



# GEORGIA ON TRACK

July 2013

## AREA OFFICER REPORTS

### Delegate's Report

On March 24, 2011, we had a tragedy in my city. One of our historic, 122 year old, empty Cotton Mill buildings burned completely to the ground. The building had recently been turned over to a group of people who committed to bringing it "back to life" by renovating it. They were going to make loft apartments in that structure.

The fire started by a single spark from one of the welders who was beginning to salvage the old material in the building. That particular day, the wind was blowing strongly with gusts up to 25 MPH, and with the 122 year-old timbers acting like fat lighter in the building, it didn't take long before the entire building was engulfed in flames. To say the least, the conditions were prime for a strong fire, although it only took a spark to start it. The fire continued to smolder for a few days afterwards.

My life used to have tragedies like that one and if I'm not careful, a tragedy can still occur. Let me explain....

If I don't go to my meetings on a regular basis, if I don't talk to my sponsor and other Al-Anon members regularly, if I don't read my literature, if I don't reach out to others in service, if I don't have that spiritual connection with God, only one negative spark can begin a fire in my life.

If I don't connect spiritually, my life is like fat lighter primed to blaze like a wildfire in my soul. I can become consumed with anger, my imagination can go wild with worry, my anxiety level can grow, and I can lose my serenity with a simple word, action, or look from someone.

It's the condition of my heart that needs to be taken care of to make sure that a single spark on a windy day does not produce a negative fire in my spirit where I am engulfed in pessimism or insanity.

Thanks to Al-Anon, I have learned to take care of the con-  
heart pretty much on a regular basis. On those windy days, on the days when I'm feeling dry and brittle inside, I still have the tools of our program and God to protect myself from letting a wildfire begin. If I'm willing to use those tools, all is not lost and destroyed anymore. The spiritual foundation remains intact.

Cathy O.  
GA Delegate  
Panel 53

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## **Alternate Delegate's Report**

I hope everyone is enjoying the beautiful summer we are experiencing. All the recent rains have left behind lush foliage and flowers bursting forth with vibrant color. This analogy reminds me of my recovery. The many tears of healing have left behind a spirit filled with joy, happiness, and a desire to live life to its fullest. I am about to embark on one of those life experiences as my Higher Power has blessed me with the opportunity to go to the Al-Anon International Convention in July. I am now beginning to pack and look forward to this wonderful adventure. I hope to share some of it with you once I return.

As your Alternate Delegate one of my many responsibilities is to ensure members are aware of our monthly magazine The Forum and encourage members to subscribe to The Forum. Every month it contains articles on each of our three legacies.

One article I particularly liked in the June 2013 edition was "Concept Six: A balanced relationship is based on trust." One paragraph in this article states:

"When there is a divisive issue, the question for individuals in the relationship is "How Important Is It?" If the relationship is based on trust, then it's okay to let go of that issue for the sake of the relationship as a whole.

Who has primary responsibility for the relationship? As the Delegate from South Dakota showed, the answer is: "Let it Begin with Me."

I hope each of you is either already enjoying your own personal subscription to The Forum or will go to the WSO website and submit an order to begin receiving this valuable piece of literature. There are so many wonderful sharing's from all over the world. Who would want to miss out? Subscribe today and begin to enjoy and broaden your insights!

Another of my responsibilities is to ask someone to be our speaker for the meeting on Saturday night. It is my pleasure to announce that the September Assembly Saturday night speaker will be our own Newsletter Coordinator Essie N! I have spoken with her and she is very humbled and honored to share her experience, strength, and hope. I know she will bring lots of recovery to us and I look forward to hearing what she has to share.

Love in Service,  
Renelle M.  
Alternate Delegate

### **How Important Is It?**

**The perspective we gain when we apply this slogan makes it possible to set aside petty worries, minor irritations, and baseless judgments so that we might celebrate the extraordinary richness and wonder that life offers.**

**(pg. 71 How Al-Anon Works)**

## **Chairperson's Report**

### **Concept 7- The Trustees have legal right while the rights of the Conference are traditional.**

I came to Al-Anon as the very desperate parent of two teenage alcoholics. I was in all the pain of a newcomer and incredibly confused about what were my legal rights as a parent, but at the same time, how I could detach from them as the program taught me. Surprisingly, this Concept was one of the first Al-Anon ideas that made sense for me. I happened to read a story in the chapter on Concept 7 in Paths to Recovery (page 292) about a mother who's teenage daughter wanted to move in with her boyfriend. Her story clearly explained that as she studied this Concept, she realized that she was still legally responsible for a minor child's actions and found the strength to tell her daughter, "NO!"

Reading that story and beginning to study this concept helped me discern that I could take away the keys to a car if drinking was occurring, but that I had no right any longer to intervene at school for my children when they were in trouble. The legal consequences were still mine but their individual and spiritual consequences did not belong to me. I have come to love this particular Concept since I gained so much peace from that revelation. Also this experience encouraged me to really study the Concepts to learn how they apply not only to my service but also in my personal life. I would have to say that I now have a real soft spot for the Concepts. They have been a part of my spiritual journey.

As an Area and Assembly we recognize that we do have legal rights and responsibilities that we must address and completed, while always remembering that our primary purpose is the spiritual principle of carrying the message. As in all our programs the search is for the balance.

At the September Assembly, the 3:00 workshop on Saturday will be led by members of our working Restructuring Task Force. They will be focusing on Traditions 2 and 9 and Concepts 1, 6 and 7. The discussion will give a brief explanation on each Tradition or Concept and how they relate to the restructuring effort and our own personal lives. Members will be given the opportunity to ask questions and give ideas as this very important work continues. You may want to read some on these Traditions and Concepts ahead and bring your Service Manual with you.

Please don't forget the Alateen Spaghetti dinner Saturday night. Bring those desserts and contributions for our Alateens and have FUN! See you in September.

With Love in Service,  
Cheryl K. Panel 53  
Georgia AFG Area Chairperson

## **Area Treasurer's Report**

Greetings to all my Al-Anon Family,

The opportunity to serve as your Area Treasurer is still allowing me to learn more about Area 11 and grow in my recovery through service. Thank you for all the love, hugs, encouragement and support you continue to give me. The gifts of the Al-Anon program still amaze me to no end with constant gratitude.

May Assembly is over and it's time to look toward September. I am still looking for any feedback or suggestion on "how" I can improve my reports, so if you have one, please let me know. I welcome all the help I can get.

On another note, in keeping with our Seventh Tradition, I would encourage each group to pass an extra basket or envelope during your meetings for a special yearly appeal. This would be in addition to your groups' normal area contributions. Maybe we could call it the "Love Your Area Basket". I got the name from another Area's assembly I visited recently and just loved the idea.

"In the simplest terms, this Tradition points out one of the cornerstones of the Al-Anon program of recovery. When individual members and groups understand that they are responsible for their own survival and progress, a great spiritual strength flows into each part as well as the whole. If I do my part and others do theirs, we do it together, and we don't need to ask someone else to do it for us."  
*From Al-Anon's Twelve Steps & Twelve Traditions page 116-117.*

Send Contributions to:  
AFG of Georgia, Inc  
PO Box 7644  
Macon, GA 31209-7644

Again, thank you for all your love, hugs, and support!  
Grateful in Service,  
Levon C. – Area Treasurer

## **Area Office Chair**

Hi to All,

Just a quick update on the proposed moving of the Office. The lease is still being negotiated and hopefully will be signed next week. Although the new space is smaller it's adequate for our literature and storage of records for the Area, Conventions and archives and the rent will decrease from \$721/month to \$400/month. The tentative date for moving is August 1<sup>st</sup>.

The opportunity for doing service is still available. We still need volunteers to man the Office. The days are Wednesday and Saturday from 10am to 2pm. Groups, districts or individuals can volunteer and it doesn't have to be every month. It can be every other month, once every 3 months, once a quarter or even twice a year. We do pay mileage for volunteers. Help is also needed for phone retrieval which is really easy and there is no better way to help spread the message to those who still suffer. Please talk about this in your groups and districts meetings. Both working in the Office and doing phone retrieval can be shared by one or more groups. Rather than making a money contribution consider making a service contribution instead. I can be contacted any time by phone or email if you would like more information.

## **Area Office Chair (cont)**

We currently received one of the new items S-72 “Using the Traditions in Conflict Resolution”. We have a priority order in for the new workbook “Reaching for Personal Freedom-Living the Legacies and according to WSO they will probably be shipped about 2 weeks after the International is over.

As always we are so grateful for all your contributions and for supporting your Area Office. Thank you for giving me the opportunity to grow and to serve Georgia Al-Anon.

With love and gratitude in Service,

Debbie F. Panel 53  
Area Office Chair

## **Area Coordinator Reports**

### **AAPP Report**

Greetings,

It is with great relief that I declare the annual certification period for AMIAS is complete! This year will have also sent out a one-time letter to all AMIAS notifying them of their status as mandated reporters. Please be aware that we are still learning how this impacts our fellowship. We are doing all we can to get the information to you as soon as possible.

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

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

Jennifer T.  
AAPP Coordinator Panel 53

## **Archivist report**

Happy summer from your Archivist,

It has been even more of a joy than I expected to dig through the archives. I spent a happy several hours with two fellow servants (Cheryl K. and Gina B.) exploring and organizing. We found some gems, like the past “hard copy” newsletters, and notes from the task force on Alateen when the Area was trying to create new guidelines to keep our young people safe.

At the September Assembly, I plan to bring a display of some interesting items from the archives. Look for it “stage right” on the table where Cathy O. had her mementoes from the World Service Conference.

So many people liked the Alateen quilts at the May Assembly that I may bring some for September. Marie N. borrowed quilts to display at an outreach project. Peggy W. has continued to sew loops so that we can protect the tops of the quilts.

I am thrilled that the Area is helping with the cost of a new scanner, and that a couple of DR’s have offered to help with the scanning process.

### Archivist wish list:

- A good audio tape recorder
- Copies of all past reports from special committees, task forces and thought forces
- A computer dedicated to archives
- A large glass display cabinet that can be locked

More group histories

Love in service,

Sulata L.

[sulata.afg@gmail.org](mailto:sulata.afg@gmail.org), or (478) 741 0013

## **Public Information Coordinator’s Report**

Hi All,

By the time you are reading this the Committee will have placed its order for “Al-Anon Faces Alcoholism 2014” for delivery at the September Assembly. In April, I participated in a Public Outreach conference call on how groups use the AFA as an outreach tool including outreach: to Community Colleges, Law Enforcement, Victims Advocates offices, Clergy, Counselors, Social Services, Jails, VA Hospitals, Health Fairs, Hospitals Recovery Centers, Religious Institutions, Middle School and High School Counselors. Others also use it as an outreach tool for newcomers, leave copies in waiting rooms, at physician’s offices (with permission only). Distributing AFA’s is Al-Anon’s largest member participation public outreach.

The Committee is continuing to develop the outreach project to minority communities focusing on outreach through black churches. We look forward to sharing more details on our progress in September.

## **Public Information Coordinator's Report (cont)**

On June 29, we participated in a health fair hosted by Prairie View A & M University Alumni Convention, held in Atlanta. It was a great opportunity to share information about Al-Anon and Alateen. We displayed Alateen quilts along with books and handed out pamphlets, "20 Questions" and bookmarks for both Al-Anon and Alateen.

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

## **Group Records Coordinator's Report**

My thanks to all the Area Officers, Coordinators and DR's for their patience and understanding. Things seem to be settling down and smoothing out. Moving the monthly submission deadline back 5 – 6 days has been very helpful. I calculate it takes anywhere from 20 – 30 minutes to process each change: from updating the WSO database all the way to publishing the directory updates, to notifying the Webmaster, Area Treasurer, Alternate Delegate, MAIS meeting schedule chairperson and MAIS telephone answering chairperson.

I am starting to receive responses from District Representatives regarding the designation of Groups in their districts as "Closed" (actually one DR has responded). There is much confusion about designating a Group as being "Closed". If you have any questions concerning this, please consult with your DR.

Also, for any new groups and/or groups wanting to change their names, please keep in mind that WSO is closely examining group names to ensure that they do not reflect a potential endorsement of any outside enterprise.

Thank you all for allowing me to serve.

Yours in service,  
David B.  
Group Records Panel 53

### Communication

Once we are able to take care of ourselves, we have much more to bring to our relationship with others. The way we relate to others depends in large part upon the way we communicate, so it is useful, when examining our relationships, to consider what we say and how we say it.

(pg. 94 How Al-Anon Works)

## **Area Web Master's Report**

### **Fliers, Fliers, Fliers**

We want to help you get the word out about your AI-Anon event. We will be glad to post your flier as long as it conforms to our traditions.

The main tradition that I see fliers run into trouble with is concerning anonymity.

We can break our anonymity within our fellowship. I can tell you my full name in a meeting.

I can use my full name on a flier that I pass out in meetings.

But I can't use my full name on a flier that's post on the Internet.

But what if my only e-mail address has my full name in it?

### **We Have The Technology**

We can assign your event an "[ga-al-anon.org](http://ga-al-anon.org)" e-mail alias. This is an e-mail address that will automatically forward e-mails to your original e-mail address.

You can then respond from your "home" e-mail since you are now communicating within the fellowship and not on the web.

### **Other Events?**

What about the local roundup - it has AI-Anons who are part of the committee? Can you post that?

The question comes up as to if we can promote / announce events that are part AA and part AI-Anon.

Tradition Six states, "Although a separate entity, we should always cooperate with Alcoholics Anonymous."

But we know that doesn't mean we cooperate with all alcoholics. We cooperate with the organization of Alcoholics Anonymous.

Tradition Nine states, "Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve."

AI-Anon Family Groups have the responsibility for AI-Anon world service (Concept One).

So we elect GRs to represent our groups. The GRs are responsible back to their groups.

The GRs elect various trusted servants including the GA AI-Anon Convention chair and the GA AA Pre-Paid Convention Representative.

They are responsible back to the GRs.

So are the various roundups composed of trusted servants who are elected? Are they responsible back to groups? Usually not.

So if they aren't elected then they aren't responsible back to the groups. And it's the groups who are responsible for World Service.

What about an AA meeting who has a nationally-known speaker? Can we announce it?

For this answer we turn to the 2010-2013 AI-Anon Alateen Service Manual p.117. "AI-Anon/Alateen Area newsletters and local bulletins may publicize activities of AI-Anon/Alateen groups and those A.A. activities with AI-Anon participation."

So if an event is officially part of A.A. AND it has elected AI-Anons participating (elected by a group in the Service Structure), then we can announce it.

Otherwise, for the sake of Tradition One (Unity), we can't publicize it on the Area site.

Patrick B.  
Web Coordinator

## **Newsletter Coordinator's Report**

This is it, another newsletter highlighting events, workshops, and missions/goals of Area 11. It is inspiring to follow the happenings through the eyes of Al-Anon members. As we grow individually and as an Al-Anon unit, we witness Tradition One in action—"Our common welfare should come first; personal progress for the greatest number depends upon unity".

Let us give a special thanks to the Area 11 members who were selected to be speakers at the **Al-Anon International Convention in Vancouver, British Columbia, Canada July 5-July 7**. And, do not miss Debbie F., Area Office Chair sharing in our newsletter segment-**From Gratitude to Action**.

Forever grateful,  
Essie N.  
Newsletter Coordinator

## **District Reports Area I I**

### **District One**

#### ***A Roaring Good time***

*Was had by all!*

On Sunday June 30, 2013 our District gathered in Ellijay GA on the Coosawattee River for our 4<sup>th</sup> Annual District Picnic. I can't even begin to describe what a perfect day it was. There is no doubt Our Higher Power was present. HP supplied us with the most gorgeous weather and a gentle breeze on a beautiful summer day. We could not have asked for this day to be more perfect. The river gently flowing as we sat under the fans at the ETC Pavilion.

We were entertained, enjoyed fellowship, had fun and the food was the best southern cooking you can imagine.

We had a terrific turnout with about 80-85 in attendance and it was truly an amazing day being together with family and friends.

Our GR's and the 7 groups in our District went above and beyond the call of duty. Our raffle baskets that each group made were simply outstanding. AA participation was strong and their support unbelievable. These guys can cook!! We were so fortunate to have such willing helpers.

We had two wonderful speakers. Our AA/Speaker, Marsha T. from Ellijay GA and our Al-Anon/Speaker, Lee M. from Dalton GA shared their experience, strength and hope while taking us through their journeys in the program. What an incredible inspiration to us all.

Together as a District we pulled off a wonderful event and plan to continue to make this a yearly tradition. If you were unable to attend we hope you can join us next year.

## **DISTRICT REPORTS—AREA I I**

### **District One (cont)**

#### ***Public outreach continues to thrive in our District.***

*Reaching out and helping another in need.*

We currently have 1 date in July and 2 dates in August where we attend treatment centers and carry the message of Al-Anon to families that have been affected by the disease of alcoholism.

Love In Service

Kathy W. District 1 DR

### **District Two**

#### **Two's News:**

The Jefferson AFG group will be having a covered dish dinner followed by a speaker meeting, Tuesday, July 30<sup>th</sup>. The dinner will start at 6:30 pm with the speaker to start at 7 pm. Barbara T. from Athens (yep, that's me) will be telling her story. This group has a dinner and speaker meeting the last Tuesday of months containing 5 Tuesdays. The meeting is located at the Jefferson Presbyterian Church, 243 Washington St., Jefferson 30549. Contact Mary at 404-626-4696 with any questions.

On a personal note, I have a confession to make. I have been ordering literature from WSO, not our Georgia Al-Anon Central Services office (GACS). I like the ease of ordering on-line and having the literature appear on my doorstep in 7 to 14 days. At May's Assembly when I heard about the new on-line form that Debbie and Patrick had put on the website where literature could be ordered from GACS all on the computer, I thought I would give it a try. I followed the directions exactly as they appeared on the website and within 3 days I received the literature at my doorstep! How fabulous is that! Thank you to Debbie and Patrick for your dedication and excellent service to our Area. I like it!

Barbara T. District 2 DR

### **District Six**

Warm greetings from Southeast Georgia where District 6 is alive and well and thriving! After District 6 was dormant for a while, we are so happy to report that we are back on the map with 10 active groups who are learning all the principles of Al-Anon program while working the steps.

The ladies of the Wayne County Al-Anon Family Group had a "Soak up Some Serenity Retreat" the first weekend of June 2013 at St Simons Island, GA, where we had 10 in attendance. The two-day retreat was filled with an awesome meeting, sharing of experience, strength and hope, and close times between women who are walking this recovery road together. The topic of our meeting was "Tools of the Al-Anon Program" where we were shown visual reminders of the tools as they were pulled from a toolbox. It was a meeting where many shared their thoughts, hearts were touched, lessons were learned and laughter was present. Walking on the beach, talking over delicious meals, craft time

## **District Six (cont)**

where we each made a “God box”, late night discussions, and close spiritual moments filled the retreat. It was a great success and we are planning on doing it again, maybe making it a bi-annual event!

Our Nahunta Al-Anon Group has a speaker meeting every 5<sup>th</sup> Friday, so if you’re in the area at that time, check it out. It’s always a blessing to hear someone share their story because it gives such hope!

District 6 also had great representation at Area Assembly in June. It was the first time to attend assembly for many of our District 6 people in attendance, so there was much to take in and learn about the organization of Al-Anon and how the business end is handled. It was a wonderful opportunity to see how we as District 6 are part of a much bigger, world-wide fellowship.

Until next newsletter, we are “living and letting live”, enjoying a new and better way to live thanks to Al-Anon!

With Gratitude,  
Debbie P. District 6 DR

## **District Ten**

District 10 is happy to be supporting a local treatment center with Al-Anon experience, strength, and hope. GRAN recovery center is located in Covington, GA and holds an introduction to Al-Anon the first Tuesday of every month at 6:30 pm. A District 10 Public Outreach volunteer, Mary B. is helping staff volunteers, and rotates the experience from each meeting in District 10. We are pleased to support this effort, and hope you will join us.

SERVICE OPPORTUNITY - Do you have just ONE hour a month to give?

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

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

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

Call Mary B. at 770-787-1557 or email [mclevel@emory.edu](mailto:mclevel@emory.edu) if interested

In Service,  
Sheri B. District 10 DR

## **District Eleven**

We have some good things going on. We are working on Public Outreach. We ordered some pamphlets, bookmarks, Al-Anon faces Alcoholism 2013 and met one evening to put it all together in a packet, each GR took some so they could drop them off at different places. We also purchased a stamp with information on it. We also added meeting schedules to the packet. This is one of our goals this year: to do more outreach.

On Saturday, June 29, 2013, from 10:00-1:00 pm we sponsored a Fourth Step Workshop and had 2 fantastic speakers. William (Bill) B. (author of When Love is Not Enough: The Lois Wilson Story) and his lovely wife Bernadette B. were the guest speakers. Bernadette B. has 51 years in Al-Anon. Our own District 11 members participated in sharing their experiences with Fourth Step Inventory and the importance of having a sponsor. Lunch was provided and door prizes were given away. It was a great turnout and a Blessing for all! Great food, fellowship and experiences were shared!

District 11 is looking forward to sponsoring more workshops and continuously reaching out.

Love in Service,  
Becky C. District 11 DR

## **District Twelve**

Well it's that time again, seem like it was just last month for newsletter. In April we were on top of the mountain, my first article for newsletter from District 12. We were excited about our district and things we had accomplished over the years. Thank GOD FOR AL-ANON.

Shortly after the newsletter was printed our district went down in the valley, one of our long time members passed away-Ruth L. from Cascade AFG. I met Ruth over 30 years ago when I first came into the program. She and her husband George were very inspiring to my recovery. Ruth would always tell me to stop trying to control my husband and work on myself. I would get angry, but found out after some long 24 hours that it worked. Ruth started the Cascade AFG, sponsored Cascade Alateens for many years, always supported Al-Anon and AA Conventions, District Workshops, Anniversaries, etc. She remained a member until her death. She will be missed. My favorite slogan-And This Too Shall Pass. Ruth's memory will always be with us, but life goes on.

We will be planning a District workshop later this year, more info will be coming.

Love in Service,  
Martha C. District 12 DR

## **District Fifteen**

To all who participated in the District 15's workshop REACH OUT REACH UP you made it a great success. Special thanks to Cathy O Area 11 Delegate for co-chairing one of the workshops. Thank you, Patrick B for sharing your story with us. All who came had plenty to eat and all received solid recovery. It was a real treat to have the Area Delegate, Alternate Delegate and area webmaster attending our workshop.

Thank you all for your service to Al-Anon.

Dan M. District 15 DR

## **District Sixteen**

District 16 has a great group of GRs (and I'm grateful for each and every one)! Probably one of the most exciting things to announce regarding happenings in District 16 is that we will be starting not one, but TWO Alateen Groups in July! *The Ultimates Alateens AFG*, is being re-activated after several years of inactivity due to lack of teens. They will begin meeting Mondays @ 6:00pm (starting July 15th) at the Self-Help Harbor, 909 Stonewall St, LaGrange, GA 30240. Our 2<sup>nd</sup> Alateen Group, *Courage To Be Me Alateens AFG*, will meet Sundays @6:30pm (starting July 28th) at St. Andrews Episcopal Church, 316 Peachtree Parkway North, Peachtree City, GA 30269. We're all wishing them luck and success in carrying the message of hope to our teens.

Other exciting happenings in District 16...we had a new group start May 27, the Wares Cross Roads Tranquility Group AFG in LaGrange, and from what I hear, they've been doing extremely well In both attracting new members and carrying Al-Anon's message. Two groups, Southside Serenity Seekers AFG and Peachtree City AFG, are busy planning/conducting public outreach programs to professionals and/or schools using Al-Anon Faces Alcoholism 2013. I'm looking forward to hearing the results from their work and having them share their experiences with the rest of the District!

### **District Sixteen (cont)**

Just Us AFG, is in the process of conducting of their 1st Group inventory. The Lunch Bunch in La-Grange, has recently held several meeting on the importance of sponsorship. Fairburn AFG, after several years of struggling and then re-organizing, has recently expanded to meeting 2 times/week. They have a new GR and not only are they getting involved again at both the District and Area levels (1<sup>st</sup> time at Assembly in over 5 years), they've even volunteered to host our next District meeting and workshop in September!

Yep...I would say, District 16 is doing a pretty good job of “living and spreading the Al-Anon program”. Thank you, GRs!

Gratefully submitted,  
Lauren M. District 16 DR

### **District Seventeen**

District 17 is currently enjoying a time of respite and relaxation during the hot summer months. With no workshops of our own taking place, members have caravanned to other districts in the state to participate in their recovery. Visits were made to District 1's picnic in June and to the Mountain Miracles in May. It is always uplifting to see our program taking place beyond our own local communities.

Many of our District 17 members are busy working on the committee to organize the Area Convention coming up in August. We are excited to have the convention so close to home and look forward to the fellowship and fun it will bring.

Our district has had a change in leadership. We are very grateful to Deborah N for her service as DR. She has had to step down, so now we are pleased to have Anne M step up as our DR for the remainder of this term. We are also very excited that one of our Alateen sponsors, Carmen L, was elected at the May Assembly to serve as the Alateen Convention Co-Chair for 2014 and the Alateen Convention Chair for 2015.

Respectfully submitted,  
Anne M. District 17 DR

### **District Nineteen**

Wow...time gets away! Earlier in June I purposed to get an article to the newsletter and not procrastinate so that I could focus on my District Meeting agenda, the upcoming Convention plans, the Alateen Task Force that I am on, the meeting where I was asked to bring a topic, conversations with my sponsees, reading some literature, praying and meditating, and doing a little writing. Well...here it is a couple of days before the deadline and I'm just beginning to get something together to submit to our Georgia on Track Newsletter.

District 19 is “going strong”. We have a District Meeting once a month (except July and December) and are enjoying a “mini” Concept Workshop at each meeting. Our attendance is building but we still have some groups who currently are not represented. Our vision of 100% participation continues and we stay enthusiastic on our journey in Al-Anon service together.

The district has elected to join forces with the Area outreach project and will be ordering copies of Al-Anon Faces Alcoholism to ignite our effort to carry the message to professionals. We have participated in this project on a District level for several years now, and have found it to be quite rewarding.

## **District Nineteen (cont)**

We had our Al-Anon Day of workshops, a great speaker, and superb fellowship in April and have begun plans for next year. Several groups within our District have celebrated anniversaries, and there's more to come!

Coming up: Please join Oak Road AA/Al-Anon Anniversary Dinner being held on July 13<sup>th</sup> at St. Matthew's Episcopal Church, 1520 Oak Road, Snellville, GA. Meat and beverages provided. Bring a covered side dish/desert. Doors open at 5:00, dinner from 6-6:55. Don and Charlene W. start speaking at 7:00.

I am so privileged to be DR for District 19 and look forward to broadening my horizons, learning from each of my fellow DRs, and influencing harmony (unity) and growth in the District with the help of all the amazing GRs that so willingly serve Al-Anon.

Cynthia S. District 19 DR

## **District Twenty One**

*"How To Be Me" ... We have a program for that!*

### **District 21 Anniversary Workshop**

DATE: October 26, 2013

TIME: 10:00 am - 3:00 pm

PLACE: St. Benedict's Episcopal Church  
2160 Cooper Lake Rd. SE, Smyrna, GA

**Speaker: Renelle M - GA Alternate Delegate**

Workshop: Knowledge Based Decision Making - JP

Workshop: Responsibility - John R.

Join us for Fellowship, Food, Fun and Raffle  
Pot Luck Lunch (bring a Dish to Share)

Contact: Candy C. 770 866-9216

## 2013 Georgia Al-Anon /Alateen Convention with AA Participation

Our last planning meeting for the 2013 Georgia Al-Anon/Alateen Convention was held on July 13<sup>th</sup> at the Atlanta Northwest Marriott Hotel to confirm where each part of the convention will be held. We are so looking forward to serving all of you Georgia Al-Anon/Alateen members with a great convention. If you haven't made your reservation with the hotel, do it right now and also be sure you have sent or turned in your registration to Marge. Her address and cell phone # are on the registration form which you can pull off our Georgia website.

See you there!

Lois B. 2013 Convention Chair

## Al-Anon Liaison 2013 Report

60<sup>th</sup> Georgia State Prepaid Convention being held October 17<sup>th</sup>-20<sup>th</sup> 2013 has no registration fee. Please make your reservation soon at the: Hyatt Regency Atlanta-265 Peachtree Street N. E. Atlanta. We have two great speakers: Angie B. of Dothan, AL and Phillip W. of Alabaster, AL. We have also added two more meetings with one on Saturday at 8AM and a Sunday morning Spiritual meeting at 8AM. There will be a hospitality room with lots of great things to eat. Stay tuned to that Thursday as everything starts the 17<sup>th</sup>. You can register online at [www.aageorgia.org](http://www.aageorgia.org). The Prepaid Committee had an opportunity to read a page from **Georgia on Track** that featured Tom H. their Panel 62 Delegate.

Dorothy N. Al-Anon Liaison 2013 AA Prepaid Convention

## From Gratitude to Action

Early in my program I spent many years doing nothing but going to my meetings. I heard others talking about District Meetings and Assembly but thought these were for "special people" - some sort of elite group to which I didn't belong. I heard others say and even read in our literature that to keep it you have to give it away but for me that consisted of sharing at my meeting. I had no idea what I was missing and no understanding that doing service enhances recovery and takes it to another level. Since being introduced to service work I've come to understand that our legacies, the Steps, Traditions and Concepts are what connect me to my recovery and spirituality and help me continue to grow and in doing so I have more to give away. Today when I have questions or problems in my life I can find answers not just in the Steps but also in the Traditions and Concepts. Today as I continue on my journey in recovery I realize that our legacies are about life. The Steps teach me to love myself, the Traditions teach me to love others and the Concepts teach me to love the world with all its imperfections. If I don't use all the legacies then I am short changing myself and limiting my recovery. I could go on and on but will stop and just share with you in a nutshell so to speak of what service work has given me.

**S**erenity takes on new meaning

**E**xciting new opportunities

**R**ealizing untapped potential

**V**ery interesting discussions

**I**nvestment for growth

**C**hallenges my comfort level

**E**nhances my enthusiasm for life

**W**onderful new friends

**O**pens new doors

**R**eceiving more than I give

**K**nowing that I don't have to be perfect

With much love and gratitude,  
Debbie F. Area Office Chair

**Al-Anon Family Groups of Georgia  
Area Assembly Schedule  
September 21-22, 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- September 21, 2013**

11:00 a.m.	Registration Opens- Host District(s) 10 & 11	Hallway
	Literature Opens	Grand Salon B
	Hospitality- Districts 12, 13 & 14	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.	Anonymity and Safety on the Web- Patrick B.	Magnolia A-B
	Alateen Sponsor to Sponsor	Private Dining PDR 1
	Alateens Workshop (AMAI & Alateens)	PDR 2
	GR- What is a Group Conscience?- Jeanie & JP M.	Magnolia C&D
	GR DR – CHAR F.	Grand Salon A
2:30-3:00 p.m.	Break/Literature & Hospitality Open	Grand Salon B Boardroom
3:00-4:30 p.m.	What Glues Us Together- Tom M., Renelle M., JP M. Traditions 2 & 9, Concepts 1, 6, & 7	Magnolia
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 10 & 11	Magnolia
6:30- 7:30 p.m.	Alateen Spaghetti Dinner location – Centenary United Methodist Church 1185 Ash Street (off College St.)	

8:00 p.m. Al-Anon Speaker Meeting Magnolia  
Speaker- Essie N., Newsletter Coordinator

### **Sunday- September 22, 2013**

8:00 a.m. Registration- Host District(s) 5&6 Hallway  
Literature Opens Grand Salon B  
Hospitality Districts 12, 13 & 14 Boardroom

9:00-1:00 p.m. Business Meeting Part II Magnolia

10:45- 11:05 a.m. Break, Hospitality Room Open Boardroom

#### **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.

#### **Meeting and Hotel Facilities Information**

**Marriott Macon City Center**  
240 Coliseum Drive, Macon, GA 31217  
Reservations: 866.882.4465 or local 478. 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:  
Sept. 6, 2013**

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