

NEWS FROM NFA 9
NFA CONVENTION
AUG 28-30

SHARINGS
FROM DIS CHAIR
FROM MEMBERS
FROM WSO



DISTRICT 7 AL-ANEWS

EVENTS

FEB. 27 HI HOPES, AFG
MARCH 8 BEGIN WITH ME
MARCH 27 HI HOPES FOR TODAY

CONTACT

WEBSITE: D7AFG.ORG

INFOLINE:

727-548-6811

AL-ANEWS

ALANEWS@D7AFG.ORG

Welcome to the February 2026

District 7 Al-Anews

REQUEST FOR SHARING

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

Send information to Alanews@d7afg.org

By 25th of month

February's District 7 meeting has been rescheduled
due to schedule conflict with church.

We will meet February 21st, 3rd Saturday of month
Please correct your calendar.

As this year moves on, remember to discuss service at all levels: group, district, area.

In September we will be voting on new GR's, group positions and District panel and DIS Chairs.

For guidelines go to d7afg.org

"We" as a group can accomplish more than any individual alone

District 7 EVENTS

Hi Hopes. AFG Announces:

49th Anniversary
February 27th at 8pm

We would love for everyone to join us.
There will be an Al-Anon and AA speaker.
Hope to see you then.

8:00pm Hi-Hopes AFG. (Zoom)
<https://zoom.us/j/8224201197>
Meeting ID: 822 420 1197
Password: 638389
Call in:
1(305)224-1969
1(646)931-3860



Sunday Night AFG Begin With Me
36th Anniversary Meeting
March 8, 2026

Lutheran Church of the Palms, 2250 Nebraska Ave
Palm Harbor, 33683

Doors Open @ 5:45PM - Dinner at 6:00PM
AA & Al-Anon Speakers at 7:00 PM
Please bring a dish to share and a friend.
All are invited

There will be a 50/50 Raffle and a book giveaway of your choice.

Tickets 6 for \$5.00 a real bargain!

Hi Hopes for Today Announces Our 3rd Anniversary

March 27, 2026
7:30pm

Riviera United 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

"When I got busy, I got better." My Higher Power "nudged" me into Al-Anon service. I felt isolated and depleted without a sense of purpose or joy. At the time, I was recovering physically, mentally, spiritually and emotionally from a health challenge and the effects of the Covid pandemic. I eagerly looked forward to Al-Anon face to face meetings and events.

I felt hopeful as I became involved with service as chair for Raffle/Registration at our monthly meetings. I remembered how much fun other members had had in this position. This might be something I could do, a spiritual awakening!

As the end of my term approached, I began thinking about my next "growth opportunity" in District. I read the job description for CPC, Cooperating with the Professional Community. Perhaps I might have something to share, though it wasn't clear to me what that was. I stood and was voted CPC chair.

Where to begin? I spoke to the standing CPC member; they suggested focusing on one professional group. My higher power provided me with my first opportunity for service with the Pinellas County Juvenile Welfare Board. A fellow member and I attended a JWB community resource fair for young adults and their families. We carried the message of help and hope to families and other professional organizations in attendance. We even enjoyed a lunch buffet! After that event, I didn't know exactly how the next year would unfold.

While driving behind a public bus I noticed an ad for AA on the back panel. Why not Al-Anon ads on Pinellas County buses? At a Zoom meeting for Area CPC chairs I learned there were several Al-Anon and Alateen ads on the WSO website. I chose two images for production, one for Al-Anon, one for Alateen, and presented these at District. I was humbled when the Group Representatives (GR's) voted to support the project. Thanks, HP!

Service work has been a series of HP "nudges." Now in my third year of service, I drove by a digital street sign for a Youth Mental Health Festival at Largo Park. I applied to the City of Largo and will attend with our District Alateen Process person (DAPP), an AMIAS (Al-Anon member in Alateen Service) to share CAL literature (Conference Approved Literature) and other materials, M&M fun packs included!

As my term as CPC draws to an end, I am grateful for the growth opportunities I have had in our District and community. I have acquired a sense of belonging, trust and humility. Al-Anon District 7 elections will be held in September. I've asked HP to guide me to my next service position. I'm just waiting for that gentle "nudge!"



Another amazing share from our Archivist, Shelly

How Eleven and Eleven, AFG got it's name:

Grace and her husband, George, moved to Florida from Maryland in the late sixties because of George's health. They built a home on Clearwater Beach. Grace was startled to find out that the Clearwater Alanon meetings were all at the Serenity Club on Turner St.. Not that there were that many in the sixties. She started several in the Clearwater area. She said all you needed was a place to meet and to contact Alanon headquarters in New York (now Virginia Beach) to get registered. She helped start the district's literature distribution center, as well. Grace started Alateen in our district, too. She laughed about how, at convention, the teens would whisper to each other, "Is she asleep, yet?" - hoping that she had fallen asleep so that they could sneak out.

In 1989, the last meeting Grace started, along with Spanky (moved back to Texas) was "Eleven and Eleven." We met at the First Lutheran Church on Lake and Nursery. By then George (who was an AA member) was on oxygen, and she wanted to be close by. We had babysitting at that meeting. The reason she gave for naming it Eleven and Eleven was that eleven was her favorite step, and that it started at 11 o'clock in the morning.

Sharings from our Members

Worry and Hope

My mother loved snowmen. She collected them over the years. She crocheted me an entire snowman family which I prize dearly. Every time I put it out, it reminds me of her. When I was a kid, we lived in Ohio. We had a lot of snow. We loved to make snowmen. We would make a snowball and roll it down the hill until it got big enough to be the body. It was packed and glistening white. We were old school, not coal but rocks for eyes and a carrot for a mouth. I would insist on putting a scarf on my new friend so he wouldn't get cold. Sometimes if we weren't careful, we would roll up more than just snow in our snow ball, there were a lot of critters around, cows, horses, hound dogs. Sometimes something stinky and unpleasant would end up in our snowball. But usually if we stuck to the path, we would stay out of the stinky stuff.

This activity makes me think about worry. When I start to worry, I have a snowball in my hand. I get to decide what makes it bigger. When I worry some more, it does get bigger, but not in a good way. As I keep worrying and worrying, creating new and more terrible scenarios, that snowball gets really big and pretty stinky. I may end up with a very unhappy snowman, with sticks and stinky stuff sticking out all over.

What if I try hope instead? Thinking good thoughts and imagining my loved one in wonderful situations, with friends and family and lots of love. I can make my snowball just as big but much more beautiful and my snowman will thank me for it.

Worry

Uses energy
Negative
Not fun
Frozen in fear/ crying
Limited by my imagination
Farther from my HP
Feeds on itself
Does not solve anything
Feels sorry for itself
Blames
Holds it close
Not present
Destructive
Gives pain
Overshadows

Submitted by Paula M.

Hope

makes energy
positive
fun
warm, smiling
no limits-all is possible with my HP
Closer to my HP
Feeds on itself
Does not need to solve anything
Is grateful
Let's go
Gives it to a HP
Present
Constructive
Gives joy
Gives light

I want to share a recent experience that I had at my home group. I am Group Representative for Hi Hopes AFG on zoom and I know zoom is not for everyone and I understand as I like my in person meetings as well, but my home group is such a warm and welcoming group. I truly enjoy the rich sharings week after week. We come from all over the country and are often joined by children and our furry families. This was the atmosphere on a Friday night about a month ago when at the end of the meeting I said that I " didn't want to leave ". Many of us stayed for a bit longer enjoying each other's friendship from the comfort of our homes. It was wonderful. I would encourage anyone to join us on a Friday night at 8pm and particularly on February 27th for our 49th Anniversary! I would love to see you there!

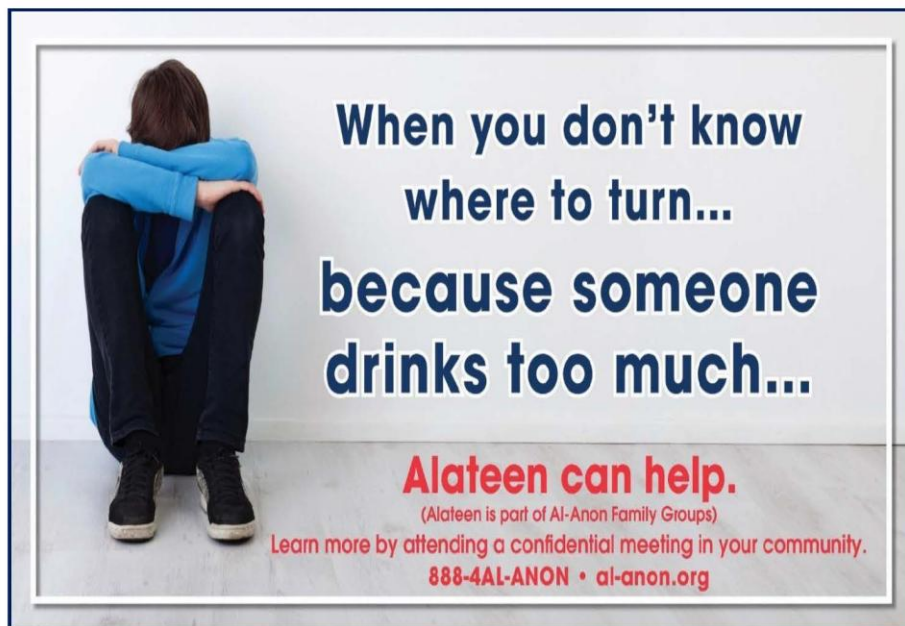
In service and fellowship, **Lisa M.**

AMIAS and Alateen Information

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.

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,



Our meetings are for young people ages 9-18 whose lives have been or are being affected by alcoholism in a family member or friend.

“Beacon of Hope Alateen”

IN – PERSON MEETING

THURSDAY 6-7 PM

**Grace Brethren Church
6300 62nd Ave N, Pinellas Park**

For more information contact:

dapp@d7afg.org or

District 7 information hotline: 727-548-6811

North Florida Area 9 Events

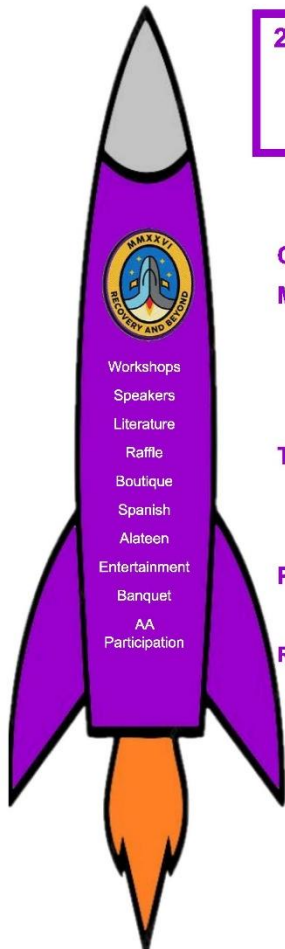


"If my books are falling apart, I am not!"

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

**new day and time*

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



**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/convention2026

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



Registration Form



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

REGISTRATION FEES Advance: thru Aug 21, 2026 \$40 At the Door \$50		CONTACT INFORMATION <small>(one form per person please)</small> Full Name: _____ Name on Badge: _____ Email Address: _____	
MEALS Sat Deli Delight Buffet Lunch \$36 Sat Banquet (Please mark your choice) \$58 Chicken Piccata _____ Braised Beef Short Ribs _____ Grilled Mahi-Mahi _____ Sun Full Breakfast Buffet \$36 Dietary Restrictions? _____		Attending as: Al-Anon ____ AA ____ Other ____ Address: _____ City: _____ St: _____ Zip: _____ Phone: _____ District #: _____	
CONVENTION ITEMS (Circle your choice) T-Shirt Short Sleeve S M L XL 2X 3X \$22 T-Shirt Long Sleeve S M L XL 2X 3X \$25 Logo Patch \$ 6		PAYMENT Check Payable to: NFA AFG, Inc. Mail form & Payment to: NFA AFG INC. CONVENTION 2026 P. O. Box 410453 Melbourne, FL 32941 Credit Card# (only last 4 if in person) _____ Name on Card: _____ EXP ____ CVV ____	
DONATION OPPORTUNITIES 7th Tradition \$ _____ Alateen \$ _____ Hospitality \$ _____ Would you like to add a Merchant Fee Donation to Offset the credit card fee Yes/No? (\$2.00) \$ _____ TOTAL PURCHASE Registration/Meals/Items/Donation \$ _____		OR - REGISTER ONLINE Scan QR Code Or follow the link below: https://www.choicehotels.com/reservations/groups/K125E6	
VOLUNTEERS NEEDED AND APPRECIATED: (Please circle areas of willingness) Banquet Boutique Raffle Hospitality Information Greeters Registration Sergeant at Arms Literature Wherever Serenity Room		Congratulations! You've Registered for the 2026 Convention to be held August 28-30, 2026. See you there!	
Use below to note your selections & register at hotel. Registration: _____ Meals: _____ Meals: _____ Meals: _____ Item(s): _____ Donation(s): _____ TOTAL: _____		RADISSON <small>RESORT AT THE PORT</small> 8701 Astronaut Blvd., Cape Canaveral, FL 32920 \$169 per night for standard suites (Occupancy 1-4), plus applicable taxes. Rate is good for 3 days before and 3 days after Convention. Online reservation link: https://www.choicehotels.com/reservations/groups/K125E6 Radisson Resort at the Port phone for AFG: (321) 784-0000	

For questions on Al-Anon Convention please contact: Convention2026Registration@afgarea9.org

For questions regarding Radisson Resort at the Port facility please contact: 321-784-0000

From WSO

From *AL-ANON FACES ALCOHOLISM* HELP AND HOPE FOR FAMILIES AND FRIENDS OF ALCOHOLICS



I Finally Got It!

Dov L., Florida

I was in and out of Al-Anon meetings for years. I rarely ever saw other men there, which was difficult. But for one hour I knew I felt safe and comfortable. It took a while before I finally put it together. When I kept coming to Al-Anon meetings on a regular basis, I was healing and making positive changes in my life and my children's lives.

I learned to open my ears and shut my mouth. I soon found meetings that included more men as well. I found support inside and outside of the Al-Anon rooms. Eventually, I learned to share my insights too. Now, I even attend all-male meetings occasionally.

Al-Anon saved my life. Today I make a point of reaching out to male newcomers and telling them to "keep coming back." I want all newcomers to know that men and women alike are here to support them.



"Heard in the Rooms"



ANGER
A NEGATIVE GRUDGE
ENDANGERS RECOVERY



DETACH
DONT EVER THINK ABOUT
CHANGING HIM/HER



EGO
EDGING GOD OUT



FAITH
FINDING ANSWERS IN THE HEART



FEAR
FUTURE EVENTS AREN'T REAL



FINE
FRUSTRATED INSECURE
NEUROTIC EVASIVE



FROG
FULLY RELYING ON GOD



GOD

GOOD
ORDERLY
DIRECTION



HALT
HUNGRY, ANGRY, LONELY
TIRED



HOPE
HOLD ON. PAIN ENDS



MYOB
MIND YOUR OWN BUSINESS



PUSH
PRAY
UNTIL SOMETHING HAPPENS



YANA
YOU ARE NOT ALONE



**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

**** Third Saturday of month due to schedule conflict with church**



Next District Meeting
 (Monthly meeting for GR's, District trusted servants
 and any interested members)
Saturday February 21**
 Door opens at 8am. Meeting starts at 9am.
CENTRAL CHURCH OF CHRIST
 Fellowship Hall: 1454 Belleair Rd,
 Clearwater 33756