



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 Panel

Welcome to Panel 58

Delegate's Thought

When I stood for the position of Delegate, it was with a lot of humility.

As I was chosen (pulled out of a hat), it was a little overwhelming. What have I gotten myself into? How will I be able to do this job and live up to the people who have proceeded me?

After attending the Southeast Regional Delegates Get Together (SERDGT) and then the World Service Conference (WSC), I realized that this position was mine and to do it the way that I am comfortable. I am very happy as long as I relay all the information to the members of Area 10.

In just the short time I have been a delegate, I can't believe how I have grown in my personal program and in my understanding of the inner workings of the AL-Anon itself.

Despite the independence of this position, I still do not have to do it alone. There is my HP and Alapals.

Cheryl A . District 169

Panel 58

Delegate



Get To Know Panel 58

MY FIRST SPONSOR

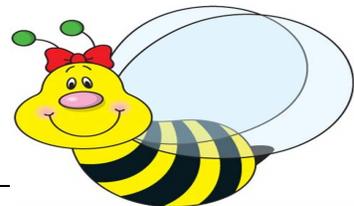
I had been going to a single meeting for about a month and knew that I wanted to have a sponsor. I held back because I did not know how to pick one out. At the first meeting of the new year, one of the members, Dick, said that every year he picked a personal shortcoming and announced to the group that he was going to work on it all year. If we saw him off the track, we were asked to lovingly call it to his attention. That appealed to me and when he announced that he would work on his anger that year I thought, "that is what I would have chosen for myself."

At the meeting the next week, I noticed that a great deal of what Dick shared was present in my life too. I also saw that he was really into the spiritual side of the program which appealed to me too. Maybe he was the right one to be my sponsor. All I could do was ask him if he would be willing to sponsor me.

After the meeting, I asked him to sponsor me and he said he would have to talk to me about what I wanted from a sponsor, if he could do that and if he wanted to. We decided to go out for coffee and a chat that night.

After a very long talk, Dick said that we had enough in common to be brothers. We both took the same major in college, and an unusual one at that, Religious Studies, had gone to graduate school where we excelled, were both very fast learners and IMPATIENT and ANGRY.

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Get To Know Panel 58

Dick said “yes” and the journey began. I wanted to get started right away and that suited Dick. We scheduled a face-to-face meeting for the next week and I agreed to call whenever I had a question (both of us were retired). I spent most of that week studying Step One. We met and Dick said that I had done a good job, for the first time around, and that we could start Step Two. I spent twelve solid weeks on my Steps and Dick went right along with that frantic pace.

When we finished Step Twelve, I wondered what would be next. Dick reminded me of how my religion dealt with a situation like this. We would start all over again and see what happened. Sounded OK to me and off I went.

I was amazed at all the new things I found while doing the steps again. I had thought I had done a fair job the first time around, but new things popped up every time I opened a book. How could this be? I asked Dick about this and he asked me if I used the daily readers. Of course I did. He then asked if I ever re-read a passage. “Sure,” I replied. “Was it different the second time around?” he asked. “Sure,” I said. Then he told me, “Same with the Steps.”

I had found someone who was willing to go as fast as I wanted and wise enough to know how to get me to slow down. He became my trusted friend as well as sponsor and I grew as much from his doing as well as my own. One area that was important to me was setting and keeping boundaries.

After a few years, an issue arose when Dick asked me to do something for him, outside of Al-Anon, to which I could not say “yes.” We talked at length, but there was some part of “no” that he did not understand. I had grown so much with his help that I was able to end our Sponsor-Sponsee relationship. We remained friends for a while and then each of us moved on.

Stu D. Alateen Chair



Blast From The Past

My name is Robert F. and I am a gratefully recovering member of the worldwide fellowship of Al-Anon and Alateen. I have had a long journey in our fellowship, but not as long as my journey before I received the gift of Al-Anon.

On the third Wednesday of January, 1987, I enjoyed a workplace incident that, like many before it, should have brought out the worst in me. Because of the attentions of our employer’s Employee Assistance Specialist, this time my reaction was not my usual display of temper and general “making a fool of myself.”

I have figured out that the EAS started visiting my desk about a year before and conversed with me for up to an hour at a time about his alcoholism and its effects on his work and his life. He never asked if I was a drinker or if I had a drinking problem, he simply talked about his prior life and his recovery. As we talked, I was reminded daily of the therapist who, after six months with me, told me that she’d done all she could and now I needed Al-Anon. I had promptly filed her advice away and went on with my anger-filled life.

After several months of the EAS’s conversations, my life was transformed by the help of the counselor and of the EAS. Instead of my usual reaction to the office problem, I picked up the phone and called the EAS. “Henry,” I said, “tell me about these Al-Anon meetings and where I can find one.”

That night found me in a darkened church parking lot, patiently and then impatiently waiting for some sign of people having a meeting. When usually I would give up after the appointed time, I stayed in that parking lot for about 45 extra minutes. Today I know that my counselor, my EAS friend, and in that parking lot, God, all had a hand in the beginning of my Al-Anon journey. I won’t bore you with how things went that night, when a young woman parked and opened the building. I’d rather tell you that, from that night on, I learned more about myself than I’d known in the first forty years of my life. I had been blind; I had made assumptions and I had acted on preconceptions and misconceptions all of my life. That night of my first Al-Anon meeting, my eyes and my spirit were opened to a new view of me and a new understanding of my place in my world.

That first meeting and every meeting I went to in my first year or more of Al-Anon fed my need for acceptance of myself, for fellowship with caring people and for eye- and heart-opening insights and information. I learned to love myself, to forgive myself, to forgive others, to let go of unnecessary pain and sense of loss and abandonment by family and God.

I am not perfect, though my whole life was a failing battle for perfection before Al-Anon. I do my best to work a program that keeps me in touch with myself and with a Power greater than myself. I have been in some kind of Al-Anon service since that first night, and I cannot see myself without some service role in addition to caring for myself in the Al-Anon way.

I am grateful beyond belief.

Robert F. District 169 AISL





My sponsor **ALWAYS** says...

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

- ◆ “But you have awareness.”
- ◆ “You’re not that powerful.”
- ◆ “You’re not that important.”
- ◆ “How important is it?”
- ◆ “Stop & Think”
- ◆ “Victims never recover.”
- ◆ “You are not alone.”
- ◆ “If love is not being served—get up from the table.”
- ◆ “Keep it Simple.”
- ◆ “So!”
- ◆ “Call me.”
- ◆ “Take exquisite care of yourself.”
- ◆ “Look at your feet, where are they? In today or tomorrow? Stay in today.”



Announcements

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.

Calendar of Events

- ◆ October 13, 2018 **Falling Into Service Area Service Event**
St Mary’s Episcopal Church, 623 SE Ocean Blvd, Stuart Fl 34994
- ◆ January 12-13, 2019 **Winter AWSC Meeting**
Embassy Suites Fort Myers 10450 Corkscrew Commons Dr Estero FL 33928
- ◆ June 28-30, 2019 **Spring Assembly Meeting**
Doubletree Sunrise—Sawgrass Mills 13400 West Sunrise Blvd. Sunrise, FL 33323
- ◆ August 9-11, 2019 **Summer AWSC Meeting**
Embassy Suites Fort Myers 10450 Corkscrew Commons Dr Estero FL 33928
- ◆ August 23-25, 2019 **South Florida Al-Anon Convention**
Hyatt Regency Coconut Point—501 Coconut Rd Bonita Springs, FL 34134





Area Service Event

You are invited to attend the Area Panel
Members hosting workshops:
Traditions/Concepts

Falling Into Service

October 13, 2018

9:00 am

St Mary's Episcopal Church

623 SE Ocean Blvd

Stuart, FL 34994

- Donation \$5
- Raffle: Baskets & 50/50
- Service Workshops—chaired by AWSC Panel
- Fun, Food & Fellowship
- Potluck
- Plenty of Parking
- Directions: US 1 South, Left onto S Colorado Ave, Right on SE Ocean Blvd
US 1 North, Right on Monterey Rd, Left on SE Ocean Blvd, From 95 North exit Stuart, From 95 south exit Palm City
(CHECK ONLINE FOR SPECIFICS)

Sponsored by District 140

Contact: Nadine at newsletter@afgfls.com

30th Annual AFG Florida South Area 10 Convention

30 Years of Memories:

Look How Far We've Come!



With A.A. & Spanish A.A. Participation

Friday August 23, 2019 – Sunday August 25, 2019

Early Bird postmarked by December 31, 2018	\$25
Pre-Registration postmarked by July 31, 2019	\$30
After July 31, 2019 ON-SITE ONLY	\$40
Events	
Friday Night "Party Like It's 1999" Gathering.....	RSVP BELOW
<i>No Charge Admission; food/beverages available for purchase (5:30pm-7:30pm)</i>	
Saturday Night Banquet	\$50
<i>Advanced special requests available if selected below.</i>	
Convention Memorabilia (advance purchase; available convention weekend)	
Convention T-Shirt	\$15
Convention Tote Bag	\$10
AFG Lanyard	\$5
Alateen (INCLUDES Saturday Night Event).....	\$15
<i>Notarized Travel & Medical Release Form is required</i>	

Enjoy a look back over the past 30 years of convention and recovery with Workshops, Speakers, Literature, Raffle, Hospitality, Alateen & A.A. Programs, Friday Gathering, Saturday Banquet, & Boutique!

Hotel Accommodation Choices:
 King Bed or 2 Queen Bed Room \$129.00 per night plus taxes
 ~Up to 4 people per room~
 ALL rates INCLUDE resort fee, parking, in-room WIFI & mini fridge!
 Make it a longer vacation! Enjoy the same discounted room rates available 3 days before and 3 days after convention weekend.
 All rooms are based on hotel availability.
 First come, first served basis. Book early!

Hyatt Regency Coconut Point
5001 Coconut Road
Bonita Springs, FL 34134

Make reservations **BEFORE July 31, 2019:**
 Call 1-800-233-1234 & mention **AFG FL South Convention**
 #2 Visit www.southfloridaal-anon.org/convention for link to Hyatt Online
 Check In 3:00 pm & Check Out 11:00 am Free Self Parking or \$15/night valet

More information about the convention, to register online with any major credit card, or to see images of the convention memorabilia items check out the Area 10 website: www.southfloridaal-anon.com/2019convention
 Email questions to: conventionquestions@afgfls.com

Checks/Money Orders Payable to: **AFG FLS CONVENTION 142 Jupiter Street Jupiter, FL 33458**

One form per guest. *Print legibly in blue/black ink, please.* Date: _____

Name: (First & Last) _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: () _____ Email: _____

(Email addresses will be used for FL South Area Convention purposes only)

Badge Name: _____ District # _____

Program (circle one)	Al-Anon	Alateen	A.A.	Preferred Language (circle one)	English	Spanish
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Al-Anon or A.A. Adult Registration

Postmarked before December 31, 2018 \$25

Postmarked before July 31, 2019 \$30

Alateen Registration

Registration & Saturday Event \$15

Events

Friday "Party Like It's 1999" Gathering.....RSVP YES NO (Purchase food & beverage choice at event)

Saturday Night Banquet..... \$50 Circle Optional Dinner Choice: Gluten Free Vegan

Total Amount \$ _____ **Check#** _____ (No refunds or exchanges, all sales & sizes are final, all prices include sales tax where applicable)

Convention Memorabilia

Convention T-Shirt (Adult XS-5XL) Size _____ \$15

Mens Ladies

Convention Tote \$10

Al-Anon Lanyard..... \$5

(Above souvenir items will be available for pickup at convention only)



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 Po Box 1676
 Jensen Beach, FL 34958-1676
 Website:
www.southfloridaal-anon.org

Al-Anon Family Group Headquarters, Inc.
 1600 Corporate Landing Parkway
 Virginia Beach, VA 23454-5617
 Phone: (757) 563-1600

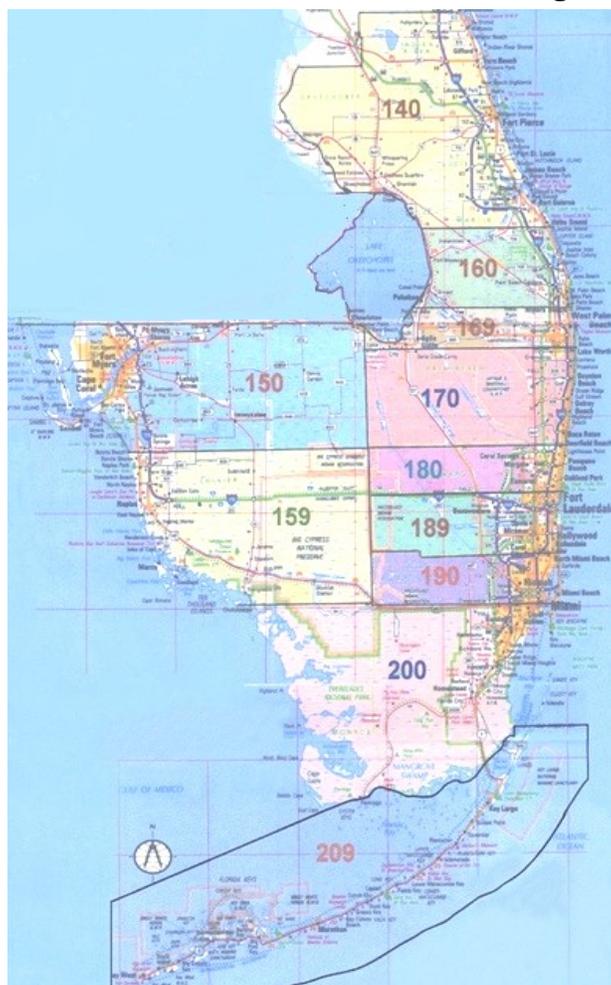
The Sunshiner is YOUR Area newsletter!

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 Jan 1, 2019



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

Panel 58 Officers & Coordinators

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