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## 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](mailto:district5news@ncbermudaafg.org) You can find & print this newsletter at [www.charlottealanon.org](http://www.charlottealanon.org). Spread the word! - KC, Newsletter Coordinator

### District News

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

\* Billy H. passed away September 20th. Home Group: Queen City Friday Night AFG.

### What Have I Harvested?

Last year at the end of the year I was in a meeting and the topic was Harvest, Trash and Plant. I told myself that at the end of 2023 I'd use this activity to aid in my recovery journey. What better way to do it than to share it here. Here's how it works. I answer the following questions. What have I harvested in 2023 that I want to carry forward? What do I want to trash from 2023 and leave behind? What do I want to

plant in 2024? As I ponder these questions over the next month I'm sure that more answers will come to me. Here is where I am right now.

What have I HARVESTED in 2023 that I want to carry into 2024? I have harvested another year of recovery. I've had good days and bad days but I have tried to maintain my serenity (or to get it back quickly when I've lost it). I have continued to harvest new, beautiful butterfly friends who have helped me on my recovery journey and I will carry them all with me going forward.

What do I want to TRASH from 2022 and not take forward with me into 2023? I want to leave behind my continued feelings of low self worth, of not being good enough. I am struggling with that right now. I'm working hard to look for my HP's plan for my life because that is where I will find my true self worth.

What do I want to PLANT in 2023? I want to plant good thoughts to give me something else to say when I start to have those feelings of low self worth pop up. (Instead of saying "I'm not good enough" I can say "wow, my inner critic is loud today".) I want to plant more serenity and less anger and frustration at other's behavior. I know I can not control anyone's

behavior but mine. I have to also remember that I don't know what is in anyone else's head and I have to stop trying to live my life based on what I perceive will make them happy. I want to plant my own happiness, peace, serenity and joy. I want to plant the things I want in my life and I can do that by giving those things to others even if they can't give them to me.  
- Robin

### The Cost of a Book

At a recent District meeting someone asked what's included in the price of a book purchased from the District Literature and Information Office? Another person asked whether our book sales alone support the cost of running the Office? To answer both questions, let's use the new daily reader as an example. When you buy a copy of *A Little Time For Myself* at the District Office:

#### You Pay:

Price	\$17.00	
Plus Handling (10%)		+
	\$1.70	
Plus Sales Tax (7.25%)		
	<u>+\$1.23</u>	
<b>Your total cost</b>	<b>\$19.93</b>	



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**District's Cost:**

WSO's Price  
\$17.00  
Less 17% WSO Discount -  
\$2.89  
Plus Shipping (10% after disc.)+  
\$1.41

**District's Cost**

**\$15.52**

**District's Margine:**

What you pay  
\$19.93  
District's Cost -  
\$15.52  
Sales Tax to NC DOR -  
\$1.23

**The District's Margin**

**\$3.18**

There are some points worth noting:

- As noted above, your payment includes the price of the book, a handling charge, and state sales tax.
- When the District buys from WSO, the District receives a 17% discount.
- The 10% handling you pay is almost the same as the 10% handling the District pays the WSO. This isn't a coincidence. The District charges handling to offset WSO's shipping charge.
- The 7.25% you pay for sales

tax is identical to what the District pays to the NC Dept. of Revenue.

- To answer the first question, what you pay for a book includes the District's cost for the book, the shipping cost we incur, the tax we collect for the state, and a small income for the District.
- The District makes \$3.18 on a \$17.00 book, or about a 18.7% margin.
- But we're not done. The District still has to pay for overhead like employee salaries, rent, insurance, etc.
- To answer the second question, "No, book sales alone isn't enough to pay for the cost of the Office." At only a 18.7% margin, the District is currently not selling enough books to totally pay for overhead. Book sales are supplemented by member and group donations.
- **So why operate a Literature Office that can't make a profit? Because the Office exists to help our members' recovery by providing reading material and answering questions about our program. This is why the District is so grateful for the generosity**

**of our members. Your donations help keep the Office open to carry on our mission.**

**- A Little Night for Ourselves**

- On November 3rd, the District 5 Al-Anon community gathered for A Little Night for Ourselves at St. Mathew Catholic Church for food, music, fun, and to hear a guest speaker. The "little night" turned out to be a big celebration as over 85 members formally RSVP'd, including a group of officers from the Area who came early for the following day's Fall Assembly. The District is proud to have hosted this evening as well as the Area Assembly for the first time in nine years.
- Michael F. emceed a night that began with guests dining on heavy hors d'oeuvres and fellowship as local musician Tom DiMartino provided musical accompaniment. Jay G. and Maria K. led guests in games like Bingo and a trivia contest (please see a separate



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- article for the trivia questions) and a rousing but all too quick round with hula-hoops. A very special thanks to guest speaker Jim E. who shared stories of his eventful life before and since joining the program. Jim made time for us despite dealing with family commitments.
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- Finally, the District wants to thank those who helped plan, set up, and cleaned up and everyone who came to make the night a success.
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### - Are You Smarter Than Your Al-Anon Friends?

Part of *A Little Night for Ourselves* included a trivia contest. Four guests answered all these questions correctly. Can you?

- The World Service Conference (WSC) is....
  - Al-Anon's largest group conscience
  - Provides guidance to Al-Anon's Board of Trustees and WSO
  - Includes Delegates, Trustees, and WSO staff
  - All of the above

- The WSC was held...
  - In Virginia Beach, 1960
  - In New York, 1961
  - During the AA Convention in Long Beach, 1960
  - At Stepping Stones, 1963
  -
- The co-founder of Al-Anon was....
  - Sally J.
  - Joy S.
  - Anne B.
  - Alison T.
- Conference Approved Literature....
  - Was not needed because we were already using the AA "Big Book"
  - Refers to literature that only WSO approves
  - Is written by Al-Anons for Al-Anons
  - Is not translated to French and Spanish
- The Al-Anon Triangle represents....
  - Recovery
  - Unity
  - Service
  - All of the above
- While at the Fall Assembly, the GRs....
  - Partied 'til midnight

- with their Al-Buddies
  - Played Musical Chairs
  - Represented their District and brought back news to their groups

See the answers at the end of this Newsletter!

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### Winter Roundup Mar 4th

The next Winter RoundUp Committee Meeting is set for December 7th. The roundup is March 9<sup>th</sup>. Here is the committee meeting link to circulate to all members interested in joining in this wonderful service:

Join Zoom Meeting

<https://us02web.zoom.us/j/89194282896?pwd=V3lWWE1zQkMrSkSrL1M3K3JQU24vdz09>

Meeting ID: 891 9428 2896  
Passcode: 786526  
One tap mobile  
+13017158592,,891942 82896#,,,,\*786526# US  
(Washington DC)  
+13052241968,,891942 82896#,,,,\*786526# US



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The Theme for the March 9<sup>th</sup> 46th Winter RoundUp is "Happy, Joyous and Free."

Here is a list of service opportunities for the RoundUP: Workshop Leaders are needed and Dave C. has set up a link for anyone interested to sign up:

<https://forms.gle/4n7H54LyCbKBF4MQ9>.

\*\*Baskets and Raffle:  
Anyone interested in helping Linda K. with the baskets and raffle, please contact her at [clt.stonecrest@ncbermudaafg.org](mailto:clt.stonecrest@ncbermudaafg.org).  
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\*\*Decor Volunteer  
\*\*On-site Technology Coordinator  
\*\*VolunteerZoom RoundUp Coordinator  
Volunteer (set up all zoom workshops and workshop leaders etc)

Please consider donating food items to help sustain us throughout the day and as always a gentle reminder to consider donating a basket and let Linda know when your group

decides to donate a basket.

Thank you for all your service as we bring together another spectacular event in the District. A special thanks to Kitt M., who is chairing the 2024 Winter RoundUp. Kitt can be reached via email at: [authentikitt@gmail.com](mailto:authentikitt@gmail.com)

-Vita P, District 5  
Representative

## Treasurer's Report

The District ended August 2023 with sufficient funds to maintain our prudent reserves and address future operational needs. (August was the last month when we published the District's Financial Report.)

Through August, both donations and book sales net of purchases were slightly better than Budget. Note that we made very little in net book sales in July and August. While book sales increased noticeably due to the sale of the latest daily reader, sales were offset by purchases as we increased our inventory of the reader in anticipation of future sales and replenished books sold before June. Expenses are below budget due to money allocated to Alateen, Public Outreach, and Technology not spent.

Other expenses in total are moving as expected.

## ALATEEN NEWS

Tell all parents and grandparents in your groups to bring their Teens and Teens' Friends. The only way that Alateens can get to meetings is if Alanons or AA's drive them! Try 6 meetings!

All kids from 11-19 are welcome!

1. Serenity Alateen AFG is Meeting on a New Schedule!!!  
8-9pm on the First Friday of Each Month
2. KISS Alateen AFG Continues to Meet 8-9pm Every Monday
3. Teens Helping Teens At The Lake Alateen AFG Continues to Meet 6:30-7:30pm Every Monday  
We can offer more days and locations as Alateen interest demands.

We'll also need a few more Alanon members to host these meetings. Contact District 5 Alateen Coordinator Debbie B at 704-737-3677 or [d5.alateen@ncbermudaafg.org](mailto:d5.alateen@ncbermudaafg.org) for more details.

What a Rewarding Service Opportunity!!! See you soon!, Deb



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**Answers to Trivia Questions:**

**1.d, 2.b, 3.c, 4.c, 5.d., 6.c**