



# The Legacy

Volume 47/ Issue 1  
Mar-April 2010

North Florida Area Website: [www.northfloridaal-anon.org](http://www.northfloridaal-anon.org)

## Legacy: t o n i c .

### NFA Service Workshop

Feb. 13, 2010

#### District 3, Jacksonville

On Friday, February 12, 2010, there were a total of 32 Al-Anon members, from all of the North Florida Area, who ate dinner at Buca Di Beppo Italian Restaurant to welcome our visitor, **Mary Lou M.**, from World Service Office (WSO). Everyone enjoyed the food and fellowship and I am told that a great time was had by all.

At Saturday's Workshop there was an informative presentation on e-communities given by our Delegate, **Terry F.** We took a tour of the NFA website with the help of our Web Master, **Sharon E.** Viewed our NFA 2010 Al-Anon Convention registration at our NFA website and also learned that we can pay our registration thru Paypal online, thanks to **Andy M.**, this year's Convention Chair. **Bobbi M.** viewed Alateen Power Point samples with us, while **Toni C.** showed how manageable it is to access the Legacy online.

Lunch consisted of 4 stations, each containing a different hot soup and salad. Our guest speaker was our very own, Public Outreach Coordinator, **Kathy H.** who shared on "How Service has helped My Recovery". The raffle committee requested that donations be hand-made and Al-Anon related. The donations were very creative and many members walked away with treasured gifts.

Mary Lou M., Associate Director of Group Services, took us on a tour of the [al-anon.org/members](http://al-anon.org/members) site, at the same time Bobbi M., held Alateen Training.

After the Workshop on Saturday, member's dined, "Dutch treat", with Mary Lou M. at 6:30 pm. at Ruby Tuesday. At 8:30 am on Sunday, members ate breakfast with Mary Lou M. before her

flight back to Virginia.

What an incredible weekend! Thank you District 3 for a fantastic Area Service Workshop. Thank you to all who attended, participated and took the time to write about the Area Service Workshop. As your Legacy Newsletter Editor, I chose to try something different for this issue. While attending the North Florida Area (NFA) Service Workshop, all attendees were given a 4 X 6 card and asked to write what they took away from the workshop. I hope you enjoy their sharings, below.

It's quite impressive to hear and see demonstrated the vast amount of Al-Anon information that helps Group Representatives be better informed. The Area Hi-Lights and the World Service Conference Summary are both available for members to read online. The information in both of these is invaluable! **Anonymous\***

I have enjoyed this service workshop. I have a better understanding of how the e-communities can save us time in communicating with each other. It enables us to share information in a timelier manner.

I am inspired and reenergized after hearing about other members' service experience and ideas. It is like having a brainstorming session. The enthusiasm shared for service is wonderful and provides a wonderful example of how Al-Anon works. **Darla S\***

I enjoyed this day very much. I liked that the internet will be easier to use to find more information. I will really enjoy reading the Legacy online and I think it's great it won't cost a lot to put it online. Kudos to Toni. You are a good example of how well this program works, and how we can try things out of our comfort zone and succeed.

The food was great and I enjoyed being with and meeting great people. I feel much more aware of all the good Al-Anon does and how much I like

about it and feeling my growth. Thanks, again, **Sharon C. – Orlando\***

As much as I was looking forward to this service workshop, I had no idea how much fun I would have and how much I would learn. This was another opportunity for me to visit with friends and "family". I also took this opportunity to become Alateen certified. **Doug M. – Dist 4\***

Toni C. you did a good job, Bravo! You and the web diva. This has encouraged me to go use the library computer. Thank you for your hard work. **Eve W. – Dist 3\***

My higher power directed me to this workshop to reinforce principles of tolerance, kindness, integrity and patience. I found this workshop relatively boring and uninteresting. Thanks! **Anonymous\***

It was cold in Jacksonville, but in spirit it was very, very warm. Thank you everyone! **Anonymous\***

I learned what an e-community is and how it can and does speed up the paper process. I have been receiving more information and more fun event stuff as well. I feel more connected as we can get the Legacy online! **Anonymous\***

I had the chance to meet a lot of people that I didn't know before. I enjoyed hearing other members' stories in service. **Anonymous\***

Every opportunity for fellowship through service reopens my heart again! This service workshop was one that almost got away from me. At the last minute I was released from another obligation and with the guidance of my Higher Power I found a ride and a bed to rest in. The loving hands that reached out to me reminded me of the strength of recovery through unity that we are blessed

with. Thank you Dist 3 for your most recent gift of recovery through service to me. **Andy M. – Dist 7\***

I have been to Area Workshops before but this one is the greatest! All the information about web sites and e-mails is most helpful. At my age, it helps to pull me into the communication age. Two friends and I drove up Friday night, from Dist 7 (Clearwater). We very much enjoyed the gathering and evening meal at the restaurant. What a wonderful idea!

I also enjoyed the soup and salad lunch; it was simple and filling. What a wonderful, warm welcome we received. True Al-Anon love. Thank you, **Madelaine W.-Dist 7\***

As a technologically savvy professional, it is such a pleasure to see that Al-Anon is embracing the "information age." I did not realize how important this can be to help us to carry the message into the future.

The NFA service workshop was an excellent opportunity to connect with members in other districts that are doing the same 12<sup>th</sup> step work as I am. Thanks to everyone. **Anonymous\***

The workshop informed me of the website and all it entails. It was very informative. **Anonymous\***

I enjoyed being able to come together with other Al-Anon members and share the hope that is possible if I focus on the principles of the program.

I heard stories of recovery; stories of learning how to do new things; stories of hope for things to get better. To me, this is how my Higher Power sustains and nurtures me. And being here helps me know that no matter what happens, I am okay. **Cindy J. - Dist 1\***

I was invited by an Al-Anon friend to attend the NFA service workshop. I had just been elected Group Representative so I thought it would be helpful. The workshop opened my eyes to all the opportunities for service. I also observed enthusiasm and recovery from those who are already serving their groups. I also observed progress, not perfection. **Grateful member of Al-Anon Dist. 7\***

Thank you for your presentation, Toni. This workshop was my first for Al-Anon service. I enjoyed the speaker Kathy H.,

who talked about letting her responsibility to others overshadow her need to be in control of someone else. The items in the raffle were so creative. So many members were nice to give their creations to the raffle. Everyone was so nice and I felt right at home. Thanks again. **Mo A.\***

The reading for today in Courage to Change talked about how we are all unique like snowflakes. It's awesome to see the diversity among our members today at the NFA Service Workshop and how that enriches our common purpose. **Marilu G. Dist 9\***

The focus was bringing information to everyone in the N. FL Area regarding new website technology. I enjoyed everything. However, the information on e-communities was great! I learned this was the first year we have used e-communities and that it enables the area to receive information from WSO faster which in turn enables the Area to get the information to the Districts faster.

The way Sharon, our web diva showed us how to access the web was awesome! You can register online for this year's NFA Convention in September. Also, you can pay by using pay pal. I also enjoyed our speaker, Kathy H., Area Public Outreach, and Mary Lou M. from WSO.

I will be using the web more to access information on Al-Anon. **Cathy B.\***

Memory of the day.

The most important thing; was the food. I love soup.

The concept of showing what is on the various web sites is important to show what is available to the districts for personal use and public outreach, for instance.

I liked the idea as well so that future service participators get an idea of what they would be signing up for and not feel so overwhelmed.

I also thought it was genius to give us 1/2 hour breaks to talk things over with others doing the same job.

I enjoyed Mary Lou M. and could see what an important link she is to our World Service Group Services. She is a most engaging woman who radiates her love of Al-Anon. **Anonymous\***

One message I took away from the NFA Service Workshop is: "Worry has nothing to do with love." **Diana A. – Dist 8\***

First and foremost, I was impressed to hear about the "e-communities." It was interesting to hear our visitor, Mary Lou M., from WSO explain it to us. I enjoy doing service, so of course the workshop today was refreshing. I enjoyed listening, learning and meeting new members whenever I go to workshops. **Donna S.\***

- Learned I need to get on the NFA website and al-anonateen.org, more often
- Learned the Legacy is now online
- Sought out and found contact people to use as a resource for information on starting an Alateen meeting in a school
- Sought out and found the hand I made for "Hands across North Florida."
- Kathy H.-Public Outreach speaker was "AWESOME"

**Jill O. – Dist 9\***

- First "far away" workshop
- Enjoyed fellowship with new Al-Anon members
- First workshop on service
- Finding out that service helps my self-esteem
- Makes me feel good to hear others' stories of how their service has helped them
- Learning how others do things
- Inspires me to reach higher

**Anonymous\***

As I knew more than 50 % of the attendees, I purposely sat a table with members from another district I did not know so that I would have a chance to talk to others I might not have ever met. (Do something different) The table decorations were so creative as well as the hand-made raffle items. I thoroughly enjoyed this service workshop as it gave all of us a chance to learn new communication tools together by having one large workshop after another instead of breaking up into smaller groups of workshops.

I would like to thank all of those from Dist 3 who planned and put together this workshop. Job well done! Bravo! **A very grateful member\***

## chair person: Shelley C.

Hello North Florida Area!

I recently came back from our first Area World Service Committee (AWSC) meeting for this year and I must tell you all how excited and enthusiastic I am about the members we have on this panel and their commitment to you, the Al-Anon members, the Area, and Al-Anon as a whole. While our Delegate met with your Area Information Services Liaisons (AISL), I spent several hours Friday evening with your District Representatives (DR) discussing their challenges and successes. They ranged from Alateen, to delegating responsibilities, to meeting room fees, to a District inventory. And their focus without exception was how to best serve their districts. Even though they had varied experiences and different approaches, your best interests were their first priorities.

Then on Saturday, we heard from our Officers and Coordinators. I heard so many wonderful ideas that each DR and AISL could take back to their district. If you haven't heard the latest news concerning Alateen, Public Outreach or our North Florida Area Website, please ask your Group Representative (GR) or DR about these important areas of our program. **It is their responsibility to bring back to you the reports of all our officers and coordinators.** And it is YOUR responsibility as Al-Anon members to **give them time at your group and district meetings.**

You have access through your Trusted Servants to the Secretary's minutes, the Treasurer's financial report, the Alternate Delegate's Forum report and the Delegate's report of all kinds of ideas and happenings directly from World Service Office (WSO). Do you know the necessary paperwork to certify an Al-Anon Member Involved in Alateen Service (AMIAS); or when items from our Archives will next be available for you to see; or what piece of Conference Approved Literature (CAL) is having an anniversary? Ask your Trusted Servants.

Did you know that at each AWSC and Assembly we have a spiritual meeting, in other words, an Al-Anon meeting? Even though we are discussing the business of Al-Anon we don't ever

want to forget our program. We want to practice these principles in all our affairs.

Did you know that at each meeting, AWSC and Assembly, we also have an "open mike" session, meaning the floor is open to ANYONE who wants to express an idea, opinion or feeling? During that time applause **is not** appropriate since every member's expression is valid and one is not better than another.

A Past Delegate attending this past meeting told me that we have a great panel since everyone has such enthusiasm for his position. I started to look at that closely and have developed a sincere gratitude for what happens in front of my eyes at each meeting: Al-Anon members in service, accepting responsibility and doing their best to keep our program viable and useful and most importantly, still here for those still suffering. I am so grateful to be a part of this dynamic meeting. My Higher Power is at work in my life and is at work in the business of Al-Anon.

Love in Service,

Shelley C. ~NFA Chair



## Secretary: Lois M.

**Service work at the Area level is always happening**, so that big chunk of time between our meetings in Ocala is all in your mind. We are **e-mailing, on the phone, and meeting with each other.** We are **updating information, creating, organizing** and frankly having the time of our lives. Right after the meetings, I am probably the biggest pain to deal with, as the meetings energize me and I'm ready to go right afterwards. Rah! Rah! Go Al-Anon! Thank goodness at least one other panel member seems to be the same way and somehow we found each other.

When I first started doing service above a group level only tenacity kept me involved. Eventually, I found a group of people who made doing service work fun. There was a positive energy in that fun and I always thought it was because of the Steps, Traditions, and Concepts being put into action. The positive energy made a fertile ground for growth; our growth. How different life can be as we take greater risks, not only because we be-

lieve we can, but also because our positive belief system embraces one another.

Our Service Manual under Concept Nine speaks to the pitfalls of leadership that are destructive to Al-Anon. It speaks of the things to watch out for that tear the program apart. Negative energy, control, and gossip, are destructive to Al-Anon. I encourage everyone to take the time to study the Steps, Traditions and Concepts, then; put them into practice.

I would love to visit your District and I'll come and help if you ask me. I am good in the kitchen, although **I am not allowed to make the coffee** in my District as I screw it up and my friend Michel says I can't make the coffee anymore. I respect the boundary.

Thanks to all of my report writers who send me their reports. I read every single word you write and have found you are all intelligent, funny, positive human beings, with a passion for Al-Anon. I appreciate all you do to pass on the message of Al-Anon to those still suffering from the affects of someone else's drinking.

I loved the format of the Area Service Workshop. Also, for those who are new to service, it's not just the event itself but **the car ride there and back** that is so beneficial. You cannot imagine the hilarity of slightly crazy people cooped up together, in a tiny space for a long period of time. **Get in the car!**

Lois M. ~Secretary



## Area delegate: Terry F.

Hello North Florida Al-Anon Family Groups. Al-Anon has stayed busy even if some of you felt like hibernating in the Florida "arctic"!

There's a new Alateen table card service tool. It is designed to sit on Al-Anon meeting tables to let members know where and when Alateen meetings are available. The text reads, **"Has Al-Anon helped you? Then why wouldn't you want to give that gift to your child?"** Alateen meets weekly, [space to insert place and day/time]. The Alateen Table Card (English M-80, French FM-80, Spanish SM-80, \$0.10 each) will give our Alateen groups a new way to engage Al-Anon members

in supporting their local Alateen group!!

WSO is often asked, "Where can we find the Al-Anon Electronic Meeting List?" "The WSO recognizes the potential for offering hope and comfort to families and friends of alcoholics through various electronic means; internet [email, chat and bulletin board] and telephone. The list of electronic meetings is posted on the Al-Anon/Alateen Web site [www.al-anon.alateen.org](http://www.al-anon.alateen.org). The Web site was recently updated and offers an easier-to-find place for people seeking Al-Anon Electronic Meetings. Scroll to the tab **How to Locate a Meeting**, and follow the link in the paragraph **Electronic Meetings—Internet and Telephone**. Members without Internet access can call the WSO main phone (757) 563-1600 and the receptionist will direct their call. The list is maintained by the World Service Office and ensures that only registered Al-Anon Electronic Meetings are listed."

Have you all heard of, seen, or contributed to the blog on "*Using Al-Anon's Steps in Our Personal Lives*"? This monthly blog is available on the Public Outreach site for newcomers and professionals as well as on the Members' Web site. Archived blogs of *Using the Traditions in Our Personal Lives* and *Using the Concepts in our Personal Lives* are available on the Members' Web site, [www.al-anon.alateen.org/members](http://www.al-anon.alateen.org/members). Just type in your meeting name followed by afg.

The country of Austria submitted a request to the Board of Trustees to be considered as a trial General Service Office since they have met the criteria necessary to take on this responsibility. The Board approved Austria's request.

Please invite and remind members to attend Assembly. I will be giving my report after Conference, so it will be longer. Please remind folks of this fact so they're more prepared. There are other special and important things as well as updates, which I will be reporting at the Assembly in May.

I want you all to know how blessed I feel to be a part of North Florida. When I attended the Southeast Regional Delegate's Get Together (SERDGT) in February, I heard of several Areas struggling with challenges we do not have. I heard of hostility, personalities, cliques, and a lack of "common welfare". I was reminded of how grateful I

am to see our Area work to "practice these principles" as we carry out the business of Al-Anon for the good of Al-Anon in North Florida and Al-Anon as a whole.

Love in service,  
Terry F. ~Delegate, Panel 49



## Alt. Delegate: Terry K.

### Getting Here

Al-Anon looks a lot different to me now. When I first came into the fellowship, I attended a meeting every Wednesday night. That was Al-Anon. Eventually I started attending other meetings and even changed my home group. Al-Anon had become a little bigger. I went to conventions and met people from around the state. There were people that I only saw at conventions that I really liked. Al-Anon had again become bigger. Eventually a group needed a Group Representative (GR) and I held up my hand. I had no idea what a GR did, but I found out. I attended district meetings full of Group Representatives, and chair people. I met the District Representative (DR), the Alternate District Representative (Alt DR) and the Al-Anon Information Service Liaison (AISL). I met them at a district business meeting. When I visited a meeting and found one of them was a member of that meeting, Al-Anon got a little bigger still. I worked on a convention and what a year that was. I met and worked with members from all over my district. It was a great time.

When my wife and I traveled, we would attend our individual meetings. From coast to coast, I was always welcome. My home group has had visitors from as far away as Germany and Latin America. Al-Anon *is* a worldwide fellowship.

Eventually, I became the AISL for my district. This new responsibility meant that I would attend Area World Service Committee (AWSC) meetings. There I met the other AISLs and DRs from all over the North Florida Area. I met the Area Coordinators and, of course, the Area Delegate, the Alternate Area Delegate and the Area Chair. And at Assembly there were a score of GRs to meet. At the end of that Panel I moved

to the seat next to me and became the DR for my district. Again I was involved with all kinds of wonderful Al-Anon members. By this time many of these people were my friends. Now I'm an Alternate Delegate. I'm learning what an Alternate Delegate is and does. I've begun to look at Al-Anon in a different way. I look into the faces of the North Florida Area. From Tallahassee to Melbourne, from Sarasota to Jacksonville, the whole North Florida Area is before me.

By some standards, our history isn't very long, but look what we've accomplished. The fellowship of Al-Anon started in 1951 with only 48 groups. Today we have over 30,000 groups registered with World Service. We have a 59 year history of helping the families and friends of problem drinkers. And we're much wider than we are long. Those 30,000 groups represent hundreds of thousands of members.

When I look at Al-Anon today I see the faces of the fellowship, the faces of the program, the faces of service. I am blessed.

At the Area World Service Committee meeting I took a few minutes to read an article from The Forum. As a Forum article it has a copy write so I can't publish it here, but it's about a mother *whose* children aren't perfectly dressed as she takes them out the door and how that would have worried her in the past. But now, in Al-Anon, she's able to give them more important things like her attention and love. She ends by thanking her Higher Power for allowing her to see the change in her

life thanks to Al-Anon.

Does that sound like something you might hear at a meeting? It's from The Forum, October 1990. Forums never go out of

**For the DUTIES of the ALTERNATE AREA DELEGATE, SEE PAGE 148 of the "Al-Anon Alateen Service Manual 2006-2009"**

date. I've suggested keeping your groups older Forums for newcomers. (We all were told about The Forum at our first meeting, but very seldom were actually given one.) Remember any Forum is a valuable tool for recovery. A few years ago I found a Forum from 1982! It contained an article about step two that made it completely clear to me. It had been a gift at the time and it was a gift to find it again. So, remember to **tell your GRs they ARE The Forum representative** and get peo-

ple to publish, publish, publish!! And remember we're **NORTH FLORIDA**, not just Florida.

I have a display board with many NORTH Florida sharings on it. I'd like to get a lot more! I know that several of The Forum sharings from Florida are ours. But without letting WSO know what area you're from, I can't add you to my list.



Now for the answer to the question: "In the story of AA and Al-Anon, there are two Ann's. Who were they, and what was their part in our history?"



Ann S. was Dr. Bob's wife. She was very active in the early Akron AA fellowship. Ann S. died before the advent of Al-Anon, but she is held in high regard for the work she did with both AAs and the families of AAs.

Ann B. was a friend of Lois and a member of a Family Group. She and Lois contacted the original family groups and handled the communications between those early groups. The two women moved the Al-Anon Clearinghouse from Stepping Stones to the "old 24<sup>th</sup> Street Clubhouse," in New York City.

Now, the question for today (this is a tough one): Our seventh tradition says that we are self-supporting through our own voluntary contributions. What was the date of the first contribution?

**Terry K. ~ Alternate Delegate**

## Treasurer: Brian B.

If at all possible, could we all use the new address on the donation forms rather than the address for the last panel? To aid in the form being available to those groups that do not attend district meetings, the **donation form will be available on the NFA web-site under the Treasurer heading.**

In closing, thanks for a smooth first year with panel 49. I look forward to continuing to serve you and our program in the future.

**Brian B. ~ NFA Treasurer**



## Alateen: Elsa C.

Hello, fellow members in Al-Anon

I am a proud and grateful member of Al-Anon. My higher power has a sense of humor. My prayer is to always show me the way to become a better person, to show me his will and the power to carry it out. From an alternate Alateen coordinator I became the Alateen coordinator. This is an ongoing learning experience promoting growth in my program.

On February 24, 2010, I was blessed with the opportunity to be a participant in a conference call for new Alateen coordinators. I learned that we have 11,000 Alateen groups and 6,000 Alateen Sponsors. I also learned that my job responsibilities as an Alateen Coordinator for North Fl. Area is to communicate, educate and cheer Al-Anon members to become Alateen sponsors. This is a position that my program has been preparing me to fill.

Most of my time as the new Alateen Coordinator for North Fl has been spent learning about my new responsibilities. There has been reading, organizing and working with new aspects of related media. The different trainings have been held by Bobbi M., the AAPP for Panel 49. She has conducted one training session in February, in Jacksonville, and one in March in Port Richey.

We have been contacted by Christina, who is the District 4 Alateen Chairperson. She has requested training and information regarding requirements for the 2011 Alateen Roundup they will be hosting. The information has been sent to her and we are working to schedule the training.

Bobbi and I are working on traveling to other district's that have contacted us to have training to certify members who wish to be Alateen Sponsors.

On March 5th and 6<sup>th</sup>, I went to the Area World Service Committee. During our working lunch, the committee for the Alateen training made the unanimous decision to use the Power Point Presentations the World Service Office worked so hard to develop. We will be adapting Module Two and Four for the training. All the members will look at and submit any modifications needed to make them applicable to our area.

We will return the approved changes to them.

I am excited as we will have training during Spring Area Assembly, The committee will work hard to have the Power Point Presentation ready for that weekend. For me, Saturday was a day for growth, learning and fun as the new kid on the block in my new position.

It was a great opportunity to share the camaraderie of the program. My special thanks to Terry F., Terry K., Andy, Shelly, Betty, Madeleine, Lucy R. and Jeanne for the wonderful evening of laughter, and joy. I am looking forward to the evenings. LOL.

I want to express my thanks for everyone's patience as I adapt to this new position. Bobbi M., deserves a special thank you for conducting the needed training for Alateen sponsors.

Thank you, Bobbi, for being there for me; I really appreciate your help and support.

Also I want to thank to Terri F., Delegate for Panel 49 and Robert F., former Alateen Coordinator for Panel 46, for their support and guidance.

With love from a grateful member of Al-Anon,

Elsa C. ~ Alateen Coordinator



## Area Alateen process person: Bobbi M.

Hello North Florida Area 009 Family, What a great Area Workshop ~ Thank you District 3 for all your time, efforts and love in making the Workshop another fond memory. A special thank you scheduling our Area required training/orientation session for our Al-Anon Members Involved in Alateen Service. Thank you also Districts 4 and 5 for hosting the North Florida Area required training/orientation sessions. "We," have kept World Service Office Records "busy!!" Currently, North Florida Area has **191** Al-Anon Members Involved In Alateen Service (AMIAS) members. This is an increase of "4" since our AWSC meeting ~ WOOHOO!!!! **44** Registered ~ currently noted "Active" Alateen Groups.

The summary for the WORLD WIDE WSO AAPP/Alateen Coordinator/ Delegate Conference Call, held in September 2009, has been received by

North Florida Area 009 AAPP. Highlights of this call will be sent to District Representatives, Alateen Chairs or trusted servants for information and knowledge. World Service Office (WSO) has scheduled another Conference Call on March 20, 2010. These calls are a great source of knowledge, and information from World Service Office, as it is from those who participate in the call. The topic for the March call will be the **Alateen Annual Recertification**. This is a form, generated by World Service Office and is a "complete listing" of our North Florida Area 009, Al-Anon Member Involved In Alateen Service.

It has been shared on the Area Alateen Process Person (AAPP) Community, of World Service Office E- community web site; revisions to the "Al-Anon Member Involved In Alateen Service **Status** Change Form, *dated 09/09*; also the **Al-Anon Member Involved In Alateen Service (AMIAS) form, "dated February 2010."** The first of the two (2) has been shared with our web "diva," and is on our North Florida Area web site. The new "AMIAS" form will be given to our web "diva" in the near future. There is NOT a significant change, change made was/is the separation of "Zip/Postal Code/Phone;" **Phone** will occupy a "separate" line. Should Districts have blank copies of the previous form, please use them until shared otherwise.

A special welcome to our new Area Alateen Coordinator, Elsa C. I look forward to working with her for the good of Al-Anon/Alateen and North Florida Area 009.

Thank you North Florida Area for allowing me to serve you as your Area Alateen Process Person (AAPP). My service JOURNEY is teaching me so much about my program and myself.

Love in Service,

~Bobbi M.~AAPP



## ARCHIVES: GLYNDA P.

The archives are in better order since I've spent several hours at the storage unit transferring papers into 1000 plastic archival protector sheets and three binders. Then placing the binders in plastic containers. Thus, eliminating cardboard boxes. Additional binders and archival protector sheets will be

necessary to complete this project. Hard work and North Florida Al-Anon information from the past, is what I have received from this project.

Please stop by the display at Spring Assembly and enjoy the old articles and information with me.

Love in service,

Glenda P.~Archivist



## Group records: Terry A.

Hello North Florida!

Here we are into the second year of our panel. Is anyone feeling like they understand their duties yet? I for one have a much better idea of how the information flows, but still have a bit of trouble following it at times. I still have many ideas for improvements and very limited time for implementing them. I would still like to learn about Access well enough to change the data to that format vs. the X-cell spread sheet that seems to flow through eternity. We currently have 406 Active Groups in the 12 Districts making up our North Florida Area.

I am interested to learn and perhaps you will all tell me if it was helpful for the groups to get all their paperwork back. I have them ready to give out to AISLs again today, and then at Assembly in May.

Please keep in mind that every registered group has an ID number issued by WSO. The number is given when the group is registered, and sent in the new group package to the Current Mailing Address. It is also written on the original form that was sent to register the group. The original form is sent back to me at Area level usually the following month, in my monthly mailing from WSO.

We had a visitor from WSO at the Service Workshop in Jacksonville last month. By the way, Carolyn and her committees did a wonderful job. Our visitor also explained that the Group Representative and the Current Mailing Address are two separate things. Changing the Group Representative's information does not change the Current Mailing Address. This is apparently a very common misunderstanding.

When I gave you the count of 406, I did exclude all the records not on the

current mailing list. Specifically I excluded any group currently listed as "NO Mail" status. These are ones that mail has been returned to WSO. Please be sure to have any group not receiving The Forum and quarterly appeal letters to complete another group records change form, even if there has been no change.

We have had several new groups of late. This is very encouraging. I love to see the love and understanding grow.

With great gratitude in service,

Terry A.~Group Records



## Literature: Nancy G.

Hello Everyone,

There has been a price increase for **The Service Manual** (P-24/27) and **The Conference Summary** (P-46). Both are now \$5. The new edition of **The Service Manual** (P-24/27) is expected to be printed this fall.



New order forms and Catalogs are now available. Be sure to note the expiration date and the price changes. **Remember – when you buy from your local literature distribution center, you support your local services.**

Have you read any good books lately?

**As We Understood . . .** (B-3) will be celebrating its 25<sup>th</sup> birthday in July, 2010. World Service Office (WSO) will be promoting this book throughout the year. Maybe you'd like to throw a birthday party—you know, like a day of workshops. There are two already planned workshops available at the WSO website. I also have copies available on e-mail or I can print off a copy for you.

If you write any skits or workshops for our literature, WSO would love to have copies. I know we have some great skit writers in our Area. Please consider sharing.

District 9 held a day of literature workshops in March: *Recovery – One Page at a Time*. They very kindly invited me to come and share my literature story. This is the second district to invite me to come share my literature story at a day of literature workshops.

Did you know that our pamphlets can be a great meeting topic? Have you

read them all? They have lots of great recovery information and yet, are often short enough to be covered in a single meeting. You might talk to your literature chair about ordering several copies and then sign up to chair a meeting on one of the pamphlets.

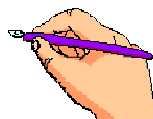
Speaking of how we can use the literature, there is a special Group Inventory form on the WSO website to use for a Group Inventory of how the groups use **Conference Approved Literature (CAL)**.

The book about the recovery lessons we've learned from our 60 yr. history of Al-Anon is now in the hands of the writer/compiler. The working title is **Tracing Our Growth** and the projected date is April, 2011. If you intended to contribute but the deadline crept past you, don't despair, but do hurry. The sharing sheet for **Tracing Our Growth** is still on the WSO website. Although, they are no longer soliciting contributions for the book, they will continue to accept them until they actually go to print. In the meantime, don't forget our existing history books – **Lois Remembers (B-7)** and **The Al-Anon Family Groups – Classic Edition (B-5)**.

In the interest of using our literature better, WSO recently came out with a list of ideas for ways "to engage the interest of our fellowship in CAL. Some of the suggestions were for the Area so look forward to some surprises; some were for Districts or Literature Distribution Centers and I'll be forwarding those to your Literature Chairs so expect to hear more from them. Here are some of the ones for groups or members:

- Create CAL workshop guidelines similar to the ones we have for **Opening Our Hearts, Transforming Our Losses (B-29)** and **Discovering Choices (B-30)**.
- Hold district or Area [or just group]\* CAL workshops – could be as simple as several members sharing about their favorite CAL and how they use it.
- Write skits about CAL and present them at Assemblies, workshops or conventions.
- Develop a "Match Game" – match a CAL quotation to the piece of CAL it comes from. It could be a great lunch or break activity at Area or District level [or at a day of workshops]\*

- Have a literature trivia contest
- Put the names (or pictures from our Catalog) of all our books and pamphlets in a box. At the end of each meeting, pick the name of a book or pamphlet. Ask the members who have the book to bring it the following week, and the next week's Chairperson will use a topic from that book.
- Develop a lending library in your group.
- Present a game or "quiz show" like "Deal or No Deal" or "Jeopardy" to get members interested.
- Start a literature study meeting or chair a meeting using one of our books other than the daily readers. Have CAL as a regular meeting topic at least once a month



Get your pen out. Write something. Send it in.

Remember, our literature is not only for us and about us; it's written by us.

Nancy G. -Literature

## Public Outreach: Kathy H.

Congratulations North Florida! During the March AWSC, it was exhilarating hearing reports from your district DR's and AISL's about all the Public Outreach efforts each of your districts are so passionately pursuing.....we have truly created **Hands Across North Florida** to reach out to families and friends of alcoholics. Please continue to share your successes with each other through your newsletters and district meetings.

**April will be a very busy month for all of us! Is it possible that HP had a hand in having the scheduled release of the Lois Wilson story coincide with our 2<sup>nd</sup> printing of Al-Anon Faces Alcoholism?** Imagine the impact of distributing thousands of copies of Al-Anon Faces Alcoholism and shortly after having the individuals who might have received them watching their own story unravel as they watch Lois's story. That's a WOW. Let's take a moment to recap

the April events;

**Al-Anon Faces Alcoholism (AFA) 2010 Second Printing** was shipped **April 1, 2010**. This is the membership's most significant Public Outreach effort. During the last coordinator conference call several things were communicated that are worth noting.

1. The purpose of AFA is to help those in need to find their way to a meeting, not to convince professionals of the merits of Al-Anon. *Having professionals share in the publication adds a credibility of purpose that the public respects.*
2. The ultimate GOAL of the biannual campaign: **Every Member and Every Group Participate.** Not as important is the number of copies, but the number of members participating.

AFA should be labeled with local contact information and local Where and When's inserted. Groups and members that are participating in the spring AFA campaign should remember to have their Group Representative bring a **Mini Hand** to assembly for the **Hands Across North Florida** banners!

***When Love is Not Enough, the Lois Wilson Story.....Dinner and a Movie***

A new Hallmark Hall of Fame movie, "When Love Is Not Enough," features the story of Lois W., one of Al-Anon's cofounders. The movie portrays how Lois worked the Twelve Steps in her personal life. The movie will air on the CBS television network Sunday, April 25, at 9 p.m.

While the movie is not about the formation of Al-Anon Family Groups, Lois's personal story might stimulate public interest. Each of us should prepare for a possible increase in telephone calls requesting meeting information. This might be a good time to refresh posters with local contact information in key gathering places within your community.

The movie might also inspire Al-Anon members to reach out to more friends and families of alcoholics throughout

the U.S. As the movie is not Conference Approved Literature, **it cannot be part of an Al-Anon meeting or used as a fundraiser.** Several Area Public Outreach Coordinators have suggested local gatherings of members for "Dinner and a Movie." Members might get together on April 25 or arrange to tape the movie to show at a more convenient time.

**Please use an event such as this as an opportunity to create Public Outreach projects within your groups.** Projects could include:

- Presenting public service announcements to local TV and radio stations
- Placing copies of *AFA 2010* and meeting lists in offices and waiting rooms
- Localizing and distributing news releases for local newspapers
- Brainstorming ways of reaching out to A.A. members to help their families.

I am excited to hear the outcome each of you experience over the next couple of months. Brush up, get current and make room. Something very wonderful is about to happen because of all you do to reach out to families and friends of alcoholics.

*Handful of Hugs,*

**Kathy H.—Public Outreach**



**WEB MASTER:  
Sharon E.**

#### January Website Statistics

How many: 3093 Visits 2251 Unique Visitors

How they got there: 39% Direct Connections, 18% Search Engines, 43% Linked from Other Sites.

The number of visits and unique visitors is down slightly from this period last year, but more people are getting to the website via links and direct connections (bookmarks or typing in the

address).

*What's been happening with the website-*

The Events page is up to date with the latest NFA information and the Resources has new Guidelines and an Expense Reimbursement form posted. Some Districts are still submitting their meeting list information, but most are utilizing links to their own websites to keep meeting information up to date.

I'm currently working on a file-sharing process for the website. This will be a secure site accessible with a user ID and password only. Panel members will be able to access documents that may contain names or other information not for public viewing, like the Secretary's Report and the Current Mailing Address list on this site. Since this is a new process for me and I want to be completely sure that it is secure before we use it, developing this part of the website may take a while. Please be patient as I learn some new skills in the process and thank you for this opportunity to grow.



One final reminder- again - when sending email regarding anything to do with NFA AFG matters, please include "NFA AFG" in the subject line. Otherwise, your email hits the junk mail folder and gets deleted.

Regards,

**Your Web Diva—Sharon E.**

**District 1 Rep:  
George G.**

Greetings from Tallahassee. We have been very busy lately and many interesting things have been happening. Three new meetings have started up in the last few months including one in Havana, FL. We now have meetings every day of the week in Tallahassee. Check out our updated meeting list at <http://www.tallyalanon.org/>

Several of our members took a meeting on wheels to the Florida State University School of Nursing. We briefly explained what Al-Anon is about, had a 30-minute meeting, and then took questions from the students. They were very interested and enthusiastic and had lots of questions for us.

Some of our members participated in a

WSO podcast on step 2 that is now available at [www.al-anon.org/TheSteps](http://www.al-anon.org/TheSteps). It was a rewarding experience for those that participated and also for myself, as a listener, later on.

Our newsletter improves with each issue and is available at our website (see link above). We have changed how we schedule our district newcomer meeting. Previously, we asked the groups to take responsibility and chair for a month at a time, but that was difficult for some. We now ask members to let our AISL know when they are available and she creates a calendar and then sends to everyone that is interested via email. This is working out very well and has made it easier for more members to participate.

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

**District 2 alt:  
Rep Barbara L.**

At the January district meeting, the District Representative and the Activities Committee Chairperson resigned.

There is an active Alateen group in Ocala on Thursday evenings.

We have a new Where & When (tri-fold format).

We have a district Speakers Bureau. If you would like to share your recovery beyond the weekly meeting, with groups such as district, area, healthcare workers, treatment centers, social workers, etc. please consider this service. It has a great outreach potential for people in crisis who could really use the help of Al-Anon. Forms for signing up are available. Your anonymity is protected and you would only be contacted by the district Speakers Bureau coordinator for your consent to speak at a particular venue and to make the necessary arrangements. Return completed forms to your GR.

The Literature Distribution Center continues to be available for ordering and obtaining literature on short notice.

In the past, volunteers from groups who worked at the Area Assembly were not reimbursed by Area for ex-

penses (such as registration fee, mileage, etc). The District has decided that it will pay such expenses for volunteers who are willing to travel to do service at this event. It is held twice a year in Ocala at the Hilton.

We have a Telephone Answering Service.

Our primary purpose is to encourage the caller to go to a meeting, where they can talk to Al-Anons, get a Where/When and other literature, and find out directly what the program is about.

To be a volunteer you need to attend 1 meeting a week for 6 months or 2 meetings a week for 3 months, a telephone (land line or cell phone) and a current Where and When.

#### Upcoming District 2 Meeting:

All are invited to attend.

April 17, venue Queen of Peace, Ocala  
~Barbara L.

### DISTRICT 3 rep: Arlene w.

This year is turning out to be more enjoyable than I ever thought possible. In my last report I mentioned how disappointed I was with the participation and people leaving early from our district meetings. I took a leap of faith and turned all decisions for functions, district meetings, refreshments, and so on, to all the group reps.

With my meeting agenda I sent an e-mail explaining what was to happen at the next district meeting. To my surprise car loads showed up. Everyone voiced their opinions and I listened. The GRs changed the business hours to start a half hour earlier and end at noon. They wanted me to promise to be done by noon. I felt comfortable knowing I had to stay on my agenda.

I am only a trusted servant to help all the reps to decide how to run their groups. We are still having refreshments at our district meetings, and only three district workshops a year, with hope that participation through lots of love will be good. Five district meetings and one of the workshops

will be a luncheon at 1:00 pm, so that way, Saturday meeting Al-Anon's can attend.

Well, I was surprised at the response from everyone. This program is a God program and as I started to get better my personal and spiritual growth started to grow.

Carolyn, District 3 AISL, is doing great things with Outreach. The Area Workshop we hosted had ninety eight in participation. What a great group our district has. We have Outreach meetings and Steering Committee Meetings, and I believe this is what keeps our District strong. ~Arlene W.

### District 6 rep: Carol P.

District 6 has been very busy this past year. We have a District meeting every month and although it is well attended, we would like every Group Representative to attend. We feel that everyone is important and each one has a lot to offer. Our AISL put together a booklet for each Group Representative so they can be aware of what is involved in their service and help them feel comfortable with their new service position. We hope that our meetings give hope and serenity to the newcomers doing service work. We do have several chairs open and we continue to encourage service in our groups as it is a vital tool in the process of growth.

We started an Alateen meeting in our District and we are very pleased with the progress. The group sponsors and the teens have put a lot of work into the meeting. The teens are leading and participating and it is so exciting to see their growth. We are always looking for group sponsors to start new meetings.

Different meetings in our District have been hosting workshops. The group hosting the workshop picks the topic, speakers, lunch, snacks or whatever they wish. It is a great time to share, meet new friends, and grow in the program. There have been so many good ideas for workshops, so we keep encouraging each group to host one.

We are having our 2010 Gratitude Dinner April 17. We had to find a larger location this year as we had to turn

some away last year as we ran out of room. We have found a new facility to hold many and we look forward to have everyone attend. It should be a great time.

Our information phone line has been very busy. There are a lot of people out there looking for meetings. In our District, a different group volunteers to return the messages and provide the information to the person calling. What a blessing for these volunteers.

We have our website almost completed and we are very excited. We hope that it will be a great way to display fliers and information to keep everyone updated on what is happening in our District. ~Carol P.

### District 8 rep: Cindy R.

Our monthly district meetings are going smoothly if the feedback I get is correct and that feels very positive. I have an awesome district panel of chairpersons that really work hard and are a good example of Step 12 in action. I could not feel any more supported than I do at this time, not just in the Al-Anon rooms, but in many other areas of life. Thank you!

Also, at the monthly district meeting I have added readings, at my discretion and research from CAL, on the step, tradition and concept of the month, in place of actually reading the steps, traditions, and concepts. This has changed up the drone of the ritual reading which is good for memorization, but I think it prevents attention deficit disorder and promotes practically and application to our lives.

I am happy to report that most of the groups are represented by a Group Rep. at the district meetings. The groups are available for outreach requests and supporting of one another while remaining fully self supporting.

For a change I also used the "Responsibilities" Power Point presentation from the World Service member website at our last district meeting to highlight the responsibilities of the Group Representatives. I enjoyed doing it and I really think that the GR's

appreciated it. I am planning on seeing what else I can come up with. By the way, I have encouraged all groups to think about attaching an Alateen group to their Al-Anon groups. Hopefully, it will catch on. ~Cindy R.

### District 9 rep: Marilu M.

We have 15 meetings, all of which have regular attendance, with some groups reporting that they have large attendance, newcomers and increased service participation. One group has decided to have one meeting each month focus on a piece of literature, especially pamphlets. Another group says they have small but regular attendance with lots of love and spirituality. They made a concerted effort to decrease the amount of cross talk. A third group decided to have regular meetings talking about the traditions and concepts and another meeting with a speaker. We have one member who sends a copy of The Forum to a prison where she has a relative.

We had a Day of Workshops on March 13 with a large attendance and enthusiastic participation. The theme was "Recovery One Page at a Time." Our speaker, Nancy G, the North Florida Literature/LDC coordinator, told her story of recovery as impacted by literature. The chairperson of the event expressed gratitude for the abundant help and cooperation she received from members in the district.

Unfortunately, we may have to close our only Alateen meeting. We are hopeful for the future, however, because so many members are being trained and certified. We are becoming willing and waiting for our Higher Power to let us know our next step.

~Marilu M.

### District 10 rep: Darla S.

I am pleased to report that District 10 is growing in several areas. We went through a period of groups closing, and we are now in a period of growth. We have six new meetings, and two of those are Alateen meetings. We have had several Al-Anon members take the N. Florida Area training sessions to be

AMIA's, (Al-Anon Members Involved in Alateen Service). It is great to see members willing to do service in this area. We recently had eleven District 10 members attend the N. Fl. Area Service Workshop in Jacksonville.

At our January district business meeting we did an anonymous district inventory. The inventory questions were compiled from different sources. I asked for help from members involved in service, the WSO Group Inventory, my service sponsor, and used my previous experiences to come up with a form. I have asked a previous District Representative to review the results, and attend our next district meeting to go over them with us. I know that an inventory will help our district in many ways. It will give us feedback in areas we do well in, and help us be aware of areas where there is room for improvement.

In the January district meeting, the Group Representatives were all given a copy of, "When I Got Busy, I Got Better", (P78). They were asked to chair a meeting every other month at their group using this booklet.

Our Alternate District Representative, Martha M., and our Public Outreach Committee of Bernie and Mariangeles are very busy working on a Public Outreach Seminar for the Professionals in the Orlando area at the end of April.

We do have a few district chair positions empty right now, and descriptions of these positions have been sent out to our members. I am looking forward to members stepping forward to take advantage of these service opportunities.

District 10 is also hosting the 2011 N. Florida Area Convention, and meetings are being held with many members willing to be involved, and sharing their talents.

We have decided not to form a non-profit corporation for the district. In reviewing the process we discovered that it is important to know just what questions to ask the professionals. We found out that we could achieve the things we wanted to do without forming a corporation.

We instead obtained an EIN (Employer Identification Number) from the Internal Revenue, and filed with the State of Florida under the states fictitious name requirements; and achieved our goals. This has been a growth, and learning experience for all of us.

We are looking forward to another year of service opportunities and growth.

~Darla S.

### District 11: Llew e.

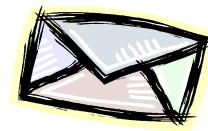
February 2010 has come and gone. It saw District 11 Al-Anons attending the Space Coast Round-up with Al-Anon participation at the International Palms Resort and Conference Center on Cocoa Beach, from the 4<sup>th</sup> through the 7<sup>th</sup>. Our district held 6 workshops and they were well attended by both Al-Anons and AAs. It was another effort at "Let It Begin with Me" and reaching out to AA members. The speaker, Stephanie B. from Texas, was great. Thanks to all who chaired workshops and all who attended. The Brevard Intergroup office has already scheduled the 2011 Round-up for February 3<sup>rd</sup> thru 6<sup>th</sup> at the same location (formerly the Holiday Inn Cocoa Beach Resort). Flyers will be available and on the District 11 website.

February saw new meetings open – 3 of them, if I am counting correctly. Again, we are "Letting It Begin with me" – reaching out and starting new.

A Love Gifts committee has been formed to assemble our contribution to our Delegate, Terry F. (who hails from District 11), at this year's World Service Conference, the 50<sup>th</sup>. WOW!!

Our District Day of Workshops will be Saturday, June 12, 2010 – "THE POWER OF TWELVE" – at the Emmanuel United Methodist Church, 2800 W. Eau Gallie Blvd (just east of Wickham Road), in Melbourne. There will be a total of 12 workshops, 3 in each of 4 time slots. We are asking individual groups to be responsible for chairing one of the twelve workshops. We are also asking for donations of fruit or desserts or snacks in multiples of twelve to keep with our theme. Doors will be opening at 8:30 am and should be closing about 4:00 pm. Registration donation is \$5.00. This has been designated as a BYOL function (Bring Your Own Lunch). There are large refrigerators for storing the lunches if needed to keep them cold. Drinks will be provided by the District. Hope to see lots of smiling faces come out and visit District 11 for this Day of Fun and Fellowship. ~Llew E.

# Current Mailing addresses



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<u>Dist 12 Rep</u>	Wendy R.
nfadist12@northfloridaal-anon.org	

<b>AI-Anon Acronyms</b>	
AFG—AI-Anon Family Groups	
AISL—AI-Anon Information Service Liaison	
AMIAS—AI-Anon Member Involved in Alateen Service	
AWSC—Area World Service Committee	
CAL—Conference Approved Literature	
CMA—Current Mailing Address	
CPC—Cooperating w/the Professional Community	
DR—District Representative	
GIP—Growth Investment Person	
GR—Group Representative	
HP—Higher Power	
KBDM—Knowledge Based Decision Making	
LDC—Literature Distribution Center	
PI—Public Information	
PO—Public Outreach	
PSA—Public Service Announcement	
WSO—World Service Office	

**World Service Office Information:**

**AFG Inc.**, 1600 Corporate Landing Prkwy, Virginia Beach, VA 23454-5617

**[www.al-anon.org/members](http://www.al-anon.org/members)**

Group Meeting Information Only:

**1-888-4AI-Anon**

Group Record inquiries only:

**(757)563-1600**

Forum Subscription Info.

**(757) 563-1600**

FAX: (757)563 1655

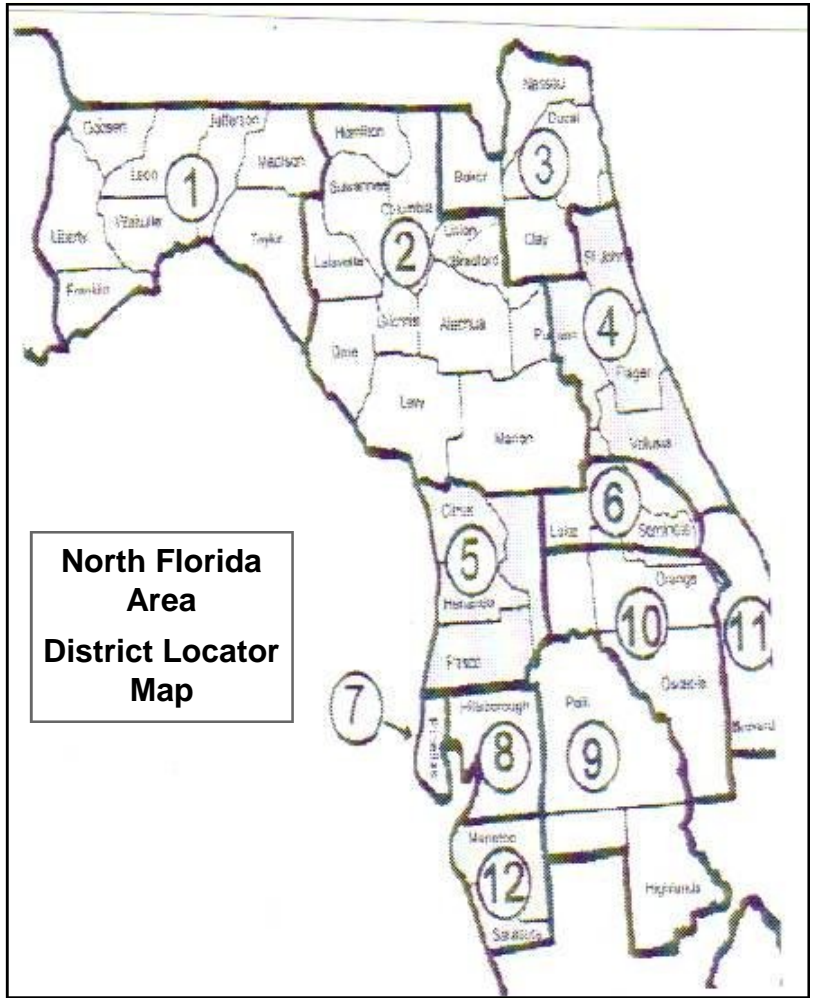
**Hours: Mon-Fri 8 a.m.-6 p.m. EST**

**E-mail: [wso@al-anon.org](mailto:wso@al-anon.org)**

Access NFA 2010 Al-Anon Convention information at the NFA website:

**[www.northfloridaal-anon.org](http://www.northfloridaal-anon.org)**

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