

The Sunshiner

Volume 1, Issue 2

May 2006

MEET THE FL SOUTH AREA WORLD SERVICE COMMITTEE , PANEL 46

Personal contact numbers are not permitted in the on-line issue of the Sunshiner.

You will find this list of Committee Members and their contact numbers published in the mailed-out issue of the Sunshiner, which has been sent to each group representative, district representative, panel members and those with a membership subscription.

To subscribe to the SUNSHINER please see the back of this newsletter and complete the application form.

*Mary W
Sunshiner Coordinator*

OUCH! They Got SMASHED! **Secretary & Chairperson miss first AWSC**

Hello Florida South,

Well, as you may or may not have heard, Shirley W., Area Secretary, and I started off the new panel with a BANG! As we were traveling to the first Area World Service Commit-

tee meeting in February, I was hit from behind on I-75 and run off the road. What a wild ride! Talk about powerlessness. Being hit from behind while going 75 mph and spinning out of control, the first words out of my mouth were, "God please

protect us." And, He certainly did. Although my car had \$6,300 worth of damage and the man who hit me is uninsured, Shirley and I walked away without a scratch. What a miracle

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Calendar of Events

Florida South Area 10
2006

Event flyers & Registration forms can be viewed and printed out from:

www.southfloridaal-anon.org

May 6 Day of Workshops

Royal Palm Christian Church
9600 Royal Palm Blvd.
Coral Springs, FL 33071

(Just west of University Dr. on Royal Palm Blvd)
8:30 am -3:30 pm, \$5 Admission, \$5 Lunch Available; Bring a breakfast snack to share & begin the day with fellowship.

May 9 Lois's Fundraiser Picnic

Jesus Our Savoir Church
13771 Okeechobee Blvd.

District 169 invites families for a day filled with fellowship (Al-Anon, Alateen & AA); 1:00 pm -4:00 pm.

May 20 "Spring Fling"

Workshops 2:00 pm to 6:00 pm
Potluck dinner, raffle, & speakers to follow at 6:30 pm.

Adults \$7.00 and Alateens \$2.00.
Cooper City Church of God,
9191 Sterling Road in Cooper City

June 9 - 11 Spring Assembly

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

Reservations: (239) 936-4300. Please call before May 1st & mention that you are with FL South Area Assembly to insure the \$69 double room rate.

Meeting Schedule: Friday 8:00 pm;

Sat. 9:00 am (Registration ends at 9:30 am); Sun. 9:00 am (Complete business if necessary).

Directions to Hotel: From I-75, take Exit 131 West (Daniels Parkway) 5.5 miles to US 41. Turn right (North) and proceed approximately 3/4 miles to Clarion Hotel. (Hotel is on right side of road).

June 22-24 Camp Al-Anon

Duncan Conference Center
15820 S. Military Trail
Delray Beach, FL 33484

Experience sleep away camp with... workshops, games, arts, crafts, fun, meals, snacks, speaker, lodging, tons of recovery, serenity & fellowship.

For additional information contact:
Melanie or Linda S.

Calling all Districts

The 2006 Convention Boutique needs you! We need donations of hand crafted merchandise to stock the boutique. Please no secular or religious holiday or "garage sale" items! You may send them with your convention chair so that we receive items by the **July 8th convention meeting.**

Recovery Bouquet

Convention Committee meetings are scheduled on the following Saturdays:

- May 20
- June 17
- July 8
- August 5
- August 17

Please keep these dates in mind when planning your district events.

The location of the meetings is still to be determined. Please feel free to contact me anytime.

*I would appreciate a call or an email from you once you have decided to be the Chairperson or Co-chair of your Committee.
Thanks, Alina*

WILL YOU HELP?

The following Convention Workshop slots are still open.

Please choose one and call :
Corey

Friday topics

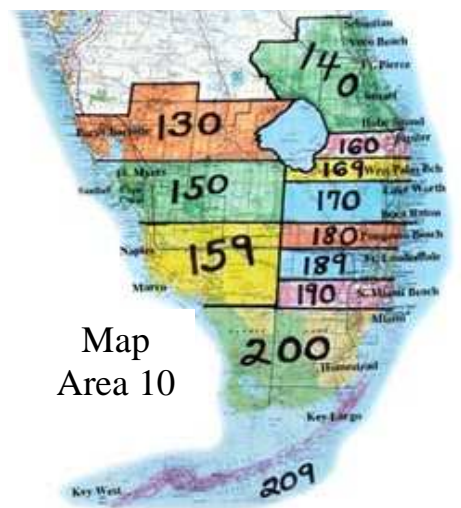
- 4:00pm-5:00pm Abandonment, Faith
- 5:30pm-6:30pm Willingness
- 10:30pm-11:30pm Fear or Forgiveness

Saturday topics

- 8:00am-9:00am Self-esteem, Control
- 9:30am-10:30am Depression, Patience, Denial
- 11:00am-12:00pm Criticism, Guilt
- 12:30pm-1:30pm Enabling, Resentment, Discipline, Higher Power, Anger
- 4:00pm-5:00pm Boundaries, Spiritual Awakening
- 10:30pm-11:30pm Courage or Trust

Sunday topics

- 7:00am-8:00am Sunrise: Morning Glory
- 8:30am-9:30am Gratitude, Service



Map Area 10

"Here we come FL South!"



ARE YOU UNKNOWINGLY HURTING AL-ANON?

Al-Anon, as we all know, was started to give recovery to friends and relatives of alcoholics; and while there are no “rules”, there are certain traditions to follow to ensure the long-term continuation of Al-Anon.

A good Al-Anon friend of mine and now a former delegate described part of her program like this:

- The steps (recovery) were designed to protect me from me.
- The traditions (unity) were designed to protect the group from me.

We have all heard of stories and perhaps believe it ourselves, that if the group would just do (fill in the blank), it would be so much better. Or the story that our books are designed with a blank page beside each printed page so that we could write our own version. Fortunately, as we mature in our program, most of us come to understand that the original Al-Anon version,

SMASHED ! (continued from front page)

Now, before all you Al-Anoners out there get excited, don't fret. The AWSC meeting did go on. I happened to have Debbie V. our Alternate Delegate's cell phone number programmed into my cell phone. As soon as I got out of the car, I called Deb to let her know what had occurred and that we would not be able to attend the meeting. Debbie did some quick thinking and realized that Carol M., Area Treasurer, was probably traveling North on I-75 that very moment. So, call Carol she did. “Carol, get the stuff,” Debbie said. “We need those agendas, we need to have this meeting.”

Next thing you know, my cell phone rings. “Juliette, this is Carol. Are you ok?” “Why, did you see me standing on the side of the road?” I replied. Thinking, oh she must be beside herself. She must be so upset at seeing the crash site. She must be so concerned about me. How nice. “No,” she said.

really is for the best.

Service has been and will continue to be the most important part of my recovery as it follows with my living the 12th step – to help others (spreading the message). In order to do this it is important to be familiar with the traditions and follow them to the best of my ability.

It appears that many individuals and many groups only believe in part of the fourth tradition – Each group should be autonomous. But the tradition reads “Each group should be autonomous EXCEPT in matters affecting another group or Al-Anon or AA as a whole.” The word “except” is very important. If you think about using this tradition in your personal life, you will see its importance. For example, the family decides that they are going to set off bombs on their property (this is an autonomous decision). But it affects its neighbors, and perhaps an entire city.

“Debbie called me and told me what happened. Where are you? I need to get the stuff.” All I could do is laugh. Isn't that how Al-Anon and our HP works? Even if the Area Chairperson, who has the agendas, can't attend the meeting and the HP wants the meeting to occur, He will give us the way and the means to allow the meeting to happen. What a life lesson for me.

I'm disappointed I could not attend the meeting. Prior to coming to Al-Anon, I would have apologized for not being there. But today, I don't apologize for things over which I have no control. I am looking forward to seeing you all at Spring Assembly in Fort Myers June 9-11. Don't forget that registration closes at 9:30. We have a lot of business to discuss. Until then, safe travels and watch out behind you!

Love and hugs!
Juliette L., Chairperson

(That would be why it is against the law). We don't have laws in Al-Anon, but we do have traditions to protect us. Try substituting the word “family” for “group”.

Many groups think that this tradition is an ultimatum - each group is autonomous. The tradition reads **should be** autonomous - not **is** autonomous. Al-Anon's strength lies in its ability to rely on and trust the actions of other groups, district, area, and world service. If one group's action adversely affects another group and /or its individual members, Al-Anon or AA, as a whole, they are tearing down not building up. Help us all to use the traditions justly and wisely. Otherwise, your individual actions could be hurting Al-Anon as a whole.

anonymous

Quick Quiz: Win Free Sunshiner

The question from Issue 1 – Volume 1

What was the first word Juliette said when she took over her position as the new Chairperson at the AWSC turn-over meeting?

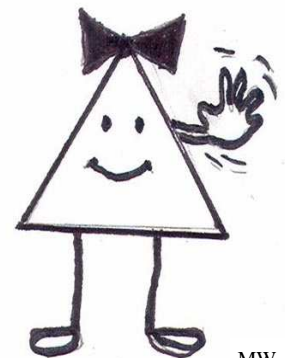
One guess - Was it something like YIKES!?

Answer: (a long drawn out)

“W-E-L-L!”

WELCOME ABOARD NEW GRs
Please use this Newsletter to spread
information to your groups
See you at the Assembly!

C
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A
G
E



MW

WHAT'S NEW ?

Sunshiner Newsletter

Hi Friends,

An "ask it basket" is being added to the Sunshiner. This will give us a chance to share information on questions that come up in our fellowship. Please use Conference Approved Literature as a reference for your findings (no personal opinions or advice). Here are some questions that have come up recently:

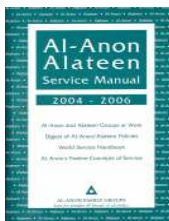
Question FROM THE BASKET:

Can a group be registered with WSO as an Al-Anon /AA participation group? What's the difference between AA participation in Al-Anon and AA dual membership in Al-Anon? Why are alcoholics asked not to introduce themselves as such & asked not to talk about their AA recovery in an Al-Anon meeting (except at special Open Meeting Events)?

Findings OUT OF THE BOOK: *Your discussion here with reference to book & page.*

Please send your articles and/or your questions for The Ask It Basket to:

The Sunshiner



**THE ANSWERS
ARE IN THE
BOOK**

Mary W
Sunshiner
Coordinator

Public Information

If you are working on any Public Information project, please let me know about it so I can pass it on to other Districts.

I still need to know who all the PI District Chairs are – I only have about three of our twelve districts reporting. There is information to share, if I only knew who to share it with (hint, hint).

Love you all – see you at Assembly.

CPC Coordinator

Hi all,

May 22nd. I will be attending the 5th Annual Substance Abuse Prevention Conference here in Ft. Myers. This will be attended by professionals in the medical and mental health field as well as social workers, counselors and teachers from Orlando south in Florida. We will be bringing the message of Al-Anon to around 500 people at this conference. I am requesting some meeting schedules from your Districts to have on the table. Thank you so much.

Hugs,

Patte W

CPC ~ Area 10

DR ~ District 150

AIISL & District 189 Report

Hi everyone!

We have a lot of great things happening in District 189.

We are excited to announce we have added three new groups in South Broward, one of which is another gay group and another Spanish group. The additions of these groups further accommodates the diversity of our county. We are discussing adding another Alateen group, which would give us a total of four Alateen groups.

Please come join us as district 189 presents "Spring Fling" on Saturday, May 20th. Workshops. [See Calendar of Events on page 2 of this newsletter]

The district has decided to make a flyer inviting group reps and their members to come be a part of our monthly district meetings. There are several groups we have not seen in some time. So, those of us who attend district on a regular basis will be taking flyers and other members with us to these group meetings, in the hope of boosting our district and area attendance, as well as dollars for both.

Love in service,

Stella Alt. DR & Michael Sue AISL

Al-Anon On-Line Meetings
Another way to reach out for help
and to be of service to others.

Districts 190/200 AISL Report

We will continue to have our Metrorail Poster Project working – additional posters (six in English and five in Spanish) have been ordered for replacement. Whenever a poster comes down another will go up. We have our Dade County information in the Miami Herald under Getting Help and also in other publications.

Our Institutions chair Robin, is moving along fine with information being sent and calls being made to jails, hospitals, etc. so we can continue carrying the message to those who still suffer from the effects of alcoholism.

There will be a Gratitude get together in the future and as soon as a date is set we will let you know.

All positions are not yet filled but as time goes by and we carry the message about the importance of service and how it is a part of our recovery we will get the right person at the right time. Our triangle will be complete.

Barbara H—AISL

District 200 – DR Report

One of our goals is getting group members interested in service. Many groups do not have GRs and do not see the necessity. We are lucky to have an alternate DR, treasurer and secretary. Each month we discuss different aspects of keeping our groups strong: Why it is important to have officers; why donate time & money to our service arms; and why take a yearly group inventory. We had a lesson in sending E-Mails, using the 'bcc' so that everyone's E-Mails would remain private. We discussed the difference between open and closed meetings and how each group was registered, and how your group will be listed on the Where & Whens. Plans are progressing for the 2007 Serenity weekend. Date and place will be available at the assembly. We do know that 64 people will be the limit and there will not be day-trippers. I also feel it is important to keep the information flowing from Area World Service to the GRs and on to the groups. Always keeping in mind that we are usually speaking to about 50% new people.

District 200

Juanita C

**FLORIDA SOUTH AREA 10 PANEL 46
 SPRING ASSEMBLY
 JUNE 9-11, 2006
 AGENDA (tentative)**

**ANYONE ATTENDING THE ASSEMBLY MEETING MUST
 BE REGISTERED AS AN AL-ANON OR ALATEEN
 MEMBER**

**Friday, June 9, 2006 – REGISTRATION FROM 7:00 –
 8:00 PM**

8:00 p.m. – ASSEMBLY OPENS

1. Moment of silence followed by the Serenity Prayer
2. Read Traditions, Concepts and General Warranties
3. Ask it basket – Everything and anything you wanted to know about service or the structure of Al-Anon but didn't know who to ask. Chaired by Debbie V.

**Saturday, June 10, 2006 – REGISTRATION FROM
 7:30 a.m. – 9:30 a.m.**

9:00 a.m. – ASSEMBLY RESUMES

4. Open meeting with a moment of silence followed by the Serenity Prayer
5. Breakout meetings (Chaired by coordinators)

-----9:30 a.m. REGISTRATION WILL CLOSE -----

6. Roll call and establish quorum
 7. Delegate's Report
 8. Read and approve minutes from Fall Assembly
 9. Alternate Delegate's Report (Concept Workshop)
 10. Coordinator's Reports
 11. Present and Approve Treasurer's Report
 12. Pass basket
- 12:30 p.m. lunch**

13. Breakout meeting reports
 14. Old business
 - a. Traditions and Concepts Day of Workshops Report
 - b. 2007 Convention Chairperson
 - c. Tax-exempt status report
 - d. 2006 Convention Report
 - e. Other
 15. New Business
 - a. Rising costs of Assemblies
 - b. Other
 16. Announcements and Calendar of Events
 17. Questions, Comments, or Concerns
 18. Suggestion Box
 19. Closing
- Dinner 6:00 p.m.**

Sunday, June 11, 2006

9:30 a.m. – We will finish any business followed by a Spiritual Meeting

**WHAT TO BRING TO ASSEMBLY
 Meeting Room Supplies**

- 1.) Al-Anon/Alateen Service Manual
- 2.) A Snack to share with friends at your table
- 3.) A Sweater (sometimes the room gets chilly)
- 4.) A Pen and Note Pad (note pad can double as a fan when the room gets hot- smile)
- 5.) Your Patience (Please remember that we are here as our group's trusted servant and we have a moral obligation to be in the room for all discussion and voting during the assembly).

SEE YOU THERE! I'm bringing chocolates !

MW

A Word From Our Delegate

Hello Florida South,

April is finally here and I am looking forward to attending my first World Service Conference. As promised by past Delegates I have been getting envelopes full of information to read before I get to the Conference. I am on the Admission's Handbook Committee, so I will be working on changes to the Handbook.

I hope to see each and every one of you at the Spring Assembly in June, where I will give a full report on the Conference.

My vision for Florida South Area

“My vision for FL South Area is to have 50% of our Al-Anon/Alateen groups represented at Assembly.”

is to have 50% of our Al-Anon and Alateen Group's represented at Assembly. Now is the time for your Group to start thinking about how they will financially

support their Group Representative to attend Assembly. It is so important for your Group to have

a say in the business of Florida South Al-Anon. So fill up a car, van or bus and join us for a weekend of food, fun and fellowship while we do the business for the Area. Service can be fun and along the way we make some wonderful friends and learn how Al-Anon works.

Georgia C,
 Florida South Delegate
 Email-