



SUNSHINER

FEBRUARY 2013

FLORIDA SOUTH AL-ANON -PANEL 52-VOLUME 3

Delegate's Corner

Happy New Year Florida South!! Congratulations on surviving the first year of Panel 52! My personal experience is that the second year of the panel is always the best, because by then, I have a better understanding of what my job is all about. So, when I recently participated in a conference call as a member of the Public Outreach Committee, a standing committee of the World Service Office and to which I have been assigned as a Delegate, I was a little more comfortable in taking an active role. Likewise, when I received my assigned Trustee phone call, I was a little more at ease and not as nervous as in previous conferences.

But it being the second year of the panel was just a part of the equation. The other part was knowing that this was not about "Me" but about "We" – the Florida South Area – our place in the World Service Conference and how changes might impact our Area.

As you already know, one change that directly impacted our Area is the Trial on Area Structures that was implemented by the Board of Trustees in 2012. We were asked to Think Outside of the Box and look at our structure in order to ensure better representation of all of our groups. Florida South District 130 did just that, and at the 2012 Fall Assembly informed the Florida South Area that their groups would be better served if they were to become a part of the Florida North Area for the next three years on a trial basis. The 2012 Fall Assembly lovingly voted to allow them to explore that opportunity. I know that you will join me in wishing the newly formed District 13 success in their spiritual journey.

So, how has this change *really* impacted the Florida South Area? I would like to think that this change will make us a stronger and more unified Area. That since we are all more comfortable in our positions, that we will be more comfortable talking to each other and reasoning things out – not suffering in silence and having unvoiced resentments. That "we" can ask the tough questions, because together we can find the best solutions.

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So, as we start on the second year of Panel 52, I hope that you will help me implement this year's World Service Conference Theme - *Our Legacies: The Spiritual Journey of Changing "Me" to "We,"* as we in Florida South continue our spiritual journey by working together to carry the message of hope and unity as trusted servants on Panel 52!

I look forward to seeing everyone at the Area World Service Committee Meeting in February and giving you my report as your Delegate.

Positions	Name	EMAIL
Area Officers		
Delegate	Jennifer D.	delegatefls52@aol.com
Alt. Delegate	Kathy D.	altdelegate52fls@att.net
Chair	Becky R.	chair52fls@yahoo.com
Secretary	Betsy R.	panel52secretary@yahoo.com
Treasurer	Louanne V.	treasurer52fls@yahoo.com
Area Coordinators		
Alateen	Paul D.	Alateen52fls@gmail.com
AAPP	Linda S.	fls52aapp@gmail.com
Archives	Jennifer R.	archives52fls@gmail.com
Convention Chair 2013	Juliette L.	thebigeasychair@live.com
Group Records	Nadine A.	grouprecords52fls@yahoo.com
Literature	Betsy M.	literature52fls@gmail.com
Newsletter	Marianne D.	Sunshinerpanel52@att.net
Public Outreach	Pat K.	dr180panel52@yahoo.com
Spanish	Claudia G.	Spanishfls52@gmail.com
Web	Diane B.	webcoordinator52fls@gmail.com



Calendar of Events

2013

- February 23-24 Florida South Winter AWSC Meeting
Crown Plaza, 13051 Bell Tower Drive, Fort Myers
- March 14-15 Delegates Get Together
- March 23 Joint District 180/189 Picnic
Snyder Park, Ft Lauderdale
- April 14-18 World Service Conference
Virginia Beach, VA
- May 18 District 189 Day of Workshops
St Davids Catholic Church, Davie
- May 31-June 2 Florida South Spring Assembly
Marriott North, 6650 N Andrews Avenue, Fort Lauderdale
- June 7-9 Alateen Conference
Lake Placid, Florida
- July 5-7 Al-Anon's International Convention
Vancouver, British Columbia, Canada
- August 9-11 Florida South Summer AWSC Meeting
Marriott North, 6650 N Andrews Avenue, Fort Lauderdale
- August 23-25 24th Annual Florida South Convention
Hyatt Regency Coconut Point
Bonita Springs
- October 4-6 Florida South Fall Assembly
Crown Plaza, 13051 Bell Tower Drive, Fort Myers

***3rd Saturday of every Month January through July is Convention Committee Meetings

2014 (TENTATIVE)

February 22-23 Florida South Winter AWSC Meeting
Crown Plaza, 13051 Bell Tower Drive, Fort Myers

March 19 Grati-Tiki Luau Dinner
Christ Community Church, Ft Myers

March 15-16 Delegates Get Together

April World Service Conference
Virginia Beach, VA

June 6-8 Florida South Spring Assembly
Marriott North, 6650 N Andrews Avenue, Fort Lauderdale

July Alateen Conference

August 1-3 Florida South Summer AWSC Meeting
Marriott North, 6650 N Andrews Avenue, Fort Lauderdale

August 25th Annual Florida South Convention
East Coast of Florida

October 24-26 Florida South Fall Assembly
Crown Plaza, 13051 Bell Tower Drive, Fort Myers

November 22 Turn Over Meeting
Marriott North, 6650 N Andrews Avenue, Fort Lauderdale

The Big Easy Does It

24th Annual - Florida South Area 10 - 2013 Convention with AA Participation

August 23 - 25, 2013

Hyatt Regency Coconut Point

5001 Coconut Road
Bonita Springs, FL 34134
888.421.1442

Hotel Reservation Information:

888.421.1442

Per room/per night - plus tax \$115
Occupancy 1 - 4
(rate includes self parking and \$5 off hotel breakfast buffet)
Valet parking available at \$20 per night

To receive the above rate reservations must be made by August 2, 2013. When making reservations please let the hotel know that you are with **Florida South AFG Convention**.

Registration:

September 28 - 30, 2012 ONLY:	\$20
Postmark deadline August 4, 2013:	\$30
After August 4, 2013 on site only:	\$35
Alateen:	\$10
(notarized permission and medical forms required)	

Saturday Night Buffet Banquet:	\$39
Ice Cream Social:	\$10
Alateen Pizza Party:	\$10

Make Checks Payable To: AFG FLS Convention

Mail the form below and check to Convention Treasurer:

AFG FLS Convention, P.O. Box 111254, Naples, FL 34108

e-mail: TheBigEasyMoney@gmail.com **phone:** 239-776-5957



Convention Registration

Date: _____

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ e-mail: _____

Badge Name: _____ District: _____

Al-Anon: AA: Alateen: Preferred Language: Eng: Spanish:

Registration:

September 28 - 30, 2012 ONLY:	\$20 <input type="checkbox"/>	Saturday Night Buffet Banquet	\$39 <input type="checkbox"/>
Postmark deadline August 4, 2013:	\$30 <input type="checkbox"/>	Ice Cream Social	\$10 <input type="checkbox"/>
After August 4, 2013 on site only	\$35 <input type="checkbox"/>	Alateen Pizza Party	\$10 <input type="checkbox"/>
Alateen:	\$10 <input type="checkbox"/>		

(notarized permission and medical forms required)

TOTAL ENCLOSED: _____

NO REFUNDS/NO EXCEPTIONS

PreRegistrationFormEnglishFinal

DINNER BUFFET

Selections of mixed greens
Crunchy greens with assorted toppings
Ranch and Vinaigrette Dressing

Grilled and Carved Flank Steak, mushroom and herb sauce

Seared Salmon Fillet, citrus beurre blanc

Wild rice Pilaf

Garden Fresh Vegetable

Cookies and Brownies

Bread display and butter
Coffee, Decaf, Tea

Ice Cream Social

Vanilla and Strawberry Ice Cream
Toppings to include sprinkles, Oreo cookies, crushed peanuts
Cherries, M+M's
Chocolate, Caramel and Strawberry Sauce
Whipped Cream



GRATI-TIKI LUAU DINNER

Saturday, March 9th 2013
Doors Open at 5:00 pm – Dinner at 6:00 pm
Al-Anon and AA Speakers

Sponsored By Al-Anon District 150



**\$18.00 Ticket includes Dinner
(Barbeque, Coffee,
Ice Tea and Dessert)**



Casual Luau Attire

Christ Community Church
4050 Colonial Blvd.
Ft. Myers

Please bring a dessert to share

For additional information contact
Lynn V. or Sue V. by email at
afg150gratitudedinner@yahoo.com



Double Your Fun Picnic Districts 180 & 189

*\$5 Admission
to park includes
all day parking
No Charge for Picnic*



*All Invited!
Al-Anons,
Alateens & Guests*

*Handicapped
Accessible
Facilities*

*Snyder Park
3299 S.W. 4th Avenue
Fort Lauderdale, FL 33315
Map on back*

*Nature Trails
Get acquainted games.*

*Potluck! Please bring a dish to share.
Charcoal grill available.
Soft drinks and charcoal will be provided.
Carpooling is suggested.*



*Check out the park online
<http://www.fortlauderdale.gov/cityparks/snyder/>*



No pets in picnic area!



SAVE THE DATE

"THE RHYTHM OF RECOVERY"

2013 FLORIDA SOUTH ALATEEN CONFERENCE

JUNE 7-9, 2013

LAKE PLACID CAMP AND CONFERENCE CENTER

2665 Placid View Dr. Lake Placid, FL 33852

COST: \$120.00 per person by APRIL 1ST 2013

After April 1st the cost is \$130.00

Included in the cost: 6 meals, 2 nights in dormitory lodging, Luau, Bonfire, Beach and Water activities.

The Conference is based on a Musical theme. There will be a Talent show or Concert. If you play an instrument or have music you enjoy bring it along. Secure storage of instruments will be provided.

Attention: We need Florida South Alateens and AMIAS to sign up for the Planning Committees. See attached letter for more information.

EMAIL: 2013afgconference@gmail.com



FUN

FELLOWSHIP

MEETINGS

WORKSHOPS



AI - Anon

Work Shops

JUST FOR TODAY I will try to strengthen my mind.....
Growth/ Willingness

JUST FOR TODAY I will have a quiet half hour all by myself and relax.....*STOP !!!!!*

JUST FOR TODAY I try to live through this day only.....
Jazz it up with AI - Anon !!

JUST FOR TODAY I will be agreeable.....*Obstacles*

JUST FOR TODAY I will be happy*Rock and Roll in AI - Anon*

JUST FOR TODAY I will adjust myself to what is....*Acceptance*

JUST FOR TODAY I will exercise my soul.....*Spirituality*

JUST FOR TODAY I will have a program.....*Determination/ Acceptance*

JUST FOR TODAY I will be un-afraid*Strength*

Just for Today

Day of Workshops District 189

Opening Ceremony

At 10:00 AM

Music & Light Inspirational Ceremony



Location: SAINT DAVIDS CATHOLIC CHURCH, 3900 SOUTH UNIVERSITY DRIVE, DAVIE FL. 33328.

Date: May 18, 2013

Time: 10AM to 3PM with lunch break

Registration: Doors open at 900 AM

Entry fee: Five dollars / Alateen admission free



Please bring a covered dish

THE CHOICE

If you could write an order for how your life would be,
Would you choose to hurt yourself and ask for what you see?
As something that was perfect, if only it had been.
My friend it's just your memory playing with you again.

As fine as you remember the relationship to be
There must have been a thing or two which you refused to see.
A mountain of deception which you construed as love
Came down all around you and crushed you from above.

Your kindness was left trampled; your feelings were shrugged off
And had you been a millionaire it wouldn't have been enough
To give to the illusion that was never really there
Except perhaps within yourself because you hoped to share
Feelings you had within you with one who didn't care.

Yet one thing you don't realize, you are too good for this.
And if you keep on pining for some imagined bliss
You'll lose out on the moments that are out there for you,
And all the grand enjoyment you are entitled to.

Put down your colored glasses that paint your friend so fair
And look into reality to see just what was there,
God didn't make him for you because he always knew
The thing you really needed was locked inside of you.

And though it's not my business to redirect your life
Or comment on the people who cut you like a knife,
I'd like you to remember that I understand your pain
For I too cut myself up when there was nothing left to gain.

So put aside your misery, allow old wounds to heal
And in this present moment, be unafraid to feel.
Trust in those who love you and are certain of your worth,
And would not want to hurt you for anything on earth.

Anonymous



TO MY SPONSOR

While cleaning out clutter I found a seed in the dusty corner of a drawer. Wondering what type of flora it was, I gave it a special pot with good dirt and I began to water it. I kept it inside as it was winter and too cold to germinate anything let alone an old forgotten seed. Days passed, but I kept it moist and anticipated something would emerge. One day I noticed the dirt had a little bump forming. I continued to care for my little project and sure enough a sprout emerged and strained toward the light. Into a bright sunny spot it went and I continued to watch its progress. Two little leaves opened up, bringing a smile to my face.

It was then I realized how special my sponsor is to me. She accepted a nondescript seed (me) and gave it a growing medium (the AI-anon program), water (trust), and warmth (acceptance). She waited patiently while gently guiding me into the light. Because of her program and willingness to help with mine, I grew and trusted enough to put down roots which generated a sprout and then leaves. Not enough has been revealed to know what the plant is... but it is.

My growth is directly related to having a sponsor and I am grateful AI-anon suggested having a sponsor to work the steps with. I have a college degree, but I am sure that just reading CAL literature and attending meetings would never have generated the growth I have experienced from having a sponsor. She has allowed a brilliance from within to burst forward and forever change my outlook on life. It is hard to separate the program from my sponsor...HP lets it work together seamlessly.

Thanks to AI-anon and Thanks to my sponsor...I am.

MY GRATITUDE LIST

As the sun comes up, I fall to my knees and remind myself of what I am grateful for: the **a**ir I breathe, the **b**reath I take, the **c**are I give myself. I see my **d**og asleep at my feet, reminding me of her love without judgment. Today I can dance like no one is watching. I am grateful for the **e**arth around me, and my many friends in Al-Anon. I am glad to keep the focus on me, and that I have a **G**od of my understanding. My **h**ome today embraces peace and serenity. I feel blessed with **i**nfinite wisdom of others in the Al-anon groups. Through Al-Anon, I am grateful to have a **j**ob, and for **k**indness and love toward myself and others. I now have **m**emories of positive experiences with my friends, and I can choose to say **n**o to others around me. I see that I have **o**ptions. Life is not without **p**roblems. I have a Plan A, a Plan B, and a Plan C, and recognize progress not perfection. My life is about **q**uality with **r**espect toward me. I am learning to keep it **s**imple. **T**oday I can think and ask God to help me find the words. I am learning to **u**nderstand myself and others. Through the **w**isdom of this program and the help of some pretty exceptional and loving sponsors, I am no longer a **v**ictim. Today I stopped **y**elling and became **z**any and fun. Today I know this is the first day of the rest of my life, and I can choose all the positives life has to offer.

I start my day with an alphabetical gratitude list, and in no time my resentments seem to melt right away.

With love and gratitude,

Anonymous



OFFICER'S REPORTS

Alternate Delegate (Kathy D)

Another year has begun and as your Alternate Delegate I will file our Annual Report online, work with our CPA in filing our annual tax return, and renew our Local Business Tax. Other duties include being the Parliamentarian, Time Keeper & Bell Ringer at World Service Committee (AWSC) Meetings and Assemblies.

It is also my responsibility to ensure that members only speak *once* on a motion. I do this by keeping a list of members who have spoken on a motion. If a member is at the microphone more than once, I signal the Chairperson by ringing my bell and/or by saying *Point of Order* to stop discussion.

Currently, I am working on the AWSC Hotel Rooming List. Panel 52 Officers, Coordinators, DRs & AISLs are emailing me their arrival and departure dates, room type, roommate, and special needs for the upcoming AWSC Meeting in Fort Myers. Since Florida South is a non-profit organization and we are conducting Al-Anon business, hotel and meeting room expenses are put on the Area master account, which are exempt from paying sales tax. This is a great savings for our Area.

If you have any questions about this position, please feel free to contact me any time.

Love in Service

AAPP (Kathy D)

Alateen Members Involvement in Alateen Service need to complete the AMIAS paperwork that is on our AFG Florida South Area 10 website and go to a VECHS facility/agency to get electronic fingerprints taken so that a national background check can be done. All new Alateen Groups, and changes to existing Alateen Groups, need to complete the Alateen Registration/Group Records Change Form.

AMIAS - FORMS TO BE COMPLETED

Go to www.southfloridaal-anon.org and download Alateen Members Involved In Alateen Service paperwork (4 pages).

1. Pages 1, 2, & 3 need to be completed, initialed (*where applicable*), and signed by the interested AMIAS.
2. Copy of driver's license needs to be attached to the packet.
3. The GR/Member of a Group verifies and signs Page 3 indicating that said AMIAS is an active member of his/her group;
4. The DR or Alt DR or AISL verifies packet is complete, ensures that a copy of AMIAS driver's license is attached to the packet, and signs Page 3.
5. Packet and copy of driver's license are then mailed to the (Interim) Area Alateen Process Person (AAPP). (*Email Kathy D for mailing address.*)

AMIAS - ELECTRONIC FINGERPRINTING

1. The AMIAS goes to a facility (*law enforcement agency*) for electronic fingerprinting. When getting fingerprinted, our VECHS # is provided. (*Email Kathy D for mailing address.*)

Note: *Cost for fingerprinting is not paid by the Area. Cost for the background check is paid by the Area.*

2. VECHS then notifies the AAPP via email that a member was fingerprinted.
3. AAPP goes online to get the fingerprinting results.
4. If all is fine, the AAPP sends paperwork to the WSO for Certification.
5. The WSO assigns A Certification ID #.
6. The AAPP notifies the AMIAS, the District Alateen Chair, and/or AISL of the AMIAS Certification #.
7. If all is not fine with the fingerprinting results, the AAPP notifies the AMIAS, and the AAPP & AMIAS go to Plan B for resolution, if possible.

ALATEEN GROUPS – NEW MEETING & CHANGES

1. Complete Alateen Registration/Group Records Change Form in its entirety.
2. Send completed form to Kathy D, Interim AAPP. (*Email Kathy D for mailing address.*)
3. AAPP verifies form is completed in its entirety and mails it to the WSO.
4. WSO assigns a group number for a new Alateen group or makes changes to an existing Alateen group.
5. WSO mails back copy of Change Form indicating that WSO has done what was requested.
6. AAPP contacts Alateen Group contact person, District Alateen Chair, and/or AISL.

Please contact the *Interim Area Alateen Process Person* (Kathy D) at altdelegate52fls@att.net if you have any questions or concerns relative to the above.

Thanks & Hugs

COORDINATOR'S REPORTS

Literature (Betsy M)

NEWS FLASH

As many of you may recall, Area 10 had an overabundance of many CAL items at the Fall Assembly and thankfully we are selling out of many of those.

Please note that I am taking orders for DELIVERY TO:

**Florida South Area 10
AWSC (Area World Service Committee) Panel 52
February 23-24, 2013 in Fort Myers, FL**

Therefore, please email me your needed CAL items so that I can check my inventory and confirm your order. Please provide Name of the Book or Pamphlet along with its Catalog Number which appears on the spine or back of the item, the desired quantity, a contact name, and, if possible, a telephone number for the order so that I can call and speak with you directly regarding your request.

Again, thank you to all who have supported the sales of Conference Approved Literature from Florida South Area 10.

With Gratitude I remain Your Trusted Servant

Group Records (Nadine)

I have received many change forms but am still missing some. I have passed out the list from my records that I am keeping, a copy of what WSO has and the groups that have no mail status. Please review them and if there is an error, let me know. Easiest way is to fill out a new change form.

I am also passing around the contact sheet for the panel and for the chairs in your district. Please review this also and let me know if I have any errors. I believe there are some email errors.

Just to recap on how I decided to handle the group records this panel:

- 1) I will be keeping a contact sheet for everyone attending the AWSC meetings – please make sure I have all of your info
- 2) I will be keeping a contact sheet for all the coordinators for each district – please provide these to me. I would like to do this because this will be easier for the area coordinators to get into contact with each district.
- 3) I will be updating the WSO website with all our Area's meeting information. This means that all forms are to come to me only please. I don't care if this gets emailed or mailed, just please get this to me.
- 4) To work with Web Coordinator to get the group info correct. Just a reminder that if the info that you send Diane doesn't match what I have, it will not be update on the website. This is a joint effort to have all our Area Information correct and matching everywhere.

My goal is to get all groups and districts updated by the end of the panel. Please help me accomplish this by reviewing your lists I gave you and make any and all changes.

If you have any questions, feel free to call me on my cell or email me. I will try to get back to you as soon as possible

Newsletter (Marianne)

As your Newsletter Coordinator for Area 10, I am delighted to bring you the Third Edition of the Sunshiner. I am grateful to those Panel members who submitted articles as well as respected the timeline for this Online Web Version.

The articles included Delegates Report, Alternate Delegate Report, Interim AAPP Report, Web Report, Convention Menu, Convention Registration, Group Records Report, Literature Report, Public Outreach, and personal sharings and readings. I would like to encourage all District Representatives to go back to your district meetings and communicate to your group representatives and alternative group representatives to submit articles on March 30 to Sunshinerpanel52@att.net. This will avail your groups the opportunity to have their up coming District Events published in the Sunshiner on hard copy and the Web just prior to the Spring Assembly.

The next date to submit the articles will be March 30, 2013. The hard copy of the Newsletter will be sent out 3 weeks prior to the Assembly and will require 3-4 weeks prior to that for editing and publishing. I look forward to receiving articles from Panel Members to include the Executive Committee Members, Area Coordinators, AISL's and District Representatives. Kindly remember I cannot do my job unless you do yours. I look forward to working with all of you this next calendar year.

Public Outreach (Pat K)

It was my privilege to participate in a conference call on December 1. The topic was "How do we let families and friends of alcoholics know about Al-Anon during the Holiday Season?" The call was hosted by Pat Q., Public Outreach Media Director. We had Public Outreach Coordinators from all over the U.S. and Canada. Pat told us how successful the PSA Program has been. They have reached 455 million people, using 70,000 ads at 400 TV Stations. Local TV stations usually play a PSA 100 times. WSO would like us to let them know when we see an ad run. Also send a thank you to the station which ran the PSA.

The largest Participation Project in Al-Anon involves *Al-Anon Faces Alcoholism*. Many groups, Districts, and Areas have library projects involving both *Al-Anon Faces Alcoholism* and *How Al-Anon Works* (paperback edition). Some Areas choose to include donations of other Conference Approved Literature. *Al-Anon Faces Alcoholism* has found its way to Food Banks, Area Treatment Centers, College Campuses, Naval, Army, Air Force, and Coast Guard Bases. We were reminded that the deadline for ordering the second printing of *Al-Anon Faces Alcoholism* is Feb 5, 2013.

There were many areas using Bus Ads, both inside and out, to reach the public. They found the marketers very compassionate to our cause.

There were some interesting ideas cooperating with the Professional Community. One idea was a project they called Lunch and Run. Professionals in the Community were invited to a brief presentation about Al-Anon before sitting down they would build their own salad and listen while they ate. Again many of the areas incorporated the booklet *Al-Anon Faces Alcoholism* into their projects with Clergy, Police, the Medical Society, Hospitals, Trauma Centers, and Walk in Clinics.

There was really very little discussed regarding Institutions except the idea of using PSAs and DVDs at Area treatment Centers to introduce Al-Anon and start meetings there.

I hope this information finds its way to some creative people that will use it to pass on how important Al-Anon really is.

Please remember to send any information regarding projects that your District is doing to me so that I can spread the word.

Web Coordinator (Diane B)

We have attempted to post everything sent to us for the web, but we need to keep in mind the audience that will be reading the information on those flyers. Does your flyer have enough information included such as: district #, event name, date, time & place with complete address? Also, generic emails for flyer information, no personal names or personal phone numbers please

We try to keep current with all meeting changes. Only ONE person in your district needs to send us those changes and need to include the district #, meeting name, time & day it meets and whatever changes are needed, **do not send your entire where & when**. Also, let us know if you've contacted the Area's group records coordinator with this same information. Group records change forms can be found, on our website main page under literature & forms (G-1). It can be filled out and emailed directly from there.

I'm asking for any Area member who still has the (electronic only) copies of *The Sunshiner* from 2009, 2010 & 2011. We are missing some of those issues on the web and want to fill the gaps. If you have any of them, please send to me at: webcoordinator52fls@gmail.com

I'd like to extend a special thank you to the technical support behind the scenes to keep the website current. As volunteers, we do the best we can – when we can.

Web Hugs to All

WANT TO SUBSCRIBE TO THE SUNSHINER?

*2 printed issues per year mailed to your home
\$4 for one year*

NAME _____

ADDRESS _____

Make check payable to:

Florida South Al-Anon

PO Box 935094

Margate, FL 33093

Put "Sunshiner" in check note