

SHARINGS

Members
DIS Chairs

EVENTS

1/24 11and 11 Anniversary
1/29 Friends of Lois "Souper" Mtg
1/30-2/1 Gottawanna Weekend
3/27 Hi Hopes 4 Today Anniversary

DISTRICT 7 AL-ANEWS

AREA 9 EVENTS

2026 NFA Convention

Zoom book study

WSO

CONTACT

WEBSITE:
d7afg.org
INFOLINE:
727-548-6811
AL-ANEWS:
alanews@d7afg.org

**75th Anniversary
Celebration**

Forum sharing

Welcome to the January 2026

District 7 Al-Anews

As we begin the final year of Panel 64, I have decided to make some changes to the format of the Al-Anews. I would love to have some input from our members. Sharing's of any kind will be greatly appreciated.

It could be about how Al-Anon has helped you, or maybe a spiritual awakening. You could write about one of the Legacies for the month as well as any service you do that might inspire others to step up. Maybe share your feelings about a page in our CAL.

Our District Information Services Chairs will hopefully share about their position be explaining what you do and how it has helped you in your personal life.

Please don't forget the send group announcements as well.

Send information to Alanews@d7afg.org



Submitted by District 7 Archivist, Shelly F.

Use QRCode to listen to previous convention speakers.

District 7 EVENTS

Please Join Us
For the
Eleven & Eleven
37th Anniversary Open House

WHEN:

January 24, 2026

9:30 am Coffee and Breakfast Foods

10:00 am AA Speaker

11:00 am Al-Anon Speaker

Also available on Zoom



WHERE:

St. Catherine of Siena Catholic Church
1955 S Belcher Rd
Clearwater, FL 33764



Camp Gottawanna Weekend Workshop 2026
The Story of Recovery
Presented by Women's Gottawanna AFG

Come Share in a Weekend of Recovery, Fellowship and Fun, with time to reflect and set intentions

January 30th - February 1st 2026

Registration starts 5:00 pm Friday - Workshop ends at noon on Sunday

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

Double Occupancy, 2 nights, 5 meals: \$225

Contact Shelly at gottawannaweekend@gmail.com

Registration deadline January 10th, 2026

Name: _____
Email: _____ Phone: _____
Address: _____
Check Amount Enclosed: _____ Roommate Request _____

Make check payable to Shelly Fox, and mail with form to:
2531 Winding Wood Drive
Clearwater, FL 33761
Or Venmo @Donna-Finke



Or Register online
using this QR code



Dietary Restrictions:

☐ Vegetarian
☐ Gluten-Free
☐ Lactose Free
☐ None

FRIENDS OF LOIS
"SOUPER" MEETING

Thursday January 29, 2026

DOORS OPEN AT 5:45 PM

MEETING TIME IS 6PM to 7PM



WHEN: Thursday, January 29, 2026

WHERE: FRIENDS OF LOIS meeting at

Grace Brethren Church

6300 62nd Avenue, N.

Pinellas Park, FL 33781

WHAT TIME: Soups will be ready 5:45 - 6:10 PM

Meeting time is 6:00 to 7:00 PM

WHAT ELSE: This is a **SPEAKER** meeting; with an Al-Anon and an AA speaker.

Shop our "Boutique Table" items for \$1.00 or \$2.00

Hi Hopes for Today

Announces Our
3rd Anniversary

March 27, 2026

7:30pm

United Riviera Methodist Church

175 62nd Ave N

St Petersburg, FL

AA Speaker

Al-Anon Speaker

Raffle

Pot Luck

Bring a dish to share



Sharings from our DIS Chairs

I am an extroverted introvert and filling the role of Public Information Chair allowed me to have quiet research moments and also in real life to share the concepts of Al-Anon in social settings (to which we had been invited to attend). Relief there is help for those who have family and friends who are alcoholic. That is the common reaction. It is creative and flexible opportunity to sign up for if you want to grow in your recovery.

Shira, Public Information Chair



My experience doing service at the District level:

Before signing up for a position at the District level, I was afraid I could not complete it successfully so hesitated and checked in with my higher power and Al-Anon members who were already involved in this level of service. I was reminded that I did not need to have experience to do this, only willingness. I was also reminded that there was help and I did not need to do it alone. So, I signed up to be secretary for the DISL portion of the District meeting. I did not do it perfectly and had some frustration when I could not get into my District email but was able to work it out. That was last term and it gave me the courage to sign up for the Alateen District Process Person. I had been an Alateen sponsor several years earlier and enjoyed the experience as well as enriching my Al-Anon program to see it from their point of view. Therefore, I wanted to do something to help it to grow. I thought "I" could get this done. I did all the footwork I could think of and had the help of fellow Al-Anon members who helped with this footwork, but we had to close one of the meetings and despite moving the other one to a new location and time, it is faltering. I was getting really discouraged and thinking I had failed in my position when I went to a meeting on let go and let God and one on humility. I realize I expected to control the outcome which was not in my power to do. I needed the humility to leave it in my Higher Power's hands and remember tradition 11 which states "our public relations policy is based on attraction rather than promotion." I have found that this is true for any position I have taken in my program. I am not sure I would have learned this lesson any other way. I also have truly learned that I do not have to do this alone and made friends I would never have met just going to a few meetings. So I would highly recommend to each of you to consider taking on a position at a higher level as it doesn't need to be done perfectly, there is a lot of help if you ask and the results are left in your Higher Power's hands.

Sharon C, District Alateen Process Person

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.

- 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.

Beacon of Hope Alateen

Thursday 6pm

Grace Brethren Church

6300 62nd Ave N, Pinellas Park



**1 IN 4
CHILDREN**
are affected
by someone's
drinking.

You are not alone.

Alateen can help.

For more information contact
DAPP@d7afg.org

1-888-4AL-ANON • al-anon.org/teen-info


Al-Anon Family Groups
Help and hope for families and friends of alcoholics

**Feel free to copy this flyer. Please leave at Al-Anon and AA meetings.
HELP PASS THE MESSAGE ALONG.**

The Beacon of Hope Alateen Meeting (FLYER ABOVE) meets on Thursday, 6 pm, at Grace Brethren Church, 6300 62nd Ave N, Pinellas Park (same time and place as Al-Anon meeting Friends of Lois), not far from the AA Rebos Club. If any AA members wish to drop off their kids, Rebos is open at this time. PLEASE pass this information along to your groups and encourage any one who knows of a teen in need of the program to attend! Also pass along to any AA meetings in the area as it has been shown that the majority of teens who attend Alateen meetings come from having parent(s) in the AA Program. Remember to Let It Begin With Me.

It is also time for current AMIAS to get recertified and any other members of Al-Anon who wish to become an AMIAS need to go through the process, it is outlined on the Area website if you search for Florida North Al-Anon and click on the Alateen button. Just follow the directions listed there and email Karyn of Judy if you need help.

January 15, 2026	6:30 - 9 pm
February 21, 2026	9:30 am - noon
March 19, 2026	6:30 - 9 pm
April 11, 2026	9:30 am - noon
May 14, 2026	9:30 am – noon

Contact Judy at Alateen-64@AFGArea9.org, Karen at AAPP@AFGArea9.org or dapp@d7afg.org to schedule your training or for any questions you may have,

Sharings from our Members

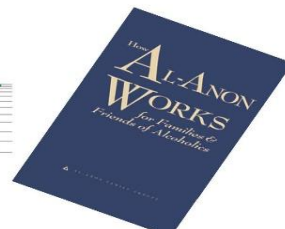
“PLUS ONE”

It has been 26 years since the disease of alcoholism separated my son's father and I. My son was 2 and ½ when I first discovered AlAnon, and I will be forever grateful. After being single for 11 years, I fell in love with and married a wonderful man with 27 years of sobriety who was very active in the AA program. With us both working our separate programs, our marriage was the first healthy relationship I have ever had. We enjoyed 4 years of marital bliss before cancer took him from this life. It has now been 10 years since his passing, and after going through the grief process, which is forever ongoing, I am happy and content with the love that I can give and the love that I can receive from my girlfriends and the AlAnon fellowship.

My son and his girlfriend of 8 years plan to be married at the end of May in a small wedding in the mountains of North Carolina. The wedding venue includes a beautiful chalet on the property where family and the wedding party will spend the weekend. I began obsessing about who could be my “Plus One” as my son's father has remarried and I was feeling like I would look like a “loser” being single – my perspective While praying to my Higher Power for several days before I submitted my RSVP to the wedding invite, I had the most glorious “Aha” moment from my Higher Power. **My Higher Power, whom I choose to call God, will be my Plus One!** Problem solved! I breathed a huge sigh of relief and I know that I will have the absolute best “Plus One” by my side, a Higher Power who loves me unconditionally and will have my back each moment of this joyous occasion!! I thank my Higher Power every day for sending me exactly what I need, exactly when I need it. I BELIEVE! Thank you, God!

Jenny H

North Florida Area 9 Events



"If my books are falling apart, I am not!"

**Starting January 4th, 2026
at 7:30 pm, we will dive
into How Al-Anon Works
for Families and Friends of
Alcoholics**

**Sundays
7:30 PM
via Zoom
Meeting ID: 867
9129 0197
Passcode:
NOFLA9D2**

***new day and time**



**2026 Florida North AFG Convention
August 28 – 30, 2026
Radisson Resort at the Port**

	Regular	At The Door
Convention Registration	\$40	\$50
Meals:		
Saturday Buffet Lunch	\$36	
Saturday Night Banquet	\$58	
Sunday Breakfast Buffet	\$36	
T-shirts:		
Short-sleeved	\$22	
Long-sleeved	\$25	
Patches	\$ 6	

Register for Convention online at:
AFGArea9.org/convention-2026



Hotel:
Radisson Resort at the Port
8701 Astronaut Blvd.
Cape Canaveral, FL 32920
(321) 784-0000
\$169/night (occupancy 1 – 4)

From WSO



Al-Anon's 75th Anniversary Celebration

75 Years, One Purpose

You are invited to a special celebration marking Al-Anon Family Groups' 75th Anniversary!

From its early beginnings as the Clearing House, founded by Lois W. and Anne B. in 1951, to its formal incorporation as a nonprofit under the name of Al-Anon Family Groups Headquarters, Inc. in 1954, the World Service Office (WSO) has been the heart of Al-Anon service for over 75 years! Join us in commemorating this remarkable milestone with a special day of celebration, beginning with a heartfelt welcome at our World Service Office!

Start with a Special Open House!

WSO Open House

WHEN:

Saturday, April 25, 2026
12:00 – 3:00 PM Eastern Time

WHERE:

1600 Corporate Landing Parkway
Virginia Beach, Virginia, USA

Arrive before 2:00 p.m. to enjoy a **free guided tour** and learn more about our office and the dedicated Staff behind the scenes.

This exclusive experience offers a unique opportunity to explore the WSO Archives and view our extensive collection of archival materials that showcase Al-Anon's rich history. You'll also learn more about our mission and see firsthand how our team supports the worldwide Al-Anon fellowship.

For more information go to

<https://al-anon.org/world-service-office-events/>

A few Spiritual Principle examples



The Al-Anon Slogans

"Unlike some of Al-Anon's practices and principles that take a while to learn and apply, the Al-Anon slogans are easy to learn and remember. You may have heard some of these slogans hundreds of times before without ever taking them seriously or trying to put them to work. After all, they are clichés, and easy to disregard. But it is their very simplicity that makes them so powerful."

How Al-Anon Works for Families & Friends of Alcoholics (B-32), pg. 65

[How Important Is It?](#)

[Easy Does It](#)

[Keep an Open Mind](#)

[Think](#)

[Progress Not Perfection](#)

[Keep Coming Back](#)

[But for the Grace of God](#)

[One Day at a Time](#)

[Listen and learn](#)

[Together We Can Make It](#)

[Keep It Simple](#)

[First Things First](#)

[Let It Begin with Me](#)

[Just for Today](#)

[Let Go and Let God](#)

[Live and Let Live](#)



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

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Area Assembly meetings are held at stated intervals

GRs at the Area Assembly elect an Area Delegate

GRs elect an Area Delegate to the annual World Service Conference (WSC), an Alternate Delegate, and Assembly Officers.

Area Delegates are the link between the groups and the World Service Conference, which is held annually, as well as the World Service Office.



Area Delegates at the World Service Conference (WSC)

The World Service Delegate is an Al-Anon/Alateen member elected at the Area Assembly to represent all the groups in his or her Area at the annual WSC. The Delegate is the primary communication link between the groups and the World Service Office (WSO).

Area Delegates share Area experience at the WSC, which serves Al-Anon worldwide. The WSC is Al-Anon's annual business meeting. The Conference provides guidance to the WSO in matters brought to its attention. Area Delegates then bring the views and the spirit of worldwide Al-Anon back to their Areas.

Resources:

Al-Anon and Alateen Groups at Work (P-24)

"Group Service Positions"

- Group Representative (GR)

"Basic Terms Used in Al-Anon Service"

- District Representative (DR)
- World Service Delegate

Group Representative guideline (G-11)

District Meetings guideline (G-15)

District Representatives guideline (G-37)

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Members' Web site: al-anon.org/members
e-mail: wso@al-anon.org

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Members

Group Representatives (GRs)

District Representatives (DRs)

Delegates

Group meeting

District meeting

Area World Service Committee (AWSC)

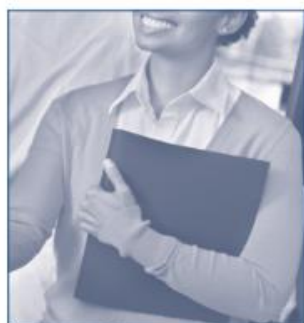
Area Assembly

World Service Conference (WSC)

Groups Help and Serve Members . . . Members Help and Serve the Group

Groups

Al-Anon and Alateen membership is open to anyone who feels his or her life has been affected by someone else's drinking.



Members

Members join local groups where the Al-Anon program is shared and where members participate in group service, such as, setting up the meeting, chairing the meeting, and serving as a group officer.

Group Representatives (GRs) are a vital link in the continuing function, growth, and unity of worldwide Al-Anon

Members in a group elect a GR

The GR acts as a liaison between the group and the district and between the group and the Area Assembly. The GR carries the group conscience of the group forward to the district and Area Assembly. The group gives the GR time during the meeting to give his/her report from district meetings and the Area Assembly meetings.

Members in service learn more about the Twelve Traditions and discover the importance of the *Al-Anon/Alateen Service Manual (P-24/27)*.



District Representatives (DRs) are an important link between the groups and the Area

GRs in a district elect a DR

The DR chairs the district meetings, represents the groups in their district at Area World Service Committee (AWSC) meetings, and serves as a resource and information source for the groups.

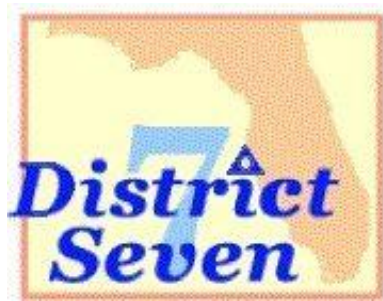
A DR assists the Delegate in passing on information about World Service Office (WSO) activities and World Service Conference (WSC) decisions to the GRs in his/her district. He/She is a member of the AWSC.

Through representing a district, a DR discovers how all members are part of a worldwide fellowship.

Area World Service Committee (AWSC) meetings are held at regularly scheduled intervals

Area World Service Committee

The AWSC consists of the Assembly Officers, DRs, Area Coordinators, and liaison members, who meet between Assemblies to discuss Area and district matters, plan the agenda for the Assembly, initiate projects, and make recommendations to the Assembly.



PLEASE SEND
YOUR GROUP
HAPPENINGS TO
alanews@d7afg.org

DEADLINE IS 25TH
OF MONTH

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

SCAN HERE:



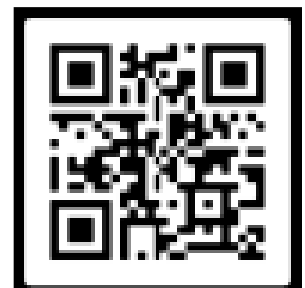
Or email alanews@d7afg.org
OPEN EMAIL

JUST HIT ARROW TO SEND

Al-Anews is no longer being
printed by District.

Info line
727-548-6811

Get all there is to know about
District 7
d7afg.org or



Contacts for Service Positions

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
Literature Distribution Center	Kimberly H	literature@d7afg.org
District Information Services Liaison	OPEN	disl@d7afg.org
DISL Secretary	Jan B.	Dis_secretary@d7afg.org
AA Liaison	OPEN	aaliason@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	Lisa D	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 H	speakerlist@d7afg.org
Technology/Website	Ed Mc	webkeeper@d7afg.org
When and Where	Bonnie	whenandwhere@d7afg.org
Hospitality	Kathy J	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 January 10

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

CENTRAL CHURCH OF CHRIST
Fellowship Hall: 1454 Belleair Rd,
Clearwater 33756