



# SUNSHINER

**The newly revised Service Manual is posted on**

[al-anon.org](http://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/>



## Convention

On behalf of the Under the Sea—Discovering Hidden Treasures’ Convention Committee, I would like to extend a BIG thank you for supporting this years’ convention!

The committee worked tirelessly all year—back in their district committees and at the convention itself. Georgia, Debbie, Laura, Pat and I could not have asked for a better more enthusiastic and dedicated committee.

One of the main ideas for the convention was “fun.” Lois W. said—”Don’t let the seriousness of your task stand in the way of your enjoying each other’s companionship and the fun of working and planning together.” At each planning meeting, we tried to incorporate some element of fun into our plans. We think that the committees were able to carry that idea back to their districts and to the convention weekend itself. From the time of arrival, the hotel seemed to be filled with energy and excitement.

Each Committee played a vital role, from decorations to registration, information & security, hospitality, programs, boutique, raffle and entertainment—without one the others wouldn't have been as successful. The excellent speakers certainly helped as well.

I want to thank the Florida South Area for allowing me to serve as this year’s Convention Chair—it was an honor and privilege to do so.

Jennifer D. 2018 Convention Chair

August is my favorite time of the year, not only do I celebrate my birthday, but we have our annual convention here in South Florida. When I attend convention, I look forward to reconnecting with my friends that I’ve made at past conventions, area and district meetings. I love having a schedule that I can make choices for me, attend workshops that focus on areas that I may be struggling with or areas I have experience, strength and hope to share with others. The tears, laughter and fellowship are PRICELESS to me! So at the end of every convention I’ve been to I make sure to get in line to sign up for the next year! This is me taking care of myself!

Anne C. Dist 140



As always, the workshops and speakers were wonderful and inspiring at Convention. My favorite part of Convention is: seeing old friends, making new friends and the meetings after the meetings .

Louanne V. Dist. 180

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## What is Convention?

**It's a playful weekend event put together BY program people FOR program people.**

### Can I bring my family?

This is an open function and everyone who registers is welcome....some members had their very first meeting at our conventions.



## What can I expect at the 2019 Convention?

**Speakers** from the Al-Anon, Alateen, AlAnon Spanish and A.A. programs will tell their stories at the General Sessions on Friday night, Saturday afternoon, Saturday night and Sunday morning.

**Workshops** are a presentation to bring into focus all viewpoints of a topic. Some start with skits, readings from Conferenced Approved Literature (CAL), or introductions; the rest is left up to the members attending the workshop and your Higher Power. The Al-Anon principles are followed in all Al-Anon and Alateen workshops, and A.A. workshops adhere to the A.A. principles. Workshops last for approximately an hour. There are also Al-Anon workshops in Spanish. Workshops go on all day and into the night throughout the entire weekend, starting Friday afternoon and going through Sunday morning.

### Activities for you to enjoy are:

- ◆ Friday Night Social
- ◆ Banquet and Dance on Saturday night
- ◆ Fellowship all weekend long.
- ◆ Shopping at the Boutique & Raffle Rooms.

## About how much does it cost?

See registration flyer on page 4

Other charges such as food, items at the Boutique, Literature, and Raffle rooms are extra, so bring spending money. The Convention will provide a hospitality room (which is included in your registration) that will provide light snacks and beverages throughout the weekend.

## Is there time to spend on my own?

Absolutely! This is your weekend and you can do as you choose. All Alateens, when not in a meeting, must be accompanied by their parent or sponsor.

## How can I help?

Handcrafted and program items are always needed for the Boutique and Raffle. We also need volunteers to do workshops and staff the Boutique, Raffle and Hospitality Rooms. If you would like to help with Registration or Security, it is a great way to meet new people – JUST ASK!



**Ask your Group Representative for a Registration Form today!**

**or**

**Register On-Line at  
[www.southfloridaal-anon.org](http://www.southfloridaal-anon.org)!**

**When: August 23-25, 2019**

**Where: Hyatt Regency Coconut Point  
Bonita Springs, FL**



### **My Favorite Thing About The 29<sup>th</sup> Convention...The Ride to/from**

My favorite thing about the 29<sup>th</sup> Annual Al-Anon convention wasn't the awesome speakers. It was the incredible camaraderie and the amazing amount of love and understanding shared by others in recovery from the insidious disease of alcoholism. The outstanding workshops and fun-filled raffle were not even the highlight for me. These things were all wonderful and contributed to my experience in a major way. My congratulations to Jennifer and the entire committee on a great event.

No, my highlight was a much more personal one. My favorite part was the drive from Cape Coral to and from West Palm Beach. I had the amazing opportunity to drive with a Sponsee who has been in the program for a little over the year. The one on one time and conversation about working the steps and dialogue about his experiences and mine was awesome. It was good for both of us. Some of the conversation also centered around the Convention and what to expect. His excitement on the way to the meeting and heightened enthusiasm for "all things Al-Anon" after attending was palpable. Watching his growth and noting my own as a result of both the convention and our time together was an experience for which I am very grateful.

Mitch H. DR 150

## ***Calendar of Events***

### ◆ October 13, 2018 **Falling Into Service Area Service Event**

St Mary's Episcopal Church, 623 SE Ocean Blvd, Stuart FL 34994

### ◆ 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

### ◆ June 28-30, 2019 **Spring Assembly Meeting**

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

### ◆ August 23-25, 2019 **South Florida Al-Anon Convention**

Hyatt Regency Coconut Point—501 Coconut Rd Bonita Springs, FL 34134

This year's convention, Under the Sea, had all of the usual enjoyments; workshops, speakers, activities. What stood out for me this year was the fellowship. It felt like a great big class reunion, and I enjoyed catching up with people from past panels and committees, whether in the hotel lobby, after a speaker, or just chilling in the Hospitality Suite. Fellowship is an important part of recovery, being in the company of others who are also working the program. Looking forward to seeing everyone next year!

Dan F. Dist 169



## **Announcements**

**New book release:** *“Intimacy in Alcoholic Relationships”*—a Collection of Al-Anon Personal Stories was introduced at the International Convention in July in Baltimore. First come first serve for ordering available.

**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.



Online Registration and info: <http://www.southfloridaal-anon.org/2019-al-anon-convention/>

30th Annual AFG Florida South Area 10 Convention

AFG FLORIDA SOUTH AREA 10

# 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**  
*No Charge Admission; food/beverages available for purchase (5:30pm-7:30pm)*
- Saturday Night Banquet ..... \$50  
*Advanced special requests available if selected below.*
- Convention Memorabilia** (advance purchase; available convention weekend)
- Convention T-Shirt ..... \$15
- Convention Tote Bag ..... \$10
- AFG Lanyard ..... \$5

**Alateen (INCLUDES Saturday Night Event).....\$15**  
*Notarized Travel & Medical Release Form is required*

*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](http://www.southfloridaal-anon.org/convention) for link to Hyatt Online  
Check In 3:00pm & Check Out 11:00am 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](http://www.southfloridaal-anon.com/2019convention)  
Email questions to: [conventionquestions@afgfls.com](mailto:conventionquestions@afgfls.com)

Checks/Money Orders Payable to: **AFG FL S CONVENTION**

One form per guest.

Print legibly in blue/black ink, please.

Date: \_\_\_\_\_

Name:(First & Last) \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_ Zip: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ Email: \_\_\_\_\_  
---(E\_m\_a\_j\_l-a-d-dr-es-se-s-w1-ll-be-u-se-d-fo-r-F-L-S-ou-th-A-re-a-Co-nv-e-nt-ion\_p\_u\_r-p-o-s-es-o-n-ly)\_\_\_\_\_

Badge Name: \_\_\_\_\_ District# \_\_\_\_\_

Program (circle one)	J	Al-Anon	Alateen	A.A.	Preferred Language (circle one)	J	English	Spanish
<b>Al-Anon or A.A. Adult Registration</b>					<b>Convention Memorabilia</b>			
Postmarked before December 31, 2018	0			\$25	Convention T-Shirt (Adult XS-5XL) Size			<b>0 \$15</b>
Postmarked before July 31, 2019	0			\$30	Mens <input type="radio"/>	Ladies <input type="radio"/>		
<b>Alateen Registration</b>					Convention Tote			<b>0 \$10</b>
Registration & Saturday Event	0			\$15	Al-Anon Lanyard			<b>0 \$5</b>
<b>Events</b>					<i>(Above souvenir items will be available for pickup at convention only)</i>			
Friday "Party Like It's 1999" Gathering	RSVP	<input type="radio"/>	YES	<input type="radio"/>	NO (Purchase food & beverage choice at event)			
Saturday Night Banquet	0			\$50	Circle Optional Dinner Choice: Gluten Free Vegan			
<b>Total Amount</b>	\$	-----	Check#	---	(No refunds or exchanges, all sales & sizes are final, all prices include sales tax where applicable)			



## **Area Service Event**

### **Get into the Car—bring an Al-Anon Friend**

- ◆ Donation \$5
- ◆ Raffle: Baskets & 50/50
- ◆ Service Workshops—chaired by AWSC Panel
- ◆ Fun, Food (potluck) & Fellowship
- ◆ 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  
Most Check GPS, from 95 North exit Stuart , From 95 south exit Palm City  
CHECK ONLINE FOR SPECIFICS
- ◆ Contacts: Nadine A.—[newsletter@afgfls.com](mailto:newsletter@afgfls.com) or Norma P.—[publicoutreach@afgfls.com](mailto:publicoutreach@afgfls.com)



Area 10 Mailing Address:  
 Florida South Area 10, Inc.  
 Po Box 1676  
 Jensen Beach, FL 34958-1676  
 Website:  
[www.southfloridaal-anon.org](http://www.southfloridaal-anon.org)

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

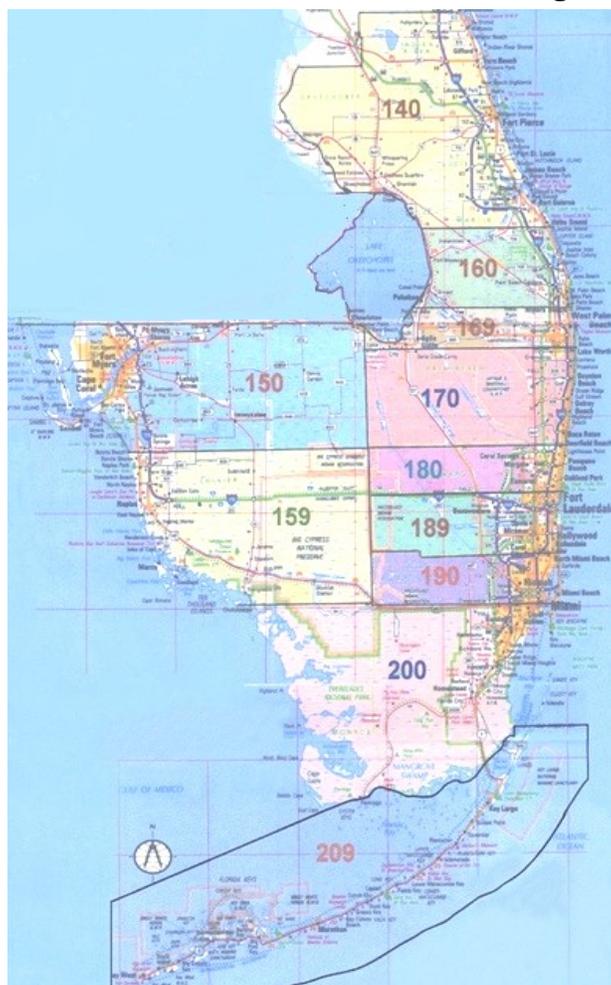
The Sunshiner is YOUR Area newsletter!

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](mailto:newsletter@afgfls.com)

Next deadline Sept 20 2018



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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Web	Scott B.	<a href="mailto:webmaster@afgfls.com">webmaster@afgfls.com</a>
2019 Convention Chair	Kathleen L.	<a href="mailto:conventionquestions@afgfls.com">conventionquestions@afgfls.com</a>