

# The Pipeline

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

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Send me your thoughts!

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## Alateen Shares:

I have a slogan that I like. It's Let Go and Let God. When something is happening that is none of my business, I can let go, and let God handle it. --Anonymous

Alateen taught me that there's two kinds of business: my business, and none of my business. If my brother is having trouble in school, I don't need to be nosy and snoop around and ask him questions. I can wait and see if he wants to talk about it. I don't need to worry about what other people are doing. I can let God do that. -- Anonymous

This past spring, I got my one-year anniversary coin from Alateen. Getting an anniversary coin is really exciting and fun because I get to see how long I've been in program, and I get to see how much work I've done. I also get to notice how much I've improved. That's why it's really special to me. On one side, my coin says "One Day At A Time," and on the other side is the Serenity Prayer. I think One Day at a Time teaches me about patience because I don't need to worry about all the days that are ahead. Instead, I can just make this day fun and exciting and think about all the stuff I can do today. Why should I be talking and thinking about Friday when it's only Monday?! Then there's the Serenity Prayer. It means that I'm asking God for help with the things I can change, like my clothes, or myself, and reminds me that I can't change other people. This is a good thing if a family has alcoholics or something because it means I can't change them. I have to let God do that. -- Anonymous

I've learned that these kinds of problems can happen to anyone. I'm not alone. --Anonymous



## Upcoming Events

### Aug 25

Camp Al-Anon 2019  
Planning Meeting

12:30 PM @ Panera Bread in Delray  
on Federal & Linton

### Sept 8

District 170 Business Meeting

10-11:30 AM  
Unity Church  
101 NW 22<sup>nd</sup> St  
Delray Beach, FL 33444  
All are welcome to attend!

### Sept 21-23

South FL Area 10  
Fall Assembly

Doubletree by Hilton  
13400 W Sunrise Blvd  
Sunrise, FL 33323

Registration Fee \$10

All Al-Anon members are welcome to attend. Get a glimpse of the nuts-and-bolts service work that keeps our meetings going and our doors open.

## Calling All Bibliophiles! Volunteer to help The Literature Distribution Center (LDC)

The LDC is always looking for volunteers. At the moment, help is wanted to staff the store in Delray. Contact Larry at 561-452-8998 or email [LabelYosel99@yahoo.com](mailto:LabelYosel99@yahoo.com)

## Institutions: Reaching Out To Families

IF you are looking for a way to turn the volume UP on your recovery, Institutions is seeking volunteers to bring an Al-Anon Beginners meeting into a local treatment center. It's easy and FUN! We have handouts, meeting guidelines, and other resources available, so you don't have to wing it! You'll talk a bit about your own story. Discuss the 3 C's, Detachment, and Steps 1, 2 & 3. You'll read a page from *Courage To Change* and give family members a Where & When. Bring an Ala-Pal with you, because we don't have to do it alone! IT'S GREAT SERVICE & many of us have been introduced to Al-Anon in just this way! If interested, please email me, ROBYN B. at [institutionsdistrict170@gmail.com](mailto:institutionsdistrict170@gmail.com) Please See Below For Monthly Meeting Days/Times

### TRANSFORMATIONS:

1<sup>st</sup> Friday @ 5:50 pm  
14000 Military Trail Delray Beach

### WAYSIDE HOUSE:

1<sup>st</sup> Saturday @ 12:20 pm  
378 NE 6<sup>th</sup> Ave Delray Beach

### BEACHCOMBER:

Last Saturday @ 2:45 pm  
4493 N Ocean Blvd, Delray Beach

### NEXT CHAPTER:

Last Thursday @ 7:20 pm  
6646 W. Atlantic Ave Delray Beach

### WELLNESS RESOURCE CENTER:

2nd Saturday @ 11:20 am  
7940 N Federal Hwy Ste 120 Boca Raton

## Get involved with Alateen: Become an Al-Anon Member Involved in Alateen Service (AMIAS)

Always been curious? Immerse yourself in recovery, and discover what Alateen is all about. Alateen needs you! AMIAS's wanted to assist with the Alateen meeting @ Crossroads in Delray on Saturdays at 10 AM. Help is especially needed over the summer! Training is provided and background checks are free. All you need to be an AMIAS is:

- Two years of Al-Anon membership and
- No criminal convictions

If interested, Contact Maura at 561-367-7627 or email her at [mrooney5@bellsouth.net](mailto:mrooney5@bellsouth.net).

## District 170, Panel 58, Help Wanted:

**Archivist Needed!** We have some volunteers who meet once a month and they swear everything is in pretty good shape! So if you want to help them, they'd love it. And it sounds pretty painless. They really need someone available to go to monthly District Meetings and represent Archives. Contact your GR if interested.

**Co-Chairs Wanted:** The Public Outreach Chairperson and the Webmaster Chairperson would each like a co-chair for Panel 58.

**Public Outreach:** Needs volunteers to make calls and stuff envelopes to send to school counselors and other professionals. Contact Rick at [RAlovis@yahoo.com](mailto:RAlovis@yahoo.com) or 561-414-4423

**Speaker List:** Needs volunteers to share their story at a meeting. Contact Luci at 201-913-8543 or email her at [RatDog1@aol.com](mailto:RatDog1@aol.com)

**Telephone Answering Service:** Volunteers needed to answer calls directing newcomers to a meeting. Contact Lillian at [LTF1204@gmail.com](mailto:LTF1204@gmail.com) or 561-414-5508 if you'd like to assist.

## DID YOU GO TO CONVENTION????

Then email me and tell me about it \*pleeeeeease!\* 😊  
[Pipeline170@gmail.com](mailto:Pipeline170@gmail.com) wants to hear from you!

### The Recovery Zoo Needs You! Camp Al-Anon 2019:

We are having a planning meeting for 2019 Camp Al-Anon on August 25<sup>th</sup> at 12:30 at Panera Bread on the corner of Federal Highway and Linton Blvd in Delray.

The theme for Camp Al-Anon 2019 will be... wait for it... **The Recovery Zoo** Bahahaha! *\*cracks up\**

Camp will be on April 6<sup>th</sup> and 7<sup>th</sup> 2019. While that is a long way off, we need to make some decisions so that we can have a flyer and registration form available at Fall Assembly on September 21<sup>st</sup>.

Please try to join us for the planning meeting. Your input is greatly appreciated! If you have ideas but cannot make the meeting, we'd still love to hear from you! Please email Barbara at [btc107@bellsouth.net](mailto:btc107@bellsouth.net) or call or text her at 954-579-5661.

Thank you and we hope to see you at the planning meeting!

#### Meeting Closure:

The Ask-it-Basket meeting on Wednesday nights at 7:30 at the Temple Si'nai has closed. Please cross it off in your Where & Whens.

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

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

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

## Save the Date:

Our District's Annual

\*\*\*Gratitude Dinner\*\*\*

Will be held 11/18/18

Location TBD

Help will be needed! Stay tuned! And stay hungry!

See this empty  
space here? I know,  
right?!

Email me at  
[Pipeline170@gmail.com](mailto:Pipeline170@gmail.com)  
to help fill it  
please and thank  
you very much 😊

## NEW BOOK ALERT!

### *Intimacy in Alcoholic Relationships*

Hot off the presses (winky face). ☺ It's out and circulating now. Don't see it at your meeting? Ask you Literature Chair to order some copies from the LDC.

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## CONTACTS:

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### Literature Distribution Center (LDC)

1700 Lake Ida Rd  
Delray Beach, FL 33445  
Open Tuesdays 5-7 PM  
Contact Larry at  
[LABELYOSEL99@yahoo.com](mailto:LABELYOSEL99@yahoo.com) or text him  
at 561-452-8998 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 FL South Area 10, Inc.  
P.O. Box 1676  
Jensen Beach, FL 34958-1676  
<http://www.southfloridaal-anon.org>

### World Service Office

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

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Submit content! Get The Pipeline electronically!  
Email [Pipeline170@gmail.com](mailto:Pipeline170@gmail.com)

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