



SUNSHINER

Get To Know Panel 58

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/>



My First District Meeting

My first district meeting was a lot of sitting and listening. Being well informed and prepared by a service sponsor was very helpful. Without being misled or connected it could be very long and confusing.

A district meeting is very detailed, and that is a good way to see the care that goes into helping people affected by someone's drinking. Great care is needed to heal lives; seeing it in my 1st District meeting, however technical, reminds me how "care" penetrates Al-Anon as a whole. For that, I am grateful.

Kelly R. District #160



I attended my first District meeting a few months before my panel as a group representative began as our current GR had fallen ill. I was nervous and not sure what to expect. Upon entry, there were several familiar and friendly faces. I was relieved and impressed by the unique manner in which AL-Anon conducts its business and became more comfortable as the meeting progressed.

The most surprising thing that occurred at that meeting was a demonstration of personal growth. The first round of elections for officers and chairs was occurring, including hospitality chair. As the outgoing Chair described the position, it appealed to me and was similar to positions I had in other organizations. Always

a joiner/doer, my immediate reaction was to raise my hand without a second thought, but this time, I decided to listen to my gut and hold back. I literally had to sit on my hands! After my anxiousness passed, I was able to work through that chair position would not work for me and was elated that I was able to stop and think first, instead of jumping right in just to feel like I belonged.

From that experience, at the next meeting, I was confident and sure of myself when I stood for a different position that was a better fit for me.

Virginia G. District #180

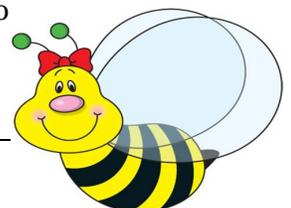


My First Meeting

My first meeting was at a meeting called Blue Lake. It was a large meeting and everyone was laughing and joking around. Immediately, I knew I belonged because I felt the magnetism of the fellowship. Even though I cried most of the time, I kept coming back because the members were putting my feelings into words.

Time passed and the meeting moved to another venue and eventually folded. I have branched out to other meetings. I will never forget how powerful Al-Anon is and how much I have healed over the years.

Becky B. District #180



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

Take what you like and leave the rest.



My First Sponsor

It took me a year to realize that my growth in Al-Anon depended not only on reading CAL Literature daily and attending frequent meetings, but working with a sponsor. The first two could not do, but the third said she will try if I called. It has been a great growth experience for me as we have formed a healthy, mutually caring relationship.

Artie P. District #140

My first sponsor was kind, gentle and reminded me of my Mom who passed away when I was 28 years old. Our relationship lasted for 25 years before she passed away on her way home from our Al-Anon meeting. I loved her dearly and is in my memory forever. I have a photo of the two of us at a Luaua party and her memorial photo on my desk so that I can see her every day. The most wonderful Al-Anon advice she gave me was that we are in a gentle program and I would know when I was ready to move forward. I need not push anything or feel guilty about anything or feeling I am not working my program right.

Thank you for asking me to write this. It has brought back sweet memories of my dear Sponsor, Eleanor.

Fellow Member Area 10

My First District Meeting—What I Wish I knew

- ◆ get enough sleep!
- ◆ Lots of coffee!
- ◆ Leaned a lot about the different position to service
- ◆ Need to get younger members more involved!

Fellow Member Area 10



My sponsor *ALWAYS* says...

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

- ◆ “Are you overthinking yourself? Don’t kill yourself with stuff.”
- ◆ “This is gossip—we don’t gossip!”
- ◆ “Laugh More” - look for the humor in your life!
- ◆ Remember that things are exactly/unfold how they need to be/unfold. Your Higher Power has things under control and knows.
- ◆ “You have to take the bitter with the better.”
- ◆ Love is always the appropriate response.
- ◆ “Put the focus on yourself.”
- ◆ Steps 4, 5, 6, 7, 8 is gonna take you some time
- ◆ “Keep your side of the street clean.”
- ◆ Even if everyone in my life—my parents, husband, siblings, children, employers & friends would have done exactly what I wanted—I still wouldn’t have been happy, Joyous and Free. Cuz that’s is an inside Job—can only be done by me.
- ◆ “If you don’t like the way it was done, volunteer to do it.”
- ◆ “My Higher Power doesn't give me anything that I can’t handle. “





Get To Know Panel 58

Blast from the Past—My First Meeting

I went to my first meeting on May 22, 1986. It was suggested to me by a counselor to go to an Al-Anon meeting. I didn't want to go to AL-Anon. I wanted to pay a counselor \$150 to "fix me".

At my first meeting, a woman approached me to say that she didn't know my name but she could tell my story. She then proceeded to tell my story to me. I was shocked. I thought I'd go to Al-Anon for six weeks and graduate. Needless to say, that's not what happened. I started at that first meeting and never stopped. I was married to my second husband but he had not found recovery yet. He ended up divorcing me for another woman he had met in the program. It was good I had Al-Anon because it got me through that divorce.

I eventually married again, not an alcoholic but a work alcoholic. My program friends supported me in that meeting. When he came down with Alzheimer's, program friends supported me. When I went through my third divorce, again my program friends were supportive. I'm so grateful I had program.

Bonnie R.—Area 10



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 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

- ◆ May 15-17 **Spring Assembly 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 <u>ON-SITE ONLY</u>	\$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)



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

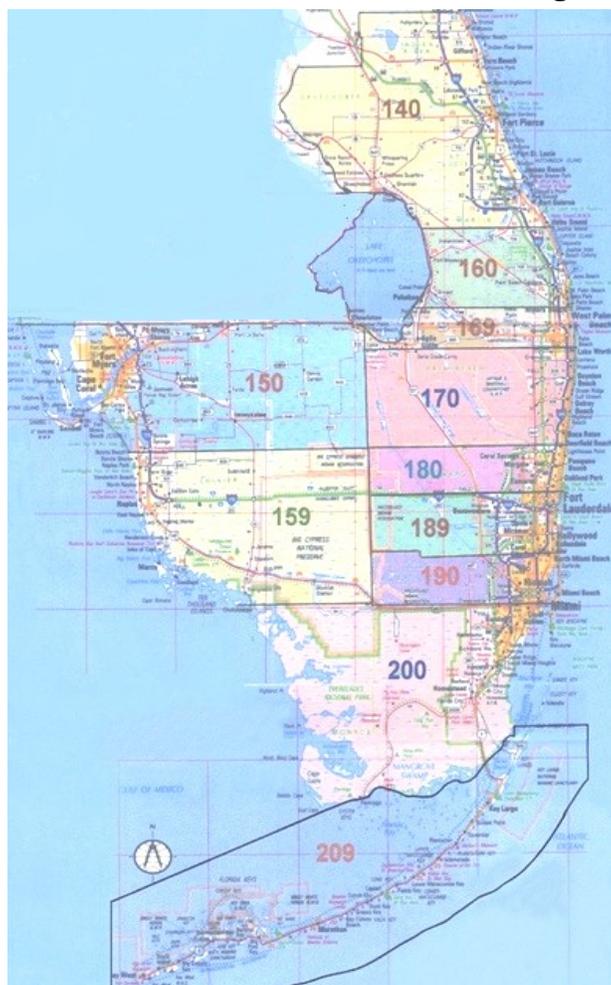
The Sunshiner is YOUR Area newsletter!

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 October 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.	chair@afgfls@afgfls.com
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Alternate Delegate	Diane B.	altdelegate@afgfls.com
Secretary	Juliette L.	secretary@afgfls.com
Treasurer	Kathy D.	treasurer@afgfls.com
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Group Records	Andy M.	grouprecords@afgfls.com
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2019 Convention Chair	Kathleen L.	conventionquestions@afgfls.com