

# DISTRICT 7 AL-ANEWS

## January 2024

### DISTRICT INFORMATION

#### NEWS FROM OUR DR

I have heard many people share they got what they didn't even know they needed [In Al-Anon]. This is certainly true for me. Growing up in a home affected by alcoholism, I felt like I was at the whims of everyone else's chaos. A victim with no control. I would often give in to what others wanted, not actively making decisions for my life. When I got to Al-Anon and they encouraged me to take part, I had no idea the journey I would go on. It really seemed counter-intuitive at first. Especially when my life was completely unmanageable. "Don't give me more to do!", my head screamed. However, the more I began to focus on myself and get my own business, the better I felt. I could detach from the problem areas, if only for a moment, and find a peaceful space. Refocus and think about something else. Detachment is only a small part of how service has benefited me in my recovery. More than I can ever repay. I will continue to take back the steering wheel by actively participating in my life and my recovery. I am looking forward to whatever this new chapter has in store.

Participation is truly the key to my inner harmony. -Heather D

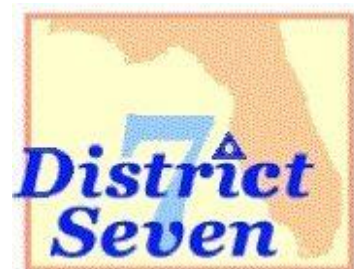
#### NEWS FROM OUR EDITOR

As we go into a new Panel here are some helpful facts to know.

- ✚ Al-Anews will go online the second Friday of every month.
- ✚ All articles or information should be sent to [alanews@d7afg.org](mailto:alanews@d7afg.org) by first Friday of every month or earlier.
- ✚ To get on distribution list email [alanews@d7afg.org](mailto:alanews@d7afg.org) or scan QR code on second page. Then just hit send.
- ✚ Each GR should receive a copy and print for your group (even if in black and white).
- ✚ If you are interested in helping with the Al-Anews please contact Laurie L, the Editor.
- ✚ If you want to submit something, please do so. This is a newsletter about District 7 not just the editor. Remember this is a "we" program.
- ✚ Have any ideas? Let the Editor know.
- ✚ Where can you contact the Editor?
  - [alanews@d7afg.org](mailto:alanews@d7afg.org)

#### Al-Anon Declaration

Let It Begin with Me—  
When anyone, anywhere, reaches out for help,  
let the hand of Al-Anon and Alateen always be  
there, and  
Let It Begin with Me.



*God,*  
grant me the  
**serenity**  
to accept the things  
I cannot change,  
the **courage**  
to change  
the things I can,  
and the  
**wisdom**  
to know the  
difference.

# GROUP HAPPENINGS

**PLEASE SEND  
YOUR GROUP  
HAPPENINGS TO**  
[alanews@d7afg.org](mailto:alanews@d7afg.org)

**DEADLINE IS FIRST  
FRIDAY  
OF MONTH**



Do you want to know about the  
exciting events and happenings?

**SCAN HERE:**



**OPEN EMAIL  
JUST HIT ARROW TO SEND**

Al-Anews is no longer  
being printed by District.

Join us –  
enjoy some warm soup

## SOUPER SPEAKER MEETING

THURSDAY, JANUARY 25, 2024

**Friends of Lois, AFG**  
Grace Brethren Church  
6300 62<sup>ND</sup> AVE, N PINELLAS PARK, FL 33781

Doors open at 5:45pm  
Meeting 6:00pm – 7:00pm

AA and Al-Anon speakers and Raffle

EVERYONE WELCOME

**Hi Hopes AFG  
Anniversary Meeting**

**February 23**

**On Zoom**

**8:00pm**

<https://zoom.us/j/8224201197>

Meeting ID: 822 420 1197

Password: 638389

Call in:

(305)224-1969

(646)931-3860

AA and Al-Anon speakers

# CHATS FROM THE DIS COMMITTEES

## ALATEEN

District 7 is looking for a forward thinking person who would love to do service with a super worthy cause.

Maybe start a Zoom Alateen Meeting???



Contact Sharon  
[dapp@d7afg.org](mailto:dapp@d7afg.org)

## INFO LINE

Thanks to volunteers standing up for service all time slots are FILLED at the moment.

Please contact Carolyn at [info@d7afg.org](mailto:info@d7afg.org) if you would like to be added to list for future openings.



## SPANISH

Spanish meeting has come to District 7!!!!



Hi 5!

9:00am Saturday @  
St Catherine of Siena 1955 S. Belcher  
Clearwater FL 33764

## LDC

How to contact the LDC and Place an order: [Literature@d7afg.org](mailto:Literature@d7afg.org).

How to pay for your order: Payment right now is by cash only. We have a few banking issues that need to be ironed out before we expand our payment options.

How to pick up your order: Orders can be picked up at the District 7 Monthly Meeting at 8:30-9am.

Address: CENTRAL CHURCH OF CHRIST 1454 Belleair Rd.,  
Clearwater 33756

Supply: We will be holding off ordering more literature until the Group Representatives vote on the LDC registering with World Service. But I will continue to sell what we currently have on hand.

### STAY TUNED –MORE TO COME:

Willingness does not equate to experience – and that's ok. So, please be patient with US (yes I'm forming a committee)

😊 as we make changes to better service District 7 Al-Anon Alateen Family Groups. We will do our best to communicate, be flexible, and always practice these principles in all our affairs.



**ANY CHAIR PERSON CAN  
SUBMIT INFORMATION FOR  
AL-ANEWS**



# INFORMATION ABOUT LITERATURE



**Oct. 1, p.275**

This page reminded me that by surrendering I can have a wonderful life.

I repeatedly take this action and have a new perspective on life and keep my serenity.

**March 14, p74**

The pigeon story, as I call it reminds me that I shouldn't be surprised by my alcoholic's behavior. They are just doing what alcoholic's do.

**Check it out.**



Do you have a favorite page in a CAL book?

Send a little blurb about it to [alanews@d7afg.org](mailto:alanews@d7afg.org)

Always looking for submissions from members.

# ALATEEN HAPPENINGS

## *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.



**Anyone interested in starting an  
Alateen Zoom meeting for District 7?**

**Contact: [dapp@d7afg.org](mailto:dapp@d7afg.org)**

# WHAT IS HAPPENING IN THE FORUM?

***The Forum* is the international monthly publication of Al-Anon Family Groups, a fellowship that offers strength & hope for the friends & families of problem drinkers. In the pages of this magazine, Al-Anon & Alateen members share their challenges, insights, & progress along their path of self discovery & spiritual growth much in the way that they contribute when attending Al-Anon or Alateen meetings. Such sharing is important in helping readers find personal growth & peace of mind through the Al-Anon program. The magazine also includes topics for discussion at meetings as well as news & information from Al-Anon's World Service Conference and World Service Office.**



People sometimes ask me why I still go to Al-Anon since most of the alcoholics and addicts in my life are either in recovery or have died. I always tell them that I still need Al-Anon because of our son's drinking. Then, I tell them stories about the things he says and does that concern me. For example, for many years, his living room furniture included only a recliner and a TV. In my mind, the purpose of that setup was to allow him to play video games and drink until he fell asleep.

*"Maybe the problem is really my preoccupation with his drinking."*

We were on a family vacation with our son recently, and I found myself counting his

drinks. I knew exactly how many drinks he ordered at restaurants and how many cans of beer were in the refrigerator each morning and each evening. It finally struck me that maybe I've been defining the problem incorrectly.

For years, I've been saying the problem is his drinking. But maybe the problem is really my preoccupation with his drinking. In Al-Anon, I've learned that I have no control over anyone else's drinking. There's nothing I can do to convince someone to stop drinking. But learning how to stop worrying and obsessing about someone else's drinking is a problem Al-Anon can help me solve.

*By Denise R., Minnesota*

**FEELFREE**

to reprint this article on your service arm website or newsletter, along with this credit line: Reprinted with permission of *The Forum*, Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA

If you have a favorite reading from ***The Forum*** please let me know. Send information to [alanews@d7afg.org](mailto:alanews@d7afg.org) I would love to feature it.

# WHAT IS HAPPENING AT WSO?

## [What if I'm not ready to go to a meeting?](#)

There are a variety of reasons why people are reluctant to attend their first meeting.

First, they're so deeply engaged in trying to cope with a stressful situation that it's hard to break away from engrained patterns of behavior.

On the one hand, we know that any possible solution is likely to be found somewhere we haven't yet looked. But on the other hand, it can be worrisome to try something that seems entirely new.

Many Al-Anon members struggled for many years with the difficult challenges of coping with the effects of alcoholism. It's often easier to envision continued difficulties than a positive solution. That's why it's easy to think of so many reasons not to attend an Al-Anon meeting.

If you feel anxiety about attending an Al-Anon meeting, you're not alone. Many people have felt that way. But overcoming that reluctance is an opportunity for personal growth, the first of many that the Al-Anon program offers. It's the first step on the road to recovery.

Don't worry about whether or not you want to become a "member." Just visit a variety of different meetings to gather information—to hear how the people there handle their issues with alcoholics. It may be that some of their experiences will be helpful to you.

## [My friend/loved one is a drug addict. Can I go to an Al-Anon meeting?](#)

The primary purpose of Al-Anon is to provide support to the friends and families of alcoholics. In a recent membership survey 35% of our members said they joined our program because of a loved one's drug addiction and that their lives had improved since attending meetings.

There is another program, Nar-Anon, which is for people affected by a loved one's drug addiction. You can visit their web site here: [Nar-Anon.org](http://Nar-Anon.org). You are also welcome to try [Al-Anon meetings](#), then decide if the Al-Anon program might be helpful to you.

**FROM [al-anon.org/newcomers](http://al-anon.org/newcomers)**



# WHAT IS HAPPENING IN AREA 9?

## *Sailing Towards Serenity*

2024 Florida North AFG Convention

September 6 – 8, 2024

Hilton Daytona Beach Oceanfront Resort

Go to <https://www.afgarea9.org/events> to register online

### The Forum subscription order form

#### The voice of Al-Anon recovery—today

Al-Anon's monthly magazine features timely sharings from Al-Anon and Alateen members, suggested meeting topics, and the latest information on worldwide Al-Anon recovery.

Experience and insight you won't find anywhere else!



Digital version available for purchase through your electronic media provider. Contact WSO for details.

One Year Subscription Price	Number of subscriptions per month	Number of years per subscription	Total amount enclosed
<input type="checkbox"/> U.S., Bermuda, Puerto Rico <b>\$11 US</b>	x	x	= \$
<input type="checkbox"/> Canada, Other Countries <b>\$23 US</b>	x	x	= \$

This subscription is: ☐ new ☐ renewal

Send this subscription to: (for group subscriptions see below)

Name \_\_\_\_\_ Street \_\_\_\_\_

City, State/Province, Zip \_\_\_\_\_ Country \_\_\_\_\_

☐ The above is a gift. Please send me a gift acknowledgment at:

Name \_\_\_\_\_ Street \_\_\_\_\_

City, State/Province, Zip \_\_\_\_\_ Country \_\_\_\_\_

**Group subscription: All group subscriptions are mailed to the CMA address on record.**

Group # \_\_\_\_\_ City, State/Province \_\_\_\_\_

if you don't know your group # fill out the following

Meeting Place & Time \_\_\_\_\_

Payment Method: \_\_\_\_\_ DO NOT SEND CASH • NO C.O.D. ORDERS

Checks, Visa, MasterCard, Discover, and American Express accepted.

Payment for subscriptions going to Canada may be made in Canadian funds at the U.S. dollar equivalent.

Checks payable to: AFG, Inc. Fax order: (757) 563-1655 Online: [al-anon.org/fo](http://al-anon.org/fo)

Mail order: AFG, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617

When paying with a credit card, please provide the following information.

Card Number \_\_\_\_\_ Security Code \_\_\_\_\_

Signature \_\_\_\_\_ Exp. Date \_\_\_\_\_

Come to next district meeting to find out about AWSC. Heather is going representing District 7

Go to <https://www.al-anon.org/forum> to subscribe online or print out form to left and mail in.



# SHARE YOUR THOUGHTS

*Write an article or write a few words.*

*Share your  
Experience, Strength, and Hope*

**What is your favorite slogan and  
how does it help you?**

**What is your favorite step and  
why?**

**What is your favorite topic to  
share on?**

**If you have done service what was  
your favorite position?**

**You should know where to send it by now..**

**You got it!!! [Alanews@d7afg.org](mailto:Alanews@d7afg.org)**

# NEED TO CONTACT SOMEONE?

Position	Name	email
District Representative	Heather D	dr@d7afg.org
Alternate District Representative	Victoria P	altdr@d7afg.org
District Treasurer	<b>OPEN</b>	treasurer@d7afg.org
District Secretary	Pat H.	dsecretary@d7afg.org
District Information Services Liaison	<b>OPEN</b>	disl@d7afg.org
DISL Secretary	<b>OPEN</b>	Disl_secretary@d7afg.org
AA Liaison	Danielle C	aalison@d7afg.org
Al-Anews	Laurie L	alanews@d7afg.org
Alateen	<b>OPEN</b>	alateen@d7afg.org
Archives	<b>OPEN</b>	archives@d7afg.org
Cooperating with the Professional Community (CPC)	<b>OPEN</b>	cpc@d7afg.org
District Alateen Process Person	Sharon C	dapp@d7afg.org
Group Records	<b>OPEN</b>	grouprecords@d7afg.org
Information Line	Carolyn L	info@d7afg.org
Institutions	<b>OPEN</b>	institutions@d7afg.org
Literature Distribution Center	Kimberly H	literature@d7afg.org
Public Information	Shira P	publicinfo@d7afg.org
Spanish	Fanny	spanish@d7afg.org
Speakers List	Jenny	speaker@d7afg.org
Technology/Website	Ed Mc	website@d7afg.org
When and Where	Stephanie	whenandwhere@d7afg.org
Hospitality	<b>OPEN</b>	hospitality@d7afg.org
Raffle/Registration	Lisa M.	raffle@d7afg.org



## Next District Meeting

(monthly meeting for GR's, District trusted servants  
and any interested members)

**Saturday February 10, 2024**

**CENTRAL CHURCH OF CHRIST**

**Fellowship Hall**

**1454 Belleair Rd, Clearwater 33756**