

# GEORGIA ON TRACK

MARCH 2024

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**DELEGATE**

Rotation of service, rotation of service, rotation of service!

This simple act is such a spiritual principle of our program that for me, carries so many lessons. For me it is not simply about completing a term of service, but about leaving space for others to experience the growth that I have, to increase humility by not feeding my need to control and do it all, and to learn how to let go. In *Many Voices, One Journey* it highlights when Lois shared on this topic in the October 1968 issue of *Al-Anon Family Groups Forum*; her topic was “letting go.” She wrote:

If at one time we held the active leadership of our group, it may be particularly hard to “let go.” It is so easy to believe that because we have been in Al-Anon for years, we must be qualified to tell others what to do, but our “actions speak louder than words.” When taking an inventory, we longtimers need to constantly remind ourselves of this point and ask ourselves if for some personal reason (thoughtlessness, egotism, a desire to dominate) we are still telling others what to do and how to do it.”

As we approach elections in our Area, it is my hope that we will keep the spiritual concept of “rotation of service” in the forefront of our minds, hearts, and actions. I believe if we all do this, we will continue to grow new leaders at every level, group, district, and Area.

Char GF—GA. Area Delegate

It’s true that I decided I needed to take the Twelve Steps for myself, my dear, but no matter what you read about me, just remember that I didn’t feel better overnight; it took a while, and once Al-Anon was up and running, I didn’t have to do it alone.”



*Many Voices, One Journey, p. 12*

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## ALTERNATE DELEGATE

### *Come on Spring!! The Forum*

Thank you to the 22 members who responded to *The Forum* poll. While only a small sampling, it was helpful to me to hear how groups are using *The Forum*. Here is what I learned:

- ◆ *The Forum* is most often used as a source for meeting/discussion topics.
- ◆ *The Forum* is frequently given to newcomers to take home.
- ◆ *The Forum* is announced when received and made available for members to borrow. 28% had submitted writings or photos to *The Forum*.
- ◆ One third of the respondents were not aware that GRs are considered “*Forum* Coordinators” for their groups.

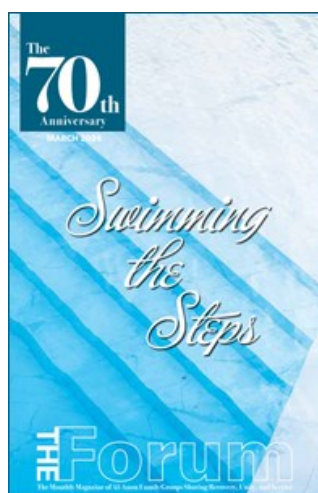
Thanks, again, to all those who responded.

### ***Service at Assembly***

Just a reminder, there are always service opportunities at Assembly! If you'd like to be a greeter, please let me know!

Hope to see you all in May.

Love, Debi, arealt-delegate@ga-al-anon.org



*The Forum Magazine* is comprised of members just like you! We all have something to offer as the publication is shared around the world. Click the link below for all the information needed to share your ESH!

<https://al-anon.org/for-members/members-resources/literature/magazines/forum-magazine-stories/?ss360Query=forum%20submission&ss360Offset=3>

## Forum Magazine

# Subscribe for yourself, as a gift or for your group!

[Click here to subscribe: Ecomm.al-anon.org/](https://al-anon.org/for-members/members-resources/literature/magazines/forum-magazine-stories/?ss360Query=forum%20submission&ss360Offset=3)



## AREA CHAIR

Hello members of the world wide fellowship of Al-Anon Family Groups!!

Lots of business is in the works for the April AWSC and May Assembly!! The agenda for April AWSC is filling up. Some of the highlights for AWSC are: discussion on whether internet is necessary to the business meeting at Assembly; several recommendations from the BOT about ample reserves; and a district boundary change. The May Assembly will be important as we will hear our Delegate's report from the 2024 World Service Conference and have elections for the Co-Chairs of the 2025 Al-Anon/Alateen Convention and the 2025 Georgia Alateen Conference.

AWSC will be in a new location for April 2024: <https://theassemblyga.org/>  
The Assembly 6040 Watson Blvd. Byron, GA 31008. Our AWSC will take place in the building marked "STUDENTS". The AWSC begins at NOON and the DR Get Together begins at 10:45. The new location has a variety of restaurants and places to stay at the nearest exit off I-75. It is so uplifting with small breakout rooms for meetings and a nice lobby area to have *fellowship* before the AWSC begins and during the breaks.

I have been pondering the definition of the word *fellowship*: *a friendly association, especially with people who share one's interests*. Coming into the program of Al-Anon, I had only one interest- and it wasn't friendly! My interests are varied and numerous now. I am interested in where and how we come together to do Al-Anon's 12th Step work while meeting, greeting, and renewing friendships with those whom I share a common interest. The structure of Al-Anon Family Groups, Inc.- the groups, districts, and areas compounds our ability to do 12th Step work and they give us opportunities to have *fellowship*.

There are five readings on *Fellowship* in our new daily reader - *A Little Time for Myself*. I took quotes from each of them to share with you about *fellowship*: "Al-Anon is called a fellowship of equals. To recover, we meet as equals. We each have value, purpose and equal importance in Al-Anon. We have in common that we have been affected by the family disease of alcoholism. Focusing on what I have in common with others helps me see each of us as equals regardless of our differences. Al-Anon service gives me the opportunity to work with others in a spirit of humility, knowing that I'm neither more nor less than anyone else. When our group needs something done, individuals volunteer. When we want to do something bigger, more of us volunteer."

*Fellowship* enhances my AWSC/Assembly experience. I look forward to seeing all of you at the upcoming April AWSC and the May Assembly to get those hugs, to have conversations, to renew old friendships and make new ones!!

Area Chair, Panel 62



## GACS CHAIR

We are heading into spring on a high note. We are happy to announce we have integrated the new phone system to include a Spanish speaking component. District 22 has offered to help with any messages left for people that are seeking a meeting in Spanish. Thank you to Ambar and District 22 for stepping up and helping.

I also have noticed an increase in groups, individuals and districts using the online system to electronically send contributions. It is a fast and easy way to send in your contributions on our Georgia website.

Our cutoff date for April AWSC to send orders in is April 12<sup>th</sup>, 2024. The Assembly's cut off date is May 10<sup>th</sup>.

As always, contributing is easy on the Area website at [ga-al-anon.org](http://ga-al-anon.org) and select Georgia Al-Anon Central Services whether you are a district, group or an individual.

Our address is 737 Riverside Dr. Lane, Macon, GA 31201. All Georgia Al-Anon Central Services mail should be sent to this address. Please help us get our address out to all the groups. Our email is [orderlit1@gmail.com](mailto:orderlit1@gmail.com) and the phone number is 478-254-3414. A reminder on the new P.O. Boxes to send mail to Assembly and Alateen. The new address for AFG of Georgia, INC. is P.O. Box 5634, Macon GA, 31208, and for Alateen of Georgia, including the Conference is P.O. Box 5635 Macon, GA 31208.

Our office is open on Monday and Thursdays from 9-2 most weeks. You can give Dianne a call or go by and visit, she will be happy to help you anyway she can.

Katherine N., GACS Office Chair

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

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

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



## BOARD OF TRUSTEES

Hello Georgia Area!!! I'm so excited to be embarking on this final year of the current panel, and as always, the BOT continues working hard for Georgia Al-Anon. Since the last Newsletter Report in November, the BOT has been working on the following:

The BOT approved a Finance Committee Work Group report concerning standardizing the Ample Reserve recommendations for the different Area entities. Because the recommendations of this report affect a prior motion from Assembly, they will be presented for approval by AWSC and Assembly in April and May.



In January, our outgoing BOT Treasurer Levon C worked very hard to get all the information together quickly for our end of year financial report, so that it could be approved by the BOT and presented for affirmation at January Assembly.

A separate Finance Committee Work Group is currently working on a position description for a bookkeeper who will help the treasurers for AFG entities with accounting data entry. Because we will now have two AFGG, Inc employees, we are also working with our pro bono attorneys to craft an employee handbook.

We are currently in close dialogue with the Marriott, the site of Area Assembly in Macon, to finalize contracts for the next panel and address some of the recent concerns that have popped up at the past two Assemblies, such as AV and internet issues.

Finally, one of the main goals of the Board of Trustees this year is to develop a Vision Statement for AFG, Inc. This will be addressed at our BOT retreat later this year.

As always, I end any report I give to the Area with a call to service. My personal service work on the Board of Trustees has been so incredibly fulfilling and has helped my Al-Anon program tremendously. Every year, two positions are available for service as a Trustee at Large to the Board. The resume forms can be found on the area website, [ga-al-anon.org](http://ga-al-anon.org), under Member Documents, then BOT Documents. The resume is due by June 15. If you have any questions about the Board or its activities, please feel free to contact me at [boardchair@ga-al-anon.org](mailto:boardchair@ga-al-anon.org).

In Service, Patrick Br  
Chairperson, Board of Trustees, AFG of GA, Inc



ARCHIVES

Hello everyone, hope everyone is doing well. I have completed my inventory on the forum issues that we currently have in the archives. I will try to get this in the proper format to update the website. In the meantime, if you need/want to know which issues we still need, just email me and I can send you a copy of our current inventory list.

My next main focus is going to be making sure we are up to date on our group histories. I will be reaching out to those GRs that either have no histories in the archives or that haven't been updated in quite a while. There is a link on the website to submit an updated group history if you want to update yours. If you would like to know what the date of the latest group history we have on file for your group is, just email me and I will be happy to let you know.



<https://www.ga-al-anon.org/area-information/forms-library/form-group-history-update-an-existing/>

<https://www.ga-al-anon.org/area-information/forms-library/group-history-original/>

Also, I am going to investigate the cost and feasibility of getting cassettes of speakers transferred over to CD's or thumb drives. We have quite a few cassettes that are not of use to most people these days. This would also help us to be able to get these saved digitally as well.

Thanks, Donna M. Area Archivist

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IMPORTANT FACTS TO REMEMBER

- The newsletter is published on our website [www.ga-al-anon.org](http://www.ga-al-anon.org) three times each year on the 15th of March, July and November.
- Please send your submission to [newsletter@ga-al-anon.org](mailto:newsletter@ga-al-anon.org) as listed in the directory. I cannot guarantee it will not get lost if sent to any other email address. If I do not reply that means I did not receive it.
- Please type your submission in a word document, save and send as an attachment ***not in the body of the email.*** **Photos and flyers need to be in a JPEG format.**
- You can submit your information anytime but *all submissions are due no later than the first day of the month, March, July and November.*





## GROUP RECORDS

The Area ended the year 2023 with 235 active Al-Anon groups and 9 active Alateen groups. In 2023, ten new Al-Anon groups were registered, three of which are Spanish speaking. One new Alateen group was registered. The number of groups that became inactive is ten.

At the September 17, 2023, Area Assembly business meeting, four motions concerning accepting permanent electronic groups (PEGs) into the Al-Anon Family Groups of Georgia (AFGG) Service Structure were voted on and accepted. As a result, PEGs are now accepted in Area 11.

Several groups in the Area continue to meet under the “temporarily meeting online due to Covid 19 restrictions” designation that WSO put in place in March 2020. Now that the Area accepts PEGs, these groups are encouraged to make a group conscience decision to return to meeting in person, meeting in person with an electronic component in the room (hybrid), or change to a permanent electronic location.

Groups can contact the District Representative or the Area Group Records Coordinator for information on the process. This information can also be found on the Group Records Update page of the ga-al-anon.org website.

<https://www.ga-al-anon.org/area-information/forms-library/form-group-records-changes/>

<https://al-anon.org/for-members/group-resources/group-records/electronic-group-area-transfer-request/>

Prior to the September 2023 decision, some groups in the Area made the group conscience decision to become an electronic group registered in the Global Electronic Area (GEA.) It is now possible for these electronic groups to transfer from the GEA to the Georgia Area. It is also possible for a PEG in Georgia to transfer to the GEA. The Electronic Group Area Transfer Request form is found on al-anon.org. Groups can contact the Georgia Area Delegate or the Area Group Records Coordinator for information on this process.

Vicki B. Area Group Records Coordinator



### **WSO Team of the Month: Literature & Publications**

The Literature team is responsible for ensuring adherence to the Conference Approved Literature (CAL) process for developing new literature and for revising existing pieces as authorized by the World Service Conference. The Publications team is responsible for the production, design, and copyediting of all projects for publication. Find out more about each team’s responsibilities.



## WEB COORDINATOR

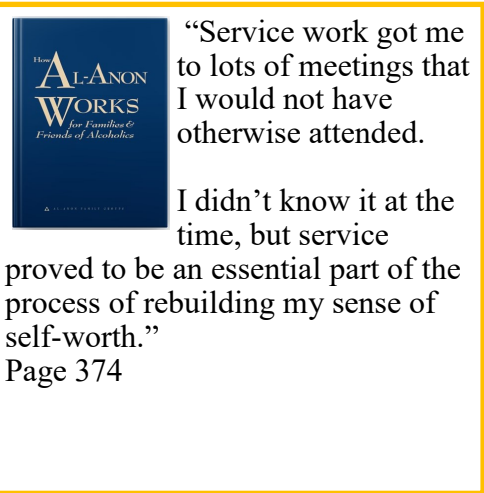
Greetings from your Web Team Workgroup

Your Georgia Al-Anon Website continues to be a very popular place for finding meetings and information about Al-Anon in general. Our highest hitting area are the meetings. Your WTWG considers someone's ability to easily find an Al-Anon meeting essential to our Website's mission. Through the website statistics we are able to report that when folks hit our Home Page, that the next access or "click" is our Meeting listing, Literature page, our Event for the 2024 Convention. Next comes a "click" on our "About Al-Anon" and Area Information. As you can tell your website is a resource that is being utilized to share the Al-Anon message.

As your Web Coordinator, I am organizing files, archiving items, and preparing for the change as the new Panel approaches in January 2025. The next Web Coordinator will be in a good position as we go thru the process to transition service roles.

The new Area Delegate for the next Panel will be seeking out individuals for all coordinator positions, and the Web Coordinator is one of those. If you are interested in knowing more about this position – the best way to know about it is to contact me and to attend our WTWG meetings. I have given advice to students who felt like they wanted to go into a certain career. My question to them was "How do you know that is what you want to do?" "Have you shadowed anyone to see what their "job" is?" "Do you have the opportunity to observe and ask questions?"

I am going to say the same thing to all of you. Your "fears" of serving as the Web Coordinator very well may be resolved if you would attend a WTWG meeting or just contact me and let's talk about it. Fact is, I act as a mentor to the new Web Coordinator but in order for you to make a conscious decision if you are interested, I welcome you to just come and observe, ask questions and "see what the job is". Email me thru the Website Area Information > Area Contacts > Area Coordinators and click the button that reads Web Coordinator or you can email me directly [leb.al.service@gmail.com](mailto:leb.al.service@gmail.com)  
In Service, Linda B.





**DISTRICT 10**

\* We made contact with a new Addiction Recovery Support Center in Conyers, GA.  
\* On February 10, we car pooled to the Metro Atlanta Al-Anon/Alateen Family Groups Information Service (M.A.I.S.) in Lilburn, GA for the 55<sup>th</sup> Anniversary Party, where our recently RE-OPENED bookstore is located and Mary N. shared her recovery journey with us.

Lena S., Grateful DR for District 10

**DISTRICT 11**

Currently the District is working towards Service role changes. We have had willing members to assume roles for our District Treasurer, District Literature, and District Secretary. Two of our primary positions for District Representative and Alternate District Representative are in limbo at this time.

As the current District Representative, to those Group Representatives and Group Contacts who entertain the idea of supporting our District with these or any other service position, we are going with the model of post service support. Meaning, the current position holders, myself included as District Representative, will be an active participant thru the transition, and continuing to attend those meetings with the new position holder, that they are in place to support (District Meetings, AWSC, Area Assembly, and Group meetings / events).

Service is a valuable part of recovery. Most who are in a position of service recognize it. What we are faced with and challenged with to “attract” new leaders, I feel comes from those in the current position(s) – to make a way to talk about the actual position and what it entails.

At the group level, my home group, Forest Hills began talking about the new Service Panel and need to rotate our Group Service Positions. But, going back to the basics and providing a little bit of education at the time versus “all at once” at a business meeting – has worked for us in the past. Most of our Group Members don’t understand what a “Panel” is - why we try to keep our service positions rotating as new Panels begin.

What is working for my home group and really at the District level as well, is breaking down piece by piece, a little bit at a time – so some don’t feel so overwhelmed that their Service Work commitment, and it is a commitment, ends up doing the opposite in the Al-Anon Recovery than the intention of it being a vital “link” in their recovery.

As I am winding down my Service Position as DR for District 11, and in keeping with the Al-Anon principles, I seek my Higher Powers guidance and hope for willing members to take that leap, and stretch their mindset towards a vital part of our legacies. “Recovery thru the Steps”, “Unity thru the Traditions” AND “Service thru the Concepts”. Linda B., D.R.



## DISTRICT 18

Greetings from District 18! Plans are well underway for the 2024 MOUNTAIN MIRACLES annual District workshop. It will be held on Saturday, May 4, 2024, at Nacoochee Methodist Church, 1371 Hwy17 in Sautee Nacoochee, Georgia. The theme this year is “Spring Into Awareness, Acceptance, and Action” and will feature two workshops and an Al-Anon and Alateen speaker. Delicious breakfast pastries will be provided. Please bring a dish to share at the potluck lunch.

Registration begins at 8:00 am and the activities begin at 9:00 am. The basket raffle at the close of the workshop at 3:00 pm is always exciting! Groups are already discussing volunteering for committee assignments, deciding what the theme of their basket will be, and gathering the goodies to fill it. Last year we had over one hundred people attend the day of fun, fellowship, and food!

As of February 2024, there are twenty-three Al-Anon groups and one Alateen group registered in the District. Tuesday Recovery AFG, which formerly met in Cumming, and had been meeting under the “temporarily meeting online due to Covid 19 restrictions” designation, made the group conscience decision to change its location to a Permanent Electronic Group (PEG) and remain in District 18. The group held several business meetings to discuss this change prior to making the group conscience decision. The GRs in District 18 had voted to accept PEGs into the District and were happy to welcome Tuesday Recovery AFG in its new electronic location!

District 18 continues to support public outreach initiatives in the District. Bob C, the District Public Outreach Coordinator, has a meeting set up with local police chaplains and is working on getting Al-Anon/Alateen informational pamphlets into the waiting rooms at Northside Hospital in Cumming. He is also speaking about Al-Anon on the Blue Ridge Mountain Recovery Center podcast.

District 18 members participated in the Harmony Grove Baptist Brotherhood 18th Annual Drug and Alcohol Awareness breakfast on January 20. They had an Al-Anon/Alateen literature table at the event and also spoke about Al-Anon during the event. Members also had a literature table at the Region 2 Family Connection Community Resource Fair on February 2. Over 85 packets with Al-Anon information were given to participants!  
Vicki B., District 18 DR





SAVE THE DATE!

MAY 4, 2024

DISTRICT 18 ANNUAL EVENT

*MOUNTAIN MIRACLES 2024*

*"Spring into Awareness, Acceptance, and Action"*

JOIN US FOR FOOD, FELLOWSHIP, WORKSHOPS, and SPEAKERS

Registration begins at 8:00 am    Opening Activities begin at 9:00 am

Breakfast pastries, coffee, and tea will be provided

Potluck Lunch-bring a dish to share

Basket Raffle at 3:00 pm at close of the event

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Nacoochee Methodist Church  
1371 GA-17, Sautee Nacoochee, GA 30571



## DISTRICT 19

We were so excited to have the 55th MAIS Anniversary Party in District 19, on February 10th, at Harmony Grove United Methodist Church in Lilburn, where the new MAIS office is located! We were privileged to hear Mary N.'s story, and to enjoy coffee, tea, desserts and fellowship! A literature table was set up where attendees could place orders for Al-Anon literature online on the MAIS website, and then immediately pick it up at the MAIS office downstairs from Denise! Two of the longtime members who contributed to MAIS beginning were in attendance: Betty P. from Loganville, and Lila C., from Conyers. A good time was had by all!

One of our meetings in Lawrenceville recently had a special anniversary: Sunset Serenity has 29 years in Al-Anon, and celebrated on February 25th at their regular 5:00 meeting at St. Marguerite d'Youville Catholic Church in Lawrenceville in room 206. They encourage anyone in the Lawrenceville area to visit them!

District 19 is excited to be celebrating our District Al-Anon Day on March 23rd from 9:00 am until 3:30 pm. The theme is "Seeing is Believing: No more Rose Colored Glasses Needed." There will be breakfast and attendees are asked to bring soup or salad to share for lunch. We will have workshops and the speaker will be Greg G. There will also be raffle baskets and silent auctions. Special thanks to our wonderful Chairperson, SolAnge, who has done a great job organizing, and also to her wonderful committee members who have worked so hard! We look forward to seeing everyone there!  
Love in Service, Sara A., DR District 19

### *Al-Anon Declaration*

*Let It Begin with Me*

When anyone, anywhere, reaches out for help,  
let the hand of Al-Anon and Alateen  
always be there, and — *Let It Begin with Me.*



Al-Anon Family Groups ©  
*hope for families & friends of alcoholics*





District 19

Bring Soup or Salad to share

Auction/Raffles



SEEING is BELIEVING  
"No more Rose-colored glasses needed"

Speaker: Greg G.

ALANON DAY March 23, 2024

Harmony Grove United Methodist Church  
50 Harmony Grove Rd. Lilburn.

Registration + Breakfast at 9:00AM

## DISTRICT 22

### Spanish District 22 Workshop on Steps 10-12

On February 24, 2024 the newly created Spanish District 22 held a workshop on steps 10 to 12. In 2023, we offered three other workshops covering three steps each. Spanish District 22 opened 3 new groups in 2023.

About 70 people attended the 4-hour workshop on Saturday, February 2024. Many were new members to our program, who traveled a good distance. They came to our workshop hoping to have an exciting new Al-Anon experience. They left full of hope and enthusiasm.

As in previous workshops, the three discussion leaders were really creative to engage even the teens that were there.

Ambar E. presented Step 10. She started with the old-fashioned donkey & the tail children's game. We formed small groups of 5 to 6 in which we shared the answer to the questions she gave you. She then called on one person per group to share with the audience.

Barbara M. started her Step 11 presentation having us stand, and with her soft sweet voice directed a yoga meditation exercise that really quieted our excitement. We got many ideas on how to spark up our prayer and meditation life to get us closer to our Higher Power.

Connie M. did sSep 12. She shared how her small group in Gainesville put their minds together to take actions to spread the Al-Anon message. They talked to several churches in the area with a large number of Hispanics and were able to speak from the pulpit of one of those churches talking to over one thousand people on one weekend as the pastor reinforced the importance of attending. The members who participated in this service opportunity were well prepared, new & old members encouraged each other to face such a big audience. She also shared how even the smallest service task is needed in each group, and how service changes your perspective, gets you out of isolation, and raises your self-esteem.

It was beautiful to see at the end of the workshop the faces of hope and excitement in new and old members, even in the few attendees that had never been to an Al-Anon meeting before. They will surely come back, no doubt about it.

Spanish District 22 is fired up!!!!!!

We look forward to a 2024 full of growth opportunities, creative activities and much fun on our shared recovery journey.

Ambar B., DR District 22





## Public Outreach-Esperanza Para Hoy-Gainesville, Ga-District 22

After more than a year during which Esperanza Para Hoy had been a face-to-face meeting, we had not experienced any newcomers to our Spanish meeting. This was concerning considering the overwhelming Hispanic population in Gainesville, Ga. As a group, we decided to have a group conscience and concluded that we needed to reach out to the community to let them know that help is available for family and friends of alcoholics.

We contacted local high-attendance Hispanic churches and were welcomed and encouraged to share the message of Al-Anon after each weekend mass. Fr. Carlos at the S. John Paul II Mission granted permission to share the message of hope for the weekend of the 02/03-02/04. Our whole group was able to be of service. We were able to be at all 7 Masses between Saturday (1) and Sunday (6). The Church provided us with a table in the narthex so that people could find us for more information. We made sure to have enough trifolds with information of what Al-Anon is and the list of the Spanish Al-Anon meetings within Area 11.

In addition, we brought our literature, Al-Anon brochures, and free magazine samples to give out. We calculated that we handed out approximately 100 Al-Anon-District22 trifolds. By the end of the weekend, we were all exhausted and tired but thrilled we had been able to bring hope to those who needed it. For our following Friday meeting (02/09), we had four newcomers in attendance and couldn't have been happier for them and our group! One attendee shared the joy of *finally* finding something for her; having searched near and far for help for her alcoholic relative but never anything for her. She mentioned how grateful she was for deciding to attend the 5pm Mass to find herself hearing the message of hope for families and relatives of alcoholics.



The Friends of Lois Men's Group in McDonough, Georgia was created on a whim in 2020, during the pandemic. A few of the men around McDonough, who were members of different Al-Anon groups throughout the community, thought they might benefit from having a men's meeting. They began meeting informally, on a weekly basis at an outdoor pavilion.

Soon thereafter, the group decided that while they were benefiting greatly from their weekly meeting, Al-Anon's 5th Tradition states that each Al-Anon Family Group has but one purpose, to help families of alcoholics, and one of the ways we do this is by welcoming and giving comfort to families of alcoholics.

With this in mind, the group found an indoor meeting place, and registered with the World Service Office. The small group that started out with only 4 members has grown, and now has 10-12 members who regularly attend each week. When registering their group with the World Service Office, the group elected to adopt their name "Friends of Lois" in memory of our cofounder Lois Wilson.

By Nick H

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Our Georgia Website [www.ga-al-anon.org](http://www.ga-al-anon.org) has a wealth of information!!

This is a great resource to share with newcomers!

<https://al-anon.org/newcomers/first-steps-al-anon-recovery/>

## *Where Newcomers Can Read More as an Introduction to Al-Anon*

The following materials can provide helpful information for newcomers:

### **Books:**

- *How Al-Anon Works for Families & Friends of Alcoholics* (B-32)
- *Al-Anon's Twelve Steps & Twelve Traditions* (B-8)
- *Discovering Choices—Recovery in Relationships* (B-30)

### **Pamphlets/Bookmarks:**

- *Newcomer Packet* (K-10)
- *Alcoholism, a Merry-Go-Round Named Denial* (P-3)
- *Alcoholism, the Family Disease* (P-4)
- *Sponsorship, What It's All About* (P-31)
- *Understanding Ourselves and Alcoholism* (P-48)
- *Al-Anon/Alateen Is & Is Not* Bookmark (M-44)

Available from local Literature Distribution Centers or at [al-anon.org/shop](http://al-anon.org/shop)

2024 Georgia Al-Anon/Alateen Convention – March 2024 Newsletter

At the time of this writing, the 2024 Convention is 160 days away! This years theme, I Feel Good – Living Life in Serenity, is providing your Convention Committee plenty of creative ideas and one of them is items that you, your groups, and your districts bring to the Convention as a means to support – the Raffle Baskets, Boutique items and Silent Auction items.

What the committee would like for you to think about as you make your baskets to raffle – is the theme. Make your raffle baskets and the items in the baskets, centered around what brings serenity to your life and what has made you feel good about your recovery in Al-Anon. For me, some really good chocolate can bring me serenity at times! Also, looking at a peaceful, serene view – like a picture or a painting can bring my mind back to center.

A cool T-Shirt with a slogan or other recovery theme may be great too. Maybe golf brings you serenity (hint) and a golf basket is an option. Maybe it’s music (hint again) and creating a basket with a music theme is something your group or district could contribute. So, get your creative hats on as you think about your basket.

We are asking that all baskets be brought to the Convention and Pam P. is the Boutique Chair who is coordinating all raffle baskets, boutique items, AND silent auction items.

Before I share contact information, lets talk about those Silent Auction items our Al-Anon members may be considering. Silent Auction items: a piece of artwork, sculpture, clay pottery made by our members, handmade quilts with Al-Anon themes or even just a natural making, weekend get-aways (maybe to a local Al-Anon event) If you have an idea and are not sure if the idea is Silent Auction, Raffle Basket or Boutique – get in touch with us at [ga.2024convention@gmail.com](mailto:ga.2024convention@gmail.com).

Registration: at writing we have 154 registrations. Please register even if you are not sure you are able to attend. Registration is supporting the Convention efforts and planning. The website has the latest PDF Flyer and if you have an event please encourage and support the 2024 Convention by announcing it, helping folks register, and having PDF Flyers available.

Speakers: All lined up as well as work-shops. We are grateful we will have Emme M. with us as our Alateen speaker.



(Convention Cont'd.)

Support: Registration supports the Convention. Also, mail in support for Contributions to the 2024 Convention from individuals, groups or districts and on-line contributions are right on the Georgia Al-Anon website under the [contributions link \(click here\)](#). On the page you will see online Individual Contribution Form, Group or District Contribution Form and if you scroll on that page just a little bit you will see a Mail In Contribution Form where you download it to your computer, print it out, and on the form that you mail in with your money, you designate your contribution to the 2024 Convention.

All contributions that are meant to go to the Convention, whether online or in paper form MUST be designated specifically to the 2024 Convention. All other selections do not gear money to the Convention and those monies will go to the entity of choice (Assembly, GACS etc.).

We are not in competition with our service arms, but folks have stated that they made contributions to the Convention, but in review, those contributions were designated to the Area or GACS instead. Just a reminder to please designate your contribution to the 2024 Convention if that is the intent.

We all are very excited and look forward to the 2024 Convention in Augusta!  
In Service,  
Linda B., 2024 Convention Chair

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**Just a word from your Editor:**

Yes I am aware this is out of order but I just can't move things around again to accommodate myself LOL.

I just wanted to thank you all for your participation in this edition of Georgia On Track and I hope you enjoy reading as much as I did putting it together.

DRs, pass on to your GRs to pass on to members that the news letter is for everyone and we welcome all input . So much ESH out there!

What step are you currently on and how is helping? What is your favorite Tradition or Concept and why? How has your sponsor encouraged you lately? Do you have a photo that has brought you comfort? SO MUCH!

I really enjoy reading all that you send and thanks in advance as I look forward to seeing what comes in for July!  
Love and gratitude in service, Linda G. Newsletter Editor/Coordinator





**TOPIC: Why do you love your home group?**

Home is where the heart is.

Moving is not an easy experience for me. Sometimes it has been joyful, but more often it has been fraught with tears, anxiety and apprehension. Establishing new "roots"; developing new friendships and contacts, navigating the neighborhood and local area, and learning the nuances of the culture can be intimidating!

I have been fortunate to find Al-Anon groups all along the way. The time came for me to make a move for myself. The world was open to me, literally. My decision to return to Georgia (here) was a comfort, due to the history I had established already. This is where I came into the program. And where, very importantly, my sponsor and original group still met. These are the folks who gave me refuge, hope, and storage while moving. Time has taken most of them from me, but cannot take them from my heart.

Welcoming and giving comfort to those in need is what our group is doing. Continuing this tradition is part of my recovery. Being a resource with skin-on and a helping hand is how I see the group. Loretta A.

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I love my home group, Just For Today AFG, because it is absolutely the safest environment that I have. I know that everyone there has my back just as I have theirs. I know that I am truly free to say anything I want, and nobody will go tell another or judge me. They all truly love me as I am.

Even though I don't live in active alcoholism anymore, I do still get judged from time to time. This is because even though our specific stories may be different the core reason, we are there is the same. We know that we have all been subjected to some sort of abuse whether it be verbal, emotional, judgmental, or physical.

These people loved and accepted me before I could. And they continue to, no matter what! They have taught me how to take care of myself and how to love myself. Most of all they have taught me that I matter. Who could ask for more!!!  
Donna M., Conyers, GA





PEARLS OF WISDOM CONT'D.

Where to even begin? I walked in to my first home group totally dejected, bitter, angry, resentful and confused. But mostly I was afraid. Deeply afraid. I was afraid he would never get sober, afraid of being alone, afraid of what was going to happen and afraid of what wasn't. Just afraid. I knew that's what I felt but I didn't know why the emotion was so encompassing. I did not realize how severely I suffered from the disease of alcoholism. I was even afraid to sit at the table with those who were already in the room so I quickly sat on the couch by the door as soon as I walked in and cried through the first few meetings. Fear had literally paralyzed me at one time years prior so I knew the power it could have and I always felt I was circling the drain.

I remember every moment of that first meeting. I remember because I had the gift of desperation. I knew this was my last stop and I was prepared to do anything. As I walked in the people there were chatting and laughing. I will always be grateful because I know if they looked like I felt I may not have stayed and been blessed with the hope I was given right from the start. That group and those people provided me a foundation I can never repay if I spend the rest of my life trying. The AA community was a tremendous part of that as well and I owe them the same debt of gratitude in so very many ways.

I was embraced into the fellowship by them all and taken into the program by a loving sponsor who led me through the steps. They taught me the importance of being of service by asking me at probably my 3rd or 4th meeting to help put out literature and wash cups and ashtrays. Yeah, that was a minute ago LOL. This "job" helped me feel a part of that I had not felt in a very long time. It got me there early and kept me after most others had left and therefore provided me 3 meetings in one. Something I still do today unless not possible. I was later privileged to serve that group as GR and Treasurer as well as my district and area.

Eight years later, we moved to Georgia not knowing a soul in recovery and only one other person from home who had relocated a few years before. Because of the foundation I was given I knew the only way to plug in was service so I went to my first district meeting and area assembly within 3 weeks and found my second home group which remains so 29 years later.

We are currently experiencing a shift which initiated with the pandemic as I understand is true of many but I keep doing what I was taught and know to do which is show up on a regular basis, remain tradition bound and serve.

Why do I love my home group? Because they are my family and they have taught me how to love myself and others when I did not feel and sometimes was not loveable.  
With gratitude, Linda G.





PEARLS OF WISDOM CONT'D.

When I saw that this was the title of the "Pearls of Wisdom" column, I was excited to share! I'm not sure how much of this is my "wisdom" but more my experience, strength and hope.

I've been a member of the Southside Serenity Seekers in Fayetteville for over 30 years... wow! I can't believe it's been that long! As I write my thoughts here, I'm smiling as my mind reflects on all the joy, unity, forgiveness, acceptance that I've received and continue to receive from my home group members.

It's the one group that accepts me for ALL of who I am; I don't have to hide any aspect of myself; they accept me however I show up. Just like in most groups, many of the faces have changed, but the spirit of "acceptance" and being welcomed remains and so will I.  
Char GF, Panel 62 GA Delegate

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I still remember when I came to my first Al-Anon meeting. My wife had recently left me and I was left with four kids I barely knew to raise by myself. I was angry, afraid but most of all I was alone. I had no sense of belonging and no place I could really feel at home. I couldn't even feel at home in my own house! So when I walked into that first meeting I was feeling pretty dejected.

I am so grateful that the people in that little meeting welcomed me like they did. They didn't tell me what I had to do, what to wear or what the dues were. Instead they told me they were glad I was there, to keep coming back and that they loved me. And I just kept going.

I didn't know it but there happened to be another meeting right down the street from me. I could have gone there for my first meeting but instead God led me to what was to become my home group. I obviously didn't know what a "home group" was or that I needed one. I just know that I felt at home and loved in that little room.

I soon got a sponsor and began to work the steps. Not only did he take me through the steps, he also taught me the history of AA and Al-Anon as well as the history of my group. It gave me an even deeper understanding and love for Al-Anon taught me the importance of having a home group.

It wasn't long before I began to find ways of being of service to my group. At first it was simple things like making the coffee, cleaning the ash trays and setting up the chairs. Then after a while I began to chair meetings. Soon I had the privilege of serving as my groups GR. And I grew in my program and I grew to love my home group even more.

Then there came a day when I had to move away from my beloved home group. My job had taken me out of Alabama and into Georgia. It was perhaps one of the most difficult things I had ever done. I left the comfort of my home and found myself in a place where I knew no one.



I didn't know any of the people I worked with nor did I know anyone in the program. Once again I was feeling very much alone.

But my sponsor had taught me well. I began to visit as many groups as I could find. Naturally they didn't do everything exactly like my group back home had done things and that took some getting used to. Eventually I found myself in a speaker meeting one Tuesday night. I'm very hard of hearing so I always try and sit on the front row. The lady speaking that night got out maybe three sentences and I knew that I wanted to go where ever she was going. It turned out it was about twenty minutes from me which was perfect. I had been used to driving 45 minutes one way so this was a piece of cake.

The first night I walked in it felt just like my meeting back home. No, they didn't do everything just like at home and I must admit it took some getting used to but soon I settled into my new meeting. It became my new home group. Once again I had the privilege of serving as GR and I began to get involved at my area assembly which also quite different from what I was used to.

Then came the pandemic. Like most groups we had to stop meeting in person and we had to find new ways of staying connected. Both our meeting and our area assembly had to resort to alternative ways of staying connected. Electronic meetings became the norm and it felt so impersonal. I felt so isolated and I missed the warm hugs of my home group. Fortunately we were able to make it through that awful time and we are happily meeting once again in person. Sadly it had a devastating affect on our group. It was very slow getting back to meeting in person and many people dropped out.

Today our meeting is much smaller than it used to be. Our meeting location moved and things are different than it used to be. However my sponsor's guidance and love has helped me deal with the many changes and still keep to the traditions he instilled in me.

What does my home group mean to me? It means a place where I can really be myself without fear of judgment. It means I have a place where I can be of service to my group and to Al-Anon as a whole. We still get newcomers and I am there to see when they finally "get it". My very best friends are in my home group. I get a great deal of comfort from having a place where I belong. It is truly a place I call home. Phillip W.

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I didn't know what I expected to find at Al-Anon, but I didn't expect so many people. Seeing them, I decided I wasn't going to talk, but I did. The kindness, acceptance, and support from a room full of strangers amazed me. Little did I know I was starting a journey that would take me to places I never imagined.

From *Survival to Recovery* page 58



**AA DELEGATE**

**WELCOME LIZ W.!**

Greetings! My name is Liz, and I am an alcoholic. I am the new Panel 74 Delegate for Area 16 to the General Service Conference. I am in the first few months of this service commitment, and it is definitely challenging.

Background materials have been distributed. DCMs and GSRs are reviewing the information to bring back the conscience of the body to our pre-conference planning meeting at the end of March. Conference is just around the corner. I was reminded today that we will be lifting off and heading for New York in less than 30 days. So much to do and so little time!

We will be holding our State convention in Jekyll Island October 18-20<sup>th</sup>. I want to invite all of you to attend. Registration is available online on the website [aageorgia.org](http://aageorgia.org) under 71<sup>st</sup> Pre-Paid Convention. Registration for members of Al-Anon is just \$25. Home 2 Suites is the host hotel, but there are several options for room blocks on the island. All the information you need can be found on that page.

I look forward in working together with our sister program, and I wish you many wonderful opportunities to be of service in the future.  
With Gratitude, Liz W., Area 16, Panel 74, AA Delegate

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**Al-Anon Tradition Six**

Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.

The WSO Chairman of the Board Letter is available for your review. Click the link below and read more about updates from the Policy Chairperson, Finance Update from Treasurer, and from the Conference Leadership Team (CLT)

<https://t.e2ma.net/click/vmbbfk/3oyopab/b7hen6>

**DATES TO REMEMBER 2024**

**AWSC**

April 20th (New location)  
August 17th  
November 16th



**Assembly**

May 18-19 Marriott Macon  
September 21-22

**Newsletter Deadline**

July 1  
November 1

46h Georgia Al-Anon/Alateen Convention with AA Participation  
August 9-11, Augusta

71st Ga. AA Prepaid Convention  
October 18-20, Jekyll Island



**Save the Date! Hybrid Event**

**Hybrid 73rd Annual Stepping Stones Lois' Family Groups Picnic**

**Saturday, June 1, 2024, Online & at Stepping Stones**

**Free, advance tickets required.**

**In English with Spanish interpretation.**

The longstanding tradition continues as this family celebration of recovery will include A.A., Al-Anon, and Alateen speakers and more.

**Tickets will be available in late April. Go to <https://www.steppingstones.org/visit-events/events/>**

**Be a remote or onsite picnic volunteer. Sign up now at <https://www.steppingstones.org/support/volunteer/>**

**To nominate a speaker, go to <https://www.steppingstones.org/contact-us/>**

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EXTRA!! EXTRA!! READ ALL ABOUT IT . . .

Your Metro Atlanta Al-Anon/Alateen Information Service (MAIS) Office is grateful to be back serving you!

With the new year, we look forward to continuing our journey together towards healing and recovery!

We are here to serve — please let us know how we can help.

YOU are worth it!

With much love and gratitude,

MAIS Office

<https://www.alanonatl.org>, 404-687-0467

Office Hours: Wednesdays 10 am to 4 pm and Saturdays 11:30 am to 3:30 pm  
(MAIS entrance located in the back of the church)

50 Harmony Grove Road, Harmony Grove United Methodist Church, Lilburn, GA 30047  
Please send your check donations to: MAIS, P. O. Box #2185, Lilburn, GA 30048



## **Title: The Importance of Getting Names Right: A Sign of Respect and Connection**

In the world of communication, there is a fundamental aspect that often gets overlooked but holds immense significance – getting someone's name right. Whether it's in a casual conversation, a business setting, or any other social interaction, the way we address others speaks volumes about our respect and attention to detail.

Think about the last time someone mispronounced or misspelled your name. How did it make you feel? More importantly, how did it affect your perception of the person addressing you? Getting someone's name wrong can create a sense of discomfort, embarrassment, or even offense. It sends a message that the person addressing you hasn't taken the time or effort to properly acknowledge your identity.

Names are more than just labels; they are integral parts of our identity. They carry our heritage, culture, and personal history. When we take the time to learn and use someone's name correctly, we show that we value and acknowledge their individuality. It fosters a sense of connection and inclusivity, laying the foundation for meaningful interactions.

When I was a child my family called me “Pat.” That’s what everyone called me. When I was about 30 YO I decided that Pat was a child’s name and that I wanted to be called “Patrick.” Everyone in my family eventually made the difficult change (with the exception of my Mother and another sibling).

In the summer of 1951 Lois and Anne compiled the first piece of literature titled *Purposes and suggestions for Al-Anon Family Groups (P-13)*. It was the first time the name Al-Anon was used. The word “Al-Anon” came from a contraction of the words “Alcoholics” and “Anonymous.”

In conclusion, getting someone's name right is not just a matter of correctness; it's a sign of respect, empathy, and appreciation for their identity. It's a small yet powerful way to foster connections, build relationships, and create inclusive environments. So, let's make it a priority to honor and acknowledge the names of those around us, recognizing the significance they hold in shaping who we are.

So the name Al-Anon is a contraction and should always be hyphenated.

“Many Voices, One Journey” p42  
ibid p47

Note: Paragraphs #1, #2, #3, & #6 were generated by ChatGPT from the request, “Write a newsletter article explaining how important it is to get someone's name right.”

