

Hello Panel 58,

I am in awe of those who serve at our district as we start our second year I see members who just finished working on the Emoji convention and are now stepping up to participate in the 2019 Alateen conference. District 8 participates.

Our District meetings are held on the 3<sup>rd</sup> Saturday of the month at 9:30am, and prior to that our DISL has a meeting for just the coordinators from 9:00 to 9:30 am. The DISL meeting is where the district coordinators share what they are working on and discuss how they can all work together. Their principle purpose is public outreach. Coordinators know they don't have to do anything alone and the meeting helps them share what is working and what is not. We do not have a district Alateen chair so at the DISL meeting we are coming up with ideas for public outreach the teens by working together with the AMIAS in district 8.

#### Confirmed Events:

1. 2019 Area Alateen Conference: We have an AMIAS and an Alateen member as the Co-Chairs for the event. Alateens in D8 are always willing to do service and cannot wait for their Conference on June 14 to 17, 2019. Anyone interested in volunteering for the conference let me know.
2. AMIAS Training: Sunday February 17, 2019 1:30 pm to 5:30 pm.
3. Conflict Resolution: Our ADR is chairing the conflict resolutions workshop and will provide more information once plans are set.
4. D8 Picnic: this year will be hosted by the Lutz AFG group.
5. Soberstock: We have been invited by AA again to chair 3 each Al-Anon and Alateen meetings at the 15<sup>th</sup> Annual Soberstock weekend Friday – Sunday, March 15<sup>th</sup> to 17<sup>th</sup>.

#### Outreach:

Our 3 District positions for out-reach; Public information, Institutions, and Cooperating with professional communities (CPC), have decided to work as a team called the Public Outreach Team (PO Team). Here are some amazing things this team is doing.

1. Printed and distributed the “Alcoholics aren’t the only ones trapped by alcohol” (see attached English and Spanish) flyers to all the groups with a list of possible posting locations.
  - Community Centers
  - Neighborhood club houses
  - Schools / Colleges
  - Grocery Stores
  - Libraries

- Laundromats
  - Churches / Synagogues
  - Hospitals / Medical offices / Clinics
  - Homeless shelters / Rehab facilities
  - Fire and police stations
  - Coffee houses
  - Military Bases
  - Courthouses'
  - Malls
2. Completed a 60 minute presentation to the Hillsborough County Guardian ad Litem's, and have a presentation scheduled for a local Hospice as well as the Eleventh dependency court.
  3. Still tracking feedback from groups about how people hear about Al-anon i.e. Web, phone, etc. this request has been added to the GR sign in sheet at district meetings

KBDM:

We have a few thought/task force activities happening in the district.

1. Elections and Service Positions.
2. Storage unit committee: They will work to organize materials and report back to groups.
3. To be created: Task force on Raffle for events and what kind of items go in baskets in keeping with our principles, and encourage more raffle participation at events.
4. Participate/Representation of Groups at District: Encourage more district participation.

We look forward to a great AWSC, and see you all soon.

Di T – DR & Carmen S – DISL

# ALCOHOLICS AREN'T THE ONLY ONES TRAPPED BY ALCOHOL

Has your life been affected by someone else's drinking?

## Ask yourself:


- Are you troubled by someone's drinking?
- Have you ever lived with a problem drinker?
- Are you continually anticipating problems?
- Do you isolate?
- Do you feel more alive in the midst of a crisis?
- Do you feel that if the drinker loved you, they would stop drinking?
- Do you find it difficult to express your emotions or feelings?
- Do you think all your problems would be solved if the drinking stopped?
- Have you been hurt or embarrassed by someone else's behavior?

If the answer to any of these questions is "YES,"  
**Al-Anon**  
or  
**Alateen**  
may be able to help you.


Call or go online to find a confidential meeting near you.

888-4AL-ANON  
(888-425-2666)

[www.al-anon.org](http://www.al-anon.org)

 AlAnonFamilyGroupsWSO

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[www.tampabayalanon.org](http://www.tampabayalanon.org)

  
Al-Anon Family Groups

# LOS ALCOHÓLICOS NO SON LOS ÚNICOS ATRAPADOS POR EL ALCOHOL

¿Su vida ha sido afectada por la bebida de otra persona?

## Pregúntese:

- ¿Está preocupado por la bebida de alguien?
- ¿Alguna vez ha vivido con un bebedor problemático?
- ¿Está continuamente anticipando problemas?
- ¿Se aísla de los demás?
- ¿Se siente más vivo en medio de una crisis?
- ¿Siente que si el bebedor le amara, dejaría de beber?
- ¿Le resulta difícil expresar sus emociones o sentimientos?
- ¿Cree que si el bebedor dejara de beber, los problemas se resolverán?
- ¿Se ha sentido herido o avergonzado por el comportamiento de otra persona?

Si la respuesta a cualquiera de estas preguntas es "Sí", quizás

**Al-Anon o Alateen**

le puede ayudar.

Llame o vaya a la página de web para encontrar una reunión confidencial cerca de usted.

**888-4AL-ANON**

**(888-425-2666)**

[www.al-anon.org/es](http://www.al-anon.org/es)

**(407) 253-9848**



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