



SUNSHINER

The newly revised Service Manual is posted on

al-anon.org



Area 10 Reports

Please go to the following link to see all reports from the Assembly Meeting May 11-13, 2018:

<http://www.southfloridaal-anon.org/servicemainpage/>



Letters from the Officers

Welcome to Panel 58

One of my early encounters with service beyond my group came as a GIP (Growth Investment Person) to an AWSC (Area World Service Committee.) My Sponsor said it would be a fun day away from home, just bring a sweater. I enjoyed the smiling faces, lunch was great, but I really did not understand what was happening. There were discussions with opinions and reports from several parts of Al-Anon that I had little or no experience with. Despite motions, voting etc., everyone was happy and even though there may have been opposing views about a topic, when it was all over, there were hugs and good-byes and see you soon!

That was then and this is now and there are still discussions with opinions, lots of reports, motions and voting. The business of Al-Anon is **unique** in many ways thanks to our Traditions and Concepts, (another part of Al-Anon I did not understand until I stepped into service.) I learned a great deal from my Sponsor as we went along, and today I am so glad she was active in service, as well as my Sponsor with the Steps.

We are all **unique**, because of our willingness to try something that may be uncomfortable or foreign to us at first. We speak a different language here, but at the end of the day there will be hugs and good-byes and see you soon!

I try to remember that we are all here because of our ties to someone we care deeply about and we come to realize that helping ourselves to become mature, wholesome, loving and loveable people is the real goal. This program has helped me in all those areas.

I will continue my journey and am so happy that you'll be joining me too!

Hugs,

Diane B. Alt-Delegate



Welcome to our Panel 58. What a great time to be a part of Area Service! I wish you all the best as we endeavor to accomplish the very important business of Al-Anon.

The information and knowledge we share, and the decisions we make, will be taken back to our groups to build a stronger, more informed fellowship in an effort to enrich Al-Anon as a whole.

Let's endeavor to keep the lines of communication open as we work together to share our experience, strength, and hope. Above all else, let's remember to Bee Kind!

Lovin Service!

Lisa Marteeny
Chair, Panel 58





Get To Know Panel 58

My First Meeting

- ◆ My expectations weren't met but I continued to come - Claudia G past DR 190
- ◆ I was terrified - Maria Elena G.
- ◆ I cried for the beginner and regular meeting. I felt I was home and safe. - Dickie S past DR 200

My First Sponsor

My first sponsor taught me to get in touch with the higher power. I was really clueless about higher power. I didn't understand what it was and thought it was really abstract. She really taught me to "pray about it." Though it was really hard to trust the higher power, I began to believe. I started by doing simple things like praying that the traffic would clear because I was afraid. I asked my higher power to help me with the traffic and voila, it worked. I am very thankful that she gave me the first taste of how my higher power can help me.

Claudia

My First District Meeting

After becoming a member of Al-Anon and 3 months later was asked to be the alternate GR to "unlock & lock room each week." Four months after that the current GR left, and I became the GR and attended my first district meeting to decide if I wanted to continue as the GR and attend district meetings.

This meeting gave me the opportunity to see Al-Anon in a different light and I realized there was more to our fellowship than group meetings and how necessary it was to have good leadership in order to maintain a successful program. However, at the same time, I felt I would be able to contribute to the accomplishment and continuance of a thriving district. By having a voice and feeling my suggestions were welcomed, I continued my service with Al-Anon and the district I represented.

Norma P.—Public Outreach

My First Assembly

When I found myself sitting in a room filled with lots of tables, surrounded by a group of people and covered with snacks, I said to myself "what am I doing here?" I didn't understand my purpose, role or why I volunteered to be here.

I didn't understand the Panel, who they were or how they got there. It was not until my 3rd assembly did I really understand. It was then I started to feel purposeful, I started to make friends and form relationships that became part of my recovery.

From my GR role at assembly, I grew, my recovery accelerated and the program began to work for me. When you work it, it does work!

Guess who from panel?

Blast From The Past

There was always time for fellowship during meetings. Our meetings were 1 1/2 hours long with a 10 minute fellowship break during our regular meetings. When we attended an assembly, we dealt with business issues from early in the morning till late at night, but right after lunch, there was always a skit. We adjourned the business meeting by 9pm and then had fellowship, maybe a skit or just free time. There were meetings where we had 28 motions that were discussed and laughed when we had "motion sickness." We were always fear-based regarding financial matters. Today, I live in Abundance and am no longer fear-based.

I remember once when we had a heated discussion regarding Alateen and voted against spending money. An Alateen who was in attendance stood to speak. After he spoke we voted again and the vote changed and the motion passed. It showed me how the minority voice was so important.

I remember when Circle Harry was around and after AWSC meetings and assemblies, he got up extremely early and put the chairs in a circle for the Spiritual Speakers on Sunday morning.

The AWSC would focus on the 5-10 year vision of the Area. They would always bring up to 7 motions to assembly and motions were discussed at the district meeting before an assembly, which gave us GRs the opportunity to discuss the motions with our group. I continue to learn that the inverted triangle structure of our program is there so we are reminded that there is no greater power than our group conscience.

Linda S. #170

I was in the car with my Sponsor on the alley on the way to my first assembly when I asked her, "do we have a hotel reservation?" Her response was no, we don't need one. That night we shared a room with 4 others, one of us slept in the closet and it turned out to be the best meeting of all of the meetings I had in all my years of service.

In memory of Betty N., former chairperson, as shared by one of her sponsees.



My First

My Service Experience As a District 140 Group Records Chair

My journey toward personal growth through service in Al-Anon began five years ago. The current Group Records chair needed to step down midway through her term. I believed it was very important to keep the group information up to date, so with much trepidation, I stood for the position.

Over the first year, I nearly gave up several times. I like my ducks all lined up and in perfect order. I soon learned that was not going to be possible. I wanted my Where and When flyers to be perfectly updated and ready to distribute at the next District Meeting. I would arrive at the meeting only to find some groups had made changes and didn't notify me until the day of the meeting. Oh no, the flyers were outdated before I could hand them out. My ducks were scattered all over, I failed to be perfect.

My next challenge was to get the groups to fill out the entire change form and turn it into me. I would e-mail reminders before each district meeting to be sure to fill out the G1 form and also reminded everyone when giving my report at the meeting. It took a while before everyone got used to filling out the forms so I could get them sent on to the area and update the flyers. I kept copies of all the group info I had updated along with the time and date they were sent to Area Records. It was very helpful to have a copy to refer to if needed.

As time went on, I grew in Al-Anon service. I began to relax and let go of some of my need for perfection. I eventually was able to ask for help and advice from Al-Anon members. I learned I would be loved and treated with respect even when I made mistakes. Through my experiences, I was able to trust myself and others. I used the slogan "Let Go and Let God" to help keep me calm and retain my serenity under pressure. I remembered "Progress Not Perfection" when I made a mistake and soon was able to laugh at myself and go on.

Doing service helped me to meet many other Al-Anon members and gave me a real sense of belonging. I grew to really enjoy my time as District 140 Group Records Chair. I am so glad I stepped up to do the job in spite of my fears.

Beverly B

District 140

My sponsor **ALWAYS** says...

- ◆ Listen up, Babe, and kick it Upstairs!
- ◆ Keep your side of the street clean.
- ◆ Reason things out with someone else.
- ◆ If you need to know, you will know.
- ◆ Be gentle to yourself.
- ◆ Don't go into a bad neighborhood by yourself.
- ◆ Take the cotton out of your ears and put it in your mouth—listen!!
- ◆ There are no rules, but there are some "damn well betters".
- ◆ Did you ask your higher power?
- ◆ Get your a.. to a meeting.
- ◆ Mind your own business.
- ◆ Forgiveness.

Those golden words of wisdom, which at times, you may think your sponsor actually has on a tape recorder.





Literature

Announcements

New book release: “*Intimacy in Alcoholic Relationships*”—a collection of Al-Anon personal stories will be introduced at the International Convention in July in Baltimore. First come first serve.

Sharings Needed: WSO is in need of sharings for the new book “Three Legacies” especially about steps 5, 7, 8, 10, 12, all of the traditions, and all of the concepts. Send sharings to WSO.

Sharings Needed: WSO is in need of sharings for the forum. Send all sharings to WSO.

I chose serenity

Two sentences spoken at the first Al-Anon meeting I attended made me sit up and take notice: “How important Is It?” and “You may be right.” Each represented a 180-degree change in the way I looked at, and dealt with, the problems caused by my teenage son’s alcoholism. At the time, I didn’t believe either one, but they stuck in my head and proved to be both life-changing and a source of strength.

Everything was important to me back then. I had to respond to every provocation and crisis. It was my job as the mother to make thing right, wasn’t it? And the very idea of telling someone who was spouting nonsense that he “could be right” was ridiculous! He was obviously wrong and it was I, with my lecturing, nagging, and instructing, who was right, wasn’t I?

As the months and years passed, and I absorbed more of the Al-Anon program, I realized that I could choose to continue to see myself as always right and to keep on responding to everything (and continue to be miserable), or I could choose serenity. Letting the little stuff (and even some of the bigger stuff) go and admitting that somebody else might be right (even when I know that they aren’t) have been stepping stones to finding “contentment and even happiness whether the alcoholic is still drinking or not.”

By Ann R. Texas

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Calendar of Events

◆ August 17-19, 2018 **Summer AWSC Meeting**

Drury Inn & Suites Fort Myers—9950 University Plaza Dr Fort Myers Fl 33913

◆ July 20-22, 2018 **Alateen Conference—North Florida**

Gotham Florida

◆ August 3-5, 2018 **FL South Convention Under The Sea**

Hilton West Palm Beach—600 Okeechobee Blvd West Palm Beach, FL 33401

◆ September 21—23, 2018 **Fall Assembly Meeting**

Doubletree Sunrise—Sawgrass Mills 13400 West Sunrise Blvd. Sunrise, FL 33323

◆ January 12-13, 2019 **Winter AWSC Meeting**

Embassy Suites Fort Myers 10450 Corkscrew Commons Dr Estero FL 33928





UNDER THE SEA

"Discovering Hidden Treasures"

29th Annual AFG Florida South Convention with A.A. Participation

August 3, 2018 - August 5, 2018

AL-ANON & A.A. REGISTRATION

Must be postmarked by 07/02/18

- 10/01/17 to 12/31/17 \$25
- 01/01/18 to 07/02/18 \$30
- After 07/02/18 - \$35 **ON-SITE ONLY**

ALATEEN REGISTRATION

Ages 8-17 - includes Sat. Night Pizza Party \$15
Notarized Travel & Medical Release Form Required

EVENTS

- Friday Night Social—Get Out of Your Shell..... \$20
- Saturday Night Banquet \$45
- Chicken Beef Vegetarian*
- Package Savings—Fri/Social & Sat/Banquet...\$60

Total Amount \$ _____ Check # _____

NO REFUNDS

HOTEL ACCOMMODATIONS

Hilton West Palm Beach

Across the Street from CityPlace
 600 Okeechobee Blvd.
 West Palm Beach, FL 33401

King / Queen (per night + tax) \$109

Check-in 3:00 p.m./Check-out 11:00 a.m.

All rooms equipped with mini-fridge & in-room WIFI
 Complementary Airport Shuttle

VALET PARKING ONLY

12.00 daily / 15.00 overnight

Reservations: 1-855-757-4985

Don't forget to mention Group Code ZAFG to receive the AFG FLS Convention Group Rate!

On-line Hotel Reservations:

<https://aws.passkey.com/event/49382353/owner/14106173/home>

Out-Of Date for hotel registrations is July 1, 2018!

WORKSHOPS SPEAKERS BANQUET DANCE FELLOWSHIP

Program Choice (circle one)	Al-Anon	Alateen	Al-Anon Spanish	A.A.
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Checks/Money Orders Payable to: AFG Florida South Convention, 2697 SW Fair Isle Rd., Pt. St. Lucie, FL 34987

Complete One Form for each person:

Date: _____

Name: (First & Last) _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-Mail: _____

Badge Name: _____ District/Group: _____

Credit Cards Accepted for On-Line Convention Registration — www.southfloridaal-anon.org





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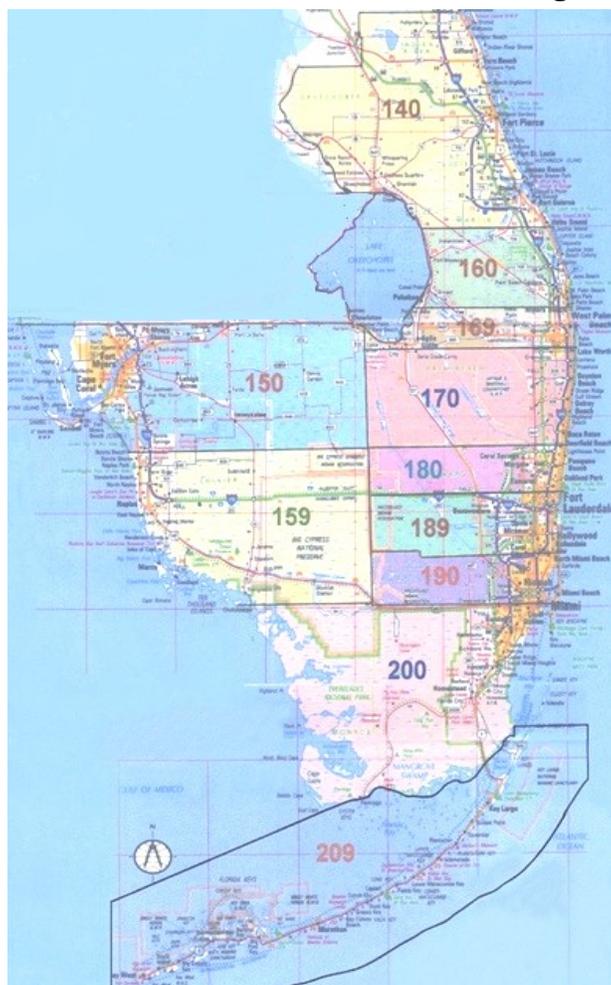
The Sunshiner is YOUR Area newsletter!

Please freely submit service sharings, reports, information,
 answers to questions, quotes your Al-Anon
 Sponsor always says, comments, feedback,
 and suggestions to:



newsletter@afgfls.com

Next deadline Aug 20 2018



The opinions expressed here were strictly those of the person who gave them. Take what you liked and leave the rest.

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