



District 5 Newsletter

December, 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.”

2026 Important Dates

- January 31 – District 5 Meeting 10a-12n
- February 21 – Winter Round Up (**See pg. 4 for details**)
- February 27-March 1 – 51st Al-Anon/Alateen Convention – Clemmons, NC
- April 25 – District 5 Meeting 10a-12n
- May 15-16 – Area Spring Assembly – Raleigh, NC
- August 8 – District 5 Meeting 10a-12n
- October 10 – District 5 Meeting 10a-12n
- November 13-14 – Area Spring Assembly – TBA

District 5 - Panel 65 Service Positions

- District Rep - Brenda I.
- Alternate District Rep – unfilled**
- District Treasurer - Christine
- District Secretary – Marlis N. (approved 10/11/2025)
- 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

Much thanks to Marlis N. for taking the District Secretary position. We all appreciate your service. Please consider helping 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 January 5, 2026.

Did You Know?

Thursday Night Weddington Path To Peace Al-Anon Fellowship Group has a simultaneous Alateen group that happens upstairs from 7-8pm during their Alanon Meeting downstairs. Help support them and the Alateen group by spreading the word.

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

District 5 Al-Anon Office upcoming closures

- Wed. 12/24/25 Christmas Eve
- Thurs. 12/25/25 Christmas Day
- Thurs. 01/01/26 New Year's Day

Literature Corner

It's that time of year! Please remember your friends and loved ones with the gift of Al-Anon literature. Sharing information about our literature with your groups is greatly appreciated. "Lois Rembers" is back in print.

Happy Holidays to all!
 Jodi M.
 Al-anon/Alateen Information services
 Literature Distribution Center
 2810 Providence Road, Suite A4
 Charlotte NC 28211
 704-523-1159
district5lit@gmail.com
<https://charlottealanon.org>

Twelve Tips for Happy Holidays

From the Staff & Volunteers at the WSO

1. Keep your “sunny-side up” during the holidays and all year through.
2. Take time out for yourself – when you're happy, those around you are happy too.
3. Give yourself the gift that keeps on giving – the Al-Anon Program.
4. Have FUN – be spontaneous.
5. Remember, you have choices – be sure to have a Plan A and a Plan B.
6. Make room for the *God of your understanding* – that's what the holidays are all about.
7. Write a gratitude list – turn to it when things get hectic.
8. Do someone a good turn – anonymously.
9. Use the Serenity Prayer to calm you when problems seem overwhelming.
10. Call your sponsor – help is a phone call away.
11. Go to meetings. If you can't get to one read *The Forum*.
12. Give yourself a hug – you are important.

From Betty R.'s Al-Anon Archive



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Experience, Strength and Hope My Journey into Al-Anon

My wife entered an alcoholic treatment center and I was told I could help her by attending lectures and group family counseling. The first meeting I attended was a revelation to me because the counselor told me I couldn't help my wife because she had to help herself. Until that time, I thought I could have an effect on her life and this caused me endless amounts of frustration and resentment. I learned that I wasn't helping her problem but causing her more problems. As the weeks went by, I clearly saw how alcohol abuse had affected my life and at the urging of the counselors decided to see if Al-Anon might be able to help my problems.

I attended several meetings around my area and found one that felt like it would be a good fit for me. I started attending on a regular basis and learned a lot from the topics discussed and member shares. I began to see that members had problems similar to my own and were using the 12 Step process to find a better way to live their lives and resolve their problems. I eventually found a sponsor and began working the 12 steps and I'm currently working on Step 4.

I feel that Al-Anon has had a positive effect on my life and has given me a new perspective. I now see things much differently than I did under the effects of alcohol abuse and I better understand my wife's problems related to her disease. As I look back on my past, I can see that I wasn't a good father or husband even though at the time I considered myself good at both. Al-Anon meetings give me sound principals and guides to live my life by and give me a peace of mind I never had. I know that I can't change the past but I can change the future and am focused on that. My wife and I have the best relationship we've ever had. We have learned to discuss our problems in a calm manner and have a better understanding of each other's issues because of Al-Anon and AA. Because of this, we can look forward to a better future together and I feel like I'm a better father and friend. I'm looking forward to working all of the steps and believe I will always attend the meetings.

Gary M.

Action vs. Reaction

Recently in a meeting with a sponsee on step 2 I was reminded of something I had held fast to in the past that got filed away. As is often the case in Al-Anon, it came back just when I needed it most. “Higher Power, grant me the grace to pause in the space between impulse and action.” It's the prayer I use to remind me that I'm not responsible for my first thought but I am responsible for my next action. Pausing between that first thought and my next action is where I find my Higher Power and where I can act (or not act as the case may be) rather than react.

Robin M.

Gratitude

As a newcomer in Al-Anon I wanted the group to hand me the 12 steps to getting my loved one sober. It was frustrating at first to hear that what they were actually offering was the 12 steps to my own serenity, sanity, peace and joy *regardless* of whether my loved one got sober or not. It was hard to believe this was possible, but as I looked around the room that day I saw people smiling, hugging, laughing and enjoying fellowship with each other. I wanted what they had and felt hope for the first time in a while. It was suggested to me by the group to keep coming back if I wanted the experience, strength and hope they so freely wanted to share. That was almost 14 years ago and I am still coming back. Al-Anon is a huge part of my life and has blessed me enormously. I am so grateful.

Jill C.

Check out our District 5 Website at

<https://charlottealanon.org/>

Al-Anon's 75th anniversary is coming up in 2026!

Now you can follow the fascinating story of our fellowship's beginnings and development through the years, and revisit one of our first pamphlets with the **Al-Anon Family Groups History Bundle (K-75)** .

Bundle includes:

- *Many Voices, One Journey* (B-31)
- *The Al-Anon Family Groups—Classic Edition* (B-5)
- *Alcoholism, the Family Disease* (P-4)

This discounted set is just \$25!

Available as a set for a limited time—through January 2, 2026 .Visit the Al-Anon office to purchase your bundle today! Sold only in person. If you would like your bundle shipped, please purchase directly from WSO for free shipping.

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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Strategy for Surviving the Holidays

Pause, Pray, Proceed

HEARD IN A MEETING...

Harvest, Trash and Plant

Several years ago I was in a meeting near the end of the year and the topic was Harvest, Trash and Plant, an activity to aid in our recovery journey. Here's how it works. Answer the following questions. What have I harvested in 2025 that I want to carry forward into 2026? What do I want to trash from 2025 and leave behind? What do I want to plant in 2026?

If you try this activity for yourself, please consider sharing your answers in our January District 5 Newsletter. The deadline for January submissions is January 5, 2026.

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

**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 District5lit@gmail.com

THE BOOKSTORE NOW TAKES CREDIT CARDS for in-person sales! Come by for details!

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/>

**Check out Our District 5 Online
Bookstore at**

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

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.

From Our District Treasurer

Dear District 5 Al-anon Family Groups,

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 run a highly successful District, including maintaining the office and bookstore and investing in public outreach. Our primary focus for the remainder of the year is public outreach that includes:

Support for Alateen - Expenses for Alateen are covered by the district or the sponsoring group. Several new Alateen meetings in our district have been started, and our district funds literature, training and background checks for AMIAS' (Alanon Members In Alateen Service) needed to run Alateen meetings, and even snacks or pizza for the Alateens. We all know the importance of helping our youngest members.

Literature donations - we donate literature for outreach to non-profit organizations (shelters, high schools, universities, Asheville groups impacted by Hurricane Helene flooding, doctors or mental health professionals offices, and other non-profit community organizations)

Digital outreach campaign - we are working with a digital marketing firm for an outreach campaign to run through the holiday season at a time that can be particularly stressful for families and friends of alcoholics.

General inquiries through the office, including maintaining a hotline that is always available. We are also looking for volunteers to help with after-hours hotline calls if you are looking for a service opportunity.

Your donations are critical to allow us to focus on efforts to reach and help friends and families of alcoholics. Donations and appeals fell in the third quarter and we are counting on your donations through the end of the year to continue with the efforts listed above. We have heard from many of you that you want an easy way to donate. Donations can be made through zelle, venmo, check and cash. See information below for zelle/venmo accounts and office mailing address.

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

Christine
District 5 Treasurer

District 5 Appeal to Groups, Fall 2025

Group Name

Group Number

Amount of Contribution \$ _____

Donations can be made by:

Checks are payable to: District 5 AFG

Mail to:

Literature Distribution Center

2810 Providence Road, Suite A4

Charlotte NC 28211

Zelle: District5lit@gmail.com

Venmo: @Donation-District



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2026 District 5 Al-Anon & Alateen Winter Roundup

“Healing Within Our Alcoholic Relationships”

A Deep Dive into our newest booklet “Healing Within our Alcoholic Relationships” and one of our best books “Discovering Choices”

When: Saturday, February 21, 2026, 8:00 am to 4:00 pm

Where: St. Matthews Catholic Church, Charlotte, North Carolina

What: A full day of meetings, speakers, recovery, serenity, renewing old acquaintances, making new friendships, finding hope and having fun. There will also be a silent auction and raffle. Al-Anon and Alateen literature will be available for purchase.

Are you interested in volunteering? It is so much fun to be a part of the process and see it unfold. Here are areas for which we still need volunteers.

Setup on Friday

Breakdown on Saturday

Remove Trash

Silent Auction

Raffle

Registration

Refreshments

Breakout Meeting Leaders

If interested in volunteering, please contact:

Theresa Pasek – Winter Roundup Coordinator

704-516-9027

ttpasek@gmail.com

Some of our possible break-out meeting topics include:

How Do You Discover Your Available Choices?

Facing Our Anger/Fear. Do we Let Them Control Us?

The Blame Game

How Do You Stop Enabling and Detach With Love?

We Must Know Ourselves Before We Can Change Ourselves.

Is It Possible to Live With the Effects of Alcoholism & Still Be Happy?

How Can Being A Good Sponsor Help Me In My Relationships?

How Can Service Work Help Me In My Relationships?

Healthy vs. Unhealthy Boundaries

The 3 A's - Awareness, Acceptance and Action

The 3 B's - Be Quick, Be Kind, Be Gone

The 3 C's - You Didn't Cause It, You Can't Control It & You Can't Cure It.

The 4 M's - Mothering, Martyrdom, Manipulating, Managing

How Does Rationalization & Justification Harm Me?

Steps For Health

Traditions For Growth

Concepts For Joy

Thriving Spiritually

Silent Auction: Each Al-Anon group in District 5 is asked if you have the funds, please make a basket of gifts that can be auctioned off in our Silent Auction on the day of Winter Roundup as a donation to our District. Winners of each basket will be announced during the Winter Roundup.

Raffle: If an Al-Anon group or an Al-Anon individual member has an item of value they would like to donate as a Raffle item at the Winter Roundup, we will welcome and appreciate their donation. Raffle tickets will be available for sale to Al-Anon attendees at the Winter Roundup. Tickets will be drawn and winners announced for each Raffle item during the Roundup.

Example donations: gift cards for area businesses, donation of a service or product from a local business, handmade crafts you have made, weekend stay at a vacation house

**Mark your calendars and plan to attend !!
You don't want to miss the fun !!**