

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/>



Get To Know Panel 58

My First Meeting

Many years ago, my elder daughter came home from Univeristy to see her father whose addiction had progressed to crack cocaine. After their visit, we were encouraged to attend an Al-Anon meeting to help cope with his addiction by my fiancé, a recovering alcoholic of 16 years. My younger sisters and brother had sent me many pieces of program literature over the years, but I had never read one word. I phoned intergroup after looking in the phone book and learned there was a meeting that night. We walked into the room at the church and about 20-25 women were laughing and talking. We were met by Grace M., a very long-timer and elegant speaker. The topic for discussion was expectations. When It came time for me to share, I couldn't speak. My eyes were wet and I felt like I had a softball in my throat. I could not share so I passed. My daughter shared about how her father had "chipped away" all the love and respect she had ever felt toward him. It broke my heart and I felt much shame and sorrow for having chosen someone like him to be her father. I was proud of her because I felt at that moment that she was stronger than me. After that night, I found my way home at Al-Anon. That night had the biggest impact on my life then any event ever.

Jackie D.
District #140



Blast From The Past



Picture this—the year: 1980, the place: St William The Abbott Church in Seaford New York. I walked down the outside stairs to the basement and there was a woman blocking the door. She asked, “are you here for the Al-Anon Meeting?” I replied, “yes I am.” She then told me she was going to be my sponsor and asked me to follow her to a room where there were 6 other people. We heard what newcomers hear at the first meeting which was a complete blur to me. It wasn't what I expected. Anyway, my sponsor asked me to call her every day. She would call me if I didn't call her. On the weekend, I got a phone call with her telling me what time she would pick me up and off we went! It was Gratitude Dinners, Day of Workshops, Picnics, and many many more meetings. She was firm, caring, domineering and was exactly what I needed at the time. She gave me my first service job, at my first meeting, I needed to bring the milk and the coffee cake each week for 6 weeks. She brought me from desperation to cooperation and acceptance. She guided my through the 12 steps and encouraged me to serve as a Group Representative after I had time in the program and started me on my service journey. I experienced for the first time in a long time, honesty and acceptance. I will never forget her and have gratitude now for having written this article and remembering my beginnings.

Linda S. District #170

Continue on Page 2



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

Take what you like and leave the rest.



Blast From The Past - My First Assembly

As a new GR, I was not lucky enough to have a member there that was previously a GR to give me guidance. As I wasn't sure what to expect at my first Assembly, I asked my sponsor to come with me. My Sponsor had not been a GR either. I remember the discussions and the back and forth and thought everyone in the room needed a meeting. Even with the confusion I felt, I kept coming back. As I returned to other assemblies and started to understand the process, I really began to love the process and service. One of the attractions for me was seeing many members playing cards after the meeting adjourned. They laughed and talked and I saw great fellowship.

After being a GR for a panel and a 1/2, I became the Institution coordinator followed by District Representative, Newsletter Coordinator, and Alternate Delegate. Because I stayed, today I have the honor and privilege to serve as your Delegate. If and when you have a question, ask someone to help you get the answers. "We are never alone."

With Love in Service
Cheryl A. Delegate Panel 58



Second Year of Service

I have been in this amazing program of recovery for over 11 years. I have done service on the local level as Treasurer of one group, speaker, on occasion, for Anniversaries and I chair meetings frequently. I didn't step up to be GR until I was living in Naples all the time. I used to spend months of the year in Los Angeles. I loved some of the things that were done in those meetings in LA. Sharings were timed, beginners were given a chunk of time during the meeting specifically to share (30 days or less in the program) and there were lots of service positions for helping out during a meeting. When I returned full time to Naples, I began attending the Saturday AFG. I discovered that although the meeting was set for one hour it was designed so that each person would have 2 minutes to share, going around the room. People could leave after an hour, but many would stay until every person had shared.

Continue page 3

My sponsor *ALWAYS* says...

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

- ◆ Looks like its time for you to make a reality list
- ◆ Saying it twice is a control issue
- ◆ Once is a suggestion, twice is a strong suggestion, but 3x is you trying to control a situation or outcome.
- ◆ Take the cotton out of your ears and put it in your mouth during meetings.
- ◆ Participation is the key to harmony
- ◆ How is that working for you?
- ◆ Call me every week to check in with any problems or questions
- ◆ Keep your thought to yourself
- ◆ Keep your heart kind and loving
- ◆ You are right where you are supposed to be. Don't rush.
- ◆ Your own head is a dangerous place to be
- ◆ Service can get into your skin. It becomes a part of you.
- ◆ Lighten up Bab and kick it upstairs!!
- ◆ Keep your head where you feet are at
- ◆ Is it in your hula-hoop?





Get To Know Panel 58

The GR from the previous panel was quite an act to follow. He really embraced weekly announcements and was a great example. I remember coming to Assembly in Fall of 2017 with him as an incoming GR. I had heard some horror stories about past Assemblies, but witnessed NONE of that! Things moved in a smooth and orderly manner and it was actually enjoyable.

Since then, I have really loved doing service at this level. Our District Meetings are really informative, fun and we have time at the end to go around the whole room for GR thoughts and sharings. Really good stuff. I have been to each assembly except for Mother's Day 2018. My district is well represented and we enjoy each other. One GR and I share a great sense of humor which makes the dry parts of the weekend more fun!

I feel that my recovery really has expanded as a direct result of doing more service. It helps balance me as I have a very stressful one-woman business and being one of those overly responsible Al-Anonics I can overwork myself. Service is a gift for me. I get at least as much back as I give.

Lisa H District #159



Announcements

New Pamphlet: Just for Tonight Bookmark (M-81) was introduced in March.

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.

WSO Needs Help: WSO is looking for an Al-Anon member with professional Spanish copy, editing and translation experience. Please contact WSO .

Calendar of Events

- ◆ 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

- ◆ Jan 11-12, 2020 **Summer AWSC Meeting**

Embassy Suites Fort Myers, 10450 Corkscrew Commons Dr, Estero, FL 33928





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 OR 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

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
----------------------	---------	---------	------	---------------------------------	---------	---------

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

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

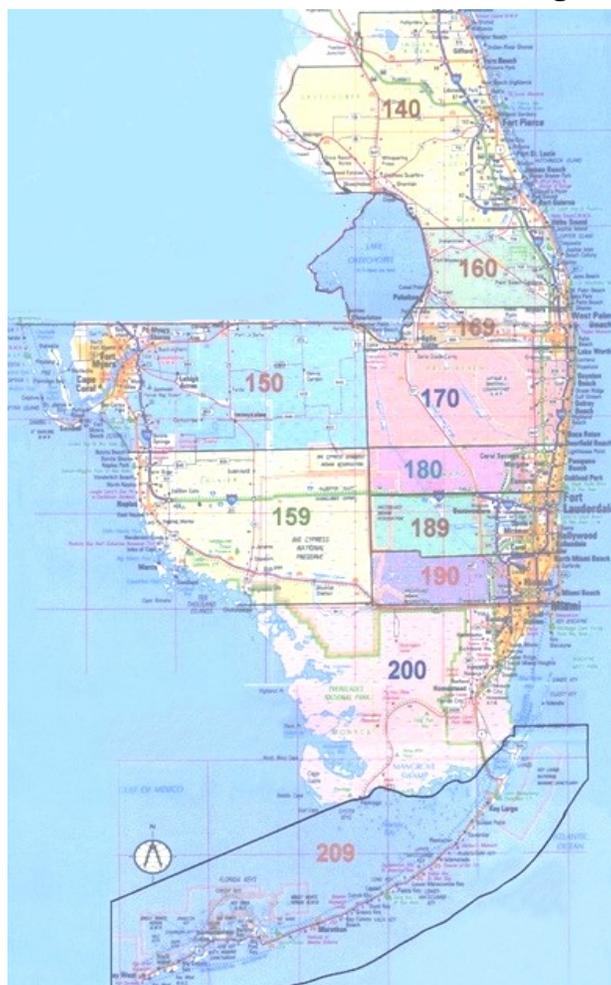
The Sunshiner is YOUR Area newsletter!

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 August 9, 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.	chair@afgfls@afgfls.com
Delegate	Cheryl A.	delegate58@afgfls.com
Alternate Delegate	Diane B.	altdelegate@afgfls.com
Secretary	Juliette L.	secretary@afgfls.com
Treasurer	Kathy D.	treasurer@afgfls.com
AAPP—Interim	Kathy H.	aapp@afgfls.com
Immediate Past Delegate	Pat K..	delegate55fls@gmail.com
Alateen	Stu D.	Alateen@afgfls.com
Archives	Kathleen L.	archives@afgfls.com
Group Records	Andy M.	grouprecords@afgfls.com
Literature	Laura B.	literature@afgfls.com
Newsletter	Nadine A.	newsletter@afgfls.com
Public Outreach	Norma P.	publicoutreach@afgfls.com
Spanish	Terri M.	spanish@afgfls.com
Web	Scott B.	webmaster@afgfls.com
2019 Convention Chair	Kathleen L.	conventionquestions@afgfls.com