



District 5 Newsletter

September, 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 Meeting - CORRECTION
(10:00am – 12:00noon) 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

Literature Corner

New eBook Release: *Intimacy in Alcoholic Relationships*

We're excited to announce the launch of *Intimacy in Alcoholic Relationships* on our new one-stop eBook publishing platform! This eBook is available in English, Spanish, and French.

This platform enables us to publish new titles simultaneously across all major eBook platforms. Previously, WSO Staff had to upload each title individually to every platform. Now, in addition to the five platforms we typically use, CAL will be available on more than 20 additional platforms-making our literature significantly more accessible.

This milestone marks the first step in converting our entire library into electronic format. Not only does this make it easier to carry your CAL collection with you, but it also offers customizable features such as adjustable font sizes, background colors, and even read-aloud functionality-ensuring greater accessibility for all.

Stay tuned for updates on future CAL titles being converted to eBook format, which will be announced in *The Forum* and the *In The Loop* email newsletter.

See a complete list of eBooks, audiobooks, and other digital products and links to where you can purchase them at our [online bookstore](https://charlottealanon.org/service/)

Sarah Cummings
WSO Projects & Digital Specialist

Check out Our District 5 Online Bookstore
at
<https://charlottealanon.org/literature/>

From Our District Treasurer

Thanks to all District 5 groups and members for your generous contributions so far this year to support our district, and for the help you provide to families and friends of alcoholics.

Your donations are important to allow us to invest in public outreach and cover increasing operational expenses. Planned expenses for both of these priorities continue to increase during the second half of the year and your continued support is needed

In 2025, we were very pleased to have filled the public outreach coordinator position. The public outreach budget is an important planned expense for the remainder of the year. Public outreach includes literature, digital and billboard outreach, general inquiries and importantly, support for Alateen. Many Alateen meetings in our district closed during covid, and we have yet to return to pre-covid levels and there are large areas in our district where Al-anon meetings do not exist to meet the needs of the community. Your donations are critical to allow us to focus on efforts to reach and help friends and families of alcoholics.

We maintain the district office and one of two Al-anon Literature Distribution Centers (bookstore) in North Carolina. The bookstore serves those in our district, area and across the state to deliver conference approved literature that is a critical component of the Al-anon program. With the recent addition of the online bookstore, we have even received a small number of orders from around the country. We also receive requests for materials or other help from those in the community (e.g. high schools, universities, shelters, and other community based non-profits) and we were able to offer to donate literature to those in the Asheville area impacted by Hurricane Helene flooding. Operational expenses continue to increase, including items such as rent, insurance and office supplies that are core to running the office and the bookstore.

We appreciate your contributions and thank you again for all you do to help carry the message of Al-anon.

Christine
District 5 Treasurer

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.



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“To live in hearts we leave behind is not to die.”
- Thomas Campbell, from *Il. Freedom Hallowed Ground*

Pia R.

October 15, 1947 – August 30, 2025

“Hello ... my name is Pia and I am a grateful 20+-year-member of Alanon.” These words, spoken by Pia R., continue to resonate in my mind and bring comfort, especially on the most challenging days. Pia's welcoming presence at Al-anon meetings created a sense of belonging and reassurance for all who attended.

Wisdom and Commitment to Alanon

From the beginning of my Al-anon journey, Pia's remarkable wisdom stood out. She generously shared how Al-anon's principles, the steps, the traditions, the daily readings, and her relationship with her higher power, deeply enriched her life. Her unwavering commitment to the program was clear to everyone, and living by the twelve steps was second nature to her.

A Guiding Sponsor and Friend

Pia graciously accepted the role of my sponsor. Through her guidance, both in words and actions, she taught me how to cultivate peace and serenity in my own life. While I will greatly miss her physical presence, the invaluable lessons Pia imparted will continue to guide me for years to come. Her mentorship was truly an extraordinary gift.

Rest peacefully, sweet Pia. Thank you for everything.

-Margaret C.

Witnessing the extreme resentment that some carry and how surreal their existence becomes, first reminds me of how deeply I myself was enmeshed in my own surreality and denial. Remembering that gives me a capacity for compassion towards them and the ability to detach without taking on my own new resentments. Much easier to type here than to actually do. I have come to believe that I can hold hp accountable for my own ability to detach with love. That for me is the process that gives me the ability to be honest about myself and have less expectations for myself and others. Telling myself that I have always been exactly where I needed to be and am still today, I stay focused on identifying the blessings of my circumstances. Resentments for those that have been unjust, unkind, harmful, or in any way have prompted me to judge them are not allowed by me today. Step-3 is where I find peace from all that has been difficult in my years. My trust in hp for my own serenity is directly related to my ability to let go of the consequences of my own and others choices that have been painful. I am and always have been exactly where I need to be in every moment. At any moment of time I get to choose where I focus my view. I choose to look for the blessings and remind myself that I too have caused harm to others. My amends to those I have harmed includes compassion toward those that would harm me today. I get to love and accept them just as they are, as I was loved and accepted just as I was when I first walked into an Al-Anon meeting. I know better now so now I do better.
Don M., Charlotte, NC

**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

For Information about ALATEEN.
<https://al-anon.org/for-members/group-resources/alateen/>

Alateen News

New Alateen Meeting!!!!
Harrisburg 49 Alateen opened its doors on Wednesday September 3, 2025 at 8:00pm in the Harrisburg United Methodist Church. Here's to many years of recovery and fellowship. Many thanks to all Al-anon members involved. Want to join the team at Harrisburg Alateen?? Get in touch with Jodi M. at the District Office or Debbie B. at 704-737-3677 to find out how.

Reminder: A relatively new Alateen meeting at Weddington United Methodist Church in the Hemby House is welcoming more Teens on Thursdays at 7:00pm.

Experience, Strength and Hope

I believe that there is a significant difference between amends and apologies. Amends might need to include an apology but for me, apologies are simply words. Amends, on the other hand, are a change of behavior. If I continue to apologize but never change the offending actions, then I am not making amends.

One thing that helps me remember this is understanding that when we amend the Constitution, we do not apologize for the Constitution. We change the Constitution.

Nancy H., Charlotte, NC

Check out our District 5 Website at
<https://charlottealanon.org/>



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News from the Groups

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

Willing to Change Al-Anon Family Group in Mineral Springs is struggling to maintain/increase consistent membership. They meet Tuesday Evenings 6:30-7:30pm at Mineral Springs Methodist Church 5915 Old Waxhaw-Monroe Rd, Monroe, NC 28112. If you live in the area they would love to have you join them.

Two new groups, **Indian Land AFG** and **Indian Land Alateen** held their first meetings at 7:00 p.m. on Tuesday, September 9, 2025, at Faith Presbyterian Church, 7520 Charlotte Hwy, Indian Land, SC, 29707. While they are SC meetings, Area 50, District 2, they are convenient to the South Charlotte Metro Area. They will continue to meet at 7:00 p.m. on Tuesdays. Group contact for both groups is Marvin G., AMIAS, 803-833-3457. Loreta E. is the supporting AMIAS, 704-412-2600.

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 December 21, 2025.

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/>

Experience, Strength and Hope

Have you ever thought about the titles of our daily readers? I hadn't until I heard someone share how the daily readers had mirrored her journey in Al-anon and that really resonated with me. I could relate when I started thinking about not only their titles but the order in which they were published. One Day At A Time was our

first daily reader. One day at time was one of the first slogans that I embraced. I only had to tackle this one day. As I worked through the program I found my Courage to Change, the title of our second daily reader. Once I found that courage I also found Hope for Today, the third daily reader. Recently Al-anon published a brand new daily reader, A Little Time for Myself. That's what my work in Al-anon is helping me learn to do...find some time for me.

So my journey in al-anon began One Day At A Time helping me find my courage to change which gave me hope for today and now I'm able to take a little time for myself.

Robin M., Charlotte, NC

Inside Al-Anon Family Groups

What Are the Links of Service About?

From all walks of life, we enter the rooms of Al-Anon, find belonging and membership, and embark on a recovery journey. Our common bond is that we've all been affected by someone else's drinking. Once we become a member of a group and participate in its business meetings, we are introduced to the links of service.

These links form a chain—not one of command, but one that functions as a flexible conduit of information and ultimately leads the future of Al-Anon. The first link is the Group Representative (GR), who links the group to their District and Area via an Area Assembly. An Area is typically an entire state or province or a segment of one.

Group Representatives elect District Representatives (DRs) and Delegates to serve at the Area level. Each Area is represented at the World Service Conference (WSC), Al-Anon's annual business meeting, by its Delegate. Delegates can bring knowledge of their Area's conscience to the WSC because it has been communicated through the links of service. Without these links in place, members risk not being able to carry out their responsibility and authority as described in Concept One: "The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups."

Are we linked?

- Does our group have an active GR?
- Does our District have an active DR?
- Is there participation and communication throughout our links of service?
- Is there regular rotation so that many members have the opportunity to experience service?

Visit an-anon.org/s28 to download the free pamphlet *Links of Service* (S-28), and go to al-anon.org/wsc-structure to see a diagram of how these links function in the World Service Conference Structure.

The Forum, August 2025

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