

SUNSHINER

Get To Know Panel 61



The newly revised Service Manual is posted on

<https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/>

Area 10 Reports

Please go to the following link to see all reports for all Area Meetings

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

The Newsletter Coordinator hopes to highlight Al-Anon Area positions in each issue during Panel 61. This issue includes an article from our Area Secretary.

On Service

I loved the idea for the Panel 61 Sunshiner to highlight Area service. I have held several positions. All have been rewarding & one can't go wrong standing for any of them.

Currently, I am Area Secretary. I was Secretary before, but didn't complete a full panel. I was able to stand again & feel I have an advantage. I didn't experience the learning curve that happens at the start of a panel.

How did I get here? Why do I keep coming back? I have been in program for over 15 years & was fortunate to have people in my district who took me under their wings to teach me the program. The saying "stick with the winners" has changed my life completely. I attended my first meeting with my mom. Her sponsor suggested it might be a good place for me. Can I tell you that is the best gift she ever gave me? It took several months & a life-altering event to take the program seriously, but when I finally did, I did what was suggested & dove in with both feet. My home group at the time hadn't had a GR for several years. I said I would do it if no one else wanted to. Guess what! No one else wanted to. This was a blessing from my HP I didn't know at the time. At my first district meeting Convention was discussed, & months later I became co-chair of Convention Security. I remember my first Assembly; not wanting to be there all weekend, not wanting to listen to all people had to say, & thinking it a waste of time. I left Assembly learning people with different opinions still got along & went out to eat afterwards, never arguing or plotting the other's death. Even today, the week of Assembly I don't want to go because I always have so much going on, but the moment I get there I am so glad I came & don't want the weekend to end. I also get to see friends that I only see at area events & hang out with them throughout the weekend. Those moments are priceless & aren't found on Zoom meetings or in one day events. There are no words to describe those feelings.

My sponsor was very service-oriented & told me I had to do service. As I was serving & discussing service with her, she taught me if I didn't like the way something gets done, not to complain, but to

stand up & do the position the way I believed it should be done. I've tried to handle every service position like that, from Group Records, Sunshiner, & now the Secretary position. All have been memorable & not like anything I have done before.

The Secretary position has additional responsibility as an Area Officer. You learn info you might not think about as a GR sitting at Assembly or a member not serving. I originally stood for the position because the last Secretary had it so well organized & I wanted to continue that. As a member of the Assembly I knew important information left out of official Minutes could cause harm later. I knew it would help me with becoming more organized & to learn the English language better since English isn't my first language. To this day I have difficulty putting together properly-written sentences. I also tend to misspell words & this position has helped me with that. My new favorite line is "discussion followed" & I know how to spell it correctly. My first time in this position I missed two consecutive Area meetings due to a family situation, & was asked to step down. It was probably the best thing for me since that winter I had four deaths in Germany & the following two years my grandmother was dying in Germany. I would not have been able to do the position or Area any justice. Afterwards, I was able to see it clearly – again, HP did for me what I couldn't do for myself.

A panel went by & I stood for the position again. I can tell you I so look forward to these next 3 years. I love seeing growth in myself & other members over the years. It's amazing what happens when you start doing service & stop thinking about all your own problems.

Above all, I look forward to seeing everyone in person. Seeing different personalities in one room debating an issue & then playing cards with each other at the end of the night, and I miss seeing the smiling faces of my Al-Anon friends. If you ever have any questions feel free to ask me, I can only recommend service and the Secretary position. How else do you get to read all the motions from the first assembly?

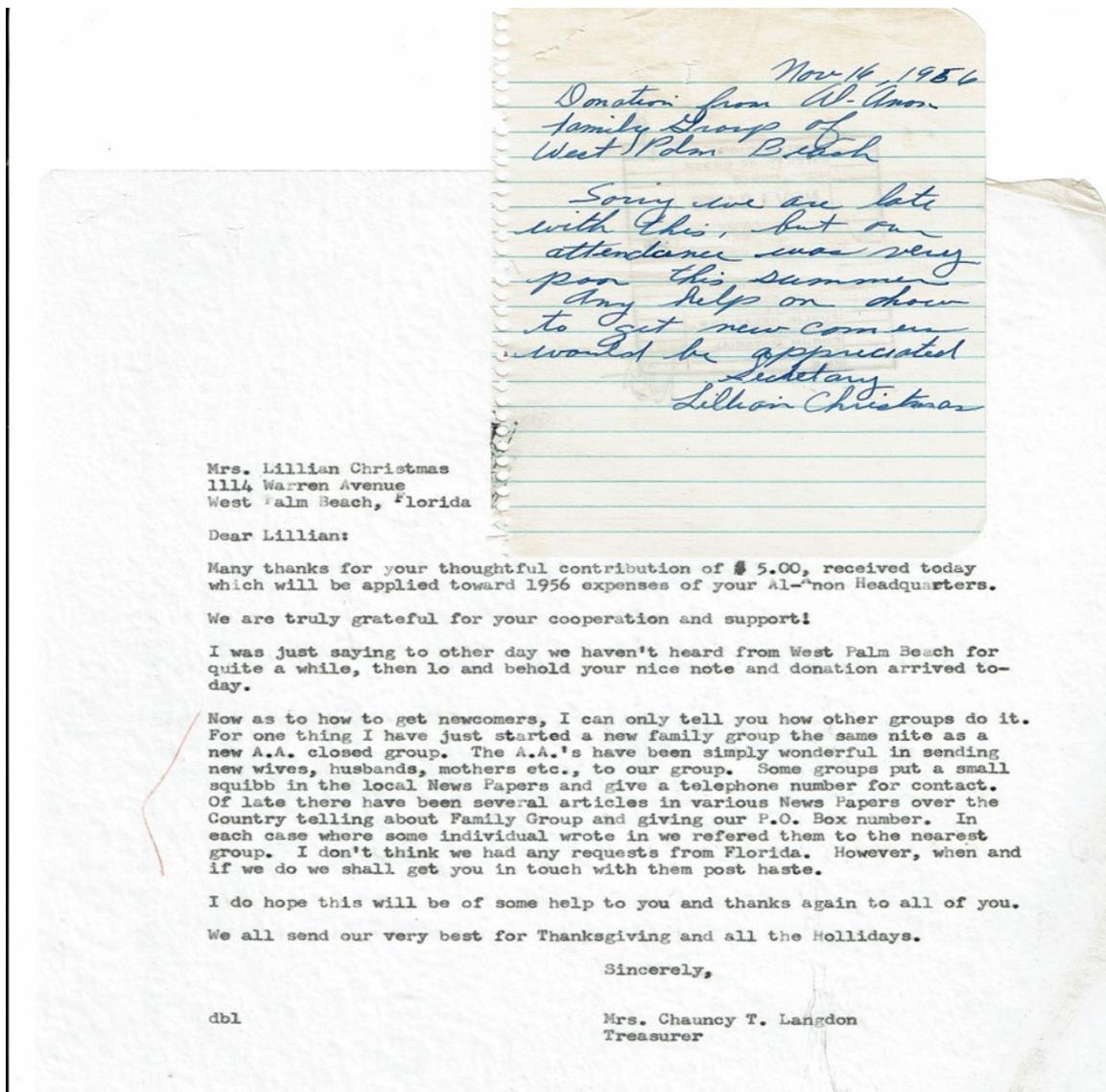
Nadine A.
Area Secretary
Secretary@afgfls.com

From the Archives

Dear Area 10: Wow! Our first Assembly has just ended. I wonder what special memories we all created there. Speaking of special memories, can you imagine what it would have been like to attend an Assembly with the author of "One Day At A Time" and "Dilemma of the Alcoholic Marriage"? Did you know Alice B. attended one of our Assemblies sometime between 1973 and 1975? Neither did I until I found this hand-written note in our Archives inviting a member to attend the Assembly with "a wonderful opportunity to meet Alice B."

Now, I can guarantee Alice B. won't be in attendance at an upcoming Assembly. But I can assure you that every Assembly I have attended was an opportunity for love, growth and a greater understanding of Al-Anon as a whole. I hope you will join us at a future Assembly.

I would like to remind you that I am at your service, Area 10. There are many wonderful notes, flyers, and opportunities to understand the history of Area 10 in our Archives. I would love to share them with your groups or Districts. All you need do is ask and I'll be there with love, hugs and lots of old papers. You can shoot me an email at Archives@afgfls.com.
Love in service, Juliette L., Archives Coordinator for Area 10, Panel 61.



On using our slogans to transition to Assembly via Zoom — Linda B. from District 150 tells us that Hope for Today offers this wisdom about our slogan "listen and learn". "During my early Al-Anon days, I had trouble understanding humility and how to develop it. I related to the concept of being teachable, however, and began to look at what I could change about myself to become more open and willing to learn."

I Was Quick to Claim the Blame

Working the Steps has been helpful in restoring my damaged self-esteem. When I feel a bit shaky in this department, I've discovered that starting with Step Ten, then moving back to Steps Eight and Nine, and if need be, returning to Steps Four and Five, is especially helpful.

Prior to Al-Anon, I'd been a person who was quick to claim the blame. If I could claim the blame, that meant I had caused the problem. If I had caused the problem, I could cure it. If I could cure it, I could control it. If I could control it, I wasn't powerless and if I wasn't powerless, I never had to do Step One.

Although I certainly felt powerless when I first found the amazing grace-filled rooms of Al-Anon, I still wasn't overly eager to do Step One. Admitting my powerlessness, I thought at the time, would only lead me to feeling more powerless.

I have now come to believe, and take great comfort, in Step One because it frees me from causing more harm to myself over things I did not cause, cannot control, and cannot cure. It helps me take myself off the hook and keeps me, as I've heard it said in these rooms, "right-sized."

There is a bumper sticker I enjoy seeing from time to time that states, "God, help me be the person my dog thinks I am." If I were to print a bumper sticker today, it would say, "God, help me be the person You already see and love, the person You know I can become."

When I start to feel small and my self-worth begins to suffer, I know working the Steps gives me the ability to surrender my self-esteem into the hands of my Higher Power. When I do that, no other outside opinions of me matter including, and most especially, my own.

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Calendar of Events - **events marked with an asterisk*

below are scheduled to take place in person. If "in person" meeting is not possible, meeting will take place virtually.

◆ **August 13-15, 2020** *Summer AWSC Meeting

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

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

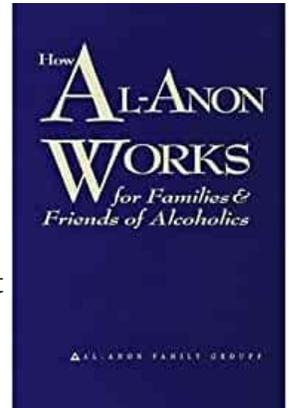
Bonaventure Resort & Spa 250 Racquet Club Rd Weston, Florida 33326

◆ **October 8-10, 2021** *Fall Assembly Meeting

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

CAL Corner:

Conference Approved Literature (CAL) - Boy, did that sound controlling when I first came into the rooms. Al-Anon was going to tell me what was approved for me to read? My first thought was “not this girl!” However, just a few weeks in the rooms and I begin to realize that everything that was CAL had the same primary purpose—to help those of us impacted by the family disease of alcoholism. In my often stressed and distressed condition during those early days, I discovered I really needed consistent messaging and could only take in a little new information at a time. CAL provided that for me. It didn’t matter if I picked up How Al-Anon Works, Paths to Recovery, In All Our Affairs, The Forum, or Discovering Choices. Every book, every pamphlet was filled with Experience, Strength, and Hope that helped me identify with the writers and contributors and guided me in the same direction. The consistent message came through loud and clear - there was hope I could bank on if I worked the program. Conference Approved Literature provided the consistent messaging I needed in those early days and even now, when I look to the index in any CAL to find the subject I need to focus on at the moment. What CAL are you most fond of? What line or page or paragraph jumps to your memory that has helped you hang on in our program? Here’s one that helps me every time I get frustrated with change and the constant need for growth. From *How Al-Anon Works*, p. 266, “*My Higher Power will be calling me forward into change every day for the rest of my life, so I have learned to try to take each day as it comes and to be grateful for whatever it brings.*”



Let me hear from you at Newsletter@afgfls.com. I'd love to include your favorites from our CAL right here!

JoAnne B.
Newsletter Coordinator, Panel 61

IMPORTANT HISTORIC NEWS from World Service Office (WSO)

Electronic Meeting Work Group Motions

The Electronic Meeting Work Group (EMWG) presented two motions to the Conference for consideration: 1. Update the World Service Handbook’s definition of Area to include non-geographically based groupings, such as Groups who meet electronically with members that represent no single geographic location such as an Area or Service Structure. 2. To eliminate the specific Policy on Electronic Meetings in accordance with Tradition Three that states “The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family Group” and to recognize these meetings as Al-Anon Family Groups. *These two motions were passed by the Conference Members and they now pave the way for Al-Anon Family Groups that meet electronically (formally known as Electronic Meetings) to elect a Group Representative (GR). These Groups and their GRs now can establish a service structure that supports all non-geographically based Groups, which will follow the “Area Procedures for Joining the Conference” according to the “Conference Procedures” starting on page 165 in the 2018-2021 Al-Anon/Alateen Service Manual (P24/27) version two (2).* This is a historic moment for our fellowship, as we fully embrace the many ways Al-Anon members are able to find recovery—by attending meetings no matter the location; physical, virtual, or both—and members of groups meeting electronically become fully represented at Conference by their elected representative.

La enfermedad es astuta, desconcertante y poderosa. Pero la sentencia que produce depende de mi fuerza espiritual, de la oracion y la meditacion, para poder venerar los mores y afrontar la vida responsablemente, tanto las mujeres como los hombres. Hoy en dia existen mas hombres abusados que cuando yo ingrese en el programa. Los co-dependientes somos seres que buscamos alma para salvar, sin tomar en cuenta que la primera persona para rescatar soy yo misma, perdida y sin saber mis defectos de caracter, ni quien soy, ni lo que quiero. Hoy cuento con un programa y ya no tengo la excusa de la desinformacion. Ponerlo en practica es mi responsabilidad, al igual que la tuya cuando leas estas lineas. Eduquemonos, pues nuestro futuro depende de mi y no de ningun otro ser humano. Debo darme cuenta que la unica persona responsable por lo que me sucede soy yo misma, y debo tomar accion a cerca de lo que esta pasando en mi alrededor. Es hora de buscar informes a cerca de lo me pasa y accionar de acuerdo con las herramientas diarias del programa. Trabajar en conjunto, como grupo, es nuestra meta. Ninguno lo hemos logrado solo. Compartiendo nuestras Experiencias, Fortaleza y Esperanzas es como saldremos adelante. Tu puedes.



Translation: *The disease is cunning, perplexing and powerful. But the sentence it produces depends on my spiritual strength, on prayer and on meditation, to be able to venerate the morals and face life responsibly, both women and men. Today there are more abused men than when I entered the program. Co-dependents are beings who seek a soul to save, without taking into account that the first person to rescue is myself, lost and without knowing my character defects, or who I am, or what I want. Today I have a program and I no longer have the excuse of disinformation. Putting it into practice is my responsibility, as well as yours when you read these lines. Let's educate ourselves because our future depends on me and not on any other human being. I must realize that the only person responsible for what happens to me is myself, and I must take action based on what is happening around me. It's time to inform myself about what is happening to me and act in accordance with the daily tools of the program. Working together as a group is our goal. None of us have achieved it alone. Sharing our Experience, Strength and Hope is how we will go forward. You can do it.*

A mi poder superior que es Dios le doy muchas gracias por poder llevar este mensaje de la verdad de mi vida, como puedo aplicar el programa y como simplemente comunicarlo. Soy una portadora de buenas nuevas porque el programa funciona si lo trabajamos a diario, nos caemos muchas veces, nos levantamos y continuamos adelante. La palabra magica mia es PERSEVERANCIA. Esta me llevo a continuar en mis reuniones a pesar de... yo se que solo no se puede conocer y oir, sino poner en accion lo que aprendemos. Con el pasar del tiempo he aprendido que no debemos calentar sillas. Es un esfuerzo diario de poner en practica cada herramienta que da el programa junto con la ayuda del padrinazgo, una relacion que se hace tan familiar, y con la ayuda propia; al final hoy les puedo decir que compartir con mi madrina o ahijada es una terapia para ambas de gran valor espiritual, emocional y fortaleza mutual. Recuerdo que al principio elegir y hablar con alguien me costaba mucho esfuerzo; cuando elegia hablar con alguien inconcientemente elegia madrinas que fueran de mi apoyo, es decir, personas que me decian lo que queria escuchar. Mas tarde comprendi que la persona que tenia program aplicado a su vida y fuera honesta con si misma y con las demas seria la que me ayudaria grandemente, aunque lo que sugiriera tenia que desmenuarlo y tratar de entenderlo, pues la mayoría de la veces no era lo que realmente queria escuchar. Hoy todavia continuo siendo transformada en cada aspecto de mi vida a pesar de las dificultades que enfrento.

24 horas para el lector es mi deseo.

Translation: *To my higher power, who is God, I thank Him very much for being able to carry this message of the truth of my life, how I can apply the program and how to simply communicate it. I am a bearer of good news because the program works if we work it daily, we fall many times, we get up and we continue forward. My magic word is PERSEVERANCE. This led to continue in my meetings despite...I know that I could not only meet and hear, but put into action what we learn. Over time I have learned that we cannot just warm chairs. A daily effort is required to put into practice each tool the program gives, together with the help of sponsorship, a relationship which becomes so familiar, and with self-help; finally today I can say that sharing with my sponsor or my sponsee is a therapy for both with great spiritual and emotional value and mutual strength. I remember that at first choosing and talking to someone took a lot of effort; when I did choose to talk I unconsciously chose those who supported me, that is to say, people who told me what I wanted to hear. Later I understood that the person who had program applied to her life and was honest with herself and with others would be the one who would help me greatly, although what was suggested I had to break down and try to understand, because most of the time it wasn't what I really wanted to hear. Today I still continue to be transformed in every aspect of my life despite the difficulties I face. 24 hours for the reader is my wish.*



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Announcements

Convention—Big Island of Serenity—Please consider making your hotel reservations as soon as possible and use the link on the Area 10 website Convention page to do so. This is the most efficient way to manage your reservation with the hotel and be certain you have the correct rates and dates.

Al-Anon's First Official Mobile App! - visit al-anon.org/mobileapp: social app, platform, electronic meetings, keep Al-Anon Journal and information from WSO

Sharings Needed: WSO is in need of sharings for the *Forum*. Send all sharings to WSO.



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.

- | | |
|--|------|
| <input type="checkbox"/> Al-Anon or A.A. postmarked by July 31, 2021 | \$30 |
| <input type="checkbox"/> Al-Anon or A.A. at the door | \$35 |
| <input type="checkbox"/> Alateen Registration | \$15 |

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

Saturday Meal Options; all inclusive:

- | | |
|---|------|
| <input type="checkbox"/> Saturday Serenity Meal Plan Includes Breakfast, Lunch & Dinner | \$80 |
| <input type="checkbox"/> Hot Breakfast Buffet: chef's choices with coffee & tea service | \$20 |
| <input type="checkbox"/> Lunch: sandwich, chips, cookie | \$20 |
| <input type="checkbox"/> 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

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\$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: _____

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P.O. Box 8029
Coral Springs, FL 33075

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 from your Al-Anon Sponsor, comments, feedback, and suggestions to:

newsletter@afgfls.com

Next deadline August 1, 2021



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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