



The Legacy

Volume 47/ Issue 2
May-June 2010

North Florida Area Website: www.northfloridaal-anon.org

chair person:
Shelley C.

Hello North Florida Area!

Have you heard about the Area Task Forces that were created at the Assembly in May? All Group Representatives (GRs) and Area World Service Committee (AWSC) members participated in one of the following: Group Services, Fellowship/Membership, Public Outreach, or Alateen. Using the purpose/goal of each, members were asked to brainstorm ideas and prioritize them to the top 3. Here is what they came up with:

The purpose of **Group Services** is to strengthen and protect the flow of information between the Al-Anon member and the World Service Office (WSO). Their top 3 ideas are:

- Have a template or a form to consolidate information from the Area to the groups.
- Clarify the District Representative's (DR's) and Al-Anon Information Service Liaison's (AISL's) roles concerning education (i.e. acronyms,) information to new groups, visiting groups.
- Create guidelines for Area Website and Area Archives.

The purpose of **Fellowship/Membership** is to guide and encourage the use of our written message from Conference Approved Literature, The Forum, and The Legacy to local district newsletters. Their top 3 ideas are:

- Target distribution of literature to locations that serve minority clients to increase diversity in the groups.
- Have literature workshops at group and district levels.
- Encourage individuals to share experiences in The Forum and district newsletters.

The purpose of **Public Outreach** is to carry the Al-Anon message to the public and to professionals. Their top 3 ideas are:

- Sponsor booths at health fairs.
- Target pre-school and elementary grades and all who associate with day-care and public/Federal dollars.
- Target first responders: police, sheriff, crisis in training (CIT) victims.

The purpose of the **Alateen Task Force** is to strengthen and support Alateen groups and members. Their top 3 are:

- Increase public outreach to organizations such as Kiwanis or Rotary; DCF; social service agencies; professionals such as counselors, social workers, or psychologists.
- Work through Al-Anon to encourage sponsoring Alateen groups by holding workshops, presentations to groups, and at District level.
- Go to where teens are: scouts, churches, schools, summer camps.

Aren't these great ideas? There are dozens more that were created in the brainstorming sessions. Now, what do we do with these ideas? The GRs were asked to bring to their groups the ideas they worked on, depending which group they were with. Hopefully, the groups would agree to adopt one, or choose one that the GR really loved that didn't make the top 3, or choose something else that came to mind as the group discussed this. See how it works? Discussion and group conscience are so powerful.

The next step is for the GRs to bring back to Fall Assembly what the group did, how it worked, what could be done differently, and what they learned. With GRs from all over the area sharing their experience, strength

and hope, I think we can create something wonderful, not the least of which is increasing individual member participation.

I know. I've been called a dreamer before, but this is my hope and vision for our North Florida Area Task Forces. Maybe you can share my vision, too. Talk to your GR and/or DR and I'll let you know what happens at Fall Assembly.

Love in Service,

Shelley C.—P 49 Area Chair

chair@northfloridaal-anon.org

When emailing please use "Panel 49 NFA" in the subject line

Secretary:
Lois M.

I want to thank all of you who make doing this service a joy. You show me more acceptance and love and respect than one person could hope to receive. You tell me in what you say aloud, you tell me in how you hug me, and you show me when you smile at me as we pass in the hall. It is my greatest wish that I convey all that love right back to you because you guys sure do deserve the best.

Thanks to all of you who put out so much positive energy. Positive energy is harder to catch than negative energy. What do you want to catch? Listen to those you're sitting around and ask what kind of energy they exude. Is it the same nasty humor you grew up with? Is it the same critical accusing attitude you have at home? If yes, then, change your seat before you catch what they have. Service should be fun and not at the cost of others.

When I first started attending the Area meetings I doubt I heard much of what

the folks at the microphone were saying, and I certainly didn't know what to bring back to my group. The sitting was awful and I had the attention span of a nervous gnat. However, it is important to respect those sitting around you trying to pay attention to what is being said, and it is equally important to be respectful to those at the microphone. It is important to me personally as I need to hear what is being said from everybody. That being said, it is sometimes fun to misbehave a little.

COORDINATORS: I ask that all Coordinators save their reports in **1997 – 2003 Word** before you e-mail to me. My computer is seven years old and **cannot read** docX. I have to send your report to my husband who is working somewhere else (this time not even in the same country) and have him download your report; then save it in the Word version my computer can read, and send it back to me, while working his full time job. My husband would appreciate your effort.

Everyone seems to have a handle on what their positions require by now. I get copies from most of you now without asking. It is extremely difficult to balance life, service, hobbies, and fun. I know work gets in the way for some of you. I know some of you consider Al-Anon service as your fun/hobby. I know how some of you struggle to let go and let God. I always get back to the fact that as long as I'm trying, no matter how hard it gets, that makes me different than those who give up. We are in this life together. You are not alone.

Lois M.

Panel 49

North Florida Secretary

Area delegate:
Terry F.

Hello North Florida Area,

I feel so blessed to be able to be of service as your Delegate. There is always more to tell than room on this page. For my full report on the 2010 World Service Conference, please read my report on the North Florida Area website under the Delegate's link. Also

you can order the 2010 Conference Summary for \$5 which will be available in August of this year.

This year marked the 50th year of the World Service Conference. The theme of this year's Conference was: Embrace the group conscience to expand our circle of hope.

-50 years of the World Service Conference. We were reminded of a quote from our co-founder Lois: **"Anyone can start something, but the real challenge is carrying it out"**

(Lois Wilson, 1987 WSC)

From the World Service Conference:

Pre-Conferencing activities began on Sunday April 11th, with the new Delegate orientation for Panel 50 Delegates, Committees, Thought and Task Forces met, the Sharing *Area Highlights* session, picking up our Conference notebook and handouts, and attending the opening dinner which had a birthday cake in honor of the 50th World Service Conference. Claire R. of WSO was the speaker and shared on the evolving WSCs as she has attended the last 25 Conferences.

The opening of Conference began with the Chairman of the Board of Trustees giving a World Service Conference orientation. During this orientation Conference goals were reviewed:

Conference members will understand the purpose of the Conference, relationships within the Conference structure, and be able to articulate Conference decisions.

The spiritual tone of the World Service Conference will prevail by the demonstration of mutual respect and acceptable conduct by its' Conference members.

Knowing that our HP is present in the expression of our group conscience, Conference members will presume good will.

We went over the schematic of the paths to the group conscience which is on the back of the Conference Summary every year.

We also talked about the elements of "framing" that is the background and history gathered that is required to work toward an informed group conscience. They include:

- Background/History-** Knowing what happened in the past; how we arrived at the present moment
- Relevance-** What is the topic about and why are we having this discussion?
- Context-** How does the topic fit into current circumstances?
- Conclusion-** Provide a final perspective on the topic

Key benefits are that framing brings clarity to the discussion, helps move the dialogue into new territory by outlining key new facts, keeps everyone focused, and puts the discussion into perspective.

KBDM was expanded this year to be Knowledge Based Decision Making to reach an informed group conscience. We reviewed the four essential elements of the Knowledge Based Decision Making process to an informed group conscience: open communication between leadership and membership; dialogue before deliberation; all decision makers will have common access to full information; we exist in a culture of trust

Warranty 5 of Concept 12 was read: That though the Conference serves Al-Anon, it will never perform any act of government: and that, like the fellowship of Al-Anon Family Groups which it serves, it shall always remain democratic in thought and action.

We were reminded to pray for the guidance of our Higher Power as we seek to practice the Al-Anon principles in an ever-changing environment.

Cultural Competency:

Following the orientation, we greeted John Colon, an Academic Lecturer from Stony Brook University in New York, as our speaker on Cultural Diversity.

Thought Force and Task Forces presentations:

As a result of topics that were discussed at the 2009 WSC, four Thought Forces and two Task Forces were formed. These groups of Conference members worked throughout the year and presented their ideas, strategies, how to guides, and workshops to the Conference. These included: Thought Force to Strengthen the Links between

the AIS, Districts, and Areas; Utilizing technology at Area meetings for non-technical people Task Force; How would you create a strong relationship between the Delegate and the AWSC Thought Force; Integrating Alateen into Al-Anon where no Alateen meetings exist Thought Force; Thought Force on the Current Conference structure; Develop a Conflict Resolution Presentation for Areas Task Force.

These were only the Thought and Task Forces presented on the floor of the Conference. There were other Thought and Task Forces that did other projects over the last year as well. Some of the work of these other Thought and/or Task Forces was completed or led to formation of new Task Forces. For example, I'm on the CCT committee, but I was also on a Thought Force for many months in 2009. Due to the findings in our Thought Force, at the WSC the Chairman of the Board assigned me to a new Task Force now that began its work the week of the Spring Assembly.

Board of Trustees:

The Board of Trustees has both a vision statement and a mission statement. The **Board of Trustees vision statement:** All people affected by someone else's drinking will find help and recovery in every community. The **Board of Trustees mission statement:** Anticipate the future and Al-Anon's place in it and ensure that the necessary resources are available.

Current Discussions

The 2010 World Service Conference approved Policy motions presented by the BOT on Alateen, Financial Matters, Materials Used at Al-Anon Meetings, and Group Names. These changes will be in the Policy Digest section of the new Service Manual coming out this fall. You can see them before August on the Member's website at: www.Al-Anon.org/members.

Property Ownership Discussion:

Lois said once, "There is no difference between good business practice and good spiritual practice". A dialogue between the Property Ownership Task Force members was held as a way to present additional information and to answer any remaining questions that had been submitted. The Board of Trustees will work on further develop-

ment of a motion to be presented at the 2011 WSC regarding continuation of property ownership.

TEAM (Together Empowering Al-Anon Members):

In the past six months, requests for TEAM events began to arrive at the WSO. As the TEAM leadership members began to work with the Host Areas, many additional questions began to surface. So that all Conference members would have the same information, a Task Force of Conference members was formed to develop a presentation that would address all of these additional concerns and questions. Conference members had the opportunity to send in their questions prior to the WSC and to participate from the floor. There are sixteen TEAM events scheduled this year! I am so very excited we will have our first TEAM next year with South Florida. Keep your eyes and ears open as plans progress so you can come!!!

Alateen Chat Meeting Room:

WSO is in the process of getting Alateen Chat rooms activated. Their hope is to get 9 open, one in each region. Talk to your Area Alateen Coordinator as she's the one that makes the request to WSO.

Workshops and Chosen Agenda Items:

Three great Leadership workshops that were held on Diversity—Understanding Ourselves and Others, Responsibility as a Conference Member to Expand Our Circle of Hope, and Embrace the Group Conscience. Also, two Chosen Agenda Items selected by the Delegates were discussed on the Conference floor. The two Chosen Agenda item discussions and the Leadership workshops will also be highlighted in the 2010 Conference Summary.

Overseas Trips:

1. Trip to Argentina- Regional Ibero-American Service Assembly RIASA Argentina Board of Trustees. They purchased their building and used us as their model. Questions they asked were: Difference between a group inventory and group conscience, and is it better to strengthen existing groups or encourage the formation of new groups? They really want to do things "right". All Areas present reported a

decrease in the number of meetings. The next RIASA is in 2011 in Peru. They also have an Argentina Service Manual

2. South Africa-

This was a 3-week trip. South Africa paid for entire trip for WSO to come. The other three times, WSO paid. Ric B. went to share his personal story and address South Africa Conference in June, 2009. He talked to them about how to be the best they can be and do what works for them. There were 9 Delegates, 6 Trustees, and several Executives. Their President had left on an unexpected Visa to U.S. 3 weeks earlier before Ric arrived, so they were all fearful of the country's unknown future.

3. Trip to Istanbul Turkey-August 2009

Trip was to attend European zonal meeting. There are 26 meetings in Turkey now. Al-Anon began there in 1995. They also registered an AIS since the August visit.

Essen Germany-

3rd trial European zonal meeting and the second formal meeting. 17 countries including U.S. at the meeting, including Lithuania and Slovenia who can't attend the IAGSM because they don't have a general service structure

Kecskimet, Hungary-

They visited groups from Kecskimet and Serbia. There are 26 meetings in Hungary. Four cities were represented. Authorization to translate literature was very important in Germany and Hungary meetings. They needed to teach them about fellowship before and after the meetings as between meeting sharing and sponsorship was not present before this visit.

4. UK. And Eire-

They paid for the entire trip. WSO was invited by their Board of Trustees to discuss the idea of a strategic plan and to discuss abundant thinking. The UK is also looking at the idea of purchasing property.

Strategic Plan:

Having a strategic plan as an Area for managing bequests was discussed. It was stated that we only need to make a case for what we will do and the membership will give. It was stated however, that if we don't have a plan,

there's no way to get to a direction. We were reminded that we needed to develop a plan for bequests in each of our Areas, as not having a plan causes risk of violation of the Traditions and fighting. "The money becomes the end rather than the means"

Trustee searching again: Can you see one????

Trustee at Large resumes, and resumes for the Executive Committee for Real Property Management (ECRPM) are due no later than August 15th, and are sent to WSO and not through the Area Assembly process. The Trustee position is a 3-year term and a candidate can serve 2 terms, but must follow the election procedure for both terms. Trustees at Large live anywhere in the World Service Conference structure. Delegates are not eligible to serve until two World Service Conferences have passed. Dual members are not eligible to serve. Trustee at Large resumes and ECRPM resumes are on the NFA website. Also, your D.R. was given a copy at the Assembly. Resumes should be typed or printed legibly, with no added pages. It is important to check your work and spelling as the committees will look to see that the candidate took the resume process seriously.

Requirements of a Trustee:

- 1.) Active member of Al-Anon with at least 10 years of continuous Al-Anon and/or Alateen membership
- 2.) Understanding of the Twelve Traditions and Twelve Concepts of Service
- 3.) A broad view of the policies of Al-Anon
- 4.) Attend quarterly Board meetings and be available for consultation
- 5.) Assignments require work between Board meetings, by phone, email, alone, or on a team
- 6.) The ability and willingness to make difficult decisions, participate in group process, and articulate ideas and policies for improving the business operations and the fellowship as a whole is necessary. Concept 9
- 7.) Must have special skills and experience. Relevant background should include: business; finance; law; technology; media; education; or Al-Anon service

Qualifying Al-Anon service includes:

District Representative
Area Delegate
Assembly Officer or Coordinator

AIS Liaison to the Area World Service Committee

Additional Requirements:

- a.) Consider your health and stamina as work days are long
- b.) Be able to sit for extended periods
- c.) Be able to manage your own luggage
- d.) Be willing to share a hotel room
- e.) Need to be available 28-60 days a year

What do Trustees Do?

1. They are the custodians of the Traditions, the Concepts of Service, and the World Service Conference Charter.
2. They are the Guarantor of prudent management of the World Service Office and Canada Service Office
3. They have authority under law to manage the business of Al-Anon Family Group Headquarters, Inc., and Al-Anon Family Group Headquarters (Canada), Inc.
4. They hire the Executive Director and the Director of Business Services
5. They keep a worldwide focus
6. Support International structures
7. They are voting members of the World Service Conference
8. They serve on or chair World Service Office committees
9. Establish and maintain World Service Office policies
10. Control property and finances of the World Service Office
11. Authorize World Service Office expenditures
12. Elect the officers of the corporations AFG, Inc. and AFG (Canada) Inc.
13. Elect new Trustees
14. Responsible for the preservation and prudent management of all Al-Anon's financial assets

Where do you fit into all of this?

It's everyone's job to find candidates to serve: "Furnishing our service structure with able and willing workers is a continuing activity." (Concept 9) Good luck with the search!!!! Remember, if you have questions let me know.

Diversity:

Do you feel you **do not** fit into the category of a 56 year-old white female.... From the 2009 Membership survey, this person is the average member of Al-Anon in the US, age 58 in Canada.

What are all the ways we might be diverse in our meetings? Further questions for reflection:
Does the membership of our Al-Anon

groups reflect the diversity of our communities? Does my home group reflect the diversity of my community? How can my home group better reflect the diversity of my community? Does my district reflect the diversity of my community? How can my district better reflect the diversity of my community? Do the members of my Area reflect the diversity of my state or province? How can my Area better reflect the diversity of my community? How am I affected by the diversity of other members in the program? Am I willing to be open minded and flexible?

At the Spring Assembly your D.R. was given an easy workshop called "Celebrate Diversity-Understanding Ourselves and Others". Please take advantage of it and use it in your districts and groups. And please share your experience, strength and hope. Are there new ways you can, will or have reached out to diverse populations? "When anyone anywhere....."

Love in service,

Terry F.

Delegate-Panel 49

**Alt. Delegate:
Terry K.**

One of the votes we took at Spring Assembly was to participate in a health fair sponsored by a well known national organization. There were some questions about the possibility of breaking the sixth tradition: "Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always cooperate with Alcoholics Anonymous."

At discussion I said nothing, even though I had a voice as a non-voting member of the assembly. However, I did say a few words at the end of the day during "open mike." Apparently I didn't make myself clear, because I was asked by two separate members if I meant two exactly opposite things. I didn't and I'd like to take a few lines to try to clear up the importance of tradition six.

First, we're not a secret organization; we're anonymous. Our practice of

anonymity is at the personal level, not the area level. At the group, district or area level we're told to use "attraction, rather than promotion," so there are many things we can do to attract members. But, no matter how good the cause, we must always be sure that our actions don't damage the fellowship.

The tradition addresses the dangers of our involvement with outside enterprises. A little history explains why.

The Washingtonians were a group of drunks (the word Alcoholic was not used at that time) who maintained their sobriety by sharing their experience, strength and hope with each other. (Sound familiar?) They were started by six men in Baltimore, in 1840 and grew to around 300,000 members. (A remarkable number because the United States was a lot smaller then.)

Most of us have never heard of this group, because after years of success it became involved in social reforms including prohibition, sectarian religion, politics and abolition. Support for those causes, no matter how well meaning, split the group, eventually destroying it.

Lucky for us, we have the traditions to guide us through many of those mine fields. When joining in with another organization, we must ask a simple question: will our involvement help or hurt our primary purpose? Every organization has a reason for existing. The world usually knows the organization and what they stand for. We must realize that Al-Anon does not have such a public face and that if we become involved with an organization, people who know nothing else about us can (usually wrongly) assume that we support the goals of that organization.

On the other hand our involvement at a public gathering, in which many organizations are involved, will usually lessen the assumption. A health fair, or convention for specific groups, such as doctors or lawyers, is an excellent way to spread the message of recovery.

I'm sure that it won't take you more than a minute to think of some organizations that we should not be involved with, even though members of those organizations probably have a

need. Likewise, I'm sure you can think of other organizations and situations where we can (and should) be involved. It is good for each Al-Anon member to consider the sixth tradition. It's not meant to silence us, just keep us out of trouble.

I'll close up shop by saying that we must always be aware that the good we might do can be outweighed by the ultimate harm that is brought about by our good intended actions. This doesn't mean that we should be scared into inaction. It simply means that we need to examine every opportunity with caution and good judgment.

Thank you all for allowing me to serve as your Alternate Delegate.

Terry K.

Legacy: t o n i c .

Spring Greetings North Florida, Since The Legacy has been placed online, the North Florida Area has saved over \$1100 an issue by lowering the amount of hard copies printed and the cost of mailing. That's a saving of over \$4400 a year. As we are now printing a mere 30 newsletters vs. the previous 1000 newsletters, each newsletter hard copy currently cost \$1.75 to print and mail, which is a total of \$7 a year for 4 hard copy issues.

To access The Legacy on the North Florida Area website go to:

www.northfloridaal-anon.org

- click on the resources tab
- scroll down to coordinators
- look for Legacy
- click on May/June 2010 Legacy
- read and/or print the 12 pages of The Legacy

GR's could make copies of the directions to access The Legacy for your groups and/or start an email list of your group's members who wish to be notified of the newest issue with the directions on how to access the newsletter. Many members have accessed and printed The Legacy on their home computer or at their local library for \$.10 a print at \$1.20 for all 12 pages.

Thank you for allowing me to grow in

my program as your North Florida Area Newsletter Editor.

Toni C. – Legacy Newsletter Editor

Public Outreach: Kathy H.

Hello North Florida,

Many thanks to all of the District Representatives for sharing your group, member and district Public Outreach activities. We have a wall of hands documenting the Public Outreach efforts throughout North Florida and it is fun and rewarding to read. I hope you will have an opportunity to see the *Hands Across North Florida* banners sometime in the future. Your Group Representatives have lots of sharings from other districts that were reported at Assembly that you will be hearing about soon.

Group Representatives participated in a Public Outreach Task Force at the spring assembly to brain storm ways to strengthen Al-Anon and Alateen in the North Florida Area and to carry our message of hope to families and friends of alcoholics. This task force encourages the North Florida Alea Al-Anon/Alateen to be the voice, hands and feet to the general public, professional community and institutions, providing factual information and support at the area, district and group level.

Define the purpose and goal of this ongoing task force;

Provide accurate and timely information to the general public, professional community and institutions

Encourage the use of identified Al-Anon/Alateen World Service projects***

Work directly with the Area Coordinator assigned to this task force to carry the message of hope to families and friends of alcoholics.

Encourage the distribution of Conference Approved Literature outside Al-Anon as an outreach tool.

The group identified 31 potential concepts to introduce to the assembly. We were asked to vote as a group and se-

lect three ideas that North Florida could focus on throughout the remainder of the panel. The three chosen concepts are:

- Booths at Health Fairs
- Parents of children in coordinated child care, pre-schoolers and elementary grades (private as well as state and federally funded programs)
- First Responders (Police/Sheriff offices, EMT's, Crisis and Special Victim squads)

Group Representatives are asked to take these concepts back to their districts and discuss potential ideas that are possible in their districts to implement these activities and will be reporting back at our next assembly to share with other districts.

Our Delegate, in her report from World Service Conference, shared the conference discussion on diversity within our fellowship. The question was asked; "Does the membership of our Al-Anon groups reflect the diversity of our communities"? Questions for personal reflection were listed in her report as well as references of resources to conduct a workshop *Celebrate Diversity – Understanding Ourselves and Others*.*** (Encourage the use of identified Al-Anon/Alateen World Service Projects) As we continue in our Public Outreach endeavors, districts might consider incorporating these discussions throughout their outreach plans. Please share your discussions with me so that I can pass thoughts and ideas on to WSO as well as the other districts.

Watch for an announcement from WSO that you're DR will be sharing about Al-Anon Faces Alcoholism 2011. *"Everyone, Everywhere Reaching Out Together"* **Outreach comes alive. . . in full color.** The all-new *Al-Anon Faces Alcoholism 2011* will be a powerful tool to attract new members to your meeting. In full color and with a new format, it will be ready for distribution this fall. **Carry the message** . . . Outreach is a spiritual experience and *Al-Anon Faces Alcoholism* is Twelfth Step work that every Al-Anon member can do. It's simple: just leave at least one copy behind. Just one step at a time, one person at a time... and then let go. **Participation is the key;** unleash the energy of Al-Anon unity. **Let every**

member in every group leave at least one copy where someone who needs Al-Anon could find it. Working together, we can attract new members to our groups and provide help to people who need Al-Anon's experience, strength, and hope. Deadline to order: July 7, 2010 5 p.m. ET Order form available on the Members' Web site to copy and distribute: <http://www.al-anon.org/pdf/OrderFormAFA.pdf>

This is WSO'S most important outreach project. This is a tremendous opportunity for **"Groups in Service"** Take time to understand the publication and to explain it to your groups while encouraging participation. This publication is written for the most part by health care professionals. There is a certain credibility individuals perceive when they see the message carried by a professional. **This public outreach tool empowers you and every Al-Anon member to bring hope to those still suffering in isolation.**

Did you know that when reciting the Al-Anon Declaration it is suggested to look out and address the members? Why do you think this is so? Let's look at the definition; Declaration: The act of declaring; announcement. A formal statement; proclamation. Something that is announced or proclaimed. (i.e. not a prayer)

"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"

Thank you all for all you do to help families and friends of alcoholics.

Handful of Hugs,

Kathy H

Public Outreach Coordinator Panel 49

**District 1 Rep:
George G.**

Greetings from Tallahassee and surrounding counties.

Our new meetings are still ongoing and we now have two speaker meetings each month. If you are interested in an opportunity to visit Tallahassee and tell your story let me know. We now have meetings every day of the

week in Tallahassee. Check out our updated meeting list at <http://www.tallyalanon.org/>

We had two folks attend assembly for the first time recently, one of whom is now our district liaison for the newcomers meeting. All of our service positions are filled except for the AA liaison that might be filled soon.

Several of our members participated in the WSO podcasts on steps 2,4, and 5 now available at www.al-anon.org/TheSteps. It was a rewarding experience for those that participated and also for me as a listener later on. These are on the public area of the site operated by the WSO so you may want to provide a link on your district site. They can be listened to while on the site or downloaded to an mp3 player.

I am excited to be home in Tallahassee during the first weekend in June, as I have always been at assembly in the past years at this time; this weekend is the one big event in our district each year that is an AA event with Al-Anon participation, Founders Day, Florida style, this year.

Our newsletter just keeps getting better and better. It is available at our website, see the link above.

Please stop and visit one of our meetings if you're in the Tallahassee area. We look forward to being with you.

In service,
George G.

**DISTRICT 3 rep:
Arlene w.**

I'm sitting here thinking of all the opportunities that have come my way this second year of service. I am learning. Guess what? I don't feel as unformed as before. There are many new challenges still coming my way and I am ready and also willing to address any future items.

Our district hosted the 2010 Area Service Workshop in February. This Workshop showed the power of a loving God and trusted servants not governed by anyone, as in Tradition Two. We had ninety eight in participation with forty six from our District. Every-

one worked together showing harmony and love. What a great feeling to be part of this service.

We had a successful book study workshop in March on How Al-Anon Works and are in the process of updating the District Workshop Guidelines. Our district has been busy most of this year and we hope to continue for the rest of our Panel, one day at a time.

Personally I had the great pleasure of going with a teen to the Alateen Roundup on May 1. It was wonderful to see our teens working hard on their recovery and at the same time having lots of fun. The Rotary Club was a great place to hold this event, a camp surroundings with canoes and swimming along with good facilities for meetings and sharing lunch with lots of goodies.

This is all for now.

Hugs with lots of love,

Arlene W.

**District 10 rep:
Darla S.**

We had 10 GR's, (Group Representatives), and two GIP's, (Growth Investment People) attend Spring Assembly from District 10. One of the GR's is a new Alateen GR. We are grateful for the members who are willing to step forward into service beyond the group level, and be willing to learn about the business side of Al-Anon.

Our District 10 Alternate District Representative is responsible for our District Calendar, acts as our Forum Representative, GR Orientation, and is responsible for scheduling our District Workshops. We have followed some of the ideas from the North Florida Area structure.

We had a district inventory earlier this year, and we will be discussing the areas that need attention at our future district meetings.

District 10 is hosting next year's convention, and we are thankful to have a great chair person who is holding meetings for the preparation on a regular basis.

We recently held a seminar for the pro-

professionals and invited about 150 professionals. Regrettably, very few of them showed up for the seminar. The professionals that did attend complimented us on our presentation. They stated that they did not have any questions, because we did such a thorough presentation. This is the second seminar we have presented to the professionals, and we now realize we need to look at other alternatives to present information to them. Perhaps we will have to go to them and present information in a shorter time frame, and in smaller groups. If any of you have ideas, we would love to hear them.

Our District CPC (Cooperating with the Professional Community) Chair Person was on the radio last month on a program to help the community. In the program they talked about how the program of Al-Anon and Alateen work. She has also been actively working on updating our list of professionals.

We have decided to update our meeting list and web-site meeting list once a month. We have requested members to use the system we have for meeting changes. They are to fill out a meeting change form, and provide sufficient time for the changes to be made within the time guidelines of our Meeting List and Web-Site District Chair People. We need to remember that we are all volunteers, and need to have consideration for each other.

Our Web-Site Chairperson is checking with WSO regarding use of the internet regarding search engines. We had an interesting discussion concerning the use of search engines on the internet, and how that pertains to our Traditions. It would be helpful if the North Florida Area could look into this also.

Our new AISL is attending her first N. Fl. Area Assembly, and is trusting her higher power to guide her in this new service opportunity. We share with her that just when she knows what she is doing; it is time to pass the service opportunity on.

Last month we had the XVII National Al-Anon Spanish Convention held in Orlando. The convention was a success with 93 people participating and 15 English Speaking Workshops. The only newcomer for the convention was from the English Workshops. The 2011 National Spanish Convention will be in

El Paso, Texas.

We have a new district Alateen Chairperson, and she is becoming familiar with our District, N. Fl. Area 9, and the WSO service structure. It is nice for the district to finally have someone willing to take advantage of this service opportunity.

We now have 22 Al-Anon meetings (4 of these are Spanish), plus 4 Alateen meetings.

Archives, Institutions, and Telephone Answering service positions are open in our district. We are hopeful that someone will be willing to leap out of their comfort zone, and be willing to try one of these service positions.

Hugs to All of You,
Darla S.
Your District 10 Representative

**District 12:
WENDY R.**

We have a lot going on in District 12! We have had five new meetings start so far this year. One is a Spanish speaking meeting, our first in the District. One of the groups is a Step Four Study Group; they work out of the Step Four Workbook and when done start all over. One group is focusing on the first three steps. These are all great ideas for meeting structure.

We also have added an Institution Meeting at First Step and increased our Jail Meetings to weekly vs. bi-weekly. District 12 is truly blessed to have dedicated members that volunteer their service to make all this possible. The result: a healthy, growing District.

We had over 500 copies of Al-Anon Faces Alcoholism 2010 distributed within the District; the groups did a wonderful job of getting the word out.

The District recently voted to gift each of our five new groups with \$100 worth of CAL (the group picks the CAL) in order to give the groups an opportunity to have literature to distribute.

We have started a new Alateen meeting at one of our local high schools and it is doing well. We have other schools interested. We are hoping the certification/training process for AMIA's becomes simplified as we have issues getting volunteers to travel for training.

Some of our Alateens attended the Round-Up and I hear it was fabulous!

Hugs,
Wendy R.

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