



THE SUNSHINER

Volume 1, Issue 3

FALL 2009

Special points of interest:

- Calendar of Events
- Trivia Game
- "My sponsor said"
- Agenda

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DELEGATES REPORT

Dear Fellow Al-Anon's,

I am preparing to attend the Area World Service Committee Meeting this weekend where I hope to make a proposal about doing a T.E.A.M. (Together Empowering Al-Anon Members) event here in Florida. It is a new concept to encourage participation and enthusiasm for a seminar where we pick the topic and the World Service Office presents it to our membership. We also share the cost with them..

I have been kept very busy these last few months being on a Task Force from the World Service Office called Conflict Resolution. We have been charged with coming up with a way to implement resolution to conflict whether it be in a Group, District or Area by means of a skit, power point presentation or pamphlet. We must have our report ready by the October Board of Trustees Meeting.

I have attended the Intergroup Meeting down in Miami with our Spanish Speaking Group Representative and hope together we can come

up with ways to unite our Area through love and understanding rather than be divided by language. One of the ways I hope to accomplish this is to have this printed in Spanish as well as English.

I, like you, are looking forward to "Stepping Into Paradise" at our Annual Convention. I love the workshops, the speakers and the fellowship. If you have never attended a convention—I hope to see you at the West Palm Beach Hilton. If you have been at a past convention, I am sure you are making every effort to be present at this convention as well. We have the opportunity to receive so many gifts—it's just about being able and willing.

Remember, I am your Delegate. I am here to help you find solutions and answers to questions you may have. However, I can only be as effective as you let me—so please email me at delegate49fls@comcast.net or ask your Group Representative for my telephone number and call me.

Your Trusted Servant,

Linda S.

Calendar of Events

October 2009

October 23-25: Fall Assembly, Holiday Inn, Sunrise, Florida

Feb/April 2010

Feb :5-7 Delegate's Get Together, Myrtle Beach, South Carolina

Feb 27-28: AWSC Meeting— Clewiston Inn—Clewiston, Florida

April 10-15—WS Conference—Virginia Beach, Virginia

June/August

June 11-13: Spring Assembly—Hilton Hotel—Naples, Florida

July 1-4 AA International Convention—San Antonio, Texas

Aug. 6-98 AWSC MEETING—

T/B/A Alateen Conference

September/October

September is Recovery Month

September 24-26 21st ANNUAL AFG FLS AREA 10 CONVENTION Naples Hilton Naples, Florida

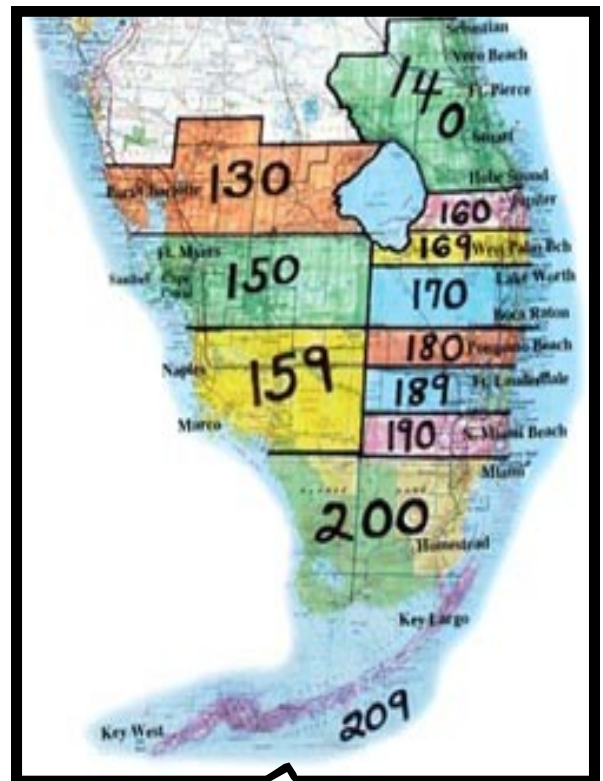
Oct. 23-25: FALL ASSEMBLY—Holiday Inn—Sunrise, FL

November/December

November is Sponsorship Month

****PLEASE NOTE THE CONVENTION COMMITTEE MEETING A**

RE HELD THE 3RD SATURDAY OF EACH MONTH-MONTHTH.




REMINDER

BRING

YOUR UP

COMING

EVENTS

POSTERS WITH YOU TO ASSEMBLY TO SHARE. WE ARE ALWAYS LOOKING FOR A GRATITUDE DINNER OR SPEAKERS MARATHON TO ATTEND.

Sunrise, Florida

October 23-25, 2009

Panel 49 2009-2011

TENTATIVE AGENDA

ANYONE ATTENDING THE ASSEMBLY MEETING MUST BE REGISTERED AS AN AL-ANON OR ALATEEN MEMBER

FRIDAY, OCTOBER 23, 2009 - REGISTRATION 7:00 P.M. - 8:00 P.M.

8:00 PM - ASSEMBLY OPENS

- 1. OPEN MEETING WITH A MOMENT OF SILENCE FOLLOWED BY THE SERENITY PRAYER
- 2. WELCOME AND INTRODUCTIONS
- 3. READ TRADITIONS, CONCEPTS AND GENERAL WARRANTIES
- 4. BREAKOUT MEETINGS - CHAIRED BY AREA CO-ORDINATORS
- 5. BREAKOUT MEETING REPORTS
- 6. OVERVIEW OF ASSEMBLY PROTOCOL
- 7. QUESTIONS ON AGENDA ITEMS
- 8. WORKSHOP - HOW TO PRESENT YOUR GR REPORT

SATURDAY, OCTOBER 24, 2009 - REGISTRATION 8:00 A.M. - 9:30 A.M.

9:00 AM - ASSEMBLY RESUMES

- 9. OPEN MEETING WITH MOMENT OF SILENCE FOLLOWED BY THE SERENITY PRAYER
- 10. ORGANIZATION OF FOLDERS ACCORDING TO AGENDA
- 11. DELEGATE'S REPORT
 ****9:30 AM REGISTRATION CLOSES****
 ****BREAK****
- 12. ALTERNATE DELEGATE'S REPORT
- 13. COORDINATOR'S REPORTS

- 14. ROLL CALL AND ESTABLISH QUORUM
- 15. READ AND APPROVE MINUTES FROM FALL ASSEMBLY
- 16. PRESENT AND APPROVE TREASURER'S REPORT
 ****LUNCH ****
- 17. PSAs
- 18. PASS BASKET IN LIEU OF RAFFLE
- 19. RATIFICATION OF LITERATURE COORDINATOR
- 20. PRESENT AND APPROVE 2010 BUDGET
- 21. 2009 CONVENTION REPORT
- 22. ALATEEN AD HOC COMMITTEE REPORT
- 23. T.E.A.M. TASK FORCE REPORT
- 24. LCD PROJECTOR THOUGHT FORCE REPORT
- 25. TABLED MOTION (# 16) FROM SPRING ASSEMBLY

I MOVE THAT DUE TO THE ADDITIONAL WORK NECESSARY FOR CERTIFICATION OF AMIAS SPONSORS, WE AGAIN SEPARATE THE DUTIES OF AAPP & ALATEEN CHAIR.

- 26. MOTIONS FROM THE AWSC:
 #3 - *I MOVE THAT CRIMINAL HISTORY CHECKS BE CONDUCTED ON ALL AL-ANON MEMBERS INVOLVED IN ALATEEN SERVICE (AMIAS) THE SECOND YEAR OF EVERY PANEL STARTING ON PANEL 52.*
 #5 - *I MOVE THAT WE TABLE A SERVICE SEMINAR UNTIL WE HAVE A DETERMINATION THAT THE T.E.A.M. EVENT CANNOT GO FORWARD IN 2010.*

Continued pg 4

#8 - I MOVE THAT WE ELIMINATE THE WEB VERSION OF THE NEWSLETTER THAT OCCURS DIRECTLY AFTER AWSC MEETING AS IT ALWAYS COMES SO CLOSE TO THE ASSEMBLY.

#9 - I MOVE THAT WE REIMBURSE MEMBERS OF AREA AD-HOC COMMITTEES, TASK FORCES, THOUGHT FORCES FOR GAS, TOLLS, AND LONG-DISTANCE PHONE CALLS RELATING TO THE ABOVE-MENTIONED COMMITTEES.

- 27. 2010 CONVENTION REPORT
- 28. 2011 CONVENTION
- 29. 2010 ALATEEN CONFERENCE

****DINNER****

30. SATURDAY NIGHT ENTERTAINMENT -
DYSFUNCTIONAL FAMILY FEUD

SUNDAY, OCTOBER 25, 2009 - 9:00 A.M.

- 31. CONTINUED BUSINESS
- 32. ANNOUNCEMENTS & CALENDAR OF EVENTS
- 33. QUESTIONS, COMMENTS OR CONCERNS
- 34. CLOSING
- 35. SPIRITUAL MEETING

I STARTED SLOWLY TO UNDERSTAND THAT I COULD NO LONGER BE GOD. THE JOB WAS MUCH TOO HARD AND THE HOURS TOO LONG. WHENEVER I HAD TRIED TO CHANGE PEOPLE OR THINGS AND FAILED, I LOST MORE OF MY SELF-ESTEEM. IN ORDER TO GET OUT OF THIS JOB, I HAD TO LET GO.

As We Understood page 42



Get Well Wishes to Sonia P. our Spanish Coordinator. She was badly injured in a fall down her stairway and is now in a cast from the waist to her neck waiting to see if she

will need surgery.

Please keep her in your prayers.



A Message from :

**Ella
District 159**

**It was my privilege to
Represent my
group #503551 as**

**a voting
Member at the 2009
Spring Assembly.**

I believe my opportunities to practice the Al-Anon slogans: "KEEP IT SIMPLE" "LET GO & LET GOD". Provided predominantly through at the sharing's & fellowship. It is through these service events that my program & recovery can be exercised to the fullest.



MY SPONSOR SAID

MY SPONSOR SAID: “If I want something from a person, I must be willing to give that same thing to that person. - Cheryl D. Hobe Sound “

“ I can have a bad moment but I don’t have to have a bad day.”

“I am a Spiritual Being having a Human Experience”

“I can’t get arrested for my thoughts”

“A decision isn’t right nor wrong, it just is—If a decision doesn’t work out the way I thought I can always make a new decision”

“I am a worthwhile person who deserves to be loved & wanted” Fran A #160

“You can analyze until your paralyzed; Rember it’s progress not perfection” Betsy M Dist 160

“What’s your part in in” - Vicki F. GR Dist 160

“If I want something from a person I must be willing to give something to that person” Cheryl D . Hobe Sound

“Happiness takes some getting used to” “Patience comes with acceptance” What I do or don’t do does not make a person an alcoholic” Renee W. Dist 170

“Where are your feet right now?” “It took me a while to realized that she asked me this as a way to keep me focused in the here and now. (Just For Today) I learned that I can handle what is right in front of me if I stay present and not get caught up in the worry and fear that jumping between the past or the future brings. - Dot Dist 189

V



Al-Anon Trivia

Submitted by Dot, Dist 189

1. All Al-Anon meetings are closed meetings _____
2. Alateen members are members of Al-Anon. _____
3. Only parents of an Alateen member attending a specific Alateen meeting may be the Alateen Sponsor for that meeting. _____
4. It is a part of a GR's (Group Representative) responsibility to attend Assembly meetings of Al-Anon in order to provide a voice and a vote for their AFG. _____
5. There are approximately 45 active Alateen groups in Florida South. _____
6. A Group Representative from an Alateen group is entitled to vote at the Al-Anon General Assembly. _____
7. For your own districts please fill in the following. District number _____ includes
 _____ and _____.
 cities cities cities cities
8. There's a new book of Al-Anon coming out soon called Sixty (60) years of Al-Anon _____
9. A.I.S.L. stands for _____
10. What are the main responsibilities of a G.R. _____

Coordinator's Reports

REACHING OUT

BROADCAST HOPE: a project connected to our new radio and television PSAs. Tracking the number of plays for television and radio PSA spots throughout Florida for the first six months of this year has seen the following results: some success with securing some (very) limited radio play; almost no success with television time for the entire state of Florida and entirely none for Florida South. So I wanted to try a different strategy.

Working closely with District 190, we created a pilot project asking each group to **adopt** one, specific, television station and one, specific, radio station. The members are given the phone number of the station; whenever possible the name of the programming manager; and a script to help organize their thoughts when making the call. The stations chosen were those WSO had identified as having already been sent the new PSAs, the other stipulation being, since this was District 190, we concentrated on local, Miami stations. We then asked the members to make the call and ask their station contact, 1) whether the station/programming manager had received (or could locate) the new spots or did they need a (another) copy of the PSAs; and 2) whether the station manager could please devote some airtime to this spot. Finally, 3) we asked the members to do a follow-up call with their contact to see if the station had, indeed, devoted some time to playing the spots.

The idea was simple: if many viewers/listeners phone the same station with the request to see these spots played – and do so in a structured, coordinated way – we may have more success getting airtime. Because the reporting mechanism is electronic I will know nearly immediately what success we have securing television plays; for radio the reporting mechanism is slower.

We are in the middle of refining this project and are clearly open to suggestions before introducing it to the groups at the Fall Assembly.

Sean

Preserving Our Past for the Fellowship's Future

Our archives are stored in a secure climate-controlled facility in Miami. I continue to organize add artifacts from events throughout the area. There will be a display in the literature room at the 20th annual AFG FL South Area 10 Convention in West Palm Beach on August

21-23. I look forward to working with district archivists to preserve our history.

Rachael C.

Archives Coordinator



ALATEEN

I am happy to report that all districts have an Alateen chair. We currently have 148 sponsors and 45 alateen groups.

The background check procedure will be implemented immediately. All current sponsors should submit required paperwork and fingerprint cards by September 30th. New sponsors are welcome to send in their paperwork at anytime. Please contact the alateen chair in your district for detailed information.

There will be an Alateen Conference in 2010; date, time and place TBD.

LIS

Kris



COORDINATORS

Alateen	Kris A.	*****@*****	*****
Archives	Rachael C.	*****@*****	*****
Public Outreach	Sean E.	publicoutreach49@hotmail.com	*****
Group Records	Betsy R	GroupRecords49@yahoo.com	*****
Literature	Pat K.	*****	*****
Newsletter	Cheryl A.	sunshiner49@att.net	*****
Spanish	Sonia P.	*****@*****	*****
Web	Mary J.	webcoordinator49FS@gmail.com	*****
<hr/>			
Delegate	Linda S.	Delegate49FLS@comcast.net	*****
Alt-Delegate	Juliette L.	alternatedelegate49@hotmail.com	*****
Chairperson	Jennifer D.	Chair49FLS@aol.com	*****
Secretary	Kathy D.	secretary49@comcast.net	*****
Treasurer	Shirley W.	panel49treasurer@yahoo.com	*****

Step with ME into Paradise

A personal view of Convention

I arrived at the Hilton Palm Beach Airport on Friday, August 21st, 2009. The busy *Convention Committee* had done the whole set up the night before. After carrying my heavy bags through the steamy parking lot, I entered the cool lobby, only to drop everything so I could hug the first person I met--a friend from Assembly. Then I saw a second Al-Anon sister, from last year's Convention. Another hug. This pattern would be repeated often throughout the weekend.

Welcome to Al-Anon.

I took my goodie bag to donate munchies at my favorite convention spot, the Hospitality Room, or the *Paradise Snack Shack*. Food like crazy! What else would you expect from a group of mostly women, and co-dependents to boot! This convention was going to be great!

First workshop was, **Letting Go: Drop the Tow Line** (a simple, but not easy, Al-Anon concept). A real tow line was used to illustrate how we uselessly/hopelessly hang onto our alcoholics instead of putting them in God's hands where they belong.



Between meetings, I made one of many visits to the *Seren-i-Tiki Boutique*, filled with handmade book covers, signs, cards, magnets, God boxes, all donated by our talented membership. Of course I had to buy something. I also admired the dedication of committee members lugging books back and forth to the *Literature Room* then holding down the fort. Kudos! What would we do without our *CAL*?

The next workshop I attended, following my handy-dandy program, was **Step 11: Calling the Ship's Captain**, but I confess that halfway through I was attracted by the howling laughter next door to the Spanish workshop, **1 Milla en sus Zapatos: Compassion (A Mile in their Shoes: Compassion)**. A white-clad chef at the front of the room kept stirring written Al-Anon type phrases into her bowl such as: "**How are you today, honey?**"; "**Welcome home;**" and "**I love you,**" showing compassion for her alcoholic husband. Next to her, an evil witch in black with pointed hat and long claws, muttered and stirred angry/ugly phrases into her black "poison" cauldron: "**I hate you!**"; "**I'm leaving--no, why am I leaving? Let him leave!**" and the ever-popular, "**I hope you die!**" We laughed so hard because some of us had--before the program--used some of those horrible phrases ourselves.

By that time I was late for dinner. But first I stopped by the *Raffle Room*. Are you kidding me!?!? 60 beautiful baskets with so many goodies it was hard to choose which one to go for. Such generosity!

The **Opening Ceremonies** included a great skit by the *Convention Committee* members, who played contestants on the game show, **Sufferer 2009**. *Control* won the ultimate prize. This was followed by two powerful speakers, a 15-year old Alateen and a superb Al-Anon speaker. I love it when wise, articulate people share!

At 10 pm, instead of breaking all my diets and going for the ice cream, I opted for the workshop: **The Other C: Contributing to It --I DID Kick Sand in Your Face**. The chair was handed this task just two hours before. He came up with the excellent insight that doing something wrong in Al-Anon was like having a rock in your shoe. He did a great last minute job. I also slipped again into the Spanish workshop, **Disfrutanto el Atardecer: Recuperacion (Enjoying the Sunset: Recuperating)**, where we trashed our fears. This was a common convention theme: discarding attitudes, words and actions that are useless or actively harmful to our recovery.

Before I went to bed at midnight I noticed how tropically the doors, podiums and rooms were decorated. It really put me in the paradise mood, thanks to the *Decorations Committee*.

Feelings Aren't Facts: There is no Shark in the Water, was the first of the day. At that workshop, featuring the troubled child, *Falalala*, we broke our construction paper chains of worry, shame and hopelessness with the help of Al-Anon.

Faith: Jump in, the Water is Just Fine. At this session I wrote on a card the worries about my loved one that I was giving to

Con't from pg 10

My own workshop was entitled, **Hope: A Ray of Sunshine**. I **hope** some rays of **hope** were disseminated, and that you attendees liked the laminated bookmarks my *Sponsor* and I worked so hard on!

At the banquet I had the only real disappointment of the weekend--my beef tips were not tasty. But we had fun: I sat at the *wild* table, 7 women and 1 lone but brave guy.

The best thing the **Al-Anon Keynote Speaker** said is, "You cannot please the disease--it wants everything." I understand about the bottomless pit, the black hole, the vacuum cleaner that is this disease; but Al-Anon tells us that we *don't have to* be sucked in. *That we have a choice, thank God*. Dinner was followed by dancing, but instead I went to the workshop, **Obsession: Surfing in a Hurricane**. We drew huge crayola pictures of our favorite obsessions then threw them away. There's a lot of 'stuff' I still need to get rid of, and I take something valuable from each meeting.

The *Hospitality Committee* did a super job! I thank you.

The third and last day, Sunday: an excellent **Spiritual Speaker** for the **Closing Ceremonies**. Kudos to the *Speaker Chairperson*! At the end, the *Convention Chair* determined who had been in the program the longest and the least amount of time. The last woman left standing had 42 years! The newest member joined on Friday. The long timer presented the newcomer with a copy of **How Al-Anon Works**, signed by every attendee. Then we closed with the *Serenity Prayer*, holding hands once more, a good way to close.

Whew! Well, I could go on and on about this typically wonderful Al-Anon get-together, but in the tradition of, "**Keep it Simple**" I'll sum it up in 3 words:

Laughter

Hugs (or if I want to be alliterative, love) and

Learning.... Oh, and Sharing.

Vivian M

District 169



Do you have an idea for things that you would like to see in your Sunshiner.? This publication is for the Florida South Area and is here to inform as well as give you a heads up on what to expect at the next Assembly.

If you have any suggestions please bring them with you to Assembly and if you are not going to be attending you can e-mail me @ sunshin-

er49@att.net.

Hugs,

Cheryl

YES I WOULD LIKE TO SUBSCRIBE TO THE SUNSHINER

Your Name _____

ADDRESS _____

YOUR DISTRICT NUMBER _____

HOME GROUP'S NAME _____

G.R.'S FIRST NAME _____

PLEASE MAKE CHECK PAYABLE TO:

FL South Assembly

P.O. Box 112256

Naples, FL 34108

\$ 4.00 for one year (2009)

SUNSHINER

937 Daffodil Dr

Wellington, Florida 33414