



GEORGIA ON TRACK

July 2019

AREA OFFICER REPORTS

In Al-Anon: Together We Can Make It

Area Delegate's Report

Delegate Contribution to Newsletter
July 2019

“Action is Attraction—There is no Growth in the Comfort Zone” was the theme for our World Service Conference (WSC) held this past April in Virginia Beach, and is also our theme for Georgia Assemblies this year. There were lots of discussions at the WSC around Al-Anon’s Envisioned Future and embracing technology to achieve being a global organization that supports delivery of on-demand, barrier-free access to the program, information, meetings, and Sponsors. Please read my May Delegate’s Report located on our Georgia Al-Anon website under “Area Information”, “Delegate’s Corner” for all the details. In following with this theme, we are planning a workshop at September’s Assembly to discuss what a virtual electronic component to a District or Area Meeting might look like. Come prepared with your creative, brainstorming caps on to participate in this discussion!

This theme has also applied to my personal recovery this year. I was definitely outside my comfort zone at my first WSC in April and found that it was a great opportunity to practice my program and really lean into support from my Higher Power. I had some great breakthroughs, met some amazing people, and ultimately had fun. This past weekend I attended my first Alateen Conference and was really anxious about what it would be like. I never went to an overnight camp as a teenager because I didn’t want to feel excluded or teased when I didn’t fit in. I went to our Alateen Conference determined to be open to anything my Higher Power presented to me. What an amazing experience I had! The teens and AMIAS (Al-Anon Members Involved In Alateen Service) were all so loving and inclusive. I never felt excluded or judged because of my age or because I hadn’t attended a previous Conference or overnight camp. These teens are very open about what is happening in their lives and then listen when others share. I felt safe around them and free to be me. I ended up experiencing many firsts: my first overnight camp, my first water slide (screaming all the way down), my first night hike, my first request to be a BFF (shout out to Penelope), and my first gratitude/bonfire/s’mores meeting. I realized that after 42 years of being called Barbara professionally, that I wanted to call myself by my teenage name with my Al-Anon family. A funny thing happened on my way outside the comfort zone—I had fun!

With fun in service,
Babs T. (aka Barbara)
Delegate, Panel 59

IN THIS ISSUE:

Area Officer Reports	pages 1-6
Delegate Sharing.....	pages 7-8
Service Corner.....	pages 9
Coordinator Reports.....	pages 10-17
District Reports.....	pages 18-23
Sharing from the past.....	page 24
Dates to Remember.....	page 25

Alternate Delegate's Report



Greetings from your Delegate's Alternate!

As I continue to settle into my new service role, I paused to reflect on the many opportunities for *personal growth* the position offers. There have already been many "peaks" that have given me so much joy! There have also been some "valleys" that stretched me, challenged me and caused me to dig deeper into my program.

Through it all, our Program offers hope for my continuing recovery. For me, *active service* has yielded my greatest growth. The type described on page 269-270 in *Survival to Recovery*:



The Gifts of the Program

From *Survival to Recovery*
Pgs. 269-270

If we willing surrender ourselves to the spiritual discipline of the Twelve Steps, our lives will be transformed. We will become mature, responsible individuals with a great capacity for joy, fulfillment, and wonder.

Continued spiritual progress will reveal to us our enormous potential. We will discover that we are both worthy of love & loving. We will love others without losing ourselves, and will learn to accept love in return. Our sight, once clouded and confused, will clear and we will be able to perceive reality and recognize truth. Courage and fellowship will replace fear. We will be able to risk failure to develop new, hidden talents.

Our lives, no matter how battered and degraded will yield hope to share with others. We will begin to feel and will come to know the vastness of our emotions, but we will not be slaves to them. Our secrets will no longer bind us in shame. As we gain the ability to forgive ourselves, our families, and the world, our choices will expand.

With dignity we will stand for ourselves, but not against our fellows. Serenity and peace will have meaning for us, as we allow our lives and the lives of those we love to flow day by day with God's ease, balance, and grace.

No longer terrified we will discover we are free to delight in life's paradox, mystery and awe. We will laugh more. Fear will be replaced by faith, and gratitude will come naturally. We realize that our Higher Power is doing for us what we cannot do for ourselves.

I am forever grateful to all of you for entrusting me with this opportunity to not only serve our great Area, but also to reap the "gifts" of the program in service to my personal recovery!

Yours in service,
Char G.F.

Area Chairperson's Report

Action Is Attraction - There Is No Growth in the Comfort Zone

As I reflect on the 2019 Georgia Area Assembly and World Service Conference Theme, *Action Is Attraction - There Is No Growth in the Comfort Zone*, I am reminded of Al-Anon's primary purpose to help friends and families of alcoholics, and how I am to let it begin with me. I have a responsibility to carry the message of hope. There are many ways to fulfill that responsibility whether it be welcoming the newcomer, answering a phone call, serving at the group level or above.

I thought about how Al-Anon has grown and changed over the years. My curiosity was peaked as I thought of Georgia's very first Delegate, Mary Carter, who served at the World Service Conference (WSC) from 1965 – 1967. Her first year as Delegate was the seventh year of the WSC. The Al-Anon World Service structure was still in the early stages of defining its self. There were 50 Delegates representing all the Canadian Provinces and 41 states. Georgia was being represented for the first time.

I wondered what was happening at the WSC during those years. In our CAL Many Voices One Journey page 120, I found the following: *At the beginning of 1965, the Board of Directors and the Advisory Board were replaced by a Board of Trustees and a seven-member Executive Committee. The change came after careful study and discussion throughout the previous year. The Chairman of the Board of Directors appointed a nominating committee to select the new Board of Trustees. The Board of Directors adopted the amended by-laws and then elected the new Trustees.*

The 1967 Conference Summary provided insight and helped me understand what was happening within the Al-Anon structure. The Conference theme that year was Sponsorship. I found the following in that summary: *In her welcome to the Delegates, Lois W. remarked that they seemed to be younger, gayer and happier than those at any previous Conference. She spoke about the importance of Sponsorship, a practice which has been greatly neglected in AI-Anon, and concluded by suggesting that when we aid newcomers to live by the AI-Anon program, we are not only benefiting them but strengthening ourselves as well.*

I asked myself what made the Delegates gayer and happier than those at any previous Conference? Could it be after six years of setting up the Conference, learning to put the Traditions and Concepts into action, working together in the finite details of service at the world level, and amending the by-laws, they were beginning to experience the fruits of their labor. This gave me hope as I thought about the growing pains being experienced today in Georgia Al-Anon. We have a new set of by-laws and an active Board of Trustees. We are in the beginning stages of working out the finite details of restructuring.

I then looked at the outgoing Delegates reports to see what Mary shared. Her sharing was captured as follows: *As did all the Delegates, Mary expressed her gratitude to the staff at HQ during Georgia's first term of participation in the WSC. The Committeemen of all 5 Districts in the state are active and District meetings have brought unity among the groups. A State speakers' committee was formed and the first issue of a tri-annual Area newsletter is about to be mailed.*

Area Chairperson's Report Cont.

It must have been an exciting and challenging time for Georgia Al-Anon. I can feel the gratitude and pride Mary had for the growth taking place in Georgia. The foundation our pioneers laid has paid off. Georgia Al-Anon has continued to grow and attract new members. Today we have District Representatives in place of Committeemen, representing 21 Districts, over 300 groups with Group Representatives (GR), we continue to have a speaker's list and tri-annual Area newsletter. We have expanded outreach to our fellowship and community through service positions which includes 7 Board of Trustees, 6 Area Officers, 9 Area Coordinators, 5 AWSC Liaisons, 1 presentation designer, and 63 AMIAS.

Yet our work is not done. Those of us who have benefited from the hard work and dedication the pioneers of our program started, have a responsibility to continue the growth. We have an obligation to get out of our comfort zones and to find new ways in a challenging world to carry the message of hope. We are also responsible to instill a sense of responsibility and leadership to the next generation of Al-Anon members.

Today sponsorship remains the foundation for promoting support, guidance, and confidence in our members. As Bill W. highlighted in his remarks at the opening dinner of the 1967 WSC;

The healing that we see in A.A. and in Al-Anon is based on face-to-face communication by those in the kinship of suffering; where the identification is there, then the Grace of God is able to manifest itself, and the work of repair begins.

Many Voices One Journey, page 136

Sponsorship has been a vital part of my Al-Anon recovery. I have a program sponsor and a service sponsor. Both are invaluable to me. I use them on a regular basis gaining knowledge and strength as I learn to apply Al-Anon principles in all my affairs. They help me to avoid pitfalls and provide loving support and guidance as I continue to grow along spiritual lines.

Georgia Al-Anon is in the process of restructuring itself based on our new by-laws. This requires a lot of hard work and dedication on behalf of our trusted servants. Service sponsorship will play an important role in that process. At the Georgia Area Assembly in September, there will be open mic time for GRs to share. The topic will be "Service Sponsorship". I look forward to hearing the conversation as we get out of our comfort zones, helping one another, strengthening ourselves, and carrying the message of hope to those who still suffer.

Renelle M. Area Chair



GACS Chairperson's Report

**Just for Tonight
From
Central Services (GACS)**

“Just for tonight, I will set aside my fears, frustrations and aspirations and take a few minutes to review the abundance that exists in my life today. I will place my future in the care of a loving God of my own understanding, trusting my needs will be met at a time and in a way that is best for all concerned.”

These are such meaningful words from our newest piece of literature, the Just for Tonight book, M-81. Of course, we can all apply these words to our personal lives, but also to our service positions.

Georgia Al-Anon Central Services has so many new projects on our agenda for this term, not the least of which is the hope and prayer to be able to move to a larger, more effective facility. With this in mind, Kathryn and I took a trip recently to visit MAIS to learn from their experience, strength and hope. Karen was very kind to show us around and answer all our questions.

Just as the bookmark says, the visit helped us review our fears, frustrations, aspirations and abundances. The size of the MAIS office, alone, made us realize that we have been working under unacceptable conditions. I came away amazed and grateful that Central Services has been so successful in so many areas, but also with a clear understanding of our current defects. It is with this knowledge that we are asking all of Georgia Al-Anon Family Groups to pray that GACS “needs will be met at a time and in a way that is best for all concerned”. As prayers go up it is time for our committee and the fellowship to do the footwork toward all of our goals.

Currently, the committee is working on KBDM questions related to the facility and gathering information on possible new sites. We will be sending this to the Board of Trustees soon for their advice and input. Stayed tuned for more information on this and other projects. All the groups and districts continue to be supportive of Central Services and we are very grateful. We continue to need you all more than ever.

In the meantime, we are fully stocked and ready to meet your needs. Office hours are Tuesdays and Fridays from 9:00 to 2:00 and every third Saturday at the same times. The order form is on the website or you can contact us at order-lit1@gmail.com or call 478-254-3414. We look forward to hearing from each of you.

In Service,

Cheryl K., GACS Chairperson

Area Treasurer Report

I am really enjoying my new position as your Area Treasurer and learning a lot more about our wonderful program. This is such an exciting time for our area as we are underway in the restructuring process for our area. One thing that I really love about service especially at this level is that I get to see and experience all of the care, love and devotion that goes on even behind closed doors. I have never seen anything like it! It is amazing to see how much is done to make sure that everyone is heard and that no matter the differences we can always come together and work as a team.

I am dedicated to doing my job the very best that I can. I have worked in accounting almost all of my working life, over 30 years. I love the work I do and am really looking forward to helping out in this way. If you have any problem or questions, please do not hesitate to contact me. I am looking forward to getting to know so many people in our wonderful fellowship. I know that it is true that in Al-Anon we never have to do anything alone, there is always someone ready and willing to lend a hand.

Please remind your groups to put their **group name, WSO # and district # on all contributions they send in for the area. Also, please make sure that these are always sent to our P.O. Box address for our office and not someone's personal address.**

Thanks for your service!

Donna M.

Area Treasurer



Board of Trustees Report.

(my apologies to Vicki for missing putting this in the last newsletter)

Hello, everyone,

As your Board navigates these uncharted waters, I think a lot about the members in GA who organized the first Assembly and undoubtedly found themselves doing deep dives into the service manual as they reasoned things out with each other. I have a much greater appreciation for the hard work that went into their successful efforts to establish a firm foundation for GA Al-Anon, and that today's Board is, indeed, standing on the shoulders of giants.

The Board continues to meet frequently. Subsequent to the May Assembly when Levon C. received Traditional approval as the Trustee-at-Large to complete Philip A.'s 1-year term, the Board elected Levon as a Trustee as well as the Board Treasurer. She has met with the Finance Committee (FC):

- They are taking first steps at determining requirements and specifications for on-line convention and conference registrations as well as on-line contributions to those entities, GACS and Assembly.
- Barbara T. has resigned from the FC because of her delegate work load and so that she can focus on worldwide Al-Anon, and our past Area Treasurer, Katherine N., has agreed to step in. Robyn P. and Jeff G. have agreed to join the FC work group.
- The Linchris Hotel Corporation has taken over management of the Macon Marriott. The contract for Assembly meetings through 2021 has been negotiated.

The deadline was June 15 for submitting resumes for the next 3-year TAL position that will become vacant January 1, 2020. The Nominating Committee is reviewing those resumes to make their recommendation to the Board by August 15. In September, Assembly members will be asked for their Traditional approval of the Board's selection.

The Board is working hard at understanding its service authority so that double-headed management is avoided as various issues arise. To help us all gain a better understanding of the impact of restructuring, Renelle is planning a panel discussion at September's Assembly on the Area Bylaws and Charter.

Please reach out and ask if you have questions. Frankly, we do, too! That's one reason why we're meeting so often – to reason things out with one another.

In gratitude for the opportunity to travel this journey together,
Vicki L.
Chair
Board of Trustees

Past Delegate Sharing

Roxy, a former past Delegate from NY, who came to our Assembly while briefly living in GA shared this with me:

Three-Fold Recovery for a Three-Fold Disease

Steps---- Recovery---- Awareness (Its about me)

Traditions---- Unity---- Acceptance (Of Others To get along/ others)

Concepts---- Service---- Action (Tells me what to do)

Cathy O



Service Corner

Want to stay in the loop with WSO? Then check out this link...The link is

[https://al-anon.org/news-from-the-wso.](https://al-anon.org/news-from-the-wso)

Once there click on the link *STAY "IN THE LOOP"*.

“

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

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Newsletter Coordinator

Good day my friends.

I am later than I wanted to be putting out the newsletter. I had hoped to have more responses from the districts. However, I know this is a busy time of year for everyone. I hope this report finds everyone busy carrying the message of recovery.

On a personal note. I traveled with work to beautiful San Antonio for a week and it was awesome. I had planned to look up a meeting while there, but no time was available. I would never have ventured this far from the alcoholic in my life in the past. That is one of the beautiful things about recovery; being able to live life to the fullest without fear of what would happen if I ventured away from the alcoholic and others in my life.

On the service front I recently called WSO with an idea for this newsletter and was pleased to have such an enthusiastic response. I am a collector of old forums and I naturally like to pick them up and read and re-read the wonderful shares from our fellow members. I noticed that some of the sharing's had disclaimers that allowed them to be reprinted on the internet/and or in publications such as newsletters. I downloaded the guidelines for newsletters to make sure that I am complying with the rules. There are so many great sharing's from the past from readers. I found some of my favorites were from Georgia. I have added a section for past sharing's at the bottom of this newsletter for your enjoyment. I hope you enjoy this blast from the past as well as I did.

In other news, our area website coordinator, Gale S has been busy creating links that will help in areas such as submissions to the newsletter. I am excited with all the work she has done and hope this feature will help make what we do as an area more user friendly. Please take a moment to log in to our web site and look at all her handiwork.

Our next newsletter will come out in November. I am giving a tentative submission date of October 25th. I like to have some breathing room for those last-minute additions.

I hope you enjoy our newsletter and encourage each group to come up with news ideas you would like to see. (within our guidelines of course.) If you are interested in seeing the newsletter guideline or any other guideline remember they can be downloaded for free from our national site.

Gratitude of Service

Carol P.

Area Newsletter Coordinator, Panel 59

Public Outreach Coordinator

Greetings my Al-Anon family. Lots going on in Public Outreach. First of all, I would like to say I have been so blessed by this opportunity in service. My Higher Power seems to put me where I need to be and you all reach out and hold my hand along the way. Thank you!

I was thrilled to meet a lot of our new POPs (Public Outreach Person) at assembly. Way to go DRs for finding people in your district willing to spread some Al-Anon love. If you don't have a POP in your district as of yet, please consider volunteering. I would love to help you get started.

We have had and are going to have lots of tables going up at community events in our state. This is a great way to do some service work and to share some experience strength and hope. Please look for an opportunity to do this in your own District or let me know if you are willing to man one of these tables.

Gale (Our Webpage Coordinator) is going to help with updating our Public Outreach page on our GA-Al-Anon.org site. Please keep checking there will be lots going on there with great ideas and calendar of events.

At assembly I got to introduce our new PSAs. They will be available to use on TV and radio stations in August. A copy was sent to all of our DRs.

We are going to have a PO table at our convention this year. The theme is going to be "Plant a Seed". We will have a gift for you if you are willing to except a small challenge. Come by and check out our table or better yet we will be looking for volunteers to man it.

If you have any PO events coming up please let me know about them and feel free to get a hold of me if you need some help with Public Outreach.

Excited in service
Angie L
Area Public Outreach Coordinator



Alateen Report

Alateen Coordinator Contribution to July 2019 Newsletter:

Below is a message from our outgoing interim Alateen Coordinator, Lauren M. Lauren's time as our interim Alateen Coordinator is now over and we are still looking for a volunteer for this important trusted servant position. The Alateen Coordinator is required to be a currently certified AMIAS. If you are currently an AMIAS and are interested in this position, please contact me at delegate@ga-al-anon.org. If you are a past AMIAS that is not currently certified and are interested in this position and in becoming re-certified, please contact me. Many thanks to Lauren for stepping back into this position to help us out the last couple of months!

With love and gratitude in service,
Babs T. (aka Barbara)
Georgia Delegate

“Living Today in Alateen (B-26) is 18 years old!!”

2019 marks the 18th anniversary of this remarkable Alateen Daily Reader. We are inviting Alateens, Alateen Group Sponsors/AMIAS and Al-Anon members to send their personal reflections on how a phrase, paragraph or page helped them in recovery. These sharings will be considered for *The Forum* and *Alateen Talk*.

Sharings are needed by July 26, 2019 and can be sent to:

Online at al-anon.org/sharing

By email: wso@al-anon.org

- By fax (757) 563-1656

By postal mail: AFG, Inc. 1600 Corporate Landing Parkway Virginia Beach, VA 23454

Please pass this announcement on and thanks for all you do for the families and friends of alcoholics!”



ALATEEN IS ALIVE AND WELL IN GEORGIA



SUPPORT YOUR LOCAL ALATEENS ASK YOURSELF THESE QUESTIONS

- Does my group support Alateen?
- Does my group have an AMIAS?
- Am I willing to serve as an AMIAS?
- Where are the Alateen meetings in my district?

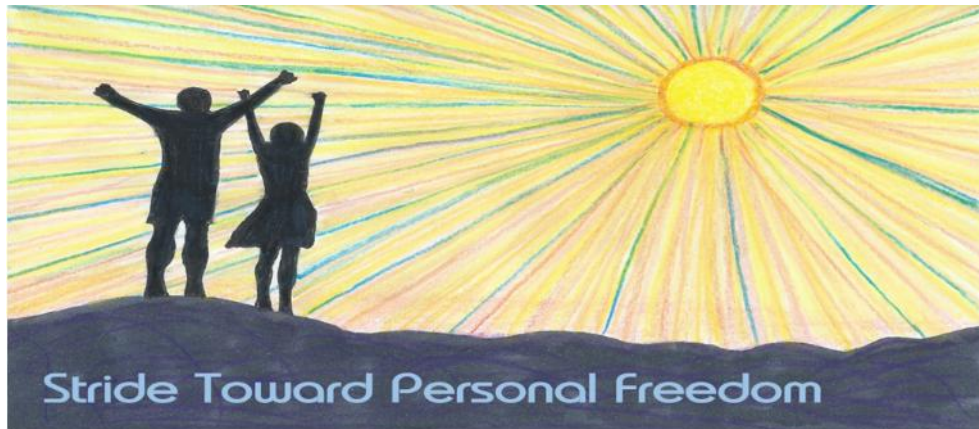
Al-Anon Convention 2019

Find a basket, fill it up!

Build a gift basket - give it a name!

All gift baskets will be raffled at our
2019 Al-Anon Convention!

Contact Donna M. at afgtreas1921@gmail.com
for delivery instructions.



***Our 2019 state Al-Anon Convention
is right around the corner!***

August 9-11 Stone Mountain Park, Stone Mountain GA

COOKIES FOR A CAUSE

Cause we love cookies

**Please donate homemade cookies!
We also need snacks and fruit. All
donations are appreciated.**



WEB COORDINATOR REPORT

Web coordinator report for the first half of 2019

It is a privilege to have the opportunity to be part of the team carrying on the great work that the Panel 56 Technology Working Group (TWG) and Alicia -the previous web coordinator - began.

We have a new Technology Work Group that has been together since January of this year. We were fortunate enough to have 3 members of the panel 56 TWG stay on to help us through the transition and share their experience, strength, and hope - Alicia C., Phillip A., & Patrick B. Can't thank them enough for staying involved and helping us understand the history of decisions and work that was already completed on the website.

In addition, we have been blessed with new members- Vicki B., Chris C, Phillip W., and Jim B - who have stepped up to tackle the challenges of continuing to build our website into a tool that our Area can use to enable our members and others affected to find information about recovery and engagement with Al-anon. Lastly, but not least, Char F., our Area alternate delegate helps keep us all on track and staying true to our Al-anon Traditions and Concepts.

So grateful for everyone's time and contributions to our efforts in continuing the work that was started in Panel 56.

The TWG is embracing the Panel 59 theme "Action is Attraction; There is No Growth in the Comfort Zone" and we hope you will check out the website to see the results of some of our recent actions. Some of our initiatives are requiring the development of new skills and pushing us out side of our comfort zone!

Completed work this year includes:

- Creation of online registration and payment for the Al-anon and Alateen Convention and the Alateen Conference. Members can now use the online portal. We are asking members to consider using online registration and payment because it simplifies and reduces the workload on committee members. Members can still use mail in registration forms if preferred and they are available on the web page as well.
- Panel 59 Web contact forms have been updated. Members can now email the Board of Trustees, Panel 59 Officers, Coordinators, and District reps directly through the website by using the contact forms found under Contacts section on the website.

Updates to the Area Information section of the Website – including:

- New Delegate's Corner Page - Barbara T. our Area Delegate and WSO liaison shares the information she obtains from WSO activities, so we can apply it to the Area and the Groups – check it out there! You can find lots of great information there such as reports around WSO initiatives for things like Safety in Meetings, guidelines for service activities, and even skits we can use to carry the message.

WEB COORDINATOR REPORT CONT.

- Revamping of how we store Area information – we’ve reorganized the look and feel of the Newsletter, Assembly, and AWSC document presentation areas – in the hopes of making information easier to find for all our members. **Please share the new Area Password – afigg*area11 - to access docs in the Assembly and AWSC area. The password keeps search engines from accessing sensitive documents.**

Initiatives that are currently underway include:

- Updating website to be mobile friendly – many users are now using their phones and tablets to access the web. Our site needs work to allow it to be mobile friendly.
- Continued updates for the Newsletter to make it easier to submit articles.
- Updates to the Public Outreach page that enable easy access to the tools the Area and WSO have developed for sharing Al-anon’s experience, strength, and hope.

The TWG hopes that our members find our website useful and continue to provide feedback on improvements we can make to better serve the area. **Comments, questions and concerns can be sent to the TWG by using the webmaster contact form on the website.**



District Reports

District One

For Georgia On Track

From: District 1

When y'all hear what District 1 has been doing this past year you will be saying "I wish I lived in District 1." We'd love to have you come to visit –if you can't live here!!

Last fall we had a workshop "Shopping for Serenity" at the Mall of Recovery. Each group had a booth (table) and 'sold' their wares. Everyone was given 6 Ala-dollars to use for their purchases. If they ran out of dollars, to get more we had to go to the 'banker and request additional funds by telling her one benefit we get by being in Al-Anon. The banker was very generous with the dollars.

We had a book store (Literature), Pharmacy (items to make you feel good), Slogan shop (focusing on the slogans), Candy Shop (candy with sayings – Mints: (I mint to call my sponsor), Almond Joy (the joys of the program), Mounds (mounds of hope), Snickers (laughing at myself); The 3 faces of Al-Anon (the masks we wear) and a Tool Shop (tools of the program). The creativity of our District amazes me.

It was a wonderful workshop. And the icing on the cake was the 2 speakers we had (Teresa and Denny E. from Young Harris). Thank you Teresa and Denny.

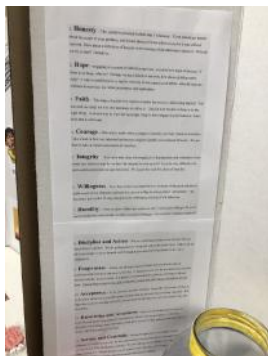
In June of this year we had our annual picnic in Ellijay. The weather was awful, but inside of the building the atmosphere was fellowship all the way. It began with a skit "Recovery on the Island" a take-off on Gilligan's Island. Our cast was great. We had very little expenses because each group took financial responsibility for the food and supplies. Also each group either donated a basket to raffle off or made a generous donation. The profit we made will go for public outreach or district expenses. We ended the picnic with AA and Al-Anon speakers. A GRAND TIME WAS HAD BY ALL.

We continue to be active in reaching out to the community. We continue to take a panel to a local treatment center every 3 months to talk to the residents families. We are available for our Domestic Violence Court, as well as other Accountability Courts. The most recent activity we have had is placing Al-Anon Faces Alcoholism in each Dalton, Ga. Police vehicle, as well as supplying literature for the main lobby. We are in discussion with the Whitfield and Murray County Sheriff Departments to do the same thing.

We are already working on our fall workshop, scheduled for October 26. This is a wonderful time to visit North Georgia to see nature's beauty in action. Makes me feel like my Higher Power is showing off!!! More information on the workshop will be at the September Assembly. Why don't you put it on your calendar. In addition to the workshop we will have a speaker.

District 1

District One Workshop Photos
 _(such great ideas I had to share them)



District Three

District 3 is busy preparing for the 66th Georgia State AA Prepaid Convention. It will be held in Savannah October 17 - 20, 2019. We will have a morning of all Al Anon recovery on Saturday the 19th, with our own Denise C. as the featured Al Anon speaker. We have been working together with AA to bring you a fabulous, fun filled convention. Activities include a Low Country Boil, kayaking and paddle boarding, a motorcycle poker run, and yoga every morning.

You should register on line at <https://www.aageorgia.org/georgia-prepaid-convention.html>. The convention is "prepaid" so it costs nothing to register!

Anyone interested in helping out with the Al Anon portion of the convention should contact Kristin L. through the following e-mail address: delegate@ga-al-anon.org.



District 4

Our district has been slowly but surely getting stronger. With each assembly attendance has increased with groups coming that have not attended in several years. This is great news and I am proud of all of them!

At our first district meeting of the term we established a vision for ourselves that we would commit to holding two workshops this year and four, one for each quarter, the following two years. We have held one already where the theme was intimacy in alcoholic relationships. What was encouraging to me is that we had participation by AA and was well attended by the AA community. Our next function will be our Gratitude Dinner. I will be sending out more information soon about it. We have not held that dinner in several years and we are excited to bring it back. One of our fairly new groups in terms of attending the district meeting will be hosting it so that is doubly exciting! We hope to have our four workshops focus on some aspect of the individual member, the group, the district and then our area.

On a personal level I will tell you that I entered into this position with great trepidation. Having moved here a little over five years ago from an area where i was heavily involved I have struggled to find my place not only in the outside world but also in the Georgia Al-Anon family. I am still not completely comfortable but I am getting there. I must give the credit to my home group, Perry AFG, who have allowed me to be apart of them and have accepted me completely warts and all. I must also credit a few AA members who have taken this Al-Anon under their collective wings. We have been able to see how we have much more in common than any of us realized.

Grateful to be of service in District 4,

Phillip W.

District Seventeen

The SUR Group District 17, in Cartersville, hosted their annual workshop on Saturday, March 9th, 2019.

We started the afternoon with an old fashioned tea and deliciously yummy pastries and fruit. the tables were decorated with vintage table cloths that held an array of tea pots, tea cups and saucers. The SUR Club was transformed into a place of comfort and beauty. The food was delicious as we became acquainted with one another and made new friends.

We then moved onto our program.

Maggie S., Anne M., and Lynne K. presented a program that included three stations. The beginning station was filled with broken glass which represented our distorted thinking about our selves and our lives.

Everyone then moved onto station two. There was a human paper cutout that we filled with post it notes of negative things we say and believe about ourselves.

The third station was filled with positive affirmations for us to overcome our negative thoughts and feelings.

We ended the day with door prizes for all!!! It was a wonderful afternoon of healing affirmations as well as good friends - old and new.

Please be sure to mark your calendars for Saturday, March 21, 2020 as we expand our consciences and circle of friends once again.

Respectfully submitted,

Lynne K

District Twenty

Action is Attraction! And District 20 has been ACTIVE! We have manned Al-Anon Outreach and Literature Sales tables at two AA events this year. We teamed up with District 7 at the AA Flint River Roundup in Albany in March. Can I just say, so much fun and fellowship! A Huge shout-out to Leslie H. of the Albany Al-Anon's for her support and camaraderie.

Most recently we took our show on the road! After meeting some of the Tallahassee people at the Albany Flint River Round-up, we were invited to team up with Tallahassee Al-Anons and set up an Al-Anon literature table at their AA Founder's Day Florida Style in Tallahassee. Historically, the Tallahassee AA's and Al-Anon's are not as close as we are here in SOWEGA, but there were motivated people in both camps, and we made it work!

For both events we obtained a selection of our Al-Anon and Alateen literature on consignment from our GACS office. I can't say enough about how lucky we are to have that resource right here so close to home! They really were key in making our events a success. We sold over \$550 in literature between the two events, and had at least twice that many conversations about Al-Anon and all our program has to offer. But the BEST take-away was meeting so many new friends in recovery and service!

Cindy H.

DR District 20



We Wanted **PROOF**

By Patricia H., Georgia

When the alcoholic and I went with our two-year-old daughter to rent videos, I kept her out of trouble while daddy selected movies. Once home, he prepared to watch all three videos while I occupied our daughter and prepared her for bed.

Suddenly, I thought, "What's wrong with this picture?" I used to draw a great deal of satisfaction from having my husband home enjoying himself. I even took credit because keeping him happy without drinking was my first priority. This time, however, I felt resentful. Where was *my* movie? Why were all three videos for him? Why wasn't he helping to take care of our daughter?

My first impulse was to be angry. I wanted to insist that he not watch his movies since he didn't get one for me, but Al-Anon taught me to slow down and think. Had he refused to get me a video? No. Had he refused to help with our daughter? No. Had I asked him to do any of these things? No.

Between movies I calmly asked what he would do if I had wanted to watch a movie, too. He said he'd have put one of his back. Wow! Could it really be that easy?

I have needs and I can ensure that my needs are met. I am not a victim.

It's okay to think about what would make me happy, instead of focusing on making others happy. I don't have to blame someone else for my unhappiness. Could it be that I actually perpetuated the selfishness that I despised?

This new enlightenment caused me to reflect on my selfish dad. Whenever we traveled anywhere, Dad went into the store and bought beer for the cooler without getting any drinks for us. Did we ever ask or say anything to him about it? Did we even get out of the car to get something for ourselves? No. We wanted him to prove he loved us by meeting our needs the way we tried to meet his.

This is how Al-Anon works for me. By opening one door at a time and letting in more light, I can walk away from yet another destructive pattern. By walking through each door, I enter a world of greater understanding. ▲

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Dates to Remember

August 8-11, 2019

41st Georgia Al-Anon/Alateen Convention held at the Marriott Evergreen Resort, Stone Mountain, Georgia

August 17, 2019

Area World Service Conference, Centenary United Methodist Church, Macon, GA

September 21-22, 2019

Area Assembly, Marriott City Center, Macon, GA

October 25, 2019

Submissions for the Area Newsletter

November 16, 2019

Area World Service Conference, Centenary United Methodist Church, Macon, GA

Worrying about the future and regretting the past do only one thing—spoil today. The past is gone. We can learn from past mistakes and try to make up for the things we regret. Then we let it go. Alateen—Hope for Children of Alcoholics (B-3), page 53

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