



District 5 Newsletter

October, 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.”

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)

Records Coordinator – Leslie D. (approved 10/10/2026)

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.

Please consider helping the district by filling one of the unfilled positions.

Also, Panel 65 will rotate out of service at the end of December of 2027. If you have served as a GR, please consider putting your name forward for one of our District offices. Service is miracle grow for your recovery. You can find the District 5 Service Manual with job descriptions at the following link [District 5 Guidelines](#)

2026-2027 Important Dates

November 13-14, 2026 – Area Fall Assembly – Newton, NC Hosted by D3 (see Details Pg.)

January 30, 2027 – D5 Winter Round Up – St. Matthews

February 26-28, 2027 – 52nd NC/Bermuda Al-Anon/Alateen Convention – Clemmons, NC

January 9, 2027 – AWSC

January 30, 2027 - District 5 Winter Roundup, 9am-4pm, St. Matthews Catholic Church

February 6, 2027 - District 5 District Meeting-**TENTATIVE**

Feb 26 – 28, 2027 - Al-Anon/Alateen Convention - Clemmons NC

March 13, 2027 – AWSC

April 17, 2027 - District 5 District Meeting-**TENTATIVE**

May 14 – 15, 2027 - Spring Assembly. Hosted in D 4.

July 10, 2027 - AWSC

August 14, 2027 - District 5 District Meeting-**TENTATIVE**

August 28, 2027- AWSC

October 9 District 5 District Meeting-TENTATIVE This will be meeting to elect new District Officers for the next Panel. Groups may also have GR changes.

Nov 5-6, 2027 - Area Fall Election Assembly. Hosted in District 5. This is a large undertaking for a district and will require all hands on deck. GRs will elect the new AWSC panel.

Check out our District 5 Website at

<https://charlottealanon.org/>

News from the Groups

The New Awakenings AFG meets at 9:00am every Sunday at the Anuvia office building (serving the county's addiction services) located at [100 Billingsley Road](#), on Randolph Road just north of Wendover. The group meets upstairs on the second floor (elevator or stairs). There is an AA group that meets on the first floor at this time as well. They are now offering not one, but TWO breakout book study groups each Sunday morning (in addition to the popular Open Discussion meeting as well). One Book Study is covering 'Paths to Recovery' and is currently in the sections that go through the Twelve Traditions. So, if you've ever wanted to see how the traditions relate not only to Al-Anon groups but also to your relationships, work, and other areas of life, this is a fascinating and enlightening discussion. The other Book Study was recently added and is examining 'Intimacy in the Alcoholic Relationship', which has generated dynamic and thoughtful discussions. Whether you've read this book before or have been curious to add it to your library of Conference Approved Literature, the group setting is a great way to get even more from the material. There is also a Speaker Meeting six times a year, on the last Sunday of odd-numbered months. All are open to everyone and have proven to be a popular way to deepen an understanding of recovery for many people.

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.



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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 meets 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...

Fear of change come from a need for certainty and control. Instead of focusing on worst-case scenarios, focus on the aspects I can control.

If you want to go fast, go alone.

If you want to go far, go together.

For Information about ALATEEN.

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

From Our Public Outreach Coordinator Volunteers needed!

Alanon members do service work because it enriches their overall program and helps them live the 12th step of carrying the message to others. District5 needs Al-Anon members who will consider service opportunities as they come up, and they arrive in many forms:

-Sharing information and speaking to new groups that are forming

-Distributing Al-Anon and Alateen literature at events, schools, churches and medical offices

-Staffing the Al-Anon hotline phone on weekends when the office is closed

School Counselors event

Our area once again will have hundreds of school counselors attending a statewide conference on Nov. 4-6 at the Embassy Suites Concord-Charlotte, near Concord Mills. Al-Anon will have an information booth and needs volunteers who can give a few hours to staff the table. School counselors need to know about Al-Anon and Alateen so they can help their students.

Sign up to help

Go to our <https://charlottealanon.org/> website, click on the Service tab in the top banner and you will see two ways to do service work. The district has the hotline phone covered for the next few weeks but we always need new volunteers who can help people when they reach out. We also need people who will consider outreach opportunities as they arise.

Fill out either form, or both, and you will be contacted to match you with a service opportunity. You'll be glad you did!

Ted M.

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 January 15, 2027.

The deadline for submissions for the next newsletter is January 8, 2027.



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Experience, Strength and Hope

These Changes Had Occurred So Slowly and Subtly. I had not been aware of them. My skin had become so thick, too thick, that it maladjusted into armor. And not the Armor of God! This armor was a suit of deflection. Don't look at me- I'm inside, and thus, invisible. Don't touch me- I haven't been touched in years, and thus, don't know how to react. Don't come any closer. Can't you see this armor? Don't you see it's protecting me from the obvious threat- the truth?

In my fear and denial of reality, I created many fantasies. My Knight in shining armor would come to love me eventually. Enough of the right efforts would make him desire to see and touch me with pleasure. I'd be safe and protected by his trust. In the meantime, there was still one thing about me that never adjusted, readjusted, or maladjusted. Far greater than desperation; it's my faith.

My faith in God was the shining light inside my armor that guided me as an instrumental part of planning, promoting, and preparing for a 4-day AA Conference organized by my Knight's closest fellowship friends. On day one, a friend who is in AA assured me that even though my Knight was our home's financial provider, I didn't have to continue doing too much or pressuring myself to overachieve.

Such a hefty cost and heavy load. I thought my armor was an honor. I thought it was my duty, my responsibility to carry. I justified that me and God could surely handle it. The next morning, that same friend accompanied me to try an Al-Anon meeting. The Al-Anon Welcome touched my heart so much, I claimed my membership at The Closing. We attended all six Al-Anon meetings together.

Working my program revealed my armor was actually a combination of many things- beyond fear and denial. The armor was “tough skin” from years of verbal, emotional, and psychological manipulations. My Creator didn't design me to be tamed into domestic alienation. That was someone abnormally using me; abusing me.

In time, I discovered I HAVE CHOICES! Each piece of tough skin I peel off exposes more of them. More choices to love, progress, be kind and patient- even as the grief from letting go of the armor and the Knight- come with it. As I continue to learn, recover, nurture, and express unique Monique- the new effects from these healthy changes are occurring so slowly and subtly. Now, I am aware of them.

“In time, I felt I had regained my true self.” -Courage to Change, page 214 (August 1)

Anonymous

Seeds tell a story, one that hides within. The seed doesn't know its own story, just its experience. One day, it's feeling the breeze, next day, it's buried in the dirt. What is happening? Confusion. Isolation. It is blinded by this new situation. Then something disturbing occurs: the comfortable structure of its very being begins to break apart. Strange new shapes form. A desire for light and air presses in close. The seed fights, reaches in every direction, seeks to live, to breathe. Then it feels something startling, the breeze! And warmth! A sudden expansion of space. What is this new place?

As it grows and grows, every day it becomes less like its first chapter. A whole narrative unfolds...strength, beauty, freedom to dance in the wind. The empowering stability of roots helps offers nourishment to other living things.

Al-Anon is a garden, a safe place for seeds to grow. When I don't understand what is happening in and around me, the rooms offer warmth and air. Over time I gain perspective about my circumstances. I find the strength, experience, and hope that forms strong roots, offering a growing stability where before was isolation and confusion. I learn that what feels like overwhelming change or impossible odds are actually opportunities to grow. There is light and help available if I will reach for them.

Bridget G

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/>

Acronym for FEAR

Forgetting
Everthing's
All
Right

**Due to a change in staffing at
The literature office new hours
will be posted on our Charlotte
Al-Anon Website.**

Please call the office before visiting to
make sure we know you're coming.

704-523-1159

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



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More Experience, Strength and Hope NOBODY COASTS UPHILL

The longer I've been active in Al-Anon, the easier it is for me to become complacent and slack off in the daily maintenance of my spiritual condition. Pretty soon, I become restless, irritable, and discontent. But since I'm still attending meetings and meeting with my sponsor and sponsees, I'm much less likely to recognize the decline than I was when I first came into the rooms.

Thankfully, I recently attended an event where a member was giving away her collection of speaker CDs, and I took several. These powerful program tools have tremendously blessed my daily commute! One speaker talked about a member who wasn't using the tools or meeting with her sponsor very often. The member said, “I'm OK. I'm just coasting.” The speaker urged her to work the program regularly so she would keep growing and be ready when the next tough time came, saying, “I've never heard of anybody coasting uphill.”

Nobody coasts uphill. I'd never expect my savings or my physical health to improve without diligently prioritizing and working on them. Several of our daily readers compare maintaining our spiritual condition to tending a garden. No self-respecting gardener would plant seeds and expect a harvest in four or five months without regular watering, feeding, and dealing with weeds and pests as soon as they appear. So it is with my Al-Anon program.

To stave off complacency, I've decided to periodically rotate my tools. When I grow tired of the speaker-CD commute, I might read old Forums or As We Understood on my lunch breaks, pick a slogan each week and tell my sponsor new ways I've found to apply it, do some Fourth Step writing about whatever is bothering me the most, call a newcomer and offer a listening ear, or email the district representative and ask how I can support a struggling Al-Anon or Alateen group.

I can always ask myself, “Am I acting like I expect to coast uphill?” If so, I have dozens of ways to plug back into the power and growth of the Al-Anon program, right at my fingertips!

Elaine H.

Alateen Corner

**Invite your kids
to join you in Recovery!**

**Check out the
Alateen Meetings
near you!!**

Alanon awareness campaign relaunches during 2026 holiday season

Alanon group representatives in District 5 approved a holiday season digital awareness campaign Oct. 10 to spread the word about Al-Anon and Alateen during the upcoming holiday season. The new campaign will build on the 2025 holiday campaign that exceeded all expectations (versus a comparable time frame):

- Website sessions increased 53%
- New website users jumped 74%
- 940,000 impressions were double projections
- Higher clicks for Winter Round Up, meetings and literature pages

- Office literature sales jumped 400%

Office literature orders up 200%

The 2026 campaign will run 4 weeks covering Thanksgiving, Christmas and New Years and uses the same graphics as the prior year.

Al-Anon Steps

Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.

Step 11: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

Al-Anon Traditions

Tradition 10: The Al-Anon Family 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 to 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.

Al-Anon Concepts

Concept 10: Service responsibility is balanced by carefully defined service authority and double-headed management is avoided.

Concept 11: The World Service Office is composed of selected committees, executives and staff members.

Concept 12: The spiritual foundation for Al-Anon's world service is contained in the General Warranties of the Conference, Article 12 of the Charter.

Continued on next page



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General Warranties of the Conference

In all proceedings the World Service Conference of Al-Anon shall observe the spirit of the Traditions.

1. *that only sufficient operating funds, including an ample reserve, be its prudent financial principle;*
2. *That no Conference member shall be placed in unqualified authority over other members;*
3. *that all decisions be reached by discussion vote and whenever possible by unanimity;*
4. *that no Conference action ever be personally punitive or an incitement to public controversy;*
5. *that though the Conference serves Al-Anon it shall never perform any act of government; and that like the fellowship of Al-Anon Family Groups which it serves, it shall always remain democratic in thought and action.*

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Fall Assembly 2026

Newton, NC.
Hosted by District 3

Friday, November 13, 2026 – Fellowship Night

6:30pm: Meet and Greet. Light refreshments provided.
7pm: Al-Anon 75th anniversary celebration

Saturday, November 14, 2026 – Assembly

7:30am: Early bird Al-Anon meeting
9am - 9:45am: GR Orientation/Members interested in Alateen/Spanish speaking members
10am - 4pm: Assembly

Location:
Discovery Church
2187 Startown Rd, Newton, NC 28658

Hotel Block:

Hampton Inn - Hickory: 1956 13th Avenue Drive SE Hickory, NC 28602 p. 828-624-2000

Reservations: <https://www.hilton.com/en/attend-my-event/hkynchx-afg-74bd83ac-219e-4893-be14-32574ca4cd5a/>
Group code: AFG

Date to make your reservations by: Tuesday October 13th 2026

Valerie Nelson, Alternate Delegate

Literature Corner

The Literature Committee that was formed in our District earlier this year was put on pause in August due to some procedural issues identified by our District Rep. At the recent Q4 District meeting a new AIS/LDC (AlAnon Information Service and Literature Distribution Office) Thought Force was voted into existence by the District Group Reps. This Thought Force will be led by New Awakenings' Literature Coordinator-Ann D. The Thought Force will be evaluating ideas on how the District 5 AIS/LDC (aka: District Office) needs to evolve to

incorporate 21st Century advancements and the needs of members, group and the public, and remain sustainable through member and group support. Final recommendations should include how important information and literature can be made accessible to our membership and the greater Charlotte community.

If members have feedback on this topic please communicate directly with your GR so they can share it with the Thought Force.

HEARD IN A MEETING... (updated & reprinted from District 5 Newsletter, December, 2025)

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 2026 that I want to carry forward into 2027? What do I want to trash from 2026 and leave behind? What do I want to plant in 2027?

If you try this activity for yourself, please consider sharing your answers in our January, 2027 District 5 Newsletter. The deadline for January submissions is January 8, 2027.

As we approach the holidays two nuggets are coming to the forefront for me. Both have a similar theme and have come to mean a lot to me as I learn to love myself more.

The first...

Make sure you're sitting at a table where you're heard, valued, wanted, respected, and loved. It doesn't matter who else is seated there. No exceptions, no conditions. You deserve to be cherished exactly as you are.

So if they don't make you feel that way?

SWEET FRIEND - it ain't your table.

Stand tall, give 'em grace, and walk away with your head held high. At the right table, eyes will light up for you. At the right table, a chair will appear. At the right table, you'll know you are wanted. And there, you'll come fully alive.

The second...

Al-anon has taught me to stop trying to sit at tables where I have to bring my own chair, squeeze in between folks, and repeatedly convince others why I should be there. In Al-Anon I've learned to build a new table and invite those who feed my recovery to sit with me.

May you all find the right table this holiday season and in the coming year. Thank you for allowing me to do service for our district.

Robin M., Newsletter Coordinator

4 Statements of Wisdom

I don't know.

I was wrong.

I am sorry.

I need help.



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2027 WINTER ROUNDUP

**District 5 Al-Anon/Alateen
January 30, 2027, Saturday
St. Matthew Catholic Church
Charlotte, NC**

**A full day of meetings, speakers, fellowship, friendship,
recovery, serenity and fun.**

Make new friends and reconnect with existing friends.

Volunteer vacancies are available in these areas:

**Lead Meetings
Selling Raffle Tickets
Registering Silent Auction Items
Registration Desk
Beverage and Food Tables
Set up and break down Tables and Chairs
Clean up
Making and Posting Signs
Literature Sales
Decorations**

**Contact Theresa P. – 2027 Winter Roundup
Coordinator at ttpasek@gmail.com to volunteer!**

Mark your calendars and plan to attend !!!