

AFG District 10 Serving central Florida

Florida North, Area 9

www.Al-AnonOrlando.org T: 407-896-4929

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Minneola, FL 34755

unless otherwise stated, all District 10 business meetings and workshops are held at: 1st United Church of Christ **4605 Curry Ford Rd, Orlando**



Upcoming Events

October 13

Oct 13-15, Area Assembly ~ In Person
Area 9 Elections ~ All are welcome

November 11

Area Service Workshop ~
Hosted by District 10
Please see flier on D10 Website

December 9

D10 Gratitude Lunch -
All are welcome – fun & Fellowship

January 13

1st D10 Business Meeting of Panel 64
All are welcome – fun & Fellowship

February 2

1st AWSC of Panel 64 (DR & DISL)
Area Business Meeting

~ SAVE THE NEW DATE ~

2023 Area 9 Service Workshop ~ Hosted by District 10 ~
~ Saturday, November 11, 2023 ~

Please register in advance, \$15, by scanning this QR code with your phone:



If you would like to help on the day of the event, please
call or text the chairperson, Marla @ 407-491-6087

Please join us for some fellowship, fun, food and Raffles 50/50 and Baskets.

~ District 10 Gratitude Lunch ~

~ Saturday, December 9, 2023 ~ 10:30am – 2:00pm

FLYING TO SERENITY

Please see flier on D10 website

For more information please visit the Area Events page at
<https://www.afgarea9.org/events.html>



Social Media

In addition to the Al-AnonOrlando.org website, please visit our Twitter page, which can be found here:

<https://twitter.com/AFGorlando>

Al-Anon World Service Office also has a Twitter feed https://twitter.com/AlAnon_WSO

Anyone, Anywhere, can have Al-Anon at their fingertips through the **Al-Anon App**. For more information go to: <https://al-anon.org/for-members/members-resources/mobile-app/mobile-app-guide/?msclkid=f2b178e5a92411ec92316513d9a0c423>

Free: In The Loop

All members are encouraged to register to receive WSO Newsletter, *In The Loop* at al-anon.org/emailme.

More Interesting News

The Three Rings of Recovery, 2023 Convention was a big top success. It was an amazing weekend of recovery through workshops, fellowship, fun and food. Thank you to all who helped in any way AND for those who showed up.

Public Outreach (PO) ~ Activities since last District Business Meeting

In Casselberry on October 8 ~ D10 PO will participate in an information panel at a facility.

If anyone is interested in participating in a Meeting on Wheels and/or being part of the information panel at a facility, please contact the D10 PO team @ afgposara@gmail.com

Workshops— All the 2023 dates for workshops have been scheduled. Please check www.al-anonOrlando.org updates regarding 2024 Workshop information.

EXTRA! Extra read all about it! ~CAL SPOTLIGHT~

Ever since [One Day at a Time in Al-Anon \(B-6\)](#) was first introduced 55 years ago, Al-Anon members have considered our daily readers among their favorite pieces of Conference Approved Literature. Whether first thing in the morning, last thing at night, or somewhere in between members have found it helpful to take a little time to absorb the thought-provoking meditations found in these books.

Our newest daily reader is A Little Time for Myself—A Collection of Al-Anon Personal Experiences (B-34). Gathered from over 2,000 sharings from the fellowship....It will be available at local Literature Distribution Centers and on the Al-Anon Online Bookstore.

As fundamental as our daily readers have been to my own recovery, one of their greatest assets for me personally was that I wasn't limited to reading only the page of the day. Anytime I needed instant relief, I could flip through the index in the back and find the topic I needed. Through the years, I've found that comparing the index of each new reader to those that preceded it gave me evidence that just as I continue to grow, so does our program and the literature that describes it. However, I was quite surprised, in comparing *A Little Time for Myself* to our five other Al-Anon and Alateen daily readers, that its index includes 95 topics not found in the others!

From "Acting as if," "All-or-nothing thinking," "Anticipation," and "Avoidance" to "Us versus them' mentality," "Vulnerability," "Welcoming others," and "Worthiness," an abundance of helpful ideas and perspectives appear in this book. And it's also the first of our daily readers to include sharings about all 16 slogans, all Twelve Concepts of Service, and all five General Warranties of the Conference, as well as all Twelve Steps and Twelve Traditions.

Here's a brief excerpt from page 186 of *A Little Time for Myself* (B-34):

"Little by little, I added self-care to the top of the list. I took time to think about what I needed. Starting my day with prayer, meditation, and time to write created so much more ease and peace in my whole day."

By Tom C., Associate Director—Literature
The Forum, July 2023

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AFG 7th Tradition

Every group ought to be fully self-supporting, declining outside contributions

*****Please keep in mind that the Area 9 & D10 addresses will change after Dec 31, 2023*****

WSO

AFG Inc.
1800 Corporate Landing Pkwy
Virginia Beach, VA 23454

To Donate electronically: go to website: www.al-anon.org

Area 9

NFA AFG Inc.
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District 10

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