

STEP 8

***MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME
WILLING TO MAKE AMENDS TO THEM ALL.***

This step focuses on self-reflection and taking responsibility for the harm caused to others, often as a result of living with or being affected by someone else's alcoholism or dysfunctional behavior. It emphasizes creating a list of those we have harmed and cultivating a genuine willingness to make amends, preparing us for the action-oriented Step 9. The process involves recognizing how our actions, reactions, or behaviors—such as resentment, control, or enabling—may have hurt others, while fostering humility and openness to reconciliation without expectation of forgiveness.

Relevant Al-Anon Quotes (sourced from Al-Anon literature):

- “Step Eight asks us to look at our behavior in a new way, recognizing that we have harmed others, not just by what we have done, but also by what we have failed to do.” (Paths to Recovery, p. 108)
- “Making a list is an act of courage; it requires us to face our past actions honestly.” (Courage to Change, p. 147)
- “In Step Eight, we begin to develop willingness, which is the key to moving forward in our recovery.” (How Al-Anon Works, p. 62)
- “We may have caused harm by trying to control others or by withdrawing emotionally, and Step Eight helps us see this clearly.” (Paths to Recovery, p. 110)
- “This step is not about blame but about taking responsibility for our part in relationships.” (Hope for Today, p. 203)

Process:

1. List-Making: Reflect on relationships and identify those harmed, including oneself, through actions like resentment, enabling, or criticism.
2. Honesty: Acknowledge specific instances of harm without justifying or blaming others' actions.
3. Willingness: Cultivate an open heart to make amends, even if the process feels uncomfortable or the outcome is uncertain.
4. Spiritual Growth: Use prayer or meditation (as emphasized in Al-Anon) to seek guidance and strength.

Step 8 is a transformative step that encourages accountability and emotional maturity, setting the stage for healing relationships and personal recovery. ***It aligns with Al-Anon's focus on changing oneself rather than others, fostering peace through self-awareness and humility.***

EVENTS THROUGH 2025

Speakers Marathon - sponsored by Sunday Morning Serenity - Saturday, **October 4, 2025**

Gratitude Brunch - sponsored by Courage to Change and Serenity at Sunset - **November 8, 2025**

Day of Workshops - **OPEN**

Holiday Party - Happy, Joyous, and Free - **December 20, 2025** at 3333

Day of Workshops event is **OPEN**. Please discuss with your groups if you can sponsor this event.

District groups are looking for locations to host events that are free or low cost! Al-Anon is a non-profit organization which may help in securing the donation of space. Secretary and Event Chair have contact information for the person to call for certificate of liability insurance.

Elections for Open Positions:

Positions still open: Public Information, Group Records, Institutions,
Cooperating with Professional Community (CPC)

– Please talk with your groups and consider volunteering to help with these positions! These positions are most important in getting the word out to the community about what we do... help for others impacted by alcoholism... you can even volunteer to do this as a group or with a friend!

DISTRICT WIDE SERVICE OPPORTUNITIES!

There are several **Task Force** groups meeting for the following projects:

Money has been set aside from the district budget to place Alanon signs around the Tampa Bay area. Bus benches and signs inside HART busses are being considered. If you have contacts or are familiar with how/who to contact, please contact me and I will put you in touch with the task force.

www.serenitymessenger@tampabayalanon.org

Task Force to update our district website! If you are familiar with website development, contact me. I'll put you in touch with the task force.

Task Force for how to improve donation collections at meetings. (i.e. incorporating electronic donations) Contact me at the above email if you are interested in serving.



38TH ANNUAL TAMPA BAY FALL ROUND UP - AUGUST 29- SEPT. 1, 2025

START: AUGUST 29 @ 8:00 AM

END: SEPTEMBER 1 @ 5:00 PM

COST: \$45.00

WEBSITE:

[HTTPS://WWW.TAMPABAYFALLROUNDUP.COM](https://www.tampabayfallroundup.com)

ORGANIZER

TAMPABAY FALL ROUNDUP

VIEW ORGANIZER WEBSITE

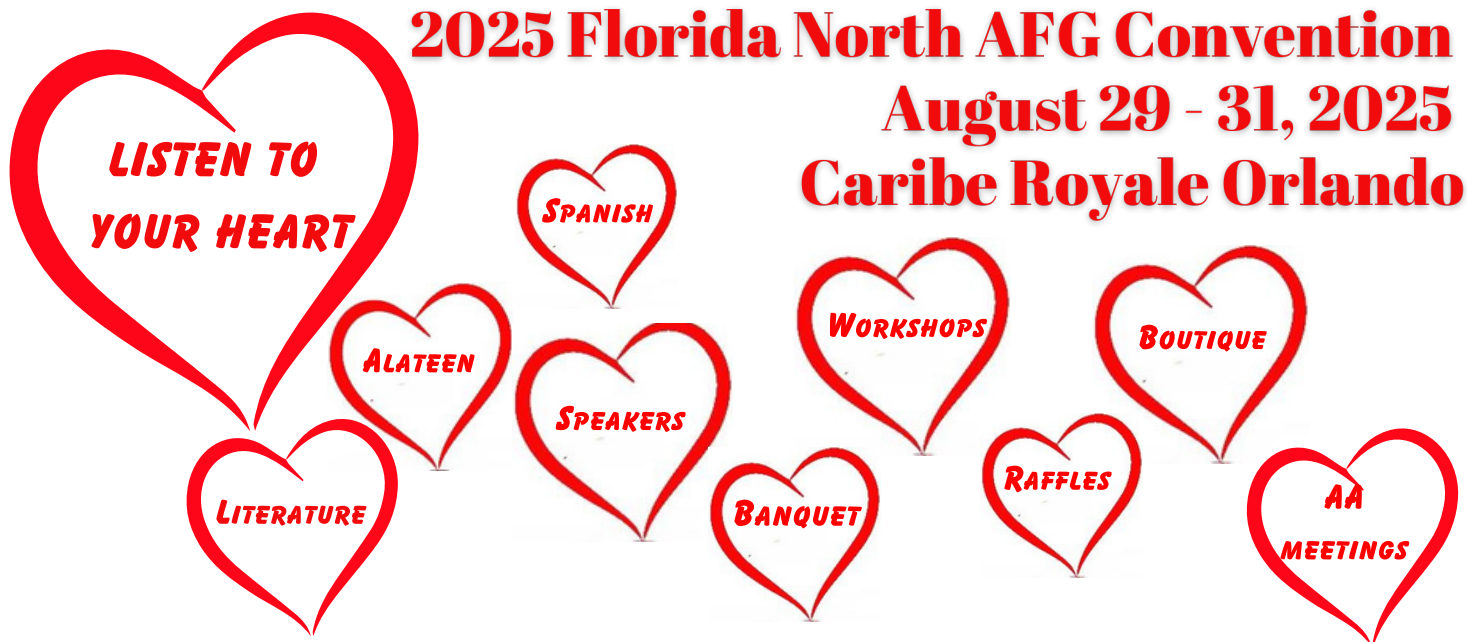
VENUE

SHERATON TAMPA-BRANDON HOTEL

10221 PRINCESS PALM AVE

TAMPA, FL 33610 UNITED STATES

YES, THIS IS THE SAME WEEKEND AS THE 2025 ALANON CONVENTION IN ORLANDO. IF YOU CANNOT ATTEND THE CONVENTION, PLEASE CONSIDER SUPPORTING OUR LOCAL AA GROUPS AT THEIR ANNUAL ROUNDUP! THEY WILL HAVE A SPECIAL ALANON SPEAKER FLYING IN TO SPEAK! THERE WILL BE ALANON RESOURCES AVAILABLE, AS WELL!



Join your Heart with Others in 2025

Registration: \$40.00 through August 22, 2025 \$50.00 at the door

Meals:



Box Lunch
\$39.00

Banquet
\$69.00

Breakfast Buffet
\$40.00



Convention T-shirts available in Short-Sleeve (\$20.00) & Long-Sleeve (\$22.00)

Convention Tote Bags Available \$20.00

Order online and pick-up with your Registration Packet at Convention.



August 29 - 31, 2025
Caribe Royale Orlando
8101 World Center Drive
Orlando, FL 32821 800-823-8300

Register Online for Convention:
2025 AFG convention website:
afgarea9.org/convention2025

\$169 per night for standard suites (occupancy 1-4);

plus \$10/night resort fee, plus applicable taxes.

Self-parking discounted to \$10/Day.

Rate is good for 3 days before and 3 days after Convention.

Hotel Reservations:...

Online reservation link: <https://book.passkey.com/e/50866101>

Caribe Royale Reservation Phone for AFG: 800-823-8300



FOR QUESTIONS ON AL-ANON CONVENTION PLEASE CONTACT:

CONVENTION2025REGISTRATION@AFGAREA9.ORG

ACRONYMS AND INITIALS USED IN AL-ANON

AFG - Al-Anon Family Groups
AIS - Al-Anon Information Services
AMIAS - Al-Anon Member Involved in Alateen Service
AWSC - Area World Service Committee
CAL - Conference Approved Literature
DAL - District Alateen Liaison
DR - District Representative

GR - Group Representative
IR/ISR - Intergroup/Information Service Rep
PI - Public Information
PO - Public Outreach
PSA - Public Service Announcement
WS - World Service
WSO - World Service Organization

SLOGANS AND MEMBER SUGGESTED ACRONYMS

RESOURCES FOR RECOVERY

- **DENIAL** - Don't Even Notice I am Lying
- **DETACH** - Don't Even Think About Changing Him/Her/Them
- **FEAR** - False Evidence Appearing Real
- **FOUR** Unwanted M's - Martyrdom, Managing, Manipulating, Mothering
- **FINE** - Feelings Inside Not Expressed
- **HALT** - Am I - Hungry, Angry, Lonely, Tired?
- **HOPE** - Happy Our Program Exists
- **HOW** - Honest, Open, Willing
- **JADE** - Justify, Argue, Defend, Explain
- **LOVE** - Let Others Voluntarily Evolve
- **NUTS** - Not Using the Steps
- **QTIP** - Quit Taking It Personally
- Blame, Shame, Complain and Criticize!
- **STEPS** - Solutions To Every Problem
- **TRUST** - Try Really Using Step Three
- **3 A's** - Awareness, Acceptance, Action
- **3 C's** - I didn't Cause it, I can't Control it, I can't Cure it
- **3 G's** - Get off their back, Get out of their way, Get on with your own life
- **5 G's** - Same as 3 G's + Give them to God, Get to Meeting
- **3 Unwanted P's** - Perfection, Procrastination, Paralysis
- **THINK** - (Before speaking...) Is it Thoughtful, Honest, Intelligent, Necessary, Kind?
- **WAIT** - Why Am I Talking?
- **WILLING** - When I Live Life I Need God

**IT'S TIME TO UPDATE OUR SLOGANS! IF YOU HAVE A FAVORITE THAT IS NOT LISTED ABOVE
PLEASE SHARE IT WITH US! SEND IT TO ME AT SERENITYMESSENGER@TAMPABAYALANON.ORG**

DISTRICT 8 REPRESENTATIVES

DISTRICT REP – HEATH H.

dr@tampabayalanon.org

ALT DIST. REP -CINDY

adr@tampabayalanon.org

SECRETARY -LYNN

secretary@tampabayalanon.org

TREASURER – TRICIA

treasurer@tampabayalanon.org

DISTRICT INFO SERVICES LIAISON - LYNNE A.

disl@tampabayalanon.org

Area Information

Spanish Coordinator

Spanish-64@afgarea9.org

Contribution Addresses

(Include FL-N Dist. 8 Group#)

District 8 AFG,

PO Box 954

Odessa, FL 33556

Area 9 FL N

NFA AFG, Inc.

1767 Lakewood Ranch Blvd.

PMB 249

Bradenton, FL 34211

World Service (WSO AFG)

1600 Corp Landing Pkwy

Virginia Beach, VA 23454-5617

Website Addresses

Local: www.tampabayalanon.org

Area: www.afgarea9.org

WSO: www.al-anon.org

AL-ANON INFORMATION SERVICES

ALATEEN - HOLLY

alateen@tampabayalanon.org

ANSWERING SERVICE-FADIA

answering-service@tampabayalanon.org

ARCHIVES-SHIRLEY

archives@tampabayalanon.org

CPC -(OPEN)

cpc@tampabayalanon.org

COMFORT LIAISON -MELINDA

comfort@tampabayalanon.org

EVENTS- HOWIE

events@tampabayalanon.org

GROUP RECORDS - (OPEN)

grouprecords@tampabayalanon.org

INSTITUTIONS - (OPEN)

institutions@tampabayalanon.org

LITERATURE – GAIL

literature@tampabayalanon.org

PUBLIC INFORMATION - (OPEN)

publicinfo@tampabayalanon.org

SERENITY MESSENGER – DIANE

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SPANISH CHAIR- ANA MARIA

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WHERE & WHEN – VICTORIA

whereandwhen@tampabayalanon.org