

District 7 AL-ANEWS

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

DECEMBER 2023

Service

PANEL 64 DISTRICT 7

Following taken from
A Little Time for Myself, p18

District Representative	Heather D
Alternate District Representative	Victoria P
District Treasurer	OPEN
District Secretary	OPEN
District Information Services Liaison	OPEN
DISL Secretary	OPEN
AA Liaison	Danielle C
Al-Anews	Laurie L
Alateen	OPEN
Archives	OPEN
Cooperating with the Professional Community (CPC)	OPEN
District Alateen Process Person	Sharon C
Group Records	OPEN
Information Line	Carolyn L
Institutions	OPEN
Literature Distribution Center	Kimberly H
Public Information	Shira P
Spanish	Fanny
Speakers List	OPEN
Technology/Website	Ed Mc
When and Where	OPEN
Hospitality	OPEN
Raffle/Registration	Lisa M.

Al-Anon service is one of the many tools I use to help myself get better. I tend to withdraw and isolate, so I sponsor others to keep me connected to people on a deeper level than most ordinary day to day life affords.

I am also afraid of criticism and public speaking, so I push myself to share at meetings. I also chair meetings to get the repeated practice of putting myself in front of people. The experience gives me more confidence in all areas of my life, and I feel happier and more connected than ever before. For the first time in my life, I don't feel lonely!

Today's Reminder
Whatever my challenges are, by being of service I am becoming able to make positive changes in my life.

"Participating in Al-Anon, which is called service, opened a new dimension of personal recovery."

Paths to Recovery

MEETING PLACE

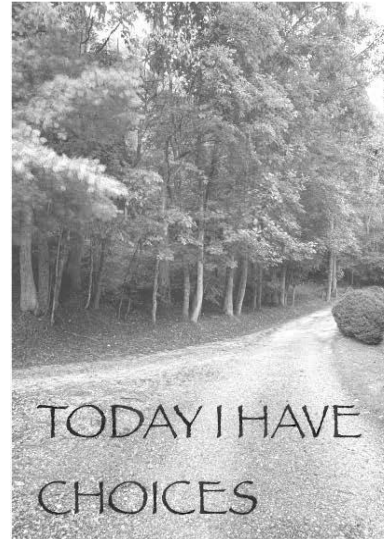


Speaker Event with light refreshments

TUESDAY | DEC. 19TH | 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

Do you want to know about the exciting events and happenings



Al-Anews is no longer being printed by District.

Trivia Answers

What year did Florida area split into North Florida (NFA) and South Florida (SFA)? 1990

Who many meetings were in North Florida at that time? 582

Theme of 1977 Convention? AIM Al-Anon is Mature

What is 12th Step Down? Panel 52 decided to drop down a piece of literature or book mark on the 12th of every month.

When was Legacy Newsletter first written? March/April 1988

What is PMA? Permanent Mailing Address

TOOLS TO REMEMBER

Set boundaries
Make choices
Pray in your own way

Slogans

One Day at a Time
Easy Does it
How Important is it
Let it Begin With Me
Keep an Open Mind
Let go and Let God

WOULD ANYONE LIKE TO SUBMIT A SHARING OF HOW YOU USE ONE OF THESE SLOGANS?

Just a friendly reminder...

NEXT DISTRICT MEETING
JAN 13, 2024
CENTRAL CHURCH OF CHRIST
1454 Belleair Road Clearwater 33756

Group Reps

Are you prepared to pass on your Experience, Strength, and Hope to your group's new Group Rep?

If your group has an email address make sure they know the user name and password. Do they know to collect \$5 or \$10 from treasurer to bring to District for group donation. Remember each group is autonomous. Pass on the principles of your group and the group can change whatever in 2024 - Panel 64.

Send meeting news - anniversaries, speakers, etc. - to alanews@d7afg.org by the first of the month.

Please do not include any personally identifiable contact

ALATEEN

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

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
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

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.

Al-Anews District 7 (Pinellas County) FL North Area 9, Panel 61

What is Alateen?

Alateen is a place where members come together to:

- share experiences, strength, and hope with each other to find effective ways to cope with problems.
- discuss difficulties and encourage one another
- help each other understand the principles of the Al-Anon program through the use of the Twelve Steps and Alateen's Twelve Traditions

Alateen is not a place:

- For teenagers seeking help for drinking or drug problems or a therapy program
- to complain about parents or anyone else.
- A social hangout.

How Can I Help My Problem Drinker Quit Drinking?

How does Al-Anon work?

There is no magic formula that enables you to help someone stop—or cut back—on his or her drinking. Alcoholism is a complex problem, with many related issues. But Al-Anon can help you learn how to cope with the challenges of someone else's drinking.

It may be that you could help matters by changing some of your own behaviors that make things worse. It may be possible for you to find a healthier way to respond to these challenges. Again, there are no easy answers. But Al-Anon meetings offer the opportunity to learn from the experiences of others who have faced similar problems.

While simple problems may have simple solutions, the solution to complex problems is more difficult to explain. Al-Anon simplifies a complex problem by suggesting a “One Day at a Time” approach, which takes things one step at a time.

At every Al-Anon meeting, you can hear people explain how Al-Anon worked for them. That may be the best place to start to learn about Al-Anon—One Day at a Time.

Al-Anon members come to understand problem drinking as a family illness that affects everyone in the family. By listening to Al-Anon members speak at Al-Anon meetings, you can hear how they came to understand their own role in this family illness. This insight put them in a better position to play a positive role in the family's future.

Some research shows that when problem drinkers enter a recovery program, their chances for success are improved when they are supported by family members who are in a family recovery program such as Al-Anon.

A BIG THANK YOU TO OUTGOING PANEL 61

District 7 Officers	
District Representative	Shelley F.
District Alternate Representative	Heather D.
District Secretary	Sharon C.
District Treasurer	Bob W.
District Information Service Officers	
District Information Service Liaison	Kimberly H
District Information Service Secretary	<i>Open</i>
District Information Service Chairs	
Al-Anews	Laurie L.
Alcoholics Anonymous Liaison	Danielle C
Alateen Meetings	Laurie L.
District Alateen Process Person	Jeff C.
Archives	Ashley M.
Cooperating with Professional Community (CPC)	Victoria P.
Group Records	Casey W.
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Speakers List	Shira P.
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Web Keeper	Ed Mc.
When & Where	Rosemary
ALL GROUP REPS AND ALTERNATE GR'S	
Hospitality	Joyce
Raffle/Registration	Donna S

#Forum

DECEMBER 2023

Accepting the Gift of Desperation

My husband and I had been to family counseling as well as spiritual counseling and were told I needed to go to Al-Anon and he needed A.A. Of course, I thought it was all his problem and if he would just stop drinking, we would not be in this situation. My husband had been in and out of A.A., and he asked me to just try Al-Anon. But I said no. "Just stop drinking!"



He borrowed some literature from a neighbor for me to read. I immediately returned it to her. However, I happened to find *Alcoholism, A Merry Go Round Named Denial* (P-3) lying on the desk, and I finally decided to read it. The section about the roles of family members in the disease brought me out of my denial, and a seed was planted for the possibility of attending Al-Anon.

Soon after this, my husband was charged with a DWI, and he chose family counseling through the local recovery center rather than jail. I had no choice but to go to counseling with him. The counselor's assignment for us was (again) for him to attend A.A. and me to attend Al-Anon—and there were meetings that night. Finally, I was miserable enough to be willing to accept the gift of desperation.

When I walked through the door of that meeting, I knew those people had something I wanted and needed. I heard the three Cs: I didn't cause my husband's drinking, I can't control it, and I can't cure it. I also heard "Keep Coming Back." They told me it is okay to love an alcoholic and not love his actions. I desperately needed to hear that.

The May 4th reading in *One Day at a Time in Al-Anon* (B-6) states, "In a sense, everything that happens to me is a gift from God....these can be considered gifts of enlightenment." I could not see that until I accepted the gift of desperation that first night. Then I realized there were many more gifts out there waiting for me.

By Joyce Y., Texas

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