50

## VOLUNTEERS NEEDED

Please list areas of interest:

Boutique: \_\_\_\_

Literature:

Raffle: \_\_\_\_

Banquet:

Registration: \_\_\_\_

Other:

Hospitality: \_\_\_\_ Information/First Aid: \_\_\_\_

Sargent at Arms: \_\_\_\_ Greeters:

Serenity Room: \_\_\_\_ Wherever:

## PAYMENT

Check # \_\_\_\_ - Payable to NFA AFG, Inc., Convention 2024

Mail checks & form to: c/o J. Clausner 416 Twin Lakes Dr.,

St. Augustine, FL 32084

Credit Card #

Name on Card:

EXP \_\_\_\_ CVV

## HOTEL INFO

Hilton Daytona Beach Oceanfront Resort, 100 North Atlantic Ave., Daytona Beach, 32118 - 386-254-8200

To register for the hotel, use this link: [NFA AFG INC Annual Convention \(hilton.com\)](https://www.nfaafg.com/hilton.com)

\$169 per night includes \$25 resort fee (before taxes) for **all** rooms – singles, doubles, triples, and quads

Rate is good for 3 days before and after Convention / Self-parking discounted \$10 from prevailing rates (current rate is \$30)



## Sailing Toward Serenity

2024 Florida North AFG Convention September 6-8,  
2024 Hilton Daytona Beach Oceanfront Resort

**The Uncharted Boutique** is searching far and wide for a variety of unique, Al-Anon themed items. These treasures will be offered for sale during the 2024 Convention. In keeping with Al-Anon policies, all proceeds will stay with Al-Anon.

**Handmade \*Homemade\* Ideas** could be clothing, scarves, blankets, accessories, art, journals, “instant” meetings, tote bags, book covers, magnets, bookmarks and any number of other ideas that relate in some way to our spiritual principals. We are looking to follow the Service Manual ideas and avoid commercialism. This is a boutique for Al-Anon, not a yard sale.

**Want to know how to help?** It’s easy! Ask yourself, and your group members, what they can knit, crochet, sew, glue, paint, nail, stitch or other fun creative ways to produce treasures for The Uncharted Boutique. What would you be interested in purchasing?

Take your inspiration from our far-reaching program materials: Legacies, CAL, Serenity Prayer, slogans, gratitude, nature. Inspiration is everywhere, just like our Higher Power.

Once decided, get started. We are asking for a limited quantity. While we receive in abundance, we don’t always sell in-kind and we would like to not have unsold treasures.

In order to help us plan to accommodate the incoming treasures, we are asking for an email (see below) with descriptions and/or photos of the items you have so graciously crafted. Please include the quantity and, if you would like, a suggested sale price. What would you be willing to spend for that treasure?

Please plan to bring your donated treasures to the Boutique when you arrive at Convention or at the Spring Assembly. If necessary, please send an email for possible alternatives.

Volunteers will be needed and greatly appreciated.

Above all, **HAVE FUN!** Thank you in advance for your willingness to participate.

In service (from District 11),

Llew E. [llew-at-home@cfl.rr.com](mailto:llew-at-home@cfl.rr.com)

and Sue M. [drsuenp@me.com](mailto:drsuenp@me.com)

# The Forum Magazine

## Starting My Journey

I attended my first Al-Anon meeting while my husband was in rehab. My children were ages seven, five, and eleven months. I was terrified. I was confused. Throughout my entire marriage, well-meaning people had been telling me that if I just hadn't said that, or if I just hadn't done this, maybe he wouldn't have had to drink. I was hurting immensely, to the point where I was having physical health issues.

*"The lady sitting beside me squeezed my hand and told me to 'Keep Coming Back.'"*

So, to make the decision to go to a meeting and actually follow through was a huge

step and utterly terrifying. But what I witnessed around that table had a lasting impact on me and changed my way of thinking forever. Here was a group of people who knew how I felt; they had actually lived very similar lives, and they were happy and normal and so very understanding of my situation.

I sat in my chair, shriveled in a tiny ball, afraid that if I opened my mouth the tears would start. Before I left that day, the lady sitting beside me squeezed my hand and told me to "Keep Coming Back." I am so grateful I was strong enough to force myself to go to that first meeting. It was the start of a journey I'm still on today.

**By Becky L., Pennsylvania**

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*The Forum* subscription order form

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Found at the back of every Forum

## Subscribe to *The Forum*

The Forum is an international monthly publication of Al-Anon Family Groups, that offers help and hope for the families and friends of alcoholics. Al-Anon and Alateen members share their challenges, insights, and progress along their path of self-discovery and spiritual growth. The magazine also includes topics for discussion at meetings as well as news and information from Al-Anon's World Service Conference and World Service Office. [Subscribe online at ecomm.al-anon.org](http://ecomm.al-anon.org)

