

## Alternate Delegate Report

### Spring Assembly – May 2016

I LOVE BEING A PART OF AREA 9!! I LOVE MY JOB!! I get to do the coolest stuff!! I've been so busy!

- In March I was able to join in the celebration of Al-Anon's 65<sup>th</sup> Birthday, in Ormond Beach, hosted by District 4!
- In April I attended and was one of the speakers at an Al-Anon 65<sup>th</sup> Birthday Party in District 2, held in Ocala.
- On April 30, District 9 held a Writing Workshop at Bok Tower Gardens! It was so AWESOME!
- Now here we are at Assembly again and I'm looking forward to the New GR Orientation on Friday night with our special guest joining me. You do not have to be a "New GR" to attend this informative session! It's always great to share with other GR's and maybe learn something new, but mostly it's great to know YOU ARE NOT ALONE!
- Sunday morning I will again be facilitating RED LIGHT/GREEN LIGHT! Hope you'll all be there!
- And of course, how could I forget...the BELL! I get to ring the BELL!! LOVE IT...NOT! It's really the hardest part of my job, but I try to make it fun!

I'd like to share more with you about the Writing Workshop. The entire Area was invited, but unfortunately it was a spur of the moment happening and I tried my best to get the information to all the Districts. We had 25 in attendance. I was very pleased at the number who came from other Districts in our Area. The weather was awesome and the Gardens was such a beautiful setting to hold such an event. Very serene which is helpful in trying to be creative and just let the writing flow. Pat A, our Area Literature Coordinator lead a workshop on Creativity and Breaking the Barriers of Fear. Then there was plenty of time for writing, having lunch and enjoying the Carillon concerts, which were held throughout the day. The comments from those that attended were so complementary, we just may do it again next year.

Here are the total submissions I was able to send to WSO from Area 9:

- 26 submissions for *The Forum*
- 5 submissions for the New Daily Reader
- 4 submissions for the new book on Intimacy

Also, I'd like to share with you that during the process of preparing for the workshop, I spoke to the World Service Office about not knowing if writings in *The Forum*, that are from FL, are from North or South Florida. They said we could put FL (N) on them, and that is what we did. Please keep this in mind when submitting writings to WSO.

In Al-Anon we discover that we have choices. There are many choices in the way we can go about sending writings to the WSO. Here are a few:

- You can individually get on the WSO members website, write an article and submit it
- You can type and print and send my mail
- Your AFG can pick a time to sit down and write an article as send them together
- Your District can have extra time after or before a District meeting to write
- As a District you can hold a stand alone event, such as District 9 did
- You can invite Pat A and/or Jill O to participate or facilitate – or not! Pat and I have guidelines that we are happy give to you, and you can do it yourselves
- I bet you are creative yourself and can think of others! Choices...So many choices!!

It really struck me as I was at Bok Tower and thinking about writing and asking for guidance from my Higher Power of how one writing can touch thousands through our literature. When I think about my journey in this program and how I am able to share about it at meetings, it is encouraging when others tell you they can relate, or that was exactly what they needed to hear. Sharing your experience, strength and hope in *The Forum* or other CAL could be what thousands need to hear. And yet, I don't take the time to sit down and do it. But I can tell you, after my experience on April 30<sup>th</sup>, I will do it more often. If there is just one thing I would like you to take from this report, it is "Just Do It". Just write it and submit it!! **Participation is the key to harmony!**

Has your Group ordered their *Forum*? Remember, the Groups are no longer receiving a complimentary copy. **An order form is on the back of every *Forum*. It needs to be filled out and sent in with \$11 so that your Group will continue receiving *The Forum*.** I regularly attend two groups in District 9 and both have voted and sent in the subscription. Please make sure your group has taken care of this matter.

---

## The Forum Book (working title)

Have you ever read a *Forum* sharing that:

- helped you look at something differently?
- made you laugh?
- touched your heart and reminded you that you aren't alone?
- had a unique way of presenting the topic/subject?
- will stand the test of time?

Have you ever read a *Forum* sharing that:

Helped you to look at something a bit differently?  
Made you laugh?  
Will stand the test of time?  
Touched your heart and reminded you that you aren't alone?  
Had a unique way of presenting the topic/subject?  
Will stand the test of time?

These are the sharings we would like to include in THE FORUM BOOK (working title).

The 2015 World Service Conference gave conceptual approval to develop a piece of Conference Approved Literature based on member sharings published in past issues of *The Forum*. The piece is intended to compile thoughtful sharings that are important enough to be read for years to come.

You are cordially invited to send us your most memorable and relatively recent *Forum* sharings (2005 – present). There is only one caveat! Please let us know the title, month, and year in which it appeared in the magazine.

Share this with other members – including our wonderful Alateens! You can use this flyer or submit your suggestions online. Go to the Members' Web site at [al-anon.org/members](http://al-anon.org/members). Click on Individuals, Featured Publications, *The Forum*, THE FORUM BOOK (working title).

Special Forum sharings:

Title \_\_\_\_\_ Reported in \_\_\_\_\_ (month/year) \_\_\_\_\_ (year)

Title \_\_\_\_\_ Reported in \_\_\_\_\_ (month/year) \_\_\_\_\_ (year)

Title \_\_\_\_\_ Reported in \_\_\_\_\_ (month/year) \_\_\_\_\_ (year)

Title \_\_\_\_\_ Reported in \_\_\_\_\_ (month/year) \_\_\_\_\_ (year)

Mail suggestions to: AFL, Inc., 300 Corporate Landing Parkway, Virginia Beach, VA 23060-0811

Those are the sharings we would like to include in THE *FORUM* BOOK (working title).

The 2015 World Service Conference gave conceptual approval to develop a piece of Conference Approved Literature based on member sharings published in past issues of *The Forum*. The piece is intended to compile thoughtful sharings that are important enough to be read for years to come.

You are cordially invited to send us your most memorable and relatively recent, *Forum* sharings (2005 – present). **There's only one caveat! Please let us know the title, month, and year in which it appeared in the magazine.**

Share this with other members – including our wonderful Alateens! You can use this flyer or submit your suggestions online. **Go to the Members' Web site at [al-anon.org/members](http://al-anon.org/members). Click on Individuals, Featured Publications, *The Forum*, THE *FORUM* BOOK (working title).**

---

Jill O, Alternate Delegate

