

# The Sunshiner

Volume I . Issue 4

Panel 46

December 2006

## DELEGATE REPORT

Fall Assembly, September 15-17, 2006

Hello Florida South Assembly Members,

Now that we are in our second Assembly, continuing on with the 55 year old conversation of Al-Anon, panel 46 is gaining a little more confidence in our positions.

First of all, let me thank all the Groups and individual members, that ordered so many copies of *Al-Anon Faces Alcoholism 2007*. My vision of 1000 copies to carry the message to our Florida South Area was brought to a reality. It was the largest Public Outreach project in the history of Al-Anon. The total orders were in excess of 168,000 (155,250 English, 5,925 French and 7,300 in Spanish). A second printing will be out next February. Watch for the order form in the *Forum*.

The WSO has positions open for an Associate Director, Member Services Alateen, a Spanish Translator, and an Associate Director; Group Services (Bilingual Spanish). I have job descriptions, if anyone is interested.

If you haven't visited our member's web site [www.anon.alateen.org/members](http://www.anon.alateen.org/members) you are in for a treat. You can visit Stepping Stones with Lois speaking and telling you about the early days of Al-Anon and how we got our name.

Mark your calendar for March 16-18, 2007, and get in the car, plane, van or bus with a lot of Al-Anon friends to join us for the Southeast Regional Service Seminar. It will be held in Charleston, West VA, at the Holiday Inn Charleston House. Information will be out to the groups by mid-October.

Pittsburgh will be great in 2008, for the Al-Anon International Convention. I have been told that if we start saving \$5.00 a week now, we will have about \$500 by the time the

## HAVE A WONDERFUL DECEMBER!

December is a month filled with special celebrations.

Warm wishes to everyone and may you all enjoy the celebrations of your choice!

The month of December is also a gift of time. It holds the final 31 days of the year. Let's remember to use this time wisely, enjoying each day, as this year will soon become our past. With this gift of time, we can make our past a better one to remember.

As another year comes to an end let us remember to appreciate the lessons of 2006 and look forward, with enthusiasm, to a new year of awareness & recovery with Al-Anon.

- One Day at a Time in 2007 -

May the gifts of program and the gift of time continue to be ours!

With love and gratitude,  
Mary W—Sunshiner Coordinator

Convention gets here. This would be an easy way to fund your trip. The Convention is an awesome experience!

All the changes in the Service Manual from the 2006 WSC have been made and posted on the perspective Member Web Site. There will not be a manual printed this year to save cost.

Next year's WSC will be held in Virginia, Beach, VA on Sunday April 22 through Thursday, April 26, 2007. The theme is NEW THINKING-NEW ENERGY - ABUNDANT OUTLOOK. Isn't this what happens when we come to Al-Anon and find recovery?

If I can be of any assistance, please feel free to call me or email me. Thank you for letting me represent Florida South as your Delegate.

Love and Hugs to all,  
Georgia Carlen  
Florida South Delegate  
Panel 46, Area 10  
[Delegate46fls@aol.com](mailto:Delegate46fls@aol.com)

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# Calendar of Events ... Florida South Area 10...2007

**NOTE:**

Please see flyers and more detailed information on the following events by viewing the Florida South Web page:

[www.southfloridaal-anon.org](http://www.southfloridaal-anon.org)

Click—Calendar of Events to view.

Flyers and Registration forms can also be printed out from that page.

**2007**

January 19-21 *Serenity Weekend*  
District 200  
Morningstar Renewal Center  
7275 SW 124 Street — Miami  
Loy xxxxxxxxx or Kris xxxxxxxxx

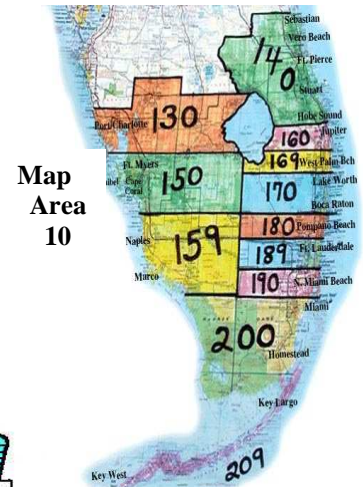
Feb. 24-25 *AWSC*  
Clewiston Inn Clewiston, FL

May 4-6 *Spring Assembly*  
Clarion Hotel Fort Myers, FL

Aug. 10-12 *AWSC*  
Best Western Naples, FL

Aug. 24-26 *FL South Convention 2007*  
Hilton Naples & Towers  
5111 Tamiami Trail North  
Naples, FL

Nov. 2-4 *Fall Assembly*  
Clarion Hotel Fort Myers, FL



Road Trips  
to  
Recovery!



## EVENTS OUTSIDE OUR AREA

**2006 REGIONAL SERVICE SEMINARS:** Irving TX August 4-6, and Canada West - November 10-12.

**2007 WORLD SERVICE CONFERENCE:** April 22-26  
Ramada Plaza Hotel,  
Virginia Beach, VA

**2007 SOUTHEAST REGIONAL SEMINAR:** May be in West Virginia. More information to follow.

**2008 PITTSBURG WILL BE GREAT:** International Al-Anon Convention will be held July 4th weekend. Registration forms will be out in Sept. 2007.

**2010 AA INTERNATIONAL CONVENTION:** with Al-Anon participation, in San Antonio, TX, July 4th weekend.

**2013 INTERNATIONAL AL-ANON CONVENTION:** Join the dream team in 2013. Do we want to submit a bid?

*If you have questions or articles for the newsletter please contact Mary W:  
Sunshiner46@hotmail.com*



**2007 CONVENTION**  
*Birds of a Feather Flock Together*

August 24—26, 2007  
 Hilton Naples and Towers  
 5111 Tamiami Trail North  
 Naples, Florida

Please ask your GRs for a Pre-Registration Form

**Reminder for Committee Chairs**

All committee chairs are required to attend convention committee meetings, once a month, which will be held in Naples at the Naples Hilton and Towers. These meetings will start sometime in January and continue thru the convention. I will get in touch with all committee chairs by email to appraise them of the exact dates.

Judy N—2007 Convention Chair

**CONGRATULATIONS**  
**Michael Sue J**

Michael Sue J. attended our Area's Tradition/Concept Workshop back in April of this year. During the Tradition Eleven Workshop everyone was asked to write an article on Tradition Eleven. These articles were sent to the Forum for possible publication. Michael Sue's article, I ATTRACT PEOPLE TO AL-ANON, I DON'T KIDNAP THEM was selected and published in the November 2006 Forum

**What Does AFG Stand For?**

AFG means Al-Anon Family Groups !  
 Doesn't the use of the title AFG indicate that these groups are for family members who are suffering from the effects of alcoholism?  
 AFG doesn't discriminate in any way nor does AFG have any age requirement. Every family member is welcome in any and all AFG groups?  
 Why then do we have titles on some of our meetings that restrict membership by gender by using the word "only" ?  
 Doesn't it break Traditions to list an AFG meeting as a woman's only meeting?  
 Isn't this also a breach in anonymity? Anonymity means more than just protecting Al-Anon or AA member's identities. To be Anonymous is also to be without identity. This is how we are assured that though we are different, we are all equal members in Al-Anon.  
 anonymous

**Fall Assembly - Who Stepped Up/ Down?**

**Stepping Up:**

- \* Alateen coordinator - Margot B-O
- \* Group Records Coordinator - Alina V- District 200
- \* Spanish Coordinator - Lida B - District 190
- \* Alateen Conference Chairperson - Michael Sue - District 189
- \* 2008 Convention Chairperson - Becky R - District 180

**Stepped Down:**

- \* A big thanks to Lynn N. for her service as our Group Record's Coordinator. She is moving and had to step down. She is wished well and will be missed by all of us.
- \* Thanks and much gratitude to Don S for his past service as our Archives Coordinator.

**ANONYMITY IS**

**THE SPIRITUAL FOUNDATION OF ALL OUR TRADITIONS, EVER REMINDING US TO PLACE PRINCIPALS ABOVE PERSONALITIES.**

## Coordinator Reports

**ALATEEN** Margot B-O

**ARCHIVES** Jennifer D.

Thanks to the work of past archives committees, I managed to get a display together for the 2006 Al-Anon Convention. Currently I am labeling and inventorying the archives. I hope to have all of the loose correspondence, flyers and reports in protectors and binders shortly (lots of papers from the 1980s and earlier that are loose). I am finding that it would be extremely helpful if everyone would include the full date, including the year, on any reports and what year they are from.

If you would like to have the archives visit your events, or would like to come visit the archives, please let me know and I will do my best to accommodate you.

**CPC-Patte W.**

September is Recovery Month, and is a national event sponsored by the US Government's Center for Substance Abuse Treatment (CSAT). It receives wide-spread media coverage and public attention on national and local levels because of the activities taking place throughout the month. As our Delegate has reported, the first printing of Al-Anon Faces Alcoholism 2007 was a success and a second printing will be out in February 2007. Watch for WSO mailings, The FORUM flap, and members Website for order forms.

Please encourage your District to use this wonderful outreach tool. Every member can inform professionals and their clients how Al-Anon can help families and friends recover from the effects of alcoholism. Add your local meeting schedule with local contact information, and you will be giving professionals everything they need. Don't let this opportunity slip away!

*"In the spirit of cooperation, and in keeping with Al-Anon's Twelve Traditions the information provided is to inform and assist members with their efforts to reach potential newcomers. Though Al-Anon does not endorse, support, or oppose outside entities or events, we do cooperate with them."*

**GROUP RECORDS** — Lynn N.

DRs will find the WSO group printouts

along with "How to make changes" and "Interpreting computer language on those printouts," in their folders, in a white envelope.

As always when submitting changes, please ensure that you include your Group ID number and your District number. There are many groups with the same name.

In my Spring Assembly report I encouraged groups to acquire a Post Office Box. Cost could be cut in half by sharing with another group. Changes occur frequently in this fellowship and without a Current Mailing Address your group will not receive pertinent information from WSO. These items include:

- \* Quarterly appeal letters
- \* Quarterly Inside Al-Anon Xtra, including many inserts
- \* Service Manual
- \* Registration forms
- \* January issue of the FORUM
- \* New group binder
- \* Al-Anon & AA International Convention forms
- \* Quarterly Alateen Talk
- \* Annual Update
- \* Accion and Le lien (to Spanish & French Groups)

**INSTITUTIONS** - Sonia P.

**LITERATURE COORDINATOR** Judy N. **PUBLIC INFORMATION** Betty N. **SPANISH COORDINATOR** -Lida B.

**SUNSHINER** - Mary W.

We had very few returned Sunshiners this time around which means that most of us are keeping our group contact information updated with the group records coordinator. Thanks to all of you who send me articles and for responding to the Ask It Basket questions.

Twice a year, one month before each Assembly, you should receive an issue of The Sunshiner in the mail. It is difficult to quote an exact deadline date for articles but if they get to me at least three weeks before the Sunshiner is mailed out then they will probably be in time for that issue. If your article is late, send it anyway and I will try to use it later.

There are four issues of The Sunshiner posted on our Area Web-Site [www.southfloridaal-anon.org](http://www.southfloridaal-anon.org). Only two of these 4 issues are printed and mailed out with "full" information listed. These issues are available to Al-Anon members only.

Please remember that our personal anonymity is important at the level of

Press Radio, Films, TV *and now the Internet*. These are all forms of mass public communication.

I was happy to receive a copy of District 170's and District 200's newsletters and would be thrilled to see other District's newsletters as well. If you have any suggestions or articles for The Sunshiner please contact me at: [Sunshiner46@hotmail.com](mailto:Sunshiner46@hotmail.com)

**WEB MASTER** - Becky E.

I apologize if I did not get your meeting changes and/or events posted when you expected, but the past two months have been incredibly busy for me, and it was necessary for me to set priorities. Once again I have a few suggestions for all our district and group representatives:

- \* Please send me your district events for the calendar! District meetings, speaker meetings, anniversary meetings, gratitude dinners, workshops—any open events outside regular meetings. Be sure to include all the pertinent details: Event, date, time, place.
- \* Please check the email address that's linked to the "Contact icon at the top of your district's meeting list. If it is not the correct email address, please email me the correct one.
- \* Please designate only one person in your district to communicate to me information about the meeting changes, additions, deletions for the Florida South Web site.
- \* Please ask someone in your district to proofread your district's meeting list on the Florida South Web site.
- \* Anytime you send me an email, PLEASE TELL ME WHAT DISTRICT YOU ARE FROM!
- \* I would like a more official-looking map of the Area to use on the Web site. If anyone knows where I can get one, please email me.

Thank you for continuing to send me updates. Please let me know if you see something that you think needs to be changed. I am grateful to be of service.

You may print this newsletter from the web and use it in your meeting.  
Please help pass information to all our groups.

## YOUR ARTICLE

Gee,  
this is where your  
article would have  
been if you had  
sent me one!

## CALLING ALL SNOW BIRDS!

The Sunshiner would like to hear from our Seasonal members. Would a few of you please consider writing an article for the Sunshiner? I would appreciate your experience, strength, and hope on things like: Is it possible for you to hold a service position in your District or Area since you spend the winter away from your home? What are some of the adjustments you've had to make? How do you work with your sponsor or sponsees? What would you say are some of the advantages/disadvantages of splitting the year between groups. Do you have any interesting stories to share on other related topics?

Please email your articles to [Sunshiner46@hotmail.com](mailto:Sunshiner46@hotmail.com) or send them to the next AWSC meeting with your DR or to the Spring Assembly via your group representative.

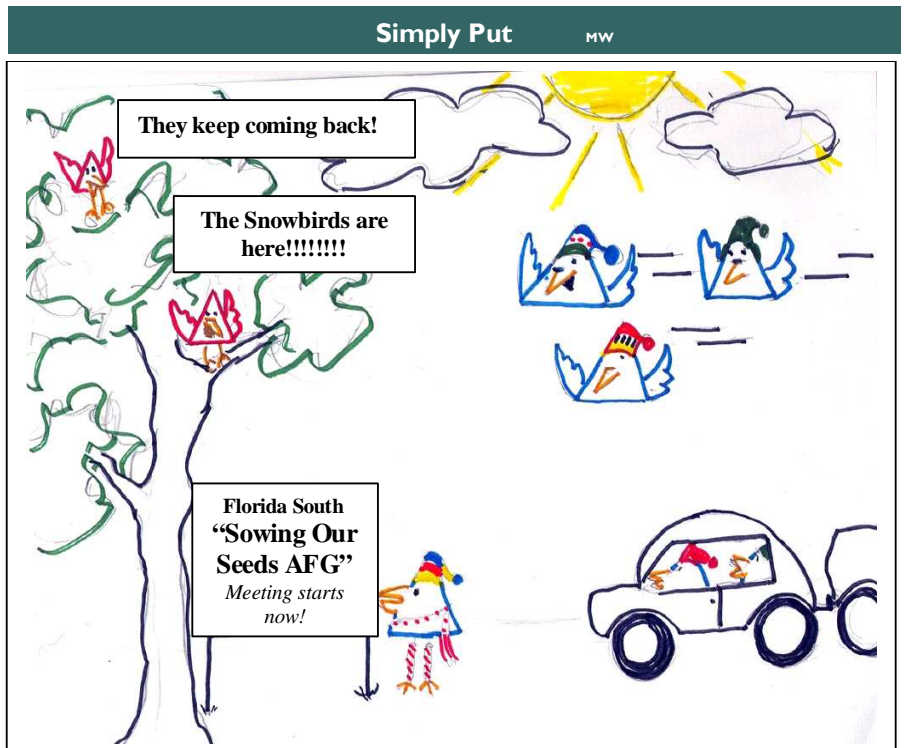
Mary W - Sunshiner Coordinator

To all District Literature Coordinators and DRs,

**Courage to Change** will be available on a CD-ROM in a PC format in December. It can be read by inserting the disc into your personal computer. If your computer has a voice chip, you'll be able to listen as well. You won't be able to make copies, download it, or play it on a CD player.

Order forms will be available on the back flap of the December issue of the Forum and in the winter edition of Area Highlights. The price will be \$15.00 plus shipping and handling which is 8% or a minimum of \$7.00.

Love in Service,  
Judy N.  
Area Literature Coordinator



THE SUNSHINER SENDS A WARM  
WELCOME TO OUR SEASONAL  
MEMBERS!

**\*NOTE: The Treasurer's Report is not posted on-line.**

### A Quirk that Adds UP!

Our spunky little Treasurer just confessed to the whole Assembly that she has a quirk— about figures.

She likes rounded off numbers! No 'common cents' for her, please!

#### Example:

If your group was going to mail the Area Assembly a donation of \$10 dollars and 76 cents, would your group please consider *rounding up* and sending an even \$11 dollars instead? And ... if you are asking for reimbursement from the Area Assembly would you please mind *rounding down* by dropping the 'common cents' off the end of your bill?

This keeps things simple for Carol and creates another way to add to our treasury.

Of course this is only a request. You may continue to contribute to Carol's "quirkiness" as usual if you choose to. As always, thank you for your contributions in any amount. Every little bit helps and is so appreciated.

MW

**IT IS IMPORTANT TO REMEMBER THAT A REGULAR CONTRIBUTION FROM EACH GROUP IN THE AREA, NO MATTER HOW SMALL, WILL MAKE A DIFFERENCE.**

PLEASE SEND YOUR AREA CONTRIBUTIONS TO:

**FLORIDA SOUTH ASSEMBLY**

**P. O. BOX 112256**

**NAPLES, FL 34018**

Please include your group's ID# on your check. Thank you!

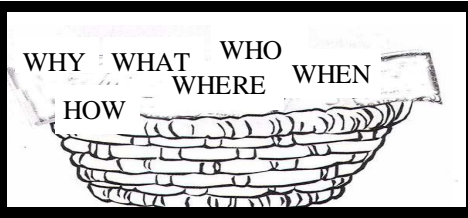
The following Contribution Facts Sheet from WSO is only a suggestion.

Groups decide what they can afford to give.

After the needs of the Group are met the balance of the funds may then be used to support its service arms with the suggested amounts:

,70 cents per member per month to District

70 cents per member per month to Area



# ASK-IT-BASKET

**Question:**

What are the four primary ideas suggested in the 12 Steps?

**Answer:**

See: Al-Anon /Alateen Service Manual page 10 & page 41

**1. We Are Powerless Over the Problem of Alcoholism.**

*\*We come to believe we cannot control people, places or things. We honestly accept this truth, and begin to look for a Power greater than ourselves to restore us to sanity.*

**2. We Can Turn Our Lives Over to a Power Greater Than Ourselves.**

*\*We become aware that our life is unmanageable. Our steps offer us choices. We can continue to do what hasn't worked for us in the past or we can turn our will and our lives over to the care of our Higher Power. For many of us this is a new option or choice that we weren't aware of before.*

**3. We Need to Change Both Our Attitude and Our Actions.**

*\*When I began looking at my distorted thinking I realized that what I thought were survival skills could actually be my*

*defects. I first had to become AWARE that what I was doing could actually be contributing to some of my problems. With this new awareness came an honest acceptance and a new way of looking at my behaviors and my actions.*

**4. We Keep Al-Anon's Gifts by Sharing Them with Others.**

*\*We strive for a loving interchange of help with other Al-Anon members and we try to bring this message to others as our 12th Step suggests.*

*(\*asterisk indicates Nancy's own comments)*

Nancy TJ  
District 160  
*Freedom to Grow*

Next Issue's Ask-It-Basket Question:

Does Al-Anon have any rules?

*Rule: An exercise of authority or control: governing action; regulation.*

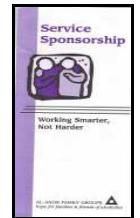
*Please include a CAL reference for each of your findings. Send your answers or ques-*

Please send me a few new questions for the ASK IT BASKET?  
Sunshiner46@hotmail.com

Thank you for your participation in this Newsletter project.

Mary W  
Sunshiner Coordinator

**SPONSORSHIP is a VIP TOOL!**



**Get a Sponsor-Be a Sponsor  
Just say "YES"  
to Sponsorship!**

**Alateen Sponsors Needed!**

Are my Motives for becoming an Alateen Sponsor what they need to be?

Some RIGHT motives - The willingness to:

1. Practice using my emotional maturity
2. Offer love & support to teens who need it
3. Learn not to enable or pity the teens
4. Encourage teens to be self-supporting, responsible and dependable
5. Encourage positive thinking, creativity, enthusiasm, and joyfulness
- 6 Gently encourage the practice of all the program principles
- 7 Stick to boundaries

Some QUESTIONABLE motives for becoming an Alateen Sponsor -

The desire to:

1. Be in charge or to control the teens or their meeting
2. Fix their problems
3. Feed my ego
4. Avoid working on myself by becoming overly focused on the teens
5. Use the Alateen meeting as the primary source of my recovery

anonymous

## Is Your Meeting Listed Correctly?

### Is your meeting Open or Closed? Do you know? Does it matter?

My home group is registered with the World Service Office as an OPEN AL-ANON MEETING but for years we thought we were CLOSED. It was even listed in the Where & When as closed. To me, it didn't matter whether a meeting was open or closed until a problem came up one night. This made me aware of the difference between these two types of meetings and the importance of having our meeting listed correctly.

### What is an Open meeting? Are we using OPEN Al-Anon Meetings as a PI & CPC tool to help get our mes- sage out to professionals and to the general public?

Open meetings are open to non-members (the general public, students, professionals and members of other 12 Step programs). The primary purpose of the Open meeting is the same as the Closed meeting—the only difference between the two is that Observers are always welcome in Open Al-Anon meetings. An observer at an Open meeting can see what we offer and how Al-Anon works. Sometimes visitors to Al-Anon discover that they too belong here. Occasionally, a professional or AA member is invited to speak from their point of view at an Open meeting. The Open meeting is a great existing tool for CPC outreach work. The Open meeting's purpose however, is not to combine programs or to incorporate professional help into our meetings. No one is turned away and no group conscience is needed to allow someone to stay. Due to this meeting's openness, some members feel that their anonymity may not be as closely protected and prefer to attend Closed meetings. I personally believe we need both Open & Closed meetings to have a well balanced District.

It is important to list Open meetings with our phone service schedules, web site, and meeting schedules as OPEN for a couple reasons: so that students, professionals and the general public can find these meetings easily; to know that they will not be turned away; and so that a member who is very protective of their anonymity will not walk into one of these meetings unprepared. Making the distinction between these two meeting types on the meeting schedules would be helpful.

### What is a Closed meeting?

A CLOSED meeting is specifically for Al-Anon members or prospective members who can admit that their lives have been affected by someone else's drinking. Anyone who cannot admit to having this problem probably belongs in an Open Al-Anon meeting.

Some members feel a stronger bond of Unity in a Closed meeting. If an observer comes to a Closed meeting the group may ask if any member present objects to the observer being there. It is my understanding that it only takes one member to object, not a majority vote. Most of the time no one objects but there have been times when an observer has been asked to leave. Because of the Closed status I totally support the groups decision to turn someone away even when I personally want them to stay.

### How can you find the Status of your meeting so you can be sure it is listed correctly?

When we fill out the registration form to register a meeting with WSO there is a space that asks whether the meeting is to be OPEN or CLOSED. What we decide then is how WSO registers our meeting.

You may check with your local Group Records Coordinator; the Area Group Records Coordinator; or WSO.

Gratitude in Service,  
Mary W.

*NOTE: The opinions expressed here were strictly those of the person who gave them. Please take what you like and leave the rest.*

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**Where can I find an Al-Anon meet-  
ing that's open 24 hours a day,  
7 days a week?**

**Al-Anon on-line email meetings!**