



# SUNSHINER

## Welcome Panel 55

Panel 55 is alive in Florida South; I am proud and humbled to serve as your Area Chairperson. When I desperately attended my first Al-Anon meeting 14 years ago I never would have dreamed that someday I would be elected to this honorable position. The love, patience and understanding from those first meeting members to those I attend meetings with today have enriched me beyond my imagination.

I am so excited to begin this journey. Together we can accomplish a multitude of items necessary to carry on the business of Al-Anon in our

Area. The members of Panel 55 have experience, strength and hope and the trust you have given each of us to carry out our jobs. From Group Representatives to our Delegate and every member in between we will strive to place principles above personalities along with our Traditions and Concepts.

We will learn side by side what our part is. The best news is we never do anything alone so this is the perfect place to achieve our goals.

*Diane B. — Chairperson*



## Area Alateen Opportunity

Florida South Area 10 is looking for a volunteer to be part of Panel 55 in the position of Alateen Coordinator; which was filled at the Fall Assembly, but unfortunately the member that was chosen had to step down.

- Willingness:
- Be Certified AMIAS
  - Attend Area Events (5)
  - Liaison between WSO & Districts
  - Written & Oral Reports

The nomination process will include putting desired candidates names in a box and a name is drawn at random from the box. If you think that you may be interested in the position, please attend the Spring Area Assembly in June in order to be considered.

Review Al-Anon Guidelines G-24 and Area 10 website (Area Service Positions) for further information.

## Welcome Officers:

- Chairperson— Diane B.
- Delegate— Pat K.
- Alt Delegate— Cheryl A.
- Secretary— Nadine A.
- Treasurer— Juliette L.

## Welcome Coordinators:

- AAPP/Past Del— Jennifer D.
- Alateen—NEEDS VOLUNTEER
- Archives— Rosanne D.
- Group Records— Laura B.
- Literature— Robert F.
- Newsletter— Kathleen L.
- Public Outreach— Claudia G.
- Spanish— Dickie S.
- Web— Paul D.

## Farewell Panel 52

A huge THANK YOU to each and every member that was involved in service during Panel 52 (2012-2014).

## Farewell Officers:

- Chairperson— Becky R.
- Delegate— Jennifer D.
- Alt Delegate— Kathy D.
- Secretary— Betsy R.
- Treasurer— LouAnne V.

## Farewell Coordinators:

- AAPP/Past Del— Linda S.
- Alateen— Paul D.
- Archives— Dan F.
- Group Records— Nadine A.
- Literature— Betsy M.
- Newsletter— Marianne D.
- Public Outreach— Pat K.
- Spanish— Claudia G.
- Web— Diane B

## Upcoming Area Events

Winter AWSC @ Embassy Suites Estero FL on Jan 31– Feb 1 2015

Traditions & Concepts Workshop @ First Presbyterian Church Pompano Beach, FL on April 25, 2015

Area Spring Assembly @ Double Tree Hilton Hotel Miami Airport on June 5-7 2015

Alateen Conference La Quinta Inn, Ft Lauderdale, FL on June 12-14 2015

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## God, Why Me?

A question was posed to the new members of Panel 55. It was asked of them to share their experience, strength, and hope with the Area members as to why they chose to take the next step in service at this Area level. They became AISL, District Representatives, Coordinators, and Officers for the next 3 years. Here are some of their personal stories of how they got to the service positions they are currently serving.

*“I don't have to miss my todays as DR by worrying about the what if's of tomorrow.”*



### Movin' On Up

Why did I stand for District Rep? For me it was a matter of time and timing. As I began to ponder what's next for me in the Service arena, my current age came into sharp focus. I felt a mild sense of panic as it dawned on me, if I want to eventually take a shot at standing for Area Delegate, then Now is the time to stand for District Representative. Three years as DR, another three as Area Chair, that leaves only the three years as Delegate before age could become a contributing factor in where I can serve and how. Holy cow! I'd better get movin' Marvin!

Now I smile at the decision that had me stand for DR. I recognize that *Head for*

*the top! Be the best! Do the best! And, Don't let anybody stand in your way!* are all old attitudes and ideas that I no longer choose to live. They never particularly served me well other than to keep my time in the nut house full of crazy, worry, and dread. Old beliefs that had me living life at full steam ahead, taking care of everybody and everything but me, and draining notions like *Don't ever stop!* all belong in the past. I don't live them anymore.

I smile now and think, yes, Area Chair could be in my future. And, wouldn't it be lovely to serve as Area Delegate. How exciting! But the difference today between living my serenity and the nut house

of my past is, those ideas are simply that, ideas. I no longer need to shoot for them - or anything else really. I don't have to miss my todays as DR by worrying about the what if's of tomorrow. Now that I've come to embrace the program of Al-Anon ever so deeply, I know that as I live this today, I don't need to know what's three years down the road; I don't even need to know what's for lunch. Because, as I've also come to know and trust my Higher Power ever so deeply, I know that my job today is to enjoy this moment, to do the next right thing for me, and to let God handle the rest.

*Lisa M. DR 159*

### Conversation With God

A few months before the Election Assembly I started seriously thinking about what position I was interested in doing or if I would stand at all. It wasn't until I was at the Convention in August that I heard Ric B. say that he didn't want to hear anyone say that they weren't continuing in service due to their age. That was certainly one of the reasons I was considering not standing. The other was my health. Although in reality Al-Anon has helped me through cancer and other debilitating diseases. You can go through anything if you have support from your friends and I certainly had plenty of support.

It came to a time when I talked to God about if I should continue on my journey in service. I promised that I would let God decide where I should be. I would stand for any position that I was qualified for and trust that God would find the right spot. If I didn't get a position, that would be His decision.

I never considered that my position would be Delegate. It is probably one of the positions I never expected to be in. I am so excited that I have been chosen for this journey. All I can say is that I will do my very best to honor my area at WSO and make you proud of me and not regret your choice

to elect me. I will work hard and bring back all the information that my head and notebook can hold. I am very blessed that my job is very willing to give me the time off that I need. I am also blessed that my sponsor's favorite book is the Service Manual and it has rubbed off on me. I will bring my experience, strength, and hope to the Conference, as well as my listening ears.

Thank you for allowing me to serve in the position of a lifetime. I will try very hard not to let you down.

Love and Hugs,  
*Pat K. Delegate*

## Area Events Made All The Difference

I have been an attendant at least two meetings a week for about 17 years. I've held the offices of GR, Group Treasurer, Group Secretary, AMIAS, Alternate DR and AISL. While that sounds like a lot, it really isn't when you spread it out over my years in Al-Anon.

I had not been involved in District or Area service because when I started in Al-Anon I noticed that many of the people involved in District or Area service stopped coming to meetings and seemed to have substituted service for program and that was not going to happen to me.

For some unknown reason (read "higher power") I ended up going to Florida South TEAM Event this April. While there I heard Al-Anon member, after Al-Anon member, share their experience, strength and hope in both their program and their service. In

fact, it became clear to me just how interrelated service and program are. I realized that the small, nagging gap that was in my program was because I was neglecting the service aspect of my recovery. It became clear to me that while I was practicing the 12th step I really wasn't living it. I needed to expand my vision and my actions.

I went back to District and volunteered to head a workshop at Convention (which I also had previously avoided going to). While attending two of the three sessions on the Concepts it finally became clear to me that this was what I needed to be involved in. SERVICE, when I got busy, I got better.

Now I was ready and willing to find my place. At our election meeting we chose our new DR...I stood for the Alternate DR position. We adjourned without electing anyone to fill the AISL position.

The current DR made a point of telling all of us just how important that position was, it gave our district a second voice and vote at the Area level. I read the service manual and saw that it specifically authorized an Alternate DR to also be the AISL. I also knew I didn't find that out by mistake but rather was being led quite clearly in that direction.

At the next meeting, when it came time to stand for AISL I got up with all the Group Reps and remained standing. It was as easy as that, it only took 18+ years to get to that point.

I have just attended my first Area World Service Committee meeting and I know I am on the right track. With the love of all the members of the District and my two service sponsors (one for Alt. DR and one for AISL) and most of all with my Higher Power all pointing in the same direction, I know that I will

grow and get better myself while providing service to others.

The first lesson I have learned about Service is that I should not wait until I am ready, we all are ready all the time. I did not let the fear of the unfamiliar or the fear of failure stop me. How can I fail when I have so many wonderful Al-Anon friends to stand at my side and lend a hand or word of advice when needed.

I am beginning to understand what it means to say "In Service".

*Stu D. AISL/Alt DR 189*

### Next Area Events:

Traditions & Concepts Area 10 Workshop in April 2015

2015 Florida South Area Convention in August 2015

See your DR for more details on how to be of service!

## Thanks, Past District Reps

I decided to stand for DR in District 140 after attending District Meetings for five years as GR and becoming acquainted with past DR's who have devoted much time and who continue to support our District in every capacity necessary to keep our District healthy and strong. They offered much support to all GR's for their continued growth; have also continued their journey to the Area level.

Bonnie A. as well as past DR's having worked to-

gether and helping in any way possible to assure the 32 groups being assisted when necessary. We were encouraged to Chair various positions, attend both Assembly's each year, Host & Co-Host Gratitude Dinners, Workshops, Convention District Chair, Calendar Fundraiser, volunteer as GIP and many other District Committees.

I am grateful for having the opportunity and support to grow in service with the help of our DR, Bonnie A.

as well as past DR's and many members who still attend the District Meetings on a regular basis always offering any assistance needed to ensure District 140 remains flourishing. If not for our past DR's working together and making all GR's feel welcome and they themselves continuing to work in service whenever and wherever I would not have felt comfortable to continue in service.

*Norma P. DR 140*



## Language of Al-Anon

I am Robert F. . .and I'm just learning the language of Conference Approved Literature. We're going to be together for the next three years!

I think it is easier for a child to learn to talk than for an adult. Consider this – a child's "talking" mechanism is not cluttered with years of old habits. The child has a clean slate on which to write newly-learned skills. An adult, experienced in the skills of talking and listening, has a lifetime of already "learned" things: words, usage, idioms, mispronunciations, and a ton of grammar rules. This may or may not have anything to do with Al-Anon Conference Approved Literature (although a future article may deal with such a relationship).

I began my Al-Anon recovery in Palm Beach County. I was a Group Representative, and served as an

Alateen Group Sponsor. I attended as many as nine AFG meetings a week because my Higher Power revealed to me early on that I had a lot to learn about Al-Anon's language and message from a variety of voices. Only by having Al-Anon's language drilled into me could I learn how to repair my damaged life! And then my employer sent me north, to Orlando. There, I found Al-Anon, and of course, they didn't do Al-Anon right! I had to "learn" a whole new Al-Anon language.

I was active in Al-Anon service in my new district, as a group representative and at district meetings. I stood for newsletter chairperson, then for Al-Anon Information Service Liaison. I also served as Where & When chairperson and as Public Outreach Chair. Each of those positions, and then my AISL time at Assembly and Area

World Service Committee (AWSC), revealed new ways of speaking and using Al-Anon's language. At AWSC, I was assigned, against my will, to the committee tasked with writing our Area Alateen Requirements. Oh, my goodness! Another language to learn and use! And that led to my service as Area Alateen Coordinator, with its own "new" language.

I've been back three years and am still a slow learner. And, I have to overcome the habits of 20 years. I also have taken on the task of learning the language of Al-Anon's Conference Approved Literature in a way that attracts you to greater use of this wonderful Al-Anon tool.

Be patient with me and let's all enjoy the three years of Panel 55 of South Florida Area 10 together!

*Robert F. Literature Coordinator*



## New Ray of Sunshine

With the new panel comes a new Sunshiner Newsletter Coordinator—that is where God let me step in. I willingly put my name in the box at Assembly and I was the chosen one.

When I joined Al-Anon 4 years ago this month, I was overwhelmed with what I had on my plate because I didn't have the tools to deal with the stress and trauma that I let Alcoholism put in my life. I walked into my first meeting looking to be happier. My husband had already gotten sober in his program and I wanted what they all seemed to have. Where had the "happy" in my life gone?

I kept coming back week after week, added in a few more meetings, and sometime during month two someone at my Sunday night meeting handed me a copy of our District 150 newslet-

ter—Simply Put. I read it cover to cover and in that edition there was a section for help wanted in District positions.

Newsletter editor you say? I can do that, I say. Before I even left the room I asked, my soon to be Service Sponsor, what that entails and got the answers right away. I attended the very next District meeting early the following month and stood to be District Newsletter Chairperson for the rest of panel 49. I held that position for 9 months before the panel term ended.

When elections rolled around again, luckily as they always do, I willingly moved on to other service roles for panel 52 in District 150. I was able to participate as Group Records Chair, Where & When Chair, Treasurer when

our Treasurer resigned mid-term, Convention Sub Committee Chair for one year and Gratitude Dinner chair for one event. With each new role a wealth of new learning experiences including the one that I found myself taking on another new role without letting something else go.

Going retro for the Area position, I'm starting where my service roots started—newsletter. I hope to provide a great paper that all are excited to see published. In turn, thanks to and with help from my higher power, I hope to grow in my program like never before. Truly looking forward to working with the fellow members of Panel 55.

I'm happier every day!

*Kathleen L. Newsletter Coordinator*

## Falling Into Service

When asked to write an article I didn't think I would have anything to contribute since I did not stand for my current service position – that of the Immediate Past Delegate and Area Alateen Process Person (AAPP). I fell into the Immediate Past Delegate position by having just completed my term as the Florida South Delegate. I guess the Area wants the Immediate Past Delegates to feel like they still have some usefulness and not immediately feel like a “has-been” because they are assigned the

position of AAPP before they are put out to pasture.

I have to be honest, I wasn't really looking forward to being of service to Alateen at this point in my life – that pasture was looking pretty green and serene – but having now gotten over the shock of it – I am glad for the opportunity to stay involved and not have an immediate void in my life and being given the opportunity to continue my service journey. I will admit, I am off to a slow start and I am just learning about all

that is involved (I know you will love me through it!), but I know that it will all fall into place. Doesn't it always? As with all of service opportunities in Al-Anon, the most important part is the ability to be willing, to be teachable and to have a sense of humor! Thank you Higher Power and Al-Anon for this opportunity to grow!

Love,

*Jennifer D.*

*Immediate Past Delegate/AAPP*

*“...I am glad for the opportunity stay involved and not have an immediate void in my life ...”*

## La Voluntad de Dios!

Hola , soy Dickie S. la nueva Coordinadora de los grupos Hispano para el Área 10. Yo era el Enlace del Servicio de Al-Anon durante 3 años para Distritos 190/200. Como Enlace de Servicio de Al-Anon, asistí a varias reuniones de Intergrupo. Llegué a conocer a algunos de los miembros y desarrollé una relación con miembros del Intergrupo. Me quedé impresionado con lo mucho que las reuniones de Intergrupo reflejan nuestras reuniones de distrito. Algunos de los miembros llegué a conocer mejor, mientras que sirve en los Comités de la Convención. Yo era la Coordinadora del Programa Al-Anon hace dos años y trabajé junto a la Coordinadora del Programa En Español . El año pasado, yo era la Co-Coordinadora para la impresión y publicidad , y otra

vez conocí a dos otros miembros de Intergrupo que fueron Coordinadores de el programa en Español.

Durante las convenciones yo entraba y me sentaba en varias reuniones para escuchar sus altavoces. Me gusta poder ver el programa por los ojos de las mujeres latina. El año pasado , nuestro Representante de Distrito 200, no pudo asistir el Inventario de Grupo de Intergrupo y me pidió que hiciera el inventario de grupo , qué experiencia. Me gustó mucho hablar con los miembros y compartir mi experiencia, fortaleza y esperanza con ellos . Poco después, me pidieron que hiciera el inventario para otro grupo Hispano, en otro distrito.

No sé lo que era mi punto de inflexión , lo que hizo que me decidiera . Pero poco después de el

inventario, yo supe que quería trabajar con Intergrupo . Me debatía entre otras dos posiciones y Coordinador Hispana, y oré al respecto y puse mi nombre en las tres cajas. Las otras dos posiciones fueron tomadas y el último drawing fue Coordinadora Hispana. Recuerdo que mi oración, Dios tu voluntad ... si voy a estar al servicio de este gran grupo de miembros que realmente quieren este programa , entonces yo estoy dispuesto . Mi poder superior tenía la última palabra , y llamaron mi nombre ! Ahora puedo decir que tengo el privilegio de ser parte del Area 10 Panel 55 , y la persona que lleva el mensaje a los grupos hispanos . Estoy deseando conocer a más miembros del Intergrupo y crecer con ellos en servicio.

Amor en Servicio,

*Dickie S. Coordinadora Hispana*





## AWCS Turn Over Meeting Minutes

AREA WORLD SERVICE COMMITTEE MEETING MINUTES

Area 10 – Panel 52 Turnover Meeting

November 22, 2014

Saturday, November 22, 2014

Chairperson, Becky R., opened the meeting at 10:02am with a Moment of Silence followed by the Serenity Prayer. Welcome by our Chairperson, Becky R. and Introductions of Panel 52 Officers, Coordinators, DRs, Alt. DRs, AISLs, and GIPs were made.

Traditions, Concepts and General Warranties were read.

DR's, AISL's, Coordinators and Officer's Breakout Meetings

*Breakouts from 10:30am, Reopened with a Moment of Silence and the Serenity Prayer at 11:22am*

DR's, AISL's, Coordinators and Officer's Breakout Meetings Reports:

DRs' Report - Discussions about:

\*Several DR's shared experience, strength, and hope about their service

\*DR's asked about E-Communities for DR's

\*Where to get GR's mailing addresses?

\*Helpful hints were shared

AISL's Report - Discussions about:

\*AISL and Alt DR. combined in several districts

\*sometimes positions are hard to fill

\*groups doing web blasting about district events

\*getting a service sponsor is helpful

\*some AISL's have a newsletter

\*AISL's need to do a report for the AWSC 50-80 copies

Officers' Report: Discussions about: Board of Directors vs. AWSC, What items do AWSC bring to the Assembly, Task Force and Thought Force Report, Flash Drive to incoming Secretary & copy to incoming Chair, Mailing addresses for districts needed, and Treasurer's Bank Account P.O. Box Turnover.

Coordinators' Report: Discussions about: Incoming/Outgoing

Alateen: Paul D. #209: Absent. No report, Patricia #159 (incoming) discussed Alateen in the school systems meetings, Boys and Girls Clubs, School Counselors Contacts, Health Fairs, Introduce Alateen at Social Workers Conference.

Archivist: Dan F. #169: Absent. RoseAne D #180 (incoming) now growing in her program

Group Records – Nadine A. #180: Laura #170 (incoming) looking forward to working with Nadine on transition.

Literature Coordinators Report - Betsy M. #160: Robert #169: Feedback about that members want to hear more about the literature and maybe to read excerpts.

Newsletter – Marianne D. #189: reported that KBDM was helpful, Kathleen #150 (incoming) requesting an article from all outgoing coordinators highlighting their 3 yr term, incoming coordinators - why you stepped up.

Spanish Liaison – Claudia G. #180: reported that she worked to unite the Spanish & English AI-Anons because we are all one. Dickie S. #200 (incoming).

Webmaster – Diane #150: no discussion Paul #209 (incoming) absent

Public Outreach - Pat K. #180 reported that anyone can be public outreach because everyone is, invite those you know to come along. Claudia G. #180 (incoming) reported her excitement about doing Public Outreach in a Bilingual Atmosphere.

Establish Quorum: 20 members present and 14 is the quorum.

Read and Approve Minutes – Betsy R. #140 read the Minutes from the Area World Service Committee Meeting August 1-3, 2014

Motion #1 - Bonnie A. #140 and seconded by Pat K. #180

***I move that we Fla So Area 10 accept the sectary minutes of AWSC meeting Aug.1-3,2014 as amended.***

Vote: Aye vote – Motion passed unanimously.

## AWCS Turn Over Meeting Minutes Continued

8. Treasurer's Report – Louanne V. #180 presented the 1-1-2014 to 11-15-14 Treasurer's Report.

Motion #2 - Linda S. #170 and seconded by Bob H. #189

***I move that we accept the Treasurer's Report as presented.***

Vote: Aye Vote - Motion passed unanimously

Delegate's Report – Jennifer D. #180 reported:

\*The International Al-Anon General Service Meeting was held in October, 2014 in Virginia Beach, VA The Minutes and information will be posted on the members website

\*The Policy Committee of the Board of Trustees met in October, 2014 in Virginia Beach, VA and topics include Free Internet Services, Financial Matters, Announcing Events at Meetings, the Task Force on Memorial Contributions submitted a plan to continue the discussion at the 2015 WSC, and considering a text revision in regard to cooperation with outside researchers.

\*The Board of Trustees discussed the need to improve communication through better use of technology, improve membership knowledge of our links of service, and enhancing our outreach to professionals to increase our visibility.

\*The Board of Trustees voted to continue the three year trial of the Alateen Work Group.

\*Twenty three areas submitted a request for the Meet the Board Event; the hotel site will be announced.

\*The Board of Trustees discussed the succession of the Executive Director and the Director of Business Services. Two task forces were formed to develop a timeline for recruitment, interview process, hiring and orientation.

\*Five topics of interest to the Delegates were identified from the Trustee/Delegate phone calls. These topics will become thought or task forces at the 2016 WSC.

\*Dates to remember: The SERDGT is the March 20-22, 2014 in Tennessee and the 2015 WSC will be April 19-23, 2015 in Virginia Beach, VA.

\*There is a new Facebook Page for "Alateen WSO"; it is for information only, no "friending" or sharing.

\*Finance Update

10. Alternate Delegate's Report – Kathy D. #140 reported: As Parliamentarian she is responsible for keeping time at the meetings. Thanked members for assisting her in her position. IRS problem occurred in regard to filing our taxes; the paperwork was submitted and corrected. Our principal place of Business had a former member's name on our IRS document.

11. Standing Committees: Becky R. #180 thanked the standing committees and chairs.

Guidelines: Kathy D. #140 reported that her committee completed the following documents: Alateen Conference Behavior Guidelines for Alateens and Adults, Alateen Conference Sponsor (AMIAS) Information and Responsibilities, Translation Equipment Guidelines, and Area Service Seminar Suggested Guidelines. The Area Service Seminar Suggested Guidelines were read and discussed.

By Laws: Nadine A. #180 reported that significant work was done on the By Laws.

Information: Pat K. #180 reported that they put a long of great information about service into the skits and that the skits took away a lot of stress and added some fun to the Assembly.

Do Not Refer Thought Force: Lisa M. #150

Area Expense Task Force: Debbie V. #140

Secure Member Website/Cost & Process: Diane B. #

Motion #3

Linda S. #170 and seconded by Pat K. #180

***I move that we close the panel 52 Area World Service Committee Meeting***

Vote: Aye Vote - Motion passed unanimously

***Closed at 1:14pm with a moment of silence, the Serenity Prayer, and the Al-Anon Declaration***

Respectfully submitted, Betsy R. Florida South Area 10 Secretary Panel 52

***Closed Panel 52 at 1:14pm and went to lunch***

## AWCS Turn Over Meeting Minutes Continued

**Opened Panel 55 at 2:45 pm with a moment of silence followed by the Serenity Prayer,**

Chairperson, Diane B., opened the meeting at 2:45pm with a Moment of Silence followed by the Serenity Prayer.

Welcome by our Chairperson, Diane B. and Introductions of Panel 55 Officers, Coordinators, DRs, Alt. DRs, and AISLs.....  
All members introduced themselves, Officers & Coordinators provided their email address

Establish Quorum: 25 members present and 17 is the quorum.

Breakout meetings – incoming and outgoing to communicate with each other

Election procedures – election procedure worksheet was handed out to the panel for their info. Discussion followed including looking at changing some of the procedures.

By Laws Task Force: Linda S District #170 volunteered to chair this committee

Area Expense Tax Force Recommendations:

1 day winter AWSC meeting will be January 31-February 1, 2015 at the Embassy Suites in Estero. Room Rate is \$129.00 a night which includes breakfast

Combine & consolidate printing/collate by coding chart – explained what the coding chart is. Kathleen L. district #150 volunteered to collect the AWSC reports, collate and print the reports for the 2015 Winter AWSC meeting as a trail bases. Kathleen has requested that all reports be emailed to her at the latest January 26, 2015. Kathleen also requested that all articles for the Sunshiner be emailed to her by January 16, 2015.

Task Force for secure website: discussion followed on how to proceed with this task force. Paul D district #209 volunteered to create a secure website. Panel 55 agreed to have Paul try to present something at the Winter AWSC meeting

Task force for Do Not Refer Policy: Panel 52 completed a thought force on this subject; discussion followed to create a task force. Lisa M. district #159 volunteered to chair this task force and asked for 5 volunteers before the end of the turn over AWSC meeting.

Alateen committee appointments as per the flow chart passed 2014 Area Spring Assembly

Area Alateen Safety Committee (AAPP, Area Alateen Coordinator, Area Chair) + 1 DR & 1 AISL to be determined if needed. This was to notify that a DR and AISL will be asked to be part of the committee. Not appointed today but if the situation comes up you may be asked

Area Alateen Appeal Committee (AAPP, Area Alateen Coordinator, Delegate and Alt Delegate) + 1 Past Area Officer, not currently serving on the panel. This was to notify that a DR and AISL will be asked to be part of the committee. Not appointed today but if the situation comes up you may be asked

Reimbursement/expenses for Panel 55: discussion followed on the procedure for what and how we determine what is paid for and what changes we are looking at making.

Motion #1 – Juliette L# 159 and seconded by Cheryl A #169

***I move that reimbursement procedures assembly meetings 2<sup>nd</sup> bullet read as follows District Representatives (DR) and Area Information Service Liaisons (AISL) and Group Representative (GR) that do hold an Area Position. Expense are shared by Area and District or Area and Group***

Vote: 24 for 0 opposed 0 abstained – Motion passed unanimously

Service Seminar for 2015 – A motion was made in a previous panel that the first year of each new panel be a tradition and concept workshop. Discussion followed on what an event is and who is qualified to chair this event. Lisa M. District 159 and Ana I. district 180 volunteered to co-chair the tradition and concepts workshop for the spring 2015.

## AWCS Turn Over Meeting Minutes Continued

KBDM – Alt Dr & Alt AISL's AWSC – discussion followed about how the election procedure would be executed at AWSC when the DR and AISL are not able to attend. The conclusion is that only the Alt Dr and the Alt AISL are the only ones that can fill in for the DR and AISL. If the Alt Dr & Alt AISL is the same person they can only fill in for one position if both the DR and the AISL are not able to attend.

Calendar of Events: dates were shared for the year of 2015

Suggestion box: suggestions were read

Announcements:

**Motion #2:** Jennifer #180 and seconded by Laura B. #170

I move to adjourn the meeting.

Vote: Aye vote – passed unanimously.

Closed with the Serenity Prayer at 5:33p.m. with the Serenity Prayer and the Al-Anon Declaration.

Respectfully submitted, Nadine A #180 Florida South Area 10 Secretary Panel 55

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## Motion Summary—AWSC Turnover Meeting

**Area 10 – Panel 52** Fort Lauderdale, FL **November 22, 2014**

**Motion #1** - Bonnie A. #140 and seconded by Pat K. #180

*I move that we Fla So Area 10 accept the secretary minutes of AWSC meeting Aug. 1-3, 2014 as amended.*

Vote: Aye vote – Motion passed unanimously.

**Motion #2** - Linda S. #170 and seconded by Bob H. #189

*I move that we accept the Treasurer's Report as presented.*

Vote: Aye Vote - Motion passed unanimously

**Motion #3**

Linda S. #170 and seconded by Pat K. #180

*I move that we close the panel 52 Area World Service Committee Meeting*

Vote: Aye Vote - Motion passed unanimously

**Area 10 – Panel 55** Fort Lauderdale, FL **November 22, 2014**

**Motion #1** – Juliette L# 159 and seconded by Cheryl A #169

*I move that reimbursement procedures assembly meetings 2<sup>nd</sup> bullet read as follows District Representatives (DR) and Area Information Service Liaisons (AISL) and Group Representative (GR) that do hold an Area Position. Expense are shared by Area and District or Area and Group.*

Vote: 24 for 0 opposed 0 abstained – Motion passed unanimously

**Motion #2:** Jennifer #180 and seconded by Laura B. #170

*I move to adjourn the meeting.*

Vote: Aye vote – passed unanimously.



### Interesting Random Al-Afact:

Did you know that Al-Anon was founded in 1951 and at the time Lois W. was already in her 60's? You're never too old for service.

*The more you know,  
the more you grow!*

## My sponsor ALWAYS says...

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

“There are no MUSTS in Al-Anon, but there sure are some darn well better!”

Sharon B.

“Hold on lightly, like a butterfly in your hand.”

Sharon C.

“Me, too.”

Dianne P.

“Trying to argue with an intoxicated alcoholic is like trying to teach a pig to sing. It wastes your time and just annoys the pig”

Barbara F.

“We have no control over people, places, things, and OUTCOMES!”

Shannon O.

So...what does your sponsor ALWAYS say? Share it: [area10sunshiner@gmail.com](mailto:area10sunshiner@gmail.com)

## iMeeting?

Assembly passed a motion last year to allow electronics, for use of Al-Anon related business only, by all panel members during the Assembly. Any member who is attending in the Spring (June 2015) Area Assembly meeting is welcome to bring these type of personal devices to the meeting.

So the questions to members are:

- What are your thoughts?
- Have you attended Assembly and have an opinion that you'd like to share?
- Does your local Al-Anon group allow electronic devices?

- How do you think electronics can effect the program?

Email your answers to:

[area10sunshiner@gmail.com](mailto:area10sunshiner@gmail.com)

Then keep an eye out in our next edition for the thoughts of other Al-Anon members.



## Service: Committee Chair Q&A

Been thinking about a service role? How about a committee chairperson? This position is available for many different reasons on several different service levels in Al-Anon; might be for convention at Area or even day of workshops at your district.

Here is a list of questions and possible answers you might have about this type of role.

**#1 Q:** What if I am too afraid I won't do a good job? **A:** Other members will be there to help you. We all do the best we can.

**#2 Q:** What if I don't think Al-Anon has helped me? **A:** If none of these jobs had been done in the past, there might not have been an Al-Anon group to help you when you needed it. Service might be the path that does help you grow to that next level.

**#3 Q:** Maybe I'm not willing to help spread the message? **A:** Spreading the

message of hope and recovery in Al-Anon is important to the still suffering Al-Anon who needs your help.

**#4 Q:** Someone else will do it, right? **A:** Ducking the responsibility—you are being asked to serve in a way few people have a chance to serve.

**#5 Q:** I'm working and what if I just don't have the time? **A:** The program teaches us balance and service is an opportunity is a safe way to explore creating balance in a safe environment.

**#6 Q:** What if I don't know what to do? **A:** Service positions have guidelines. Those who have gone before us are more than willing to help. And, no one does exactly what the person before them did. Take a chance

**#7 Q:** I'm happy where I am now, do I have to grow? **A:** Al-Anon is about growing and changing. This is just one more opportunity to progress in this program

**#8 Q:** I don't understand the position, will I be lost? **A:** Ask, and you shall receive. There is always help out there.

**#9 Q:** I'm doing FINE in my recovery, do I need service? **A:** Without service there would be no new books or pamphlets, no telephone answering service, no events, no meeting lists, or any of the multitude of services provided at the Group, District, Area, and WSO levels. The program needs you help to make a difference.

**#10 Q:** What if I don't want to be in charge? **A:** Why not you? You are good enough!

Reminder: committee chairpersons have a committee. You are not supposed to do all of the work yourself. The chairperson is the delegator and navigator. Do the part you have a talent or liking for and others will do the rest. You just may discover unknown talents, you will meet new people, and you might just have fun!



## Area 10 Calendar of Events

- Jan 31 – Feb 1 Florida South Winter AWSC Meeting  
Embassy Suites  
10450 Corkscrew Commons Dr  
Esterro, FL 33928
- March 20-22 SERDGT (South East Regional Delegates Get Together), Tennessee
- April 19-23 World Service Conference, Virginia Beach, VA
- April 25 Traditions & Concepts Workshop - A Day In The Garden  
First Presbyterian Church  
2331 NE 26th Avenue  
Pompano Beach, FL 33062
- June 5-7 Florida South Spring Assembly Meeting  
Double Tree Hilton Hotel Miami Airport  
711 NW 72nd Ave  
Miami, FL 33126
- June 12 - 14 Florida South Alateen Conference – Recovery thru Nature  
La Quinta Inn  
999 West Cypress Creek Road  
Ft Lauderdale, FL 33309
- August 1-2 Florida South Summer AWSC Meeting  
Double Tree Hilton Hotel Miami Airport  
711 NW 72nd Ave  
Miami, FL 33126
- August 21-23 26<sup>th</sup> Annual Florida South Area Convention, Serenity-The Music of Recovery  
PGA National Resort & Spa  
400 Ave of the Champions  
Palm Beach Gardens, FL 33418
- Sept 25-27 Florida South Fall Assembly Meeting  
Embassy Suites  
10450 Corkscrew Commons Dr  
Esterro, FL 33928

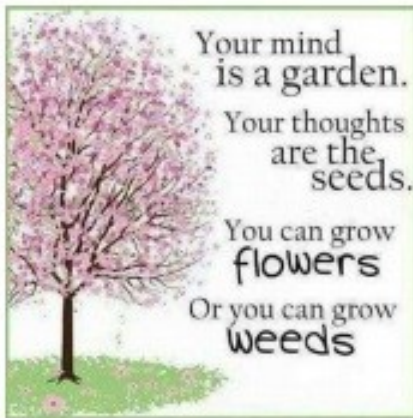


# South Florida Area 10 presents

## A Day in the Garden

A Day of Workshops on the Traditions & Concepts

Hosted by Districts 159 & 180



### Saturday, April 25th

9:00 am to 3:30 pm

Registration begins at 8:30 am

\$5.00 admission

Free Raffle Ticket with Early Registration

First Presbyterian Church - *The Pink Church*  
2331 NE 26<sup>th</sup> Ave, Pompano Beach FL 33062

*See your DR or AISL for tickets!*

or mail this info with your ticket request to:

District 159, PO Box 57, Everglades City, FL 34139

Name: \_\_\_\_\_

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

City, ST, Zip Code: \_\_\_\_\_

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

Number of Tickets Requested: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

For further information, contact  
[dr159fls@gmail.com](mailto:dr159fls@gmail.com) or [dr180panel55@gmail.com](mailto:dr180panel55@gmail.com)

**Catered Lunch Option**  
**\$5.00**

*Includes*

Choice of Chicken Nuggets,  
Chicken Sandwich,  
Or Veggie Salad  
Chips & Bottle of Water

*Place your order at the  
Registration Table on the  
the morning of the event.*

Or, feel free to Brown Baggit  
Soda & cookies  
will be provided



## SERENITY – THE MUSIC OF RECOVERY

### 26<sup>th</sup> Annual AFG Florida South Area 10 Convention

*with A.A. Participation*  
**August 21-23, 2015**

For information about the 2015 Convention, please visit the Florida South Area Website at [www.southfloridaal-anon.org](http://www.southfloridaal-anon.org)

**Registration:**

8/25/14 to 1/31/15 .....	\$ 30
2/01/15 to 7/31/15 .....	\$ 33
Pre-registration ends 7/31/15	
On-site registration.....	\$ 35
Alateen (Notarized "Travel & Medical Release Form" is required)	\$ 12

**Food & Beverage**

Friday Night "Getting to Know You – Greet and Eat".....	\$ 12
Saturday Night Alateen Pizza Party ...	\$ 12
Saturday Night Banquet .....	\$ 36
<i>(Beef, Chicken or Vegetarian)</i>	

**Hotel Reservation Information**

**King or 2 Doubles \$109.00**  
 per room / per night plus tax - up to 4 in a room  
 This rate will apply 3 days before and 3 days after the convention dates!  
*Hotel offers amenities including golf, world class health spa, racquet club and more.*

**PGA National Resort and Spa**  
 400 Avenue of the Champions  
 Palm Beach Gardens, FL 33418  
 Reservations: (877) 929-3231

To receive the room rate, please make your reservations before July 31, 2015, and let the hotel know that you are attending the AFG Florida South Convention.

Check in after 4:00 pm.      Check out 12 noon.  
 Self-Parking: Free              Valet Parking: \$15 per day

Please fill in the registration form below using blue or black ink.

**Make check payable to: AFG FL S Convention.**

**Mail check and form to: Al-Anon Family Groups Convention, P.O. Box 166454, Miami, FL 33116**

For information or questions, e-mail: [2015conventiontreasurer@gmail.com](mailto:2015conventiontreasurer@gmail.com)

<b>Convention Registration</b> (please print)		<i>One form per person, please</i>		Date: _____
Name (first and last) _____				
Address _____				
City _____		State _____	Zip _____	
Phone (____) _____		Email _____		
Badge Name _____			District _____	
<b>Program</b> (check one) Al-Anon <input type="checkbox"/>		Alateen <input type="checkbox"/>	A.A. <input type="checkbox"/>	<b>Preferred Language:</b> English <input type="checkbox"/> Spanish <input type="checkbox"/>
<b>Registration</b>		<b>Food and Beverage</b>		
8/25/14 to 1/31/15 .....	<input type="checkbox"/> \$30	Friday night "Getting to Know You - Greet and Eat" .....		
2/01/15 to 7/31/15 .....	<input type="checkbox"/> \$33	Saturday Night Alateen Pizza Party .....		
Pre-registration ends 7/31/15		Saturday Night Banquet .....		
On-site registration .....	<input type="checkbox"/> \$35	<input type="checkbox"/> Beef		
<b>Alateen Registration</b> .....	<input type="checkbox"/> \$12	<input type="checkbox"/> Chicken		
<i>(Notarized "Travel &amp; Medical Release" form required)</i>		<input type="checkbox"/> Vegetarian		
		<b>TOTAL ENCLOSED: \$ _____</b>		
		(no refunds)		



Florida South Area 10, Inc.  
 PO Box 110638  
 Naples, FL 34108  
 Website: [www.southfloridaal-anon.org](http://www.southfloridaal-anon.org)

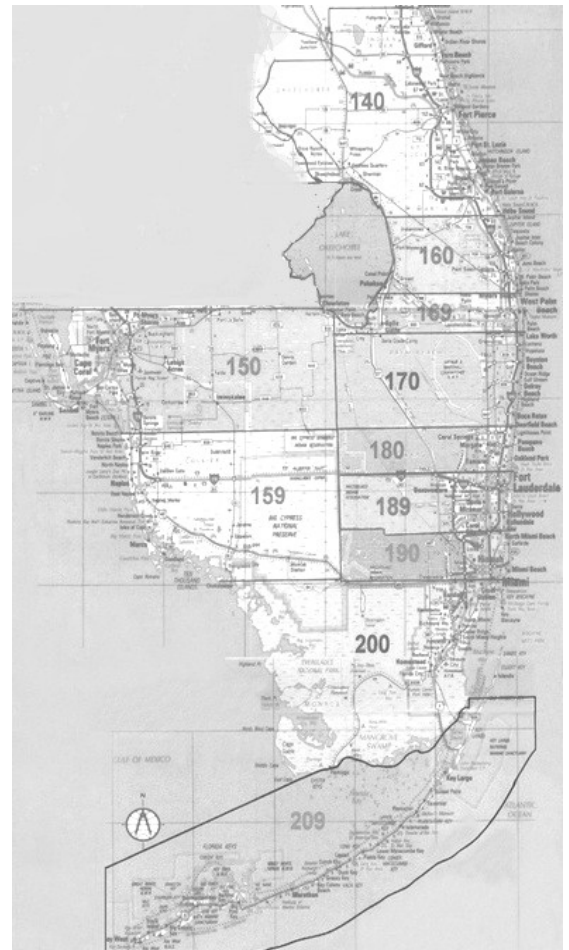
Al-Anon Family Group Headquarters, Inc.  
 1600 Corporate Landing Parkway  
 Virginia Beach, VA 23454-5617  
 Phone: (757) 563-1600  
 Fax: (757) 563-1655  
 E-mail: [wso@al-anon.org](mailto:wso@al-anon.org)  
 Website: [www.al-anon.org](http://www.al-anon.org)

### 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:  
[area10sunshiner@gmail.com](mailto:area10sunshiner@gmail.com)

*Next deadline May 15, 2015*



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

### Panel 55 Officers & Coordinators

Chair	Diane B.	<a href="mailto:chairafg10@gmail.com">chairafg10@gmail.com</a>
Delegate	Pat K.	<a href="mailto:delegate55fls@att.net">delegate55fls@att.net</a>
Alternate Delegate	Cheryl A.	<a href="mailto:altdelegatefls@gmail.com">altdelegatefls@gmail.com</a>
Secretary	Nadine A.	<a href="mailto:area10secretary@yahoo.com">area10secretary@yahoo.com</a>
Treasurer	Juliette L.	<a href="mailto:treasurerfls@outlook.com">treasurerfls@outlook.com</a>
AAPP	Jennifer D.	<a href="mailto:aapp.afg@gmail.com">aapp.afg@gmail.com</a>
Immediate Past Delegate	Jennifer D.	<a href="mailto:delegatefls52@aol.com">delegatefls52@aol.com</a>
Alateen		NEEDS VOLUNTEER
Archives	Rosanne D.	<a href="mailto:areaarchivessfag@gmail.com">areaarchivessfag@gmail.com</a>
Group Records	Laura B.	<a href="mailto:grouprecordsfls@aol.com">grouprecordsfls@aol.com</a>
Literature	Robert F.	<a href="mailto:literatureflsouth@gmail.com">literatureflsouth@gmail.com</a>
Newsletter	Kathleen L.	<a href="mailto:area10sunshiner@gmail.com">area10sunshiner@gmail.com</a>
Public Outreach	Claudia G.	<a href="mailto:publicoutreacharea10fls@gmail.com">publicoutreacharea10fls@gmail.com</a>
Spanish	Dickie S.	<a href="mailto:areaspanish@gmail.com">areaspanish@gmail.com</a>
Web	Paul D.	<a href="mailto:afgwebmasterfls@gmail.com">afgwebmasterfls@gmail.com</a>
2015 Convention Chair	Linda S.	<a href="mailto:2015conventionchair@gmail.com">2015conventionchair@gmail.com</a>