



## District 5 Newsletter

April, 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

April 18 – District Panel Meeting 9a-10a  
April 25 – District 5 Meeting 10a-12n  
April 25 - Al-Anon's 75<sup>th</sup> Anniversary Celebration (see details below)  
May 15-16 – Area Spring Assembly – Raleigh, NC  
August 1 – District Panel Meeting 9a-10a  
August 8 – District 5 Meeting 10a-12n  
October 3 – District Panel Meeting 9a-10a  
October 10 – District 5 Meeting 10a-12n  
November 13-14 – Area Fall 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.

### Celebrating Al-Anon's 75<sup>th</sup> Anniversary

On April 25<sup>th</sup>, 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

### 75<sup>th</sup> 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

**Check out our District 5 Website at**

<https://charlottealanon.org/>

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](mailto:district5news@ncbermudaafg.org). Our next newsletter will go out July 15, 2026.  
**The deadline for submissions for the next newsletter is July 8, 2026.**

### 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.

### New Spanish-Speaking meeting

#### Una Luz en mi Vida

Meets Fridays, 7:00pm-9:00pm at  
St. James the Greater Catholic Church  
Gill Hall Room  
880 Fawn Circle S.W., Concord NC 28025  
**Group Contact Person:** Mariana Garcia  
**Phone Number:** 630-392-3772

**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

### HEARD IN A MEETING...

“My Higher Power didn't bring me this far to just bring me this far.”

**P** ay  
**A** ttention  
**U** ntil  
**S** erenity  
**E** nters



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### 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.

### 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](mailto:Distrit5lit@gmail.com)

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

### Experience, Strength and Hope Shields of Fear

When I first came to Al-Anon, I came in with shields of fear. I paid careful attention to all that was said and done. Could I really trust these people? What if they thought I didn't belong here? What if they heard my story and brushed it off as me just not doing my part to handle life? Would they think I was a wimp? Week by week I heard people sharing emotions, frustrations, and hard things. I realized that the others in the group received these shares just the same as they received stories about positive changes and successful experiences of growth. No one was interrupted or spurned because of their story. Gradually my shields of fear thinned. I began to stay a few minutes after the meeting to say hello to another member. I chose to sit with the group instead of the spot where they kept extra chairs. After several months, I gathered courage to ask someone to be my Sponsor. She affirmed that I do indeed belong in Al-Anon. She suggested that I consider the idea of being **one of**, instead of seeking to be **the one**. I could look around the circle and think 'we' rather than 'me.' What a revolutionary idea!

Al-Anon satisfies my need to belong in a special way. Rarely do we find a gathering of people not based on any particular demographic, religious belief, recreational devotion, or skills focus. Al-Anon takes no surveys of personal life except that we are impacted by another's drinking. I don't even have to do something to be accepted. Tradition Three highlights the reality that I am 'one of,' not 'the one.' There is no niche for being an overachiever, powerful speaker, or the wisest or most caring member. We do not give out ribbons for special abilities, nor do we count demerits for failure to produce change. We gather for "mutual aid." We are all in this together, companions on the journey to recovery. Finally, I can put those shields away.

Bridget G.

### A note from th 2026 Winter Roundup Coordinator

We had such a great Winter Roundup on Saturday, February 21, 2026. Lots of people came and everyone received a day of recovery, fellowship and fun. The estimate is that about 201 people attended. What a great turnout!

I just want you all to know that this type of event cannot be obtained without cooperation from many people. I have learned that people who volunteer put their whole heart in the task. That was truly the case with our Winter Roundup volunteers. They were there because they wanted to be there and it looked like they were having fun. I certainly hope they were. I truly appreciate everything every volunteer did and I hope each one received as many benefits they gave during their service to the Winter Roundup. Thank you to each and every volunteer. I also appreciate every fellow who attended. It was a day of wonderful peace, serenity, fellowship and recovery. I cannot think of a better way to spend a Saturday. Thank you for another successful Winter Roundup:

Theresa P.

2026 Winter Roundup Coordinator

### NC/Bermuda Spring Assembly Friday May 15th Open House and Fellowship

Location: Saint Andrew's by the Sound  
101 Airlie Rd.

Wilmington, NC 28403

6:30pm: Meet and Greet. Light refreshments provided.

7pm: Al-Anon Speaker Meeting

How to participate: In person or via Zoom

Zoom Meeting ID: 856 2486 2162

Passcode: FridayNite

### Saturday May 16th Spring Assembly

Location: Same as above

Light breakfast will be provided. Lunch is ordered in advance based on registrations.

9am: GR Orientation / Members interested in Alateen service / Spanish speaking members

10am: Assembly start

### For Information about ALATEEN.

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



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### Experience, Strength and Hope



Finding our big oak had been hit by lightning was exciting until I realized it was not the power of nature but kids setting fire to it. Everything happens for a reason. Even people happen for a reason. I am learning to find joy and a blessing even in what appears damaged. This is me exercising faith in my higher power. Fire cleans the wood and makes room for new fungus! What can I grow that is new and good where the damage has occurred in my life?

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### In Memoriam

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

April 30, 1946 – March 7, 2026

*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

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### Steps

**Step 4: Made a searching and fearless moral inventory of ourselves.**

When I came into Al-Anon and heard the 4<sup>th</sup> step read I would cringe thinking that I was going to have to write down all my faults. One of the best things I did during those early days was to attend step meetings that focused on Step 4. It allowed me to hear other’s experience, strength and hope on working their 4<sup>th</sup> step inventory. I heard them talk about listing the good as well as the bad. I heard it compared to a store inventory where you look at what’s on your shelves and what is not. It took the anxiety and fear out for me.

During my first meeting with the wonderful woman I asked to sponsor me we got to know each other and I shared parts of my story with her. Near the end of that first session I shared that I was most nervous about doing the 4<sup>th</sup> step. I remember her smiling and then saying “you do realize that you have done a mini 4<sup>th</sup> and 5<sup>th</sup> step today.” I didn’t realize that until she pointed it out. I felt so good after that first meeting that I knew I would be safe with her when it was time for me to make my “searching and fearless moral inventory”.

Robin M.

**Step 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**

Steps one through three are for surrender, and steps four through nine are for clearing up the wreckage of the past, for healing the memories. We find that, valuable as it is, the self-knowledge gained in step four is not enough. We have to do something with what we learned about ourselves; we have to go into action.

We admit the exact nature of our wrongs first to God, for forgiveness and grace. We admit them to ourselves because we can “con” ourselves so easily; we are masters in the art of rationalization. We admit them to another human being for humility and healing. It is almost impossible to keep up a façade of righteousness and propriety when someone knows the exact nature of our wrongs.

Blanche D. through her correspondence with Betty R.

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

“...new life is threat as well as promise...” – Robert Raines, *Soundings*

Everyone has a step which is hardest for him; this is the most difficult for me. The knowledge that this step was waiting for me kept me from doing step four for a couple of years. I did --I do -- have defects which I enjoy and which I am not willing to give up; you all told me that in that case I had to pray for the willingness. I do not think there is anything accidental about the wording of the steps or the order in which they are given, and it is logical that this one be halfway through the twelve. A willingness to change, to accept the “threat” of a new life, to give up defenses and harmful habits which have served our purposes for years – this takes a great deal of courage.

Blanche D. through her correspondence with Betty R.

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### Al-Anon Traditions

**Tradition 4:** *Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.*

**Tradition 5:** *Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.*

**Tradition 6:** *Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always cooperate with Alcoholics Anonymous.*

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### Concepts

**Concept 4:** *Participation is the key to harmony.*

**Concept 5:** *The rights of appeal and petition protect minorities and insure that they be heard.*

**Concept 6:** *The Conference acknowledges the primary administrative responsibility of the Trustees.*

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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](http://alanon.org), clicking on the ONLINE BOOKSTORE and then on The Forum tab.

### 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/>

### Alateen Corner

#### Alateen Traditions

**Our group experience suggests that the unity of the Alateen groups depends upon our adherence to these Traditions.**

**Tradition 1:** Our common welfare should come first; personal progress for the greatest number depends upon unity.

**Tradition 2:** 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.

**Tradition 3:** The only requirement for membership is that there be a problem of alcoholism in a relative or friend. The teenage relatives of alcoholics, when gathered together for mutual aid, may call themselves an Alateen Group provided that, as a group, they have no other affiliation.

**Tradition 4:** Each group should be autonomous, except in matters affecting other Alateen and Al-Anon Family Groups or AA as a whole.

**Tradition 5:** Each Alateen Group has but one purpose: to help other teenagers of alcoholics. We do this by practicing the Twelve Steps of AA *ourselves* and by encouraging and understanding the members of our immediate families.

**Tradition 6:** Alateens, being part of Al-Anon Family Groups, ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always cooperate with Alcoholics Anonymous.

**Tradition 7:** Every group ought to be fully self-supporting, declining outside contributions.

**Tradition 8:** Alateen Twelfth Step work should remain forever nonprofessional, but our service centers may employ special workers.

**Tradition 9:** Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

**Tradition 10:** The Alateen Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.

**Tradition 11:** Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.

**Tradition 12:** Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

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### Literature Corner

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.