



December 2011 Pipeline



Al-Anon Area 10
District 170

“Peacing” my life together, one piece at a time.

If it weren't for the opportunity to be of service in Al-Anon, I am certain my life would not be as sweet. It's really that simple, but for the newcomer who may think it sounds ridiculous, I am privileged and happy to explain.

Keeping busy with productive tasks is a good thing. By productive, I do not mean spying on others, snooping for information, inventing great excuses for not showing up, manipulating or lying to gain information and a sense of control. Those were the days, and wowwee, did I love the high I got! They are all embarrassing, yet comical memories of a life from which I was dying to escape, but was stuck inside at every angle. I imagine one of those intricate spider webs I always see in my backyard with that big scary spider in the middle. Pre-Al-Anon, I was that spider, but I had no idea I strung the web all by myself and that I was the only one who could set myself free.

Today, service in Al-Anon keeps me out of my own way...from getting stuck. It keeps me out of my husband's way, and even my young daughters' ways. It helps others! Best of all, it helps ME. I feel happy, confident and empowered when I follow through with a commitment. Now, as I carry the message exemplified by my wise fellow Al-Anon members, I do so in all my affairs, as we learn in Step 12. This fall, I volunteered to be room mom for Emma's class and photography mom for Hannah's. I have learned from practice that when I involve myself with others and take the action toward something of real value and significance to others, I feel good. It comes back to me tenfold.

I came to this program like an old disheveled puzzle, with tons of pieces in the wrong places, with pieces that hadn't fit together in years, or ever, for that matter. I didn't realize what a mess it had all become, because I was just so lost in it all. I wasn't truly happy...about me, about my relationships, about my life. There have been many pieces I've repaired and fit back together, and there are others I let go of in exchange for new ones that totally gel. Before, I was insanely and desperately trying to make the same pieces fit together. Even though I was aware that exhausted on a daily basis.

Service is akin to a corner piece. It holds so much of my life together, and it's definitely one part of my program that I cannot live sanely without. Some of the other pieces are forgiveness, acceptance, step work, breathing, pausing before I react, carrying the message, prayer, meditation, working closely with my awesome sponsor and going to meetings. Just as I am a work in progress, so is my puzzle. It's always changing, but moving in the right direction and improving little by slowly.

For the last three years, I have truly loved putting the Pipeline together, and now it's time to put it down and pick up something else productive. (Members of the new panel, 52, are listed on page 3). As always, I thank you from my heart for letting me be of service and for having faith in me as a trusted servant. I must also thank my Higher Power for guiding me to the person who told me I'd better run real fast to an Al-Anon meeting, 7 years ago this month.

With tons of love and gratitude,

Jennifer H.

Step 12

Having had a spiritual awakening as a result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.

Tradition 12

Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles over personalities.

Next District Meetings:

Saturday Dec. 10th
Saturday Jan. 14th
10am-Noon

Trinity Lutheran, Delray
ALL ARE WELCOME!

*It only works if
YOU work it.*

AL-ANON CONCEPT 12

The spiritual foundation for Al-Anon's world services is contained in the general warranties of the Conference, Article 12 of the Charter.

To learn more about Al-Anon's **12 Steps**, **12 Traditions** and **12 Concepts**, visit:

www.al-anon.org/the-legacies

DEADLINE
FOR JANUARY
PIPELINE
SUBMISSIONS IS
DECEMBER 15TH!

Pipeline170@gmail.com

No situation is really hopeless...

WHAT'S HAPPENING?

Tuesday Morning Serenity Holiday Party!

Tuesday, December 13th
10:00-11:00am

Congregational Church
115 North Federal Hwy, Boynton Bch.

Al-Anon and AA speakers!

Please bring food or drink to share!

Thursday Morning AFG Holiday Celebration!

Speakers, Lunch, Transformation!

Thursday, December 15th
10:00am - Noon

**Saint Gregory's Church
Mizner Blvd, Boca Raton**

Life is an
ongoing miracle.

Save the Date...

Alateen Conference 2012

July 13th - 15th Lake Placid

Boca Raton Keep in Step AFG

Presents a 12 Step Event!!

Thursday, December 15th
7:00pm - 8:30pm

Our Lady of Lourdes Church, Room 212
22094 Lyons Road, Boca

Admission: \$2.00 (gets you a bookmark)

50/50 Raffle!

Book covers!

Please bring a refreshment to share...

Boca Keep in Step will begin
the New Year with Step 1

Ongoing ALATEEN

"Weenie Roast" FUNDRAISER!

*Tuesdays from 5-7pm
Crossroads Club, Delray*

Come lend a hand!

Call Art for more info: 561-386-0327

2012 AFG Convention

"Rockin the Steps"

August 23rd-25th in MIAMI

**District 170 heads up
Printing & Publicity...**

*Thanks to Barry and Valerie for stepping up
to Chair and co-Chair!*

**Our District's Daniela is the 2012
Convention Treasurer!!**

It is possible for us to find contentment

Need to get out of your own way? DO SERVICE!

Speak at a local Treatment Center!

Volunteer Speakers Needed at:

Alternatives in Treatment; Saturdays at 10am
7601 N. Federal Hwy; #100B; Boca Raton, 33487

Beachcomber

4493 N. Ocean Blvd; Delray Beach, 33483

Interested in Speaking??

Call Mary Anne S. 561.310.5620

Note: In keeping with Al-Anon's Traditions, District 170 neither endorses, opposes, nor has an opinion about the facilities cited above (or elsewhere in this publication). Entities above are referenced to help members carry Al-Anon's message of hope to families of alcoholics receiving services or in contact with the above center(s). See pp. 98 and 99 in the 2006-2009 Al-Anon/Alateen Service Manual for World Service Conference Approved definitions of cooperation & attraction.

**Thank you to Al-Anon World Service for supporting our continued efforts to cooperate with the Professional Community and for providing this disclaimer!

Need a
Speaker for
your
Group?



Ready to
Step Up &
Speak?

Contact **Donna**
Speaker Coordinator

dmsdonnamariesmith@yahoo.com

Welcome to District 170's Incoming Members of Panel 52!

DISTRICT REP: Earl

ALTERNATE DISTRICT REP: Jennifer H.

AISL (AL-Anon Information Service Liaison): Barry

TREASURER: Judy

SECRETARY: MaryAnn

ALATEEN: OPEN POSITION (Please announce at your meeting!)

ARCHIVES: OPEN POSITION (Please announce at your meeting!)

CPC (Cooperating w/ Professional Community): Joanne

GROUP RECORDS: Daniela

SPEAKER CHAIR: Donna

SUNSHINE CHAIR: Penny

TAS: Barbara

WEBMASTER: Danielle

WHERE & WHEN: Orit

INSTITUTIONS: Bettie and Mary Ann

PUBLIC INFORMATION: Debbie C.

LDC (Literature Distribution Center): Art

PIPELINE: Valerie

A huge THANK YOU to Panel 49 for three years of service and fun! Keep coming back.

Volunteer your time at District 170's
**LITERATURE DISTRIBUTION
CENTER (LDC)!!**

**Tuesdays 5-7pm and Thursdays
11:30a-1:30pm**

CONTACT ART FOR MORE INFO:
561-386-0327

*Do you have time in
your day to help
someone find an
Al-Anon meeting?*

**TELEPHONE ANSWERING
& VOICEMAIL SERVICE**

Time slots are available!

To volunteer, please contact
Barbara at
latimerb@msn.com

And even happiness...

MEETINGS, LITERATURE, INTERNET, ETC.

Buy Al-Anon Literature at the
Literature Distribution Center
Crossroads Club, Delray Beach

Tuesdays 5-7pm
Thursdays 11:30am-1:30pm

Email your order to: district170ldc@yahoo.com

*When anyone, anywhere,
reaches out for help, I want
the hand of Al-Anon and
Alateen to always be there.
And for that -
I am responsible.*

Subscribe to **THE FORUM**,
Al-Anon's monthly magazine
and a meeting in your pocket!
See your Group Rep or Go Online!

www.al-anon.alateen.org/forum

Receive Pipeline ONLINE!
Email: Pipeline170@gmail.com

CHECK OUT OUR DISTRICT ONLINE
FOR TONS OF INFO!
southpalmbeachafg.org

THE LEGACIES...

*Al-Anon's program of recovery is based on
the Twelve Steps and Twelve Traditions of
Alcoholics Anonymous.*

*The **Steps** are the foundation for personal
recovery in Al-Anon, and the **Traditions**
help Al-Anon groups sustain their unity and
fellowship.*

*The Twelve **Concepts** of Service provide
guidance for service in the Al-Anon fellowship.*

~District 170 Holiday Party ~
Join us!

Saturday December 10th
Trinity Lutheran Fellowship Hall
400 North Swinton Ave, Delray

Short business meeting at 10 am
Holiday Party to follow!

Please bring a dish to share!
Also, bring a gift to get a gift!

All Al-Anon and Alateen
members welcome!

Need a MEETING LIST??

GET it ONLINE!

Click on the link below, or
enter it into your address bar!

www.southpalmbeachafg.org/meeting_list.html

Al-Anon Family Groups' Official Website:
New and improved!
WWW.AL-ANON.ORG

Whether the alcoholic is drinking or not.