

DISTRICT 7 SEPTEMBER AL-ANEWS

Contact Information

Website: d7afg.org

Infoline: 727-548-5811

Al-Anews: Alanews@d7afg.org

NFA Assembly Oct 16-18 Altamonte Springs

District 7 Anniversaries

Sept 9 Gottawana

Sept 10 Friends of Lois

Sept 15 Joy in Recovery

Oct 25 Good Morning Al-Anon

Speaker Meeting

Sept 27 Let it Begin With Me

*Women's Gottawanna Al-Anon
17th Anniversary Meeting*



Presented by Women's Gottawanna AFG

Wednesday, September 9th 2026

7:30 – 8:45 pm

Riviera United Methodist Church

175 62nd Avenue North, St. Petersburg FL 33702

**Join us for an evening of food and fellowship including
Al-Anon and AA speakers**

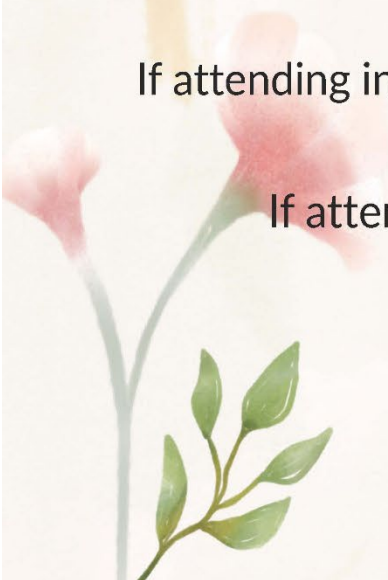
This is a hybrid meeting and can be attended either in
person or virtually via Zoom

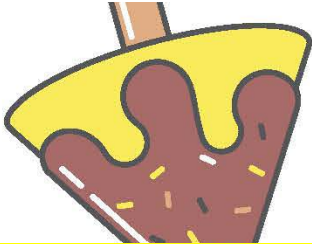
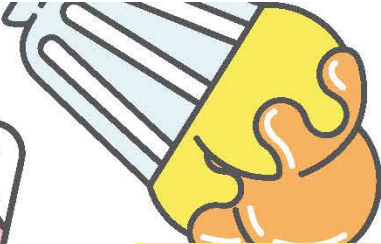
If attending in person you are welcome to bring food to share

If attending virtually, the Zoom information is:

Meeting ID: 822 420 1197

Passcode: 638389





Friends of Lois
Is inviting you to an

ICE CREAM SOCIAL!



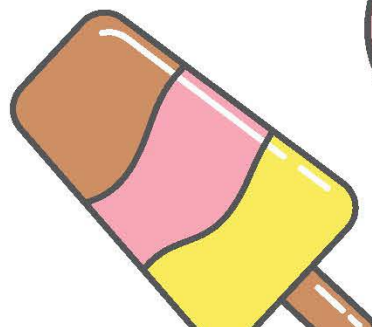
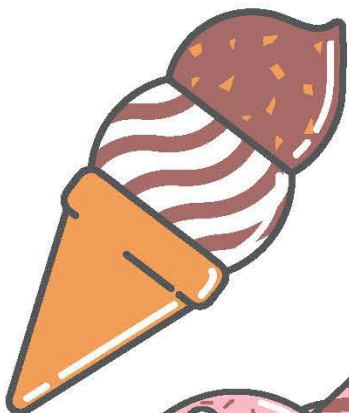
AT
GRACE BRETHREN CHURCH
6300 62ND AVENUE, N.
PINELLAS PARK, FL 33781

SEPTEMBER 10, 2026

DOORS OPEN AT
5:45PM

AA AND AL-ALANON
SPEAKERS AT 6PM

THERE WILL BE A RAFFLE



JOY IN RECOVERY

50th Anniversary

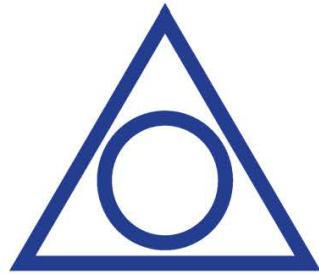
RECOVERY IS GOLDEN

TUESDAY
15 SEPTEMBER
DOORS OPEN AT 7:45 PM

SPEAKERS
LIGHT REFRESHMENTS
RAFFLE

PALM LAKE CHRISTIAN CHURCH
5401 22ND AVE N, ST. PETERSBURG, FL 33710





Sunday Night AFG Begin With Me

Speaker Meeting

September 27, 2026

Lutheran Church of the Palms

2250 Nebraska Ave

Palm Harbor, 33683

Doors Open @ 6:00PM

AA & Al-Anon Speakers at 7:00 PM

Please bring a friend and a dessert to
share. All are invited

50/50 Raffle



**CELEBRATE WITH US
GOOD MORNING ALANON
34TH ANNIVERSARY**

OCTOBER 25, 2026

10:30AM

**ST ANTHONY'S HOSPITAL AUDITORIUM
1200 7TH AVE N, ST PETERSBURG**

**SPEAKERS
RAFFLE
LUNCH**



BRING A DISH TO SHARE

DISCOVER THE AL-ANON PHONE APP



HOPE • SUPPORT • MEETINGS • RECOVERY • CONNECTION

24/7

24/7 MEETING ACCESS:

Attend virtual Al-Anon meetings from almost anywhere.



DAILY RECOVERY TOOLS:

Access readings, encouragement, and recovery support.



MEETING FINDER:

Locate local and online meetings instantly.



PRIVACY & CONVENIENCE:

Quietly access support whenever needed.



WORLDWIDE FELLOWSHIP:

Connect with people who understand family alcoholism.



BEGINNER FRIENDLY:

Welcoming support for newcomers and long-time members alike.

"Take what you like and leave the rest."

**DOWNLOAD THE OFFICIAL
AL-ANON FAMILY GROUPS
MOBILE APP**

AVAILABLE FOR IPHONE & ANDROID



OFFICIAL WEBSITE
al-anon.org



**When you don't know
where to turn...
because someone
drinks too much...**

Alateen can help.
(Alateen is part of Al-Anon Family Groups)
Learn more by attending a confidential meeting in your community.
888-4AL-ANON • al-anon.org

**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

MEETING INFORMATION

NEW MEETING

New Beginnings

Monday

6-7 PM

REBOS Club

5639 54 Ave N, Kenneth City 33709

NEW LOCATION

7 ON 7TH, AFG

Saturday

7-8 PM

St. Thomas' Episcopal Church

1200 Snell Isle Blvd. NE

St. Petersburg, FL 33704

NEW ID and Password

Dunedin's Men's Wednesday Night

ID: 8538 0229 450

(different ID from last month)

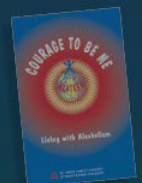
PS 0900



NEW

eBooks

are now available from Al-Anon Family Groups!



al-anon.org/e-cal

DISTRICT INFORMATION

We are coming to the end of Panel 64. In September we will be voting in a new panel of Officers and Chairs. All these positions and contact information is on the final page of this newsletter. Contact someone you might be interested in the position they are holding current. **Talk to your Higher Power**, talk to yourself and other Al-Anon friends, as well **talk to your sponsor**.

In September all groups will be voting

Groups will be voting for **Group Reps, Alt GR, Treasurer, Secretary and Literature** positions in October. Please start talking about it. Each group will also need to have a **CMA – Current Mailing Address**.

Group Rep, GR: Person who is the liaison to District 7 by attending District meetings 1 Saturday morning a month: June and Oct do not have meeting because GR is expected to attend Assembly 9 meeting. These are held in Altamonte Springs for a weekend. Important information from both of these meetings are to be shared at your meeting.

Alt. GR: substitutes for GR when that person is not able to attend.

Treasurer: Collects 7th Tradition after each meeting. Keeps accounting of money as they see fit. Pays donation to church for use of space, literature orders, any allowed expense for group. Develops a budget if none exists. Have prudent reserve available for 3 months of donations to church, and especially to save for GR to go to assembly 2 times a year.

Secretary: Keeps minutes at business meetings. Writes thank you notes if warranted.

Literature: Keeps stock of books for sale, pamphlets and Forum magazines. Orders from LDC (Literature Distribution Center for District)

CMA: Current Mailing Address. This is very important to have because WSO uses it to send important information. It also keeps track of meetings.

Why I Stayed

There are many reasons, but I think the initial one was the connection I made with people who opened their hearts by sharing their trials and struggles, past and present. When I first came to Al-Anon, I didn't know what to expect, but I quickly found something I hadn't experienced before.

Second, I was finally listened to without being shut down. And third, I felt safe.

The hurt and pain I felt were not unique to me. There were others who suffered from living with the effects of this disease, yet they seemed to be able to smile in spite of it. I envied what they had, and I wanted to have that too.

I tried to find happiness despite my ex's drinking, but what I really wanted was for him to stop. In Al-Anon, I learned that my peace did not have to depend on someone else's choices. As I kept coming back, I began to find more peace. My recovery became a remarkable journey of self-acceptance and forgiveness.

I was a child of a mixed marriage, and I had lived with shame about that for much of my life. I loved my father deeply, but I hid my identity and background as much as I could. Through the program, I began to face the part of myself I had avoided for years. This led me to travel to his hometown of Iloilo in the Philippines, and I met my father's family for the first time. They welcomed me with open arms. I made amends to my father before he passed, for which I am deeply grateful. That was many years ago.

Today, I am blessed to sponsor others, which is a gift in itself. My sponsees have become my friends, and many of them now sponsor others. Being a Sponsor is not easy; it requires patience, understanding, and honesty. I once heard an A.A. speaker who identified as "recovered" joke, "If you don't hate your Sponsor, you don't have a good sponsor."

We laughed, but I understood the meaning. There have been times I didn't agree with my Sponsor or like what she had to say, but over time, her words proved true. I just wasn't ready to accept them yet. The experience taught me that growth in Al-Anon doesn't always feel comfortable, but it's certainly worth it.

Meetings grant me serenity. Through sponsorship, I have found the power to give and receive love. Sticking with Al-Anon brought me healing, connection, and a community. This sense of belonging and purpose is why I continue to stay and grow.

By Linda C., Wisconsin

The Forum, September 2026

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RIGHT HERE IN DISTRICT 7

37th Annual Florida North AFG Convention 2027

Desperately Seeking Serenity

August 27 – 29, 2027

TradeWinds Resort

St. Pete Beach

CLASSIFIEDS

FOR SALE:

Old Defects of Character

No longer serving me. Slightly worn from overuse. Letting them go through Step Six – best offer accepted, or will trade for humility and grace.

Resentments

Priced to move! Comes with unnecessary stress and sleepless nights. Great deal for anyone still trying to run the show.

LOST:

Control Over People, Places, and Things

Last seen years ago, disguised as “helping.” If found, please keep. I’m learning Acceptance and living One Day at a Time.

PERSONALS:

DESPERATELY SEEKING SERENITY

Keep the faith. Aug. 27 - Aug. 29

2027 NFA AFG Convention

Love, HP

NOW OPEN FOR BUSINESS!

Progress, Not Perfection Snack Bar
Growing one day at a time, with patience and plenty of coffee. Fresh baked pastries.

FOUND:

Gratitude

Discovered hidden in daily readings and quiet moments. Yours for the taking!

HELP WANTED:

Member for Service Work

Must be willing to cooperate, listen, and show up. Pay includes peace of mind, connection, and laughter. Tradition One experience preferred but not required.

Sponsor

Seeking guidance and peace of mind. Must be patient, trustworthy, and willing to listen. Serious spiritual inquiries only.

TRADE:

Fear for Faith

Looking to make a trade. Prefer trust and acceptance, lightly worn okay.

What's in It for Me?

In my years in Al-Anon, I have learned that whatever service is asked of me will be good for me. How do I know? Well, my life has dramatically improved, step by step and day by day, in Al-Anon. When I first started attending meetings and was asked to set up chairs, I noticed how I felt included—I was “a part of” the group, and I felt useful and appreciated.

When my first Sponsor encouraged me to nominate myself for Group Representative (GR), I felt hesitant about the three-year commitment. But she explained that we make these commitments “One Day at a Time.” The three years as GR of my home group flew by. I learned how to conduct a group business meeting, not as a boss or manager like my workplace roles required, but as a trusted servant and an equal member of the group. I also learned how to make sure the minority opinion was heard, yet still move on and let the group vote, even when some were opposed.

That was tough for me, because I was such a people-pleaser and had always needed to let everyone have their way.

When an Al-Anon friend stepped up to be a District Representative (DR), I figured I could be Alternate DR and learn from her. I had fun at the District level because I got to meet and work with people from other nearby meetings, and I made lasting friendships. Wonderful events came together when everyone participated.

When I became DR, I had huge plans for all the things I would do, but guess what? I did not get them all done. Yet, in Al-Anon, I do my best, and I have the support of others. As DR, I have the support of quite a few people; we have learned each other's skill sets and put them all to good use. I have learned how important it is to ask for help and to let others do the jobs they have offered to do.

For the past three years, I have enjoyed being GR of my current

Nov. 2023

Service Saved My Life

home group. It is much smaller than my first home group, but being small doesn't reduce our impact or influence. We help at District and Area events, and we have a voice and a vote at the District and Area levels. The members of my home group give me input to take back to Assembly and to our Area Information Service/Literature Distribution Center. I do not ever feel alone in my responsibilities because they support me.

**"In Al-Anon, I do my best,
and I have the support
of others."**

Each time I have stepped into a new role in Al-Anon, the person leaving the role shared their insights with me, or I had a Sponsor willing to coach me. I particularly liked following two of my Al-Anon friends, because they both passed the baton with lots of good information on the service positions they held.

I have seen the Concepts of Service at work at both the District and Area levels. The importance of participation and good personal leadership have been demonstrated over and over again. In many roles, I had learning opportunities that required me to use my "spiritual sandpaper." And applying these spiritual principles to working with others has helped me in my family relationships.

To sum it all up, service at the Group, District, and Area levels has brought me personal growth in relationship building, mutual trust, humility—the list could go on and on. My trust and confidence in my Higher Power have grown, and my acceptance of the authority of a Higher Power as expressed in the group conscience has blossomed more than I could ever have anticipated. So, service... what's in it for me? *Everything!*

By Diane S., Arizona

DISTRICT 7 CONTACT INFORMATION

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	OPEN	publicinformation@d7afg.org
Spanish	OPEN	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	OPEN	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 SEPTEMBER 12
 Door opens at 8am. Meeting starts at 9am.
CENTRAL CHURCH OF CHRIST
 Fellowship Hall: 1454 Belleair Rd,
 Clearwater 33756