



District 5 Newsletter

January, 2026

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 pgs. 5-7 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

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 April 15, 2026. **The deadline for submissions for the next newsletter is April 8, 2026.**

HEARD IN A MEETING...

At the end of **BLAME** is "ME" and at the beginning of **MERCY** is also "ME"

I am not just powerless over alcohol, I'm powerless over nouns

Check out our District 5 Website at

<https://charlottealanon.org/>

For Information about ALATEEN.

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

News from the Groups

Thursday Night Weddington Path To Peace AFG 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.

The Sunday Morning Room G AFG which meets at 9 AM via zoom now has a breakout book study room. They just began the book, "How Al-Anon Works." For login information go to: <https://charlottealanon.org/meetings/>

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

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.

Celebrating Al-Anon's 75th Anniversary

On April 25th, Al-Anon will celebrate 75 years of helping family and friends of Alcoholics. Join the celebration. For full details, go to: <https://al-anon.org/world-service-office-events/>

WSO Open House

Saturday, April 25, 2026
12:00-3:00pm Eastern time
1600 Corporate Landing Parkway, Virginia Beach, VA

75th Anniversary Gala Banquet

Saturday, April 25, 2026
6:00-10:00pm Eastern Time
Newport News Marriott at City Center, Newport News, VA
\$75 per person, first-come, first-served



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Steps 1-3

Step One

We admitted that we were powerless over alcohol – that our lives had become unmanageable.

From *How Al-Anon Works for Families & Friends of Alcoholics*...Pg. 45-46

When our preoccupation with others distracts us from our responsibilities to attend to our own physical, emotional, and spiritual health, we suffer. Our health and self-esteem decline. We become incapable of accepting reality, coping with change, or finding happiness. Our lives fly out of control.

With this first step, we admit that we did not cause, cannot control, and cannot cure the alcoholic, the disease of alcoholism, or the fact that we have been affected by this disease. We are powerless over alcohol – and its effects on us. By ourselves, we can do nothing to overcome the effects of this disease. In fact, our attempts to exert power over alcohol have made our lives unmanageable.

Taking the First Step allows a great weight to fall from our shoulders. We let go of the losing battle we have been waging. We recognize that there is no point in continuing the fight. We surrender completely.

Step Two

Came to believe that a power greater than ourselves could restore us to sanity.

From *Reaching for Personal Freedom*, Pg. 18:

“Which words in Step Two do I find especially meaningful?”

The association I have is like the house I live in that I restored. My house had old plumbing and electrical work- it had dark wooden stained floors, and dark energy. With a lot of work and help from many people it has become a new space. One that feels entirely different. It was stripped down to the bones and then rebuilt. I must do that too on a daily basis to let go of my “self” or my “ego” – to remember who I am.

The **power greater than myself** is God of my own understanding-the divine energy that flows through us all. The authors (in *Reaching for Personal Freedom*) suggest that power is love. That is a beautiful idea- because I do feel love in the rooms of Al-Anon. I do feel loving energy- transforming me when I am in Al-Anon meetings.

Lastly, is “**sanity**”. It is so easy to feel insane in our culture-the constant wanting, selling us ideas, and wishes, travel, debauchery-trying to achieve more and more. We live in addiction. Our culture is full of addiction. It is easy for me to get seduced into perfection-getting it right, doing it perfectly. I wish I could say I was different,

but I am not. Shame and guilt still make me worship being above reproach- I want to have everything just right. My “self” or my “ego” makes me want perfection- I do it in the yard, in the house, and with my kids.

It continues to be a huge undertaking on the daily for me to find love, hope, patience, serenity, peace, goodwill, enthusiasm, courage and God. My shame and guilt are my default states that drive my negativity and my “work-alcoholism”- I find myself in constant movement to get it right. Step two allows me to remember; there is a power that can return me to my senses and bring me peace.

Elizabeth F.

Step Three

Made a decision to turn our wills and our lives over to the care of God as we understood him.

So often and every time I decide to take action that impacts a meeting in which I’m doing service or a participant in that meeting, I risk not knowing the best action to take. I can trust my hp and know that in every moment I am exactly where I need to be and my best choice has been made using all my knowledge from experience. When I am able to recognize the better choice, I have received the gift of recovery and growth.

Step-3 reminds me to watch for the blessings. They are always there regardless of my choices. Others are blessed too when they see my example. My willingness to trust hp and take ownership of my errors without loss of confidence in myself is what they too can have. When I am in service I can be vulnerable and trust my hp. By watching for blessings I leave no room to acquire added resentments. By holding my hp accountable for my vulnerability and trust, my confidence and trust in myself grows. As I recognize the blessings I now see in difficult or uncomfortable circumstances, the fear and old resentments no longer have control of me. I am free to use my experience, strength, and hope in service and in all my relationships to others. I know with confidence that another’s poor opinion of me are rooted in the fears and resentments I too embraced before I was able to trust my hp. This empowers me to be an example to them by loving them, by seeing what good can be found in them, and expressing gratitude for them even as they criticize or make judgments on my decisions in service work.

Fear = “What If”

Faith = “Even If”

Don M.



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Traditions 1-3

Tradition One

Our common welfare should come first; personal progress for the greatest number depends upon unity.

Recently while working Tradition One with a sponsee, I did a google search on “common welfare” and “personal progress for the greatest number”. What came back really helped me understand that a group’s adherence to Tradition One makes it a safe space for all. Here’s what I found that is resonating with me.

Common Welfare – “The overall health, happiness, security and prosperity of a community, focusing on what benefits everyone, not just individuals or specific groups, often through collective action. It emphasizes shared responsibility and the idea that a healthy society requires prioritizing the well-being of the group and fostering justice.”

Personal Progress for the Greatest Number – “Prioritizing the collective well-being of a group over individual desires, suggesting that personal growth is best achieved through unity and shared support. It emphasizes setting healthy boundaries that benefit many, rather than enable one.”

Robin M.

Tradition Two

For our group purpose there is but one authority – a loving God as He may express Himself in our Group Conscience. Our leaders are but trusted servants – they do not govern.

What I’ve learned in Service

In my service role I can offer my knowledge and wisdom learned through my experience. As host I don’t have the option to interpret through my own logic or opinions what has been written in our documents. I represent literally what is written by the group and our Al-Anon CAL with focus on the principles and not on personalities.

Each meeting room itself has its own hp and often when conflict occurs within the meeting the meeting hp provides the solution without intervention by those in service. I need to remember that every one of us has the right to make mistakes. Only when the safety of an individual or the room is in jeopardy will I take action to interrupt and end that behavior. This also applies to aggressive behavior directed at the trusted servants in the meeting. No one person has the right to direct degrading or abusive words at another. When this occurs the host has specific written boundaries to protect the meeting and fellowship. When I host I don’t have the option to be quietly on the side when boundaries are ignored or challenged. As a servant in service I need to know well what those boundaries are and be prepared to apply my ESH as I perform my service role. Our service manual is a required reading. When I lack confidence in

any part of my service role I seek understanding from our service manual for guidance. I also use our CAL (12&12, etc) to better know and apply our legacies to decisions I make.

Don M.

Tradition Three

The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.

Concepts 1-3

Concept One

The ultimate responsibility and authority for Al-Anon world services belongs to the Al-Anon groups.

Concept Two

The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.

Concept Three

The right of decision makes effective leadership possible.

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



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Experience, Strength and Hope I’m No Longer a Victim

The first time I realized I was a volunteer and not a victim, it was profound!! Because I didn’t have the choices I wanted, I believed that I had no choices at all -- Hence, “I’m A Victim”. I wanted to cry “Foul” and blame the other person.

But I did have choices. They were just harder, not the ones I wanted and involved **me changing** . . . not the other person. Once I realized that, and became willing, a whole new world of choices opened up to me. I won’t lie to you . . . changing myself – my attitudes, responses, actions – and owning up to my part is hard. But there is power in seeking a better Me and concentrating my energy toward developing a better Me. My Higher Power and sponsor were my partners in this endeavor. Steps 4 through 7 gave me wonderful insight into who I have been and what choices I have and have not taken in the past. This was then a guidebook to help me chose different options in the future. Steps 8 and 9 helped deepen my resolve to take responsibility for myself, which helped me end my victimhood ideas. All this helped me stop being a victim in my own mind, take my power back and change myself. We don’t have power over other people, but we have plenty of power over ourselves.

Theresa P.

**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.

Experience, Strength and Hope Harvest, Trash, and Plant

What I Harvested in 2025

This past year has been one of the hardest and most transformative seasons of my life. I harvested strength I didn’t know I had—strength to let go of a marriage marked by alcoholism and emotional abuse, and strength to choose myself and my children. I gathered grace from Al-Anon and from the loving support of fellow members who reminded me that serenity is possible, even in the middle of pain. I learned to appreciate small victories, to stay present, and to trust that one day at a time truly is enough. I’m carrying forward a deeper sense of self-worth, a clearer understanding of what I can and cannot control, and a renewed relationship with God, who I believe removed what was hurting me so I could finally breathe again.

What I’m Trashing from 2025

I’m leaving behind the guilt, the self-blame, and the belief that I could fix someone else’s disease. I’m letting go of the anger that kept me tied to the past and the fear that kept me from imagining a different future. I’m releasing the constant worry about what’s ahead and the habit of putting myself last. Those burdens don’t get to follow me into the new year.

What I’m Planting in 2026

In 2026, I’m planting freedom—freedom from old chains, old patterns, and old pain. I’m planting forgiveness, not to excuse what happened, but to unburden my own heart. I’m planting gratitude for what I do have and for the life that is unfolding for me and my children. Most of all, I’m planting a deeper walk with God: more time with Him, more trust in His path, and more openness to hearing His guidance. I want this year to be one of healing, clarity, and peace.

Pilar C.

Literature Corner

New Service Manual and Conference Summary

Printed copies of the *2025 World Service Conference Summary* will be available for sale January 16.

WSO will post the *2026-2029 Service Manual* to the Al-Anon.org website this month. The print version will be in house in April, 2026.



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2026 -- District 5 -- Winter Roundup

Saturday, February 21, 2026, 8:00 am until 4:00 pm

St. Matthew’s Catholic Church

8015 Ballantyne Commons Parkway, Charlotte, NC

“Healing Within Our Alcoholic Relationships”

“Discovering Choices”

A deep dive into our newest booklet and one of our best books

Registration

Registration at the door will be \$10 per Al-Anon member and free for Alateens. Methods of payment at the door will be Cash, Venmo, Zelle or Check.

We will also offer Pre-Registration on our Website for \$10 with the ability to pay by Credit or Debit Card. The website address to volunteer and register are posted at the end of this announcement. You will be sent an email as confirmation of your pre-registration. Give us your name at the registration desk at the Winter Roundup and we will confirm your registration.

What is the purpose of our Winter Roundup?

The annual Winter Roundup is a fundraiser for District 5. As you know, Al-Anon is a voluntary, non-profit organization. Tradition 7 tells us “Every group ought to be fully self-supporting, declining outside contributions.” That applies not only to each of our groups, but also to our District, Area and World Service. Our District sustains itself through voluntary contributions from the groups and from the funds received from our annual Winter Roundup. These funds are used to cover District expenses, such as operating the bookstore, technology expenses for our website, outreach to schools, counselors, treatment centers and doctor’s offices. Most recently, advertising on Google has tripled the visits to our District website where our local meeting schedule and information about literature and upcoming events may help families and friends of alcoholics to guide them to the valuable help offered by Al-Anon. So many people are suffering from the affects of alcoholism and drug addiction in their families and do not know about Al-Anon. The proceeds from the Winter Roundup are used to get the word out to these suffering families that Al-Anon is here to help them.

Have you considered volunteering to help at the Roundup?

It takes about 35 to 40 volunteers to make the Roundup happen. We have about 26 so far. We still need volunteers in the areas of:

- Registration Refreshments Silent Auction & Raffle
- Setup the day before Cleanup after the Roundup is over Remove trash
- Lead Breakout In-person meeting
- Lead Breakout Hybrid meeting – in-person with a Zoom component (you would not need to operate the zoom equipment).

Suggested Meeting topics still available include:

- | | | |
|------------|---------------------------------|------------|
| Choices | Blame | Boundaries |
| Pride | 3 C’s | Detachment |
| Gratitude | Rationalization & Justification | Steps |
| Traditions | Concepts | and more |

If there is an Al-Anon topic you would like to lead a meeting on but it is not listed online, send a text or email to the Winter Roundup Coordinator with your suggestion.

Log onto our website, read descriptions of some of these positions and volunteer right there online. You can volunteer for more than one position. The Winter Roundup Coordinator will quickly contact you back.



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We ask every Group in our District to please donate a basket to Silent Auction

Have you decided yet what type of basket you would like to donate from your group?

Here are some suggested ideas:

Tea – tea ball, tea bag holder, tea bag squeezer, tea infuser, honey ball, small jar of honey, sugar tongs, sugar cubes, herbal teas, iced tea mix, biscuits, melba toast, jellies/jams, dried fruit, shortbread cookies, chocolates, citrus scented candle, pretty tea towel.

Coffee – gourmet coffees, Biscotti, Chocolate cappuccino sticks, hot chocolate, chocolates, peppermint, cookies, mug, flavored creamers, roasted coffee beans covered in chocolate, sweetener, fancy sugars, jar of honey, tea towel

Pet oriented basket – treats, coat, leash, collar, brush, dog coffee mug.

Plants/gardening – Farmer’s almanac, seed packets, plants, plant books, small gardening tools, gardening gloves, knee pads – you could even offer a terrarium.

Spa items – scrubby gloves, bath salts, shower gel, lotions, candles, soaps, cd’s of peaceful music.

Food – salsa and chips, jars or envelopes of seasonings, chili powder, oregano, taco seasoning, paprika, garlic flakes or powder, fajita seasoning, cumin, dried chili peppers, jalapenos, hot sauce, cookbooks.

Dessert items are nice finishing touches. Add snack foods such as tortilla chips, corn chips, black bean dip, cheese sauces. Dry or canned black beans, navy beans, pinto beans, garbanzo beans are good items as they take up a lot of space and make a good foundation to hold smaller items in place.

Breakfast foods – Syrup and pancake mix, egg cups, an egg timer, silicone pancake turner, bagel slicer, kitchen or tea towels, pot holders, syrup pourer or pitcher, pancake, biscuit, muffin or scone mix; maple or fruit pancake syrup, honey small jars of jams or preserves; small boxes of cereal, envelopes of oatmeal, granola bars, gourmet coffee, herbal tea, fruit or spice scented candle.

Soup mixes & crackers, cornbread mix, spices, recipe book.

Movie – DVD’s, popcorn, sparkling water, jelly beans, anything you love from the concession stand, tissues, movie passes

General – small books, paperweights, appointment organizers, calendars, deck of cards, candles, photo of serene scenes, journal.

Good Luck items – There are many good luck symbols such as four leaf clovers, horseshoes, angels, ladybugs, or hearts. Look for gifts with any of these symbols and include candles, and candy, cookies or other treats. Look for a paperweight with a meaningful symbol or words.

Angels – any items showing an angel

Books – reading light, bookmarks, coffee/tea accessories

Picnic – A cooler packed with all types of outdoor eating supplies

Are there members who have items or services of value they would like to donate for our Raffle drawing? Here are some suggested items:

Gift card to a spa

Gift card to a movie theatre

Gift card to any store or service.

Paintings, drawings, prints

Homemade items such as knitting, crocheting, woodworking, pottery

Do you own your own business? You could donate a service or item from your business to be bid upon. You would need to present a certificate of some sort explaining what service/item you are donating, your company or your name, approximate value of the service/item and time frame for using it.

Do you own a vacation home? You could donate a week-end visit to your home as a vacation to be bid upon. You would need to present a certificate of some sort explaining what you are donating, your name, approximate value of the vacation and time frame for using it.

Do you have a band? You could donate your band to entertain a party.

Do you teach music? You could donate a number of sessions for lessons.

Anything that has value for which you believe others might be willing to buy raffle tickets to win that item.



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Please remember that “Al-Anon is not allied with any sect, denomination, political entity, organization, or institution; does not engage in any controversy; neither endorses nor opposes any cause.” In keeping with this principle, please be sure any item you donate keeps true to this principle. “Al-Anon has but one purpose: to help families and friends of alcoholics.”

Mark your calendars and prepare for a day of Peace, Serenity, Fellowship and Fun !!!

Click the QR Code below to take you to the District 5 website for specific information and to volunteer.

Consider volunteering for the Winter Roundup. It is a great serving opportunity. You think you are helping others when, in reality, you are helping yourself. It is amazing how much we grow in the program when we serve.

Contact the Winter Roundup Coordinator with any questions or comments.

Theresa Pasek, Winter Roundup Coordinator
704-516-9027 ttpasek@gmail.com

Click the link below to VOLUNTEER for SERVICE

<https://charlottealanon.org/service/winter-roundup-open-volunteer-positions/>

Click the link below to Register for the Winter Round Up

<https://bookstore.charlottealanon.org/product/winter-roundup-2026/>

Winter Round-Up

****Literature Pre-Orders****

Order your literature in advance!

Go to:

Chalottealanon.org > Literature > Online Bookstore

- Add your selections to your cart
- Choose “for Local Pick-up”
- Add note: “Winter Round-up Pick-up”

Pay for it online by credit card! Avoid shipping charges!

We’ll have your order ready for pick up at the Recovery Center

Literature table!