



# GEORGIA ON TRACK

March 2013

## AREA OFFICER REPORTS

### Delegate's Report

Dear Fellow Members of GA Al-Anon,

I am smiling as I write this article for the first newsletter of Panel 53, for it's still almost unbelievable that I've moved into a new service position! I've been spending the last 3-4 months doing footwork to learn how to do my job; however, I've been told, "You'll figure it out during the third year of the term."

If things go as planned, by the time you read this, I will be returning from the Southeast Regional Delegate's Get-Together, which was held in Raleigh, North Carolina. It will have been my first experience to meet some of the new Delegates of Panel 53, and I will have met Past Delegates. I've been told that attending this meeting will help me get ready for my first World Service Conference.

Speaking of the World Service Conference.... It will be held again this year on April 14-18. The Conference theme is: *Our Legacies: The Spiritual Journey of Changing "Me" to "We."*

The conference will be at the Wyndham Virginia Beach Oceanfront Hotel. I would LOVE to receive encouraging notes and/or cards from you. If your Group or District would like to send "love gifts" that I can share with the 100 members of the Conference, I welcome that, too.

Please send any notes or gifts to:

Cathy O'Dillon  
c/o Wyndham Virginia Beach Oceanfront Hotel  
(4/14)  
5700 Atlantic Avenue  
Virginia Beach, VA 23451

**Please note: Do not send anything to me before 4/10.** The hotel will not hold anything before that date. Please put my name and my home address in the return corner

### IN THIS ISSUE: (hold until

Area Officer reports .....pages 1-6  
Coordinator reports..... pages 6-12  
District Rep. reports..... pages 12-18

AA Delegate's Story.....page 19  
Convention Reports.....page 20

International Convention page 21  
Gratitude to Action.....pages 22-23  
May Assembly Agenda... pages 24-25

**Delegate's Report (cont)**

of the envelope. That way, if your note arrives after I leave the conference, the hotel will return it to the sender, which will look like it's me!

My home address is:

Cathy O'Dillon  
1044 Normandy Rd.  
Macon, GA 31210

The main thing that I will ask each and every one of you to do is to pray for me while I attend the conference. I know I will feel some anxiety with the unfamiliar, but knowing that God is with me and that I'm supported with your love and prayers will help to calm my heart.

Because of financial reasons, I've made a difficult decision to forego attending the July 4-7, 2013 Al-Anon International Convention in Vancouver; however, please let me encourage any of you who can afford to go, please do! I attended the convention in Pittsburgh, and I can testify that it is an amazing experience. We have several Georgia Al-Anons who plan to attend this year's convention, so I look forward to hearing reports from them. God willing, I'll be able to attend the next international convention which will be held in Baltimore, MD in July 2018!

I am honored and blessed to serve you.

Love,

Cathy O.  
Georgia Delegate  
Panel 53

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**Keep An Open Mind**

**When we turn our will and our lives over to the care of a Higher Power, we affirm that we need guidance. Our job now is to keep our minds open, knowing that life-changing help can take any avenue, any form, any voice. Our teachers are all around. Let's make room for every single one.**

**(pg. 73 How Al-Anon Works)**

## **Alternate Delegate's Report**

“God, grant me the eyes to see what I’m supposed to see, ears to hear what I need to hear, a heart to feel what I need to feel, and courage to do what needs to be done in this life.” – Lisa R., The Forum February 2013.

I began reading the February 2013 Forum and came across the above adaptation of the Serenity Prayer. Pondering the prayer I thought about how I could apply this to my personal recovery and my commitment to service work.

“God, grant me the eyes to see what I’m supposed to see.” How open minded am I to listen to others to see that there are ideas and options that may be better than mine? Do I look at others and ask God to allow me to see them through His eyes?

“Ears to hear what I need to hear.” Do I really listen to others or do I just hear them? Listening requires my full attention, the ability to not just hear the words but understand the spirit in which they are presented. Do I assume good will or am I focused on my agenda?

“A heart to feel what I need to feel.” Am I sensitive to the needs of others? Do I have understanding and compassion or am I being critical and judgmental? Do I believe that everyone is doing the best that they can for this day? Do I believe we are all God’s kids and He loves all of His children and only wants what is best for them?

“Courage to do what needs to be done in this life.” Do I seek God’s will for my life? Am I willing to do the work whether it is working the steps, volunteering for service, or spending time in prayer? Do I have the courage to practice these principles in all my affairs? Am I willing to carry this message of hope?

Through the steps I learned to put the focus on myself and my personal recovery. I learned how to take care of me. I developed an intimate relationship with my Higher Power. My walk in service has taught me how to walk along side others and gain confidence in myself and trust in those who walked with me. I learned that in giving I received. My heart opened and I learned that I could love with an open heart. I learned to live in harmony with God and my fellow man. My life became full. I know today that when I say “yes” to service I am saying “yes” to my recovery and in some small way I am able to give back that which has been given to me so freely.

Thank you for allowing me to be of Service to you in this fellowship.

Love and hugs,

Renelle M.  
Alternate Delegate  
Panel 53

## Chairperson's Report

### Harmonious Balance

Since coming into recovery I have come to recognize how difficult it is to achieve balance in my life and in service. Recently, a question arose regarding balance in how we conduct business at Assembly. Our Area Policy and Procedure manual suggests that members only speak at the microphone one time on each issue and be limited to two minutes. However, the manual further suggests that there be no limits on the number of questions a member may ask on any one topic and that questions and answers have no time limit (page 5 of Policy and Procedure Manual). These principles are supported by Knowledge **Based Decision Making or KBDM**. **The KBDM process suggests that all** information is equally available to all members and that there be comprehensive and thorough discussion before any vote.

At times the KBMD process may feel long and laborious to many of us, but if we assume good will and recognize that no one has any intent to ever harm our fellowship, then we can accept the balance in the questioning and thought processes that are necessary to become fully informed and to promote harmony. This also reminds us of Concept 4, "Participation is the key to harmony." As a member of our Assembly you make the choice to participate by asking questions or by listening to the discussion and learning. As in everything else we try to achieve, that balance can be challenging.

We are extremely fortunate to have two currently serving WSO trustees from our Area, Char and J.P. J.P. has graciously agreed to bring his E,S and H to us at the May Assembly in a workshop entitled, 'Reaching an Informed Group Conscience by Using KBDM.' This process can be used at all levels of our service and even in our personal lives. If you serve as a Group Representative or a family member that has been delegated authority but your group or family unit really do not want to be informed, then you know the frustration of trying to strike that illusive balance. J.P. will be able to give us answers and suggestions in his workshop that will be in the 3:00 slot on Saturday. Please plan to be there with all your thoughts and questions.

Announcements: Cathy O., our new delegate, will be attending her first Conference in April and will bring the delegate's report to us at Assembly. The schedule will be adjusted slightly to accommodate the time Cathy will need to bring the spiritual connection to WSC. Please keep Cathy and all the delegates in your thoughts, prayers and communications during this exciting time for all of us.

## **Chairperson's Report (cont)**

There are two other huge pluses for this Assembly. Char has agreed to facilitate the DR workshop and Lauren M, DR-District 16 will be our speaker Saturday night. We have an exciting weekend planned!

Please remember that the cut off dates for reservations at our group rates will be May 3 and September 6 at the hotels listed below:

Marriott Macon City Center (\$105.00 per night)

866-882-4465 or 478-621-5300

Candlewood Suites (\$64.95 per night)

478-254-3530

With love and gratitude in service,  
Cheryl K. - Area Chair Panel 53

## **Treasurer's Report**

Hello to all my Al-Anon Family,

This past September Assembly I received another gift from the Al-Anon program by you electing me as your new Area Treasurer for Panel 53. First, I want to thank you for allowing me the privilege to serve you these next 3 years. . So far, this opportunity has allowed me to learn more about Area 11 and continue my recovery and growth through service.

January Assembly is over and I want to thank everyone for the encouragement and support I received during the weekend. One of my goals this term is to simplify the financial reports for you and give you the tools and information necessary so this information doesn't seem foreign or complex. If anyone has any additional suggestions as to "how" I can improve upon my report, please let me know. I welcome all the feedback I can get.

Great News, 2012 Contributions to the Area were up 8.1% over 2011. Also, WSO has reported that their overall 2012 contributions increased by 3.9%.

Lastly, please remember when sending contributions to the Area: Make checks payable to AFG of GA, Inc. and mail to PO Box 7644, Macon, GA 31209-7644.

Again, thank you for all your love, hugs, and support!

Love in Service,  
Levon C.- Treasurer Panel 53

## **Area Office Chair**

Greetings Al-Anon Family,

The new Area Office Committee had its first official meeting on Feb. 18<sup>th</sup>. We discussed some goals we would like to accomplish this term and at the top of the list is partnering with the Area in purchasing a digital scanner to preserve our records and archive materials. We have 4 large filing cabinets that are full to overflowing. Our ongoing goal is to continue to improve services to the fellowship. If anyone has any ideas or suggestions please feel free to pass these along to us. This is your Area Office and your input is important and we do want to hear from you.

We send a thank you contribution letter to the GR of each group and DR of each district that sends a contribution. This is just our way of letting you know how much we appreciate your support. These can tend to be redundant and if your group or district would prefer not to receive this just let us know.

I love the Area Office and it's truly a pleasure for me to serve the fellowship as the Area Office Chair and thank you to everyone for this privilege. There is so much recovery through service work and I'm truly blessed to have yet another opportunity to grow in my program.

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

## **Area Coordinator Reports**

### **AARP Report**

It is hard to believe that it is only March, so much happens very quickly. The big news for this quarter is the annual recertification process for AMIAS. I will begin receiving formal instructions from WSO throughout this month through postal mail, email, and conference calls. I will do my very best to detail what I will need from all AMIAS. Of course our new requirement of service hours will be in effect for this year's process. I have included a list of ways you may earn service hours at the end of this report.

## **AAPP Report (cont)**

The Alateen coordinator and I are anxious to train all AMIAS on the new Georgia law regarding mandatory reporting. Section 19-7- of the Official Code of Georgia Annotated, relating to reporting of child abuse designated several categories of individuals as mandated reports, who "having reasonable cause to believe that a child has been abused shall report or cause reports of that abuse to be made." I will lead a workshop on mandated reporting at the next Assembly in May. I sincerely hope to dispel any fears regarding this law and make clear your responsibility in this capacity.

I am very excited about the number of people who are seeking to become certified in our area. I want to especially thank District 16. When they discovered they had no certified AMIAS in their district they immediately answered the call. I look forward to see how they will be lead to spread Alateen in their district.

Please do not hesitate to ask any questions you may have. Your questions help me to further learn this position. Email is the best way to reach me as I often am not available to answer phone calls. Please do not hesitate to contact me with any concerns you may have!

Jennifer T.

AAPP Coordinator Panel 53

[jnnfrthmpsn1@gmail.com](mailto:jnnfrthmpsn1@gmail.com)

## **Archivist Report**

Greetings from the Area Archivist

I talked at the January Assembly about some of my dreams for archives. One of my most important jobs will be to encourage excitement about the history of Al-Anon in Georgia.

Among the most interesting and attractive items we have are the colorful quilts made at each Alateen conference. These quilts are currently displayed on the walls of the Central Office, but they are held up with pushpins, which will eventually destroy the tops of the quilts. Peggy W. has helped measure all the quilts and is starting to sew loops to attach to the tops, so the quilts will be better preserved. I hope to display some of the quilts at the upcoming May Assembly.

## **Archivist Report (cont)**

Other interesting items we have on hand:

- A lovely notebook of old letters, inquiries that were sent to the WSO in the early days of Al-Anon in Georgia. Barbara A. put the notebook together when she was archivist.
- Photographs of the grand opening of the first Area Office in Byron. Photographs of the celebration of the 50<sup>th</sup> anniversary of Al-Anon, from an Assembly at the Ramada Inn on Eisenhower in Macon. Precious photos show five former delegates: Sarajayne B, Linda S, Ruth F, Ruth C., and Barbara A.

### Archivist wish list

- A computer dedicated to archives, to be housed in the Central Office
- A good scanner that can handle multiple pages
- A bookcase or shelves; we are running out of space in the files
- A good tape recorder
- A display cabinet, preferably one that can be locked
- More group histories. DR's, thank you for checking with your groups to encourage them to write the histories. A form on the World Service Office web site gives a great set of questions for each group to consider.

Love in service,  
Sulata Archivist Coordinator  
[sulata.afg@gmail.com](mailto:sulata.afg@gmail.com) or (478) 741 0013

## **PI Coordinator's Report**

Greetings All,

WSO has just released the new distribution and play list for the "Portraits II" PSA media outreach campaign which began in December 2012. There is good momentum... and we can do more. I have sent this information to DRs and District Public Outreach persons. Please consider reaching out to the stations in your area to thank those who are playing the PSA and to encourage those who haven't, to do so. WSO suggests: "before beginning this outreach project, please . . . take a look at *The Best of Public Outreach*, located on the Members' Web site at [www.al-anon.org/members](http://www.al-anon.org/members) under Public Outreach. There is a whole section dedicated to reaching out to the media. You will find sample scripts, letters, and forms that can help everyone get organized."

## **P I Coordinator's Report (cont)**

Other really exciting news: our webmaster has had the brilliant idea that QR codes might be a good way to do Public Outreach! Once the whole concept was explained... (Sometimes I still dream of the slate board I took to schoolJ) WOW! The suggestion is to make these codes available on stickers. This is just the beginning.... There is a lot of foot work to do... WSO says that other Areas are also doing QR codes. Yoo Hoo! More ESH!

Thank you to Barbara T., DR for District 2 who was willing to do some impromptu Al-Anon outreach at the West Central Integrated Treatment Facility, a minimum security facility for women. She spent some time with Warden Sanders, and was able take a sample of literature and let him know about the Area Website, as a meeting resource for the women and their families. Members in Forsyth County are exploring taking a meeting to the county jail. And the committee is happy to announce that we have a volunteer and we are hoping to make good use of her, we are so very grateful.

I still need contact information for District Public Outreach. Please email me directly at [moneese@bellsouth.net](mailto:moneese@bellsouth.net) .

With Love in Service  
Marie N.  
Public Outreach Coordinator

## **Group Records Report**

Greetings one and all. First I want to thank our Area Delegate, Cathy O for choosing me to be your Group Records Coordinator. I have been going through quite a learning curve for this task, and I think I am beginning to see some light at the end of the tunnel.

I want to thank all the Area Officers, Coordinators and District Representatives for their incredible cooperation and patience with me. It has been fun getting to know you and the Groups in your Districts.

After careful thought, I have removed the listings of Groups by city and by name. The lists were redundant, and all Group information is already contained in the Directory. I also thought that the purpose of the Directory is not to provide meeting locations. That information is more than adequately contained on our Area website.

**Group Records Report (cont)**

I have sent an email to all District Representatives, asking them to look into the designation of Groups in their districts as "Closed". There is much confusion about designating a Group as being "Closed". If you have any questions concerning this, please consult with your DR.

And finally for this report, please keep in mind that any and all changes to Alateen Groups, of any type, must be processed through Jennifer T, our Area AAPP.

Thank you all for allowing me to serve.

Yours in service,  
David B.- Group Records Coordinator

**Alateen Report**

Greetings Area 11!

What an exciting beginning to my term as Area Alateen Coordinator! I have been settling into my new service position and it has been quite an adventure.

I have been working on finalizing the changes for the AMIAS Handbook to be posted on the Area website. It is an excellent resource of information for AMIAS and potential AMIAS.

We have great things happening at Assembly in May. The Sponsorship Training is being offered. The Sponsor to Sponsor meeting topic will be on Mandatory Reporting, led by Jennifer T., our AAPP. There are also activities and a workshop for the Alateens.

I am excited about what is already happening for GA Alateen and cannot wait to see what H.P. has in store next!

Gratitude in service,  
Jenny L. - Area 11 Alateen Coordinator

## Area Web Master's Report

Greetings Al-A-Friends in cyberspace!

I am super excited about this term of office. We have so much opportunity to get the word out about Al-Anon using tools that have been developed in the last few years. The iPhone is just a little more than five years old. It started a revolution in mobile web access. What worked on the web before '07 is now woefully out of date.

In sorting through the deluge of statistics about our web site, I found that about a third of our visitors are doing so from a mobile device. Have you tried to look at our current web site on a smart phone? It isn't pretty. One of my goals of this term is to redesign the web site to make it mobile-friendly.

I've also personally found the display of meetings to not be as helpful when I'm looking for a meeting near me on, say, Monday night. So, now, if you list meetings by District or by City, you will find that they list in day-of-the-week order. I've also made the listings more mapping friendly. This means you can copy the address out of the listing and paste it in your favorite mapping site and the location will be accurately presented.

Another goal is to use the web site and any other appropriate technology to get the word out about Al-Anon. We have some much hope to offer those who are still dealing with the effects of someone else's drinking. I will be working closely with the Public Outreach Coordinator to help her in her efforts to get the word out.

This is going to be an exciting to be in service in Al-Anon in Georgia. Stay tuned to this newsletter for more details.

Patrick B.  
Website Coordinator

## **Newsletter Coordinator's Report**

I am both humbled and excited to serve as Newsletter Coordinator for Panel 53. Congratulations to the new Officers, fellow Coordinators, District Representatives, Group Representatives and all AWSC members. It is my desire to help make this newsletter fun, factual, and innovative. This issue will introduce a new segment entitled: **From Gratitude to Action** and features discussions on how service work helped in recovery. Additionally, we are happy to welcome AA Delegate Tom H. as a contributor to our Georgia On Track newsletter.

Essie N.

Newsletter Coordinator

## **DISTRICT REPORTS-AREA I I**

### **District One**

#### **Reaching Out To Our Community And Beyond...**

It is with much excitement and enthusiasm that the District is in the beginning stages of planning our Annual District 1 Picnic for 2013 in Ellijay GA. Please mark your calendar and journey to the beautiful mountains and enjoy fellowship, great food and North West Georgia's breathtaking scenery. We will have inspirational speakers from AA and Al-Anon.

**Date:** Sunday, June 30, 2013.

**Place:** The ETC Pavilion on the Coosawatte River @ 255 Legion Road Ellijay GA.

**Speakers:** To Be Announced

For further information we will be posting a flyer on the Georgia Al-Anon website soon.

#### **Sharing an Aha Moment...**

What a Surprise and Overwhelming Joy it was!

At the 2013 January Assembly we were able to experience seeing and visiting with two people our District had touched through Public Outreach right there attending and participating in service.

Our District is so thrilled to have the opportunities we have been given to reach out and share our experience, strength and hope in order to help families and loved ones affected by alcoholism.

## **District One (cont)**

### **A report from Lyn D, Our District's Public Outreach Person:**

Public Outreach is alive and well in District One. We are invited to speak to family members at several halfway houses in the district every 12 weeks as well as one in the Atlanta area every two months. At each of these engagements we supply copies of Al-Anon Faces Alcoholism and meeting lists.

One of our most involved projects was providing soft cover copies of "How Al-Anon Works" to the local libraries, jails, halfway houses, and crisis centers in our District. At the 2012 picnic each of the 7 groups in District 1 donated a basket to be raffled off at the picnic and the proceeds were then used to purchase the books for the groups to distribute in their community.

Kathy W. District 1 DR

## **District Two**

### Two's News:

Congratulations to District 2 Alateen, AFG that meets in Athens, on celebrating their 2<sup>nd</sup> anniversary this February.

We are also very excited about a new group that is forming in Winder, which will meet Thursdays at 8:00 pm at the First United Methodist Church on North Broad Street. The meeting start date is planned for March 7<sup>th</sup>.

Barbara T. District 2 DR

## **District Seven**

*Greetings:* Our district currently has five active groups; all have reported growth over the last year. Last year we started hosting District meetings, which I feel has helped renew interest in Al-Anon and Al-Anon service work. We have seen more participation in Area Assembly, which has also helped our groups remain viable.

This past year we lost a dear friend and fellow Al-Anon member, Etteen S. She was very active in Al-Anon for over thirty years. She began in the Vienna group, and when it closed she attended the Wednesday Morning Group in Albany. She was so wise and articulate and knew her Al-Anon, and was so kind and inclusive to newcomers. She was instrumental in helping restart the Cordele group, and was so thrilled when we started a meeting once again in Vienna. We have lost a dear friend and Al-Anon historian. Please remember us and her family in your prayers. Thank you.

Cindy J. District 7 DR

## **District Eleven**

We have gotten off to a good start. We have all new GR's and CMA's that are excited and eager to serve. We have decided as a district this year we are going to devote more time and effort to Public Outreach. We are hoping to spread the word, "Al-Anon is the place to be!"

At our district meeting we had in December, we made a list of professionals to contact. We also went on the website and chose items to order to send out to the professional places. The GR's in attendance chose an area of outreach they wanted to discuss with their group as far as working on it together. We want all of our groups involved, not just the GR's. So far we have sent out information to the Methodist and Baptist churches. The total so far is over 100!

District 11 Peace and Harmony AFG celebrated their 5<sup>th</sup> anniversary on January 8, 2013 with lunch and a speaker. The speaker was our very own past DR: Pam P. It was a great turnout. We are in the process of starting a new Al-Anon Family Group meeting. It is on Saturdays at 10:00 a.m. It is located at the Westside Club, 113 Camilla Avenue, Martinez.

Awesome Aiken, 900 Kerr Dr. SW, Aiken, S.C. will have a speaker meeting February 28, 2013 at 6:30p.m. and our very own, Thomas E. (Under the Bridge GR) will be the speaker. We are looking forward to many wonderful things continuously happening in District 11. We will keep you up to date as we continue to help get the word out about Al-Anon.

Love in Service,  
Becky C. District 11 DR

## **District Twelve**

Greetings from District 12: Number 12 is my favorite number. There are 12 months in a year, 12 Steps, 12 Traditions, 12 Concepts of Service in Al-Anon, and most of all District 12. We are small but powerful in service. Let's see -first woman of color Delegate Valerie H. , yours truly { Martha C.} first woman of color MAIS Secretary and Mais 27th Anniversary Chairperson, Maria C. 2012 Chairperson for Georgia Al-Anon/Alateen Convention, Dorothy N. Liaison for Georgia 2013 60th Prepaid AA Convention, and Essie N. Newsletter Coordinator 2013-2015 . We are all from District 12. But let's not stop there: AIRPORT/HAPEVILLE AFG will be celebrating their 41st Anniversary on Wednesday March 20, 2013. The time is 7:00 PM, Speaker Charlotte F, at the Tara Club 575 N Central Avenue, Hapeville, GA. 30354. Covered dish is welcome.

Martha C. District 12 DR

## **District Thirteen**

What a privilege it is to serve as the new District representative for District 13. I have to admit I was apprehensive at first, knowing little or nothing about being a DR. I am so appreciative of the encouragement that I have received from the Area level Officers and the Group Representatives in our District. I have been assured by all, we are in this together and for that I am grateful! I look forward to spending time with the GRs in our District and feel very blessed to be able to serve along side of them, knowing as a TEAM we will be able to accomplish much this Panel.

Currently our District is creating "Love Gifts" to send to Cathy O. to distribute at the World Service Conference to be held in April. We are also utilizing the "Buddy System" to encourage groups that have no representation to get involved by letting them know their voice counts as well as their perspectives.

Yours in Service,  
Lisa B. District 13 DR

## **District Fourteen**

District 14 is getting ready for a BIG 2013! We are small with only 3 active groups but we are planning like we had 15. The following is what on the agenda for District 14 for the 2013 year. District meeting every other month starting with January.

We are having an Al-Anon Do's and Don'ts (educating members about Al-Anon) meeting every other month starting in February....(WOW first meeting we had nine members to show up.)

We will have 3 of these meetings and if the groups want them to continue then we will.  
April 27<sup>th</sup> we will have our Annual Workshop of which the entire Area will be invited.  
May 22<sup>nd</sup> District 14 will host a picnic (Come see what we have in stored for you)  
December 13<sup>th</sup> Annual Holiday Party

**The Easy Does It AFG** in Griffin will celebrate it's FIRST year on Monday, March 4<sup>th</sup> at 7pm having cake and coffee. They are growing with a good core group and averaging 7-10 people each meeting. The first Monday of the month will be a STEP meeting. Please come and bring a visitor.

**Forest Park AFG** is growing and averaging 10-12 people per meeting. They will be hosting the Workshop & Holiday Party for the District. They will be 34 years old this year and will be celebrating in the coming months with good eating.

**The Message of Hope AFG** meets on Wednesday 7pm and on Saturday at 7pm at the Henry Medical Center in the Education Building . They host the Together We Can Alateen Group on Wednesday 7pm. They average 24 people at each meeting

Joyce T. District 14 DR

## **District Fifteen**

District 15 is busy and well attended. We are planning our 2013 District 15 workshop to be held 15 June 2013 in Acworth, GA. Please look for our flyer on the GA-AL-Anon web-site.

District 15 includes the following counties: Cobb, Paulding, Douglas and Carroll. We have 16 active meetings and 1 Alateen meeting. Currently there are no active meetings in Paulding County.

Dan M District 15 DR

## **District Sixteen,**

As District 16's new D.R., I'm excited to say the District seems to be thriving! I see a tremendous amount of excitement among the new GRs and am extremely happy to see each group in our District has not only a GR. but several even have Alternate GRs!

Recent or upcoming events in District 16: 1) In addition to our District meeting held on December 1, the District also hosted a wonderfully Holiday party that members are still talking about. Thank you, Denise C. for speaking and "Just Us, AFG" for hosting! 2) Group anniversaries abound...Our newest group "Just Us AFG" celebrated their 5<sup>th</sup> anniversary in January while in March, both Southside Serenity Seekers AFG and Peachtree City AFG will celebrate their 34<sup>th</sup> and 35<sup>th</sup> anniversaries respectively! 3) Next District meeting will be Saturday, May 4<sup>th</sup>, along with a workshop on "The Twelve Concepts of Service" and a speaker, Louise L.

District 16 has seen a lot of interest in Alateen. Looks like LaGrange will be host to an Alateen group once again (previously suspended due to lack of teens) as soon as some "willing servants" become AMIAS certified. Currently, we have 4 members going through the AMIA certification process. There's also been interest in an Alateen group in Coweta County. Stay tuned for details!

Gratefully Submitted,  
Lauren M. District 16 DR

## **District Seventeen**

What an adventure and learning experience I have taken on! District 17 held our Mid Winter Pick Me Up at Ryan's Steakhouse in Rome on February 23rd with 38 people in attendance, including several AA members. We had two guest speakers, Cheryl and Robert A of Rome who shared their story with us. Several groups donated Al-Anon literature as door prizes including two 2 year subscriptions to The Forum.

## **District Seventeen (cont)**

Our District's Alateen group is thriving. Attendance has averaged 9 or more teens for several months now. We are excited about the recent growth of this group and the commitment its members are showing for their recovery.

I am getting the hang of this DR stuff, I think. *We aren't perfect* seems to come to mind a lot, but hey, it's *one day at a time, right?*

Deborah N. District 17 DR

## **District Eighteen**

Dear Friends,

District 18 is thriving! We now have 18 Groups Reps for our 26 groups, and it was a pleasure to enjoy Assembly with 14 of these trusted servants. We are also grateful for the CMAs who are serving the other 8 groups. Judy N is serving in a dual role as treasurer/alt DR, and Margie G is our new district secretary. Our district is large and spread out, and I am hoping to visit each group this year.

This has been a busy time for group celebrations: the Dawsonville New beginnings celebrated their 2<sup>nd</sup> anniversary on January 31, with guest speaker Terry M. February 2<sup>nd</sup> was the 12<sup>th</sup> Anniversary of the Shiloh Road group in Cumming. On February 6<sup>th</sup>, the Serenity AFG from Cumming celebrated their 15<sup>th</sup> anniversary, with speaker Melissa L. In early spring we will have an all-day district meeting of GRs to discuss the "Tangibles and Intangibles" report and share our experience, strength, and hope with each other prior to AWSC and Assembly.

On May 4<sup>th</sup>, our 9<sup>th</sup> annual District workshop, MOUNTAIN MIRACLES, will be held again at the beautiful Church of the Resurrection in Sautee, Our theme this year is "Using the Traditions in Daily Interactions". Our workshop leaders will be Lee H and David B: and our special guest speaker will be JP M. As usual our groups are organizing a great raffle fund-raiser, with gift baskets donated by each group. We ask each person to bring a breakfast or lunch potluck. The district will provide paper ware, beverages, and ice. Hope to see you there!

We have a new group in Sautee: Letting Go AFG, which meets 5:30 pm on Wednesday evenings at the Nacoochee Presbyterian Church.

Special thanks to Kari M. for her service as DR for 2010-2012, and to David B, ADR, for completing the last 6 months of the DR term.

Yours in service,

Pat P. District 18 DR

## **District Nineteen**

Wow! What a privilege to be involved in Al-Anon Service at the Group and District level.

District 19 is "gearing up" for another fantastic **Al-Anon Day, April 27, 2013, 9:00-3:00** at the Pleasant Hill Presbyterian Church in Duluth, GA. We will have two workshops in English, one in Spanish and our speaker is Jennifer T. A raffle will also be held and the pattern of the past dictates there will be items "to die for". **All are welcome!** Please make your plans to be there.

**We are looking forward to our District Meetings with plans to have a "mini" workshop on the Concepts at each meeting.**

Cynthia S. District 19 DR

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## **District Twenty**

Thomasville Al-Anon Family Group has begun a second meeting and a beginners meeting. The group also had a group inventory meeting which proved to be most successful and effective. We came away with a better perspective and great ideas to welcome a newcomer and to connect with each other, sharing our experience, strength and hope. We have even decided to try a book loaning library. I never realized there was so much literature out there until I was privileged to attend a conference...WOW! If you haven't had a group inventory, I encourage you to do so! Each has a voice, let them be heard.

Thomasville Alateen ROCKS! But it would not be possible without the support of the Thomasville Al-Anon Group and the District. The teenagers began their journey in the arms of the Al-Anon group and when they wanted to begin an Alateen group, they had the support, encouragement and of course, a willing AMIAS from Al-Anon. These teens are the future Al-Anon members. If you have an Alateen group in your district, give them your support!

Anna S. District 20 DR

## **District Twenty One**

I am happy to report we are off to a great start settling in and learning all together. We have already set our anniversary for District 21 for October. The great news about this is our Alternate Delegate, Renelle M. has agreed to be our speaker this year. I hope to have more surprises and details for everyone in the next newsletter. Our other projects to date have been making sure we are sponsoring our beginners meeting and getting the word out about the Alateen meeting online. It's going to be a great 3 years. Stay tuned!

Katherine N. District 21 DR

## **AA Delegate's Story**

I was arrested for the first time at school during my 7<sup>th</sup> grade year due to drugs and alcohol. I do not have children and it took many years into my sobriety before I realized the impact that event had on my Mother. For her to receive that phone call while at work about her only son was a life changing event for Mom as it was the beginning of shame and guilt concerning her son. From that day forward a question all parents wish to be asked became something she hoped would never be asked. "How is your son doing?"

My alcoholic drinking and behavior took from her one thing all parents wish to do when asked about their children. My Mom was not able to brag about me. It also took a few years into sobriety for me to understand and appreciate the impact a little bit of Al-Anon had on my Mom and through her the impact it had on me. For this I will be forever grateful. I took from Mom something Al-Anon and A.A. have given back.

Today my Mom cannot wait to be asked about her only son and over the last 24 years of sobriety she has plenty to brag about for her son has found the gift of giving back that began in Al-Anon.

Warmly,

Tom H.  
Panel 62 Delegate  
Area 16 Georgia  
delegate@aageorgia.org

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### **Let Go and Let God**

**This slogan gives us permission to replace stress, worry, and suffering with serenity and faith. It's okay to relax and let life happen. We can rest assured that the answers, choices, actions, and thoughts we need will come to us when the time is right because we have placed them in the hands of our Higher Power.**

**(pg. 75 How Al-Anon Works)**

## 2013 Georgia Area Al-Anon/Alateen Convention, with AA participation

Our Convention committee is very excited about our upcoming Convention, which will be held on August 9, 10 and 11 at the Marriott Atlanta Northwest, on 200 Interstate North Parkway, Atlanta GA just off of I-75, just north of Interstate 285 North in the Sandy Springs area. Our theme is "Reaching Out", taken from the Al-Anon Declaration. We have three Al-Anon speakers, Kathy H. from Cincinnati, Ohio, Aaron J. from Charlotte, North Carolina and Mary G. from Buffalo, New York. Our AA Speaker will be Mary's husband, Leo G. from Buffalo, New York. The Alateen speaker is yet to be decided. Our beloved former Delegates, Jeff G. and Vicki L. will be leading the two workshops.

Registration forms can be found on the Georgia Al-Anon website under events. Fill one out and send it in with your \$30.00 registration fee. Registration at the convention will be \$40.00. As always, Alateens attend for free, but still need to send in a registration form. We will have our beautiful t-shirts and tote bags for sale again at the May Assembly for \$10.00 each (What a bargain!) and also at the Convention. Be sure to buy yours before we run out!

The guaranteed hotel rate of \$89.00 per night for a single or double room must be reserved by July 10, 2013. Be sure to tell the hotel that you are with the Georgian Al-Anon Family Groups when you make your reservation.

Contributions from individuals, groups or districts to the convention can be made to our Treasurer, Anne Conner at 633 Luann Way, Monroe, GA 30655. Also, please be working on the items you may be donating to the Boutique to sell and any items to use in a silent auction and remember to plan to bring snacks for the Hospitality Room.

Looking forward to seeing you there,  
Lois B.  
2013 Convention Committee Chair

## **Al-Anon Liaison 2013 Report**

I am so looking forward seeing everyone at the 60th Georgia State Prepaid Convention Oct 17-20 2013. Please register for this great event at [www.aageorgia.org](http://www.aageorgia.org). I hope that everyone is looking forward to hearing two great speakers, Angie B. Dothan, AL. and Phillip W. from Alabaster, AL. and it will be right here in beautiful Atlanta, GA. at the downtown Hyatt Regency. Make plans to come out and fellowship with these great speakers. Also we have a list of AA speakers; come and hear the other side's story.

Dorothy N.

Al-Anon Liaison 2013 AA Prepaid Convention



**CELEBRATING**

**WORLDWIDE UNITY**

**AL-ANON FAMILY GROUPS**

**2013 Al-Anon**

**INTERNATIONAL CONVENTION**

**JULY 5–7, 2013**

**VANCOUVER, BRITISH COLUMBIA, CANADA**

**For more information:**

**<http://www.al-anoninternationalconvention.org/>**

NEW SEGMENT – How service work has helped in recovery.

## **FROM GRATITUDE TO ACTION**

### **I**

#### **Trustee**

"Service and recovery, then, are not independent of each other. Both are part of the spiritual awakening that continues to guide us" - *When I Got Busy, I Got Better* - page 2. There are many "gems" of wisdom from our Fellowship that I strive to incorporate on a daily basis to aid my recovery; this line from our literature is one of my mainstays. It keeps me mindful that while I'm in service at any level, I have a unique opportunity to increase, deepen my recovery. This has been especially true in my current service role as a Trustee. As Concepts 6-9 outlines, the duties of the Trustees in "managing the affairs of the corporation" (Service Manual p. 130) requires careful attention to a range of responsibilities and tasks.

On more than one occasion when engaged in completing a task, discussion, etc., I've found myself so focused on getting the job done that I missed a growth opportunity to work on a recovery area(s) that brought me into the rooms and ones I continue to work on. So, when I can remember my favorite "gem" of wisdom in the midst of the task and can see the growth opportunity, I can and have experienced a "spiritual awakening." One other sentence from *When I Got Busy, I Got Better* sums-up why it is so important for me to remember that "Service and recovery are not independent of each other," it states; "If you aren't taking advantage of all three sides of [the] triangle, you may be cheating yourself" p. 9.

Thank you for trusting me to serve *while* recovering!

Char F.  
Trustee-at-Large

## From Gratitude To Action (cont)

### II

#### Past Delegate

After *How Al-Anon Works* was first published in paperback, the members of my home group considered the intent behind this \$5 version of our own 'Big Book': to serve as an outreach tool by putting in the hands of newcomers a 'clear and easy-to-understand introduction to the Al-Anon program.' So, along with the information we were already offering, my group voted to give a copy to newcomers. I still remember the reaction from the first person who received one. The look of surprise as she reached for the book shifted to gratitude as she put it in her lap to flip through the pages, and the room grew quiet for a moment as the rest of us shared equally in the experience of 'paying our gratitude forward.'

Vicki L. Past Delegate  
Embry Hills Pathfinders

### III

#### District Representative

"When I got busy, I got better." This is so true. In my first year of Al-Anon, our District hosted the Annual Convention. My sponsor just so happened to serve as the Registration Chair and yep, I was put to work! AND, I loved it! I found I had such purpose, even my daughter, who had been so shy, stood there with me and gave out hugs and stickers! I made so many friends and when I see them again, it's like a family reunion. Shortly after the convention, I found myself serving as GR and now I serve as DR. I feel honored to serve such an amazing district and past representatives continue to encourage and help me to navigate my service. I love the fact that this program is a "We" program, together... I don't have to walk my journey alone. My higher power has weaved a beautiful tapestry of my family's experience in the program, and He's not finished yet!

Anna S. District 20 DR

**Al-Anon Family Groups of Georgia**  
**Area Assembly Schedule**  
**May 18-19, 2013**

**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 relationship 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.

**Saturday- May 18, 2013**

11:00 a.m.	Registration Opens- Host District(s) 5&6 Literature Opens Hospitality- Districts <b>7,8,&amp; 9</b>	Hallway Grand Salon B Boardroom
12:00-1:00 p.m.	Business Meeting- Part 1	Magnolia
1:00-1:30 p.m.	Break- Literature and Hospitality Open	Grand Salon B Boardroom
1:30-2:30 p.m.	GR Workshop- Service Manual- Tom M. DR Workshop- TBA- Char F. Alateen AMAIS Certification Training Alateens Workshop (AMAIS & Alateens) GR Basic 101 Workshop- Jeanie M.	Magnolia A-B Magnolia D Grand Salon A Magnolia C Boardroom
2:30-3:00 p.m.	Break/Literature & Hospitality Open	Grand Salon B Boardroom
3:00-4:30 p.m.	Using KBDM to reach a group conscience – J.P. M. Alateen AMAIS Certification Training Part II Alateen FUN! (AMAIS & Alateens)	Magnolia A-B Grand Salon A Magnolia C
4:30-5:00 p.m.	Break- Literature and Hospitality	Grand Salon B Boardroom
5:00-6:00 p.m.	Al-Anon Discussion Meeting- Districts 5&6 Alateen Discussion Meeting (Closed) Alateen Sponsor to Sponsor (Open)	Magnolia A-B Magnolia C Grand Salon A

**Saturday- May 18, 2013 (continued)**

8:00 p.m.	AI-Anon Speaker Meeting Speaker– Lauren M. DR District 16	Magnolia
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**Sunday- May 19, 2013**

8:00 a.m.	Registration- Host District(s) 5&6 Literature Opens Hospitality Districts <b>7,8,&amp; 9</b>	Hallway Grand Salon B Boardroom
9:00-1:00 p.m. 10:45- 11:05 a.m.	Business Meeting Part II Break, Hospitality Room Open	Magnolia Boardroom

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**Reminders:**

Sign-in Sheets: DRs deliver sign-in sheets to Alternate Delegate, Renelle M., by 9:00 a.m.

Contributions: Provide contributions to Treasurer, Levon C., by 9:00 a.m. or during breaks

Check out time: Marriott- noon

Meeting Times: Meeting and ending times are approximate. Please plan to stay until the meeting is adjourned. There will be periodic breaks throughout the meetings.

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**Meeting and Hotel Facilities Information**

**Marriott Macon City Center**

240 Coliseum Drive, Macon, GA 31217  
Reservations: 866.882.4465 or local 4780 621.5300  
\$105.00 + 14% king or 2 queens

**Candlewood Suites**

3957 Riverplace Drive Macon, GA 31210  
478.254.3530  
\$64.95 + 14% Queen suite or double

**Cut off dates for reservations at both locations:**

**May 3, 2013, Sept. 6, 2013**

**Mention GA AI-Anon to assure the discount at both hotels**