

Serenity Speaks

District 12 Al-Anon Newsletter

District 12
Panel 55

Volume I, Issue 1
Jan- Mar 2015

Recovery in Your Own Words

I want to take this opportunity to introduce myself. My name is Judy S. and I am a grateful member of the District 12 Al-Anon family groups. Although not new to Al-Anon, I am new to service at the district level. Recently I attended a district meeting just to see what it was like. Low and behold here I am your new district newsletter chairperson. That was my higher power in action for sure! Now that the fear and insecurity are fading I am extremely grateful for the opportunity to be of service. I know this will be a growth experience I will come to treasure.

Serenity Speaks, the District 12 Al-Anon Newsletter, needs your help.

We have not had a newsletter for a while so many of you may be unfamiliar with the concept and format. This is your newsletter and a crucial link to keeping groups and members informed about local, district and area news and events. It helps encourage attendance at service functions as well as inform members of available service opportunities. In addition, it provides a platform for members to share their journey to recovery with others. We are looking for content related to recovery in the Al-Anon program. If sharing your experience strength and hope is a form of service you feel comfortable with, we would love to hear from you. The newsletter will be published every three months (quarterly) and distributed to all Group Representatives at the next district meeting. GR's will then bring the newsletter to their individual meetings to be shared with their members. A copy of the newsletter will also be emailed to all GR's for whom we have an email address. They can then electronically distribute them to any member who requests an email copy.

The following are some suggested topics:

- How have you used the steps and the tools of the program to promote your recovery.
- What does working the steps mean to you?
- How has a particular piece of conference approved literature (CAL) played a role in your recovery
- Describe something you heard at a meeting that had a profound impact on you. This can be something humorous, easy to remember or particularly moving
- Pick a tradition or concept and explain how you integrate it into all your affairs, family, work, community
- Any recovery related topic, trust, detachment, powerlessness, hope

Panel 55 Officers

District Representative
Cindy B. 941-725-1810

Alternate District
Representative
Theresa R. 941-962-5141

Secretary
Sandra K. 941-720-0313

Treasurer
Bob W. 941-704-9505

AISL
Cindy S. 941-929-4658

District Meeting Schedule 2015

Location:
Concordia Lutheran
Church
2185 Wood Street
Sarasota

8:30-9:00 - Fellowship,
Food and Registration

9:00-11:00 - Meeting

January 17
March 21
May 16
July 11
September 12
November 14

Any Al-Anon
member is
welcome to join us!



These are only suggestions. Please feel free to share whatever recovery related content or experience, strength and hope you feel might benefit another seeking peace and serenity in the Al-Anon program.

Newsletter Submission Guidelines:

2015 Publication dates

The newsletter will be published on January 17, April 15, July 10, and November 10 2015. The deadline for submission of articles in revised, final form will be 2 weeks before the publication date. Any new or revised material received after that date will be included in the next issue. If you are submitting something that you want published in a certain month please pay careful attention to the deadline.

Publication Format

The newsletter will be published every 3 months and will be between 2 and 6 pages long. You may submit as many items as you wish. However, we may only be able to publish one selection. This is totally dependent on the amount of space and number of entries for that month. Time sensitive entries will be given first priority. We will make every attempt to publish your article in the next issue. If possible articles should be no longer than 300 words. We will notify you if a longer work needs to be revised in order to be published.

Editing

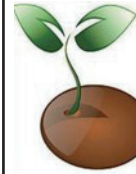
The editors reserve the right to shorten an article, correct spelling and grammar and reformat. We will not change the intent or meaning or your article in any way. If an entry is edited we will email you the edited version for your approval before we publish it. Please make your sharings original and in your own words. If you quote something always cite your source and use quotation marks. We will gladly publish notices and reminders about upcoming alanon events. However in keeping with tradition six, we cannot publicize activities of other organizations with the possible exception of AA.

Submitting Content

Please send your completed submissions to:
serenity12news@gmail.com

Thank you and I look forward to sharing our recovery one step at a time in Al-Anon.
Judy S.

See What's
Happening!



Panel 55
2015
North Florida AFG
Area Service Workshop

HOSTED BY DISTRICT 3
GREATER JACKSONVILLE
FLORIDA

WEEDS TO SEEDS

SATURDAY, MARCH
14TH, 2015

PANEL 55
NORTH FLORIDA
AFG AREA SERVICE
WORKSHOP

HOSTED BY DISTRICT 3,
GREATER JACKSONVILLE,
FLORIDA

"WEEDS TO SEEDS"

9 am to 4 pm, breakfast and
lunch included

Arlington United Methodist
Church, Wesley Hall, 1400
University Blvd. N.,



In Al-Anon we
learn to trust
and turn the me
to we!



A mother practices "loving detachment"

By Anonymous

Being the parent of two children with addiction issues is heart wrenching. Knowing where to turn for help can be daunting. However, since becoming involved with Al-Anon, my life has become more manageable, my relationships with my children and my spouse are improving and I'm happier!

My oldest daughter is a beautiful, vivacious 25-year old with so much promise. At eight after the urging of her teachers, she had her first psychiatric appointment in what would become a continuum of appointments and disappointments for many years. At 12, she was anorexic and very close to being hospitalized. I t was then that I felt, as a parent, I had absolutely no control over whether she ate or not, but if she stopped breathing I would continue to breathe for her. It was of course an insane thought, but I felt it to my core. Our emotions were completely enmeshed.

When she was 13, we found an empty bottle of vodka in her bedroom closet. Thus began the struggle to control not only her eating but also her drinking. After trying to control her very dangerous behaviour with prescription medication, with catastrophic results, she went on to street drugs. At the age of 14, my husband and I made the very difficult decision to have her enter a private residential care facility outside of Canada. She consequently graduated to three separate facilities and finally came home to live with us at age 17. During her time away, she celebrated her one year anniversary with A.A.

The silver lining was that while she was away, we were introduced to recovery. With a history of family addiction and mental illness in both of our families, my husband and I were long overdue yet reluctant to accept that we possibly had a problem too.

As a child of an alcoholic father and a very co-dependent mother, being in control is something I had identified as a personal core strength as an adult. Through Al-Anon, I realized over time that

"letting go and letting God" was a phenomenal relief and it has led me to a much happier path.

My youngest daughter, now 17 and still living at home, suffers from chronic depression and exhibits angry and extreme resentment most of the time. She self medicates with alcohol and

other drugs. On many days, she has difficulty even getting out of bed to attend school. She can be verbally and physically violent. Most times, she keeps me at such a distance that I can't even be a real mother to her in the traditional sense.

I find it helpful to set healthy boundaries and separate with "loving detachment" in order to be able to manage the situation. The Al-anon slogan "**THINK**" is very helpful.

"T" Is what I'm about to say thoughtful?

"H" Is it helpful?

"I" Is it intelligent?

"N" Is it necessary?

"K" Is it kind?

Today I attend weekly Al-Anon meetings and take on service roles within the organization, which help me stay involved and on the recovery path.

Life's challenges will continue, but with the help of Al-Anon friends and with the Twelve Steps, slogans, prayers and my Higher Power, I have faith life will continue to improve for myself and my family members.

