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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 You can find & print this newsletter at www.charlottealanon.org . Spread the word!

- KC, Newsletter Coordinator

District News

* New Al-Anon Meeting
Open to All: Lois's Kitchen.
Starting on Wed September 4th 2024,
5:30pm @[Bill and Bob's Coffee Shop](#), 2749 Old Monroe rd, Stallings,
NC 28104

* Effective immediately, the Bookstore's new hours are Mondays, Wednesdays, and Thursdays, 10AM to 2PM, and Tuesdays 2PM to 6PM. When going to the Office, remember to call ahead of time (704-523-1159) to make sure Jodi knows you're coming. She is our lone employee and may have to step away from the Office at times.

* Harold (Sandy) S. passed away May 7. His home group was Thursday Morning AFG.

Billboards

Hopefully you saw our two billboard ads around town in early July. These aren't your grandparents' paper billboards pasted onto a fixed backing. They are electronic ones that are brighter and were uploaded to six billboard locations at different times. It's like the difference between advertising at a bus stop vs. advertising on television.

Let your GR know where you saw these so we can gauge their visibility. Our billboard contact has also agreed to show our billboards free of charge again when unsold space/time is available during the winter holidays.

Sufficient Funds

The District ended the second quarter with sufficient funds to maintain our prudent reserves and address future operational needs.

Expenses were higher than budgeted. Two noteworthy items were \$1,000 contributed to two Area Alateen events and purchase of billboard space around the city. Both were not budgeted but approved by the GRs in February.

- King, District Treasurer

Our New Office Manager

Please stop by and say hello to Jodi M., our new Office Manager for the District Book Store located in Providence United Methodist Church. Some of you will recognize Jodi as a long time Al-Anon member in the District. Jodi will be responsible for the daily operations of the office as well as developing strategies for increasing book sales and expanding information services. She is taking over the reins of the Office from Barbara S. Barbara has decided to spend more time on herself and family. Please join us in thanking Barbara for her years of service and offering your best wishes for her new life.

Buy Literature Online

District 5's On-line Bookstore is now open for business for anyone who wants to buy Al-Anon literature on-line.

Just go to www.charlottealanon.org/literature-office/ to access the Online Bookstore. Find the book(s) you want, click to add to your cart, fill out the necessary information, and



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have your purchase sent to your front door for an additional, nominal shipping charge.

Or You can then pick up your purchase at the Office and save on shipping. The best part is you can pay for the purchase by credit card. Individual members and group literature coordinators are welcome to use the Bookstore.

Alateen News

A New Alateen Meeting!!!! Weddington, Thursdays 7-8pm Ages 8-19

They have 5 new AMIASes to staff it!! It will join our two existing Alateen Meetings in District 5. Congratulations for bringing it all together!!

How can Al-Anons support this effort? By spreading the word at all meetings to parents of teens.

School Support

Al-Anon has been asked by Charlotte/Mecklenburg Schools to bring information to their students. We think that there will be many more requests for this next school year.

Please think about giving a morning of Hope to our Teens.

Alateen Meetings. Talk to each other to find out if your group would like to sponsor one!

Spring Assembly Report

[Note: article submitted in March but since the newsletter wasn't printed in June the article is printed here.]

I wish to thank all our GRs for spreading the news concerning our March 9, 2024, Winter Roundup. This year's attendance topped last year's. Thank you, GRs, for your response and participation. Considering the nasty rainy cold day we had outside --inside it was warm fun and helpful to many of us.

The baskets this year were lovely, and we really enjoyed the many themes used to show our Happy, Joyous, and Free slogan. The array of categories ranged from self-care, gardening, bird watching and bird feeding, gift cards of large amounts and varieties, coffee varieties, al non gifts, conference approved literature with an assortment of tea bags for a cozy night for reading, to a lovely original painting entitled Serenity Landscape Painting. Wow all the original ideas and baskets truly made the room glisten and create a lot of

interest. Thank you, groups!

The Raffle items that you donated were spot on also. The 2 gift certificates from Massage Envy were big hits since their values were \$150 each. The other items donated were a handmade knitted throw with 2 pillows, Al anon books, coffee carafe with a coffee assortment, 2024 Area Speaker Flash Drive, and even a 2018 International Convention Speaker's Flash Drive. The cute Al anon doggy Tee shirt certainly created interest and humor as well.

As you can tell I was most impressed with all your donations and participation. I thank you for the opportunity to have served with some very special people. I'd like to thank Vita, King, and Kim for their guidance. Then the following people deserve much gratitude from me due to their hard work: Thea J., Paula J., Dave and Kathleen S., Julie O., Dave and Maureen D., Laura R. Thank you for your help special committee.

It was a special day and I do recommend everyone stepping up for service work since it helps us grow in our program.

- Linda K., Basket Coordinator



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Newsletter Needs Help

We need a new Newsletter Coordinator starting January 1, 2025. Elections are being held September 21st, 2024.

The position is a rewarding one! Collect articles, edit them, assemble them into a newsletter format and distribute by email to our District GRs. It's a 3-year commitment, as are all district positions.

I have thoroughly enjoyed being your Newsletter Coordinator, and will prepare one more publication in December. I'll introduce the next Newsletter Coordinator to how easily it's done.

Recent Elections

In the recent District meeting, Dave C. Was elected the newly elected District 5 Website Coordinator and Ted M. is the newly elected District 5 Public Outreach Coordinator.

The God Box

Many years ago, when I asked a fellow Al-Anon member to sponsor me in working the 12 steps, he recommend I make a God Box. His

instructions were for me to write down my worries and put them into the box then try to forget them. This was a physical exercise in Let Go and Let God.

So when I was obsessing about some problem, I did as he instructed and I discovered just how it works.

First, by writing down on a piece of paper just what it was I was obsessing over, it helped me clarify what I wanted God to help me with. This process helped me calm down the hamster wheel of confusion in my head and be clear about what I needed God to do.

Second, I folded up my written request into a size small enough to slip through the narrow slot in the top of the God Box. This was an example of reducing the size of my problem.

Third, I said to myself, "Okay God, you got this" and usually forgot about what I had just done.

When I stopped obsessing over a problem and put it away, I became aware of other choices that I was not aware of before or became more willing to accept options that I had rejected while I was still obsessing. This, to me, was God doing for me what I could not do for myself.

Many times, using the God Box helped me to just let go and do nothing about a problem. Again a solution arose that I would have never thought of or the situation just "worked itself out". And usually better than I could have imagined.

I see using my God Box as a way to stop obsessing over something I have no control over and by letting go, focus on what I do have control over: mainly myself and my reactions to my problems.

Over the years of my recovery I have not used my God Box as often. I have become better at asking for God's help before I become too obsessive and let go of the problem sooner than I used to.

The God Box still sits on top of my dresser drawer and I have never opened it up to see what I had written all those years ago. I'm sure that by reading what I wrote so long ago I would be surprised at how crazy I used to be and how much better I am now.

So for you new members, make yourself a God box and try doing what I did. I am sure you will get good results.
- John B. North Carolina



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FALL ASSEMBLY & ELECTION ASSEMBLY

The Fall Assembly is coming up fast. Get your reservation in soon. Saturday, November 2, Winston-Salem, NC, Hope Presbyterian Church, 2050 Peace Haven Road North, Winston-Salem 27106

OPEN HOUSE & FELLOWSHIP
Friday Evening, November 1, at the same location

HOTEL RESERVATION

The hotel listed below offers a discounted-rate and has reserved a block of rooms.

CUTOFF FOR DISCOUNTED-RATE IS OCTOBER 21

Courtyard Hanes Mall
1600 Westbrook Plaza Drive
Winston-Salem, NC 27103
336.760.7144
Hotel contact: Gail Kolischak

Group Name: North
Carolina/Bermuda AFG,
Incorporated

Discounted-rate Code: Al-Anon

A block of 20 rooms (10 King & 10 Double Queens) is reserved for Friday, November 1 at \$104+Taxes. A few rooms are reserved for Saturday, November 2 at the same rate. Breakfast buffet on November 2 included. A meal voucher of \$10 is offered for members departing Sunday, November 3. For special or other room needs contact Gail Kolischak at 336.760.7144

MEETINGS

Details of Friday-Evening and Saturday meetings will be sent out after September 10.