



DISTRICT 10 NEWS

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

June 2017

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Al-Anon District 10
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District 10 Website

al-anonorlando.org

AFG - Area 9 Florida North Website

AFGArea9.org

Spanish Information

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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.

2017 North Florida Area Convention

August 25-27, 2017 Tampa, Florida

Our annual Convention is just about two months away. It will be here before we know it!



Are you planning to attend?

Register today for the RECOVERY RODEO! Visit afgarea9.org/store/c7/Registration_and_Donations.html

The convention will be held at the Grand Hyatt Tampa Bay. Room rates start at \$115 per night (up to 4 people).

You can book online by clicking the link at the bottom of this page: afgarea9.org/2017c-hotel-room-rates.html



Featured Conference Approved Literature

The *Paths to Recovery Workbook* is Here!

This new workbook contains thought-provoking questions on each Step, Tradition, and Concept of Service found in the book *Paths to Recovery* (item B-24), with space to write answers. It can be used for personal study, partnership with a Sponsor, or group study during meetings.

The *Paths to Recovery Workbook* (P-93) gives us an opportunity to explore, in writing, our relationship with the Steps, Traditions, and Concepts, and deepen our understanding of the *Paths to Recovery* book. In effect, through the action of taking pen to paper, we become active participants with the book in our recovery journey. Also available as a set (K-31) with the *Paths to Recovery* book.

“Several of the Steps encourage us to express ourselves in writing. Although it is certainly beneficial to read and talk about the questions, many of us have found that writing out our answers further clarifies our thoughts, helping us to be more fully honest with ourselves.” From the Preface of *Paths to Recovery Workbook*, page 4





From *THE FORUM* this Month

I Became Willing To Surrender

I didn't realize how deeply I was affected by alcoholism until I went to Al-Anon. When I was living in it, around it and next to it, I simply became a part of it and I became an expert at my own role. My role? Let's fix it before anyone finds out! The trouble was, nothing remained fixed. My frustration and resentment were covered up with denial and determination, accented with my need to control.

One of the first things I learned in Al-Anon was that I was powerless, and, if anything, I was controlled by the alcoholic. After months of struggling with the First Step, I finally accepted how unmanageable my life had become. When I finally admitted I was powerless and my life had become unmanageable, what followed was a sense of freedom. I no longer felt responsible for the alcoholic.

It was only then that I became aware of not only how stubborn I was, but how strong-willed I had become. Me, surrender? No way was I giving up, because that meant I had failed. I would rather die trying!

I can laugh about that now, because my journey became an endless battle of letting go and taking it back. When I finally did surrender, not only to my powerlessness, but to the Al-Anon program and my Higher Power, life became much easier.

The freedom that followed gave me the ability to finally let go of what I was not responsible for and move forward to a life of discovering who I was. No longer does my past dictate who I am, but I allow it to be a part of who I am becoming.

Today, I owe everything I am or hope to be to the God of my understanding. He works through Al-Anon and all those He puts in my life. I am slowly giving the alcoholics in my life their dignity and the right to live as they choose. I'm learning to respect their feelings, their rights and their decisions along with my own. I believe today that God has a plan for each of us, and no one has the right to interfere – least of all me!

By Anne F., Ontario
The Forum, June 2017



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More News & Information

2017 Calendar of Events					
January	February	March	April	May	June
<p>21 District 10 Business Meeting (9 AM - Noon)</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 - Noon)</p>	<p>18 District 10 Business Meeting (9 AM - Noon)</p> <p>29 Travel Team Visit – ALL WELCOME! Today's Hope AFG SUMMIT CHURCH WATERFORD</p>	<p>8 District 10 Workshop (9 AM - Noon) "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 - Noon)</p>	<p>1 Travel Team Visit – EASY DOES IT AFG COLLEGE PARK PRESBYTERIAN CHURCH (8 PM)</p> <p>10 District 10 Workshop (9 AM - Noon) "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 - Noon)</p>	<p>12 District 10 Workshop (available)</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