

SUNSHINER

Get To Know Panel 61

The newly revised Service Manual is posted on

<https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/>

Area 10 Reports

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

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



Transform, Adapt & Unite

The three Legacies are the basis for our theme chosen for Panel 61, Transform, Adapt & Unite.

First – Transform. I believe Al-Anon teaches us to transform into better versions of ourselves. To me, the transformation begins with our first Legacy, Recovery through the Twelve Steps.

Next - Adapt. The world is constantly changing, but especially during this pandemic, I believe we have had to learn to Adapt even more to the changing times and situations around us. I believe going virtual, when it was not safe to meet in-person, but wanting to carry the message, came about by practicing our third Legacy, Service through the Concepts.

Last, but certainly not least, the third part of the theme - Unite. I have learned, we, as a whole, work better together than we do apart. At Assembly and AWSC, I have seen people on polar opposite sides of an issue. They

both go to the mike and, during their turn, speak out in complete disagreement with one another. Then, during the next meal break, I see those same people eating together, and laughing as if they were on the same side of the issue. To me, this embodies our second legacy, Unity through the Twelve Traditions.

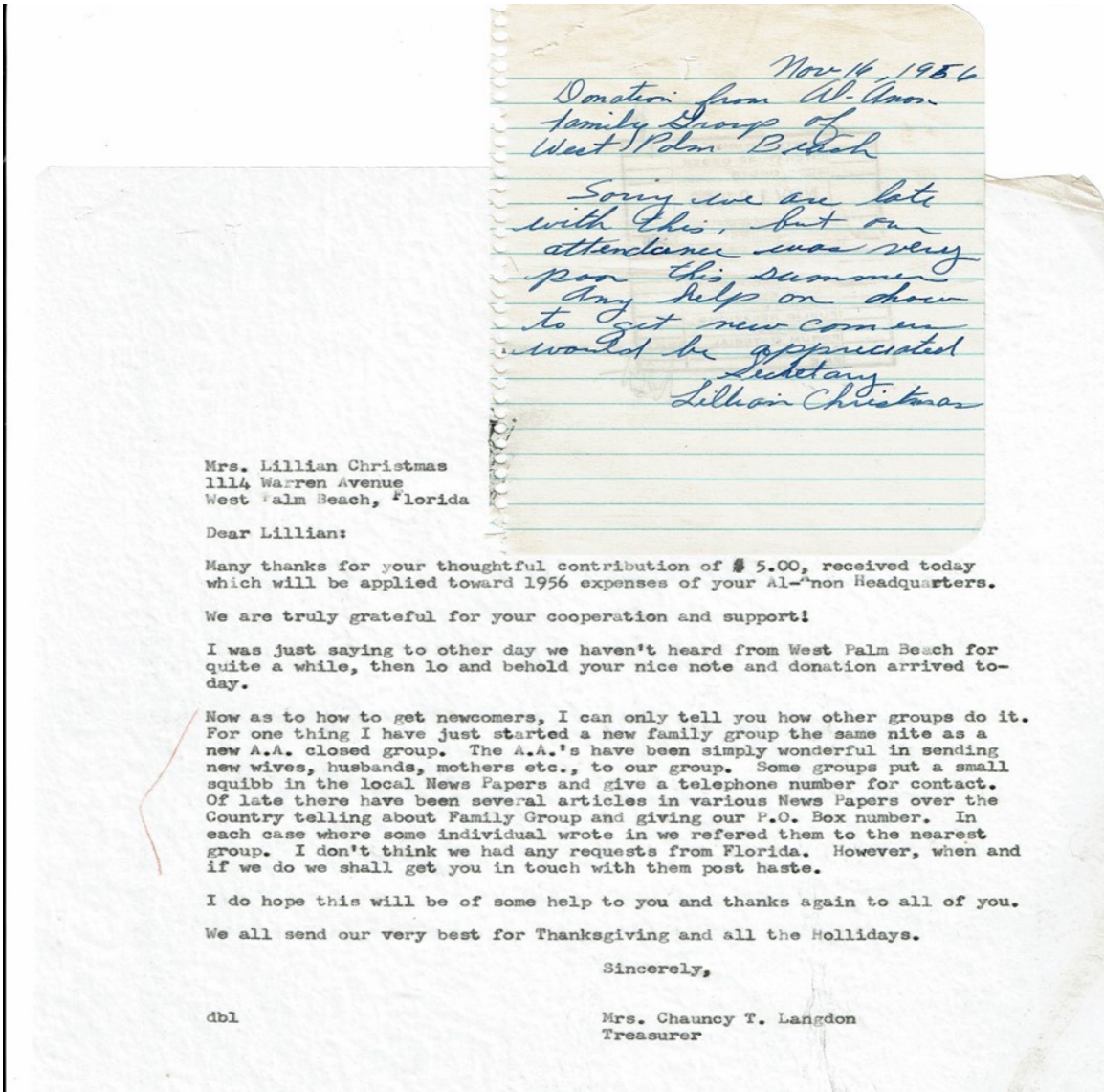
The two images on the Panel 61 theme logo are a butterfly and a dragonfly. I chose these two because they are similar, yet different. They both transform and adapt, though in different ways, just as all of us have similar, but different stories. In Al-Anon, we try to keep an open mind, we strive for unanimity, and we allow the minority voice to be heard. My hope for this panel is that we can all work together in unity to accomplish great things, even when we disagree with each other. **Panel 61, together, we will Transform, Adapt and Unite.**

Rochelle B., Chair
AFG Florida South Area 10 - Panel 61

Get to Know Panel 61—Archives Coordinator

Hi Area 10!

I'm so excited to be the Archives Coordinator for Panel 61 and to have the opportunity to share with you some of the amazing treasures we are fortunate to have in our Archives. This is a handwritten note from a member of Al-Anon Family Group of West Palm Beach dated November 1956, that was sent to WSO along with their donation of \$5.00. The typed document is WSO's response.



One of the more interesting parts to me is the request for "help on how to get newcomers" and the response from WSO. Some things never change; even in 1956 members were asking how to attract newcomers! I hope you enjoy seeing some materials from the Archives of Area 10. If you are interested in having me bring our Area Archives to your District or Group, just shoot me an email at archives@afgfls.com.

Blessings,
Juliette Lysiak, Archives Coordinator Panel 61

I Was Finally Able To Take Off My Armor

Growing up in an alcoholic home, I had to figure so much out for myself. As a result, I developed an arrogant, smug belief that I had all the answers. I felt that I was the one who had to keep things together. Once I left home, I was sure that I was prepared to take on the world and vowed to myself to live differently. I put on my coat of armor, and it was going to take a miracle for me to reveal my true self to anyone—including myself.

I heard about Al-Anon during an internship I was completing for school and attended some Al-Anon and A.A. meetings as part of my assignment. My immediate thought was that my mom really needed to do this Al-Anon thing because it was clear that she was unhappy with my father's drinking. She went a few times, but did not see how Al-Anon could help her. After all, she didn't drink. She purchased one of the daily readers and felt that was enough for her.

Even though my alcoholic loved one became sober and started going to A.A., I was more miserable than ever. My deep-seated insecurities were running amuck, and by the time I got back to Al-Anon, I didn't think I belonged because I didn't want to belong. I didn't want to see my part. Fortunately, I heard that Al-Anon was about my disease. My behavior and attitudes were making me sick and I didn't even realize it. I put everyone else first, thought I knew the answers to everyone else's problems, and justified my actions to the point that I didn't think I could change.

By listening to others share their experiences, I felt hope for myself—hope that I could risk taking off the armor, or maybe just a piece of it, to reveal the real me. Amazingly, I started to change as this loving program began to unfold in front of me. Al-Anon has helped me love and accept myself as I am, despite the family disease of alcoholism. I will “Keep Coming Back” to remind myself that I am worthy.

By Sue P., Virginia

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Calendar of Events - **events marked with an asterisk below are scheduled to take place in person. If “in person” meeting is not possible, meeting will take place virtually.*

♦ **May 21-23, 2021** *Spring Assembly

Doubletree Sunrise—Sawgrass Mills 13400 West Sunrise Blvd. Sunrise, FL 33323

♦ **August 13-15, 2020** *Summer AWSC Meeting

Doubletree Sunrise—Sawgrass Mills 13400 West Sunrise Blvd. Sunrise, FL 33323

♦ **August 20-22, 2021** South Florida Al-Anon Convention

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

♦ **October 8-10, 2021** *Fall Assembly Meeting

Doubletree Sunrise—Sawgrass Mills 13400 West Sunrise Blvd. Sunrise, FL 33323

CAL Corner:

As a newcomer, I quickly got a sponsor who encouraged me to participate in service right away. I soon found myself the back-up Literature person in my home group, which meant I got to take home a huge rolling file box of Al-Anon's Conference Approved Literature. What a gold mine for this newbie! I quickly began purchasing my own set of CAL because of the reading I was doing in the group's set of CAL. The golden nuggets applying to my life, my story, my problems, and solutions were magically appearing before me in CAL, and I wanted to highlight, underline, and dog ear text on my own copies. Others had been there before and offered their Experience, Strength, and Hope. This literature was my go-to, and still is on a daily basis. Suggestion: build your own library of CAL if you haven't already done so. There isn't a single book or pamphlet I've purchased that hasn't been relevant to my life in some way. And by the way, if you don't own your own subscription of *The Forum*, Al-Anon's Monthly Magazine, consider this your invitation to subscribe. See the subscription form on the next page of this newsletter to order. Twelve monthly issues per year for just \$11. This not-so-newbie thinks you will be glad you did!



JoAnne B.
Newsletter Coordinator, Panel 61

Open Letter To A Group Representative

My First Al-Anon meeting was a revelation. No longer was I alone in my despair. There was hope, hope for me, hope for my children, and yes, hope for the alcoholic. I listened as others put into words my feelings and my innermost thoughts. I experienced shock, surprise, pain and joy almost simultaneously. Near the close of that meeting the chairman said, "now we will hear from our Group Representative."



You talked about World Service, elections, finances, Assembly and I stopped listening. Granted, you only spoke four or five minutes. But what concern was it of mine — all your business? Who needs it? I was hurting, I needed help.

I continued to attend meetings always secretly hoping that you, the G.R., would not be there to take valuable meeting time. But you were so dependable and always had a few words to say that didn't seem to apply to me.

As my emotions settled and my thinking cleared, your words began to make sense to me. You talked about a worldwide fellowship. Our group was important; it filled a great need in our community. But that was not its sole purpose. It also helped to maintain the security and permanence of the whole Al-Anon structure. This dedicated G.R. was our link with a District Representative, A Delegate and ultimately with a World Service Office in Virginia Beach.

Your Brief Talks Varied. Sometimes it was about the literature. Often you suggested that each of us assemble a personal Al-Anon library. How grateful I am for that idea. Although it took time and budgeting, I now have all the hardcover books to refer to, a great help in my spiritual growth in understanding myself and others. You made me realize that our books and pamphlets would not exist but for our World Service Office, which must depend on every group for the financial support it needs to serve us in so many ways. This means we have a grave responsibility to help assure the future of Al-Anon.

You told us about Alateen, Public Information, Institutions, translation of our literature into many languages, and explained the World Service Conference held yearly in Virginia Beach. My small world of self and self-pity disappeared as my eyes and ears opened to the needs of others. You frequently mentioned the value and importance of Sponsorship and you urged us to read the FORUM.

Your role as G.R. is not an easy one. We may be slow to listen, to let go of self and to accept the gift of service you offer us. If our lack of interest was discouraging, you never let it show. Your patience and dedication is an inspiration. I thank you for showing me what "Service is all about."

A Grateful Al-Anon Member

The Forum subscription order form

The voice of Al-Anon recovery—today
 Al-Anon's monthly magazine features timely sharings from Al-Anon and Alateen members, suggested meeting topics, and the latest information on worldwide Al-Anon recovery.
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Announcements

Al-Anon's First Official Mobile App! - visit al-anon.org/mobileapp: social app, platform, electronic meetings, keep Al-Anon Journal and information from 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.

Don't Miss FLSouth's 31st Annual Convention—The Big Island of Serenity: See the Registration flyer at the end of this newsletter.



Big Island of Serenity

Friday, August 20 - Sunday, August 22, 2021

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.**

- | | |
|--|------|
| <input type="checkbox"/> Al-Anon or A.A. postmarked by July 31, 2021 | \$30 |
| <input type="checkbox"/> Al-Anon or A.A. at the door | \$35 |
| <input type="checkbox"/> Alateen Registration | \$15 |

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

Saturday Meal Options; all inclusive:

- | | |
|--|------|
| <input type="checkbox"/> Saturday Serenity Meal Plan Includes Breakfast, Lunch & Dinner | \$80 |
| <input type="checkbox"/> Hot Breakfast Buffet: chef's choices with coffee & tea service | \$20 |
| <input type="checkbox"/> Lunch: sandwich, chips, cookie | \$20 |
| <input type="checkbox"/> 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 31, 2021.

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 30, 2021** 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 20, 21 & 22, 2021 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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Website:
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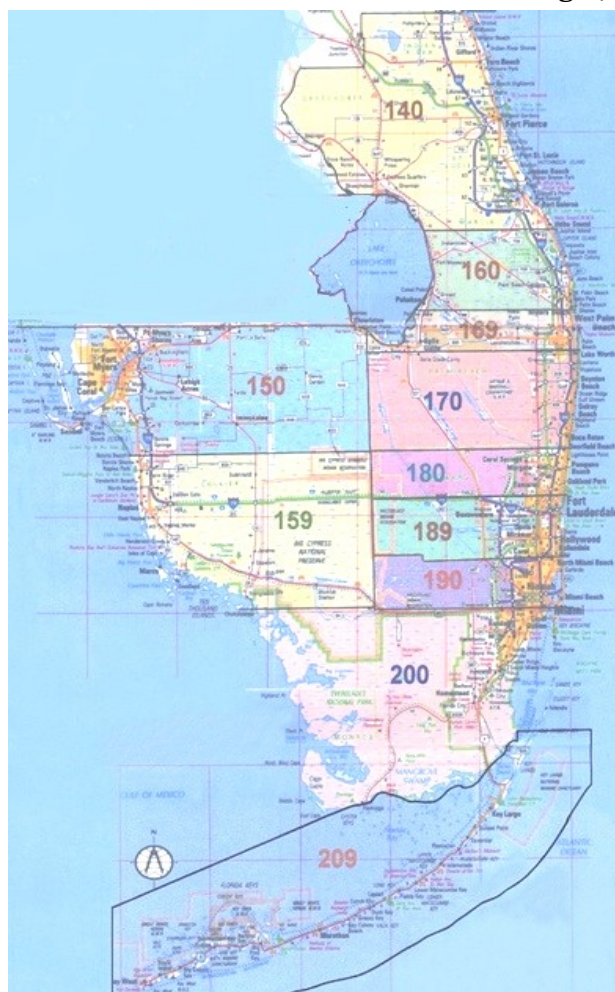
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1600 Corporate Landing Parkway
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Phone: (757) 563-1600

The Sunshiner is YOUR Area newsletter!

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

newsletter@afgfls.com

Next deadline May 1, 2021



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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