



THE LEGACY

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Mar-Apr 2013

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

CHAIRPERSON: WENDY R.

Dear Members,

2013 is off and running! We had a very successful AWSC meeting in February at our new venue in Orlando. Everything ran smoothly and we are looking forward to seeing all the Group Representatives and interested members from our 13 Districts at May Assembly!

The links to make your 2013 reservations are on the North Florida Area website along with a list of nearby restaurants and hotel facts <http://www.northfloridaal-anon.org/>

We will have a special guest at May Assembly, Ric B the Executive Director of WSO will be visiting us to share his workshop on the 12 Concepts, this is a dynamic workshop that really shows how the Concepts work in our recovery, don't miss it!

As always after AWSC and Assembly, I remain amazed at how we come together with mutual respect, presuming goodwill to discuss topics that affect our area and come to decisions with everyone being heard and minority opinions expressed all within the sound business practices of the Legacies.

If you have not heard, we now have 13 Districts in Area 09. Our new District 13 is located from Nokomis on the north to Punta Gorda on the south and from the Gulf of Mexico west to Arcadia to the east. They have 24 active Al-Anon groups and 13 Alateen groups. Welcome District 13!

If you are confused by the terms AWSC and Assembly, please consider coming to an event to learn more about the business of Al-Anon. Ask your District Representative for details. Find out more about becoming a "trusted servant". It will jump start your recovery!

Love in Service,

Wendy R.

North Florida Chairperson AFG

Panel 52

"Communicate Recovery!"

TREASURER: CINDY J.

Treasurer Notes:

I enjoyed our recent AWSC meeting at the Sheraton Lake Buena Vista. I thought the rooms were comfortable and the meeting space was fabulous! I hope the hotel bills and other logistics worked for everyone – please let me know if there is something I can do to straighten out any issues with that.

The new meeting-specific Reimbursement Forms worked well, and I appreciate your cooperation with that. I will be putting up the form for May Assembly soon.

Our North Florida Area financial pictures seems to be healthy at the moment, with a generous stream of contributions from individuals, Groups and Districts. We are able to meet our obligations and are looking forward

to some targeted Public Outreach projects as well.

I am working with members of the Spanish Intergroup to translate some of my reports into Spanish. There are some free translator tools on the Internet, and when I run my report through that, it is much easier for one of our bilingual members to tweak the language and make it accessible to other members of Al-Anon. I am finding this to be a very rewarding experience. If anyone would like more information about it, please contact me!

World Service Conference is coming up and I know most of our Districts and Groups will be sending "Love Gifts" to Terry K., our North Florida Area Delegate. For those who would like to send a WSO donation as a love gift, I know this is also an excellent way to stay connected and WSO can use any donation – no matter how small – to extend the hand of Al-Anon to whoever is in need.

I continue to enjoy the feedback and input that I get from all North Florida Al-Anon members about our finances, our budget process and ways we can make the whole financial side of our fellowship more understandable and meaningful. I will be holding a Budget Roundtable at the May Assembly – after the Sunday morning session concludes. I invite you to participate! In the meantime, feel free to contact me at : NFATreasurer@live.com

Yours in service,

Cindy J.

NFA Treasurer, Panel 52

DELEGATE: TERRY K.

We usually read the Steps at the start of every meeting. Many groups even have a "step meeting" once a month. We usually read the tradition of the month or maybe all the traditions each week. But what about our third legacy, the Concepts?

The what?

The Concepts. Called the best kept secret in Al-Anon, only a few of the groups I attend actually even read a concept.

The three legacies are the Steps for recovery, the Traditions for unity and the Concepts for Service.

"Service," you say?

Yes, service, that thing that all those long-timers keep talking about. Service to Al-Anon comes in many forms; setting up for a meeting, greeting newcomers, chairing a meeting, being a group secretary, treasurer or group representative. It also includes work at District and Area level.

"District and Area level! We're getting into deep water here. The next thing you know, we'll be talking about the World Service Conference and the World Service Office! All we want from them is our literature and, occasionally, to answer a group problem. Why should we worry about that at all?"

Because we're a worldwide fellowship. If you've ever been to another state or another town, you know that the opening and the closing are almost exactly the same. The steps are the same and so are the traditions. The thing that holds us together is our service structure. It's not our boss, or mother. It's not our government, or big brother. WSO IS the glue that holds us all together. And WSO is guided by the World Service Conference. But how does the WSO and the WSC get its authority to do what it does?

You and I give it to them. The first Concept says, "The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups." That's us! And the second concept says, "The Al-Anon Family Groups have delegated complete *administrative and operational authority* to their Conference and its service arm." And the third concept gives people in the Conference and WSO the authority to make decisions, when it says, "The right of decision makes effective leadership possible." (You know, that applies to my home group, too! To get anything done, someone has to step up and suggest.)

How about, "Participation is the key to harmony." That would work really well in our groups, too!

Then there's "The rights of appeal and petitions protect minorities and insure that they be heard." Isn't that what a group conscious does? Talk it over and come to a reasonable understanding? I know I want my chance to speak up and have what I said be considered seriously, even if I'm in the minority!

You get the idea. And the concepts can be applied to your group to. Who do you delegate to do what your group conscious had agreed to do? There's a lot more to the Concepts than I thought.

And we've got a real treat ahead for us. We're having a guest from Virginia Beach at our Spring Assembly to tell us a lot more about the Concepts. Make sure your GR takes good notes, and if you want drop in and see us at Assembly, it's not a closed meeting!

And while we're talking about Virginia Beach; they're all working hard to bring us the 2013 International Convention, in Vancouver! Have you signed up yet! Don't forget, you'll need a valid passport to get to there and home again. It takes a little time to get a passport now days, so if you want to go – get with it! Vancouver is a beautiful city and wouldn't you like to close a meeting by holding hands with thousands of members? I'm looking forward to seeing you there!

ALT. DELEGATE: SHELLEY C.

Hello North Florida!

Have you had a chance to read your new February 2013 Forum magazine? You know—the one with Jocko, the toy chimpanzee, on the front? Actually I couldn't put it down; I was curious to see where Jocko would show up. There he was on page 22, in an article about *Hope for Today* (B27). He's in the book *Hope for Today*, February 3, so this all may sound familiar to you. The sharing is, to me, about how we live our lives based on our perceptions, which may not be the truth.

I have had many insights into myself and my recovery while studying the pages of our Forum. "Listen and Learn" reminded me of my powerlessness over others, over everything. "My recovery is a work in progress" tells me my Higher Power gives me what I need even when I don't know what that is. "I don't have to do it alone" reminds me that service teaches me so many things that I never learned growing up. I just loved "The cat who bit me..." An example to me that I never know when and how my Higher Power will speak to me. I am reminded to be open to spiritual messages all around me in "The first step in my spiritual awakening." "Fighting despair—with my Al-Anon armor" confirms to me that this is a lifelong journey and I never have to graduate or be perfect. "Letting go of shame, one Step at a time" teaches me how working the steps can help me become/remain sane. My favorite phrase in "Grateful for my Sponsors' guidance" is "my soul began to feel free and pure again." I can take a deep breath and sigh when I read that. "Here's an instant meeting on Step Two" tells me that my Higher Power can bring sanity and serenity to my life only if I follow the guidelines of the following Steps, 3-12.

"How I live Al-Anon's Legacies" gives me additional insight into how the

Steps, Traditions, and Concepts can work in all areas of my life. "I learned to trust my mom—again" allowed me to glimpse at what it was like for my children growing up. I was reminded that our groups, just like us as individuals, are not alone with our challenges in "Using personal devices during meetings." "By taking the focus off me and allowing others their dignity and grace to be who they are, my family has become unified." This is such a good reminder for me in "My recovery is not just about me." "Making and keeping a commitment to myself" helped me realize that there are few things I've committed to as long as I have to my Al-Anon program. I could really relate to "Changing my mind about Hope" because it wasn't my favorite book at first either. God and I laugh when I read pages that speak loud and clear to me. When I read "I am the instrument of change" I thought about how my husband became so much nicer when I changed my attitude about our marriage.

"No Structure is Ever Alone—IAGSM" talked about the Sixteenth International Al-Anon General Service meeting (IAGSM) that was held last October in Cape Town, South Africa with the keynote speaker from Australia. Al-Anon is most definitely a worldwide fellowship. I learned that "WSO is also on YouTube with its own video channel containing interviews with professionals, public service announcements, and anonymous member sharings" in the article "Public outreach in the age of social media—how to attract newcomers to Al-Anon." How about that! I had no idea. "Does your group participate...." reminded me that all members from the newest to the longest (not the oldest) can participate in Twelfth Step work by sharing *Al-Anon Faces Alcoholism 2013*. I must admit, I had the hardest time relating to "Feeding a mother's hungry heart." I will try again to find my message. "Step Two: Finding my Higher Power" told me "Like a beautiful piece of furniture, I too, could be restored." I love that. "Tradition Two: My family has a Higher Power, and I am not It" told my story of disagreeing in my home growing up. "Concept Two: A new perspective through service" taught me that I could make my

own decisions as a Trusted Service, not blindly follow others as I had in the past.

Are you interested yet? Did one of these articles get your attention? Then pick up that Forum, you know where it is, and read it! You don't have a subscription? Then go online to the WSO Members' Site and read an excerpt. Jocko is sitting right there waiting for YOU!..... Have you found it yet?

Love in Service

Shelley C.

Alternate Delegate Panel 52 N FL

Communicate Recovery

AAPP RENE E.

Hello North Florida Area

Al-Anon/Alateen Family,

What a journey I have begun. There is a lot of paper stuff. Some of it is probably unnecessary as I try to comprehend all of it as the concern of losing or missing important documents and a lot of copies have been made.

In the next few months I plan on previewing the Training Power Point, becoming familiar with its contents, and hoping to become a Trainer. I believe I can offer my services in areas that need to have training, or would like to have an extra person to help with the training.

I would like to have a few districts that are close together, combine training to provide convenience for fellow AMIAS, to get together to discuss Alateen meetings and what works and what doesn't.

I want to encourage all AMIAS to hold meetings to get to know each other and offer their knowledge, strength and hope. Since becoming

the AAPP for the Area, I see a lot of AMIAS but not many groups. I want to take a survey to see how many of the AMIAS are active in service, volunteer to step in and give the sponsors of groups some help—especially in emergencies when sponsors are needed.

Looking forward to working on the Task Force. I am contemplating possibly attending the Alateen Conference for 2013.

I would like to suggest to the Districts to supply the Middle and High Schools in their districts copies of Alateen Talks for the benefit of spreading the word that there is help out there for the Teens.

In the next few months I intend to be visible to the Districts' Alateen Coordinators, and offer my apologies for not being in touch with them sooner. Just trying to get my bearings and would like to visit some of them during this panel.

Thank you North Florida for this opportunity to grow in service.

Rene E., District 7

NEWSLETTER “THE LEGACY”: JANET O.

Hello North Florida — It's almost halfway through Panel 52 and I'm really excited by our Area and its growth. Welcome, again, to our newest addition — District 13. Their first submission to *The Legacy* is on Page 9.

Submissions have been very informative. Please share each and every issue of with your groups.

As you read on Page 1, Cindy J., our Area Treasurer, is translating her reports into Spanish. Do you think *The Legacy* should also be translated into Spanish on the Area Website?

Love in Service,

Janet O.:)

District 4



PUBLIC OUTREACH: ANN Q.

To: All in North Fl. Area
Legacy Readers

Reach out & touch Someone

Public outreach is inviting others into this world-wide fellowship. The bigger projects are bus stop signs, TV or radio ads, large quantities of literature strategically placed or donated to organizations, schools, health fairs etc. The very most effective way to fill that empty chair is to smile, be understanding when someone shares their pain—then invite them to come to a meeting. That “one-on-one” is how most of us arrived here.

As I listened to the Public Outreach Coordinator Conference Call conducted by WSO, I participated along with other P.O.’s from the U. S. and about 8 Canadian Provinces in Jan 2013.

The ideas boil back down to people listening and then helping people. Once someone tries an Al-Anon meeting, how do we keep them coming back? Encourage them by smiling, listening, by being warm and inviting the newcomer to come back. **Encourage them to attend the anniversaries, speaker meetings, etc. If your group members go for coffee or lunch after the meeting do you include the newcomer?** Another gesture is just giving them a hug—ask first—some newcomers are shy & uncomfortable. What is your behavioral message? (“Welcome & come back, there is help here!”) **Is your attitude inviting?**

“Example is not the main thing in influencing others. It is the only thing.” Albert Schweitzer, C to C. p.344

At the Feb 2013 N.Fl.Area meeting the Thought Force for Public Outreach met and worked on a younger target group. How do we attract young people into this great fellowship of Alateen? How do we send the message of recovery across NFA? All

AISL persons need to bring an extra bag with you in May. We hope you will be going home with all kinds of literature and brilliant ideas & maybe a surprise or two.

Al-Anon’s Public Service Announcements reached a combined audience of 17 million in the US and Canada. These PSAs can reach 600,000,000 people—yes that’s 600 million people at a time. **If you personally hear one—tell people in your group or announce it at the district meeting!**

Public Service Announcements (PSA’s) which are sent to radio and TV stations are more likely to be played if the station administrators receives a personal note, a visit or a phone call from someone in the viewing area they cover. **Please try to get Al-Anon people in your District to acknowledge the PSAs in their areas as often as they can.**

Ask them to send the “Thank you” notes by sending a post card, a formal note, an e-mail message or a phone call.

Beth from WSO sent me information about media coverage in Florida. “Our new campaign, “Portraits II,” began in December 2012 and appears to be well-received by the media. Early reports indicate that out momentum is good and airings are steadily increasing.” If you are interested in seeing **your areas stations, I will forward those to each AISL in NFL Area.)** Please review them and share the information at District meetings, so that they can once again reach out to local stations—to **thank the ones** that are playing it and to encourage the others.

Beth from WSO also reminds us—

“Before beginning this outreach project, please encourage local members to take a look at *The Best of Public Outreach*, located on the Members’ Web site at www.al-anon.org/members under Public Outreach. There is a whole section dedicated to reaching out to the media. You will find sample scripts, letters, and forms that can help everyone get organized.” If

you have a question let me know and I try to will get you the answer.

“Al-Anon Faces Alcoholism 2013” is still available. So get your orders in as soon as possible. Encourage all P.O.s or C. P. C.s who plan on using them in health fairs, open meeting programs, professional deliveries, workshops or dinners to place the order soon.

Write, Write, Write—Be an Author! Now is the time to try your hand at writing for Al-Anon Faces Alcoholism, the FORUM, or your Districts Anews. All but one piece of literature is written by Al-Anon members. Do you know which one?

For interview questions or talking points when contacting the TV stations or Newspaper editors go to www.alanon.alateen.org. Go to the task bar and click on media center. Again try to get them to mention open meetings information or articles about recovery through Al-Anon participation.

Please keep me posted as to what you and the members of your District are currently doing for PO so I can share with other Districts. Good ideas are always worth sharing.

Love & Hugs,
Ann Q.

Fully Relying On God



WEBSITE: SHELLY F.

Hello North Florida Area!

The new map of districts has been added to the website. If a visitor to our website can point to a map of Florida and reasonably locate where they are, then they will surely head in the right direction to find a meeting near them. Our interactive Map of Districts will connect the viewer to the district website of their choice. Try it

out! You can find it under the Meetings tab.

Currently in development is an area for *Forum* articles which have permission to be reproduced by WSO. It is our hope that by reading the experience, strength and hope of those members who have been affected by someone else's drinking, our visitors will recognize what they are feeling and experiencing. Incorporating these articles will put a face to our fellowship and show them it is a safe place to be. By attraction we may compel them to take action, and get to a meeting.

An opportunity for you to provide this service is open for the willing. You may contribute an article as often as your time permits. Contributing entails checking for articles published on the WSO member's site, then cut and paste a selection into the WordPress text editor. The only requirement is that the chosen article be reprintable with WSO's permission. Come be a part of our wonderful Web Team! Please let me know if you have any questions.

Love in service,
Shelly F.

ARCHIVES CHAM B.

AL-ANON FUN STUFF w/answer :)

When did the AA Family Groups begin using the name Al-Anon?

In May of 1951, Anne B. and Lois W. wrote a letter to the original 87 AA Family Groups (including some Lone Members). One of the questions asked, "Do you approve of the name AA Family Group? If not, what do you suggest?" By March of 1952, the members selected the name Al-Anon Family Groups.

A LOOK AT 2012 AND FORWARD

After serving for a year, visiting other Districts, attending an Archives Workshop...learning realistically the primary purpose of those involved in archival service work and learning that all of our service work is to carry the message of Al-Anon to families and friends dealing with the disease of alcoholism and its affects. Archives are more than merely custodial activity; it is the means by which we collect, preserve, and share the rich and meaningful heritage of Al-Anon/Alateen Family Groups. It is by the collection and sharing of these important historical elements that our collective gratitude for Al-Anon/Alateen Family Groups is made stronger and grows.

WSO in conjunction with Areas, Districts, Intergroups and AFG groups developed Archives' instructional information for collection to preserve our history. WSO Guideline 30 was developed to assist with "our" needs. Guideline-30 is under review first by a Thought Force Committee made up of Al-Anon Archivists and Archive Coordinators across the country lead by WSO.

I was fortunate to participate
Stay tuned....

Learning by attending educational seminars, workshops, (as often as possible) to become familiar with all aspects of correctly storing, keeping, maintaining and growing information, and the importance of all items. Continue to learn to recognize what maybe appropriate and vital for those that come after Panel 52.

Correct storage information and what is needed to preserve 'Your' service contribution to NFA Archives has been provided in the past year. However, if anyone needs any information, I am always available by email or phone. Refer to the CMA.

There are items from other panels that need attention
An archives committee meeting is pending

Forward—keep members especially DRs and AISLs informed about the

latest updates concerning how Al-Anon's Archives' work effectively; referencing WSO Guideline 30. As your Archive Coordinator, I am relying on AISLs and DRs to forward Archive information and requests for information directly to AIS members, Archive Chairs, GRs etc. For example, when Districts are asked to provide information reflecting each District, think about representing your area in a unique way or not! "I personally believe when I enjoy my endeavors, it helps me remember what is so positive about this Fellowship and the Al-Anon program. Working toward the goal of Communicating Recovery can be therapeutic, for me." Please enjoy all your most welcomed efforts and contributions, i.e., "NFA Archives Traveling Show;" and the "Lois W. and Anne B. Traveling Show". We have had "works of art" contributed by many Districts, groups, and individuals!

Thank you all for all of your efforts.

Would love to have direct response from each District's AISLs, District Archive Chairs; District Group Records, DRs, any GRs willing to assist in meeting archive goals. For example, the representation of "your" District with posters, etc. that expresses what is happening in "your" Al-Anon District.

Group's Originating Date, compiled by District Group Records and forwarded to Archives for inclusion in the 60th Anniversary Group Originating Date project begun by WSO in Panel 49.

If any member is willing to allow NFA Archives to have copies of words, photos, etc. from any NFA Al-Anon members in CAL...books, *The Forum* that members are willing to have presented as part of an ongoing NFA Panel 52 poster. Pamphlets, books memorable that may be exclusive to area of Florida. Look at your books for publishing dates. See if

you may have an "Original." That is exciting! Please provide anything your District group conscious feels is appropriate! Communicate Recovery

The necessity for proper storage equipment is at a low in NFA Archives. Those members willing to provide shelves, file cabinets, etc. would be MOST Welcome! Carrollwood area in District 8 is the present location of NFA Archives. Come on down!

Something learned from others that may be considered—having an Archivist and an Archives Coordinator. In some states across the country, this has been accomplished; others are working on an Archivist "job description." For example, Areas have a constant location for Archives with a Volunteer Archivist. An Archives Coordinator that rotates every 3-years; travels to Districts, meetings, conventions, and any other areas of request to support and encourage the continuing of NFA AFG "treasurers."

Thank you all very much for contributing to Archives and using WSO guidelines, and especially for your willingness to work together.

Love and hugs in Al-Anon Service,
Cham B.

GROUP RECORDS: TONI C.

I have been communicating with several of our AWSC Panel 52 members, World Service Office (WSO) and the District Group Records Chairs since we last met in October, at Fall Assembly. I am very appreciative that groups in North Florida have been communicating with their district group record chairs to update their group's new information, which means the group records are being kept up to date. Of

course, we still have some groups that bypass the district and myself and contact WSO directly. The good news is that there is now a way for me to search a file for each district every month and send the information to each district group records chair.

Shelly, our webmaster, has placed the GR-1 change form on our website. There are three ways to access the form:

<http://www.northfloridaanon.org/service/gr-1/>

Group Records tab, under Information Services
Service tab

The email links for the 13 district group record chairs is placed on the same page. The GR-1 form would need to be attached manually from where ever it was saved to their computer.

My hope is that more groups will communicate with their district group records chair with these options.

Gratefully submitted,

P52 Group Records Coordinator
Toni C.

DISTRICT 2 REP: ELSA G.

Good morning, fellow Al-Anon Members. I am thrilled to inform you that District 2 had Cindy J. our NFA treasurer in our last district meeting in Gainesville on January 18, 2013. She was very kind to accept my invitation to meet with the group representatives and share some experience, strength and hope with us about service and finances. She also shared some points of her recovery. She was also the speaker for The Wednesday Night Meeting in Gainesville, Peace Joy and Freedom, on February 27 at 7:30 PM.

We have filled our activity coordinator position. Her name is Gail A. from Ocala. We will be having a gratitude/speaker / dinner /social with a dance afterwards. One of our meet-

ings in Gainesville is going to have a workshop and we will be placing the flyer in our website.

Almost every meeting hosts quarterly "Pot Luck" speaker meetings. Our home meeting, Peace of Mind hosted the last one on Monday February 25, 2013. Mave, from Ocala was the speaker. She shared great experience strength and hope.

Our TEAM chairperson Brian B., just gave me the information for the event and here it is for all of you who were asking.

The day of the workshops is going to be August 3, 2013. It will be at First Presbyterian Church in Ocala at 511 SE 3rd Street Ocala, FL 34471. The theme is "Growth Opportunities: Strengthening Our Recovery". It will be an all-day event from 8:00 AM to 4:00 PM. He will be providing you with more information at the Spring Assembly in May.

Our group meetings have been very supportive of our district and are providing financial support to our district. I am proud to say WE are FULLY SELF-SUPPORTIVE. Our LDC program is paying good dividends to our district. We have currently improved our incentive by not charging groups for shipping and handling, when buying through the LDC. This incentive is in a three year trial basis.

We had a lot of fun and business going on at AWSC in February 15-17, 2013. As always it was exciting to get together with everyone at AWSC. There will be more to come from our growing district. I am pleased to say as a district all of our GR's are wonderful in doing service at our level and area level.

As a district, we are working to put together a district inventory with all meetings providing input to be able to grow strong and united.

At our April 20, district meeting in Ocala, we will have Shelly C., our Alternate Delegate from Area, speak about fun in our lives and in service. I hope that our GR's get the most of this experience from one of our NFA officers.

We will be seeing you soon at May Assembly,

With love and in service your grateful trusted servant,

Elsa C. DR #2

DISTRICT 6 REP: EVA N.

Two months into my new position and I am a little confused but very willing to do whatever it takes to keep District 6 moving forward.

Two months into my new position and I am a little confused by very willing to do whatever it takes to keep District 6 moving forward.

We have held our first district meeting with 35 enthusiastic members attending and 21 voting members in attendance. There are five (5) more district meetings scheduled for the year.

Our focus this year will be to encourage all 42 groups in our District to participate in Al-Anon District and Area business and to encourage service work for the District. We are, also, focusing on fostering participation for Alateen. We have one active Alateen Group and a number of AMIAS willing to help out.

Finally, our District held a Gratitude Dinner on March 3rd, in Oviedo, Florida, with over 230 people in attendance. It was a great success, with outstanding Alateen, AA & Al-Anon speakers. "Kudos" to the committee and the coordinators.

I look forward to the next three years.

Yours in service,
Eva N. DR #6

DISTRICT 7 REP: ANA D.

Hi North Florida and Welcome District 13!

We continue to practice the Area Slogan "**Communicate Recovery**" whenever possible in our verbal as well as written communications. It is very important to the success of our District be aware of how we communicate with one another in service and beyond.

We continue to work through various position changes in our District and we seem to be more energized and excited about service. We filled most of our District vacancies such as Archives Chair, When & Where Chair, and District Secretary. We hope to find volunteers for our District Alateen Chair and Public Outreach Chair soon. We had a G.I.P. attend AWSC, and she found it very enlightening! We also asked for volunteers to make Love Gifts for our Delegates, Trustees and WSO members for the upcoming annual World Service Conference to be held in Virginia Beach. Two people volunteered right away! We also volunteered for 2013 NFA Convention Hospitality Chair and Entertainment Chair. Thank you all for being so willing!

Our Gratitude Dinner was held on November 3, 2012 at our Lady of Lourdes Catholic Church, Dunedin, FL. Thank you so much Haleh P. and Jen L., for Co-Chairing this event as well as the various committee chairs, speakers and all volunteers for coming together to make this such a wonderful and uplifting evening! We had approximately 230 people in attendance.

We hold our District meetings the first Saturday of every month, unless there is an Assembly or AWSC meeting. Our District meetings are held at Largo Alliance Church, 1633 Lake Avenue NE, Largo, FL. All Districts are welcome! In January we had 43 total in attendance, with 33 GR's present. We also had a very special guest speaker in January, Cham B. our Area Archives Chair. It was wonderful to hear her share her experience strength and hope. She was full of enthusiasm and energy! Our Archives position had been vacant for nearly a year, so I thought Cham would be able to help drum up some interest. A volunteer came forward that same day! There are no coincidences....

In February we had a total of 42 members in attendance with 30 GR's present. Our attendance is good as our District has approximately 40 regular meetings and 9 Beginner meetings for a total of 49 groups. (We lost two groups and then gained two recently).

My goal is to visit all of the groups in our District along with our Alternate District Representative, Melanie B. over the next 2 years. (We have visited 13 meetings since I became DR 8 months ago). I think it's important that the groups are aware that the District fully supports them and will also help them if requested.

We are also holding monthly District Panel meetings which are held a week or two before our District meetings. This allows us to discuss and work things out before the District meeting — *not* during the District meeting. We also discuss agenda items for the upcoming meeting and everyone's input is encouraged. Our last panel meeting was held on Monday, Feb. 25th. We will also be forming committees to write guidelines for our District Officer positions, AIS Chair positions, Day of Workshops, Gratitude Dinner, and any other Special event Chair positions.

We have a District suggestion box which we place on the front table during District meetings. We (our panel) reviews and discusses the suggestions, during our 15 minute break. Our Alt. DR., Melanie B. reads them and presents the panels' decision of whether we can utilize the suggestions. We (Panel) want our Chair people, GR's, Alt. GR's, to know that we are listening and are considering all their suggestions.

District 7 2013 Events:

Day of Workshops — was held March 9 2013.

Annual 2013 Gratitude Dinner - We are now seeking volunteer(s) to Chair this event which is typically held in November.

I appreciate the opportunity to serve!

In Loving Service,
Ana D. DR#7

DISTRICT 10 REP: MICHEL S.

Hi All! Marie S. here, subbing for our hard working District Rep this issue of the *Legacy*. We were all so excited when it was announced last year that Orlando would be the new home of North Florida Area meetings, and our first AWSC of this year at the Sheraton Lake Buena Vista did not disappoint! It is a really lovely hotel and meeting space, and so close! I expect a really good District 10 turn out at the next Assembly!

District 10 has 28 Group Meetings—6 are Spanish Speaking and 4 are Alateen, 1 of which is held in a local high-school. This panel, we have been gradually filling all our positions, except for 3: Public Information Chair & both Alateen Chairs. We have, however, been able to offer AMIAS training and materials for individual and group sponsored public information projects.

We've had about 10 to 15 groups represented at District Business Meetings, which are held every other month on odd numbered months. In between, on even numbered months, we hold District Workshops, which are traditionally chaired on a volunteer basis. Since volunteering has been down this panel for workshops, the District Officers decided to ensure they would be held. Thanks to our ADR, we've had very good turnouts for the last 3 and future scheduling is on the up-turn. Our next Workshop, "Writing for the Forum & CAL", is coming up on April 20, 2013.

I personally got a lot out of the last AWSC meeting—information, ideas, suggestions, and fun! The Friday night Coordinator Introduction really got me thinking and planning. Among loads of other stuff I'll bring to our next meeting, I learned that having an Area Coordinator speak at District can help fill empty positions. I also heard it suggested that we send copies of "Alateen Talks" to local high-schools, which could help introduce

more school meetings, something I know our District would like.

During regular business on Saturday, I really enjoyed getting to know our new District 13 – the more the merrier! The Literature Coordinator & Alt. Delegate reports are sure to help with our next workshop. And the Thought/Task Force I'm on is very interesting, with lots of great fellowship.

Love & Hugs,
Marie S.
D #10 AISL

DISTRICT 12 REP: SANDY D.

What's going on in District 12? We continue to hold our district meetings every 2 months. During our meetings we hold a workshop called GR orientation and have covered topics like: KBDM, Preparing for Assembly, Group Conscience, Group Inventories, How to Handle Changes in Group Records, our Concepts, and a demonstration of all our Al-Anon websites. Future topics may include: Groups at Work, Financial Matters, Public Outreach and Sponsorship. During our meetings we also have a time for "group talk", and we have had many great conversations.

We continue to experience increased efforts in public outreach which includes the creation of a new chair position called AA Liaison. This person attends both AA and Al-Anon district meetings to share information so that we may better cooperate in public outreach efforts.

In questioning some of the things we do and why we do them, we have discovered the importance of access to motions passed in past years. Our panel began a list of motions document that we send out to our GRs for our current panel, and we also began a list for prior years. We have been collecting all the meeting minutes we can find in our archives, scanning them and creating a motions list for each year. We have learned a lot in this process.

Following our Area's example of doing an inventory, we conducted our own district inventory in January 2013. We received lots of positive feedback.

Excitement continues in our district around our Area's 2013 Convention. The committee has been busy making plans and recruiting volunteers. We urge everyone to register in advance and purchase a T-shirt!

District 12 held a Gratitude Dinner in January this year, and we may have had our biggest turnout yet. We will be hosting a Day of Workshops on April 20th from 9am - 1pm. The theme is "Relationships in Recovery." In an effort to support WSO in collecting writings on intimacy in alcoholic relationships for a new book, one of the workshops will be a writer's workshop on intimacy. All are welcome to join us!

Our archivist was busy moving our storage facility to a more accessible location. He found literature we can distribute for use by outreach.

We have a new website! Please visit it at <http://www.al-anon12.org/>

We have a couple of new Al-Anon groups in our district.

We are very much looking forward to what this new year has to offer and the time we get to spend together in service.

Yours in love and service,
Sandy D. DR#12

Our Three Legacies:

RECOVERY
Through the Steps

UNITY
Through the Traditions

SERVICE
Through the Concepts

DISTRICT 13

REP:

ELLIE B.

Hello North Florida,

District 13 is located from Nokomis on the north to Punta Gorda on the south and from the Gulf of Mexico west to Arcadia to the east. We have 24 active Al-Anon groups and 13 Alateen groups. The Al-Anon groups include 1 Beginners group, 1 Adult Focus group, and 1 Men's group.

We received a very warm welcome from everyone at our first AWSC meeting with the North Florida area. We met many new friends and learned about our new area and the officers and coordinators.

I volunteered to be part of the new GR Orientation to be done at the Spring Assembly. A package of 11 items will be given to each new GR attending their first assembly. I will be speaking about 'taking care of ourselves'.

I will also be working on a Task Force revising/creating the Area Job Descriptions. The group has come up with the general requirements for the positions of the officers, coordinators, and the event chairs. These would be common for all of these positions. I have a preliminary list. We will then reach out to past officers and coordinators for their input on the requirements to do their jobs. The new position of the Spanish Coordinator will work with the Florida South coordinator to understand what is required. Terry (past delegate) is our chairperson.

We've had some changes within the district: our AISL resigned due to medical reasons. Doris M. has just agreed to become our AISL. She attended the February AWSC meeting. I am actively looking for a new Alt. DR which Doris was prior to stepping up to her new position. Brenda B. has also resigned for health reasons as our Alateen Coordinator and Christine M.

has taken her place. Brenda will continue as our PI coordinator.

Our District 13 Gratitude Dinner, "Together in the Garden of Recovery" was held on Saturday, March 9th. We had an Alateen speaker and an Al-Anon speaker from District 150 in Florida South. We also had a boutique, a raffle, and an Al-Anon countdown. This event is one of the favorites for our district.

I continue to visit with all the groups in my district again this year. I really enjoyed meeting people in the southern part of the district and visiting with friends I hadn't seen in a few years. Everyone is very welcoming, although the Men's Stag Meeting was a little taken aback at my arrival, and no, I did not stay for their meeting.

A couple of our groups have presented a guided meditation as part of their meeting along with sharing. These have been well received and well attended. They are advertised in advance and draw a number of Al-Anons. Meditation is an important part of our program and many find these very rewarding.

District 130 "Freedom Group" presented a Sponsorship Workshop, "Sponsorship... Everything You Ever Wanted to Know About it!" They had a guest panel with Sandy A., speaking from a sponsor perspective; Beth, speaking as a sponsee; Diane B (a guest from Ft. Myers), speaking about service sponsorship; Herb W., speaking from the male perspective. We had lunch and then the panel answered questions regarding sponsorship from the 'ask it basket'. The event was well attended and enjoyed by all. Thank you to our panelists and Doris and Cathy for chairing the event.

A Speaker Marathon was held in November with speakers from several districts: one from our district, another from Fort Myers, and the final speaker, Wendy, from Sarasota. A wonderful lunch was included. The day ended with a raffle and a countdown with '900' years of recovery attending. The day was very successful both

spiritually and emotionally. We left re-energized.

I look forward to many more events and interactions with the districts in the North Florida Area.

Love,
Ellie B
DR District 13

Al-Anon Acronyms

AFG — Al-Anon Family Groups

AISL — Al-Anon Information Service Liaison

AMIAS — Al-Anon Member Involved in Alateen Service

AWSC — Area World Service Committee

CAL — Conference Approved Literature

CMA — Current Mailing Address

CPC — Cooperating with the Professional Community

DR — District Representative

GIP — Growth Investment Person

GR — Group Representative

HP — Higher Power

KBDM — Knowledge Based Decision Making

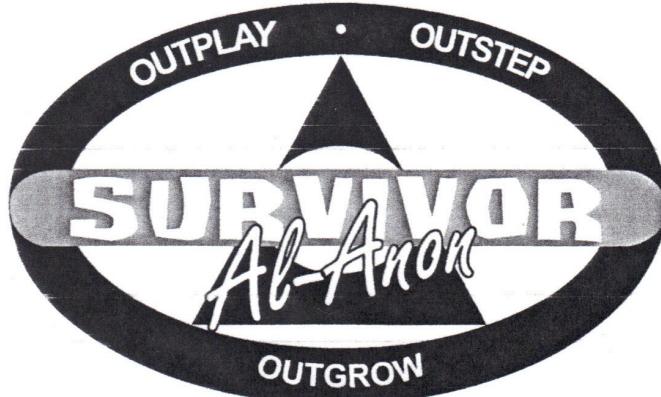
LDC — Literature Distribution Center

PI — Public Information

PO — Public Outreach

PSA — Public Service Announcement

WSO — World Service Office



NORTH FLORIDA CONVENTION 2013

Trade Winds Island Resorts on St. Pete Beach

REGISTRATION FORM

North Florida Area AFG Presents 2013 Convention

HOSTED BY DISTRICT 12**SEPTEMBER 6-8, 2013**Trade Winds Resort – Island Grand
5500 Gulf Blvd.

St. Petersburg, FL 33706

1-800-360-4016 • 727-367-6461

Rooms start at \$110.00/per night (up to 4 per room)

Book your room now using CODE: **AI-Anon or 14238**www.tradewindsresort.com

Be prepared to come *Outplay, Outstep, and Outgrow* at the 2013 "Survivor Al-Anon" Convention. Similar to the reality show, Survivor, Tribes (Districts) will gather together to experience the thrill of competitions, obstacles, self recovery workshops, challenges, guest speakers, and most importantly fellowship.

The difference: There will be no SOLE survivor or voting off members. *We are all in this together!*

Cut off Registration Form below, make check payable to NFA AFG and mail to:
NFA, Assembly, AFG, Inc., P.O. Box 50831, Sarasota, FL 34232

Email Questions to alanonconvention2013@gmail.com
For on-line registration/payment option go to www.al-anon12.org

REGISTRATION FORM: PLEASE PRINT CLEARLY

Full Name: _____ Badge Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Email: _____ Want Email confirmation? YES NO Phone () _____ - _____

I am a Member of : Al-Anon AA Alateen Other

REGISTRATION FEE: Post marked on or before April 30, 2013 - \$26.00; After May 1, 2013 - \$36.00; Alateen Special- \$15.00;
At the Door - \$36.00 (NOTE: No refunds after August 1, 2013.)

EARLY - Registration Fee: \$26.00 \$ _____ (After May 1, 2013) \$36.00 \$ _____

Alateen Registration fee \$15.00 \$ _____

T-Shirt \$10.00 \$ _____ (Circle your size) M L XL XXL

Saturday Tribal Dinner \$35.00 \$ _____

Sunday Survivor Sunrise Breakfast \$14.00 \$ _____

Donation for Hospitality Room \$ _____

TOTAL AMOUNT ENCLOSED: check payable to NFA AFG \$ _____ Check Credit Card (in Person) or Cash (circle one)**I WOULD LIKE TO HELP:** Boutique - Greeter - Hospitality - Raffle - Registration - Anywhere you need me (Circle Choices)

I would like to help with Alateens. My AMISA WSO ID# is _____

Hearing Impaired?

**NORTH FLORIDA AFG AREA
AREA WORLD SERVICE COMMITTEE (AWSC) AND AREA ASSEMBLY
PANEL 52 – 2012 HOTEL INFO AND ASSIGNMENTS**

DATES (2013)	EVENT	LOCATION	ROOM RATES	ASSIGNMENT	DISTRICT	NOTES
May 3-5th	Spring Assembly	Sheraton Lake Buena Vista- 12205 South Apopka Vineland Rd. Orlando, FL 32835 1-800-423-3297 www.sheratonlakebuenavistaresort.com	\$95	Hospitality Fun Shop Fri Light Side Sat Raffle Sat Registration Fri Sat Red/Grn Light Sun Spiritual Mtg Sun Sgt. At Arms	District 1&3 District 4&2* District 12 District 10 District 11 & 8 District P5 District 7 District 6	*D4 Traditions 5&6 *D2 Concepts 5&6
Aug. 16-17th	AWSC	Sheraton Lake Buena Vista- 12205 South Apopka Vineland Rd. Orlando, FL 32835 1-800-423-3297 www.sheratonlakebuenavistaresort.com	\$95	Hospitality Spiritual Meeting Sat Sgt At Arms	District 10 District 3 District 1	
Oct 4-6th	Fall Assembly	Sheraton Lake Buena Vista- 12205 South Apopka Vineland Rd. Orlando, FL 32835 1-800-423-3297 www.sheratonlakebuenavistaresort.com	\$95	Hospitality Fun Shop Fri Light Side Sat Raffle Sat Registration Fri Sat Red/Grn Light Sun Spiritual Mtg Sun Sgt. At Arms	District 6&4 District 7&8 * District District 12 District 9&2 District 1 District 11 District 3	*D7 Traditions 7&8 *D8 Concepts 7&8

Remember to get a confirmation number when you make a reservation. When rooming with someone include both names on the reservation. Reservations must be made 30 days in advance of the event. There is a 48 hour cancellation notice. Make sure you inform the hotel you are with NFA AFG (North Florida Area AFG) to get the room rate and a reservation for blocked dates. Tax exempt applies only to payments made by the North Florida Area Treasurer.

CURRENT MAILING ADDRESSES

<u>Panel 52 Officers & Coordinators</u>				
<u>Delegate Officer</u>	Terry K, Dist. 7	<u>Newsletter Coordinator</u> <i>The Legacy'</i>	Janet O Dist. 4	<u>Dist 5 Rep</u>
			Panel52legacy@gmail.com	Sharon N
<u>Alternate Delegate Officer</u>	Shelley C, Dist. 8	<u>Literature/ LDC Coordinator</u>	Di , Dist. 8	<u>Dist 6 Rep</u>
				Eva N
<u>Chairperson Officer</u>	Wendy W, Dist. 12	<u>Public Outreach Coordinator</u>	Ann O, Dist. 7	<u>Dist 7 Rep</u>
				Anadq2012@hotmail.com
<u>Secretary Officer</u>	Kimberly, P	<u>Spanish Intergroup Liaison</u>	Leticia R Dist. 8	<u>Dist 8 Rep</u>
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			<u>District Representatives</u>	
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			walterct1@hotmail.com	Michel S
	Bobbi45@hotmail.com			
<u>Alateen Area Process Person/ IAAPP</u>	Renee E, Dist. 7	<u>Dist 2 Rep</u>	Elsa M. Ci	<u>Dist 11 Rep</u>
			bonita47@embarqmail.com	Pauline C
<u>Archives Coordinator</u>	Cham B Dist. 8	<u>Dist 3 Rep</u>	Charlene S	<u>Dist 12 Rep</u>
			DR@jaxafg.org	Sandy D-T
<u>Group Records Coordinator</u>	Toni C Dist. 3	<u>Dist 4 Rep</u>	David H	<u>Dist 13 Rep</u>
				Ellie B
	P52GroupRecords@aol.com			