



# 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 for all Area Meetings

<http://www.southfloridaal-anon.org/servicemainpage/>



### My First Meeting

How many times was I told to go to Al-Anon? I went and I was fear based. I tried and I wasn't ready. Several years later, I tried it again and I was still living in fear and looking for something. I heard "try 6 different meetings. I went to two and they stuck for several years. It took some time for me to listen and hear what I needed. I found my higher power. He continues to grow and I still need to listen.

Today, I am willing to be open to the ideas I have been hearing. Self-care is still challenging. Yet, I am starting another journey this week and assembly and Al-anon support have been instrumental in my ability to let go and let God. I am reaching out now and my journey has begun.

Brad R. Dist. 180



It took me a year to attend my first meeting in rural Virginia. I worked in the town where the meeting was held and I didn't want my personal life known. I just couldn't live in the chaos any longer. I'd run out of options. So, I decided to take the plunge. If I didn't like it, I didn't have to go back. I needed to find out how to stop the Alcoholic in my life from drinking. Surely, Al-anon could teach me how to do that.

I was so nervous and thought about not getting out of the car. However, something inside pushed me. Once I went in, a unique calm came over me. I felt like I belonged. I felt hope. Little did I know that attending my first Al-Anon

meeting would change my life. Al-Anon taught me how to focus on myself. I learned I had a disease. It was my sick thinking that caused me to react in many negative ways.

The changes didn't occur overnight . I spent years doing the step 1,2,3 waltz. Once I realized I could only get out of recovery what I put in, I started working harder. When I made changes in my life, things changed around me. The steps became part of my way of life.

I am very grateful that little voice that spoke to me over 12 years ago. I now know that voice was my Higher Power. My Higher Power continues to do what I cant do. All I have to do is show up. I will always be grateful for that small meeting in Virginia. Otherwise, I wouldn't be here sharing this story.

Meter P. Dist. 209



### Back In The Day

- ◆ Every meeting I attended had a beginners meeting which went right into the regular meeting, no break
- ◆ Our only book was the "One Day At A Time"
- ◆ Encouraged to tell "our story" as soon as possible
- ◆ Encouraged to get a sponsor as soon as possible
- ◆ A.A. & Al-Anon meetings combined
- ◆ Asked if I had gotten a sponsor at meetings

Fellow Member



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**

I was only in Al-Anon a few months when I asked someone to be my sponsor. From her sharings, I knew she was a woman with a strong faith in a higher power (whom she called God) and I knew she embraced the principles of our program. She told me she was delighted I had asked her, but she had a few rules. I would need to attend at least three meetings per week, including one meeting she also attended. At each meeting, I was to share at least once and I was strongly encouraged to start chairing meetings. Additionally, I would have to meet with her once a week for at least an hour and I would be assigned homework. Daily reading of CAL was mandatory, as were twice daily prayers to my higher power.

She was tough, but she was just what I needed. Being a “double winner,” she had recovery in both the Al-Anon program and the AA program. Once a month, she picked me up and took me to an open AA meeting where I learned compassion for the alcoholic. I met some amazing people.

The single most important thing I learned from this woman was how to forgive. First, I learned how to forgive myself. I stopped beating myself up when I accepted the premise that if I had known better, I would have done better. Then, somehow, I had to learn how to forgive the man that actually tried to take my life. My sponsor explained that until I could learn how to forgive him, my recovery would be limited. She told me to pray, as anything is possible with prayer. I also got a lesson on how to pray: first thanking God and then asking for His help and guidance in recognizing and accepting His will not mine. Miracles began to happen, and my recovery grew.

Although she was only my sponsor for about a year, this amazing woman changed my life forever and helped me build a strong foundation of recovery. I will always be grateful for my first Al-Anon sponsor.

Arlene P. Dist. 140



### **My sponsor *ALWAYS* says...**

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

- ◆ “No pain no gain—growth after pain is the light at the end of the tunnel.”
- ◆ “Service keeps me showing up!”
- ◆ “More will be revealed.”
- ◆ “Where are your feet?”
- ◆ “We are as sick as our secrets.”
- ◆ “Keep it Simple”
- ◆ “Stop rolling around in the mud.”
- ◆ “Keep coming to meetings!”
- ◆ “Just do it ! (referring to Step 4)”
- ◆ “Don’t take it so personal!”
- ◆ “Pray about it.”
- ◆ “Breathe!”
- ◆ “Nothing changes if nothing changes”.
- ◆ “Get off the Pitty Pot!”
- ◆ “Be gently with yourself. Do what you want to do.”
- ◆ “You have to call me!”
- ◆ “It doesn't have to be perfect.”





## Get To Know Panel 58

### Step Work with my Sponsor

I have been in the program nine years this month and, prior to me entering the program I had hit my bottom. I was with someone for about 7 years prior to that, it started out okay but ended very badly. The relationship turned into a verbal and physically abusive relationship as his addiction grew. I wound up pregnant twice and placed both my children up for adoption. At the time, I thought it was the easy way out, but as I got closer to my HP, I found out it was Him taking care of my kids. I couldn't provide and care for them like they deserved at the time so HP brought people into our lives that could and I am forever grateful for that. As I was placing my kids up for adoption, I always knew it would be ok and that one day we all would be a family.

My daughter's adoptive parents are amazing and have been coming down to visit every so many years. Talk about parents who are secure with themselves and the unique situation of adoption! Well, that last trip was just this past month and that is when I learned how hard I had been holding on to the fact that the father of my children would have been in their lives by now. Unfortunately, he still hasn't found sobriety and is living a life that I think will not lead down that road. I hope I am wrong, but the pattern hasn't changed. Right before my daughter showed up, he and I were communicating. At first I thought it changed and then I saw the old behaviors and him not honoring my boundaries. That's when the realization came that it hadn't changed. As I was with the adoptive family and my daughter, it hit like lightning and I learned that I needed to let go the expectation that we would be this family and that my life and his would be something that kids could be proud of. I spent a lot of time with my HP and came to learn that part of my realization with the adoption was the expectation that both of us would be on the right path, be people that our kids can be proud of and not have insecure feelings about us not loving them. After this trip and experience, I learned how unrealistic that was and how much I don't have control over the other person.

I had truly thought that I had dealt with all the issues with my past and found peace with them. I guess HP decided that I still had lessons to learn. On a positive note, I had my sponsor, home group and extra meetings that helped me work through the realization. I find it amazing how my HP knows me well enough to give me a lesson when I can handle it and when I am around people that love me unconditionally. I also believe that the program will always be here and give me the solutions to deal with all my problems from the past or present no matter what.

Nadine A. District 140

### *Calendar of Events*

◆ **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 Winter AWSC Meeting**

Embassy Suites Fort Myers 10450 Corkscrew Commons Dr Estero FL 33928

◆ **May 29-31 Spring Assembly Meeting**

Embassy Suites Fort Myers 10450 Corkscrew Commons Dr Estero FL 33928

◆ **August 14-16, 2020 Summer AWSC Meeting**

Embassy Suites Fort Myers 10450 Corkscrew Commons Dr Estero FL 33928

◆ **October 16-18, 2020 Fall Assembly/Election 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](mailto:dyander12@embarqmail.com) OR [insearchofsue@gmail.com](mailto:insearchofsue@gmail.com)



# Big Island of Serenity

Friday, August 21 - Sunday, August 23, 2020

31st Annual AFG Florida South Area 10 Convention

With AA Participation

## Bonaventure Resort & Spa

250 Racquet Club Road, Weston, FL 33326

### CONVENTION REGISTRATION

Online: [www.southfloridaal-anon.org](http://www.southfloridaal-anon.org)

Email Questions: [bioschair@gmail.com](mailto:bioschair@gmail.com)

Preferred language (circle one): English Spanish

Program (circle one) and check price box: Al-Anon Alateen A.A.

- Al-Anon or A.A. postmarked by 12/31/19 \$25
- Al-Anon or A.A. postmarked by 7/31/20 \$30
- Al-Anon or A.A. at the door 8/21-8/23/20 \$35
- Alateen Registration \$15

*Includes Saturday night pizza party. Notarized Travel & Medical Release Form is required.*

Saturday Meal Options; all inclusive:

- Breakfast Buffet: chef's choices with coffee & tea service \$20
- Lunch: sandwich, chips, cookie \$20
- Banquet Dinner: \$55

(circle one entree) Chicken Vegan Gluten Free

*Dinner includes: entree, salad, starch, veggie, roll, dessert, iced tea & coffee service*

All food reservations must be made by July 31st.

- Saturday Serenity Meal Plan Includes Hot Breakfast, Lunch & Dinner \$80

Paid by check # \_\_\_\_\_ Total Amount \$ \_\_\_\_\_

Make checks payable to: AFG FLS Convention

No refunds or exchanges.

### HOTEL ACCOMMODATION CHOICES

Please make reservations to the Bonaventure Resort & Spa by **July 22, 2020** to guarantee room rates.

**Central Reservations: 1-800-327-8090**

Be sure to mention "**Al-Anon Convention**" to obtain special rate of **\$119** per night plus 13% Broward County taxes.

King or 2 Queen bedroom, up to 4 guests welcome

Free in-room Wi-Fi

Free self-parking

\$16.95 resort fee is being waived for each night!

Enjoy same discounted room rates available 3 days before and 3 days after convention weekend.

*Aloha,*

*"We look forward to seeing you at the Big Island of Serenity during the 31st Florida South Area 10 AFG Convention on August 21-23, 2020 at the Bonaventure Resort & Spa in Weston, Florida."*

- The Convention Committee



One form per guest. Please print legibly in blue or black ink.

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

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

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

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

*Email addresses will be used for FL South Convention purposes only.*

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

Make a copy and mail form along with payment to: AFG FLS Convention, 328 SW Ridge Lane, Stuart, FL 34994



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

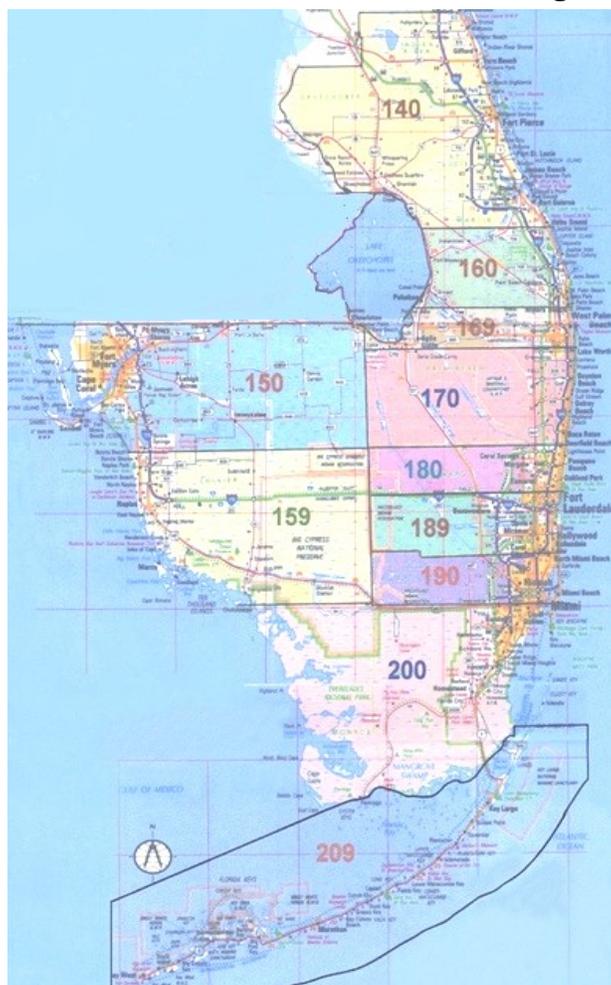
The Sunshiner is YOUR Area newsletter!

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 December 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>
Treasurer	Kathy D.	<a href="mailto:treasurer@afgfls.com">treasurer@afgfls.com</a>
AAPP—Interim	Kathy H.	<a href="mailto:aapp@afgfls.com">aapp@afgfls.com</a>
Immediate Past Delegate	Pat K..	<a href="mailto:delegate55fls@gmail.com">delegate55fls@gmail.com</a>
Alateen	Stu D.	<a href="mailto:Alateen@afgfls.com">Alateen@afgfls.com</a>
Archives	Kathleen L.	<a href="mailto:archives@afgfls.com">archives@afgfls.com</a>
Group Records	Andy M.	<a href="mailto:grouprecords@afgfls.com">grouprecords@afgfls.com</a>
Literature	Laura B.	<a href="mailto:literature@afgfls.com">literature@afgfls.com</a>
Newsletter	Nadine A.	<a href="mailto:newsletter@afgfls.com">newsletter@afgfls.com</a>
Public Outreach	Norma P.	<a href="mailto:publicoutreach@afgfls.com">publicoutreach@afgfls.com</a>
Spanish	Terri M.	<a href="mailto:spanish@afgfls.com">spanish@afgfls.com</a>
Web	Scott B.	<a href="mailto:webmaster@afgfls.com">webmaster@afgfls.com</a>
2020 Convention Chair	Debbie V.	<a href="mailto:bioschair@gmail.com">bioschair@gmail.com</a>