

AFG Area 9 - Florida North
Spanish Coordinator Report
Panel 61, Assembly Virtual June 2021

I feel very enthusiastic and grateful for the opportunity to serve on Panel 61, during this time with service I am facing my fears, improving my relationships and discovering my talents.

Today I strengthen my life in my three pillars of service:

Service is... Unconditional Love

Service is... Gratitude in Action

Service is... a Lifestyle

That is why I consider it very important to study our legacies to strengthen our recovery process.

I started a WhatsApp group called Area 9 Service Desk to maintain better communication with the Spanish groups of the Area.

We had our first **VIRTUAL WORKSHOP LEARNING AND PRACTICING THE STEPS WITH LOVE** via Zoom, thanks to the support of the Area that gave us 1 license.

We develop for each step a paragraph of literature plus an activity to work at home.

Comrade Claudia P. (Tijuana- Mexico) was also invited as a speaker, sharing with us her experience, strength and hope.

The workshop was held in two sessions:

1st Session April 25: Steps from 1 to 6 with 43 participants

2nd Session May 02: Steps from 7 to 12 with 83 participants.

Participants from Area 9, Area 10, and from other countries such as Mexico, Ecuador, Colombia and Peru.

Our spiritual growth translated into Love and Unity.

GROUP REPORT IN SPANISH OF THE AREA

District 3: a new group in Jacksonville is in process, awaiting confirmation from the church hall.

District 6: with 1 group, Senderos de Amor (Oviedo) will begin with face-to-face meetings from August every Thursday at 7:00 pm.

District 8: with 2 groups in Tampa. face-to-face meeting: Un día a Vez (Tuesday and Saturday 8 pm) with an average attendance of 10 people, on Saturdays it has almost no attendance, so the plan is to reactivate a subscription in a local newspaper to announce the meetings.

Next July 20 this group will celebrate its 17th Anniversary.

Buscando la Serenidad, with a hybrid meeting on Wednesdays at 7:00 pm with an average attendance of 6 people.


District 10: with 2 groups One day at a time (Kissimmee) with telephone meetings (Monday 7:00 pm), this beautiful group celebrated its 17th Anniversary on May 20.

Una Luz en el Camino (Orlando) with telephone meetings on Tuesdays at 10 am with an average attendance of 8 people.

District 11 : with 1 group AMA NACER at the moment this group is not meeting.

INFORMATION IN SPANISH

 407-253-9848 (7 calls received)

 afgarea9.org (1 contact attended by this way)

 Alanon.Ayuda@yahoo.com (no emails received)

Connecting con AFG Connect (connected with public outreach coordinators learning from each message)

SPANISH LIAISON CHAIR

With great enthusiasm I share that we have a Al-Anon member from District 8 interested in serving in this position.

With love for the service we inform that this position is still open in the District 6th and 10th .



31st Florida North AFG Convention
August 27- 29, 2021

The Hispanic Al-Anon family is excited for the opportunity to be together again and enjoy a weekend full of Experience, Strength and Hope.

In service with love as coordinator of the workshops in Spanish, I inform that we have 10 workshops with the participation of groups in the area. We will also have a translator (English to Spanish) for the general sessions; This is Aracely G. from the Naples groups. A flyer was prepared about donations of baskets for the convention, having received a response from three groups in the area.

We have registered colleagues from Area 10, groups from Miami and 3 participants from Peru. Also 01 confirmed speaker from AA.

We are very excited and positive about the success of the convention with the guidance of our Higher Power.

XVII National Al-Anon Meeting for Adult Children of Alcoholics in the USA

Florida for the first time will host this event in 2022 in the city of Miami. It has been working with the organizing committee in which I served with Love as advertising coordinator.

The date and place of the event will be informed. Also if you want to provide service you are welcome.

SHARING EXPERIENCE, STRENGTH AND HOPE !!

With great joy I share the beautiful testimony of strength and hope that a member from our Spanish groups in the Area sent us.

Thank you very much for allowing me to serve.

Betty Rivas

Spanish Coordinator

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"Hablen mutuamente, razonen las cosas. Mantenlo simple"



The important thing for me "Live One Day at a Time"

When I first came to the Al-Anon group, I read a motto "live one day at a time" I had heard it in other words, live in the present, enjoy your day.

All that I heard but did not understand, because in my head, there were only turbulent and scrambled thoughts, because throughout my life, I always survived remembering, mutilating, blaming all my events in the past; From my childhood, my adolescence, my youth to my adult life, worrying about what happened, what I did, what I said, because of him, criticizing me, feeling guilty, but also cursing everyone who hurt me. I lived very angry and therefore fighting with everyone and anyone who stood in front of me, verbally and imaginatively.

I wanted to solve tomorrow, thinking what I could do to have money, solving my problems in advance, I used all my heavy artillery ("according to Me") to achieve the result I wanted, manipulating, organizing, controlling, rescuing but also, if necessary I could play my best victim role, commiserating and blackmailing for attention.

I was so deluded, believing that if I solved the future I would feel happy, having a better result in my life, but especially in others.

Needless to say then, I never allowed myself to enjoy or live my day.

Tired of being depressed, anxious and fearful, I bought my first book "one day at a time" and with that small book but great in experiences, I observed that the common denominator of them, but more than all of my alcoholic family, left in my personality traits highly charged with negativity, but at the same time many desires to live in a different way, fostering in my heart and mind infinite desires to learn to "LIVE", putting aside all this rupture of values, emptying the destruction of my head, learning to "live one day at a time", not allowing the past and much less the future to steal my Energy, my Peace, the Love of myself.

I understood that the past no longer exists! nor does it have to define me, now I use it to inform myself and I do not allow it to destroy me !!

I love reading this book, I began to live the changes, practicing and attending the Al - Anon group meetings.

I understood the reason for my life so confused and crazy!

Now I "live one day at a time" by handing over to the God of my understanding all my cloudy memories, I enjoy and appreciate everything that is presented each day, I no longer worry about tomorrow, I make plans but in the same way I put them in the hands of my higher power!

Today, I don't need anything! I have everything and more than I could need, I have self-love!

Today, I am my priority!

I trust in my Higher Power, while I lean on him, I ask him to guide me, I put in his hands everything I want, "living one day at a time."

I enjoy everything that life offers me today! "One day at a time"

Today I have very good intentions to make my daily life, precisely that ... intentions that are now a reality for me, that are and have become a habit, I let my higher power take care of everything and when I say "everything" It is "everything" because my desire to see and manage my life in a different way and to be at peace is greater every day.

I am committed to following up on this help that I deserve from Al-Anon, that I like and that I want more of this, "to live one day at a time"

I am living the changes, integrating this practice little by little and it has automatically become part of my daily life.

"Today I live one day at a time"

In a constructive, cheerful, relaxed, calm way, I live in complete Serenity!

Sol.