



District 5 Newsletter

July, 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

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.

Check out our District 5 Website at

<https://charlottealanon.org/>

Lake Norman AFG is excited to celebrate 42 years of experience, strength, and hope this September. Join us as we celebrate 42 years of fellowship, friendship, and hope. Whether you have been with us for years or are joining for the first time, we look forward to sharing this special occasion with you.

We will share more details about the date, time, location, and program soon. Please check the District website under the Events tab for the latest updates and more information as it becomes available.

We look forward to celebrating this special milestone with you.

News from the Groups

New East Charlotte Meeting

Eastside Serenity AFG - **Open to all**

Join us on Thursdays at 7pm at The Grove Presbyterian Church located at 5735 E. WT Harris Blvd, Charlotte NC 28215

Park in the large lot by the sidewalk and enter 1st floor doors under the metal stairs.

For more information Contact

Elaine H. at 704-681-2934

East Charlotte/Union County Al-Anon Meeting

Lake Park Steps to Recovery AFG

Where: Faith United Methodist Church, 3708

Faith Church Rd. in Lake Park, NC

When: Mondays at 7pm

We meet in the church (brick building). Please feel free to join us if you are new or seasoned member to help others by sharing your experience strength and hope.

Easy Does It Alateen

Thursday 7:00 PM – 8:00 PM EDT

Ages 9-18.

Hemby House

7003 Weddington Matthews Rd

Weddington, NC 28104

Directly behind the Harris Teeter

Ample parking around to the left of the front of the house
Back entrance and upstairs.

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...

Consider how hard it is to change yourself and you'll understand what little chance you have of changing others.

My need to know is my need to control.

Surrender is when any outcome is ok.



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**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!

Upcoming Bookstore Closures:

September 7, 2026 – Labor Day

November 26, 2026 – Thanksgiving Day

December 24, 20246 – Christmas Eve

December 31, 2026 – New Years Eve

Looking for a service opportunity?

The District 5 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.

Experience, Strength and Hope

Today I was reading July 1st in our *One Day at a Time* daily reader which is about DETACHMENT. This topic has to be a daily practice for me. The key is remembering this gift of life is mine and no one else is responsible for my joy or my misery and I am not responsible for the happiness of my loved ones. What can I do today to have my peace and joy return?

I am reminded that before I can detach, I have to attach to something else. Just as A comes before D, Attachment comes before Detachment. My “Al-Anon Portfolio” is full of suggestions to change my stinking thinking – attend meetings, read Al-Anon literature daily, work the 12 steps with my sponsor, keep it simple and use the phone between the meetings to reason things out with fellow Al-Anon members. I have to attach to the idea of a Higher Power before I can detach from the alcoholic and the effects of this disease and “let God”. So for me it is attachment to the program that must be the goal. Detachment follows, as the rainbow follows the rain.

- Linda N

I came to Al-Anon because I was tired of living with the secrets I hid due to the affects of alcohol. Of course I tried to hide the disease even when my qualifier did not care to, but this was not about them. It was about the

fear, pain, guilt, and shame that I had due to this disease. My best intention to hide all my secrets typically came out in my worst actions -becoming irritable and unreasonable without knowing it. I was not perfect and I had to release the notion or appearance that I had to be, after all I was not my own higher power! I had to give that up to the God of my understanding. Being around those suffering from this disease in Al-Anon, I was able to come out of my shell at my pace. I found a way to live with myself, confront, and share my secrets with a sponsor, to be able to tell my story without thinking I had to tell the story of my qualifiers. I had to finally do something for myself and work on myself and let go of trying to fix others. In Al-Anon, I am finally finding my time!

- Lance W

Funny enough, my very own qualifier pointed me in the direction of Al Anon. Now, he's no longer with us yet I keep coming back because it's one of the best ways to remember him while taking care of myself.

I didn't know what to expect going to that first meeting but I knew I needed help. The anxiety over my father's drinking was too much to handle alone. Similarly, today, I don't know what to expect now in my day to day life.

My other qualifier recently told me she never says yes to friends anymore because she won't know how she's going to feel. At first I wanted to criticize her - what a terrible pessimistic mindset! That was until I realized I've been doing the same thing but with a different excuse. With two young children, every day can be different and this season is tough with less sleep than I'm used to. I'm scared to make plans or sign up for things because “what if the kids get sick, what if I'm too exhausted....” but is this fear keeping me from living my best life- the life my higher power has in store for me?

I am a planner and I don't like letting people down. A last minute change can send me spiraling regardless if the change is made by me or someone else. What if these last minute changes are my higher power at work, protecting me from something that isn't mine, giving me time to slow down, or building me up for something that's actually on my path. Instead of worrying about what could happen, let me take things one day at a time and turn it over to God.

- Julia W.

For Information about ALATEEN.

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



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At one of my first Al-Anon meetings, a veteran of the fellowship handed me the pamphlet “Alcoholism, A Merry-Go-Round Named Denial.” “Read it,” she said. “This one changed my life.” Presented as a three-act play, the pamphlet describes how alcoholism is not just an individual struggle but a family disease—one that quietly pulls everyone into its orbit. As I read it at home that night, I kept thinking “that’s me,” and “oh, that’s what I’ve been doing.” It was the first time I recognized the role I was playing in the alcoholic relationship, often in an effort to cope or help. The central theme of being on a merry-go-round captured the exhausting cycle of confusion, anger, blame, control, and denial that so many families experience. The pamphlet gradually turned the focus inward and helped me realize how I was contributing to keeping the cycle going. For me, this realization was a turning point: a moment of clarity that helped calm the chaos with understanding.

Equally important, the pamphlet offered hope. By naming these dynamics, it opened the door to change, reminding me that I was not alone and that new ways of thinking and responding are possible. For me, it was the first step toward recovery, providing both insight and relief in just a few pages.

Having been in the fellowship for years now, I’ve come to appreciate the importance of the pamphlets and books of our Conference Approve Literature (CAL) as tools in our recovery. When I start my day with a daily reader, I’m giving myself the opportunity to be grounded in the program no matter what life has in store for me. When there’s a newcomer to our meeting, I always try to get a copy of the pamphlet “Alcoholism, A Merry-Go-Round Named Denial” into their hands. “Read this,” I say. “This one changed my life.”

- Kirk K.

My life is unmanageable when someone else is the problem. Serenity and peace of mind come when I free myself from my obsession with others.

- Betty R.

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 October 15, 2026.

The deadline for submissions for the next newsletter is October 8, 2026.

Alateen Corner

I understand that at the last District Meeting, there was a lot of discussion about Alateen—why it has struggled since the Pandemic and how we, as a fellowship, can help. As a longtime Alateen Sponsor, I’d like to share my experience and offer some suggestions.

I don’t believe the solution lies in financial contributions or even in Public Outreach. I think the solution is closer to home. We need parents: parents who are willing to bring their children to Alateen on a regular basis. As a new Alateen Sponsor, I couldn’t help wondering why more Al-Anon members didn’t bring their kids to Alateen. Then, I read a Forum Favorites article on Step Eight. It described just how very difficult it is for parents to believe that their children have been affected by alcoholism and further, that they need their own program of recovery.

Believe me; I felt the same way when my son, at 11, came to me wanting to go to Alateen. “Buddy,” I said, “You don’t have an Alcoholic parent.” He looked me straight in the eye and said “Mama.” (You know you’re in for it when they start a sentence with “Mama.”) “Mama,” he continued, “Do you have Alcoholic relatives?” “Um, yes,” I had to admit. “Well then, so do I,” he replied. I took him to Alateen the next week.

So, what can we do as individuals and groups to support Alateen? Groups can invite Alateens to speak. Newcomers with children can be told about Alateen. It just might keep some of our younger Al-Anon members coming back if their kids are also in Alateen. Keeping some Alateen literature on hand is a good idea. Individuals can learn more about Alateen by attending an Alateen Open meeting— we do offer these at Winter Round-Up. You can also check out the Alateen Literature. It’s great stuff and Conference approved!

And if you are a parent and have children on your Eighth Step list, Alateen could be part of your Ninth Step amends.

Last night, after the Alateen meeting, I was walking down the “Al-Anon” hallway. A door opened. The Newcomer meeting was breaking up. The Newcomer leader, an old friend, called me over. “This young man says he remembers you from Alateen,” she said. I asked his name and he told me. Then I remembered. “You used to bring us cookies,” he said. “Well,” I said, “It just so happens, I have one pack of cookies left. Once an Alateen, always an Alateen.” I handed them over and we all laughed. Over the years, it has been my great good fortune to see so many of these Youngsters grow up in Alateen. The ones I still hear from (or about) have become very fine people indeed.

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This world is a crazy place right now. There are many who think we're going straight to "you know where" in a "you know what". It's all too easy to become discouraged. But when I spend time with these Alateens and think of the ones who came before, I just don't believe it. These are smart, capable people, especially so BECAUSE of what they've experienced—not in spite of it. I feel confident leaving the state of the world, Al-Anon and Alateen in their hands. I believe in them. I believe in us. Together we can make it.

Marcia H.E.

A Note from Our District 5 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.

As we reflect on the past quarter, we are deeply grateful for the dedication, compassion, and hope that each of you brings to our fellowship. Your presence—whether in meetings, service roles, or quiet acts of kindness—helps carry the message to those still seeking serenity.

Our District's ability to support meetings, outreach, literature, and events depends entirely on the generosity of our members. In the last quarter, contributions helped us:

- host the Winter Round Up, an inspirational day of recovery and fellowship
- maintain our website that reaches those looking for help and our current members
- maintain our office, bookstore, and hotline;
- support outreach efforts

While we've made meaningful progress, our expenses for literature, rent, and outreach have grown. To continue this vital work, we invite you to consider making a contribution—whether as a group or an individual—according to your ability.

How to Contribute:

- Pass the basket at your home group and designate funds for the District
- Checks payable to: District 5 AFG (address below)
- Zelle: District5lit@gmail.com
- Venmo: @Donation-District

Our District is fully supported by the contributions of our members and groups. Every contribution—big or small—helps us carry the message. Thank you for your service and support!

With gratitude and service,
Christine
District 5 Treasurer

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

How To Find a Lost Hamster

A while back I came across an article listing the steps to take when a pet hamster goes missing. Maybe I was bored. Maybe I just wanted to be prepared for the day when I buy a hamster and then lose it. (Hey, you never know.) Maybe I felt an invisible nudge. Whatever the reason, I decided to read the article. Here are the steps it laid out as far as I can recall:

1. Sit quietly in the room where the hamster cage is located and listen for the little rascal.
2. If step 1 doesn't work, dim the lights in the room, spread peanut butter around the cage opening, and wait.
3. If step 2 doesn't work, spread flour around the room. Give it a little time and look for little white rodent footprints. Follow those prints. Hopefully you'll soon be reunited with your hamster.

As I read this, a light bulb started to glow dimly over my head. Can I use the same steps to find my lost Higher Power?

1. Meditate quietly and listen for my Higher Power's voice.
2. If step 1 doesn't work, open my heart and find the serenity to accept that my Higher Power will find me.
3. If step 2 doesn't work, get moving and do the leg work to find my Higher Power, knowing He/She is nearby. I will eventually reconnect with my Higher Power.

What about the bit with the peanut butter? I'm not sure how that relates but go ahead and make a sandwich to take care of part of that HALT thing.

- Anonymous

I recently attended a meeting where the topic was fear. I learned a lot about fear and a lot about myself. I realized that, for me, there are several ways I experience fear and several ways I deal with it.

One common way is fear of the worst-case scenario: the loss of a loved one, the loss of something I hold dear, the loss of a plan I may have made, a loved

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one being hurt in some way, or the unthinkable happening. I've learned that the "unthinkable" is part of the solution. When a fear is too great for me to think about or even acknowledge, it tends to hold part of my mind and emotions hostage. I can't even think in the same direction as that fear because pondering the worst is too painful.

That is exactly the solution. I think about it, imagine the worst happening, then think about how things could be, and allow my thoughts to continue past the fear. The program has taught me that I will be okay. Even if the worst happens, I have been given the tools to work through it with my sponsor and Higher Power. Over time, I have developed the ability to face my worst fears, and this weakens their grip on me. I think right through the fear, and my mind can relax instead of obsessing or avoiding. I can simply be with it all.

Another solution is to get busy. Sometimes it simply means doing the dishes or another chore, but often it means stopping to reflect on myself and asking if I am avoiding something. Is there a conversation I've needed to have? Is there a task that seemed too hard that I've put off? Is there something I've wanted to do but talked myself out of?

I check in with the state of my life because sometimes I am obsessing over a fear when I am really avoiding or not wanting to deal with something. This process can reveal what has been hidden and dispel the fear. It can also make a real difference in my life by prompting me to take an important action.

Lastly, there are things I want to do but I'm afraid to. Over time, I have learned that these are often the very things I should do. They make a great difference in my well-being, confidence, and overall happiness. I am often afraid to try something new for fear of failing, looking dumb, or needing to ask for help. The slogan "Progress, Not Perfection" has allowed me to start projects and take trips that I once thought were impossible. I learned that all I need to worry about today is getting started or taking the first step. It's okay if I don't know how everything will turn out, as long as I keep making progress.

This has given me confidence in the face of the unknown. For example, even writing this article is something I've never done before, but I made a commitment to simply start writing and trust that it would work out. I hope it has.

- Dave

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.

Hello

Please find below some important NC/Bermuda District 5 Al-Anon/Alateen Information Services and Literature Distribution information attached.

A Literature Committee is forming! We invite all interested members to participate. The more groups represented on the committee, the better we may serve you.

Please also remind your groups of the convenience of online literature ordering. WE are here to make literature available in convenient and efficient ways. Send any suggestions for improvement to the office as noted above. Thank you so much for your service! Serenity in Fellowship,
Jodi M.

Al-Anon Steps

Step 7: Humbly asked Him to remove our shortcomings

Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Al-Anon Traditions

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

Tradition 8: Al-Anon Twelfth Step work should remain forever non-professional, 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.

Al-Anon Concepts

Concept 7: The Trustees have legal rights while the rights of the Conference are traditional.

Concept 8: The Board of Trustees delegates full authority for routine management of Al-Anon Headquarters to its executive committees.

Concept 9: Good personal leadership at all service levels is a necessity. In the field of world service the Board of Trustees assumes the primary leadership.

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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.

Favorite CAL

I have benefited from all of our Conference Approved Literature, and today, my favorite book is "Many Voices, One Journey". Take the last two paragraphs on page 391 as a picture of this book's incredible value to each of us individually and to our fellowship:

"Growth cannot occur without change, and our history as a fellowship is a long, continual series of changes. As Lois wrote on page 195 of Lois Remembers, '...stagnation is retrogression. There is no standing still.' Our history has also taught me that change need not be painful, and that as long as I hold on to those spiritual principles that are most clearly part of my essential identity, I can continue to change, grow, and transform without fear of losing myself or my way.

Today, I believe that a Power greater than ourselves works through each of us. I see that happen at meetings, through phone calls, e-mails, on-line meetings, and in every group conscience ever held. I've seen amazing things happen both to and through Al-Anon Family Groups, and today I trust that if this process works for the fellowship as a whole, then it can work within my life, too."

- Jodi M.

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What Do You Think?

The concept of artificial intelligence (AI) has generated much interest and concern in recent years. Some believe it will help people achieve so much more while others believe it will take humanity out of how we address problems. I decided to see how this applies to our program, with the thought that this is how a potential member will look for answers in the near future. I went to the ChatGPT platform and asked two questions: The first question was "What is Al-Anon?" The second question was "How do I deal with my spouse's drinking?" and will appear in the October newsletter. What do you think? Did ChatGPT give an accurate and thorough answer? (Note: ChatGPT gives different answers depending on what was asked before, so you may not be able to recreate this session with the platform.) Al-Anon is a support organization for people whose lives are affected by someone else's drinking.

What is Al-Anon? More formally, Al-Anon Family Groups is an international fellowship made up of relatives and friends of people with alcohol addiction. It provides a place to share experiences, find emotional support, and learn ways to cope with the impact of alcoholism on their lives.

Here's what it's about:

It's for family members, partners, and friends of people with alcohol use problems.

It's purpose is to help members cope, set healthy boundaries, and focus on their own well-being.

It is based on a 12-step program similar to Alcoholics Anonymous, but focused on those affected by someone else's drinking

The meetings are usually free, anonymous, and available in-person or online worldwide. It's important to note that Al-Anon is not about fixing the person who drinks—it's about helping you manage your own life and reactions in a healthier way.

- Anonymous

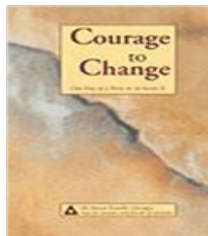


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Your Online and In-Person Bookstore



www.charlottealanon.org

2810 Providence Road, Charlotte, NC 28211

24/7 Hotline - 704-523-1159

Accepting Cash, Check, Credit, Venmo and Zelle

Office hours

Monday, Wednesday, Thursday: 10:00a to 2:00p

Tuesday: 2:00p to 6:00p



The District 5 Charlotte Al-Anon Office is a WSO-approved literature distribution center