

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 for all Area Meetings

<http://www.southfloridaal-anon.org/service/mainpage/members-documents/>



Looking Back

As we conclude the end of Panel 58, may I take a moment of time to reflect on the last 3 years? It's been quite a ride as they say.

We began with high hopes and anticipation with the theme of "Be Kind." We've enjoyed all the things that life brought us: Conventions, Workshops and Meetings to share experience, strength and hope along with other events where hugs and fellowship are a priority. Will we end this panel with "Be Kind"?

AND THEN IT HAPPENED.....March 2020 and we were all told to stay home and stay apart. Our meeting places were no longer available. Gloves, sanitizers and face coverings became all the rage. Cocooning (*withdrawing into a state of personal privacy in order to escape stressful everyday life*) is difficult, and for me, the longer it lasts, the more I need my program and the people in it.

How does a people-people fellowship such as ours move forward? An opportunity for doing it differently was introduced with virtual meetings. This worked well for our weekly meetings, but could it work at our District or Area meetings? I enjoy seeing the faces of my brothers and sisters on screen, but sadly miss the personal connection of hugs, having a laugh and reasoning things out.

Has the thought of "Be Kind" over this last panel always been used? I believe that we ALL do the best we can each day with whatever tools we have on any given day. I admit that I fail sometimes when I forget to remember that I've not walked in another's shoes and with this thought, if I've stepped on anyone's shoes, I ask for your forgiveness and tolerance. I have come across a page from the Alateen's 4th Step Inventory workbook, page 43; the title is **THINK POSITIVE** with a list of 25 traits that I've used as a guide to take my own inventory. The outcome is; I am a work in progress.

Thank you Panel 58 for allowing me to serve as your Alt-Delegate.

Hugs, Diane B



As my time as Delegate is drawing to a close, I look back at the last three unbelievable years of my life.

This has been a humbling and enlightening experience. I went to my first World Service Conference in Tarrytown, New York, where we went to Stepping Stones, the home of Lois and Bill. Being in the presence of this awesome program called Al-Anon, I felt like I was wrapped by my Higher Power.

Meeting Delegates from Alaska to Hawaii and everywhere in between, as well as from Denmark and Mexico, I could feel the love. I was like I was a deer in the headlights. There was so much to hear, learn and see. I watched the Traditions and Concepts in action.

My second year brought the first Trilingual Conference ever. There was English, Spanish and French with interpreters so everyone also knew what the others were saying. This is Al-Anon at its best.

This year, our theme was "Dreaming Big with 20/20 Vision" and boy, did we ever. Having attended my last Conference as Delegate it was the first ever Virtual meeting. When we discussed these types of meetings at my first Conference, I never thought it would come to pass in this manner. I was involved in a few firsts for Al-Anon. I feel very lucky to have been part of it.

I want to thank Area 10, Florida South for allowing me to have the honor and privilege as serving as your Delegate for the last 3 years.

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Get To Know Panel 58

Al-Anon's 3 A's

Why is it that I feel belittled and small like a spec on the wall?

Why is it that whatever I do is not enough?

Why is it that when I'm cornered I react with anger and rage?

Why is it that I hate the ones I love?

Awareness — you are a child of God, you're doing the best that you can, in his eyes you are the best thing he ever created, be AWARE.

Acceptance — ACCEPT that you will always be loved and never Alone.

Action— hold your head up and be brave. HP is by your side. ACTION— keep working your Al-Anon program and you will be saved.

Maira B Dist. 200



Acronyms

Lorretta B. Dist 140 created this list and I thought it would be nice to start sharing them.

**Easing
God
Out**

**Not
Using
The
Steps**

**Fully
Rely
On
God**

**Good
Orderly
Direction**

**Change to
Have**

**A
New
Growth
Experience**

**Praying
Until
Something
Happens**

**Heart
Open
Please
Enter**

**Keep
It
Simple
Sweetheart**

**Live
Our
Victories
Every day**

**Lots
Of
Voluntary
Effort**

**Serenity
Acceptance
Forgiveness
Expectation**

**Choosing
Healthy
Options
Increase
Chances for
Emotional
Stability (or
Sobriety)**

**Don't
Even
Think
About
Changing
Him (or Her)**

**Patience
Acceptance
Compassion
Tolerance**

My sponsor ALWAYS says...

- ◆ And it goes from there.
- ◆ You are just where you are supposed to be.
- ◆ I don't have a Sponsor—yet, look at your part.
- ◆ How important is it: Call me!!
- ◆ Unrealistic expectations are not unrealistic because they are not good; they are unrealistic because the other person is not capable of fulfilling that expectation.
- ◆ You have to call me. Your recovery is up to you.
- ◆ Just give it to God!
- ◆ What I need to know will be revealed when I need to know it.
- ◆ If I change then those around me are going to change also.
- ◆ Don't make a mountain out of a mole hill! I love you, call any time!
- ◆ Look to your Higher Power!
- ◆ There's "My Business" and "Not my Business."
- ◆ He is going to do what he is going to do. What can you do for you?
- ◆ What's your part in the situation?

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





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As Panel 61 is getting ready to start on its journey, I send each one my love and support and know that you will do a fabulous job. Enjoy your new adventure.

Love in Service,

Cheryl A
Delegate, Panel 58



Participation is the Key to Harmony

Panel 58 would like to announce Panel 61 Officers and Coordinators to the AWSC.

Officers

Delegate - Diane B. Dist. 150
Alternate Delegate - Terri M. Dist. 200
Chairperson - Rochelle B. Dist. 180
Secretary - Nadine A. Dist. 140
Treasurer - Kathleen L. Dist. 159
AAPP - Immediate Past Delegate - Cheryl A. Dist. 169
Convention Chair 2021 Debbie V. Dist. 140



Coordinators

Alateen Coordinator - Len O. Dist. 180
Archives Coordinator - Juliette L. Dist. 159
Group Records Coordinator - Debbie V. Dist. 140
Literature Coordinator - Joanne H. Dist. 160
Newsletter Coordinator - JoAnne B. Dist. 169
Public Outreach Coordinator - Belkis T. Dist. 189
Spanish Coordinator - Eneida P. Dist. 200
Web Coordinator - Wendy D-Y. Dist. 150

Calendar of Events

- ◆ November 14, 2020 **Turnover Meeting**

Via Zoom

- ◆ August 20-22, 2021 **South Florida Al-Anon Convention**

Bonaventure Resort & Spa 250 Racquet Club Rd Weston, Florida 33326





CAL Corner:

Focusing On Myself

My focus was outside of myself when I first crossed the doors of Al-Anon. I was married to my second husband, who was negative, critical and verbally abusive. I was hurting myself this way and that way, trying to be the perfect wife, the perfect mother, the perfect cook—all to no avail. He was still unhappy and dissatisfied. I sat in many meetings and sobbed uncontrollably. My life was unraveling on a downward spiral. I asked someone to be my Sponsor. Her life did not resemble mine at all, but she had enthusiasm. I felt so depressed and so shut down that I wanted that joy of living for myself. She turned out to be the right Sponsor for me.

She got me started on the Steps and started to help me put the focus back on me. At first, I thought she wasn't listening to me because all my stories started with, "he said," or "he did." She would say, "How do you feel about it" or "What are you going to do differently?" When I protested, she would say, "I heard you, but I'm not sponsoring him, I'm sponsoring you." That was startling to me, but little by little, she helped me put the magnifying lens down and pick up the mirror. And guess what? I discovered that I had become just as negative, critical, and verbally abusive—mostly to my children—as he was. I realized that I couldn't change him, but I could change me. She also helped me get the courage to set boundaries and to teach people how to treat me.

My life today is full of joy and enthusiasm. The God of my understanding that I found here is my top priority. I have bouts of anxiety, fear, loneliness, and sadness. Those are the traits of my disease. However, they are temporary because today I have Al-Anon tools that help me recover my joy and enthusiasm if I choose to.

Ana I. Dist 180

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The Power of Acceptance

The perfect storm finally hit on the day I felt helpless. I had been practicing perfection and control for so long, I really began to believe my manipulative ways were working. I thought I managed the alcoholic well, both in his manic drinking stages as well as in his recovery phases. Little was I aware that my focus on the alcoholic was killing both our relationship and me.

On that memorable day, my Higher Power, whom I hadn't yet discovered, placed a self-help book in one hand and my cell phone in the other. The book, which I never read, was a gift from a friend. It sat on the shelf—the same shelf I placed the God of my youth, hidden amongst the dust and debris of my past. My other hand nervously dialed a number. Before I could hang up, I heard a sweet voice, so I began chatting with a stranger—a stranger from the local Al-Anon meeting line. An understanding concerned, and gentle voice led me to my first meeting—the start of an adventure.

My first admission of my powerlessness over alcohol came before I ever knew the meaning of the first part of Step One. For the second part, I went to the dictionary to find the meaning of unmanageability. It is defined as difficult or impossible to manage or control. What? Who me? Relinquish my control or be swallowed by it? I allowed it to swallow me up. Losing control of myself felt unbearable. I was looking for any way to master the alcoholic's behavior, which continually led me to unmanageability. So much so that I was ready to listen.

So what did I do? I kept it simple and I kept coming back until I found pieces of happiness, whether the alcoholic in my life was drinking or not. Today the admission of my powerlessness unleashes a greater Power—the Power of acceptance.

Anthony D. Dist. 180

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Big Island of Serenity

Friday, August 20 - Sunday, August 22, 2021

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

Email Questions: 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 July 31, 2021 \$30
- Al-Anon or A.A. at the door \$35
- Alateen Registration \$15

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

Saturday Meal Options; all inclusive:

- Saturday Serenity Meal Plan Includes Breakfast, Lunch & Dinner \$80
- Hot 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 31, 2021.

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 30, 2021** 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 20, 21 & 22, 2021 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



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 Website:
www.southfloridaal-anon.org

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 1600 Corporate Landing Parkway
 Virginia Beach, VA 23454-5617
 Phone: (757) 563-1600

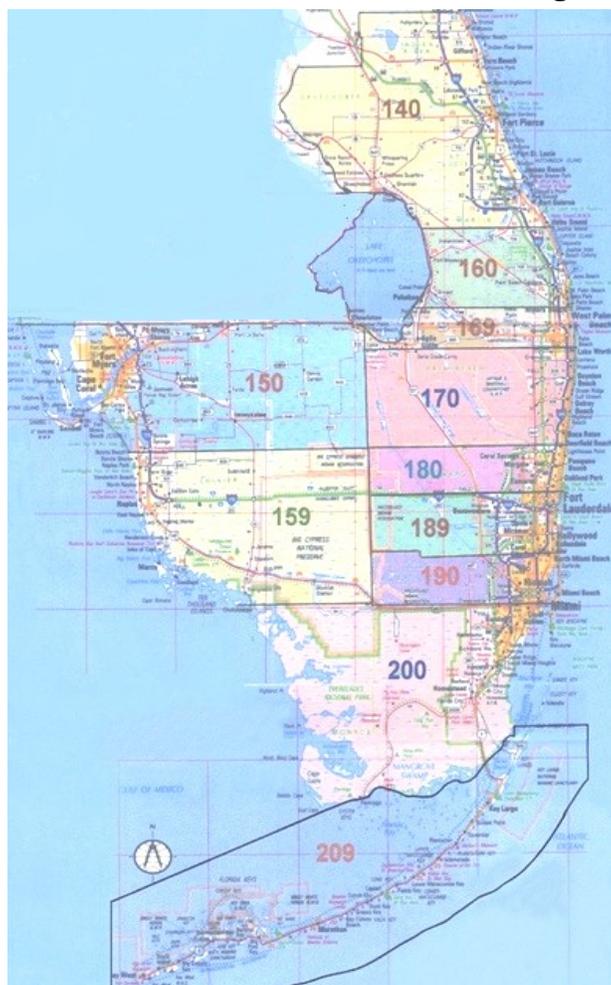
The Sunshiner is YOUR Area newsletter!

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 Dec 1, 2020



The opinions expressed here were strictly those of the person who gave them. Take what you liked and leave the rest.

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