

AL-ANEWS

VOL. 1 DISTRICT 7 NO. 11

District Information



In case you haven't heard

Our Gratitude Luncheon has been cancelled. The Church is housing displaced people from the hurricanes.

We will try again next year.

District Chair Positions Are Open:

Consider service!!! It could be a valuable tool for your program growth.

AA Liaison Chairperson

Alateen Chairperson

Institutions Chairperson

Paraphrase by Heather D- from Delegate's Report from World Service Conference

Is your group "self-supporting"?

Annually our World Service Office breaks down the cost of services per group.

This year that calculated number is \$330. This is done not as a rule, but an awareness put out to the groups of how much in services the WSO provides. Maybe this number could be a goal but please not a tool to beat ourselves up. We give contributions in gratitude and with consistency. Our donations do not flux due to the condition of anyone's budget. We give what we are able, above our expenses, to the three service arms- District, Area, and WSO. Also discussed the power of \$1 in today's money(11.58) compared to suggested (\$1) in 1952. Not that anyone is asked to put \$11 in the basket. Gretchen said she puts in \$3, one for each of the legacies. What a neat idea!

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.

Meeting Updates

Tarpon Springs Tuesday Morning AFG

Tuesday 11:00 AM
First United Methodist Church
501 East Tarpon Avenue, Tarpon Springs, FL 34689

New meeting room
Location Instructions:
Sanctuary through Red Doors

Wednesday Book Discussion and Study AFG

New Name: Wednesday Book Study Group

Wednesday 12:30 PM
Our Lady of Lourdes - Dubois Center
750 San Salvador Drive, Dunedin, FL 34698

New location
New meeting time 2:30 pm
Pinellas Growth AFG
Sunday 02:30 PM
St. Giles Episcopal Church
8271 52nd Street North, Pinellas Park, FL 33781
Location Instructions:
Parish Hall - separate building north of the church

Bright Promise AFG

New Location
Tuesdays 12.15pm
First Presbyterian Church
701 Beach Dr NE, St Pete 33701

NOTE: Parking lot on N Shore Dr across from dog park, behind church, Room N123

Indian Rocks 12th Step meeting

New Location
Peace of Peace Lutheran Church - AA/AFG/F2F/O - 7:00 pm.
455 Missouri Ave., Largo, 33770
Park in back parking lot -
Community Bldg,
As you walk towards the community bldg., it is the first door on the right,
enter, and first room on the right.

Eleven and Eleven

on Zoom
Meeting ID: 198 401 134 Password: 649335

District 7 Upcoming Anniversaries



CELEBRATE




**7 on 7th AFG
13th Anniversary**




NOV. 30TH

Starts at 7pm



**First Presbyterian Church
701 Beach Dr NE, St. Petersburg, FL 33701
--Room N123,
Parking Lot on North Shore Dr
in back of Church**



AL-ANON SPEAKER

AA SPEAKER

FOOD

FELLOWSHIP





2 Year Anniversary

Al-Anon and A.A. Speaker Event
with light refreshments

DUNEDIN WOMEN'S AFG

TUESDAY | DEC. 17TH |

DOORS OPEN AT 6:15PM

(Raffle Basket)

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

2024 MAIN STREET
DUNEDIN, FL 34698

AL-ANON WOW
Words Offer Wellness
Submitted by Michele M.

November 2024

The 3 Cs:

I didn't CAUSE it. I can't CONTROL it. I can't CURE it.

CAUSE

WINS ("opens-up") to:

C (See)

A

USE

As a grateful Al-Anon member, I "C A USE" for my experience, strength, and hope to carry the message to those who still suffer.

CONTROL

WINS to:

CONT to ROLL

Rather than trying to CONTROL the alcoholic, I will "CON'T to ROLL" with my Higher Power's plan for me and "Let It Begin With Me" keeping my peace and sanity.

CURE

WINS to:

C (See)

U (You)

R (Are)

E (nergy)

I have choices on how to respond with my Energy and essence.

Words you might hear at a meeting:

"F.U.N. stands for Fulfilling Unproductive Needs"

"Meditation is the gateway to self-compassion"

H.O.P.E stands for Hang On Pain Ends

H.O.P.E stands for Hang On Peace Exists

H.O.P.E stands for Hear Other People's Experiences

FEAR stands for Face Everything And Recovery (Run)

FEAR stands for False Evidence Appearing Real

TEAM stands for Together Empowering Al-Anon Members

H.A.L.T. stands for hungry, angry, lonely and tired.

ODAT: One Day at a Time

News from Area 9

2025 Florida North AFG Convention
August 29 - 31, 2025
Caribe Royale Orlando

LISTEN TO YOUR HEART

SPANISH
ALATEEN
LITERATURE
SPEAKERS
BANQUET
WORKSHOPS
RAFFLES
BOUTIQUE

Join your Heart with Others in 2025

Registration: \$40.00 through August 22, 2025 \$50.00 at the door



Meals: Box Lunch Banquet Breakfast Buffet
\$39.00 \$69.00 \$40.00



SPECIAL CONVENTION MEAL BUNDLE DEAL
SATURDAY BOX LUNCH, SATURDAY BANQUET & SUNDAY MORNING BUFFET
\$140.00 THROUGH 12-31-2024

Convention T-shirts available in Short-Sleeve (\$20.00) & Long-Sleeve (\$22.00)
Convention Tote Bags Available \$20.00
Order online and pick-up with your Registration Packet at Convention.



August 29 - 31, 2025
Caribe Royale Orlando
8101 World Center Drive
Orlando, FL 32821 800-823-8300

Register Online for Convention:
2025 AFG convention website:
afgarea9.org/convention2025

\$169 per night for standard suites (occupancy 1-4);
plus \$10/night resort fee, plus applicable taxes.
Self-parking discounted to \$10/Day.
Rate is good for 3 days before and 3 days after Convention.

Hotel Reservations:...
Online reservation link: <https://book.passkey.com/e/50866101>
Caribe Royale Reservation Phone for AFG: 800-823-8300



FOR QUESTIONS ON AL-ANON CONVENTION PLEASE CONTACT:
CONVENTION2025REGISTRATION@AFGAREA9.ORG

NFA AREA 9

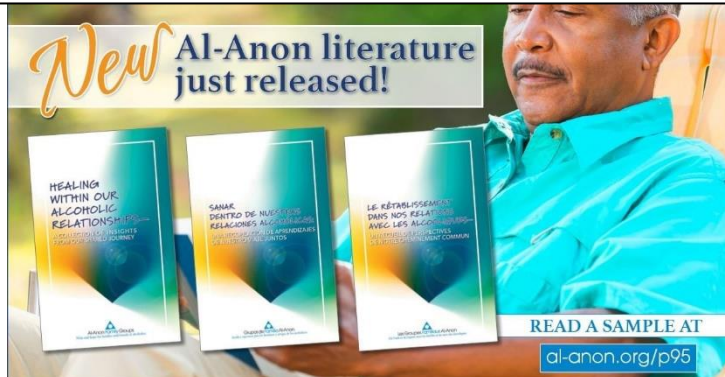
Has a new Treasurer
Same address and contact information

LITERATURE

Newest Publication

IN STOCK

To order email: literature@d7afg.org



The Forum

Lessons from a Chicken

Today while I was working in the backyard, one of our chickens flew over the fence of the pen and joined me. I thought nothing of it and continued my work. However, before learning that this chicken could fly over the fence and back again, my husband and I would frantically chase her, pick her up, and put her back over the fence into the pen. She would then fly out again. Once we knew she could get herself back in, we stopped trying to help her and just let her be, knowing there was a risk that she could be taken by predators while outside of the pen.

We came to accept that reality.

It occurred to me that this situation was a lot like dealing with my alcoholic son. While he was growing up I tried to control his behaviors and actions, not realizing I was letting myself be controlled by him. When I met my husband, who was in Alcoholics Anonymous (A.A.), he saw what was going on and recognized the disease in my son. As much as my husband tried to help him, my son didn't want to change. And no matter what I did or didn't do, my son was going to be who he was.

When my son turned 18, he was kicked out of the house. I didn't have the heart to do it, but my husband did, because he knew things weren't going to change if we continued with the way things were. It's been many years and many ups and downs since then, but thanks to all I've learned in Al-Anon, I have accepted that, like that chicken, my son is who he is, and I can't control his choices. I can only focus on my own recovery and hope that the predator of alcoholism doesn't take him when he's outside the pen of his.

By Monique F., Massachusetts

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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**

ALATEEN NEWS:

The new schedule for certification/recertification for becoming or continuing in Alateen service is now posted on the Florida North Area website. The schedule of FRESH events for 2025 is as follows:

January 9, 2025	6:30-9 pm
February 9, 2025	9:30 am – 12 noon
March 6, 2025	6:30-9 pm
April 5, 2025	9:30 am – 12 noon
May 8, 2025	6:30-9 pm
October 11, 2025	9:30 am – 12 noon
November 13, 2025	6:30 – 9 pm

As posted on the Area website: Please make a note that **ALL currently certified AMIAS** as well as any member wanting to become certified as an AMIASs, must attend one of these FRESH trainings ... in order to comply with the Area Certification Process.

Compliance with our Area Certification Process includes: Attendance at a FRESH event and submission of the current AMIAS Certification Form to the AAPP. If you are a Group Sponsor for an Area Alateen Meeting you must also provide a current Group Sponsor Information Form. All of these documents may be found on our Area website: www.AFGArea9.org.

Al-Anon Members in Alateen Service (AMIAS) are the backbone of our Alateen program in the Area. These Al-Anon members agree to participate in training, background checks, and frequent contact with Area trusted servants so that information is current and up to date at all times. Many AMIAS provide necessary support to have Alateen meetings by being Alateen Group Sponsors, Alateen Group CMAs, Alateen Group Financial support (keeping the money), and attending meetings to keep the spaces safe for everyone.

In addition, members who would like to chaperone, drive or provide other support services at events with Alateens agree to go through this certification process.

To register for one of the above FRESH events, please send an email to Judy, our Area Alateen Coordinator – Alateen-64@AFGArea9.org.

For more information on how to become an AMIAS and what to do before attending a FRESH Event, go to AFGArea9.org/alateen-resources-panel-tr.html.

Thank you all for your service to Alateen and to our Al-Anon Fellowship. **Together we can make it!**

Remember that there are Alateen meetings on line as well as face-to-face meetings. To attend the on-line meetings, go to the WSO website.

NEED TO CONTACT SOMEONE?

Position	Name	email
District Representative	Heather D	dr@d7afg.org
Alternate District Representative	Victoria P	alternatedr@d7afg.org
District Treasurer	Sandy L	treasurer@d7afg.org
District Secretary	Lili	District_secretary@d7afg.org
District Information Services Liaison	Ana	disl@d7afg.org
DISL Secretary	Jan B.	Dis_secretary@d7afg.org
Literature Distribution Center	Kimberly H	literature@d7afg.org
AA Liaison	OPEN	aaliaison@d7afg.org
Al-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	OPEN	whenandwhere@d7afg.org
Hospitality	Kathy	hospitality@d7afg.org



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

Saturday December 14, 2024

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

CENTRAL CHURCH OF CHRIST

Fellowship Hall: 1454 Belleair Rd. Clearwater 33756