



# January 2012 Pipeline



Al-Anon Area 10  
District 170

## Step 1

*We admitted we were powerless over alcohol and that our lives had become unmanageable*

## Tradition 1

*Our common welfare should come first; personal progress for the greatest number depends upon unity.*

### Next District Meetings:

**January 14h**  
**February 11th**  
**10am-Noon**

**Trinity Lutheran, Delray**  
**ALL ARE WELCOME!**

*Changed attitudes aid recovery!*

Trying new things.....In giving we receive.

In the past, I've been afraid to try new things. Fear of the unknown, fear of failure. Maybe I wouldn't do it right. There were many times where I felt that the job I had done wasn't good enough. I felt people would perhaps judge me. I felt like that if I didn't do a good enough job I wasn't going to be a valuable person and I would really feel not good enough.

In Al-Anon I have learned that in doing service work that I was never alone and I am good enough. I started out by contributing in little ways. I first started by sharing. I started volunteering to chair meetings. Slowly but surely, I learned that as I started to contribute to my group, that I was good enough. If I needed help in performing a task, there were always people willing to help and contribute. People that had different ideas, maybe more experience. Not to control or to take over but to contribute. I have learned that I don't have to do it alone and that I am not valued as a person based on the output of my work. That the people willing to contribute were helping because they also would benefit from doing service work. They too, were in need to build relationships, take the focus off of their situations at home and to do something to give back. In doing service work people feel better about contributing. In giving we receive.

So in taking over this new endeavor as editor for the district 170 Pipeline, I am looking forward to receiving story contributions, suggestions, artwork etc. I'm looking for service information to print and all contributions are appreciated. Please email your Step 2 story to pipeline170@gmail.com for next months Pipeline.

Your contributions will enable me to be more successful. I feel privileged to be of service and I honor the commitment, because I am making a commitment not only to you but to myself.

With Love In Service  
Valerie D

**H A V I N G   T H E   C O U R A G E   T O   C H A N G E**

### AL-ANON CONCEPT 1

The ultimate responsibility and authority for Al-Anon world services belong to the Al-anon groups.

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

[www.al-anon.org/the-legacies](http://www.al-anon.org/the-legacies)

**DEADLINE**  
**FOR FEBRUARY**  
**PIPELINE**  
**SUBMISSIONS IS**  
**JANUARY 15TH!**

[Pipeline170@gmail.com](mailto:Pipeline170@gmail.com)

No situation is really hopeless...

# WHAT'S HAPPENING?

*Boca Raton Keep in Step AFG*

*Presents a 12 Step Event!! Double Speaker Meeting*

*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*

## ALATEEN FUNDRAISER

“Weenie Roast” FUNDRAISER!

Hamburgers/Cheese

Hotdogs/Grilled Onions/Peppers/Italian Sausage

Tuesdays from 5-7pm

Crossroads Club, Delray

Call Art for more info: 561-386-0327

Support our Alateens...Stop by on your way home from work or on your way to a meeting.

## Day of Workshops Hosted by District 200

Saturday January 28th, 2012  
Registration and Fellowship 9:30-10:00  
am

Workshops 10:00 to 3:00  
St. Louis Catholic Church-Family  
Center Room  
7270 SW 120th Street Miami 33156

\$5.00 Donation 50/50 Raffle

## *2012 AFG Convention*

*“Rockin the Steps”*

*August 23rd-25th in MIAMI*

*District 170 heads up*

*Printing & Publicity...*

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

Save the Date...

**Alateen Conference 2012**  
**July 13th - 15th Lake**  
**Placid**

*The Dilemma of the Alco-  
holic Marriage is available  
at the JDC*

## **F E A R**

False Evidence Appearing  
Real

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 S  
Speaker Coordinator

561-302-0891

Volunteer your time at District 170's  
**LITERATURE DISTRIBUTION CENTER (LDC)!!**  
**Tuesdays 5-7pm and Thursdays 11:30a-1:30pm**  
**Saturdays from 8:00 am-9:30am**  
CONTACT ART FOR MORE INFO: 561-386-0327



*Finally, being perfect  
just got a little easier.*

### How Al-Anon Works

*Now available in paperback format  
for only \$5!!*

*Do you have time in  
your day to help The  
TAS*

**TELEPHONE ANSWERING NEEDS  
SUPPORT**

**EMAIL BARBARA AT  
LATIMERB@MSN.COM**

**Or Call  
561-695-0435**

*Service puts feet on my prayers.*

# MEETINGS, LITERATURE, INTERNET, ETC.

Buy Al-Anon Literature at the  
**Literature Distribution Center**  
Crossroads Club, Delray Beach  
Email your order to: [district170ldc@yahoo.com](mailto:district170ldc@yahoo.com)

## INACTIVE MEETING NOTICE:

Friday Night Early Bird AFG, which met Fridays, 6pm at Patch Reef Park in Boca Raton is no longer active.

## IT'S HERE!

### MANY VOICES, ONE JOURNEY

~The story of the growth and recovery of the fellowship and its members over the past 60 years.

*Get it at the LDC or  
through your Group Rep!*

FIRST 10,000 COPIES INCLUDE  
A COMMEMORATIVE BOOK

## 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.*

*Sharing is caring  
Laugh until your cheeks  
hurt*

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](http://www.al-anon.alateen.org/forum)

## 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](http://www.southpalmbeachafg.org/meeting_list.html)

Receive Pipeline ONLINE !  
Email: [Pipeline170@gmail.com](mailto:Pipeline170@gmail.com)

CHECK OUT OUR DISTRICT  
ONLINE FOR TONS OF INFO!  
[southpalmbeachafg.org](http://southpalmbeachafg.org)

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