



SUNSHINER

Get To Know Panel 58

The newly revised Service Manual is posted on

al-anon.org



Area 10 Reports

Please go to the following link to see all reports for all Area Meetings

<http://www.southfloridaal-anon.org/servicemainpage/members-documents/>



A Man's Journey to the "Path to Recovery"

Like many men, I didn't envision myself needing help to deal with my wife's alcoholism. I was in denial that she even had a disease and I was certain that I could handle whatever issues came along with her drinking. I was in control, or so I thought.

Our society doesn't often address the vision of the husband as the non-alcoholic and the wife as the one afflicted with the disease of alcoholism. Rather, we learn as men we are supposed to be the strong ones and handle everything. Take charge and be in control...only alcoholism doesn't recognize gender or societal stereotypes. Alcoholism is an equal opportunity offender and it doesn't discriminate based on gender, race, sexual orientation or socio-economic backgrounds.

The stereotype of the "alcoholic marriage" is an ancient and sexist one I bought in to. The long-held vision of the drunk husband getting out of work and going to the bar while the "little woman" was at home making dinner is what many people envision when they think of an alcoholic marriage. I thought I was the only man on the planet struggling with an alcoholic wife. I didn't even know help existed for me.

When I went to my first Al-Anon meeting, I was the only man in the room in what seemed like 100 (truth is it was probably 15-20 women). I felt like a wounded duck with a broken wing and thought all of them were looking at me as this poor little injured creature. I know now they weren't, but that was what my thoughts were telling me. I've learned in Al-Anon that my thoughts are not facts.

Over time and by going to a lot of meetings, I learned I wasn't unique and

that alcoholism is a family illness that affects everyone who comes in contact with it. I learned I am powerless over the alcoholism, that my life was completely unmanageable, and I didn't even know it. My thinking and actions had become so distorted I didn't even recognize the hypocrite I saw in the mirror every day. I learned these things about myself by listening in meetings and talking to a sponsor.

Learning to put the focus on myself and not on my wife was a foreign concept to me. I learned that no one has power over someone else's drinking or their desire to stop drinking. What I can do is focus on my behaviors and reactions to the alcoholic. I learned that by changing my attitude, I could improve my relationship with my wife. By not nagging or shaming or criticizing her every action I found that our life became much more peaceful and we were able to share ideas and insights about our life and our programs.

She has been sober for a number of years and I've been in Al-Anon six months less than her sobriety time. I tell people that, "We were at 'a fork in the road' and I had to decide if I wanted to watch her go down the AA path and stay on the path I was on, or if I wanted to walk that path with her." I decided I wanted to be on the same path as her and we decided to take the path of recovery...Together.

Mitch H.—Dist. 150

What My Sponsor Means To Me

My Sponsor is nothing short of amazing. She listens to me and helps guide me but never tells me what to do.

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She has been a source of information when we discuss our individual interpretations of the steps, traditions and principles of the program.

I have known her for a long time and we attend the same meetings. Eventually, I was fortunate enough for her to become my sponsor.

She is loving, kind and works a great program. She is always there for me and we have become very close friends.

Anonymous



My Favorite Slogan Is:

Just for Today: I wear a bracelet with ODAT on it that was made by an Alateen and it reminds me that we can only do it one day at a time, and just for today. When my fears start me projecting; what if—I try to remember to take a breath and say “today.”

It reminds me I have no control over another person’s choices, no matter what I want for them or what I think is the “right” thing.

I still have my moments and my meltdowns because of my nature of wanting to control, but they have lessened.

Sometime I am successful, sometime not, but that is the basis for the saying—Just For Today. Just for today ,I can take that extra breath and keep going.

My Most Rewarding Service Experience

My favorite service work is through conventions. I have done more than a few conventions in many different positions from co-chair, treasurer, and chair and co-chairs of committees.

My most rewarding service experience happened when I was chair of literature. We started out getting a room in an out-of-the way corner (no foot traffic.) My first thought was how are we going to sell literature? My co-chair and I came up with a theme for our room that went along with the theme of the convention. We put a red light out in the hallway for all to see and dressed up in costumes. We were a huge success and sold many books!

We could not do this alone. The information committee kept pointing all to the literature room. The chair of the committee pointed us out in our costumes. The literature room is still talked about years later.

We (my co-chair and I) made a positive out of what we felt was a negative. But as you can see, it was not a negative!

What made this my most rewarding service experience is that I learned you are never alone in Al-Anon. There is always someone there to help when needed. We all work as a team!

Louanne L. Dist. 180

My sponsor **ALWAYS** says...

- ◆ Do something for your husband without being found out!
- ◆ Keep your side of the street clean!
- ◆ Don't let anyone have free rent in your head.
- ◆ There are no mistakes.
- ◆ A daily 10th step:
 - A. what did I appreciate today?
 - E. did I exercise today?
 - I. What did I do for myself today?
 - O. What did I do for others today?
 - U. Do I have any unexpressed resentments?
- ◆ How did you feel learning about that step?
- ◆ You don't know what you don't know!
- ◆ God doesn't give you anything that you can't handle.
- ◆ You're just where you're supposed to be.
- ◆ Do the next right thing and one thing more.
- ◆ Pick up the phone and call!
- ◆ And it just goes from there.
- ◆ When I would call myself names she would responds “Don't call my friend names” Love you bunches !

Those golden words of wisdom, which at times, you may think your sponsor actually has on a tape recorder.





Get To Know Panel 58

CAL Corner:

Even Though My Husband Still Drinks

Like so many before me, I came to Al-Anon in a desperate state. I needed help without even knowing it. My husband was in the hospital for the second time in a year with pancreatitis from drinking. I had tried everything, but nothing worked. Fortunately, a social worker at the hospital suggested I go to an Al-Anon meeting. *I didn't understand—I thought, he has the problem, not me. Why do I need to go to a meeting?*

When I first went, I cried; I felt like nobody knew what I was going through. However, as I continued to go, I came to understand that Al-Anon is for people who are affected by or worried about someone else's drinking. I was a mess and obsessed about his every breathing moment. I could tell you everything about him, but I had lost myself through the years of heavy drinking.

I now understand why the social workers sent me to Al-Anon, and I am forever grateful. I can't even imagine my life without it.

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Announcements

New Pamphlet: Just for Tonight Bookmark (M-81) is out and can be purchased.

Sharings Needed: WSO is in need of sharings for the new book "Three Legacies" especially about steps 5, 7, 8, 10, 12, all of the traditions, and all of the concepts. Send sharings to WSO.

Sharings Needed: WSO is in need of sharings for the *Forum*. Send all sharings to WSO.

WSO Needs Help: WSO is looking for an Al-Anon member with professional Spanish copyediting and translation experience. Please contact WSO.

Calendar of Events

◆ June 26-28, 2020 **Spring Assembly Meeting**

Embassy Suites Fort Myers 10450 Corkscrew Commons Dr Estero FL 33928

◆ August 14-16, 2020 **Summer AWSC Meeting**

Embassy Suites Fort Myers 10450 Corkscrew Commons Dr Estero FL 33928

◆ August 21-23, 2019 **South Florida Al-Anon Convention**

Bonaventure Resort & Spa 250 Racquet Club Rd Weston, Florida 33326

◆ October 16-18, 2020 **Fall Assembly/Election Meeting**

Embassy Suites Fort Myers 10450 Corkscrew Commons Dr Estero FL 33928

◆ November 14, 2020 **Turnover Meeting**

Embassy Suites Fort Myers 10450 Corkscrew Commons Dr Estero FL 33928





I Heard It In A Meeting...

- ◆ Normal is 98.6 degrees. A healthy person can work, can love and can play.
- ◆ Say what you mean, mean what you say, but don't say it mean.
- ◆ Don't do something for someone they can do for themselves.
- ◆ HALT—Hungry, Angry, Lonely and Tired
- ◆ WAIT—Why am I talking?
- ◆ “Feelings are not facts”
- ◆ What comes out of your mouth isn't going back”
- ◆ JADE—Justify, Argue, Defend, Explain
- ◆ Keep coming back!!!! Get out of your own way.
- ◆ Think! Is it thoughtful, honest, important, necessary AND kind?

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Today, I am in a good place, even though my husband still drinks. We have been together for 35 years, and I love him. But I do not obsess over his drinking; I have learned not to enable, and I keep the focus on myself. I start sentences off with “I” instead of “you.” I also know that silence is okay—I don't have to always be talking or controlling. I can say what I mean and mean what I say without saying it in a mean way. I have found myself, and I like me today. I am not perfect and that's okay — I am a work in progress. By attending Al-Anon meetings, I have gained confidence in myself. I have boundaries today, as well as choices. I allow people into my life now instead of pushing them away. I continue to participate in meetings because I want to be part of this program that helped me live again, and I want to give back what has been given to me.

By Kathy D., Florida



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Aloha Area 10

The Convention Team needs your help!



HOSPITALITY ROOM

We are looking for homemade cookies, loaf cakes, fruit, and any sweet/salty snacks. All must be individually wrapped. Bottled water and monetary donations will be gladly accepted.

Contact Arlene at: rwillow22@comcast.net

PINEAPPLE BOUTIQUE

We are curating a variety of Al-Anon themed crafts for your convention shopping pleasure and need your help!! Get crafty with Al-Anon! Please limit the quantity of each item to 20 and please abide the Traditions.

Boutique Wish list:

Alateen Happy / Crappy dolls, Journals
Painted rocks with sayings, Instant Meeting packets
Beaded jewelry with slogans/acronyms
Contact RoseAne at: biosboutique2020@gmail.com

RAFFLE

We are asking for baskets that include: Conference Approved Literature, hand-made items, items relating to the spiritual concepts of the program, and non-religious/holiday items. Please include a printed list of items in the basket and the district/group that it's from. Baskets can be brought to the convention.

Contact Don at: biochair@gmail.com



Big Island of Serenity

Friday, August 21 - Sunday, August 23, 2020

31st Annual AFG Florida South Area 10 Convention

With AA Participation

Bonaventure Resort & Spa

250 Racquet Club Road, Weston, FL 33326

CONVENTION REGISTRATION

Online: www.southfloridaal-anon.org

Email Questions: bioschair@gmail.com

Preferred language (circle one): English Spanish

Program (circle one) and check price box: Al-Anon Alateen A.A.

- Al-Anon or A.A. postmarked by 12/31/19 \$25
- Al-Anon or A.A. postmarked by 7/31/20 \$30
- Al-Anon or A.A. at the door 8/21-8/23/20 \$35
- Alateen Registration \$15

Includes Saturday night pizza party. Notarized Travel & Medical Release Form is required.

Saturday Meal Options; all inclusive:

- Breakfast Buffet: chef's choices with coffee & tea service \$20
- Lunch: sandwich, chips, cookie \$20
- Banquet Dinner: \$55

(circle one entree) Chicken Vegan Gluten Free

Dinner includes: entree, salad, starch, veggie, roll, dessert, iced tea & coffee service

All food reservations must be made by July 31st.

- Saturday Serenity Meal Plan Includes Hot Breakfast, Lunch & Dinner \$80

Paid by check # _____ Total Amount \$ _____

Make checks payable to: AFG FLS Convention

No refunds or exchanges.

HOTEL ACCOMMODATION CHOICES

Please make reservations to the Bonaventure Resort & Spa by **July 22, 2020** to guarantee room rates.

Central Reservations: 1-800-327-8090

Be sure to mention "**Al-Anon Convention**" to obtain special rate of **\$119** per night plus 13% Broward County taxes.

King or 2 Queen bedroom, up to 4 guests welcome

Free in-room Wi-Fi

Free self-parking

\$16.95 resort fee is being waived for each night!

Enjoy same discounted room rates available 3 days before and 3 days after convention weekend.

Aloha,

"We look forward to seeing you at the Big Island of Serenity during the 31st Florida South Area 10 AFG Convention on August 21-23, 2020 at the Bonaventure Resort & Spa in Weston, Florida."

- The Convention Committee



One form per guest. Please print legibly in blue or black ink.

Name: (First & Last) _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Email addresses will be used for FL South Convention purposes only.

Badge Name: _____ District # _____

Make a copy and mail form along with payment to: AFG FLS Convention, 328 SW Ridge Lane, Stuart, FL 34994



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 Po Box 1676
 Jensen Beach, FL 34958-1676
 Website:
www.southfloridaal-anon.org

Al-Anon Family Group Headquarters, Inc.
 1600 Corporate Landing Parkway
 Virginia Beach, VA 23454-5617
 Phone: (757) 563-1600

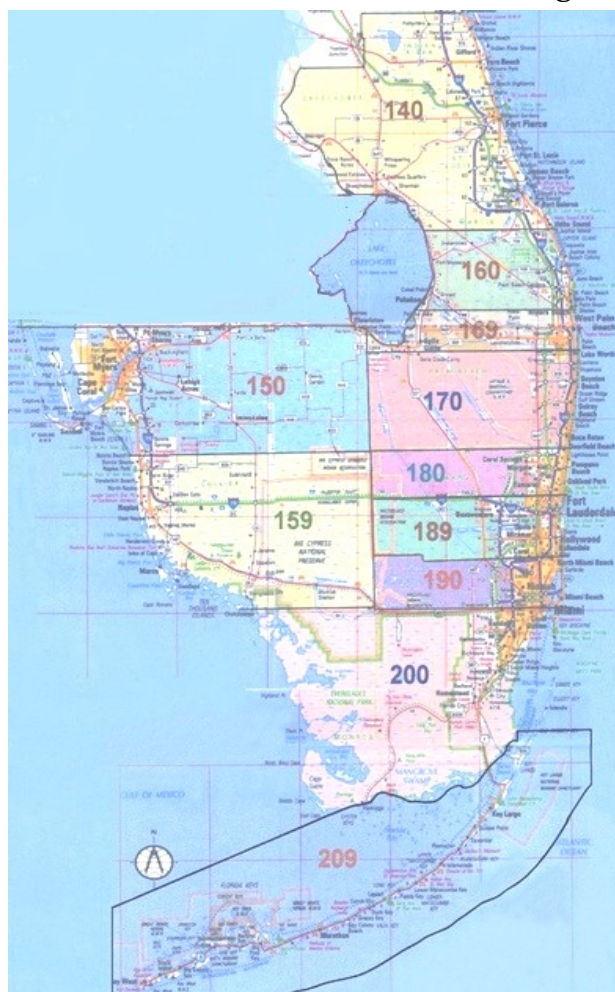
The Sunshiner is YOUR Area newsletter!

Please freely submit service sharings, reports, information,
 answers to questions, quotes your Al-Anon
 Sponsor always says, comments, feedback,
 and suggestions to:



newsletter@afgfls.com

Next deadline July 1, 2020



The opinions expressed here were strictly those of the person who gave them. Take what you liked and leave the rest.

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