



District 5 Newsletter

March, 2025

The Al-anon Declaration: “When anyone, anywhere, reaches out for help, let the hand of Al-Anon and Alateen always be there, and let it begin with me.”

Welcome to our new

District 5 - Panel 65 Service Positions

District Rep - Brenda I.

Alternate District Rep - unfilled

District Treasurer - Christine

District Secretary - unfilled

Event Coordinator – unfilled

Literature Coordinator - unfilled

Tech Coordinator - unfilled

Winter Round Up Coord. - Theresa P.

Newsletter Coordinator - Robin M.

Alateen Coordinator - Debbie B.

Public Outreach - Ted

District Website Coordinator - Dave C.

Records Coordinator - Lauren

Please consider service to the district by filling one of the unfilled positions. I have heard it said that “service is MiracleGro for my recovery.”

Literature Corner

Your District 5 AIS/Literature Distribution Center office has been very busy this quarter. Your contributions and support of the center at the Winter Round-Up, and throughout the quarter, contributed to over \$3,000 in net sales. Be assured, the office will work with your District 5 Panel to ensure these funds are used to reach those in our community who still suffer with this insidious family disease.

Al-Anon/Alateen Information Services continues to bridge collaborative efforts between District 5 and Districts 1,3 and 4, our Western NC friends. Online bookstore orders continue to grow and multiple phone conversations have been held with members in those districts. Our hope is these communications will serve to enhance public outreach efforts in this half of NC. Please contact our office as noted below with any information related to starting new groups or supplying groups/organizations looking for literature assistance.

District 5 AIS also collaborated with our NC/Bermuda Area Alateen Coordinator to solicit contributions to the Area Convention for Alateen literature and registration donations. District 5 raised nearly \$200 for our Alateens. Many, many thanks!

Looking for a service opportunity?

The office needs volunteers to man the off-hours hotline! Just sign up for the dates you can volunteer here:

<https://charlottealanon.org/service/>

All volunteers will receive guidelines for answering the hotline phone prior to the date of your service.

Check out our District 5 Website at

<https://charlottealanon.org/>

From Our District Representative

Greetings Everyone,

I would like to start by sending a huge THANK YOU to Vita P. and all of Panel 62 for their tremendous efforts laying the groundwork and following through preparing District 5 to move forward.

It's only been three short months since Panel 65 began our term of service for District 5 and I have already reaped so many blessings from my fellowship with all of you.

I was a bit intimidated at first with this position, but many of you reminded me that “it will all work out,” and it has. Winter Roundup was an exceptional example of how we work together, each doing what they can. Although the attendance was higher and funds raised were significant, the most important thing that happened was we all received experience, strength and hope to face our individual challenges. Talking with members @ Roundup, I heard the strength they received from attending.

We have been given a tremendous gift in this program, to find hope that life can be better for us, our loved ones and our community. Can we consider our part? For example, District 5 Group Representatives have been speaking out to request we strengthen our Alateen Program. Through their efforts, we had a large turnout for AMISA training at Winter Roundup, and there are plans for new Alateen groups.

Another example is that Al-Anon groups are growing. In-person attendance is slowly coming back, some groups are having steady influxes of newcomers, some groups are struggling & need a helping hand. These challenges can be resolved if we work together. I would ask each of us to consider how we can stretch ourselves a bit and consider how we can serve. Everyone can do something. Bring a topic, set up the room, attend different meetings, consider being a sponsor, talk to newcomers, etc.

I thank you for placing your trust in me to serve our district. It is an honor to share with the Area, the wonderful work being done in District 5. Please feel free to reach out with questions or comments.

Brenda I
D5 District Representative
district5dr@ncbermudaafg.org



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The literature office is open
Mon, Wed, and Thurs from 10am-2pm
Tues from 2pm-6pm.
Please call the office before visiting to make sure we know you're coming.
Call Jodi at the bookstore at 704-523-1159 with any questions.

Did You Know...

WSO is looking for member writing contributions for two new books. Please consider submitting your thoughts on the following subjects: Sponsorship and Service Sponsorship, Finances in Alcoholic Relationships.

Details may be found at

<https://al-anon.org/for-members/members-resources/literature/literature-resources/send-your-sharing/>

STEPS 1,2,3
I Can't, HP Can, I Think I'll Let HP

Step 1: We admitted we were powerless over alcohol, that our lives had become unmanageable.

My sponsor shared with me a series of letters she received years ago from a fellow who visited our area. Each letter focused on a different step and I found much experience, strength and hope in them. The step 1 letter spoke of remembering that we are admitting *powerlessness*, not *helplessness* and I needed to hear that because I was confusing the two.

The following paragraph from the step 1 letter has really touched me and given me a much better grasp of the powerlessness I admit.

“...Other truths came to me slowly as I pondered step 1, as I listened in meetings and read literature. For one thing, we are not powerless to hurt others, unfortunately. We are not powerless to help them, happily. We are powerless to *change* them. It is absurd to assume that we have no effect on others, no influence; certainly we do. We are, however, powerless over alcohol, the alcoholic or anyone else if our desire is to bring about change other than in ourselves. Sometimes by example we can inspire others to want to change. Sometimes by changing ourselves, others change in reaction to us. When we cannot change a situation, we can change our attitude toward it.” – from Blanche D.

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity

From *How Al-Anon Works for Families & Friends of Alcoholics* Pg. 47-48

“One definition of insanity is performing the same action again and again, each time expecting to achieve a different result. Any of us who have been affected by the family disease of alcoholism have experienced this and other forms of insanity. Living with the effects of another’s alcoholism has given us a lopsided view of life. Yet, no matter how distorted our outlook or how out of control our lives seem, and regardless of the impact of the alcoholic’s behavior, help is available to us.

The alcoholic cannot heal our wounds; neither can our willpower, quick-wittedness, or perseverance. Turning to these sources again and again is no more useful – or sane – than going to a car lot to buy groceries. Having continually failed to resolve our difficulties ourselves, most of us finally realize we must look for help in a more promising place. What we seek is something greater, beyond our own abilities, a source of help, comfort, guidance, and strength unrestricted by our human limitations. Our need for such assistance has become obvious, but so many of our needs have gone unsatisfied in the past that we hardly dare to hope that we might find the help we need. In the process of taking Step Two, we open our hearts and minds to the possibility that such a power *could* actually exist in our lives.”

Step Three: Made a decision to turn our will and our lives over to the care of God as we understood Him.

This is the first “action” step, one where I **make a decision** to actively put my faith in something outside of my experience. For the longest time I chose to act “as if” I was truly practicing this step. As I attended meetings and read the literature it became easier to turn my will and life over to this Higher Power.

This was that step for me that made me stop obsessing and let go of my anxiety. I started to experience some relief when I said to myself, “okay God, I will let go of what is bothering me and hope that You will fix the problem.” This enabled me to “let go and let God”, put the obsessive thought out of my mind and focus on the here and now. I then had space to see other viable choices that I was not aware of, or more willing to accept solutions that I had previously written off as not good enough to help me. This was my first taste of my higher power doing for me what I could not do for myself.

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Now you might say that it was not a god stepping in. Just my ability to set my problem aside until I could see it in a more realistic light or remove my blinders to choices I would not see as long as I was obsessing. Well you could say that, but as I worked the remaining 8 steps I started to see how a Higher Power was at work in my life long before I came to Al-Anon. Something kept my out of bad situations and away from bad people and led me to good situations and good people. In some ways my survival/character defects protected me from getting into unhealthy situations.

I have come to believe that my Higher Power can use anything to help me. If nothing else, I can change my mind about my most painful experiences and see them as guiding me to where I am today. This change of mind comes when I accept the help of my Higher Power in solving my problems today. I am no longer alone in my journey.

Of course, this happens within the fellowship of Al-Anon but ultimately it's my Higher Power who walks with me in my darkest times and makes me aware of other choices and to better accept the help and friendship of my fellow members.

Al-Anon is a “we” program. I used to think it just meant me and other members but now I see this includes God as well.

John B. North Carolina

News from the Groups

Thursday Morning AFG which has met at 11am at Dilworth United Methodist Church since it began in September of 1968 made the difficult decision to close the in person component of their meeting and become a virtual only meeting. Please go to the meeting section of charlottealanon.org for meeting ID and passcode. The group continues to meet on Thursday at 11:00am.

Twelve Step Study AFG is starting a Newcomer Meeting as part of their regular Monday 11:00am meeting at Dilworth. A volunteer will take Newcomers across the hall and provide a Newcomer's meeting that explains Al Anon, how it works, some of the slogans, CAL, etc. They will also answer questions the newcomers might have. Then, if enough time, they will rejoin the group.

Would you like to share news from your group? Do you have experience, strength and hope you'd like to share with the district? Do you have a favorite piece of literature? Please send newsletter submissions to district5news@ncbermudaafg.org. Our next newsletter will go out the end of June. Deadline for submissions for the next newsletter will be June 23, 2025.

Winter Round Up Round Up

It has only been a month or so since our District 5 Winter Roundup which was held on February 22, 2025. How many of you are still smiling with warm serenity from the words of wisdom you gleaned from the experience, strength and hope heard from so many fellow members? I certainly am!! I heard from many attendees how inspired and hopeful they felt from things they heard at these meetings!! So much to be grateful for!! And the benefits will continue.

The 2025 Winter Roundup was certainly a success in several different ways --- more attendees than ever in person and on Zoom, more funds raised than at any previous Winter Roundup, more AMIAS trainees trained than at any previous Winter Roundup.

But, remember, our mission is to reach suffering family members and friends of alcoholics and drug addicts, to give them understanding and encouragement through Alateen and Al-Anon. But -- we cannot do this if they do not know we are here. The funds raised at our Winter Roundup will be used to reach out and make our presence known. Our mission is to get the word out in a way approved by our principles and World Service. Here are 3 examples:

1 - Have you seen the billboards along the interstates acknowledging Al-Anon through the holidays? This is Outreach.

2 - Did you know that once a year a conference of school counselors in NC is held and Al-Anon sets up a table with volunteers to hand out literature. The school counselors are so grateful to hear about and get contact information about Alateen and Al-Anon. This is Outreach.

3 - A health fair at UNCC was attended by Al-Anons handing out literature to students and advertising the Al-Anon weekly meeting held on-campus. This is Outreach. Funds from District 5, including from our Winter Roundup, help to make this type of outreach possible. The more funds we raise, the more outreach can take place.

I want to thank everyone who attended our 2025 Winter Roundup – whether you were a newcomer, or a volunteer who helped to organize the Roundup, or an active member in between – thank you for coming and participating and sharing your experience, strength and hope with others. I hope you took home the same serenity you helped to give others.

Thank you!!

Theresa Pasek

2025 Winter Roundup Coordinator