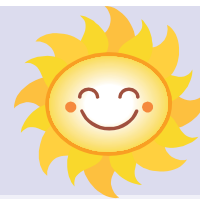


# THE SUNSHINER

SPRING, 2012



## *We All Have a Voice and Can Make a Difference!*

Dear Florida South,

I have learned in Al-Anon that if I am willing and able, I can..... I can work my program and I can share my experience, strength and hope. The key phrase for me here is "***if I am willing.***"

Today I know that I need to share from my heart. That wasn't always the way it was for me. Before Al-Anon, I didn't share much with anyone. I was invisible. I kept to myself and kept in the background. You couldn't see or hear me; and if you did, you still didn't see the *real* me. You only saw the parts of me that I thought were okay. In Al-Anon, I have learned that 'all' of me is okay! I have learned that it is okay to share; that I need to say what I mean, mean what I say and not say it mean. I wish I could say that it was as easy as that. It isn't. But I can say that with the love and support of the people in this program, I am a better *me* than I was when I came into these rooms many years ago.

When I came into this program, I didn't understand the Steps, Traditions, and Concepts. They were merely words we said at the beginning of the meeting. In fact, I didn't even understand why we took the time to say them. Today, I do understand why we do. They are the foundation of our program and they keep our program as it was meant to be – pure. A program to help people, who are affected by someone else's drinking.

I know that from working my program and from listening to others in our rooms, there is hope. There is

hope for the person who drinks and I have learned that there is *hope for me* to be a better person, to be less judgmental, and to be more accepting of myself, situations and other people. Thank goodness that I finally saw the hope and that I learned that I needed improvement in these areas. This was an awareness that allowed me to keep the focus on myself, which I continue to do each day. And this is what keeps me coming back.

I am not perfect. I am a work in progress and I am thrilled with that aspect. What a relief it has been to know that I can continue to work on improving myself AND I am okay just the way I am. I know today that I need to keep an open mind and be willing to look at myself. The Serenity Prayer helps me keep the focus on myself so that I can accept the things that I cannot change, *change the things I can*, and have the wisdom to know the difference.

I am a grateful Al-Anon member who has learned that it is important for me to continue to participate in this program so that I stay healthy. Since moving to Florida in 2001, I have come out of my shell and said 'yes' to service in a different way than I did in Massachusetts. In 2002, I became a GR, then a DR in 2005, in 2008 the Area Secretary, and now I am the Alternate Delegate. This whole process of volunteering has been a big step for me – a risk of showing myself and my imperfections. I have learned that this is part of the growing experience. Some of it is painful and most of it is painless. It is all how I

interpret and label it, I guess. Everyone has a voice (*including me*) and keeping an open mind allows me to listen and learn from others. I love that about Al-Anon. ***We all have a voice and we can all make a difference.***

Love in Service,

Kathy D.  
Alternate Delegate  
Panel 52

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## *Hello From Your Area Chairperson, Becky R.*

Hello Panel 52!

I am so honored to have been elected to be your trusted servant as Area 10 Chair for Panel 52. I am so excited and believe we are going to have a fun, exciting, and very productive panel. We had our first Area World Service Committee (AWSC) Meeting in Bonita Springs in February and accomplished a lot of work and I must say we had lots of fun doing it. Everyone is learning their new positions and the group had some good laughs at the learning curves, including mine. This is such an awesome program and it so good to finally be able to laugh at my own mistakes, learn from them and move on to be a better, more confident person for it. Service is the true growth

of this program for me and I am forever grateful.

I am looking forward to having a lot of fun and making many accomplishments with all of you over the next three years (one day at a time). We have a great group of AWSC members that are, I believe, as excited as I am about the things we are going to accomplish this panel. Our goal is to get the word out to those that need the help of Al-Anon and have a lot of fun and growth in the process. This is going to be a panel of Service Stars learning, working and having a good time doing it all together. We want to get excited and get our districts and groups excited so that everyone in

Florida South has the opportunity to get involved and become Service Stars too.

Again, I am so honored for the opportunity to serve Florida South and looking forward to a wonderful three years of growth with all of you. I am just another grateful member of Al-Anon and am available to all of you. There is a link on the Florida South Area 10 website to my e-mail address for anyone to use. For all that get the Sunshiner my email is [Chair52FLS@yahoo.com](mailto:Chair52FLS@yahoo.com) and you can feel free to share that with your groups.

Becky R.

## *Group Records— Steps for your Group to Take*

### **Welcome to panel 52!!!!!!**

I was honored with the privilege with having Group records for this panel. Thank you!

I would like to make a request, please. Would anyone who hasn't filled out a Group Records Change Form since January 1, 2012, please do so now? Even if there was one

filled out last year please do it again. We need to be able to send information to your Group's Group Representative (GR) / contact person.

The procedure for the next three years for group records is as follows:

- 1) One copy of the group records change form goes to your District group records person.
- 2) A second copy goes to me, your Area group records Coordinator.
- 3) Please do not send a change form

to WSO - I will be taking care of that.

If you ever have any questions, feel free to contact me. In all e-mails please include your district and group name so I know who you are.

My contact information is:  
Nadine A.  
P.O. Box 865  
West Palm Beach, FL 33402  
[grouprecords52fls@yahoo.com](mailto:grouprecords52fls@yahoo.com)

## *How Do I Find the New Electronic Group Records Form?*

### **From the Area Website: [www.southfloridaal-anon](http://www.southfloridaal-anon.com)**

Click on Literature and Forms and then on GR1-Group Registration Change Form.

### **From the Al-Anon World Service Website: <http://www.al-anon.alateen.org/>**

Click on the member's tab, then enter the name of your homegroup followed by afg in the password box; then go to "group services" and then to registration / change form.



*Florida South Area 10 Panel 52 (2012-2014)*  
***SPRING ASSEMBLY (Tentative) AGENDA***  
*June 1-3, 2012*

**EVERYONE ATTENDING THIS ASSEMBLY MUST BE REGISTERED**  
**AS AN AL-ANON OR ALATEEN MEMBER**

**Friday, June 1<sup>st</sup>, 2012 / REGISTRATION is Open 6:45-8:00pm**

**8:00 PM ASSEMBLY OPENS**

- 1) Open Assembly with a Moment of Silence followed by the Serenity Prayer
- 2) Welcome and Introductions
- 3) Read Traditions, Concepts and General Warranties
- 4) Break Out Meetings Chaired by Coordinators and Officers Meeting
- 5) Questions and Answers Session

**Saturday, June 2<sup>nd</sup>, 2012 / REGISTRATION is Open 7:00-9:30pm**

**9:00 AM ASSEMBLY RESUMES**

- 6) Open Meeting with a Moment of Silence followed by the Serenity Prayer
- 7) Organize Folders according to Agenda Items
- 8) Coordinators Reports & Breakout Meeting Reports
- 9) \*\*\*\*\*9:30 AM REGISTRATION CLOSES\*\*\*\*\* Thanks to District 140 for Volunteering
- 10) \*\*\*BREAK 15 MINUTES\*\*\* (DR's Prepare for Roll Call / Registration counts and turns over money to Treasurer)
- 11) Roll Call and Establish Quorum
- 12) Read and Approve Minutes
- 13) Read and Approve Treasurers Report
- 14) Delegates Report
- 15) Convention Report 2012
- 16) Alternate Delegates Report
- 17) Information Highway Skit
- 18) AAPP Report
- 19) Area Traditions and Concepts Workshop Report
- 20) Newsletter Coordinator (Sunshiner) Confirmed
- 21) Pass Basket in Lieu of Raffle
- 22) Present AWSC Motions:
  - 1 - Presenting Translation Equipment Guidelines
  - 2 - Alateen Sponsor Training
- 23) Delegate Part 2 / 2018 Bid for International Convention in Miami Report
- 24) Alateen Conference 2012 Combined with Convention

**Sunday, June 3rd, 2012**

**9:00 AM ASSEMBLY RESUMES**

- 25) Other Business
- 26) Announcements and Calendar of Events / Everyone check bins for additional information
- 27)( Suggestion Box - Questions, Comments or Concerns
- 28) Closing
- 29) Spiritual Meeting

We will break for lunch and dinner. If all Business is not concluded on Saturday, we will continue on with Business on Sunday morning. If time permits we will have a Spiritual meeting on Sunday morning.



# WE WANT YOU!

## ROCKIN' TO THE STEPS

### AFG Convention

August 24—26, 2012

### How can I HELP?

First have you registered? Do you have your Banquet Ticket? What about a ticket for the Sock Hop and Old Fashioned Ice Cream Shop?

## Remember the 1950's

Do you have talent? Group or solo - show us your talent at the Convention Talent Show!

Homemade Apple Pie and other homemade goodies for Hospitality.

Remember Five & Dime Stores! Again homemade items for the Boutique.

Raffle, Raffle, Raffle- Baskets, Baskets, Baskets- What reminds you of the 50's - throw it in a Raffle Basket.

Volunteer for numerous things: Workshops or an hour for the different Convention Committees. Help your District with their committee.

Contact Your DR or the Convention website [rockintothesteps@yahoo.com](mailto:rockintothesteps@yahoo.com) to volunteer.



## *Tradition One: A Member Shares Her Thoughts*

I have learned that Tradition One, ***“Our Common Welfare Should Come First, Personal Progress for the Greatest Number Depends upon Unity”***, can be, like most everything I have gleaned from Al-Anon, applied to many facets of my life. This Tradition is very important for the health and well-being of not only Al-Anon as a whole but of my Group, my family, my work environment, and all my interpersonal relationships. The meat of this tradition, it seems to me, is that everyone is important and everyone has a voice. We each have the right and the responsibility to speak up when we notice things going off track. My voice is important when a newcomer monopolizes meeting time, because he or she may not yet know that long winded sharing is not for group time but more appropriately shared AFTER the group or with one’s Sponsor. If valuable meeting time is being used up by one member recanting grievances then all the other members of the group are losing the opportunity to share and hear Al-Anon ideas and how they were used (or not) in our daily life. Sharing our successes and areas in which we still seek success vis-à-vis our personal experiences and how we used Al-Anon principals are some of the best uses of group meeting time. It is for The Common Welfare of the Greatest Number that we use only Al-Anon Conference Approved Literature in our meetings. This keeps us on our singleness of purpose which is to help families and friends of alcoholics.

If there is a decision which I need to make that will affect members of my family or those in my home, it would be wise for me to seek their thoughts, ideas, and opinions. They too have a voice and Tradition One teaches that every voice is important. We may not always agree but we can always agree to disagree. This is in the interest of Unity.

When processes and procedures are set up and implemented for decision making, then personalities will cease to be the focus. The health of our group and well being of the most members will be our guiding principle, according to this tradition.

### **My personal story:**

My husband drinks every day. Once he has the first one he does not stop until nighttime when he is asleep with his drink beside him. He is reliable and dependable, if he remembers. As it gets later in the day, chances are he will not remember. This is reality. Within the family structure I coped with our relationship by recognizing the fact that sometimes things he said he would do would go undone. Thus if the consequences of the task not getting done would affect me or the children (and it would upset me) than I felt it was necessary for me to be the one responsible for that action. If it would not impact us or have little consequence I could leave it up to him and still keep

my serenity, if it he completed it late or not at all. So when I was setting the table for dinner and I asked if he would be eating with us (as opposed to drinking alone, which I did not say), and his reply was “I don’t know,” I would set the table and the kids and I would have dinner. Common welfare for the greatest number was my desire. There was no need to have discussions with an intoxicated person or argue with the man I love. I tried to just do the next right thing: take care of myself and my children.

Through almost 20 years of marriage I have given the loving gift (or so I thought) of leaving my husband to make his own choices about his drinking. I have been diligent in my Al-Anon recovery and our children (who attended Alateen) have been raised in a home with love *and* alcoholism *and* Al-Anon. I have a Higher Power and so does my spouse. I didn’t make idle threats to a disease that “if you loved me you would stop”, or that “if you don’t stop I will leave.” But I have gotten on with the business of living MY life and allowing those I love to live the life they choose. I see this as respect for another’s choices, as striving for personal progress for the greatest number and also for seeking unity. Since I did not spend energy on something I had no control over, I gained the use of that energy for another purpose: Becoming active and participatory in MY life and in Al-Anon.

Recently when my husband's lab reports indicated liver issues, he got a chance to see what his disease is really doing to his physical body. After his many attempts to control his drinking on his own, I realized that it would be too hard for me to stick around and watch him kill himself. It took some time for me as to mentally prepare and find the courage to tell him that he still had the choice whether to drink or not. However, I also had the choice to not see or go through that with him. I told him he could drink himself to death but that I would not be there to watch or be available for support. Shortly after that conversation he came to the realization that he needed professional help. He found a treatment center and got himself admitted.

What does this have to with Tradition One? Writing this article is doing Service, and Al-Anon service work is another way to implement this valuable tradition. I grew by leaps and bounds once I became more active in the service of Al-Anon. I highly recommend you give it a try. You too will gain more than you give, and Al-Anon will benefit as well. We all want to do our part to see that Al-Anon is around for future generations.

Yours with love in Al-Anon (and HP) service,  
Corey K., District 200



## Archives— 60th Anniversary Project

### When Did Your Group Begin?

Hello Area 10!

*“ We have an archives in part to provide a record of our development for future historians.....but also because, as time passes and our Fellowship continues to grow and expand, we find ourselves further away from the events of our past....we must be assured that the facts will always be available to guard against misunderstanding of what has taken place.”*

*Lois W. October  
12, 1986*

In the not so distant past, if I was asked what is it that I like to do, I was either not able or willing to tell you. My response would have been “I don’t know”. If you were someone I wanted the approval of I would find out the things you liked and would become interested in those things. Through the fellowship of Al-Anon, by using the tools of the program and keeping the focus on me I am discovering what it is that I enjoy.

My role of Archives Coordinator allows me to practice the principles

of our fellowship, and work on my character defects. It has given me the opportunity to pursue what I take pleasure in, learning about the past, about the history of Al-Anon and sharing that history with those who are interested. I began to take care of myself by learning to do something I love. I began to care for myself when I became involved in service.

I thought you might find the answers to some of these frequently asked questions interesting. Enjoy.

#### **When did the AA Family Groups begin using the name Al-Anon?**

In May of 1951 Anne B. and Lois W. wrote a letter to the original 87 AA Family Groups (including some lone members). One of the questions asked. “Do you approve of the name AA Family Group? If not, what do you suggest? By March of 1952, the members selected the name Al-Anon Family Groups.

#### **When and in which state did Alateen groups begin?**

September of 1957 in Pasadena, California

#### **What is the name of Al-Anon’s first book and when was it printed?**

*The Al-Anon Family Groups* published in 1955. The original text was reprinted in 2000.

#### **Who wrote the "One Day at a Time" daily reader and when was it published?**

Alice B., an Al-Anon member, spoke with many pioneers who shared their experience, strength and hope to provide the fundamental principles for this work.

**For our WSO 60th Anniversary Project, we are gathering the dates your groups started. If you have a list of your group's registration date, or have this information for your District, please bring them to Assembly in June or e-mail them to [Archives52Fls@gmail.com](mailto:Archives52Fls@gmail.com).**

Thank you all for the opportunity to serve, please contact me if you have any questions.

Jen R., Area 10 Archives Coordinator

### Progress Not Perfection

Please let us know if you see errors or omissions in the Sunshiner Newsletter. We are striving for Progress, not Perfection, but are always looking for ways to improve. Please send your suggestions to the newsletter Coordinator via the Area Website, **Contact Us** link.

Kathy H.



### Calendar of Al-Anon Events in South Florida

When	What	Where
May 15 @ 10:30 am	Convention Committee Meeting	Doubletree Hotel, Miami Airport Mart Hotel, 711 NW 72 Avenue, Miami, FL 33139
June 1-3	Area Spring Assembly	Marriott North, 6650 N. Andrews Ave. Fort Lauderdale
June 16 @ 10:30 am	Convention Committee Meeting	Doubletree Hotel, Miami Airport Mart Hotel, 711 NW 72 Avenue, Miami, FL 33139
July 14-15	Camp Al-Anon	Duncan Center, 15820 Military Trail (North of Linton Blvd.), Delray Beach, FL 33484
July 21 @ 10:30 am	Convention Committee Meeting	Doubletree Hotel, Miami Airport Mart Hotel, 711 NW 72 Avenue, Miami, FL 33139
August 10-12	Area World Service Committee Member	Marriott North, 6650 N. Andrews Avenue, Fort Lauderdale 33309
August 24-26	Convention "Rockin' to the Steps"	Doubletree Hotel, Miami Airport Mart Hotel, 711 NW 72 Avenue, Miami, FL 33139
Sept 28-30	Area Fall Assembly	Crown Plaza, 13051 Bell Tower Drive, Fort Meyers, FL 33912

### Our Area Website Spring, 2012

### Participation is the key to harmony

As I begin the first year of the Web Coordinator service position I am truly impressed with the importance this service position as it serves Florida South.

As technology advances we have entered a whole new world. At the speed of a few keyboard strokes, we as an Area are able to pass along information to share with all of our members. Area and District events can be posted on our Calendar of Events. Need to find a meeting? Click on the map and you will be taken to that district's meeting schedule. Convention information is at your fingertips. Alateen permission slips and behavioral guidelines can be printed. Want to order literature? The order form is available as well.

The more participation (input) that is received the more successful the Area's web page will be. I've contacted each district and now have in place one source to go to for meeting changes, event flyers and questions and answers. I felt this would eliminate much of the confusion that has occurred in the past. I'm also coordinating with the Area's group records coordinator so that she is also aware of meeting changes and can then follow up with those changes. There are exciting new ideas that will be coming in the future, so stay tuned to: [www.southfloridaal-anon.org](http://www.southfloridaal-anon.org)

Web Hugs,  
Diane B.  
Web Coordinator