



Page 1

Share Your Stories & Group News

The newsletter can bring a world of local information your way. Send in your stories & news from your groups! Email the Newsletter Coordinator at district5news@ncbermudaafg.org You can find & print this newsletter at www.charlottealanon.org. Spread the word! - KC, Newsletter Coordinator

District News

* The District Literature Office is open from 10-2 Tuesdays – Fridays, and the 2nd Saturday of the month.

* The CLT Tuesday Night's Men's AFG will be celebrating its 18th anniversary and inviting Alanon members, AA friends and others throughout District 5 to join our celebration on July 18. Event will be at Good Shepherd Church, 13110 Moss Rd, Charlotte, NC 28273, beginning with social time at 6pm and potluck dinner, followed by a short meeting and a great guest speaker about 7:30pm. Come on out!

The QR Code in the Masthead

What in the world is a QR code and why do people point their phones at it? A QR (quick response) code is a

2D picture like the one shown on this newsletter's masthead that, when scanned, gives some basic information provided by the company or people who created the code.

District 5 is proud to announce that we have our own QR code!

There are many ways to scan a QR code. The simplest way is by using a smart phone. Here's how:

- You'll need an iPhone 11 or newer or an Android phone version 8 or newer.
- Open the camera function on your smart phone,
- Aim your camera at the QR code,
- Try to place the code in the center of your screen,
- A small banner or notification should appear below the code,
- Tap on the banner or notification to go to where the code takes you.

You'll see our website address pop up beneath the code. Just tap on the address and... Tada!!! you're in our website and have access to all the information it contains.

As with all electronic connections these days, beware of scams. There's no problem with scanning a QR code and going to a website. However,

don't click on anything on the website you find questionable or reply with any personal information.



Our Website

Discussions began last year about how we could utilize and expand the functionality of our district website. We recognized that it was a tremendous outreach tool, that it represented our district to the world, and that it had the potential to provide more. The G.R.'s generously voted to budget support for this endeavor. I began to learn how to use WordPress and others in the district spent many hours verifying group records and other data which is shared on our site. The site was completely redesigned with a new theme, layout, plugins, etc. Links to other Al-Anon sites and Conference Approved Literature were added. District members have helped keep the Meeting List up to date and accurate. The basics are there, but it continues to be a work in progress.



Page 2

We hope visitors/members find it to be informative, encouraging, accurate and user-friendly. Please continue to

email me with questions, updates, problems and suggestions.

Moving forward:

- We are making much progress in adding an online store for our Literature Office. As with most things, it is more complicated than I initially thought, but it is getting there.
- Our D.R. is scanning historical documents to upload into the Archives section to preserve them for future reference/research.
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- Our D.R. is also preparing documents specifically for G.R. access.

Thank you for your help, support and patience through this process. I have learned so much and really enjoy working on the website. When I make mistakes or can't get a glitch worked out, I can hear my fellow Al-Anoners say, "Progress, Not Perfection, One Day at a Time, and Easy Does It".

- Elizabeth, Website Coordinator

Letter from our District Rep

Greetings District 5 AlAnon Family,

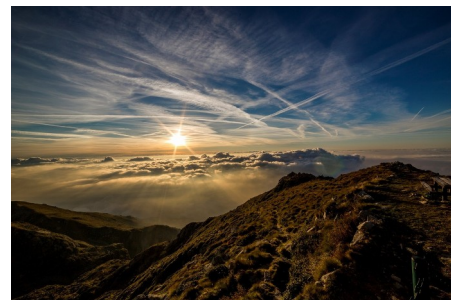
Our last District Meeting was held on March 25, 2023. The Group Representatives unanimously voted to host Fall Assembly, 2023. There is also an abundance of enthusiasm to host the North Carolina School Counselor's Convention in November, 2023 in Concord, NC. The Group Representatives approved the Technology Thought Force's choice of equipment to enable the continuation of District Hybrid Meetings.

The District's 45th Annual Winter Roundup was held on March 4, 2023 in person and on zoom. In person attendees doubled from last year including many members outside the District. Zoom attendees participated from as far as England, Brazil, and Chicago while connecting with many Area 42 members as well. A writer's workshop for the Forum was added to the schedule. It was met with many participants submitting articles to the Forum. The theme of this year's Roundup was Recovery through Unity, Abundance and Understanding.

The District began 2022 with a total of six AMIAS. Today, the District is proud to announce 16 certified AMIAS. There are three in person meetings and a fourth is in formation.

In April, AMIAS and an Alateen participated in a Mental Health Fair at Providence High School and handed out Alateen Public Outreach material to students and faculty. This was a wonderful opportunity originating through the District Alateen Coordinator, from a member's involvement, suggestion and direction. The wheels of Alateen in District 5 continue to turn with excitement and anticipation toward more public outreach, AMIAS and meetings.

District 5's Bookstore and Information Services Office has officially hired an Office Employee, Jerri S. Jerri has been a long time member of AlAnon working at offices in Omaha and Bellevue, Nebraska as well as recording speakers at conferences throughout the US at Dicobe Tapes. The office is now open Tuesday through Friday 10:00 am to 2:00 pm and the same hours on the first and second Saturday of every month.



Charlottealanon.org has been completely revamped. Our online bookstore will be up and running



Page 3

shortly. The Website Coordinator is also working on a secure page for Group Representatives to review archived minutes, coordinator reports, motions, legal and financial documents as well as provide up to date materials for easy access in preparation for District Meetings to share with all members in the District. The Fourth & Fifth editions of the District Newsletter can also be found on charlottealanon.org. The Newsletter provides an opportunity for members to submit articles sharing their experience, strength and hope as well as new and upcoming events in the District.

Respectfully Submitted,
Vita A. Pastorini
District 5 DR

Roundup Baskets

I wholeheartedly want to thank all our GRs for announcing and spreading the word about our March Winter Round Up. The response from your groups was so appreciated and made this Round Up a big success.

Since coming from several years of being suppressed by Covid, it was like spring coming after a bad winter. Your response and participation was truly remarkable. Our baskets were beautiful and each had such good themes. I wanted them all!! The

themes were so diversified and interesting this year. We had baskets ranging from family fun games, bird feeding items, pampering items to a men's tool bucket for home jobs. Your ideas were great for those baskets!

I was a bit apprehensive as time approached for our round up because I wasn't positive of how it would come together. Then as one true Alanon principle teaches Let Go and Let God. You made it such a success.

I humbly thank you for the opportunity to have served with some outstanding people. I'd like to especially thank Vita, John, and King for their guidance. Then the following people working were especially helpful: Paula, Carole, Marilyn, Laura, Joan, Kathleen, Dave and Katie. One lady from Lake Norman also helped sell lottery tickets with great success, however, I didn't write down her name. She



knows who she is and I thank her too.

I do recommend stepping up for service work since it helps us grow in our Al-Anon program.

- Linda K, Coordinator of Baskets

2023 Winter Round Up

Over 140 members gathered together for District 5's 45th Annual Winter Round Up to celebrate the fellowship of the Al-Anon program and Lois W.'s birthday while another fifty members joined on Zoom throughout the day. This was nearly doubled the seventy we had at Anuvia and thirty on Zoom last year.

Members gathered to share their experience, strength and hope at three sessions of meetings and hear three Alateen Speakers and our guest Speaker Lynda S. share their stories. We were especially fortunate to have Lynda give her talk as she is leaving Charlotte to begin the next chapter of her life in Indiana. Other activities include bidding on some beautiful baskets donated by area groups and raffling off one large basket of games and snacks as well as and books and gift certificates. More importantly, it was a chance to renew old friendships and establish new ones.



Page 4

The District wishes to thank our speakers, meeting leaders, volunteers, and everyone who showed up to make this event a success.

If you couldn't join us this year, save the date for next year. The 2024 Round Up is tentatively scheduled for the first Saturday in March again. Come join us then to see if we can top St. Matthew's building occupancy limit. (Just kidding, Fire Marshal.)

- King

An Emotional Hangup

I came to Al-Anon toward the end of the 1980s, full of insecurity, fear and anger. I stuck around, attending 1-2 meetings a week, working the steps slowly, and I gradually understood the first part of the first step, powerlessness. To me, that has done so much to help me get over my insecurity, and then my fear, when an issue comes up with the person in my life most likely to give me an excuse to have an emotional hangup.

You see, I found it much easier to point my finger at him, to be obsessed with him and what he is or is not doing, than to examine myself.

Solutions I've tried, all of which are very helpful: call my sponsor, recite the Serenity Prayer, re-work Step 1 and Step 4 (Paths To Recovery), meditate, go to a meeting, and introduce myself to any newcomers I find. Above all I need to keep the focus on myself. These are all more soothing and upbeat than obsessing over him! - KC

International Convention

The Al-Anon International Convention will be held on June 29 to July 2, 2023 at the Albuquerque Convention Center, Albuquerque, NM. To register, go to alanon.org, hit the calendar tab, then the WSO event and there you go - you found it!

While it is possible to register safely and securely using a smart device (smartphone or tablet), the user experience is not optimal. So, for best results, we recommend using a laptop/desktop computer.

The registration fee is \$225.