

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/>

Have you registered for our Area 10 Annual Convention yet? Don't hesitate or miss out on the fun! Use the form in this issue or jump online to the online registration page.

AFG FLORIDA SOUTH AREA 10

SUNSHINER

Panel 61- Volume V, Issue 5

Summer 2022

Get To Know About Service

The Service Experience

I don't think my serving our fellowship has much to do with qualifications, but more to do with willingness. I had a lot of fear when I began—fear of not measuring up or being capable. We don't fill or try to fill anyone else's shoes when we begin this journey. I truly believe that I am involved in service not so much for what I have to offer, but for what the experience has to offer me. It is exactly what I needed for many reasons. It is a place for me to practice within the safety of our fellowship the principles that I have learned in Al-Anon—acceptance, love, giving, detachment and faith. It has also given me a new focus (something of my own, independence from the alcoholic) and something to commit myself to.

I began service work just three months into my recovery still in much pain and confusion, but motivated by my gratitude for having found the fellowship and program. I felt I needed to somehow repay what had been so freely given to me. It is said that service work is gratitude in action.

It was important I did not take on the feeling of being totally responsible just because I had been elected to, and hold a service position. I must look to the Traditions & ask questions

of those that have gone before me. It is important for me to have a service sponsor separate from a personal sponsor, and to consult that sponsor before I take action. It has been helpful for me to have more than one sponsor, especially to have one from outside my home group when group problems arise. I read whatever I can get my hands on. There are several service manuals to help keep me informed. Being able to refer to sources outside of myself has been most helpful. That way it is not my voice, but the voice of the collective experiences of our fellowship and history.

I view my responsibility as being rather simple. I am supposed to show up, maintain my willingness and be as informed as possible. The rest comes from the Higher Power and from those whom I work with. It isn't all up to me. I feel inadequate most of the time, but find that is good in the sense that my self-will and my own thinking doesn't get in the way. This is supposed to be a growing experience and I am told that God doesn't pick those who are ready, but gets those whom he picks ready. We get ready and grow together one step of the way and one day at a time.

April, 1990

Anon, Kansas

Reprinted with permission of The Forum, Al-Anon Family Groups Headquarters,

A Year of Adapting to Changes to our Calendar and to Our World

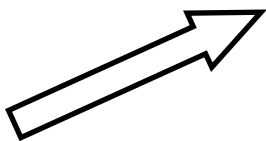


Please note changes to the Area 10 Calendar:

REGARDING AWSC: date is changed to July 29—31

REGARDING CONVENTION: his date AND location change. Convention is now scheduled one week later than previously due to hotel availability.

**Calendar
NOTES -
Make a Note!**



AREA 10 Service Event

***"We are All Connected"
hosted by District 150***

Saturday, November 5, 2022

10:00 - 3:00 PM

Estero Church

8088 Lords Way St, Estero, FL 33928



Summer AWSC

July 29 - 31, 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**

Friday, August 26 - Sunday, August 28, 2022

Marriott West Palm Beach

1001 Okeechobee Blvd, WPB, FL 33401



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 - February, 1991

(do you have your personal subscription yet?)

***Lifeline***

By Shell K., Iowa

Three and a half years prior to my becoming an avid member of AL-Anon, I had attended two or three meetings. This was after having an intervention with my husband which didn't work. Of course my husband quit drinking, told me that he didn't have a problem, and that I was being brainwashed. Being a sick dependent person and a great enabler I believed him and quit going to meetings. During this time his behavior didn't change but he didn't drink, which I thought was wonderful. Kife seemed to be okay until he started drinking again nine months later. Things went downhill faster than before. Everything seemed hopeless and lost.

Then one night my husband came home drunk and stated that he needed help. He wanted me to call a counselor for him. For some unknown reason I told him that he had to do it himself, I wouldn't. He did make the call and left for treatment at 3:00AM on the morning of April 3, 1979. April 6, 1979 was when my lifeline of support started. At the ALOAnon meeting it was like someone was giving me a thin piece of thread to hang on to. I couldn't quite understand what was being said but I had that thread of support. As time went on and I attended more meetings, the thread turned into a piece of twine. The love of the groups and caring made coping easier. I had my ups and downs but I now had someone with whom I could share my feelings.

Speaking at meetings and in front of groups helped me to grow still more. The twine now changed into a piece of rope which was stronger to onto and grasp. I felt more security and safety as I started to take different risks and to work on my defects. Time eventually changed the rope into a strong cable. All the strands of that cable represent the people in the program, bonded together for me.

I firmly believe in being involved. Going to meetings, sharing, speaking when asked, volunteering at program functions and sponsoring others is what it is all about. I always have a hand out with that piece of thread to a new member. Hopefully, that thread will also turn into a strong cable of support them which they can share.

I am ever grateful to Al-Anon and what it has given me. I will continue my program as an ongoing process, knowing that my lifeline of support will never break as long as I am willing to be a part of it.



Pursuing Our Pioneers' Path

Friday, August 26 – Sunday, August 28, 2022

32nd Annual AFG Florida South Area 10 Convention

With AA Participation

Marriott West Palm Beach

1001 Okeechobee Boulevard, WPB, FL 33401

CONVENTION REGISTRATION

Online: www.southfloridaal-anon.org

Preferred language (circle one): English Spanish

Program (check price box):

- ☐ Al-Anon or A.A. postmarked by 8/7/22 \$35
☐ Al-Anon or A.A. at the door \$40
☐ Al-Anon Members 18 and younger \$15

Note: there is no formal Alateen program at the Convention



Meals- Saturday

- ☐ Chuck Wagon (Lunch and Banquet) \$75
☐ Lunch \$25
☐ Banquet (check below for special requests) \$58
☐ Vegan ☐ Vegetarian ☐ Gluten Free

All meal requests must be made by August 7, 2022.

Paid by check # _____ Total Amount \$ _____

Make checks payable to: AFG FLS Convention

No refunds or exchanges.

HOTEL ACCOMMODATIONS

Please make reservations directly with the Marriott West Palm Beach at 561-833-1234 or

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1651524377563&key=GRP&app=resvlink>

by August 1, 2022 at 5pm to guarantee room rates.

Be sure to mention "2022 AFGFLS Convention" to obtain special rate of \$149 per night plus applicable taxes. All rooms include microwave, mini fridge and coffee maker. Self-parking included for overnight guests, \$10/day for day trippers. Enjoy the same discounted room rate up to 3 days before and 3 days after Convention weekend.

Email questions to:
pioneerquestions@outlook.com



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

Make a copy and mail form along with payment to:
 AFG FLS Convention, 5201 SW 31st Ave #255, Ft. Lauderdale, FL 33312

Name: (First & Last) _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____

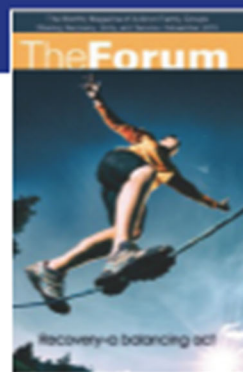
Phone: _____ Email: _____

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

Badge Name: _____ District # _____

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.
 Experience and insight you won't find anywhere else!



Digital version available for purchase through your electronic media provider. Contact WSO for details.

One Year Subscription Price		Number of subscriptions per month	Number of years per subscription	Total amount enclosed
<input type="checkbox"/> U.S., Bermuda, Puerto Rico	\$11 US			
<input type="checkbox"/> Canada, Other Countries	\$23 US	x _____	x _____	= \$ _____

This subscription is: ☐ new ☐ renewal

Send this subscription to: (for Group subscriptions see below)

Name _____ Street _____

City, State/Province, Zip _____ Country _____

☐ *The above is a gift. Please send me a gift card at:*

Name _____ Street _____

City, State/Province, Zip _____ Country _____

Group subscription: All Group subscriptions are mailed to the CMA address on record.

Group # _____ City, State/Province _____

if you don't know your group # fill out the following

Meeting Place & Time _____

Payment Method:

DO NOT SEND CASH • NO C.O.D. ORDERS.

Checks, Visa, MasterCard, Discover, and American Express accepted.

Canadian subscription payments may be made in Canadian funds at the U.S. dollar equivalent.

Checks payable to: AFG, Inc. **Fax order:** (757) 563-1655 **On-line:** al-anon.org/forum

Mail order: AFG, Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617

When using a credit card, please provide us with the following information.

☐ Visa ☐ MC ☐ Disc ☐ Amex Phone # _____

Card Number _____ Security Code _____

Signature _____ Exp. Date _____

Please allow six to eight weeks for delivery.

No refunds for subscription cancellation.

Date	Amount	Type	Order No.



Area 10 Mailing Address:
Florida South Area 10, Inc.
PO Box 955
Port Salerno, FL 34992

Website:
www.southfloridaal-anon.org

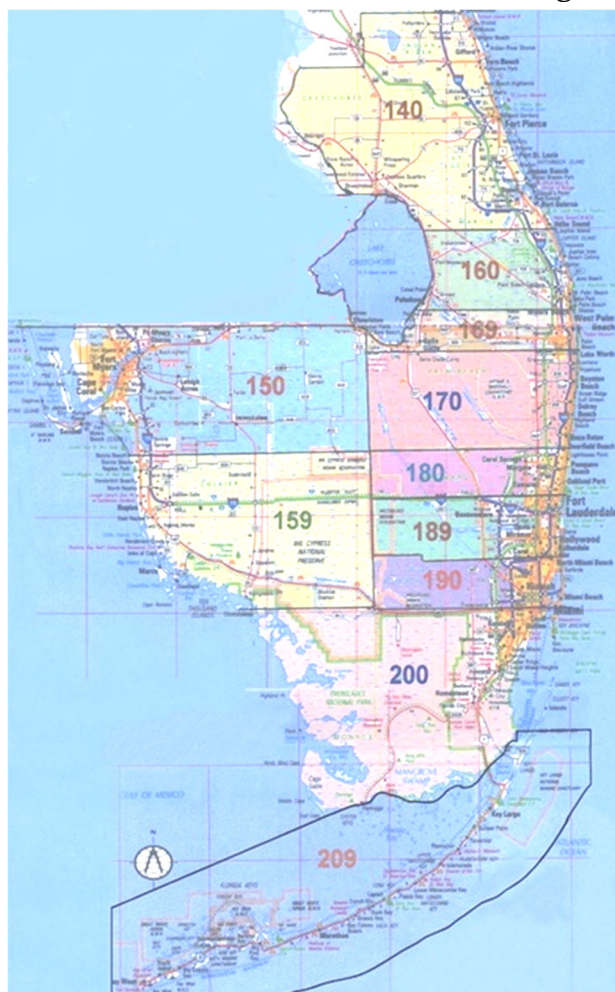
Al-Anon Family Group Headquarters, Inc.
1600 Corporate Landing Parkway
Virginia Beach, VA 23454-5617
Phone: (757) 563-1600

The Sunshiner is YOUR Area newsletter!

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

newsletter@afgfls.com

Next deadline is September 10, 2022



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

Panel 61 Officers & Coordinators

Chair	Rochelle B.	chair@afgfls.com
Delegate	Diane B.	delegate61@afgfls.com
Alternate Delegate	Terry M.	altdelegate@afgfls.com
Secretary	Nadine A.	secretary@afgfls.com
Treasurer	Sandy C.	treasurer@afgfls.com
AAPP	Cheryl A.	aapp@afgfls.com
Immediate Past Delegate	Cheryl A.	delegate58fls@gmail.com
Alateen	Len O.	alateen@afgfls.com
Archives	Juliette L.	archives@afgfls.com
Group Records	Debbie V.	grouprecords@afgfls.com
Literature	Joanne H.	literature@afgfls.com
Newsletter	JoAnne B.	newsletter@afgfls.com
Public Outreach	Jodi L.	publicoutreach@afgfls.com
Spanish	Nubia T.	spanish@afgfls.com
Web	Wendy D-Y.	webmaster@afgfls.com
2022 Convention Chair	Juliette L.	pioneerquestions@outlook.com