



DISTRICT 10 NEWS

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

JULY 2017

Quick Connect

District 10 Mailing Address

Al-Anon District 10
P.O. Box 568854
Orlando FL 32856
407.896.4929

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Be sure to include this information when sending donations to district, area, or the World Service Organization:

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Gainesville, FL 32606

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Mail to: AFG, Inc.
1600 Corp. Landing Pkwy
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
407.253.9848 | Alanon.Ayuda@yahoo.com



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.

2017 North Florida Area Convention

August 25-27, 2017 Tampa, Florida

Our annual Convention is right around the corner! Here are some dates to keep in mind if you're planning to attend:



Book your room before July 30

The convention will be held at the Grand Hyatt Tampa Bay. Room rates start at \$115 per night (up to 4 people). *This rate expires July 30!* While rooms may still be available, they will not be available at our discount.

Register by August 18

If you haven't registered yet, be sure to do so before August 18 – that's the deadline for the \$35 rate. Registration at the door is \$45. Online registration available: afgarea9.org/store/c7/Registration_and_Donations.html

Dining Packages by August 18

Special meal packages – Friday dinner, Saturday breakfast and Saturday dinner – are available ONLY for attendees who prepurchase. For pricing and details visit afgarea9.org/2017c-dining-packages.html

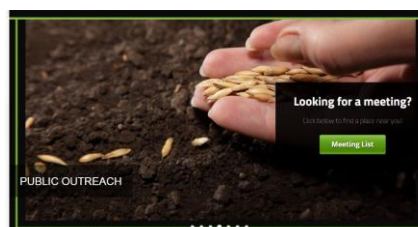


PUBLIC OUTREACH

NEW on al-anonorlando.org

We now have a new page on the District 10 website for “Public Outreach! See it at: al-anonorlando.org/public-outreach or, from the main “home” page, you can click on the image (shown below), which is part of the new slideshow featured on the home page!

Al-Anon's approach has always been to carry a clear, simple message about our program of recovery: to let people know what we are, what we do and how they can contact us. Our Public Outreach is based promoting unity and clarity within the fellowship as well as awareness and hope outside the fellowship. In District 10, we encourage Public Outreach through our members, groups, District Public Outreach committees and by utilizing the World Service Office website.





Support Happens!

Join us for the next Travel Support Team Visit "Just Get in the Car" - Bernie

We have **three** visits planned for July – Check out the Calendar for dates, times and locations!



Our Next Workshop is Saturday, August 12th



"All Hands on Deck" Workshop

Join us for Al-Anon Summer Game Day! Have some fun on the way to recovery and let's play!

Coffee will be provided. Feel free to bring additional beverages, breakfast items to share and a bit of cash for the 7th Tradition Basket.

Hosted by:
"Easy Does It Group"
Thurs./8pm/College Park

When: Sat., Aug. 12,
2017

Fellowship: 9:30 am - 10:00 am

Workshop: 10:00 am - 12:00 pm

Where: First United Church of
Christ of Orlando
(In Crisman Hall)
4608 Curry Ford Road
Orlando, FL 32812

Visit the District 10
Website:
www.al-anonorlando.org
(407) 896-4929





From *THE FORUM* this Month

Following Al-Anon Basics

When I attended my first Al-Anon meeting, I was tired and full of despair. The last 18 years of living in the active disease of alcoholism had taken its toll. I didn't know what to expect from the meeting, but I was willing to listen. During that meeting, I heard Al-Anon members share some basic information: Go to meetings, read Al-Anon literature, get a Sponsor, use your Sponsor, work the Steps, pray and meditate daily, get involved in service and "Keep Coming Back." None of it really made any sense, but I decided to go back to the next meeting. That was 24 years ago.



What I discovered over time was that those simple suggestions changed my life. By going to meetings and listening to others share their experience, strength and hope, I learned that I was neither alone nor unique. Others had experienced the same or similar circumstances. Reading Al-Anon literature gave me an understanding of the disease of alcoholism and how it had affected me. Developing a relationship with a Sponsor helped me to openly share my deepest, darkest secrets.

As I worked the Steps, I eventually understood how my behaviors, attitudes and perceptions affected my life in unhealthy ways. I realized that I could change by developing a relationship with a God of my understanding. Through daily prayer and meditation, letting go of my self-will became easier. Eventually, I got involved in service. I came to appreciate the broad influence of Al-Anon throughout the world and the importance of following the Al-Anon principles.

By Sheri S., Kansas
The Forum, June 2017

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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>9 District 10 Business Meeting (9 AM - Noon)</p>	<p>6-8 Fall Assembly (AFG Area 9) ELECTION Hilton Altamonte Springs, 350 Northlake Blvd</p> <p>14 District 10 Workshop (available)</p>	<p>11 District 10 Business Meeting (9 AM - Noon) ELECTION</p>	<p>9 District 10 Workshop (available)</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