

# The Pipeline

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



## Upcoming Events

### January 13

District 170 Business Mtg  
Sat @ 10 am  
Unity Church  
101 NW 22<sup>nd</sup> St  
Delray Beach, FL 33444  
First District Meeting for the new Panel 58. All Al-Anon members welcome to attend and see what it's all about!

### February 2

AFG Camino  
Anniversary Meeting  
Friday @ 10 am  
Music Room  
Grace Community Church  
600 W Camino Real  
Boca Raton, FL 33486

### February 10-11

Camp Al-Anon  
The Duncan Center  
15820 S. Military Tr  
Delray Beach, FL 33484

### Day Campers:

70\$ Saturday 8 am - 10 pm.  
Includes lunch and dinner.

### Overnight Campers:

\$175 Single Occupancy  
\$140 Double Occupancy.  
Saturday 8 am – Sunday 11 am.  
Includes Saturday lunch, dinner, and Sunday breakfast.  
Fun, food, fellowship, and a labyrinth!  
Register and pay by 1/10/18. Direct questions to Barbara at 954-579-5661.

### In This Issue:

**Step and Tradition 12:**  
A convo

**Gratitude Dinner:**  
The Recap

**Camp Al-Anon Is Coming:**  
S'more fellowship!

**Updates:**  
Open positions, dates to save

**And:**  
Some serene photo art!

## Step 12: Talking to Each Other, Reasoning Things Out

**E:** So thoughts about Step 12, Tradition 12...  
**R:** Step 12 is about community and sharing thoughts with everybody – wait...  
**E:** You said, Together We Can Make It, like the Alateen slogan...no, wait—  
**J:** But you said something right before like that—  
**E:** The “principles above personalities” part? We need other people. Something like that.  
**R:** Yeah! That's right! Together we are stronger than we are separately. When I'm alone I don't have character defects. And—  
**J:** That's why I spend so much time alone! No, not really. But I like what someone shared about how I need other people because they show me the positives about myself.  
**E:** I like that too.  
**J:** I mean, when I'm around certain people I feel especially good about myself. And they're not catering to me. I know they have love and respect for me...  
**R:** And when you see them they smile, they light up; it's like, this connection. Because really? Alcoholism destroys the connection. And the healing part is the connection that I get here. Alcoholism isolates me. I think I'm alone. I think I'm the only one who has this problem. I come here and see all these people...  
**E:** So Step 12... principles in all our affairs... what else?  
**R:** Spiritual awakening! I was brain dead! My heart was cold! It's like I was a sick person until I had that spiritual

awakening, came here, heard you guys, *connected*, and then that thawing out—

**E:** I feel awake. And I don't mind that.

**R:** It's like sleep walking.

**E:** Remember that whole first year I knew you? I would text you and say I'd been sleeping? I'd call it sleep-scapism. I'd sleep for like 16 hours, straight.

**J:** Because that's an exit. It's a way of anesthetizing... Having had a spiritual awakening as a result of these steps, we tried... we *tried*. We're not perfect, so we try to carry the message. And we do the best we can.

**E:** And we try to practice these principles...

**J:** We try to practice. I do try. I don't always do it. I wish I practiced more! But the word practice means to keep doing it, you know, in a positive way.

-E, J, and R after a meeting

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



## Adopt A Coffee

- 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.

## Gratitude Dinner Recap:

It was a successful Gratitude Dinner! Thanks to everyone for making participation the key to harmony. We had 139 people in attendance. We had three great speakers, who represented AA, Al-Anon, and Alateen. Many thanks to the dinner committee for their quick organization skills. Again, thank you!

--Art, 2017 Gratitude Dinner Chair



"That the birds of worry and care fly above your head, this you cannot change. But that they build nests in your hair, this you can prevent." (Chinese proverb)

*Courage to Change*, p. 305

Photo by Rick A.

**Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.**

"At no point in my life will I achieve perfection; there will never be a time when I will not need the joy and satisfaction of helping others."  
*One Day At A Time In Al-Anon*, p. 348

## Convention 2018: Save the Date!

Area 10's next Annual Convention will be August 3-5, 2018, in West Palm Beach.

Discount registration rates available until Dec 31<sup>st</sup>.

Keep an eye out at meetings for fliers!

This year, our District will be responsible for the convention's Alateen program. Interested in helping out? Let your GR know!

**\*And\* it's a cool theme:  
Hidden Treasures ~ Under the Sea**



**Tradition 12: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.**

"Most of us are highly aware of the personalities of people around us. Instead of getting lost in petty likes and dislikes, it is important to remember why we come to meetings. We all need each other in order to recover."  
*Courage to Change*, p. 204

FEBRUARY  
**10-11**  
2018



NOT \*ACTUALLY\* CAMPING

# CAMP<sup>^</sup>AL-ANON: Beyond Your Wildest Dreams!

Start off the new year with a strong boost to your recovery! Join District 170 Feb. 10-11, 2018  
Duncan Conference Center @15820 S. Military Trail, Delray Beach, FL 33484

Overnight Campers: \$175 Single Occupancy/\$140 Double Occupancy. Sat 8 am - Sun 11 am. Includes Sat lunch, dinner, and Sun breakfast. Day Campers: \$70. Sat 8 am - 10 pm. Includes lunch and dinner.

**Register & Pay by 1/10/18**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Email: \_\_\_\_\_ Roommate: \_\_\_\_\_  
Day Camping or Overnight: \_\_\_\_\_

Overnight campers may pay in two installments. Half due by Jan 1st and half due by Jan 10th. Direct questions to Barbara at 954-579-5661. Please complete & mail registration, and make checks payable to:

District 170 C AFG  
c/o 3033 Starling Court  
Delray Beach, FL 33444



## 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.

### General Warranties of the Conference:

In all proceedings the World Service Conference of Al-Anon shall observe the spirit of the Traditions:

1. That only sufficient operating funds, including an ample reserve, be its prudent financial principle;
2. That no Conference member shall be placed in unqualified authority over other members;
3. That all decisions be reached by discussion vote and whenever possible by unanimity;
4. That no Conference action ever be personally punitive or an incitement to public controversy;
5. That though the conference serves Al-Anon it shall never perform any act of government; and that like the fellowship of Al-Anon Family Groups which it serves, it shall always remain democratic in thought and action.

"When I learned about the General Warranties in Concept 12, I felt hope. To me a warranty is like a guarantee. If my relationships aren't working, I can return to the General Warranties to adjust my attitudes. Through them, I've learned not to use my authority to push my viewpoint or to punish someone for disagreeing with me. I've also learned to avoid controversy by listening and encouraging others to share their viewpoints when making decisions. Sometimes we can even come to a unanimous decision."

--Hope For Today, p. 208

## UPDATES

- **Open District Positions** The District is in need of a Secretary, and an Archives Chairperson for the upcoming Panel 58.
- **Co-Chairs Wanted** The Public Outreach Chairperson and the Webmaster Chairperson would each like a co-chair for upcoming Panel 58.
- **New Service Manual** The new Service Manual is not available yet. It will be available in the beginning of 2018. The items Groups at Work (P24) and Service Manual (24\_27) can be downloaded on the Al-Anon WSO member site

Start Thinking Our Program  
Photo by: Donna



## DISTRICT REMINDERS

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

**Group Records** Needs new GR-1 Forms submitted for incoming Panel 58 GRs. Find forms online at: <http://www.al-anon.org/members/pdf/GRI.pdf>

**Literature Distribution Center** needs volunteers to staff the store. Contact Art at [art2899@aol.com](mailto: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

---

## CONTACTS:

---

### Literature Distribution Center (LDC)

1700 Lake Ida Rd  
Delray Beach, FL 33445  
Open Tuesdays 5-7 PM  
Contact Art at [art2899@aol.com](mailto: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](mailto:Pipeline170@gmail.com)

---

---

Page 4 of 4

---