



GEORGIA ON TRACK

July 2014

AREA OFFICER REPORTS

Delegate's Report

Dear Family Members on the Journey,

Two weeks ago, I was sitting at a traffic light and I noticed a bumper sticker-type thing on the back window of a truck. You've probably seen them. They are oval in shape and usually have the initials of a particular beach that you frequent. Examples: SSI-- St. Simon's Island, GA; NSB-- New Smyrna Beach, FL

This oval said this: AFG

Of course, I immediately thought: Al-Anon Family Groups?

I said to myself, "What in the world is that? I've seen Bill W bumper stickers, but an Al-Anon sticker?"

I pulled a little closer to the truck, for I could see there was some small print under it.

The small print said, "I served."

Immediately, I knew what that bumper sticker was. The man in the truck had served our country in the military and had served in Afghanistan. I thanked God right there in my car for the man's service; however afterward, my mind went elsewhere.

I thought of all of us who serve AFG-- Al-Anon Family Groups. No, we don't "advertise" on a bumper sticker that we serve, because that would go absolutely against our principles, but how many of us could put that bumper sticker on our vehicle? "AFG-- I served."

With that, I thanked God for the opportunity to serve you, our Area. I am grateful to God and to you for this privilege. No, I don't advertise to others that I serve you, but it's an honor to do so.

As I continued to drive home, I also thanked God for many of you who also serve with me as we travel this journey. Thank you for your willingness to give time back to your recovery and to help GA Al-Anon.

Join me at our Area Convention, August 8-10 at Unicoi State Park, Helen, GA.

With love,
Cathy O
GA Delegate
Panel 53

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Alternate Delegate's Report

Hi Friends and Family,

I have been struggling to find a topic to share for this newsletter. As I have prayed and meditated about what to share I finally came up with a topic. As I write this article it is the week of July 4th. A time that many of us stop and reflect what it means to be an American. I have decided to share what it means to me to be a member of Al-Anon and how that has evolved over the years.

When I first entered the rooms of Al-Anon what it meant to me was a safe harbor; a place where I could go to feel safe. In these rooms I felt love, understanding and compassion. For the first time in my life I realized I was not alone. As I continued to come, I began to get some relief. I learned the Serenity Prayer and slogans that helped to bring calm in the midst of a storm. I was encouraged to get involved and participate. I volunteered to chair a meeting. That was really scary, suppose I made a mistake (which I did). You told me it was okay to make mistakes, that I didn't have to be perfect and you helped to guide and show me the way.

I was told it was important to my recovery to get a sponsor and begin working the steps. It took a lot of courage for me to ask someone to sponsor me, but I wanted what you had and I knew I had to do what you did in order to get what you got. I asked and the lady I asked was more than willing to walk beside me and guide me through the steps. My sponsor began to lead me on a spiritual path by sharing her experience, strength, and hope. She helped me understand the steps and began encouraging me to develop a relationship with my Higher Power. Working with my sponsor I began to experience unconditional love. I was learning how to have a healthy relationship. I came to believe I was one of God's kids and I was worthy of love and respect.

After working the steps I was guided through the traditions and the importance of following them so that Al-Anon would remain Al-Anon. I learned the importance of our unity, singleness of purpose, and trusting one another, realizing that a loving God would reveal Himself through our group conscious. I learned the value of talking to each other and reasoning things out. I began to grow in knowledge and understanding. I learned the importance of listening and allowing others the right to be heard. I learned about the importance of an informed group conscious. My love for my home group and the fellowship as a whole began to expand and grow. I began practicing these principles in my home life. Amazingly the family began to heal and we learned to accept our differences and respect one another.

Once again I was encouraged to begin giving back that which I had so freely received by getting involved in service work. Through seeking God's will for my life, I have been on this journey for a few 24 hours. It is a wonderful road to travel. My world has expanded and I have many friends who continue to encourage me, allow me to make mistakes, and show me a new way of life. I am at a place in my recovery where being a member of Al-Anon means I have a safe and loving place to go where I never have to be alone again. I also have a responsibility to myself and my recovery to keep giving it away in order to keep it. I am a child of God and I am loved. Al-Anon has become a way of life, in which I live happy joyous and free. Thank you Al-Anon!

On another note, I am excited to announce our speaker for the September Saturday night meeting will be our Public Outreach Coordinator, Marie N. I hope you will come and listen as Marie has a wonderful message of recovery to share with us.

Love and hugs,
Renelle M.
Alternate Delegate

Chairperson's Report

From The Chairperson

As you look at the Assembly schedule in this edition on the newsletter you will see the 3:00 to 4:30 slot has been left as 'To Be Announced'. There is on-going work that may or may not be ready by Assembly so I am building some flexibility into the schedule. We will have a complete agenda by September and all workshops will be announced by AWSC in August. I appreciate your patience.

There will be FUN at this Assembly- namely our beloved Alateens and their annual spaghetti dinner. They had the best turn out ever at this year's conference, fifty Alateens, and we can probably expect to see those kids in September. I know you all look forward to the excitement and fun with our Alateens! Remember to bring treats for dessert and join the fun.

One other important announcement for September is the date change. This is the weekend that we were moved to the fourth weekend in September on the 27th and 28th. The deadline for your hotel reservations will be **Friday, September 12**. Also for this one Assembly, we will be having all our meetings and Hospitality in the Centreplex next door to the Marriott. There is a long covered hallway that connects the hotel to the convention center but it does have a bit of an incline. If you have any problems walking that distance you are welcomed to drive around to the convention center side to enter. Parking will be free as well. All of our meetings will be held on the second floor. There are escalators in the lobby and an elevator at the end of the front hallway.

Enjoy your summer. We look forward to getting together in September.

Cheryl K., Chairperson
Georgia AFG, Inc.
Panel 53

Date change—Sept. 27th and 28th



Area Office Chair

Greetings from Georgia Al-Anon Central Services

I hope everyone has been having a great summer so far and staying cool. It's hard to believe this year is already half over.

We now have the new booklet S-73 Talk to Each Other –Resolving Conflicts Within Al-Anon and the new kit K-70 which includes the booklet, the S-71 wallet card Loving Interchange to Resolve Conflict and S-72 Conflict Resolution Using Our Twelve Traditions available. Also WSO will be printing the soft cover How Al-Anon Works for at least another year. It was originally a trial period and has already been extended once. Hopefully they will continue to print it indefinitely.

This is a request to all individuals, groups and districts to please prayerfully consider being willing to volunteer to retrieve phone calls to the Office. This is so much a vital service for those who are in need of our program of recovery. There are so many ways to do this. Individuals could volunteer to retrieve calls every Monday, Tuesday, etc. for a month. Groups could volunteer for a month and rotate between members and Districts could volunteer for a month rotating between groups or 2 groups could work together. It's really easy to do and you don't have to leave home. We really need your help to reach out to those still suffering from the disease of alcoholism. If any individual, group or district would like volunteer or if you would just like more information please contact me.

The Office is extremely grateful to everyone for your continued support. If you ever have any questions or suggestions as to how we can serve you better please don't hesitate to let us know.

With love and gratitude in Service,
Debbie F
Area Office Chair
Panel 53

Volunteers requested



AREA COORDINATORS REPORTS

AAPP REPORT

Greetings,

The recertification process is complete for this year. We now have documentation that all AMIAS have completed Mandatory Reporter Training. From now on, prospective AMIAS will complete this as part of their initial certification process.

I would also like to remind all current AMIAS of their service responsibility to Alateen. We ask all AMIAS to perform 6 hours of service. The 6 hours of service certainly includes sponsoring a meeting. However, there are so many other ways you can serve without being a full-time or even part-time group sponsor. Helping teens fundraise for the annual conference, giving teens a ride to area events, being the district coordinator, serving as the Alateen liaison for a workshop or convention, conducting an AMIAS training for your district, and so much more! We do ask that you don't sit in on an Alateen meeting for your hours. Remember, the meetings are for the teens, not the adults. Only sponsors or new sponsors learning the ropes should take a seat.

As always, there will be training at Assembly. We also should have much more information at that time about mandated reporting. Feel free to email me or Jenny L., the Area Alateen Coordinator, or your District Coordinator if you have any questions or concerns. We are here to serve you!

Jennifer T
AAPP
Panel 53

AMIAS Training at Assembly



Alateen Coordinator's Report

Hello all!

My summer kicked off with the GA Alateen Conference. It is always a humbling experience to witness the Program at work in the lives of teens who have been affected by alcoholism. Amy G. and the committee for the 2014 GA Alateen Conference did an amazing job pulling the whole thing together.

Next, we will be gearing up for the Alateen Spaghetti Dinner at the September Assembly, which will be the FOURTH weekend in September this year. I always look forward to the time of fellowship and opportunity to support the teens.

There will be no New AMIAS Training at the September Assembly due to scheduling difficulties. Anyone who needs training before January can contact me and I will be happy to help arrange a session.

Happy summer to all!

Gratitude in service,
Jenny L
Alateen Coordinator

Newsletter Coordinator's Report

Greetings all:

It is such an honor to be a link in keeping Georgia Al-Anon members informed. Our newsletter Georgia On Track is currently on target in communicating local, area, and state news due to the diligent efforts of our Officers, Coordinators, District Representative, Groups Representatives, and all the faithful Al-Anon members.

There are many events taking place in Area 11 such as anniversary parties, service projects, and special celebrations. All are encouraged to both attend and participate. There are flyers included in this newsletter as well as reminders at local meetings and at Assembly of the "happenings" in our area.

Grateful Al-Anon,
Essie N
Newsletter Editor



Public Information Coordinator's Report

Greetings:

Coming to the September Assembly... Public Outreach for Busy People: Workshop for GRs, DRs. Using the Area survey of ethnic group participation in Al-Anon meetings and statistics on diversity in Georgia, we will explore the Area's need for diversity in outreach. Additionally the Workshop will include a "how to" on the use of various websites to download lists of local people to contact, or identify specific targets, such as treatment centers or law enforcement professionals for outreach; the use of Digital formatted literature to email to contacts versus buying and mailing physical literature; the use of Email Addresses for Groups to build continuity with Contacts; and the use of spreadsheets to keep track of contacts within a district.

The Billboard Project sponsored by District 4 which added outreach to young people with a new ad focused on Alateen for the month of May, wrapped up. If you are interested in a Billboard Project for your District, please contact me. The digital files for this project are available for our use, if not for a billboard then perhaps for posters or as a print add in one of your District's local papers.

District 13 hosted a workshop exploring how the District could expand outreach efforts in underserved communities. Speakers with differing backgrounds and from diverse communities shared their experiences as newcomers to Al-Anon and Alateen to begin the conversation of how the District can best carry the message to all of its different communities.

District 16 held its own Public Outreach Workshop which focused on Al-Anon and Alateen members developing credible ongoing relationships as a strategy for carrying the Al-Anon/Alateen message. The workshop offered a variety of specific suggestions and experiences in doing public outreach.

In April, with support from the Public Outreach Committee, a new meeting was started in an African American Church: Decatur Serenity at Seven. There were about 20 people at the 1st meeting including one newcomer who found the meeting on the internet that very morning. This meeting continues to thrive, has had its first Group Conscience, has its service positions and will be represented by its GR at the September Assembly.

DRs who have not received the 2014 PSA packets please let me know so that I can forward this information to you. I look forward to seeing you all in September if not before at Convention!

With Love in Service,
Marie N
Public Outreach Coordinator
Panel 53

Archivist Coordinator's Report

Ah, the steamy summer in Macon, with crepe myrtle blooms, a thunderstorm almost every afternoon, and humidity to curl the hair and soften the skin. I just got back from a few days in the cooler Northeast Georgia mountains. I hope everyone is making plans to enjoy Toccoa for our convention in August. Do you have memories of our very first convention, held at Norman Park in 1979? Please let me know. Here is part of what Dot H. wrote about it: The occasion was memorable! For so long many Al-Anons have wished for a chance to 'get away from it all,' and this was the chance. One hundred twenty enthusiastic Al-Anons, Alateens, and AAs spent an exciting week-end in an atmosphere of 'away from the world' by...generally sharing and caring The Theme of the Convention was 'UNITY BRINGS GROWTH;' and the speakers were: Mildred McC., Atlanta; Bob. S., Sweet Valley, PA; Ruth F., Decatur; Margaret S., Sweet Valley, PA; Lucille B., Camilla; Nancy S., College Park; Betty N., Columbus.

Thanks so much to Barbara A. and Sharon B., who shared their decades of Georgia Al-Anon experience at the January Assembly in the "True Confessions—It Could Happen to You!" workshop. They answered questions such as: "What was the funniest thing you ever saw in service? How do you think Al-Anon is changing today? What stories can you tell about the old timers in the program? How have you used the traditions in service?" It was a hilarious and thought-provoking workshop. We did not even scratch the surface of all they could have told us. I have started scanning the group histories, with the wonderful help of Gina B. I am thrilled to report that several people have sent in new histories. These inspire me. For instance, Denise R. wrote about a group, Hope for Us All AFG, which takes place in an adult detention center:

Working in an institution is probably the best reminder of powerlessness.

First we must abide by institution rules which regulate the material we can bring in (no hard covers because they can be used as weapons, among other things), who can get into the meeting (we have to undergo background checks and if cleared, we get badges), and what we wear (no belts, no flashy jewelry).

Then there is attendance. The number of detained ladies who attends varies from 3-10. (This number is dependent upon the number of females housed at the jail and how many want to come to the meeting.) It's unusual for us to see the same faces because the inmates are housed for a year or less and may be bailed out or transferred to another institution (including prison) or they may not want to go to a meeting.

We use a daily reader because of the issue of attendance. HOPE FOR TODAY was chosen because it comes in paperback (which is large print) and it offers flexibility in that it doesn't build on the prior sections. There are copies of HOW AL-ANON WORKS in the jail library. I think I mentioned that we don't give books to the inmates because they are limited as to how many books they can have (and we'd have to keep track of the number and inform jail personnel if someone reached the limit and with the Al-Anons rotating, it's tricky to keep track). The other reason we don't give away books is because they don't return and we'd have to keep asking for donations of additional books. Since we don't have a 7th Tradition, we are at the mercy of donations of groups and individuals.

We don't sponsor inmates because of limits on communication: it's \$3/minute for a collect call from the jail and the Al-Anon would have to pay it. However, we do encourage the ladies to attend meetings on the outside once that becomes an option. We leave meeting schedules at the Exit. I highly recommend this type of 12th Step work. It benefits my program more than I ever expected.

If you would like to participate in the District Group History Challenge, please encourage your GR's to send me a history! They can write a narrative suggested by the questions below, or they can fill out the form on the following page.

Archivist Coordinator's Report (cont)

WHAT SHOULD BE IN THE GROUP HISTORY?

What members started the group, and when? Why did those members want to start a group? Who were the group's GR's and other trusted servants over the years? What kinds of formats has the group had? What different places has the group met? Are there any interesting, funny, or odd stories you can tell about the group in its past or present? What kinds of service projects has the group undertaken? Has the group had special programs for anniversaries? Have members in the group been active in service outside the group?

You certainly don't need to answer all those questions, and you might think of other things to add. Some of the most interesting group histories are narratives that just tell the story of the group. It is always good to go to the old timers and find out their memories of the group in its early days. Please be sure to DATE the group history that you send in and to say what your district is. Y

You can send it by mail to my home address, or e-mail it to me at sulata.afg@gmail.com.

QUESTIONS TO COVER IN YOUR GROUP HISTORY:

Today's date _____

What district? _____

Name of group and official WSO number _____

Meeting time and day _____

Meeting place _____

Any previous locations? Where was first meeting held?

Current number of members _____ Number of original members _____

GR's name and address _____

How did group form? Who started it and why?

What date did it start? Day/Month/Year _____

How has the meeting changed? Format? Meeting times?

Who were your founding members? _____

Other interesting or unusual history: _____

___ Does your group celebrate individual/group anniversaries?

Does the group do service outside the meeting? _____

Do you have speaker meetings? _____

What is it about your group that keeps you and others coming back?

Sulata , Archivist
Panel 53
sulata.afg@gmail.com

Webmaster Coordinator's Report

Today's Topic - Burnout

We're half-way through our term. We have a year and a half left to get done what we wanted to do. But about now, if I don't watch out, I will start to suffer from burnout.

The definition of burnout is feeling like I'm putting in more than I'm getting back.

I've worked hard the last year and a half, and what do I have to show for it? Not as much as I thought I would. From now to the end of the term, left unchecked, burnout will "take me out" of the game. I learned the last time I did service, that I have to be on guard for this facet of our disease or I'll have a long recuperation out of service for a while. That is exactly what has happened to me.

Question: How can I prevent burnout - or at least minimize it? Answer: self-care?

My first act of self-care is that I have to watch my expectations. I've heard it said that expectations are a pre-meditated resentment. I don't want that. So I have to always be on the lookout for expectations. Even reasonable expectations still easily progress to a resentment. And a resentment has been called drinking poison expecting someone else to die. Do I want to sip that poison even for a "reasonable expectation?" No. So I have to be realistic as to how much I really can get accomplished this term. Do I get rid of ALL my expectations? As we say, I'm making progress not perfection.

The second way I self-care is to look for ways to have FUN in service. Service can be such a drudgery. It is fun the first year; it is doable the second year; the third year can be a challenge to get through. In order to finish strong, I have to make sure I am enjoying myself along the way. How? How about meetings-after-the-meeting such as going to dinner as a group. Having coffee with my DR or other trusted servants. There are many ways to have fun in service and to recharge my service battery as I go along. That's my plan for service self-care. What do you do to self-care in service?

Patrick B Web Master
Panel 53

Group Records Coordinator's Report

Greetings:

A new electronic version of our Area 11 Directory will be available in July through AWSC members. Group Representatives can receive their electronic copy to each current version through their District Representatives.

Each version will contain the date it was issued in both the file name and in the header on each page of the directory, so there won't be confusion about which version is being viewed. GRs, please review your group's information and if there are any changes, please complete a GR-1 form that can be obtained through your DR or on the area website, and submit this to your DR.

Changes to Alateen meetings must be made on a GR-3 form and submitted to your DR to submit to Jennifer T., our Area Alateen Process Person. Once Alateen changes are approved by the AAPP, they will be sent to Group Records for processing. It is my current goal to issue an updated electronic directory version at least quarterly.

Barbara T
Group Records
Panel 53

The 2014 Al-Anon/Alateen Convention Committee Report

36th GEORGIA AL-ANON/ALATEEN CONVENTION (With AA Participation) AUGUST 8-10, 2014

Unicoi State Park and Lodge
1788 Highway 356
Helen, GA 30545

Our Convention is right around the corner! Yaaaayyy! You will be amazed at all that is being offered this year in the way of speakers, workshops, activities, entertainment (An Al-Anon Meeting - The Musical), and more. We are encouraging those of you who are planning to attend to get your registrations in as soon as possible so that we can properly prepare for you! Even if you are only attending for one day - it's cheaper to register now, rather than wait until you arrive. We want this to be an AWESOME experience for everyone and the convention to be the BEST EVER!!!

We are strongly encouraging Alateen participation! There are many fun things planned for them, including **"Pizza at the Pit"** on Saturday evening. Any, and all, teens are welcome to attend (at no registration cost). There are necessary forms (available at: www.ga-al-anon.org) to be filled out and submitted upon arrival.

Please announce to your groups that all current registrations have been confirmed via email, if an email address was provided on the registration form. Also, the "room block" has been released to the public, but there are a few rooms still available and Unicoi will honor our Convention rate for a very short extended time (**group promo code 5652**). Please remind your group members, who have made reservations that **any necessary cancellations must be made by July 8th** in order to avoid penalty charges. Call 800 573-9653 or 706 878-2201 for reservations.

The Convention Committee is looking forward to seeing YOU in August!

Much love in Al-Anon/Alateen Service,
The 2014 Convention Committee

District Representative Reports

District One

District One continues to carry the message to families and friends of alcoholics. At our regularly scheduled district meetings most groups are represented and participate.

We are still basking in the memories of our annual picnic held in the spring. Each group donated a basket for the raffle with proceeds going to our district and public outreach expenses. The speakers were magnificent and the food was 'over the top'. Northwest Georgia has some fantastic cooks. A special thanks go to the local Alcoholic Anonymous members who helped at our picnic. You might want to consider putting the next picnic on your calendar. We don't want you to miss a wonderful opportunity to fellowship in beautiful Northwest Georgia.

We are gearing up for our fall workshop, scheduled for November 1, 2014 in Cherry Log, Ga. Our topic will be Intimacy, facilitator will be Erica L., our Area Literature Coordinator, and our speaker will be Diane P, Ellijay. Come and join us and appreciate the beautiful fall colors in the mountains. Check the web site for our flyer as well as Georgia On Track.

One of our meetings had the pleasure of having a past delegate from Ohio speak. He and his family were on their way back home after spending the winter in Florida. It was a great way to hear a speaker from another area. Al-Anon is the same worldwide.

What are we doing in Public Outreach? We are continuing to take a panel to treatment facilities at their family meetings. Also, we are diligent in getting the magazine "Al-Anon Faces Alcoholism" in public places.

Love in Service,
Lyn D Public Outreach
Kathy W District 1 DR

District Two

Two's News:

Our first district Al-Anon Family Day Picnic that was held the last Saturday in April was a big success for us! We estimated approximately 65 people came. There was a lot of positive feedback on having members display their creative talents from singing, to painting, to jewelry making. We were thrilled to have Elise M. from Atlanta come with three Alateens who shared their experiences and invited parents to bring teens to the June Conference. We also got good feedback on some ways to improve for next year that entailed more specific eating, talent display, and wrap up times. It was a beautiful day, and we all enjoyed visiting outside the meeting rooms, getting to greet family members, and learning about the great talents we have.

Barbara T
District 2 DR

District Four

Greetings from Middle GA, home of District 4:

Now that our billboard Public Outreach project has come to an end we will follow up our outreach efforts with TV and Radio PSAs and also focus on getting literature to mental health facilities. Many thanks to Linda G and her District Public Outreach Committee as they continue reaching out to our community and spread the message of our program.

We have two new groups in our District! Jen R. is the GR for the newly formed Reynolds AFG. They meet on Tuesday nights at 7:00 PM at Community Fellowship (3 Railroad Street, Reynolds 31076). Our other new group is Macon County AFG at St. Mary's Episcopal at 608 Rawls Street, Montezuma, 31063 on Wednesdays at 7:30PM. Yvonne S. is the contact for them. We are very excited to see the growth in our District!

Love in Service,
Connor
District 4 DR

District Seven

My heart is filled with gratitude for our District 7 Al-Anon members; I have witnessed my Higher Power work through these wonderful people. Since last assembly we have had a couple praying about, and collecting information for starting an Alateen group in our district. We have had two other members volunteer to give their "talks" for the first time. A local AA group has asked that we provide a 5th Sunday Al-Anon speaker for them this year.

On June 19, we provided some "Al-Anon Faces Alcoholism-2014" magazines for a health fair that was sponsored by Crisp Regional Hospital.

Al-Anon is indeed an amazing spiritual journey and I am so grateful to each of you for your help, encouragement and support as our district grows!

Cynthia J
District 7 DR

District Ten

It was my pleasure last month to provide service at GRAN Recovery with members of District 10. Personally, this was my first visit but will not be my last. I encourage you all to take advantage of this wonderful opportunity to spread our message of Hope. Sharing my recovery is my God given blessing. Seeing the pain in the eyes of a family member is never enjoyable, but providing maybe a glimpse of hope that they are OK no matter what. That is the blessing we are uniquely qualified to transfer. Please, join us if you can.

All you need is just ONE hour a month to give?

6:30-7:30 First Tuesday of every month

GRAN Treatment Center -- 215 Kirkland Road -- Covington, Georgia

(No experience or training needed. Just participate and share your experience, strength and hope.)

E-mail dr-district10@ga-al-anon.org if interested

In service,
Sheri B
District 10 DR

District Twelve

Greetings from District 12: Hope everyone is cool. I HATE HOT WEATHER, anything over eighty. We are moving along slowly this summer, but hope to pick up a new start in the fall. For myself, I am still excited about having a new GR for Cascade AFG, and she was at Assembly in May, enjoyed it and looking forward to September Assembly. Be Safe and Cool.

Love,
Martha C
District 12 DR

District Sixteen

Greetings from District 16! Even though we're half-way through our 3 year term, I still feel so honored to be a part of this District and work with an absolute wonderful group of GRs. Presently, District 16 conducts 3 district meetings/workshops per year, held midway between the AWSC and Assembly. Though the meeting location doesn't change, we rotate the group hosting the workshop and it is that host group that decides the topic of the workshop. As of this writing, our last meeting was in May with Peachtree City AFG hosting. Their chosen topic was "Building Relationships in Public Outreach" and they presented a wonderfully informative, educational and motivational program.

Congratulations to our newest Al-Anon group, Tranquility Group, who recently celebrated their 1st anniversary in May with a speaker and pizza party. It was a great time with great attendance! A big "Congratulations" is also in store to our 2 Alateen groups who celebrated or will be celebrating their 1st anniversaries. Ultimate Alateen in LaGrange recently changed their meeting night from Monday night to Tuesday to coincide with both an Al-Anon and A.A. meeting and has seen an increase in attendance

Courage To Be Me Alateen will be hosting a Family Recovery Day Picnic on August 2nd in Newnan, GA to celebrate their 1st anniversary. Lots of activities and games are planned. There will be a panel of 3 speakers, all from one family, representing Alateen, Al-Anon, and A.A. All are welcome!! Please see the our flyer in Georgia On Track. Hope to see you there!

Gratefully Submitted,
Lauren M
District 16 DR

District Seventeen

Greetings from District 17. We continue to be blessed by our wonderful fellowship. Now that it is summer we are more laid back. There are no district meetings until August, but we manage to get together. As DR, I am able to visit more groups within the district and that is always a treat for me.

One of our groups is rather new. The **Downtown Canton Step Study AFG** meeting has been visited by many newcomers. Since the group is so young, they found themselves challenged with having enough resources to help these newcomers. The GR reached out to the district and individual groups for support. Individuals and groups have stepped up to provide the group with literature and to also provide encouragement.

Serenity at Seven AFG will be celebrating its eighteenth year of meeting on July 31. The group will have an Eating Meeting at 6:30 followed by a speaker at 7:00. Sharon N from Jasper will be our speaker. **Free To Be Me AFG** has elected a new GR. We are pleased to welcome Helen M to service at the district level. **Monday Night Believers AFG** celebrated their twenty-fifth anniversary this summer with a wonderful program and potluck fellowship. Our **Finding Hope Through Alateen group** continues to thrive. We have been asked to have an Alateen group for a teen foster shelter in Cedartown. Diane K from Rome Downtown is planning to start this group before the year ends. We think this will be Georgia's first institution Alateen meeting.

Our two public outreach coordinators continue to provide information to FOCUS in Cherokee Counts and System of Care in Floyd County. The groups in the district have been very supportive in keeping these volunteers supplied with literature. As a district we are looking forward to the September assembly where we will be assisting our DR, and the DRs of Districts 16 and 18 in a workshop on Conflict Resolution. We are also putting together a committee to plan a workshop for this fall or winter. More will be revealed on this topic as time goes by! I am continually amazed and blessed by the wonderful loving spirit of my District! It is an honor to be of service with these GRs and their groups.

Respectfully submitted,
Anne M
District 17 DR

District Eighteen

Greetings from District 18:

In May we held our annual District Mountain Miracles get-together, complete with outstanding panel workshops on “How Al-Anon Works” and Integration of the 5th Step, Tradition, and Concept.” Renelle M, our area alternate delegate, served as our primary speaker and shared her experience, strength, and hope with tears, laughter, and grace. We really enjoyed the larger space of our new location at the Sautee Nacoochee UMC on Route 17. It took a little getting used to the first year but of course many hands made lite work. As usual district groups donated specialty baskets for the raffle and the Dawsonville group provided amazing centerpieces.

The GRs met in March in Dahlonga to develop our contribution for the 2014 Assembly Inventory, and again on May 3rd after Mountain Miracles to discuss the upcoming assembly recommendations for Alateen travel. We will next meet on September 14 in preparation for the Fall Assembly meeting.

On June 7th and 21st, the Hope on Shiloh and Serenity Seekers groups hosted writing/sharing workshops for the AFG publication on Intimacy. The workshops were held at St. Brendan’s RC Church in Cumming.

Pat Nuse P
District 18 DR

District Nineteen

Oh my! We are almost 2/3’s into our term and that hardly seems possible! We are focusing on “outreach” projects and Alateen growth in our District. We have just completed our “mini” workshops on the Concepts (lead by participating GR’s) at each District Meeting over the past twelve months. The Group Representatives expressed their appreciation and have valued the short segments of explanation and discussion of the Concepts.

We have no District Meetings in July and August, but will start strong when we convene in September. We will resume our “mini” workshops focusing on sections of the Service Manual and we are looking forward to this “hands-on” opportunity! Also, our 2015 District Al-Anon Day plans have been launched and enthusiasm builds as we center our attention in that direction. Have a G-R-E-A-T summer and let your love for service flourish and manifest itself beyond your imagination!

Love in Al-Anon/Alateen Service,
Cynthia S
District 19 DR

District Twenty

13 Al-Anon members from District 20 gathered on May 3rd at a farmhouse provided by a local Al-Anon family to share joys/ challenges, study Concept 2 and to discuss items to be addressed at the May Assembly. Several of us were meeting each other for the first time. Tamara, GR from Moultrie, was a first time attendee at a district meeting. Thanks to the Al-Anon program we were not strangers when the meeting was over as a spirit of support and cooperation prevailed.

Expressions of joy concerning growth in numbers and in the commitment to work the steps with a sponsor were highlights for those in attendance. Camilla will be continuing its weekly step study meetings for the remainder of the year. Valdosta AFG has initiated a hospitality service position for each of its three meetings per week in order to be more hospitable to newcomers. This service includes a commitment to arrive 30 minutes before the meeting, make coffee and set up the room. Long timers are enjoying a time of fellowship before the meeting as well. Two groups reported that when making “love gifts” for Cathy O. and the 100 delegates at WSO, they were gifted with fun while doing this together. The gifts of the Al-Anon program are being revealed as we work together in District 20.

Martha B
District 20 DR

District Twenty one

District 21 has moved into a lazy summer after a hectic, busy spring. We had a great time hosting everyone at the last Assembly meeting with District 1 at the Hospitality Suite and are looking forward to seeing everyone in September. Some Groups have had great success with a recent writing campaign to the Forum. We have had 2 stories published in the June Forum and our Groups are keeping their fingers crossed for more. If you have an interest in trying this, please contact me. We have chosen October 25th this year for our Anniversary Party. Please see our flyer in the Newsletter and consider attending this year. We will see everyone in a few months. Have a happy and safe summer.

Love in Service
Katherine N
District 21 DR

Alateen Convention Report

Let me get a very rousing SHOUT OUT for the great success of this year's Alateen Conference, held on the weekend of May 30th – June 1st at Rock Eagle 4H Campgrounds in Eatonton, GA! The conference was a success on so many levels and I would be remiss as the outgoing Conference Chair if I didn't take some time to acknowledge those who should be acknowledged.

1. Kirsten W., our Alateen Program Chair, put 110% into planning the many activities and workshops available to our attendees. She handpicked a team of teens to work with her in developing activities that would interest everyone and that would also reflect the message of the program. She and her team applied the principles of the program all along the way and worked so well together. Each teen took his or her duties and responsibilities very seriously and made sure to follow through each and every step of the way.
2. I must thank my treasurer, Peter U., who jumped into the fray more than mid-stream into the process, picked up the ball and ran with it. Sometimes it got sticky, but he made it work and his devotion to the teens was evident every step of the way.
3. Attendance at this year's conference was more than DOUBLE what it was last year. We had more than 50 teens attend this year as well as nearly 20 adults. Much of the success in this area is due to the efforts of Elise M. who pushed very hard to get the word out at assemblies, workshops, meetings and just basic word-of-mouth. She worked hard with her teens to make sure as many people as possible knew about the conference and its many benefits.
4. Many, many thanks to my team of sponsors who felt the calling to serve in this capacity and showed up not only in body but in spirit to support this program and all the teens who want and need it in their lives. There are too many to name individually, but you know who you are and you know how much I love and respect each one of you.
5. I also have to send out a special thank you to Jenny L. who, as Alateen Coordinator, provided me with amazing moral support and wise words as I stumbled along in my role as Conference Chair. I could not have done it without you!

Most of all, I want to thank the TEENS! Your presence at the conference was my gift from this program. You enlighten me, inspire me, tug at my heart, and make me want to be a better person both in and out of Al-Anon. You bring me so much wisdom and insight despite the fact that I have so many chronological years on you. In terms of your recovery and growth in this program, many of you are light years ahead of me. I learn from you every day. Be proud of yourselves and be proud of what you represent.

Peace in the program,
Amy G
2014 Alateen Conference Chair



INTIMACY = INTO ME I SEE

PLEASE JOIN US

***DISTRICT 1 WORKSHOP
SATURDAY NOVEMBER 1, 2014***

***CHERRY LOG CHRISTIAN CHURCH
1149 Cherry Log St., Cherry Log GA 30522.
10AM - 3PM***

***ERICA L. AREA LITERATURE
COORDINATOR WILL FACILITATE
THE WORKSHOP ON
INTIMACY***

DIANE P. SPEAKER

***POT LUCK LUNCH
BRING YOUR FAVORITE DISH***

***CONTACT: KATHY W. 706-217-5953
dr-district1@ga-al-anon.org***

Family Recovery Day!

Join us for the 1st Anniversary of District 16's

Courage To Be Me Alateen

Come share and celebrate family recovery with us!
Bring the whole family, bring a friend, bring yourself...

Saturday August 2, 2014

1:00 – 4:00PM

Newnan Utilities' Carl Miller Park (Pavilion #2)

70 Sewell Road; Newnan, GA 30263



Activities, games, discussions, speakers

- Covered pavilion
- Walking/jogging trail
- Kids' Castle Playground
- Splash Pad
- Bocce Ball
- Frisbee

Bring a snack or desert to share!



Speakers: Alateen: Kyla M.

Al-Anon: Jen M.

A.A.: Mac

For more information please contact:

Gardner P. at 707-815-2387

gardnerp52@earthlink.net



No Pain ~ No Gain

Know Pain ~ Know Gain

*Fellowship and Fun to be had
at our Annual Anniversary
Party.*

Pot Luck Lunch

(Bring your favorite dish to share)

Speaker: JP M.

District 21 Anniversary Party

Where:

Holy Family Catholic Church

3401 Lower Roswell Rd

Marietta, GA 30068

The Parish Center

~

Date: Saturday, October 25th
10 AM - 3 PM

Registration begins at 9:30 AM
Call 770-310-7893

Al-Anon Family Groups of Georgia
Area Assembly Agenda
Business Meeting – Part I
SEPTEMBER 27-28, 2014
Saturday, 12:00 Noon ET

Purpose of Assembly:

- 1) Elect a Delegate, Alternate, and other Assembly officers.
- 2) Receive and distribute reports on Area and world service affairs.
- 3) Review and approve interim reports of Area World Service Committee (AWSC).

Goal: The spiritual tone of Assembly will prevail by the demonstration of mutual respect and acceptable conduct as its members presume goodwill.

Goal: Assembly members will understand the purpose of the Assembly and the relationships within the structure.

Goal: Knowing that our Higher Power is present in the expression of our group conscience, Assembly members will be able to support and communicate Assembly decisions.

-
1. Opening
 - a. Silence phones etc.
 - b. Serenity Prayer
 - c. Unity through the Traditions
 - d. Reading
 2. Welcome
 3. Reports all coordinator
 4. Basket for Contribution
 5. Afternoon/ Weekend Overview
 - 1:30-2:30 p.m. Public Outreach For Busy People
DR & GR workshop- Conflict Resolution
GR Basics
Alateen – AMIAS Workshop
Alateen Sponsor to Sponsor Meeting
 - 2:30-3:00 BREAK
 - 3:00-4:30 To Be Announced
 - 4:30-5:00 BREAK Delegate time with Coordinators
 - 4:30-6:00 2015 Convention Meeting
 - 5:00-6:00 Al-Anon Discussion Districts 3&4
 - 6:00-7:30 Dinner Break- Alateen Spaghetti Dinner
 - 8:00 Speaker
- Closing



Hospitality hosted by Districts 6 & 11
Registration and discussion meeting hosted by Districts 3 & 4

PLEASE REMEMBER THE DATES FOR THIS ONE ASSEMBLY HAVE BEEN CHANGED TO SEPTEMBER 27-28, 2014 AND ALL MEETINGS WILL BE HELD ON THE SECOND LEVEL OF THE MACON CENTREPEX ADJACENT TO THE MARRIOTT CITY CENTER. FREE PARKING IS AVAILABLE RIGHT OUTSIDE THE CENTREPEX

Business Meeting – Part II

Sunday, September 27, 2014

9:00 AM ET

Purpose of Assembly: 1) Elect a Delegate, Alternate, and other Assembly officers. 2) Receive and distribute reports on Area and world service affairs. 3) Review and approve interim reports of Area World Service Committee (AWSC).

Goal: The spiritual tone of Assembly will prevail by the demonstration of mutual respect and acceptable conduct as its members presume goodwill.

Goal: Assembly members will understand the purpose of the Assembly and the relationships within the structure.

Goal: Knowing that our Higher Power is present in the expression of our group conscience, Assembly members will be able to support and communicate Assembly decisions.

1. Opening
 - a. Silence phones etc.
 - b. Serenity Prayer
 - c. Service through the Twelve Concepts
 - d. Reading
2. Welcome
 - a. Purpose of Assembly
 - b. Voice and Vote
3. Roll Call- Approval of Minutes
4. Reports
 - a. Delegate- Cathy O.
 - b. Alternate Delegate- Renelle M.
 - c. GACS Report- Debbie F.
 - d. Treasurer/Budget Committee- Levon C.

BREAK

6. Business Items
7. Liaison Reports
8. Baskets for Contributions / Nametags
9. Announcements-

Please turn in the Assembly Input forms to the Chair in the box on the front table or go on line to http://www.ga-al-anon.org/Library/1409_webFeedbackForm.html

Other/Closing

Dates to Remember

- | | |
|-----------------------------------|------------------------------------|
| 1. AWSC | August 16, 2014 |
| 2. Area Assembly | September 27-28, 2014 |
| 3. 61st GA AA Pre-Paid Convention | October 16-19, 2014, Jekyll Island |
| 4. Al-Anon-Alateen Convention | July 31-August 2, 2015 |
| 5. Alateen Conference | TBA |
| 6. AA International Convention | July 2-5, 2015, Atlanta |