

The Sunshiner

Volume 3, Issue 1

February 2008

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FEBRUARY THE THREE TWOS

Five years ago our group made a decision to dedicate one meeting per month to a group study of the three Legacies (Steps/Traditions/Concepts). We begin each January with the Three Ones & continue through December ending with the Three Twelves.

At first we were concerned:

- Who would be willing to speak on the Concepts?
- What would we do when we couldn't find a speaker?
- Could the Traditions & Concepts be presented in a way that the group would find interesting & helpful?
- Would we loose members because of this format?

Our concerns ironed themselves out & our membership even sprouted a few new heads. This format helped us become more aware of how important all 3 legacies are for our personal recovery as well as for Al-Anon's survival. Our group members are learning that there is more to our program and our recovery than just the Steps.

-continued-

On the 2nd Sat. of each month:

- A speaker leads us with a share on the 3 Legacies (5 min on the Step; 5 min. on the Tradition and 5 min. on the Concept). After that we all take turns sharing .
- Other times we have had a 3-person panel (each sharing 5 min on one of the 3 legacies)
- When no one is there to lead the meeting we pass around & read a few lines from the Paths To Recovery book on the S/T/C of that month. Then we each share on one Legacy that relates to an experience in our lives.

February, the 2nd month of the year, is time for our group's study of the principles found in the 3 Twos: Hope/Authority/Accountability
How will I apply these 3 principles in all my affairs this month?

anonymous-Get It Together AFG

Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.

Tradition 2: For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

Concept 2: The Al-Anon Family Groups have delegated complete administrative and operational authority to their Conference and its service arms.

CONCEPTS BLOG

www.al-anon.alateen.org/members
Ric B, our executive Director is writing a monthly blog on the Concepts. If you have been fortunate enough to attend his workshop at the RSS or Area Conventions you know how he is able to present the Concepts in a way that is interesting & easily understood. Check this out and see what you think. You may also share your own experience with the Concepts of Service on this page.

Share Something Interesting about your Home Group!

Send To:

Sunshiner46@hotmail.com

Calendar of Events

AREA EVENTS, 2008

*See flyers with more information
by clicking on the events below*

Feb. 23

AIS PICNIC (190-200 Miami)

A.D. Barnes Park
Bird Road & 72 Ave. SW
Shelter #3 11:00 AM-4:00 PM
\$5 adults, \$3 children
Menu will include hamburgers, hot-
dogs & veggie-burgers. Please bring
a side dish to share.

Feb. 23

SPONSORSHIP WORKSHOP

Saturday, 10:00 AM—1:00 PM
Indian River Community College
3209 Virginia Avenue
Building R Room 248
Fort Pierce, FL 34981

May 3 FLORIDA SOUTH AREA SERVICE SEMINAR

Trinity Lutheran Church
400 N. Swinton Ave.
Delray Beach, FL 33444
9:30 AM—3:30 PM
Lunch—Potluck—Provided
Come early for coffee & treats.
Registration \$10

May 9,10 &11 CAMP AL-ANON

Duncan Center
15820 Military Trail
Delray Beach, FL 33484

Entire weekend:
\$195 before 1/31/08
\$205 after 1/31/08

Saturday only: \$75 by 4-15

June 13-15 SPRING ASSEMBLY

Clarion Hotel
12635 So. Cleveland Ave.
Fort Myers, FL 33907

(Mention FL SO Area 10 AFG)
\$79 per night plus tax—reservation
must be made by June 1, 2008

Meeting Schedule: Friday, June 13,
8:00 PM; Sat. 9:00 AM—registration
ends 9:30 AM; Sun. 9:00 AM complete
business if necessary.

- continued -

July 18-20

ALATEEN CONFERENCE

Lake Placid Camp & Conference Center
Lake Placid, Florida

Aug. 29-31 Fall AWSC mtg.

AmericInn, Bonita Springs

**Sept. 26-28—CONVENTION
SWEET SERENITY**

Embassy Suites Hotel
1100 SE 17 Street
Fort Lauderdale, Florida 33316
954-527-2700

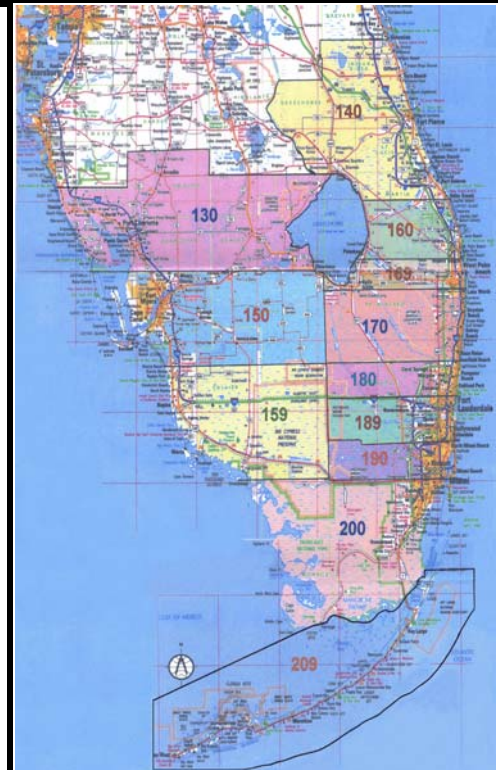
Registration must be made by August
26, 2008 to receive the special rates.
Please mention AFGFS. See SWEET
SERENITY Flyers for rates and more
details.

Oct. 10-12 FALL ASSEMBLY

Clarion Hotel
12635 So. Cleveland Ave.
Fort Myers, FL 33907
239-936-4300
(Mention FL SO Area Assembly)
Make reservations by June 1, 2008

**Nov. 15 (ONE DAY ONLY)
AWSC TURNOVER MEETING**

Clewiston Inn
108 Royal Palm Avenue
Clewiston, FL



Remember to use our full name,
Al-Anon Family Groups
whenever appropriate.

EVENTS OUTSIDE OUR AREA

2008 April 12-17
World Service Conference in
Stamford, CT

2008 July 4-6, in Pittsburg, PA
International Al-Anon Convention
\$125 from Jan 1-May 31, 2008 \$150
after May 31 or on-site

2010 July 4th weekend
San Antonio, TX
AA International Convention: with Al-
Anon participation

2013
International Al-Anon Convention:
More information to follow.

Southeast Region

South Carolina
Kentucky
North Carolina
Bermuda
Mississippi
Alabama
Florida South
Florida North
Virginia
West Virginia
Georgia
Puerto Rico

Love Gifts

What are they-what are they for?
 Love gifts are creative, inexpensive, handmade trinkets that express an Al-Anon message or theme. Each District in every Area assembles 150 of these gifts on a Craft Day, for their Delegate. They are to be kept light-weight for shipping and on each trinket is written a District & Area number (our Area is: FL South, Area 10.) They are mailed to our Delegate at the World Service Conference. Our Delegate exchanges her love gifts with other Delegates and then brings her collection of Love gifts from all the other Delegates, to the next Area Assembly for the GRs to take back to their groups. It is a fun way of passing Al-Anon love throughout the different Areas.

Send gifts so they arrive between April 13-16
 *(get Georgia's LAST NAME from your DR)

To: Georgia C.
 AFG World Service Conference
 Stamford Marriot Hotel
 Two Stamford Forum
 Stamford, CT 06901

**Time to Make LOVE GIFTS
 for
 Our DELEGATE!**

We Love
 & Appreciate
 You!

Unconditional Love

Thank You for your
 Service
 GEORGIA C.

LOVE COMES IN
 MANY
 SHAPES & SIZES

Topics Discussed by Delegates at the SRDGT (taken from the Delegate's Report)

What the Heck is SRDGT?

It is a: Southeast Regional Delegates Get Together

Georgia C. just attended one in Myrtle Beach, SC where she discussed the following topics of interest, concerns pertaining to the WSO & also matters of current interest to our region. The SE Region is without a Trustee at this time. Report was given by Doreen D. Trustee At Large.

TOPICS

- 1) Are Power Point presentations, multimedia presentations for Public Information used to bring our Areas into the 21st century?
- 2) Do we use our Area newsletter as a Public Outreach tool?
- 3) How was the Concepts Blog initiated? Was there any Delegate input?
- 4) Redistricting—has your District redistricted and what was the process?

- 5) How does AIS fit into your opportunities for Area structure?
- 6) What are your methods of communicating with Spanish/French speaking Groups at District or Assembly?
- 7) How to increase participation from Districts at Assembly mtgs and Groups at District mtgs?
- 8) Literature ideas and education younger "pre-teen" members.
- 9) How do the Action Committees share communication and projects with a common goal?
- 10) How do we keep past Area Officers interested in service?
- 11) How does having a separate Alateen Coordinator & AAPP work, rather than having one person doing both?
- 12) How can we build bridges with Area Officers & Coordinators on the Area level?

- 13) Background checks for Alateen Safety & Behavior requirements.
- 14) How do you plan a group budget?
- 15) Do you have Area orientation for DRs & GRs?
- 16) Declining membership and our stagnant members.
- 17) Pyramid Sponsorship
- 18) Area Convention Guidelines.
- 19) Development of multi-generation literature.
- 20) Service at the Area level, lack of enthusiasm for standing or serving at the Area level.
- 21) How can we lovingly encourage Area Coordinators to fulfill their roles?
- 22) Why don't we use the SERDGT as a new Delegate orientation?

HOW I BECAME INVOLVED IN SERVICE

Over my years in Al-Anon, I've volunteered for different group positions, which has definitely helped me gain confidence and made me feel a part of the group. I've done service by helping different district committees, such as making the "Love Gifts," putting the raffle baskets together, making jewelry and I have worked on many different committees for the Gratitude dinners. I've had so much fun and the friendships I have made are priceless. I don't like going outside my comfort zone, so I didn't volunteer for GR, but one of my group members volunteered me. I've heard in Al-Anon many times that you shouldn't say no to service, so I decided to try it, not knowing exactly what I was saying yes to. I must say I'm glad I did because I've learned so much about how Al-Anon works and have met some very helpful people along the way. It is said in Al-Anon, you are not alone and I certainly haven't been alone in any position I've served in.

One time it was our area's turn to host the Open Gratitude Dinner and I was asked to co-chair by another GR. I said yes, and did as much as I could to help. It was a learning experience that wouldn't have been possible if someone hadn't specifically asked me. The other GR thought I stayed pretty cool thru it

-continued-

all. I had to confess to her that I kept making believe she was in charge, not both of us!!!

Another time, I was asked if I would co-chair a convention workshop. I'm sure when we were asked, no one knew that I had only been to one convention and that this was the other co-chair's first convention! I kept thinking I don't know if I can and all those people. With preparation, my Higher Power's help, and not expecting perfection, the workshop seemed well received and had a continuous flow, with lots of member participation. I guess sometimes I need to "stretch" to meet my full potential.

Working with Al-Anon members in all these positions has been a quite an experience. After re-reading this article, I realize that sometimes I needed a little helpful prodding (which I did to write this article) and want to thank those who did the encouraging. Serving in these positions has given me better self confidence and a good feeling in being able to give back some of the help I've been given in Al-Anon.

Gerri N, Vero Beach
"We Came to Believe"

SERVICE SPONSORSHIP CHECKLIST

A service Sponsor is someone who has experience in service work and can help us understand the Concepts of Service, the Al-Anon/Alateen Service Manual and the Links of Service.

- Do I gratefully give my time, encouragement, respect & support?
- Do I study the Traditions, Concepts, Guidelines & Service Manual with my sponsee?
- Am I honest & flexible?
- Do I encourage my sponsee to let go of fear and to try new things?
- Do I encourage my sponsee to communicate & reach out to other members?
- Do I show enthusiasm for service work & ask my sponsee to work with me on committees?
- Does my service sponsee own an Al-Anon/Alateen Service Manual?
- Do I encourage my sponsee to find group solutions within the spiritual principles of the program?
- Do I know how to strongly encourage my sponsee without being demanding?
- Do I share only my experience, strength & hope and not try to fix my sponsee's problems?
- Do I love & accept my sponsee 'as is'?

Ask It Basket

ANONYMITY

Q-#1. Is it okay to tape record Group Business Meetings, District/AIS Meetings or Assembly Meetings to help the secretary with her/his notes?

A-#1. Maybe. Page 81 of the 2006 - 2009 Service Manual. The person wanting to record should first make sure that everyone at the meeting is aware and approves and ensure that anonymity is not violated.

Q-#2. If any one member objects is it okay to record the meeting anyway as long as most members are in agreement?

A-#2. No - see above. Every member must approve...

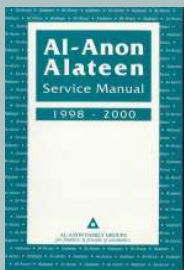
Q-#3. Would it be considered a violation of one's personal anonymity to be unknowingly or unwillingly recorded or is one's personal anonymity only important at the public level of Press, Radio, Films, TV and the Internet?

A-#3. Yes. It is a violation of one's anonymity to unknowingly record someone or record someone not willing to be recorded. Page 81 of the 2006 - 2009 Service Manual. Also refer to Page 83 for discussion of Anonymity.

Answers submitted by:
Darlene, District 140

Sometimes the best Question is the one I don't have an answer for.

That way I get to look it up!



NEXT ISSUE: AFFILIATION QUESTIONS

Q #1. *Is it appropriate for Al-Anon or Alateen to accept funds or to endorse an outside entity?*

Q #2. *What is an outside entity?*

Q #3. *A long time member of Al-Anon leads her own private Step-Study Workshop which includes Al-Anon members and members of multiple fellowships. CAL & assorted outside literature is used. Even though the leader has admitted that this is not an Al-Anon Workshop many members of this Al-Anon District still "act as if" this Workshop is part of the Al-Anon program and discuss it in detail inside Al-Anon meetings. Some sponsors require their sponsors to take this Workshop and work their Steps there. Should this Workshop be considered part of Al-Anon since it is lead by a long-time member of Al-Anon & held in the Al-Anon room, with Al-Anon members?*

Q #4 *This same District rents a room (clubhouse) for the sole purpose of conducting Al-Anon business: Al-Anon meetings; District & AIS; Literature storage & sales; and for holding Al-Anon Workshops & Committee meetings. This same outside Workshop has been renting & meeting in this Al-Anon room for over 13 years.*

a.) *Would it appear that this outside Workshop is affiliating itself with Al-Anon & vice versa?*

b) *Could this outside Step Workshop be easily confused by members as an Al-Anon Workshop simply by it being in the Al-Anon room year after year?*

c.) *Should this District rely on rent from this outside Workshop to help support their room?*

d.) *Would it appear that this outside Workshop is endorsed favorably & accepted by Al-Anon?*

Q #5 *Where is the line drawn between cooperation & affiliation between Al-Anon & Outside Entities?*

Please take a few minutes and answer these five AFFILIATION questions. Your participation is appreciated! Quotes from our literature cannot be printed without permission so please just use your own words with a page number from CAL to back up your statements.

Please send your replies to:

Sunshiner46@hotmail.com

We have
two EARS
but only
one MOUTH...WHY?

It's God's reminder to
Listen More & to Talk Less.

Who's the Boss Around Here?

When I was a newcomer I had a very bad experience in a meeting. The next night I tried a different meeting and when it was my turn to share I remember asking, "Who's in charge around here? I want to report someone!" Of course everyone in the room broke into laughter and I sat there wondering what was so funny.

Any business or organization I had ever been a part of had someone "in charge." When I heard that Al-Anon didn't have any rules or a boss to enforce them, I found this absurd.

I learned that our Higher Power is the Ultimate Authority & that we all have a voice. We have been given the responsibility to carry out our HP's decision which is expressed through our group conscious. Al-Anon has guidelines, leaders & long timers with lots of wisdom but there are no bosses. A newcomer has just as much authority as a member who serves at the WSO. Who's the "boss" around here - It's our HP!

-anonymous-

WINNER

WINNER

Congratulations District 170!

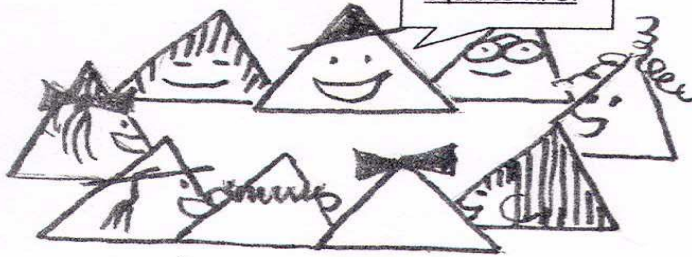
"The Table of Doodling Wisdom"

WINNER

Members at this table are invited to doodle your answer/answers into the blank space below. The winning table will have their sheet published in the next issue of the Sunshiner.

Please turn your sheets into the Sunshiner Coordinator by the end of the meeting on Sat. night. Include your District Number here 170 (table 1 of 2)

Welcome to
We Are Not
Squares AFGI

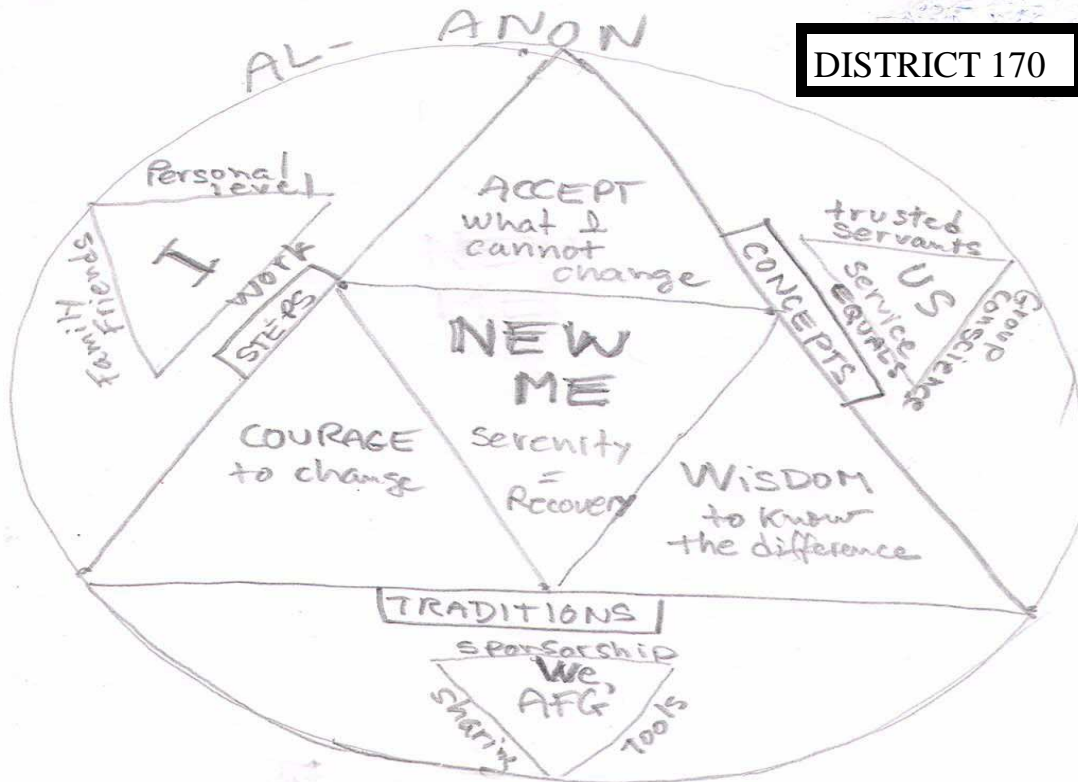


An "Al-Anon style" Geometry question:

How many TRIANGLES will fit in a CIRCLE?

- THINK -

DISTRICT 170



In the circle of Al-Anon,
the possibilities are Endless!!
the center of all this is a New Me

-Other Participants -

Infinity + beyond ...

The circle will grow with any amount of Triangles = as reflected above, each attendee represents a triangle; the more we attract, the bigger our circle grows! "

District 160

as many as make up their minds to be!

I don't let any strange shapes or things into my space!!

As many as our H.P. wants.

District 130

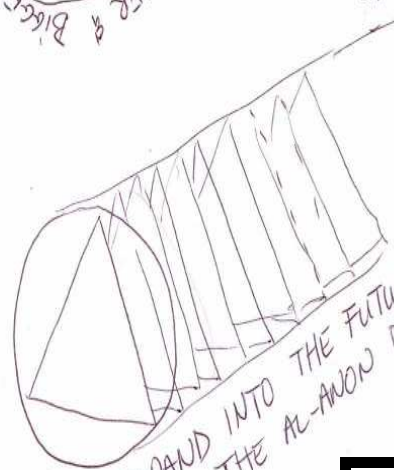
NOT PERFECT YET BUT MAKING PROGRESS

Does this mean we think outside the box? How many triangles will fit in a circle? Answer: as many. But so we don't let does this mean we evolve?

Endless possible numbers



TOGETHER WE CAN MAKE IT

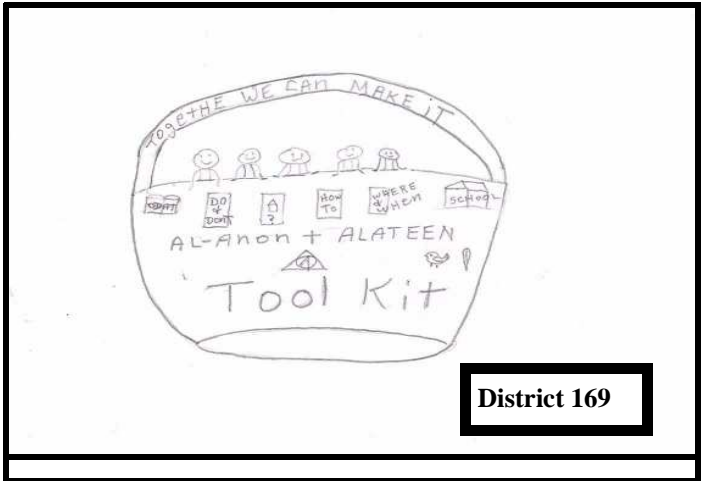
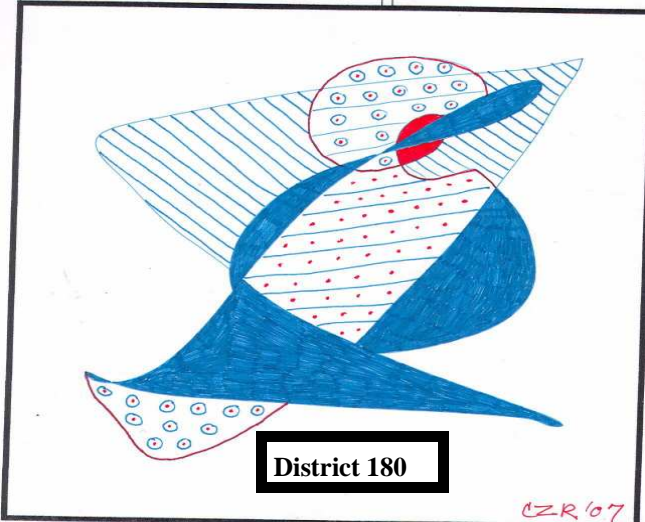


District 140

-Other Participants continued-

If these triangles are all members of Al-Anon, then the number is ~~many~~ virtually infinite.

District ?



A circle is never ending - though there can be an infinite number of triangles. Hopefully all these triangles are doing & using all sides of the Al-Anon program

is infinity since the circle dimensions to get specified are the triangles dimensions

Depends on the size of the Circle and/or Triangles

District 150

Diane B - District 150

Gwen M 150

- An infinite number of Δ 's will fit in the circle formed when each Al-Anon Family Group member puts his/her hand into the hand of another member and says, "When anyone, anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there, and "Let It Begin With Me"

- None. Only the friends and relatives that walk or crawl through the doors of the rooms, where they find the help and love that is freely given. Triangles do fit on our literature and pamphlets to show us or guide us to safety.

One (1) with three legacies inside of it!

As many as it takes to reach out to "any one, anywhere".

District 159

I say Logic & Let It Be - How important is it ?? so little keep it simple.

Mary A. 150

Keep Coming Back

George 150

As many as the circle of Al-Anon is in

who are coming in

Epiphany

Dominic C.

CONCEPT 4: Participation is the key to harmony.

Thanks to all the Districts who attended the Fall Assembly & participated in this "doodling contest"!

Florida South Assembly Motions

Nov. 2-3, 2007

Taken from the Area Secretary's Report

Motion #1—motion passed
To approve minutes as corrected

Motion #2—motion did not pass
I move that we refrain from gift giving to all Al-Anon members acting in any service capacity.

Motion #3—motion passed
To approve Treasurer's Report as corrected.

Motion #4—motion passed
To accept 2008 budget

Motion #5 from AWSC—motion passed
I move that the South FL Area will have an Alateen-Conference every year starting in 2008. Motion was discussed and a closed ballot was requested.

Motion #6—motion did not pass
I move that the recommendation be made to consider an exception to the 5 year requirement for Public Outreach Service based on previous experience in the work place and/or service and commitment to Al-Anon.

Motion #7—motion passed
I move that a portion (25%) of the profits from the 2007 Al-Anon Convention be sent to WSO.

Motion #8—motion withdrawn
I move that Linda S. who is not present today but has expressed a desire to be the 2009 Convention Chair be approved by this Assembly.

Motion #9—motion did not pass
I move that FL South invest it's prudent reserve of XXXX into an interest bearing investment (eg CD, money markets, etc)

Motion #11—motion passed
I move that we request our Delegate to bring to WSC a suggestion to develop CAL replacement for the newcomers welcome which has been removed.

Motion #12—motion passed
I move that we change the closing of the Assembly from the Lord's Prayer to the Serenity Prayer.

DR & AISL REPORTS

AWSC Feb. 9-10, 2008

District 140: We are sending 3 GIPs (growth investment persons) to the AWSC for the day. Our Gratitude Dinner & Calendar Fundraiser was a big success. We now have 32 groups (28 English, 1 Spanish and 3 Alateen). We have an upcoming Sponsorship Workshop & Day of Workshops planned. *See Calendar of Events on page 2. We have great attendance at our District meetings.

District 150: Our weekly meeting at the stockade just celebrated it's 2-yr anniversary. This year we will be part of the Drug House Odyssey, April 1. We purchased 400 Al-Anon Faces Alcoholism to donate to the 7th Annual Substance Abuse Conference. Another project in the works is 2000 printed postcards to be mailed to targeted professions. Gratitude Dinner coming up on March 1.

District 160: We are planning a Long-timers Tea soon & looking for members with 20 years or more, to speak. A member is looking into the cost to put up posters at the Airport. The bus posters work well and we may consider repeating that idea. We are doing 'decorations' for the Convention.

District 169: We are preparing for the Area Service Seminar on May 5th.

AISL 140: All positions are doing a great job.

AISL 159: All positions are now filled and everyone is excited about doing service.

AISL 160-169: We have 34 groups (21 in District 160 & 14 in District 169), 1 Alateen & 4 Alateen school groups. Our treasurer is in the process of establishing a money market account for our reserve fund. We attended Jupiter Jubilee and also the FL Atlantic University Health Fair, answered questions and handed out literature. Lots going on and everyone is busy.

AISL 189: We are working with the Miami Alateens for an event. Alateens will participate in the AA Convention in August. We had a "Service Breakfast" question & answer session where members with service positions shared the E/S/H. This was immediately followed by our District meeting. Mary J. is busy brainstorming for the Spring Day of Workshops, April 12, 2008.

AISL 190-200: All filled positions are doing well. We need to fill the following positions: Alateen Chair; CPC; Spanish Liaison; and Phone Service Chair. The PI position will hopefully be filled this month. See Calendar of Events on page 2, for information on our AIS Picnic.

OPEN POSITION

**Spanish Liaison Coordinator
Area 10**

Objectives:

- Encourage our communication between our Spanish groups and the rest of the English groups in our area of south Florida.
- Give support to potential members who might want to create Spanish speaking groups and give them our experience, strength and hope; remembering that they are part of a minority in our program.
- Continue with our task of encouraging communication and participation from our Spanish speaking members by supporting their presence at assemblies.
- Support our translating system by finding volunteers to serve as translators from English to Spanish and from Spanish to English. I will make a list of those volunteers.
- Keep our translating equipment and be responsible for its whereabouts and care.
- Continue to carry the Al-Anon message to any one in need especially to those potential Spanish speaking members.

Our participation continues to improve. We just started and we have a long road ahead of us in the learning area. We are making progress one day at a time! South Florida Area, Area 10 is from Port St. Lucie to the East to North Port to the West. It covers the whole area south of those two points.

(Lita B)

*****Tradition 7 Contributions*****

It is important to remember that regular contributions from each Group in the Area.
NO MATTER HOW SMALL
will make a difference.

Please send your Area (\$) contributions to:
**FLORIDA SOUTH AREA ASSEMBLY
P.O. BOX 112256
NAPLES, FLORIDA 34108**

Write Group ID # on check

New ADHOC Committee Chair, Liz G.

To review: Convention Guidelines & Committee Guidelines
If you would like to be on this committee please contact Liz at:

Lizdist160rep@aol.com



My Exercise Program Before Al-Anon

1. Bending over backwards to please
2. Walking on eggshells
3. Beating myself up
4. Sliding from reality
5. Running to the rescue
6. Twisting the truth
7. Tumbling with my emotions
8. Pacing the floors
9. Jumping in the middle of things
10. Jumping to conclusions
11. Dodging my responsibilities
12. Throwing around blame
13. Carrying everyone's load
14. Skipping over my needs
15. Racing around in circles
16. Shoveling out advice
17. Pressing issues
18. Swimming in self-pity
19. Digging up dirt
20. Pointing my finger
21. Projecting my thoughts
22. Slamming doors
23. Chewing on resentment
24. Pitching a fit

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