

April 2017

The Pipeline

South Palm Beach County Al-Anon Newsletter
Area 10, District 170

In This Issue

**Step 4:
Members
Share**

**Convention
News**

**Book Report:
Blueprint For
Progress**

Sloganology

**Elections Are
Coming**

**District
Goings-On**

**Service
Openings**

Step 4: Let's Search, Fearlessly

Members share experience, strength, & hope

Al-Anon has the greatest 4th Step tool, *Blueprint for Progress*. I had a desire to know my strengths and weaknesses, and the perseverance to do the work. I finally felt true peace when I made a thorough, deep, and searching personal inventory. I thank my sponsor for this journey. Virtually all persons I know that complete this task sing its praises. –Andy A

This Step, to me, is the beginning of the end of terminal uniqueness! –Anonymous

I found myself while doing Step 4. Thank you to my sponsor and HP! –Jill K.

I had been paralyzed into doing nothing for 5 years for fear of what I'd find out about myself; the reality was that many negative characteristics were also positive, when moderated. A change of attitude, a life of gratitude. –Anonymous

I found Step 4 to be a wonderful lesson in getting real with myself. At first it seemed intimidating. But as I worked the step, I discovered that I had many good attributes. I felt proud of them. And my shortcomings were revealed in a way that

I welcomed: I felt aware, but not ashamed, of them. –Terri

Doing Step 4 was a scary yet exhilarating journey for me. If you haven't done Step 4, stop doing the Al-Anon waltz (Steps 1, 2, 3—1, 2, 3) and work Step 4: you will only change for the better. –Barbara

The one step that I feared so much is now the step that humbles me. –Melanie G.

When I work with a sponsee on Step 4, I do an updated inventory of my own. This propels me down a spiritual path that allows for all my wonderful dreams of happiness and fulfillment to come true. It's a gift that keeps on giving. –Jim B.

**Step 4:
Made a
searching
and
fearless
moral
inventory
of
ourselves.**

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Upcoming Events

April 8

Public Outreach Meeting
Sat 11:45 AM

Panera Bread
1701 S. Federal Hwy
Delray Beach, FL 33483
Corner of Federal & Linton

Help spread the word about Al-Anon. Great service opportunity!

May 13

District 170 Business Meeting
Sat 10:00 AM

Unity Church
101 NW 22nd St
Delray Beach, FL 33444

All Al-Anon members welcome to attend! Come see how cool, fulfilling, fun, and *not scary* it is!

August 18-20

*28th Annual Area 10
AFG Convention*

Trump Natl Doral Miami Hotel
4400 NW 87th Ave
Miami, FL 33178

Al-Anon, AA, Alateen & Spanish programs. Meet and greet, banquet, raffle, speakers, workshops, fellowship, free hugs. Roaring Twenties theme! Bee's knees! Cat's pajamas!

Thoughts on Step 4, continued:

Scary step for me my first time going through it. Once completed I felt like 100 pounds had been taken off. –Joanne

Step 4 felt like a big, impossible road block to my healing. I had a sponsor, who suggested the workbook could be helpful. It sat around for a few years. I would look at it, open it up, start to think about it. So many questions, so many pages. How could I complete this? How could I search all those memories? My sponsor patiently suggested I just *begin*: no deadline, no pressure. Little by little, I began to find it interesting and enlightening, and not so threatening. What a wonderful relief. I now love Step 4, and as I rework it, I get to know & understand myself even better. –PB

Wake Up And Smell The Service!

Help Public Outreach spread the word about Al-Anon! Sign up to "Adopt Your Favorite Coffee Shop" and tack a few *Where & When's* to their bulletin board every time you buy a latte. Contact Rick at 561-414-4423 or ralovis@yahoo.com to get started.

Concept 4: Participation is the key to harmony.

"Participation also responds to our spiritual needs. All of us deeply desire to belong."

~Al-Anon/Alateen Service Manual p. 159

Book Report:

By answering the questions for Steps 1, 2, and 3 at the end of each chapter in *Paths To Recovery*, I got acquainted with the self-inquiry process. By the time I reached Step 4, it wasn't scary; in fact, it was pretty exciting. My first go-round with Step 4 used *Blueprint For Progress*, and it was fabulous to realize there are so many parts that make up ME! **Being affected by alcoholism, I waited for others to tell me about myself: my preferences, opinions, needs... But working Step 4 via *Blueprint For Progress* allowed me to discover who I am, and who I am not, for myself.** One unexpected freedom I encountered while working this step was that I didn't have to know all the answers. I heard from my sponsor, "You don't have to have an answer to every question today." When I was a newcomer, reading Step 4 terrified me. But as I truly embraced step work, I found that HP never, ever forced information upon me until I was ready to reach another level of recovery—and then, I was able to answer the questions. ~Anonymous

Convention News

The 28th Annual South Florida Area 10 AFG Convention is coming, Aug 18-20. Al-Anon, AA, Alateen, and Spanish programs are planned. Keep an eye out for fliers or visit the Area 10 website for registration information. The district needs volunteers to help chair the raffle.

HELP WANTED: SHAKE, RAFFLE, & ROLL

This year, our district is running the raffle at the 28th Annual Area 10 AFG Convention in Miami. Our district is in need of a member to step up and chair the Raffle event.

Responsibilities include:

- Coordinating baskets, donated by local groups, for raffle prizes
- Gathering volunteers to conduct the event
- Selling raffle tickets and managing cash
- Setting up the raffle space at convention
- Working with Area 10 Committee members

More guidelines and details are available. Contact Joanne G. if interested by emailing: dr170panel55@gmail.com

~Thank you for your service~

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Page 2 of 4

Slogan-ology

I regularly attend a meeting where, during introductions, we each share a slogan that feels particularly important or meaningful to us at that moment. The most often heard slogan, by far, is *Let Go and Let God*. I myself said *Let Go and Let God* week after week for years. Recently, my family had a crisis. My sponsor made a suggestion, and at first, I balked at it. My back got tense, and my shoulders came up to my ears. I felt resistant. Yet I have been in Al-Anon for many 24 hours, and I know that my sanity and serenity depend on my ability to take suggestions. But finding the willingness to try this new idea was a challenge. This surprised me. But because of the experience, strength, and hope I'd gained from my time in program, I took that suggestion. I am so grateful that I did. Today I realize this was my Higher Power speaking to me through others. I am so blessed with the love and support of my Alapals, my sponsor, and my HP. I am now aware that in order for me to actually *Let Go and Let God*, I need to also *Keep An Open Mind*. ~Robyn

Talkin' to Each Other, Reasonin' Things Out...

"Say what you mean, mean what you say, but don't say it mean. Along those lines, *think* what you mean, mean what you *think*, but *don't think it mean*; I can be so hard on myself! And *do* what you mean, mean what you *do*, but don't *do it mean*. Or just don't do it. Or do it! Because we have choices!"

cracks up

~Erin + Jayne
(who can't do it alone)

Takin' Care of Business

District 170 Business Meetings
are held on the 2nd Saturday
of the month at 10 AM. The
next one will be Saturday,
May 13, at Unity Church
101 NW 22nd St. Delray
Beach, FL 33444
Come and check it out!

**Tradition 4: Each group should be autonomous
except in matters affecting another group or
Al-Anon or AA as a whole.**

Elections Are Coming...

What Does This Mean?!

Tradition Four is democracy in action. With it, we can step out into the world well-balanced between freedom and responsibility.

~*Paths To Recovery p. 166*

A *panel* is a group of Al-Anon members holding various service positions for a 3-year term. Panels at the Group, District, and Area levels carry out the local business of Al-Anon. This summer, elections will occur to fill positions for the next service panel, beginning in Jan '18.

Are you interested in doing service? Awesome! But freaked out and kinda confused too? Totally normal. Get pumped up, and informed, by taking action to demystify things:

- Attend a District meeting to see what it's like
- Check out the book *When I Got Busy, I Got Better*
- Stay for a business meeting at your home group
- Talk to other members who have held service positions

All are welcome to attend District Meetings!

Come one, come all, and check out what the business side of Al-Anon is like. Decide if you would like the journey of service to be part of your recovery! Also, current GR's, please consider doing service at the district level ☺

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Page 3 of 4

District Service Opportunities:

Alateen: Our district is in need of Al-Anon Members Involved in Alateen Services (AMIAS). Call Maura for more info at 561-376-7627.

Archives: Needs a new co-chair. Contact Brenda at 561-396-3867 if interested in helping out. Members with documents to submit to archives may leave them at the LDC.

Institutions: Speakers needed to carry the Al-Anon message to institutions and rehabilitation centers. Support and guidelines available. Contact Denise for more info at 561-789-2260.

Public Outreach: Volunteers are needed to place Where & Whens on bulletin boards for the "Adopt Your Favorite Coffee Shop" program. Contact Rick at 561-414-4423 or ralovis@yahoo.com for more information.

Speaker List: Volunteers needed to speak at meetings, anniversaries, etc. Call Betty for more info, or if you need a speaker, at 561-266-9160.

Telephone Answering Service: Our district's telephone information hotline needs volunteers to answer the phone and direct callers to meetings. Contact Lillian at 561-414-5508 or Susan at 561-419-8199 to help.

ANNOUNCEMENTS:

Area Public Outreach

Area 10 is in need of a new Public Outreach chair

Group Records Accuracy

Is your group receiving correspondence from District, Area, or World Service? Is your group's info accurate in the Where & When? If not, you may need to update your group's information by completing a GR-1 form and emailing it to Olga at: Grouprecords170@gmail.com Find GR-1 form online at: <http://al-anon.org/members/pdf/GR1.pdf>

Literature Distribution Center (LDC)

The LDC bookstore will now be staffed on Tuesdays only from 5-7 PM. Contact Art at 561-386-0327 or art2899@aol.com to arrange a literature order. Orders can be brought to the District Meeting, if submitted by the Thursday before the meeting.

Webmaster

District 170 has a new webmaster, Barbara, and the website has a new look! Check it out at <http://www.southpalmbeachafg.org> Contact Barbara at 561-891-6395 if you have info to add to the site.

CONTACTS:

South Palm Beach AFG District 170 A

PO Box 928
Boynton Beach, FL 33425-0928
<http://www.southpalmbeachafg.org>

Florida South AFG Area 10

AFG South Florida, Inc.
PO Box 110638
Naples, FL 34108
<http://www.southfloridaal-anon.org>

World Service AFG

1600 Corporate Parkway
Virginia Beach, VA 23454-5617
<http://www.al-anon.org>

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Page 4 of 4