

The Pipeline

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

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A Conversation With An Alateen

Al-Anon: So we both go to meetings.

Alateen: Yep!

Al-Anon: You like going to meetings?

Alateen: Yeah. I learn new things about being myself.

Al-Anon: Totally agree. I've learned so much about myself at my meetings.

Alateen: And in Alateen I've learned that there's two types of business. Your business, and none of your business.

Al-Anon: That's good stuff! That could be a slogan. Do you guys have slogans?

Alateen: Yeah!

Al-Anon: So do we. What's your favorite slogan?

Alateen: I have a lot of favorite slogans. I like One Day At A Time because, like, you can't go to a place that you're really excited to go to when it's not that day yet. You have to wait. And you can't go back either. Like, you know how you can only cut and glue once? Well, you go once, and you can't go back again. So One Day At A Time helps me think about right now, and all the fun I can have right now.

Al-Anon: I love that. One Day At A Time is one of my favorites too.

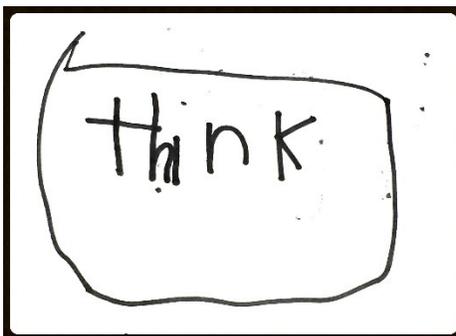
Alateen: And "Think." Think helps me stop and think if I'm going to do something wrong to a person. I should think before I talk and do.

Al-Anon: Me too. That's a tough one for me. I've been working a lot on Think.

Alateen: You have?!

Al-Anon: Yeah. "Think" is hard for me.

Alateen: It's sometimes hard for me too.



EG, Alateen, Age 6



Upcoming Events

August 18-20

28th Annual Area 10
AFG Convention

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

Fun, food, and fellowship.
Meetings, workshops, and speakers.
Raffles, shopping, and silly costumes!

English and Spanish activities for the
entire family: Al-Anons, AAs, and
Alateens.

Registration info available online at
the Area 10 website, and fliers are
circulating at meetings.

Find a great FAQ about all things
convention on the Area 10 website at
www.southfloridaal-anon.org

September 9

District 170 Business Mtg

Sat 10:00-11:30
Unity Church
101 NW 22nd St Delray Beach, FL 33444

All members welcome to attend ©

I can't, He can, I'll let Him

Going on a vacation/ business trip with a 15 and 16 year old, I forgot to wear my "do not have expectations" glasses. It was my first time taking both of them. How disheartening to see how self-absorbed my children are. I sat in resentment, especially after I explained that this was a business trip, and they needed to act like human beings. I also explained there was a budget. Tradition 7 was not respected. I asked for my resentments to be removed. For most of the trip, I reverted back to my old behaviors. Annoyed, unhappy, victim. Then I realized: Steps 1, 2, 3. And I started all over again. –Melanie

On Conventions

I have attended several Conventions and enjoyed the workshops and camaraderie enormously. The speakers provide new perspectives on the impact of Al-Anon in their lives with great clarity and understanding, sprinkled with humor that sets the room spinning. They come from diverse backgrounds and thus open my horizons. I also like to purchase the speaker CDs to enjoy in my car and to share with my Al-Anon pals, too. –Mary Lou

Book Report: Living with Sobriety

A friend gave me the book *Living with Sobriety*. She just happened to bring it to a meeting one night—a night that I just happened to show up in tears. I was unglued. Much was changing, and I was scared.

I took the book home, opened it, and read the first passage I saw, a passage that just happened to explain exactly how I felt, and why. Coincidence?! I felt comforted by the words, and grateful for my friend. I started focusing on willingness, and acceptance, rather than fear:

"Sometimes our enthusiasm for change depends on our willingness to take a chance on tomorrow by risking what we have today. Often, that willingness for us is subject to the amount of damage done to our relationships during the drinking years. Our incentive to try again may have to warm up to the promise of a better life to come, having suffered from the chilling effects of broken promises and misplaced trust. For some, the risk may be too great. But for those of us who are willing to try, there will be changes to accept." –Living with Sobriety, p. 7

Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.

"Making amends isn't about apologizing for every problem. It's about figuring out how a relationship went wrong, determining the part I played in it, and doing what I can to make it right. –Hope For Today p. 296

Tradition 8: Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.

"This implies that there is no professional class of Al-Anons. We are all equals—experts only in sharing our experience, strength, and hope." –Hope For Today p. 356

Concept 8: The Board of Trustees delegates full authority for routine management of Al-Anon headquarters to its executive committees.

"Concept 8 is about letting go and trusting others." Paths to Recovery, p. 299

Florida South Area 10 Proudly Presents:

28th Annual AFG Convention
 8th Hispanic Convention
 With A.A. Participation
 Friday August 18, 2017 -
 Sunday August 20, 2017



Roaring Into Recovery

Registration	
Kickoff	\$30
Aug 29, 2016 to July 18, 2017	\$35
After July 18, 2017 <i>ON-SITE ONLY</i>	\$40
<i>Events (may not be available at the door)</i>	
Friday Night—Meet & Greet	\$20
Saturday Night Banquet.....	\$48
<i>(Top Hat and Flapper outfits welcomed)</i>	
Alateen (INCLUDES Saturday Night Pizza Party).....	\$25
<i>(Notarized Travel & Medical Release Form is required)</i>	

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

King Bed or 2 Queen Bed Rooms \$129.00 per night +taxes
 ~Up to 4 people per room~
 ALL rates INCLUDE resort fee and in-room WIFI
 Complimentary Parking with in/out privileges for hotel guest
 25% discount on "Self-Parking" for members not staying at hotel
 Mini-fridge available upon request for \$15.00

Make it a longer vacation! Enjoy the same discounted room rates available 3 days before and 3 days after convention weekend. All rooms based on hotel availability. First come, first served basis.

Two available booking options *BEFORE July 25 2017*
 1-800-713-6725 or 305-542-2000 & mention AFG
 Or visit hotel link at <https://gc.svnxis.com/rez.aspx?Hotel=57098&Chain=12157&arrive=8/17/2017&depart=8/20/2017&adult=1&child=0&group=AFG0817SW>

More information online at the Area 10 website:
www.southfloridaal-anon.org
 Email questions to: cochair2017afg@gmail.com

Enjoy a weekend of Spiritual Prosperity with
 Workshops, Speakers, Fellowship,
 Alateen/Spanish/A.A. Programs, Literature.

Checks/Money Orders Payable to: **AFG FL SOUTH CONVENTION** PO Box 661033 Miami Springs, FL 33266-9998

One form per guest. Print legibly in blue/black ink, please. Date: _____

Name: (First & Last) _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: () _____ Email: _____

(Email addresses will be used for FL South Area 10 Convention purposes only)

Badge Name: _____ District # _____

Program (circle one)	Al-Anon	Alateen	A.A.	Preferred Language (circle one)	English	Spanish
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Al-Anon or A.A.

Registration (postmarked by July 18, 2017)

Registration Alateen & Pizza Party

Notarized Travel & Medical Release Form is required

Events

Friday Night—Meet & Greet

Saturday Night Banquet

Total Amount \$ _____ Check# _____

(Thank you for your donation - no refunds)

The Getting Is In the Giving

My sponsor, who is so kind and gentle, heaved upon me, early on, the value of service. Thank you God...

I'm not sure if I volunteered, or was volun-told, to do the printing and publications for our annual convention. However it worked out, I was glad to be part of the team. I was contributing and felt like I was truly appreciated. No matter what I did, or how I did it... it was enough. There was no shortage of guidance, support, and love from those who came before me. My thoughts, ideas and creativity were appreciated. I went to the meeting each month for the planning stages of the convention, and was glad to do my part.

On the night of convention, which was in Miami, I was in the hospital with my husband, who was so very sick at the time. He encouraged me to go, at least for a little while, so I did. I had never been to a convention before, and wanted to reap the reward of all my effort.

I got there after dinner, just as the guest speaker started to speak. I listened to every word she said. I was mesmerized. I use this experience when I share my own story, because when she spoke, I felt like she was talking to me.

The speaker shared, "My son told me, 'Mom, there is an entirely different protocol if I'm captured. I have to get down on my knees, lay down my arms, and await further instructions.'"

So many times in my life I've had to get on my knees, lay down my arms, and await further instruction. I took that with me, and I keep it with me years later...The value of service is immeasurable. The getting is in the giving. -Valerie D



Adopt A Coffee Shop

- Help Public Outreach spread the word about Al-Anon!
- Sign up to "Adopt" your favorite coffee shop.
- Every time you stop in, place a few Where & When brochures on their bulletin board.
- Contact Rick at 561-414-4423 or ralovis@yahoo.com to get started.

Calling All Book Worms!

Al-Anon members in District 170 with an interest in service:

The Literature Distribution Center (LDC) is looking for volunteers for the next service panel. Current LDC committee members will gladly work with all volunteers until January 1, 2018. Then, panel 59 (that's you!) would take over the services of our LDC. Contact art2399@aol.com or 561-386-0327 if interested. Looking forward to working with you all! -Art & Alex

DISTRICT SERVICE OPENINGS

Alateen needs Al-Anon Members Involved in Alateen Service (AMIAS) contact Maura at 561-376-7627

Literature Distribution Center needs volunteers to staff the store. Contact Art at art2899@aol.com or 561-386-0327

Speaker List needs members willing to share their story. Contact Betty at 561-266-9160 to volunteer or if you need a speaker

Telephone Answering Service needs volunteers to direct callers to meetings contact Lillian at 561-414-5508

Where & When needs volunteers to help print/distribute quarterly brochure of Al-Anon meetings. Can train until January, and volunteers will assume the position for the next service panel. Contact Betsy at 561-483-8150 for info

CONTACTS:

Literature Distribution Center (LDC)

1700 Lake Ida Rd
Delray Beach, FL 33445
Open Tuesdays 5-7 PM
Contact Art at art2899@aol.com
or text 561-386-0327 to place order

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>

Submit content! Get The Pipeline electronically!
Email Pipeline170@gmail.com

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