



# SUNSHINER

## Get To Know Panel 58

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/>



Assembly was nothing I expected it to be. I was told this was a business meeting. I've been in many business meetings in my profession. Believe me, attending this Assembly was nothing like what I considered to be a business meeting. I am not sure if it's because I am a newbie or because we were entertained by the US Marines/Recruiters on our first night of meeting. Time flew by fast. This Assembly was a learning experience and a big eye opener. I had no clue of the dedicated trusted servants willing to give their time and talents to make this Assembly a success. The networking is incredible. The location was exceptional except for feeling like I was in Antarctica. I look forward to the Fall Assembly and being part of Panel 58.

Meter P. District 209



My first meeting was intimidating. Someone took me to the meeting, and when we walked into the room, there were five people older than Moses who stopped talking and just stared us down. I did not get a warm, fuzzy feeling at all. Fortunately, the person who took me said this was not a typical Al-Anon meeting, and that I really ought to try a different meeting. I am so glad I did! Although I don't live in that area anymore, I do hope to return to that 1st meeting sometime. That icy reception led me to be more sensitive to every person that enters a meeting, trying to see the group through that person's eyes. I know now that the first meeting wasn't typical. I also believe this: if my friend didn't tell me to try a different meeting, I wouldn't be where I am now.

Fellow Member

My First Meeting

I was mad, sick, tired and angry. When I walked in everyone was happy and talking. My thought—they sure don't have the same problems as me.

What did I hear? —"Keep coming back!" and I did. I heard, "take the cotton out of your ears and stuff it in your mouth." I was looking for that recipe card to get loved ones to stop drinking—HA HA. But I did get recipe card for me "to find recovery":

1. Go to meetings
2. Get a sponsor
3. Work the steps
4. Read CAL
5. Do service

I found peace and serenity and still am coming back!

Dev S. District 190/200



My First Assembly—Feelings

As we did a traditional roll-call of members present at the assembly, I had a visual of each voting member representing their home group and all the Al-Anon members and families they represent. I had an awareness of the vastness of our Al-Anon family, and all the family members that brought us here, as well as the positive influence we have on our families and community. It is wonderful to be a part of the greater Al-Anon Community.

Barbara A. District 180

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The opinions expressed in this newsletter are strictly those of the person who gave them.

Take what you like and leave the rest.



## Bye-Bye Fear

Fear has taken from me so many things. Fear has taken my courage to move forward in life. Fear has taken my faith to allow things to happens as they should. Fear comes in various forms: when I'm angry, its fear; when I worry its fear; when I procrastinate it's fear; low self esteem is fear. Without fear in my life I won't get angry. I wont worry. I wont procrastinate. I'll regain my self esteem. I'll regain my courage. Ill have the faith to allow things to happen as my Higher Powers wants them to. Bye-Bye Fear! Thank you Al-Anon for the gifts I received.

Fellow Member

## My First Meeting

There were few people in the meeting. The chairperson asked me to read the welcome (or something). I started crying two sentences in. He adjusted and took it back from me. Someone handed me tissues. I don't remember much else except the closing. "We already love you....." That was all it took. I kept coming back!

Regina D.

My first meeting was February 25, 2008. I cried snot tears the entire meeting. I couldn't even speak, I was crying so hard; nor, did I want to. Being ACOA, I seldom showed my feelings in public and, many times, in private also, never mind in front of my two neighbors that had made arrangements to meet me there when they were informed of my family's crisis the night before.

A decade later, I am healthier than ever. Our daughter is in her second year of a possible doctorate in forensics and my spouse has been in recovery almost three years. I am living proof; it works, if you work it.

Laura T Florida Keys



## My sponsor *ALWAYS* says...

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

- ◆ Remember you have to write—the papers supports everything !
- ◆ So, you haven't risen above the human condition?
- ◆ “Boundaries are for you, not someone else.”
- ◆ “Sometimes you have to sit in the pain for awhile.”
- ◆ “ You are not responsible for ....”
- ◆ Progress Not Perfection
- ◆ “Take care of yourself.”
- ◆ Listen and Learn
- ◆ Get involved in service.
- ◆ Stop taking things personally
- ◆ Keep grieving and crying.
- ◆ Live and Let Live
- ◆ You’ve done all you can—let God do the rest. “You’re powerless over People, Places and Things.”
- ◆ Live for today. Yesterday is gone. Tomorrow isn’t here.
- ◆ “How Important is it?”
- ◆ “Participation is the key to harmony!”





## My First

### Home Sweet Home Group

On July 4, 2018, I attended the International Al-Anon Convention in Baltimore, MD. Besides having a wonderful travel buddy and roommate from my Home Group, there were so many great workshops and lectures to attend, it was hard for me to decide where to go. It was fabulous!

I vaguely remembered agreeing to speak at a meeting, but no one ever asked me prior to the Convention. However, when I registered, I was informed that I would be a speaker, but they did not know where or when yet. I found out the night before that I was to share on "Home Sweet Home Group." Dumbfounded, I asked what on earth I could share. They replied just to "tell my story." I did and it touched hearts that day.

Since I couldn't remember what I had shared to be able to write this article, I listened to the CD today. Basically, I recounted early dysfunction and neglect in my life due to alcoholism in my home, along with other shameful things done to me. Also, I told how my life was a series of bad choices with horrible consequences.

Two-and-a-half years ago, I walked into Al-Anon. A friend took me. She never came back and I never left! All this time I rarely missed a Monday meeting time unless I was traveling. Although I attend two or three other meetings a week, Hope, Grace and Serenity on Monday nights is my Home Group. I have a family there; a family of choice. They love me as I am and encourage me to keep growing. A sponsor is there when I need her to get me over the rough places along my path. Being involved in service has given me confidence I didn't know I had. My Higher Power, whom I call God, has gently healed me. Thank you Al-Anon!

Artie P. District 140



## 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.

## *Calendar of Events*

◆ 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

◆ September 13-15, 2019 **Fall Assembly Meeting**

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

◆ October 19, 2019 **Area 10 Day of Workshops**

Cypress Lake United Methodist Church—8570 Cypress Lake Dr, Ft Myers FL, 33919





## Area 10 Day of Workshops

Timely Topics inspired  
by CAL  
Hosted by District 150

*Great books help you understand  
and they help you feel understood.*



Date: Saturday, Oct 19, 2019

Location: Cypress Lake United Methodist Church  
(Chapel Complex)

Address: 8570 Cypress Lake Dr. Ft Myers

Time: 10:00am — 4:00pm (Doors open at 9:30am)

**Exciting workshops:** Topics include Intimacy in Alcoholic Relationships and Hope & Understanding for Parents & Grandparents

\$5.00 donation at the door

Potluck lunch, bring a dish to share

50/50 Raffle

**Directions:** Travel north on I-75 to exit # 131 go west on Daniels Pkwy becomes Cypress Lake Dr for 6.5 miles. Church is on the right.

For more information contact [dyander12@embarqmail.com](mailto:dyander12@embarqmail.com) OR [insearchofsue@gmail.com](mailto:insearchofsue@gmail.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**

<b>Early Bird</b> postmarked by December 31, 2018 .....	\$25
<b>Pre-Registration</b> postmarked by July 31, 2019 .....	\$30
<b>After July 31, 2019 <u>ON-SITE ONLY</u></b> .....	\$40
<b>Events</b>	
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>	
<b>Convention Memorabilia</b> (advance purchase; available convention weekend)	
Convention T-Shirt .....	\$15
Convention Tote Bag .....	\$10
AFG Lanyard .....	\$5
<b>Alateen</b> (INCLUDES Saturday Night Event).....	\$15
<i>Notarized Travel &amp; 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](http://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](http://www.southfloridaal-anon.com/2019convention)  
 Email questions to: [conventionquestions@afgfls.com](mailto: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)



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

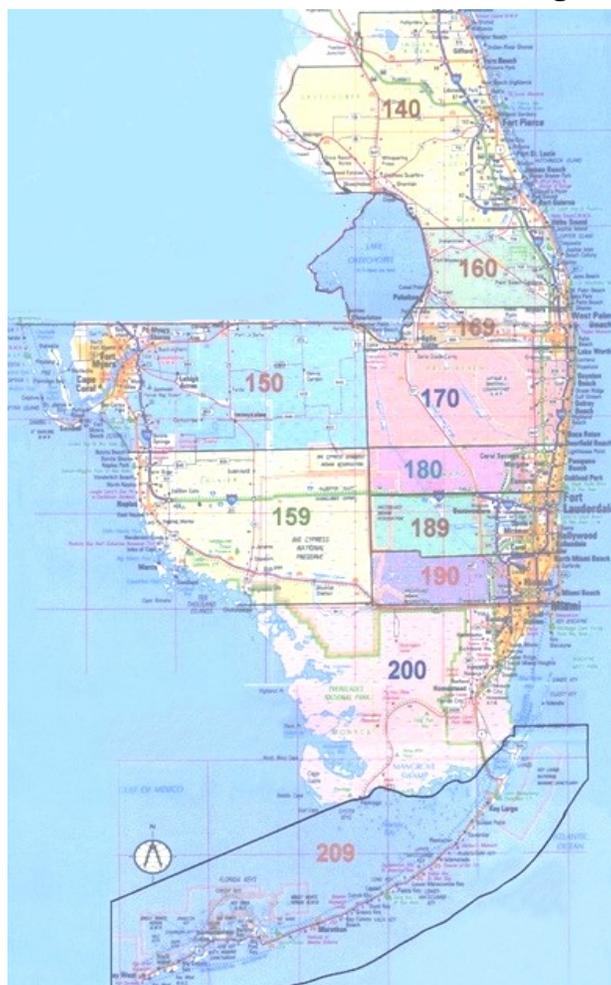
The Sunshiner is YOUR Area newsletter!

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 June 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

Chair	Lisa M.	<a href="mailto:chair@afgfls@afgfls.com">chair@afgfls@afgfls.com</a>
Delegate	Cheryl A.	<a href="mailto:delegate58@afgfls.com">delegate58@afgfls.com</a>
Alternate Delegate	Diane B.	<a href="mailto:altdelegate@afgfls.com">altdelegate@afgfls.com</a>
Secretary	Juliette L.	<a href="mailto:secretary@afgfls.com">secretary@afgfls.com</a>
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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>