



District 5 Newsletter

June, 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.”

Important Dates

District 5 Panel 65 and Coordinators Meetings

(9:00-10:30am)

July 26, 2025

September 27, 2025

District 5 Meeting

(10:00am – 12:00noon)

August 9, 2025

October 11, 2025

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

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 September.

Deadline for submissions for the next newsletter will be September 26, 2025.

Literature Corner

From “Lois’ Story” pgs. 152-160 in *How Al-Anon Works for Families and Friends of Alcoholics*.

“Step Four – Made a searching and fearless moral inventor of ourselves.

Here is where, when I tried to be really honest, I received a tremendous shock. Many of the things that I thought I did unselfishly were, when I tracked them down, pure rationalizations – rationalizations to get my own way about something. This disclosure doubled my urge to live by the Twelve Steps as thoroughly as I could.

Step Five – Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

I found this was just as necessary for me to do as it was for an alcoholic, even more so perhaps, because of my former “mother-and-bad-boy” attitude toward Bill. Admitting my prongs helped to balance our relationships, to bring it closer to the ideal partnership in marriage.

Step 6 – Were entirely ready to have God remove all these defects of character.

There were selfish attitudes that I had felt justified in keeping because of what Bill or someone else had done to me. I had to try very hard to want God to remove these. There was, for instance, my self-pity at losing Bill’s companionship, now that the house was full of alcoholics and we had little time to visit alone with each other.”

Alateen Corner

Two new meetings are currently being formed!! As soon as we know their start dates, we’ll send you notifications.

Sunday Mornings at 9:00

Wednesday Nights at 8:00.

The Charlotte Al-anon Website (charlottealanon.org) has information for the currently active Alateen Meetings.

Check it out.

Experience, Strength and Hope

A few years ago, I attended a week-long spirituality workshop. I expected to find a mixture of AAs and Al-Anons, but I was the only person there who was not a member of AA. Because I’ve been to many open AA meetings and have several double-winners in my home Al-Anon group, I was comfortable being the only Al-Anon in the workshop.

I met a young man about the age of my adult sons – I’ll call him Pete – who had just spent a month in a nearby treatment center. During the first part of the week, Pete passed a lot of his time by lying on one sofa or another, interacting very little with others in the workshop. He appeared to be profoundly shy or depressed.

One evening, a staff member interrupted our group to report that Pete would be unable to join us again. He had left the building, in the dark, and had walked in below-freezing weather to get to a bar. On his way back, after drinking, he had fallen and injured his wrist. He had no choice but to admit what he had done, so that he could ask for help.



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Later that evening, one of the AA members said, “You know, once Pete got into the treatment center, his mother was calling him 3 or 4 times a day. He found out yesterday that he was being assigned to a sober-house in St. Paul, and his mother called him today very upset because she wanted him to go to a sober-house nearer their home.” That AA’s implication was clear: Pete’s mother made him drink.

Alcoholism: We did not cause it, we cannot control it, and we cannot cure it. But we family members and friends can contribute to the disease by creating more stress for someone who is trying not to drink. We

need to be careful not to try to control their decisions and behavior in order to persuade them to bend to our will. For me, the spiritual awakening promised in Step 12 includes the ability to step back and allow others to experience whatever consequences their own behavior creates – bad and good.

I close with a quote from Dr. Jane Nelson: When we really understand the fact of separate realities, we will stop spending so much time and energy trying to change the reality of others.

Nancy H., Charlotte, NC

So much of my every day life involves Step Three issues: what should I focus on today, who should I contact, what should I say or not say, should I walk this way or that, what should I have for lunch... In Hope for Today, December 30th on page 365 it talks about Step Three. At the end of the second paragraph, there is a short prayer: “God, what would you have me say and do today?”

Good question. It helps when I invoke my Higher Power’s help. Asking takes me out of myself and helps me give my life over to the care of a power greater than myself. It puts me consciously in touch with my Higher Power and helps carry me through my day even if my conscious self has forgotten. So, whatever I do, whatever interactions I have, my higher power is right there with me, helping me, guiding me. Then all I have to do is try to understand what the next right action should be, what I am being led to by my conscious contact and do that.

And then, let go of the results.

- Riley J., NYC

“God is like a radio station - always broadcasting, but you have to tune in.”

I heard someone say this in a meeting a few years ago when I was new to Al-anon. I was working Step 2 with my sponsor at the time, so it was very apropos and helpful. As I have come to know my Higher

Power better since then – and developed our relationship through conscious contact – I remind myself every day that my HP is right here next to me whenever I need to tune in.

A daily practice I have now is that I remind myself that my HP is with me every morning as soon as I wake up. Oftentimes before I get out of bed – and sometimes before I even open my eyes – I spiritually connect with my Higher Power and ask for guidance for the upcoming day. I ask my HP if there is a message for me, some guidance to carry me through my day.

I practice this in part because, even though I don’t live with my qualifier anymore, I do often feel fear about how his behavior may influence me and our children at any time. But when I stay close to my Higher Power, go to meetings, read CAL, work my program, and connect with Alapals, I experience more faith – and less fear – than I did before coming into Al-anon. I get to remember the 3 C’s, I get to ask for help, and I get to PAUSE. Then I keep living my life and recovering myself.

Melissa F., Maryland

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/>

HEARD IN A MEETING...

...I didn’t CAUSE it,
I can’t CONTROL it and
I can’t CURE it.

What I can do is I can CURE ME because
I can CONTROL ME.
The CHOICE is MINE.

For Information about ALATEEN.

<https://al-anon.org/for-members/group-resources/alateen/>



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News from the Groups

20TH ANNIVERSARY PARTY

Charlotte Men's Tuesday Night Al-anon

All are welcomed: AA, Al-Anon, Alateens and teens interested in learning more.

No children please (except Alateen)

Tuesday, July 22

Good Shepherd Church

13110 Moss Rd (just off S. Tryon/49)

Charlotte, NC

Food and fellowship 6pm - 7:15pm

Main course and refreshments provided

Covered dish contributions are appreciated

2 speakers 7:30 -8:30

Philip T and Cordelia (Alateen)

ZOOM live 7:30-8:30pm

ID: 673 329 449

Passcode: 071496

Thursday Morning AFG is meeting at 11:00am every Thursday via Zoom. Need a daytime meeting but don't want to drive? Join us on zoom.

Meeting ID: 878 9217 1623

Passcode: 056784

**The literature office is open
Mon, Wed, and Thurs from 10am-2pm
Tues from 2pm-6pm.**

Please call or email the office before visiting to make sure we know you're coming.
704-523-1159 or Distrit5lit@gmail.com

From Our District 5 Office Manager

Your District 5 AIS/Literature Distribution Center office is active and present! So far this quarter, Districts 1, 3, 4 and 5 have contributed over \$1,200 in net sales... and donations have exceeded \$3,500. Though the quarter began slowly, the pace is picking up!

Your office transferred donated literature to two newly forming Alateen groups, worked closely with our Spanish community to support growth at Spanish meetings, and worked with the District 5 Public Outreach and Alateen Coordinators to field inquiries from our professional community. Inquirers like Guardian Ad Litem and local high schools are benefiting from collaborations between the office and your district coordinators. By supporting the District 5 AIS/LDC (“the office”), you ensure that our families, friends and neighbors will always have the hand of Al-Anon available

to them. Thank you, District 5 and Western NC! Let it begin with us!

Please contact our office as noted below with any information related to starting new groups or supplying groups/organizations looking for literature assistance: 704-523-1159 or Distrit5lit@gmail.com

District 5 Office/Literature Announcements

New Edition of the Al-Anon/Alateen Service Manual is expected to hit the shelves early in 2026. More to come as updates are received from WSO

Courage to Change (B-16) and Reaching For Personal Freedom (P-92) are now available after being out of stock at WSO for some time.

Check out Our District 5 Online Bookstore at

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

Al-Anon has taught me to stop trying to sit at tables where I have to bring my own chair, squeeze in between folks and repeatedly convince others why I should be there.

In Al-Anon I've learned to build a new table and invite those who feed my recovery to sit with me.

Anonymous

Currently Out of stock at WSO bookstore:

- Alateen Talks Back on: Acceptance (P-68C)
- Alateen Talks Back on: Serenity (P-69)
- Courage to Be Me—Living with Alcoholism (B-23)
- Hope & Understanding for Parents & Grandparents (P-94)
- Just for Tonight Bookmark (M-81)
- Lois Remembers (B-7)
- ¿ A la madre y al padre de un alcohólico (SP-16)
- Por qué el anonimato en Al-Anon? (SP-33)
- Alcoholismo, un carrusel llamado negación (SP-3)
- Cómo ayuda Al-Anon (Tapa dura) (SB-22)
- Cuando estoy ocupado me siento mejor (SP-78)
- Los Doce Pasos y las Doce Tradiciones (SB-8)
- Los Doce Pasos y Tradiciones (SP-17)
- Senderos de recuperación (SB-24)
- Utilizando los principios de Al-Anon (Serie) (SK-70)
- Paquete para los hijos adultos de Al-Anon (SK-21)

We do have a few copies of some of these titles at the District 5 office. Call the office for details.



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In Memoriam

“To live in hearts we leave behind is not to die.”

- Thomas Campbell, from *II. Freedom Hallowed Ground*

Harold S.

July 26, 1947 - May 7, 2024

Some of my fondest memories of being at the Thursday Morning AFG meeting in person at Dilworth will always be time before and after with dear Harold S. He had such a beautiful soul and was always a bright spot wherever he went. I have been thinking a lot recently about an interaction we had one day after the meeting. He was talking about how math was not his strong suit. I remarked that his strong suit was creativity and that used a different part of the brain. I remember his eyes sparking and him thanking me for saying that. Something so simple helped him. I wonder if he knows how much his mere presence helped me and I'm sure others.

When I heard of Harold's passing I couldn't help but think of his shares in a meeting. When he thought he'd talk long enough he would just pass to the next person. There were times I thought "I don't think he was finished with that sentence." but he was mindful of allowing others to share. Harold left this world by simply passing on peacefully in his sleep.

To quote John Green "I cannot tell you how thankful I am for our little infinity. I wouldn't trade it for the world. You gave me a forever within the numbered days, and I'm grateful." I know that Harold will live in many of us for years to come and that his wisdom will be passed on to others in our program.

- Robin M.

Bill Y.

September 30, 1951 - May 9, 2025

What can be said about our beloved Bill Y. that hasn't already been said by him or, more

importantly, by the way he lived this program and his life? Bill was thoughtful, kind, giving, (somewhat) garrulous, and very loving, among many, many other things. I feel like every one of us in Al-anon whose lives were touched by his have very distinct and warm memories of him.

I certainly do. I was blessed enough to be able to sponsor Bill in this program for a significant period of time. He worked this program with vigor, willingness, complete honesty and candor, and certainly (especially early on) a healthy dose of skepticism. Words cannot

convey the gratitude I have in my heart for the time we worked the steps together, and especially for the honor of having his implicit trust with all of it, the beautiful and the tragic, the joyous and the sorrowful, the painful and the cleansing. I am forever changed by his work in Al-anon, so much for the better.

A word about anonymity. Some in the program feel that once someone is deceased, it's ok to use their full name when referring to them, in program settings, or even in others. I'm always uncomfortable with that and will not reference his surname here. This brief tribute will naturally fall far short of fully paying the honor and esteem due to our beloved Bill. He loved riding bicycles, and I think it's fitting that his last breath on this earth was taken while riding. Tragic, joyous, uncanny, call it what you will, he went out with the same zeal and determination he brought to his life and this program.

With love, appreciation, wonder, and most of all, peace—may your Higher Power bless you and yours, wherever you are Bill Y!!!

- Steve A.

Barbara H.

March 22 1948 - June 19, 2025

Thursday Morning AFG lost one of its most stalwart members when Barbara H. passed away. Barbara's mother was one of the original members of the meeting that meet for over 50 years at Dilworth United Methodist. When Covid restrictions eased and we were allowed to go back to in person meetings Barbara committed to help get the meeting back on its feet. She was true to her word. When it became obvious that the meeting was struggling and could not be sustained in person, she was one to vote that we continue online and close the in person meeting. When the final Group Conscience took place and the decision was made to close the in person meeting I was in tears. Barbara came over to me and I said to her that I felt like I had let her mother down. She very quickly enveloped me in a hug and said "absolutely not".

I will be forever grateful for Barbara's help during difficult times in my life. After a meeting when I was sharing about my struggles with my family she tore a sheet out of her notebook, wrote something on it and slid it across the table to me. She told me that what was written there was all I needed to say. I carry that sheet of paper in one of my Daily Readers. It simply said, "This no longer works for me." It was what I needed at that time. I am forever grateful for her experience, strength and hope she shared with many of us over the years.

- Robin M.



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Dear AFG members,

My name is Idalia R., a grateful member of our worldwide fellowship of Al-Anon and Alateen. I am Past Delegate, Panel 58 from MD/DC, Area 24.

Before I arrived in Al-anon and still to this day I am always reading books with lots of inspirational words and sayings that lift me up. The difference for me today is that in the past I was obtaining the wisdom inspired by different readers not only to help myself but to help others change their thinking, change their lives. Of course, most of the wisdom I was absorbing was to help all my loved ones live a better life. Believe me none of them heard a word I was sharing with them.

When I got to Al-anon my home group suggested that I become the literature person. I got to order the literature, file it neatly in labeled folders and keep the literature rack well stocked with literature. At one of our meetings someone mentioned that our literature was filled with lots of wisdom and how the Al-anon literature helped her in her recovery journey. The next day I decided that I would read every piece of literature in the files and all the new literature I ordered.

This is how I learned about Conference Approved Literature (CAL). In 1961 Al-Anon's World Service Conference (WSC) set up a process to make sure that Al-Anon literature accurately expresses Al-Anon policies and perspectives. Literature bearing the seal and words “Approved by World Service Conference Al-Anon Family Groups”. Literature that has been through a rigorous committee review. And examined for adherence to Al-Anon's Traditions and policies.

Today with the wealth of the wisdom I get from Al-Anon literature my life is filled with hope no matter where I go. Thank you, Al-Anon.

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 can be found at

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

The Role of Al-Anon LDCs

Al-Anon Literature Distribution Centers (LDCs) provide Al-Anon members with local access to and quick delivery of Al-Anon Conference Approved Literature (CAL) and other Al-Anon materials. The LDCs and the World Service Office (WSO) work in partnership to carry the message of hope and recovery through Conference Approved Literature and service tools. LDCs can purchase literature at a discounted price from the WSO, which allows them to offer it to members in their local Area. Members can purchase literature from their local LDC, thereby supporting local services, or directly from the WSO.

The WSO does not sell printed copies of CAL on platforms like Amazon; however, electronic versions are available through several eBook vendor platforms. While we cannot prevent others from reselling our printed literature on services such as Amazon, members should be aware that purchasing through such sources does not support Al-Anon's links of service. We encourage members to purchase printed literature from their local LDC or the WSO, which ensures fair pricing and supports our service links.

For more information, please refer to “Local Services” in the “Digest of Al-Anon and Alateen Policies” section of the [Al-Anon/Alateen Service Manual \(P-24/27\)](#).

The Forum, July 2025

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Did You Know...

The Forum is Al-Anon's and Alateen's “meeting in a pocket”. It is a monthly magazine with writings from Al-Anon and Alateen members across the globe. Members share their experience, strength and hope. There are also topics for meetings. You can subscribe to the Forum for \$11 a year by going to alanon.org, clicking on the ONLINE BOOKSTORE and then on The Forum tab.