



DISTRICT 10 NEWS

Greater Orlando – Panel 55 “Participation is the Key to Harmony”

DECEMBER 2017

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Al-Anon District 10
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Virginia Beach, VA 23454-5617

District 10 Website

al-anonorlando.org

AFG - Area 9 Florida North Website

AFGArea9.org

Spanish Information

Al-Anon Servicio de Informacion Intergrupo
PO Box 452685
Kissimmee FL 34745 Kissimmee, FL 34745
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For anonymity, the newsletter does not publish personal phone and emails.

If you would like to contact someone at the district level, please email aisorlandoinfo@gmail.com or phone 407.896.4929.

PANEL 58

Officers, Chairs & Incoming GR's

Congratulations and a heartfelt thank you to all who stood for and accepted a service position at our November 11th elections.

There are still several opportunities to serve – be sure to remind your home groups that members can do District 10 service even if they are not Group Representatives. Of course, you may decide that you're ready to stand for a position as well.

More to come at the January 2018 business meeting! Mark your calendars now: Saturday, January 13th at 9:30 AM. Fellowship begins at 9:00.



PANEL 55

Officers, Chairs & Outgoing GR's

Please accept my deepest gratitude for giving me the opportunity to serve with you as the newsletter editor. It has been great getting to know all of you and I've grown so much as a result of your experience, strength and hope. You sharing them and for all you've done to serve District 10.
– Susan W.



Our Gratitude Lunch is THIS Saturday!

11:30 – 2:30 | First United Church of Christ |

Crismon Hall

“Wonderland of Recovery”

Bring a dish to share and a basket for the raffle!

A reminder to please base your potluck on your meeting day! (Beverages provided.)

Food type	Meeting Day
Salads	Sunday
Appetizers	Monday
Veggie	Tuesday
Starch	Wednesday
Fruit	Thursday
Desserts	Friday & Saturday



ALATEEN CONFERENCE - COMING JULY 22 & 23

Help Support Scholarships for our Alateens to Attend!



District 10 is hosting this recovery weekend on behalf of North Florida! Remind your groups that Tradition 7 contributions to this fund can really make a difference for young people who are affected by another person's problem drinking. Collected donations should be submitted to District 10 at our business meetings and workshops. Contact Nick R for additional information.



DON'T MISS OUT ON THIS GREAT DEAL!

Limited Time Only! Prices good until 12/31/2017



Discovering
Choices (B-
30) ~~\$15.00~~ **\$5.99**



Many Voices, One
Journey (B-
31) ~~\$16.00~~ **\$5.99**



The Al-Anon
Family Groups--
Classic Edition (B-
5) ~~\$12.00~~ **\$5.99**



From *THE FORUM* (One of my Favorites, from April 2016)

The Case for the Dual Control Mattress

One day in a meeting, a friend mentioned that he and his wife bought an adjustable bed with dual controls. The controls allowed them to elevate their heads, change the temperature, and adjust the firmness or softness of the mattress. For a while, they slept great and woke up rested and full of energy.

Time went by. One day, I asked him about his bed and he said, "It is terrible." He was mad and irritable. He said he was not sleeping at all and was tired of the bed. I was surprised because I've heard that those beds are very nice. More time went by and one day he said, "I found out what was wrong with my bed. I had my wife's control and she had mine!" That was why their sleeping time was unmanageable.

I laughed for a while, and then I experienced a revelation from God—my life is unmanageable because I have my boyfriend's remote control and he has mine. I became aware of all the times I wanted my boyfriend to do things my way, and he wanted me to do things his way. We did this without talking to each other; we tried to read each other's mind instead, which always ended in frustration and disappointments.

Accepting that I want to control him because I know what is best for his life is insanity. I am pushing the buttons of his control, and he doesn't want to live his life my way. The same goes for me; I don't want to live my life his way. Our lives are unmanageable when we try to control each other.

Accepting that he lives his life differently, and accepting that "different" does not mean "bad" was a big part in my recovery. My action part was to give him back his "remote control," to take my "remote control" back, and to pray:

God, grant me the serenity to accept that I cannot control his life,
The courage to only use my remote control to change my life,
And the wisdom to know what remote control I have every morning before I start my day."

My life has changed in a positive direction as I continue my path to recovery.

By Ana E., Colorado
The Forum, April 2016

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2017 Calendar of Events

January	February	March	April	May	June
<p>21 District 10 Business Meeting (9 AM)</p>	<p>3-4 AWSC (Attended by DR, AISL)</p> <p>6 Support Team Visit Pine Castle Friendship 8 PM</p> <p>11 District 10 Workshop (9:30 AM)</p>	<p>18 District 10 Business Meeting (9)</p> <p>29 Travel Team Visit – ALL WELCOME! Today's Hope AFG SUMMIT CHURCH WATERFORD</p>	<p>8 District 10 Workshop (9 AM) "I Need to Feel to Heal"</p>	<p>5-7 Spring Assembly & TEAM Event Hilton Altamonte Springs, 350 Northlake Blvd.</p> <p>13 District 10 Business Meeting (9 AM)</p>	<p>1 Travel Team Visit – EASY DOES IT AFG COLLEGE PARK PRESBYTERIAN CHURCH (8 PM)</p> <p>10 District 10 Workshop (9 AM) "CAL Movies"</p> <p>17 Travel Team Visit – DISCOVERING CHOICES AFG LIFESTREAM BEHAVIORAL CENTER CLERMONT (3 PM)</p>
July	August	September	October	November	December
<p>8 District 10 Business Meeting (9 AM)</p> <p>13 Travel Team Visit – MCKEY STREET JUEVES BOOK RACK OCOEE (7PM)</p> <p>19 Travel Team Visit – HOPE FOR TODAY AFG LIFE SONG ORLANDO (7PM)</p> <p>22 Travel Team Visit – SATURDAY'S HOPE REBOS CLUBHOUSE ST CLOUD (10 AM)</p> <p>30 Deadline for special \$115/night Convention rate at Grand Hyatt Tampa Bay</p>	<p>12 District 10 Workshop "All Hands on Deck" (9:30 AM)</p> <p>18 Deadline for Convention Dining Plans & Discounted Registration (will be \$45 at the door)</p> <p>18-19 AWSC (Attended by DR, AISL)</p> <p>25-27 28th Annual North Florida Area Convention Recovery Rodeo Grand Hyatt Tampa Bay, 2900 Bayport Drive, Tampa</p>	<p>16 District 10 Business Meeting (9 AM - Noon) <i>Cancelled due to hurricane - next meeting is October 14!</i></p>	<p>6-8 Fall Assembly (AFG Area 9) ELECTION Hilton Altamonte Springs, 350 Northlake Blvd</p> <p>14 District 10 Business Meeting (9 AM - Noon) <i>Date changed from 9/16</i></p>	<p>11 District 10 Business Meeting (9 AM - Noon) ELECTION – PANEL 58 Please be sure to encourage incoming GRs to attend!</p> <p>23 </p>	<p>9 District 10 Gratitude Lunch (11:30 – 2:30)</p> 

NOTE: All District 10 meetings & workshops held at the First United Church of Christ of Orlando, in Crismon Hall, 4605 Curry Ford Road, Orlando, 32812