



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/>



My Favorite Al-Anon Memory

My favorite Al-Anon memory has to be when the 7th tradition basket was being passed around. Someone reached into their purse to make a contribution, and a flying cockroach flew into a lady's face. She jumped up and screamed, as did some other members. One member unafraid took off her shoe and guided the cockroach out the door. We laughed until we cried. How quickly did a very somber meeting change in tone to that of a room full of laughter and joy. I am grateful that the Al-Anon program allows us to be real with all our range of emotions. I am grateful to be happy, joyous and free in Al-Anon.

Before AL-Anon, my life was a constant tornado. I was spinning my wheels and wasting energy with no solution or direction. I remember constantly trying to save the alcoholics in my life from hitting their bottom. I was led by fear and convinced my controlling nature was a saving grace that would rescue my family from destruction. Denial was not just a river in Egypt, it was my driving force and my perceived reality. I was hell bent on fixing the alcoholics and never once thought I was the one that needed help. Once I finally found a sponsor, I felt as though I was awakened from my somber-reality slapping me in the face and I was able to turn the mirror on myself and see that repairing my broken self was a full-time job. I have found tremendous recovery in Al-Anon and have rediscovered the freedom of breathing full deep breaths.

Gina L.—Dist. 189

Step Work

As I work through each step, I always have a visualization that comes into focus and assists me to the end of each step. As I worked through step 11, I began to envision a big, puffy cloud and landing on that cloud. Thinking through the words of step 11, I began to associated it with the phrase, "praying only for knowledge of his will for us and the power to carry that out." I realized, having worked through the other steps, my Al-Anon journey included a process of transformation in my prayer life and step 11 was right at the end, to catch me and comfort me a big puffy prayer cloud.

When I began Al-Anon, I came in with a religion I was born and raised in that was ritualistic and had role prayers. As I worked through the first three steps, my faith in that religion strengthen but I still practiced in the same way, saying the prayers without true meaning, but by comforted by their repetition on, as I had been a child raised in an alcoholic home. Later, I had heard in a meeting that one could get more from the prayers by concentrating on each word at a time and that worked for awhile.

However, as I continued working steps 6 through 8 and my spirituality grew, I began to shed the religion of my origin and found those prayers didn't really do anything for me. However I didn't know any other way to pray. As I practiced my program more, I learned to pray more simply, often only asking "God help me," but felt a bit foolish by such a prayer



The opinions expressed in this newsletter are strictly those of the person who gave them.

Take what you like and leave the rest.



continue from page 1

Then, I got to step 11 and relief was there. I did not need fancy prayers as to feel inadequate by my simplistic plea for help. All I had to do was ask God for the knowledge of his will and strength to carry it out, one day or one minute at a time. As always, Al-Anon and its steps were there to catch me, in a big puffy cloud of prayer—simple, direct and free.

Virginia G. - Dist. 180



My First Sponsor

I came to AL-Anon about 2 years ago, and my son was the alcoholic in my life. As a mother, I was a complete mess. How could this happen. I thought I had done all the right things in raising him. I thought AL-Anon was going to help me for him. I came to meetings, I didn't talk, but I listened to everyone and boy were my eyes opened. My now sponsor reached out to me. As I began to tell her my awful story, she listened and then said, "Ok you're not going to like what I'm going to say but..."

She began to explain all the realities of the disease, I kept saying "no but" and she would start again. I can honestly say that today, because of my sponsor and the Al-Anon ways and steps I'm in a much better place and have a clearer picture of my sons disease and although I may fall apart like a bunch of broccoli if and when he relapse I know my sponsor and Al-Anon will be there to put me together again

Deborah S—Dist 150



My First Assembly

My first assembly was just like my first meeting. I understood nothing but could see that it was a wonderful experience and that a lot of great things were being looked at and shared. In time, I really learned to appreciate the Traditions with both. I felt I was practicing pure democracy and really love a group conscience. I also appreciated everyone having a voice and everyone listening, practicing patience, tolerance and open-mindedness.

I could go on and on, but the bottom line is that the love for Al-Anon always grows on you. Thank you Al-Anon program for my slow but sure transformation.

Terri M. Dist. 200

My sponsor ALWAYS says...

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

- ◆ You know what you need to do: read lit, call an ala pal and pray.
- ◆ You're not going to like this "But!"
- ◆ We're here because we're not all there.
- ◆ Well, what are your choices?
- ◆ Tell me the good things that happened today.
- ◆ No matter what..... You have awareness.
- ◆ "If you want what I have, do what I do and this is what I do...."
- ◆ It's a simple program for complicated people.
- ◆ Make a list of affirmation to read every morning and night.
- ◆ Go thru life like you're wearing a loose garment—flowing—not rigid—like a girdle.
- ◆ Drop the Rock!
- ◆ I don't know!
- ◆ You're not that important.
- ◆ Nothing changes if nothing changes.
- ◆ It's okay.....
- ◆ You must do the first three steps again....





CAL Corner:

Finding Those “Ah-ha” Moments:

I love the Reaching for Personal Freedom (p-92) workbook! When I work with other members, we read the book aloud, discuss it and answer the questions with examples from our lives. And I continue to have “ah-ha” moments. Sometimes we study the Legacies vertically (Step One, Step Two, and so on). For those who have already worked through the Steps, we take them horizontally (Step One, Tradition Once, Concept One).

One of my favorite quotations is from concept twelve on page 168:

“Through exercising the spiritual principles of prudence, humility, substantial unanimity, personal responsibility, avoidance of controversy, mutual respect, and equality, we find that indeed our lives can attain a healthy outlook that may have been unattainable in the past. We learn to strike a balance in our lives, contrary to the extremes that the family disease of alcoholism taught us.”

Cindy M., Arizona

From *The Forum*, copyright January 2018, by Al-Anon Family Group Headquarters, Inc.
Reprinted by permission of Al-Anon Family Group Headquarters, Inc.



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 copy editing and translation experience. Please contact WSO.

Calendar of Events

◆ May 29-31 **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, 2020 **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





From 2019 Area Service Event:

Diane B, chair of the 2019 Area Service Event was nice enough to share the following messages. At the event, there was a jar where members that attend the event could leave writings to be submitted to WSO.

The true reward of giving is... Presenting at Area 10 events. Giving just a bit of myself, I get so much in return. I am taking a lot away today. by Meter P

From the workshops you attended today, Please share any E,S,H for submission to WSO...

1. Wonderful skits about sponsoring - what it is and isn't. *No signature*
2. Outstanding event, fellowship +++ Great topics: A wonderful chance to meet / see Al Pals from all over Area 10. THANKS TO ALL !! *No signature*
3. My cup runneth over as I do my part in working the steps, living the program one day at a time. *on the back: 118 people gathered together in fellowship sharing ESH, a day of workshops. My HP brings us together from coast to coast full of pain, full of joy. I love being with others who can share a smile, a hug and understand how I feel. Will listen and make my day better. *No signature*

The Area's Day of Workshops was a wonderful victory. The teams came together to provide smooth sailing throughout the day. The variety of workshops were well attended. The chairs provided challenging & exciting ways to use our CAL literature; a second Spanish workshop was a great success. Everyone enjoyed the food, sponsorship skit, speaker and fellowship. We'd like to extend a huge thank you to the many volunteers who made this event a winner for all of us.

No one person can do it all. It takes teamwork, compromise and Principles above Personalities to create a day filled with fun and fellowship.

Diane B, workshop chair

2020 Convention Note:

Aloha, Al-Anon, Alateen & AA members in Florida South!

Let's talk about 'Aina (food) for the Big Island of Serenity Convention.

We are excited to be offering a desirable food plan during the Big Island of Serenity. The convention committee is providing a convenient and affordable meal plan with a bonus. The convenience is important when you consider that the Bonaventure is in a beautiful "residential area" with no restaurants or fast food vendors which one could walk to. As an added value, we have established a discounted venue for those who prefer to attend many convention meetings and experience a more relaxing weekend.

You can save \$15 by registering for the Saturday Serenity meal plan which includes:

Breakfast buffet includes chef's choices with coffee & tea service which is \$20 purchased individually.

Lunch includes sandwich, chips and cookie priced at \$20, beverages can be purchased, \$20 individually.

Banquet dinner includes chicken, entree, salad, starch, veggie, roll, dessert, iced tea & coffee service which is \$55 priced individually.

Priced separately the meals total \$95 and purchased together you will save \$15!
These meals are not available for purchase at time of convention. Please order now

There is limited seating available, please make your reservations early.

Please note that the Alateen registration includes Saturday night pizza party.





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



Area 10 Mailing Address:
 Florida South Area 10, Inc.
 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

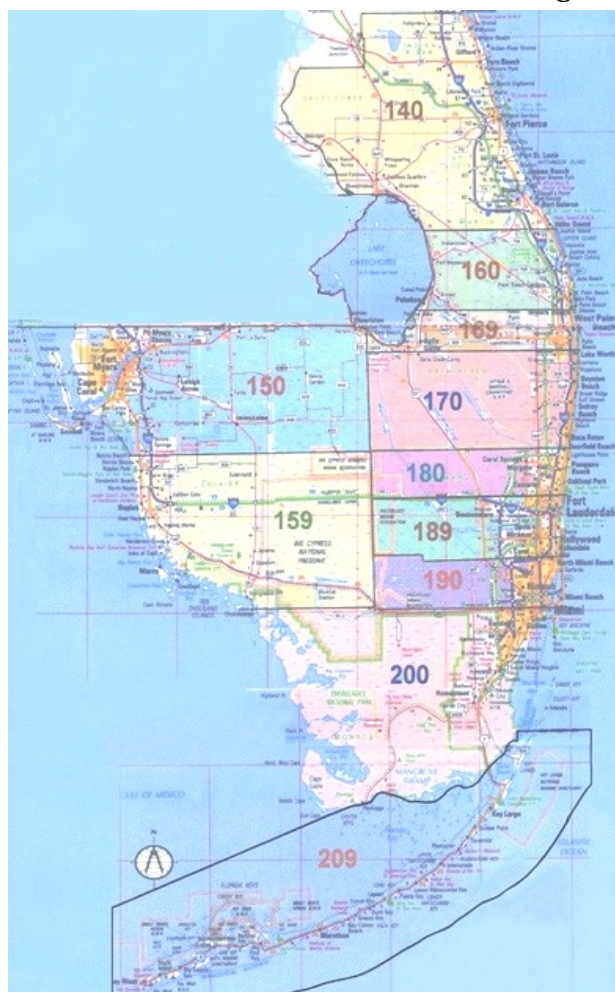
The Sunshiner is YOUR Area newsletter!

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 April 1, 2020



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

Panel 58 Officers & Coordinators

| | | |
|-------------------------|-------------|--|
| Chair | Lisa M. | chair@afgfls@afgfls.com |
| Delegate | Cheryl A. | delegate58@afgfls.com |
| Alternate Delegate | Diane B. | altdelegate@afgfls.com |
| Secretary | Juliette L. | secretary@afgfls.com |
| Treasurer | Kathy D. | treasurer@afgfls.com |
| AAPP—Interim | Kathy H. | aapp@afgfls.com |
| Immediate Past Delegate | Pat K.. | delegate55fls@gmail.com |
| Alateen | Stu D. | Alateen@afgfls.com |
| Archives | Kathleen L. | archives@afgfls.com |
| Group Records | Andy M. | grouprecords@afgfls.com |
| Literature | Laura B. | literature@afgfls.com |
| Newsletter | Nadine A. | newsletter@afgfls.com |
| Public Outreach | Norma P. | publicoutreach@afgfls.com |
| Spanish | Terri M. | spanish@afgfls.com |
| Web | Scott B. | webmaster@afgfls.com |
| 2020 Convention Chair | Debbie V. | bioschair@gmail.com |