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[District 170][West Palm Beach, FL] [June/July 2021] Our Three Legacies: Steps, Traditions and Concepts. The threefold guides of Al-Anon point the way to a normal, useful life for the individual. They also are a framework within which the groups can carry on their affairs in harmony.]

STEP 6 & 7: RECOVERY

The purpose of the Pipeline is for everyone to take part in the newsletter. Solicitation of participation has been in many forms, email, during meetings, asking individuals, etc. . . . The Shares that you have read are from those of you who contribute to the newsletter, not the person that puts the Pipeline together.

Al-Anon is a we program and with that in mind.....please consider sharing what is in your heart and mind by sending shares on the step of the month, tradition and concept of the month.

You may send those thoughts and feelings at anytime - not just during that month.

Pipeline will be sent out via email - fingers crossed, the first of each month. So the share of the month needs to be received at least one week prior to the publication or release of the Pipeline.

Please send all correspondence - shares - recovery to:

Pipeline170@gmail.com.

TRADITION 6 & 7 : UNITY

This is typically the share of the Tradition of the month, however there were no shares submitted, so there are no shares this month.

Please send shares regarding the Step, Tradition, and/or Concept of the month one week prior to month. For example, send shares for August, 2021 by July 25, 2021. The share will be added - right in one of these spaces, and the Pipeline, our newsletter, that is reaching out in recovery in District 170.

CONCEPT 6 & 7: SERVICE

There were no shares submitted for Concept 6 & 7. Please submit your thoughts and feelings regarding the Step, Tradition, and Concept of the month. Write it down and email it to: Pipeline170@gmail.com.

You may share any other thoughts and feelings regarding Al-Anon recovery and it will be added to the Pipeline. Write down the thoughts and feelings to: Pipeline170@gmail.com.

AREA 10 WINTER NEWS & WSO - IN THE LOOP

District 170 is in AREA 10 and the Winter News is attached and.....(District 170 is one of many districts that makes up Area 10.)

There is information attached from Al-Anon World Service Organization "WSO" that begins with "WSO In the Loop". To access the information, go to WSO at al-anon.org and select from the tabs to read and/or participate. (The buttons on the attached will not link to the article or survey. Please log onto the WSO website to read and/or participate.)

SERVICE

Tradition 7 "Every group ought to be self-supporting, declining outside contributions" tells us that we support ourselves by contributing NOT ONLY financially, but also by giving of our time and talents. Please help keep our District 170 self-supporting by considering to serve at the district level. Go to southpalmbeachafg.org for a summary of openings for service and the duties.

Contact the following for information on the following:

Alateen: Agnee 832-754-8626

Crossroads Literature: Larry 561-452-8998; available in person Tuesdays from 5 p.m. to 7:00 p.m.

Institutions: Robyn 561-251-2160

Pipeline: Becky 719-431-3254

Public Outreach: Rick and Becca 561-414-4423

Speakers: Faith 561-703-9647

Meeting Updates: Howard - howardclark63@gmail.com

Web Master: Jill 561-213-7478



CONTRIBUTIONS VS. DONATIONS

I was on a Self-Care workshop for the Biarritz, France convention this and we did an exercise on Self-Care, and one of the participants asked me to email it:

How many words can you come up with for the letters in Self-Care?

S = steps, slogans, service, serenity, strength, serenity prayer

E = experience, empathy, emotional sobriety, encouragement, extra meetings,

L = love, list of tools, listen and learn, Let Go and Let God, literature

F = fellowship, fun, face everything and recover

C = courage, compassion, companionship, choice, community, concepts

A = acceptance, action, Al-Anon, attitude, asking for help

R = recovery, responsibility, respect, read CAL literature, relax, rest

E = easy does it, evolve, education

The following District 170 positions are still open. Please consider this amazing service opportunity:

Archivist

EVERYONE IS WELCOME TO PARTICIPATE IN THE DISTRICT 170 MEETING:

When: 2nd Saturday of each month.

Where: Currently on Zoom -

Meeting ID: 840 5061 9896

Password: 472635

ALL ARE WELCOME!

Our higher power has "got this".

In March 2020 when Covid was raging and our indoor meetings at St. Marks church in Boynton Beach were about to be shut down, our GR had the foresight to ask for permission to continue to meet in the church parking lot. The church office obtained permission for us and we have been meeting there every Tuesday morning at 10am outside under the shady tree in the back parking lot. There have been a few close calls for weather but NEVER has it rained on a Tuesday morning at 10am for our meetings. We are certain that our Higher Power is in charge but we recently obtained permission to move our chairs to the fenced in gazebo if needed. Come join us if you want. Bring a chair and a mask if you wish. We social distance and use our outdoor voices (especially when the train goes by).



Alateen Update Jun 2021

AMIAS : We have 11 AMIAS who have recertified for the 2021-2022 year. Yay!

Thank you to the following for being willing to help!

Christine

Margaret 'Peggy'

Maura

Laurie

Roberta

Lisa

Luci

Larry

Linda

Denise

ME

Meetings: Kids are not taking well to Zoom meetings.

We are eager to find a location for an in-person Alateen meeting! Preferably in the evening where an Alanon and AA meeting are also taking place.

Let's work together to find a location for our younger peers, so they can get the help and attention they need!

Thank you!

Alateen Chair District 170

Agnee B

832-754-8626

gratefulagnee@gmail.com



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.**

☐ Al-Anon or A.A. postmarked by July 31, 2021 \$30

☐ Al-Anon or A.A. at the door \$35

☐ Alateen Registration \$15

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

Saturday Meal Options; all inclusive:

☐ **Saturday Serenity Meal Plan** Includes Breakfast, Lunch & Dinner \$80

☐ Hot 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 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

IN THE LOOP

NEWS FROM YOUR WSO



2021 Al-Anon Membership Survey
Is Open!
Available in English,
Spanish, and French.

Take the survey:
al-anon.org/membersurvey

Al-Anon Membership Survey Is Open Now!

Al-Anon Membership Survey Is Open Now!

The Survey Is:

- Conducted every three years since 1985.
- Open from **June 16, 2021 to July 27, 2021**.
- Available to all Al-Anon members, ages 18+ years—regardless of time in the program.
- Available in English, Spanish, and French.
- Short enough to be taken in 15 minutes.
- Mobile-friendly.

The Survey Is Not:

- Collecting personal information.
- Breaking members' anonymity.

[Get Started](https://al-anon.org/membersurvey)



Calling All Members – 1 day to 70 years!

Concept Four says “Participation is the key to harmony.” This includes all of us, no matter how long we have been in the program or how new we are to it.

It is no coincidence that, every three years, Survey results indicate the average age of AI-Anon members has increased by three years. Yet, looking around the meeting rooms, whether in face-to-face or electronic meetings, we see a diverse group of members, including many in their 20s and 30s.

To reflect the unique membership of every group, it is important to share with every member the value of Membership Survey results to professionals. Ideally, all members will be represented in the results. Survey findings help raise awareness of AI-Anon Family Groups among professionals, researchers, students, the media, and anyone seeking information about AI-Anon Family Groups.

Please forward this email to other members so everyone gets the opportunity to participate.

[Participate](#)



Why Is It Important?

Addiction and mental health providers are a primary source of referrals to Al-Anon Family Groups; however, not all professionals are recommending Al-Anon to their clients.

The survey is our opportunity to provide data-supported proof of Al-Anon's impact on members' quality of life. It also lets professionals know that some Al-Anon members continue to receive professional help in addition to their Al-Anon recovery.

Helping professionals to be more informed could mean more referrals, more newcomers in meetings, and a stronger fellowship for all of us.

[Inform Professionals](#)



70th Anniversary – Global Unity!

We are amazed by the overwhelming response but disheartened to realize that we failed to think abundantly when we originally opened registration for Al-Anon's 70th Anniversary Virtual Celebration. To make amends we have a "Plan B" to allow more members to participate, but we need your help to expand our capacity even further.

We've added 500 more tickets and together we can turn these into thousands more attending. Although any individual can register, we encourage you to register a gathering with other members to celebrate by watching together.

The only limit is our imagination. Gatherings can be organized at the group-, District- or Area-level. They could also be just a few Al-Anon friends, or service structures which would increase participation by members across the globe. Keep in mind that getting together no longer means just in person, gatherings may also be virtual by screen sharing the event.

As a reminder, the event takes place on July 10, 2021, at 2pm EDT. Registration reopens on June 14, 2021 @ 12:00 PM EDT through June 28, 2021 @ 5:00 PM EDT. Please limit one registration per gathering/individual. Gathering registrations will be asked for estimated group size.

To increase our trilingual participation, a certain number of tickets will be reserved for Spanish- and French-speaking gatherings/individuals. If we receive more registrations than we have available tickets, gatherings will be chosen first by random lottery drawing, followed by individuals chosen via random lottery drawing.

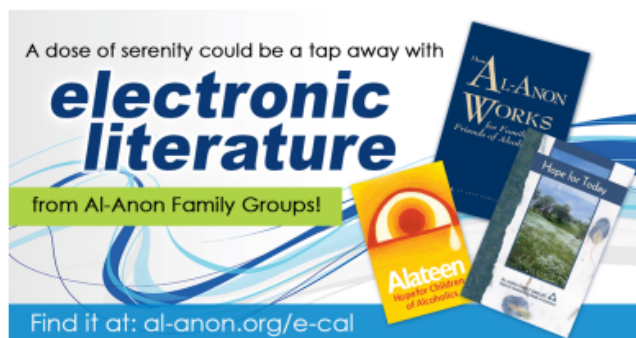
[Register Now](#)



Alcoholism, the Family Disease (P-4)—Happy 60th Anniversary!

Here are some interesting facts about one of the first Al-Anon pamphlets published as Conference Approved Literature (CAL) in 1961 . . .

[Read more](#)

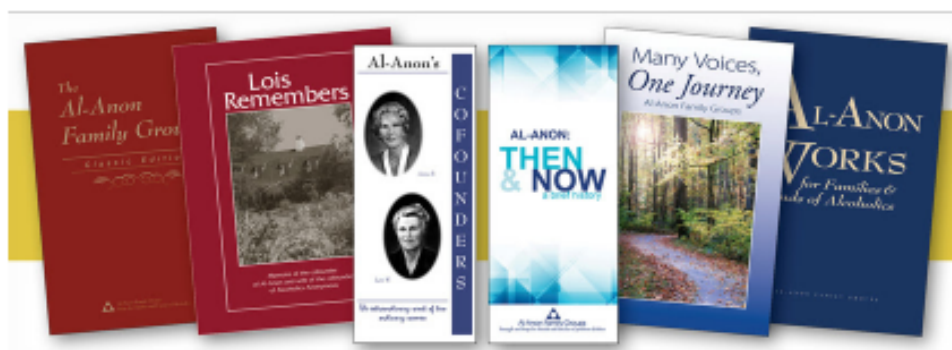


CAL in Your Pocket!

Conference Approved Literature (CAL) available in eBook and/or audiobook formats can be accessed on your smart phone or tablet. A dose of serenity could be a tap away whenever you need it, even when you're not alone—nobody will know what you are listening to or reading.

CAL eBooks also make great gift ideas. Check out your favorite eBook provider for more information on how to give a friend or newcomer the gift of Al-Anon CAL eBooks.

[CAL eBooks](#)



Where Can I Find Out More about Al-Anon's History?

The following materials can provide helpful information on the growth of our fellowship:

- [*The Al-Anon Family Groups—Classic Edition* \(B-5\)](#)
- [*Lois Remembers* \(B-7\)](#)
- [*Many Voices, One Journey* \(B-31\)](#)
- [*How Al-Anon Works for Families & Friends of Alcoholics* \(B-32\), "Al-Anon's History," pages 141-149](#)
- [*Al-Anon's Cofounders: The Extraordinary Work of Two Ordinary Women* \(P-87\)](#)
- [*Al-Anon: Then and Now* \(AR-2\)](#)
- [*Lois W. & the Pioneers* audio interview](#)

Books available from your local Literature Distribution Centers or at the Al-Anon Online Store.

[Visit Our Online Store](#)

New Topic for the Member Blog


June's topic is, "What does 'public outreach' mean to you on a personal level?"

You can also write about AI-Anon's three Legacies. This month features Step Six, Tradition Six, and Concept Six.

Sharings on the Member Blog may be used in future AI-Anon publications.

New topics are being added each month!





1 Get Ready for the 2021 Membership Survey!

Jun 10, 2021 2:22 PM
BAYANALYBRIGHT

Concept Four says, "Participation is the key to harmony." This includes all of us, no matter how long we have been in the program or how new we are to it. It is no coincidence that, every three years, Survey results indicate the average age of AI-Anon members has increased by three years. Yet, looking around the meeting rooms, whether in face-to-face or electronic meetings, we see a diverse group of members, including many in their 20s and 30s.

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Please share this Survey with other members so everyone gets the opportunity to participate.

The Survey will be open June 16, 2021 through July 27, 2021.

The Survey is:

- Available to all AI-Anon members, ages 18+ years-regardless of time in the program.
- Available in English, Spanish, and French.
- Short enough to be taken in 10 minutes.
- Mobile friendly.

The Survey is Not:


- Collecting personal information.
- Breaching members' anonymity.

The 2021 Membership Survey is our current opportunity to provide data-supported proof of AI-Anon's impact on members' quality of life. It also lets professionals know that some AI-Anon members continue to receive professional help in addition to their AI-Anon recovery.

Helping professionals to be more informed could mean more referrals, more newcomers in meetings, and a stronger fellowship for all of us.

AI-Anon's Conference approved Membership Survey has been conducted by the WSO once every three years since 1984. The 2021 Survey marks our 13th study.

Scott Powers
Associate Director-Brand Communications



The Difference a Year Makes

Have You Heard the One About the Mom, the Minister, and the Alcoholic's Wife?

Learning to Accept the Truth

Service Stories

The Importance of Newcomers!

Live Meetings!!!!

The following are live meeting UPDATES:

1. Beginning Saturday, July 3, 2021, St. Joan of Arc, 501 SW 3rd Street, Boca Raton, FL 33432.
Saturday Mornings
9:00 a.m. Beginner Meeting
10:00 a.m. Regular Meeting

NOTE: The zoom meeting will also be going on during the LIVE meeting.

2. Beginning Friday, July 9, 2021, Men's Friday Night Al-Anon Family Group at Boca Raton Community Center.
Friday Evening
7:30 p.m. Men's Meeting

NOTE: The zoom will be available for participation also: ID 81682294108

3. Beginning Tuesday, July 6, 2021, Our Lady of Lourdes, Boca Raton, FL, will meet.
Tuesday Evenings:
7:00 p.m.





SUNSHINER

Get To Know Panel 61

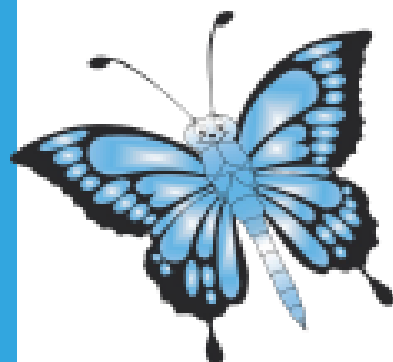
The newly revised Service Manual is posted on

<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.

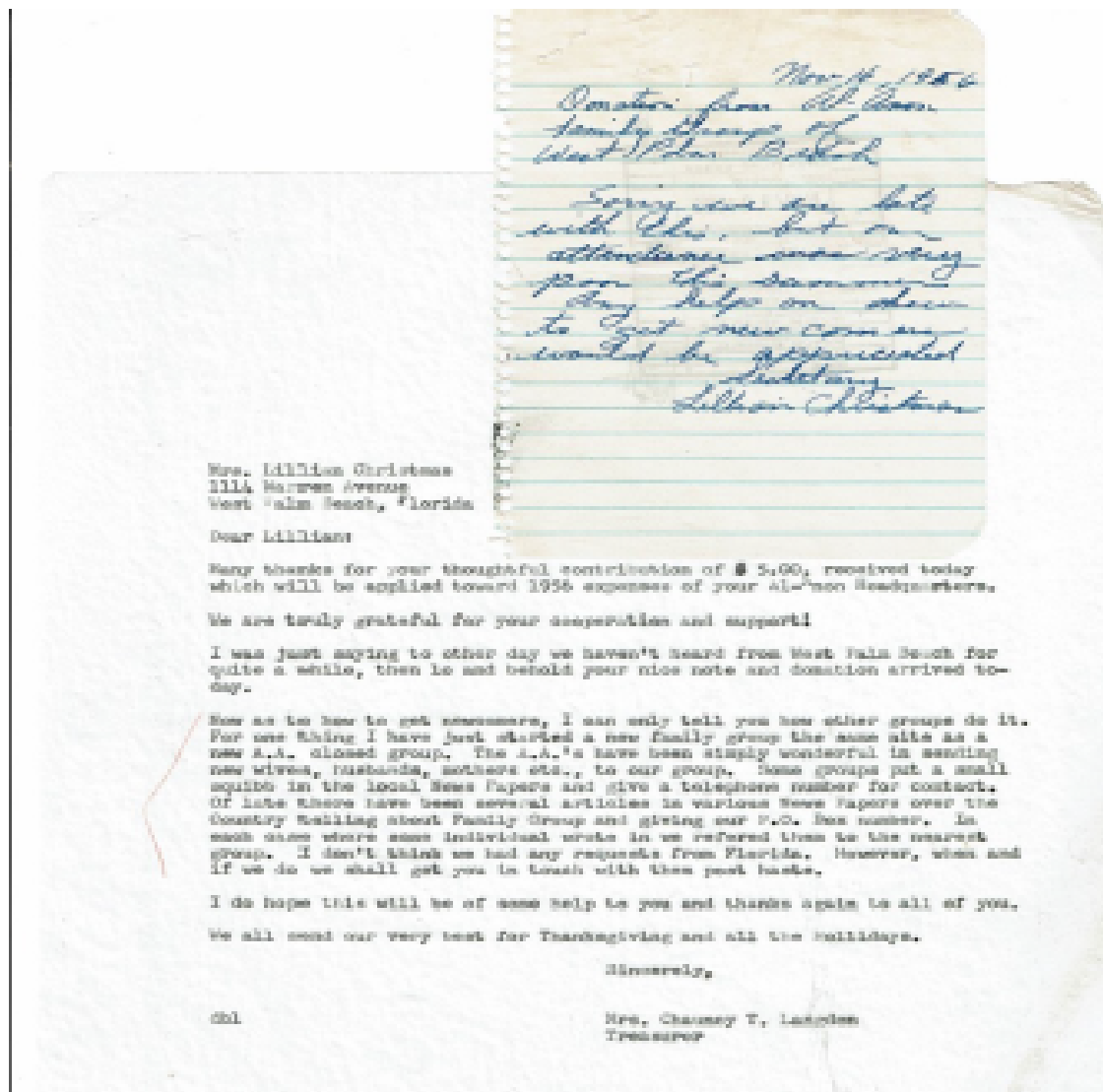
The two images on the Panel 61 theme logo are a butterfly and a dragonfly. I chose these two because they are similar, yet different. They both transform and adapt, though in different ways, just as all of us have similar, but different stories. In Al-Anon, we try to keep an open mind, we strive for 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 1958, 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 1958 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@sf2fla.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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Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA



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 Raequet 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 felt 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.

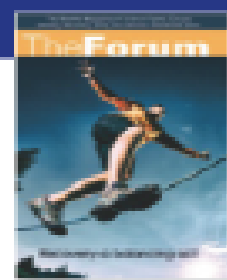
You told us about Alateen, Public Information, Institutions, translation of our literature into many languages, and explained the World Service Conference held yearly in Virginia Beach. My small world of self and self-pity disappeared as my eyes and ears opened to the needs of others. You frequently 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. Experience and insight you won't find anywhere else!



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

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

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Meeting Place & Time _____

Payment Method:

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Credit/Visa/MasterCard/Discover and American Express accepted.
 Canadian subscriptions 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

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Please allow six to eight weeks for delivery.

No refunds for subscription cancellation.

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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.



Area 10 Mailing Address:
Florida South Area 10, Inc.
P.O. Box 990544
Naples, FL 34116

Website:
www.southfloridaal-anon.org

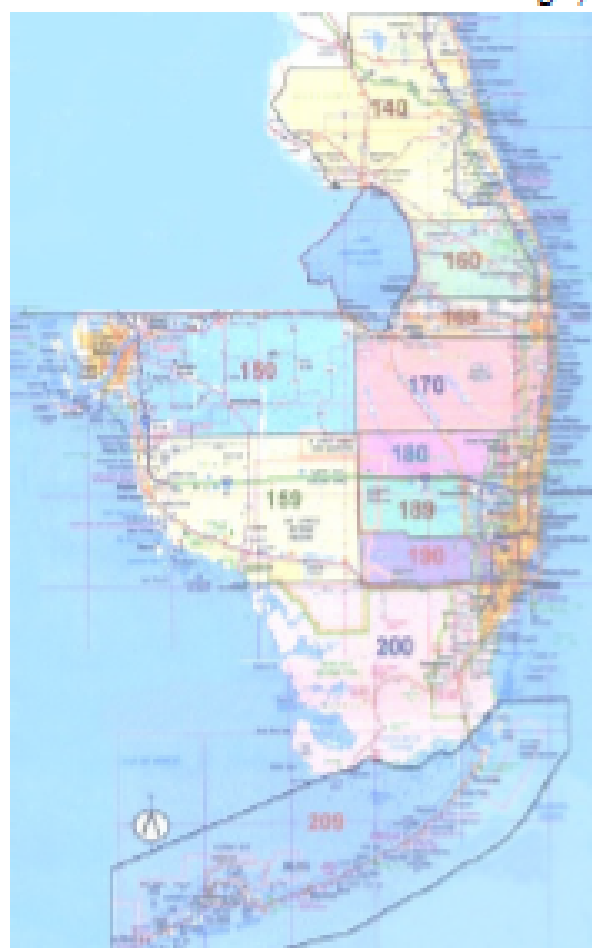
Al-Anon Family Group Headquarters, Inc.
1600 Corporate Landing Parkway
Virginia Beach, VA 23454-5617
Phone: (757) 563-1600

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 May 1, 2021



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
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