



Winter
2017



SUNSHINER

Meeting Calendar

February 4-5, 2017
Winter AWSC
Port LaBelle Inn & Conference Center
1563 Oxbow Drive.
LaBelle, FL 33935

June 9-11, 2017
Spring Assembly
Doubletree Hotel Sunrise-Sawgrass Mills
13400 West Sunrise Blvd.
Sunrise FL. 33323

July 28 - 30, 2017
Summer AWSC
Port LaBelle Inn & Conference Center
1563 Oxbow Drive.
LaBelle, FL 33935

Oct 6 - 8, 2017
Fall Assembly
Doubletree Hotel Sunrise-Sawgrass Mills
13400 West Sunrise Blvd.
Sunrise FL. 33323

Nov 11, 2017
Turn Over AWSC
Port LaBelle Inn & Conference Center
1563 Oxbow Drive.
LaBelle, FL 33935



Grateful for Experience Strength, & Hope

After coming to Al-Anon as so many before me, in a desperate state needing help without even knowing it, I attended meetings and would quickly leave until I noticed others stay, hug, smile, and share on a more personal level. They had what I wanted – serenity and happiness. I kept coming back and learned how to be gentle with myself and how to let people into my life instead of pushing them away. My confidence level rose and I was, and am, in a much happier place.

Many 24 hours later, I found myself stepping up into service without even realizing it. Service has been a big part of my recovery and I have grown so much from the experiences. It has also been a way for me to give back what has been given to me. I really love our Al-Anon fellowship and I am forever grateful for members who served before me and for those who shared their ESH in group and business meetings during my journey in Al-Anon.

During each Panel, a picture is taken of all past DRs at our District Meeting. This picture is given to the new/current DR for support and remembrance of those who served before in the District. Our picture continues to include our DR from 1991 and most of the DRs thereafter, who still attend and participate in our District Meetings. I feel very fortunate to be in my District and in Florida South.

Forever grateful.

Anonymous

Area Service Positions

Welcome new members!

- * Liza G. from District 159 to the Area position of Archives Coordinator
- * Danielle P. from District 170 to the Area position of Web Coordinator.

Thank you for being willing!

There is excellent news if you are thinking (or your sponsor told you) that an Area service position will really help boost your recovery!

There is currently only one open position on Panel 55 for...

Alateen Coordinator

All the details of position, based on the job description, can be found on the Area 10 website. The position will be filled at the Spring Assembly and would be for the rest of 2017.

A Story of AB

There once was a young person named AB who experienced some troubling times at home.

AB didn't know what was going on, was confused and sometimes afraid. AB wanted to talk to someone about the situation but was afraid no one would understand and may think AB was a bit Looney. AB went through life sad, and scared. People who should have protected AB sometimes lied or stole from AB. Life seemed very uncertain.

A friend of AB's could see that AB was getting depressed and suggested that they attend an Alateen meeting. That friend had been going and seemed kind of happy even though things at home sounded very similar to AB's home life. They started to attend together and after a while, life for AB did improve.

Then AB's family had to move to another town. AB tried to

find an Alateen meeting, but could not. You see in this new town there were some Al-Anon meetings but no Alateen meetings at all. AB was again sad and confused. Why? I miss the friends I had at my old meeting. They understood and gave me hope. We had fun.

You may be asking the same question. Why? The answer may lie in the reality that we may have Al-Anon meetings, but are those meetings composed of members or just attendees.

An attendee is just that, someone who attends something. They do not go far beyond the meetings and seldom get involved in any activity or project. Might have a sponsor, might have done the steps and are now contented with their progress. "Let someone else do it" might be their motto.

A member is someone who gives back to a fellowship composed of volunteers. A member helps in whatever way is possible

for them. They contribute to the betterment of all by volunteering or as we say "doing service." Little things or bigger things, EVERYTHING in our fellowship is done by volunteers. They understand that we have 12 steps (recovery), 12 Traditions (unity) and 12 Concepts (service). They realize this fellowship cannot survive unless SOMEONE does SOMETHING.

I hope this scenario is just a tale of fiction and not an omen of things to come. I am so PROUD of the members who regularly show up at the Area's meetings, say yes when asked to sit on a committee, prepare a report or become an AMIAS. We need them and they need us to support their efforts. It all starts with you. Don't just be attendees. Be proud members of this awesome fellowship!

Thanks for letting me share.

Diane B, Area Chair Panel 55

It Can't Be Just Me

One of the first things I found out in Al-Anon was "it wasn't just me". Others were facing some of the same things I was. I would listen carefully and get new ways to deal with the issues that I faced.

Fast forward to my service in my district. Lots of stuff I had not previously encountered others had, and were willing to share both their successes and missteps with me. I didn't have to reinvent the wheel over and over.

At this last Assembly the question of what should the Sunshiner be was raised. I thought about this and here is what I think.

The Sunshiner should be where we look to see how well all "the kids" (Districts) are doing and who needs help and who can give it. If I have come up with a new way to get the groups in my district active making baskets for the convention or other events, supporting the Alateen meetings or getting better attendance at the district meetings, how will you know about it? If you have faced these or other challenges how would I know about that.

Here is what I propose we all do. Commit to sitting down just

three a year and asking yourself what do I have and what do I need, sort of like a Fourth Step Inventory and sharing it with the rest of the Area by sending it to the Sunshiner Coordinator so we can all be in this together. Most of us have learned that a difficulty shared is a difficulty lessened and a joy shared increases.

Let's shoot for everybody getting on board and we will help each other and make the Sunshiner something of greater value to all of us.

Stu D. District 189



The Sunshiner is YOUR Area newsletter!

ANYONE may submit service sharings, reports, information, quotes your Al-Anon Sponsor always says, comments, feedback, and suggestions to: area10sunshiner@gmail.com

Easy Does It!

It has not always been an easy thing for me to let things go, I would hold on for dear life.

As I started to work the Al-Anon program I discovered that rushing and pushing myself only made me more tense and less serene.

Today I try to make sure that I have enough time to do the things that are necessary and important to me so that I can give my all to my sponsees. I do not take on more than I can handle without short changing them or myself.

In all my service work I try to make sure that I leave enough time to do the leg work or paper work that needs to be done without the clock ticking.

*Cheryl A.
Alternate-Delegate*

Encouraging Service by Sharing About Service

I think that sharing experience in Al-Anon Service is one of the most overlooked and underutilized forms of “reinvesting” in Al-Anon that there is. I believe that the Al-Anon fellowship could experience exponential growth in volunteerism if more of us would share the amazing things we experience and the personal growth we get from serving. Leading by example and sharing what a tremendous source of personal growth I obtain through Service could serve to ignite someone else’s passion to serve.

One the most basic tenets in Al-Anon is that “we help one another recover from the effects of alcoholism by sharing our experience and strength and hope” at meetings. The sharing of one’s experience, strength and hope is also a form of Service. There are many forms of Service that Al-Anon members perform and may not even realize they are doing so; arranging the chairs before a meeting, making coffee, greeting members, putting out literature, cleaning up the room afterwards are some of the unseen acts of Service that help us adhere to the Seventh Tradition of being fully self-supporting. Indeed, simply at-

tending a meeting and being there for another person is a form of Service. Other more obvious forms include being a Sponsor, Group Representative, Secretary, Treasurer as well as District, Area and World Service positions that the volunteer army of Al-Anon members fill. But it must not end there!!

Sharing my amazing experiences and the empowerment I received from performing Service not only helps me grow and recover personally, it can also “plant the seeds” that could yield an amazing harvest of new volunteers if only I take the time to plant and cultivate them. When a member hears about the amazing people in recovery that I’ve met by venturing out into the “service world” and how gratifying service can be, I can see them become intrigued. By sharing and displaying the positive attitude as well as stories of my adventures in service I help to water and cultivate the seeds that may grow into an awesome new crop of volunteers.

In one of the meetings I attend I have regularly shared about plan-

ning and participating in our Area convention and the amazing satisfaction I get from occasionally chairing at one of the largest meetings in our District. Recently I was buoyed to see members stepping up to chair that same large meeting as well as volunteering for District Service and to help with hospitality and chair workshops at the Area Convention. I’ve heard others share stories of suggesting that their sponsee perform a service they themselves participate in only to see that service commitment precipitate enormous growth in the sponsee’s Al-Anon program. I am now encouraging my sponsees to get involved in whatever form of service they are drawn to.

Whenever I am asked about my Al-Anon Experience or to share my Experience, Strength and Hope at a meeting, I always include stories about service. Or, if at an open topic meeting; I share about how rewarding service has been for me. I have been fortunate enough to go to Assembly and Convention and perform Service at each; shared about that experience and the sense of satisfaction it gives me. Service is an amazing joy worth sharing and enticing others to want to participate in as well.

*Mitch H.
District 150*



Area 10 - 2017 Calendar of Events

- Feb 4-5 Winter AWSC Meeting
Port LaBelle Inn & Conference Center
1563 Oxbow Drive. LaBelle, FL 33935
- March South East Regional Delegates Get Together (SERGET)
- April 24 – 28 World Service Conference
Wyndham Virginia Beach Hotel
5700 Atlantic Ave. Virginia Beach VA 23451
- June 9-11 Spring Assembly
Doubletree Hotel Sunrise-Sawgrass Mills
13400 West Sunrise Blvd. Sunrise FL. 33323
- July 28 - 30 Summer AWSC meeting (2 night stay)
Port LaBelle Inn & Conference Center
1563 Oxbow Drive. LaBelle, FL 33935
- August 18 - 20 **Roaring into Recovery**
Trump National Doral Miami
4400 NW 87th Ave. Miami, FL 33178
- Oct 6 – 8 Fall Assembly
Doubletree Hotel Sunrise-Sawgrass Mills
13400 West Sunrise Blvd. Sunrise FL. 33323
- Nov 11 Turn Over AWSC meeting (1 day meeting)
Port LaBelle Inn & Conference Center
1563 Oxbow Drive. LaBelle, FL 33935

