

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 33rd Area 10 Annual Convention *New Horizons of Hope* yet? Don't hesitate or miss out on the fun! Use the form in this issue .

Panel 61- Volume V, Issue 6

AFG FLORIDA SOUTH AREA 10

Fall 2022

SUNSHINER

Get To Know About Service

Service –Who Serves?

Our program has three legacies—personal recovery, unity, and service. We all know our individual recovery through the program's principles is basic to our progress.

Also by sharing our experience, strength and hope, we each contribute to the unity of our respective groups.

Service, many assume, is that dull business part of the program reserved for Group Representatives and the like. I prefer to think service involves a much broader scope than just business. Our Second Tradition reads, "Our leaders are but trusted servants. They do not govern." In other words, trust is part of service. But trust is also essential to the entire Al-Anon program.

Each of us places trust in fellow members and trust is placed in us. As I see it, service involves everyone. Each serves in his unique way. Whether trusted to make the coffee, open the meeting place door, make a Twelfth Step call, or serve on the Area WSC Committee, we are all important to Al-Anon as a whole. All of these responsibilities involve giving to others which further enhances our ability to receive the gifts this program offers.

When you think about it, service as a legacy really encompasses both personal recovery and unity—it's not as remote as many of us think.

T. P., Manitoba, Canada
July, 1974

Al-Anon Needs You

Aren't you thankful that Al-Anon was available when you needed help? Aren't you grateful that Lois started Al-Anon and that since then countless other members around the world have been willing to start groups? Where would we be without their willingness to serve?

The easiest way to start paying the debt we owe them is to be willing. We can help clean the room after the meeting, or agree to lead a meeting. Speaking talent has never been a requirement for membership. Another way to serve is to open the meeting place or make the coffee. Being treasurer is not time-consuming.

We often hear people say they can't do Twelfth Stepp work. Isn't Twelve-Stepping just being there, listening and sharing with a troubled Al-Anon member or newcomer? Why not call a newcomer between meetings and show we care?

Last but not least, there is Alateen sponsorship. No special talents are necessary, only love and understanding. Our Just For Today leaflet says it beautifully: 'As I give to the world, so the world will give to me.' Al-Anon needs you. Won't you pass along what you have received?

Maita F., Phoenix, AZ
June, 1977

Reprinted with permission of The Forum, Al-Anon Family Groups Headquarters, Virginia Beach, VA.



Our Calendar for 2023 — Please make a note!

Winter AWSC
February 25-26, 2023
Marriott Coral Springs Hotel &
Convention Center - Heron Bay
11775 Heron Bay Blvd
Coral Springs, FL 33076

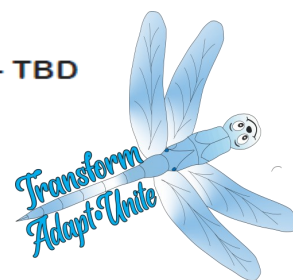
Spring Assembly
June 2-4, 2023
Marriott Coral Springs Hotel &
Convention Center - Heron Bay
11775 Heron Bay Blvd
Coral Springs, FL 33076

Summer AWSC
July 21-23, 2023
Marriott Coral Springs Hotel &
Convention Center - Heron Bay
11775 Heron Bay Blvd
Coral Springs, FL 33076

Fall Election Assembly
October 20 - 22, 2023
Marriott Coral Springs Hotel &
Convention Center - Heron Bay
11775 Heron Bay Blvd
Coral Springs, FL 33076

33rd Florida South Area 10 Convention
with AA Participation
August 18-20, 2023
Hyatt Regency Coconut Point
5001 Coconut Road, Bonita Springs,
Florida, United States, 34134

Turnover AWSC - TBD



Your Contributions: Did you know that the \$1 suggested meeting donation of the past is now equal to more than \$10 due to inflation to today's prices? Are you still putting just a dollar in the basket per meeting? If so, consider what Al-Anon has meant to you and think about increasing your giving at the group, Area, and WSO levels.

Electronic Donations—NOW POSSIBLE! Go, go, go!

As you all know, our Area and WSO have had some financial struggles with what we have all faced over the past few years. If you would like to make a personal donation directly to either the Al-Anon World Service Office (WSO) or South Florida Area 10, directions follow.



WSO Donations: [Click this LINK](#) to make donations via credit card, PayPal, or bank withdrawal. Directions and direct links are on this WSO web page.

Area 10 Donations: If you or your group wishes to contribute to Area 10 using Zelle, log into your bank account and click on Zelle. You will be prompted to add a recipient and will be asked if you want to add a person or business. YOU WILL CHOOSE BUSINESS. The business name is **Al-Anon Family Groups Florida South, Area 10, Inc.** Then you will be prompted to add a phone number or email address. **Choose email treasurer@afgfls.com.** Once you have completed this setup, you can send donations from your bank account directly to the Area 10 bank account. It is important to always include your Group name and District in the notes section. If you do not, your group cannot be credited with the donation.

From the Forum - July, 1974 and June, 1977

(does your group have its own subscription yet?)

These gems are from Al-Anon almost 50 years ago from a column called Rx. Perhaps you or your group could use these.



Rx for Good Meetings

By Effie H., Kansas City, MO

These suggestions have helped me get the most from my meetings:

- Before the meeting, prepare your heart and mind through prayer and meditation.
- Come ahead of time. It always takes a few minutes to settle down so our hearts can listen.
- Keep an open mind. Remember you are not here to be entertained, but to find a new way of life.
- Participate, don't be just a spectator. Healing comes not through the wisdom of what we say, but through the sharing of feelings.
- Forget the faults of others and focus on your own inventory.
- Listen attentively. Give the leader courteous understanding.
- When the meeting is over, be warm and friendly to those about you, especially newcomers. Enjoy the fellowship afterwards and try to live what you have learned.

Rx for Group Health - suggested by the author

By Helen McL., from Ocean Springs, MS (excerpted)

- Our fellowship is open to anyone who is trying to cope with a situation involving a problem drinker.
- The new member is the most important person at the meeting.
- We do not discuss the alcoholic's faults at meetings. We are here to help ourselves become better persons.
- The group cannot survive unless all its members feel a person responsibility and get involved.
- We cooperate but do not affiliate with AA. We have a a distinct set of problems and they have another. We allow them to stand on their own two feet and make their own decisions. We trust they will allow us to do the same.
- The Steps and Traditions are the cornerstones of our program.
- The exclusive use of Conference Approved Literature keeps these basic concepts alive and identified. It is the group policy to have on hand Conference Approved Literature.
- We recommend that every member subscribe to the FORUM, the monthly voice of Al-Anon.
- The group is responsible for sending the Group Representative to district and Area Assembly meetings.
- We must increase our membership by making Al-Anon known in our community via posters, newspaper articles, radio announcements, and contacts with professionals.
- Having a P.O. box and telephone number makes us available to those who need us.
- In carrying the message, we remain anonymous at the level of press, radio and TV, and protect the anonymity of other members.

Reprinted with permission of The Forum, Al-Anon Family Groups Headquarters, Virginia Beach, VA.

From our Literature Coordinator—News You Can Use Right Now:

The Forum — Many members may not realize Al-Anon publishes three magazines: *The Forum*, our monthly magazine in English, *Le lien*, our bimonthly magazine in French, and *Al-Anon y Alateen en accion*, our bimonthly magazine in Spanish. While the French- and Spanish-language magazines each have only six issues per year (as opposed to the 12 issues of *The Forum*), *Le lien* and *Al-Anon y Alateen en accion* contain all the same Legacy sharings, most of the Inside Al-Anon articles and WSO Notes, and many of the Al-Anon and Alateen member sharings published in *The Forum*.

Like *The Forum*, our French- and Spanish-language magazines are available as print subscriptions. Additionally, current issues are available as downloadable PDFs on the al-anon.org website. A few years ago, the format of the publications in Spanish and French were upgraded from newsletters to magazines, so today, they match the look, feel, and quality of *The Forum*. Links to the PDF versions of the current Spanish and French magazine issues follow, as well as links to the subscription order forms, should you want to order subscriptions or download either of the current issues.

Spanish-language magazine: [enaccion_web.pdf \(al-anon.org\)](https://al-anon.org/enaccion_web.pdf)

Subscription order form for Spanish: [SS53.pdf \(al-anon.org\)](https://al-anon.org/SS53.pdf)

French-language magazine: [lelien_web.pdf \(al-anon.org\)](https://al-anon.org/lelien_web.pdf)

Subscription order form for French: [FS53.pdf \(al-anon.org\)](https://al-anon.org/FS53.pdf)

Since *The Forum*-and by extension, all our magazines-relies on the submission of member sharings for its content, please know that a team at the WSO is working on a project to make the submission process more inclusive of our French- and Spanish-speaking members, hoped to be launched by the end of the year. More information will be coming in the WSO email newsletter, *In The Loop*..

Below you can find a link to an article from *The Forum*, December 2021 issue, which discusses all three of CAL magazines and how they are suitable for use at meetings, as well as wonderful resources for personal recovery.

[Are Our Magazines CAL, and Can They Be Read at Meetings? - Al-Anon Family Groups](#)

Our Service Manual — The 2022-2025 *Al-Anon/Alateen Service Manual* (P-24/27) v2 is available on the website in English, French, and Spanish, and we invite you to replace your v1 electronic copy with v2!

V2 includes the changes that the 2022 World Service Conference approved. V2 is at the printer and we anticipate it will be available in print before the end of the year.

Our Area 10 Members Share

“One of the challenges I face every day is connecting my mind to my heart. . .after hearing several members share their use of Alateen, A Day At A Time, I purchased it for my personal use and found an answer to my question. Out of the mouth of babes I heard . . . “think of God as a verb, “ Wow! An action instead of a noun or pronoun. I’ve come to believe that God resides in my heart, so if God is love, then my intention (head) connects my action (heart), so let love begin with me!

Anthony D., District 180

My sponsor always says, “more will be revealed in time.” This quote has helped me tremendously in keeping my head where my feet are, in the present moment without having to project into the future things that I cannot possibly know. As I stay in the present more and more, I’ve begun to see what a gift (a true present), the present moment of my life is. I enjoy more, I understand more, and my serenity is enhanced by staying in the present.

Anonymous, Area 10

Some acronyms that serve me well are WAIT (Why Am I Talking?) and WAIST (Why Am I STILL Talking?) When I remember to apply these and to practice a PAUSE before responding, I often am able to see “How Important Is It? may be appropriate or my emotions need to be settled before responding, or even that my response is truly not necessary in the moment. These have saved me countless futile arguments with others not ready to hear what I may have wanted to say.

Anonymous, Area 10

I used to run my mouth about everything, in particular, to members of my family. I thought they deserved or had a need to know. My first sponsor had me practice asking myself “what will they do with that information?” In other words, would the other person be able to process the information without being personally negatively impacted, did they really have a need for the information, what was my motive in sharing with the other person, and could they truly add any recovery-centered experience, strength, or hope to my situation. When I remember to ask myself that question, I’ve found that there are lots of situations and circumstances that don’t need sharing with others, particularly those without recovery programs of their own.

JoAnne B., District 169

From your Area 10 Archives - a letter from a member in Venice. At the time of the letter, Venice was District 13 and is included in our Archives because Florida State had not yet split into North and South. This may be challenging to read, but it's worth the effort.

In Service, Juliette Lysiak, Area 10 Panel 61 Archives Coordinator

8-11-80

2.

Dear Margaret,

I just had to write, and tell you a story that happened many years ago.

I am the P. S. for my district 13 in Florida and just read that Henrietta S. passed away in May. and I was deeply moved.

My father who passed away in 1973 was a member of AA back in 1944 and who was to go into what I remember only as the 12th step house on 24th St.

One day he had asked if I would go with him to help some ladies with mailing. I believe he said they were AA wives, but I did go many times.

That I remember as I was about 21 at the time that I felt so much love and happiness

in that small room with the ladies. I remember that I wished my mother would accept AA and the people but she never did.

I am a very cautious person by nature but I never once reads a piece of literature that I put into envelopes in that room.

I remember Lois who I remember living in a big house in Meachester County and Henrietta dining like my family did in Fushing, N.Y. Why I had the impression I will never know. All I know is that I thought I was doing something good for AA at the time.

I remember meeting Bill W. and I thought of him as the President of the club that made Daddy sober.

3.

My father never shared what went on in AA and as far as the ladies (who now was Al-Anon) he just said "they make the coffee for us."

I could go on by saying "If only" I know about Al-Anon maybe my life would of been different but I know today I came into Al-Anon when my Mother Power felt I had enough.

I remember going for stamps and maybe lunch for the ladies and sometime AA and I felt part of them. I guess the serenity in the rooms is just like a meeting for me today.

In pure there is much sadness on losing Henrietta by oh the joy of the privilege of meeting her. Love in Al-Anon
Dorothy Fergus

August 10, 1988

Dorothy Fergus
5005 Southern Pine Circle
Venice, FL 34293

Dear Dorothy:

How nice of you to write us of your very early recollections of going to the AA Clubhouse on West 24th Street in New York City with your father and meeting Lois, Henrietta and other early pioneers. It is particularly heartwarming that those experiences were positive ones for you.

Little do we know at the time how much our past will influence our life today. Aren't you fortunate to have known that help was at hand when you were ready for it? Some people go through life never knowing they could have been helped.

Thanks again, Dorothy for sharing your memories with us. May you enjoy many more years of serenity that the program offers.

Love in Al-Anon,

Margaret O'Boyle
WSD Archivist

MD. r

Have you already registered for our 2023 Florida South Area 10 Convention? If not, you can use the form below to register. You will be glad you did! Don't delay! You can find hotel reservation information for the convention at

<http://www.southfloridaal-anon.org/2023convention/>

NEW HORIZONS OF HOPE

Friday, August 18—Sunday, August 20, 2023

33rd Annual AFG Florida South Area 10 Convention with AA Participation

HYATT REGENCY COCONUT POINT RESORT AND SPA

5001 Coconut Road, Bonita Springs, FL 34134

CONVENTION REGISTRATION

PROGRAM		
<input type="checkbox"/>	Al-Anon / A.A. postmarked before 8/1/2023	\$35
<input type="checkbox"/>	Al-Anon / A.A. at the door	\$40
<input type="checkbox"/>	Alateen (18 and younger)	\$15

MEALS		
<input type="checkbox"/>	Fellowship Celebration Feast (Saturday dinner) -circle one: Chicken Vegetarian Vegan Gluten Free	\$60
<input type="checkbox"/>	Fellowship Celebration Feast AND Saturday Lunch Chicken Vegetarian Vegan Gluten Free	\$75
<input type="checkbox"/>	Lunch on Saturday	\$25
<input type="checkbox"/>	Alateen Pizza Party (Alateens & AMIAS)	\$10

RESORT FEATURES & ACCOMODATIONS

SPECIAL AFG RESORT ROOM RATE for a standard room is \$179 per night plus taxes & reduced resort fee of \$10. Free self-parking with in / out privileges for hotel guests.

Make it a vacation—enjoy the same rate 2 days before and after the convention dates. The resort features spa, fitness center, water slides, four refreshing pools, a lazy river, and a ferry to private beach.

To phone for a reservation, call 239-444-1234 and be sure to give our group code which is G-HAAF. Or go to our Southfloridaal-anon website for a direct link to make reservations.

Last day to reserve a room at the group rate is July 26, 2023.

Area 10 current policy does not allow refunds

Questions on any matter can be e-mailed to:
2023conventionchair@afgfls.com

One Form Per Guest. Please Print Legibly.

MAKE CHECKS PAYABLE TO: AFG FLS CONVENTION

Mail to: AFG Convention, 13667 S.W. 117 Lane, Miami, FL 33186

Name (First and Last): _____

E-mail: _____

Email addresses will be used for FL South Convention purposes only

Contact Phone: _____ Badge Name _____

District #: _____ Preferred Language ☐ English ☐ Spanish

Street Address, : _____

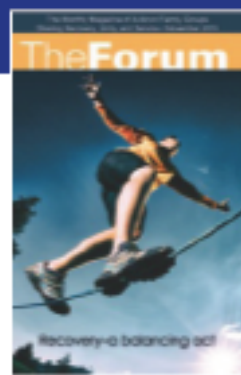
City _____ State _____ Zip Code _____

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

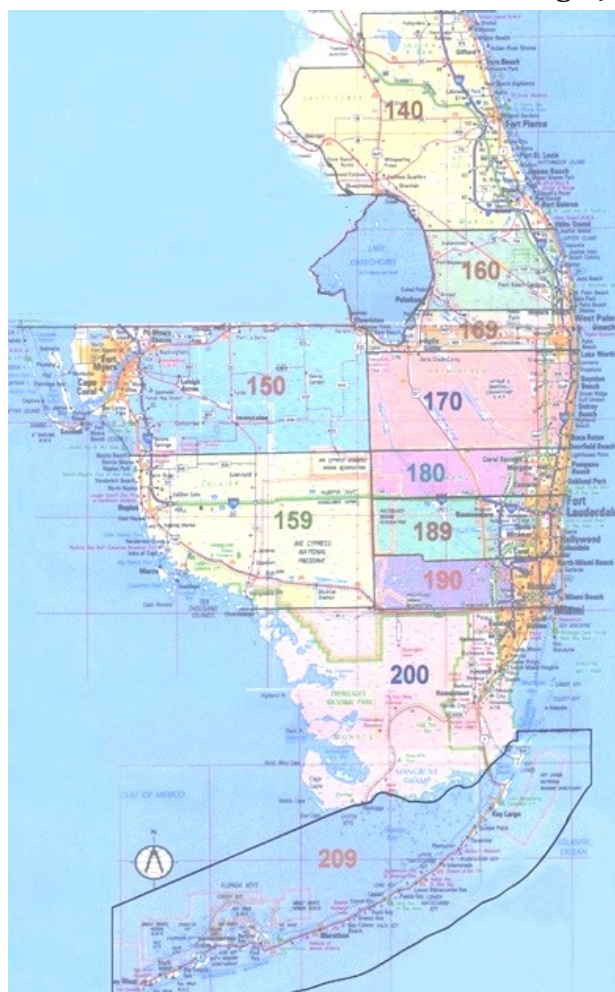
Al-Anon Family Group Headquarters, Inc.
1600 Corporate Landing Parkway
Virginia Beach, VA 23454-5617
Phone: (757) 563-1600

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 February 10, 2023



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	Scott B.	webmaster@afgfls.com
2023 Convention Chair	Kathy H.	2023conventionchair@afgfls.com