

The new 2022-2025 Service Manual is now posted & available for download at:

<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/members-documents/>

The Newsletter Coordinator hopes to highlight Al-Anon Area positions in each issue during Panel 61.

Panel 61- Volume V, Issue 4
AFG FLORIDA SOUTH AREA 10

Spring 2022

SUNSHINER

Get To Know About Service

Why do I keep on serving?

The gifts of Al-Anon service have been a lifesaver to me, especially during the past two years. Because I had been active at group and district levels already, I'd met and become friendly with several Al-Anon members in other districts in Area 10 at Assemblies and Area World Service Conferences, as well as at Area and District events.

During the months of isolation in 2020 and 2021, I was able to meet and communicate with members throughout South Florida in electronic meetings and by phone. This was possible because I'd met them over the years and worked with them at the Area level. This past year I suffered several serious health issues and at the same time, a family crisis left me with the need to talk to people who were not in my daily life, people I wasn't going to run into in my limited goings and comings during that time. I was quite a mess for several months and not physically able to participate as fully as previously. I was also in great need of people who would listen, who would pray for me, and who could empathize with the situation I

was going through. Because I couldn't share our story openly, it was often my non-local Al-Anon friends I was able to be most open with. I had this group of people who cared about me, who didn't and wouldn't judge our family, who loved me and walked with me through our painful situation. They checked in on me, and not one of them said "hey, JoAnne, you know you are really slacking on your Panel position in Area 10."

To be honest, I've dealt with some guilt at my inability to do my service position on this Panel as completely and efficiently as I had hoped. Guess what? No one is chastising me for meeting life on life's terms and doing what I needed to do to get healthy and to care for my family's needs. Al-Anon is truly the only place I've ever served where this can be said. If you haven't tried service (or haven't tried service outside of your home group,) why not speak to your sponsor and your Higher Power about it and find out where you can jump in now?

With Gratitude,
JoAnne B

Newsletter Coordinator, Panel 61



An Essay on Miracles

"You can become blind by seeing each day is a similar one. Each day is a different one, each day brings the miracle of it. It's just a matter of paying attention to this miracle." -Paul Coelho

MIRACLES DO HAPPEN EVERY DAY and they do not necessarily have to pertain to the epic events I've been told or read about as a child. See, I had understood that miracles were bigger than life, not life itself!

Until Al-Anon I practiced being somewhere else, wanting some thing other than, and not appreciating what was within my reach. What a novel idea, pay attention! Paying attention, to life unfolding, is a series of miracles just waiting for me to explore.

Nobody finds recovery by accident. My confusion and discomfort with living in the disease of alcoholism were disguised by my anger and resentment which further disguised the miracle that awaited me behind the doors of my very first meeting. So, tripping into Al-Anon was my first miracle. I remember hearing in the rooms, "don't give up before the miracle happens..." by the same token I wasn't leaving after my first miracle either, and I 'Keep Coming Back' to collect more miracles and to let others see what differences those miracles make in my life.

The real miracles of recovery come from within the structure of the 12 Steps, 12 Traditions, and 12 Concepts of our program. 36 spiritual gifts when applied to my life, with the guidance of a sponsor, help me to see all things, as they are.

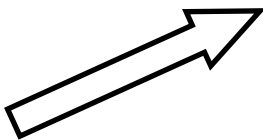
I, as well as you, are miracles. Our uniqueness is miraculous. Miracles can be subtle or elusive. Just by applying these principles in my daily life, my thinking and behavior has suddenly changed. This process of a continual transformation occurring is a miracle unraveling. The artful use of breath or a Slogan like, 'Minding my own business' or 'Letting Go and Letting God' amid a crisis, is a miracle.

A miracle is when my perception shifts from fear to love. They are the past-present-future coincidences and intuitions I experience in my life. Today I practice, 'Love All, Serve All,' holding the hand of my Higher Power.

Smile and pass on a miracle...

This essay is based on the workshop presented by Anthony D. at the South Florida Area 10 2021 Convention.

**Calendar -
Make a Note!**

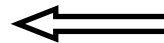


Spring Assembly
May 13 - 15 2022
Marriott Coral Springs Hotel &
Convention Center - Heron Bay
11775 Heron Bay Blvd
Coral Springs, FL 33076

**Pursuing Our Pioneers' Path – 32nd Annual AFG
Florida South Area 10 Convention with AA Participation**

INFO COMING SOON!

Summer AWSC
July 29 - 31, 2022
Marriott Coral Springs Hotel &
Convention Center - Heron Bay
11775 Heron Bay Blvd
Coral Springs, FL 33076



*Please note this date change.
AWSC is now in JULY due to a
calendar conflict with the
hotel.*



Fall Assembly
October 21 - 23, 2022
Marriott Coral Springs Hotel &
Convention Center - Heron Bay
11775 Heron Bay Blvd
Coral Springs, FL 33076

From the Forum - March, 2011

(do you have your personal subscription yet?)



A dog, a porcupine, and a much needed lesson

By Tim B., Michigan

On a recent hunting outing, my dog, Banjo, ran into a porcupine. There were more than 200 quills in her; she could hardly walk. The quills were in her front and rear shoulders. She was trying to get them out herself, but every movement drove the quills deeper and caused her more pain.

I had to hold her down and pull the quills out—agonizingly, one by one. It was painful; she did not like it, but she was powerless over the quills. She needed someone else to remove them in order to be able to get back to our truck.

The experience reminded me of my recovery journey. Sometimes, through no fault of my own, I get into a painful situation, and as much as I try, I cannot release the pain. It is only when I surrender to a Power greater than myself that I can be freed of the pain.

The release is neither immediate, nor painless in itself. However, I find relief by surrendering my will and allowing God, as I understand Him, into my life.

Sometimes, the relief comes from an unexpected direction, but I always see that the solution that came was better than what I could have devised myself.

Although Banjo was probably not grateful to run into the porcupine, this pain-filled experience reinforced a lesson that I need to always remember.

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2022 Area 10 Convention 2022 Area 10 Convention

**Look for NEW information about our annual
convention coming soon!**





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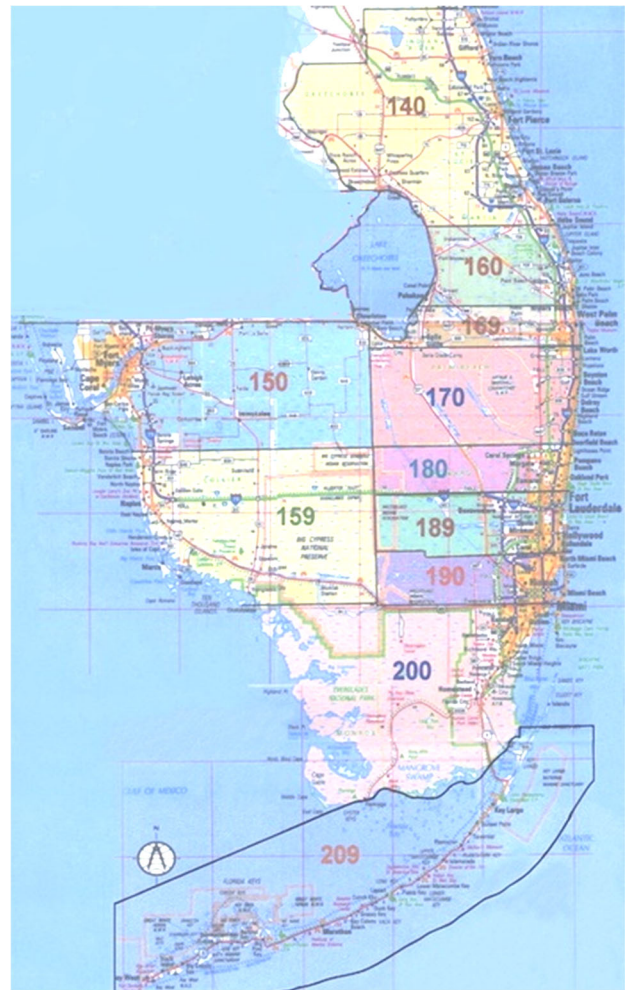
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The Sunshiner is YOUR Area newsletter!

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 is June 10, 2022



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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