

AL-ANEWS

VOL. 1 DISTRICT 7 NO. 6

What's Happening

July 13	District Meeting
August 17	Joys of Service Workshop
Sept 6-8	NFA Convention in Daytona Beach
Sept	Women's GottaWanna 15 th Anniversary Meeting

Can you use a computer?

*Are you willing to do 3-4 hours a month
doing service for the district?*

Have you been a GR for 3 years?

Would you like to enrich your recovery?

If your answer is yes, please contact

Heather, our District Representative

dr@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.

Joys of Service Workshop

DATE: AUGUST 17, 2024 9:00AM – 3:30PM
LOCATION: ST. CATHERINE OF SIENA CATHOLIC CHURCH
1955 S. BELCHER RD, CLEARWATER FL 33764

HOSTED BY: DISTRICT 7 – PINELLAS COUNTY

THEME: THE JOYS OF SERVICE

"A feeling of great pleasure and happiness"

Who should attend??

Any AI-Anon member

MAIN OBJECTIVE: Helping members recognize that service participation is vital to personal recovery and to the future availability of AI-Anon to families and friends of alcoholics.

COME AND SHARE YOUR ESH
WORKSHOPS - FELLOWSHIP – BREAKFAST & LUNCH

WE WILL BE USING THE FOLLOW LITERATURE FOR THE WORKSHOPS:

- *WHEN I GOT BUSY, I GOT BETTER (P-78)*
- *THE JOY OF SERVICE (S-57)*
- *AL-ANON'S BEST KEPT SECRETS - CONCEPTS OF SERVICE (P-57)*

\$20 registration includes

Breakfast and Lunch

REGISTRATION 3 WAYS



#1 Online with QRcode

#2 Email: serviceworkshop2024@afgarea9.org

#3 Go online to Area 9 website www.afgarea9.org

For more information

What you will find at Joys of Service Workshop

Raffle Baskets

Raffle Tickets:

6 for \$5 / 1 for \$1

50/50 Tickets:

6 for \$5 / 1 for \$1

Asking groups, or individuals to donate baskets

Speakers

Followship

**District 7 is hosting this event
Come and support our District**

SAILING TOWARD SERENITY

2024 FLORIDA NORTH AFG CONVENTION

SEPTEMBER 6-8, 2024

HILTON DAYTONA BEACH OCEANFRONT RESORT

GET ON BOARD!

RESERVE YOUR CABIN TODAY!

Scan QR Code:



Or Sail to:

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

Workshops Speakers Raffles Banquet Boutique Serenity Room

District 7 Meetings

Bright Hope

Tuesday, 12:15

Zoom meeting is now inactive

Women's Gottawanna

15th Anniversary

Sept



2024 Al-Anon Membership Survey



Survey Open

JUNE 20–JULY 31, 2024!

The 2024 Al-Anon Membership Survey



Calling all Al-Anon members—longtime members and newcomers alike! This service project provides data that helps to validate the effectiveness of recovery through Al-Anon Family Groups. "Participation is the key to harmony," and your participation is important and greatly appreciated.

The survey is open from June 20 to July 31, 2024.

- Participation is completely anonymous
- No personally identifiable information is collected
- 10–15 minutes to complete
- Requires an internet-connected device
- Available in English, Spanish, and French.



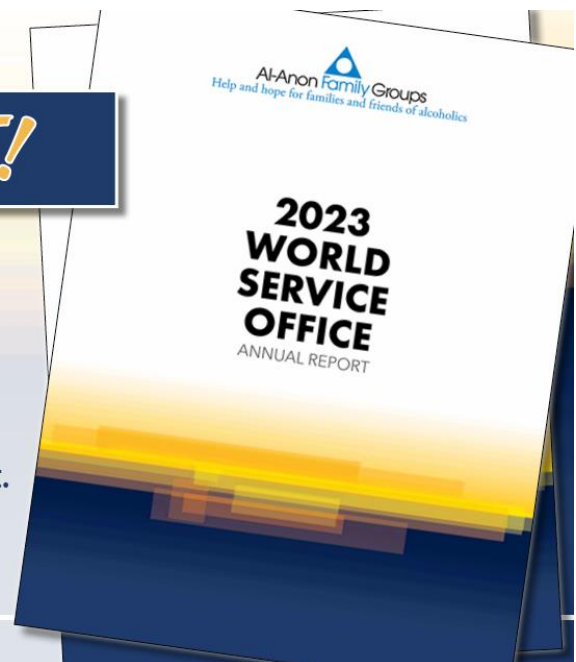
Visit al-anon.org/membersurvey to participate!

NOW AVAILABLE!

**How did we support
the families & friends
in 2023?**

Find out in the 2023 Annual Report.

al-anon.org



Some Frequently Asked Questions about Contributing to Al-Anon Family Group Headquarters, Inc.

Q.

Is my contribution tax deductible?

A. Yes, all individual contributions to Al-Anon Family Group Headquarters, Inc. (AFG, Inc.) and Al-Anon Family Group Headquarters (Canada), Inc. (AFG Canada, Inc.) are tax deductible to the full extent of the law.

AFG, Inc. is a 501(c)(3) tax-exempt organization. AFG Canada, Inc. is a registered charity in Canada. Al

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Anon Incorporation/Taxes Policy suggests that deductibility of a contribution by any member is a personal matter.

Q.

What will my contribution support?

A. The principle of self-support expressed in Tradition Seven shows our “gratitude in action.”

Al - Anon is supported by members’ financial and service contributions, together with the sale of our literature. Contributions from members around the world support carrying the message of help and hope, including creating new literature, helping members locate meetings, and conducting public outreach.

Visit al-anon.org/annual-report to read the World Service Office Annual Report and learn more about the activities carried out during the year.

Q.

Can I leave a gift to Al- Anon in my will, and how much can I leave?

A. Arranging a planned gift helps AFG, Inc. face future challenges and grow our fellowship to provide support to those who need it. An Al- Anon member can leave a bequest in any amount.

Please contact the World Service Office for further details.

“Inside Al-Anon Family Groups” presents news, policy, and commentary from volunteers, staff, and readers sharing experience through service. Please feel free to reprint these articles on your service structure website or newsletter, along with this credit line:

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LITERATURE



New Topic for the Member Blog

July's topic is, "Aside from financial contributions, how do you practice Tradition Seven in your group and in your personal life?"

As always, you can also write about Al-Anon's three Legacies. This month features Step Seven, Tradition Seven, and Concept Seven.

Please share with us at al-anon.org/member-blog

Sharings on the Member Blog may be used in future Al-Anon publications.

New topics are being added each month!

Uncovering the Beauty Within

My adult daughter was visiting me from out of state. Throughout her life, she has struggled with anxiety and depression. When I look at her, I see a beautiful, statuesque young woman, but her appearance shows only her outer protective shell, not the thick layers of fear, abandonment, need for control, and other symptoms of the family disease of alcoholism that encase the beautiful being hidden within.

I know this because I am an adult child of alcoholics. I understand her because I was her. I learned at a tender age to be hypervigilant and observant to try to control my out-of-control family life. My main control method was trying to make all the angry, depressed, sad people around me happy. Their happiness was my focus. My attempts to cope with my family situation created a protective shell made of hard, thick layers of dishonesty, distorted thinking, fear, anxiety, and self-loathing. By the time I was my daughter's age, my thinking about myself and others was warped.

I had no idea who I was, what I felt, or how to get the love and security I longed for. I sought to fill these needs in all the wrong places—self-medicating with alcohol; dating men who were alcoholics, addicts, or emotionally unavailable; and spending time with “friends” I wanted to please even though I didn't like them.

I attended my first Al-Anon meeting over 40 years ago. Before that, I didn't know that my mother, father, and sister were alcoholics. Having been planted deep in the woods of a dysfunctional family, I had no way of knowing there were other ways of living in the world. But Al-Anon changed this.

During my early days in Al-Anon, I was my usual silent, sad, miserable self, though I kept a smile painted on my face no matter how awful, angry, and resentful I felt inside. I was so focused on everyone else I never thought of honestly looking at myself. But I heard over and over that “in this program, the focus is on you.” That idea was foreign to me. I had no idea that the security, stability, and love I longed for could never be found outside myself, which was where I was seeking it. Instead, it resided within me where my Higher Power was.

Al-Anon is the spiritual vessel on which I set sail all those years ago in my quest to discover what was hidden beneath the shell I grew to protect my heart. The meetings, literature, Steps, principles, my Sponsor, service, and friendships helped me navigate life in new ways and recover from the devastating effects alcohol and addiction had on my life. Today, the Al-Anon program continues to reveal those parts of my shell that still need to be removed to uncover more of the serene, joyful, beautiful me inside.

By Anonymous

Feel free to reprint this article on your service arm website or newsletter, along with this credit line:

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District 7 Alateen Meetings

Beacon of Hope Alateen*

Tuesday 8pm

Christ Lutheran Church

3451 30th Ave N.

St Petersburg, FL 33713

*** AA and Al-Anon meet at same time**

Countryside Friday Night Alateen* Friday 7pm North

Northwood 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 on 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.



Teens come together to share experiences to find effective ways to cope with problems.

Online Alateen meetings are only available through the WSO and teens can download the **Al-Anon Family Groups Mobile App to find time for these meetings and attend them.**

The meetings are only in English, and the times currently are:

Monday 6 pm ET

Monday 10 pm ET

Wednesday 7 pm ET

Wednesday 9:30 pm ET

Thursday 7:30 pm ET

Al-Anews District 7 (Pinellas County) FL North Area 9, Panel 64 * July 2024

NEED TO CONTACT SOMEONE?

Position	Name	email
District Representative	Heather D	dr@d7afg.org
Alternate District Representative	Victoria P	alternatedr@d7afg.org
District Treasurer	OPEN	treasurer@d7afg.org
District Secretary	Lili	District_secretary@d7afg.org
District Information Services Liaison	Ana	disl@d7afg.org
DISL Secretary	OPEN	Dis_secretary@d7afg.org
Literature Distribution Center	Kimberly H	literature@d7afg.org
AA Liaison	Danielle C	aaliaison@d7afg.org
AI-Anews	Laurie L	alanews@d7afg.org
Alateen	OPEN	alateen@d7afg.org
Archives	Shelly F.	archives@d7afg.org
Cooperating with the Professional Community (CPC)	Donna S	cpc@d7afg.org
District Alateen Process Person	Sharon C	dapp@d7afg.org
Group Records	Patty	grouprecords@d7afg.org
Information Line	Carolyn L	informationline@d7afg.org
Institutions	OPEN	institutions@d7afg.org
Public Information	Shira P	publicinformation@d7afg.org
Spanish	Fanny	spanish@d7afg.org
Speakers List	Jenny	speakerslist@d7afg.org
Technology/Website	Ed Mc	webkeeper@d7afg.org
When and Where	Stephanie	whenandwhere@d7afg.org
Hospitality	Kathy	hospitality@d7afg.org



Next District Meeting
 (Monthly meeting for GR's, District trusted servants
 and any interested members)

Saturday August 10, 2024

Door opens at 8am. Meeting starts at 9am.

CENTRAL CHURCH OF CHRIST

Fellowship Hall: 1454 Belleair Rd. Clearwater 33756